



DESIGN GURUKUL

Knowledge to Excellence

SUSTAINABLE ENERGY INTEGRATED HEALTHY BUILDING PROGRAM



Dr.R.M.Mehra
(PhD. & DSc.)

(Trained Thousands of Professionals)

Scientific Vastu Expert
Healthy Home Expert
Interior Designer

Colour Expert
Geobiology Consultant
Astro Numerologist

www.designgurukul.in

SUSTAINABLE ENERGY INTEGRATED HEALTHY BUILDING PROGRAM

Achieving Health & Well-being through Building Design

Health can be defined as physical, mental, and social wellbeing, and as a resource for living a full & happy life. It refers not only to the absence of diseases, but also the ability to recover and bounce back from illness and other problems.

**HEALTHINESS
IS HAPPINESS**



Being physically healthy means that your body is functioning as it should, without pain, discomfort, or lack of capabilities.

Being emotionally or mentally healthy means that your mind and emotions are functioning as they should, without anxiety, depression or other malfunctions.



WHY GOOD HEALTH IS IMPORTANT

Being physically healthy is of prime importance in life. Being ill or not feeling well can drastically affect your ability to work. Obviously, if you feel physically healthy, you can be more productive, as well as happier.

Emotional well-being is also important. Suffering stress, depression, anxiety or other mental or emotional ailments is not fun. You would like your whole life to be happy and satisfying



THESE DAYS DISEASES ARE OF MAJOR CONCERN

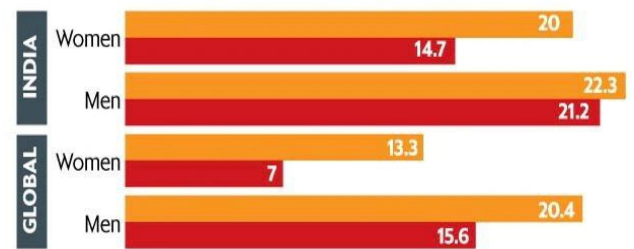
- ✓ Dizziness
- ✓ Poor Digestion
- ✓ Fatigue
- ✓ Psychological Disturbances
- ✓ Irregular Heartbeat
- ✓ Cancer
- ✓ Parkinson
- ✓ Bad Concentration
- ✓ Irritation
- ✓ Eczema
- ✓ Nausea
- ✓ Itching
- ✓ Chronic Disease
- ✓ Depression
- ✓ Weakness
- ✓ Sicknes

Chart 1b

India's suicide rates exceed the global average

Suicide death rate (per 100,000 population)

1990 2016



Source: GBD 2016

Chronic diseases
are expected to
increase to 57%
by 2020

And 60% of this
burden will occur
in emerging
markets





Is **Health** confined to
body or lifestyle only
or
it is majorly effected by
**Buildings, Environment & its
Surroundings.**

Through this Workshop students will get to know how to design a Healthy Building to ensure health.

Impact of unhealthy building on occupant health and living

1. Can building be a reason for the occurrence of cancer?
2. Can building be a reason of insomnia?
3. Can building be a reason behind the various progeny issues?
4. What are the various factors present in the building for the occurrence of congestion?
5. What are the various factors present in the building that causes burning of eyes?
6. Can building be the reason for depression among its occupants?
7. Can building be a reason of long term chronological illness?
8. How can building design eradicate the various stress levels present in the environment?

Introduction to Sick Building Syndrome

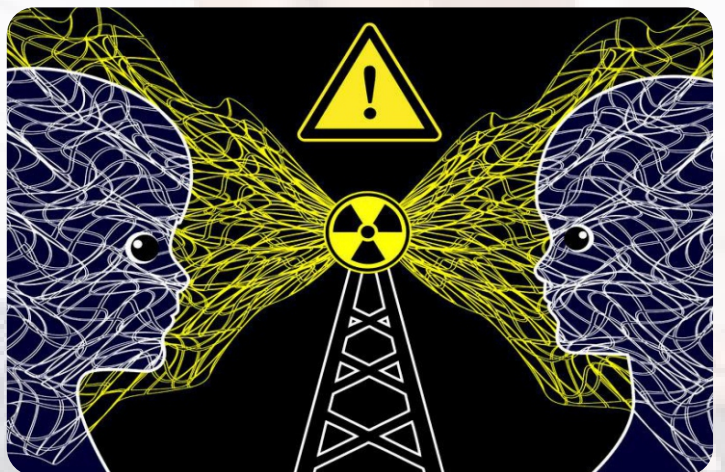
- ✓ Emissions from Building Materials Lead to Extreme Fatigue, Dizziness, Etc.



- ✓ Inadequate doors & windows lead to depression, anxiety, etc.

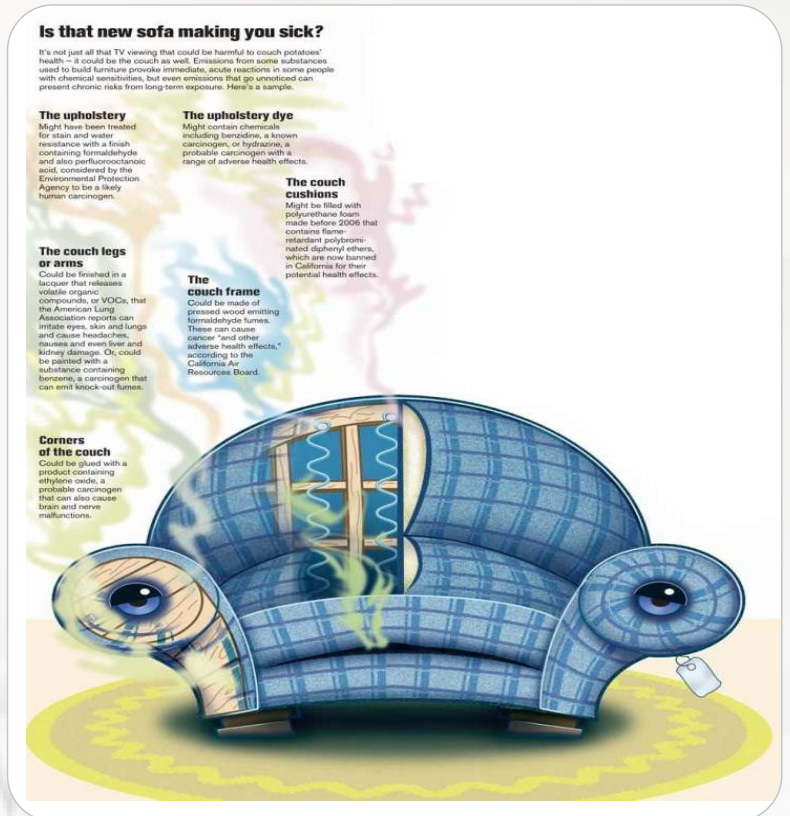


- ✓ Position of electrical gadgets may lead to Brain Tumors, Alzheimer, Cancer,





Inappropriate paint, polishes & furniture's may lead to Migraine, Nausea, Rhinitis,



Poor acoustic design may lead to Hypertension, Tinnitus, Sleep Disorders,



- ✔ **Poor ventilation may lead to Inflammation, Irregular Heartbeat, Psychological Disturbances etc. etc.**



- ✔ **Non climatic responding building design may lead To Ill Health, Frequent Fluctuations in Temperature, etc.**



- ✔ **Poor balcony & terrace designing may lead to Shortness of Breath, Watery Eyes, etc.**



- ✔ **Building design could be a solution to Many Problems**



Building plays an important role in a person's life and it has a major impact on his health.

- ✓ How to observe light levels in a space as per the lux levels?
- ✓ What is the right way of façade/ fenestration shading? Is it of same type in each direction?
- ✓ Are different heat levels in the climate as per the human thermal comfort? Can it be corrected naturally?
- ✓ What is the most suitable material for construction?
- ✓ Is it mandatory to treat a material before using it?



- ✓ What are the health effects of lack of solar energy?



- ✓ How indoor air quality causes health issues?



- ✓ Emissions from building materials: major cause of health problems among the occupants



- ✓ Harmful emf radiations causing major health issues

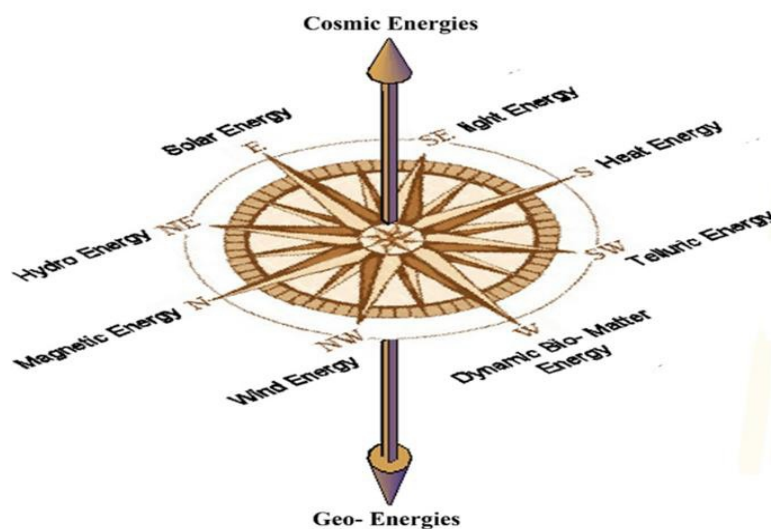


- ✓ How relative humidity levels affect our health



Experiencing presence & effect of all the energies practically with expert's supervision.

- ✓ How to diagnose natural & artificial light (lux) levels in each room?
- ✓ How to diagnose humidity level present in the building? What are the causes?
- ✓ Diagnose temperature (heat level) of each room ?
- ✓ Finding the electromagnetic radiations near you.
- ✓ Excessive exposures to such radiations are really affecting human beings physically as well as mentally.
- ✓ How could excessive sound level affect health of human beings?
- ✓ How to diagnose various energies present around you?
- ✓ How to check air quality through diagnosing various gases available in air & their impact?
- ✓ Understanding nature & environment & flow of various energies in detail.



Energy Integration & Instrumentation

- ✓ Indoor Air Quality (Wind Energy)
- ✓ Radon Gas
- ✓ Sound Energy
- ✓ Electric & Magnetic Radiation
- ✓ Light Energy (Visual Comfort)
- ✓ Heat Energy (Thermal Comfort)
- ✓ Relative Humidity
- ✓ Solar Energy
- ✓ Energy Dynamics In Different Directions
- ✓ Scientific Vastu & Interplay Of Energies

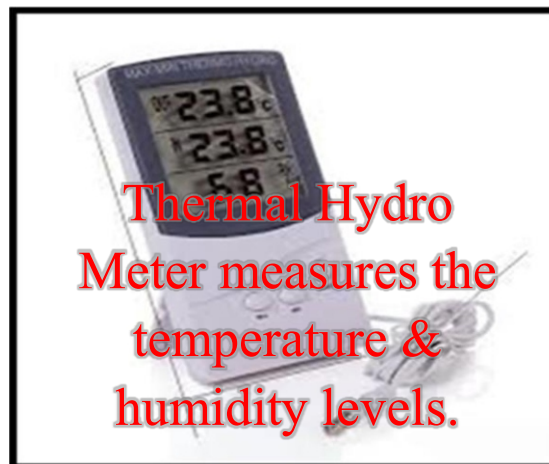


Learning To Operate Digital Instruments In Buildings

- ✓ Lux Meter
- ✓ Indoor Air Quality Meter
- ✓ Sound Level Meter
- ✓ EMF Tester
- ✓ Thermal Hydrometer
- ✓ Radon Gas Tester
- ✓ Anemometer
- ✓ Many More



Technical training on instruments & their usage



Sustainability

- ✓ Building With Energy Efficiency
- ✓ Renewal Energy
- ✓ Water Efficiency
- ✓ Waste Management
- ✓ Climatology In India
- ✓ Constructing Houses In Different Climates
- ✓ Green Building Revolution
- ✓ Constructing Sustainable Buildings
Considering Climatology
- ✓ Scientific Vastu & Sustainability



Natural Building

- ✓ Natural Habitats And Their Advantage To
Occupants & Environment
- ✓ Cob Buildings
- ✓ Wattle & Cob
- ✓ Wattle & Daub
- ✓ Brick Building
- ✓ Hempcrete & Cork Buildings
- ✓ Buildings With Living Roof
- ✓ Adobe Buildings
- ✓ Straw Or Straw And Bale Buildings
- ✓ Bamboo Buildings
- ✓ Earth Bag Buildings
- ✓ Rammed Earth Buildings
- ✓ Wood Buildings
- ✓ Stone Buildings
- ✓ Ancient Architecture & Natural Buildings



Healthy Buildings & Diseases

- ✓ Concept Of Healthy Buildings
- ✓ Buildings & Health
- ✓ Good Quality Life Of Occupants
- ✓ Better Mental & Physical Health
- ✓ Healthy Materials & Unhealthy Materials
- ✓ Good Ventilation
- ✓ Adequate Light, Heat & Humidity
- ✓ Air & Health
- ✓ Energy & Health
- ✓ Healthy Interiors
- ✓ Decorations & Health
- ✓ Comfort & Efficiency
- ✓ Cleanliness
- ✓ Water Quality
- ✓ Plants
- ✓ Building Free Of Pests Germs & Insects
- ✓ Contamination Free Environment
- ✓ Scientific Vastu & Healthy Building



The programme is based on below mentioned national & international guidelines:

Guidelines by USEPA

Guidelines by environmental

Illness resource

Guidelines by consumer product

Safety commission

Guidelines by who

Guidelines by national safety council

Guidelines by Indian green building council

Guidelines by GRIHA

This workshop is specially designed for

Professional architect

Professional interior designer

Professional scientific vastu expert

Someone from building fraternity



DESIGN GURUKUL

Knowledge to Excellence



FEE STRUCTURE

OFFLINE/ONLINE MODE : ALL LIVE SESSIONS

₹ 50,000/+GST

