

Sustainable Approach through Biophilic Designs in School Buildings

Sonali Walimbe

Faculty of Architecture, Manipal University, Manipal 576104

Abstract—*The environments, in which Children live, grow, learn, and play leave lasting impression on their minds. Today, in urban areas, with the increasing technology and modern learning techniques, children spend over 1000 hours a year of their time in enclosed spaces of the school. This has led towards children becoming disengaged from the natural environment and have lessened their opportunities to play in the outdoor environments. This is one of the reasons that children have lost appreciation of nature that is around them. If children’s innate feelings towards nature is not being looked upon by providing opportunities to flourish in early years, biophobia, an aversion to nature may develop. Virtual nature experience diminishes the value of local natural environments and reduces the future potential for protecting it. Biophilia is the inherent human inclination to affiliate with nature that even in the modern world continues to be critical to people’s physical and mental health and wellbeing. Biophilic design enhances human well-being by fostering connections between people and nature in the modern built environment.*

Through literature exploration the paper tries to focus on the need of creating interconnection between life, nature and the built environment of schools. Studies on importance of biophilic design and sustainability in school buildings have been enlisted and paper is concluded with the aspects of biophilic building design that makes an impact on the psychological well-being of children.

Keywords: *Biophilia, Biophilic Design, sustainability, learning environments,*

References:

- 1. Cecily Jane Maller, (2009), "Promoting children's mental, emotional and social health through contact with nature: a model", Health Education, Vol. 109 Iss 6 pp. 522 – 543*
- 2. Dutt, Indira (2012). "School Design and Students' Relationships with the Natural World." Children, Youth and Environments 22(1): 198-226.*
- 3. Bruno Duarte Dias, (2015) "Beyond sustainability – biophilic and regenerative design in architecture" European Scientific Journal March 2015*