



## Sustainable Development Goal 3

### Good Health and Well-Being Green Building Practices CO-WORKING HUB WITH MAKER'S SPACE" Therapeutic Architecture for Co-Working Hubs

#### Author

Ar. Mamata P Gonnagar  
Professor SOA DSATM

#### ABSTRACT:

Architecture serves as a form of therapy for designers, shaping spaces that cater to both the mind and body. In recent times, the surge in IT sector growth and the shift in work modes and lifestyles—accelerated by the pandemic and lockdown—have profoundly impacted professionals in the field. The Co-Working Hub Project is designed to address these changes by creating workplaces that are not only functional but also therapeutic, focusing on the nuances of human psychology.

our concept for the **Co-Working Hub Project** is compelling and thoughtfully addresses the evolving needs of the modern workforce. Here's a breakdown of how your vision can be articulated and refined

This project aims to transform the workspace into a place that fosters well-being, resilience, and productivity by integrating therapeutic architecture that supports the human psyche. A key feature of the hub is the Maker's Space, a novel concept in India, which offers users a platform for creative exploration and hands-on innovation. This element not only encourages individuals to cultivate their creativity but also enhances their overall quality of life and productivity. By bridging functionality with psychological well-being, the **Co-Working Hub Project** aspires to elevate both the individual user experience and the success of the companies they serve. The project reimagines traditional workplaces by integrating **therapeutic architecture**, emphasizing mental health, productivity, and overall well-being. By responding to shifts in lifestyle and work culture, especially post-pandemic, it aligns with a deeper understanding of human psychology and work-life balance.

**Key Words:** *Bridge, Co-Working, Human psychology, Life style, Therapeutic Architecture,*

#### AIM:

To create a co-working environment that enhances productivity, creativity, and well-being by integrating therapeutic architecture principles that positively influence the users' mental and emotional states.

#### OBJECTIVES:

Design an Environment that Promotes Psychological Well-being:

Incorporate design elements that reduce stress, enhance comfort, and foster a sense of calmness and focus.

Enhance User Productivity and Creativity:

Develop spaces that support diverse work needs, enabling users to shift seamlessly between collaborative, creative, and private work modes to boost productivity.

**Integrate Maker's Space as a Creative Outlet:**

Include a Maker's Space within the co-working hub, providing tools and areas for hands-on creativity, prototyping, and learning, enhancing the user's creative potential.

**Facilitate Community and Connection:**

Use design to encourage interaction, collaboration, and social engagement while respecting individual work needs and fostering a supportive work community.

**Optimize Flexibility and Adaptability:**

Create a flexible design layout that can easily adapt to future changes in work modes, user needs, and technological advancements.

**Incorporate Sustainable and Health-Conscious Materials:**

Utilize eco-friendly materials and incorporate natural elements such as lighting, greenery, and ventilation to support physical and mental health.

**SCOPE:**

**Design Layout and Interior Architecture:** Plan spatial layouts that blend communal workspaces, quiet zones, meeting rooms, and the Maker's Space. The scope will focus on optimizing functionality while enhancing the user's mental and physical comfort.

**Selection of Therapeutic Design Elements:**

Identify colour schemes, textures, and furniture that contribute to a calming and inviting atmosphere, making extensive use of natural materials, ergonomic furnishings, and biophilic design.

**Implementation of Health and Wellness Features:**

Include features such as air purification, ample natural light, indoor plants, and sound-absorbing materials to create a health-conscious environment that supports user well-being.

**Research and Integration of Maker's Space Concept:**

Research local needs and preferences to design a Maker's Space equipped with tools, technology, and resources to support creative activities and prototyping within the co-working hub.

**Study of User Experience and Needs:**

Conduct user-centred research to understand preferences and requirements, ensuring the space is versatile and aligns with the diverse needs of the co-working community.

**Prototype and Testing of Design Solutions:**

Develop a prototype or pilot area within the co-working hub to test the effectiveness of therapeutic architectural interventions and refine them based on feedback.

This project will serve as a model for future co-working spaces prioritising user well-being, creativity, and productivity, setting a benchmark for therapeutic architecture in the corporate and commercial design industries.

**RESEARCH**

On a study based on IT co-working space and its needs by the author.

This is based on Qualitative and Quantitative study of audience working in IT sector and the way they approach the co-working

space and a place to practice their hobbies.

The results were a product of the Quality of workspace, Balanced breaks and a need for socially interactive space.

How many hours do you work in a day?

34 responses

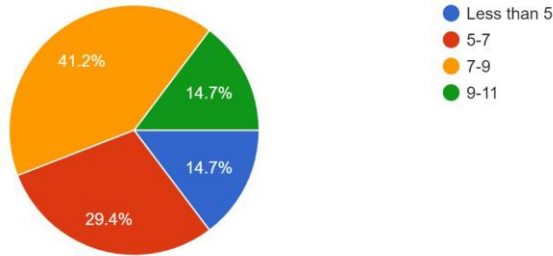


Fig 3.1: Chart showing more than half of the 50 people work more than 7 hours in a day.

How many breaks do you take in your work in a day ?

34 responses

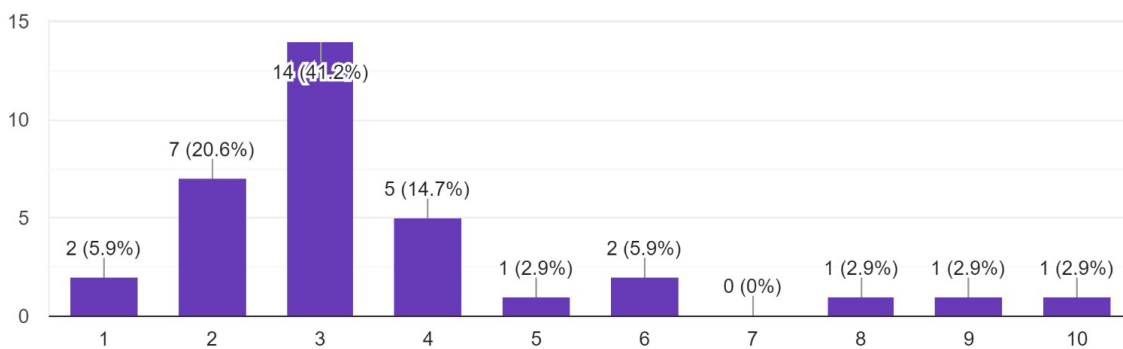


Fig 3.2: Many people who work from home take only 3 breaks a day i.e., for breakfast, dinner and lunch.

On a scale 1-10, how much human interaction does your work involve? (1 being least and 10 being most)

34 responses

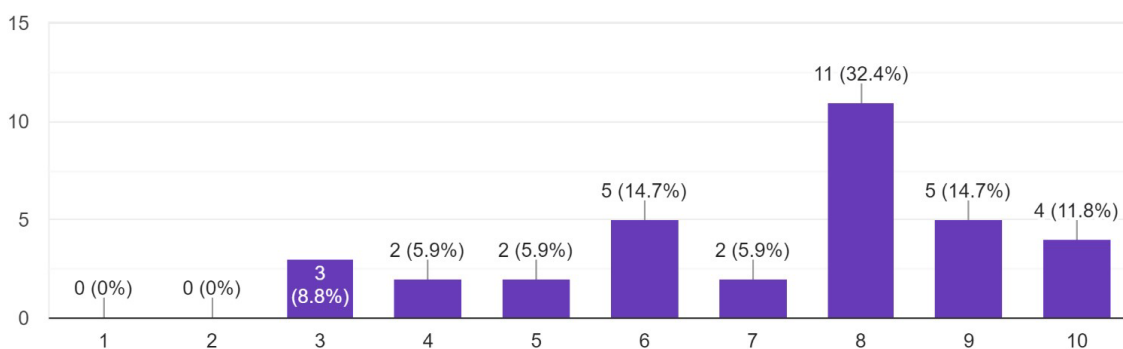


Fig 3.3: Bar graph shows maximum people needing human interaction to complete their tasks or work.

Would you prefer paying a decent amount for utilising a co-working space : ( it will have amenities like Indoor play area, Conference rooms, Cubicles, C... ) Please refer image for a better understanding :  
34 responses

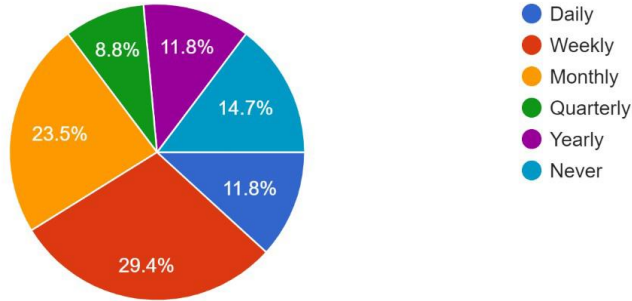


Fig 3.4: More than 25% people are willing to freeze a workplace on a weekly payment basis.

How much are you willing to pay weekly ?  
10 responses

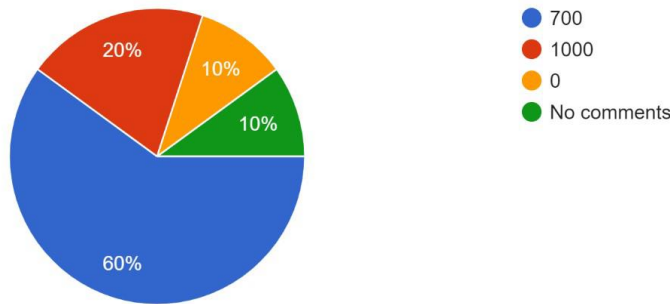


Fig 3.5:

Rs. 700 per week is the average a person is willing to pay for the space.

To create an effective, therapeutic workspace, the following elements are essential:

Thus, a Quantitative Research enabled us to understand and prove that Co-working spaces in IT field are very necessary for the

upbringing of the Tech Culture and a great place for Start-ups and other companies that are Planning to Expand their horizon that lack investment funds.

**INTRUDUCTION**

The **Maker's Space** is a dynamic and collaborative environment designed to foster creativity, innovation, and hands-on exploration. Rooted in the principles of experiential learning and interdisciplinary collaboration, it provides users with the tools, technology, and space needed to bring their ideas to life. This concept bridges the gap between creative ideation and practical implementation, empowering individuals to experiment, prototype, and innovate.

It caters to professionals, hobbyists, entrepreneurs, and innovators, offering a platform for:

- Skill Development and Learning: Access to workshops, tutorials, and guidance in areas like coding, electronics, and design.
- Collaborative Innovation: A hub for individuals from different industries to connect, exchange ideas, and work together on projects.

### ***Features of the Maker's Space in the Co-Working Hub***

1. Versatile Workstations:
  - Modular desks and workbenches that can be adapted to different project needs.

#### Community Resources:

- A library of shared knowledge, including manuals, design guides, and inspiration boards.
- Networking opportunities with like-minded creators and innovators.

#### *Events and Workshops:*

- Regularly scheduled events, such as hackathons, design sprints, and skill-building workshops.

#### *Benefits of a Maker's Space*

- Fosters Creativity and Problem-Solving: Encourages out-of-the-box thinking by offering tools and freedom to experiment.
- Skill Enhancement: Provides access to resources and mentorship for learning new skills and refining existing ones.
- Cross-Disciplinary Collaboration: Brings together individuals from diverse fields, sparking unique innovations.
- Stress Relief: Engaging in hands-on activities can be therapeutic and a break from digital fatigue.

By introducing a Maker's Space within the Co-Working Hub Project, the space aims to redefine the traditional work environment, blending productivity with creativity and personal growth. It is not just a facility—it is a community-driven ecosystem where ideas flourish, and innovation thrives.

### **Areas for the Co-Working Hub Project**

#### 1. Design Details

To achieve the goal of creating therapeutic, functional, and inspiring workspaces, the design incorporates the following elements:

#### Biophilic Design:

Extensive use of natural materials like wood, stone, and bamboo.

Green walls, indoor plants, and outdoor gardens that bring nature indoors, enhancing air quality and reducing stress.

Strategic placement of windows and skylights for ample natural light, promoting circadian rhythm regulation.

#### Zoning for Work Modes:

Quiet Zones for focused work, equipped with soundproof pods and noise-canceling features.

Collaborative Zones, designed for team projects, with modular furniture and writable walls for brainstorming.

Flexible Zones with moveable partitions to adapt spaces for meetings, workshops, or casual gatherings.

## Therapeutic Elements:

Water features like indoor fountains or reflection pools for a calming atmosphere.  
Art installations that evoke creativity and positive emotions.  
Aroma-therapy integrated HVAC systems to subtly infuse relaxing scents into the environment.

## Technology Integration:

Smart lighting systems that adjust to natural light and user preferences.  
Ergonomic workstations equipped with standing desks and adjustable chairs.  
High-speed connectivity with dedicated areas for virtual collaboration tools like AR/VR.

## 2. Target Audience

The Co-Working Hub Project caters to a diverse group of users, each benefiting uniquely from its design:

### IT Professionals and Startups:

Offer spaces that balance high-pressure tech work with relaxation, fostering innovation and teamwork.

### Freelancers and Creative Individuals:

Provide Maker's Space and private booths for individuals seeking inspiration and focus.

### Corporate Teams:

Serve as an offsite space for brainstorming, team-building, and strategy meetings.

### Wellness-Oriented Enterprises:

Attract businesses and entrepreneurs in fields like mental health, coaching, and wellness services by aligning with their core values.

## 3. Sustainability Initiatives

The project integrates sustainable practices to minimize its environmental impact and align with global green building standards:

### Energy Efficiency:

Solar panels on rooftops for renewable energy generation.  
Smart HVAC systems that optimize energy use based on occupancy.  
Energy-efficient LED lighting throughout the space.

### Water Management:

Rainwater harvesting systems for landscaping and non-potable uses.  
Low-flow fixtures in washrooms to reduce water consumption.

### Material Selection:

Use of recycled, upcycled, and locally sourced materials.  
Avoidance of materials with high embodied carbon or harmful chemicals.

### Waste Management:

Dedicated recycling zones with clear signage.  
Composting areas for organic waste generated by cafeteria or food services.  
Community and Environmental Integration:

Landscaping designed with native and drought-resistant plants.  
Integration of public transport access points and bike-friendly infrastructure.

#### 4. Maker's Space – A Standout Feature

Tools and Equipment: 3D printers, laser cutters, prototyping tools, and art supplies to support various creative and technical endeavors.

Workshops and Events: Regularly scheduled sessions led by industry experts in design, technology, or art to inspire and engage users.

Collaborative Networking: Encourage connections between users from different industries to foster cross-disciplinary innovation.

#### 5. Impact Goals

Improve the quality of life for users by reducing workplace stress and promoting balance.

Enable organizations to attract top talent by providing inspiring and wellness-focused workspaces.

Contribute to the green building movement by adhering to LEED or WELL certification standards.

### **Challenges of the Project:**

#### Designing Spaces Aligned with the Healing Process of IT Workers

Crafting spaces that cater to the high-stress, often sedentary lifestyle of IT workers is a complex task. The challenge lies in understanding the specific psychological and physical needs of these users and creating a design that promotes relaxation, reduces stress, and encourages mental and physical rejuvenation.

#### Exploring Architecture's Influence on the Human Psyche

Investigating the ways in which architectural elements can affect moods, emotions, and overall mental health poses a challenge, as it requires a deep dive into the less tangible, emotional impact of spatial design on occupants. This involves exploring lighting, layout, color, and material choices and understanding their subconscious effects.

#### Understanding the Relationship Between Humans and Their Environment

The project aims to study how architecture can reflect and support the interconnected relationship between individuals and their surroundings. The challenge is in creating an environment that feels intuitive, familiar, and supportive while fostering a sense of balance between personal space and community connection.

#### Integrating Natural Elements as Catalysts in a Healing Environment

Incorporating nature-inspired elements, such as light, greenery, and water features, while maintaining functionality in a co-working space is challenging. It requires strategic design to ensure these elements contribute to a therapeutic environment without compromising practicality or workspace efficiency.

### **Architectural Takeaway:**

#### Light and Ventilation as Core Components

Natural light and adequate ventilation are crucial for enhancing productivity and well-being. Large windows, skylights, and strategic openings can optimize daylight, reduce the need for artificial lighting, and create a sense of openness. Proper ventilation, including cross-ventilation and air-purifying systems, ensures fresh air circulation, reducing

#### Green Pockets for Enhanced Interaction

Green pockets are small, strategically placed clusters of plants and greenery that foster interaction within the workspace. These areas serve as mini green oases where employees can take breaks, connect informally, or enjoy a quiet moment. Designed with seating, natural elements, and varying plant types, these spaces can create a refreshing, calming environment that brings people together. By adding green pockets, the workspace becomes

more interactive and offers a mental reset, promoting relaxation and creativity. They also help improve indoor air quality and add visual interest, creating a more engaging and welcoming atmosphere.

Threshold activities are transitional experiences designed to activate spaces that connect different areas within a workspace. These spaces often go underutilized, but by introducing engaging activities, they can become dynamic and inviting. Examples of threshold activities include:

**Interactive Art Installations or Murals:** These create visual interest, encourage conversation, and make a lasting impression in areas like entryways or corridors.

**Informal Seating and Meeting Zones:** Placing seating in transitional spaces allows employees to pause, interact, or work in a different setting, transforming these areas into impromptu collaboration zones.

**Pop-up Displays and Rotating Exhibits:** Regularly changing displays—whether showcasing employee projects or community art—give people a reason to linger and engage with the space.

**Harmonious Landscaping**

Landscaping that harmonizes with the surrounding environment is essential to creating a workspace that feels connected to nature and enhances the overall aesthetic. Key principles for harmonious landscaping include:

**Native Plant Selection:** Using local plant species not only integrates seamlessly with the environment but also requires less maintenance and water, supporting sustainability.

**Soft Transitions Between Indoors and Outdoors:** Design elements like patios, green walls, and large windows help blur the boundaries, creating a gentle transition from indoor to outdoor spaces.

**Functional Outdoor Spaces:** Incorporating seating areas, pathways, and shaded spots encourages employees to spend time outdoors, promoting relaxation and social interaction.

**Natural Water Features:** Small ponds, fountains, or rain gardens add soothing sounds and visual interest, creating a calming atmosphere that promotes well-being.

**Eco-friendly Lighting and Materials:** Using solar-powered lighting, permeable paving, and natural stone ensures the landscaping is both visually cohesive and environmentally responsible.

By blending these features thoughtfully, landscaping becomes an extension of the workspace, fostering a sense of place and creating a tranquil environment that aligns with the surrounding landscape.

**Digital Touchpoints:** Interactive screens or bulletin boards that share company news, events, or employee highlights make these spaces informative and socially engaging.

Threshold activities make movement through the workspace more stimulating and enhance social interaction, adding energy to the environment.

## Conclusion

Architecture can transcend its traditional role to become a therapeutic and transformative medium. By integrating creativity, functionality, and emotional well-being, the space fosters an environment that is not only productive but also deeply healing and inspiring.

This innovative approach supports the human psyche through hands-on engagement, collaboration, and exploration. Incorporating the Maker's Space into the **Co-Working Hub Project** highlights a pivotal shift in workplace design—one that prioritizes **mental health, innovation, and personal fulfillment** alongside professional productivity. By aligning with the principles of therapeutic architecture, the Maker's Space not only

enriches the individual user experience but also contributes to the holistic success of the community and organizations it serves.

This fusion of creativity, wellness, and functionality sets a new benchmark for workspaces, proving that thoughtful design can transform not only spaces but also lives.

