

## **One Day State Level Seminar on Sustaining Well Being: Approaching Through the Lens of Environmental Psychology**

By the Department of Psychology in collaboration with IQAC, Sarojini Naidu College for Women Kolkata-700 028

On 10 August 2022, Time: 12 pm to 4 pm

### Objectives of the Programme:

- To explore the impact of environmental factors on individual well-being.
- To discuss strategies for creating psychologically supportive environments.
- Identify the relationship between nature exposure and mental health.
- To examine the role of urban design in promoting well-being.
- Address the psychological effects of environmental degradation.
- Foster a dialogue on sustainable living practices and their impact on mental health.
- Provide tools and techniques for individuals to enhance their well-being through environmental awareness.
- Highlight case studies demonstrating successful integration of environmental psychology principles into community planning and design.
- To inspire action towards creating healthier and more sustainable environments for all.





#### Content:

Awareness Programme was conducted by the Post Graduate students of Sarojini Naidu College for Women on **Sustaining Well Being: Approaching Through the Lens of Environmental Psychology**. The seminar on “Sustaining Well-being through Environmental Psychology” provided a comprehensive exploration of the interplay between human well-being and environmental factors. Attendees gained insights into the significance of Environmental Psychology in understanding and enhancing personal and community health.

#### Outcome:

College students of various disciplines, faculty members of different domains, other people from non-psychology background were fostered awareness of the intricate link between environmental factors and mental well-being, empowering

attendees with practical strategies for promoting personal and community health through sustainable living practices and innovative urban design principles.

