Importance of the planned cities on man's personal and social life –An Analysis.

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Summary

There is no rebuffing of the fact that urbanization is the inevitable destiny of the human civilization and the justified town planning means planning for the people. In the inauguration of civilization town or city was required for the benefit of civilization and its endurance still city or town is required. Now, cities are turned into the engines of the world's economy and at present more people across the world are living in cities than ever before. But the problematic urbanization is unsolicited. Because, in that case, city or town turns into a mega problem instead of megacity. This paper tries to find out how a planned city can play an important role to maintain healthy and pleasant human life and finally tries to show some recommendations for betterment of cities and human life.

1. Introduction

Naturally man is always fascinated to an upgraded and innocuous life. From the very beginning of civilization man has been attracted to a well-organized and efficient life and capitulated himself to the bright of the civilization progressively like a heedless and unmindful way by placing behind the ruralized epoch [1].

Prehistoric human started the voyage of urbanization, a long before sendoff their cave dwelling time. When man was assembled together in the ancient cave to escape themselves from kidnapping and robbery, possibly from that time the footstep of urbanization was echoed [2]. Man was started to come to be social-bonded through the living together. This lead the paramount concept of rural society and finally "village" took its birth as the byproduct or the consequence of upright opportunity of water supply and the fertile agricultural possibility.
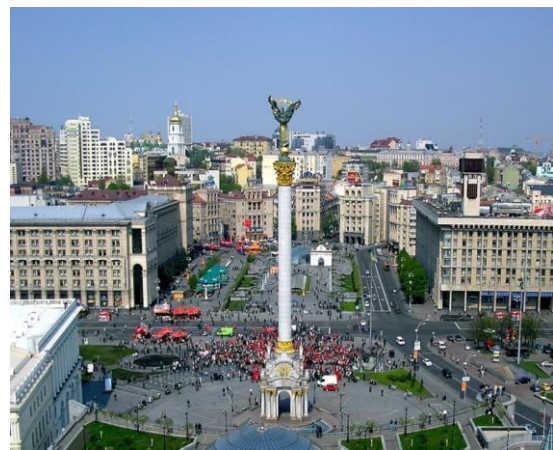
In the rural environment human settlement gradually started to increase. Crop production and permanent conservation system was introduced. The capability of food preservation made the man spirited to embroil with other activities. As the opportunity of economic activity enlarged, reliance on food production progressively dwindled. Man was started to embrace in different occupations. The role and activities of the rural community was started to outspread and eventually gyrated into the city and metropolis. Public life was started to run on the different economic and political base placing behind the simple rural atmosphere. City became the centre of all events resembling education, business, commerce and industry and the village people were gravitated to the city for the multipurpose prospect of urban life. The basic difference between the ancient villages and towns were that the high level radical

and social connotation of the township delivered the opportunity for the man comparably to live in a peaceful and organized way [3]. It brought the discipline and cheerfulness in life and made the life fascinated and enthralled.

2. Elements of a typical planned city

The elements of the city can be classified as follows [4] :
i) Communication system: a) Roadway b) Airway c) Railway d) Water way
ii) Various types of buildings: a) Residential Buildings b) Govt. & Semi-govt. Buildings, c) Commercial Buildings, d) Industry.
iii) Open spaces: a) Garden, Park, Playground, b) Graveyard iv) Public Utility Services: a) Water Supply, b) Drainage, c) Electricity, d) Gas, e) Telephone.
v) Other Utility Services: a) Post Office, b) Police Station, c) Petrol Pump, d) Fire Station
vi) Solid Waste Management

Table-1: Land use of a Typical Planned City [4]

Sl No	Use of Land	Name of the item	Land Area
1	Residential	One family house, Two family house and Multiple family houses	60%
2	Social amenities	Primary School, Playground, Pond, Religious Installations, Police Stations, Post office, Fire stations etc.	20 %
3	Commercial Facilities	Club, High School, College, Community Centre, Shopping Centre, Markets, Hospital, Hotel, Park etc.	
4	Physical Infrastructure	Main Road, Branch Road, Internal Road, Drainage and Sewerage System Gas, Electricity, Water Supply and Solid Waste Management System.	20%

3. Objectives of a planned city and beautiful life

A planned and beautiful city designates generally that city where the growth of the settlements and environment is controlled in such a way so that numerous social, cultural and recreational demands of the people is fulfilled efficiently and a healthy environment is ensured for all irrespective of rich and poor. Aristotle once said- "A city should be built to give its inhabitants security and happiness". On the other hand according to Plato - "A place where men had a common like for a noble end." According to the Town Planning Acts the main principles of the planned city are as follows:

i) Health: A healthy environment is the pre requisite of a beautiful life of a man. In the unhealthy environment, man has to confront many infections and diseases and the mental and physical growth is hampered. One of the objectives of town planning is to ensure a healthy environment for all the people, irrespective of the rich and underprivileged, in the form of safe dwelling, working, playing, recreation and other day-to-day activities. So, for safeguarding a decent healthiness, the planned town has a prodigious role.

ii) Amenities and Services: Another objective of town planning is to provide various amenities and services to the community like social, economic, cultural, commercial, industrial, recreational and residential opportunities. There is no alternative of making the life gorgeous and comprehensive without the mentioned conveniences and facilities.

iii) Beauty: one aim of the town planning is to preserve the distinguish characteristics of the town and nourishes it. The important role of the town planning is to flash out the hidden features of the beauty accelerating trees, green territory, fashionable and expediency building, art and architectural establishment, ancient historical buildings, temple, mosque and cultural heritage bearing installations which eventually deepen and redecorate the sagacity of human mind in the light of heritage and custom.

4. Idiosyncratic importance of planned housing in man's social and personal life

The concept of housing implies, in gross simplification, making or producing houses in one way or other to provide living spaces for people with supporting services. The word housing is not meant for a single house but for collective structures in which people are housed. Housing means shelter or the means of providing shelter. It is a place where people care for most of their bodily needs; rear their children; keep their belonging; seek quiet and privacy; entertain relatives and friends; and in general fulfill the basic domestic and personal functions of family life including provision of employment and income generation. The word 'Housing' encompasses a vast meaning like sanitation, water supply, cooking, bathing places etc.

Thus housing means not only a structure but also a combination of structure and infrastructure as well as services needed for living [3]. So, housing significantly influences the social and personal life. Generally, human needs may be discussed at two levels; the biological (also called basic) and the socio-cultural. Housing fulfills human needs from both levels.

Firstly, In its direct role housing provides privacy, shelter and protection against hostile physical forces and disturbances. In its indirect role housing serves the purpose of social and economic services, such as places for social interactions, recreations, sports, social welfare and health protecting services, shopping and transportation.

Secondly, Housing provides privacy to the individual against interruptions from others which are important for rest, sleeping, study, meditation and maintaining one's personal integrity and development.

Thirdly, Housing also provides facilities for social interactions, co-ordination of shared activities and recreation for different age groups, community cohesion and political participation. Housing also facilitates social integration on the basis of race, religion, language or ethnic background which helps to derive social significance and form balanced communities.

Fourthly, Housing optimizes the availability and use of the social services such as education, medical care, maternal and child care, retail buying, cultural facilities such as theaters, cinemas, libraries, sport-centers etc.

Fifthly, Housing also can play a vital role in the reduction of transportation problem of urban area, depending on its location with respect to other vital activities such as-employment, education and shopping. The reduction of travel time makes a substantial contribution to over-all societal efficiency, releasing time for better productive or leisurely activities.

Sixthly, Housing has multiple economic characteristics too. It represents some 15% to 30% of household expenditures and it is the major focus of saving from family income [2]. It is recognized as a profitable investment item, yielding a flow of income. For some households, it is also a place of business.

In a word, a planned housing environment is an index of the social health, happiness, social justice and dignity of inhabitants; and all these emanate from a livable decent housing environment. Where it does not exist, it usually reflects a sense of despair, deprivation and deepening violence.

5. Relationship between city planning and public health
5.1 The concept of health:

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The employment of the highest attainable standard of health is one of the fundamental rights of every human being, without distinction of race, religion, political belief, economic and social condition". (WHO, 1946)

The above definition of health formulated in the Constitution of the World Health Organization (1946), challenges the conventional assumption that health policy is a matter only for healthcare professionals. Now-a-days it argues that health should be a central goal of many professionals and agencies, and specially, that urban planners have a key role in promoting a healthy environment.

5.2 City planning as a determinant of health

The environment has long been recognized as a key determinant of health [3]. There is a growing recognition amongst health related professions that promoting health only through programmes of individual/small group behavioural change is not very effective, reaching only a small proportion of the population and seldom being maintained in the long term [2]. What is needed is more fundamental social, economic and environmental change.

Urban planning as a mechanism of environmental control influences health in a number of quite systematic ways and the quality of environment and the nature of developments are major determinants of health. Various descriptive models have been developed to explain the relationship between health and the total environment (biological, physical, social and economic). Figure 1 helps to illustrate the links between the determinant factors of health and is well documented within WHO literature.

Figure 1: The factors determining health [3].
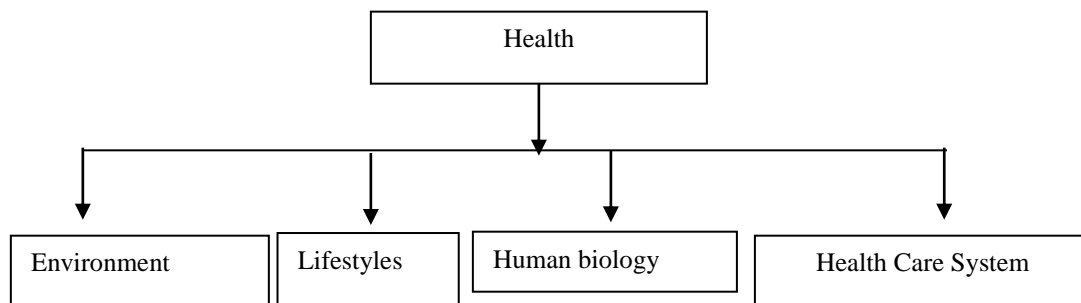
The model by Whitehead & Dahlgren illustrated in Figure 2 elaborates further and in addition to identifying the factors influencing health, describes the four level or strata of influence.The diagram below sets out the various spheres of social and economic life and the wider environment that are affected by planning. It is derived from Whitehead and Dalgren's 1991 figure of the determinants of health.

Figure 2: Model by Whitehead & Dahlgren [3].

- In the centre are individuals with their predetermined genetic heritage, surrounded by influences on health that can be modified.
- The first stratum concerns personal behaviour and lifestyle. Influenced by models of friendship and community regulations that may promote or damage health.
- The second stratum includes social and community influences: the availability or lack of reciprocal support in unfavourable conditions with consequent positive or negative effects.
- The third stratum incorporates structural factors such as housing and working conditions and access to service and facilities.
- The fourth stratum incorporates that influence society as a whole: These include socio economic, cultural and environmental conditions.

Figure 3 illustrates the interaction of a range of health factors in society, represented as a health gradient. This implies that the slope of the health gradient varies according to socioeconomic background and that certain groups may be subject to a greater degree of poor health. Promoting health based solely on changing the traditional behaviour of the individual may have little impact on people who are less advantaged. This requires action from outside.

Figure 3: Interaction of a range of health factors [3].
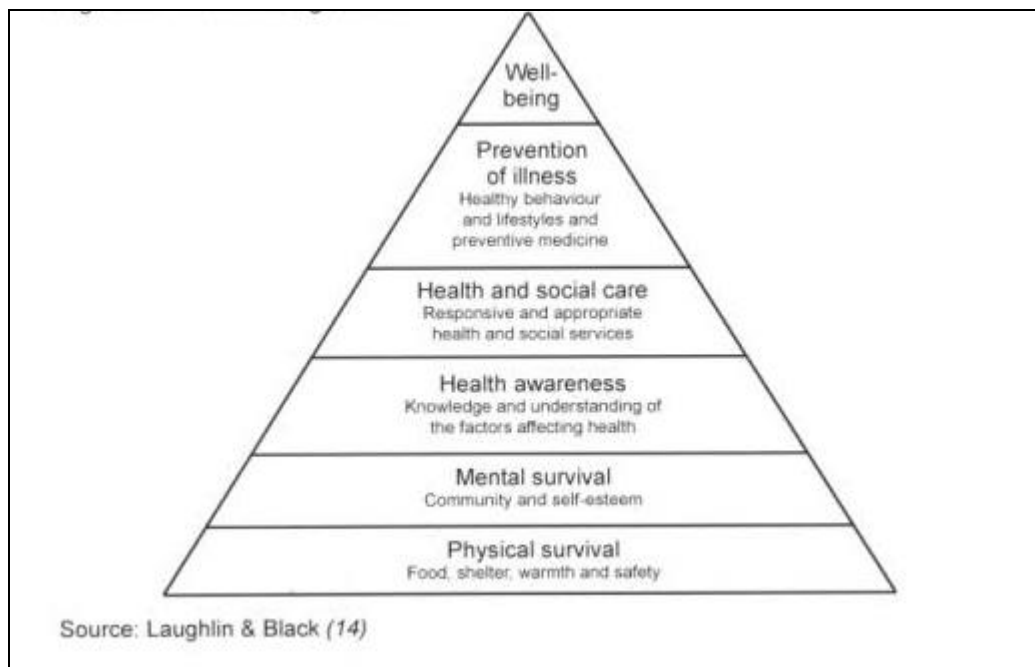
Good health or wellbeing is achieved through a number of stages, as set out in fig-3. The activity marked at the top of the triangle will not lead to good health without an activity that also concentrates on the lower levels, and the equilibrium of activity must reflect the characteristics of the local community. The interrelationship and mutual influence of all these factors means that may action to improve health must cover all the levels of the hierarchy at the same time.

5.3 How city planning playing its role

1. City planning refers to the institutionalized process of making decisions about the future use and character of land and buildings in city regions. The prevalence of the medical model of health, which focuses on the individual and the treatment of illness and dominated the later part of twentieth century, is beginning to shift to the social model in which health is the result of a series of socioeconomic, cultural and environmental factors, housing conditions, employment and community [2]. Urban plans are prepared for physical development, but the goals of these plans are essentially social. Urban planning therefore significantly influences health throughout the world.

2. Planning can create attractive, safe and convenient environments that encourage the people to walk or cycle to work, shop, school and other local facilities. Development plans can ensure adequate recreational opportunities with quality of distribution among the community and in suitably accessible locations. On the other hand healthy exercise combats heart disease, strokes and other diseases that are associated with both sedentary occupations and stressful lifestyles. Healthy lifestyles can improve mental wellbeing and therefore influence physical health [2].

3. Planning polices and proposals encourage and promote housing quality. Insufficient, overcrowded housing built with unsafe structures is detrimental to physical health. A strong relationship can be established between poor housing and the following conditions [2].

i. Respiratory infections: Common cold, tuberculosis, influenza, diphtheria, bronchitis, measles, whooping cough, etc..
ii. Skin infections: Scabies, ringworm, impetigo, leprosy.
iii. Rat infestation: Plague
iv. Arthropods: Houseflies, mosquitoes, fleas and bugs.
v. Accidents: A substantial proportion of house accidents are caused by some defect in the home and its environment.
vi. Morbidity and Mortality: high morbidity and mortality rates are observed where housing conditions are substandard.
vii. Psychosocial effects: These effects must not be overlooked. The sense of isolation felt by persons living in the upper floors of high buildings is now well known to have harmful effects. Often, also, people living in densely populated urban areas feel a similar sense of isolation which may lead to neurosis and behavior disorders.

4. Planning polices and proposals encourage and promote access to employment opportunities. This job security can increase health, wellbeing and job satisfaction. Unemployed people suffer an increased risk of financial stress, which can lead to ill health, mental problems and even premature death.

5. Planning policies and proposals encourage and promote accessibility. Reducing dependency on cars and motorized forms of travel can lead to more physical exercise and reduce levels of heart disease and other chronic illness. A growing number of children miss out on the regular exercise of getting to school, and at the same time concerns about obesity are growing. The patterns of physical activity established in childhood are perceived to be a key determinant of adult behavior.

6. Planned city and man's economic activities

According to the statement of United Nation Organization-
"With all the crises that urbanization has touched off, it also has within it the seeds of hope and promise, and these are what we must build on........ it will be in the urban areas where we may be able to best provide services to people, alleviate poverty, improve life expectancy, and more wisely manage our planet's massive population growth."

The most positive side of the planned town is that it makes economic activities and development friendly environment [7]. The amount of production is always enormous in town so here, the labor remuneration is also high. Labor, Capital, Technology and Management- these four basic elements of the production are always concentrated into the city because of city's connectivity to the other place.

So, the capital stock is always high in the town than rural areas and the employment opportunity is also more here. Considering from all aspects, the city's contribution to the GNP is always high. As example we can say about the Mumbai City of India. Among the 12 metropolitan cities of India only in this town, the foundation of the financial accomplishments is as durable as variegated. In this city the average public income is more, oppositely the poverty is also not as much of. Here about 10% employment is delivered for the industry laborers.

Moreover, the city controls about 25% business of whole India. In the seventies the industrial growth of this city was about 7%, employment growth rate was 2% and the per capita income growth rate was 6%. From the year 1975 it was observed that the positive economic growth rate played a wonderful impact on the improvement of quality of life of the city people. Besides the positive economic influence, the social positive impact of urbanization is also mention worthy. The birth rate of city people is less. The variation of employment creates the opportunity for woman employment.

In the city a large amount of labor is involved in production process, as a result, a group of disciplined and efficient manpower is introduced here which is the prerequisite of development [7]. Moreover, the fastness of the social and cultural life of city provides the motivation to the city people to be grown with creative mind.

Table-2: Impact of City Planning on the Beautiful Environment and Human Life [5]

No	Issues of Planning	Techniques of Planning	Impact on Environment and life
1	Solution of the Housing Problem	o Appropriate Housing Policy and use of local material and environment friendly technology o Create enthusiasm among private developers for the construction of residential complex. o Prioritization on the construction on high-rise building. o In building a housing complex it is sufficiently considered to keep the recreational opportunity, open space, solid waste management system. o Separation of slum dwellers and floating people from planned residential area.	o Convenient environment for living o Living in enough light and airy residences in healthy environment. o Improvement of permanent and sustainable condition. o Overall improvement of work efficiency and health of citizen.
2	Improvement of Water supply and sewerage system	o Taking initiatives for the recycling in case of used water o Establishment of water treatment plant. o Water purification process at the time of disaster. o Creation of awareness for resisting the wastage of water.	o Ensure healthy environment by providing an efficient the water and sewerage system. o To control the infectious and other diseases.
3	Solid Waste Management system	o Increase manpower in the traditional system of waste retreatment; follow the scientific procedure, enhancing the activities through efficient management of truck and other instruments	o Protection of environment from water and air pollution. o To increase the work efficiency of citizen and to create the comfortable condition for citizen.
4	Transportation management System	o Modernization of traffic signal system. o Construction of flyover, over bridge etc. o Expansion of road in planned way. o Separation of heavy and light vehicles routes. o Discourage the use of reconditioned vehicle. o Introduce the alternative route of any destination. o Improvement of parking facilities. o Application of foresightness in constructing roads in town planning.	o Continuity the speed of urban life. o Control of accident o Control of air pollution

7. Some Recommendations

To physique the township consistent with the passion of the citizen and likewise for maintaining a suitable and pleasurable standard of living, the following five guidelines can be taken in to attention:

Firstly, to create Physical Infrastructure and employment opportunity through the private investment.

Secondly, to make the economic configuration of the city well-organized and dynamic.

Thirdly, in addition with the focal cities to accumulate several conurbations to lessen the stress on main cities.

Fourthly, to encourage the private investor for providing public utilities and services.

Fifthly, to ensure the good governance, decentralization of administration or exact democracy in administration is necessary.

8. Conclusion

City is for the beautiful and unsoiled human life for both- the rich and the poor. In the other word, city will make the image of hope and aspiration of both classes of people. If it is not reflected in City Planning, it will not be termed as planned city [6]. In the inauguration of civilization town or city was required for the benefit of civilization and to protect the civilization and its endurance still city or town is required. But the problematic urbanization is unsolicited. Because, in that case city or town turn into a mega problem instead of megacity.

Nevertheless city is for the inclusive development of man but if that man become embarrassment in that city in that case we can say according to Edwin Markham-

"Why build these cities glorious
If man unbuilded goes?
In vain we build the world, unless
The builder also grows".

So, forgetting all the discrimination let us make a problem free, beautiful, cheerful, pollution and congestion free city for our upcoming generations.

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