

1. Sustainable approach through Biophilic Designs in School Buildings

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The environments, in which children live, grow, learn, and play leave lasting impression on their minds. A child spends around 6-8 hours a day and over 1000 hours a year in school constantly interacting with its physical environment. Today, in urban areas, with increasing technology and modern learning techniques, children spend most of their time in enclosed spaces of the school. There is a concern that children are becoming disengaged from the natural environment and are not being offered the opportunities to play in the outdoor environment. This is one of the reasons why children have lost the ability to appreciate the nature that is around them. If children's innate feelings towards nature are not being looked after by providing opportunities to flourish in their 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 those areas. Biophilia is the inherent human inclination to affiliate with nature that even in the modern world continues to be essential for people's physical and mental health and well-being. Biophilic design enhances human well-being and sustainability 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 concludes by presenting aspects of biophilic building design that makes an impact on psychological well-being of children.

References

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