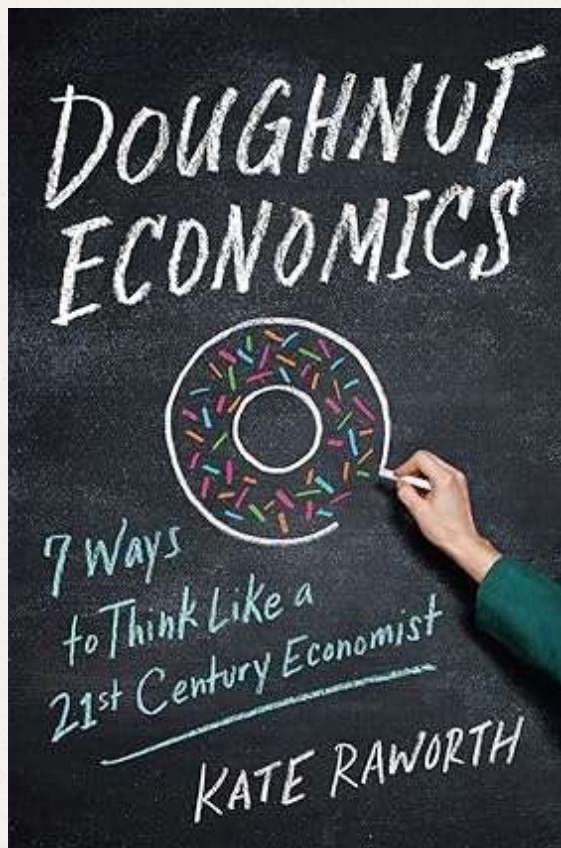


**Integrating Doughnut Economics in to People's Planning
A Sustainable Development Paradigm in Kerala
Case for Maniyur Gram Panchayat**

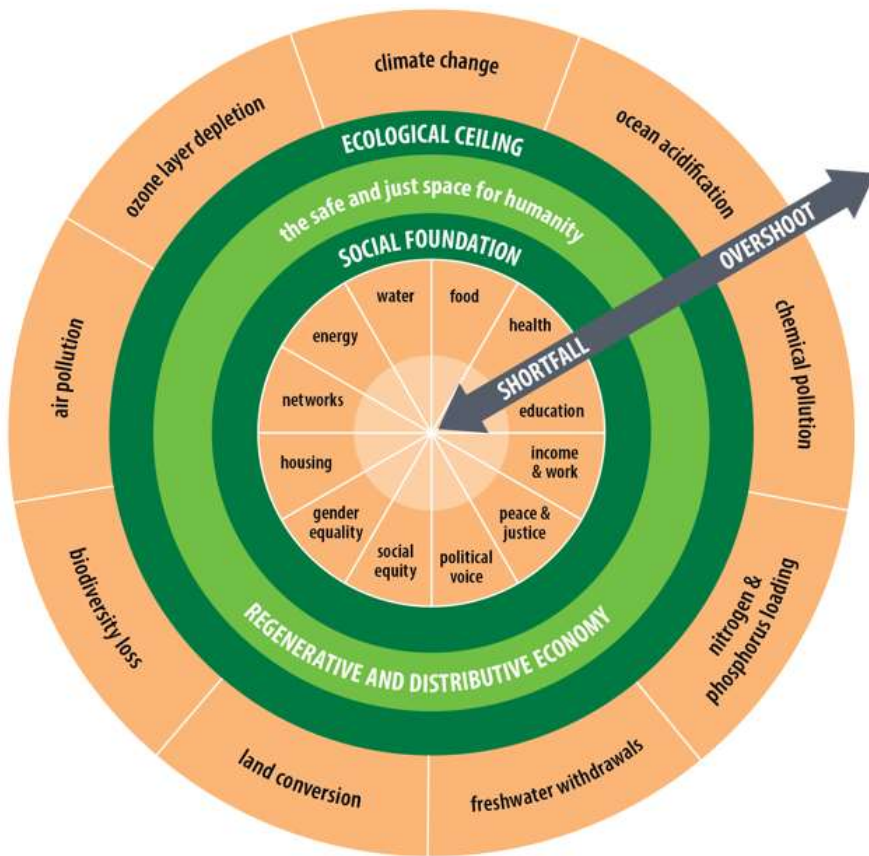
**Dr. Jos Chathukulam
&
Professor John S Moolakkattu**

**Centre for Rural Management (CRM)
Kottayam**

Doughnut Economics by Kate Raworth, Oxford University



Kate Raworth's Doughnut Economics Model



Source: Doughnut Economics Action Lab and Filip Eriksson (2022)

Social Foundation(Inner Circle of the Doughnut)


- 1. Food**
- 2. Health**
- 3. Education**
- 4. Income & Work**
- 5. Water**
- 6. Energy**
- 7. Connectivity**
- 8. Housing**
- 9. Gender Equality**
- 10. Social Cohesion**
- 11. Political Voice**
- 12. Peace & Justice**



**These 12 items and its details
can be seen in 29 Subjects
under Panchayats**

Ecological Ceiling /Planetary Boundaries (Outer Circle of the Doughnut)

- 1. Climate Change**
- 2. Ocean Acidification**
- 3. Chemical Pollution**
- 4. Nutrient Pollution**
- 5. Air Pollution**
- 6. Freshwater Disruption**
- 7. Land Conversion**
- 8. Biodiversity Breakdown**
- 9. Ozone Layer Depletion**



**These 9 items and its details
can be seen in 29 Subjects
under Panchayats**

The Evolving Doughnut



Doughnut 1.0
2012



Doughnut 2.0
2017



Doughnut 3.0
2025

Source: Doughnut Economics Action Lab

Key Aspects of People's Planning and Doughnut-Based Planning

Aspect	People's Planning	Doughnut-Based Planning
Core Idea	Decentralized Planning led by Local Communities	Planning within Ecological Limits while ensuring Social Well-Being
Origin	Popularized in places like Kerala through Participatory Governance Reforms	Developed by Kate Raworth & DEAL
Main Goal	Empower People to decide Development Priorities	Balance Human Needs with Planetary Boundaries
Approach	Bottom-up (Grassroots Participation)	Systems-Based (Integrating Economy, Society, Environment)
Decision-Making	Local Communities, Panchayats, Citizen Groups	Policymakers, planners using Ecological and Social Indicators
Focus Areas	Local Development (Infrastructure, Welfare, Livelihoods)	Climate Change, Resource Use, Sustainability

Key Aspects of People's Planning and Doughnut-Based Planning (Cont....)

Aspect	People's Planning	Doughnut-Based Planning
Key Principle	Democratic Participation and Decentralization	"Safe And Just Space For Humanity"
Economic View	Development driven by Local Needs and Equity	Economy Embedded within Society and Nature
Environmental Concern	Often Secondary (Depends on Local Priorities)	Central (must stay within Planetary Boundaries)
Scale	Local/Regional	Global to Local (multi-scale application)
Example Use	Participatory Budgeting in Panchayats and Cities	Urban Planning Models in Cities like Amsterdam , etc.
Strengths	High Community Ownership, Context-specific Solutions	Strong Sustainability Framework, Long-Term Thinking
Limitations	May Lack Technical Expertise /Ecological Focus	Can be Complex to Implement and Measure

Why Kerala is Well-Suited for Doughnut-Based Planning

1. High Social Development, Lower Ecological Footprint (relatively)

Kerala already performs strongly on the Social Foundation (Inner Ring of the Doughnut):

High Literacy

Strong PUBLIC HEALTH SYSTEM

Better Gender Indicators Compared to many States in India


This aligns well with the Inner Ring of Doughnut Economics—ensuring Basic Human Needs.

At the same time, Kerala faces Ecological Stress:

Floods (like the 2018 & 2019 Kerala Floods & Landslides)

Coastal Erosion

Biodiversity loss in the Western Ghats

 This makes Kerala a “Live Case” where balancing Human Well-Being and Ecological Limits is Urgent.

2. Strong Decentralised Governance Tradition

Kerala's People's Plan Campaign (PPC) launched in the 1990s empowered Local Governments.

Local Self-governments already Plan Budgets
Communities Participate in Decision-Making
Data and Planning Capacity exist at Grassroots Level



Doughnut Planning requires exactly this: Localised, Participatory Governance.

3.High Public Awareness & Civic Participation

Kerala has:

Active Civil Society

Strong Cooperative Movements

High Political Engagement

This makes it easier to:

Discuss Sustainability Trade-offs

Co-create Policies with Citizens

4. Service-Driven, Not Heavy Industrial Economy

Unlike Heavily Industrialized Regions, Kerala:

Relies more on Services, Remittances, Tourism
Has Flexibility to Redesign Growth Models

 Easier Transition to Regenerative and Circular Systems Compared to Industrial-Heavy States.

5. Vulnerability to Climate Change

Kerala is highly exposed to:

Sea-Level Rise

Extreme Rainfall

Landslides



Doughnut Thinking (Meeting Needs within Planetary Boundaries) is not just idealistic here—it's Practical Necessity.

Comparison Between Panchayats ('N' Number)

Panchayat A (Maniyur ?)

Panchayat B ?



Source: Doughnut Economics Action Lab

Comparison among Years (In the case of Maniyur ?)

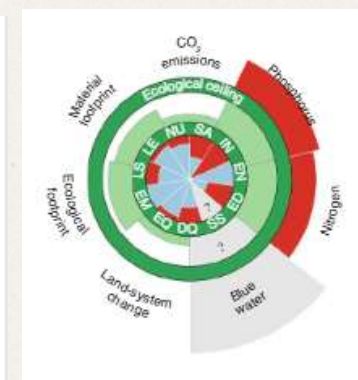
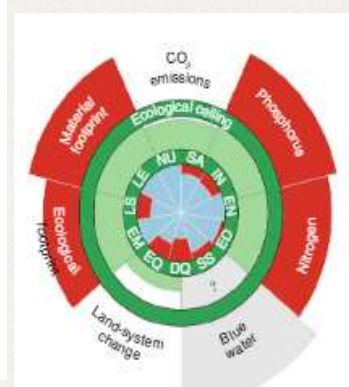
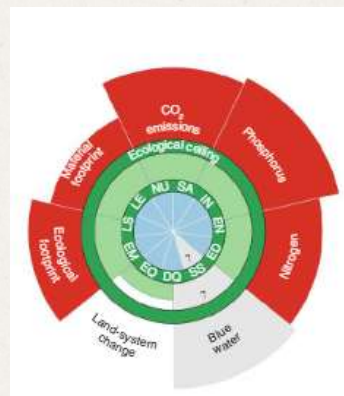
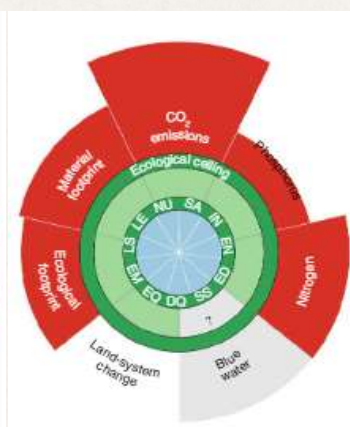
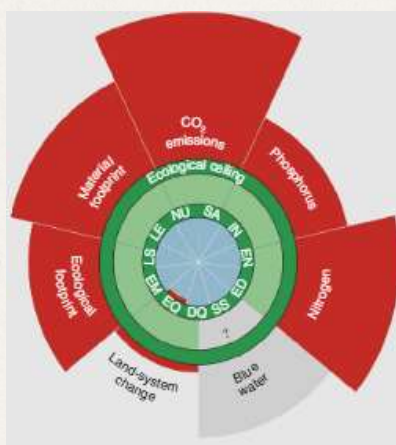
2026-27 ?

2027-28 ?

2028-29 ?

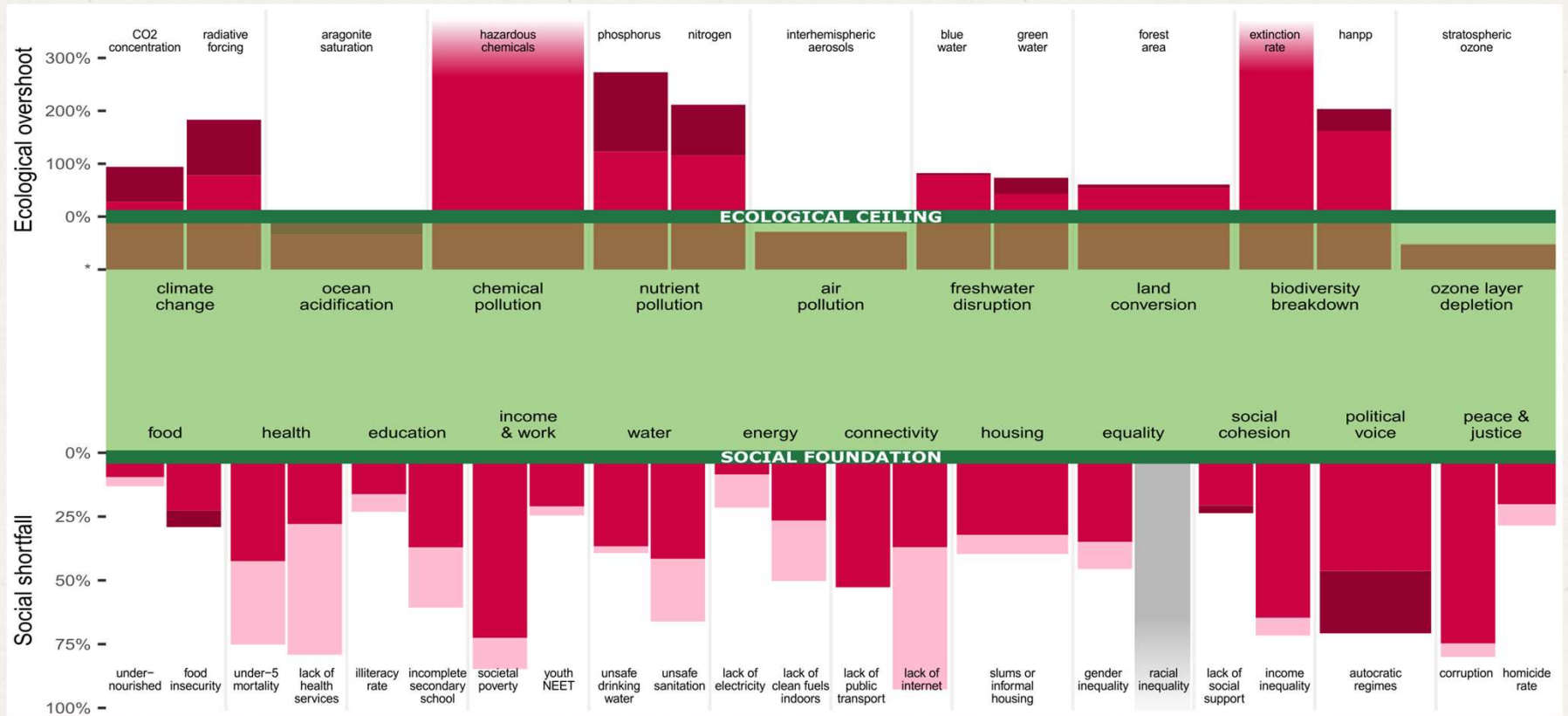
2029-30 ?

2030-31 ?



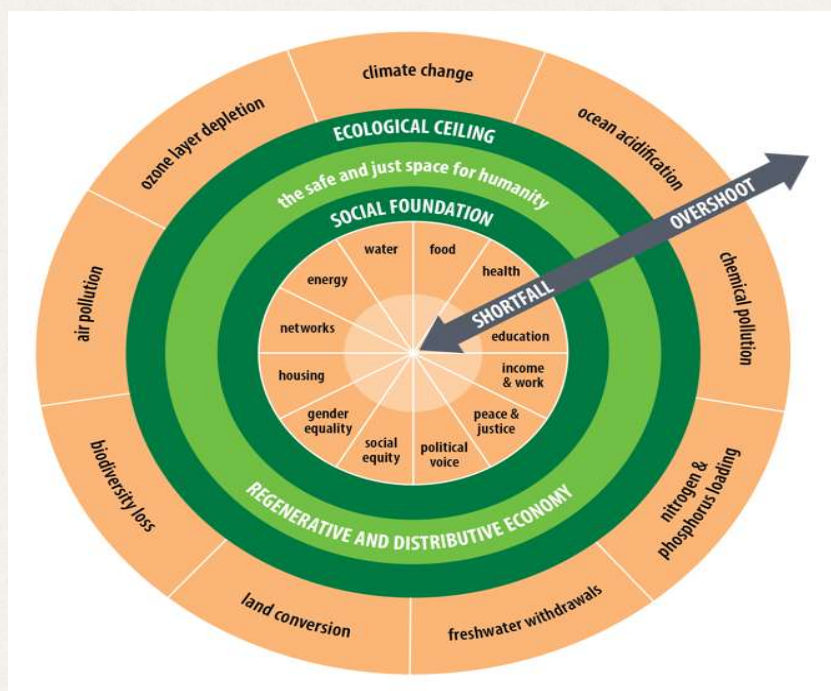
Source: Doughnut Economics Action Lab

Mapping and Measuring of Inner Circle & Outer Circle



Source: Doughnut Economics Action Lab

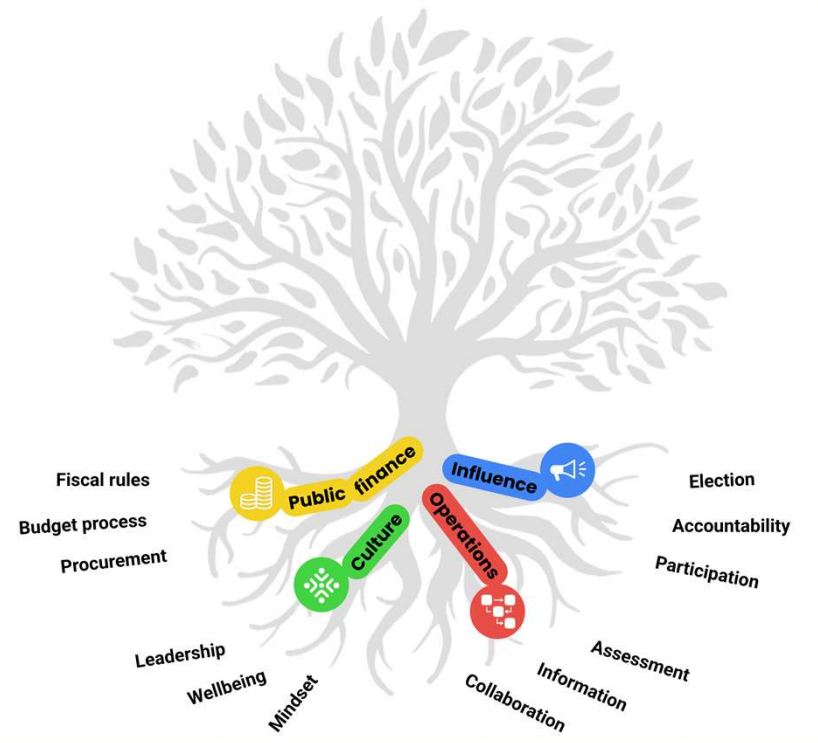
Construction of Maniyur Doughnut



Source: Doughnut Economics Action Lab

Doughnut Economics proposes an Economic Mindset that's fit for our times. It's not a set of policies and institutions, but rather a way of thinking to bring about the Regenerative and Distributive dynamics that this century calls for.

Doughnut Economics for Maniyur Panchayat (Economic Mindset)



Source: Doughnut Economics Action Lab

Doughnut Economics Action Lab(DEAL)

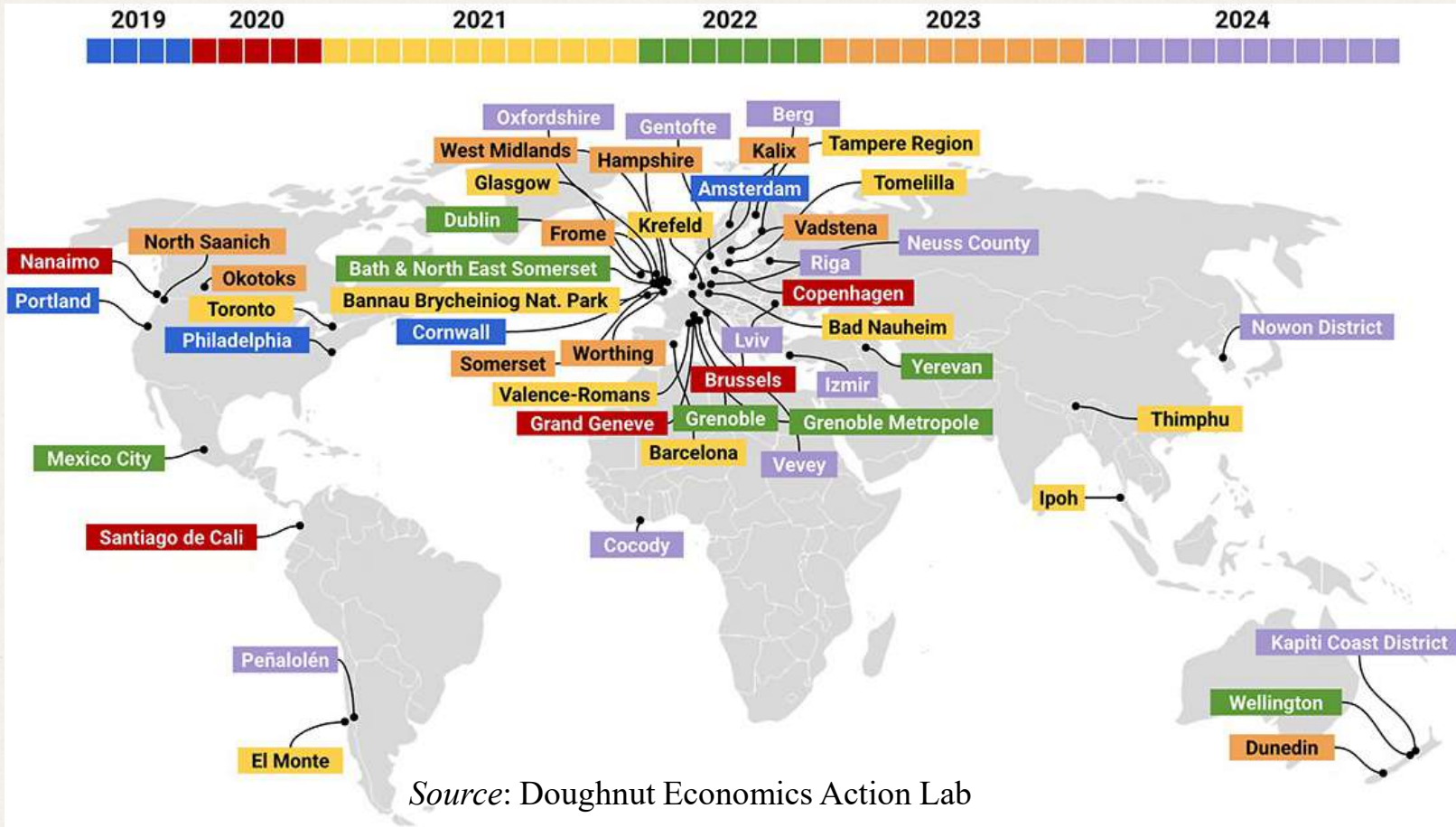
The DEAL Community is everyone who is exploring the ideas of Doughnut Economics and pioneering ways to put the ideas into practice.

This includes educators, policy makers, community members, business people, artists, academics, designers, young people, facilitators, oh, and the occasional economist.

Everyone is welcome!

What we offer is an open-source commons of inspiration and tools to apply to your context, some created by the DEAL Team, but mostly created by members of the DEAL Community.

Map of Local Governments Working with Doughnut



Source: Doughnut Economics Action Lab

Maniyur Gram Panchayat is in DEAL



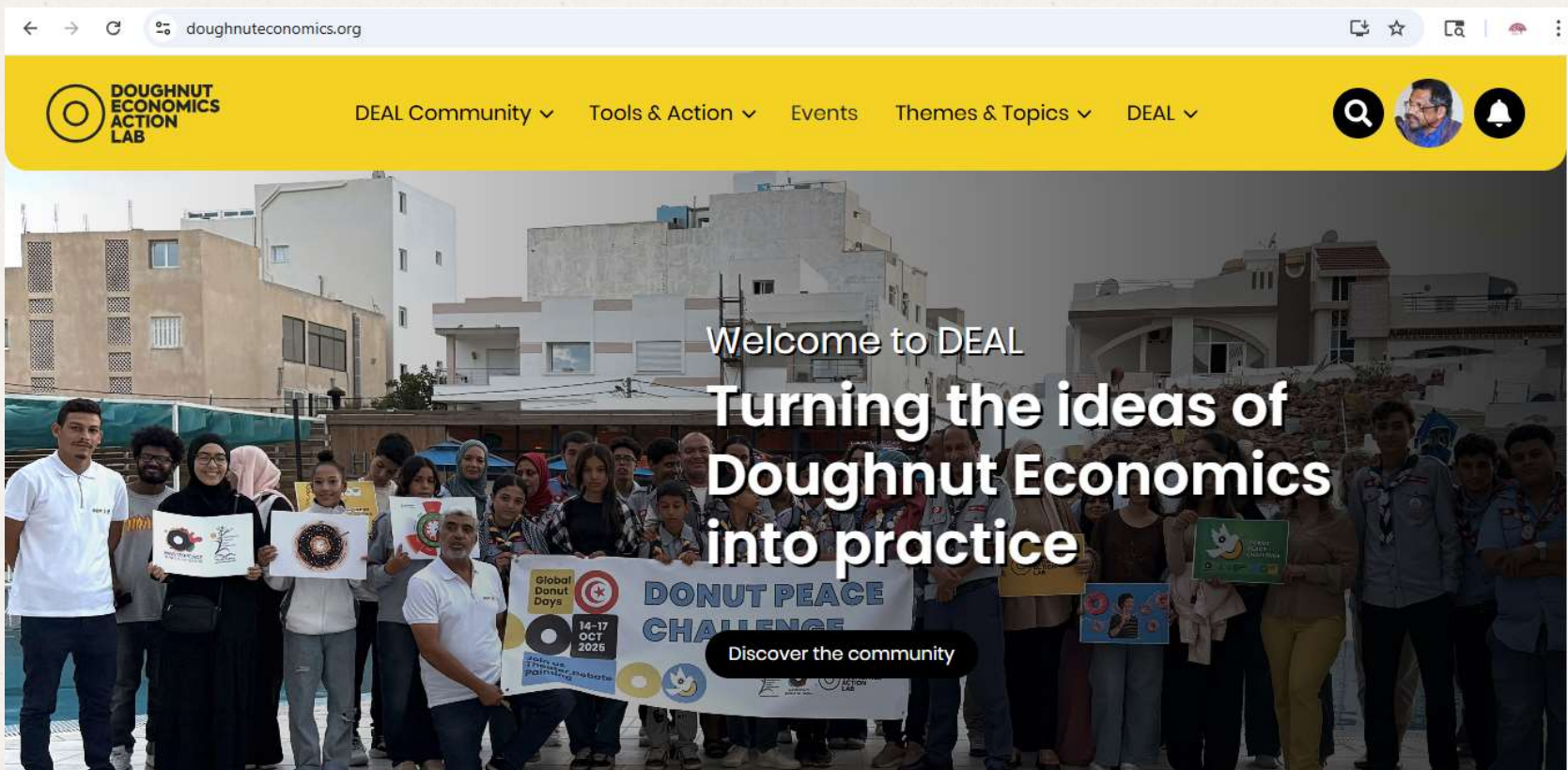
“Maniyur Gram Panchayat Introduces Doughnut Economics–Based Planning in its 2026–27 Annual Budget

Maniyur Gram Panchayat in Kozhikode district from Kerala presented its Annual Budget for 2026–27 on 2nd March 2026 with a pioneering policy shift toward **Doughnut Economics–based planning**, marking a significant milestone in decentralized governance in India.”

DEAL Community

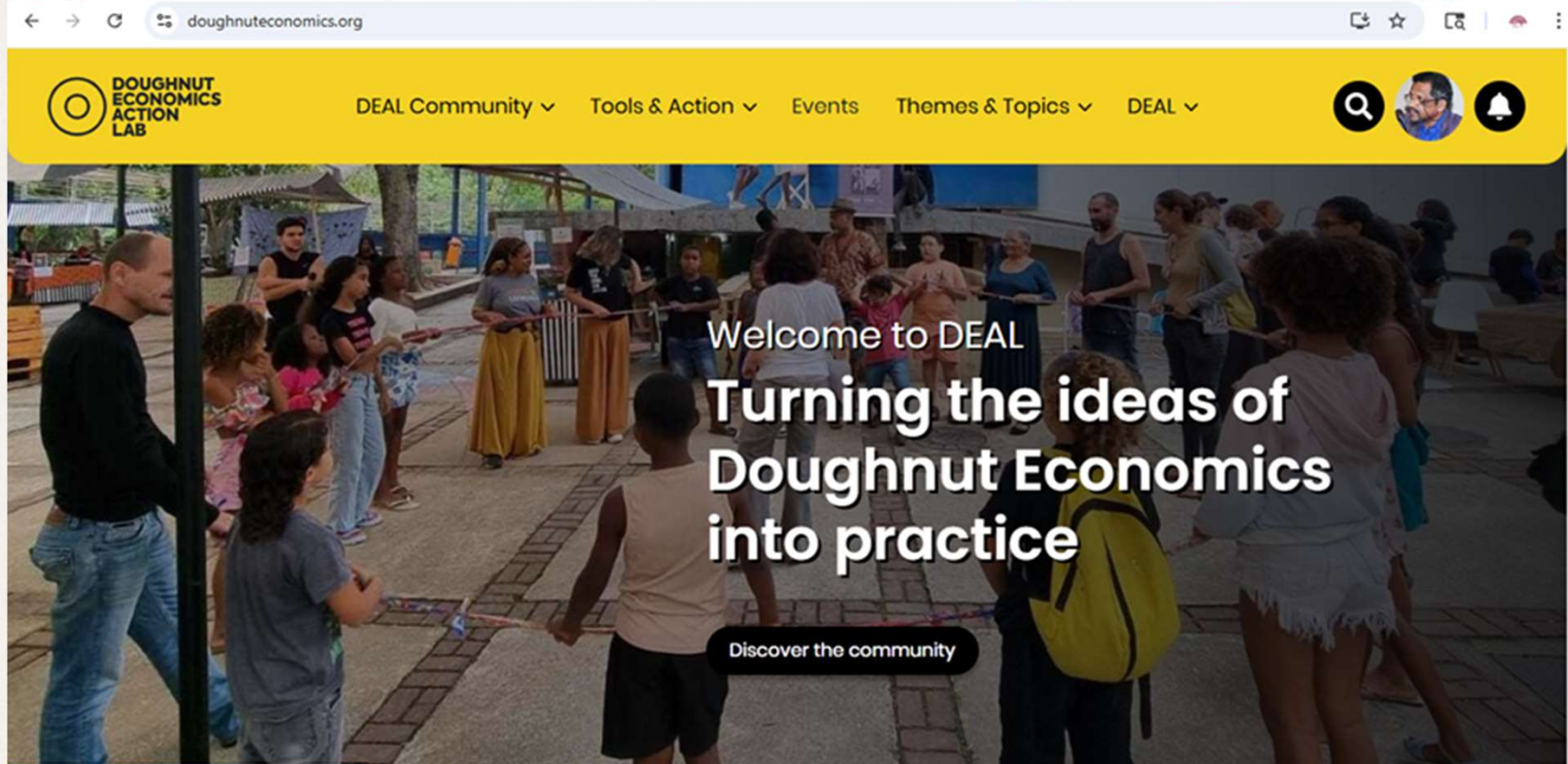
Source: Doughnut Economics Action Lab

Support from the DEAL for Constructing 'Maniyur Doughnut'



Source: Doughnut Economics Action Lab

Support from the DEAL for Constructing 'Manivur Doughnut'



Source: Doughnut Economics Action Lab

Support from the DEAL for Constructing ‘Maniyur Doughnut’



Ms. Leonora Grcheva leads the ‘Cities & Regions’ at the DEAL and supports the work of Local Governments worldwide.

Source: Doughnut Economics Action Lab

Support for Constructing 'Maniyur Doughnut'

- 1. Prof. John S Moolakkattu**, M G University, Kottayam
- 2. Prof. A M Jose**, Amity University, Haryana
- 3. Prof. Gireesan K**, Rajiv Gandhi National Institute of Youth Development, Regional Centre, Chandigarh
- 4. Prof. P K Viswanathan**, Amrita School of Business, Kollam
- 5. Dr. P P Balan**, Rajiv Gandhi Institute of Development Studies, Thiruvananthapuram
- 6. Dr. Jos Chathukulam**, Centre for Rural Management(CRM), Kottayam

Conclusion

It may be relatively easy to integrate Doughnut Economics into the People's Planning framework in Maniyur Gram Panchayat.

THANK
YOU