

The Green 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. Since then, Green Building movement in India has gained tremendous impetus over the years. Today, more than 4000 green building projects are implementing various green strategies. As a next chapter of the green building movement in India, it is vital to understand the occupant experience on living in green buildings.

The study aims to highlight the positive impacts of green building on health & wellbeing of the occupants. This report is part of WGBC's initiative on '*Better Places for People*' that aims to create a world in which buildings support healthier and happier lives for those who occupy them. WGBC has entrusted IGBC to conduct a study on the wellbeing aspect in IGBC rated green buildings. 25 buildings have been selected from 7 major cities of India. The questionnaire was designed to capture user's perception and experience on the built environment they occupy.

The study indicates that green buildings have supported healthier and happier living in several ways. Various attributes such as thermally comfortable environment, optimum illumination & noise levels, greenery within the built environment, ergonomically designed spaces, have significantly contributed in providing a comfortable working environment to the users occupying them. Based on the study, the report further attempts to provide ideas for improvement in the built environment. Following are few highlights of the report:

- 80% occupants are thermally comfortable throughout the year on account of the good design and proper operation of the facilities
- People in green buildings accord tremendous importance to fitness activities. 84% occupants actively utilise sports and meditation facilities provided by their facility
- Due to good façade design, 89% occupants are happy with the visual environment and do not have problem of glare.
- 78% occupants are satisfied with the acoustical design of their facility.
- Educating the occupants of green buildings is extremely important. 93% occupants were found to be well educated on the various benefits of eco-friendly practices.

The objective of the study was to understand measures that would enhance health & wellbeing in buildings. Following are the key measures identified which people have expressed are important to them:

- Conduct periodic user satisfaction survey to analyse thermal, visual and acoustic comfort of the occupants
- Provide sports and meditation facilities which would enhance the fitness of occupants
- Provide more green spaces within the built environment
- Encourage eco-friendly and healthy modes of transport
- Maintain hygienic conditions in buildings

Green Buildings increasingly have been important part of India's growth. More and more stakeholders are realising the importance of green buildings. The study would further strengthen the area of wellbeing and would guide upcoming facilities to be healthy and add to the wellbeing of people.

# ATTRIBUTE CONSIDERED



**Thermal Comfort** : The occupants' perception of the thermal environment and their preference facilitates the building managers to provide a widely acceptable thermal environment. A better control over thermal environment reduces stress and help in focusing on activities at work.



**Visual Comfort** : Lighting is one of the component of comfort and plays major role in the wellbeing of the occupant. Optimum lux levels reduce strain in eyes and improve concentration of occupant. Daylight also contributes significantly to the health and wellbeing. Poor visibility, glare, flicker and lack of control of the visual environment can affect task performance.



**Acoustic Comfort** : Noise distractions affect concentration and surrounding environment. The workplace layout is key in maintaining the acoustical comfort, while allowing the occupants to work and communicate efficiently and remain stress free.



**Ergonomics** : Ergonomically designed furniture and office layout reduces the impact that office work has on the body, promotes healthy & correct body posture.



**Greenery** : Greenery and natural habitat has positive impacts on people. The growing scientific understanding of biophilic design and its impact on mental health motivates designers to design and construct spaces having ample greenery.

## SANITATION & HYGIENE



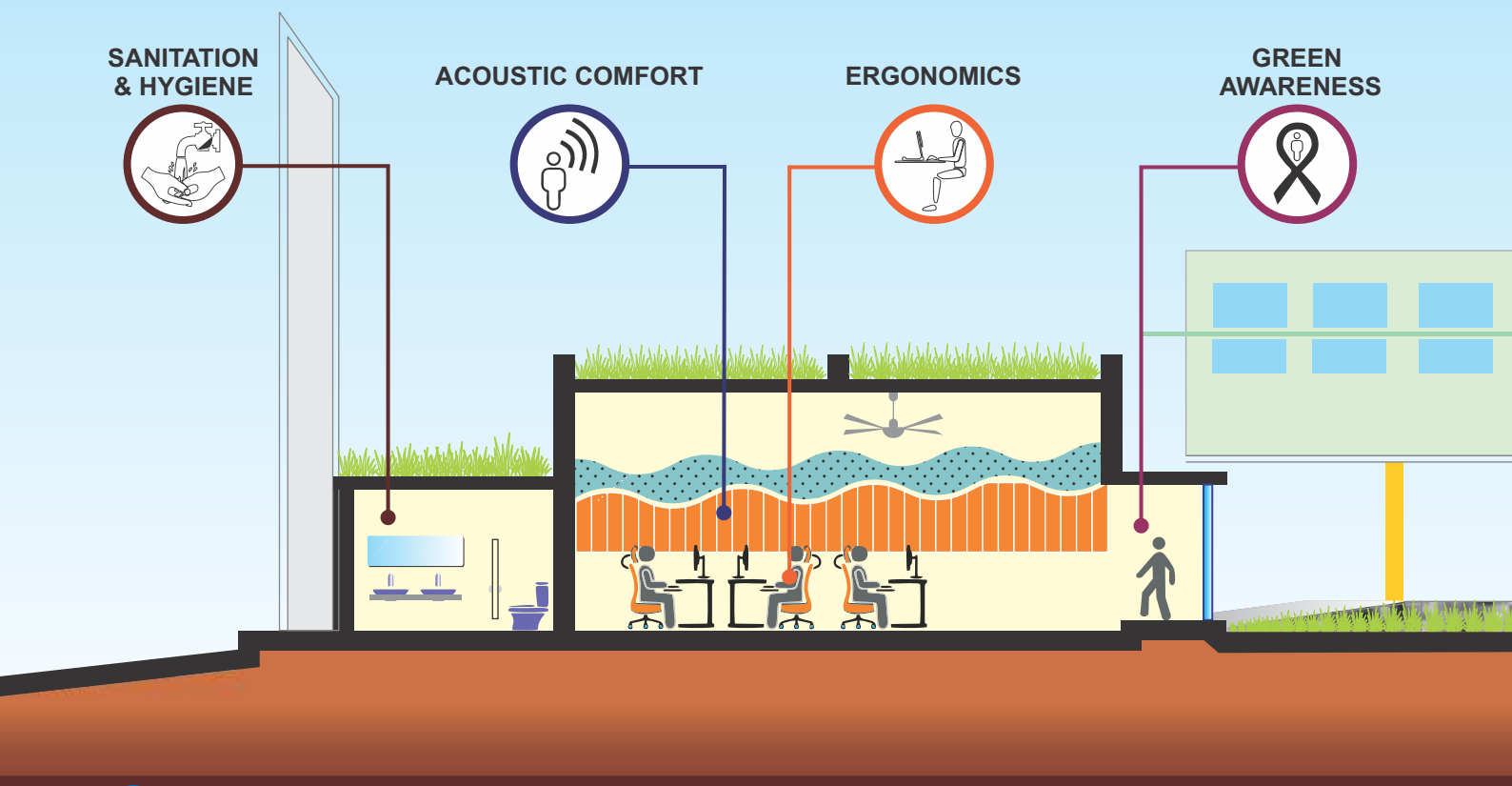
## ACOUSTIC COMFORT



## ERGONOMICS



## GREEN AWARENESS



# ATTRIBUTE CONSIDERED



**Fitness** : Fitness is an essential component of the wellbeing. Fitness fosters healthy living and contributes significantly to emotional and intellectual health. Accessibility to basic fitness amenities in buildings encourage occupants to actively participate in fitness related activities.



**Green Transit** : Green transit encourages occupants to adopt practices such as walking, cycling, using public transport, carpooling and using electric vehicles. This not only helps to combat environmental concerns but also enabling them to be fit which stimulates creativity and improves productivity.



**Sanitation and Hygiene** : Hygiene and cleanliness is essential in day to day aspects of life. Olfactory satisfaction and maintenance of a clean workplace promotes healthy living. A workplace with unpleasant smell and bad hygienic conditions can effect peoples mood, work performance and behavior.



**Green Awareness** : Green Buildings help to create an environment which is healthy and promote overall wellbeing of users. Spreading awareness regarding benefits of various ecofriendly practices benefits society at a larger scale.

