



Journal for Social
Science Archives

Journal for Social Science Archives

Online ISSN: 3006-3310

Print ISSN: 3006-3302

Volume 4, Number 1, 2026, Pages 384 – 406

Journal Home Page

<https://jssarchives.com/index.php/Journal/about>



Shaping Urban Well-Being: Exploring the Built Environment – Quality of Life Nexus in Abbottabad

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ARTICLE INFO

Article History:

Received:

December

06, 2025

Revised:

January

12, 2026

Accepted:

January

26, 2026

Available Online:

February

08, 2026

Keywords:

Urban Wellbeing, Public Spaces, Urban Design, Abbottabad city.

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ABSTRACT

The process of uncontrolled urbanization has significantly changed the way the modern cities look, and, in many cases, at the expense of the quality of the environment, urban forms and, eventually, human health. The increasing scope of growth of cities with such a high rate, often without holistic planning, means that the physical structure of the urban environment has a greater impact on the physical well-being of the inhabitants, their psychological comfort, and their quality of life in general. In that regard, the issue of how architecture, urban structure, and psychological well-being are interconnected requires a serious academic and professional consideration. This paper aims at critically discussing the environmental qualities of the built environment that are relevant to the well-being of cities and determining the design-oriented interventions that can be used to increase or re-instill a sense of physical and psychological comfort in urban areas. The study is premised on an empirical study of the Abbottabad city in Pakistan on the subject of public spaces with a mixed methodology that is composed of field surveys, structured questionnaires, and systematic on site observations. The approaches enabled the complete comprehension of how citizens feel and see their daily urban experiences. The image of a wellbeing city assessment is the parameter that is determined by a set of well-defined indicators- both strengths and deficiencies ingrained in the current built environment. The ratings were done with the help of a research based questionnaire, which was filled by the people living in the area, so that the results obtained are an actual reflection of the user perception and experience in the area. The results of the study can be useful to architects, urban designers and planners, as it provides people-centered approach to the aspect of well-being in urban design and policy-making. Predicting human experience and mental health, the study helps to create more functional and efficient cities, however emotionally supportive, inclusive and supportive of holistic well-being in the future.

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Introduction

The urbanization has been excessive over the past 40 years which has been increasing the size and the number of cities (Shah et al., 2025). With respect to the availability of services, urbanization has improved the country to greater living standards which include availability of more job opportunities and safer environment (Sattar et al., 2022). Nevertheless, the given phenomenon has brought about adverse consequences to the health condition of the city, such as traffic jam and pollution (Abbas et al., 2024). Hence, the effects of the urbanization process on the well-being of the citizens are counterproductive (Veenhoven, 2019). The urban life cannot be without the existence of the open spaces due to the mental, emotional, and ecological wellbeing they provide because they assure peace of mind and clean environment (Samavati, 2019).

The many factors and indicators that may be tangible or not such as quality of the design, the name of the place and accessibility indicate whether a place is worthy to live in or not (Bhatti et al., 2025). Urban well-being refers to the ability to please people due to urban well-being (Sepe, 2017). The standard is not just anchored on aesthetics and geometricality, however, elemental and fundamental representations with reference to the significant urban well-being are also included (Kim, 2018).

The design indicators (Accessibility, Greenery, social interaction, amenities etc.) also vary with the alteration in the social structure (McCay, 2017). The urban well-being will adapt to the trends as the meaning of well-being is at the risk of changing due to the social values (financial Status, education, relationships), thus the urban well-being will change (Amoretti, 2018). The idea of urban well-being is closely related to social studies, behavioral, psychological, ecological, and economical researches that follow the new directions of the way of life and needs of the population (Zainab et al., 2023). Based on this perception, it would be safe to assert that the philosophy of the urban well-being is evolving at all times (Wang, 2016).

Personal subjective wellbeing is one of the concepts that scholars have been interested in the recent past (Rehman et al., 2022). The overall environment also consists of physical, psychological, and social indicators that may be used to identify the outcome of the public goods, specifically city parks (Loukaitou, 2016). In addition, the supporters of the planning community have underlined the concept of the happiness of residents due to the presence of green spaces and urban parks (Pfeiffer et al., 2016). The power of urban parks would enhance the subjective well-being of individuals that would experience major physiological and psychological benefits (Loukaitou, 2016).

The reason is that urban regeneration strategies may occur within the civic spaces since the interventions are able to enhance the urban welfare of the inhabitants (Bhatti et al., 2024). The experience, perspectives, and needs of the residents can be introduced into the planning process to prevent the degradation situation and ensure the renewal of the urban open spaces. The affective well-being of individuals (i.e., emotional state) to the urban public spaces is vital in facilitating the urban design decision-making practices, and the data on the topic of the matter is unsatisfactory (Sepe, 2014). Not many researchers have been able to research on emotions on various attributes of the urban environment. Furthermore, urban security perception may facilitate or deter the state of emotions by individuals (Gehl et al., 2010), green/natural features of the urban setting (Hauptmann, 1991), or urban identity (Habtour, 2016). The research premise needs to be further developed in order to have a clearer understanding of all the characteristics of subjective well-being (SWB) of individuals and how it affects all the aspects of the city public space.

The city well-being today enjoys wide attention; it is usually a passive one, centered on the theoretical plane, or quantitative survey (Wang et al., 2017). Urban well-being is a study that is closely related to social, environmental, economical and philosophical issues (Ahmed et al., 2024). It is in constant flux following the rapid variability of behaviors, needs and habits. City well-being can be considered the term that provides individuals with a positive attitude to the place and readiness to spend much time there and repeat the same experience in the future. The project discussed in this paper is the Well-being Place Mapping that aims to determine what exactly makes places well-being to the perception of the user. It is accomplished in terms of surveys, observations, analysis, and QGIS.

Well-being City Design Indicators



Figure 1: Environmental factors affecting Urban well-being (Charles, 2013)

With respect to the Environmental factors which are affecting multiple Urban well-being are further divided into multiple aspects including restorative and interactive categories (Fig 1). Some of the major therapeutic aspects included but are not limited to nature, natural light, and elements of surprise along with Access, identity and sociality as the major interactive aspects.

Urban well-being indicators

Following are the designed based indicators for an urban well being

Conclusion of Environmental Factors for Urban well being

The research concludes with six environmental factors that affect human well-being.

Nature

One of its ways of enhancing it is by increasing contact with nature.

Light

The natural light cycles help our internal circadian rhythms, increase our serotonin level and become essential to good health and well-being. Excessive daylight may result in depression, sleeping disorders among other illnesses due to the insufficiency of daylight. The rainbow is a promise and hope. Light is the literal origin of life. Our light perception can provide the spaces we live in with a special meaning.

Surprise

The pleasure centers of the brain become activated when a person is surprised by something good, and the more pleasant things precede the person the more the pleasure centers become activated. An excellent response to this concept is to introduce the element of impractical beauty and fun into the design activity, those who reported that their beautiful city is rated as having high level of well-being.

Access

It is necessary to have access to the essentials, including food, health, and banking services.

Identity

People base their emotions on places where they reside especially where they have encountered their experiences with others. Aspects such as unique and cultural people are connected to spaces of quality. Areas can become important aspects of your identity and good sense of self is an attribute of a well-being individual. The relation to place is a good indicator of well-being. Human beings attach themselves to tangible places, thereby making them perceive the places as happy.

Sociality

The level of trust that you have regarding other people is directly proportional to your health. And trust building is more effective in person. It involves planning and design to the partners, families, and close friends but also include the neighbors and the work colleagues. We have to create for people places and room to feel free to connect and build trusting relationships. Friendly communication with strangers on the street will increase positive oxytocin without adding the pressure that you receive with the more serious relationships.

Study Area (Abbottabad City)

The district of Abbottabad is a major component of the Hazara division which is located in the east of the Khyber Pakhtunkhwa (KPK) province of Pakistan. It is located on the North at 34 degrees 9'21' and on the east at 73 degrees 13'10' on the foot of the Himalayan estate with a total area of 1.967 square kilometers.

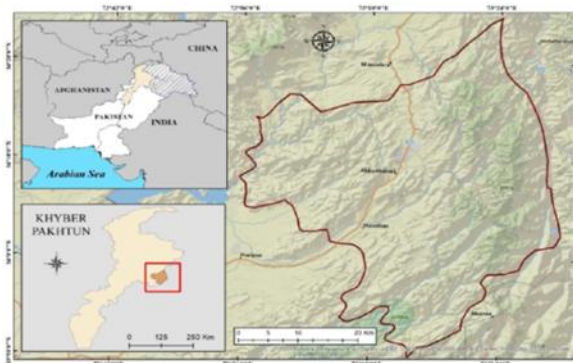


Figure 2. Study Area Map. (Fujiwara et al., 2020).

Urbanization

The city has been developed and this has led to an increase in the population of Abbottabad over the past years. The trend of migration to the region and the rising demand of settling there have altered the pattern of land use and augmented the ecological problems. Moreover, land use changes

also occurred in 2005 due to the seismic activity whereby people were forced out of the rural areas to develop new houses in the urban areas. (Fujiwara et al., 2020).

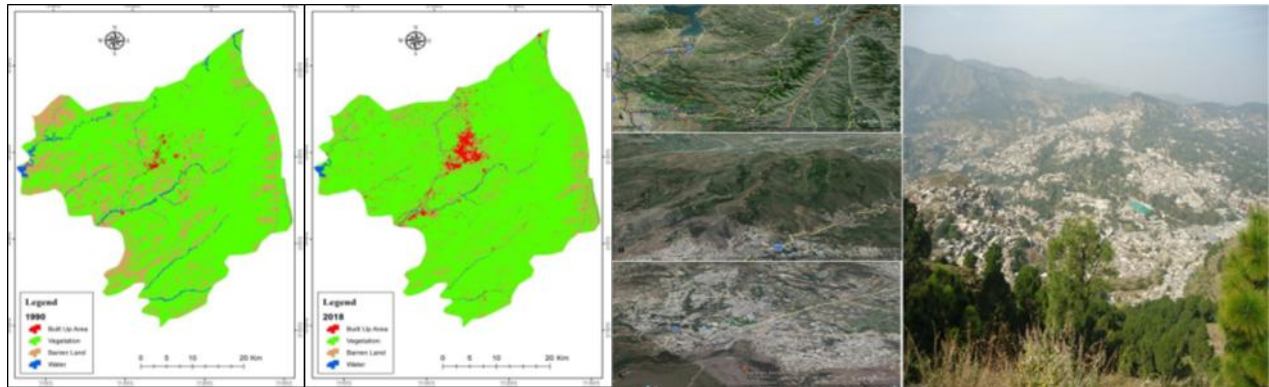


Figure 3. Left: Land use land cover Classification 1990 and 2018(Miandad, 2020) Right: Urbanization of the city through an aerial view

This was revealed in 1990 through satellite imaging analysis where 81 percent of the area of Abbottabad was found to be covered with vegetation. The developed space was 1.3 percent. Shrinkage of vegetation covers will mean the processes of deforestation and sterility of the soil owing to overuse of forest and wood fuels.

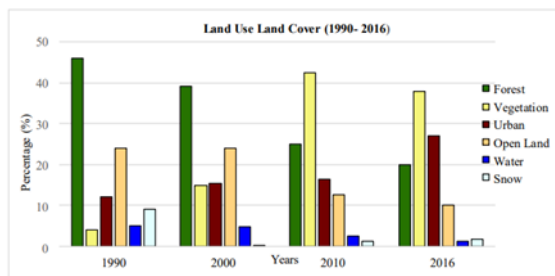


Figure 4. Along KKH (Barira, 2016)

The status of Abbottabad was enhanced to a developed city by the process of urbanization as it approaches the growth and subsequent development. Karakoram Highway (KKH) is an important section of the city as all the social and business localities are constructed on the road. During the months between June and September, Abbottabad is tourist oriented as individuals visit there to have the scenic beauty and the favorable weather during summer. Nevertheless, the cold weather reduces winter tourism in government lands. Therefore, the surveys were carried out at the most optimal time (5pm-10pm) in August 2019 over two weeks. In this study, three locations have been chosen along the Karakoram highway including Jadoon Plaza, the City Center of Abbottabad in Bilal Plaza and the Lady Garden (Fig 5). The reason behind the selection of these sites was that a preliminary survey of the field showed that the three sites had maximum flux.



Figure 5. Study areas on Karakoram Highway Abbottabad (Source: Author)

Abbottabad is a culturally and urban pattern diverse city. This study will focus on the city lifestyles in line with the welfare of residents. The focus of the research is the study of the aspects of the urban public spaces (built environment) contributing to the pleasure of the citizens.

Research Questions

Factors that define urban well-being in a city, how the built environment, urban design and architecture may influence the well-being of a city, and what are the advanced geospatial techniques to analyze urban well-being are some of the questions that the previous research questions are tapping into further exploration.

Objectives

The primary goal of the study was to investigate the existing parameters of measuring urban wellbeing and this fact made the study more systematic and organized. To work out the criteria on the basis of which the urban well-being in the built environment is examined basing on the previous research and measure the level of urban satisfaction in Abbottabad city based on the analysis criteria using the field surveys and the interviews.

Methodology

The methodology comprises of the following steps:

- A field survey based data collection.
- Assembling of QGIS database and analysis of records.

As per indicators of systematic research, data collection in sites is done by observation as well as analysis. And connect with the assistance of the QGIS database. According to the analysis of the situation on the site and a general calculation of the study indicators, a graphical image of a descriptive survey of the sample sites was developed based on the QGIS. In order to determine the health of the city, the field survey was conducted in the area; some interviews were conducted with respondents.

Analysis

The analysis of the three selected focuses on how they support the urban well-being. This analysis is done using the six main factors mentioned earlier: nature, light, surprise, access, identity and social interaction.

Nature

Jadoon Plaza

Jadoon plaza is an area where all categories of people be together. The green spaces of this area serve as a gathering and meetup area for these people.



Figure 6 (above): Surrounding context of Jadoon Plaza, Black arrow showing the interior viewpoint (exact location where the above-mentioned picture was captured, nearby green spaces marked on the map)

The site is showcasing an interrelation between a vacant lot and building. In these type of area, nature can affect the surrounding environment if the public places intercede. The community can become more engaged if the access to these public places is provided to the common people. The parking areas along the road in Jadoon Plaza phase 1 and 2 help the people who tour the area.



Figure 7: Inside view of the parking and road at Jadoon Plaza, Ferdinand VII style streetlamp portrayed as a yellow dot on the map

The setting of Jadoon Plaza has green patches, which are shown in figure 7. During the busy hours, when the plaza becomes jammed, the green patch near the Jadoon Plaza is used for outdoor dining. Alternately, the Burn Hall green space has shaded trees on the roadside at the fore of Jadoon Plaza. This is very helpful for people who usually have to stand at the curb to wait for public transport.



Figure 8: Front view of Jadoon Plaza faces the West direction of the building

There are Maple trees at the front of both the phases of Jadoon Plaza. These trees are a source of refreshment and enlightenment for the people. (See fig 7. The water bodies cannot be seen in both of the phases; a fountain is not designed to attract the tourists or to add into the attractive elements of the site. The two phases of Jadoon Plaza are designed as an open space rather an enclosed one, which aids to the free flow of wind and sunlight.

Light

The unhindered incoming natural light in Jadoon Plaza provides the people a warm and enlightened experience in the colds of a city like Abbottabad, making it a tourists' favorite. Whereas during the summers, in the Jadoon Plaza, the two buildings create a shaded space, which the people use as a place to catch a breath in the hot weather during daytime. Tall, gold illuminated streetlamps can be seen which are helpful to the people during the nighttime. The two phases of Jadoon Plaza are very openly planned and give a feeling of a breeziness and openness. There are no dark or dead spaces in the corners. All the spaces are properly ventilated and naturally lit, as shown below. The ground and first floors of both phases of the Jadoon Plaza are suitable for air and sunlight.

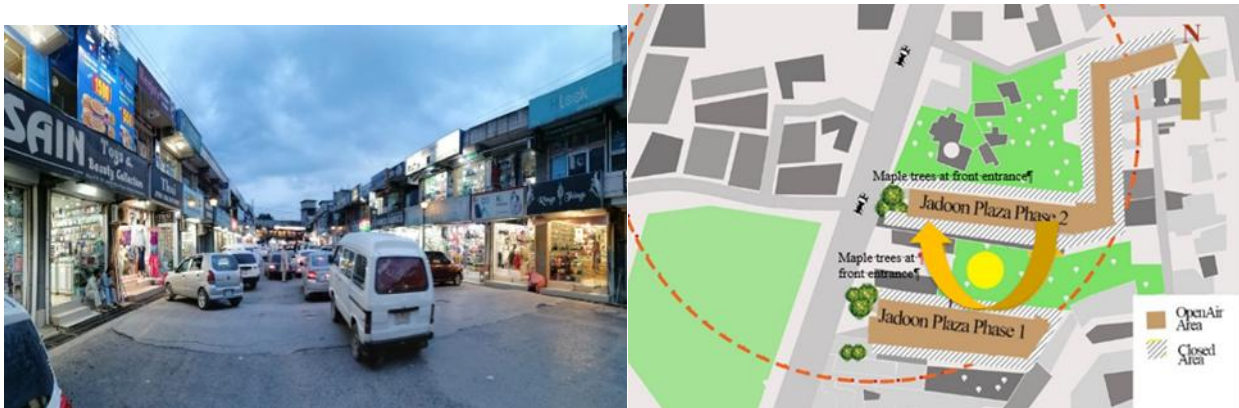


Figure 9: Plan (left) and 3D view (right) of Jadoon Plaza

Surprise

The decorative elements incorporated into the entrance of the plaza are considered as the features that impact the visitors in a very delightful manner. The present of the Pakistan Military Academy (PMA) near Jadoon adds to the expansive scale of the area. There is also a horse statue at the plaza. This statue is a depiction of the site being a community space. These landmarks make it very easier for the visitors to navigate, which gives them a feeling of comfort and ease.



(a) statue at the entrance

(b) Ferdinand VII style street light

Figure 10: The design features of the Jadoon Plaza

The golden hue from the streetlamps at night adds a very royal and ornamental touch to the illuminance of the space. They give the visitors a feeling of the London streets as they are London-style post lamps. It also adds to the attraction of the site.

Access



Figure 11. Access routes of Jadoon Plaza

Plaza is easily accessed from the direct path of KKH or the second pathway from Missile Chowk, as shown in the picture attached above. The area itself is considered suitable for the pedestrians because the solid edges are pretty urban; but the transit system is scattered throughout the city.



Figure 12. Access routes of Jadoon Plaza

All the basic necessities are present in the structure of the Jadoon Plaza i.e. food stations, prayer areas and parking. This catches the attraction of the visitors. The driveway makes a loop, providing easy access to the food stations.

Identity

The most notable building in Jadoon's vicinity is the Army Burn Hall, which was developed in 1943 by Saint Joseph's Missionary Society of Mill Hill (MHM).



Figure 13 Historical Building in the Jadoon Plaza vicinity

This type of historic structures provide a deeper, emotional connection to the city of Abbottabad. The city's architecture is true to today's day and age but evokes a sense of yearning for the past.



Figure 14 Front Elevation of Burn Hall

The construction of this building is in colonial form. Gable roofs, which are a prominent feature of the British Architecture, can be observed. Red brick is the main material used, which is the local material of Abbottabad. Another prominent feature of this building are the Dormer windows, which allow sunlight into the structure. This allows the building to stand out while still fitting into the scale and materials of its surroundings.

Sociality

An approach is used in Jadoon Plaza. It provides several pathways to move through the space. It also provides various spots where people can relax and socialize. Jadoon offers two types of areas for social gatherings.



Figure 15 Socialising spaces in Jadoon Plaza

At night time, the light poles become the focal point and people gather around it to sit around. Usually after shopping, it becomes an area to relax, chit chat and eat.

- **City Center**
- **Nature**

As a shopping hub, it attracts all categories of people. But, due to the lacking green spaces, it cannot be used as a gathering area.



Figure 16. Site of City Centre on KKH of Abbottabad, Map source: Google Earth

There are no dedicated food stations in the city centre. Street vendors sell food in front of the plaza on the road. The visitors purchase food from these street vendors. There is no allocated sitting space for the visitors to sit down and have a meal so they have to take the food to their cars. (Fig 16)



Figure 17 Left: context of the city centre, Right; Exterior perspective of the city centre captured from the point denoted by the orange arrow

The area is commercial and busy due to activities of the nearby school, bank and civic spaces.



Figure 18: Sectional View of the Western Side of City Centre

The basement of the city center is used for commercial activities. This area is deficient of natural light and greenery.

Light



Figure 19 City Centre Front Elevation (right) and Plan (left)

The structure of the city Centre features a row of columns at the front which diminishes the natural light flow, reducing the visitors' quantity significantly during the cold winters of Abbottabad.

(Fig 19) the orange color is an indication of the precise location of the columns. The natural illuminance inside the structure is very low, unlike Jadoon. The corridor also acts as a transitional zone between shops and outdoor spaces, which further blocks the flow of natural light.

Surprise



Figure 20 City Center Front view

One of the unique features of the city centre is the use of bright and vibrant colors and differential materials. Another one of these features are the frontal columns which contribute to making the facade feel very sophisticated. These features add to the beauty of the structure. This particular public part attracts the visitors due to these unique features.



Figure 21 A glimpse of the City Centre at night

A light display creates a very visually appealing surprise in the urban environment, which encourages the people to spend time in the area at night while still providing them with safety and comfort.

The city centre's facade features columns that are inspired by Abbottabad's historical colonial architecture, adding a unique element to the nearby standing modern buildings. The semi-covered gallery at the front of the building adds a feel of breeziness and openness and provides a very different feel from the otherwise fully enclosed modern part of the building.

Access

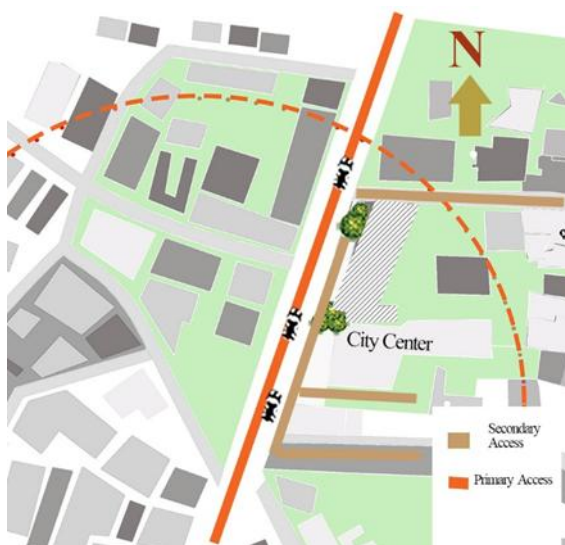


Figure 22. Access routes of City Center

The city centre can only be accessed from one pathway that is from KKH. It is a commercial area which is present on both sides of the KKH Plazas. Although there is a two-way road in front of the city centre, visitors face problems because the nearest U-turn is located 3km away from the site, as shown on the map by the red arrow. To access the opposite side, visitors need to drive another 3km, which causes very inconvenience. The city centre is one of the most successful shopping areas in Abbottabad. Local and also well-known brands are opening in the city centre due to its easy access to the people. It also features all the basic necessities of an exemplary public place that are; food, banking, toilets and seating spaces for the visitors.

Identity

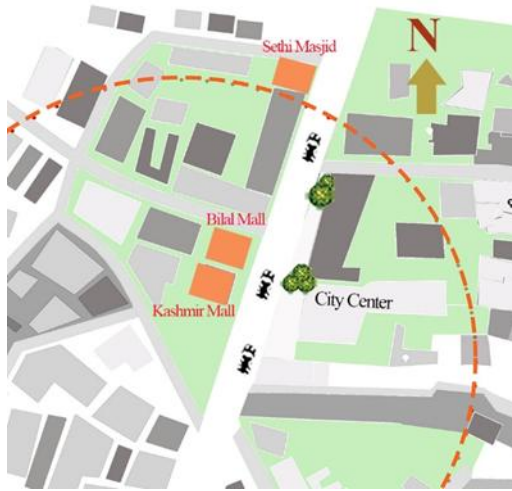


Figure 23. Important contextual buildings in the City center

The city centre benefits from a very diverse urban setting. In front of the structure are Kashmir Mall and Bilal Plaza, which are mentioned in orange in the above attached map. Both are very prominent in Abbottabad, well-known for their modern architectural style and building material. These buildings have very contrasting features to the city centre. The Kashmir and Bilal Plazas are more than four floor buildings, whereas the city centre is just double-storey. Bilal Plaza and Kashmir Mall are also very modern and contemporary type buildings. Because of this detail, they are very prominent in the context of the city centre.



Figure 24 City Centre Mall adjacent buildings; Kashmir Mall (left), Bilal Plaza (Right)

The Sethi Masjid is a unique example of the blending of Islamic and Modern architectural style. It is truly an unparalleled structure with minarets and pillars. However, there are no ornamenting elements of fencing at the front of the structure. The dome and portal are also absent which are a basic feature of the mosques in Islamic architecture.



Figure 25. Sethi mosque near City Center

Sociality



Figure 26 Activity nodes at the city centre

The city centre lacks a dedicated sitting and eating area for social gatherings, but hawkers can be seen outside the city centre. The visitors use these spaces to basically relax. Social interactions in urban setting are extremely important. They are pretty much strengthened in areas which are more walkable and mixed use. An interrelation between comfort spaces and functionality is also very important. This includes food stations, areas for reactions and halls for concerts. These features of the built environment help build a very healthy and functional relationship between the visitors and the site.

- **Lady Garden**
- **Nature**

This is a space which has specified spaces for families. So, it has ultimately become a hub for all types of family activities. The trees in line form a canopy of shaded area which provides privacy and a healthy escape from the busy and polluted city life. The dedicated parking area is marked in blue, in the fig 28. This is the entrance of the lady garden. The area is approx. 0.258 acres (2.06 Kanals).



Figure 27: Pin location of the Lady Garden taken from Abbottabad map

The trees present in the Lady Garden have very prominent natural heritage value because they have been standing tall in the city since the British rule.



Figure 28 Front view at the North West direction at the Lady Garden

Lady garden is also a very busy place pf the city, however it still serves its purpose of providing the city with a refreshing environment due to its enhanced landscaping.



Figure 29 Glimpse of Lady Garden

Lady garden comprised of very high value plants like the maple and pine trees. Due to the presence of such lush and robust trees, people get to form a very meaningful bond with the nature. A fountain is also present in the Lady Garden, which is built from the local materials of the Abbottabad city; the stones. The fountains serve a purpose of enhancing the aesthetics of the garden as well as being a water source for the birds as shown in the figure 29. The garden is planned and landscaped in such a manner, that during the harsh colds of Abbottabad, it serves as a place where people can sit and gather as much Vitamin D as they can from the straight streaks of sunlight.

Light



Figure 30 Plan of the Lady Garden (left), Gazebo in the Lady Garden (right)

The visitors like to approach the Lady Garden as it serves as a place to gather for the families during the winter season of the city. The trees lose all the leaves during the winters as they form a carpet of leaves on the ground, but during the summers, they provide shade by forming canopies, shading from the harsh sun. The fluctuation of people's visits remains constant in both the seasons. There is a private area for the females at the north side of the Lady Garden. The main element providing the privacy is the canopy of trees. This canopy not only gives the females a privacy from the male side, but also from the main KKH. It is a breezy part of the Lady Garden due to the density of the trees during the summers, however during the winters it is void of any form of sunlight. So, it deprives the females of the chance to enjoy the sunlight during the winters. The area dedicated for the males and families is located on the west side of the park. It is mainly open to the sky, but some parts of this area are shaded by the trees. Some areas of the west side also have gazebos which add beauty to the nearly blank space of greenery and provide a place for sitting and eating. This can be seen in the fig 30 (right). The Lady Garden also has tracks throughout the park for running and other physical activities. These tracks light up at night due to the electric poles.

Surprise

Lady garden is an embodiment of beauty of the Abbottabad city. The green space adds positivity in the environment. Integrating narrative features like colors, textures and other elements makes a place more interesting and beautiful. The way we feel about a place's aesthetic is how we actually feel about that place.



Figure 31 Sitting area around the trees

In fig 31, the trees are decorated with pebbles around them in the form of circles stacked on top of each other. This serves as a sitting arrangement, without harming the tree in any form. This makes the people feel at heart with the nature.



Figure 32: Detailed urban beauty of the Lady Garden

Fountain at the lady garden (Left), Artificially designed water body with a fountain (Right)

Incorporation of artistic elements in any site increases public interest and interaction. One of the visually appealing sights in the Lady Garden is the stone fountain (fig 32). Green spaces in the garden give people a sense of therapy and calmness. Visually appealing sights in any site inflict a sense of curiosity in people's mind making them interact with the site and feel at ease.



Figure 33 Urban furniture of the Lady Garden

Gazebos and bridges of the Lady Garden are also an interesting element of the Lady Garden (see fig 34). People are bound to feel a sense of relaxation and calmness in presence of soothing elements like music, flowers, art, water and rocks.

Access

The Lady Garden is a very densely populated area. This is because it has access routes from all four sides. It is connected to the Cantt Bazaar, which is the main bazaar of the city. There are walkable pathways for pedestrians. Visitor specific parking is also available at the entrance of the Lady Garden.

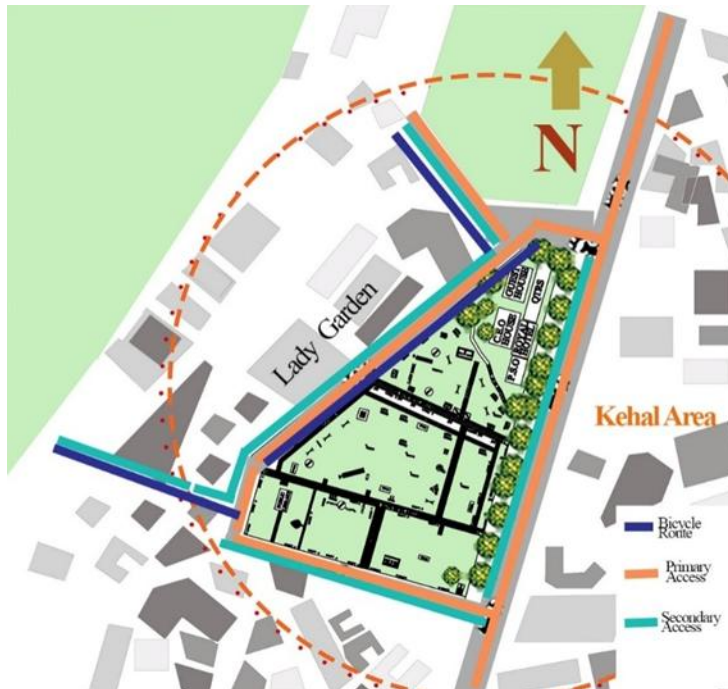


Figure 34 Access paths of the Lady Garden

There is a specific lane with buffer which provides space for the cyclists. But it narrows the area of the pedestrian crossing and hinders the traffic flow. Lady Garden is a site which has a public transport spot situated nearby. Like any other site situated near public transport areas, it makes it very well placed for the people who depend on the public transport of the city for their commute.

Identity

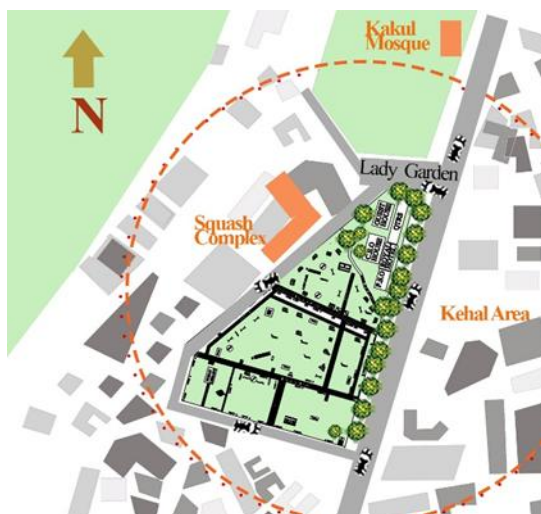


Figure 35 Architectural landmarks w.r.t Lady Garden

There are two major highlighted landmarks near the lady garden in orange (see fig 35). The squash complex (mentioned in an orange arrow) and Kakul (highlighted in orange in the map). Kakul is a military academy. The Kakul military academy is a major landmark of the city which holds national importance. It is constructed on British architectural style. The major material used in the construction of Kakul Military Academy are the red bricks, which were the built-in construction material for the Junshar Khan squash complex. There is also the Kakul Academy Mosque adjacent to the Lady Garden. The mosque has a typical layout comprising of columns, arches, minarets, a dome and a courtyard. The main building material of the mosque is stone, which is very eye catching. Both the buildings adjacent to the lady garden give the people visiting the lady garden a very nostalgic feel whenever they visit the lady garden.



Figure 36 Buildings in vicinity of the Lady Garden

Squash Complex (Left), Kakul Mosque (Right)

Sociality

The site is situated at the meeting point of many social layers. It offers multiple pathways to move around and access the place. It also incorporates places where people can eat, sit, relax and interact.



Figure 37 Socializing Points at the Lady Garden

The lady garden provides the visitors with multiple hangout points for families. There is a cafeteria, designated sitting under the gazebos, sitting spaces around trees and sitting areas around the fountains. These places serve as an activity node for the visitors



Figure 38 Activity nodes of the Lady Garden

Social engagement is promoted in the Lady Garden by its seating arrangements. The rocking benches around the trees serve as a connection point for people and serve as a unique example of urban furniture design.

Findings And Conclusions

The study brings out the effects of the built environment on the health of urban inhabitants by analyzing and discussing the urban designs. It creates a false perception that a tangible setting would bring a human being some sense of well-being into his life. In the literature of the recent studies, it was suggested that the well-being of the individual is also influenced by the effects of the physical stimulus on the well-being and satisfaction of the individual and the design strategies. Past researches suggest the design approach and well-being gauges of the Urban Design for Well-being.

The research aimed at investigating the current parameters in determining the urban well-being, creating parameters to investigate the urban well-being in built environment in previous literature, and the urban well-being of Abbottabad city in relation to the parameters of analysis. The design strategy is dealt with based on observation and perception of people. The research paper cites the physical influence of the satisfaction of urban dweller with respect to the construction environment on the magnitude of the urban architectural design.

The findings expose the worth of physical stimuli to pleasure in an urban arrangement and how such services like Public Park or Public squares are set in place in an attempt to improve the quality of urban environment. The existing inhabitants are more vocal, more networked/connected and also culture endowed than the metropolis used to be before. The result of assisting each other has made the trust in the society in general. They offered emotional appeal in the region by observing holidays and religious occasions/ events in the open areas reminiscent of the city. However, there is a good spot to go such as Lady garden. In the process, the citizens would like more informal spaces in their study and walkways and bicycle tracks. They want to have their holiday in such open places that are connected with their emotional attachment since childhood. In this paper, it is noted that wellbeing measures that are used within the urban centers are founded on the culture of people and the typology of the cities.

The Urban Design for Well-being Indicators needs to be flexible too since an administrative, practice and research tool in the attempt to enhance or provide well-being that will be presented by the Urban design projects in future. These clues and directions in this study will be the reference books and their guidelines to urban designers, architects and urban planners since they can opt to formulate policy and processes other than spatial designs to create favorable user experiences in future planning and designing, to instill wellness of the city in more spacious way.

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