

# What is Biophilic Design and Why Is It Gaining Global Attention?



Ever noticed how being around nature instantly calms your nerves and makes you more focused? That feeling is exactly what Biophilic Design brings into your building spaces. This process of merging and connecting people with nature is a cutting-edge method of architecture. Hence, it establishes a stronger connection between humans and the environment.

Architecture companies that embrace biophilic design have a very close relationship with the Sustainable Development Goals (SDGs). Designheed, an [architecture firm in India](#), adopted this system and is committed to building environmentally impactful spaces to improve mental health, productivity, and living conditions in general. Therefore, keeping sustainability and human-centered design as the two sides of the same coin.

## How is Biophilic Design Connected to Sustainable Development Goals (SDGs)?

Biophilic design offers a transformative practice that closely incorporates the elements of nature into buildings. Besides facilitating the healthy living of occupants, using biophilic design enhances the overall health of the surroundings and contributes to the diverse populations of life

existing in the area. The very concept of biophilic design we follow at Designheed is already in proximity to the vision of the United Nations' Sustainable Development Goals, especially of:

SDG 3 - Good Health and Well-being

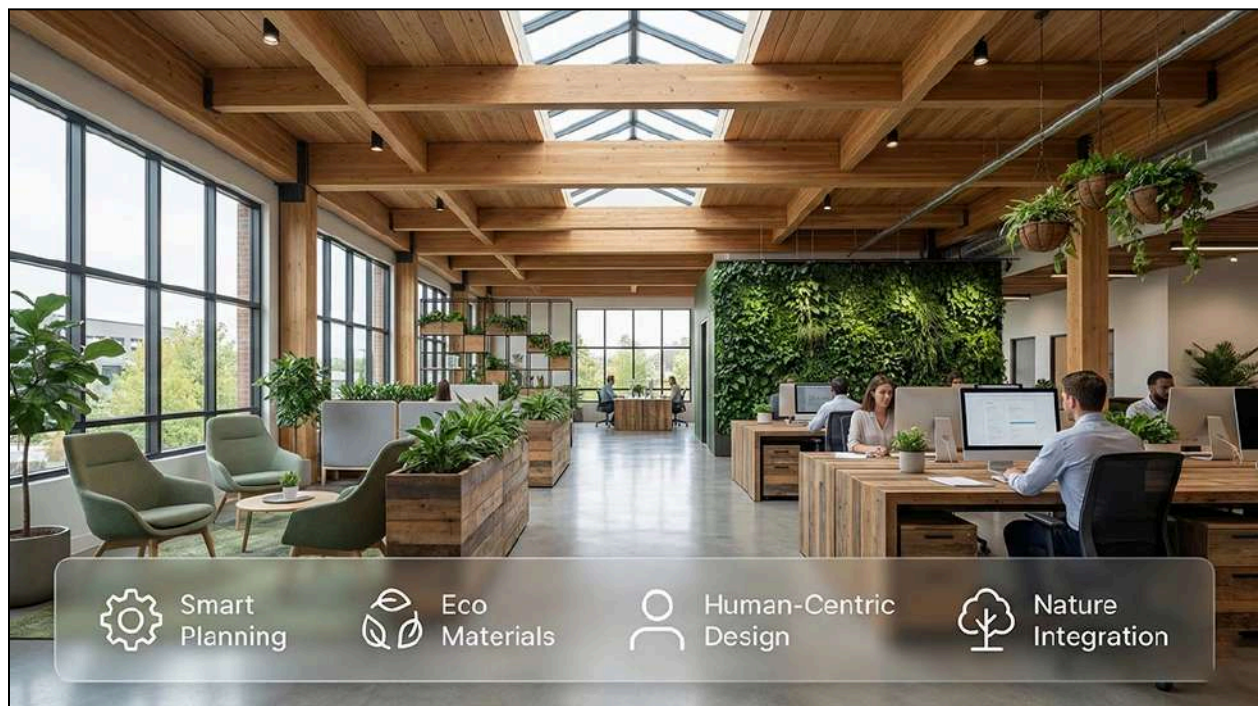
SDG 11 - Sustainable Cities and Communities

SDG 12 - Responsible Consumption and Production

SDG 13 - Climate Action

The biophilic design has a strong impact on two out of the seventeen SDGs, mainly 3 and 13. The other eight goals (4, 7, 8, 9, 11, 12, 15, and 17) may benefit directly from them in some cases. On the other hand, 7 SDGs (Goals 1, 2, 5, 6, 10, 14, and 16) generally receive only indirect benefits from biophilic design. For instance, urban agriculture can be developed to achieve Goal 1, Zero Hunger, through the supply of food for the city, and proper water management can be done to prevent pollution from affecting the area where Goal 14, Life Below Water, has been established. Even though biophilic design's effects are limited in terms of these goals, the exploration of indirect benefits provides further understanding of the concept of sustainable architecture.

At Designheed, the use of nature-based solutions such as green roofs, passive cooling, and natural ventilation in sustainable architecture has the effect of cutting down energy consumption and thus the carbon footprint. The architecture industry is vital in the process of converting SDGs into actual, constructible solutions that are advantageous for both people and the planet.



## What role do architecture, building, and decorating firms play in biophilic design?

Architecture firms, building companies, and those engaged in interior design are the ones who mainly carry out the biophilic design concept by combining elements inspired by nature with functional spaces. One of the significant players in this field is Designheed, an architectural, design, and engineering firm that makes the most of biophilic principles in its projects with a focus on the environment. The practice integrates biophilic design in the building's plan, site's direction, and the choice of materials to form areas that uplift health, the link to nature, and the overall user experience.

A seasoned architecture firm knows how to bring in biophilic principles from the get-go. This covers everything from site analysis through to energy-efficient planning and environmental performance optimisation.

Designheed, an interior design firm, considers the client's vision in its planning of spaces by using eco-friendly materials, nature-inspired colors, and flexible layouts. The coordination of the architectural and [interior design company](#) provides a plethora of opportunities for smooth interaction between the structure and interiors. Hence, a holistic biophilic architecture sustainability is not only functional and pleasing to the eye but also considers the environment.

For architects in India, biophilic design can be a solution not only to local climate but also to cultural, urban density, and other challenges.

## How Can Biophilic Design Be Applied Within The Limits of Various Client Budgets?

One of the major misconceptions that is commonly held is that biophilic design always refers to expense. Nevertheless, reputed and seasoned architecture and interior design companies in India, such as Designheed, are very much capable of providing flexible solutions that are tailored to different clients' budgets without compromising sustainability goals.

Some of the budget-conscious biophilic concepts are:

- Making the most of daylight and natural ventilation
- Selecting natural materials from local sources
- Bringing in house plants as well as planting a wall
- Airflow-friendly spatial layouts
- Imitating nature with inexpensive textures and finishes



Designheed, one of the best architectural firms in India, ensures that the benefit of the green biophilic design meets the clients' financial goals, while at the same time taking into consideration the UN Sustainable Development Goals.

## What Makes Biophilic Architecture a Must-Have for Sustainable Development in India?



In India, the rapid urbanisation has increased environmental challenges. Biophilic architecture allows buildings to be environmentally friendly. It has the dual benefit of being climate-responsive and culturally sensitive.

Designheed, being one of the prominent architecture firms in India, can easily combine the traditional design principles with the modern-day sustainable practices. Thus, create spaces that are eco-friendly as well as socially relevant. Spaces such as courtyards, shaded verandas, jaalis, and ventilation techniques using natural air have been the hallmarks of Indian architecture for centuries. These come together to form the foundation of biophilic principles.

The use of [biophilic design](#) in India is not just limited to improving the indoor ambience but also leads to the development of healthier cities. It minimises power usage and contributes to the sustainability of the environment in general.

# How is Designheed contributing to biophilic and sustainable architecture?

At Designheed, we are convinced that the environment must be respected, while good design should enhance people's lives. Being a forward-looking architecture and interior design firm, Designheed implements biophilic design strategies that not only meet the Sustainable Development Goals but also accommodate the clients' specific needs.

Our offering includes:

- Sustainable architecture solutions that conform to SDGs
- Nature-based solutions tailored to clients' financial capacities
- Architecture and interior design services that are fully integrated
- Design that responds to the climate and is focused on human beings

Through the combination of innovation, sustainability, and a cost-efficient approach, Designheed assists clients in developing spaces that are visually attractive and at the same time socially and ecologically responsible.

## Conclusion

Modern architecture uses biophilic design as a way of thinking that it is healthier, more sustainable living. The Sustainable Development Goals are playing a big part in determining the future of the construction and design industry. Biophilic design focuses on humans and nature at the same time. Companies doing interior and exterior design today adopt this approach with great responsibility towards the environment and economic worthiness.

Designheed implements [biophilic design](#) in order to help clients build spaces that allow more light and better impersonate the outdoor environment.

## Questions People Frequently Ask

### **Q: What is Biophilic Design?**

A: A practice where human connection is strengthened to nature in the indoor environment. This process is implemented through the application of both direct and indirect natural elements. Thus, it has a positive impact on health and an improved connection to the environment.

### **Q: What are the main principles of biophilic design?**

A: Biophilic design is a concept that aims to introduce natural elements such as daylight, greenery, water, and earthy materials into indoor spaces. This allows human beings to be in touch with nature while being indoors. These elements improve human health, minimise anxiety, boost wellness, and increase human comfort. In brief, the guidelines strive to make a healthier and more rejuvenating space.

**Q: Can biophilic design be used in small spaces?**

A: Yes, biophilic design can be incorporated into a variety of spaces. Small spaces receive the same benefits big ones do through indoor plants, natural materials, daylight, and nature views. Minimal implementation of materials and resources can transform small areas in the same manner as big ones into being more inviting, restorative, and nature-connected.

**Q: What is the role of architecture in Biophilic Design?**

A: Architects and designers engage in a biophilic design process that is primarily focused on the provision of the outdoors in the building. They not only pay attention to the site but also ensure that the materials used are eco-friendly, while still bringing natural features and patterns right into the building. As a result, they create places where people can work and live without feeling guilty towards the environment, and at the same time, the atmosphere supports their health and ties them to nature.

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