



Laudato Si' Action Plan for Integral Ecology

2026 – 2031



**KRISTU JYOTI SOCIAL WELFARE SOCIETY,
Diani, Samba Jammu & Kashmir. - India**

FOREWORD

Few documents in recent times have gripped the human conscience as profoundly as Pope Francis' Encyclical *Laudato Si'*. All of us are spiritually, socially, politically, and economically challenged to accept our responsibility to protect and care for our Common Home, our planet Earth. How can we forget the profound truth that we human beings are intimately interconnected with the rest of creation? We are called to recognize the vulnerability of our ecosystem and to nurture and safeguard it.

We, the Sisters of Kristu Jyoti Social Welfare Society, have heard this call and listened to the cry of the Earth and the cry of the poor. In response, we have embarked on a journey to "*Renew the Face of the Earth and Cultivate a Culture of Encounter and Caring*" by implementing watershed projects in four Panchayats of Jammu and Kashmir. The goodness of God working in and among us has enabled us to carry out these environmentally oriented projects and fulfill this mission.

I am therefore happy to present to the Society the "*Laudato Si' Action Plan for Integral Ecology*." The seven goals of the *Laudato Si' Action Platform*, promoted by the Vatican Dicastery for Promoting Integral Human Development, have given renewed impetus to our commitment to Justice, Peace and Integrity of Creation (JPIC) in the spirit of *Laudato Si'*. As we continue to deepen our commitment to a culture of caring and protecting our Common Home, the "*Laudato Si' Action Plan for Integral Ecology*" has been formulated for the Society.

This Action Plan is carefully prepared, comprehensive, inclusive, and practical. With the help of this plan, let us continue our journey with the Holy Spirit to "*Renew the Face of the Earth and Cultivate a Culture of Encounter and Caring*." Let us nurture and safeguard our Common Home and work together to make the dream and vision of the *Laudato Si' Action Platform* a reality.

My heartfelt thanks and warm congratulations to Sr. Jaya Peter for taking the initiative to formulate the "*Laudato Si' Action Plan for Integral Ecology*" for Jammu.

May this Action Plan inspire each one of us to respond generously to God's call to care for creation and to build a more just, sustainable, and compassionate world.



Sr. Smitha, CMC

President



Laudato Si' Action Plan for Integral Ecology

Members of Kristu Jyoti Social Welfare Society

Introduction

As members of the Kristu Jyoti Social Welfare Society, we are committed to conserving natural resources and protecting the environment for the benefit of humanity, especially the poor and marginalised. Our conviction is rooted in the legacy and vision of our Society, the inspiration we draw from the Social Teaching of the Church, and the transforming grace of Gospel values. These inspire and strengthen us to serve humanity faithfully.

The General Chapters of our Congregation for the period 2026 - 2031 have emphatically called upon its members worldwide to promote Justice, Peace and the Integrity of Creation through their life and mission. Responding to the cry of the poor and the cry of the Earth is an integral dimension of our consecrated life and mission in building the Kingdom of God. It is a way of life that enables us to encounter God in the realities of life, to view the world from the perspective of suffering humanity, and to develop a sensitive and compassionate heart towards all forms of life.

In the Encyclical Letter *Laudato Si': On Care for Our Common Home*, Pope Francis presents a prophetic vision for a more inclusive, fraternal and sustainable world in this changing era. His spiritual guidance and urgent call to care for our Common Home have inspired and motivated our Society to take concrete steps in protecting the environment.

In response to this call, Kristu Jyoti Social Welfare Society has undertaken watershed projects in the rural areas of Jammu and Kashmir to conserve natural resources, protect the environment and improve the lives of the poor and marginalized communities. Through these initiatives, we strive to restore and protect our ecosystem and contribute to “*Renewing the Face of the Earth by Cultivating a Culture of Ecology.*”

Through the *Laudato Si' Action Plan for Integral Ecology*, we commit ourselves to continue this journey of ecological conversion and responsible stewardship. We believe that caring for creation is not merely an environmental responsibility but also a spiritual, social and moral obligation. Together, we seek to build a culture of care, compassion and sustainability, ensuring a better and healthier future for all people and for generations to come.

Laudato Si' and the Vision of Integral Ecology

We consider *Laudato Si'* as a spiritual guide that calls humanity to reawaken its conscience and move away from a materially driven and technocratic way of life towards a more spiritual, ethical and compassionate world that seeks the common good of all God's creation.

In *Laudato Si'*, Pope Francis, through his vision of integral ecology, offers us profound insights into how we can address the eco-social crisis in an integrated and holistic manner. When we view the crisis through the lens of integral ecology, rather than seeing each problem in isolation, we begin to understand that everything is deeply interconnected.

This integrated vision reveals an important truth: ecological problems are interconnected with one another, and the ecological crisis is also closely linked with the human and social crisis. Through the lens of integral ecology, we realize that we are not facing two separate crises—one environmental and the other social—but one complex crisis that is both human and environmental. In other words, the cry of the Earth and the cry of the poor are the same cry. Everything is interconnected.

Integral ecology teaches us that the ecological crisis is not simply a series of problems to be solved, but a symptom of something much deeper. At the heart of the ecological crisis lies a profound human and spiritual crisis: we have forgotten who we are, where we have come from, and our place within creation. Nature is not something separate from us or merely a setting in which we live. Rather, we are part of nature, included in it and in constant interaction with it.

We have forgotten that we ourselves are dust of the Earth. Our bodies are made up of its elements; we breathe its air and receive life and refreshment from its waters. When we forget where we belong, we begin to behave as lords and masters over creation, believing that we are entitled to exploit and plunder it at will. Creation is then viewed merely as an object to be used for human benefit. This same mindset of domination can also influence the way we treat one another, especially the poor, the vulnerable and the marginalized.

When we view reality through the lens of integral ecology, we come to understand that all creation forms a delicate and interconnected web of life that includes environmental, human, social, cultural and spiritual dimensions. By recognising where we belong and understanding our interconnectedness with the ecosystems that sustain us, we will no longer see God's creation merely as an object existing to satisfy our wants. Instead, we will develop a deeper awareness of our interdependence and our responsibility within the web of life.

This new understanding enables us to care for one another as well as for the Earth, our Common Home. It calls us to adopt a new way of seeing, thinking and acting. Given the urgency of our present situation, this ecological conversion is needed now more than ever.

Inspired and motivated by the Encyclical *Laudato Si': On Care for Our Common Home*, and in response to Pope Francis' call to promote integral ecology, Kristu Jyoti Social Welfare Society has undertaken an integrated watershed development initiative covering **4,500 acres of land for treatment and ecological restoration**. The Action Plan focuses on an integrated approach to responding to the cry of the Earth and the cry of the poor.

Through this initiative, the Society seeks to conserve natural resources, restore degraded land, protect the environment, strengthen livelihoods and promote sustainable development among rural and marginalised communities. By integrating environmental protection with human development, we strive to build a culture of care and responsibility and to contribute towards the vision of *integral ecology*, where the well-being of people and the protection of creation go hand in hand.

The Seven Laudato Si' Goals (LSGs) for Integral Ecology

The *Laudato Si' Action Platform*, promoted by the Vatican Dicastery for Promoting Integral Human Development, has given us renewed impetus to delve deeper into the spirit of *Laudato Si'* and to put its vision into practice through its seven goals.

Our commitment to promoting integral ecology through the well-defined seven goals of the *Laudato Si' Action Platform* will lead us towards a deeper ecological conversion, both personally and collectively. Our experiences of participating in this process will enrich and energise our specific mission as we respond to the cry of the Earth and the cry of the poor. In turn, this commitment will strengthen and enhance our ministries, enabling us to respond more effectively to the signs of the times. Our participation in the shared responsibility of building a sustainable world will contribute to the synergy of a "critical mass" of people committed to the mission of renewing the face of the Earth. Through these seven Laudato Si' Goals, we are called to transform our way of thinking, living and acting, so that together we may become responsible stewards of creation and contribute meaningfully to building a more just, sustainable and compassionate world.

Trusting in the outpouring grace of God we commit to participate in the integral ecological journey of the Catholic Church by:

1. Responding to the Cry of the Earth

protecting our common home and promoting the well-being of all by addressing the climate crisis, biodiversity loss, environmental degradation, and the need for ecological sustainability.

2. Responding to the Cry of the Poor

Promoting eco-justice by recognizing our call to defend human life from conception to natural death and to respect and protect all forms of life on Earth. Standing with vulnerable and marginalized people, protecting their dignity, and supporting their well-being.

3. Promoting Ecological Economics

Recognizing that the economy is a subsystem of human society, which itself is embedded within the biosphere—our common home. Promoting an economy that serves people and the planet by embracing the principles and practices of the **Economy of Francesco**.

4. Adopting Sustainable Lifestyles

embracing lifestyles grounded in the principle of sufficiency, simplicity, and responsible consumption, while promoting sobriety in the use of natural resources and energy.

5. Imparting Ecological Education

Rethinking and redesigning curricula, educational practices, and institutional structures in the spirit of integral ecology, in order to foster ecological awareness, responsible citizenship, and transformative action.

6. Developing Ecological Spirituality

To fostering a profound ecological conversion that enables us to “**discover God in all things,**” both in the beauty of creation and in the cries of the sick, the poor, and the afflicted. Recognizing that spiritual life cannot be separated from our responsibility toward the world and all creation.

7. Promoting Community Resilience and Empowerment

strengthening members through a synodal journey of engagement, dialogue, collaboration, and participatory action at local, regional, national, and global levels, empowering people to work together for a just, sustainable, and resilient future.

The Society has entrusted to the Laudato Si' Animating Team of the agency to promote integral ecology as envisaged by the Laudato Si' Action Platform. The

team is committed to develop an integrated process in Jammu for the personal, farmers, Self Help Group members, Women Group of the Churches and ministry level participation in LSGs. The team came up with the following process:

Action plan for Integral Ecology

The Society has committed to realize the vision of integral ecology through its various short term and long term actions for each of the LSGs of I-SAP. with the support of NABARD. The following table illustrates the Action plan for the society.

Plan for Integral Ecology for the coming Five years (2026-2031)

LSGs	What	when	where	who
1. Response to the Cry of the Earth	Reducing food waste by being aware of the sufferings of millions of our brothers and sisters of the periphery due to lack of food	Ongoing	In communities, the Village and Churches	Members, Women
	Segregating the waste at source bio-degradable, non-degradable, hazardous and e-waste	Ongoing	In communities, the Village and Churches	Members, Women
	Making organic manure from the bio- degradable waste (kitchen and garden waste) and using it for the kitchen garden, flower garden, herbal and fruit garden	Ongoing	In communities, the Village	Members, Farmers
	Buying locally produced food as far as possible,	Ongoing	In communities, the Village and Churches	Members

	Making best use of land by growing organic vegetables, fruits and organic farming where ever our convents have land	Ongoing	In the communities, Village and Churches	Members
	Using meat and fish once a week	Ongoing	In the communities	members
	'No' to single-use plastics and Styrofoam	Ongoing	In the communities, Village and Churches	members, students, collaborators
	Refraining from burning plastics and putting them for recycling.	Ongoing	In the communities, Village and Churches	members, students, collaborators
	Using goods with care and timely maintenance in order to avoid new purchases	Ongoing	In the communities, Village and Churches	Members and collaborators

	Not wasting water by the use of low-flow taps, recycling water and repairing existing equipment as rapidly as possible with an aim of significantly reducing water use.	Ongoing	In the communities, Village and Churches	Members and collaborators
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	Not wasting energy by using efficient lighting, using natural light by closing and opening curtains and windows, choosing venues with greenery and natural ventilation whenever feasible and turning off the lights and fans when leaving the room	Ongoing	In the communities, Village and Churches	Members and collaborators
	Encouraging carpooling and use of public transport	Ongoing	In the communities, Village and Churches	Members
	Air travel only on emergency and for members above 75years	Ongoing	In the communities	Members
	Practicing sustainable gifts exchange like plants, seeds etc	Ongoing	In the communities ,Village and Churches	Members and collaborators
	Promoting a healthy living by doing Yoga, nature walk, gardening, loving kindness meditation daily	Ongoing	In the communities, Village and Churches	Members

2. Response to the Cry of the Poor	Organize regular community meetings, consultations, and listening sessions to identify local needs, challenges, and priorities.	2027	In the communities, Village and Churches	Members
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	Creating alliance and networking for disaster preparedness and disaster management	From 2023 ongoing	Risk areas of the local communities	Members
	Studying and disseminating major environmental and social policies of the country and the region	From 2023 ongoing	Society	Members
	Organizing gathering of local communities and eco-social activists of the area to learn more about their efforts to protect creation and implement integral ecology.	Once a year from 2023 ongoing	In the communities and institutions	Local coordinators and members
	Campaigns and Advocacy for eco-social justice	2026	Society and other committees	Members
3. Promotion of Ecological Economics	Purchasing goods from local retailers in-person preferring small-scale farmers and retailers as for possible	From 2022 ongoing	In the Communities	Members
	Promoting the rural women entrepreneurs by purchasing their productions	Ongoing	In the Communities, Village and Churches	Members
	Giving just wages and benefits to both the domestic and institutional staff members	Ongoing	In the communities and institutions	Members

	Promoting integrated and collaborative ministry style	Ongoing	In communities and institutions	Community and ministry leaders
	Advocating for just wages to women	Ongoing	In the villages	Social Action ministry
	Encouraging gift economy values and sharing of goods and services	Ongoing	In communities and institutions	Community and ministry leaders
	Encouraging purchases of sustainably produced materials wherever possible	From 2022 ongoing	In communities and institutions	Community and ministry leaders
	Signing the pledge for no future investment in fossil fuels and any activity harmful to people and planet	2026	Society	Members
4. Adoption of Sustainable Lifestyles	Conducting art and cultural contest for the students and women on Laudato SI' themes (painting, song, poem, concert, essay, photography and videography, etc.	Ongoing	In communities ,Church Women group, Villagers , SHG	Members
	Conducting seminar on climate change, biodiversity loss for the members, Farmer , Villagers	2022 2027	In communities ,Villagers , SHG members Church Women group,	Members

	Conducting group immersion programme for the members in the periphery with theological reflection and social analysis		In communities, Villagers , SHG members Church Women group,	Women of the Church
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	Conducting workshops for the villagers on effective and sustainable kitchen gardens, herbal gardens, organic farming	2022-28	In the communities ,In villages of the social action field	Members
	Strengthening the 'greening movement' of the Society by planting trees, contributing saplings/seeds on national and international days of importance	From 2017 ongoing	In the communities, Villagers , SHG members Church Women group,	Members
	Updating information and knowledge in ecological subjects by attending webinars, readings, onsite visit, etc	From 2017 ongoing	In the communities Villagers , SHG members Church Women group,	Members

	Conducting annual outdoor 'Creation Care' workshop for members, collaborators, Watershed Committee members	From 2022 ongoing	In the communities ,Villagers , SHG members	Laudato Si' Animating Team
5.Imparting Ecological Education	Conducting Laudato Si' Class& Quiz	2026-27	In the province	Laudato Si' Animators
	Celebrating Laudato Si' week, Season of Creation, Earth Day, Environment Day,	From 2020 ongoing	In the communities, institutions, Villages	Members, collaborators
	Insertion of Laudato Si' themes in Community Prayer	From 2022 ongoing	In the communities	Members

6. Development of Ecological Spirituality	Conducting training on Sustainable Agricultural Practices	2017-2031	In the villages of farmer families	Villagers
	Converting dry land to horticulture land with help of the government agency	2017-2031	4500 acres of land of marginal farmers in the villages treating with the support of NABARD	Villagers
	Promotion of agro-based livelihood	From 2020 ongoing	Poor families of the villages	Watershed Committee
	Conducting campaigns for pollution free air and water	From 2020 ongoing	In the slums and villages	Members, collaborators, SHG & Committee members
	Learning and conducting energy audit	2022-2028	In the communities and institutions	Members
	Coordinating a process of installing solar panels across multiple communities, seeking reduced costs for a group purchase	2026-2028	In the communities and institutions	Agency
7. Promotion of Community Resilience and Empowerment	Conducting Vocational and Life Skills Development Programme for the rural youth	Ongoing	In the villages	Agency

	Sponsoring skill development programme for the trans-gender group	2017-2030	In the slums	Agency
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	Networking and organizing relief work during disasters	Ongoing	In the villages and slums	Members
	Helping to build houses for the homeless, tapping the government/public resources wherever possible.	2026-2031	In the villages/slums	Community Leaders
	Educating out of school and drop out children	Ongoing	In the villages	Agency
	Creating scholarship fund for the education of the children of poorest families	Ongoing	In the province	Agency
	Developing and implementing a plan for the care Of the elderly people of the poor families	2026-2031	In the villages	Agency
	Promoting Livelihood Programme of women's self-help groups	Ongoing	In the villages	Agency
	Building solidarity for the promotion of human rights	2026-2031	In the province	Agency
	Making a policy that the annual budget for social action projects and grant making is an item of primary importance	2026-2031	In the province	Agency

Monitoring and Evaluation

The **Laudato Si' Animating Team** will monitor and accompany the implementation of the Action Plan through periodic visits to the communities in their designated regions. The Community Coordinators will support the team by organizing community meetings, facilitating field visits, documenting activities, and communicating the progress and challenges encountered during implementation. The **Coordinators** will also monitor the activities undertaken within their respective ministries in the area of integral ecology. During their visits to communities and institutions, they will engage with collaborators, staff, and community members to assess the implementation of ecological initiatives, identify challenges, and provide necessary guidance and support.

An **annual evaluation** will be conducted across the Society using a defined evaluation format to assess the progress of the integral ecological journey, measure the effectiveness of the activities undertaken, identify good practices, and address challenges and gaps. The findings of the evaluation will be used to strengthen and improve the implementation of the Action Plan for the following year. During the **Annual General Body Meeting (AGBM) of the Society**, the Laudato Si' Animators will present a comprehensive progress report on the integral ecological journey of the Society. The report will highlight the activities carried out, achievements, challenges, lessons learned, and priorities for the coming year.

Conclusion

The vision of **integral ecology** presented by Pope Francis in his encyclical *Laudato Si': On Care for Our Common Home*, together with the guidance and accompaniment provided by the **Laudato Si' Action Platform of the Vatican Dicastery for Promoting Integral Human Development**, has opened a path toward a renewed relationship with God, humanity, and all of creation. It calls us to work together for a world in which creation is respected, restored, protected, and sustained for present and future generations.

Kristu Jyoti Social Welfare Society is proud to participate in and contribute to this noble mission of caring for our common home. Inspired by the spirit of *Laudato Si'*, we commit ourselves to cultivating a culture of encounter, solidarity, compassion, and care for creation, while working with the millions of people around the world who share this common mission. With hope and renewed commitment, we joyfully continue our integral ecological journey, trusting in God who accompanies us in our efforts and **“makes all things new.”**