

**Project FULFILL
National Report
T.3.2.**

In-depth biographical and systemic analysis of highly sufficient lifestyles

cBalance Solutions Hub

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1. Context with regards to sufficiency in the country

- What is the understanding of the concept “sufficiency” in your country
- What is the word in your national language and the etymology?

India's National Language is Hindi but is by no means the most widely spoken language nor is it a dominant hegemonic culture-shaping factor in many animated local and regional socio-political discourses. India in our view is largely a greatly heterogeneous constellation of regional socio-political 'zones' which are interwoven in a complex enmeshed web of socio-economic-cultural and political relationships but also possess and actively practice an intensely guarded autonomy through its regional institutions and actors. It would be intellectually perilous and greatly reductive to interpret India as a 'unified' homogeneous 'world' where single ideas related to 'sufficiency' or any ecological-social concept for that matter, is all pervasive and to which a majority of its constituents subscribe. The word in Hindi that is perhaps most reverberant with the concept of 'sufficiency' would be 'paryapt'. As a socio-political and economic concept however, its connotations are perhaps best conveyed through the term 'atmanirbharta' which when literally translated means 'self-sufficiency' but is often used to indicate favourable attitudes and dispositions towards local production and consumption within the ecological limits placed by the regional landscape and 'natural wealth' as well as culturally embraced ideals of humility, modesty and self-restraint.

- Where did the concept appear first and when?

The term sufficiency as a tool of critical interpretation of modern capitalist industrial society's conjugation with attitudes, systems and practices that foster the hubris of hyper-individualistic gratification of wants and infinite economic growth that is predatory towards social equity and ecological sustainability, is also historically and conceptually conflated with the Indian term 'swaraj' which can be loosely translated as 'self-rule' and refers to a combination of individual and collective autonomy and mutual responsibility. As a term it seems to have entered common parlance during the years of India's freedom struggle against its colonial oppressor, the British Empire¹.

The term and its implications represent to many practitioners of an ecological politics in India, a trident critique of, and resistance to, dogmatic and orthodox market-based conceptions of humans as atomically divided persons who are often disembedded from local communities and their cultural ecological landscapes in any meaningful material way beyond a superficial sentimental identification with it. It can be posited that 'swaraj' and other terms belong to the same constellation of critical ideas, problematize the transmogrification of embedded societies into uprooted and rootless 'persons' animated by the motivations and imperatives of the utility maximizing globalized homo-economicus unyielding to any force besides those of the totalizing logic of market which reduces all conceptions of 'value' to the reductive, parochial conception of short-term economic value and brazenly measured in pure monetary terms.

- Is it commonly used, by whom and in which context?

It is commonly used in its authentic sense mainly amongst subaltern ecological practitioners who are strident critics of the normative 'development' (green, sustainable or otherwise) paradigm and view hegemonic ideas emergent from a 'globalization' mindset with intense scepticism. In its more perverse forms (when it is deformed from its initial conceptions of implying a human-scale of politics and economics within local ecological and social limits) the term has re-entered common parlance

amongst bourgeoisie society, that is otherwise largely apathetic towards ecological, climate and social equity issues, more recently in the 'green growth' or sustainable development era. In this deradicalized form, it is a term laden with overtones of a nationalistic chauvinistic rhetoric essentially (eg. The current National Government's Make in India Mission) implying an unassailable confidence to produce, through the unrivalled economic might of neoliberal capitalist corporations, all goods and services that India needs within its political boundaries. It entirely disregards the incontrovertible evidence that this 'self-sufficient' economics and national identity is being constructed through a level of exploitation, displacement, dispossessing of land-based communities of their native 'natural' wealth, that their ecologies have been endowed with, that makes it virtually indistinguishable from colonial British rule. This extracting it, appropriating it, and injecting it as inert raw material into an illusory 'self-sufficient' predatory capitalist economy merely reproduces global colonization at a national scale; autocratically supplanting a global brand of colonialism with a more palatable 'local' variant. In other words, the transposing of a local, resilience-based 'sufficiency' economics, as conceived by the Gandhian movement, to nationalistic sphere, in a weaponized form, does not lead to a 'regeneration' of societies and ecologies (as is postulated as one of the many beneficial outcomes of a sufficiency-based politics and economics) it in fact expands the scale of socio-ecological erosion and metabolizes what and whom it claims to nurture.

- Are there any public debates (in the political arena or in the media) on topics linked with sufficiency? (for example on individual housing? On meat consumption? Etc.)

The political debates related to limits to growth, alternate conceptions of growth, except for the radical ecological-political web of civil society institutions, are fixated upon largely the geo-political inter-national dimensions of the equity discourse e.g. at the UN Climate Negotiation level. It seems largely absent from 'domestic' or intra-national equity discourses (except in the kinds of niches described earlier and later in report) within India despite there being compelling factors i.e. a stark heterogeneity of income-classes and riddled with social tensions and conflicts related to high levels of economic disparity, that could foment a vibrant socio-political discourse related to sufficiency (at least a rigorous interrogation of its inextricable relationship with more equitable redistribution of wealth and power in Indian society).

- What is the history of sufficiency policies in your country (for example after the oil crisis of 1973) and/or the inclusion of sufficiency in climate policies?

India's formal history of sufficiency policies is meagre unless one counts 'efficiency' policies as a subset of them. Perhaps the closest sufficiency policies have manifested as a mainstream political force is the land-rights and land-redistribution movements, especially the 'bhoodaan' (literally standing for land-gift) movement of the 1950's which was initiated and propagated by Vinobha Bhave. Some policies that could perhaps be interpreted as 'sufficiency' policies are:

1. The progressive electricity tariffs (i.e. telescopic pricing) that prevail across all major utility providers in India.
2. Rigid limits to quantity of municipal water made available to all urban citizens through a water distribution system that stipulates a defined quantum available per residential unit irrespective of apartment size, willingness to pay etc.
3. Under the profound influence of Gandhi, the work of the British-Indian architect Laurie Baker focused on vernacular architecture revival, use of local materials, simple life concepts, and

are coherent with low-energy developments in summer comfort concepts in the North, as embedded in the recently updated Standards ASHRAE 55 and EN 16798. The irreverence towards global norms of 'comfort', as manifest most starkly in the challenge being mounted by Indian building science experts to dismantle the dominance of hegemonic and monocultural conceptions of 'thermal comfort' as defined by ASHRAE and other institutions that embody a reductive determinism of industrial capitalist societies, is perhaps also epistemologically related to the post-modern experiments in reviving vernacular contextually appropriate architecture in India. In the last 10 years, the Indian Built-Space economy has formally adopted the Indian Model for Adaptive Comfort (IMAC) which can perhaps be interpreted as a sufficiency policy. The IMAC foregrounds alternatives to electromechanical artificial air-conditions systems, reducing the demand for these energy intensive systems by legitimizing and recognizing alternate interpretations of thermal comfort by peoples of Indian ethnicities, physiologies and the traditional forms of architecture which underscored natural ventilation and other passive cooling methods as equally legitimate 'technologies' to achieve thermal comfort.

- What is the current situation with regards to the energy crisis in your country?
 - Booming prices? Geopolitical tensions?
 - Policies to respond to the energy crisis?
 - Policies on energy demand mitigation?

- 1. Planned periodic power outages, especially in smaller towns and residential areas inhabited by marginalized urban poor, in summers (primarily fuelled by inexorable rise in Air Conditioning installations in India with installed capacity double every 6 to 7 years.
- 2. Deeply inequitable energy use across social classes – directly linked to income and per capita apartment living area. Residents of larger apartments are clearly causing greater climate breakdown (through significantly more energy use) because of higher per-person space consumption. Paradoxically its these same persons ,with the higher climate breakdown impact, who lay claim to greater 'energy efficiency' (by getting their residences and offices green building certifications) due to the illusory area based energy performance index (EPI, kWh/m²/year); a per capita based EPI Metric (kWh/person/year) would be more revealing of the real climate impact of the inequitable energy distribution amongst urban lifestyles of the elite versus the middle and lower economic classes.

- Are there any national or cultural specificities with regards to lifestyles and/or energy demand in your country? (e.g. importance of electric heating and nuclear power in France, etc).

Our work on dissecting the incipient uptake of 'sufficiency' attitudes amongst elite, affluent classes who have till now exhibited ostentatious consumption patterns and espoused a high-carbon-footprint lifestyle, have revealed the tenacity of a presumed nativist virtue of the 'traditional Indian lifestyle' as being inherently virtuous and low-carbon in nature, as a discourse and opinion-shaping force. Preliminary surveys conducted in 2018-2019 amongst affluent residents of Townships in India explored whether the perceived absence of this (concept of sufficiency) awareness stems from a) ABSENCE: from the general absence of per-capita (or sufficiency) criteria in the normative environment that they subscribe to, b) INDIFFERENCE: indifference or deep apathy towards the

energy use issue, or c) AVERSION: aversion towards the idea of limits (energy, carbon etc.) despite caring for energy issues. The environmental behavior/attitude surveys & story circles revealed that despite being frequent fliers (domestic and internationally), and consuming exceptionally high amounts of electricity (> 1800 kWh/person/year) they were influenced by environmental considerations in their daily consumption decisions and other urban-life habits. For instance, 30 % consider product sustainability in buying decisions (on-par with durability and brand) and 67% are willing to pay a higher price for 'conscious' food (local, organic etc.). Also, 62% take their own bag to the grocery store to shop and 60% to 90% recycle bottles/cans, limit shower-time, switch-off lights when not needed etc. Furthermore, 38% don't mind buying refurbished products and only buy according to 'need' and 52% indicated they try to fix broken products before discarding them. Preliminary investigations to assess the epistemological nature of the environmental discourse prevalent amongst affluent urban Indian citizens unveiled the presence of 'efficiency' based thinking as a decision-filter. Concomitantly, only a marginal presence of 'needs' based thinking was detected in this socio-economic class which alludes to a tenuous relationship with the ideas of 'enough' (eg. how much energy does one need, how large does a home need to be to fulfil practical but also other non-utilitarian needs). Furthermore, the following undercurrents were palpable in the discourse surrounding 'actions': there was palpable apprehension about accepting individual responsibility for contributing towards climate change and unsettling ambivalent feelings about compromising on current lifestyles in order to reduce their carbon footprint. It can therefore be postulated that the environmental discourse amongst affluent urban Indians is deficient in terms of emphasis on sufficiency or 'enough' in limiting environmental harm. The situation appears to call for an infusion of sufficiency ideas into this discourse which presents a relative vacuum; indifference or aversion to the concepts of sufficiency aren't the dominant shapers of the discourse.

2. Intentional communities

2.1. Rationale for choosing the initiatives

1. Step 1: A broad-list of 18 communities/Initiatives were subjected to a preliminary evaluation (through our general knowledge about them) along the degrees of diversity (low, medium, high) across the following four dimensions:
 - a. Age Distribution
 - b. Socio-Economic Class Distribution
 - c. Gender Distribution
 - d. Religious Distribution
2. Step 2: Communities were listed in descending order of their combined ranks (i.e total scores across the above diversity dimensions) and were then composed into ordered combinations of 6 selections (as the goal was to short list 6 initiatives for subsequent stages of engagement in the research) with the first combination comprising the top 6 ranked communities, the 2nd being the top 5 and the 7th, the 3rd being the top 5 and the 8th and so on; a total of 36 such combinations were established (ending with the 36th combination being the top 3 ranked and the bottom 3 ranked alternatives).
3. These combinations were then evaluated for the diversity amongst the sample size across the following attributes:
 - a. Geographical Location (i.e. states in India)
 - b. Sufficiency Field (primary subject) (eg. Food, Housing, Transversal Communities)
 - c. Median Social Economic Class of members (i.e. Low Income, Middle Income, High Income)
 - d. Scale of Community Operations (i.e. Small, Medium, Large)
4. The combination of Communities/Initiatives that afforded the greatest variation of the above 4 parameters and, from amongst equally diverse combinations, the highest total rank as described in Step 2, was finally selected for further engagement.

2.2. Recruitment strategy

Ecovillage- Navdarshanam: We have had a well-established relationship with Navdarshanam since 2016. We got in touch with a member from the community to understand the community's willingness to participate in the research. On receiving confirmation about the community's willingness to participate, the preferred criteria for interviewee identification i.e., a balance of male and female respondents spanning diverse age groups and economic classes was shared with a community representative to identify potential respondents. The researcher then showed up on field and interviewed participants based on their availability on campus after identifying possible dates that worked for participants.

Low-income community – Shindevasti (Panel respondents): We have partnered with a few houses in the Shindevasti community since 2021 as part of a project aimed at addressing thermal comfort-based injustices in informal settlements. Respondents were identified based on the selection criteria i.e., representation of male and female respondents spanning diverse age groups and household compositions. Five potential interviewees were informed about the research through a telephonic conversation. Two additional respondents were identified through snowball sampling during a telephonic conversation. Once the interviewees consented to participating in the research, convenient days and timeslots for the interviews were determined after discussion with them. When the researcher showed up on field one respondent backed out from participating while one respondent was unavailable. Three respondents who were part of the partner households for the project

mentioned previously were approached directly on field and their interviews were conducted after they consented to participating in the same.

2.3. Summary of interviews

ID	Gender	Age	Place	Size of place	Type	Face-to-face or virtual/phone interview
ND1IN	F	86	Tamil Nadu	13	Rural	Face-to-face
ND2IN	M	67	Tamil Nadu	13	Rural	Face-to-face
ND3IN	M	60	Tamil Nadu	13	Rural	Face-to-face
ND4IN	M	56	Tamil Nadu	13	Rural	Face-to-face
ND5IN	F	53	Tamil Nadu	13	Rural	Face-to-face
ND6IN	M	48	Tamil Nadu	13	Rural	Face-to-face
ND7IN	M	43	Tamil Nadu	13	Rural	Face-to-face
ND8IN	F	40	Tamil Nadu	13	Rural	Face-to-face
ND9IN	F	37	Tamil Nadu	13	Rural	Face-to-face

2.4. Cluster analysis

Cluster 1. Ecovillage -Navdarshanam

Background information on the cluster

Country	India
Name of the initiative	Navdarshanam
Domain (Housing, Food, Mobility, Carbon Footprint Reduction, Ecovillage, Low-income Household target)	Ecovillage
Place	Tamil Nadu
Location (rural / urban, size of the city)	Rural, 13
Number of interviews conducted	9
Identification of interviewees	ND1IN, ND2IN, ND3IN, ND4IN, ND5IN, ND6IN, ND7IN , ND8IN , ND9IN

Cluster summary

Description of the initiative

The Navdarshanam (ND) campus area was once a degraded land whose revival was initiated through the collective effort of a group of people from IT, engineering, education, and other backgrounds, who founded the Navdarshanam Trust in 1992 (The detailed story can be found [here](#)). The foundational elements of the initiative encapsulate 1) Spiritual Harmony – inner work that ensures that our thoughts and actions emanate from a sense of centeredness, and 2) Ecological Balance – outer work that respects the natural cycles and interconnectedness of all things.

Legally and structurally, ND is engaged in exploring, educating and advancing alternative ideas in the area of food, energy, water, building construction, and waste and creating social programs to help better the life of local small and marginal farmers. To live by and implement the ideas enshrined in the vision and values framed within its legal structure, a group of people have assembled and expanded over the years to form the Navdarshanam community. According to ND's residents, in the years since its inception, their community has extended far beyond the campus and can be thought of as all those who have touched and been touched by the vision and values in a deeper sense. ND's governance reflects this blend of institution and community. There is a Board of Trustees that has overall responsibility for the management of the Trust. They function in a simple and informal way when it comes to sharing the work and the day-to-day operational responsibilities. As any given specific situation demands decisions are made either by the executive committee or by the entire community through a consensus process. All the land and property is held by the Trust and there is no individual ownership of land or property within the campus. Contributions from residents, as well as visitors, guests and friends of ND, enable its sustenance.

Presently, a large part of the land is dedicated to wilderness preservation, a number of their activities are around land and forestry management including trail and fence maintenance, fire control measures, tree planting, erosion control measures, security watch to prevent traps and poaching and cattle management. The residents have a community kitchen and given that they are a land-based community they try and cultivate most of the food for the kitchen on the campus by engaging in farming-related activities such as managing the nursery, planting, mulching, weeding, harvesting, seed collection as well as any ongoing experiments. They tend to any ongoing experiments in the area of buildings, energy, water, and waste systems on the campus. They also have some administrative and accounting tasks related to the managing of the Trust as well as the activities of the village food co-operative based on the Community Supported Agriculture (CSA) model. The CSA model is part of a trust which is recognised as an Association of Persons (AOP) which members from the village nearby primarily drive. The AOP was previously recognised as a Self-Help Group (SHG) which was a women's group that engaged in economic activities for income generation which now includes men on account of which it recognised as an AOP (The AOP is still referred to as SHG by its members out of habit). The AOP comprises 28 families from nearby villages in addition to two families from Navdarshanam. The AOP sells products such as jaggery, dry fruits, millet and pickles which they sell through a store on the campus and through organic retail outlets too. They also follow the CSA model to sell fruits and vegetables directly to urban consumers in the vicinity. All revenue generated goes to the AOP and is distributed among its members. The AOP utilises the common kitchen space to market its products to guests at Navdarshanam. Any additional produce from the Navdarshanam campus is sold to nearby villages through the AOP in exchange for other produce that might not grow on the campus. This is then used in the community kitchen.

Those who are residents in the Navdarshanam campus are full-time volunteers and can voluntarily take up roles based on their interests like land-based work, bank work, etc. At least two people are usually engaged in each type of work or area. These are organically arrived at as no one has any conflicting personal agendas. The residents have to pay a yearly membership fee to the trust based on their internal guidelines. Besides this the trust runs on voluntary money given by campus visitors and money from workshops that are conducted.

The campus is off grid and sufficient in relation to water and electricity needs.

Context
Local context
<p>Navdarshanam is situated on a 115-acre land adjoining a reserve forest located in the village of Gumalapuram in the state of Tamil Nadu. It is about 50km from the city of Bangalore. It was degraded land in 1990 which was revived incrementally through some earthwork to facilitate water percolation for soil hydration. Grazing activity by cattle from nearby villages was monitored, and a safe space was created for native trees to flourish. As the forest began to regenerate the founders were inspired to establish a permanent dwelling place on the land. As of today, the land also comprises a few nurseries, water harvesting structures, farming areas in addition to a few house structures to support people who reside in the space. There are 13 residents in the community and 50-60 marginal farmers from the vicinity who support the CSA initiative. 8000 consumers have subscribed to the initiative from the city of Bangalore. All proceeds go to the villagers who are part of the initiative. The ND team acts as a free volunteer management team for the food initiative and provides services such as infrastructure, ideation, and marketing support. In synergy, the farmers help in farming at ND, managing cows, ploughing required for the vegetable crops that are grown by ND, and other related activities. Therefore, no one is engaged as a labourer in ND.</p>
National context (with regards to the initiative)
<p>The 'Global-Ecovillage Network' defines an 'Ecovillage' as 'an intentional, traditional or urban community that is consciously designing its pathway through locally owned, participatory processes, and aiming to address the Ecovillage Principles in the 4 Areas of Regeneration (social, culture, ecology, economy into a whole systems design).' They are vibrant social structures, vastly diverse, yet united in their actions towards low-impact, high-quality lifestyles.</p> <p>Navdarshanam shares the characteristics of an 'intentional' ecovillage which is working towards socio-ecological justice in collaboration with neighbouring villagers and other stakeholders. Other initiatives in India that are similar to Navdarshanam include the Sadhana Forest initiative which is located in the Auroville ecovillage. There are other traditional ecovillages such as 'Ralegan Siddhi' which is widely recognised for its water conservation model which facilitated the revival of local agriculture contributing to the village communities' socio-economic sustenance. It is also crucial to acknowledge the presence of indigenous village communities in pockets of India that have been traditionally engaging in sustainable living practices for generations.</p>

General observations	
Observations	Sources
<p><u>Goals, values, role of sufficiency in the initiative</u> <i>Is sufficiency explicitly addressed? If yes, how?</i> <i>How is it labelled?</i></p> <p>Of the 4 aims of the community 2 that explicitly demonstrate their sufficiency aligned goals encapsulate 1) Exploring and adopting holistic and natural ways of fulfilling our outer and inner needs and 3) Giving up a path</p>	<p>https://navadarshanam.org/?page_id=130</p>

<p>of development which fans consumerism, profiteering, and growth measured purely in material terms.</p> <p>The communities actions are oriented towards eco-restoration, housing, energy, and healthier food initiatives. It, therefore, puts to practice various ideas of using appropriate technology, permaculture principles, and traditional knowledge systems to live sustainably on the land. It has also helped create and continues to guide the operation of a village food initiative which is based on the Community Supported Agriculture (CSA) model that is now owned and operated by the surrounding village community with a focus on providing organic and sustainable food choices to urban consumers while ensuring a fair price for farmers and supporting local livelihood. The community acknowledges that they are constantly changing and over time its focus shifts between the different facets of sustainable living and the new challenges they face with it as well.</p>	
<p><u>Personal observations, remarks with regards to the diffusion potential of the initiative</u></p> <p>Replicating the initiative in its entirety (while considering contextual differences) will require access to land, funding, patience, and a group of people with the willingness to break away from the status-quo way of living. Given the multiple conditions and resources that are necessary to facilitate replicating the ND model in other locations which might be challenging for certain individuals or groups to fulfill, a vital first step for people who are motivated could be to use the principles of ND as a basis for practicing a sufficiency based lifestyle in their current context based on their capacity, gradually moving towards emulating as many practices as possible. The ND model encapsulates practices such as minimizing digital consumption, healthy food consumption, off-grid energy usage, sustainable housing, avoiding allopathic medicine consumption, mindful travel, needs-based consumption, sourcing food directly from farmers, self-reflective practices such as yoga and the establishment of Self-Help Group (SHG) now known as the Association of People (AOP) and CSA models which are few among many other sufficiency rooted actions that can be practiced in varying capacities by people in their respective contexts if they make a conscious choice and also have the systemic support required to live in ways that minimize planetary harm. Immersive experiential workshops in ecovillages like Navdarshanam can trigger the adoption process for a sufficiency-based lifestyle.</p>	

Initiative-related images



Figure 1: Navdarshanam Campus



Figure 2: Navdarshanam Campus



Figure 3: House of respondent ND3IN



Figure 4: Community Supported Agriculture (CSA) Activity Centre



Figure 5: Seed Garden



Figure 6: Community Kitchen Building



Figure 7: Community Kitchen

Interviews conducted in the cluster

Personal information	
Please fill up with collected data	
GENDER	Female
AGE	86
HOUSEHOLD COMPOSITION	Self (yearly guest at the community for 4 months) and son
PROFESSION	Retired
INCOME GROUP (1/2/3/4)	
PERSONAL IDENTIFIER	ND1IN
CARBON FOOTPRINT (SCORE)	
PERCENTAGE PER SECTOR	

Personal information	
Please fill up with collected data	
GENDER	Male
AGE	67
HOUSEHOLD COMPOSITION	Single
PROFESSION	Navdarshanam volunteer
INCOME GROUP (1/2/3/4)	
PERSONAL IDENTIFIER	ND2IN
CARBON FOOTPRINT (SCORE)	
PERCENTAGE PER SECTOR	

Personal information	
Please fill up with collected data	
GENDER	Male
AGE	60
HOUSEHOLD COMPOSITION	Single
PROFESSION	Navdarshanam volunteer
INCOME GROUP (1/2/3/4)	
PERSONAL IDENTIFIER	ND3IN
CARBON FOOTPRINT (SCORE)	
PERCENTAGE PER SECTOR	

Personal information	

Please fill up with collected data	
GENDER	Female
AGE	56
HOUSEHOLD COMPOSITION	Married and living with wife and mother
PROFESSION	Navdarshanam volunteer
INCOME GROUP (1/2/3/4)	
PERSONAL IDENTIFIER	ND4IN
CARBON FOOTPRINT (SCORE)	
PERCENTAGE PER SECTOR	

Personal information	
Please fill up with collected data	
GENDER	Female
AGE	53
HOUSEHOLD COMPOSITION	Single
PROFESSION	Navdarshanam Volunteer
INCOME GROUP (1/2/3/4)	
PERSONAL IDENTIFIER	ND5IN
CARBON FOOTPRINT (SCORE)	
PERCENTAGE PER SECTOR	

Personal information	
Please fill up with collected data	
GENDER	Male
AGE	48
HOUSEHOLD COMPOSITION	Married
PROFESSION	Navdarshanam volunteer
INCOME GROUP (1/2/3/4)	
PERSONAL IDENTIFIER	ND6IN
CARBON FOOTPRINT (SCORE)	
PERCENTAGE PER SECTOR	

Personal information	
Please fill up with collected data	
GENDER	Male
AGE	43
HOUSEHOLD COMPOSITION	Married
PROFESSION	Navdarshanam AOP-CSA member
INCOME GROUP (1/2/3/4)	
PERSONAL IDENTIFIER	ND7IN

CARBON FOOTPRINT (SCORE)	
PERCENTAGE PER SECTOR	

Personal information	
Please fill up with collected data	
GENDER	Female
AGE	40
HOUSEHOLD COMPOSITION	Married
PROFESSION	Navdarshanam AOP-CSA member
INCOME GROUP (1/2/3/4)	
PERSONAL IDENTIFIER	ND8IN
CARBON FOOTPRINT (SCORE)	
PERCENTAGE PER SECTOR	

Personal information	
Please fill up with collected data	
GENDER	Female
AGE	37
HOUSEHOLD COMPOSITION	Married
PROFESSION	Navdarshanam AOP-CSA member
INCOME GROUP (1/2/3/4)	
PERSONAL IDENTIFIER	ND9IN
CARBON FOOTPRINT (SCORE)	
PERCENTAGE PER SECTOR	

Summary of results for the whole cluster

Defining sufficient lifestyles and practices	
Interview summary with key points (in English)	Important quotes (please specify the identifier of the interviewee)
<p><u>Participation of the respondents in the initiative, level of engagement</u></p> <p>The oldest respondent [ND1IN] is the mother of a resident. She stays in Navdarshanam (ND) for about 4 months a year. The other respondents [ND2IN,ND3IN,ND4IN,ND5IN,ND6IN,ND7IN,ND8IN, ND9IN] are long-term residents of the community who are engaged in contributing to a range of activities including farming, forest conservation, cooking, cleaning, construction, and accounting, the Community Supported Agriculture (CSA) initiative and conducting workshops among other tasks.</p>	

<p><u>Motivations, reasons to participate</u></p> <ul style="list-style-type: none"> • Respondents from privileged economic backgrounds from urban areas were motivated to join ND to minimize their ecological footprint and live a simple off-grid life[ND3IN, ND4IN, ND5IN, ND2IN], • One of these respondents [ND3IN] added that he is motivated to share learnings with others to catalyse them to move towards an alternate lifestyle and to create a space which can give people time to pause and to be able to touch people’s lives[ND3IN, ND4IN] • Two respondents who hail from rural backgrounds were motivated to be a part of ND after observing the absence of hierarchy among people in the community and the close resemblance of the community to the village that they were born in [ND6IN, ND7IN]. One of them [ND6IN] was also motivated to join it because of the communitys principles. Their wives [ND8IN, ND9IN] got to know the community and joined after marrying their husbands. 	<p><i>“After 20 years of working we decided that we will try another side of life where we could do what our heart wants and where we could find joy in doing” – ND2IN</i></p> <p><i>“I was moving towards a low carbon footprint lifestyle closer to the land, growing my own food and off the grid kind of life and it ticked my boxes even though I never realised I had these boxes”- ND5IN</i></p> <p><i>“Initially when we came here, we were just 2 families. It felt just like my house in the village. I never liked living in city. I was offered jobs in city but didn’t like it”.-ND6IN</i></p>
<p><u>Expected benefits, needs addressed</u></p> <ul style="list-style-type: none"> • Opportunity to minimize carbon footprint [ND4IN, ND5IN] • Opportunity to live in a rural area away from the city [ND2IN,ND6IN,ND7IN] • Opportunity to practice farming [ND3IN,ND5IN] • Opportunity to work in a place that is similar to home that does not have a hierarchical structure [ND6IN,ND7IN] • To live a simple life that is not determined by capitalistic wants [ND2IN] 	
<p><u>Defining sufficiency</u></p> <ul style="list-style-type: none"> • One respondent feels that it is peoples lack sensitization to the natural world and lack of connectedness with nature that translates in people being extravagant in resource consumption leading to unsustainable living practices [N3IN] he added that people can work towards a sufficient lifestyle wherever they live and do not need to live surrounded by forests to practice sufficiency. Another stated that it is people’s obsession with earning money for 	<p><i>“Everyone doesn’t have to live in mud house and surrounded by forests. Wherever you are in that context, making changes to revive this connection”-ND3IN</i></p> <p><i>“Spiritual reflections on who we are, where do we come from and where do we go is necessary. External life is not source of your fulfilment and fulfilment must come from within”-ND3IN</i></p>

<p>themselves and the future generation both that is detrimental to sufficiency [ND6IN].</p> <ul style="list-style-type: none"> • Two respondents feel that sufficiency is a conscious choice [ND5IN] and stated that it emerges by questioning oneself before buying anything[ND5IN,ND6IN,ND7IN,ND8IN,ND9IN] • One respondent shared that it is an individual's environment and the stage of life they are at that shapes their thoughts and attitudes towards sufficiency [ND4IN]. Another thinks that people who mention that they are not aware of how to live within limits are in denial and do not take action because they think it is challenging or due to a lack of internal fulfilment or happiness [ND5IN] • One respondent highlighted that advertisements promote unnecessary consumption [ND6IN] 	<p><i>“People are made differently and their drives are different. Also it depends on what phase of life they are in. If we are not able to take care of basic needs then we have to think of earning, its not like everything is falling in your lap, there’s that minimum requirement and in India we don’t have social security so you have to create your asset-based stuff..... also the environment you are in helps in shaping your decisions....”-ND4IN</i></p> <p><i>“We need to question how much money is really needed? Deeply thinking about it....so much money is not needed. The next generation will earn for themselves. We don’t have to earn for their lives”.-ND6IN</i></p> <p><i>“Villages are no more different from urban cities.All items are bought irrespective of the need due to influence of advertisements on television and mobiles. They are also hooked to online shopping, and I was shocked that amazon delivers in my village”.-ND6IN</i></p>
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Adoption of sufficient practices	
Interview summary with key points (in English)	Important quotes (please specify the identifier of the interviewee)
<p><u>Adoption processes</u></p> <ul style="list-style-type: none"> • All the respondents who had grown up in cities indicated a relatively smooth adoption process given that they had chosen to move to the community. One respondentd shared that city life is not preferable to him which it why there was no question of adjustment at all when he moved to ND[ND2IN] while another stated that meditation and yoga facilitated smoothening his adoption process. [ND3IN]. • For respondents who have arrived from rural backgrounds themselves [ND6IN,ND7IN,ND8IN,ND9IN] there was not much adjustment needed too except for a few things eg. One said that they used to fear animals and after living in ND for many years the fear has died down and they have learnt to be aware of the presence of animals to move quickly to safe areas [ND6IN] Another respondent shared that adjusting to the new language was a major challenge which he and his wife overcame within a year of moving to ND. 	<p><i>„The question/prompt about adjustment and adoption into the community suggests that rural life is difficult or one is depriving themselves of something by moving into a rural community etc. Rural life is about living comfortably and the question is irrelevant“-ND2IN</i></p> <p><i>“What made it possible is spirit of acceptance that this is what is required by me at this time”.-ND3IN</i></p> <p><i>“A deep sense that it is a grand unfolding, and we are instruments of destiny and this is what is called upon me at this time”.-ND3IN</i></p> <p><i>“I used to come back from work the entire day and she used to cry. We had 2 small children- my elder daughter</i></p>

<p>Another challenge was that his wife had to look after the kids all alone and manage the house by herself when he would go for work which was a challenge for her when she moved there [ND7IN].</p>	<p><i>was 3 years old and my younger one was 9 months. I used to work in the SHG then and children were not allowed in the SHG. So she had to look after everything. Language was one problem. So she found it difficult for one year” – ND7IN</i></p>
<p><u>Diffusion</u></p> <ul style="list-style-type: none"> • Few respondents from the cohort have tried to spread and adopt Navadarshnam practices about farming [ND6IN,ND8IN], food [ND6IN,ND8IN], and simple living [ND6IN,ND8IN, ND7IN, ND9IN], in their village and have tried to influence their friends and family and state that small changes are visible. However, they claimed that the television is a barrier since people spend a lot of time watching it for entertainment purposes. [ND6IN,ND8IN] • ND shares learnings with visitors of all ages through workshops to plant some seeds in them and look forward to some change someday.[ND3IN] 	<p><i>“We have touched so many lives and many have gone and started similar initiatives that is the satisfaction you feel about this”-ND3IN</i></p> <p><i>“When I go the village one of my relatives cooks a lot of rice and only a little is consumed I tell her not to make so much at once and to just cook fresh rice based on what is needed. I don’t like it if even a little food gets spoiled or wasted”-ND9IN</i></p>

Effects	
Interview summary with key points (in English)	Important quotes
<p><u>Health, wellbeing and quality of life</u></p> <p>Following are the positive impact of ND on respondent's lives:</p> <ul style="list-style-type: none"> • Has time for self which provides a sense of equilibrium [ND3IN] • Feels a sense of fulfilment about doing the right thing. [ND4IN] • Experiences a sense of satisfaction for having a low carbon footprint. [ND4IN,ND5IN] • Feels good to have a lifestyle that supports practicing yoga and meditation. [ND5IN,ND3IN] • Content that essential physical needs in addition to children’s educational needs are met. [ND6IN,ND7IN,ND8IN,ND9IN] • Feels s sense of community [ND6IN,ND8IN,ND2IN] • Access to educational opportunities for children 	<p><i>“I wash my clothes with my hands and if I have to go to mall or something I walk down and by looking around I feel happy knowing I dont depend on any of this for satisfaction or gratification.”-ND5IN</i></p> <p><i>“We are content here. We don’t want to pursue money and growth. We have been given as much is needed”-ND6IN</i></p> <p><i>“Neighbouring villagers invite us for festivals and functions, and they nurture us with their love and affections”-[ND6IN,ND8IN]</i></p> <p><i>“Our children’s education was the biggest benefit after moving here. The</i></p>

	<i>second thing is health care. The third thing is that things are way better here than they are outside. There is dust, noise outside which is not there here. That is the biggest thing”- ND7IN</i>
<u>Negative effects and difficulties</u> <ul style="list-style-type: none"> • Reduced contact with family and friends [ND3IN,ND7IN] • One respondent discovered that she the Parthenium allergy. While she takes the help of naturopathy to treat her allergy she has to be extra careful when on field[ND5IN] • One couple from the cohort state that since their children have grown up in ND they find it difficult to adjust to city life. [ND6IN,ND8IN] 	<i>“I got to know over here that I had Parthenium allergy. In urban settings you dont get exposed to plants and all that much. Here it took us a while to it figure out.”- [ND5IN]</i>
<u>Gender</u> <ul style="list-style-type: none"> • Individuals who live alone [ND3IN,ND5IN]cater to their household chores by themselves. • In the case of couples it is observed that the female takes on most of the domestic chores while the male helps out occasionally especially at times when their wives are unwell [ND6IN,ND7IN,ND8IN,ND9IN] • Domestic help is available to houses in the community where elderly are living or someone who is compromised on health [ND2IN]. 	
<u>Rebound and spill-over effects</u> <ul style="list-style-type: none"> • The promotion of the SHG has paved a way for alternate employment opportunities for the local farmers which is minimizing migration to urban areas where villagers would most likely be forced live in unjust conditions.[ND4IN] 	
<u>Change of habits</u> Since the respondents have chosen to consciously be part of the initiative they did not explicitly state any change in habits after joining the ND community.	
Levers and constraints	
Interview summary with key points (in English)	Important quotes

<p>Levers</p> <p><u>Social habits</u></p> <p>The following practices and habits contribute to sufficiency in ND based on information shared by respondents :</p> <ul style="list-style-type: none"> • Practicing yoga and meditation • Healthy food choices • Absence of hierarchy among individuals within the community • Contributing to ecological conservation through protecting the forest and coexisting with wild animals • Supporting the local economy through the Community Supported Agriculture (CSA) initiative • Purchasing sustainable and handcrafted clothing. • Vehicle-pooling and use of local transport • Shared responsibility for community-based activities • Self-dependency in performing household chores by individuals who are physically fit. • Avoiding allopathic treatments as far as possible and keeping them as the last option. <p><u>Infrastructures</u></p> <p>The following infrastructural support contributes to sufficiency in ND based on information shared by respondents :</p> <ul style="list-style-type: none"> • Space to farm • Conserved forest area • Off-grid energy source (solar) • Water harvesting structures • House structures made primarily from locally sourced material • Space for Self-Help Group activities • Community Kitchen <p><u>Social frameworks</u></p> <ul style="list-style-type: none"> • The Association of Persons (AOP) model promotes self-reliance among farmers and the CSA food initiative of the group helps urban communities to explore and dwell into healthy, organic, traditional foods. It also provides the farming community with a sense of being supported by consumers, the ND trust and their work is valued and ensures that they have sustained livelihood [ND3IN] 	
<p>Constraints</p> <ul style="list-style-type: none"> • All respondents are comfortable and did not express any constraints. 	<p><i>“All requirements get fulfilled here but there are uncertainties, and we are</i></p>

<ul style="list-style-type: none"> One aspect that was highlighted as a potential constraint for others was the lack of internet connectivity in the area which might demand more expenses on internet services if anyone plans to permanently live and work on other initiatives while being part of ND. However, the residents themselves state that the lack of internet connectivity is a boon. 	<p><i>afraid of it and hence people think that it's not possible. Eg if people are living and working from here it would cost more to get the required internet connection, but we compromised that we don't want but for some the priorities are more important for them to move."</i>-ND4IN</p> <p><i>"Luckily in Navadarshanm the signal isnt great we keep telling people its not a bug its a feature."</i>-ND5IN</p>
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Personal biographies	
Interview summary with key points (in English)	Important quotes (please specify the identifier of the interviewee)
<p><u>Education & Family background</u></p> <ul style="list-style-type: none"> Four respondents hail from rural backgrounds and have grown up in a setting similar to navdarshanam. All their parents were farmers [ND6IN,ND7IN,ND8IN,N95IN] 5 respondents have been born and brought up in an urban setting [ND1IN,ND2IN,ND3IN,ND4IN,ND5IN]. Their previous careers spanned banking, accounting,teaching and engineering. Some of them have held jobs abroad too. Their parents careers were similar. 	
<p><u>Biographical meaningful events, turning points</u></p> <ul style="list-style-type: none"> Observing the non-hierarchical way of functioning at ND during an initial visit to the community as part of work was a motivating factor for one respondent[ND7IN] Identifying a job opportunity that aligned with pre-existing knowledge and skills i.e. farming was a motivating factor for another[ND6IN] Identifying an opportunity to practice an alternate lifestyle rooted in working in a rural setting with minimal consumption and minimizing planetary harm was the motivating force for all respondents who had grown up in urban areas [ND2IN,ND3IN,ND4IN,ND5IN] Participating in courses related to permaculture [ND4IN] and spirituality workshops [ND5IN] triggered some respondents to pursue an alternate lifestyle. 	<p><i>"I had worked in 2-3 places before....there everyone had their work and their house. The owners and workers went their separate ways after work. There was no solidarity between them. When I came here, I saw that there are no owners and workers. Everyone is one. So I slowly...slowly felt that this is good because it happens in every industry that 'the boss is boss' and 'worker is worker' people at the middle level are managers and there are 3-4 categories. That does not exist here. Here all are the same. I liked this a lot which is why I felt like coming here" –ND7IN</i></p> <p><i>I was moving towards a low carbon footprint lifestyle closer to the land, growing my own food and off the grid</i></p>

	<i>kind of life and it ticked my boxes even though I never realised I had these boxes"-ND5IN</i>
<p><u>Work / professional career / relationship to work</u></p> <ul style="list-style-type: none"> • Was a professor of French, economics and philosophy [ND1IN] • Worked at a bank [ND2IN] • Has an engineering degree [ND3IN,ND5IN] • Worked as an accountant [ND4IN] • First job at Navdarshanam [ND6IN] • Worked at a tea company of one of NDs trustees [ND7IN] • Were homemakers and are part of the AOP and CSA now [ND8IN, ND9IN] <p><u>Income / sources of living</u></p> <ul style="list-style-type: none"> • Money reserve from previous years of working in the banking/corporate sector [ND2IN,ND3IN,ND4IN,ND5IN] • Money earned through the AOP-CSA initiative is the source of income for respondents hailing from low-income backgrounds who are members of the AOP [ND6IN,ND7IN,ND8IN,ND9IN] 	

Potential levers for sufficiency policy derived from observation
<ul style="list-style-type: none"> • Policies that support Community Supported Agriculture (CSA) models • Policies that enforce working-hour caps to facilitate creating space for slowing down through meditation or other reflection-based approaches. Such policies can also create conditions for increased self-dependence towards performing household chores and equitable distribution of the same within the household. • Policies to establish non-hierarchical work settings that function on self-governance. This will also require establishing boundaries on the size of organisations to ensure that they don't grow exponentially and are small enough to be self-governed. • Policies that enforce incorporating sustainable building design principles for building construction and upgradation initiatives to facilitate the transition to renewable energy and environmentally responsible building construction. • Policies to promote the construction and maintenance of water harvesting structures. • Policies that encourage the production and consumption of socio-ecological inequity minimizing products such as organic food, soaps and other products including clothing that are domestically sourced. • Policies that promote vehicle pooling in organisations and housing societies • Improvement of public transport facilities

- Social welfare policies that can make people feel safer to experiment with radical lifestyle changes.
- A salary-cap policy that can attempt ensuring a 'needs-based' allocation of financial resources within organizations to create conditions for mindful production (where applicable) and consumption both.

3. Panel respondents

3.1. Summary of interviews

ID	Gender	Age	Income group	Place	Size of city	Face-to-face or virtual/phone interview
SV1IN	M	35	1	Shindevasti	693	Face-to-face
SV2IN	F	28	1	Shindevasti	693	Face-to-face
SV3IN	F	33	1	Shindevasti	693	Face-to-face
SV4IN	F	35	2	Shindevasti	693	Face-to-face
SV5IN	F	22	1	Shindevasti	693	Face-to-face
SV6IN	F	37	1	Shindevasti	693	Face-to-face
SV7IN	M	77	1	Shindevasti	693	Face-to-face

3.2. Cluster analysis

Background information on the cluster

Country	India
Income level (LOWER / HIGHER)	Lower
Number of interviews conducted	7
Identification of interviewees	SV1IN, SV2IN, SV3IN, SV4IN, SV5IN, SV6IN, SV7IN

Cluster Summary

Description of the interviewees
<p>This cluster relates to individuals inhabiting an informal settlement spanning diverse age groups and economic backgrounds. The size of their houses range between 100-200 sq.ft. Details of the respondents and their households are as follows:</p> <ul style="list-style-type: none">- An elderly man (77) living in a cement roofed and tin-sheet walled house with his wife- A lady (35) living with her husband, two children and in-laws in a tin-roofed and brick walled house comprising of 2 rooms i.e., a kitchen and a living room.- A husband (35) and wife (28) living with 2 kids in a rented house made of brick walls and a concrete slab room comprising 2 rooms i.e., a kitchen and a living room.- A lady (37) living in a single roomed house with a makeshift loft characterized by brick walls and a tin roof. She lives with her husband and 2 kids.- A lady (35) living in a 1 bhk house made of brick walls, a concrete slab roof with a terrace. She lives with her husband. Her children are studying in another town and frequent the house on weekends.- A girl (22) living in a single roomed house brick walled and concrete roofed house with her parents and brother.

Context

Local context

Nestled in the industrial area of Hadapsar in the city of Pune located in the state of Maharashtra - 'Shindevasti' is an informal settlement of 693 households with a population of 2618 people. Most of its residents are migrants from varying states across India eg. Bihar, Uttar Pradesh etc. and also from different districts within the state of Maharashtra itself. There are small factories around the settlement. Most residents work as truck drivers, watchpersons, helpers etc. in these factories. People also work as auto rickshaw drivers, house help and some as daily wage labourers at construction sites, while some take up small projects within the community itself, too. Very few people are involved in homebased work such as tailoring.

The settlement has made its space and evolved on a piece of land that initially comprised of fields and trees. There is a human made water canal that runs through the settlement. Those who have watched the settlement metamorphose over the years share stories of no electricity, water connection, roads and toilets until a few decades ago. As the population increased the community members went to the local administrative authority and demanded electricity, water, roads and other services. The community still experiences water scarcity, feels the need for better roads, better sanitation facilities and other services. The house structures have been evolving over the years, too. What comprised of mostly tin roof and walled houses initially demonstrates an amalgamation of kuccha (both roofs and walls of tin sheets), semi-kuccha (brick walls and tin sheet roofs) and pucca houses (roofs and walls of concrete). Most houses have a single room, while some have two rooms. Very few houses have windows and the lanes between the houses are narrow in most cases, too. The house structures are reflective of the economic diversity within the settlement itself.

National context (with regards to low-income urban communities in India)

The physical design of Indias cities reflect the human-made dichotomies of socio-economically privileged and underprivileged populations. While a part of urban India is characterized by people living extravagant lifestyles, a substantial proportion of India's urban population resides in largely inhumane conditions in low-income settlements. These settlements comprise closely knitted communities that exhibit self-made cities within a city. The houses in these self-built cities are inhabited by people who are either forced or enticed to migrate to urban areas with the hopes of a better livelihood. These communities are store houses of sufficiency practices given that they use water and electricity sparingly besides repairing, reusing or sharing resources before throwing them away. Additionally their consumption decisions are determined by their needs and their capacity to meet some minimal wants. These communities also manifest a culture of collectivism over individualism to a great extent. Low-income communities who use resources sparingly however are at the receiving end of a range of socio-economic and climatic injustices. For instance, according to the world inequality database as of 2018 the affluent top 10% of the population share 57.1% of the pretax national income while the bottom 50% share just 13.1% of the same. Further, an article that critiques Indias income disparity states that since the outbreak of COVID-19 the wealth of the bottom 50% of the Indian population has diminished further while the richest got richer. Inhabitants of low-income settlements are part of this bottom 50% whose economic despair has been alleviated since the pandemic. Disparities are also visible in the realm of housing wherein the homes of the urban poor are characterized by inadequate ventilation, weak foundations, lack of open spaces, besides being positioned primarily in low-lying urban areas augmenting their vulnerability to nature's elements such as floods. They also grapple for basic facilities such as water, sanitation and access to electricity among others. From the energy perspective, India faces an energy shortage

given that its per-capita electricity consumption has increased 7 times from 171 kWh/year in 1980 to 1,181 kWh/year in 2019. This causes recurrent power outages and/or planned outages (load shedding). Peak demand from Air Conditioners used by the affluent class is the dominant factor causing this inequity. The brunt of this is again endured by marginalized communities inhabiting low-income settlements since, unlike AC users who possess backup power sources (diesel generators, etc.) to permit uninhibited energy use during a power-cut, low-income homes are unable to even operate a ceiling or floor fan to maintain minimal comfort. The realities of socio-economic, climatic, energy and other injustices in low-income settlements therefore starkly contrast the reality of entities who have access to excess resources on account of their socio-economic privilege.

Settlement Images



Interviews conducted in the cluster

Personal information	
Please fill up with collected data	
GENDER	Male
AGE	35
HOUSEHOLD COMPOSITION	Married with children
NO. OF PEOPLE LIVING IN THE HOUSE	4
WORKING STATUS	Employed
EDUCATION LEVEL	10 th std
PROFESSION	Cook in a private company.
CARBON FOOTPRINT (SCORE)	
SCORE PER SECTOR	

Personal information	
Please fill up with collected data	
GENDER	M
AGE	77
HOUSEHOLD COMPOSITION	2 adults
NO. OF PEOPLE LIVING IN THE HOUSE	2
WORKING STATUS	Retired
EDUCATION LEVEL	9 th Std
PROFESSION	Worked as a labourer at a construction company
CARBON FOOTPRINT (SCORE)	
SCORE PER SECTOR	

Personal information	
Please fill up with collected data	
GENDER	F
AGE	33
HOUSEHOLD COMPOSITION	4 adults, 2 children
NO. OF PEOPLE LIVING IN THE HOUSE	6
WORKING STATUS	Unemployed
EDUCATION LEVEL	8
PROFESSION	Home maker
CARBON FOOTPRINT (SCORE)	
SCORE PER SECTOR	

Personal information	
Please fill up with collected data	
GENDER	F
AGE	35
HOUSEHOLD COMPOSITION	4 adults
NO. OF PEOPLE LIVING IN THE HOUSE	4
WORKING STATUS	Self-employed
EDUCATION LEVEL	8 th grade
PROFESSION	Tailor
CARBON FOOTPRINT (SCORE)	
SCORE PER SECTOR	

Personal information	
Please fill up with collected data	
GENDER	Female
AGE	28
HOUSEHOLD COMPOSITION	3 adults, 2 children
NO. OF PEOPLE LIVING IN THE HOUSE	5
WORKING STATUS	Unemployed
EDUCATION LEVEL	10 th Std
PROFESSION	Homemaker
CARBON FOOTPRINT (SCORE)	
SCORE PER SECTOR	

Personal information	
Please fill up with collected data	
GENDER	F
AGE	22
HOUSEHOLD COMPOSITION	4 adults.
NO. OF PEOPLE LIVING IN THE HOUSE	4
WORKING STATUS	Self - employed
EDUCATION LEVEL	12
PROFESSION	Milk selling business and bag making business
CARBON FOOTPRINT (SCORE)	
SCORE PER SECTOR	

Personal information	
Please fill up with collected data	
GENDER	Female
AGE	37
HOUSEHOLD COMPOSITION	Married with two children
NO. OF PEOPLE LIVING IN THE HOUSE	4
WORKING STATUS	Unemployed
EDUCATION LEVEL	9th Std
PROFESSION	Homemaker
CARBON FOOTPRINT (SCORE)	
SCORE PER SECTOR	

Summary of results (for the whole cluster)

Biographic aspects and habits <i>Please try to describe here the relationships between behaviour and what people explained about their choices / lack of, and how they elaborated about them.</i>	
Interview summary with key points (in English)	Important quotes
<p><u>Housing</u></p> <p>The people interviewed have migrated from villages to the city primarily for livelihood purposes and for better educational opportunities for their children. Their house structures have evolved over the years and respondents who used to live in rented spaces initially, now own the houses they live in. Of two respondents belonging to the same family the husband stated that they would like to own a house of their own since they are living in a rented space currently, the wife indicated that she is happy with the current house as it is bigger than their previous house. [SV1IN, SV2IN]. Owning a house of their own was and is a priority for all respondents.</p> <p>Peoples satisfaction with their current housing varied depending on the size of their family, their family history, and the stage at which they are at in their lives currently - The elderly respondent was content in his current house made of a cement roof and tin walls given that the house he used to live in when he moved to the settlement was made of wooden beams with a thatched roof of sugarcane leaves. His family has come a long way since then and the respondent indicated that he doesn't desire to change anything about his current house as long as he lives [SV7IN]. A respondent whose children have almost completed their education and has just renovated her house from a one-roomed tin roof and walled house to a</p>	<p><i>"For a 4-member family a 1 bhk is enough" [SV1IN]</i></p> <p><i>"Need to improve the basic amenities in the house such as having a toilet and bathroom in the house, having 1 more room as the children are growing. The roofing needs to be changed before the monsoon arrives to avoid water seepage." [SV3IN]</i></p> <p><i>"Currently we all live in the same house and need a bigger house as it doesn't feel good and its uncomfortable as we sleep, cook and live in the same room" [SV5IN]</i></p> <p><i>"I will make a brick house of two floors. The space is less." [SV6IN]</i></p> <p><i>"If we earn more money. we will be able to upgrade the house" [SV6IN]</i></p> <p><i>"Any guest/ relatives whoever used to visit us, we were not liking as we our house was made of tin and rest others</i></p>

<p>1BHK concrete slabbed roof and brick-walled house with a terrace is content with her current house [SV6IN]. Four respondents indicated the need for more rooms in their house [SV1IN, SV3IN, SV5IN, SV6IN] Given that 4 or more people occupy their approx. 100-200 sq.ft. house. Two respondents don't have a separate kitchen i.e. their cooking room and living room is the same [[SV5IN, SV6IN]. Most of these respondents are in their early 30s with school going children. Inadequate income is a major challenge hindering families from meeting their need for a bigger house. [SV1IN, SV3IN SV5IN , SV6IN]</p> <p>The residents indicated that they are happy with the overall facilities in the settlement as of now since there were no roads, electricity and water facilities when they arrived in the settlement more than a decade ago. Water facilities are still an impediment, however, the women of the community protest and demand for better services when water issues extend for long periods of time.</p>	<p><i>have a proper house, so we decided to build a proper house” [SV6IN]</i></p> <p><i>“We are happy in this house, and we will not make any changes to this house, till we die” [SV7IN]</i></p> <p><i>“Water has not been coming properly for the last one month. We did not get water for 15 days in the entire month. The women from the settlement went to the road and blocked it day before yesterday and there was a huge traffic jam and then water has finally come today. They left water for 1 hour today and we have a tank and store the water in that. They wont leave water for another 4 days now. I'll have to go to another tap nearby in the settlement to collect water”.[SV6IN]</i></p>
<p><u>Food</u></p> <p>People's food comprises mainly of roti (Indian flatbread), dal (lentils), vegetable and rice. They have non-vegetarian food such as chicken, eggs and goat meat once every 15 days or once a month. Price of the food [SV4IN, SV5IN, SV6IN] followed by health considerations [SV3IN] and the season [SV3IN, SV3IN] is the main determinant of people's food choices. The availability of vegetables with local vegetable vendors determines people's choice of vegetables [SV4IN, SV4IN , SV5IN]</p> <p>One respondent living in a joint family setting shared that the food she prepares is determined by the desires of her in-laws, husband and children [SV3IN]. While the elderly respondent who lives alone with his wife stated that his son's families determine what they eat for lunch and dinner as they have their meals at their homes since they live next door, which does not give them much of a say in the food they eat. [SV71IN]</p> <p>Most respondents indicated that they are content with the food they consume, however, they also expressed the desire to eat outside and try new dishes once a while. Money is a barrier to meeting this desire [SV1IN, SV6IN]. However, in certain cases food is purchased from outside when children are adamant about the same [SV3IN, SV4IN, SV5IN]</p>	<p><i>“I don't think I want to make any changes in my current diet. But I do want to try everything. Eg. Pizzas are available in the market. If we go to order this is costs between INR 250-300 and rich people eat pizzas costing INR 1000-1500. There is a difference is quality. We feel that we would also like to taste that just one time”. [SV1IN]</i></p> <p><i>“If we eat wheat rotis we don't feel soon. With jowar and bajra flour we feel hungry from time to time...it is helpful to eat this to stay fit specially since we don't do much physical work and sit at home most of the time. “- [SV71IN]</i></p> <p><i>“We have to look at things according to our capacity. Sometimes I feel like it would be nice to go to a hotel and have some tea. But we need money to do that, no?”- [SV71IN]</i></p> <p><i>“Sometimes if I want to eat anything. I act stubborn and then I get” [SV5IN]</i></p> <p><i>“ I feel like eating different things every day. But we have to eat based on what we can afford”- [SV6IN]</i></p>

	<p><i>Food choices are made as per the season whatever is available in the market according to that the food consumed as those vegetables are readily available at reasonable price, the non-seasonal veggies are costly which are not affordable. [SV4IN]</i></p> <p><i>During summer intake of dairy products like milk and curd increases to have a cooling effect, and intake of chicken is reduced. In winter pearl millet roti is preferred as its fulfilling for longer part of the day and its good for health [SV3IN]</i></p>
<p><u>Transportation</u></p> <p>Most respondents walk to nearby places eg. the local grocery store and vegetable shop. These are located within approx. 200-500 m from the settlement [SV5IN, SV71IN, SV4IN, SV6IN]. The local bus or auto rickshaw is availed to travel longer distances in the city [SV5IN, SV71IN]. Respondents who own motor bikes and know to drive or have family members who know to drive do not make us of public transport to travel within the city [SV1IN, SV2IN, SV3IN, SV6IN]</p> <p>For long distance travel such as travelling to their villages or another city, respondents travel by train or bus. One respondent even travels up to 100-200 km. on the motor bike [SV3IN.]</p> <p>People’s mode of transport is determined by the cost of travel [SV1IN] Some respondents indicated their choice of transport is restricted due to their income. One respondent stated that they have consciously chosen to not purchase a motorbike since their workplace and education institutions are located nearby where they can travel by bicycle, foot or bus SV4IN. Some respondents have grown up travelling long distances by foot since public transport was not available in their locality until a few years ago. They feel that the transport scenario is relatively comfortable now however they also indicated that they cannot access more expensive modes of transport if they’d like to due to budget restrictions. [SV5IN, SV6IN]</p> <p>When asked about their thoughts on riding a bicycle – One respondent indicated that they used to cycle to places when they were younger but are unable to do so due to health conditions [SV6IN]. Another respondent indicated that she used to ride a bicycle before marriage and is not</p>	<p><i>“I used to travel for 50-60km by bicycle when I was young and able to do it.” SV71IN</i></p> <p><i>“ I knew to ride a cycle before. But I don’t ride it now because of my health”- SV6IN</i></p> <p><i>“There were no buses before, and we used to walk to places on foot”- SV5IN</i></p> <p><i>“We have a fixed budget. Say for eg. We put INR 20 worth petrol in the two-wheeler we can travel from here to Hadapsar (approx. 2 km away) and back. If we take an autorickshaw and book an ola or uber for the same, it will cost us 50-60 rupees. Which is 40 rupees more. That will reduce our house budget for other expenses.” SV1IN</i></p> <p><i>“I have a wish...if God supports, I would like to own a car and take my family on a drive by myself”- SV2IN</i></p>

<p>confident about it now since she has put on weight [SV3IN]. One individual indicated that he would choose a bicycle if he had one over his motor bike to travel short distances [SV1IN].</p> <p>The husband and wife from the cohort indicated that they wish to own their own car someday [SV2IN, SV1IN].</p>	
<p><u>Electrical equipment and digital consumption</u></p> <p>Electric bulbs and a fan and were common across all respondents houses. Two respondents were content with the equipment they possess [SV4IN, SV71IN]. Some respondents shared their aspirations to own a mobile phone, a television, a washing machine and a cooler to provide relief from the summer heat. The reasons for wanting to possess more equipment spanned convenience [SV5IN], the need for distraction [SV5IN] and comfort [SV3IN, SV1IN]. One respondent also indicated his desire to possess a microwave oven and an induction stove to be available as a back-up in moments when the gas cylinder is empty in his absence to minimize inconvenience caused to his family. Three respondents indicated that they are content with the electric equipment they possess. Another respondent expressed that she would be happy if there was some equipment that could help reduce the electric bill [SV6IN]</p> <p>In the context of digital consumption, two respondents do not possess a phone of their own [SV3IN], one possessed a simple phone, and the rest possessed a smart phone. Of the ones who possess a smart phone one respondent indicated that screen time can be controlled if people have the opportunity to engage in adequate outdoor activity. [SV1IN]</p>	<p><i>“Whatever we have for now, I feel satisfied with it”- SV4IN</i></p> <p><i>“If I have a TV my mind will be distracted. I won’t be sad, and the day will just pass by”- SV5IN</i></p> <p><i>“ The electricity bill is a lot....if there is something that can help reduce the electricity bill then that will be good” - SV6IN</i></p> <p><i>“Work is one outdoor activity. But I am not a farmer. But if I could do that or had a small garden then I would spend time watering the flowers or looking after the plants and would be busy. Even with that maybe a person will listen to music on the Bluetooth or play music out loud on the system. But they will not have the screen in front of them and will be busy”- SV1IN</i></p>
<p><u>General consumption</u></p> <p>Consumption is mainly determined by the budget for most respondents. The respondent from the joint family shared that she needs to take her husband and in-laws permission before any purchase highlighting the influence of patriarchy on her consumption choices [SV3IN]. The youngest respondent shared that she saves her own money and buys things she feels like buying accordingly and asks her parents support if she needs additional money. She added that the covid-19 pandemic has impacted their economic condition at home due to which they haven’t been purchasing things beyond their basic needs since the past few years [SV5IN].</p>	<p><i>“Whatever is needed only that’s purchased and being part of the middle class, I have to think and spend accordingly so as not to suffer later”- SV4IN</i></p> <p><i>“I prefer to buy directly from the shop and not online”- SV2IN</i></p> <p><i>“I purchase according to what has been said and money given and not according to my wish”- SV3IN</i></p>

<p>The elderly respondent shared that all the clothes he owns are gifts from relatives [SV7IN].</p> <p>With respect to diversity of choices – most respondents shared that they prefer to buy things directly from the local store. All female respondents expressed that they are sceptical about purchasing things online since they have experienced and/or seen that the clothes that is delivered does not resemble what is shown on online platforms. One male respondent stated that he prefers online platforms for things such as pendrives, shoes and products that can be purchased at a discount, are of good quality and more expensive in local stores [SV1IN].</p>	<p><i>“I have 7-8 sets of clothes”- SV7IN</i></p> <p><i>“If I go to buy a pendrive from the local shop it costs about 800-900 INR. And there are offers online where you get 2 for INR 600 sometimes. If offers are good then we buy things online” - SV1IN</i></p> <p><i>“Shoes are less expensive too. While buying shoes we check if the quality is good. Which company has manufactured this? Does it look good? And we order this online accordingly”- SV1IN</i></p>
<p><u>Gender aspects</u></p> <p>All the women interviewed are primarily responsible for all the domestic work.</p> <p>All respondents except for the one engaged in tailoring indicated that they would like to receive support with housework. The experience of the youngest respondent clearly highlights the unjust distribution of housework- Her mother and she alternate cooking responsibilities. She looks into house cleaning and washing clothes. Her family is engaged in the milk selling business. She and her mother take care of buffaloes and clean the shed and the milk containers. Her father and brother milk the buffaloes. They have a milk centre which is mostly looked after by her father. Therefore, her brother supports with just one task in the entire day while she has to look into majority household responsibilities.</p> <p>Except for one female respondent who has her own tailoring business and the youngest respondent who has her own bag making business, everyone else expressed the desire to engage in some home-based business or activity that can contribute to their income.</p> <p>The male respondents shared that they help out with minor tasks around the house. Eg. The elderly respondent shared that after his wife fills the water vessel, he picks it and brings it inside the house, while the male respondent in his 30s stated that he helps his wife with some household tasks on Sunday since he has a holiday from work that day.</p>	<p><i>“I need someone to help me with chores but I don’t see anyone ready to take up more chores besides what they do. My brother only milks the buffaloes one time a day and one is done by father. My brother still never does or looks to do other chores like feeding the buffaloes, giving water to them, bathing them and cleaning the shed”- SV5IN</i></p> <p><i>“There are many wishes I have and along with it I have responsibility to look after the kids, husband, take care of the house” - SV2IN</i></p> <p><i>“if I get some work to do at from home I can do that. I don’t got outside to work because my children are small”- SV6IN</i></p> <p><i>“My boys are young and I don’t have a daughter who could have helped me in house chores”- SV3IN</i></p>
<p><u>Education and Family background</u></p> <p>Except for the youngest female respondent who was born in the settlement, all other respondents have grown up in</p>	<p><i>“We did not have slippers on our feet when we were younger. We used to walk barefoot” - SV7IN</i></p>

<p>villages and one in a small town [SV1IN]. Most of their parents were involved in farming [SV1IN, SV3IN, SV4IN, SV6IN, SV7IN] except for one respondent whose parents owned and still own 2 shops [SV2IN].</p> <p>They have grown up in mud houses and have travelled on foot or by bicycle for short distances. For long distances they have travelled by bus or train. The elderly respondent shared that there was a time when they did not even have slippers on their feet.</p> <p>Their food habits have remained the same except for the fact that many of them had the opportunity to source food directly from their own farms or other farms within their village.</p> <p>Most female respondents were married off at a very young age, the youngest being 16 years. One respondent indicated that it was difficult for families to look after their children and therefore they used to try and marry them off at an early age. Therefore respondents had to take on care work and income earning responsibilities at a young age.</p> <p>The youngest female respondent [SV5IN] has completed her education upto the 12th grade, while all other respondents have completed their education up to the 10th grade or less.</p>	<p><i>"We used to walk 10 km to get to bus station which was in different village. The frequency of buses was also less"- SV3IN</i></p> <p><i>"The food over there is better than here. There you can grow your own food, cook it on your own and eat it on your own. Here the food that we buy from shops, we don't know from where the food comes and how many days old it is"- SV2IN</i></p> <p><i>"When we moved here initially we came only with the set of clothes that was on our bodies. For one month after coming here we used to eat left overs that people use to give us. Things are better now"- SV4IN</i></p> <p><i>"These days' people think a lot. We are educated our our parents were not educated so they did not think much. Our children have studied more and we will think more now."- SV4IN</i></p> <p><i>"As of now I am happy with where I live and where I am. I cannot tell you about the future. In the past was good as well, but there was a dearth of certain things there that we have now eg. There were no android phones, no tv, less electricity and there was no gas we used to cook on wood. These things are easily available now and their cost is also reduced eg. appliances of refrigerators etc. "- SV1IN</i></p>
<p>General opinions / value orientation</p>	
<p>Interview summary with key points (in English)</p>	<p>Important quotes</p>

<p>Time affluence</p> <p>Except for the youngest female respondent [SV5IN] all other respondents seemed comfortable with the free time they have. All of them except for the elderly male respondent [SV71IN] and the female respondent who has her own tailoring business [SV4IN] indicated that they wish they could spend their time on income generating activities that they can engage in from home.</p> <p>The middle-aged male respondent stated that given that this is the age at which he can work and earn money to support his and his family's needs. He also indicated that he doesn't like to spend time by himself and prefers to spend time with his family.</p>	<p><i>"I don't wish that I had more freetime. I feel that I would love to have more work to do. I want to be completely busy, because this is the time for me to earn. If I don't run now, I won't be able to do it later."</i>- SV1IN</p> <p><i>"There is a lot of work at home and I don't get time for myself"</i>- SV5IN</p> <p><i>"Rather than being idle I would like to be engaged in some work"</i>- SV3IN</p>
<p>Needs / priorities</p> <p>All respondents with young children have quoted their children's education and the overall well-being of their family as their main priority, except for the unmarried respondent who shared that she wishes that her bag-making business and added that she hopes that her families milk selling business flourishes too [SV5IN].</p> <p>One male respondent shared his priority to have a house of his own as he lives on rent [SV1IN], while one respondent shared that renovating her one storeyed house to a two storeyed one is on her list of priorities [SV4IN].</p>	<p><i>"I just hope that my business succeeds"</i>- SV5IN</p> <p><i>"If my husband and children move ahead in life, I will be behind them and that will make me happy"</i>- SV6IN</p>

Sufficiency perspectives	
Interview summary with key points (in English)	Important quotes (please specify the identifier of the interviewee)
<p><u>Sufficiency and its contributing factors</u></p> <p>The elderly male respondent [SV71IN] and one female respondent [SV4IN] expressed contentment with his current lifestyle given the fact that they used to live hand to mouth in their younger days. Another respondent said that she feels satisfied since her family is healthy [SV2IN].</p> <p>Three respondents indicated that their current lifestyle is inadequate and that they need more facilities for survival [SV5IN, SV1IN and SV3IN].</p>	<p><i>"We have gone through a lot of difficulties. There was a time when we used to have only one roti to eat. My wife and I used to eat half and give the other half to the children"</i>- SV71IN</p> <p><i>"When we had come to Pune at that time, we had come with only the clothes we had worn and for a month we had to take food what our neighbour used to share or give to us. So compared to that we are satisfied with what we have now"</i> - SV4IN</p> <p><i>" There are times when we cannot buy fodder the cows as well and they stay hungry"</i>- SV5IN</p>

	<p><i>“Whatever is needed...we are living with things that are way less than that”</i> - SV1IN</p>
<p><u>Levers for sufficiency</u></p> <p>Pathways to achieve sufficiency shared by respondents included – livelihood courses that can be offered by NGOs to contribute to increased income [SV2IN], taking loans from relatives [SV5IN], taking advance from customers [SV5IN], and increased income [SV2IN, SV6IN, SV5IN]. One respondent also shared that her children can support with improving their economic situation as they grow up and start working [SV3IN].</p>	<p><i>“According to our current situation we take money from the customers and feed the buffaloes”- SV5IN</i></p> <p><i>“If we have more buffaloes, we will have a good income”- SV5IN</i></p> <p><i>“When my kids grow up and start earning then my condition will improve...I will get 2 rooms, 3 rooms”- SV3IN</i></p>
<p><u>Income satisfaction</u></p> <p>All respondents except the tailor expressed dissatisfaction with their income and stated that they need more money to help them meet their needs.</p>	
<p><u>Suggestions to practice sufficiency</u></p> <p>The suggestions for sufficiency included -_Consuming based on needs, avoiding competition, being aware of the world and economic injustices around, repairing products instead of throwing them away and considering if something one wants to throw away might be useful to someone else. One respondent suggested that the affluent should live the way covid-19 taught people to live.</p>	<p><i>“People who have more money should not waste it”- SV5IN</i></p> <p><i>“They should live the way corona taught us”. - SV5IN</i></p> <p><i>Compete but only based on how much you need for survival. I have a two-wheeler but if I aspire to buy a race bike then I enter the competition. My needs are met by my current bike, and I am happy with that. So why will I think of buying the race bike? Someone might have a higher budget, but they should stop and think- if my 60-inch tv is comfortable for me, do I need to buy a 120-inch tv? I have 2 fridges and then do I need another one? They keep exchanging things. They use something for 4 months and if a new version comes in the market they will exchange it - SV1IN</i></p> <p><i>Middle class people and poor people buy one thing, and they use it for years. if anything gets spoiled, they repair it and they don't dispose it off. If anything gets spoiled the rich throw it away without a second thought.</i></p>

They do not even think that they can give it away to a poor or middle-class person. Eg. If I feel that the sofa in my house is not comfortable for me or if it is spoiled, I will search for a poor person to give it to. If you search you will find a lot of people. If you are stuck within four walls and walk to your four-wheeler and sit and go to office and work, there directly...what have you seen of the world outside? And people are also stuck on the screen and their phones. They don't have time to watch the news. And if they watch the news, they feel that it is rubbish and say that talks on poverty have been going on for so long. Hearing this all the time people have become desensitized and are only concerned about what is going on in the share market. Etc. and don't have time to look around". – SV1IN

Comments from the researcher

The interview questionnaire was tweaked to suit the context given that in addition to being a low-income community, the community has evolved organically in contrast to an intentional community. Further, the purpose of this research had to be broken down into simple terms and explained orally to help respondents understand the intention of the questions that were being asked. It was explained that the purpose of this research is to understand how people can 'live mindfully without consuming neither more nor less than necessary' (i.e., sufficiently) given that there are people living extravagant lives which is inequitable and contributes to pollution generation. It was shared that the learnings of the research might be instrumental to help people understand how they can consume mindfully in addition to highlighting conditions where people might need to consume more to be able to live a comfortable and sufficient life.

There were a range of insights that emerged from the interviews which are summarized below.

1. Respondent's sufficiency practices:

All community members purchase groceries from local shops that are located with 200-300 m from their houses. They travel by foot to these shops. All except for 3 respondents who own a motor bike travel by public transport i.e., the local bus or auto rickshaw to travel to other places within the city. All respondents avail the bus or railways for long distance travel across cities and even states.

In the context of food consumption - They eat home cooked food and few respondents order snacks from nearby places once a while on their children's insistence. Meat is consumed twice a month or less.

Respondent's general consumption choices are determined by their budget which restricts them from purchasing more than what is needed. All female respondents stated that they are sceptical of online platforms since they have experienced that what is delivered does not align with what is displayed online. One male respondent stated that he avails online platforms for discounts he might receive on articles that might be more expensive locally eg. Pen drives and shoes. Overall, most respondents purchase material that is locally available at the shops they visit within the city. One respondent also shared that people from low economic backgrounds make attempts to repair their things and/or lend them to those in need before considering throwing something out.

2. The correlation between an individual's present context and their needs:

The elderly male respondent whose children are grown up and have families of their own, is content living in his one roomed cement sheet roofed and tin walled house with minimal material things. The female respondent with children who have almost completed their education and has renovated her tin-roof and walled house into a 1bhk recently is content with her life too. Other respondents who have school going children are living a less than sufficient life and feel the need for an increased income to help them renovate their homes, educate their children and meet other needs. None of them expressed the need for more free time, they were interested in having work-from-home opportunities that can contribute to their economic well-being. The youngest female respondent who is unmarried wished that she had more time to herself to focus on her bag making business besides flourishing of her family's milk selling business which can help meet her needs and the needs of her family, too. She also shared the desire for free time which can allow her to visit places.

3. The impact of family composition on decision making processes:

All decisions in the joint family setting of one respondent are dominated by the mother-in-law who is also the primary breadwinner of the household followed by the respondents' husband and father-in-law. The respondent has no say in the families' food habits, travel and general consumption choices. Whereas all other families in the cohort which are nuclear exhibit a more democratic decision-making process within the household in varying capacities.

4. The relationship between an individual's history and their aspirations:

Given that most individuals have grown up in economically poor conditions where they lived hand to mouth and lived on rent in tin roof and walled structures especially when they moved to their present locality, they seem content with the fact that they have a house of their own, now. They have grown up in circumstances where they used to walk long distances before and have access to public transport. Their desires are limited to ensuring a comfortable life for their family within limits. The couple from the cohort have grown up in relatively comfortable economic conditions back home. While they are currently in a position where they don't own a house of their own and feel that they are living a less than sufficient life, their aspirations include owning a car at some point in time. This aspiration was not shared by any other respondents reflecting the impact of an individual's history on their aspirations. Additionally, the male respondent also expressed that he would like to own an electric stove and a microwave oven as a back-up for emergencies when the gas cylinder is exhausted, the concept of having back-up electric equipment wasn't shared by any other respondent.

5. Sufficiency pathways to alleviate living conditions:

All the female respondents asserted the need to have home-based income generation work which they can engage in flexibly with their home-making work. Other pathways to alleviate their economic situation involved educating their children who can contribute to the family's expenses in the future. One respondent shared that seeking loans from relatives is something the family resorts to whenever needed. Protesting at the community level and pressurizing administrative authorities to provide facilities such as water, roads, etc. is another gateway to ensure enhanced living conditions that emerged from the interviews.

All respondent's way of life is a testimony of how to try and be content with less while highlighting the unjust conditions people inhabiting low-income settlements live in, asserting the need for equitable distribution of resources on the planet, wherein entities who consume in surplus make space for the better living conditions for people and communities living with scarce resources.

General conclusions

India's socio-economic diversity warrants an approach aimed at understanding people's present context and history to determine their notions of 'sufficiency' and related practices. A one-size-fits-all definition of 'sufficiency' therefore does not exist in the country.

Based on learnings from this research, for those who have grown up in monetarily privileged conditions 'sufficiency' is primarily associated with a low-carbon footprint. Their predominant driving force is to live an alternate lifestyle based on healthy consumption practices and to attain inner peace through mindful practices such as yoga which can support a sufficiency-based lifestyle. For those who have grown up in and are still living in monetarily underprivileged conditions 'sufficiency' is exhibited through mindful consumption decisions based on their personal budget limitations. For a few individuals is also encapsulates the need for additional sources of income to support adequate living conditions for their families e.g., to enhance their house structures.

The perspectives shared by interviewees indicate that barriers to 'sufficiency' for affluent people include a culture of competitiveness that entices people to discard functioning products and purchase those that are newly introduced in the market e.g., an upgraded version of a bike or television. Advertisements were mentioned as one factor that contributes to fuelling the same. It was also shared that people's fast-paced lives are dominated by excessive screen time which does not leave space to observe injustices in the world around and inadvertently fuels people's behaviour of accumulating surplus wealth for themselves at the cost of the health of the planet and its inhabitants, especially the marginalized. People's disconnectedness with nature was identified as another catalysing factor for unsustainable living practices. In the context of barriers to attaining 'sufficiency' for people with less than sufficient resources; inadequate income is the primary contributing factor in addition to the dearth of facilities such as water availability.

Given that we are living on a planet with finite resources, from a socio-ecological justice perspective people who live extravagantly must minimize their consumption and create space for increased consumption by those who live in conditions that are less than sufficient. Some systemic and local-level initiatives that can contribute to enhancing sufficiency practices based on insights from this research are as follows:

- Spatial planning to ensure that shops are within walking distance from most housing areas to encourage purchases from local stores.
- Improving public transport facilities to encourage minimal dependency on private vehicles for short distances and airplanes for long-distance travel
- Establishment of Community Supported Agriculture (CSA) models
- Implementing policies that safeguard indigenous and common lands to prevent them from falling prey to land grabbing by profit-hungry entities and promote spaces for habitat conservation and organic food-cultivation
- Conserving natural spaces in cities to facilitate minimizing peoples increasing disconnectedness from non-human entities that provide nourishment both tangibly and intangibly.
- Enforcing working-hour caps to facilitate creating space for slowing down through meditation or other reflection-based approaches. This can also create conditions for increased self-dependence toward performing household chores and equitable distribution of the same within the household.
- Establishing boundaries on the size of organisations to ensure that they don't grow exponentially and are small enough to be self-governed. This can also support with creation of non-hierarchical work settings that function on self-governance.

- Drafting and implementing policies that enforce incorporating sustainable building design principles for building construction and upgradation initiatives to facilitate the transition to renewable energy and environmentally responsible building construction
- Seamlessly integrating knowledge of sustainable building practices in architecture and engineering curricula will be a crucial step to help implement such policies.
- Policies to promote the construction and maintenance of water harvesting structures.
- Implementing policies that encourage the production and consumption of socio-ecological inequity-minimizing products such as organic food, soaps, and other products including clothing that are domestically sourced.
- Implementing policies that promote vehicle pooling in organizations and housing societies
- Implementing of social welfare policies that can make people feel safer to experiment with radical lifestyle changes.
- Attempting to ensure a 'needs-based' allocation of financial resources within organizations to create conditions for mindful production (where applicable) and consumption both.
- Financial support for immersive programs for people across all age groups to visit ecovillages and low-income communities to sensitize people who are not part of these communities to ways of living mindfully and recognize the need to create space for people living in less than sufficient conditions to move towards sufficiency, respectively.
- Facilitating the creation and organising of meeting spaces for the elderly and people from younger generations to dialogue and understand the possibilities of living a simple life based on experiences from the past to navigate pathways to find contentment by living with minimal dependence on human-made resources in the present.
- Promoting the establishment of small-scale repair and thrift stores to encourage mindful consumption.

Overall, creating conditions that support the production and consumption of socio-ecologically responsible products by groups of self-governed small-scale producer's, low-emission travel, establishing working conditions that enable creating space and time for practices such as mediation to facilitate slow and mindful living while also encouraging ownership and equitable distribution of household chores, conservation of natural spaces, sustainable building construction and knowledge-sharing spaces among people who have lived and are currently living a sufficiency-based lifestyle in addition to those who are living in less than sufficient living conditions to encourage people to adopt a lifestyle rooted in 'sufficiency' are few of many pathways that can support upscaling sufficiency practices as per learnings from this research.

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Annex. Interview summaries

CLUSTER: NAVDARSHANAM

ND1IN

Describing sufficient lifestyles and practices	
Interview summary with key points (in English)	Important quotes
<p><u>Motivations to participate</u></p> <ul style="list-style-type: none"> • The participant came to Navadarshanam through her family and was old by the time she into the community. • The idea of Navadarshanam was very attractive. • Younger generation do a lot here. 	<p><i>"I come here off and on. I've been here for the last 4 months. I love this place but can't involve myself too much as I'm unable to do it physically because of age."</i></p>
<p><u>Daily life and habits</u></p> <p>Housing</p> <ul style="list-style-type: none"> • Like the house because of the bird calls early in the morning. <p>Food</p> <ul style="list-style-type: none"> • Fully enjoy what is served in the community kitchen. <p>Mobility and transport</p> <ul style="list-style-type: none"> • Mobility is only by car and train with some assistance from someone. <p>Equipment</p> <ul style="list-style-type: none"> • Owned a desktop some time ago, after which she owned an iPad. Not very computer/digital savvy. <p>Miscellaneous consumption</p> <ul style="list-style-type: none"> • Resorted to an available option on purchasing groceries or vegetables while living in Chennai. • The latest generation is very savvy with shopping. • Staying at Navadarshanam doesn't force to make any changes because there is no feeling of constraints in staying. 	<p><i>"I like the way how cheerful and helpful people here are. I can't interact with everyone much because of language problem"</i></p> <p><i>"I never once had any constraint with food as I'm already a vegan and the kitchen here is vegan."</i></p> <p><i>"So long since I've gone to a store to buy anything except for groceries and vegetables. I haven't bought anything for myself in a really long time"</i></p>
Adoption and effects of sufficient practices	
Interview summary with key points (in English)	Important quotes
<p><u>The adoption process</u></p> <ul style="list-style-type: none"> • Lots of time to sit back and think. • Everything is fulfilling here in Navadarshanam community and back in Chennai where the participant lives. 	<p><i>"In Chennai, I have some cooking to do and if I need something I need to ring up people for soaps etc. to deliver. Here at Navadarshanam there is lots of time to sit back think and relax."</i></p> <p><i>"Everything is much more simple here"</i></p>

<u>Positive impact and effects</u>	
<u>Difficulties and unexpected outcomes</u>	
<u>Gender</u>	
<u>Time management</u>	
Opinions about sufficiency and social change	
Interview summary with key points (in English)	Important quotes
<u>Defining sufficiency</u> <ul style="list-style-type: none"> • Desires to be self-sufficient in everything as an individual and as a community. • Leading a life of sufficiency will be a happier life than it would otherwise be. People will need a lot of time to understand and get the ability to forgo certain comforts will come only with maturity and understanding of life. • The participant would like everyone to understand the concept of Navadarshanam or something similar to know that we make do with things that we think are necessities. • Fridges and washing machines should be considered as luxuries. 	<p><i>“People who follow sufficiency have understood the illusionary ness of things. They have entered the spiritual path I must say. Understanding that material comforts alone are not going to give you permanent complete happiness. Anantoo, the founder of Navadarshanam said that they have all gathered together because they were not satisfied with the material comforts of America.”</i></p> <p><i>“Only a ripe fruit can get away from its hold on the tree” - on the question is it possible for everyone to be self-sufficient.</i></p> <p><i>“Fridge and a washing machine have become necessities in the city life. But in my own childhood, they were not necessities. To consider what you consider as necessities as luxury would be right. A luxury may not be a necessity.”</i></p>
<u>Policy / Levers</u>	
<u>Obstacles / Limits</u>	
<u>Views on the future</u>	

Biographical aspects	
Interview summary with key points (in English)	Important quotes
<u>Personal biography</u> <ul style="list-style-type: none"> Grew up in Mylapore, Chennai. School was walking distance. Studied diploma in French and taught French and English in college. In the 1960's, when we were growing up, no one was aware of or there was no talk about ecological imbalances. Only in 2000's this new perception about ecology came in. No one cut down trees in those days. Only in the 21st century was there a concept of carbon footprint and carbon credits. 	
<u>Residential choices</u> <ul style="list-style-type: none"> Washes her own clothes as a part of daily chores. Alternatives for some chores are found. eg: ironing of clothes can't be done because of power availability (Everything at Navadarshanam runs on solar energy). The alternative to this is to put stretched clothes under the bed which is as good as ironing. 	
<u>Profession / Work / Income</u>	
Personal information	
Please fill up with collected data	
GENDER	Female
AGE	86
HOUSEHOLD COMPOSITION	Mother and Son
PROFESSION	
INCOME GROUP (1/2/3/4)	
Views on income	Important quotes (if relevant)

ND2IN

Adoption and effects of sufficient practices	
Interview summary with key points (in English)	Important quotes
<u>The adoption process</u> <ul style="list-style-type: none"> Every aspect of life in the present community is what is wanted. City life wasn't comfortable and when moved to the community, there was no question of adjustment. Given a choice, city life is not preferred. 	<i>"The question 'What aspects of your everyday life changed since you joined this initiative?' has to be reframed to - 'How did you manage city life for so long'. This is a more appropriate as every aspect of life here is what I want"</i>

<ul style="list-style-type: none"> • A sense of belonging will make it your family and questions like ‘what has the community given you’ will look strange. • Give more and take less should be the philosophy to keep the community healthy. (this concept comes when self and community are different) • The question/prompt about adjustment and adoption into the community suggests that rural life is difficult or one is depriving themselves of something by moving into a rural community etc. Rural life is about living comfortably and the question is irrelevant. • Wellbeing (physical, emotional, social) is addressed by helping each other within the community. • The primary aspect or the common goal of this community is to address societal needs and working for a common cause gives fulfilment. • Rural employment, fair price for farmers and better food for consumers are the three aspects of the SHG that are supported by the community. Surplus money is not the primary goal but the surplus is distributed/used for a social cause. • Place may be the only reason for fulfilment. A place won’t give happiness/fulfilment. It comes from different things. Physical, emotional, social, intellect, religious level. Balance in all the above levels will give fulfilment. • In any discourse or discussion the meaning of words are used arbitrarily without understanding the common meaning of it with everyone involved in the discussion (eg: happiness. The definition of happiness will be different for everyone participating in a debate) • For the family living in such a place is a deprivation as they are not ready and interested. 	<p><i>“If you are comfortable wherever you are living, then you won’t think about any alternatives. If not comfortable, then the question of alternatives comes in”</i></p> <p><i>“There are practical problems anywhere and everywhere. There are practical problems in the community as well. but rural living is actually comfortable.”</i></p>
<p><u>Positive impact and effects</u></p> <ul style="list-style-type: none"> • All the comforts are available here in the community like running water, good food, mattress to sleep, good space to live in. 	<p><i>“Once we start living in a community, the community is not different from you. You are the community, you are part of the community, community belongs to you, you belong to the community. There is no giving and taking. It’s like a family. If someone asks you, living in a family with your mother, father, siblings etc. What does the family give you or what do you give</i></p>

	<i>to this family? The question itself is strange”</i>
<u>Difficulties and unexpected outcomes</u> <ul style="list-style-type: none"> • Understand that certain things are a part of a grand design. • Accept the outcomes. • Do what is felt right in any circumstance and any conflict. 	
<u>Gender</u> <ul style="list-style-type: none"> • Depending on the need anyone can pitch in. • Domestic help is available to houses in the community where elderly are living or someone who is compromised on health. Depending on the need male/female come for the job. 	
<u>Time management</u>	
Opinions about sufficiency and social change	
Interview summary with key points (in English)	Important quotes
<u>Defining sufficiency</u> <ul style="list-style-type: none"> • Sufficiency depends on perception. • Wants and needs must match, and sufficiency automatically steps in. • Acceptance of the facts as a part of the grand design. 	
<u>Policy / Levers</u>	
<u>Obstacles / Limits</u>	
<u>Views on the future</u> <ul style="list-style-type: none"> • Practically and factually, what's happening around is not very encouraging for the younger generation. It's scary how rapidly those changes are happening. 	
Biographical aspects	
Interview summary with key points (in English)	Important quotes
<u>Personal biography</u> <ul style="list-style-type: none"> • Income was just hand to mouth while growing up. Attended local medium school and wasn't competitive during schooling or through life. Worked in the banking sector. 	<i>“We make things complex for ourselves. Here in the community, there is no complex or complicated way. If needs and wants are the same then there is no complication.”</i>

	<i>"Living like me is utopian! This is against nature. Everyone is different and unique. why should everyone be like you?"</i>
<u>Residential choices</u> <ul style="list-style-type: none"> Simple living with lesser things which is convenient. Clutter adds to complexity. 	
<u>Profession / Work / Income</u> <ul style="list-style-type: none"> Can do with lesser income than what's coming in right now. 	
Personal information	
Please fill up with collected data	
GENDER	Male
AGE	67
HOUSEHOLD COMPOSITION	Single
PROFESSION	Banking sector-past; Community member/volunteer at navadarshanam- present
INCOME GROUP (1/2/3/4)	
Views on income	Important quotes (if relevant)
<ul style="list-style-type: none"> Not interested in the pursuit of power and money. Needs and wants have to be the same to remove complexity. 	<p><i>"There are so many things that I don't gel with the speed in which we all live and the pursuit of power and money. We need enough to feed ourselves but if earning money is our goal, then something is wrong with us."</i></p> <p><i>"Live with lesser things because it's convenient to you. Then you are as rich as anyone else."</i></p>

ND3IN

Describing sufficient lifestyles and practices	
Interview summary with key points (in English)	Important quotes
<u>Participation of the respondent in the initiative</u> <ul style="list-style-type: none"> Quit career and started exploring farming in California. Studied permaculture and organic farming formally and was an apprentice with a farmer. Switched to farming while living in California and working with soil, doing mediation and yoga was a way of life. Heard about Navadarshnam from his brother about it being an eco-space and moved directly quitting the US and urban India. Started with farming as the founders didn't have much land connect. Started working on farm to build sufficiency for the community kitchen and slowly started activities for the CSA. After many trustees left, he started to handle administration work too. 	<p><i>"Even when I was pursuing my career I was never big on but frugal on consumption. Never had big urge to buy new big cars used public transport and used to buy clothes in the thrift stores not that I didn't have money but there was never an urge to buy new stuff"</i></p> <p><i>"But in US life has complexities to be on radar like medical insurance and others"</i></p> <p><i>"I was happy to involve hands on, on the farm"</i></p>

<ul style="list-style-type: none"> Started to host workshops to share the knowledge on sustainable agriculture, health and healing, reflections on food. 	<p><i>"Now that more critical mass is being involved, I would like to shift to background role than frontal role"</i></p> <p><i>"Village level issues and political issues pop up once in a way ...Here is a piece of land that looks so beautiful and attractive now. There is always forces that come into play when something becomes attractive"</i></p>
<p><u>Motivations to participate.</u></p> <ul style="list-style-type: none"> To live a life of low ecological footprint To be able to live a simpler life off the grid. Share learnings to visitors of all ages through workshops, plant some seeds in them and look forward to some change some day. To be able to make people think about alternate path. Create a space which can give people a moment to pause. To be able to touch people's lives. 	<p><i>" More than to say Hey! here we are the ones who have done some great things, we would like to share this space as a space to pause and make people think about alternate path"</i></p> <p><i>"We have touched so many lives and many have gone and started similar initiatives that is the satisfaction you feel about this"</i></p>
<p><u>Daily life and habits</u></p> <p>Housing</p> <ul style="list-style-type: none"> A resident doesn't own a house. One can make a house with their expenses, but it doesn't belong to one. It belongs to the trust. Someone who can't afford to build, the trust contributes financially. Small house of 600 feet, a kitchen, a room, open courtyard, and meditation room. House is inside the Navadarshnam campus closer to the forest. <p>Food</p> <ul style="list-style-type: none"> Campus grows sustainable, organic, low till, low input, low intervention farming based food is made in the community kitchen. The kitchen is also a vegan kitchen for ecological and ethical reasons. Diversity of diet is followed – wheat, rice, different millets, pulses ,vegetables, whole grain , cold pressed. Plan the menu through the week for diversity and inclusivity. Common shared values of diversity in food doesn't bring any compromise and for personal spice levels, pickles help as a substitute. <p>Mobility and transport</p> <ul style="list-style-type: none"> Owned a car earlier and don't have it any more. Uses a friend's car to travel to nearest town – once a week, and once a month to Bangalore for work related tasks. Usually, people pool together 	<p><i>"We come and we go, why carry the burden of ownership. It's a nice arrangement for me."</i></p> <p><i>"There is lot of light and sun and can hear the thunderbolts and see the lighting striking. I love that".</i></p> <p><i>"Most important place for me in my house is my meditation den".</i></p> <p><i>"Designed and built this and like to sleep at the edge of courtyard."</i></p> <p><i>"It's a community kitchen, everyone makes few compromises but nothing very shattering".</i></p> <p><i>"I eat twice a day -breakfast and lunch and this helps me in morning meditation"</i></p> <p><i>"Who would not want organic food!"</i></p> <p><i>"We are very sensitive about ecological footprint and travel is always planned in a multipurpose manner"</i></p>

<p>for these trips and make sure multiple errands are covered. For personal tasks drop by a truck or public bus from Anekal is preferred mode. Longer distances are travelled by train.</p> <ul style="list-style-type: none"> • Sometimes they have also travelled by car while having few other choices, but it is rare. • Buses are less frequent, and auto/taxis are also an option to reach the campus. <p>Equipment</p> <ul style="list-style-type: none"> • Mobile phone, a non-smart phone and use it for making phone calls. • Laptop is used for the SHG work and creating presentations for workshops. Internet is needed for research work which is not usually extensive. Network bandwidth is not sufficient to watch videos. <p>Miscellaneous consumption</p> <ul style="list-style-type: none"> • Rarely anything is bought from outside markets. Cleaning liquids, toothpaste and soaps are items which are not produced at the campus, and we depend on partners who are producing these products chemical free, sensitive to use and with low ecological footprint. • Clothes if needed is bought from Tula which is another organic, sustainable fabric initiative. • For making buildings, building material like glass and steel is sourced locally. Compressed bricks are made in campus using the soil. • Solar lantern, torch, bulbs are bought online by other residents as campus is not lit and everyone carries one in their hand. • Pieces of furniture is bought which is supplied to nearest town here and is collected from there. • All things can be bought from nearby town which is 8 kms away from campus. • Areas not monitored maybe – Furniture ordered may not be made from sustainable wood. Solar panels may not be local products. Exide batteries are bought which again is not something very sure if it is a sustainable source. They make sure batteries are purchased from a dealer who takes back old batteries and repurposes it. 	<p><i>“We are not super well connected and we like it that way”</i></p> <p><i>“We were all successful in our career and we could have blown it all away, but never were aligned to it”.</i></p> <p><i>“We are ok with what we have, otherwise we could have lobbied to get more towers for better connectivity”.</i></p> <p><i>“I have never bought anything from Amazon so far in my life and don’t own a credit card”.</i></p> <p><i>“By policy we said we will not have high powered device. By policy we said we will not have televisions or refrigerators or washing machines”.</i></p> <p><i>“By policy no white stuff - sugar, common flour and chemical products are not allowed on the campus”.</i></p> <p><i>“We pay extraordinary attention to food and avoid allopathic treatments and stay more with natural medicines”.</i></p> <p><i>“Entire supply chain cannot be traced always”.</i></p>
<p>Adoption and effects of sufficient practices</p>	
<p>Interview summary with key points (in English)</p>	<p>Important quotes</p>

<p><u>The adoption process.</u></p> <ul style="list-style-type: none"> • Interaction with people villagers and visitors is more than expected or have done. • Meditation and yoga is the foundation on which everything rests and If there was no time for meditation and yoga with increased level of interaction then the adoption process would have been limited. 	<p><i>“What made it possible is spirit of acceptance that this is what is required by me at this time”.</i></p> <p><i>“A deep sense that it is a grand unfolding, and we are instruments of destiny and this is what is called upon me at this time”.</i></p>
<p><u>Positive impact and effects</u></p> <ul style="list-style-type: none"> • For self - Health, well-being and quality of life was always there previously, and it continued in the campus and is valuable. Having time for self provides the equilibrium everything else is engagement as needed. • For the society – Trust activities and workshop provides window into alternative way of living and to be able to explore to live a simple and fulfilling life. Provides different windows for different age groups. Food cooperative provides urban community to explore and dwell into healthy, organic, traditional foods. Provides farming community with a sense that they are supported by consumers, the trust and their work is valued and ensures that they have sustained livelihood in the captive market. 	<p><i>“It’s a nice place to be and live your life out and in the process participate and engage”.</i></p> <p><i>“All of a sudden if nothing is there I won’t be at sea. It’s wonderful to have this, I value it. All goes away it goes away”.</i></p>
<p><u>Difficulties and unexpected outcomes</u></p> <ul style="list-style-type: none"> • None were experienced at personal level. • Meeting frequency with family and friends is reduced and this affects them. • Accessibility issues reduces meeting family and friends more often. 	
<p><u>Gender</u></p> <ul style="list-style-type: none"> • Being a single person at home, activities include cleaning and mopping the house, making tea/coffee. cleaning utensils and occasionally cook in the community kitchen. Cleaning and cooking activities were always part of life even before living in Navadarshnam campus. 	<p><i>“Always been doing work at home and couldn’t have it any other way”.</i></p>
<p><u>Time management</u></p> <ul style="list-style-type: none"> • Nothing significantly had to be adjusted except that the personal slots had to be shifted to different slot to accommodate for community activity in the evening. 	
<p>Opinions about sufficiency and social change</p>	
<p>Interview summary with key points (in English)</p>	<p>Important quotes</p>

<p><u>Defining sufficiency</u></p> <ul style="list-style-type: none"> • People are desensitized to natural world. Being sensitive to nature helps to have empathy which would translate to being frugal with resources that leads to sustainable practices and living. • Artificial food and lifestyle have desensitized people and one need to break these practices to move towards sustainability. • Everyone’s context is quite different and wherever one is living, reviving their connection to nature, and adapting to sustainable practices in those contexts can help people to live sustainably. 	<p><i>“Probably everybody needs to be thinking about sufficiency or sufficiency lifestyle”.</i></p> <p><i>“Locking yourself up in artificial cocoon and not exposed to what is happening in natural world”.</i></p> <p><i>“Barriers is what we have inherited or got used to in life. The fact that we can’t even go out and see the moon in a city or not able to hear the chirping of the birds are barriers”.</i></p> <p><i>“Everyone doesn’t have to live in mud house and surrounded by forests. Wherever you are in that context, making changes to revive this connection”.</i></p> <p><i>“Spiritual reflections on who we are, where do we come from and where do we go is necessary. External life is not source of your fulfilment and fulfilment must come from within”.</i></p>
<p><u>Policy / Levers</u> <i>Please try to differentiate between social habits, infrastructures, and social frameworks</i></p>	
<p><u>Obstacles / Limits</u> <i>Please try to differentiate between social habits, infrastructures and social frameworks</i></p>	
<p><u>Views on the future</u></p> <ul style="list-style-type: none"> • No specific views or aspirations but there is acceptance to everything around as it is and to the future. 	
<p>Biographical aspects</p>	
<p>Interview summary with key points (in English)</p>	<p>Important quotes</p>
<p><u>Personal biography</u></p> <ul style="list-style-type: none"> • Grew up in Bangalore in 1960’s, lived in Chennai in 1970’s, graduated at IIT Kharagpur and left to Scotland for work and moved to California. • Mother was a teacher in college and taught French, Economics, Philosophy. Father was an accountant. • A middle-class family leading comfortable life. • Food was less toxic then and hence need for alternate choices was not felt. Quite dumb to 	

<p>alternate ways or ecological awareness. Frugality was a value built in from childhood.</p> <ul style="list-style-type: none"> • Pursued management courses in US and a permaculture course at later stages in life. 	
<u>Residential choices</u>	
<u>Profession / Work / Income</u> <ul style="list-style-type: none"> • Voluntarily retired from mainstream profession at the age of 45 years and pursued ecologically minimalistic way of living with no income earnings. 	
Personal information	
Please fill up with collected data	
GENDER	Male
AGE	60
HOUSEHOLD COMPOSITION	Single/Unmarried
PROFESSION	Voluntary retirement from work at 45
INCOME GROUP (1/2/3/4)	none
Views on income	Important quotes (if relevant)
<ul style="list-style-type: none"> • Need very little to live life in campus and there is no income earned from activities on the campus. Earn bank interest for the earlier savings which is hardly used. 	

ND4IN

Describing sufficient lifestyles and practices	
Interview summary with key points (in English)	Important quotes
<u>Participation of the respondent in the initiative</u> <ul style="list-style-type: none"> • In 2009, he had come to Navadarshanam with a friend for a visit. In 2018 he was looking at alternates as there was a requirement from their side to shift in a rural setting with lesser carbon footprint. His sister living there helped them to take the decision faster. He looked at options like Salem, and ND is nearer to Bangalore and as his daughters are abroad this would be much more convenient as Salem is farther. • Knew about ND, his daughters had come here for the last 8-10 years. His wife and his choices were more or less the same, so no issues over there, considering his mother's age her opinion was also sought before moving and his mother willingly moved in as she wanted to be with them. 	<p><i>"2018 we wanted to look at alternates because there was requirement from our side to shift in rural setting with lesser carbon footprint that's the starting point and my sister living here helped to take the decision faster"</i></p> <p><i>"That's how the entire thing proceeded, starting from our own thing of wanted to live lesser carbon footprint and live a rural life leading to this particular facility available through my sister"</i></p>

<p><u>Motivations to participate</u></p> <ul style="list-style-type: none"> • In 2018, when SHG activities expanded he was looking into the computerization of it to give it a structure, have control. • He is a cost accountant • One important factor motivated him to participate is his desire to learn something and if in a group who has more knowledge that facilitates the learning process 	<p><i>“One important factor, we should be in a position to learn something. If I’m associated with a person who has lot more knowledge it makes easier to learn and understand that is why this particular initiative”</i></p> <p><i>“Feel blessed, so much of gratitude that we have got an opportunity to live in this kind of life. Every person that I meet they say they want to live like this, everybody wants it and I ask “do you execute your choice?” Everybody has the opportunity, we are blessed in that way we are ready to execute the choice and this opportunity was also available”</i></p>
<p><u>Daily life and habits</u></p> <p>Housing</p> <ul style="list-style-type: none"> • For him, the current lifestyle is almost self-sufficient. He is experimenting with water as they have 20,000 l of rainwater that can be harvested and are unsure whether it can sustain as there are almost 3 to 3.5 months where there’s no rain and unsure how far they will be able to sustain. As far as solar is concerned they have 0.89kW of panels, that’s more than sufficient. The current house is remodeled and made of mud blocks which are hydraulically pressed and sun dried. • The concept of having ventilators. They live in a place where it’s moderate and pleasant weather, having ventilators that are half a foot by one and a half feet with steel mesh which allows the hot air to escape and cool the house. • Another concept is wherever possible bathroom, staircase, common space, and kitchen they have incorporated skylight. It has two concepts it allows the light to come in and, on the sides, again there are ventilators. So, from all the places on the sides, you will find ventilators that are meshed and allow air to escape. That means fresh air circulation is always there. • In winter, the temperature observed doesn’t go below 7/ 8 max. The insulation is achieved if the doors and windows are closed and use warm clothing. As far as doors and windows are concerned, they use the principle of 2 doors and 2 windows everywhere, because one is mesh which means when the glass windows are open and the mesh doors closed that allows the fresh 	<p><i>“Water is something we are experimenting; we have 20,000 l of rainwater which can be harvested, and I don’t know it can be sustained as there’s almost 3 to 3.5 months where we don’t have rain so I don’t know how far we will be able to sustain?”</i></p> <p><i>“The driving factor, to live in this house, is it faces west when we look out, we have vast expense of trees so we don’t have to look into buildings and there’s enough privacy, we are cut off from the noise and the main traffic as such.”</i></p> <p><i>“Sustainability, I think also means there’s a lesser effort and lesser involvement as far as upkeep is concerned”</i></p> <p><i>Food:</i></p> <p><i>“It’s not a choice, I would say in this way as we have a community kitchen, I don’t know whether an option is available you could rate it that way, but I chose this place, so which means it’s a choice I/ we executed”</i></p> <p><i>Mobility & Transport:</i></p> <p><i>“And also, I needed it to suit my requirement, I don’t believe in cutting corners as for as that is concerned... As</i></p>

air to come in and as there are no fans which means that natural circulation is must if it's required and if it's cold then we can close the glass door. The mesh door is required as they live near the jungle where there are insects, reptiles and unwanted creatures can crepe in and as such they don't have a fan so this kind of setup filters it. The other thing in the house is everything is iron and steel the reason is they have termites issue. The frame of main doors if made of wood it crumples because of termite. Also incorporated, we don't have the constraint of a space it's not a big spatial house, especially the stair height is 5.5 inches max whereas in other spaces in the cities is 6 to 7 inches and its demanding on knees whereas here its not here. The bathrooms are modern have tiled surface as its easier to clean. According to him tiles ensure that because there could be moisture that can lead fungus which is very difficult to clean if there's no proper structure, if its cement floor than very difficult to clean, tiles dry faster and its good for elderly people as well.

- His house is 50kms from Bangalore. Border of Tamilnadu and Karnataka, on the Tamilnadu side adjacent to Cauvery wildlife sanctuary. Located in a place called Gangadevanpalli near Gumalapuram.

Food:

- Simple food prefers to have twice a day that's what they like, vegetarian meal, the products sourced all are organic from local (as much as can), take in the seasonal and the local foods. It's a choice they have made to stay there and have executed their cchoice,so they don't see any constraints with respect to food choices.

Mobility & Transport:

- For long distance he uses SUV, short distance electric scooter.
- SUV is carried over when he moved to ND, it has good mileage, and it suits his requirement. His aged mother also feels more comfortable in SUV than in train as she can just lie down in the back. Getting an electric scooter was a conscious decision.
- They do have option of public transport to where they can get a drop facility available. If time is a constraint, they use their own vehicle if not public transport.

*far as electric scooter is concerned that was a conscious- decisions"
"If time is a constraint, then we use own vehicle if not then public transport"*

*Digital equipment & consumption:
"We haven't compromised on anything, so it's a choice may be in city if we would look Netflix and other stuff but we don't have the time for that here"*

<p>Digital equipment & consumption:</p> <ul style="list-style-type: none"> • All of them have iphone, his mother has Ipad, laptops. TV, refrigerator, macbook was given away. • They use youtube for exercising, facebook, religious discourses, audio books. • For internet they have subscribed to Jio plan of 2 to 2.5 GB daily, each one of them. If his children come home and if they are working from home then there's a constraint of good internet connectivity. He uses an antenna connected to a router which helps in getting a stable internet. <p>Miscellaneous consumption</p> <ul style="list-style-type: none"> • There's not much of the requirement to buy as most of the stuff close to 95% of the requirement is met in the community. • The common kitchen and the SHG's addresses most of their needs. • They buy coffee powder, occasional maggi and stuff purchased locally from Annekal which is around 8-10 kms from ND or Masur gate which is 18 kms from ND. • Clothes if needed is bought from Tula which is another organic, sustainable fabric initiative. 	
<p>Adoption and effects of sufficient practices</p>	
<p>Interview summary with key points (in English)</p>	<p>Important quotes</p>
<p><u>The adoption process</u></p> <ul style="list-style-type: none"> • Every aspect of life changed. Waking up to nature without the disturbance of vehicle horn. Here, there is intermittent noise from the illegal quarry which is 3-4 kms away and the machinery sound intensifies as the wind flow. Apart from that the excitement the villagers go through when they have festival, they put up loud music and loudspeakers for drama and stuff, other than that it's pretty quiet. • When they were in the city, milk was delivered every day, here one of the shifts happened is milk gets delivered every alternate day at 8:30 and they don't buy in large quantity just for coffee and buttermilk. Because they anticipated there are going to be changes so not able to see it, as a change or compromise just it happened with the choice of moving here. • The washing machine was given away, his wife looks at this an activity she loves manual washing, for him sweeping is easy, his mother comes and washes the dishes so it's a combined effort so becomes very easy and not at all tough 	<p><i>"Waking up to nature, in cities when we used to live in rented house we used to wake up to the birds sounds but it would follow the vehicle horn sounds, which is not the case here... The expanse we have outside is full green there's no visibility of anything, other thing is you just don't hear the birds you get to see them"</i></p> <p><i>"Things of this cannot happen individually, actually it's an illusion to say it as individualistic there is nothing individualistic, we are dependent whether we like it or not or you accept it or not."</i></p>

<ul style="list-style-type: none"> • There's no such as individual process, the transition happens into the community because of the support system that comes along with the existing infrastructure. • There were the supervisor, architect and other member living who provided enough support and that made it possible so it's definitely it's not individual effort its cooperative. 	
<p><u>Positive impact and effects</u></p> <ul style="list-style-type: none"> • No rebound effects • All positive effects. • It gives him peace, a fresh outlook, an environment of like-minded people, and access to new people with knowledge which helps in the continuous learning process. • The promotion of the SHG has paved a way for alternate employment opportunities for the local farmers which is minimizing migration to urban areas where villagers would most likely be forced live in unjust conditions. 	<p><i>"Whom you are surrounded with is, is what is going to give you the learning" you learn in the areas from the people who are with you in whatever areas they are associated and they are working is what will be transferred to you...and that gives you the stimulation"</i></p>
<p><u>Difficulties and unexpected outcomes</u></p> <ul style="list-style-type: none"> • None • Improvements that can be made that could be planning in the construction activities where local materials and local laborers are used as much as possible which compromises the timeline because of their priorities and their schedules. • Returning from city at night is a challenge. 	<p><i>"In city I have a house which helps as it's a challenge to return to ND in night and its lot easier to stay in night in city as the infrastructure to reach ND is not conducive".</i></p>
<p><u>Gender</u></p> <ul style="list-style-type: none"> • Effects of sufficiency on care work and gender division of work • They all do everything. His partner washes hers and his clothes and he also help in whenever required. Everyone is happy no struggle to do anything 	
<p><u>Time management</u></p> <ul style="list-style-type: none"> • Have lot more time for self • Able to concentrate more on meditation, yoga which would in general would have got distracted otherwise. 	<p><i>"As we live in community some of our activities like cooking is already taken care which means associated works are all reduced which means that is sort of release for you to do other activities. So it's just an adjustment or change that has happened no compromised."</i></p>

Opinions about sufficiency and social change	
Interview summary with key points (in English)	Important quotes
<p><u>Defining sufficiency</u></p> <ul style="list-style-type: none"> • The moment we define we are abusing it. 	<p><i>"The moment we get into definition then it becomes abused so the least is</i></p>

<ul style="list-style-type: none"> • It needs to be a conscious decision and as well as practical. And sustainability is about cost, life, so many other factors so there need to be some adjustment to take a decision. • Sustainable theory he doesn't feel subscribed to, as it's an individual's environment and the stage of life they are at that shapes their thoughts and attitudes towards sufficiency 	<p>abused it. I guess it has to come through conscious decision and it has to be practical as well"</p> <p>Egs we have 3 lights in the kitchen of 3 watts in Kitchen one in wash area, cooking area and one near the shelf. A combination of one is sufficient for me but in the city you have light pollution so you need a minimum of 7 watts and here its beauty and it overkills when we use 2 lights over 1. We are living a full life."</p> <p><i>"People are made differently and their drives are different. Also, it depends on what phase of life they are in. If we are not able to take care of basic needs then we have to think of earning, it's not like everything is falling in your lap, there's that minimum requirement and in India we don't have social security so you have to create your asset-based stuff..... also the environment you are in helps in shaping your decisions...."</i></p> <p><i>"For me it was easier as I was following the path and also the environment you are in helps in shaping your decisions and the ethos in which we grew helped me to take this call."</i></p>
<p><u>Policy / Levers</u> Social Frameworks:</p> <ul style="list-style-type: none"> • The ecological and carbon footprint of family/ families that are staying here is hugely reduced. • The promotion of the SHG has paved a way for alternate employment opportunities for the local farmers which is minimizing migration to urban areas where villagers would most likely be forced live in unjust conditions 	<p><i>"Fulfillment of doing the right thing and ultimately you want to do the right thing. Everybody does know they have to go in this direction but they are compelled because they are living in a society, compelled to do certain things and that is not here.</i></p> <p><i>"A person who is looking for basic thing is not bothered with all this thing. The SHG as such fulfills that requirement of addressing not the elite alone but the local environment. By creating the SHG for the local villagers and giving life for the 30 families by then you have reduced the footprint that would have gone into forest as they used to forage, hunt the jungle and leave it depleted but now they have been employed here and by doing so it's not only the alternate employment you are also changing their mindset by educating them on</i></p>

	<i>the perils of whatever they were doing, so you have given them the alternate outlook.”</i>
<u>Obstacles / Limits</u> <ul style="list-style-type: none"> • None. 	<i>“Everybody can move to this lifestyle; all requirements get fulfilled here but there are uncertainties, and we are afraid of it and hence think that it's not possible. Eg if people are living and working from here it would cost more to get the required internet connection, but we compromised but for some the priorities are more important for them to move.”</i>
<u>Views on the future</u> <ul style="list-style-type: none"> • To influence villagers to acquire some basic things which are required like concern for cleanliness, concern for others, etc. • how to influence next generation as there is less hope with the current generation. Egs. Like understanding the use of plastics, use of less water, ill effects of pesticide and fertilizers, etc. 	

Biographical aspects	
Interview summary with key points (in English)	Important quotes
<u>Personal biography</u> <ul style="list-style-type: none"> • Grew in Neyveli, a mining town 200kms south of Chennai • Father was a mining engineer and mother housewife 	
<u>Residential choices</u> <ul style="list-style-type: none"> • 1 bedroom kitchen individual house, with a beautiful garden, it was quarters. • Use to commute on cycles for nearby places and dad had scooter. • Food was mostly from the local markets. Tuesday and Thursday markets. Used to get things from hawkers egs. 25 paise coconut pieces. 	
<u>Profession / Work / Income</u> <ul style="list-style-type: none"> • English medium CBSE school, received very good education and led him to take commerce and along with that he got ICWA. • Cost accountant by profession. Sister is an engineer. It's been 30 years across different sectors, started as clerk in a bank, central excise inspector, worked with public sector, start up, last stint was with Accenture. 	

<ul style="list-style-type: none"> • He was involved in gender diversity and inclusion for which he received an award while he was in Accenture. 	
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Personal information	
Please fill up with collected data	
GENDER	Male
AGE	56
HOUSEHOLD COMPOSITION	3
PROFESSION	Retired
INCOME GROUP (1/2/3/4)	Sufficient
Views on income	Important quotes (if relevant)
<ul style="list-style-type: none"> • The current income is sufficient but if there's exigency then it's difficult. 	

NDSIN

Describing sufficient lifestyles and practices	
Interview summary with key points (in English)	Important quotes
<u>Participation of the respondent in the initiative</u> <ul style="list-style-type: none"> • Was in Switzerland and learned about organic food there then decided to move back to India. • Was looking for non-profit organic shop and sustainable communities in Chennai when she got to know about Navadarshanam. • She visited Rituji's Spirtuality workshops and kept visited again and it offered her the life which she desired. 	<p><i>"Living in Switzerland was an eyeopener in organic food"</i></p> <p><i>"Was looking for sustainable communities and heard about Navadarshanam"</i></p> <p><i>I was moving towards a low carbon footprint lifestyle closer to the land, growing my own food and off the grid kind of life and it ticked my boxes even though I never realised I had these boxes"</i></p>
<u>Motivations to participate</u> <ul style="list-style-type: none"> • Role of ecological concerns • Expectations / views on consumption • Expected benefits 	
<u>Daily life and habits</u> <p>Housing</p> <ul style="list-style-type: none"> • She used to live in a single room with a washroom. During Covid, the community kitchen shut down, and therefore she extended it to have kitchen. So it's like a single room with kitchen on top. <p>Food</p>	<p><i>"I do have an LPG cylinder in my kitchen but we do not use it. It was during Covid we had this. We cook in the community kitchen, it was opened soon after."</i></p> <p><i>I always liked small places, and this was the smallest. That was my prime motivation"</i></p>

- She has been vegan for 20 years and prefers organic food.
- She does not want to be a part of genetically modified food cycle which also has pesticide used over it.
- Not being a part of this cycle was her motivation to be vegan other than any other health reasons.
- Navadarshanam food completely suits her preferences and she does not wonder what other outside food has to offer.
- The food has evolved in the community kitchen and she believes she is a phase of life where there are to special needs for her diet.
- She is a part of community kitchen

Mobility and transport

- She does not own a vehicle of her own and always prefers local transport.
- The only difficult task is to reach Annekal from Navadarshanam and for that they car pool or ask for a ride in the community.
- Planning ahead without having time bound tasks helps her use the public transport efficiently.
- For ecological concerns, she travels less or not at all.

Equipment

- She owns a mobile phone which is basically used for SHG work and uses laptop available at office for few hours if needed.
- She watches videos or listens to audios on mobile for learning purposes.
- For power needs, she needs it only for lights and charging her cell phone. She uses the Navadarshanam solar panel thread for it.
- Water heating is done using solar water heater.

Miscellaneous consumption

- She stopped buying things a long time back.
- During Covid times, they hardly stepped out of their homes and yet it was a fulfilling, wholesome life.
- She buys clothes from 'Tula', an organic cotton store, few times to support them.
- She has never done online shopping and does not own a credit card.
- As she likes having coffee, she asks her neighbours son to get it for her who stays in Coorg whenever he is visiting.
- Even for this purpose we do not use special shipping and use reusable packaging.

"I am a vegan for 20 years and have always given priority to organic food. Not specifically for health reasons as much as it seems the wrong kind of thing to do. No matter how minuscule, being part of the demand cycle for organic food. Therefore you are participating in the pollution of the whole environment for other species. Much more than health reasons I think it is wrong to participate in this genetically modified even pesticide food."

I also try not to make time bound commitments so i have the option of public transport available.

"Luckily in Navadarshanm the signal isnt great we keep telling people its not a bug its a feature."

"Its great not to be plugged into the external world all the time. "

"I asked myself the questions 'do I really need those clothes?, the answer is no, 'Do I really need to go there?, the answer is no"

"I have Parthenium allergy, I have to wash everything multiple times."

"I have always aligned my actions with low chemicals. I have never used perfumes."

<ul style="list-style-type: none"> • She uses Crocs(footwear brand) sandals as they are easy to clean and she has Parthenium allergy. • She uses organic soap which is made from cold pressed oil and tries to use vinegar for cleaning or soap nut powder. 	
Adoption and effects of sufficient practices	
Interview summary with key points (in English)	Important quotes
<p><u>The adoption process</u></p> <ul style="list-style-type: none"> • She expresses that she has always got her way through to things and therefore the gradual transformation into the lifestyle at Navadarshanam has been favourable to her in many ways. 	<p><i>“People who have not visited Navadarshanam and not seen it, they have seen the kind of life I want to live through the stories I tell. I used to do parttime job at a restaurant in Chennai, people there used to ask why I was not going there. I told them that there is nothing the city has to offer and I love the life back here. One of them visited me recently and said now I understand why you like to be here”.</i></p>
<p>Positive impact and effects</p> <ul style="list-style-type: none"> • Her cooking changed after joining the community. Participating in cooking is a crucial part of life here at Navadarshanam. • The process was gradual to move towards this lifestyle. • There was no resistance from her family to living this lifestyle. • This lifestyle provides her with low carbon footprint, off the grid life which she loves. • This gives her satisfaction as not being a part of this whole carbon footprint. • The life now is supportive of her practices of yoga and meditation. 	<p><i>“I was maxed up with mainstream life. Urban settings make me claustrophobic.”</i></p> <p><i>“What you demand out of life affects your circumstance.”</i></p> <p><i>“I wash my clothes with my hands and if I have to go to mall or something I walk down and by looking around I feel happy knowing I dont depend on any of this for satisfaction or gratification.”</i></p> <p><i>“We have self help group, where we residents volunteer our time and energy, which is operated by the villagers. We volunteer to help them out, otherwise they would have needed to pay management level salary to some to do so. “</i></p> <p><i>“There is nothing to compare this life with. “</i></p>
<p>Difficulties and unexpected outcomes</p> <ul style="list-style-type: none"> • The only difficulty faced by her was discovering the Parthenium allergy. • She got help of naturopathy to treat her allergy and has to be extra careful when on field. 	<p><i>“I got to know over here that I had Parthenium allergy. In urban settings you dont get exposed to plants and all that much. Here it took us a while to it figure out.”</i></p>

<p>Gender</p> <ul style="list-style-type: none"> • She stays by herself and prefers doing chores by herself. It's a choice. • There are few things here only the men do, but she does participate in activities like farmwork etc. • The men participate in cooking too. There are things like weightlifting etc where men are more skilled. 	<p><i>"Yesterday there was firefighting we all went and joined in."</i></p>
<p>Time management</p> <ul style="list-style-type: none"> • She would have loved to live a life where you don't have to look at the clock. • She believes that even in a family, you must sync up times to get work done. So, it's all worked out here. 	<p><i>"When you are at a stage of life, mature enough to go with the flow kind of living, you think i can work around this. Everything has worked around me in a healthy way."</i></p>
<p>Opinions about sufficiency and social change</p>	
<p>Interview summary with key points (in English)</p>	<p>Important quotes</p>
<p>Defining sufficiency</p> <ul style="list-style-type: none"> • She defines sufficiency as questioning yourself before you buy anything. Just giving it a thought would help and usually the answer comes up that one does not need to reach out for buying it. • She thinks most people who know this and not take action is because they think it's challenging, or they might not be fulfilled or happy. • For her the change happened and she was very happy about it. • She thinks this helps world in a larger perspective and we cannot live the kind of comforting lifestyles everybody is living. • She states that most people who are not aware are in denial. Just simple things like bottled water are a wasteful system. There are people who just refuse to see. 	<p><i>"I will absolutely not buy bottled water. I will walk into a strangers house and get it refilled or drink coconut water, but I will never buy bottled water."</i></p> <p><i>"People who have moved a class up from economically challenged to middle class or upper class see it as a privilege. They think now I can finally afford this lifestyle."</i></p>
<p>Policy / Levers</p> <ul style="list-style-type: none"> • Navadarshanam does not believe in allopathic medicine to stop any kind of problems. 	
<p>Obstacles / Limits</p> <ul style="list-style-type: none"> • She does not express any such obstacles and is quite content with the life she is living right now. 	
<p>Views on the future</p> <ul style="list-style-type: none"> • She wants to live a very quiet life and has only spiritual aspirations for herself. • Like Gandhi said, 'Be the change'. She aspires to help out people who are near to her. Share whatever they do in Navadarshanam. 	<p><i>"If my financial situation helps me consume lesser then I am much happier."</i></p> <p><i>"The fact that I don't have the financial backing makes me live a simpler life."</i></p>

	<i>"I really talk about being vegan unless I get a hint from somebody that they are interested. I am not up for an argument or anything."</i>
Biographical aspects	
Interview summary with key points (in English)	Important quotes
Personal biography <ul style="list-style-type: none"> • She grew up along with her brother Cameron in Neyveli. • Her father was a mining engineer there and her mother was a homemaker. • Her mother used to teach the children in neighbourhood free of cost as she never believed in tuitions and charging fees. 	
Residential choices <ul style="list-style-type: none"> • Small houses with big gardens • They used houses just for the sake of eating and sleeping. • Everybody owned bicycles for transport's sake. 	<i>"It was very clean, neat and peaceful and a very simple life."</i>
Profession / Work / Income <ul style="list-style-type: none"> • Even economically, the neighbourhood was on same line as everyone earned almost the same. • She spent her schooling years in the same town and did engineering in Coimbatore. • Worked at TCS Chennai based company where clients were Europe based. • She had a very fulfilling career and it led her to exposure to organic food and it kind of maxed her out. 	<i>"I was unaware of disparity between folks."</i> <i>"I liked to travel abroad to see beautiful places."</i>
Personal information	
Please fill up with collected data	
GENDER	Female
AGE	53
HOUSEHOLD COMPOSITION	Married, 1
PROFESSION	Works at SHG
INCOME GROUP (1/2/3/4)	
Views on income	Important quotes (if relevant)

ND6IN & ND8IN

Describing sufficient lifestyles and practices	
Interview summary with key points (in English)	Important quotes

<p>Participation of the respondent in the initiative</p> <ul style="list-style-type: none"> • He was pursuing engineering and he heard about Navadarshnam from an article in a magazine. He visited Navadarshnam and understood about the initiative intent and wanted to join them. But he was sent back to complete his education. He informed the interviewee about a job available at Navadarshnam. He failed his 10th grade exam and he is from farmers family. He took up the job and this was his first job. He was inspired by the principles of living at Navadarshnam from the initial 8 trustees and he made it his way of life. His wife joined Navadarshnam after her marriage to him. She was informed about the initiative and the forest living that will be needed to adapt to. • He involves himself in all types of jobs at Navadarshnam. First 3 years was engaged in planting fruit trees in the campus. Drilling, plumbing, electrical, food processing are the various types of job involved. Mainly part of the SHG now. • She is also involved in community kitchen and activities of SHG. Helps the staff to create new products mainly pickles from experimenting with recipes. 	<p><i>“There were only two huts when I came here. Job was to protect land from grazing and fire”.</i> <i>“My schooling and college have been at Navadarshnam”.</i></p>
<p>Motivations to participate.</p> <ul style="list-style-type: none"> • There was no identification or discrimination of economic class and was well treated. Swami felt one with the trustees. • The trustees followed Gandhian principles and that touched him to be part of the initiative. • Never liked to live in cities as they came from a village background. 	<p><i>“It feels like a home to us”.</i> <i>“Initially when we came here, we were just 2 families. It felt just like my house in the village. Never liked living in city. I was offered jobs in city but didn’t like it”.</i> <i>“There was no electricity, phone connections or water pipeline initially. We had to travel 8 kms to make a phone call”.</i></p>
<p>Daily life and habits</p> <p>Housing</p> <ul style="list-style-type: none"> • Trustees provided a space to build their house. He designed the house and made compressed bricks. House was built by engaging a mason. The house has 2 rooms, kitchen, and a small living room. Electricity is through Navadarshnam solar grid. Water harvesting is also designed. A small patch of garden was cultivated near their house for their children to understand farming. <p>Food</p> <ul style="list-style-type: none"> • To be able to keep up good health the food choices have been designed according to that. We never have gone to hospitals; food has been our medicine. Their children also have never been taken to hospital for any sickness except for 	<p><i>“In my village people are influenced by television. For even small ailments they pop pills. Resting for 24 hours helps, medicines are no needed.”</i></p>

<p>have learnt to be aware of the presence of animals to move quickly to safe areas.</p> <ul style="list-style-type: none"> • They have tried to spread and adopt Navadarshnam practices about farming, food and simple living in their village and have tried to influence their friends and family and small changes are visible. However, the influence of television is huge in villages and lot of time is lost in this entertainment world. 	
<p>Positive impact and effects</p> <ul style="list-style-type: none"> • Life at Navadarshnam gives them an opportunity to live life! It gives them everything needed to live. • They are able to connect with villagers and support them when they are sick or to meet any of their needs. • They are able to provide education to children which they could not get. 	<p><i>“Life at Navadarshnaman gives me everything, gives me my life to live!”</i> <i>“Neighbouring villagers invite us for festivals and functions, and they nurture us with their love and affections”</i> <i>“More than our own village I bond better with the neighbouring villages”.</i> <i>“We wish our children come and live their life here after their education”.</i> <i>“We are contented here. We don’t want to pursue money and growth. We have been given as much is needed”.</i></p>
<p><u>Difficulties and unexpected outcomes</u></p> <ul style="list-style-type: none"> • Children grew up here and hence find it difficult to adjust to city life. 	
<p>Gender</p> <ul style="list-style-type: none"> • Effects of sufficiency on care work and gender division of work • Personal feelings about gender division of work • Other effects on gender • He works more in the SHG and CSA activity and his wife takes more responsibility at home. When she is not well, he takes care of the house work also. Since there is community kitchen there is not much work at home and hence no specific feeling of being burdened. 	
<p>Time management</p> <ul style="list-style-type: none"> • Can take break and leave based on physical and other needs. 	<p><i>“Its our own work and hence don’t feel the need to take too many breaks. It’s our responsibility.”</i></p>
<p>Opinions about sufficiency and social change</p>	
<p>Interview summary with key points (in English)</p>	<p>Important quotes</p>
<p>Defining sufficiency</p> <ul style="list-style-type: none"> • Any item should be bought only if there is really a need. Availability of an item in market or 	<p><i>“We need to question how much money is really needed? Deeply thinking about it so much money is not</i></p>

<p>someone's else's consumption should not influence or prompt to consume.</p> <ul style="list-style-type: none"> All can try to live a minimalistic life if they really ponder on their needs. 	<p><i>needed. Next generation will earn for themselves. We don't have to earn for their lives".</i></p> <p><i>"In cities parents are working so much to earn that they don't have time to be with children".</i></p> <p><i>"Each person in a family in cities is glued to television and mobiles without any communication or interaction between them"</i></p>
<p>Policy / Levers</p> <p><i>Please try to differentiate between social habits, infrastructures and social frameworks</i></p>	
<p>Obstacles / Limits</p> <p><i>Please try to differentiate between social habits, infrastructures and social frameworks</i></p>	
<p>Views on the future</p> <ul style="list-style-type: none"> They believe in the flow of life and not thought too much about future. Believe in today and being happy in the here and now. A small land has been bought in village to make it as model of organic farming for the villagers. Intent is to spread more and more about natural and organic farming and more people follow it. 	
<p>Biographical aspects</p>	
<p>Interview summary with key points (in English)</p>	<p>Important quotes</p>
<p>Personal biography</p> <ul style="list-style-type: none"> He grew up in a village near Holenarsipura, Hassan district. Mother was a farmer lost father in early years. His wife's parents also were farmers. 	<p><i>"We didn't feel that what we had was not sufficient though we were from poor family. There was no money. But had food that was grown in farm".</i></p> <p><i>"In next 2-3 generations there will be no farmers. Only machines will be used. In villages there are no youngsters who are farming. No bride is given to a farmer. They seek someone who is employed".</i></p>
<p>Residential choices</p> <ul style="list-style-type: none"> House was very naturally built house with tiles. Food was also grown in their farm and nothing much was bought from shops. 	
<p>Profession / Work / Income</p> <ul style="list-style-type: none"> Engaged with Navadarshnama activities for last 30 years. 	

Personal information	
Please fill up with collected data	
GENDER	Male, Female
AGE	48, 40
HOUSEHOLD COMPOSITION	Married with 2 children
PROFESSION	Navadarshnam SHG and CSA activities
INCOME GROUP (1/2/3/4)	
Views on income	Important quotes (if relevant)
<ul style="list-style-type: none"> Income largely goes for children's education and is not sufficient. However, they have found education centres who support lower economy class students. 	

ND7IN & ND9IN

Describing sufficient lifestyles and practices	
Interview summary with key points (in English)	Important quotes
<p>Participation of the respondent in the initiative</p> <ul style="list-style-type: none"> He used to work in the tea industry of the trustee of ND in 1997 in Coimbatore and he came here through the trustee's support. The trustee sent a group here to help for a month. At that time there was a green fence around the area. Everyone else went back after a month a he chose to stay there. He used to keep frequenting ND time and again for the next two years and shifted permanently to ND in 1999. His wife moved to ND after the birth of their two children. He went back to his village in 2001, got married in 2003 and in 2006 his entire family moved back to ND. He was given the option of bringing his family to ND by 2 persons from ND. There was a place to stay but language was the main issue for the family. Otherwise, the place was similar to the village. One person from ND who is no more had helped them with the language. He was initially given small tasks when he got to ND. He was interested in cooking and was involved in that. Sometimes he used to help with painting the new houses that were constructed. He used to help with plumbing etc. His wife used to look after the children. Besides that she used to help out in the kitchen in the mornings. She gradually supported with cooking 	<p>"the first time I moved here I couldn't understand the language. That was a problem. And I had to look after two children. I used to wonder what should I do. What should I not do? It was difficult. Then slowly by slowly we got settled here. I have got used to the language as well, here now."- ND9IN</p> <p>"I did not tell her much about the place. I told her that ND is just like our village so let's go and stay there. If you like it, we will stay there and if you don't then we will come back"- ND7IN</p>

<p>meals and now works on making pickles and other items that are sold by ND.</p>	
<p>Motivations to participate</p> <ul style="list-style-type: none"> • He was motivated by the fact that there is no hierarchy between people in the community. Everyone is treated equally and there is no boss-worker relationship. • She moved here because of her husband and he proposed moving to ND. 	<p><i>“I had worked in 2-3 places before....there everyone had their work and their house. The owners and workers went their separate ways after work. There was no solidarity between them. When I came here, I saw that there are no owners and workers. Everyone is one. So, I slowly...slowly felt that this is good because it happens in every industry that ‘the boss is boss’ and ‘worker is worker’ people at the middle level are managers and there are 3-4 categories. That does not exist here. Here all are the same. I liked this a lot which is why I felt like coming here” – ND7IN</i></p> <p><i>“I came here because my husband brought me here. I got used to it gradually. I started liking the environment and the climate was good for my children to study as well. I saw their future since they would be able to study here. I like it here now. It feels like home. We have our house, and it feels like our family” - ND9IN</i></p>
<p>Daily life and habits</p> <p>Housing</p> <ul style="list-style-type: none"> • The roof of the house was initially made of Mangalore tiles. They were living in this structure for the past 17 years. The roofing is changed now. The house was smaller, and they have renovated it to make it bigger now. There was an 8*8 kitchen initially. Now they have one bedroom, one hall, one kitchen with an attached bathroom. • They don’t own a lot of things. • The house is not on their name. It is under the name of the ND trust. • The location of the house has been given by ND trust since they moved here. • The house is in the state of Tamil Nadu in Gumlapuram in Krishnagari district. <p>Food</p> <ul style="list-style-type: none"> • Food is determined at the community level. • They have a common kitchen where food is cooked and eaten by everyone. On Sundays 	<p><i>“Termites used to come. Ants used to come. Now we have changed it. “</i></p> <p><i>“Everything is good. There is not a lot of stuff” – ND7IN</i></p> <p><i>“We have little stuff and I make do with that”- ND9IN</i></p> <p><i>“We are a community. It is decided in the community what will be cooked today. It should be healthy and have</i></p>

people cook and eat whatever they want in their own kitchen in their house.

- They are happy with the food that they eat because it is healthy.
- They like eating food that resonates with what they used to eat back home in their village on Sundays.

- **Mobility and transport**

- Local places - They have a two-wheeler (motorbike) now, which they did not have before. They used to use rented vehicles or auto rickshaws.
- They generally use the organisations vehicle and travel by auto rickshaw sometimes.
- Long distance - They travel by train to their village back home.

- **Equipment**

- They have a smart phone now which they did not have before. They have the smart phone since the past 2-3 years. There is no TV since there is no electricity. They are completely reliant on solar energy. They never felt the need for a laptop
- The husband and wife share one mobile. However, the husband has it the entire day and the wife uses it in the night sometimes for entertainment eg. to watch films, movies, etc.
- The couple are happy sharing one phone among themselves.

taste too. So, whatever is cooked we eat it together” – ND7IN

“We like the food.” – ND7IN

“It is healthy. It is good”- ND9IN

“On Sundays we can cook onion, potatoes, peas. And whatever we want.”

“We are from the state of Assam. So, rice, dal, dosa, potatoes, boiled grams. We feel like eating that sometimes”- ND7IN & ND9IN

“According to the situation we are in we feel fine. We take the auto or bus and like that, if we had our own vehicle (car) the expenses would increase. We can take a new one if we want to but we will need more money for that too and we don’t have that now. For now we are able to manage with the transport we have. ” –ND7IN

“ we don’t own a laptop now. When our children will grow up we might buy it. But we don’t need it now” – ND7IN

“ I have not purchased a single phone for her till now. She is happy without the phone”- ND7IN

“At night I use the phone sometimes till around 10 pm. I keep watching something on the phone and fall asleep. I watch series and films on the phone. I get tired so I fall asleep watching something on the phone” – ND9IIN

“We are happy with one phone”- ND9IN

“ The more phones we have, the more sim cards we’ll need and the more money we’ll have to spend”- ND7IN

<ul style="list-style-type: none"> • Miscellaneous consumption • Anekal is the closest town located to ND (approx. 12 km away) and the couple goes there to buy most of things they need to purchase from retail stores eg. clothes and groceries. If their children need something they go to the main city in Bengaluru (approx. 45 km). • They prefer checking things in person and buying them and are not comfortable ordering things online because the quality might not match what they browse for online. 	<p><i>“We don’t buy anything online. But if our children want something they purchase it online” - ND9IN</i></p> <p><i>“we never felt the need to buy anything online. Whatever is needed we get it here itself. “ – ND7IN</i></p> <p><i>“ we have a habit of choosing and buying. Taking things in our hands and touching them. She (wife) likes it “ – ND7IN</i></p> <p><i>“things are not good online. We don’t get to know how they are”- ND9IN</i></p> <p><i>“Soaps, oils, ladies cosmetic items there are purchased. They buy what they need, but not a lot. There is nothing like the need to dress up everyday and go. So if something is purchased it lasts for 2-3 months. “ – ND7IN</i></p>
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Adoption and effects of sufficient practices

Interview summary with key points (in English)	Important quotes
<p>The adoption process</p> <ul style="list-style-type: none"> • Their life is more or less the same compared to their village. They did not have electricity there and lived a simple life similar to Navadarshanam. • His wife had difficulties for a year to adjust at Navadarshanam as the place was unfamiliar, she didn’t knew or understand the language, there was no one around with whom she can speak with and along with this she also needed to look after both the kids, do everything at house. • Language for difficult for him as well. His lifestyle also changed, previously he used to work the entire day, come back home rest, eat and get ready for next day but here it’s not the same. 	<p><i>“I used to come back from work the entire day and she used to cry. We had 2 small children- my elder daughter was 3 years old and my younger one was 9 months. I used to work in the SHG then and children were not allowed in the SHG. So she had to look after everything. Language was one problem. So she found it difficult for one year” - ND7IN</i></p> <p><i>“there was no one around to speak to”- ND9IN</i></p> <p><i>“ I had to make changes too. The way I used to work previously I used to work the entire day. Come back home and eat. Wake up the next day and pack my tiffin. Things are different here. We get everything here. Only timing is the same. Language was difficult for me too” . – ND7IN</i></p>

Positive impact and effects

- Moving here has benefited their health
- Feels more secured for his children, their education
- After moving in Navadarshanam they didn't feel much change or were required to make huge changes as in their village they didn't have electricity supply, the weather was also similar, eating patterns except for raggi muddhai were also similar.
- Language was an issue which she learned.
- Its more peace here, no noise, no dust. They both feel good over here

"The change has been for our health. More protection than outside for our children and ourselves. We have experienced that big change. In addition to that, living in our community, speaking to each other....that is there and nothing else"
– ND7IN

"For us, we are from the village. When we got married we had not received electricity yet. So things were exactly like they were at Navadarshanam. No TV, no mobile. There was no electricity. So the same life that we were living there we got it here. So she (my wife) did not have to change anything. Language was the only issue. She learned the language and adjusted easily"- ND7IN

"I got to learn things here- how to make products. There was that change and I like it. "– ND9IN

"The weather here is similar to our village. There it is cold for 6 months – November, December, January, February and till march end it is a little cool after that it suddenly increases. The same thing happens here. "– ND7IN

"I don't like to live in the city. In the city my head aches, I feel like vomiting. If I go there then ill have to think about it."
– ND9IN

"When I go the my village I keep thinking about when will I come back home"- ND9IN

"Rice, dal, vegetable and everything else besides the ragi mudda is the only change. We used to get red rice as well there"- ND9IN

"We used to cultivate red rice in our own fields. So we like red rice a lot. "– ND7IN

"Initially people from the village used to say something and we used to say something else. "

	<p><i>“Our children’s education was the biggest benefit after moving here. The second thing is health care. The third thing is that things are way better here than they are outside. There is dust, noise outside which is not there here. That is the biggest thing”- ND7IN</i></p> <p><i>“There is peace here. Not much noise. That feels good”- ND9IN</i></p>
<p>Difficulties and unexpected outcomes</p> <ul style="list-style-type: none"> • As his wife and kids were new to Navadarshanam it took some time for them to adjust here, understand the place, but eventually they all got settled here and now she feels like this as home and doesn’t have the thought of going back to home. Even if they go back home, she waits to return to Navadarshanam. • They understand that all desires can’t be met and it’s ok to let mind wanting more as they are satisfied with what they have and they also align with Navadarshanam’s principle of living with lesser things. 	<p><i>“ I brought her here suddenly after getting married with the children and had not brought her here before and she couldn’t understand what kind of place I had brought her to, what was it about and she had to change some things. That took sometime but she settled eventually and it was good for all of us. Sometimes people have it in their mind that they would want to return back home. She did not have that in her mind. She had it in her mind that she wanted to settle here. That is how she learned the language fast too”- ND7IN</i></p> <p><i>“All our desires cannot be met. Because anyone who works in the community our income is a little less, but there is satisfaction...we meet our needs through that...but everything that the mind wants is satisfied.....if the mind wants something it can keep on wanting.”-ND7IN</i></p> <p><i>“navdarshanam says that as few things that you can live with you must try and do with that”- ND9IN</i></p> <p><i>“till now we have not felt like going back. But for our children, what they think will determine how long we stay here. But as of now there are no thoughts about moving they are focused on their studies” – ND9IN</i></p> <p><i>“ it is expensive here. There is no scope for comparison between the markets outside and navdarshanam. It is expensive and the markets outside are less expensive” – ND9IN</i></p>

	<p><i>“ we have a house like wed like to have. The food we have a timetable for it. We have to get up early in the morning to cook at 6. Wish that I could get up an hour late. Rest everything is fine – ND7IN</i></p> <p><i>“my parents ask us to come back home, but we tell that it is just like our village back here. So we will stay. They have never visited here”- ND7IN</i></p>
<p>Gender</p> <ul style="list-style-type: none"> • Wife looks into household chores such as washing clothes, cleaning the bathroom etc. • On days when the wife is not well the husband helps out. • Shopping is looked into by both husband and wife. 	
<p>Time management</p>	
<p>Opinions about sufficiency and social change</p>	
<p>Interview summary with key points (in English)</p>	<p>Important quotes</p>
<p>Defining sufficiency</p> <ul style="list-style-type: none"> • They both ensure that they buy less and live with less, the children’s are asked to re-wear the clothes. • Buy only when its required and must, the same has been advocated and inculcated in their children’s as well. • Compared to other people in the community they have to do and adjust with what they earn within which the children’s education needs are to be met anything beyond that becomes challenge. • As their children are staying in hostel, they have been around with kids who are well-off and are exposed to the city life and culture, they both tell kids that they have as much as they want and not more. 	<p><i>“ we want to do what is sustainable. If it was only the two of us it would have happened but we have children and if they want something extra or if they like something then we do that. We have to make our children understand too.....my children are always told that we have to live with less. “</i></p> <p><i>“my wife and I try to ensure that we buy clothes once a year. The children keep buying them if they like something. “</i></p> <p><i>“we don’t have to go out much and are mostly here itself so our needs are less...sometimes incase we have to go for weddings or go out that is the only time we need additional clothes” - ND9IN</i></p>

	<p><i>“ other people have excess income. For us we have to make do with whatever income we get. For education expenses we are ok-ok. If anything needs to be given more than that, we cannot give that....for my children their hostel friends are very rich. So sometimes my children phone me and say things and I tell them that you should laugh and reply to people and say that I have as much as I have and not more. “ – ND7N</i></p> <p><i>“ we keep telling our children to keep rewearing their clothes”- ND9IN</i></p>
<p>Policy / Levers <i>Please try to differentiate between social habits, infrastructures and social frameworks</i></p> <ul style="list-style-type: none"> • Living this kind of life is possible it just people need to try 	<p><i>“Others can live the way we are living they have to try”</i></p>
<p>Obstacles / Limits <i>Please try to differentiate between social habits, infrastructures and social frameworks</i></p> <ul style="list-style-type: none"> • Change as such is not difficult, changing people’s mindset is difficult. • In city, people spend without thinking and end up spending excess and wasting more. • She doesn’t like wastage of food and she advocates the same to her relative when she visits her village. 	<p><i>“ it is not difficult but changing habits is difficult. People are used to buying a lot of things, roaming here and there....it is a matter of the mind. The mind needs to be changed. “ ND7IN</i></p> <p><i>“ in the city what happens is that if someone goes for a walk in the evening on their way back they will eat some snacks and will spend about 500-600 INR. But they never think that with this INR 600 the full family can eat something. They never think that. They only think of themselves. This is why they spend in excess. I have seen many families...where the child goes out with his friends and ate something and did not even inform at home. Food is cooked at home already which gets wasted. This happens with a lot of people and they don’t think as well”- ND7IN</i></p> <p><i>“when I go the the village one of my relatives cooks a lot of rice and only a little is consumed I tell her not to make so much at once and to just cook fresh</i></p>

	<p><i>rice based on what is needed. I don't like it if even a little food gets spoiled or wasted" - ND9IN</i></p> <p><i>"the smallest things are very vital" - ND7IN</i></p> <p><i>"if we eat a lot from outside we can fall sick too" - ND7IN</i></p>
<p>Views on the future</p> <ul style="list-style-type: none"> • Want to be content with lesser things. • Family and people around should be happy. 	<p><i>"I want to keep marinating this way of life. Keep myself happy and my family happy too. The people around me should be happy. "- ND7IN</i></p> <p><i>"I want everyone's happiness too"- ND9IN</i></p> <p><i>"the lesser things I can be content with that is good"- ND7IN</i></p>
Biographical aspects	
Interview summary with key points (in English)	Important quotes
<p>Personal biography</p> <ul style="list-style-type: none"> • Both are born in Assam – Tejpur vishwanath district. in a village called Umaliya . • Both their parents were farmers. • The house was made of bamboos and a thatched hay roof (grandfathers time). The roof was then changed to a sheet roof (father's generation) and they have a concrete house in the village now (respondents' generation). • Food – 5 acre land. Some rice, adke were grown and is still used. Chemicals are used to grow. • Transport- public transport such as bus, auto, taxi • Both respondents have studied till the 8th grade. • Used to work in the tea factory 	
Residential choices	
Profession / Work / Income	
Personal information	

Please fill up with collected data	
GENDER	Male and female
AGE	Self- 43, Wife -39
HOUSEHOLD COMPOSITION	
PROFESSION	Both participate in activities at the Navadarshanam interview
INCOME GROUP (1/2/3/4)	
Views on income	Important quotes (if relevant)
<ul style="list-style-type: none"> Feel the need for a little more income for children's education and also for sending to home. 	<p><i>"As the economy is increasing. We need a little more income to keep up with that. But we are happy with what we have as well, because the more people have the more, they want. But we do have it in our mind that we need more"- ND7IN</i></p> <p><i>"we feel we need more for our children's education and what we earn is not sufficient to meet those needs" – ND9IN</i></p> <p><i>"I don't need to send money back home because I have my own land there and our own food is grown there. but sometimes when there is a need to send this, then we send this.</i></p>

CLUSTER: SHINDEVASTI

SV1IN

Lifestyles and practices – Place of living and housing	
Interview summary with key points (in English)	Important quotes
<p>History and Motivations for place of living and type of housing</p> <ul style="list-style-type: none"> Living in shindevasti since the past 12 years Chose to live in shindevasti based on the budget he had to rent a house at that time and also looked for a place that was feasible to travel to for work. If he had the option to live in a 1bhk with the budget he had he would choose that. The 1rk we they are living in currently meets their budget capacity. 	
<p>Aspirations/needs</p> <ul style="list-style-type: none"> Would live to have a 1 bhk Living on rent currently and would like to own a house of their own If the house they are living in was their own they would convert it to a 1 bhk. As of now they have tried to set up the house in whatever way prefer as far as possible. 	<p><i>" for a 4 member family a 1 bhk is enough"</i></p>
<p>Challenges and opportunities</p>	<p><i>" to have money to buy a new house we will need to work more to collect</i></p>

<ul style="list-style-type: none"> • There is no option to live in a 1 bhk since it does not meet their current budget. 	<p><i>the budget money that is required. we can do a down payment and take a loan that we can repay over 5-10 years. We will not be able to pay all the cash directly”</i></p>
Lifestyles and practices – Mobility and transport	
Interview summary with key points (in English)	Important quotes
<p>Type of transport and motivations</p> <ul style="list-style-type: none"> • Travel to work by a 2 wheeler • Until they had a 2 wheeler they used to travel by auto rickshaw. They would walk for about 200 m and look for autos there. • For long distance travel they take the train or bus. 	<p><i>“We have a fixed budget. Say for eg. We put INR 20 worth petrol in the two wheeler we can travel from here to Hadapsar and back. If take an autorickshaw and book an ola or uber for the same it will cost us 50-60 rupees. Which is 40 rupees more. That will reduce our house budget for other expenses.”</i></p>
<p>Challenges and opportunities</p> <ul style="list-style-type: none"> • Does not feel like at this point in time they have the opportunity to choose another mode of transport for travel if they want to due to budget restrictions. • Does not own a cycle currently. But if they had a cycle he would travel to nearby places on cycle. 	<p><i>“The cycle is the best. If I had a cycle. I would choose a cycle over my two wheeler (bike)”</i></p>
Lifestyles and practices – Digital equipment and consumption	
Interview summary with key points (in English)	Important quotes
<p>Type of equipment and use</p> <ul style="list-style-type: none"> • Equipment – fridge, television, fans, lights and phone. • Phone is used for calling, internet – work related search or videos for leisure • Spends approx.. 4-5 hours max. on the phone 	<p><i>“ these days the mobile is in everyones hands. People cannot leave the mobile. If one thinks of something the mobile is just in the pocket and he can remove it out and search on the phone.”</i></p>
<p>Aspirations/needs</p> <ul style="list-style-type: none"> • Would like to purchase a washing machine, a microwave oven and an induction stove in the future. 	<p><i>“As we move ahead in life the equipment in our house will increase”</i></p> <p><i>“Would like to own a induction as a backup. Because with the gas stove sometimes the gas might get over at 8 pm at night or in the morning. The induction will be useful during emergencies. Since it takes about 2 hours to get things in place. If I am not at home then how will the people at home manage this? This is why the induction will be helpful”</i></p> <p><i>“A microwave as well will be useful during emergencies. It will also help with heating things fast within 2 mins.”</i></p>

Motivations to minimize time spent on social media (if relevant) <ul style="list-style-type: none"> • Thinks that time on social media/screen time can be reduced with more outdoor activity options eg. Gardening . 	<p><i>“ screen time on the phone can be reduced if there is outdoor work. Then a person will be busy and their attention wont gravitate towards the phone at all. These days people have work but they use the phone as well while working simultaneously. If a person has a busy schedule they will not look at the phone for more than an hour within the timespan of 12 hours. “</i></p> <p><i>“ work is one outdoor activity. But I am not a farmer. But if I could do that or had a small garden then I would spend time watering the flowers or looking after the plants and would be busy. Even with that maybe a person will listen to music on the Bluetooth or play music out loud on the system. But they will not have the screen in front of them and will be busy”</i></p>
Lifestyles and practices – Food	
Interview summary with key points (in English)	Important quotes
Diet description and determining factors <ul style="list-style-type: none"> • No breakfast usually. The few times that they have breakfast they have poha, upma, bread, tea, biscuit, etc. • Lunch and dinner – rice, dal, vegetable, chapatti. • There are no changes in the diet as such only variations in the vegetable or rice preparation eg. Pulao, jeera rice, etc. 	<p><i>“If you go out you get a lot of street food, which can be made at home as well eg. Vadapav, missal pav etc. Recipes are available these days”</i></p>
Aspirations/needs <ul style="list-style-type: none"> • Content with current diet, but wants to try different food just one time to experience and taste it. 	<p><i>“I don’t think I want to make any changes in my current diet. But I do want to try everything. Eg. Pizzas are available in the market. If we go to order this is costs between INR 250-300 and rich people eat pizzas costing INR 1000-1500. There is a difference is quality. We feel that we would also like to taste that just one time”.</i></p>
Challenges and opportunities (if applicable)	
Lifestyles and practices – Consumption	
Interview summary with key points (in English)	Important quotes
Motivations <ul style="list-style-type: none"> • Consumption is determined by the budget. 	<p><i>“It all comes down to the budget. If we have the budget we will buy something. We are 4 of us at home so we think</i></p>

	<i>about what needs to be brought for each person and what our budget to buy these things and decide accordingly. We decide things on the spot if we go to buy something and if we feel we have the budget for it we buy it."</i>
Access to diverse choices <ul style="list-style-type: none"> • Don't buy online stuff a lot, mostly go to the shop and check and buy things directly. • Online is used for things that are expensive in local stores and less expensive online eg. Pendrives, shoes. 	<i>"If I go to buy a pendrive from the local shop it costs about 800-900 INR. And there are offers online where you get 2 for INR 600 sometimes. If offers are good then we buy things online. "</i> <i>"shoes are less expensive too. while buying shoes we check if the quality is good. Which company has manufactured this? Does it look good? And we order this online accordingly"</i>
Challenges and opportunities (if applicable)	
Lifestyles and practices – Work distribution	
Interview summary with key points (in English)	Important quotes
Details of work distribution <ul style="list-style-type: none"> • Household work is looked into by the wife • If a decision is to be taken about expenses in the house which determine the travel choices, etc they are discussed collectively and taken by the husband and wife based on the budget available to them. 	<i>"My wife is a house wife. I have a job. She looks after things inside the house and I take care of things outside the house. The children are small now. As time progresses and they grow up and understand how to take responsibility and can help with housework and my work and I can do some work together"</i> <i>"On Sundays there are a lot of things to do at home and I help out here and there. it does not happen that I am resting alone and she is busy all the time on Sundays."</i>
Aspirations/needs <ul style="list-style-type: none"> • Wishes for more work to generate income 	
Challenges and opportunities (if applicable)	
Priorities <ul style="list-style-type: none"> • Owning a house • Owning a 4 wheeler vehicle • Ensuring that kids receive a good education and settle down. 	<i>"We are from a middle class family. We think that what is needed for our survival should be met and that is enough"</i>
Time management and time affluence <ul style="list-style-type: none"> • If there is time during holidays then the family goes out to roam in the mall, etc. 	<i>" I don't wish that I had more freetime. I feel that I would love to have more work to do. I want to be completely</i>

<ul style="list-style-type: none"> • During free time likes to spend time with family – go out, watch movies with the family etc. • Does not prefer time alone for self. 	<p><i>busy, because this is the time for me to earn. If I don't run now , I wont be able to do it later."</i></p> <p><i>" during my free time I like to spend time with my family. I don't feel like I want time only for myself.</i></p>
Thoughts on sufficiency	
Interview summary with key points (in English)	
Present lifestyle and sufficiency <ul style="list-style-type: none"> • Current way of living is less than sufficient 	<p><i>"Whatever is needed...we are living with things that are way less than that"</i></p>
Aspirations/needs <ul style="list-style-type: none"> • Income is less and would wish that it could be more. 	
Policy/levers <ul style="list-style-type: none"> • They cannot avail support from government schemes as they do not fall below poverty line and have a regular job to support their income. • If support is needed to buy a 1 bhk a loan will need to be taken from the bank. Qualifying for the loan will require them to be able to prove that they can repay the loan. 	
Suggestions to practice sufficiency (if applicable) <ul style="list-style-type: none"> • Consume based on needs • Don't give into competition • Be aware of the world around • Repair • Before disposing something consider if it might be useful to someone else 	<p><i>"People who are rich they have 4-5 cars and there is no one to drive all of this. there is a competitive environment, and everyone wants the latest BMW model. It is a waste of money. if people use the same money and put it in a trust or support someone directly by giving them money they can do that. There are so many poor people lying at the side of the roads, who can be helped directly. In the current competitive environment everyone is focused on the fact that if someone has brought a bmw they will buy the next latest series. If someone is buying a 500 rs shoes, another person will feel that they want to buy a 1500 rs shoes. That is how the poor are getting poorer because the rest are focused on the competition. The people who are rich are focused only on themselves and the poor people, orphans etc. who are ignored.</i></p> <p><i>Compete but only based on how much you need for survival. I have a two</i></p>

	<p>wheeler but if I aspire to buy a race bike then I enter the competition. My needs are met by my current bike and I am happy with that. So why will I think of buying the race bike?</p> <p>Someone might have a higher budget but they should stop and think- if my 60 inch tv is comfortable for me, do I need to buy a 120 inch tv?</p> <p>I have 2 fridges and then do I need another one? They keep exchanging things. They use something for 4 months and if a new version comes in the market they will exchange it.</p> <p>Middle class people and poor people buy one thing and they use it for years. if anything gets spoiled they repair it and they don't dispose it off. If anything gets spoiled the rich throw it away without a second thought. They do not even think that they can give it away to a poor or middle class person. Eg. If I feel that the sofa in my house is not comfortable for me or if it is spoiled I will search for a poor person to give it to. If you search you will find a lot of people. If you are stuck within four walls and walk to your four wheeler and sit and go to office and work there directly...what have you seen of the world outside? And people are also stuck on the screen and their phones. They don't have time to watch the news. And if they watch the news they feel that it is rubbish and say that talks on poverty have been going on for so long. Hearing this all the time people have become desensitized and are only concerned about what is going on in the share market. Etc. and don't have time to look around. "</p>
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Respondents History

Interview summary with key points (in English)	Important quotes
<p>Parents profession</p> <ul style="list-style-type: none"> • Father worked in Mumbai in a private company. Respondent is not sure of the kind of job. After returning back to the village he practices farming. • Mom - housewife 	

Housing/food/mobility & transport		<i>“as of now I am happy with where I live and where I am. I cannot tell you about the future. In the past was good as well, but there was a dearth of certain things there that we have now eg. There were no android phones, no tv, less electricity and there was no gas we used to cook on wood. These things are easily available now and their cost is also reduced eg. appliances of refrigerators etc. “</i>
<ul style="list-style-type: none"> • Born at a place located on the border of Nepal and Uttarakhand. It was a mini-city. • House – mud and bricks house, 14-18 inch thick walls, Mangalore tiled roof, Slab was of wood and mud with tiles on top with mud flooring. • Mobility – walking and bicycle for short distances. ,autorickshaws and horse carriages were also available. For long distance- bus. • Food – same as now. 		
Views of the future (if applicable)		
Interview summary with key points (in English)		Important quotes
Personal information		
Please fill up with collected data		
GENDER	Male	
AGE	35	
HOUSEHOLD COMPOSITION	Married with children	
NO. OF PEOPLE LIVING IN THE HOUSE	4	
WORKING STATUS	Employed	
EDUCATION LEVEL	10 th std	
PROFESSION	Cook in a private company.	
HOUSE DESCRIPTION	No of rooms- 1 room and kitchen, house type (kutchra, semi kutchra, pucca) – pucca	
Views on income	Important quotes (if relevant)	

SV2IN

Lifestyles and practices – Place of living and housing		
Interview summary with key points (in English)		Important quotes
Motivations for place of living and type of housing		
<ul style="list-style-type: none"> • Her husband’s factory is close by and also the people around are good. 		

<ul style="list-style-type: none"> The current house is big as compared to the old one and was needed as children were growing up and needed a better space to focus on study. 	
Aspirations/needs <ul style="list-style-type: none"> None 	
Challenges and opportunities	

Lifestyles and practices – Mobility and transport	
Interview summary with key points (in English)	Important quotes
Type of transport and motivations <ul style="list-style-type: none"> Walks to nearby shops she walks and go and sometimes takes two-wheeler (owned) a scooter. Travels my train or bus for long distances Mostly depends on public transport as private autorickshaw's are costly and the money is saved by choosing the former one which is saved/ spent for children's need. 	<p><i>"According to my wish I can't book flight but I can afford to travel in train, bus or auto"</i></p> <p><i>" Do not wish for more whatever we have we are happy with it"</i></p>
Challenges and opportunities <ul style="list-style-type: none"> Mode of choosing is cost, if one mode is cheaper than other that would be preferred as the money saved can be utilised to meet children's need. 	

Lifestyles and practices – Digital equipment and consumption	
Interview summary with key points (in English)	Important quotes
Type of equipment and use <ul style="list-style-type: none"> TV, refrigerator, Mixer, TV, motor for water, phone, fan. Phone is used almost all day, besides me the childrens also use it for their studies. 	
Aspirations/needs <ul style="list-style-type: none"> None 	<p><i>"We should not rest too much that our health deteriorates"</i></p>
Motivations to minimize time spent on social media (if relevant) <ul style="list-style-type: none"> None 	

Lifestyles and practices – Food	
Interview summary with key points (in English)	Important quotes
<ul style="list-style-type: none"> Diet description and determining factors 	

<ul style="list-style-type: none"> • Roti, vegetables, pulses, rice. Restaurant food once in a week. • Determining factors- health, children's wish, and whatever is prepared in home that's fine. • According to season there's slight variation in the diet. In summers they consume more fruits, in winter they consume more eggs, bhakri (millet roti), chicken to keep warm. 	
Aspirations/needs <ul style="list-style-type: none"> • Restaurant type food if it can be prepared at home mostly that's preferred. And according to what the monthly income is we manage food choices. 	<p>"If there's wish to have different type of food, if it can be cooked at home, is cooked and had, it's not like every time we have to get it or have it from outside"</p>
Challenges and opportunities (if applicable)	

Lifestyles and practices – Consumption	
Interview summary with key points (in English)	Important quotes
Motivations <ul style="list-style-type: none"> • No unnecessary purchases, before buying anything first the need is investigated keeping in mind to save for family's future and children's education. 	
Access to diverse choices <ul style="list-style-type: none"> • Prefers to buy from the local shop 	<p>"I prefer to buy directly from the shop and not online"</p>
Challenges and opportunities (if applicable) <ul style="list-style-type: none"> • None 	

Lifestyles and practices – Work distribution	
Interview summary with key points (in English)	Important quotes
Details of work distribution <ul style="list-style-type: none"> • Solely takes care of running around for all activities of home from morning to evening. Decisions are made based on discussion with her husband. 	
Aspirations/needs <ul style="list-style-type: none"> • Feels like some support at home, take care of children which would have enabled her to go out make difference and do meaningful with her life. 	
Challenges and opportunities (if applicable)	
Priorities <ul style="list-style-type: none"> • Family, children but she wants to learn mehndi designs, beauty parlour, learn to drive car. As she hopes when she could own a car, she would love to take her family on a drive by herself. 	<p>"There are many wishes I have and along with it I have responsibility to look after the kids, husband, take care of the house"</p>

	"I have wish if god supports, I would like to own a car and take my family on a drive by myself"
Time management and time affluence <ul style="list-style-type: none"> In free time she listens to music but want a job so that she could have some additional income. She wants to have her own shop rather than working for someone else. 	"I don't like working in a company as it doesn't feel right to me. I want something of my own like I could do some work from home or like having a shop"

Thoughts on sufficiency

Interview summary with key points (in English)	Important quotes
Present lifestyle and sufficiency <ul style="list-style-type: none"> Currently, she feels happy as the family is healthy. 	
Aspirations/needs <ul style="list-style-type: none"> To own a house 	"I feel the family should be happy, a situation shouldn't arise where I need to ask money for survival or depend on any one for money, kids be happy and content"
Policy/levers <ul style="list-style-type: none"> Some NGOs offered livelihood courses which she attended but was not able to enrol/ give time to the mehndi learning class 	
Suggestions to practice sufficiency (if applicable)	

Respondents History

Interview summary with key points (in English)	Important quotes
Parents profession <ul style="list-style-type: none"> They own a shop and in-laws are into farming. At her place there was not much financial constraint. 	
Housing/food/mobility & transport <ul style="list-style-type: none"> She grew in Nepal. There were stone houses at that time and now it's cement houses. No proper transportation and they had to walk long distance to get anything from the market. Food quality was good at her place as compared to the current place, as in rural they knew what they were growing, cultivating, harvesting and eating but here they don't for where the things come, how old the stock is. 	<p>"Apart for few things like salt, sugar, ect we used to buy from shop and rest others we used to grow by ourselves"</p> <p><i>"The food over there is better than here. There you can grow your own food, cook it on your own and eat it on your own. Here the food that we buy from shops, we don't know from where the food comes and how many days old it is"</i></p>

Views of the future (if applicable)

Interview summary with key points (in English)	Important quotes
<ul style="list-style-type: none"> Currently in Shindevasti, roads are not proper, difficulty in moving around, people have changed, lack of unity, some people suppress 	"In last 9-10 years, the things have changed in Shindevasti. I feel there's no unity within the community, and we all are able to think collectively then"

other people, people are focused on their selves only.	<i>there's a possibility there could be improvement in the community. As many people have moved out-moved in the Shindevasti and now most people are self-centered"</i>
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Personal information	
Please fill up with collected data	
GENDER	Female
AGE	Self- 28, Husband- 35, Daughter- 10, Son- 8, Brother-in-law- 21
HOUSEHOLD COMPOSITION	3 adults, 2 children
NO. OF PEOPLE LIVING IN THE HOUSE	5
WORKING STATUS	Unemployed
EDUCATION LEVEL	10 th Std
PROFESSION	Home maker
HOUSE DESCRIPTION	No of rooms- Rented house, 1 room and kitchen, with toilet and bathroom, house type (kutcha, semi kutcha, pucca)
Views on income	Important quotes (if relevant)
<ul style="list-style-type: none"> A little bit more would have been helpful as currently the expenses are more than earnings, it's a juggle but somehow, it's manageable and able to sail through it. 	

SV3IN

Lifestyles and practices – Place of living and housing	
Interview summary with key points (in English)	Important quotes
Motivations for place of living and type of housing <ul style="list-style-type: none"> At the age of 17 she got married and since then have been living here with husband and in-laws. It's been 20 years and for her in-laws it's been 40 years. There are 6 people living in the house. The old house had mud roofing and the current house had only one room the kitchen was extended later on. 	
Aspirations/needs <ul style="list-style-type: none"> Need to improve the basic amenities in the house such as having a toilet and bathroom in the house, having 1 more room as the children are growing. 	

<ul style="list-style-type: none"> The roofing needs to be changed before the monsoon arrives to avoid water seepage. 	
Challenges and opportunities <ul style="list-style-type: none"> Financial constraint which increased more because of the pandemic induced lockdown and no work after that for quite some time. 	

Lifestyles and practices – Mobility and transport	
Interview summary with key points (in English)	Important quotes
Type of transport and motivations <ul style="list-style-type: none"> Walking: Prefers and does when she has to buy from local/ nearby stores. Cycling: She used to ride bicycle before marriage. She doesn't want to ride bicycle now as she has gained weight because of which she doesn't feel confident enough to ride. Long distance train or bus: Train for intercity travel. Also, two-wheeler motor bike is used which the family owns for traveling a distance of between 100-200kms. Public transport: For local market she walks or takes bus or uses auto. If auto's charge more then she waits/ takes the local bus so as to save money. Car: None Flight: None 	<p>"Even we would travel with bus only"</p>
Challenges and opportunities <ul style="list-style-type: none"> As per the current situation the transport is chosen accordingly. 	

Lifestyles and practices – Digital equipment and consumption	
Interview summary with key points (in English)	Important quotes
Type of equipment and use <ul style="list-style-type: none"> TV, refrigerator, mobile phone (keypad phone), heater. She uses phone only for talking which spans around 15-20 mins a day. 	
Aspirations/needs <ul style="list-style-type: none"> For summer need a cooler 	
Motivations to minimize time spent on social media (if relevant)	

Lifestyles and practices – Food	
Interview summary with key points (in English)	Important quotes
Diet description and determining factors <ul style="list-style-type: none"> • Tea-chapati is consumed in morning, chapati and sabzi for lunch, dal, rice, sabzi, chicken at night. • During summer intake of dairy products like milk and curd increases to have a cooling effect, and intake of chicken is reduced. • In winter pearl millet roti is preferred as its fulfilling for longer part of the day and its good for the health. 	
Aspirations/needs <ul style="list-style-type: none"> • None 	
Challenges and opportunities (if applicable)	<i>"I can't buy more, I have to do according to what everyone says, restrictions to go out, everything needs to detail out before buying and going out"</i>

Lifestyles and practices – Consumption	
Interview summary with key points (in English)	Important quotes
Motivations <ul style="list-style-type: none"> • Permission needs to be taken from her husband and in-laws. • Money is given for buying a thing within that the purchase needs to be done. 	<i>"I purchase according to what has been said and money given and not according to wish"</i>
Access to diverse choices <ul style="list-style-type: none"> • She is sceptical to buy from online. 	
Challenges and opportunities (if applicable)	

Lifestyles and practices – Work distribution	
Interview summary with key points (in English)	Important quotes
Details of work distribution <ul style="list-style-type: none"> • She completely looks after the household chores. Mother-in-law goes for work and father-in-law has age related constraints to help. • The boys mostly support with outside work like going to shop, market. 	<i>"My boys are young and I don't have a daughter who could have help me in house chores, mother-in-law goes for work, and father-in-law is old"</i>
Aspirations/needs <ul style="list-style-type: none"> • Support from family for the household chores would have been helpful but there's no one, husband helps sometimes. 	

Challenges and opportunities (if applicable)	
Priorities <ul style="list-style-type: none"> Family and their well-being 	
Time management and time affluence <ul style="list-style-type: none"> In free time, need some work such as packing, cutting, etc which can act as source of income and make use of her time. 	<i>"Rather than being idle I would like to be engaged in some work".</i>

Thoughts on sufficiency	
Interview summary with key points (in English)	Important quotes
Present lifestyle and sufficiency <ul style="list-style-type: none"> The current house is insufficient for people of 6 and need to have basic amenities as stated earlier. 	
Aspirations/needs <ul style="list-style-type: none"> A good and proper house, good education for the children. 	
Policy/levers <ul style="list-style-type: none"> She feels like once her kids grow up and start earning their living and financial status would improve. 	<i>"When my kids grow up and start earning then my condition will improve..i will get 2 rooms, 3 rooms"</i> <i>"I don't want to add more room vertically because of the overhead high tension electric wire"</i>
Suggestions to practice sufficiency (if applicable)	

Respondents History	
Interview summary with key points (in English)	Important quotes
Parents profession <ul style="list-style-type: none"> Farmers 	
Housing/food/mobility & transport <ul style="list-style-type: none"> She grew in a rural area - Wagholi in mud house with cement roofing. She used to walk 10kms to get to bus station to visit her granddad. They used to have fresh, left overs as growing up. 	<i>"We used to walk 10 kms to get to bus station which was in different village. The frequency of buses was also less"</i>

Views of the future (if applicable)	
Interview summary with key points (in English)	Important quotes

Personal information	
Please fill up with collected data	

GENDER	Female
AGE	Self - 33; Father in law – 80, Mother in law – 65, Husband – 40, Son – 17, Son - 15
HOUSEHOLD COMPOSITION	4 adults, 2 children
NO. OF PEOPLE LIVING IN THE HOUSE	6
WORKING STATUS	Unemployed
EDUCATION LEVEL	8
PROFESSION	Homemaker
HOUSE DESCRIPTION	No of rooms- 1 common space and kitchen, house type (pucca)
Views on income	Important quotes (if relevant)
<ul style="list-style-type: none"> • Currently besides her husband's income her mother-in-law also works which helps to run the house. • She works as helper in the nearby garden for which she gets paid after every 15 days. 	

SV4IN

Lifestyles and practices – Place of living and housing	
Interview summary with key points (in English)	Important quotes
Motivations for place of living and type of housing <ul style="list-style-type: none"> • Living here for 15 years • There was no proper job in village, there's a proper job here and education facilities are also good. 	<p><i>“As the children's were growing up so does the family and we felt that's insufficient. So little by little we started to save money and decided to make a good house along with their studies we were able to build a proper house.”</i></p> <p><i>“We didnt want to live in a rented house for long time so we decided to have own house as this would be more economical as we in this case have to take care of the electricity and property tax rather paying rent every month which is stress/ tension. The rent amount which we started to save is utilised for getting the monthly ration from public distribution system.</i></p>
Aspirations/needs <ul style="list-style-type: none"> • None as of now. As initially they were living in a rented house then they moved to their own house 	<p><i>“Any guest/ relatives whoever used to visit us, we were not liking as we our house was made of tin and rest others</i></p>

which was made of tin and now that's been renovated and build a pucca house.	<i>have a proper house so we decided to build a proper house"</i>
Challenges and opportunities	

Lifestyles and practices – Mobility and transport	
Interview summary with key points (in English)	Important quotes
Type of transport and motivations <ul style="list-style-type: none"> • They cycle and go to nearby places and also use bus for local and intercity travel. • As her husband's company is nearby and also the children's school is nearby so they don't think as of now they don't have the need of a two-wheeler. 	
Challenges and opportunities	

Lifestyles and practices – Digital equipment and consumption	
Interview summary with key points (in English)	Important quotes
Type of equipment and use <ul style="list-style-type: none"> • TV, mobile phone, light and fan, refrigerator. • TV runs for an hour or 2. Phone is used to listen to music as she works and also when she is sick or doesn't feel like working at time she uses it more besides calling purpose. 	
Aspirations/needs <ul style="list-style-type: none"> • None. 	<i>"Whatever we have for now, I feel satisfied with it"</i>
Motivations to minimize time spent on social media (if relevant) <ul style="list-style-type: none"> • None 	

Lifestyles and practices – Food	
Interview summary with key points (in English)	Important quotes
Diet description and determining factors <ul style="list-style-type: none"> • Roti and sabzi is cooked in morning and the same is had for lunch and dinner. For night sometimes rice and dal is made but not often. • Food choices are made as per the season whatever is available in the market according to that the food consumed as those vegetables are readily available at reasonable price, the non- 	

seasonal veggies are costly which are not affordable.	
Aspirations/needs <ul style="list-style-type: none"> • None. 	
Challenges and opportunities (if applicable) <ul style="list-style-type: none"> • Budget 	<i>“For a month a budget is fixed and planned, if we want to try out new things, we have to think a lot so that it doesn’t affect the budget we planned.”</i>

Lifestyles and practices – Consumption	
Interview summary with key points (in English)	Important quotes
Motivations <ul style="list-style-type: none"> • If the need is there then they plan so as to save and get the needful things and beyond that unwanted expense is not done. • Water is consumed wisely for clothes washing. 	<i>“To save water I wash clothes only if there is a bucket full of clothes”</i> <i>“Whatever is needed only that’s purchased and being in middle class, I have to think and spend accordingly so as not to suffer later”</i>
Access to diverse choices <ul style="list-style-type: none"> • She has scepticism on e-commerce platform so prefers to buy from the local market. 	
Challenges and opportunities (if applicable)	

Lifestyles and practices – Work distribution	
Interview summary with key points (in English)	Important quotes
Details of work distribution <ul style="list-style-type: none"> • Household chores are mostly done by her, but the family members sit and discuss collectively on decision matters. • She gets support from her husband on non-working days and other tasks which she is not able to do such as dusting and cleaning at heights. 	
Aspirations/needs	
Challenges and opportunities (if applicable) <ul style="list-style-type: none"> • Nothing as currently they plan and discuss together before any support is required. 	
Priorities	
Time management and time affluence <ul style="list-style-type: none"> • She is able to manage to get some free time and if any impromptu work comes for stitching, then she takes it. 	

<ul style="list-style-type: none"> In free time she also likes to listen to music and arrange the wardrobe and enjoys cooking for her family too. 	
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Thoughts on sufficiency	
Interview summary with key points (in English)	Important quotes
Present lifestyle and sufficiency <ul style="list-style-type: none"> She feels content and sufficient with what they have now. 	<i>“When we had come to Pune at that time, we had come with only the clothes we had worn and for a month we had to take food what our neighbour used to share or give to us. So compared to that we are satisfied with what we have now”</i>
Aspirations/needs <ul style="list-style-type: none"> None as of now, as they both are working and are able to plan and spend according to the monthly budget they estimate. 	
Policy/levers	
Suggestions to practice sufficiency (if applicable)	

Respondents History	
Interview summary with key points (in English)	Important quotes
Parents profession <ul style="list-style-type: none"> Farming on their own land and as well on other people’s land. 	
Housing/food/mobility & transport <ul style="list-style-type: none"> She is from Pune and used to live in mud-houses with thatched roof. Food was similar and commute was mostly through walk or cycle. The use of bus service was limited as the frequency of service was not much in those days. 	

Views of the future (if applicable)	
Interview summary with key points (in English)	Important quotes

Personal information	
Please fill up with collected data	
GENDER	Female
AGE	Self-35, Son-21, Son-18, Husband-40
HOUSEHOLD COMPOSITION	4 adults

NO. OF PEOPLE LIVING IN THE HOUSE	4
WORKING STATUS	Self-employed
EDUCATION LEVEL	8 th grade
PROFESSION	Tailor
HOUSE DESCRIPTION	No of rooms- 1BHK now (it will be made into G+1 structure later), house type- brick walls and concrete slab with a terrace on top.
Views on income	Important quotes (if relevant)

SV5IN

Lifestyles and practices – Place of living and housing	
Interview summary with key points (in English)	Important quotes
<u>Motivations for place of living and type of housing</u> <ul style="list-style-type: none"> • She was born in this place and her ancestors have been living here for last 60 years. • Initially there were no buses, autorickshaws or shops nearby but now as the inhabitants grew the facilities has improved. • They had mud houses and now they have concrete house. 	<p>“..moved to concrete house as had a feeling that we should also be living in a better house as others”</p>
<u>Aspirations/needs</u> <ul style="list-style-type: none"> • In current house, there are 4 people living in 1 room so want 1 BHK for betterment. 	<p>“Currently we all live in the same house and need a bigger house as it doesn’t feel good and its uncomfortable as we sleep, cook and live in the same room”</p>
<u>Challenges and opportunities</u> <ul style="list-style-type: none"> • Milk business improves then they will be able to afford to 1 BHK 	

Lifestyles and practices – Mobility and transport	
Interview summary with key points (in English)	Important quotes
<u>Type of transport and motivations</u> <ul style="list-style-type: none"> • Walking: Mostly • Cycling: Doesn’t have a cycle • Long distance travel – bus • Public transport: If autorickshaw is available then she takes that or else buses are more preferred 	

<u>Challenges and opportunities</u>	
<ul style="list-style-type: none"> As per the current financial status she chooses auto or bus for the commute if money is not a constraint, then she would have taken a cab. 	

Lifestyles and practices – Digital equipment and consumption	
Interview summary with key points (in English)	Important quotes
<u>Type of equipment and use</u>	
<ul style="list-style-type: none"> Fan, light, phone 	
<u>Aspirations/needs</u>	
<ul style="list-style-type: none"> Washing machine, refrigerator, TV. As she is the one who does chores at home so having a washing machine and refrigerator would ease her chores. She wishes that she would have a TV so that it will help distract her from the thoughts that go on in her mind. The phone she had has stopped working and she would like to have her own phone. Only her father owns a phone in the house. 	<p><i>“ Having a fridge will be useful to keep vegetables, water, etc. that is the main thing that should be there”</i></p> <p><i>“If I have a TV my mind will be distracted. I won’t be sad and the day will just pass by”</i></p>
<u>Motivations to minimize time spent on social media (if relevant)</u>	
<ul style="list-style-type: none"> NA 	

Lifestyles and practices – Food	
Interview summary with key points (in English)	Important quotes
<u>Diet description and determining factors</u>	
<ul style="list-style-type: none"> 2 meals a day – lunch and dinner. Roti and sabzi Whatever is available in the market and home, is cooked and consumed accordingly. No variation according to the seasons 	<p><i>“if there’s occasion/ festivity we cook special food if not then whatever is made in the morning is consumed in the evening as well”</i></p> <p><i>“Because food is expensive now. We don’t throw any food out. We don’t waste anything”</i></p>
<u>Aspirations/needs</u>	
<ul style="list-style-type: none"> She wishes to try different food, go to different places but she doesn’t get enough free time to do things that she wishes or wants to do. 	<p><i>“There are many wishes and the dreams are big-big”</i></p> <p><i>“sometimes if I want to eat anything. I act stubborn and then I get it”</i></p>
<u>Challenges and opportunities (if applicable)</u>	
<ul style="list-style-type: none"> According to financial situation the food choices are accommodated. 	<p><i>“The stomach is filled based on the the financial situation”</i></p>

Lifestyles and practices – Consumption
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Interview summary with key points (in English)	
Interview summary with key points (in English)	Important quotes
<u>Motivations</u> <ul style="list-style-type: none"> As per the need things are purchased and no decision happens without a discussion. She saves money and then she buys clothes for her from the local shop. Since the covid pandemic their economic condition has deteriorated, and they haven't been purchasing anything much. 	<p><i>"I decide that I want to buy something based on how I feel...I save my own money and buy clothes and if I need more money then I ask my parents for it"</i></p>
<u>Access to diverse choices</u> <ul style="list-style-type: none"> She doesn't have a phone so online is not an option. 	<p><i>"I don't have a phone so I cant buy anything online"</i></p> <p><i>"I have seen others buy things online but the cloth does not be good. So I don't like online at all"</i></p>
<u>Challenges and opportunities (if applicable)</u>	

Lifestyles and practices – Work distribution	
Interview summary with key points (in English)	Important quotes
<u>Details of work distribution</u> <ul style="list-style-type: none"> Taking care of buffaloes and cleaning the shed and the milk containers are done by her and mother. Her mother and she alternate cooking responsibilities. She looks into house cleaning and washing clothes. Milking buffaloes is done by her dad and brother. They have a milk centre which is mostly looked and taken care by her father. She doesn't go to the milk shop as the locality is not good/ safe. 	
<u>Aspirations/needs</u> <ul style="list-style-type: none"> Some help would have been helpful and she doesn't have time for herself. There's no one to delegate and no one 's ready to take up. There's no one to delegate the work now so that she has some time for herself. 	<p><i>"If I have to share work who do I share it with?"</i></p> <p><i>"I need someone to help me with chores but I don't see anyone is ready to take up more chores besides what they do. My brother only milks the buffaloes one time a day and one is done by father . My brother still never does or looks to do other chores like feeding the buffaloes, giving water to them, bathing them and cleaning the shed"</i></p>
<u>Challenges and opportunities (if applicable)</u>	

<u>Priorities</u> <ul style="list-style-type: none"> To be successful in her own and the family business 	<p>"I just hope that my business succeeds"</p>
<u>Time management and time affluence</u> <ul style="list-style-type: none"> She doesn't have time for herself. In free time she stitches bags for women but want more time to establish it as a business. 	<p>"I would like to roam here and there and go out and eat. But I don't get free time from work"</p> <p>"There is a lot of work at home and I don't get time for myself"</p>

Thoughts on sufficiency	
Interview summary with key points (in English)	Important quotes
<u>Present lifestyle and sufficiency</u> <ul style="list-style-type: none"> Currently the income from milking business is insufficient they don't have enough money to buy more buffaloes. The money they earn is sufficient only to feed the family and the buffaloes. Nothing besides that. 	<p>"There are times when we cannot buy fodder the cows as well and they stay hungry"</p>
<u>Aspirations/needs</u>	
<u>Policy/levers</u> <ul style="list-style-type: none"> They take extra money from costumers themselves in advance sometimes in times of need. Some financial support to buy more buffaloes to flourish the milk business. They have taken some loans and rented a milk shop. Once the loan is repayed she thinks that they might be able to save money to buy more buffaloes. They also take loans from relatives to repay the bank loan. 	<p>"According to our current situation we take money from the customers and feed the buffaloes"</p> <p>"If we have more buffaloes we will have a good income"</p>
<u>Suggestions to practice sufficiency (if applicable)</u>	<p>"People who have more money should not waste it"</p> <p>"They should live the way corona taught us".</p>

Respondents History	
Interview summary with key points (in English)	Important quotes
Parents profession Milk selling business, which is their current profession.	
Housing/food/mobility & transport <ul style="list-style-type: none"> There were no buses when she was small they all used to walk and go everywhere. Food was the same as now. 	<p>"there were no buses before and we used to walk to places on foot"</p>

Views of the future (if applicable)	
Interview summary with key points (in English)	Important quotes

Personal information	
Please fill up with collected data	
GENDER	Female
AGE	22
HOUSEHOLD COMPOSITION	4 adults. Herself -22, Father – 50, Mother – 48, Brother - 21
NO. OF PEOPLE LIVING IN THE HOUSE	4
WORKING STATUS	Self - employed
EDUCATION LEVEL	12
PROFESSION	Milk selling and bag making business
HOUSE DESCRIPTION	No of rooms- 1, house type - Pucca
Views on income	Important quotes (if relevant)
<ul style="list-style-type: none"> Current income is insufficient there is not enough to feed buffaloes as required which is affecting the business but with it are able to manage living. 	

SV6IN

Lifestyles and practices – Place of living and housing	
Interview summary with key points (in English)	Important quotes
<u>Motivations for place of living and type of housing</u> <ul style="list-style-type: none"> Living in Shindevasti since the past 18 years Came to Shindevasti after marriage. Suman used to live in village before in Uttar Pradesh. The family moved to Shindevasti in search of a better living, earning and education for children. Living in self-owned space seemed like an unproblematic option. 	<p>“we moved here to feed ourselves and for our children’s education”</p> <p><i>“if we stay in a rented house, we have to spend money on rent, therefore we brought our own house and thought that it will help us save money”</i></p>
<u>Aspirations/needs</u> <ul style="list-style-type: none"> They upgraded to brick house after living in tin wall and tin roof house initially. The current space is not sufficient for the family and mostly for the sake of children. She wants to have a floor above constructed in brick if she gets some more monthly income. 	<p><i>“I will make a brick house of two floors. The space is less.”</i></p> <p><i>“Water has not been coming properly for the last one month. We did not get water for 15 days in the entire month. The women from the settlement went to the road and blocked it day before</i></p>

<ul style="list-style-type: none"> Wish that the water supply in the location is more regular 	<i>yesterday and there was a huge traffic jam and then water has finally come today. They left water for 1 hour today and we have a tank and store the water in that. They won't leave water for another 4 days now. I'll have to go to another tap nearby in the settlement to collect water".</i>
<u>Challenges and opportunities</u> <ul style="list-style-type: none"> The monthly income is not sufficient for them as only the husband earns money. If she could work from home and earn some money. 	<i>"If we earn more money. we will be able to upgrade the house"</i>

Lifestyles and practices – Mobility and transport

Interview summary with key points (in English)	Important quotes
<u>Type of transport and motivations</u> <ul style="list-style-type: none"> Travel around on husband's 2-wheeler Otherwise mostly they walk to nearby places for the purpose of daily needs like grocery shopping, meeting people. In case of emergencies where the two-wheeler is not available, they use auto rickshaw for commute. For long distance travel such as while going to their native place, a village in Uttar Pradesh they mostly travel by train. Or while travelling to Mumbai, which is comparatively nearby, travel by the bus. 	<i>"when my husband was unwell in between. I used to travel to nearby places by auto"</i> <i>"if there was a better vehicle than a bus, I would go by that"</i>
<u>Challenges and opportunities</u> <ul style="list-style-type: none"> There are no difficulties as such faced by her. 	<i>"I knew to ride a cycle before. But I don't ride it now because of my health"</i>

Lifestyles and practices – Digital equipment and consumption

Interview summary with key points (in English)	Important quotes
<u>Type of equipment and use</u> <ul style="list-style-type: none"> Equipment – fridge, cooler, pump-motor, mixer, fans, lights and phone. Phone is used by Suman for calling, internet, watching videos for leisure to watch movies etc. She spends approximately 2 hours on the phone when there is no work at home. 	<i>"We have not used the cooler for 1 year since the rooftop garden has been installed on our roof"</i>
<u>Aspirations/needs</u> <ul style="list-style-type: none"> The only aspiration is to reduce in electricity bill. Suman has not expressed any needs and is happy with current situation. 	<i>"the electricity bill is a lot...if there is something that can help reduce the electricity bill then that will be good"</i> <i>"I am happy with the electric equipment I have for now"</i>

<u>Motivations to minimize time spent on social media (if relevant)</u>	
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Lifestyles and practices – Food	
Interview summary with key points (in English)	Important quotes
<u>Diet description and determining factors</u> <ul style="list-style-type: none"> For breakfast they have poha, upma, tea, biscuit, etc. Lunch and dinner – rice, dal, vegetable, chapatti. Sometimes they get parcel from hotels like egg and vegetables if the children insist. 	<p><i>“If I feel the need, I will learn to cook new things, make them myself”</i></p> <p><i>“I cook with whatever is available”</i></p>
<u>Aspirations/needs</u> <ul style="list-style-type: none"> Desires to eat a variety of food 	<p><i>“I feel like eating different things every day. But we have to eat based on what we can afford”</i></p>
<u>Challenges and opportunities (if applicable)</u>	

Lifestyles and practices – Consumption	
Interview summary with key points (in English)	Important quotes
<u>Motivations</u> <ul style="list-style-type: none"> Whenever there is need then they go and buy specific things. 	<p><i>“There are shops a little far from here, we buy clothes from there”</i></p>
<u>Access to diverse choices</u> <ul style="list-style-type: none"> They do not buy things online as once they had ordered saree and it was not as shown on website. Prefer buying things from stores in person in the nearby town- Hadapsar. 	<p><i>“I feel like buying things online. But I ordered a saree online once. They showed me something else and sent something else.”</i></p>
<u>Challenges and opportunities (if applicable)</u> <ul style="list-style-type: none"> If the online stores sell what they show, then maybe they will think of buying online. 	

Lifestyles and practices – Work distribution	
Interview summary with key points (in English)	Important quotes
<u>Details of work distribution</u> <ul style="list-style-type: none"> Household work is looked into by Suman and her husband works for earning money. If a decision is to be taken about expenses in the house which determine the travel choices, etc. are discussed collectively and taken by the husband and wife based on the budget available to them. 	<p><i>“I ask my husband before buying something”</i></p> <p><i>“My husband does the earning part and goes out, while I handle things with respect to house like buying grocery, cooking etc.”</i></p>
<u>Aspirations/needs</u> <ul style="list-style-type: none"> Wishes to work to generate income 	<p><i>“If I get some work to do from home, I can do that. I don’t get to work outside because my children are still young”</i></p>

	<p><i>"I would like to have some time to go out and explore some places"</i></p> <p><i>"I am happy if my husband and children are happy"</i></p>
<p><u>Challenges and opportunities (if applicable)</u></p> <ul style="list-style-type: none"> • If there was someone to help with household chores Suman can then look at working to earn some money. 	
<p><u>Priorities</u></p> <ul style="list-style-type: none"> • Building first floor in brick walls. • Have a work-from-home type job like tailoring, making something, etc. • Ensuring that kids receive a good education and settle down. 	
<p><u>Time management and time affluence</u></p> <ul style="list-style-type: none"> • Gets 3-4 hours daily for self. • Goes out with family. 	<p><i>"I have 3-4 hours for myself. So, if I can get any work to do between 11-4 pm from home, I can do that"</i></p>

Thoughts on sufficiency

Interview summary with key points (in English)	Important quotes
<p><u>Present lifestyle and sufficiency</u></p> <ul style="list-style-type: none"> • Not sufficient 	<p><i>" there is one person who earns and 4 people who are eating with that. Can that be enough?"</i></p>
<p><u>Aspirations/needs</u></p> <ul style="list-style-type: none"> • Income is less and would wish that it could be more. • Bigger house • Wishes to have own work to be able to do at home 	<p><i>We have less money so we buy less things. If we had more money we would buy more things. I would buy more things, make my house bigger and pay for my childrens education.</i></p>
<p><u>Policy/levers</u></p> <ul style="list-style-type: none"> • NGOs who can help provide job opportunities 	<p><i>"If my children grow up and study things might improve"</i></p>
<p><u>Suggestions to practice sufficiency (if applicable)</u></p>	

Respondents History

Interview summary with key points (in English)	Important quotes
<p><u>Parents profession</u></p> <ul style="list-style-type: none"> • Father worked in a company. • Mom - housewife and worked as a labour in others farms. 	
<p><u>Housing/food/mobility & transport</u></p> <ul style="list-style-type: none"> • Was born in Uttar Pradesh and lived in a small village. • House –It was made of mud and then bricks. The house is 8-10 times bigger than the current house. 	

<ul style="list-style-type: none"> • Mobility – walking and bicycle (about 30 years ago while going to school) for short distances. For long distance- bus and train. • Food – was simple dal, rice, vegetable, chapati. Whatever was available in farm. 	
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Personal information	
Please fill up with collected data	
GENDER	Female
AGE	37, Sons- 15 & 11
HOUSEHOLD COMPOSITION	Married with two children
NO. OF PEOPLE LIVING IN THE HOUSE	4
WORKING STATUS	Housewife
EDUCATION LEVEL	9th Std
PROFESSION	
HOUSE DESCRIPTION	No of rooms- 2, house type- semi kutcha, pucca
Views on income	Important quotes (if relevant)

SV7IN

Lifestyles and practices – Place of living and housing	
Interview summary with key points (in English)	Important quotes
<u>Motivations for place of living and type of housing</u> <ul style="list-style-type: none"> • Moved to Shindevasti for work opportunities 35 years ago. • Their initial house was made with 4 pieces of wood as supports and a roof with sugarcane leaves. They lived in that structure for 4-5years. • One of his friends helped him a few years later – he told him that he would give him 4 men to support him with rebuilding the house. They used mud and brick pieces to make walls. They chose cement sheets for the roof because there are high-voltage wires running above the roof and the cement sheet is safer than tin sheets. • The place they are staying in now was used to tie goats that they used to rear, previously. Their children are staying in the previous house, and they have moved to the place where the goats were kept after the cement roof was installed as a roof. Their current house is made of tin walls and a cement roof. 	<p><i>“There are high tension electric wires running over the roof, which is why we have cement sheets for the roof. One of my nephews who was working on top of his roof died because he came in contact with the overhead current”</i></p>
<u>Aspirations/needs</u> <ul style="list-style-type: none"> • Content with the current house 	<p><i>“We are happy in this house, and we will not make any changes to this house, till we die”</i></p>

<u>Challenges and opportunities</u>	
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Lifestyles and practices – Mobility and transport

Interview summary with key points (in English)	Important quotes
<u>Type of transport and motivations</u> <ul style="list-style-type: none"> • They walk short distances. • Local but places that are difficult to travel on foot they take the local bus or auto rickshaw. • For long distance travel such as while travelling to their village they travel by train or bus. 	<p><i>“when I was younger, I used to walk from here to shivajinagar on foot”</i></p> <p><i>“ if we don’t get a bus we go by auto. Whatever is available we go by that”</i></p> <p><i>“I used to travel for 50-60km by bicycle when I was young and able to do it.”</i></p>
<u>Challenges and opportunities</u>	

Lifestyles and practices – Digital equipment and consumption

Interview summary with key points (in English)	Important quotes
<u>Type of equipment and use</u> <ul style="list-style-type: none"> • TV, tube light, television, DVD player, fan and simple mobile phone 	
<u>Aspirations/needs</u> <ul style="list-style-type: none"> • Content with what they have 	<i>“We are happy with what we have”</i>
<u>Motivations to minimize time spent on social media (if relevant)</u>	

Lifestyles and practices – Food

Interview summary with key points (in English)	Important quotes
<u>Diet description and determining factors</u> <ul style="list-style-type: none"> • They both have 2 meals a day it comprises of Jowar -bajra roti, vegetable, rice. • Does not have a say in what is cooked since they have lunch and dinner at their children's homes 	<p><i>“if we eat wheat rotis we don’t feel soon. With jowar and bajra flour we feel hungry from time to time....it is helpful to eat this to stay fit specially since we don’t do much physical work and sit at home most of the time. “</i></p> <p><i>There was no water for us when we came here. Once we started getting water, we used to consume less for ourselves and give water to others.</i></p> <p><i>“4-5 rounds of tea are okay for me”</i></p>

	<i>"We have lunch at our younger son's house, and we have dinner at our elder son's house. Whatever is given to us we have to eat that. We cannot say that this is not good, or this is bad ..."</i>
<u>Aspirations/needs</u> <ul style="list-style-type: none"> • Content with diet overall • Wishes to go and have tea at a hotel once a while. 	<i>"We have to look at things according to our capacity. Sometimes I feel like it would be nice to go to a hotel and have some tea. But we need money to do that, no?"</i>
<u>Challenges and opportunities (if applicable)</u> <ul style="list-style-type: none"> • Money restricts the respondent from going to eat outside. 	

Lifestyles and practices – Consumption

Interview summary with key points (in English)	Important quotes
<u>Motivations</u> <ul style="list-style-type: none"> • Consume according to their needs. 	<i>"we need two plates for ourselves and few other vessels. The remaining vessels that we had we have given away and divided among our son's families"</i>
<u>Access to diverse choices</u> <ul style="list-style-type: none"> • They purchase things from nearby places • Clothes are mostly those that are given by their sons and relatives during occasions. They do not purchase clothes. 	<i>"I have 7-8 sets of clothes. "</i>
<u>Challenges and opportunities (if applicable)</u>	

Lifestyles and practices – Work distribution

Interview summary with key points (in English)	Important quotes
<u>Details of work distribution</u> <ul style="list-style-type: none"> • For waterfilling – the wife fills water, and the husband carries the vessel and keeps it indoors since the wife has dislocated her shoulder. • Housecleaning is looked into by the wife • Clothes are washed by their daughter in law who stays nearby • Food is not cooked at home. Their sons stay nearby so they have lunch at their younger sons' home, and they have dinner in their elder sons' home. 	

<ul style="list-style-type: none"> The wife collects wood for the stove and the husband picks it up from outside and brings it inside. 	
<u>Aspirations/needs</u>	
<u>Challenges and opportunities (if applicable)</u>	
<u>Priorities</u>	
<u>Time management and time affluence</u> <ul style="list-style-type: none"> They have a lot of free time. The husband watches movies using the DVDs he has on television (they had a cable connection earlier which they don't have now since they cannot pay for it). The wife does not like to watch anything. 	

Thoughts on sufficiency	
Interview summary with key points (in English)	Important quotes
<u>Present lifestyle and sufficiency</u> <ul style="list-style-type: none"> Has a TV, watch Content with what they have 	<p><i>"the things that we did not have when we were young, we have them now. I have a watch now. We took a tv on loan and have our own tv"</i></p> <p><i>"We have gone through a lot of difficulties. There was a time when we used to have only one roti to eat. My wife and I used to eat half and give the other half to the children"</i></p>
<u>Aspirations/needs</u> <ul style="list-style-type: none"> Need mobile phone recharge Need money for tea, buying betel leaf and areca nut 	<p><i>I receive a pension of 1000rs. There is something about a junior pension being discussed these days.</i></p> <p><i>I need money only for supari and tea if we go to roam out somewhere, nothing else.</i></p> <p><i>'I told my son give me 200rs to recharge my phone and I will return it once I get my pension"</i></p>
<u>Policy/levers</u>	
<u>Suggestions to practice sufficiency (if applicable)</u>	

Respondents History	
Interview summary with key points (in English)	Important quotes
<u>Parents profession</u> <ul style="list-style-type: none"> Father was killed due to political reasons when he was three years old. 	<p><i>"My mother used to work in the fields and get 12 paise a day"</i></p>

<ul style="list-style-type: none"> Farmer. 	<i>"I used to earn 12 rupees in the entire year for working in my relative's field"</i>
<u>Housing/food/mobility & transport</u> <ul style="list-style-type: none"> Used to live in his village. Had a mud house They used to earn 1 rupee a month then. They used to walk everywhere when they were younger. 	<i>"We did not have slippers on our feet when we were younger. We used to walk barefoot"</i>

Personal information	
Please fill up with collected data	
GENDER	Male
AGE	77
HOUSEHOLD COMPOSITION	2 adults
NO. OF PEOPLE LIVING IN THE HOUSE	2
WORKING STATUS	Retired
EDUCATION LEVEL	9 th Std
PROFESSION	was a construction company labour
HOUSE DESCRIPTION	No of rooms- 1 room divided into 2 by a tin sheet, house type - kutcha
Views on income	Important quotes (if relevant)