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Urban greenery: Enhancing sustainability and well-being in India by Mr C J Singh, COO, Wave City

How real estate developers are transforming urban spaces with green solutions

By Hetal Oswal | June 19, 2024

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In the last decade, India's real estate developers have turned their sights towards providing more sustainable green spaces in their offerings as these spaces not only provide serenity and tranquility, but house 'green soldiers' in the form of shrubs, trees, and plants that purify the air and curtail traffic and other daily city noises. The concept of urban greenery is aligned with the Govt's goal of reducing carbon emissions by 30 per cent by 2030.

The urban landscape which is dotted with parks, gardens, and trees is the first responsible step towards ensuring the well-being of humans, animals, and the planet as they add a sense of balance in an urban setting and are pleasing to the eye besides purifying the air. Drawing from this, landscaping in integrated townships— which offer high rises, plotted development, low rise housing, luxury apartments and villas—is a well-thought-out process. Besides integrating aesthetics, a lot of thinking goes into the type of trees, grass and plants being ensconced in community living. For example, eco-friendly landscaping using native plants, shrubs, trees attract birds and other species creating a more 'natural' ambience.



Urban greenery does not just refer to spaces, but also to buildings and houses that have terrace gardens, developed green patches, such as green roofs and vertical gardens, community gardens, green corridors, and street trees.

Some of the benefits of urban greenery are:

- **Upbeat mood:** Green spaces exude tranquility and peace thereby having a positive impact on the mind. A mood lifter, green spaces are known to increase morale and productivity at workplaces, create a more positive and reassuring ambience and also keep stress and worry at bay. That's why many organizations keep indoor plants and foliage to give a sense of calm. In fact, certain studies indicate that the logic behind providing green spaces and plants along roads, bridges and highways also bring down stress levels for drivers thereby bringing down the rate of accidents and reducing mental pressure while being on the road.
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- **Enhancing mental health:** One of the most positive impacts of green spaces is that they enhance mental health, improve immunity and sharpen cognitive functioning. A green environment exposes humans to a diverse range of microorganisms, which can help build a stronger immune response. They also sharpen focus, concentration and reduce noise pollution thereby creating a more stress-free ambience.
- **Gardens and parks as pollution combatants:** Smog ridden cities and burning of produce have added to the toxic air quality of India's cities. They fight pollutants such as carbon dioxide, nitrogen oxides, and particulate matter, thereby improving air quality and human health by scaling back respiratory diseases like asthma. Besides providing shade from the scorching heat and blazing sunshine, scale back urban heat island and enhance biodiversity. Most significantly, trees stabilize the soil and cause water retention.
- **Social interaction:** Parks and gardens are the offline social networking sites where people congregate for exercise, social events, walks and even sports. This enhances a sense of community and belonging.

Though developers in India are designing sustainable spaces that combine leisure with health, they are also paying close attention to creating 'urban jungle patches' in integrated townships and other residential offerings. Knowledge is the key to making the right decisions and ensuring that one's property investment delivers the returns – both in terms of investment value and lifestyle benefits.

Link: <https://www.commercialdesignindia.com/insights/urban-greenery-enhancing-sustainability-and-well-being-in-india-by-mr-c-j-singh-coo-wave-city>