

Prof. Raina Chhajer

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Bio

Dr. Raina Chhajer holds the position of Assistant Professor of psychology at the Indian Institute of Management Indore, India. In addition, she currently serves as the coordinator for the Centre of Wellness and Inclusion at the institute. Dr. Chhajer conducts research in the fields of positive psychology, nature connectedness, yoga, breathwork, and meditation. Her academic research articles have been published in peer-reviewed journals including Mindfulness, BMC Public Health, Frontiers in Psychology, Neuroscience Insights, Frontiers in Public Health. Her teaching portfolio includes delivering innovative courses to management students across various programs at the institute. Some of her courses include Thriving at Work, The Art and Science of Yoga, and Nature and Well-being reflecting her interdisciplinary approach to education. She is a certified forest therapy guide by the Association of Forest and Nature Therapy (ANFT), USA. She is committed to integrating nature-based practices into her work, aligning with her research interests in nature connectedness. She is also a certified yoga instructor by the Sri Sri School of Yoga and conducts research on the impact of yoga on wellbeing. Dr. Raina is a dedicated academic, researcher, and practitioner who actively contributes to positive psychology, nature connectedness, and the promotion of well-being in both academic and professional settings.

Keynote address on:

**Exploring the impact of nature connectedness on well-being, post-traumatic growth,
and loneliness**

Abstract

This keynote lecture explores the profound impact of nature connectedness on psychological well-being through three ongoing studies. The first study examines how nature connectedness enhances well-being among urban youth residing in 25 most populated cities in India. The second study investigates the role of nature connectedness in fostering posttraumatic growth among individuals who have experienced divorce, examining the mediating role of relaxation and positive reappraisal. The third study addresses the issue of loneliness, demonstrating that nature connectedness significantly reduce feelings of loneliness. The study examined the mediating role of meaningfulness, peace of mind, and resilience. Collectively, these studies underscore the potential of nature connectedness for enhancing well-being, facilitating growth after trauma, and combating loneliness.