

THESIS REPORT  
ON  
**YOGA CENTRE ( MEDITATION CENTER)**  
**MUZAFFARPUR, BIHAR**

A THESIS PROJECT SUBMITTED IN PARTIAL FULFILMENT OF THE  
REQUIREMENT FOR THE AWARD OF THE DEGREE OF:

**BACHELOR OF INTERIOR DESIGN**

BY

**FAHAD ANZAR**  
**ROLL NO. 1190107017**

THESIS GUIDE  
**AR. VERSHA VERMA**  
**AR. SHAILESH KUMAR**

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**TO THE SCHOOL OF ARCHITECTURE AND PLANNING**

**BABU BANARASI DAS UNIVERSITY**  
**LUCKNOW**

**SCHOOL OF ARCHITECTURE AND PLANNING  
BABU BANARSI DAS UNIVERSITY, LUCKNOW ( U.P )**

**CERTIFICATE**

I here by recommend that the thesis entitled “ **MEDITATION CENTRE**”  
MUZAFFARPUR, prepared by **FAHAD ANZAR** ROLL NO. – **1190107017** under  
my supervision, is the bonafide work of the student and can be accepted as  
a partial fulfillment of the requirement for the degree of Bachelor’s Degree  
in Interior Design ,

School of Architecture BBDU, lucknow

**THESIS GUIDE**

AR. SHALINI  
DIWAKAR

**THESIS CO- ORDINATOR**

AR. VERSHA VERMA  
AR. SHAILESH K. YADAV

---

Prof. Mohit kumar  
Agarwal

---

Prof. Sangeeta  
Sharma

Head of Department

Dean of Department

---

External Examiner

---

External Examiner

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# INTRODUCTION

## WHAT IS MEDITATION ?

Meditation is the process of training your mind to be focused; it is also related with human emotions. Architectural way to handle this by providing meditation center unlike open halls , creating a meditation center with acoustic and landscape features would enhance this art of practice .Astral is higher degree of meditation and past life is achieved by triggering sub conscious mind. So I chose this topic to provide a space for mediators allover the world and to exchange their peace of mind through education and experience.



## WHAT IS WELLNESS ARCHITECTURE ?

Wellness Architecture, the practice of architecture that relies on the art and science of designing built environments with socially conscious systems and materials to promote the harmonious balance between physical, emotional, cognitive and spiritual wellbeing while regenerating the natural environment.

## STASTICAL INFORMATION

A countrywide National Institute of Mental Health& Neurosciences study has revealed a shocking prevalence of mental illness in India of 13.7 % compared to all over the World. Around 65% youth between the age group of 22-25 show early signs of depression, claims a new study. The survey said that 65% of youth respondents between the age group of 22-25 displayed early signs of depression.

## DIFFERENT STAGES OF MEDITATION

Stage 1-Awareness of body or Novice meditation.

Stage 2-Awareness of mental state or Skilled meditation.

Stage 3-Energy or Transition meditation

Stage 4-Rupture or Adept meditation.

Stage 5-Pure bliss attaining or Forgetting stage.

Stage 6-Superconsciousness or Subtle distraction.

Stage 7-Attaining Enlightenment or Unifying mind,

are the stages of meditation that are practiced at international levels. These are standard methods followed universally called by different names. Generally stages starts from listening our breathe which is the first stage and it ends at the last stage where Enlightenment is attained.



## SYMBOLS OF MEDITATION

.Symbols are significant part of meditation and plays an integral role .Symbols helps us to achieve direct access to forces which elevates us to attain higher state of Consciousness, develop positiveness and brings deeper meaning into one's path. There are several symbols which enhance the art of meditation practice namely Lotus, Hamsa, evil eye, Buddha, Chakra, Mandala, Third eye, Aum, Namaste, Yin and Yang etc. Aum is the most common and helps us open our third eye and come to the absolute and divine force of the universe. This meditation will bring you tranquility, peace and bliss.

# ELEMENTS OF MEDITATION

## Elements and Enhancement

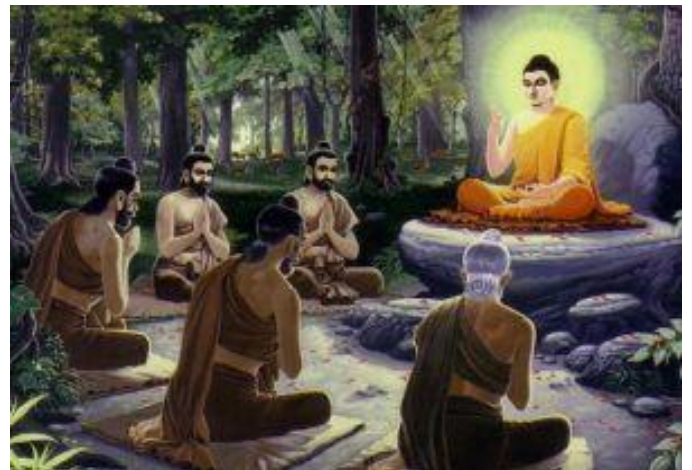
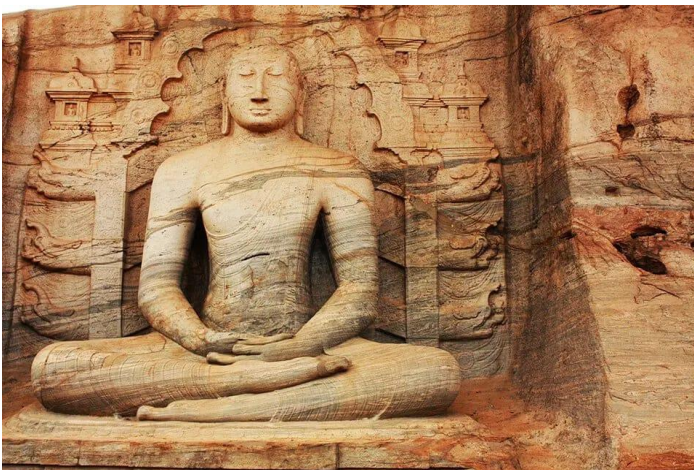
- **Earth**, known as prithvi is heavy ,solid and rigid . It is generally considered to give form to the human body.
- **Air**, known as Vayu is movable ,changeable , light and dynamic. In meditation air plays a vital role in name of Pranayama it is critical part in increasing focus and developing calmness.
- **Space**, known as akasha is the subtlest element. Through meditation the energy field is nourished by cosmic energy pertaining to spaces. It helps in healing of Physical, Mental and Spiritual self.
- **Water**, known as jala is smooth, flowing, cool and transparent. It transports and connects our soul with nature. However 70 percentage of both Earth and Body constitutes of Water.It is used to enhance the power of meditation as it is considered as symbol of infinite flow that moves through blockages and unblocks inner peace.
- **Fire**, known as tejas is hot, light,intense, powerful and transformative .In general I t is witnessed as Sun and coming to Meditation it enhances Cognitive processes. It is said that magnetic field is created around fire which will deepen the practice of meditation when sat near it. Fire generally helps us to reach theta state in meditation rapidly than normal

# HISTORY

The history of meditation is intimately bound up with the religious context within which it was practiced. Rossano has suggested that the emergence of the capacity for focused attention, an element of many methods of meditation, may have contributed to the latest phases of human biological evolution.

Some of the earliest references to meditation, as well as proto-Samkhya, are found in the Upanishads of India.

The earliest clear references to meditation are in the middle Upanishads and the Mahabharata (including the Bhagavad Gita). According to Gavin Flood, the earlier Brihadaranyaka Upanishad is describing meditation when it states that "having become calm and concentrated, one perceives the self (ātman) within oneself"



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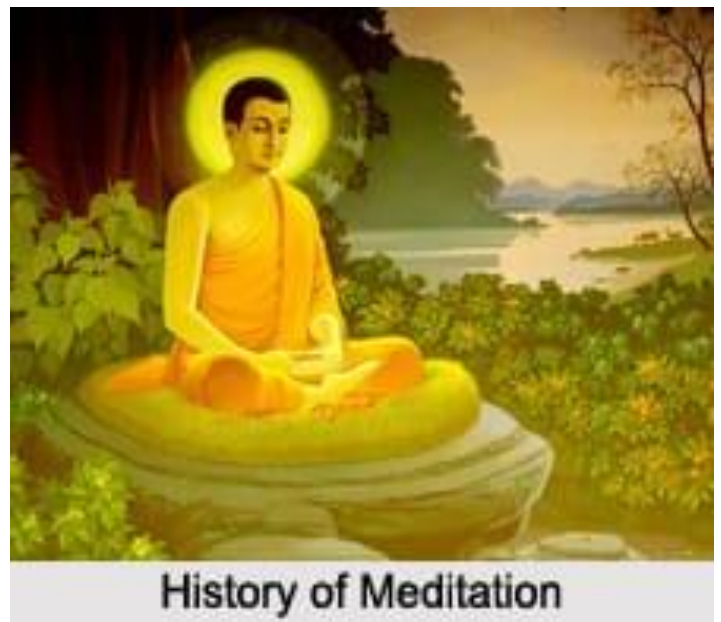
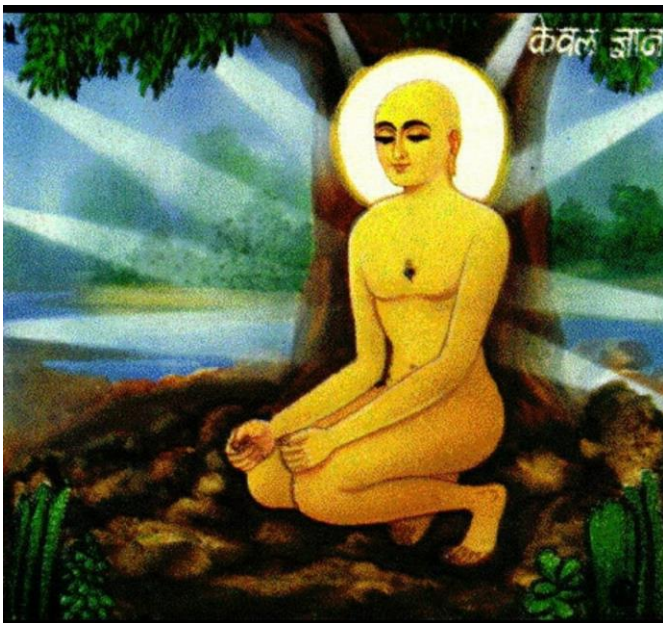


## JAINISM

Jain Meditation and spiritual practices system were referred to as salvation-path.

It has three parts called the Ratnatraya “three jewels” right perception and faith, right knowledge, and right conduct.

Meditation in Jainism aims at realizing the self, attaining salvation, and taking the soul to complete freedom. Aims to reach and to remain in the pure state of soul which is believed to be pure consciousness, beyond any attachment or aversion



Jainism uses meditation techniques such as pindāstha-dhyāna, padāstha-dhyāna, rūpāstha-dhyāna, rūpātita-dhyāna, and savīrya-dhyāna. In padāstha dhyāna one focuses on a mantra

## BUDDHISM

Buddhists pursue meditation as part of the path toward awakening and nirvana.[note 8] The closest words for meditation in the classical languages of Buddhism are *bhāvanā* ("development"), and the core practices of body contemplations (repulsiveness and cemetery contemplations) and *anapanasati* (mindfulness of in-and-out breathing) culminating in *jhāna*/*dhyāna* or *samādhi*



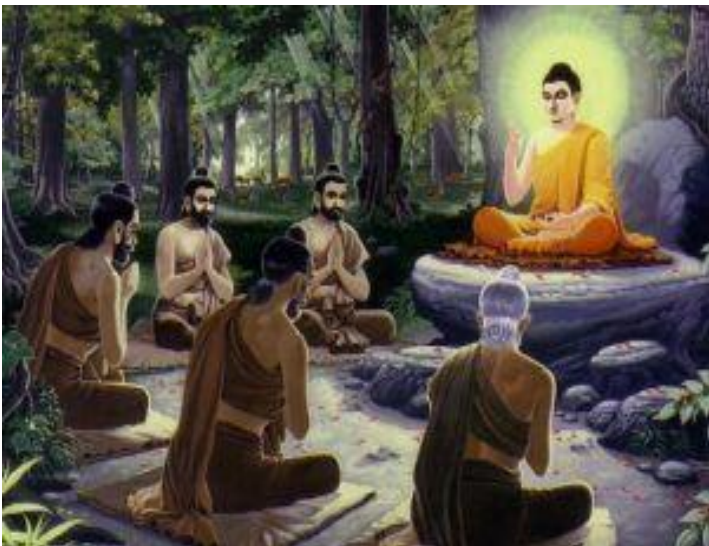
While most classical and contemporary Buddhist meditation guides are school-specific the root meditative practices of various body recollections and breath meditation have been preserved and transmitted in almost all Buddhist traditions, through Buddhist texts like the Satipatthana Sutta and the Dhyana sutras, and through oral teacher-student transmissions.



## HINDUISM

There are many schools and styles of meditation within Hinduism. In pre-modern and traditional Hinduism, Yoga and Dhyana are practised to recognize 'pure awareness', or 'pure consciousness', undisturbed by the workings of the mind, as one's eternal self.

One of the most influential texts of classical Hindu Yoga is Patañjali's Yoga sutras (c. 400 CE), a text associated with Yoga and Samkhya, which outlines eight limbs leading to kaivalya ("aloneness").



## DHYANA:

may have been an original contribution of Gautama Buddha (5th cent. BCE), the founder of Buddhism.[90] While often presented as a form of focused attention or concentration, as in Buddhagosa's Theravada classic the Visuddhimagga ("Path of purification, 5th c. CE),

according to a number contemporary scholars and scholar-practitioners, it is actually a description of the development of perfected equanimity and mindfulness, apparently induced by satipatthana, an open monitoring of the breath, without trying to regulate it.

## **SYNOPSIS**

# **MEDITATION CENTER**

## **INTRODUCTION**

An ancient traditional system of medicine, Ayurveda is considered to be the oldest system of health care, with literature going back 5000 years and an oral tradition that is much older.

This healing system has been practiced in daily life in India for more than 5000 years. Ayur' means 'Life' and 'Veda' means 'Science'. Thus, Ayurveda is the 'Science of Life'.

In Ayurveda, health is a state of spiritual and physical attainment.

It is a medical, metaphysical healing life science - the mother of all healing arts. The practice of Ayurveda is designed to promote human happiness, health and creative growth.

Ayurveda helps the healthy person to maintain health and the diseased person to regain health.

The design of this Centre involves the responsibility of an Interior designer to mélange architecture with sophisticated elements of technical know-how and to make the space follow certain order to satisfying purpose go in marking of an ideally designers which caters to the needs of health centre.



# NEED OF TOPIC

- meditation is a way to get rid of misery, to overcome problems
  - Meditation has been the way to improve one's abilities.
  - Leaving aside enlightenment, you see the social ills of today. The stress and tension call for one to meditate.
- Meditation brings better health to us. Meditation is food for the soul.
- It is an energizer for the mind. It is a lifeline for the body. It keeps your body in shape, helps your nervous system, helps your mind, your alertness, improves your perception and helps you to express yourself properly.
- A professional meditation business provides a location for clients to practice different forms of meditation in order to become more relaxed and focused.
- Different clients seek out meditation centers for different purposes. Some clients merely want to achieve a better sense of relaxation and peace.



# AIM AND OBJECTIVES

- Breaking the monotony of right angles in hill architecture and establishing a holistic dimension to Indian spiritual architecture.
- The underlying goal of all these center's is to create proper physical, mental and spiritual balance of human being with the necessary resistance and immunity from disease.
- Treat people, not just their disease.
- Treat causes, rather than symptoms.
- Maintain good health through prevention.
- Educate the people towards eco-friendly life style, where the individual takes the responsibility of his/ her own health.
- The main idea being to do away with the rigmarole of the daily city life so that one is able to rest and renew one's body, mind and spirit.
- The patient's comfort should not be neglected. They should feel pampered to such a point that they feel relaxed

# LIMITATION AND SCOPE

- It has a limited scope as it can be only opted in civil cases. Also because of its nature, it depends heavily on the will of the parties, whether or not they themselves are ready to solve a dispute peacefully through consensual negotiation or not which, in many cases, is not possible.
- Usually, the parties to the dispute are not willing to choose mediation. This is because usually a litigant feels that he or she has a strong chance of winning the case and thus choosing to settle a dispute through mediation may lead to a lesser award than what can be granted by the court.
- It is usually seen that in cases of Lok Adalats, as due to the time constraint, the parties in order to delay the trial, falsely choose mediation and after some time deny the procedure of mediation



# METHODOLOGY

## Site analysis

- Selection of site
  - Site area and plans
  - The climate & surroundings.
- Area analysis

## Literature study-

- Data collection through books, generals, research, virtual study, etc

## Case study

- To study other meditation centre with respect to interior
- To figure out the needed changes keeping the hygiene, comfort & productivity in mind

## Final design

- Designing concept sheets, working on planning & interior
- To proceed using the aspects of meditation center

## Elective

- Furniture detail landscaping
- landscaping

# SITE ANALYSIS

## INTRODUCTION OF MUZAFFARPUR CITY

- Muzaffarpur is a city located in Muzaffarpur district in the
- Tirhut region of the Indian state of Bihar.
- It serves as the
- headquarters of the Tirhut division, the Muzaffarpur district
- and the Muzaffarpur Railway District.
- It is the fourth most populous city in Bihar.



## ABOUT THE SITE

LOCATION –PUSA,  
SAMASTIPUR RD., KANHAULI,  
MUZAFFARPUR  
SITE LOCATION-  
MUZAFFARPUR, BIHAR  
SITE AREA-3.28 ACRE

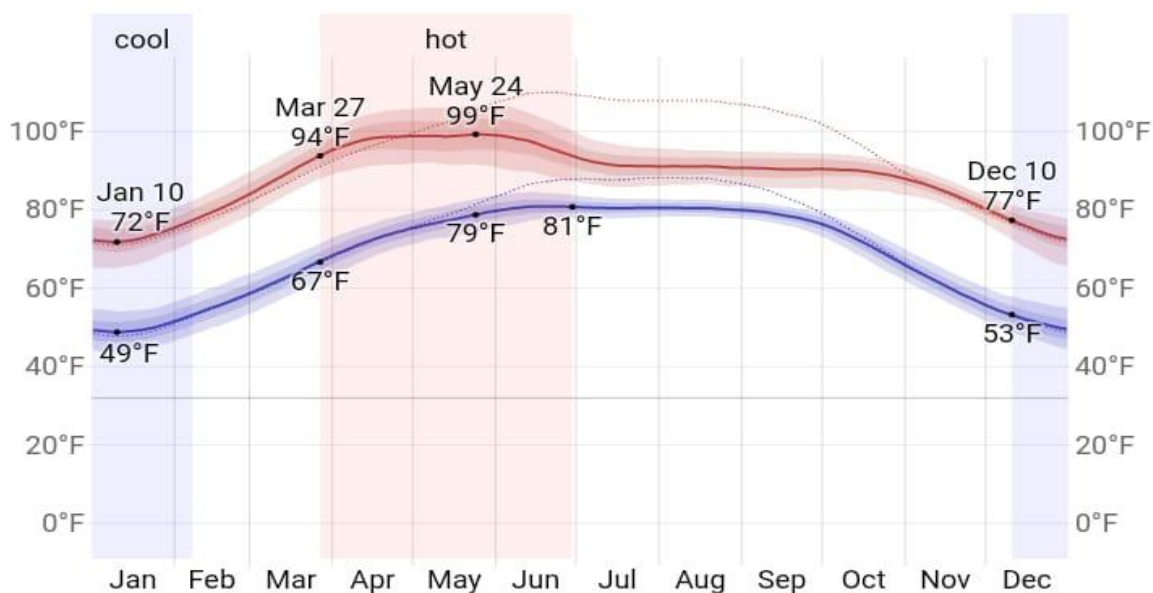


# CLIMATE STUDY

## AVERAGE TEMPERATURE

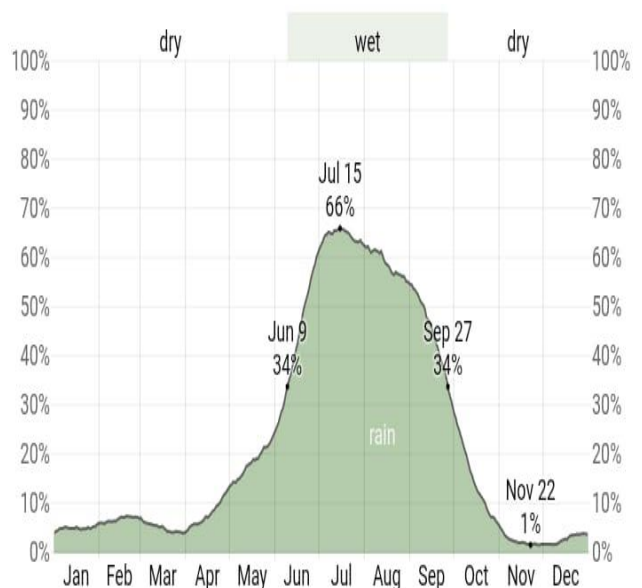
The hot season lasts for 3.1 months, from March 27 to June 29, with an average daily high temperature above 94°F.

The hottest month of the year in Muzaffarpur is June, with an average high of 96°F and low of 81°F.



## PRECIPITATION

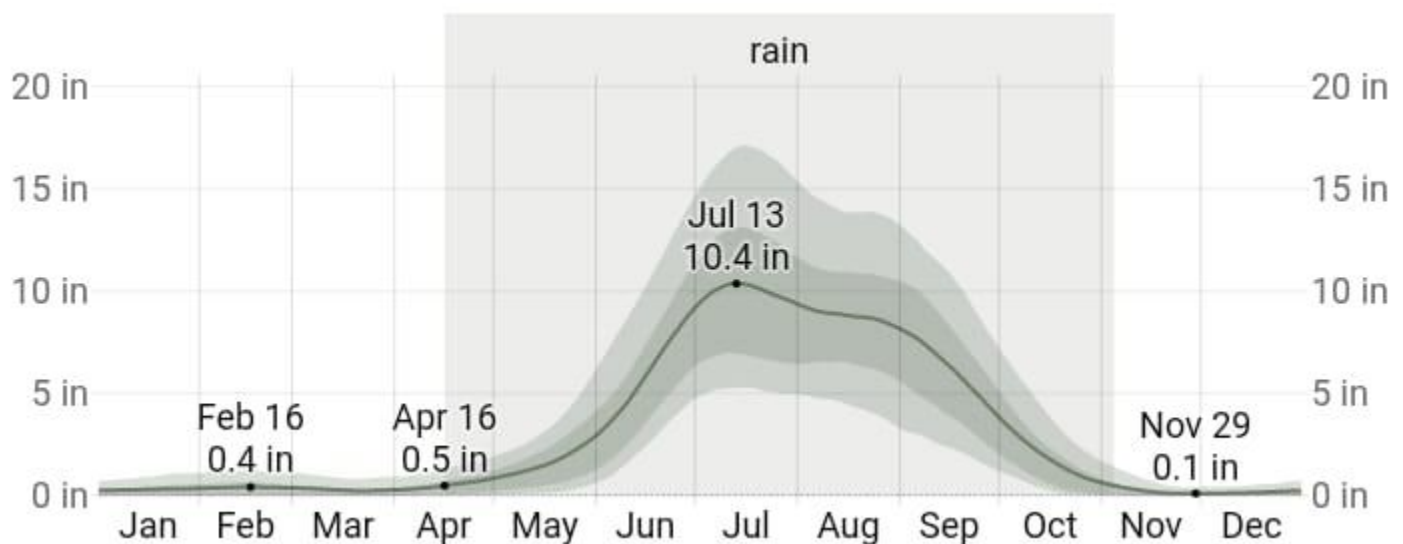
A wet day is one with at least 0.04 inches of liquid or liquid-equivalent precipitation. The chance of wet days in Muzaffarpur varies very significantly throughout the year. The wetter season lasts 3.6 months, from June 9 to September 27, with a greater than 34% chance of a given day being a wet day. The month with the most wet days in Muzaffarpur is July, with an average of 20.0 days with at least 0.04 inches of precipitation.



## RAINFALL

To show variation within the months and not just the monthly totals, we show the rainfall accumulated over a sliding 31-day period centered around each day of the year.

Muzaffarpur experiences extreme seasonal variation in monthly rainfall.

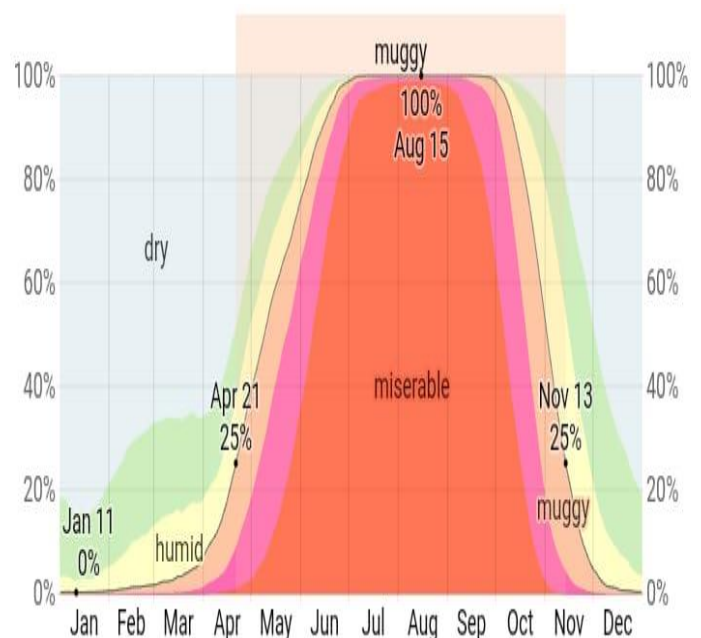


## HUMIDITY

We base the humidity comfort level on the dew point, as it determines whether perspiration will evaporate from the skin, thereby cooling the body.

Lower dew points feel drier and higher dew points feel more humid.

Unlike temperature, which typically varies significantly between night and day, dew point tends to change more slowly, so while the temperature may drop at night, a muggy day is typically followed by a muggy night.

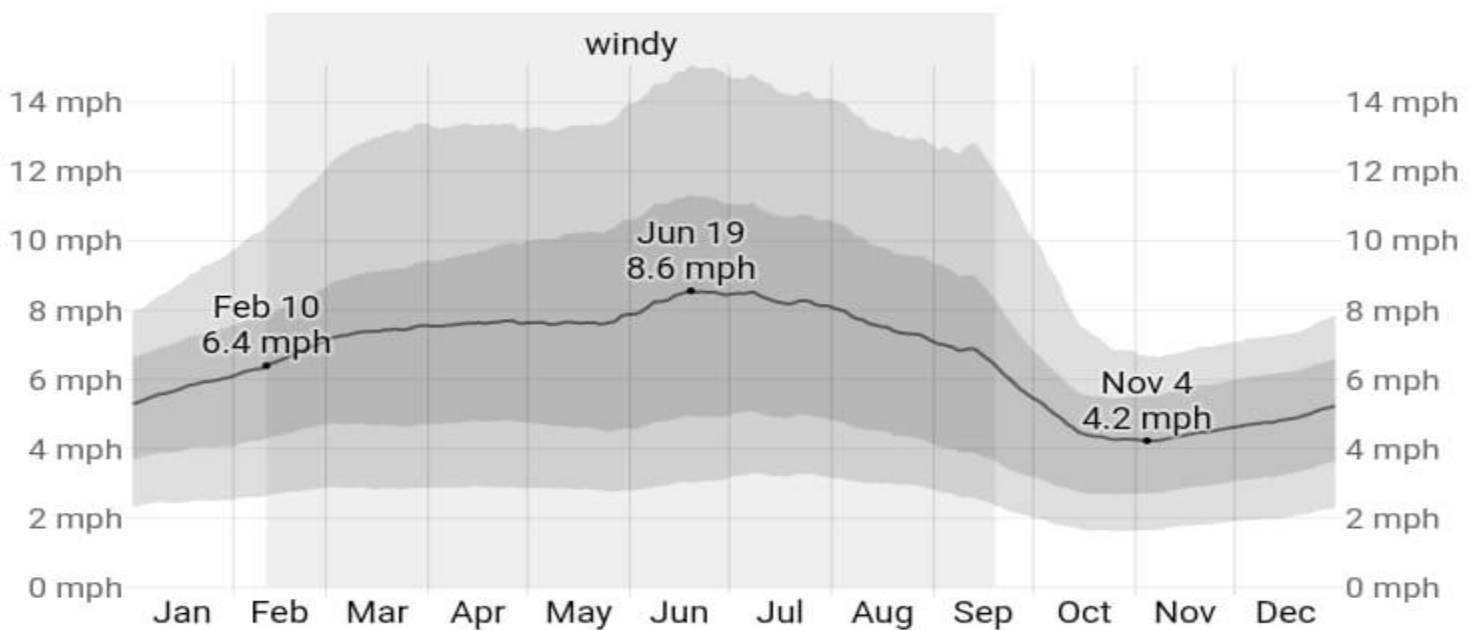




## WIND

This section discusses the wide-area hourly average wind vector (speed and direction) at 10 meters above the ground.

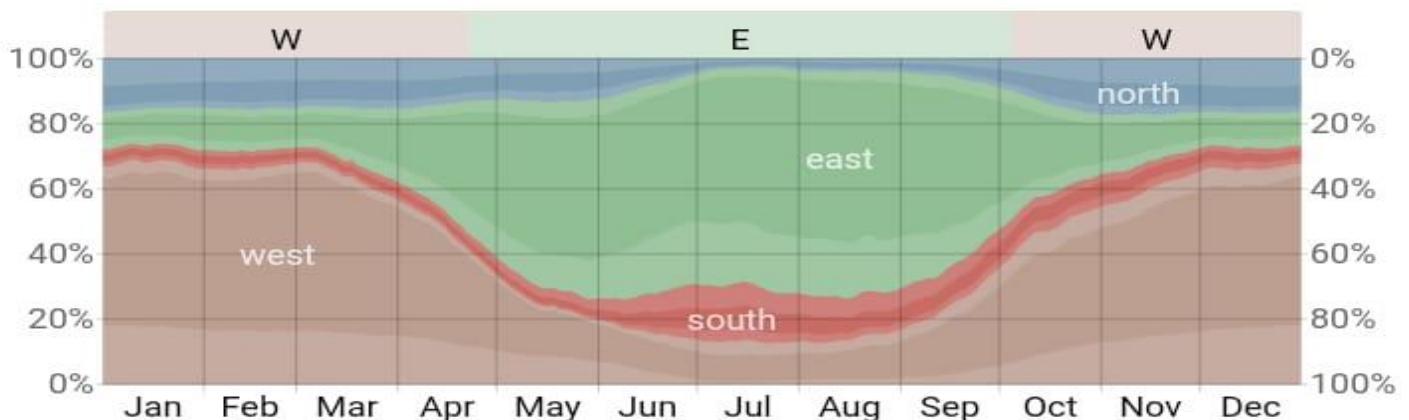
The wind experienced at any given location is highly dependent on local topography and other factors, and instantaneous wind speed and direction vary more widely than hourly averages



## DIRECTION OF WIND

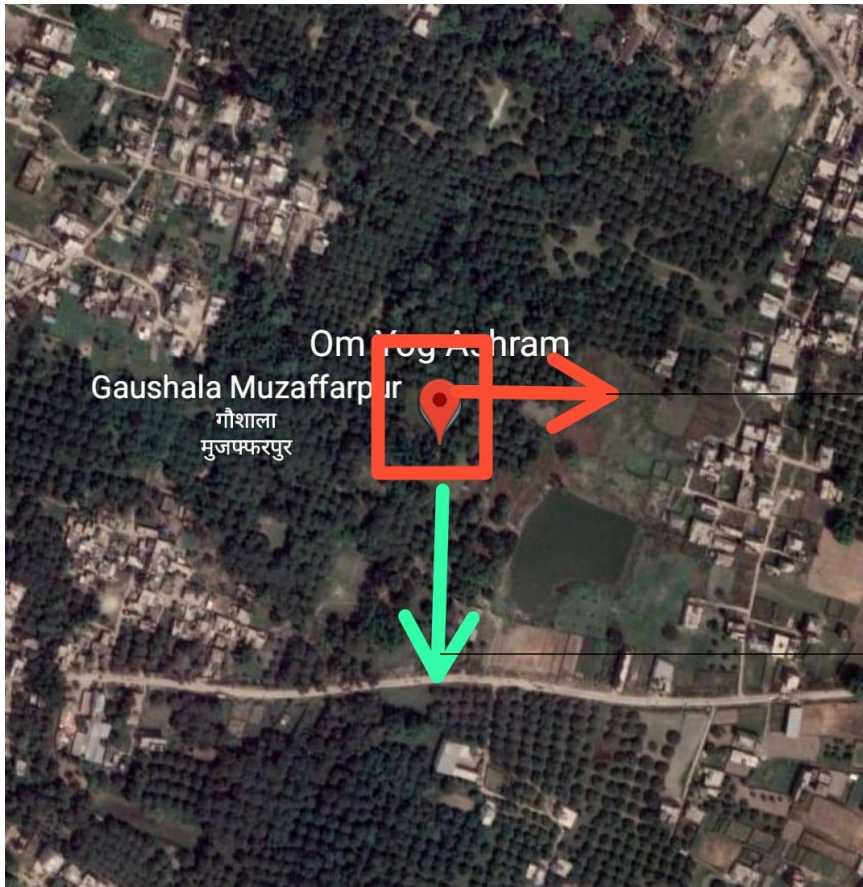
The wind is most often from the east for 5.4 months, from April 22 to October 4, with a peak percentage of 70% on August 15.

The wind is most often from the west for 6.6 months, from October 4 to April 22, with a peak percentage of 67% on January 1



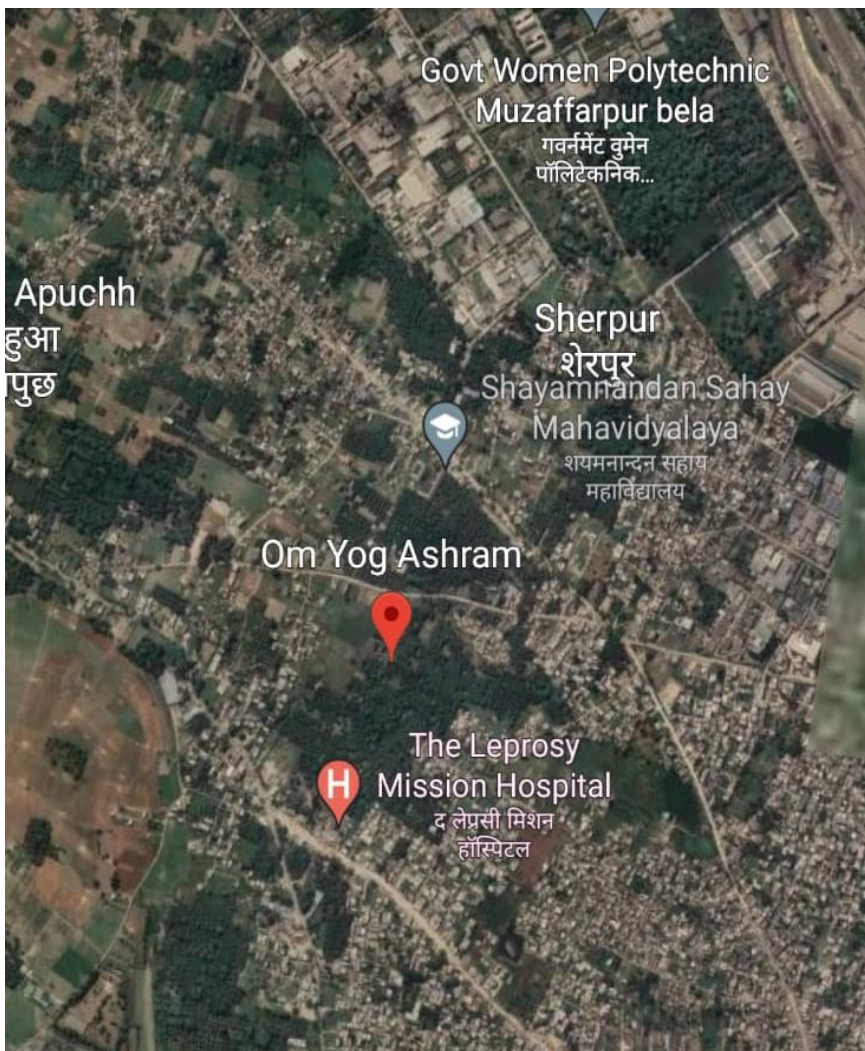


# SITE SURROUNDINGS



INSIDE ROAD  
( KACCHI SADAK)

MAIN ROAD



## NEARBY AREA

152 M – MAIN ROAD  
72 M – KACCHI  
SADAK

1.28 KM- RAMDYALU  
SINGH COLLEGE

1.15 KM-  
GOVERNMENT  
WOMEN  
POLYTECHNIC

2. KM – HOLY  
MISSION SR. SEC  
SCHOOL



# LITERATURE STUDY - 1

## **MATRIMANDIR**

Soul of the city

## **ARROVILLE**



At the very centre of Auroville one finds the 'soul of the city', the Matrimandir, situated in a large open area called 'Peace', from where the future township will radiate outwards. The atmosphere is quiet and charged, and the area beautiful, even though work continues in the Gardens.

## LITERATURE STUDY-1

### MATRIMANDIR

soul of the city  
ARROVILLE

#### **INTRODUCTION**

- ‘The name “Matrimandir” means literally “Temple of the Mother’. According to Sri Aurobindo’s teaching, the “Mother” concept stands for the great evolutionary, conscious & intelligent principle of Life, the Universal Mother, which seeks to help humanity move beyond its present limitations into next step of its evolutionary adventure, the supra-mental consciousness.
- At the very centre of auroville, one finds the ‘soul of the city’, the matrimandir, situated in a large open area called ‘peace’, from which the future township will radiate outside.
- the exterior is completely covered with a thin sheet of gold. It is placed as small square tiler on the discs.
- The architect gave the shape of a lotus in full bloom to matrimandir with its twelve large petals, symbolizing the divine consciousness.
- There are winding staircases inside leading to the main meditation chamber. Inside the chamber complete silence.
- The chamber has 12 pillars to symbolize unity.
- There are no images, no organized meditation, no flowers, no incense, no religion and no religious forms.
- The mother named the four pillars which support the matrimandir after her four aspects of personalities. They are Maheshwari, Mahakali, Mahalakshmi and mahasaraswati.
- The whole structure is completely made of concrete.

#### SITE LOCATION

##### PROJECT DETAILS:

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



#### APPROACH TO THE SITE

**ROADWAYS** :Site is well connected by the Matrimandir rd.

**RAILWAYS**: Villupuram junction, (32 km).

**BUSWAY** :Pondicherry bus stand, (13.5 km).

**AIRPORT**: Pondicherry airport, (8.0 km).







SAVITRI BHAVAN



KIOSK CAFE



SWAGTHAM GUEST HOUSE



DEEPNAM SCHOOL

### LANDMARK



NEEM TREE CAFE

## MATRIMANDIR DIVIDED INTO TWO PARTS

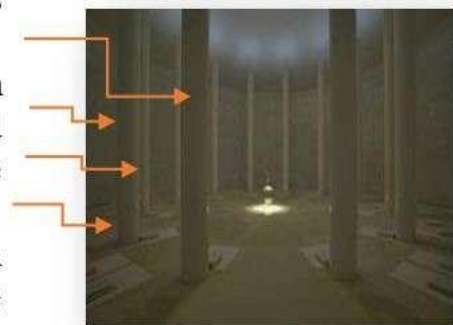
1. Inner chamber
2. outer chamber

Inner chamber has 12 meditation room and the main hall of matri mandir

Outer chamber has 12 gardens, amphitheatre, banyan tree, inner park and the future lake

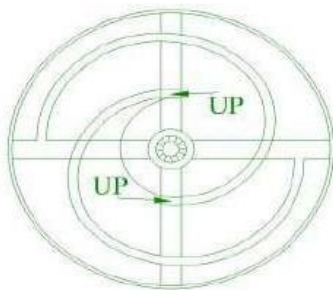
### INNER CHAMBER

- Its white ceiling also has 12 facets each one resting on one of the wall's facets at 30 degree angle upwards towards the centre.
- It has 12 large steel cylindrical column of 60cm diameter covered with white lacquer which stand halfway between the centre of the room and each one of its 12 corners.
- The wall is 8.65m height. It has 12 facets which represent the 12 months of the year and clad with white marble.
- It has 12m radius. The floor is covered with a white woollen carpet
- Two double doors of thick white marble slabs. When closed the door are more or less invisible.

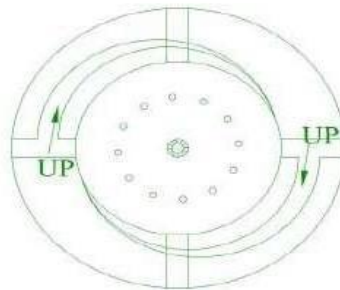


## MATRIMANDIR PLANS

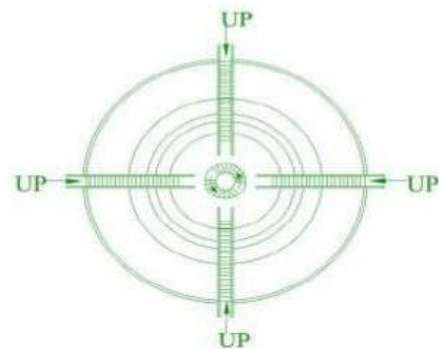
The form of the structure symbolically represents a “cosmic egg” or “egg of Vishnu”. The bottom of egg is always narrow than the top, so they place the staircase at the base and the spiral staircase comes up to the temple. She positioned the meditation chamber floor at around the chamber much in the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



Plan at l.v.l.=2



Plan at l.v.l.=3

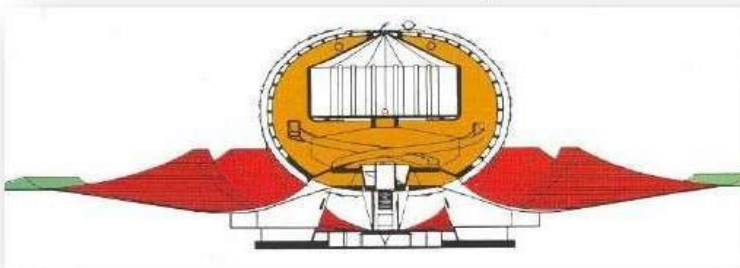


Plan at l.v.l.=1



New road

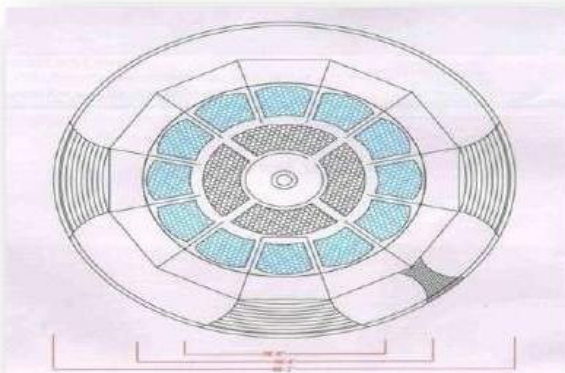
### SITE PLAN OF MATRI MANDIR



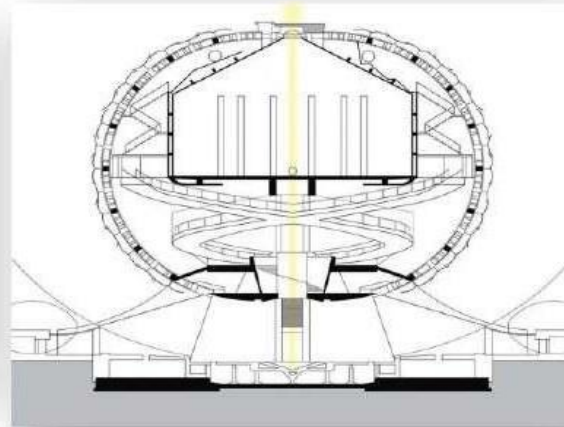
### VERTICAL SECTION OF THE MATRIMANDIR

### SITE DETAIL

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



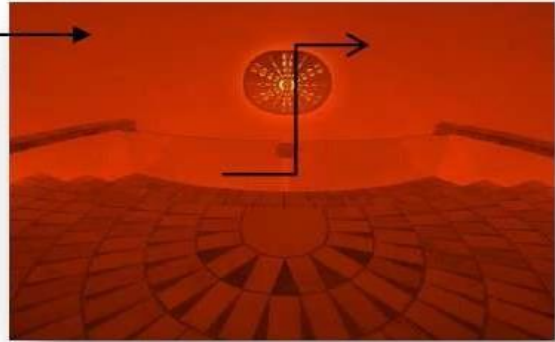
PLAN OF MATRI MANDIR





## INTERIOR IMAGES

- The spacious inner chamber is the upper hemisphere of the structure is completely white, with white marble walls and white carpeting



- The room is air conditioned and there is one translucent oval disc made up of glass reinforced plastic for concentration at eye level. This object is placed in front of small window through which natural light enters in during day time.



- At the bottom of the matrimandir they have provided an artificial lotus pond. Which can also be used as a meditation space with the natural sounds of water flowing, wind etc.

- In the centre a pure crystal glass globe, suffuses a ray of electronically guided sunlight which falls on it through an opening at the apex of the sphere.
- “the most important thing is this : the play of the sun on the centre. Because that becomes the symbol, the symbol of future realizations.”



- There is a crystal globe 17cm dia at centre of pond.



## **THE GOLD DISCS**

The golden disc which is covered with small tiles of gold leaf covered with glass tiles

Disc frame : stainless steel tubes

Disc material : stainless steel sheet

Gold leaf : 28 gm of gold per 1000 leaves

Leaf size : 85x85 mm

Total number of discs: 1415

Small convex discs : 954

Large concave discs : 461

Average diam. (large discs) : 2.3 meter

Average diam. ( small discs) : 1.5 meter



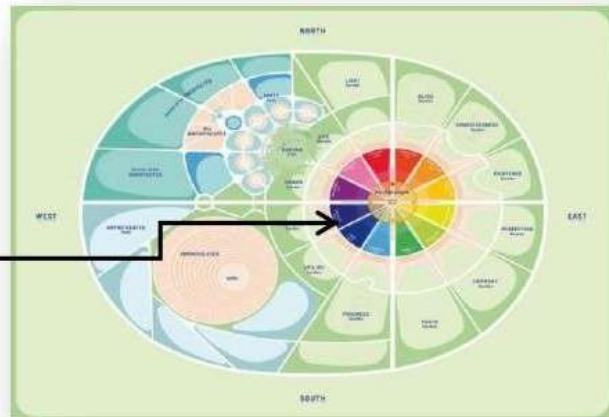


## INTERIOR IMAGES

### THE MOTHER'S SYMBOL AND PETALS ( meaning of colour)

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

Sincerity	- light blue
Peace	- deep blue
Equality	- blue violet
Generosity	- pure violet
Goodness	- reddish violet
Courage	- red
Progress	- orange red
Receptivity	- orange
Aspiration	- orange yellow
Perseverance	- pale yellow
Gratitude	- pale green
Humility	- deep green



### THE GARDENS OF MATRIMANDIR



The Mother named the 12 Gardens around the Matrimandir: Existence, Consciousness, Bliss, Light, Life, Power, Wealth, Utility, Progress, Youth, Harmony, Perfection.

### AMPHITHEATRE

The Amphitheatre's inner dia is 75m and outer is 98m and 2.2 m deep. Rainwater is evacuated by gravity toward the northwest by a underground pipeline.



### 12 FLOWERS CHOSEN BY THE MOTHER

The Mother chose a particular flower – mostly varieties of hibiscus – as the main flower to represent the significance and energy for each garden.



**Four sets of pillars**



**Up to Chamber level**



**Up to the top**

## **LITERATURE STUDY-1**

### **MATRIMANDIR**

soul of the city  
ARROVILLE

#### **INTRODUCTION**

- 'The name "Matrin dir" means literally "Temple of the Mother". According to Sri Aurobindo's teaching, the "Mother" concept stands for the great evolutionary, conscious & intelligent principle of Life, the Universal Mother, which seeks to help humanity move beyond its present limitations into next step of its evolutionary adventure, the supra-mental consciousness.
- At the very centre of auroville, one finds the 'soul of the city', the Matrimandir, situated in a large open area called 'peace'. From which the future township will radiate outside.
- The exterior is completely covered with a thin sheet of gold. It is placed as small square tile on the discs.
- The architect gave the shape of a lotus in full bloom to Matrimandir with its twelve large petals, symbolizing the divine consciousness.
- There are winding staircases inside leading to the main meditation chamber. Inside the chamber complete silence.
- The chamber has 12 pillars to symbolize unity.
- There are no images, no organized meditation, no flowers, no incense, no religion and no religious forms.
- The interior named the four pillars which support the Matrimandir after the four aspects of personalities. They are Maheswari, Mahadevi, Mahakali and Mahasaraswati.
- The whole structure is completely made of concrete.

#### **SITE LOCATION**

##### **PROJECT DETAILS:**

Location: Auroville, Bonniyapalayam  
Tamil Nadu.

Site Area: 22 ACRES.

Climate: Tropical climate.

Latitude: 12.007208.

Longitude: 79.810658.

Architect: Minamideva, Roger Angel.

Completed: 2008.

#### **APPROACH TO THE SITE**

**ROADWAYS** : Site is well connected by the Matrimandir rd.

**RAILWAYS**: Villupuram junction, (32 km).

**BUSWAY** : Pondicherry bus stand, (13.5 km).

**AIRPORT**: Pondicherry airport, (8.0 km).





## MATRIMANDIR DIVIDED INTO TWO PARTS

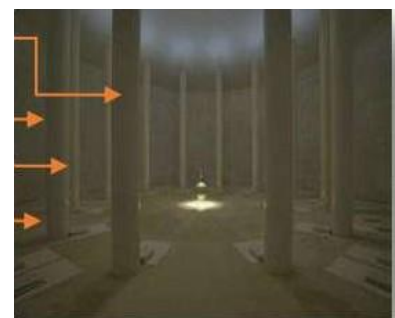
1. Inner chamber
2. outer chamber

Inner chamber has 12 meditation room and the main hall of the Matrimandir

Outer chamber has 12 gardens, amphitheatre, banyan tree, tinier park and the futuristic lake

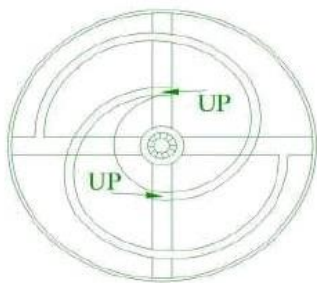
### INNER CHAMBER

- Its white ceiling also has 12 facets each one resting on one of the wall's facets at 30 degree angle upwards towards the centre.
- It has 12 large steel cylindrical columns of 60cm diameter covered with white lacquer which stand halfway between the centre of the room and each one of its 12 corners.
- The wall is 8.65m height. It has 12 facets which represent the 12 months of the year and clad with white marble.
- It has 12m radius. The floor is covered with a white woollen carpet
- Two double doors of thick white marble slabs. When closed the doors are more or less invisible.

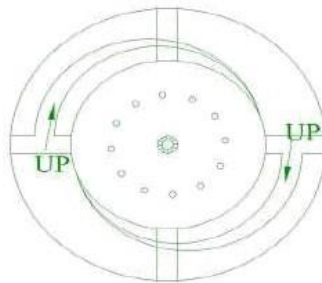


## MATRIMANDIR PLANS

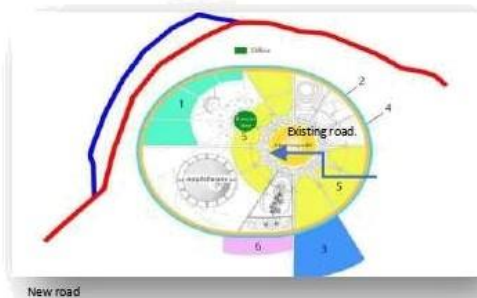
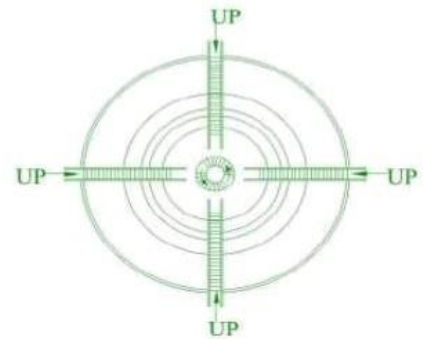
The form of the structure symbolically represents a “cosmic egg” or “egg of Vishnu”. The bottom of egg is always narrow than the top, so they place the staircase at the base and the spiral staircase comes up to the temple. She positioned the meditation chamber floor at around the chamber in the same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



Plan at l.v.l.=3



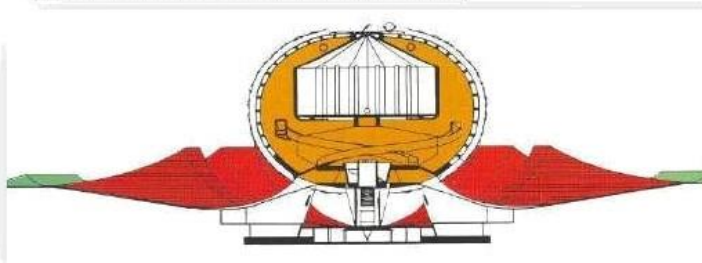
Plan at l.v.l.=1



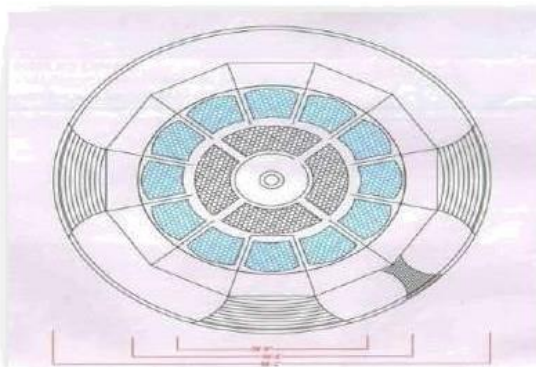
SITE PLAN OF MATRI MANDIR

## SITE DETAIL

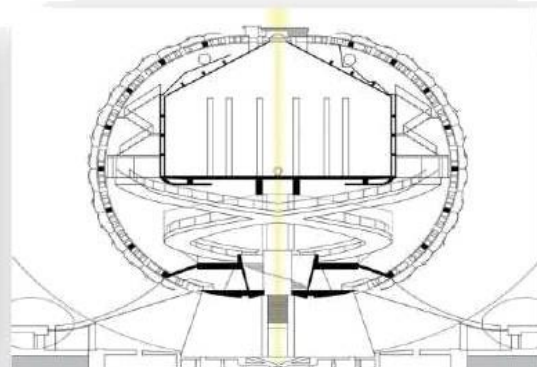
1. Garden of the unexpected.
2. Rain water harvesting.
3. Largest test pond.
4. Cobblestone road.
5. Eight principal gardens.
6. Viewing point



VERTICAL SECTION OF THE MATRIMANDIR



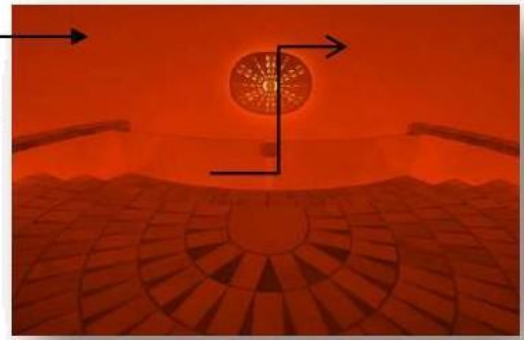
PLAN OF MATRI MANDIR



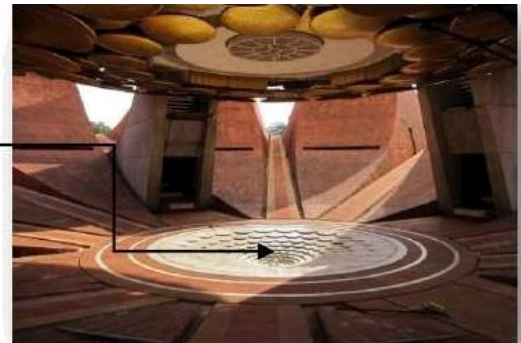


- The spacious inner chamber is hemisphere of the structure is white, with white marble walls and white carpeting

- The room is air conditioned and there is one translucent oval disc made up of glass reinforced plastic for concentration at eye level. This object is placed in front of small window through which natural light enters in during day time.

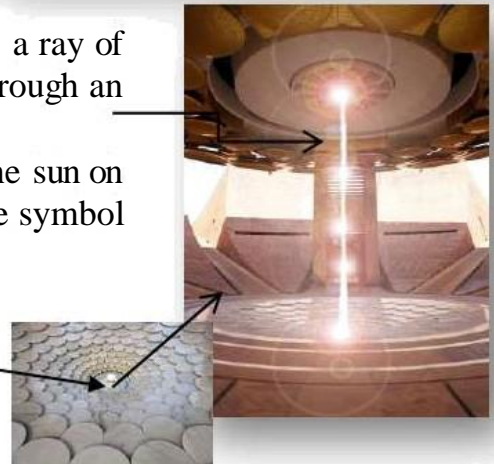


- At the bottom of the matrimandir they have provided an artificial lotus pond. Which can also be used as a meditation space with the natural sounds of water dowing, wind etc.



- In the centre a pure crystal glass globe, suffuses a ray of electronically guided sunlight which falls on it through an opening at the apex of the sphere.
- ‘We most important thing is this : the play of the sun on the centre. Because that becomes the symbol, the symbol of future realizations.’

- There is a crystal globe 17cm dia at centre of pond.



## THE GOLD DISCS

The golden disc which is covered with small tiles of gold leaf covered with glass tiles

Disc frame : stainless steel tubes

Disc material : stainless steel sheet

Gold leaf : 28 grn of gold per 1000 leaves

Leaf size : 85x85 mm

Total number of discs: 1415

Small convex discs : 954

Large concave discs : 461

Average diam (large discs) : 2.3 meter

Average diam ( small discs) : 1.5 meter

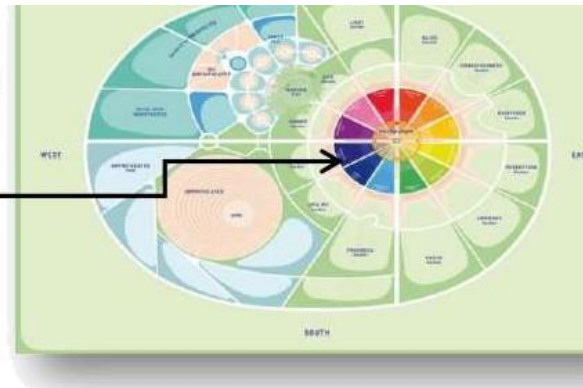


## INTERIOR IMAGES

### THE MOTHER'S SYMBOL AND PETALS ( meaning of colour)

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

Sincerity	- light blue
Peace	- deep blue
Equality	- blue violet
Generosity	- pure violet
Goodness	- reddish violet
Courage	- red
Progress	- orange red
Receptivity	- orange
Aspiration	—orange yellow
Gratitude	—pale green
Humility	—deep green



### THE GARDENS OF MATRIMANDIR

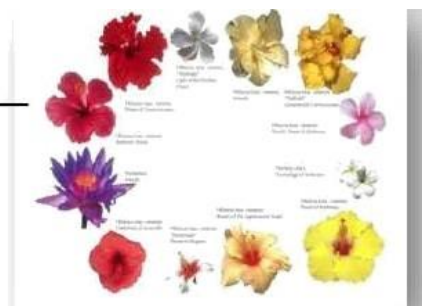


The Mother named the 12 Gardens around the Matrimandir: Existence, Consciousness, Bliss, Light, Life, Power, Wealth, Utility, Progress, Youth, Harmony, Perfection

The Matrimandir's inner diameter is 75m and outer is 98m and 2.2m deep. Rainwater is evacuated by gravity towards the outside by underground pipeline.

### ~~12 FLOWERS CHOSEN BY THE MOTHER~~

The Mother chose a particular flower —mostly varieties of hibiscus —as the main flower to represent the significance and energy for each garden.



**pillars**



**Up**



**Up**

**p**



# COMPARATIVE STUDY OF CASE STUDY

## *Dhama Thali Vipassana Meditation Center*



Philosophy: Vipassana means “to see things as they are”. A process of self-purification by self-observation.

# INTRODUCTION

Dhamma Thali ('the place of dhamma'), situated on the outskirts of Jaipur, is bounded by idyllic hills on all sides. Besides Dhamma Giri, Igatpuri, it is the largest Centre and among the oldest, being set up in 1977. With two large and two mini Dhamma halls spread over 1.6 hectares, it has the capacity to accommodate 200 students comfortably with solitary accommodation and attached bathrooms. Dhamma Thali has a three-storied octagonal pagoda comprising 200 cells for serious solitary meditation. Jaipur Vipassana Meditation Center is a very beautiful place. It is a grand center spread over about 4 acres of land. It is one of the major meditation centers not only in India but all over the world. On coming here, we get to see students from different countries. Before the start of the course, it seems as if a world fair has been organized by seeing a crowd of students from different countries. The route to the Center is also very delightful. We reach the center, seeing beautiful mountain views and different kinds of animals and birds. Let's get a little more information about the Center: The center starts from here. The grandeur of this center and **Vipassana** can be understood by looking at this gate.

**Stupa parts**



**Front view**





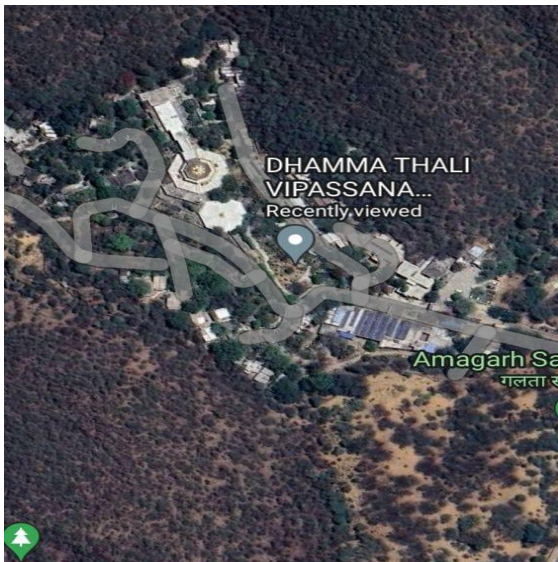
# PROJECT DETAILS

Type of project: DHAMA THALI VIPASSANA Meditation Centre

Location: hidden between valleys, outskirts of city of Jaipur,  
Rajasthan, IndiaApprox.

Land area: 16,200 SqMConnectivity:

- Jaipur junction to site-12.6km
- Jaipur International Airport to site - 17km



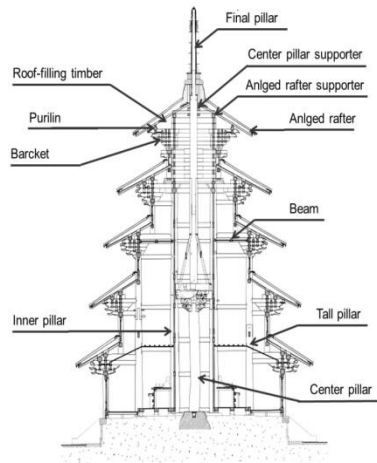
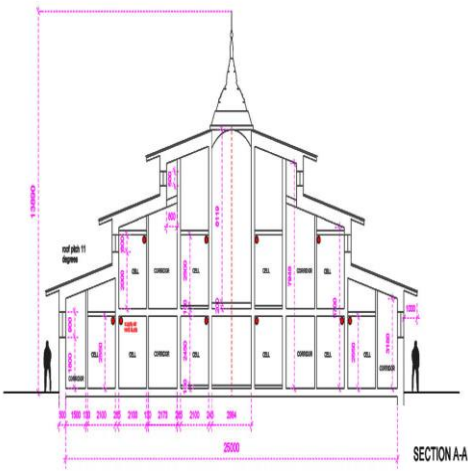
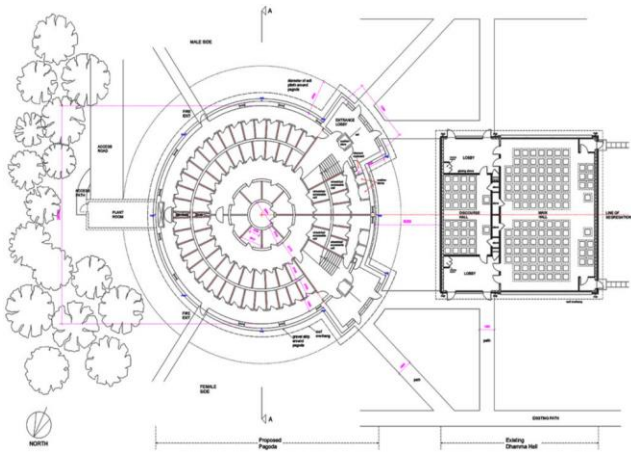
**FRONT GATE**

**FRONT VIEW**

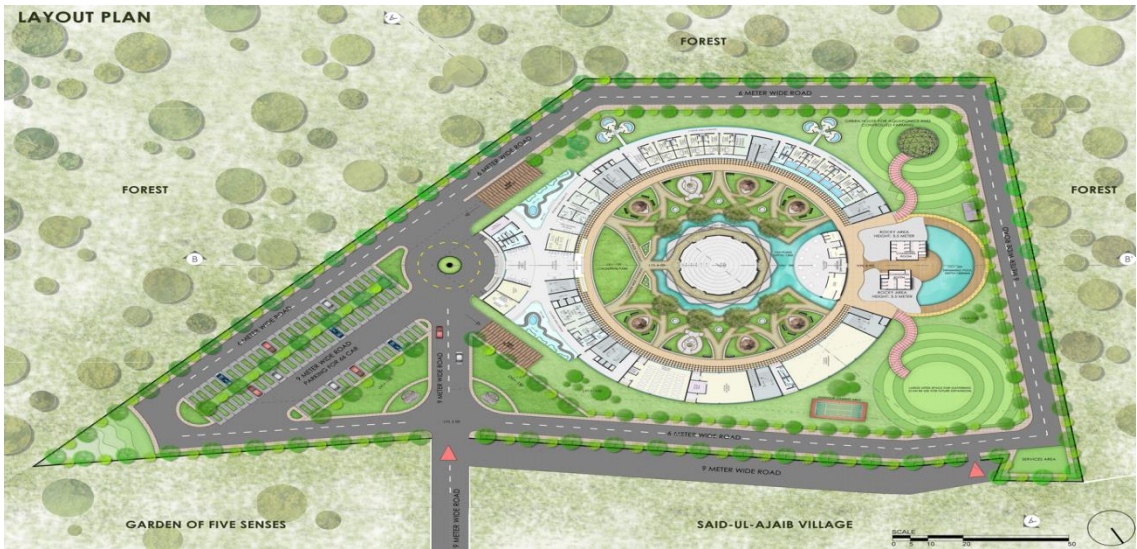




# SITE DETAILS



S  
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A  
N





## INTERIOR VIEW

SUN ROOM



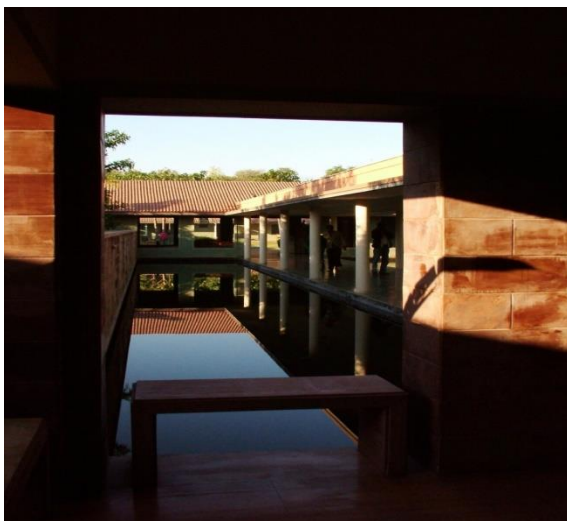
STAIRS



TEA ROOM



PASSAGE



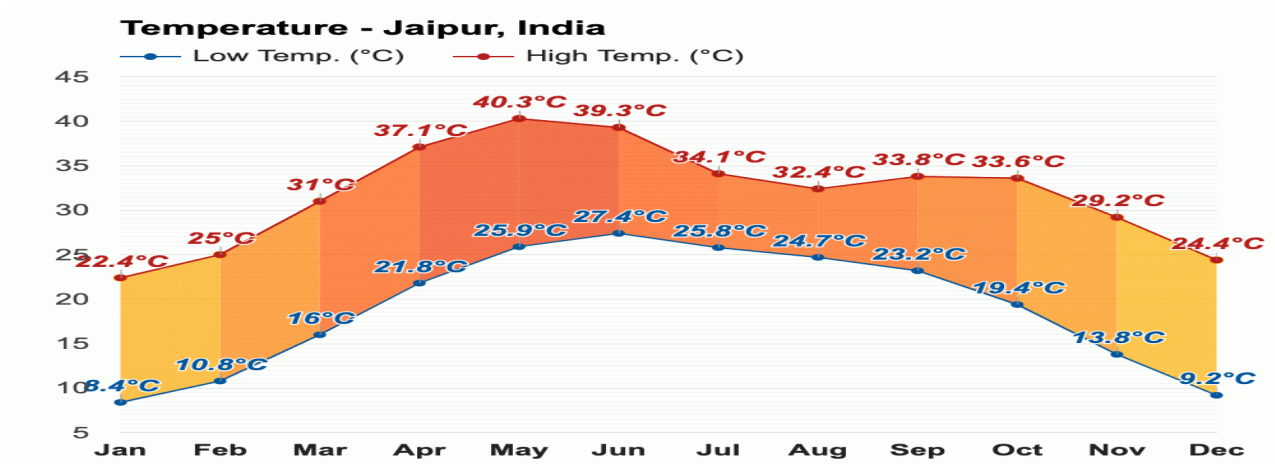
YOGA ROOM



## EXTERIOR VIEW

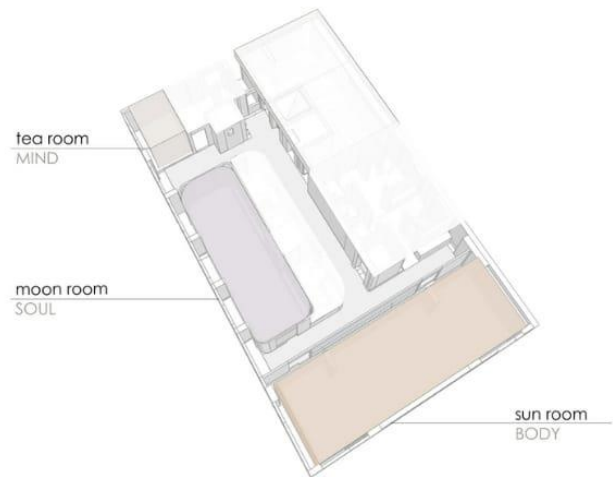
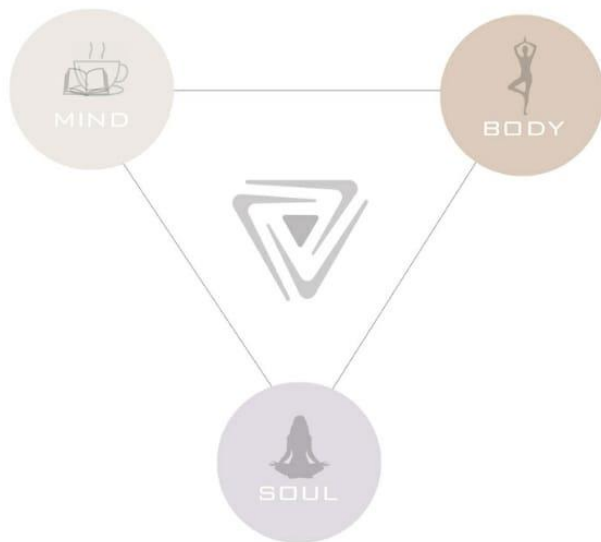


## CLIMATE DATA



**Jaipur has a monsoon-influenced hot semi-arid climate (Köppen climate classification BSh) with long, extremely hot summers and short, mild to warm winters.**

# CONCEPT DEVELOPMENT



## WHAT IS MEDITATION ?

Meditation is the process of training your mind to be focused; it is also related with human emotions. Architectural way to handle this by providing meditation center unlike open halls, creating a meditation center with acoustic and landscape features would enhance this art of practice. Astral is higher degree of meditation and past life is achieved by triggering sub conscious mind. So I chose this topic to provide a space for mediators all over the world and to exchange their peace of mind through education and experience.

## SYMBOLS OF MEDITATION

.Symbols are significant part of meditation and plays an integral role. Symbols helps us to achieve direct access to forces which elevates us to attain higher state of Consciousness, develop positiveness and brings deeper meaning into one's path. There are several symbols which enhance the art of meditation practice namely Lotus, Hamsa, evil eye, Buddha, Chakra, Mandala, Third eye, Aum, Namaste, Yin and Yang etc. Aum is the most common and helps us open our third eye and come to the absolute and divine force of the universe. This meditation will bring you tranquility, peace and bliss.

## DIFFERENT STAGES OF MEDITATION

- Stage 1-Awareness of body or Novice meditation.
- Stage 2-Awareness of mental state or Skilled meditation.
- Stage 3-Energy or Transition meditation
- Stage 4-Rupture or Adept meditation.
- Stage 5-Pure bliss attaining or Forgetting stage.
- Stage 6-Superconsciousness or Subtle distraction.
- Stage 7-Attaining Enlightenment or Unifying mind,
- are the stages of meditation that are practiced at international levels. These are standard
- methods followed universally called by different names. Generally stages starts from
- listening our breathe which is the first stage and it ends at the last stage where
- Enlightenment is attained.

## WHAT IS WELLNESS ARCHITECTURE ?

Wellness Architecture, the practice of architecture that relies on the art and science of designing built environments with socially conscious systems and materials to promote the harmonious balance between physical, emotional, cognitive and spiritual wellbeing while regenerating the natural environment.



## TYPE OF MEDITATION

### ❖ Mindfulness meditation

- A 7-minute practice for responding to stress
- Eight-week evidence-based program
- The course can be offered either to children only or to
- Children and one or both parents

### ❖ Spiritual meditation

- Spiritual meditation is an experience that takes you to the depths of who you are.

### ❖ Focused meditation

### ❖ Movement meditation

#### Walking

- Gardening
- Qi gong
- Tai chi

- Other gentle forms of movement
- It is good to walk for at least 10 minutes.
- A subset of older adults (n = 25, mean age = 72.4 ± 6.45, age range = 66–89, 84% female, 84% white)

### ❖ Transcendental meditation

- The tm technique involves the use of a silently-used sound called a mantra, and is practiced for 15–20 minutes twice per day.
- Above 10 years

### ❖ Loving-kindness meditation

- Loving-kindness meditation (sometimes called “metta” meditation) is a great way to cultivate our propensity for kindness. It involves mentally sending goodwill, kindness, and warmth towards others by silently repeating a series of mantras.

### ❖ Visualization meditation

- "Visualization meditation is the method of picturing positive images, ideas, symbols, or using affirmations and mantras to help calm the mind while the body is in a relaxed state,"

## AYURVEDA

Ayurveda is a holistic system of medicine that is indigenous to and widely practiced in India. The word ayurveda is a Sanskrit term meaning "science of life." Ayu means "life" or "daily living." And Veda is "knowing." Ayurveda was first recorded in the Vedas, the world's oldest extant literature. This healing system has been practiced in daily life in India for more than 5000 years. In ayurveda it is believed that everything in universe is created from 5 basic elements” **panchabhutas**”. Even man is created from these 5 basic element and they represent 5 senses



# AYURVEDA AND HUMAN POTENTIAL

Ayurveda teaches that man is a microcosm, a universe within himself.

He is a child of the cosmic forces of the external environment, the macrocosm. His individual existence is indivisible from the total cosmic manifestation.

**Ayurveda, every human being has four biological and spiritual instincts: religious, financial, procreative and the instinct toward freedom. Balanced good health is the foundation for the fulfilment of these instincts.**



## THE FIVE ELEMENTS

**Water (Jala):** The second most important element is "water", Jala in Sanskrit. This element has no odor (smell) but can be heard, felt, seen and tasted. In human body, blood and other fluids refer to Water.

**Fire (Agni):** The next higher element in human body is "fire" Agni in Sanskrit. In human body, the temperature, jatharagni, refers to the fire. It can be heard, felt and seen.

**Air (Pavan):** The fourth element of panchmahabhuta is "air", Pavan in Sanskrit. Air can be felt and heard only; one cannot see the air. In human body, the oxygen and carbon dioxide in the body refer to Air. It is considered as one of the most important factors in Pranayama.

**Sky (Aakash):** The fifth and last element of panchmahabhuta is "space" which is translated in Sanskrit as Aakash. Space is the medium of sound but is inaccessible to all other senses. And as in human body, the Athma (Soul) refers to Space.

The combination of these 5 elements makes our body and will dissolve into respective elements upon death.

## **PLANTS THAT CAN HELP YOU MEDITATE BETTER**

### **BASIL PLANT**

Basil is a sacred plant and has antioxidant properties. It spreads positivity and removes all negativity. It will help you in focusing on positive things while meditating.

### **VASTU – NORTH-EAST DIRECTION**

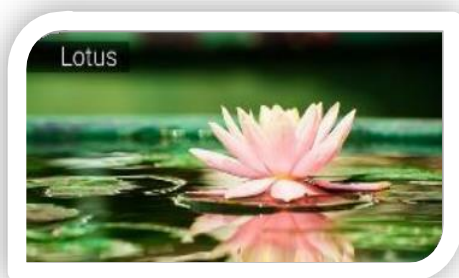
### **ALOE VERA**

It protects a space from negative vibes and is perfect for meditation space. They also absorb large quantities of carbon dioxide emitting equal amount of oxygen.

### **VASTU- NORTH OR EAST**

### **LUCKY BAMBOO PLANT**

Bamboo grows at a very fast pace. It is believed that it symbolises growth and the way you can overcome your problems easily



### **LOTUS**

Lotus stand for strength, morality, and purity. The presence of lotus is believed to bring in wealth and prosperity.



### **JADE PLANT**

Jade Plant is a symbol of joy, brings luck and attracts positive vibes. It not only purifies the air but will help you in attracting luck and positivity while meditating.

### **MINT**

Mint is refreshing and is a symbol of revival and freshness.

Lavender is a gorgeous plant that removes toxins, reduces stress levels, induces relaxation, and cures depression. It is one of the most popular anti-anxiety plants.



# MATERIAL BOARD



## GRASS

- Walking barefoot on grass regulates your heart health
- Helps in preventing insomnia
- Helps to improve your mental well-being
- It's great for your eyes



## SAND

Sand provides resistance that strengthens your arches, ankles and leg muscles. Your foot will be going through its full range of motion, and every time your foot sinks into the sand, your muscles have to work extra hard to push you back up and move you forward



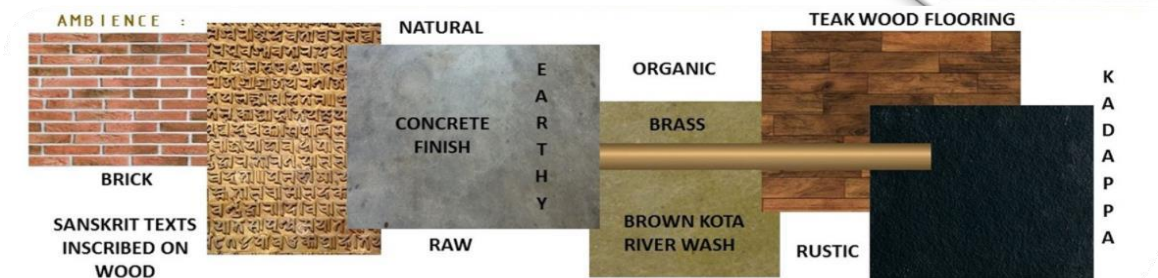
## WATER

The water body adds a calming static effect and creates a very interesting pause point that mark the transition of exterior and interior space



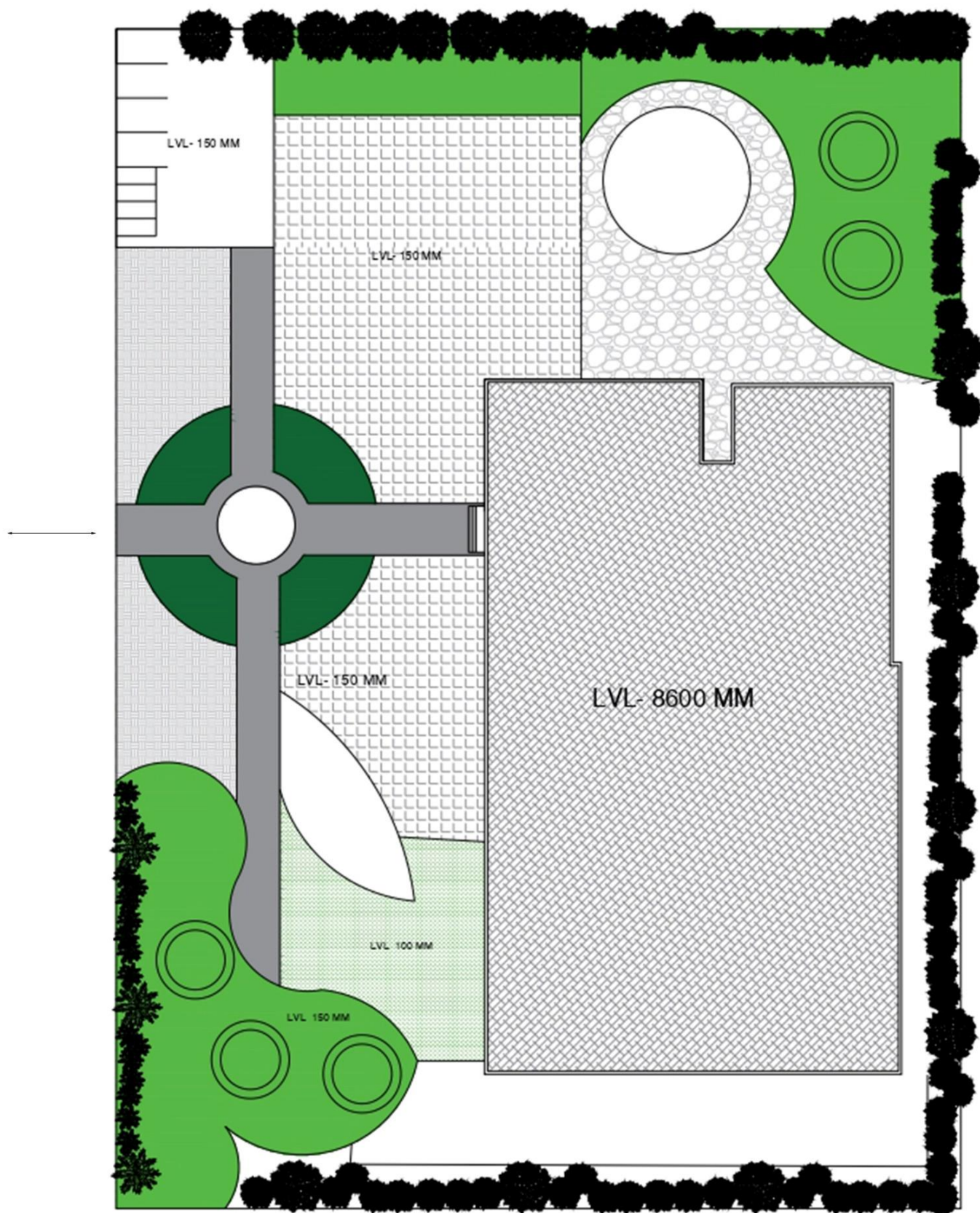
## BAMBOO

Eco-friendly and sustainable flooring option.  
Can be used in versatile ways (in

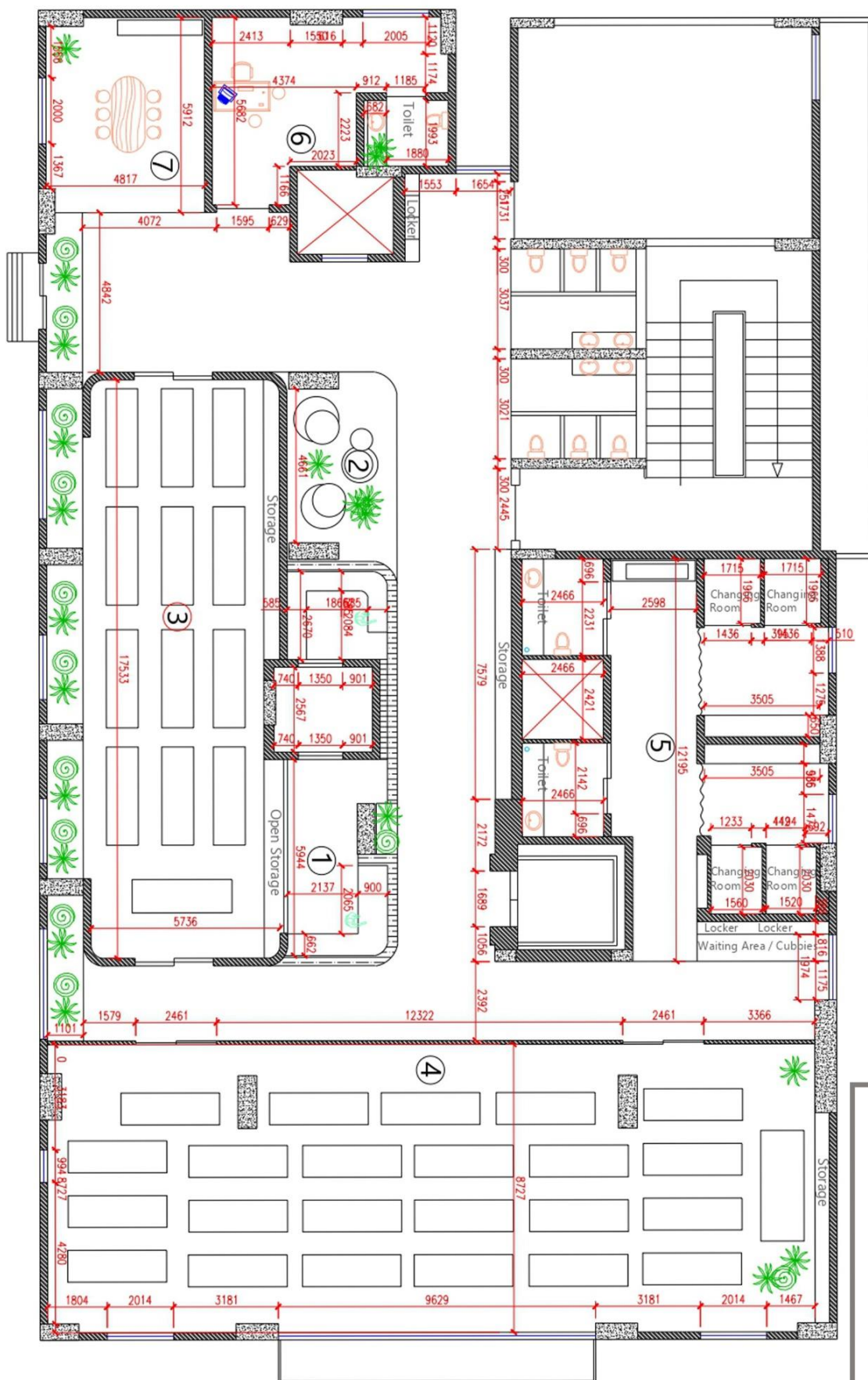




# SITE PLAN



# GROUND FLOOR PLAN

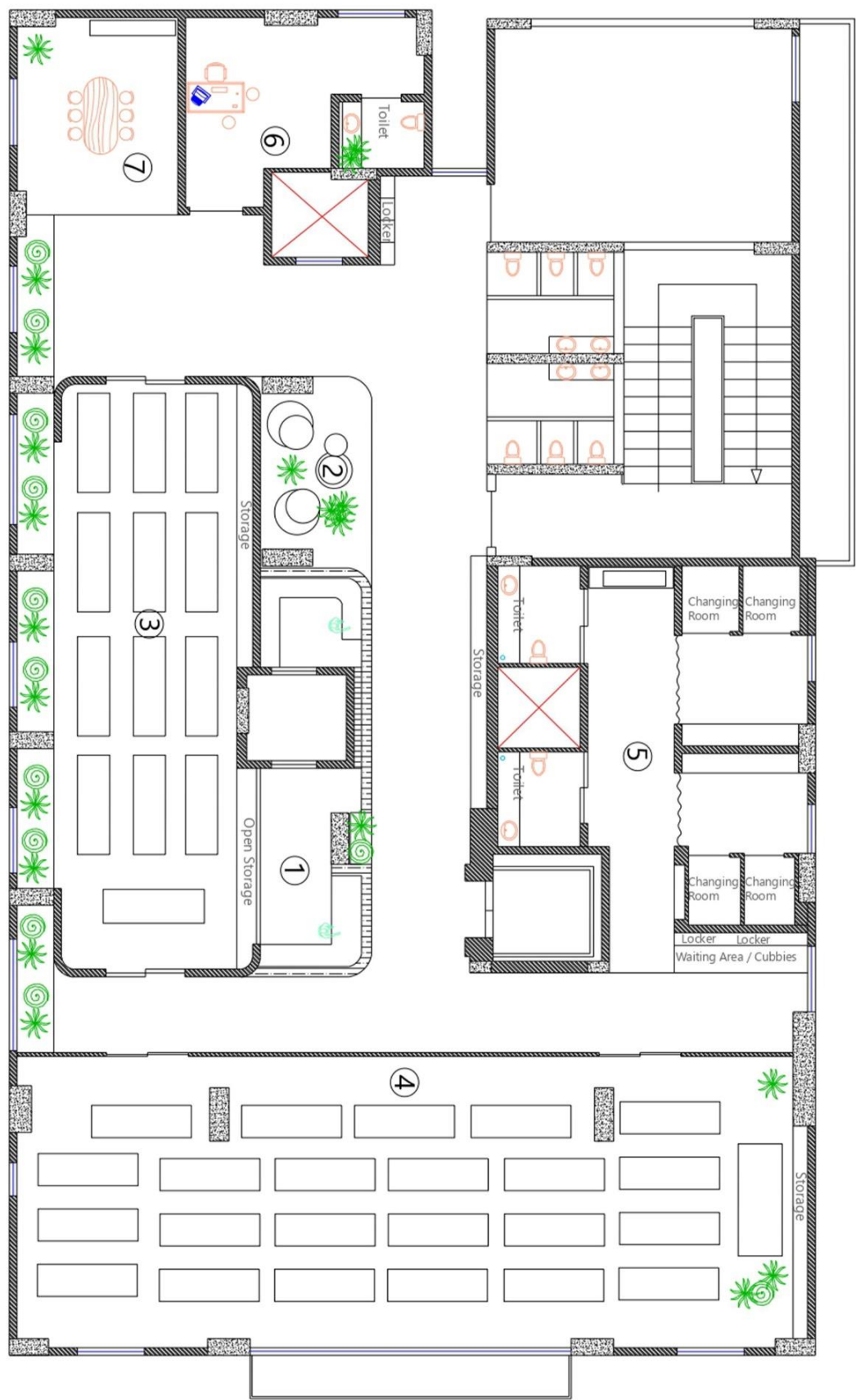


## LEGEND

- 1- RECEPTION
- 2- WAITING AREA
- 3- MOON ROOM  
( SMALL STUDIO)
- 4- SUN ROOM ( LARGE  
STUDIO)
- 5- CHANGING ROOM  
AREA
- 6- OFFICE ROOM
- 7- TEA ROOM



# GROUND FLOOR PLAN ( OPTION 2)



- LEGEND**

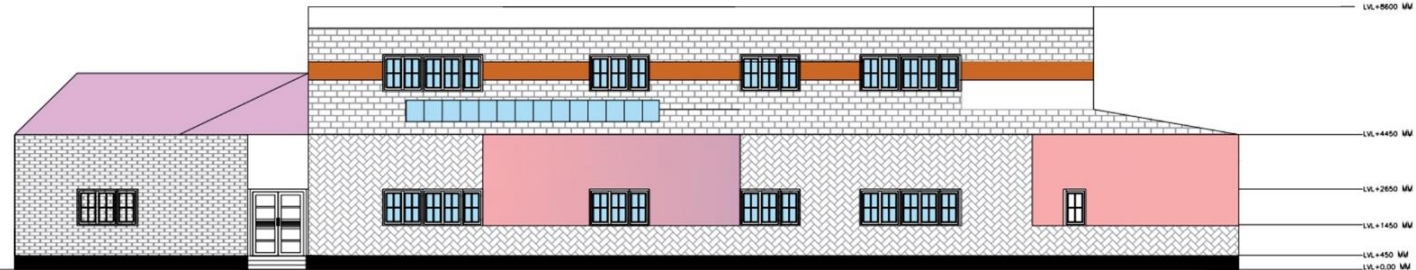
  - 1- RECEPTION
  - 2- WAITING AREA
  - 3- MOON ROOM ( SMALL STUDIO)
  - 4- SUN ROOM ( LARGE STUDIO)
  - 5- CHANGING ROOM AREA
  - 6- OFFICE ROOM
  - 7- TEA ROOM



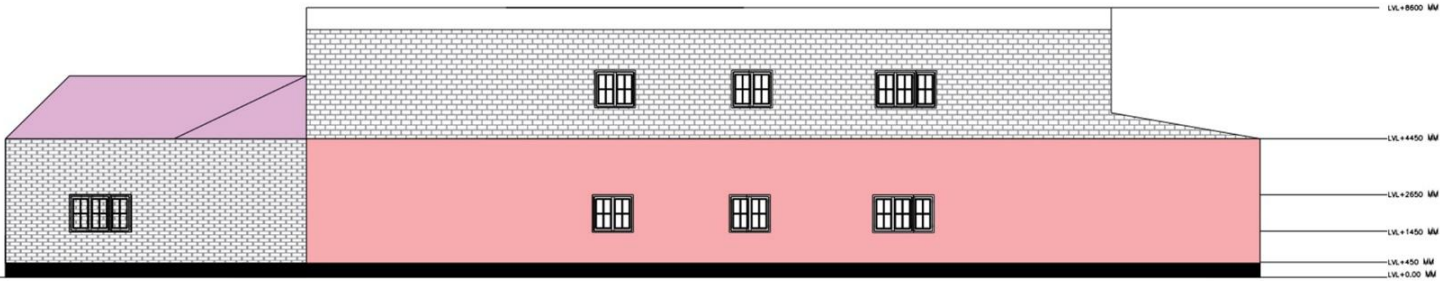
# FIRST FLOOR PLAN



# ELEVATION

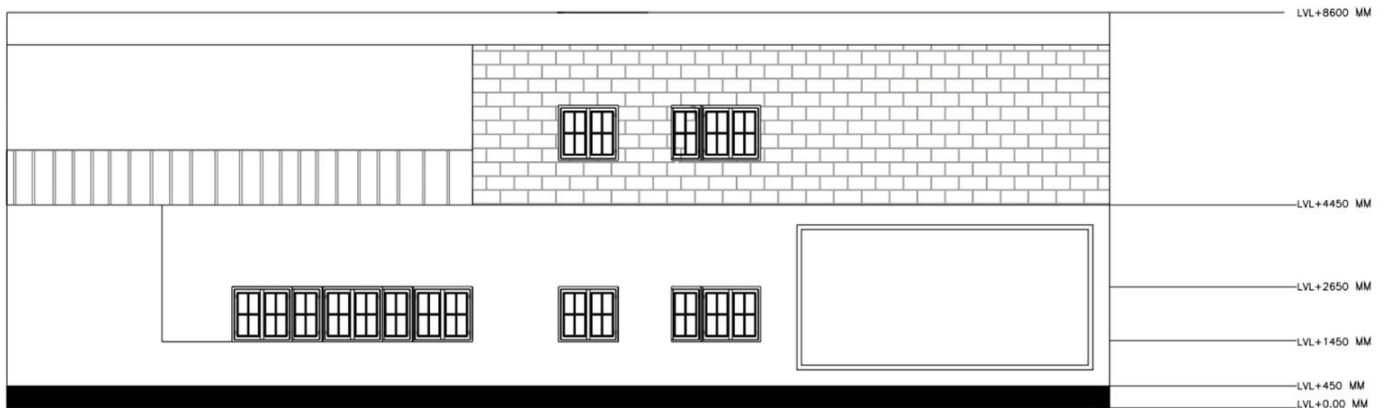


## FRONT ELEVATION

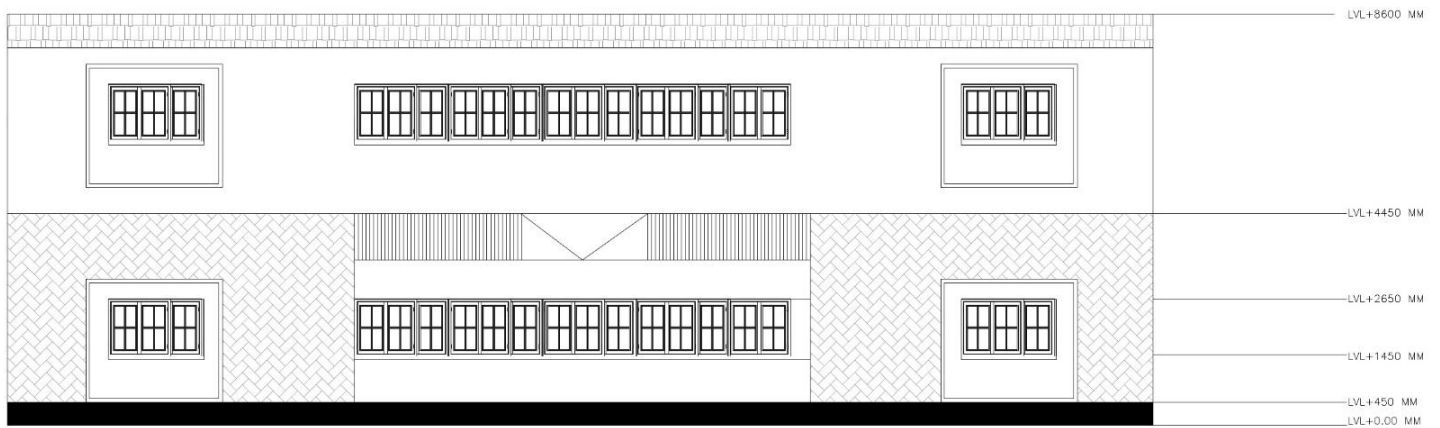


## BACK ELEVATION

# ELEVATION



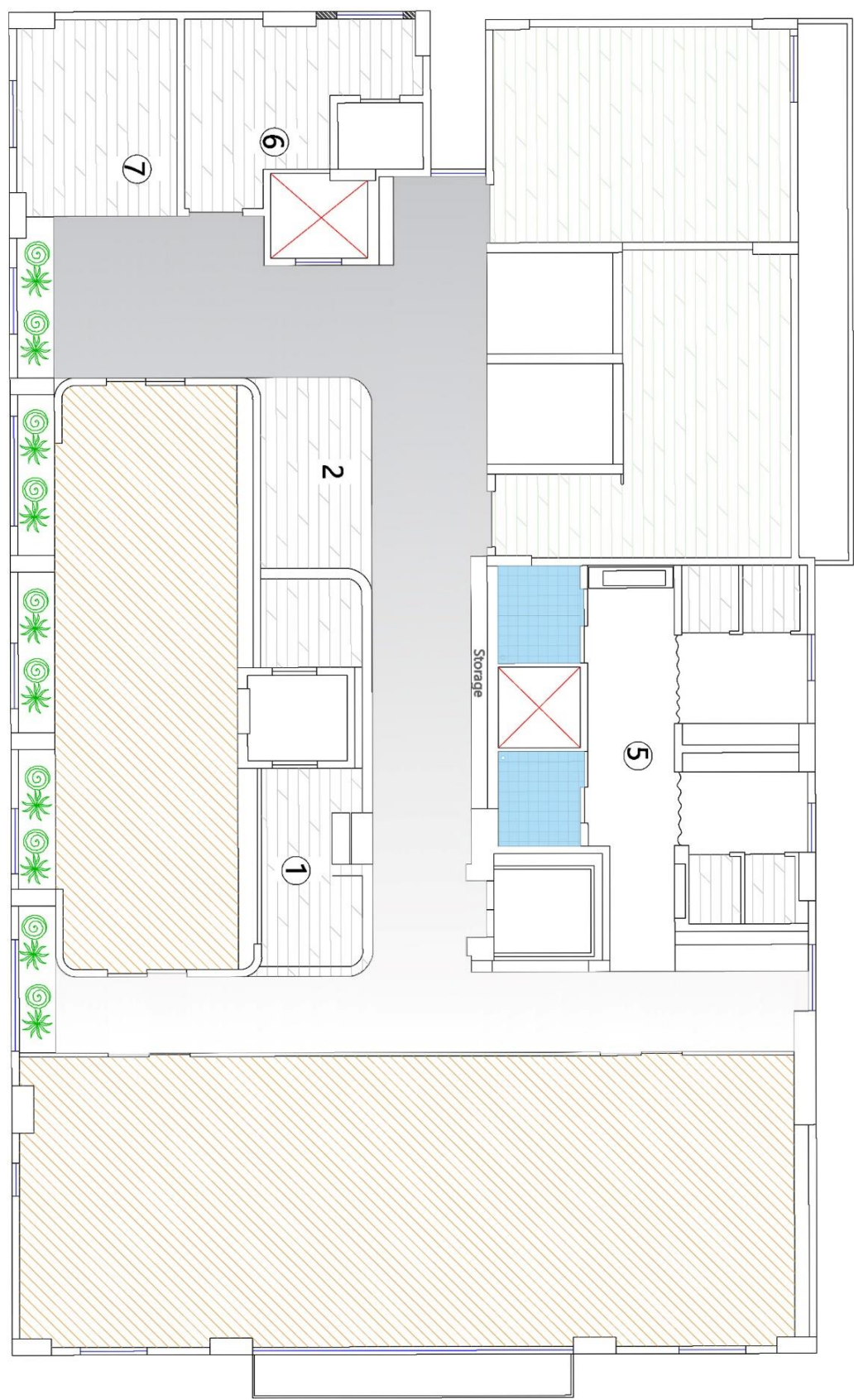
## SIDE ELEVATION







## SIDE ELEVATION

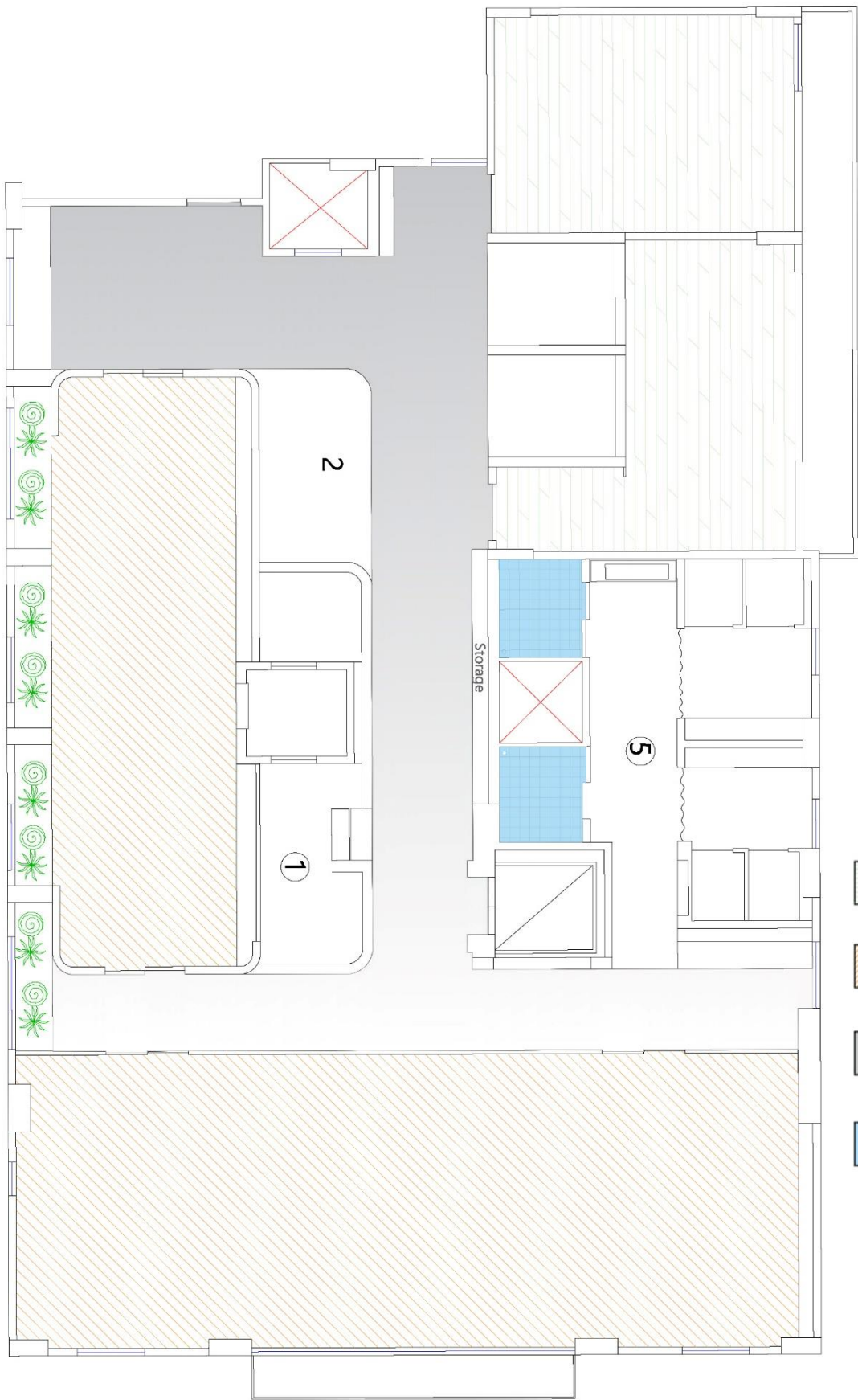






# FLOORING PLAN



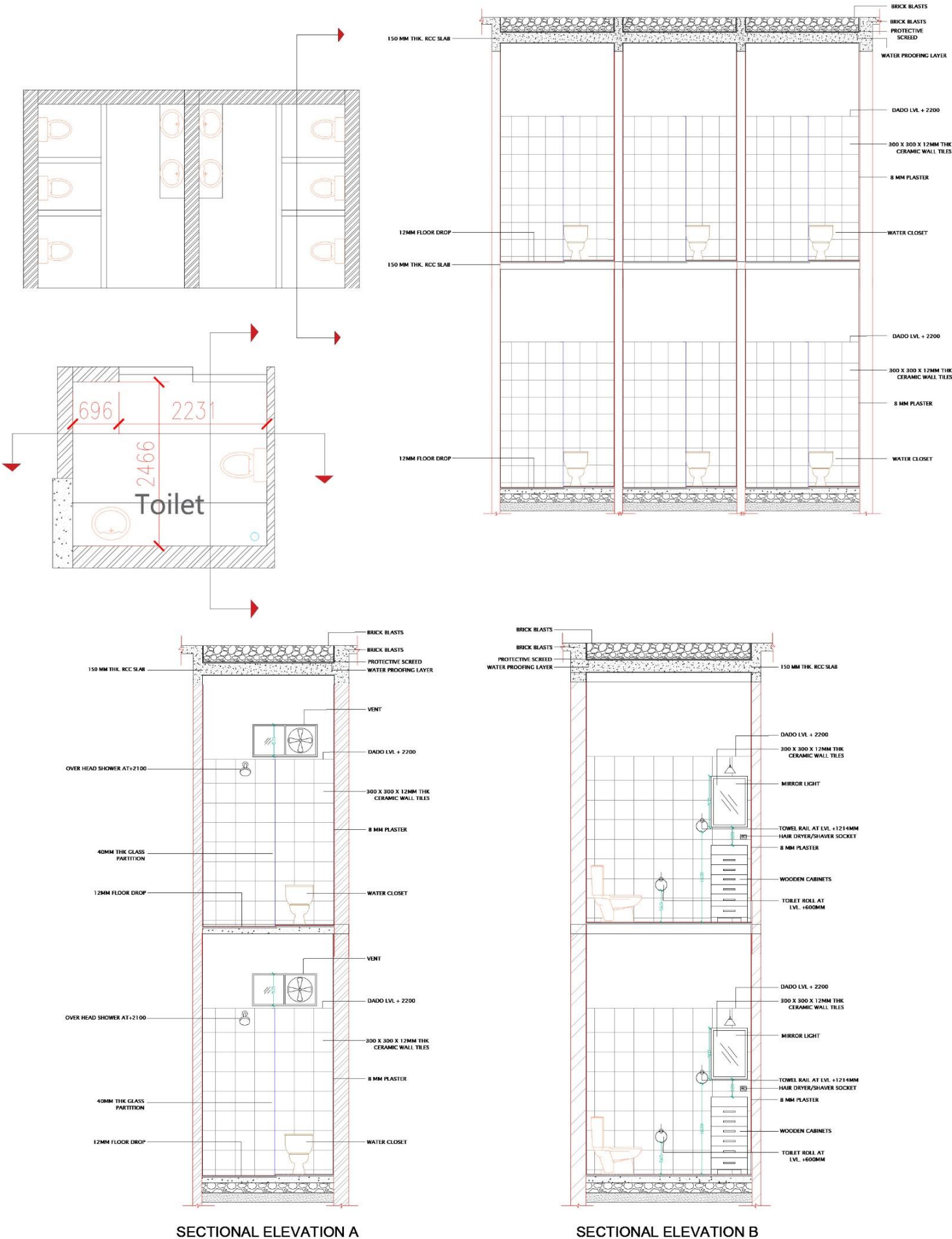
-  **GRANITE STONE**
-  **WOODEN**
-  **GRANITE STONE VITRIFIED TILE**
-  **VITRIFIED TILE**  
(600 X 600 )

# FLOORING PLAN



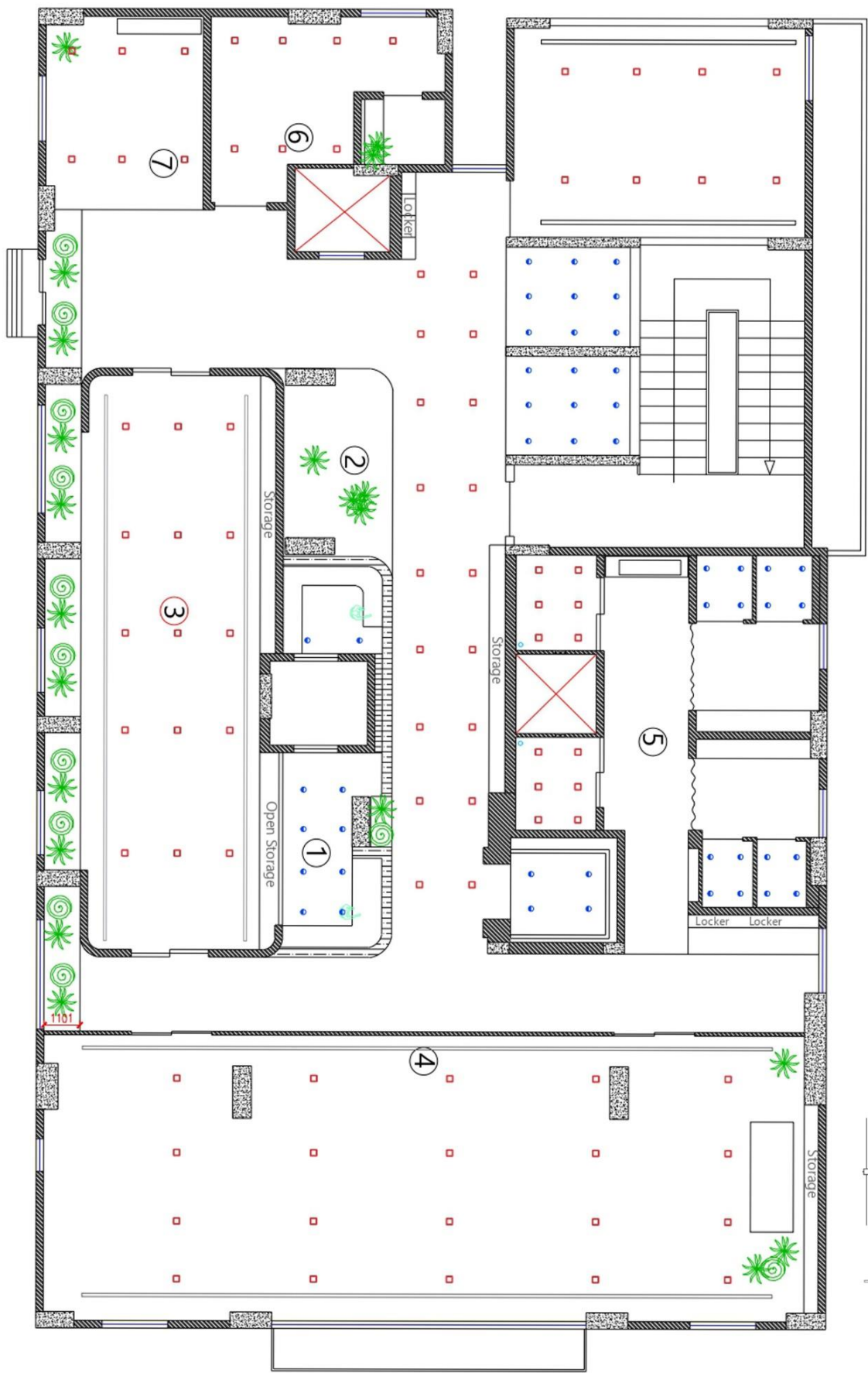
-  **GRANITE STONE**
-  **WOODEN**
-  **GRANITE STONE VITRIFIED**
-  **VITRIFIED TILE**  
(600 X 600 )

# TOILET DETAIL





# ELECTRICAL PLAN



-  SMART GLOW
-  CEILING LIGHT
-  EXHAUST FAN
-  PROFILE LIGHT

# ELECTRICAL PLAN



[illegible]

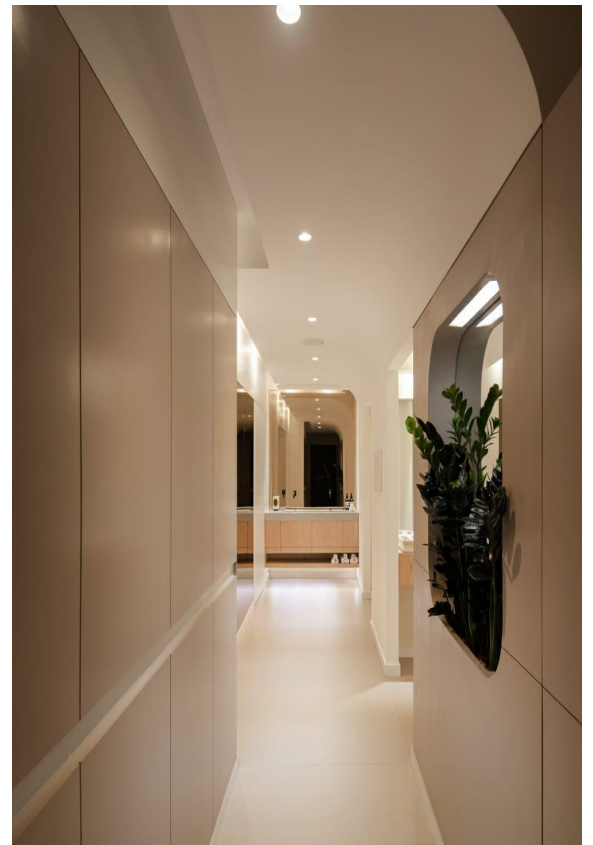
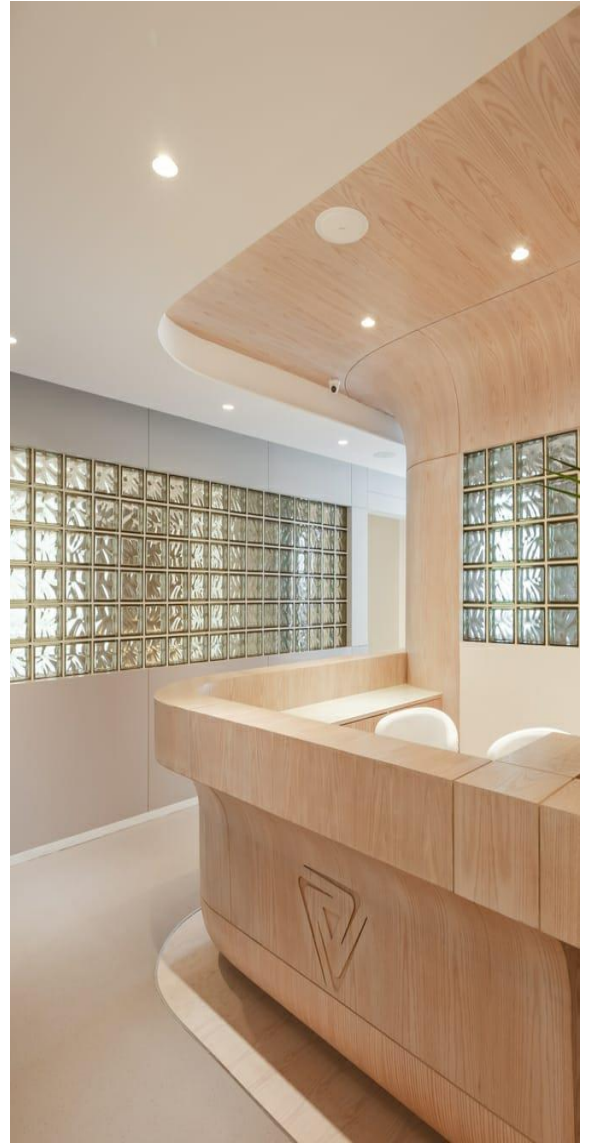


# 3D VIEWS





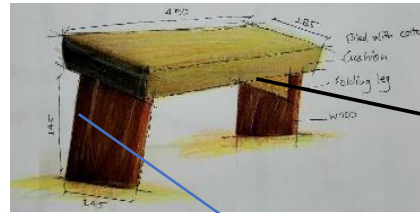
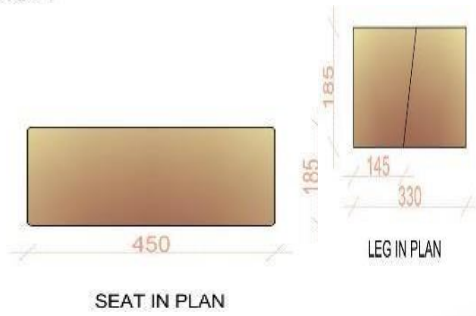




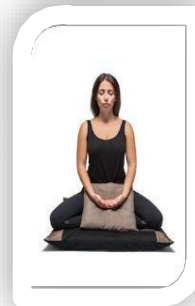


# FURNITURE DETAIL

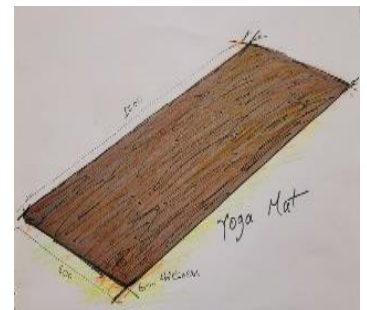
## BENCH



## BURMESE / BALINESE (SQUARE)



## MAT



## CHAIR

