

# **ANTI – DEPRESSION CENTRE**

**LUCKNOW ,UTTAR PRADESH**

**A THESIS SUBMITTED  
IN PARTIAL FULFILLMENT OF THE REQUIREMENTS  
FOR THE DEGREE OF**

## **BACHELOR OF ARCHITECTURE**

**in**

**FIELD OF SPECILIZATION  
(ARCHITECTURE)**

**by**

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(1170101005)**

**Under the guidance of  
AR. ANSHU RASTOGI  
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**to the**

**SCHOOL OF ARCHITECTURE  
BABU BANARASI DAS UNIVERSITY  
LUCKNOW  
YEAR 2021-22**

**BABU BANARASI DAS UNIVERSITY, LUCKNOW  
(U.P.).**

**CERTIFICATE**

I hereby recommend that the thesis entitled “ANTI DEPRESSION CENTRE, LUCKNOW” under the supervision, is the bonafide work of the student 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

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External Examiner

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External Examiner

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**Certificate of thesis submission for evaluation**

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-ANNE PANDEY



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# ANTI DEPRESSION CENTER

"On an individual,  
community, and national  
level, it is time to educate  
ourselves about depression  
and support those who are  
suffering from this mental  
disorder!"

# aatman

*mending minds*



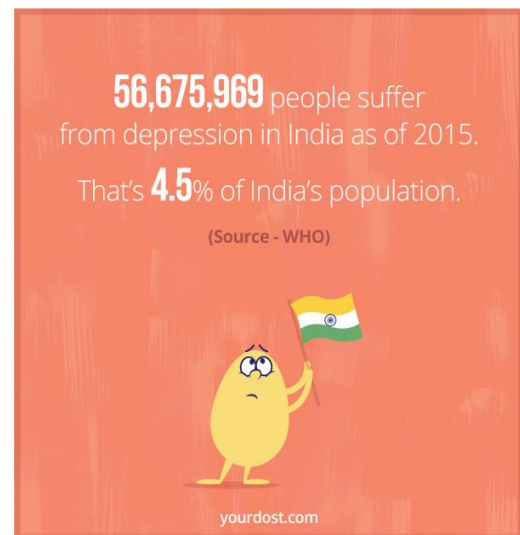
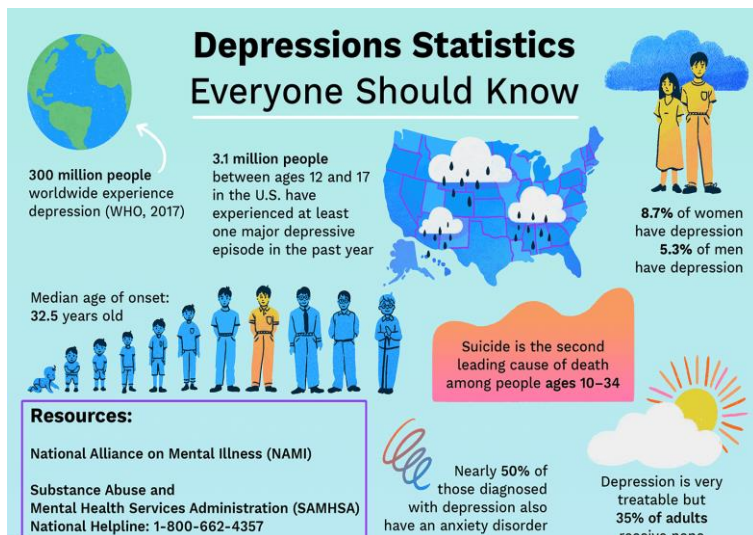
## 1.1 WHAT IS DEPRESSION?

Depression is an extremely common illness affecting people of all ages, genders, different socioeconomic groups and religions in India and all over the world. Globally, an estimated 322million people were affected by depression in 2015. Depression contributes to significant disease burden at national and global levels. At the individual and family level, depression leads to poor quality of life, causing huge social and economic impact.

Depression is one of the two diagnostic categories that constitute common mental disorders (CMDs), the other being anxiety disorder. Both are highly prevalent across the population (hence they are considered “common”) and impact on the mood or feelings of affected persons. Depression includes a spectrum of conditions with episodes, illnesses and disorders that are often disabling in nature, vary in their severity (from mild to severe) and duration (from months to years) and often exhibit a chronic course that has a relapsing and recurring trajectory over time.

It is well acknowledged that depression influences the occurrence and outcomes of several diseases and conditions. Depression and suicide are closely inter linked: at its worst, depression can lead to suicide. Globally, depression is the top cause of illness and disability among young and middle-aged populations, while suicide ranks second among causes of death for the same age groups.

Depression is associated with poverty in a vicious cycle. Depression often results in impaired functioning, which has an impact on all aspects of an individual's life and family affecting multiple areas of education, marriage, work and social life. These in turn lead to loss of productivity, increased health care costs and significant emotional suffering



## 1.2 WHY IS IT IMPORTANT TO ADDRESS DEPRESSION?

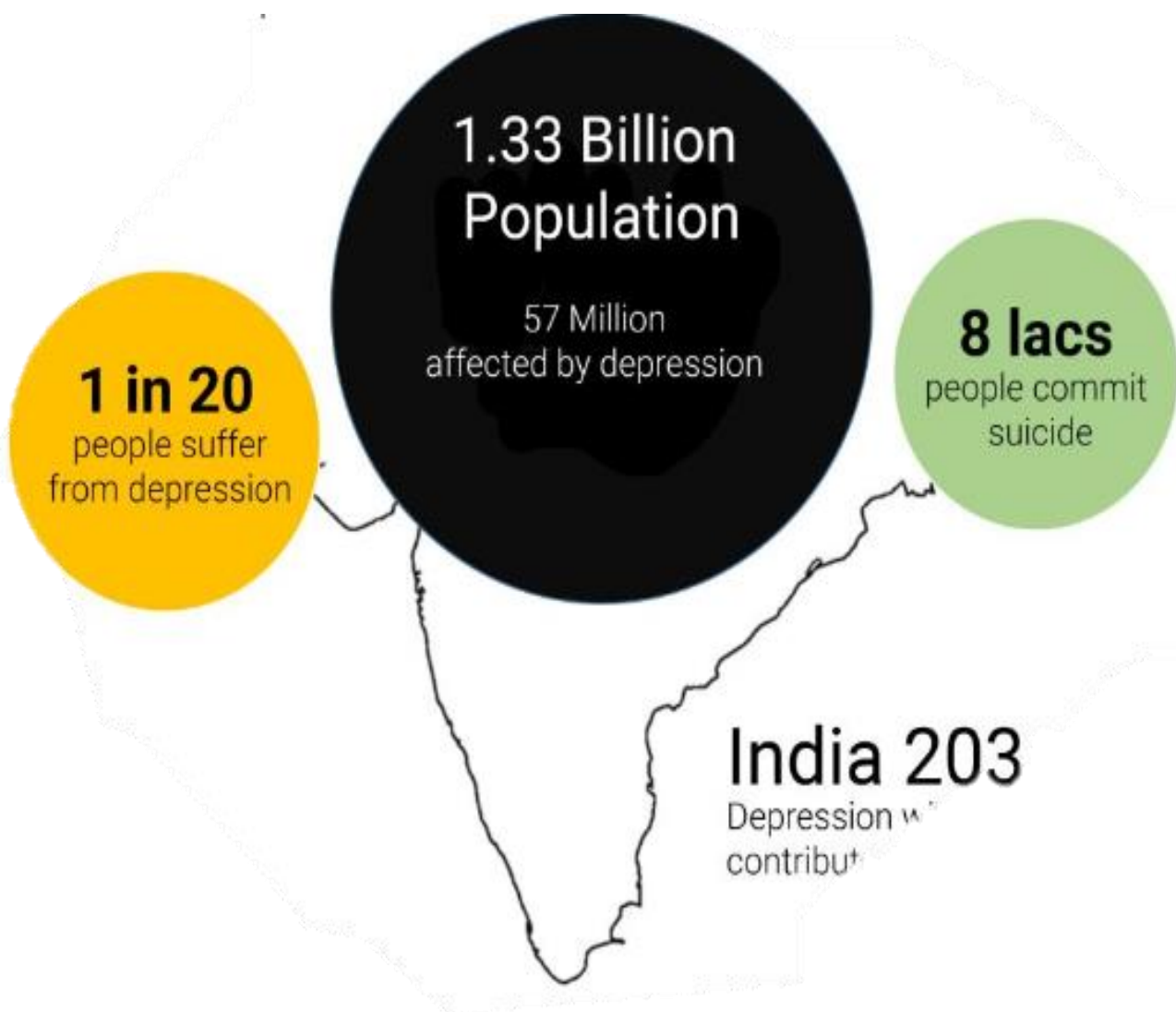
- Depression is a major public health problem in World, contributing to significant morbidity, disability as well as mortality, along with significant socioeconomic losses.
- Depressive disorders affect large numbers of children, adolescents, middle aged groups and the elderly, both men and women.
- Depression and suicide are closely inter linked .At its worst, depression can lead to suicide. Recognizing depression at an early stage is critical for reducing suicidal death sand de-liberate self-harm across the spectrum,
- People with depression are often stigmatized and excluded by family and society. They also tend to under-perform in education and work, thereby remain increasingly deprived of economic and social opportunities, with a decreased quality of life.
- People with depression do not get adequate care due to various reasons, ranging from non-availability of services to prevailing stigma and discrimination

Globally, the total number of people with depression was estimated to exceed 300 million in 2015, equivalent to 4.5% of the world's population. In India, the National Mental Health Survey 2015-16 revealed that nearly 15% Indian adults need active intervention for one or more mental health issues and one in 20 Indians suffers from depression. It is estimated that in 2012, India had over 258 000 suicides, with the age-group of 15-49 years being most affected. Depression is ranked as the single largest contributor to global disability (7.5% of all years lived with disability in 2015). At its worst, depression can lead to suicide; over 800 000 people die due to suicide every year. It is the second leading cause of death in 15-29-year-olds.

# DEPRESSION IN INDIA

According to WHO, India is home to an estimated 57 million people (18% of the global estimate) affected by depression. With India witnessing significant changes (including globalization, urbanization, migration, and modernization ) that is coupled with rapid sociodemographic transition , depression is likely to increase in the coming years.

As per NMHS (2015-16) in India, one in 20 (5.25%) people over 18 years of age have ever suffered (at least once in their life time) from depression amounting to a total of over 45 million persons with depression in 2015





# COVID-19 and Depression



## Is There a Link Between COVID-19 and Depression?



Although your early COVID-19 symptoms have gone away, you still might not feel completely normal. You may deal with constant headaches, fatigue, nervousness, or an overall feeling of dread that makes it difficult to complete daily tasks.

While experts still need to study the long-term effects of COVID-19 on the brain, over half of a U.S. COVID-19 survivor sample reported symptoms of depression months after recovery, those with more severe COVID symptoms being more likely to have depression.

In addition, researchers found that many survivors of COVID-19 reported cases of Posttraumatic Stress Disorder (PTSD), Anxiety, Insomnia, And Obsessive-compulsive (OC) Symptoms.

Other studies showed that the prescription of Antidepressants, intimate partner violence, and Suicidal Thoughts have gone up since the start of the Pandemic. Those who've had COVID-19 appear to have a higher risk of a MENTAL HEALTH disorder after recovery from the virus.

- Nerve inflammation
- Blood-brain-barrier disruption
- Peripheral immune cell invasion into the central nervous system
- Impaired nerve transmission
- Hypothalamic-pituitary adrenal (HPA) axis dysfunction
- Microglia activation and indoleamine 2,3-dioxygenase (IDO) induction



***to major depressive disorder. Inflammatory factors like SII were higher among males and people who stayed in a hospital during their COVID-19 illness.***



## Depression in times of Covid: One in 10 adults suffer from mental health issues in India

A deterioration in mental health among the average Indian has been a matter of concern for psychologists and social scientists for long. However, it has been one of the least addressed issues in an age of massive technological advancement and tough competition in the job market.

### ALARMING SITUATION IN INDIA

India has only 0.75 psychiatrists per lakh population largely concentrated in urban areas

Less than 2 mental health workers for every 100,000 people

1 in 20 suffer from depression in India

Rs 4 spent per person on mental health



# Half of COVID Survivors Struggle With Depression

Among more than 3,900 people who had COVID-19 surveyed between May 2020 and January 2021, 52% suffered symptoms of [major depression](#), researchers found.

"People who have been ill with COVID-19 can experience depressive symptoms for many months after their initial illness," said lead researcher Dr. Roy Perlis. He is a professor of [psychiatry](#) at Harvard Medical School and associate chief of research in the department of psychiatry at Massachusetts General Hospital, in Boston.

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## How COVID can affect your mental health:

Studies have revealed that [coronavirus](#) can affect your brain. In fact, more than one-third of patients are seen to be developing neurologic symptoms. Dr. Stephanie Collier, psychiatry instructor at Harvard Medical School, explained that apart from such infections, the pandemic has also resulted in worsening mental health outcomes due to the psychological toll of isolation, loneliness, unemployment, financial stressors etc.



## 1.4 NEED OF AN ANTI-DEPRESSION CENTRE?

According to recent survey by WHO, 150million people in India need care for their mental health condition. We are quick to rush to the hospital if we experience chest Pain; to pop in pills for conditions like high BP, high cholesterol, and diabetes. **But we are reluctant to seek treatment for mental health issues.** So there has to be a centre where **people of any caste, gender, age can be treated.**

Main reason for the need of an anti depression centre are:

- According to INDIATODAY news dated October 10, 2018, it was mentioned by WHO that **India is the most depressed country in the world**
- From 2005-15, cases of depressive illness increased by nearly five times.
- Depression can lead to suicide. **Over lac people die due to suicide every year in 15-29 age group**
- The economic impact of depression is also one of the driving factor. A though the effects of poor health on poverty are by no means unique to depression .the longer duration of a proportion of depressive illnesses makes their negative impacts greater than for most acute physical conditions. These various impacts increase the risk that house holds will fall into severe economic hardship , with major consequences for the national economy. Such risks are likely to increase during times of economic crisis, making it even more important not to neglect mental health.

- Depression interferes with day to day life activities like working, studying, eating and sleeping. So the centre will help the peoples to tackle with all these.
- The mental hospitals in the current scenario do provide treatment but it does not help the people who are facing problems that can lead to depression. So the center will help such kind of people.
- Till today, there is a research gap on depression. There may be various causes of depression which might not have found yet. So the centre will provide are search facilities to the researchers to research on depression and to its related topics.
- The centers will provide a platform so that doctors and researchers can work in collaboration and .
- Center will prove space to patients to talk to each others and various therapies will be provided including meditation hall community space etc.



"Believe in yourself  
and your recovery"

## **1.5 AIM OF THE PROJECT**

- To establish a natural residential atmosphere and facilities to treat persons (for ages 21years onwards) suffering from clinical depression that don't require hospitalization
- To provide a place so that researchers and doctors can work together



### **TIME**

- Increase efficiency of Mental Health care delivery Systems
- Architecture Legibility

### **COST**

- Diversity in Function
- Locally available materials
- Accessibility

### **QUALITY**

- Meeting Required Standards
- Evaluated & inspected by MCI
- Importance to mental health
- Research on depression
- Improve quality of life

## SCOPE

The following aspects of building design are within the scope of the thesis project

- Spatial organization
- Site Study and analysis
- Concepts
- Structural Systems

## LIMITATION

- Technical detailing of passive design strategies applied, electrical and plumbing systems, W Structural Systems is beyond the scope of the thesis. Also the project will not cover detailed cost estimate and structural analysis of building structural systems.
- Among all the depression types i.e. BIPOLAR depression, SEA-SONAL depression, PREMENSTRUAL DYSPHORIC depression. **CLINICAL depression**, PERSISTENT depression, PSYCHOTIC depression, clinical depression will be treated in the centre

### why clinical depression only?

- More in women than in men
- Common reason why people seek out mental health services
- Interference with day to day life activities like working, studying, eating and sleeping
- 39% of Depression

# PROJECT TENTATIVE REQUIREMENT

- REVIVAL CENTER
- THERAPY ROOM
- INTERACTION ZONE
- PATH LIKE (ONE FOR POWER, ACCEPTANCE ETC.)
- INTERSTICIAL ZONE
- TRAINING CENTER
- GYMASIUM
- THERAPY ROOMS
- SPAS
- DWELLING UNITS
- HEALTH CARE FACILITY
- DONATION & MANAGEMENT AREA
- COUNSELLING PODS
- CANTEEN
- MEDITATION CENTER

## SWOT ANALYSIS

### STRENGTH

A step towards social welfare and to help people and children to talk come out of depression

To educate and train people.

To restore their confidence

Site is accessible to all.

The site is dedicated to all who are

### WEAKNESS

It is difficult to break the orthodox thinking of society which will not allow victims to come forward.

It will be difficult to change the thinking of people that depression is very serious issue and taking medical help is also normal.

### THREATS

The most devastating threat is from the people only, who without understanding its importance will judge it.

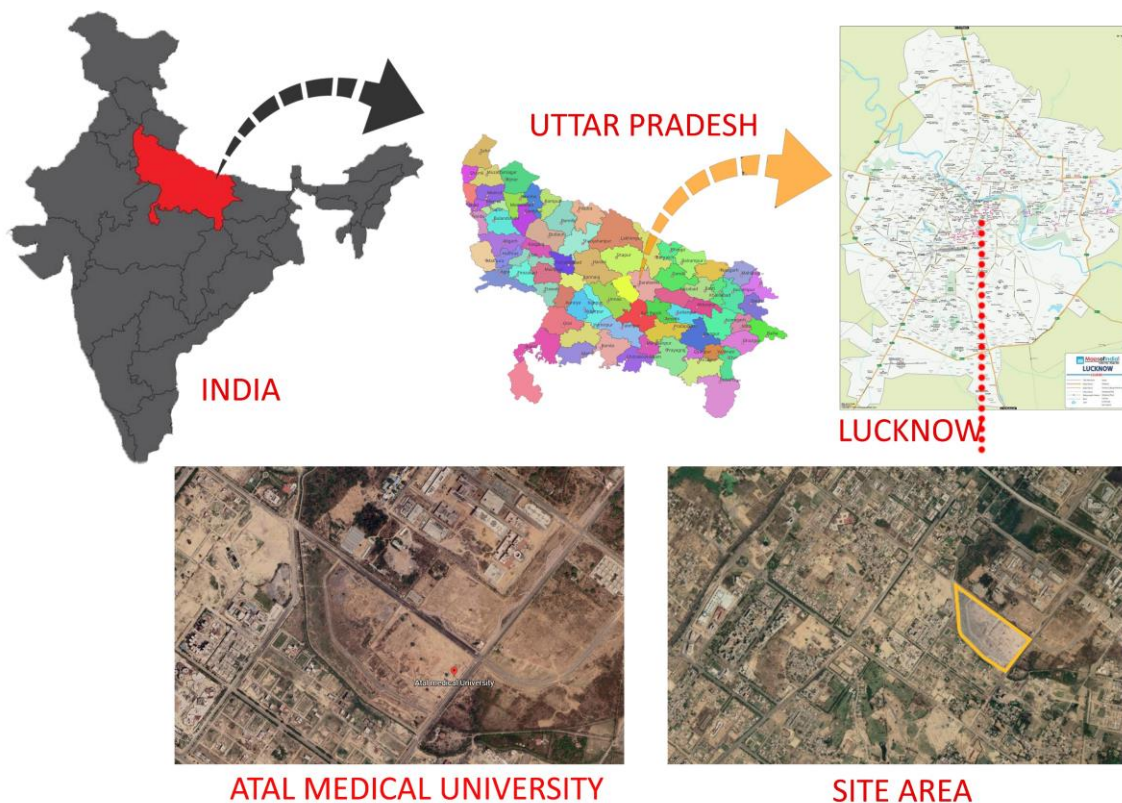
Being a sensitive topic it will be a hub of political and media controversy.

### OPPORTUNITY

This center will be first of its kind to restore the strength of victim - The center will help the person to regain confidence and live a normal life The center will be provided with a health care facility. - The main aim will be social mental physical development of the victims.

# SITE ANALYSIS

Lucknow Metropolis lies between the coordinates of 26° 30' N to 27° 10' N latitudes and 80° 30' E to 81° 03' E longitudes. It is the capital city of the most populous state of Uttar Pradesh in India. Lucknow is situated in the middle of Gangetic Plain and spreads on the banks of the river Gomati, a left bank tributary of river Ganga. It enjoys a central position in the state of Uttar Pradesh. It is bounded on the north by Sitapur, on the south east by the Rae Bareilly, on the north east by Barabanki, on the north west by Hardoi and on the south west by Unnao district as represented





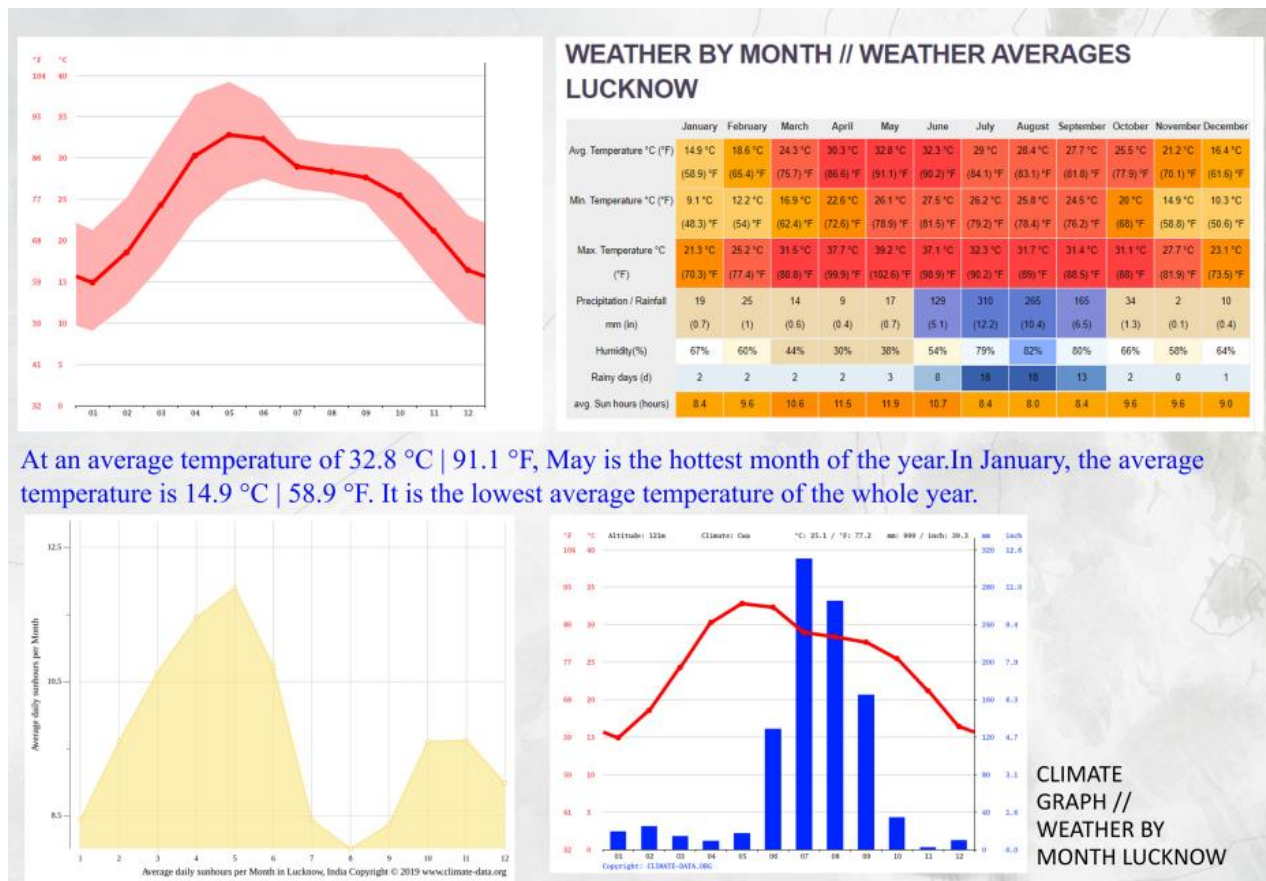
## SITE ANALYSIS

The study is focused on Lucknow city the capital of Uttar Pradesh, located between 26.30 & 27.0 North and 80.30 & 81.13 East at an altitude of approximately 128m measured from the sea level. Lucknow covers an area of 3,244 sq.km.

Lucknow has a composite climate with cool, dry winters with mean monthly minimum temperature of 5 degree Celsius in winters from mid-November to February and dry, hot summers with thunderstorms from late March to June, marked by mean monthly maximum temperature of 45 degree Celsius in summers. Moreover there are about 4-6 days of heat wave when the maximum temperature of a day rises to 4-6 Celsius above normal values in summer and the temperature may fall to 3-4 degree Celsius for a few days when the cold winds from the Himalayan region makes the winters chilly.

Annual diurnal range of temperature is high i.e. 19.4 degree Celsius as a result days are hot and nights are comparatively cold. The rainy season is from July to September when the city gets an average rainfall of 990.1 millimeters from the southwest monsoon winds and about 75% of the precipitation is experienced during the months of June, July, August and September. Therefore humidity is high in monsoon and low in summers. The prevailing wind direction of Lucknow is westerly and the average wind speed is 1.87m/s. The length of the day in Lucknow varies over the course of the year. The shortest day is December 21, with 10 hours, 27 minutes of daylight; the longest day is June 21, with 13 hours, 50 minutes of daylight. (Fig. 4) The annual direct solar radiation in Lucknow is approximately 1646 kWh/m<sup>2</sup>, i.e. the daily average of 4.51 kWh/m<sup>2</sup>. Moreover annual global horizontal solar radiation is around 1814 kWh/m<sup>2</sup>, i.e. the daily average of 4.97 kWh/m<sup>2</sup>.

# CLIMATE CHART



## SOIL

Much of the area of Uttar Pradesh is covered by a **deep layer of alluvium** spread by the slow-moving rivers of the Ganges system. Those extremely **fertile alluvial soils** range from **sandy to clayey loam**. The soils in the southern part of the state are generally **mixed red and black or red-to-yellow**



**Safe bearing capacity of loam soil ranging between 0.8kg/cm<sup>2</sup> to 2.7kg/cm<sup>2</sup> (80 – 270kN/m<sup>2</sup> depending on alluvial, loam, sandy loam and sandy clay loam.**



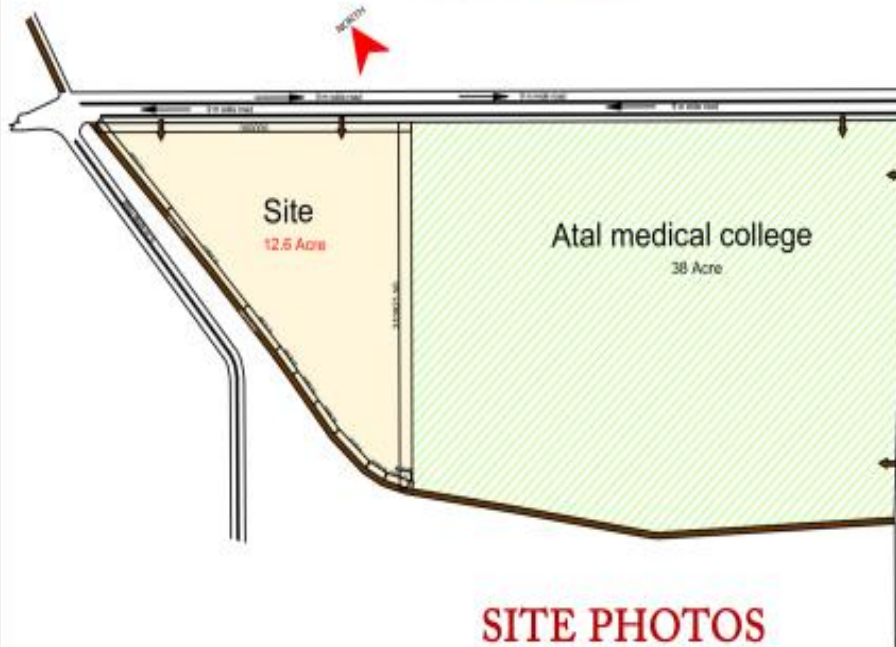
SITE PROPOSED : ATAL MEDICAL UNIVERSITY  
SITE LOCATION : CHAK GANJARIA AREA NEAR  
SULTANPUR ROAD LUCKNOW

26 °46'59" N 81°00'53" E

OWNERSHIP AND LANDUSE

ROADS : 9M ROAD TO NORTH 6 M TO WEST

TOTAL AREA OF PROPOSED SITE IS OF 50 ACRES  
SITE TO WORK ON IS 12.6 ACRES



tree on site

### SITE PHOTOS



7



2



5



2



1



4



6



3



## SITE SURROUNDING BUILDINGS



## SITE INTRODUCTION

THE SITE IS SITUATED IN CHAK GAJARIA FARM ROAD BEHIND THE CANCER INSTITUTE AND HOSPITAL. IT IS NEARBY THE FAMOUS TEMPLE ISKCON. IT IS SURROUNDED MOSTLY BY APARTMENTS, HOUSING UNBUILT LANDS AND NATURAL VEGETATIONS, WHICH IS GOOD FOR THE PEACE OF PATIENTS. SITE IS PROPOSED AS ATAL MEDICAL UNIVERSITY. TOTAL AREA IS 50 ACRES IN WHICH 12.6 ACRE IS TAKEN FOR WORKING SITE.

## AMENITIES



JAIPURIYA SCHOOL  
ANSAL TECHNICAL CAMPUS  
KASTURBA GANDHI GIRLS INTER COLLEGE  
SURYA PUBLIC SCHOOL  
INDIAN INSTITUTE OF INFORMATION  
R.S. INTERNATIONAL SCHOOL  
LOTUS PUBLIC SCHOOL  
S.J. INTERNATIONAL SCHOOL  
G.D. GOENKA SCHOOL



YADAV MARKET  
BEST PRICE  
PLATINUM MALL  
LULU MALL  
SHOPPING SQUARE  
KULDEEP MARKET



CANCER HOSPITAL  
CARE MEDICAL STORE  
MITRA MEDICINE HALL  
MARKS MEDICAL STORE  
SAURABH MEDICAL STORE  
PUSHPANJALI HOSPITAL



ISKCON TEMPLE  
KOMI EKTA DARGAH  
YASHODHA SADAN  
HANUMAN PETH  
MATA TEMPLE



## SITE CONNECTIVITY

Shaheed Path is 23 km long and is a part of the east-west corridor, the Shaheed Path will connect Lucknow-Kanpur Road (NH-25) with Lucknow-Faizabad (NH-28) via Lucknow-Sultanpur Road (NH-56) and Lucknow-Raebareli Road (NH30).



Sultanpur Road in Lucknow is a vital road and a residential locality. Sultanpur Road offers an easy approach to a few localities of Sushant Golf City, Ahmamau, Bagiamau, and Yusuf Nagar.

Proper Drain running at site



5 M WIDE DRAIN

## SOIL ON SITE

SOIL REACTION (pH VALUE)	NEUTRAL (6.75-7.25)
TEXTURE	LOAM TO SANDY LOAM
COLOUR	BROWN/YELLOWISH GREY
STRUCTURE	PLATY
CONCRETION	KANKAR PRESENT
LIME	AVERAGE
SOLUBLE SALTS	AVERAGE/ABOVE AVERAGE
MAGNESIA	MORE THAN LIME
CLAY	MODERATE
DRAINAGE	GOOD
PROFILE DEVELOPMENT	MATURE



CCTV CAMERA PROVIDED ON SITE

WINTER

SUMMER  
LOO WIND



## CONNECTIVITY

Site is well connected by **9m wide** road in north and **6 m wide** road in west .



### ROADWAYS

Through Shaheed Path road  
Through Sultanpur road



### RAILWAYS

Badshahnagar railway station 17.2 km  
Gomti nagar station at 11.5 km  
Charbagh railway station 13.5 km



### AIRWAYS

Chaudhary Charan Singh  
Airport 17 km



### BUSWAYS

Purani Chungi 17.9 km  
Vijay Nagar Chauraha 7.0 km



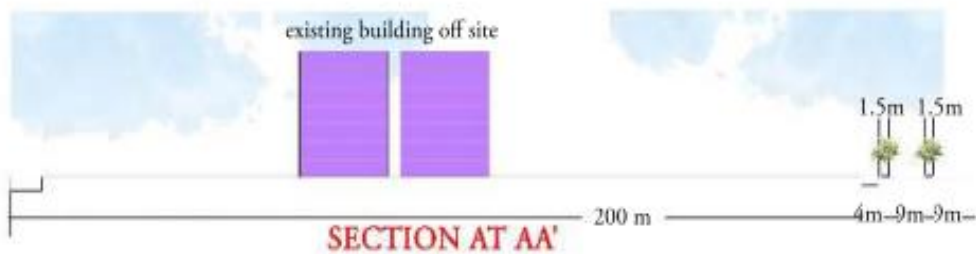
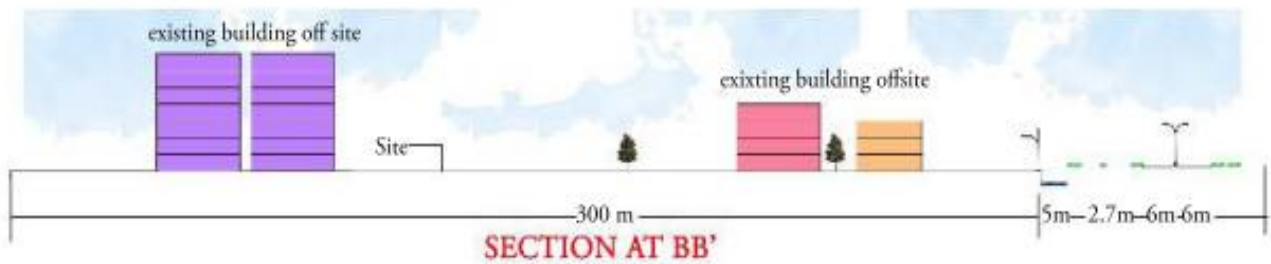
## SUNPATH AND WIND DIRECTION

PREVAILING WINDS FROM  
NORTH-EAST





## SITE SECTION & ELEVATION



1. ABSENCE OF CONTOURS MEANS THAT THE GROUND IS FORESHORE FLAT.
2. SOME AREAS OF SITE HAVE DEVELOPED WILD PLANTATION DUE TO RAINS.
3. THERE ARE MANY TREES LIKE DECIDUOUS TREES, CREEPERS AND VINES AROUND THE SITE AND THE ADJACENT PLOT.
4. SITE HAS VERY GENTLE SLOPE WHICH RUNS TOWARDS THE ROAD.
5. THE SITE HAS PROPER ACCESS TO NATURAL VENTILATION AND SUNLIGHT.



HEDGES SHRUBS  
NATURAL VEGETATION  
DUE TO RAIN



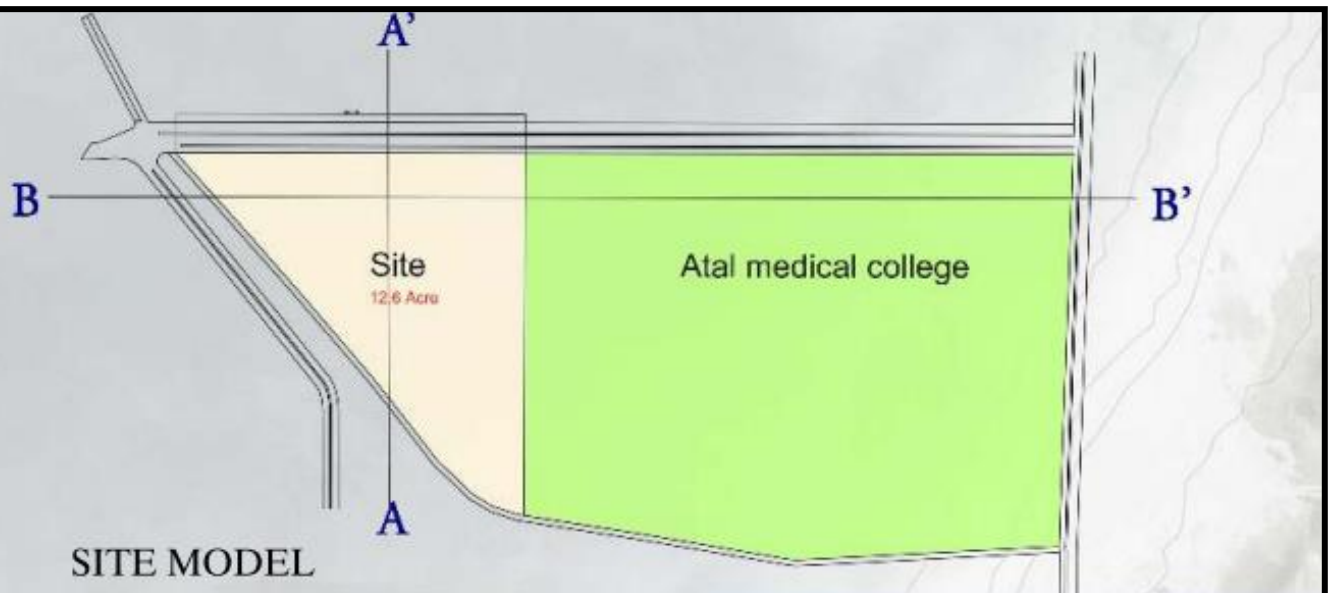
KANAK CHAMPA  
*Pterospermum acerifolium*



POWER THROUGH  
TRANSFORMER  
440V



ELECTRIC POLES  
ARE PRESENT



**SITE MODEL**



**STRENGTH**

- 1.SITE HAS ALL THE SERVICES PROVIDED
- 2.IT IS NEAR BY ISCKON TEMPLE WHICH ATTRACTS TOURIST
- 3.IT PROVIDES A PEACEFULL ENVIRONMENT
- 4.ALL THE AMENITIES ARE APPROCHABLE



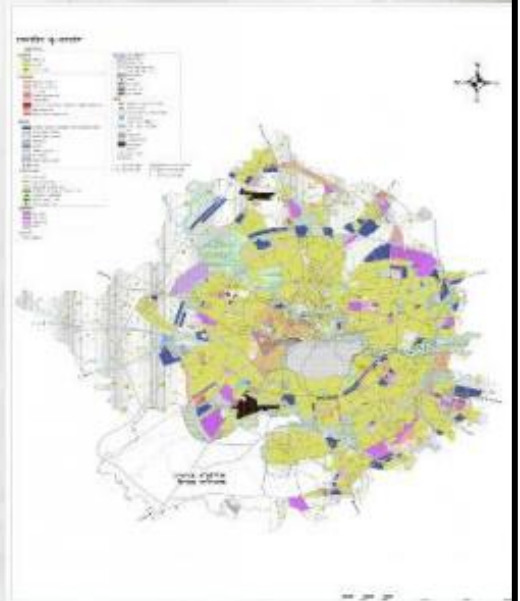
**WEEKNESS**

- 1.SITE SURROUNDING HAS VARIOUS UNBUILT LAND WHICH CAN BE UNSAFE.

**BUILDING BYE LAWS**

<b>-SITE SET BACK</b>	
FRONT	15 M
BACK	6M
SIDE 1	6M
SIDE 2	6M
<b>-GROUND COVERAGE</b>	55%
<b>-ROAD</b>	12M
<b>-FAR</b>	1
<b>-PARKING</b>	1 ECS
OPEN ROAD PARKING	23SQ.M
COVERED/STILT PARKING	28SQ.M
BASEMENT PARKING	32SQ.M
<b>-HEIGHT OF BUILDING</b>	12.5 M

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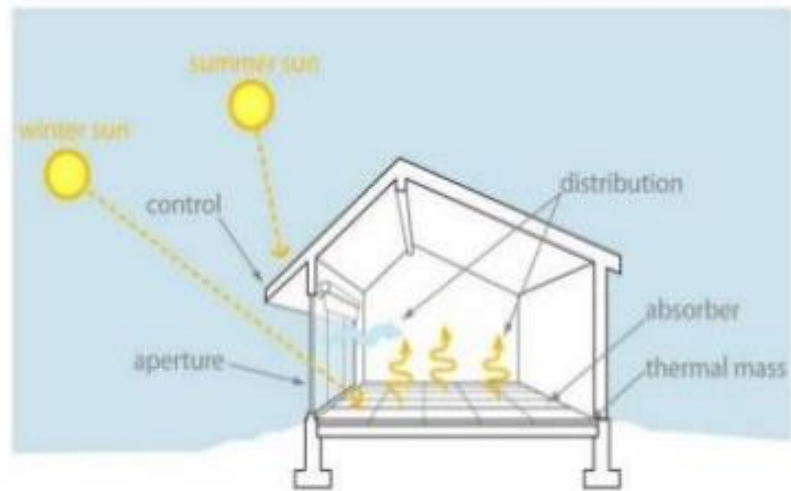




# Differentiating Passive vs. Active Design

## Passive design

results when a building is created and simply works "on its own". The plan, section, materials selections and siting create a positive energy flow through the building and "save energy".



**Active design** uses equipment to modify the state of the building, create energy and comfort; ie. Fans, pumps, etc.

*Passive buildings require active users (to open and shut windows and blinds...)*

## Sustainable Buildings - Active Design

System Controls/BAS



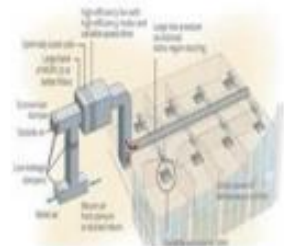
LED Lighting/  
Daylighting/  
Motion Sensors



Low-Flow Fixtures



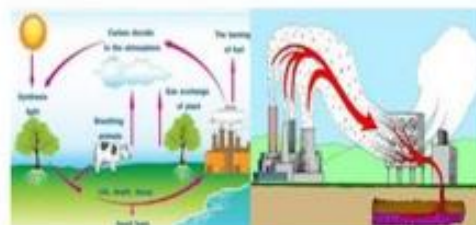
High-Efficiency HVAC



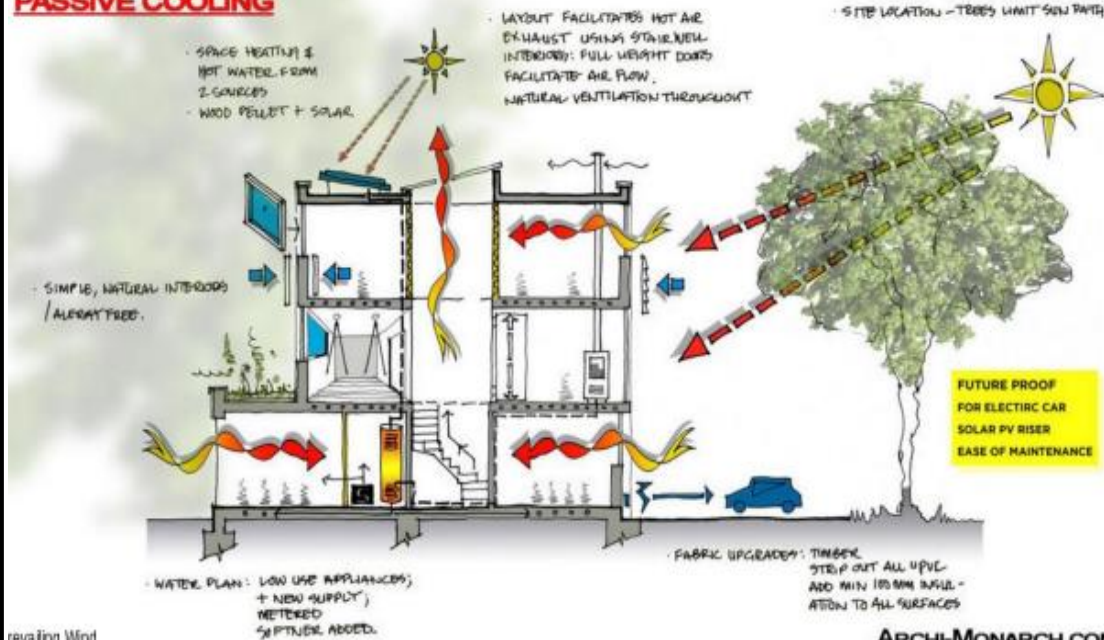
Renewable Energy +  
Battery Storage



Carbon Capture  
and Sequestration

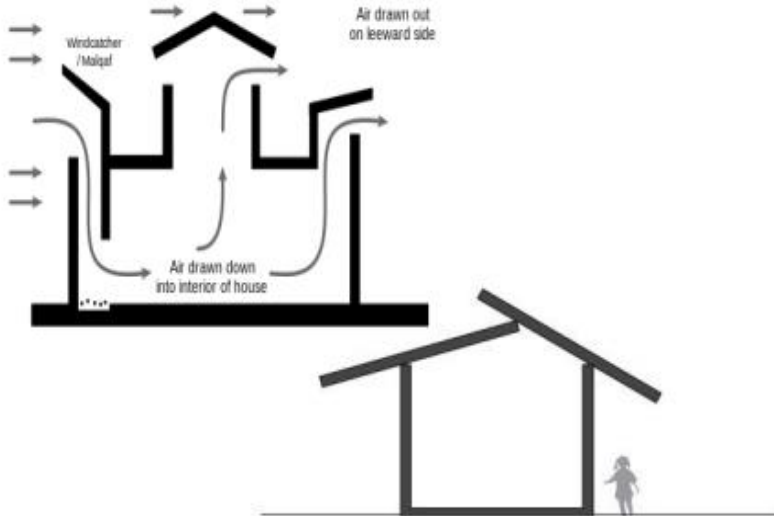


## PASSIVE COOLING



ARCHI-MONARCH.CO.UK

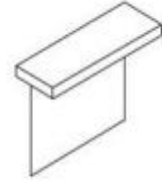
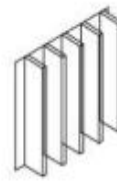
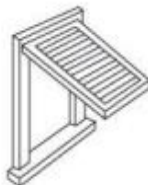
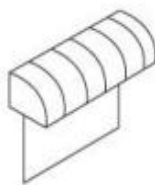
prevailing Wind



deep overhangs



landscaping



window shading

Design Rules:

- Choose windows with maximum opening areas (louvres or casement) and avoid fixed glass panels.
- Design eaves and shading to permanently exclude solar access to rooms.
- Shade outdoor areas around the house with planting and shade structures to lower ground temperatures.
- Use planting design to funnel cooling breezes and filter strong winds.





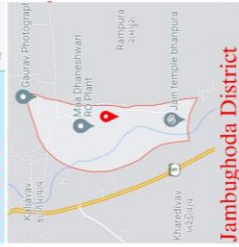
Alpha Healing Center resides in Gujarat, India, a beautiful city in North-west India described as the "Land of Opportunities" for its rich cultural heritage, economic success, and cuisine. facilities include a spa, swimming pool, and recreational center to provide guests healthy and enjoyable options to strengthen their mind and body.

The site for the Alpha Healing Center for drug and alcohol rehabilitation lay 50 kms outside the city of Vadodara, Gujarat in an untouched reserve with large old trees. An additional 5,50,000 sqft of landscaping was added by Dharam Patel (Principal Architect at Art and Architecture Associates) around the prevalent built-up area of 75000 sqft.

The facility has a fully equipped administrative and medical centre at the core, recreation, special residences and doctor's residences in the eastern petals, with residences for patients in two of the southern petals. The restaurant sits in the western petal, along with lawns for hosting events. Organic farms and vegetable orchards lie on the southwestern zone of the site. The central structure is circular, with an open to sky courtyard at its centre.



Location: Jambughoda Dist, Vadodara, Gujarat  
Latitude & Longitude: 22°23'06"N 73°41'15"E  
Designer: Art & Architecture Associates  
Category: Health Care  
Site: 12 ACRES  
Built up Area: 9290 sq.mt..



Since the site is untouched, the designers have attempted to make the complex as self-sufficient as possible, without compromising on comfort levels. Solar panels produce approximately 30KW, supplementing the electricity consumed from the grid. Organic farming enables 50% of the requirement of vegetables to be grown on the site. Waste water is used for irrigation and rainwater is harvested in a catchment area.

#### BUILDING UNITS

1. MAIN ENTRANCE 131.8 Sq.mt.
2. RECEPTION 44.0 Sq.mt.
3. PARKING AREA 843 Sq.mt.
4. SERVANT QUARTER 307 Sq.mt.
5. ENTRANCE PORCH 592.8 Sq.mt.
6. ADMINISTRATION AREA 2382.4 Sq.mt.
7. DOCTORS ACCOMMODATION 1507 Sq.mt.
8. PATIENT ACCOMMODATION 3226.3 Sq.mt.
9. RECREATIONAL AREA 763.4 Sq.mt.
10. CANTEN 294.7 Sq.mt.
11. OUTDOOR SPORTS 3368 Sq.mt.

#### LANDSCAPE AREAS

12. ENTRANCE LANDSCAPE 1015 Sq.mt.
13. DENSE PLANTATION 6630 Sq.mt.
14. WATER SCAPE 691 Sq.mt.
15. EXISTING PLANTATION 2824.5 Sq.mt.
16. LAWN AREA 10329 Sq.mt.
17. ORGANIC PLANTATION 1660.3 Sq.mt.
18. YOGA PAVILION 1074.7 Sq.mt.
19. OUTDOOR DINNING 709.4 Sq.mt.
20. POOL DECK LANDSCAPE 669.1 Sq.mt.

the pitched roof of its porch lunging 60 ft upwards, metaphorically reaching for the sky.

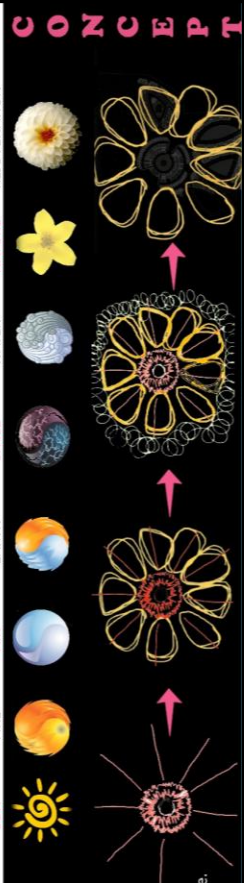


Currently at ground level only, there is scope for future expansion by adding another level on top. Needless to say, the foundation has been designed to carry this extra load.

The current pitched roofs are in aluminium moulded roofing tile coated with sand, minimising heat gain as well as acting as an insulator from the sound of the pelting rain. (The region sees hot summers and cool winters, with a monsoon in between.)

The underbelly is made of cement boards, 80% of their content being fly ash. The roofs are also removable and can be reused when an additional floor is constructed, hence minimising wastage.

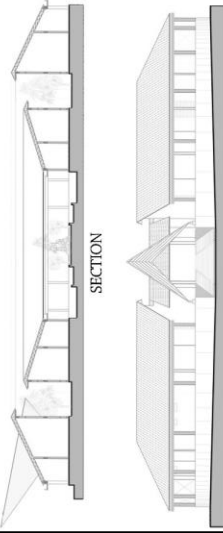
Waste water is used for irrigation and rainwater is harvested in a catchment area. The ground water in the bore wells on the site is recharged, while drip irrigation and sprinklers are turned on between 3 am and 4 am at night, to minimise the loss of water through evaporation during the day. Several water bodies have been created by us as part of the landscaping, to add to the visual appeal of the space.



#### CONCEPT



## CASE STUDY 01



### What makes this project unique?

"There is an integration of many aspects which are important in architecture. The vernacular architecture of courtyards and verandahs has been reinterpreted in a contemporary idiom. The site has been conserved, local materials have been used, light and ventilation has been optimised and there is a perceptible connect with nature. The possibility of horizontal as well as vertical expansion has been provided and there is integration of energy saving, agriculture, recycling of organic waste and water.

Recyclable materials have been used to minimise the green footprint, and the check list of good design has been diligently tick marked, creating a unique space."

"The brief demanded a hospital, but what has been delivered is much more. Physical as well as spiritual and psychological influences of architecture have been tapped, to provide a holistic space. With an understanding that health is not only physical but also mental and spiritual,

## ATMAN (anti depression center)

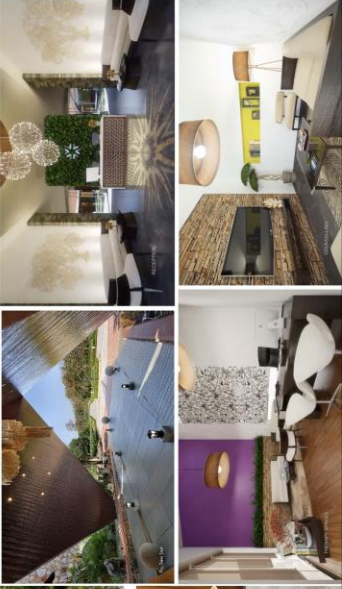
### RECREATION AND ACCOMMODATION AREA

1. LIBRARY 3.6m X 6.0m
2. FEMALE TOILET 2.9m X 3.6m
3. MALE TOILET 2.9m X 3.6m
4. INDOOR SPORTS 9.6m X 6.0m
5. MALE TOILET 2.6m X 3.5m
6. AEROBICS 3.65m X 6.0m
7. GYM 5.8m X 6.0m
8. FEMALE TOILET 2.6m X 3.5m
9. RECEPTION 1.8m X 6.0m
10. REFLEXOLOGY 3.6m X 6.0m
11. SERENITY ROOM 3.6m X 6.0m
12. RECEPTION 1.8m X 6.0m
13. GENTS MASSAGE 3.6m X 4.5m
14. STEAM ROOM 1.2m X 1.3m
15. SUITE ROOM 1.2m X 1.3m
16. LADES MASSAGE 3.5m X 6.0m
17. STEAM ROOM 1.2m X 1.3m
18. MALE TOILET 1.2m X 1.3m
19. LOUNGE/ WAITING ROOM 12.1m X 4.0m
20. EMERGENCY ROOM 4.0m X 5.0m
21. ROOM UNITS 6.3m X 4.5m
22. GENERAL STAFF ROOM 6.3m X 4.5m
23. VISITING CONSULTANT ROOM 6.3m X 4.5m
24. BUSINESS CENTER 6.3m X 4.5m
25. BEHAVIOR/ TECH STAFF 6.3m X 6.0m
26. CONFERENCE ROOM 6.3m X 6.0m
27. MEDIA & HOME THEATRE 12.7m X 4.5m
28. LECTURE/ GROUP THERAPY 12.7m X 4.5m
29. CASE MANGER 6.3m X 4.5m
30. THERAPIST2 6.3m X 4.5m
31. THERAPIST2 6.3m X 4.5m
32. THERAPIST3 6.3m X 4.5m
33. THERAPIST4 6.3m X 4.5m

### ACCOMMODATION AREA

1. DELUXE ROOM
- PATIENT ROOM

At the core of the design is the thought that nature is a healing partner for drug and alcohol rehabilitation, combined with the role that flowers have played in some medicinal practices in ancient India – to address the spirit, mind and body in tandem. To maximise the therapeutic effects of nature and holistic healing, this design strives to create a connection between the patient and the natural environment – integrating a contemporary



they have a team of experts including Psychiatrists, Clinical Psychologists, Occupational Therapist, Hypnotherapists, Dietician, Art, and Music Therapist, Yoga Teacher and counselors which makes Alpha Healing Center the best rehabilitation center in India.





## CASE STUDY 02

### PIYAS Yoga & Nature Cure Hospital

**Project:** (Prajna Institute of Yoga & Allied Sciences)

**Location:** 27/1, 5th Main Rd, Rajagopalnagar, Chamrajpet, Bengaluru, Karnataka

**Latitude & Longitude:** 12°57'25"N 77°34'06"E

**Architect:** Cadence Architect

**Category:** Health Care

**Site:** 7000 sq.ft.

Bengaluru is situated in the southeast of the South Indian state of Karnataka. It is positioned at 12.97° N 77.56° E and covers an area of 2,100 square kilometres (850 sq mi). Bengaluru has moderate climate. The main characteristics of this climate are hot and moist summers and cool and dry winters.

Bengaluru



Prajna Institute of Yoga & Allied Sciences

#### CONNECTIVITY

**Airport:** Kempegowda International Airport

37.5 km

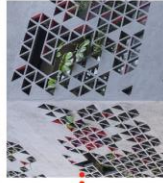
**Railway station:** Yeshwantpur Railway Station

9.3 km

#### Navyas Wellness Center:

Architect decided to conceive the plan such that the building weaves around the existing tree not just physically but also phenomenally in a way that it becomes part of the experience.

The second important stand taken was to wrap most of the building with a thick layer of green along with a modern interpretation of the traditional jali screen. The yoga hall was then conceived to be on the terrace with a column-free space away from the noise of the streets.



**PIYAS** holistic health center – an exclusive establishment in Bengaluru, India, was established to provide a full range of allied medical practices such as Yoga, Naturopathy, Ayurveda, and Spirituality supported by Allopathic Diagnostics services.

The center has out-patient (OP), in-patient (IP) facilities along with ancillary healthcare services such as health education, customized health packages, healthy diet, exclusive healthcare merchandise center and physiotherapy services.

**PIYAS** aims to spread the message of a holistic approach towards life with an emphasis towards nature cure, conservation of the environment, humanity, health & education for happy healthy living and world peace. The concept is to bring in the ancient knowledge and adopt science into our modern living, under one shelter.

*The client brief was to design a naturopathy center with a yoga hall in a tight urban site. The fact that the center was meant for therapy and wellness but had to be designed in a busy, noisy, polluted node in the city*



The site was also flanked by a very busy road which forms an important artery in the city's road network.

**Living skin** – The idea of the jali with green was twofold. The jali screen would enable us to cut down the harsh sound from the street traffic and the general humdrum of the city. It would also cut the harsh light that would infiltrate the interiors.

The traditional jali was **re-imagined in a contemporary pattern** to form a light ephemeral veil for the interiors. They infused life into this jali by juxtaposing it with a layer of curated medicinal plants. The plants protected by the jali not only help in therapeutic purposes but also help create a soft ambience in the interior. The jali was constructed out of ferro-concrete to enable the complex pattern desired.

## ATMAN (anti depression center)

#### LEGEND

1. RECEPTION 31 sq. mt.
2. CONSULTANCY 8.5 sq. mt.
3. TOILET BLOCK 14.4 sq. mt.
4. REST ROOM 14.4 sq. mt.
5. BACK OFFICE 9.4 sq. mt.
6. ADMIN 3.9 sq. mt.
7. DISPENSARY 7.6 sq. mt.
8. CAFE 23.8 sq. mt.
9. PANTRY 2.7 sq. mt.
10. OUTDOOR SEATING 10.9 sq. mt.
11. KITCHEN 26.9 sq. mt.
12. STORE 7.06 sq. mt.



#### LEGEND

1. LOBBY 23.9 square mt.
2. LAB ROOM 48 square mt.
3. GYM PHYSIOTHERAPY 48.6 square mt.
4. TOILET 3.36 square mt.
5. CHILDREN'S THERAPY 23.8 square mt.
6. WOMEN'S MASSAGE 22.2 square mt.
7. WOMEN'S ENEMA 18.5 square mt.
8. WOMEN'S HYDROTHERAPY 20 square mt.
9. SHOWER 3.54 square mt.
10. STEAM CHAMBER 4.3 square mt.
11. MEN'S MASSAGE 22.2 square mt.
12. CHANGE ROOM 3.2 square mt.
13. MEN'S HYDROTHERAPY 17.8 square mt.
14. MEN'S ENEMA 17.9 square mt.
15. CONFERENCE 16.2 square mt.



#### GROUND FLOOR PLAN



Waiting Area



15



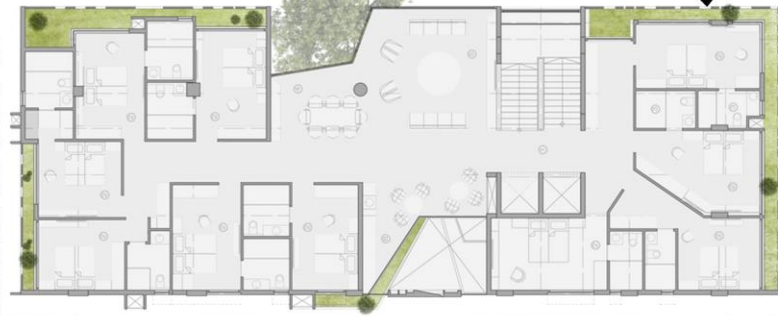


## CASE STUDY 02

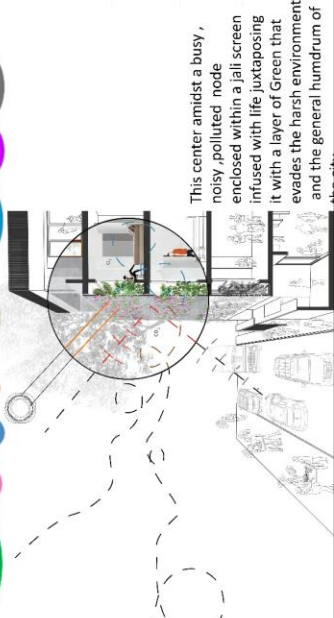
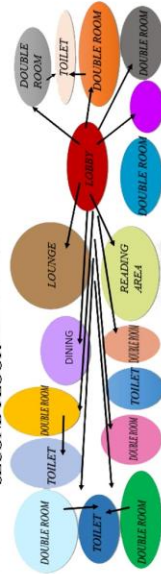


### LEGEND

1. LOBBY 23.8 square mt.
2. DOUBLE ROOM 22.2 square mt.
3. TOILET 6.1 square mt.
4. DINING 26.4 square mt.
5. LOUNGE 80 square mt.
6. READING AREA 18.9 square mt.



### SECOND FLOOR

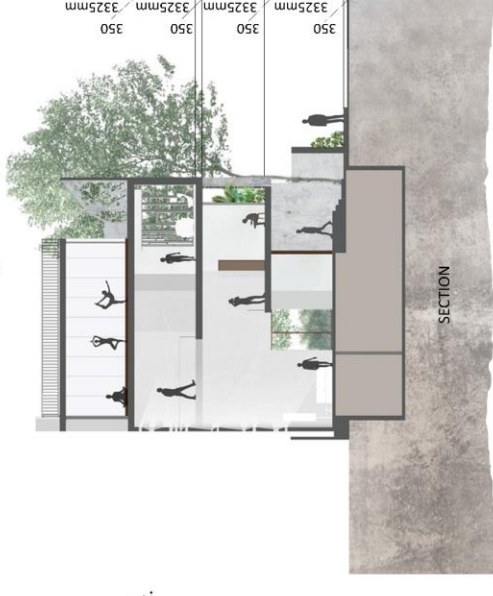


This center amidst a busy, noisy, polluted node enclosed within a jail screen infused with life juxtaposing it with a layer of Green that evades the harsh environment and the general humdrum of

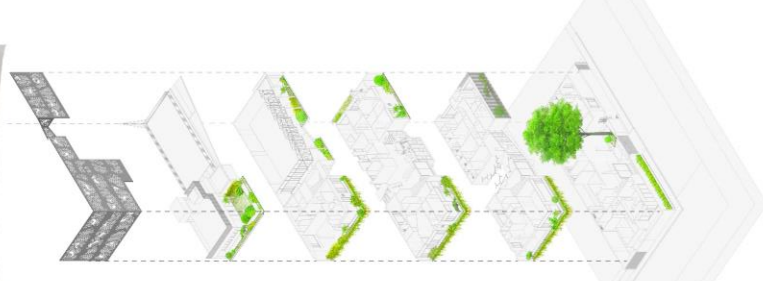
## ATMAN (anti depression center)

### LEGEND

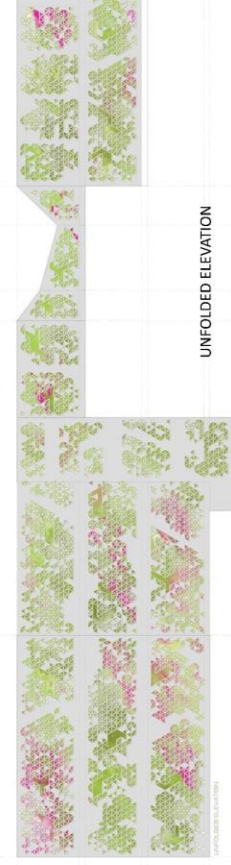
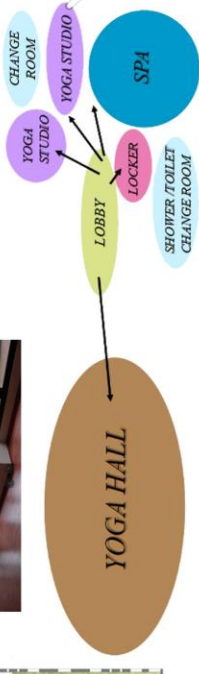
1. LOBBY 9.5 square mt.
2. YOGA STUDIO 14.4 square mt.
3. CHANGE ROOM 2.0 square mt.
4. SPA 50.3 square mt.
5. LOCKERS 5.5 square mt.
6. TOILET 1.8 square mt.
7. SHOWER 1.6 square mt.
8. YOGA HALL 194.6 square mt.



### SECTION



### EXPLODED VIEW



### UNFOLDED ELEVATION

The Facade acts as a climatical barrier allowing diffused sunlight through its triangular punctures and also allowing wind flow.



## LITERATURE STUDY 01

### SOCSCO

#### Rehabilitation Centre

**Project:** SOCSCO Rehabilitation Centre

**Location:** Malacca, Malaysia

**Site Area :** 55.42 acre

**Project GFA:** 19,045 square meters

**FIRM:** Anuar Aziz Architect

(a member of Arte Axis Design Group)

**Category:** Masterplan, Healthcare

**Year of Completion:** 2013

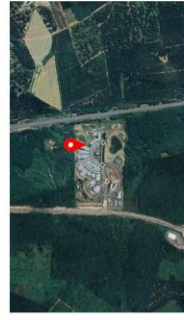
SOCSCO Rehab Centre was shortlisted in the 2014 World Architecture Festival.

Under SOCSCO's "Return to Work" program, disabled patients undergo physical and vocational rehabilitation in order to rejoin the workforce.

We called this process the "Journey to Healing," where the patients will heal physically and mentally, and lead a normal working life after the rehabilitation process.

#### SITE ANALYSIS

Located in a fairly remote part of Bemban, Malacca, the SOCSCO Rehabilitation Centre is located between Japan Kolej Yayasan Saad and Lebuh Raya Utara-Selatan. Since Kolej Yayasan Saad is located before SOCSCO Rehabilitation Centre, vehicle circulation in front of the site is quite minimal as the other end only consists of a solar farm and an undeveloped road end.



#### SITE ANALYSIS

##### ORIENTATION



##### CLIMATE

The site enjoys tropical weather year round however due to its proximity to water the climate is often quite humid. Despite this, the weather is never too hot and temperatures range from a mild 20°C to 30°C average throughout the year however the highlands is set within a lush tropical garden to create a lush resort environment.

##### WIND DIRECTION



##### TOPOGRAPHY

The northern regions are divided by a series of ridges and valleys that abruptly from the wide, flat coastal plains. It's a good location, not very far from the Klang Valley. The site shows a series of contours. The whole area is a green zone and is well suited for institutional buildings.

#### PARKING CIRCULATION

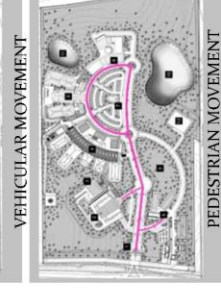
The parking for SOCSCO is placed in the centre to occupy the users from Medical rehabilitation center, vocational center and Surau. About 200 vehicles could be parked in the ground level in the given area. 45° angular parking is provided between the roads which run semicircular around the Surau spiritual zone. However services route and staff carpark are tucked underground linked to the main vertical circulations inside the building. The main drop-off point is linked by covered pedestrian walkway.

Emergency pathway for ambulances are directed to the 'sanctuary garden' in the medical rehabilitation center. Administration block is built with stilt parking for the staff working in the building. Allied health block has a separate parking. Separate pathway connects to the main public car parking area.

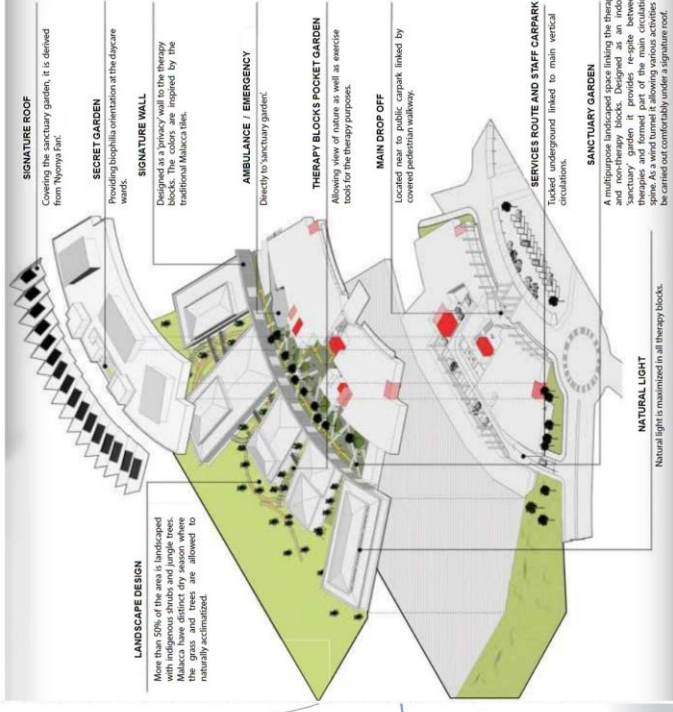


#### stilt parking

**CIRCULATION** The clusters of building intimately connected via the designated 'primary spine' will provide ease of movement for walking, wheelchair or buggy. Multiple experiences created by 1 landscape and resting areas provide pausing stations! A single main entrance has been provided for vehicular and service entry abutting the main road. The circulation has been planned to provide easy movement through spaces.



## ATMAN (anti depression center)



##### SIGNATURE ROOF

Covering the sanctuary garden, it is derived from Nyanyai veil.

##### SECRET GARDEN

Providing biophilic orientation at the daycare wards.

##### SIGNATURE WALL

Designed as a privacy wall to the therapy blocks. The colors are inspired by the traditional Malacca tiles.

##### AMBULANCE / EMERGENCY

Directly to sanctuary garden.

##### THERAPY BLOCKS POCKET GARDEN

Allowing view of nature as well as exercise tools for the therapy purposes.

##### MAIN DROP OFF

Located near to public carpark linked by covered pedestrian walkway.

##### SANCTUARY GARDEN

A multipurpose landscaped space linking the therapy and non-therapy blocks. Designed as an indoor garden, it provides a space for patients to relax and form part of the main circulation spine. As a wind tunnel it allows various activities to be carried out comfortably under a signature roof.

##### NATURAL LIGHT

Natural light is maximized in all therapy blocks.



# LITERATURE STUDY 01

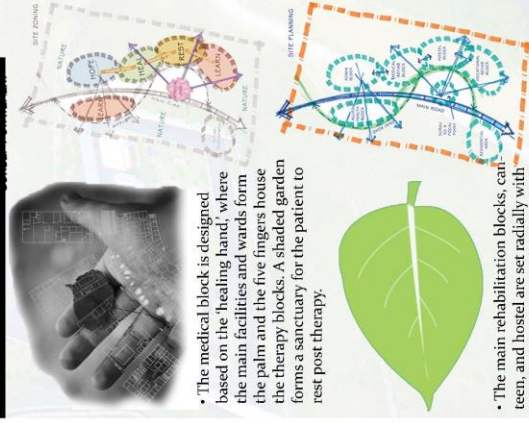
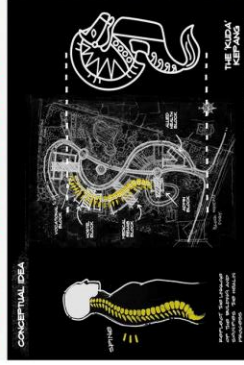
## CONCEPT

The "journey to healing" is translated architecturally into clusters of buildings according to different concept and arranged in a sequence based on function.

**Hope:** The administration block  
**Heal:** The combination of physical therapy spaces and indoor natural landscape design at Medical Rehabilitation Centre to encourage the healing process.

**Learn:** Under the 'return to work' concept, the patients are retrained to gain new skill at Vocational Rehab block according to the capability of the patients after completing the therapy session.

The clusters of building intimately connected via the designated 'primary spine'.



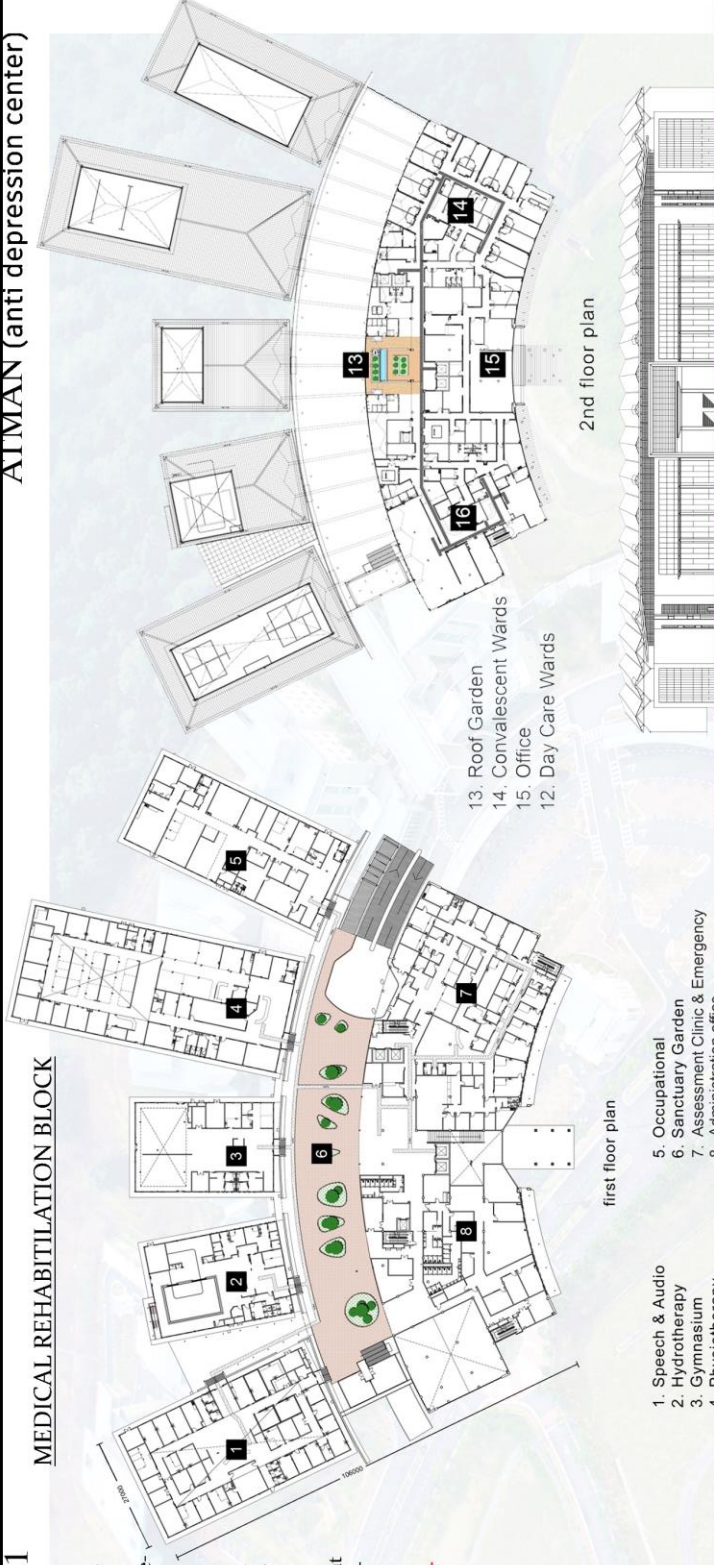
The medical block is designed based on the 'healing hand', where the main facilities and wards form the palm and the five fingers house the therapy blocks. A shaded garden forms a sanctuary for the patient to rest post therapy.



The main rehabilitation blocks, canteen, and hostel are set radially with the Surau (muslim prayer hall) being the axis. The Surau signifies spiritual healing.

## ATMAN (anti depression center)

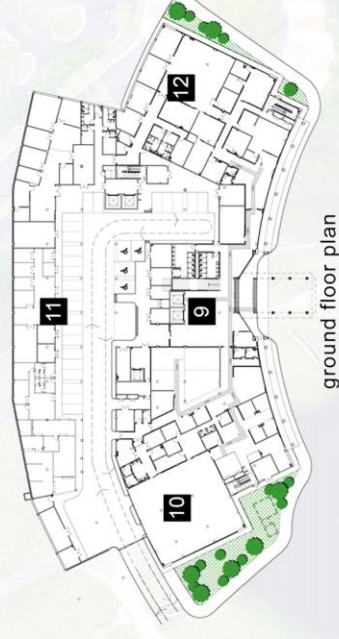
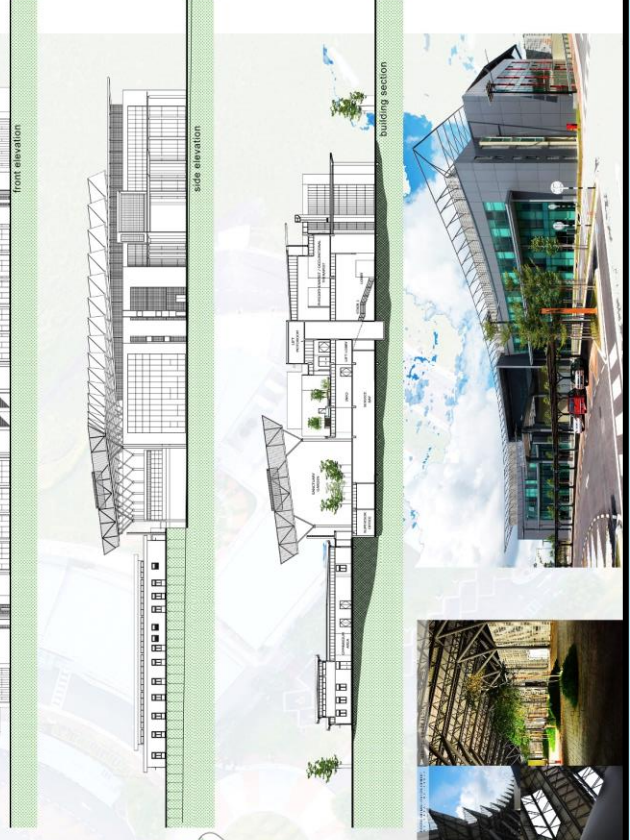
### MEDICAL REHABILITATION BLOCK



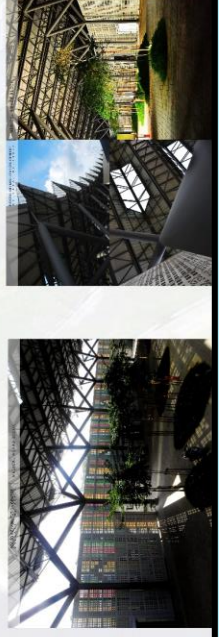
1. Speech & Audio
2. Hydrotherapy
3. Gymnasium
4. Physiotherapy

5. Occupational
6. Sanctuary Garden
7. Assessment Clinic & Emergency
8. Administration Office

13. Roof Garden
14. Convalescent Wards
15. Office
12. Day Care Wards



9. Entrance drop-off
10. Industrial Rehab
11. Storage
12. Prosthetic

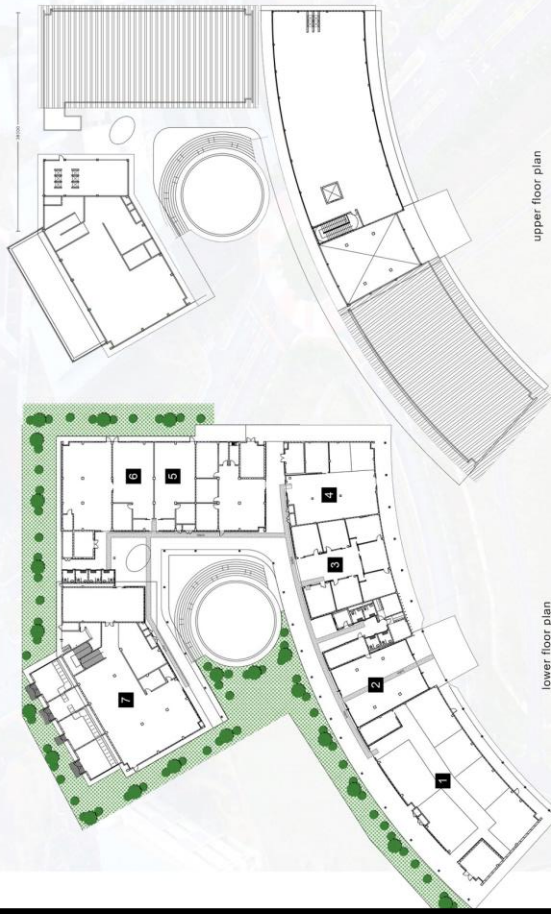




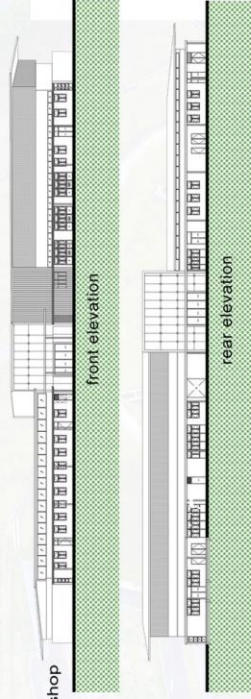
## LITERATURE STUDY 01

### VOCATIONAL REHAB BLOCK

Under the 'return to work' concept, the patients are retrained to gain new skill at Vocational Rehab block according to the capability of the patients after completing the therapy session.



1. sewing workshop
2. exhibition space
3. basic / soft skill workshop
4. design workshop
5. electronic workshop
6. electrical workshop
7. hospitality workshop



## AIMAN (anti depression center)

### ADMINISTRATION BLOCK

Under the 'return to work' concept, the patients are retrained to gain new skill at Vocational Rehab block according to the capability of the patients after completing the therapy session.

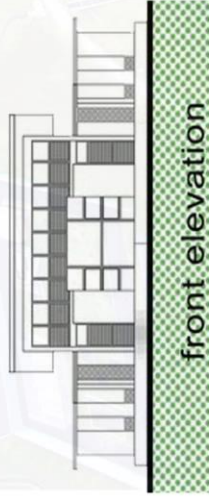
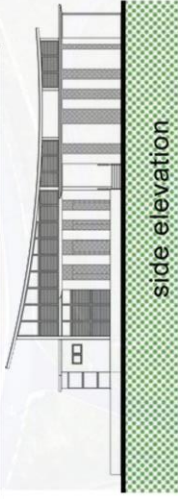
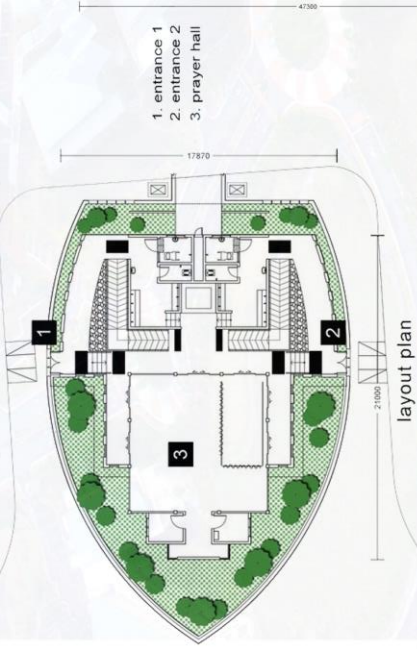




## LITERATURE STUDY 01

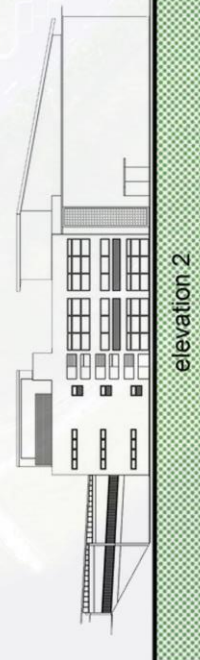
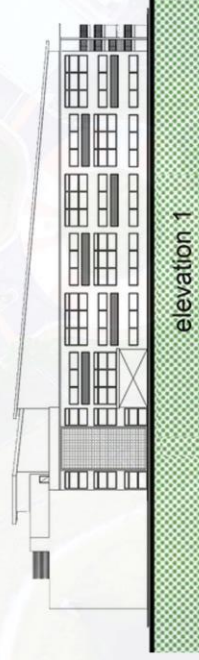
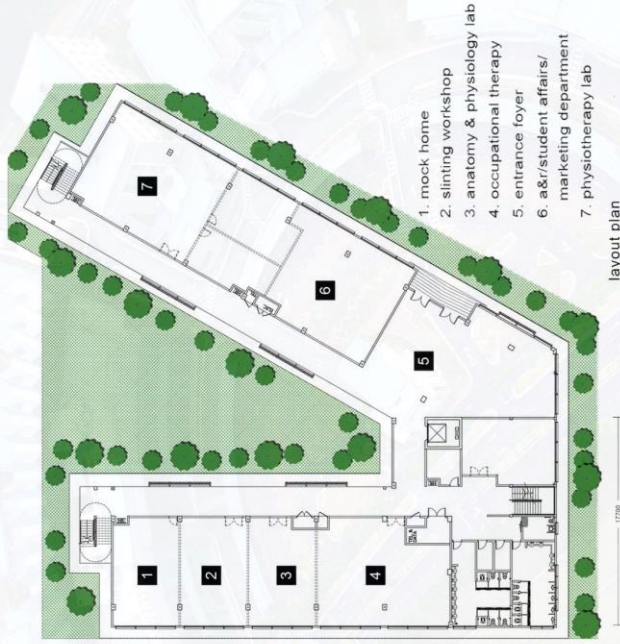
### SURAU

A surau is an Islamic assembly building in some regions of Sumatra and the Malay Peninsula used for worship and religious instruction. Generally smaller physical structures, its ritual functions are similar to a mosque, allow men and women, and are used more for religious instruction and festive prayers.



### ALLIED HEALTH

Allied health block provides a range of diagnostic, technical, therapeutic, and support services in connection with health care. It has a separate entry and is built in closer proximity to the main road for easy access. Independent car parking is given for visiting users rather than the resting patients.



Soft and hard landscaping is a very strong element that holds the whole development together. It is intended that the greenery and 'spiritual therapy' as part of the healing process

## ATMAN (anti depression center)



### WATER FEATURE





## LITERATURE STUDY 02

### Quiet Healing Center

#### ABOUT:

Location: Auroville, TamilNadu, India  
Architect: Ar. Poppo Pingel + Ar. Mona doctor  
Area: 866.1 sqm

Project year: 1993

Site description: it is located in banks of Bay of Bengal

Vegetation: palm trees + shrub cover Topog-

raphy: no contours

Climate: warm and humid climate



location map

#### INTRODUCTION:

>The aim is to bring the participant into contact there with deeper a part of his being from that well his own healing

energies and to equip him with the data and techniques whereby that contact could also be maintained when he leaves the programme.

>The healing work on Quiet is predicated on the understanding that person is 1st and foremost

a belief seeking to specific its truth through the instrumentality of mental, very important and physical nature. It offers a large style of natural healing therapies. It's an area to relax, rejuvenate, recharge and heal.

#### SITE CONTEXT:

The site selected for this project connects the place well to each nearest community, community, and town and on different side of nature. One side the structure is enclosed by

tall palm trees and Bay of geographical region. The opposite side ends up in the Pondicherry market and town any connecting to heart of Auroville. Therefore the necessity of

silent atmosphere for the therapies is consummated further they re well connected to community.

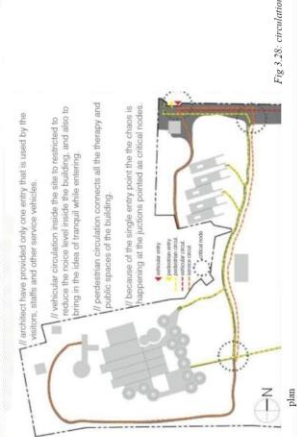
#### History

The land was previously owned by a family with close ties to the Sri Aurobindo Ashram and in years past the Mother occasionally visited the site. She greatly appreciated the natural beauty and deep silence of the spot, gave it the name "Quiet", and spoke of it as the (future) site of what she called, "a special kind of hotel" where people suffering from the stress of ordinary life could come to recharge and heal.

Many years later, one of the Mother's former secretaries was moved to help realize this vision. Funds were raised, the land acquired for Auroville, and construction of facilities begun. The Quiet Healing Centre opened in February, 1997.

#### CIRCULATION MOTION

The circulation of the location is well managed and separated. The frequently coming vehicular doesn't disturb the activities on site. There is only one node making a traffic node when there is service vehicle movement.



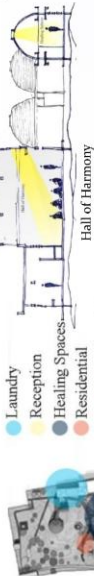
#### BUILT UP AND OPEN

- EXTENSION
- BUILT-UP
- OPEN AREAS

#### PRIVACY ZONING

- PUBLIC
- SEMI-PUBLIC
- PRIVATE

The built up and open space zoning explains that the structure is well calculatedly with green open spaces in between therefore maintaining the association of nature from exterior to interior. The project isn't nevertheless designed fully as planned, the extension is aimed to be in-built looming future. The sectionalisation of areas as per the activities is calculatedly, separating the personal and public zones.



#### SITE PLAN + ORGANISATION:

- 1- Security Cabin
- 2- Parking
- 3- Guest rooms
- 4- reception
- 5- Healing Spheres
- 6- Extended Residential Block
- 7- Consulting rooms
- 8- water body
- 9- storage



Fig 3.27: site plan

/ the healing centre and guest houses places on either side of existing caretaker's house and windmill  
/ services are zoned to the rear of the site, so that it is obstructed from visitor's view  
/ cluster organisation: curvilinear therapy rooms in the front with the internal corridor facing the open court

## ATMAN (anti depression center)

#### MATERIAL USED:

- The major artefact incorporated in this construction is native brick, lime mortar, lime concrete and bio concrete
- Dome is clad with broken mosaic tiles to avoid water seepage and also the radiation within the building.

#### ENVIRONMENTAL FACTORS:

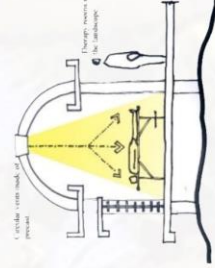


Fig 3.29: Therapy Room

The hot and wet climate on web site compelled the creator to use materials that will resist damp. Thus, porous materials like top notch bricks, lime mortar and timber are used.

The domes square measure clad with China mosaic that reflects most a part of the warmth incident on that, helping to keep the healing rooms cool throughout the day

hierarchy of privacy level.

All the medical aids and corridor spaces opens within the inner courtyards.

Pedestrian movement is regulated all over the building



Fig 3.30: Therapy Room

Fig 3.31: Continued during the extension

Fig 3.32: Continued during the extension

#### INFERENCE:

- >Separation of therapy area, public and personal private spaces.
- >Use of multifunctional spaces and passageway.
- >Good integration of climate factors that can affect the built-form.
- >The site for the centre is a transitional zone between busy city zone and the calm peaceful beach (Nature) and busy city life.
- >Usage of native materials and native local artisans has created it economically and environmentally sustainable.
- >The planning and designing of the center is so done that the nature has been merged with the in-doors providing small pockets of open and semi-open spaces, therefore serving in helping the treatment procedures too.
- >The little details have helped the project be aesthetically higher.

#### SPATIAL DISTRIBUTION

#### OPENS PAGES:



Open spaces are very well united with the built-form

All the linkage like corridors are connected physically to the consultation rooms and visually to the courtyards.

The restricted link is established for the therapy room to avoid the disturbance by different users.

The passageway floor slab is elevated from the bottom level provides floating impact to the building.

#### CROSS VENTILATION



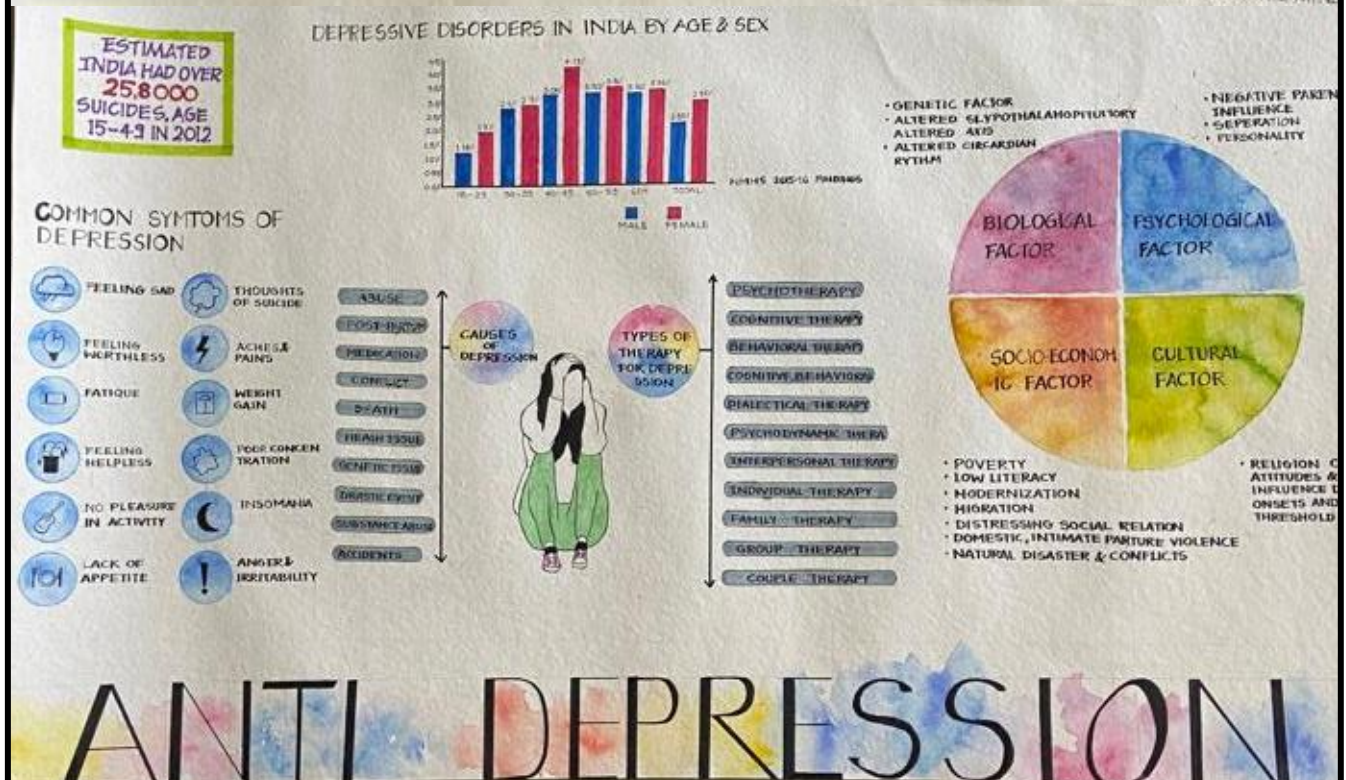
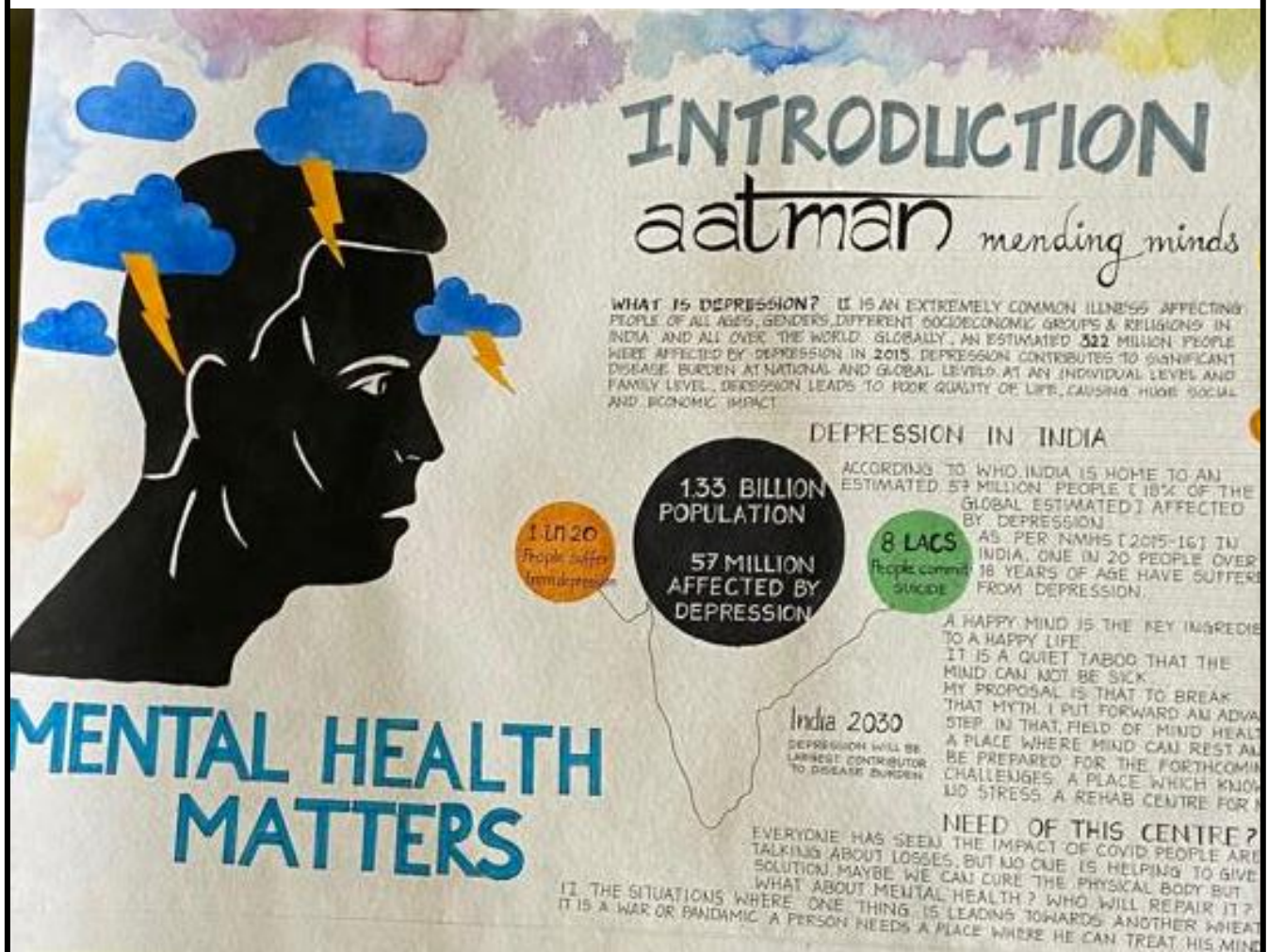
Cross ventilation through double ceilings and dome.

Because of high humidity level, the architect also gave equal importance to the climatic design principles.

These panels are directed in North-South direction so the cruel incident daylight is focused on the star panels. The inexperienced cowl acts as buffer from the noise round the web site, making peaceful atmosphere for healing.



# CONCEPT





# SITE ANALYSIS



SITE PROPOSED: ATAL MEDICAL UNIVERSITY

SITE LOCATION: CHAK BANJARIA NEAR GULAMPER ROAD LUCKNOW

TOTAL AREA OF PROPOSED SITE IS OF 50 ACRES  
SITE TO WORK ON IS 12.6 ACRES.

SITE IS SITUATED IN CHAK GAJARIA FARM BEHIND CANCER INSTITUTE & HOSPITAL. IT IS NEAR BY FAMOUS TEMPLE ISKCON, SURROUNDED BY MOSTLY REPARTMENTS, HOUSING, UNBUILT LANDS & NATURAL VEGETATIONS.

LUCKNOW LIES UNDER COMPOSITE CLIMATE.

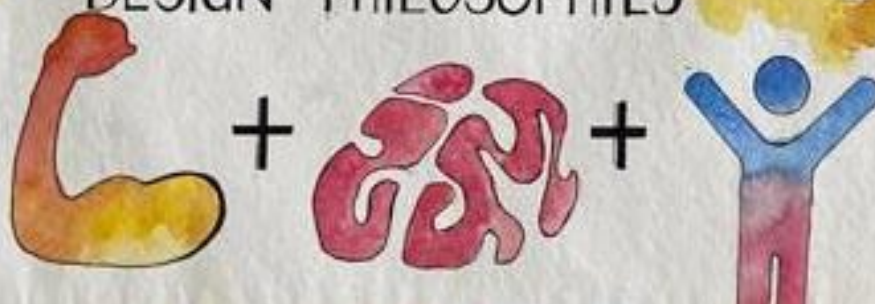
THROUGH  
SHAKES POT  
THROUGH  
SUSTAINABLE ROAD

RAGHUNATH  
CLARK  
CHANDRA  
BRIDGE 15 KM

ASHT  
15 KM

PERMALCHAL TEH  
VITAY NAGAR CHANDRA  
10 KM

## CONCEPT DESIGN PHILOSOPHIES



**A HEALTHY BODY LEADS  
TO HEALTHY LIFE**

KEY INGREDIENTS FOR A BALANCED LIFE IN A HEALTHY BODY & A HAPPY MIND, WE WILL NOT ONLY MIND HANDS IN OUR CENTRE BUT ALSO WILL PROVIDE A PLACE FOR RECREATIONAL ACTIVITIES.



## SOCIAL INTERACTION

IT IS PSYCHOLOGICALLY PROVEN THAT MORE THE PERSON EXPRESSES, THE BETTER THE CHANCES ARE OF IMPROVEMENT. WHAT IS A BETTER WAY TO HEAL THAN JUST TO TALK. WE WILL PROVIDE COMMUNITY HALLS, A PLACE THAT IS JUST MEANT TO EXPRESS.



## NATURE IS THE BEST THERAPIST

FORGET THE DOCTORS WHEN WE HAVE BEST HEALER THAT IS NATURE. WE WILL PROVIDE AMPLE OF THE NATURE NATURAL THERAPIES SO THAT MIND CAN RECOVER AT A BETTER SPEED.

## A PLACE FOR ALL

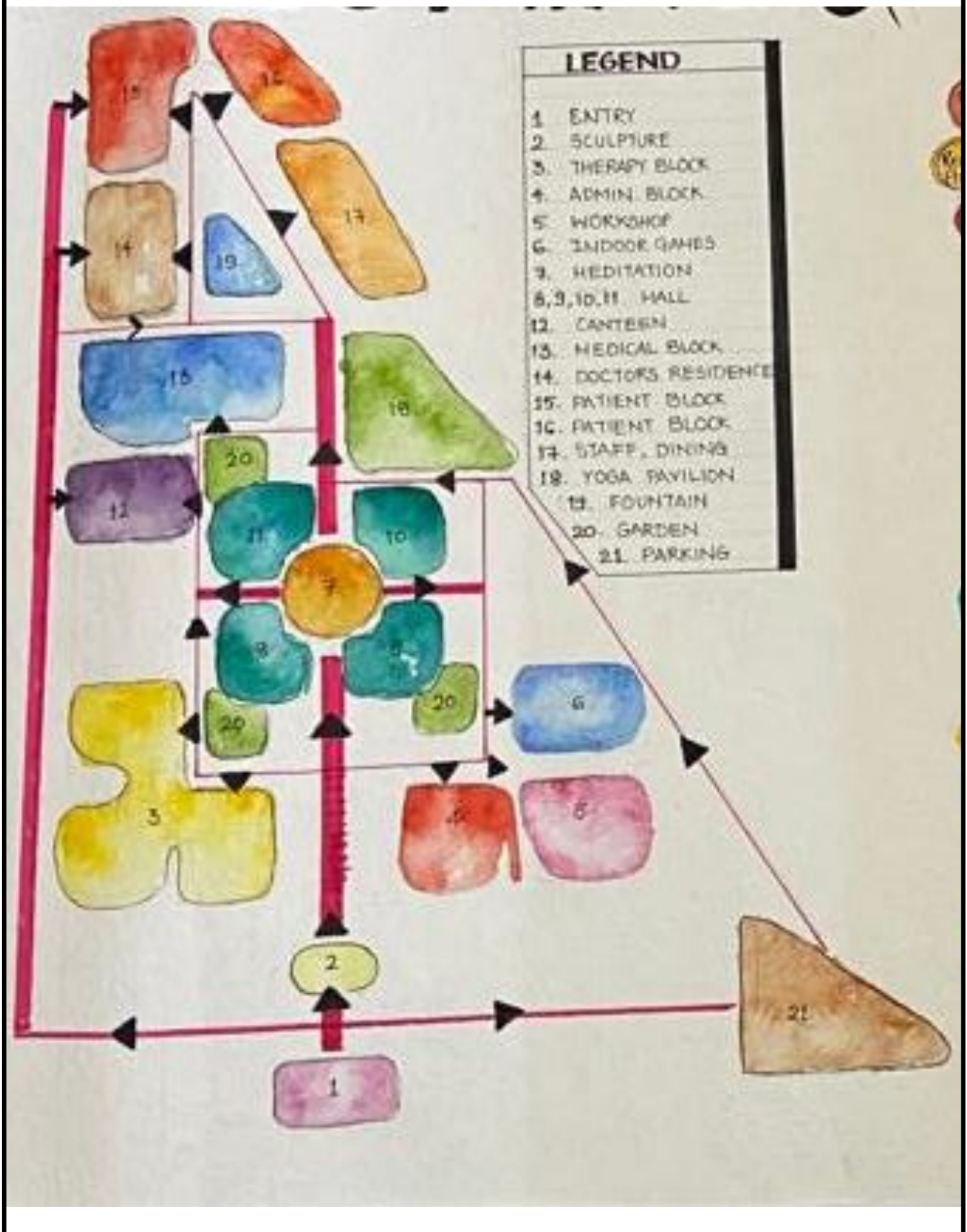


A PLACE WHERE EVERYONE IS WELCOMED WITHOUT ANY DISCRIMINATION. A PLACE WHICH KNOWS NO BOUNDARIES. NOT ONLY COVID TREATED PATIENTS BUT ALSO THE ONE WHO WANTS TO BE HEALED ARE WELCOMED.

# CENTRE



# ZONING & STACKING





# ZONING & STACKING



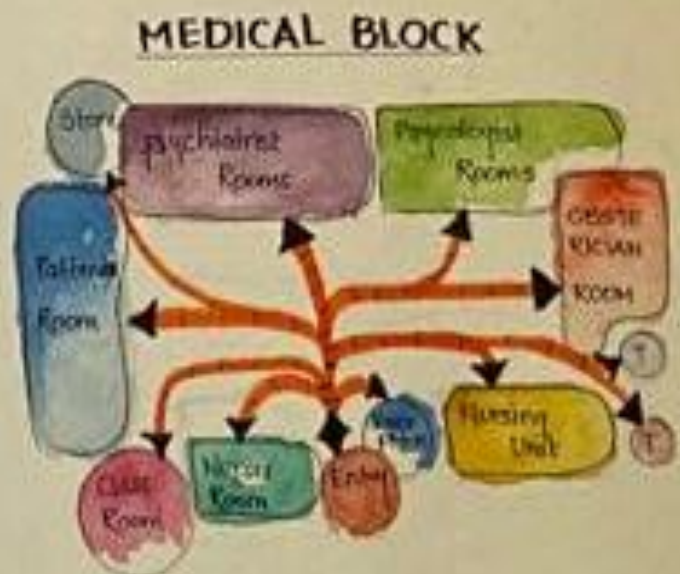
## WORKSHOP



## THERAPY BLOCK



## ADMINISTRATION BLOCK



## AREA ANALYSIS

THERAPY BLOCK	UNITS	OCCUPANCY	AREA	MEDICAL CENTRE				WORKSHOP AREA		
LIBRARY	1		250 sqm	NURSING UNIT	10	2	10 sqm	TAILORING AND EMBROIDERY	1	25
TOILET	1		15 sqm	OBSTETRITRICIAN ROOM	4	3	20 sqm	WEAVING AND KNITTING	1	25
TOILET	1		15 sqm	PSYCHOLOGIST ROOM	10	2	16 sqm	POTTERY	1	25
AEROBICS ROOM	2		80 sqm	PHARMACY	2		25 sqm	CARPENTRY	1	25
GYMNASIUM	1		200 sqm	NURSES ROOM	5	2	25 sqm	SCULPTURE AND PAINTING	1	25
TOILET	1		15 sqm	STORE ROOM	2		15 sqm	STORE	2	25
TOILET	1		15 sqm	TOILET	1		20 sqm	ROOM FOR FINISHED	2	25
RECEPTION	1		40 sqm	TOILET	1		20 sqm	DISPLAY AREA	2	75
REFLEXOLOGY ROOM	4		18 sqm	PSYCHIATRIST	10	2	20 sqm	TOILET	2	15
SERENITY ROOM	4		18 sqm	CLASS ROOM	5	50	75 sqm	TOILET	2	15
MASSAGE ROOM MALE	5		35 sqm	RECEPTION	1	2	40 sqm			686
MASSAGE ROOM FEMALE	5		35 sqm	PATIENT ROOM	5	5	40 sqm	CIRCULATION		171.5
STEAM ROOM MALE	5		35 sqm				1400 sqm	TOTAL		857
STEAM ROOM FEMALE	5		35 sqm	CIRCULATION			350sqm			
TOILET MALE	1		15 sqm	TOTAL			1750sqm			
TOILET FEMALE	1		15 sqm							
LOUNGE	1		40 sqm	GATHERING SPACE				RECREATIONAL AREA		
CONSULTATION ROOM	10		16 sqm							
COUNSELING ROOM	20		16 sqm	MEDITATION HALL	1		450sqm	INDOOR SPORTS	1	200
STAFF ROOM	2		30 sqm	MULTIPURPOSE HALL	1		196sqm	INDOOR POOL	2	75
THERAPIST ROOM	1		20 sqm	COMMUNITY HALL	3		196sqm	TOILET	2	20
PANCHKARMA THERAPY	5		20 sqm					TOILET	2	20
SHIRODHARA THERAPY	5		20 sqm				1234 sqm			430
PHYSIOTHERAPIST	5		20 sqm	CIRCULATION			1542.5sqm	TOTAL		537
MAGNETOTHERAPY	5		20 sqm							
CHROMOTHERAPY	5		20 sqm	ACCOMODATION				CANTEEN/ RESTAURANT		
FOOD & NUTRITION	2		50 sqm							
SAUNA ROOM MALE	2		35 sqm	DOCTORS RESIDENCE	1	20	700 sqm (35sqm X 20)	CANTEEN	1	200
SAUNA ROOM FEMALE	2		35 sqm	STAFF HOSTEL	1	40	880 sqm (22sqm X 40)	KITCHEN		300
MUSIC HALL (AROMATHERAPY)	1		100 sqm	PATIENTS RESIDENCE M	1	100	1056sqm (32sqm / PR)			120
DANCE HALL (CHROMOTHERAPY)	1		100 sqm	PATIENTS RESIDENCE F	1	100	1056sqm (32sqm / pp)	TOTAL		525
CUPPING THERAPY	4		35 sqm	PATIENTS RESIDENCE	1	50	1100sqm (22sqm/pp)			
DRY NEEDLE THERAPY	4		35 sqm	KITCHEN	1		60 sqm			
			3189sqm	DINNING HALL	1	50	150 sqm			
25% circulation			797sqm	SERVANT QUARTER			307sqm	PARKING		1250
TOTAL			3986.25sqm	TOTAL			6583sqm (CI)			
								TOTAL AREA		17,849
								TOTAL SITE AREA		50,990
								35% GROUND COVERAGE		17,846.50
								F.A.R.		1.5