



NOT JUST SMART
LIGHTING **BUT**
SMART AND HEALTHY
LIGHTING

WHAT IT TAKES



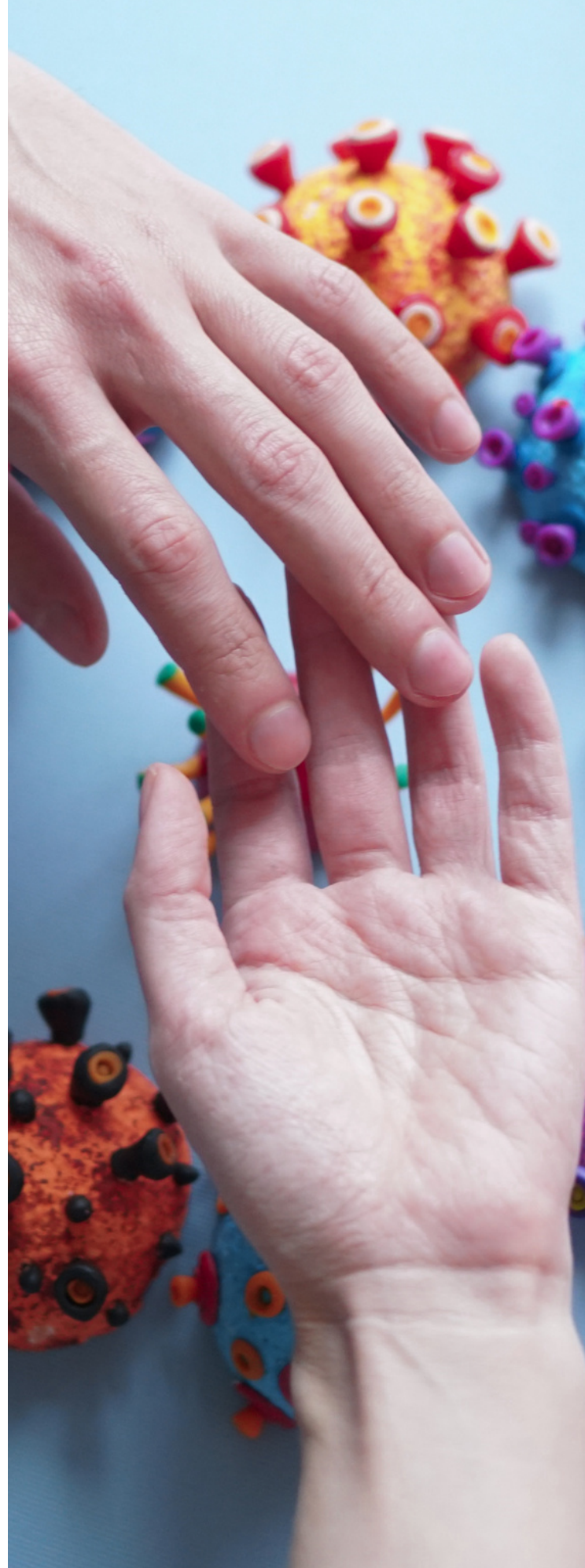
Being tenacious and ascertaining a healthier lighting space always requires a process of trading off some aesthetical and volumetric aspects of the space for healthier future gains. However, this has been a very thick proposition from an architectural and interior point of view, especially in the office and the residential segments. It is always easier to choose the solutions from the traditional and time-tested methodologies, rather indulge with the innovations and research-based inventions or the discoveries, to meet the economy and the timelines framed by the respective project owners and the clients. Moreover, those who have never bothered (or are unaware) of what kind of healthy and circular design-based solutions they are offering and are busy meeting the economical and timeline targets always gain from it.



That is why in today's prevailing era of automation based lighting mechanisms that allow these traders or the specifiers to flaunt the technology (only) wins over the healthier and much-needed solutions, though these set of organizations or individuals also offer automation based system (which is available with almost all the lighting organizations) might also be able to compete with the economical and delivery timelines but still those are not being given any priorities by the majority of the clients and, PMCs and the architects. {Exceptions are always there like organizations/ individuals adhering to the Well concepts laid by IWBI}

RIGHT?

I think every one of us will agree that the pandemic has taught us to be in a much healthier space rather than in the spaces, swathed up only in maquillages. I am still witnessing that many of the interior designers, architects, and PMCs are harping on the Wow factor rather than budding from a heather factor. (By mentioning this definitely I am not ruling out the aesthetical points, which is needed for sure).





IS IT WORTH IT ?



The gain in timelines and the CBA [Cost benefit Analysis by choosing on L1, L2 basis) is at what cost? For sure compromising and trading off our health benefits. (For example lower immune system because of deprivation of NIR, Diurnal and Circadian alignment because of poor quality of LEDs/design and farcical lighting consultancies).

We are unable to witness any circular-based lighting design in India, so how an architect or a PMC (project management consultants) will achieve their Circular designs. The unimpeded methods over the prosaic ones are always driven by a sense of adopting unprecedented measures.

Every project has a limited reservoir of funds and timelines, it is our responsibility to adhere to the same but ascertain the health of the occupants. Emerging technologies may have to be learned so that we are all well prepared for our next assignments. The mundane existence to learn on wellbeing and health has to go off,

I am sure that we all must be knowing someone or the other to assist us in this direction, look for them.

However some of the apt platforms are IWBI [International Well Building Institute]. IES, CIE, CIBSE, SRBR, USGBC and SLL

Endeavoring in the quest of understanding the notion of light as a zeitgeber, I for one have no doubts as I have received the copyrights, accolades, and some recognition, etc. that LIGHT is the governor of the universe and we being the part of this cosmic world, our body is a type of little but a wholesome universe.





RISE OF ARTIFICIAL LIGHT



It's been 200 years the artificial light was experienced by very few populations of the world initially and it's approximately 100 years that people living in urban, suburban, and few villages have experienced the artificial form of light. Even in these 100 years, the form of light changed from Incandescent, IRC, mercury, metal halide, and now LEDs. [It is very established that the light as a zeitgeber has direct control on our molecular mechanisms in a certain physiological way).





Sunlight is the unpolluted form of healthy lighting since our eyes, molecular mechanisms, and neuronal activities have had several million times span to optimize to the parameters of SUN than to LEDs.

It is, therefore, reasonable to proclaim that human eyes, organs, and behavior are not yet optimized to LEDs. Thus we have to be very careful while designing a product, installations (what height, which space, angle of incidence, etc.), specifying or altering the same.





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TheraLicht_{LLP}



Light is the governor of the universe and the hormones.

let's use it and not abuse it

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