GLOBAL SUMMIT OF WOMEN 2022
Bangkok Convention Center
25 June 2022

SUSTAINNOVATION FOR BETTER WORLD

SINGH INTRACHOOTO, PHD.
Chief Advisor
Research & Innovation for Sustainability Center (RISC)
MQDC Limited

Head of Creative Center for Eco-design Building Innovation Department Kasetsart University Architecture

THE FUTURE IS ROUGH!



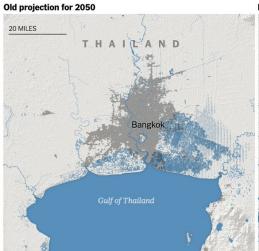


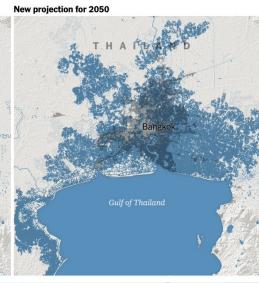
THE WORLD IS SICK

A LOT OF SHOCKS & STRESSES

■ Land underwater at high tide ■ Populated area



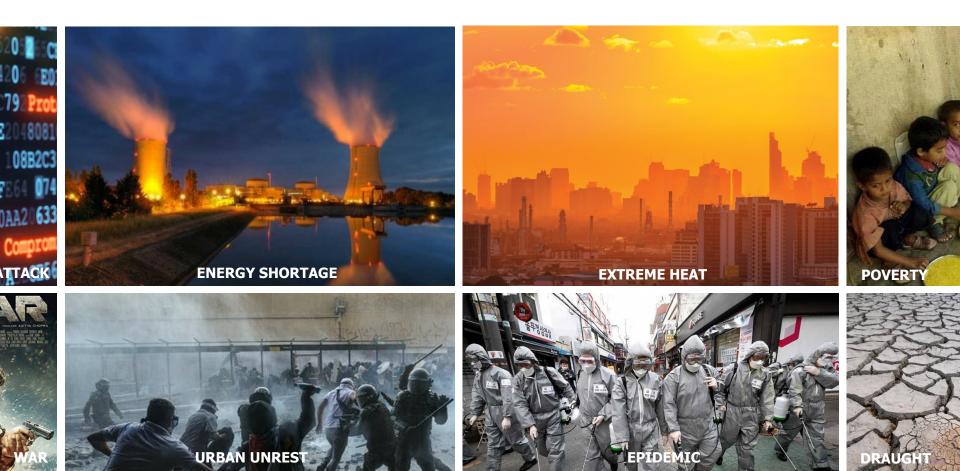








A LOT OF SHOCKS & STRESSES



POOF! AT THE CURRENT GROWTH RATE OF THE USAGE OF THESE NON-RENEWABLE RESOURCES, THESE PRODUCTS/SERVICES WILL SOON HAVE DISAPPEARED FROM THE FACE OF OUR PLANET EARTH. WHEN? SEE FOR YOURSELF!

CHROMIU Mared In Batteries Drugs Fire-retardan	LEAD MORE OF THE SECOND SECON	TIN Mased for FOOD GANS INDUSTRY	MOLYBDENUM wood for Armour Electrical Contacts Filaments	MANGANESE used in IRON & STEEL DRY CELL BATTERIES	CADMIUM need in RECHARGABLE BATTERIES TV SCREENS	URANIUM Marcel des NUCLEAR WEAPONS	OIL word as FUEL	COAL used as FUEL	TANTALUM used in: MOBILE PHONES	ALUMINIUM used for transportation packaging construction electronics	used in
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2022	2025	2027	2030	2032	2035	2042	2046	2056	2068	2091	2118
TODAY											
2020	2023	2026	2028	2031	2033	2038	2043	2049	2057	2088	2094
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ANTIMONY used in batteries drugs fire-retardants	INDIUM & YTTRIUM Assed for LCD SCREENS SOLAR PANELS FLUORESCENT LIGHTS X-RAY SOREHS	ZINC MARCH IN MUSICA L INSTRUMENTS	BANGADES MEDALS	GOLD UNGSTEN COBALT used in JEWELLERY LIGHTING ALLOYS	GRAPHITE weed to PENCILS STEELMAKING BRAKE LININGS LUBRIGANTS	COPPER HERE OF THE STREET OF T	NICKEL used to COINS PLATING	GAS used as FUEL	TITANIUM used fin AIRCRAFT ARMOUR	RARE EARTHS and in Hybrid Cars Wind Turbines	PHOSPHORUS used in FERTILIZER PESTICIDES MATCHES

CLEARLY, WE ARE DOING SOMETHING WRONG

HOW CAN WE DO BETTER?







THEME PROJECT BRAND



JOINT VENTURE BRAND







PROJECT BRAND









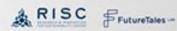


PROPERTY MANAGEMENT



PREMIUM CARE

RESEARCH & INNOVATION









HOTEL & HOSPITALITY









RESALE & RENTAL



GREEN BUILDING CERTIFICATION











































Corporate







IS THE WORLD GETTING BETTER?

AT MQDC, WE ALWAYS TALK ABOUT HOW WE STILL DAMAGE THE PLANET WITHOUR ECO-CONSCIOUS PROJECTS.

TO PUT TOGETHER NEW SOLUTIONS, MQDC ESTABLISHED RISC

[RESEARCH & INNOVATION FOR SUSTAINABILITY CENTER]





RESEARCH & INNOVATION FOR SUSTAINABILITY CENTER





5 RESEARCH HUBS FOR SUSTAINABLE WELLBEING

AIR QUALITY
(FOR HEALTH & WELLNESS)



MATERIALS & RESOURCES



PLANT & BIODIVERSITY



HAPPINESS SCIENCE (INCL. HUMAN BEHAVIORS)



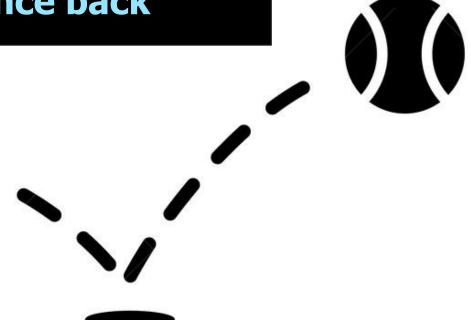
5. RESILIENCE SCIENCE



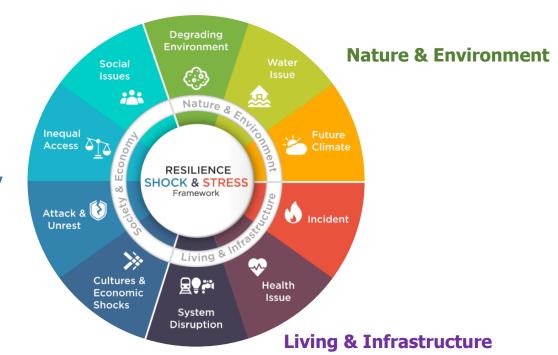


WE NEED TO GO BEYOND SUSTAINABILITY

RESILIENCE: "resilio" (Latin) meaning "to bounce back"



RESILIENCE FRAMEWORK FOR CITY DEVELOPMENTS (THAILAND)

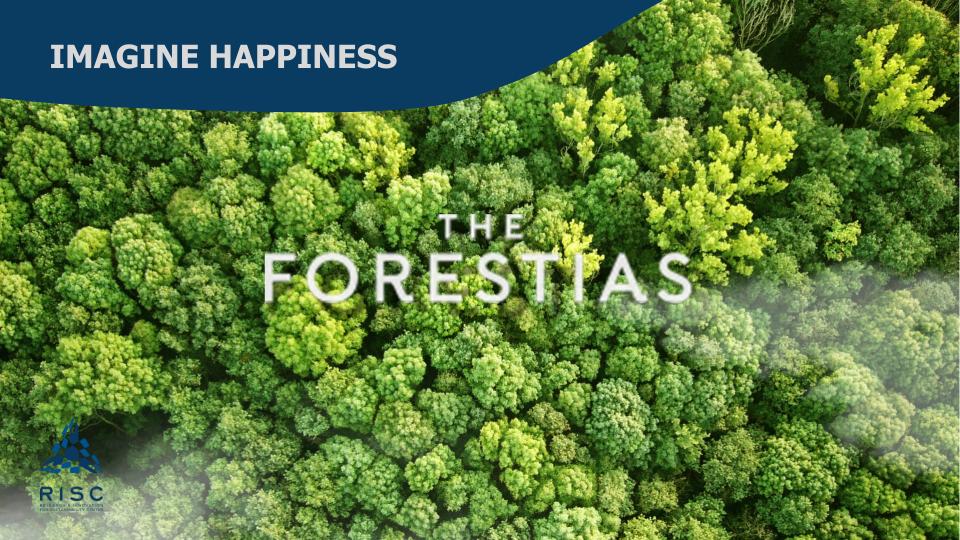


Society & Economy

RESILIENCE FRAMEWORK FOR PROPERTY DEVELOPMENTS (THAILAND)



แหล่งที่มาของอาหาร













Thermal Comfort



People who live in a **thermal comfort** satisfaction environment can be more productive.^[1]

Leading research indicates productivity decrease by 6% when space is overheated and decrease by 4% when space is too cold. [2]

[1] Huizenga C, Abbaszadeh S, Zagreus L, Zagreus L, Arens E. Air quality and inermal comfort in office buildings: Results of a large indoor er vironmental quality survey. In: Proceedings of Healthy Buildings 2006. Vol 3. 2006: 393-397. Accessed November 27, 2017.

[2] Seppanen O, Fisk WJ, Faulkner D. Control of Temperature for Health and Productivity in Offices. 2004. https://eaei.lbl.gov/sites/default/files/lbnl-55448.pdfhttps://eaei.lbl.gov/sites/default/files/lbnl-55448.pdf. Accessed May 22, 2018.



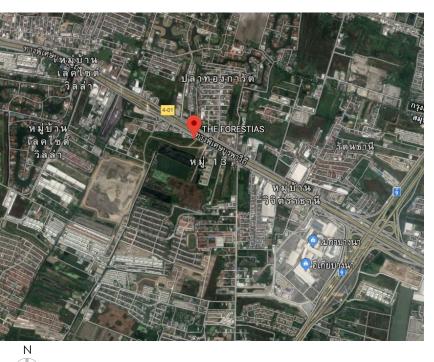


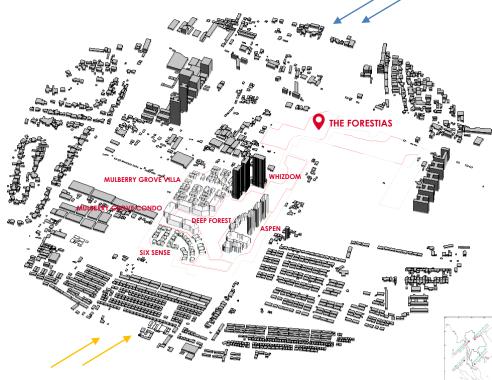


ลมมรสุมตะวันออกเฉียงเหนือ (Winter Wind) ต.ค.-ม.ค.

FORESTIAS MASTER PLAN - CFD

วัตถุประสงค์ : จำลองลมธรรมชาติบริเวณรอบโครงการ The Forestias และอิทธิพลจากอาคารโดยรอบ ที่ส่งผลต่อลมที่จะปะทะอาคาร





ลมมรสุมตะวันตกเฉียงใต้ (Summer Wind)

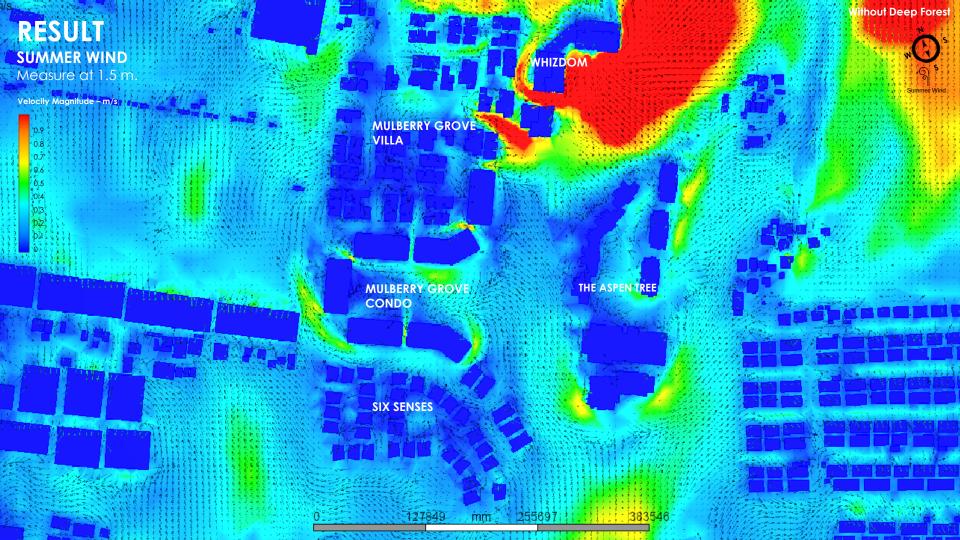
พ.ค.-ต.ค.

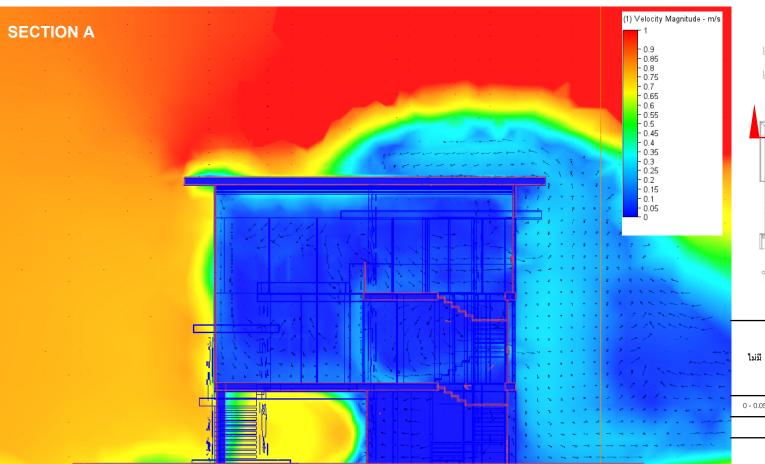
ภาพแสดง โมเดลสามมิติโครงการ The Forestias และ อาคารโดยรอบ ในรัศมี 1 กิโลเมตร

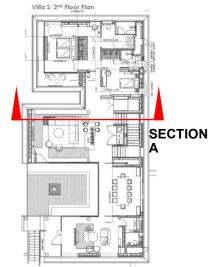


ภาพแสดง แผนที่โครงการ The Forestias







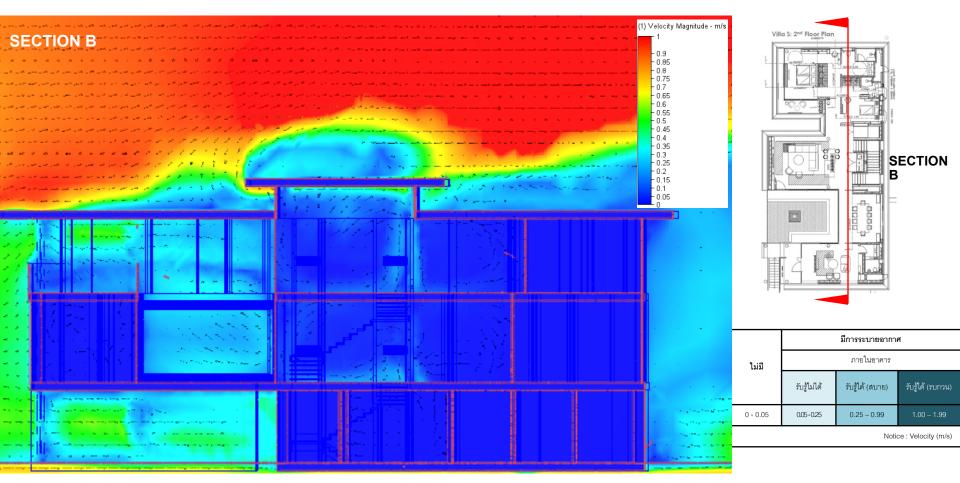


	มีการระบายอากาศ						
ไม่มี	ภายในอาคาร						
	รับรู้ไม่ได้	รับรู้ได้ (สบาย)	รับรู้ได้ (รบกวน)				
0 - 0.05	0.05-0.25	0.25 – 0.99	1.00 – 1.99				

Notice : Velocity (m/s)





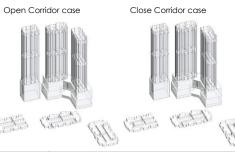










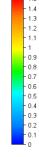


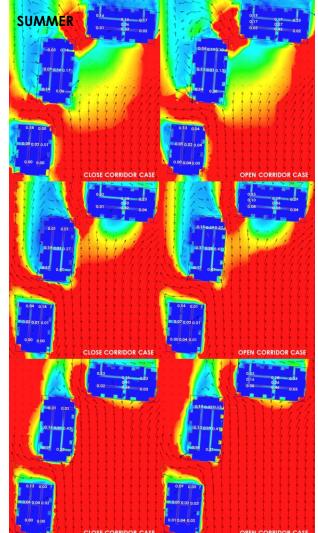
	Ventilated						
No	Indoor						
ventilation	No air movement	Comfortable	Maybe Disturbed				
0 - 0.05	0.05-0.25	0.25 - 0.99	1.00 – 1.99				
·		Notice · V	elocity (m/s)				

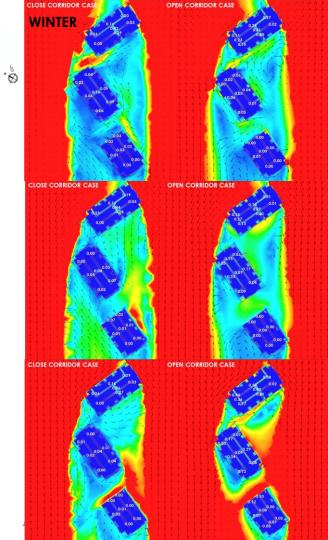
Notice: Velocity (m/s)

Velocity Magnitude – m/s

Comparing these 2 schemes. Open corridor case helps flow the air thoroughly, but with low velocity overall.







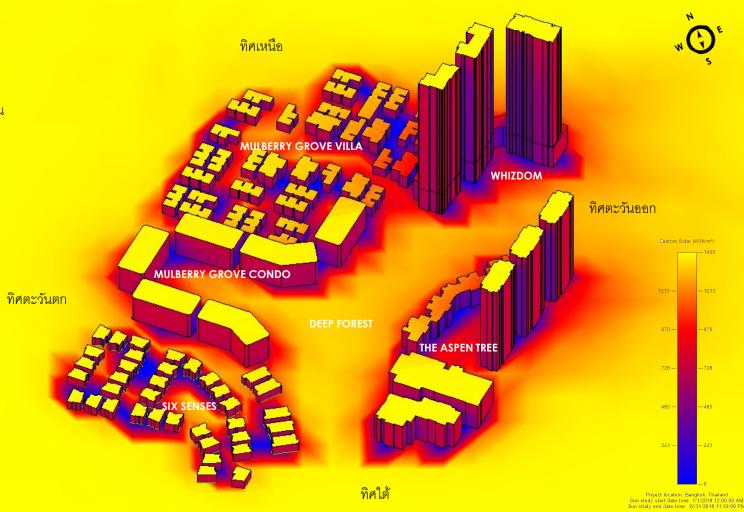
RESULT

SOLAR RADIATION

โครงการอยู่ในพื้นที่โล่งแจ้ง ปราศจาก อาคารสูงโดยรอบ จากภาพแสดงปริมาณ ความร้อนผึ่งทิศตะวันตก ทิศใต้ ค่อนไป ทางทิศตะวันออกเล็กน้อย แสดงถึง ปริมาณค่อนข้างสูงในทิศใต้ มากที่สุด เมื่อเทียบกับทิศอื่น ตามการโครจรของ ดวงอาทิตย์ รูปด้านอาคารฝั่งนี้ควรให้ ความสำคัญกับการออกแบบแผงบังแดด

summary

- พื้นที่โล่งแจ้งบริเวณ Mulberry
 Grove Villas และ Condo
 รวมทั้ง Six Senses ที่ความสูง
 อาคารไม่สามารถบังเงาได้ ยัง
 ได้รับปริมาณความร้อนสูง
- บริเวณ Deep Forest ได้รับ
 ปริมาณความร้อนมีศักยภาพใน
 การปลูกต้นไม้ได้ดี



2

Air Quality

People who live in **higher concentration** of $PM_{2.5}$ (21 µg/m³) has **psychological distress score** 17% higher compared to those who live in lower concentration (5 µg/m³).

Research from Harvard University indicates **breathing high levels of PM_{2.5}** result in increased **stress from oxidative stress** and more severe inflammation in people with congenital disease after inhalation of high amounts of small dust.^[3]

In addition, **9-month-old child**, who lives in a **damp house** and live with **smoking people** has more **emotional symptoms** and **behavioral problems** by the age of 3.^[4]



[3] Huizenga C, Abbaszadeh S, Zagreus L, Zagreus L, Arens E. Air quality and thermal comfort in office buildings: Results of a large indoor environmental quality survey. In: Proceedings of Healthy Buildings 2006. Vol 3. 2006: 393-397. Accessed November 27, 2017.

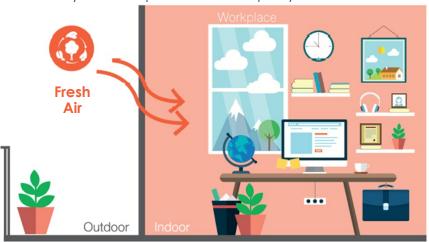
[4] Seppanen O, Fisk WJ, Faulkner D. Control of Temperature for Health and Productivity in Offices. 2004. https://eaei.lbl.gov/sites/default/files/lbnl-55448.pdfhttps://eaei.lbl.gov/sites/default/files/lbnl-55448.pdf. Accessed May 22, 2018.



Air Quality

Air pollution prevention

Ductless air conditioning system Filtrate outdoor air pollutants with high efficiency filters. Fresh air system to improve indoor air quality.





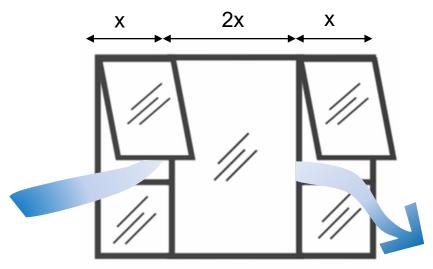


ปรับปริมาณอากาศ บริสุทธิ์ให้สัมพันธ์กับ จำนวนผู้ใช้พื้นที่จริงเพื่อ การใช้พลังงานที่มี ประสิทธิภาพสมคุลกับ คณภาพอากาศ

Ventilation enhancement

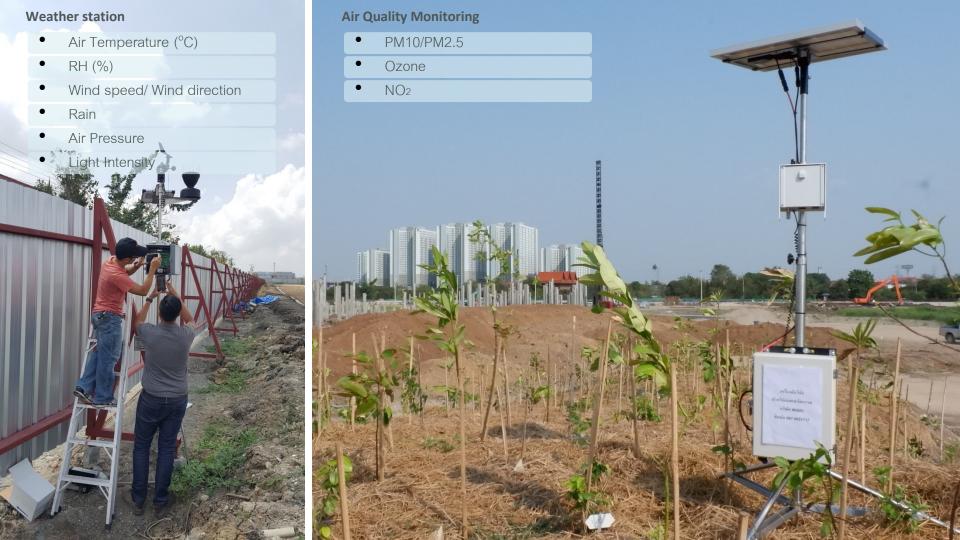
Every space is able to naturally ventilated.

Ventilation door & window provide to increase ventilation.



Indoor & outdoor air monitoring



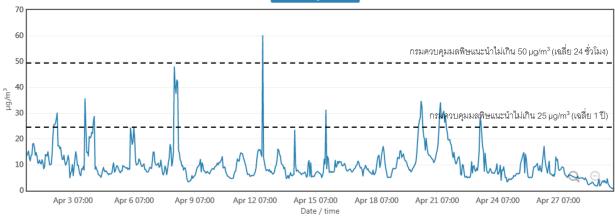


THE FORESTIAS AIR QUALITY REPORT ประจำวันที่ 1-30 เมษายน 2562

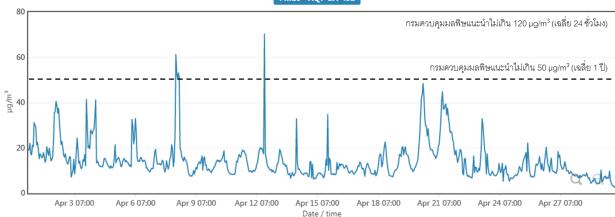




PM2.5 PM2.5 - AQY-BA-452









Ductless Air Conditioning System & Fresh Air System

Forestias เลือกใช้ระบบปรับอากาศระบบน้ำเย็นที่ไม่มีท่อลม และ ระบบเติมอากาศบริสุทธิ์ ในรูปแบบต่างๆ เช่น ERV, Fresh air fan, DOAS (Dedicated Outdoor Air System)





Onsite Measurements

Show Unit at Forest Pavilion: 28 May 2020

ทำการตรวจวัดคุณภาพอากาศภายหลังการติดตั้งงานระบบด้วยเพื่อประเมินประสิทธิภาพการทำงานของระบบให้เป็นไปตามที่ออกแบบไว้















3 Lighting Quality

Many studies have shown daylight exposure impacts our moods and **reduces** depression.^[5]

Insufficient daylight
exposure affects the onset
of depression and
decreases cognitive
function in individuals. [6]

[5] Lam RW, Levitt AJ, Levitan RD, et al. Efficacy of bright light treatment, fluoxetine, and the combination in patients with nonseasonal major depressive disorder a randomized clinical trial. JAMA Psychiatry. 2016; 73(1): 56-63. doi: 10.1001/jamapsychiatry. 2015. 2235.

[6] Kent ST, McClure LA, Crosson WL, Arnett DK, Wadley VG, Sathiakumar N. Effect of sunlight exposure on cognitive function among depressed and non-depressed participants: A REGARDS cross-sectional study. Environ Heal A Glob Access Sci Source. 2009; 8(1): 34. doi: 10.1186/1476-069X-8-34.





Lighting Quality

Optimize Daylighting

Using Natural daylight >45-55% of indoor space.

Using warm white to create cozy, calm and comfortable indoor controlled by home intelligent systems.

Warm White

2700K Warm, Cozy, Calm, Comfortable, Relaxing, Intimate, Friendly



Visual Lighting Design

Good lighting positions to enhance visibility and health.

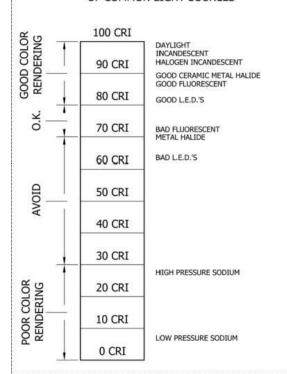
Adequate lighting levels for each type of activity.





Lighting Quality:

COLOR RENDERING INDEX (CRI) VALUES OF COMMON LIGHT SOURCES



เลือกใช้หลอดไฟ LED ประสิทธิภาพสูง ช่วยการมองเห็น และ ถนอมสายตา โดย คำนึงถึงค่าดัชนีความถูกต้องของสี (CRI) >90 (มาตรฐาน WELL Building Standard)













Acoustic Quality

Reduction in noise level leads to less distraction, overall stress, and potential health risks. [7]

Building facade and the interior walls can design to subdue exterior or interior noise much to the benefit of personal comfort during work, study or sleep.^[8]



[7] Evan GW, Jonhson D. Stress and open-office noise. J Appl Psychol. 2000; 85(5): 779-783.

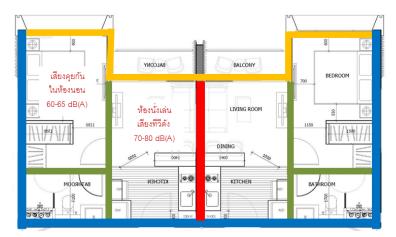
[8] Fyhri A, Aasvang GM. Noise, sleep and por health. Modeling the relationship between road traffic noise and cardiovascular problems. Sci Total Environ 2010; 408(21): 4935-4942.



Acoustic Quality

Noise reduction

Noise reduction walls for each function

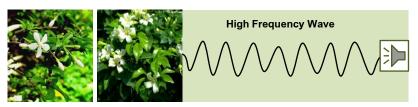


Sound Transmission Class for Material Specification

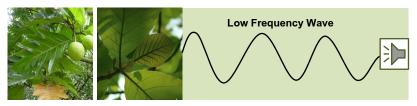
คอนกรีต 15 cm	มวลเบา 10+5+10 cm	มวลเบา 15 cm	มวลเบา 10 cm
STC = 49 dB	STC = 55 dB	STC = 46 dB	STC = 43 dB

Green buffer zone

Reducing exterior sound from roads or outdoor noise with plants



High frequency wave (เสียงแตร เสียงนกหวีด) filtered by small leaves plants such as Wrightiareligiosa Bent / Orange Jessamine / โมก / แก้ว



Low frequency wave (เสียงกลอง เสียงรถยนต์) filtered by large leaves plants such as Breadfruit, Teak and MacArthur Palm / สาเก สัก หมากเขียว



Onsite Measurement:

Show Unit at Forest Pavilion: 28 May 2020

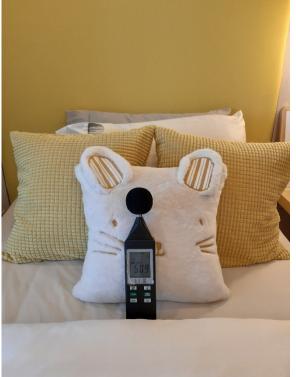
ป้องกันเสียงรบกวนระหว่างห้องพัก และ ภายในห้องพักเอง (เสียงจากเครื่องปรับอากาศ, เสียงจาก ERV) ทำการตรวจวัดคุณภาพเสียงจริงที่เกิดขึ้น















5 Health & Safety

Early exposure to toxic chemicals may lead to cancer and Alzheimer's. [9]

Falls are the second leading cause of unintentional injury deaths worldwide!

Adults older than 65 suffer the greatest number of fatal falls. [10] Falls of all kinds represent an important cause of child injury and death. [11]

[9] US National Library of Medicine National Institutes of Health

[10] WHO, National Center for Health Statistics

[11] National Center for Health Statistics









Health & Safety

Healthy Material Selection

Low VOCs Materials / Food Grade Materials







E1 Wood and Wood Composite Materials / No Wall Papers







No Granite (Indoor Area) / Healthy material for bedroom floors



Safety Design

Non-slip floor

REFERENCE STANDARD



Laminated glass and tempered glass

High Balustrade

Light & Plug for Health (45 cm from pillows)

6

Inspiring Community

The Forestias as an innovation showcase and playground: พื้นที่บ่มเพาะ ศึกษาวิจัย สร้างแรงบันดาลใจ และจุดประกาย แนวคิดใหม่ๆ ให้กับวงการอสังหาริมทรัพย์



Sustainability and the Circular Economy











Circular Economy

"โครงการรีไซเคิลหัวเสาเข็ม เพื่อนำมาเป็นส่วนผสมในพื้นคอนกรีต"

Recycled Concrete Aggregate (RCA)



"โครงการผสมขยะพลาสติกเพื่อเพิ่มความแข็งแรงถนนยางมะตอย"

Plastic Asphalt Road







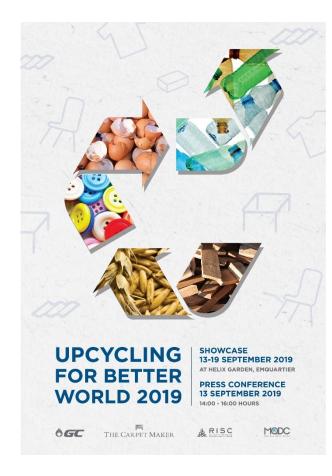


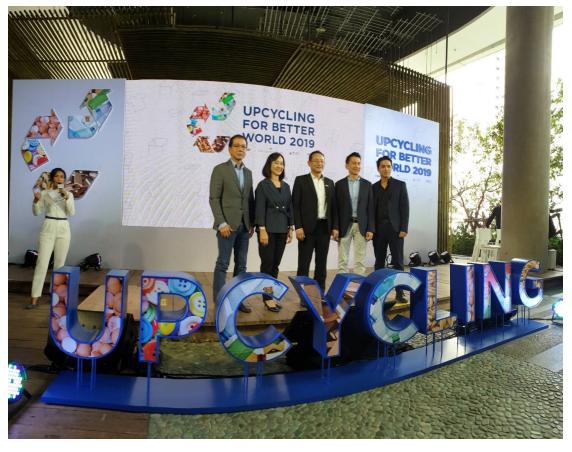
Date: 31 Jan 2020

The Forestias

















Call Carpet Maker today for a presentation
ADDRESS: 194 Moo 1 Jangsanit Rd., Muang Peer, Ban Phai, Khon Kaen 40110. Thailand
Tel: +66 43 286 734-5
E-MAIL: connect@thecarpetmaker.com



THE CARPET MAKER



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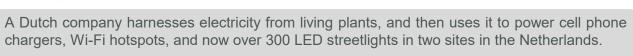


Plant-e









Plant-e was founded on September 14, 2009 as a spin-off company from the sub-department of Environmental Technology from Wageningen University.





Plant-e mockup activities at the Forestias











7 Living with Nature Nature or High quality outdoor space are associated with lower rates of depression, anxiety and stress.[12]

anxiety rate.[13]

Studies have found neighborhoods with more than 20% of green space help reduce stress rate, and if there is more than 30% of green space, it further reduces the

[12] Beyer, K. M., et al.(2014). Exposure to neighborhood green space and mental health: evidence from the survey of health of wisconsin. International Journal of Environmental Research and Public Health, 11(3), 3453-72.

[13] Cox, D. T. C., et al. (2017). Doses of Neighborhood Nature: The Benefits for Mental Health of Living with Nature. Bioscience, biw173.





Living with Nature

Biodiversity

Green spaces connect us with nature.

Learn to love nature and animals (Forestias).

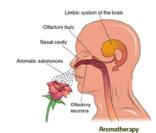


Nature Therapy

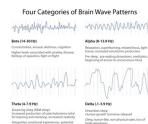
High-quality outdoor green space to connect with nature Color, Aroma & Sound Therapy















Biodiversity Survey

Pre-Development Phase



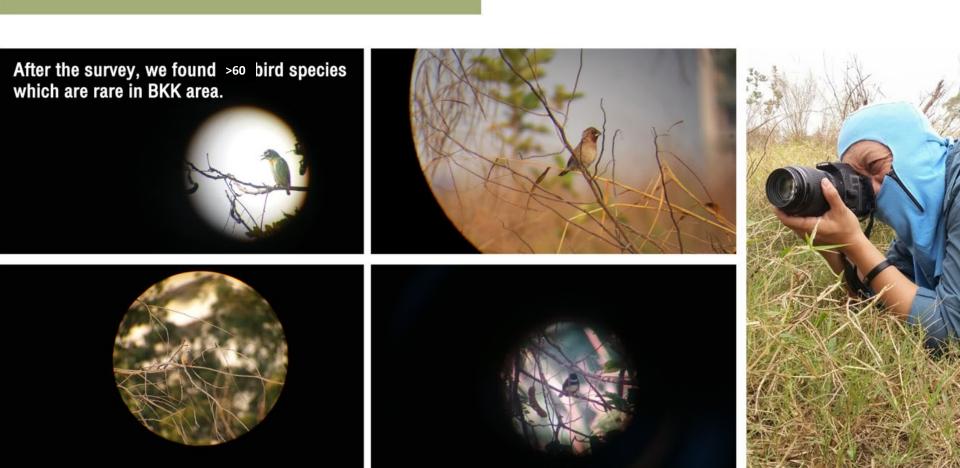








Site Data Collection



Biodiversity Survey

Pre-Development Phase







RESIDENT BIRDS

Before project development



After project development





MIGRATORY BIRDS

Before project development



After project development





Biodiversity Survey

Pre-Development Phase







Biodiversity Survey

Pre-Development Phase







Existing Site Analysis

Soil testing

Water testing









ดินชั้นบนมีปริมาณอินทรียวัตถุค่อนข้างสูงและ N-P-K ค่อนข้างดี ดินชั้นล่างส่วนใหญ่มีระดับความเค็มปานกลาง





Existing Site Analysis

Soil testing

Water testing









น้ำมีค่า pH เป็นกลาง มีคุณภาพปกติตามแหล่งน้ำผิวดินสามารถใช้รดน้ำและเกษตรกรรมได้



Existing Site Analysis Existing Tree SA-01 **ปีเหล็**ก #0.25 m. SA-08 NETTH #0.30 m.

















[14] Soga, M., et al. (2017). Health benefits of urban allotment gardening: improved physical and psychological well-being and social integration. International Journal of Environmental Research and Public Health, 14(1), 71.

[15] Van Den Berg, A. E., & Custers, M. H. (2011). Gardening promotes neuroendocrine and affective restoration from stress. Journal of Health Psychology, 16(1), 3-11.



Living Quality

Activity and program for mental health

Wide range of activity to relax for everyone. Promote good mental health activities.



Reference: Bennie, M., & Maureen. (2020, May 04). How Does Your Garden Grow? Mental Health, Wellness & Skills Development Through Gardening, Retrieved May 26 2020, from https://autismawarenesscentre.com/how-does-your-garden-grow-mental-health-wellness-skills-development-through-gardening/

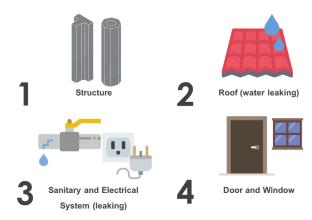
Worry-free (Premium Care & 30-year warranty)

Guarantee quality of structural durability and well-functioning homes.

No roof leaks, no sanitary & electrical system leakages, and door & windows

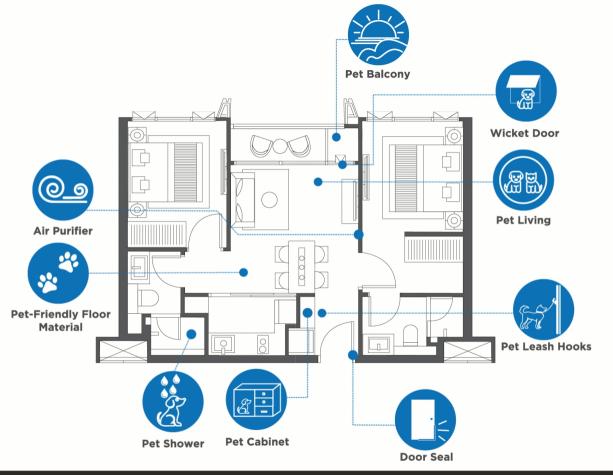
MQDC POLICY











PET-FRIENDLY DESIGN

การออกแบบห้องพักอาศัยที่เป็นมิตรต่อสัตว์เลี้ยง









7.3 Energy saving

40,000 tons

annually by using Central Utility Plant (CUP) and

Reduce carbon emission



↓ ↓ ↓ ↓ 30,000 tons of CO2e annually



11.2 Provide access to sustainable transport systems for all. With shuttle bus services and A car-free zone with EV charging stations







6.3 Net zero discharge U lite water discharge to municipal









13.1 Reduce CO2 emission





83,430 tons of CO2e annually



15.2 Total area of forest

48,000

sq.m. or 30 rai or 45% of the project













3.9 Maintain good air quality by green area. To reduce pollution in outdoor air.







12.5 **90%** of construction waste will be upcycling to walking and jogging tracks, or for paving surfaces.



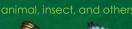
15.5 Total number species

public.



11.7 A Canopy Walk

8-12_{m. above} ground is open to the















THIPPAPORN AHRIYAVRAROMP

Founder & Chairman
DT Group of Companies



GLOBAL SUMMIT OF WOMEN 2022
Bangkok Convention Center
25 June 2022

SUSTAINNOVATION FOR BETTER WORLD

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