

**PROFESSOR LYNN MORRIS, DEPUTY VICE-CHANCELLOR:
RESEARCH AND INNOVATION,**

cordially invites you to the

INAUGURAL LECTURE OF PROFESSOR JOHN NDIRITU

School of Civil and Environmental Engineering,
Faculty of Engineering and the Built Environment

Technologies of Consciousness for Human-centred Water Resources Management

**TUES, 14 June
2022 @17:00**

**ALL WELCOME
ONLINE OR IN PERSON**

ONLINE



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IN PERSON



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Achieving the sustainable development goals (SDGs) of UN Agenda 2030 relating to water calls for more human-centred water resources management that involves all stakeholders. Human-water dynamics have been studied and applied in water resource decision-making for decades and, sociohydrology has been recently conceived to refine this further. While sociohydrology incorporates the dynamic change of human behaviour in response to changes in water systems, there has been no consideration of the potential of the psychological practices that help to improve resilience and decision-making abilities. Mindfulness and other contemplative practices are widely applied as enablers of inner coherence and resilience in educational, health care, political, public policy, and other settings. Published research on these techniques has also increased exponentially in the last two decades and there is evidence that they could be applied to enhance crop yield significantly. How applicable are these contemplative techniques towards meeting water-related SDGs?

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