MESSAGE FROM DIRECTOR

In India, we celebrate National Youth Day, also known as Vivekananda Jayanti, on 12 January every year to commemorate the birthday of Swami Vivekananda. His philosophy and ideals serve as a great source of inspiration for the Indian youth.

Youth is the backbone and driving force of our cities. As per the latest report by the Ministry of Health and Family Affairs, Government of India, 27.2 per cent of India's population is youth aged 15 to 29 years (2011). India's working-age population was 60.7% in 2011 and is expected to increase to 64.9% by 2036. This means that India will have one of the world's largest workforces. This underscores the pivotal role of youths not just as leaders of tomorrow, but change-makers of today. However, despite constituting a significant percentage of the urban population, youth voices often go unheard in decisions regarding the planning, growth, and development of their cities. We must provide more opportunities to harness their creativity, energy, and insights through constructive participation.

The nexus between the youth, cities, and NIUA holds immense significance in shaping the urban landscapes of India's future. Ignited by the "Youth-led Vikasit Bharat vision" of our Prime Minister, we at NIUA have initiated a Urban Youth Unit to encourage and empower youth. The energy, innovation, and aspirations of our youth are the driving forces that propel our cities forward. At NIUA, we recognize this intrinsic connection and strive to create spaces where the dreams of our youth seamlessly integrate into the fabric of urban development. From Last few Year NIUA has been involved in the initiative like Prajatantra, SAAR, Student Thesis Competition, smart city fellowship etc. to bring our Youth in forefront and provide them platform to achieve the heights.

As we celebrate National Youth Day at NIUA, we ensure to continue our focused approach to nurture the you-led and youth-centric urban development through NIUA's core action research. While you as young flag bearers of Fuure Urban India, your dreams, your ideas, and your enthusiasm are the building blocks of a "Vikasit Bharat". Together, let's pave the way for cities that not only thrive but also reflect the vibrant spirit of our youth. Happy National Youth Day, and here's to a future filled with endless possibilities!

Dr. Debolina Kundu
Director (AC)
National Institute of Urban Affairs
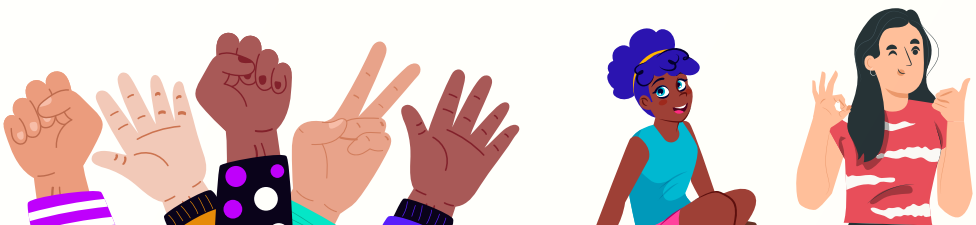
MENTOR

Dr. Debolina Kundu, Director (AC), NIUA

TEAM

Lovlesh Sharma, Head, Urban Youth Unit, NIUA
Himani Verma, Manager, Urban Youth Unit, NIUA
Taranum Muzaffar, Intern, NIUA
Rudraksha Rishi Mitra, Intern, Urban Youth Unit

WINNERS

Blog Competition
First Prize   :   Maansi Sood, Faculty of Management, CEPT University
Second Prize :   Vagisha Gupta, Fergusson College, Pune
Third Prize   :   Denita Magdalene. D, CEPT University

Poster Competition
First Prize   :   Sharmin Shafeek, Architect and Urban Planner
Second Prize :   Khushi Jain, Institute of Design, Planning and Technology, Sarvajanik University
Third Prize   :   Shreshtha Sachdeva, Malaviya National Institute of Technology, Jaipur

National Institute of Urban Affairs

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MESSAGE

Youth, that vibrant phase of life, is like the morning sun – full of energy, dreams, and possibilities. This is a phase when individuals explore, learn, question, and dream, setting the stage for the future.

India, with its diverse and youthful population, boasts one of the largest youth demographics globally. So being the most energetic and innovative population of the country I would say, Your dreams really, truly matter!

As you flip through the pages of this cool coffee table book, don't just see it as a bunch of pictures and words. Think of it as an awesome invitation – an invitation to be a superhero in shaping your city's future.

Your passion for safe neighborhoods, walkable and cyclable cities, connections to rivers and water bodies, and the vision of smart wellness societies is the driving force has come up very well through your submission to transform urban landscapes.

"My DreamCity" is a call to recognize the immense potential that resides within our youth. I urge to actively involve them in the planning and development processes. Seek their input, value their perspectives, and empower them to be co-creators of the urban spaces they inhabit.

I encourage everyone to take this book not as a conclusion but as a call to action. Let it serve as an inspiration to involve ourselves more deeply in the development of our cities. These creativity, ideas, and energy are the driving force behind transformative change. Together, let's continue to build cities that reflect the dreams and aspirations of the very individuals who call them home.

I express my gratitude to Dr. Debolina Kundu, the Director of NIUA, for her invaluable support and guidance throughout this initiative. Her encouragement has been instrumental in steering us toward the development of a robust research product. I appreciate my team for crafting this exquisite product, with special acknowledgment to Himani Verma. She not only initiated this concept but also consistently dedicated herself to its realization.

Lovlesh Sharma
Head, Urban Youth Unit
National Institute of Urban Affairs

Introduction

Welcome to "My DreamCity: A Youth Vision."

This book is not just a collection of pages; it's a vibrant canvas reflecting the dreams, aspirations, and innovative perspectives of our dynamic youth, aged 15 to 30. In this initiative, we embark on a journey to tap into the creativity, passion, and unique insights of the younger generation, exploring how they envision a youth-sensitive neighborhood and city.

Our approach is unconventional, as we believe that the dreams of tomorrow are best expressed through the diverse mediums of blogs, and visually captivating posters. This initiative is not just about envisioning the future; it's about channeling the imaginative force of the youth to influence the design and planning of cities, creating liveable spaces that resonate with their aspirations and values.

The core challenge lies in harnessing the boundless energy and creativity of the youth to shape resilient urban landscapes for the generations to come. As we delve into the submissions, each entry becomes a beacon, guiding us towards a city that not only meets the needs of its residents but also thrives on the youthful spirit of innovation.

This book is the result of competition run by the NIUA with YuWaah, UNICEF to capture the vision of the youth. Following themes serve as the pillars upon which this vision is built.

• Safe Neighbourhoods,
• Walkable & Cyclable Cities,
• My Connect to the River and Waterbodies,
• Smart Wellness Societies

Participants are encouraged to submit their entries, each contributing a unique perspective to these themes, ultimately forming a mosaic of ideas that will shape the future of our cities.

This book carefully curates the top 10 blogs and top 10 posters from the myriad entries we received through our spirited competition. Each piece stands as a testament to the diverse voices of the youth, reflecting their dreams and aspirations for a vibrant and liveable city.

Beyond a mere collection, this book goes a step further. We've meticulously extracted the major outcomes and recommendations embedded in these submissions, weaving together a narrative that unveils the essence of what the youth truly envision for their urban spaces. As you peruse these pages, you'll find a synthesis of ideas, dreams, and solutions, each entry contributing to the rich tapestry of a city shaped by the very people who inhabit it.

Join us on this journey through the top blogs and posters, where every word and image encapsulates the spirit of a generation eager to redefine and reshape the urban landscapes of tomorrow.

"**My DreamCity:** A Youth Vision" is not just a book to be read; it's an invitation to immerse yourself in the vibrant tapestry of youth-driven dreams that hold the power to transform cities into thriving, resilient hubs of creativity and innovation.

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■ *MAANSI SOOD*

Student of Faculty of Management, CEPT University

Walking the Change: Narratives of Urban Transformation in Indian Cities

Maansi Envisions

The foundation of this urban landscape rests upon the collective sentiments of its inhabitants, who consider the city not just a geographical location but an emotional anchor. Their ownership of the city is reflected in the tapestry of emotions that they contribute, and it is through this shared emotional investment that the city becomes a truly vibrant and beautiful entity. Picture a city where the laughter of children echoes through the streets, as they indulge in their joyful naughtiness without constraints. Envision a haven for women, where they can traverse the city's paths with a sense of security, knowing they will safely return home to care for their families. Consider a space where the elderly can step outside freely, meeting friends without hesitation, and relishing the neighborhood adorned with lush greenery. Imagine a platform for the young, where they can freely express their thoughts and voices, contributing to the global dialogue. This outcome-oriented approach envisions a city not just as a physical entity, but as a living, breathing organism thriving on the emotional investments of its diverse and dynamic inhabitants.

RECOMMENDATIONS

1. City should be equipped with sensors and cameras, these lights ensure well-lit streets and provide real-time monitoring.
2. Streets are adorned with inviting benches and resting spots,
3. There should be space for community gathering on the streets.

Asilent revolution is happening in the heart of India. It is not a far-off utopia; it is within our reach. Progressive Indian cities, like Pune and Chandigarh, are taking bold steps to transform the city into a walkable and cycle-friendly paradise. These cities understand the many benefits of this change and stand as trailblazers in redefining the concept of urban living. As we enter our dream city where these changes have already begun to take shape, let's take a journey through Arjun's, Meera's, Mr. Kapoor's, and Ravi's stories paint a vivid picture of an urban world where walking and cycling are not just ways to get around, but an integral part of a vibrant and connected community.

Let's meet Arjun, the joyous child whose laughter can be heard through the shade-drapedstreets of our dream town. His childhood is like a canvas of hues of color, as his bike wheels whirr in tune with the rhythm of the streets around him. Arjun's bike is more than just a means of transportation; it's a magical vessel that takes him through the winding streets of his neighbourhood, and the streets aren't just roads, they're an extension of Arjun's playground—a place of discovery and adventure. Inspired by his passion for cycling, the city of our dreams has embraced innovation. Cycle-sharing programs, inspired by world-class models, give people easy access to bikes, reducing reliance on cars.

As the sun descends, Meera, a professional woman, elegantly strolls along well-illuminated streets and secure neighborhoods. In our ideal metropolis, streets serve not only as mere passageways but also as lifelines that empower women to navigate urban areas with confidence and assurance. Meera's evening promenade symbolizes the triumph of safety and independence—a testament to the metamorphosis of her community into a sanctuary where she feels protected even during nighttime.

The city's dedication to safety is evident through the implementation of community engagement initiatives. Neighbors watch out for one another, and well-maintained sidewalks transform into spaces for spontaneous conversations and shared experiences. Meera's evening walk transcends mere transportation; it becomes a moment of serenity, an opportunity for introspection, and a chance to connect with her surroundings. To further enhance safety,
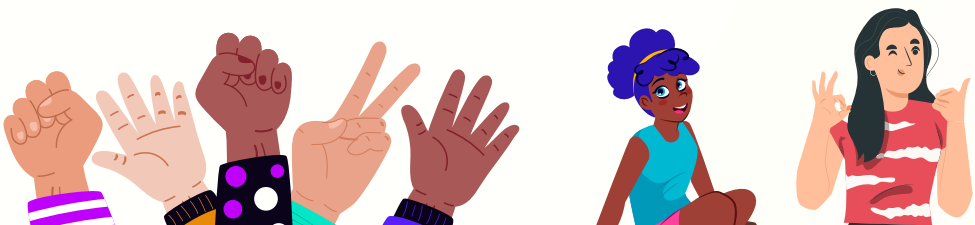
intelligent streetlights have been installed in Meera's vicinity. Equipped with sensors and cameras, these lights ensure well-lit streets and provide real-time monitoring. They automatically adjust their brightness based on pedestrian activity, offering energy-efficient solutions while bolstering safety.

In the bustling heart of our dream city, we encounter the remarkable Mr. Kapoor, a wise and seasoned gentleman whose days are painted with the colors of tranquility. Within this neighborhood, thoughtfully designed to cater to the needs of the elderly, walking is not merely a physical exercise; it is a delightful social affair. Mr. Kapoor, accompanied by his dear friends, embarks on leisurely strolls through lush green parks and serene lanes, where they exchange tales and relive treasured memories.

The transformation of Mr. Kapoor's neighborhood goes beyond mere physical enhancements; it embodies a spirit of inclusiveness. Streets are adorned with inviting benches and resting spots, allowing the elderly to navigate the city at their own pace. Parks transform into vibrant meeting grounds, where laughter harmonizes with the gentle rustling of leaves, creating an atmosphere of camaraderie and connection. Inspired by Mr. Kapoor's leisurely walks, our dream city has introduced thoughtful amenities. Public seating, tailored to the needs of the elderly and inspired by the concept of 'aging-friendly cities,' has been strategically placed along the walking paths.

These benches not only offer respite and comfort, but also serve as hubs for spontaneous conversations, chess matches, and captivating storytelling sessions—a testament to the city's unwavering dedication to nurturing a strong sense of community among its esteemed elderly residents.

Step onto the bustling streets and meet Ravi, a street performer who weaves a touch of enchantment into the urban landscape. In this city transformed, public spaces are not mere pathways, but rather stages for creativity and self-expression. Ravi's artistry, whether it's the soulful melody of his guitar or the graceful strokes of his street art, enriches the cultural tapestry of our community. The city embraces and nurtures talents like Ravi's, providing designated spaces for artistic expression. Street corners become impromptu theaters, and plazas

transform into vibrant hubs for community gatherings.

In our dream city, every resident, regardless of age, becomes an active participant in the ongoing story of urban metamorphosis. As we revel in the city's beauty, let this vision not remain confined to the realms of imagination. It's time for us, as proud residents, to take action and make our surroundings more pedestrian and cyclist-friendly. Embrace community initiatives, advocate for safer streets, and actively engage in the development of public spaces. Be the Arjun, the Meera, the Mr. Kapoor, or the Ravi in your own neighborhood, contributing to the dynamic narrative of urban evolution. Let our dream city ignite tangible change in the places we proudly call home!
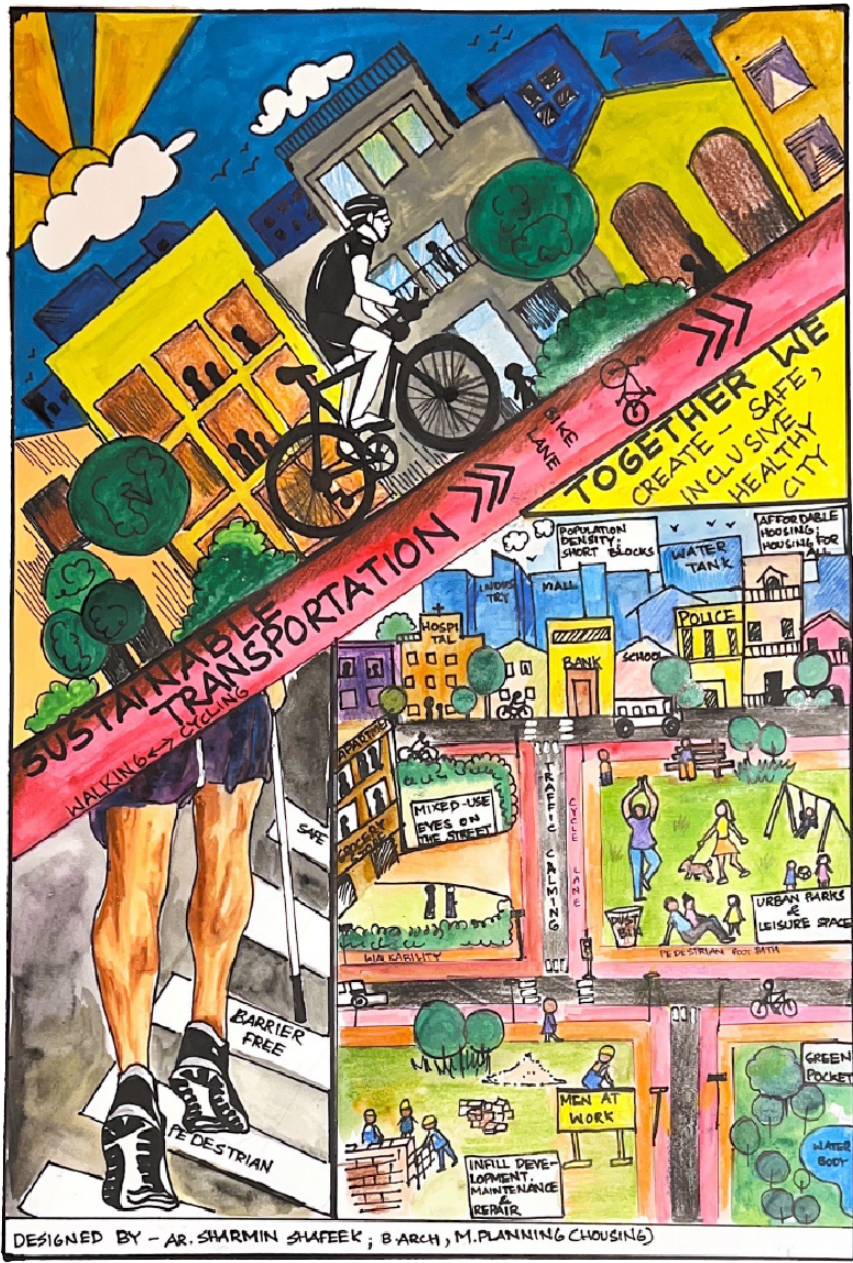
DESIGNED BY - AR. SHARMIN SHAFEEK ; B.ARCH, M.PLANNING (HOUSING)

My DreamCity

■ *SHARMIN SHAFEEK*
Student of Architect and Urban Planner

STRIDE AND RIDE- TOWARDS SAFER HEALTHIER CITIES

Discover the ideal cityscape – a harmonious blend of towering structures and lush green public spaces. In this balanced urban environment, individuals find both time and space for leisure, ensuring a seamless integration of work and relaxation. The city envisions an inclusive and resilient infrastructure, featuring pedestrian-friendly roads and designated spaces for cycling enthusiasts. Embrace a city where the coexistence of modernity and nature fosters a thriving community and promotes a sustainable lifestyle.

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■ *VAGISHA GUPTA*

Student of Fergusson College, Pune

Flowing Back: "Rediscovering Our Bond with Rivers and Water Bodies"

Vagisha Envisions

A tinge of sadness accompanies the realization that many urban dwellers miss out on such simple joys. In urban areas, rivers often succumb to neglect, transforming into polluted drains. The act of sitting by a river and unwinding becomes a distant dream. Our penchant for skyscrapers and apartments leads us to confine rivers within concrete embankments, disrupting their natural flow. This, inadvertently, heightens the risk of floods and sacrifices the biodiversity that could thrive along their banks. The artificial environment created distances us from nature, leaving a yearning for a world where such uncomplicated pleasures can be relished without concrete barriers.
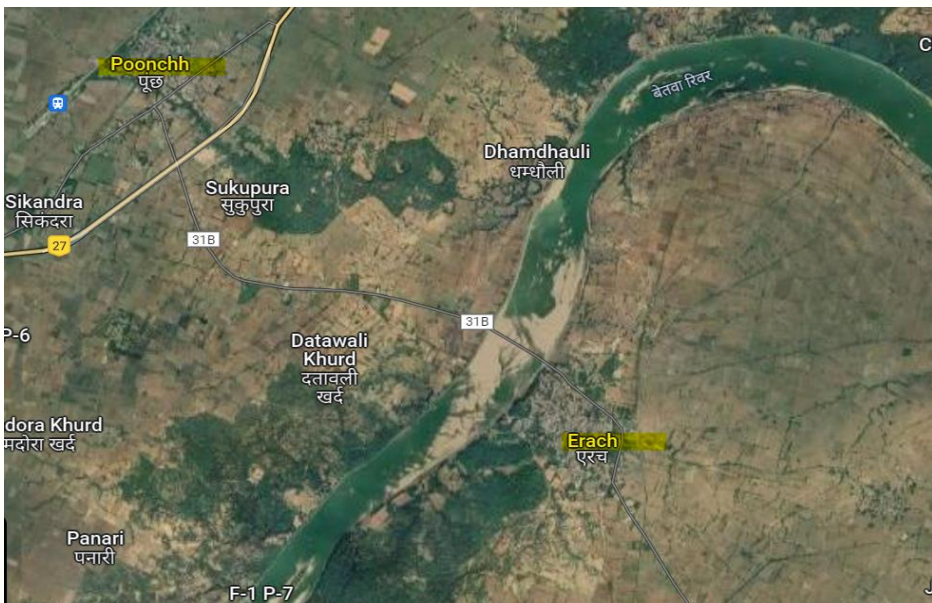
RECOMMENDATIONS

1. Replace concrete embankments with plantation.
2. Involve locals actively, imagine giving responsibility to local schools in these areas. With kids involved, parents would naturally become cooperative, fostering awareness and active involvement.
3. Schemes, and initiatives should be designed to raise water levels so that we have enough.
4. Studies should aim to extract more and more resources from water bodies.
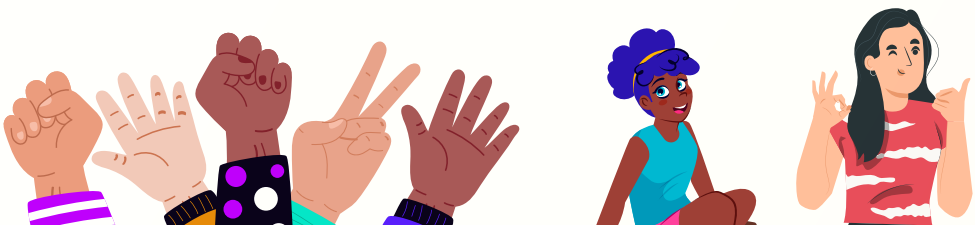
I recall visiting my grandmother's house in Poonchh, a village in Uttar Pradesh, during Diwali vacations. The entire village, including my cousins and me, embraced a post-Diwali tradition –a joyful bath in the nearby Betwa Nadi. Imagine the excitement as we all piled into our neighbour's truck for the adventure to the river. Playing in the water, attempting to catch fish, and enjoying Diwali snacks by the riverbank made these moments unforgettable.

The day would end with cherished memories and the anticipation of Govardhan pooja, complete with hot kadhi and roti.
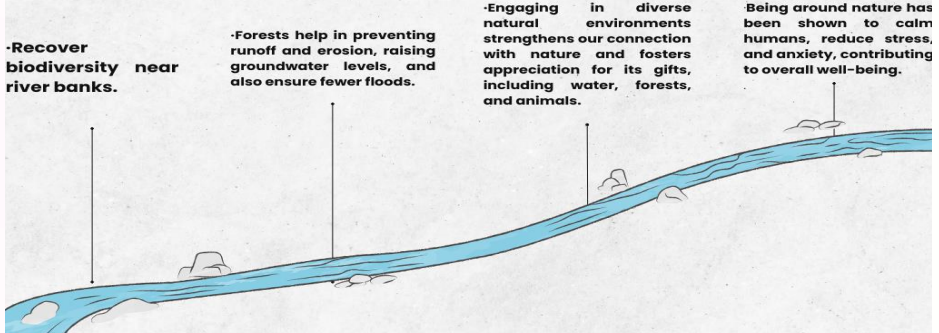
The bliss of these experiences surpasses the allure of endless reels or splurging on Zara clothes. Yet, my heart sinks at the realization that many city friends miss out on such joys. As in urban areas, rivers are often neglected, turning into filthy drains. The luxury of sitting by the river and unwinding remains a distant dream.

The course of Betwa River through part of Uttar Pradesh near Poonchh

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What this would do is

·Recover biodiversity near river banks.

·Forests help in preventing runoff and erosion, raising groundwater levels, and also ensure fewer floods.

·Engaging in diverse natural environments strengthens our connection with nature and fosters appreciation for its gifts, including water, forests, and animals.

·Being around nature has been shown to calm humans, reduce stress, and anxiety, contributing to overall well-being.

Our love for skyscrapers and apartments forces us to encase rivers in concrete embankments, disrupting their natural meandering flow.

By constraining the river, we inadvertently increase the risk of floods. When heavy rains or other factors like land use change by human activities or glacial melt increase the water flow, the river, confined by these embankments, is more likely to overflow and flood its surroundings. The rich biodiversity that could have flourished along their banks is also sacrificed. The concrete structures and restricted flow create an artificial environment, distancing us from nature. I can't help but yearn for a world where such simple joys can be relieved – a world where concrete doesn't replace the flow of nature.

This inspired me to come up with an idea where we had a rule to create forest stretches in place of concrete embankments. The area for stretches could be defined based on considerations such as the river's catchment area and meandering course dimensions.

Now many states in India already have clear Development Control Rules that prohibit construction within a specified distance from any water body. But let's be real, the implementation is a bit fuzzy.

So, to make this system work efficiently and involve locals actively, imagine giving responsibility to local schools in these areas. They could decide on activities to teach kids and locals about the importance of these forest stretches, conduct plantations, and ensure their protection. With kids involved, parents would naturally become cooperative, fostering awareness and active involvement.

Embracing Natural approaches, such as forest stretches mentioned earlier, results in sustainable and long-lasting outcomes, and India, with its rich heritage, has exemplified this water management from the very beginning through the Ranisar tank in Jodhpur, Kundi, or Kunds in the Thar desert, Ladakh's canals, zings, and several such traditional structures.

Let's even take one of the oldest sacred texts of ancient Indian culture Rigveda, which states - 'I call the Waters, Goddesses, wherein our cattle quench their thirst; Oblations to the streams be given.' These show how we've lived in harmony with nature and acknowledged its dual significance - both as a practical resource for sustaining life (for cattle here) and as a sacred, divine force deserving of ritualistic respect and offerings.

With belief systems as robust as these and science offering clarity right from the start, the question that naturally arises is- where

Forest stretches along the stream

did we go astray? How did we disconnect from our rivers and water bodies? Why have the age-old rituals, once deeply ingrained in my village, fallen by the wayside?
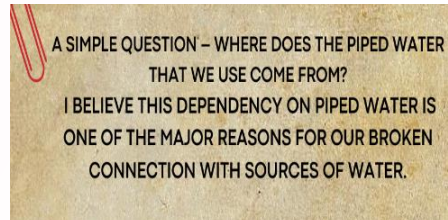
Perhaps we've adopted a perspective that is too inflexible, a human-centered view. We tend to only see how nature can benefit us, often at the expense of other living beings or the ecosystem.

Our deeds like:
- The construction of embankments to facilitate building apartments and factory construction by narrowing river pathways.
- Schemes, and initiatives to raise water levels so that we have enough. (where enough has no limits)
- Studies aiming to extract more and more resources from water bodies.

All seem to point to the former mentioned anthropocentric nature of humans contributing to the loss of connection.

We hail from a country where clay pots filled with water are kept on the road for anyone who may be thirsty. Not just for humans but we keep water even for birds and animals. It is time we realize our sacred relationship with water and value it.


A SIMPLE QUESTION – WHERE DOES THE PIPED WATER THAT WE USE COME FROM?
I BELIEVE THIS DEPENDENCY ON PIPED WATER IS ONE OF THE MAJOR REASONS FOR OUR BROKEN CONNECTION WITH SOURCES OF WATER.

Reviving the lost connection

I find encouragement in the example of communities like Halma of Jhabua region in central India where villagers come together once every week to create 30,000 trenches on Hathipawa hill to collect rainwater that otherwise was getting lost. These endeavours, achieved with minimal cost and strong community involvement, not only store and channelize water but also enhance regional biodiversity.

Noteworthy initiatives are also being taken like the Brisbane Declaration and Global Action Agenda on Environmental Flows (2018), paving the way for a better understanding of how rivers, ecosystems, and society coexist.

It ensures the health of both nature and people. This aligns perfectly with the United Nations' 2030 plan, urging us to use water and nature wisely. Deciding what to retain or reintroduce in changed water systems is a crucial aspect of managing environmental
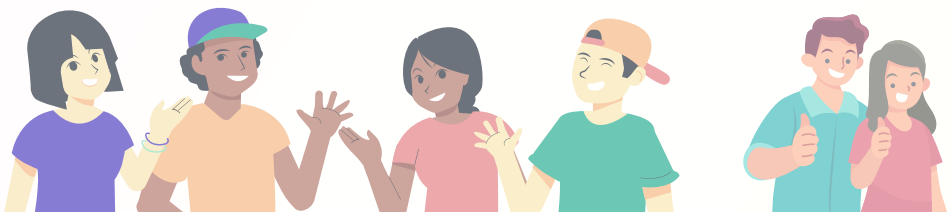
flows and, most importantly, reconnecting with water that we've lost along the way.

Let us unite in scaling up such initiatives and schemes that revive our connections with water bodies, drawing sustainable inspiration from the practices of our ancestors. Together we can establish a profound connection with water and nurture a sustainable future for all, including generations to come.

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My DreamCity

■ **KHUSHI JAIN**
Student of Institute of Design, Planning and Technology, Sarvajanik University

PAINTING MY OWN DREAM CITYS

It's a girls who is fed up of the problems there in the city the unsafe road and no place for walking or cycling on the road the pollution of the river and the thing that they can't get the chance to walk around the river and take that feel of the river so she dreams of her own kind of city free from the problems and paints the city of her dreams. The city she wants to see and live in. Her dream city.

■ *DENITA MAGDALENE. D*

Student of CEPT University

An Equitable and Resilient City

Denita Magdalene. D Envisions

In our pursuit of urban development, we often overlook the importance of creating a city that is not just urban but also healthy and livable. Imagine a dream city where every aspect of daily life, from family bonds to eco-friendly commuting, reflects a thoughtful commitment to well-being, inclusivity, and environmental consciousness. This utopian vision emphasizes a harmonious urban lifestyle where community interactions, diverse activities in public spaces, and sustainable practices seamlessly integrate. It serves as a powerful reminder of the transformative potential in conscious city planning and the possibilities when communities unite to prioritize the quality of life for all residents. Achieving equity is the key to realizing this dream city, ensuring that every inhabitant enjoys the right to the city without discrimination, ultimately recognizing that the city we create shapes our world, demanding inclusion for true progress.
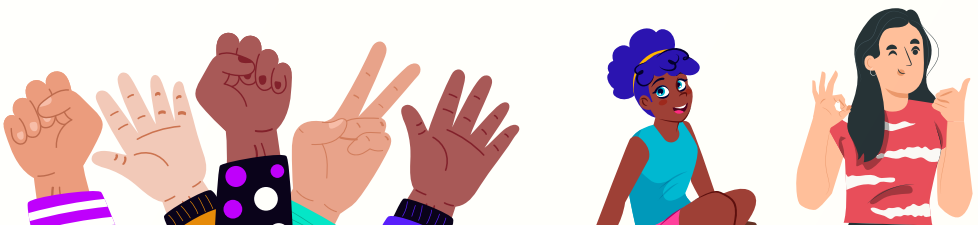
RECOMENDATIONS

1. Create resilient communities through local informal community centres where one can learn new skills taught by our neighbours and friends and put them to use by setting for our Future up small-scale businesses with our friends and earning daily.
2. Strengthen the community's physical and psychological well-being for a healthy city.
3. Signal should be designed in such a way that it's readable by all, through audio and visual signals to make it more inclusive

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Every individual has their own path in this world. Since birth, I have been moving from one city to another, which has allowed me to gain different experiences. Yet, the one thing that remains constant across all our lives is change. Change happens in different scales and its perception varies among individuals. Yet the most dangerous ones are the unpredictable changes like wars, crime, natural and artificial disasters, etc. which affect a city's urbanization, thereby affecting the cities' health and livability. Thus, there is a need for cities which reflect the principles of sustainability and resilience. This is reflective of the urban sociology of urban cities which are formed by the synergetic integration of heterogeneous communities. All of us have experienced this heterogeneity. The nostalgic feeling we get when we meet someone from our native, or the excitement we get when meeting people from different neighbourhoods and experiencing the culture while mapping out the similarities are the main factors that make urban areas. This in turn instigates a city's health and thereby, livability. But what exactly makes a city livable? To answer this in short, a healthy and livable city will provide the basic needs of individuals in different quantities and qualities. This does not make it an ideal city. My dream city is one where every inhabitant has continuous access to quality food, good health and well-being, education, clean water and sanitation, affordable and clean energy, job and economic growth, industry, innovation, infrastructure and sustainability measures, without any form of inequalities, and the city as a whole should work for climatic actions, preservation of all life forms, provide peace and justice, and all these should be done equitably. In India, we encounter different forms of urban poor, from household workers to low-income migrants and beggars. Most of us are lucky enough to experience the upside of cities, and though we acknowledge them in our encounters, we tend to neglect them during our city planning and development stages. We forget that they exist because of our cities, and are victims of the lack of equitable distribution, which makes their per capita consumption below the poverty line. If equity was achieved, my dream city would be able to provide the right to the city to every inhabitant without any form of discrimination. All of us have a dream in life which includes the way we envision our city. Harvey, D. rightly quotes Robert, P. in his book Right to the City (2008) that man's desire is to remake the world he lives in, more after his heart's desire. But, if the city is the world which man created, then he is condemned to live.

All of us strive to make a change in our cities. But this is only possible if we acknowledge our city's urban sociology. My dream city will acknowledge that we need each other to thrive. Firstly, it will ensure the formation of resilient communities that can adapt and transform to any micro or macro- scale crisis the world throws at them. This will be achieved through local informal community centres where one can learn new skills taught by our neighbours and friends and put them to use by setting up small-scale businesses with our friends and earning daily. We can also improve our physical well- being through exercise, playing and chatting. Once we strengthen our and our community's physical and psychological well-being, we can work simultaneously towards environmental resilience to improve the overall health of our dream city. The cumulative output of these local measures will equip my dream city to stabilize, recover and transform during any crisis. Once this is achieved, maintenance measures will be taken. Just imagine what these measures will do to our city. Better yet, let me explain what a day in my dream city will look like!

You get up from your comfy bed and the first thing you see is your happy and healthy family, and when you gaze out the window you see luscious greens and birds chirping. After dressing up and having freshly prepared food from your garden, you step out of your house and meet your friendly neighbours and carpool with them in your electric car to your workplace. On the way, you look at all the high-rise buildings which are well-connected to a multimodal transit hub and are decorated with greens. The street you drive in is made up of reused waste materials and is bounded by local vendors of different scales. Everything around you consumes clean energy, which has reduced carbon emissions. Suddenly you make a stop at the signal where you see a corner public park, which is universally accessible and contributes to the city's green and blue percentage. Inside, you see kids playing by experiencing the natural elements, instead of the bulky plastic play elements which we see today, and on the other side, you see the elderly, gossiping happily under a tree's shade, while a few play with their grandchildren. In front of you, pedestrians are crossing and you encounter a familiar face and greet them. But you also see differently-abled and pregnant ladies with their toddlers, crossing the road with ease. The signal itself is designed in such a way that it's readable by all, through audio and visual signals. Then you experience a smooth drive to your co-working

space and park your car in an automated parking system which uses less space and manpower. You enter your workspace and work with good physical and psychological well-being. In the evening, you carpool back and feel safe as the neighbourhood is well-lit and lively with people. Do you feel instigated now? All this can be achieved if we ensure that every individual receives access to their needs equitably and without any kind of discrimination, and the community as a whole takes necessary steps to create a resilient city, which would make our Indian cities healthy and livable.
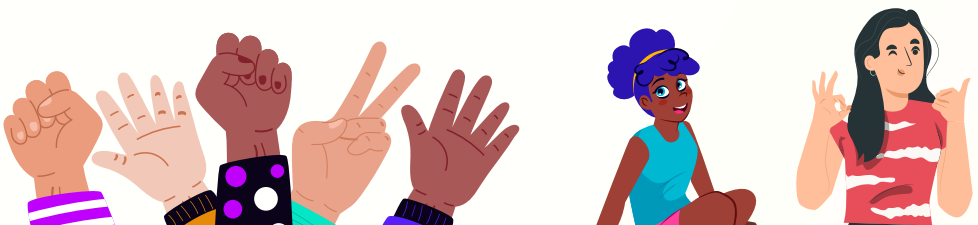
FUTURE PROOFING OUR CITY WITH PANCH TATVA

PRITHVI
- Landuse Zoning
- Skyline and aesthetics
- Green spaces
- Public Transport

Neighborhood Planning

AKASH
- Urban Design
- Renewable Energy

VAAYU
- Cycling and Walking

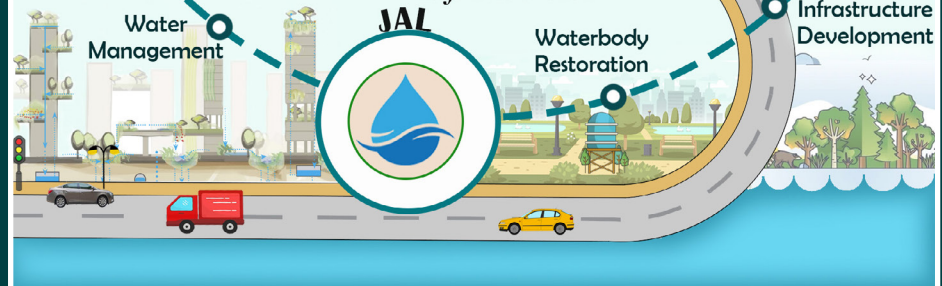Last Mile Connectivity

AGNI
- Infrastructure Development

Blue-Green Infrastructure

JAL
- Water Management
- Waterbody Restoration

■ *SHRESHTHA SACHDEVA*
Student of Malaviya National Institute of Technology, Jaipur

FUTURE PROOFING OUR CITY WITH PANCH TATVA

City planning typically revolves around various factors that contribute to the well-being and functionality of a city. Five elements of Life (Earth, Sky, Air, Water, Fire) are metaphorically associated with city planning and forms an essential part of the future cities.

- **Earth**- This can be related to landuse and development. Zoning regulations, urban development, and green spaces ensures a balanced and sustainable environment.

- **Sky**- This includes skyline, architectural design, and overall visual appeal of the city and can be associated with urban design and aesthetics.

- **Air**- It correspond to the environmental considerations. This involves air quality, pollution control, and efforts to create a healthy and sustainable atmosphere within the city.

- **Water**- "Water" symbolize the utilities and resources necessary for a city to thrive. This includes efficient water supply systems, water management practices, and water bodies restoration.

- **Fire**- This component is linked with energy and infrastructure and includes city power sources, transportation system and other essential elements that keep the city running.

URBAN
YOUTH
UNIT

■ *RAVJYOT KAUR*

Student of School of Planning and Architecture, Bhopal

The Tale of the Beas:
The Lifeline of the Himalayas

Ravjyot Kaur Envisions

The consequence of this urbanization is a substantial expansion in the size, area, number, and complexity of urban spaces, resulting in a remarkable growth of urban infrastructure. However, this expansion comes at a cost, as it continually impacts the pristine blues (rivers and water bodies) and greens (mountains and flora) that have been integral to the human connection with this ecosystem for centuries. These ecosystems, our emotional, physical, and social cradle since time immemorial, have undergone transformations that, unfortunately, lean towards adverse effects on their urban form. It is imperative that we navigate this delicate balance between development and preservation, ensuring that our actions contribute to the sustainable coexistence of urban life and the invaluable natural heritage of the Himalayas.

RECOMENDATIONS

1. Bring in local intelligentsia, architects, urban designers, planners, civil and environmental engineers to sensitively shape and reimagine the urban ecosystem and habitat of the hill towns. This eclectic mix of local and global expertise can help make the towns more resilient.
2. Journey the River Regulation Zone (RRZ) guidelines to the masses through workshops, mobile vans, and one-on-one conversations rather than just as regulations. This can help mold the urban form to be more resilient to floods.
3. Leverage local architecture, civil engineering and environmental engineering professionals to interact with locals in their native language to spread awareness about RRZ and prevention of construction near rivers. Prevention is better than cure.

The Himalayas are considered the most densely populated and most rapidly urbanizing mountain ecosystem in the world. In recent years, forces of urbanization have led to patterns where even relatively non-buildable and, until now, inaccessible areas are also getting encroached upon. These include non-buildable slopes and flood plains. Several factors are shaping these patterns- meeting the demands of the growing population, migration from nearby villages and towns, floating population of hill towns that serve as headquarters for commercial and administrative activities, and growth of tourism, among many others. This has led to a tremendous increase in the size, area, number, and complexity of the urban fabric, which has led to enormous expansion of urban infrastructure in towns. This expansion is continually impacting the blues (rivers and water bodies) and greens (mountains, flora). Humans have been emotionally, physically, and socially connected with this blue-green ecosystem since time immemorial. The cradle of our existence, these ecosystems have evolved and traversed trajectories that have shaped their Urban Form in ways that are doing more harm than good.

To better understand the aforementioned, the course of this discussion is intentionally swayed

to the case of the Beas River. This river flows through parts of Punjab and Himachal Pradesh. The Beas has indeed seen it all! It is believed to have created problems during Alexander's conquest of India; it is believed to be the site of umpteen religious congregations and celebrations and the connector for many who traversed across the same to earn their bread and butter. Post Conversations with inhabitants of Himachal, one can safely say that this river can best be defined as the lifeline and the spine of hill towns such as Mandi in Himachal Pradesh. Fast forward to the latter half of the twentieth century, and it has been widely used for irrigation purposes.

In the twenty-first century, rather unfortunate events have begun to surface. The inflow of tourists always brings along the question of whether we are fully equipped to deal with the same? Do we have systems in place to deal with these tourist flows? The 2014 drowning of 24 engineering students in the Beas at Thalout, district Mandi, was one such regrettable

and eye- opening event. We have often wronged our Beas, and we cannot deny the same. Sometimes, we tend to take our water bodies for granted. Neglect of the land-water interface has also been scary and disastrous; the same happened in 2018 when numerous fishes and aquatic organisms were found dead in the Beas. The same was attributed to the release of molasses from a sugar mill in the Gurdaspur district of Punjab. The talks of Beas are incomplete without the mention of the 2023 North India Floods, an event that is deeply embedded in the memory of the people of Himachal Pradesh, Uttarakhand, for generations and generations to come; the mighty Beas roared the loudest, flowed faster than ever. With unstoppable and heavy rains for three days, landslides coupled with flash floods, the Beas swelled and washed off settlements built close to it. With an eroded fabric, district Mandi is returning to normal, one step at a time! In introspection, we cannot deny that many human settlements have perspired in areas where the river setback is being regulated, not-so-strict implementation of the River Regulation Zone

Guidelines. T It has been over 5 months since this disaster unfolded, but the broken roads, half-cut houses as though someone

was doing a live building section study, fallen trees, and broken bridges testify to the disaster. Very little has changed, and lives here are still far from normal. Whatever we have lost- friends, family, abodes are never coming back, but there are only lessons that we need to take care of. Beas continues to be the spine of our towns and villages. Talk to the locals, and you will discover that naiveness and honesty are writ large on the faces of Mandyals (inhabitants of the Mandi district of Himachal Pradesh); few are still unaware that construction near the river is not legal.

The disturbed urban ecosystem needs attention. It can very well be rescued with utmost sensitivity by bringing in the minds of the local intelligentsia who have learned from those who practised indigenous Architectural systems that were engineered to combat the earthquakes of Seismic Zone V along with environmental engineers, civil engineers, Architects, Urban Designers and Planners from various parts of the globe! This eclectic mix of local and global can sensitively shape our habitat!

As a Mandyal who dearly loves Mandi, I cannot help but stress how the RRZ needs to journey to the masses not as a Sacro sant

regulation but by word of mouth in a one-on-one conversation! These conversations can help mould the urban form of our hill towns such that they are resilient to urban floods. This can be done through workshops and mobile vans that go into our neighbourhoods and take help from local Architecture, Civil Engineering and Environmental Engineering professionals who can interact with the locals in their native language and spread the word. After all, Prevention is always better than cure, and we cannot afford to witness another such disaster with such unpreparedness. The very urban form of our towns needs to be reimagined! We have always beautifully co-existed with our rivers, and we need to continue doing the same.
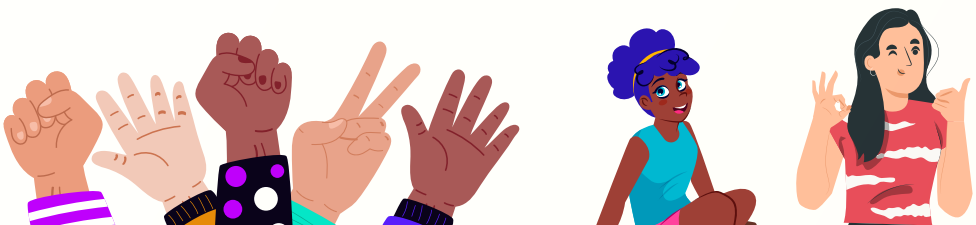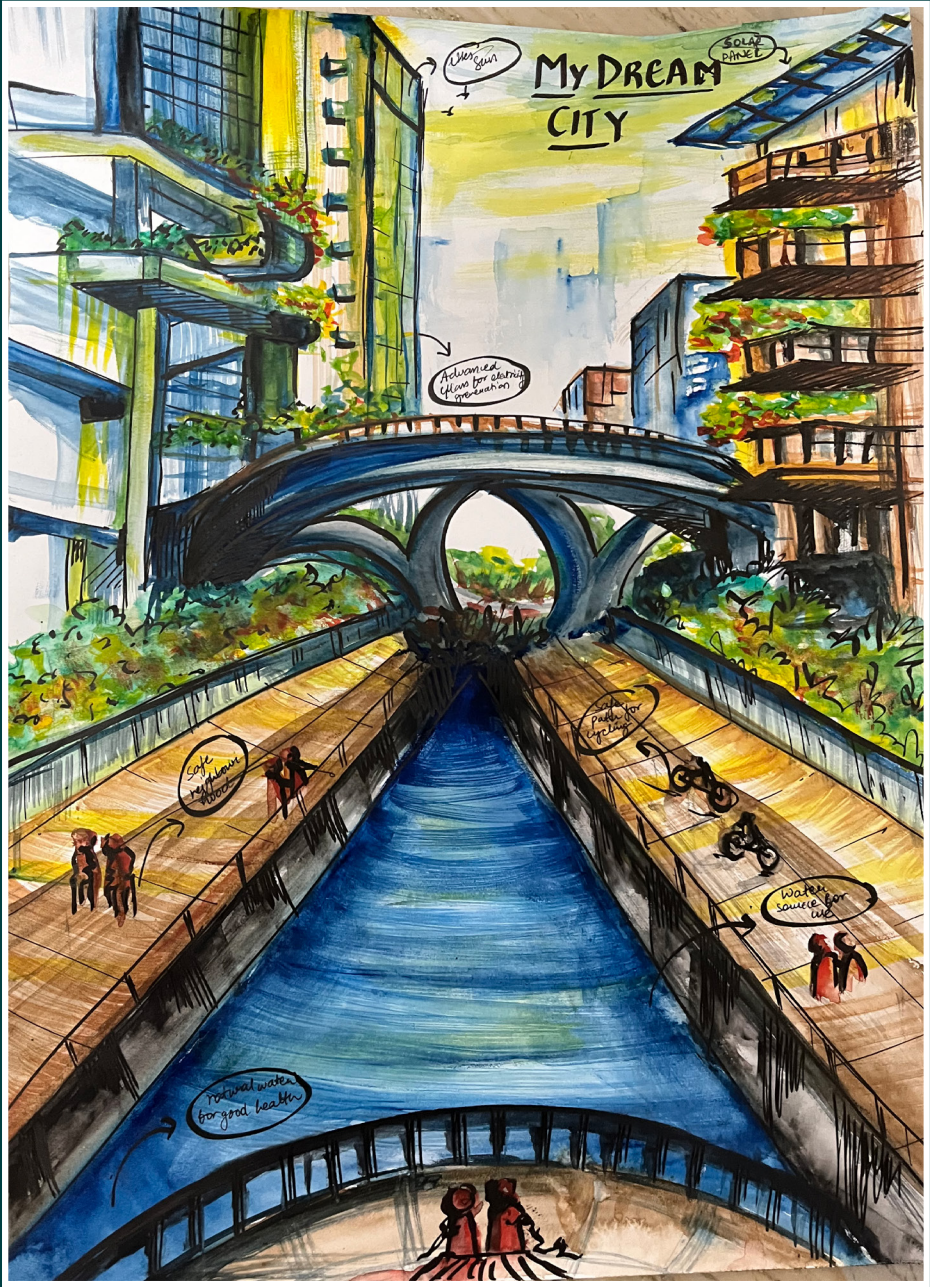
URBAN
YOUTH
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■ *TANYA GARG*
Student of IVS design school

MY DREAM CITY

The poster presents the natural source of water that is used by the local authorities for better health conditions .Use of sustainable energy to produce electricity like solar panels . walkable and cyclable space near water body for positive energy and good health that what my idea of dream city looks like .

■ *RUPALI SHRIVASTAVA*

Pedaling Forward: Envisioning Cyclable and Walkable Cities for a Sustainable Future

Rupali Shrivastava Envisions

Cyclable and Walkable Cities are not just a solution; they are a manifestation of our commitment to a better future. By embracing these concepts, we don't just transform our cities; we reshape our way of life, collectively shaping a future where sustainability is not just a goal but a reality. The outlined steps for making Cyclable and Walkable Cities, from building dedicated bike paths to creating walk-friendly streets and incorporating green spaces, offer a clear roadmap for transforming our urban landscapes. The significance of this transformation lies not just in the efficiency of transportation but in enhancing the overall quality of urban life.

RECOMENDATIONS

1. Actively participate in local urban planning discussions and advocate for development of walking paths, safe cycling lanes, parks, etc. Community engagement and advocacy for appropriate infrastructure is key.
2. Support initiatives that prioritize creation of cycling and pedestrian infrastructure, as this shapes how people interact with the urban environment.
3. Embrace sustainable transportation options like walking and cycling in your lifestyle. Small individual behavior shifts contribute to a healthier community.
4. Build dedicated cycling paths to make biking safer and more enjoyable. Also make streets more walk-friendly with smooth, clean pedestrian pathways.

Introduction

Greetings, urban enthusiasts! Picture this: a city where the hum of bicycles blends with the rhythm of footsteps, where green pathways weave through neighborhoods, inviting you to explore. This is the essence of Cyclable and Walkable Cities, a visionary concept that beckons us towards urban landscapes harmoniously designed for pedestrians and cyclists. In this discourse, we'll unravel the significance of Cyclable and Walkable Cities, explore real-life examples, and delve into practical steps to transform our urban spaces.

What are Cyclable and Walkable Cities?

At its core, Cyclable and Walkable Cities embody an urban paradigm that prioritizes pedestrians and cyclists in city planning. These cities boast well-designed cycling lanes and pedestrian pathways seamlessly integrated into the urban fabric. The aim is clear: to create an environment where walking and cycling are not just modes of transportation but integral components of a sustainable, healthy lifestyle.

In essence, Cyclable and Walkable Cities reimagine urban spaces, fostering a symbiotic relationship between human development and the natural environment. They represent a departure from conventional urban planning, reflecting a commitment to a more sustainable and people-centric future.

Why are Cyclable and Walkable Cities Important?

The importance of Cyclable and Walkable Cities extends beyond mere urban aesthetics. It is a holistic approach that bears significance for individuals, businesses, and the environment.

For individuals, the adoption of Cyclable and Walkable principles translates into improved health, reduced stress, and a sense of community. In a world where urban lifestyles often lead to sedentary habits and health concerns, providing infrastructure that encourages walking and cycling becomes paramount.

Businesses, too, stand to gain. Cyclable and Walkable Cities generate increased foot traffic, fostering a vibrant local economy. The accessibility of businesses to pedestrians and cyclists enhances the overall urban experience, making commercial spaces more appealing and vibrant. From an environmental standpoint, these cities contribute to the reduction of carbon emissions and air pollution. According to a study by the National Institute of Urban
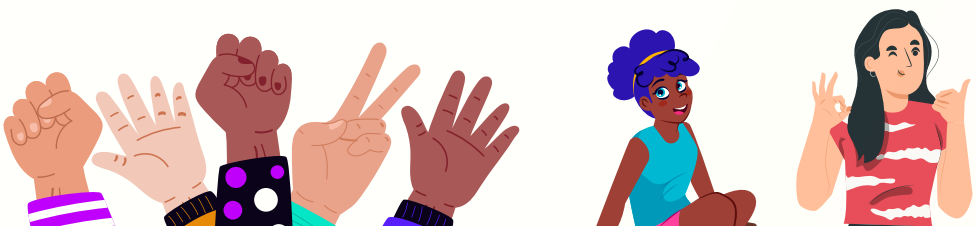
Affairs, cities prioritizing cycling and walking experience a 20% reduction in carbon emissions and a 15% increase in overall resident well-being.

Real Examples of Cyclable and Walkable Cities

Concrete examples help illustrate the transformative power of Cyclable and Walkable principles:

1. **Copenhagen, Denmark:** Copenhagen is the epitome of a Cyclable City. Renowned for its cycling culture, the city has intricately woven cycling lanes into its urban fabric, making bicycles the preferred mode of transportation. The commitment to cycling extends beyond infrastructure; it is a cultural phenomenon, with residents embracing cycling as a way of life.

2. **Portland, USA:** On the other side of the globe, Portland stands as a model for a Walkable City. The city's emphasis on pedestrian-friendly neighborhoods and an extensive trail system encourages residents to explore their surroundings on foot. Portland demonstrates that a city designed with walkers and cyclists in mind can enhance both physical and mental well-being.

Tips and Reminders for Embracing Cyclable and Walkable Cities

Turning the vision of Cyclable and Walkable Cities into reality requires collective effort. Here are some practical tips:

Community Engagement: Actively participate in local urban planning discussions. Advocate for the development of walking paths and safe cycling lanes. A sense of community ownership is crucial for the success of such initiatives.

Advocacy for Infrastructure: Support initiatives that prioritize the creation of cycling lanes and pedestrian pathways. Infrastructure plays a pivotal role in shaping the way individuals interact with their urban environment.

Lifestyle Shift: Embrace sustainable transportation options like cycling or walking. A small shift in individual behavior contributes to a healthier lifestyle and reduces the carbon footprint of the community.

These tips serve as guideposts for individuals, communities, and policymakers alike, steering them towards a more sustainable and people-centric urban future.

How to Make Cyclable and Walkable Cities

Now, let's simplify the process of transforming our cities:

Step 1: Cool Paths

Build dedicated paths for bikes. Imagine wide lanes just for cyclists, making biking safer and more enjoyable. Add artistic designs to enhance the visual appeal.

Step 2: Walk-Friendly Streets

Envision streets designed for walking. Smooth, clean paths where pedestrians can stroll freely without the chaos of traffic. It's like turning our streets into comfortable walkways!

Step 3: Nature Everywhere

Incorporate green spaces along our paths. Picture parks and gardens where people can relax, play, or have a picnic. More trees mean more fresh air, contributing to a healthier urban environment.

Why Does it Matter?

Transforming our cities into Cyclable and Walkable havens is not just about aesthetics; it's about enhancing the quality of urban life. Picture a city where bicycles and sneakers become the preferred modes of transportation. It's about fostering a city that prioritizes not just efficiency but also the well-being of its residents.

Closing

As we envision our dream cities, let us embrace the vision of Cyclable and Walkable Cities. It is not merely about infrastructure; it is a call to reimagine urban living, promoting not just sustainability but holistic well-being for all. Together, let us pedal forward into a future where our cities seamlessly integrate with the natural world, creating spaces that nurture both the environment and the human spirit.

In conclusion, Cyclable and Walkable Cities are not just a solution; they are a manifestation of our commitment to a better future. By embracing these concepts, we transform not only our cities but also our way of life. As we pedal forward, let us collectively shape a future where sustainability is not just a goal but a reality.
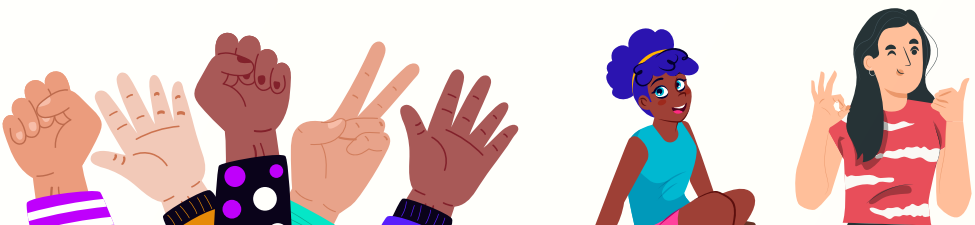
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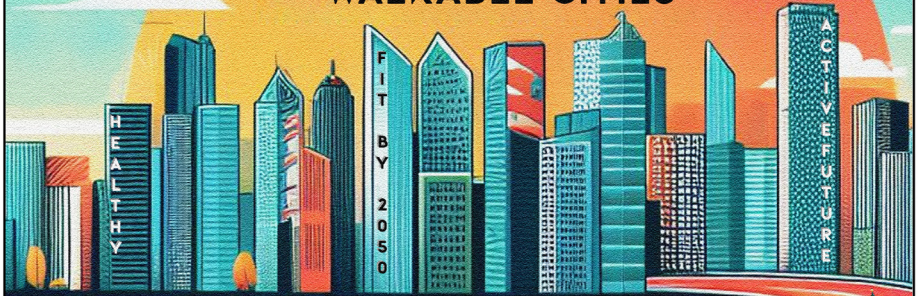
■ *MAYANK KHATRI*
Student of Institute of Design, Planning and Technology,
Sarvajanik University

PEDAL-VISTA

Envisioning a Sustainable Future." take a visual tour. Walking and cycling are given priority in this harmonious urban landscape design, which promotes healthier, greener cities. Bright, environmentally friendly color schemes inspire optimism and inclusivity, igniting a sustainable vision for urbanity in the future." The color and style use are bright to attract attentions.

URBAN
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■ *DIKSHA ARYA AND SURABHI YADAV*

Student of Tata Institute of Social Sciences

Navigating the Urban Health Landscape in India: Challenges, Disparities, and Strategies for Well-being"

Rupali Shrivastava Envisions

the growing recognition of mental health challenges in India is a critical step toward addressing a pervasive issue that affects a significant portion of the population. With over 1.3 billion people, the burden of mental health problems in the country is substantial. What becomes evident is that the prevalence of mental health disorders in urban India is influenced by a myriad of factors, including social determinants, economic disparities, environmental conditions, and structural inequalities. Breaking down the stigma surrounding mental health, fostering awareness, and creating accessible mental health resources are vital steps toward building a society where individuals feel supported and encouraged to address their mental well-being.

RECOMENDATIONS

1. Provide better access to health services, housing, water and sanitation facilities for the urban poor and marginalized groups living in slums. They are most vulnerable to health issues.
2. Establish more Urban Public Health Centers as per National Urban Health Mission (NUHM) guidelines, especially in tier 2 and 3 cities. These centers need to be adequately staffed.
3. Encourage and empower Urban Local Bodies (ULBs) by providing them requisite funds, functions and functionaries. ULBs play a pivotal role in urban health and need more flexibility.
4. Prioritize awareness campaigns using various media to reduce stigma around mental health issues. Also create supportive environments in workplaces and communities.

The global urban population is increasing year by year, and currently, 55% of the global population resides in urban areas (UN World Urbanisation Prospect). Additionally, this number is expected to grow to 68% by the year 2050 (World Bank). The Indian scenario is no different, with 461 million people living in the cities, and this urban growth is expected to rise by 2.3% every year (Statista). Moreover, cities are spaces for increasing economic activity, with Indian cities expected to contribute 75% of the GDP by the year 2031(World Bank). While there has been a continuous increase in the population, the quality of health services provided in the cities of the country has not grown to accommodate everyone. While there is a high concentration of providers of health care in the urban parts of the country, a large population of urban poor is excluded from these services. Hence, it becomes important to understand who forms the urban poor and what the different services are from which people are excluded. Additionally, it also becomes crucial to address these challenges of exclusion in cities and look into the different policy solutions that can provide better access to amenities for the urban populations, especially the vulnerable and the marginalised groups.

People face different health-related challenges in urban areas, ranging from communicable diseases to life-threatening non-communicable diseases, as well as mental health issues.

Moreover, it is also essential to bring to light the well-being of people with disability and address the planning of cities and care services, keeping in mind these major concerns.

Mental health has long been a matter of concern in society, but it is only in recent times that it has garnered extensive recognition in India. With a population of over 1.3 billion, the country faces a substantial burden of mental health problems. However, there persists a considerable social stigma surrounding mental health, causing numerous individuals to endure their struggles silently. India is reported to have the highest prevalence of mental illness, as stated by the World Health Organization (WHO), affecting approximately 15% of its population. The urban areas, characterized by a fast-paced lifestyle and intense competition, exacerbate the burden of mental health problems. The prevalence of mental health disorders in urban India is undeniably worsened by a range of demographic and socioeconomic factors. Elements such as social determinants, economic disparities, environmental conditions, and structural inequalities allhave a part to play in shaping the mental health scenario in urban India. These factors can give rise to additional stressors and difficulties that have an impact on the overall mental well-being of individuals.
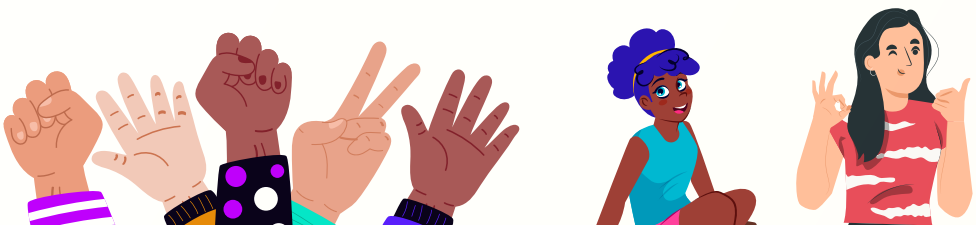
"Harmony City: Where Safety, Sustainability, and Wellbeing Thrive"

"Step into Harmony City, where every step, pedal, and ripple is a brushstroke shaping a healthier tomorrow. Join the movement for a city that echoes safety, sustainability, and wellbeing. Your impact is the masterpiece we're creating together. #HarmonyCity #ImpactTomorrow"

My DreamCity

URBAN
YOUTH
UNIT

■ *RUPALI SHRIVASTAVA*

"HARMONY CITY: WHERE SAFETY, SUSTAINABILITY, AND WELLBEING THRIVE"

A vibrant, futuristic cityscape featuring green spaces, bicycle lanes, and a meandering river. The skyline is dotted with eco-friendly buildings, and people of diverse backgrounds are engaging in various activities.

Central Image: In the heart of the poster, depict a community hub surrounded by lush greenery, symbolizing a Safe Neighbourhood. Families are strolling, children are playing, and neighbors are interacting.

Connecting Threads: Intertwine a winding bicycle lane and a pedestrian walkway throughout the poster, symbolizing Cyclable and Walkable Cities. Showcase individuals commuting on bikes and foot, fostering a sense of community.

Flowing Waters: Incorporate a serene river flowing through the city, connecting to ponds and waterbodies. Illustrate people enjoying waterfront activities, showcasing Our Connection with Rivers and Waterbodies.

Wellness Oasis: Near the riverbanks, include a wellness center, parks, and recreational spaces. People are promotes healthier, greener cities. Bright, environmentally friendly color schemes inspire optimism and inclusivity, igniting a sustainable vision for urbanity in the future." The color and style use are bright to attract attentions. practicing yoga, jogging, and engaging in outdoor activities, emphasizing Cities, Health, and Wellbeing.

Captivating Slogan: "Harmony City: Where Every Step, Pedal, and Ripple Creates a Healthier Tomorrow!"

■ *HARSHITA NARAYANA*

Student of School of Planning and Architecture, Bhopal

My journey home

Harshita Narayana Envisions

The city, once perceived as monotonous, becomes a canvas for positive experiences and introspection. The sensory stimulation provided by the cityscape not only grounds the protagonist's thoughts but also fosters a sense of connection with the vibrant community. In this urban haven, the protagonist discovers a balance between personal solitude and the collective vitality of city life.

The narrative subtly suggests that the city can be a personal sanctuary, a place where one's journey is not just a physical commute but a mental and emotional exploration. It becomes a testament to the transformative potential of urban spaces, demonstrating their ability to uplift and reshape perspectives, offering moments of introspection, and ultimately creating a positive narrative amid the challenges of daily life.

RECOMENDATIONS

1. Create well-designed and walkable/cyclable streets with proper pavements, street lighting, greenery, public art, etc. to improve the visual and overall sensory experience.
2. Encourage mixed-use neighborhoods with shops, restaurants on lower floors and residences above to foster street-level vibrancy and activity.
3. Develop creative public spaces like plazas for social gatherings, performances, hobby sharing, etc. that allow relaxation, destressing and positive social connections.
4. Incorporate interactive design elements like fountains that provide soothing sounds and encourage lingering. Also utilize sensory elements like smells, textures, etc.

The bell rings, I pack my bag and cross the narrow corridors with the flickering led lights giving me a headache. Already disappointed in myself for the bad scores I got in today's test results, I was in no mood to speak to my classmates. Lost in thought about my results, I climb down the four floors of staircases. I exit my college building and mount my bicycle.

After riding straight for a few minutes, I turn around the gully of my college and enter the main road full of traffic and honking noises. There are too many vehicles and I know that my journey, like every day is going to take at least forty minutes. The roads are wide and filled with all sorts of vehicles. Vertical buildings of concrete and glass with similar characteristics surround the road on either side. It's too monotonous. It's my everyday view while travelling home. I'm driving but my test results keep coming in my head. This isn't the first time, and my parents aren't happy. I know that there's no way they're going to let me off this time. Anxiety builds up in me and the traffic noises intensify. I want a reprieve from these thoughts, a place to turn to. I look around, there is no place to hide. No place to turn to. I try to control my mind and take over my body, but my hands slip on the break and the motorcycle

skids. The last thing I remember is darkness before the world shifts.

The bell rings, I pack my bag and cross the narrow corridors with the flickering led lights giving me a headache. Already disappointed in myself for the bad scores I got in today's test results, I was in no mood to speak to my classmates. Lost in thought about my results, I exit the college building and mount my bicycle.

I ride straight for a few minutes and then take a turn main road. This is my daily route, but it doesn't look like every other day I travelled. The sound of the vehicles is present but not as blaring as ever. There are few private vehicles and whatever sound they are making is muted to my ears as I admire the lush green of the avenue of trees to my side. Streetlights light up the lane. The entire street is paved with a mosaic pattern. Ahead, there are kids shouting and running around an older woman who is seated on a bench. A couple is doing a jog while chatting with each other. As I bike further, I come to an alley with unique buildings. Multi-storeyed with various clothing and food shops on the ground floors. The smells of the fast-food wafts in the air making its way to my nose. My eye catches on the display of various
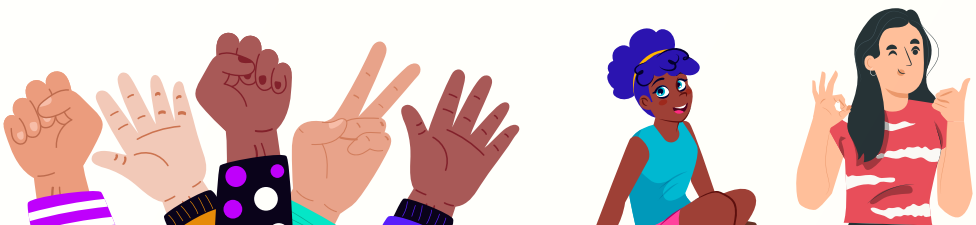
collections and I slow my bike down on the tiled path to admire the items. Parking my bike nearby, I get down and go to one of the food shops and buy and ice cream and sit down. Soaking in the scenery, and unaware of the happenings around me, I try to clear my head and eat. Right now, it was a private moment between me and my thoughts. My head cleared a little and I climbed back on my bike. Further up, the wall is lined with art from various people depicting various scenes in various styles and I ride into a plaza where there's some sort of activity happening. Students who seemed to be around my age are gathered over there and socializing with each other, sharing their hobbies. It is an open event, and the music draws to me. I sit near the fountain in the plaza, the sounds of the flowing water, soothing to my soul. Sounds of the music that was playing starts wafting in louder, from the centre and almost all the thoughts I had before are melting away. The entire plaza space encourages people to gather and bring their talent out. It's a socialization point. The people and the activities that are happening surrounding me, help me vent out my feelings and release the pressures off my mind.

The journey home doesn't take long and the crafted visuals along with the scents and bustling noises of the city activities, that are on the eye level, stimulate my senses, grounding my thoughts. Without me knowing, this new journey home created positiveness and at some point, the deprecating thoughts had been pushed to the far end of my mind until it was unavoidable to face them. Moulding into what I want, the city can become a private haven of my own and at the same time, a place that reminds me I'm not alone by showing me all the other souls living here. Not just surviving but living their life.
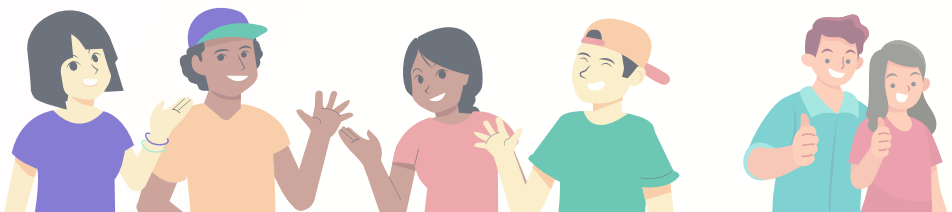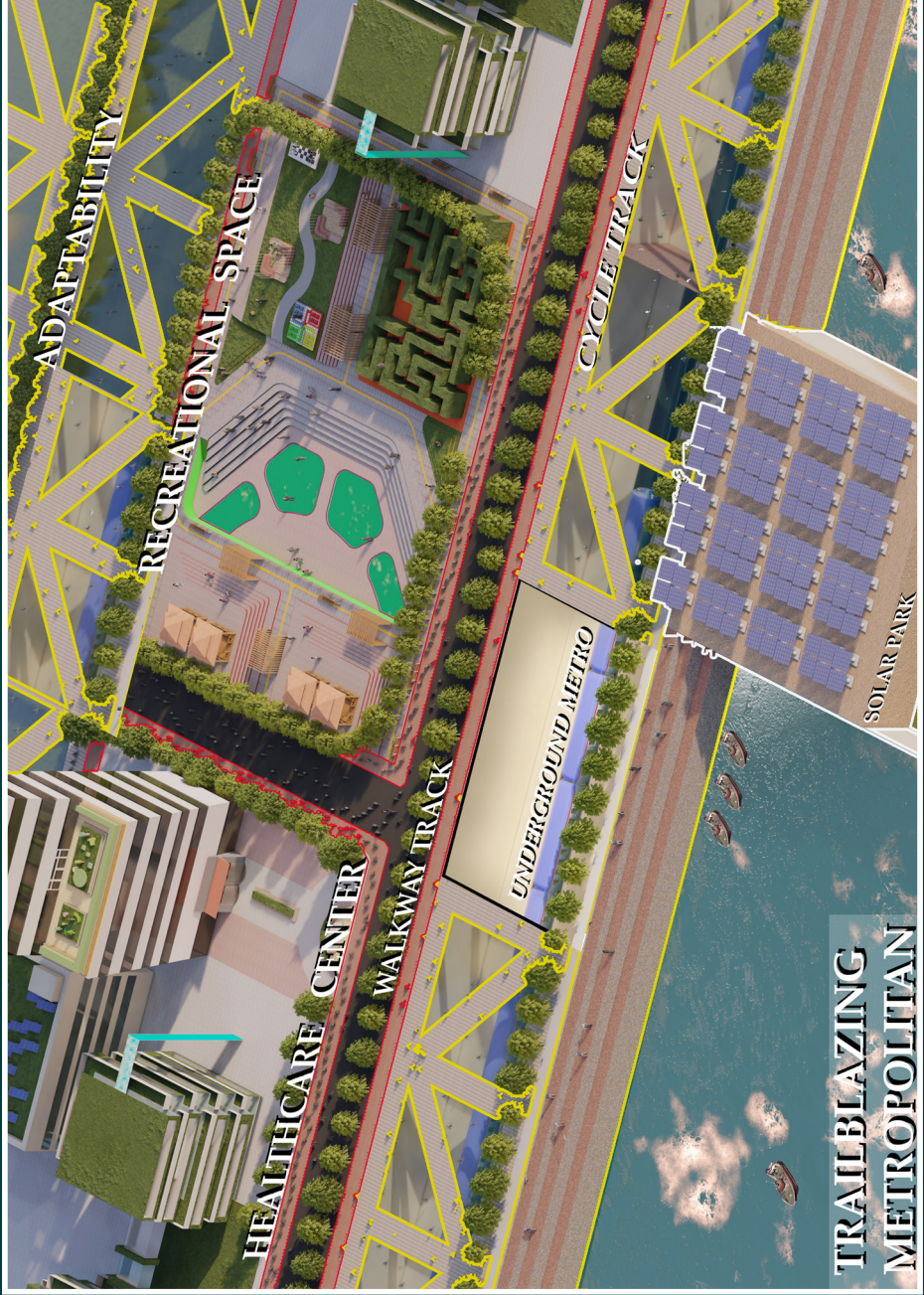
ADAPTABILITY

RECREATIONAL SPACE

CYCLE TRACK

SOLAR PARK

HEALTHCARE CENTER

WALKWAY TRACK

UNDERGROUND METRO

TRAILBLAZING
METROPOLITAN

■ **UBEDULLAH SHAIKH**
Studentxxxxx,
Institute of Design, Planning and Technology, Sarvajanik University

ARISTO FUTURA

A visionary city has a futuristic garden, pedestrian-friendly zones, and flawless traffic management. Its design takes into account future power disruptions. Additionally, a specific area provides residents and guests with a one-of-a-kind water-walking experience. This city balances sustainability, urban practicality, and inventive leisure, assuring a seamless combination of nature, convenience, and alternative experiences in the middle of contemporary infrastructure and thoughtful planning.

■ *CHAHAK THAKUR*

Student of School of Planning and Architecture, Bhopal

Reviving Traditional Linkages in Today's Era

Chahak Thakur Envisions

Restoring traditional water storage structures such as baoris and naulas can play a pivotal role in fostering accountability and significantly reducing water scarcity. Moreover, this restoration has the potential to boost tourism without necessitating substantial investments in infrastructure.

In essence, addressing the water shortage in the era of urbanization requires the revitalization of both the religious and visual connections with water sources. The restoration of these traditional links, adapted to the present world, offers a promising solution to the water scarcity issue, forming essential connections that are indispensable for creating an ideal city. In this vision, the convergence of traditional wisdom and modernization becomes the key to building a sustainable and water-resilient urban future.

RECOMENDATIONS

1. Learn from ancient Indian water conservation and management techniques to address water scarcity issues arising from increasing population and urbanization.
2. Restore and revive historical water storage systems like baoris, naulas, tanks etc. which have religious/cultural significance. This can re-establish the visual link between people and water bodies.
3. Promote responsibility towards water bodies by making them integral to people's daily lives, like fetching water, as done traditionally. Foster direct dependence for needs.
4. Modernize traditional linkages using principles like rainwater harvesting, surface storage systems, usage patterns to suit today's infrastructure while retaining cultural connections.

Water is indispensable to India's economy, people's well-being, and the sustainability of its ecosystems. At present, there are competing demands for water due to increased industrialization, urbanisation, and agricultural productivity. India accounts for about 4% of the world's freshwater resources, although having nearly 17% of the world's population.

Currently, 6 million Indians are living in conditions of severe water stress. Searching for sustainable solutions to meet the increasing needs of the population as a result of urbanisation is imperative. The key issue here is that, despite having few water resources, our population is escalating quickly.

Our ancestors used to manage water very intelligently and effectively back in the good old days. To lessen water shortage in the present, it is conceivable to learn from the past and examine their techniques and approaches to water conservation and utilisation.

Throughout history, Indians have revered and regarded a great number of rivers and other bodies of water as sacred. They were connected to myths from religion. They were preserved or safeguarded in the past by a number of structures associated to their religious significance.

These kinds of structures can be found all over the nation, particularly in close proximity to places of worship. These structures contributed to a high standard of living in addition to just being storage facilities. Even if there are still religious ties in the modern world, they are no longer as obvious as they once were.

Apart from the established holy connection, there was no such underground water network system like present in the past. For their daily needs, people were directly dependent on rivers and other bodies of water. Women used to fetch water daily from these water sources in the morning. This created a visual link between the people and the bodies of water. People felt more responsible because they recognised the significance of rivers and other sources of water in their daily lives. The visual link has been blurred in today's era. The state of rivers and other bodies of water has drastically changed as a result of human ignorance or misunderstanding.

Rivers and other bodies of water will once again become important in people's lives if the visual link is fostered again. For the same purpose, historical water storage structures like baoris and naulas can be restored. It will instil a sense of accountability among individuals. In addition to greatly reducing water scarcity, this restoration will increase tourism without requiring significant investments in infrastructural development.

We can therefore conclude with assurance that the restoration of the religious and visual link will address the issue of water shortage in the urbanisation era. The shortage of water can't be addressed without forming essential connections.
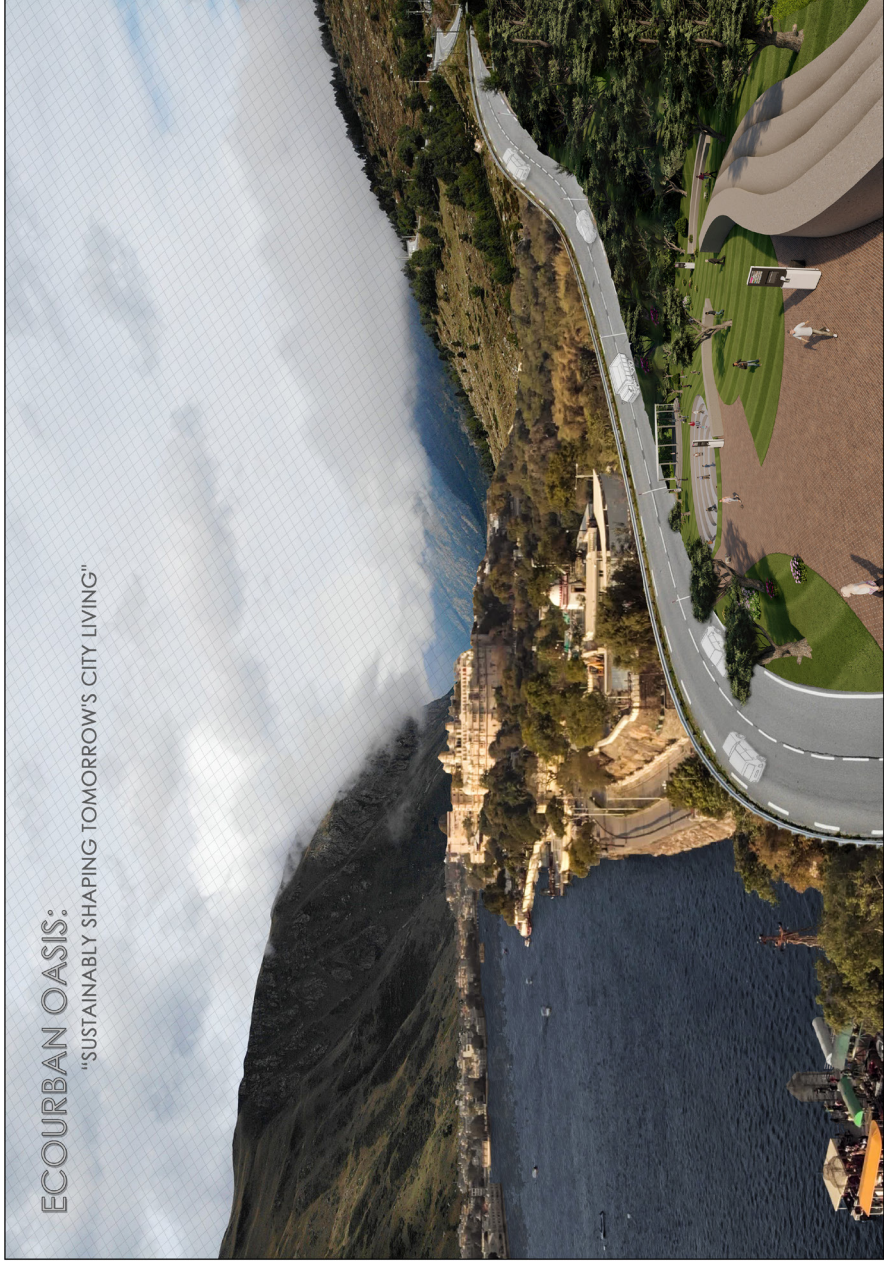
An ideal city, in my view, can be the one where the traditional links are restored, revived and fostered according to the present world. "In short, the traditional linkages gets modernized."

ECOURBAN OASIS:

"SUSTAINABLY SHAPING TOMORROW'S CITY LIVING"

URBAN
YOUTH
UNIT

■ *RUSHABH SHAH*

Student of Institute of Design, Planning and Technology, Sarvajanik University

ECO-URBAN OASIS

Eco-urban Oasis: Sustainably shaping tomorrow's city living" :Eco-urban Oasis encapsulates a visionary concept dedicated in shaping the future of urban living sustainably. The aim is to integrate eco-friendly practices, green spaces, and resilient design into city planning. By prioritizing environmental harmony, it envisions creating vibrant, balanced urban environments that enhance the quality of life for inhabitants in the years to come.

■ VATSALA SINHA

Student of School of Planning and Architecture, Bhopal

Samarasya: City of Harmony

Vatsala Sinha Envisions

Applying the principles of Yin and Yang to interpersonal relationships fosters harmony and cooperation by recognizing the importance of complementary qualities. In embracing the interdependence of opposing forces, cities can evolve into vibrant, dynamic, and harmonious spaces where individuals and communities thrive. The theme of 'City, Health, and Wellbeing' thus becomes a call to action for planners and designers to integrate these principles, creating environments that promote not only physical health but also the overall well-being of the community.

RECOMENDATIONS

1. Pursue harmony in cities through balancing seemingly contradictory forces like efficiency vs sustainability, commerce vs public spaces, governance vs social welfare.
2. Incorporate both Yang spaces like activity hubs, commercial areas as well as Yin spaces like parks, quiet zones to foster a sense of holistic well-being.
3. Allow for interconnectivity and interdependence between opposing spaces through thoughtful urban design rather than segregation.

Essence through Theme
As the theme is 'City, Health and Wellbeing', it suggests a city with all the aspects of life balanced in every way. Hence, to summarize it in a word is 'Samarasya'.

'Samarasya', which is a Kannada and Hindi word for Rapport and Harmony and has Sanskrit meaning as 'condition of oneness'. Hence, with respect to the planning field, we can imagine a city of harmony; which is in the logo represented by the symbol of Yin and Yang.

What is yin and yang?
Yin and Yang has Chinese origin symbolizing 'Harmony through Balance', which speak for the interdependence and interconnectedness of seemingly opposite forces which has profound insights into the nature of existence providing a framework for understanding the dynamic equilibrium that underlies all aspects of life.

Why yin and yang?
The concept of Yin and Yang is symbolized by the iconic Taijitu, a circular symbol divided into two equal, complementary halves. The black and white halves represent Yin and Yang, respectively, with a small dot of each color within the opposing section, symbolizing the presence of one within the other. Yin is associated with qualities such as darkness, passivity, receptivity and the feminine principle, while Yang embodies light activity, assertiveness, and the masculine principle.

Despite their apparent contradictions, Yin and Yang are interdependent, illustrating the inherent duality and balance in the natural order.

Harmony through balance:
The philosophy of Yin and Yang advocates for the pursuit of harmony through balance. It suggests that imbalance and disharmony arise when one force dominates the other. True equilibrium, according to this philosophy, is achieved when Yin and Yang are in harmonious proportion, acknowledging the necessity of both in creating a unified whole.

This balance extends to various aspects of life, including health, relationships, and societalstructures. For example, Societal Structures: Cities, as complex ecosystems, can be seen as embodying the principles of Yin and Yang. Yin qualities, such as receptivity, tranquility, and communal spaces, can be reflected in parks, public spaces, and residential areas. These spaces

provide a counterbalance to the Yang aspect of the city, characterized by activities, commerce,and bustling urban life. Recognizing the need for both Yin and Yang elements within the urban landscape is crucial for fostering a sense of well-being and equilibrium.

The cities of Yin and Yang extends to the planning and design of societal structures within cities. Balanced governance, where the Yin qualities of empathy, inclusivity, and social welfare complement the Yang attributes of efficiency, innovation, and progress, contributes to a more stable and resilient society. A harmonious blend of these opposing forces fosters an environment where the needs of individuals are met while ensuring collective progress and prosperity.

Transportation systems within cities also illustrate the Yin and Yang dynamic. Efficient and wellconnected transportation networks (Yang) must be balanced with an emphasis on sustainability, safety, and accessibility (Yin).

In essence, the philosophy of Yin and Yang provides a holistic framework for creating cities and societal structures that are not only functional but also nurturing and sustainable. By embracing the interdependence of opposing forces, cities can become vibrant, dynamic, and harmonious spaces where individuals and communities thrive.

Similarly, the principles of Yin and Yang can be applied to interpersonal relationships, where understanding the importance of complementary qualities fosters harmony and cooperation.
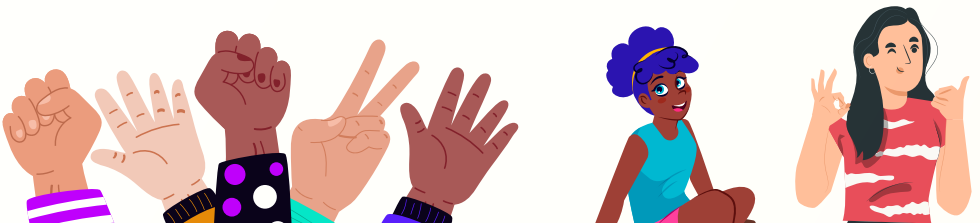
DO CITIES GET HEALTHIER OVER TIME?

IT IS A CONVERSATION BETWEEN THE PRESENT AND THE FUTURE. IT SHOWS HOW SCARY THE FUTURE CAN BE IF WE DON'T TREAT THE PRESENT HOW IT IS MEANT TO BE TREATED.
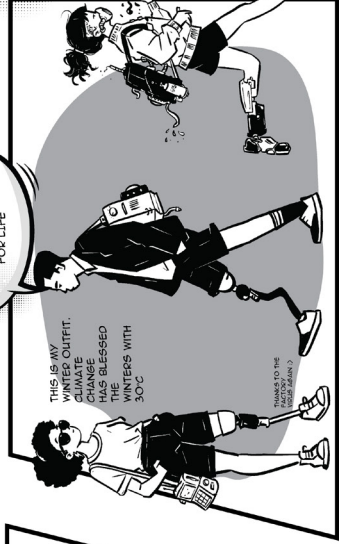
LET'S DIVE IN–

My DreamCity

■ **KARTIKEYA MISHRA**
Student of School Of Planning And Architecture Bhopal

DO CITIES GET HEALTHIER OVER TIME?

The poster is a comical representation of a conversation between the present and the future. The present holds many expectations from the future, but the future shows how disappointing it really is. Cities are killing people. Cities are hurting people. It shows how people are suffering. Are cities really healthy and livable in the near future?

URBAN
YOUTH
UNIT

■ *AARUL BHALEKAR*

Student of School of Planning and Architecture, Bhopal

Toward Sustainable Urban Futures: The Imperative for Walkable and Cyclable Cities

Aarul Bhalekar Mishra Envisions

As we strive towards sustainable and livable cities, the advocacy for walkable and cyclable urban environments represents a fundamental shift towards a future where cities prioritize the holistic well-being of their inhabitants, nurture community bonds, and contribute meaningfully to global sustainability goals. Urban planners, through thoughtful implementation of these principles, hold the key to shaping cities that go beyond mere functionality, evolving into spaces where inhabitants truly thrive.

RECOMENDATIONS

1. Prioritize pedestrian-friendly and cycling infrastructure like wide sidewalks, well-designed cycling lanes, placement of public spaces, etc. in urban planning.
2. Adopt mixed-use development strategies to consolidate residential, commercial and recreational spaces to reduce travel needs and enable walkable neighborhoods.
3. Engage local communities and incorporate public inputs during planning to ensure spaces address specific needs and connects with local identity.
4. Take an interdisciplinary approach that holistically integrates walkability and cyclability principles across land use, transportation, urban design, public health and sustainability consideration.

Introduction

In the realm of urban and regional planning, the discourse on creating sustainable, livable cities has never been more pertinent. As a third-year student in the field, I have come to recognize the transformative potential of urban design in shaping the quality of life for inhabitants. In this blog, we delve into the intricacies of walkable and cyclable cities, exploring the multifaceted benefits they confer upon urban environments, residents, and the broader socio-economic landscape.

The Strategic Advantages of Walkable Cities

1. **Public Health and Well-being:** At the intersection of urban planning and public health, walkable cities emerge as catalysts for healthier lifestyles. By prioritizing pedestrian-friendly infrastructure, cities encourage physical activity, thereby mitigating the prevalence of sedentary-related ailments. Walking, as a mode of transportation, not only promotes cardiovascular health but also fosters mental well-being by providing citizens with essential moments of reprieve.

2. **Cultivation of Social Capital:** Walkable neighborhoods serve as incubators for social interaction and community cohesion. The intentional design of streets to accommodate pedestrians transforms public spaces into hubs of activity, facilitating organic encounters and engendering a sense of communal belonging. The resultant social capital contributes to a more resilient and interconnected urban fabric.

3. **Eonomic Viability:** Walkable urban environments can be seen as engines of economic development. Businesses situated in pedestrian-centric locales often experience heightened foot traffic, leading to increased visibility and profitability. Furthermore, the deliberate creation of vibrant public spaces in walkable zones contributes to heightened tourism, providing an additional economic impetus.

Cyclable Cities: A Paradigm for Efficiency and Sustainability

1. **Environmental Stewardship:** At the forefront of global sustainability efforts, cyclable cities champion environmental conservation. By prioritizing cycling infrastructure, these urban landscapes significantly diminish carbon emissions and air pollutants. The resulting improvement

in air quality not only addresses immediate health concerns but aligns with international imperatives to combat climate change.

2. **Optimized Transportation Systems:** Embracing cycling as a primary mode of transportation yields dividends in terms of traffic management. Cyclable cities experience reduced congestion, as bicycles occupy less space than traditional vehicles. This efficiency not only alleviates the strain on existing transportation infrastructure but also fosters a more streamlined and accessible urban environment.

3. **Enhanced Accessibility and Equity:** The integration of cycling infrastructure contributes to improved urban accessibility, particularly for demographics without ready access to private transportation. Cyclable cities thus embody inclusivity, fostering a more equitable urban landscape that ensures mobility for all residents.

Strategic Implementation of Walkable and Cyclable Principles

1. **Holistic Urban Planning:** Effective urban and regional planning demands a holistic integration of walkability and cyclability into the overall cityscape. This encompasses meticulous considerations such as sidewalk dimensions, cycling lanes, and the strategic placement of public spaces. An interdisciplinary approach ensures that these elements coalesce seamlessly within the broader urban fabric.

2. **Mixed-Use Development Strategies:** The promotion of mixed-use development stands as a linchpin in creating cohesive urban spaces. By consolidating residential, commercial, and recreational domains, planners can curtail the necessity for extensive travel, fostering the creation of compact, walkable neighborhoods where daily necessities lie within convenient reach.

3. Community-Centric Design: In the planning process, a commitment to community engagement is paramount. Soliciting public input not only garners insights into the specific needs of the community but also engenders a sense of ownership. This collaborative approach ensures that the resulting urban environment is not only functional but also reflective of the community's identity and aspirations.

Conclusion

As I progress through my third year in urban and regional planning, the imperative to contribute to the realization of sustainable, livable cities becomes increasingly apparent. The advocacy for walkable and cyclable urban environments is not merely a contemporary trend but a fundamental shift towards a future where cities prioritize the holistic well-being of their denizens, foster community bonds, and contribute meaningfully to global sustainability goals. Through thoughtful implementation of these principles, urban planners wield the power to shape cities that transcend mere functionality, evolving into spaces where inhabitants truly thrive.

My DreamCity

■ *PREETI CHOUDHARY*
Student if All India Institute of Medical Sciences
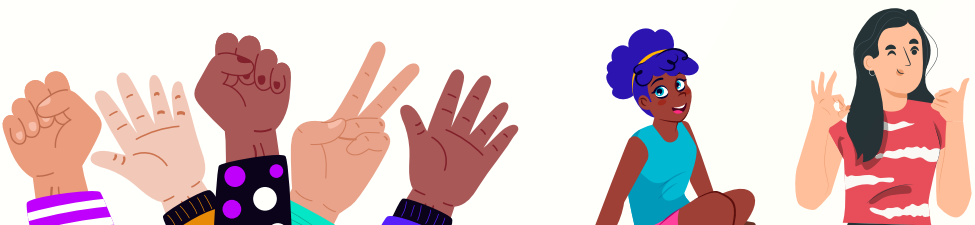
TURN YOUR CITY INTO DREAMCITY AND STAY HEALTHY

This poster tries to describe two scenario.one is the condition of today's time where the air is polluted,trees are cut,no parks to play and people unhappy.this emphasize on the fact that how environment or city affects health.On the other hand we have my dream City where people are close to nature,they act as the protector of nature and are happy in this city. this shows that if we try hard we can turn our dream City into reality

■ *ABHISHEK SHUKLA*

   NIUA

Walkable and Cycable cities

Abhishek Shukla Envisions

The promotion of walkability and cycling in urban centers leads to multifaceted benefits like improved public health, reduced pollution, vibrant neighborhoods, and overall sustainability. Specifically, it eases the burden of vehicular congestion while fostering widespread physical activity that helps prevent conditions like obesity and diabetes. The corresponding reduction in emissions also significantly improves air quality. Furthermore, vibrant and energetic street life emerges, catalyzing local economies. With thoughtfully designed pedestrian-friendly zones and cycling infrastructure, Indian cities can transform into equitable, accessible and environmentally-responsible engines of growth where communities thrive.

RECOMENDATIONS

1. Create infrastructure for pedestrians and cyclists like sidewalks, bike lanes, cycle tracks, etc. to facilitate walking and cycling in cities.
2. 2. Convert streets into pedestrian-friendly zones with features like widened sidewalks, reduced vehicle speeds, limited vehicular access.
3. 3. Promote public awareness campaigns to highlight the individual and collective benefits of walking/cycling related to health, environment, social life.
4. 4. Address challenges like lack of infrastructure and public transit that hinders walking and cycling in Indian cities.
5. 5. Encourage collaboration between city governments, civil society organizations and local communities to drive change.
6. 6. Take examples from progressive Indian cities like Pune and Bangalore that are investing in cycling/pedestrian infrastructure and adopting innovative programs.

Walking and cycling are the cleanest way to get around a city, and both can have enormous benefits for health, greenhouse gas emission, air quality, road safety and equity.

"Two wheels or two feet"

The way petrol and diesel cars dominating the cities and creating problems ranging from air pollution to traffic jams, safety issues and noise. Improving public transport is one way to fight this, for which Two wheels or Two feet are the perfect companion of each other. When making the city more walkable, we usually create cycling infrastructure too and the other way around says, when a cycle path is created, the adjacent pavement is renovated as well.

Improving the walkability and cyclability of city brings benefit to everyone, "a city in the Spanish region of Galicia" is the perfect example of it. This city became car-free in 1999. It banned cars and street-side parking and close all surface car parks in the centre. In outer zones too, the speed was limited to 30Km/h. Exploring the cities on foot was made easier thanks to simple and attractive metro inspired walking map, which reduced CO2 emission by 70%.

In today's era, the residents of all the cities are waking up to the health benefits of walking and cycling and environmental jeopardy of vehicular pollution, making roads walkable and cyclable has become the need of the hour. With the increasing population in India, the number of cars on roads is also tremendously increasing, leading to traffic congestion, air pollution and other negative impacts on the environment and public health. To address these issues, there is growing focus on promoting walkability and cycling in India cities.

"We are realizing that if you have people walk and bicycle more, you have a more lively, more attractive, more safe, more sustainable and more healthy city."

And what are you waiting for?

But promoting walkability and cycling in Indian cities is not without it's challenges. One of the biggest challenges is the lack of infrastructure, including sidewalks, bike lanes ad cycle tracks. Many cities also have limited public transportation options, making it difficult for people to travel without a car. Finally, there is a need for public education and awareness campaigns to promote the benefits of sustainable transportation modes.

Despite these challenges, there are several examples of Indian cities that are making progress in promoting walkability and cycling. For example, the city of Pune has developed a network of cycle tracks and bike lanes as well as cycle-sharing program. Banglore has introduced a program to convert city streets into Pedestrian-Friendly Zones, with widened sidewalks and reduced vehicle speeds.

Walkability refers to the ease and safety of walking in an urban environment. It is important for several reasons, including health, environmental and economic benefits. Walking is a form of physical activity that is easy to incorporate into daily routines and same is cycling too and that can help us to prevent form many chronic diseases such as obesity, diabetes and heart disease. Walking and cycling also has environmental impacts by reducing air pollution and green-house gas emission. It's an affordable and healthy mode of transportation. To promote cycling, cities are developing cycle-tracks as well as cycle-sharing programs.

In conclusion, promoting walkability and cycling in Indian cities is essential for creating sustainable, liveable communities. By promoting sustainable modes of transportation, cities can reduce air pollution, ease traffic congestion, improve public health and create more vibrants neighborhood. It is important for City Governments, Civil Society and Citizens to work together to overcome the challenges associated with promoting Walkability and Cycling and create a more sustainable future for all.