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As MD & chief
designer
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finds himself in the
hot seat

Work Spaces To Enhance Senses & Generate Energy

THE root of all wellness is the flow of positive energy. Therefore all design within working environments must look towards enhancing the senses to make you feel good and energy generating.

Height plays a crucial role so to begin with, try and get the maximum height

into the space, avoid design which creates clutter. New HR practices are realising the importance of recreational spaces and are working out those areas with much more attention. For example, there is a pragmatic shift in corporate thinking when it comes to cafeteria design. The new designed cafeterias have a look of coffee shops rather than one of a

dormitory feeding areas.

Another shift is the tremendous importance being given to toilet and bathroom facilities. They are no longer treated as unwarranted expenditure, hygiene and look are equally important as is going in for international standard fittings.

Indoor air quality plays a very impor-

tant role in the employee's wellness and this can be controlled by getting in clean air from outside within the AC space by having a minimum of one air change per hour, in areas which have many people working in them.

As hardware gets sleeker and aesthetically more appealing, wellness and ergonomics are also seeing a closer link as quality of seating is no longer looked at only from the cost criteria. Along with the quality of air, comes the lighting, underlit and overlit both can affect the

eyes. Internationally, non-reflective anti-glare is a norm as well as spaces have to be optimally lit.

While the last few years have seen a 30-35 per cent rise in cost from companies in looking at interiors closely for the wellness of employees, we are far behind the international spend per sq ft as we are not bound by the international safety and environment protection norms which are followed in the West.

**AS TOLD TO NANDINI
RAGHAVENDRA**