

Workshop on Mental Wellness and Sustainability

Integrating Well-being with Environmental Consciousness

The Department of Environmental Studies, University of Delhi, organized a Mental Wellness Session on 10 November 2025 as part of its broader commitment to promoting holistic sustainability within the academic ecosystem. The session, conducted under the guidance of the Department's Mental Health Committee, was open to both students and faculty and emphasized the critical link between mental well-being and environmental awareness.

Bridging Mind, Environment, and Sustainability

The session was designed to explore the interconnectedness between individual well-being and ecological balance, highlighting how environmental consciousness can contribute to improved mental health and vice versa. Participants engaged with concepts such as:

- Mindfulness and meditation practices
- Eco-therapy and nature-based healing
- Personal development and emotional resilience
- Harmonizing human behaviour with environmental systems

By situating mental wellness within a broader sustainability framework, the initiative reinforced the idea that sustainable living begins with cognitive and behavioural transformation.

Promoting Holistic and Value-Based Education

Aligned with the principles of NEP-2020, the session contributed to fostering:

- Emotional well-being and psychological resilience
- Ethical awareness and responsible decision-making
- A balanced and mindful approach to sustainability challenges

The initiative complemented academic learning by addressing the often-overlooked human and behavioural dimensions of sustainability.

Contribution to Sustainable Development Goals (SDGs)

The Mental Wellness Session contributes to:

- **SDG 3 – Good Health and Well-being** (mental health awareness and support)
- **SDG 4 – Quality Education** (holistic and value-based learning)
- **SDG 13 – Climate Action** (behavioural awareness and sustainable lifestyles)

Impact and Significance

This initiative reflects the Department's commitment to:

- Integrating well-being into sustainability education
- Creating inclusive and supportive learning environments
- Promoting sustainability as a lived, behavioural, and psychological practice

By linking mental wellness with environmental responsibility, the Department of Environmental Studies continues to advance a holistic vision of sustainability, one that recognizes the intrinsic connection between human well-being and the health of the planet.