

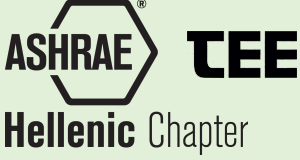




Event:

	<p>ENDORSED BY</p> 	<p>HEALTH in BUILDINGS HYGEIA 2026 <i>where the medical & engineering professions collaborate & innovate</i></p>	
-----------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------

May 27-29, 2026 - Island of KOS, Greece

<h1 style="font-size: 2em; margin: 0;">#</h1>	<h2 style="margin: 0;">Lampadakis Stelios</h2> <p style="margin: 0;">Mechanical Engineer MSc</p>	
<p>Title:</p>	<p>Consultant Mechanical Engineer in Fine Living (Co-Owner) Head Engineer in Mechanical Solutions, Athens, Greece ASHRAE Member/ASHRAE Hellenic Chapter Secretary & CTTC Officer</p>	
<p>email:</p>	<p>lampadakis@finelivingproject.gr</p>	
<p>Presentation title:</p>	<p style="text-align: center;">The Human Body as a Thermodynamic System: Parallels Between Thermoregulation and Building Management</p>	
<p>This presentation explores the concept of thermal comfort through a multidisciplinary lens, drawing a compelling analogy between the human body and a building equipped with a Building Management System (BMS). Just as a BMS regulates environmental parameters to maintain optimal indoor conditions, the human body employs a sophisticated thermoregulatory system governed by the hypothalamus—its internal “thermostat.” Sensory receptors, hormonal mediators such as adrenaline and noradrenaline, and metabolic responses function in concert to preserve thermal homeostasis. By examining these physiological mechanisms in parallel with HVAC control strategies, the session highlights the importance of designing environments that align with the body's innate thermal regulation processes. The presentation also addresses the adverse effects of thermal discomfort on health, cognitive performance, and productivity, emphasizing the need for occupant-centric design and adaptive comfort models within the framework of ASHRAE standards.</p>		
<p>Short CV:</p>	<p>Stelios Lampadakis is a Mechanical Engineer holding an MSc degree, with specialization in energy-efficient building design and the study of thermal comfort parameters. He has actively participated in European Union research programs focusing on the optimization of indoor environmental quality and the enhancement of occupant well-being. He has also collaborated with the National Technical University of Athens (NTUA) on scientific initiatives. As a member of ASHRAE, he advocates for building design approaches that align with the physiological needs of the human body, promoting health, productivity, and sustainability.</p>	

Event:

	ENDORSED BY 	HEALTH in BUILDINGS HYGEIA 2026 <i>where the medical & engineering professions collaborate & innovate</i>	 ASHRAE Hellenic Chapter	 TEE
-----------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------

May 27-29, 2026 - Island of KOS, Greece

CV:

Stelios D. Lampadakis – Professional Bio

Contact Information: ☎ +30 6932747495 ✉ lampadakis@finelivingproject.gr

Education:

- B.S. in Mechanical Engineering – Technological Institute of Crete (1995–2000)
- M.S. in Mechanical Engineering – Hellenic Open University (2019–2024)

Professional Registration:

- Licensed Mechanical Engineer, Technical Chamber of Greece (since 2003)

Professional Experience:

- Department Head, Mechanical Solutions (2014–present)
- Research & Development Engineer, NTUA – School of Mining & Metallurgical Engineering (2014–2015)
- Department Head, KOKOTAS Ltd (2010–2014)
- Project/Application Engineer, KOKOTAS Ltd (2009)
- Design Engineer, KOLOMVAKIS S.A. (2004–2007)
- Sales Engineer, KOLOMVAKIS S.A. (2002–2003)

ASHRAE Involvement:

- Full Member since 2023
- Chapter: Hellenic
- Roles:
 - Chapter Secretary (2025–2026)
 - Chapter Technology Transfer Chair (2024–2026)
 - Chapter Membership Chair (2025–2026)
- Technical Committees:
 - TC 02.01 (Physiology & IAQ Procedures) – Provisional CM
 - TC 07.10 (Applied Heat Pump & Heat Recovery Systems) – Provisional CM

Technical Interests:

- Thermal Comfort
- Indoor Environmental Quality
- Solar Energy Applications
- Thermal Storage
- Geothermal Heat Pumps
- Hotel, Healthcare & Educational Facility Design
- Building Load Calculations
- Thermodynamics & Psychrometrics

Selected Projects:

- Karaiskakis Stadium (2017–2018): Design of heated swimming pool and sports area with advanced humidity and temperature control
- RETROKIT – EU FP7 (2012–2014): Senior Engineer in retrofitting existing buildings with energy-efficient systems
- Lavrion Technological & Cultural Park (2010–2011): HVAC systems lead engineer
- ERI Village (2007), Malia Beach HACCP (2006), Doryssa Hotel (2003–2004), Meropi Hotel (2002–2003): Pioneering geothermal and solar thermal applications

Military Service:

- Sergeant, Greek Army (2003–2004)

Languages:

- Greek: Native
- English: Fluent