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HAPPINESS AND SUSTAINABILITY: IMPLICATIONS FOR THE GLOBAL GOALS



Edited by:

Prof. Sangeeta Chauhan

Dr. Anjali Shokeen

Preface

In a world beset by myriad challenges, the pursuit of Happiness and Sustainability stands out as an urgent imperative. As we navigate through the complexities of our time, it becomes increasingly evident that the paths to individual well-being and planetary health are intertwined. It is within this context that “*Happiness and Sustainability: Implications for the Global Goals*” emerges, seeking to illuminate the interconnectedness between personal fulfilment and the collective quest for a sustainable future.

At its core, this book endeavours to bridge the gap between Happiness and Sustainability, demonstrating how advancements in one domain can catalyse positive outcomes in the other. By elucidating the synergies between Happiness and Sustainability, this book aims to inspire actionable solutions that propel us towards a more equitable, regenerative, and fulfilling future.

The global goals outlined in the United Nations’ Agenda 2030 provide a roadmap for collective action towards a more just and sustainable world. Embedded within these goals are aspirations to eradicate poverty, combat climate change, promote inclusive growth, and foster well-being for all. Yet, achieving these ambitious targets requires a paradigm shift in our understanding of prosperity and progress. “Happiness and Sustainability” serves as a compass, guiding policy makers, practitioners, and citizens alike towards strategies that promote human flourishing while safeguarding the integrity of our planet.

The NEP 2020 advocates for a comprehensive transformation of the education system to foster holistic development, including cognitive, social, emotional, and ethical dimensions of learning also emphasizes the importance of environmental education and sustainability in the curriculum. It calls for a paradigm shift towards a more holistic understanding of prosperity—one that considers not only economic growth but also the well-being of individuals and the sustainability of the planet. This aligns closely with the NEP 2020’s vision of education as a means to promote personal fulfilment and societal well-being, rather than merely a pathway to economic success.

As editors of this volume, we are indebted to the contributors who have lent their expertise and passion to this endeavour. Their diverse perspectives and unwavering commitment to the ideals of happiness and sustainability have enriched the book. This book is a stepping stone in the journey—a catalyst for dialogue, reflection, and action.

May the insights contained within these pages serve as a beacon of hope, illuminating the path towards a brighter, more sustainable future for all.

Prof. Sangeeta Chauhan
Dr. Anjali Shokeen

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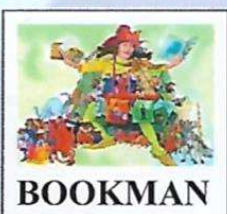


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Chapter 44

Impact of Digital Learning on Teachers Wellbeing

Ms. Amita Bhati, Dr. Ruby Farooqi, Mansi Arora Tandon, and Dr. Shagufta Nazneen Ansari

Abstract

This paper's primary focus revolves around the examination of specific facets related to the digital well-being of university educators. Its objective is to gauge the extent of techno angst and concerns stemming from the digitization of their professional tasks within a particular group of participants. The research methods employed encompassed a questionnaire survey, completed by 60 participants from a Private Collage in Gurugram, alongside in-depth interviews with six individuals.

The findings indicated that the surveyed participants regard the utilization of digital technologies and tools in their work as crucial. They affirm possessing current and secure digital resources, and using them doesn't induce stress. Nonetheless, the in-depth interviews unveiled the presence of certain factors causing technoangst. Despite the increased digitalization, the respondents do not feel socially isolated or overlooked, and it hasn't adversely impacted workplace communication.

These results suggest that the concept of "technoangst" is relatively unfamiliar among this population. Furthermore, they appear to be effectively managing the surge in digitalization, though some may be doing so at the expense of their personal lives.

Keywords: Techno angst, Gurugram, Digital Well-being, Digital technologies and Tools, Digitalization and Workplace Communication.

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