

# WOMEN AND CULTURAL DIVERSITY

Prof. Prachi Garge



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**BOOKS ARCADE**

KRISHNA NAGAR, DELHI

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## CHAPTER 1

# EXPLORING THE MULTIFACETED ROLES AND CONTRIBUTIONS OF WOMEN IN THE IRONIC TAPESTRY OF INDIAN CULTURE

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### ABSTRACT:

The abstract delves into the nuanced and multifaceted roles of women in the intricate tapestry of Indian culture, unraveling a complex interplay of traditions, paradoxes, and evolving dynamics. Against the backdrop of a culture that has been historically marked by diverse religious, social, and regional influences, women in India navigate a spectrum of roles that are often laden with contradictions. From the revered goddesses in the pantheon of Hindu mythology to the everyday challenges faced by women in contemporary society, the dichotomy is evident. While traditional norms may place women on a pedestal in certain contexts, real-world complexities reveal stark disparities in access to education, employment, and decision-making. The abstract scrutinizes the paradox of women embodying both the preservers of cultural heritage and the catalysts for societal change. It examines the resilience and agency displayed by Indian women, challenging stereotypes and contributing significantly to fields as diverse as science, politics, arts, and entrepreneurship. The evolving narrative is one of empowerment as women break barriers, assert their rights, and challenge ingrained norms. The abstract also touches upon the role of women in preserving and reshaping cultural practices, from the performing arts to familial traditions. While the challenges are undeniable, the abstract emphasizes the resilience, adaptability, and diverse contributions of women to the cultural landscape of India. It invites reflection on the need for a more inclusive and equitable societal framework, recognizing and appreciating the multifaceted roles that women continue to play in shaping the paradoxical yet vibrant cultural identity of India.

### KEYWORDS:

Cultural Fabric, Contributions of Women, Indian Culture, Societal Expectations.

## 1. INTRODUCTION

In the intricate tapestry of Indian culture, the roles and contributions of women are as diverse and dynamic as the nation itself. Far from being relegated to a singular, static portrayal, women in India have played multifaceted roles that span the realms of history, tradition, contemporary society, and cultural evolution. This exploration delves into the complex layers that make up the fabric of women's existence in India, unraveling a narrative of resilience, diversity, and paradoxes that shape their experiences [1]. Historically, the rich tapestry of India's past is interwoven with the stories of remarkable women who defied societal norms and left an indelible mark. From the legendary Rani Padmini of Mewar, who courageously faced adversity during the medieval, to the iconic Rani Lakshmana of Jhansi, who led her troops fearlessly against the British East India Company in the 19th century, history is punctuated with instances of women breaking barriers and challenging conventions. These historical narratives exemplify the paradoxes within the cultural fabric of a society that, on one hand, produced formidable female leaders and, on the other, was steeped in patriarchal structures [2].

Traditionally, women in India have been assigned roles deeply rooted in cultural and familial expectations. The notion of 'sati,' where a widow would immolate herself on her husband's funeral pyre, provides a stark example of the extreme expectations imposed on women in certain historical contexts [3]. Yet, in the same societal framework, women have been revered as goddesses, with celebrations like Navratri honoring the divine feminine energy [4]. This paradoxical treatment reflects the complex and sometimes contradictory attitudes towards women embedded in cultural norms. As India traversed the path of modernization and social reform, women actively participated in movements for change. The 19th-century social reformer Raja Ram Mohan Roy advocated for the abolition of practices like 'sati' and advocated for women's education. He laid the groundwork for subsequent waves of social and political movements that sought to address gender disparities. The early 20th century saw the emergence of trailblazing women like Sarojini Naidu, who played a pivotal role in India's struggle for independence [5]. These women not only contributed to the fight against colonial rule but also questioned deeply ingrained societal norms.

The post-independence era witnessed the framing of the Indian Constitution, which, under the leadership of Dr. B.R. Ambedkar, enshrined the principles of equality and non-discrimination. Despite constitutional safeguards, women continued to face challenges, and the fight for gender equality persisted. The latter half of the 20th century saw the rise of prominent female figures across various fields, including politics, science, literature, and arts. Indira Gandhi, as the first female Prime Minister, left an indelible mark on Indian politics, demonstrating that women could wield significant political power [6]. The paradoxes within the cultural tapestry are perhaps most visible in the realm of family and societal expectations. While traditional expectations often emphasize the role of women as caregivers and custodians of family honor, contemporary India has seen a surge of women breaking free from these constraints. Women are increasingly pursuing education and careers, challenging stereotypes, and contributing significantly to the workforce [7]. This evolution reflects a dynamic negotiation between tradition and modernity, where women navigate traditional roles while also asserting their presence in spaces historically dominated by men.

The cultural tapestry further unfolds as we explore the diverse experiences of women across India's myriad regions, languages, and communities. Each cultural facet adds a unique thread, contributing to the vibrancy of the overall narrative. The North Indian 'ghoonghat' tradition, where women cover their faces with veils, stands in contrast to the matrilineal societies of Kerala, where property is traditionally passed down through the female line [8]. The 'salah stringer,' the sixteen adornments, symbolizes the embellishments worn by brides in certain communities, embodying the aesthetic and ritualistic aspects of femininity. Religious diversity also influences the roles of women in Indian culture [9]. The empowered figures of Goddess Saraswati, the embodiment of knowledge, and Goddess Durga, the fierce warrior goddess, coexist with societal practices that sometimes limit women's agency. Religious reform movements led by figures like Raja Ram Mohan Roy and Swami Vivekananda sought to challenge regressive practices and promote a more inclusive and egalitarian interpretation of religious texts [10].

The tapestry of women's contributions extends into the realm of literature and arts. From iconic poet-saints like Mirabai, whose verses transcend time and societal norms, to contemporary authors like Arundhati Roy and Jhumpa Lahiri, women have been instrumental in shaping the literary landscape [11]. The performing arts, including classical dance forms like Bharatanatyam and Odissi, showcase the grace and artistic prowess of women, while contemporary cinema provides a platform for narratives that challenge societal expectations. While strides have been made, challenges persist, reflecting the paradoxes within the cultural fabric. Gender-based violence, unequal access to education and healthcare, and the persistence of patriarchal norms are stark reminders of the work that remains [12]. The cultural tapestry is a work in progress, where women continue to assert their rights and challenge societal norms. Grassroots movements and organizations are working towards empowering women, addressing issues like female feticide, promoting education, and challenging discriminatory practices. In contemporary India, women are increasingly active in politics, with figures like Indira Gandhi, Jayalalithaa, and Mamata Banerjee holding influential political positions. The corporate sector sees women breaking the glass ceiling [13].

## 2. LITERATURE REVIEW

S. Mahta et al. [15] study focuses on The effects of a negative perspective on workforce change in assessing the ways digital culture shapes gender expectations. It explores the cultural tradeoffs women on the front lines and in other underserved communities must make when seeking employment at a streaming service. Drawing on data from media studies and gender studies, the article discusses the designer's role as a role model from a feminist perspective. Drawing on semi-structured interviews with experts, industry reports, and examination of gender-related data, this study examines why strong agency and independent screening

business models in India are not associated with the establishment of underrated gender rights. A large number of creative professionals have worked on Indian web series produced between 2014 and 2020. Instead, the #metoo movement, the gendered interpretation of algorithmic data, and social gender are now associated with gendered culture, inhibiting the participation of women and minorities.

S. Yadav et al. [16] study focuses on Modern Indian culture is rethinking gender roles, attitudes, and behaviors through the screening of Bollywood movies that leave a huge impact on the audience. This study examines how Indian cinema uses the power of modern trends such as #MeToo to define the status of women and promote gender enjoyment. This article provides a good study of the text and content of recent women's films. To understand the recognition of women's power, agency, and equality by famous Bollywood actresses, this analysis focuses on the importance of the central roles of feminists. This work also looks at the evolution of the male savior, who once dominated Bollywood and popular culture but has now been stripped of its layers to become a standard patriarchy. This article explores how women have traditionally been portrayed in Bollywood films and then examines them to examine how the opposite is true in today's films. This article explores these changes by examining images that challenge the traditional image and reject the pursuit of same-sex support.

S. Sing et al. [17] study focuses on The Indian context and explains the concept of "ideal femininity". I request to search for the best picture of Indian woman Sati Savitri Aurat (woman). This study shows that a modern Sati Savitri woman must embody three principles to be seen as the perfect Indian woman in the eyes of the public. Silence, marriage, and modesty are important here. When these values combine, Indian women are seen as attractive and respected by people. These points emerged when I asked ten female journalists representing different age groups about their views on the ideal Indian woman. The thoughts of these female journalists, who carefully participated in the discussion, regarding the creation of the concept of the "ideal Indian woman" were recorded and analyzed. To argue that the modern Hindu female model, Sati Savitri, embodies three values: morality, marriage, and silence, I have divided her responses into three groups in this study as follows. By referencing the Hindu mythological figure Sati Savitri, I hope to show that appropriate models of sexuality can be found in Hindu society and culture.

A. Salad et al. [18] study focuses on this article and discusses two works about women in Indian Ocean literature: Christina Ali Farah's *The Dhow is Across the Sea* and Banadiri's wedding song "Waa Guuriheeynaa." By comparatively examining two literary genres, I explore women's relationships, coastal identity, the law of inheritance, and the connection between nature in this layer. I examine how these works reveal relationships between coastal women and how their practices (local and Indian Ocean) become pieces of knowledge of knowledge. I will then examine the various ways in which women use culture as a means of constructing women's society in "Waa Guuriheeynaa" and "Dhow is Crossing the Sea." I think that the female body has a cultural importance in both articles. While Banadiri Indian Ocean culture is presented, recognized, and sustained by the female body in Waa Guuriheeynaa, the women of the coastal body in Dhow Across the Sea bear witness to the contrasting and competing legacies of the Indian Ocean and diaspora legacies that have registered a static loss.

### 3. RESULT & DISCUSSION

#### 3.1 Women in Indian Culture:

In the vast and intricate tapestry of Indian culture, the roles, experiences, and contributions of women are woven into the very fabric of society. Across the epochs of India's history, women have played multifaceted roles that reflect both the richness and paradoxes of the cultural landscape. The narrative of women in Indian culture is one of resilience, diversity, and transformation, navigating the complex intersections of tradition and modernity. Historically, India's cultural narrative boasts of remarkable women who have left an indelible mark on the

annals of time. From the valiant Rani Padmini and the legendary Rani Lakshmbai, who stood against colonial forces, to the iconic poet-saint Mirabai, whose verses transcend societal norms, history is replete with instances where women defied conventions and carved their destinies. These historical accounts exemplify the complexity within the cultural tapestry — a society that, while producing formidable female leaders, also grappled with patriarchal structures and paradoxical expectations. Traditionally, women in India have been assigned roles deeply embedded in cultural and familial expectations. The dichotomy is stark, encapsulated in the historical practice of 'Sati,' where widows would immolate themselves on their husband's funeral pyre, juxtaposed against the worship of women as goddesses during festivals like Navratri. These contradictions echo the complex and sometimes conflicting attitudes towards women entrenched in cultural norms, portraying a society that reveres the divine feminine yet imposes extreme expectations on mortal women.

As India traversed the path of modernization and social reform, women actively participated in movements for change. Figures like Raja Ram Mohan Roy in the 19th century advocated for the abolition of regressive practices such as 'sati' and championed women's education. The early 20th century witnessed the emergence of dynamic leaders like Sarojini Naidu, who played pivotal roles in India's struggle for independence. These women not only contributed to political upheavals but also questioned societal norms, embodying the paradoxes within the cultural fabric. Post-independence, the framing of the Indian Constitution under the guidance of Dr. B.R. Ambedkar enshrined principles of equality and non-discrimination. However, the fight for gender equality persisted. The latter half of the 20th century saw the rise of prominent female figures across various fields, including politics, science, literature, and arts. Indira Gandhi, as the first female Prime Minister, demonstrated that women could wield significant political power, challenging traditional gender roles. Contemporary India witnesses a dynamic negotiation between tradition and modernity, especially in the realm of family and societal expectations. While traditional norms often emphasize women as caregivers and custodians of family honor, the 21st century has seen a surge of women breaking free from these constraints. Women are pursuing education and careers, challenging stereotypes, and contributing significantly to the workforce. This evolution reflects a dynamic interplay between tradition and modern aspirations, where women navigate established roles while also asserting their presence in spaces historically dominated by men.

The experiences of women across India's diverse regions, languages, and communities contribute to the cultural tapestry's vibrancy. Each cultural facet adds a unique thread, enriching the overall narrative. The North Indian 'ghoonhat' tradition, symbolizing veiled modesty, stands in contrast to matrilineal societies in Kerala, where property is traditionally passed down through the female line. The 'solah shringar,' the sixteen adornments worn by brides, embodies the aesthetic and ritualistic aspects of femininity, reflecting the nuanced expressions of cultural identity. Religious diversity further influences the roles of women in Indian culture. Empowered figures like Goddess Saraswati, representing knowledge, and Goddess Durga, the fierce warrior, coexist with societal practices that sometimes limit women's agency. Reform movements seek to challenge regressive practices and promote a more inclusive interpretation of religious texts, unraveling the complexities within the cultural fabric.

Women's contributions extend into literature and arts, shaping the cultural landscape. From the verses of poet-saints to contemporary authors like Arundhati Roy, women have left an indelible mark on literature. The performing arts, including classical dance forms like Bharatanatyam and Odissi, showcase the grace and artistic prowess of women. Contemporary cinema provides a platform for narratives that challenge societal expectations, reflecting the evolving role of women in Indian society. While strides have been made, challenges persist, underscoring the paradoxes within the cultural fabric. Gender-based violence, unequal access to education and healthcare, and persistent patriarchal norms are stark reminders of the work that remains. Grassroots movements and organizations are actively working towards empowering women,

addressing issues like female feticide, promoting education, and challenging discriminatory practices. In contemporary India, women are increasingly active in politics, with figures like Indira Gandhi, Jayalalithaa, and Mamata Banerjee holding influential political positions. The corporate sector sees women breaking the glass ceiling, paving the way for greater inclusivity.

### *3.2 Problems faced by Women in India:*

Women in India face a myriad of challenges that stem from deeply rooted societal norms, gender-based discrimination, and systemic inequalities. One pervasive issue is gender-based violence, manifested in forms such as domestic violence, sexual harassment, and human trafficking. Despite legal frameworks in place, many women still encounter obstacles in reporting and seeking justice due to societal stigmas and a lack of adequate support systems. Educational disparities persist, with lower literacy rates among women compared to men, limiting their access to opportunities and reinforcing traditional gender roles. Economic inequality is another significant challenge, as women often encounter wage gaps, limited employment opportunities, and barriers to career advancement. This economic disparity is exacerbated by societal expectations that often prioritize men as primary breadwinners, perpetuating unequal power dynamics within households. Additionally, the persistence of child marriage and dowry practices further restricts women's autonomy and economic independence [19].

Reproductive health issues, including limited access to healthcare, family planning resources, and safe abortion services, compound the challenges faced by women in India. Societal taboos surrounding menstruation and reproductive health further contribute to a lack of awareness and perpetuate harmful norms. Political underrepresentation is a persistent concern, as women remain underrepresented in decision-making roles and political spheres. While progress has been made with the introduction of reservation quotas for women in local governance, broader representation at higher levels remains a challenge. Furthermore, cultural norms and societal expectations often dictate women's roles, restricting their freedom and agency. The pressure to conform to traditional gender roles can lead to limitations on education, career choices, and overall personal development. The prevalence of gender stereotypes reinforces societal biases and contributes to the perpetuation of discriminatory practices. Addressing these challenges requires a multifaceted approach that includes legislative reforms, awareness campaigns, and societal shifts in attitudes toward gender equality. Empowering women through education, economic opportunities, and healthcare access is crucial for dismantling the barriers that hinder their progress. Fostering a culture that values and respects women's rights, while challenging ingrained stereotypes, is fundamental for creating a more inclusive and equitable society [20].

### *3.3 Women Empowerment in India:*

Women empowerment in India has emerged as a crucial societal imperative, marking a transformative journey towards gender equality and dismantling entrenched patriarchal norms. In a nation where historical and cultural narratives have often perpetuated gender disparities, the empowerment of women has become a pivotal force reshaping the social landscape. Initiatives promoting education, economic independence, and political representation for women have played a vital role in fostering empowerment. The shift is evident in the increasing enrollment of girls in schools and universities, challenging traditional norms that once restricted educational opportunities. Economic empowerment, through skill development programs and entrepreneurship initiatives, has enabled women to break free from financial dependence, fostering a sense of autonomy and self-reliance. Moreover, the political arena has witnessed a rising tide of women leaders, from local governance to national politics, challenging the historical underrepresentation of women in decision-making roles. Grassroots movements and advocacy campaigns have also raised awareness about gender-based violence and discrimination, sparking conversations that challenge societal norms. Despite progress, the journey towards women empowerment in India is ongoing, with persistent challenges such as

unequal access to resources, deeply ingrained cultural biases, and barriers to employment opportunities. However, the concerted efforts and resilience of women, supported by evolving societal attitudes and policy interventions, continue to propel India towards a more inclusive and empowered future. The narrative of women's empowerment in India reflects a dynamic struggle for equality, emphasizing the collective responsibility of society to dismantle barriers and create an environment where women can fully realize their potential and contribute to the nation's progress [21].

### *3.4 Possibilities for women In India:*

In contemporary India, the possibilities for women have expanded significantly, reflecting a transformative shift in societal attitudes and opportunities. Women in India are increasingly breaking through traditional barriers, pursuing diverse paths that encompass education, careers, entrepreneurship, and leadership roles. Education has emerged as a powerful catalyst, providing women with the knowledge and skills to navigate a rapidly changing world. With increasing access to quality education, women are pursuing higher studies and entering fields traditionally dominated by men, from STEM (science, technology, engineering, and mathematics) to business and the arts. The corporate landscape is witnessing a notable influx of women in leadership positions, challenging the gender gap and reshaping organizational dynamics. Women entrepreneurs are also making significant strides, venturing into diverse sectors and contributing to India's economic growth. Initiatives supporting women-led startups and promoting financial inclusion have further fueled the entrepreneurial spirit among women, unlocking new possibilities for economic empowerment [22].

In politics, women are making their mark, holding key positions, and influencing policy decisions. The political arena has seen the rise of influential leaders, from chief ministers to central ministers, showcasing the evolving role of women in shaping the nation's governance. Political participation and representation have become crucial avenues for women to voice their concerns and contribute to shaping inclusive policies. The advent of technology has played a pivotal role in expanding possibilities for women in India. Digital platforms have become powerful tools for advocacy, networking, and entrepreneurship. Women are leveraging social media to amplify their voices, champion causes, and connect with a global audience. Additionally, the rise of remote work has opened up new opportunities, allowing women to balance professional pursuits with familial responsibilities. While these strides signify progress, challenges persist, including gender-based violence, unequal access to resources, and societal expectations. Efforts towards creating a more inclusive and supportive environment for women continue, with advocacy for gender equality gaining momentum. Programs promoting skill development, financial literacy, and health awareness contribute to enhancing the possibilities for women across diverse sectors. The possibilities for women in India are expanding across various domains, marking a departure from traditional norms. Education, economic opportunities, political participation, and technological advancements are creating avenues for women to explore their potential and contribute meaningfully to society. As these possibilities continue to evolve, the ongoing journey towards gender equality in India holds promise for a future where women can realize their aspirations and shape the narrative of progress and empowerment.

### *3.5 Need for a woman-only space:*

The need for women-only spaces arises from a recognition of the unique challenges, safety concerns, and socio-cultural dynamics that women often contend with in various aspects of their lives. These spaces provide a sanctuary where women can express themselves freely, seek support, and foster a sense of empowerment. In the workplace, women-only spaces can serve as platforms for professional development, mentorship, and networking, addressing historical gender imbalances and promoting gender equality. In educational settings, such spaces create environments where women feel comfortable sharing experiences, engaging in discussions,

and challenging societal norms without fear of judgment. Furthermore, in communal and public spaces, the need for women-only areas becomes apparent for safety reasons, especially during travel or in recreational settings. These spaces offer a respite from the pervasive concerns of harassment and ensure that women can navigate public spheres without compromising their sense of security. Domestic violence shelters and support groups exemplify the critical role of women-only spaces in providing refuge, counseling, and community for those facing intimate partner violence. By acknowledging the need for women-only spaces, society recognizes the importance of creating environments where women can thrive, voice their concerns, and build solidarity, ultimately contributing to the broader goals of gender equality and empowerment.

#### 4. CONCLUSION

The multifaceted roles and contributions of women in the intricate tapestry of Indian culture unravel a story of resilience, diversity, and paradoxes. From historical icons who challenged norms to contemporary trailblazers breaking barriers, women have played pivotal roles that shape the cultural narrative of India. The juxtaposition of reverence and constraints within the cultural fabric reflects the complexities that women navigate. As India strides towards modernity, women actively engage in dismantling traditional expectations, pursuing education, careers, and leadership roles. The dynamic negotiation between tradition and modernity is evident as women assert their presence in spaces historically dominated by men, redefining societal norms. Across diverse regions and communities, the cultural tapestry becomes richer with the unique threads contributed by women, showcasing their agency, resilience, and artistic expressions. However, challenges persist, underscoring the paradoxes within the cultural fabric, and demanding continued efforts for gender equality. Grassroots movements and initiatives addressing issues like violence, education, and healthcare epitomize the ongoing quest for empowerment. The narrative of women in Indian culture stands as a testament to the evolving nature of societal dynamics, where women continue to shape and redefine their roles in the face of changing times. As India embraces the diversity of its cultural heritage, the invaluable contributions of women weave an inspiring narrative that resonates far beyond the confines of tradition, heralding a future where their multifaceted roles are fully acknowledged, celebrated, and woven into the evolving tapestry of India's cultural identity.

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## CHAPTER 2

### EVOLUTION OF ART AND THE SIGNIFICANCE OF ARTIST RESIDENCIES IN CREATIVE DEVELOPMENT

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#### ABSTRACT:

The dynamic trajectory of artistic evolution and the crucial role that artist residencies play in fostering creative development. As human societies progress, so does the nature and expression of art, reflecting shifts in cultural, technological, and socio-political landscapes. The study traces the historical evolution of art, examining how various movements, mediums, and ideologies have shaped the artistic landscape over time. A central focus of this investigation is the contemporary relevance of artist residencies as pivotal spaces for creative incubation. Artist residencies serve as unique environments that provide artists with time, space, and resources to immerse themselves in their craft. It analyzes the impact of artist residencies on the creative development of artists. By examining case studies and testimonials, it seeks to identify patterns and trends in how these experiences contribute to the evolution of an artist's practice. Insights are drawn from interviews with artists, residency organizers, and experts in the field, shedding light on the transformative effects of such programs on artistic perspectives, techniques, and conceptual frameworks. It finds that artist residencies emerge as vital catalysts in this evolutionary journey, serving as incubators for creativity, fostering artistic growth, and contributing to a vibrant and dynamic contemporary art landscape. The findings of this study offer valuable insights for artists, curators, and policymakers seeking to support and promote the continued evolution of art in an ever-changing world.

#### KEYWORDS:

Art, Artist, Creative, Residency, Studios.

#### 1. INTRODUCTION

The term "evolution of art" refers to the way that topics, methods, and creative styles have changed throughout time. Since the dawn of human civilization, art has played a crucial role in adjusting to changes in society, culture, and technology. Prehistoric cave drawings are the result of humans painting pictures of animals and other themes on the walls of caves in ancient periods, creating the oldest known form of art. As civilizations flourished, their values, ideologies, and aesthetics were reflected in the art that emerged. For instance, Greek art prioritized realism and idealized human forms, but Egyptian art was distinguished by symbolism and stylization [1], [2]. Because of the prevalent religious beliefs of the era, religious themes and motifs were often seen in medieval European art. A major change in art occurred during the Renaissance, when artists like Michelangelo and Leonardo da Vinci experimented with perspective, light, and shadow, creating famous pieces like David and the Mona Lisa. Modern artists push the limits of abstraction and experimentation by experimenting with new forms and techniques. The emergence of digital media and photography has further influenced the evolution of art by providing new means of expression. From digital art to street art to contemporary sculpture, artists are always pushing the boundaries of what is considered art and the ideas it may represent. The ideals, ideologies, and aesthetics of modern civilization are reflected in the constant development of art [3], [4].

The idea of an art residency first surfaced when it was first presented in the United States. This was the first time that artists would choose to reside in the little Bremen community of Worpswede, in search of inspiration or self-discovery. Worpswede was formed in 1889. The 1960s saw a rise in popularity as artists started moving temporarily to remote areas and committing to living and working there. Guest studios in towns and villages became centers of social and political transformation because of their emphasis on public participation and social action. The concept took off throughout the world and gained popularity in several nations, including Brazil, Taiwan, Estonia, Cameroon, Japan, and Vietnam. Beyond just providing

lodging, the community wanted to create alternative, locally-based hubs for learning and the arts. The idea of cheap residential centers for artists grew exponentially over the globe as a result of advancements in technology and the internet. Technology and art have a complex and dynamic connection that has endured, with both influencing and being impacted by the other. Throughout history, art has often inspired technical advancement, and technology has functioned as a vehicle for creative expression. For example, photography completely changed the way artists saw and depicted the world. The invention of photography also had a profound impact on other visual media, such as cinema and television, which in turn shaped our perception of and experience with art. But there's a big difference in terms of having access to technology and having the necessary abilities. While digital technology offers new avenues for creative expression, not all artists possess the tools or technical know-how to properly use it. Additionally, there is a difference in the way that technology and art are valued and supported. On the one hand, technology is usually seen as a means of advancement and innovation, while art is often considered a luxury or a source of delight. This disparity might result in the arts receiving insufficient funding, especially in sectors where technology is seen to be a more useful and valuable investment [5], [6].

The present study is about evolution of art and the significance of artist residencies in creative development. The remaining of the paper is organized in the following section 1 to explore aim is to create a space that will help you relax and work in peace and harmony. It is open to all who want to escape the day-to-day city life and explore different dimensions of art. Section 2 represented the review of literature in the context of a poetic educator's portrait utilizing the arts to advance personal and professional development. The discussion is presented in section 4 for the main purpose is to help artists connect and network with different artists and communities. The conclusion of the study is presented in section 4.

## 2. LITERATURE REVIEW

D. W. Zaidel [7] argued here that evolutionary survival requirements drove the development of symbolic cognition and imagination, which in turn affected the creation of the early arts. Practical survival was prioritized above symbolic artistic expressions, and the practical use of ochre inspired the creative development of body paints. Storytelling and performing arts began when people used fire hearths for affection, cooking, and tool manufacture in groups. This offered a forum for the sharing of actual and imagined experiences. Evolutionary forces used vocal chorusing and rhythmic ensemble kinetic forms to tap into innate physiological features to promote solidarity and bonding. The principal motivations for the first arts were to improve survival by means of symbolic manifestations of collective action and social cohesiveness.

M. N. Hannah *et al.* [8] survey literature that introduce and cover key concepts in art history, since they provide a conveniently available and portable resource for beginning courses in the American higher education system.

Among the main rivals, Helen Gardner's *Art through the Ages* has been published for the longest time and has undergone several revisions. In order to better understand the importance of a canonical work and its continued prevalence among art history professors, this essay compares many randomly chosen editions across time in order to explore different bibliographic features.

Alterations in chapters, paginations, the length of appended bibliographies, and visual elements like images, coloration, cartographies, and graphical illustrations show how publishing has evolved in a dynamic and adaptive way, responding to shifting markets for these kinds of texts and accommodating shifts in disciplinary boundaries in art history and education over time.

Rs. Harsh *et al.* [9] assurance of Velopharyngeal Insufficiency (VPI) is inadequate velopharyngeal valve closure throughout speech production, which may result in audible nasal discharge and possibly hypernasality. Other secondary symptoms include short utterance

duration, compensatory articulation productions, and weak or absent consonants, and even dysphonia may arise from this disease. Communication and social relationships may be greatly impacted by the overall effect of VPI on speech quality and comprehension. The present work, which spans the author's career, provides a succinct summary of the development of VPI management during the last 40 years. In addition, the author discusses the state-of-the-art throughout VPI management at this time and offers a roadmap for how patient care for VPI patients may develop in the future.

Z. Wang *et al.* [10] In that work, developed a simple method based on the Materials Project (MP) Pourbaix diagram architecture to accurately forecast the aqueous stability of solids by using the SCAN functional. It provide a thorough evaluation of the performance of the SCAN functional by calculating formation enthalpies for a wide variety of oxides. For transition-metal oxides, it have proposed Hubbard U corrections to rectify notable departures from the typical SCAN functional.

Comparisons with experimental information along with the MP PBE Pourbaix diagrams for representative scenarios verify the validity of the Pourbaix diagram computed using the SCAN functional. Comparative benchmarks show that the SCAN Pourbaix chart is systematically better at forecasting aqueous stability than the MP PBE. Furthermore, we demonstrate the usefulness of this approach by precisely forecasting the dissolving potentials of state-of-the-art catalysts for the oxygen evolution process in acidic environments.

A. Dokolova [11] exploration of the development details and patterns in the historical retrospective usage of 3D-mapping technology, the study seeks to identify the features of projection mapping creation as a union of technology and art. Techniques. An integrated strategy that combined techniques from contemporary art history with the study of video mapping origin was used to accomplish this goal and handle related issues. These included the approach known as evolutionary, the typological technique, the historical method (examining the utilization of video projections in the context of social art retrospectively), and others. The study explores the emergence and development of 3D video mapping as a unique genre of audiovisual art. It reveals the subtleties of media technology use in the late 20th and early 21st centuries and examines the state of video mapping progress at the moment. It also delves into the intricacies of projection mapping in cutting-edge multimedia technology, specifically as it relates to augmented reality environment.

The above study shows to explore the institutional processes behind this evolution, highlighting tensions between local artist needs and broader urban cultural policy goals in Singapore. In this study, the author discusses the several types of residencies and live work of artesian.

### 3. DISCUSSION

The initial plan was to combine a retreat with an artist residence, giving creative a chance to work and unwind in a tranquil setting. After a great deal of work to refine this idea, it became clear that artist residencies and retreats serve different functions. Following a thorough examination of the parallels and divergences between the two, it seemed sense to concentrate the thesis on artist residencies. This method made it possible to thoroughly analyze the similarities and differences between the two ideas, which led to a better comprehension of the special advantages that artist residencies provide [12], [13].

#### 3.1. Residencies:

Mostly, residencies revolve around artists committing their time and energy to the investigation and development of concepts instead of obsessing about producing a certain result. In this regard, artist-researchers are essential since they help find creative answers or methods to deal with problems that could come up while they're working. The focus is on fostering the creative process, and to promote the development of their ideas, artists are provided with access to specialized resources, information, and experience.

### 3.1.1. *Thematic Residencies:*

A thematic residency is a specialized setting with a well-planned program that brings together artists, curators, and other professionals in the arts to produce art and have conversations on pertinent subjects. This cooperative setting encourages participants to make genuine relationships with one another and builds vital networks within the creative community [14], [15].

### 3.1.2. *Production-based Residencies:*

A production-centered residency is intended to provide artists with the opportunity to create and realize a particular project or piece of art. A curatorial and technical team usually assists to ensure that the project is completed, perfected, and finalized, which will eventually result in an exhibition.

### 3.1.3. *Interdisciplinary and cross Sectorial Residencies:*

Its main goal is to support artistic endeavors in a variety of mediums, including many artistic professions and sectors. In essence, it serves as a welcoming area for artists looking for a creative setting. Both residency hosts and artists aggressively seek out chances for cross-disciplinary collaboration with partners beyond the usual creative sphere [16], [17].

### 3.1.4. *Time in Residency:*

The length of the labor periods may vary greatly, from two weeks to up to six months, and if the artists so choose, they can even go up to a year. The artists will have to choose and calculate how long they can commit to a residence.

### 3.1.5. *Cost in Residency:*

Artist residencies provide monetary assistance in the form of living costs, travel scholarships, and stipends, which artists may find useful.

### 3.1.6. *Network in Residency:*

An exhibition arising from cooperation with other artists or public interaction may take place at the end of the residence time or project. Alternatively, the artist is free to utilize the residence for personal reasons as long as they don't owe anything to the host, which gives them time and space to pursue their creative endeavors.

### 3.1.7. *Community of Residency:*

An artist's capacity to produce may be significantly impacted by the resources offered by an artist's residence. Artists may find it helpful to look for a residence that offers the tools and area they need to complete their work. Certain artists could particularly search for a residence that offers chances for networking, community involvement, or collaboration.

## 3.2. *Live work of Artesian:*

The different kinds of artwork presented in live works of artesian are:

### 3.2.1. *Visual Art:*

Since its founding in 2009, Space118 has provided temporary studios and residencies as a platform for up-and-coming visual artists from all over the country and the world. The group invites a wide range of artists into their studios to foster a lively, encouraging, and dynamic work atmosphere. Their goal is to promote dialogue amongst artists who work in different media. Located in the center of Bombay's industrial area, inside a warehouse property, and just a 15-minute drive from Kala Ghoda and the Colaba art district, Space118 allows artists to fully immerse themselves in the dynamic art and cultural scene daily. Through Fine Arts Grants and Fundraisers, Space118 aims to support the interdisciplinary spirit of Indian artists and promote visual arts innovation. Although the Fine Arts Grant offers digital assistance for new work

creation, concept testing, mentorship, and creative programming, along with online community engagement, its fundraising shows provide artists a platform to present their works. Figure 1 depicts the visual art of a wall in Mazgaon Mumbai.



**Figure 1: Represented the visual art of the wall in Mazgaon Mumbai [18].**

### 3.2.2. *Development of the Artist's Residence:*

The Artist's Residence, a singular project where the living space serves as a blank canvas for fostering ideas and nourishing creativity, is the result of the architect and client's basic ideals coming together harmoniously in Figure 2.

The complex relationship that exists between architecture and art allows the two to come together as one. The site, which is in the Kasaragod District, is just a little 10-cent area, but it is rich in natural elements, including laterite stones, a variety of plants, birds, and butterflies. Notably, one appealing feature of the property is its cost. Even though it didn't cost more than 25 lakhs to build, the house has 2500 square feet of built-up area. Locally available laterite has been utilized mostly for the walls, with steel and bamboo serving as the frameworks. The polished concrete flooring surfaces provide a rustic but visually appealing look.



**Figure 2: Illustrates the living environment serves as a blank canvas on which to paint your thoughts and foster creativity.**

### 3.2.3. *Museum of Living History:*

The Mahindra Group has opened the museum of living history, a state-of-the-art establishment situated in the Mahindra Towers in Worli, Mumbai. The museum acts as a link between the world's changing present and undiscovered future and the historical riches of the previous 75 years, going beyond a simple retrospective presentation. This unique project, which stands out for its noteworthy use of technology to improve the tourist experience, embodies the objectives and spirit of the company. Visitors may completely immerse themselves in the history and culture of the corporation via interactive displays, and audio-visual presentations, including virtual reality experiences offered by the museum. The museum's dedication to sustainability and energy reduction is a major selling point. The structure optimizes natural light and ventilation while minimizing heat absorption and energy consumption thanks to its green roof design. Rainwater collection, trash segregation, and composting facilities are all part of the environmental concerns. The Museum of Living History does, however, have difficulties in striking a careful balance between accessibility and preservation. The museum seeks to attract a wide audience in addition to showcasing Mumbai's rich cultural past. Careful attention will be needed to portray varied and complicated cultural knowledge in an appealing and instructional way. Figure 3 depicts the museum's use of technology to improve the visiting experience.

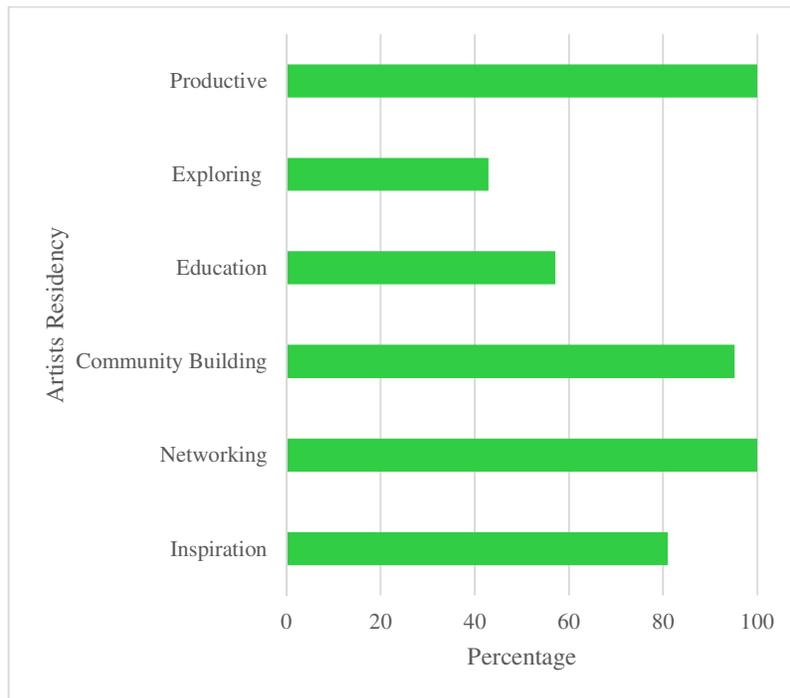


**Figure 3: Illustrates the museum's use of technology to improve the visiting experience [19].**

### 3.3. *Importance of an Artist Residency:*

In the world of creative pursuits, an artist's residence is crucial because it provides a transforming environment that supports and enhances the artistic process. A residency becomes more than just a place to create things physically; it also serves as a testing ground for ideas, attempts, and teamwork. It releases artists from the distractions and responsibilities of everyday life, giving them the priceless luxury of uninterrupted time devoted only to their profession. Deep reflection is encouraged in this concentrated setting, which enables artists to examine the essence of their creativity and explore new forms of expression. Additionally, residencies often create a community setting by bringing together artists from various backgrounds to promote a vibrant interchange of ideas and methods. This collaborative attitude fosters professional and personal development in addition to widening creative ideas. The creative process is further enhanced and given new dimensions by exposure to many cultures, landscapes, and artistic traditions. In the end, an artist's residence contributes significantly to the development of the

artist as well as the larger field of creative expression by acting as a furnace for creativity, introspection, and technical improvement. Figure 4 depicts the importance of artists in different fields.



**Figure 4: Illustrates the importance of artists in different fields.**

#### 3.4. Main space of Artist Residency:

The initiative's goal is to provide artists with a chance to live and work in environments that are different from their traditional studios or offices. Artists are invited to live in a variety of settings, usually with other creatives who share their interests, to create an environment that is conducive to learning, teaching, experimenting, and exhibiting a range of media. The idea is to create peaceful areas where artists feel empowered to showcase their skills via exhibition platforms, networking possibilities, specialized workspaces, and financial assistance. Artists from all backgrounds are welcome to apply to the program, which is designed for people who want to acquire new skills or freshen up their workplace. Residential housing will be provided to the chosen artists, enabling them to concentrate entirely on their creative endeavors and cultivate relationships with other artists. The residency emphasizes experiential learning by providing a platform for artists to experiment with new techniques and approaches via workshops, lectures, and exhibits. Furthermore, the museum and storage sections provide a safe place for artists to keep and exhibit their works of art, which act as inspiration for their artistic processes. Lastly, the workstation that is supplied gives artists a specific area to work and explore, together with all the tools and materials they need. The artist residency has six main spaces:

##### 3.4.1. Workspaces:

These stand in for the primary locations where artists create their works. A wide range of instruments and materials specific to different creative disciplines, such as painting, sculpture, printing, or digital media, are available in studios.

##### 3.4.2. Residential Spaces:

Depending on the particular program, residencies often include separate rooms, shared living areas, or communal living options for artists to stay during their stay.

### 3.4.3. Community Spaces:

Shared areas where inhabitants may relax, socialize, and work together. Common spaces include dining rooms, kitchens, lounges, and even recreational spaces. These areas help the residing artists develop a feeling of community.

### 3.4.4. Exhibition Spaces:

Residents of some artist residencies may display their work to the general public and other artists in galleries or exhibition venues. This facilitates exposure, feedback, and networking.

### 3.4.5. Workshops:

Spaces for lectures, seminars, and educational events. Residents or the local community may benefit from the skills, expertise, and views that artists in residence can give by leading or participating in these sessions.

### 3.4.6. Outdoor Spaces:

Certain artist residencies may be surrounded by nature or outdoor settings, particularly if they are situated in picturesque or rural locations. Being close to nature may inspire artists and provide a tranquil environment for their work.

## 4. CONCLUSION

The dynamic, centuries-long path of art's history reflects the always shifting field of human intellect, culture, and expression. From ancient cave paintings to modern digital art, artists have always modified their techniques and aesthetics to express their own viewpoints and react to the changing environment. The advent and importance of artist residencies in promoting creative growth is a vital facet of this process. These programs provide artists a special setting, often far from their regular surroundings, giving them the time and space to experiment with methods, explore new concepts, and participate in cross-cultural interactions. Artist residencies foster the development of individual artists while also contributing to a larger, more connected creative community via their immersive, collaborative character. Artist residencies have a significant impact on the art community as a whole, in addition to the particular artist. Through the provision of a safe space for experimentation and risk-taking, residencies aid in the development of creative movements and trends. The innovative ideas and ground-breaking works that artists return to their hometowns after a residency demonstrate the influence of these programs, which helps to create a livelier and diversified international art environment. Artist residencies are essential to maintaining the originality and variety of creative expression in a world where technology and culture are changing at a fast pace. They provide a safe haven where artists may consider the past, react to the present, and plan for the future. Artist residencies, which work as catalysts for innovation and create a greater knowledge of the interconnectivity of the human experience via the lens of art, are essential facilitators of creativity as we continue to see the growth of art.

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## CHAPTER 3

# EXAMINING REHABILITATION CANTERS TO ENHANCE THE QUALITY OF LIFE FOR INDIVIDUALS STRUGGLING WITH ADDICTION

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### ABSTRACT:

Rehabilitation centers are establishments that are specially made to offer thorough and organized programs to help people recover from a range of medical issues, such as addiction, harm, or mental health issues. Indian society is in a transitional phase, busy lifestyle, increasing pressure, stress, and change in roles have led to an increase in substance and alcohol abuse among women. The growing prevalence of substance use in society has advanced the creation of treatment and rehabilitation centers for the victims. However, these centers are designed with a universal approach and fail to meet women's psychological, physical, and social needs. It is crucial to consider the physical attribute of the environment in which a patient receives care, as it affects the patient's outcomes and recovery. Studies show that therapeutic interior environments in healthcare facilities can accelerate recovery, reduce patients' anxiety and stress, and encourage a sense of well-being. As the treatment for women is not similar to men, there are special concerns concerning their Relationships, Family influences and support, Partner relationships, Sexuality, Pregnancy, Parenting, and History of trauma which may affect their recovery and mental state. Thus, there is a requirement for further improvement in the environment that can cater to these needs and help in enhancing the recovery of the patient. The objective of this study is to examine rehabilitation facilities and how they might help people with addiction issues live better lives. The study's future focus will be on investigating new and developing approaches and improvements in rehabilitation facilities to improve the lives of those who are recovering from addiction.

### KEYWORDS:

Addiction, Alcohol, Rehabilitation Centers, Stigmatization

## 1. INTRODUCTION

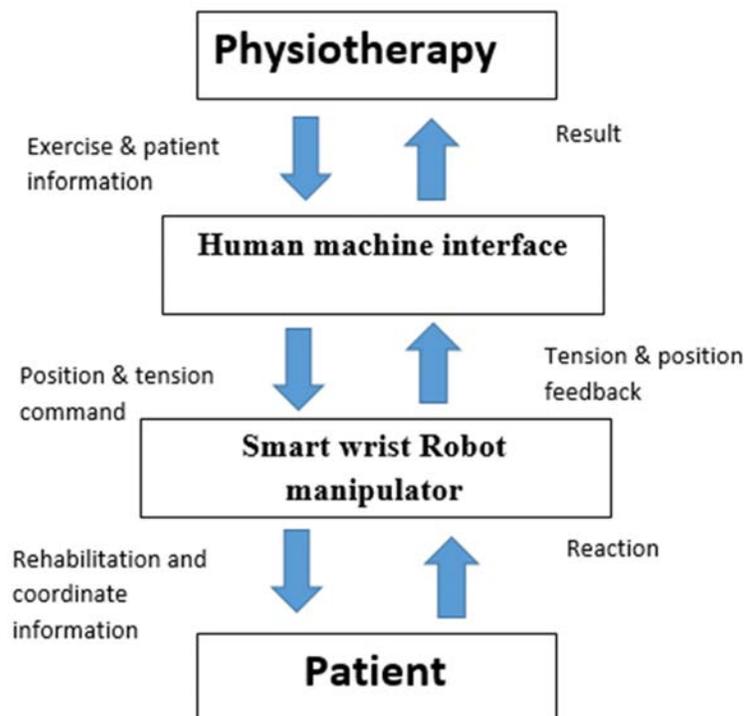
The state of addiction in modern society is complicated and urgent requiring a careful investigation of efficient therapies. This essay examines recovery facilities and how important a part they play in improving the lives of those caught in the cycle of addiction. Since addiction is a complex and widespread problem, it necessitates all-encompassing approaches that go beyond just stopping substance use. As vital hubs for promoting comprehensive recovery, rehabilitation institutions provide a range of therapy modalities and support networks. In the framework of this investigation, we will analyze the various parts that make up the recovery process. Rehabilitation institutions represent a dynamic and multifaceted approach to treating addiction ranging from medical stabilization and detoxification to psychotherapy interventions and reintegration techniques. We hope to reveal the many levels of support and care offered to people battling addiction by exploring the complex inner workings of these facilities [1].

Moreover, the investigation will encompass the influence of rehabilitation on the general quality of life for those enduring the process of recovery. The restoration of physical health, psychological well-being, and social reintegration will take precedence over the stop of substance use. This thorough examination aims to shed light on the life-changing possibilities of rehabilitation facilities by giving people the tools they need to regain control over their lives and pursue happier, healthier lifestyles. The goal of this investigation is to better understand the current paradigms in rehabilitation while also identifying areas that could be improved upon or innovatively used.

We hope to provide insightful information that can improve the methods used to treat addiction and enhance the general quality of life for those pursuing recovery by encouraging a better understanding of the complex interactions that occur between rehabilitation facilities and the people they assist [2].

### 1.1. Rehabilitation centers:

In the context of addiction, rehabilitation facilities are essential organizations that offer a methodical and all-encompassing approach to addressing the complex issues related to substance usage. First and foremost, these facilities are essential during the early stages of rehabilitation because they provide a safe space for medical stabilization and detoxification. This stage is critical for ending the physical dependence on drugs and guaranteeing the security of those going through withdrawal. Rehab facilities use a wide variety of psychotherapy interventions after the acute stage of detoxification. These could include behavioral therapies catered to each person's particular requirements and triggers, individual counseling, and group therapy sessions. The goal is to address the underlying psychological and emotional causes of addiction in addition to reducing substance usage. Rehab facilities enable people to explore and resolve these underlying issues by offering a therapeutic and supportive atmosphere enabling them to build resilience and coping skills. The integrated approach to physical therapy and rehabilitation is depicted in the Figure 1 block diagram which highlights the interrelated phases and elements necessary to maximize patient recovery and well-being [3].



**Figure 1: displays the block diagram for physical therapy and rehabilitation [4].**

Rehab facilities also prioritize comprehensive recovery by treating the psychological, social, and physical aspects of addiction. While mental well-being is promoted through counseling and psychiatric treatment, physical health is frequently restored through medical care and wellness initiatives. Rebuilding connections and interpersonal skills are the main goals of social reintegration programs since these are essential for helping people start over outside of the cycle of addiction. Acknowledging addiction as a chronic illness requiring continuous care is a fundamental feature of rehabilitation facilities.

A lot of facilities offer support groups, outpatient programs, and aftercare services to help patients adjust from the regimented setting of the rehabilitation center to the demands of daily living. The goal of this continuity of care is to maintain the progress achieved during the early stages of recovery and avoid recurrence. Rehab facilities are essentially vibrant hubs that give a life-changing path to long-term recovery in addition to addressing the urgent issues associated

with addiction. Through the integration of medical knowledge, psychological assistance, and a comprehensive approach, these centers greatly improve the general well-being of those who are battling addiction [5].

### *1.2. Relationship between spaces and human behavior in healthcare facilities:*

The complex relationship that exists between people's actions and physical spaces in rehabilitation centers results in a dynamic atmosphere that is favorable to recovery. These centers' layouts and designs are carefully thought out to promote comfort, security, and therapeutic interaction. Common areas, such as treatment rooms and public spaces are set up in a way that encourages sociability and connection among people undergoing rehabilitation. The communal rooms facilitate mutual understanding and a sense of community among residents by acting as focal points for group activities, support sessions, and shared meals. These areas are purposefully created to dispel loneliness and promote candid dialogue, creating a network of support among people who experience addiction in comparable ways [6].

Through shared experiences and a sense of camaraderie fostered by group activities, residents frequently find comfort and strength that serve as a pillar of their recovery process. Furthermore, the design of rehabilitation facilities is essential in ensuring that patients have the privacy and personal space they require when needed. Residents can reflect on their own or participate in one-on-one therapy sessions in their quarters and counseling rooms. This harmony between public and private areas meets the varied demands of people at different phases of their recovery. The therapeutic objectives of rehabilitation institutions are closely linked to the behaviors of the people who reside there. Daily schedules are designed to support personal development and rehabilitation. These schedules frequently involve counseling sessions, group therapy, physical activities, and educational programs [7].

In a safe, supervised setting, residents actively engage in their treatment plans and accept accountability for their choices and actions. Staff member's counselors, doctors, and other support staff are essential in helping to make these connections. Their compassionate, knowledgeable, and guiding behaviors foster a welcoming environment that motivates residents to participate in the therapy process. The cooperative and comprehensive approach to addiction recovery is facilitated by the staff and residents' activities working in unison. Rehabilitation clinics are essentially symbiotic environments where people's activities are influenced by their physical surroundings. The way people interact and behave is shaped by the purposeful design of places, and the way residents and staff behave affects the therapeutic environment in both directions. The ability of recovery facilities to offer a supportive environment where people may overcome the obstacles of addiction and strive toward a healthier, more fulfilled life is largely dependent on this interconnection [8].

### *1.3. Substance and alcohol dependence and rehabilitation facility:*

A treatment center for substance abuse and alcoholism is essential to addressing the complex issues of addiction. This specialist facility is intended to offer complete care to people who are struggling with substance abuse issues including drug and alcohol addiction. The hospital functions under the premise that addiction is a multifaceted medical problem with social, psychological, and physical components. People go through a planned and closely monitored detoxification procedure inside the walls of a drug and alcohol recovery center. The goals of this first stage are to safely treat withdrawal symptoms and terminate the physical dependence on drugs. To protect patients' safety and comfort during this crucial phase, medical experts actively monitor and assist patients. After detoxification, the process of recovery involves a range of therapeutic therapies. Residents can investigate the psychological and emotional components of their addiction during individual treatment sessions. Group therapy sessions offer a caring setting where people can talk about their experiences, gain knowledge from one another, and create coping strategies together [9].

The rehabilitation center incorporates aspects of mental and physical health into the treatment plan to stress holistic well-being. Physical exercise, mental health counseling, and wellness initiatives all support the total healing process. Moreover, educational programs and skill-development exercises get people ready for a smooth transition back into society after rehabilitation. The committee staff at the facility, which consists of counselors, medical experts, and support workers, is essential in helping people get the help and care they need while they work toward recovery. Their knowledge, compassion, and dedication help to foster a healing atmosphere that promotes individual development and constructive lifestyle adjustments. A drug and alcohol rehab center acts as a specific haven for people trying to overcome their addiction. Utilizing detoxification, treatments, and holistic care, these institutions aim to enable clients to surmount the obstacles caused by substance abuse and set out on a journey toward long-term recovery and enhanced general health [10].

#### *1.4. Addiction to substances and alcohol in the context of women:*

Substance and alcohol addiction in women is a complicated problem that the field of public health is beginning to acknowledge more and more. This phenomenon is related to a variety of substances, such as alcohol and narcotics, and it shows up in a variety of socioeconomic and demographic settings. Women who suffer from addiction have particular difficulties that are frequently shaped by biological characteristics, cultural norms, and particular life circumstances. Social constraints and gender-role expectations can have an impact on women's addiction to drugs and alcohol. Underreporting and an unwillingness to seek assistance may be caused by the stigma attached to women who take drugs. Barriers to receiving the right care and assistance can include societal expectations about women's behavior and the stigma attached to addiction [11].

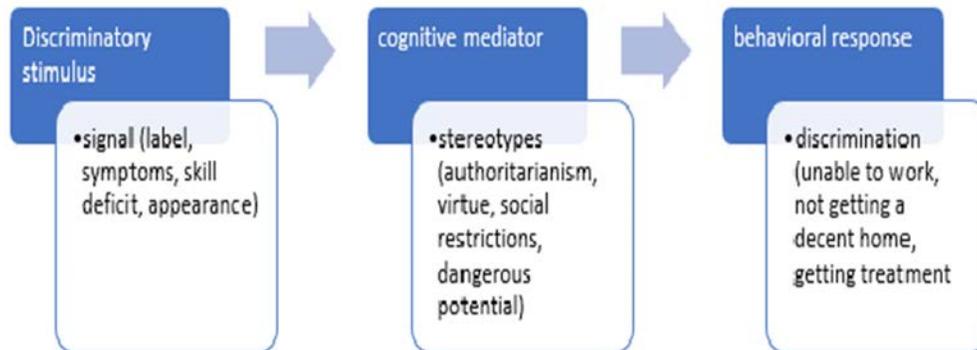
Addiction in women can also be influenced by biological factors. Women may face different difficulties and repercussions than men due to variations in metabolism, changes in hormones, and the effects of drug usage on reproductive health. Comprehending the biological elements that are specific to gender is crucial to customizing efficacious preventative and treatment approaches. Women are particularly vulnerable to substance and alcohol addiction due to life circumstances like trauma, domestic abuse, and having a family. Among women, trauma is a particularly common antecedent to addiction. Effective intervention must address the underlying causes of addiction and offer trauma-informed care. Gender-sensitive and inclusive approaches to prevention, treatment, and recovery are critical in addressing the unique needs of women who are battling with alcohol and drug addiction. Comprehensive programs should take into account the distinct biological, psychological, and social elements that affect women specifically when it comes to addiction, offering specialized assistance to address the complexities of their experiences [12].

Moreover, it is imperative to shatter the taboo and demolish the stigma associated with women and addiction to foster a welcoming atmosphere that promotes asking for assistance. Addressing substance and alcohol addiction among women can be done more comprehensively and compassionately by providing access to gender-responsive treatment programs, encouraging gender-informed research and legislation, and empowering women to talk candidly about the difficulties they face.

#### *1.5. Stigmatization:*

A widespread and harmful social phenomenon, stigmatization as shown in Figure 2 is especially noticeable when it comes to problems like addiction and mental health. Assigning unfavorable labels, stereotypes, or judgments to people or groups because of traits or circumstances deemed abnormal or unusual is known as stigmatization. In the field of addiction, people who battle drug misuse frequently carry the burden of social stigma, which can make their problems worse. Misconceptions and a lack of knowledge regarding the complexity of substance use disorders are the main causes of the stigma around addiction.

Addiction is sometimes seen as a moral failing or a sign of weakness rather than as a medical illness that needs to be treated and supported. These false beliefs make addicts feel more alone and make it more difficult for them to get treatment and start their recovery without worrying about being judged. Stigmatization feeds into the cycle of shame and concealment around addiction. Even talking to friends, family, or medical experts about their issues may be hindered by the dread of being called an "alcoholic" or "addict" [13].



**Figure 2: shows the shaping process of Stigma [14].**

Fear of social consequences might make people reluctant to ask for assistance, which can delay prompt intervention and treatment. Furthermore, stigmatization affects institutional policies and cultural views in addition to individual encounters. Discrimination against people with a history of addiction can occur in several contexts, such as the workplace, housing market, and medical field. The difficulties that people in recovery encounter are made worse by these institutional impediments, which also reduce their chances of reintegrating into society. A multimodal strategy that incorporates advocacy, education, and DE stigmatization initiatives is needed to combat stigmatization. Reducing stigma requires promoting truthful information about addiction as a medical problem that can be treated, encouraging compassion and empathy, and dispelling myths. Promoting candid discussions that humanize the experiences of people struggling with addiction aids in the removal of obstacles that enable stigmatization and creates a more accepting and encouraging social environment for those seeking recovery [15].

## 2. LITERATURE REVIEW

Basma Ibrahim et al. [16] discussed that it is important to integrate sustainability into the architecture of rehabilitation facilities. Previous studies have described the stability of both learning and emotional intelligence. The patient's relationship with the environment is an important part of environmental sustainability. According to the literature review, regulating the patient's internal or external environment positively affects how they feel. Studies show that creating a place where medical care is given heals patients, and there are no recommendations for designers on designs and arrangements that affect a person's pain. These models help patients integrate into their environment and participate in activities that enhance their recovery and quality of care. This study aims to identify patterns from national and international statistics as well as from research on patient needs that affect the way patients interact with their environment and it also shows how to use these features during design.

P. Vargas Navarro et al. [17] explored that this is most important to determine the family type and structure of a group of patients receiving substance abuse treatment or rehabilitation centers between August and October 2009. A method of descriptive analysis was used to examine drug use or addiction in 10 patients who met the inclusion criteria. Over the past three months, we have been working on projects and generating data using non-participant observations, informal interviews, and patient history reviews. The seven families interviewed were headed

by one parent and participated in a different “gender system.” Single parents tend to be lonely have trouble setting rules may not idealize the father's role in the family, and may seek conflict. Through categorical analysis, we found that the ten families in the addiction study shared common family characteristics, including poor communication, lack of authority, rules and boundaries, triangular relationships, lack of unity resulting from the relationship between structures, and goal-oriented roles. An important aspect of the behavior is that she is seen as a mother without a father, and due to the separation of the relationship between the two parents, the role is made too emotional and therefore the thinking becomes distracting. The pattern of parental abandonment already exists. The results support other authors' observations about the family structure and personality of drug addicts, as well as their needs and demands on mothers. Since the family does not decide on drug use alone, the influence of other factors such as family structure, especially emotional vulnerability, should also be taken into account when developing the system.

C Fletcher et al. [18] explained that there is not much medical treatment available in the Canadian Arctic, and many Inuit go to rehabilitation centers in southern cities. We surveyed to understand what makes it safe for Inuit to live in critical health centers in Canada's south. In addition to semi-structured interviews and member-checking activities with 20 Inuit residents, 18 workers, and 4 leaders, we completed approximately 700 hours of individual participation in the survey. Data were analyzed using an inductive interpretive approach. Inuit people face many challenges and considerations in their journey planning which we organize into six themes having an Inuit partner, setting limits on personal actions and behaviors, a face open to misunderstanding and ignorance, participating in discussion and debate, overcoming language barriers, and in a nurturing and supportive environment. This study examines the relationship between social formation and cultural security; it shows the relationship that can change according to person, place, and time.

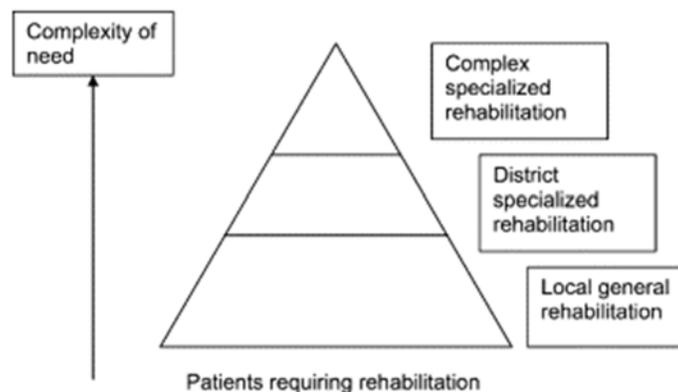
A Arifin et al. [19] proposed variables that determine the way the social service group operates which influence the choice of rehabilitation centers are presented: the Narcotics Anonymous (NA) model and the Therapeutic Community (TC) model. Orphanage owners or project managers, as well as policymakers at drug addiction treatment centers, are primary sources of information in the development of these statements. Social workers, counselors, and staff of healthcare facilities are important sources of information. Focus group discussions and in-depth interviews are important data collection methods. Material analysis is used as a data analysis technique. The findings show that internal factors that influence the particular organization, such as the influence of individual emotions or the decision of the group are carefully considered by managers or managers of rehabilitation organizations. The National Anti-Narcotics Agency and the Ministry of Social Affairs chose the community treatment model for the state-owned orphanage. Examples of other factors affecting private schools include Information from national and international conferences, Experience working with substance abusers and residents, Medicines Anonymous working group agreement from social workers and counselors who had problems using treatment in the community, and Exchange information between managers and leaders of other healthcare organizations. State institutions, on the other hand, are not affected by external forces because they only comply with the orders of the National Medicines Agency or the Ministry of Social Affairs.

MS Al-Btoush et al. [20] discussed that it is increasingly recognized that medical professionals' continued negative attitudes toward individuals struggling with addiction are a significant barrier to patients receiving appropriate treatment. This study aims to describe the attitudes of nursing staff towards patients in two rehabilitation centers in Jordan and the reasons for these attitudes. We used semi-structured interviews to collect data from a sample of 21 clinical psychologists from an ethnic work study. Then, the data were evaluated according to the themes determined in the literature. Caregivers who view "injured" patients negatively may avoid insults, humiliation, or discrimination against patients as part of the class. Negative

attitudes of nurses are caused by many important cultural factors such as the perception of addiction as a "hopeless" process, social media, and the respect-gender-stigma triangle. It is recommended that nursing education includes clinical practice training as well as continuing education on patient rights, legal decisions, and care ethics.

### 3. DISCUSSION

Rehab facilities are places of hope and healing for those struggling with addiction. They represent a comprehensive strategy meant to improve the lives of those affected by substance abuse. These institutions are fundamentally entire ecosystems created to address the social, psychological, and physical aspects of addiction rather than just detoxification facilities. Rehabilitation facilities' ability to interrupt the cycle of physical reliance is one of their core missions. A carefully supervised and organized detoxification procedure is part of the first step, which guarantees a safe and orderly withdrawal from drugs. During this phase, medical specialists are essential in controlling withdrawal symptoms and setting the groundwork for further therapeutic measures. This stage is essential because it opens the door to a longer healing process. A tiered approach to rehabilitation services is depicted in Figure 3, where interventions are customized to various patient complexity levels for all-encompassing care.



**Figure 3: Levels of service catering for different levels of patient complexity in rehabilitation [21].**

The process of rehabilitation goes much beyond detoxification and explores the complex network of psychological variables that lead to addiction. The core of this psychological intervention consists of individual and group therapy sessions that provide people a place to examine the underlying problems that are driving their addiction. Rehabilitation facilities enable people to manage the complexities of their mental and emotional well-being by treating the underlying causes and offering coping mechanisms. Rehabilitation facilities also understand how critical social reintegration is to the healing process. Relapse prevention education, community building, and interpersonal skill restoration are programs that make a big difference in a person's capacity to effectively reintegrate back into society. Rebuilding support networks and social ties are emphasized, and this is one of the main factors in preventing relapse and promoting sustained recovery.

Rehabilitation centers are unique in that they prioritize overall health. Medical attention, dietary guidance, and physical activity that promotes general well-being all foster physical health. A combination of mindfulness exercises, counseling, and psychiatric support is used to promote mental wellness. These facilities' educational programs give people the information and abilities they need to make wise decisions about their lifestyle and health, which improves their chances of leading happy, meaningful lives after recovery. Rehabilitation facilities are essential to the recovery of those who are battling addiction. By using a thorough and integrated approach, these clinics aim to improve the general quality of life for individuals pursuing

recovery in addition to addressing the urgent issues related to substance abuse. Rehabilitation facilities act as catalysts for good transformation by offering a therapeutic and supportive atmosphere, enabling people to reclaim control over their lives and embrace a better, more satisfying future.

#### 4. CONCLUSION

An analysis of rehabilitation facilities demonstrates how vital they are to improving the lives of those who are struggling with addiction. These facilities act as catalysts for change, promoting comprehensive rehabilitation in addition to ending the cycle of drug abuse. Rehabilitation institutions address the many facets of addiction by offering programs that promote social reintegration, therapeutic therapies, and controlled detoxification. When combined with educational programs, the focus on restoring one's physical and mental health gives them the resources they need for long-term recovery. Apart from alleviating pressing issues, these facilities serve as stimulants for constructive life transformations, enabling people to surmount the obstacles associated with addiction. Rehabilitation facilities facilitate the process of individuals regaining control over their lives by providing a supportive and therapeutic atmosphere. This helps individuals feel more agency and pave the road towards a better and more meaningful future. Rehabilitation facilities' all-encompassing approach emphasizes how vital a role they play in helping people break the cycle of addiction and make long-lasting, positive changes in their lives.

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## CHAPTER 4

### COMPLEXITIES OF INDIA'S HIGH SCHOOL EDUCATION: CHALLENGES, INNOVATIONS, AND THE GURUKUL PARADIGM

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#### ABSTRACT:

High school environments are places where students are in the most crucial learning years of their lives and the transitional phase of their academic careers. Academic curriculum levels are high and the pressure to achieve excellence becomes challenging. Due to this over the many years, High school students face high anxiety and stress levels. This study explores the multifaceted landscape of high school education in India. It also explores the resurgence of the Gurukul paradigm as a potentially transformative force, inviting a reevaluation of conventional educational models in the quest for a more inclusive, relevant, and effective high school education system in India. According to study statistics High school students spend on average more than 1000 hours in classroom spaces in India, especially in Mumbai. Being in Indoor environments, learning becomes more visual and less self-exploratory, further decreasing retention levels and making it challenging for students who require more learning time than others. It has gained traction in the Gurukul system, which draws inspiration from ancient Indian educational practices. This holistic and personalized approach to learning emphasizes experiential education, fostering a symbiotic relationship between the teacher and the student. The Gurukul paradigm seeks to harmonize traditional wisdom with contemporary educational needs. The multifaceted challenges, including infrastructural inadequacies, socio-economic disparities, and an examination-centric curriculum, underscore the urgent need for systemic reforms to ensure equitable and holistic education for all. The journey towards a more robust and inclusive high school education system in India holds immense promise for the nation's educational future.

#### KEYWORDS:

Education, Gurukul, Student, School, Teacher.

### 1. INTRODUCTION

With compulsory schooling for children aged 6 to 14, India has seen a 75% increase in literacy rates since attaining independence. India's educational system uses both public and private approaches, with private schools having superior facilities and amenities. Conversely, poor funding and a lack of monitoring of instructional strategies cause problems with public education, especially in rural regions. Regretfully, 37% of Indians living in poverty believe that private education is unaffordable. India's educational system places a strong emphasis on a variety of intellectual and extracurricular pursuits to prepare pupils for prosperous jobs and improved academic opportunities. However, throughout subsequent academic and job years, students may have issues with mental health, lifestyle, and social skills due to the system's high pressure and competitiveness [1], [2]. In many government public schools, the curriculum is dominated by rote learning, which makes it impossible for pupils to retain knowledge after they graduate. All kids are impacted by this one-dimensional approach, which hampers a variety of learning methods. India's growing population makes it more competitive over time to get good marks and possibilities for further education, yet many public and private institutions still use outdated teaching methods. The pressure on students to achieve above and beyond expectations often gets in the way of their efforts to learn. This change reduces students' recall of learned material and increases stress and anxiety, which lowers their prospects of obtaining a better education and well-paying jobs later on [3], [4].

In the past, kids had fewer learning tools than they have now, relying mostly on books and libraries. Due to increased competitiveness and a desire to seize several chances, students nowadays often acquire necessary skills far in advance of the officially recognized learning age. For example, some pupils learn to read and write before starting pre-primary school. Today's students have more access to a multitude of resources and information than their predecessors because of the introduction of digitization, which has also given them enhanced

capabilities for the future. In India, high schools are the main places where students learn. They take up most of the students' time throughout the school day as they study different courses. Traditional classroom arrangements are common in many Indian schools, where students are seated in rows facing a teacher who is presenting material. Although group seating arrangements are used in certain schools for cooperative learning, they are mostly used to support visual and auditory learning. While students in the rear may get unmotivated, those in the front may benefit from improved knowledge retention. Furthermore, these arrangements restrict many ways of interacting, learning collaboratively, and learning independently while providing a single method of education that can work for some students but not for others. A less inclusive atmosphere is also produced by this rigidity, particularly for students who struggle with the learning process or need more time. While some public schools only use conventional resources like books and blackboards, elite private schools often use technology and visual learning techniques [5], [6].

### 1.1. High Schools in India:

A student's last years of secondary education are represented by their high school years, which also serve as a crucial transition point for the following academic stage, which might be college or university. High school students in India, who are usually between the ages of 13 and 17, are at a critical phase of their scholastic lives as they choose their professional paths. In the past, Indian schools distinguished between official and informal education and had strong links to the nearby universities and colleges. While informal education pursued knowledge for its purpose, formal education tried to prepare students for the workforce or future study. There is a confluence of formal and informal techniques in education nowadays. To increase student productivity, several Indian institutions are putting more of a focus on helping pupils develop a deep comprehension of information. Innovative teaching strategies are being used by contemporary Indian high schools, such as digitalization, personalized learning, self-learning, and retaining a smaller student-teacher ratio to allow for more individualized attention. Beyond conventional courses, performance-based talents including painting, yoga, performing arts, languages, and mental health sessions are included in the emphasis. These forward-thinking methods show how Indian high schools are moving toward a more dynamic and all-encompassing educational environment [7], [8].

The present study is about. The rest of the structure organized in the following section 1 provides an understanding of the practices of High schools in India and identifies the existing gaps. Section 2 represented the review of literature in the context. The discussion is presented in section 3 to show the need for recreational, mental health, and social development. To understand the need for interaction between age groups of students. The summary of this study is presented in section 4.

## 2. LITERATURE REVIEW

G. O. Téllez,[9] using a meso-sociological viewpoint, that paper investigates absenteeism in Mexican high school education using a systematic approach. The concept of an exploratory survey, completed by 115 students from five different kinds of Mexico City schools, is presented in the paper. In order to find conceptual and methodological tools that support the development of an absenteeism typology appropriate for the Mexican context, the paper first explores a variety of theoretical approaches often used in absence analysis. The paper then goes on to describe the methods used, the model that was used, and the extent of the investigation. Finally, the article offers an examination of the advantages and disadvantages of using the suggested tool to research absenteeism in a variety of settings.

R. B. Machado *et al.* [10] proposes shifting an important discussion to the last year of Basic Education, High School. It provides analysis based on research that attempts to consider the incorporation of Physical Education into the Languages Area by investigating the interactions between the Basic Education curriculum proposals and the High School Physical Education

teachers' instructional strategies. The technique has its roots in Foucault's research. The goal is to show how social and modern Brazilian realities especially when it comes to secondary education have made efforts aimed at molding and training people necessary. It contends that in order to win over the public, which has long questioned the structure and instructional approach, these training programs are covered over with other discourses. But this is a step backwards because, rather than rearranging teaching strategies and helping students develop a deeper comprehension of the material, it forces them to cut out of subjects that seem unimportant or boring. Moreover, in the event that these people subsequently become aware of these gaps, it will be their entire responsibility to address and close them.

S. R. Rindrayani [11] qualitative research aims to evaluate how character education is included into the economics curriculum of social studies-focused high schools, in accordance with the 2013 curriculum. Students studying social science and instructors teaching economics served as the main information sources for this study. Document analysis, observation, and in-depth interviews were all used as data collecting techniques. Data processing then moved on to collection, reduction, presentation, and conclusion drawing/verification. According to the MGMP economic subject convention, instructors have included character development planning into lesson plans, syllabi, and instructional materials. Character education is implemented in high schools via curriculum and extracurricular activities that are in line with Pancasila's 18 national characteristics and values. An added focus is placed on developing entrepreneurial attitudes. Economics professors use written, oral, organized, and unstructured assignments to measure students' character.

Character education is shown to provide some challenges, especially when it comes to students specifically those who do less academically. It provides educators and practitioners with useful information on how to improve high school students' character development within the curriculum.

T. Ristian *et al.* [12] goal of the study has to provide a thorough review of trait theory and factor from the literature, presenting it as a workable strategy for career counseling. By promoting an awareness of the fit between their personal traits and potential work settings, the goal is to empower students to make well-informed choices about their future education and career options. Using a literature review technique, this research explores the topic in further detail. The results highlight the role that professional maturity plays in helping people make well-informed career choices. It is determined that the Trait and Factor approach is necessary and appropriate for providing focused services in the career counseling industry. It helps students identify their innate talent and successfully match it with the professional path of their choice. The above study indicates that instructors, guided by the MGMP economic subject convention, have incorporated character development planning into lesson plans, syllabi, and instructional materials. Character education is implemented through both curricular and extracurricular activities, aligned with Pancasila's 18 national characteristics and values, with an emphasis on fostering entrepreneurial attitudes. In this study, the author discusses ancient time Gurukul education system and types of education found in Mumbai.

### 3. DISCUSSION

The main objective of educational environments is to support learning in every manner possible. The idea is to create a multimodal, self-exploratory learning environment for high school students, integrating contemporary teaching methods with inspiration from Vedic Gurukul education. The aim is to create environments that accommodate a range of learning styles so that students may easily gain life skills and self-improvement skills as essential components of their academic path. The goal is to provide surroundings that foster students' physical, mental, emotional, and spiritual growth holistically. The high school years are critical for student social connections, idea-sharing, creative enhancement, information acquisition, and just appreciating diverse viewpoints. Making mental health a priority is essential for

increasing self-esteem, lowering tension, and easing anxiety, particularly in light of the high incidence of mental health problems and elevated stress levels throughout high school. During this stage, social skill development is very important since it helps students move into their professional careers more smoothly [13], [14].

### 3.1. *Gurukul Education System:*

With its roots in ancient Indian customs, the Gurukul education system offers a distinctive, all-encompassing method of learning that beyond the traditional classroom setting. Students live near their professors in the Gurukul system, creating a close-knit community where learning goes far beyond textbooks. In addition to academic knowledge, a person's whole development physical, mental, emotional, and spiritual is also prioritized. In addition to providing subject matter knowledge, gurus and instructors play a crucial role in forming the character and values of their pupils by teaching them life skills and ethical ideals. The individualized attention that every student receives at Gurukul is one of its distinguishing characteristics. A thorough grasp of each student's unique learning style, abilities, and shortcomings is made possible by the small teacher-to-student ratio. The curriculum is often adaptable and customized to each student's requirements and interests, which promotes a deeper connection between the student and the subject matter. Furthermore, experiential learning in which students actively participate in real-life events and learn via practical experiences is highly valued in the Gurukul method. In contrast to the regimented, contemporary educational systems, a Gurukul education fosters respect for the environment, community, and collaboration. Pupils learn from one another as well as from their instructors, fostering a helpful and cooperative learning atmosphere. A feeling of self-discipline and independence are also ingrained in pupils by the Gurukul model since they actively participate in many facets of everyday life, such as household tasks and obligations. The fundamental tenets of the traditional Gurukul system whole development, individualized learning, and a close relationship between teacher and student remain relevant and encourage conversations about alternative, more student-centered approaches to education in the modern era, even though the system has changed over time to incorporate elements of modern education. The historical and philosophical basis of the Gurukul system invites contemplation of the more general objectives and principles that education ought to ideally uphold. An outdated kind of education called the Gurukul system entailed pupils living at the home of their instructor, or guru. They were taught all they needed to know here, including the Vedas, the value of hard effort, discipline, and discipline, as well as practical information that was necessary for day-to-day existence. After receiving their education, students had to put what they had learned into practice and pay a fee, called gurudakshina, as a thank you for the lessons they had learned. The principles of the Gurukul Education system are:

- Focus on professional, social, spiritual, and practical knowledge.
- Influenced by religion and cultural traditions.
- Focused on the holistic development of the student.
- Acceptance was sought based on attitude and the student's determination to learn.

### 3.2. *Types of education found in Mumbai:*

#### 3.2.1. *Public schools:*

Public schools are educational establishments that receive funding and management from the state or local government. These schools serve all students in a certain geographic region, and their main objective is to provide free and accessible education to as many people as possible. Academic standards at the state or federal levels are often followed by public schools, which also follow an agreed-upon curriculum established by educational authorities. The government is in charge of and assists these institutions, including the BMC schools. They adhere to either the central or state board curricula, i.e. the curriculum of CBSE.

### 3.2.2. *Private schools:*

Private schools are educational establishments that function without government support and are often financed by tuition, gifts, and other private sources. Private schools are free to choose their curricula, instructional strategies, and admissions requirements, unlike public schools. They often accommodate certain educational ideologies, religious convictions, or specialized academic programs, giving families more options following their tastes and morals. Private schools are managed by a trusted founder and are those that provide higher quality instruction and learning opportunities at an affordable cost. The international curriculum is also implemented in some of the schools [15], [16].

### 3.2.3. *Homeschooling:*

Instead of sending their kids to regular schools, parents or guardians might take on the major responsibility for their education by homeschooling them. A more flexible and individualized learning experience catered to the unique requirements and learning styles of every student is made possible by this alternate mode of instruction. Families who opt to homeschool have the flexibility to choose educational philosophies and curricula that are in line with their beliefs and objectives. These are for pupils who may not be able to go to a typical school to further their education. However, they can show up for school exams.

### 3.2.4. *Tuition Classes:*

Tuition courses, often referred to as coaching or supplemental classes, are outside educational programs that provide pupils with extra teaching outside of the normal school curriculum. Students often enroll in these seminars to improve their comprehension of academic topics or to get expert help in difficult areas. Core academic topics like physics and arithmetic may be covered in tuition sessions, as well as languages, the arts, and test-taking strategies. These sessions provide additional coaching and learning, either one-on-one or with numerous students, to help them acquire skills that aren't taught in schools or to get extra advice [17], [18].

### 3.2.5. *Education for Adults:*

The area of adult education is vibrant and diversified, serving the learning requirements of those who are older than the typical school age. It includes a broad variety of activities and programs intended to support individuals in developing new abilities, increasing their knowledge base, and achieving their personal or professional objectives. Numerous formats are available for adult education, such as online courses, seminars, continuing education programs, adult education centers, community colleges, and formal classrooms. These educational facilities are available to adults who need to improve their professional skills or raise their literacy rates, particularly for those living in remote locations.

### 3.2.6. *Nurseries and Playgroups:*

Early childhood education facilities like nurseries and playgroups are intended to provide young children with a nurturing and engaging atmosphere before they enter into formal education. While playgroups often serve children age's two to five, nurseries normally serve children between the ages of zero and three.

These environments are vital for the development of motor skills, cognitive function, and early socializing. Nurseries concentrate on giving newborns and toddlers a secure and caring environment. They may provide full-day or part-time care. In contrast, playgroups emphasize play-based and interactive activities that support learning in a less structured environment. These are either attached to a bigger school or are for very young students, even toddlers. A daycare center may be included in certain nurseries.

### 3.2.7. STEM Education:

Science, Technology, Engineering, and Mathematics, or STEM education, is an interdisciplinary approach to education that incorporates these fundamental areas into a coherent curriculum. Giving pupils a solid foundation in these subjects via problem-solving, analytical thinking, and real-world application of knowledge is the aim of STEM education. To include students in a more participatory and immersive learning process, STEM programs often include hands-on exercises, experiments, and real-world projects. Instead of concentrating on areas that children don't want to study, stem education follows the lessons of the sciences, engineering, technology, and mathematics and could help those learners who have a strong interest in such disciplines.

### 3.3. Pros and Cons of the Education System in India:

The several main points of pros and cons of the education system in India are:

- The Provision of Distance education

By providing distance education, you open up opportunities for students to take other classes or develop other interests-related skills.

- Focus on Literacy for adults and the senior community

This makes it possible for people of all ages, especially those living in remote places without access to high-quality education, to pick up new skills and pursue careers.

- Free Education to Women

Because of this factor, free education for women mainly attempts to reduce the gender gap while also enhancing their financial empowerment and stability.

- The Process of rote learning of facts

A rote memorization-based educational technique makes learning ephemeral and makes it difficult for pupils to remember material for more than a short period.

- Lack of focus on developing unique and essential skills

Pupils have unique gifts that are waiting to be discovered, but strict teaching methods tend to obscure these gifts and keep them from realizing what their actual hobbies are.

- Students have to learn at a certain pace

Each learner is different and develops at a different rate. Some students may advance more quickly as a result of this disparity, providing them an edge over their classmates. Others can lose out on learning the foundations and important information in the meantime.

- Single manner of learning

Every learner has a unique way of learning, whether it was visual, aural, experiential, hands-on, or group-based. An in-depth comprehension may be impeded for certain pupils by the prescribed amount of time spent in classroom settings.

### 3.4. Learning Practices in Gurukul Systems:

The actual origins of these ideas may be found in India's historic Gurukul System. Subjects including astronomy, medicine, philosophy, political science, economics, religion, yoga, physical education, and defensive studies formed the foundation of this system, which was distinguished by practical learning. There were no tests, and no pupil ever experienced failure, in contrast to current educational institutions. Rather, people stayed in the Gurukul until their Guru (Teacher) said they were ready to depart. This adjustable duration is similar to the modern credit-based approach. When a pupil was ready to go out into the real world, the Guru was a key factor in that decision. The Gurukul system maintained those who needed more time to

fully absorb the lessons while allowing rapid learners to go early. Similar variable duration models are seen in the United States and other nations where the length of degree programs is determined by the students' capacity to fulfill the necessary credits. The Guru was in charge of the curriculum, delivery strategies, and evaluation procedures in the Gurukul system, tailoring instruction to the needs of each student. The Guru was essential in establishing an assessment-based learning framework, stressing morality and ethics, and serving as an example for the pupils. Students were proud of what they had learned and got the chance to get guidance from the Guru. This old Indian educational system changed despite its impact, and as India waited for its repackaging, the rest of the globe adopted some of its elements. Under this method, students would go to the teacher's home in search of lessons and actively engage in household and necessary tasks to learn about good living, diligence, and self-control. The scriptures, arithmetic, physics, practical skills, and social skills were all taught by the Guru in return. Pupils may remain for as long as necessary, either until the Guru thought everything had been taught or until they were content with what they had learned. Figure 1 depicts the ancient times of the Gurukul system for students.



**Figure 1: Illustrates the ancient time of the Gurukul system for students.**

### 3.5. Principles of the Modern Education System:

Modern education, often referred to as contemporary education, is the most recent and cutting-edge kind of instruction offered in 21st-century schools and educational institutions. Modern education goes beyond traditional academic subjects like commerce, science, and the arts, in contrast to its forebears. It is intended to help pupils develop their analytical skills, life skills, value education, critical thinking, and decision-making ability. Through the use of cutting-edge technology, including e-books, movies, and podcasts, audio and video platforms like YouTube, and mobile apps, contemporary education seeks to make learning interesting and appealing. In the past, students sat in orderly rows, listening to lectures, and taking notes under a teacher-centric paradigm in which the instructor was at the center of the learning process. Although this system has long been a cornerstone of education, there has been a notable change in the twenty-first century. Our environment and, most importantly, our educational system have been transformed by technology, which has become an essential component of daily life. Chalkboards, whiteboards, and now smart board technology have completely changed research, learning, and instructional strategies. Academic courses like mathematics, physics, languages, and other areas related to today's job landscape are given priority in the modern educational system.

Through technology breakthroughs, digital gadgets, online resources, and a variety of other ways, contemporary education practices have developed throughout time. Though there may be a disconnection when it comes to direct ties with nature, learning is no longer limited to conventional classroom settings.

Although it may be improved, the current educational system enables pupils to acquire the skills necessary for today's world.

- Allow for learning and developing an understanding of concepts.
- Develop self-learning and self-exploration.
- Allow for more social interactions between peers and other age groups.
- Developing better methods of testing and evaluating.

### 3.6. *Challenges faced by High School Students:*

Students often struggle with worry and tension when they run into problems because of the academic constraints they must endure to succeed. These difficulties, which are more common in the emotionally delicate adolescent years, may have a serious negative effect on students' self-esteem and confidence, particularly if they find it difficult to keep up with the academic program. For kids in these age groups, social development and healthy peer relationships are essential, but these chances may not always be easily accessible. In particular, high school students need assistance with the organizational components of their workload. Their attitude to their academics becomes chaotic when they don't get this kind of coaching. Students who have just been accepted or transferred often wonder how they will get along with other students and teachers in the classroom. These worries may take up too much of their time while they are studying, which would hurt their grades. A further obstacle faced by high school pupils is the excessive amount of educational resources available. The length and complexity of the study programs have increased, necessitating not only that students manage the growing amount of study materials but also that they participate in intense extracurricular learning. For some students, especially those from economically poor homes, financial restraints provide even additional challenges. Their education may be hampered by financial hardship, particularly if basic requirements like food are not sufficiently provided. Students' lives are made more difficult by having to deal with sickness and discomfort, especially when they have a sick loved one to take care of. The growing expenses related to school expenses also pose a serious problem, burdening parents financially. Students in high school are under constant pressure from competition, fearing both failure and their families' displeasure. Exam season is a stressful time for students, and it affects them emotionally and physically. Misinformation and erroneous impressions from sources such as online pornography, periodicals, films, TV, books, and commercials increase the strong and potentially hazardous nature of sex. Teenagers are often under tremendous pressure to have sexual experiences as soon as possible, sometimes even before they are emotionally ready.

## 4. CONCLUSION

The intricacies of the Indian high school curriculum include an array of obstacles, advancements, and the long-lasting impact of the Gurukul model. Since compulsory education for children aged 6 to 14 was introduced, the system has made remarkable strides, leading to a notable rise in the percentage of the population that is literate. Nonetheless, the contrast between public and private methods has led to inequalities, as private schools often provide better facilities while public education, particularly in rural regions, struggles with underfunding and insufficient oversight. Students' mental health, way of life, and social skills are affected by the constant pressure and competition seen in the educational system, which is made worse by outmoded teaching techniques and a one-sided emphasis on rote learning. Exams' high stakes and the pressure to perform above expectations might impede real learning

and increase stress and anxiety. The value of providing high school pupils with a multimodal, self-exploratory learning environment. It promotes a change in approach to activities that help students gain life skills, analytical thinking, critical thinking, and decision-making capabilities. The foundational ideas of the Gurukul system, which have their roots in age-old Indian customs, serve as a model for developing a close-knit learning community and individualized instruction. The paper recognizes the benefits of the existing educational system, such as its emphasis on varied disciplines and technological breakthroughs, but it also highlights its drawbacks, including rote learning, a lack of attention to special abilities, and a one-size-fits-all methodology. The conclusion advocates for a well-rounded strategy that combines the best elements of contemporary and traditional educational paradigms to provide Indian high school students with a thorough and welcoming learning environment.

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## CHAPTER 5

### NAZARIYS: MAHABHARATA INSIGHT IN THE MODERN APPROACH

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#### ABSTRACT:

India is a land abundant with rich art and literature. We grow up listening to stories and myths that play a prominent role in shaping our lives. Letting us have deeper connections with our emotions; increases our self-awareness and helps us build new experiences. One of them is the Mahabharata, which is a story translated into various languages and art forms. As we grow up these simple stories develop new complexities, through our evolving characters and experiences. It shows we perceive art and literature through our experiences. It is like a kaleidoscope, where the form changes every second. It's not just a story nor is it about values and ethics, it is much more than that. Through analyzing various retellings of the Mahabharata in prose, literature, performing arts, paintings, films, and TV series. Our study aims to dissect the Primary, secondary, and tertiary characters based on different lenses like processing sentiments/emotions attached to a character through the various retellings, understanding patterns, and building insights. While engaging in the complexities of the epic the audience will not only learn a lot more about the Mahabharata but also be entertained in the process. While analyzing the strengths and weaknesses of the various mediums the Mahabharata has been perceived and how it will change once people experience it spatially. This paper aims to let the youth have a greater appreciation for our mythology through the medium of spaces and carry the legacy of Indian culture with them. Captivating the newer generation through sensory experiences and allowing them to build on them, changing the way they experience these epics.

#### KEYWORDS:

Bhagavad Gita, Indian Culture, Indian Epic, Mahabharata.

### 1. INTRODUCTION

In terms of Hindu mythology, Ved Vyasa is credited with writing the Mahabharata. The Great Indian Epic originated in the late Vedas era and most likely achieved its ultimate shape in the earliest Gupta period. Fortunately, the opening portion of the Epic indicates that Ganesha copied down the text on behalf of Vyasa after Vyasa recited it. Lord Ganesha, the Hindu deity, is claimed to have authored it on a request that Vyasa never stop reciting it. The Mahabharata, often referred to as "Bharat" officially, is India's greatest epic poetry [1]. With 100,000 stanzas of poetry organized into eighteen volumes, or parvas, the text is the biggest piece of literature that has ever been written. It was first written in the archaic languages of Sanskrit around 400 BC and 400 AD. The narrative takes place in a mythical age that is believed to correlate to the BC phase of Indian history and culture. The Pandavas and the Kauravas, who were two lineages of the reigning dynasty of the northeast Indian empire of Kurujangala, are the major focus of this deadly conflict [2]. The war ends with a legendary eighteen-day fight that wipes out almost every participant, except for the five Pandava brothers Yudhishtira, Bhima, Arjuna, Nakula, and Sahadeva, and a few others who were the winners.

The subject matter of the poem is the Hindu idea of dharma or holy obligation. Essentially, the epic tale is a more thorough examination of the obligations outlined in the dharma law. The Mahabharata is a compilation of texts on a wide range of subjects related to human knowledge, including ethics, law, philosophy, history, geography, genealogy, and religion, in addition to telling a narrative of heroism. In addition, it includes other legends, cautionary tales, and regional myths that are all interwoven into a complex story [3]. The poem is well-known across the remainder of the globe for the Bhagavad Gita, a book that summarizes many of the fundamental ideas of Hindu beliefs, along with a number of these strange stories. The Mahabharata is one of the best books about Hindu culture from India and is examined extensively. It is also regarded as the most important piece of literary tradition in the nation

and keeps encouraging an upcoming generation of authors and artists [4]. This passage from the Bhagavad captures the comprehensive nature and cultural significance of the work.

Within the entirety of Mahabharata, what attracts our consideration the foremost is the reality that Pandava might not have won the war on the off chance that Krishna was not with them. Krishna educates Pandavas to form techniques; Krishna comes to the inverse party for transactions; it is Krishna, who tries to persuade Karna to alter the party. Krishna is without a doubt the foremost acknowledged strategist of Mahabharata, and each character of this epic has recognized this truth [5]. Within the fight, Krishna deliberately headed Pandavas' divisions of the armed force in such a way that they battle against the Kauravas' armed force to win. It was Krishna who kept on propelling Arjuna to lead and battle against Kauravas. The procedures which Krishna has utilized in favor of Pandavas are surprising and shrewd. An individual with genuine experiences of the human intellect and behavior seems as if it were thought of doing what Krishna seems to do [6]. One will learn a lot regarding teamwork from the Mahabharata. The affection and feeling of fraternity possessed by the Pandavas constituted one of their advantages. The Pandavas got along well with everyone, and their strong bond with Krishna has benefited them. The Pandavas assembled a formidable army that battled for a single, shared objective. They collaborated well. Conversely, Kauravas was unable to gather enough assistance to win the fight. On the battleground, every legendary fighter and commander of the Kauravas, such as Karna, Drona, Bhishma, and others, engaged in personal combat. Leaders in business or management must be familiar with synchronicity [7]. Collaboration is what unites all of the employees alongside leadership and inspires everyone to strive toward the same goal. Coherence and unity among the group are essential.

Case studies that deconstruct mythologies and transform these into spatial experiences. These narratives are told through the use of color, texture, geometry, and mood essences. They have included the user in the exploration and experience, allowing them to investigate these ancient stories. These companies took mythical stories and abstracted them. They are extremely influential on the culture. In Greek mythology, the heroine Ariadne uses an ingenious technique a ball of thread to help her beloved Theseus escape from the Labyrinth. Chen Linping and his team at MMC DESIGN drew inspiration from this climactic moment when designing the rich red workbench that reverberates throughout the Springair Office & Exhibition Space in Hangzhou, China. "Red symbolizes power and vitality," Linping explains, "as well as the pure of heart." The team used geometric elements like archways and brutalist cement blocks to create a cave-like mood in a grey palette, making the workbench stand out even more. "The lighting endows the entire space with a restrained, peaceful, profound, and solitary sensation," Linping says, adding that he hopes this will be the case of a dreamy experience.

## 2. LITERATURE REVIEW

### 2.1 Origin of Mahabharata:

R. Thakur [8] described that the Hindus are without any question the globe's ancient beliefs, and although some historians debate on the exact date, the Hindu faith first appeared between 1900 and 1500 BC. The Vedas are the most important sacred texts in Hinduism, and their origins may be traced to approximately 1500 BCE, when a significant number of the Aryans conquered the Hindu Kush Himalayas and arrived on the Indian subcontinent. The Vedas are rich in information. For several thousand years, the Veda texts have directed Indian culture, and the five Vedas form the foundation of Hinduism. The term Vedas itself has a derivational significance: the source and unending repository of all knowledge. This section will solely cover mathematical information found in the Vedas, Puranas of Ramayana, and Mahabharata. The velocity of light, together with 7 colorful beams of sunshine, is enough to convince one that the Vedas established a solid basis for the numerical scheme and numerical system. Not only that, but geometry expertise is discovered as foremost in the Sulbha sutra, and several of them predate the Greek mathematicians to whom they owe anything.

P. Schaf [9] described that scholars often refer to these stories as multiple, mutually contradictory myths or outmoded phases of intellectual thinking. Even modern studies of Indian cosmogony that extol its composers' lyrical nuance and virtuosity see their work as artifacts of individual poetic imagination. Despite the differences in language, the many narratives seem to communicate a similar concept of the world's genesis. Furthermore, the paradigm of the absolute and the early phases of creation parallel accounts of the evolution of enlightenment in Vedanta foundational literature and methodical assessments of Yoga. The accounts of creation may therefore be the outcome of enlightened sages' particular understanding rather than human imagination.

Z. meng [10] described that the epic "isn't the item of Chinese conventional culture. It is recorded that the word stems in Europe and the Greek "epic" implies "conversation" or "describe". Indian Epic initially implied "what it utilized to be" which breaks even with verifiable legend and presently by the word we truly cruel old heroic epic which is based on depicting the life of heroes. The portrayal centers on lauding the incredible achievements of the heroes. The epic shows the old nations' revere of divine beings and their want to overcome nature. In quintessence, it is diverse from myths and legends. The creator of this paper accepts that as distant as the Awesome Epic is concerned, Mahabharata has a more grounded sense of myths which speaks to the continuation of humans' primitive considering from the spirits of myths to epical development. Epic is more often than not based on myths or legends or chronicled occasions and it is the representation of national spirits. This kind of portrayal more often than not has significant social, verifiable, and social importance. It completely speaks to the spirits of heroes and the ponders they make, as well as the triumph within the battle between man, nature, and society, all of which are included in Mahabharata as a legendary epic.

### *2.2 Story of Mahabharata:*

C. Hooper [11] described that one might gain a unified awareness of oneself, socially and personally, via the examination of the Eastern and Western religious and psychology practices, as opposed to the separation that implies if one has to pick between the two. Individuals who are open to it realize that the finding of India as well as all of its legendary symbolism remain an effort in progress. This work examines significant episodes through the Indian epic Mahabharata from a Psychological perspective to elaborate on particular themes and explain the work's fundamental elements and lessons. Because the Mahabharata epic is so complex it is said to be the biggest epic ever written only a few topics are emphasized: ancestry and childbirth tales, migration and battle, and the women in the Mahabharata and their feelings toward them. The link connecting Arjuna and Krishna is emphasized as a metaphor for the tie between body and Soul.

Choudhuri and Basu [12] described that the foremost predominant jolts for investigating ethical judgment in research facility settings are little vignettes within the frame of ethical problems. These problems, generally borrowed from the field of logic, are regularly scrutinized for missing biological legitimacy due to their restricted results, theoretical physical hurts, centered on one character, and neglect of social angles. These reactions are particularly implicative for Indian culture which may have a distinctive point of view on ethical quality due to social privileges, empowering collectivism as restricted to independence of the West. Additionally, Indian culture regularly consolidates insights into old conventions and stories in an unpretentious but Broadway. We wished to probe this complex worldview of ethical judgment within the Indian setting experimentally by subjectively examining the reactions and investigating the comparing evaluations of 60 members, utilizing 10 chosen stories from the Mahabharata.

A preparatory report of the investigation is displayed here. Whereas the evaluations shifted impressively for comparative judgments, the subjective comes about shows a complex amalgamation of feelings, reasons, instincts and cultural influences. The scope for utilizing

epic stories to get an ethical judgment, within the setting of modern society, is examined. The discoveries assist empower addressing the pertinence of culture and issues of the biological legitimacy of vignettes.

I. Suadnyana [13] described that the Instructions on Hindu teachings are included in the heritage of Hindu literary works in the form of Hindu tales or myths, such as the stories of Babad, Tantri, the epic Mahabharata, and Ramayana. The inherited literary works certainly have characteristics, including tantric stories. Among the various Tantric stories in existence, this study has highlighted one of the Tantric stories titled Batur Taskara. Essentially, this story is about the emergence of the law of cause and effect from the actions of Batur Taskara earlier. This scientific work is presented in the form of a qualitative descriptive design. This scientific work consists only in the study of texts. Data were collected using documentary research techniques and interview techniques. Once the data is collected, it is analyzed in three stages, which are data reduction, data presentation, and conclusion. Several findings are made from this evaluation: Batur Taskara's tale architecture contains a synopsis, topic, storyline, symbols, location, and conclusion. The Hindu lessons featured in the narrative of Batur Taskara are meditation, Panca Satya, Sad Ripu, and Karmaphala.

S. Marjirana Jasvant [14] described that the Mahabharata considered Indian history and philosophic epic, has a million phrases, which is eight times longer than both the Iliad and the Odyssey combined. The epic's protagonists have superhuman powers and are infused with mystical aspects, embracing the spirit of Vedic and Hindu traditions. It teaches moral teachings, promotes justice, warns about ignorance, and praises long-lasting friendships. The poet creates a tale based on karma using forms of speech such as epic metaphor and overstatement, elevating it to the summit of global culture. The Mahabharata, which has 100,000 lines and is spoken during a snake giving up, is credited to Vishnu Dwaipayana Vyasa and is interlaced with minor tales and philosophical debates. It is regarded as the 5th Veda under Indian norms, containing the Bhagavad Gita, which is a witness to its unprecedented significance in historic and modern literary works as an elegantly heroic story chronicling epic actions.

### 2.3 Teachings of Mahabharata:

Anggreni *et al.* [6] described that the women progressively create themselves into the same human as their spouses. In any case, in see of this marvel, it can be seen that among the advance of ladies, there are still sexual orientation crevices in women's day-by-day lives. In expansion to looking for self-nature, ladies are moreover required to be able to oversee the circumstances of the family and wants of children, and to take part in exercises within the community. One arrangement that can be done so that the crevice can be minimized, specifically between men and ladies can complement each other by reflecting on devout lessons. One of them is the lessons contained in writing, the epic Mahābhārata. This inquiry is inspected based on the point of view of Hindu devout instruction with the point of analyzing the suggestions of feminism within the epic of Mahābhārata. This inquiry was analyzed by subjective graphic strategy with meet and documentation information collection strategies. The discoveries in this consideration are that ladies not as it were played a residential part but moreover played a social part, in the battle for sexual orientation correspondence, and the event of karmic Phala. The suggestions for the peruse, to be specific the suggestions of administration, legislative issues, culture, and instruction.

Sujit Kumar Ghosh [15] described that the Bhagavad Gita may be a Hindu devout content that's specified as a portion of the fight between Lord Krishna and Arjuna on the front line of Mahabharata. Within the Gita, Master Krishna prompts Arjuna on valuable lessons and ethical angles of life. Part of cherish and dedication etc. By applying Master Krishna's exhortation in different regions of life, one can lead an individual to a built-up profitable life. Too its authentic career and the significance of the Gita can be said by presenting the Bhagavad Gita. For illustration, the impact of the Gita can be found in different religions, hypothetical and moral

thought, and world sacred writings of the Indian subcontinent. Expositions can survey how the Bhagavad Gita has affected the lives of teachers and can be utilized as a demonstration for educating appalling and ethical lessons through understudies. In brief, the Bhagavad Gita can direct individuals on the way of advancement in life and profound quality as Ruler Krishna's educator utilizing citations and clarifications. His lessons on the Gita can offer assistance to individuals to move towards higher beliefs and create a wealthy and total human identity.

M. Kosuta [16] research employment standards created within the morals of war wrangle about, basically just in bello, and scholastic hypotheses created for the think about of religion: the rationalization of the sacrosanct and befoul, and custom studies—primarily give up, celebrations, and ceremonies of passage—to analyze the Bhagavad-Gita and the areas of the Mahabharata that tell the story of the Kurukshetra War. Present research centers consideration on the fact that in conjunction with Krishna lecturing Hindu dharma within the Bhagavad Gita, a warmonger ethic is compellingly put forward inside Kshatriya dharma. The objective is to bring out notable focuses on human behavior communicated by combatants in war through their devout morals and religious ceremonies. Whereas a few commentaries are advertised on the meaning of the lessons displayed in these writings, the most objective is looking at human behavior not printed meaning. Present research builds on considers that devout custom is a capable drive in teaching morals and behavior within the interest of war. The article comments on religion and war in common in arrange to progress the understanding of human devout expression and behavior concerning war.

#### *2.4 Parvas of Mahabharata:*

A. Bhattacharjee's [17] study attempts to respond to the proposition that the human inability to imagine one's death, a state of non-existence, requires animal thinking. A close and critical reading of specific texts from the Brāhmaṇa and Mahābhārata will highlight that it is human reasoning that negates and negates the question of the intelligibility of animal actions. The animal is that indescribable thing that humans preserve and bring to light as such. The article will further consider whether the problem of forgetting that we are born with the debt of death has any connection to the sacrificial logic of animal killing as detailed in Brahmanical hermeneutics or not. It considers how morality implicitly coexists with the animal's act of hospitality/hostility as an emotional, intentional, and rational response to the other. Through the analysis of jaunt and pakshî upākhyāns in the Āraṇyak and Śanti Parvas of the Mahābhārata, the article attempts to understand and explore whether the experience of animals is intrinsic to the structure of human reason, thereby complicating complex nature and a priori concept.

Yusman *et al.* [18] described that the Bhagavad Gita Devata Song is a scriptural text. It calls it the Pancamo Veda, or the fifth Veda, a lot. It's unclear how it received that moniker since, if seen from the perspective of the Vedas a compilation of Hindu sacred texts it's often referred to as Vedic chess. The Bhagavad Gita is a compilation of the earlier Veda and has a more concentrated substance in terms of structure. This represents a single phase in the evolution of Hinduism's historical thought. The Bhagavad Gita is included among the 700 phrases and 18 parvas that make up the Mahabharata. Hindu students must fulfill the requirement of studying the Book of Bhagavad Gita. Teachers should spend their spare time learning to study the Bhagavad Gita daily and even at night. An effective educational approach facilitates students' understanding of the Bhagavad Gita content that is being covered. Knowing the scriptures of the Bhagavad Gita, the text of the phrase found in the Bhagavad Gita, and guidance on how to correctly and appropriately analyze a line following the instructions currently in place are among the material supplied by the program in the present research. This method offers participatory details in the way of movies that demonstrate the way to quote a Bhagavad Gita verse, along with the corresponding translation and substance of the phrase.

Rima Rani Nath [19] described that the Mahabharata stands as an immortal classic, with the last mentioned rising above Indian borders to realize worldwide acknowledgment. Comprising over two lakh shlokas, this Indian epic is isolated into 18 parvas, each lodging various scenes. The story revolves around Lord Krishna's mission to set up dharma around the world, symbolizing the move between periods. The differentiating characters of the high-minded Pandavas and pernicious Kauravas shape the epic's ethical texture. Amid these figures, the character of Karna emerges, evoking significant feelings of sorry for and sensitivity. Karna's moral problem, investigated within the scene 'The Enticement of Karna,' grandstands a piercing battle between obligation to his mother and dependability to a companion, epitomizing the overarching subject of moral predicaments confronted by major characters in Mahabharata. This paper digs into Karna's traumatic decision-making handle, shedding light on the complexities of dharma and obligation within the epic story.

### 2.5 Context of Mahabharata:

J. Frazier [20] described that the classical Sanskrit sources, rather than positing a clear characterization of "goodness", focus on elucidating the ontological nature of the self or the world, leading to prominent ethical implications turn on. This article provides a brief exploration of the moral features dispositions, agents, causal systems, and values that emerge from complex configurations.

The Bhagavad Gītā presents a goalless utilitarianism with universal intrinsic value, emphasizing the sustenance of the world as a prerequisite for choice. Personal issues regarding the determination of Assets arise. Malleable character is explored in book 12 of the Caraka Samhitā and Mahābhārata. Together, these sources describe an ethical worldview in which each case contributes to a larger fabric that encourages a shift from individual concern to action consistent with broader values.

K. Sinha [21] described that there are 4 objectives to human existence according to ancient Indian philosophy: dharma, artha, kāma, and mokṣa. One of the main itihāsa texts, the Mahābhārata, is considered to provide an extensive discourse about these aims, stressing dharma as the ultimate aim. Nonetheless, the Mahābhārata contradicts the traditional Brahmanical interpretation of dharma, which is different from that of varṇa and āśrama establishments. The story's portions, which date back to the Later Vedic Kuru empire, challenge inherited varṇadharma and offer ānṛṣā as a substitute. This study challenges the assumed martial heroism of the kṣatriya and explains the development of ānṛṣā, which is often considered a substitute for non-violence. It asserts that ānṛṣā is fundamentally opposed to conventional varṇadharma, notably kṣātradharmā.

## 3. METHODOLOGY

### 3.1 Observation:

To recognize the smaller interactions and reactions one has towards mythology and build a critical component for this study. This study points to perceive and analyzes nuanced intelligence and responses people have toward mythology, emphasizing the noteworthiness of smaller, frequently neglected components. By joining a basic focal point, the investigation looks to reveal the unpretentious subtleties inside individual engagements with mythology, cultivating a more profound understanding of the complex associations people shape with these stories. In centering on these smaller intuitive, the consideration points to disentangling layers of elucidation and reaction, enhancing the investigation of the energetic relationship between people and mythology.

### 3.2 Primary & Secondary Research:

This method reveals statistically relevant data about what people understand and how they view the epic from different age groups. Building a stronger structure to identify the bigger impact

of the Mahabharata. The approach offers a systematic way to identify various readings and perspectives across different age groups, which adds to a thorough comprehension of the Mahabharata's impact.

### *3.3 Connect the dots:*

Identifying & deconstructing the story of the epic Mahabharata through Books, Research Papers, Journals, Articles, Movies, Series, Podcast & performing arts This method helped me build a deeper understanding of different scenarios from the epic and how they are seen and translated and adapted. Analyzing the Characters of the Mahabharata to create a new way of viewing the Epic.

### *3.4 Surveys:*

Surveys are quintessentially important and a base of most things in life, due to their unfiltered information delivery system. They allow for data to be precisely reported while allowing the user often to protect their identity while exposing their true thoughts and inner identity. Another advantage of surveys is how information can be brought down to a few options. Surveys also allow us to have an in-general approach concerning data and show how people in the same situation can often have polarizing opinions on the same subject and often polarizing solutions too.

This survey aimed to understand the impact of the Mahabharata on different age groups. The survey was used as an open stage for discussion for people to share their options and experiences they have had with the Mahabharata. The survey questionnaire is listed below:

1. Do you know what the Mahabharata is?
2. How much of the Mahabharata do you remember?
3. In which medium were you introduced to the Mahabharata?
4. Would you be interested to learn about the Mahabharat in a physical space?
5. Would you like to learn about the Mahabharata through a game?
6. What kind of activities would you like to have in a space that translates the story of Mahabharata through a game?

### *3.4 Design Strategize:*

Conceptualize and strategize the possible variations. Come up with ideas and requirements for the space. Implement the concept in terms of zoning and layouts. 3D visuals represent the look and feel of the space. Scope for future development and how it can be updated soon as and when the requirement for the same arises.

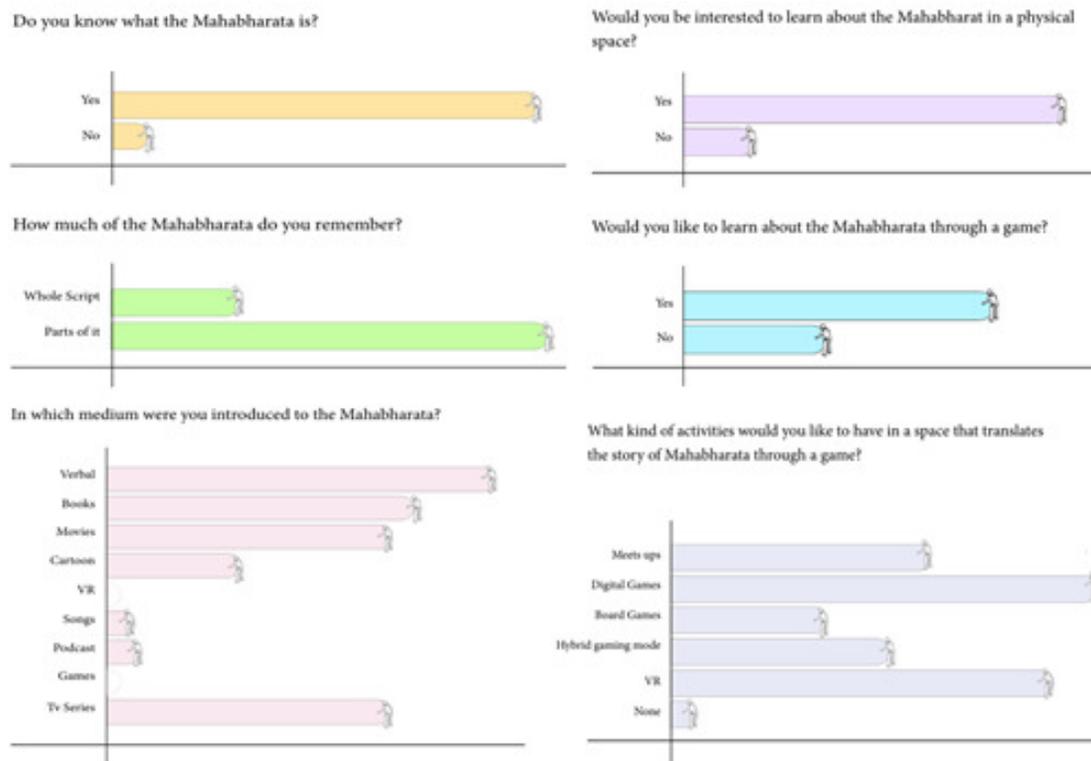
## **4. RESULT AND DISCUSSION**

### *4.1 Influence of Mahabharata:*

All of Hindu Mythology's stories and legends have lessons attached to them. The characters in the Mahabharata are more relatable to contemporary life. From love, courage, truth, honesty, wisdom, and liking to hatred, cowardice, lying, deception, ignorance, and dislikes, the Mahabharata encompasses every human emotion. Words are like arrows that cannot be taken back once fired. It teaches us how to lead our lives. The Mahabharata is considered one of the greatest epics ever in the Itihasa of mankind. Until the modern era, this epic was one of the fundamental sources of folk entertainment and ancient history to the people in the Indian subcontinent. It entertained the masses and gave them insights about subjects like duty, morality, and salvation, and served as the starting point for religious practice.

The framework and the political angle of the Mahabharata are very absorbing, stimulating, and exciting to sum up [22]. The influence of the Mahabharata on the Indians is tremendous. It has constantly molded the sentiments of the Indian people in a way no one can imagine, it grows with us and on us. Brahma wanted the world to recognize the Mahabharata as a poem only.

Sage Vyasa is the author of the epics Ramayana and Mahabharata and also participated in them, thus informing readers that the tales are not just fantasies, they are reports, ‘This is how it happened’ the root of the word ‘itihasa’ gives us a chance to enter the world of this epic and gives us a chance to understand its ‘Mahattv’ and completely immerse in it.



**Figure 1: Representing the outcome of the survey question.**

#### 4.2 The Stories of Mahabharata:

Audio is one of the most intimate forms of media because you are constantly building your images of the story in your mind and you’re creating your production,” Rodero says. “And that of course is something that you can never get with visual media.” As kids, we would huddle under a blanket, and our grandmothers would tell us stories from the Mahabharata. The Stories of Mahabharata is great to revisit as an adult now, only to find new meaning in the tale. The stories are vividly told in mini-episodes, keeping listeners hooked without boring them! Sudipta Bhawmik conveys the story and the nuances without going too much into the details. The storytelling with excellent sound effects envelops one such that they can experience the Mahabharata through their imagination and experiences letting one evolve constantly. As kids hearing stories about Mahabharata was the first medium of introduction to this epic. Time passed and as we grew up the mediums evolved with us to more elaborate sources like books, comics & television.

Eccentric folk dances and songs give life to each character of this epic, with unique identification, and nature. All these folk dances and sculptural sources have created an enchanting environment that draws our attention towards the expression of the dancers, character details, traits, and rhythm of the performance. Our awe cultivates into our first impression of these characters to our first perception of them.

These environments entrap us as viewers, passive or active, and allow us to be a part of the performance. Jaya is a 300-pager concise retelling of the Mahabharata. The book narrates the story of Mahabharata in simply illustrated chapters. The visuals and words together help the reader to understand the nuances of the stories.

The pictorial representation creates a lasting impression. Each chapter also has a small introductory illustration, which not only excites the reader but also paints a picture of what's coming next. Its well-drawn family diagrams and character descriptions make it easy to know this complicated epic. This is one of the most viewed and engaging forms of experiencing the Mahabharata.

A maximum amount of people have been introduced to this epic through this form. It gave people a chance to envision these spaces and the actions within them were described in the book. It brought life-like imagery of the written words to our television screens.

Kids and parents of both generations were brought together to have a common experience about our culture. Adults could have conversations with their kids and build a bond over these stories.

#### *4.3 A computational analysis of Mahabharata:*

Analyzing the Characters of the Mahabharata through computational analysis, books & stories to understand how people view the epic and its characters. Indian epics have not been analyzed computationally to the extent that Greek epics have. Through exploration, interesting insights can be derived from the ancient epic Mahabharata by applying a variety of analytical techniques based on a combination of natural language processing, sentiment/emotion analysis, and social network analysis methods.

The explorations lead to key findings that is the pattern of significant changes in the overall sentiment of the epic story across its eighteen chapters and the corresponding characterization of the primary protagonists in terms of their sentiments, emotions, centrality, and leadership attributes in the epic saga.

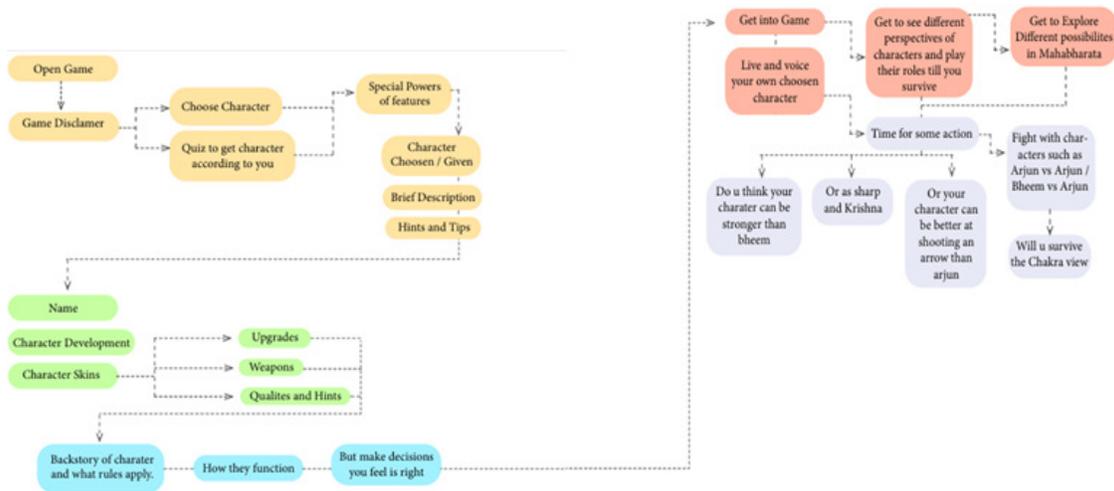
#### *4.4 Survey result:*

This Survey was conducted together with insights for my interior design capstone project. The survey helped me have a deeper understanding of people's grasping power and the medium they have used to be exposed to the Mahābhārata and the ones they haven't been exposed to. For example, Let's look at Krishna and Shakuni, both characters are shown to be witty and smart with their words but when we view them from a third-person perspective, Krishna is a Godly character whereas Shakuni is seen to be cunning and cruel. Both characters were simply following their Dharma. Another example, is Arjun and Bheem even though they possess the same characteristics Arjun's traits are portrayed positively but Bheem is scrutinized for his strength.

This shows how people view these characters and research helps to draw parallels between them. The Palace of Illusions is a reworking of the Hindu epic Mahabharata. Imagining this tale from the perspective of a woman is a brave act in and of itself. Chitra Banerjee Divakaruni offers us a fresh look at the Mahabharata. She tells the story through the perspective of Paanchali, the woman who started it all. Divakaruni seeks to reveal the underlying truths behind these events by giving female characters voices. Figure 1 represents the responses of the individual regarding the survey.

#### *4.5 Character analysis:*

Analyzing the Characters of the Mahabharata through computational analysis, books & stories to understand how people view the epic and its characters. Fusion is the essence of life. The fusion of personal & public thoughts leads to fresh creations that are unique to their core identity and cannot be recreated as the combinations and results are simply limitless in number. Thoughts are unique due to their undetectable angle of where they start from and where they truly end.



**Figure 2: Representing the flow diagram of the proposed game.**

#### 4.5.1 Krishna:

Krishna teaches us that life is not only a journey we are part of subconsciously but are an actively evolving part of. Each decision we take after reflecting upon our past and present circumstances changes the future we are yet to experience. Krishna could view ahead of time, yet he chose to stay within the current and experience life around him as it happened. Balance comes back here, with peace and violence in equal halves playing their parts. He also teaches us to focus on the now, not the past which is out of our control nor the future that we are yet to see.

The only thing we can change is now, he emphasizes on this. He also talks about the quality of life and how important it is to be satisfied from within before going out and reaching out to others to heal them. Self-Healing is the start of the whole world becoming a better place. He also teaches. An act which is the most painful yet most powerful when it comes to most acts in life. The sacrifice of yourself or your loved one ensures you feel the pain of the loss for the victory you have witnessed.

#### 4.5.2 Arjun:

Arjun is all about a goal. He teaches us about the art of focus which can drive a man mad to the ends of the earth in search of a pathway for success towards his set goal. When on the battlefield, he carried out tasks like a horse running in a straight line with nothing but his finishing point or end target getting closer by the second. He also shows compassion. He believes and teaches us how, even when one does bad to us, we should think twice before doing the same to them.

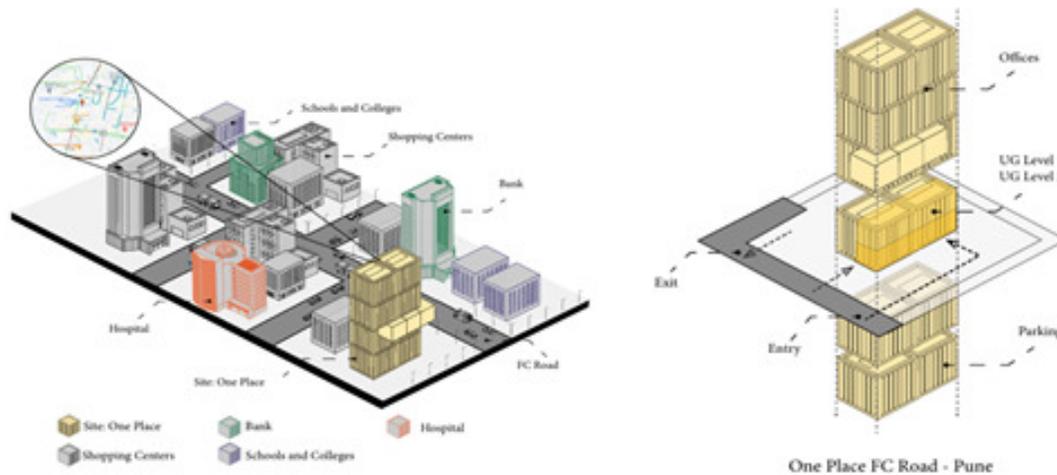
#### 4.5.3 Draupadi:

Draupadi is quite literally a force to reckon with. She had no control over her tongue which pierced the hearts and minds of people and caused permanent damage. Her words were as sharp as her personality which was striking and often the centre of attention as it moved. She signified fire. A force so dangerous no one wanted to enter it except her 5 Pandava husbands. Fire also meant that she had no definite direction and often ended up hurting people who did no evil.

#### 4.5.4 Gandhari:

Gandhari is the key to the battle. 100 Kauravas were born from her, giving her 100 different sets of eyes and perspectives to see the world she so eagerly yearned to experience. Birth and Death were a painful affair for her, with her life being a phase in the middle where she created more than one could destroy. Learning of her husband who didn't have the gift of vision, she

blindfolded herself and took away the simple pleasure of life as an act of love. She had a jealous mind, however. Learning of Yudhisitra's birth before hers, she brought pain and violence upon herself causing herself to prematurely deliver a piece of flesh ultimately making the entire act a destructive one. Her mind and soul were poisoned with jealousy and frustration which led to her children being born on an inauspicious day. If she had waited life would have been very different for both her and her children. She always spoke the truth, often causing more harm than repair.



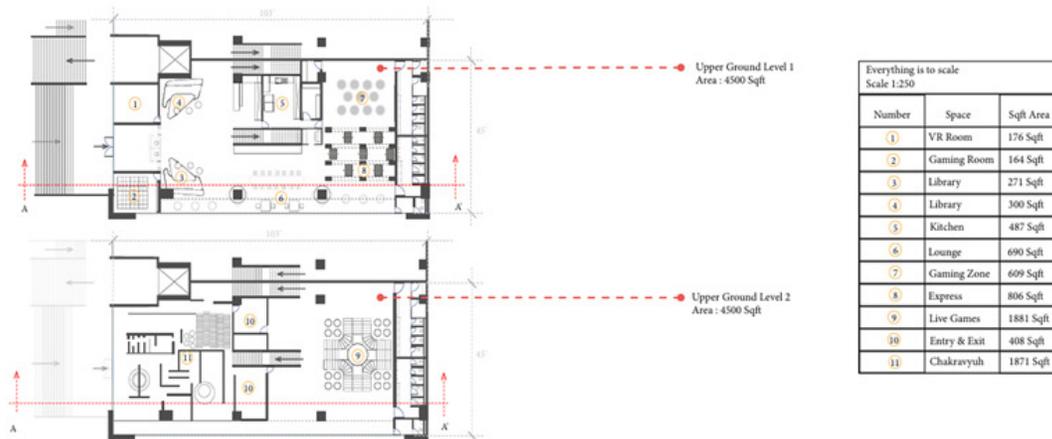
**Figure 3: Representing the descriptions of the place utilized for the designing the game.**

#### 4.6 Game Design:

To design a Flagship Studio Spaces for a game based on the Mahabharata and offer a unique experience for its end users. The Age group of 18-35 is the world's most powerful consumer group today, they are the superspreaders.

With such massive numbers, it's only natural that they influence a lot of trends, especially in the world of gaming and Experiential spaces. This project aims to create engaging spaces and nudge the user to build deeper connections & complexities in the process of finding those "Ahh!" moments through new and unique spatial experiences and allowing them to feed their Nazariyā. Established the very first Flagship Studio Space "Chakravayu ha" While also exploring and establishing a relationship between design & user experience in a physical space shown in Figure 2.

The aim is to explore the various facets of the Primary, secondary, and tertiary characters of the Mahabharata and explore them through the gaming mode and spaces while nudging the user to experience lenses like processing sentiments/emotions attached to a character through the various retellings, understanding patterns, and building insights and journeys through the game and Flagship Studio Spaces. A battleground is often easy to enter but difficult to escape. Chakravayuha is a concept designed to perform as a journey we enter on our own, with the adventures and turns that lay ahead unknown to us. With each decision and move we make; we create our paths with different challenges and results often leading to satisfaction or disappointment ahead. It is a unique experience for each user due to the highly evolving characteristic behavior of the vyuha itself. It almost behaves like a human mind and soul which molds itself around you and changes scenarios to often make you think, improvise, adapt, and overcome challenges life sets ahead for you. While the chakravayuha is often a mental thing we experience as humans, in this project we convert it into a physical space we enter in, only to get lost.



**Figure 4: Representing the proposed model at the site for the construction of the game.**

#### 4.7 Game flow:

Game flows allow designers to regulate how different roles or groups interact with the game. You may personalize the application interface using the Game flows. You may, for example, modify the names of the cards and clusters that appear on the Home page, as well as the order in which they appear. You may conceal cards, make new ones, and organize them into clusters. You may also change the appearance of the vertical and horizontal tabs on a card.

#### 4.8 Programming Foundation:

Programming is similar to detective work in interior design. It is the process of obtaining and evaluating data about a problem before attempting to resolve it via design. The programming phase produces a written and a visual Document. Programming also creates the foundation for a solution eventually used in the design process. The Flagship studio spaces will be free to enter while some of the amenities will be chargeable shown in Figure 3. A safe space for creators to explore and express themselves + collaborate A small corner with books and other resources to know more about the Mahabharata and the game. A place to hold workshops like group reading /books, series, movies/ game promotions. Live-sized Board Games. Vending Machine for Merchandise (Shirts, laptop sleeves, stickers, water bottles, masks, toys, Candies, etc). Photo Booth (Upload the picture on Instagram with the hashtag of the week and get a chance to win a free drink next time). Item Shop or Trade in a house with security or come onto our trading website and get the upgrades you need for your character.

#### 4.9 Site Analysis and Design Development:

A thorough site analysis assists the designer in improving the project by ensuring that the design makes the most of the site's resources, such as light, access, and views. It also enables the designer to foresee any prospective complications that could derail the paper. The design phase, also known as the pre-construction phase, is critical for any design project because you want to make sure that every decision you make maximizes your space not only functionally but also aesthetically. This pre-construction phase will help set your project up for success with a creative and playful approach.

## 5. CONCLUSION

Although it conveys "Universal Truth," the teachings of the Mahabharata are timeless for the entire mankind. Truth's character is both timeless and ever-evolving; even after numerous viewings, its beauty endures because it constantly reintroduces itself and stands before humanity in all of its freshness. It extracts greater quantities of honey from knowledge as more of it we eat. The epic stories are essentially a lengthy examination of the obligations outlined by the dharma's maxim, which is known as purity. The current research has shown a gaming

format that facilitates an easy understanding of the Mahabharata and its teachings. Creating a game model system based on the epics will aid in understanding the knowledge and understanding of our epics held by youngsters and others.

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## CHAPTER 6

### REDEFINING DIFFERENCES: A SPATIAL STRATEGY TO EMBRACE NEURODIVERSITY

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#### ABSTRACT:

Presently humans are living in an era of increased neuro-diversity and awareness about various neurological states. Diversity and Inclusion aren't just about race and ethnicity but also extend to Neuro-Diversity. Individuals who differ in neurological function from what is considered typical, are frequently used concerning autistic spectrum disorders and other intellectual disorders. With everyone trying to carve their niche, it becomes crucial to tailor services around especially abled individuals to put them on a competing pedestal. Too often, they are noted as under-performing. The social stigma surrounding them needs to be abolished in terms of them not being able to be a functional part of society. The concept is to create an Incubation Centre, inclusive of the neuro-divergent, and encourage their interaction with the neuro-typical. Neuro-divergent tend to be high-energy, out-of-the-box thinkers, but navigating the modern environment can be a challenge. The ultimate aim of the Incubation Centre is to mold the person during their transition period, to maneuver through personal and professional impediments, rather than enforcing a one-size-fits-all principle, thus making it less challenging. This paper intends to provide a set of skills to them, along with their caretakers/parents that will bridge the gap in society's demands from them and their social capabilities. Also, to overcome the social notion of the specially-abled not being as capable by providing them with survival skills to maintain their ventures. The Centre will train them to acclimatize to the different environments, professional or otherwise, including all the obstacles they will face in their day-to-day lives. A series of challenging courses and behavioral modeling, better equip them to take matters into their own hands and non-disruptively face the next chapter of their lives. Their employment can be improved through skill-based training personal sustenance, and support from one's family and caretakers. The center gives them a streamlined direction, based on rehabilitation and training, which provides them with work opportunities and a scope to participate in society. As a designer, one should encourage placing each person in a context that enhances their potential. The main objective of this project is to ensure that our best asset, and the true currency of the industry i.e. People are in spaces where they can "ALL" thrive. Designing such an inclusive space is not only a social and moral imperative but it unleashes new opportunities and creates new entrepreneurs

#### KEYWORDS:

Neuro-diversity, Inclusivity, Incubation Centre, Rehabilitation, Training, Interaction.

#### 1. INTRODUCTION

Education is one of life's most powerful tools. It encourages individuals to find meaning behind everything and makes a significant difference in life. Education allows people to stand out as equals irrespective of the different walks of life. People learn and enrich their abilities to think critically and creatively as they engage in conversations across differences, especially when all learners' abilities and attributes are embraced. Currently, inclusivity of the specially-abled mainly concerns the physical aspect of inclusiveness but it is high time that we consider Neurodiversity [1], [2]. Neuro-diverse people have a very sensitive mind and designing a space for them should be through their perspective and convenience. Students for neurological diversity promote language that is accepting and empathetic. Study indicates that the majority of the autistic community supports identity-first language, despite the preference among numerous disabilities coalitions for language that emphasizes individuals. Thus, it is advisable to inquire explicitly about someone's preferred tongue and manner of speech instead of assuming anything [3].

Therapists must be knowledgeable about neurological diversity and appropriate communication to treat the mental and physical needs of patients with neurological disorders. Although symptoms of autism spectrum disease (ASD) fluctuate from individual to individual it is linked to abnormalities in conduct, studying, and interaction. There is no limit to the abilities, skills, requirements, and problems individuals with ASD may face. For instance, some

autistic individuals may live separately, possess IQs that are standard or higher than average, and engage in linguistic communication [4]. Some might have trouble with dangerous habits that affect their security and health, be unable to express their requirements or emotions, and require assistance in many aspects of their lives. Furthermore, certain people with autism may not experience any pain as a result of abnormalities [5]. Alternatively, social isolation and injustice brought about by restrictions imposed by society's standards may be the cause of the misery. For those with ASD, medical testing and therapy are crucial. For instance, receiving a certified diagnosis might make it possible to get social as well as medical assistance when necessary. A medical description might facilitate relationships throughout society and assist the person or family in understanding their uniqueness [6]. Likewise, neurological developmental disorders may also be linked with additional medical diseases that call for further observation or care. To optimize their level of existence and cognitive possibility, be able to get to such programs. Counseling strategies, nevertheless, are not one-size-fits-all since every person has particular requirements, wants, and aspirations [7].

A space can evoke multiple feelings, emotions, and thoughts and this directly links to the mind. An inclusive space can only be justified once it successfully considers the factors of the mind. Times like this call for an environment that equips individuals to evolve by curating a setting that brings out their strengths. People who are considered neurodiverse often have higher-than-average abilities and different cognitive styles of thinking allowing for real creativity and innovation. This thesis looks at the alternative ways of delivering education for the learners to be encouraged and to engage with their interests by providing an inclusive learner-led approach in a privileged setting. This optimistic approach hopes to enlighten designers in designing spaces where different individuals can exist, particularly those with varied abilities. The environmental needs of the neurodiverse and the proposed spatial interventions also extend their benefits to the well-being of neurotypicals. This thesis revolves around three terms “Learning” “Inclusivity” and “Neuro-diversity”. It effectively integrates these three terms into creating a space and a design system of an Incubation Centre for the mind to thrive by facilitating learning, independence, and engagement to create budding entrepreneurs. In this neurotypical world, people have been defined as diverging from the norm, or by disorder and deficit and not by talent, strengths, and novel thinking. Our present study focused on the development of the site for the learning of neurodiverse student for their growth and development.

## 2. LITERATURE REVIEW

### 2.1 Education for students:

Wijaya *et al.* [8] described that scholarly execution is a vital pointer of doctoral instruction quality, but the constrained inquiry has centered on how numerous persuasive variables of doctoral students' scholarly execution work together. This ponders points to investigate the components altogether influencing the scholarly execution of arithmetic instruction doctoral understudies in Indonesia. A few variables were recognized from earlier ponders, such as the fear of delay, understudy engagement, parental back, instructor back, encouraging conditions, push level, and well-being. An internet survey was planned and replied to by an add-up to 147 arithmetic instruction doctoral understudies. The fractional slightest squares auxiliary condition modeling (PLS-SEM) approach was used to analyze the survey information. The conclusion proposed that instructor bolster had the most grounded positive impacts on science instruction doctoral students' scholastic execution in Indonesia. Understudy engagement was the foremost critical positive calculation in making strides in doctoral students' well-being, whereas parental bolster seems most altogether reduce their push levels. These come about and are anticipated to supply suggestions to colleges and bosses concerning the change of doctoral students' well-being to advance their scholastic victory and assist the quality of doctoral programs in instruction. Hypothetically, these come about can moreover contribute to building

an experimental show that can be utilized to investigate and clarify how numerous components might influence doctoral students' scholarly execution in other settings. Dewi and Alam [9] currently consider discovering and clarifying the change of character instruction of understudies watched by the part of the instructor in line with the vision, obligation, social affectability, coherent capacity, and trustworthiness in creating well-arranged yield to come across today's worldwide advanced. This thinks about connects the subjective approach with the phenomenological type of sociology-oriented instructive investigation that's common, adaptable, energetic, exploratory, and encounters created amid the inquiry about handle. Information investigation through diminishing data, displaying data, confirmation, and concluding. The result of the ponder found that change of understudy character instruction is an exertion made to confront 21st-century instruction nowadays where each educational institution executes advanced proficiency propensities within the classroom/school learning as a change of character instruction of advanced understudies in arrange to pick up an understanding of these computerized exacting measurements and to create computerized education learning materials and strategies at school and exterior of the school. The application of digital literacy to be finding of demonstrate in change of understudy character instruction that's indistinguishable from the part of instructors in learning exercises connected in line with their vision, obligation, social affectability, coherent capacity, and trustworthiness to create a well-prepared yield to confront worldwide advanced with the stream of formative applications, innovation and to be able to compete at the worldwide level.

Hopkins *et al.* [10] surveyed to decide the benefits of associated well-being with understudies partaking in interprofessional instruction in student-led clinics. Considerers were included on the off chance that they were put inside a student-led clinic, detailed on results for understudies, and where the clinic included interprofessional instruction for understudies from either two or more partnered wellbeing callings, or one partnered wellbeing and one nursing understudy. Comes about were analyzed employing an expressive subjective approach. Five subjects were distinguished understanding of possess part and scope of hone; understanding of the part and scope of hone of other callings; person benefits to the understudies; effect on patient-centered care; and understanding of how to work in an interprofessional group. These benefits show that student-led clinics are a reasonable setting for the conveyance of interprofessional instruction to unite well-being understudies. More investigation is required that considers the long-term effect on these understudy results after students' passage into the healthcare calling, as well as on the effect of particular components of the interprofessional instruction models on understudy results.

Gustems-Carnicer *et al.* [11] described that college understudies encounter stretch, and how they adapt to this push influences their scholastic accomplishment. This research inspected stretch in educator instruction understudies and had three goals: to portray diverse degrees of stretch and adapting styles; to consider the relationship between push, adapting techniques, and scholastic accomplishment; and to look at whether expanded age can direct the impacts of push on scholastic accomplishment in 334 university-students. There were three fundamental discoveries: numerous understudies experienced push and utilized evasion adapting procedures; the understudies who were beneath less stretch and locked in less in cognitive shirking and more in problem-focused adapting were moreover the understudies who made more scholastic accomplishment, and understudies beneath more push performed more regrettable, but with age stretch influenced execution less. In educator instruction understudies, it is vital to recognize and address the destructive impacts of push on well-being and scholarly accomplishment, to dodge long-term issues in proficient and individual life.

## 2.2 Neuro-diversity of students:

Matshabane *et al.* [12] described that the genuine challenge stood up to by these disciplines in any case is differing qualities. Both areas need differing qualities in terms of genomic reference

datasets required for revelation inquiry about, engagement of assorted communities in translational investigation, and in terms of differing and multidisciplinary logical groups. Usually, this is a challenge since differing qualities are needed on all levels in arrange to extend representation and consideration of all populaces over the globe as we move investigative exercises forward. The need for differences can be deciphered to an inability to utilize logical developments from these areas for the good thing about all individuals all over and implies a missed opportunity to address inescapable worldwide well-being disparities. In this commentary, we distinguish three tireless boundaries to coming to different targets centering on disclosure and translational science. Moreover, the authors propose four proposals on how to progress endeavors and quickly move towards accomplishing differing qualities and considerations in neuro-psychiatric and behavioral genomics. Without methodically tending to the differing qualities crevice inside these areas, the benefits of science may not be important and open to all individuals.

Liu *et al.* [13] described that it gives 19 research-based instructing techniques to cultivate balance and grasp personal capacities in execution instruction. With a center on challenging ableist instructing models, the 16 chapters address boundaries confronted by people with dis/abilities or contrasts. Depictions of intercession encounters with proficient performing artists, basic investigation of instructional methods, and evenhanded hones for different conditions are investigated. Beginning from specialists within the UK, USA, and Australia, the substance ranges from on-screen character preparation, dramatization courses, youth bunches, and proficient execution. This asset is basic for instructors, chiefs, performers, researchers, and understudies curious about creating emancipatory pedagogies inside execution instruction.

L. Nash [14] described that the working environment challenges confronted by neuro-diverse workers are right now under-researched. This article considers how such workers encounter the world of work, centering on the requests they confront to comply with set-up desires around self-presentation and execution and how they use spatial assets in arrange to rise above them. Drawing on information produced from an arrangement of in-depth interviews, it investigates both their ordinary encounters of dissatisfaction nearby how the assembly of liminal spaces can help them in transitioning to and from the requests of the 'neuro-typical' working environment. The article looks to contribute to an understanding of the lived encounters of neuro-diverse workers and how the plan and hones of the working environment can contribute to sentiments of marginalization and even prohibition. It highlights the possibly engaging and emancipatory potential of grasping liminality and investigates the relationship to 'negative capability' as a conceptual and demonstrative focal point in considering working environment differences.

K. Kemler [15] described that the commerce researchers are choosing to instruct in line with their keenness. Basic and imaginative pedagogies disturb the authority of neoliberal capitalism and engage understudies to convert the harsh frameworks that shape associations and society. With developing racial, ethnic, devout, lesson, sex, sexual, neuro, and substantial differing qualities on campuses, justice-oriented educating has the potential to co-create comprehensive spaces where all understudies feel perceived. In this supposition piece, reflect on why teaching for flexibility is progressively vital and why teachers guided by critical and creative pedagogies ought to pay attention to themselves.

### *2.3 Influences of the environment on the neurodiversity:*

Souchet *et al.* [16] described that the virtual reality (VR) can initiate side impacts known as virtual reality-induced side effects and impacts (VRISE). To address this concern, we recognize a literature-based posting of these components thought to impact VRISE with a center on office work utilization. Utilizing those, we prescribe rules for VRISE improvement for virtual environment makers and clients. We distinguish five VRISE dangers, centering on short-term side effects with their short-term impacts. Three generally calculated categories are considered: person, equipment, and computer program. Over 90 variables may impact VRISE recurrence

and seriousness. We distinguish rules for each figure to assist in decreasing VR side impacts. To superior reflect our certainty in those rules, we evaluated each with a level of proof rating. Common components once in a while impact different forms of VRISE. This may lead to disarray within the writing. Common rules for utilizing VR at work include specialist adjustment, such as constraining drenching times to between 20 and 30 min. These regimens include taking normal breaks. Additional care is required for laborers with uncommon needs, neurodiversity, and neurotechnological concerns. In expansion to taking after our rules, partners ought to be mindful that current head-mounted shows and virtual situations can proceed to actuate VRISE. Whereas no single existing strategy completely lightens VRISE, workers' well-being and security must be checked and shielded when VR is utilized at work.

Ariyani *et al.* [17] described that everyone in an educational institution must adhere to the principal's instructional strategy to create an enjoyable atmosphere for learning. The purpose of the report is to examine and assess how the principal has used entrepreneurship leadership and creative thinking to create an educational setting. A case analysis is used in the qualitative research process. Specific sampling was used to choose the study's participants, whereas document studies, examinations, and observations were used to gather data. It program was then used to do the descriptive and qualitative review of the information. The findings demonstrate how the instructor has used two key entrepreneurship concepts to establish an educational setting. First, via optimizing, interaction, motivating, evaluation, regulating, role modeling, and empowerment, the principle governs the development of the company. The principal innovates in several ways, including employee growth, reorganization, and vision creation. This style of management may foster a relaxed and enjoyable training atmosphere. All students may so pursue the educational procedure, produce original works of art, and advance in both their educational and extracurricular endeavors. The study's conclusions suggest a course of action for the institution since one of the most important aspects of an education is the imaginative and enterprising administration of a principal.

Johnston *et al.* [18] described that individuals act in certain ways mostly because they want to be relevant in society and accepted members of a community. Research indicates that whenever children feel appreciated and loved by teachers and classmates, an enjoyable classroom is produced for them. Children also do well in school and are less likely to have issues with behavior in these kinds of circumstances. Additionally, such environments could serve as a deterrent to the secondary school departure rate. The present research looked at the connection between teacher assessments of students' observed classroom conduct and recognition by classmates.

It also investigated when instructing beneficial knowledge to first-grade learners in the southeast of the USA would foster beneficial educational settings for kids who are unlikely to be acknowledged and accepted by their classmates. The present research validates the practicality of prosocial instruction for fostering pleasant classrooms among younger learners.

### 3. METHODOLOGY

#### 3.1 Study Design:

The present study focused on understanding the entire spectrum of Neuro-diversity and identifying the role of the built environment and the qualities of spatial design in the learning process of young Neuro-diverse individuals.

The study also identifies different inclusive learning environments and inquires for psychologists and special educationalists who talk about learning environments, special needs, and their requirements, through literature review, dissertations, interviews, and case studies that are on similar guidelines. Taking inference via critical analysis, and deriving physical, psychological, and sensorial guidelines would help in creating a positive learning environment. Relating the inference with the behavioral patterns and ancillary needs of the learners.

### 3.2 Case Study:

To comprehend the full range of neurological diversity and determine the significance of building components and spatially designed elements in the educational process for young neurologically diverse people, the current research first looked at a case study. To comprehend the current research, an initial investigation was conducted on the following: the Green School in Bali; the Rolex Learning Center in Switzerland; the School Center and Leisure Activity Center in France; and the Cairns Foot Special Needs School in Australia.

### 3.3 Interview:

To investigate how children's home and school circumstances affect their neurodiversity, our research used interviews. The goal of the study was to learn more about how these environments affect the experiences and general well-being of kids who are neurodivergent. We looked at the relationships at home and school to find out what was influencing neurologically diverse experiences that were easy or difficult.

The use of an integrated strategy facilitates a thorough comprehension of the support networks and obstacles that influence the lives of children with neurodivergent traits, therefore shaping subsequent interventions and cultivating surroundings that augment their general growth and welfare.

### 3.4 Incubator Center:

"Incubation Center is a unique combination of infrastructure and people, designed to nurture and grow new ideas by supporting them through early stages of development and change." Some established roles that are heavily dependent on and enhanced by technology are among the roles that are expected to see increased demand over the next five years. To develop and broaden these positions, the industry requires a diverse community of innovative minds with a variety of skills and abilities.

Divergent thinking has the added benefit of providing solutions that might have never existed before. It is time that this talent and creative skills should be nurtured during their developing stage. 7 People who are neurodivergent have been labeled as "different" or "other" in society, but not necessarily in a positive light.

## 4. RESULT AND DISCUSSION

### 4.1 Different Learning Environments:

Gurukuls are residential schooling systems in which the students, known as shishas, and the teachers, known as gurus, live in the same house or proximity. Gurukuls are primarily concerned with imparting knowledge to students in a natural setting while also encouraging a life of brotherhood, humanity, devotion, and discipline. Gurukuls are based on value rather than rank. Instead of fierce rivalry, this develops character, decreases tension, aids in personality growth, and improves discipline, intelligence, and mindfulness shown in Figure 1. Yoga, meditation, and prayer, for example, promote positivity and peace of mind. Community discussions, self-learning, and other essential lessons are given in subjects such as mathematics, language, and science. Arts, athletics, crafts, and singing are also highlighted. Today's standard education focuses primarily on academics and is based on a ranking system, which is fueled by student animosity toward their peers.

There is cramming of conventional learning, rather than practical experiences. Deadlines, syllabuses, and tasks contribute to a spike in poor mental health. Traditional classrooms are not designed to meet the needs of the differently abled, and they do not account for the differences in learning speeds among students. Teachers are not offered any additional instruction to help them understand and interact with differently abled students. Regardless of their mental and

physical makeup, all students are held to the same standards of critique. Instead of being an institutional concept that focuses on holistic learning, mainstream education has been commercialized. Special education schools and programs are for students who have challenges or struggle with learning. Special school programs are designed to meet the individual needs of each student, allowing them to adapt well and reach every age-appropriate developmental and educational goal.

Individualized learning, counseling, self-contained environments, resource rooms, one-on-one help, and other interventions and resources are available. Instead of a "one size fits all" approach, special schools are structured and staffed to level the playing field by offering targeted customized assistance. This provides an egalitarian atmosphere in which students, regardless of their exceptionalities, are given opportunities to excel academically.



**Figure 1: Different types of learning environments for the children.**

#### 4.2 Case Studies:

*Place:* The Green School, Bali.

*Aim:* To understand the relationship between indoor -and outdoor learning.

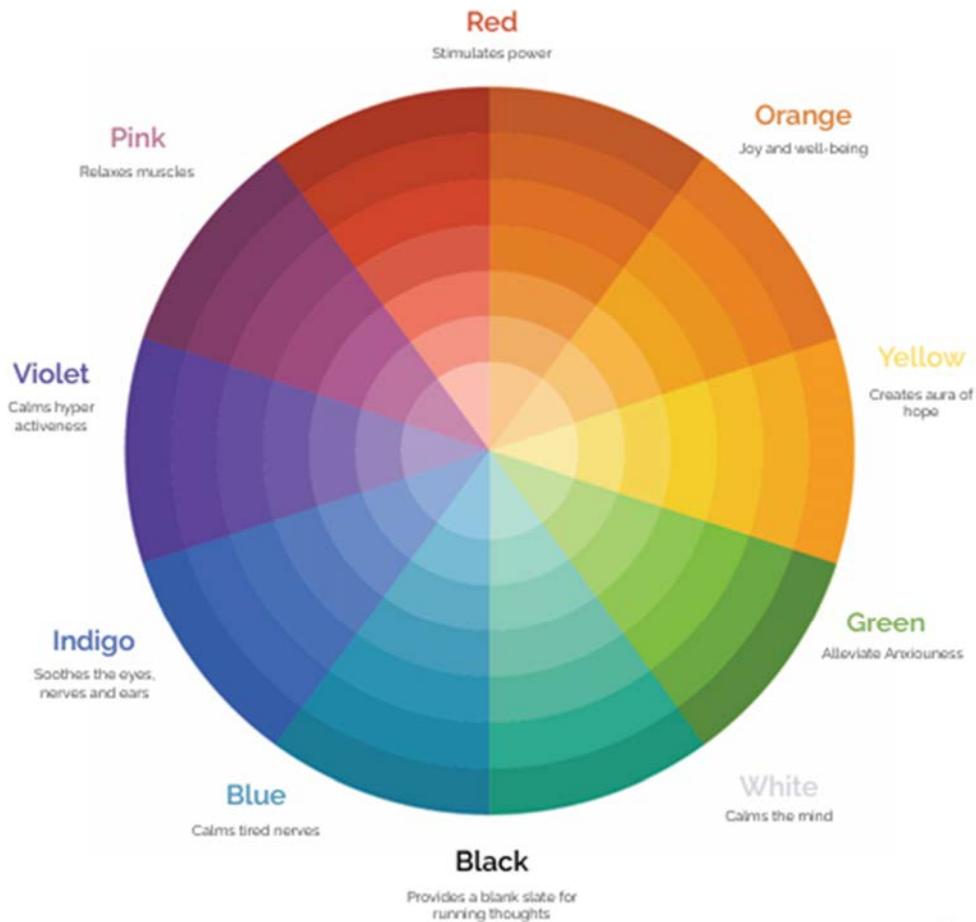
The Green School is set in a lush jungle with native plants and trees growing alongside sustainable organic gardens on a sustainable campus straddling both sides of the Ayung River in Sibang Kaja, Bali. Classrooms, gyms, assembly halls, faculty quarters, offices, cafes, and bathrooms are among the campus facilities. The campus contains a variety of architecturally significant areas, ranging from large multi-story communal meeting places to far smaller classrooms. As a result, a holistic green community with a clear educational mandate has emerged, intending to inspire students to become more curious, committed, and enthusiastic about the environment and the world

*Place:* Rolex Learning Centre, Switzerland.

*Aim:* To understand how the space functions for varied learners.

Rolex Learning Center groups silent and calm zones along its hills and slopes rather than providing typical cloistered study quarters. The visitors can enjoy scenic views of Lake Geneva and the Alps from the higher places, not just of the campus. The center serves as a learning laboratory and a cultural hub that is accessible to both students and the general public. It has a library, a multipurpose space, a café, and a restaurant, among other things. The structure is one continuous structure that spans 22,000 square meters and has an organic shape; an expanse of open space.

One way to actualize the aesthetic mediator between nature and humans is to create many patios to serve natural ventilation, lighting, and even entrance to the house. All of the spaces are visually linked, with just a few glass walls separating them.



**Figure 2: Representing the effects of the color on the children’s psychology.**

*Place:* School Center and Leisure Activity Center, France.

*Aim:* To understand the functionality aspect of the space.

The School Center and Leisure Activity Center is a permeable space with the primary design goal of providing a space for children to study, learn, play, and socialize. The building meets the site's limits to blend in with the urban structure, provide as much room as possible for the courtyards, and provide optimal sunshine for the schools. The school is divided into four wings that surround a wide tree-lined courtyard. The school has a partially transparent glass and metal facade that faces the main street, connecting it to the open urban space. The hallway, which also serves as a lounge and a break room, and the canopy over the entrance, which serves as a waiting area and a multipurpose space, are both built to encourage different activities. The classrooms look out over a large playground, creating a welcoming environment.

*Place:* Cairnsfoot Special Needs School, Australia.

*Aim:* To understand the design and the elements incorporated for Special Needs students.

Cairnsfoot Special Needs School is a project for children with mild to serious developmental disabilities, physical disabilities, sensory impairments, and autism spectrum disorders who are in Kindergarten to Year 12. The project's goal was to build an atmosphere that was both safe and challenging for students. In a physical sense, shelter offers security via the built form. Escape rooms, demanding equipment and physical exercises, a crawl tunnel through the hill, artificial turfed hills for play, simple grassy hills for leisure, herb, and vegetable gardens, and other features provide a sensory refuge. Water play, scaling hills, achievable balance beams, bike track, ball court, in-ground trampoline, and climbing frames are among the facilities and

features that challenge students. Stepping stones, timber balancing logs, and textured concrete with stone inlays are just some of the finishes and textures that appeal to the senses. The presence of pedestrian crossings establishes a direct link to the real world.

#### *4.4 understanding the user's needs & requirements:*

The necessity for understanding the users' needs and requirements is to implement the design principles to achieve a design concept that positively impacts people with special needs and enhances their learning capabilities. Neurodiverse people experience and respond to their surroundings differently and hence the built form needs to tend to such requisites while also considering any possible deviations. Listed below are the design principles that are of focus while designing a built form for neurodiverse inclusivity. One of the most crucial aspects of designing for the neurodiverse is that there should be plenty of lighting; both natural and artificial. Lighting helps the users orient and navigate themselves throughout the day and also helps the mind to relax and focus. In certain spaces, the lighting should be manageable with controlled settings depending on the activities assigned to that space and for better user adaptability. Visual transitions refer to the preview of the theme of activities occurring in different zones of the design.

The user should be allowed to understand what is happening in space before entering it to ensure that their anxiety is alleviated and the uncertainty/unfamiliarity of the space is eliminated. The design should be such that the user gets a 'sneak peek' into the space and can wait outside while observing what is happening on the inside just to familiarize themselves. Safety is an important consideration while designing a space for the neurodiverse since what is considered traditionally safe such as a safety alarm could very well be triggering for people with certain neurodiverse conditions. A sense of comfort and well-being should prevail over the place and any unsafe factors should be eliminated. The presence of "escape spaces" to get away from any overwhelming stimuli is a must. Designing a space with a minimal number of surprises and a sense of predictability will help the user get better accustomed to the space and feel at home with subsequent visits. Familiarity with a space will help the user learn the layout quickly, thus moving or changing the locations of the furniture should be kept to the minimum. Ensuring that the shape, sound, and smell of the space are coordinated will also enhance familiarity. The use of signs and symbols throughout the place will help the users navigate better and this should be done without heavy reliance on text or abstract art.

The signage should be precise and easy to read from varying distances with a proper contrast with the background. Certain signs need to go both ways since people with autism struggle with reversing sequences. Signs at a higher level should be larger and smaller signs should be replicated at eye level.

The color, contrast, and texture of the flooring materials play an important part in helping the neurodiverse develop certain cognitive functions. A sudden change in the flooring color and/or material can be perceived as a step a boundary or an area of danger and could be triggering. Flooring should always be cushioned/matted for safety concerns as well. Sensory specifications stem from the preferences of the user and thus it is essential that the tactile, visual, auditory, and olfactory sensations within the space can be controlled as required simply by adding or removing the stimuli. This includes concepts like soundproofing for the elimination of unwanted auditory stimuli or elimination of certain kinds of smells along with the introduction of pleasant smells, for example via an air freshener. It is crucial to ensure that the information and signage provided within the space regarding the various activities is very easy to interpret and understand with simple pictograms made for wayfinding and an overview of the activities. Attention should be paid to avoiding all factors that bring about confusion like complicated technology which diminishes human control. Minimizing background sound, echo and reverberation should be taken into consideration since acoustics affect a person's sense of comfort and concentration. Soft surfaces and furniture that absorb sound can counter echo and

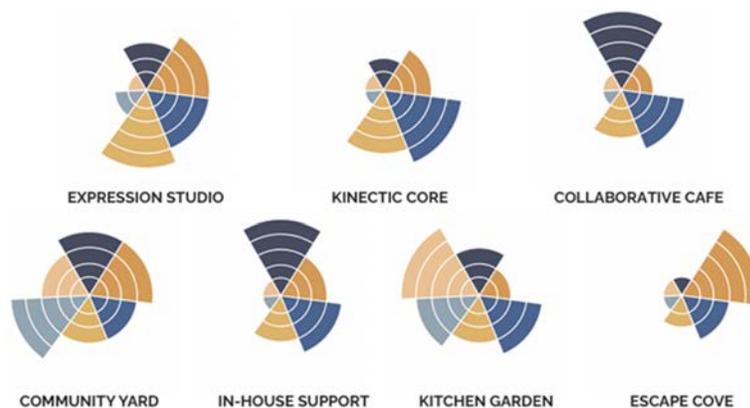
reverberation. The provision of quiet spaces with minimal acoustic stimuli is essential. Another way of enhancing acoustics is to create smaller spaces within a large space instead of keeping a vast open space.

#### 4.5 Colour psychology:

Colors can evoke certain emotions, which can alter an individual's experience, thoughts, and moods. Color is very significant like the user's immediate environment if they're on the spectrum. It is said that users with spectrum have anomalies in their eye structure. Chemical imbalances and neural differences cause changes in rod and cone cells. In comparison to children with normal growth, 85 percent of children on the spectrum experience colors more intensely. In this scale, shades with white and grey undertones have a soothing shown in Figure 2. Figure Shows the physical and emotional effects of various colors and colors with undertones of whites and greys which can be used when designing a space for them.

#### 4.6 Deriving the Programmes:

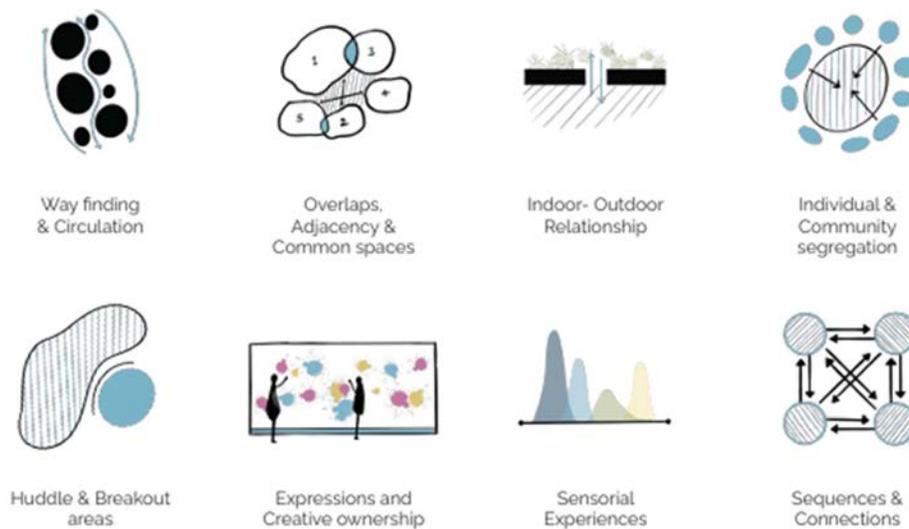
The mindset behind deriving the programs is chiefly based on the users' needs and requirements. The design should be such that every single deviation is catered to, leaving no box unchecked. This includes neutral spaces to avoid overwhelming stimuli, occupational training for the development of motor skills, vocational training to tackle social impediments, activities like Arts and crafts, and horticulture to develop cognitive function amongst others. The aforementioned programs ensure that the user reaches their age-appropriate developmental and educational milestones. This is a linear stretch of an outdoor space reserved for community events. The space has a welcoming vibe and it features an exhibition gallery, a small amphitheater for performances/felicitations, and a learning space where there can be informal interactions between the users and the experts/ professionals whenever they visit. It encourages conversations between the community during events but can also serve as a getaway space in the absence of events. This section undertakes activities such as arts, music, drama, etc. to allow the users to utilize their creative liberty. The section features an art zone, an interactive wall, musical instruments, Individual work tables for projects, and a multi-purpose workshop space that can be used for tasks like pottery, etc. This section pushes the users to showcase their imagination with a creative outlet, which prepares them for any possible future displays of their artfulness.



**Figure 3: Representing the sensorial experiences in each spatial program.**

While designing a space for users with special needs, the utmost importance is given to any sort of help that they need. For this, a support section is created that features a psychologist's room, a diagnostic center, a medical room, and a faculty lounge. The users can talk to an expert and seek counselling which will help alleviate their anxiety while also providing timely mental health check-ups. A diagnostic center and a medical room are provided in case of any injury or sickness. The faculty lounge is a waiting area for the users or any visitor and thus it also features

a family room in case the users' families visit. Neurodivergent at times gets overwhelmed by certain situations and requires some space to avoid the overwhelming stimuli. Thus, a dedicated space is allocated in the design which functions as a getaway room. The Escape Cove features soft music, calming wallpaper, swings and cushions to relax on, a small reading nook, bean bags to lie down on, and soft carpeting which all contribute to a relaxing aura essential for the users. The Eden Island is a rooftop space assigned for activities like yoga and meditation. Studies show that yoga and meditation have a promising positive outcome on mental health in general. Thus, weekly sessions are scheduled for the users to rejuvenate their minds and instill a sense of positivity and calmness. To instill culinary prowess while simultaneously meeting nutritional needs, space is allotted to culinary classes that allow the users to learn how to grow and cook their food while also letting them experiment with their food. The kitchen garden has a well-equipped kitchen with multiple stoves, a refrigerator, serving tables, etc., and an outdoor mini farm where the users can learn horticulture.



**Figure 4: Representing the overview of the design strategies.**

#### 4.7 Sensorial experience mapping:

The spectrum of sensorial stimuli that a user experiences in each section of the proposed design, needs to be noted as per the intensity shown in Figure 3. The sensorial mapping presented gives us an idea of the aforementioned various sensory stimuli. Thus, it helps the user to engage all types of sensations and prepares them for any further situations that insist on the same.

#### 4.8 Design Strategies:

Designing a holistic incubation space that facilitates explorations, learning, and care for young neurodiverse communities to unleash their talents in the professional world. This Capstone project aims to redefine society's paradigm about the Neuro-diverse community into an Incubation space, structured to help them succeed through a blended co-existence of learners, facilitators, and caregivers, as well as socially inclusive programs that invite a diverse range of experts to connect and engage shown in Figure 4.

The space primarily caters to diverse learners and their learning styles in order to prepare them to be independent, secure, and comfortable through specially tailored programmes that cater to the mind and body, aiding in the holistic development of individuals. The Site is located in Bandra Reclamation. Around a set of Old Bandra houses and a very homely surrounding. The Site is surrounded by newly opened cafes and restaurants, old residential buildings and bungalows, and a hospital which makes it a very potential site. The building is located close to the main road which provides easy access to the site. Pedestrian access is also convenient as

the area has footpaths on either side of the road. The surroundings remain busy throughout the day, so there is very limited parking access. The height of the structure is 24' and has an exposed ceiling with a wooden framework. Windows on all sides ensure maximum sunlight throughout the day. Being on the inner road of Bandra, the surroundings are quiet and not so busy throughout the day.



**Figure 5: Representing the design proposal outline of the ground and first floor.**

Redefining Difference is a concept that showcases a wide variety of spaces for socializing and enhanced learning. The design ensures the provision of spaces that have hands-on tangible elements and sensations that can assist with focusing. The space is tailored in a student-centric fashion, depending on the task undertaken and the environment best suited for it. The presence of active zones encourages creativity, movement, and cognitive development. Simultaneously, dedicated quiet rooms are provided to accommodate intense concentration shown in Figure 5. Transition zones feature interactive walls and other elements including visual connections amongst the spaces. Creating an ecosystem with multiple micro-environments, instead of an open expanse, enables people to find the right level of stimulation and prevents sensory overload. To achieve optimum productivity in terms of space usage, the zoning process started with a site study. The zoning of programs concerning their individual area criteria was used to derive an area statement and the benefits of the spatial structure. Following the completion of the area statement, the adjacent programs were paired with the user in mind. While doing so, circulation space, user experience, user behavior and natural lighting were taken into consideration. The proposed design spans over 10800 sqft showcasing a wide assortment of spaces having their unique characteristics coming together as one. There is a fluidity to the indoor arena due to the absence of any internal barriers, weaving the space horizontally and vertically. Instead of conventional fragmented designs, the proposal conserves the advantage of a wide space, making this design oriented towards the focal group. The design incorporates different zones for all the programs with the provision of coalescing the activities as the need be. There is a visual connection between the indoor and the outdoor space which functions as a preview even before you enter the space.

## 5. CONCLUSION

Neurodiverse people have out-of-the-box talents and distinct cognitive ways of thinking, enabling them to be truly creative and innovative. These qualities are very beneficial to the industry as they prove to be a competitive advantage. This has caused forward-thinking

employers like Google, Microsoft, etc. to hire neurodiverse individuals. Thus, their inclusion in the industry is a symbiotic relationship. Conventional designs are molded for neuro-typical. Enforcing the same mold on the neuro-diverse will hinder their potential to put their best foot forward. Deviation from conventional designs is the need of the hour for neurodiverse inclusivity. It is observed that neuro-diverse individuals often get diagnosed in their late childhood, this calls for an environment that helps them thrive despite the late diagnosis, in their adolescent years, since by this time they are self-aware of their interests. This paper proposes such an environment that prepares the primary users to be independent, and self-aware and navigate through any situation before they enter the industry. In the field of spatial design, the concept of designing for neurodiversity is relatively new. A re-evaluation of what 'Universal design' implies is needed. The inclusiveness of the especially abled is mostly concerned with the physical nature of inclusiveness. Enhanced emphasis needs to be given to mental exceptionalities. Conventional design is subjected to neuro-typical. This traditional outlook needs to be eliminated to make way for the new convention which should be a 'Universal Inclusive Design.' Excluding the needs of a community, just because they deviate from the 'norm', is immoral and unethical. Over the next few years, spatial design needs to aim for all kinds of inclusivity with a surplus of inclusive space for diverse communities.

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## CHAPTER 7

### NIRVA: A SAFE SPACE FOR WOMEN MENTAL HEALTH

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#### ABSTRACT:

There is no other suffering like mental illness because the human mind has enormous capabilities and if you arrive at a point where, without anyone doing anything, suffering is simply happening, it becomes a psychological condition. India is a developing country that has transformed itself in many ways, but it still has a long way to go when it comes to mental health. Mental illness in India is still prevalent. The lack of acceptance towards people with mental illness is one of the top reasons that they feel awkward sharing their problems. People are afraid that society will judge them and see them as weak. In India, mental hospitals are in poor condition. People are subjected to severe restrictions on their basic human rights, and as a result, they are often hesitant to visit hospitals and seek treatment. This paper discussed about the current status of the mental health and their impact on the society.

#### KEYWORDS:

Bipolar Disorder, Depression, Health Issues, Mental Disorders.

### 1. INTRODUCTION

Someone in good mental health is capable of coping with life's difficulties, attaining their aspirations, excelling in their career and education, and making a positive impact on those around them. Being healthy and happy helps us make good decisions, connect with others, and have a positive impact on the world. Every person should have the right to good mental health. Additionally, it is vital for the advancement of the economy, communities, and individuals. Having a sound mind is of greater significance than merely avoiding mental health issues. Everyone experiences it differently, and it can be hard in different ways [1]. It can have lots of effects on how we interact with other people and how we feel. Mental health issues cover a range of mental conditions and illnesses, including challenges with relationships and mental disorders that create significant suffering, hinder productivity, or increase the likelihood of self-harm [2]. There is a greater tendency for individuals with mental illnesses to feel unhappy. Many different things in our lives can affect how we feel mentally. They can either help us feel better or make things harder for us. These things can change how we are doing emotionally. Varied behaviors and physical traits can increase the likelihood of mental health issues in individuals. These factors are mental ability, drug use, and genetic traits [3].

Adverse social, financial, and environmental factors, such as poverty, abuse, and environmental degradation, can increase the likelihood of people experiencing mental illnesses. Risks are a possibility throughout life, but they pose a greater danger when they occur during early infancy. To illustrate, we are aware that children feel negatively impacted by physical discipline and overbearing parents, as well as experiencing cyberbullying resulting in mental health issues. In the same way, things that protect us come up over time and make us stronger. This encompasses our unique feelings and ability to interact with others, along with positive connections, quality learning, rewarding careers, secure living environments, and vibrant communities [4]. Society presents a range of psychological hazards, and there are multiple approaches to maintaining safety. Local hazards make people, homes, and neighbourhoods safer. Global hazards encompass economic recessions, the transmission of illnesses, crises prompting migration, and the escalating environmental emergency. These dangers can affect whole communities. Every danger and prevention factor has a limit to how accurately it can be predicted. Having a risk factor does not guarantee that you will develop a mental disorder. Even without any known risk factors, it's still possible to experience a mental disorder [5]. Our mental state can be influenced positively or negatively by our emotions and other factors.

In promotion and prevention programs, efforts are made to understand the factors that support or hinder mental well-being and to implement measures to enhance it and minimize risks. This could include assisting individuals in managing challenges and creating encouraging environments for mental health. We are capable of devising plans to aid a single person, a small group, or an entire community. Improving mental health often requires more than just the healthcare system. Initiatives to prevent mental health problems should address schools, employment, the justice system, transportation, the environment, residential communities, and social services. The healthcare sector has the potential to promote wellness and prevent illness, thus contributing to people's overall health. It also can engage in cooperation and build alliances with other fields as required. It is crucial to prevent individuals from ending their own lives worldwide [6]. It's one of the goals to make the world a better place. By removing harmful elements, promoting positive media coverage, and providing education on emotional and social wellness, we can work towards improvement. Stopping harmful pesticides that can hurt people is a good and inexpensive way to lower the number of suicides [7]. Another crucial factor to consider is ensuring that young people receive the necessary assistance for their mental health. To maintain people's mental well-being, we can establish regulations and legislation, support parents in caring for their children, implement initiatives in educational institutions, and ensure the safety and healthiness of environments frequented by youths [8].

Schools use programs to teach students about their feelings and how to get along with others. No matter a country's economic status, these programs are beneficial for all. Taking care of mental health at work is getting more important. It can be achieved using rules, business strategies, teaching managers, and supporting employees. Ensuring the overall mental well-being of the population and offering assistance to those affected by mental health issues is crucial for enhancing mental health in the country [9]. It is more convenient and preferable for individuals to seek mental health care at local facilities rather than hospitals. Offering this care can prevent unfair treatment and support a speedier recovery for individuals. Those in need of mental health assistance need to have the option to receive help at locations such as hospitals, community centers, and schools. Experts and non-experts can work together to give it. This entails reaching out to friends for aid and assistance in adjusting to the neighborhood. The current approach to providing support for individuals experiencing sadness and worry requires an overhaul. They need to provide a variety of care options, such as engaging in non-specialist conversations or utilizing online tools for self-improvement. The review will discuss the measures taken by schools and organizations to support mental health. It will also help institutions deal with the difficulties of including mental health in their plans. Establishing secure environments for mental health requires collaboration, empathy, and destigmatizing discussions about mental health. We aim to conduct a comprehensive study on safe spaces to improve awareness of mental health and provide recommendations for creating conducive environments for mental well-being.

## 2. LITERATURE REVIEW

### 2.1 Mental Health:

Kelloway *et al.* [10] described that society is paying more attention to how the pandemic affects employees' mental health. This has caused a lot of research into how work factors can predict and affect mental health problems. Employee mental illness can have a big impact on companies, but giving employees resources for mental health could help companies be better than their competitors. This article talks about what it means to have good mental health at work and how it can affect a company and society. It also explains how workplaces can help employees stay mentally healthy, deal with mental illness, and support employees who are struggling with mental health issues. We give suggestions for future studies and suggestions for how they can be used in real life.

Muslic *et al.* [11] described that understanding mental health is very important for helping people feel better both individually and as a whole community. This idea was first talked about in 1997. It's mostly about what people know and believe about mental health and mental disorders. This helps people recognize, manage, and prevent mental health problems or disorders. In 1997 Research from many places found that many people don't know how to recognize or help with mental health problems. This includes both the general public and specific age groups. They also don't know about the different types of help available. This paper is about how much people know about mental health and how it has changed over time. It hopes to add to what we know about this topic and make people more interested in researching it. This includes how we study it, what we find, and how it can help prevent mental illness and keep people mentally healthy.

Fusar-Poli *et al.* [12] research has been done on how to help young people, with or without mental disorders, have good mental health. There are not many proven ways to improve mental health in young people. One reason for this situation is that it's hard to clearly define and measure what good mental health is. The European College of Neuropsychopharmacology wrote a paper about ways to prevent mental disorders and improve mental health. They reviewed different ways to measure good mental health. Creating a practical way to measure good mental health is important for doing research in a consistent way in this area. Good mental health means feeling content and able to deal with life's challenges and responsibilities. It also means being able to work well and achieve goals. Helping people with their mental health is important.

Universal and selective ways of doing this can be helpful. Key areas that determine good mental health include understanding mental health, how one feels about mental disorders, how a person sees themselves, thinking abilities, how well they do at work or school, emotions, actions, how they manage themselves, how they interact with others, family and important relationships, physical and sexual health, finding meaning and overall well-being. These areas should be easy to find in books and can be used for more research on how to have good mental health. This information can help us find better ways to improve mental health.

Getik and Meier [13] described that the mental health of young adults plays a key role in their future contentment and achievements. There is limited evidence demonstrating the impact of the environment on the mental well-being of teenagers. We are researching how having more boys or more girls in a class at school can affect how kids feel. We looked at information from 576,285 students in Sweden to see how having more boys or girls in the same class can affect mental health. We discovered that having more girls in a class can lead to more boys being diagnosed with mental health issues. The impact continues as a person grows older. Mental well-being relies heavily on the presence of strong and meaningful friendships.

## 2.2 Mental Disorders:

Nadon *et al.* [14] examine the question of whether burnout merits classification as a distinct mental illness. It aims to help in the discussion about this topic. After exploring the background and theory of burnout, as well as its evaluation methods, we will consider whether it meets the criteria for being classified as a mental disorder. Because we don't understand it well, research on burnout is still not clear and has a lot of problems with how to measure it. Consequently, there is still a lack of knowledge about the causes of burnout, how to identify it, how to distinguish it from other illnesses, and its prevalence. In our opinion, it would not be suitable to classify burnout as a separate mental disorder in any existing classification system at this time.

However, we think it's too soon to say that burnout is not important for mental health. There is evidence that it is a significant problem in the workplace. We have many ways for researchers to study in the future. We want researchers from different countries to work together to understand concepts and measurements better. We also want to avoid using old definitions as

if they are still true. We want to make it easier to decide if burnout is a separate medical condition in the future. Rolin *et al.* [15] analysis aids doctors in differentiating between bipolar depression and unipolar depression, and in formulating a suitable course of treatment for the patient. Almost two-thirds of people with depression see their regular doctor for help, but sometimes they are mistakenly diagnosed with bipolar depression. This happens in both regular doctor's offices and mental health clinics. Bipolar disorder has periods of being really energized and happy and also periods of feeling down, but the most common and challenging symptom is depression. Misdiagnosing solely depression occurs frequently and can lead to receiving the wrong treatment utilizing a certain antidepressant. Bipolar depression does not respond effectively to antidepressants and may even be negatively impacted by their use. They might cause hypomania/mania, rapid mood swings, or make the person more likely to have thoughts of suicide. Symptoms indicating bipolar disorder rather than just depression include early onset of depression, frequent depressive episodes, a family history of severe mental illness, increased activity and energy levels during depression, and lack of improvement with antidepressant medication. People with bipolar disorder often have other health problems like heart disease, high blood pressure, and being overweight, as well as mental health issues like ADHD, anxiety, and substance abuse.

These other health problems can make people with bipolar disorder die earlier than other people. The treatment of bipolar depression may involve the use of cariprazine, fluoxetine/olanzapine, lurasidone, and quetiapine. Cariprazine and quetiapine are effective in treating both bipolar mania and depression. Patients will receive better care from healthcare providers who can differentiate between the symptoms of bipolar depression and regular depression and recommend appropriate treatment options.

Spelber *et al.* [16] described that bipolar disorder is when a person's mood swings between being very high and very low. It affects about 1-2% of people. Mostly, the person feels very sad and down. Bipolar disorder is complicated and it causes a lot of suffering. It is one of the main reasons why people can't work because of being sick. The medication for bipolar disorder includes drugs that stabilize mood, like lithium, and other types of drugs that work in different ways to help with symptoms. They can have different effects on the body and different side effects. Whether these medications effectively treat bipolar disorder can vary depending on the individual's current phase of the disorder or their efforts to prevent future episodes. Even with the correct diagnosis and treatment, the available options are not as powerful as they ought to be. Not many treatments work for all stages of bipolar disorder, and it's rare for one medication to help with both the illness and recovery. Although there have been big improvements in treating bipolar disorder, there are still a lot of problems in giving people the right treatment.

Klevebrant *et al.* [17] research examined the impact of caffeine consumption on individuals with panic disorder as well as those without it. Ten studies showed that about 51.1% of people with Parkinson's disease had panic attacks after having caffeine, but none had panic attacks after having a placebo.

People with Parkinson's disease (53.9%) were more likely to have panic attacks from caffeine than healthy people (1.7%) Anxiety in PD patients got worse after they had caffeine, with a noticeable effect. The study suggests that for certain individuals with PD, caffeine may trigger panic attacks, and can also lead to increased levels of anxiety in both PD patients and healthy adults when consumed in amounts comparable to 5 cups of coffee. Future research and medical impact are important. It is necessary to study a wider range of doses and investigate how the treatment works.

### 2.3 Mental health conditions due to the environment:

Oluwafemi *et al.* [18] described that space is a lonely and restricted place for people. These situations can have many impacts on astronauts' mental health and safety. Being away from family and friends for a long time and being in a small and closed-off space can make the space

crew feel lonely and stressed. This research is very important because it will help with plans to send people to live on Mars and for space tourism. It will also help astronauts when they are feeling very stressed. So, this paper looks at how being alone or in a small space affects a person's mental and thinking health. It also looks at how being in space and exposed to radiation and weightlessness can affect a person's thinking. It considers how changes in a person's daily rhythm and sleep in space might affect them.

Hobson *et al.* [19] study examined how parents of children with speech and communication issues seek mental health support. It also involved children diagnosed with Developmental Language Disorder. A study of 74 parents showed important factors: how well the caregivers connect with the kids, how well the organization is run, and how much the professionals know. Semi-structured interviews with parents of children with DLD showed that language problems can make parents feel worried. The school environment and the roles of important professionals also were important. Parents also face challenges in getting mental health support. All of this can affect how parents feel.

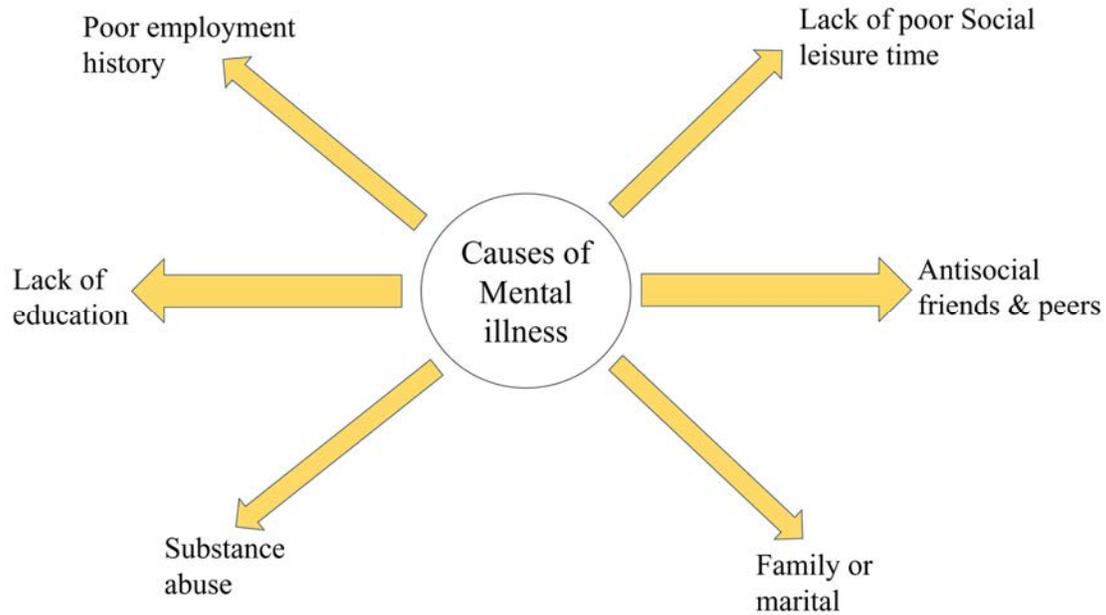
Concerned parents fear that children struggling with language issues may not receive the necessary support for their psychological well-being. They want it to be easier for children to get the help they need. They talked about how the way we talk can affect how therapy works. The reason that support was difficult to get was that people didn't know enough about how to help with language needs. The research highlights the significance of services being accessible for children and professionals having a good understanding of the impact of language disorders on children's mental health. Wen *et al.* [20] looked at how buildings can affect people's mental health.

There has been minimal investigation into its effects on students, particularly within the context of the pandemic and educational environments such as schools and universities. By utilizing online survey data, this research employs various mathematical models to examine students' perceptions of their academic facilities during the pandemic. It also explores the influence of students' emotions towards these edifices on their anxiety levels. According to the study, students who were displeased with the school building's scenery were more prone to feeling anxious. The likelihood of feeling anxious was higher among students who were not comfortable with the noise and summer heat in the classroom. Additionally, even when accounting for distractions, the general satisfaction with the physical environment of the academic building still had a noticeable and adverse effect on students' anxiety levels. This investigation may assist in creating improved school facilities that encourage positive mental health.

### 3. DISCUSSION

Being healthy means feeling good in your body, mind, and in your relationships with others. It's not just about not being sick. Good mental health means feeling good about yourself, being able to handle stress, and being able to do your work and help others. 75 out of every 100 people in the country, which is about 98 million people, have a mental disorder, as said by the World Health Organization.

This happens because nowadays we try to cram 100 years of living into just 10 years. We have stopped talking to people and it's making people feel stressed. We need to understand that all people can feel fragile in their mind. Sometimes we all go through tough times with our feelings or thoughts, either for a short time or for a long time. Doing things like fighting, getting angry, smoking, or using drugs are not mental illnesses. People make decisions. People don't decide to have a mental illness, but they can decide to talk about it if they're struggling.



**Figure 1: Representing the main causes of the mental illness.**

### 3.1 Reasons for having poor mental health:

People of all ages, including children, can have mental illness. It doesn't matter where you live or what your family is like. It just means their life is different. Many things like how we feel, think, and our body can affect how healthy our mind is. Not feeling well mentally can be related to big changes in society, difficult work situations, unfair treatment based on gender, being left out by others, not living healthily, being sick, and not being treated fairly. Certain things about a person's mind and how they act can make them more likely to have mental health issues. Biological risks come from things in our genes.

### 3.2 Types of mental illnesses:

Many types of mental illnesses can be more or less serious. It can be divided into everyday mental illnesses and serious mental illnesses. Mental illness can be caused by a chemical imbalance in the body or by learning poor attitudes during childhood. Some common mental illnesses are depression, anxiety/phobias, eating disorders, and stress. Serious mental illnesses are schizophrenia, bipolar disorder, severe depression, suicidal thoughts, and different types of personality disorder. Here are some of the most common mental health problems that people experience.

#### 3.2.1 Depression:

It is the most common mental illness and is a major reason for disability all over the world. It means feeling very sad, not enjoying things, feeling bad about yourself, having trouble sleeping or eating, feeling tired, and not being able to focus. It can last a long time or happen again and again. Depression symptoms can make someone more likely to think about or do something harmful to themselves. It can be helped by talking to a therapist, changing the way you think, or taking medicine.

#### 3.2.2 Generalized anxiety disorder:

Generalized anxiety is when you feel too much worry and anxiety about a lot of different things all the time. Anxiety can come from worrying about family, friends, health, work, money, or missing important appointments. Someone might be told they have a problem called generalized anxiety disorder. I have been feeling anxious and worried almost every day for over six months. The person has a hard time managing their worries and nervous feelings.

### 3.2.3 Panic attacks:

A panic attack is when someone feels very scared all of a sudden, even if there doesn't seem to be a reason for it. We don't know why people have panic attacks, but it might have something to do with chemicals in the brain that cause changes in the body, like fast breathing and a racing heart. It can be scary. Some people say they feel very scared or worried. People who have panic attacks may stay away from places or situations where they think they might have an attack. It is a mental health problem that can happen when someone goes through a very bad event. This could be a car crash, getting hurt or attacked, being in a war or being tortured, or being in a natural disaster like a fire or flood.

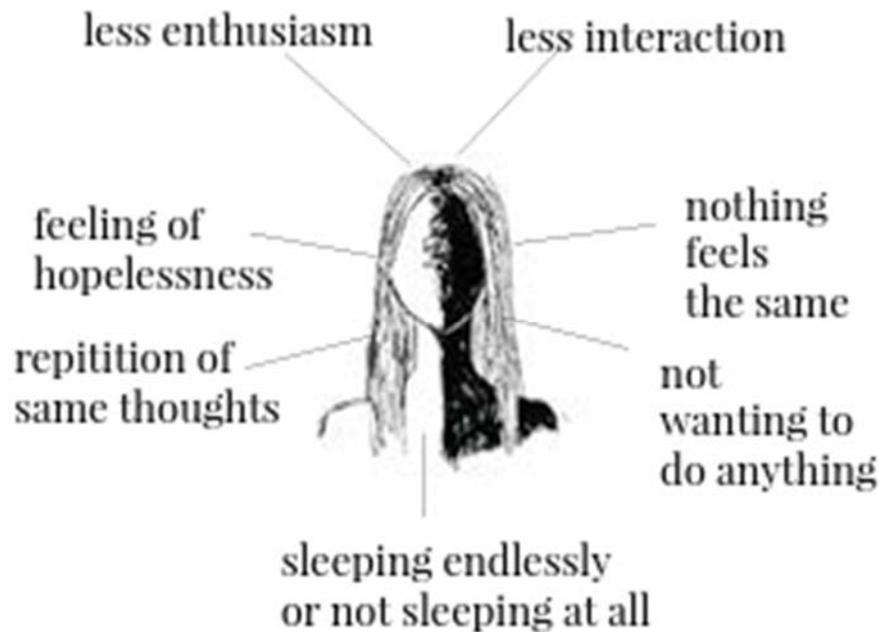
### 3.2.4 Obsessive-Compulsive Disorder:

This is a condition of feeling very worried and nervous. Obsessions are thoughts, images, or urges that keep coming back and bother you, even though you don't want them to. Compulsions are rituals we do over and over that take up a lot of time and make us feel really upset. Treatment options include talking therapy and prescribed medications. It includes times when a person feels very energetic and happy, and times when they feel sad and low, with periods of feeling normal in between. Manic episodes make a person feel really high or really irritable. They may talk a lot and feel really good about themselves. They might also feel like they don't need much sleep and have a lot of energy. Getting help for your mind is an important part of treatment. It is a serious mental illness that causes changes in thinking, emotions, and how a person sees themselves. The way people act and behave. Common experiences can include hearing voices or seeing things that are not really there (hallucination) and having beliefs that are not true (delusion). It may make it harder to do well in school or at work. It can be cured.

### 3.3 Feeling during mental illness:

The topic of mental health is still new in India and there are still many wrong ideas and taboo beliefs about it. There are some things that make these reasons happen. The most important reason is knowing and understanding. Many mean words are used to talk about people who aren't mentally well. This makes them not want to ask for help because they feel bad and people don't understand. We only have 43 government-run mental health hospitals in the country. We have fewer psychiatrists, clinical psychologists, psychiatric social workers, and psychiatric nurses than we need. We have 3800 psychiatrists but need 11500. We have 898 clinical psychologists but need 17250. We have 850 psychiatric social workers but need 23000. We have 1500 psychiatric nurses but need 3000. This means that there is only one psychiatrist for every four lakh Indians and there are only 1,022 college seats reserved for mental health professionals in India. Insurance companies do not give health insurance to people who are in the hospital for mental health problems.

Some people cannot go to a good hospital because it is too expensive. Quality treatment is expensive, and it's even harder to afford without insurance. Being mentally healthy doesn't mean you never have tough times or feel emotional. We all experience feeling let down, losing things, and things changing. These are things that happen to everyone, but they can still make you feel sad, worried, and stressed. As people who are physically healthy can recover faster from sickness or injuries, people with strong mental health can recover better from hard times, tough experiences, and stress. This skill is called resilience. We can help people with mental illness by giving them the support they need. This might include the right medication and guidance for psychosis, and counseling, support, and love from their friends and family for neurosis. It's really important to find and deal with these problems as soon as possible.



**Figure 2: Representing the overview of the Feelings during mental illness.**

### 3.4 Mental health in spaces:

#### 3.4.1 Impact of space on people:

A person's mental health is not just about how they feel. Instead, it's a very important question about money and politics. For example, at work, mental health problems make people miss work more, increase healthcare expenses, and make people feel less motivated and productive. Being always busy, using digital devices a lot, pollution, what we eat, and the sounds around us are all reasons why more people are having mental health problems. People want to feel like they belong and be happy. When you find it, it feels like being at home. Buildings and other physical things around us can affect the way we think, behave, and adjust to our surroundings. In a city or town, how things are built and arranged can affect how people feel and interact. It can change how often people talk to each other, how much help they get, and if they feel safe. It's clear that the places where people are can affect how they act and feel. A person with mental health problems may go into a place feeling one way and come out feeling different. They get really upset about some things and not upset enough about others, but if the situation is good, they hardly have any symptoms at all. This shows that a well-planned building will still work as it's supposed to, even if people try to use it in a different way.

#### 3.4.2 Environment for a Happier Mind:

Having the power to make choices and control your surroundings, and making a place that values and respects people, is important for a good recovery. Our feelings, thoughts, and body are all connected. Just like how one part of something depends on another part, being fit in one area depends on being fit in another area. The Thought Co's studio is a special place where they try out new ideas to help people feel good in their mind, body, and spirit. The studio is designed to help people express their feelings. It is designed to feel cozy and up-to-date. There are a lot of things happening in the building, like design studios and furniture workshops. The studio uses this for their benefit. Even though people don't judge as much, there is still some judgment. When people come into this place, they don't feel like they're going for therapy. The studio doesn't feel like a hospital and tries to make mental health care fun by playing light music and having fun activities to make people more aware while they get therapy. This study helps with the final design and focuses on the same group of people.

### 3.5 Mental health of the youngsters:

Being a young person is like being on a rollercoaster. It is full of different emotions and changes. It is known that they can be in bad moods and feel irritable and upset. That's just something that happens as you get older. Most people either really like or really dislike things, and if they have a bad day, they might feel like everything is falling apart. It can be challenging to distinguish between normal adolescent mood swings and mental health issues due to the frequent, abrupt mood fluctuations young people experience. Early adulthood is a time when people change and grow in their bodies, minds, and feelings. During this time, people can develop mental health problems that can affect them for a long time. A lot of young adults who are struggling with their emotions hide it from others. Others show their feelings in dangerous or upsetting ways. Because many people are afraid of being judged and misunderstood, most of them never get the help they need for mental health problems.

Many kids are mentally healthy as they grow up, but studies show that more kids and teens have mental health issues now than they did 30 years ago. That is likely because of how our lives have changed and how that affects our experience. Feeling very sad and worried all the time can be a big problem for young people. In India, 15 people kill themselves every hour, and suicide is the main cause of death among 15-29 year olds. Feeling really sad when you're young is not just a passing thing. It's a serious problem that can make it hard to do daily things, make a person think about suicide, and continue to affect them for a long time. It can make them stay away from their friends and family and make it hard for them to talk to others. The chance of getting the condition can start when you are a child or a teenager, but it goes up even more as you get into your mid-20s. About 11 out of every 100 young people will have depression by the time they finish their teenage years. There are a lot of things that can make teenagers feel stressed.

Wanting to be independent, feeling like they have to keep up with their friends, figuring out their sexuality, and using technology a lot can all add to their stress. The media and ideas about how boys and girls should act can make the gap between how a young person really lives and what they want their life to be like even bigger. Genes also play a part in how teenagers feel mentally. Transitioning into adulthood can be difficult for some people. They might try alcohol, drugs, or other things that can affect their mental health.

### 3.6 Design Brief:

Designing a safe space for young adults (15 to 25 yrs) suffering from anxiety and depression that promotes mental well-being and care as well as creating opportunities for them to socialize and enter a safe community space once they get confidence through the process of mental health. The space aims to empower, increase awareness, and promote self-care by inviting the target audience to seek support from the therapy as well as the activities in the space. It also serves as a source of comfort for the target audience, who may enter and engage in the space if they are overwhelmed or nervous but do not wish to seek therapist assistance. It enables the target audience to feel included and assures them that they are not alone in their struggle. This can be done by nudging the target audience and presenting them with a new viewpoint. There is a greater need to cater to such a demographic as a result of societal ignorance. The program's goal is to raise mental health awareness in a fun way. Art, exercise, and plant care are some of the activities that can help to improve a person's mood. When we engage in these activities, our bodies produce chemicals known as endorphins, which make us feel good. Taking this into account, the space includes an art room, an exercise room, and a library. The space also has indoor and outdoor seating areas for community interactions. People seeking therapy could use this area as part of their therapy sessions, as well as those who had only come into the space to spend time alone.

#### 4. CONCLUSION

The concept behind this paper is to provide a safe environment for young adults dealing with mental health issues like depression and anxiety. It is an interior space that encourages mental health and self-care while also allowing people to socialize. It will assist young adults in becoming more self-sufficient by providing them with information and opportunities to seek assistance. The intent of this capstone is to make the process of mental well-being and self-care enjoyable. Having a variety of activities in the space will help to raise awareness and will prevent people from thinking they are coming for therapy. Such a space is the need of the hour for India's development as it raises awareness, empowers people with mental health issues, and promotes self-care.

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## CHAPTER 8

### BEYOND BOUNDARIES SHARED LIVING FOR THE TRANSIENT GENERATION

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#### ABSTRACT:

The rental housing sector in India is experiencing disruption, led by the millennials who are redefining the meaning of living and working by embracing the concept of a 'sharing economy' - a transition from owning to sharing. 'Valuing experience over ownership' defines the aspirations of the current generation. This idea of a sharing economy has been gaining rise in the real estate segment under 'co-living' in the residential domain. Coliving has become a trend among the rising young workforce of the country. Issues with traditional and informal rental models, migrant millennial workforce, and their preference towards sharing over ownership, are the major drivers for the increase in demand for coliving in India. 'Coliving hierarchy of needs' places community and collaboration as the top priority in coliving followed by location and affordability. In India, co-living has become a means to solve the urban space crunch and the main aim is to make housing more affordable and accessible for occupants. The co-living complexes emerged in India in the year 2015 and have been growing ever since. However, the concept is relatively new to the builders, trying to foster the idea of large-scale papers situated in countries abroad. Typically the co-living complexes in India are small-scale adaptive-reuse papers, re-worked on leased buildings not meant for the purpose consequently degrading the quality and defeating the motive of the establishment. Hence, the thesis paper aims at bridging the design gap by understanding the limitations in the Indian co-living model and at the same time understanding the needs and demands of the users in the Indian context. The scope of the paper is a purpose-built co-living space that provides more than just the basic need of shelter and promotes a culture in which the individuals and collective share resources and an intention of living sustainably with each other.

#### KEYWORDS:

Community collaboration, Co-living, Living Space, Rental Housing, Shared Economy.

### 1. INTRODUCTION

Big cities in India are getting more and more crowded because people are moving there for good jobs and a better life. This is making it harder to find a place to rent. More young adults are joining the workforce and making up a big part of the population. They will need more rental housing that is well-organized. There aren't enough dorms for college students, so they will need to rent apartments nearby. [1], [2]. Right now, many people are renting homes from informal sources. This means there is a chance for more organized housing options to become available. Young people moving to new cities for work or school face unfair judgments from landlords and homeowners because they are single or students. The lack of good places to stay, like student dorms or hostels, makes staying in these places not very popular with millennials who have more money to spend and want to have a better lifestyle. They are willing to pay more to have a better experience [3].

#### *1.1 Sharing Economy: Transition from owning to sharing:*

Sharing has been around since people started living together in groups. Today, new technology is changing the way we use transportation, housing, goods, and services. This is happening because of economic and social reasons. The sharing economy has transformed numerous sectors through the development of various digital platforms that connect individuals, companies, and localities. It is changing how people do their jobs, how they live, and how they have fun. The sharing economy is changing how people think about owning things. Many people, especially young adults, now prefer having experiences over owning stuff. This shows how much the sharing economy is shaking things up. Shared services allow you to have many experiences without spending a lot of money. Having access to something is like owning it. You can have all sorts of experiences without having to own anything [4].

### 1.2 Sharing Economy and Real Estate:

"Sharing" is a popular term in the real estate industry. New ways of working and living, like sharing a workspace and living space, are becoming more popular. Working together has changed the way businesses operate in India. Even though the main reasons for using co-working spaces were to save money and have more freedom, they have also brought people together to form professional groups by allowing people with similar interests but different backgrounds to meet and work together. Co-living is a new type of housing that offers a solution to the problem of not having enough space in cities. It's a different kind of place to live [5]. Co-living companies in Mumbai rent homes or buildings from landlords and then rent out individual rooms to people who need a place to live. Currently, co-living operations are only happening in regular apartment buildings, so there's not much new or creative design happening in this area [6].

### 1.3 3C's- Community, Collaboration, and Convenience concept:

The concept of co-living is based on the 3C's- Community, Collaboration, and Convenience. While these co-living operations are convenient for users in terms of an affordable and flexible rental model, they lack the community and collaboration aspect. The layout is standard, does not encourage community interaction and there are not many communal spaces or services. The thesis paper is an attempt to innovate shared living through a purpose-built co-living space in Mumbai for an improved communal living experience through inclusive programs that help engage the users [7]. A space where private and communal spaces co-exist and social interactions are not forced but naturally coaxed. The ambition is to design a mingled space for the private and social lives of young professionals covering habitation, work, recreational, and social activities, that promote and reflect a communal lifestyle. The aim is to provide communal living experiences to the new communities born under the sharing economy. Humans are integrally social and co-living is the novel social connector. The way people rent homes is changing. Rental living is going to become more flexible and focused on building a sense of community. This is because housing prices are going up, living spaces are getting smaller, and people are feeling less connected to each other. The study also found that young people are moving to big cities and want to live in places that are easy to get to. They might choose to live with roommates because it's cheaper, or because they prefer it. In the future, more people are expected to want to live in shared living spaces.

## 2. LITERATURE REVIEW

### 2.1 Types of house system in India:

Tyagi *et al.* [8] describe that 65% of people in India live in rural areas, and these places are very important to the country. These areas and the people and homes in them show what the country is like. Other people have written about country houses in books and studies, but they mainly just talked about how the houses looked instead of analyzing them. So, it's important to carefully study rural houses to understand how people see them in their minds. This research wants to make a plan for different types of houses in the countryside and find out what things are important to know about rural housing in India.

We need to look at how rural houses are changing from old-fashioned to modern styles. The research was conducted in Lakhan Village, which is located in the Indian state of Uttar Pradesh. In this village, we looked at old houses to see what kind they are and what they are like. We used a basic random method to gather the information, and we figured out the size of the group using the Cochran formula. The researchers have a lot of experience in rural houses in Uttar Pradesh. They use this experience, along with theory and analysis, in their research. The research shows how rural houses in Lakhan Village are built and talks about the things that make a house stand out. The report suggests ideas for rural housing to improve in the future. It explains how rural housing has changed in India and talks about the reasons for these changes.

The study shows it's important to use a complete approach to solve problems with housing in rural areas. This study's results will be useful for researchers, people who make decisions, and others who build homes in rural areas. Thomas *et al.* [9] study trying to find out how the behavior of young adults affects whether they will pay back their housing and real estate loans on time. The study looks at how people's money knowledge, desire for things, feelings, debt, and ideas about taking chances affect their behavior. The sample includes young people who have taken home loans and work in big cities in India. These cities have a better life, more jobs, and lower costs of living. We used a structured survey with six parts. The study shows that knowing about money, wanting a lot of things, and being worried about taking risks all affect whether young adults will be able to pay back their loans.

The study found that feelings and owing money don't have much effect on whether young people will pay back their loans. This study only looks at big cities in India. Future research can look at how young people work in different types of jobs and different cities in India. This could include looking at the differences between people who work for the government and those who work for private companies. Practical implications: This paper helps us understand how people behave, which can help us make plans to stop young people from breaking the rules. The results of this research will help banks and other financial companies make better decisions about who to lend money to. New and Important Information: This study is the first to look at how the actions of young adults in India affect their ability to pay for housing and real estate loans. This work will be possible for everyone involved in the housing and real estate industry. Ravishankaran *et al.* [10] conducted research in Chennai, India from January 2016 to April 2017 to find out the difficulties in collecting adult *Anopheles stephensi*, a mosquito that spreads malaria. The CDC used light traps in poor neighborhood homes, collecting 203 insects inside and outside the houses. The majority of mosquitoes were *Culex quinquefasciatus* (64%), and after them were *Anopheles* mosquitoes. 24 out of 100 *Anopheles stephensi* mosquitoes were infected. 483% of the mosquito traps caught female *Anopheles*. *Stephensi* mosquitoes were found, with 224 caught, mostly during the rainy season and winter. Inside, 10% higher *An. Stephensi* mosquitoes were found mostly in houses with asbestos roofs (71.4%) The percentage of people with *Plasmodium vivax* was 2.2% Logistic regression found that winter/monsoon, asbestos roofs, having not many rooms, and having big families are important factors for predicting. This research gives information on how to control mosquitoes in cities to get rid of malaria.

## 2.2 Sharing house system:

There has been a substantial decline in the availability of rental accommodations in India over the years, largely attributed to the restrictions on landlords' ability to set rental rates. Rent control in Mumbai is the subject of this Tandel *et al.* [11] research, which explores its role in the insufficient supply of affordable rental housing and its impact on the land market. The paper outlines the negative impact of rent control in Mumbai, such as the degradation of rental housing, a halt in new rental housing development, and the rise of informal practices like *pagdi* or key money. It also looks at where and what kinds of apartments in the city have limits on how much their rent can go up. It suggests making changes to rent controls over time to make them more fair. It says that this would encourage people to invest in rental properties and make housing more affordable.

Mukherjee *et al.* [12] described that the objective of housing policies in India is to ensure that everyone has a home, which now translates to the ability for everyone to own a house. This limited perspective has been integrated into programs since the early 1970s and has failed to recognize the various housing options that could lead to a thriving and enduring market. This paper examines the shifts in housing policies that have occurred since gaining independence. It demonstrates that housing programs have not placed a significant emphasis on rental housing. It gives a general overview of the rental housing market in India using national

statistics. The data indicates that half of the rental housing is designated for low-income urban residents, yet this segment of the market is not thoroughly comprehended. The initial study identified the major obstacles hindering the development of a comprehensive rental housing program in India.

S. Harish [13] described that the diverse affordable housing options are crucial for enabling low-income families to reside and work within urban areas. Public housing providers and policymakers claim that obstacles are preventing the provision of affordable rental housing. What are the problems we are facing? What do we need to do to start and keep a rental housing market in Indian cities that is for the public and society? This paper looks at the current ideas for public policies and examples of public rental housing to understand these problems. It focuses on managing social rental housing, tax and government issues, and the financial problems and new chances in rental housing.

A. Kumar [14] Renting a home is an important part of the housing system in cities. It also plays a big role in helping migrants move up from living in temporary settlements to owning their own homes. According to a study on rental housing in India, over 10% of households resided in rented accommodations in 2011. Almost 80% of these households were in urban areas. The information comes from the Census of India and the National Sample Surveys. Furthermore, not only are many families still struggling to find a place to live and afford it, but there is also a new problem of a lot of empty houses, which makes the housing crisis even worse. It shows that there is a big difference between people who need housing and people who have a lot of it.

### 2.3 Co-living system in India:

R. Sanghani [15] discussed the all-know-about co-working spaces, where different companies share an office to be more open and work better. Co-living spaces are modern homes where people who have similar interests and values live together. Living in a shared space helps people to socialize and connect. These places are designed for people to work together and share ideas, while still having their own private space. People have their bedrooms and bathrooms, but they have to share the living rooms and kitchen. So, it's a good choice because everyone splits the rent and it ends up being cheaper for everyone. Prices for renting a room can be different depending on the company and the city, but it's always a lot cheaper than renting a whole apartment. These places are usually in the middle of cities and are for young, working people who live in the city and don't want to spend time traveling to work.

Sekardini *et al.* [16] described that there are variations in the work styles of Generation X and Generation Y. Generation Y likes to have more flexibility and work together with others. On the flip side, it's hard for millennials to afford a property because it costs a lot. So, young people today want a place to live that meets their needs and fits with how they like to live. Co-living is a type of housing with shared facilities for people to use together to make the best use of the space and resources.

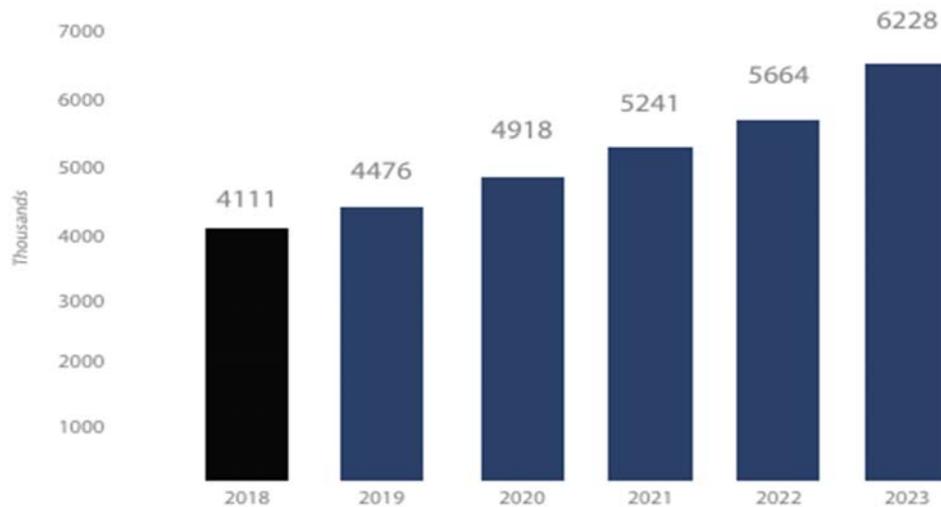
This study looks at how a person's environment affects their behavior. The researchers want to understand what type of living space millennials like. More research is needed to find out. This study used a survey with both multiple-choice questions and questions you can answer with your own words.

The responses with no specific answer are being studied, and two main words that come up a lot are convenience and privacy. The writer explained this word using different ideas. The design idea is to make life easier when working together. People still need their own space to have privacy, even if they live with others in a shared living place. Additionally, the way millennials work affects how they live. So, everyone in the community feels like they belong and have similar interests.

### 3. DISCUSSION

#### 3.1 Shared Rental Housing in India:

India's increasing number of young people and the rise of temporary work opportunities have made shared rental housing very popular. For young adults, being able to move for work and living in different places is most important, while owning a home is not as important. Instead, people see homes as things that can be changed and improved as they go through life shown in Figure 1. Shared rental housing has become an attractive investment opportunity for many due to the growing interest from millennials. Recently, there has been a rise in demand for housing, and both traditional PG operators and newer co-living operators have been trying to meet this demand.



**Figure 1: Represent the data of preference for shared rented accommodation to remain strong.**

About one-third of the people are between 18 and 37 years old. There are 36.6 million students in the country. More and more young people between the ages of 21 and 40 are choosing to move to different cities for work. Advances in technology and changes in society are pushing the development of different kinds of offices and places to stay that focus on bringing people together and offering a better overall experience for work, leisure, and living. 28 out of every 100 city households live in rental housing. "In big cities, the proportion is a lot higher." The rental housing market is limited by informal leasing markets where landlords have biases and restrictions. Low-quality living spaces that are not well-organized and don't meet standard requirements.

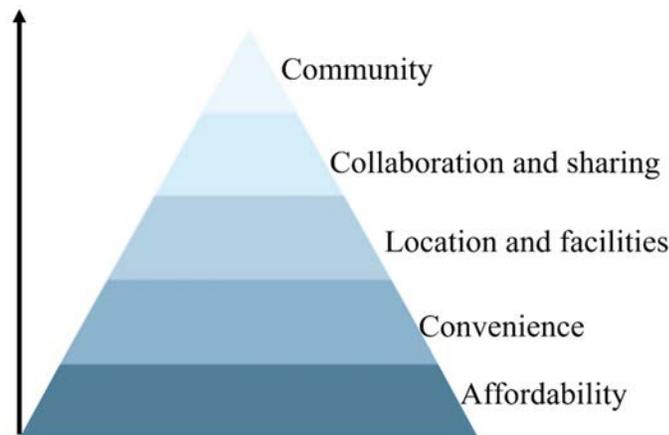
#### 3.2 Co-living: Evolution of Shared Living:

A type of housing where people have their own living space but also share common facilities. Unlike flatshares and hostels, co-living focuses on bringing people together and creating a sense of community among the people who live there. It includes many different ways of living, such as living with others, renting homes that are built for that purpose, older and younger generations living together, sharing a home with others, and living in a home where you can use things that others have. Co-living means living with other people in a place that has private spaces but also common areas where people can hang out and do activities together. Coliving is about creating a community that focuses on real socializing. Many young people who move to new cities for work jobs are choosing to live in co-living spaces because they want to meet new people and make friends. This is making co-living spaces more popular [17]. In India, lots of people are liking the idea of living with others and it has led to some new ways of renting homes. Young people who live together share common areas to save money and be part of a

community. The best thing about these apartment buildings is how they are designed to make people want to socialize with each other. To attract these kinds of renters, many buildings in popular areas like city centers, near big job locations like IT parks and universities are being changed to appeal to young people.

### 3.3 Evolution of Co-living:

Shared living, or living together with others, is not a new idea made for young people's housing choices. In many countries, it goes back to the 17th century. Reimagining the traditional idea of living together is what co-living is all about now. Cities are drawing in lots of people from other places, and there's not enough housing for everyone. Co-living is becoming more popular because rent is expensive and it's hard to find small apartments in good areas. This is happening at the same time as more young adults are entering the workforce. Figure 2 shows the different things that people need when living together [18].



**Figure 2: Representing the co-living hierarchy of needs.**

### 3.4 Millennials: Their definition of 'living' and 'home':

Millennials are people between 18 and 35 years old. Out of the 7.4 billion people in the world, 27% are millennials, making them the biggest group of people. Young people today care more about being able to change jobs than about owning a home. People wait until they have stable jobs and family before they decide to buy a home. Renting is the only affordable option because buying a house in NCR, Mumbai, or Bengaluru is too expensive. However, the requests for the available rental homes have grown a lot with changes in how people live and new technology. People who live in rented houses or apartments often have to choose a place that is far from where they work so that they can pay less rent each month. This is because places that are close to where people work in cities are very expensive [19].

### 3.5 Drivers of Co-living in India:

#### 3.5.1 Traditional, unorganized renting models:

The idea of living together and sharing a place to live is not new. It has been happening in India for many years. It's most common in a casual setup like a paying guest (PG) accommodation or hostels run by private or academic institutions. Many migrant workers and students really want these. These casual places have strict rules for the people who live there and they can't make many changes or have much freedom. The cheap places to stay are not meant for people living together and don't have things for a shared lifestyle. Not having the same rules, few choices, and no regulations for informal places to stay have meant that landlords are in charge of the market. Many places where people live while studying have rules that limit their social life. Also, problems like breaking the rental agreement, extra fees, high costs for fixing things, and not getting back your deposit if you leave early are some of the risks of renting from

unofficial landlords. The mismatch in shared rental housing creates an opportunity. Millennials want to live in places where they can meet new people and concentrate on their jobs, instead of dealing with paying rent every month and taking care of a house. In 2018, there were 3.6 million beds, as shown in Figure 3.

3.5.2 India's young workforce driving the shift:

India has the most young people in the world, with 440 million of them. They make up 34% of the country's total population. The average age of the country is 28 years because there are a lot of young people. This means the country is one of the youngest growing economies. India is a good place for co-living to grow because there are a lot of opportunities for it to do well there. India is the third biggest place for new businesses, with a lot of young people wanting to work for new companies. They are also okay with moving to other cities for work. Millennials are people who like to travel and work from different places using technology. They choose not to buy a big thing like a house when they start their job. Instead, they want to spend their extra money on fun experiences and being part of their community. More people are moving for work in India, so there is a need for organized shared housing. Technology is a big factor in how these housing options are offered. In the past few years, more young adults born between 1981 and 1994 have been looking for shared living spaces.

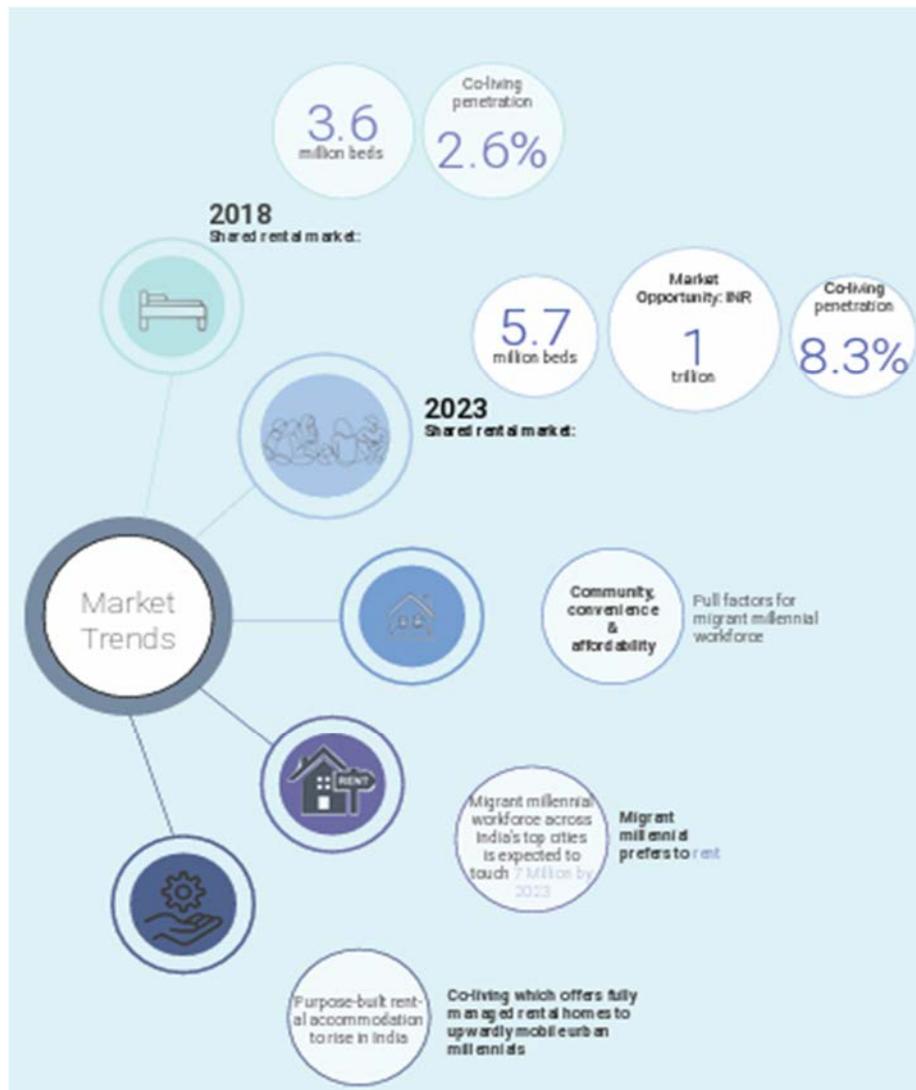


Figure 3: Representing the overview of the co-living market trends.

### 3.6 Migrant millennial's way of living:

India has the highest number of young people in the world, with 440 million of them. 34 out of every 100 people in the country are part of this group. The country has a lot of young people, so the average age is 28 years. This shows that the country's economy is getting bigger faster than other countries. India is a great place for co-living to grow because there are many chances for it to be successful there. India is the third largest country for new businesses, and many young people there want to work for new companies. They are also okay with living in different cities for their job. Millennials are people who enjoy using technology to travel and work from different places. They decide not to purchase a large item such as a house when they begin working. Instead, they want to use their extra money for enjoyable events and being involved with their community. More and more people are moving to India for work, so they need organized shared housing. Technology plays a big role in how these housing options are made available. In recent years, many young adults born between 1981 and 1994 have been seeking to live together in shared spaces.

### 3.7 Community" in Co-living:

The word 'co' in co-living can mean different things. It can be a convenient, commercial offer or a more community-focused experience. Creating a close-knit community in a shared living space relies on things like how well the people talk to each other, the things they do together, and how the space is set up. The way co-living spaces are set up can make people work better, be more creative, meet new people, and feel happier. Millennials might choose co-living because it's affordable, has good facilities, and is convenient, but they also like the feeling of being part of a community and working together with others. Co-living companies all over the world have made places where people can have different experiences by having nice shared areas like kitchens, terraces, and places for people to hang out together. In India, most people live in apartments that they rent from companies that manage residential buildings. Usually, these are small projects that reuse old buildings, but they are not meant for people to live together. This makes the quality worse and goes against the purpose of the building. There is a need for more creative and new ideas in the way spaces are designed in these papers. Furthermore, as more people choose to live together, there is a chance to create better co-living spaces that give everyone a great living experience.

## 4. CONCLUSION

In the 21st century, new digital technologies are changing the way people like to share things, which is called the 'Sharing economy'. Sharing in real estate is now a very popular idea. Co-living is becoming a popular option for living in shared housing instead of traditional apartments or homes. High rents, the way people rent homes, and the preferences of young workers are causing the co-living sector in India to grow. Young professionals and students who are looking for a place to live in cities where they work or go to school are the ones who want co-living spaces. When choosing a place to live, it's important to consider how close it is to work, how easy it is to get around, and if it's affordable. It's not as important whether you own the property. Affordable housing is in high demand in big cities in India. Right now, a lot of unorganized people like PG operators and some new co-living operators are meeting this demand. People like living together because it's affordable and convenient, and it feels nice to be part of a community and work together. Co-living companies around the world make spaces where people can have different experiences. They have things like nice community areas, kitchens, gardens, libraries, gyms, and cafes. This lets members come together and feel like they are part of a community.

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## CHAPTER 9

### AN ANALYSIS OF WOMEN LIFE IN MODERN ERA

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#### ABSTRACT:

Accessibility is the main problem faced by people with disability. Often multiple barriers can make it extremely difficult or even impossible for them to function. The barriers faced by wheelchair users are environmental, physical, and social barriers. Most of the services are not user-friendly and the physical states of wheelchair users do not allow ease of access and free movement. This study explores the historical perspective of disability rights, highlighting the progress made in acknowledging and safeguarding the dignity and autonomy of people with disabilities. It emphasizes the importance of moving beyond a compliance-driven approach to accessibility, advocating for a proactive and comprehensive strategy that fosters a culture of inclusivity. Central to this reenvisioning is the integration of universal design principles, embracing the diversity of abilities and ensuring that environments are inherently accessible to everyone. It discusses the ethical considerations and challenges associated with the intersection of technology and the Rights of Persons with disabilities act 2016. It emphasizes the importance of designing inclusive policies, fostering awareness, and leveraging technology to create an environment where individuals with disabilities can exercise their rights and contribute meaningfully to society. The societal attitudes and cultural influences that impact the lived experiences of individuals with disabilities. By fostering a collective commitment to inclusivity, the paper envisions a future where accessibility is not only a legal mandate but a fundamental aspect of a just and equitable society.

#### KEYWORDS:

Barriers, Disability, Health, Reenvision, Rights.

### 1. INTRODUCTION

Redefining or rethinking a specific concept, project, or system to adjust to new conditions or enhance preexisting frameworks is known as reenvisioning. This might be used in several contexts, such as business, technology, education, or charitable endeavors. The process of reimagining involves analyzing the status quo from a critical perspective and looking for novel approaches to improve, adjust, or overhaul the present framework. For example, businesses often rethink their approaches to maintain their competitiveness in ever-changing markets. This might include embracing innovative technology, reassessing business strategies, or implementing sustainable practices. The objective is to adjust to changing market trends, customer demands, and international issues. In the context of urban planning, where cities may undergo renovation to address issues like population expansion, environmental concerns, and the integration of smart technology, reimagining may also be relevant. Academic institutions may also start rethinking their approaches to curriculum modernization, integrating innovative teaching strategies, and preparing students for the needs of the workforce of the future. Reimagining is not just about making changes for the sake of making changes; rather, it's a deliberate, methodical process meant to bring about good development. It necessitates having an innovative and creative perspective, as well as being prepared to question the existing quo. Reimagining projects that are successful often leads to increased productivity, sustainability, and flexibility, which promotes development and adaptation in the face of changing conditions. Reimagining is a dynamic, forward-thinking technique that may be used in a variety of contexts. The idea promotes a proactive reevaluation of current systems in business, education, and urban planning to bring about constructive change and address the problems of a constantly changing environment [1],[2]. Any condition that makes it more difficult for a person to carry out certain tasks or interact with their environment socially or materially is considered a handicap. Cognitive, developmental, intellectual, mental, physical, sensory, or a mix of these deficits may be present. Impairment is a natural part of being human; in India, it affects 2.1% of the population, with 21 million individuals living with different types of impairment at any one time. The problems faced by those who have physical limitations are the main subject of

the book "Reenvision". A person with a physical impairment may have more significant and ongoing obstacles in life. The goal of this thesis is to imagine a place that is completely barrier-free and open to everyone. The project aims to provide design solutions that assist the physical and emotional well-being of people with disabilities in addition to tackling the social, environmental, and attitude challenges that wheelchair user's encounter [3], [4].

Any condition that prevents a person from participating in certain activities or from interacting with their environment, whether it be socially or materially, is referred to as a disability. These disorders, often known as impairments, may present as issues related to cognition, development, intelligence, mental health, physical health, or any combination of these. Since almost everyone may suffer a temporary or permanent handicap at some point in their lives, disability is an intrinsic part of the human experience. Approximately 15% of the world's population, or over 1 billion people, live with a handicap, and this figure is rising due in part to an aging population and a rise in the frequency of non-communicable illnesses. The conversation about disability is complex and includes aspects related to social, cultural, and medical aspects that influence the lives of people with disabilities. Social theories that pathologies impairments are being challenged by the growing understanding of disability as the outcome of interactions between people and their surroundings. The social model of disability has emerged as a result of this change, emphasizing how societal constraints limit the full involvement of individuals with impairments [5], [6]. Furthermore, cultural attitudes and preconceptions are important in forming how society views disabilities, which often results in stigmatization and marginalization. Advocacy and legislation have been essential in improving the rights of people with disabilities. The goal of the enactment of laws like the Americans with Disabilities Act (ADA) in the US and other laws throughout the world is to end discrimination and advance inclusion. Notwithstanding these advancements, there are still issues that need to be addressed, ranging from hurdles to physical accessibility to issues with attitudes and jobs. The conversation also touches on the inter-sectionalize of disability, recognizing that people with disabilities who also identify as members of racial, gender, or socioeconomic groups may have additional difficulties. The significance of accessibility and inclusion in several fields, such as technology, work, and education, has come to light in recent years. The goal of advocating for reasonable accommodations and universal design is to guarantee the full participation of people with disabilities in all facets of life. The idea of "neurodiversity," which promotes the acceptance and celebration of neurological variations, has also gained popularity. Public attitudes toward disability are significantly shaped by media depiction and narrative. Stereotypes may be dispelled and an inclusive society can be fostered by the media's positive and genuine depictions of people with disabilities. The continuous discussion over disabilities includes the more general objective of creating a society that values variety and encourages equal opportunity for all of its members, in addition to the pragmatic concerns of accessibility. As the conversation develops, it makes us think about the standards and beliefs that guide how we see people with disabilities and our shared need to build a more just and inclusive society [7], [8]. The present study is about inclusive environments for reenvisioning rights and accessibility for people with disabilities. The rest of the paper organized in the following section 1 describes how the rights of persons with disabilities have gained increasing recognition and significance globally, reflecting a commitment to inclusivity and equal opportunities. Section 2 provides the literature review in the context of using the Disability Inclusion Evaluation Tool (DIE) to assess the success of inclusion for people with disabilities in cities. The discussion and conclusion are presented in section 3 and section 4 with the limitations of the study.

## 2. LITERATURE REVIEW

A. Lawson and A. E. Beckett [9] goal of the paper is to reframe perceptions of the relationship between the rapidly developing human rights model and the well-established social model of disability. In particular, it challenges the widely accepted belief that the latter progresses and

improves the former and suggests that, on the contrary, the two models enhance and complement one another (also known as the complementarity thesis). To investigate this, the paper begins with a discursive study of relevant texts, examining how each model has been used in the creation and administration of the United Nations Convention on the Rights of Individuals with Disabilities. This clarifies the human rights model's increasing importance in this area of policy. The paper also provides examples that show how both models work, which helps to shape the discussion that follows. The paper then evaluates the comparisons used to support the improvement thesis. The paper refines and expands this comparative analysis by drawing on Beckett and Campbell's 'oppositional device' technique as well as Foucault's technologies of power. The complementary and supporting roles that the two models play within the framework of human rights while positing that they serve diverse subjects and purposes.

T. F. Chichaya *et al.* [10] in-depth interviews were conducted with fifteen disabled people and eight decision-makers in the field of disability policy. Two focus groups included seventeen occupational therapists throughout Namibia. Critical disability theory served as the theoretical foundation for thematic data analysis, which was conducted using NVivo 11 Pro. The research found hurdles to participation in the workplace that might be viewed as occupational marginalization, professional deprivation, and economic alienation. These barriers were classed as attitudinal, access, physical in nature, expertise, and systemic. Every participant group argued in favor of changing the law to increase disabled people's employment opportunities. According to the study's conclusion, Namibians with disabilities may benefit from meaningful and culturally appropriate occupational involvement if the participatory occupational justice framework is used in the development of disability policies. P. Willner *et al.* [11] in an online survey administered under strict lockdown, parents especially those who provide informal care for children and adults without intellectual impairments as well as a comparison group of parents whose children do not have disabilities answered questions. The desire fulfillment coping, defeat/entrapment, stress, and depressive levels of caregivers of both adults and children with intellectual impairments were considerably greater than those of caregivers of children without disabilities. Compared to earlier pre-pandemic research, these changes were 2-3 times more apparent. There were found to be positive relationships between all mental health outcomes and objective stress levels. The social assistance that caretakers of people with intellectual impairments got from multiple sources was lower, despite their heightened mental health requirements. The study's outcomes highlight significant worries about the greater need for mental health treatment for carers in the face of dwindling social support, which has led to an analysis of the policy implications of these findings.

X. Man *et al.* [12] research explores the complexities and variables of the relationship between workplace accommodations and workers' creative output. Our specific argument is that workplace accommodations that foster employee creativity are mostly dependent on creative self-efficacy. Our approach to disability, in line with identity-blind diversity management, takes a continuous view, recognizing that all individuals have some degree of impairment, varying in severity from low to high. The relationship and subsequent indirect impact between creative self-efficacy and job accommodations are moderated by the severity of the handicap. Remarkably, for workers with less severe disabilities, the positive link and the indirect impact are more noticeable. The information gathered from a multi-wave, multisource field survey with 300 participants generally confirms our theories. This study expands the nomological network of workplace creativity, advances the investigation into psychological happiness and productivity among staff members with disabilities, and provides empirical support for identity-blind diversity management concepts. From a practical standpoint, our results guide practitioners who want to improve workplace accommodations, highlighting the fact that these accommodations were not only essential for inclusion but also help to improve each employee's creative output. E. Kalargiros *et al.* [13] research aims to investigate hospitality enterprises that

engage in social entrepreneurship, particularly those that actively hire a significant number of people with disabilities for customer-facing positions. According to the study, the hotel sector has the potential to have a significant social impact since it can dispel common misconceptions about individuals with disabilities and provide insightful advice to prospective social entrepreneurs who want to work in the hospitality business. Furthermore, a lot of these social entrepreneurship projects follow the guidelines of the blue ocean approach. These businesses provide customers with a unique experience by not just giving jobs to people with disabilities but also by creating a disability-friendly atmosphere and increasing public awareness. With a purposeful focus on providing job opportunities for individuals with disabilities who interact with visitors, this research stands out as one of the first attempts to examine social entrepreneurs in the hospitality sector. The above study shows advocates for legal changes to enhance employment opportunities for people with disabilities, emphasizing the use of the participatory occupational justice framework in policy development. In this study, the author discusses types of barriers faced by the disability person and element of physical barrier.

### 3. DISCUSSION

A key contribution to defining the basic rights of people with disabilities is the United Nations Convention on the Rights of Persons with Disabilities (CRPD). These rights include a wide range of topics, such as the freedom from discrimination and inequality, the ability to fully engage in society, and the right to accessibility in both online and offline environments. Legal frameworks that prohibit discrimination and require reasonable accommodations in sectors like employment, education, and public services such as the Americans with Disabilities Act (ADA) and related laws around the globe provide vital assistance. The healthcare rights of individuals with disabilities provide fair access to medical treatment and rehabilitation. Furthermore, the acknowledgment of the entitlement to a self-sufficient life emphasizes the significance of independence and self-governance for people with disabilities. Promoting and defending the rights of people with disabilities is still essential to building an inclusive and just society as it continues to change [14], [15].

#### 3.1. *Rights of Persons with Disabilities (RPwD) Act, 2016:*

When the RPwD Act was passed in 2016 and went into effect on April 19, 2017, the definition of disability was updated to reflect this dynamic and ever-changing concept. The Act covers the following specified disabilities:

##### 3.1.1. *Physical Disability:*

Physical limits impede someone with a handicap from engaging in activities such as walking, playing, or using the restroom on their own. There are two main causes of physical disabilities: acquired factors, which are caused by events like industrial or traffic accidents, infections like polio, or illnesses like cancer or stroke. Hereditary factors result in disabilities that are either present from birth or develop later due to genetic issues. There are two major categories under the Physical Disability Group, they are:

- Musculo Skeletal Disability

It is described as the incapacity to perform certain tasks related to body component motions because of illnesses, degeneration, or abnormalities of the muscles or bones.

- Neuro Musculo Disability

It is described as the incapacity to move afflicted body parts in a regulated manner as a result of illnesses, nervous system degradation, or disorders.

##### 3.1.2. *Visual Impairment*

The human eye is similar to a camera in that it uses a lens to focus, capture, and transmit light to create a picture of its surroundings. Unlike a camera, which forms an image on film or an

image sensor, the retina, a thin layer of light-sensitive tissue located in the back of the eye, is where the picture is formed in the eye. The human eye controls the amount of light entering the eye, much as a camera does. The colorful circular part of the eye called the iris controls how light enters the pupil by contracting in bright light and dilating in low light. Together with the lens, which is situated directly below the iris, the cornea, a transparent protective layer, assists with light focus. The retina of the eye converts light as it enters the lens into nerve impulses, which are then sent to the brain via the optic nerve, a bundle of more than a million nerve fibers. Lack of an optic nerve or retina prevents the brain from communicating with the eyes, which results in visual impairment. People have a variety of visual problems throughout their lives, from trouble seeing faraway things to difficulties reading tiny types. While these issues may often be resolved with glasses or contact lenses, illnesses or injury to vital brain or eye structures that process images can cause severe or complete vision loss. In some situations, restoring full eyesight with medications, operations, or corrective lenses like contacts or glasses is difficult [16], [17].

### 3.1.3. *Hearing Impairment:*

The term "hearing impairment" describes a person's incapacity to perceive sounds clearly. This may be caused by diseases, injuries, or improper development of any part of the auditory system. Since children learn to talk by listening to the speech of others in their family and surroundings, hearing is essential to the appropriate development of both speech and language. Since deafness is an invisible disability, it must be identified by careful observation, especially in the case of a deaf kid or person. The consequences of congenital or early childhood deafness may have a significant influence on general development, however, the exact impact depends on the age at which the condition first manifests itself as well as the kind and severity of hearing loss [18], [19].

### 3.1.4. *Mental Behaviour (Mental Illness) Disability:*

Mental health problems, also referred to as mental illness, are a wide range of illnesses that affect behavior, emotion, and thought processes. Examples of mental illnesses include addiction, eating disorders, schizophrenia, depression, and anxiety disorders. While many people sometimes struggle with mental health issues, mental illness is more likely to develop when symptoms become chronic and cause ongoing stress that interferes with daily functioning. An individual's well-being may be greatly impacted by mental illness, which can cause difficulties in day-to-day activities such as relationships, employment, and education. Thankfully, most of the time, talking therapy, or psychotherapy, together with medicine works well together to manage symptoms.

### 3.1.5. *Blood Disorder:*

Blood disorders are illnesses that prevent certain components of blood from performing their intended roles, which may result in problems with bleeding or blood clotting. When treated, the majority of blood abnormalities become chronic illnesses that have little effect on an individual's lifetime. The goals of treatment plans are to treat underlying issues and manage symptoms. When blood diseases cause blood to thicken, a condition called hyperviscosity syndrome results. The blood's viscosity might make it difficult for the blood to pass through tiny capillaries, which lowers blood flow to certain parts of the body. This syndrome, which is often linked to illnesses like multiple myeloma because of increased immune system proteins, may cause headaches, dizziness, disorientation, and shortness of breath, among other symptoms. Furthermore, blood problems might exhibit symptoms that are identical to those of other medical conditions. For example, illnesses like heart or lung problems that impact the body's ability to supply oxygen may also cause weakness and shortness of breath caused by anemia. In a similar vein, easy bruising, which usually indicates a blood condition, may also be caused by vascular problems or the use of drugs like aspirin. Although blood problems may be a factor in bleeding during surgery, trauma, or menstruation, certain circumstances make

these bleeding tendencies worse. In general, treating a variety of symptoms and taking into account possible underlying causes are important aspects of comprehending and treating blood diseases to provide thorough and efficient treatment.

### 3.2. *Barriers:*

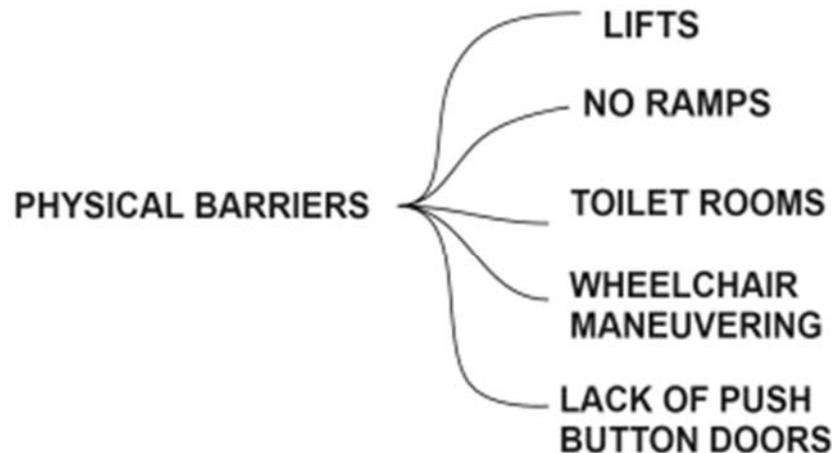
Those face difficulties and barriers during their lives, but the effects of these setbacks are often more severe and frequent for those with disabilities. Five main obstacles prevent people with disabilities from being accessible, according to the Ontario government. These barriers include obstacles related to technology, architecture or physical space, systems or organizations, communications and information, and attitudes.

#### 3.2.1. *Architectural Barriers*

Physical or architectural obstacles are elements found in outside spaces or structures that provide difficulties for people with impairments. These barriers include things like the layout of rooms, the width of walkways and hallways, and the style of doors or stairs.

#### 3.2.2. *Physical Barriers:*

Physical impediments cause problems for people with disabilities in many areas of their daily lives, from the minute they leave their homes. For those with impairments, moving across places, navigating stairs, and navigating concrete become major obstacles. These problems are exacerbated by architectural or physical obstacles found in indoor and outdoor spaces. These barriers might take the form of hallway and sidewalk widths, doorway designs, stair designs, and room layouts. Beyond the physical barriers, stigma, prejudice, and stereotyping are intangible issues that people with disabilities deal with daily. This often leads to exclusion from social facets that one may take for granted in other situations. Figure 1 depicts the element of the physical barrier.



**Figure 1: Illustrates the element of the physical barrier.**

#### 3.2.3. *Environmental Barriers:*

Social obstacles are linked to the conditions in which people are born, grow up, live, study, work, and age. These conditions are known as the social determinants of health. People with impairments may become less functioning as a result of these conditions. Attitude barriers are among the basic barriers since they have a widespread impact on other types of barriers. People often stereotype people with disabilities, assuming they have a worse quality of life or linking health problems only to their disability. Misconceptions about disabilities include thinking of them as a personal tragedy, something that has to be prevented or treated, the result of misconduct, or a sign that one is unable to live up to social norms.

### 3.3. *Principles of Universal Design:*

As defined by the Center for Universal Design, universal design is "the creation of products and environments a component of to the greatest extent possible, can be exploited by all individuals, without requiring modification or specialized design." Universal Design's main goal is to maximize usability for people with a variety of features. Universal Design follows a set of principles that are intended to improve accessibility for everyone, regardless of whether it is addressing physical locations or learning methodologies.

The late Ronald Mace from North Carolina State University oversaw a team of architects, product designers, technicians, and ecological design researchers that developed the seven principles of universal design in 1997.

The 7 principles of Universal Design are:

Principle 1: Equitable Use

Principle 2: Flexibility in Use

Principle 3: Simple and Intuitive Use

Principle 4: Perceptible Information

Principle 5: Tolerance for Error

Principle 6: Low Physical Effort

Principle 7: Size and Space for Approach and Use.

### 3.4. *Need of a person with a disability:*

Those tend to forget that inclusive environments are good for everyone, not just those with impairments. Then you can sympathize if you've ever chosen to use an elevator rather than the stairs when you were able to. There are many different kinds of people in our society, and each one has certain qualities some obvious, others hidden. While some individuals have and others do not have limitations, our perceptions of these distinctions may differ. All things considered, people with disabilities have some basic demands, the most important of which is safety. Ensuring an environment that is accessible guarantees that people, irrespective of their abilities, feel secure and at ease. The user needs of disability are:

- Safety

Prioritizing safety is crucial when designing a facility for those with disabilities. Users should be able to feel comfortable.

- Accessible

The project's accessibility for users is another important component. It is crucial that everyone can easily navigate the area.

- Impactful

The area needs to affect society. By seeing and experiencing the space, society's perception and treatment of people with disabilities should alter.

- Barrier-free

The area needs to promote transparency in the surrounding area. The user should experience a barrier-free environment and feel at home.

### 3.5. *Programs:*

The development methodology for these applications is to provide a complete solution to the needs and expectations of the user. Every item on the checklist is meant to be taken into

consideration by the design. This programming includes sections devoted to physical health in addition to social and cognitive well-being aspects. The sessions also include a sensory garden component.

#### *3.5.1. Physical Health:*

There are accessible yoga rooms open to all customers, ensuring that they exercise regularly and get supervised physical treatment. Accessible swimming pools are furnished with the necessary amenities and machinery. For those with impairments, specially built physiotherapy rooms are available, complete with appropriate supervision. Counseling rooms are also easily available for users.

#### *3.5.2. Social Health:*

A sensory garden with a range of plants to improve sensory experiences is included in social health. These gardens are intentionally created to provide people opportunity to have novel interactions by exciting their senses both alone and in combination. Moreover, a live performance theater would enhance positive vibes. An outdoor sitting area that serves as a venue for user engagement will complement the sensory garden.

#### *3.5.3. Cognitive Health:*

There will be game rooms, dancing studios, and art rooms available for people to freely express their ideas. Users will be assisted in engaging in these activities and given access to designated tables for a variety of activities. Users are encouraged to utilize creative outlets to let their imaginations run wild in this area. Furthermore, a space dedicated to group psychotherapy will be made accessible to enable participants to overcome their concerns via group interactions.

#### *3.5.4. Emotional Health:*

Additional facilities inside this leisure area will improve people's general well-being. There will be a music room added, giving aspiring musicians the chance to pursue a variety of musical endeavors. Different configurations of chairs in the music room will encourage conversation between those using the area.

## **4. CONCLUSION**

A person participating in certain activities or interacting socially with their environment successfully is considered a handicap. Since almost everyone may suffer a temporary or permanent handicap at some point in their life, disability is an intrinsic part of the human experience. People with disabilities face many obstacles in their everyday lives, which are made worse by the lack of necessary amenities in their surroundings. One major barrier that presents a great deal of difficulty for those with impairments is accessibility. Often, having more than one barrier might make them very difficult to operate or, in certain situations, impossible. The findings underscore the relationship between accessibility and rights, highlighting the fact that genuine inclusion goes beyond just offering physical concessions. It includes an all-encompassing strategy that takes into account the demolition of social obstacles that obstruct full involvement and engagement in addition to the elimination of physical hurdles. The personal accounts and life experiences provided by people with disabilities highlight the significance of elevating their voices and including them in the decision-making processes that affect their lives. Acknowledging the changing nature of inclusion is critical as it reimagines rights and accessibility. Truly inclusive settings are a work in progress that calls for constant adaptation to new obstacles and changing viewpoints. The need for inclusion goes beyond following the law; it calls for a cultural revolution that celebrates variety and fosters a feeling of community for everyone. Policymakers, campaigners, and the general public are urged to take into account the learnings from this investigation as they proceed. Making inclusion a priority requires a dedication to continuous communication, awareness-raising, and education. We can all work together to create places where the rights and accessibility of

persons with disabilities are not just recognized but actively promoted by promoting an understanding and empathy-filled culture. By doing this, we open the door to a future where everyone may live in equity, compassion, and inclusivity.

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## CHAPTER 10

### HOLISTIC LIVING FOR OLD AGED WOMEN: ADDRESSING CHANGING NEEDS AND OPPORTUNITIES

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#### ABSTRACT:

Historically, seniors have lived in situations of war, partition, and struggle and the struggles were to have some basic things in place like food, shelter, clothing, etc. As with better job opportunities and working conditions with way better pay for every individual, there has emerged a better way of living. Seniors who used to worry about the lives of their children previously are now focusing more on themselves. It investigates the changing needs of seniors in India, considering factors such as health, housing, social engagement, and financial security. It analyzes existing gaps in current support systems and proposes holistic living as a paradigm that integrates healthcare, community involvement, and lifestyle adjustments to enhance the overall quality of life for seniors. It finds that according to numbers released by the census of 2011, India had over 100 million senior citizens, and it's predicted that the numbers will double by 2030. The number of families adopting nuclear set-ups is also increasing due to which seniors are now living with their aging partners either alone or in old age/retirement homes. The negative mindset of our Indian society towards the concept of old age homes makes it a very unpleasant place for many seniors to reside. As many independent seniors are looking for a meaningful later life, there emerges an urgent need for a senior living community set-up wherein living is a secondary function but learning and imparting knowledge is a primary one. The idea is to design a self-managed senior living community for the future to promote an independent style of living and provide customized experiences that reflect every individual's personality, thereby providing them with a comprehensive environment.

#### KEYWORDS:

Aging, Health, Population, Retirement, Senior.

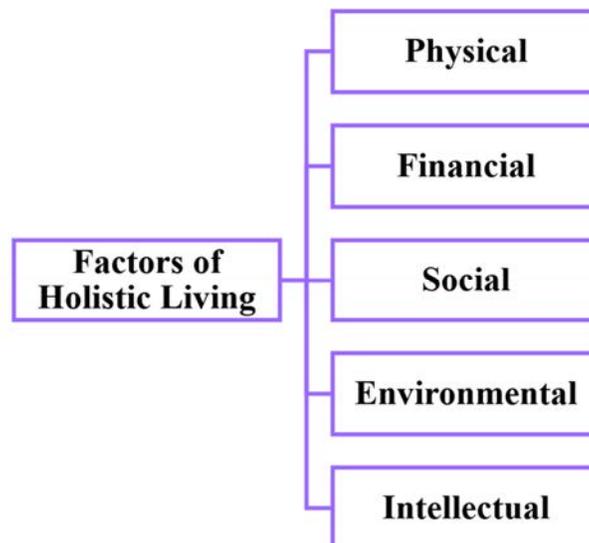
#### 1. INTRODUCTION

The older generation is noticeably more aspirational now, which has changed their needs. Global solutions for elder living increasingly put total well-being ahead of the basic demands of shelter, food, security, and other comforts. The notion of well-being has expanded beyond its physical components to include factors related to finances, spirituality, emotions, intelligence, and the environment. Traditionally, elders in India were taken care of by their offspring, but as work possibilities have improved, this practice has changed, leading to an increase in nuclear households and leaving many elderly people susceptible to health concerns and urban crimes. Regrettably, elders' health is often disregarded in India, which presents a chance for the medical community to actively participate in providing preventative care. India's real estate market has had difficulties, especially after the COVID-19 outbreak left many elderly people without access to essential supplies. Real estate developers now have the chance to become involved in senior living projects, meeting the housing demands of the elderly and fostering the expansion of the industry. These developments meet seniors' housing requirements, which not only gives them a place to live but also opens up possibilities for social engagement. This social interaction provides a comprehensive approach to the well-being of the senior population by reducing feelings of isolation and sadness [1], [2].

The global senior population is growing as a result of factors such as increased life expectancy, falling fertility, lower death rates, and an overall improvement in the quality of living. In 2008, the National Institute of Aging (USA) reported that there were 506 million seniors worldwide (those 60 years of age and over), and by 2040, that number is expected to rise to 1.3 billion. For the first time in history, there will be more seniors overall in 2021 than under-five youngsters. Developing countries are predicted to have twice as much increase in the senior population as developed countries, even though developed countries will still have a sizable senior population. In many nations, the 80+ age group is becoming the fastest-growing

demographic [3], [4]. It is projected that China and India will hold almost half of the 1.3 billion senior people worldwide by 2040. To meet their fundamental requirements, the growing elderly population needs specialized housing. What was first addressed as senior housing in the USA in the early 1800s, mostly by philanthropic and religious institutions, is today recognized as a major asset class in the nation. With approximately 520,000 senior housing units and another 16,000 units under development in the USA alone, the senior housing market is estimated to be worth USD 60 billion globally. It is important to remember, nevertheless, that only about 12% of seniors in the United States live in official senior housing developments [5], [6].

Unlike how senior living is approached in the West, senior housing as a separate asset class is still stigmatized in India, which hinders the sector's overall expansion. However, metropolitan households which have seen a notable increase in nuclear families over the previous 20–25 years are beginning to realize that families are no longer sufficiently prepared to care for their senior citizens. In this dynamic social environment, contemporary ideas like retirement communities are becoming more widely recognized and well-liked. This mentality change has led to developers starting products aimed at self-sufficient elders. Nevertheless, the nation has not yet seen the growth of integrated retirement communities with continuous care to meet the whole range of requirements of elderly persons [7], [8]. Figure 1 depicts the factor of holistic living.



**Figure 1: Illustrates the factor of Holistic Living.**

The present study is about holistic living for seniors addressing changing needs and opportunities in India's aging population. The rest of the paper structured in the following section 1 provides to understanding of spending life was very basic wherein they would work till their retirement, simply have two meals a day, spend quality time with their family, retire at the age of 60, and spend the later phase of their life in a futile manner. Section 2 represented a literature review in the context of comparison to inhabitants of nursing homes, older adults living in the community are more heavily dependent on their nutritional condition for defining their functional state. The discussion presented in section 3 provides an opportunity for seniors to meet like-minded people of their age from all sections of society. The conclusion of the study is presented in section 4.

## 2. LITERATURE REVIEW

A. F. Ubaidillah *et al.* [9] use the multicultural boarding school system to serve as an internalization model for developing marine leadership qualities, the goal of this research is to recreate the character development process within this setting. In-depth interviews, observation of participants, and documentation analysis were used in this single-holistic case study, which

was carried out in the boarding school style. The results were presented interactively. Purposive sampling and snowball sampling techniques were used to choose the data sources. Four criteria were used in the research to guarantee the validity of the data: credibility, trustworthiness, conformability, and interchangeability. The study's findings indicate that the developed marine leadership character is marked by agility, resilience, and responsiveness. These are distinctively intelligent qualities that Indonesian senior high schools should work to foster, given its maritime country status.

C. Barlow and S. Walklate [10] In that work, pro-arrest-positive police policies on intimate partner violence (IPV) are critically evaluated. It also examines how little discretion has been used in these policies and related studies. The main emphasis has been on front-line police responses and how better training or more stringent regulations may change them. These methods ignore the larger framework of the police mission and presume that policing intimate partner violence (IPV) is distinct from other types of violence. In this article, the case is made for a broader definition of discretion that includes senior officers as well as front-line police. To improve reactions to IPV, a comprehensive viewpoint is necessary. It means calling attention to laws and procedures about intimate partner violence (IPV), including police participation with larger agencies and social reactions. This is the point at which a comprehensive discretionary golden thread may be found.

C. Y. Ho *et al.* [11] accomplish a Systematic Scoping Review (SSR in SEBA) in which we use Krishna's Systematic Evidence-Based Approach (SEBA) to examine the effects of death and dying on medical students. For increased transparency and repeatability, the search process was conducted systematically using the Split Approach, which is based on Krishna's structured methodology and makes use of simultaneous thematic and directed content evaluation of data obtained from six databases. 52 publications were included out of 7,619 that were found after 149 of them underwent scrutiny. In line with the Innate, Individual, Interpersonal, and Societal domains of the Ring Theory of Personhood, the Split Approach identified recurring themes and categories. The way medical students understand their personhood is influenced by facing death and dying in the setting of patient care. This emphasizes how important it is to have prompt, all-inclusive, and continuous support mechanisms in place to deal with issues as they arise. To do this, a systematic support system must be put in place along with efficient training.

M. I. Arguello *et al.* [12] study aims to examine how aspects of service quality affect the relational and emotional behaviors that customers exhibit at bank branches in the context of the post-crisis environment that Spanish financial institutions are facing. Structural equation modeling (EQS6.1) was used to analyze data from a large sample of 1,125 consumers to look at the links between the variables that the model suggested. Except for how the service quality dimension affects client emotions throughout the service, the results support the proposed hypothesis. Particularly, good feelings and relationship behaviors shown by customers in reaction to the services offered by the branches are determined by intangible service quality characteristics including people, results, and social elements. However, since it is more concrete, service care quality indirectly affects the other factors that make up total service quality. The empirical information addressing the differing degrees of effect linked with several characteristics affecting service quality in the bank branch is provided to senior bank executives in this article. It also emphasizes the importance of emotional aspects of service delivery as critical components in strengthening staff-customer connections in a non-transactional dynamic.

The above study shows the impact of facing death and dying on medical students' understanding of their personhood and advocates for prompt, inclusive, and continuous support mechanisms. In this study, the author discusses the senior's independent living unit and program activities for independent senior living.

### 3. DISCUSSION

The term senior living or retirement homes refers to a wide range of housing and care options intended for those 55 and over. When seniors become old seniors instead of young seniors, their requirements shift dramatically. Seniors are more likely to have age-related health problems over time, including arthritis, dementia in different forms, and visual or hearing impairments. Retirement homes should be planned with comprehensive levels of care in mind to meet the changing demands of elderly citizens [13], [14].

#### 3.1. *Independent Living:*

An independent living unit (IL), which is akin to a normal home but has been structurally optimized with a variety of senior-friendly design characteristics, is where the continuing care for seniors begins.

These communities usually provide a variety of facilities, activities, and services, while allowing members to retain their freedom. Clubhouses or recreational facilities on the premises are often available for usage, providing chances to interact with peers and participate in community events such as crafts, holiday parties, continuing education seminars, or movie evenings. Figure 2 depicts the independent living of senior citizens.



**Figure 2: Illustrates the independent living of senior citizens [15].**

#### 3.2. *Social Stigma:*

Retirement is often seen by most seniors as a stage of life with limited opportunities. It's traditional in Indian culture for kids to look after their parents as a way of saying thank you for all of their hard work, love, and support. However, as nuclear families become more common, children are being lured to cities to follow their dreams, leaving their elderly parents behind in rural areas. Due to this phenomenon, the first old age homes were built, which are now regarded as safe havens for elderly people in need of care. As a result, these houses have a bad reputation associated with them.

The stigma surrounding nursing homes endures even in the face of the industry's development of creative ideas for elder living that provide seniors with a variety of appealing choices. Many seniors have been discouraged from choosing them as their first option for senior housing because of this reputation.

### 3.3. *Seniors and their Personalities:*

The diversity of human nature is seen in how views and attitudes change as people age. Our unique personalities introverts preferring isolation, and extroverts taking pleasure in social interaction define who we are. Whether they are extroverted or introverted, seniors who struggle with health concerns often feel unwelcome, which makes them dependent on others. A perception that no one needs them is fostered by their sense of burdensomeness towards society and their children. Seniors want more attention because they remember their early years and want to feel important and connected. Seniors today want to stay young in the face of shifting social perceptions. It is essential to provide elderly people with situations that suit their personality.

Despite the common perception of seniors as grouchy old people, seniors tend to become softer as they get older, particularly into their 60s. They also show less tendency toward rage and more contentment. While scientists are unsure of the precise causes of this change, they surmise that older people may be better able to manage their emotions and concentrate on making the most of their life experiences [16], [17].

### 3.4. *Independent Lifestyle:*

Prospective seniors are looking for better living arrangements and environments that encourage diversity. Retirement, in their eyes, should be more about learning than worrying. Learning new skills should be a top priority in retirement communities, providing seniors with an opportunity to grow into self-sufficient adults. This communal area serves as a platform for showcasing their skills and life experience. Seniors need care for more than just health issues as they become older; they also need attention for their personal preferences. Making these varied tastes feel valued requires acknowledging and addressing them. It becomes crucial to design living areas that honor personal preferences if older citizens want to feel appreciated and respected [18], [19].

### 3.5. *Program Activities for Independent Senior Living:*

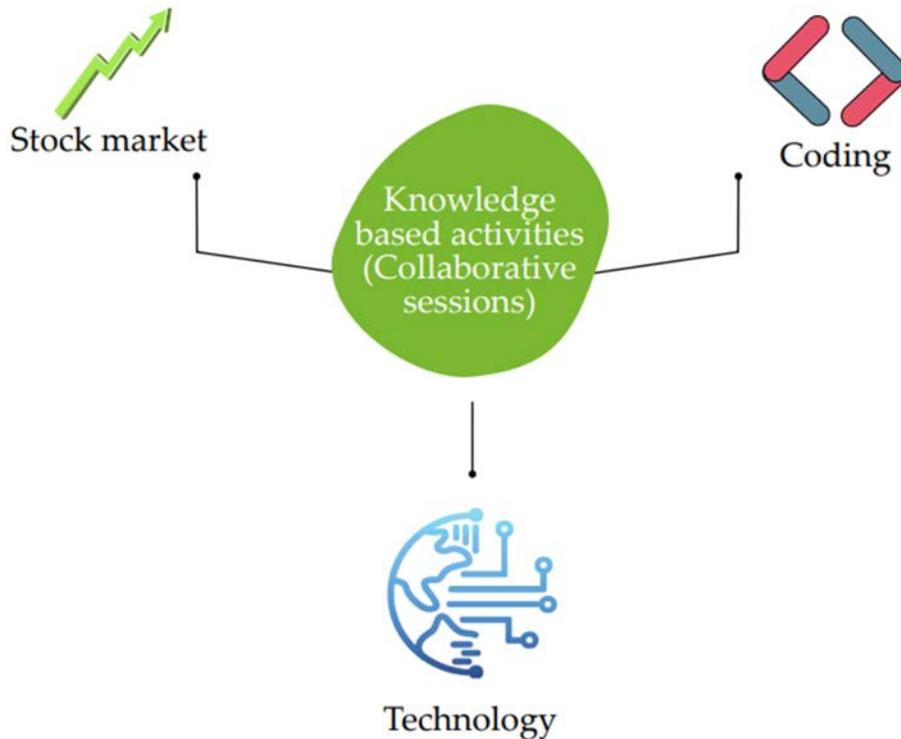
As an independent senior living community, WEave gives our residents the liberty to follow their aspirations. Seniors frequently put in a lot of labor during their lives and make sacrifices to meet their kids' needs.

Not all Indian families, nevertheless, adhere to this structure. Encouraging every senior to follow their passions and goals is important, regardless of their unique circumstances. Regular activity may help prevent common mental health problems like depression and create a lively and upbeat environment. Regular engagement in activities increases the likelihood that seniors will maintain their current levels of physical activity and make better food choices. Seniors who participate in social activities have a higher chance of living longer because they have strong social networks. These are just a few of the things that may be included, depending on what each person wants to do.

### 3.6. *Collaborative Sessions:*

Seniors must continue to expand their knowledge even after retirement to maintain cognitive growth.

By taking part in stock market seminars, individuals may get the knowledge necessary to make wise investment choices and secure their financial future in retirement. For many elders, getting over their fear of technology is a regular difficulty. Participating in different workshops may help students become more self-assured and tech-savvy, which will better prepare them for the needs of the future. Figure 3 depicts the knowledge-based activities sessions.



**Figure 3: Illustrates the knowledge-based activity sessions.**

#### 3.6.1. Insurance Companies:

Seniors should strive for an entirely independent future, especially when it comes to money. The difficulties of aging often result in several expensive health problems. Many insurance providers provide senior citizen-specific health insurance policies that cover a variety of medical costs. Sadly, a lot of seniors still don't know about the benefits that these plans have to offer. Senior citizen health insurance offers several unique advantages, such as the possibility to get bigger amounts insured, reimbursement for childcare fees, and coverage for pre-existing conditions, cashless hospitalization, and exemption from required medical tests.

#### 3.6.2. Children's Orphanage:

Seniors are a great group to interact with small children since they thrive in a child's presence. They have so much life experience that they can impart decades of knowledge, and at this age, they have the leisure and patience to provide young children with the necessary stimulation. Reducing social isolation among older persons may be achieved via meaningful interactions across age groups and participation in intergenerational initiatives.

Their general well-being, feelings of self-worth, and sense of belonging are all improved by this relationship. In addition, it helps young people who participate in it develop their social and emotional abilities.

#### 3.6.3. Neighborhood Community:

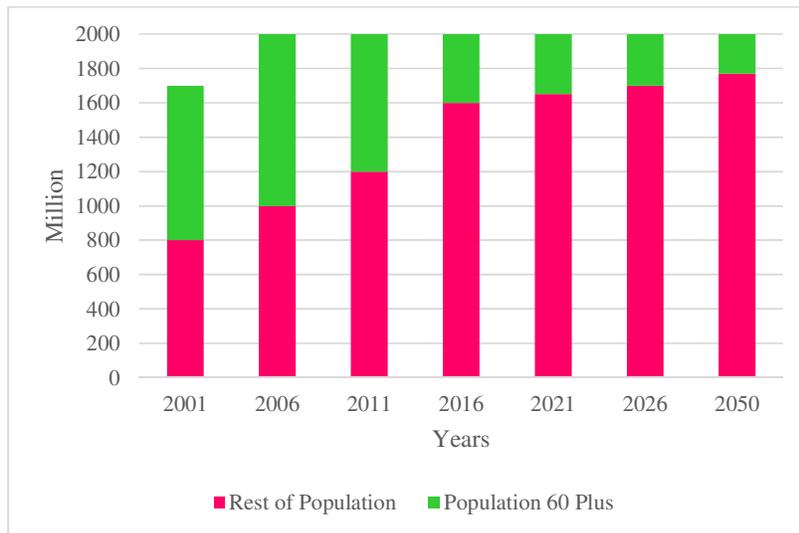
Kamshet is a medium-sized hamlet with 163 households and 828 residents, 434 of whom are male and 394 of them are female, according to the 2011 Population Census. In contrast to Maharashtra, Kamshet has a lower literacy rate. More than half of the population works in some capacity, with a sizable percentage of them working in agriculture. It becomes imperative that older adults contribute to the empowerment of their community. They may help by providing information and encouragement to women starting small companies. Seniors might also assume the role of educators for these families, passing down the information and abilities they have accumulated throughout their lives.

3.6.4. *Learning Hub:*

The Learning Hub is a large green learning space specifically designed for elders living in the WEave community. This facility mimics the emphasis on natural settings where students lived together with fraternity, humanism, love, and discipline, drawing influence from the historic Gurukul educational system. It is well-recognized that learning occurs more quickly and efficiently in natural settings. Similarly, education needs to take place in the natural environment, giving seniors more opportunities to observe their surroundings and the flexibility to study at their own speed. The Learning Hub has movable tents that may be opened to create intimate teaching and learning environments for up to six seniors. It also has a gathering space for all residents and visitors, which can handle longer gatherings. These areas are purposefully maintained open and surrounded by vegetation to provide a positive learning environment.

3.7. *Number of Senior Population:*

Even though India is younger than the USA and other countries, the country's senior population is gradually reaching its peak. Based on projections from the Census of India, the proportion of elderly people in the overall population is predicted to rise from 7.4% in 2001 to 12.4% in 2026, and then to 19.7% in 2050. There were roughly 76 million seniors in India who were 60 years of age or older in 2011. By 2025, that number is expected to rise to 173 million, and by 2050, it is expected to reach about 240 million. An important sociological measure known as the "old-age dependency ratio" will change as a result of this significant increase in the senior population. Seniors are becoming a more significant demographic within society and should get more attention to meet their unique requirements. Seniors make up a sizable segment of the population who are self-sufficient, prosperous, educated, well-traveled, and involved in society. As such, they have a clearer idea of what they want to do with their retirement. The goals of today's seniors are not only to "settle down," but to either pursue new interests or keep working. They see retirement as a chance to develop new interests, engage in hobbies, and spend more time with family. Seniors in today's world are indeed more educated and self-aware of what awaits them after retirement, yet the public and commercial sectors often fail to recognize or appropriately address their requirements. Given the startling pace at which the population is growing, the booming older population offers significant opportunities for service providers and entrepreneurs to engage in this sector. Figure 4 depicts the graph between the number of the senior population and the upcoming year.



**Figure 4: Illustrates the graph between the number of senior population and the upcoming year.**

### 3.8. *Customized Apartments:*

Individuals may be recognized by the variety of personality qualities they possess. These qualities may also be used to categorize seniors; however, as individuals become older, these attributes can alter due to a variety of causes, including loneliness, sadness, and financial strain. This community's main goal is to provide seniors with a living environment that complements and captures their characteristics.

#### 3.7.1. *Wallflower Apartment:*

As plants, wallflowers grow easily and often self-seed, taking root in cracks in the pavement and the fissures in walls. They want to stay in their area, where they can grow through barriers and stay put. Likewise, some elders show a predilection for isolation, shyness, or reluctance to socialize. They are a perfect fit for this apartment since it has quiet nooks and corners where they may be alone with their thoughts. This apartment has everything needed to create an appropriate and pleasant space, including soft, bright materials and a cool color scheme.

#### 3.7.2. *Peony Apartment:*

Peonies are vividly colored blooms with enormous glossy leaves that are elaborately split. Their aroma can fill a space with color and vibrancy. Seniors who are passionate and charismatic are compared to these beautiful peony blossoms. The apartment is designed to accommodate vibrant and socially engaged seniors. Resonating nicely with the vibrant hues of the room, seniors may easily entertain friends and family for modest parties in their big and open living area. Ambient lighting creates a warm atmosphere and is enhanced with task lighting in designated locations, such as the study.

#### 3.7.3. *Lavender Apartment:*

More than half the people in the population have a serene, kind disposition, similar to lavender's calming effects. However, they have a captivating personality that sets them apart in public. Although these elderly people are socially engaged, they also value their alone time. The well-chosen color scheme of this apartment combines warm and cold tones. While the living room is decorated with vibrant, upbeat colors, private spaces like the study or bedroom are furnished with calming neutrals. The adaptable areas may be closed off for private usage or opened for social events. There are low lights included to accommodate the elders' different moods.

### 3.9. *Medical facility for Senior:*

Seniors must get regular health examinations to ensure their well-being. The community's medical center is committed to monitoring each resident's health while accounting for their unique medical background. The BADE multispecialty hospital and the WEave community have partnered. The medical facility has the following amenities:

- The medical facility provides separate rooms for regular and COVID patients, as the virus is more prevalent in senior citizens.
- A private consultation room for doctors and patients.
- It also has a pharmacy which has all kinds of medicines.

## 4. CONCLUSION

Addressing the evolving demands and possibilities within India's aging population requires adopting holistic living for elders. It is critical to acknowledge that elderly individuals are important contributors to the community as well as beneficiaries of care since the demographic landscape continues to change in favor of an older society. A complete approach to meeting the changing requirements of elders is ensured by holistic living, which emphasizes their physical, mental, social, and emotional well-being. India can capitalize on the amount of knowledge and expertise that elders bring to the table by creating a supportive atmosphere that

promotes active aging. Providing chances for lifelong learning, social interaction, and meaningful activities is crucial to preserving their sense of direction and community. Furthermore, meeting their physical requirements for healthcare via accessible and integrated services is essential. Living a holistic lifestyle requires adaptation to different regional, cultural, and socioeconomic factors in the context of India's varied culture. The effective implementation of holistic living projects for seniors requires collaboration between non-profits, the government, and the business sector. Creating infrastructure that is age-friendly, encouraging connections across generations, and cultivating a feeling of community and belonging are all part of this. The idea of holistic living acts as a compass as India works to provide its elderly people with a respectable and happy existence. Seniors have many requirements, and by identifying and meeting those needs, we create a society in which people may age well and improve the welfare of the country as a whole. By embracing a holistic lifestyle, we can create a future in which every senior adult in India has a life that is meaningful, fulfilling, and purposeful.

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## CHAPTER 11

### HARMONIZING CREATIVE COMMUNITIES: A STUDY ON ARTIST RESIDENCIES AND INNOVATIVE HOUSING SOLUTIONS FOR PERFORMING ARTISTS

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#### ABSTRACT:

The main idea behind this capstone is to redefine artist housing and the model on which it functions. It is also to design a space that makes it possible for social interactions to take place organically. Performing artists have to face extreme difficulties to sustain themselves, a major challenge being, not being able to secure decent and affordable housing. This study aims to create a livable space situated in Bengaluru, where performing artists of all genres can reside together. They will be provided with temporary homes along with access to spaces to practice their craft. The basic model on which the space would be sustained is that the renters would live here only on periodic tenancies i.e. everyone would have a varying duration for their stay. The study examines innovative housing models tailored to the unique needs of performing artists, considering factors such as proximity to artistic hubs, affordability, and the integration of communal spaces. It finds that the occupants would include youngsters who travel to perform and older independents who might not always be performing but would want a place to teach their art. A space like this would thrive in the context of Bengaluru, as the city hosts many travelers and is now appreciating artists of all types. The importance of creative spaces and living arrangements for performing artists, offering valuable insights for stakeholders interested in enhancing the vibrancy and resilience of artistic communities. To inspire a transformative dialogue that empowers performing artists and contributes to the enrichment of our cultural landscape.

#### KEYWORDS:

Artist, Creative, Housing, Interiors, Residencies.

### 1. INTRODUCTION

Providing artists the chance to live and work in settings that are different from their typical surroundings is the main reason artist residencies were established. Artists go to new places and immerse themselves in other cultures while they are there, always experimenting in an attempt to find inspiration. The residency provides a stress-free environment that allows artists to collaborate without limitations. Artists apply by sending in their resumes and project concepts, and those who meet the requirements are chosen to participate in certain programs. After being chosen, artists dwell in the program for a certain amount of time, ending in a showcase where they may exhibit the works they have been working on. An increasing number of people are interested in living and working together, as seen by these areas that promote communal living and working. These settings, which are intended to promote teamwork and shared experiences, are essential to the creative process within the arts ecosystem [1], [2]. Figure 1 depicts the working of an Artist's program. Traditionally performers were divided into three primary categories dancers, musicians, and theater artists. Consequently, poets and storytellers were included in this category. Many seasoned artists have traveled and practiced a lot, honing their technique to the point that they can be seen in other locations. But like with any sector, the performing arts saw tremendous changes as a result of technology, most notably due to the widespread impact of YouTube. This platform gave artists a never-before-seen chance to showcase their abilities, bringing to light a wealth of untapped capabilities and helping to establish Youtubers as modern performing artists. With the advent of YouTube, stand-up comedians saw a boom in popularity as they realized how widely their work was appreciated. Live concerts in many places were motivated by this sudden surge in popularity. However, there were difficulties, especially in locating appropriate rehearsal locations, since many artists come alone or in groups, and their stays might range from a few weeks to many months. The COVID-19 pandemic had a significant effect on performers, causing travel delays,

hazardous lodging, and venue rehearsals. Notwithstanding these difficulties, the city has become a center of culture, which is a beneficial development in the cultural environment [3], [4]. The city has welcomed artists from all over the nation and the world, drawing a sizable influx of young people as a result of growing startups and business trips. The city's cultural and communal life is constantly evolving, and a noteworthy effort known as "no traffic church-street" has been implemented. Car traffic on this popular street is blocked during certain hours, giving artists a place to perform and sell their creations. The community has shown great appreciation for this project, which has stimulated interest in the arts [5], [6].



**Figure 1: Illustrates the working of an Artist program.**

The present study is about harmonizing creative communities a study on artist residencies and innovative housing solutions for performing artists. The remainder of the paper organized in the following section 1 aims to conceptualize a housing solution that allows the facilitation of social interaction and cultural exchange among creative individuals from different walks of life by celebrating them, their art as well as the process behind it. Section 2 provides the literature review in the context. The discussion is presented in section 3 to show performing artists have to face extreme difficulties to sustain themselves, a major challenge being, not being able to secure decent and affordable housing. The conclusion is presented in section 4.

## 2. LITERATURE REVIEW

C. Schnugg and B. Song [7] study explores how the partnership of science and art inside an organization may solve organizational difficulties and generate value. A deeper examination of the individual-level contributions such as fresh perspectives, improved comprehension of materials and processes, and ongoing learning emerges when the focus is shifted from final outcomes to the process of art-science cooperation. These efforts also tell a powerful narrative about how the organization's goals which include developing a new generation of leaders and promoting a more flexible, creative culture are connected to the processes of the art-science programs. The advantages that come with art-science chances need management assistance from inside the business. This support may help identify the best models to use in order to develop these opportunities by offering a sophisticated knowledge of prospective contributions. The paper emphasizes how crucial management actions are to maintaining the benefits of art-science cooperation and promoting a more sophisticated understanding of its potential benefits to enterprises. Furthermore, it suggests directions for further investigation, especially in light of significant movements such as STEAM and Open Innovation, and the changing terrain of associated disciplines like neuro-aesthetics.

H. Jung [8] study explores a wide range of settings and approaches to self-reflection intended to assist people in navigating their ideas and goals beyond just achieving preset goals. The study discusses current issues of human well-being and provides data from two exploratory investigations, one carried out in a mobile artists' residence and the other in a design studio setting. These studies look at different types of self-reflection, surroundings, and stimuli. The study proposes the idea of evocative and creative reflection as an alternate perspective to reflection focused on monitoring and goal attainment by combining ideas from both research. The ramifications of this viewpoint for the development of reflective practices are also covered, with a focus on how creativity contributes to human well-being.

N. L. Lorenzetti and A. C. Kruger [9] study investigated at how teaching drama affected the methods Teaching Artists (TAs) used to control conduct during a supervised socio-dramatic play residence. There were four TAs in total two male and two female that led lessons in eight Kindergarten classes. To see how TAs controlled student conduct, video recordings of the first and last classes of the socio-dramatic play residence were examined. The following four types of management were coded: mixed, supporting, directive, and no management. Between the first and thirteenth lesson, there was a statistically significant reduction in the use of directed behavior management by TAs. Initial results point to the need for more empirical research on the direct benefits of educational theater on children's growth in self-regulation. This possible decrease in directed behavior control might indicate an improvement in kids' self-control during socio-dramatic play activities. Thus, it is necessary to conduct a direct, scientific investigation of how children's behavior changes during theatrical residencies. In light of the fact that collaboration abilities and clear communication are critical in learning environments, developing self-controlled conduct is essential for both social and academic success. Educational theater shows promise as a means of fostering the development of these vital abilities.

H. Moss and D. O'Neill [10] research with an arts focus and narrative inquiry were the main techniques used in this project. People with dementia, family caregivers, and healthcare teams were all given wide access to artists. The director of arts and health, patients, family caregivers, artists, and clinical personnel all actively participated in the conception of collaborative initiatives. Final assessments were carried out at the conclusion of each residence, and each project culminated in a dementia-related public seminar. A detailed presentation, discussion, and delineation of the process of creating creative solutions to dementia are given. Requests for more performances and exhibits were made once the artworks produced received favorable feedback. An improved understanding of dementia was shown in assessments of each residency. Deeper comprehension of dementia was made possible by the stories woven within the artworks. The project yielded three unique works of art a dance video based on a dancer's residency, a series of visual artworks created in collaboration with patients and family caregivers, and a new chamber music composition all of which were created using the narrative inquiry lens. These initiatives highlight the value of using the arts to further our understanding of dementia by exploring the lived experience and casting light on the illness. The arts are reflecting instruments for learning about and appreciating the intricacies of a medical illness, while also creating avenues for heightened comprehension and public awareness of dementia. In the above investigates how teaching drama affects the behavior of Teaching Artists (TAs) and suggests a potential improvement in children's self-control during socio-dramatic play activities. In this study, the author discusses a housing model for the performing arts community in the city of Bangalore.

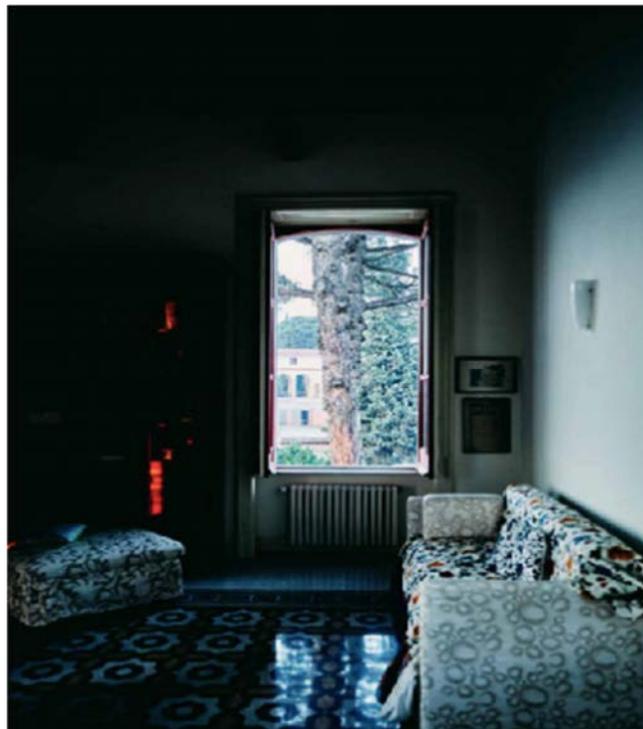
### 3. DISCUSSION

The building is surrounded by a variety of typologies and sizes, and we wanted it to blend in with its surroundings while yet being distinctly different, particularly in light of the nearby context of many large structures. The triangular roof forms provide a link to smaller pitched

roof terraces, while the total volume creates a relationship with nearby buildings and towers. The way the shapes are arranged represents different apartment typologies and applications. There is a distinct separation between 'A House for Artists' public and private areas. The bottom level's floor-to-ceiling windows draw attention from onlookers. Apartments on the higher floors are hidden by terraces and balconies to provide inhabitants with solitude. Up to three apartments may be found on each level, to enable occupants to freely alter and adjust the floor layout as needed. In contrast to conventional housing layouts with corridors, these flats have an open-plan design. Living spaces run parallel along the northwest border, while bedrooms are aligned along the southeastern edge. The modern design acknowledges the variety of ways that people's lives are organized today, challenging the dominant focus on the nuclear family. The intention is to support situations like sharing childcare with other families, living temporarily with aging parents, or developing deep relationships with neighbors. These flats are mainly intended for artists, with characteristics like high ceilings, plenty of windows, and a wide multipurpose main area, but they can also accommodate more people who require accommodation. Facilitating different living arrangements and flexibility to life changes throughout time is the aim [11], [12].

### 3.1. *Kulturfactory:*

Translating to culture and shock Kulturfactory also known as Kulturscio'k in Italian embodies the philosophy of startling art via art. Located close to Naples, Italy, Kulturfactory is an open studio that welcomes artists from all over the globe. In the enthralling atmosphere of an old home, this experimental place welcomes resident artists to work together to develop writings, films, or performing arts. Domicella's Kulturscio'k residential space is a large house that was built at the start of the 20th century and tastefully refurbished in 2014. Selected artists stay at this home for eight days, sharing quarters with other artists from other disciplines and countries. People who work in dance, theater, music, cinema, literature, performing arts, and visual arts are housed in the factory. The company's guiding concept is to encourage interaction and cooperation among artists from different backgrounds. Figure 2 depicts the view of the common room late in the evening.



**Figure 2:** Representing the view of the common room late in the evening [13].

### 3.1.1. Interiors:

The house has a basement as well as three above-ground floors. Six rooms and six baths are located on the first and second levels, which are used for lodging. Rehearsal space and an additional restroom are located in the basement.

The ground level has a large kitchen and dining area that are enhanced by a unique glass veranda that flows into the yard.

### 3.1.2. Shared Spaces:

Every portion of the home, save the dwelling quarters, is a common community space used by all of the occupants. This includes the kitchen, garden, studios, and rehearsal areas in addition to the library.

Every room is meant to serve a certain function, but artists are allowed to use it in any way they like. To promote community consciousness, the home invites residents of the village to participate in activities like cooking, watching, taking videos, or working together if they are interested.

### 3.1.3. Workspace:

There are two other studios available, and the charming garden serves as the entrance to the rehearsal space. Artists can reserve timeslots to use the practice space as needed. There are also private exhibitions of pieces created especially for the house's occupants. The home places more focus on encouraging the creative process that leads people to creativity than it does on the outcome.

Programs like workshops are now being designed for the inhabitants to keep up a continuous cultural interchange.

## 3.2. Vision Collective:

The Vision Collective is an artist residency program that the Vaayu Group launched in Goa intending to create a community of creative artists. This community aims to provide Artist Residents with a culturally unique, healthy, and inspirational experience by facilitating access to art for transformational reasons.

The main goal is to provide a venue for avant-garde art in Goa, India, where artists may show, sell, and work together to create immersive experiences for festivals, art galleries, and other like-minded people. The most recent project for the program is to promote many kinds of creative expression.

The group encourages the exchange of ideas, the blending of cultures, and the development of impromptu collaborations whenever inspiration strikes thanks to its well-balanced representation of both foreign and Indian artists [14], [15].

### 3.2.1. Interiors:

Residents may stay anywhere from one month to a whole year, depending on their requirements, and can choose from private rooms, individual cabins, and duplex accommodations.

The residence provides Goan-style living quarters with all utilities, kitchenettes, laundry rooms, restrooms, and personal lockers included. The area is built with a focus on sustainability using natural materials. Figure 3 depicts the view of the interiors of a private accommodation.



**Figure 3: Representing the view of the interiors of a private accommodation [16].**

### 3.2.2. *Shared Spaces:*

There are several common places in the collective, including the studio, rooftop, garden spaces, tea room, surf store, and community kitchen. Artists are actively encouraged to interact with all existing Vaayu visitors as well as the Vaayu community. Through the creation of studio spaces around the hotel, artists often work in full view, giving spectators a deeper understanding of the creative process. Beyond Vaayu, artists sometimes host classes and do live painting sessions. Artists can hold a range of workshops on-site thanks to the flexible facility.

### 3.2.3. *Workspace:*

The various creative areas include two outdoor rooftop studios, an oceanfront gallery workplace above the surf store, and an ancient cow barn converted into a workshop. It is completely up to the residents to pick and select where they want to work or paint, changing the surroundings as they go. The group has undergone a dynamic transformation thanks to this natural creative expression process.

The collective usually holds an art exhibition as the culmination of their creative efforts, honoring and showcasing the works produced by the resident artists throughout their time there.

### 3.3. *Farside Collective:*

The Farside Collective was founded in 2016 and is an artist residence program located in the remote area of Leh, Jammu. With an emphasis on book creation, the residency seeks to bring together artists from all over the world to this little mountain hamlet. Serving a wide spectrum of artists working in visual arts, literature, video, printmaking, architecture, Curation, and photography, the program offers residencies that are as long as two months or as short as two weeks.

Artists explore a variety of topics throughout their visit, encouraging teamwork and intimate communication. The group uses the building mostly for publishing art publications, although it also operates a small art bookshop there. Artists work together during both short- and long-term residencies, while long-term residents have the chance to lead brief seminars for other residents and the Leh community. Regrettably, the pandemic presented serious difficulties for the collective, which resulted in the temporary closing of its doors.

### 3.3.1. Interiors:

The communal provides individual rooms for the length of stays for up to five inhabitants at a time. The whole area is built to withstand the harsh weather in the area, offering people a well-equipped library with access to research resources. Figure 4 depicts the view of artists collaborating on a project.



**Figure 4: Representing the view of artists collaborating on a project [17].**

### 3.3.2. Shared Spaces:

Except for the private rooms, every area is public and includes the library, the exhibition space, and useful features like the kitchen and garden. The collective uses the environment of its surroundings to its advantage to improve the residence experience. There are a lot of interactions between the inhabitants and people from the neighboring town throughout the residence time. As the program comes to an end, the group goes into town to sell the zines and books that the participating artists have created.

### 3.3.3. Workspace:

Every resident has a private studio for their work, but they may also freely move about and work together in the common areas, such as the library or a communal studio, as needed. Apart from private studios, the collective offers specialized facilities including a darkroom for photographers, printing equipment, and a space for carpentry. Filmmakers use the outside area as a showcase, while artists use it as a platform to show off their unfinished work. The way things are set up encourages the inhabitants to provide feedback to one another.

### 3.4. Programs for Co-living, Co-working, and Community:

The three main purposes of the space will be addressed by the programs designed for it. Co-living refers to the people who share the place. Co-working includes possible partnerships and cross-cultural interactions. Finally, community-building entails interacting with the outside world and fostering a sense of community inside the program.

### 3.4.1. *Private:*

Housing has a higher importance in the space since it serves as the main purpose. Individual rooms are allotted to residents for lodging. In the meanwhile, visitors may freely choose from three distinct arrangements according to their own needs.

### 3.4.2. *Shared:*

The program, which uses a co-living and co-working paradigm, places a strong emphasis on shared amenities for participants. Outside of their dwelling area, all areas are shared. To meet different demands, a kitchen, and a small pantry are provided on each level. Residents may also make use of the shared rooftop café. There's also a common laundry facility available. Three empty studios are available for use by time slots in addition to two workrooms with a small library and a fitness center. The public areas are open to locals and have no set purpose; they may be used as they see fit.

### 3.4.3. *Open:*

A place that is shared by tenants, staff, and members of the public is referred to as an open space. Being the most accessible, the bottom level functions as a dedicated open area with a small café that hosts live performances, an indoor performance space suitable for smaller crowds, and an open outdoor communal area suitable for events or intimate performances. There's also a rooftop venue with access to a casual lounge and bar. The sections inside the building are divided by evenly spaced metal partitions rather than walls, giving the impression that the area is bigger and more open. The inside walls are entirely white, while the design's color scheme is mostly composed of dark tones applied to furnishings and carpeting. Because it serves as a housing solution, the arrangement is repeated and is created with authenticity in mind. The venue intends to hire artists to create works of art both within and outside the area, taking into account Bengaluru's varied creative community.

## 4. CONCLUSION

The study of creative housing options for performing artists and artist residencies highlights the critical role that these initiatives play in promoting innovation, teamwork, and cross-cultural engagement. The many case studies, which include the Kulturfactory, Vision Collective, Farside Collective, and the suggested co-living, co-working, and community program, show the variety of strategies for giving artists spaces that support their creative expression. The focus on shared spaces, flexible workplaces, and community living tackles the specific difficulties experienced by performing artists, especially in finding appropriate and reasonably priced accommodation. A closer look at these projects reveals how important it is to design rooms that support flexibility and can accept a variety of living arrangements during the course of an artist's career.

Programs like Kulturfactory's open studio idea, Vision Collective's cultural exchange in Goa, and Farside Collective's emphasis on book production in the isolated Leh region are just a few examples of the many ways that artists from all disciplines may have their needs met. By providing a safe location for artists to live, work, and socialize, the suggested housing solution aims to balance out creative groups. It is constructed with private, communal, and open spaces. In addition to meeting the specific requirements of artists, the provision of common areas, studios, and cultural spaces promotes cooperation and interaction with the larger community. Recognizing the value of offering performing artist's flexible and reasonably priced lodging is important.

By doing this, we support the vitality and sustainability of creative communities, enabling artists to flourish and keep enhancing the fabric of our culture. The combination of these ideas adds to the continuing discussion about how to effectively encourage and support the artistic process in the performing arts industry.

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## CHAPTER 12

### SKETCHING NARRATIVES: UNVEILING THE CREATIVE PROCESS IN DESIGN AND ARCHITECTURE

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#### ABSTRACT:

In the world of designed surroundings, climate, food, and clothing, a designer's contribution is considered of paramount importance. The multifaceted role of sketching in the creative processes of design and architecture sheds light on its transformative capacity as a tool for ideation and communication. By delving into the symbiotic relationship between sketching and narrative construction, the study uncovers the intricate ways in which visual representation becomes a language that architects and designers use to articulate and refine their ideas. The capstone studies writings, drawings, and the creative process of distinguished individuals from the field of design to form a cohesive understanding of the sanctity of an informed yet fluid process. In this study, the role of a sketch serves as an anchor point to start, pause, or reflect thus making it a crucial element in the process of designing. The findings presented in this study aim to inspire educators, practitioners, and researchers alike, fostering a broader appreciation for the significance of sketching in the multifaceted world of design and architecture. The significance of sketching is not only as a means of capturing ideas but also as a medium for storytelling, fostering a richer and more holistic approach to design thinking and architectural expression. As the boundaries between traditional and digital sketching continue to blur, this investigation provides valuable insights for practitioners, educators, and researchers seeking to navigate and leverage the evolving landscape of creative visualization in design and architecture.

#### KEYWORDS:

Architecture, Creative, Designer, Narratives, Sketch.

### 1. INTRODUCTION

It appreciates our mornings as a treasured and almost holy time of day, beginning with the gentle morning stretch and ending with a steaming hot cup of tea and a cool spray of water on the face. Before starting their day, some people follow a meticulously laid out schedule, adding personal touches to even the tiniest chores, such as choosing a certain pan for breakfast or setting up the study desk in a precise manner. When people follow these routines, it is evident that they are making a deliberate effort to take charge of their everyday activities, with patterns and sequences acting as innate guides. Creating routines that reflect the variety of individual influences becomes a natural element of self-development as we go through the day. There is much to learn about habits and processes, even if it may seem casual to credit these routines with influencing our everyday actions. Hold on, because understanding how people, artists, and designers incorporate their narratives into their work requires a grasp of these habits and process investigations [1], [2]. Think of an unusual dinner that a chef has carefully prepared and assembled.

There is no set method or recipe for the items that the chef has at his disposal. The recipe is more than just a formula for mixing components to say otherwise would be to undervalue the complex process that goes into it. Rather, to bring out the character of the meal, the chef carefully tinkers with tastes, hand-selects the best ingredients, dices, minces, and sautés, and prepares with attention to size and texture. The chef is aware that the dish's essential quality is found in the minute aspects of preparation, which are deeply based on personal convictions. It is undeniable that every chef has a particular story to tell, bringing a variety of personalities to the industry and incorporating distinctive tastes into each dish they prepare. A simple street food example like chaat is interpreted differently in different parts of the nation, from Delhi, Maharashtra, and the south, to Kolkata, Gujarat, and other places.

Every variety is formed not just by local cultures but also by the individual creator's impact. This is meant to highlight the pliable area between the recipe template and the chef's well-

prepared food, not to discount the presence of a more comprehensive sequence guiding the recipe [3], [4]. In the same way, each designer in the field contributes their viewpoint, and over time, notable designers have honed their distinctive style. The design process and approach are particularly important and basic phases that elevate the design profession beyond output-driven techniques. The design comes to life only when these complementary qualities are combined. Figure 1 depicts the Types of Chaats from different parts of India.



**Figure 1: Illustrates the types of Chaats from different parts of India.**

The origin of an idea often happens accidentally, takes an unexpected turn, or originates from an unanticipated source. These starts might come from a note that we've saved or a remark that sparks our creative juices. Like treasured poetry thoughtfully recorded in our mental journal, we all hold onto these sources of inspiration throughout our lives. Allowing these ideas and influences to carry a designer into a creative mood is part of the process. As they return to reality, the beginnings are malleable, with the potential to become a completely other notion because of the essence of the concept. Think about a lump of new clay that has been put on the studio platform. The artist, seeing a form, may freely mold it into a shape that wasn't thought out at first. This flexibility is similar to how a project's "beginning" may change into many realities [5], [6]. The project steadily narrows its options as it moves forward, resulting in a more polished design. Importantly, at this point, the intangibility element is crucial. The concept exists in the mental realm, its material manifestation remaining hidden from view. Because of its intrinsic ambiguity, a project's first exploration of many starting points is essential to accurately expressing the concept or approaching the desired depiction [7], [8].

The present study is about sketching narratives unveiling the creative process in design and architecture. The rest of the paper is structured in the following section 1 describing the creative process of distinguished individuals from the field of design to form a cohesive understanding about the sanctity of an informed yet fluid process. Section 2 provides the literature review in the context of interactive modeling of liquid splashes using user sketching. The discussion is presented in section 3 to provide Verve's aims to decipher layers in the process of any creative individual's work and arrive at an attempt to build an understanding. The unscripted conversations with the creative allowed for thoughtful takes and personal discussions which have given a crisp understanding of this topic. The summary of the study is presented in section 4.

## 2. LITERATURE REVIEW

A. Hakym *et al.* [9] research study has primarily examine two topics, urban sketching and architectural storytelling, from the perspectives of anthropology, philosophy, and psychology. In order to improve public societies' understanding of sustainable development and to foster a greater love for architecture, the term suggests creating a sketch nation. The goal of including communities into the sketching culture is to promote a better awareness of their environment and social duties, which is in accordance with the Sustainable Development Goals (SDGs) set out by the United Nations (UN). In an effort to raise awareness of sustainable development, the research explores the connection between urban sketching and the progress of architectural knowledge in public communities. The assessment entails examining the theory of perception in cognitive psychology and comparing it with the "urban sketching manifesto" in order to understand how urban sketchers take in their environment while seeing architectural situations. Furthermore, the study intends to comprehend how end users get information from architectural structures, with a focus on sustainable development initiatives.

Y. Shi *et al.* [10] storyboarding is an essential method of ideation that uses sequential graphics to depict important user experience situations. Although current data-driven technologies focus mostly on creating user stories, storyboarding's potential as a visual storytelling tool is not taken use of. We propose to develop a data-driven design assistance tool that facilitates the creation of storyboards, hence improving the expressiveness of user stories. In order to explore this idea, we will help with character emotional expression sketching in storyboards. This article presents EmoG, an interactive system that uses user-inputted strokes to create character drawings with expressive facial emotions. We assessed EmoG's performance using a controlled user research with 21 people. The findings show that in terms of utility, usability, and result quality, our tool performs noticeably better than the baseline system.

V. Iashchenko [11] study is a phenomenological investigation of the author's process from drawing to the creation of a pictorial story that chronicles an extended period of time filled with futile efforts to get pregnant. Matrescence, a transitional period toward motherhood that starts with an intentional desire to have a child, is used to evaluate the emotional states and transformations encountered throughout this difficult time. Using illustration and sketching as tools, the author explores the emotional and menstrual cycles connected to conception and loss, as well as the workings of the mind, interpreting visual metaphors and symbolism. The sketches and paintings include recurring themes of walking, trekking, and riding, with cycling being symbolically symbolized by the ebb and flow of the tides on the coastline. The fjord becomes a realm of transformational emotions, signifying the water as the biological source of life. In this essay, emotional landscapes are crucial since they are an effective tool for manipulating emotions and developing the story. In order to explore the issue of separation within a social setting and its portrayal in the pictures, the early sketches are thoroughly scrutinized in conjunction with the journal text. In the end, the egg takes on a strong visual significance, serving as a crucial conduit between biology and art and becoming a character in its own right.

J. G. Andrade and P. Dias [12] study examines the effects of an augmented reality (AR) application created especially for Quinta da Regaleira, a monument of Portuguese cultural heritage. We examine this unique case study using qualitative data collecting approaches to investigate the advantages and disadvantages of this novel strategy, focusing on how it affects visitor experiences and the dynamization of cultural assets. Heritage spaces that are thinking about taking a similar route will find the article to be very helpful as it provides examples of a narrative model that increases visitor engagement by showcasing pertinent stories from the past and present of the cultural heritage. It also offers insights into the crucial steps involved in content production. The final objective is to clarify citing research from Quinta da Regaleira

what kinds of experiences and tales may be successfully told using the program, as well as to point out its shortcomings and provide directions for further study.

The above study shows the development of a data-driven design assistance tool, EmoG, which enhances the expressiveness of user stories through character emotional expression sketching in storyboards. In this study, the author discusses thinking and occupying of drawing with their perception of the creative field.

### 3. DISCUSSION

The psychological relationship that exists between a designer and a sketch, explores the qualities of a drawing that facilitate the visualization of an idea. By examining the works of many architects, we want to see how they accurately portray their ideas in their drawings while still achieving a unique visual quality. Seeing is an active, creative process, similar to the brain searching for patterns, but it requires recording to keep the visualization stable. If the perception of the mind is unable to comprehend a pattern, the eye stays blind. Drawing is a tool that has been used for thousands of years to improve vision by directing all visual energy into a drawing. Despite our ability, we often ignore common features because of preconceived ideas, but when we became more conscious and picked up on even the tiniest nuances that the untrained eye could miss. It can revisit and extend prior views via the process of picturing the artwork. Drawing is still very important in today's digitalized design world since it is a tactile language on a 2D surface that helps with visualization and space creation. The link between a drawing and a concept has to be supported and thought out to picture a forward-moving motion that is constant. Drawing unlocks the secrets of design and building inside the imagination while transferring all the energy and embodiment onto a surface. After sketching, one could feel anxious or less certain than after the site is finished, but the sketch provides a sense of certainty about the site's presence in the imaginary realm. In the fields of architecture and spatial design, a sketch is often seen as a representation that is partially grounded in imagination and partially in actuality. Though they have no clear significance in reality, the lines that emerge on the paper reflect the reality of the architect's vision. The process of turning ideas into reality is iterative and sequential [13], [14].

Some people see it as a kind of energy that flows through them, making the drawing easier to see as the dynamic lines gradually convey the concept onto paper. It's interesting to note that the sketch is used to depict an idea since the designer or architect may not have completely realized the place. An architect with talent may take a real concept and turn it into a physical building. When standing in front of a finished structure, one may assume that excellent architecture elicits an enthusiastic reaction comparable to that of the drawing. The site is shown differently in the latter phases of site completion than it was in the drawing, nearly emphasizing the transient character of the building's design. Theoretically, the purpose of the drawing is to represent the architect's vision and negotiate a desired reality from the under-construction project. In essence, the drawing appears as a creature created by coordinated hand-eye-mind synchronization. In a talk at the London-based AA School of Architecture, the instructors go into detail on tracking hand movements, paying particular attention to the pencil's precise grip position. A pencil held loosely enables lines to flow more freely, promoting fluid drawing that, in turn, psychologically supports a distinct kind of brain exploration culture. Contrary to popular belief, which holds that the hand controls the brain, there is a reciprocal interaction in which the hand's movements help the brain fluidly generate ideas. This insight offers us a fresh way of looking at drawing as a cognitive process, motivated by well-known designers and architects who utilized drawings to conceptualize a unique architectural style. There's always that rush of starting anything new, and starting something new gives you that extra emotional kick to get going. Alongside these feelings, we often try to develop a certain mindset think of it as setting the table and lighting the candles before dinner before beginning any work. Psychologically, starting a project signifies exploring many avenues and evaluating every idea

in light of the project's specifications. The impulse to start is often a reaction to project requirements, but more importantly, a person endeavors to realign themselves by thinking differently about a project. These ideas appear in the project piecemeal, allowing the person to experience them as genuine. These triggers need to be addressed carefully since they aren't always motivated by the desire to satisfy an obligation or find a solution. A project might be started on a personal conviction or perhaps just the need to eat and think [15], [16].

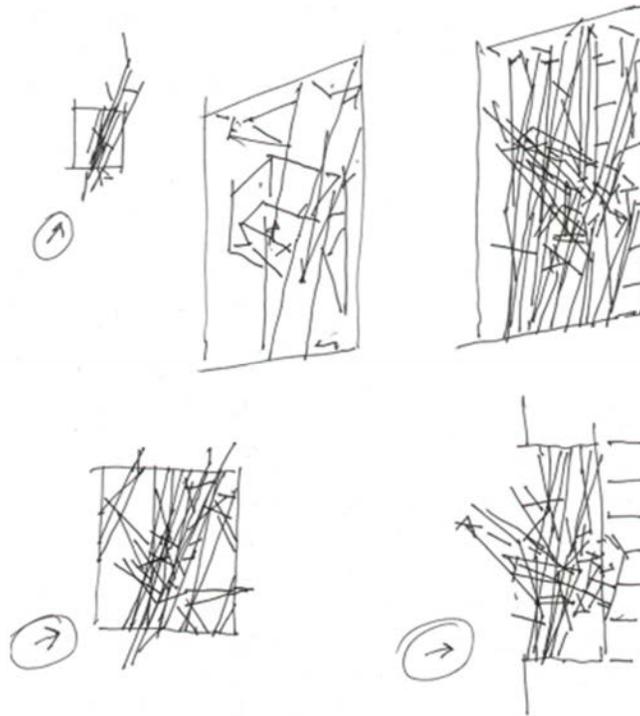
### 3.1. *Drawing as Thinking:*

More information about a person's creative process may be found in their sketches than in any final presentation artwork. They provide access into the mind of the artist at a particular point in time. The phrase by Norman Foster encapsulates the value of sketching in idea presentation a notion that many outstanding designers and architects have studied. It emphasizes the value of loosely drawn drawings, which may be more interesting than traditional renderings that might restrict creative options and allude to the ultimate nature of the work. Some designers purposefully refrain from showcasing an excessive number of renderings, particularly when the actual shape differs little from the rendering. Understanding architects' drawings is more about getting lost in the creative process of thinking through sketches than it is in the finished product. Through his vast collection of sketches, Le Corbusier, an architect who inspired generations, expressed stillness, journeys, and captivating mystery. His physical drawings, which are often comical but monochrome, demonstrate his skill at ideation. Le Corbusier's drawings include nuanced and accurate studies of famous buildings like the Villa Savoye, as well as non-architectural shapes like the Chandigarh bulls, boats, shells, and other sources of inspiration. Drawing becomes an interior dialogue as a result of Corbusier's method of uncovering narrative complexity in drawings that go beyond simple comprehension. The drawings become a private diary that acts as a working memory reference point. Le Corbusier used his diary of experiences as a source of inspiration for his designs, which evolved into imagined constructed forms. Thinking via drawings was an important part of his technique. This method offers a clear framework for comprehending well-known freehand drawings from many architectural eras, highlighting underlying parallels and discrepancies in the way that drawing is thought of.

### 3.2. *Drawing as Occupying:*

Using creative imagery and attentiveness to create imaginary locations is the idea of occupying a drawing. It involves creating a creative universe within the boundaries of a drawing. Positioned inside this drawn environment, the observer is given the liberty to delve into the picture using their creativity. There are a lot of interpretations and options available when using drawing for visualization in this way. By taking up the whole drawing, the artist can encourage contextual flexibility and give the audience the freedom to interpret it in any way they see fit. The inhabited area becomes the viewer's, and they take on the role of protagonist. This phenomenon is not appropriate for use as a presenting tactic since clear goals are required, which cannot be left up to the perception of the audience. On the other hand, it may be actively used to collaborate with users or customers, enabling sympathetic feedback. Drawings may produce 3-dimensional planes that, to the unaided eye, resemble reality even if they are just 2D representations. Taking over the drawing is seen as a tactic to encourage more precise judgments in the context of the area that is being shown. Spanish architect Enric Miralles uses a representational design as a map to investigate the idea of inhabiting the drawing. He makes the observation that architects often fail to see the connection between the idea of a map and the plans they build since both are byproducts of the cartographic creative process and use a two-dimensional language to generate space. Through his theoretical work and sketches, experimental architect and thinker Lebbeus Woods imagined a future civilization in the 1980s. His provocative and metaphorical drawings present a vision for the future while defying the conventions of architecture of the moment. Analyzing Woods' drawings enables one to

introduce logic and envision the architectural environment by actively inhabiting his designs, particularly in projects like *A Space of Light*, a light pavilion influenced by lines as vectors and forces. These sketches provide insight into his imaginative concepts that would be unthinkable without fully inhabiting them, and they also serve as a key to understanding how to construct the hanging light pillars [17], [18]. Figure 2 depicts a sketch of a space of Light.



**Figure 2: Illustrates a sketch of a space of Light [19].**

### 3.3. *Perception of the Creative Field:*

Reimagining has always been a crucial quality of creative people, even in the prehistoric past. To demonstrate this ability, picture providing a bird with a twig in exchange for it pulling a worm out from behind a snag. In case the bird manages to poke the twig from one end, it will persist in using that way forever. On the other hand, because of their natural tendency to repeat, people show interest by attempting various approaches each time. This quality shows itself in our ability to rethink a wide range of things, such as lives, diets, attire, modes of transportation, and more. Mark Wigley explains the fascinating significance of design in an elegant manner. For individuals outside the area, tangibility a quality that might be difficult to express in precise forms is often used to determine how complicated a job is.

### 3.4. *Design as Storytelling:*

Examining the many tales of creative people and their achievements shows a central storyline. The central idea of this basic story is an encounter. People who are creative in dance, music, design, or other verticals all have a background that shapes who they are as creative. Every component be it a drawing, an image, a song, or the process of creating a design embodies a narrative. A well-designed design tells a compelling contextual tale that the consumer can relate to. Many people consider the motivations and principles that underpin design to be its cornerstone. It would be insufficient to discuss a design without a narrative since there would be no link to the design's history and intended use. A well-told design narrative captures important facts about its core. This storytelling tradition is reminiscent of the mythological and fictional tales we heard as children, many of which had moral lessons ingrained in them. Similarly, values are woven into design narratives, giving them meaning and heightening their overall relevance. In design, the story gives the work additional meaning by placing it in

context. A design's result is derived from its story, therefore eliminating the storytelling element calls into question the designs stated worth. From a business perspective, viewers understand why a certain design narrative is superior to another. In well-designed designs, the narrative experience is essential. To empathize with the user and design, designers need to grasp the story's deep roots, thinking about morality, ethics, skill, emotional values, and the relationship between the part and the whole. Apple Inc.'s product designs serve as a prime example of design principles based on storytelling. The business regularly conveys its core beliefs, which include data privacy, speed, and future technology. Investing in Apple Inc. goods becomes more relevant for consumers when these ideals are integrated into the design.

### 3.5. *Spatial Narratives:*

Embedded morality is expressed via architecture, which turns abstract ideas into concrete realities. Many architects emphasize that their built areas are not isolated but rather function as an early manifestation of the design, characterizing them as chapters within a broader tale. People perceive built spaces differently because they each see them through the prism of their cultural background. Thus, architects have to adequately structure the spatial story so that it may be interpreted in a variety of ways and provide opportunities for introspection. The creation of a spatial story requires the fusion of fresh viewpoints, historical research, and the translation of a range of experiences. A spatial narrative's language is influenced by the people it portrays and reflects their cultural background. The capacity of a spatial narrative in design to tell a community's history while exposing details that its members are unaware of is a fascinating feature. Discovering this kind of spatial story not only imparts historical significance but also raises awareness of the importance of architecture and design. This importance is comparable to exploring a museum filled with historical objects where the curator tells you about the history of each monument-like item. This procedure emphasizes the need to maintain and comprehend the cultural significance of each item, instilling in participants a feeling of sensitivity and responsibility. The objects lose meaning when there is no story or knowledge about them, which makes it difficult to connect with the audience and arouse empathy. In the language of spatial design, the story is a source of vital knowledge about the location, feelings, and other aspects that are hard to find without a gripping tale. The spatial story provides the imagined plinth that the design needs to form a cohesive structure. This story is not the same as site information, which includes information on the environment and technological features. The imagination is the source of spatial narratives, which enable people to see the place from the perspective of the designer. The spatial narrative's effectiveness is reflected in the language used in the design's construction, particularly in the produced form's spatial rhythm. This story doesn't come to light until much later in the design process; it's there from the beginning, captured in the first jittery scrawls that represent the spatial shape. The spatial story develops into an abstraction of the notion as the idea takes form on paper, allowing the designer to visually comprehend and improve the idea.

### 3.6. *Le Corbusier's Process of Designing:*

According to Corbusier's method, he was able to extract from his drawings a story that went beyond simple interpretation. He started using drawing as a way to communicate with himself on an inner level, turning his drawings into a diary of his thoughts. These drawings demonstrated the crucial significance that thinking via drawings had in Le Corbusier's design process, as they functioned as reference points in his working memory. Taking inspiration from his experience diary once again, these ideas developed into concrete architectural conceptions. This retroactive investigation reveals both similarities and differences in the mental processes behind drawing, offering a clear foundation for comprehending the subtleties of renowned freehand drawing works in architecture, spanning many periods. As we come to the end of our conversation on Corbusier, I'll leave you with a thought-provoking comment about sketching.

It explores a different architectural period unconnected to Le Corbusier by delving into the work of Sri Lankan modernist architect Geoffrey Bawa. Bawa, a renowned pioneer of South Asian tropical modernism, is highly praised for his astute spatial observations and painstakingly detailed illustrations. This inquiry illuminates the developing methodology of drawing as a cognitive process, taking into account the varying eras and personal viewpoints within the given framework. Examining the personal history of Geoffrey Bawa adds perspective. Born in 1919 to a wealthy family in Sri Lanka, Bawa's early years in Colombo stoked his natural interest in architecture due to his need for privacy and calm. Bawa left behind a distinctive architectural legacy in South Asia and the Indian subcontinent, despite having little impact during his early career. Bawa's sketches of Lunuganga, a private family estate in Sri Lanka, are the subject of a concentrated investigation. Tucked away by a lakeside and a thick tropical forest, this house embodied Bawa's love of open spaces and close relationship with the natural world. Lunuganga, which Bawa started in 1948 and continued until he died in 1998, was a continuous creative project that resembled a self-portrait frozen in many timeframes. Bawa studied, lived, and experimented with environments, using his architecture as a constantly changing canvas. His first inspiration and test chamber were the grounds of the Lunuganga estate. His illustrations effectively convey Bawa's dedication to inclusion and painstaking attention to detail, particularly in the ones that depict Lunuganga's ambitions. His meticulous depiction of every shrub and tree limb on the land highlights his commitment to maintaining the inherent worth of every component there. The traditional lines separating inside from outside are blurred by Bawa's architecture, making words like "interior" and "exterior" meaningless. He conveys a powerful image of ideals that emphasize careful and thorough examination of every facet of the location via his drawings.

#### 4. CONCLUSION

Sketches demonstrate how the creative process is a potent means of expression for designers and architects to express their ideas, clarify concepts, and refine them. The work of art highlights the variety of ways to sketch in the fields of design and architecture by examining several case studies and speaking with seasoned experts. It is up to the designer to choose between lateral or linear design approaches. The use of a data-driven linear design process might make the story seem impersonal and could need the introduction of a fresh, inspiring story. On the other hand, a design that is too inspired or makes decisions that are too self-conscious may become unrelated to reality. A key function of the designer's awareness is that it serves as a psychological checkpoint to keep them from pushing the boundaries of practicality too far. Every stroke on paper, from short ideation drawings to intricate renderings, becomes an expression of the designer's thinking process and a way to tell a story that goes beyond words.

The study also stresses the value of accepting flaws and appreciating the spontaneity that comes with drawing. Unexpected discoveries and creative solutions may arise because the raw spirit of creativity flourishes inside these unpolished lines. Drawing is a technique that helps designers develop their thoughts and challenge traditional thinking by providing a reflection area that also captures the progression of ideas. In the end, "Sketching Narratives" invites both newcomers and seasoned professionals to recognize the importance of sketching as a crucial step in the design process and promotes a reevaluation of the creative process. The book asks readers to acknowledge the mutually beneficial link that exists between storytelling, drawing, and the creation of transforming environments as the tale comes to a close. It is evidence of the persistent influence that a basic pencil and piece of paper may have on the direction of architecture and design.

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## CHAPTER 13

### SEVERAL HERITAGE SPACES AND OLD BUILDINGS MISTREATED AND USED

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#### ABSTRACT:

The abstract explores the that have been mistreated and repurposed, leading to the erosion of their historical and architectural significance. These structures, once repositories of cultural and historical value, find themselves victims of neglect, insensitive alterations, or inappropriate uses. The mismanagement of these heritage spaces stems from various factors, including a lack of awareness, insufficient preservation efforts, and economic pressures for modern development. As a consequence, these architectural treasures, often representing the collective memory of communities, face irreversible damage and potential loss. The abstract delves into specific examples worldwide, highlighting instances where heritage spaces have been subjected to unsuitable transformations or commercial exploitation. It underscores the urgent need for comprehensive preservation strategies, community involvement, and governmental interventions to safeguard these structures for future generations. The abstract also touches upon the potential consequences of losing these heritage spaces, emphasizing the impact on cultural identity, historical continuity, and the enrichment of urban landscapes. In addressing this issue, the abstract advocates for a holistic approach that combines awareness campaigns, stringent preservation regulations, adaptive reuse strategies, and community engagement to ensure the sustainable conservation of heritage spaces and old buildings. Ultimately, the abstract calls for a collective responsibility to protect and celebrate these architectural gems, recognizing their intrinsic value in preserving the diverse narratives that contribute to our shared cultural heritage.

#### KEYWORDS:

Building Grading, Cultural Heritage, Heritage Building, Site Drawings.

### 1. INTRODUCTION

The passage of time is often marked by the physical remnants of history, embodied in the form of heritage spaces and old buildings that bear witness to the stories of bygone eras. These architectural treasures serve as tangible links to our cultural, social, and historical roots, providing a sense of continuity and identity. However, despite their intrinsic value, many of these heritage spaces find themselves mistreated, underutilized, or even subjected to neglect, raising questions about our collective responsibility to preserve these cultural gems [1]. This exploration delves into the multifaceted dimensions of several heritage spaces and old buildings, examining the various ways in which they have been mistreated, repurposed, or overlooked, and the implications of such treatment on our understanding of history, culture, and the built environment [2]. These heritage spaces, whether palaces, mansions, temples, or colonial-era structures, encapsulate the craftsmanship and architectural styles of their respective periods, offering a glimpse into the societal values and artistic expressions that prevailed during their construction. However, the relentless march of time has not always been kind to these structures. In many cases, historical sites have faced the brunt of natural disasters, urbanization, and insufficient conservation efforts, resulting in deterioration and structural damage. The mistreatment of these architectural marvels, often due to a lack of awareness or resources, poses a threat to the tangible remnants of our past [3].

Furthermore, the misuse and repurposing of heritage spaces raise ethical questions about the preservation of cultural identity [4]. Many old buildings, originally designed for specific functions or as symbols of power and prestige, undergo transformations that compromise their historical integrity. Repurposing, whether for commercial ventures, residential use, or other purposes, can alter the original character of these spaces, erasing the layers of history embedded within their walls. This complex interplay between heritage preservation and the practical demands of contemporary society underscores the challenges of striking a balance between modern functionality and the conservation of historical authenticity [5]. Another aspect of the mistreatment of heritage spaces lies in the socio-economic disparities that often determine their fate. Neglected or abandoned due to economic decline, lack of funding, or changing societal

priorities, these buildings become symbolic of broader issues related to resource allocation and urban planning. In some instances, the gentrification of historic neighborhoods results in the displacement of local communities, further contributing to the erasure of the cultural vibrancy associated with these spaces [6]. The misuse of heritage spaces extends beyond neglect and structural alterations; it also encompasses the commodification of history for commercial gain. Tourist-driven activities sometimes exploit the historical significance of these sites, reducing them to mere attractions devoid of their cultural context [7]. This form of mistreatment not only diminishes the educational value of heritage spaces but also perpetuates a transactional view of history, where the past becomes a commodity for consumption rather than a source of collective knowledge and understanding. In contrast, some heritage spaces are subjected to excessive preservation efforts that border on stagnation [8]. The meticulous conservation of these buildings, while essential for safeguarding their architectural features, may inadvertently lead to a detachment from their original functions and the living, evolving communities that once inhabited them. Striking a balance between preservation and adaptive reuse becomes crucial to ensure that heritage spaces remain relevant and integrated into the contemporary fabric of society [9].

Moreover, the mistreatment of heritage spaces often mirrors deeper societal attitudes toward history, culture, and identity [10]. A lack of awareness or indifference towards the preservation of these sites reflects a disconnect from the narratives embedded in the built environment. In some cases, political ideologies or conflicts contribute to the deliberate erasure of historical landmarks, further complicating the relationship between heritage and contemporary values. The mistreatment and underutilization of several heritage spaces and old buildings underscore the intricate challenges associated with preserving tangible links to our past [11]. Whether facing neglect, structural decay, commercial exploitation, or overzealous preservation, these architectural gems bear the weight of complex societal dynamics. As custodians of our shared heritage, it becomes imperative to reevaluate our approach to these spaces, fostering a holistic understanding that recognizes the intrinsic value of historical continuity, cultural identity, and the built environment [12]. The exploration of several heritage spaces and old buildings serves as a lens through which we can examine our collective responsibility in shaping the narrative of our cultural legacy and ensuring that these architectural treasures continue to resonate with significance for generations to come.

## 2. LITERATURE REVIEW

Y. Chae et al. [13] study focuses on South Korea, affected by monsoon rains, the weather is hot, humid, dry, and cold. Maximum temperatures vary greatly between summer and winter, and seasonal changes in relative humidity can cause sharp rises and falls. Therefore, over the years, many of Korea's historic buildings were re-evaporated and condensed into their current form. However, if energy improvements lead to rapid and rapid changes in the built environment, whose hygrothermal structure has been preserved for a long time, the historical significance of the built heritage will be affected. This study presents a case study of a combination of passive and active retrofit strategies to improve the energy efficiency of an 80-year-old school and prevent condensation problems. Air sealing and insulating the exterior of the home will help reduce heat, which should be done before replacing the air conditioner. In the Korean summer, relative humidity can increase even with new air conditioners that reduce humidity in the home. Therefore, it is important to use a dehumidifier or a separate ventilation system. Air conditioning in common areas and open areas, as well as in normal living spaces, can reduce temperature and vapor pressure differences between rooms. If the architectural heritage is to be renewed, it should be affected by heat and moisture exchange, and materials and structures should be protected from material change. External electricity and 24/7 climate control technology should be used.

A. coadunate et al. [14] study focuses on Nam Taluk Kumar Old Town Design District Bandar Lampung City is located in Nam Taluk Kumar District and is a tourist destination as it has an old town. The city was founded in 1839 as a trade and service center for the region and was the base for the capital of Bandar Mampang before moving to Tanjung Karang. Thay Hin Bio Temple with Chinese architectural style, Jami Al-Anwar Mosque with Islamic architectural style, and some residences and shops with colonial and Indian architectural styles are just a few examples of heritage architecture in the area. South Taluk Bahis Old Town district. Use Appreciative Research (AI) research to examine the potential of the area. "Heritage tourism", or urban tourism that uses heritage as tourist attractions, is one application of the concept. The meaning of the historical city is created through design. The historical artifacts found will be open to visitors' observation and interpretation. The city constitutes the characteristics of the old city of Nam Taluk, including roads, parks, landmarks, signs, green open spaces, waste management, fire and tsunami mitigation, and other elements. Historical tourism is the result of this work.

Z. Shirzad Nia et al. [15] study focuses on historic buildings, retrofitting is preferred to demolishing and rebuilding. However, adaptation has significant limitations in preserving originality. The preservation of some historic buildings is less important than other heritage sites because they can be easily damaged. Full attention should also be given to adjusting business models to meet new needs. Ensuring daily operations is vital to ensuring customer comfort. These problems are caused by discomfort and indoor lighting below that is recommended for office work. Purpose: Since improving solar energy efficiency affects the health of residents, the main goal is to increase the solar energy efficiency of buildings in the historical past in which changing office lighting was not inconvenient. Method: This study focuses on the ancient boiler room of Textile Factory No. 1. 1, the historical Iranian factory in Mazandaran. The buildings and skylights were designed using parametric modeling tools Rhinoceros and Grasshopper. Honeybee and Ladybug plugins are based on Radiance and simulate solar performance. The Octopus plugin allows genetic optimization of selected skylight designs without using targets such as DA'500 and DA'max2000. Sedan and Sage evaluated the results to determine which space could meet the needs of the day without lacking visibility. The novelty of this method lies in its novel structure, which combines the SPEA-2 optimization algorithm with manual work.

L. Mar Zaman et al. [16] study focuses on Palolo City has been designated as a heritage city by the government and is part of the Indonesian Heritage Cities Network (JKPI). Lembata played an important role in the history of the town of Palolo. This is where things started to go wrong in terms of the healthcare industry and the religious beliefs of the Palolo people. The HKUST Tuan Palace in Liwu, which serves as a meeting place, and the old church in Palolo represent the interaction of these three elements. As a historical monument, Lalibela needs support and protection, including zoning management to preserve the historical site. Batasi subdivision is an area where the plan of the cultural reserve must be determined following the Palolo City Cultural Heritage Area Ordinance. The restoration of cultural heritage, the preservation and maintenance of historic buildings, and the orientation of the area as an area for commerce and distribution of services, in particular excluding shops and public spaces, are included in the management plan for cultural areas. The purpose of this document is to create a plan and layout for the public space of the city of Palolo and the heritage area of the Batasi Lembata district. We use a collaborative approach to discuss potential issues on the site with residents and review relevant planning and future planning policies. The result of this document is the central planning concept that divides the area into various uses, including retail, pedestrian, and public spaces, green spaces, parks, sculptures, squares, exhibition centers, and museums.

A. Collazo et al. [17] study focuses on Over the last 20 years, as the Mexican city of Aguascalientes continues to grow, it has also experienced an increase in traffic and parking.

This study aims to explore the social factors that cause the decline of historical and artistic heritage. Therefore, many statistical methods are used to evaluate this fact; This leads to the examination of specific groups of changes, such as maps, paper datasets, parking, lost property, orchard areas, open space, urban parks, residential, commercial, and commercial areas, identifying "sections of the city" containing significant buildings and works of art. Industry. Research shows that retail stores are similar across different communities. It also shows how old buildings can be renovated and updated; Many stores have even restored historic buildings to the point of collapse. Research shows that there are more historical buildings in the oldest neighborhoods of the city; as a result, there are fewer buildings in the 16th and 17th centuries. The most significant change is, therefore, the rise of shops replacing land in a "part of town". Therefore, many car parks were built to accommodate the growing city. Since the culture of the city of Aguascalientes is at risk, the analysis of the transformation of the heritage created an important part of the urban research process of developers in the modern city. These factors make this article useful in terms of social and cultural support. The latter aims to help improve urban planning and the stability of buildings of historical and artistic significance.

### 3. RESULT & DISCUSSION

#### *3.1 Exploring of heritage buildings:*

Exploring heritage buildings is a captivating journey that transcends time, providing a tangible connection to the past and a profound understanding of cultural, architectural, and historical legacies. These structures, often characterized by their distinctive design, historical significance, and architectural marvels, serve as tangible markers of a community's rich heritage. As one wanders through the corridors of these buildings, there is a sense of stepping back in time, unlocking the stories embedded in their walls and foundations. At the heart of exploring heritage buildings lies the opportunity to delve into the architectural craftsmanship of bygone eras. These structures, ranging from medieval castles to Renaissance palaces, Victorian mansions, or ancient temples, showcase the evolution of architectural styles and techniques. Each intricate detail, from the ornate carvings to the grand facades, tells a story of the cultural, social, and economic contexts in which these buildings were conceived. Exploring these architectural gems provides a firsthand encounter with the craftsmanship that has shaped the visual identity of communities throughout history.

Heritage buildings are not only repositories of architectural prowess but also time capsules that encapsulate the unfolding narrative of societies. Walking through the halls of a centuries-old building, one can feel the echoes of the past reverberating through the walls. These structures have witnessed the ebb and flow of human existence, from grand celebrations to tumultuous historical events. The exploration of heritage buildings becomes a journey through time, offering insights into the lives of those who inhabited these spaces and the cultural tapestry woven by generations. Moreover, heritage buildings often house invaluable artifacts, artworks, and relics that contribute to the understanding of a region's cultural heritage. Museums within these buildings preserve and showcase artifacts ranging from ancient manuscripts to period furniture, textiles, and art collections. Exploring these curated spaces allows visitors to gain a comprehensive insight into the material culture of the past, fostering a deep appreciation for the artistic achievements and societal norms that have shaped the heritage of a particular community.

The conservation and restoration efforts invested in heritage buildings highlight the importance of preserving cultural identity. These structures are living embodiments of a community's history, and their maintenance is a testament to the commitment of societies to safeguard their heritage for future generations. Exploring such well-preserved buildings not only offers a visual feast but also serves as a reminder of the collective responsibility to protect and cherish our shared cultural legacy. Beyond their architectural and historical significance, heritage buildings

often become focal points for community identity and pride. They serve as landmarks that define the character of a city or region, becoming symbols of continuity in the face of modernization. The exploration of heritage buildings becomes an avenue for fostering a sense of belonging and connection among community members, as these structures stand as guardians of shared memories and cultural roots. Exploring heritage buildings is a multidimensional experience that encompasses architectural admiration, historical understanding, cultural appreciation, and a sense of belonging. These buildings transcend their physical existence, becoming portals through which, we can step into the past and gain a profound appreciation for the diverse and rich tapestry of human history. As guardians of our cultural heritage, heritage buildings beckon us to explore, learn, and cherish the treasures they hold, ensuring that the stories embedded in their walls continue to resonate across generations.

### *3.2 Heritage Building Grading:*

Heritage building grading is a comprehensive process that plays a pivotal role in preserving and managing the rich architectural and cultural legacy of a region. The grading of heritage buildings involves the systematic assessment of various criteria to determine their historical significance, architectural merit, and overall condition. This meticulous evaluation not only aids in the conservation of these structures but also guides policymakers, preservationists, and communities in making informed decisions about their maintenance, restoration, or adaptive reuse. At the core of heritage building grading is the assessment of historical significance [18]. This involves scrutinizing the historical events, cultural associations, and social contexts linked to a particular building. Structures that have borne witness to pivotal moments, housed notable individuals, or played a significant role in shaping the identity of a community are often deemed of higher historical value. This evaluation is crucial in identifying which buildings merit preservation efforts and public investment to ensure the safeguarding of tangible links to the past.

Architectural merit is another key aspect considered in the grading of heritage buildings. This involves a thorough examination of the building's design, craftsmanship, and stylistic features. Buildings that showcase exceptional architectural innovation, represent distinct design movements or demonstrate craftsmanship of a particular era are likely to receive higher grades. The assessment of architectural merit provides insights into the evolution of architectural styles over time and contributes to the recognition of buildings as noteworthy examples of specific periods or styles. The physical condition of a heritage building is a fundamental element in its grading process. An in-depth inspection of the building's structural integrity, materials, and overall state of preservation is conducted. Buildings that retain their original fabric and features, with minimal alterations or damage, are often regarded more highly. This assessment helps prioritize conservation efforts, guiding interventions to ensure the longevity of the structure while respecting its historical authenticity [19].

Contextual analysis forms an integral part of heritage building grading. The surroundings and environment in which a building exists contribute to its overall significance. A building that harmonizes with its surroundings, contributes to the character of a historic district or stands as a landmark in a particular landscape is likely to receive a higher grade. This consideration emphasizes the importance of understanding a heritage building within the broader context of its setting and community. Community engagement is increasingly recognized as an essential component of the heritage building grading process. Involving local communities in the assessment and decision-making fosters a sense of ownership and ensures that diverse perspectives are considered. Community input provides valuable insights into the social and cultural importance of a heritage building, contributing to a more holistic grading process that reflects the shared values of the people who live in its vicinity [20].

The grading of heritage buildings serves as a tool for effective heritage management and conservation planning. Once a building is graded, it becomes part of a broader heritage

inventory, guiding policymakers, conservationists, and urban planners in making informed decisions about its future. Grading helps prioritize resources for the preservation of high-value heritage assets, directing attention to those in need of urgent intervention or extensive restoration. Heritage building grading is not a static process but evolves. As our understanding of history, architecture, and cultural significance deepens, reevaluations may occur, leading to changes in a building's grade. This adaptive approach ensures that heritage conservation remains a dynamic and responsive field, capable of incorporating new information and perspectives. Heritage building grading is a multifaceted process that combines historical research, architectural analysis, community engagement, and conservation planning. Through this systematic evaluation, heritage buildings are not only recognized for their intrinsic value but also provided with a roadmap for sustainable preservation. The grading process becomes a bridge between the past and the present, guiding communities in their collective responsibility to protect, celebrate, and pass on their cultural heritage to future generations.

### *3.3 Plenty of lying lifeless heritage buildings:*

In the urban landscape, amidst the hustle and bustle of modern life, lie numerous heritage buildings that stand as silent witnesses to the passage of time. Unfortunately, many of these architectural gems find themselves in a state of neglect, weathered by the elements and overshadowed by the relentless march of progress. These once grand structures, now lying lifeless, bear the scars of indifference and abandonment, their fading facades telling tales of neglect and the erosion of cultural memory. The term "lying lifeless" evokes a poignant image of these heritage buildings, trapped in a static existence where time has seemingly come to a standstill. The vibrancy they once exuded, whether through intricate architectural details or bustling community activities, has been replaced by an air of desolation. The dilapidated state of these structures reflects a disconnect between the past and the present, a stark reminder of the fleeting nature of societal priorities.

Plagued by neglect, many heritage buildings have succumbed to the ravages of time, their once-majestic exteriors now marred by crumbling walls, broken windows, and fading paint. The intricate carvings that once adorned their facades now stand as remnants of a bygone era, slowly being reclaimed by nature's relentless grasp. The lifelessness that pervades these buildings is not just physical but extends to the erasure of the vibrant stories and cultural nuances that once animated their spaces. The neglect of heritage buildings often results from a myriad of factors, ranging from economic constraints to shifting societal values and urban development pressures. As modernization sweeps through cities, these architectural treasures are sometimes deemed incongruent with the demands of contemporary living. The clash between preservation and progress leaves these structures stranded in a state of abandonment, relegated to the margins of relevance.

The lifelessness of neglected heritage buildings is further compounded by the absence of the human activities that once filled their spaces with vitality. Where once there were bustling marketplaces, lively community gatherings, or the hum of daily life, now echoes a hollow silence. These buildings, once the heartbeats of thriving communities, now lie eerily quiet, their interiors void of the life and energy that once defined them. While some heritage buildings may find themselves entangled in bureaucratic red tape or face challenges in securing funding for restoration, others fall victim to deliberate acts of neglect and vandalism. The disregard for these structures reflects a disconnect from the cultural significance they hold. The lifelessness, in this case, extends beyond the physical decay to a metaphorical death of collective memory and a disregard for the narratives woven into the very fabric of these buildings.

However, amidst the somber narrative of lying lifeless heritage buildings, there is a glimmer of hope. Preservationists, historians, and communities passionate about their cultural heritage strive to breathe life back into these neglected structures. Restoration efforts, when successful, not only revive the physical integrity of the buildings but also rekindle a sense of pride and

identity within communities. The revitalization of a heritage building can catalyze cultural renewal, fostering a renewed appreciation for the historical significance embedded in its walls. The image of lying lifeless heritage buildings paints a poignant picture of neglect, decay, and the erasure of cultural memory. These structures, once vibrant expressions of architectural and societal grandeur, now stand as silent reminders of the challenges posed by progress and shifting priorities. Yet, within the shadows of neglect, there exists the potential for revival and renewal, as communities and advocates work tirelessly to breathe life back into these architectural time capsules, ensuring that their stories endure for generations to come.

#### *3.4 Site drawings of heritage building:*

Site drawings of heritage buildings play a pivotal role in the preservation, documentation, and understanding of these architectural treasures. These drawings serve as visual records that encapsulate the intricate details, dimensions, and spatial relationships of heritage structures, offering a valuable resource for architects, historians, conservators, and researchers alike. Through meticulous measurement, observation, and artistic representation, site drawings contribute to the comprehensive documentation of heritage buildings, ensuring their conservation and facilitating future restoration efforts [21]. One of the primary functions of site drawings is to provide an accurate representation of the physical characteristics of heritage buildings. This includes detailed floor plans, elevations, sections, and site plans that convey the building's layout, dimensions, and architectural features. These drawings serve as essential tools for architects and conservationists engaged in the restoration and maintenance of heritage structures. By meticulously capturing the existing conditions of the building, site drawings become a baseline reference, guiding conservation efforts to preserve the authenticity of the architectural elements.

Site drawings also serve as a crucial means of recording the evolution and alterations that heritage buildings may have undergone over time. Historical changes, modifications, and additions are carefully documented in these drawings, creating a chronological visual narrative of the building's development. This historical layering provides invaluable insights into the adaptive reuse of heritage structures, shedding light on the evolving needs of the community and the cultural influences that have shaped the building over the years. Furthermore, site drawings contribute to the understanding of construction techniques and materials used in heritage buildings. Sections and details in these drawings highlight the structural components, ornamentation, and craftsmanship, offering a comprehensive view of the building's architectural character. This knowledge is instrumental in guiding conservation efforts, as it enables conservators to select appropriate materials and techniques that align with the original construction methods, ensuring the preservation of the building's authenticity [22].

Archaeological investigations often accompany the creation of site drawings, particularly when dealing with ancient or archaeological heritage sites. These drawings document not only the visible aspects of the building but also subsurface features and archaeological layers. The integration of archaeological findings into site drawings enhances the overall understanding of the site's historical context and allows for a more nuanced interpretation of the building's significance. Site drawings also serve as educational tools, conveying the architectural and historical significance of heritage buildings to a broader audience [23]. Exhibitions, publications, and educational programs often rely on these drawings to communicate the cultural and historical narratives embedded in these structures. By making site drawings accessible to the public, heritage organizations contribute to raising awareness about the importance of preserving cultural heritage and fostering a deeper appreciation for architectural history. Site drawings of heritage buildings play a multifaceted role in the preservation and understanding of our architectural legacy.

These drawings serve as meticulous records, capturing the essence of heritage structures and providing a foundation for conservation and restoration efforts. Through their detailed

depictions of architectural elements, historical changes, and construction techniques, site drawings contribute to the ongoing dialogue between the past and the present, ensuring that the stories embedded in heritage buildings continue to be studied, appreciated, and preserved for future generations [24].

#### 4. CONCLUSION

The mistreatment of heritage spaces is a reflection of broader challenges faced by communities in balancing the demands of progress with the imperative to preserve their cultural legacy. In the rush toward contemporary development, many historic buildings become casualties, losing their original purpose and aesthetic integrity. Often repurposed for commercial use or altered beyond recognition, these structures lose the authenticity that once made them cultural landmarks. Furthermore, the lack of effective conservation strategies contributes to the degradation of heritage spaces. Inadequate maintenance and restoration efforts expose these buildings to the ravages of time, weather, and neglect, accelerating their deterioration. The erosion of historical facades, the disappearance of ornate details, and the overall decay of these architectural gems symbolize a collective failure to safeguard our cultural heritage. Additionally, the indiscriminate use of heritage spaces for purposes incongruent with their historical context diminishes their intrinsic value. When repurposed without consideration for their original significance, these buildings lose their connection to the narratives they once embodied. Whether converted into commercial establishments, storage facilities, or altered beyond recognition, these structures risk becoming mere shells of their former selves. The mistreatment and misuse of several heritage spaces and old buildings underscore the pressing need for a more conscientious approach to cultural preservation. It calls for increased awareness, robust conservation measures, and a collective commitment to balancing the imperatives of progress with the imperative to protect and celebrate our cultural heritage. As custodians of these architectural legacies, it is our responsibility to ensure that these spaces are not only preserved for future generations but also revered and respected for the historical, architectural, and cultural treasures they embody. Only through such efforts can we hope to sustain the authenticity and richness of our shared heritage in the face of rapid urban development and societal change.

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