



THESIS REPORT

ANANTA

MEDITATION CENTRE CUM DRUG REHABILITATION CENTRE

**A Thesis Submitted
in Partial Fulfillment of the
Requirements for the Degree of**

BACHELOR OF ARCHITECTURE DESIGN

by

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**Under the Supervision of
PROF. KESHAV KUMAR**

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

SESSION

2022-23



CERTIFICATE

I hereby recommend that the thesis, entitled “**ANANTA-MEDITATION
CENTRE CUM DRUG REHABILTION CENTRE**”, prepared by

MR.ABHINAV AGARWAL

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under my supervision, is the bonafide work of the student and can be accepted as a
partial fulfilment for the award of Bachelor’s Degree in **ARCHITECTURE**
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Recommendation:

Accepted

Not Accepted

External Examiner

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“In the name of god Who is most beneficent and merciful.”

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...

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Thank You' was not the exact phrase on my mind when I wrote this, it was something much deeper, but I am unable to find words for it.

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CHAPTER 1: INTRODUCTION

What comes to your mind first when you hear the words “meditation & yoga”?

- ❖ Most of us would immediately have these two words in our mind right now **-inner peace & physical fitness**. But the question is why are we still using 5,000year old practice in 21st century to achieve peace & health
- ❖ the answer to this is – because it still works. Although, we have hi-tech medical facilities & medications but somehow they fail to deliver the results when it comes to mental peace. The practice of meditation & yoga combined have provided best results in scientific studies also.
- ❖ Yoga & meditation in india were first practiced only by religious monks. To day millions of people worldwide roll out their mats daily to practice and is now a worldwide phenomenon. Dedicated centers & studios for practicing yoga & meditation have added to the popularity of both the art. Yoga back then was all about steadiness & stillness and not the dynamic kind of movements found in yoga classes today.
- ❖ Both meditation & yoga has a huge significance for a 21st century person as we are constantly under the competitive and workaholic environments , our sedentary lifestyles , junk food eating habits & our constant engagement with digital screens (mobiles , laptops etc.) Can have an overwhelming effect onus both mentally & physically.
- ❖ The yoga & meditation industry has found a strong footing in the wellness industry. According to a study conducted in 2017, over half of 200 million yoga practitioners are of india origin. India is also home to world famous retreat centers such as “**the art of living**” ashram(**bangalore**) , “**isha yoga center**” , **coimbatore** , “**osho international meditation resort**” , **pune** & “**bihar school of yoga**” , **munger**.
- ❖ Meditation & yoga as a trend are bound to grow at a faster pace as more & more people indulge in these two art in order to find peace & physical fitness.
- ❖ A global pandemic is in full effect. People are losing lives, the economy is on the verge of a global recession, and every business is facing uncertainty .Most of us are stressed & uncertain about lies ahead. In these hard times we need full capacity of our brain to take decisions , come up with new ideas & most importantly to stay calm. Meditation & yoga can be of tremendous help in these times

Origins of meditation & yoga

- ❖ The word meditation stems from meditatum, a latin term that means 'to ponder'. Meditation originated in india, a very long time ago. The oldest documented evidence of the practice of meditation are wall arts in the indian subcontinent from approximately 5,000 to 3,500 BCE, showing people seated in meditative postures with half-closed eyes (practice known as dhyana). the oldest written mention of meditation is from 1,500 BCE in the vedas.
- ❖ Between 600-500 bce meditation developed in taoist china & buddhist india. **The bhagwat gita (a prominent hindu religion book) written between 400BCE – 200 CE discusses the philosophy of yoga & meditation.** The first meditation hall opened in japan in 653 CE
- ❖ Fast forward to 18th century, where translations of ancient teachings began to travel to scholars in the west. In 1922 hermann hesse published the book "siddhartha" (story of buddha's journey of self-discovery) & in 1927 the famous "tibetan book of dead" was published which attracted westerners to tibetan buddhism.
- ❖ **The vipassana movement** (an ancient meditation technique) started in burma in 1950. Hatha yoga (hatha means force) a branch of yoga practice & transcendental meditation began to gain popularity in america & europe in 1960's. Today you can find meditation groups , yoga studios , retreat & spiritual centers in every corner of the world.
- ❖ The word yoga is derived from the sanskrit root "yuj", meaning "to join" or "to unite". In the yogic lore, **shiva is seen as the first yogi or adiyogi, and the first guru or adi guru. The practice of yoga is believed to have started with the very dawn of civilization**
- ❖ Several thousand years ago, on the banks of the lake kantisarovar in the himalayas, adiyogi poured his profound knowledge into the legendary saptarishis or "seven sages". The sages carried this powerful yogic science to different parts of the world, including asia, the middle east, northern africa and south america.
- ❖ Swami vivekananda is seen as the man who brought yoga to the west in 1893-1894. His book raja yoga was written in manhattan in 1896 and had a major impact on western understandings of what yoga was. Later by the teachings of indian guru such as swami shivananda , sri aurobindo , maharshi mahesh yogi & BKS. Iyengar yoga has spread all over the world.

Aim of the study

The aim of this research to explore and understand the psychology of design elements used for meditation cum your center

Objective

- ❖ To understand the importance of meditation, yoga and its needs in daily life.
- ❖ To identify the various design elements and psychology used for meditation cum yoga center
- ❖ To suggest implication of design elements and design psychology for meditation cum yoga center.

Outcome

Implication of design elements and there psychology for meditation cum yoga center to know the user perception of the selected center.

Scope

This research will explore the history of meditation and yoga, design elements such as form, geometry, light, colors etc. And there design psychology ,climatology related to the development of meditation and yoga center.

Limitation

The study will limit itself. The study will focus on the qualitative study that includes the design elements and design philosophy based on the three case studies in which there is one live case study of the meditation and yoga center.

Objective

- ❖ The challenge is to design a meditation & yoga center catering its services to max. 500-1000 people. The center should have open & enclosed areas for meditation & yoga. The aim of the competition is to promote such retreat centers which have now become the need of the hour in today's world.

Need

Mental illness in india

- ❖ NO depression
- ❖ Mminimal symptoms
- ❖ Minor depression
- ❖ Major depression
- ❖ Severe depression

MIND MATTERS

At least 150 million people in India are suffering from mental illnesses and are in need of active medical intervention

● Current ● Lifetime

Mental morbidity (%)	Substance use disorders (%)	Depressive disorder (%)	Neurotic and stress related disorders (%)
10.56 13.67	22.44 N/A	2.68 5.25	3.53 3.7

Note: While lifetime means the population which has had a mental disorder at least once in their lifetime, current refers to the population at present suffering from a mental disorder
Source: National Mental Health Survey of India, 2015-16

CAUSE FOR CONCERN

13.7% Prevalence of mental illness in India as per National Mental Health Survey (2016)

28% of global suicides occur in India

Access to mental healthcare

49% had a mental health facility within 20km radius

26% reported no mental health facility within 50km radius

59% reported lack of any de-addiction service in their area

Awareness about mental health
57% not aware of any person with mental illness

28% did not consider suicide to be associated with mental illness

Insurance for mental healthcare

80% had no health insurance or thought mental health treatment was not covered



REHABILITATION CENTRE FOR SUBSTANCE ABUSE

Introduction (why?)

What is substance abuse?

A pattern of repeated drug or alcohol use that often interferes with health, work and social relationships.

What is alcoholism?

A pattern of drinking that interferes with day to day activities. Symptoms may include physical substance dependence, violence, craving, etc.

What is a rehabilitation centre?

Addicts are problematic, reluctant to treatment and in need of an intervention by friends or family.

A rehabilitation centre allows the addict with an opportunity to make changes before addiction gets worse and motivates them to seek help.

Often relapse is common after de-addiction, as such rehabilitating the individual to solve the problems already caused, keeping the right company,

Avoiding triggers and treating the root cause of the addiction becomes necessary.

Need of the project (why?)

- ❖ "World drug day: drug use increased by 30% in india in last decade", claims un
- ❖ Report the surveys in india in 2018 and nigeria in 2017 have offered great insights into drug consumption due to being such vast demographics for their region. India accounts for 30 per cent of the addict population in asia alone.
- ❖ On an average india loses atleast two people every day, due to accidental drug overdose, as per latest data released by ministry of home affairs. - Toi, mar 26 2018. Every day, india sees 10 suicides related to drug abuse. - Rajya sabha(scroll.in)sedatives"govt. Of india released statistical data on 26th july 2019, i.e., World anti-drug day. It was hosted by the honourable vice president of india. Ministry of social justice and empowerment released a report stating that presently there are 7.5 crore active addicts in india. And with our present capacity (govt, private and aided institutes) it would take us 400+ years to solve the current problem of addiction. However, one has to remember that the 7.5 crore number is a conservative number and the real number can be about twice as much



SUBSTANCE USE IN INDIA IN 2018 (10-75 YEARS)

SUBSTANCE:	Prevalence of current use (in %)	Estimated number of users (in lakhs)	Prevalence of Quantum of Work (in %)	Estimated numbers (in lakhs)
CANNABIS : ANY FORM	2.83	310	0.66	72
CANNABIS: BHANG	2.02	221	0.36	40
CANNABIS: CHARAS : GANJA	1.21	133	0.45	50
OPIOIDS: ANY FORM	2.06	226	0.55	60
OPIOIDS: OPIUM	0.52	57	0.10	11
OPIOIDS: HEROIN	1.14	125	0.57	63
OPIOIDS: PHARMACEUTICALS	0.96	105	0.23	25
SEDATIVES	1.08	119	0.11	11
COCAINE	0.10	11	0.02	3.2
AMPHETAMINE TYPE STIMULANTS	0.18	19	0.02	7
INHALANTS	0.70	77	0.21	22
HALLUCINOGENS	0.12	13	0.03	3.4

TABLE 1: SUBSTANCE USE IN INDIA IN 2018 MINISTRY OF SOCIAL JUSTICE AND EMPOWERMENT ,REPORT RELEASE ON WORLD ANTI DRUG DAY 2019

"IT WOULD TAKE US 400+ YEARS TO SOLVE THE CURRENT PROBLEM OF ADDICTION."

Objective:

- ❖ To provide a space that can help ease the transitive process of rehabilitation
- ❖ To reestablished a sense of value and dignity in the user through the space
- ❖ To influence the psychology into developing in the users through the space
- ❖ To provide an environment that use unconventional methods for rehabilitation and allow for flexibility in treatment approach
- ❖ To provide contemplative spaces that help patients their way to sobriety
- ❖ To restore the physical and psychological confidence in a patient through physical activity,

Scope and limitation

- ❖ Providing a rehabilitation centre that can heal through sensitively designed space.
- ❖ Proposing a rehabilitation centre which has sumptuous yet homely spaces.
- ❖ Eliminating the stigma and shame attached to rehabilitation and helping recognise it as a disease.
- ❖ Understanding how flexibility of a space can allow a foreign space to feel intimate.
- ❖ Understanding how change in environment affects psychology into administering life style changes.
- ❖ It is a research based topic and considerations taken are theory based.
- ❖ Difficult to define space or routine as the treatments are multifaceted and differ from person to person.
- ❖ Lack of examples in India.
- ❖ Stigma attached to de-addiction. « The user group is limited.
- ❖ The centre has to be placed close to a hospital for emergencies or have hospital like facilities.

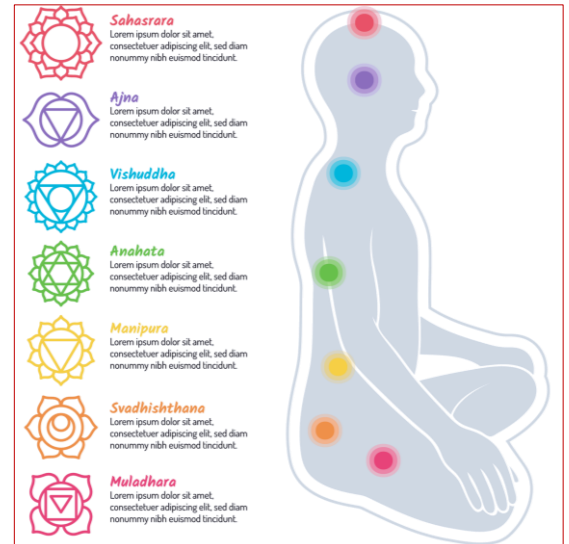


“Mediation applies the brakes to the mind” – rama maharshi

- Mental health is one of the significant issues of the 21st century.
- According to a survey conducted, every 1 out of 4 people suffers from a major mental or psychological health issue.
- Yet, more than half of our nation's population considers it taboo to even talk about or doesn't believe in its very existence.

DRUG REHABILITATION CENTRE

- The current pattern and trends of substance abuse provides an understanding of the severity of the problem in the community.
- Psychoactive substance use disorders include alcohol, opioids, cannabinoids, sedatives and hypnotics, cocaine, other stimulants, hallucinogens, volatile solvents and tobacco.
- Psychoactive substance abuse has considerable detrimental effect on individuals and the society and is of greater public health concern in india.



OBJECTIVES

TO IDENTIFY THE DEFINITION OF MINDFULNESS AND WHAT PRACTICE DEVELOP MINDFULNESS

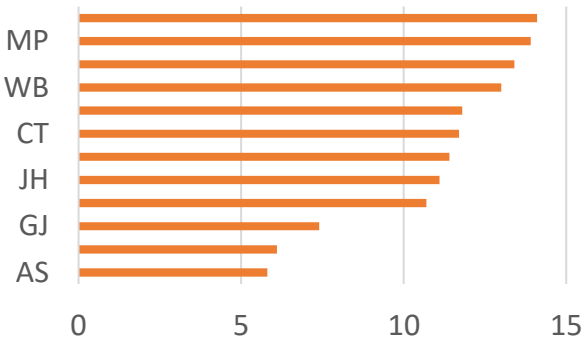
TO IDENTIFY THE DEFINITION OF MINDFULNESS AND WHAT PRACTICE DEVELOP MINDFULNESS

TO IMPLEMENT AND PROMOTE THE VERNACULAR STYLE OF REGION

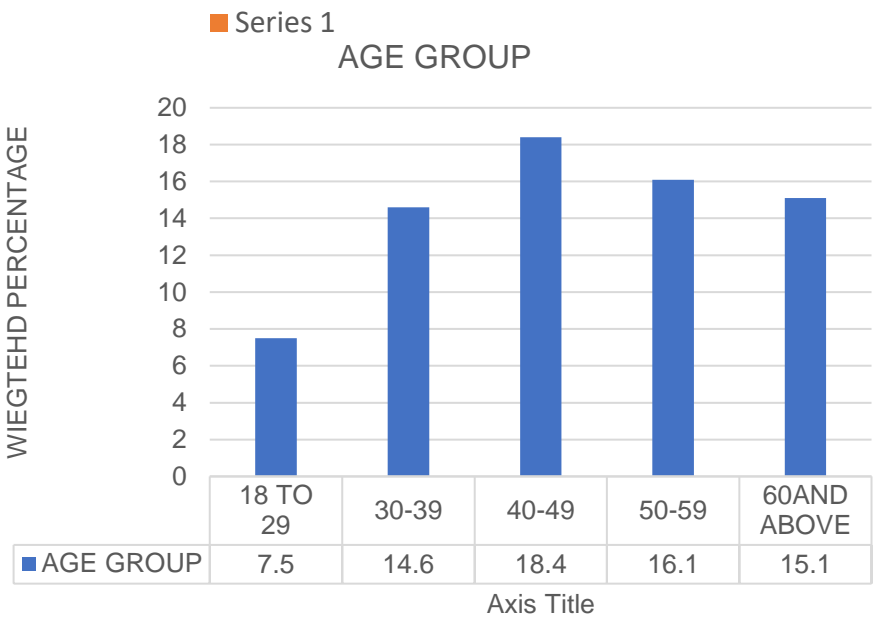
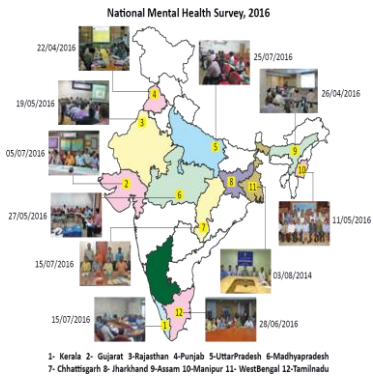
WHY MEDITATION CENTRE IS REQUIRED?

Clinical psychology review, simon goldberg, phd, is an assistant professor in the department of counseling psychology and affiliate faculty at the center for healthy minds. Found that mindfulness-based interventions were equivalent to existing evidence-based treatments, and superior to other comparisons in several psychiatric conditions. The strongest pattern of evidence was seen in the treatment of depression, pain, smoking, and addiction.

Prevalence of mental disorder in different States (%)



The National Mental Health Survey of India-2016 was conducted on a nationally representative sample of 34802 individuals, sampled from 12 states of India. There response rate at households was 91.9%,while individuals interviewed were 88%,with some variations across the surveyed population. One out of every three respondents in the survey was a young adult (aged 18-29 years).

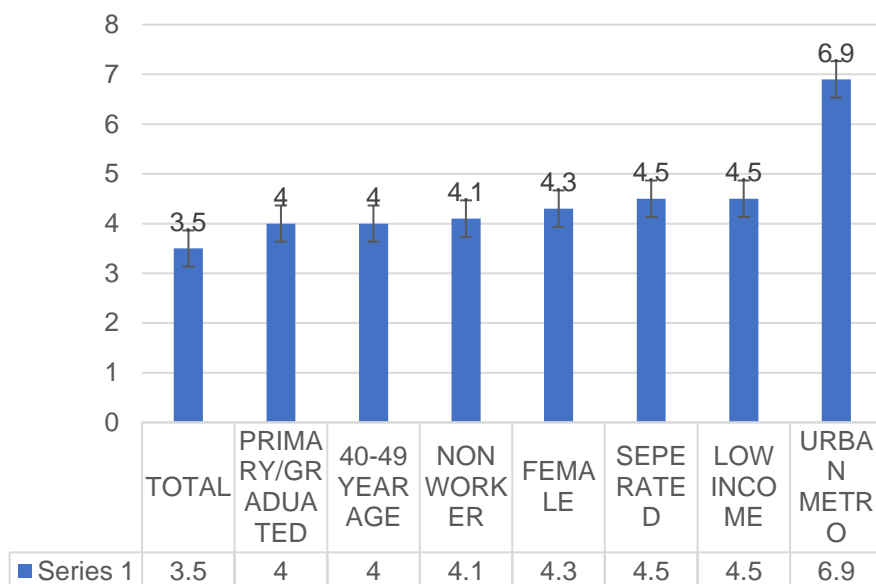


Prevalence of mental morbidity in different age groups (%)

Based on uniform and standardised data collection procedures from a nationally representative population, it is estimated that, excluding tobacco use disorders, mental morbidity of individuals above the age of 18 years currently was 10.6%. The life time prevalence in the surveyed population was 13.7%.

Prevalence of stress. Socio-demographic differentials

Given the fact that 14% of the population above 18 years suffers from a mental health problem and nearly 50% of individuals affected with bipolar affective disorders, epilepsy, major depressive disorders and psychoses have moderate to severe disability, rehabilitation ought to be a part of the management strategy.



DRUG SEIZURE (IN KG) IN INDIA,

There is a lot of documented evidence on the impact of various psychoactive substances on individuals, families and the society at large. Both the health and non-health related aspects of one's life gets affected due to substance use disorders. Accidents, liver problems, delirium, tuberculosis and cancer were some of the health problems highlighted by the participants. The impact on family members is far more significant and distressing, especially on the spouse and children as highlighted by the following statement - *'financial loss, family bankruptcy, loss of the peace in the family, stressed relationships between the family & neighbors, divorce/ separation of spouses, negative impact*

Drugs	2009	2010	2011	2012	2013	2014	2015
Opium	1,732	1,829	2,348	3,625	2,333	1,766	1,687
Morphine	42	25	53	263	7	25	61
Heroin	1,047	766	528	1,033	1,450	1,371	1,416
Ganja	208,764	173,128	122,711	77,149	91,792	108,300	94,403
Hashish	3,549	4,300	3,872	3,385	4,407	2,280	3,349
Cocaine	12	23	14	44	47	15	113
Methaqualone	5	20	72	216	3,205	54	89
Ephedrine	1,244	2,207	7,208	4,393	6,655	1,330	827
Acetic Anhydride	658	74	62	363	243	54	4
Amphetamine Type Stimulants (ATS)	38	20	474	40	85	196	166

Source: Narcotics Control Bureau. Annual report – 2015. Government of India, Ministry of Home Affairs, New Delhi

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Characteristics	Any substance use disorder (95%-CI)	Alcohol use disorder (95%-CI)	Other substance use disorder (95%-CI)	Tobacco use disorder (95%-CI)
Total	22.44 (22.37-22.52)	4.65 (4.61-4.69)	0.57 (0.56-0.59)	20.89 (20.82-20.96)
Age Group				
18-29	13.54 (13.44-13.64)	2.95 (2.90-3.00)	0.47 (0.45-0.49)	12.45 (12.35-12.55)
30-39	24.58 (24.42-24.75)	5.76 (5.67-5.85)	0.57 (0.54-0.60)	22.71 (22.55-22.87)
40-49	29.21 (29.02-29.40)	6.72 (6.61-6.82)	0.77 (0.73-0.81)	27.48 (27.29-27.67)
50-59	29.40 (29.17-29.62)	5.62 (5.51-5.74)	0.63 (0.59-0.67)	27.17 (26.95-27.39)
60+	27.78 (27.58-27.99)	4.07 (3.98-4.16)	0.56 (0.53-0.60)	26.34 (26.14-26.54)
Gender				
Male	35.67 (35.55-35.79)	9.10 (9.02-9.17)	1.09 (1.06-1.11)	32.76 (32.64-32.88)
Female	10.05 (9.98-10.12)	0.48 (0.47-0.50)	0.09 (0.09-0.10)	9.78 (9.71-9.85)
Residence				
Rural	24.12 (24.03-24.21)	4.57 (4.52-4.61)	0.49 (0.47-0.50)	22.73 (22.64-22.82)
Urban non-metro	20.27 (20.09-20.45)	5.58 (5.48-5.69)	0.49 (0.46-0.52)	18.20 (18.03-18.37)
Urban metro	18.28 (18.12-18.43)	4.19 (4.11-4.27)	0.95 (0.91-0.99)	16.59 (16.44-16.74)

Source: Narcotics Control Bureau. Annual report – 2015. Government of India, Ministry of Home Affairs, New Delhi

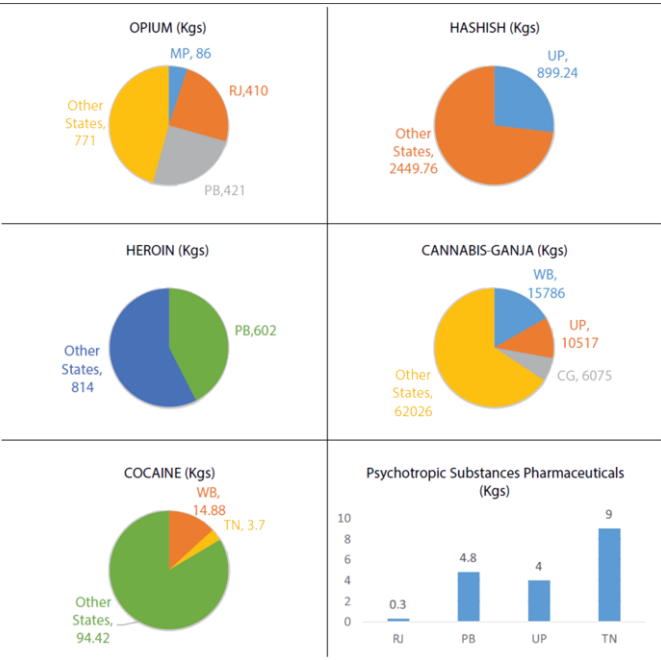
Commonly abused drugs/substances of abuse

States	Common drugs	Approximate % of users*
Assam	Opium, Brown Sugar, Morphine, Heroin, Codex, Dendrite, Cannabis, Spasmo (SP), Clonazepam, LSD, Nitrazepam, Diazepam, Nimuselide	0.2% to 3.0%
Chhattisgarh	Pain killer, Weed, Cough Syrups, Spasmo-proxyvon, Alprazolam, Sleeping pills, Bonfix / Dendrite Opium related products viz Ganja, Bhang, Thinner, Whitener, Sura, Heroine, Nitrazepam, LSD	0.5 to 20.0%
Gujarat	Ganja, Bhang, Alprazolam, Opioid, Benzodiazepines.	Minor proportion of the population
Jharkhand	Cannabis, Volatile solvents, Opioids, Sedatives	2.0% to 10.0%
Kerala	Cannabis, Dextroproxyphene, Nitrazepam, Alprazolam	Not known
Madhya Pradesh	Ganja (Cannabis), Solvent, Brown sugar, Cough syrup, Alprazolam, Pain killers, Opioids, diazepam, nitrazepam, Charas, Nus, Madhumunnka (sasan)	3.0% to 25.0%
Manipur	SP Capsule, Cannabis, Heroin Injection, Inhalants, Sedatives, Pain Killers, Benzodiazepines (Alprazolam, Nitrazepam, clonazepam), WY drugs(ATS), Ganja(Marijuana), Dendrite(Volatile substance), Spasmaproxyvon Tablet	0.5% to 40.0%
Punjab	Opioids, cannabis, sedatives (especially benzodiazepine), Inhalants	1% to 40.0%
Rajasthan	Heroin / Smack, Bhang, Ganja, Codeine Syrup, Tramadol, Pain Killers, Proton pump inhibitors, Steroids, nail paint remover, Benzodiazepines, Doda post, Cannabis oral preparation, Cannabis smoking, Prescribed drugs	10.0% to 40.0%
Tamil Nadu	Cannabis, Anxiolytics	Not Known
Uttar Pradesh	Alprazolam, Opioid, Cannabis, Ganja, Bhang, Diazepam, Alprazolam, Codeine phosphate, Charas, Spasmaproxyvon, Nitrazepam, Heroin	5.0% to 65.0% (65% is for ganja/bhang)
West Bengal	Volatile substances, Cannabis, Opioids, inhalants, sleeping tabs, cough mixtures, Sedative(Benzodiazepam group), Pain killers	1.0% to 5.0%

WHY KERELA??

The drug menace has gained an alarming proportion in Kerala as indicated by a sharp spike in narcotic, abkari and COTPA cases registered in the state in 2022. The data shows that police registered 24,701 cases under the Narcotic Drugs and Psychotropic Substances Act till November 2022, as against 5,695 cases booked in 2021, which shows a jump of 333 per cent. The number of NDPS cases registered by the excise department has grown from 3,922 in 2021 to 6,116 in 2022, showing a jump of 55 per cent.

YEAR	2021CHARAS
CHARAS	172.75KG
HEOROIN	100KG
OPIUM	1KG
GANJA	5632KG
HASHISH	16.6 KG
BROWN SUGAR	18.18 G
MDMA	6.1KG
LSD	3.6KG
COCAIN	10G



Disorder	Total prevalence (%) (95% CI)	Prevalence among 18-29 years (%) (95% CI)	Prevalence among 30-39 years (%) (95% CI)	Prevalence among 40-49 years (%) (95% CI)	Prevalence among 50-59 years (%) (95% CI)	Prevalence among 60 and above years (%) (95% CI)
Schizophrenia & other psychotic disorders	0.22 (0.14-0.29)	0.00	0.2 (0.09-0.31)	0.18 (0.08-0.27)	0.00	0.49 (0.35-0.62)
Mood disorders	2.62 (2.47-2.78)	1.1 (0.88-1.31)	0.73 (0.52-0.94)	2.86 (2.48-3.24)	4.73 (4.22-5.23)	3.54 (3.18-3.89)
Depressive disorders	2.49 (2.34-2.65)	0.91 (0.71-1.1)	0.73 (0.52-0.94)	2.63 (2.26-3)	4.73 (4.22-5.23)	3.37 (3.03-3.72)
Neurotic and stress related disorders	5.42 (5.2-5.65)	6.25 (5.75-6.75)	6.18 (5.59-6.77)	3.88 (3.44-4.33)	5.66 (5.11-6.2)	5.21 (4.78-5.63)
Any substance use disorder#	4.82 (4.61-5.03)	2.86 (2.51-3.2)	6.71 (6.1-7.33)	5.02 (4.52-5.53)	6.65 (6.06-7.24)	3.99 (3.61-4.36)
Tobacco use disorder	7.22 (6.96-7.47)	1.1 (0.88-1.31)	7.23 (6.59-7.86)	7.38 (6.78-7.98)	10.63 (9.9-11.36)	10.08 (9.51-10.66)
Alcohol use disorder	4.82 (4.61-5.03)	2.86 (2.51-3.2)	6.71 (6.1-7.33)	5.02 (4.52-5.53)	6.65 (6.06-7.24)	3.99 (3.61-4.36)

CHAPTER 2: SITE ANALYSIS

- Alappuzha is the most densely populated district in Kerala
- It is the city and a municipality in Kerala with an urban population of 174,164
- The total extent of area is 1414 sq.Km of which the main city comprises an area of 3.64% of the Kerala state.
- It is an important tourist destination in India. The backwaters and houseboat cruise of Alappuzha are the most popular tourist attraction in Kerala.

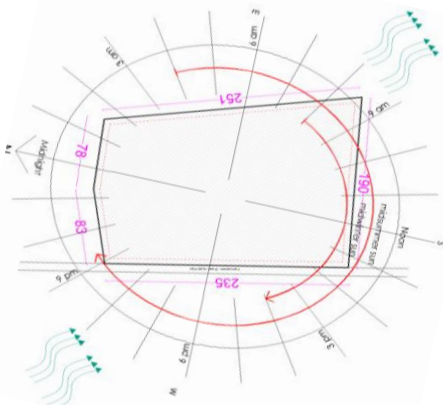


LOCATION

Pallathuruthy, Pazhaveedu, Kainakary, Alappuzha district is bounded on north by Ernakulam district east by Kottayam and Pathanamthitta districts south by Kollam district west by Lakshadweep Sea. The terrain can be described to be flat with gentle slope towards the west. The rivers of the area flow towards Lakshadweep Sea.

The project area belongs to Pallathuruthy, Ward 8 in the Alappuzha Municipality on one side and Kuppappuram in Ward 15 of Kainakari Grama Panchayath on either side.

SITE ORIENTATION



Site area -10 acre (42,869 SQ.MTS)
 Coordinates- 9° 26'32.36", 76°22'36.78"
 Ground coverage- 40%
 Site far -2.0

By Air :

- The nearest International Airport is Cochin International Airport(82.8 Km)
- Trivandrum International Airport – (149 Km)

By Road :

- 62 Km. South of Kochi– An hour drive from Kochi by NH 66
- 170 Km. North of Kovalam
- 155 Km. North of Thiruvananthapuram
- 125Km. West of Thekkady
- 50 Km. West of Kottayam

AIM AND OBJECTIVE

Development of new avenues of tourism will provide more employment opportunities and their by improve the quality of life of the population in the project area.

DEMOGRAPHIC DETAILS

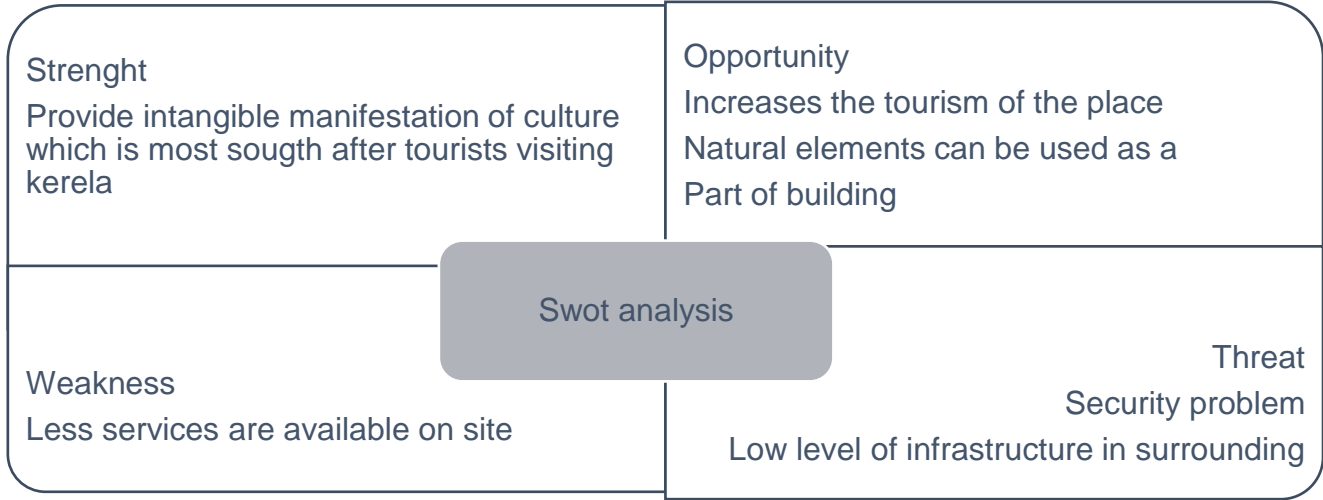
POPULATION(IN CRORES)	3.34
SEX RATIO(FEMALE PER 1000 MALE)	1084
MALE POPULATION(%)	47.98
FEMALE POPULATION(%)	52.02
<18 AGE GROUP POPULATION(%)	28.15
60 AND ABOVE AGE POPULATION(%)	12.55
OVERALL LITERACY RATE(%)	94.00
MALE LITERACY RATE(%)	96.11
FEMALE LITERACY RATE(%)	92.07
URBAN POPULATION(%)	47.7
TRIBAL POPULATION(%)	1.45

FACILITIES AVAILABLE

The project area at pallathuruthy is part of alappuzha municipality and has good access to health care, education and transportation facilities. For availing all these service, the people can easily access alappuzha town. However, kainakari is a village with less connectivity. The primary health care facility and education institutions for school education are available in the village. For higher education and secondary health care needs the people have to reach alappuzha town. Boat service is the main transportation facility for the village,

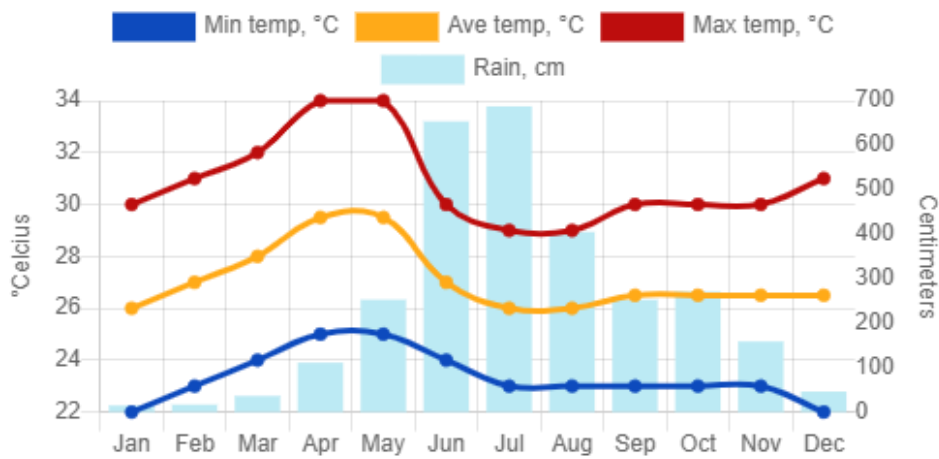
TOPOGRAPHY AND PHYSICAL FEATURES

Alappuzha is a sandy strip of land intercepted by lagoons, rivers and canals. There are no mountains or hills in the district but for the scattered hillocks lying between Bharanikkavu and Chengannur blockpanchayats in the eastern tracts of the district



CLIMATIC FACTOR

- Climatic condition –typical warm and humid
- Percipitaion- heavy-avg.3000mm/year every year
- Temperature-21-33 deg celsius
- Rel.Humidity -65%-70%
- Predominant wind direction –from south west to north east
- High temperature
- High humidity
- Heavy precipitation
- The proximity of the waterbodies contributing to this. The diurnal variation of temperature seldom exceeds 100 C.
- The district receives the benefit of the two monsoons as in the case of other parts of the state.
- Hot season - march to may
- South-west monsoon - june to september north-east monsoon - october to november
- Dry weather - december to february



SOIL TYPE

The city is geologically composed of archaean gneisses and crystalline schists. Major part of the city would fall under archaen gneisses. The soil characteristics is laterite soil with much of ground covered with native grass. Most of the site has native grass cover and few shrubs on it. Site has a lot of decidious canopy trees and coconut trees. Trees are concentrated on the central region of the site and along the northern boundary .

LANDUSE

LANDUSE	AREA(SQM)	PERCENTAGE
FOREST	0.00	0.00
WATERBODIES	182.83	12.85
MARSHY LAND	3.173	0.22
RESIDENTIAL	2.13	0.15
AGRICULTURE	215.10	15.12
PLANTATION	0.00	0.00
RES/AGR MIX	1003.47	70.55
OTHER BUILT UP LANDUSE	8.96	.063
OTHERS	6.75	.47
TOTAL	1422.41	100.00

NEAR BY LOCATION



ALAPPUZHA BEACH

This is one of the most popular picnic spots in Alappuzha. The pier, which extends into the sea here, is over 137 years old. Entertainment facilities at the Vijaya Beach Park add to the attractions of the beach. There is also an old light house which is greatly fascinating to visitors.

The legend says that the island called pathiramannal is formed when vilwamangalath swamiyaar, an ardent devotee of lord krishna wanted to do his evening rituals, the lake had made way for the land rising from below for him. this small biodiversity is a paradise for many migratory birds.



SEA VIEW PARK

The park offers boating facilities and a swimming pool.



R-Block

These regions are wonders of the indigenous agricultural engineering know-how of Kerala and remind the visitor of the famous dikes of Holland. Extensive areas of Land have been reclaimed from the backwaters and are protected by dikes built all around . Here cultivation and habitation are made possible four to ten feet below Sea Level. A leisurely cruise along the Canals that surround these Kayals is a memorable experience.

Kumarakodi

20 km south of alappuzha, mahakavi kumaranasan, one of the greatest poets of modern kerala is laid to rest here. He was the p.D shelly of malayalam literature. Kumaranasan brought great changes in literature and could give the clarions call for changing the society also.



CHAPTER 3: CASE STUDY -1

BRAHMA KUMARI OM SHANTI RETREAT CENTRE HARYANA

The Om Shanti Retreat Centre (ORC) is a unique learning centre of the Brahma Kumaris, that provides higher education in the art of living as well as training. It was inaugurated by the then Honorable President of India Dr. APJ Abdul Kalam, on 19th April, 2003.

Location-Om Shanti Retreat Centre ,BrahmaKumaris, NH-48, Near Bilaspur Chowk, Pataudi Road, Haryana 122413

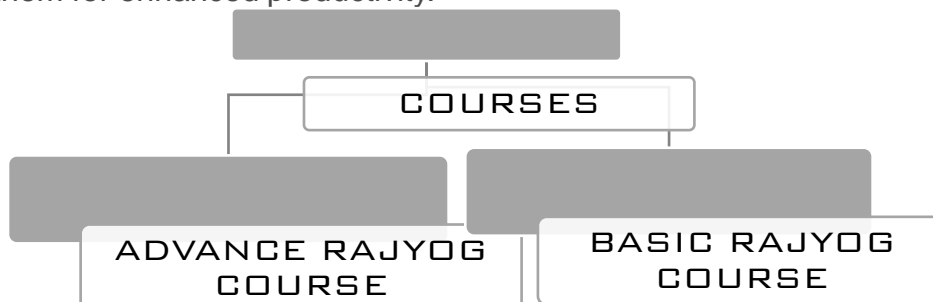
Area- 28 acre

Vegetation –PALM TREE , ASHOKA , GULMOHAR



AIM AND OBJECTIVES

To help people maintain a good life-work balance through the effective technique of meditation. A To help people rediscover their true inner potentials and strengths and to maximize them for enhanced productivity.



AMENITIES

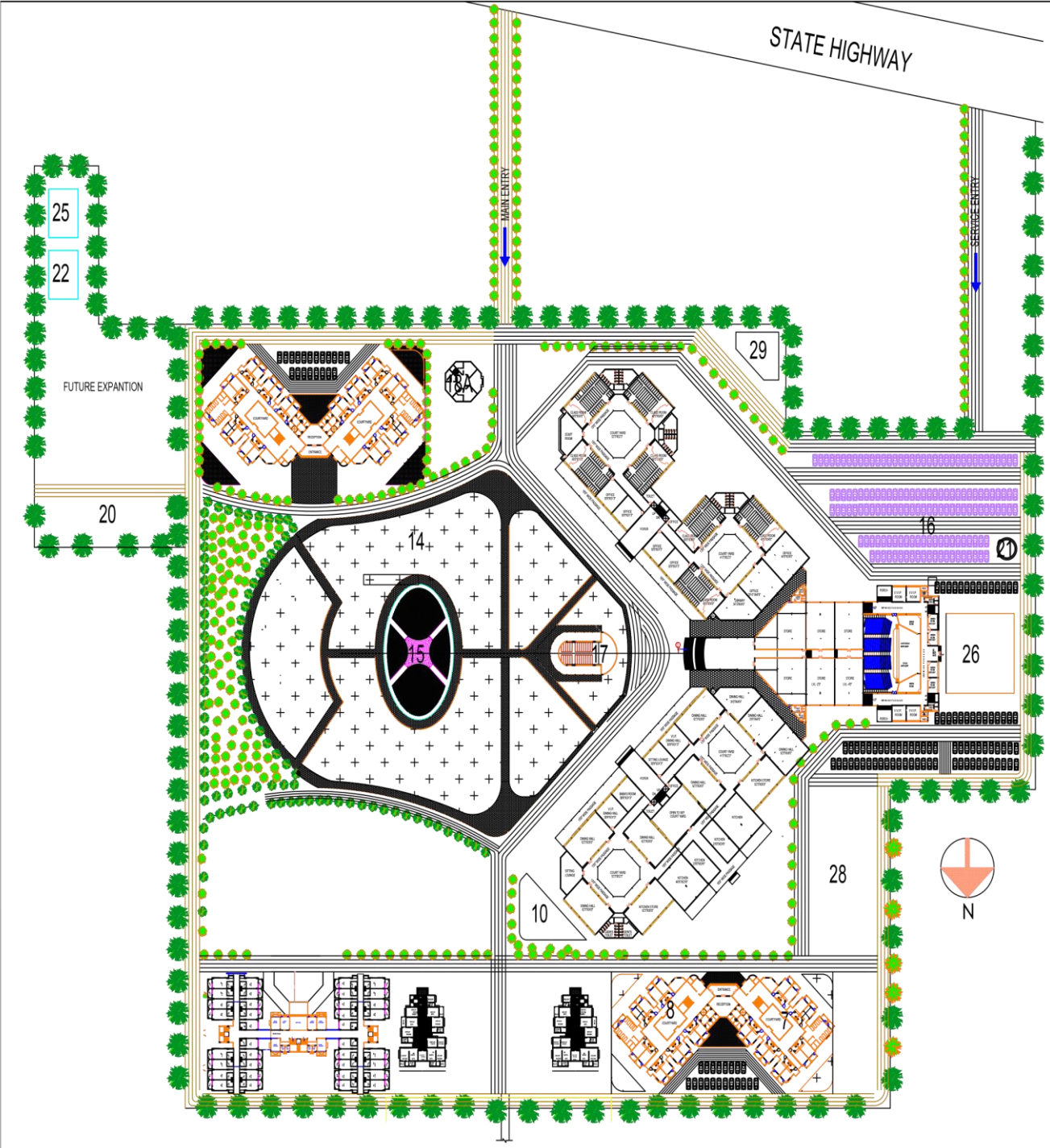
Training Centre' comprises of 2 board rooms, 5 training halls of 150 seating capacity & a mini auditorium of 450 seating capacity.

AIM AND OBJECTIVES

To help people maintain a good life-work balance through the effective technique of meditation. A To help people rediscover their true inner potentials and strengths and to maximize them for enhanced productivity.

- Saying No to Overcoming Stress
- Inspirational Leadership
- Building Interpersonal Relationships
- Time & Task Management
- Building Teams-Accumulating Success
- Anger Management
- Overcoming Ego
- Conflict Resolution
- Digital Detoxification
- Overcoming Fear of Uncertainties
- Developing Inner Powers
- Managing Mind in Turbulent Times
- Challenge the Challenges
- Work Life Integration
- Self Motivation
- Effective Communication
- Spirituality in Daily Life





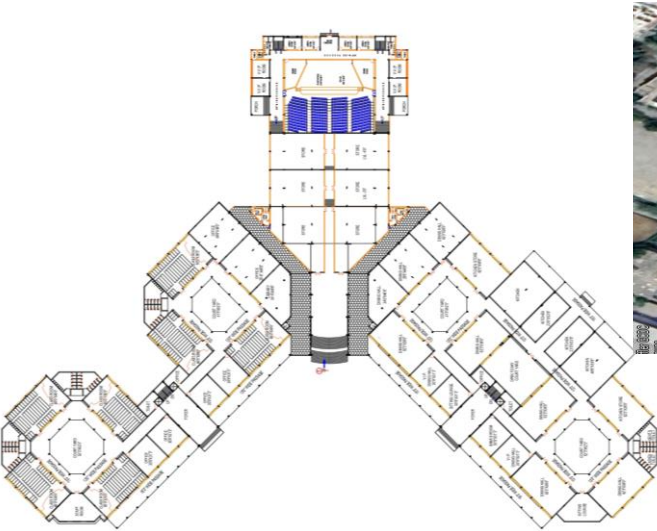
AMENITIES

- 1 auditorium 2110 persons
- Mini auditorium-800 persons
- 3 training hall 225 persons (8 halls)
- 4 office/administration
- 5 exhibition gallery
- 6 dining kitchen
- 7 accommodation for trainees (long term course) 42 rooms, 123 beds
- 8 accommodation for trainees (short term course) 42 rooms, 123 beds
- 9 accommodation for international guests & vip guests 84 rooms, 246 beds (ground +2)
- 10 meeting place (chandni chowk-land area-1294 sq. Yds)
- 11 accommodation for elders and senior sisters 8 suit rooms/staff room (ground +1)
- 12 accommodation for senior brothers 8 suit rooms/staff room (ground +1)
- 13 accommodation for v.Vi.P.S 8 suit rooms/staff room (ground +1)
- 14 central park (land area =25486 sq. Yds)
- 16 fountain & pyramid
- 16 parking
- 17 meditation hall
- 18a reception information
- 18b administration
- 19 children amusement park (land area-5525 sq. Yds)
- 20 baba cottages
- 21 overhead water tank
- 22 staff quarters
- 23 accommodation for inmates brothers 36 rooms, 138 beds (ground +2)
- 24 accommodation for inmates sisters 36 rooms, 138 beds (ground +2)
- 25 carpentry furniture/store 26 land for plant & machinery
- 27 kitchen extension
- 28 volley ball/play ground
- 29 dispensary

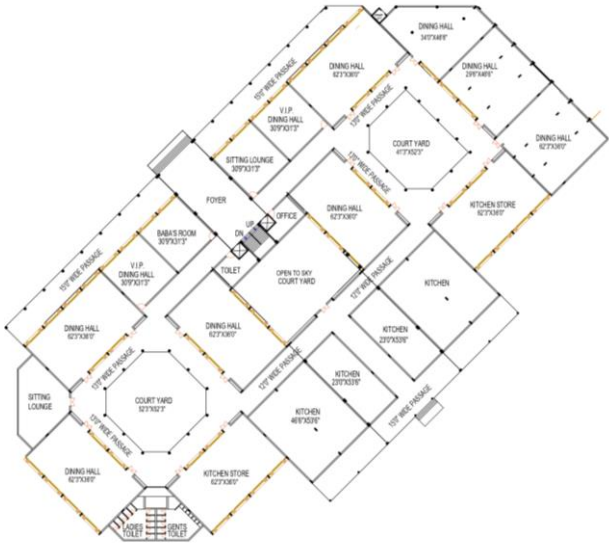




SPIRITUAL GALEERY



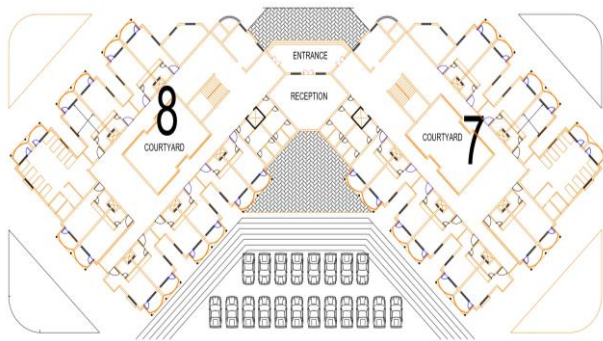
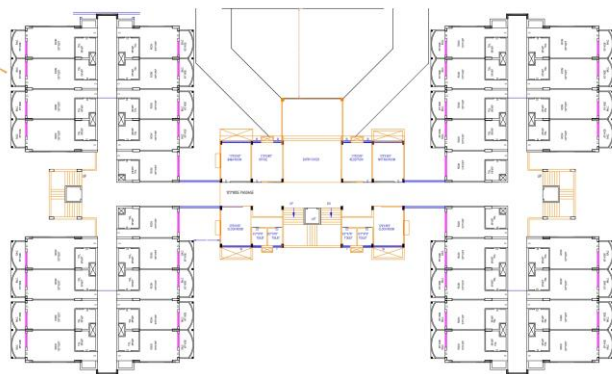
KITCHEN/DINING AREA -5530 SQ MT



TRAINING CENTRE AREA -5530 SQ MT

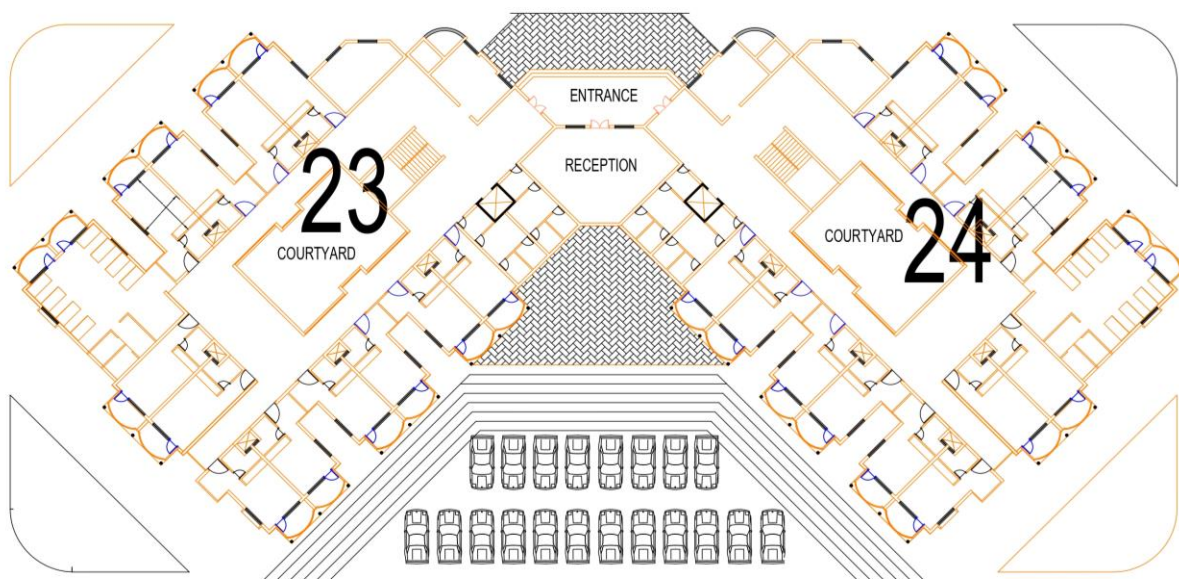


accommodation for international guests & vip guests 84 rooms, 246 beds (ground +2)



7 accommodation for trainees (long term course) 42 rooms, 123 beds

8 accommodation for trainees (short term course) 42 rooms, 123 beds



23 accommodation for inmates brothers 36 rooms, 138 beds (ground +2)

24 accommodation for inmates sisters 36 rooms, 138 beds (ground +2)



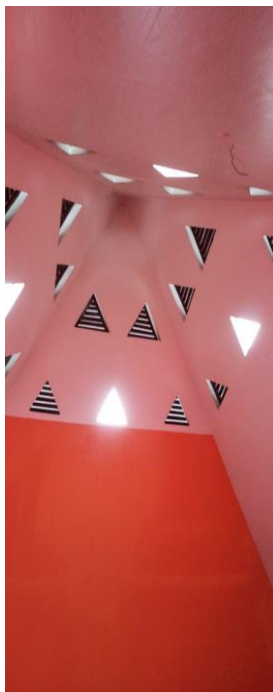
AUDITORIUM

capacity of 2300 people it is used for cultural programs and functions. Simply design auditorium having a comfortable seating for 2300 users. The color scheme they had used in this auditorium which are simple white, and on the stage area they had used the symbol of om shanti and shiv baba photos. Third picture shown the acoustic treatments on the ceiling. They used sustainable material like wooden wool panel on ceiling.



MEDITATION HALL

A large meditation room and a pyramid are located at the campus for experiencing deep meditation experience and inner silence. In this case study they show me two type of meditation room in which one are pyramid shapes and other are semi dome type of room called baba kakamara.



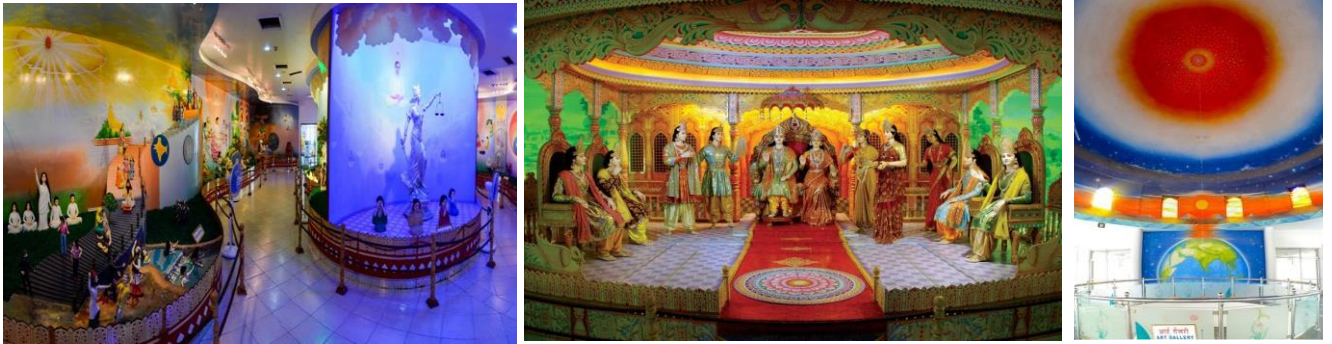
BABA KA KAMRA



They used orange color on one wall because Orange is often described as an energetic color. It may call to mind feelings of enthusiasm and excitement. And white color on other walls White often symbolizes cleanliness, purity, and safety.

SPIRITUAL GALLERY

In this art gallery they described satyayuga to kalyuga theory of heaven. How to control on our soul how to spread positive energy etc. Person experiences all the ages according to the world drama wheel golden age, copper age. The art gallery design like a heaven they had used the cosmic art on the ceiling. Windows are painted and show the sky kind of things on windows.



Why they had used hemispherical shape ceiling- The hemispherical vase or dome symbolizes water. As you can see, the stupa's dome shape came to be thought of as the image of a person sitting in meditation, much like the Buddha did when he attained Enlightenment and learned the Four Noble Truths. I think the high ceilings emphasize how important it is to have a space where we may connect with God. First of all, the majority of Catholic churches, temples, mosques, etc. have extremely high ceilings. Additionally

PAINTING ON CEILING

They had use paintings on wall and ceiling so that people can convey their sentiments and emotions through painting without using words. Painting is a terrific way to get inner ideas out because it might be difficult to open up sometimes. People who paint use art to get over their shyness and show who they are.



DINNING SPACE

FOR 120 PEOPLE They have four dining spaces for people in which one is for vip dining space. People wash their utensils by them self. They have used neutral color scheme in interior of dining space. dining area for staff 30'-9"x31'-3", second picture shows washing area for utensils.



LANDSCAPING AND SERVICES

The landscaping of this place had very soothing, as you know that Gardens provide psychological, social, physical, emotional, and spiritual benefits to humans. A large part of this is because of the positive reactions humans have to nature, so it is important for healing gardens to have lots of green vegetation, flowers, and water elements. This leads to measurable psychological, physiological, and behavioral benefits, such as reduced anxiety, sadness, and other negative moods, lower blood pressure and improved immune functioning, and better compliance with treatment protocol.

One explanation for this is that nature provides a respite from the constant effort to screen out competing stimuli in our busy lives. Because humans find nature inherently engrossing, we don't have to make an effort to focus when presented with natural views. This reduces mental fatigue and refreshes the mind.



SERVICES

Here you can see the batter used of solar panels and this is a self sustain kind of place they have their own water tank, water filtration plant, irrigation system, organic waste treatment system bio gas plant, sewage treatment plant. A self sustain place By these kind of re-cycle works



solar system (om shanti retreat center Haryana



INFRANCES FROM LIVE CASE STUDY In this case study I investigate about architectural elements and their impact on human and how the architectural elements connect with the nature and spirituality and what kind of space do we need to calm our mind. observed the way they live in that kind of built environment how they heal, role of built forms, materials, sustainability, landscaping, infrastructure which type of facility they had provides for their students.

CHAPTER 3: CASE STUDY -2

NATIONAL , DRUG DEPENDENCE TREATMENT CENTRE ,AIIMS,GAZIABAD

The drug dependence treatment centre ,aiims was established in 1988 and functioned from deen dyala upadhyay hospital,new delhi,was upgraded,national centre and fully operational in ghaziabad since april 2003

Location- sector-19 kamla nehru nagar ,cgo complex,ghaziabad

Architect-hospital services consultancy corporation(india)

Site **area** **-40677** **sqm**
(10 acre)

Ground coverage- 11.62% total built up 4730sqm

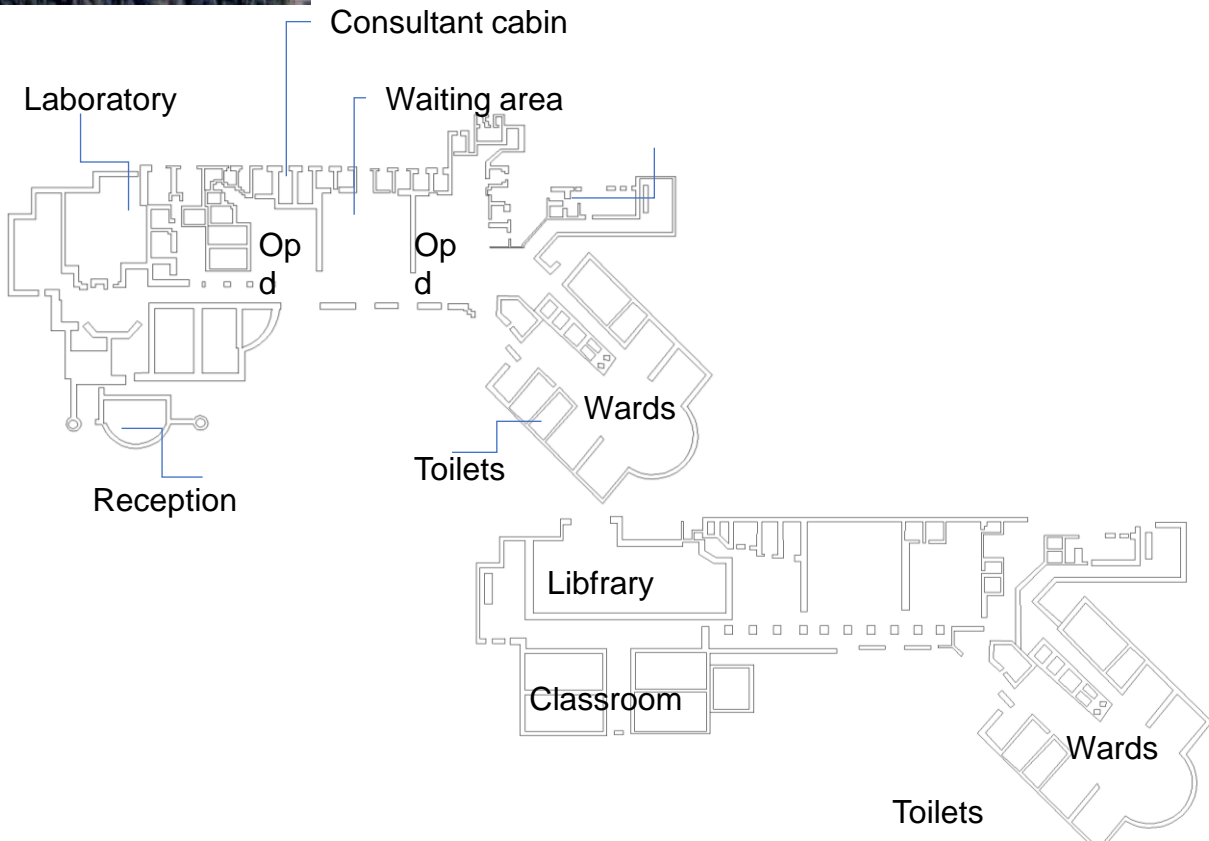
Access to site- – there are 2 entries to the site but at present (working) only one entry to the site

Approach-

Bus stand -7km

Railway station -20 km

Parking building has 24 four wheeler parking space for staff 11 for visitor &patient 38 for hostel block



Opd block



Main entry



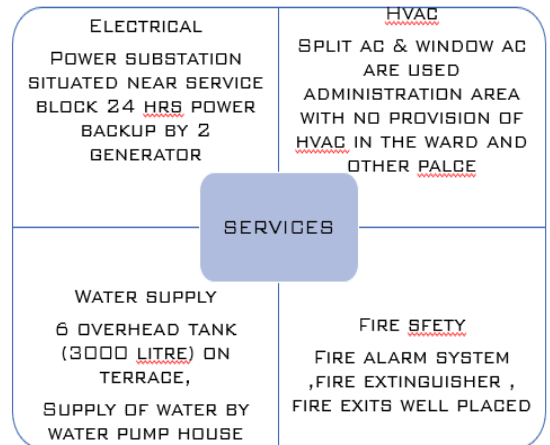
Wards



Waiting area



Registration



Light and ventelation

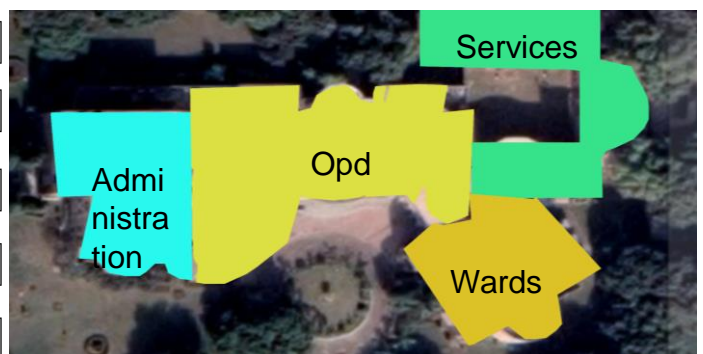
Light play an important role in a drug addict treatment and is necessary to keep the patient away from darkness which might remind them of past depreeionoe drug craving

Plenty of lighting and ventelation is provided thorough the help of high lintel glazed window and doors

Use of jalli and sky lights are used in public waiting area giving a marvelous effect of brightness and openness

Voids have been provided to light up the corridors

CAPACITY	FACILITIES
STAFF-20 DOCTOR ,20 NURSE	TOBACCDOE USE CESSATION CLINIC
NO. OF PATIENT 50	GNERAL OPD
WARDS	CONSULTATION DEPARTMENT
50 BED ,25 PER FLOOR	DUAL DIAGNOSIS CLINING



CHAPTER 4: LITERATURE STUDY-1

ART OF LIVING BANGLORE

Founded in 1981 by Sri Sri Ravi Shankar, The Art of Living Foundation is a not-for-profit, educational and humanitarian NGO (Non-Governmental Organisation) engaged in stress-management and service initiatives. The organisation operates globally in 152 countries. Location –bangalore

Micro climate of the area- tropical wet and dry

Site area- 800 acre

Guests: 45% Foreigners

Daily Basis capacity: 10,000 people Focus: Inner peace and Violence free society Maximum number of floors: G +5 floors (Vishalakshi Mantap) Façade: Plastered brick walls.

Vishalakshimantap(meditation and satsangs hall central focus)

. It comprises five stories, each representing one of the five elements, and is constructed in the form of a sriyantra. It has elaborate halls where meditations and satsangs take place. The thousand-petalled, lotus-shaped building is an exquisite fusion of contemporary technology and vedic architecture. The largest "kalash" in asia, measuring 15' ft 3" in height, is adorning the building's glass dome.(Overview @ www.Artofliving.Org n.D.)

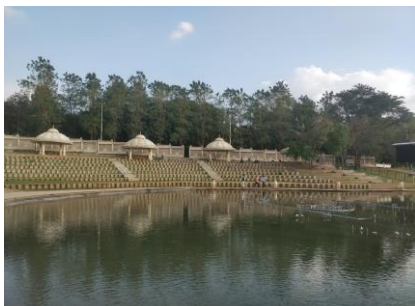
- Height- 89.93 m
- Diameter- 93.82m
- Location: a high rock on the outskirts of bangalore;
- Capacity: 8000; purpose.



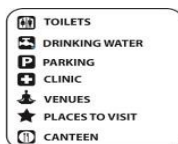
Enrty gate



AASHRAM HALL



LAKE VIEW



SATSANG TIMINGS :
Week Days : 6.30 pm - 8.00 pm
Sunday : 4.30 pm - 6.00 pm

KITCHEN TIMINGS :
Breakfast : 7.45 pm - 9.00 pm
Lunch : 12.30 pm - 2.00 pm
Dinner : 8.00 pm - 9.00 pm

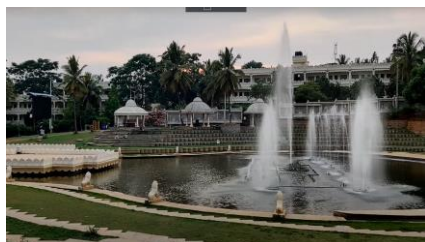
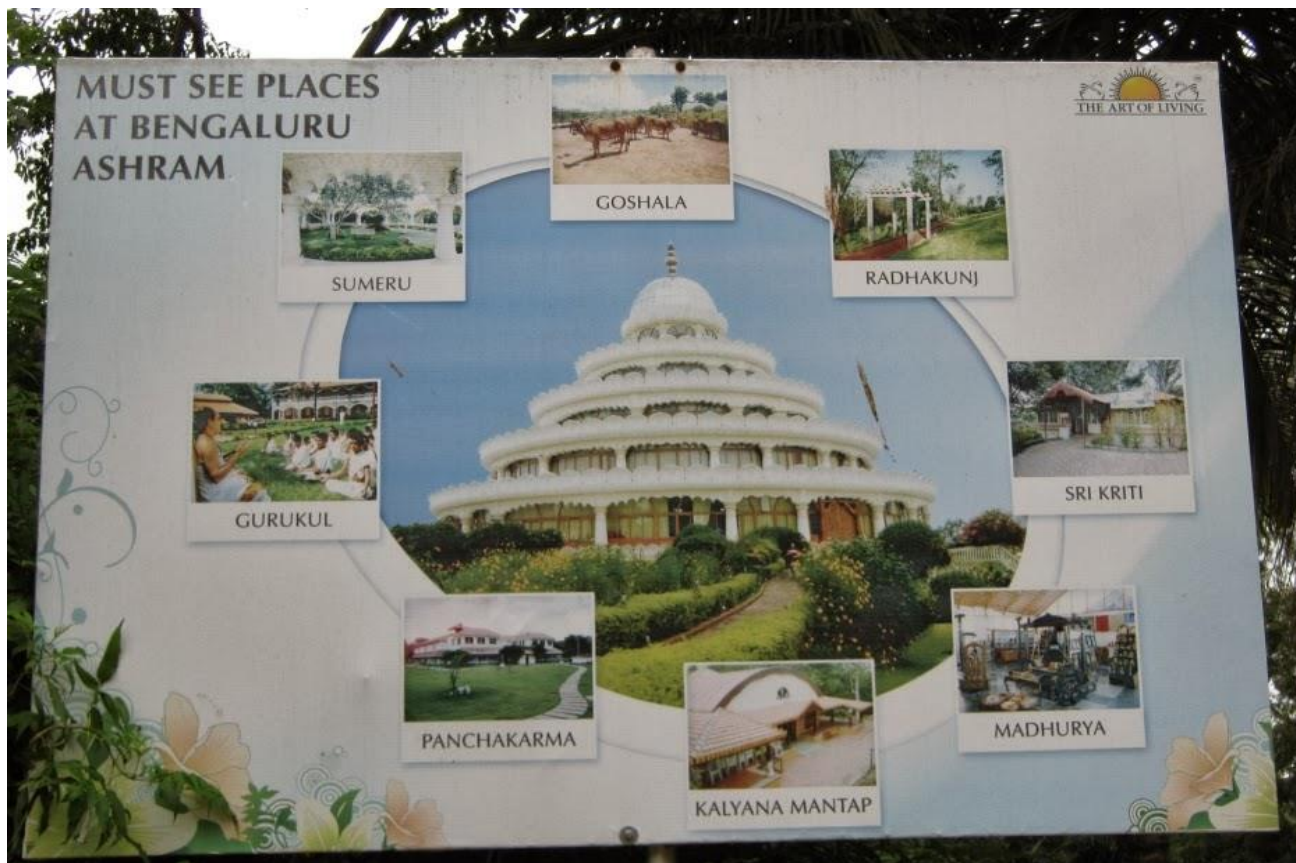
SERVICE COMPLEX 1 :
GROUND FLOOR :
ATM, Aol HR, Cyber cafe, Sumuru Travels, DSY
1st FLOOR :
General Stores, Madhurya, Rishimukh

SERVICE COMPLEX 2 :
Sikriti, Wellness center, Divine 22 Services, Ayurveda Pharmacy



Art of Living Ashram,

21km Kanakapura Main road, Udayapura, Bangalore. Contact No. : 080-67262626/27/28



IT IS AN OPEN AMPHITHEATRE ,MADE WITH A CONCEPT OF PADUKAN(GURU FEET) ACCOMODATION CAPACITY 1000 PEOPLE

GURU PADUKAN VANAM



CAFÉ VISHALA



ANUPARNA KITCHEN AND DINING HALL



VISHALAKKSHI MANDAP



SRI SRI YOGA SCHOOL

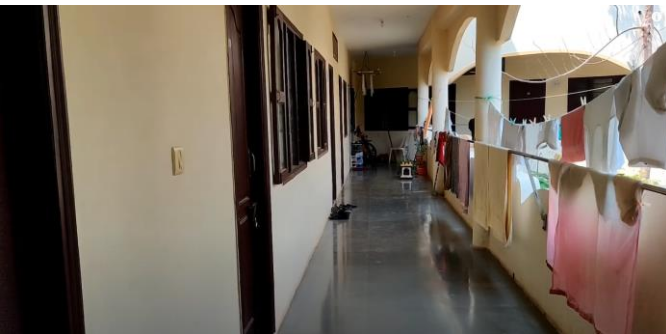


SRI SRI PANCHKARMA CENTRE

KNOWN FOR AYURVEDIC SPA , AND TREATMENTS



SHOPS AT THE ENTRY



ACCOMODATION

LOTUS SHAPE MANTAP , LOCATED AT HIGHEST POINT AT AASHRAM WHERE U CAN SEE FULL AASHRAM

LAGRE KITCHEN ABLE TO FEED 60000 PEOPLE A DAY,KITCHEN RUN BY VOULNTEERS



SRI SRI GURUUL

STUDENTS FROM ALL OVER INDIA COME HERE TO LEARN NEW TCHNIQUES AYURVEDA,RITUALS AND MUCH MORE



OLD AASHRAM

USED FOR WEDDINGS ,AND CELEBRATION



SUMERU MANTAP

Inference:

- The site is located in a calm area which is accessed easily as it is at the 21st km from the kanakapura town.
- But since the site is huge accessibility within the site is difficult without a vehicle.
- Consideration toward physically challenged are not given during the design process.
- Separate training centre for kids play a varied part when compared to the other similar buildings.
- Importance given to nature to attain peace is an important factor followed throughout the design process.
- Due to lot of buffer spaces the premises remain silent and the functions of the spaces are well considered while designing.
- Spaces are provided with fine facilities in a low budget.
- Importance is given to comfort level of the person rather than the luxury factor.

Features:

- Lot of openings are provided.
- Maximum use of colours like beige, brown, white and off white.
- Design integration with landscape.
- Lotus symbol utilised for the evolution of the concept in various spaces.
- Lighting plays a vital role in every space.
- Natural lighting and ventilation are additional factors

Services:

- Water supply is provided from ground water as well corporation water.
- 60% of the electricity is extracted from the solar power.
- There is a separate transformer yard within the site from which electricity is passed on to the various distribution boards within the four zones.
- Wastes from the kitchen are recycled with their separate recycling plant which recycles waste in a more natural way.
- Provisions for r.O plant and sewage treatment plant are also given.

Materials:

Materials used are brick, cement, marble and mosaic. P.O.P is used for detailing. Redox and marble are used in most of the spaces for flooring. Furniture's are made of wood.

CHAPTER 4: LITERATURE STUDY-

MUKTANGEN REHABILITATION centre ,PUNE

Location: pune, maharashtra

Client pune :muktangan mitra

Design team: shirish beri, sikandar nadaph, prabhakar karambalkar

Structural design: sanjay a. Patil. Ben architects and engineers pvt. Ltd

Built up area: 1,660 sqm

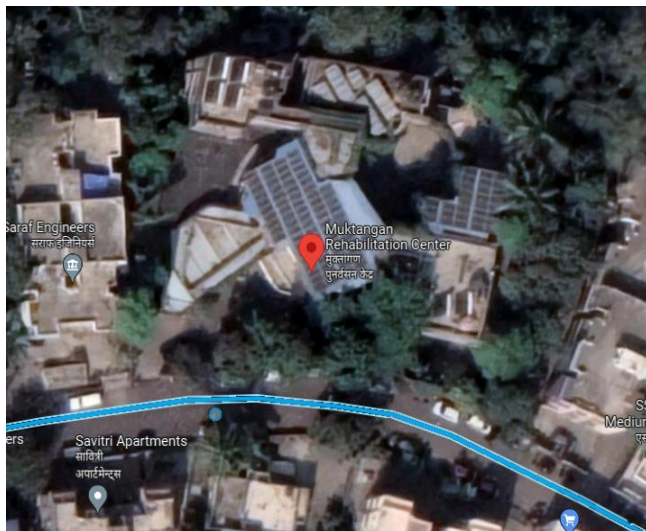
Location: alandi road about 6km away from pune station

-the center is spread on a site of 1.5 acres. There is a slope to the site towards nala there is only one entry to the de-addiction center.

He same entry is also used for service purposes

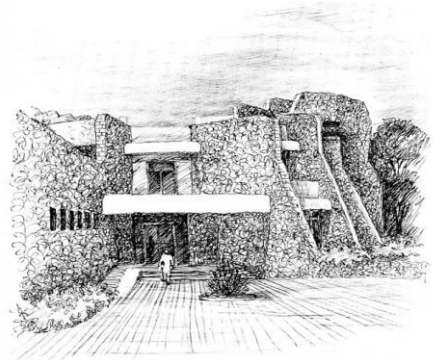
There is sufficient staff and visitors parking for 20 two-wheelers and 5 cars.

The center owns an ambulance in case of emergency service.

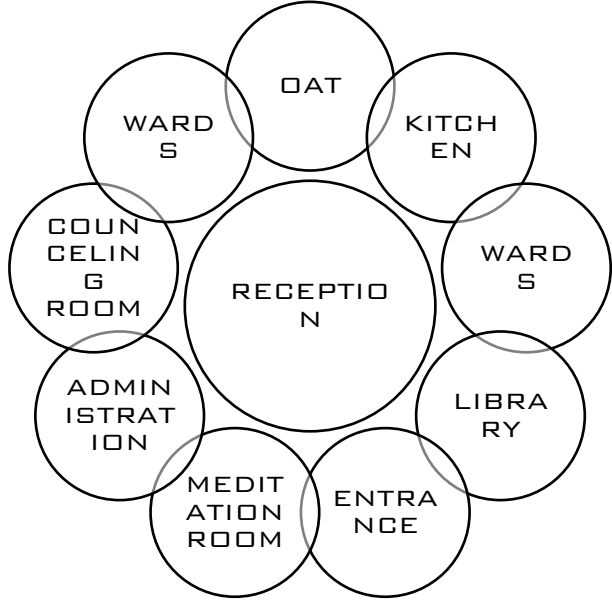


Muktang was formed in 1986,for 3 years it was jointly administrated by muktang and the central institute of health and research, since 1989 muktang de-addiction centre function independently .Muktang mitra is a public charitable trust dedicated to the treatment of substance in the field of drugs& alchohol de-addiction today its treatment ,odule of 5 weeks based on gandian principles ,rational emotive behaviour therapy and alcholic anonymous is considered as a role model and recommended by the concerned authorities

Ground floor plan



Flow diagram



materials used:

- a) rcc structure and stonewalls.
- b) there is a combination of stonewalls and well plastered walls.
- c) flooring is mainly kota flooring
- d) windows and doors-m.s. yellow colour frames and semi-transparent shutter)
- e) exhibition hall and yoga hall-ceiling-dark colour sand faced plaster
- f) lecture room-carpet on flooring and light coloured walls.

THE BASIC PLAN IS RADIAL LAYOUT WITH A CENTRAL OPNE SPACE ALLOWING DIFUSED LIGHT IN TO THE RECPEION AREA, THE ABSENCE OF VISUAL BARRIER FROM THE RECEPTION TO THE OTHER AREA MAKES THE BEST OF THE SPACES EASILY VISIBLE ,THE PRIVATE SPACES LIKE MEDITATION ROOM IN THE FRONT AREA MAKES IT PERMEABLE TO ALL KIND OF THE TRAFFIC

THE MASSING OF BEAMS THAT ACT AS A SUN SHADE DEVICE CREATE OPTIUM LIGHTING CONDITON



FUCNTION	AREA (SQM)	STATISTICS	
WAITING AREA	27	NO. OF PATIENT	100
GENERAL WARD	93	DOCTORS	3
COORDINATOR	15	COUNCELORS	2
CONSULTING ROOM	8	PSYCHOLOGIST	8
PSYCHIATRIST	8	PROJECT MANAGER	1
SOCIAL WORKER	8	ADMINISTRATION	6
EXHIBITION HALL	100	PSYCHIATRISTS	8
SERVANT ROOM	13	SOCIAL WORKER	4
STORE	8	GAURDS	3
KITCHNE	25	COOK	2
DINING HALL	100		
GAS	4		

Comparative study

National , drug dependence treatment centre , <u>aiims, gaziabad</u>	MUKTANGAN REHABILITATION CENTRE,PUNE
BED CAPACITY-50	BED CAPACITY100
Area-40677sqm (10 acre)	1,660 sqm
Ground coverage- 11.62%	38%
Staff -40	Staff -35
50 bed ,25 per floor	93
LOCATED AT THE OUTSKIRTS OF THE CITY,NOT MUCH PATIENT CAN STAY IN TOUCH WITH THE CENTRE FOR FOLLOW UP PROGRAM	THE CENTRE IS ISOLATED FROM LANDMARKS TO PROTECT IT FROM HUSTLE OF THE CITY ,IS SITUATED IN RESIDENTIAL AREA
CAMPUS SHALL BE DESIGNED ACCORDING TOH SITE RESPECTION THE NATURAL LANDFORM	CAMPUS SHALL BE DESIGNED ACCORDING TO ITS SITE ,RESPECTING ITS NATURAL LANDFORM
HIGHT LINTEL, GLAZED WINDOW AND SKYLIGHT ARE PROVIDED TO ALLOW MAXIMUM ACCESS TO NATURAL LIGHTING	THE SMALL ENCLOSED LANDSCAPE AMPHITHEATRE BREATHES LIGHT AND JOY IN THE BUILDING
CAMPUS TYPE PLANNING FUCNTION BASED NOT MUCH ATTENTION TO AESTHETIC ,GIVING AN INSTITUTE LIKE FEELING	INWARD PLANNING –CREATING AN ENVIRONMENT AWAY FROM OUTSIDE WORLD FOR THE PATIENT
SEPARATE OPEN AND CLOSED SPACES FOR RECREATION PURPOSE	NO SEPARATE SPACE FOR RECREATION
6 BED IN ONE CUBICLE IS PROVIDED PROVIDING THEM ENOUGH PRIVACY AND INTERACTION ,SINCE PATIENT SPEND MOST OF THE TIME IN WARDS	WARD ARE QUITE CONGESTED

ART OF LIVING BANGLORE	OM BRHAMAKUMARI RETREAT CENTRE
Area -800 acre	28acre
Auditorium -2300 capacity	Hall –capacity -1000
Dining space -120 people	Dining space-60000people per day
Meditation hall- dia-39.82 m	1573 <u>sq m</u>
Capacity -8000 people	Capacity -1000 people
Materials used are brick, cement, marble and mosaic. P.O.P is used for detailing. Redox and marble are used in most of the spaces for flooring. Furniture's are made of wood	They used orange color on one wall because Orange is often described as an energetic color. And white color on other walls White often symbolizes cleanliness, purity, and safety.
No <u>Sipritual galary</u>	<u>Sipritual galary</u>
Accommodation-400 rooms	150 rooms

LITERATURE STUDY

STANDARDS FOR MEDITATION

AS PER STANDARDS REQUIRED SEATING SPACE PER PERSON WOULD BE 2 SQM BASED ON THIS THE AREA REQUIRED FOR THE SPACES ARE AS FOLLOWS:
 2ND OF PERSONS IS THE AREA REQUIRED PER MEDITATION HALL. PRE MEDITATION SPACE AIR HALL (SEMI OPEN STRUCTURE)
 - 2*30=60 SQ.M
 WATER HALL (GENTS) - 2*30=60 SQ.M
 WATER HALL (FEMALE) - 2*30=60 SQ.M
 FIRE HALL - 2*30=60 SQ.M 18
 SPACE HALL - 2*30=60 SQ.M
 EARTH HALL - 2*30=60 SQ.M
 TOTAL AREA OF PRE MEDITATION SPACE IS 360 SQM.
 TOTAL AREA REQUIRED FOR SEVEN STAGES HALL WOULD BE 900 SQM

4.4.1 Human Ergonomics



Figure 77 Body measurements, Architecture Data

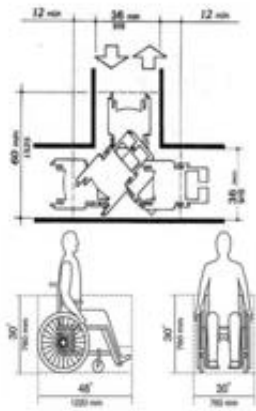


Figure 78 Wheelchair dimensions, Architecture Data

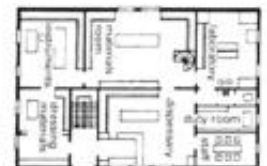


Figure 79 Posture for medical and hospital, Architecture Data



Figure 87 Counselling room, HRN

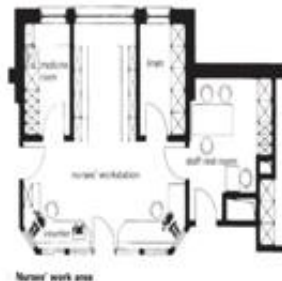


Figure 88 Nurse's workstation, Architecture Data



Figure 89 Administration Area, HRN 00-03

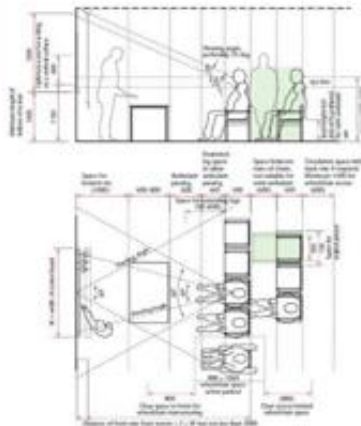


Figure 90 Space requirements for various activities, HRN 00-03



Figure 101 Seminar room, HRN 00-03

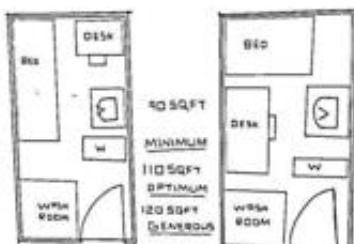


Figure 91 Diagrammatic arrangements of rectangular room, HRN 00-03



Figure 92 Kitchen space requirements, HRN 00-03

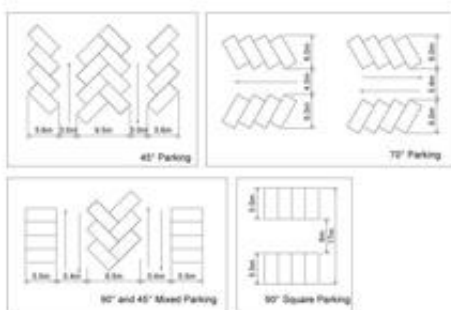


Figure 93 Examples of typical parking layouts

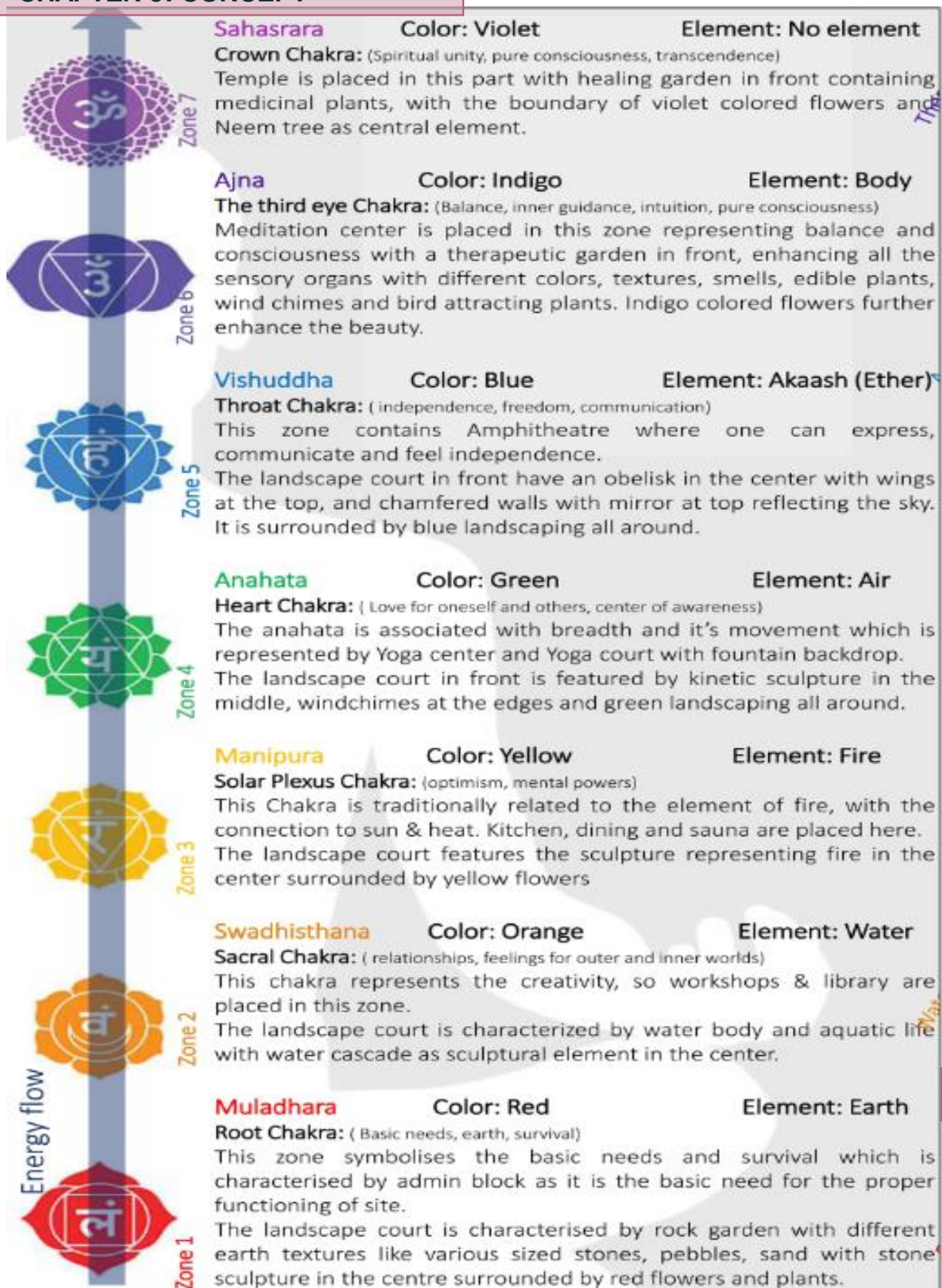


Figure 94 Bedroom, One Bed, Standard - 120 SQM (27' x 33')



Figure 95 Bedroom, Two Bed, Standard - 120 SQM (27' x 33')

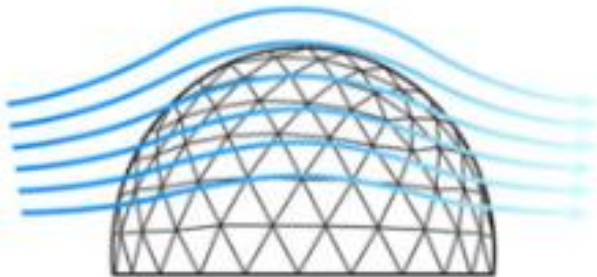
CHAPTER 5: CONCEPT



FORM EVOLUTION

Form of the meditation centre is based upon the geodesic dome structure. A geodesic dome is a unique highly stable ecological structure. Geodesic dome homes have been built around the world in varied climate. It is the strongest and most efficient human shelter ever conceived. They are extremely strong for their weight due to their triangular surface that provides an inherently stable structure with a natural resistance to external factors like earthquakes up to 8.5 on the Richter scale, Wind up to 320 km/hr due to the aerodynamic shape and loads up to 20 tons per point of structure.

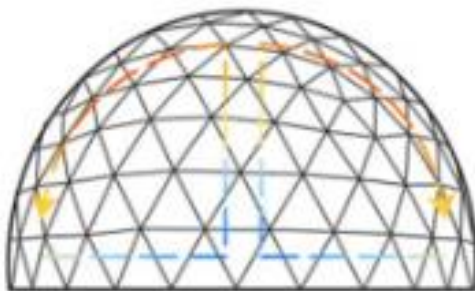
Wind & Storm Resistance



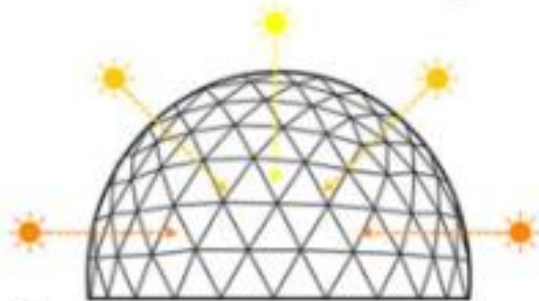
Uniform Temperature



Air Flow & Ventilation



Maximum Solar Gain & Light



PLANNING CRITERIA

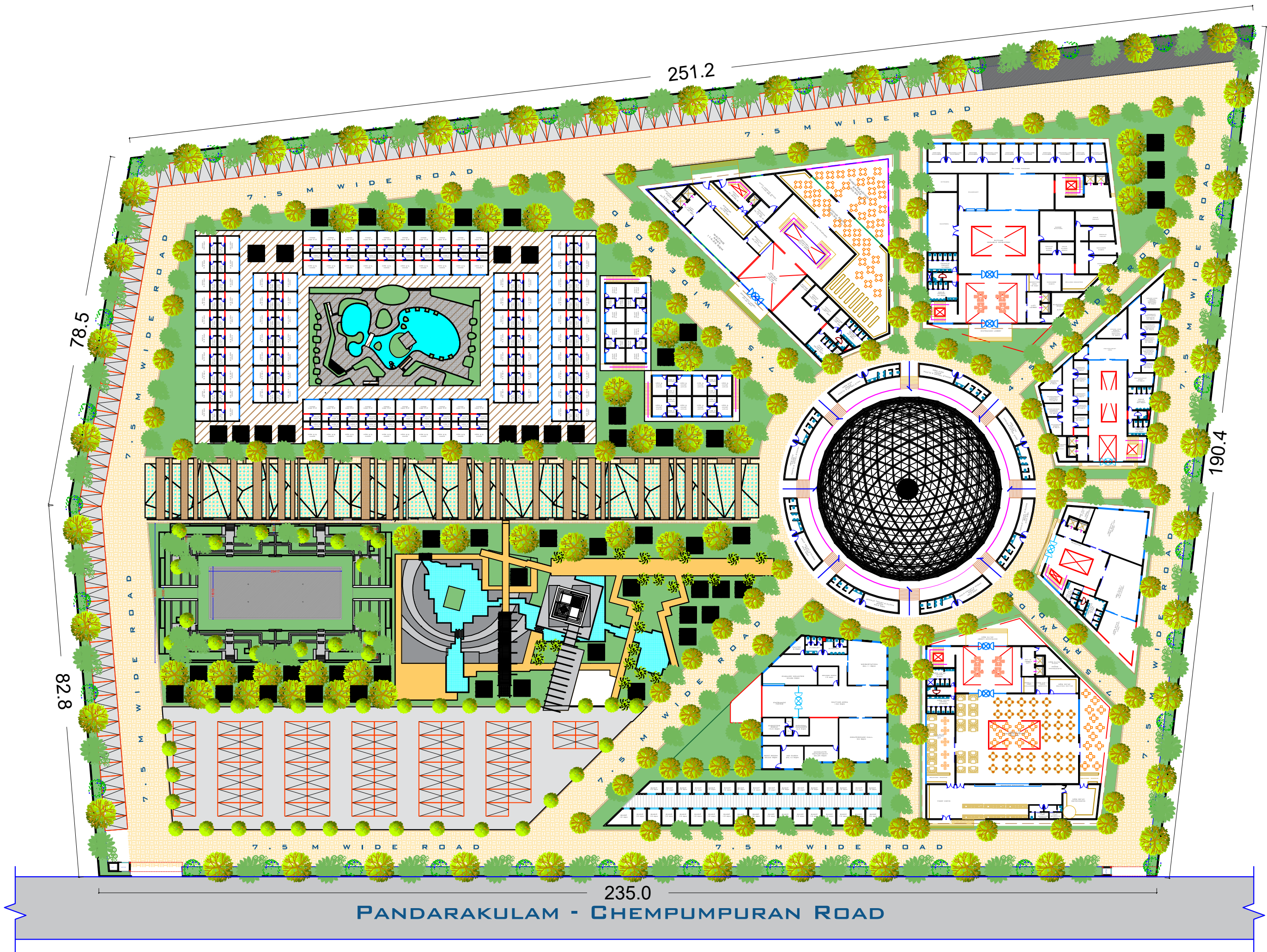
It consists of a dominant central space from which a number of linear organizations extend in a radial manner. The central space created through this organization urges for interaction. It combines both centralized and linear organization.

CHAPTER 5: AREA ANALYSIS

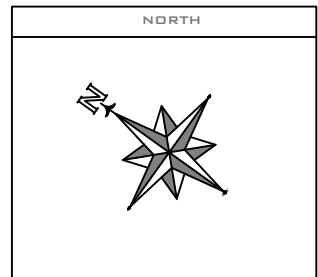
MEDITATION CENTRE (1000 PEOPLE)	Column1	Column2	Column3	Column4
REQUIREMENTS	QUANTITY	CAPACITY	AREA (SQM)	TOTAL AREA
ENTRANCE FOYER		100	1.5SQM/PER	150
RECEPTION AND WAITING		15	45	45
VISITOR CENTRE		35	100	100
MANAGER ROOM		1	30	30
P.A. ROOM AND WAITING		10	25	25
CONFERENCE HALL		25	2	20
SUPPORTING STAFF OFFICE		15	50	50
ACCOUNTING SECTION		3	15	15
STORE			40	40
PANTRY			9	9
TOILET MALE		4WC4W 4U	12	12
TOILET FEMALE		7WC 7WB		25
TOILET DISABLE		1		25
CIRCULATION			0.25	137
ADMINISTRATION				683
LIBRARY & WORKSHOP				
ENTRANCE FOYER	1	100	1.5SQM/PER	150
MANAGER ROOM	1	1	30	30
ADMINISTRATION	1	10	2.5	25
LOCKER ROOM	1		50	50
STORE	2		30 EACH	60
BINDING SPACE	1		15	15
UTILITY ROOM	1		15	15
AUDIO VIDEO ROOM	1		30	30
ISSUE COUNTER	1	2	6	6
STACKING AREA	2	10000 BOOKS	145	290
READING AREA	2	500	25SQM	1250
GALLERY	0.03		150 EAH	450
WALL PROJECT GALLERY	2		150 EACH	100
EXHIBITION SPACE	2		300 EACH	600
MANAGER ROOM	1		30	30
GALLERY COORDINATOR	3		120	120
FLEXIBLE SPACE	2		450 EACH	900
STORAGE	3		100 EACH	
WORKSHOPS	5	30	50 EACH	250
MAINTANENCE ROOM	1		15	15
TOILET MALE	2	3WC 3WB24U	35 SQM	70
TOILET FEMALE	2	5WC 5WB	20 SQM	40
TOILET DISABLE	1			40
CIRCULATION	0.25			700
				5086
ANCILLARY FACILITIES				
GUARD ROOM	2		9SQM	18
GENERATOR ROOM	1		60SQM	60
MAINTANENCE ROOM	1		20 SQM	20
CHANGING ROOM	2		100	200
STORAGE	2		25 EACH	50
TOILET MALE	1	4WC 4WB4U	25 SQM	25
TOILET FEMALE	1	7WC 7WB	25SQM	25

				398
MEDITATION HALL		1000	1.5SQM	1500
YOGA HALL		1000	1.5SQM	1500
ACCOMODATION				
RECEPTION AND LOBBY	1		10	20
GUEST ROOMS	40		10	1200
STAFF	8		15	120
VIP GUEST	10		30	300
TENTS	10		10	300
MANAGER ROOM	1		20	30
STORE ROOM	1		30	30
				2000
DINNING AREA				
KITCHEN	1		100	100
CAFETERIA	2		30	60
FOOD STORAGE	1		30	30
WASHING AREA	1		25	25
LOADING UNLOADING DECK	1		20	20
TOILET	3		50	150
MESS	1		200	200
				600
RECREATIONAL AREA				
AYUR VEDIC GARDEN				APR
AMPHITHEATRE				APR
SWIMMING POOL				APR
OUTDOOR ZONES				APR
				600
THERAPY BLOCK				
ARRIVAL WAITING AREA	1		20	20
NATURE, HYDRO THERAPY	2		50	100
PANCHKARMA THERAPY	2		50	100
SPA	4		20	
TREATMENT HALL	2		20	40
STAFF OFFICE	2		25	50
STORAGE	2		20	40
PANTRY AREA	1		20	20
TOILET	2		50	100
				560
PARKING				
2 WHEELER	100			
4 WHEELER	50			
DRUG REHABILITATION CENTRE (30 BEDS)				
Out Patient Area				
Consultation chambers			1.8	54
Counselling room			1.8	54

Waiting area			4	120
Staff toilets			1.2	36
Patient toilet complex			3.6	108
Pharmacy			2.4	72
Drug dispensing room			1.2	36
Records and registration room				0
Outpatient registration			1.2	36
Admission office			1.2	36
Medical records office			2.4	72
Storage room			1.2	36
Administrative area and stores (only if not shared with the hospital)				0
Room for Officer / Sister in charge			1.2	36
Room for accounts personnel			1.2	36
Store room			3.6	108
Wards				0
Beds (8 m2 per bed X 10 beds)			8	240
Nursing station with toilet			1.8	54
Interview / treatment room			1.2	36
Doctor's Duty room			1.8	54
Nurses Changing room			1.2	36
Ward store			2.4	72
Patients relatives waiting area with toilet			1.8	54
Sluice room			1.2	36
Group D room			1.2	36
Ward pantry with drinking water facility			1.2	36
Staff toilets			1.2	36
Patient toilet complex			3.6	108
Recreation/rehabilitation/activity room			2.4	72
				1710
Add 30% extra for circulation space			0.3	513
TOTAL AREA				2223

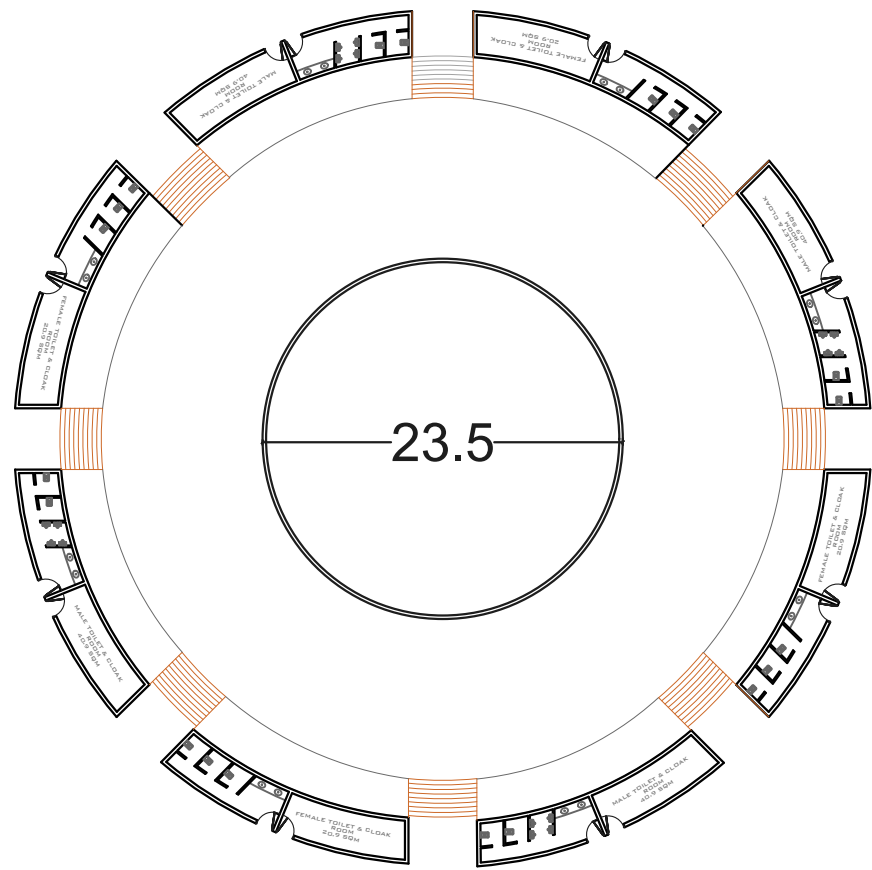


CALCULATIONS	
PARTICULARS	AREA (SQ. M)
PLOT AREA	40468.00
GC REQUIRED(35%)	14163.8
GC PROVIDED	11314.08
F.A.R	
REQUIRED BUA.	24000.00
PROPOSED BUA.	21282.28
NO. OF PARKING	240
FRONT SETBACK	
REAR SETBACK	
LEFT SETBACK	
RIGHT SETBACK	

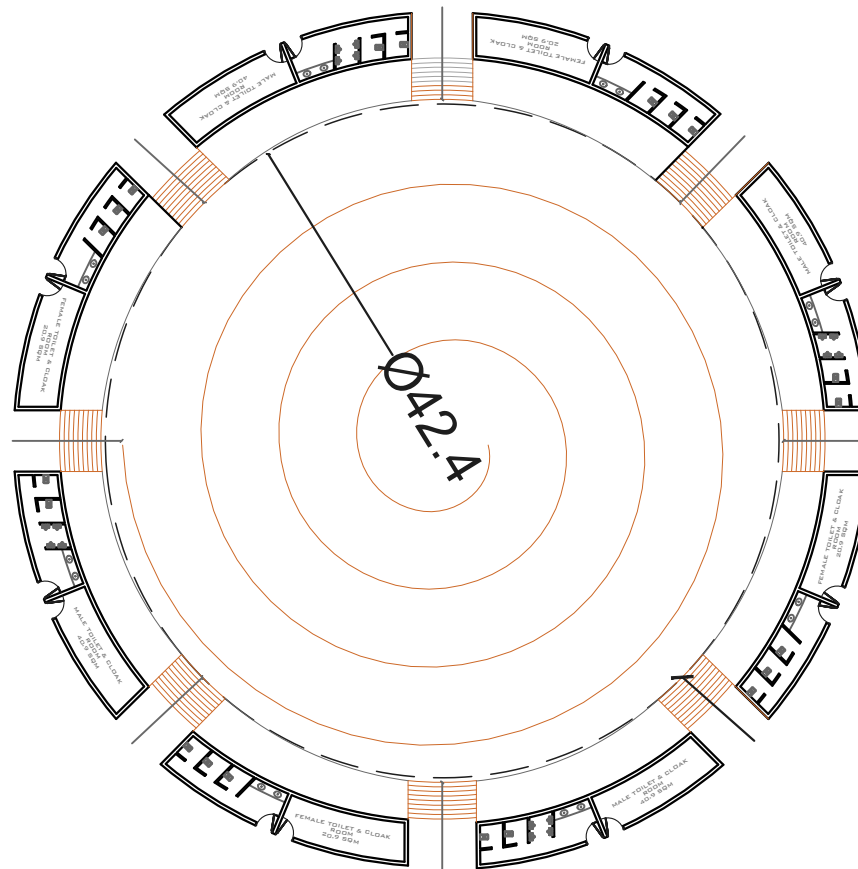


SIGNATURE	
NAME	ABHINAV AGARWAL
SUBJECT	ARCHITECTURE THESIS
GUIDE N.	AR.KESHAV KUMAR
SEM.	X TH
ROLL NO.	1180101002
SCALE	1:500
BABU BANARSI DAS UNIVERSITY	

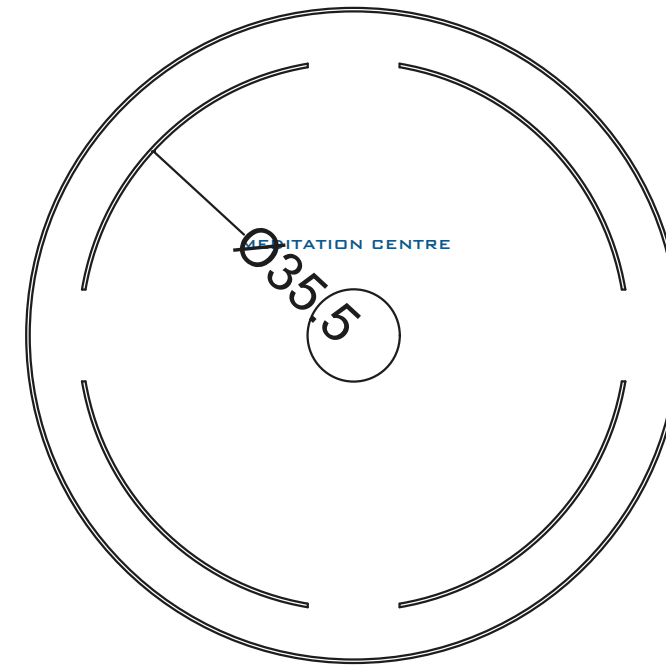
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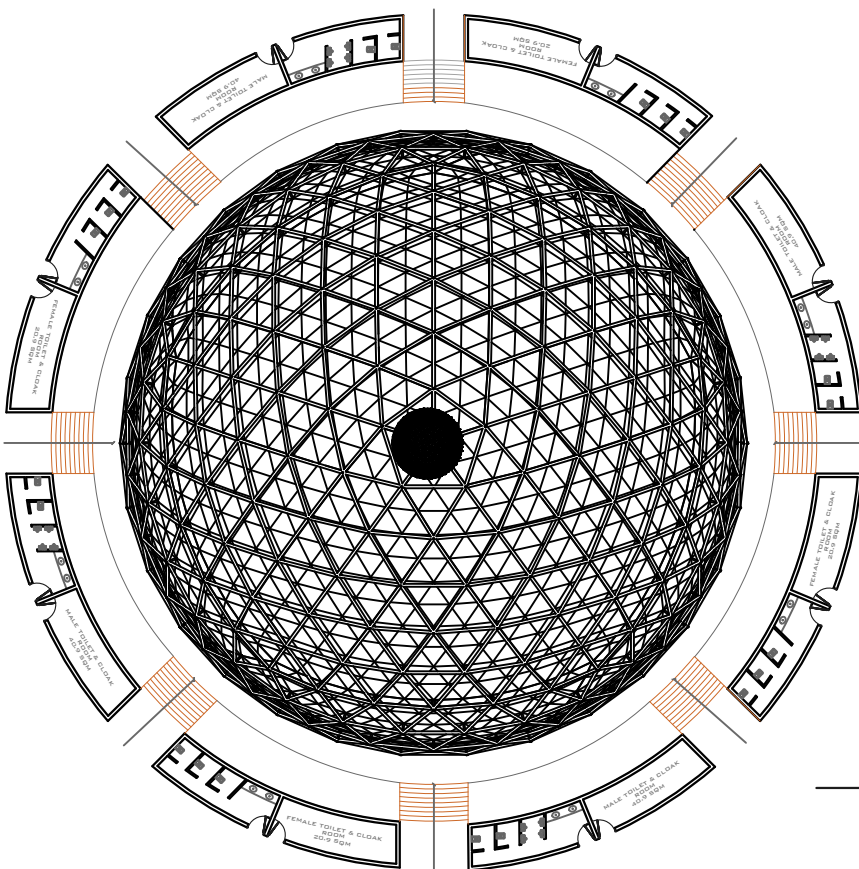
LVL +1200



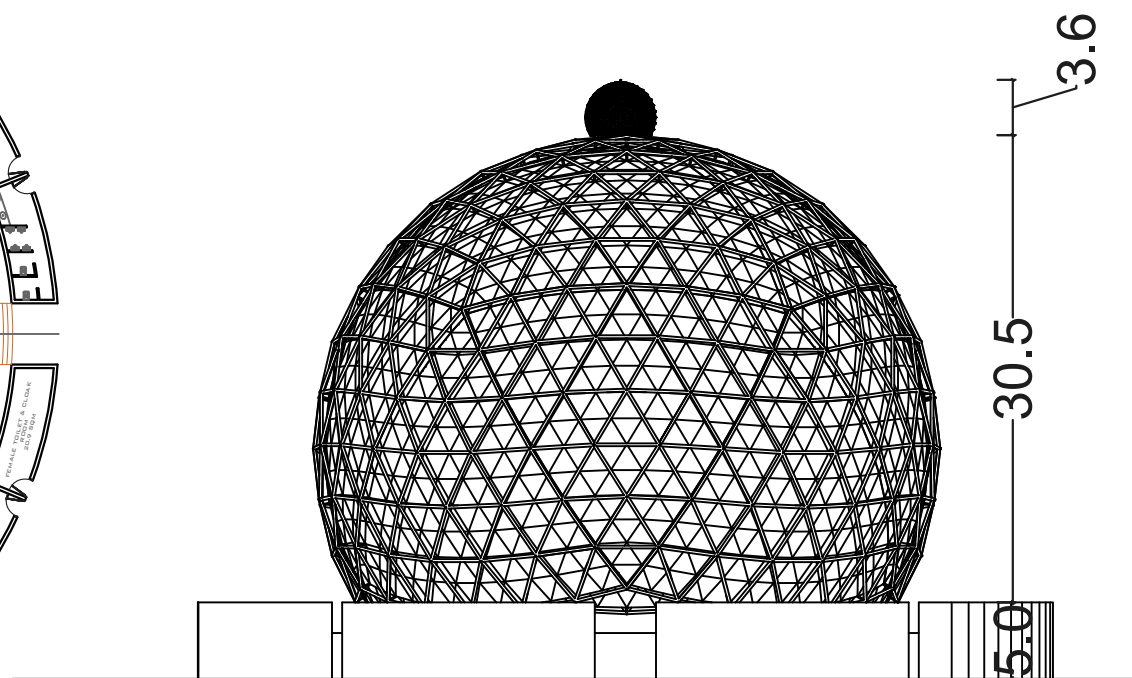
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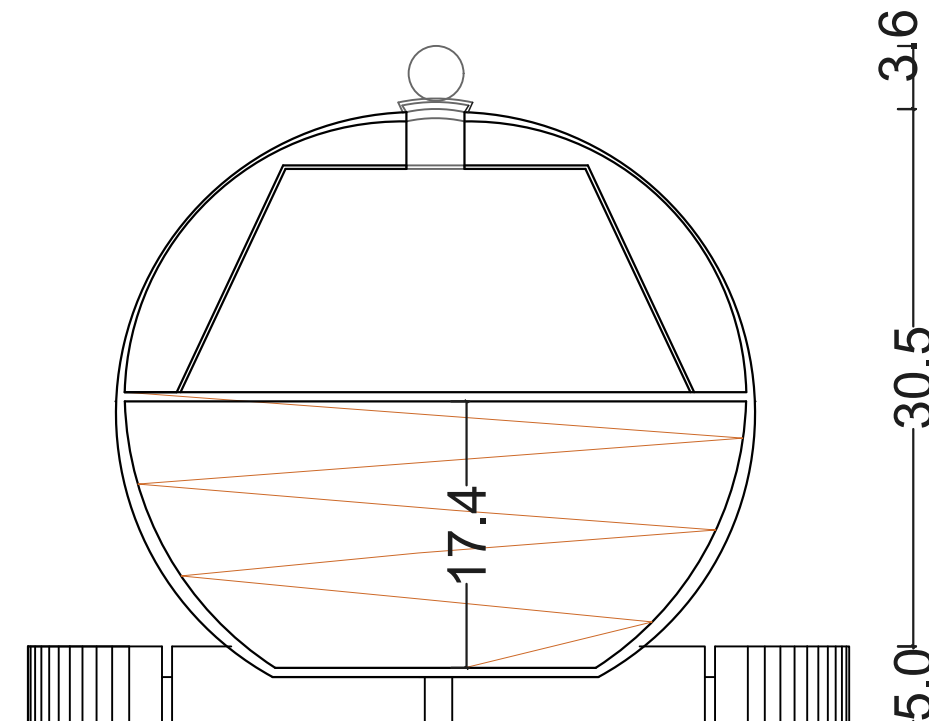
LVL +16500



TOP VIEW



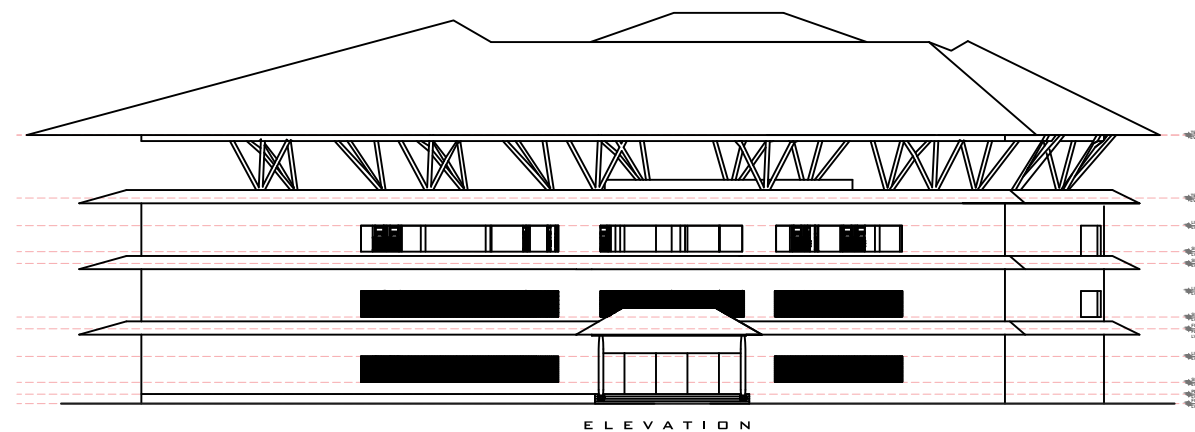
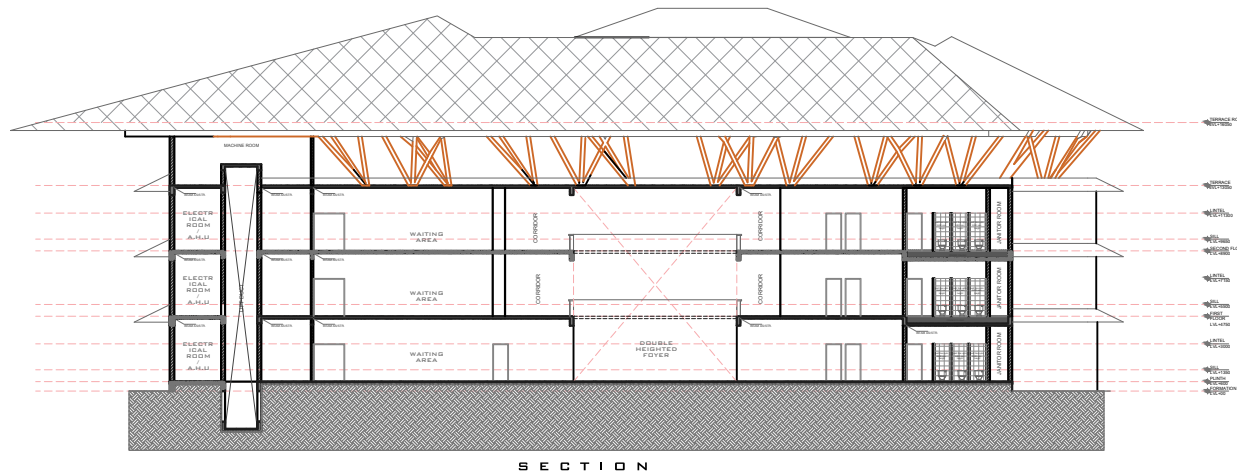
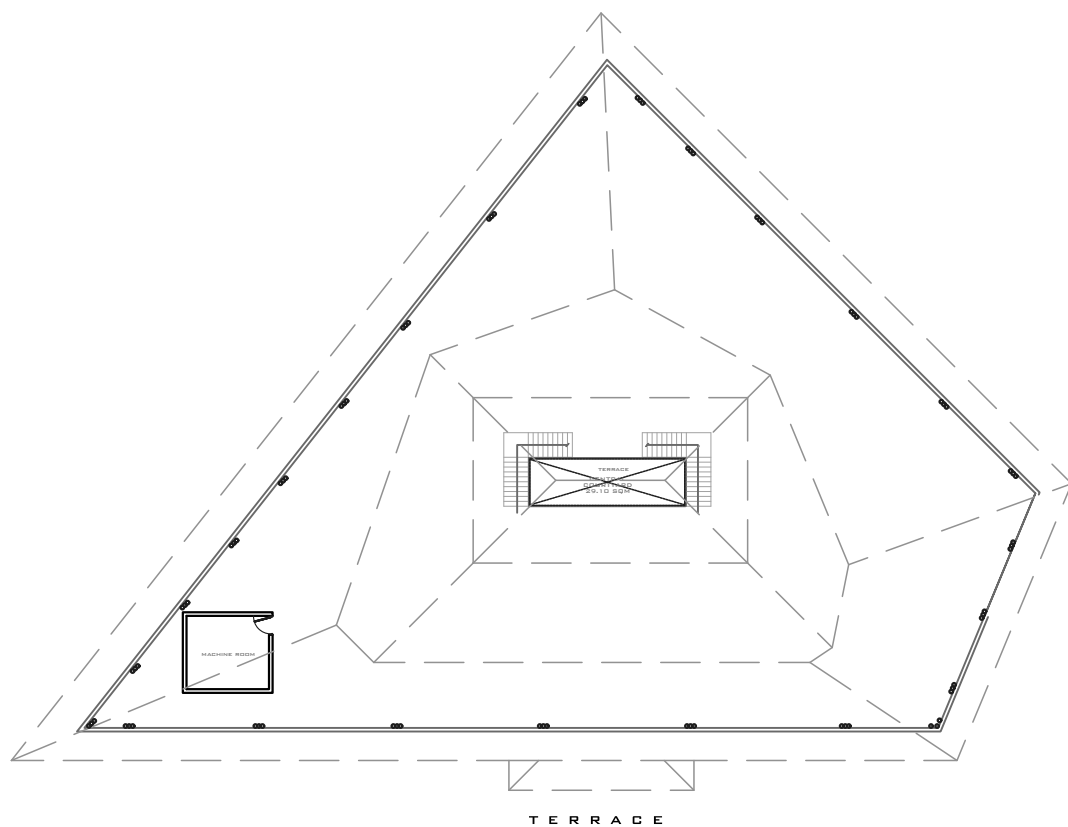
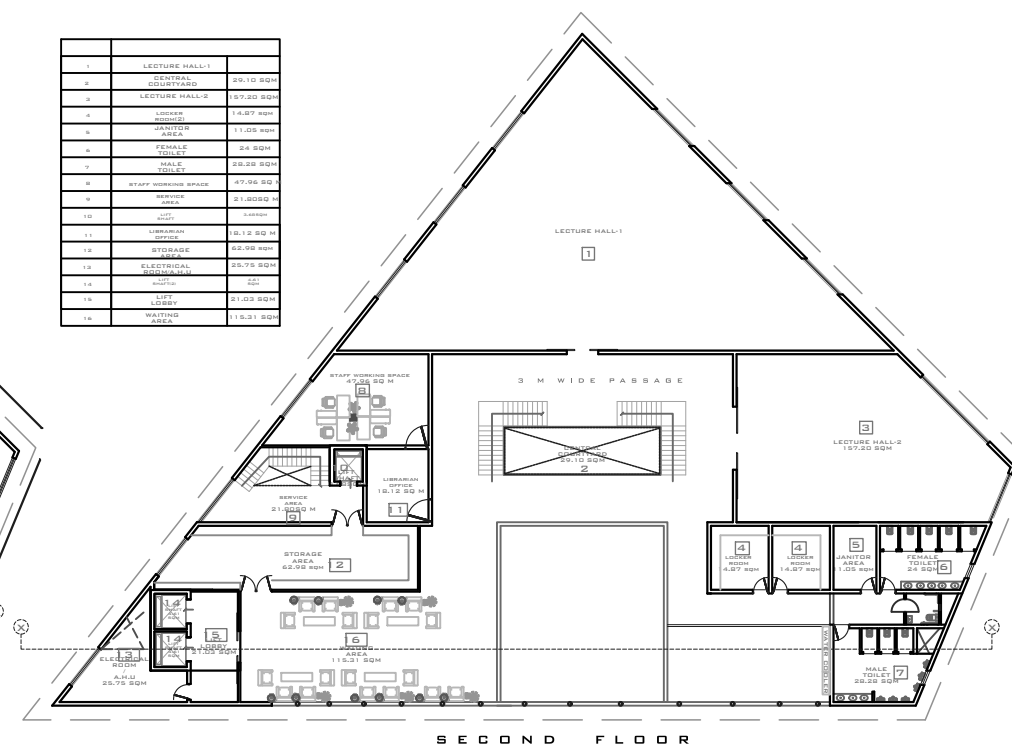
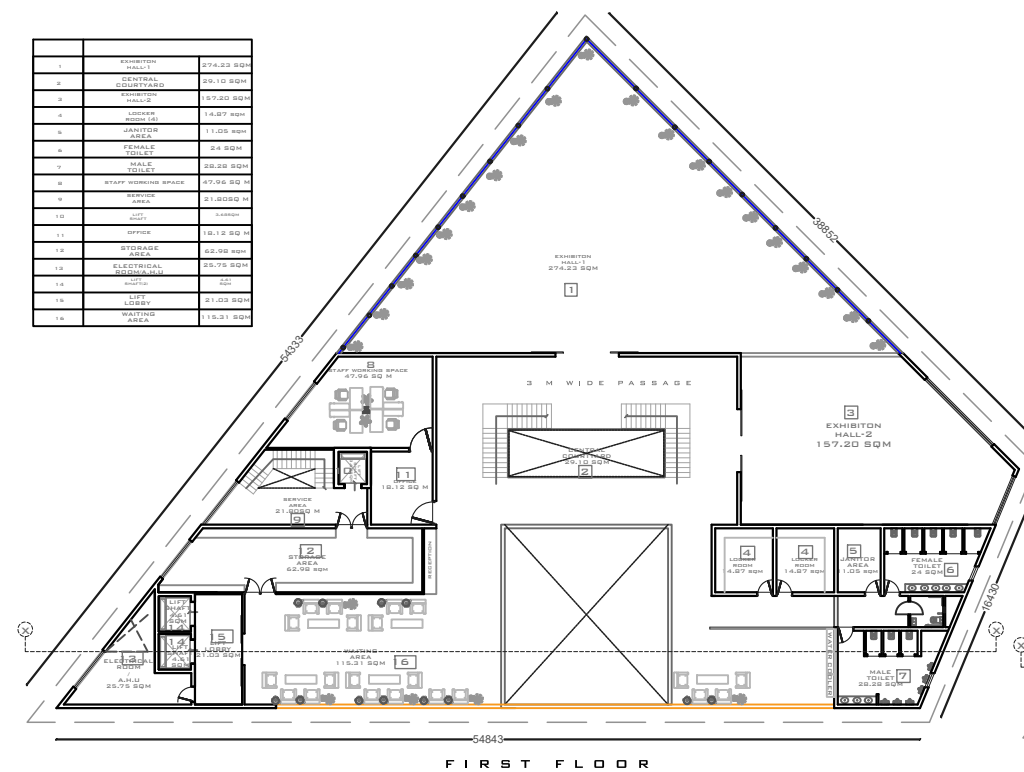
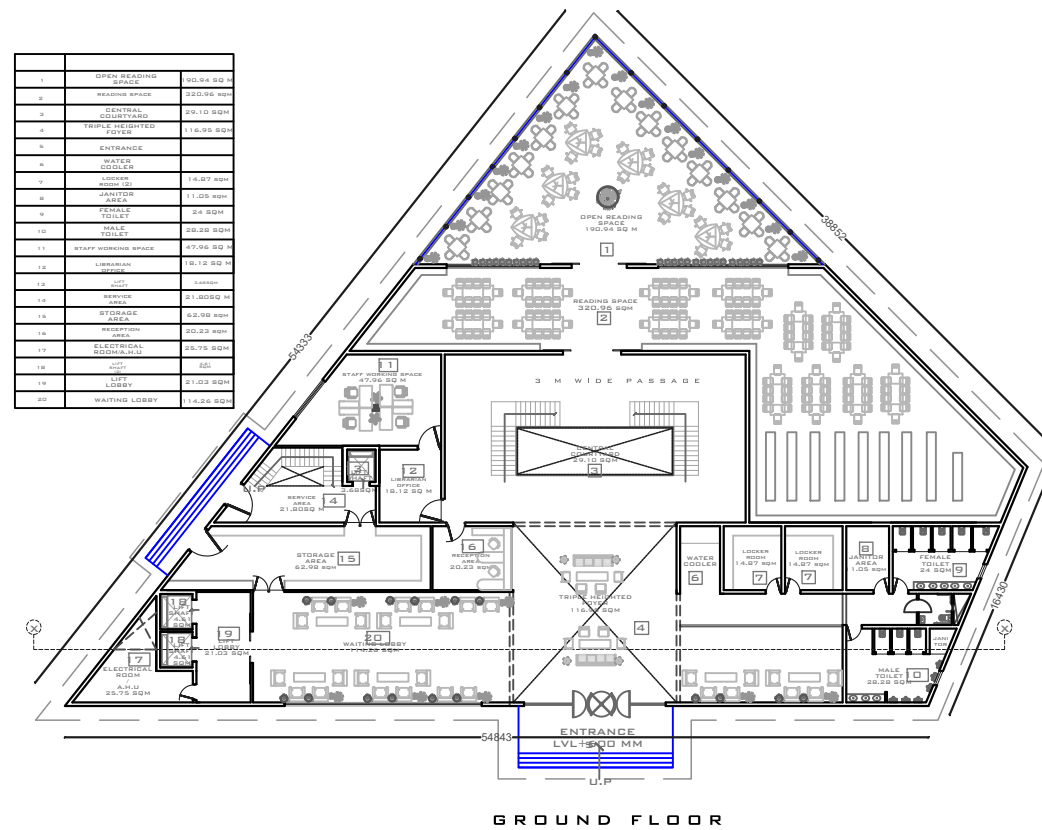
FRONT ELEVATION



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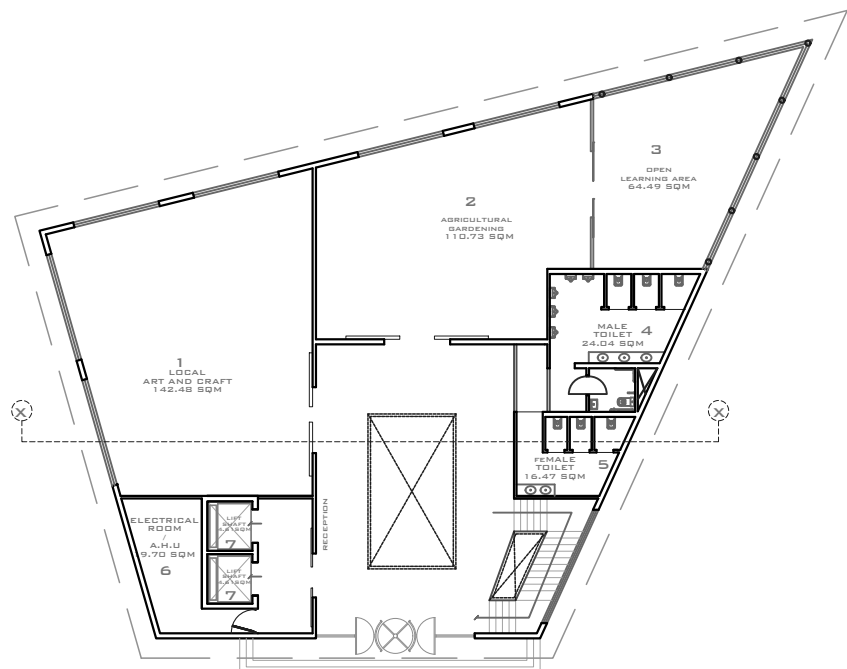
MEDITATION BLOCK

SIGNATURE	
NAME	ABHINAV AGARWAL
SUBJECT	ARCHITECTURE THESIS
GUIDE N.	AR.KESHAV KUMAR
SEM.	X TH
ROLL NO.	1180101002
SCALE	
BABU BANARSI DAS UNIVERSITY	

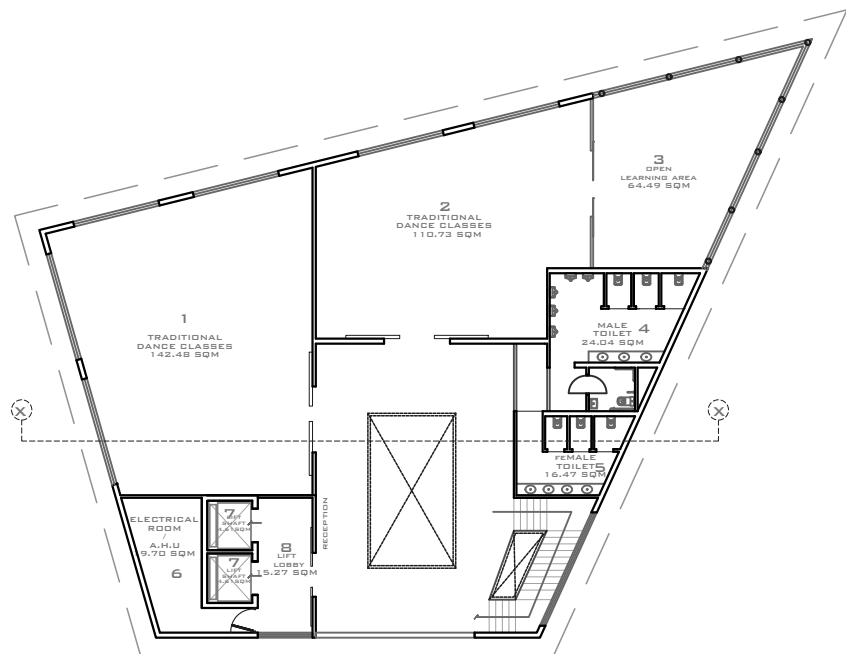


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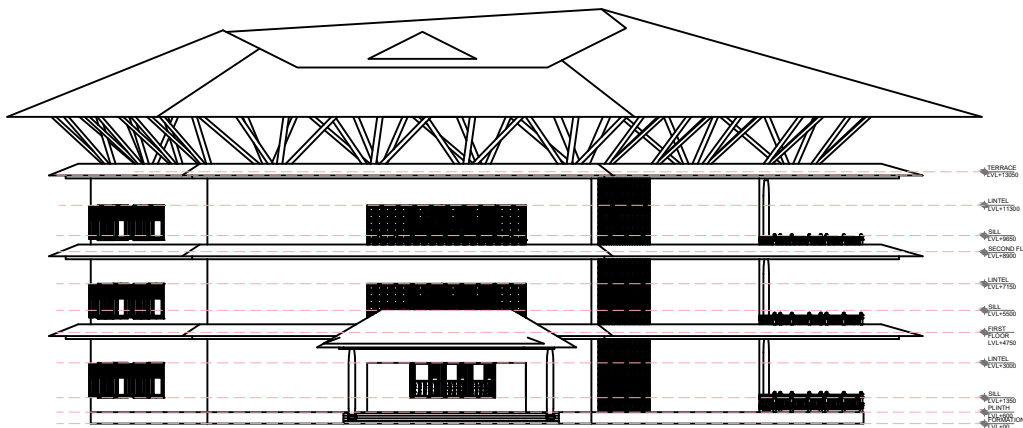
LIBRARY, EXHIBITION & LECTURE HALL



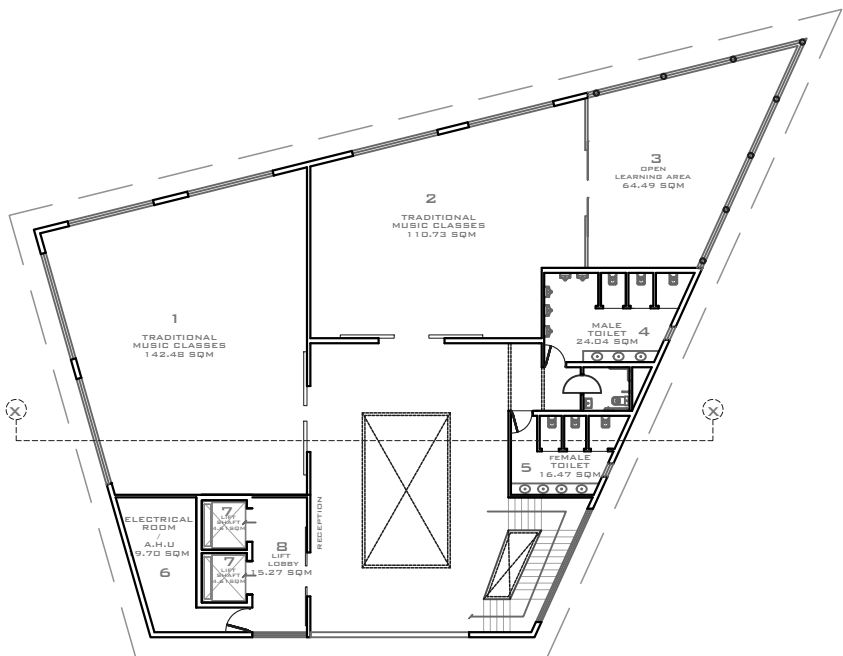
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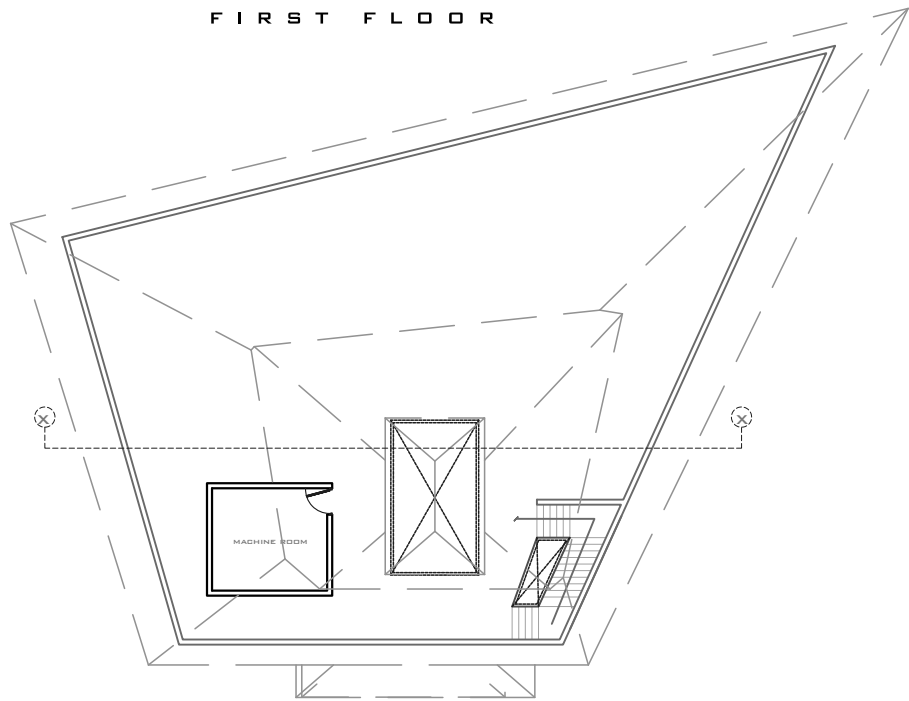
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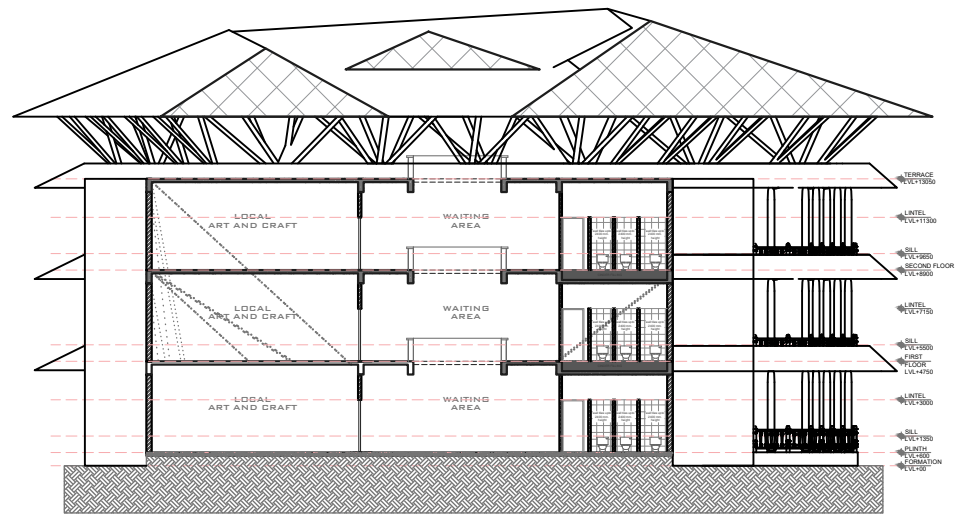
ELEVATION



SECOND FLOOR



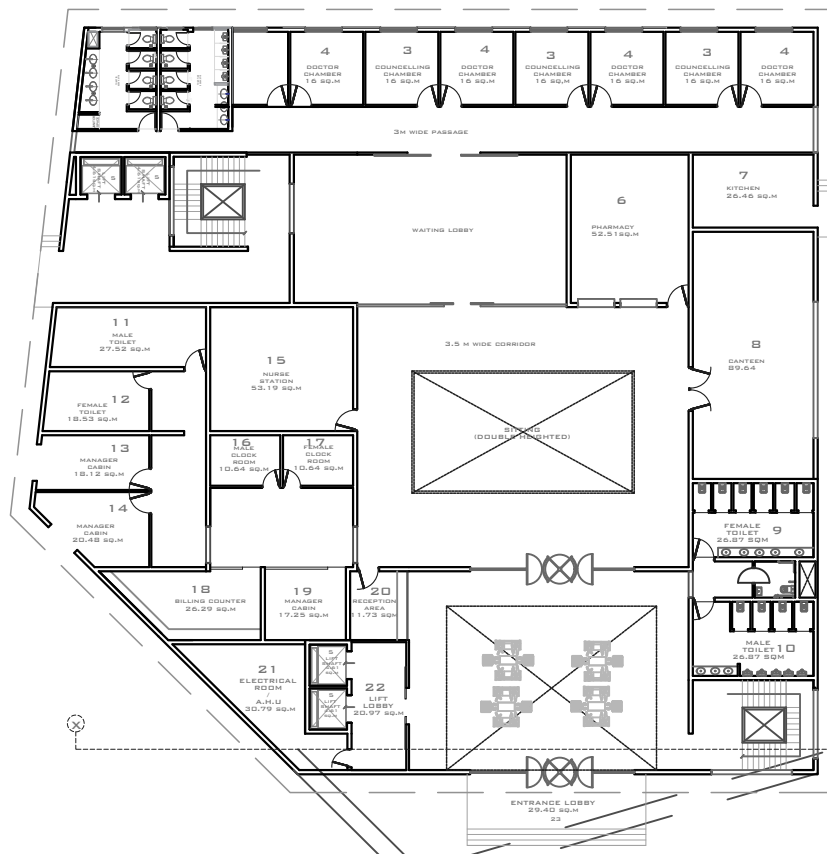
TERRACE



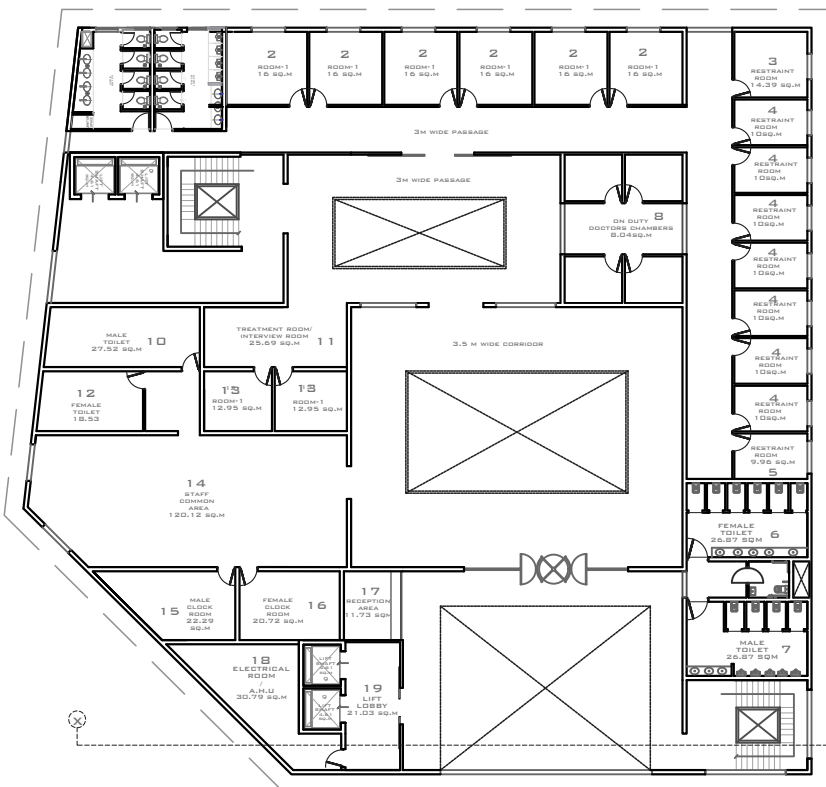
SECTION

RECREATIONAL BLOCK

SIGNATURE	
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SUBJECT	ARCHITECTURE THESIS
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SEM.	X TH
ROLL NO.	1180101002
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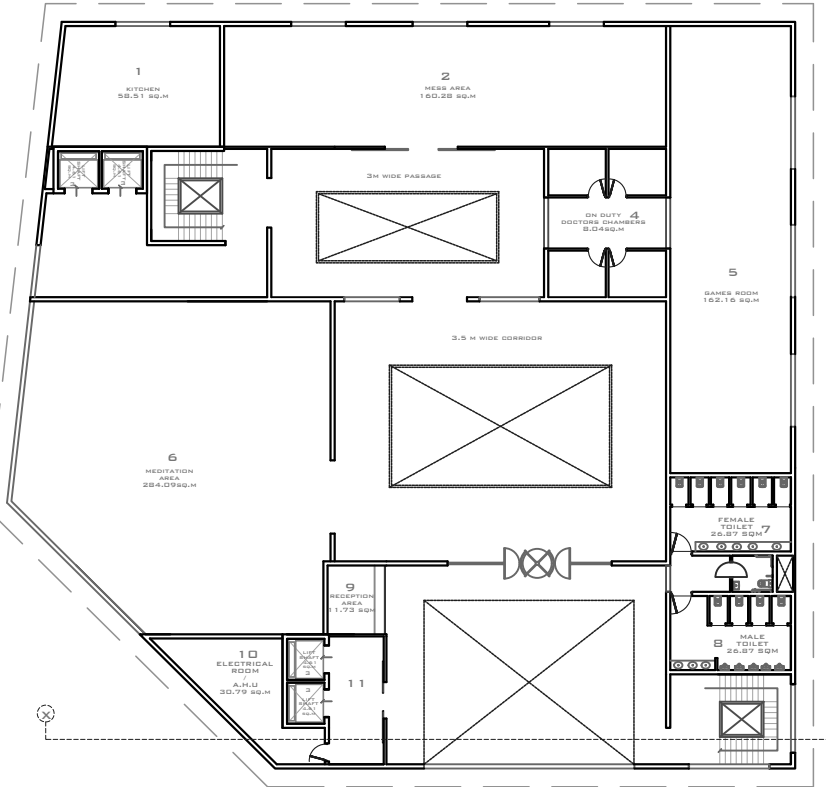
1	COUNSELLING CHAMBER	13.20sq.m
2	DOCTOR CHAMBER	14.55 sq.m
3	COUNSELLING CHAMBER (2)	15.55 sq.m
4	DOCTOR CHAMBER(16)	16 sq.m
5	REST	2.71 sq.m
6	PHARMACY	52.51sq.m
7	KITCHEN	26.45 sq.m
8	CANTEEN	29.54 sq.m
9	FEMALE TOILET	26.87 sq.m
10	MALE TOILET	26.87 sq.m
11	MALE TOILET	26.87 sq.m
12	FEMALE TOILET	26.87 sq.m
13	MANAGER CUB	18.33 sq.m
14	MANAGER CUB	18.12 sq.m
15	NURSE STATION	33.19 sq.m
16	MALE TOILET	10.54 sq.m
17	FEMALE TOILET	10.54 sq.m
18	BLINDING COUNTER	26.29 sq.m
19	MANAGER CUB	17.25 sq.m
20	RECEPTION AREA	11.73 sq.m
21	ELECTRICAL ROOM	30.79 sq.m
22	LIFT LOBBY	21.03 sq.m
23	ENTRANCE LOBBY	29.40 sq.m



1	ROOM-1	17.41 sq.m
2	ROOM-1(7)	15.55 sq.m
3	RESTRAINT ROOM	16.29 sq.m
4	RESTRAINT ROOM(7)	10.54 sq.m
5	RESTRAINT ROOM	9.95 sq.m
6	FEMALE TOILET	26.87 sq.m
7	MALE TOILET	26.87 sq.m
8	ON DUTY DOCTOR CHAMBERS	8.24sq.m
9	REST	2.71 sq.m
10	MALE TOILET	27.52 sq.m
11	TREATMENT ROOM/INTERVIEW ROOM	26.87 sq.m
12	FEMALE TOILET	18.33 sq.m
13	ROOM-1	12.95 sq.m
14	REST	120.12 sq.m
15	ROOM-1	22.29 sq.m
16	REST	20.72 sq.m
17	RECEPTION AREA	11.73 sq.m
18	ELECTRICAL ROOM/A.H.U	30.79 sq.m
19	LIFT LOBBY	21.03 sq.m

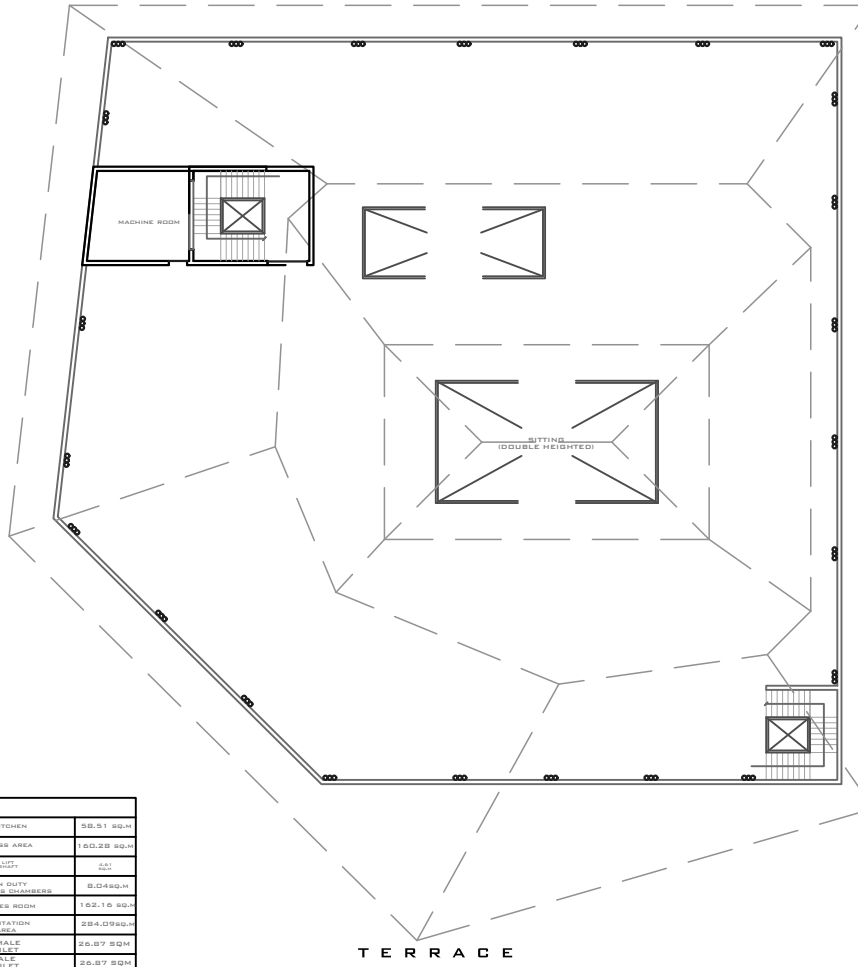
FIRST FLOOR

GROUND FLOOR

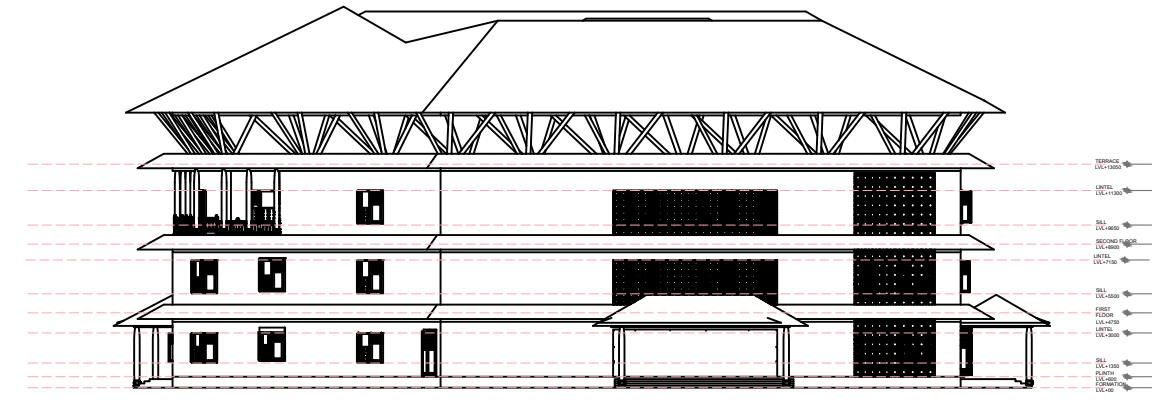


1	KITCHEN	55.51 sq.m
2	MESS AREA	160.28 sq.m
3	REST	2.71 sq.m
4	ON DUTY DOCTOR CHAMBERS	8.24sq.m
5	SANES ROOM	162.16 sq.m
6	RESTRAINT ROOM	284.09sq.m
7	FEMALE TOILET	26.87 sq.m
8	MALE TOILET	26.87 sq.m
9	RESTRAINT ROOM	284.09sq.m
10	ELECTRICAL ROOM/A.H.U	30.79 sq.m
11	LIFT LOBBY	21.03 sq.m

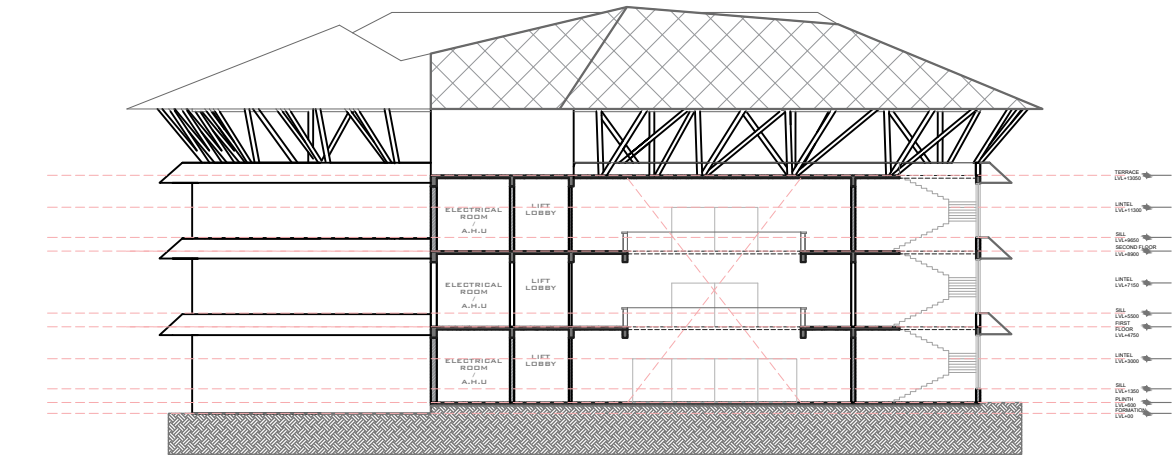
SECOND FLOOR



TERRACE



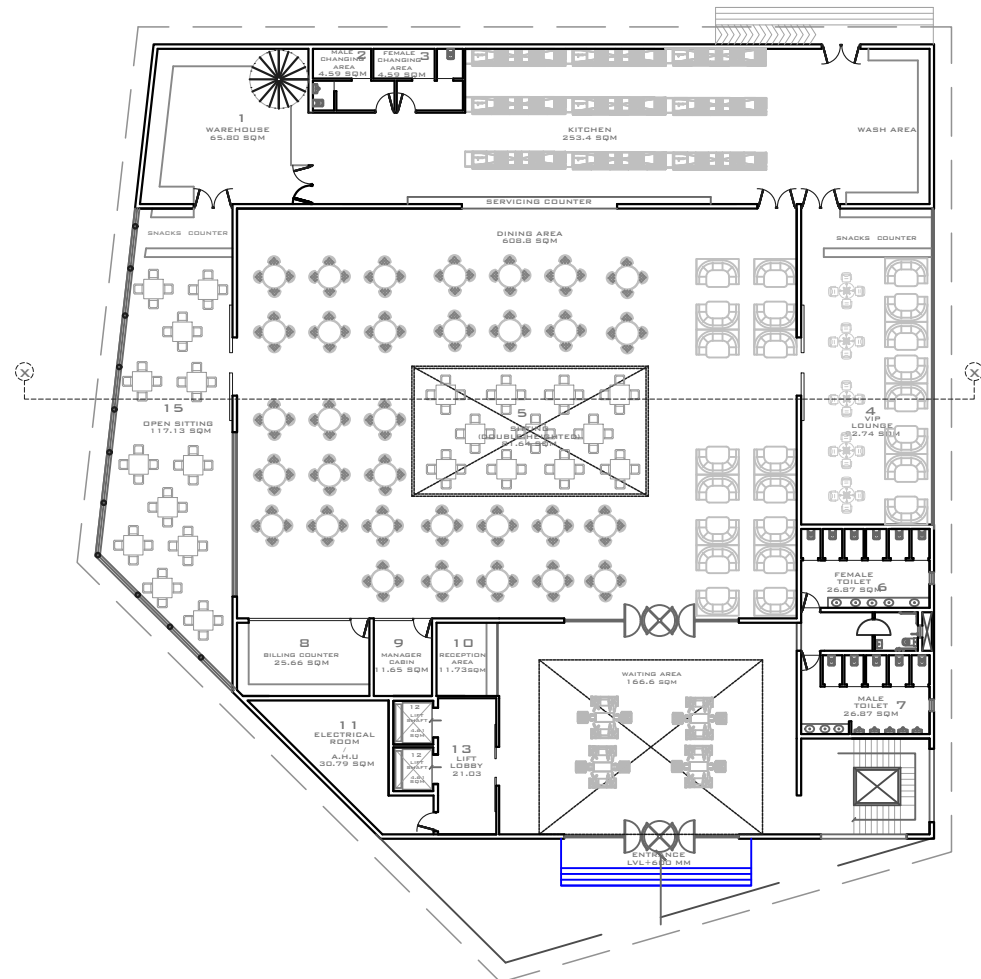
ELEVATION



SECTION

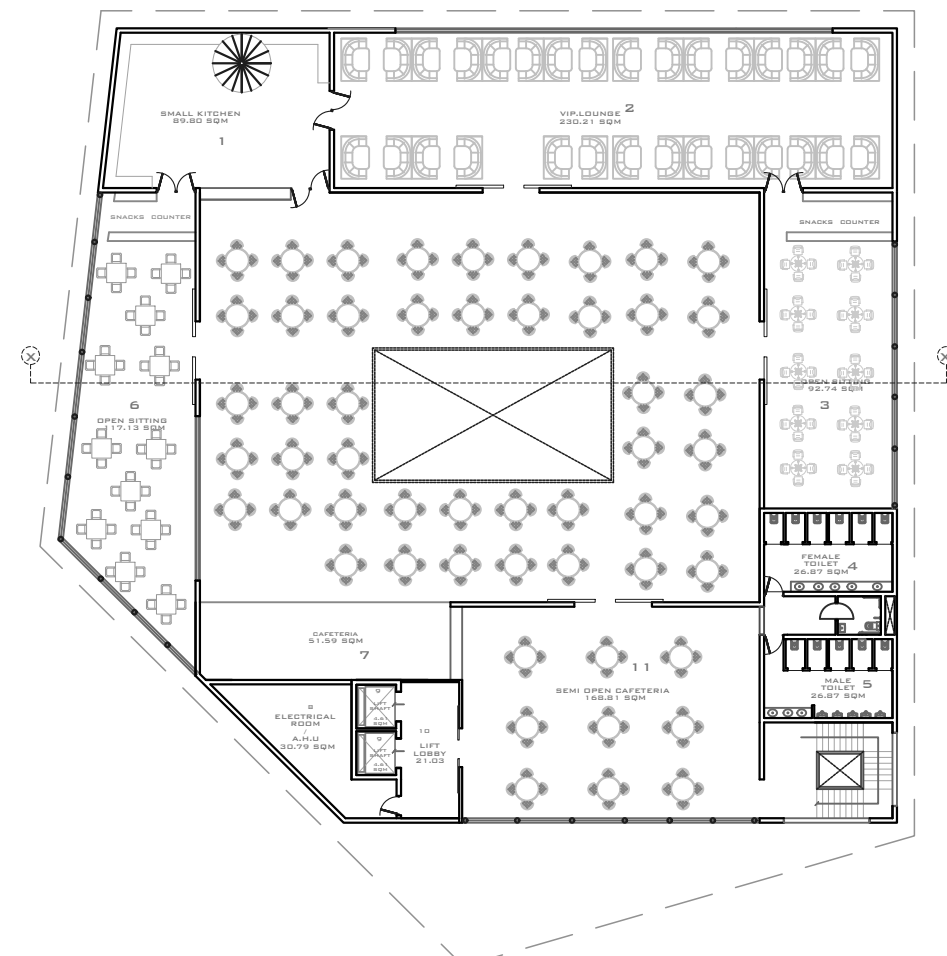
DRUG REHABILITATION BLOCK

SIGNATURE	
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SUBJECT	ARCHITECTURE THESIS
GUIDE N.	AR.KESHAV KUMAR
SEM.	X TH
ROLL NO.	1180101002
SCALE	
BABU BANARSI DAS UNIVERSITY	

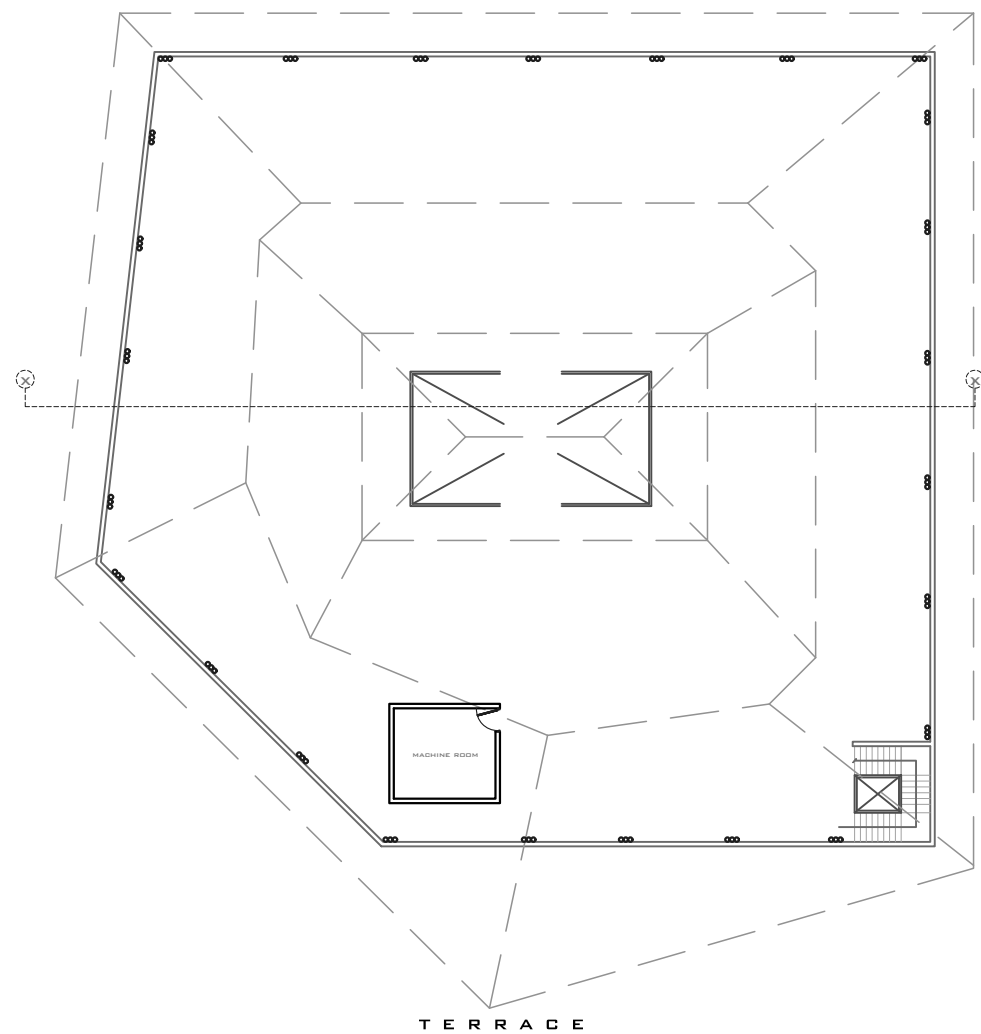


1	WAREHOUSE	65.80 SQM
2	MALE CHANGING AREA	4.59 SQM
3	FEMALE CHANGING AREA	4.59 SQM
4	VIP LOUNGE	92.74 SQM
5	BITTING (DOUBLE HEIGHTED)	81.64 SQM
6	FEMALE TOILET	26.87 SQM
7	MALE TOILET	26.87 SQM
8	BILLING COUNTER	25.66 SQM
9	MANAGER CASH	11.65 SQM
10	RECEPTION AREA	11.73 SQM
11	ELECTRICAL ROOM/A.H.U	30.79 SQM
12	LIFT	2.03 SQM
13	LIFT LOBBY	21.03 SQM
14	KITCHEN	

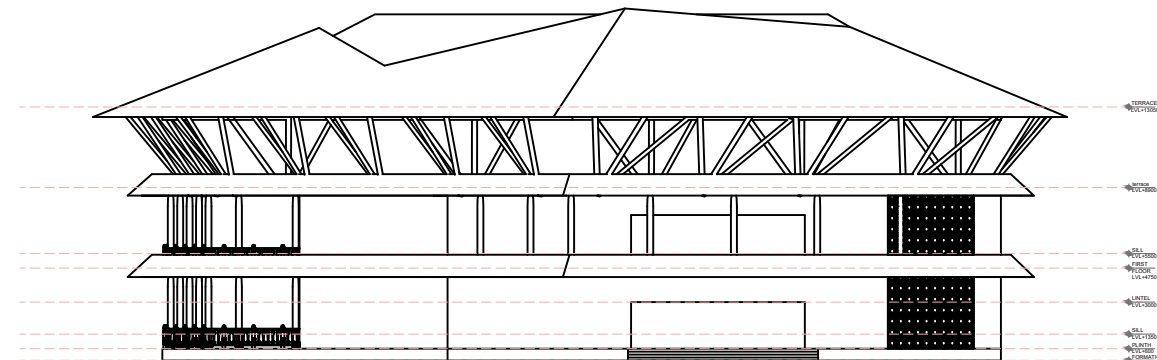
1	SMALL KITCHEN	59.80 SQM
2	VIP LOUNGE	230.21 SQM
3	OPEN SITTING	92.74 SQM
4	FEMALE TOILET	26.87 SQM
5	MALE TOILET	26.87 SQM
6	OPEN SITTING	17.13 SQM
7	CAFETERIA	51.59 SQM
8	ELECTRICAL ROOM/A.H.U	30.79 SQM
9	LIFT	2.03 SQM
10	LIFT LOBBY	21.03 SQM
11	SEMI OPEN CAFETERIA	168.81 SQM



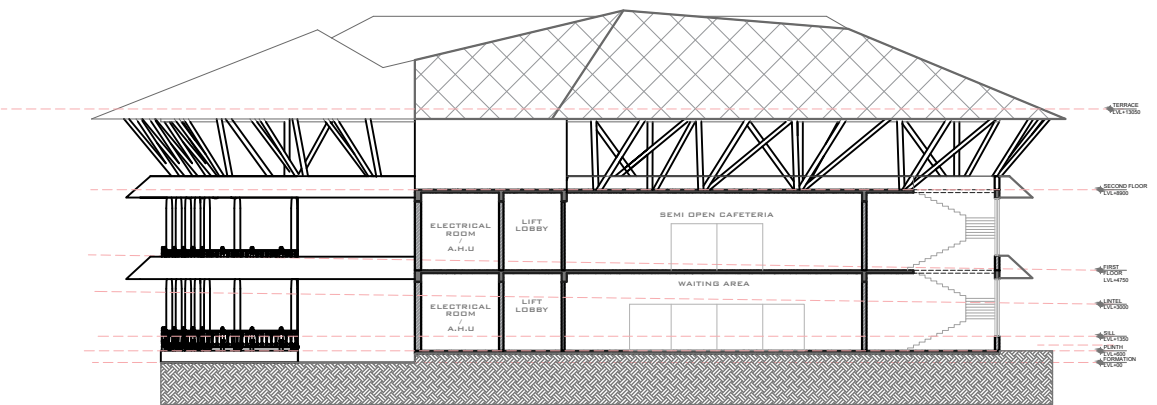
FIRST FLOOR



TERRACE



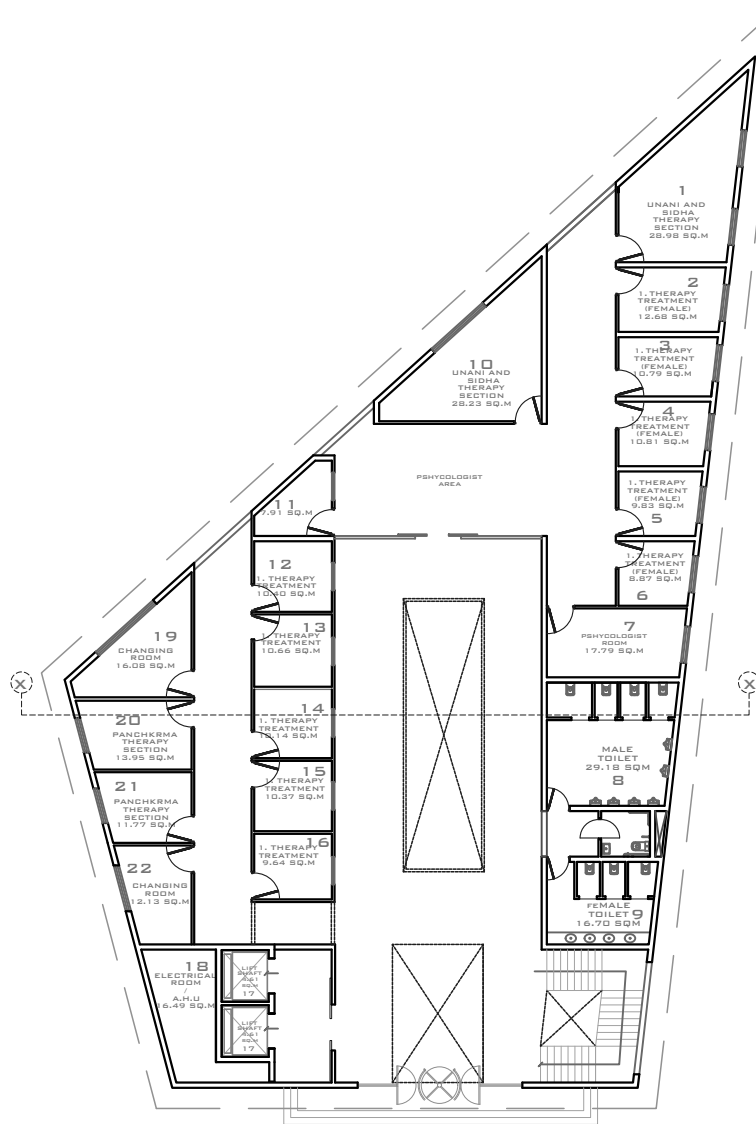
ELEVATION



SECTION

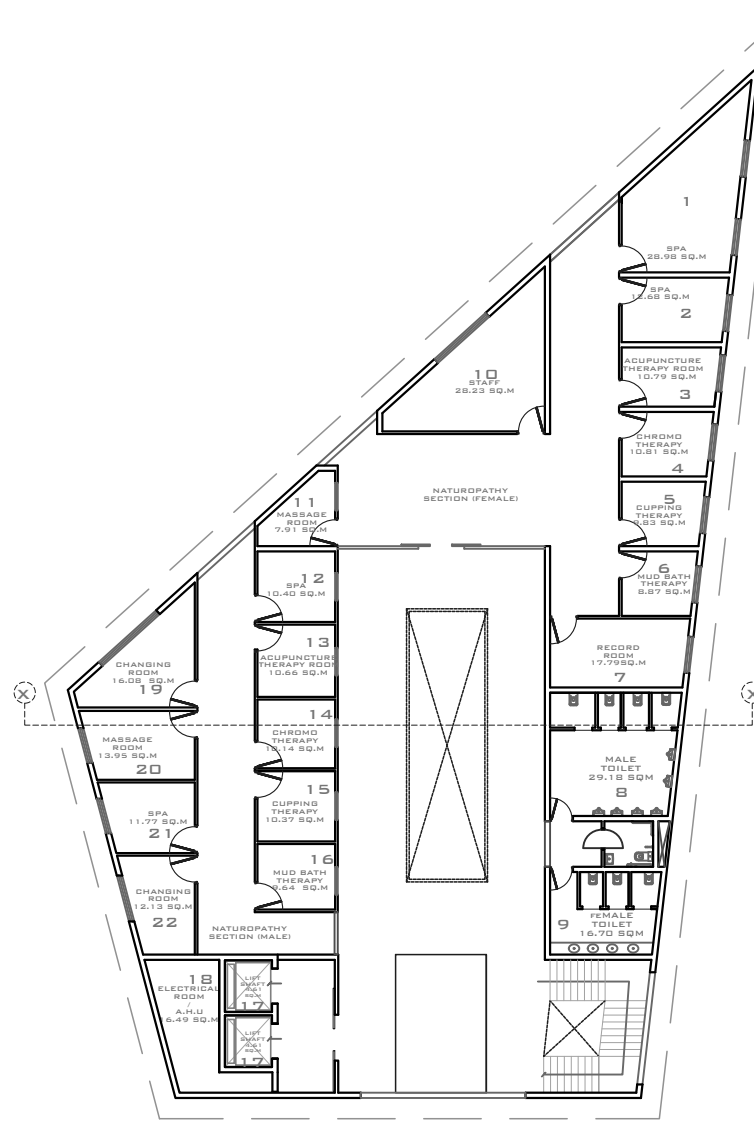
DINING BLOCK

SIGNATURE	
NAME	ABHINAV AGARWAL
SUBJECT	ARCHITECTURE THESIS
GUIDE N.	AR.KESHAV KUMAR
SEM.	X TH
ROLL NO.	1180101002
SCALE	
BABU BANARSI DAS UNIVERSITY	



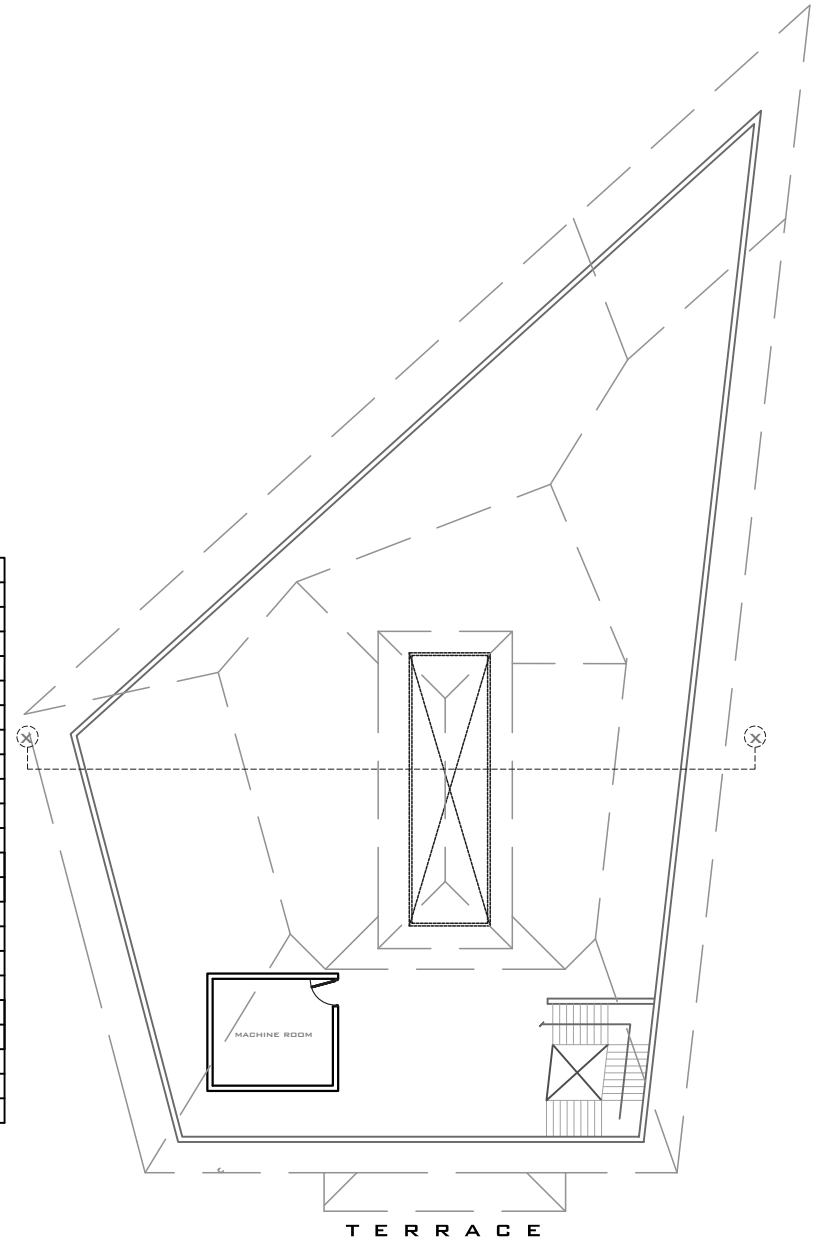
GROUND FLOOR

1	UNANI AND SIDHA THERAPY SECTION	28.23 SQ.M
2	1.THERAPY TREATMENT (FEMALE)	12.68 SQ.M
3	1.THERAPY TREATMENT (FEMALE)	10.79 SQ.M
4	1.THERAPY TREATMENT (FEMALE)	10.81 SQ.M
5	1.THERAPY TREATMENT (FEMALE)	9.83 SQ.M
6	1.THERAPY TREATMENT (FEMALE)	8.87 SQ.M
7	PSYCHOLOGIST ROOM	17.79 SQ.M
8	MALE TOILET	29.18 SQ.M
9	FEMALE TOILET	16.70 SQ.M
10	SIDHA THERAPY SECTION	28.23 SQ.M
11	1.THERAPY TREATMENT	10.40 SQ.M
12	1.THERAPY TREATMENT	10.66 SQ.M
13	1.THERAPY TREATMENT	10.14 SQ.M
14	1.THERAPY TREATMENT	10.37 SQ.M
15	1.THERAPY TREATMENT	9.64 SQ.M
16	1.THERAPY TREATMENT	9.64 SQ.M
17	LIFT SHAFT (2)	4.61 SQ.M
18	ELECTRICAL ROOM / A.H.U.	16.49 SQ.M
19	CHANGING ROOM	16.08 SQ.M
20	PANCHKIRMA THERAPY SECTION	13.95 SQ.M
21	PANCHKIRMA THERAPY SECTION	11.77 SQ.M
22	CHANGING ROOM	12.13 SQ.M

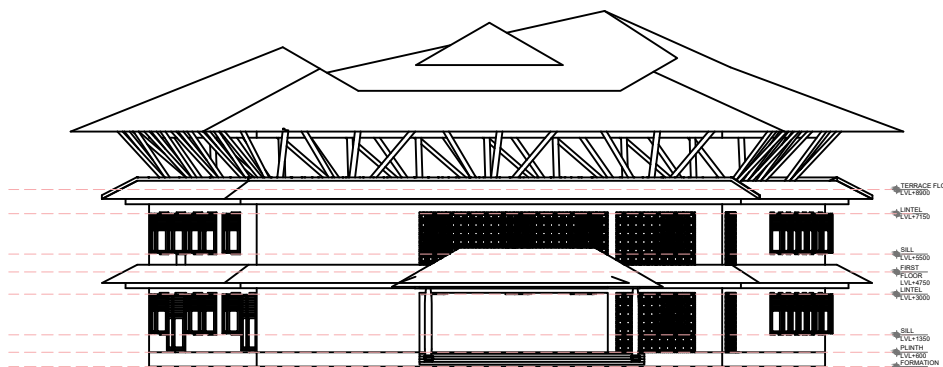


SECOND FLOOR

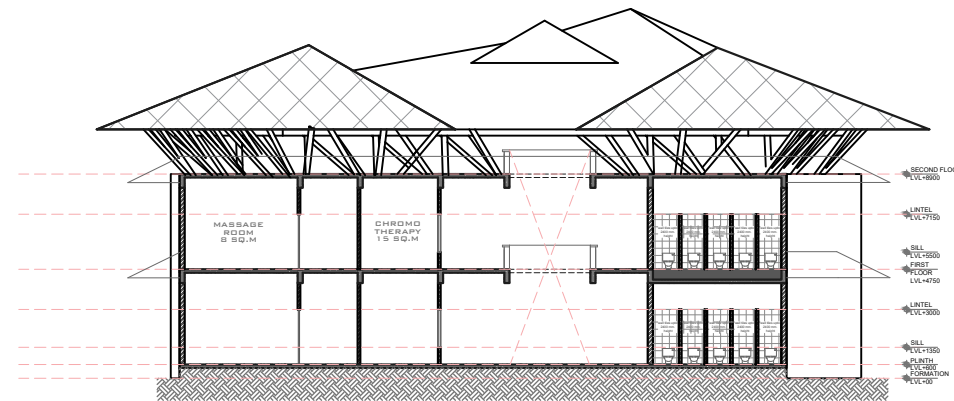
1	SPA	28.98 SQ.M
2	SPA	12.68 SQ.M
3	ACUPUNCTURE THERAPY ROOM	10.79 SQ.M
4	CHROMO THERAPY	10.81 SQ.M
5	CUPPING THERAPY	9.83 SQ.M
6	MUD BATH THERAPY	8.87 SQ.M
7	RECORD ROOM	17.79 SQ.M
8	MALE TOILET	29.18 SQ.M
9	FEMALE TOILET	16.70 SQ.M
10	STAFF	28.23 SQ.M
11	MASSAGE ROOM	7.91 SQ.M
12	SPA	10.40 SQ.M
13	ACUPUNCTURE THERAPY ROOM	10.66 SQ.M
14	CHROMO THERAPY	10.14 SQ.M
15	CUPPING THERAPY	10.37 SQ.M
16	MUD BATH THERAPY	9.64 SQ.M
17	LIFT SHAFT(2)	4.61 SQ.M
18	ELECTRICAL ROOM / A.H.U.	16.49 SQ.M
19	CHANGING ROOM	16.08 SQ.M
20	MASSAGE ROOM	13.95 SQ.M
21	SPA	11.77 SQ.M
22	CHANGING ROOM	12.13 SQ.M



TERRACE



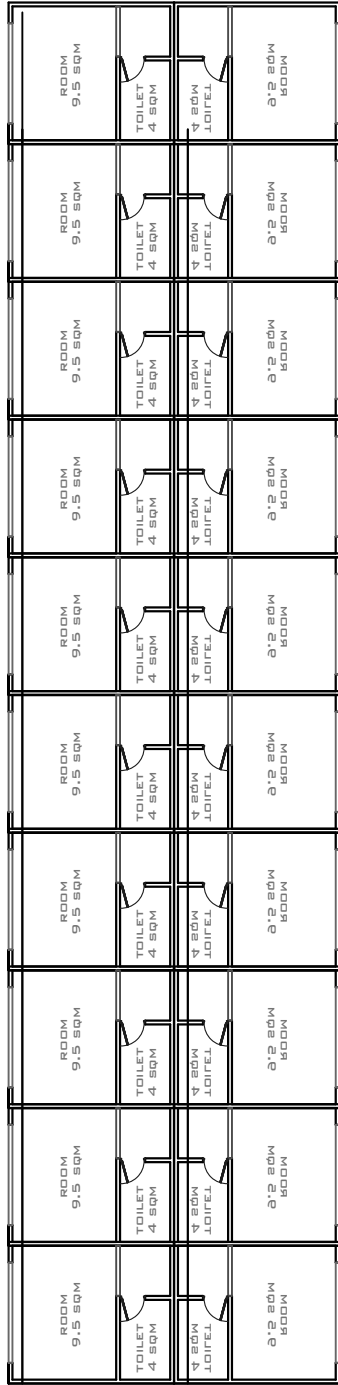
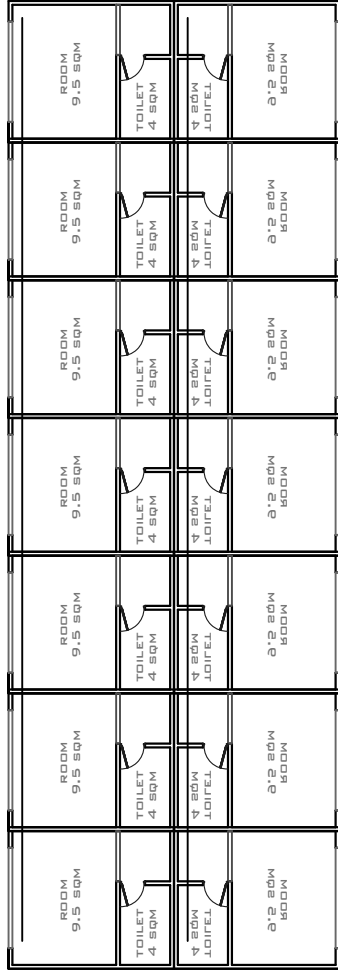
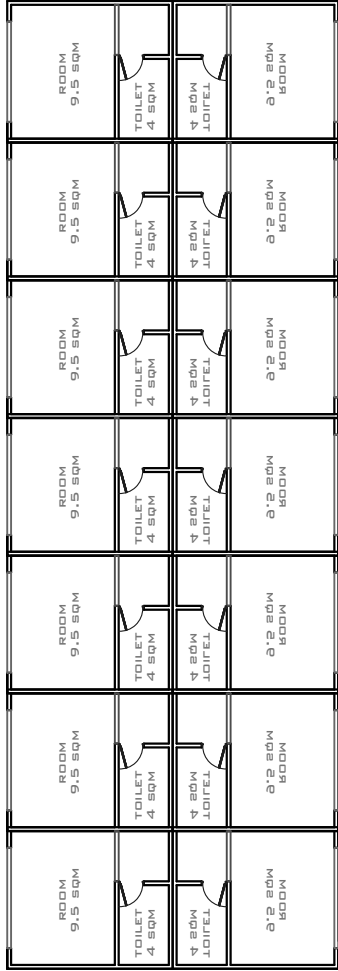
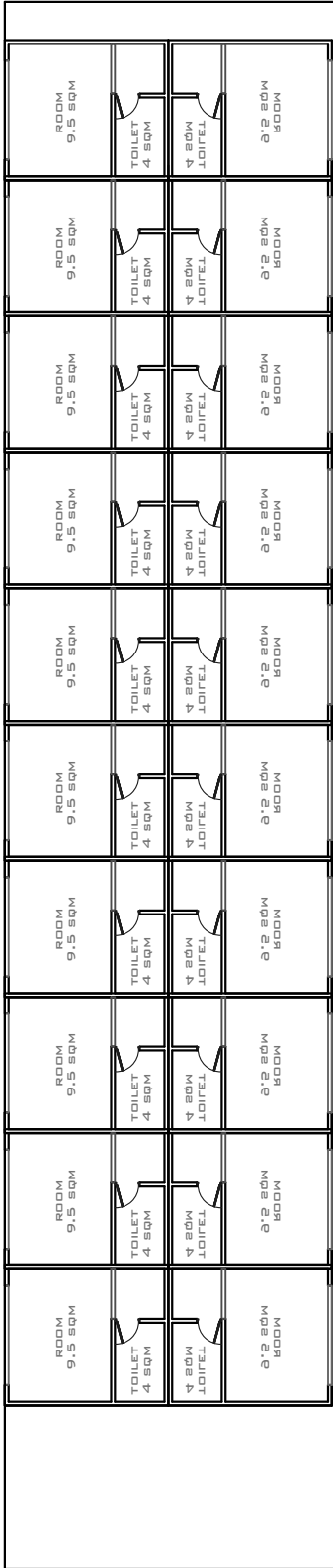
ELEVATION



SECTION

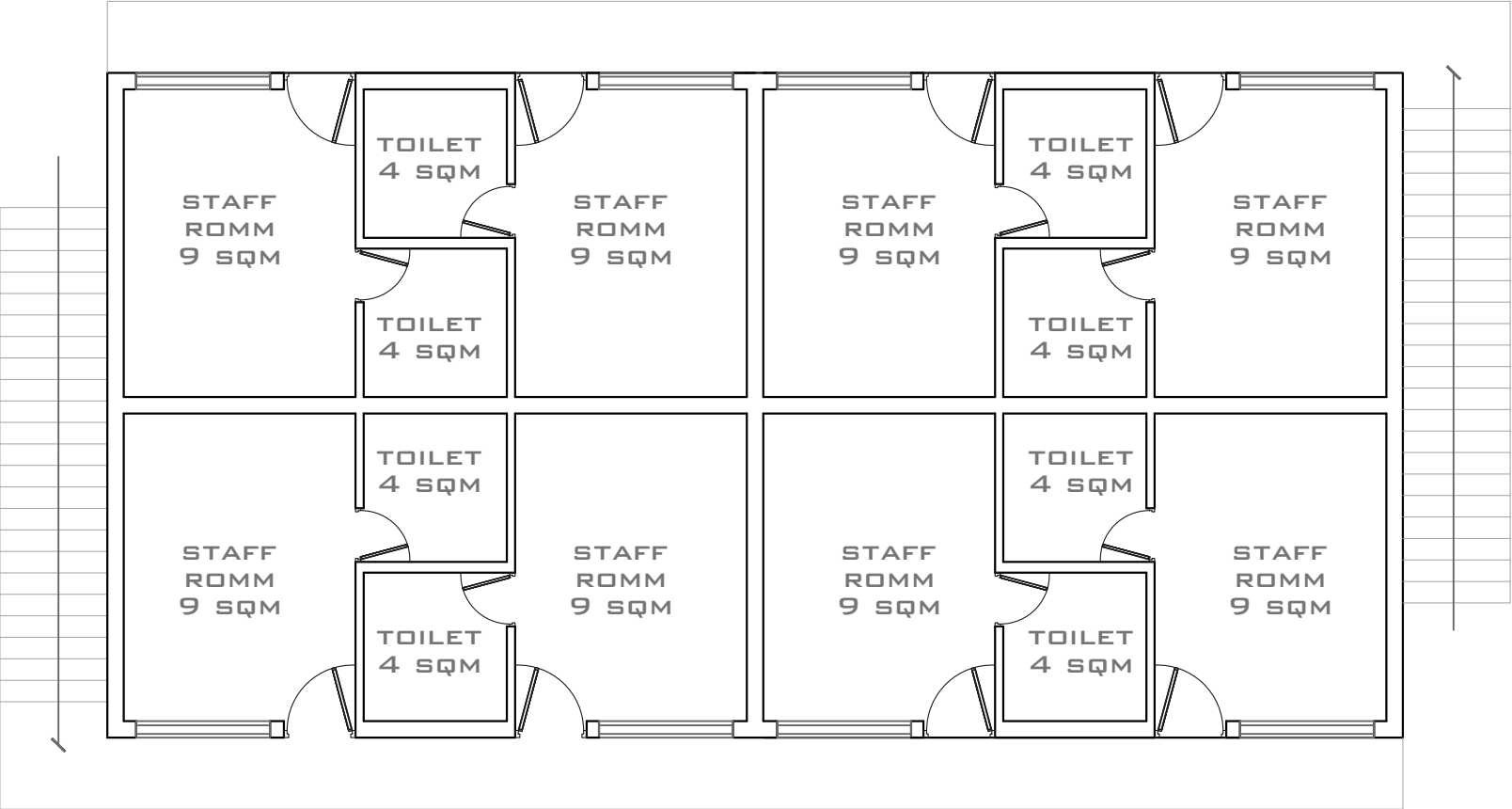
THERAPY BLOCK

SIGNATURE	
NAME	ABHINAV AGARWAL
SUBJECT	ARCHITECTURE THESIS
GUIDE N.	AR.KESHAV KUMAR
SEM.	X TH
ROLL NO.	1180101002
SCALE	
BABU BANARSI DAS UNIVERSITY	

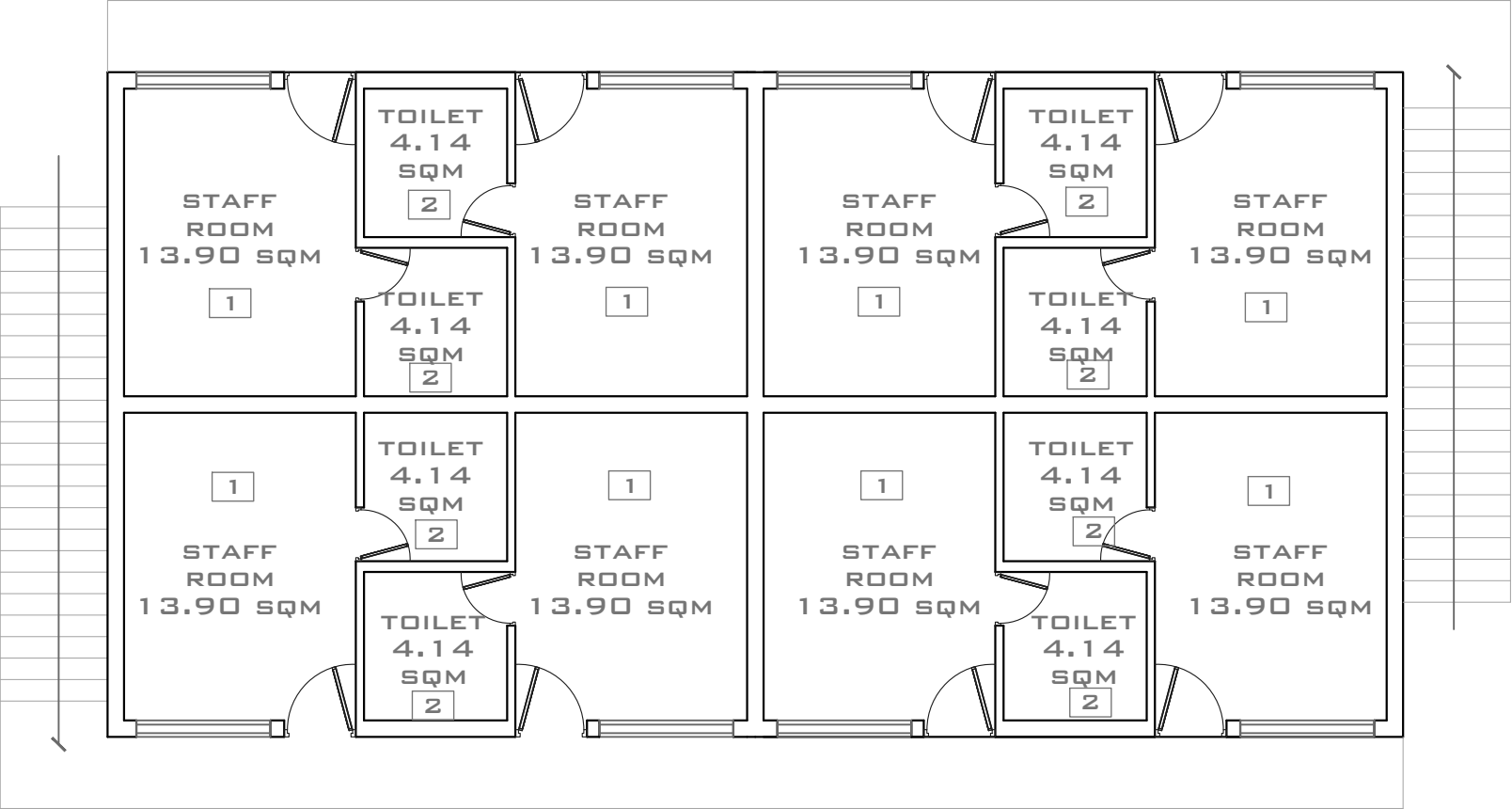


COTTAGES BLOCK

SIGNATURE	
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ROLL NO.	1180101002
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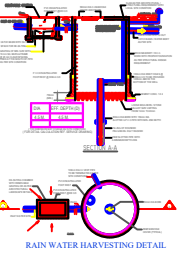
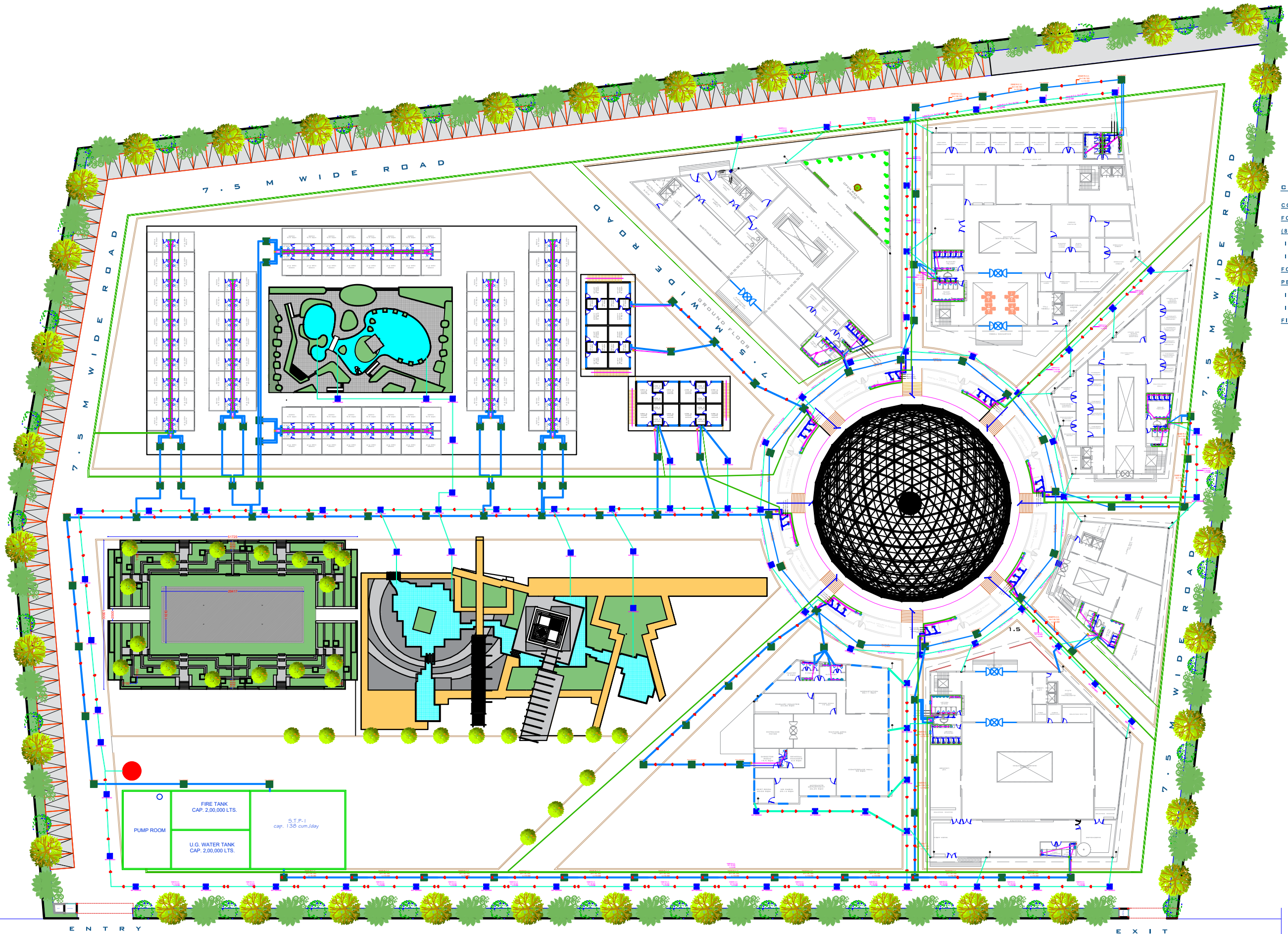
G R O U N D F L O O R



S E C O N D F L O O R

S T A F F Q U A R T E R S

SIGNATURE	
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CALCULATION

CONSIDER PEOPLE ACCOMODATION -1000 PEOPLE
FOR SEWAGE DISCHARGE PIT -138 LITRE /HEAD
(80% OF WATER SUPPLY)
I.E. -138000L/DAY
I.F. -138CUM/DAY
FOR UNDERGROUND WATER TANK CAPACITY
PER DAY CONSUMPTION -172 LITRE /PERSON
I.E. -172000L/DAY
I.F. -172CUM/DAY
FIRE TANK CAPACITY-20000L

CALCULATIONS	
PARTICULARS	AREA (SQ. M)
PLOT AREA	40468.00
GC REQUIRED(35%)	14163.8
GC PROVIDED	11314.08
F.A.R	
REQUIRED BUA.	24000.00
PROPOSED BUA.	21282.28
NO. OF PARKING	240
FRONT SETBACK	
REAR SETBACK	
LEFT SETBACK	
RIGHT SETBACK	

NORTH

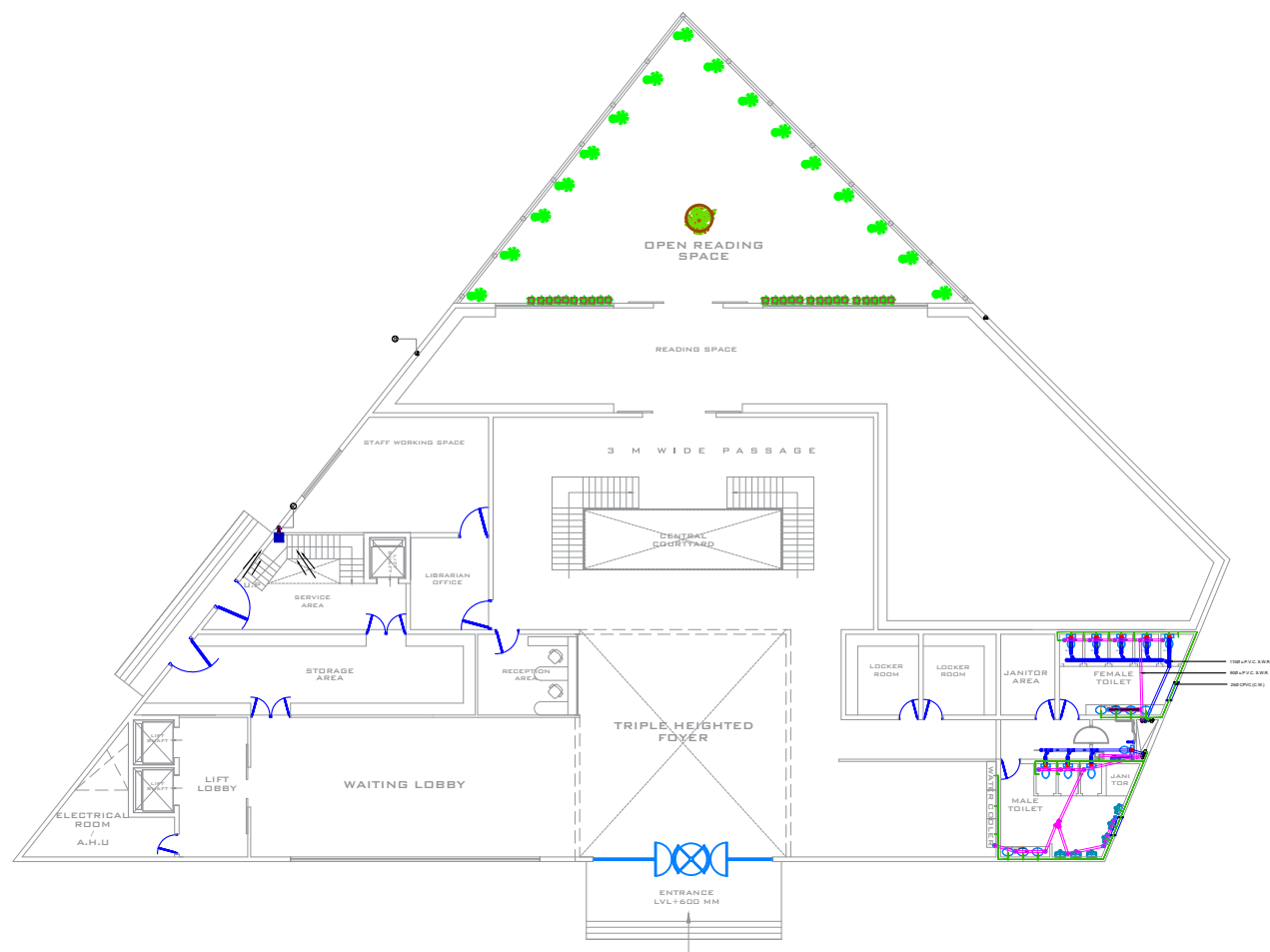


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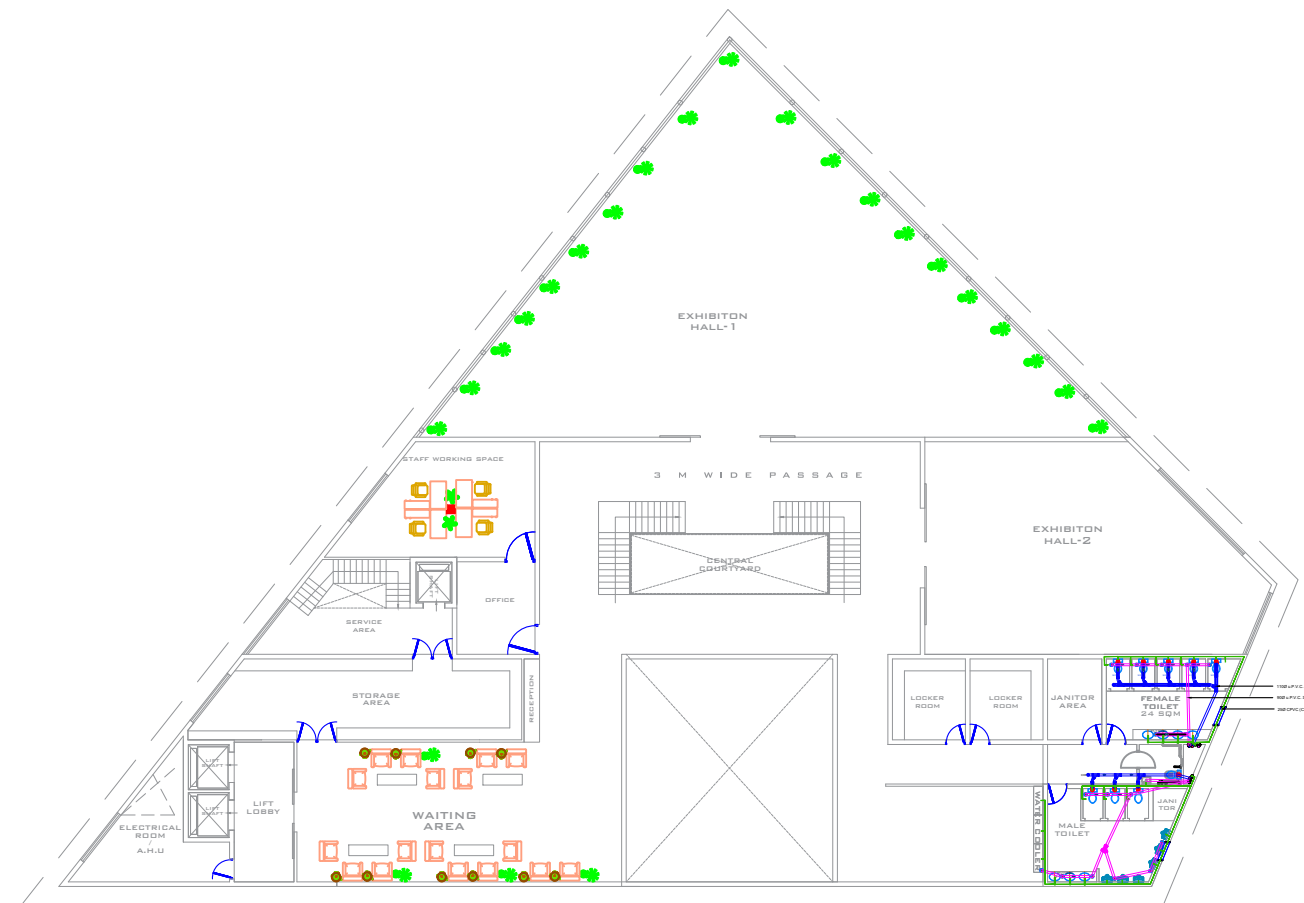
NAME	ABHINAV AGARWAL
SUBJECT	ARCHITECTURE THESIS
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SEM.	X TH
ROLL NO.	1180101002
SCALE	1:500
BABU BANARSI DAS UNIVERSITY	

PANDARAKULAM - CHEMPUMPURAN ROAD

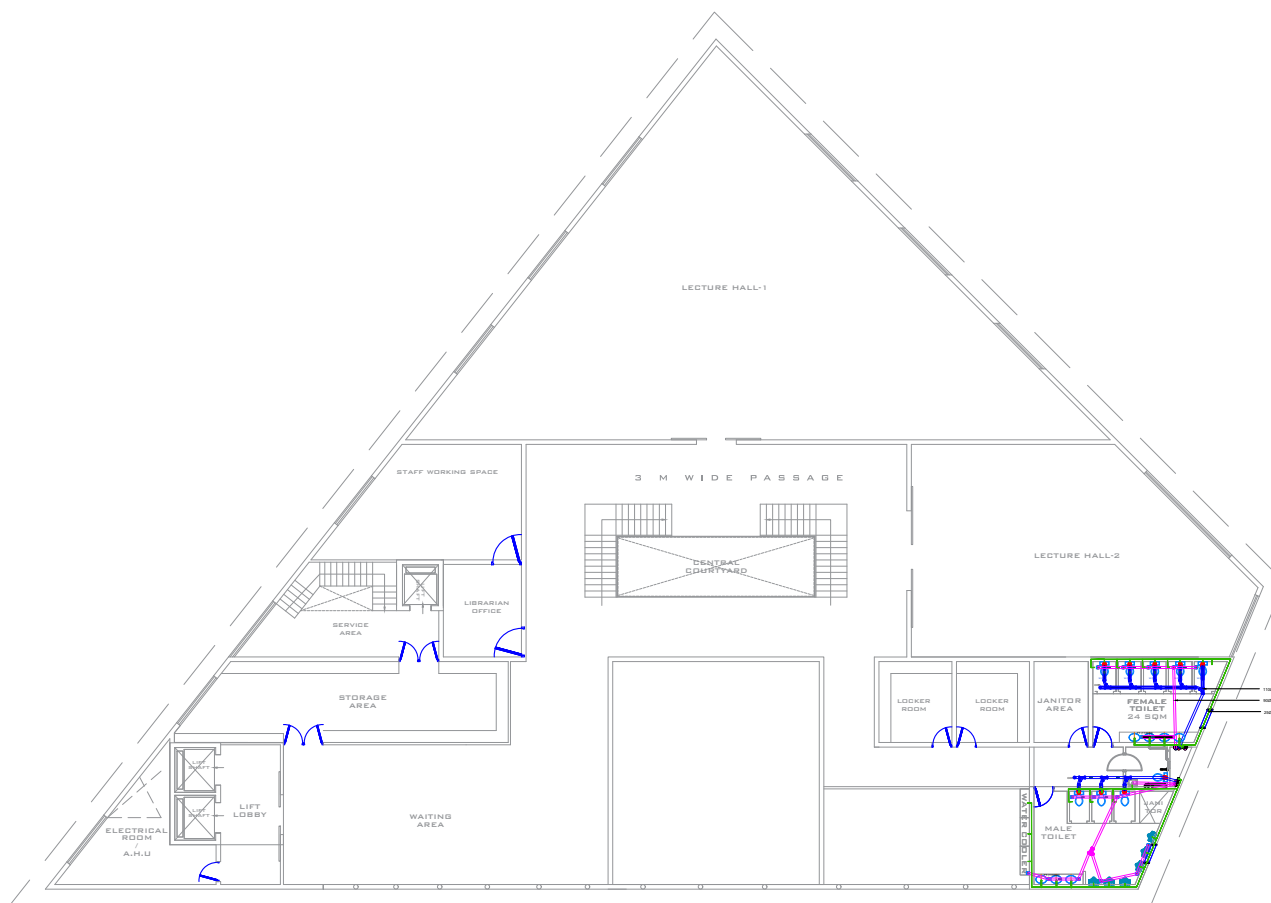
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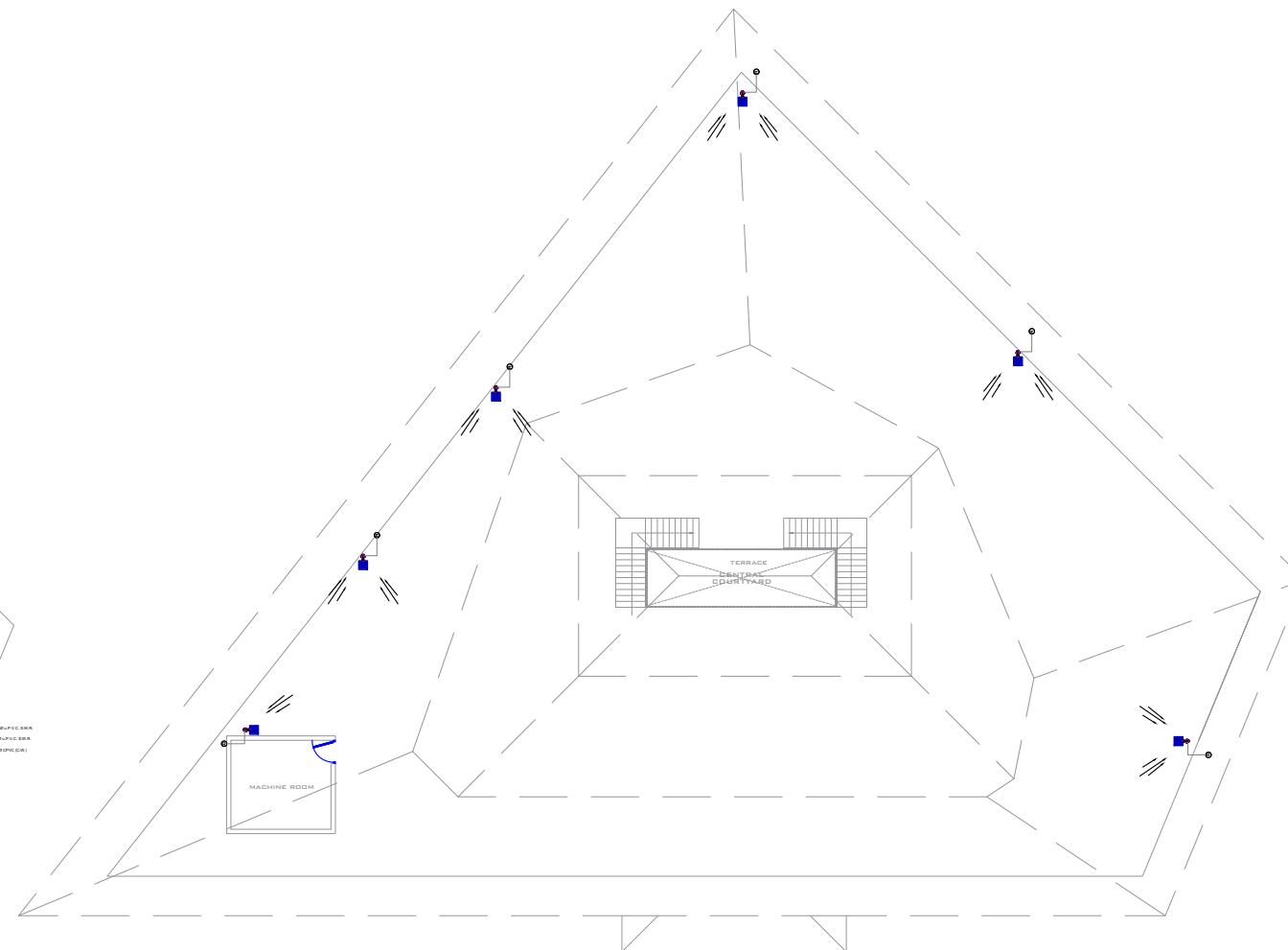
GROUND FLOOR



FIRST FLOOR

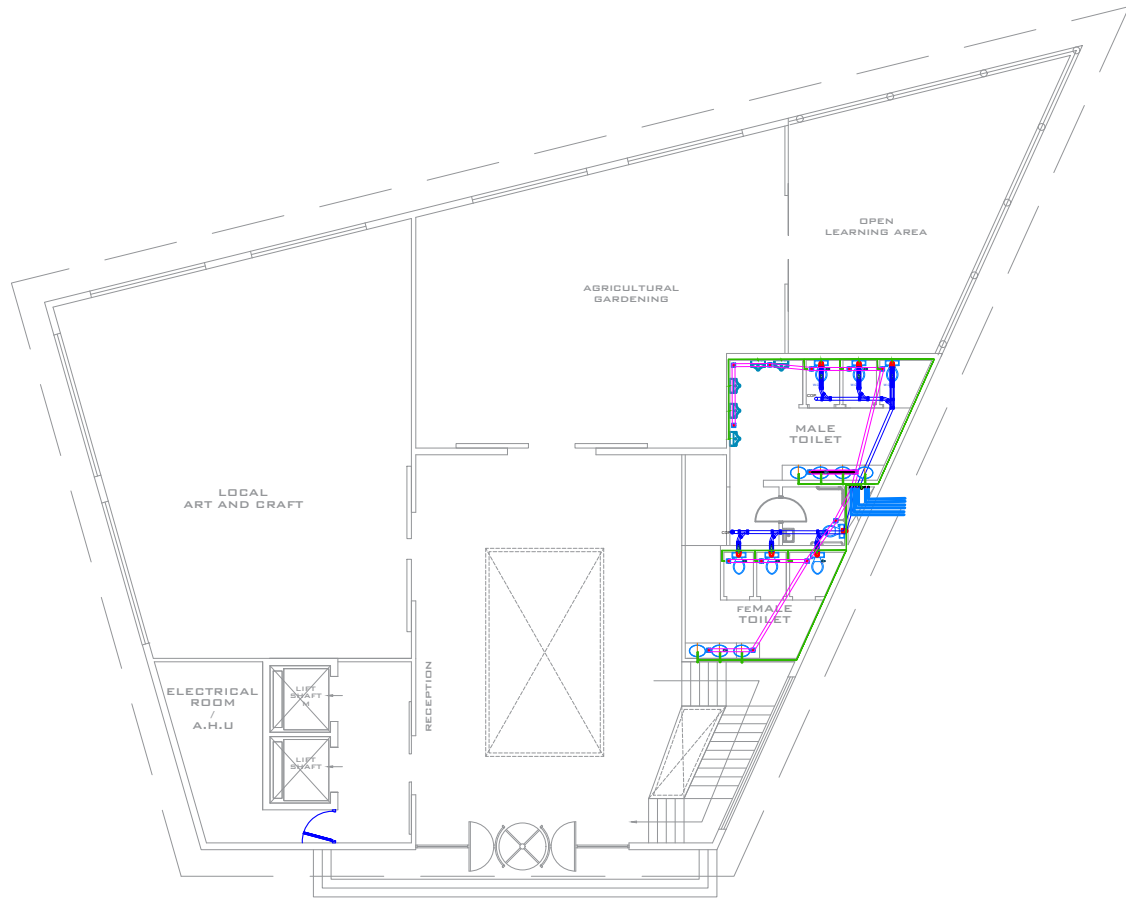


SECOND FLOOR

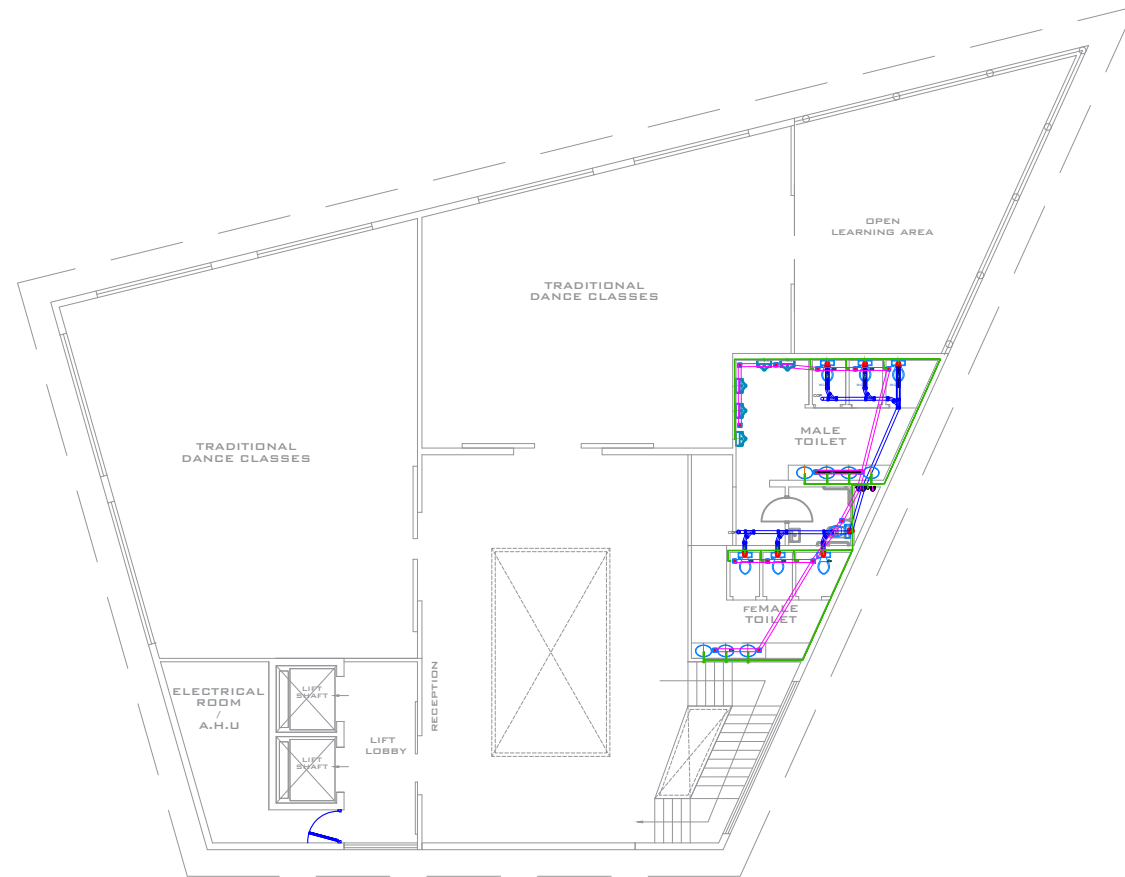


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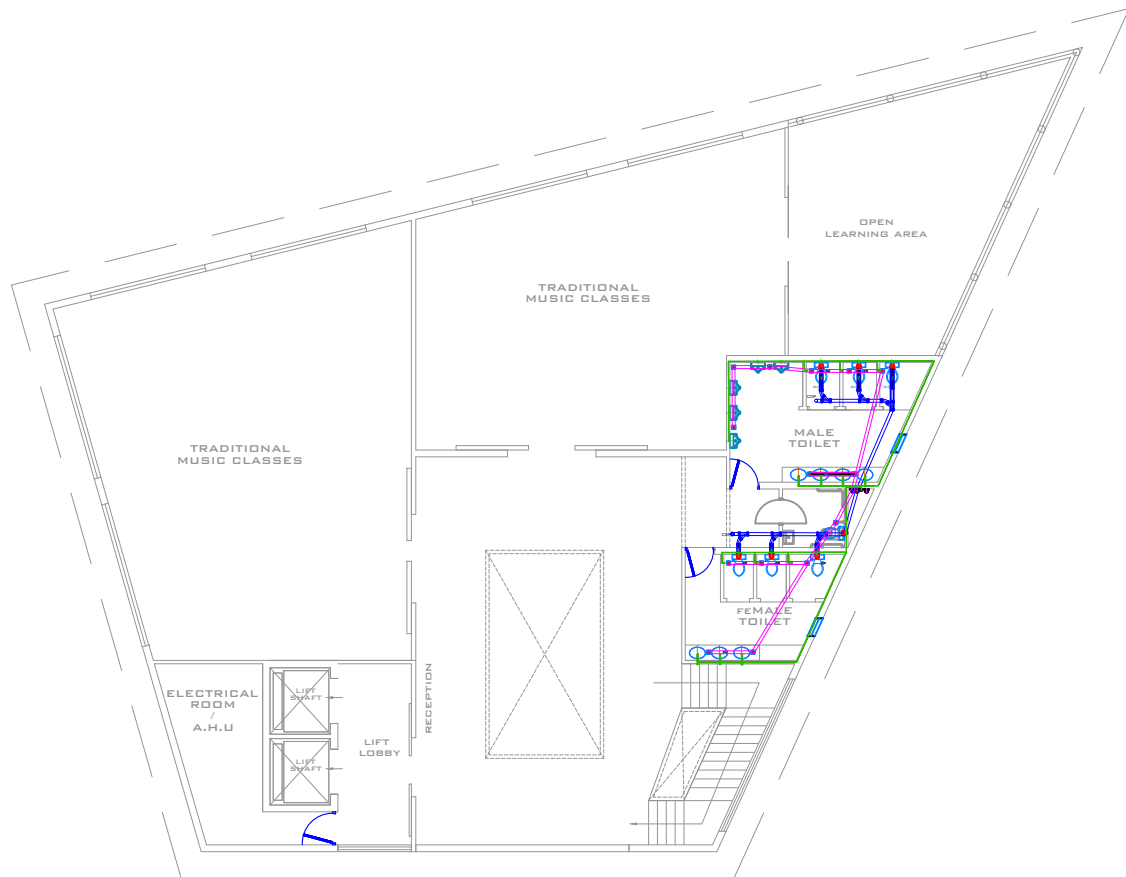
LIBRARY, EXHIBITON & LECTURE HALL



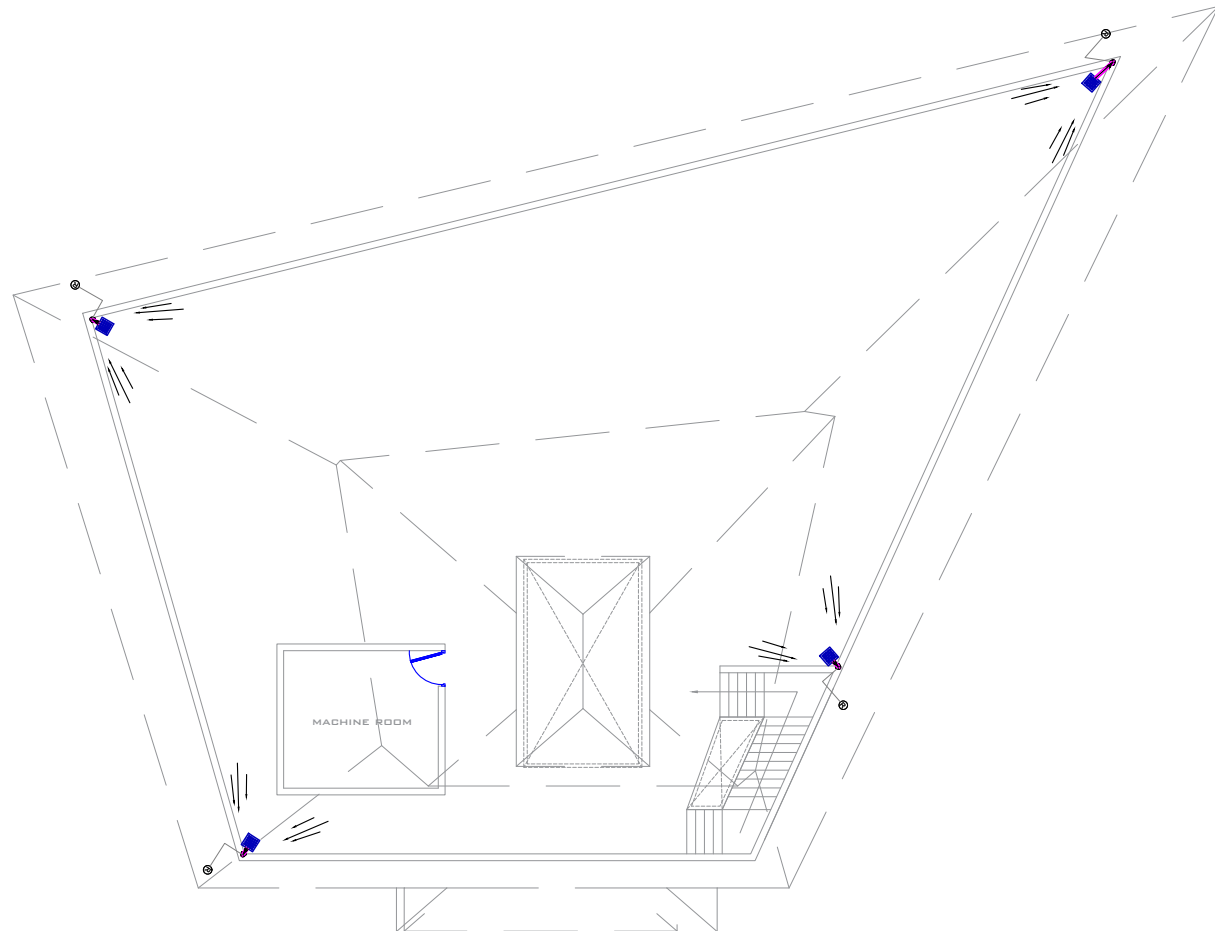
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FIRST FLOOR



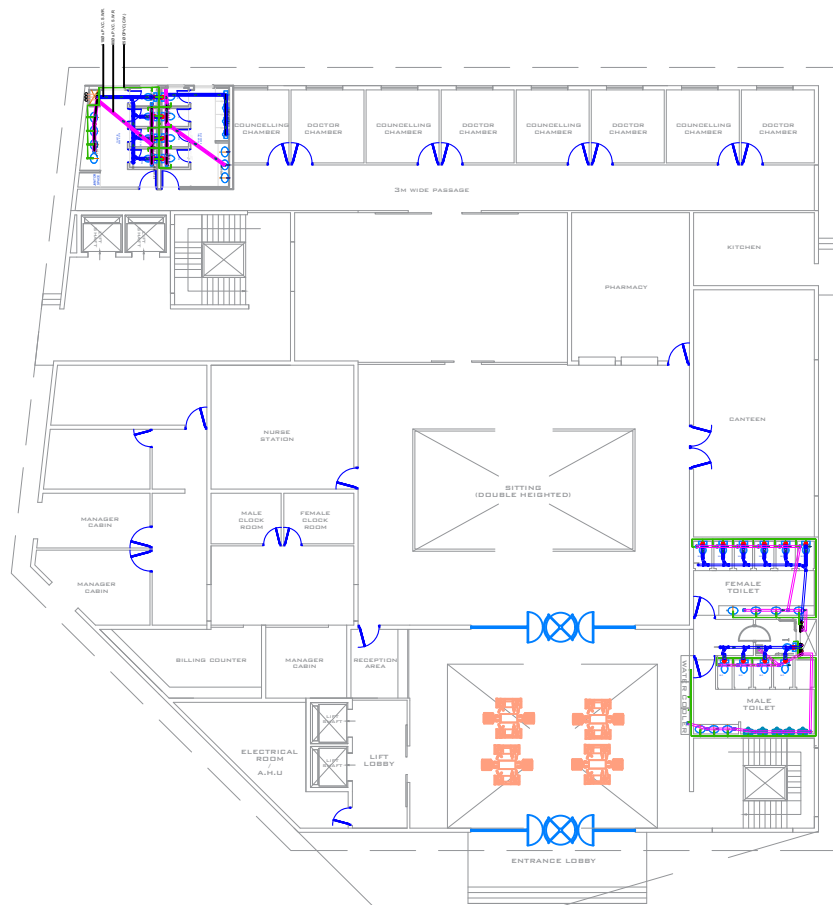
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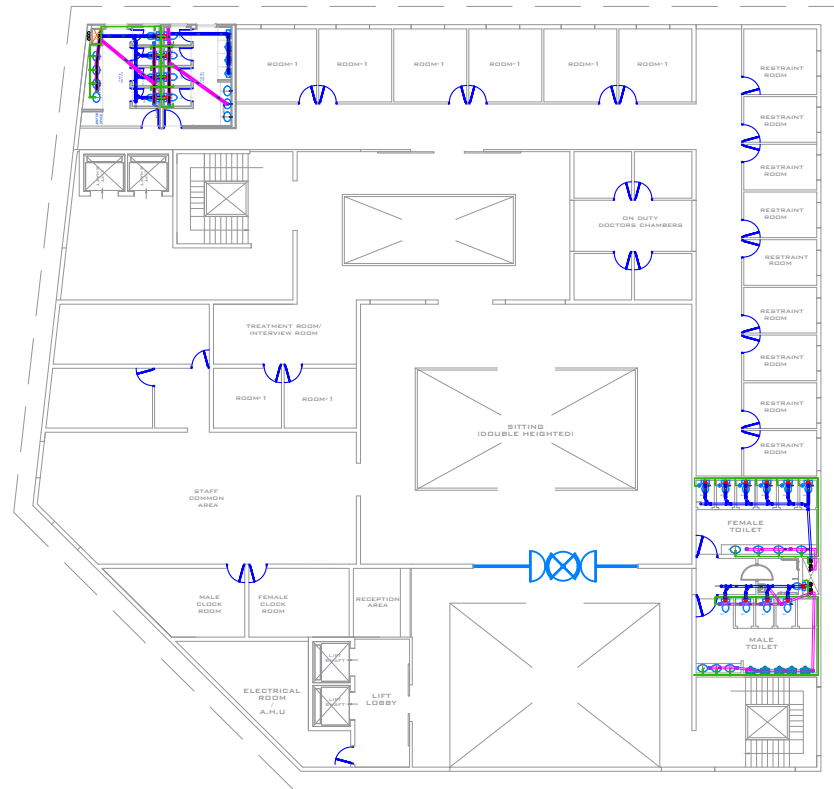
TERRACE

R E C R E A T I O N A L B L O C K

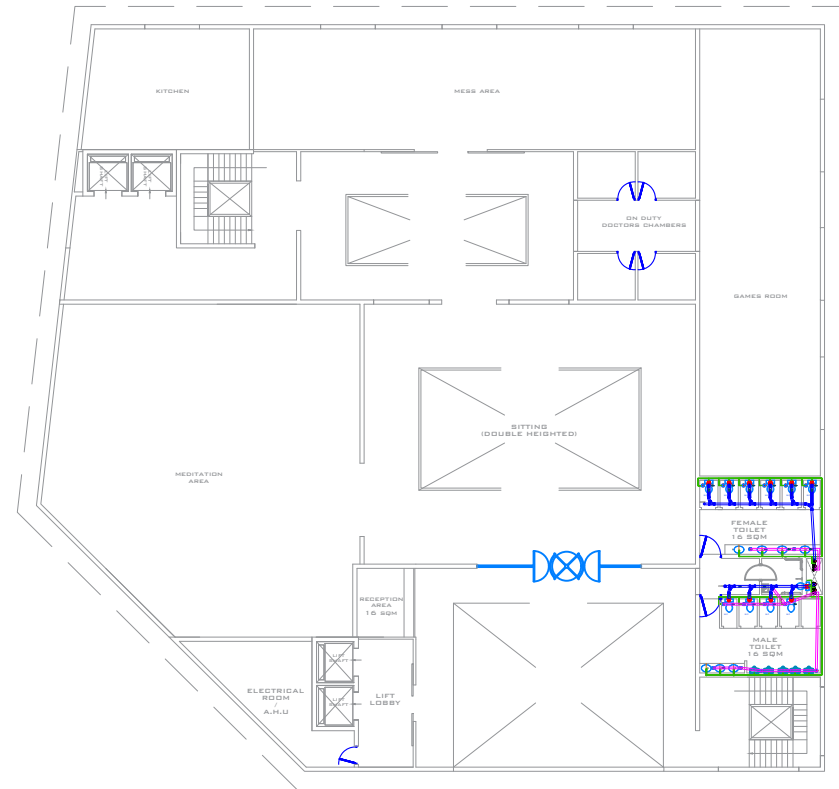
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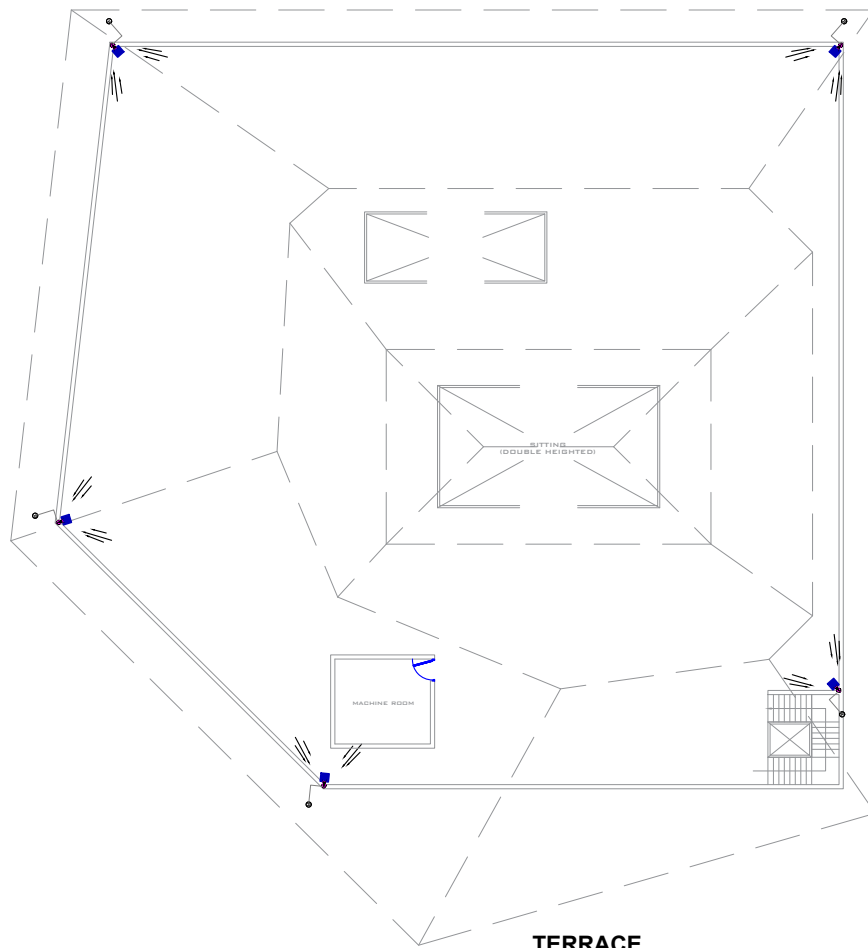
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FIRST FLOOR



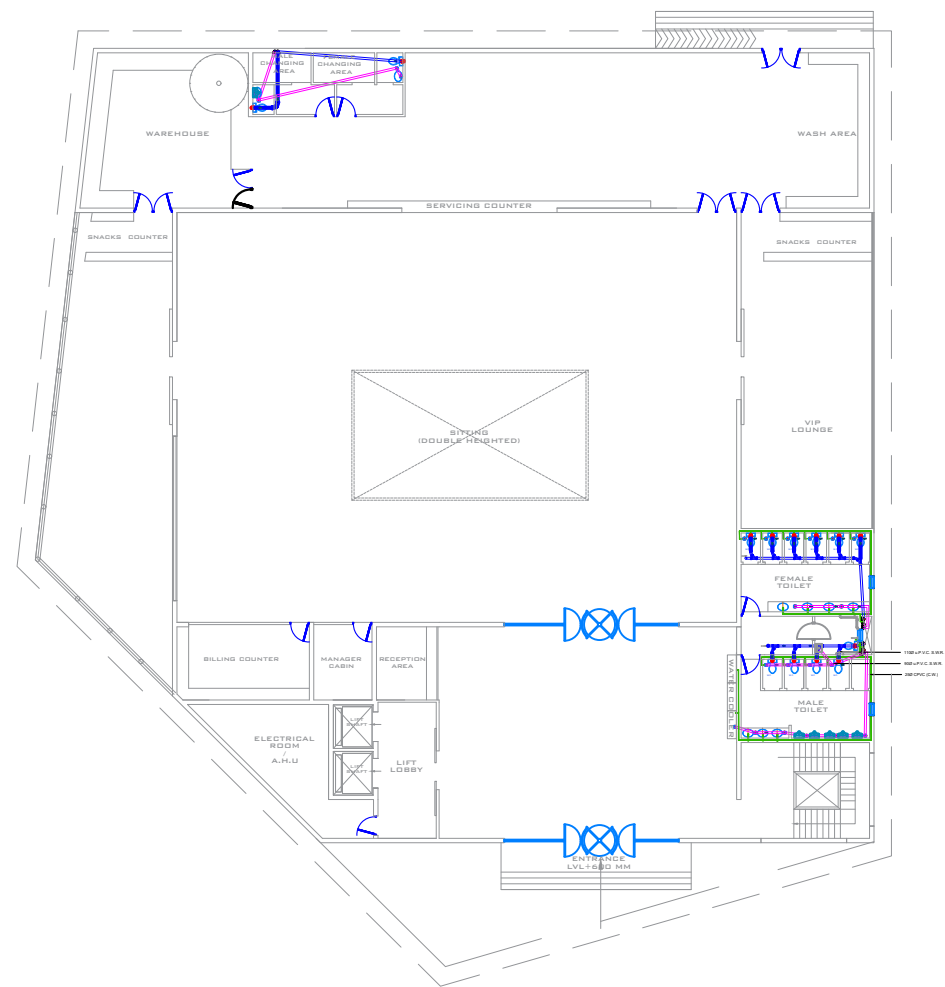
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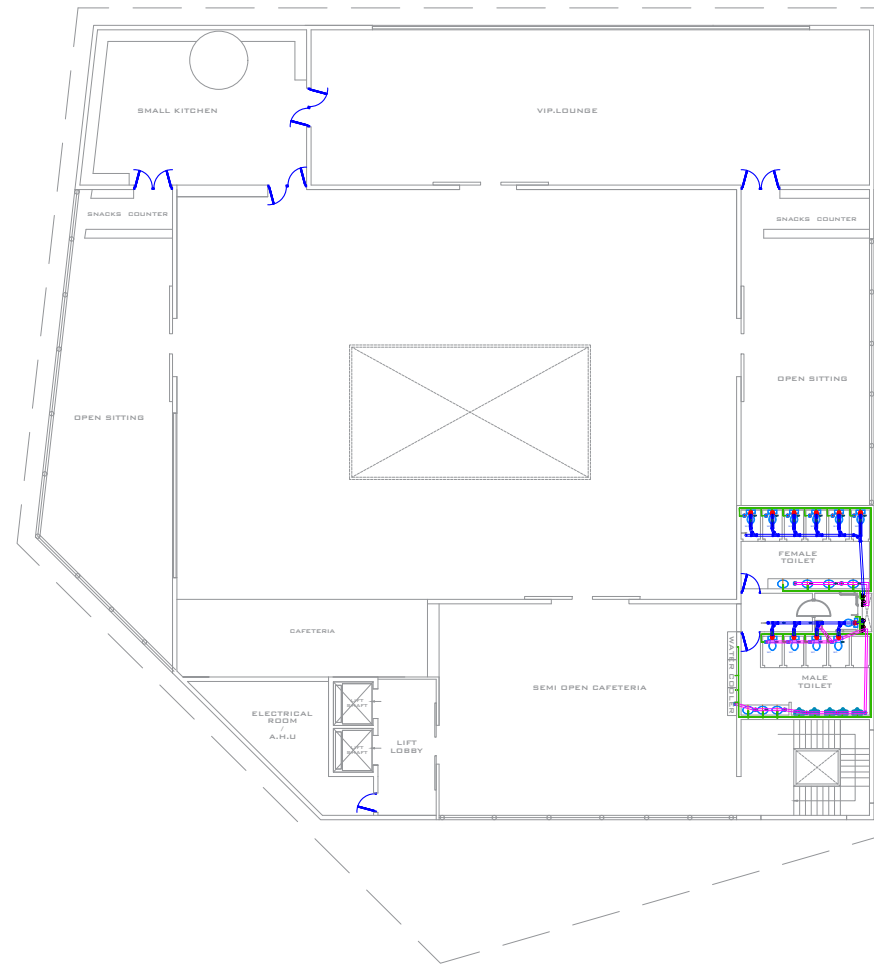
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D R U G R E H A B I L I T A T I O N B L O C K

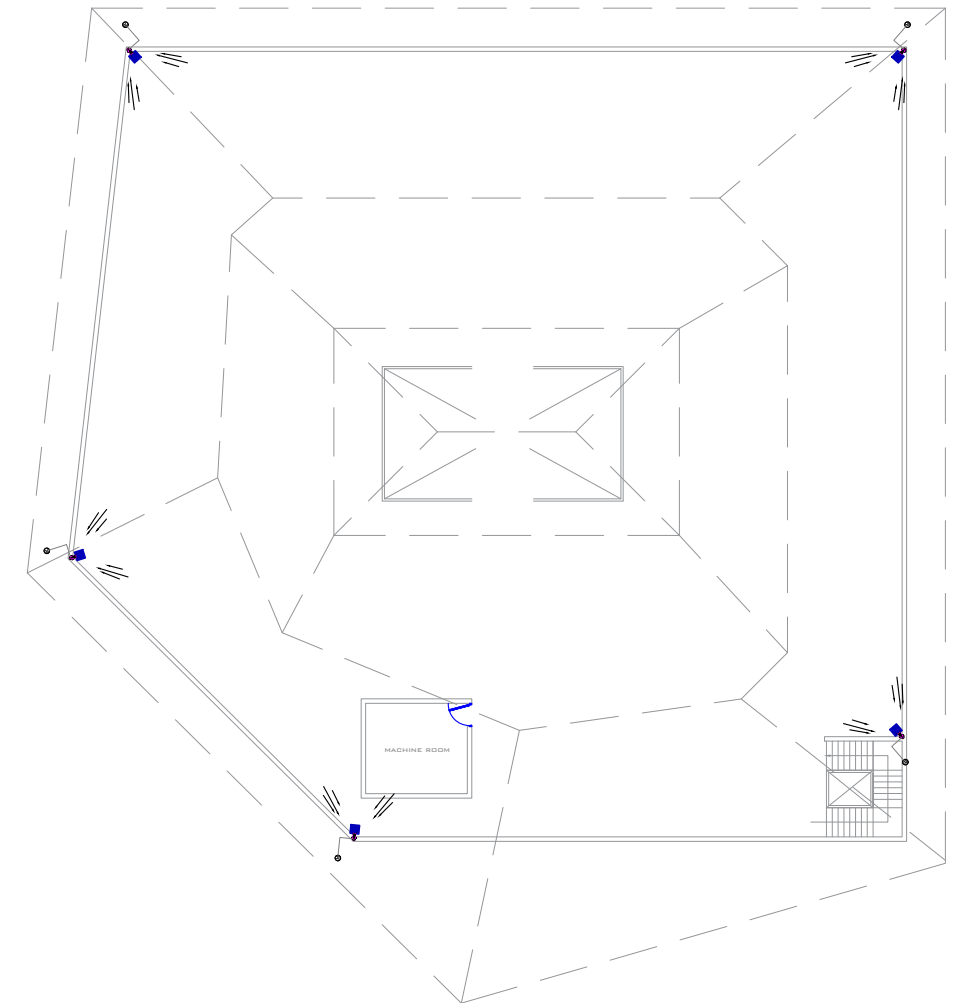
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SUBJECT	ARCHITECTURE THESIS
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GROUND FLOOR



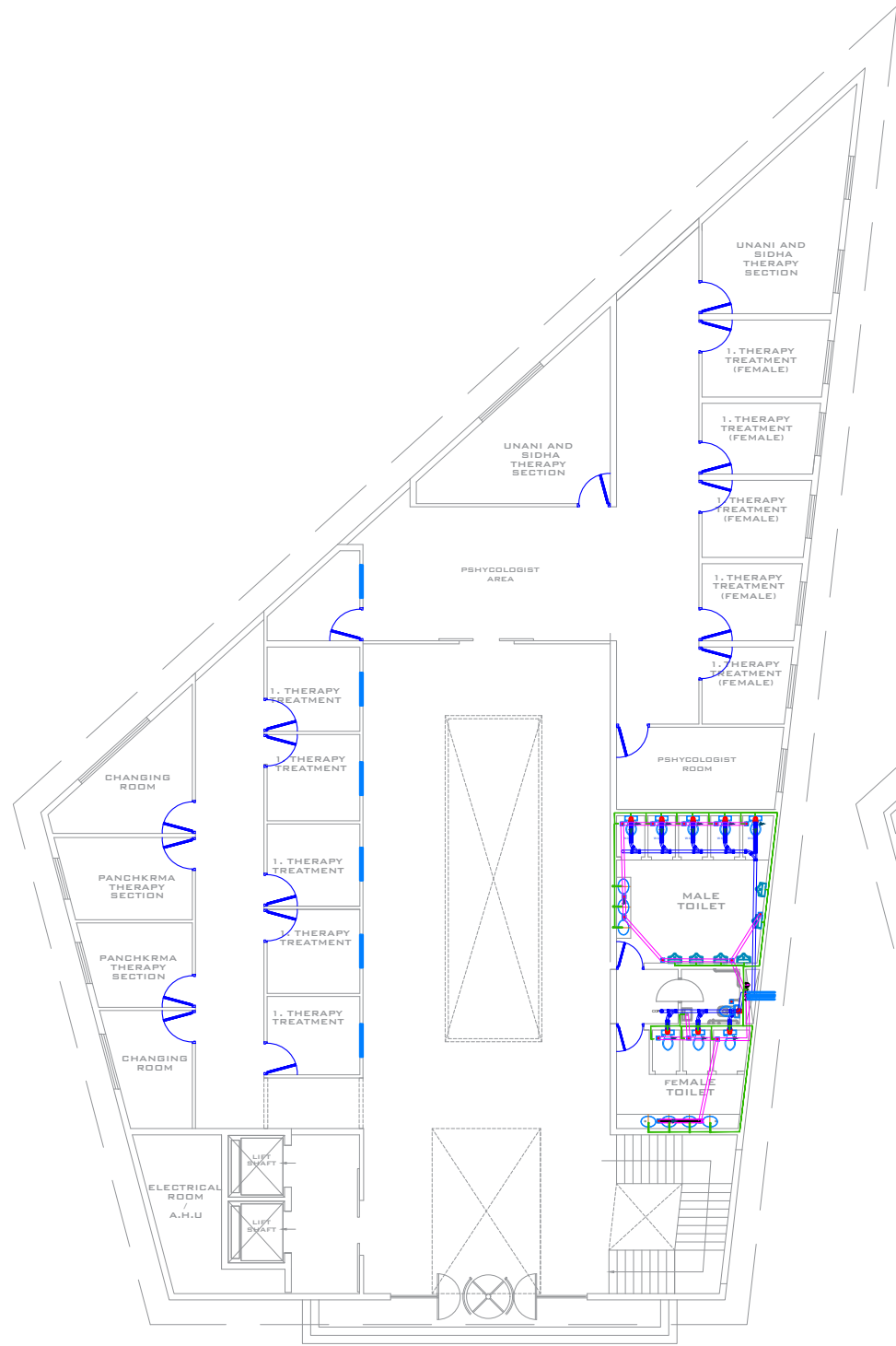
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TERRACE

DINING BLOCK

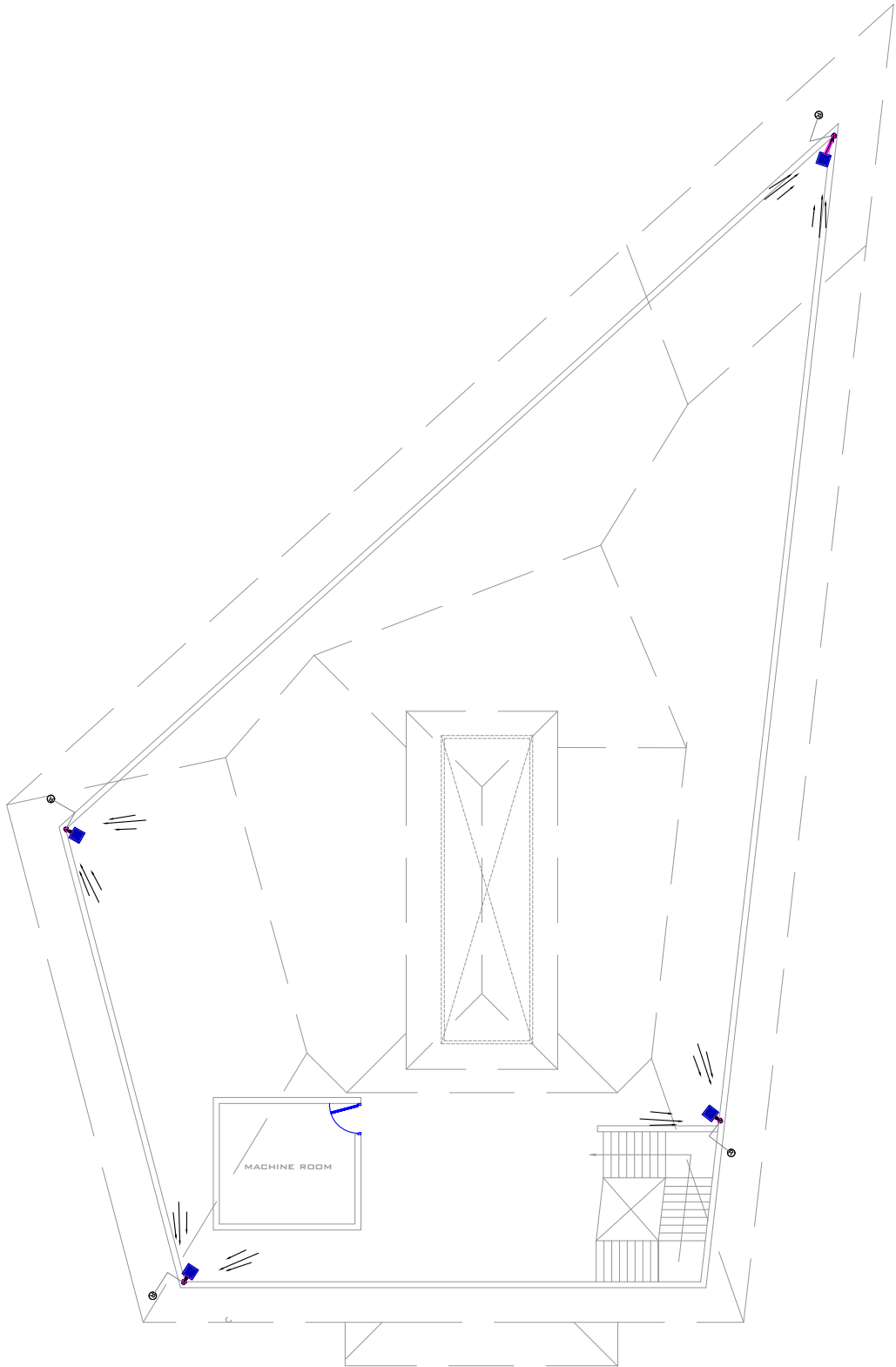
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GROUND FLOOR



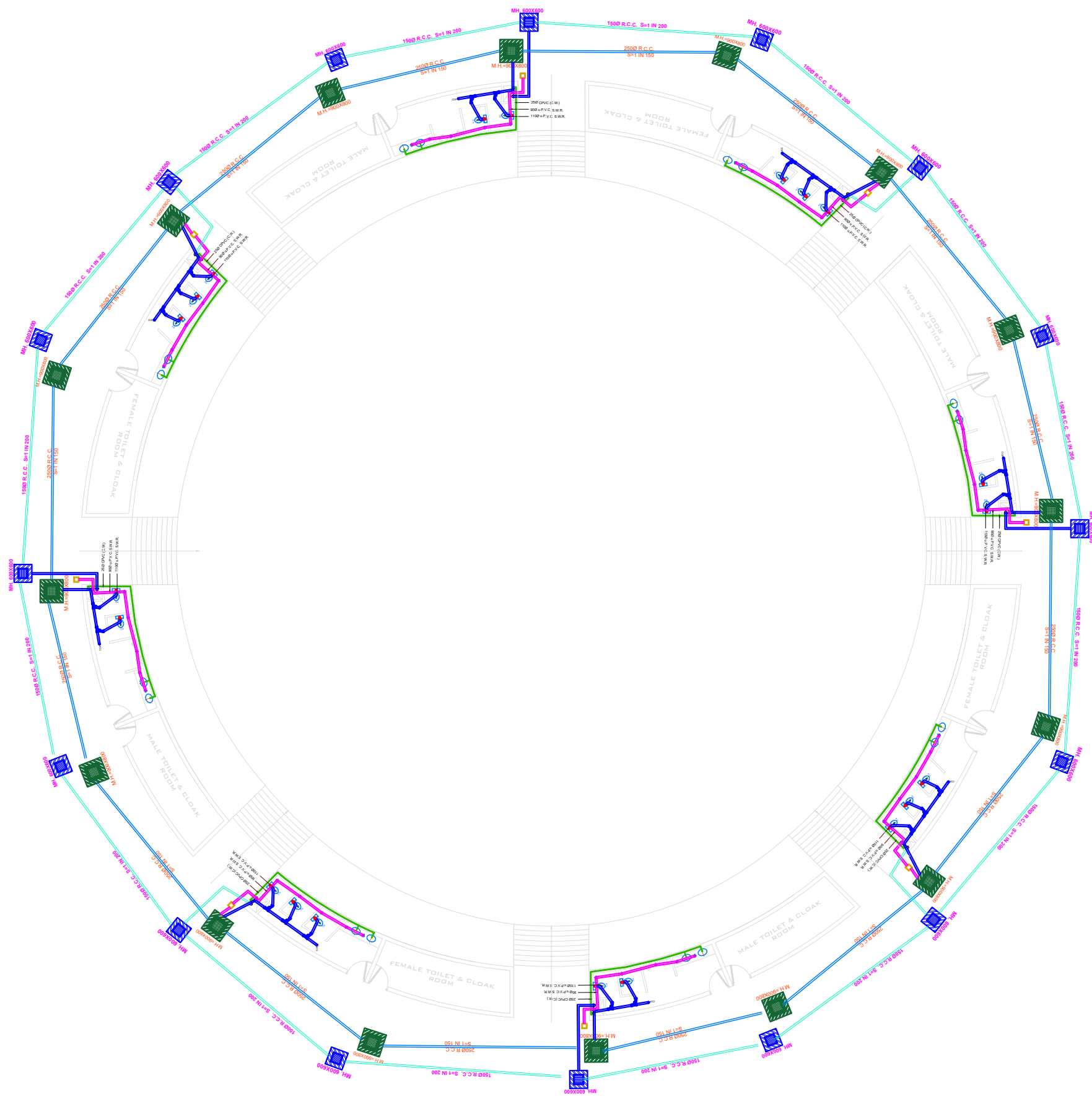
FIRST FLOOR



TERRACE

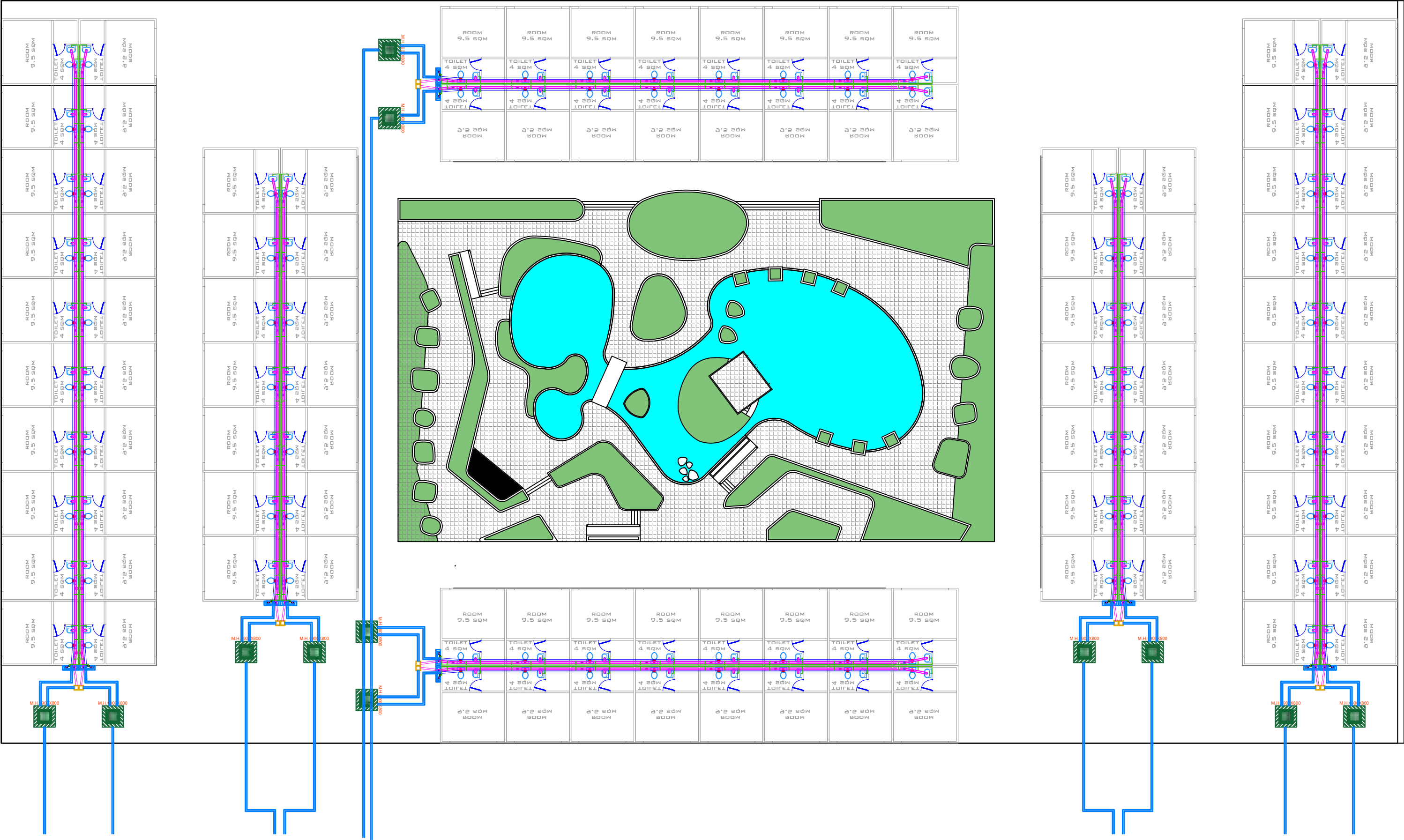
T H E R A P Y B L O C K

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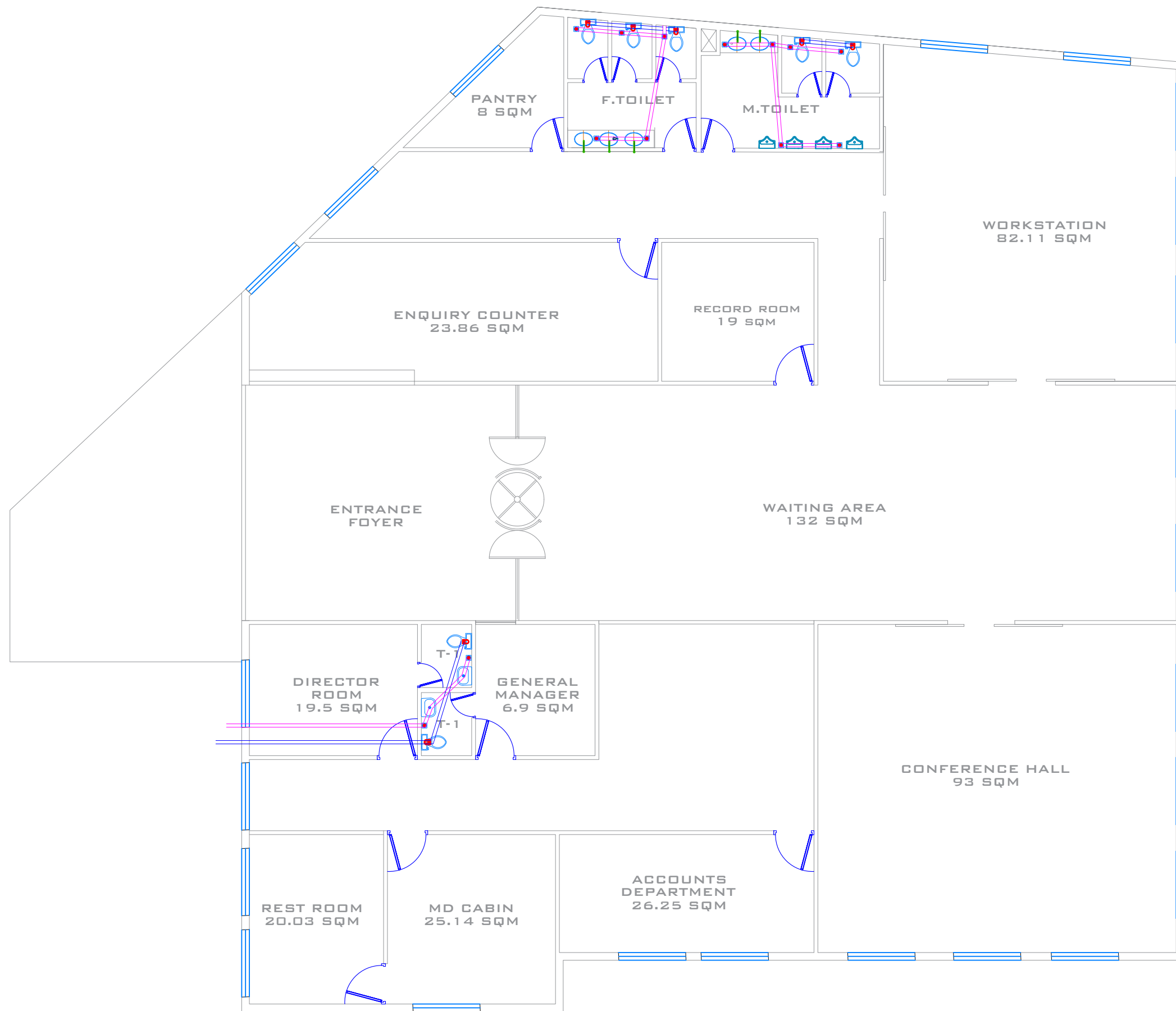
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SIGNATURE	
NAME	ABHINAV AGARWAL
SUBJECT	ARCHITECTURE THESIS
GUIDE N.	AR.KESHAV KUMAR
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ROLL NO.	1180101002
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BABU BANARSI DAS UNIVERSITY	



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A D M I N B L O C K A N D S H O P S

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