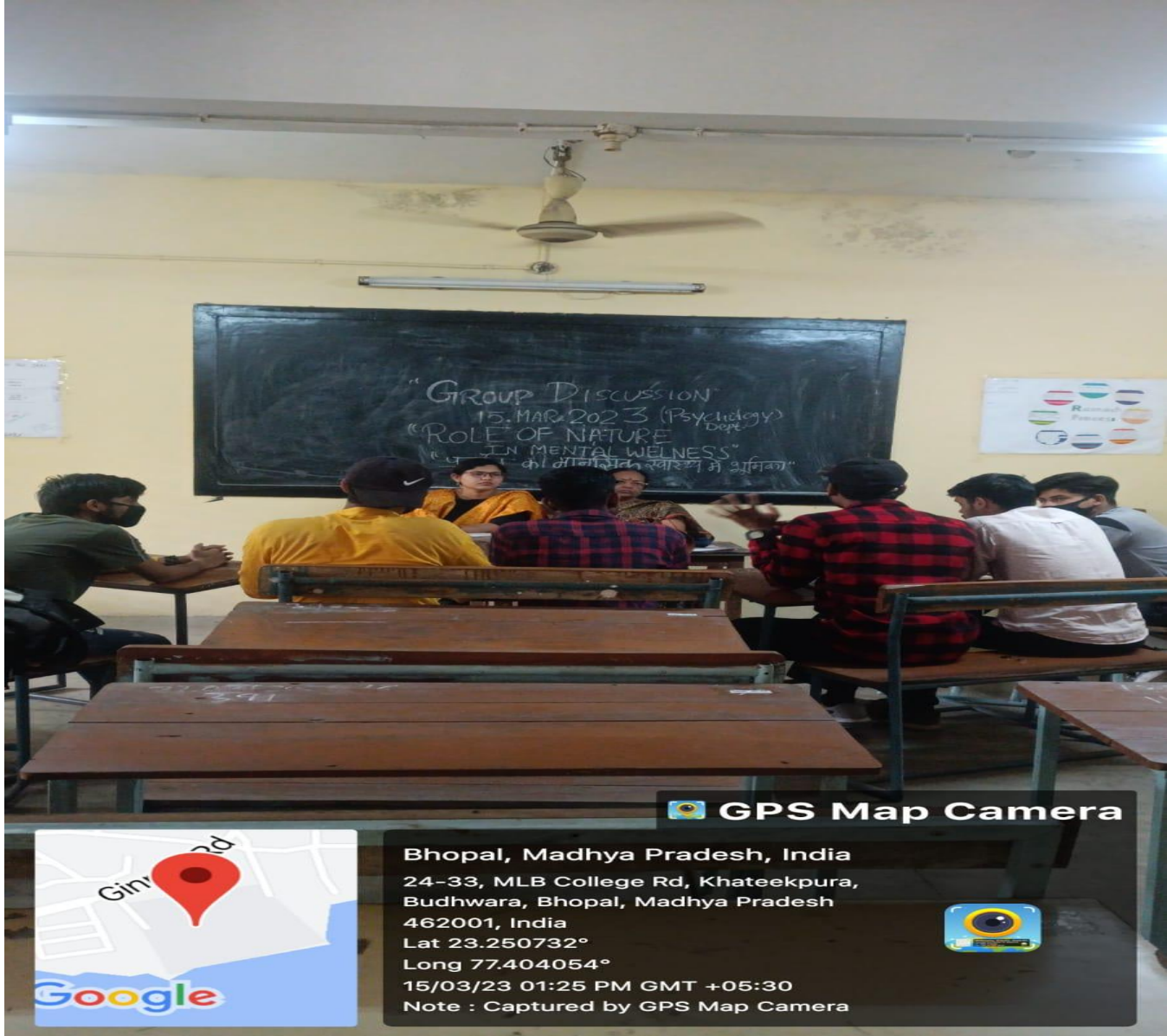


GROUP DISCUSSION: 15.03.2023

ROLE OF NATURE IN MENTAL WELLNESS

Group Discussion for psychology students was organized on 15.03.2023 at Psychology Department, Govt hamidia arts and Commerce College. The aim of the G.D was to give students' knowledge and awareness about nature's role in mental wellness.

Students discussed about Psychological Researches' about how nature improve mental health and sharpen our cognition. They discussed about increased use of reliance and urban living, spending less time outdoors. They also discussed about cognitive benefits, happiness, emotional wellbeing etc.



 **GPS Map Camera**



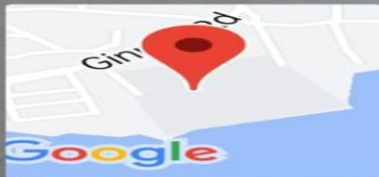
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Budhwara, Bhopal, Madhya Pradesh  
462001, India  
Lat 23.250732°  
Long 77.404054°  
15/03/23 01:25 PM GMT +05:30  
Note : Captured by GPS Map Camera



  
**PRINCIPAL**  
Govt. Hamidia Arts & Commerce  
College, Bhopal



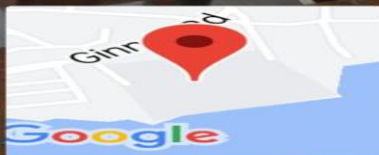
 **GPS Map Camera**



**Bhopal, Madhya Pradesh, India**  
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Talaiya, Bhopal, Madhya Pradesh  
462001, India  
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Long 77.404034°  
15/03/23 01:27 PM GMT +05:30  
Note : Captured by GPS Map Camera



 **GPS Map Camera**



**Bhopal, Madhya Pradesh, India**  
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Talaiya, Bhopal, Madhya Pradesh  
462001, India  
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Note : Captured by GPS Map Camera



  
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College, Bhopal

Group Discussion  
"Role of Nature in mental wellbeing"  
15.03.2023

Attendance:

Akash Jais

Pravesh Chaur

Mahima Tiwari

Chetram - Akharya

Deepak - Raghuvanshi

Abhay Vishwakarma

Shubham Kulkarni

Akash

Pravesh

Mahima

Chetram

Deepak

Abhay

Shubham

2023.03.15 15:30

Group Discussion  
feedback:

Role of Nature in mental wellbeing.

दीपक - प्रकृति के प्रति जानकारी प्राप्त हुई जो हमें काफी जानकारी लगी

महिमा - शांति की महत्वता का ज्ञान मिला जो कि बहुत जानकारी था।

प्रवेश - प्रकृति की मानसिक स्वास्थ्य भूमिका के बारे में पडा।

चैतराम - जो कि प्रकृति के बारे में काफी पता चला और प्रकृति के बारे में भी काफी लाभदायक तरीके का पता चला जिससे हम प्रकृति को ज्ञान कर सकते हैं।