

## Decoding Urban Stress Mapping Criteria in Urban Heritage Cores: Gandhi Park, Kerala Case Study

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**Abstract :** Physical and mental strain is a growing concern arising from various stressors in an urban context. However, these stressors are relatively less explored in the domain of urban design, especially in Indian cities where the central business district falls within the heritage core. An attempt is made in the context of the heritage core of Thiruvananthapuram city, Kerala, to understand and identify the connection between the built environment and urban stress. The criteria for establishing the indicators were obtained through a systematic literature review. A thorough study conducted in Gandhi Park, East Fort area using the identified criteria resulted in valuable insights into various urban stressors. Onsite surveys established the correlation between the built environment and user stress levels. The study concludes with guidelines for approaching urban stress in urban parks in an Indian context.

**Keywords :** urban stress, built environment, mental health, urban stressors, urban design

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