

THESIS REPORT ON  
**“REJUVENESCENCE CENTRE FOR PATH TO FREEDOM, CHANDIGARH”**

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

**BACHELOR OF ARCHITECTURE**  
BY

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THESIS GUIDE

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SESSION

2024-25

TO THE

**SCHOOL OF ARCHITECTURE & PLANNING**

**BABU BANARASI DAS UNIVERSITY**

**LUCKNOW.**

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

**CERTIFICATE**

I hereby recommend that the thesis entitled “REJUVENESCENCE CENTRE FOR PATH TO FREEDOM , CHANDIGARH” under the supervision, is the bonafide work of the students and can be accepted as partial fulfillment of the requirement for the degree of Bachelor’s degree in Architecture, School of Architecture & Planning, BBDU, Lucknow.

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# **REJUVENESCENCE CENTRE FOR PATH TO FREEDOM**

- The Rejuvenescence Centre for Path to Freedom in architecture embodies a holistic design approach that fosters rejuvenation, healing, and self-discovery. The spatial layout emphasizes seamless flow, with open-plan designs that integrate indoor and outdoor spaces, promoting freedom and a deep connection with nature.
- Biophilic elements such as natural materials, green spaces, water features, and ample natural light create a soothing environment that enhances well-being. Symbolic architectural forms like organic curves or spirals represent growth, renewal, and transformation.
- The center is designed to engage the senses through calming acoustics, soft lighting, natural textures, and aromatic plants, ensuring a multi-sensory experience.
- Functionality is carefully considered, with designated zones for meditation, therapy, yoga, and community gatherings, as well as private retreat areas for introspection.
- Sustainability plays a key role, incorporating passive cooling, solar energy, and water recycling systems to maintain ecological balance. By blending natural elements, spiritual symbolism, and functional design, the Rejuvenescence Centre creates an environment that nurtures mental, physical, and emotional well-being, guiding individuals on their path to personal freedom and renewal.



## **INTRODUCTION**

- Addiction is created when the brain's reward system is rewired by constant use of a substance or engagement in an activity.
- "Addiction is a chronic but treatable brain disease." Addressing addiction as a condition or disease rather than a choice or a personal issue.
- Substance abuse is a growing problem, particularly among young people. The use of drugs, including prescription drugs and illegal drugs, is increasing among adolescents and young adults.
- It is becoming a major public health issue that can have serious consequences for individuals and communities. Substance abuse can lead to a range of physical and mental health problems, as well as social and economic problems.
- Rehabs cater to a variety of patients so it should be universally accessible and gives the respective rehab program to each patient as per the use such as drug abuse, trauma, recuperating from injury, etc.
- Designing a rehab centre includes understanding the character of spaces, requirements, and most importantly the behavioural psychology of the patients. Being in nature or surrounded by natural elements can help to reduce stress and improve mental health.
- This can be especially beneficial for people struggling with drug addiction, as they may be dealing with high levels of stress and mental health issues as a result of their addiction. By incorporating biophilic design into a drug addiction treatment centre, it may be possible to improve the physical and mental health of individuals seeking treatment.



## NEED FOR THE PROJECT

- Rising Substance Abuse Cases
- Lack of Adequate Rehabilitation Facilities
- Health & Social Consequences of Addiction
- Government and Legal Push for De-Addiction
- Role in Crime Reduction
- Need for Holistic Recovery Programs
- Increasing Awareness & Social Acceptance
- Economic Benefits & Employment Generation

# Addiction



## **AIM FOR THIS PROJECT**

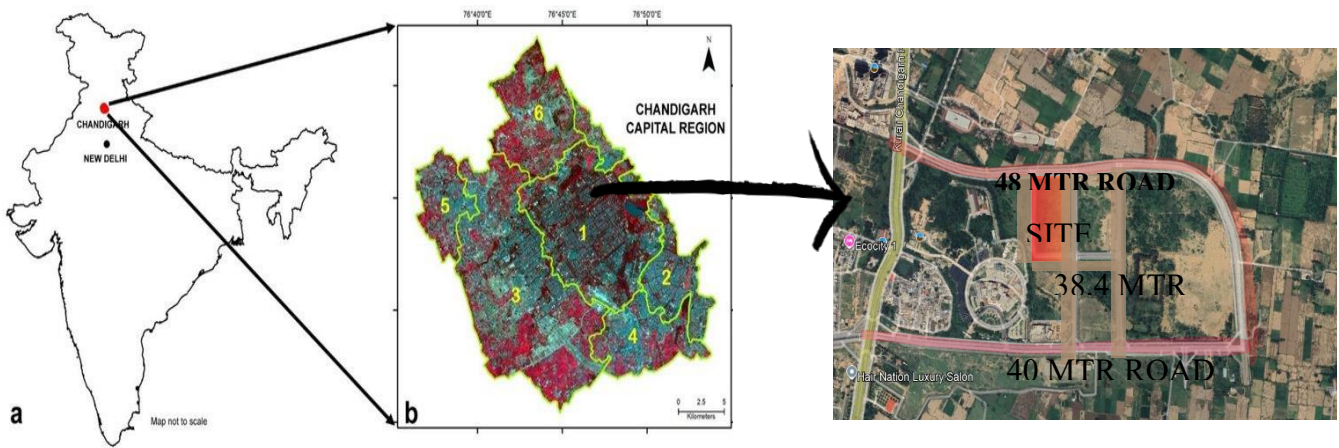
- The aim is to offer a sanctuary where people can rejuvenate, break free from stress, and embark on a journey toward personal growth and freedom.
- Providing a transformative space for individuals seeking renewal, healing, and personal liberation. It focuses on fostering mental, physical, and spiritual well-being through a harmonious blend of architecture, nature, and holistic practices. The center is designed to create an environment that promotes self-discovery, relaxation, and inner peace.
- By integrating biophilic design, meditation zones, therapy spaces, and sustainable practices, it encourages individuals to reconnect with themselves and their surroundings.

## **OBJECTIVE FOR THIS PROJECT**

- Facilitate Personal Renewal
- Promote Inner Freedom
- Encourage Self-Discovery
- Integrate Nature & Architecture
- Support Holistic Wellness
- Enhance Community & Connection
- Ensure Sustainability
- Create a Tranquil Atmosphere



## SITE ANALYSIS



## ABOUT CITY:

Chandigarh is the capital of two Indian states, Punjab and Haryana, but it is also a Union Territory in itself. It is renowned for its modern urban planning, greenery, and high quality of life.

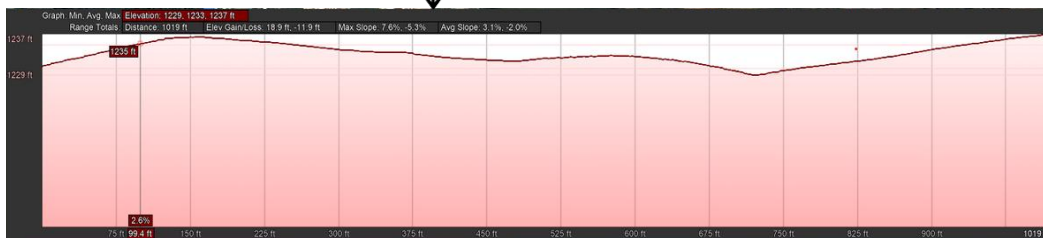
- Founded: 1953
- Designed by Architect: Le Corbusier, it follows a grid pattern with organized sectors.
- Area: 114 sq. km
- Population: ~1.1 million (as per latest estimates)
- Official Language: English (Punjabi & Hindi widely spoken)
- Climate: Humid subtropical (hot summers, mild winters)
- Nicknames: The City Beautiful

Greenery & Cleanliness – One of India's cleanest and greenest cities

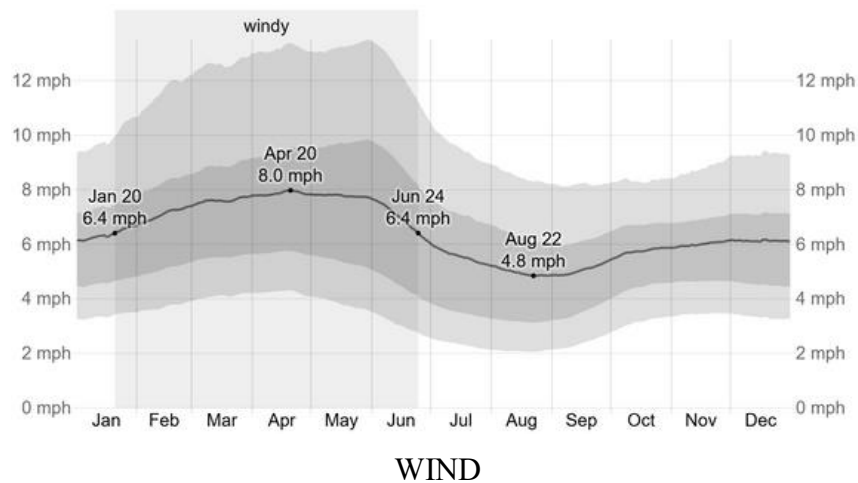
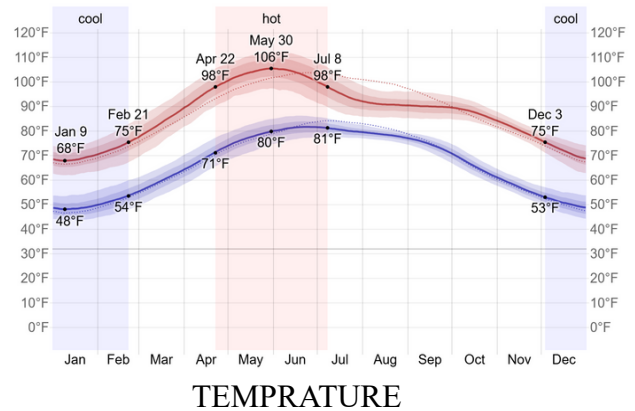
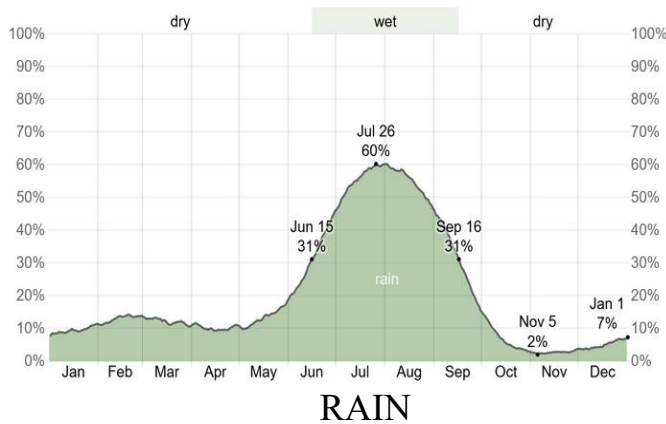


**HORIZONTAL SECTION**

**VERTICAL SECTION**



## **CLIMATE STUDY: Humid subtropical climate**



- Far away from the city
- It lies in outskirts of the city
- Not easy to reach from the city

- Opportunity is that whole piece of land is fully used for hospital as well as institutional
- This area covers the two major cities which which consume drug PUNJAB & DELHI

W O  
S T

- Close proximity to Homi Bhabha Cancer Hospital, allowing for collaboration, referrals, and a strong medical ecosystem.
- Access from all the 4 sides.

- The city is now start developing this side of the city high rise building and the resident start constructing
- Upcoming traffic make the threat to the site

### **ARCHITECTURAL FEATURE OF THE CITY:**

1. Grid-Based Urban Planning
2. The Capitol Complex (UNESCO World Heritage Site)
3. Green & Open Spaces
4. Residential & Commercial Architecture
5. Use of Brutalist Architecture
6. Integration of Sun, Space & Ventilation

## **SURROUNDING OF THE SITE**

- North: Highway
- South: Punjab – A part of land proposed the extension of the PGI
- East: Site proposed for multilevel parking
- West: Homi baba Tata cancer Hospital

## **SLOPE OF THE CITY**

The site slopes downward toward the WNW allowing rainwater to flow naturally toward the nali which is towards highway

## **SHAPE OF THE CITY**

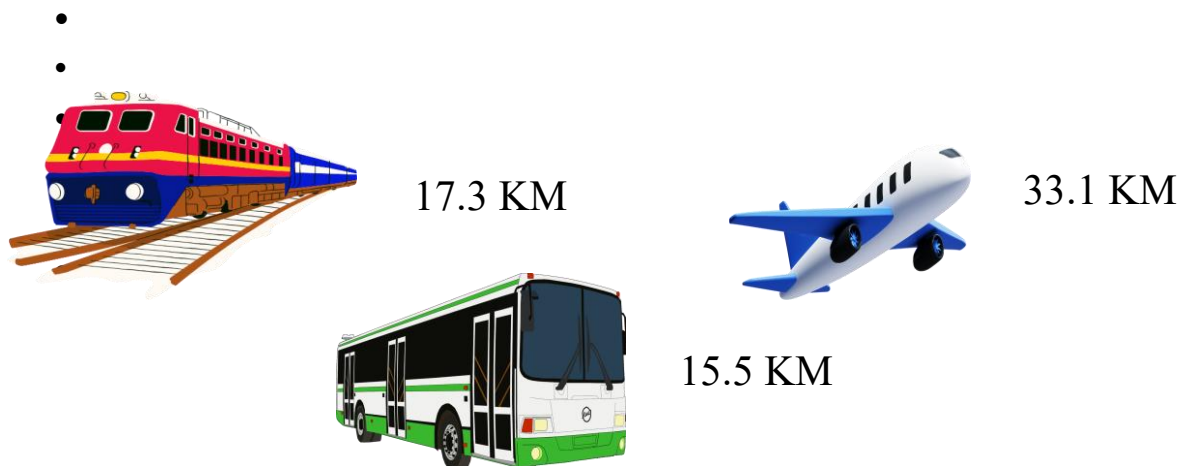
Site has a rectangular shape

## **TYPE OF SOIL & BEARING CAPACITY**

Sandy loam to clayey loam soil & bearing capacity lies between 100 to 150 kg/m<sup>2</sup>

## **ACCESS TO THE SITE**

- Main highway or main road is of 45mtr in one shorter side of the site
- Service road or secondary road is of 30.8km rest 3 sides.
- Road from back side of the site is 40mtr wide
- Road which meets to 45mtr is 60mtr wide





## **SITE SERVICES**



## **SITE DETAILS**

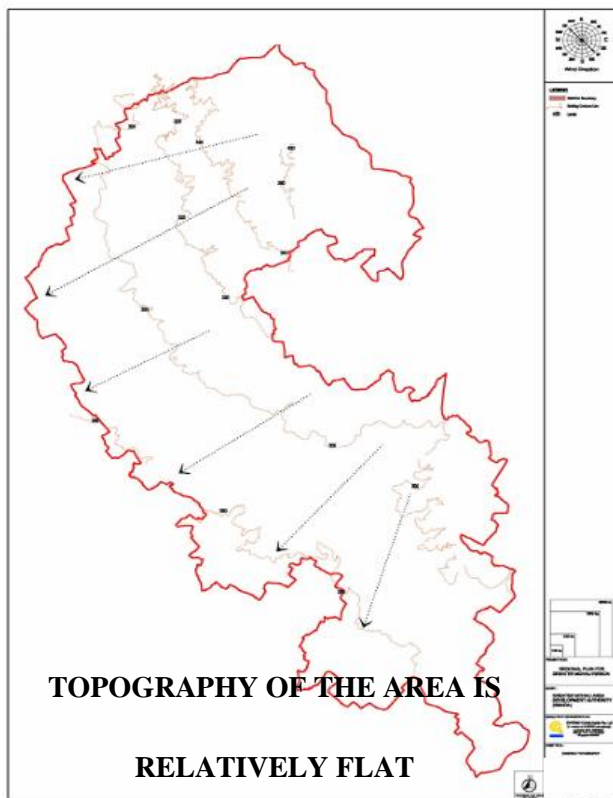
- DIMENSION OF THE SITE IS LONGER SIDE IS 4 ac & SHORTER SIDE IS 2 ac
- AREA OF THE SITE 8 ac
- SHAPE OF THE SITE IS RECTANGLE
- ORIENTATION- SITE IS TILTED TOWARDS 90.3 TOWARDS EAST
- SOIL CONDITION- The soils in the area are very fertile with annual deposition of river silt and as such very productive for raising multiple crops in the year.

The elevation ranges from about 400m above msl in the foot hills to about 200m msl in the plains. The slope is moderate gentle towards south western part of the area, where all the rivers and streams drain through the GMR.

The elevation ranges from about 400m above msl in the foot hills to about 200m msl in the plains. The slope is moderate gentle towards south western part of the area, where all the rivers and streams drain through the GMR.

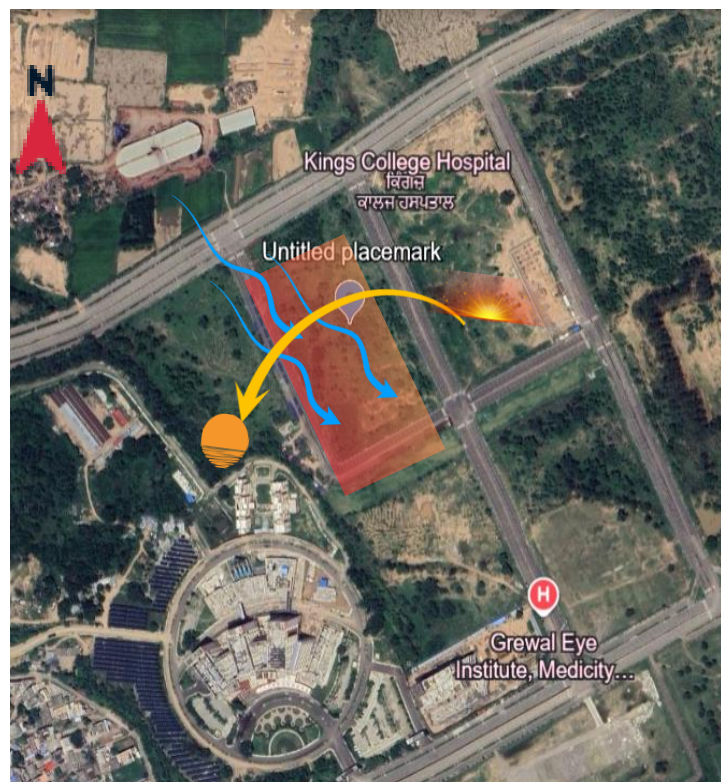
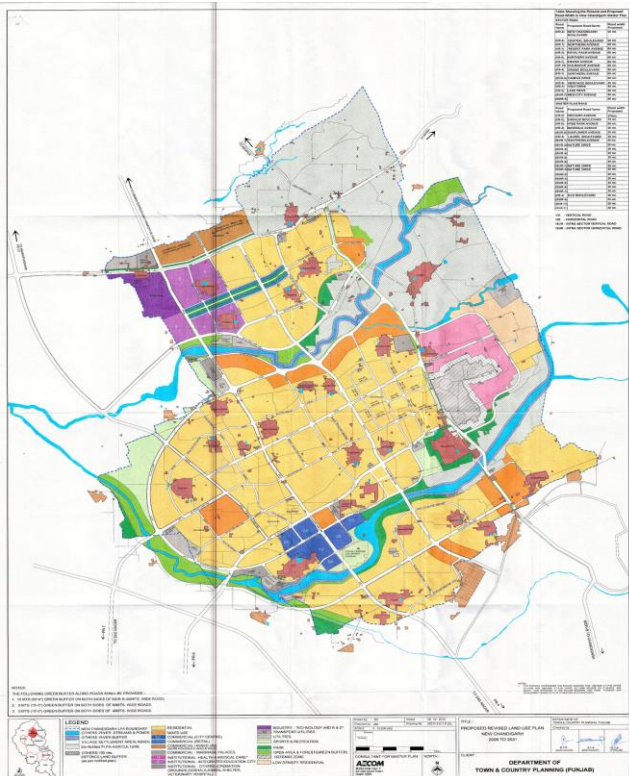
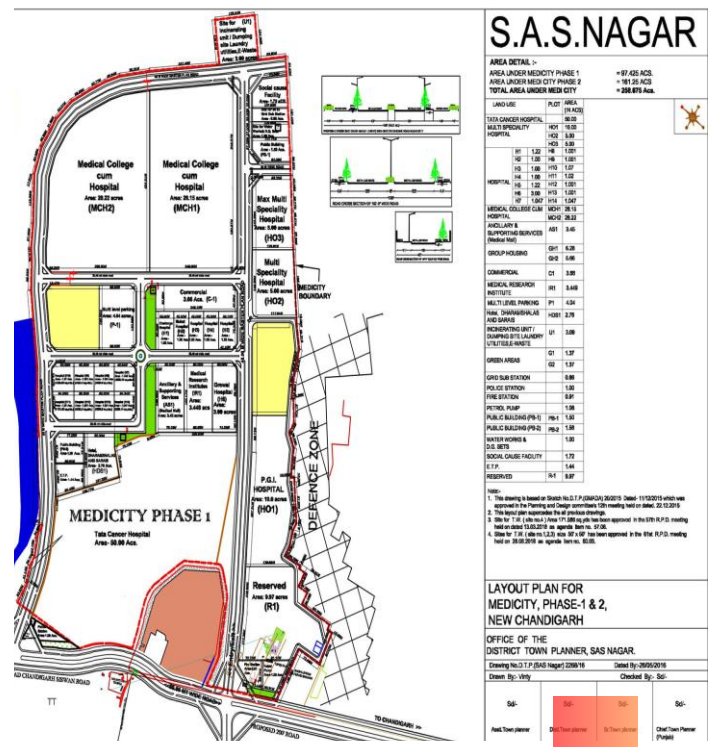
The predominant soil type found in the region is category 021 (soil of Piedmont plains: typic ustochrepts/ udic ustochrepts) .

## SITE DETAILS



Source: GIS Plan of Punjab Engineering College

**Figure 12.5.3 Existing Topography**

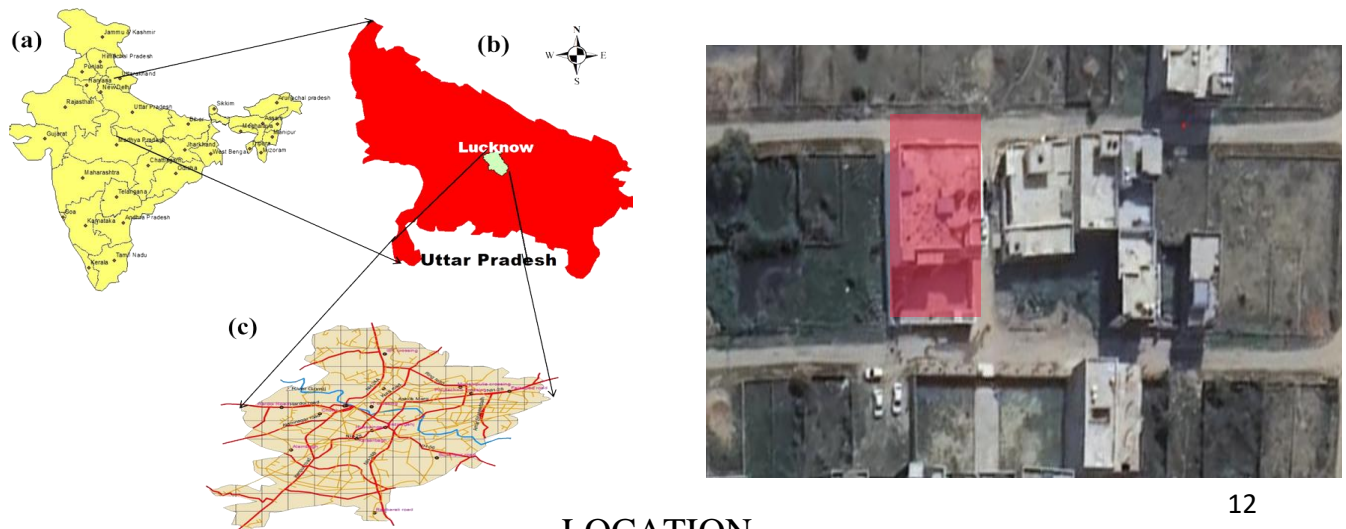




# CASE STUDY 1- JEEVAN KIRAN

## INTRODUCTION

- Address - M D Puram Colony Gali No 3 Near Chhathar Mill Raitha Road, Sitapur Rd, Lucknow, Uttar Pradesh 226201
- Plot Area- 483 m<sup>2</sup>
- Built up area - 280m<sup>2</sup>
- Recovery program - 28 days to 180 days
- Capacity - 50 patients
- Site surrounding - The centre is situated mainly various residential areas
- Site type - Plain land /site is sloping towards nala which is at west
- Orientation of the building is east west direction
- Number of patients - 37
- No of Doctor - 1
- Project manager - 1
- Chowkidar - 2
- Cook - 2
- Accountant-1
- Sweeper - 1
- Counsellors/Social worker/Psychologists/Ward educator - 9

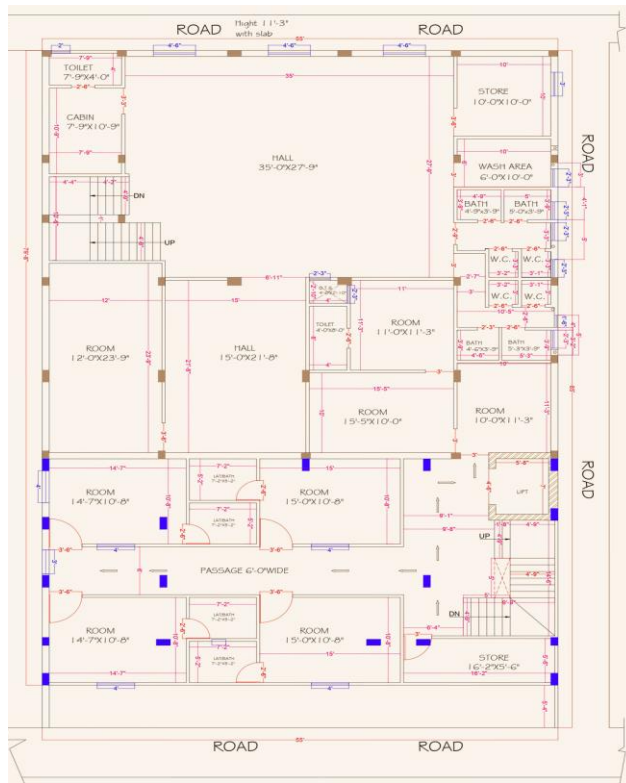


LOCATION



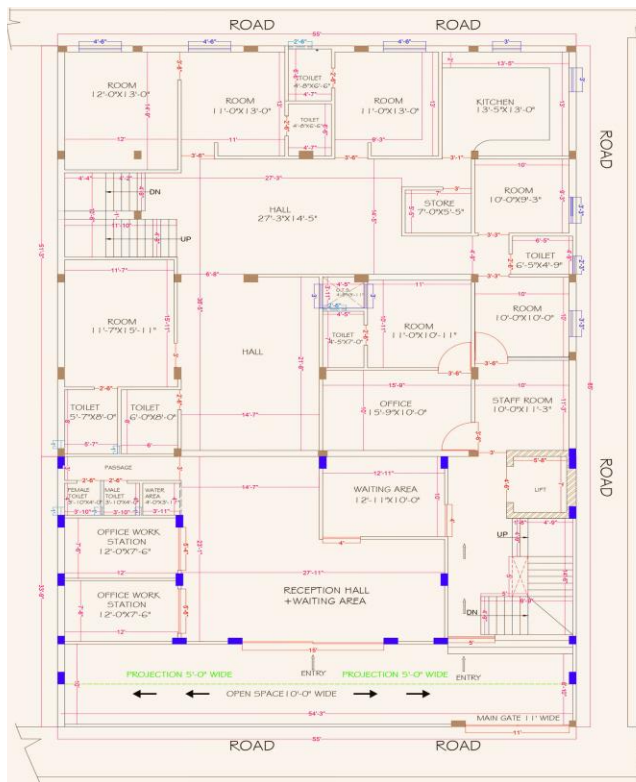
## PARAMETERS

- The norms are taken from ministry of social justice & empowerment
- Kitchen should in open area n away from patience
- Staff area should be near patience room
- Boundry height at least 20ft with electric fencing
- The program for drug de addiction is based on who program 12 kadam
- Room size avg 12'/10' of one room and for dormetry is range 14'/18'
- Age they catter from 16 to 65 yr
- No lovks should be provided in washroom n rooms
- No sharm objects n edges should not be provided in building



**GROUND FLOOR PLAN**

CATAGORY	ACTIVITIES
• CORE FUCNTIONS	RECEPTION, OFFICE ROOM, COUNSELLING ROOM, FIRST CARE
• RECREATIONAL SPACE	N/A
• AUXILIARY ACTIVITIES	KITCHEN, SERVANTS ROOM, DINING HALL
• GENRAL SERVICE AREA	TOILETS, WAITING ROOM



**FIRST FLOOR PLAN**

CATAGORY	ACTIVITIES
• CORE FUCNTIONS	DOORMATERY, ACTIVITY HALL,
• RECREATIONAL SPACE	TERRACE, PRAYER HALL
• AUXILIARY ACTIVITIES	LIBRARY
• GENRAL SERVICE AREA	BATH, WC, WASH AREA, STAIRCASE, LIFT

# **CASE STUDY 2 - NAYA SAVERA**

## **INTRODUCTION**

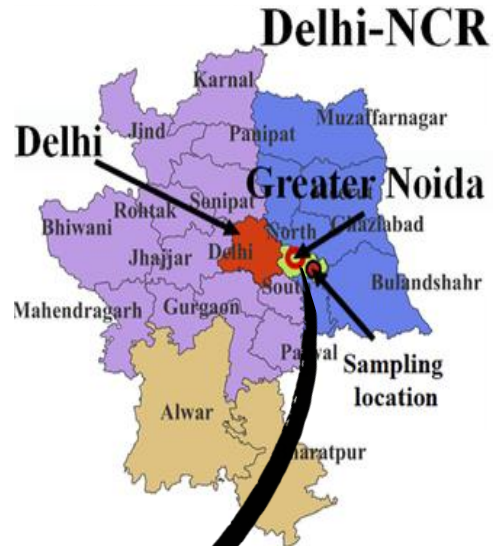
- Address - Badauli Bangar, Sector 154, Noida, Uttar Pradesh 201310
- Plot Area - 2427 sq m<sup>2</sup>
- Built up area - 1022 sq m<sup>2</sup>
- Recovery program - 90 days to 180 days
- Capacity - 60 patients
- Site surrounding - The centre is situated mainly various residential areas it is present in village
- Site type - Plain land
- Topography - Site is sloping towards nala which is at west
- Orientation of the building is east west direction
- Number of patients - 42

## **Staff Distribution**

- No of Doctor - 2
- Project manager - 3
- Chowkidar - 2
- Cook -2
- Accountant -1
- Sweeper -1
- Counsellors/Social worker/Psychologists/Ward educator – 13



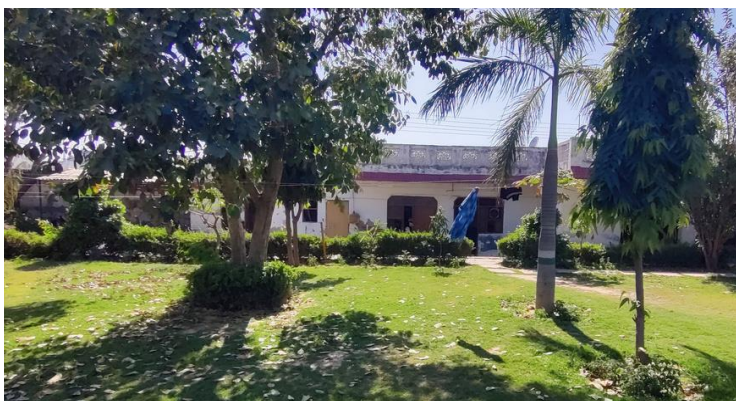
## LOCATION





## PARAMETERS

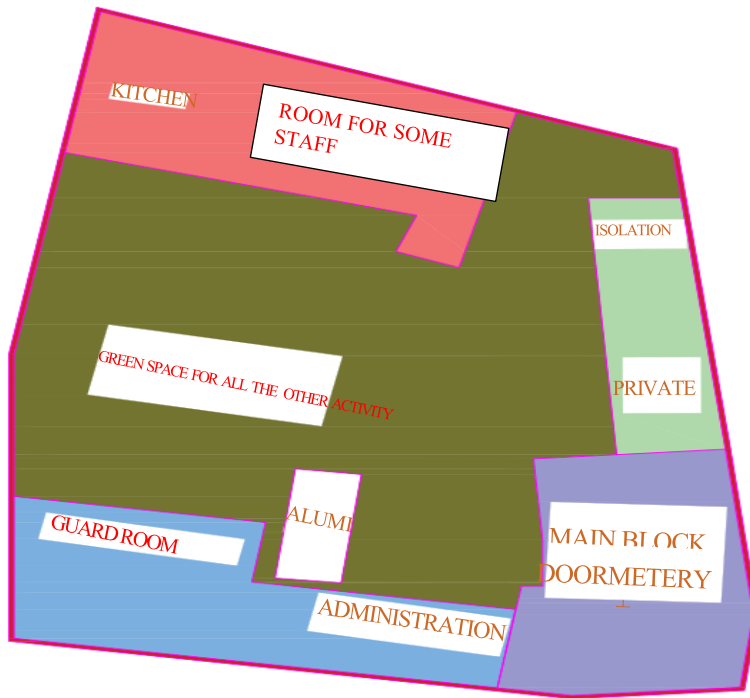
- The norms are govern but are taken from ministry of social justice & empowerment.
- They use holistic therapy at least use 74 types of therapy.
- 3 years of recovery person can open drug rehab.
- Site selection is done on the basis it should be outer n pause area.
- New patience first kept in first care room in detox period
- In drug rehab not only drug addict is treated many more types of diseases are treated like bipolar disorder or multi personality disorder etc.
- One to one counselling is done.
- 50% 50% is the recovery rate.
- In windows no glasses are provided.
- No such small things should be present surround them
- In fact sustainable design or biophilic or net zero or passive techniques are more appreciated in this project.







## PLAN



## AREA PROGRAM

FUNCTIONS	NO	AREA(sqm)
Waiting area	1	27
General ward	1	93
Coordinator	1	15
Consulting room	4	8
Social worker	1	8
Psychiatrist	1	8
Exhibition hall	1	100
Servant's room	1	13
Store	1	8
Kitchen	1	25
Dining hall	1	100



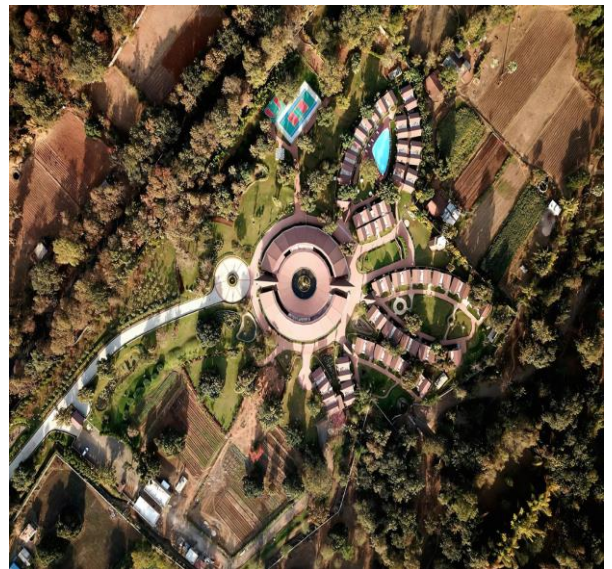
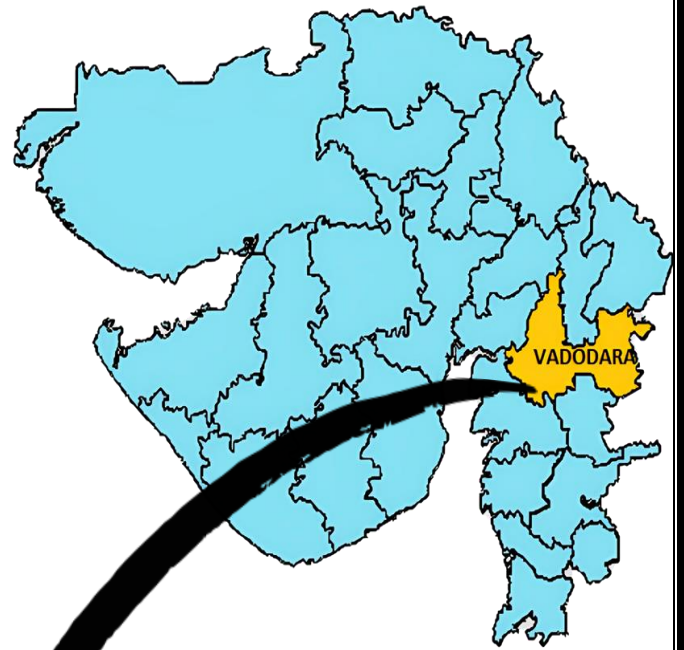
# **CASE STUDY 3 – ALPHA REHAB**

## **INTRODUCTION**

- Address - Village, Narukot, Pavagadh Jambughoda Road Near Donbosco School Tal.Jambughoda, Dist, Vadodara, Gujarat 389390
- Plot Area - 51,100sqm<sup>2</sup>
- Built up area - 46000 sqm<sup>2</sup>
- Capacity - 120 patients
- Site surrounding - The centre is situated in out skirts of the VADODARA in green spaces
- Orientation of the building is in north south direction
- Concept: As a concept the inspiration from flower
- Building divide into 4 parts 1st main block 2nd East Petals 3rd West Petals 4th South Petals



## LOCATION

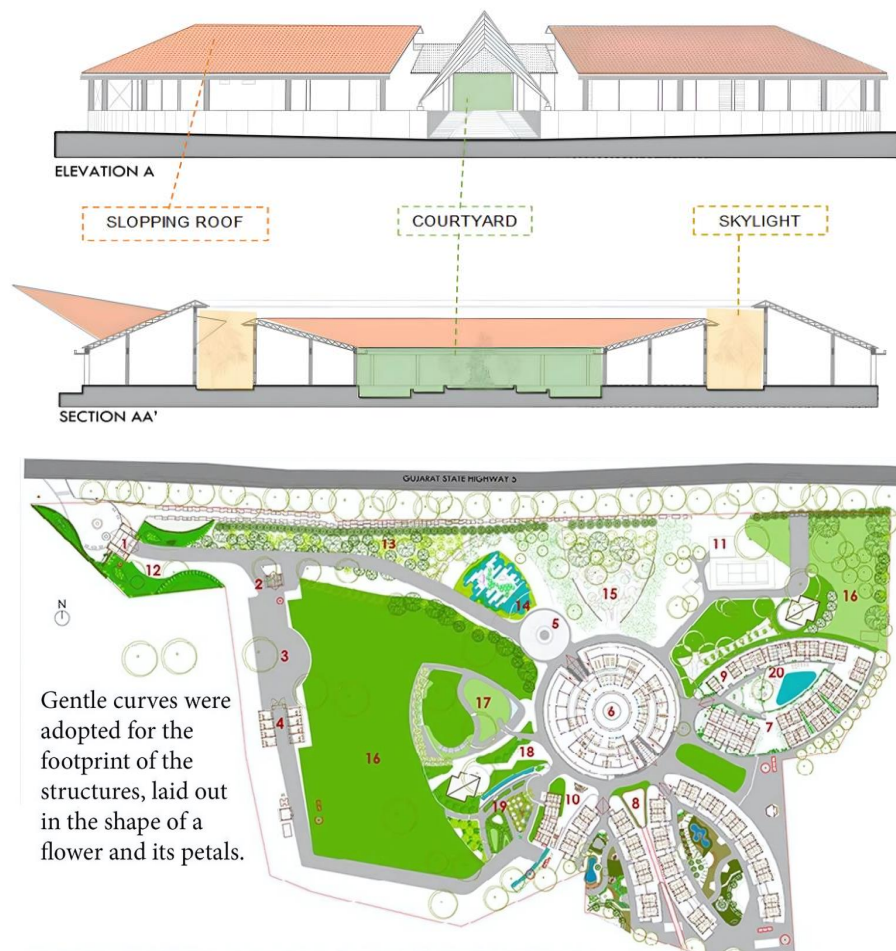






## **ADMINISTRATION AREA**

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1. RECEPTION -37sqm               | 17. FEMALE TOILET -14sqm         |
| 2. ADMIN & ASSESSMENT -15sqm      | 18. MALE TOILET -14sqm           |
| 3. ACC./PURCHASE DEPT.-30sqm      | 19. LOUNGE/WAITING ROOM -50sqm   |
| 4. H.R MANAGER -15sqm             | 20. EMERGENCY ROOM -20sqm        |
| 5. DIETICIAN/NUTRITION -15sqm     | 21. ROOM UNITS -20sqm            |
| 6. ADMIN OFFICE MANAGER -15sqm    | 22. GENERAL STAFF ROOM -30sqm    |
| 7. OFFICE MANAGER -15sqm<br>30sqm | 23. VISITING CONSULTANTS ROOM -  |
| 8. CLINICAL DIRECTOR -15sqm       | 24. BUISNESS CENTRE -30sqm       |
| 9. PROGRAM DIRECTOR -15sqm        | 25. BEHAVIOUR/TECH STAFF -30sqm  |
| 10. MANAGING DIRECTOR -15sqm      | 26. CONFERENCE ROOM -39sqm       |
| 11. THERAPIST -30sqm              | 27. MEDIA/HOME THEATRE -39sqm    |
| 12. NURSE STATION9 -15sqm         | 28. LECTURE/GROUP THERAPY -50sqm |
| 13. DR. ROOM -15sqm               | 29. CASE MANAGERS -58sqm         |
| 14. STORAGE -6sqm                 | 30. THERAPIST 4 -29sqm           |
| 15. LAB -15sqm                    | 31. THERAPIST 3 -29sqm           |
| 16. FAMILY ROOM -15sqm            | 32. THERAPIST 2 -29sqm           |
|                                   | 33. THERAPIST 1 -29sqm           |



## SITE LABELLING

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 1. MAIN ENTRANCE -131sqm        | 14. WATER SCAPE -690sqm          |
| 2. RECEPTION -44sqm             | 15. EXISTING PLANTATION -2825sqm |
| 3. PARKING AREA -843sqm         | 16. LAWN AREA -10330sqm          |
| 4. SERVENT QUARTER -307sqm      | 17. ORGANIC PLANTATION -1660sqm  |
| 5. ENTRANCE PORCH -594sqm       | 18. YOGA PAVILLION -1075sqm      |
| 6. ADMINISTRATION AREA -2382sqm | 19. OUTDOOR DINNING -710sqm      |
| 7. DOCTOR'S ACCOM -1508sqm      | 20. POOL DECK LANDSCAPE -6610sqm |
| 8. PATIENT ACCOM -3226sqm       | 21. DINING AREA                  |
| 9. RECREATION AREA -763sqm      | 22. SEPTIC TANK                  |
| 10. CANTEEN -294sqm             | 23. WATER TANK                   |
| 11. OUTDOOR SPORTS -3368sqm     |                                  |
| 12. ENTRANCE LANDSCAPE -1015sqm |                                  |
| 13. DENSE PLANTATION -6630sqm   |                                  |

## EASTERN PETALS



### EASTERN PETALS

- The cottages for doctors and special suits for the visitors and guest are laid out as the petals of a flower, gently radiating outwards from the central structure.
- Swimming pool is present at the center
- Slopping roof to have temperature control, avoid leakage and keep humidity in check with proper cross ventilation.

### RECREATION AND ACCOMODATION

1. LIBRARY -22sqm	11. SERENITY ROOMS -22sqm
2. FEMALE TOILETS -11sqm	12. RECEPTION -11sqm
3. MALE TOILETS -11sqm	13. GENTS MASSAGE - 22sqm
4. INDOOR SPORTS -59sqm	a. Steam room -2sqm
5. MALE TOILET -10sqm	b. Toilet -2sqm
6. AEROBICS -22sqm	14. LADIES MASSAGE -22sqm
7. GYM -35sqm	a. Steam room -2sqm
8. FEMALE TOILET -10sqm	b. Toilet -2sqm
9. RECEPTION -11sqm	
10. REFLEXOLOGY -22sqm	



15. SUITE ROOMS:

1. LIVING/DINING -20sqm
2. BEDROOM -20sqm
3. DECK -4sqm
4. ATT.TOILET -4sqm
5. POWDER ROOM -2sqm

16. DOCTOR'S COTTAGES:

1. FOYER -8sqm
2. LIVING ROOM -20sqm
3. DINING ROOM -20sqm
4. BEDROOM -20sqm
5. ATT.TOILET - 4sqm
6. BEDROOM -11sqm
7. ATT.TOILET -3sqm
8. POWDER ROOM - 2sqm



## SOUTHERN PETALS

- Access to the upper level will be by an external staircase, to be located between the bungalows, so that one staircase will service two bungalows.
- The in-house facilities include a gymnasium, spa, table tennis, carrom and billiards, a restaurant, an event-lawn as well as an outdoor swimming pool.

## SOUTHERN WESTERN PETALS

- South western zone consist of recreational areas like, gathering spaces, dining areas and organic farming.
- This is usually used by staff since the staff cottages are provided alongside the road.
- Also one of the main reasons to have recreational spaces here was that this will be heated area during the day time, since it falls in south-western zone.
- Patient's cottages are faced toward the southern side which can heat up the room.

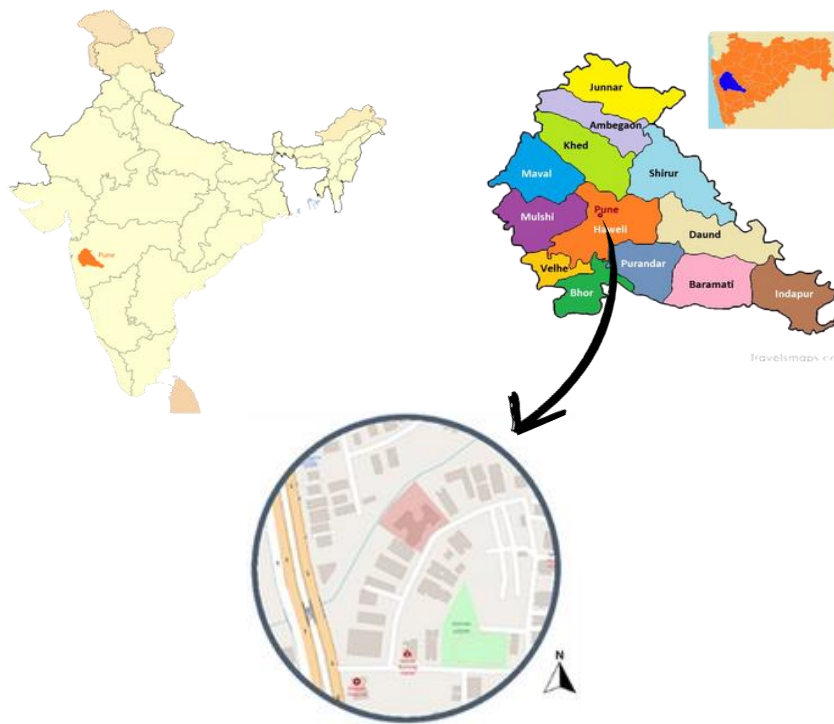






# LITERATURE STUDY 1 – MUKTANGAN, PUNE

## LOCATION



- Location- mukangan rehabilitation centre mohanwadi, off alandi road, yerawada pune
- Recovery program- 35 days
- Capacity- 150 residents
- No of patients- 100
- Total plot area- 3704 sqm
- Built up area- 2202 sqm
- Site surroundings- The center is situated mainly consist of various residential apartments, shop and clinic
- Site type- contoured
- Topography- site is sloping towards nala which is a west side
- Orientation- building is placed with east west orientation

## STAFF DISTRIBUTION

- Doctors- 3
- Psychiatrists- 8
- Counsellors- 2
- Social worker- 4
- Psychologists- 8
- Guards- 3
- Project manager- 1
- Cook- 2
- Administration- 6

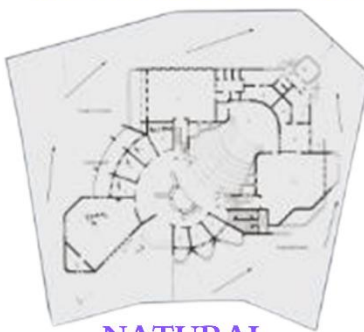
## STATISTICS

- Doctors to patient ratio- 1:33
- Counsellor to patient ratio- 1:50
- No of wcs per patient- 1:33
- Ward area to no. Of patient ratio:1 patient has 2.5m space approx.

## SITE DISTRIBUTION



**ENTRANCE**

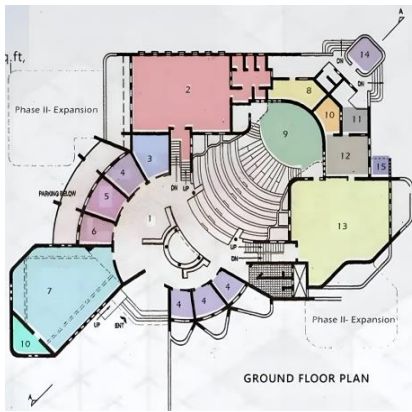


**NATURAL  
DRAINAGE**



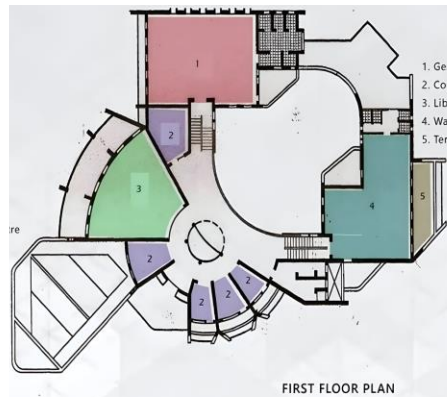
**GREEN AREA**





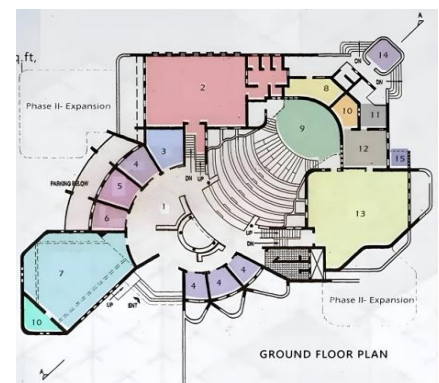
### LEGENDS

1. Arrival & O.P.D waiting
2. General Ward
3. Coordinator's
4. Counselling room
5. Psychiatrist
6. Social worker
7. Yoga Hall
8. Servant room
9. Stage & Amphitheatre
10. Store
11. Verandah
12. Kitchen
13. Dining hall
14. U.G tank with seating above
15. Gas



### LEGENDS

1. General Ward
2. Counselling Room
3. Library
4. Ward and Therapy
5. Terrace



### LEGENDS

1. General Ward
2. Small Gym
3. Toilet

## **DESIGN FEATURES**

- **FEELING OF OPENNESS**

The entrance gate of the building. The vision of the observer is not obstructed and. the open space is focused from this point.

- **VISUAL CONNECTIVITY**

The waiting area of the O.P.D department flows into the amphitheatre which is centrally located with the counselling rooms and the waiting area located radially around it.

- **TRANSPARENCY**

Inward looking form with controlled visual exposure with exterior.

- **Lighting and Interiors**

Physical interaction carried by amphitheatre; terraces act as medium for visual interaction.

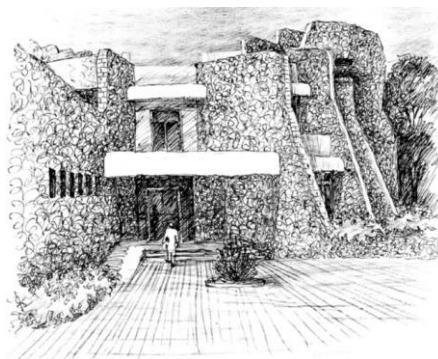
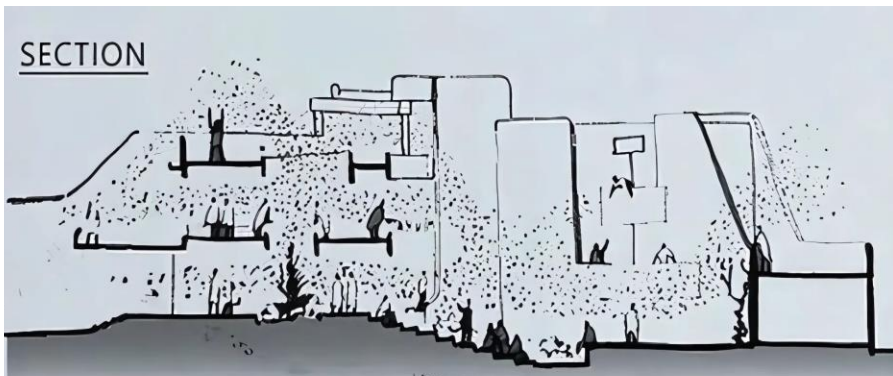
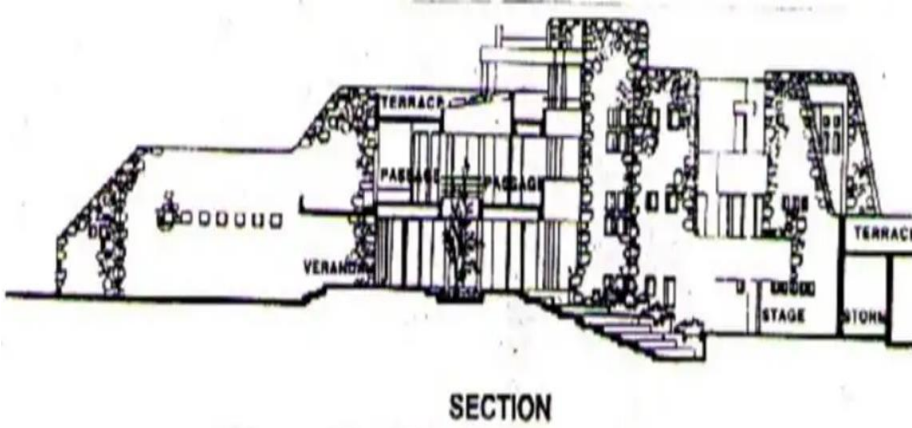
- **CONNECTION WITH NATURE**

Raised planters and the spread of flowers at the windowsill are used to cheer the patient as soon as he enters the rooms that can feel free and interact well with the counsellor. The transparency, the cut-outs, the balconies and seating arcas encourage the patient to open up. The opening in the waiting lobby continues till the terrace and pours sufficient light into interiors.

- **INFERENCE-** Although the movement here is physical but the emotional and sensory connects with the architecture significantly changes as one move to the floors above.

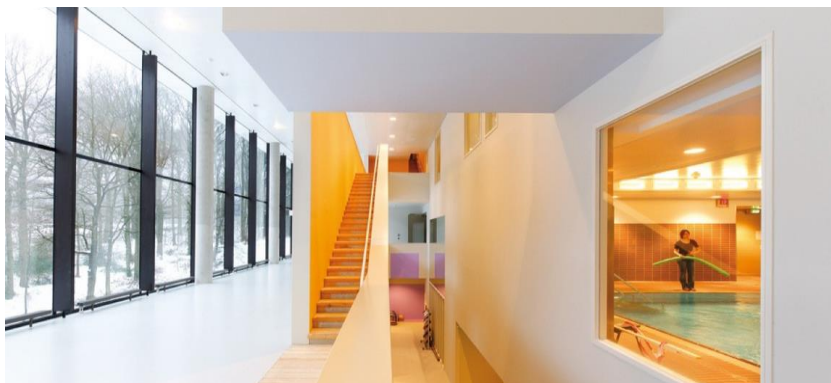
The space, fairly open and accessible at all zones, is not only a functional advantage but a symbolic gesture of the philosophy of the centre of a natural re-integration into society, without barriers, without restrictions and with utmost compassion and empathy.





# LITERATURE STUDY 2 – GROOT KLIMMENDALL, NETHERLAND

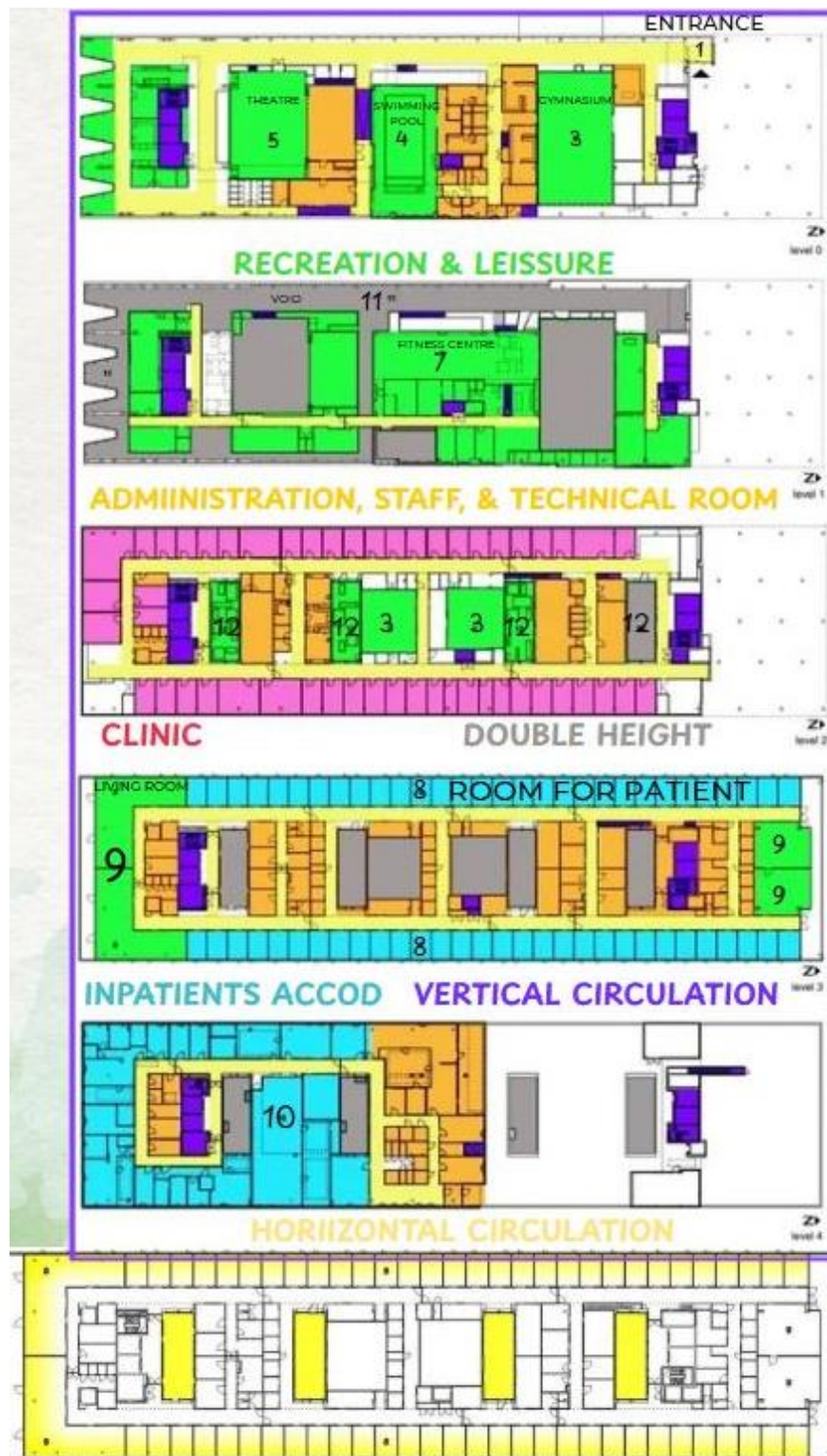
## CONTEXT/ SITE AND SURROUNDINGS



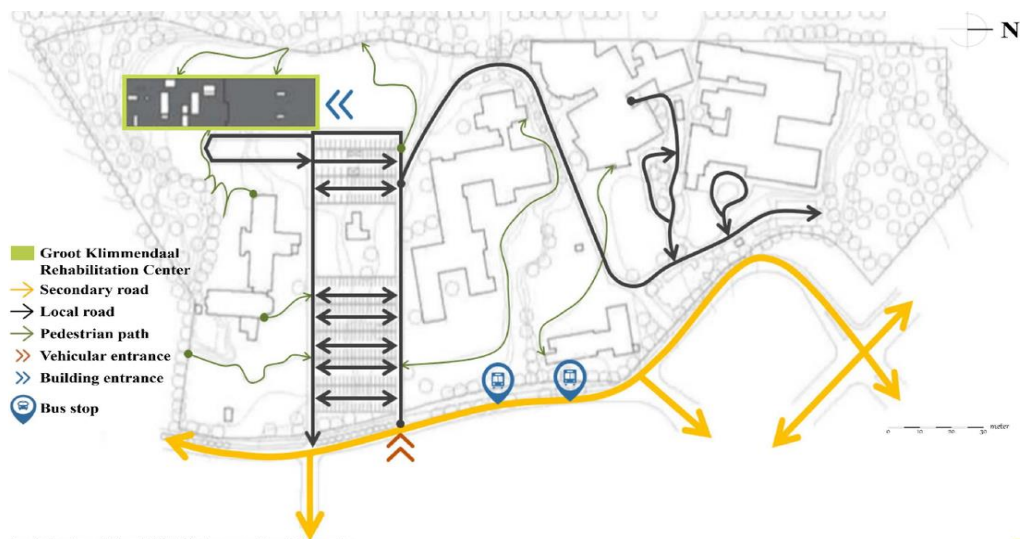
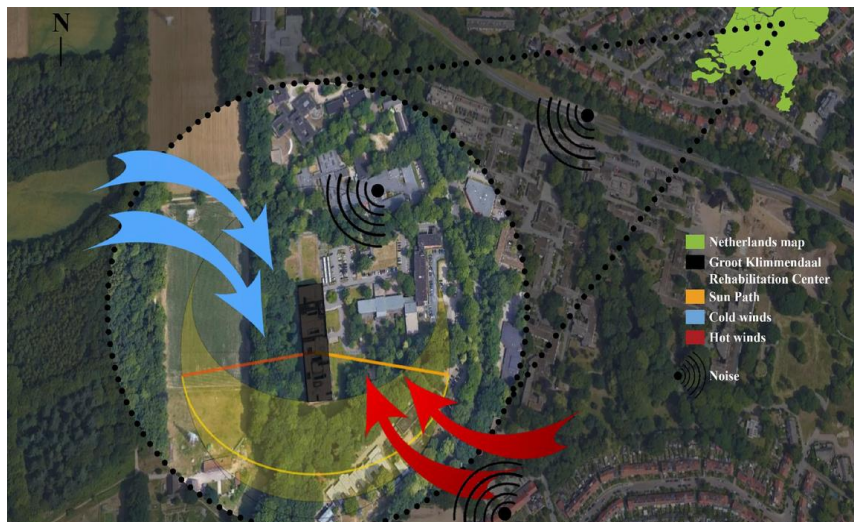
## INTERIOR CORRIDOR & SWIMMING POOL





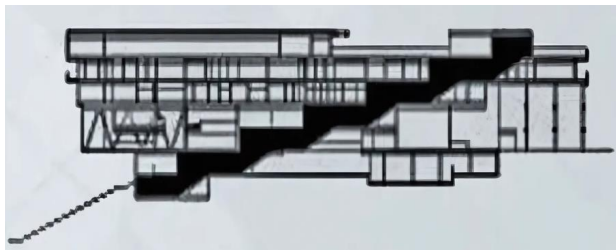
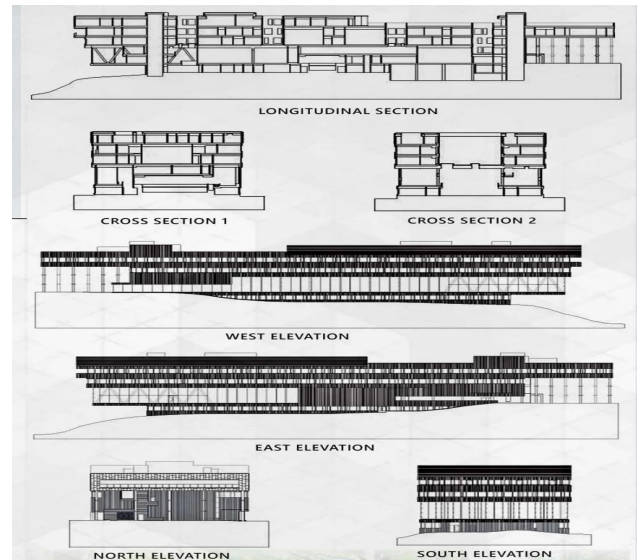
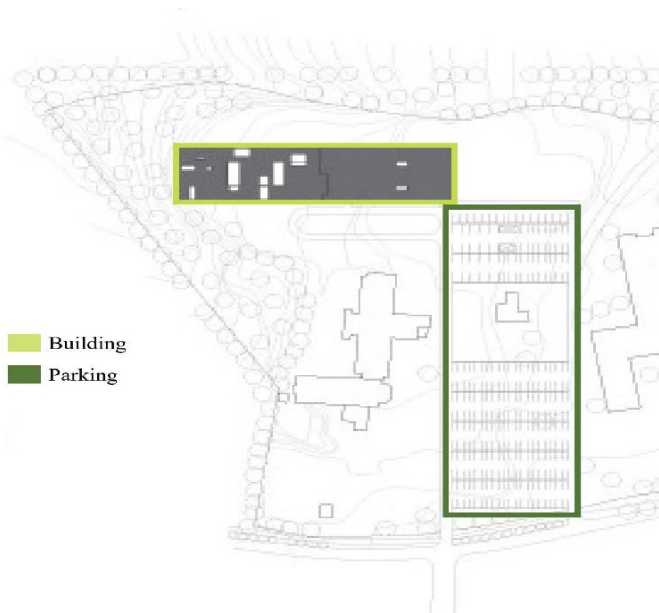


PROGRAM IN NEED OF DAYLIGHT POSITIONED ALONG THE FACADE AND THE LIGHT WELLS

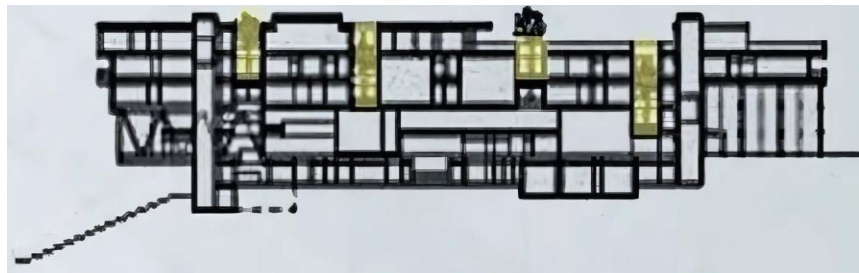
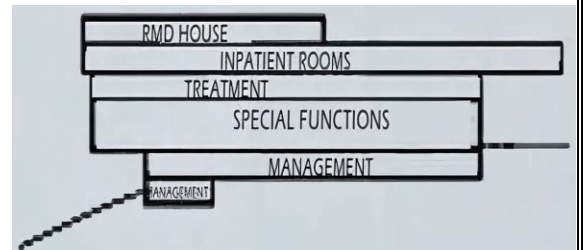




- 
- The figure displays four floor plans of the Ronald McDonald house, illustrating the layout of rooms and circulation paths across the Ground, First, Second, Third, and Fourth floors. The legend indicates that thick lines represent strong connections, thin lines represent weak connections, and black dots represent vertical circulation points.
- Ground Floor:** Includes the Gymnasium, Staff Rooms, Administration, Tech.R, Swimming Pool, Theater, and Recreation and leisure areas.
  - First Floor:** Features Recreation and leisure, Fitness Center, and multiple Recreation and leisure spaces.
  - Second Floor:** Contains Administration, Recreation and leisure, and a Clinic.
  - Third Floor:** Shows Living room, Administration, staff & tech. room, and Inpatients accommodation.
  - Fourth Floor:** Includes Administration, staff & tech. room, Ronald McDonald house, Inpatients accommodation, and Living room.



SECTION



These bubble diagrams showing the relationships between the spaces as well as the connections between each space and other spaces, indicating which has a strong direct connection and which has a weak connection.

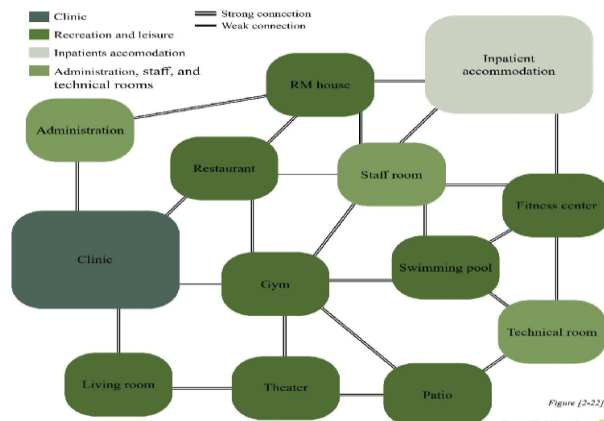


Figure [2-22]

Figure [2-22], Author [2-22]

## **NORMS / STANDARDS**

THERE ARE 5 TYPES OF DRUG REHABILITATION CENTER

1. **IRCA**s (INTEGRATED REHABILITATION CENTER FOR ADDICTS)
2. CPLI (COMMUNITY BASED PEER LED INTERVENTION)
3. **ODIC**s (OUTREACH AND DROP IN CENTER)
4. **DDAC**s (DISTRICT DE-ADDICTION)
5. **DDAC**s (GOVERNMENT HOSPITAL FOR ADDICTION TREATMENT FACILITIES)

### **STRUCTURE OF THE IRCAs**

S. No.	Name of the Post	Number of Posts		
		15 Bedded	30 Bedded	50 Bedded
Administrative				
1	Project Coordinator cum-Vocational Counsellor	1	1	1
2	Accountant cum Clerk	1	1	1
3	Cook	1	1	1
4	Sweeper	1	1	1
5	Chowkidar	2	2	2
Medical				
6	Doctor (Part time/Full time)	1	1	1
7	Counsellor/ Social Worker/ Psychologist	2	4	6
8	Yoga therapist/Dance Teacher/Music Teacher/Art Teacher (Part time)	1	1	1
9	Nurse	2	3	4
10	Ward Boys	2	2	2
11	Peer Educator	1	1	1
	TOTAL	15	18	21

## 35.5 Schedule of Accommodation

### 35.5.1 Rehabilitation – Allied Health Unit Generic Schedule of Accommodation

Schedule of Accommodation for a Rehab – Allied Health Unit for Levels 4-6

ROOM/SPACE	Standard Component			Level 4 Qty x m2	Level 5 Qty x m2	Level 6 Qty x m2	Remarks
ENTRY/RECEPTION							
RECEPTION	yes			1 x 10	1 x 12	1 x 15	
STORE – PHOTOCOPY/STATIONERY	yes			1 x 8	1 x 8	1 x 8	
STORE – FILES	yes			1 x 4	1 x 6	1 x 10	
WAITING	yes			1 x 20	1 x 40	1 x 50	
BAY – PATIENT HOLDING	yes				2 x 10	4 x 10	
BAY – DRINKING FOUNTAIN				1 x 1	1 x 1	1 x 1	
BAY – PUBLIC TELEPHONE	yes			1 x 2	1 x 2	1 x 2	
BAY – STROLLER/WHEELCHAIR PARK	yes			1 x 4	1 x 4	2 x 4	
PATIENT TOILET	yes			1 x 4	1 x 4	2 x 4	
TOILET - ACCESSIBLE	yes			1 x 5	2 x 5	2 x 5	
OPTICAL SHOP				1 x 20 optional	1 x 30 optional	1 x 40 optional	

## PHYSIOTHERAPY

ROOM/ SPACE	Standard Component			Level 4 Qty x m2	Level 5 Qty x m2	Level 6 Qty x m2	Remarks
GYMNASIUM	yes			1 x 80	1 x 120	1 x 160	6m2 per patient
STORE – GYM EQUIPMENT	yes			1 x 8	1 x 15	1 x 20	
BAY – WATER FOUNTAIN				1 x 1	1 x 1	1 x 1	Disabled access
OFFICE – WRITE UP BAY	yes			1 x 6	1 x 9	1 x 15	May be part of the Gym
TOILET – ACCESSIBLE	yes			2 x 5	2 x 5	2 x 5	Access from Gym
PATIENT BAY TREATMENT	yes			2 x 10	4 x 10	6 x 10	Non acute treatment; number depends on service demand
TREATMENT ROOM	yes			1 x 14	1 x 14	1 x 14	Respiratory & treatments that require privacy
BAY – MOBILE EQUIPMENT	yes			1 x 4	1 x 10	1 x 10	
BAY – HANDWASH – TYPE B	yes			2 x 1	4 x 1	6 x 1	
PLASTER/ SPLINT ROOM	yes			shared	1 x 14	1 x 14	
CLEAN UTILITY	yes			shared	1 x 14	1 x 14	
STORE – EXERCISE EQUIPMENT	yes			1 x 14	1 x 20	1 x 20	
DISCOUNTED CIRCULATION				30%	32%	32%	



## ALLIED HEALTH

ROOM/ SPACE	Standard Component			Level 4 Qty x m2	Level 5 Qty x m2	Level 6 Qty x m2	Remarks
AUDIOLOGY TESTING ROOM	yes			1 x 14	1 x 14	1 x 14	
AUDIOLOGY OBSERVATION ROOM	yes			1 x 9	1 x 9	1 x 9	
OFFICE/TREATMENT – SPEECH PATHOLOGY	yes			1 x 14	2 x 14	2 x 14	
OBSERVATION ROOM – SPEECH PATHOLOGY	yes			1 x 9	1 x 9	1 x 9	
STORE – SPEECH PATHOLOGY	yes			1 x 6	1 x 6	1 x 8	
OFFICE/CONSULT – CLINICAL PSYCHOLOGY	yes			1 x 14	1 x 14	1 x 14	Depends on service demand
OFFICE – DIETETICS	yes			1 x 9	1 x 9	1 x 12	
STORE – DIETETICS	yes			1 x 6	1 x 6	1 x 9	
OFFICE – SOCIAL WORKER	yes			1 x 9	1 x 9	1 x 12	
PODIATRY TREATMENT	yes			1 x 14	1 x 14	1 x 14	
GROUP ROOM	yes			1 x 15	1 x 15	1 x 20	

## OCCUPATIONAL THERAPY

ROOM/ SPACE	Standard Component			Level 4 Qty x m2	Level 5 Qty x m2	Level 6 Qty x m2	Remarks
ADL BATHROOM	yes			1 x 12	1 x 12	2 x 12	
ADL LOUNGE	yes			1 x 12	1 x 12	2 x 12	
ADL BEDROOM	yes			1 x 15	1 x 15	2 x 15	
ADL COMPUTER ROOM				1 x 15	1 x 15	1 x 20	
ADL KITCHEN	yes			1 x 12	1 x 12	2 x 12	
ADL LAUNDRY	yes			1 x 8	1 x 8	2 x 8	
CLEAN-UP ROOM	yes				1 x 7	1 x 10	For returned loan equipment
SPLINT ROOM	yes				1 x 14	1 x 14	
OCCUPATIONAL THERAPY ROOM - LIGHT - ADULT				1 x 28	1 x 42	1 x 70	7m2 per patient
OCCUPATIONAL THERAPY ROOM - LIGHT - PAEDS					1 x 40	1 x 60	10m2 per patient
STORE – MATERIALS & EQUIPMENT	yes			1 x 12	1 x 14	1 x 25	
STORE – TIMBER & METAL	yes similar				1 x 20	1 x 25	If workshop is provided
STORE – EQUIPMENT (WHEELCHAIRS)	yes			1 x 10	1 x 15	1 x 20	

## STAFF AREAS

ROOM/ SPACE	Standard Component			Level 4 Qty x m2	Level 5 Qty x m2	Level 6 Qty x m2	Remarks
OFFICE – DIRECTOR	yes similar			1 x 12	1 x 12	1 x 12	
OFFICE – CHIEF OCCUPATIONAL THERAPIST	yes similar			1 x 9	1 x 12	1 x 12	
OFFICE – WORKSTATIONS – OT	yes similar			1 x 6	2 x 6	4 x 6	Qty depends on staffing establishment
OFFICE – CHIEF PHYSIOTHERAPIST	yes similar			1 x 9	1 x 12	1 x 12	

ROOM/ SPACE	Standard Component			Level 4 Qty x m2	Level 5 Qty x m2	Level 6 Qty x m2	Remarks
OFFICE – 2 PERSON SHARED (PHYSIO)	yes similar			1 x 12	1 x 12	1 x 12	
OFFICE – WORKSTATIONS – PHYSIO	yes similar			1 x 6	2 x 6	4 x 6	Qty depends on staffing establishment
MEETING ROOM	yes			1 x 15	1 x 20	1 x 25	
STAFF PROPERTY	yes			2 x 3	2 x 6	2 x 6	
STAFF ROOM	yes			1 x 20	1 x 36	1 x 40	
STAFF SHOWER	yes			2 x 3	2 x 3	2 x 3	
STAFF TOILET	yes			2 x 3	2 x 3	2 x 3	

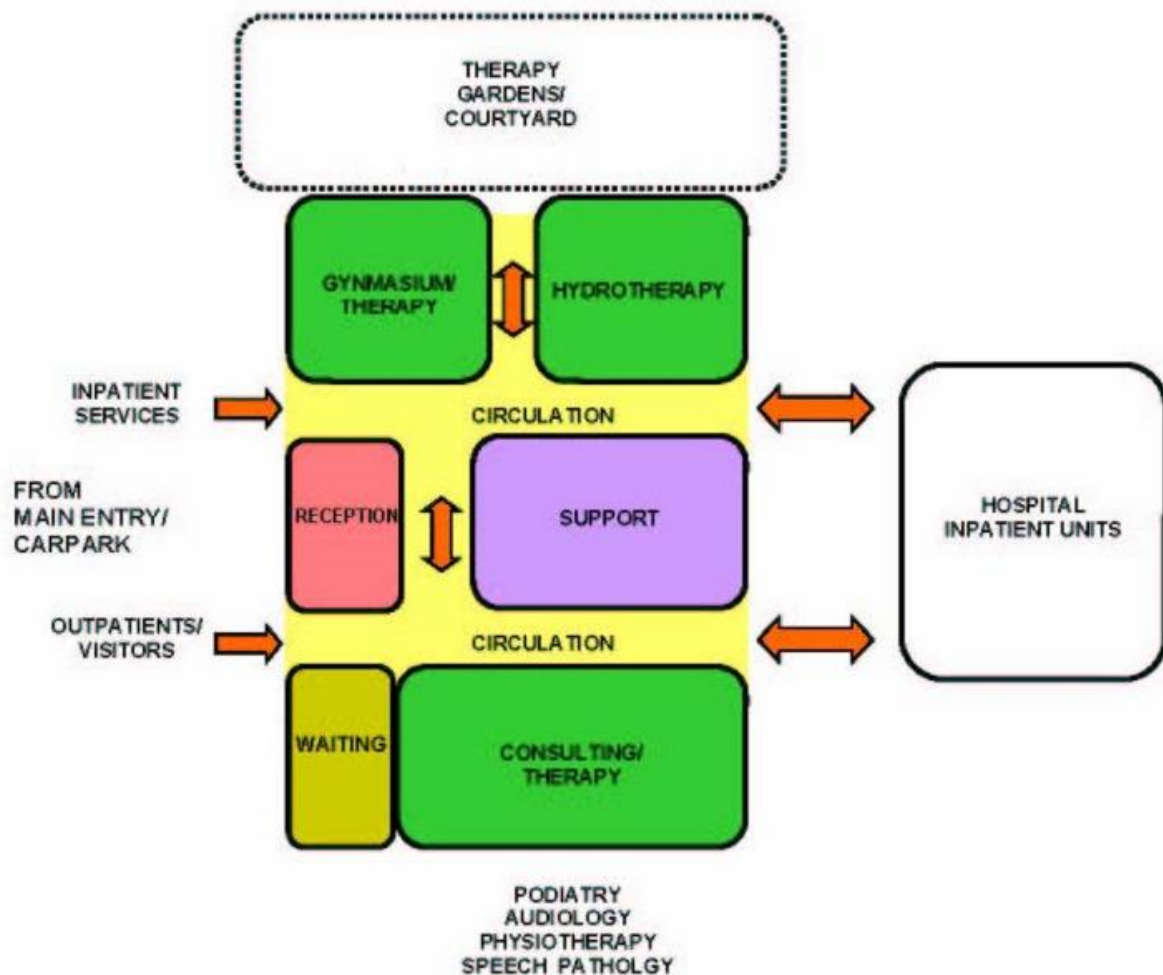
## HYDROTHERAPY

ROOM/ SPACE	Standard Component			Level 4 Qty x m2	Level 5 Qty x m2	Level 6 Qty x m2	Remarks
OFFICE – SINGLE PERSON	yes			1 x 9	1 x 9	1 x 9	Manager
OFFICE – WORKSTATION	yes			1 x 6	2 x 6	2 x 6	Qty according to staffing establishment
PATIENT SHOWER – MALE/ FEMALE	yes			2 x 3	2 x 6	2 x 10	Separate Male/Female areas adjacent to Pool concourse
POOL & CONCOURSE	yes			1 x 90	1 x 240	1 x 240	
STORE – HYDROTHERAPY POOL	yes			1 x 9	1 x 16	1 x 16	Pool equipment
PATIENT SHOWER – ACCESSIBLE	yes			2 x 5	2 x 5	2 x 5	
PATIENT TOILET – ACCESSIBLE	yes			2 x 5	2 x 5	2 x 5	
PATIENT CHANGE - MALE/ FEMALE	yes			2 x 10	2 x 24	2 x 24	
STAFF CHANGE – MALE/ FEMALE	yes similar			2 x 10	2 x 12	2 x 14	Similar to Change-Staff
PLANT ROOM – WATER TREATMENT				1 x 10	1 x 20	1 x 20	
DISCOUNTED CIRCULATION				20%	20%	20%	

## SHARED CLINICAL SUPPORT AREAS

ROOM/ SPACE	Standard Component			Level 4 Qty x m2	Level 5 Qty x m2	Level 6 Qty x m2	Remarks
MEETING/ INTERVIEW ROOM	yes			1 x 12	2 x 12	2 x 12	
CONSULTING/ EXAMINATION ROOM	yes			1 x 14	2 x 14	2 x 14	
PLASTER/SPLINT ROOM	yes			1 x 14	1 x 14	1 x 14	
BAY – LINEN	yes			1 x 2	2 x 2	2 x 2	
BAY – RESUSCITATION TROLLEY	yes			1 x 2	1 x 2	1 x 2	
CLEAN UTILITY	yes			1 x 12	1 x 12	1 x 12	
DIRTY UTILITY – SUB	yes			1 x 8	1 x 8	1 x 8	
DISPOSAL ROOM	yes			1 x 8	1 x 8	1 x 8	
CLEANER'S ROOM	yes			1 x 5	1 x 5	1 x 5	

## Rehabilitation – Allied Health Unit Functional Relationship Diagram



## AREA ANALYSIS

Sr No	Parameter	Case Study- 1 Jeevan Kiran	Case Study- 2 Naya Savera	Case Study- 3 Alpha Rehab	Literature Study- 1 Muktangan	Literature Study- 2 GROOT KLIMMENDALL	Area In Norms	Required Area	Remark
IPD									
1	Patient ward	27 sqm Avg Dormitory Size	48 sqm avg for Dormitory & private room for 2 is 15 sqm w/ bath	20 sqm	300 sqm Dormitory	632 sqm	20 sqm	1600 sqm	
2	Detox ward			22 sqm			15 sqm	150 sqm	
3	Relapse ward			-	-		-	-	
4	Toilet	16 sqm		Attached in ward	30 sqm		5 sqm	50 sqm	
5	Counselling Room		20 sqm	-	283.5 sqm	-	15 sqm	150 sqm	
6	Patient store	15 sqm	15 sqm	-	24 sqm	-	1 sqm	80 sqm	
7	Pantry	-	12 sqm	-	-	-	-	-	
8	Staff Toilet		-	24 sqm		-	13 sqm	130 sqm	
9	Staff Room	30 sqm	30 sqm			94 sqm	-	-	
10	Activity Room			182 sqm	-	-	-	-	

## AREA ANALYSIS

Sr No	Parameter	Case Study- 1 Jeevan Kiran	Case Study- 2 Naya Savera	Case Study- 3 Alpha Rehab	Literature Study- 1 Muktangan	Literature Study- 2 GROOT KLIMMENDALL	Area In Norms	Required Area	Remark
THERAPIES									
1	Dance	-	-	22 sqm	-	948 sqm in the name Recreation / Leisurre area	-	-	
2	Singing	-	-	-	50 sqm		-	-	
3	Potery Making	-	-	-	-		-	-	
4	Painting	-	-	-	-		-	-	
5	Gym	-	-	35 sqm	-	184 sqm	60 sqm	60 sqm	
6	Out/In Door Games	-	832 sqm	300 - 500 sqm	-	262 sqm	60 sqm	60 sqm	
7	Library	-	-	-	40 sqm	948 sqm in the name Recreation / lieisure	150 sqm	150 sqm	
8	Gardening	-	832 sqm	1660 sqm	-		all left space	all left space	
9	Water therapy	-	-	-	-		-	-	
10	Meditation	-	832 sqm	-	50 sqm		150 sqm	150 sqm	
11	Green Yoga	-	832 sqm	1075 sqm	50 sqm		150 sqm	150 sqm	
12	Body Massage	-	-	50 sqm	-		15 sqm	15 sqm	
13	Panchkarma	-	-	30 sqm	-		16 sqm	16 sqm	
14	Abhyanga	-	-	30 sqm	-		16 sqm	16 sqm	
15	Singing Bowl	-	-	-	-		16 sqm	16 sqm	
16	Screaming Room	-	-	-	-		9 sqm	9 sqm	



## AREA ANALYSIS

Sr No	Parameter	Case Study- 1 Jeevan Kiran	Case Study- 2 Naya Savera	Case Study- 3 Alpha Rehab	Literature Study- 1 Muktangan	Literature Study- 2 GROOT KLIMMENDALL	Area In Norms	Required Area	Remark
Administrative block									
1	Reception	60 sqm	8 sqm	37 sqm	35 sqm	600 sqm in the ground & every floor has its own staff room technical room	12 sqm	15 sqm	
2	Manager Office	15 sqm	17 sqm	15 sqm	17 sqm		15 sqm		
3	H.R Manager	-	-	15 sqm	-				
4	Director Room	15 sqm	-	15 sqm	20 sqm				
5	Acc Department	8 sqm	-	30 sqm	105 sqm		12 sqm	15 sqm	
6	Meeting Room	-	-	40 sqm	-		25 sqm	25 sqm	
7	Waiting Area	60 sqm	17 sqm	50 sqm	60 sqm		50 sqm	50 sqm	
8	Store Room	3 sqm	-	6 sqm	5 sqm		18 sqm	18 sqm	
9	Staff Room	10 sqm		307 sqm	70 sqm				
10	Toilet M/F	1 sqm / 1 sqm		14 sqm / 14 sqm			10 sqm	30 sqm	
11	Medical record room	-	17 sqm	-	-		10 sqm	10 sqm	
12	Clinical Director	-	-	15 sqm	-		15 sqm	15 sqm	
13	Dr Room	8 sqm	-	-	-		12 sqm	12 sqm	
14	Guard Room	-	-	-	-		12 sqm	12 sqm	
15	Pantry	-	-	-	-		-	-	-

## AREA ANALYSIS

Sr No	Parameter	Case Study- 1 Jeevan Kiran	Case Study- 2 Naya Savera	Case Study- 3 Alpha Rehab	Literature Study- 1 Muktangan	Literature Study- 2 GROOT KLIMMENDALL	Area In Norms	Required Area	Remark	
OPD										
1	OPD Registration	-	-	37 sqm		106 sqm	35 sqm	75 sqm		
2	Waiting Area	-	-	50 sqm	60 sqm	810 sqm				
3	Clinic	-	-	-						
4	Counselling Area	-	-	30 sqm	120 sqm		9	90 sqm		
5	Pharmacy	-	-	-	-		30 sqm			
6	Staff Toilet (M+F)	-	-	30 sqm	-					
7	Patient's Toilet	-	-	30 sqm	-					
8	Emergency Ward	-	-	20 sqm	-					
9	Phychiatrist Room	-	-	-	23 sqm					
10	Therapist Room	-	-	30 sqm	24 sqm					
11	Store	-	-	6 sqm	-					
12	Lab	-	-	15 sqm	-			-		
13	Therapy Room	-	-	29 sqm	-					

# CONCEPT

**BIOPHILIC HEALING SPACES-** A multifaceted synthesis of biophilic sensibilities and salutogenic principles for transformative, healing environments.

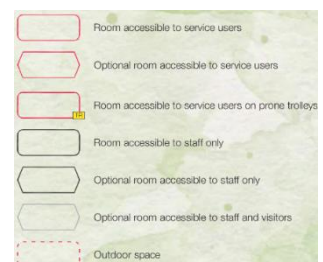
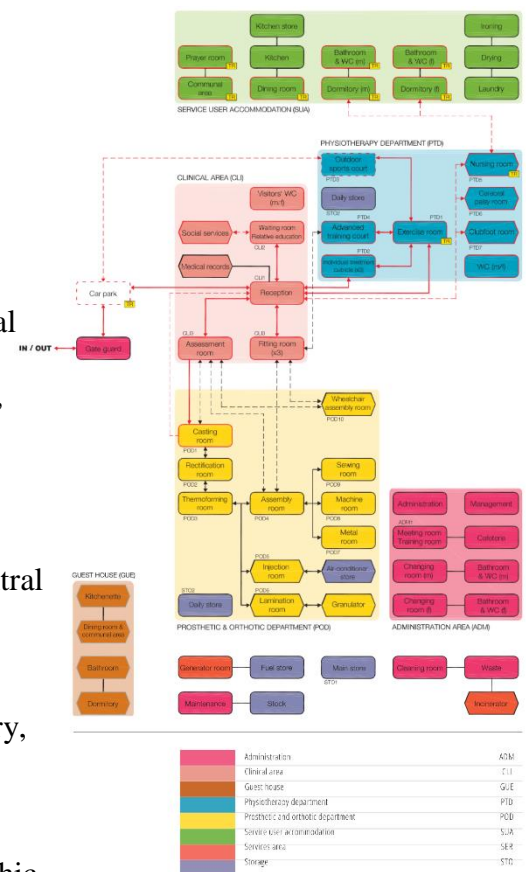
**SALUTOGENESIS:** Salutogenesis focuses on creating environment and conditions that actively promote health and well being by enhancing a sense of coherence through manageability comprehensibility and meaningfulness. Acc to the theory of salutogenesis below 3 are the main domain of health promotion which together create **“SENSE OF COHERENCE”**

- 1. COMPREHENSIBILITY** (Control, Contrivution, Social Enrichment)
- 2. MANAGEABILITY** (Security & Independence)
- 3. MEANINGFULNESS** (Sense of Belonging, Meaning In Life, Hope)

To achieve SOC biophilic patter strategies are given to create a salutogenic

- Visual Connection With Nature.....Vistas, Domes, Arches, etc.
- Non - Visual Connection With Nature..... Transitional Spaces, therapy, etc.
- Non - Rhythmic Sensory Stimuli..... Light, Shadows, Biomimicry, etc.
- Thermal & Airflow Variability..... Cooling Wells, Courtyard, etc.
- Presence Of Water..... Water Feature, Fountain, etc.
- Dynamic & Diffused Light..... Bounded Spaces, Central Focal Points, Max Light etc.
- Connection With Natural System..... Multisensory Contact Habitats, Plants, etc.
- Biomorphic Forms & Patterns..... Dynamic Symmetry, Spatial Harmony, etc.
- Material Connection With Nature..... Lightpools, Geomorphology, Landscape, etc.
- Complexity & Order..... Dynamic Balance, Biomorphic, etc.
- Prospect & Refuge..... Courtyards, Terrace, Galleries, etc.
- Risky..... Bridges, Gateway, Double Height Space, etc.

→ Solid red arrows: service users not accompanied by staff  
→ Dotted red arrows: service users accompanied by staff  
→ Solid black arrows: staff only, primary flow  
→ Dotted black arrows: staff only, secondary flow  
→ Solid black lines: constant flow requiring rooms to be in close proximity to each other or interconnected.

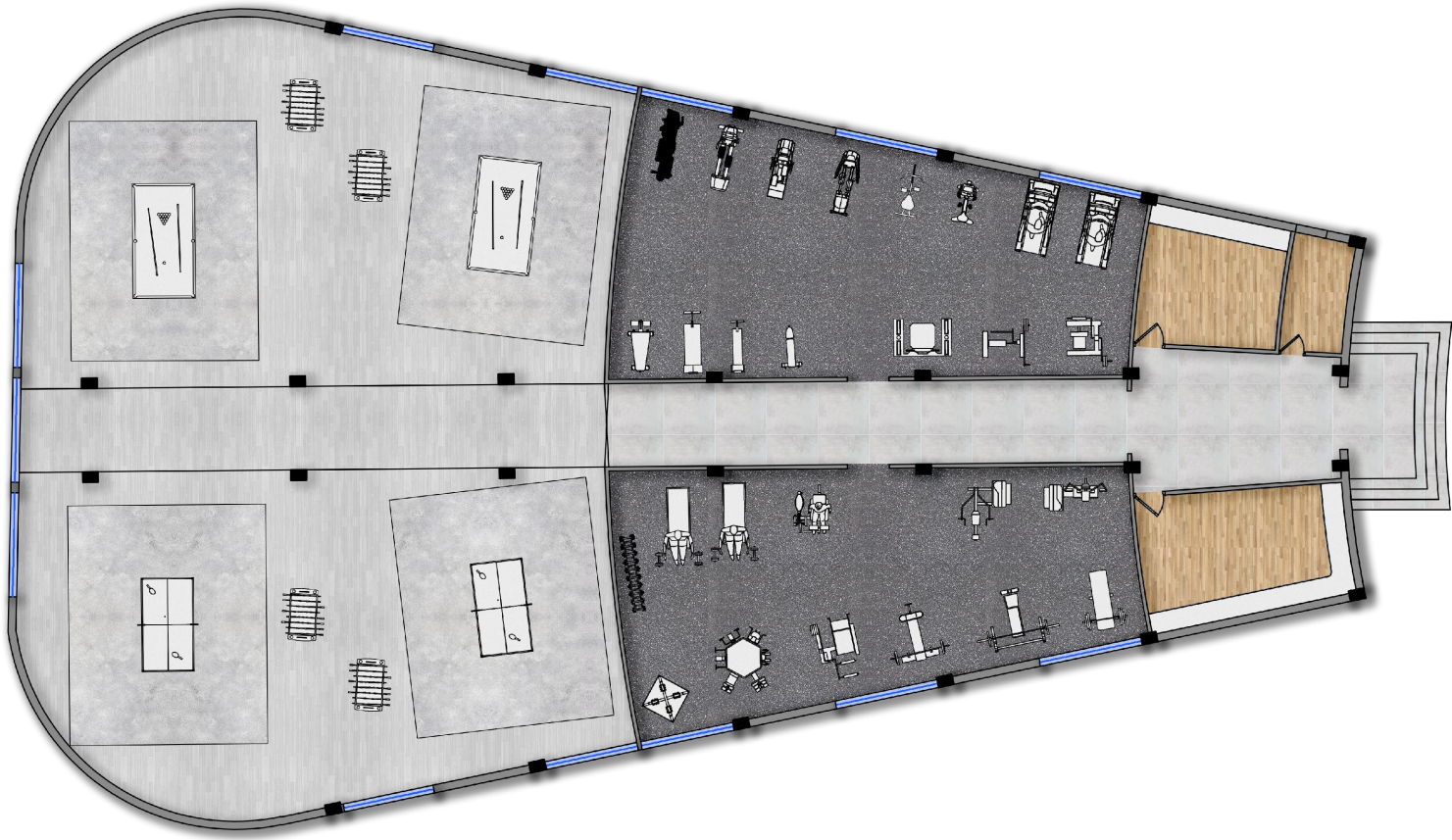




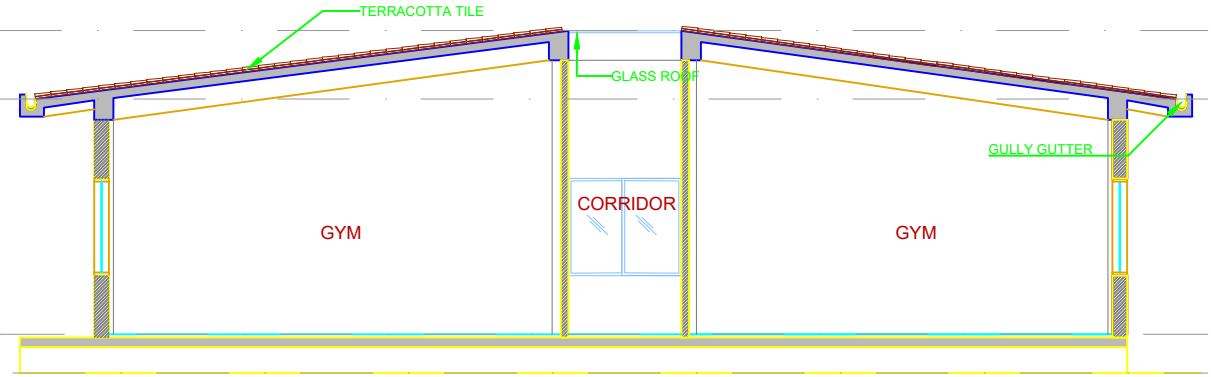


## DESIGN ELEMENTS

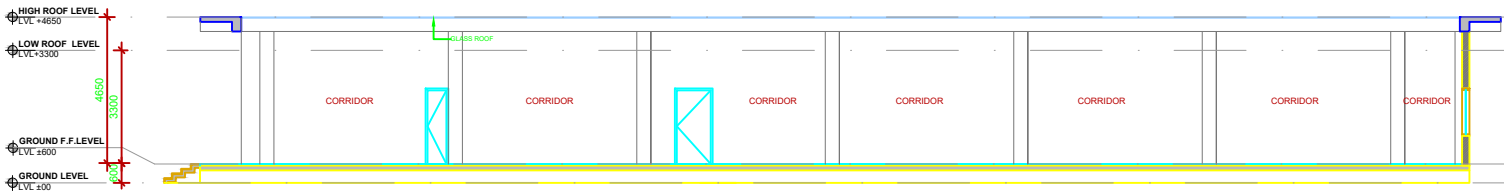
1. GREEN COURTYARD, GARDEN & ROOFTOP FARMS
2. LARGE WINDOWS FOR NATURAL LIGHT & VENTILATION
3. WATER FEATURE FOR A CALMING EFFECT
4. WALKING TRAILS OR SENSORY GARDENS FOR MEDITATION
1. VISUAL CONNECTION WITH NATURE: CURVE PATH/ARCHES/PITCHED ROOF
2. NON VISUAL CONNECTION WITH NATURE: TRADITIONAL SPACES / THERAPY
3. NON RHYTHMIC SENSORY STIMULI: LIGHT/ VENTILATION/ BIOPHILIC
4. THERMAL & AIRFLOW VARIABILITY: PONDS & COURTYARD
5. PRESENCE OF WATER: PONDS & SMALL WATER BODIES
6. MATERIAL CONNECTION WITH NATURE: NATURAL MATERIAL (WOOD)



HIGH ROOF LEVEL  
LVL +4650  
LOW ROOF LEVEL  
LVL+3300  
GROUND F.F.LEVEL  
LVL ±600  
GROUND LEVEL  
LVL ±00

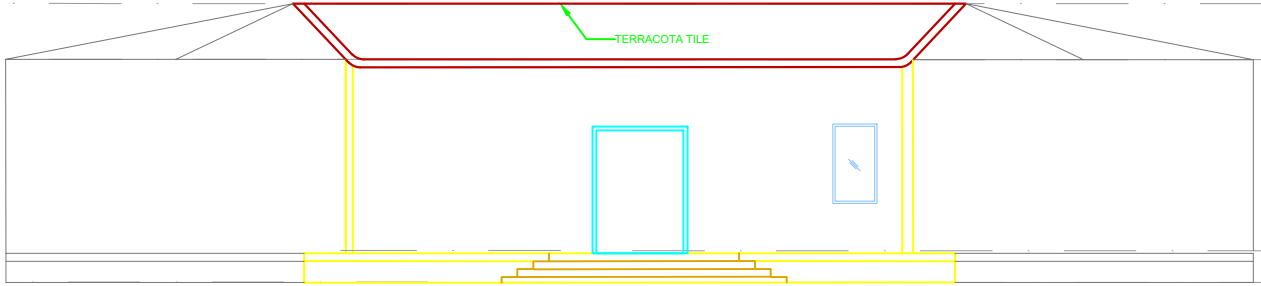


SECTION A



SECTION B

HIGH ROOF LEVEL  
LVL +4650  
LOW ROOF LEVEL  
LVL+3300  
GROUND F.F.LEVEL  
LVL ±600  
GROUND LEVEL  
LVL ±00

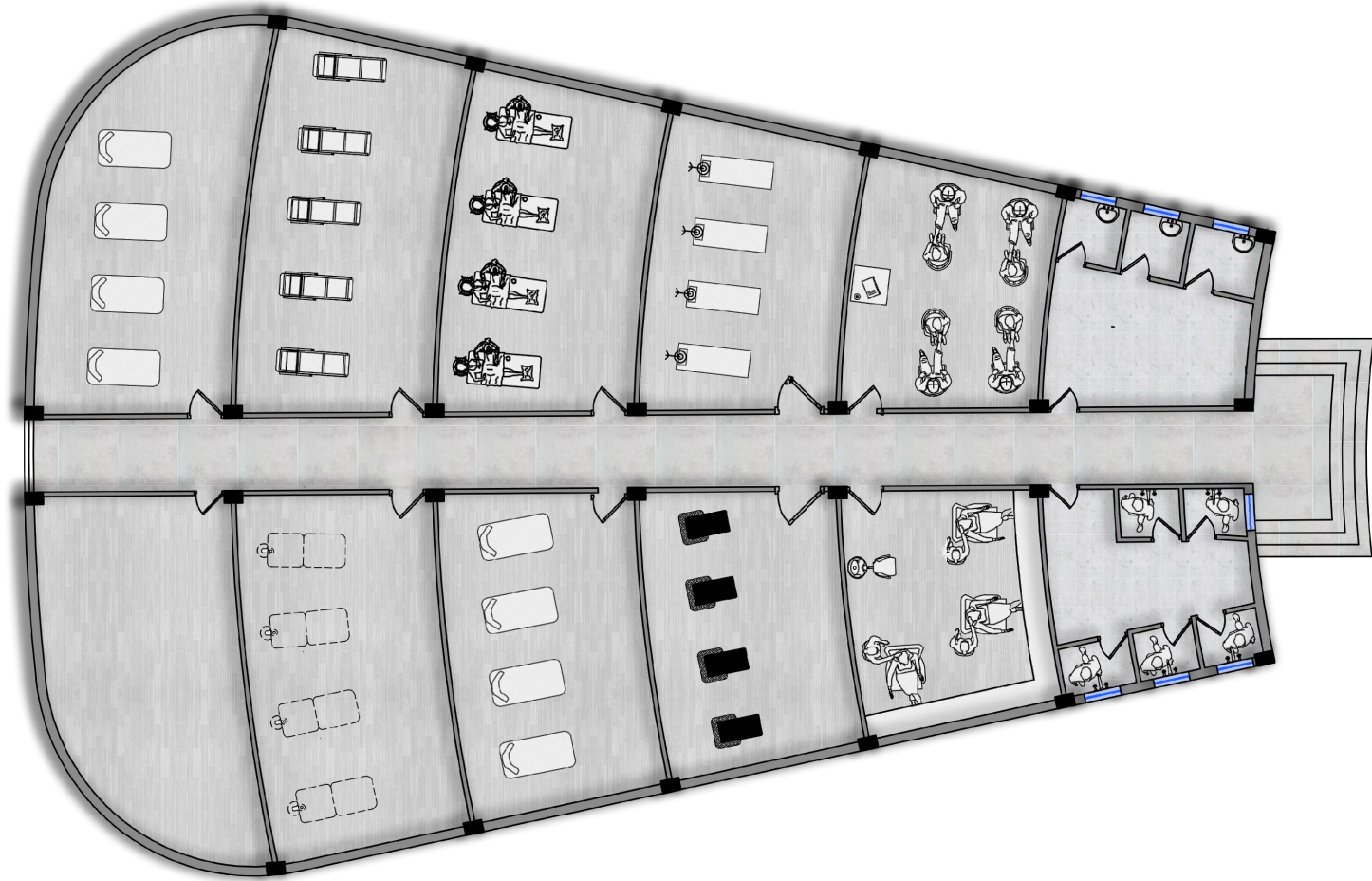


FRONT ELEVATION

# REJUVENESCENCE CENTRE FOR PATH TO FREEDOM

DEVANSH JAIN	SHEET NO
1200101008	
GUIDED BY- Ar. SAURABH SAXSENA	SIGN
5th YR	



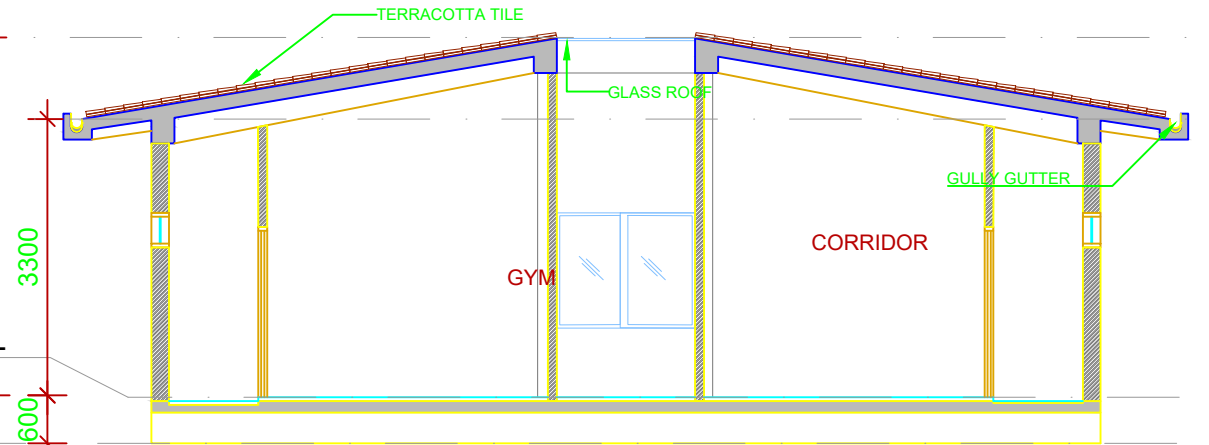


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LVL +4650

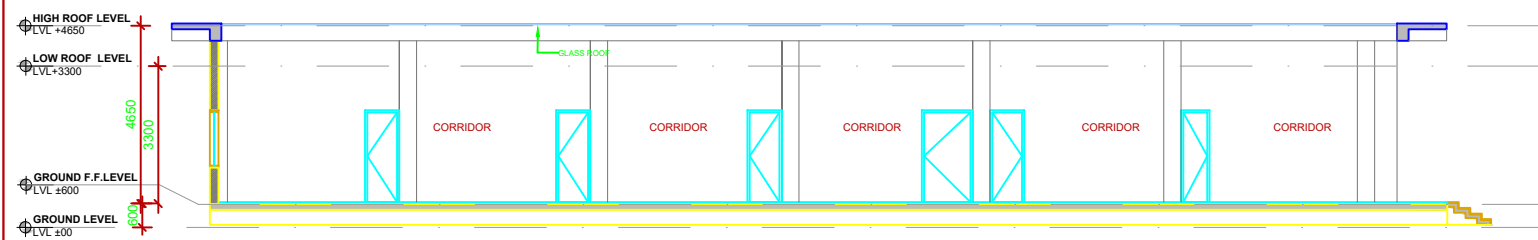
LOW ROOF LEVEL  
LVL +3300

GROUND F.F. LEVEL  
LVL ±600

GROUND LEVEL  
LVL ±00



SECTION A



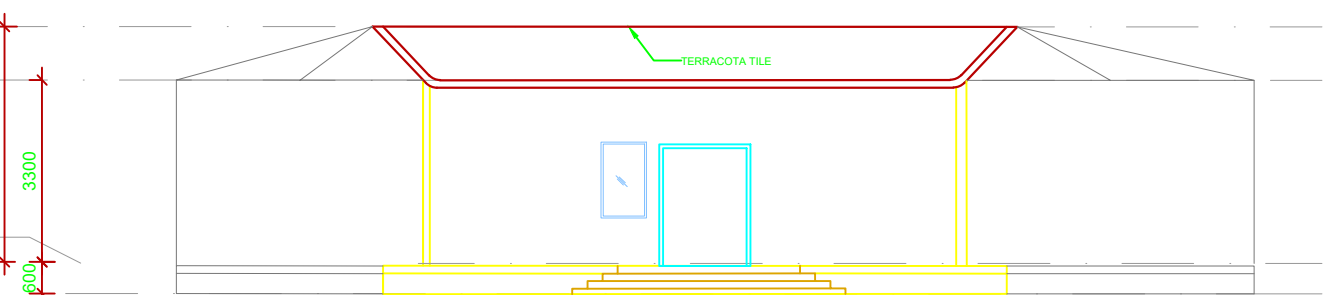
SECTION B

HIGH ROOF LEVEL  
LVL +4650

LOW ROOF LEVEL  
LVL +3300

GROUND F.F. LEVEL  
LVL ±600

GROUND LEVEL  
LVL ±00



FRONT ELEVATION

# REJUVENESCENCE CENTRE FOR PATH TO FREEDOM

DEVANSH JAIN

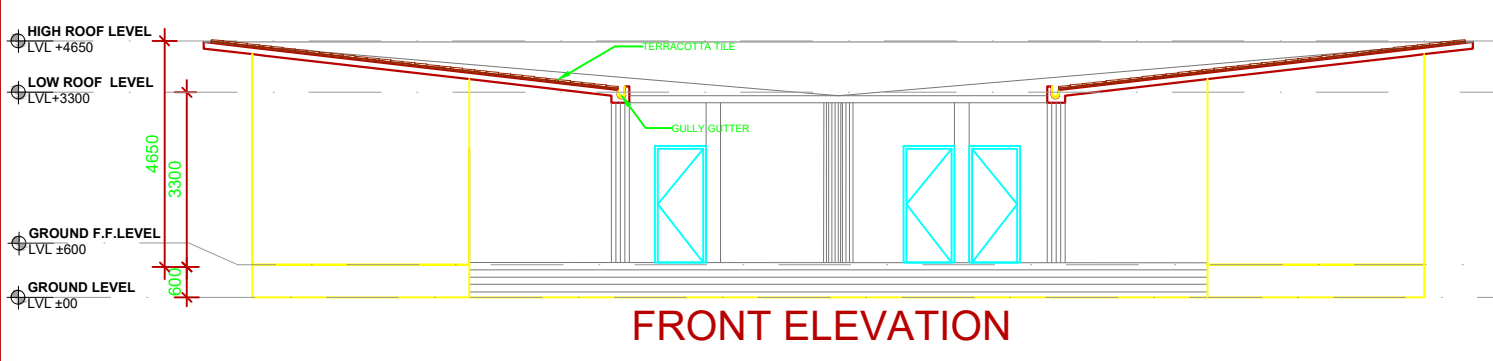
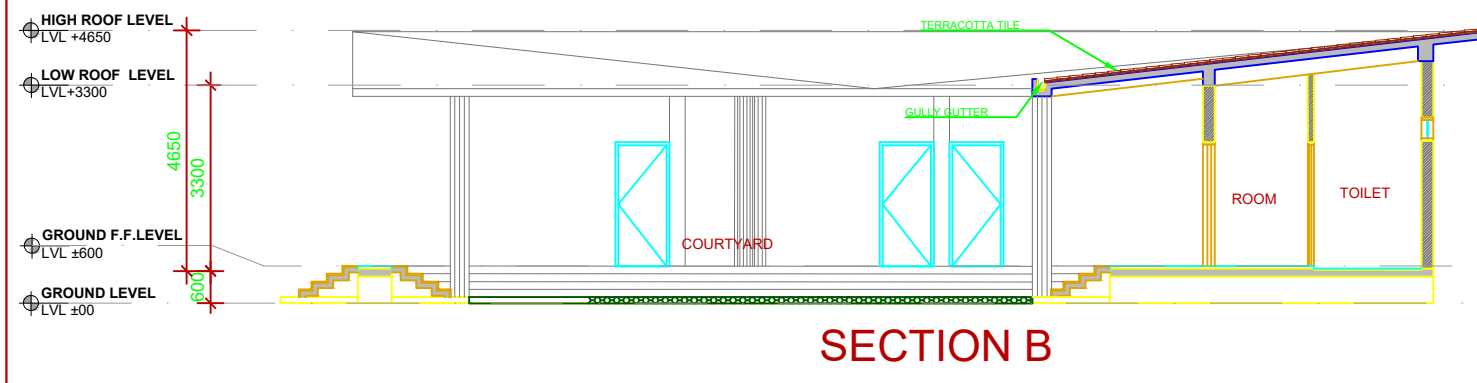
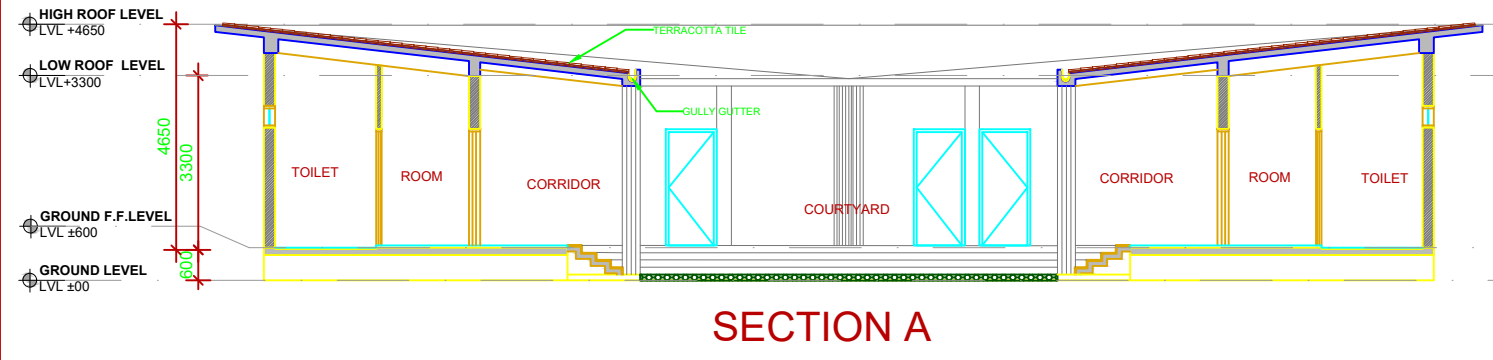
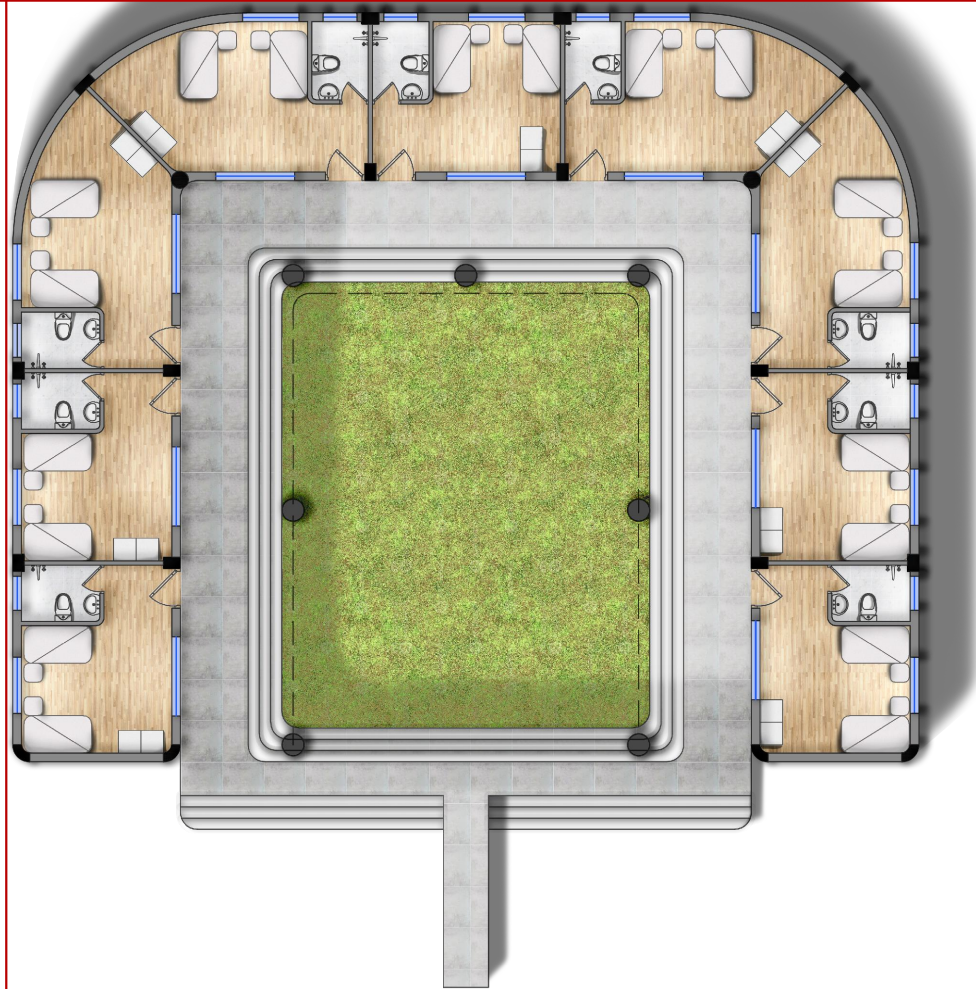
1200101008

GUIDED BY-  
Ar. SAURABH SAXSENA

5th YR

SHEET NO

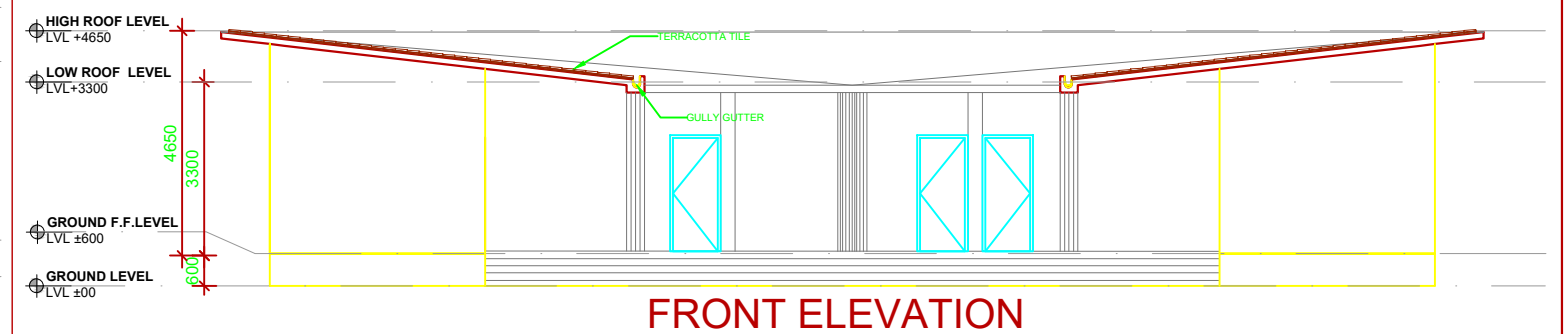
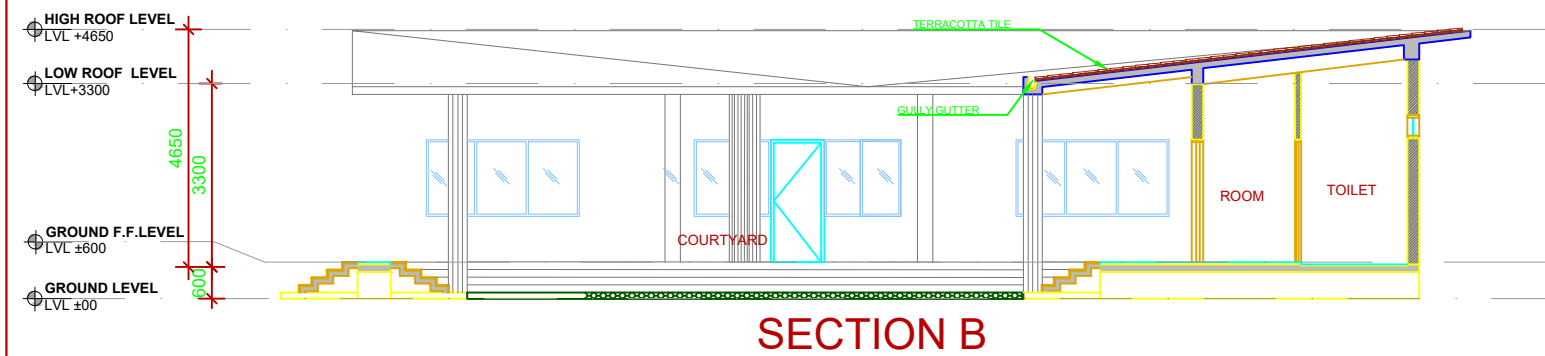
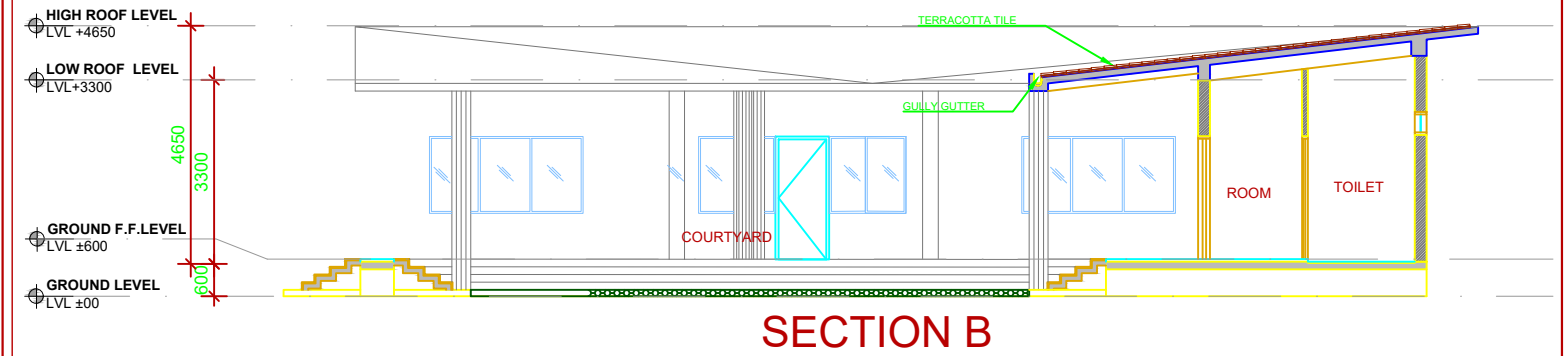
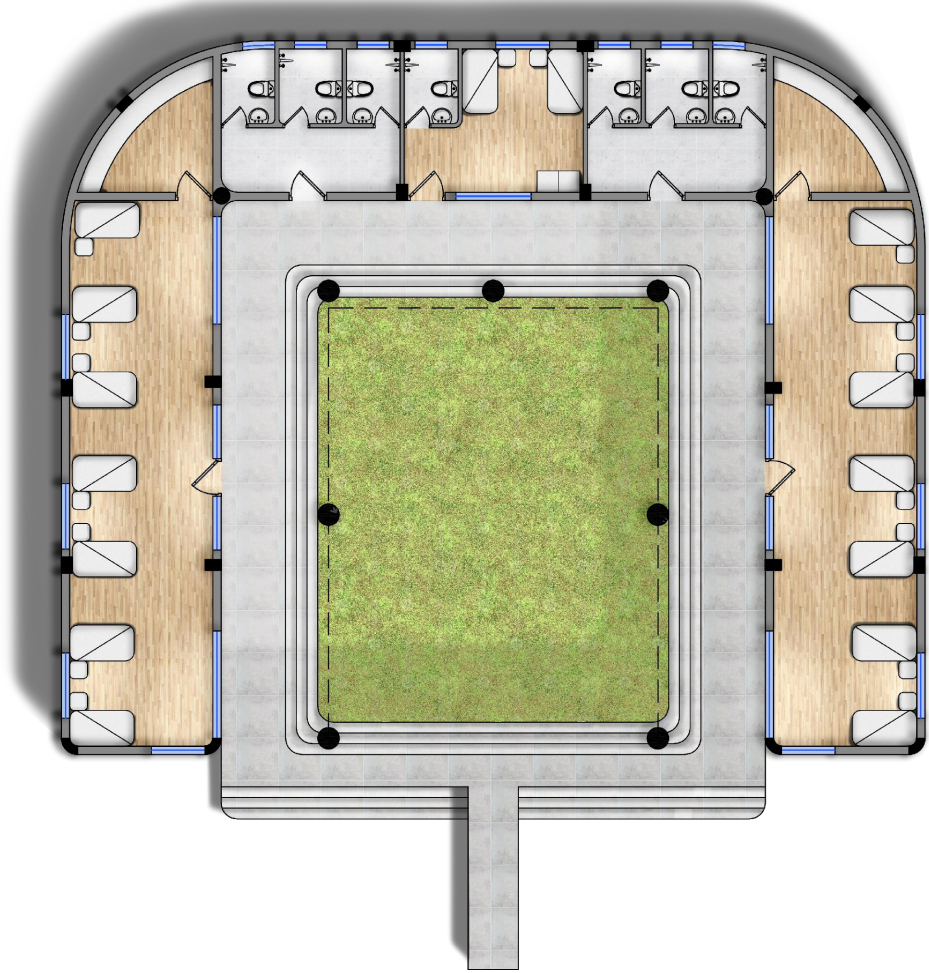
SIGN



# REJUVENESCENCE CENTRE FOR PATH TO FREEDOM

DEVANSH JAIN	SHEET NO
1200101008	
GUIDED BY- Ar. SAURABH SAXSENA	SIGN
5th YR	

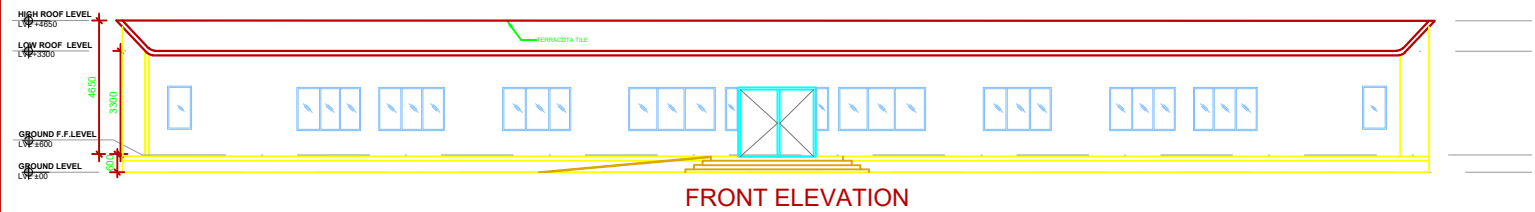
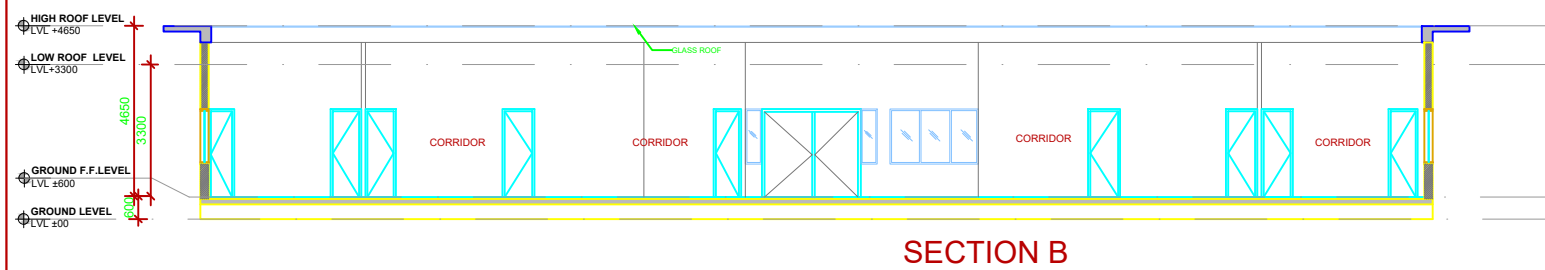
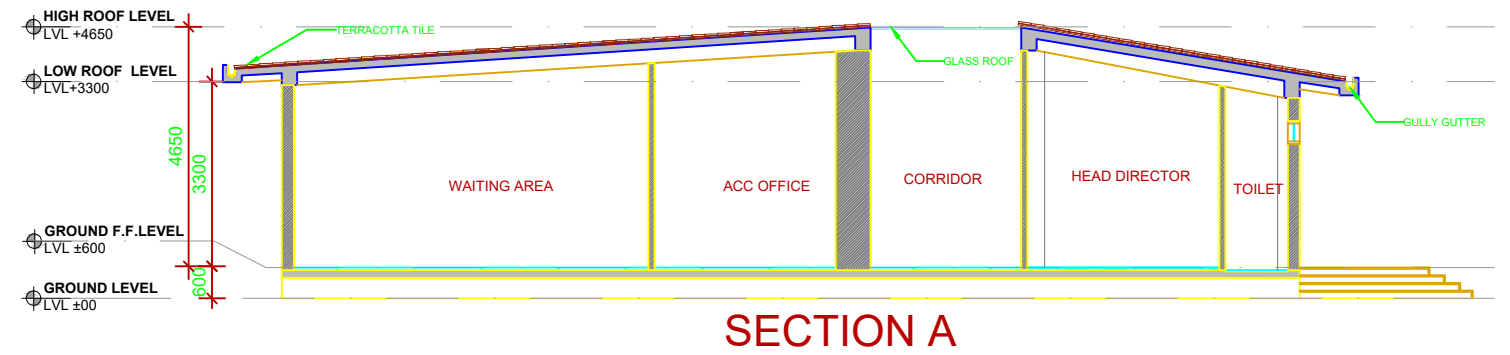
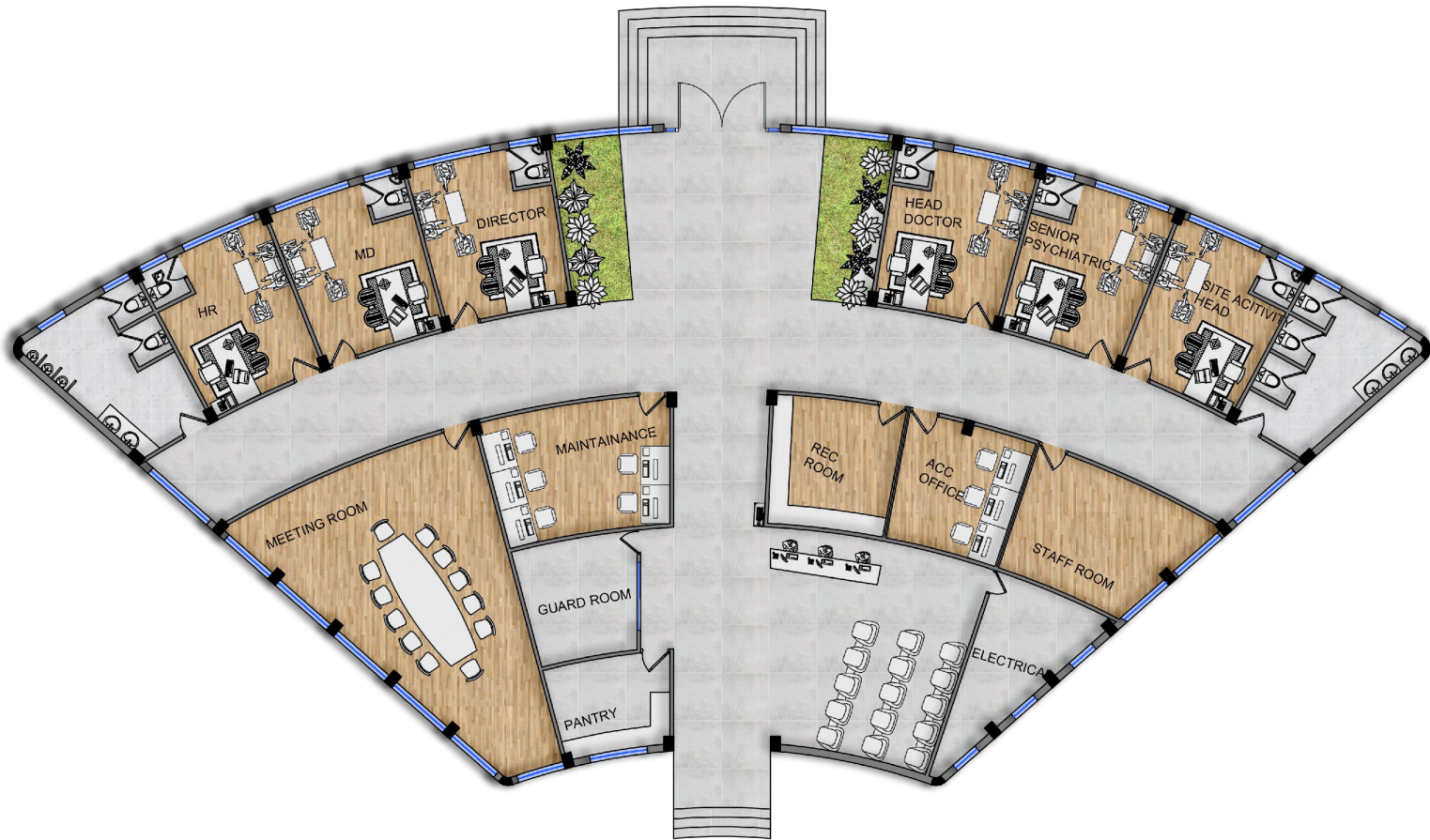




# REJUVENESCENCE CENTRE FOR PATH TO FREEDOM

DEVANSH JAIN  
1200101008  
GUIDED BY-  
Ar. SAURABH SAXSENA  
5th YR

SHEET NO  
SIGN

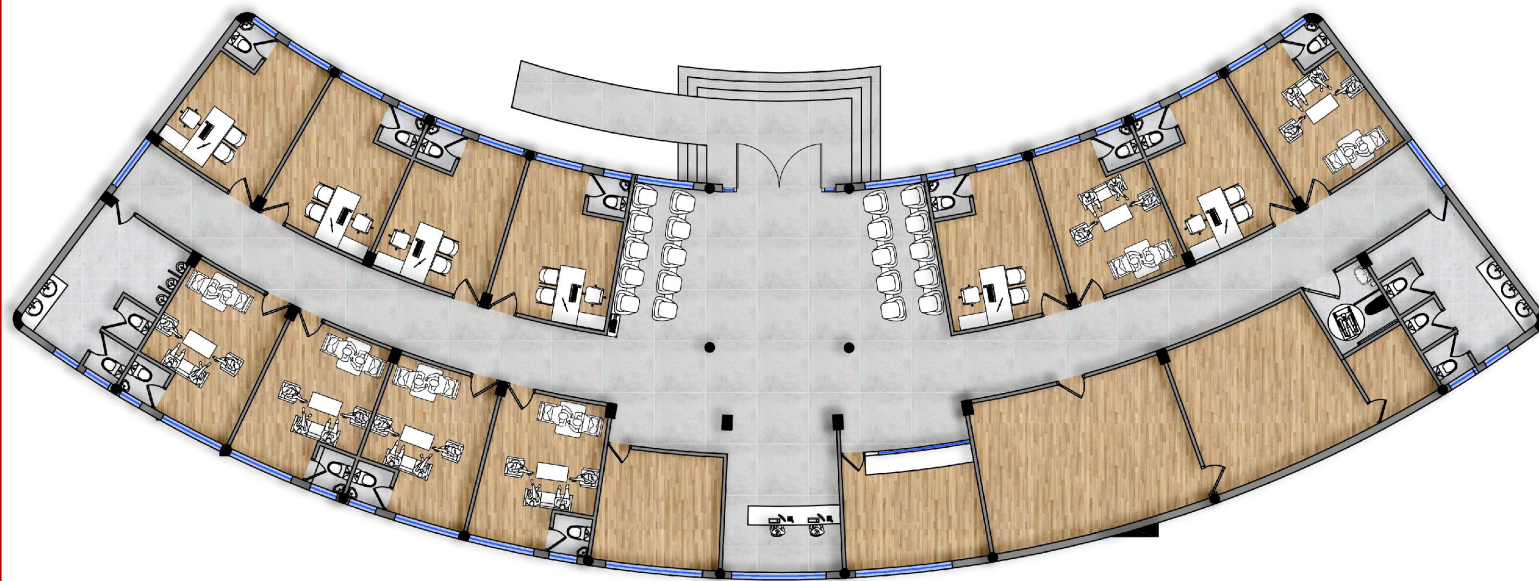


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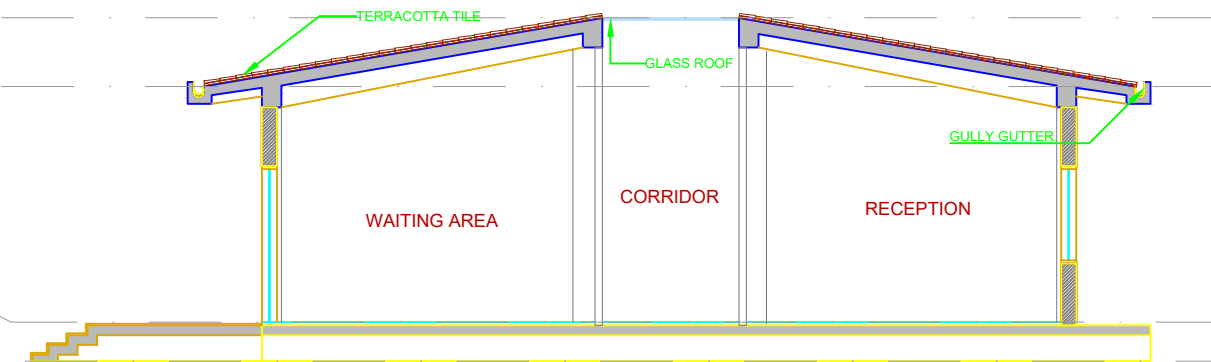
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1200101008  
GUIDED BY-  
Ar. SAURABH SAXSENA  
5th YR

SHEET NO  
SIGN

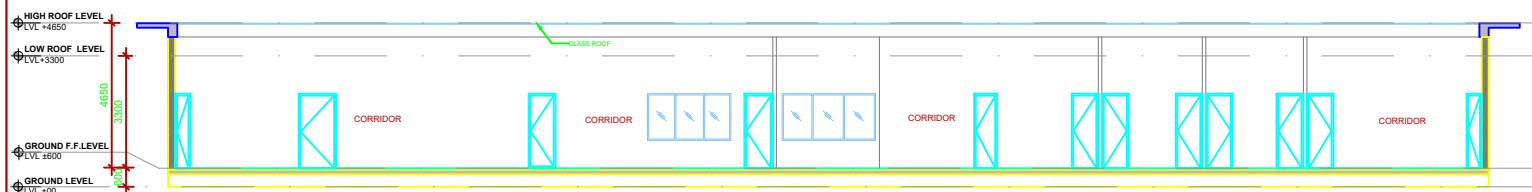




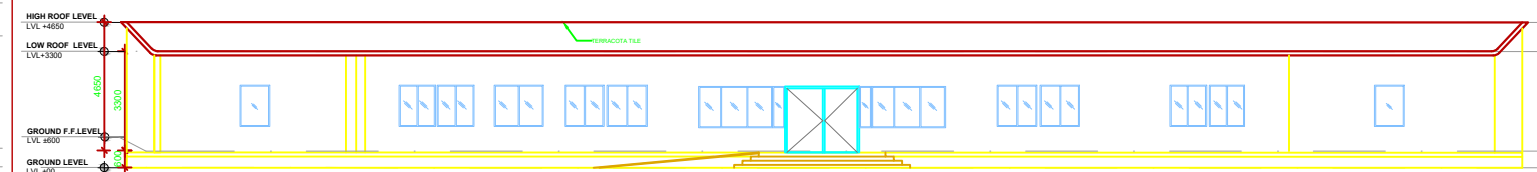
HIGH ROOF LEVEL  
LVL +4650  
LOW ROOF LEVEL  
LVL+3300  
GROUND F.F.LEVEL  
LVL ±600  
GROUND LEVEL  
LVL ±00



SECTION A



SECTION B

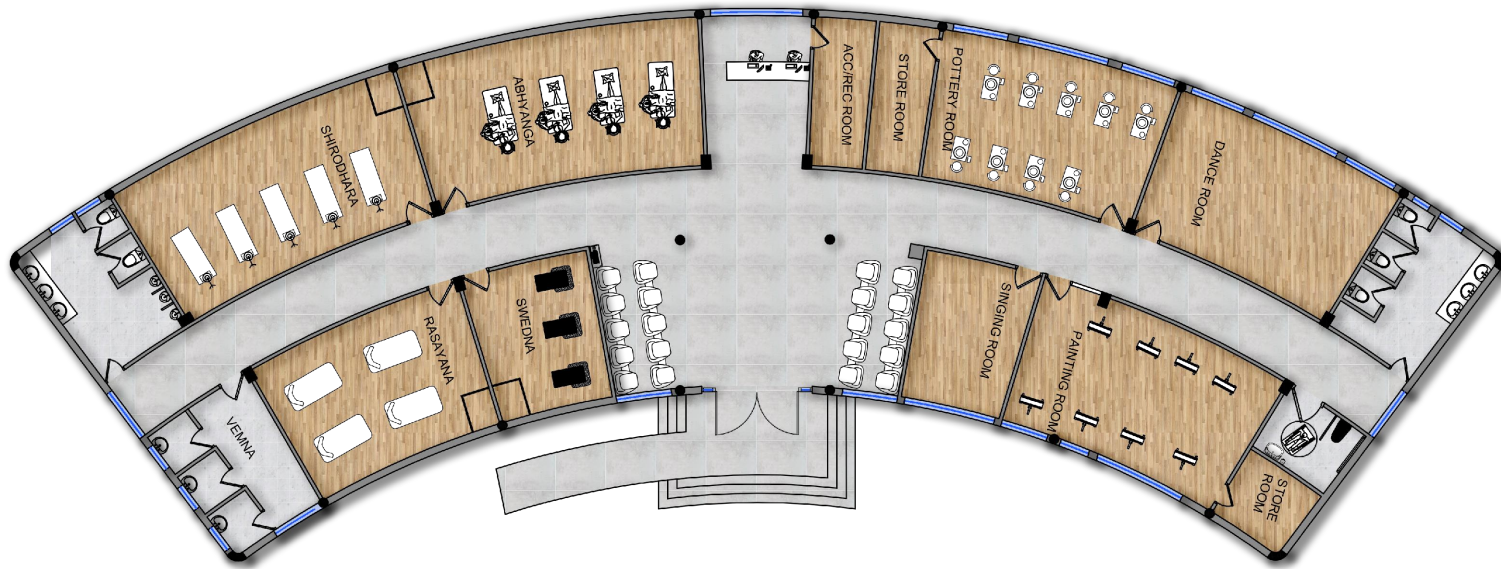


FRONT ELEVATION

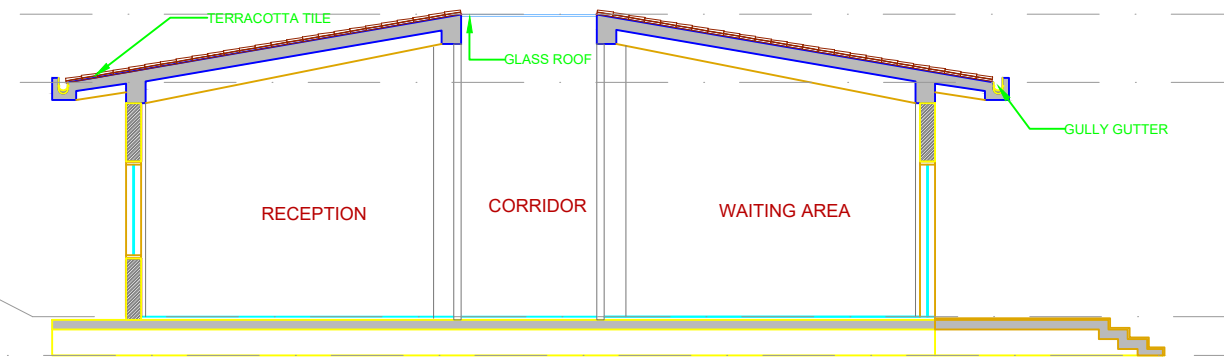
# REJUVENESCENCE CENTRE FOR PATH TO FREEDOM

DEVANSH JAIN  
1200101008  
GUIDED BY-  
Ar. SAURABH SAXSENA  
5th YR

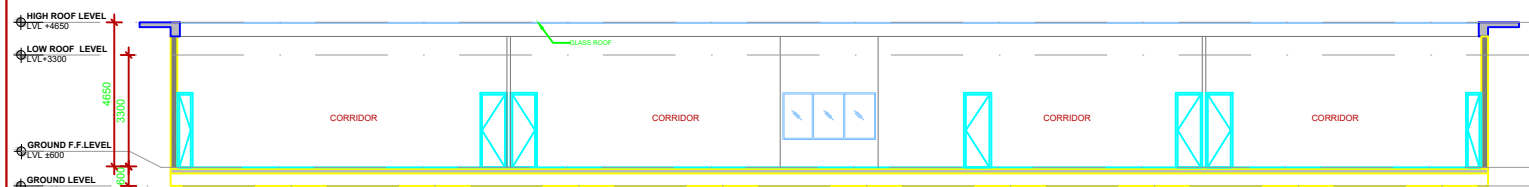
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SIGN



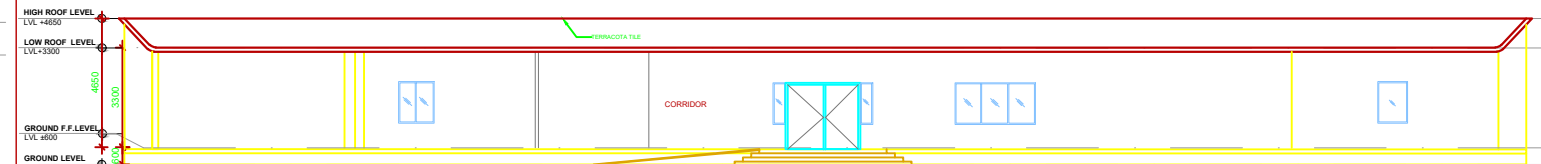
HIGH ROOF LEVEL  
 LVL +4650  
 LOW ROOF LEVEL  
 LVL+3300  
 GROUND F.F.LEVEL  
 LVL ±600  
 GROUND LEVEL  
 LVL ±00



SECTION A



SECTION B

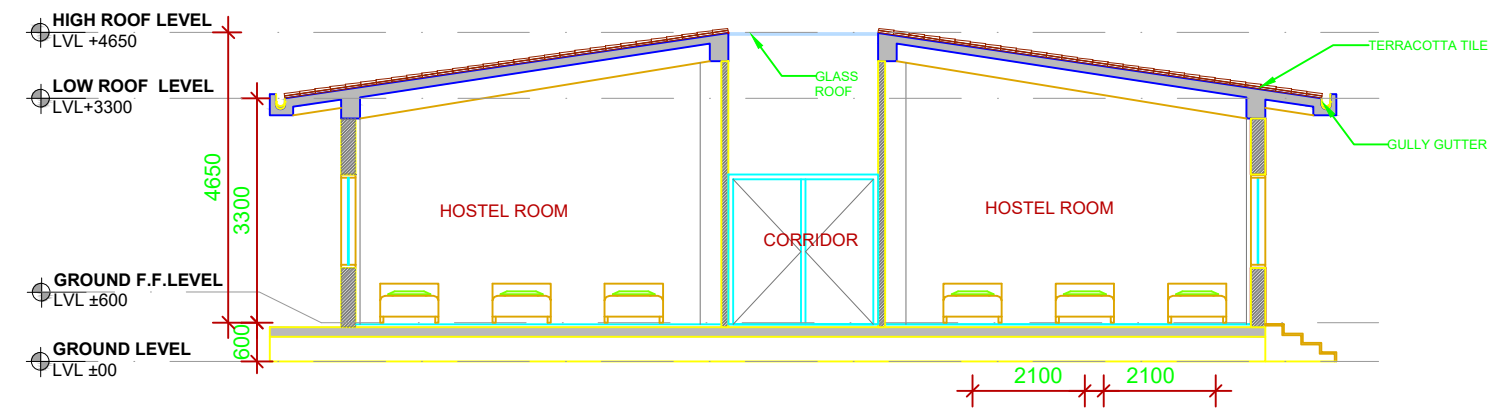
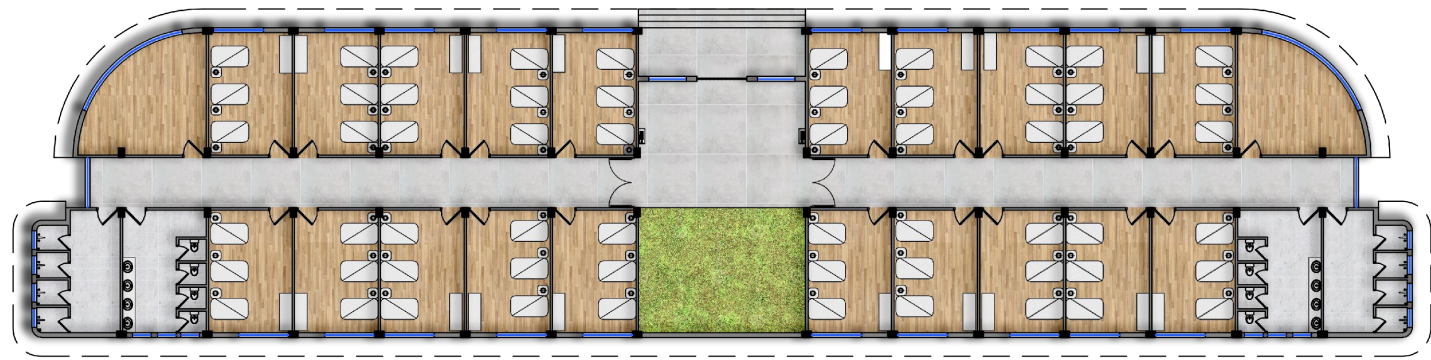


FRONT ELEVATION

# REJUVENESCENCE CENTRE FOR PATH TO FREEDOM

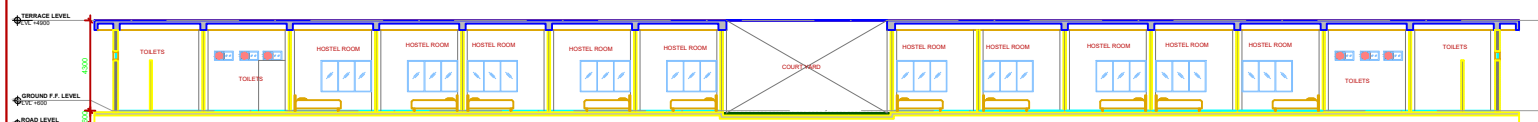
DEVANSH JAIN  
 1200101008  
 GUIDED BY-  
 Ar. SAURABH SAXSENA  
 5th YR

SHEET NO  
 SIGN

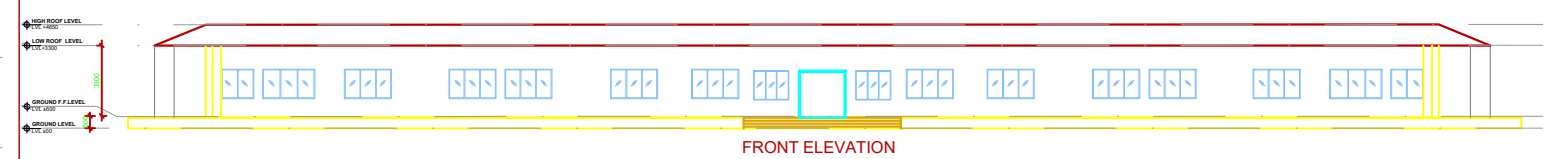


SECTION B

SECTION A



SECTION A

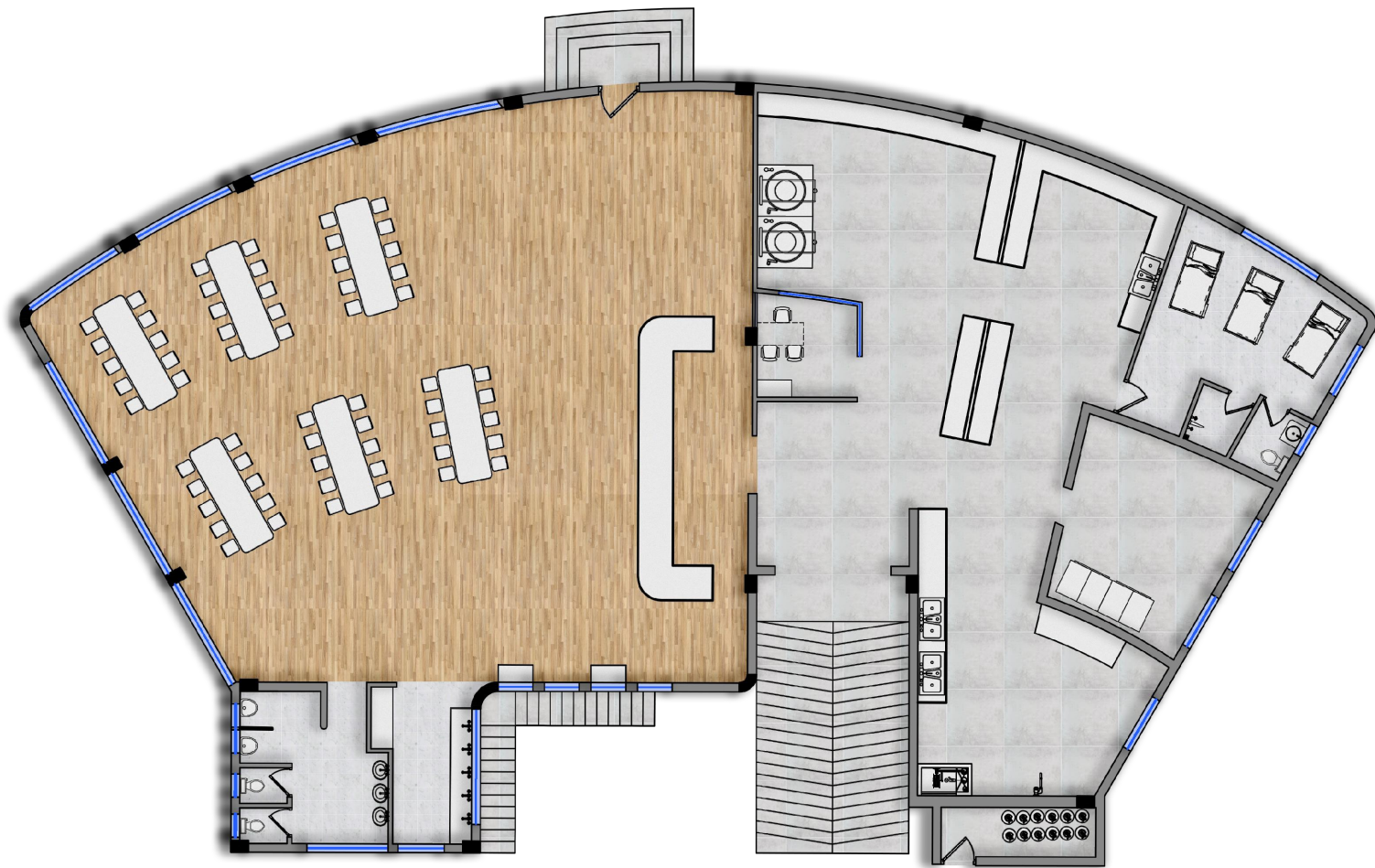


FRONT ELEVATION

# REJUVENESCENCE CENTRE FOR PATH TO FREEDOM

DEVANSH JAIN	SHEET NO
1200101008	
GUIDED BY- Ar. SAURABH SAXSENA	SIGN
5th YR	

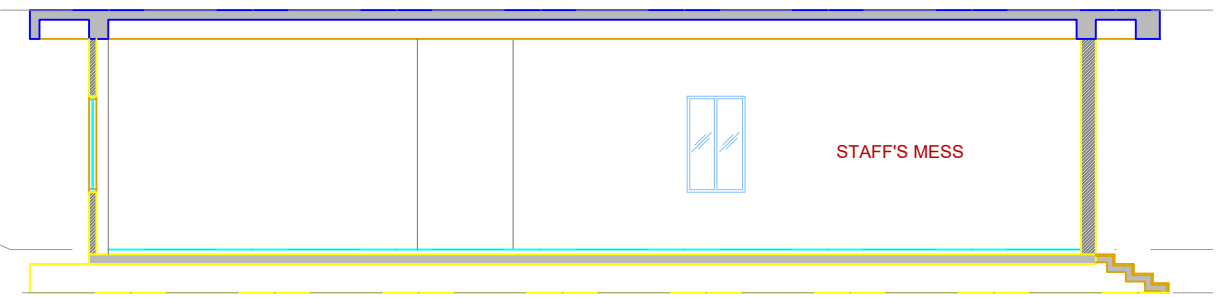




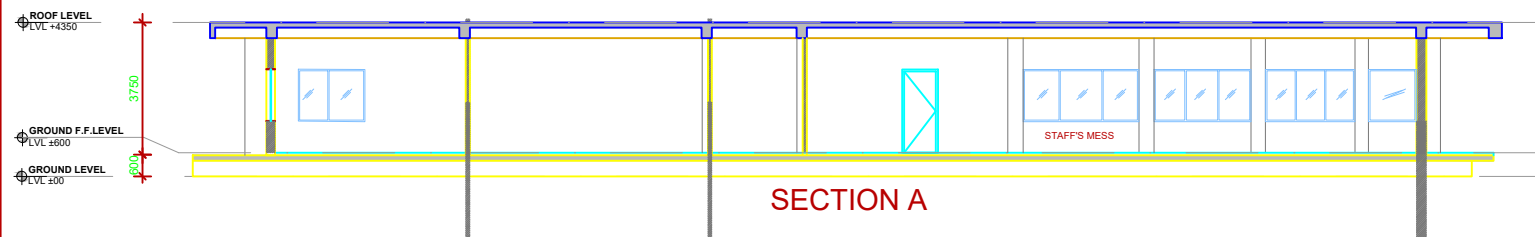
ROOF LEVEL  
LVL +4350

GROUND F.F.LEVEL  
LVL ±600

GROUND LEVEL  
LVL ±00



SECTION B

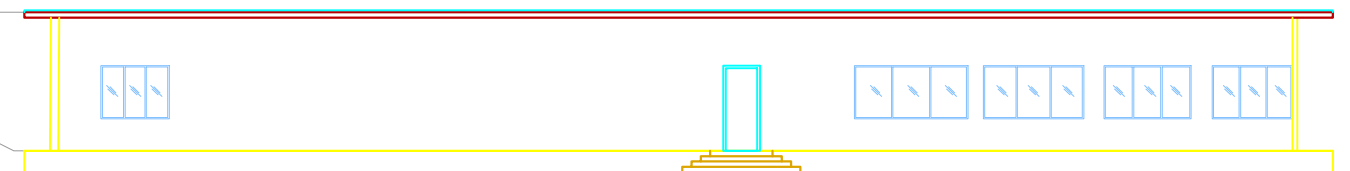


SECTION A

ROOF LEVEL  
LVL +4350

GROUND F.F.LEVEL  
LVL ±600

GROUND LEVEL  
LVL ±00



FRONT ELEVATION

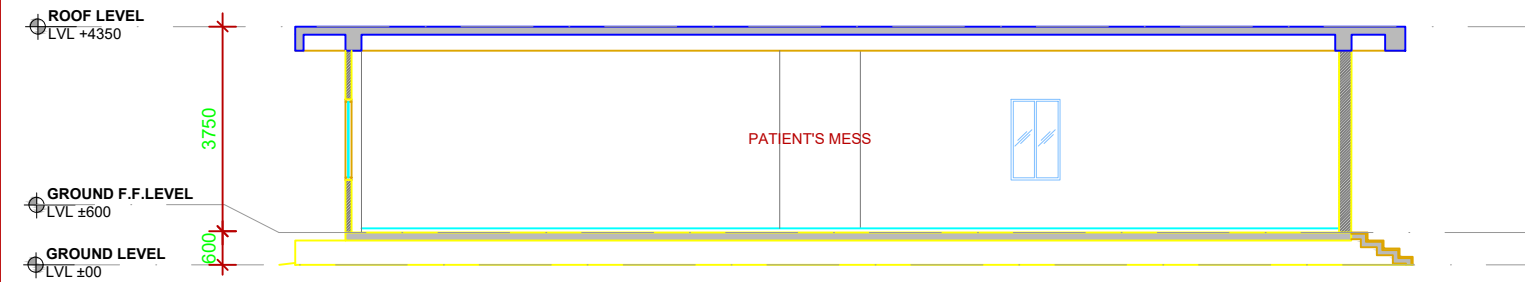
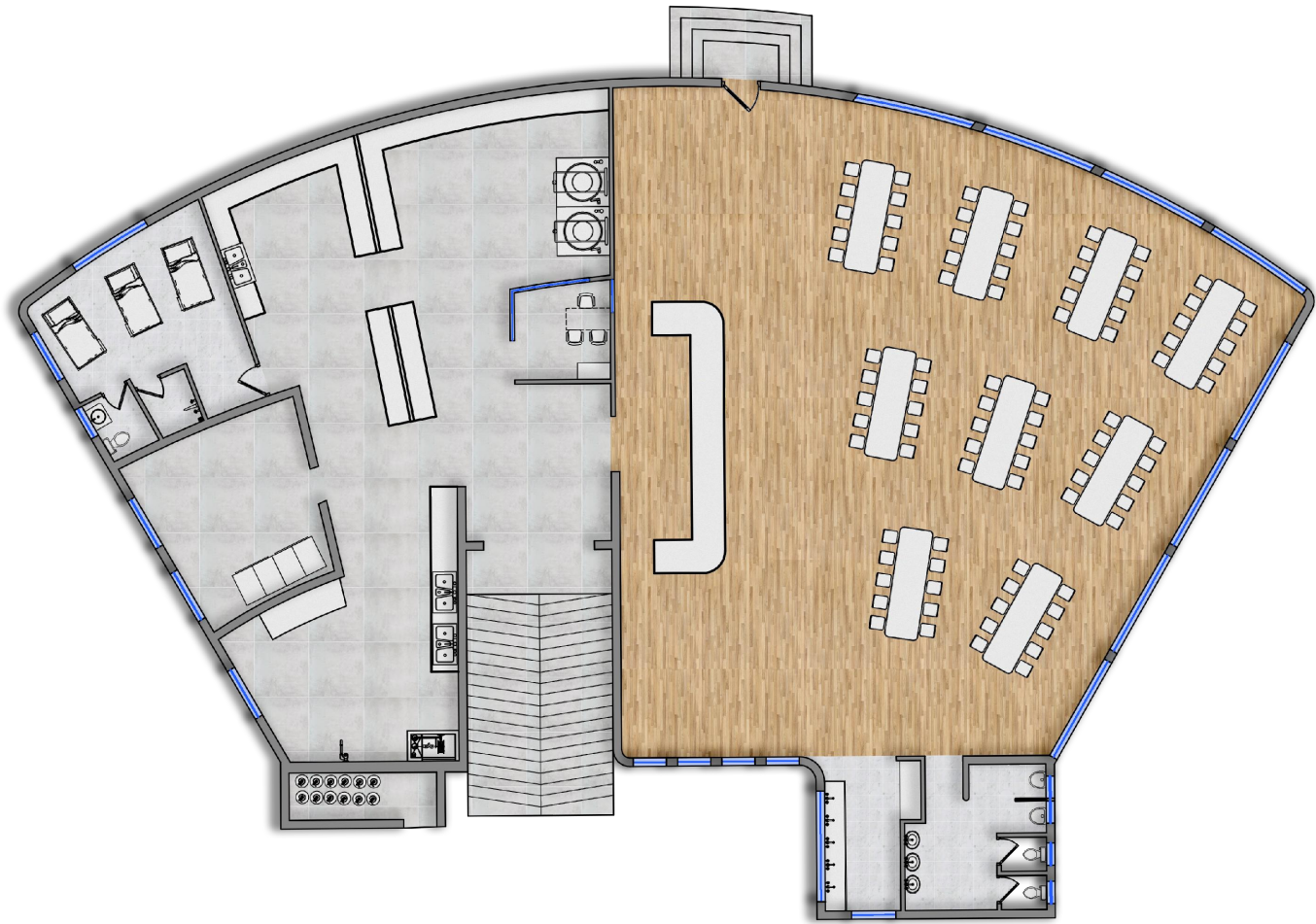
# REJUVENESCENCE CENTRE FOR PATH TO FREEDOM

DEVANSH JAIN  
1200101008  
GUIDED BY-  
Ar. SAURABH SAXSENA  
5th YR

SHEET NO

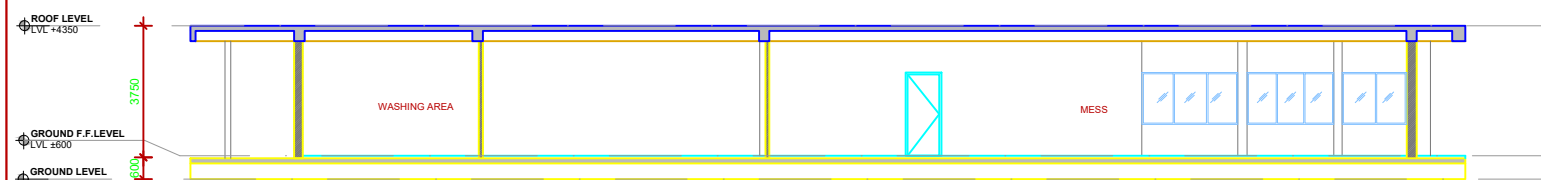
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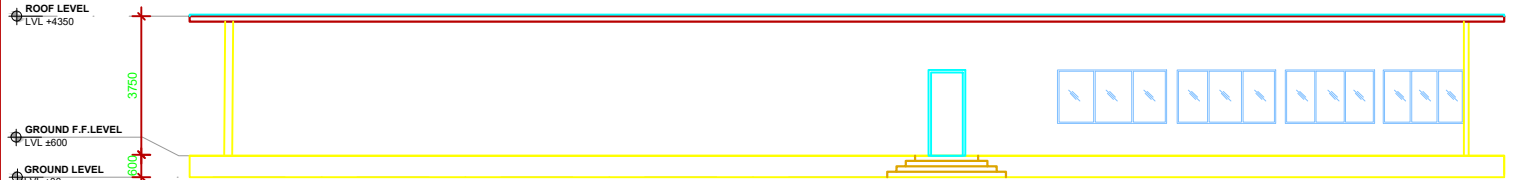


SECTION B

B



SECTION A

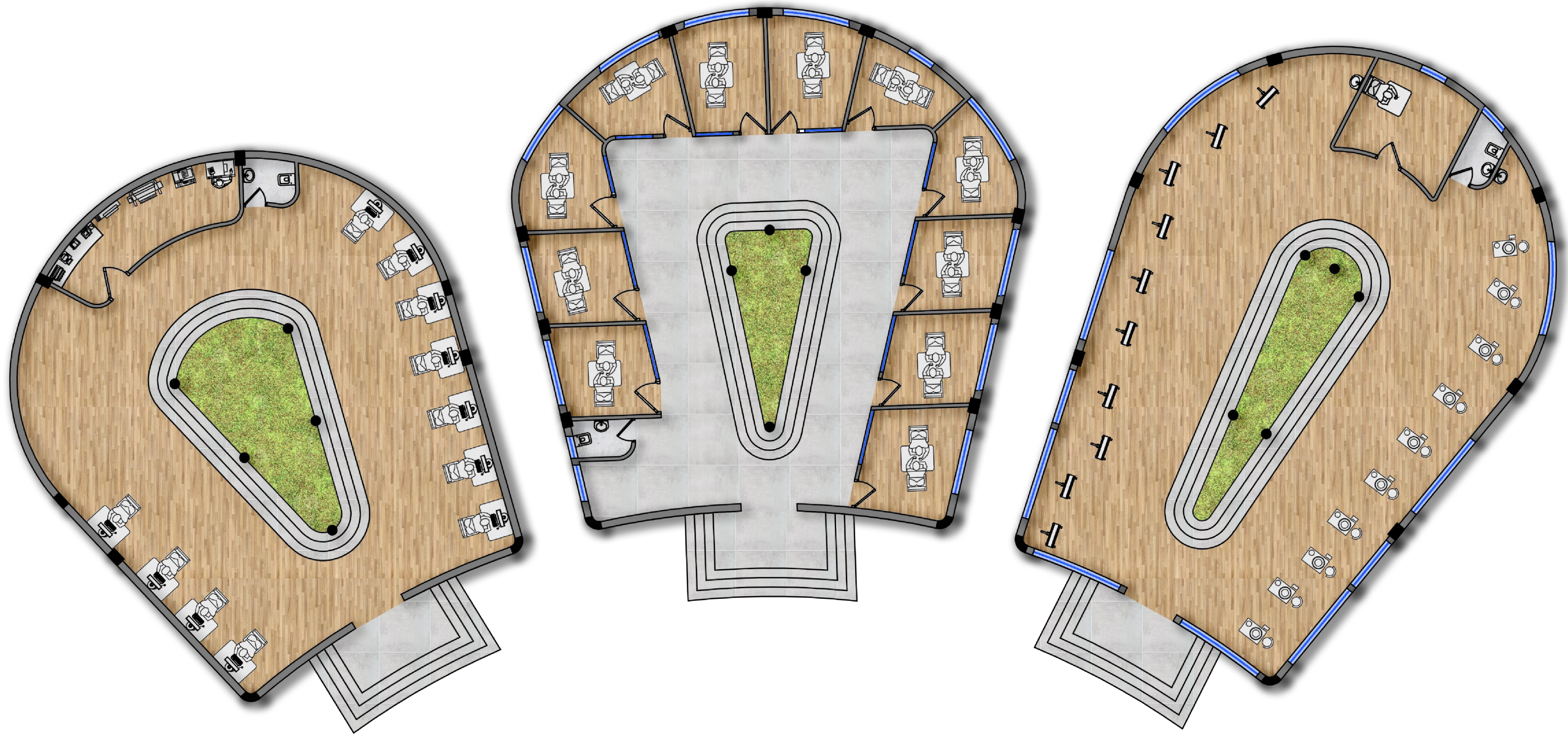


FRONT ELEVATION

# REJUVENESCENCE CENTRE FOR PATH TO FREEDOM

DEVANSH JAIN	SHEET NO
1200101008	
GUIDED BY- Ar. SAURABH SAXSENA	SIGN
5th YR	

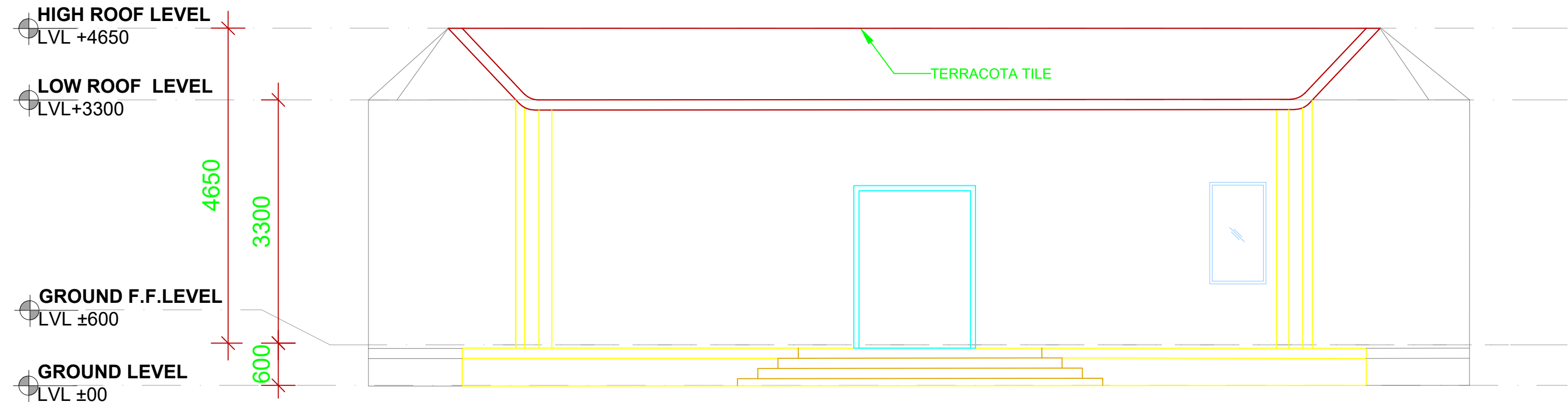




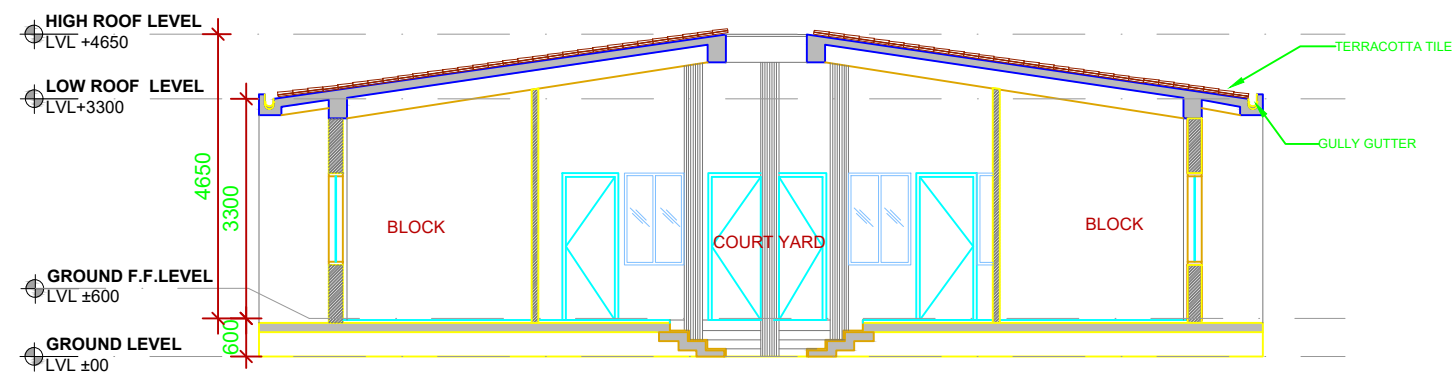
REJUVENESCENCE CENTRE FOR PATH TO FREEDOM

	DEVANSH JAIN	SHEET NO
	1200101008	
	GUIDED BY- Ar. SAURABH SAXSENA	SIGN
	5th YR	

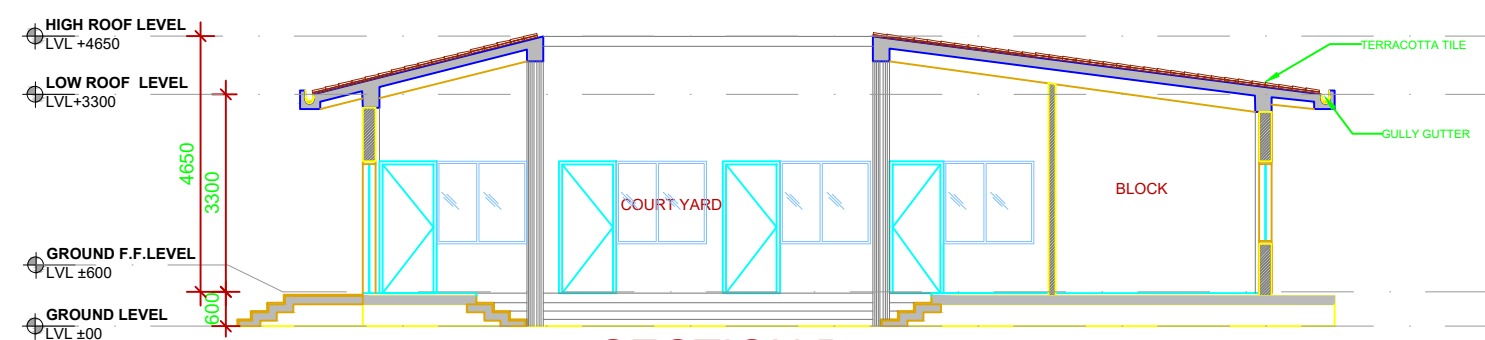




FRONT ELEVATION



SECTION A

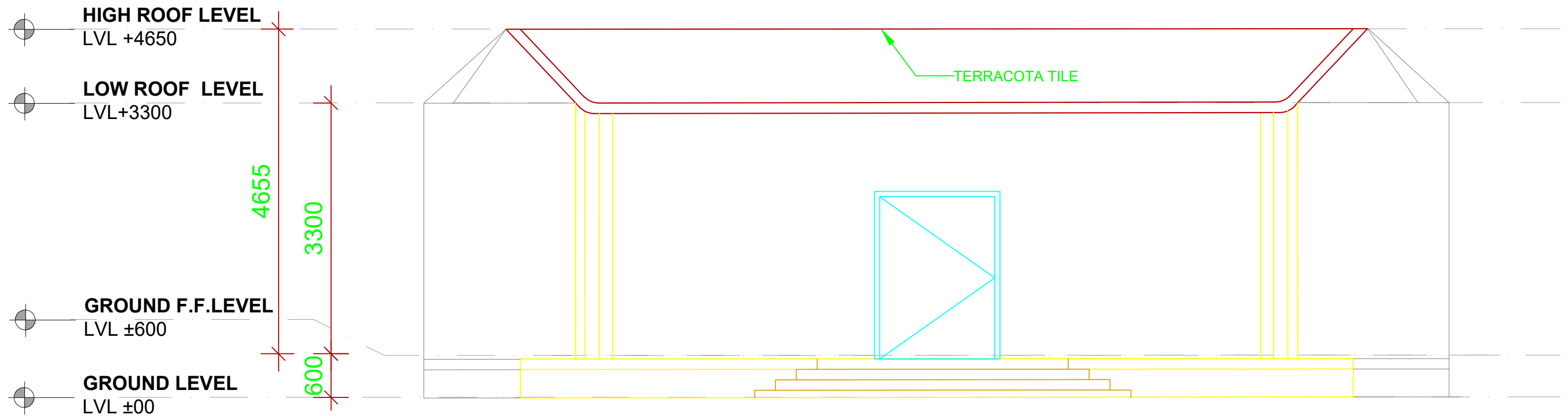


SECTION B

REJUVENESCENCE CENTRE FOR PATH TO FREEDOM

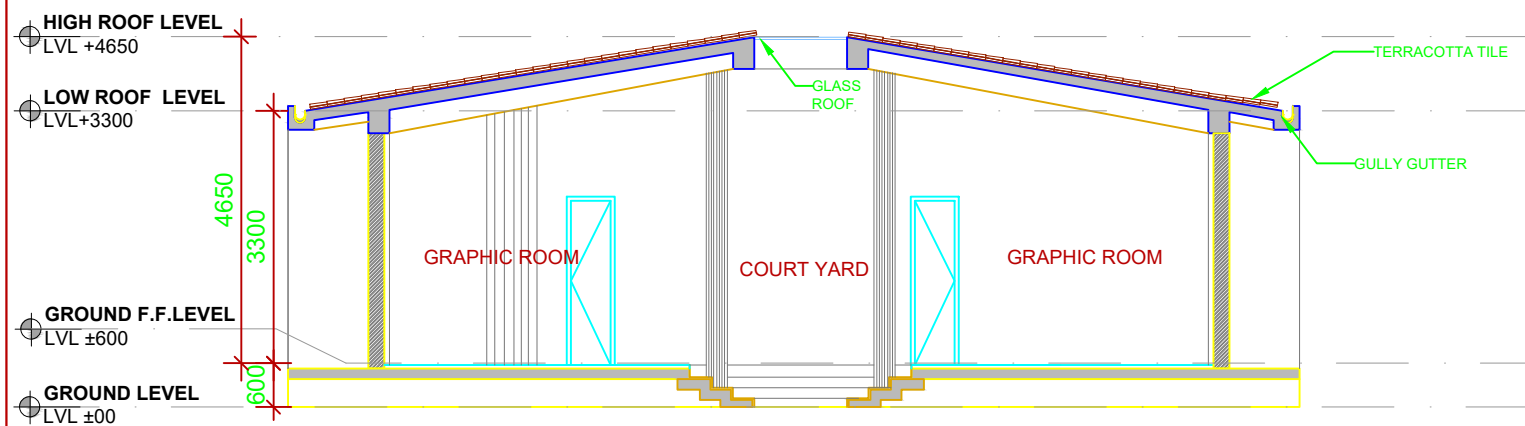
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	1200101008	
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	5th YR	



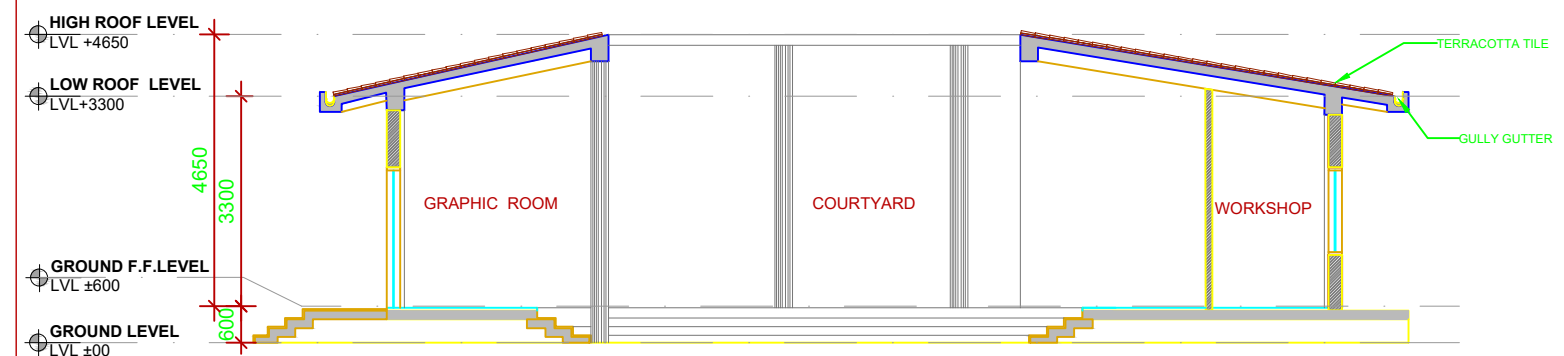


# FRONT ELEVATION

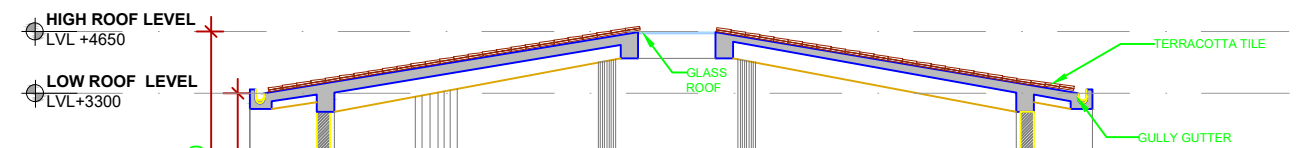
## SECTION B



## SECTION A



## SECTION B

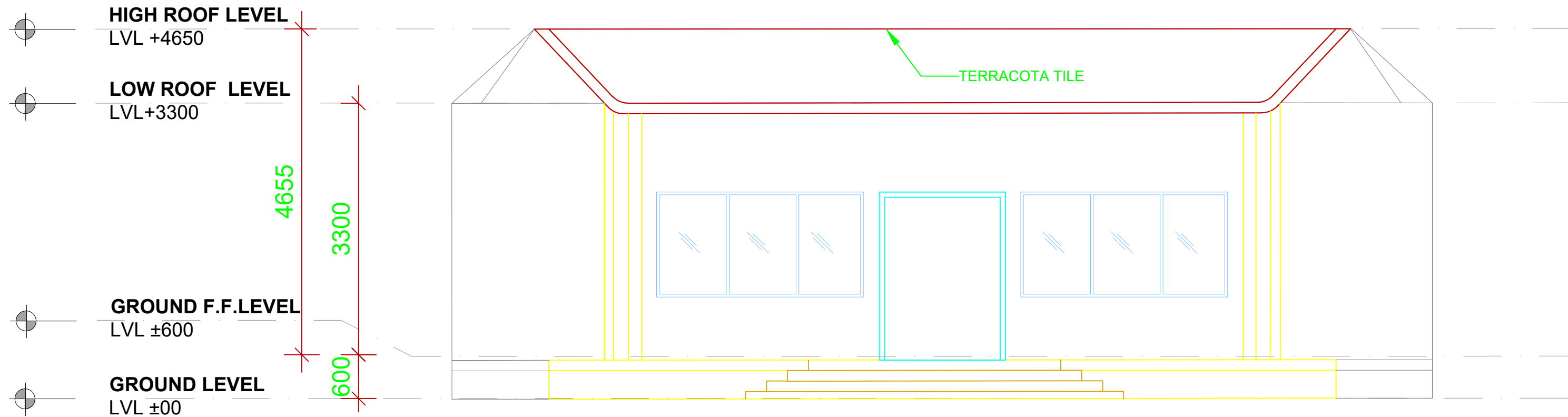


# REJUVENESCENCE CENTRE FOR PATH TO FREEDOM

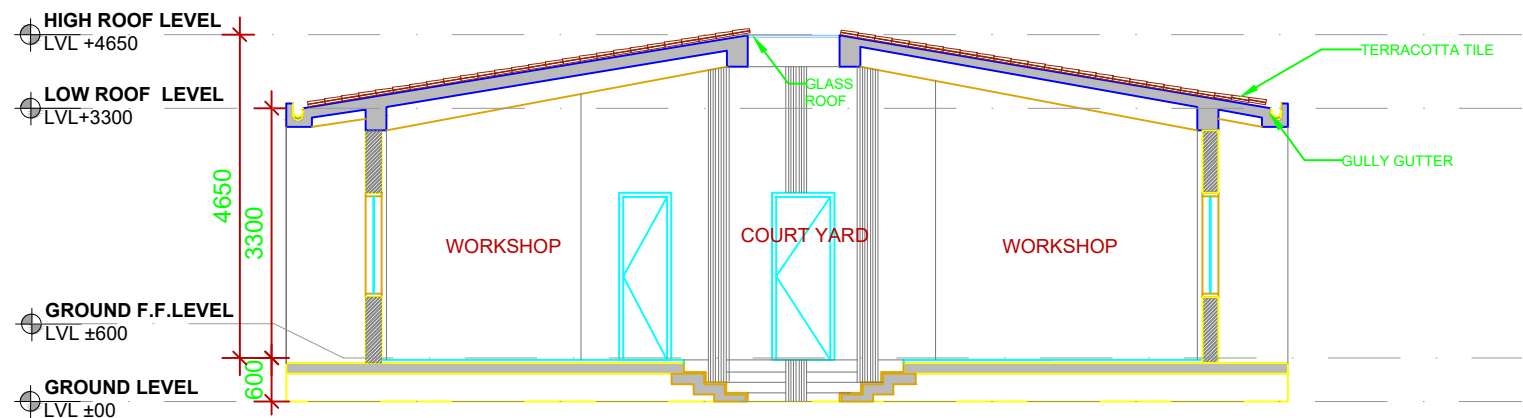
DEVANSH JAIN  
1200101008  
GUIDED BY-  
Ar. SAURABH SAXSENA  
5th YR

SHEET NO

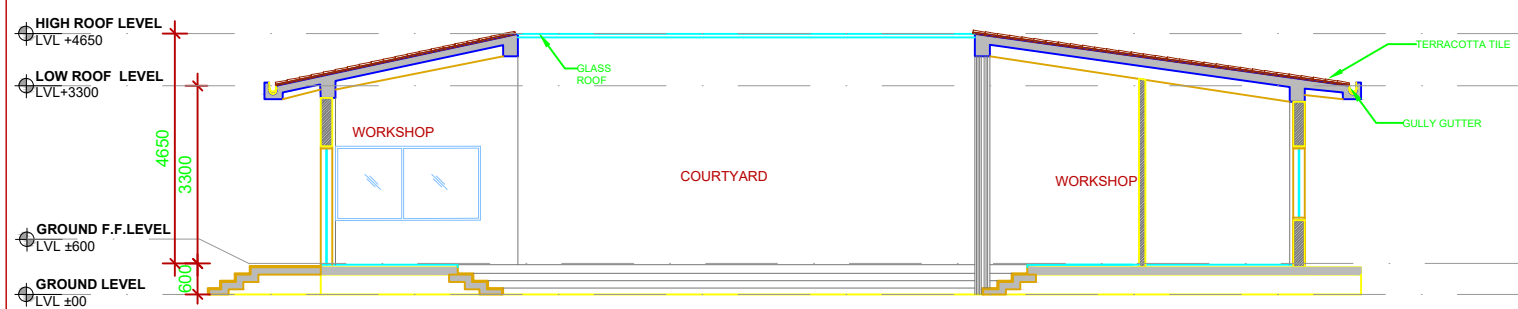
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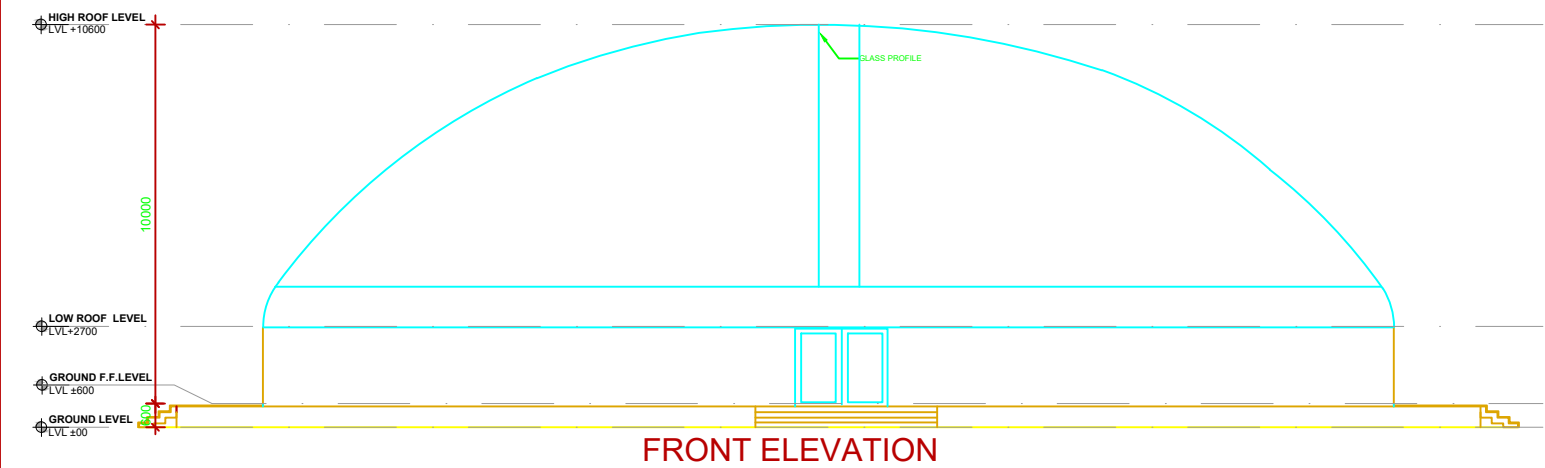
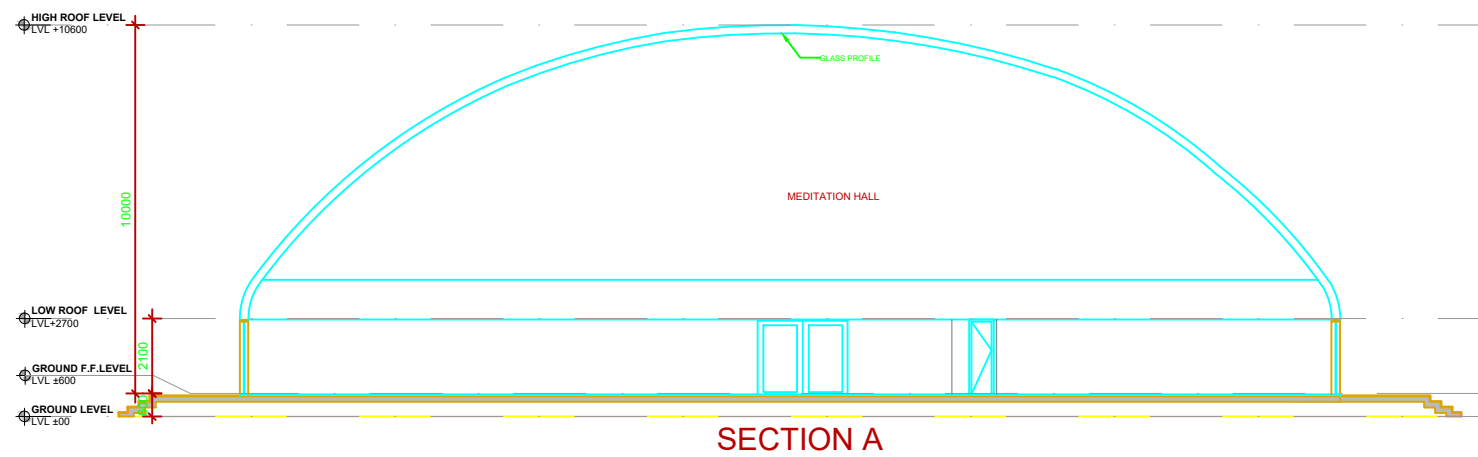
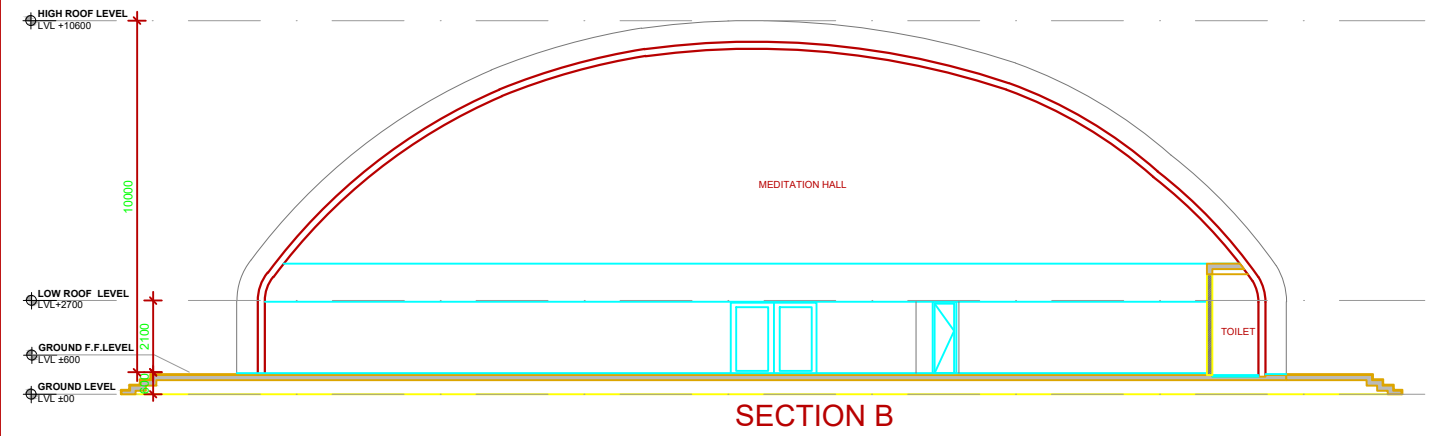
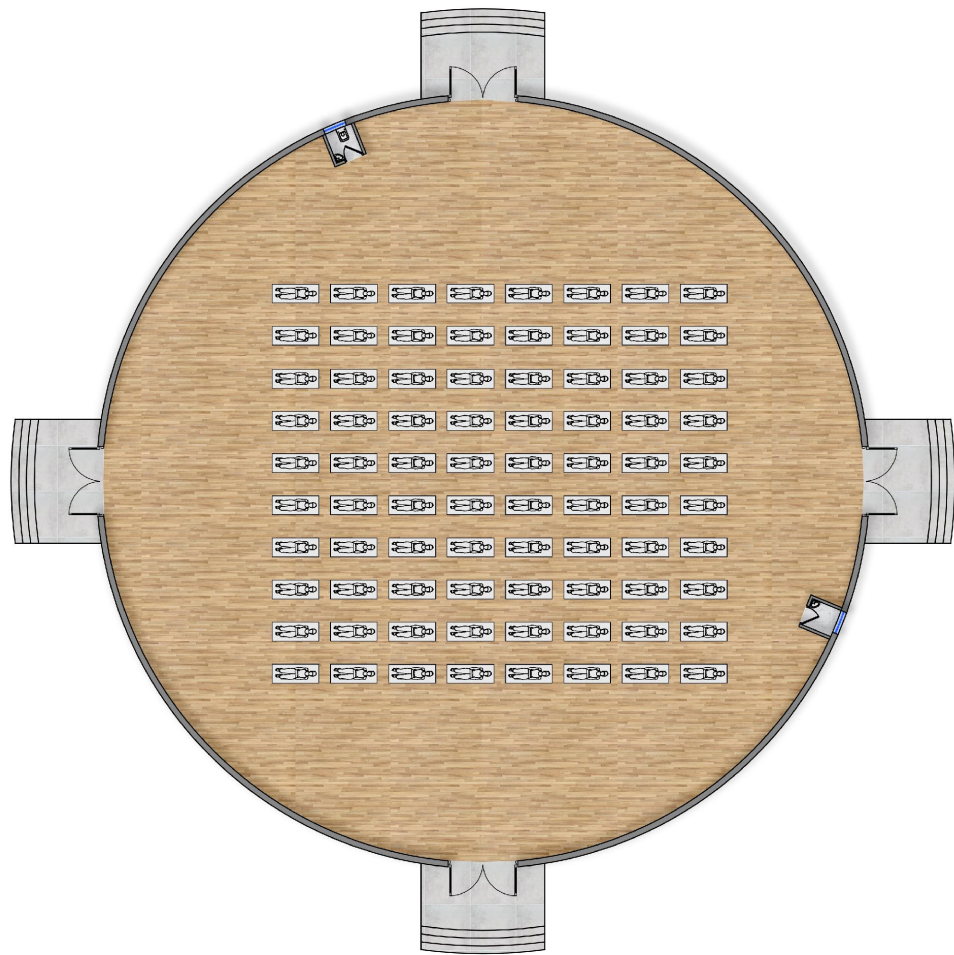
FRONT ELEVATION



SECTION A



SECTION B



# REJUVENESCENCE CENTRE FOR PATH TO FREEDOM

DEVANSH JAIN  
1200101008  
GUIDED BY-  
Ar. SAURABH SAXSENA  
5th YR

SHEET NO  
  
SIGN