

# Quality of Life Achieved through Landscape

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**Abstract**—Does the housing have an area for children to play, youngsters to sit/chat and elders to breathe some fresh air?

*This question always comes to one's mind when settling somewhere. These days' landscape plays a major role while deciding a residence. People are very cautious of their lifestyle & surroundings, so they want a place where they can actually relax & feel the fresh air in leisure time. Therefore provision of such landscaped spaces should be within one's vicinity & reach.*

*Landscape all together acts as an elder's space for peace and comfort, a place for children to play their sports, a hangout zone for youngsters and a chitchat spot for ladies & lots more. Hence Landscape in current scenario has become an important part of residential planning; nobody prefers a house without a proper landscape. It's a must!*

*It has been observed that people living in such societies have relatively better lifestyle than others. This helps in shaping the society into healthy minds and bodies. The paper focuses on the importance of landscape in achieving and raising the quality of life in modern cities*

## 1. INTRODUCTION

The modern residence spacing faced by people nowadays is very much resolved by Landscape architecture. As people becoming more and more cautious about their lifestyle and surrounding environment, the question of managing the shrinking space and environmental changes are important at the same time. In present metros and fast developing modern cities when people have access to only few sq. meters of area, open spaces inside a house for different leisure activities seems next to impossible.

Therefore there is an important need for community open spaces where people can come together for activities like meditation yoga exercises, children play area etc. Designing of such spaces is done in such a way that it suits each and every age group and also is within the reach of people.

The paper content focuses on the problems faced by people today, their likes and dislikes. It also discusses about the advantages and benefits of living around open spaces. Role of landscape in open spaces gives a brief about how such spaces are treated and influences the users, character of landscape in achieving the quality of life in cities and the ways it could be achieved through landscape

## 2. PROBLEMS

Due to shortage and high prices of land, architect tries to focus only in making built spaces rather than open spaces. So finding a residence with a facility of good open space is very hard. This results in having less space left for Landscape. It's a major demand of present world to have a balance between the built and open.

Now a day's too few people are able to enjoy the benefits of open spaces. The lack of places for regular exercise has contributed to the epidemic of obesity among adults and children, an epidemic that will have appalling consequences on both our health and our finances

## 3. LIKES AND DISLIKES

At present times people are more health conscious. So they want a kind of lifestyle which is well consist of physical activities and also not time consuming.

Nobody prefers to jog in a place which is away from his access area, as no one has so much time. Similarly, children's play areas can't be a place where one needs to take out extra time to reach. No one likes a view of a building while opening his window.

“People feel fortunate of themselves to live near parks, open spaces, and green ways and know the joys it bring: the calming views of trees and green lawns, the chirping of birds, the fresh air, the scent of flowers.”

## 4. ADVANTAGES AND BENEFITS OF LIVING AT A PLACE CLOSE TO OPEN SPACES

Benefits of open spaces are countless. Though we have many gym & yoga centers today, nevertheless green spaces have a higher importance and benefits. It not only gives good health but also brings positivity in ones behavior. Researches show that when people have access to parks, they exercise more. When people have nowhere to walk, they gain weight which leads to several health problems.

This positive attitude helps to provide great strength for the betterment / improvement of people and so the society. It is

believed that healthy body & positive mind can create a better developed society.

For a better city we need to think of the quality of life served to its people. Such provisions should be made that can keep the people comfortable and easy. Open spaces also produce important social and community development benefits. They make neighborhoods livelier; they offer recreational opportunities for all age groups, low income children, and low income families. Access to parks and recreational facilities also promotes creative talent.

All in all open areas like parks gardens etc. increases peoples sense of community In short the community gardens increase residents sense of community rights, exposes people to nature and connect them to diverse cultures

## 5. ROLE OF LANDSCAPE IN OPEN SPACE AND ACHIEVING THE QUALITY OF LIFE IN CITIES

Landscape deals with open spaces in a much better way. Before designing any space it's important to know the need of the people around it. The architect should work in respect to the need of the people and what they actually desire. Landscape efficiently deals with space to design the place for fun, health and serenity.

It is observed that more functional the space is, more active the people will become. So when an open space is landscaped, it's being taken care, that the space has a healthy ambience. The green space is treated in technical way to make people feel fresh, serene & healthier. The benefit of open space also depends upon the way it has been treated. The activities provided in it helps in creating a sense of completeness inside the society & to the city

## 6. WAYS IN WHICH QUALITY OF LIFE ACHIEVED THROUGH LANDSCAPE

Today landscape is one of the best way in which quality of life can be achieved.

A place where people spend time with their friends and family along with enjoying the nature's beauty. They like to get involved in outdoor activities like sports, exercises, yoga, meditation etc.

An open green space should be able to accommodate activities for all age groups and it has been observed that open green spaces with a facility of such activities helps to develop good health/ fitness & active brains.

## 7. LANDSCAPE –ROLE IN CLEAN & GREEN INDIA

Clean and healthy environment is a primary requirement for the people today. Proper planning of green spaces and landscaping along with trees and other plants is an effective way for improving quality of life and environment.

Best development of society depends mostly on the proposal of open spaces and the way they are treated and developed.

Landscapes and green space refer planning, development and plantation of trees and other greeneries for achieving specific purposes. The plantation pattern, selection of plant species and designing of green spaces varies according to the situation. Landscapes and green space plays a critical role in keeping our cities clean and healthy.

They perform many functions for improving quality of life in the urban areas. Nevertheless, green space provides linkage between people and nature.

It's a natural phenomenon that what a person sees he perceive and what he perceive actually leads him to the conclusions concerning good or bad. So it is very essential that what we design should create a positive impact on users.

A well landscaped attraction with nature , wildlife, water and other elements help people enjoy the environment, fresh air, to engage in physical exercise, reduce anxiety and to feel relaxed thereby adding to the quality of life.

Clean and green environment and landscape have a direct influence on the health of the users.

People have a tendency of observing things while walking so it is important that we involve such landscape design solution that it looks innovative, simple and inspiring.

There is also a need to better understand what qualities of the landscape are important or relevant for different people's health, wellbeing and quality of life.

In this way people can help lead the city for a better place to live in and support the country to be a sustainable and developed nation.

The fig.1 below sets a perfect example of landscape in which we can keep the city green and clean. The idea is to retain the tree and so the boundary wall is molded as per the shape of the tree trunk.

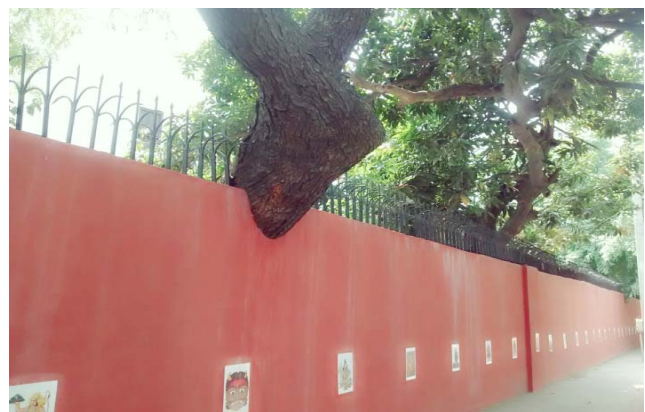


Fig. 1

Even the boundary is treated with tiles having God's images, this result in making the wall and the surrounding area litter free. These solution brings a positive change in the areas and makes it more better, neat and green space.

Therefore such ideas help in inspiring and guides people to keep their city green and clean.

## **8. ROLE OF LANDSCAPE ARCHITECT**

Landscape architects should find solutions from within the natural landscape, avoiding highly engineered responses and ultimately creating schemes that are more sustainable, better-designed and nicer to live in.

Cities are increasingly recognizing that urban landscape designs can play a vital role in the health of the citizens experiencing them. At a time when technology is causing people to become more stagnant than ever, cities are responding by offering them incentives to get up and move, particularly outside.

Landscape designs should encourage bicycling and walking with easily accessible and well-maintained paths, and seek to enhance those experiences with attractive, diverse landscaping along the way.

An architect must have a belief in the powerful connection between people and nature in order to create successful public spaces.

He should have a potential to make the city sustainable through landscape. Their design should not only have aesthetical values but should also be multifunctional. The use of native species should be encouraged, which connects the people with the uniqueness of the city.

He should resolve such solution that they make the space better in terms of sustainability, design and concept. They should set the design as a great example for coming projects.

## **9. CONCLUSION**

Landscape architect should design the open space in a way to promote different activities which is a need of every citizen today.

The landscape should be of such a kind that it serves the people of all age categories in a best possible way. The space should be multifunctional so that limitations and restrictions could be minimized. Quality of life cannot be achieved until the people get comfort and sufficient time to manage there working hours & fitness.

“People can be more dynamic and happy when both work and life can be managed.”

Therefore the city can get more healthy minds and bodies for its development and betterment. Many studies shows that residents of neighborhoods with greenery in common spaces are more likely to enjoy stronger social ties than those who live surrounded by barren concrete

## **10. ACKNOWLEDGEMENTS**

I sincerely thank my friend Ar. Sumitabh Chowdhury, my sister Er. Aparna Gupta and my colleague Ar.Mansha Samreen for all the support and guidance given in the completion of my paper

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