

## PAM TECHNICAL TALK

# HOME: ARE OUR HOMES RESILIENT TO HARM & SUSTAIN HAPPINESS?

20<sup>th</sup> May 2023 | Saturday | 9.00am - 12.30pm  
Dewan President, PAM Centre, Kuala Lumpur

Registration LINK : <https://www.eipam.info/>



DATIN SERI Ar DR  
NORWINA MOHD NAWAWI

### SPEAKER 1

#### GOVERNANCE AND POLICY-DESIGN OF HOMES: FROM THE ASPECTS OF HEALTH

*UN-Habitat places affordability, sustainability and inclusiveness of the housing sector at the core of the urbanization process to ensure access to adequate housing for all. However, the provision of just any housing will not remove harm from within nor its immediate surroundings and environment. Thus, World Health Organisation (WHO), under Housing and Health guidelines, bring together evidence to provide practical recommendations to reduce the health burden due to unsafe and substandard housing. Hence this presentation, as an introduction to subsequent speakers, focus on Malaysia and the Malaysian available governance and policies on the planning and design of homes to identify the gap in its provision for health and find ways to improve the condition to be resilient to current and future health issues. With the intention of understanding our very own available legislative parameter with its opportunities and constraints in the health provision particularly, this presentation put together available data from the various ministries (Housing and Works), CIDB and other related sectors to the fore for us to contemplate and work forward towards achieving optimum designs that care for the rakyat (people of the nation).*

### SPEAKER 2

#### HAPPINESS IS A FRAME OF MIND: MENTAL HEALTH IN HOMES

*Humankind is a psycho-social being, and the environment where we grow from infancy to adulthood affects our well-being. Although the issue of mental health has existed in society since time memorial, awareness, and acceptance have catapulted during and after the pandemic giving signals that something is wrong with the health of our community, the environment and the house as a physical structure, have been one of the factors. Social stigma and denial ally support and effort to address this dilemma. This presentation is an explorative effort to search for the cause and effect of mental health from the built environment perspective, with the house, as the home, as the focus. Through case studies, this research seeks unconditional consideration for practising architects to design beyond the physical into another dimension where design is most needed.*



Ar MUMTAZAH MUSTAJAB

Often a home to a man is his castle where he resides as he pleases, and to another, a paradise to come back to after a hard day's work or from a faraway journey-a Sanctuary for happiness. A place where families as human race and resources are formed, nurtured and raised to be the nation's drive for the sustenance of economy, technology, visionary governance and the environment. Home can also be translated as a shelter from pain or harm, of temporary or permanent form, but always in the embrace of hope, love, inspiration and feeling safe.

A house is not a home if it brings so much pain and problems. The nation and civilisation will be short-lived and conspicuously disappear as per history due to health. Hence the presentation brought forth in this session, after a year of the halcyon endemic phase, to the reality of fortifying one's home to be resilient and safe by nibbling at the butt-the homes. The three speakers, from research and practice experience, have put together, in a nutshell, the importance of understanding the fundamental requirements of health and its impact on the home environment.

Lessons learned from these exercises will be part of the guidelines for the homeowner, the designers and the policymakers in making the home - healthy, safe and happy again.



IDR MONIE MUHARIFF

### SPEAKER 3

#### HAPPINESS IS IN THE DETAILS: MICRO DESIGN OF HOMES WITH CARE

*A home is very personal and private to many of us. How we choose to arrange the spaces and the furniture and use them reflects our taste and way of life. Many researchers found that the duration of time we spend at home differs by many factors, from age group to types of jobs and the state of our economy, culture, and lifestyle. We seek other venues as an outlet for our passion apart from employment, meeting friends and travelling for holidays. However, in the time of the pandemic, 'home' is the whole world for everyone and every day. Hence, the available spaces, nooks & niches and the detailing of these spaces we call home matter. Living alone or as a family, every one of us requires time to work efficiently, play, respite, be in a company and contemplate. With added issues of protecting the health and preventing infection of oneself and the family, the need to understand how spaces are re-arranged in the constraint of the existing parameter can make a difference. Designing homes to be resilient, this presentation shares ideas and experiences through the practicality of the scenario from the many types of houses as case studies. Our home is our castle and bastion from harm. Studies found that design permutations in large houses meet the necessary health requirements easily. In comparison, design within constraint spaces of affordable homes requires highly innovative solutions to upkeep the accorded protection. Hence the ideas outlined in this presentation intend to instil the importance of giving attention to detail that is usually missed in the making of spaces. Details, as elements in a micro design, can enliven and provide healthy and meaningful living, nurturing the humans we love and care to be - safe, healthy, happy and blessed.*