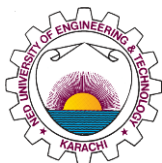


### Masters Dissertation Showcase Year 2023

<b>Department: Architecture and Planning</b> Programme: <b>Masters of Architecture</b> Specialization: <b>Architecture</b>	
<b>1</b>	<b>Title of the Thesis</b> Impact of Urban Parks on Resident's Quality Of Life: Case of Gulshan Town, Karachi
	<b>Abstract</b> <p>Parks play a critical role in rapidly growing urban centers, serving as transformative spaces that bridge the gap between nature and urbanity. They provide inhabitants with chances for social engagement, physical fitness, and emotional solace. Nonetheless, the scarcity of green areas in developing locales such as Karachi poses a significant challenge, significantly affecting urban residents' quality of life and overall wellness. Consequently, investigating citizens' sentiments and the advantages linked to urban park utilization emerges as a pivotal research goal.</p> <p>This study adopts a comprehensive approach, using ArcGIS tools to map the distribution of urban parks and employing Buffer Zone Analysis to identify key study areas. Quantitative data is collected through surveys to assess the impacts of park proximity on residents' quality of life. At the same time, qualitative insights are obtained through focus group discussions and observations to delve into residents' experiences and perceptions of urban parks, thus providing a holistic understanding of their role in enhancing well-being.</p> <p>The findings demonstrate that close proximity to urban parks leads to more frequent visits by residents, primarily for physical fitness and relaxation in a natural setting. Additionally, it fosters increased social interaction among neighbors, contributing to a stronger sense of community and overall well-being. Well-maintained parks foster enthusiasm among residents of all ages and genders, facilitating active and passive recreation throughout the day. Elements like seating arrangements, lighting, and ecological features optimize residents' park experience and quality of life.</p> <p>The present study emphasizes the critical role of urban parks in enhancing residents' quality of life and well-being in Karachi. Policymakers, urban planners, and government agencies should recognize the value of well-designed, accessible, and inclusive urban parks, and actively involve the community in the planning and maintenance processes. By incorporating these insights, cities like Karachi can create healthier and more conducive environments that foster a sense of community and enhance residents' well-being.</p> <p><i>Keywords: Urban Green Spaces, Urban Parks, Proximity, Quality of Life, Parks Characteristics, Social Interaction.</i></p>
<b>3</b>	<b>Impact on Sustainability of Urban Regions or SDG-11 "Sustainable Cities and Communities"</b> (min 400 words) <p>The research conducted in Gulshan Town, Karachi, offers a comprehensive perspective on the impact of urban green spaces, particularly urban parks, on the quality of life for local residents. The study closely aligns with SDG-11, Indicator 11.7.1, emphasizing the importance of measuring the share of city space open for public use, promoting accessible, inclusive, and green urban areas.</p>



	<p>This research underscores the significance of maintaining and expanding green spaces within a walkable distance, highlighting distribution patterns of public parks to address demographic needs. It also calculated per capita park availability, revealing the need for conscious measures to provide more green spaces. These areas offer physical health benefits through exercise and recreation and positively impact residents' psychological well-being, contributing to a healthier urban community.</p> <p>A key finding is the role of green spaces in fostering social inclusion and community attachment. Urban parks serve as hubs for social interaction and community events, enhancing the social fabric of Gulshan Town. The study also highlights the importance of ecological and biodiversity knowledge at the neighborhood level.</p> <p>The research emphasizes the critical importance of addressing the distribution and maintenance of urban green spaces to reduce inequalities and ensure equal access to leisure opportunities. Well-maintained parks enhance their value and cater to diverse schedules, demographics, and overall well-being, contributing to creating sustainable, accessible, and safe urban environments.</p> <p>Moreover, the research provides essential recommendations for urban planning and development, emphasizing the need for green spaces within a 15-minute walk of residents' residences, in line with WHO recommendations. It calls for investment in maintaining and expanding urban parks be it of category.</p> <p>In conclusion, this study significantly contributes to understanding how urban parks impact the quality of life and well-being of urban residents, aligning with SDG-11 principles. The research offers valuable insights for urban planners, policymakers, and communities seeking to enhance the sustainability of their cities and neighborhoods.</p>
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