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Disconnect-Reconnect A Piece of Land: A Climate-Responsive Landscape Architecture Through Center Development for Well-Being and Uniqueness in Clifton, Karachi

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ABSTRACT

In the context of accelerating urban growth, the demand for recreational spaces has intensified, presenting a vital opportunity to enhance public well-being as well needs are increasing. This study investigates how thoughtfully with considerable designed urban recreational environments can promote physical, mental, and social health for a large segment of the population. Specifically, it examines the conceptual development and design-performance of the "Disconnect-Reconnect a piece of land". A climate-responsive leisure and wellness center proposed for Clifton, Karachi. Through an all-inclusive design approach that integrates environmental comfort, spatial accessibility, and aesthetic identity, the Scope aims to substitute a deep sense of place and community belonging.

Trying to catch ground realities associate in the literature from of climate-responsive urban design, which place making theory, and public health concerned with green space planning. This study reasons that the spatial composition of recreational areas that continuously perceived by residents it affects their psychological well-being, aesthetic sensibility, and place identity. Pictorial drawing on the climate-responsive design strategies i.e. shading, vegetation, water features and adaptive forms. That mitigates heat stress and enhances microclimate, the Sphere is envisioned as a mediator between built form, nature, and human experience.

These design features also promote comfort in the environment, engagement and restorative experiences. The urban recreational landscape offers tremendous potential which positively impacts the physical, mental and social health of a large portion of the population. In addition, the design space of approximately a zone, which is thoughtfully designed for spaces for socializing, is designed for active wellness cities. The versatility it brings allows for a dynamic interplay, as, by nature and architecture, it is able to respond to diverse community needs. The people, which helps to create social consistency and unity that will make the environment more robust in meeting the demands of the urban environment, is more practical.

The conceptual design and operations (such as maintenance, access and governance) are analyzed. The research demonstrates the role that sustainable building design can play in contributing to long-term health and identity. Overall, the Disconnect-Reconnect Sphere is a visionary model of urban recreation that is sensitive to the local climate and provides a sense of belonging, and a sense of community centered resilience.

The suggestions of this research extend to urban policy, planning, design, and contribution to understandings vision with futuristic developments in Karachi.

Introduction

In the modern world, a man is enjoying lot of luxuries provided by the advance technological development on one hand and facing lot of physical, mental emotional and social disturbances on the other hand[1]. Technological improvements in all spheres of existence have created a lot of free/leisure time after the running hours, on the equal time the development in leisure devices like T.V., video games, PC video games have made people least interested in physical hobby ensuing such a lot of physical, intellectual and emotional problems. The present times require modern design and the furnishing of areas around buildings such as office, academic, industrial, etc., where work, in the era of computerization, has a negative impact on the health of people employed there. During the breaks provided by the employer, employees can leave the building, into the green area, allowing them to rest physically and mentally.[2] The term recreation is usually associated with physical activity (physical recreation), but it has been increasingly suggested that its meaning should also include creative activities, which occupy people in their free time[3] . Recreational spaces are a vital part of urban planning. They help relieve people of electronic distractions and promote complete well-being. Recreation is an activity in body and mind that offers relief of tension and fatigue. When a person keeps working or performing an activity continuously for hours, they may experience physical and mental fatigue.[1] The relief from the fatigue and energy through recreation relieving activities will be relieved by recreation activities in such a manner that people may get tired with pleasure. Life without recreation will be dull and miserable. Lesser time means only that a person has acquired for himself or herself which allows them to carry out whatever they wish. Recreation is the leisure activities that a person selects for themselves for improvement of life and living. They must be constructive. It is frequently referred to as leisure-time activity. Recreation education is aimed at teaching people to utilize their free time/leisure time in a constructive manner. To achieve this aim and to have value as recreation, activities must be suited to his physical, mental, emotional and social needs.[1] The elements determining the boundaries of individual zones play an important role in the composition of social and recreational space [2].

The leisure time and place where it is spent[4] is the measure of the quality of life of a man and the determinant of the urban environment development process, and the open and recreational spaces are essential urban content which complement and enrich the dwelling function. They represent the fundamental components of the residential zone and together with the physical structures, topography and cultural and historical heritage complete its town planning composition and structure. [4]

While demand for integrated wellness spaces in Karachi's urban environment has been rising steadily due to rapid urbanization, environmental stress and social isolation. Properly developed areas around the institution influence the aesthetics of the city landscape and play a representative role. Currently, city authorities attach great importance to the proper development of the areas around the institution. Architects in the areas surrounding public utility buildings design parks, gardens, lawns, playgrounds, and fill free spaces with appropriately selected vegetation[2]

Literature review

Open and recreational spaces are those spaces where the recreational activities take place (active and passive urban recreation) and the green surfaces, whose significance and the activities taking place on them will be considered further in the text [4]. The physical, mental health and socio-culture health of any society is directly linked with recreational space. Recreational activities are a major part of life. Sports programs are aimed at enhancing physical fitness and improving physical and mental health. Surveys have shown that college students generally recognize the importance of physical exercise and Classification of Recreational activities have positive attitudes and strong will to exercise, despite an absence of action. Exercise procrastination, interruption, or even physical exercise frequently occur among college students. Negative and irregular participation in physical exercise results in a decline in physical fitness[5] . Recreation develops in the physical and social environment, consisting of natural, objective and human components, developing because of their coexistence and cooperation. Due to the spatial aspects of recreational behaviors, the term recreational space is more commonly used.[3]

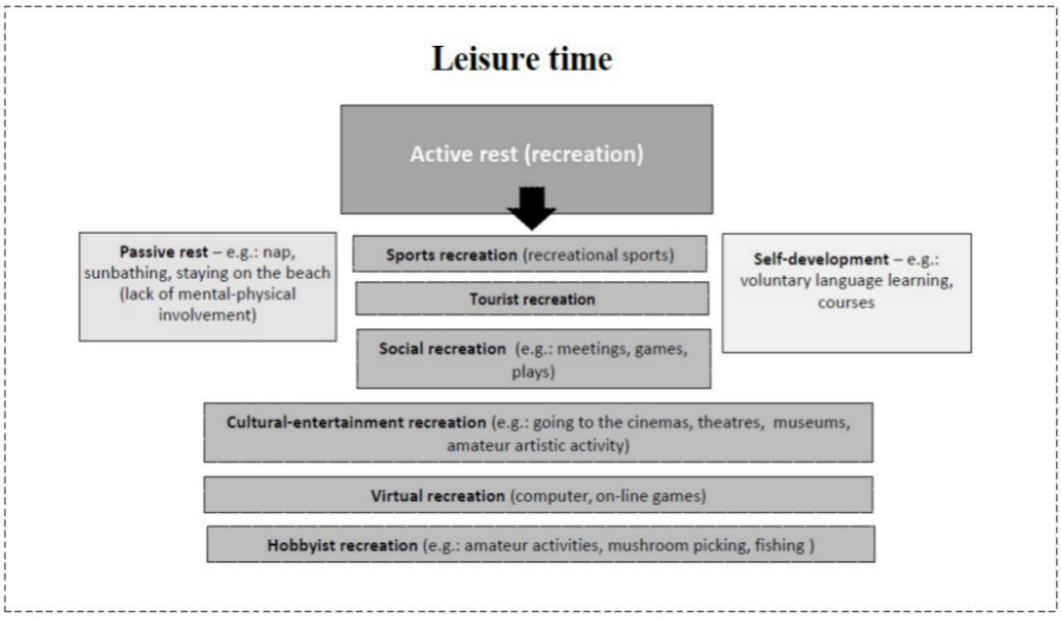


Figure 1: (Classification of recreation and leisure phenomena (Source: Author's own study based on: Czajkowski, 1979; Winiarski, 2011; Napierała and Muszkieta, 2011)

Climate-Responsive Urban Design

Climate-responsive urban design has emerged as a critical strategy for mitigating the adverse effects of rising temperatures, humidity variations, and extreme weather events, particularly in hot-humid to hot-arid coastal cities. The emphasize passive design strategies i.e. building orientation, optimized shading, natural ventilation corridors, evapotranspiration. As the essential components for enhancing outdoor thermal comfort. These strategies reduce energy consumption, minimize heat stress, and improve the usability and quality of public spaces throughout the year.

Research conducted in subtropical and dry coastal regions demonstrates that bring into line positioning pathways and open spaces with prevailing wind directions enhances. The natural ventilation, while layered vegetation and shading structures significantly decrease radiant heat exposure. Additionally, evapotranspiration through vegetation and water features has been shown to reduce surface temperatures by creating localized cooling zones. *The lessons learned from these contribute to current landscape architecture, particularly in areas such as Karachi, which faces significant urban issues due to high humidity, high solar radiation and heat island effects. The evidence on the powerful role of green and blue spaces on well being is robust.*

Landscape and Well-Being

High-quality natural environments have been correlated with better mental health, less anxiety, better mood, and less physiological stress (such as cortisol). Trees and greenery, water features and sensory stimuli also contribute to the restorative character of landscapes. The Landscapes provide physical health advantages in helping to promote walking, socializing, and physical activity.

The allowing urban residents to recover from cognitive fatigue and emotional strain.

Additionally, "inclusive" and accessible public open space can help to build a sense of community in its use, providing safe places where inter generational recreation, relaxation and cultural activities can occur. The materials chosen were based on their thermal insulation, durability, and environmental impact to promote sustainability. For dense urban districts like Clifton, integrating green and blue infrastructure into everyday public realms can significantly contribute to population health and social well-being.

There Park condition is very supportive for the physical activity of surroundings people i.e. walking, jogging, track. Other side that can be benefit by physical activity to maintain the mental and intellectual activity along with different groups of discussion. like this for study circles, debates, recitation and other Islamic activities, reading and writing, chess, cards, etc.[1] In park which can be arrange for entertainment activity includes drama, music, variety programmer, dancing, community service, social and national festivals etc. like this (folk plays) Ragnis (folk songs are best recreational activities, besides the T. V. & Radio programs.

The park inside has performing art and activities it could be include drawing, painting, carpentry, modeling, spinning and weaving, gardening tailoring, doll making, needlework, etc.[1]

Methodology

A qualitative research methodology was implemented, involving case studies, literature reviews, and spatial analysis also in the form of observations, site visits, photographs and architectural drawings. The case study was selected in the city of Karachi in local scenario. The secondary sources included literature reviews, which consisted of documents, i.e., publications, earlier research, reports, personal records, and referential material available in relevance to the area of study. Time Saver Standards (TSS) were utilized as a reference for spatial arrangement, while site-specific climatic factors were considered for material choices. Thermal comfort indices, biodiversity potential, storm water management capacity, and user well-being indicators.

Spatial Planning and Design Approach

Location Overview

The site is location in Clifton, Karachi Pakistan the total area of site is 52,500 sq. ft. having dimensions of (350' x 150') the concept of designing the recreational space is to Promote a balance between physical, mental, and social interaction.



Figure 2

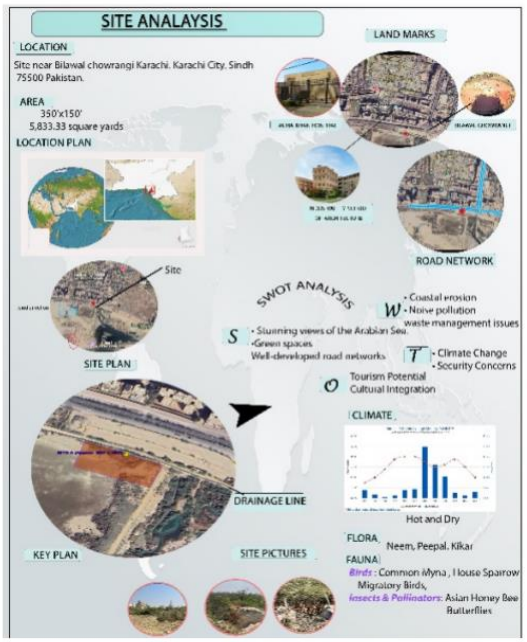


Figure 3

Climate-Responsive & Sustainable Design Strategies

Material Selection

The design focuses on using locally available stone to shape its thermal mass characteristics to be suitable for passive cooling and thus minimize the need for mechanical systems. They use bamboo and rammed earth, which are sustainable materials, for their low environmental impact and good structural performance. Further, all permeable surfaces are embedded across the site to reduce the urban heat island effect and to encourage natural groundwater recharge. Such materials altogether contribute to the project's climate responsiveness and ecological sustainability.

Climate Adaptation

The design includes specific measures for climate adaptation to tackle the heat and urban warming conditions in Karachi. Strategic shading methods such as brise-soleil, pergolas and cantilever. There are implemented to improve passive cooling, yet keeping the natural ventilation, based on human-eccentric microclimate design principles. All these elements reflect up to 60% of the d*irect gain of solar energy, lowering the temperature within the building.*

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Along with this, a synergistic cooling system is created through the use of native tree species (e.g. Neem and Peepal) and high albedo materials. Reduces air temperatures by 4-6°C by evapotranspiration? Reduces air pollution due to trapping of particulate matter? Modular green walls with drought tolerant plants magnify these, providing an additional ecological connectivity through pollinator/bird habitats, while using low irrigation to be critical to water-limited contexts.

Landscape and Ecological Considerations

Native Plant Selection

Native plants were prioritized for the landscaping strategy to meet the needs of maintaining groundwater levels and supporting biodiversity. The selection of trees like Date Palm and Peepal was based on their natural cooling effect and ability to offer natural shade. Bougainvillea and Frangipani were added to the mix as they required minimal water and were aesthetically pleasing to the eye, enhancing the overall beauty of space.

Additionally, grass and ground cover plants were utilized to support soil stability and reduce dust dispersion, further contributing to the ecological and environmental resilience of the area[6] .

Sustainable Water Management

Water - often called the source of life - can be captured, stored, filtered, and reused. It provides a valuable resource to be celebrated in the process of green building design. According to Art Ludwig in Create an Oasis out of Greywater, only about 6% of the water we use is for drinking[6]. There is no need to use potable water for irrigation or sewage. The Green Building Design course introduces methods of harvesting rainwater, Grey water systems, and living pools [7].

To increase environmental resilience and minimize resource use, sustainable water management practices have been integrated. Rainwater harvesting systems were implemented to provide an efficient and eco-friendly source of water for irrigation. Additionally, permeable paving materials were used to prevent surface runoff and *reduce the risk of urban flooding, promoting natural groundwater recharge. Water features to create a cool microclimate.*

Analysis & Findings

We have used a series of questions to guide our try to land in the best condition and achieve park and recreational spaces.

How many times do you go to a recreational area?

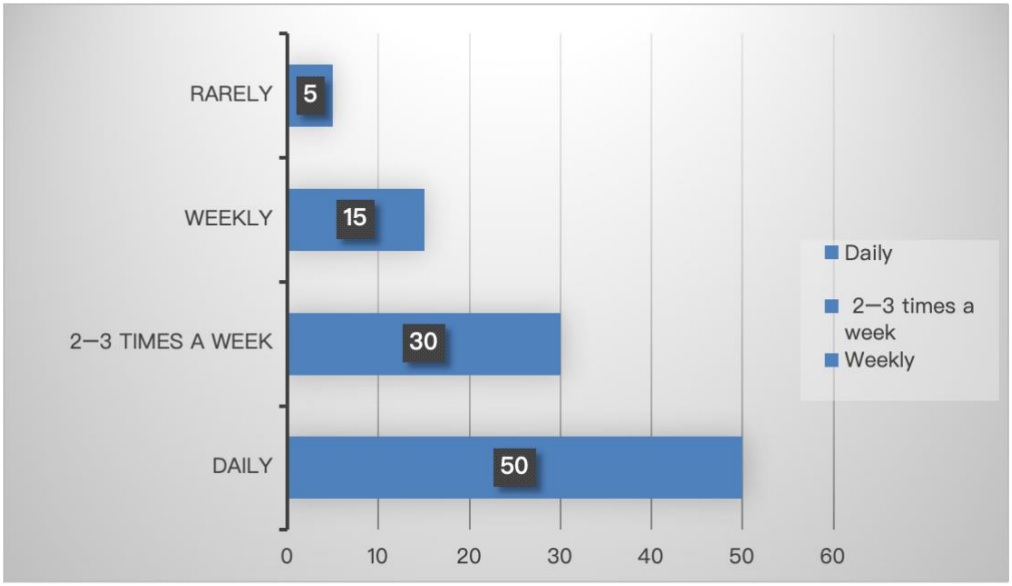


Figure 4

The survey sought feedback from 100 users of recreational space across age groups, to gain insight into how often they are using these areas. The data shows the following trends: Daily Usage: 50% of respondents go to recreational spaces every day. This suggests a high need and/or preference for these areas in their daily activities, which means the area should be of a critical importance in their lifestyle, health, or leisure activities.

2–3 Times a Week: 30% of users visit such places 2–3 times a week. This is the second highest group and is an indication of a regular (but not daily) use of recreational spaces. Once a week, 15% of the participants visit. This lower percentage may be due to limited time, less recreation needs or fewer suitable facilities. Few users (5%) seldom use recreational areas. This minority may include people who have mobility difficulties, lack interest, or time or location restrictions.

Interpretation

The findings clearly indicate the need for an accessible, well-maintained and engaging recreational environment in urban planning and well being of the community, as 80% of users are frequenting 2-3 times a week or every day at recreational spaces. The small number of rare users may need to be further explored to uncover barriers and enhance inclusiveness.

How important are recreational spaces for you?

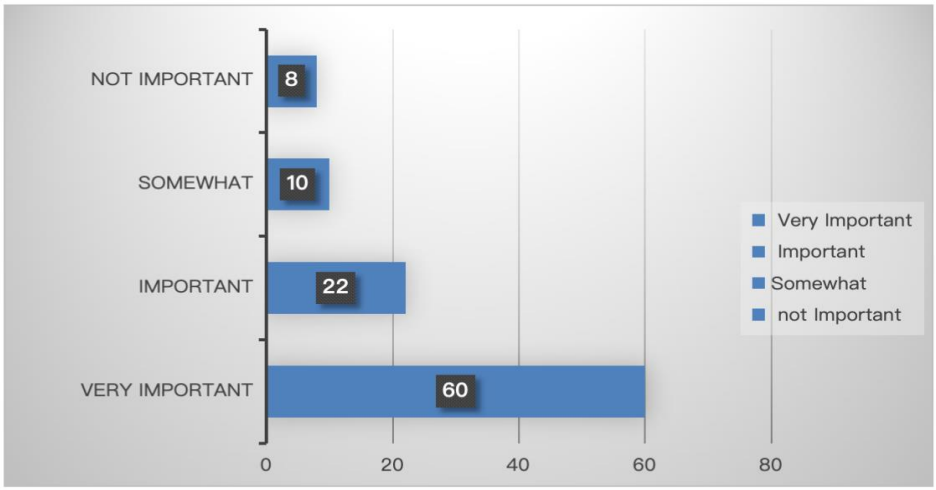


Figure 5

A survey was conducted with 100 persons, asking them to rate the importance of recreational spaces. The results are as follows: Very Important: 60% of participants rate the recreational space a very important. This majority is indicative of a high level of consciousness about the mental, physical, and social advantages of recreation areas. Important: 22% feel that these spaces are important, but not necessarily to their daily routine. This is in addition to the previous group, which adds to 82% who see some meaning in recreation areas. Somewhat Important: 10% of users are neither strongly nor weakly affected. This may be due to underuse in personal life and/or unclear knowledge of long-term value of recreational space. Not Important: 8% do not find recreational spaces important, possibly due to lack of access, awareness, or due to other lifestyle needs.

Interpretation: The results are very clear on the importance of having a good recreation environment, which is accessible and has a good maintenance, and is engaging in the planning and well being of the community, as 80% of the users are frequenting 2-3 times a week or every day, at a good recreation space. The small number of rare users may need to be further explored to uncover barriersand enhance inclusiveness.

Do you think Karachi has enough accessible and sustainable recreational spaces?

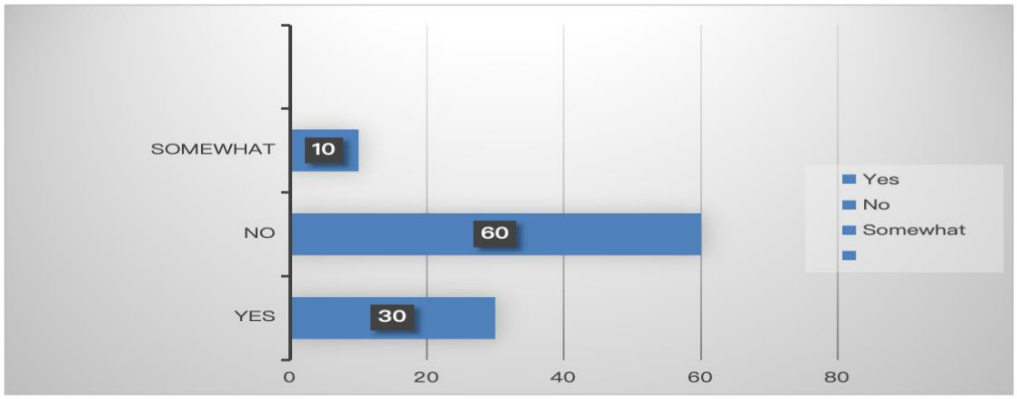


Figure 6

It was asked from the participants if there was enough available and sustainable recreational spaces in Karachi. The answers to these were:

Number 60% feel that there is a lack of accessible, sustainable, recreational spaces in Karachi. This majority shows that there is an urgent need to enhance recreational planning and equitable distribution, as well as a critical deficiency in urban infrastructure. Yes: 30% agree that such areas do exist in Karachi, but not everywhere or always, recreational areas are in operation. Somewhat: 10% answered that they were unsure if they did or did not experience some amount of satisfaction, but depending on their location and socioeconomic status this could mean various amounts of satisfaction.

Interpretation

The results indicate that most users (82%) have a greater or less awareness of the need for recreational areas. This is in line with the previous results with high frequency of use. Neutral/dismissive (18%) minority may mean lack of awareness, lack of access, or lack of inclusiveness. The indication of a possible policy or educational target. Is there an adequate number of recreational space that are accessible and sustainable in Karachi?

This data indicates that there is a troubling sentiment that most of the population (60%) is not getting what they need – easy, sustainable recreational opportunities. Although these areas are known and very common in use, the infrastructure of these areas in Karachi seems to be unable to cater for public requirements. It is the responsibility of urban planners and local government officials to consider these issues and ensure that future planning and development takes into account access, maintenance, and sustainability in an equitable manner.

What are some issues you have in reaching recreational space?

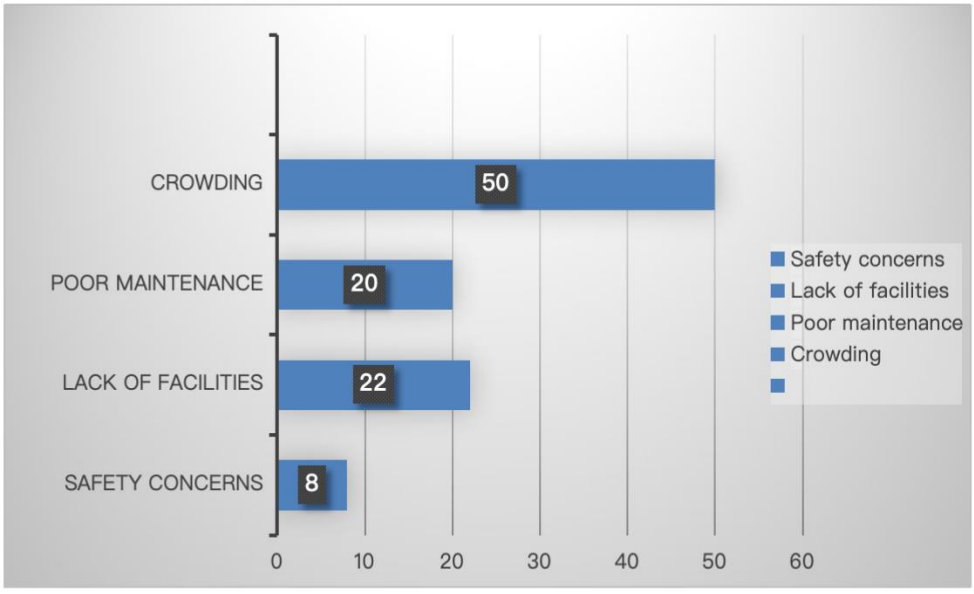


Figure 7

The survey results reflect which features are most desirable to respondents for recreational areas, with 44% stating their preference for sports and fitness areas. This is indicative of an increasing focus on health and physical activity, meaning that the use of multi-purpose sports facilities such as multipurpose courts, jogging tracks, and outdoor gyms could greatly improve the attractiveness and functionality of these areas.

Also, 30% of the respondents identified seating areas and resting spaces as priorities, highlighting the importance of providing comfortable and shaded seating areas to suit the needs of various users, such as older people or carers. High awareness of the need for greenery and trees (16%) reflects wider environmental and mental health concerns and the need for natural features in the built environment. A smaller, but significant portion (10%) called for the creation of cultural activity areas, such as venues for cultural performances, art exhibits, or community gatherings, to promote social connections and cultural participation.

These findings indicated a combination of active (sports/fitness), passive (seating and/or vegetation), and culture elements would best address community needs. The study includes the potential to correlate these preferences with urban landscape planning approaches, such as incorporating green infrastructure or designing multifunctional spaces, that can call for a more inclusive and sustainable design of recreational facilities.

What design features would you like to see more in recreational spaces?

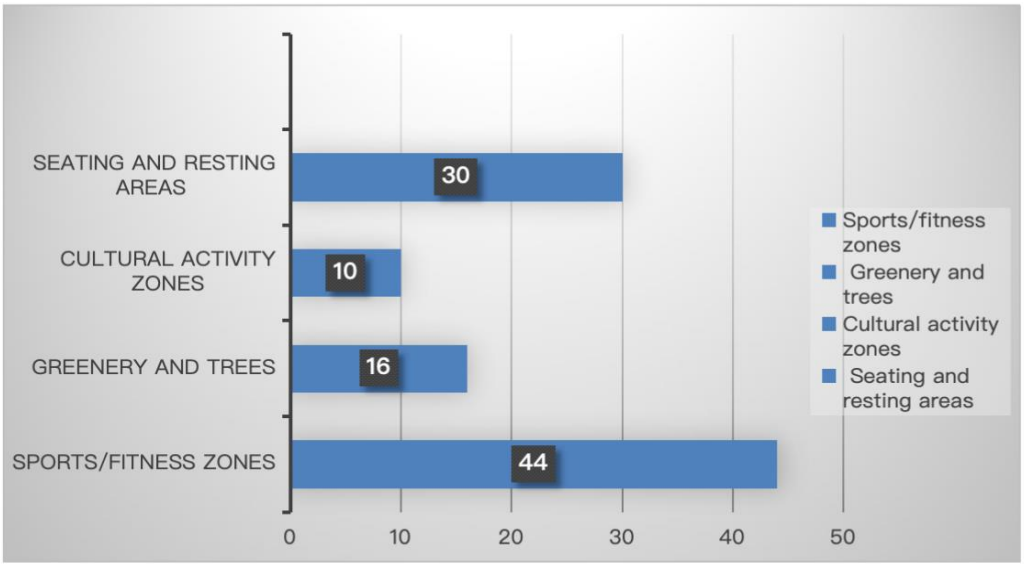


Figure 8

Sport and fitness areas are the most preferred design features of recreational spaces as 44% of respondents indicated, the survey data shows. The trend is toward a focus on health and physical activity, where the addition of multi-purpose sports facilities (such as multipurpose courts, jogging paths, outdoor gyms, etc.) may greatly improve the value and desirability of these areas.

In addition, 30% of respondents identified seating and resting areas as a priority, indicating the importance of comfortable, shaded seating areas for various users, including those with special needs such as elderly people and caregivers. The demand for greenery and trees (16%) is consistent with other trends related to the environment and mental health, highlighting the importance of incorporating more greenery and trees into urban design. A smaller group (10%) supported cultural activity zones, such as areas dedicated to cultural displays, performances or community gatherings, which would help create a sense of cultural and social unity.

These insights suggest that a balanced approach that combining active (sports/fitness), passive (seating or greenery), and cultural features it would best meet community needs. The research to consider is the association of these preferences with urban landscape planning strategies, e.g., multifunctional space, green infrastructure, which advocate for more inclusive and sustainable recreational urban design.

Discussion

The Disconnect-Reconnect Sphere project is a successful example of sustainable and climate responsive design, which makes an urban recreational space a multifunctional area, covering physical, mental and social health. Results from the surveys indicate that 80% of the respondents are using the recreational spaces regularly, and 60% find them very important, emphasizing the importance of user-eccentric design in terms of using the space for recreational activities. But 60% also stated that there is a lack of adequate accessible and sustainable recreational spaces in Karachi which indicates an issue of urban planning.

Some challenges have been identified that require the adaptive design strategies: poor maintenance (20%), need for good maintenance (50%) and lack of facilities (22%). Shaded pathways, native greenery and permeable paving directly address the heat and flooding challenges in Karachi, while sports zones (44% demand) and seating areas (30%) meet community needs for both active and passive recreation.

The project's sustainable elements, such as the thermal mass materials and the rainwater harvesting systems, contribute to its resilience in the face of climate change, while also providing a blueprint for other dry and urban environments. Cultural and social spaces (10% demand) also continues to emphasize the need to promote community identity and community through design.

The Disconnect-Reconnect Sphere project offers a variety of benefits that can help to tackle some of the most pressing issues in Karachi today. The design also includes fitness zones and areas for rest and relaxation, which help to reduce physical and mental fatigue caused by the fast-paced lifestyle in urban areas. The project also has a number of environmental benefits, with its climate adaptive materials and innovative water management systems setting new standards for sustainable urban design, which shows how the environment can be successfully integrated into public spaces. In addition to its health and ecological values, the project builds essential social ties by organizing the public space with the aim of providing very inclusive public areas, which will help to overcome the isolation and lack of community cohesion in Karachi, and add to its daily life.The project not only addresses individual well being and environmental benefits but also contributes to building social bonds by carefully designed communal areas and cultural zones, meeting the need for inclusive public spaces in Karachi to combat urban isolation and improve community bonds. The comprehensive approach provided a recreational space for supporting personal well being, environmental sustainability and social cohesion – three pillars of sustainable urban development.

Conclusion

The Disconnect-Reconnect Sphere project has conclusively demonstrated that well designed recreational spaces can be a catalysts for urban change in dense cities such as Karachi. The strategic combinations time-tested vernacular methods like passive cooling methods with locally available materials,shade,structure etc. The project effectively tackles several urban by implementing some of the most modern sustainable technologies, such as smart irrigation systems and permeable paving. The project is specially noticeable on its to address critical environmental Issues of Karachi, while also community's recreational demands,thus creating an ecological model couple with social life.

The Key findings of the implementation shows that user-eccentric amenities such as very popular sports infrastructure (44% respondents of the survey), full shaded seating areas (30%), and plenty of green spaces (16%) are directly related to the high use public space and public engagement. This has been especially successful in the hot and arid conditions of Karachi, with the use of drought tolerant native plant lowering ambient temperatures by 4-6°C conserving water resources.

The results important policy implications and highlight importance of creating a practice maintaining these of ensuring that all neighbourhood have the same distributions of these facilities and of formalize community Involvement the planning process. Implementing the project's core concepts expanded green infrastructure networks in undeserved areas, use of digital tools for real-time project management and user feedback, and support for regulatory reforms that consider quality recreational spaces as a necessary urban infrastructure component, rather than discretionary recreational Amenity constitute its core concepts and merits for expansions.

The projects core components, merits and the future expansions include green infrastructure networks in undeserved areas, use of digital tools for monitoring of real time user feed back and support for regulatory reform that considerations quality recreational spaces As a necessary urban infrastructure component rather a discretionary amenity.

In conclusion, this case of study provides a strong case for multifunctional recreational spaces and public health issues that are a major concerns in rapidly urbanizing places such as Karachi, if they are planned for both ecological sensitivity and community needs. The disconnect reconnect sphere is therefore a replaceable blue print for establishing places of well being in ever more crowded and climate susceptible cities, illustrating the importance of such interventions to sustainable urban development.

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