

We and the trees in an *Anthroposcape*

Somidh Saha





A great banyan tree (*Ficus benghalensis*) in 2023
Village Bhowraguri, Kokrajhar, Assam, India
(source: Saha 2023)

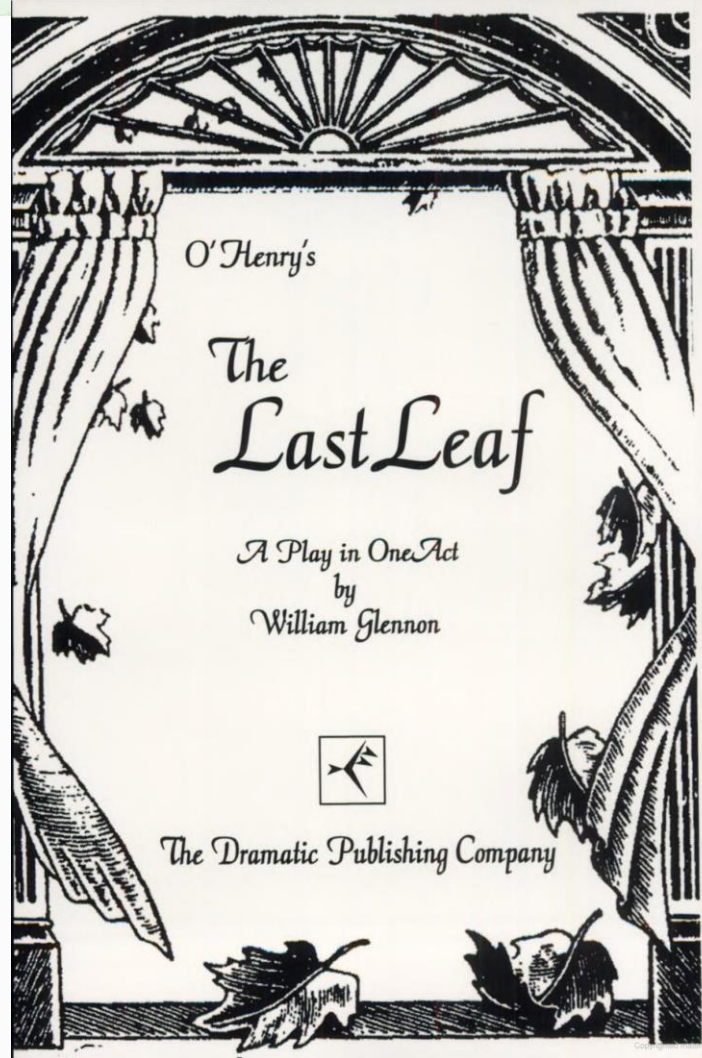


The Lonely Tree (by Caspar David Friedrich in 1822)
A German Oak: *Quercus robur*
(Source: Wikipedia)



Anne Frank's tree in 2006, Amsterdam city center
(*Aesculus hippocastanum* or Horsehoe Chestnut)







First human fossil

286±32 thousand years

Jebel Irhoud-1, Morocco,

(Source: *Nature*, Graphic: Natural History Museum-London)

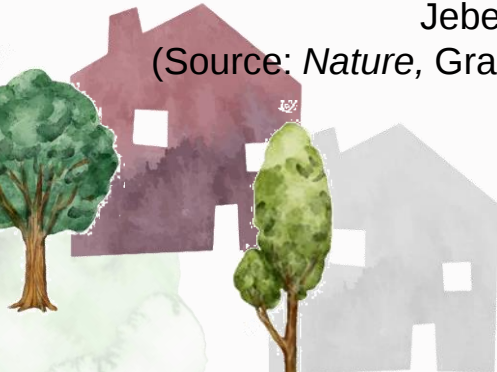


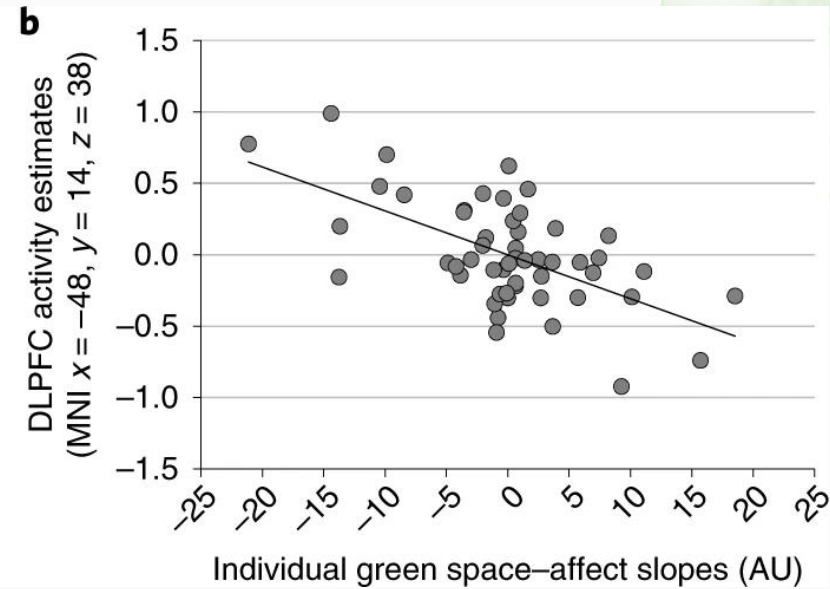
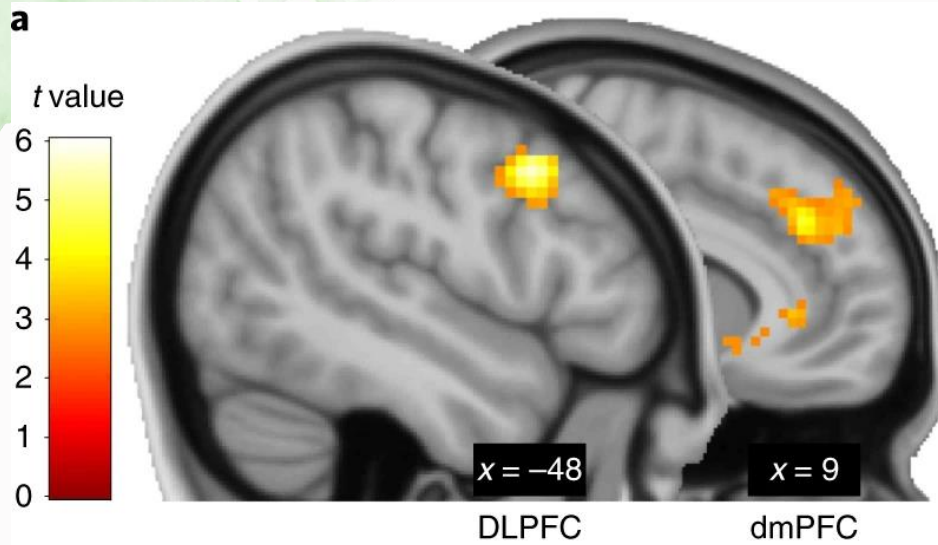
First tree fossil

374 million years ago

Cladoxylopsida

Source: *Science*, Chris Berry- University of Cardiff, Tree sketch: Peter Geisen





When we spent time in urban green space activities in prefrontal cortex declines, hence, reducing aversive emotion possession: increasing psychological well-being

nature
neuroscience

BRIEF COMMUNICATION

<https://doi.org/10.1038/s41593-019-0453-y>

Neural correlates of individual differences in affective benefit of real-life urban green space exposure

Heike Tost^{1,5*}, Markus Reichert^{1,2,5}, Urs Braun^{1,5}, Iris Reinhard³, Robin Peters⁴, Sven Lautenbach⁴, Andreas Hoell¹, Emanuel Schwarz¹, Ulrich Ebner-Priemer^{2,5}, Alexander Zipf^{4,5} and Andreas Meyer-Lindenberg^{1,5*}

A joint study by the KIT and Heidelberg University

KIT
Karlsruher Institut für Technologie

University

Institut für
Technikfolgenabschätzung
und Systemanalyse

Salutogenesis

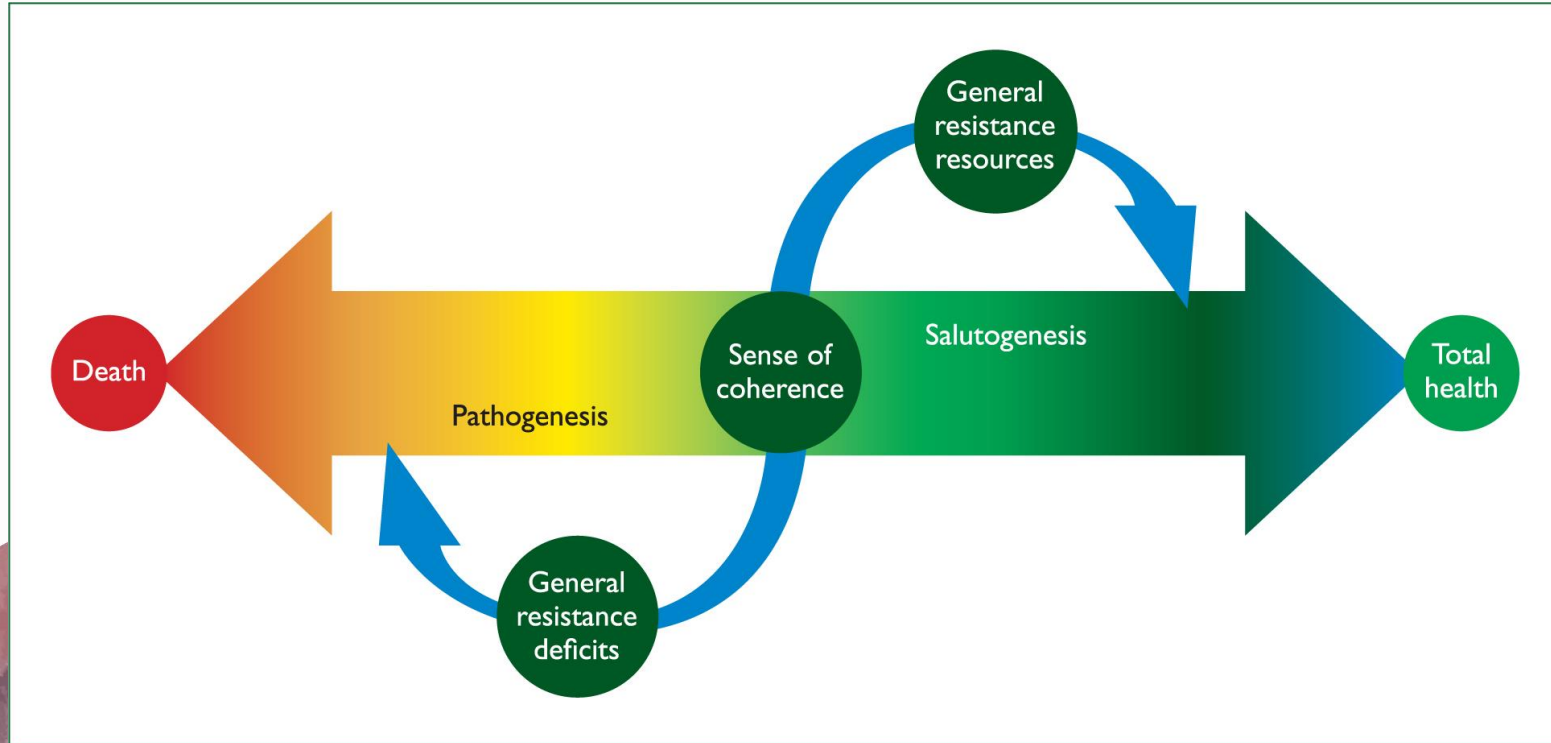


Image source: <https://www.paramedicpractice.com/content/features/salutogenesis-the-case-for-a-holistic-tool-for-paramedic-assessment-of-wellness/>

How do we fight with stress?

Antonovsky, A. "Health, Stress and Coping" San Francisco:
Jossey-Bass Publishers, 1979

Antonovsky, A. Unraveling The Mystery of Health - How
People Manage Stress and Stay Well, San Francisco:
Jossey-Bass Publishers, 1987



Aaron Antonovsky

<https://www.aerzteblatt.de/archiv/209251/Aaron-Antonovsky-Vater-der-Salutogenese>



**How should our Karlsruhe look like
in future?**

04.11.2025

Front of ITAS today



Photo: Carolin Thomas

Future



Graphic Designers: Carolin Thomas, Arturo Romero Carnicero, Somidh Saha

03.11.2025

Stephan Platz now



Photo: Carolin Thomas

Future



Graphic Designers: Carolin Thomas, Arturo Romero Carnicero, Somidh Saha

05.11.2025

Otto Dullenkopf Park now



Photo: Carolin Thomas

Future



Graphic Designers: Carolin Thomas, Arturo Romero Carnicero, Somidh Saha