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Inclusive Design: Harnessing AI and Psychogeography to Create Healing Shared Spaces for Sustainable Communities

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ABSTRACT

Psycho-geography is a study of relationship between individuals, their feelings and their localities. The recreational space, parks, plazas, and complexes are becoming more appreciated as they help to contribute to a sense of connection, creativity, and health. They are emotional touch points spaces which can be relaxed, interacted with and engaged with. In this paper, the author will explore healing qualities of shared space in a psycho-geographic context and how it relieves stress, fights loneliness and promotes community. Lodhi Art District, New Delhi is a street art gallery located in the center of Delhi which consists of colorful murals and street art and is turning the area into a vibrant and open public space. In the modern societies, shared spaces are not merely places to be, but they can make people feel better socially and emotionally. They demonstrate their neediness in terms of establishing healthier and interrelated societies by providing a potent remedy to the measure of stress and loneliness of urban life. According to the World Health Organization, green spaces are associated with a reduction of 12 percent anxiety and depression. According to the MHA, 8 out of 10 individuals participating in community activities within shared spaces report that the level of mental health has improved. (UN) According to the report, the cities where people could reach the public space easily experienced 25 percent less social unrest and violence. Properly designed social areas may help individuals feel improved, reduce their anxiety, and unite individuals.

These spaces are ideal in terms of mental health when they are open to all, include nature there, and can be changed. The AI-based platforms can be used by people in a community to share ideas on common places in virtual models, polls, and simulations. These systems are able to scan remarks, predict the way individuals will communicate with one another, and provide desired design characteristics that ensure that individuals find it effortless to connect and recuperate. It can contribute to people being creative, becoming active in their society, and knowing different cultures. It is also able to make their houses appear different. To keep these advantages, however, we must correct the errors of excessive number, equitable access, and service. These spaces are most beneficial to people who have mental health issues when they are accessible to all, there is nature in them, and they can be changed. AI-powered platforms provide people of a community with a chance to express their vision of a common place in the form of virtual models, polls, and simulations. Such systems can scan through comments, calculate the way individuals will communicate, and provide design possibilities that enable individuals to communicate and heal with ease. It may assist individuals to become creative, active in their society and to know

about different cultures. It is also able to render their homes special. However, to enjoy these, we must work with the issue of congestion, equitable access, and upkeep.

Keywords: Psychogeography, Spaces, Creativity, Social Health, Community Engagement

I. INTRODUCTION

Psychogeography is a concept that was coined by French philosopher Guy Debord in the 1950s. His aim was to investigate the influences of the environment and in greater numbers the big cities on the way people feel, think, and act [1]. It implies that there are other cultures, natural landscapes, and constructions that affect the lifestyle other than the way it looks. Psychogeography allows us to observe how places affect the mood and identification of people in cities to become faster and in which human relationships are fading. The World is One Family is destined to mean The World is One Family in the Indian culture. It is the most basic principle of psychogeography studies nowadays. In Maha Upanishad, it is written that every individual is a part of the society, every individual needs one another, and society is nonviolent [2]. This ancient Indian philosophy proves the idea that it is good to be among other people as then you establish emotional bond with them, they feel welcomed and have friends. Such kinds of thoughts allow the individuals to be mentally well as they are united and given permission to share their lives. Other ones are parks, places of worship and community centers. The thing is that places have not only material existence but also symbolical, emotional, and historical meanings [3]. These affective topographies influence the way people circulate throughout the world, the way they develop an attachment, and the ways they conceptualize mental health. The field of psychogeography has found an increasing role in the discussion of urban health, particularly about the social space and wellness, or the relationship between health and community development or sustainability [1], [3].

A. The Role of Shared Spaces in Cities

The community spaces are also diverse locations (cities, parks, temples, etc.) that react to practical, cultural, spiritual, and emotional needs. These places are necessary to the history and culture existing in the city, and help people to experience meaning, identity, and belonging [4]. Such places are healthy about your mental health as you get to communicate with other human beings outside and feel like you own something. According to the World Health Organization (WHO), mental health is affected by numerous social and environmental issues, such as access to safe and pleasant places of the public [5]. The common spaces also make sure that city residents relax as they give them a place to contemplate, meet new acquaintances, and share their own culture. Such settings enable individuals to behave and relate with two significant components of psychological and emotional power, and the manner they back people [6].

B. The Link Between Space and Emotion

Urban design determines the impact of the visual and physical layout of cities on the feelings of people immensely. The opening of a space, the ease of access to plants, the ease of movement, and the sensation of being in a space all have an influence on how people perceive the space [7]. The architecture and the environment of a city can make individuals more stressed, or it can make people feel better. Emotional touchpoints refer to places in urban planning where individuals are more emotional about things. As one example, green areas are calm, marketplaces are crowded in the neighborhood, and spiritual sites are silent [8]. Individuals can create therapy landscapes or city environments that will cause people to feel good and make everyone interested in knowing about such touchpoints.

C. Healing by Means of Shared Spaces

The shared urban areas have a therapeutic value as research has been done on environmental psychology, public health, and urban studies carried out in different fields. Here, individuals can recover, re-identify with their spirits, communicate their ideas and feel like they belong. Patients can talk about their emotions and solve them in non-judgmental and secure environments. This has the capacity to help people relax and get the burden off their shoulders [9]. Community construction: within the social places, the people feel like they belong, supported and identified. The effect that this social infrastructure would have on less lonely and more mental health-oriented cities is enormous. The places of worship have high regard in most civilizations. They provide people with a sense of tranquility, permanence, and a second meaning. Through these experiences, spiritual well-being and emotional fortitude are strengthened [10]. The natural settings may be the parks and waterfront where individuals can become less stressed, think more clearly and less anxious and depressed [11], [12]. The areas allow people to physically and emotionally recuperate and take a break after being in the stressful atmosphere of the city.

D. The Healing Advantages of Shared Spaces

Public spaces are the informal therapeutic landscapes that promote emotional, physical, and social wellbeing. They offer human development, culture zones, self-reflection, and argument space [13]. The urban planning eases restoration of such places including natural elements, access, cultural representation and inclusiveness.

The WHO explains that equitable access to green and blue infrastructure will help to decrease urban health inequalities [14]. Stress reduction, decrease in cortisol levels, and promotion of psychological recovery; these common spaces increase physical wellness and psychological strength [15].

Psychological ownership and reinforcement of social relationships are promoted by having a sense of belongingness and authority in the process of building these spaces. Community based spatial interventions and participatory design promote group identity through the places of community. Psychogeography is an interesting work that provides a study of how the city landscape is emotional particularly in the way that common space affects the state of mind. Shared spaces denote social sustainability, healing, and care recreational or ornamental spaces and necessary facilities. Such spaces are significant in offering cultural meaning, enhancement of inclusion and creation of emotional ties in the fast urbanising cultures to achieve mental stability. The rising urban health problems require a shift in the attitude of urban planning to the extent that will enable the design of urban environments that address the psychological and emotional interests of individuals and will entail application of the psycho-geographical methods in modelling urban development.

E. Revealing Global Reports and Statistics

According to the WHO, urban living can lead to mental health issues from crowding, pollution, and social isolation. On the other hand, closeness to parks and open green spaces has been linked to lower levels of sadness and stress-related diseases [5].

Studies done by the WHO European Region show that persons with regular access to urban green areas are 12% less likely to have anxiety and depression symptoms [5]. A WHO report on social determinants emphasizes the importance of the physical and social environment—including shared urban spaces—on psychological wellbeing. More stress and worse mental health results are linked to a lack of parks and recreational facilities [5].

According to Mental Health America (MHA), nearly 20% of Americans have a mental disease. Social isolation is a major contributing factor; shared public spaces reduce isolation and foster interpersonal relationships [17]. Eighty percent of those in community activities conducted in shared spaces, including parks and cultural centers, reported improvements in their mental health [17].

The United Nations highlights that melancholy affects more than 5% and anxiety more than 3.6% of the world population. The UN supports community-driven urban development to build shared spaces and therefore reduce the burden of mental illness [18]. Nearly half of cities have improved public space-related infrastructure since the UN-Habitat 2016 conference, contributing to a 10–20% increase in self-reported mental health among urban residents [18].

Impact on Social Cohesion: A UN-Habitat study found that communities with easily accessible shared public spaces had 25% fewer incidents of violence and instability, underlining the significance of social healing in shared places in cities [18].

II. REVIEW OF LITERATURE

Kaplan and Kaplan came up with the environment preferred theory. It offers us with options of healing places which are easily accessible and comparatively easy-going. In those places, many of them are relaxed and less stressed [12]. Kuo also touched upon the idea of restorative environments and could refer to the example of how green spaces in urban areas, which provided people with safe and relaxing spaces, would help their mental health during the escape of the stress of urban life [19]. Debord coined the term "dérive." It involves traveling around the cities and letting the surrounding alter the manner in which you feel and act [1]. Tuan wrote a book, referred to as Space and Place that was highly influential. He talked about how places can make people important and be involved in it. He also discovered that common areas were an excellent way of making individuals feel that they are part of a group and belong to it [19]. Brown and Brown are sure that the use of psychogeographical knowledge may be integrated with the AI technology and enhance the mental health and healing in urban settings such that the latter could respond dynamically to the demands of different users [21]. The opportunities of AI as proposed by Fitzpatrick et al. are viewed as an opportunity to read the information received by observing the physiological condition of individuals, the heart rate, and body temperature, to assess the well-being and prescribe environmental transformations resulting in a sense of security, stability, and interpersonal communication [22].

Oldenburg came up with the theory of third places that constitute the social places like parks, cafes and libraries where individuals can meet without necessarily being back at home (first place) or being at work (second place). These places help people to feel healthy, bring people together and reinforced the place [20]. As it has been discovered, the right to visit such places can help stress, loneliness and unhappiness. Whyte studied cities and found out that humankind engages in bizarre activities when there are good public spaces. This makes the individuals feel like they are part of something and this makes them control their feeling. In his study, he found out that planned parks and plazas provide pleasant places to bring people together [21]. [Text Wrapping Dot Break]Ulrich has done numerous researches on the effects that green space has on the brain. Based on his findings, patients who were recovering following surgery in hospital rooms with a view of trees recorded better healing compared to rooms with a view of concrete walls. It means that it is possible to be outdoors and you will feel relaxed [22]. Hartig et al. extended the works of Ulrich and offered the definition of restorative environments. They have

determined that individuals visiting parks or woodlands are less exposed to cortisol hormone, slower heart rates, and improved moods compared to those who reside in the city setting with no green cover [23].

Gehl had conducted studies on how the city form affects the behaviour of individuals and their ability to be compatible with another individual. His investigation proved that people are active and outgoing in such neighborhoods where the seating and open space is accessible and the infrastructure is easily reachable [24]. According to Jacobs in her book the death and life of great American cities, the eyes on the street were particularly relevant. She says that the locations where large numbers of individuals of various types are concurrently in attendance are safer and the population would desire to join their neighborhood [25]. The hypothesis that was postulated by Relph was that individuals get a sense of attachment to the different places and that attachment is called place attachment. He remarked that these kind of relationships impact on who you are, what you remember and how you feel that you belong [26]. In The Production of Space Lefebvre discussed the role of the space as a material environment on the social processes of culture and social experience. He argued that cities form their urban structure that is functional and very psychological and alters the way people think and interact with their neighbourhoods [27]. Batty talked about how the city planning procedure will be transformed with the help of AI and big data. The city will become easier to navigate through, more comfortable, and healthy as we learn how people use their space in the street with the help of AI [28]. Shen et al. tested the AI-based participatory design and found out that digital simulation and feedback system could be used to upgrade shared spaces to all [32]. Batty has touched on the urban transformation that is being introduced by AI and machine intelligence. In his study, big data can be utilized to trace individuals and their locations in open spaces. The public spaces can be easily converted into meaningful and usable spaces by planners [28]. Artificial intelligence can also find out what will bring happiness to people in a city the most, parks, benches, or walk paths. Fitzpatrick and other people were interested in researching the efficiency of AI in monitoring such indicators as body temperature, heart rate, and stress levels to get to know more about how healthy people are in the cities. As a part of their research, they suggested the application of AI-based tracking devices to identify stressful cities and propose the way to make buildings safer and more pleasant [22].

Kellert and Calabrese had come up with biophilic urbanism, the application of AI to aid in planning green network. Artificial intelligence has been able to use satellite pictures, thermometers, and human movement in order to determine optimal areas to build parks, tree plantations, and water bodies. This will guarantee that everyone will get to enjoy the nature [29]. Bratman et al. tested AI-based environmental assessments and found out that the duration spent in the AI-optimized green environments significantly reduces cortisol, which is one of the major stress hormones. It showed that individuals, who lived close to the green places designed based on AI, were less lonely, anxious, and depressed [30]. Un-Habitat says that the AI-enabled systems that scan across the cities make them safer and help reduce crime and remodel the public areas more accepting. Smart streetlights which are operated through AI, live CCTV camera and intelligent traffic lights make people feel more secure and desire to interact with others [31]. [Text Wrapping Break]Yang et al. developed an artificial intelligence application that is capable of detecting those regions in urban places where people are likely to be lonely. According to their study, the pedestrian traffic, social interaction and mobile phone activities are analyzed in order to find out the community that needs the better open areas, community-involvement

programmes as well as socials hubs [37]. People will tend to use smart furniture in towns. As an illustration AI-based seats that charge wirelessly, provide information of the surroundings, and social aspect of the community that enables individuals to communicate with each other. The recently created installations according to the research of Salman and Jones made people desire to spend more time outside, which is useful considering their mental wellbeing since they were exposed to more sunlight and air [38]. Kashiwagi et al. devised city art whereby it changes colors, lights or interactive components depending on the mood of the user. In their work, they discovered that an alternative tone of a place could help people control their emotions and make urban life a little bit more relaxed [39].

Brown and Brown also ordered the city to install AI-programmed chat rooms in which individuals can interact and devise a solution to alleviate the situation.

The AI code is constantly scanning the posts and provides a solution to make sure that every party can access places in the open environment, despite his/her identity, mood, or background [21].

Gao et al. examined the potential of AI chatbots in public spaces to facilitate mobility for individuals, particularly those with disabilities or social anxiety. Their research found that using AI to help people find their way around parks, plazas, and community centers made them far more accessible, welcoming, and engaging for the public [32].

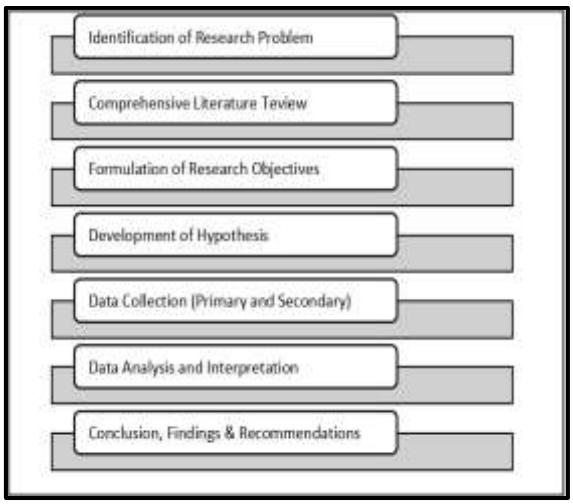
III. OBJECTIVES

- To Explore the Healing Properties of Shared Spaces.
- To Analyze Shared Spaces Through the Lens of Psychogeography.
- To Promote Community-Level Bonding.
- To Emphasize the Role of Thoughtfully Designed Public/Shared Spaces in Urban Settings.
- To Advocate for the Integration of AI Well-Designed Shared Spaces in City Planning.

IV. HYPOTHESES

- There is a relationship between people feeling safer in well-maintained public spaces and their level of relaxation after visiting.
- There is a relationship between the belief that shared spaces help reduce stress and the observation of improved mental health.
- There is a significant relationship between demographic and behavioral factors and perceptions of AI-driven participatory design in public shared spaces.
- There is a relationship between the frequency of visiting public spaces and improvements in mental health.

V. METHODOLOGY



To analyze the collected data and examine the relationship between variables, various statistical techniques were applied using SPSS and Microsoft Excel.

VI. AREA OF STUDY

Our study gathered responses from individuals in Ajmer, Rajasthan, aged 18 to 60. The primary inquiry we sought to address was: Do parks, cultural venues, and community centers genuinely enhance psychological, emotional, and social well-being? We used psychogeography as the basis for our study. Psychogeography looks at how geography affects feelings. We looked at how cultural background, physical accessibility, and whether someone lives in a city or the country affect their mental health and ability to adapt to their situation. What interested us the most was finding out how AI could change this job by not only finding mistakes but also by getting to know people better. Our main goal was to find out how public spaces can improve people's lives by giving them a place to relax, meet new people, and grow as a person. AI basically gives us a way to build towns and neighborhoods that are better for people, treat everyone fairly, and last longer.

VII. RELEVANCE OF STUDY

We all know that where we go can change how we feel. This study examines public spaces such as parks, community centers, and cultural events. We're just asking a simple question: Do these places really make people feel less alone and less stressed?

This is when things start to get interesting. We're not just hoping these areas will work better; we're using AI to figure out how to make them smarter. We're not going with what we feel or what we've always done. We are using data and AI to help us find places that really help people feel better mentally and emotionally. The real value of what we found isn't hidden in academic journals. We are building a convincing argument that city planners, architects, and politicians can utilize. We're proving that cities work better when mental health is a top focus in planning instead of an afterthought. Our study indicates that well-planned public spaces are not just nice to have; they are necessary. Everyone wins when cities invest money on locations where people may relax, meet new people, and develop. It's that easy and that powerful.

III. PILOT STUDY AND ANALYSIS

A pilot research was executed for primary data collecting using Google Form to investigate the therapeutic effects of communal places. We got 77 answers and used a 5-point Likert scale questionnaire to assess them. We also used graphs to show the findings.

The analysis of 77 responses provides valuable insights into the psycho-geographical impact of shared public spaces on mental health and social wellbeing. Most respondents (53.2%) reported visiting shared spaces occasionally, 23.4% engaged with them frequently, and 10.4% stated they always visited. Only 13% reported rare visits. This indicates that although not a daily routine, shared spaces remain an integral part of urban life, reflecting Gehl's observation that such spaces serve as vital connectors in people's everyday environments, even when accessed intermittently [24]. The time spent in these spaces varied considerably, highlighting that the length of engagement also influences wellbeing beyond mere frequency. Most respondents associated shared spaces with relaxation (45.5%), while others cited socialization (27.3%), exercise (10.4%), and work/study (6.5%) as their primary purposes. This diversity of use underscores Whyte's emphasis on the multifunctional nature of urban public spaces, which serve as arenas for leisure and productivity [21]. Regarding emotional responses, nearly 60% of respondents (49.4% agree; 10.4% strongly agree) felt more relaxed after spending time in shared spaces, while only 7.8% disagreed.

Also, 64% (very nice or pleasant) said that the general ambiance of these establishments was good. These results corroborate Ulrich's stress recovery hypothesis in natural and semi-natural contexts, indicating that exposure to greenery and open space significantly enhances emotional well-being [11]. Shared spaces were also shown to lessen stress levels, with 65% of respondents (16.9% strongly agree; 48.1% agree) saying they felt less stressed. This supports Kaplan and Kaplan's idea of "restorative environments" [12].

83.1% of respondents interacted with others in these spaces, 31.2% expressed happiness when meeting new people, while a smaller share (14.3%) reported anxiety. This aligns with Oldenburg's concept of "third places," which foster social cohesion but also reveal that not all interactions are universally positive [20]. Community participation emerged as a significant factor, with 45.5% of respondents engaging in shared spaces, demonstrating their potential as hubs of cultural and civic life [17]. The perception of safety was also notable—87.1% (46.8% strongly agree; 40.3% agree) felt safer in well-maintained and accessible spaces, echoing Jacobs' principle of "eyes on the street," which links active, cared-for spaces with reduced insecurity [25]. Design and aesthetics play a vital role, with 68.8% preferring spaces that blend natural and urban features.

This supports biophilic urbanism approaches, where the integration of nature enhances psychological wellbeing [29]. Similarly, 66.2% observed mental health improvements in well-designed spaces, reflecting findings by Hartig et al. on nature's role in lowering cortisol levels and improving mood [23]. This supports the notion of biophilic urbanism, which says that introducing nature into cities might be good for mental health [29]. Also, 66.2% of people said that well-designed spaces made them feel better mentally, which supports Hartig et al.'s findings that nature may lower cortisol levels and boost mood [23]. Another major factor was how simple it was to get to shared spaces. 54.6% of individuals thought they were easy to get to, while 16.9% disagreed. WHO argues that having green and blue infrastructure accessible to everyone is vital because it helps to bridge the health gap between people in cities [14]. How individuals feel about being alone is another sign of social resilience. For instance, 66.3% indicated that shared spaces help battle loneliness, which is in line with what UN-Habitat states about the healing

effect of public places [31].

But there were some issues. 83.2% (35.1% strongly agree; 48.1% agree) indicated that being too crowded makes activities less pleasant and less healthy. This demonstrates that cities need to be properly managed to prevent these places from becoming overused [4]. When asked about AI-driven participatory design, 46.8% said they didn't care, 37.7% said it worked, 10.4% said it worked very well, and a small minority said it didn't work at all. This reveals that people don't understand or trust AI-enabled planning, even if research shows that it might make cities healthier and more welcoming [28], [22].

A. Statistical Analysis of Research Questionnaire Responses

Chi-Square Formula:

$\chi^2 = \Sigma [(O - E)^2 / E]$

Where:

O = Observed frequency (actual count in the survey data).

E = Expected frequency (count if there is no relationship between variables).

Σ = Summation over all categories.

1. To observe if feeling safer in well-maintained spaces helps people relax?

We used a Chi-Square test to check if there is a relationship between two variables:

2. Do they also feel more relaxed after visiting?

Result:

P-value: 0.0087

Since the p-value is less than 0.05, there is a strong connection between feeling safer and relaxed. This means that well-maintained spaces make people feel safer and help them relax.

2. To check if Shared Spaces Help Reduce Stress and Improve Mental Health?

Another Chi-Square test was conducted to check:

- Do people believe shared spaces help reduce stress?
- Do those same people notice an improvement in their mental health?

Result:

P-value: 0.2243

The p-value is greater than 0.05, indicating no strong connection between believing that shared spaces reduce stress and noticing mental health improvements.

Possible Reasons:

- Some respondents might associate mental health with severe conditions (like depression) rather than short-term stress relief.
- People who rarely visit public spaces may not experience substantial benefits, even if they believe in the concept.
- Crowded markets may not provide the same calming effects as green parks or tranquil public spaces.

3. To check the significant relationship between demographic and behavioral factors and perceptions of AI-driven participatory design in public shared spaces.

Chi-Square Test Analysis on AI-Driven Participatory Design Perceptions

To see if a significant relationship exists between demographic and behavioral factors and perceptions of AI-driven participatory design in public shared spaces.

I) Gender and AI-Driven Participatory Design Perception

Chi-Square Statistic: 2.91

Degrees of Freedom: 4
P-Value: 0.574
We fail to reject the null hypothesis since the p-value (0.574) exceeds 0.05. This indicates no statistically significant relationship between gender and perceptions of AI-driven participatory design.

II) Age and AI-Driven Participatory Design Perception

Chi-Square Statistic: 11.22
Degrees of Freedom: 8
P-Value: 0.190
Since the p-value (0.190) exceeds 0.05, we fail to reject the null hypothesis. This suggests that age does not significantly impact how people perceive AI-driven participatory design.

III) Behavioral Factors and AI-Driven Participatory Design Perception

a. Frequency of Visiting Public Shared Spaces

Chi-Square Statistic: 12.23
Degrees of Freedom: 12
P-Value: 0.427
Since the p-value (0.427) is greater than 0.05, no significant association exists between how often people visit public spaces and their perception of AI-driven participatory design.

b. Primary Reason for Visiting Shared Spaces

Chi-Square Statistic: 9.35
Degrees of Freedom: 20
P-Value: 0.978
Since the p-value (0.978) is much greater than 0.05, there is no significant relationship between the purpose of visiting shared spaces and AI-driven participatory design perceptions.

c. Participation in Community Activities

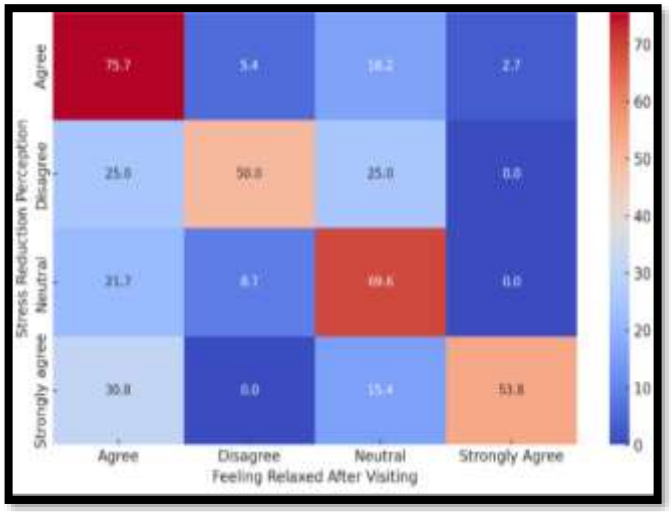
Chi-Square Statistic: 3.87
Degrees of Freedom: 4
P-Value: 0.423
Since the p-value (0.423) is greater than 0.05, participation in community activities does not significantly influence people's perceptions of AI-driven participatory design.

The results of the Chi-Square tests indicate that none of the tested demographic (gender, age) or behavioral factors (visit frequency, visit purpose, community participation) have a statistically significant impact on perceptions of AI-driven participatory design in public spaces. This suggests that people's views on AI-driven participatory design are independent of these factors.

Correlation Analysis

The relationships between different survey responses have been analyzed. Key findings include the correlation between stress reduction and relaxation and mental health benefits concerning the frequency of visits.

Graph 1: Correlation between stress reduction and feeling relaxed



This heatmap explores the correlation between people's perceptions of stress reduction in shared spaces and their feelings of relaxation after visiting them.

Rows: Stress Reduction Perception

Columns: Feeling Relaxed

Colours Represent Proportions

Darker colors indicate higher proportions of responses.

Lighter colors indicate lower proportions of responses.

Observations

Strong Relationship Between Stress Reduction and Feeling Relaxed

75.7% of people who **"Agree"** that shared spaces reduce stress also **"Agree"** that they feel relaxed after visiting.

53.8% of people who **"Strongly Agree"** that shared spaces reduce stress also **"Strongly Agree"** that they feel relaxed.

Neutral Responses Show Weaker Relationships.

Of the people who are "Neutral" regarding stress reduction, 69.6% are also "Neutral" about feeling relaxed.

This means that individuals who aren't sure how to reduce stress also aren't sure how to feel calm.

Patterns of Disagreement

Half of the people who "Disagree" that shared areas reduce stress also "Neutral" on feeling calm. This means that those who don't believe stress reduction works don't feel very calm.

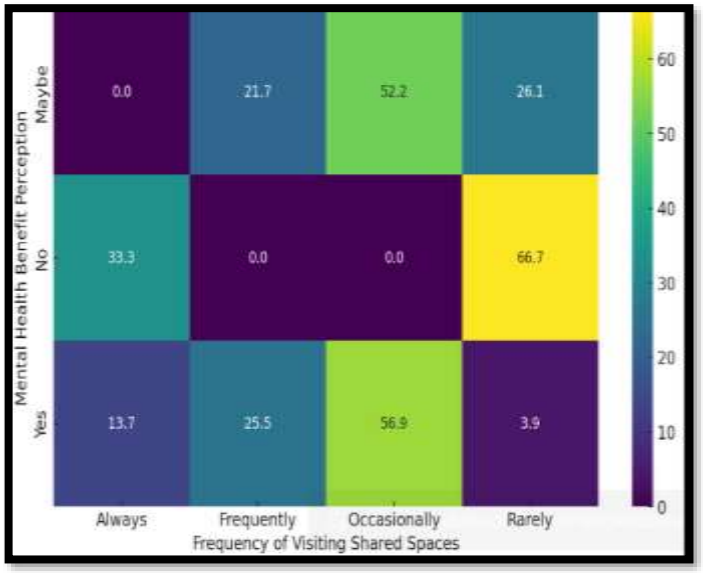
4. Does Visiting Public Spaces More Often Improve Mental Health?

We used **Logistic Regression** to check if people who visit shared spaces more often are more likely to report mental health benefits.

Result:

The regression model suggests that visiting shared spaces more often increases the likelihood of reporting mental health benefits. This means shared spaces could have a positive effect on mental wellbeing.

Graph 2: Mental health benefits Vs. Frequency of visits



In this Heat Map

Rows Represent: Mental Health Benefit Perception

The rows represent how people perceive the mental health benefits of shared spaces.

"Yes" (they noticed benefits)

"No" (they overlooked the benefits)

"Maybe" (they are unsure about the benefits).

Columns Represent: Frequency of Visits

The columns represent how often people visit shared spaces:

"Always,""Frequently,""Occasionally," and "Rarely."

Colors Represent Proportions

Darker colors (purple) indicate **lower proportions** of responses.

Lighter colors (green/yellow) indicate **higher proportions** of responses.

Observations

1. Strong mental health benefits for frequent visitors

56.9% of people who visit shared spaces occasionally noticed mental health benefits.

25.5% of those who visit frequently also reported benefits.

This suggests that frequent visits are associated with mental health improvements.

2. Rare visitors report fewer benefits

Only 3.9% of people who visit shared spaces rarely reported mental health benefits.

A significant portion (66.7%) of rare visitors reported no mental health benefits, indicating that infrequent visits may not be impactful.

3. Neutral or Unsure Responses ("Maybe")

Among those unsure about mental health benefits:

The highest percentage (52.2%) came from those visiting shared spaces occasionally.

This could indicate that occasional visitors may experience mild improvements, but are uncertain whether these are significant.

4. Negative Perception for Rare Visitors

People who rarely visit shared spaces are more likely to report "No" mental health benefits (66.7%) compared to frequent or occasional visitors.
This suggests that visiting infrequently does not create a noticeable positive impact on mental health.
Some people might link mental health to severe conditions (like depression) rather than short-term mood improvements from public spaces.
People who rarely visit public spaces may not experience substantial benefits, even if they believe in the general concept.
The type of space also matters—some may visit crowded markets instead of calm parks, which can impact results.

IV. LIMITATIONS OF THE STUDY

Small Sample Size

The pilot was conducted with only 77 respondents, which restricts the ability to generalize findings to a larger population.

Self-Reported Data

Most of the data was collected via Google Forms, relying on participants' self-reported perceptions. This method is prone to response bias, misunderstandings of questions, or socially desirable answers.

Geographical Scope

The study was confined to urban areas of Rajasthan, particularly Ajmer district. Rural dynamics or cross-cultural variations in how shared spaces are experienced.

Limited Awareness of AI

Respondents showed low awareness of AI-driven participatory design, which may have skewed or limited the objectivity of their responses.

Environmental & Contextual Variability

Elements like weather conditions, maintainence of spaces, and traffic flow can influence the perceptions but were not considered in the study.
This variability makes it difficult to ensure uniform interpretations of shared spaces.

V. CONCLUSION

People ought to visit such sites on a daily basis to make any change a reality. People learn to know more people; they are not as isolated and societies become firmer. This proceeds to the nightly meetings, celebrations and cultural activities that is healthy to the individuals and the groups [24]. These are locations that protect humans and nature. It is known that parks make the city cool and prevent the appearance of heat islands. Rather, cultural organizations encourage people to be innovative and speak anything in their mind [29]. [Wrapping Break of the Text]People never remember this: be attentive of the beautiful places, they may collapse. Its extremes, unattention, or detestable style might ruin it. Carr and other theorists make us aware that access and inclusion imply maintenance [4]. Women, kids, and old people are the ones that need those places the most. They would not prefer to do as dirty, old, and not well-lit. You cannot simply install a park, a plaza and allow it to be over. To be able to work, there should be continual management, intelligent design, intentional engagement, and capability of transformation [31]. The present case study used in the research was ApnaGhar and Ajmer Reads that were used to explain how the community spaces could be rebuilt into the therapeutic spaces. These

examples prove that intentional design and social aid may turn out to be the keys to solutions and new lives of people. These impacts of the place on identity, resilience, and personal development are observed when there exists psychogeographical gaze on them which takes into consideration the physical location and the experiences of the people on the same location.

Apna Ghar(Our Home): A Sanctuary of Dignity and Connection

On the outskirts of Ajmer is Apna Ghar that turns into a simple sheltering house of old age to become a physical construction of building design that creates emotionally restorative spaces. In this site the architecture has not been developed extravagantly as the buildings have no fancy design, but the design is not arbitrary. The residents are able to enjoy the expansive verandahs shaded by the old neem trees and peepal trees so that they can mingle in an irresponsible way and be cool simultaneously. The eating establishments will be shared among the residents to enable them to eat communally in order to experience the feeling of community. The garden has walking paths throughout it that guide the seniors to contemplation purposes as they walk between the vegetation within the garden and bird songs.

The elderly residents inform the interviewers that Apna Ghar provides them with a place to stay but they also provide them with the purpose to exist. Some of the residents had experienced severe feelings of loneliness and family rejection and financial difficulties before they settled in this place to live. It is such environment that helps them to seek new human interaction that they had lost in the past. One of the residents also witnesses that here the people are not just providing shelter but also make surrogates out of one another (People here offer support to others besides shelter).

The significant contribution of the spatial planning is to increase psychological recovery in individuals. Physical environment opposes the sense of being lonely and being deserted, as well as being misunderstood. The green vegetation is viewed as a natural stress reducing system. Apna Ghar has available and safe areas where the residents can share their anecdotes and laugh about, through other types of communication where people are able to revive their emotional well being. Not only does Apna Ghar turn into a communal physical space, but also a communal therapeutic process, which is healed by default daily.

Ajmer Reads: Community Reading Initiative

Comparative to closed aura of Apna Ghar Ajmer Reads is an energetic community based organization that operates at the centre of the main urban community of Ajmer, in Subhas Udhyan which is one of its community parks. On a weekend, there is a gathering of about a dozen people at the reading point with reading materials and sleeping materials and openness of minds. The group is a reading aloud session and collective reading process that forms a collective bonding experience. The casual beginnings of bringing together the lovers of literature resulted in a societal convention that spreads recovery as one people. Ajmer Reads is redefining the traditional park functions by recreating them in the group Ajmer Reads. It is not just a place where an individual can walk and exercise at night. It is also an instructing and restive place, and a socializing place. Human beings who are registered in this program claim that they now take longer to maintain concentration, their mood has improved and now they are more attached to others. This reader thought that Subhash Udhyan was a typical park in the ancient days. This project is propelled by a latent idea of who I am today where I take other people to the park. The project is not structured because it does not have any money, set of rules hierarchy, and administration system. Just books, people, and time. The consequences of this project are very wide-spread. The city parks are built in such a way that they are not utilized by people in their daily life and in the most diverse forms.

[Wrapping Break]The most usual purpose is to convert a place into a meaning other than the creation of a place. Through the coming together of mankind brain forms an intellectual pool in which not only artistic but healthy mind can be formed in the open air.

Map 1 Location of Subash Udhyan (Ajmer)

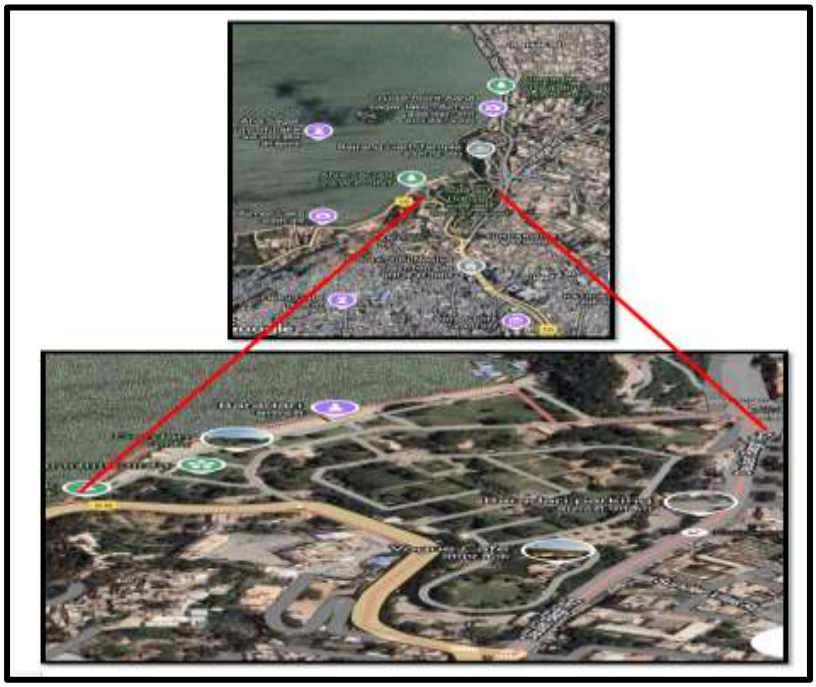


Image 1. Sessions at Ajmer Reads

Embracing Social Inclusion and Sustainable Development Goals

To continue, the ideas revealed by Apna Ghar and Ajmer Reads are essential to developing social inclusion and fulfilling the Sustainable Development Goals (SDGs). Through prioritizing the development and support of open, hospitable, and interactive common spaces we may:
We must go to those high-order Sustainable Development Goals (SDGs) and ensure that each one of us feels as a part of the whole and appreciated. This is good in such spaces as Apna Ghar and Ajmer Reads. They inform us on what it is we should do to get there. We ought to take and look after making the community spaces that one can conveniently access, ones that one is happy to be in and are pleasant to be in.

1. **Let's help everyone feel good and be healthy (SDG 3 & 10):** Think of places like Apna Ghar, where our elders feel respected and connected. It's like giving them a warm hug that makes them feel better and happier right away. And think about programs like Ajmer Reads that turn regular parks into fun places to learn and make friends. We need to break down barriers so that everyone feels like they belong and make the world a better place for everyone.
2. **Creating communities that last (SDG 11):** When we really care about our public spaces and keep them clean and full of life, we are building strong, resilient communities. Not just for fun, these places are good for our planet. For instance, they help keep our cities cool and nice.These places also help us grow and change as a community by bringing people together and making them feel like they belong.
3. **Acculturation:** Ajmer Reads is a great example of how public spaces can be fun places to learn new things and share our cultural wealth.They help us to be more creative, and feel more connected to the world around us. It's a win-win for everyone, because it makes our own lives and the spirit of our whole community better.

VI. SUGGESTIONS

City planners need to be prepared to provide green, friendly and accommodating street space hence that mental health can grow and make people involved in their neighborhoods. Shared spaces are not niceties of the city infrastructure but essential elements. The planners should treat these spaces as the key green lungs of the city since it will create shades, diverse plant and animal species and a place where people can escape the heat in the metropolis. The squares and parks should be created so that they were accessible to people of various age groups, gender, and capabilities. They should also include the varieties of plants. The importance of adaptive architecture lies on the fact that it has modifiable parts that can be useful in both everyday tasks as well as in cultural ones. These platforms keep people in societies, enable them to be creative, as well as live an active life. They help to eliminate the stress and improve mental health. Distributing an AI-driven participatory design to the population could be a potentially effective approach to wrapping, as long as it fulfills the demands of the population with its help. Integrating user-interaction with an AI might contribute to making local places smarter and more open. The AI can process the data of the behavior of crowds, weather, and accessibility demands to fit the design that would make people more safe and comfortable in their environment. The predictive technology may be adopted to tell the number of shaded sitting to be installed in a specific area or the amount of lights needed. The latter technology should be meant to cater to the whole community comprising of women, children, the elderly, and people living with disabilities. This enhances precision

of maps and models. Such a mixture of technology and the real life experience makes sure that the public areas are practical and people oriented. The purpose of making people to feel less isolated and more at home in an urban area involves ensuring that all people in the city can access public places. The availability is not more significant than the access. Ordinary locations are hard to access, they are not well inter-related or only accessed by a given social group hence they do not accomplish what they should accomplish. The fair access means that every individual, irrespective of gender, classes, caste and abilities should feel safe and welcome in parks, squares and other community places. This is one way of ensuring that they do not feel lonely and particularly when the person involved is helpless like the elderly, migrants or less fortunate. Friendship meetings help one to trust one another, cooperate and be strong. All these affect the degree of vibrancy of cities.

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