

Sustainable Futures: Prioritizing Degrowth for Economic and Social Well- being in Pakistan

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Executive Summary

In light of Pakistan's commitment to long-term economic and social progress, this policy brief examines the notion of degrowth and its potential use. Degrowth is the practise of intentionally slowing economic growth in favour of social welfare and ecological stability. The brief emphasizes the significance of shifting away from a singular focus on economic growth and moving towards a more comprehensive strategy that also gives priority to other factors, such as social well-being, environmental sustainability, and resource distribution. Reducing consumption and waste, supporting alternative energy sources, instituting sustainable agricultural practises, and putting money into public transit and infrastructure are among suggestions made by the degrowth movement. The brief also recognises potential difficulties and opposition throughout the shift to a degrowth model and offers suggestions for overcoming them, including safeguarding workers, increasing public awareness, and involving stakeholders from a variety of fields. Environmental threats, social and economic problems, and the necessity to rebalance the economy are all highlighted, as is the importance of degrowth in Pakistan's economic structure. To achieve sustainable degrowth in Pakistan, the brief continues by emphasising the need for an all-encompassing and multi-pronged strategy to combine social, environmental, and economic policies.

Key Words: Degrowth, Sustainability, Economic Policies, Social Welfare, Pakistan

"A growth model centered on fossil fuels is simply obsolete." Ursula von der Leyen,
President of the European Commission

Introduction

When it comes to achieving long-term economic growth and sustainable development, Pakistan is up against a number of obstacles. The idea of "degrowth," which suggests a purposeful reduction in economic activity to prioritise social well-being and environmental sustainability over unrelenting economic expansion, is one strategy that has garnered the attention of people all around the world as a potential solution¹. The idea that overdeveloped countries, as well as the overdeveloped sectors of developing countries like Pakistan, need to considerably decrease their economies while simultaneously boosting the material well-being of their citizens is the foundation upon which the degrowth movement is built. This hypothesis is based on factual evidence and is deceptively straightforward². This policy brief intends to analyse the potential relevance and implications of degrowth concept in the context of Pakistan by looking at the country from a macroeconomic perspective.

Understanding the concept of degrowth

Degrowth was promoted by a number of intellectuals, historians, radical socialists, and significant figures, including André Gorz (1972). Similar concepts were advocated by Mahatma Gandhi and J. C. Kumarappa, notably voluntary simplicity. Understanding the notion of degrowth is critical for successfully implementing this strategy in Pakistan. Degrowth is more than just slowing economic growth; it is a holistic strategy aimed at addressing the social and environmental difficulties produced by unsustainable economic practises.

It means giving up the never-ending quest for economic growth and rethinking success in terms of well-being, fairness, and the health of the environment. To get Pakistan to stop growing, people need to stop thinking that economic growth is the only way to measure progress. Instead, there should be a focus on the well-being of society, the health of the environment, and the fair distribution of resources and chances.³

This means that the current development model needs to be completely changed. Instead of focusing on the GDP, we need to look at other factors that measure well-being, like the Genuine Progress Indicator or the Social Progress Index. Pakistan needs to move towards a more sustainable and fair economic system in order to put

¹ Xue, J., Walnum, H. J., Aall, C., & Næss, P.. (2016, December 24). Two Contrasting Scenarios for a Zero-Emission Future in a High-Consumption Society. *Sustainability*, 9(1), 20. <https://doi.org/10.3390/su9010020>

²Degrowth: from theory to practice - ScienceDirect. (n.d). <https://www.sciencedirect.com/science/article/pii/S0959652612003162>

³ Jabareen, Y.. (2009, December 1). Building a Conceptual Framework: Philosophy, Definitions, and Procedure. *International Journal of Qualitative Methods*, 8(4), 49-62. <https://doi.org/10.1177/160940690900800406>

degrowth plans into place. This can be done through a mix of steps, such as reducing consumption and waste, promoting renewable energy sources, using sustainable farming methods, and investing in public transport and infrastructure. Also, it is very important to make sure that policy supports and encourages these changes⁴.

Also, it's important to deal with any problems or resistance that might come up during the switch to a degrowth plan. This includes protecting workers who might be hurt by the change in businesses or ways of doing things. There should be retraining programmes and social safety nets in place to help people who may lose their jobs or have trouble making ends meet during the shift. Also, public awareness and education efforts are needed to tell the general public about degrowth's benefits and why it makes sense, as well as to clear up any misunderstandings or worries.

Understanding sustainable degrowth

Degrowth is not the same as a recession or depression in the economy because it is a planned and deliberate process that aims for a smooth and prosperous shift to a society in which production and consumption go down but human welfare goes up and is shared more evenly⁵.

To reach the goal of sustainable degrowth, a number of social, environmental, and economic policies and systems need to be put in place. These policies and organisations give more weight to relational and convivial goods than to positional and material goods. They do this because they know that true happiness comes from meaningful relationships and experiences, not from having a lot of stuff and a high status⁶.

The Need for Degrowth in Pakistan

Multiple aspects of Pakistani society demonstrate the necessity for degrowth. Pakistan faces significant environmental challenges, such as air and water pollution, deforestation, and the depletion of natural resources, to begin with. Rapid population growth and industrialization, which contribute to high levels of energy consumption and carbon emissions, exacerbate these problems. Implementing degrowth principles can aid in addressing these environmental issues by reducing energy and material consumption and promoting sustainable production and consumption practises. In addition, Pakistan faces numerous social and economic problems, such as poverty, inequality, and unemployment. Degrowth can provide a framework for addressing these issues by shifting the emphasis from GDP growth to enhancing social welfare

⁴ Nyblom, Å., Hjerpe, M., Sanctuary, M., Fransolet, A., & Stigson, P.. (2019, March 22). Governance and Degrowth. Lessons from the 2008 Financial Crisis in Latvia and Iceland. <https://scite.ai/reports/10.3390/su11061734>

⁵ Andreoni, V.. (2020, April 14). The Trap of Success: A Paradox of Scale for Sharing Economy and Degrowth. <https://scite.ai/reports/10.3390/su12083153>

⁶ Chang, C., & Lin, Y.. (2022, January 1). Constructing Hakka Ethnic Identity Through Narrative Genealogy Writing. Sage Open, 12(1), 215824402210799. <https://doi.org/10.1177/21582440221079913>

and ensuring equitable resource distribution⁷. In addition, Pakistan's reliance on a growth-driven economic model has resulted in an overemphasis on sectors such as agriculture and manufacturing, while other crucial sectors such as education, healthcare, and social services have been neglected. This economic imbalance has led to disparate access to fundamental services and opportunities for the population. The implementation of degrowth strategy can assist in rebalancing the economy and redirecting resources to these underserved sectors, thereby fostering social justice and well-being⁸.

Sustainable degrowth in Pakistan requires a comprehensive strategy that incorporates environmental, social, and economic policies. Policies like fostering renewable energy sources, enforcing stringent environmental rules, and encouraging sustainable agricultural and industrial practises are all important ways to cut back on material and energy use. Furthermore, actions like progressive taxation, income redistribution, and investment in social infrastructure are needed to promote equal allocation of resources and opportunities. Education and awareness campaigns aimed at encouraging a cultural shift towards more environmentally responsible consumption and way of life must also be given high priority. These initiatives can inspire people to adopt degrowth-friendly lifestyles and promote a culture of environmental responsibility⁹.

Government agencies, civil society organisations, and business communities are only some of the groups that should be involved in crafting degrowth policies. By involving a wide range of stakeholders, we can guarantee that our final policies will be workable, effective, and sustainable. In addition, it is essential to deal with difficulties and opposition that may crop up during the shift to a degrowth model. Retraining programmes and social safety nets are two examples of the kinds of policies that could be included in a comprehensive plan to meet these problems and safeguard workers from the effects of industry shifts. Finally, by rebalancing the economy and placing a premium on social well-being, degrowth plan in Pakistan can solve the country's persistent sustainability issues¹⁰.

⁷ Crivits, M., Prové, C., Block, T., & Dessen, J.. (2016, January 8). Four Perspectives of Sustainability Applied to the Local Food Strategy of Ghent (Belgium): Need for a Cycle of Democratic Participation?. <https://scite.ai/reports/10.3390/su8010055>

⁸ Buhr, K., Hjerpe, M., & Hagbert, P.. (2018, June 6). Local Interpretations of Degrowth—Actors, Arenas and Attempts to Influence Policy. <https://scite.ai/reports/10.3390/su10061899>

⁹ Saari, U. A., Baumgartner, R. J., & Mäkinen, S. J.. (2017, July 24). Eco-Friendly Brands to Drive Sustainable Development: Replication and Extension of the Brand Experience Scale in a Cross-National Context. <https://scite.ai/reports/10.3390/su9071286>

¹⁰ Brand, Ulrich et al. (2021, January 1). From planetary to societal boundaries: an argument for collectively defined self-limitation. <https://scite.ai/reports/10.1080/15487733.2021.1940754>

The Relevance of Degrowth in Pakistan's Economic Structure

In the context of Pakistan's economic system, the concept of degrowth is extremely relevant. Due to unsustainable economic practises, Pakistan is currently suffering a number of environmental difficulties, including air pollution, deforestation, and water scarcity. These difficulties not only endanger the country's ecological health, but also have serious repercussions for the well-being and equity of its people. Degrowth policies implemented in Pakistan would aid in addressing these issues and promoting a more sustainable and equitable economic system. In Pakistan, economic expansion has taken precedence above environmental concerns and social well-being¹¹.

This has resulted in the loss of natural resources, the deepening of income disparities, and the marginalisation of vulnerable communities. Pakistan's administration has recognised the need to transition towards a more sustainable growth path in recent years. However, the current "green growth" strategy may not be enough to solve the underlying difficulties and restructure Pakistan's economic system. As a result, implementing degrowth strategy would give a more comprehensive and revolutionary approach to addressing Pakistan's environmental and social concerns¹². In Pakistan, degrowth would imply a fundamental transformation in the country's economic model, with a focus on reducing consumption and production to maintain environmental sustainability and social well-being.

A critical component of adopting degrowth strategy in Pakistan would be the protection and support of people who may be harmed by changes in sectors or employment possibilities. This can be accomplished by providing extensive social safety nets, job training programmes, and reemployment help to affected individuals in order to facilitate a smooth transition. Furthermore, extensive engagement and collaboration with key stakeholders such as politicians, corporations, civil society organisations, and local communities are required to develop agreement and garner support for the implementation of degrowth policies in Pakistan. Furthermore, implementing degrowth concepts into policymaking would necessitate extensive reforms in numerous sectors of the economy. Transitioning to sustainable farming practises such as organic farming and agroecology, for example, can minimise dependency on chemical inputs and encourage sustainable food production in the agricultural sector. Furthermore, boosting renewable energy sources, investing in green infrastructure, and developing appropriate waste management systems are critical measures in Pakistan's pursuit of a degrowth economy¹³. Adopting degrowth plan in Pakistan will necessitate a

¹¹ Economic Growth and Rural Poverty in Pakistan: A Panel - Springer. (n.d).
<https://link.springer.com/article/10.1057/s41287-020-00259-y>

¹² Crivits, M., Prové, C., Block, T., & Dessen, J.. (2016, January 8). Four Perspectives of Sustainability Applied to the Local Food Strategy of Ghent (Belgium): Need for a Cycle of Democratic Participation?. <https://scite.ai/reports/10.3390/su8010055>

¹³ Alekna, R., & Kazlauskienė, E.. (2020, June 1). Evaluation Indicators of Green Economic Development: The Case of the Baltic Countries. *Economics and Culture*, 17(1), 150-163.
<https://doi.org/10.2478/jec-2020-0014>

multifaceted and holistic approach that incorporates environmental sustainability and social well-being.

Challenges in Implementing Degrowth in Pakistan

Putting degrowth plan into action in Pakistan would be hard in many ways. One of the biggest problems is getting people to stop seeing economic growth as the end goal. Most countries, including Pakistan, look at economic growth as a sign of success and development right now.

Changing this way of thinking and getting people to agree that we need a new economic model that is more focused on sustainability may be hard, especially for those who benefit from the present growth paradigm. Also, most people may not know about or understand degrowth, which could make it harder for it to be accepted and used. Another problem is the possible effect on jobs and ways of making a living. If we switch to a degrowth economy, some industries that depend a lot on resource extraction or high levels of consumption may lose jobs. To keep the social and economic costs of this change to a minimum, it is important to put in place policies that help and support people who are looking for work again. Also, putting degrowth policies into place would require big changes in many sectors.¹⁴ This could be hard because it would require a lot of planning and cooperation between different sectors, as well as money to help with the changes that would be needed. Along with these problems, degrowth plan also needs strong political will and leadership. A degrowth plan must be put into place in Pakistan with the help of political will and leadership. Officials and policymakers in the government need to put long-term economic growth ahead of short-term economic gains and be ready to take bold steps that may be opposed by powerful stakeholders.¹⁵

Case Studies: Degrowth Policies in other Developing Countries

Pakistan can learn a lot from studying other developing countries' experiences in implementing degrowth programmes. Degrowth methods may be more widely accepted and implemented if these case studies can show their viability and success in a variety of settings. The Gross National Happiness framework that Bhutan uses is one such alternative to GDP-centered growth that has gained widespread recognition. It stresses the significance of evaluating quality of life and giving equal weight to economic growth and social and environmental progress. Pakistan may benefit from a more holistic and sustainable development model if similar strategies were put into place there.¹⁶

¹⁴ Nyblom, Å., Hjerpe, M., Sanctuary, M., Fransolet, A., & Stigson, P.. (2019, March 22). Governance and Degrowth. Lessons from the 2008 Financial Crisis in Latvia and Iceland.

¹⁵ Andreoni, V.. (2020, April 14). The Trap of Success: A Paradox of Scale for Sharing Economy and Degrowth. <https://scite.ai/reports/10.3390/su12083153>

¹⁶ Wang, J.. (2015, February 19). Happiness and Social Exclusion of Indigenous Peoples in Taiwan - A Social Sustainability Perspective. Plos One, 10(2), e0118305. <https://doi.org/10.1371/journal.pone.0118305>

Many scholars and industry leaders have called for a paradigm shift in development strategies, away from the unsustainable pursuit of economic growth and towards alternative routes that put a premium on people and the planet.

SDGs Are Seriously Off Track - Could A 'Beyond GDP' Mindset Revitalise Them?

Recent studies show that the Sustainable Development Goals (SDGs) are way off track and that some of the goals are even getting worse. Agenda 2030 needs to be updated quickly, so the UN has been talking with civil society groups and the science community to find ways to make big changes. These talks have shown how important it is to rethink measures, change the economic system, and deal with chronic underfunding. To solve this complicated problem, it is important to figure out what the most important questions are. There are many reasons why the SDGs are not moving in the right direction. Some of the reasons for this are how global problems affect each other, the lack of money (especially in the Global South), and the use of bad metrics. Progress has also been slowed by differences in geopolitics and ongoing wars around the world. Major groups are unhappy with the Voluntary Annual Review because they think it doesn't have enough scientific proof, enough debate, and enough follow-up. Participants at the Town Hall meeting said that the biggest problems with the SDGs are inequality within and between countries, lack of money, and not being able to track climate change well. In a poll, people said that the SDGs needed transformative changes like government commitment, partnerships with many different groups, and a financial boost for the SDGs. Rethinking GDP as the main measure of economic progress is a very important topic of conversation. Over time, other models like the Human Development Index, Genuine Progress Indicator, Gross National Happiness, and many country-specific indices have tried to make up for GDP's flaws. The UN report "Valuing What Counts" shows how important it is to change policies and measurements to put human well-being, unpaid work, equality, and regenerating the world at the top of the list. Several SDGs, like those about water and sanitation, global education, investing in farmland, and protecting life on land in Sub-Saharan Africa, are not on track. The SDG Summit coming up in September is a big step in the 2030 Agenda, and it needs to show a lot of progress. To solve these problems, it is important to change the measures, change the economic system, change the way wealth is transferred, and fix chronic underfinancing. Working with nature, investing in the knowledge of local communities, and questioning divisive ideas that push people to the margins are all important parts of redefining our place on the world. To bring the SDGs back to life, we need to move beyond GDP, rethink measures, and change the economic system. We can work towards a sustainable future that respects the limits of the planet and doesn't leave anyone behind by addressing inequality, increasing political commitment, and encouraging partnerships between many different groups.¹⁷

Case Study from Southern State (Kerala) of India

Kerala, an Indian state in the south, is often used as an example of a place where social well-being is more important than per capita income and where principles of degrowth are followed. Even though Kerala doesn't have the best per capita income in India, it has made a lot of progress in areas like health care, education, and social welfare, which has helped its people

¹⁷ <https://www.unhscotland.org.uk/post/sdgs-are-seriously-off-track-could-a-beyond-gdp-mindset-revitalise-them>

in general. Human development indicators are a big part of Kerala's progress in terms of social well-being. The state has a high rate of people who can read and write because both men and women value schooling. Because of this focus on education, people now know more and have more power. Kerala has also put a lot of money into health care, which is why child mortality rates are low and life expectancy is high compared to other states in India. Also, Kerala's model of government has been praised for how well it puts social welfare programmes into action. The government has set up a number of programmes to help poor people get health care, a place to live, and food. Social security measures, like pensions for the elderly and financial help for the disabled, have also done a lot to improve the well-being of its people as a whole. Kerala is committed to sustainable and inclusive growth in many areas, including agriculture. Organic farms, small businesses, and cooperative businesses have been supported by the state because they create jobs and help local economies. This method is in line with the principles of degrowth because it puts a high priority on local self-sufficiency, reduces reliance on markets outside the country, and encourages fair distribution of resources. It's important to remember that even though Kerala's model has been good in many ways, it still has problems and can be made better. Things like income inequality, unemployment, and the health of the world are still important. But the focus on social well-being and the search for different ways to develop in Kerala show how an area can put people's well-being ahead of economic growth.

Key Areas/Implementations

Expanding Renewable Energy Sources

Increasing the use of renewable energy is crucial to any degrowth plan. Solar and wind power, in particular, have enormous promise in Pakistan. Pakistan can lessen its reliance on non-renewable fossil fuels and lessen the environmental impact of climate change if it invests in and promotes the use of renewable energy sources. Moreover, the clean energy sector can grow and create new jobs as a result of the switch to renewable energy sources. Collaboration between the public sector, commercial industry, and civil society is necessary for the development and implementation of policies to encourage renewable energy¹⁸.

Education and Awareness

Awareness and education are critical to the success of a degrowth strategy in Pakistan. Disseminating information about degrowth and its advantages, as well as the drawbacks of conventional growth-oriented approaches, is crucial. Campaigns aimed at educating the public, holding public forums, and involving the media are all viable options. Educational programmes that encourage ecological literacy, sustainable lifestyles, and alternative economic models should get funding from the government and other relevant parties. These initiatives have the potential to influence cultural shifts that lead to a more sustainable and equitable society.

¹⁸ Strong Ties Between Public and Private Sectors Key to ... - IRENA. (n.d). <https://www.irena.org/news/articles/2019/February/Strong-Ties-Between-Public-and-Private-Sectors-Key-to-Accelerating-Renewables>

Implementation of Green Taxation and Subsidies

Putting in place green taxation and subsidies can also help Pakistan work towards a degrowth plan. Putting taxes on activities and goods that hurt the environment and giving subsidies to sustainable alternatives can encourage people and businesses to do things that are better for the environment. This can include putting in place a tax on carbon to discourage businesses that put out a lot of carbon and encourage the use of renewable energy sources. Also, green tools and practises, like energy-efficient appliances or organic farming, can get money from the government. These steps can help move the economy towards practises that are healthier and use fewer resources.

Government Regulation and Planning

Implementing a degrowth strategy in Pakistan requires efficient government regulation and planning. Transitioning to a degrowth paradigm requires the government to set clear policies and regulations. This can be done, for example, by establishing renewable energy goals and enacting regulations that favour the usage of such energy. Sustainable consumption and production practises can be encouraged and resource extraction can be capped with the help of rules. Furthermore, public transit systems and sustainable housing options should be prioritised in government planning to support degrowth ideals. Sustainable, equitable, and high-quality city planning is possible with the use of degrowth concepts.¹⁹

Creating Collaborative Networks and Partnerships

For a degrowth plan to be effective in Pakistan, it is essential that networks and partnerships be formed between government, academics, non-governmental organisations, and local communities. Sharing information, enhancing capabilities, and trading strategies are all aided by working together. By bringing together a wide range of interested parties, new insights and knowledge can be incorporated into degrowth policy making.

This can encourage a sense of ownership and shared responsibility, as well as make sure degrowth methods are accessible to everyone. It is crucial to involve and equip local communities in the transition towards degrowth, in addition to government-led programmes.

Proposed Strategies for Degrowth in Pakistan

Several important strategies can be proposed in order to successfully implement a degrowth strategy in Pakistan. Prioritise the reduction of resource consumption and the promotion of sustainable production practises. This can be accomplished by developing policies and regulations that promote resource conservation, waste reduction, and the use of renewable energy sources. In addition, there is a need to shift from a focus on the GDP to other indicators of development and prosperity.

¹⁹ Espín, M.. (2022, March 9). Autonomous re-naturalization of cities in a context of degrowth. *Journal of Political Ecology*, 29(1). <https://doi.org/10.2458/jpe.4820>

This could involve adopting and measuring indicators such as the Genuine Progress Indicator or the Happy Planet Index, which take social and environmental factors into consideration in addition to economic growth. Moreover, it is essential to promote and support the expansion of local economies and businesses that prioritise sustainability and social welfare.

"It's not technology we need, and people don't want economic growth. They want economic security." Sandrine Dixon-Declève ,Co-President of the Club of Rome

Encouragement can come in the form of financial incentives and help, as well as the creation of networks that link sustainable entrepreneurs with possible investors and customers. Promoting sustainable ways to get around is another important approach. This can be done by making public travel more efficient, making it easier to walk and ride a bike, and giving people incentives to buy electric cars. These ideas can help people use less fossil fuels, get rid of traffic jams, and make the air better. Also, Pakistan's natural environments must be protected and brought back to life as a top priority. This can be done by setting up protected areas, putting in place sustainable land management practises, and promoting growth methods that focus on ecosystems. Also, it is important to make education and awareness play a bigger part in promoting degrowth in Pakistan. This can be done by putting environmental and sustainability-related issues into the curriculum at all levels of education, spreading awareness through public campaigns and media outreach, and giving professionals in fields related to sustainability training and programmes to build their skills and abilities. Overall, Pakistan needs a complete and multifaceted plan to adopt a degrowth strategy.

Implication of Degrowth on Pakistan's Economy

The adoption of degrowth strategy would have substantial effects on Pakistan's economy. First, it would necessitate a fundamental shift in the current growth paradigm, which relies significantly on GDP as the primary indicator of progress. Adopting degrowth strategy would entail shifting the emphasis from pursuing continuous economic growth to achieving sustainability and the well-being of every citizen. This change would have ramifications for vital economic sectors, including energy, agriculture, and manufacturing. In the energy sector, for instance, degrowth strategy would emphasise the development and promotion of renewable energy sources, such as solar and wind power, while reducing reliance on fossil fuels. In agriculture, degrowth strategy would prioritise organic and regenerative agricultural methods, encourage local and sustainable food production, and reduce chemical inputs. A degrowth strategy in the manufacturing sector would necessitate adopting circular economy principles, emphasising recycling and waste reduction, and promoting durable and repairable products. In addition, employing degrowth strategy would necessitate substantial changes in consumption patterns and way of life. Consumers would have to prioritise quality over quantity, reduce wasteful consumption, and adopt more sustainable and eco-friendly options. Businesses and industries would be required to alter their production processes and business models to align with degrowth principles as a result of these changes.

Benefits of Degrowth

Pakistan's adoption of degrowth strategy could result in a number of positive outcomes. It would help address the widespread unsustainable use of natural resources and environmental degradation in many economic sectors. A degrowth strategy would transfer the emphasis to resource conservation, sustainable practises, and carbon footprint reduction. Pakistan could reduce its reliance on fossil fuels, lower its greenhouse gas emissions, and mitigate the effects of climate change if it prioritised renewable energy sources and sustainable agriculture. In addition, employing degrowth strategy would promote economic and social equity in Pakistan. It would encourage the growth of local and small-scale industries, thereby generating jobs and bolstering local economies. In addition, degrowth strategy would prioritise the health of local communities by emphasising social-cultural flourishing and community initiatives. A well-planned transition to a degrowth strategy in Pakistan has the potential to not only resolve the ecological challenges posed by economic growth, but also to contribute to the country's overall well-being and sustainability.

"We have a system now that is finance versus life, and we need to turn finance in service to life." Kate Raworth, Senior Associate at Oxford University

Conclusion

Some economists and lawmakers may find the idea of degrowth hard to understand and impossible, but it is important to think about the benefits it could bring to Pakistan. Given that the country is facing environmental problems and growth patterns that aren't sustainable, a well-planned transition to degrowth could be a good answer. But putting such a plan into action would take careful planning and thought about how it would work politically.

People and politicians may be less likely to accept degrowth policies if they think that it will lead to a drop in economic standards and less happiness and well-being. But studies and computer simulations show that degrowth could actually have positive effects on society, such as making incomes more equal and reducing unemployment. Also, the switch to degrowth plan could help stop the unsustainable use of natural resources and the destruction of the environment in some parts of Pakistan's economy. Overall, the idea of degrowth may challenge traditional ideas of economic growth and development, but it could be an answer to Pakistan's problems with sustainability.

"The way forward is sufficiency. However, for sufficiency to take root, we need a change in philosophy and a recognition that over consumption is not freedom, it is a trap." Julia Steinberger, Professor at the University of Lausanne

In conclusion, putting degrowth plan into action in Pakistan can help solve environmental problems, improve social fairness and well-being, and contribute to long-term growth. But it's important to be aware of the problems with degrowth, especially when it comes to making it work politically. So, having conversations and dialogues about degrowth, spreading the word about its possible benefits, and pushing for policy changes at both the macro and micro levels can help Pakistan move smoothly towards a degrowth model.

ACTION MATRIX				
Problem	Pathways Solution	How to Implement	Actors Responsible	Timeline
Unsustainable Resource Usage	Resource Efficiency	- Conduct resource audits to identify inefficiencies. - Implement eco-design principles in production processes.	Government, Industries, Environmental Agencies	Short to Medium Term
High Carbon Emissions	Transition to Clean Energy	- Invest in renewable energy sources like solar and wind power. - Develop policies to promote clean energy adoption.	Government, Energy Regulatory Bodies, Private Sector	Medium to Long Term
Overconsumption and Waste	Circular Economy/Donut Economics	- Promote recycling and waste reduction through awareness campaigns. - Implement policies supporting a circular economy.	Government, Environmental Agencies	Short to Medium Term
Lack of Sustainable Transport	Sustainable Mobility	- Develop and expand public transportation infrastructure. - Encourage walking, cycling, and carpooling.	Government, Transportation Authorities	Medium to Long Term
Inequality and Poverty	Social Safety Nets	- Establish social safety nets to support vulnerable communities. - Provide training and re-skilling programs for affected workers.	Government, Labor Ministries, Social Welfare Agencies, BISP, Sehat Sahulat Program	Short to Medium Term

GDP-focused Development Model	Well-being Indicators	- Adopt alternative indicators of progress, like the Genuine Progress Indicator. - Evaluate policies based on well-being outcomes.	Government, Policymakers, Statistical Agencies	Medium to Long Term
Lack of Ecological Awareness	Education and Awareness	- Develop educational programs on ecological literacy and sustainable practices. - Conduct awareness campaigns.	Government, Education Institutions, NGOs, Media	Short to Medium Term
Unsustainable Agriculture	Agroecology	- Promote organic farming practices and reduce chemical inputs. - Support small-scale farmers through training and incentives.	Government, Agricultural Agencies, Ministry of Food	Medium to Long Term
Economic Dependency on Growth	Diversification of Economy	- Support the development of diverse sectors and industries. - Encourage entrepreneurship and innovation.	Government, Private Sector, Business Associations	Medium to Long Term
Short-term Policy Orientation	Long-term Policy Framework	- Develop and implement policies with long-term sustainability goals. - Conduct regular policy reviews and adjustments.	Government, Policymakers, Regulatory Bodies	Ongoing, Continuous Improvement

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