

## **NEED FOR HEALTHY BUILDINGS AND A PEOPLE CENTRE DESIGN APPROACH IN THE INDUSTRY**

### **The current scenario**

India is witnessing tremendous growth in the construction sector but as the sector continues to grow, it poses a host of challenges including environmental sustainability. It is also widely observed that modern buildings are now being designed more from the form & aesthetics point of view rather than giving emphasis to the function and occupants using it. With increased work hours, tougher targets, constant client engagement and ambitious goals, the stress levels of working individuals are rapidly on the rise and their overall health is constantly deteriorating.

There is a wide agreement that the health of an individual is not just the state of his/her physical body but an aggregate of the body, senses, mind and soul. An unhealthy state of mind is often the cause of illness and to remain disease-free it is important to have a healthy mind and body. How people 'function' and 'feel' within personal and social circles strongly reflects the kind of environment they live in. The way people 'function' reflects their connection with their surroundings. Health and physical well-being of the occupants can be enhanced by improving the features of the built environment.

The Green & Healthy Building movement in India triggered when CII-Sohrabji Godrej Green Business Centre (IGBC Head Quarters) building in Hyderabad was awarded with the first Platinum rated green building rating in India. To sensitise various forms of built environment, CII established the Indian Green Building Council (IGBC) in 2001.

Since then, Green Building movement in India has gained tremendous impetus over the years. Today, more than 5200+ green building projects are implementing various green & healthy strategies. The Council encourages, builders, developers, owners, architects, doctors, consultants and several other stakeholders to embrace green, thereby contributing to the National goals on sustainability and health. The Council's activities have enabled a market transformation with regard to green & healthy building materials and technologies. IGBC continuously works to provide tools that facilitate the adoption of green & healthy building practices in India.

As a next chapter of the green & healthy building movement in India, it is vital to understand the relation between occupant's health & well-being and the built environment. The development of IGBC Health & Well-being Rating System<sup>®</sup> is another important step in this direction. The rating would further strengthen the area of well-being and would guide facilities to be healthy and add to the overall happiness of the occupants.

### **IGBC Health and Well-being Rating**

The IGBC Health & Well-being Rating is designed primarily for new buildings and existing buildings of all commercial developments, which are occupied and in operation for at least 1 year.

This unique rating recognises that 'Health is a state of complete physical, mental and social well-being and not merely the absence of diseases or infirmity' and adopts a holistic 'Whole Body Mind' approach. The rating emphasises on the built environment which plays a vital role in the wellness of the occupant and should be closely knitted with people centric design.

The objective of the rating is to facilitate buildings to incorporate people centric measures for enhancing the health & well-being. The framework will enable organisations to holistically address

various aspects such as indoor air quality, water quality, hygiene parameters, healthy food choices and lifestyle.

CII - Indian Green Building Council has developed this holistic rating system under the able leadership of Mr. Kamal Meattle, Chairman - IGBC Health & Well-being Rating and Mr. Ashish Rakheja, Co-Chair - IGBC Health & Well-being Rating, and with support & involvement of core committee members and other professionals.

The IGBC Health & Well-being Rating addresses the Physical, Emotional & Intellectual and Social Well-being of the occupants.

### **Impacts of Health & Well-being - Present Context**

Over the past years an increasing body of evidence has shown that subjective well-being can be realised through various means, such as surveys, and its impacts measured through all related non-communicable diseases. Non-communicable diseases, more commonly known as chronic diseases are one of the most common indicators of Physical, Emotional & Intellectual and Social well-being. NCDs are the result of a combination of physiological, psychological, environmental and behavioural factors. Recent studies by WHO has indicated that more than 50% of the world lives with chronic diseases.

The NCDs prevailing very commonly includes Cardiovascular diseases (CVD), Cancer (CNR), Chronic Respiratory Diseases (CRD), Diabetics (DBS), Visual & Hearing Impairment (VHI) and Bone & Joint Disorders (BJD). The Well-being parameters discussed so far have direct / indirect relation to Non-communicable diseases. Absence or deterioration of Well-being parameters and the possible non-communicable disease that would affect the human beings are enclosed for your reference.