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## HEALTHY HOMES

Discover the future of residential living in Bangalore, where homes are sanctuaries nurturing holistic well-being and vibrant communities. Page 11



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City's equestrian clubs are booming, inviting enthusiasts to blend their passion for riding with a lifestyle that embraces fitness, discipline & bonding. Page 3



## THE CONSTITUTION DEBATE

Constitutional values take centre stage in Parliament, driving both Opposition and ruling parties to reassess their strategies and rhetoric. Page 6



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# GOLDEN AMBITIONS

Amidst Olympic fever, city's swimming stars Dhinidhi Desinghu and Srihari Nataraj reveal their aspirations and reflect on their journey to the Paris Games

COVER STORY by SHIVANI VENUGOPAL

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PARIS 2024

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Bindu Gopal Rao

Step into the future of residential living in Bangalore, where homes are no longer just spaces to dwell but sanctuaries for holistic well-being. The city's real estate landscape is evolving, driven by a surge in demand for wellness-centric living environments. Developers are leading this transformative shift by integrating expansive green spaces, wellness centres, meditation zones, and state-of-the-art fitness amenities into residential complexes.

Today's discerning home-buyers seek more than mere shelter; they prioritise a balanced lifestyle that nurtures physical, mental, and social wellness. According to Anarock, 72% of buyers now consider wellness amenities crucial in their purchasing decisions, signaling a significant shift in consumer preferences. This trend is further underscored by a 15-20% increase in demand for properties with wellness features, as reported by ones Lang LaSalle Incorporated (JLL), a UK-based global real estate services company, post-pandemic.

The global wellness real estate market is also on the rise, projected to reach \$197 billion by 2025. This growth reflects a growing awareness and investment in spaces that promote well-being and community cohesion. In Bangalore, this demand is reshaping residential developments, fostering vibrant communities and sustainable living solutions.

As developers and buyers alike embrace this holistic living trend, Bangalore stands at the forefront of a new era in residential real estate, where homes are designed not just for living, but for thriving.

**Be well**

A home is more than just bricks and mortar; it is a sanctuary that shapes your physical, mental, and emotional well-being. Developers are demonstrating a crucial understanding of mind-body harmony by integrating plans that enhance overall well-being. Yoga studios and meditation spaces are being constructed to offer a serene retreat from the hectic pace of daily life.

Sarveshaa SB, Chairman & MD of Bhadra Group, emphasises this holistic approach, "Imagine starting your day with a rejuvenating yoga session in a dedicated studio, followed by an energising workout in a state-of-the-art gym. Seeking a moment of tranquility. Thoughtfully designed meditation spaces offer a haven of peace. Add to that an organic garden, providing access to fresh, healthy produce and reconnecting residents with nature. Today's designs prioritise ample natural light and verdant green spaces throughout the community, creating a serene atmosphere that promotes relaxation, reduces stress, and fosters connection with the outdoors."

The design process now places people's needs, experiences, and aspirations at its core, ensuring both functionality and aesthetic appeal. This approach nurtures a



built environments, has become particularly attractive. All of these elements contribute to fostering a sense of community and belonging among residents who appreciate a holistic approach to living," adds Sastri.

**Fostering communities**

Shared spaces, community gardens, social clubs, and collaborative zones foster social interaction among residents, nurturing a sense of belonging and community. This aspect enhances the living experience and contributes to improved mental health by alleviating social isolation.

"Shared amenities promote community living, significantly increasing interactions among neighbours based on common interests and children's activities," explains Ravi Shankar Singh, Managing Director of Residential Transaction Services at Colliers India. "These condominiums also prioritise community engagement during festivities, fostering new friendships across different age groups," he says.

This emphasis on communal spaces underscores a commitment to creating vibrant residential environments that promote social cohesion and well-being among residents.

**Going green**

Sustainable and healthy design is increasingly integral to modern real estate developments. Research indicates that buyers are willing to invest more in properties that prioritise sustainability.

"Sustainable features such as energy-efficient design, eco-friendly materials, water conservation systems, and green spaces not only reduce environmental impact but also enhance the well-being of residents," explains Rakesh Setia, President of Sales & Marketing at Rustomjee Group. "Communities designed with sustainability at their core deepen the connection with nature and promote healthier living, thereby enhancing the appeal of these properties," he adds.

"In light of current trends, the integration of wellness amenities emerges as a crucial consideration for potential homebuyers," adds Mayank Raut, Founder and CEO of MAA Estates. "Acresidential spaces evolve beyond their traditional roles to become sanctuaries that foster well-being, it's essential for homes to offer more than just physical structures. They should create an inviting environment that nurtures both physical and mental well-being, thereby enriching the overall living experience," he notes.

When searching for a home, it's important to consider the health factor and choose a residence that supports a holistic lifestyle.

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modern home buyers across different segments of the market.

**Biophilic design**

There is a noticeable trend towards using eco-conscious materials, energy-conserving appliances, and architectural designs that maximise natural lighting and airflow in homes. Biophilic design integrates homeowners with nature in modern-built environments, satisfying the inherent desire for natural materials, vegetation, lush greenery, expansive views, and more.

"Surrounding oneself with greenery can reduce stress and anger, enhance mental health, and cultivate a deeper emotional connection with living spaces," notes Reeza Sebastian, Executive President of Residential Business at Embassy Group. "To meet the evolving demands of today's homebuyers, developers are ensuring that projects not only promote sustainability and environmental safety but also enhance residents' quality of life," he said.

This approach reflects a broader shift towards creating homes that are not just functional and aesthetically pleasing but also contribute positively to the well-being of their occupants.

"The biophilic design approach which integrates nature into



Anjana Sastri, Director, Marketing, Sterling Developers....



Dr. Prashant Thakur, Regional Director & Head - Research, ANAROCK Group



Mr. Sarveshaa, MD, BHADRA Group 2



Ravi Shankar Singh, Managing Director, Residential Transaction Services, Colliers India



Reeza Sebastian Karimpanal

sessions," notes Anjana Sastri, Director of Marketing at Sterling Developers.

**Amenities matter**

Premium homes have always been appealing for their top-notch facilities. After the Covid-19 pandemic, the concept of "premium" in real estate had evolved to prioritise family well-being and health over ostentatious displays of wealth.

"Luxury homebuyers increasingly prioritise wellness features such as yoga studios, meditation spaces, spas, fitness centres, tennis courts, and jogging paths," notes Dr. Prashant Thakur, Regional Director & Head of Research at ANAROCK Group.

"These amenities are now highly sought-after not only in luxury homes but also in more affordable mid-range housing options. The focus has shifted to wellness offerings that convey a sense of luxury rather than just flashy architecture. Recognising this trend, many reputable developers are integrating these features into their projects," he adds.

This shift underscores a broader recognition of the importance of holistic living and well-being in residential choices, shaping the expectations and preferences of

residents, making their living spaces self-sufficient and fulfilling. "Residences now feature high-end gyms equipped with advanced facilities and customised training