Healthy buildings shield their occupants from external contaminants while creating safe and comfortable indoor environments that enhance occupant health and improve productivity. However, a recent study conducted by GBCI India and Saint Gobain Research India showed there is considerable room for improvement in Indian offices when it comes to maintaining a healthy indoor environment.

**About the Study**

- **30 offices**—mix of green certified and non-certified spaces
- **Collective occupancy of 30,000 people**—1,500 of whom participated in the study survey
- **Onsite measurements and inspection of the buildings coupled with occupants’ feedback**

**Indoor Environment Status in Indian Workplaces**

*Most offices unable to maintain healthy indoor air quality*

- **Only 1 out of the 30 offices** had healthy indoor air quality
- **Poor ventilation was observed in 75% of case studies**
- **Unhealthy levels of NO₂ and PM were found in 67% and 63% of the indoor spaces respectively**

**Critical indoor environment issues unnoticeable by occupants.** Despite poor lighting and air quality observed in most offices studied, 76% of people reported satisfaction with lighting and 68% with air quality.

**Indoor Environment Factors that Impact People the Most**

- **Main factors linked with:**
  - **Unhappiness with the Office Environment**
    - Lack of access to good outdoor views
    - High levels of indoor background noise
    - Poor thermal comfort conditions
  - **End of Day Fatigue**
    - Lack of access to good outdoor views
    - High levels of indoor background noise
    - Poor thermal comfort conditions

**Snapshot of People’s Health and Lifestyle**

- **44%** of survey respondents reported having one or more lifestyle-related issue in the past year
- **37%** of respondents reported sleep-related problems
- **66%** of the surveyed occupants reported musculoskeletal issues

**Towards Better Workplaces**

With careful planning, and by taking a human-centric approach, employers can create workplaces that boost both the physical and mental health of their employees resulting in improved workplace performance and productivity.

- **Inadequate design, operation and maintenance practices, building managers’ and occupants’ lack of awareness on indoor environmental quality,** are the key reasons behind poor-quality indoor environments in most offices.
- **Regular measurement and monitoring is necessary in addition to the occupants’ survey, for accurate indoor environment evaluation.**
- **For certified projects—Appropriate operation and maintenance along with regular measurement and tracking of building performance is the key to realizing the health benefits of certification.**