

## SOCIAL INCLUSION AND SUSTAINABILITY

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### Abstract

*The mechanisms by which individuals and social groups are involved in the larger community and are giving them the rights and opportunities to achieve integration in one or more social systems, i.e. democratic-legal, labor-market, social welfare system, family system, and local community system, are referred to as social inclusion. Social inclusion is a prerequisite for the optimal satisfaction of human needs (from biological to social). Social sustainability is essential to the health and longevity of a community. The ability to satisfy the demands of the present generation without jeopardizing the ability of future generations to satisfy their own wants is sustainability. - is essential to addressing today's development difficulties and is the social counterpart to environmental and economic sustainability. It occurs when people feel involved in the development process and believe they and their grandchildren will benefit from it.*

**Keywords:** Social Inclusion & Social Sustainability



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## Introduction

### Social inclusion

The process of boosting opportunities, access to resources, voice, and respect for rights in order to improve the conditions of participation in society, particularly for those who are disadvantaged, is known as social inclusion. To comprehend social inclusion, it is crucial to remember that "exclusion occurs because some groups are consistently underprivileged and/or discriminated against on the basis of their identity: ethnicity, race, religion, sexual orientation, caste, descent, gender, age, disability, HIV status, migrant status, or where they live. Consequently, exclusion can happen in relation to various aspects of an individual's identity.

“ The World Summit for Social Development in Copenhagen in 1995 defined an inclusive society as “a society for all', in which every individual, each with rights and responsibilities, has an active role to play (United Nations, 1995, para 66). A society that values social inclusion is one in which all citizens have access to fundamental necessities for a dignified existence and where their diversity are valued. A socially inclusive society is one in which everyone is respected, accepted, and feels like they belong. The terms "social inclusion," "community inclusion," "social connectedness," "social integration," and "social citizenship" all refer to the value of the connections among the many members of our society and the function that each person plays in that group. Social inclusion is based on certain principles, including: everyone requires support (albeit occasionally some of us require more support than others);. Everyone is ready, none of us must pass a test or meet a set of requirements before we can be included, and together we are better (we are not dreaming of a world where everyone is perfect; we are all capable of learning); everyone can contribute; we need to recognise, encourage, and value each person's contributions, including our own; everyone can communicate; and everyone is ready.

### **Need of Social inclusion**

In order to fully participate in economic, social, political, and cultural life and to enjoy a standard of living that is considered normal in the society in which they live, people who are at risk of poverty and social exclusion must have access to the opportunities and resources needed. This process is known as social inclusion. For a person to maintain their dignity, sense of security, and chance at a better life, they must be included in society. It has been repeatedly demonstrated how crucial it is to support people in feeling connected to and valued by society and to address any kind of social isolation that people may be dealing with on a daily basis. The capacity, opportunity, and dignity of underrepresented groups are improved by social inclusion, enabling their participation in social, economic, and political life.

### **Social Sustainability**

Social sustainability is essential to the health and longevity of a community. Assuring that communities and societies may survive and develop in a healthy, just, and equal way is the goal of social sustainability. It emphasizes raising people's quality of life, developing close bonds, and making sure everyone has the opportunity to reach their full potential. Specifying and managing the good and negative implications of systems, processes, organizations, and activities on people and social life can be referred to as social sustainability. The ability to satisfy the demands of the

present generation without jeopardizing the ability of future generations to satisfy their own wants is sustainability. It is about making a world where everyone can live happily, have access to equal opportunities, and feel supported by their neighbors. The qualitative component of social sustainability outweighs the quantitative. It discusses how community members go about living their lives and interacting with one another. It combines the fulfilment of political, economic, and social liberties with the maintenance of fundamental human needs.

### **Relationship between social inclusion & sustainability**

Focusing on the need to "put people first" in development processes, social sustainability and inclusion. By empowering people, creating cohesive and resilient societies, and making institutions accessible and answerable to citizens, it encourages social inclusion of the underprivileged and vulnerable. Dimensions of social Sustainability are:

#### ➤ **Quality of Life**

The term "quality of life" refers to a wide range of factors that influence how well we live. For instance, access to support services, affordable housing, physical and mental health care, educational and training possibilities, work options, and, of course, safety and security.

#### ➤ **Equality dimension**

The act of reducing disadvantages for particular groups or assisting those groups in overcoming obstacles so they can have more control over their life is known as equality. It also entails figuring out how to lessen disadvantages by recognising their sources and causes.

#### ➤ **Diversity dimension**

Finding needs from many diverse groups of various variety types, evaluating those requirements, and training everyone to have multiple opinions are all part of the concept of diversity.

#### ➤ **Social Cohesion dimension**

Social cohesion entails encouraging individual participation within a target group as well as facilitating access for target groups to public and civic organisations. Building connections between various target groups in a larger sense by encouraging target groups to make contributions to society as well is an important factor.

#### ➤ **Democracy & Governance**

In order to continue sustainability programmes and the ability to measure them, governance entails ensuring that the budget and resources are sufficient.

### **Role of education in social inclusion & sustainability**

Integration into the workforce is made possible by education, which serves as a preparation for the working world. Education also plays a role in the development of understanding and the capacity for critical thought, as well as in the promotion of initiative, creativity, and an entrepreneurial spirit, teamwork, and positive social values. One of the elements of social inclusion of individuals and social groups in the regular social flows of modern society is education, which serves as a vital mechanism. by being aware of the emergence of socioeconomic repercussions in the modern social setting. The most crucial factor in lowering the risk of social exclusion and resolving this issue is education ('for life'), as it enables the return of individuals, families, and social groups to the social context in which they can function normally and with dignity in a way that is appropriate for every human being. All students benefit from an inclusive educational system, which does not discriminate against any one person or group. Education that is inclusive can encourage effective learning. In order to react to the diversity of learners, inclusive education examines how to change educational systems.

### **Conclusion**

For a person to maintain their dignity, sense of security, and chance at a better life, they must be included in society. It has been repeatedly demonstrated how crucial it is to support people in feeling connected to and valued by society and to address any kind of social isolation that people may be dealing with on a daily basis. Social sustainability involves robust, inclusive communities where people have a say and governments act. Because its overall impact determines the scope, quality, and use of other systems and resources, as well as the overall quality of life and development potential of individuals and communities, the education system is the most crucial component of life and the development of the infrastructure of every individual, society, and state.

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