

Creating Livable Indoor Space To Lovable

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Abstract : *In our everyday life, we live in spaces that are active, changing, and dynamic. When designers create indoor spatial designs for various types of uses and experiences, they consider both the aesthetic qualities of a space and how people experience interactions and sensations with in the spaces. However, people's experiences are subjective. Design a 'liveable space in to lovable' is an ancient idea of a 'sense of place' for architects and designers. In contrast to technological fix solutions this concerns with the comfort of end users of 'places'. This paper reflects an attempt to provide an optimum psychological fit between people and their physical surroundings. It is concluded that it is advisable to create a place for users solely by manipulating only physical environment on 'their' behalf but also making it psychologically pleasant and inviting.*

Keywords :

Livable space, Lovable space, Indoor, Comfort, psychologically pleasant, context.

Introduction

Indoor Architecture may refer to:

- The art and science of designing and erecting building interiors and related physical features.
- The practice of an architect, where architecture means to offer or render professional services in connection with the design and construction of a building's interior that has as its principal purpose human occupancy or use.
- A general term to describe building interiors and related physical features.
- A style or method of design and construction of building interiors and related physical features.

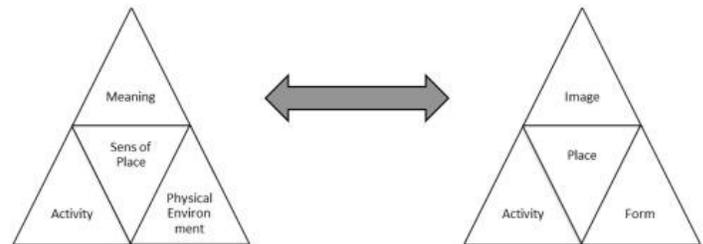
Phenomenon of designing indoor space is a designed activity on a particular place for enhancing comfort level of the People using it.

“The creation and maintenance of suitable place which incorporates space and design and can support people living there. This includes both the interior and exterior of buildings, areas around buildings and the location in which they are built. “Physical spaces should be easy to navigate and be accessible for people living to enjoy a meaningful and inclusive life.” Design should create an environment that gives people independence, choice, maintain their lifestyle and contact with

the wider community. Need to grasp how the insides of buildings influence the inside of the mind.

Indoor place is also like a container which contains events, through which, and also during the time, the important and essential common experiences are created among people. The

structure of a place is not a fixed and eternal condition and usually places have been changed. The identity of a place is always defined and redefined due to the ongoing evolution throughout the history. Therefore, every place should have the capacity to receive ‘different content’ however in specified levels



The quality of an indoor environment (e.g. a room) is commonly defined through the following main factors:

- **Light** – does the room receive enough daylight throughout the day and is comfortable artificial lighting provided for all other times?
- **External views** – does the room allow for distant views that provide a connection to the external environment?
- **Air quality** – does indoor air contain sufficient levels of oxygen and acceptable levels of pollutants from internal or external sources?
- **Ventilation** – can the room be sufficiently ventilated (preferably naturally but where this is impractical, mechanically) and provide occupants with quality fresh air?
- **Thermal comfort** – is the room sufficiently insulated, shaded and conditioned to ensure comfortable temperatures throughout the year?
- **Noise** – is the room sufficiently insulated from external noise sources and does it minimise internal reverberation and noise levels?
- **Occupant control** – are occupants able to control their environment, e.g. through the opening and closing of windows and blinds and operating heating and cooling services?
- **Materials** – do the chosen building materials and finishes have low levels of Volatile Organic Compounds (VOC) and other hazardous components?

If we are able to answer all questions with ‘yes’, the room that we were referring to provides high indoor environment qualities.

History of designed indoor environments:-

Credit for the birth of interior design is most often given to the Ancient Egyptians, who decorated their humble mud huts with simple furniture enhanced by animal skins or textiles, as well as murals, sculptures, and painted vases. Beautiful gold ornaments found in Egyptian tombs (such as that of King Tutankhamen) revealed the importance of more lavish decoration for wealthier and powerful Egyptians. The Roman and Greek civilizations

built upon the Egyptian art of interior decorating and accessorizing.

In ancient India, architects used to work as interior designers. This can be seen from the references of Vishwakarma the architect - one of the gods in Indian mythology. Additionally, the sculptures depicting ancient texts and events are seen in palaces built in 17th-century India.

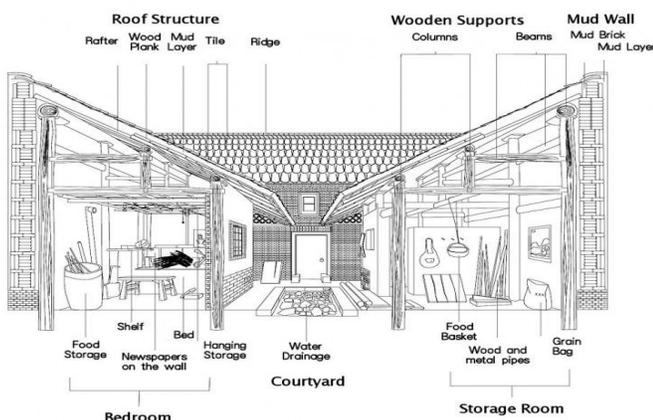
Trends from the Prehistoric Period are seen in today's world more than one would expect. A great example of Skara Brae's open concept is seen today in kitchens and homes everywhere. Using the home, or specifically kitchen, as a meeting place or centre of the home is seen in modern homes. Post and Lintel construction is also seen in today's construction. It was first introduced at Stonehenge and is still used today on a more than regular basis.



Evidence of home furnishings_Skara Brae, Scotland. (3180BC-2500BC)

Defined indoor spaces include certain particular areas than just rooms as follows :-

1. Courtyards :- The courtyard concept in architecture has been found from ages in India. There is historic evidence that this feature in architecture originated around 6500-6000B.C. in India. Courtyard been integral part of a dwelling unit in India as the region has hot and dry climatic conditions. Utilization of natural light and benefiting from air circulation are other plus points of the courtyards in India. The courtyard naturally became the hub of social activity for large , extended families living under one roof and performed various roles as the situation wanted.



Typical courtyard as indoor space with space utilization in rooms.

These days with space constraint and urban growth major population stays in high rises in India where the courtyard concept in not always possible to implement. Courtyards have made a come back with eco friendly and 'green' designs with a refined appearance. A courtyard now-a-days converted in to a swimming pool or a zen garden or a beautifully landscaped space or in to a dining area with a gurgling water fall-the possibility being explored is endless.



Indoor plants :- the plants do more than add a design element to the space, they provide a positive impact on human health, like filtering the air we breathe and acting like a humidifier. So, wander through these spaces and find some inspiration to incorporate plants into wer own home. When we brought these kinds of natural movements indoors, we found that they reduced heart rates and were less distracting than similar, artificially generated movement. Early results suggest that seeing live natural movement of this kind in an indoor space may be more beneficial than viewing outdoor nature through a window, and could not only help to keep us calm but also improve our attention. The calming effects of natural indoor animation could be particularly helpful in stressful locations, such as hospitals and doctors' offices – especially in places where people experience the additional stress of waiting. Aquariums are often used in medical waiting rooms, for example, because they have been found to have a calming effect on patients. The stress reduction can be even greater, however, when indoor movement comes from uncontrolled nature such as the weather.



2. Staircases :- Stairs are essential for bridging the gap between 2 floors of a building which is a vertical distance. No doubt staircases are extremely functional and essential part of architecture. They also serve as visual enhancement. Some of

them portraying mind blowing designs and considered as works of art. Staircase design is going through a kind of revolution. Homeowners are paying more attention to trends and creating relevant staircases that reflect their personality and display their style. These changes in the concept of home décor have people spending the necessary time and energy giving every aspect of their home more attention. The staircases of home are a part of its design. They represent a grand piece of furniture that creates a framework for architectural detailing and influences design. Neglecting staircases, by leaving them untouched, will create a ripple in seamless design.

3. Use of Swings in Informal seating areas :- Swings are the best therapy for stress busting after a busy day and swing can be a valuable investment for interiors. Swings are a fun element to add and are Indoor a fabulous new trend, useful for all age groups ranging from toddlers, kids, wengsters as well as elderly. Sway wer way through the dog days of summer or just oscillate by a lazy winter afternoon with a mug of coffee and wer favourite book in one of these charmers. Origin of swings being used in interiors dates back various generations. Step inside a traditional South Indian home and we ought to find a jhoola, generally a bamboo swing. Gujarati houses have them typically placed in the living room. Typical Rajasthani houses generally have a jhoola in a bold floral fabric, suspended from the ceiling by simple chains, matching the room's traditional design.

Tour of an indoor involves following design aspects:-



As we tour an indoor space, think about how we plan on using the house with elements mentioned above. Will we live here to raise a family? Is it temporary until situation evolves further? Will we be entertaining? Do we have or desire pets? Do we want an office? It is easy to overlook the hallway connectors, privacy walls, and room buffers. Are there a front hall closet and an entryway? If there is a bedroom off the living/family room, can we see directly into the chamber? If there is an attached garage does the door open directly into the kitchen, or is there a back hallway with a closet?

Humans are attracted to light. Natural light helps us relax, focus, and get our minds, bodies, and spirits in sync. That's why we want to be sure that we have a good natural light source in every room whenever possible. When we begin thinking about window placement, take a moment to think about where the light falls and where it doesn't. Look to see if it will cast

shadows, bounce off reflective surfaces, or if it will add an indirect glow to walls and ceilings

The size, shape, ceiling height, HVAC distribution points, and the location of lighting fixtures, wall plugs, and light switches are necessary to observe. More than one person has bought a home without realizing there were rooms with no electric receptacles, or one had to walk across a dark room to flick the light switch. The room shape can play into the usefulness of existing furniture, or the air duct may require a diffuser.

Also, window size dictates the amount of natural light in the room. One way to determine if they are well constructed is if they operate correctly and with ease. Windows aren't just openings in the wall; they bring us closer to nature and let us connect better with our surroundings. Also take into consideration seasonal climate changes when selecting the types of windows we want for certain rooms.

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A great way to make passageways brighter and more appealing is to use interior doors with glass panels. Doors with glass panels ease the visual connection between rooms that don't have an open floor plan and allow for natural light. Using doors with wood glass panels, allow we to get creative with wood, glass and hardware to enhance our home's architectural style and make certain rooms in our home really stand out. We can dramatically influence the appearance of our homes interior by paying close attention to the details of our interior door.

CONCLUSION :-

The impact architecture has on a person's mood is huge. Arguably these are the fundamentals of architecture: not how it looks, but how we feel it, through the way it allows us to act, behave, think and reflect. The designing of space to live is not just giving required furniture but to enhance the quality and comfort of the indoor space for the user to love the space. A comfortable living space is about layers, creating conversational seating, and building a sensible zone that's both visually and functionally stimulating. A perfect indoor space teases and pleases the eye in a manner that feels edgy and fun while simultaneously catering to one's need to pile up or curl in the most casual way. Beautiful, comfortable indoor spaces don't just happen by accident. The designer should carefully plan by combining their artistic and technical skills to create safe and functional spaces where we work, live and play.

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