

REVITALIZE WITH NATURE

(A PUBLIC RETREAT ENHANCING BAMBOO AT CHIKHALDARA)

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ABSTRACT

Moving ahead in life with technology as its plight, with the rise in the global pursuit of economic development, the space for happiness and relaxation enhanced with social interaction has been lost over the years. These critical factors contribute to the stress and troubled life of finding oneself. Thus, this thesis aims to develop happiness and spread refreshment through designing a new positive, sustainable, and efficient public realm that incorporates recreational and relaxation elements for the users, away from the city, close to nature as an abode. This thesis further reviews literature by various experts understanding the need for people's well-being in the arena of nature, incorporating architectural deeds through the heart with the natural and sustainable environment to live life in the unique style. Through this, the need of the users to interact with nature has been identified, which has been further explored in the background study. This is followed by various case studies of similar functions and intentions to analyze their architectural design and their impact on the surrounding area and people, with the ease of living within nature and its elements. The proposed retreat will act as a "Breathing Abode" for all the people who intend to take a break from the usual routine and live life away from social media straits. One can socialize, relax, enjoy and explore one's interests. The architectural design will be an example of a natural environment that facilitates good mental and emotional comfort through versatile and human-centric designed conditions, creating an infrastructure for the source of happiness and relief against the stressful life of everyday living.

INTRODUCTION

Tourism is a dynamic and competitive industry that requires the ability to adapt constantly to customers' changing needs and desires, as the customer's satisfaction, safety, and enjoyment are mainly the focus of tourism businesses. Tourism is not limited to travel to a particular location. However, it also involves all leisure activities while on vacation, daylong or overnight. Developing a country's infrastructure through tourism and fostering cultural exchange between foreigners and citizens enhances the economy, generates thousands of jobs, and revitalizes a country's revenue. Tourism is a leisure activity that does not involve commercial services, done in pursuit of recreation, relaxation, and pleasure away from home.

Economic growth and employment generation are attributed to tourism. Tourism is not limited to travel to a particular location. However, it also involves all leisure activities while on vacation, which can be daylong, or overnight. Developing a country's infrastructure through tourism and fostering cultural exchange between foreigners and citizens enhances the economy, generates thousands of jobs, and revitalizes a country's revenue. *Ecotourism* aims to provide tourists with an understanding of humans' impact on the environment and to encourage greater appreciation for the natural world.

City life stimulates the body's fight or flight response, which can induce a stressful state. It can make us more vulnerable to mental health concerns, such as depression, anxiety, and substance abuse. The urban creek of time has caused an increasing number of young people to experience stress due to busy working & hectic work schedules or mismanaged lifestyles. As one such disease, hypertension is becoming a primary concern for society today. Chronic stress causes many diseases, whether it is diabetes, unhappiness, or a brain stroke. The population of people aged 20 to 40 is experiencing rapid growth in this area.

Leisure and recreation are essential components of a balanced and healthy lifestyle. In leisure time, people are free to do whatever they want, without the pressures of work and other commitments. A recreational activity can provide personal growth, self-expression, and increased learning, satisfying needs not met in everyday life. Regular physical activity is linked with reducing mild or moderate depression, stress, and anxiety symptoms. Passive leisure can also enhance mental health by providing the mind with an outlet. It may offer physical rest, tension release, and the chance to enjoy nature and escape the daily grind. Leisure time quality is not determined by the duration of the activity but by its added significance. In the end, it depends on how one connects with his needs, wants, climate, and thoughts.

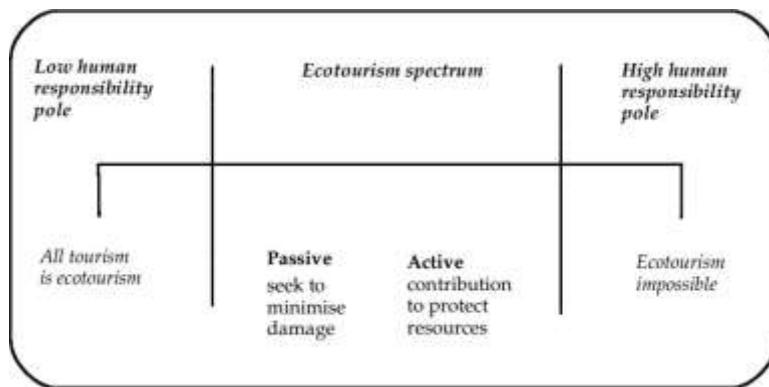


Fig. 1 Continuum of Ecotourism

Several studies have shown that spending time in nature can decrease the symptoms of mental illness, with the most vital links to reduced symptoms of depression and anxiety, as well as increased self-esteem, Preston says. Time spent in the forest helps people recover from stress and fatigue. The research found that 90% of articles reported at least one mental health benefit associated with nature recreation. Thus, man is tracing back his quest to involve with nature in between the source of fulfilling these purposes and fulfilling the demands of thriving benefits of nature.

An idea for the "**Public Retreat in Chikhaldara**" would expand the definition of a retreat in a nest of nature, analyzing the values concerning it to enhance recreation for people and also look forward to the restoration of nature seeking advice generating livelihood and economic growth.

BACKGROUND

- **Socio-Economic-Cultural Impacts on Tourism:**

Depending on the cultural and religious strengths of a region or area, tourism may have different effects on the social and cultural aspects of life there. The interaction between tourists and the host community is one of the factors that can affect a community since tourists may not be aware of the local traditions, standards, and customs. Thus, tourism plays a significant role in developing countries. Tourism is a high priority for countries that prioritize tourism as an investment priority. As a consequence of these essential factors, there is a need to preserve and maintain this industry by improving ways to ensure more tourists are attracted and retained.

- **Stress-Leisure-Recreation:**

Stress is a feeling of emotional or physical tension. Anger, frustration, or nervousness can result from any event or thought that makes one feel frustrated, angry, or nervous. In modern times, the most common stressors can be attributed to psychological factors that last for long periods. Quality of life depends on objective factors and subjective perceptions of factors affecting human life. Work and leisure are all designed to shape the purpose of human existence. Setting goals, growing as a person, and gaining a new perspective are achieved. Leisure time is all about connecting with one's needs, wants thoughts, and emotions. Thus, it defines one as a person who enriches.

Technological advancement has provided comforts in all walks of life, whether it be at home or work, in agriculture or industries; consequently, this has reduced dependency on each other significantly. Recreation plays a crucial role in both counteracting the "utility" of free time/leisure time and making a person more physically active to promote growth and development proportionately.

- **Socio-Culture Connect as Therapy:**

Social interaction is part of our Nature as humans. Our lives are enriched by socialization, enjoying other people's company, and maintaining a sense of connectedness to others.

In addition to keeping individuals and communities alive and well, culture and recreation play an immeasurable role in keeping them healthy. Social interaction does not arise simply by providing space for a specific purpose. Separated spaces with a buffer zone between private and public areas shared pathways are factors that affect social interaction between users. Varied spaces could have various activities. Doing exercise, small celebrations, group activities can contribute towards the same. The constant presence of people also helps create a sense of social interaction and support combined with recreation.

Culture incorporates the arts (visual, performing, and literary arts), heritage, and history associated with an area. Sustainability is a product of culture, which contributes to identity and place. Sometimes referred to as a "way of life" for an entire society, it includes the beliefs, traditions, and customs that a population passes on from generation to generation. In addition to promoting health, interaction with others, learning new skills, having fun, and finding balance in life, recreation is an essential human need. Cultural interaction involves different human beings within different societal structures. This is an interactive process, and culture and recreation go hand-in-hand. Cultural activity contributes to or enhances aesthetic, artistic, historical, intellectual, or social development for the public. Culture also reflects a space with an aspect of tourism. Culture tourism generally has a classification according to motivational factors that indicate the predominant motif that encourages tourists to travel.

- **Nature Inspired Architecture:**

Throughout history, the world has evolved, changed, and adapted to its surroundings. We see the physical manifestations of the human "love of life and the living" all around us, from the plants on our desks to the roses climbing up a trellis on the front of our houses. One of the concepts around all in this way is biophilic design. *Biophilic design* boosts creativity, reduces stress, improves our well-being, and expedites healing. Whether one walk through a wildflower meadow or pause beside a gently gurgling stream, spending time in Nature makes us feel less stressed and more creative. Designing built

environments that support our innate human attraction to Nature and natural processes (biophilia) is Biophilic Design. Biophilia is humankind's inherent connection with Nature.

Many of the evidence for biophilia comes from research in one or more of three overarching mind-body systems - cognitive, psychological, and physiological - that have been explored and verified to varying degrees. Therefore, to positively intervene in life, Nature in space explores nature's direct, physical, and ephemeral presences. Among these elements are plant life, water, animals, and breezes, sounds, and scents. Typical examples include potted plants, flowerbeds, bird feeders, butterfly gardens, water features, fountains, aquariums, courtyard gardens, and green walls.

Architecture is often described using metaphors, drawing comparisons to other things in the world that evoke similar emotional responses and that can quickly sum up the architect's intention. A *Biomimicry* based approach to sustainable building design is an alternative to the traditional method. For any sustainable building design, Biomimicry can provide alternative solutions that can help improve structural efficiency, water efficiency, zero-waste systems, thermal management, and energy supply.

The biomimicry philosophy draws our present-day philosophy closer to Nature by using Nature as an inspiration for designing sustainable solutions to human problems. Our aim in the biomimicry movement is to model and benchmark our built environments after Mother Nature. The principles of Biomimicry include self-organization, optimization rather than maximization, cross-pollination, embracing diversity, adapting and evolving, using life-friendly materials and processes, engaging in symbiotic relationships, and enhancing the biosphere.

The performance of an architectural design that mimics ecosystems in a sustainable and even regenerative manner could completely change the environmental scenario of the built environment in the present-day context.

CASE STUDIES CONCLUSION

Case Study 1.1: For Resort - The Windflower Hill Spa and Resort, Kerala

Intent of the case study:

- To explore a resort and its features aligned completely within nature, its characteristics and its functional working
- To study the planning of the project on a contour site

Case Study 1.2: For Resort - Serenity Resort, Kerala

Intent of the case study:

- To study the planning of the project on a contour site with additional aspects into consideration.

Case Study 2.1: For Socio-Cultural Spaces - Rehovot Community Centre

Intent of the case study:

- To study socio-cultural spaces in an indoor area enhancing additionally the outdoor spaces created
- To analyze space formation and its play attracting varied users for the dedicated purpose

Case Study 2.2: For Socio-Cultural Spaces - Dilli Haat, INA

Intent of the case study:

- To study socio-cultural spaces formed formally or informally in an outdoor space

Case Study 2.3: For Socio-Cultural Spaces - Pioneer Courthouse Square, Portland

Intent of the case study:

- To study socio-cultural spaces in the form of activities and its gradation with respect to placement of the same.

Case Study 3.1: For Nature-Inspired Architecture - Park Village Hotel and Resort

Intent of the case study:

- To analyze the crafted design features while application of the same in Biophilic parameters explored in a space in architecture

Case Study 3.2: For Nature-Inspired Architecture - Coeur D'Alene

Intent of the case study:

- To study and analyze features of Biophilic emerged with site and surroundings

Case Study 3.3: For Nature-Inspired Architecture - Lotus Temple, India

Intent of the case study:

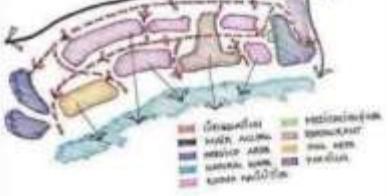
- To study and analyze features of Biomimicry as a product enhancing architecture in form and process

Case Study 3.4: For Nature-Inspired Material Study – Bamboo - The Bamboo Garden

Intent of the case study:

- To study the aspect of the material with respect to the construction, form and use for features of retreat involving user groups

- Comparative Analysis of Resorts and Hospitality spaces

PARAMETERS	THE WINDFLOWER HILL SPA AND RESORT	SERENITY RESORT
Location	Vythiri, Wayanad, Kerala	Tariyod, Wayanad, Kerala
Site Area and Type	25 acres and It is located at 800m above sea level with 6m-7m elevation gain and loss respectively	22 acres and is located at 800m above sea level with 44m-24m elevation gain and loss respectively
Climate	Humid Tropical Wet Climate March to May – Hot conditions, Extreme monsoon humidity, chilled cold winters	Humid Tropical Wet Climate March to May – Hot conditions, Extreme monsoon humidity, chilled cold winters
Site Circulation	 <p>Restricted vehicular movement and free flow of pedestrian movement</p>	 <p>Restricted vehicular movement and free flow of pedestrian movement with views and landscape</p>
Parking	Designated Segregated Parking near Public Zone	Designated Segregated Parking near Public Zone
Programmatic Content	Villa and Suits, Pool, Spa, Gym, Restaurant, Game Zone	Cottage, Meditation and Spa, Restaurant and Pool Arena
Segregation of Areas	 <p>Circulation pattern – Public, Semi-Public, Private</p>	 <p>Circulation pattern – Public, Private</p>
Concept	To provide more human comfort within the forest using local materials.	To create landscape at levels for interaction at every point creating corners of interests utilizing contours
Design Directives from Inferences	Linear Planning along the contour leads creating pockets of privacy at stages heading a direction to capture views	Landscape changes its variation with the topography elevations with varied series of functions moving from high to low hierarchy

- Comparative Analysis of Socio-Cultural Spaces

PARAMETERS	REHOVOT COMMUNITY CENTRE	DILLI HAAT, INA	PIONEER COURTHOUSE SQUARE, PORTLAND
Location	Palestine, Israel	INA, New Delhi	Portland, USA
Site Information	Area: 2500.0 m ² Project Year: 2016 Structure: Ground + two	Area: 7.5 acre Project Year: 1993 Structure: Ground	Area: 1 acre Project Year: 1984 Structure: Ground
Climate	Mediterranean climate with hot summers and cool, rainy winters.	Monsoon-influenced humid subtropical and semi-arid	Oceanic with Mediterranean influences
Program Content	Auditorium And Handicrafts Studio, Multimedia Centre, Martial Arts Studio, Dance Studio, Music Studio, Heritage Room And Learning Centre	A Craft Retail Street Running Across The Site Leads The To The Main Performance And Food Court Area With Entrance Plaza	Amphitheatre, Kiosks, Recreational Facilities, Food Court, Café Outdoor Seating And Iconic Outdoor Seating
Area distribution			
Movement Pattern	 Throughout the site for pedestrian and outside vehicular	 Only for pedestrian	
Design Concept	Varying internal and external volumes for interactions	Following street pattern with varied spatial character	Hierarchy with functions
Landscape	Landscape provoking sustainability	Left over turned to be green spaces	Open plaza as landscape with activities
User Group	Students, Learners, Visitors	Visitors, Artists, Community	Visitors

Approach of the project	Interaction and education	Interaction and refreshment	Interaction and refreshment
Design Directives from Inferences	By using contrasting local materials – wood, metal, the structure stands out and by using simple colours like brown and green palette, site and surrounding compliments the same.	Different breakout areas in the linear street in the form of sit outs, green spaces, performance areas, etc. keep the users engaged.	Change in flooring material and patterns, derives different experiences and accessibility in terms of ramps are universal accessibility

- Comparative Analysis of Nature-Inspired Spaces

PARAMETERS	Park Village Hotel and Resort	Coeur D'Alene	Lotus Temple	The Bamboo Garden
Location	Budhanilkantha, Kathmandu, Nepal	IDHO, USA	New Delhi, India	Chengdu, China
Site Information	The site is located as series of cottages at one end and all the amenities and retreats spread throughout the site surrounding the same	In order to connect the building and the site, nature is used to merge site's geography and the project's components.	The site is located in the secluded part of the city with enhancing the main feature	A site to experience different types of bamboo structures
Climate	subtropical monsoon conditions- summers are very hot while winters are mild to cold	cold semi-arid climate - temperate, with notable exceptions	monsoon-influenced humid subtropical - with high variation between summer and winter temperatures and precipitation	dry seasons and wet monsoons - which make for clear temperature differences in winter and summer
Program Content	Biophilia	Biophilia	Biomimicry	Bamboo as a material for refreshment
Functional Relationship	In the form of elements used to depict the parameter	In the form of elements used to depict the parameter	In the form of Lotus as the inspiration of form and process	Use of bamboo as a material for construction and allied
Built Language	Reflecting the parameters with senses	Reflecting the parameters with senses	Reflecting the element in form and process	Reflecting the material from form of construction till a stool to sit upon
Sustainability	Minimize resource consumption and reconnecting relationship with nature	Minimize resource consumption and reconnecting relationship with nature	Strategic advantage in sustainable product design, research, and development	Minimize resource consumption and reconnecting relationship with nature

LITERATURE REVIEWS

1. Simply Psychology – Maslow's Hierarchy of Needs

By Saul McLeod, Published May 21, 2018

This research paper explores Maslow and his theory of motivation in psychology. In psychology, Maslow's hierarchy of needs is a five-tiered model of human needs that can be represented as hierarchical levels within a pyramid. Individuals must attend to needs lower down in the hierarchy before attending to those higher up. From the bottom of the hierarchy up, the needs are physiological, safety, love and belonging, esteem and self-actualization.

The author for this theory was Abraham Harold Maslow, American psychologist who made valuable contributions to the science of psychology. Maslow's hierarchy of needs is a motivational theory in psychology comprising a five-tier model of human needs, often depicted as hierarchical levels within pyramid. The five-stage model can be divided into deficiency needs and growth needs. Levels 1 through 4 are deficiency needs, while level 5 is growth.



Fig. 2 Maslow's Theory

As soon as a deficit need has been met more or less, it will go away, and our activities will be directed towards satisfying the next set of needs we have not yet met. Needs for growth do not arise from a lack of something, but rather from a desire to grow as a person. After these needs for growth have been satisfactorily addressed, one may be able to reach the highest level of self-actualization. Each person has the capability and desire to move up the hierarchy toward self-actualization. Progress is often stalled by a failure to meet lower-level needs. People may fluctuate between different levels due to life experiences, such as divorce and job loss. Thus, not everyone moves through the hierarchy in a unidirectional manner, but may interchange between different types of needs.

Among the five stages of the original hierarchy of needs model is:

1. Physiological needs - These are the biological needs of an individual, for example, air, food, drink, shelter, clothing, warmth, sex, sleep. The human body cannot function optimally if these needs are not met. According to Maslow, physiological needs are the most important since all other needs become secondary if they are not met.
2. Safety needs - The need to protect against the elements, order, law, and stability, and to be free from fear.

3. Love and belongingness needs - After physiological and safety needs have been fulfilled; the third level of human needs is social and involves feelings of belongingness. Behavior is driven by interpersonal relationships. Examples include friendship, intimacy, trust, and acceptance, and receiving and giving affection and love. Belonging to a group (family, friends, and work).

4. Self- Esteem - The two kinds of esteem Maslow classified into are: (i) esteem for oneself (dignity, achievement, mastery, independence) and (ii) reputation or respect from others (e.g., status, prestige). Maslow indicated that children and adolescents have the greatest need for respect or reputation before they have a true sense of dignity and self-worth.

5. Needs for self-actualization - Realizing one's potential, achieving self-fulfillment and seeking peak experiences. (Maslow, 1987, p. 64) The desire to become everything you are capable of becoming.

In my opinion,

- This analysis has helped me justify the range of activities and the assigned amounts depending on the user's need, time, and interest.
- A person's gestures could be based on the elements of the project like accommodations, food, and exploring nature up to the amenities he or she had never previously experienced. All that plays a part in portraying who a person is.
- As a result, the person becomes a new version of himself, one who is aware of the basic and needed charms of the environment.
- Activities in the grade of variety as per need help determine the purpose of that particular activity.

2. Planning For Wellbeing

By Rhiannon Corcoran and Graham Marshall,

Article was published in the first edition of Journal of Urban Design and Mental Health in 2016.

Rhiannon Corcoran teaches psychology and Graham Marshall is an award-winning urban designer and a visiting senior research fellow; both at the University of Liverpool Institute of Psychology, Health and Society. Their work is focused on understanding and addressing the effects of low-resource urban environments on health and wellbeing, as well as developing evidence-based approaches to urban design.

In order to deregulate the development process and enable place making, the UK government introduced the National Planning Policy Framework (NPPF). Although the NPPF promotes sustainable growth, it cannot be achieved without promoting social sustainability, which promotes people's well-being. The author quotes from Stevenage New Town: Building for a New Way of Life from 1950 that well-paid jobs and domestic gadgets give rise to contentment, indicating a misguided materialist view of human needs and welfare.

Various literatures have demonstrated that methods of wellbeing have a strong empirical basis, based on the 'Five Ways to Wellbeing' by the New Economics Foundation. A survey was conducted by 'What Works wellbeing centre' with 317 professionals working in the wellbeing sector regarding community wellbeing. According to 62% of respondents, Community wellbeing takes place when people are linked in strong relationships and support both within a close friendship and in the context of neighbourhood relationships. Asked how this can be achieved, they suggested interventions for reclaiming public space within the streets near us as a wider approach. Unlike the NPPF, Government policies must focus on the needs and responses of the people to develop successful places.

Here is how the author further develops the "Five ways of wellbeing" into "Five ways of well-design":

- **Connect** (Design of spaces to increase interaction),
- **Give** (Develop a sense of responsibility),
- **Take notice** (Make the people to experience the world around them),

- **Keep learning** (enable individuals to learn about and develop an all centric response) and
- **Be Active** (Promote physical activity)



Fig. 3 Varieties in creating a Wellness Plan

In my opinion,

- Humans are social animals, and interacting with other humans is very important. The design shall provide a platform and space for people to connect and socialize across all platforms and freedoms provided in the retreat, considering the first way, connect. Our culture of giving has always been rooted in cooperative pursuits toward the collective good. Our community's well-being is based on collaborative pursuits. Therefore, the workspace shall be designed to include flexible living spaces that prioritize, facilitate, and facilitate collaborative community activities.
- This can be achieved by designing a space that offers a range of activities that can attract multiple users. Learning allows a person to explore further and come out of the negative state, which can be developed in activities never explored before, like Life Size Games, Nature Trails, and Socio-Cultural involved activities. Being physically active keeps the brain busy, which can be promoted by developing functional movement within the various activities in the hub. This can be achieved by designing physical activities such as sports, performing arts, exercise areas, etc.

3. Recreation – Need and Importance in Modern Society

International Journal of Physiology, Nutrition and Physical Education
Published June 16, 2016



Fig. 4 Physiology, Nutrition and Physical Education

A recreational activity relieves tension and fatigue by being both physical and mental. We become physically and mentally tired and stressed when we do work or perform activities regularly and continuously for a long period of time. Our sense of joy is enhanced through recreational activity, which relieves our fatigue and rejuvenates us. Life would be dull and miserable without recreation. It is the

time that man has acquired for himself, in which he can do as he pleases. To use leisure wisely, one must be educated.

Individuals define recreation differently and it encompasses many different activities. Recreation refers to regaining lost energy and feeling refreshed, delighted, and satisfied. During time away from work or during leisure, people engage in recreational activities. Therefore, it is often referred to as a leisure activity. In order to achieve this goal and have value as recreation, activities must be tailored to the individual's physical, mental, emotional, and social requirements. A healthy life is one in which free time is used to benefit the individual in a thoughtful manner.

Recreation and its aspects with the relation of parallel grades in life

Recreation- A fundamental human need

- Man has found outlets for self-expression and personal development in forms of recreation that have a striking similarity in all cultures and stages of history.
- Adult life tends to reduce recreation to a place of marginal importance on the margins of life because of the duties and responsibilities of earning a living, providing for the family, and maintaining a place in human society.
- Recreation, however, is a fundamental urge that is not to be suppressed.

Recreation contributes to human happiness

- Dr. Austin Fox Riggs has rightly expressed that “The function of play is to balance life in relation to work, to afford a refreshing contrast to responsibility and routine, to keep alive the spirit of adventure and that sense of proportion which prevents taking oneself and one’s job too seriously and thus to prevent the death of youth, and not infrequently the premature death of the man himself.”
- Recreation holds its place of importance in modern life because it has afforded and continues to afford opportunities for the attainment of these basic human needs provide happiness.

Recreation and Health

- Recreation is the act of moving in the open air, which makes use of the fundamental muscles and is one of the best ways to keep healthy organs.
- Because of certain types of recreation, the circulation, respiratory activity, and elimination of wastes are all increased. In other words, it provides rest, relaxation, and creative stimulation that contribute to emotional stability.

Recreation and Education

- Sport, music, drama, and the arts are part of both programs, but education emphasizes the acquisition of skills, knowledge, and appreciation in these areas. In the recreation program, however, the activities serve primarily as a means of using and enjoying skills. Education is an integral part of every enjoyable recreation experience. Recreation plays an increasingly important role in the curriculum of formal education and in the extra-curricular program of an institution.

In my opinion,

- Recreational activities are essential means by which spare time can be devoted to productive, energizing activities that revitalize the mind and body and direct the surplus energy towards constructive and national building activities. Recreation should enhance the essence of leisure time by using it constructively by providing such space and activities.
- The needs of each individual differ, so it is essential to incorporate recreation into a project that considers each age group. By including the less-experienced and unusual recreation activities, the proposed hub aims to enhance its value and create new time opportunities.

ARCHITECTURAL INTERVENTIONS

The concept of community is integral to Indian society, manifesting into all individuals' dynamic activities. Urban cities are home to a wide variety of work opportunities, which causes a large concentration of people from all over the country to move into and around them. Many essential infrastructure needs are built by developers and municipalities, while social spaces and recreation are neglected, leaving people feeling relatively isolated. People look for variety outside the city to get away from the city before a new week starts.

Therefore, the recreational center will be a hub for tourists, enabling them to engage with local citizens as they explore nature. The residential, recreational, social, and cultural aspects will be integrated into their entirety. With the recreation hub, tourists will discover the unknown spaces away from city life, right from stargazing to capturing the early morning view from a tented camp. The social areas would inherit the lost interactions of varied cultures and introduce the culture of nature - bamboo. Together, the culture of life and character will spread positivity and broad smiles. Continuous learning enhances self-esteem and encourages social interaction and an active lifestyle. Connecting with others and the environment through outdoor spaces for socializing, interacting, or just enjoying each other's company can reduce stress. Urban dwellers will be able to enjoy a variety of recreation and leisure activities away from the city since this urban hub will be easily accessible, promoting the hill station. Due to its proximity to the natural world, it will provide a wide variety of delights.

AT MICRO LEVEL

- The design will integrate the various aspects of human behavior seeking recreation and culture in space.
- A 'blend' of 'Architecture' and 'Nature' could be the first vital friendly interaction that could address many created problems and examine the impact of architectural spaces on the mind and body of the user.
- Forms of landscape would allow deconstruction and development of many different models called 'Ever-changing landscapes' in the form of installations and features, making them 'reversible architecturally flexible.'
- Building and space design (interior - exterior - outdoor) will reflect the local climate to provide thermal and visual comfort, utilizing solar energy and other environmental resources as a bio-climatic approach.
- The goal of "Designing for Active Living" is to design communities that work for everyone, not just people who drive. Communities, including older ones, are enhancing infrastructure to provide more transportation options and access to outdoor activities, improving people's health.
- This will be aided with active and passive recreations.
- Active recreation refers to a structured individual or team activity that requires specialized facilities, courses, fields, or equipment. The term Passive recreation activities are minimally stressful on a site's resources, so they provide ecosystem service benefits and are highly compatible with natural resource protection.
- The hub will be an integrated model of social, cultural, and recreation with nature.
- Hence, this will focus on the development of human behavior and psychology to aid in healthy living.

Therefore, it aims to promote sustainability as a core and universal design for locals and tourists alike.

AT MACRO LEVEL

- The picturesque views and mild climate make Chikhaldara a legendary tourist destination in Maharashtra. This creation of nature amalgamating with humans will result in a product that strengthens heart and recreation, boosts eco-tourism, and reconnects humans with nature.

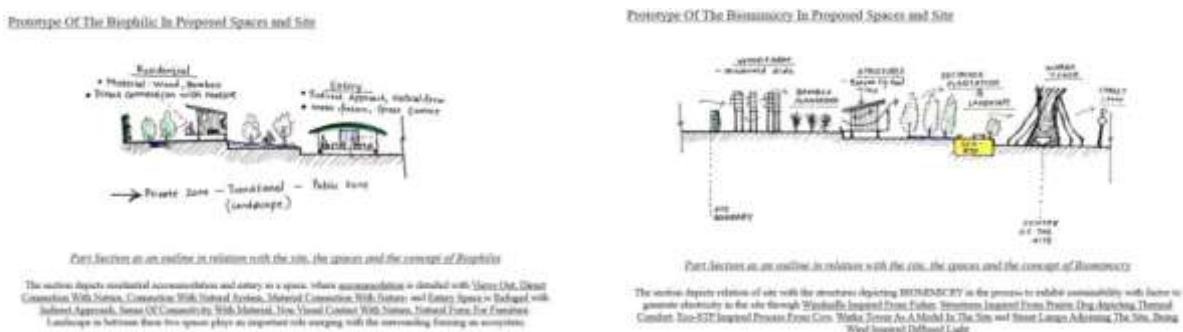
- Since the local communities understand the economic benefits of eco-tourism, they feel motivated to protect resources and adopt the same. It provides a conversationalist attitude as a long-term income source to them.



Fig. 5 Vicious Circle of the Interrelationship

CONCLUSION

Nature inspired Architecture as Biophilic strategies consider the space and its requirements, as well as the atmosphere they create with selected materials, colors, and lighting arranged on specific wall surfaces, roofs, floors, and interior palettes. Any addition or deletion of one element in that space could overshadow or boost the philosophy and Biomimicry helps to improve the efficiency and sustainability of the created space. Creating a visual mimic making use of shapes, colors, sizes, and letting the site and its surroundings better represent differing needs in society.



"Cultures and climate differ all over the world, but people are the same. They'll gather in public if you give them a good place to do it"

– Jan Gehl.

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