



## **Nitu Rarh**

Interior Designer- Dizayn Studio

Assistant Professor, Design Department, PIC, NIFD

Ph.D. Scholar in Biophilic Design , Banasthali Vidhyapith  
Jaipur, Rajasthan



## Title: Biophilic Living: Designing Homes for Well-being & Sustainability



# Designing Nature-Inspired Homes for Sustainable Living



## BIOPHILIC FRAMEWORK

- Maximizing daylight and ventilation
- Use of indoor greenery and local plants
- Earthy textures and natural materials
- Water features and thermal comfort strategies
- Multi-sensory design approach (sound, touch, light)



## ADDRESSING KEY CHALLENGES

- Urban stress and mental fatigue
- Disconnection from natural rhythms
- High energy use in homes
- Poor air and light quality indoors



## URBAN INDIAN CONTEXT

Framework specifically developed for the dense urban Indian housing context, ensuring local relevance and adaptability.

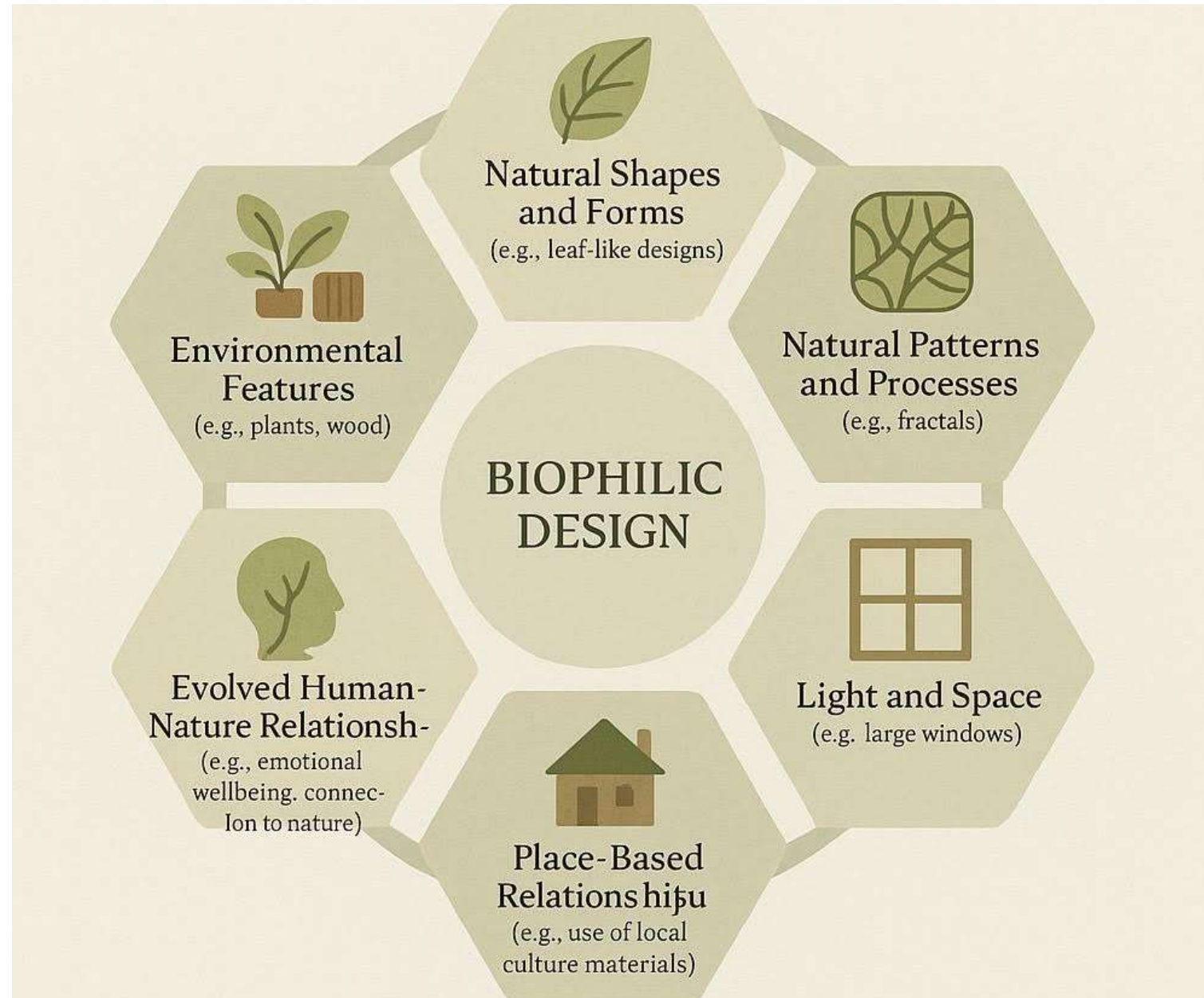


## UNIQUE INTEGRATION

- A culturally adaptive
- Cost-effective
- Modular approach blends sustainability, psychology, and design



# PRINCIPLES OF BIOPHILIC DESIGN



# FROM WALLS TO WELLNESS: HOW DESIGN IS TRANSFORMING LIVES

## Results from Pilot Studies and Community Engagement:

- **30%** increase in perceived comfort and happiness in test apartments
- **Up to 25%** reduction in energy consumption through passive lighting and cooling
- Participatory workshops conducted in 2 cities with housing societies and students
- Integrated in design curriculum for architecture/interior students
- 1 upcoming publication; presented at 2 academic symposiums

## User Feedback Highlights:

- “Feels like I live inside a garden.”
- “I open the windows more and rely less on AC.”



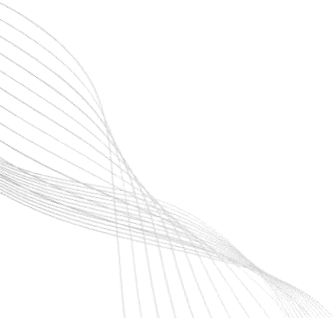


# WHY IT MATTERS TO THE BLUECITIES NETWORK?

## Scalability & Impact Potential:

- Perfectly aligned with BlueCities goals of climate adaptation and urban health
- Easily replicable in dense urban environments
- Uses **local, low-cost materials** — ideal for India and Global South
- Supports **CO2 reduction, mental health, and urban greening**

## Integration with City-Level Actions:

- Can complement rainwater harvesting, urban farming, green building policies
  - Adaptable to riverside settlements and climate-vulnerable communities
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**Thank You**