

Eco Friendly Interiors with Quality Themes (Sustainable Interiors)

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Abstract: Theme- Sustainable Interiors

Key words- Green interior, Waste Reduction, Aesthetics

- Innovation is high when it comes to designing a sustainable space. I think it is high time! We Architects start suggesting the ecofriendly concepts and the reason is obvious.
- Interior designers should make a tremendous impact on the sustainability of natural environment by using sustainable interior design principles, because we are the one deciding on which materials or products will be used and ecologically how people will be able to live and interact with their surrounding spaces. We are the creators of space where the clients live in and should always be guided by sustainable and biophilic approaches.
- In the design industry, the fastest growing segment is the incorporation of sustainable green interior design from the use of water collection to supplement waste water needs (use of water from rain water harvesting, by making simple changes in interior design this could be achieved in a more effective way)
- Sustainable interior design is defined as interior design in which all systems and materials are designed with an emphasis on integration into a whole, for the purpose of minimizing negative impacts on the environment and on the occupants, also in a maximizing the benefits to the environment and also being cost efficient to our clients.

Conclusion:

Design for energy efficiency, low environmental impact, waste reduction, longevity and flexibility, positive and healthy environment and also for cost effectiveness.

Interior environments are the places that meet the human needs, the need is willing to create sustainable environment with the help of natural resources.

INTRODUCTION

As interiors become more environmentally and socially aware about the choices, they are responding by creating eco-aware interiors that they hope will attract a new generation

For comfort and efficiency, the human body requires a fairly narrow range of environmental conditions compared with the full scope of those found in nature. The factors that affect humans pleasantly or adversely include:

1. Temperature of the surrounding air
2. Radiant temperatures of the surrounding surfaces
3. Humidity of the air
4. Air motion
5. Odors
6. Dust
7. Aesthetics
8. Acoustics

9. Lighting

these relate to thermal interactions between people and their immediate environment.

Architects and interiors make sure that they are **providing sustainability** in built environment and sustainability in interior design elements – like

1. Materials
2. Furnishing
3. lighting

Design for energy efficiency

Energy consumption is one of the major contributors to climate change. Architects and interior designers can do a lot to improve a building's energy efficiency, mainly by reducing the amount of energy needed for heating, lighting, running appliances, etc., and by providing renewable, non-carbon-based energy to the building.

Heating and lighting are the two most crucial factors interior designers have influence over. Since most of the building's heat escapes through windows, it's important that the installed windows are of high quality and provide good insulation. Curtains and drapes keep both cold air and the sun's heat outside. Window coverings, blinds and shades enable residents to control the building's temperature in an energy efficient way by opening and shutting them as needed

Design for low environmental impact

From a sustainability perspective, it's very important to pick materials and products with the lowest environmental impact. Organic materials (e.g. wood, wool, natural stone) seem the obvious choice. Choose materials that are quickly renewable (such as fast-growing bamboo), and are extracted in an environmentally responsible way. There are labels, standards and certifications that give credible information about the products' origin and help you identify eco-friendly products. For example, an FSC label on wood products ensures that the wood used in the product was harvested sustainably.

Design for waste reduction

Interior designers have a lot of power in their hands when it comes to waste reduction, and at the same time, a big responsibility to act sustainably. The planet's precious resources are limited, so the mentality of discarding products as soon as they go out of style and replacing them with those that are currently trendy is no longer justifiable.

Fortunately, the world of design is becoming increasingly aware of the need for sustainable thinking and is experiencing a growing interest in sustainable trends, such as recycling, upcycling and repurposing. Instead of discarding "old-fashioned" objects while they are still functional, designers can (and should) come up with creative ways to give them a new life.

Design for longevity and flexibility

Easy maintenance is an important part of designing for longevity; when spaces are hard to maintain, regular changes are inevitable and result in more resource consumption and waste creation. The application of flexible elements in the interior makes the interior easier to maintain.

Maintenance of spaces with lots of easy-to-clean materials and surfaces requires fewer cleaning products, which are often harmful for the environment. Therefore, investing in elements that are sturdy, durable and easy to clean or replace means that less renovations will be needed; and, consequently, less waste will be generated. Saving money that would go toward cleaning and maintenance cost is an additional benefit.

Design for healthy environments

People spend most of their time indoors, in offices, schools, at home, etc. Although we've saved it for last, considering the health of an environment should be at the top of the interior designer's priority list. There are several factors to keep in mind when trying to design healthy spaces, such as the quality of the air, heating, ventilation, lighting and acoustics.

Exposure to natural light is another beneficial aspect for both physical and psychological health. This is especially relevant for workplaces, as natural light reduces stress and increases productivity. In fact, being surrounded by elements from nature (or ones that mimic nature) has a calming effect in general. Biophilic design is a type of design that recognizes this need to include natural elements into our buildings and interiors and aims to restore the connection between humans and nature.

Inadequate of all these in an internal environment one can feel sick building syndrome

The term "sick building syndrome" (SBS) is used to describe situations in which building occupants experience acute health and comfort effects that appear to be linked to time spent in a building, but no specific illness or cause

can be identified. The complaints may be localized in a particular room or zone, or may be widespread throughout the building.

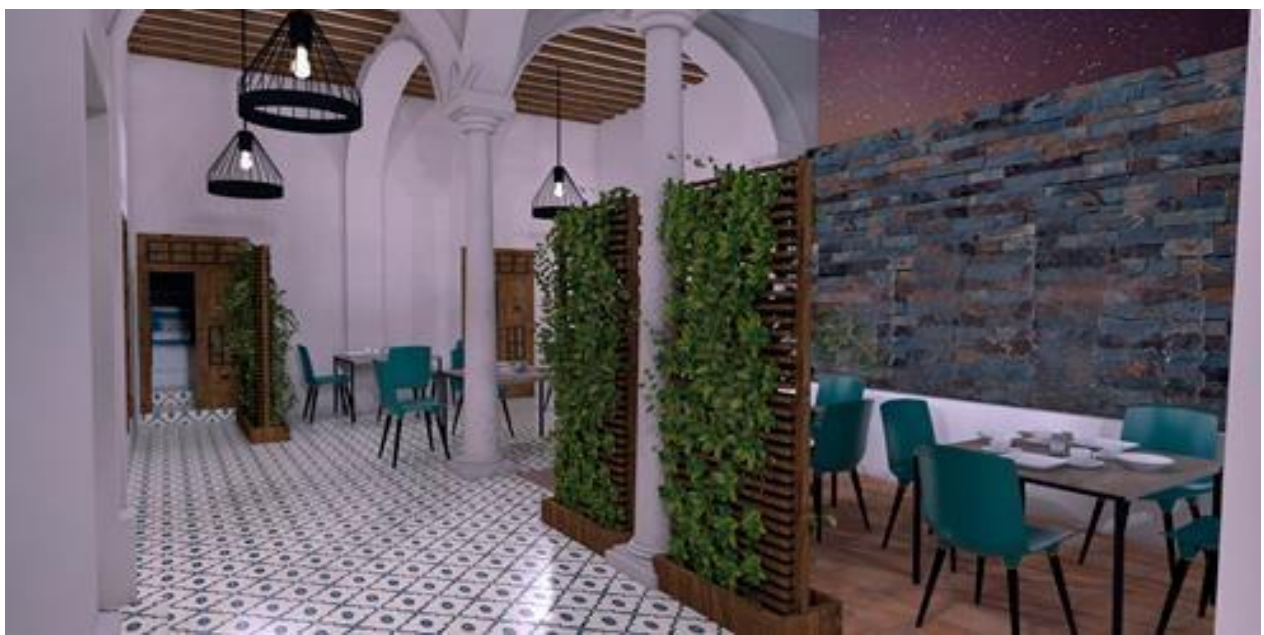
In contrast, the term "building related illness" (BRI) is used when symptoms of diagnosable illness are identified and can be attributed directly to airborne building contaminants.

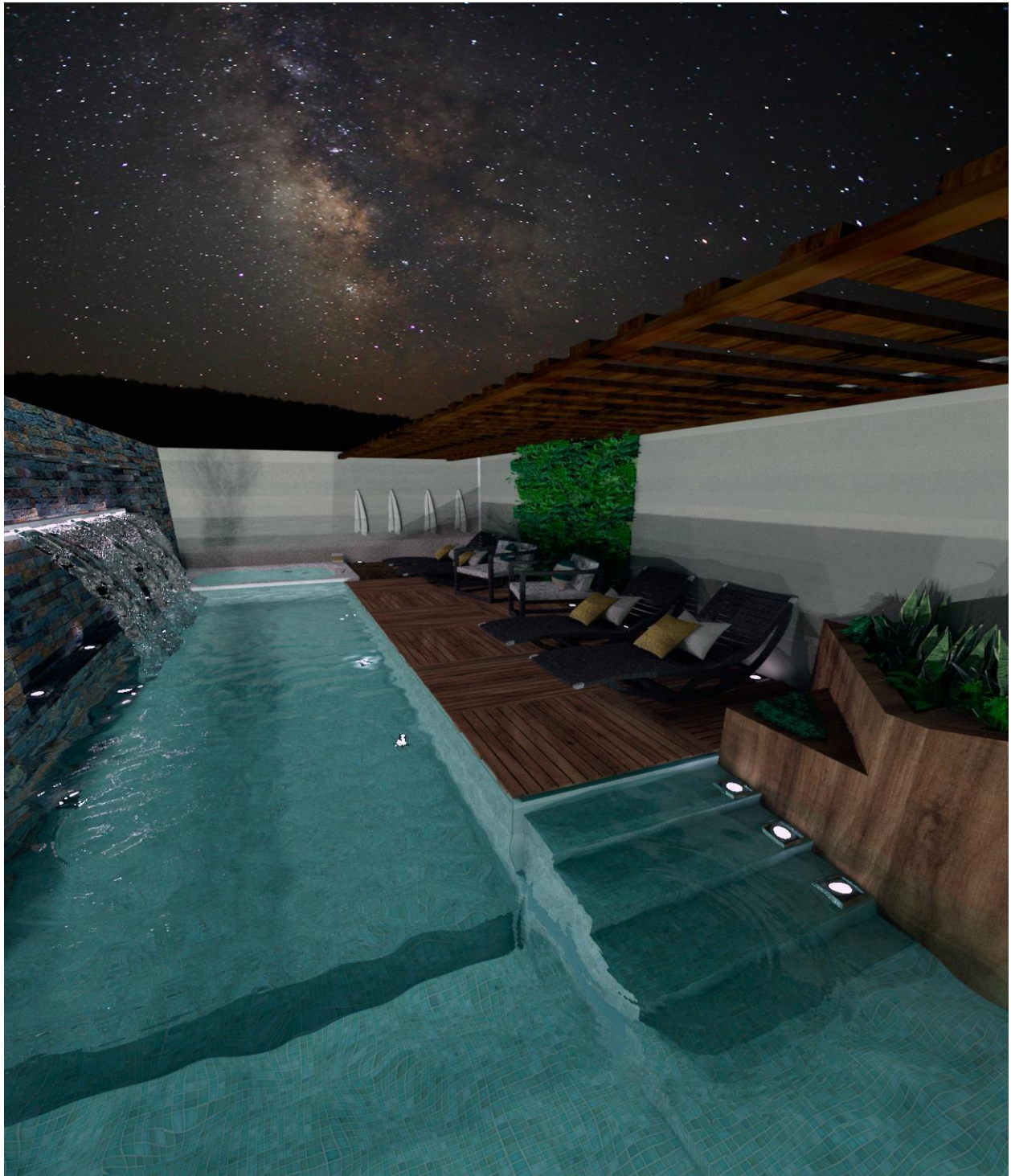
Building occupants complain of symptoms associated with acute discomfort, e.g., headache; eye, nose, or throat irritation; dry cough; dry or itchy skin; dizziness and nausea; difficulty in concentrating; fatigue; and sensitivity to odors.

Concepts relating sustainable interior design



green Law in
green environment





CONCLUSION

Take care of the environment (interior and exterior)
and simultaneously ourselves.



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