

THESIS REPORT ON
“HEALING RETREAT”
SAKET, SOUTH DELHI

A THESIS SUBMITTED IN PARTIAL
FULFILLMENT OF THE REQUIREMENT FOR
THE DEGREE OF:

BACHELOR OF ARCHITECTURE

BY
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ROLL NO- 1170101015

UNDER THE GUIDANCE OF
AR. SAURABH SAXENA

SESSION
2021-22

TO THE
SCHOOL OF ARCHITECTURE AND PLANNING
BABU BANARASI DAS UNIVERSITY
LUCKNOW.

**SCHOOL OF ARCHITECTURE AND PLANNING
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LUCKNOW (U.P.).**

CERTIFICATE

I hereby recommend that the thesis entitled **HEALING RETREAT,
SAKET, SOUTH DELHI**“ under the supervision, is the bonafide work of the
students and can be accepted as partial fulfillment of the requirement for the
degree of Bachelor’s degree in architecture, school of Architecture and Planning,
BBDU, Lucknow.

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Recommendation Accepted

Not Accepted

External Examiner

External Examiner

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5. Faculty of University to which the thesis is submitted: Yes / No

6. Thesis preparation guide was referred to for preparing the thesis. Yes / No

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8. The content of the thesis have been organized based on the guidelines. Yes / No

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ACKNOWLEDGEMENT

Time demands that I express my gratitude to those who have been a part of my stay in B.B.D.U. It's been great, all these years, but life moves on.. and so do we..

I express my deepest gratitude to my thesis guide **AR. SAURABH SAXENA** for his valuable passionate guidance, critical discussions, suggestions and continuous support all through my B.Arch thesis.

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My all teachers especially **AR. URVASHI TIWARI**, your support, encouragement and guidance have given us the strength to embark on this rigorous journey.

My parents, saying thanks is nothing, just accept this as a tribute to what you have made me.

It would not have been possible without my juniors specially, AAMIR SUHAIL AND IBRAHEEM.

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MY SENIORS- **AR. RISHABH GUPTA AND AR. ASHISH VERMA**

Though words hardly express the true emotions, still I would like to thank all my near and dear ones who helped and guided me.

-ADITI TRIPATHI

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INTRODUCTION

INTRODUCTION

HUMAN: MIND, BODY AND SPIRIT

- The mind, body, and spirit are one. If the body is peaceful in its built environment, then so will the mind and spirit.
- By studying the working of mind and spirit, and how to design to appeal to a person's subconscious, an innovative way of healing can be discovered.
- This has been proven with the factors such as exposure to nature, physical activities, use of colours, light.
- Mind-body-spirit means that wellness comes not just from
- physical health, but from mental and spiritual health as well. To be “healthy,” we must pay attention to all three aspects of our nature.



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HEALING THROUGH ARCHITECTURE

- Architectural spaces directly affect human emotions in a way that pleasant architectural space helps in the natural process of healing.
 - The body's ability to self-heal when put into positive healing environments is the principle backing up the project.
 - The environment cannot cause healing to occur but can facilitate engagement in behaviors and emotions that support healing; the environment can induce physical and emotional responses such as happiness, joy, and relaxation; and the built environment can enhance individual control and functionality—all of which are antecedents to healing.
 - Human Being: A LIVING SOUL.
 - Spirit: Godly Nature.
 - Mind: Center of being:
 - Volition, Intellect, Emotion.
 - Body: Sinful Nature.
 - THE RESPONSIBILITY OF AN ARCHITECT IS TO CREATE A SENSE OF ORDER, A SENSE OF PLACE, A SENSE OF RELATIONSHIP.
- BY RICHARD MEIER

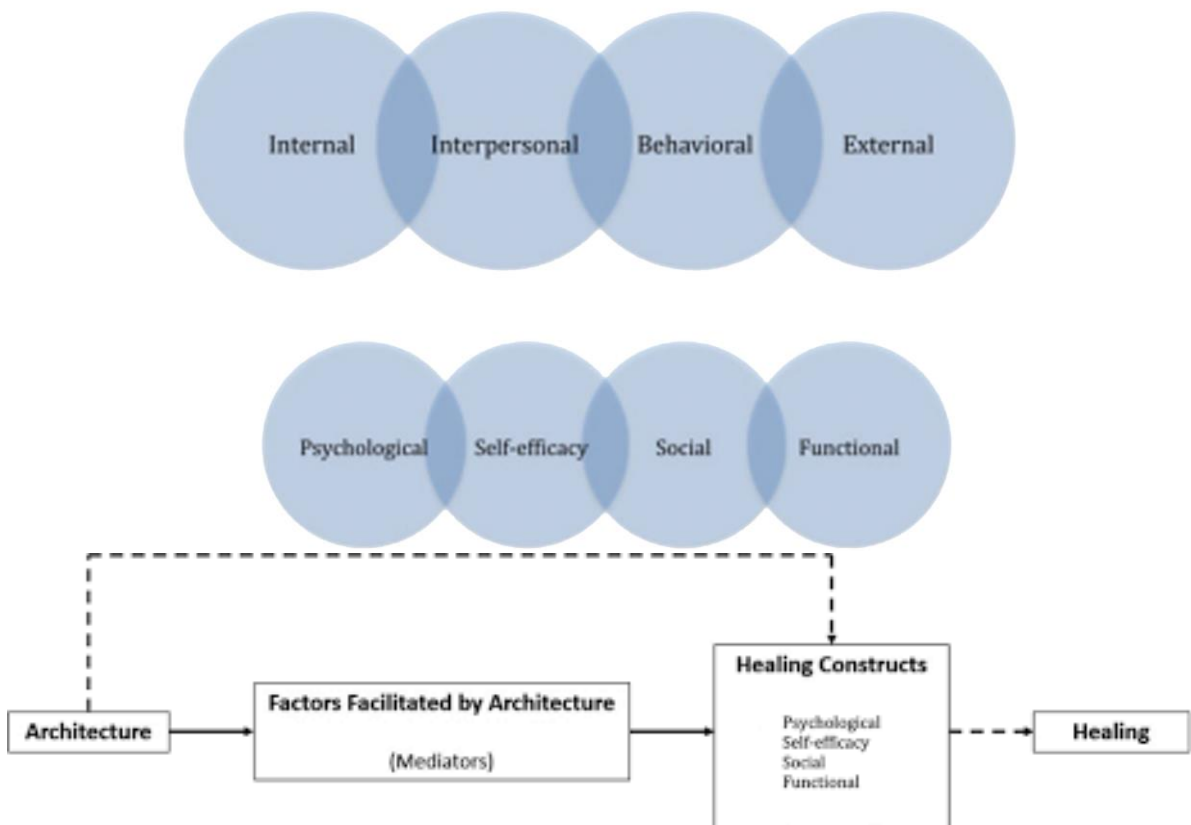


OPTIMAL HEALING ENVIRONMENT

- The human body has ability to "self-heal" when put in healthy and positive environment.
- Environment holds ability to stimulate the senses. This helps minimize negative effects of
- stress on the body, guiding a positive psychological
- response.
- Nature is a key component of healing environments. The ability to integrate nature through gardens or views to gardens has been shown to reduce stress and improve the cohesion of mind, body, and spirit.



CAUSAL MODEL FOR ARCHITECTURAL IMPACT ON HEALING



“HEAL THE BODY BY HEALING THE SOUL. STRENGTHEN THE SOUL BY NURTURING THE BODY.”

AREAS OF RESEARCH

- Three elements: THE BODY AND SPIRIT.
- EXTERNAL ENVIRONMENT: THE UNIVERSE.
- PROCESS OF INTERACTION.



HEALING RETREAT

- Healing retreats tend to be gentler, focusing on emotional and mental wellbeing as well as fitness and health. They reflect the current trend away from punishing self-improvement and towards encouraging self-acceptance and awareness.
- Yoga retreats are more often in the wellness camp than fitness, as they usually take a holistic approach, dealing with whole-person wellbeing rather than physical improvement.
- To consciously step out of the ‘Vicious cycle; into the ‘Virtuous Cycle of Good Health’! This includes eating right, staying active,
- sleeping well, creating a feel-good environment, having family & friends in a positive social circle, and even getting help at the right time.



AREAS OF RESEARCH

THE FIVE SENSES

Humans have five basic senses: touch, sight, hearing, smell and taste. The sensing organs associated with each sense send information to the brain to help us understand and perceive the world around us.



THE CHAKRAS IN HUMAN BODY

The word chakra literally means "wheel" in Sanskrit and symbolises the flow of energy in our body. The 7 chakras present in your body are actually energy centres and are known to regulate emotions. Their origin can be traced to early Hinduism and Buddhism



ELEMENTS OF NATURE

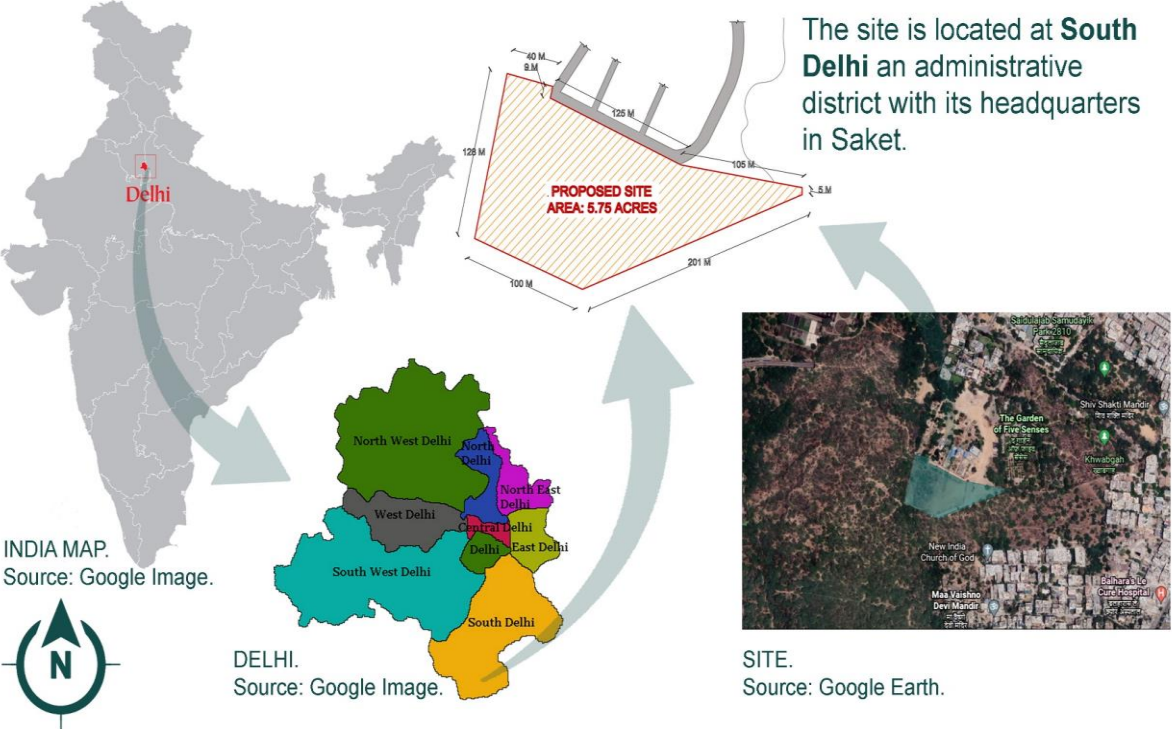
A lot of ancient philosophies around the globe classify the composition of the Universe into 5 elements: Earth, Water, Fire, Air and Ether (Space). These are also called the “Panch Mahabhoot.” Knowledge of these five elements helps us understand the laws of nature.



SITE ANALYSIS

SITE DETAILS




SITE LOCATION



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APPROACH TO THE SITE

-  **METRO STATION**
SAKET METRO STATION (1 KM).
-  **ROADWAYS**
SITE IS WELL CONNECTED TO MEHRAULI BADARPUR ROAD.
-  **RAILWAYS**
NEW DELHI METRO STATION (20 KM).
-  **AIRPORT**
INDIRA GANDHI INTERNATIONAL AIRPORT (14 KM).
-  **BUSWAY**
SAID-UL-AJAIB BUS STOP (1 KM).

AMENITIES

-  **MARKET**
SELECT CITY WALK (4KM).
-  **MEDICAL**
APEX HOSPITAL (5.8 KM).
MAX HOSPITAL SAKET (3.0 KM).
-  **EDUCATIONAL**
APEEJAY SCHOOL (3.4KM).
JINGLE BELL SCHOOL (4.6 KM).
-  **RECREATIONAL**
GARDEN OF FIVE SENSES.
SOHO PIZZERIA RESTAURANT (500 M).
SRI SHIVA TEMPLE (1.6 KM).

DELHI, INDIA

SITE DETAILS:

Site Location: **Said-ul-Ajaib, Delhi, India.**

Site Area: **23270 SQ.M.**

(5.75 ACRE).

Road Width: Proposed Road **9 M WIDE.**

Client: **Delhi Tourism and Transportation Corporation.**

Latitude: **28.512316.**

Longitude: **77.195463.**

Shape of the site: **Irregular Octagon.**

Seismic zone: **Zone 4.**

MSL: **241 M.**

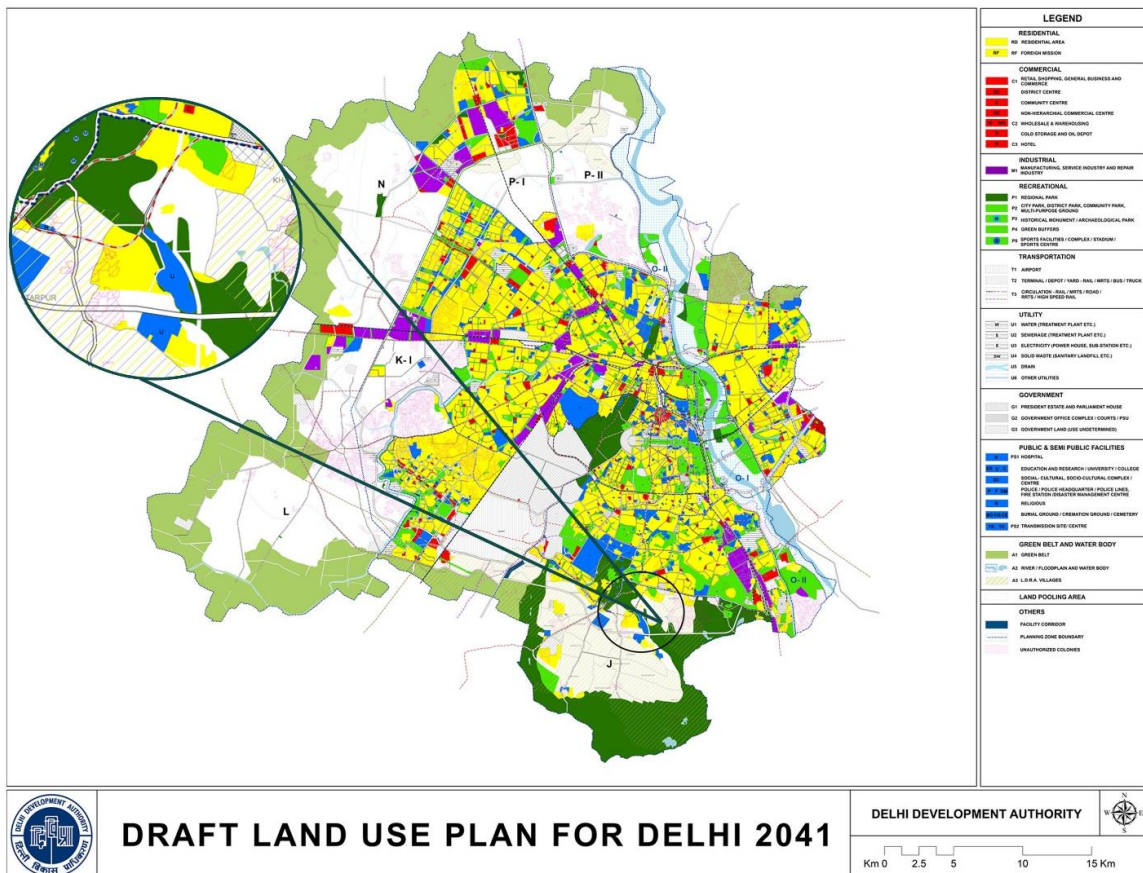
Landmark: **Garden Of Five Senses.**

Delhi officially the National Capital Territory (NCT), is a city and a union territory of India containing New Delhi, the capital of India.

Straddling the Yamuna river, but primarily its western or right bank, Delhi shares **borders** with the state of **Uttar Pradesh in the east and with the state of Haryana in the remaining directions.**

The NCT covers an area of **1,484 sq km (573 sq mi).**

The state stands at the northern part of India.



DRAFT LAND USE PLAN FOR DELHI 2041

DELHI DEVELOPMENT AUTHORITY

Km 0 2.5 5 10 15 Km



ELECTRIC: GRID: 66 KV, OVERHEAD LINES: 33 KV.
The poles are present at 9 M wide road, and so the electricity will be tapped off from these points.

PLUMBING: Delhi jal board is providing water facilities to the Said-ul-ajab area.

SEWAGE: The sewage pipelines are well laid by Delhi Municipal Boards.

GWL: The ground water level of the area is 63mbgl.

DELHI: TOPOGRAPHY

The topography of Delhi can be divided into 3 parts, the plains, the Yamuna flood plain, and the ridge.

It is located on western fringes of the Gangetic Plains.

The Ridge reaches the height of **1043ft above sea level.**

There are 3 canals crossing it, the Yamuna Canal, the Agra Canal, and the Hindu Canal.

The terrain of Delhi is **flat in general.**

BUILDING BYELAWS

SITE SET BACK:

Front: 15 M.

Back: 08 M.

Side 1: 08 M.

Side 2: 08 M.

Ground Coverage: 35%

Front Road: 9 M.

FAR: 1.20.

Maximum Height: 26 M

Parking: 2 ECS per 100 SQ

SOIL TYPOLOGY

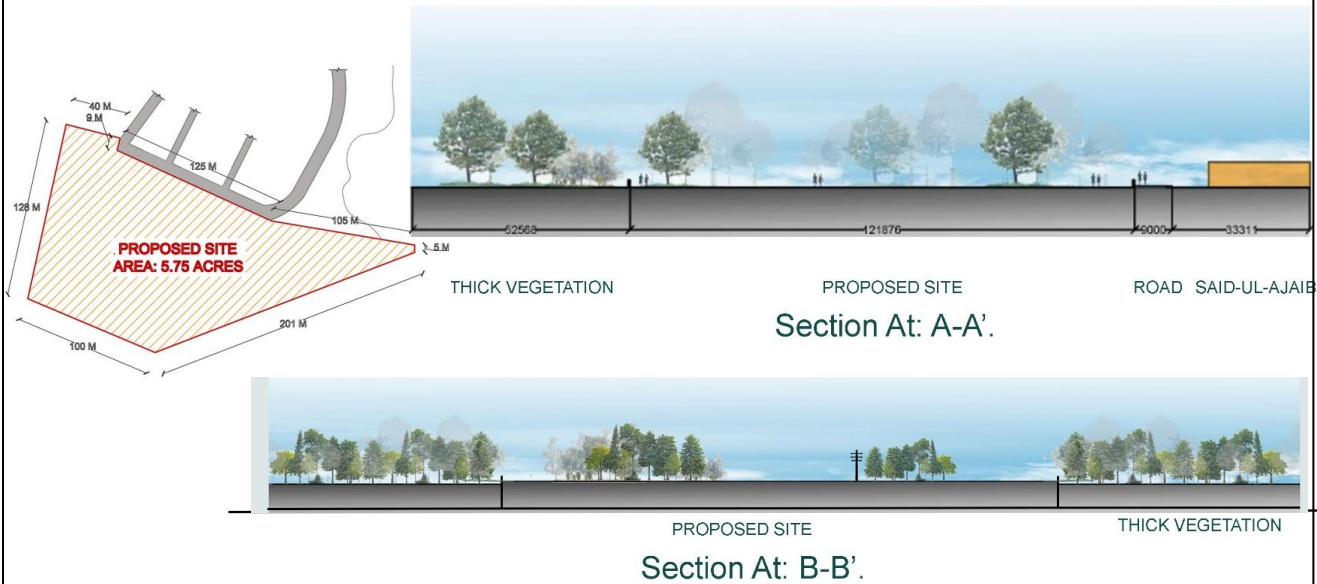
ALLUVIAL SOIL:

RAFT FOUNDATION.

SOIL BEARING CAPACITY

75 KN/ MSQ.

SITE SURROUNDING



TYPES OF VEGETATION

The vegetation belongs to category, “Northern Tropical Thorn Forest Type” and most common trees found Nilotica, Leucophea, catechu, modesta, butea monosperma, commonly known as dhak, salvadora persica, cassia fistula etc.



- LEGEND:**
- 1. PROPOSED SITE.
 - 2. SAID-UL-AJAIB VILLAGE.
 - 3. GARDEN OF FIVE SENSES.

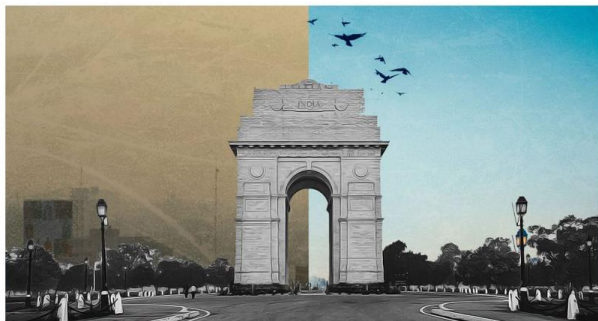


PROPOSED SITE VIEW

CLIMATE ANALYSIS

CLIMATE OF DELHI

The climate of Delhi is an overlap between monsoon-influenced humid subtropical and semi-arid, with high variation between summer and winter temperatures and precipitation. **Summer starts in early April and peaks in late May or early June**, with average temperatures near **38 °C (100 °F)** although occasional **heat waves can result in highs close to 45 °C (113 °F)** on some days and therefore higher apparent temperature. **The monsoon starts in late June and lasts until mid-September**, with **about 797.3 mm (31.39 inches) of rain**. The monsoons recede in **late September**, and the **post-monsoon season continues till late October**, with average temperatures sliding from 29 to 21°C (84 to 70 °F).



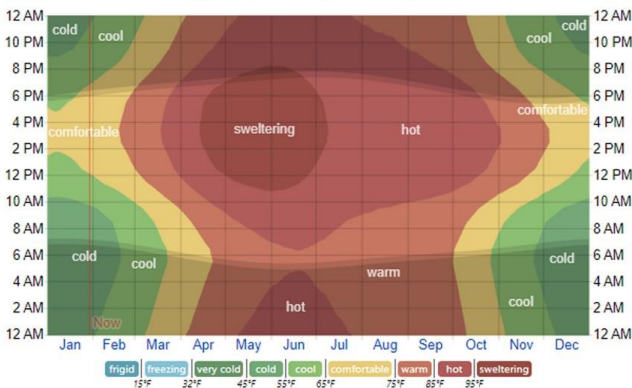
Winter starts in November and peaks in January, with average temperatures around **6–7 °C (43–45 °F)**.

Although winters are cold, Delhi's proximity to the Himalayas results in cold waves leading to lower apparent temperature due to wind chill. Delhi is notorious for its heavy fogs and haze during winter season. In December, reduced visibility leads to disruption of road, air and rail traffic. Winter ends by the first week of March.

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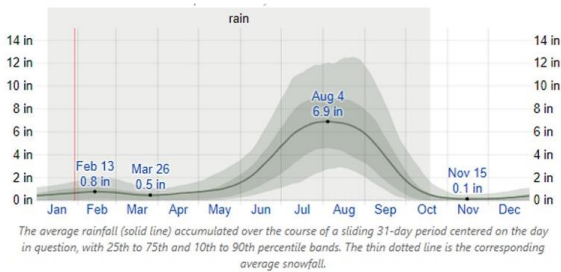
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Average Hourly Temperature



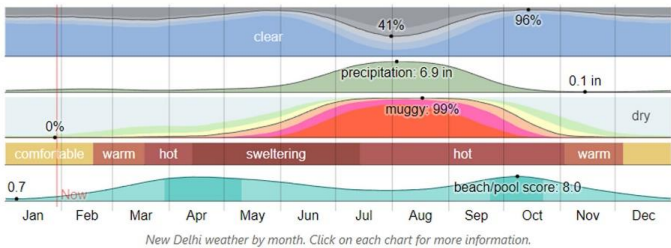
The average hourly temperature, color coded into bands. The shaded overlays indicate night and civil twilight.

Rainfall



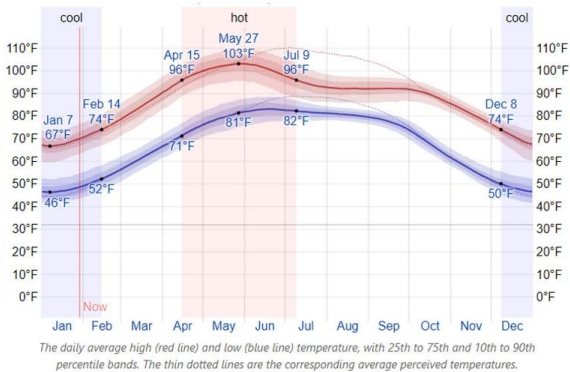
The average rainfall (solid line) accumulated over the course of a sliding 31-day period centered on the day in question, with 25th to 75th and 10th to 90th percentile bands. The thin dotted line is the corresponding average snowfall.

Climate Summary



New Delhi weather by month. Click on each chart for more information.

Average High and Low Temperature



The daily average high (red line) and low (blue line) temperature, with 25th to 75th and 10th to 90th percentile bands. The thin dotted lines are the corresponding average perceived temperatures.

Weather of Delhi by month

	January	February	March	April	May	June	July	August	September	October	November	December
Avg. Temperature °C (°F)	13.4 °C (56.1) °F	16.8 °C (62.2) °F	22.4 °C (72.4) °F	29.1 °C (84.3) °F	32.7 °C (90.8) °F	32.9 °C (91.3) °F	29.9 °C (85.8) °F	28.8 °C (83.9) °F	27.9 °C (82.3) °F	25.5 °C (77.9) °F	20.5 °C (68.9) °F	15.3 °C (59.5) °F
Min. Temperature °C (°F)	7.5 °C (45.6) °F	10.4 °C (50.7) °F	15.1 °C (59.1) °F	20.8 °C (69.5) °F	25.2 °C (77.4) °F	27.5 °C (81.5) °F	26.7 °C (80) °F	25.9 °C (78.6) °F	24 °C (75.2) °F	19.2 °C (66.6) °F	14.1 °C (57.4) °F	9.1 °C (48.4) °F
Max. Temperature °C (°F)	19.8 °C (67.7) °F	23.4 °C (74.2) °F	29.7 °C (85.4) °F	36.6 °C (97.9) °F	39.5 °C (103.1) °F	38.1 °C (100.7) °F	33.6 °C (92.5) °F	32.4 °C (90.3) °F	32.3 °C (90.2) °F	31.9 °C (89.4) °F	27.3 °C (81.2) °F	22.1 °C (71.8) °F
Precipitation / Rainfall mm (in)	25 (1)	37 (1.5)	22 (0.9)	15 (0.6)	19 (0.7)	74 (2.9)	205 (8.1)	182 (7.2)	105 (4.1)	14 (0.6)	5 (0.2)	8 (0.3)
Humidity(%)	68%	62%	48%	29%	32%	47%	72%	77%	72%	55%	54%	62%
Rainy days (d)	2	3	3	2	4	8	15	15	8	2	1	1
avg. Sun hours (hours)	8.1	9.3	10.6	11.5	12.1	11.7	9.5	9.1	9.2	10.1	9.5	8.7

SEASONS :

Winter

December to January

Spring

February to March

Summer

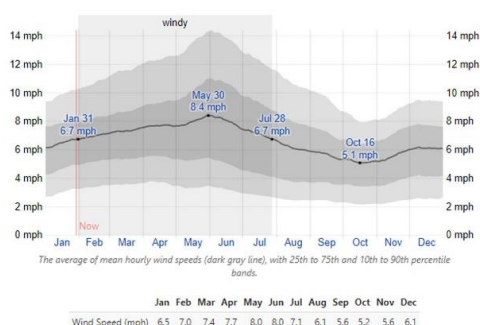
April to June

Monsoon

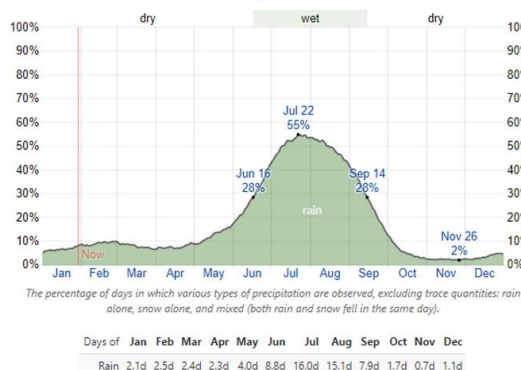
July to Mid September

Autumn

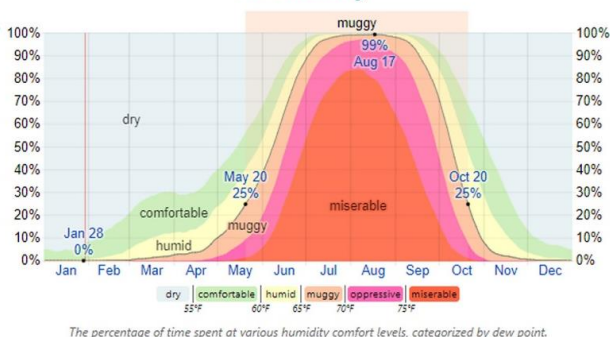
September to November



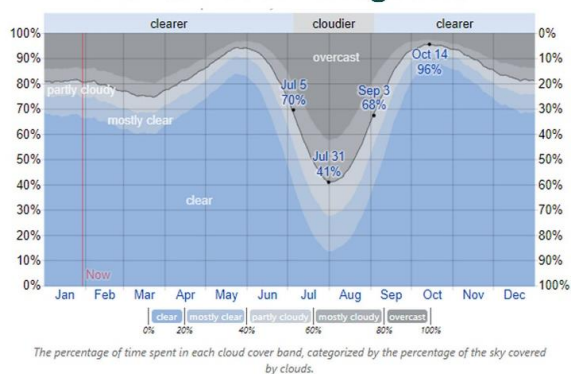
Percipitation



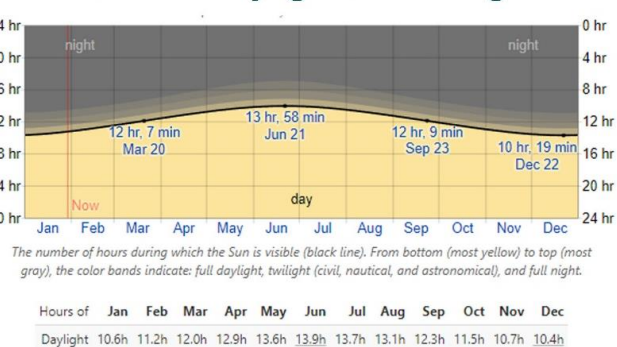
Humidity



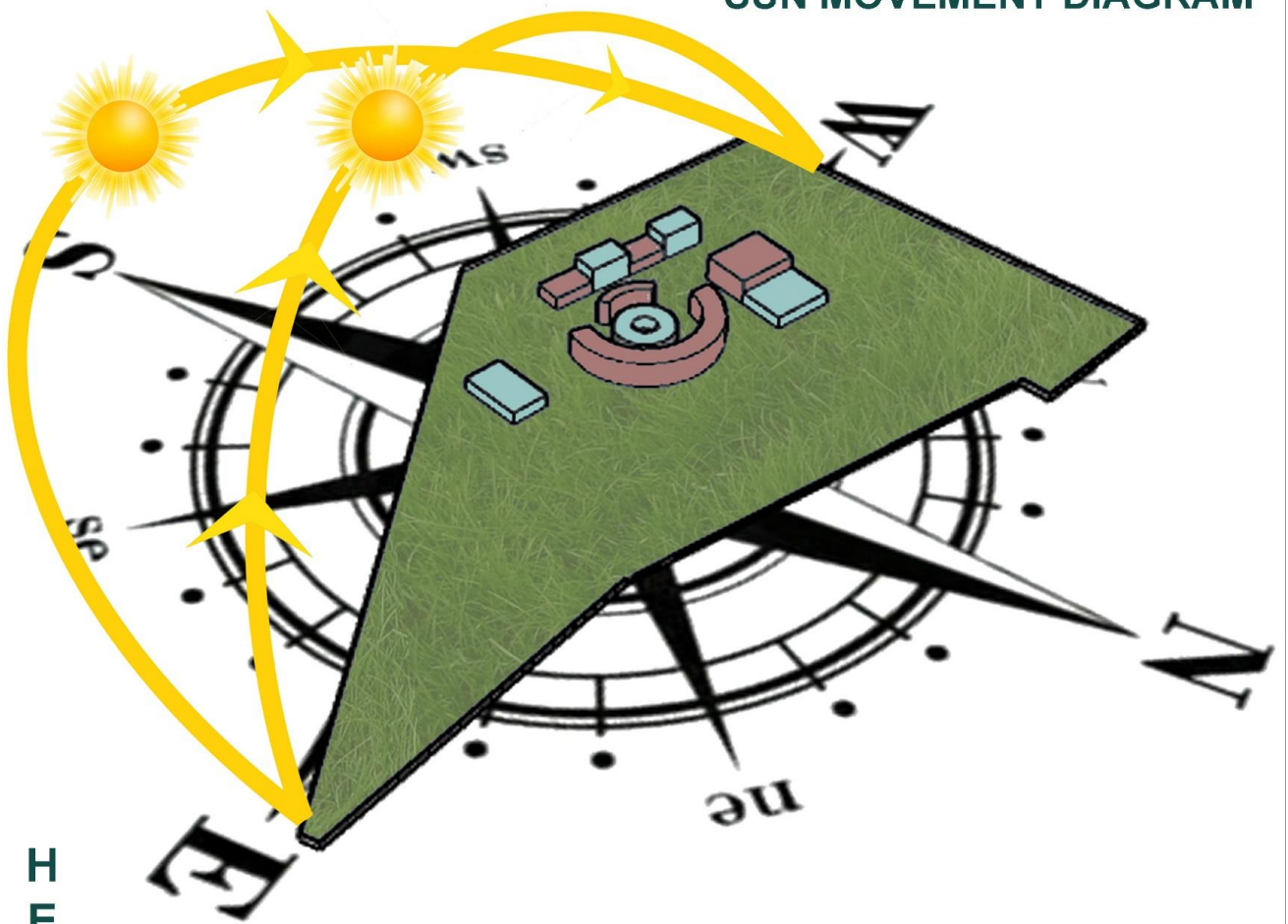
Cloud Cover Categories



Hours of Daylight and Twilight

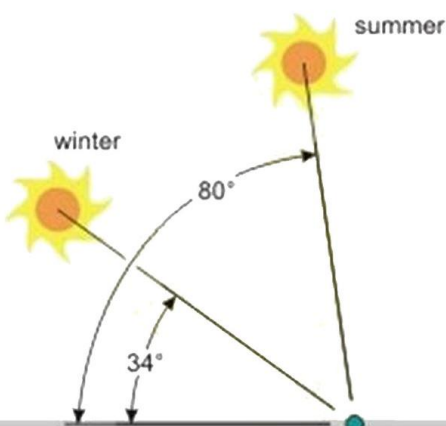


SUN MOVEMENT DIAGRAM



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ANGLES MADE BY THE SUN
IN SUMMER AND WINTER
DURATIONS.

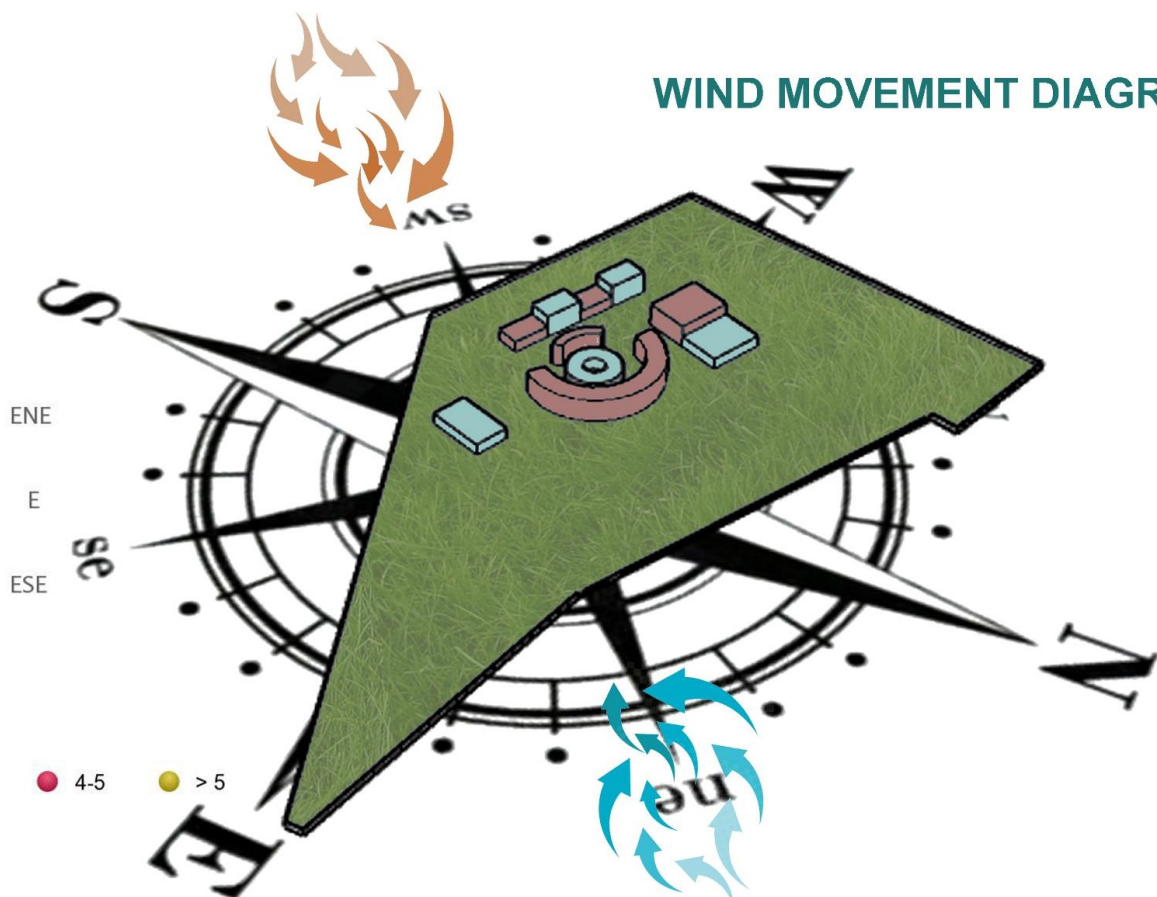
SUMMER SUN

1. Sun path at a high angle sun, north to E-W axis
2. Clear free daylight is most easily available on north facade as minimal solar radiation will fall at high angle.
3. Easy shading of south facade from high angle sun.

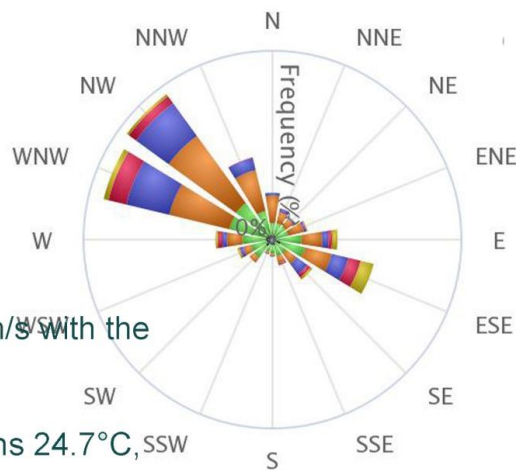
WINTER SUN

1. Sun path at a low angle, south to E-W axis.
2. Solar radiation will penetrate south facing facades at a low angle during winter.
3. East and west facades continue to receive uniform, strong solar radiation at a low angle through the year.

WIND MOVEMENT DIAGRAM



Wind rose for Delhi



WEATHER DETAILS

The average wind speed in Delhi is 2.4 m/s with the maximum wind speed of around 8 m/s.

The average ambient temperature remains 24.7°C, varies from 5.5°C to 42.7°C.

The average relative humidity remains around 66.5%, varies from 14.9% to 100%.

The station pressure varies from 984 hPa to 965 hPa, averaged around 1000 hPa.

Windrose of Delhi shows that predominantly wind blow

PASSIVE TECHNIQUES

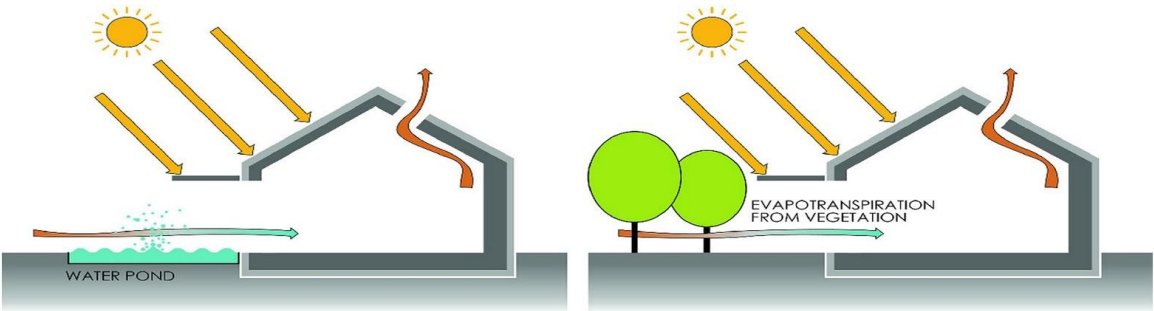
Passive strategies utilize what **nature provides for free** to keep buildings comfortable without the need for purchased energy. Passive strategies are integrated into the design of a building/ project **to work with the natural elements on a site** (including sun and wind patterns) to provide natural heating and cooling of spaces through different seasons.

UNDERSTORY TREES

Understory trees are shade tolerant species, about 15 to 50 feet in height, that grow under the crowns of larger trees.

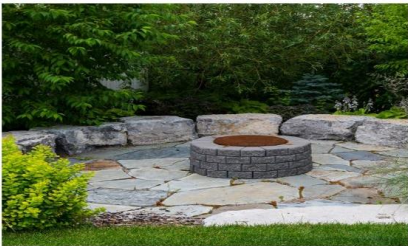


EVAPORATIVE HEAT EXCHANGE: DIRECT EVAPORATIVE COOLING



FURNITURES SYNCHRONOUS TO SITE

site furnitures provided with the synchronization of the site and landscaping.



ASPHALT PARKING



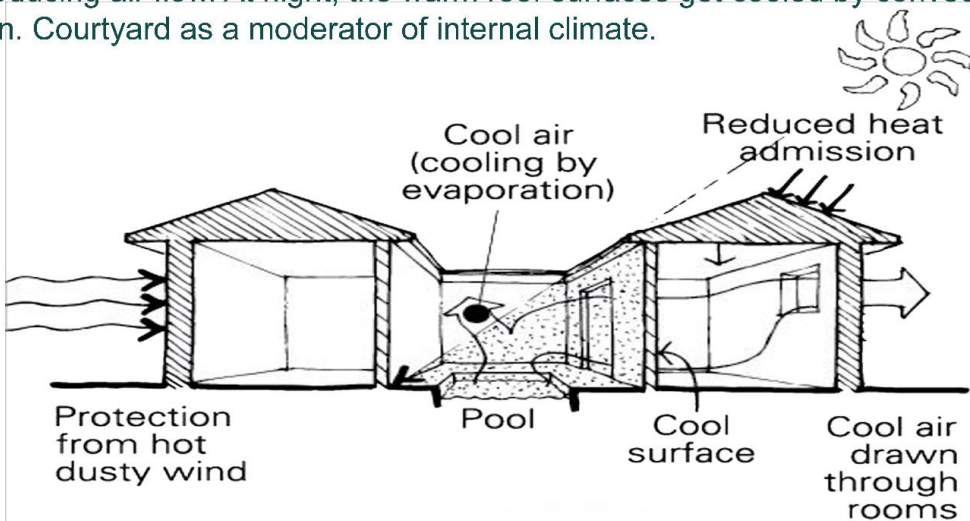
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COURTYARD EFFECT

If this heat exchange reduces roof surface temperature to wet bulb temperature of air, condensation of atmospheric moisture occurs on the roof and the gain due to condensation limits further cooling.

Due to incident solar radiation in a courtyard, the air gets warmer and rises. Cool air from the ground level flows through the louvered openings of rooms surrounding a courtyard, thus producing air flow. At night, the warm roof surfaces get cooled by convection and radiation. Courtyard as a moderator of internal climate.



Strengths

Soil typology: Plain Alluvial soil, supporting Raft foundation. Composite Climate facilitates well for designing the project. Being in the prime area of South Delhi (one of the most affluent areas of Delhi) same time secluded from the mainstream noisy areas.

Weaknesses

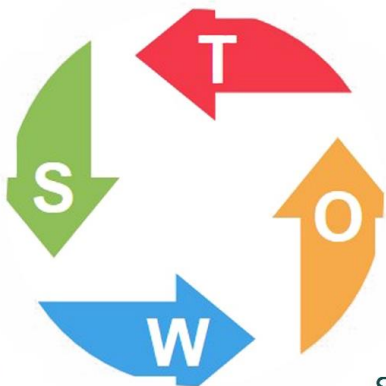
Single entrance to the site.
As the site is surrounded by dense vegetation, safety factors can be an issue.

Threats

The road leading to the site is yet proposed, a threat to workability. Composite Climate: The project moreover relies on the open spaces.

Opportunities

Site is adjacent to Garden of five senses having a good footfall. Surrounded by green belt on three sides ensures peace and serenity and hence augurs well for wellness center.

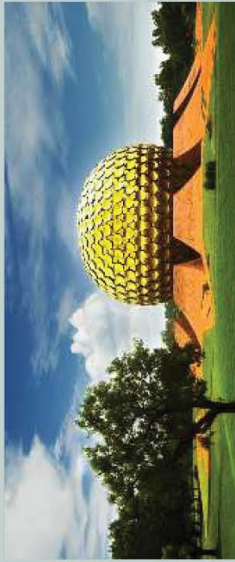


LITERATURE STUDY

INTRODUCTION

The Matrimandir (Sanskrit for Temple of The Mother) is an edifice of spiritual significance for practitioners of Integral yoga, in the centre of Auroville established by The Mother of the Sri Aurobindo Ashram. It is called soul of the city and is situated in a large open space called Peace. Matrimandir does not belong to any particular religion or section.

The Matrimandir emerges as a large golden sphere which seems to be **rising out of the earth, symbolizing the birth of a new consciousness seeking to manifest**. Its slow and steady progress towards completion is followed by many



PHILOSOPHY OF THE SPACE

‘The name ‘Matrimandir’ means literally ‘Temple of the Mother’. According to Sri Aurobindo’s teaching, the ‘Mother’ concept stands for the great evolutionary, conscious & intelligent principle of Life, the Universal Mother, which seeks to help humanity move beyond its present limitations into next step of its evolutionary adventure, the supra-mental consciousness. At the very centre of Auroville one finds the ‘soul of the city’, the Matrimandir, situated in a large open area called **Peace** where the township will radiate outwards.

APPROACH TO THE SITE

ROADWAYS
Site is well connected by the Matrimandir rd.

RAILWAYS
Villupuram junction, (32 km).

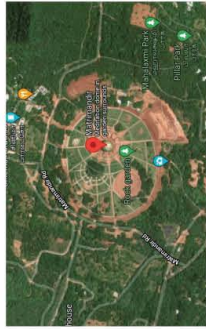
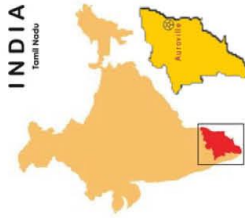
BUSWAY
Pondicherry bus stand, (13.5 km).

AIRPORT
Pondicherry airport, (8.0 km).

METRO STATION



SITE LOCATION



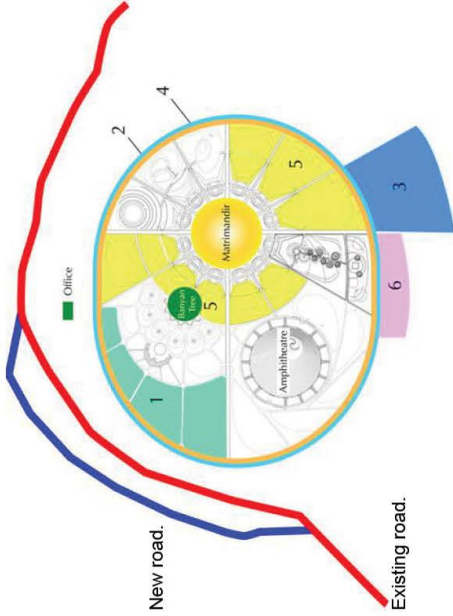
PROJECT DETAILS:

Location: Auroville, Bommayapalayam, Tamil Nadu.
Site Area: 22 ACRES.
Climate: Tropical climate.
Latitude: 12.007208.
Longitude: 79.810658.
Landmark: Green’s guest house.
Architect: Mirra Alfassa, Roger Anger.
Completed: 2008.



SITE PLAN

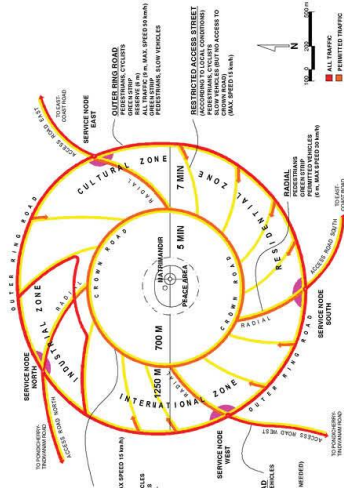
1. Garden of the unexpected.
2. Rain water harvesting.
3. Largest test pond.
4. Cobblestone road.
5. Eight principal gardens.
6. Viewing point.



MOBILITY

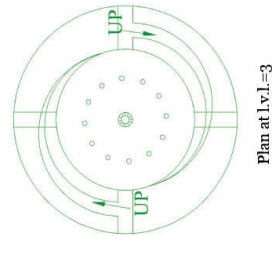
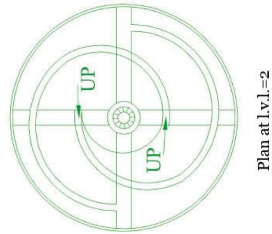
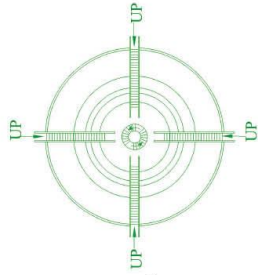
The four nodal points, at the junctions of Outer Ring Road will serve as transport mode exchange areas, offer parking facilities for visitors and distribute them to the pedestrian boulevards, cycle paths or Auroville’s public transport system consisting ideally of nonpolluting shuttle buses.

The four main access roads
To the International Zone, West access.
To the Residential Zone, South access.
To the Cultural Zone, East access.
To the Industrial Zone, North access.



MATRIMANDIR PLANS

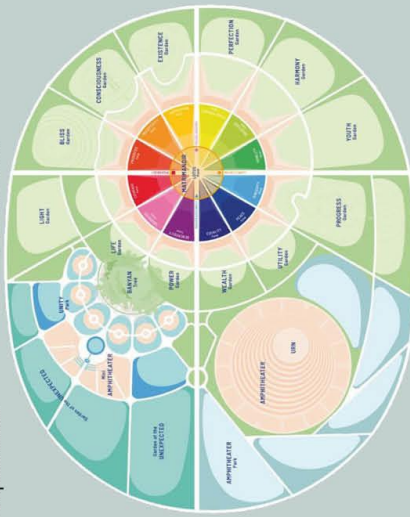
The form of the structure symbolically represents a “cosmic egg” or “egg of Vishnu”
The bottom of egg is always narrow than the top, so they place the staircase at the base and the spiral staircase comes up to the temple. She positioned the meditation chamber floor at around the chamber much in the same way as a Pradakshina path in Hindu temples.



PEACE AREA

The Peace area consists of :

1. Banyan tree
2. Twelve Gardens
3. Amphitheatre
4. Petals (meditation Room)
5. Twelve gardens
6. Matrimandir



The Amphitheatre is a red-stoned shallow bowl near to 100 metres wide, with at its centre the marble-clad urn in the shape of a lotus bud, containing soil of the 124 nations which participated in the Auroville inauguration ceremony.

THE GARDENS

Meant to discover and explore the states of consciousness through a beautiful landscape that surrounds the Matrimandir. They cannot be compared with conventional gardens in the world as its main purpose is to evoke the various states of the consciousness for the visitors.

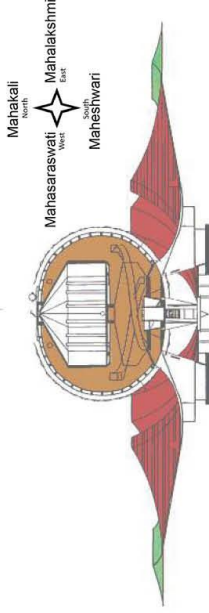
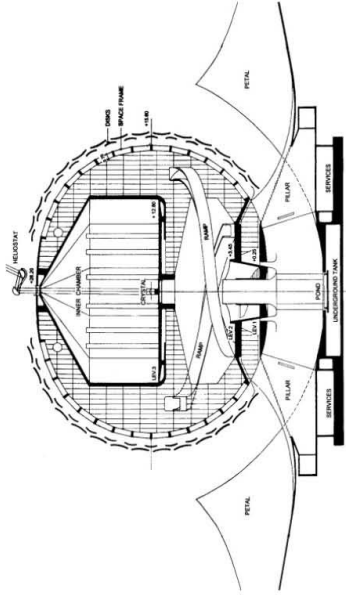
They are a place for inner concentration as much as the inner chamber. The unity of project will be ensured through each garden being in harmony with environment.



Garden names:

1. Existence
2. Consciousness
3. Bliss
4. Light
5. Life
6. Power
7. Wealth
8. Utility
9. Progress
10. Youth
11. Harmony
12. Perfection

MATRIMANDIR: SECTIONS



THE PETALS

The meditation rooms inside the twelve stone clad petals surrounding the matrimandir carry the names and colours of the petals in Mother's symbol.

Surroundings the central sphere there are twelve "PETALS", each planned to contain a meditation chamber with a different interior finish designed to create 12 different interior finish designed to create 12 different environments for meditation.



1. Sincerity: light blue
2. Peace: deep blue
3. Equality: blue violet
4. Generosity: pure violet
5. Goodness: reddish violet
6. Courage: red
7. Progress: orange red
8. Receptivity: orange
9. Aspiration: orange yellow
10. Perseverance: pale yellow
11. Gratitude: pale green
12. Humility: deep green

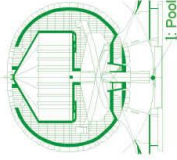
INNER CHAMBER

Inner Chamber in the upper hemisphere of the structure, completely white, with white marble walls and white carpeting. In centre a pure crystal-glass globe suffuses a ray of electronically guided sunlight which falls on it through an opening at the apex of the sphere. The four pillars that support the structure of Matrimandir, and carry the Inner Chamber, have been set at the four main directions of the compass, the dimensional details are:

- 24 m dia
- 15.20 m height at centre
- 8.65 m height of walls
- 8.65 m column height
- Crystal: 0.70 m dia
- Sphere: 36 m dia 29.00 m height

Section and plan of the Inner Chamber

Below Matrimandir, there is construction of 7m diameter pool in white marble slabs. This pool will receive the focused beam of the sun's ray after it has passed through Inner Chamber and down through the center of the central staircase. In a very symbolic representation, the light of the Sun, the Truth, is descending visibly here to touch and illumine Matter at its most concrete level in the shaded pool below Matrimandir.



ELEMENTS

Crystal globe: The size of 70 cm diameter was marked on the original plan that Mother had drawn for the central object in the Chamber.

The gold discs

- Disc frame: - Stainless steel tubes
- Disc material: - stainless steel sheet
- Gold leaf: - 28 gm of gold per 1000 leaves
- Leaf size: - 85 x 85 mm
- Total number of discs: - 1415
- Small convex discs: - 954
- Large concave discs: - 461
- Average diam. (large discs): - 2.3 meter
- Average diam. (small discs): - 1.5 meter

The carpet

The carpet in the meditation chamber was woven in Agra using a blend of the finest Merino wool imported from New Zealand.

The Heliostat and Lens

The heliostat is controlled by a computer program, which moves a mirror across the sun's path every day. This mirror projects sunlight into a lens, that projects the single sun ray down on the crystal.

INTRODUCTION

Viveda is an Integrated Wellness Village located in Trimbakeshwar in Nashik city of Maharashtra. This wellness centre is infused with Indian values of hospitality and helps you practise healthy living with ancient knowledge of wellness and health. Here one gets into the habit of a healthy mindset and self-care to nourish the body, mind and soul. Everything about this place from the open green spaces, subdued elegance and the historic touch creates a sacred space that we all crave for unknowingly.



PHILOSOPHY OF THE SPACE

Tejas Chavan, founder of Viveda "wanted to create a destination that would be welcoming to those seeking healthier alternatives within their contemporary lifestyle at the same time. also did not want to alienate those who might be intimidated simply by thought of regimented schedules, rigid diets or spartan surroundings". This vision translated into a retreat that offers all modern luxuries and amenities, gently nudging guests towards the path of wellness.

APPROACH TO THE SITE

ROADWAYS

Site is well connected to nashik road.

RAILWAYS

Site is well connected to nashik railway station. (33.2 km)

BUSWAY

Site is well connected to nashik road.

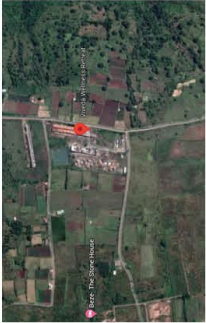
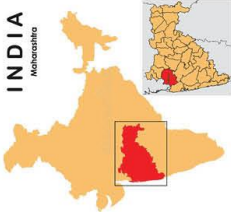
AIRPORT

Site is well connected to nashik airport. (45.7 km)

METRO STATION



SITE LOCATION



PROJECT DETAILS:

Location: Nashik, Maharashtra.
Site Area: 7.5 ACRES.
Climate: Tropical climate.
Latitude: 19.982241.
Longitude: 73.581355.
Landmark: Sundamarayan Temple (12 KM).
Architect: Ajay Sonar, Monali Patil.
Completed: 2019.



LEGEND:

- Accommodation block.
- Admin block.
- Major amenities.
- Naturopathy block block.
- Cottages.

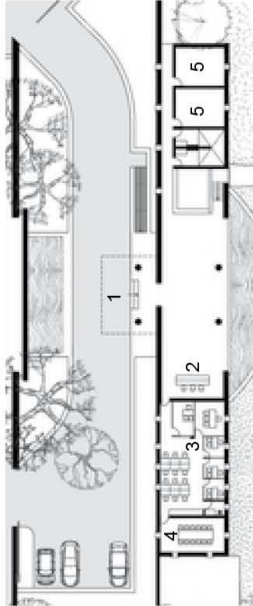


FIGURE GROUND MAP

Legend:

- 1. Open space.
- 2. Built block.
- 3. Major pathways.
- 4. Minor pathways.

ENTRANCE AND ADMIN BLOCK



LEGEND:

- 1. Entrance.
- 2. Reception.
- 3. Consultation Rooms.
- 4. Meeting Room.
- 5. Storage.



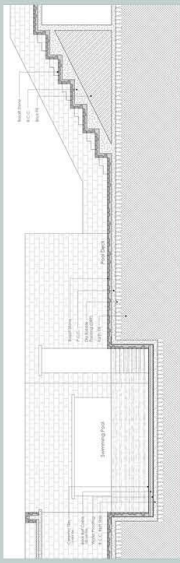
VIEW OF AMENITIES BLOCK FROM RECEPTION



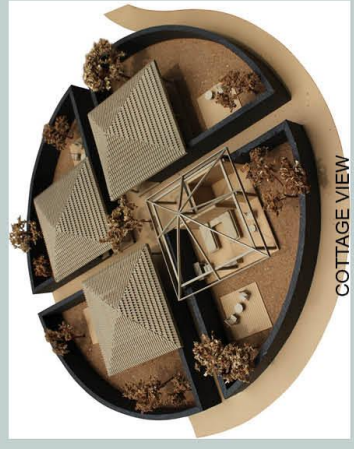
Spread across 7.5 acres, the retreat has 16 cottages, 11 cottages have private gardens, 4 have jacuzzis & 1 of them has a private swimming pool. The property has a common swimming pool, a meditation centre, a Satvic restaurant, a small library, massage centres, some doctor's consultation rooms and beautiful outdoors, complete with a bonfire space, an amphitheatre-like set-up and a big lawn.

FLOOR PLANS AND SECTIONS

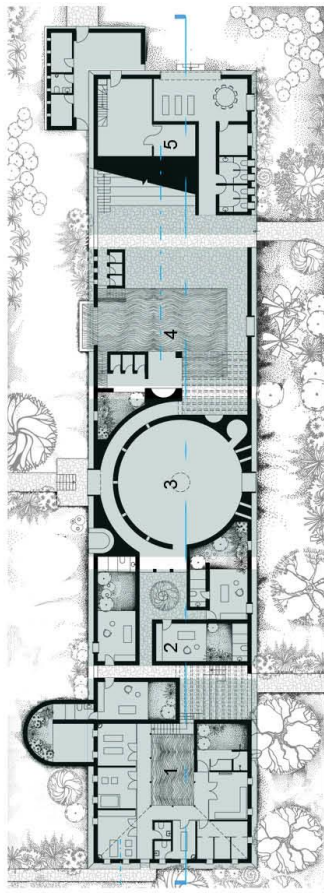
Amenities Building Evolution			
Wada	Courtyard House	Buddhist Chahya	Kurd
Naturapathy	Massage Rooms	Yoga Dome	Swimming Pool
Restaurant & Amphitheatre			



SECTION AT: B-B'



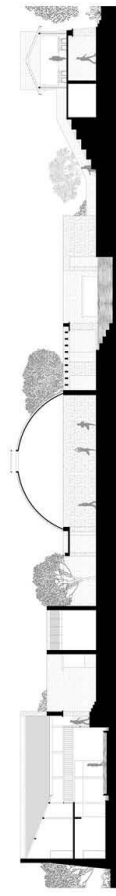
COTTAGE VIEW



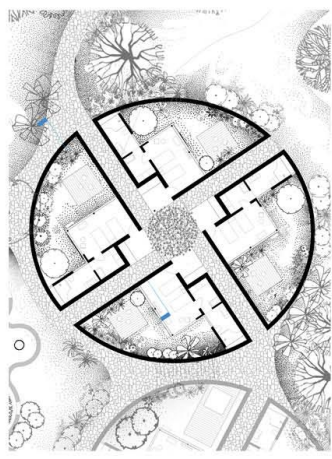
PLAN: AMENITIES BLOCK



CONCEPTUAL VIEW

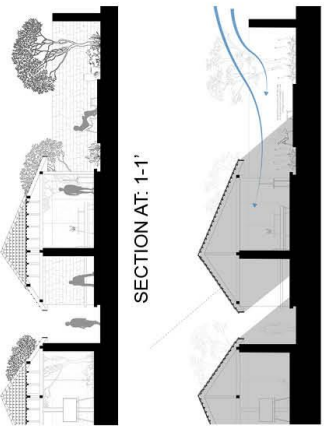


SECTION AT: A-A'



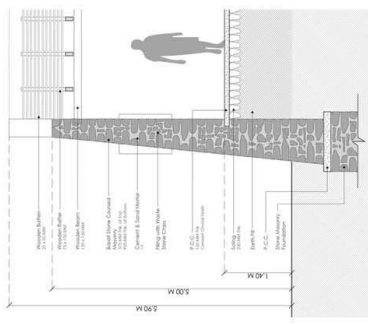
COTTAGE PLAN

SECTION AT: 1-1'

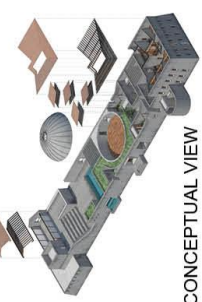


LEGEND:

1. Naturotherapy
2. Massage rooms.
3. Yoga dome.
4. Swimming pool.
5. Restaurant and Amphitheatre.



SECTION AT: C-C'



CONCEPTUAL VIEW

MATERIALS

To that extent, the project has been designed with three materials: Basalt Stone, Timber frame and the pot-tile roof.

Since the project is in a remote location, it helped to employ and collaborate with the local craftsmen who have a long lineage of working with these materials. Concrete and steel are consciously kept to a minimum in the project. All materials have been sourced locally (within 20 to 50 km), reducing the embodied energy.

CASE STUDY

CASE STUDY-1 SHREYAS RETREAT

INTRODUCTION

One of the finest retreats in the World dedicated to promoting the authentic Indian tradition of Yoga, Ayurveda & Naturopathy in a holistic manner. Shreyas: a sprawling oasis of green. With the landscaped greenery, water bodies and organic gardens guests are able to commune with nature and the benefit from its healing power. It is a seamless blend of the modern and timeless, luxury and simplicity, indulgence and enlightenment.

A retreat within a retreat.



SELECTION CRITERIA

To study how can a narrative space affects person's behavior.

How the interior designing can influence the process of healing, especially in the case of people suffering from the stress-related issues.

APPROACH TO THE SITE

METRO STATION

NANGLOI METRO STATION (19.4 KM).

ROADWAYS

SITE IS WELL CONNECTED TO NH4.

RAILWAYS

Yeshwanthpur RAILWAY STATION (30.0 KM).

AIRPORT

Kempegowda International Airport Bengaluru (45.4 KM).

BUSWAY

NEELAMANGALA BUS STOP (8.5 KM).

SITE LOCATION



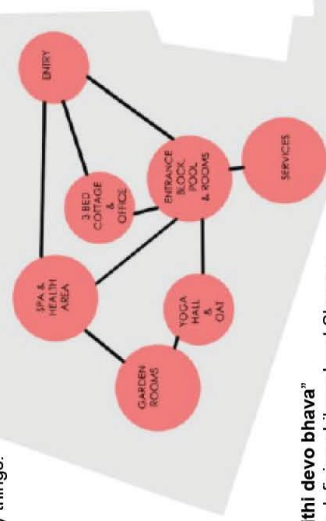
PROJECT DETAILS:

Location: Santoshima Farm Gollahalli Gate Nelamangala, Bangalore.
Site Area: 25 ACRES.
Climate: Moderate climate.
Latitude: 13.159107.
Longitude: 77.410617.
Landmark: Sree Jai Santoshi Mata Temple.
Architect: Ar. Akshay Heranjal, Ar. Aditi Pai Heranjal.
Completed in: 2016.

PHILOSOPHY OF THE SPACE

The philosophy is very much rooted in a humanistic, encompassing viewpoint and an understanding that we're all part of something much larger than ourselves. The Shreyas Joy of Giving program attempts to reconnect us with that philosophy.

In addition to lending a hand with basic farm chores, guests can also help the chefs prepare food, serve it to the children from a local orphanage, plant trees, meet villagers and to learn many things.



"**Ahithi devo bhava**" is the defining philosophy at Shreyas.

SITE PLANS

1. Entrance
2. Entrance block, pool and poolside cottage
3. Service area
4. Yoga hall and umahithale
5. Garden cottages
6. Spa and health block
7. 3 bedroom cottage, office block
8. Organic farming
9. Transformer



SITE PLAN



- LEGEND**
- ORGANIC FARMING
 - WATER BODIES
 - PATHWAYS
 - BUILDING BLOCKS

22 ACRES

5 ACRES

SITE ZONING

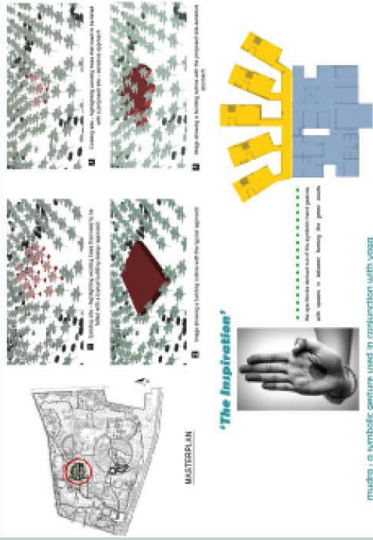
CIRCULATION

There are two entries to the retreat. Paved and mud pathways has been provided throughout.

It not only used as circulation path but also helps in providing and healing and serene environment.

Bridges are used over the water swells for the movement over the water body. The circulation pattern is also designed keeping in mind the natural trees.

ANAHA SPA



mud bath is symbolic gesture used in conjunction with yoga

LAYOUT

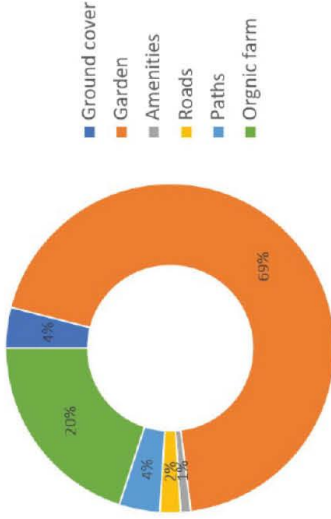
The service and the staff areas have separate entrance than the guest entry.

Admin block, meditation block and yoga block, treatment facility has been given different units.

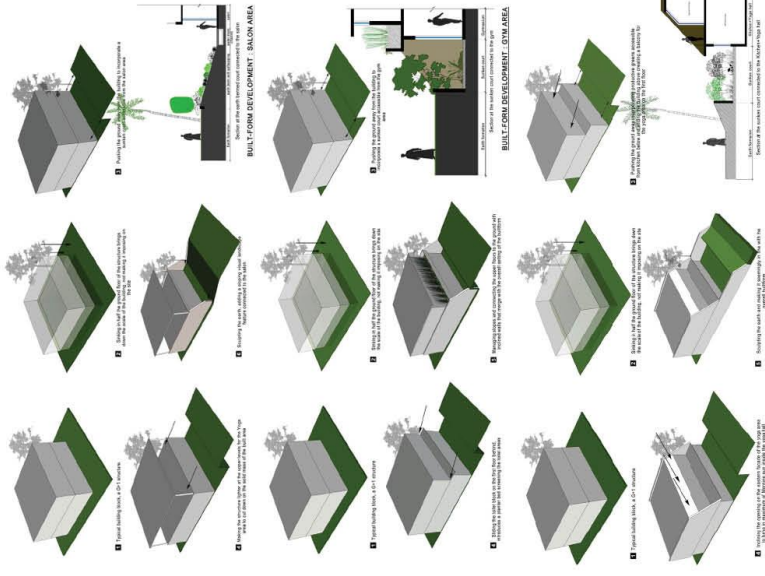
Cottages are placed wherever the tree cover is minimum to avoid cutting of the trees.

Use of water swells for rain water harvesting.

space	Area (sq. m)
ground cover	4628
garden	71904
amenities	1000
roads	2134
paths	4070
organic farm	20234
total site area	103970



FORM DEVELOPMENT



INTERNAL CIRCULATION



SECTIONS



COTTAGES

Poolside cottage - 3 nos.

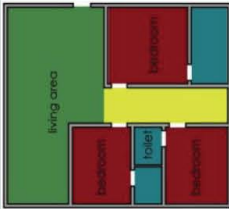
The pool facing villas having the view of the pool in between and a central court with a outdoor jacuzzi as well.



View of bedroom, poolside area

3-BEDROOM COTTAGE

The cottage is for large group the of people or families. The cottage has one master bedroom and two small bedrooms with attached toilet and a common living area having the view of green landscape outside.



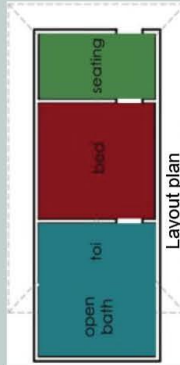
Layout plan



View of living, bathroom, bedroom

Garden cottage- 8 nos.

The garden cottage is located in a middle of a garden surfaced with a tented roof having a open air bathroom and a private outdoor seating area.



Layout plan

MACHANS AND MEDITATION HUTS

There are meditation hut for private meditation in peace and silence and also have a private sit-out (Machan).



View of meditation pods, machans

YOGA AND MEDITATION HALL

Yoga hall is located in middle of lush green area to have maximum views designed in such a way so that you can feel the nature while doing yoga or meditation. Hearing the sound of birds and the coconut trees. Early morning session at this place can take mindfulness to the next level.



View of semi-open yoga pavilion, indoor

LANDSCAPE

The landscape was designed to work with natural systems and processes. A series of detention, retention ponds along with bio-swales were created that additionally served as opportunities for outdoor activities for yoga and recreation. Pavilion and deck were created for the guests near the ponds and in the landscape. The site was a coconut plantation that was suffering from an irreversible disease. Indigenous techniques were applied to improve the soil health and a variety of native trees, shrubs and grasses were planted to enhance the biodiversity.



FEW ACTIVITIES AND IMAGES



cooking sessions



pool side sepi



dinning in the rest

SERVICES

Electrical:

For services separate service entry has been designed.

The LT panels and the transformer yard are placed next to the service entry at the retreat.

There is no AHU units as separate air conditioner have been provided in each unit.

Drainage:

For water drainage, Channelized drains are place next to the building blocks.

There has been use of water swells for storm water drainage.

Stores and kitchen are located next to each other. The staff and guest areas have been kept separate.

MATERIALS

The design is consistent with the overall theme of nature throughout the building.

The use of earth tones, the natural materials and nature motifs work to bring the idea of nature in and to create a calming environment.

Brick jali is used extensively throughout the entire exterior, the natural stones and woods are used within the building to blend with the nature and comfort within the space.



INTRODUCTION

About 30 miles south of Delhi, Oshodham has blossomed on the outskirts of Delhi offering a clean, green, aesthetic and peaceful environment for those on the inner journey. In tune with nature, a beautiful space has been created for the group and the individual meditations both indoors and outdoors. The cherubic sound of the gurgling water bodies and fountains with the chirping of birds help the meditators to go deep on the path of the awareness through meditation.



WHY OSHO DHAM

The main motive to visit this site was to experience the vibe of a Osho Dham and also how it works as an elixir for the people against societal and social poisons. Homes and work spaces of Oshodisciples have a certain austerity and simplicity about them. They are comfortable and very soothing to the visitor's senses.

APPROACH TO THE SITE

METRO STATION
Nangloi metro station (19.4 Km).

ROADWAYS
Site is well connected to nh9.

RAILWAYS
New delhi railway station (37.2 Km).

AIRPORT
Indira gandhi international airport (21 km).

BUSWAY
Nirmal vihar bus stop (11.2 Km).



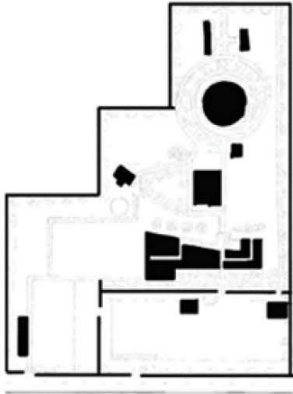
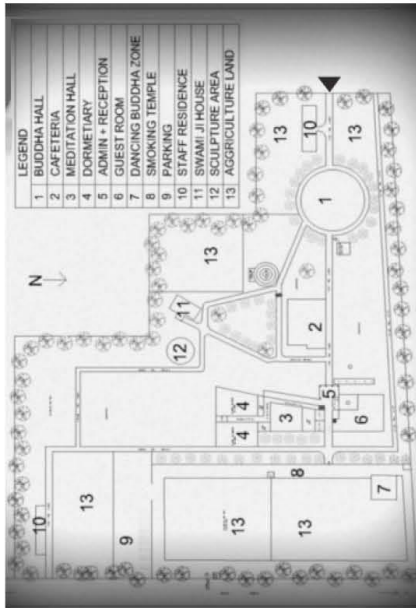
PROJECT DETAILS:

Location: 44, Jhatikra Road, Pandwala Khurd, near Najafgarh, New Delhi, India.
Site Area: 9 ACRES.
Climate: Composite climate.
Latitude: 28.553984.
Longitude: 76.973002.
Landmark: Golu chowk.

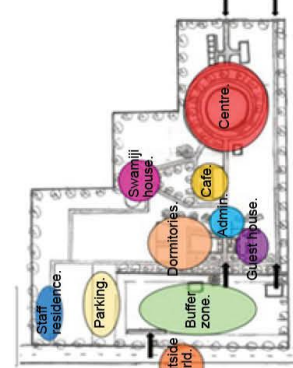


SITE PLAN

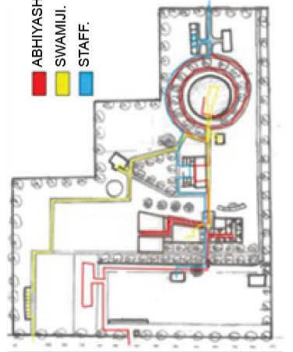
From the Reception, a straight path in metaphoric terms designed as "the path of reality" leads past the dining hall directly to the Meditation Hall. Divested of the space/ time to prepare oneself mentally before reaching the meditation hall, this is the shortest, hence the most used path.



OPEN BUILT RELATIONSHIP



ZONING PLAN



MOVEMENT PATTERN

QUANTITATIVE ANALYSIS

Buddha hall: 730 sq, 200 persons.
Cafeteria: 20m x 26m, 520 sq.m.
Meditation hall: 16m x 16m, 256 sq. m.
Dormitory: 14m x20m = 280 sq.m.
(separate for male-female).
Admin/reception: 10mx14m, 140sq.m.
Staff residence (15): 5mx5m 25 sq.m.

LANDSCAPE

The outdoor landscape forms part of the functions of the centre for spiritual practices to take place in nature.Landscaping elements and water bodies are provided to create a serene atmosphere in the outer environment.

Guest room(20): 5m x 6m, 30sq.m.
Dancing zone: 15m x15m, 225 sq.m.
Smoking temple: 6m x 5m, 30 sq.m.
Parking: 70m x 20m, 1400 sq.m.



INTRODUCTION

AyurvedaGram Ayurvedic Health retreat is an Ayurvedic village with resident Ayurvedic physicians, Therapists, Health Centre, few Dispensary, Yoga & Meditation Centre, some heritage cottages, Veg Restaurant and an ever-attentive service staff. The serene 7 acres of sprawling lush green with more than 200 species of rare medicinal herbs creates a tranquil refreshing atmosphere where the guest won't feel that one is in a Hospital. The entire campus has been designed to provide a healing atmosphere and ethnic ambience by physically transplanting various heritage houses and structures from the Kerala, which recapture the rich architectural splendor and natural surrounds of that region.



SELECTION CRIETERIA

To understand the spaces in a wellness retreat
To study the functional spaces as per users
Understanding the site layout of a wellness retreat
To understand the various types of the therapies and their spatial requirements.

APPROACH TO THE SITE



- METRO STATION**
Baiyappanahalli metro station (20.8 km).
- ROADWAYS**
SITE IS WELL CONNECTED TO NH206.
- RAILWAYS**
Whitfield railway station (7.5 km).
- AIRPORT**
Kempegowda International Airport Bengaluru (43 km).
- BUSWAY**
BMTC bus stop-6 (21.8 km).

SITE LOCATION



PROJECT DETAILS:

- Location:** Whitfield, Bengaluru, Karataka.
- Site Area:** 7 ACRES.
- Climate:** Moderate climate.
- Latitude:** 12.968895.
- Longitude:** 77.799334.
- Landmark:** Brindavan - Sri Satya Sai Baba Ashram (7km).
- Vegetation:** Coconut tress and Shrub cover.
- Architect:** Ar. Cyrain, Cochin.



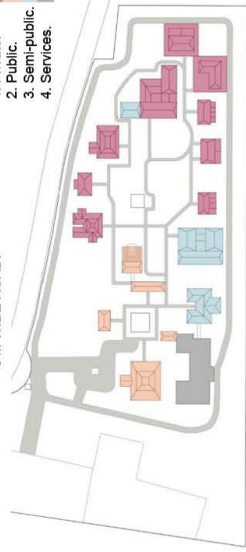
PHILOSOPHY OF THE SPACE

The serene 7 acres of sprawling lush greenery with more than 200 species of rare medicinal herbs creates a tranquil refreshing atmosphere where the guest won't feel that he is in a hospital! The entire campus has been designed to provide a healing atmosphere and ethnic ambience by physically transplanting various heritage houses and structures from Kerala, which recapture the rich architectural splendor and natural surroundings of that region. AyurvedaGram is an effort to provide authentic Ayurveda experience-the Ayurvedagram experience-in the splendid settings of the land, where it has been practiced for centuries.

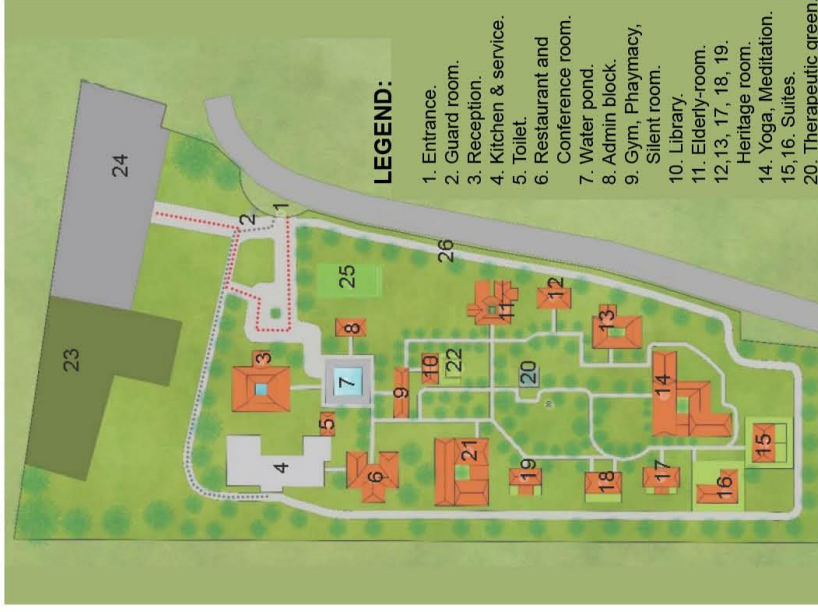
SITE ZONING.

- LEGEND:**
1. Private.
 2. Public.
 3. Semi-public.
 4. Services.

6 M WIDE ROAD.



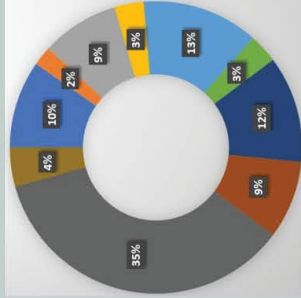
SITE PLANS



MATERIALS

The following materials are used in the retreat:





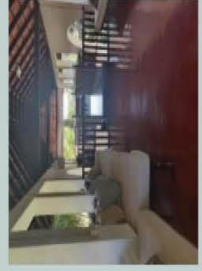
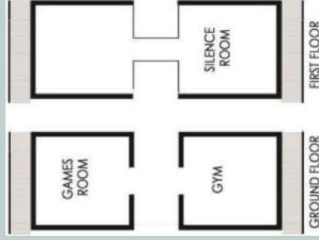
ARANMULA PALACE.



Reception and admin areas are combined together since they are mostly visited, restrict movement and endures privacy.

The waiting area is semi open for natural ventilation and fresh air.

RECREATIONAL AREA.

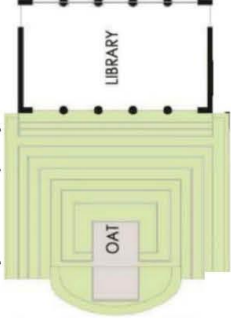


AMPHITHEATRE

Located in main arterial region, witnesses regular cultural programmes and other activities of traditional beauty. Has a capacity of around 200 persons at a time.

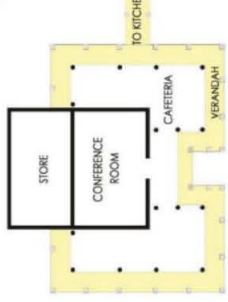
LIBRARY

Has well stacked library with a view of the amphitheatre, accompanied by a seating area. The Library has 500 volumes.



CAFETERIA

Capacity: 64 people
(2 seated-15nos, 4-seater:8 nos
6-seater:2 nos).

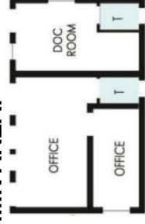


CONFERENCE HALL

Hall capacity: 75 executives

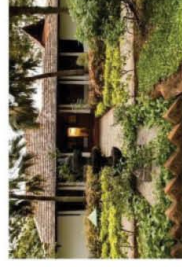
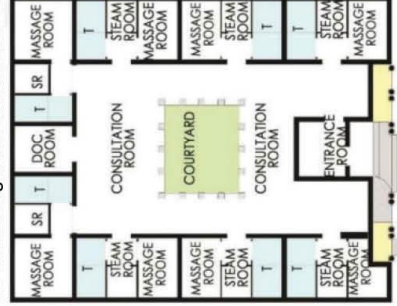


ADMIN AREA.

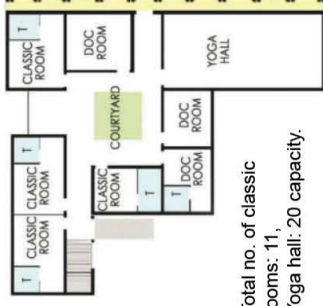


TREATMENT CENTRE.

Has room facing the courtyard. The traditional naturopathy treatments are used using traditional machine for steam: 4- male, 4- female.



CLASSIC ROOM AND YOGA HALL



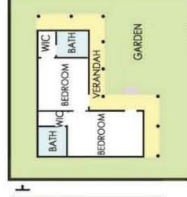
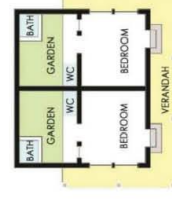
Total no. of classic rooms: 11,
Yoga hall: 20 capacity.



ROOM FOR ELDERLY AND SPECIALLY ABLED.



HERITAGE ROOMS.



18 Rooms, 2 Suites

LANDSCAPE FEATURES:

The site is surrounded by lush landscaping from the time we enter, which gives a very tranquil and serene feeling top the guest.

Herbal garden: A vast and well maintained herbal garden with more than 200 species of rare medicinal herbs is present.

Organic farming: The vegetables used for cooking are grown at site and the kitchen waste is used for composting.



COMPARATIVE CHART OF AREA ANALYSIS

TOPIC	CASE STUDY-1 SHREYAS RETREAT	CASE STUDY-2 AYURVED GRAM	LITERATURE STUDY-1 MATRIMANDIR	LITERATURE STUDY-2 VIVEDA	STANDARDS AREA	REQUIRED AREA
TOTAL SITE	25 Acres	7 Acres	22 Acres	7.5 Acres		5.75 Acres
BUILT UP AREA	6128	5772		9527		
GROUND COVER	4628	5023		9257	20%	8142
GARDEN AREA	71904	75		5273		
ADMIN	81	49	—	298		175
CIRCULATION	6204	2832				3490
LIBRARY	375	57	—	—	70 Books /sq m, 3.3sq m/ person	472
CONFERENCE ROOM	—	23	—	45	2.0 sqm/ person	100
GYM	135	27	—	—		
SPA	1340	—	—	310		755
YOGA SPACE	520	52		355		100
OPEN AREA	76543	20496		21094	80%	17448
MEDITATION HALL	52	27		—		60
TREATMENT BLOCK	—	344	—	1270		90
OAT	720	121		160	1.2 Sqm / person	120
ACCOMODATION	1350	1488	—	4216	2.5 sqm / person	5700
ORGANIC FARMING SERVICES	20234	2600	—	—		

INFRENCES

SHREYAS RETREAT	AYURVED GRAM	MATRIMANDIR	VIVEDA WELLNESS
1. Incorporation of nature in the design. 2. Visual & physical access to nature to promote healing. 3. Natural light & ventilation to reduce stress. 4. Variation of heights in the elevations. 5. Simple circulation with no blind spots.	1. Segregation of public, semi-public and private spaces in a retreat. 2. Yoga and meditation hall should be semi- open for fresh air. 3. Amphitheatre act as a central open space for gatherings and activities.	1. The evolutionary concept of the project is very well incorporated in the built form. 2. Even the structural elements are based on the design concepts. 3. Gardens and built blocks have great connectivity with human consciousness.	1. All the major health facilities are very well clubed up in a single block. 2. Cluster and individual planning of the cottages are according to the climate.

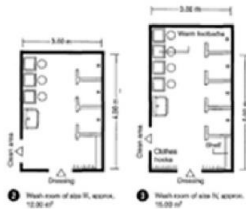
COMPARATIVE CHART OF OTHER ASPECTS

TOPIC	SHREYAS RETREAT	AYURVED GRAM	MATRIMANDIR	VIVEDA WELLNESS
LOCATION	Banglore	Banglore	Auroville	Maharashtra
CLIMATE	Moderate	Moderate	Moderate	
COORDINATES	Latitude:13.159107. Longitude:77.410617	Latitude:12.968895. Longitude: 77.799334	Latitude:12.007208. Longitude:79.810658	Latitude: 19.982241. Longitude:73.581355
TYPOLOGY	Hospitality	Hospitality	Temple	Hospitality
TOTAL SITE	25 Acres	7 Acres	22 Acres	7.5 Acres
COMPLETED IN	2016	1950	2008	2019
ARCHITECTS	Ar. Akshay Heranjal, Ar. Aditi Pai Heranjal.	Ar. Cyrain.	Mirra Alfassa, Roger Anger.	Ajay Sonar, Monali Patil.
CONCEPTUAL IDEA	Hand: mudra; a symbolic gesture used in conjunction with yoga	Features of Kerela	Dedicated to the uni- versal mother	Promotes holistic liv- ing for rejuvenation of body, mind & soul.
OPEN-BUILT RATIO	85%-15%	78%-22%		72%-28%
BUILT FORM	Main block in form of human hand	Hut shape resemblance	Geodesic dome	Simple geometrical forms
FACILITIES	Amin area,Cottages Kitchen, Pool, Yoga hall, OAT, SPA Reading Space,Gym Naturopathy.	Amin area,Cottages, Kitchen,, Tennis court Pond, Cafeteria Library, Gym Treatment block, Jogging track, Therepeuticgarden.	Meditation hall, Yoga halls, OAT, Gardens.	Amin area, Consultation rooms, Waiting area, Naturopathy, SPA Restaurant, Reading Space, Cottages.
CIRCULATION	Trellis	Open passages	Open passages	Open passages, few covered by trellis
SPECIAL DESIGN FEATURES	Unique Brick work, open baths,	Pdipura, Kerela based tech- niques.	Perfectly collaborated technology with nature	Evaporative cooling: cottages.
MATERIALS	Bricks, natural stones, wood.	Manglore tiles, rose- wood panel, red oxide flooring.	Stones, metallic discs, Agra - carpets on floors.	Basalt Stone, Timber frame and the pot-tile roof.
LANDSCAPE	Coconut trees, shrubs &grasses planted to enhance biodiversity	Herbal garden, or- ganic farming, etc	Gardens to dis- cover and explore the states of con- sciousness	Waters of Goda- vari dam, mosaic of multi toned farm- lands, sporadic trees.

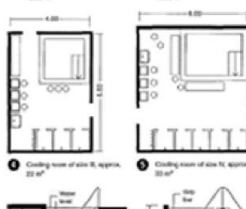
STANDARDS



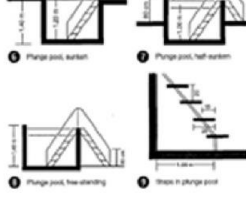
1 Functional scheme of a sauna



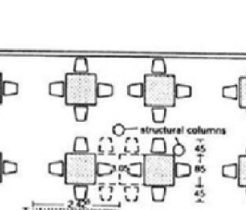
2 Plan view of a sauna room, 12.00 m²



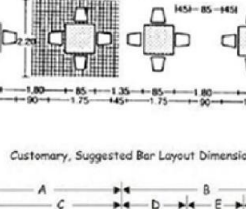
3 Plan view of a sauna room, 12.00 m²



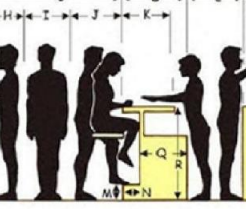
4 Plan view of a sauna room, 12.00 m²



5 Plan view of a sauna room, 12.00 m²



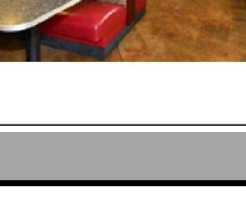
6 Plan view of a sauna room, 12.00 m²



7 Plan view of a sauna room, 12.00 m²



8 Plan view of a sauna room, 12.00 m²



9 Plan view of a sauna room, 12.00 m²

SPA

Spa is the general term for health and wellness establishments, which should generally include: sauna facility, massage and treatment rooms, relaxation, fitness and condition training (including swimming → indoor and outdoor swimming pools).

A commercially operated spa (size 8-14) will include:

Changing room, shower room with washing facilities, sauna cabins, relaxation room and subsidiary rooms (staff room, reception, cash desk, sanitary facilities for visitors and staff). In public saunas, separate rooms are provided for changing, preliminary washing and toilets, for staff and visitors' toilets, the relevant building regulations apply. Access to swimming areas, food/drink providers and fitness areas is increasingly being offered in spa and wellness establishments.

The wash room is used for washing with warm water before entering the sauna → ①-③.

The cooling room is used for cooling off between visits to the sauna using cold air or cold water in, for example, plunge pools, pouring water, showers and bathtubs → ④-⑥.

Room	No. visitors	Type of use
1	2-4	very small or family sauna
2	4-8	family sauna
3	8-12	commercially operated sauna
4	12-16	large commercially operated sauna

Room type	Size	Average room size (m²)	Persons	Location area (m²)
sauna	2	1.5-4.0	2-4	15-20
sauna	3	4.0-8.0	4-8	20-30
sauna	4	8.0-12.0	8-12	30-40
sauna	5	12.0-16.0	12-16	40-50
sauna	6	16.0-20.0	16-20	50-60
sauna	7	20.0-24.0	20-24	60-70
sauna	8	24.0-28.0	24-28	70-80
sauna	9	28.0-32.0	28-32	80-90
sauna	10	32.0-36.0	32-36	90-100
sauna	11	36.0-40.0	36-40	100-110
sauna	12	40.0-44.0	40-44	110-120
sauna	13	44.0-48.0	44-48	120-130
sauna	14	48.0-52.0	48-52	130-140
sauna	15	52.0-56.0	52-56	140-150
sauna	16	56.0-60.0	56-60	150-160
sauna	17	60.0-64.0	60-64	160-170
sauna	18	64.0-68.0	64-68	170-180
sauna	19	68.0-72.0	68-72	180-190
sauna	20	72.0-76.0	72-76	190-200
sauna	21	76.0-80.0	76-80	200-210
sauna	22	80.0-84.0	80-84	210-220
sauna	23	84.0-88.0	84-88	220-230
sauna	24	88.0-92.0	88-92	230-240
sauna	25	92.0-96.0	92-96	240-250
sauna	26	96.0-100.0	96-100	250-260
sauna	27	100.0-104.0	100-104	260-270
sauna	28	104.0-108.0	104-108	270-280
sauna	29	108.0-112.0	108-112	280-290
sauna	30	112.0-116.0	112-116	290-300
sauna	31	116.0-120.0	116-120	300-310
sauna	32	120.0-124.0	120-124	310-320
sauna	33	124.0-128.0	124-128	320-330
sauna	34	128.0-132.0	128-132	330-340
sauna	35	132.0-136.0	132-136	340-350
sauna	36	136.0-140.0	136-140	350-360
sauna	37	140.0-144.0	140-144	360-370
sauna	38	144.0-148.0	144-148	370-380
sauna	39	148.0-152.0	148-152	380-390
sauna	40	152.0-156.0	152-156	390-400
sauna	41	156.0-160.0	156-160	400-410
sauna	42	160.0-164.0	160-164	410-420
sauna	43	164.0-168.0	164-168	420-430
sauna	44	168.0-172.0	168-172	430-440
sauna	45	172.0-176.0	172-176	440-450
sauna	46	176.0-180.0	176-180	450-460
sauna	47	180.0-184.0	180-184	460-470
sauna	48	184.0-188.0	184-188	470-480
sauna	49	188.0-192.0	188-192	480-490
sauna	50	192.0-196.0	192-196	490-500
sauna	51	196.0-200.0	196-200	500-510
sauna	52	200.0-204.0	200-204	510-520
sauna	53	204.0-208.0	204-208	520-530
sauna	54	208.0-212.0	208-212	530-540
sauna	55	212.0-216.0	212-216	540-550
sauna	56	216.0-220.0	216-220	550-560
sauna	57	220.0-224.0	220-224	560-570
sauna	58	224.0-228.0	224-228	570-580
sauna	59	228.0-232.0	228-232	580-590
sauna	60	232.0-236.0	232-236	590-600
sauna	61	236.0-240.0	236-240	600-610
sauna	62	240.0-244.0	240-244	610-620
sauna	63	244.0-248.0	244-248	620-630
sauna	64	248.0-252.0	248-252	630-640
sauna	65	252.0-256.0	252-256	640-650
sauna	66	256.0-260.0	256-260	650-660
sauna	67	260.0-264.0	260-264	660-670
sauna	68	264.0-268.0	264-268	670-680
sauna	69	268.0-272.0	268-272	680-690
sauna	70	272.0-276.0	272-276	690-700
sauna	71	276.0-280.0	276-280	700-710
sauna	72	280.0-284.0	280-284	710-720
sauna	73	284.0-288.0	284-288	720-730
sauna	74	288.0-292.0	288-292	730-740
sauna	75	292.0-296.0	292-296	740-750
sauna	76	296.0-300.0	296-300	750-760
sauna	77	300.0-304.0	300-304	760-770
sauna	78	304.0-308.0	304-308	770-780
sauna	79	308.0-312.0	308-312	780-790
sauna	80	312.0-316.0	312-316	790-800
sauna	81	316.0-320.0	316-320	800-810
sauna	82	320.0-324.0	320-324	810-820
sauna	83	324.0-328.0	324-328	820-830
sauna	84	328.0-332.0	328-332	830-840
sauna	85	332.0-336.0	332-336	840-850
sauna	86	336.0-340.0	336-340	850-860
sauna	87	340.0-344.0	340-344	860-870
sauna	88	344.0-348.0	344-348	870-880
sauna	89	348.0-352.0	348-352	880-890
sauna	90	352.0-356.0	352-356	890-900
sauna	91	356.0-360.0	356-360	900-910
sauna	92	360.0-364.0	360-364	910-920
sauna	93	364.0-368.0	364-368	920-930
sauna	94	368.0-372.0	368-372	930-940
sauna	95	372.0-376.0	372-376	940-950
sauna	96	376.0-380.0	376-380	950-960
sauna	97	380.0-384.0	380-384	960-970
sauna	98	384.0-388.0	384-388	970-980
sauna	99	388.0-392.0	388-392	980-990
sauna	100	392.0-396.0	392-396	990-1000

①-⑥: separate rooms and space requirements for vehicle stores of sauna (Pittman)

⑦-⑩: separate rooms and space requirements for vehicle stores of sauna (Pittman)

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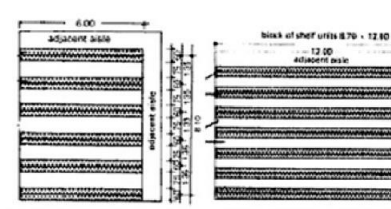
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LIBRARIES

LIBRARIES PERFORM A LARGE FUNCTIONS IN SOCIETY. PUBLIC LIBRARIES PROVIDE COMMUNITIES WITH LITERATURE AND OTHER INFORMATION MEDIA WITH AS MUCH AS POSSIBLE DISPLAYED ON OPEN SHELVES.



FLOOR AREA FOR OPEN ACCESS BOOKSHELVES 8.70x6.00M PER BLOCK SHELVING UNITS

FLOOR SPACE OF BOOKSHELVES IN AREA CLOSED TO PUBLIC

IT SHOULD BE >1.2M WIDE, AND CLEAR SPACES BETWEEN SHELVES AT LEAST 1.3-1.4M WIDE. AVOID OVERCROSSING AND OVERLAPPING OF ROUTES FOR USERS, STAFF AND APARTMENTS.



INDIVIDUAL STUDY BOOTHS

INDIVIDUAL STUDY WORKSTATIONS

MIN. FREE SPACE IN READING AREA

WHEN BOOKS ARE MOVED BETWEEN SEAT AND STANDING USERS

INTERNAL ENVIRONMENT

BOOKSHELVES SHOULD BE PROTECTED FROM DAYLIGHT. LIGHTING SHOULD HAVE SEPARATE SWITCHES IN EACH AREA AND BE INDIVIDUALLY ADJUSTABLE AT EACH WORK STATION.

THE RECOMMENDED TEMPERATURE FOR READING ROOM AND OPEN ACCESS AREAS IS 22°C IN SUMMER AND 20°C IN WINTER, WITH 50-60% RELATIVE HUMIDITY AND 6 OR 7 AIR CHANGES PER HR.

FLOOR AREA

WORK SPACES SHOULD PREFERABLY BE IN DAYLIGHT AREAS. THE AREA REQUIRED FOR A SIMPLE READING/WORK PLACE IS 2.5 M²; FOR A PC OR INDIVIDUAL WORK PLACE >4.0 M² IS NEEDED.

THERE SHOULD BE 300M² OF USABLE FLOOR AREA FOR EVERY 10000 UNITS OF COLLECTION.

HEIGHT

AREAS FOR ADULT USER CAN HAVE 5 OR 6 SHELF LEVELS (MAX. REACH 1.80M), IN CHILDREN'S AREA 4 SHELF LEVELS WITH A REACH HEIGHT OF 1.20M.



Height of bookshelf unit

Maximum for children's area

Microfiche reading workstation

4-SEAT MICROFICHE STATION

Microfiche reading workstation

4-SEAT MICROFICHE STATION

Microfiche reading workstation

4-SEAT MICROFICHE STATION

Microfiche reading workstation

4-SEAT MICROFICHE STATION

Microfiche reading workstation

CONCEPT

INTRODUCTION

HEALING RETREATS TEND TO BE GENTLER, FOCUSING ON EMOTIONAL AND MENTAL WELL BEING AS WELL AS FITNESS AND HEALTH. THEY REFLECT THE CURRENT TREND AWAY FROM PUNISHING SELF-IMPROVEMENT AND TOWARDS ENCOURAGING SELF-ACCEPTANCE AND AWARENESS. THEY OFFER SHORT TERM RESIDENTIAL PROGRAMS TO ADDRESS SPECIFIC HEALTH CONCERNS, REDUCE STRESS, OR SUPPORT LIFESTYLE IMPROVEMENT.

NEED OF HEALING RETREAT

PROVIDES ONE WITH TIME TO RECONNECT, TO BRING BACK ZEST THE JOY OF LIFE.

OFFERS PERFECT SPACE TO FORGET ABOUT THE HUSTLES OF LIFE AND TO UNWIND.

A SHIFT TO HEALTHIER AND MORE CONSCIOUS WAY OF LIFE.

OFFERS PROXIMITY TO NATURE ALLOWING TO RECONNECT WITH THE HEALING ELEMENTS OF NATURE.

ACCESS TO THE EXPERT ADVICE.

"A WALK IN NATURE, WALKS THE SOUL BACK HOME"



NATURE IS THE GREATEST PLACE TO HEAL AND RECHARGE



AYURVEDA



NATUROPATHY



SPA

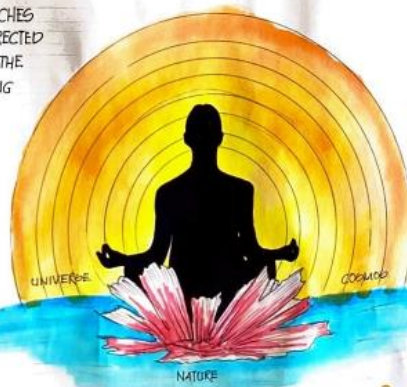
CONCEPT

ALL RELIGIONS, ARTS AND SCIENCES ARE BRANCHES OF THE SAME TREE. ALL THESE ASPIRATIONS ARE DIRECTED TOWARD ENNOBLING MAN'S LIFE, LIFTING IT FROM THE SPHERE OF MERE PHYSICAL EXISTANCE AND LEADING THE INDIVIDUAL TOWARDS FREEDOM.

COSMOS: THE UNIVERSE CONSIDERED AS A SYSTEM WITH AN ORDER AND PATTERN CONSISTING OF FLOWERING PLANTS IN THE SUNFLOWER FAMILY.

"LIFE HAS ITS UPS AND DOWNS WHEN WE ARE UP WE ENJOY THE SCENERY WHEN WE ARE DOWN, WE TOUCH THE SOUL OF OUR BEING AND FEEL THE BEAUTY." SIMILARLY HERE THE SITE IS TO BE PLACED IN LEVELS SO THAT ONE CAN CORRELATE WITH THE ONGOING LIFE SCENARIOS AND THE CIRCULATORY PATHS LEADING TO THE FULLFILLMENT OF ONE'S DESIRE i.e. TO THE PEACE AREAS WHERE ONE COULD FEEL THE PURITY OF ONE'S OWN SOUL.

RETREAT TO BE DESIGNED IN SUCH A WAY THAT A PERSONS HERE FEELS THE PURITY OF THE UNIVERSE ONE'S CONNECTIVITY TO THE NATURE OFFERS PROXIMITY TO NATURE ALLOWING TO RECONNECT WITH THE HEALING ELEMENTS OF NATURE.

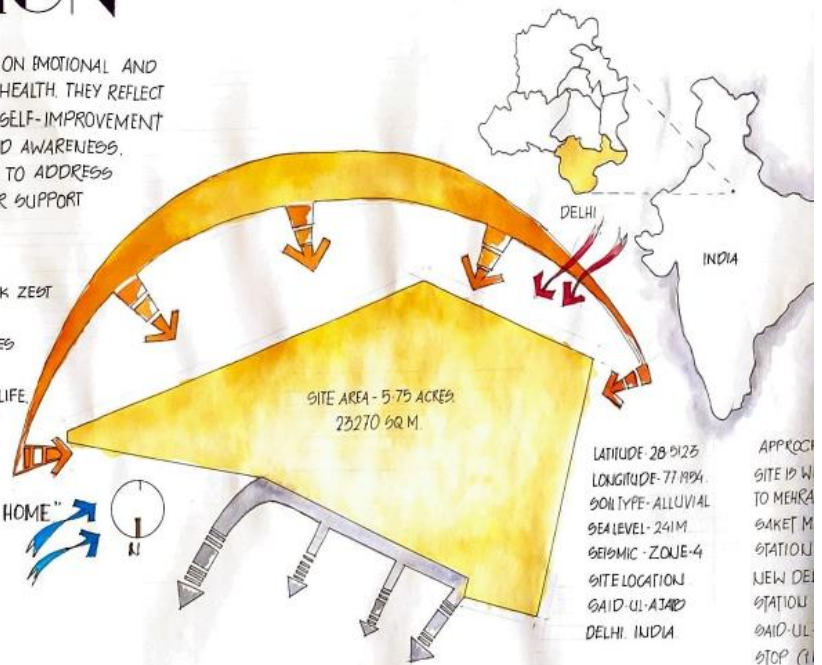


ENERGY HEALING COMES FROM WITHIN EVERY PERSON HOLDS THE KEY TO THEIR OWN HEALING. EVERY NEEDS A PLACE TO RETREAT A SPOT WHERE THE WORLD GROWS QUIET ENOUGH FOR THE SOUL TO SPEAK. NATURE HAS A WAY OF CALMING OUR PHYSICAL BODY BRINGING PEACE TO OUR BUMPY MIND AND FITTING OUR SOUL WITH THE ESSENCE OF THE UNIVERSE.



"A GOOD BUILDING IS NOT THE ONE THAT HURTS THE LANDSCAPE BUT ONE WHICH MAKES THE LANDSCAPE MORE BEAUTIFUL THAN IT WAS BEFORE THE BUILDING WAS BUILT."

SITE ANALYSIS



SITE AREA - 5.75 ACRES
23270 SQ.M.

LATITUDE - 28°12'S
LONGITUDE - 77°19'4"
SOIL TYPE - ALLUVIAL
SEA LEVEL - 241M
SEISMIC - ZONE-4
SITE LOCATION
SAID UL AJAB
DELHI, INDIA

APPROX
SITE IS W
TO MEHRA
BAKET M
STATION
NEW DEL
STATION
SAID UL
STOP (1)
INDIRAG
AIRPORT

SITE ZONING

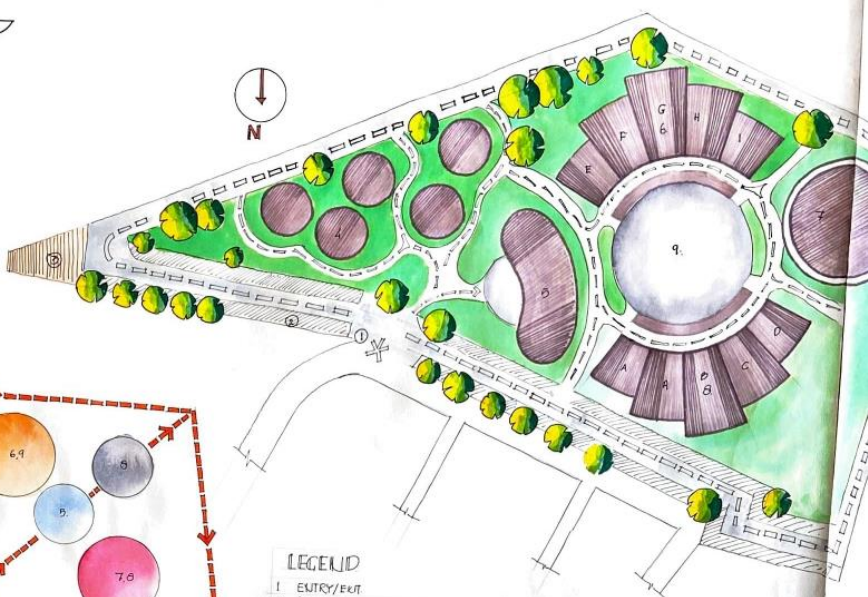
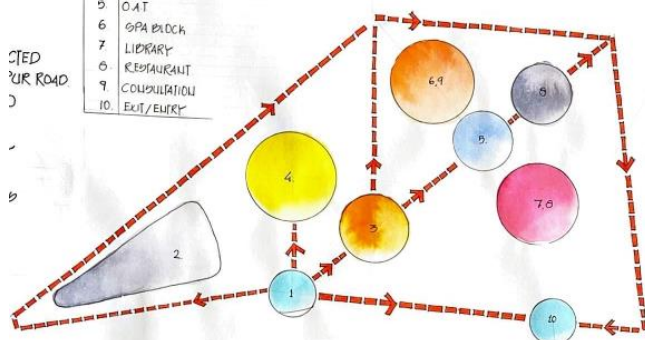
THE SITE IS DIVIDED INTO THREE DIFFERENT ZONES i.e. PUBLIC SEMI PUBLIC AND PRIVATE.

THE MAIN BUFFER ZONES ARE PROVIDED ALONG THE SIDES OF THE MEDITATION SPACES AND TO SEGREGATE THE NOISE ZONES OF VEHICULAR MOTION TO THE PEACEFUL AREAS.

LEGEND

S/N	ZONE
1	ENTRY/EXIT
2	SERVICES/PARKING
3	ADMIN BLOCK
4	ACCOMMODATION
5	OAT
6	SPA BLOCK
7	LIBRARY
8	RESTAURANT
9	CONSULTANCY
10	EXIT/ENTRY

STED
UR ROAD



LEGEND

- 1 ENTRY/EXIT
- 2 PARKING
- 3 SERVICES
- 4 ACCOMMODATION
- 5 ADMIN BLOCK
- 6 SPA BLOCK
- 7 MEDITATION BLOCK
- 8 RECREATIONAL BLOCK
- 9 OAT
- 10 PEDESTRIAN MOVEMENT
- VEHICULAR MOVEMENT
- ENTRY/EXIT

- A RESTAURANT
- B GYM, INDOOR GAMES
- C LIBRARY
- D KIDS AREA
- E CONSULTANCY
- F THERAPY BLOCK
- G SAUNA, SAIT CAVE ETC.
- H MASSAGE BLOCK
- I NATUROPATHY

SITE PLAN

FORM EVOLUTION

COSMOS IS A GENUS, WITH SAME NAME COMBINING OF FLOWERING PLANTS IN THE SUN FLOWER FAMILY. COSMOS FLOWER, REPRESENT BALANCE TRANQUILITY PEACE LOVE AND BEAUTY.

THE BASIC FORM OF THE MAJOR BUILT BLOCKS IS EVOLVED FROM THE SHAPE OF THE FLOWER. THE CENTRAL PART OAT ACTING AS THE CONNECTING ELEMENT BETWEEN THE OTHER BUILDING BLOCKS.

THE MEDITATION BLOCK IS AT THE HIGHEST LEVEL, PLACED AT THE MOST PEACEFUL ZONE OF THE SITE WITH ODOMICAL ROOF.

A DOME OVER A RECTANGULAR PLANE ASSOCIATED WITH HEAVEN. THE CIRCLE REPRESENTED PERFECTION A ETERNITY AND THE HEAVEN.



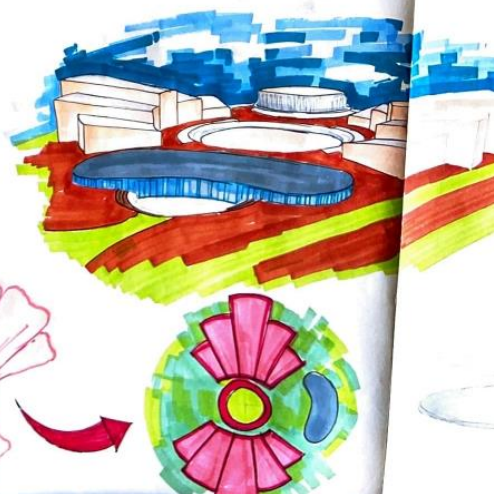
MEDITATION BLOCK



SITE ELEVATION



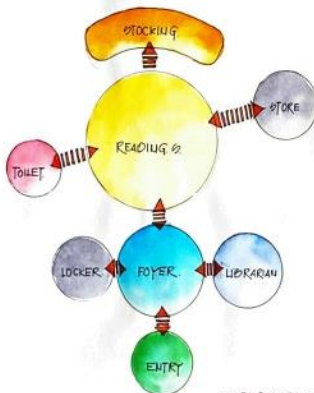
COSMOS FLOWER



BUBBLE DIAGRAM



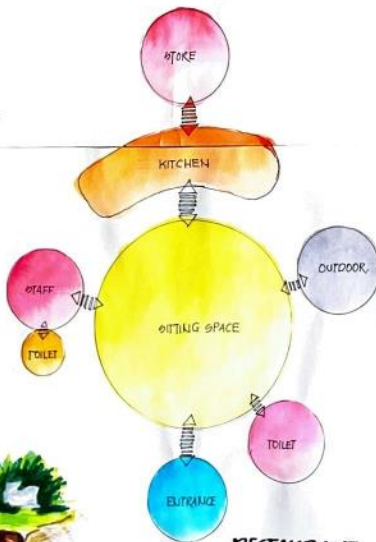
ENTRANCE BLOCK



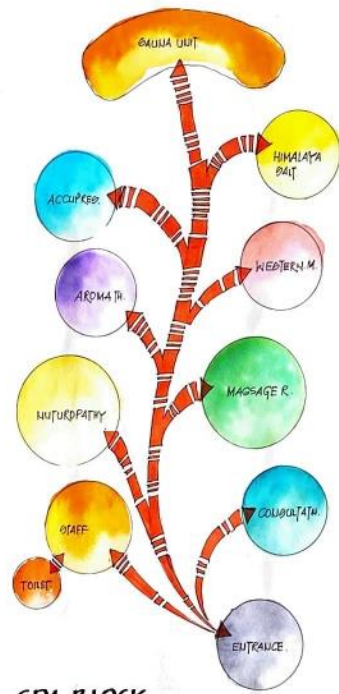
LIBRARY



ADMIN BLOCK



RESTAURANT



SPA BLOCK

VERTICAL STACKING

ACCOMMODATION
ACCOMMODATION
ACCOMMODATION

ACCOMMODATION BLOCK

GYM
REO. WOODR. G. LID.
RESTAURANT
LECTURE ROOM

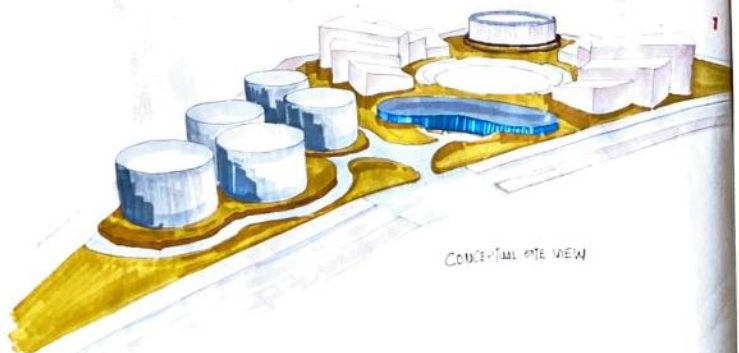


ADMIN BLOCK

SAUNA
THERAPY
SAUNA
MASSAGE
COMMON. BLOCK
NATURAL THERAPY



MEDITATION BLOCK



CONCEPTUAL SITE VIEW

AREA ANALYSIS

ENTRANCE BLOCK

REQUIREMENTS	NO. OF UNITS	CAPACITY	AREA/UNIT	TOTAL AREA
Reception	1	1.5 sqm/per	150 SQ.M.	150 SQ.M.
Waiting area	1	1 sqm/per	50 SQ.M.	50 SQ.M.
Registration office	1		30 SQ.M.	30 SQ.M.
Info/Help desk	1		40 SQ.M.	40 SQ.M.
Toilet	2		5 SQ.M.	10 SQ.M.
				280 SQ.M.
Circulation		25%		70 SQ.M.
				350 SQ.M.

ADMIN BLOCK

REQUIREMENTS	NO. OF UNITS	CAPACITY	AREA/UNIT	TOTAL AREA
Directors room	1		30 SQ.M.	30 SQ.M.
Managers room	3		30 SQ.M.	90 SQ.M.
Office	2		20 SQ.M.	40 SQ.M.
Record room	1		20 SQ.M.	20 SQ.M.
Accounts section	1		25 SQ.M.	25 SQ.M.
Care takers room	1		12 SQ.M.	12 SQ.M.
Meeting room	1	2 sqm/per	50 SQ.M.	50 SQ.M.
Toilets	2		10 SQ.M.	20 SQ.M.
				287 SQ.M.
Circulation				72 SQ.M.
				359 SQ.M.

SPA/AYURVEDA BLOCK

REQUIREMENTS	NO. OF UNITS	CAPACITY	AREA/UNIT	TOTAL AREA
Entrance lobby and waiting	1		70 SQ.M.	70 SQ.M.
Reception	1	1.5 sqm/per	30 SQ.M.	30 SQ.M.
Naturopathy	5		40 SQ.M.	200 SQ.M.
Massage rooms	8		40 SQ.M.	320 SQ.M.
Couples massage room	4		50 SQ.M.	200 SQ.M.
Western massage room	2		40 SQ.M.	80 SQ.M.
Aroma therapy room	2		40 SQ.M.	80 SQ.M.
Accupressure	2		40 SQ.M.	80 SQ.M.
Accupuncture	2		40 SQ.M.	80 SQ.M.
Himalayan salt cave	2		50 SQ.M.	100 SQ.M.
Sauna unit	4	90 sqm-12 per	90 SQ.M.	360 SQ.M.
Consultation rooms	5		25 SQ.M.	125 SQ.M.
Staff rest room	3		50 SQ.M.	150 SQ.M.
Staff toilet	2		20 SQ.M.	40 SQ.M.
				1915 SQ.M.
Circulation				480 SQ.M.
				2395 SQ.M.

MEDITATION/YOGA

REQUIREMENTS	NO. OF UNITS	CAPACITY	AREA/UNIT	TOTAL AREA
MEDITATION	1	1.2 sqm/per (200per)	240 SQ.M.	240 SQ.M.
Peace area	1		500 SQ.M.	500 SQ.M.
Yoga	1	2.5 sqm/per (150per)	375 SQ.M.	375 SQ.M.
Yoga (semi private)	5	2.5 sqm/per	15 SQ.M.	75 SQ.M.
				1200 SQ.M.
Circulation		25%		300 SQ.M.
				1500 SQ.M.

OTHER FACILITIES

GYM

REQUIREMENTS	NO. OF UNITS	CAPACITY	AREA/UNIT	TOTAL AREA
Male	1	200 sq.m /40-45 per	200 SQ.M.	200 SQ.M.
Female	1	200 sq.m /40-45 per	200 SQ.M.	200 SQ.M.
				400 SQ.M.

LIBRARY

REQUIREMENTS	NO. OF UNITS	CAPACITY	AREA/UNIT	TOTAL AREA
Locker room	1		30 SQ.M.	30 SQ.M.
Librarian room	1		30 SQ.M.	30 SQ.M.
Store	1		25 SQ.M.	25 SQ.M.
Reading space	1	2.5 sq.m/per (75 per)	200 SQ.M.	200 SQ.M.
				285 SQ.M.
Circulation		25%		72 SQ.M.
				357 SQ.M.
Workshop/ Lecture sessions	2		100 SQ.M.	200 SQ.M.
				557 SQ.M.

INDOOR GAMES

REQUIREMENTS	NO. OF UNITS	CAPACITY	AREA/UNIT	TOTAL AREA
Table tennis	2		50 SQ.M.	100 SQ.M.
Billiard	1		50 SQ.M.	50 SQ.M.
Squash	1		65 SQ.M.	65 SQ.M.
				215 SQ.M.
Circulation		25%		55 SQ.M.
				270 SQ.M.

REQUIREMENTS	NO. OF UNITS	CAPACITY	AREA/UNIT	TOTAL AREA
Kids area	1		150 SQ.M.	150 SQ.M.
Recreational space	1		50 SQ.M.	50 SQ.M.
Relaxation lounge	1		50 SQ.M.	50 SQ.M.
Staff rest room	2		30 SQ.M.	60 SQ.M.
Staff toilet	2		10 SQ.M.	20 SQ.M.
Toilet	2		20 SQ.M.	40 SQ.M.
				370 SQ.M.
Circulation				95 SQ.M.

465 SQ.M.

RESTAURANT

REQUIREMENTS	NO. OF UNITS	CAPACITY	AREA/UNIT	TOTAL AREA
Reception/ Foyer	1	1.5sqm/per (15per)	25 SQ.M.	25 SQ.M.
Sitting space	2	1.5sqm/per (250per)	190 SQ.M.	380 SQ.M.
Kitchen	1	40% of dinning		152 SQ.M.
Store	1		30 SQ.M.	30 SQ.M.
Service counter	1		15 SQ.M.	15 SQ.M.
Toilet (male)	1	50/1wc 1wb 1u	20 SQ.M.	20 SQ.M.
Toilet (female)	1	50/2wc 2wb	20 SQ.M.	20 SQ.M.
Staff toilet (male)	1	20/1u 15/1wc	10 SQ.M.	10 SQ.M.
Staff toilet (female)	1	12/1wc	10 SQ.M.	10 SQ.M.
				662 SQ.M.
Circulation		25%		170 SQ.M.
				827 SQ.M.
Café/ Juice bar	1	1 sqm/per (70)	70	70 SQ.M.
				902 SQ.M.

ACCOMODATION

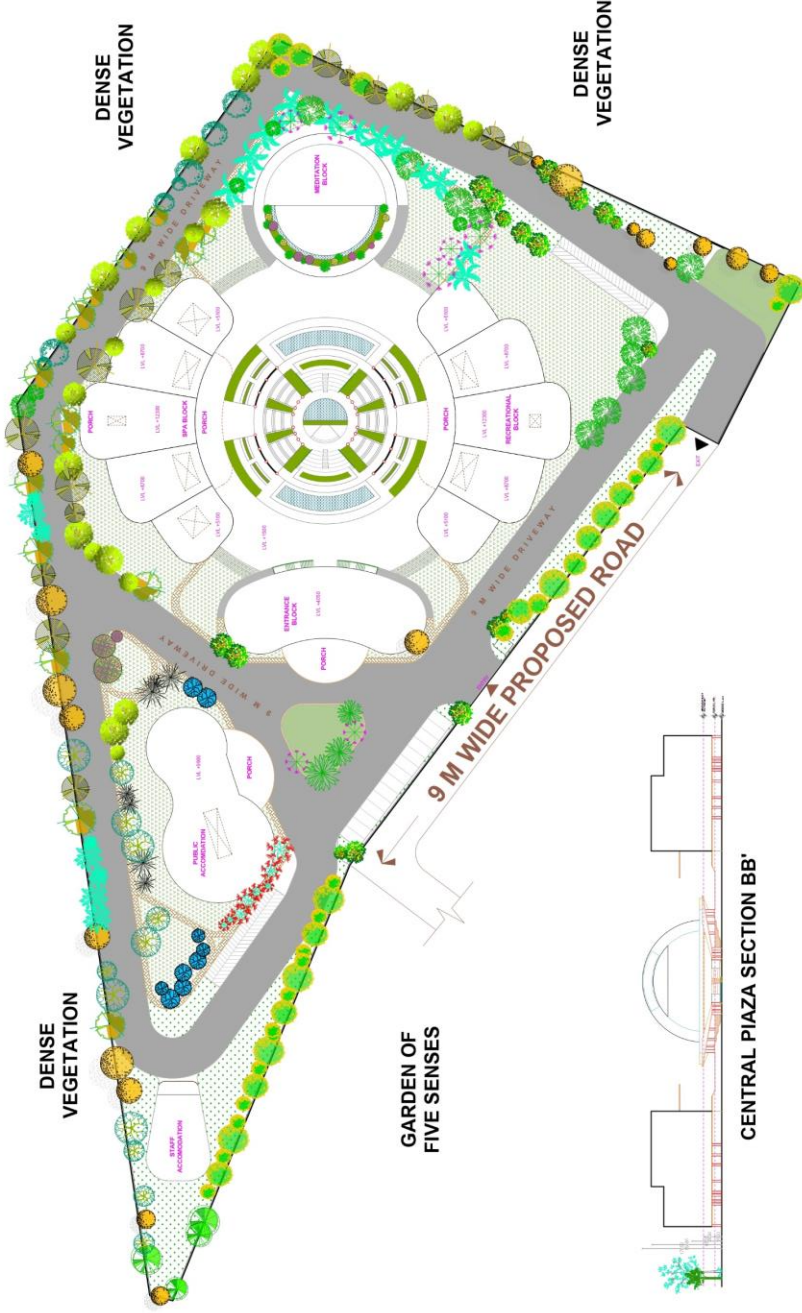
REQUIREMENTS	NO. OF UNITS	CAPACITY	AREA/UNIT	TOTAL AREA
Suits type 1 (double)	24		70 SQ.M.	1680 SQ.M.
Suits type 2 (single)	18		50 SQ.M.	900 SQ.M.
				2580 SQ.M.
Circulation				645 SQ.M.
				3225 SQ.M.

SERVICES



REQUIREMENTS	NO. OF UNITS	CAPACITY	AREA/UNIT	TOTAL AREA
Services	1		80 SQ.M.	80 SQ.M.
Guard room	2		12 SQ.M.	24 SQ.M.
Storage	1		50 SQ.M.	50 SQ.M.
Laundry	1	0.3 sqm/room	15 SQ.M.	15 SQ.M.
Linen	1		15 SQ.M.	15 SQ.M.
Maintainance	1		20 SQ.M.	20 SQ.M.
				205 SQ.M.
Circulation				50 SQ.M.
				255 SQ.M.

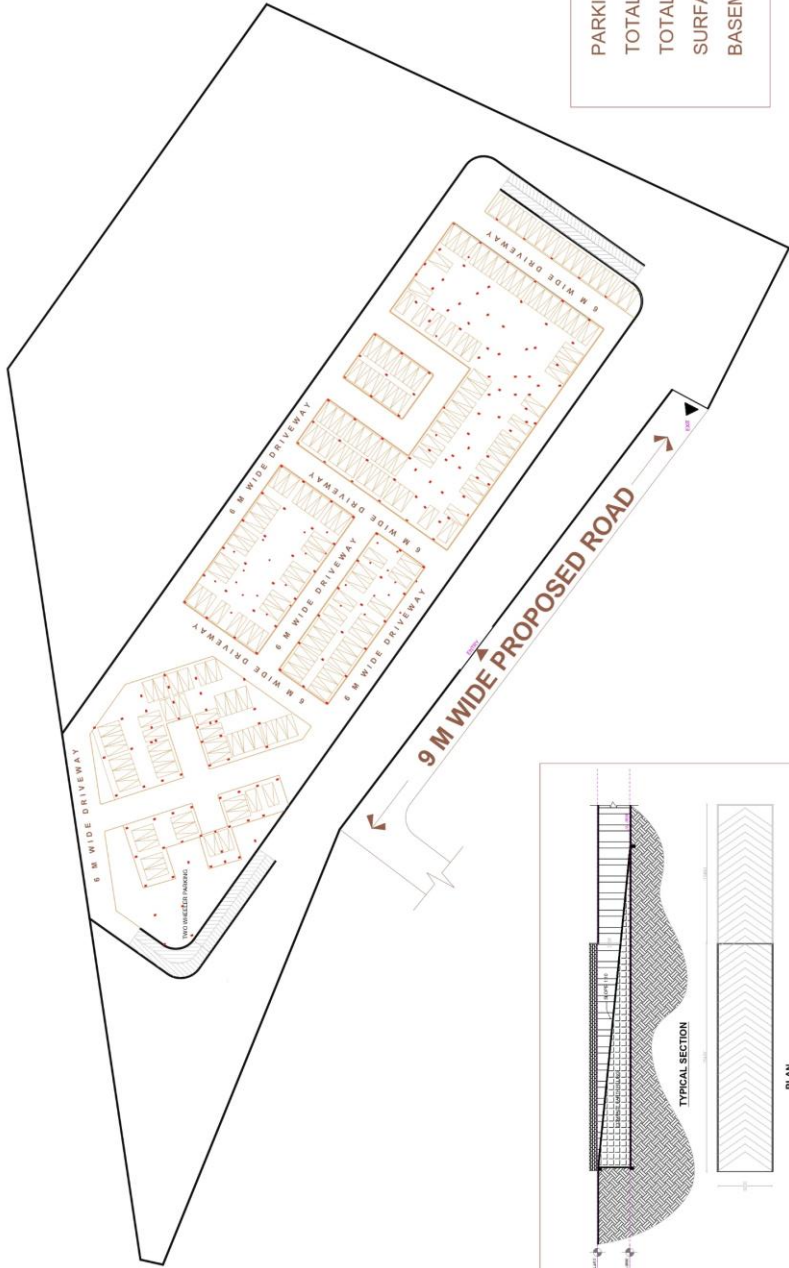
GRAND TOTAL				10750 SQ.M.
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DRAWINGS



PROJECT: PROPOSED RECREATIONAL HUB SECTOR 18, DWARKA, SOUTH DELHI	THESIS BY: ADITI TRIPATHI ROLL NO: 1170101015		GUIDED BY: AR. SAURABH SAXENA	DRG.NO: 01	DATE: 29.06.22
	DRAWING TITLE: SITE PLAN		SESSION: 2021-22		
	SCALE 1:500		SCHOOL OF ARCHITECTURE AND PLANNING , LUCKNOW		

LEGEND	CAR SPACE PARKING	COLUMN SIZE
		



PARKING:-	2 ECS/ 100 SQ.M.
TOTAL BUILT UP AREA:-	12600 SQ.M.
TOTAL CAR PARKING :-	225 CARS
SURFACE PARKING :-	25 CARS
BASEMENT PARKING :-	200 CARS

PROJECT:

**PROPOSED
HEALING RETREAT**
ADJACENT GARDEN OF FIVE
SENSES, SAKET, DELHI

DRAWING TITLE:

SITE PLAN

THESIS BY:

ADITI TRIPATHI

ROLL NO: 1170101015

GUIDED BY:

AR. SAURABH SAXENA



DRG.NO:

01

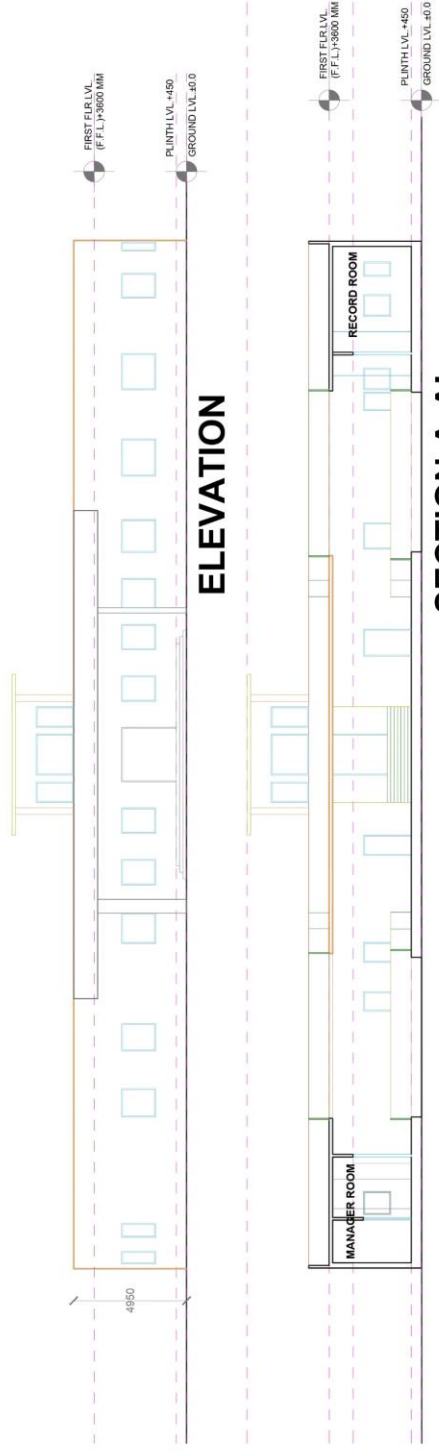
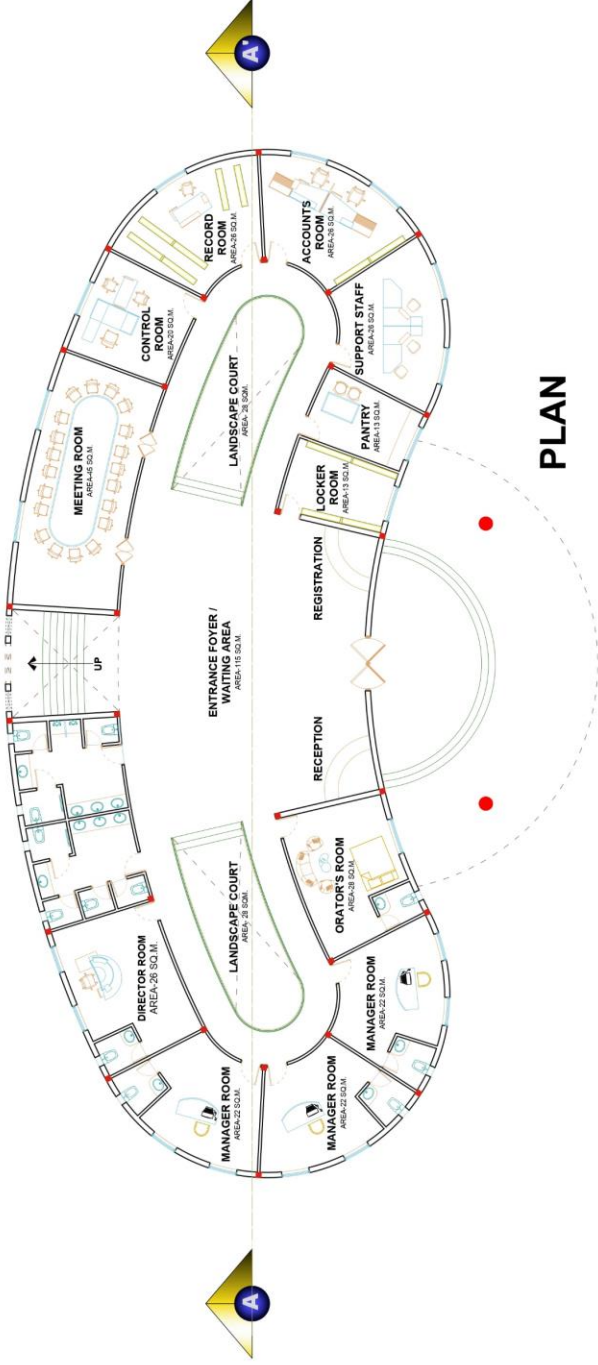
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29.06.22

SCALE

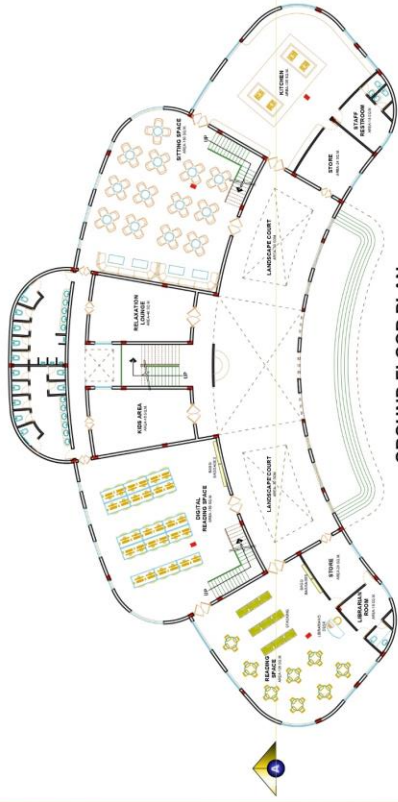
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SCHOOL OF ARCHITECTURE AND PLANNING,
LUCKNOW

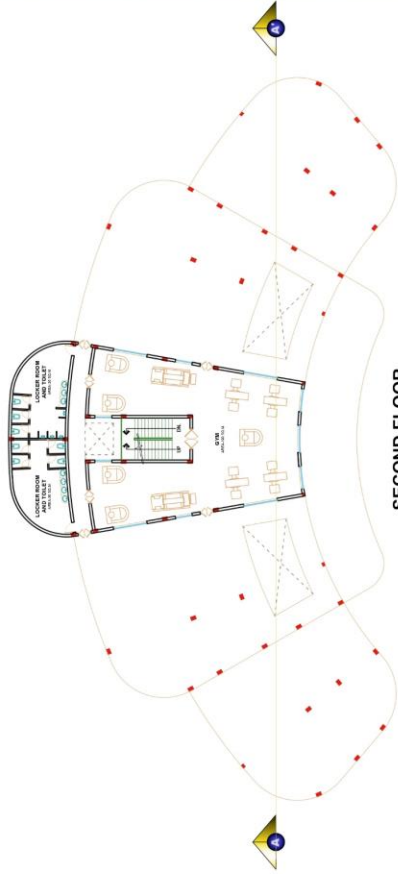


PROJECT: PROPOSED RECREATIONAL HUB SECTOR 18, DWARKA, SOUTH DELHI	THESES BY: ADITI TRIPATHI ROLL NO: 1170101015		GUIDED BY: AR. SAURABH SAXENA	DRG. NO: 02	DATE: 29.06.22
	DRAWING TITLE: ENTRANCE BLOCK		SESSION: 2021-22		
	SCALE 1:100		BABU BANARSI DAS UNIVERSITY SCHOOL OF ARCHITECTURE AND PLANNING , LUCKNOW		

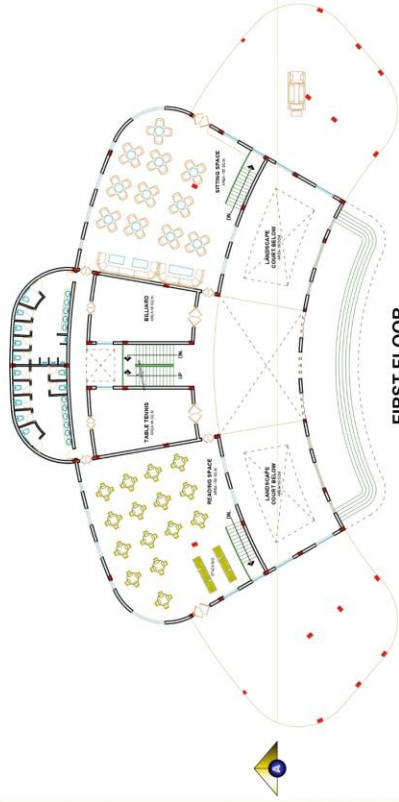




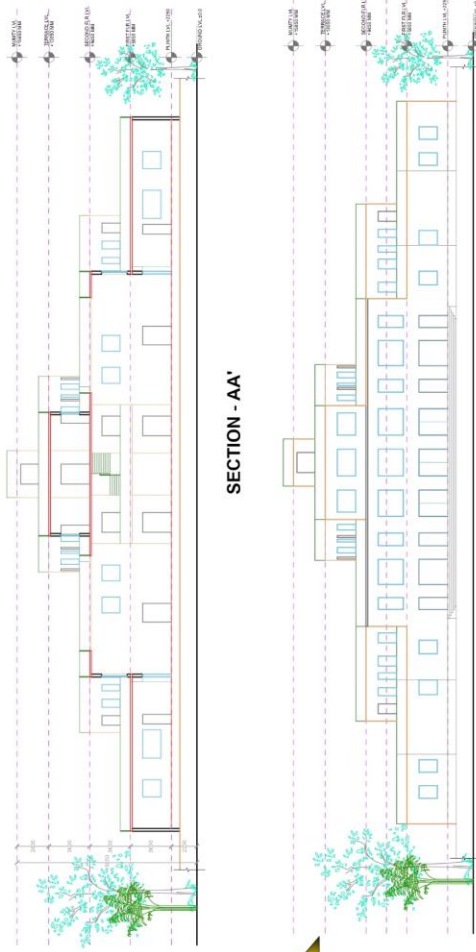
GROUND FLOOR PLAN



SECOND FLOOR PLAN



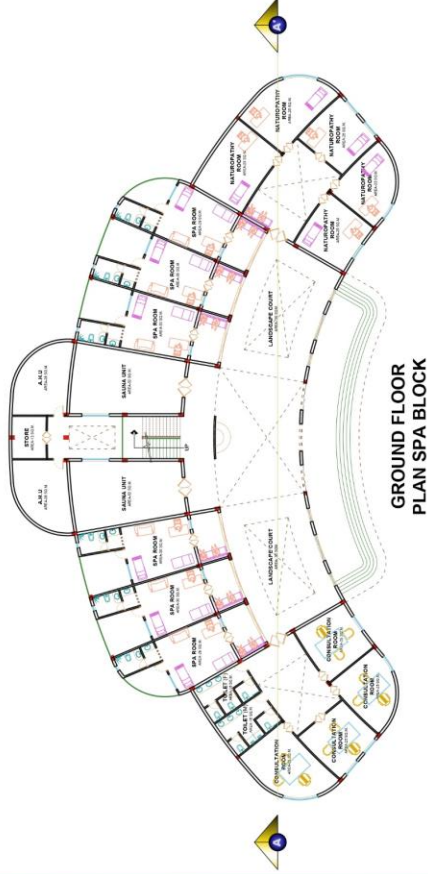
FIRST FLOOR PLAN



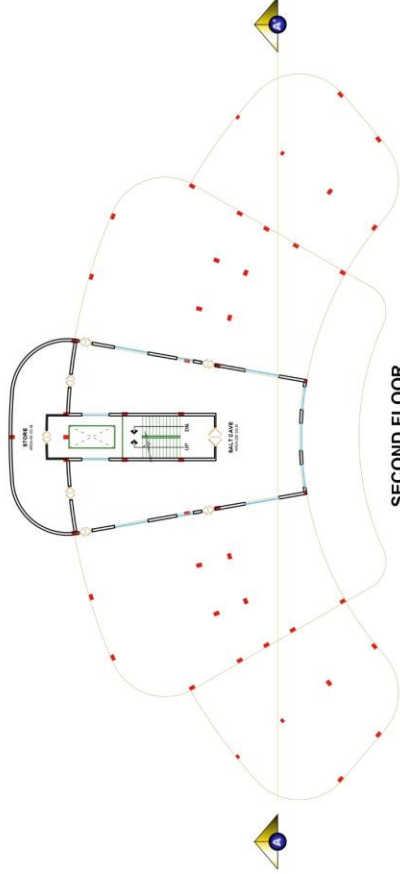
SECTION - AA'

FRONT ELEVATION

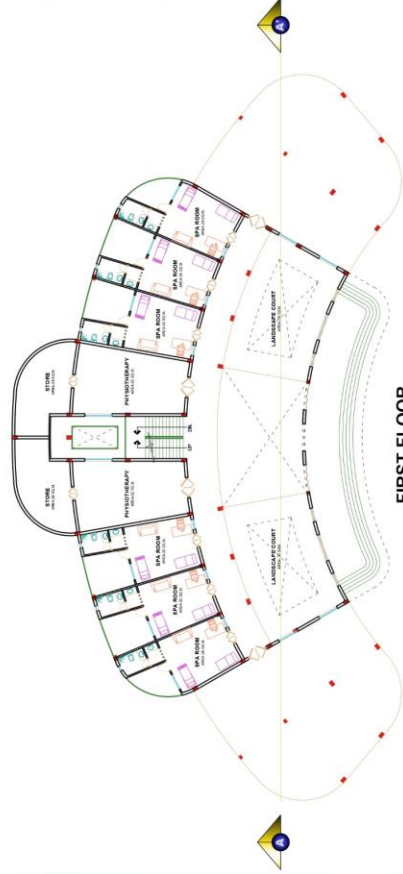
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	DRAWING TITLE: RECREATIONAL BLOCK			SCALE 1:200		DRG.NO: 03		SESSION: 2021-22	
						BABU BANARSI DAS UNIVERSITY SCHOOL OF ARCHITECTURE AND PLANNING , LUCKNOW			



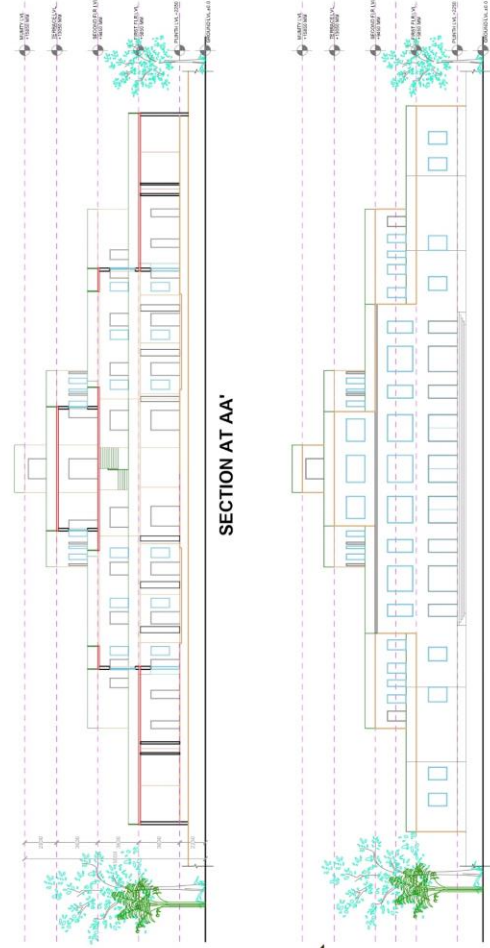
GROUND FLOOR
PLAN SPA BLOCK



SECOND FLOOR
PLAN SPA BLOCK



FIRST FLOOR
PLAN



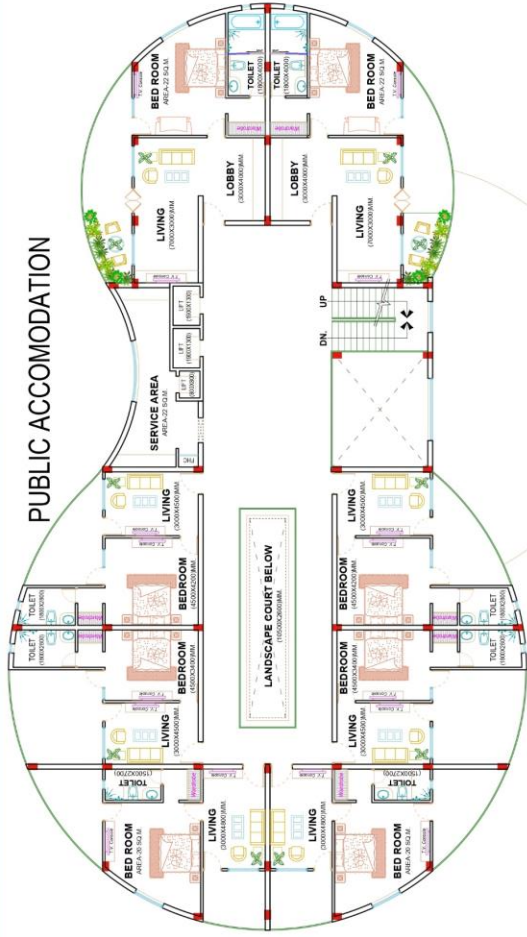
SECTION AT AA'

FRONT ELEVATION

<div>PROJECT:</div> <div>PROPOSED RECREATIONAL HUB SECTOR 18, DWARKA, SOUTH DELHI</div>	<div>THESIS BY:</div> <div>ADITI TRIPATHI ROLL NO: 1170101015</div>		<div>GUIDED BY:</div> <div>AR. SAURABH SAXENA</div>	<div>DRG.NO:</div> <div>04</div>	<div>DATE:</div> <div>29.06.22</div>	<div>SESSION:</div> <div>2021-22</div>
	<div>DRAWING TITLE:</div> <div>SPA BLOCK</div>	<div>SCALE:</div> <div>1:200</div>				
				<div>BABU BANARSI DAS UNIVERSITY SCHOOL OF ARCHITECTURE AND PLANNING , LUCKNOW</div>		

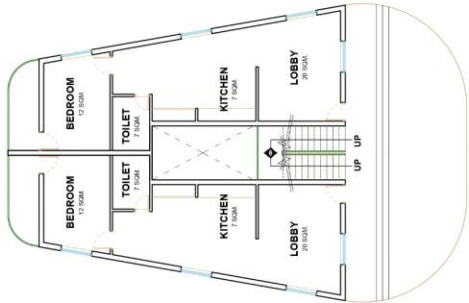


PROJECT: PROPOSED RECREATIONAL HUB SECTOR 18, DWARKA, SOUTH DELHI	THESIS BY: ADITI TRIPATHI ROLL NO: 1170101015		GUIDED BY: AR. SAURABH SAXENA	DRG.NO: 05	DATE: 29.06.22
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BABU BANARSI DAS UNIVERSITY SCHOOL OF ARCHITECTURE AND PLANNING , LUCKNOW			SESSION: 2021-22		

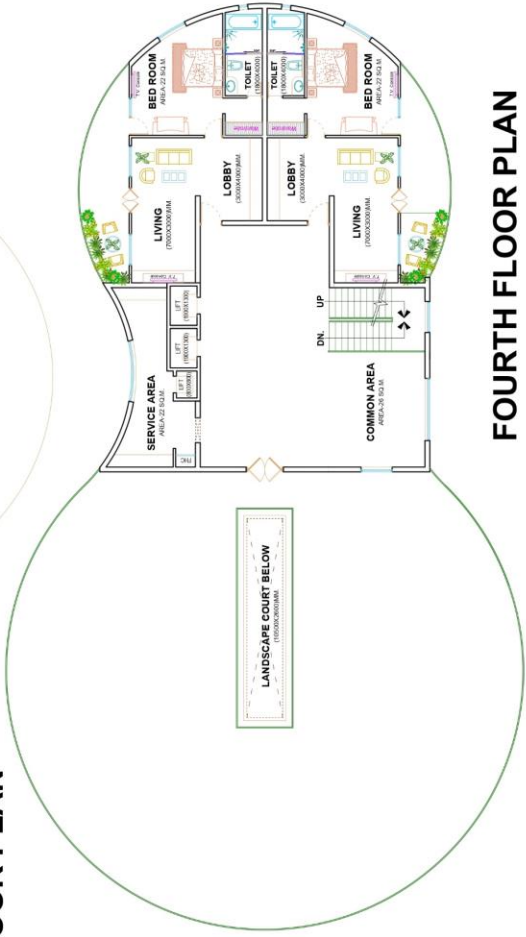
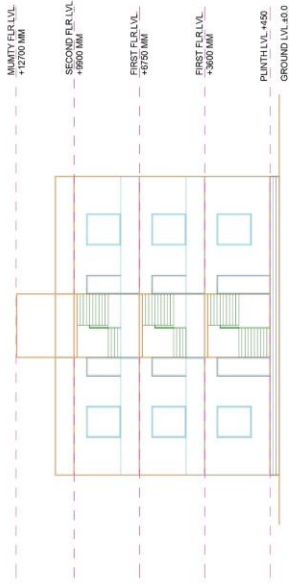


FIRST FLOOR PLAN

STAFF ACCOMODATION



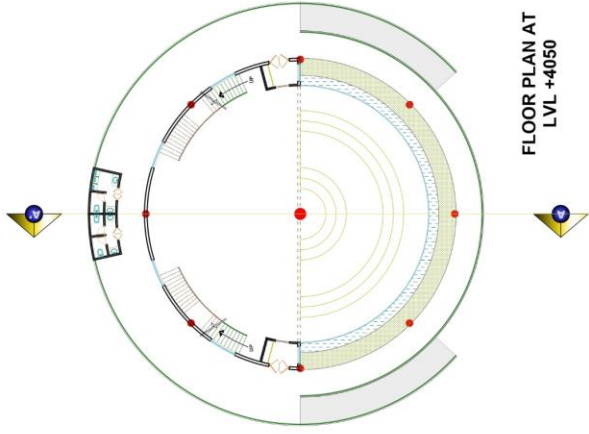
GROUND FLOOR PLAN



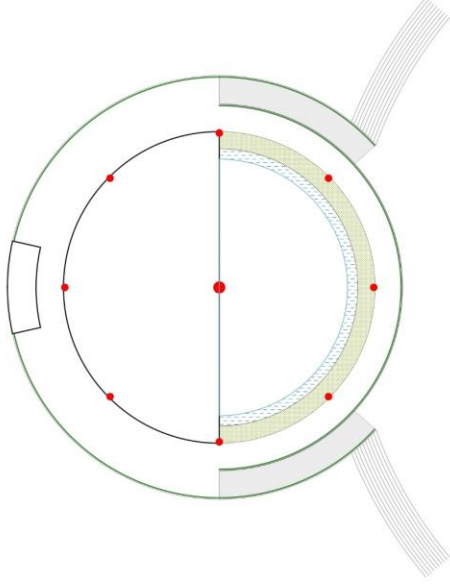
FOURTH FLOOR PLAN

PROJECT:	PROPOSED RECREATIONAL HUB SECTOR 18, DWARKA, SOUTH DELHI		THESIS BY: ADITI TRIPATHI ROLL NO: 1170101015		GUIDED BY: AR. SAURABH SAXENA		DRG.NO: 06		DATE: 29.06.22	
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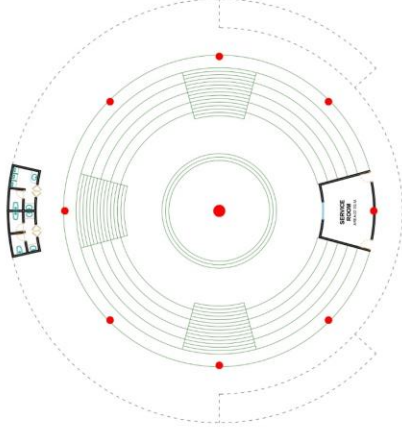




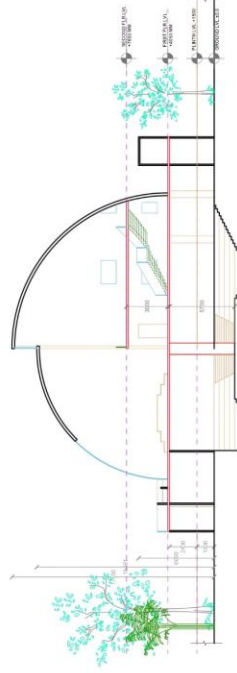
FLOOR PLAN AT
LVL +4050



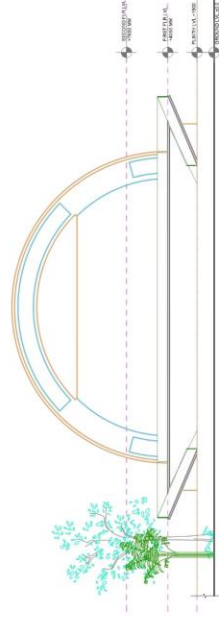
ROOF PLAN
MEDITATION BLOCK



PLAN BELOW
MEDITATION SPACE



SECTION AT AA'



ELEVATION

PROJECT:

**PROPOSED
RECREATIONAL HUB**
SECTOR 18, DWARKA,
SOUTH DELHI

THESIS BY:

ADITI TRIPATHI
ROLL NO: 1170101015

DRAWING TITLE:

MEDITATION BLOCK

SCALE

1:200

GUIDED BY:

AR. SAURABH SAXENA

DRG.NO:

07

DATE:

29.06.22

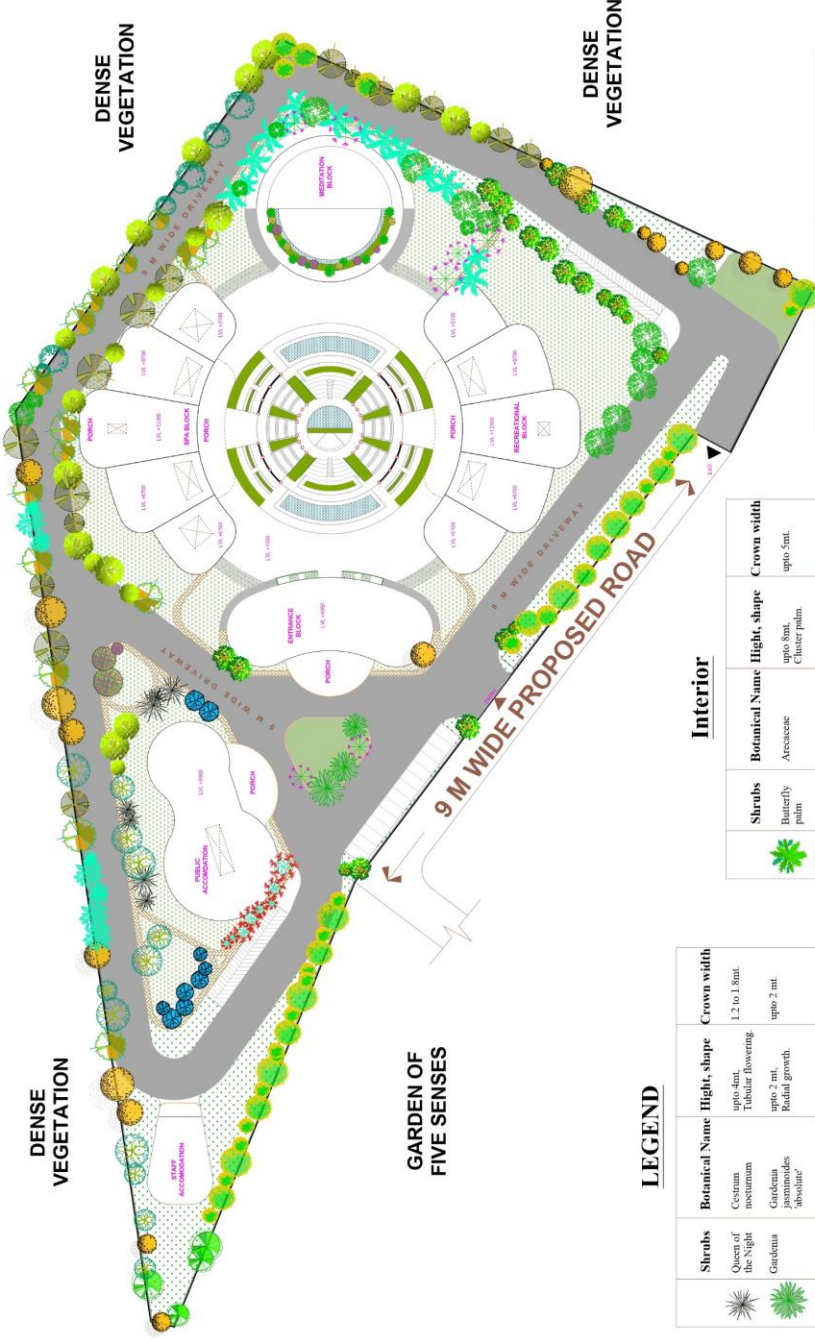
SESSION:

2021-22



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LUCKNOW

ELECTIVE



LEGEND		
Trees	Botanical Name	Height, shape
	Nymphaea	15 to 20 mt.
	Azadirachta indica	Spherical
	Delonix regia	05 to 12 mt.
	Umbrella	05 to 09 mt.
	Ficus benghalensis	up to 200 mt.
	Ficus religiosa	up to 40 mt.
	Tectona grandis	up to 5 mt.
	Rajmimosa regia	15 to 24 mt.
	Tamarindus indica	24 to 30 mt.
	Annona squamosa	08 to 12 mt.
	Mango	06 to 12 mt.
	Terminalia arjuna	up to 15 mt.
	Vachellia nilotica	20 to 25 mt.
	Ficus glomerata	10 to 16 mt.
	Ficus religiosa	up to 200 mt.
	Syringium cumini	25 to 30 mt. Oval
	Plumeria alba	5 to 7 mt. V shape
	Golden shower tree	6 to 15 mt. Irregular, open
	Silk Floss tree	9 to 18 mt. conical shape
Crown width		
		20 to 25 mt.
		3.5 to 05 mt.
		05 to 09 mt.
		up to 30 mt.
		up to 5 mt.
		4.5 to 7.5 mt.
		7.5 to 12 mt.
		06 to 08 mt.
		06 to 12 mt.
		15 to 20 mt.
		8 to 15 mt.
		07 to 10 mt.
		30 to 40 mt.
		15 to 20 mt.
		8 to 10 mt.
		2 to 5 mt.
		5 to 15 mt.

Other Elements	
	Duckbill
	Bench
	Bridge
	Hanging pot plant
Lamp-posts	
	Single Lamp-post
	Double Lamp-post
	Street Light

Interior		
Shrubs	Botanical Name	Height, shape
	Butterfly palm	up to 5 mt.
	Amazon elephant's ear	0.6 to 1.2 mt. Shrubby
	Umbrella plant	1 mt to 2 mt. Umbrella
	Weeping fig	max 60 mt. Rounded
Crown width		
		up to 5 mt.
		0.3 to 0.5 mt.
		up to 2 mt.
		max 18 mt.

LEGEND		
Shrubs	Botanical Name	Height, shape
	Queen of the Night	up to 5 mt. Tubular flowering
	Gardenia	up to 2 mt. Radial growth
	China rose	2.5 mt to 5 mt. Branched, divergent
	Black allamanda	up to 2.5 mt. Trumpet
	Gulab	up to 3 mt. rapid upright
Crown width		
		1.2 to 1.8 mt.
		up to 2 mt.
		1.5 mt to 3 mt.
		1 mt to 2 mt.
		up to 3 mt.

Hedges		
Botanical Name	Height, shape	Width
	Golden dewdrop	0.6 to 1.2 mt. Cluster up to 0.6 mt.
	Sly flower	up to 5 mt. Irregular
	Great bougainvillea	4 to 8 mt. Heart shaped leaves
Crown width		
		up to 5 mt.
		up to 3 mt.

PROJECT:

HEALING RETREAT

ADJACENT GARDEN OF FIVE SENSES, SAKET, DELHI

DRAWING TITLE:

LANDSCAPE PLAN (ELECTIVE-1)

SESSION:

2021-22

DATE:

29.06.22

DRG.NO:

08

SCALE

1:500

GUIDED BY:

AR. SAURABH SAXENA

THESIS BY:

ADITI TRIPATHI

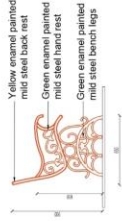
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Marble 600 X 150 X 20

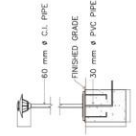
Toe Wall

Granite 600 X 600 X 20

Brick Kerb

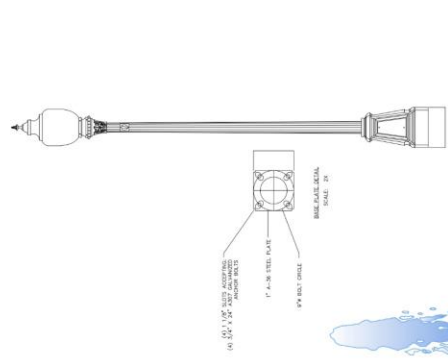
300 X 300 X 150

PROJECT:
**PROPOSED
HEALING RETREAT
ADJACENT GARDEN OF FIVE
SENSES, SAKET, DELHI**

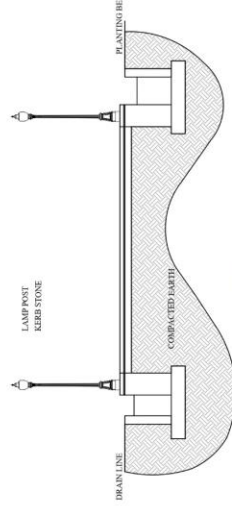


SECTION - WALKWAY LIGHT

240 mm x EXTRUDED ALUMINUM SILL
300 mm x 90 mm x 10 mm FINISHED GRADE
BACK FILL SOIL
ANCHOR BOLTS
COMPACTED SUB GRADE



WELL CONSOLIDATED BED
STONE MORTAR (20MM)
PCC (20MM)
PLASTER
DAMPED EARTH



3000 MM WIDE PATHWAY DETAIL

DRAWING TITLE:

LANDSCAPE PLAN (ELECTIVE-1)

SESSION:

2021-22

DRG.NO:

60

DATE:

29.06

SCALE

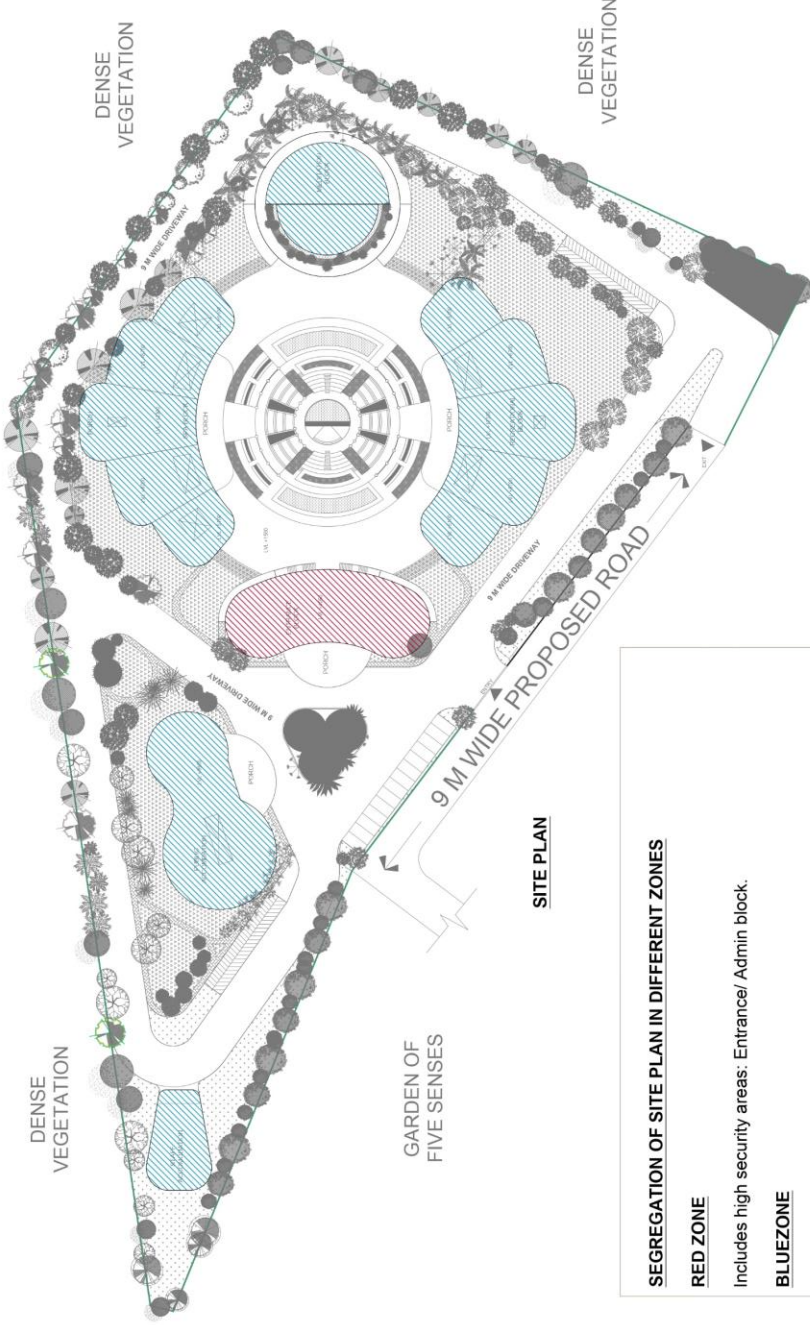
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SEGREGATION OF SITE PLAN IN DIFFERENT ZONES

RED ZONE

Includes high security areas: Entrance/ Admin block.

BLUEZONE

Includes semi sensitive security areas: Recreational block, spa block, meditation block..

GREEN ZONE

Boundary areas: To keep high level check on entry exits and harmful intrusions.

CLOSED CIRCUIT CAMERA

closed circuit camaras popularly know as cctv's come in a wide range. these are essentially camaras placed at strategic areas to monitor the office building from a centrally controlled security room. these camaras have two wiring, one with the power supply and other with the live connectivity with the security room. these comes in wireless mode also.

SECURITY SYSTEMS

THE PRIMARY OBJECTIVE OF "SECURITY" IS TO SHIELD AN ORGANIZATION FROM UNWANTED EXTERNAL OR INTERNAL INTERFERENCE. BEFORE WE SET OUT TO INSTALL VARIOUS HI-TECH OFFICE SURVILLIANCE WE NEED TO UNDERSTAND WHAT WE NEED TO SECURE. INSTALLING SEVERAL GADGETTS DOES NOT NECESSARIALLY ENSURES THE SECURITY OF THE OFFICE.

AN INTEGRATED SYSTEM OF SECURITY WHEREBY ALL THE DEVICES ARE CONTROLLED CENTRALLY, IS THE MOST EFFECTIVE AND INTELLIGENT WAY TO A SAFE OFFICE. THIS ALSO ESSENTIALLY MEANS THAT EVERY OFFICE MAY UNDERSTAND ITS UNIQUE SECURITY NEEDS AND PLAN ACCORDINGLY.

PASSIVE INFRARED DETECTORS

this is the technology which uses unique human physical characteristics like fingerprint, eye retina and irises for authentication and access control and is majorly used in banks and server rooms. these are knows as biometric security system which can even detect the face of the employee and keep the records of his incoming and outgoing in the organization.

SMART CARDS

smart card technology though is a decade old security technique but still it is hugely popular. smart cards ensure complete data security and enables controlled data access in the organization.

PROJECT:

**PROPOSED
HEALING RETREAT
ADJACENT GARDEN OF FIVE
SENSES, SAKET, DELHI**

DRAWING TITLE:

SECURITY & SURVEILLANCE

THESIS BY:

**ADITI TRIPATHI
ROLL NO: 1170101015**

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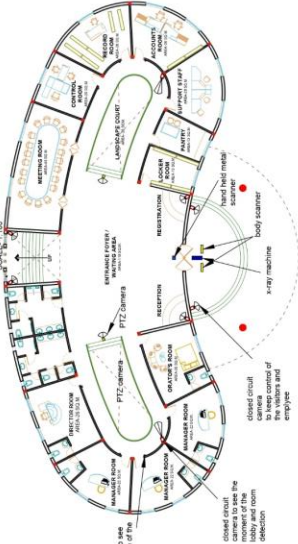
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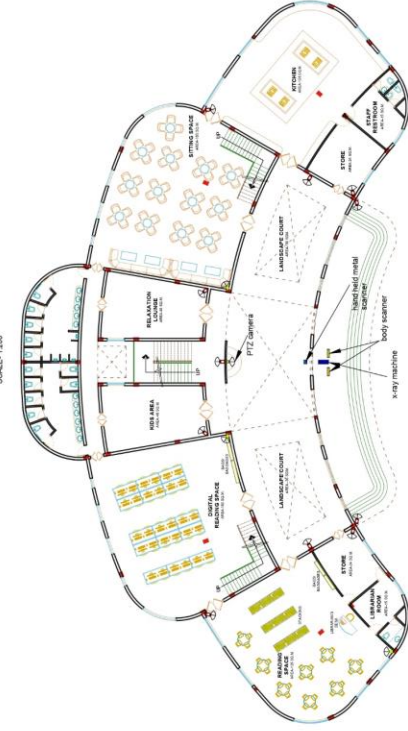
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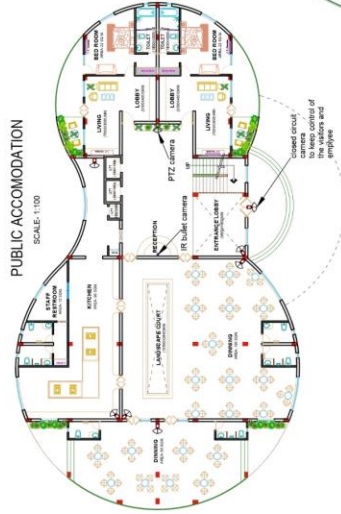
ENTRANCE BLOCK
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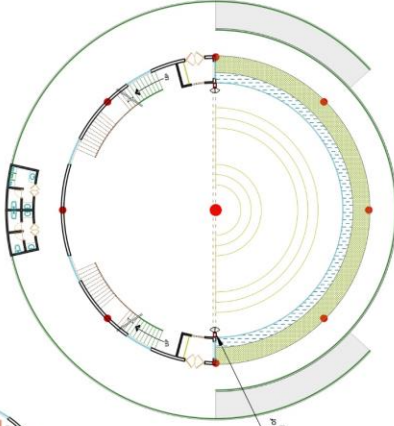
RECREATIONAL BLOCK
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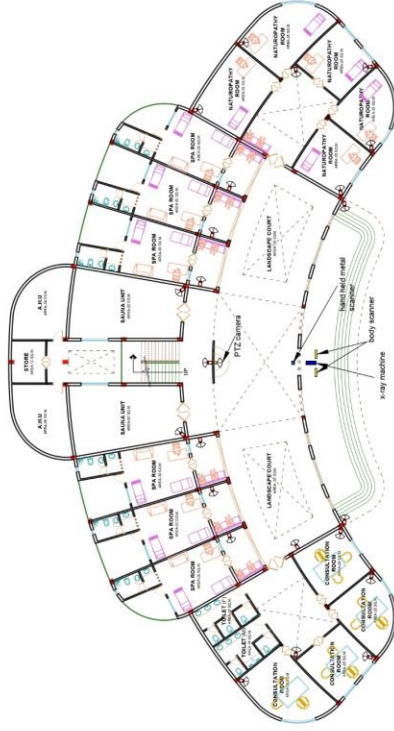
PUBLIC ACCOMMODATION
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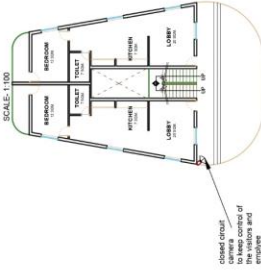
MEDITATION BLOCK
SCALE: 1:200



SPA BLOCK
SCALE: 1:200



STAFF ACCOMMODATION
SCALE: 1:100



LEGEND

- closed circuit camera
- glass break detector
- smart cards
- passive infrared detector
- door frame metal detector
- spy camera
- pan tilt zoom (ptz) camera
- hand handheld scanner
- x-ray machine for bag scan
- IR bullet camera

PROJECT:

**PROPOSED
HEALING RETREAT**
ADJACENT GARDEN OF FIVE
SENSES, SAKET, DELHI

DRAWING TITLE:

SECURITY & SURVEILLANCE

THESIS BY:

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SESSION:

2021-22

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DATE:

29.06.22

SCALE

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THANK YOU