

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

**BACHELOR OF INTERIOR DESING**

BY

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**ROLL NO.**

1210107023

THESIS GUIDE

**AR. AANSHUL SINGH**

SESSION

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**TO THE**

**SCHOOL OF ARCHITECTURE & PLANNING**

**BABU BANARASI DAS UNIVERSITY**

**LUCKNOW**

**SCHOOL OF ARCHITECTURE & PLANNING  
BABU BANARASI DAS UNIVERSITY, LUCKNOW (U.P.).**

**CERTIFICATE**

I hereby recommend that the thesis entitled “WELLNESS CENTER, GARHMUKHTESHWAR “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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Dean

Recommendation      Accepted  
  
Not Accepted

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External Examiner

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External Examiner

## **ACKNOWLEDGEMENT**

Our hard work never shines if do not convey our heart feel gratitude to those people from whom we have got considerable support and encourage during this project.

To start with. First and foremost gratitude towards almighty GOD for his blessings. Then I would like to thank all my faculty members who have supported and guided me all these memorable 4 years.

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Last but not the least all friends and loved ones who give their all kind of support and concern.

I have put in my best of efforts and worked day and night to make this project a successful.

Hope u too will appreciate my endeavor.

THANKING YOU

YASH GUPTA

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BBD UNIVERSITY LUCKNOW.

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4. Degree for which the thesis is submitted: .....
5. Faculty of University to which the thesis is submitted: Yes / No
6. Thesis preparation guide was referred to for preparing the thesis. Yes / No
7. Specification regarding thesis format have been closely followed. Yes / No
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9. The thesis has been prepared without resorting to plagiarism Yes / No
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## **DECLARATION**

I hereby declare that the work done in this thesis project is my own work and I have collected the data from various sources, which I have duly acknowledged in my report.

## **ABSTRACT**

This thesis explores the concept and impact of holistic health facilities on promoting overall well-being. A comprehensive review of existing literature and case studies informs the analysis of design elements, programming, and user experiences. The study identifies key factors contributing to effective health and wellness programs, including serene environments, holistic approaches, and community engagement. Findings provide insights into optimizing facility design and operations to enhance physical, mental, and emotional well-being. The research contributes to understanding the role of these facilities in supporting individual and community health. Recommendations are provided for stakeholders, designers, and practitioners to create supportive environments fostering well-being. This study's results have implications for facility development, programming, and policy-making, ultimately enhancing the quality of life for individuals and communities.

The study's results have significant implications for facility development, programming, and policy-making, ultimately enhancing the quality of life for individuals and communities. By examining the intersection of design, wellness, and community, this research offers a nuanced understanding of holistic health facilities' potential to promote overall well-being. The findings highlight the importance of incorporating natural elements, flexible programming, and user-centered design to create effective and supportive environments. This research provides valuable insights for practitioners, policymakers, and researchers seeking to develop and improve holistic health facilities, contributing to the growing body of knowledge on wellness and health promotion.

Overall, this thesis demonstrates the critical role holistic health facilities play in supporting individual and community well-being, and offers practical recommendations for optimizing their design and operations.

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# **CHAPTER – 01**

## **INTRODUCTION**

## **INTRODUCTION:-**

A wellness center is a facility or establishment that provides a range of services and programs focused on promoting physical, mental, and emotional well-being.

The primary goal of a wellness center is to support individuals in achieving a balanced and healthy lifestyle. Wellness centers typically offer a variety of services, including:

1. Spa treatments (e.g., massages, facials, body wraps)
2. Fitness classes (e.g., yoga, Pilates, aerobics)
3. Mind-body therapies (e.g., meditation, acupuncture, hypnotherapy)
4. Health education and workshops
5. Nutrition counseling and meal planning
6. Stress management and relaxation techniques
7. Holistic health services (e.g., chiropractic care, naturopathy)



Wellness centres may cater to diverse populations, such as:

1. Individuals seeking relaxation and stress relief
2. Athletes and fitness enthusiasts.
3. People with chronic health conditions
4. Corporate employees and teams
5. Seniors and retirees

## **NEED OF THE TOPIC:-**

### **• Physical Health Benefits**

1. Stress Relief Chronic Disease.
2. Fitness and Exercise

### **• Mental and Emotional Benefits**

1. Mental Health Support
2. Anxiety and Depression Relief
3. Emotional Well-being



- **Social Benefits**
  1. Community Building
  2. Support Network
  3. Education and Workshops

## **HISTORY & BACKGROUND:-**

- **Ancient Roots (3000 BCE - 500 CE)**
  1. Ayurvedic Retreats (India): Ayurveda, a traditional Indian system of medicine, emphasized the importance of balance and harmony in life. Retreats and centres offered treatments like massage, yoga, and meditation.
  2. Greek and Roman Baths: Public baths were an integral part of ancient Greek and Roman culture, providing a space for socializing, relaxation, and rejuvenation.
- **Middle Ages to Industrial Revolution (500 - 1800 CE)**
  1. Monasteries and Convents: Many monasteries and convents offered retreats and accommodations for travellers, providing a space for spiritual reflection and rejuvenation.
  2. Spas and Mineral Springs: The discovery of mineral springs led to the development of spas, which offered therapeutic baths and treatments.
- **Modern Era (1800 - 2000 CE)**
  1. Health Resorts: The late 19th and early 20th centuries saw the rise of health resorts, which offered a range of treatments, including hydrotherapy, massage, and exercise.
  2. Yoga and Meditation Centres: The 1960s and 1970s saw a surge in interest in Eastern spirituality, leading to the establishment of yoga and meditation centres.

## **AIM AND OBJECTIVE:-**

### **Aim**

To provide a holistic and supportive environment that promotes physical, mental, emotional, and spiritual well-being, empowering individuals to achieve optimal health and quality of life.

### **Objectives**

- **Primary Objectives**
  1. To provide a comprehensive range of wellness services, including spa treatments, fitness classes, and holistic therapies
  2. To promote relaxation, stress relief, and overall well-being through our services and programs.
- **Secondary Objectives**
  1. To create a supportive community that fosters connection, growth, and personal development.
  2. To provide a safe and inclusive space for individuals of all ages, backgrounds, and abilities.
- **Long-term Objectives**

- To establish ourselves as a leading wellness center, recognized for our commitment to excellence and customer satisfaction. To expand our services and programs to meet the growing demand for wellness and self-care

### **SCOPE**

1. Comprehensive Wellness Services: Offer a range of services, including spa treatments, fitness classes, holistic therapies, and health education.
2. Preventive Care: Emphasize preventive care, helping individuals maintain optimal health and prevent chronic diseases.
3. Holistic Approach: Address physical, mental, emotional, and spiritual needs, promoting overall well-being.
4. Community Building: Create a supportive community, fostering connection, growth, and personal development.
5. Collaboration with Healthcare Professionals: Work with healthcare professionals and organizations to promote integrative healthcare and wellness.

### **6. USERS OF GROUPS**

- Individuals Seeking Relaxation and Stress Relief
- People with Health Concerns
- Fitness Enthusiasts
- Mental Health Support
- Corporate Clients

### **METHODOLOGY:-**

- Site analysis
- Site & surrounding
- Site climate
- Case study
- Literature study
- Requirement sheet
- Area analysis
- Standard sheet
- Concept sheet
- Design
- Elective
- View

### **TENTATIVE PROJECT REQUIREMENT:-**

- Reception
- Pottery activity area
- Shirodhara Spa + Waiting Area (3 Male/ 3 Female)
- Aroma and detoxification therapy room (2 male/ 2 female)
- Meditation Hall
- Mud therapy
- Sauna (2 Male/ 2 Female)
- Washroom (2 Male/ 2 Female)
- Bath Area (2 Male/ 2 Female)

# **CHAPTER – 02**

## **SITE ANALYSIS**



## **SITE ANALYSIS-**

### **ABOUT CITY-**

Garhmukteshwar is primarily famous as a sacred pilgrimage site for Hindus, particularly due to its connection to the Ganges River and the practice of Astih Visarjan, the immersion of ashes after cremation. It's also known for the Mudda industry, which utilizes locally grown grass for crafts, and its historical significance mentioned in the Bhagwat Purana and Mahabharata.

### **ABOUT WELLNESS CENTER-**

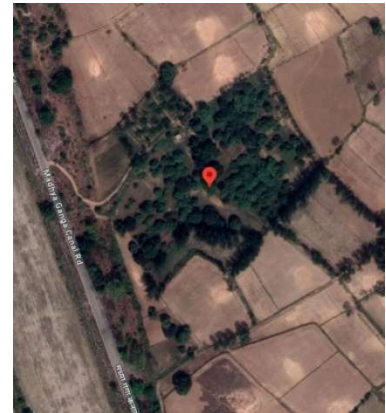
A wellness center is a facility or establishment that provides a range of services and programs focused on promoting physical, mental, and emotional well-being.

### **SITE LOCATION-**

- Client : Mr. Banwari Lal Agarwal
- Project Type : Wellness Center
- Location- Garhmukhteshwar, Uttar Pradesh
- Address- R37f+4fr Kopla, Garhmukhteshwar, Uttar Pradesh
- Site Area : 280.29 Sqm.

### **SITE NEARBY LANDMARK-**

- Ganga Mandir Garh Mukhteshwar
- Madina Masjid
- River View Farmhouse Garh Mukhteshwar
- Shahpur Chaudhary
- Kalayanpur Mahadev Mandir



### **SPACE REQUIREMENTS-**

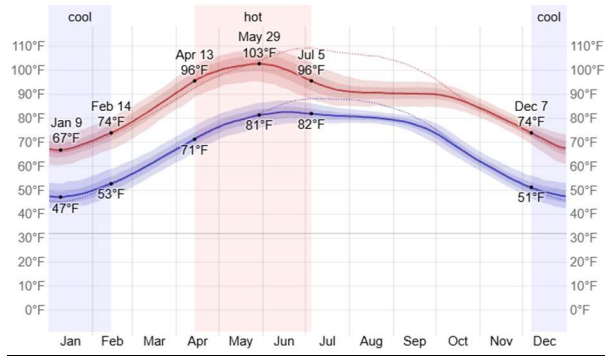
- Reception Area
- Class Roomms
- Principle Office
- Staff Rooms
- Music Room
- Art And Craft
- Dance Classroom
- Indoor Playing Room
- Library
- Computer Lab
- Indoor Playing Area
- Toilets
- Pantry

## SITE IMAGES-



## CLIMATE DATA-

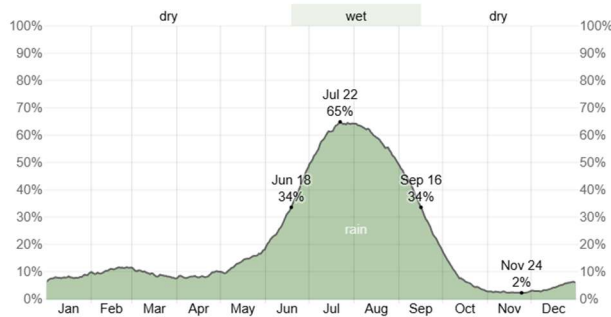
The site experiences a monsoon influenced humid subtropical climate characterized by **very hot summers and cool winters** climate, characterized by summers last from early April to late June during and are extremely hot, with **temperatures reaching 43 °c (109 °f)**. The monsoon arrives in late June and continues till the middle of September. These factors will inform the selection of materials, finishes, and furniture for the interior design of the wellness center.



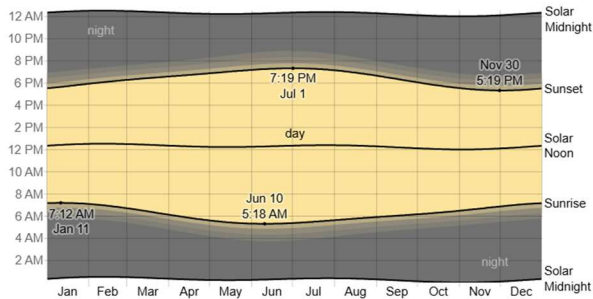
TEMPERATURE GRAPH



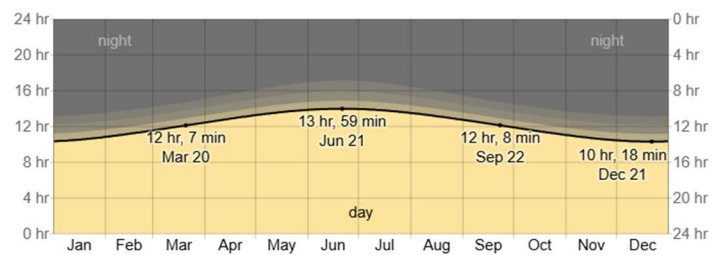
HUMIDITY GRAPH



PRECIPITATION GRAPH



DAILY SUNSHINE GRAPH

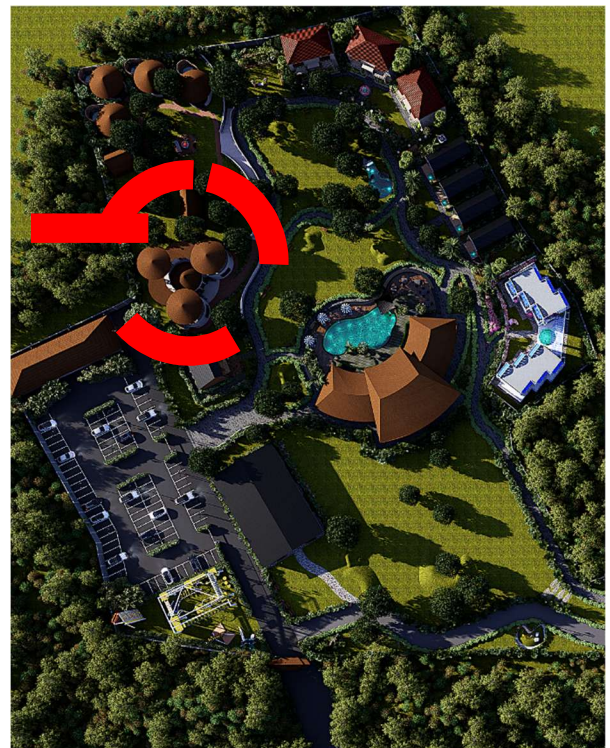




### DESIGN APPROACH –

The wellness center is designed to evoke a sense of harmony and balance, inspired by the natural world. The circular planning of the building creates a sense of unity and wholeness, while the rural theme of the interior design brings warmth and coziness to the space.

### SITE PLAN –



## **SWORT –**

### ➤ STRENGTH

1. Unique blend of modern and rustic elements: the ruler theme combines modern wellness amenities with rustic, natural elements, creating a distinctive experience.
2. Emphasis on natural materials: the use of natural materials, such as wood and stone, creates a warm and inviting atmosphere.
3. Circular design enhances sense of community: the circular layout fosters a sense of community and connection among guests, aligning with the ruler theme's emphasis on natural, organic forms.
4. Immersive experience: the ruler theme's use of natural elements and textures creates an immersive experience, making guests feel connected to nature.

### ➤ WEAKNESS

1. **Limited flexibility in design:** the ruler theme's emphasis on natural materials and rustic elements may limit flexibility in design and decor.
2. **Higher costs for natural materials:** the use of natural materials, such as reclaimed wood and stone, may increase construction and maintenance costs.
3. **Potential for inconsistent aesthetic:** the combination of modern and rustic elements may result in an inconsistent aesthetic if not executed carefully.
4. **Limited opportunities for bold colour schemes:** the ruler theme's emphasis on natural materials and earthy tones may limit opportunities for bold, bright colour schemes.

### ➤ OPPORTUNITIES

1. **Unique marketing opportunities:** the ruler theme offers unique marketing opportunities, such as emphasizing the center's connection to nature and wellness.
2. **Partnerships with natural and wellness brands:** the ruler theme's emphasis on natural materials and wellness may attract partnerships with like-minded brands.
3. **Expansion into outdoor wellness programs:** the ruler theme's connection to nature may provide opportunities for expanding into outdoor wellness programs and activities.

### ➤ THREATS

1. **Competition from other wellness centres:** other wellness centres may adopt similar natural, rustic themes, reducing the center's competitive advantage.
2. **High maintenance costs for natural materials:** the use of natural materials may require specialized maintenance, increasing costs.
3. **Limited appeal to urban or modern-oriented clients:** the ruler theme's emphasis on natural materials and rustic elements may not appeal to clients who prefer modern, urban environments.

## **ZOINING –**

### Ground floor

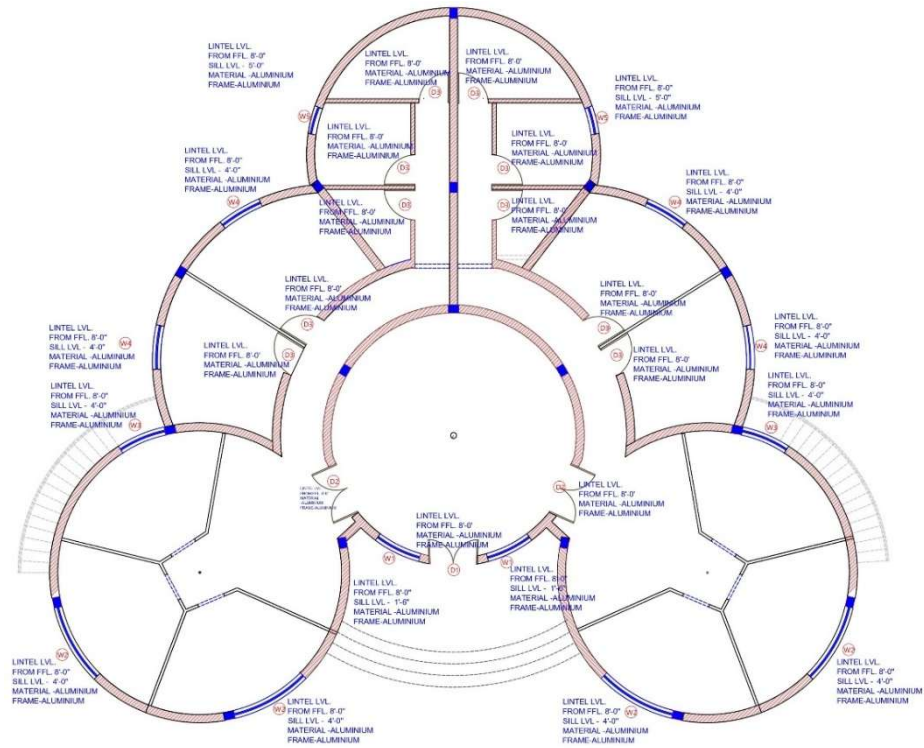
- Central reception: main entrance and reception area for guests.
- Shirodhara spa: private rooms for shirodhara treatment.
- Aroma therapy: private rooms for aroma therapy sessions.
- Spa and sauna: facilities for spa treatments and sauna.
- Washrooms: public washrooms for guests.

### First floor

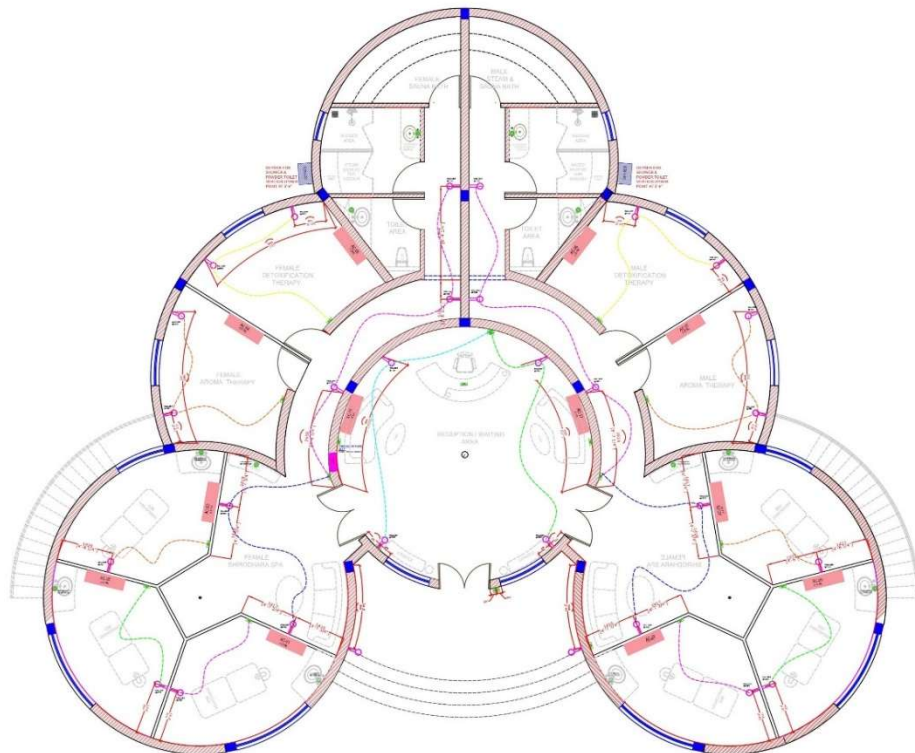
- Pottery activity: space for pottery-making and ceramics activities.
- Mud bath: area for mud bath treatments.
- Yoga/meditation area: quiet space for yoga and meditation practices

### Zoning benefits

1. Separation of wet and dry areas: separating the spa, sauna, and mud bath areas from the yoga/meditation and pottery activity areas helps maintain cleanliness and reduces noise disturbance.
2. Easy navigation: the central reception area provides a clear entry point, and the zoning layout allows for easy navigation between different areas.
3. Privacy and relaxation: the private rooms for shirodhara, aroma therapy, and spa treatments ensure guest privacy and relaxation.

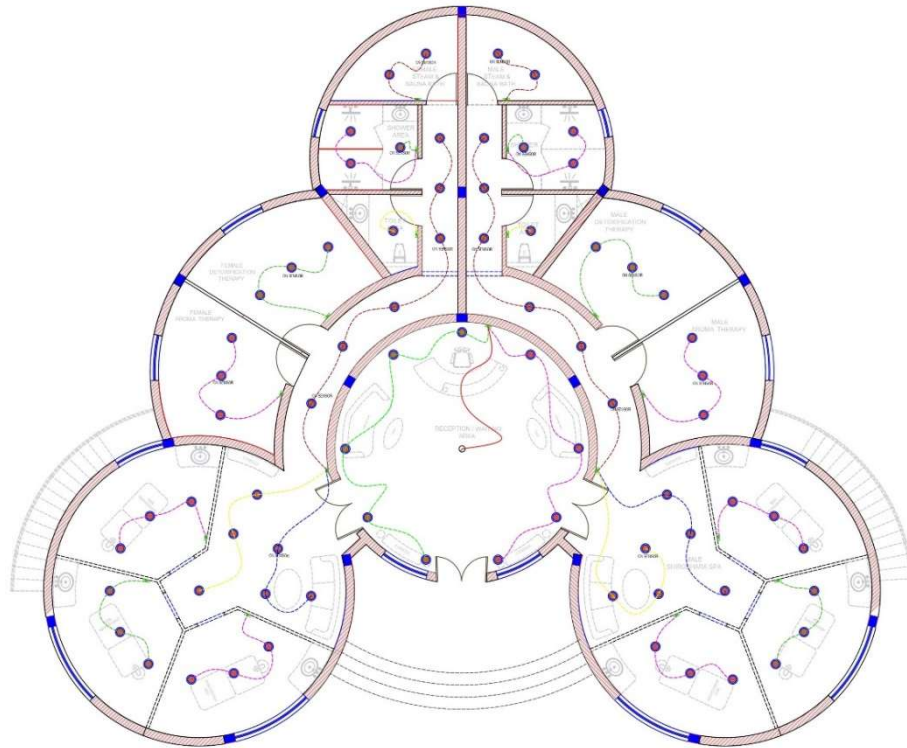


**DOOR WINDOW OF GROUND FLOOR**

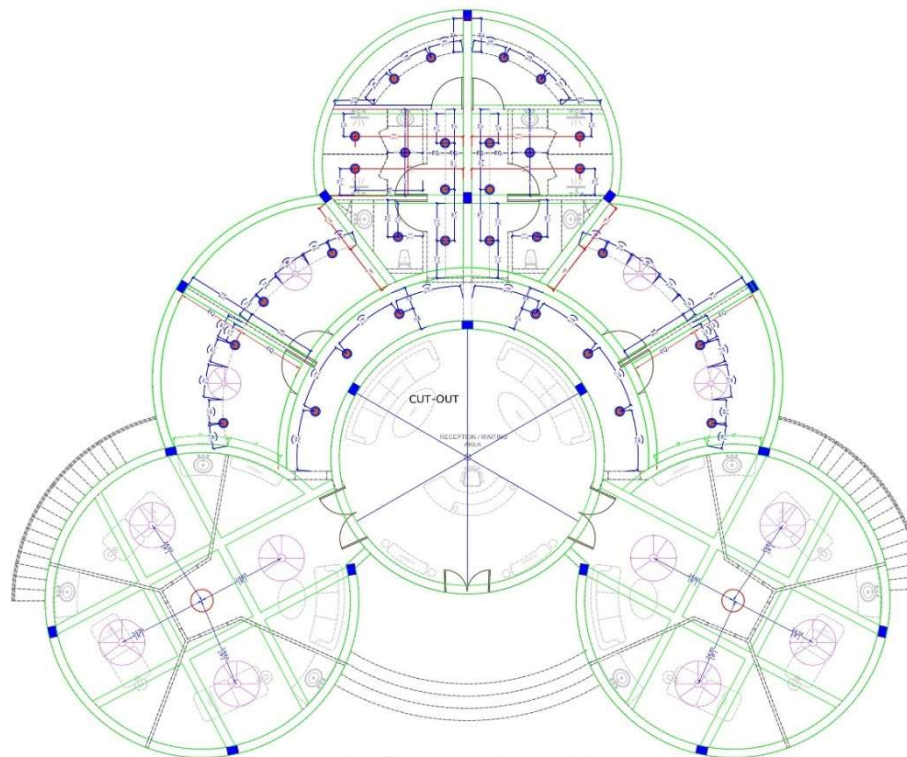


**WALL LIGHTING & LOOPING PLAN**





**SLAB ELECTRICAL LOOPING**



**SLAB ELECTRICAL  
OF GROUND FLOOR**



# **CHAPTER-03**

## **CASE STUDY**

**1- OSHO DHAM MEDITATION AND WELLNESS CENTRE**

**(NAJAFGARH, DELHI)**

**2- SHANKUS NATURAL HEALTH CENTER**

**(AHMEDABAD)**

# **CASE STUDY 1- OSHO DHAM MEDITATION AND WELLNESS CENTRE -**

**LOCATION**—Osho Dham, 44 building, jhatka road,  
Najafgarh, Delhi - 110043 (near Pandwala Khurd)

**ARCHITECT** —Ar. Snehanshu Mukharjee

**AREA** —17.9 acre

**SITE DESCRIPTION**-35 kms. From New Delhi



## **INTRODUCTION-**

Osho Dham has blossomed on the outskirts of Delhi in Najafgarh offering a clean, green aesthetic and peaceful environment for those on the inner journey and have various weekend meditation courses, Osho Dham is a place for meditation supported by residential facilities for long- and short-term stays. People come there to practice great meditation techniques explained by Osho.



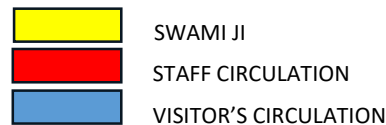
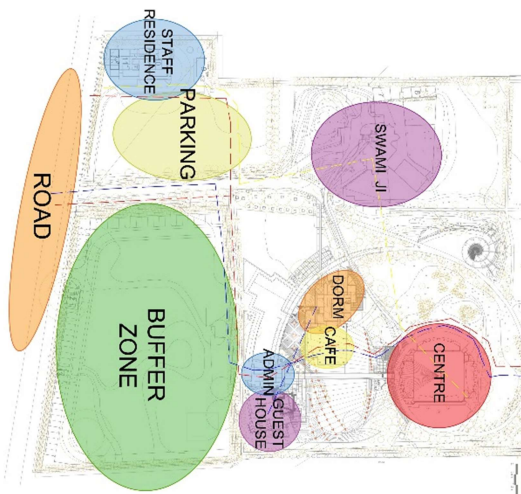
## **CONCEPT AND PHILOSOPHY-**

Swami Atul Anand, the major patron wanted to design a new habitat for living in the 21<sup>st</sup> century derived from Osho's discourse on daily living and spiritualism. It evolved and grew fashioning and environment conducive to the special requirements of the 'worldly and spiritual' and resulted in the first sketch of a spiral path, the heart of the design. The spiral path winds inward, to the meditation hall set amidst a grove of the tree. It serves both a metaphoric and practical need. A journey in time, spiraling inwards to self-discovery through meditation, it is also device for economical. And efficient organization of the site. The choice of a spiral rather than a relatively small landscaped area is traversed over a length of time, creating an illusion of a much longer space



The expansive, seemingly simple structure of hall, of a doubly curve shell roof supported on four columns, was designed to the sides from any barrier with the surrounding setting of ponds and groves. Walking on the path, one sees through the unenclosed sides, through the empty the floor space and beyond the forest, without perceiving the hall as a solid building, to finally enter its encompassing protection

### SITE ZONING AND CIRCULATION-



### MEDITATION HALL-

The spiral path culminates in the shelter of the meditation hall the prime focus of the design and the first structure of the commune constructed in 1994. Meditation hall. In its symbolic form and function, may be likened to a banyan tree with its large canopy. Its houses the chief function of the commune to conduct daily meditation session through the different seasons. To reach it, one moves along the path through a specially planted grove of trees, akin to a forest hermitage





## **OTHER SPACES:**

The heart of design is the spiral path (main and first structure), which winds inward towards the meditation hall set amidst of the trees. The choice of a spiral rather than a relatively small landscaped area is transvers over a length of time, creating an illusion of longer space.

The reception, Dining and residential buildings are incorporated at the start of the spiral path, within a landscape area of 4 acers.

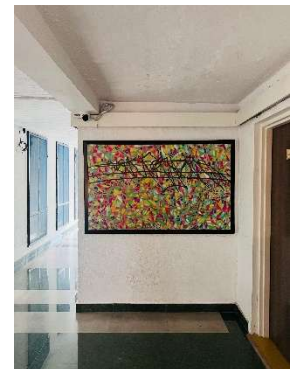
The Dors and the dining hall with kitchen are at the foot from meditation hall and aligned to the axis of the short cut that leads to hall directly for regular use.

The Dining hall is conceived as a pavilion.

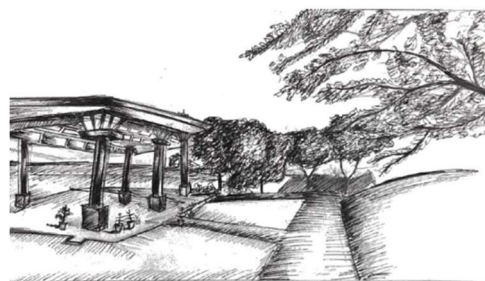
Swami ji's meeting room, a ferrocement roofed structure, which has a ventilated inner roof and to aligned climatically, which allows it to remain cool even during the hottest period of the year.

The campus incorporates 100% waste water recharge and recycle system which is passive and non-chemical.

Most residential quarters and service facilities like kitchen are partially sunk into the ground and designed to be a part of the landscape forming backdrops and steps, pathways and reinterpreting the creation of built and open.



The Integration of outdoors spaces to built indoor spaces creates an intense connection of the visitors of this Meditation Centre.



## **FEATURES**

Osho Dham has blossomed with its clean, green, aesthetic and peaceful environment for those who visit to find inner connection and peace within. Tune with nature, a beautiful space has been for group and individual meditation, yoga and other dance and physical activities.

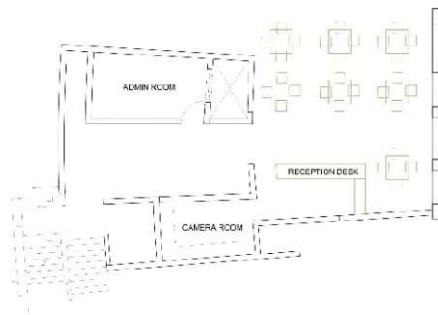
Meditation Centre is placed where there is no disturbance of chaos of day-to-day life, set deep within a wondrous garden.

The path to the hall is spiral, which creates an illusion of much longer walk through a large forest, without seeing the destination till ones come really close.

## **QUANTITATIVE ANALYSIS-**

1. Buddha Hall - 729.95 sqmtr.
2. Cafeteria – 520 sqmtr.
3. Dormitory – 280 sqmtr. (male female separate)
4. Admin + Reception – 140 sqmtr.
5. Guest room – sqmtr.. (20 rooms)
6. Parking – 1400 sqmtr.
7. Staff residence unit – 25 sqmtr. (15)
8. Fountain, swami ji residence, sculpture, or agriculture area
9. Dancing Buddha zone – 225 sqmtr.

## **RECEPTION +ADMIN PLAN AND SITE IMAGES-**



**RECEPTION AND ADMIN PLAN**



## **MATERIAL USED-**

**WALLS:** -Wall Finish in paint (colour shade egg shell).

**DOOR WINDOW FINISHES:** -Aluminium black profile Doors with glass.

**FURNITURES:** -Reception table were designed in modern style in green marble stone.

**WALL DECORES:** -In corridors, the spiritual artworks are placed which are said by Osho.

**CEILING:** -Expose Ceilings are finished with same shade wall paint and in black paint.

**LIGHTING:** -Downlighters are used as a lighting fixture of 4000K.

**FLOORING:** -Flooring are finished with Kota stone.

## **DINING + KITCHEN PLAN AND SITE IMAGES -**

### **MATERIALS USED :-**

#### **STRUCTURE**

- The dining area, structure were designed with a metal frames aka PEB structure.
- The metal columns were painted in black deco paint.

#### **WALLS**

- Kitchen walls were finished with 300 x 300 mm base tiles till the height of 7 ft, after that walls are painted with white paint.

#### **LIGHTING**

- IN DINING AREA, Downlighters are used as a lighting fixture of 4000K.
- IN KITCHEN AREA, Tube lights re used in kitchen as a lighting fixture.

#### **FLOORING**

- Flooring are finished in marble finish with Kota stone.

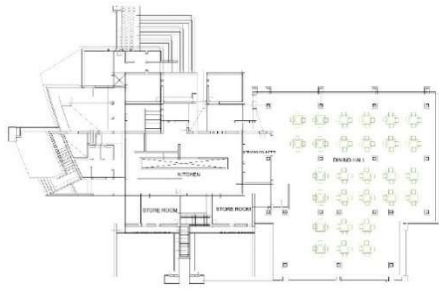
#### **SERVING COUNTER**

- Serving counter designed in a modern style in marble finish counter top is finished in black granite.
- serving area back wall had a metal partition with metal grill or jail.

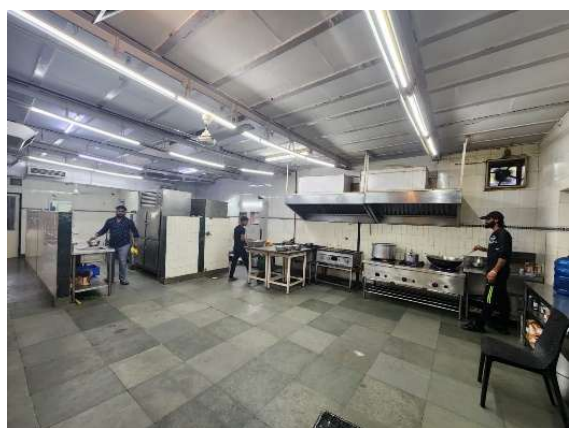
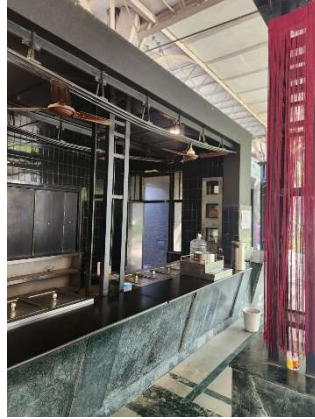
#### **KITCHEN FITTINGS**

- Commercial kitchen made up of stainless steal.

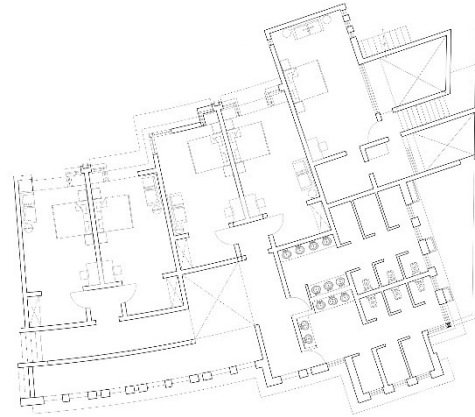




DINNING + KITCHEN PLAN



## **KAMAL DORMETRY PLAN AND SITE IMAGES-**



PLAN OF KAMAL DORMITORY

### **MATERIALS USED:-**

#### **➤ BEDROOM**

**WALLS:-**Bedroom Wall Finish in paint (colour shade egg shell).

**DOOR FINISHED:-**Doors are finished in laminates in wooden texture.

**FURNITURE:-**Study table finished in laminate and top is finished in stone.

**FLOORING:-**In bedrooms and corridors Marble Skirtings are stretch to 1200 mm height.

#### **➤ BATHROOM**

**WALLS:-**Bathrooms walls are finish with 300 x 300 mm white base tiles.

#### **➤ CORRIDORS**

- Benches Are Designed In Such A Way That It Works As A Railing. Benches Are Polished With Melamine.
- The Spiritual Artworks Are Placed Which Are Said By Osho.
- Ceilings Are Finished In Same Shade Wall Paint.

**LIGHTING:-**Downlighters are used as a lighting fixture of 4000K.

**FLOORING:-**Flooring are finished in marble finish.





## **NANAK PLAN AND SITE IMAGES-**

### **MATERIALS USED :-**

#### **➤ Bedroom**

**Walls:-**wall finish in paint (colour shade egg shell).

**Doors:-**doors are finished in laminates in wooden texture.

**Flooring:-**marble skirtings are stretch to 1200 mm height.

- 2ft x 4ft marble floor finish.

**Ceiling:-**ceilings are finished in same shade wall paint.

**Furniture's :-**study table finished in laminate and top is finished in stone.

**Lighting:-**warm lights 3500 k cove lights on walls covered with wooden planks

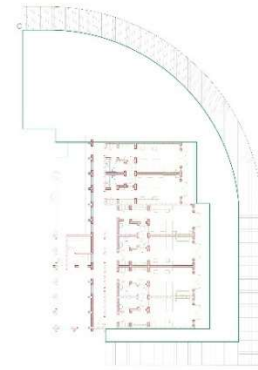
#### **➤ Bathrooms**

**Walls:-**finish with 300 x 300 mm white base tiles.

**Ceiling:-**ceilings are finished in same shade wall paint.

**Lighting:-**warm lights 3500 k cove lights on walls covered with wooden planks

**Flooring:-**1ft x 1ft base grey tile



**NANAK DORMETRY PLAN**



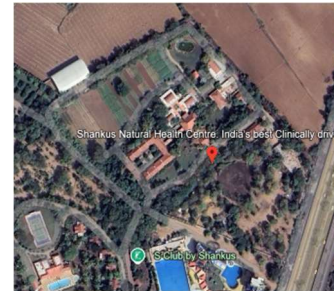
# CASE STUDY 2- SHANKUS NATURAL HEALTH CENTER -

**LOCATION** – Mehsana highway, Ahmedabad

**Architect** – Kamal Mangaldas

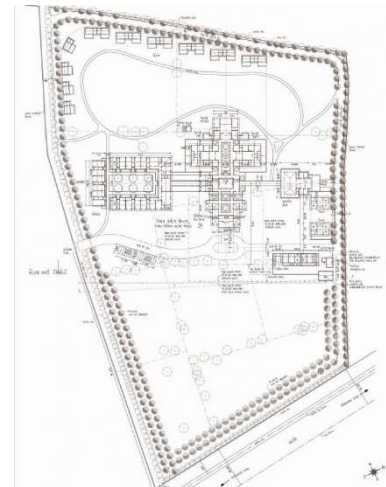
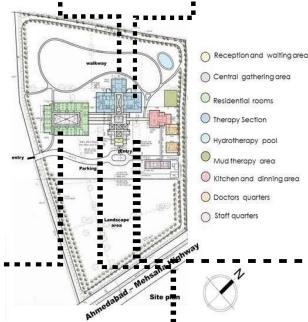
**Area** –5526 sqm. (built up)

**Site description**-60 kms. From Ahmedabad

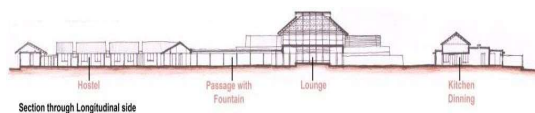
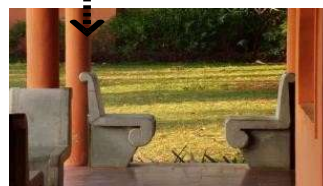


## INTRODUCTION-

Shankus Natural Health centre is an institute for yoga & naturopathy ayurvedic recognized by govt. It is well – equipped naturopathic and ayurvedic centre having all modern treatment facilities, in lush green area with a.c. rooms. This is a drug – free centre, providing all treatment by way of yoga or naturopathy. The beautiful, Calm and serene atmosphere helps the clients to relax atmosphere helps the clients to relax and rejuvenate themselves.



SITE PLAN



Section through Longitudinal side

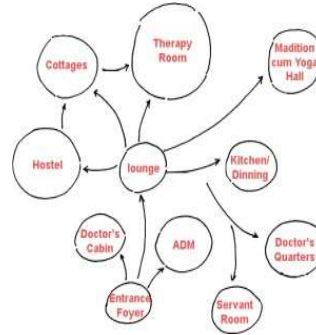
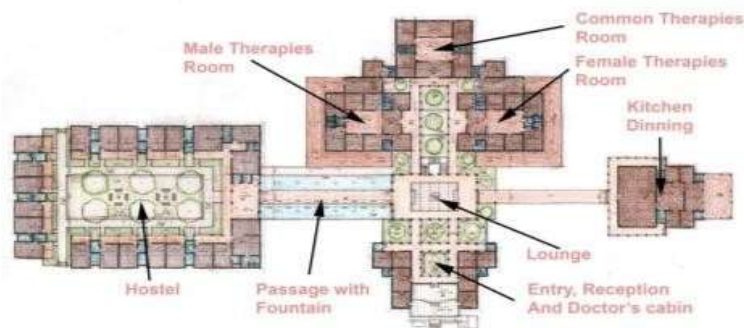


Section through Shorter side

## CIRCULATION-

The circulation is longitudinal and transverse direction, which creates simple paths & is easy in movements.

## SITE ZONING –



## DESIGN APPROACH-

The architect has used symmetrical plan with courtyards and open spaces. Slopping roof given for its traditional look. Flat gutter and also they have used vault in therapy area. All the structures are single storey structure helps us to connect with earth and also establishes contact with it.

## MEDITATION HALL-

Meditation hall is placed on upper level see that there is peaceful

Environment and visitors can connect to nature.

Water body around corridors to residential rooms creating cool

Atmosphere and bringing calmness to visitors before and after therapy



## QUANTITATIVE ANALYSIS-

1. Entrance foyer - 100 sqmtr.
2. Administration – 100 sqmtr.
3. Lounge – 150 sqmtr.
4. Kitchen / dining – 436 sqmtr.



5. Therapies room (male + female) – 1100 sqmtr.
6. 16 cottages (65 sqmtr. X 16) – 1040 sqmt.
7. Servant dormitory – 264 sqmtr.
8. Meditation hall – 170 5526 sqmt.

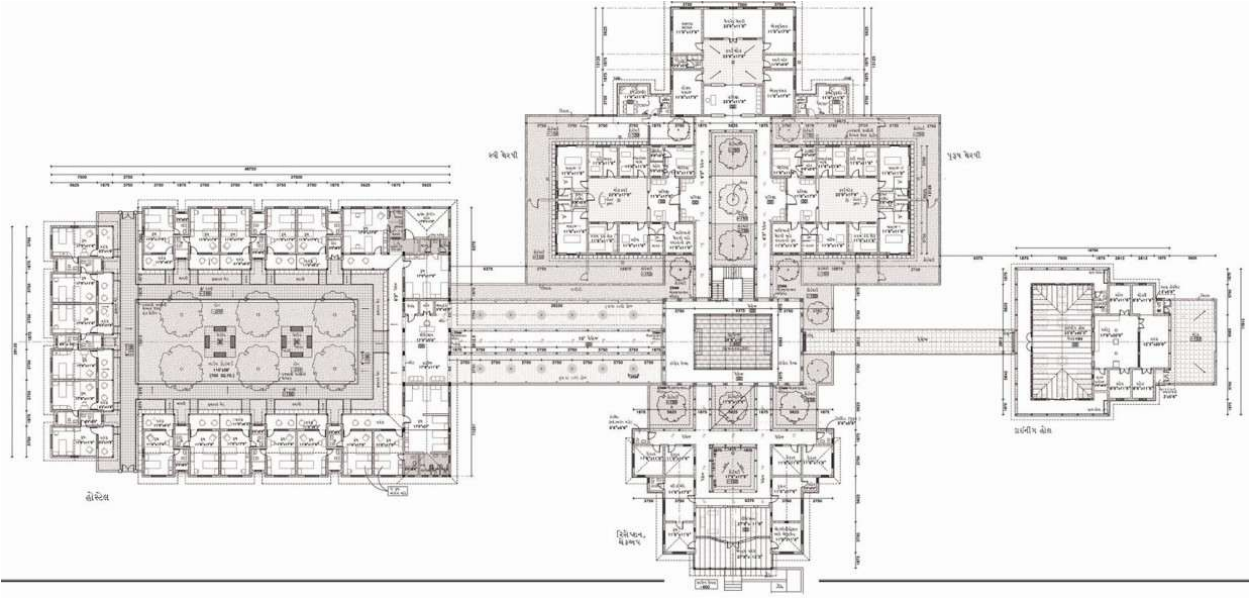
Total buildup area – 5526 sqmt.

Total site area for centre – 64,200 sqmt. Including farm land total site is 12.9 lakh mtsq.

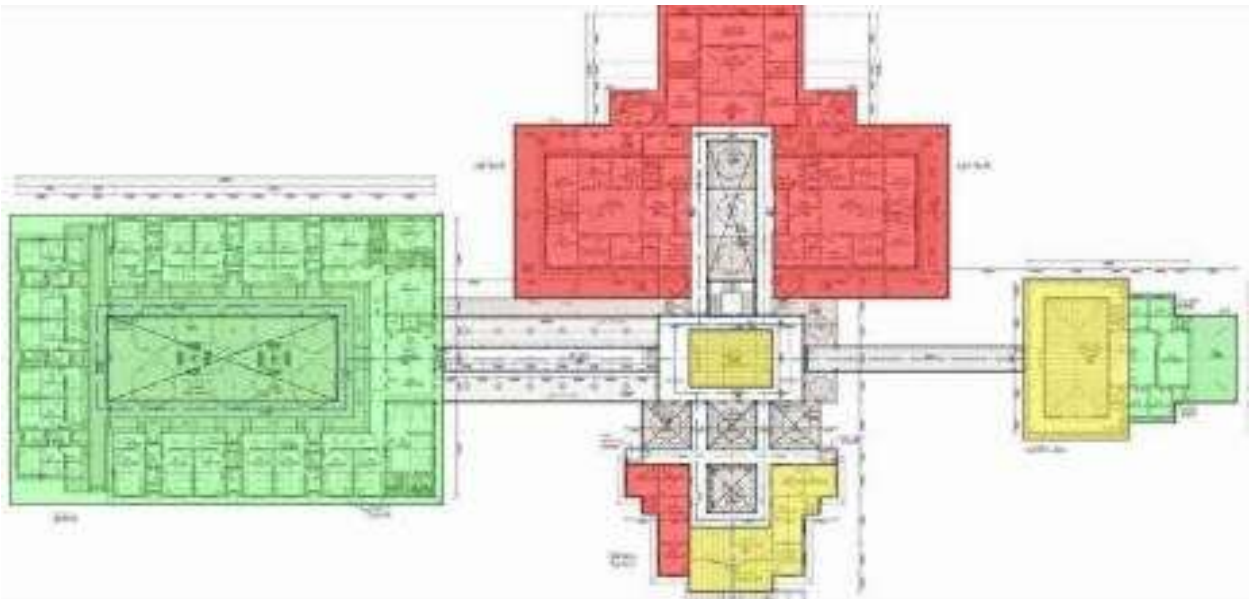
### **CLIENT REQUIREMENTS-**

1. Reception and waiting area
2. Gathering space
3. Residential area
4. Therapy section
5. Hydrotherapy pool
6. Mud therapy area
7. Kitchen and dining
8. Doctor's quarters
9. Staff quarters





## PLAN



PRIVATE AREA



SEMI-PRIVATE AREA



PUBLIC AREA

## **DORMETRY (MALE AND FEMALE) PLAN AND SITE IMAGES-**

### **MATERIALS USED: -**

#### ➤ **Bedroom**

**Walls:** -Bedroom wall finish in paint (colour shade egg shell).

**Door finished:** -Doors are finished in laminates in wooden texture.

**Furniture:** -Study table finished in laminate and top is finished in stone.

**Flooring:** -In bedrooms 2ft x 2ft beige tiles

#### ➤ **Window**

- Rattan blinds

#### ➤ **Bathroom**

**Walls:** - Walls are finish with 300 x 300 mm white base tiles.

#### ➤ **Lighting**

- Wall tube lights are used as a lighting fixture of 4000k.

**Flooring:** -Flooring are finished in 1ft x 1ft tiles.



## **MESSAGE ROOM PLAN AND SITE IMAGES-**

### **MATERIALS USED: -**

#### ➤ **Bedroom**

**Walls:** - All finish in paint (colour shade egg shell).

**Doors:** - Doors are finished in laminates in wooden texture.

**Furniture's:** - Vanity – finished in wooden laminate finish.

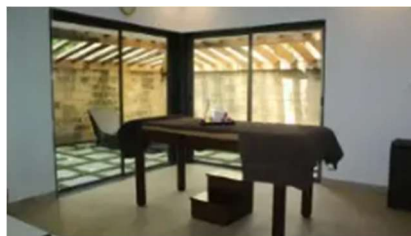
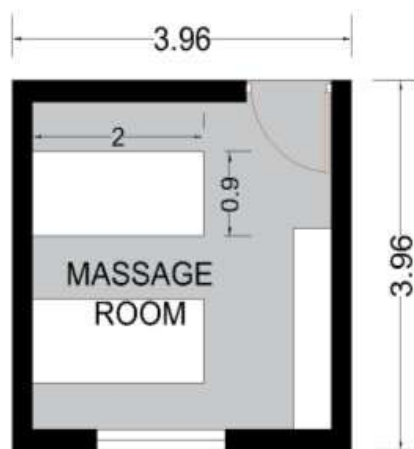
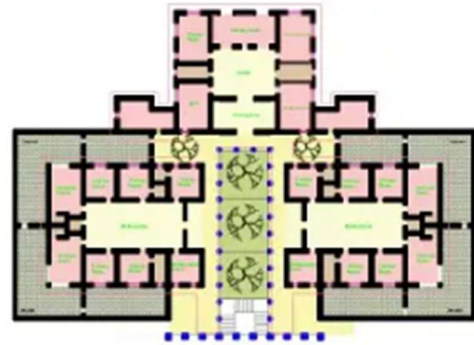
**Flooring:** - 1ft x 1ft terracotta tiles

- Green stone

**Ceiling:** - Ceilings are finished in same shade wall paint.

**Lighting:** - Natural lights are used and wall tube lights are used as a lighting fixture.

#### ➤ **Window:** - Rattan blinds





### CORRIDORS SITE IMAGES-

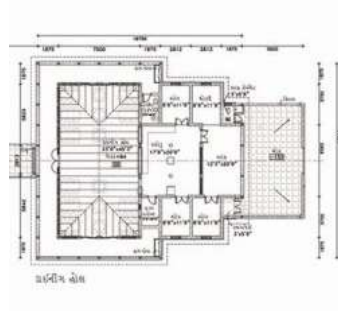


### MATERIALS USED: -

- Corridors Walls: - Lime wash finish over walls
- Terracotta stone 1ft x 1.5ft
- Lighting: - Ceiling surface downlighters are used as a lighting fixture of 4000k.

Flooring: - Kota stone

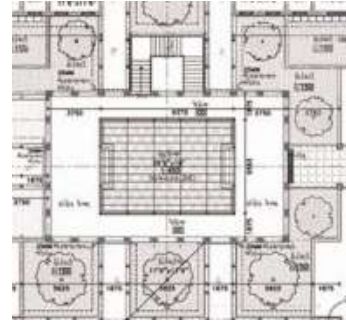
### DNING AREA SITE IMAGES



- Corridors Walls: - Yellow wall paint till 8ft
- White wall paint over 8ft
- Lighting: -Wall tube lights are used as a lighting fixture of 4000k.
- Flooring: -Red tiles
- Ceiling: - Pitched wooden beam ceiling
- Furniture's: - Hardwood with melamine finish



### **SITING LOUNGE SITE IMAGES-**



### **MATERIALS USED: -**

- Outer columns: - Terracotta stone 1ft x 1.5ft
- Inner columns: - White paint
- Lighting: -Decorative hanging lamps

Flooring: -Grey stone 8ft x 4ft..

- Ceiling: -Wooden beam ceiling
- Furniture: -Modern outdoor furniture

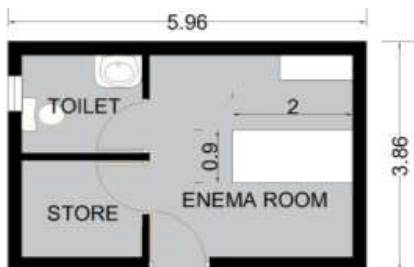
### **SHIRODHARA/ ENEMA ROOM PLAN AND SITE IMAGES**

#### **MATERIALS USED: -**

- **Wall:** - White paint, Decorative wall paper, 1ft x 1.5ft terracotta tiles
- **Lighting:** -Ceiling downlighters, Warm profile light

**Flooring:** -Grey stone 8ft x 4ft..

- **Ceiling:** -Gypsum board with paint
- **Furniture:** -Traditional shhirodhara massage bed, Wooden console unit



# **CHAPTER-04**

## **LITERATURE STUDY**

**1- SHREYAS RETREAT ( BANGLORE)**

**2- AURA SPA AT THE PARK HOTEL (HYDRABAD)**

# LITERATURE STUDY 1- SHREYAS RETREAT, BANGLORE

**LOCATION** – Bengaluru, Karnataka

**ARCHITECT** – The Purple Ink Studio

**AREA** –1858 sq.m.



Designed as a „retreat within retreat“, the 1858 sq.m. Spa block is a new „insert“ at a well-known yoga retreat in India that offers spectacular layers of spaces and experiences.

**ARCHITECTURAL IDEOLOGY**—The design was planned as a sustainable model, focusing strongly on the connect of man in the realm of nature. The main block disappears into the earth and is half submerged to connect to the isolating quality of the earth, with the light and air movement planned from a series of sunken courts.

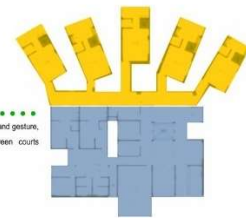


*'The Inspiration'*



the spa blocks derived out of the symbolic hand gesture, with spaces in between forming the green courts

mudra : a symbolic gesture used in conjunction with yoga



The approach to the main area slowly opens up a plethora of spaces which are programmatically planned to suit the smooth spatial transitions of the guests. The entire feel is organic with natural light washing the exposed walls and ceilings with a spectacular play of light and shadows. The spaces are further held together with a strong design language of hand crafted jaali screens, solid wood doors and openings which merge the interior and exteriors, quite literally. The guest lounge area opens up to a central court with water body on one side, and to a sunken court on the other. Private consultation rooms are part of the main spaces, but are silently tucked away beside the water body.

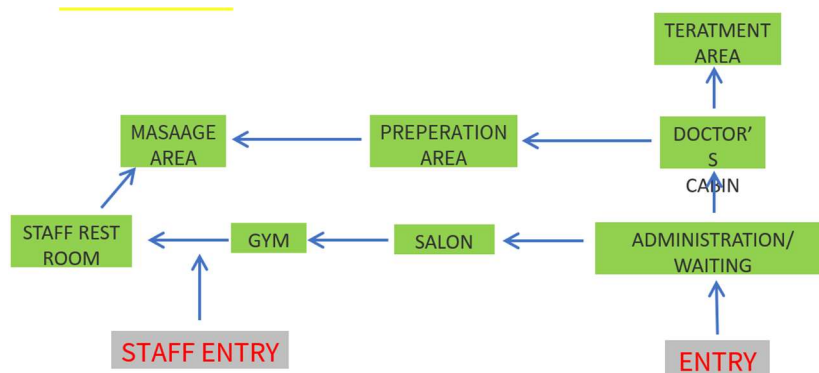


**INTERIOR APPROACH** - The spa block is seen as a semi-detached sequence that utilizes the adaptive approach with each unit fitted to the purpose it serves. Each spa room (measuring upto 600 sqft) is positioned to offer spectacular views of the site / surroundings, whilst concealing the guests from the outside with local exposed brick Jaali works as the shell. The structure's porous cell conceals a softer environment inside and the private open to sky lounge spaces (for after treatment relaxation) bringing in natural daylight into all spaces. With the spa offering an array of treatment options with the 10 massage rooms, one can experience the holistic ayurveda treatments based on age-old therapies, or choose from the oriental and western offerings from the menu.



With each block growing from the sunken gardens into the sky, often blending into a series of greens, the organic approach seamlessly fuses the inherent sense of lightness expected from a space so serene. The feel is further exaggerated on the upper level, in the 2000 sqft meditation and yoga pavilion, with large openings on the east, allowing natural sunlight to create a powerful setting for the yoga sessions at sunrise. The large pavilion opens up further to a series of private yoga and meditation spaces offering beautiful varied settings using the natural play of light and shadows of the sun against the roof Jaali's / screens.

## **CIRCULATION -**



## **MATERIAL-**

The material chosen is so that the entire feel is organic with natural light washing the exposed walls and ceilings with a spectacular play of light and shadows. The spaces are further held together with a strong design language of hand crafted Jaali screens, solid wood doors and openings which merge the interior and exteriors. Exposed concrete so as to merge with surrounding.

### ➤ RECEPTION AND WAITING AREA-

#### **FLOORING**

- 2 ft x 4 ft green terracotta stone

#### **CEILING**

- White paint

#### **WALLS**

- White paint same as ceiling and grey concret texture

#### **LIGHTING**

- spot lights 4000k nautral light

#### **FURNITURE**

- Traditional furniture in wooden finishes

#### **UPHOLSTERY**

- Over sofas and armchairs traditional cotton fabric

### ➤ THERAPY ROOMS

#### **FLOORING**

- 2 ft x 4 ft beige tiles

#### **CEILING**

- Beige colour paint

#### **WALLS**

- Morning glory wall finish
- Traditional wallpaper

#### **Upholstery**

- Rattan blinds on windows
- Rattan carpets





### **Lighting**

- Spot lights 4000k neutral light

### ➤ **YOGA AREA**

#### **FLOORING**

- 2 ft x 1 ft terracotta tiles

#### **CEILING**

- White colour paint

#### **WALLS**

- Morning glory wall finish

### **Lighting**

- Spot lights 4000k neutral light

### ➤ **SPA AREA**

#### **FLOORING**

- 2 ft X 4 ft BEIGE TILES

#### **CEILING**

- White colour paint

#### **WALLS**

- Morning glory wall finish

#### **LIGHTING**

- Spot lights 4000k neutral light

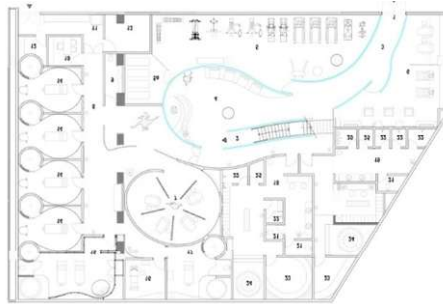


## **LITERATURE STUDY 2 - AURA SPA AT THE PARK HOTEL, HYDERABAD**

LOCATION – 22, Raj Bhavan Rd, Somajiguda, Hyderabad, Telangana

ARCHITECT – Khosla Associates

AREA –20000 Sq. Ft.



### **DESIGN INSPIRATION:**

The park hotel's latest property in Hyderabad has a central theme of a contemporary palace and several designers from across the world were commissioned to design its varied spaces using the erstwhile nizam of Hyderabad's jewels as inspiration.

A particularly uninspiring space devoid of natural light and ventilation in the basement of the hotel was converted by khosla associates into a sparkling environment - inspired by the sheen, transparency, and whiteness of the golconda diamond.

### **ABOUT PROJECT:**

The entrance curved corridor walls of the spa were built out of edge polished vertically stacked glass, leading to a circular reception area with a fluid reception counter and relaxed customer seating sheathed in moulded white resin.

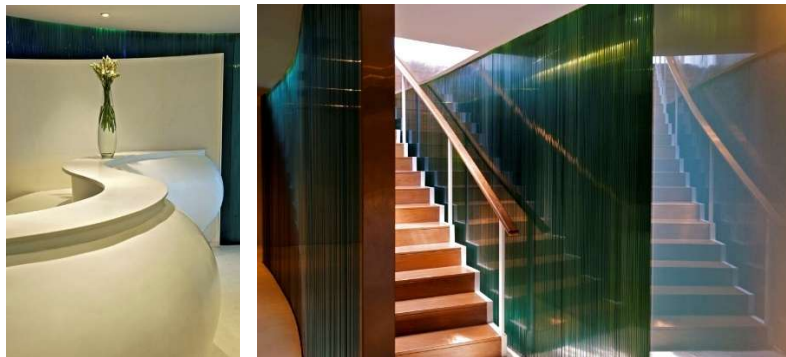


A wooden staircase from the pool level also descends into the central womb like reception zone. The stacked glass walls glow from within with led light giving the surrounding spaces a feeling of lightness.

Surrounding this sparkling central core on the north are the spacious male and female wet areas with locker facilities, change rooms and a large jacuzzi and lanconium. On the south is a gym and a salon.



Further west from the reception is a spacious transitional area leading gently to a sensuous curved relaxation area and a series of well appointed therapy rooms and suites. The minimalist transition areas in the spa are peppered with carefully chosen pieces of mirrored organic sculpture by French artist Yahel Chirinian. The reflection of spot lights on these mirrored form deflects onto wall, floor and ceiling surfaces giving an ethereal feel to the space. In the circular relaxation area comfortable loungers are divided by sheer white curtains bathed in preprogrammed washes of led light. Reflecting VIBGYOR colours, the sheer fabric assists in chromotherapy.



The entrance wall and doors of the treatment rooms are clad in an embossed silver foil, and the curved walls of treatment rooms in a padded diamond shaped pearl white fabric, adding to the feeling of luxury within the space. The futuristic rooms are contrasted with period chairs lending to the space a hint of nostalgia. The circular bathroom capsules are clad with delicate pearl white glass mosaic tiles. Curved white day beds in the suites are accented by mirrored Zari work cushions.

The material palette plays on varied tones of white to enhance the feeling of openness, and built in washes of light in coves, on fabric, textured paint and moulded white resin uplift the space further. Curved walls seamlessly flow into one another and soothe stressed minds.



Elements like the embossed silver foil wall, the eclectic period chairs in the treatment rooms and the padded diamond shaped fabric as upholstery offset the otherwise futuristic interior, subtly echoing Hyderabad's royal past in a city moving rapidly into the future.





## **MATERIAL USED:**

### ➤ **ENTRANCE**

#### WALLS

- Wooden finish

#### PARTITION WALL

- Polished glass

#### FLOORING

- White raisin

### ➤ **MASSAGE / SPA ROOM**

#### WALLS

- White texture paint

#### FLOORING

- White raisin

#### CEILING

- White paint

#### LIGHTING

- Cob spot lights

#### FURNITURE

- White pu polish finish

### ➤ **WAITING LOUNGE**

#### WALLS

- White texture paint
- Embossed silver foil

#### FLOORING

- White raisin

## CEILING

- White paint

## LIGHTING

- Cob spot lights
- Led profile lights

## FURNITURE

- Leather finish

### ➤ TREATMENT ROOMS

#### WALLS

- Padded diamond shaped pearl white fabric

#### DOOR

- Embossed silver foil

#### FLOORING

- White raisin

#### CEILING

- White paint

#### LIGHTING

- Cob spot lights
- Led profile lights

#### FURNITURE

- Leather finish

### ➤ BATHROOMS

#### WALLS

- DELICATE PEARL WHITE GLASS MOSAIC TILES

#### FLOORING

- White raisin

#### CEILING

- White paint

## LIGHTING

- Cob spot lights



# **CHAPTER-04**

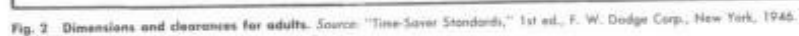
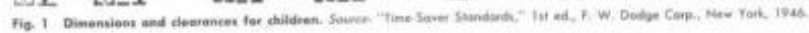
## **STANDARDS**

of furniture, they should seldom be designed merely on the needs of the average adult. (See section of this book relating to furniture sizes.)

Since doorways and passageways must normally be dimensioned to permit the movement

Children do not have the same physical proportions as adults, especially during their early years, and their heights vary greatly, but their space requirements can be approximated from the following table and from Fig. 1. (For heights of children's furniture and equipment, see section on "Schools.")

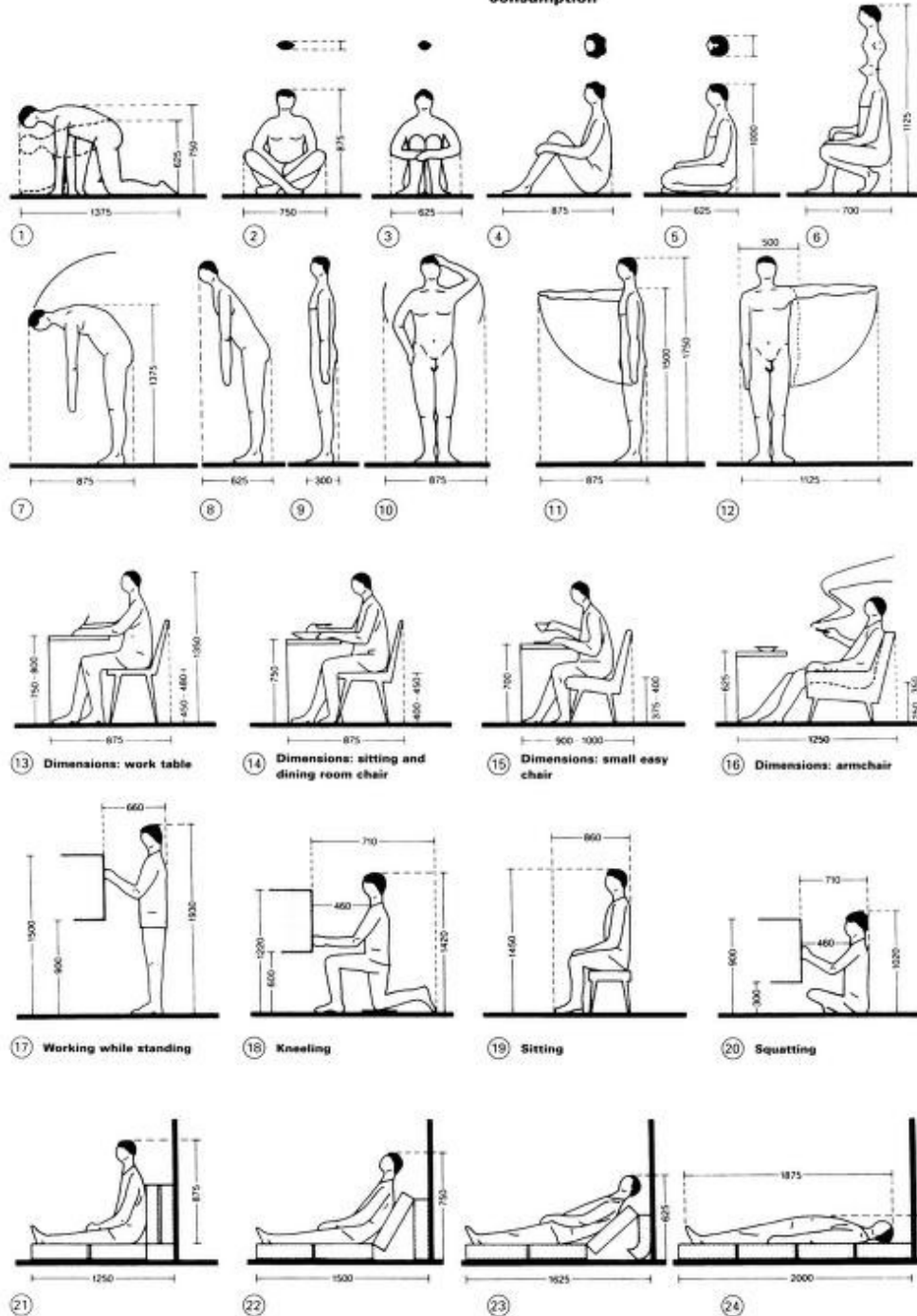
Age	Height, in	Age	Height, in
5	44	11	56
6	46	12	58
7	48	13	60
8	50	14	62
9	52	15	64
10	54	16	66



# MAN: DIMENSIONS AND SPACE REQUIREMENTS

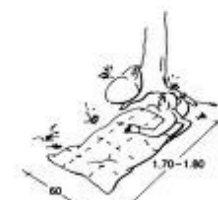
## Body measurements

In accordance with normal measurements and energy consumption



## BEDROOMS

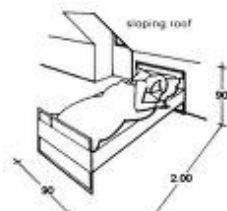
### Types of Bed



① Sleeping bag



② Canvas bed; folds to give a stool

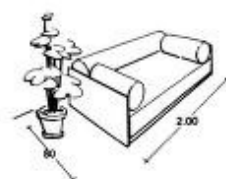


③ Low steel tubular bed

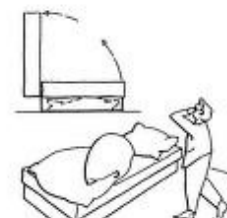


④ Grandmother's feather bed

### Couch/bed conversions



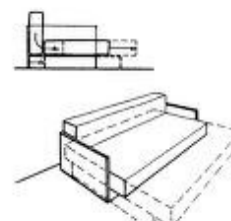
⑤ **Sofa-bed:** bedding rolls up in zipped covers



⑥ **Sofa-bed:** bedding stored in drawers under the mattress

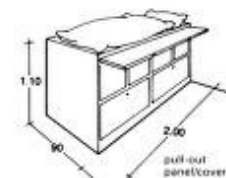


⑦ **Sofa-bed:** bedding stored behind backrests

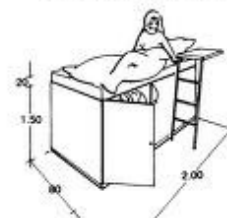


⑧ **Sofa-bed:** pull-out mattress

### Bunk beds and units



⑨ Bed on cupboard unit



⑩ Bed on cupboard for small rooms, ships' cabins etc.



⑪ Bunk for railway sleeping cars, holiday homes etc.

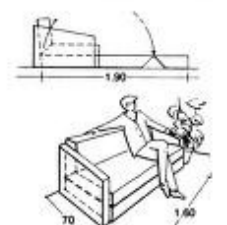


⑫ Pullman bed for caravans and railway sleeping cars

### Fold-up beds



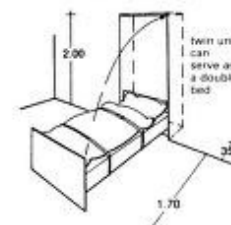
⑬ **Bed/chair (fold-out)**



(14) **Sofa-bed (fold-out)**



(15) **Side-hinged folding bed**

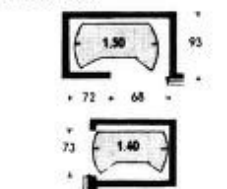


(16) Top-hinged folding bed

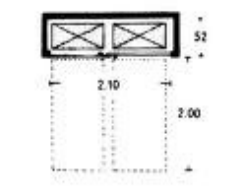
### Castor-mounted folding and wall beds



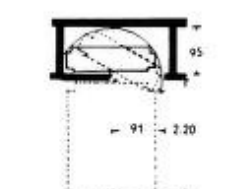
⑪ Folding bed on castors



⑬ Wall cupboards for folding beds



19 Beds unfolded in front of cupboard doors



② Hinged/swinging folding beds



Residential

DIMENSIONS OF THE HUMAN FIGURE

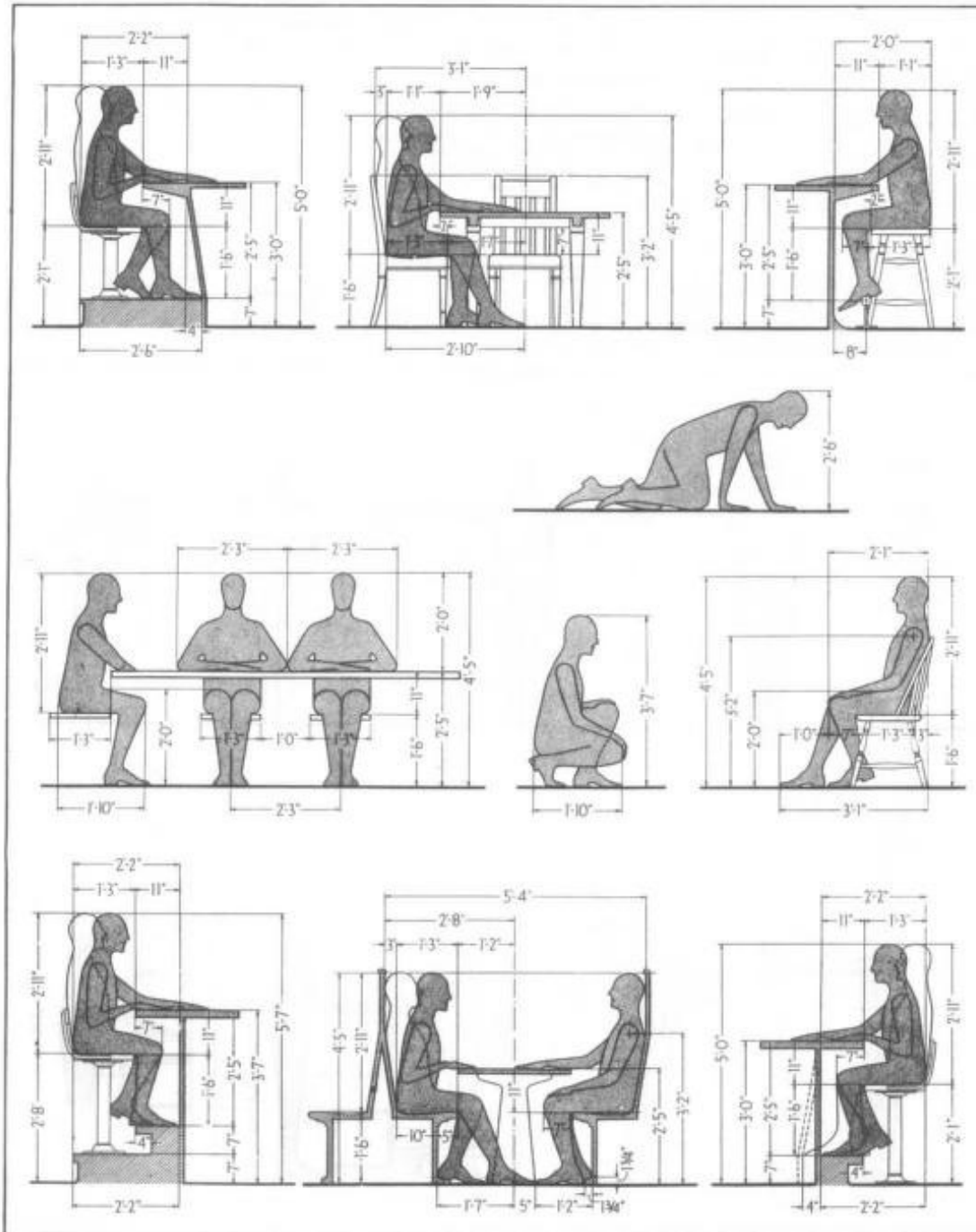


Fig. 2 (cont.)

## Residential BEDROOMS

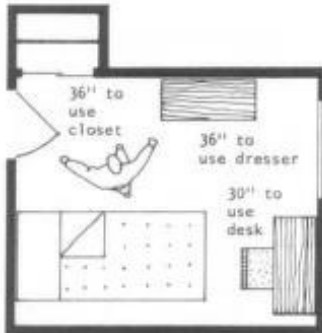


Fig. 4 Single-occupancy bedroom for elderly; there is a 12-in allowance to make the bed.\*

Where at least two other sleeping spaces are provided, a dormitory is sometimes preferred by larger families (Fig. 5).\*

\* From "Manual of Acceptable Practices," Vol. 4, U.S. Department of Housing and Urban Development, 1973.

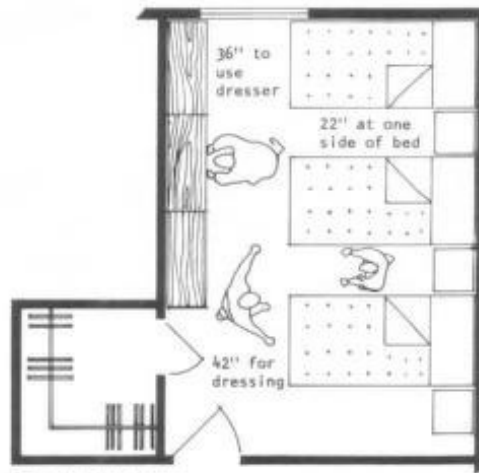
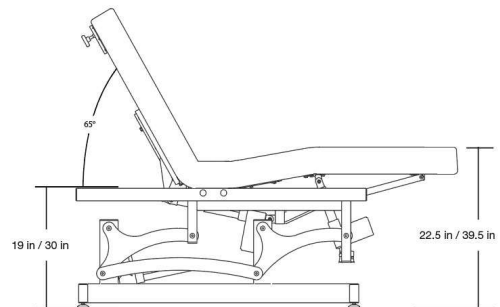
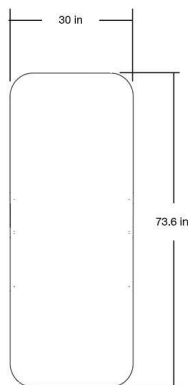
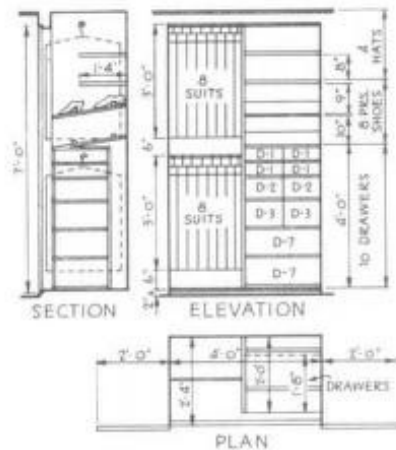


Fig. 5 Dormitory bedroom.

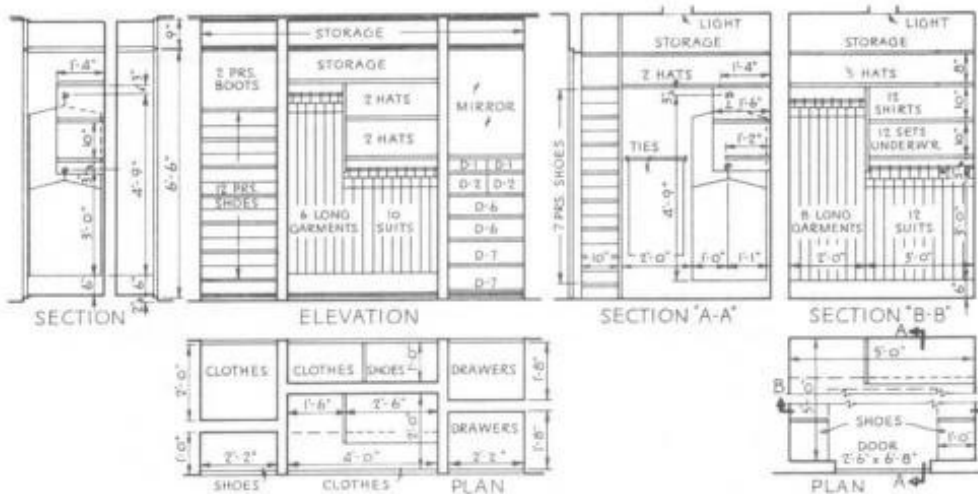




Another four-foot closet with ten standard drawers conveniently arranged. Shoes are placed tandem above the drawers for visibility and reachability. Poles are one above the other, requiring reaching.



A solution to the shallow closet problem. A pull-out rod takes care of the suit, coat and trouser hanging. Five drawers take the place of a small bureau or chest. Shoes are at "no stoop, no squat, no squint" levels.



Wide wardrobe closets of more luxurious size planned as part of walls separating two rooms. Four doors, sliding or swinging, can be used. Lower portion of shoe-tiers could be replaced with mothproof "dead-storage" drawers.

A deep walk-in closet. High tiers of shoe racks flank the door jambs. Shelves for live and dead storage on three sides, upper levels. Suit poles range the back wall. Ties are on the left wall, night clothes hooks on right wall.

Fig. 6. Bedroom closets for men

# **CHAPTER-04**

## COMPARATIVE ANALYSIS

### COMPARATIVE ANALYSIS-

S.No .	SPACES	CASE STUDY 1	CASE STUDY 2	LIT. STUDY 1	LIT. STUDY 2	STANDARDS	INFERENCES
1	Reception Dormaterys Meditation/ Yoga Halls Spa/ Therapy Rooms Sauna	Wall- Distemper Paint Wall- Distemper Paint - - -	Wall- Distemper Paint Wall- Distemper Paint - Wall- Distemper Paint -	Wall- Distemper Paint - Wall- Distemper Paint Wall- Distemper Paint -	Wall- White Texture Paint - - Wall- White Texture Paint Wall- White Texture Paint	- - - -	Wall- White Texture Paint - - Wall- White Texture Paint Wall- Wood
2	Reception Dormaterys Meditation/ Yoga Halls Spa/ Therapy Rooms Sauna	Ceiling- Distemper Paint Ceiling- Distemper Paint Ceiling- Metal Structure In Enamel Paint - -	Ceiling - Distemper Paint Ceiling- Distemper Paint - Ceiling- Distemper Paint -	Ceiling- Distemper Paint - Ceiling- Distemper Paint Ceiling- Distemper Paint -	Ceiling- White Texture Paint - - Ceiling- White Texture Paint Ceiling- White Texture Paint	- - - -	Ceiling- Dome - Ceiling- Thatchs Roof Ceiling- Pop Finish Ceiling- Wooden Panneling
3	Reception Dormaterys Meditation/ Yoga Halls Spa/ Therapy Rooms Sauna	Flooring- Marble Stone Flooring- Ceramic Tile Flooring- Marble Stone - -	Flooring- Grey Marble Stone Flooring- Ceramic Tile - Flooring- Terracotta Tiles/ Grey Stone -	Flooring- Kota Stone - Flooring- Terracotta Tile Flooring- Ceramic Tile -	Flooring- White Raisin - - - Flooring- White Raisin	- - - -	Flooring- White Raisin - Flooring- Kota Stone Flooring- Kota Stone Flooring- Kota Stone
4	Reception Dormaterys Meditation/ Yoga Halls Spa/ Therapy Rooms Sauna	Fenestratio n- 56 Sqft. Fenestratio n- 120 Sqft. (Each Rooms) - -	- Fenestration- 47.8 Sqft. (Each Rooms) - Fenestration- 120 Sqft. (Each Rooms)	Fenestration- 120 Sqft. - Fenestration- 392 Sqft.(All 4 Halls) Fenestration- 740 Sqft.(All	Fenestration- 64 Sqft. - - Fenestration- 28 Sqft.(Each) Fenestration-	- - - -	Fenestration- 170.27 Sqft. - Fenestration- 50 Sqft. (Each Room) Fenestration- 32.8 Sqft.



		-	-	10 Rooms) -	28.8 Sqft.		(Each Room) Fenestration- 24 Sqft.
5	Reception Dormaterys Meditation/ Yoga Halls Spa/ Therapy Rooms Sauna	Window Dressing- - Window Dressing- Curtains - - -	Window Dressing- Rattan Blinds Window Dressing- Rattan Blinds Window Dressing- Rattan Blinds - -	- Window Dressing- Rattan Blinds Window Dressing- Rattan Blinds Window Dressing- Rattan Blinds -	- - - -	- - - -	Window Dressing- Rattan Blinds - - Window Dressing- Rattan Blinds -
6	Circulation	Admin Block- 37% Meditation Hall- 95% Residencial Block- 43%	Herapy Block – 25% Admin Block – 29% Residencial Block- 15%	- - -	Therapy Block – 32% Admin Area – 39% Spa- 95%	Admin Area – 25% - 40% Therapy Rooms – 25% - 40% Sauna – >30% Activity Area – 25% - 40%	Therapy Block – 25% Admin Block – 29% Meditation Hall- 95% Mud Area- Activity Area-
7	Type Of Furniture's	Mod-Ern	Modern	Traditional	Modern	-	-
8	Colour Scheme	Black, White, Wood	White, Terracotta, Beige, Wood	White, Grey, Wood, Brick	White, Green	-	Earthy Colours
9	Reception Meditation/ Yoga Halls Spa/ Therapy Rooms Sauna	Accent Lights Accent Lights Ambient Lights - -	Accent Lights Accent Lights Ambient Lights Accent Lights -	Ambient Lights Ambient Lights Ambient Lights Ambient Lights -	Ambient Lights Ambient Lights Ambient Lights Ambient Lights Ambient Lights	- - - -	Ambient Lights Ambient Lights Ambient Lights Ambient Lights Ambient Lights Ambient Lights
10	Art Fixture	Modern Arts Sculpture	Sculpture	Traditional Arts	Sculptures	-	Taraditional Wall Painting

## **BIBLIOGRAPHY-**

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3. <https://www.scribd.com/presentation/445013717/LIVE-CASESTUDY-SITE-pptx>
4. <https://kamalmangaldas.net/project/nature-cure-centre>
5. <https://www.archdaily.com/795356/shreyas-retreat-the-purple-ink-studio>
6. <https://www.shreyasretreat.com/>
7. SITE DRAWINGS RECEIVED FROM VISTAAR DESIGN
8. SITE IMAGES RECEIVED FROM SITE
9. STANDARDS - <https://byarchlens.com/wp-content/uploads/2020/11/Neufert-4th-edition.pdf>

# SITE ANALYSIS – RESORT AND WELLNESS CENTRE

## Concept Sheet-



### STYLE THAT DEFINES MY INTERIOR DESIGN CONCEPT FUSION SANCTUARY

FUSION SANCTUARY IS TO BLENDING TRADITIONAL INDIAN, MINIMALIST, AND RUSTIC ELEMENTS TO CREATE PEACE OF RETREAT.

#### RECEPTION AREA:- "ARGNI"

Is a Sanskrit word of **welcome**. Inspired by the warmth and hospitality of traditional Indian culture, the Reception area, "Agni," embodies the Fusion Sanctuary design style with a rustic touch. Soft edges, curved lines, and organic shapes create a soothing and inviting atmosphere, while rustic elements add a touch of earthiness and authenticity. Creating a warm, inviting, and soothing atmosphere that welcomes guests and sets the tone for a peaceful and rejuvenating experience.

#### SHIRODHARA THERAPY AREA:- "DHARA"

Is a Sanskrit word of **flow**. Inspired by the ancient Indian practice of Shirodhara, the "Dhara" therapy area embodies the Fusion Sanctuary design style with a minimalist touch. Soft, calming colors, natural materials, and organic shapes create a serene atmosphere, perfect for relaxation and rejuvenation.

#### AROMA THERAPY AREA:- "SUGANDHA"

Is a Sanskrit word of **Fragrance**. Embodies the Fusion Sanctuary design style with a minimalist touch, creating a serene and calming atmosphere perfect for relaxation and rejuvenation. Soft, warm lighting, a calming color palette featuring greens, blues, and neutrals, and natural materials like reclaimed wood, stone, and plants come together to create a peaceful ambiance. Organic textiles and a minimalist essential oil display and aroma diffuser add to the soothing atmosphere, inviting guests to unwind and rejuvenate.

#### DETOXIFICATION THERAPY AREA:- "SHUDDHI"

Is a Sanskrit word of **Purification**. Embodies the Fusion Sanctuary design style with a minimalist touch, creating a serene space for purification and rejuvenation. Soft, calming colors, natural materials, and minimalist lighting come together to create a peaceful ambiance, while sleek detoxification equipment, such as infrared saunas and detoxifying foot baths, provide a rejuvenating experience.

#### SAUNA BATH AREA:- "TAPAS"

Is a Sanskrit word of **Austerity**. Embodies the fusion sanctuary design style with a minimalist touch, creating a serene space for relaxation and detoxification. Natural materials like reclaimed wood and stone, soft warm lighting, and calming colors like earthy tones and whites come together to create a peaceful ambiance, while sleek, minimalist sauna equipment provides a rejuvenating experience.

#### CORRIDORS:- "MARGA"

Is a Sanskrit word of **Path**. Inspired by the simplicity and serenity of minimalist design, the "Marga" corridors embody minimalist design style, creating a calm and peaceful atmosphere that guides visitors through the wellness centre

#### TOILETS:- "PRAKRITI"

Is a Sanskrit word of **Nature**. Inspired by the rustic charm of natural environments, the "Prakriti" toilets embody the Rustic design style with a minimalist touch. A calming and refreshing atmosphere, perfect for a serene retreat.

## TATVA

Concept the use of **Tatva**: A Sanskrit word for "ELEMENT" or "PRINCIPLE," highlighting the connection to natural elements and traditional Indian philosophy. Refers to the fundamental building blocks of the universe, often used in Ayurvedic and yogic philosophies.

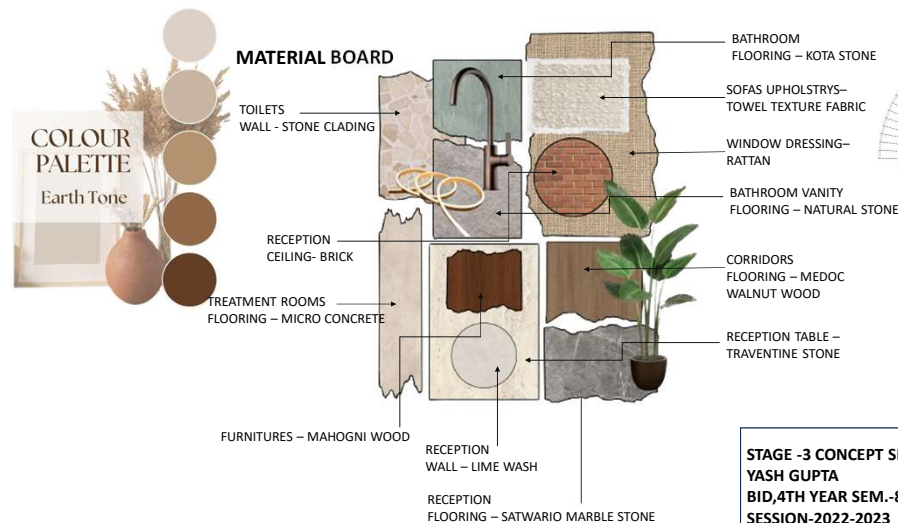
### FURNISHING THAT DEFINES FUSION SANCTUARY DESIGN

Flush, oversized sofas with soft, rounded edges, rustic wooden benches with intricate carvings, and floor cushions with vibrant, traditional Indian patterns. Lighting is warm and inviting, with table lamps featuring natural linen shades, rustic metal lanterns, and string lights with small, delicate bulbs. Textiles play a key role, with vintage Indian fabrics, soft chunky throw blankets, and rustic hand-woven baskets adding depth and visual interest. Natural elements, intricately carved wooden accents, and soft, warm-toned artwork complete the look, all tied together with a soothing color palette featuring earth tones, soft pastels, and rich, muted jewel tones.



### COLOUR PALETTE USED IN INTERIORS

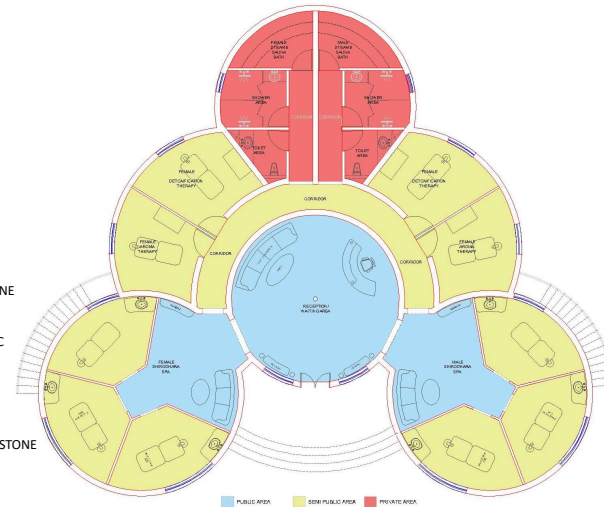
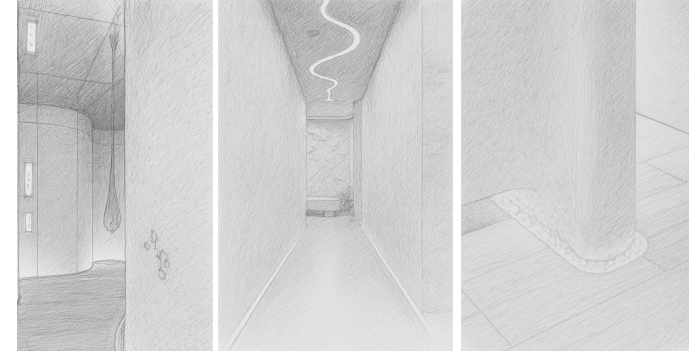
The Earthy colour palette brings a sense of calmness and serenity to the wellness centre interior, creating a soothing atmosphere that promotes relaxation and rejuvenation.



## THE FEATURE OF FUSION SANCTUARY

Fusion sanctuary design style blends traditional Indian, minimalist, and rustic elements. Soft, curved lines and rounded edges create a calming atmosphere. Natural materials, intricate patterns, and ornate details add warmth and depth. Earthy colours and textures bring a sense of organic harmony. The result is a soothing, eclectic space that promotes relaxation.

### CONCEPTUAL SKETCH



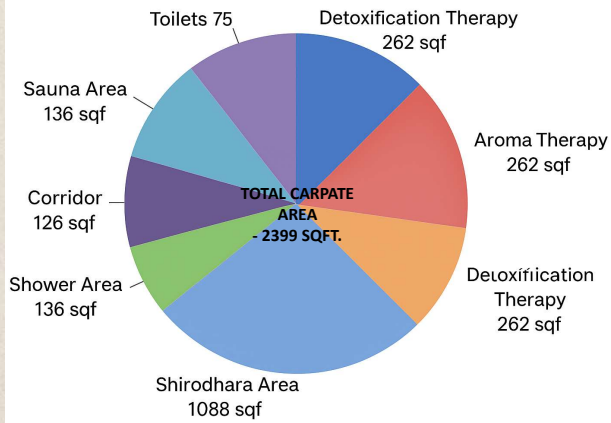
STAGE -3 CONCEPT SHEET  
YASH GUPTA  
BID,4TH YEAR SEM.-8TH  
SESSION-2022-2023  
BBD UNIVERSITY, LKO.

THESIS GUIDE –  
AR. AANSHUL SINGH  
THESIS CO-ORDINATORS-  
AR. VERSHA VERMA

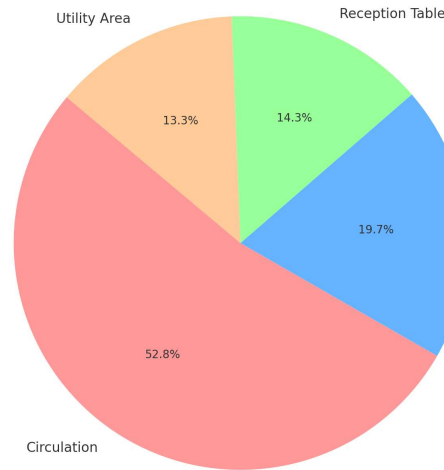


## ZONING AND HORIZONTAL CIRCULATION-

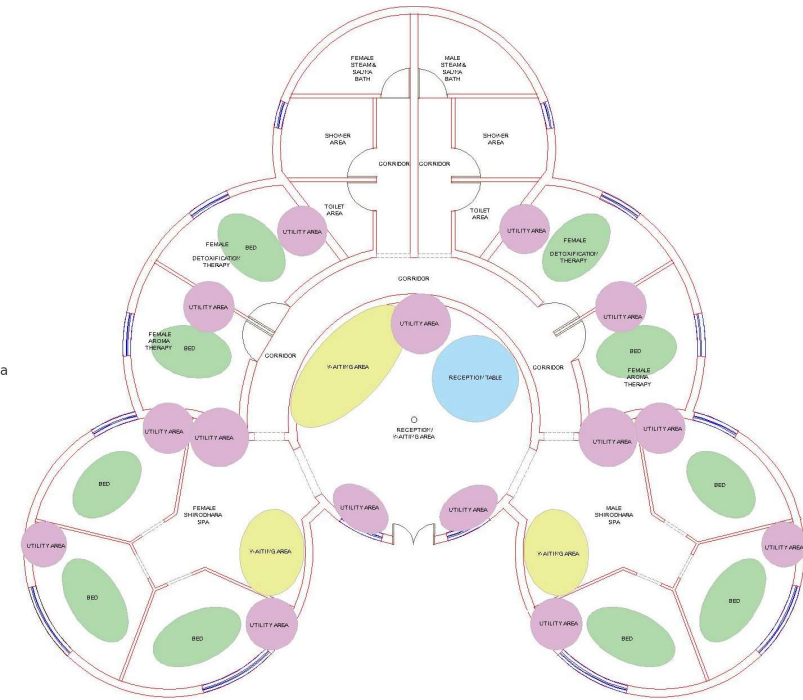
### BUILDING AREA DISTRIBUTION



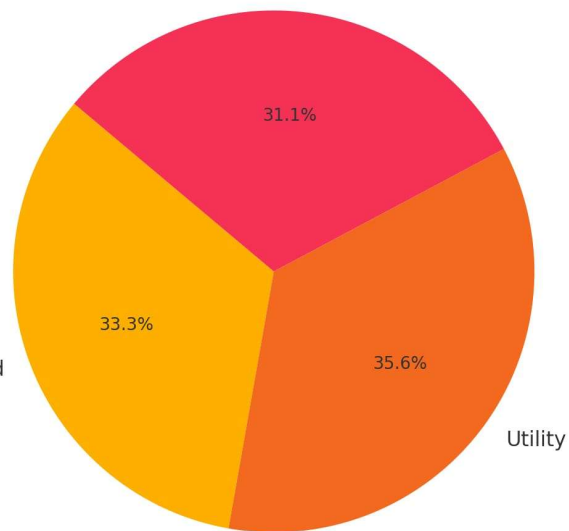
### Reception Area Distribution by Area (sqft)



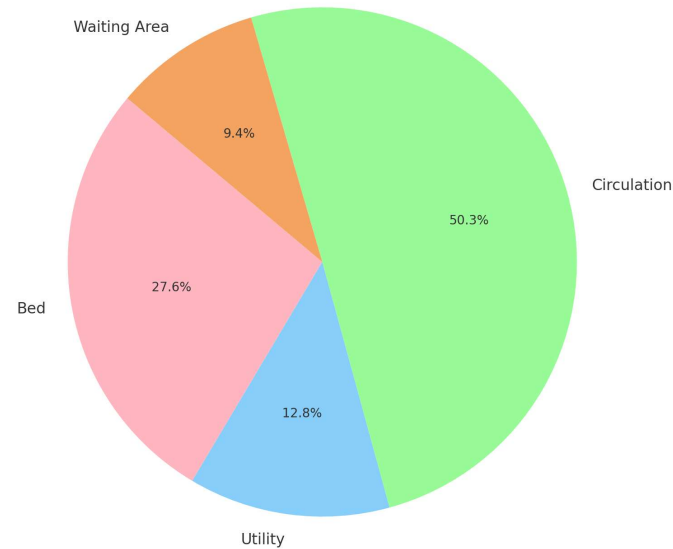
Waiting Area



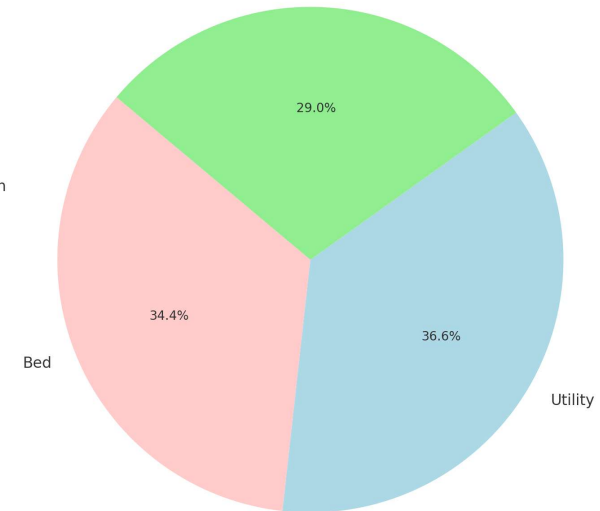
### Detoxification Area Distribution



### Shirodhara Therapy Room Distribution by Area (sqft)



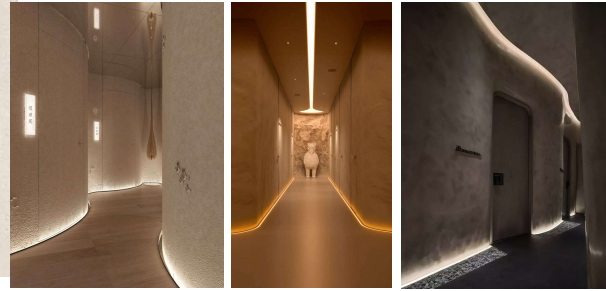
### Aroma Therapy Room Distribution by Area (sqft)





## AREA ZONING WITH DESIGN REFFRENCES -

### DETOXIFICATION THERAPY AREA



CORRIDORS

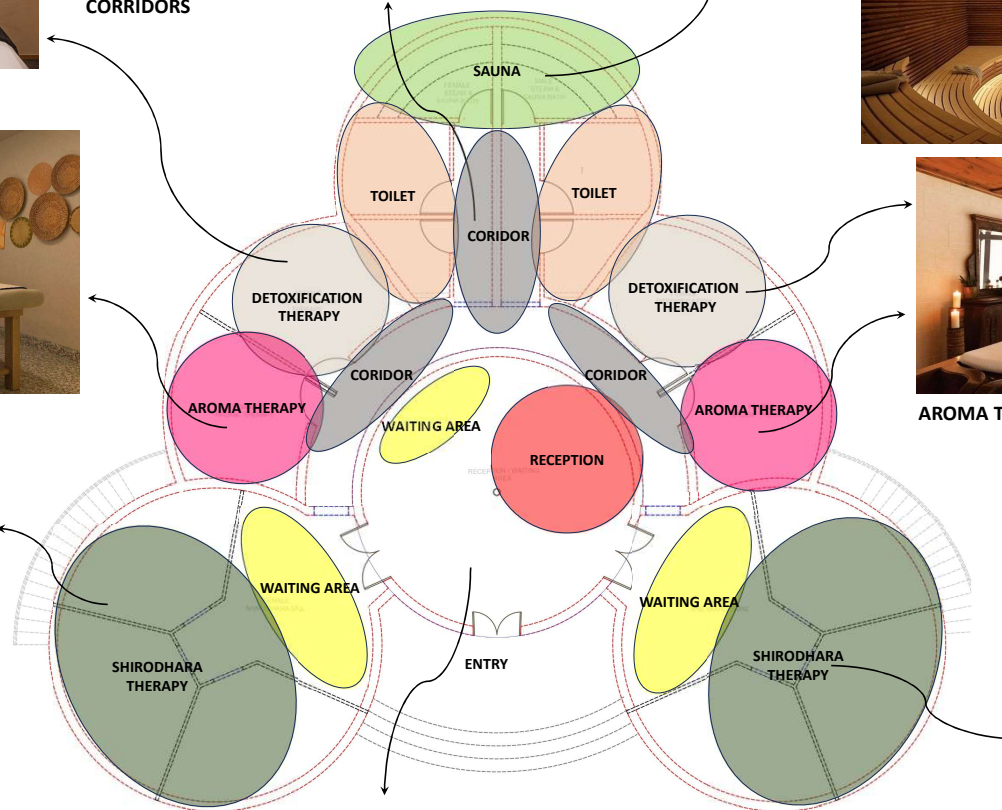


SAUNA ROOMS

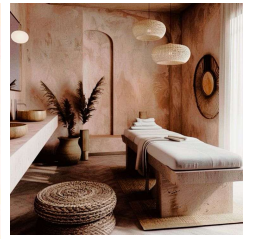
### AROMA THERAPY AREA



SHIRODHARA THERAPY AREA

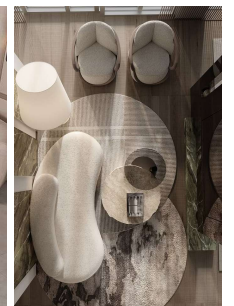
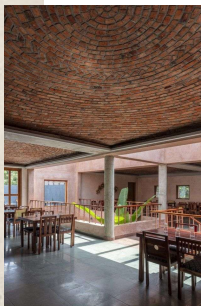


AROMA THERAPY AREA



SHIRODHARA THERAPY AREA

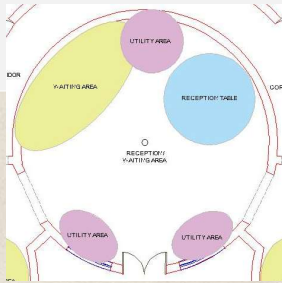
### RECEPTION AREA





# MOODBOARD-

## 1. RECEPTION



WALLS - LIME WASH

WOOD

SIDE TABLE

HANGING LIGHT

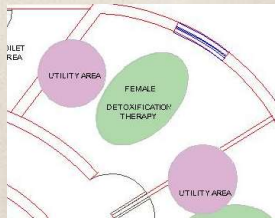
RECEPTION TABLE

CEILING- ROHTAK DOME

MICRO CONCRETE FLOORING

FURNITURES

## 4. DETOXIFICATION THERAPY AREA



ARMO THERAPY BED

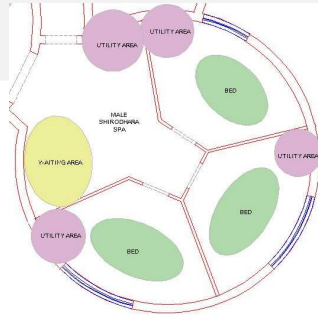
BRASS BELLS CHANDLER

MICRO- CONCRETING FLOORING

MAHOGANI WOOD

COLOUR PALETTE

## 2. SHIRODHARA THERAPY AREA



WALLS - LIME WASH

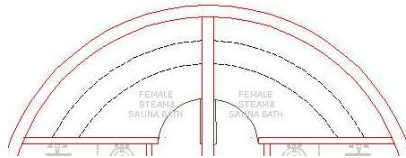
SHIRODHARA BED

MICRO- CONCRETING FLOORING

CONSOLE

STONE FINISH WASHBASIN

## 5. STEAM & SAUNA AREA



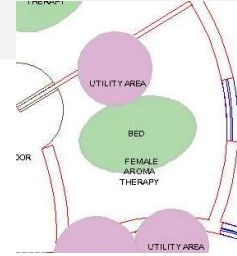
ROCK WALL TEXTURE

TEAK WOOD

MARBLE FLOORING

LIGHTING FIXTURE

## 3. AROMA THERAPY AREA



ARMO THERAPY BED

MICRO- CONCRETING FLOORING

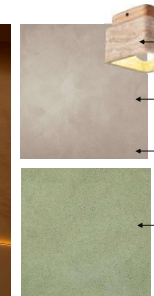
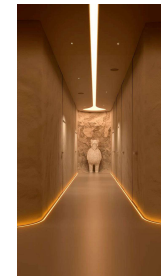
MAHOGANI WOOD

CONSOLE

WALLS - LIME WASH

CEILING - SUNROOF

## 5. CORRIDORS



LIGHTING FIXTURE

WALLS - LIME WASH

CEILING - LIME WASH

MICRO CONCRETE FLOORING



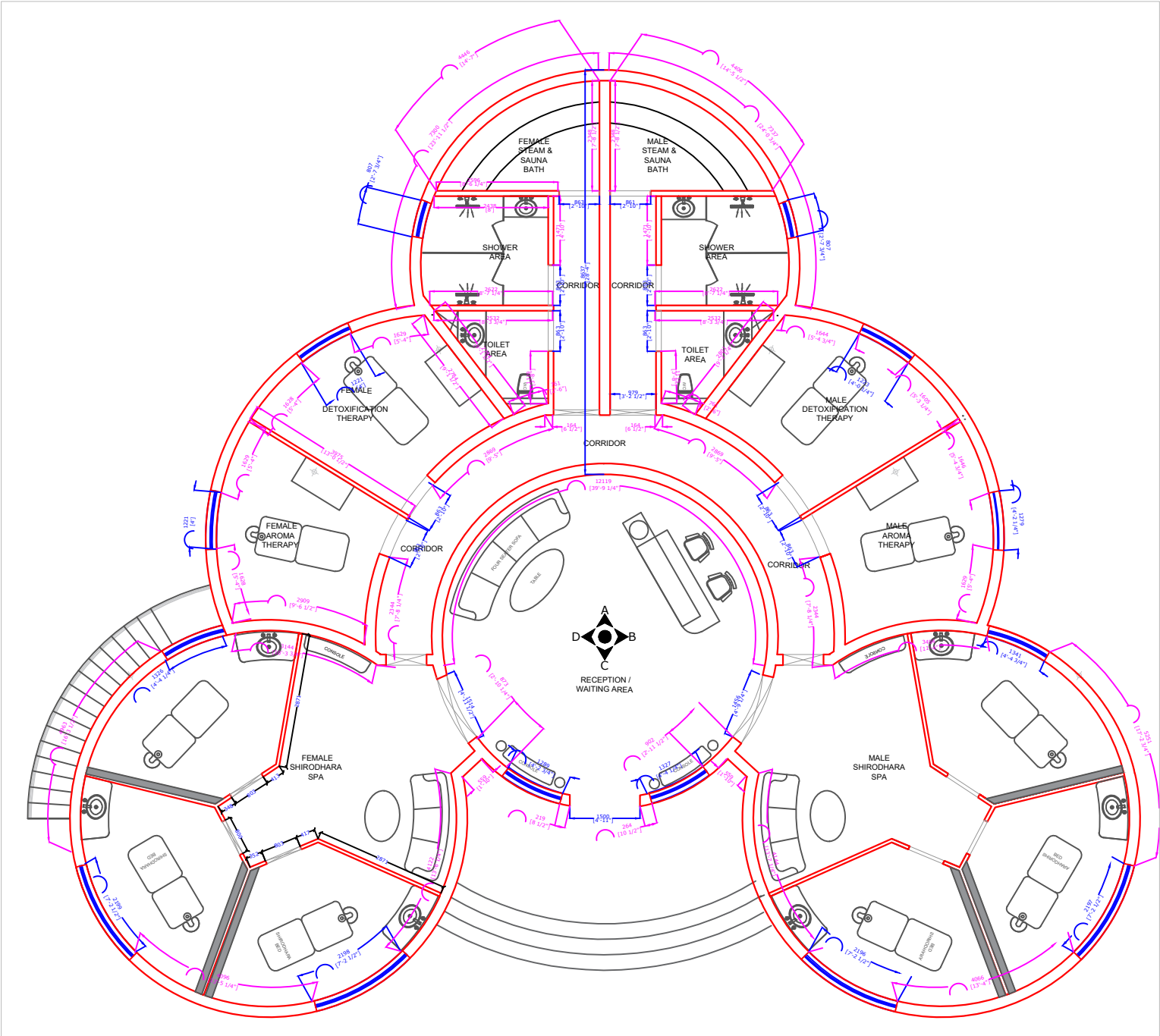
CHAAU MASK

COLOUR PALLETTE

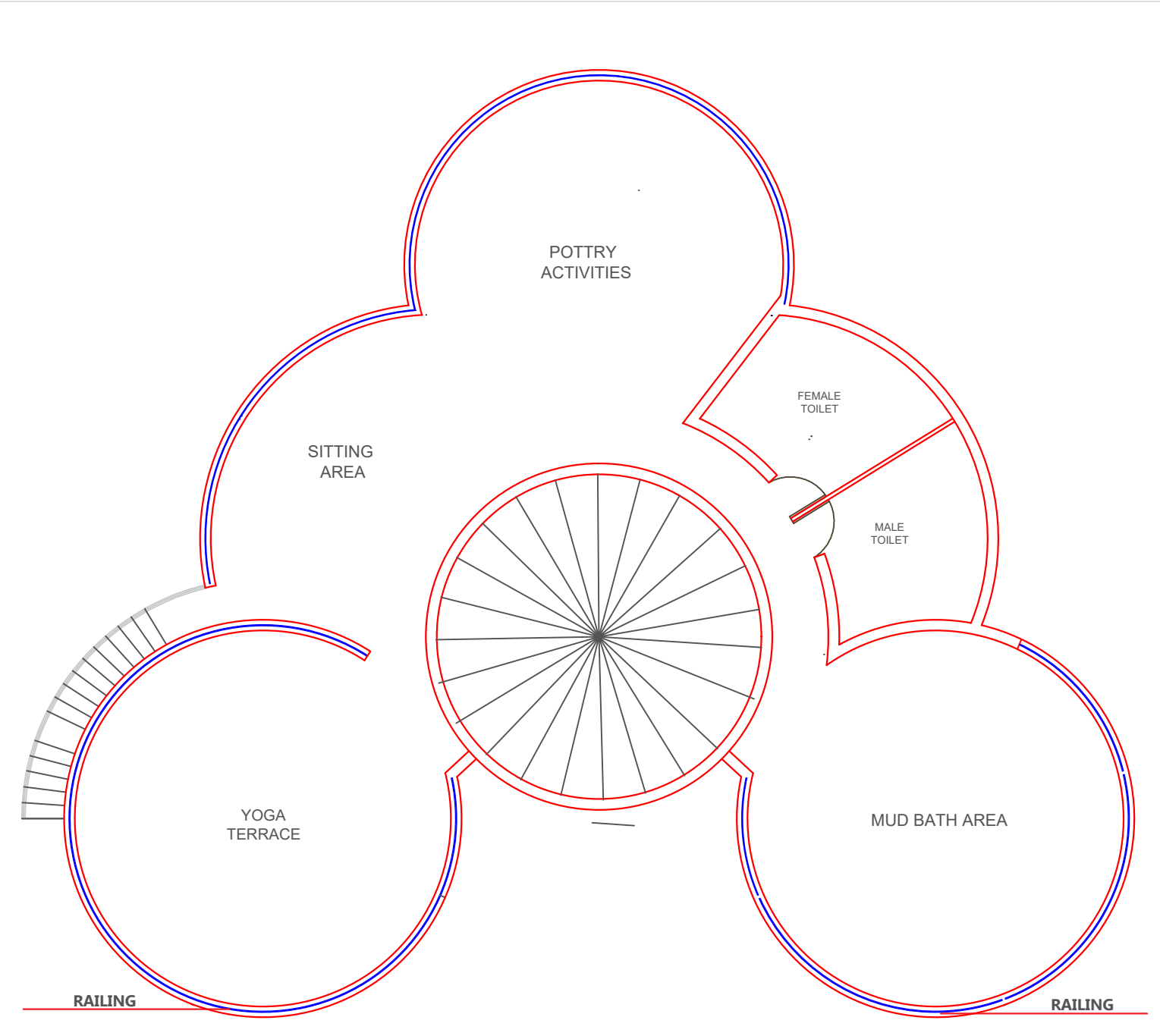
STAGE -3 MOOD BOARD  
YASH GUPTA  
BID,4TH YEAR SEM.-8TH  
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THESIS GUIDE –  
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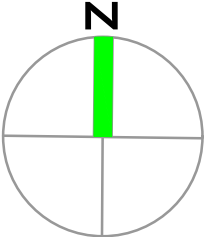




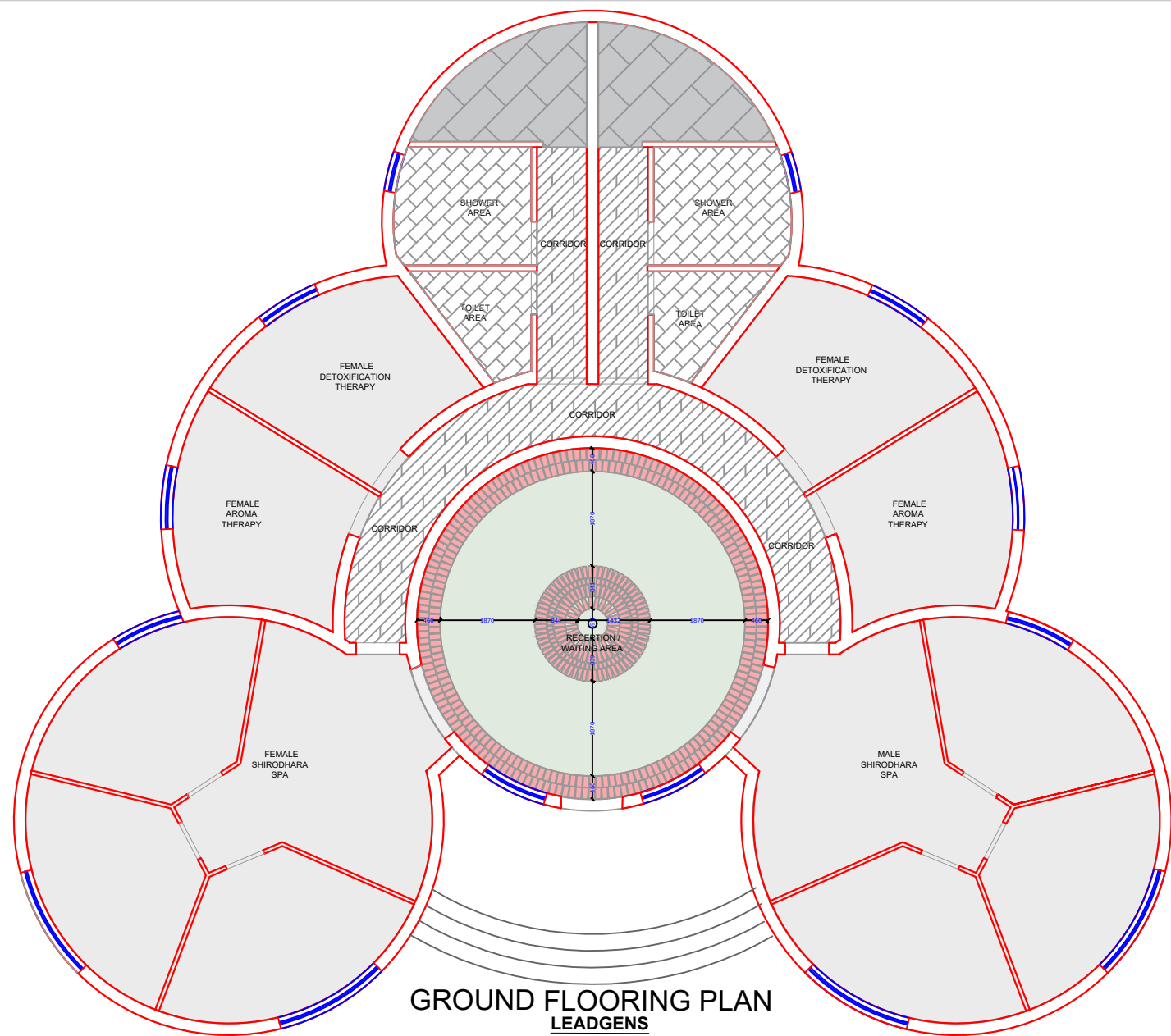
GROUND FLOOR PLAN



TERRACE FLOOR PLAN

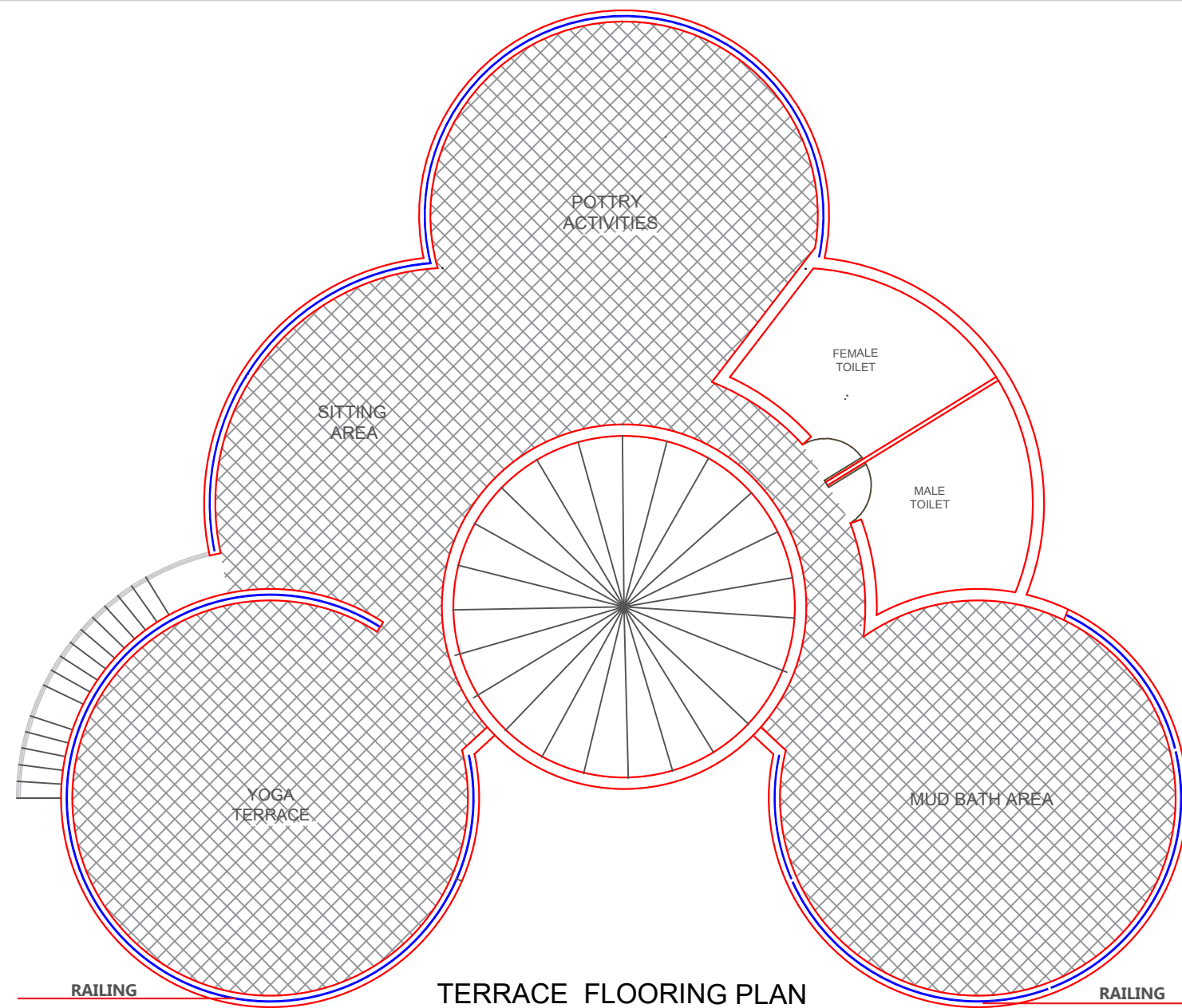
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	<p><b>SCALE</b> N.T.S.</p>	<p><b>THESIS COORDINATER</b> Ar. VARSHA VERMA</p>	<p><b>DRAWING TYPE-</b> LAYOUT PLAN</p>	



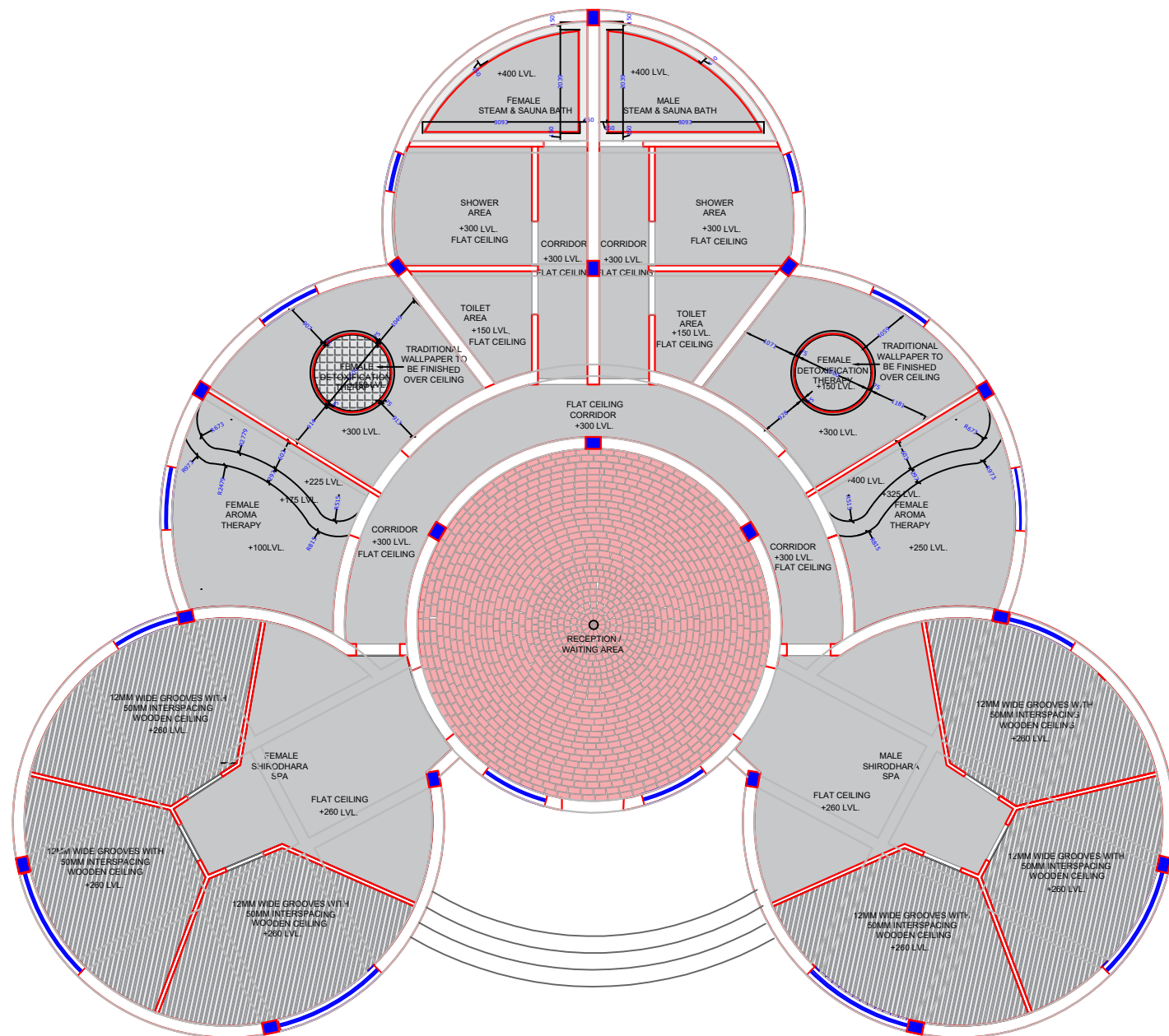


**GROUND FLOORING PLAN  
LEADGENS**

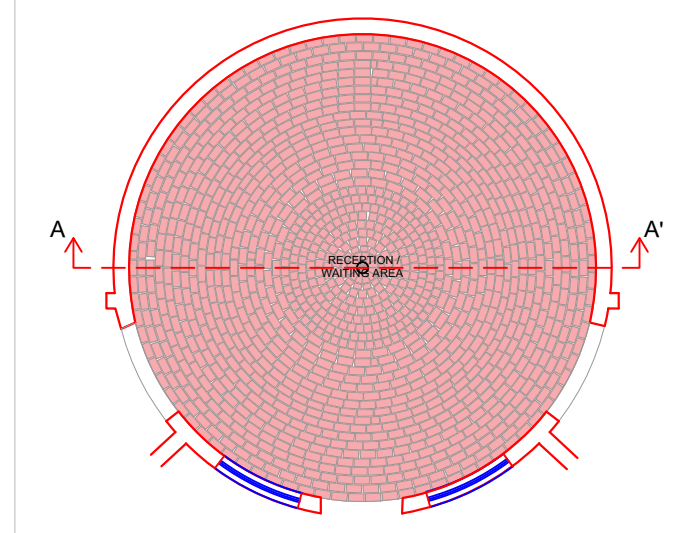
S.NO.	SYMBOL	FLOORING TYPE	IMAGE	SIZE
1.		GREEN MICRO FINE CONCRETE		-
2.		GREY MICRO FINE CONCRETE		-
3.		HERRINGBONE PATTERN WOODEN FLOORING		840 MM x 140 MM
4.		KOTA STONE FLOORING		450 MM x 300 MM
5.		TRAVERTINE STONE FLOORING		2400 MM x 1200MM
6.		TERRACOTTA BRICK		230 MM x 75MM
7.		TERRACOTTA TILES		300 MM x 300 MM



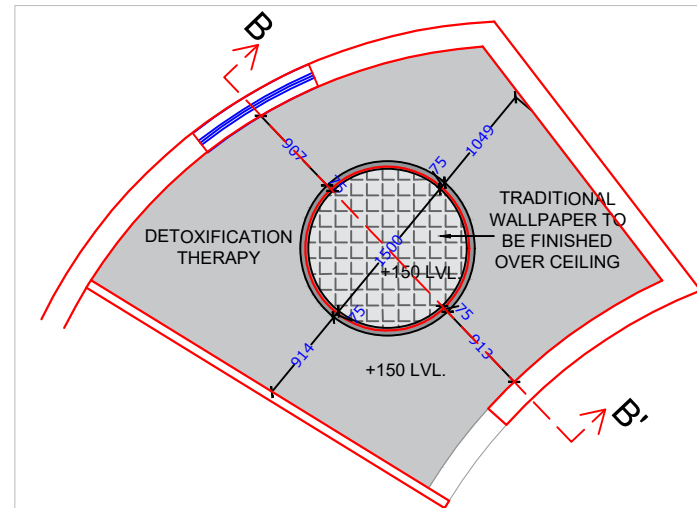
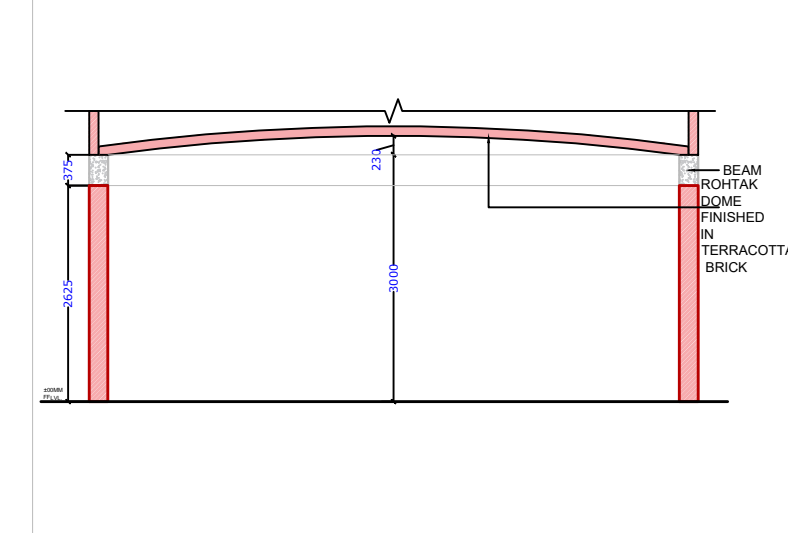
**TERRACE FLOORING PLAN**



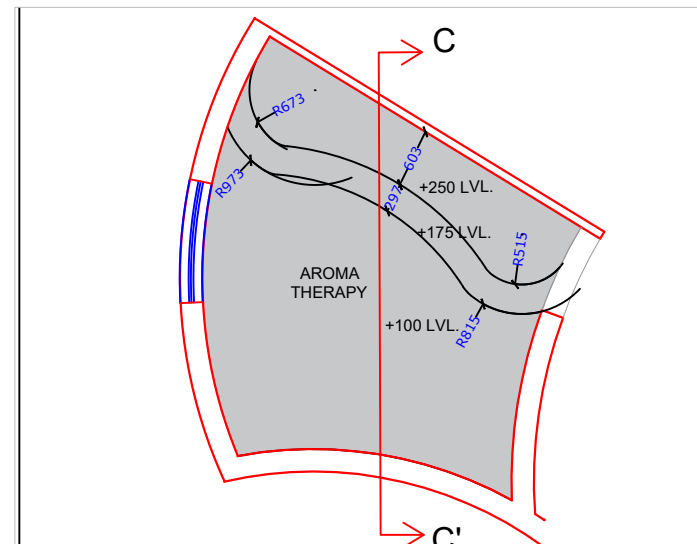
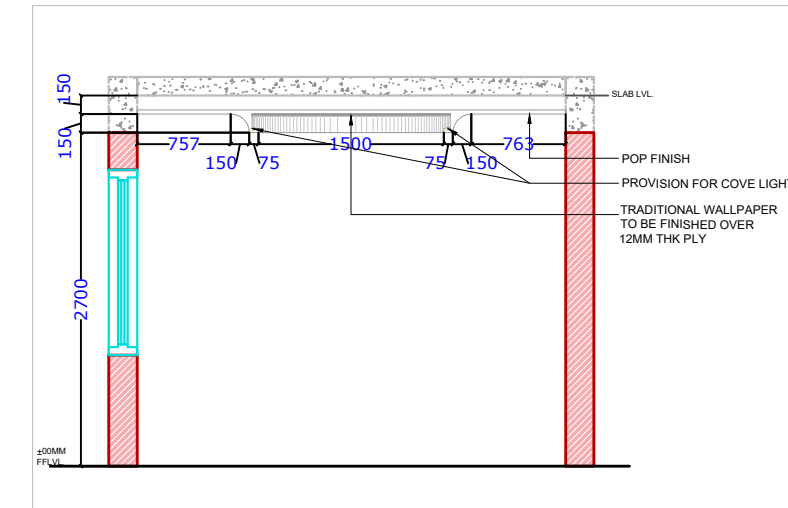
GROUND FLOOR CEILING PLAN



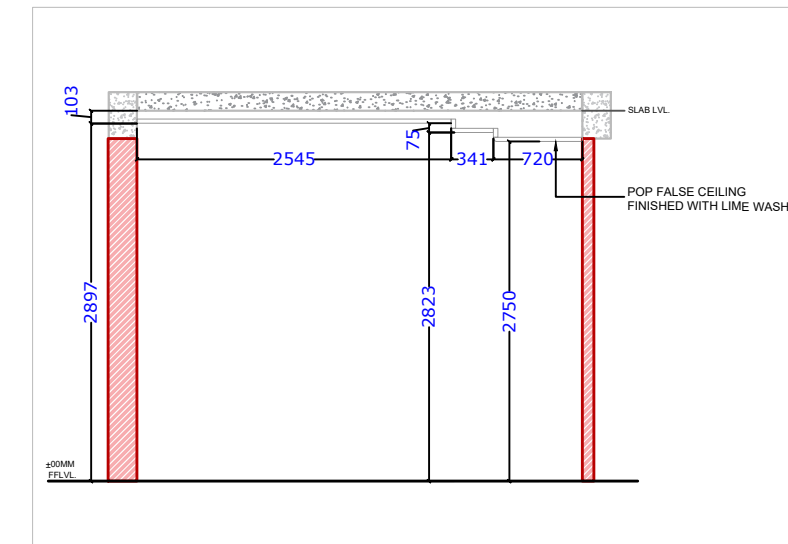
ELEVATION A



ELEVATION B



ELEVATION C



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**PROJECT TYPE**  
WELLNESS CENTRE

**SCALE**  
N.T.S.

**THESIS GUIDE**

Ar. AANSHUL SINGH

**THESIS COORDINATER**

Ar. VARSHA VERMA

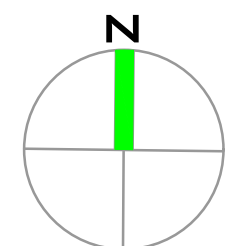
**DRAWN BY-**

YASH GUPTA

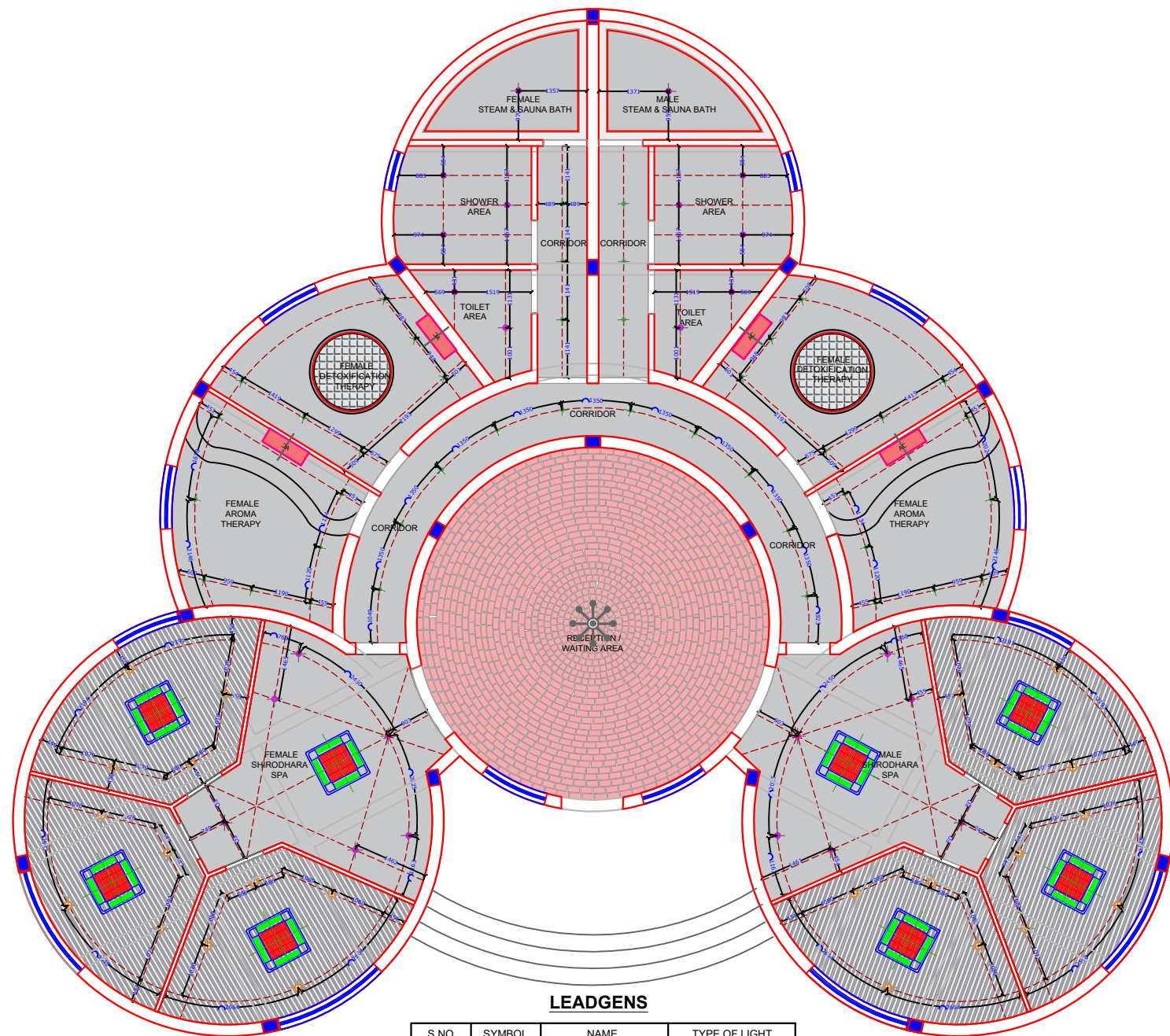
**DRAWING TYPE-**

GROUND CEILING  
PLAN AND SECTIONS

**NORTH**

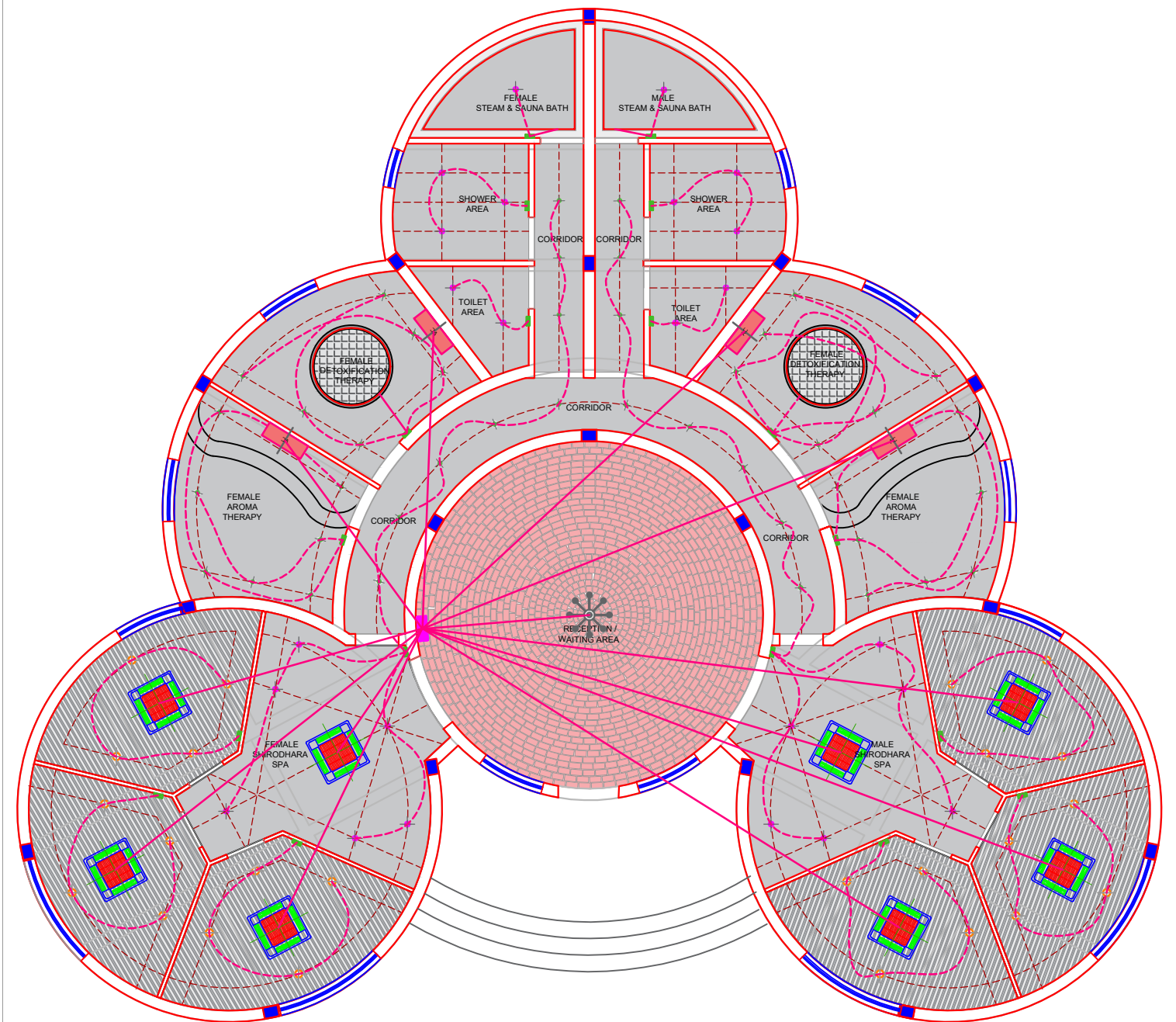






#### LEADGENS

S.NO.	SYMBOL	NAME	TYPE OF LIGHT
1.		RECESS COB - 7 W	WARM LIGHT 3000K
2.		RECESS COB - 12 W	WARM LIGHT 3000K
3.		SURFACE COB - 9 W	NATURAL LIGHT 3500K
4.		COVE LIGHT	NATURAL LIGHT 3500K
5.		4 WAY CASSETTE AC	-
6.		CHANDILER	WARM LIGHT 3000K



GROUND FLOOR PLAN



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N.T.S.

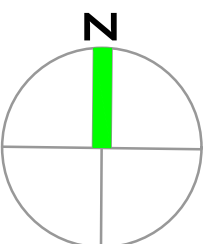
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**THESIS CO-ORDINATOR**  
Ar. VARSHA VERMA

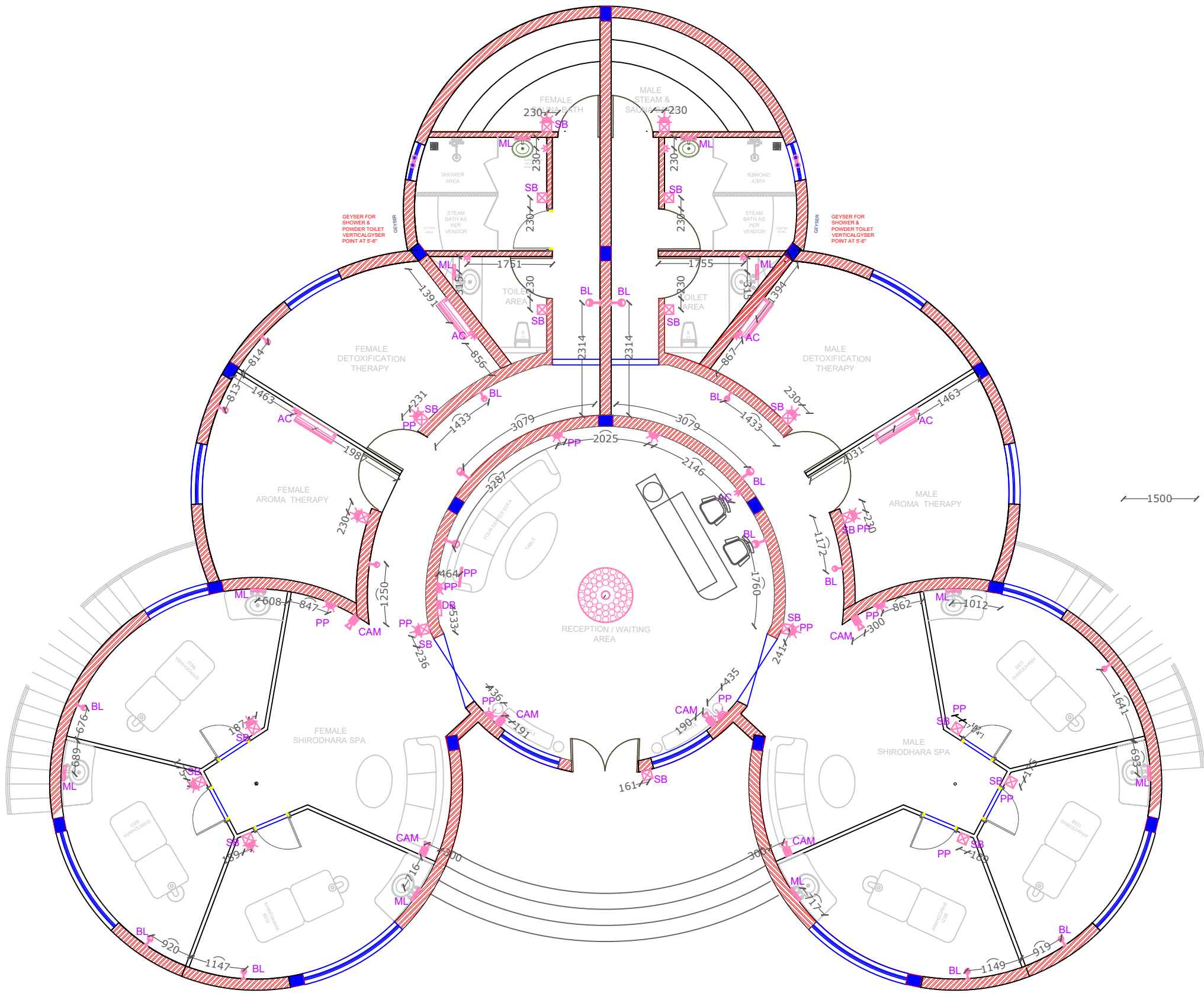
**DRAWN BY-**  
YASH GUPTA

**DRAWING TYPE-**  
LIGHTING AND LOOPING

**NORTH**







-LEGEND-				
SR. NO.	SYMBOL	DISCRIPTION	POSITION	RATING
01.		SWITCH BOARD	3'-6"	-
02.		POWER POINT	3'-6" / 1'-0"	05 AMP
03.		POWER POINT	1'-0"	15 AMP
04.		A. C. POINT	1'-0"	20 AMP
05.		BRACKET LIGHT	9'-0"	-
06.		TUBE LIGHT	9'-0"	1'40W
07.		PENDENT TUBE LIGHT	CEILING	1'40W
08.		PENDENT TUBE LIGHT	CEILING	2'40W
09.		MIRROR-OPTIC LIGHT	CEILING	2'40W
10.		TELEPHONE POINT	1'-0"	-
11.		T. V. POINT	WALL	-
12.		MIRROR LIGHT	WALL	1'20W
13.		CEILING FAN	CEILING	60W
14.		WALL MOUNTED FAN	WALL	60W
15.		EXHAUST FAN	WIN./VEN.	60W
16.		CEILING LIGHT (C.F.L.)	CEILING	18W
17.		SPOT LIGHT(HALOGEN)	CEILING	40W
18.		CALL BELL	3'-0"	-
19.		BUZZER	8'-0"	-
20.		DISTRIBUTION BOARD	4'-0"	-
21.		CHANDELIER	CEILING	-
22.		METAL HALIDE	at G. F.	250W
23.		EARTH PIT	-	-
24.		INDICATES CONTROLLING OF LIGHT/FAN FROM SWITCH BOARD.		
25.		SUB-MAIN CONDUIT HAVING 2 Nos. G.I. WIRE TIDE UP AT OUTER SURFACE OF CONDUIT.		
26.		CONDUIT		
27.		CC TV CAMERA		
28.		INTERNET POINT		
29.		SPLIT A.C	7'-9"	3500W



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**PROJECT TYPE**  
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**SCALE**  
N.T.S.

**THESIS GUIDE**

Ar. AANSHUL SINGH

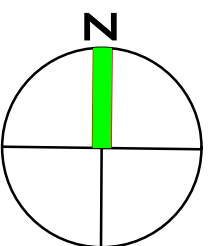
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Ar. VARSHA VERMA

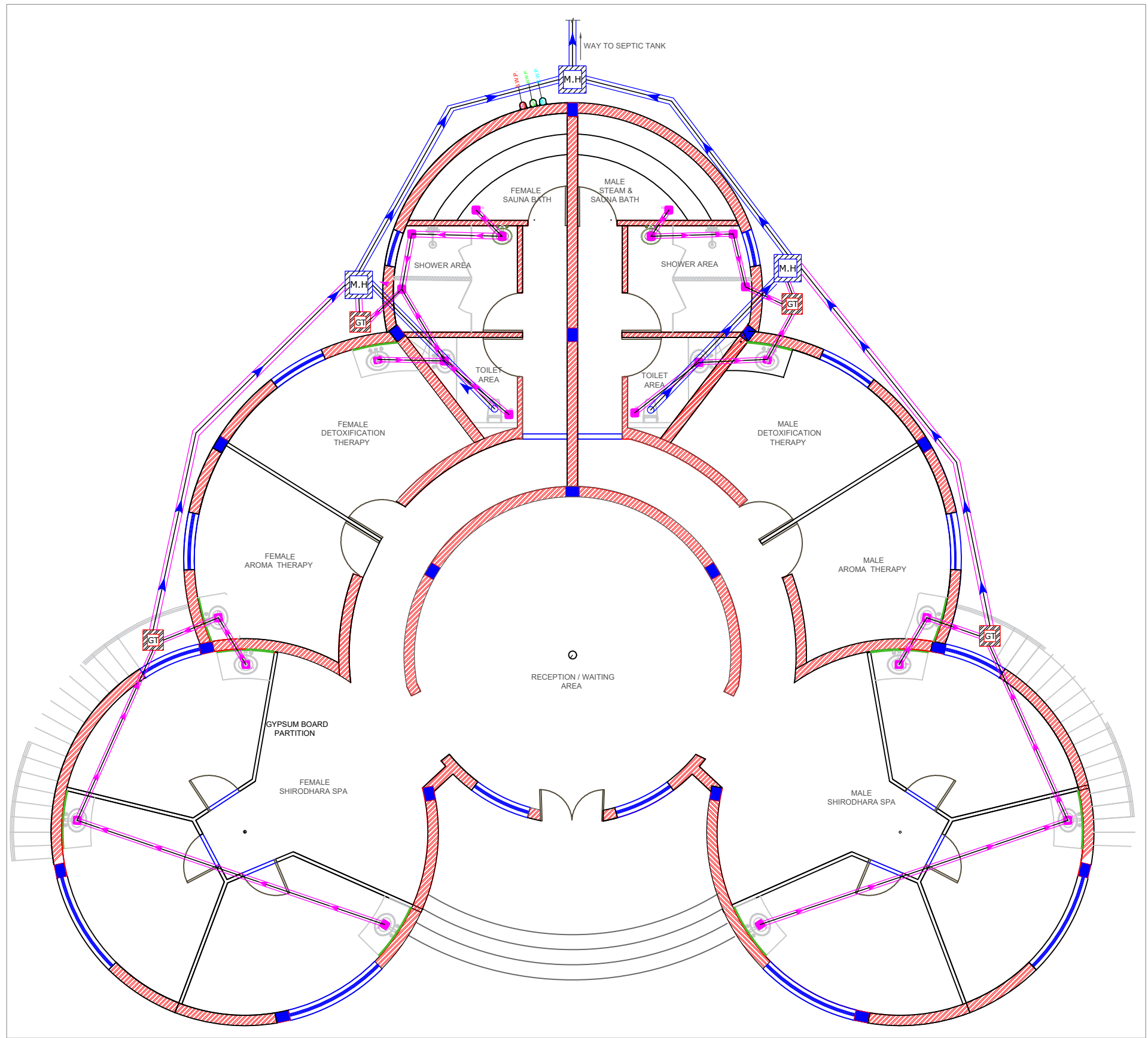
**DRAWN BY-**  
YASH GUPTA






**DRAWING TYPE-**  
WALL ELECTRICAL  
LAYOUT

**NORTH**







LEGEND FOR PLUMBING PIPE	
(1)	110ø SOIL & VENT PIPE
(2)	110ø WASTE & VENT PIPE
(4)	COLD WATER SUPPLY
(4a)	HOT WATER SUPPLY
(4b)	COLD WATER SUPPLY FROM RO.
(6)	COLD WATER RISER FOR MCD LINE
(6a)	COLD WATER RISER FOR BOREWELL LINE
(10)	90ø RAIN WATER PIPE
(10a)	110ø RAIN WATER PIPE
(10b)	160ø RAIN WATER PIPE
FD	FLOOR DRAIN
FT	FLOOR TRAP
FT	CUTOUT SIZE 150mmX150mm
W.C	CUTOUT SIZE 150mmX150mm
	GULLY TRAP 300X300MM
	MANHOLE SIZE 600X600
	CATCH BASIN 450X450
	110ø WASTE PIPE
	110ø SOIL PIPE
NOTE:- 1. FD TO FT 75ø WASTE PIPE	
2. WASHBASIN TO FT 50ø WASTE PIPE	
3. KITCHEN SINK/URINAL TO FT 75ø WASTE PIPE	
150ø WASTE & VENT PIPE TO USED ON FLOOR HORIZONTAL PIPE	



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**PROJECT TYPE**  
WELLNESS CENTRE

**SCALE**  
N.T.S.

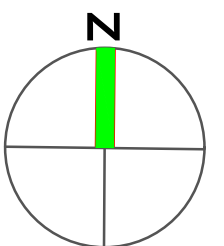
**THESIS GUIDE**  
Ar. AANSHUL SINGH

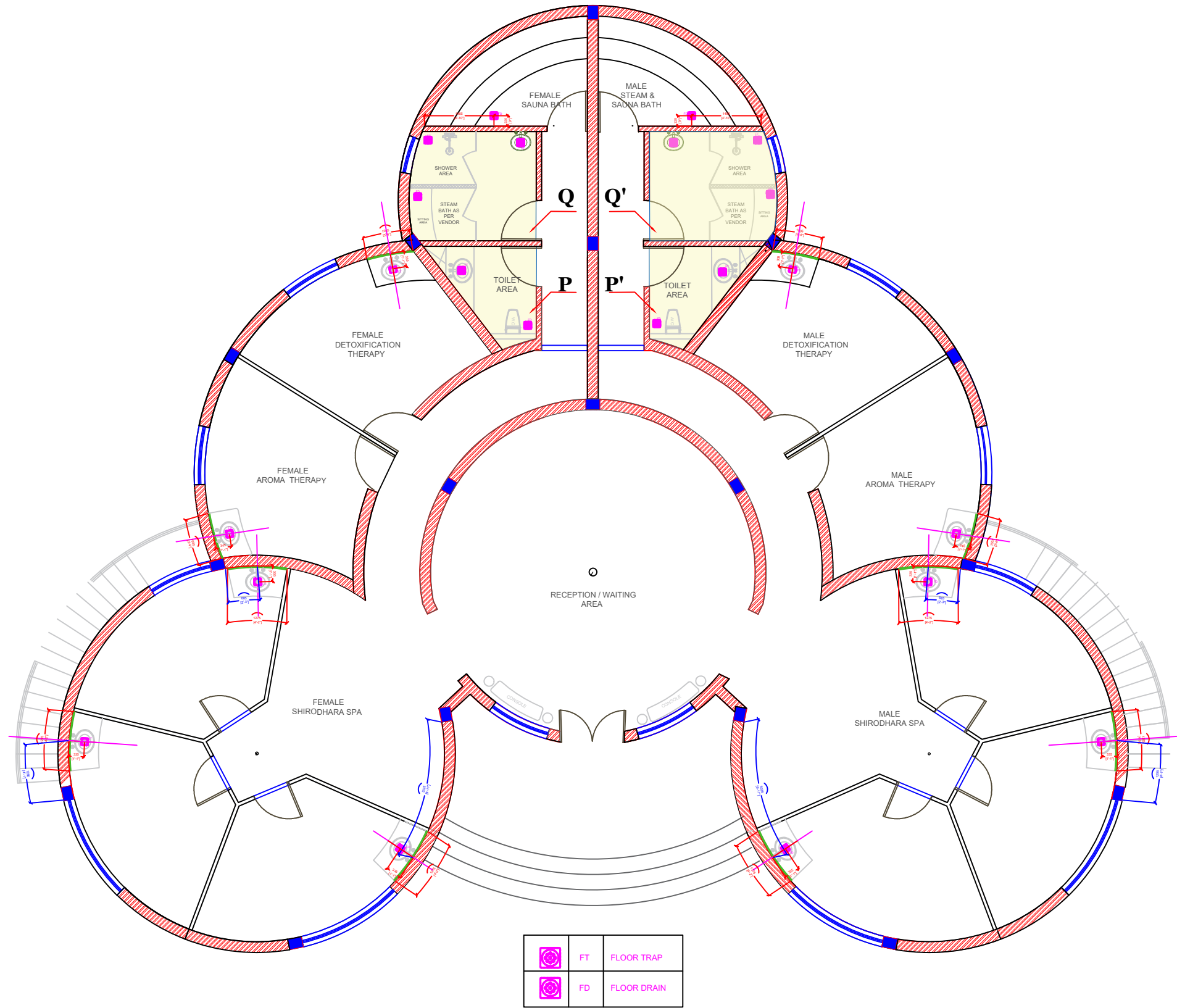
**THESIS COORDINATER**  
Ar. VARSHA VERMA

**DRAWN BY-**  
YASH GUPTA

**DRAWING TYPE-**  
PLUMBING LAYOUT

**NORTH**





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PLANNING, BBDU

**PROJECT TYPE**  
WELLNESS CENTRE

**SCALE**  
N.T.S.

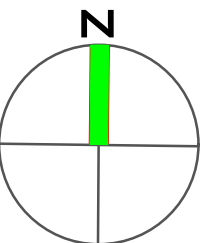
**THESIS GUIDE**  
Ar. AANSHUL SINGH

**THESIS COORDINATER**  
Ar. VARSHA VERMA

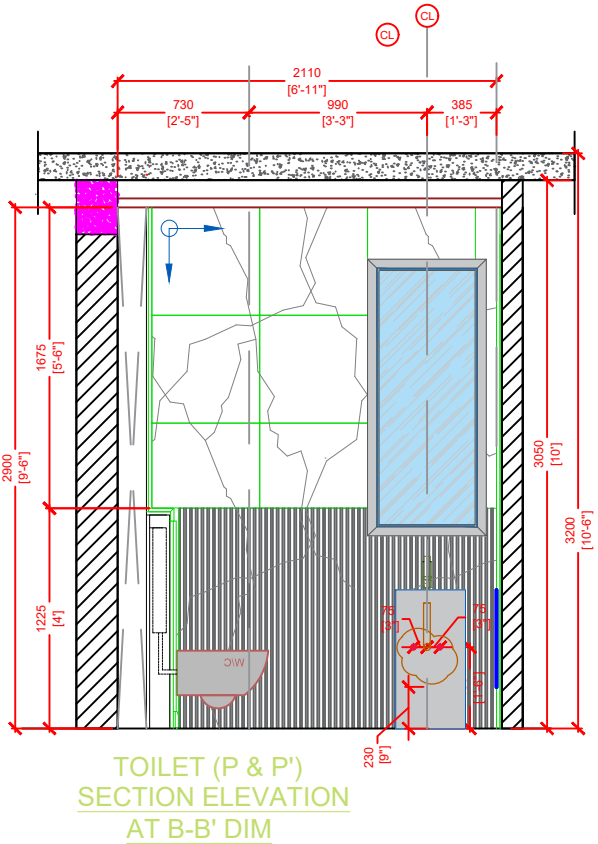
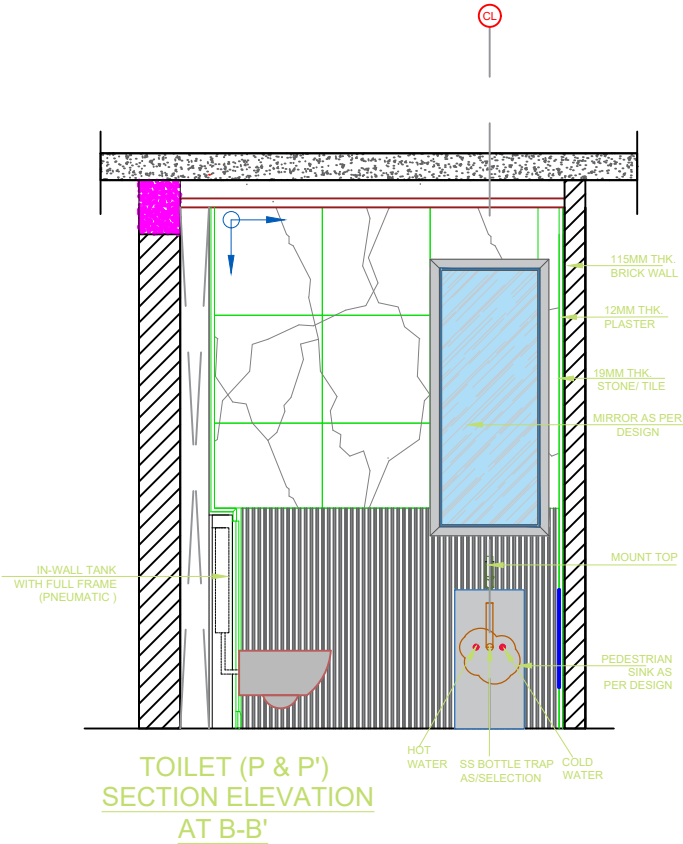
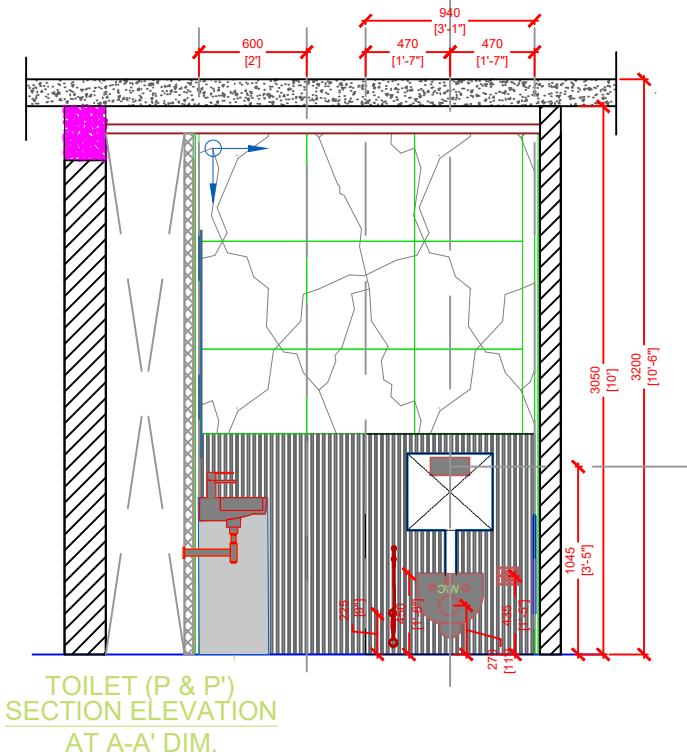
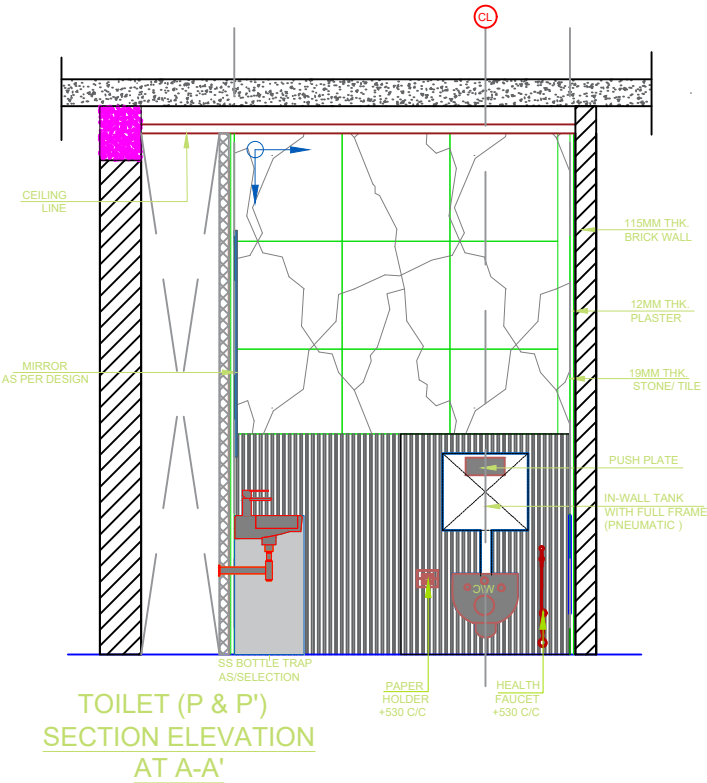
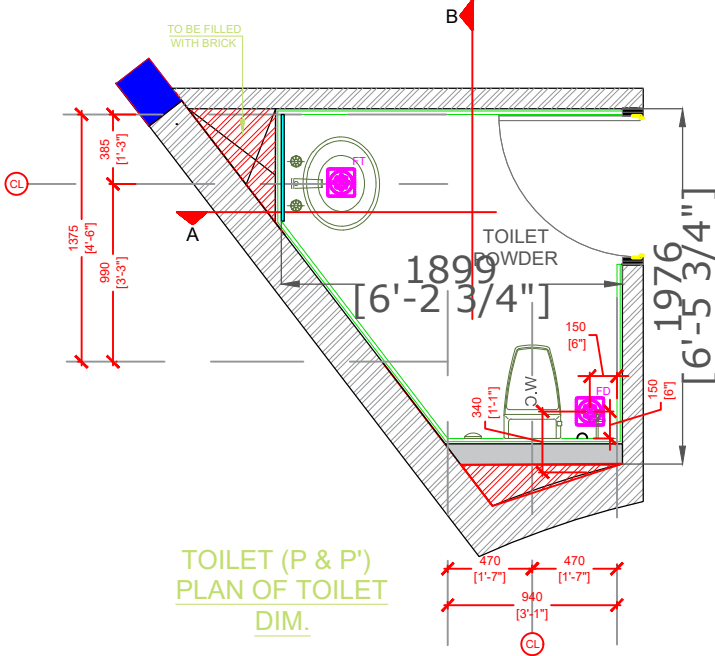
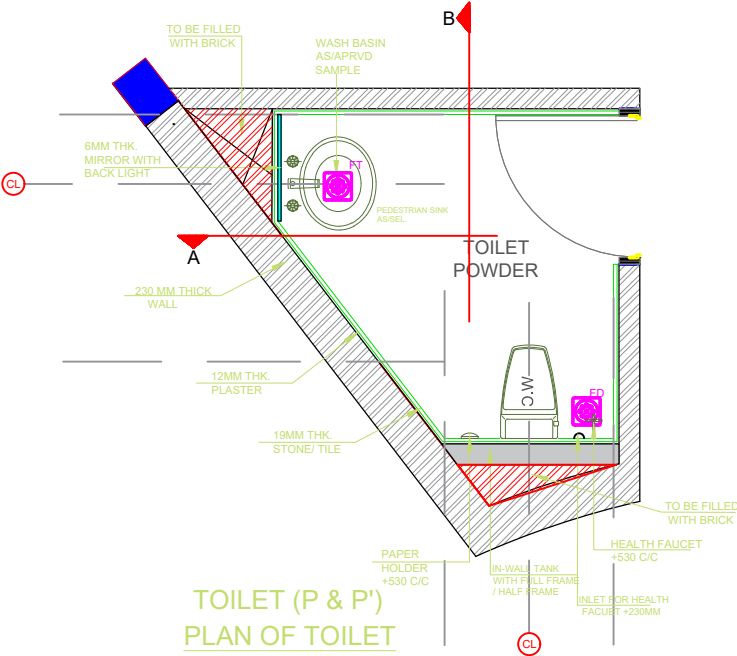
**DRAWN BY-**  
YASH GUPTA

**DRAWING TYPE-**  
FLOOR TARP AND  
DRAIN LAYOUT

**NORTH**



# TOILET P & P'



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**PROJECT TYPE**  
WELLNESS CENTRE

**SCALE**  
N.T.S.

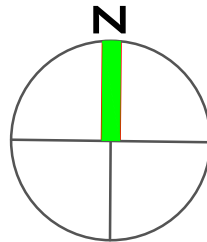
**THESIS GUIDE**  
Ar. AANSHUL SINGH

**THESIS COORDINATER**  
Ar. VARSHA VERMA

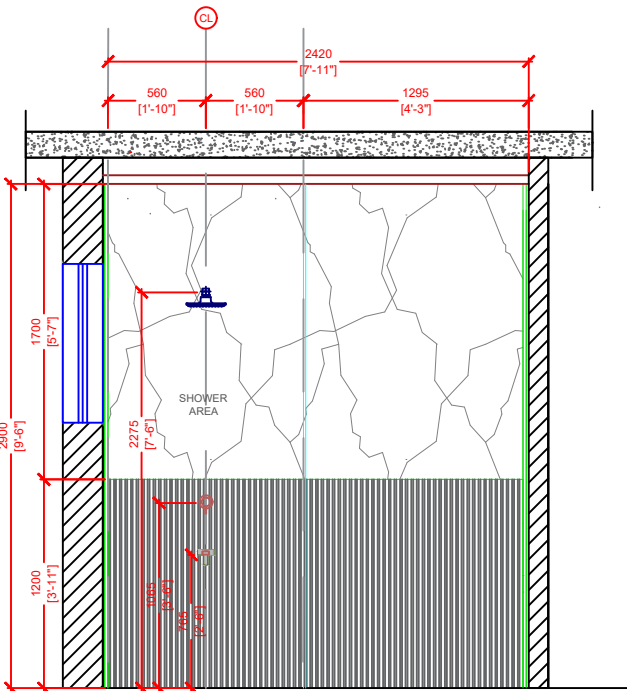
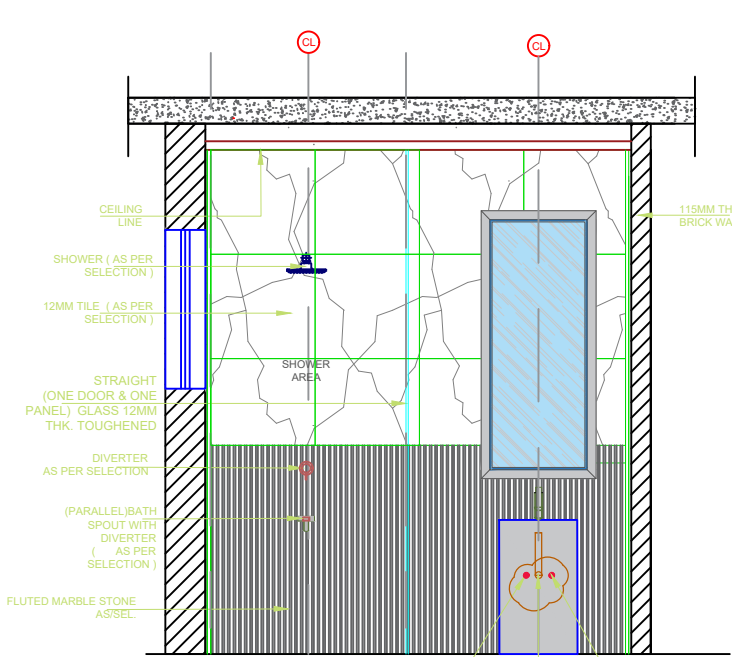
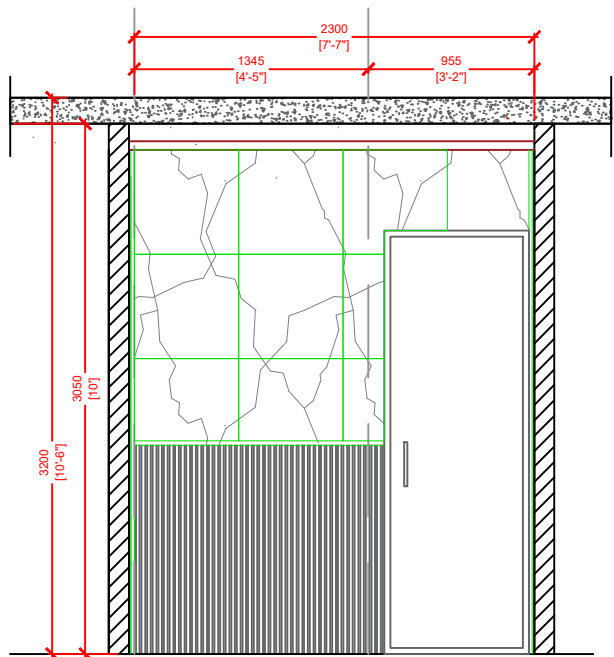
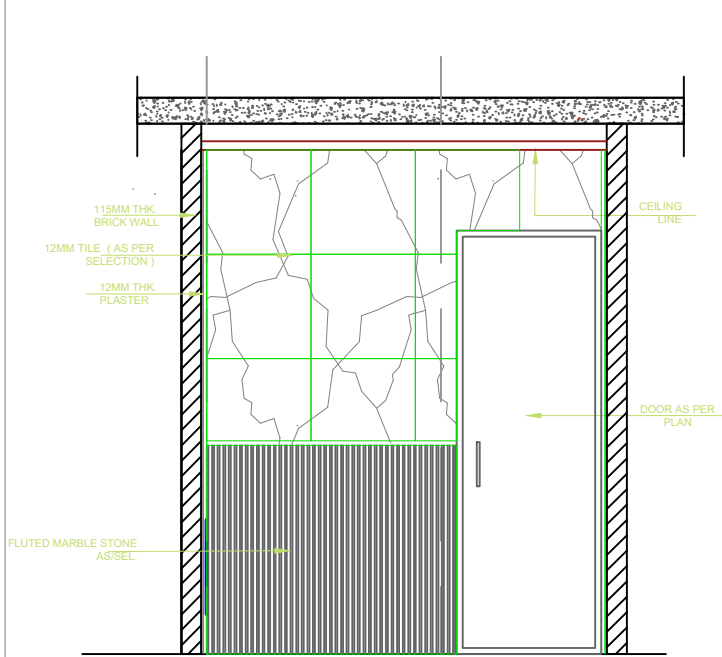
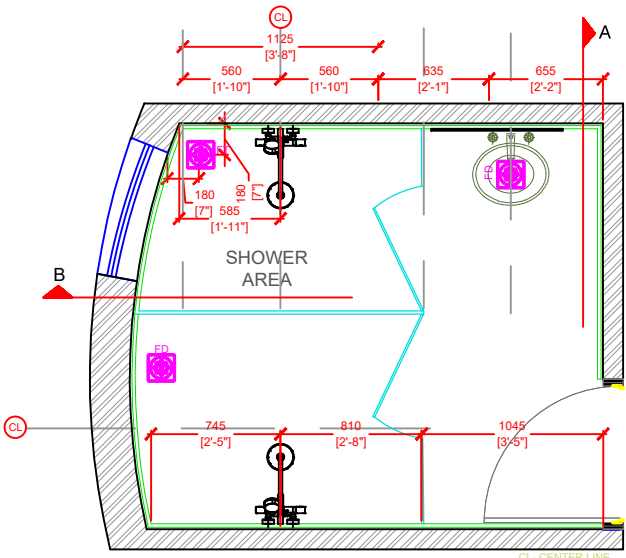
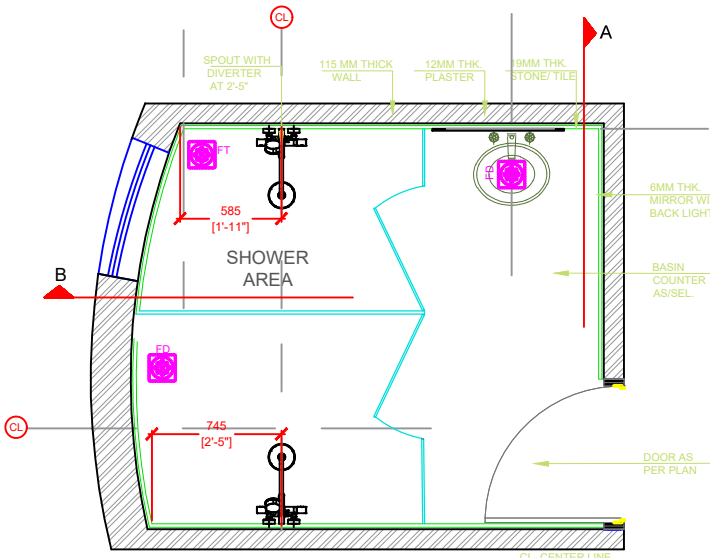
**DRAWN BY-**  
YASH GUPTA

**DRAWING TYPE-**  
TOILET P & P'  
TOILET PLUMBING

**NORTH**



# TOILET Q & Q'



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**PROJECT TYPE**

WELLNESS CENTRE

**SCALE**

N.T.S.

**THESIS GUIDE**

Ar. AANSHUL SINGH

**THESIS COORDINATER**

Ar. VARSHA VERMA

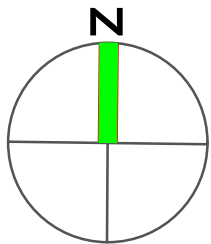
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YASH GUPTA

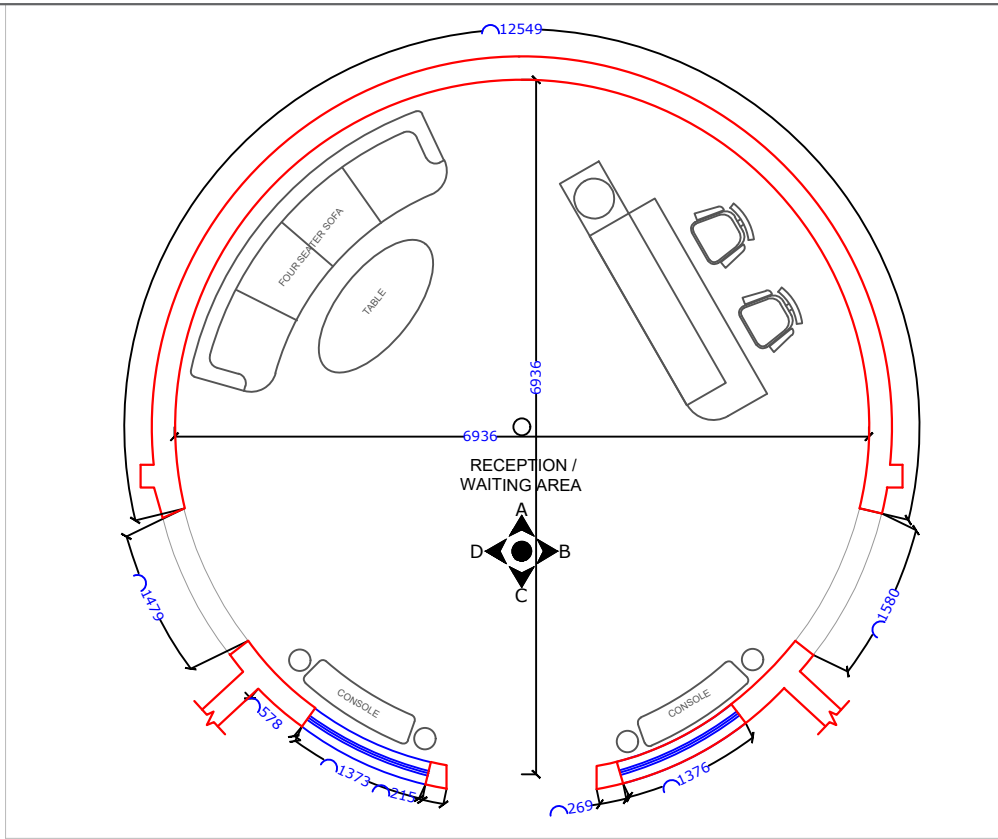
**DRAWING TYPE-**

TOILET Q & Q'  
TOILET PLUMBING

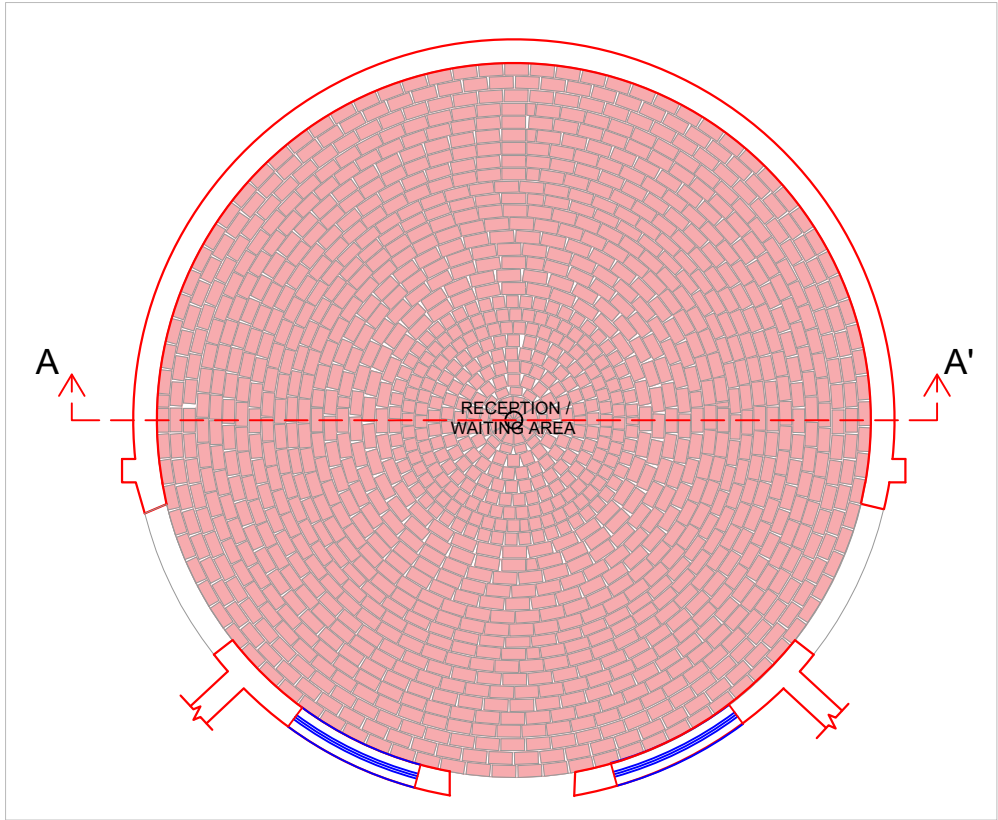
**NORTH**



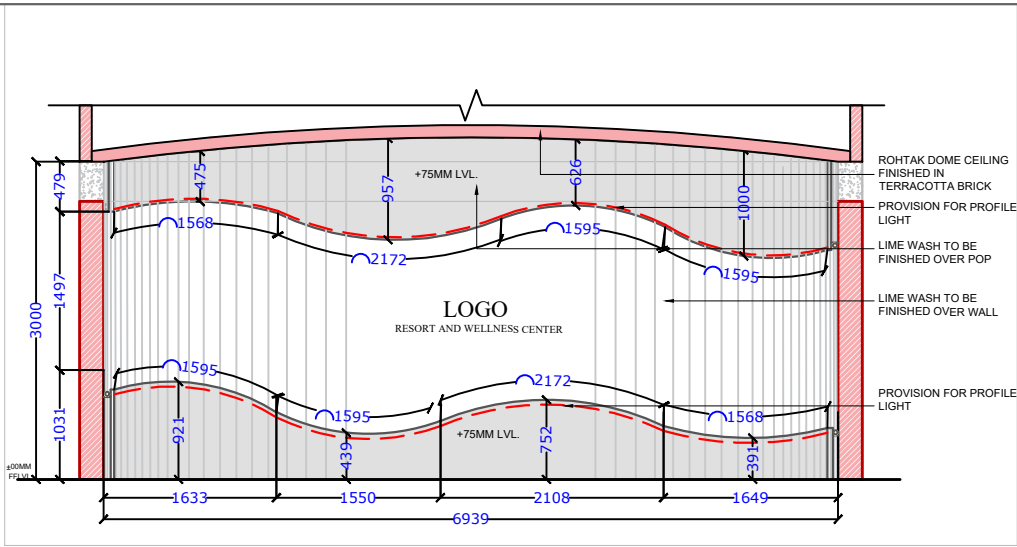




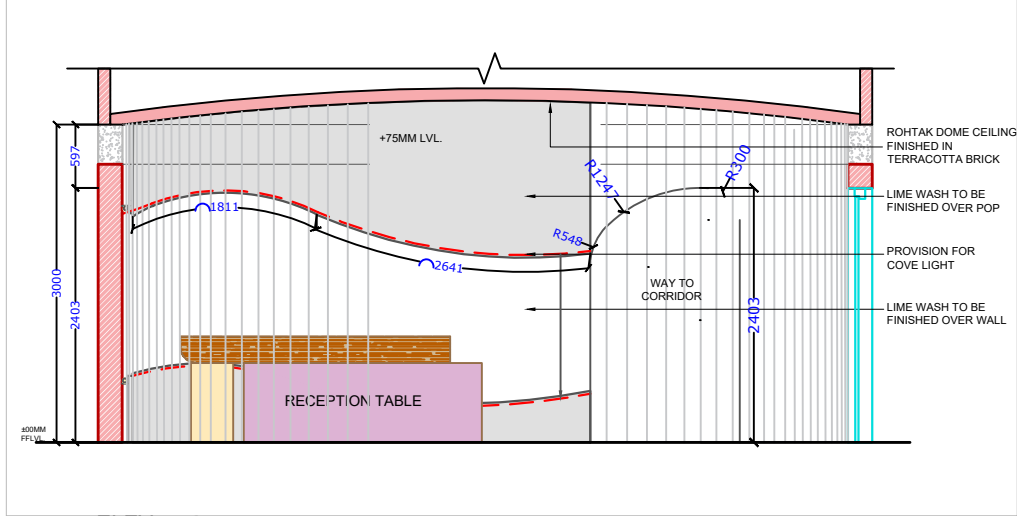
FLOOR PLAN



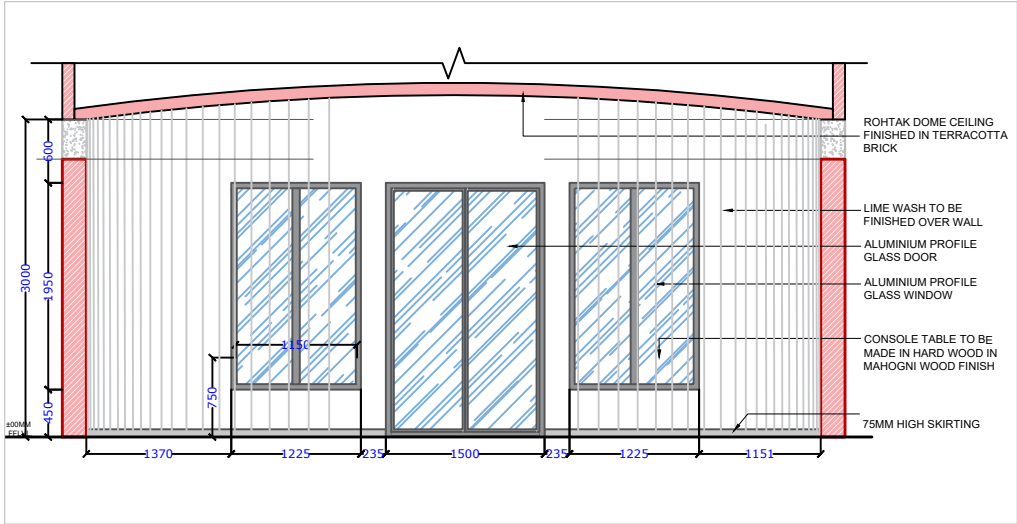
FLASE CEILING PLAN



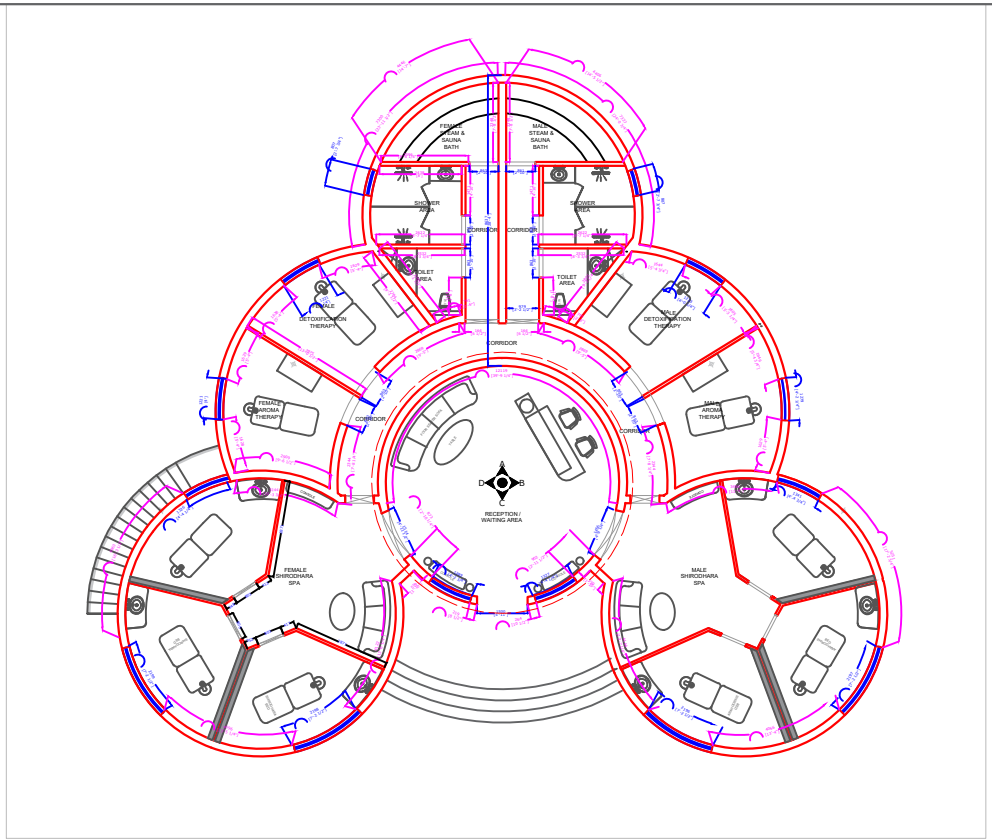
ELEVATION A



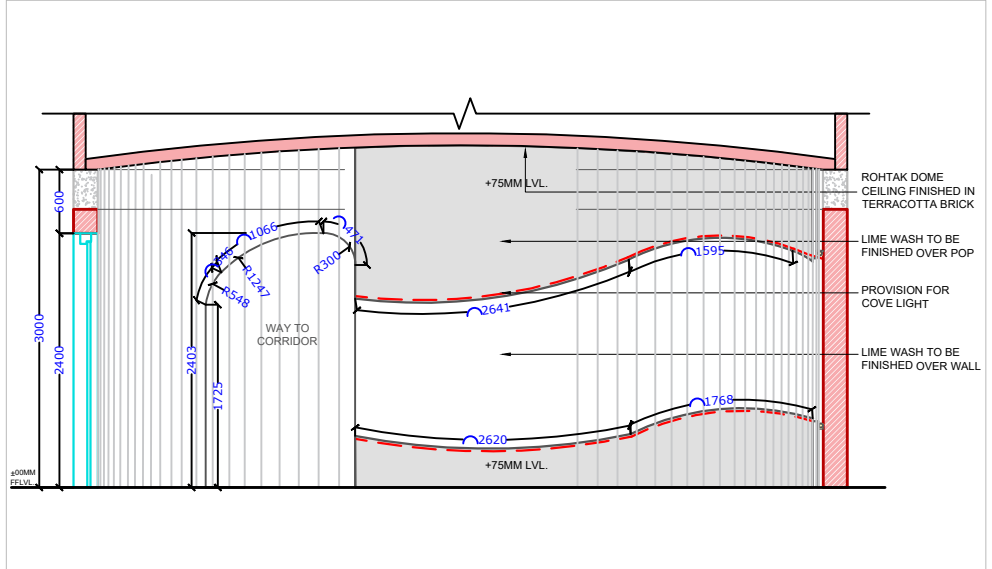
ELEVATION B




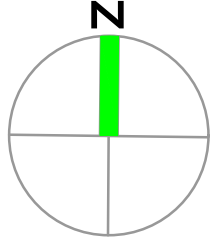
ELEVATION C

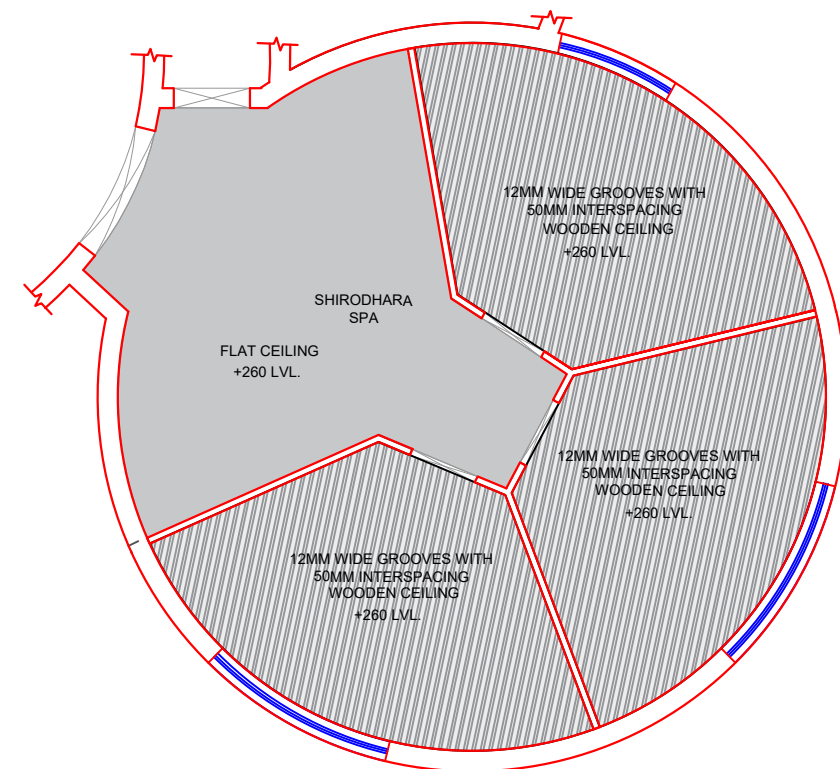
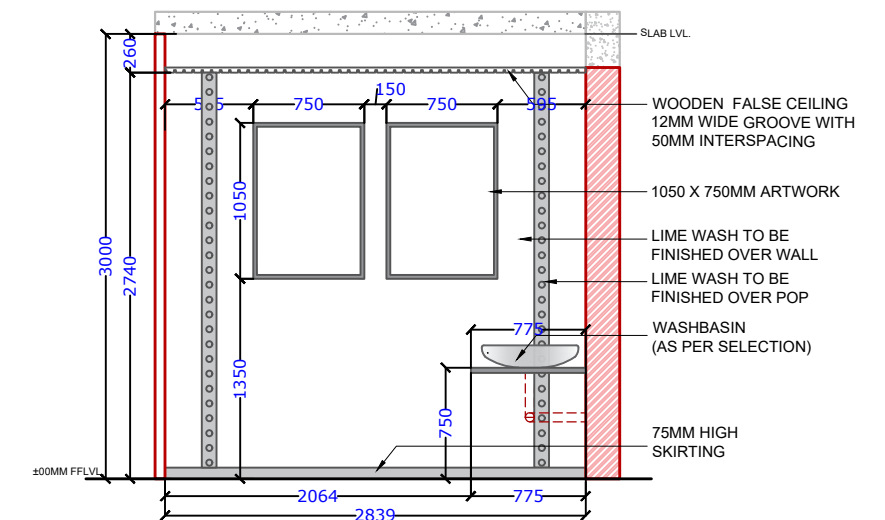
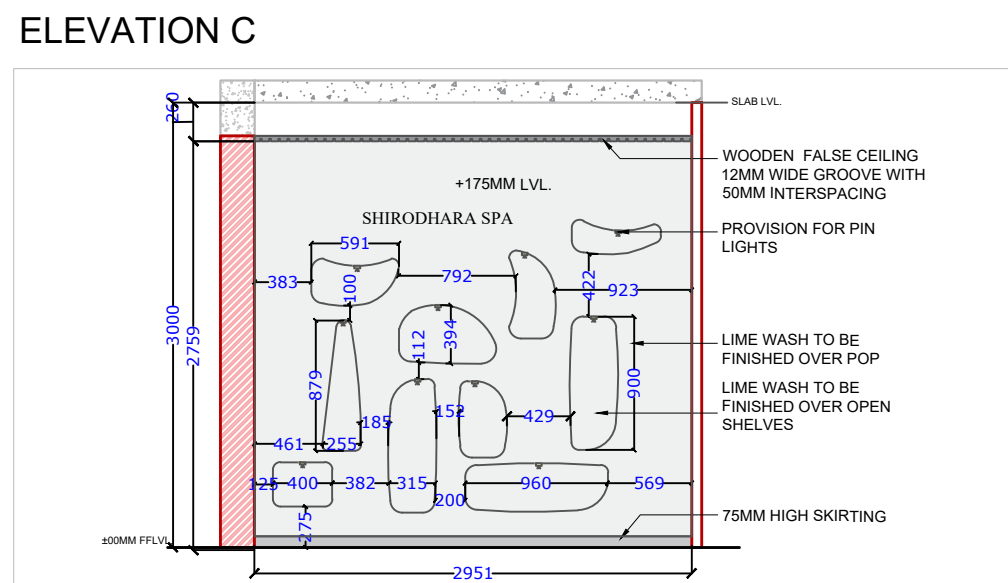
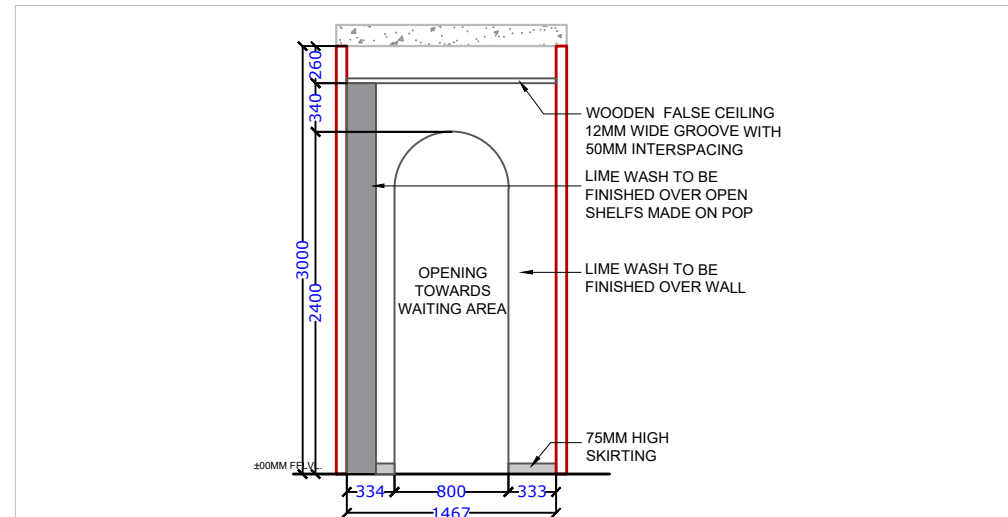
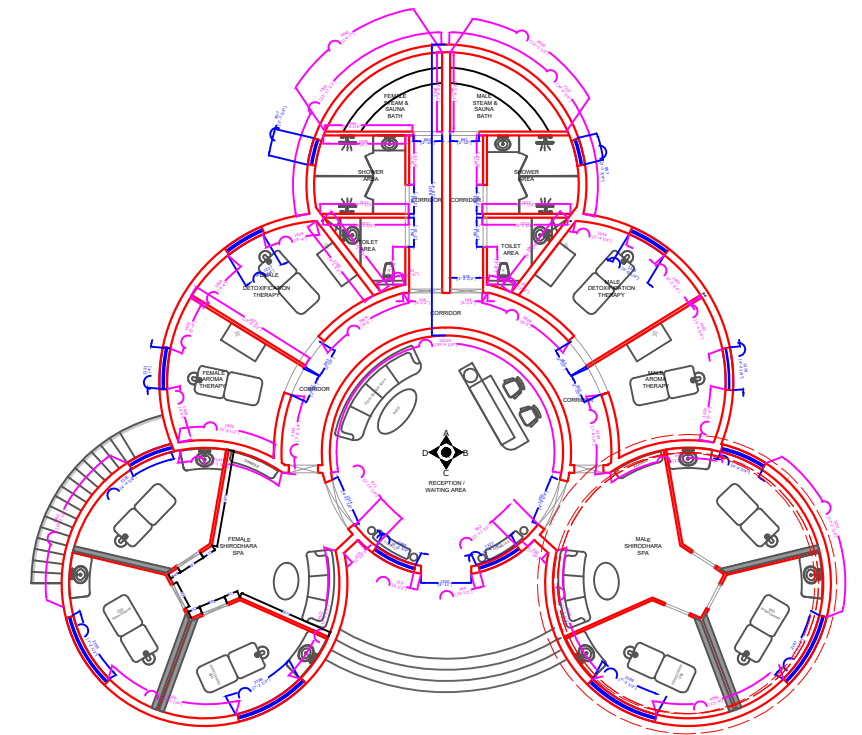
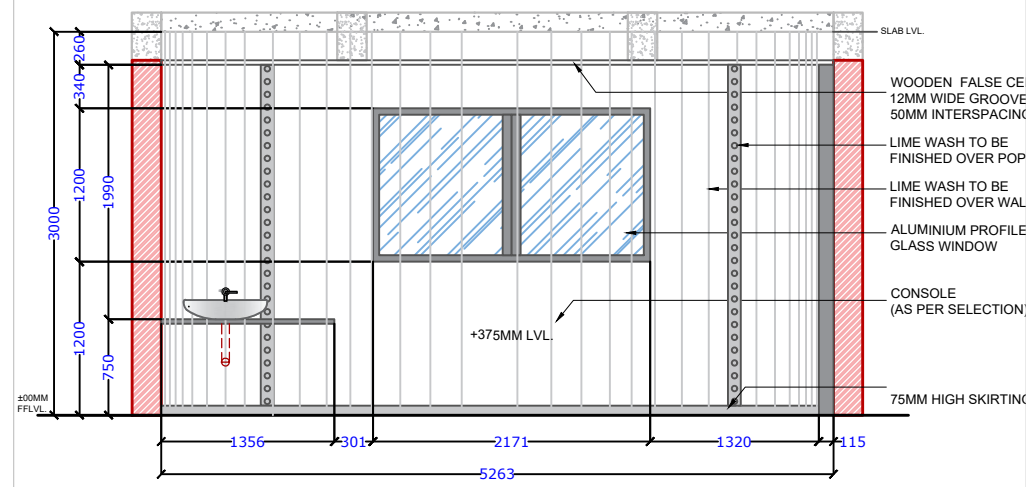
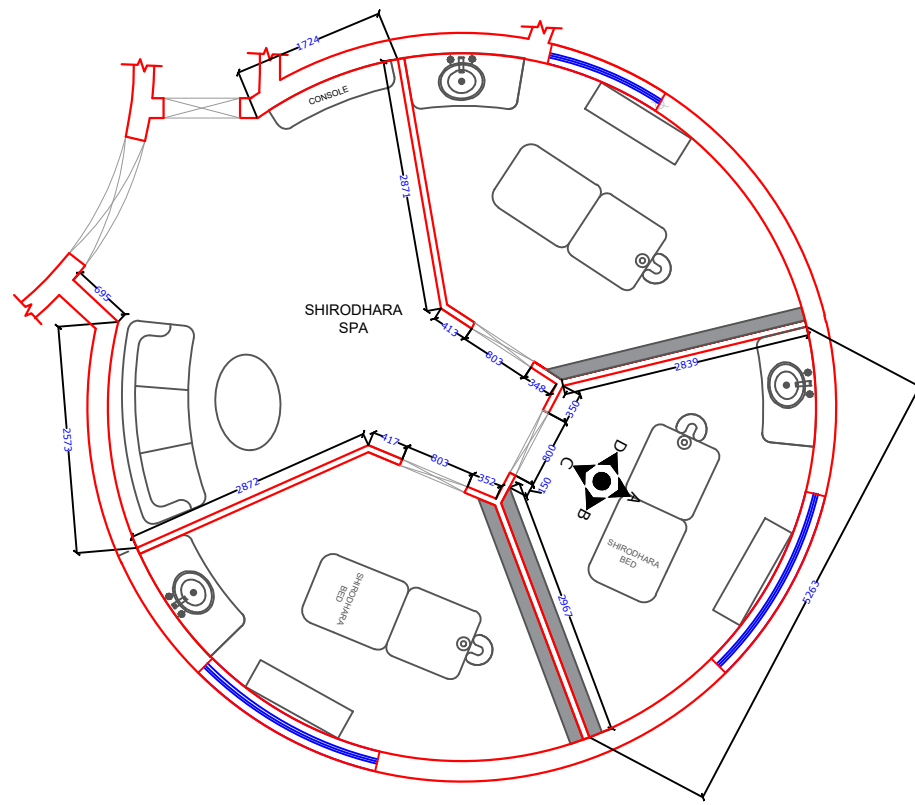


KEY PLAN



ELEVATION D

 <p><b>BBD</b> UNIVERSITY SCHOOL OF ARCHITECTURE &amp; PLANNING, BBDU</p>	<p><b>PROJECT TYPE</b> WELLNESS CENTRE</p> <p><b>SCALE</b> N.T.S.</p>	<p><b>THESIS GUIDE</b> Ar. AANSHUL SINGH</p> <p><b>THESIS COORDINATER</b> Ar. VARSHA VERMA</p>	<p><b>DRAWN BY-</b> YASH GUPTA</p> <p><b>DRAWING TYPE-</b> RECEPTION WALL ELEVATION DETAIL</p>	<p><b>NORTH</b></p> 
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**SCHOOL OF ARCHITECTURE &  
PLANNING, BBDU**

## PROJECT TYPE

## WELLNESS CENTRE

## SCALE

**N.T.S.**

# THESIS GUIDE

**Ar. AANSHUL SINGH**

## THESIS COORDINATER

**Ar. VARSHA VERMA**

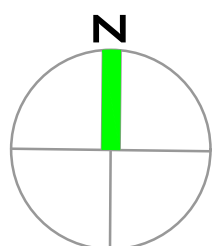
DRAWN BY-

# YASH GUPTA

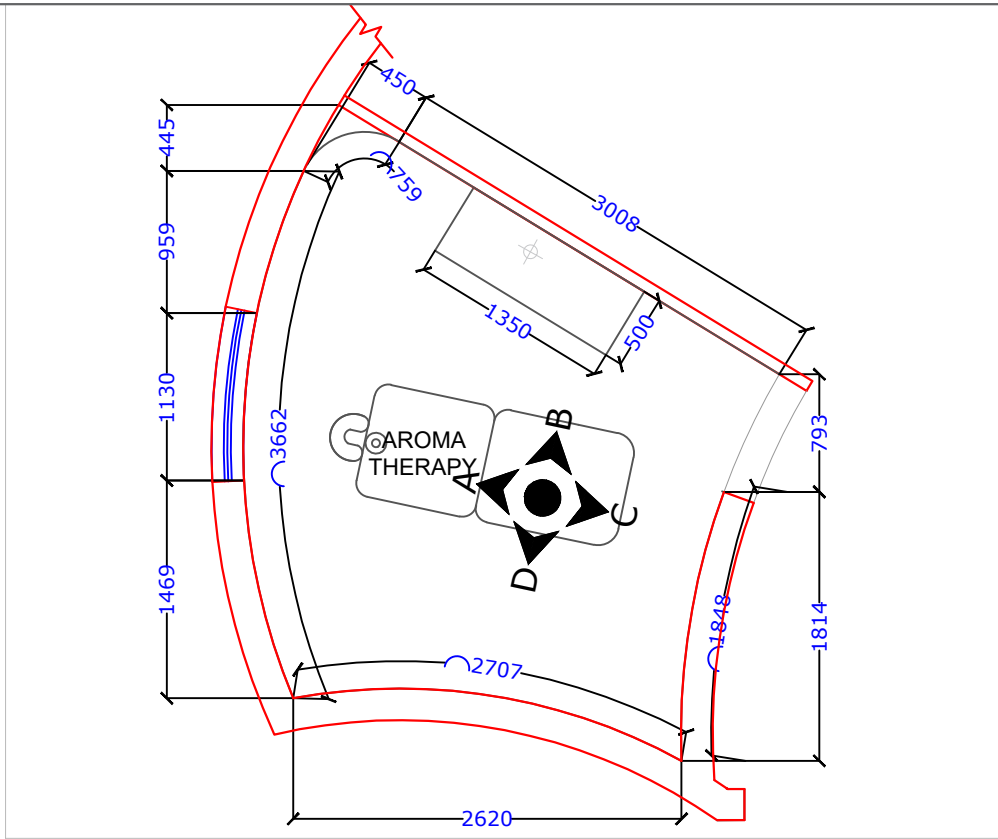
DRAWING TYPE-

## SHIRODHARA SPA WALL ELEVATION DETAIL

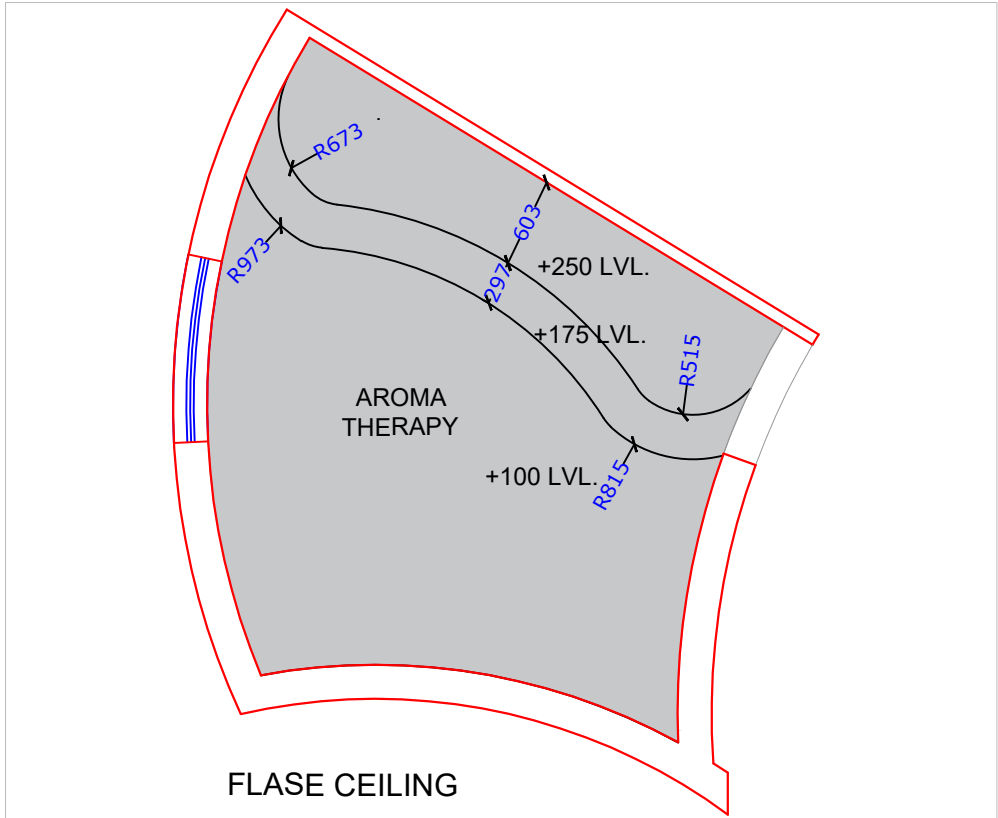
**NORTH**



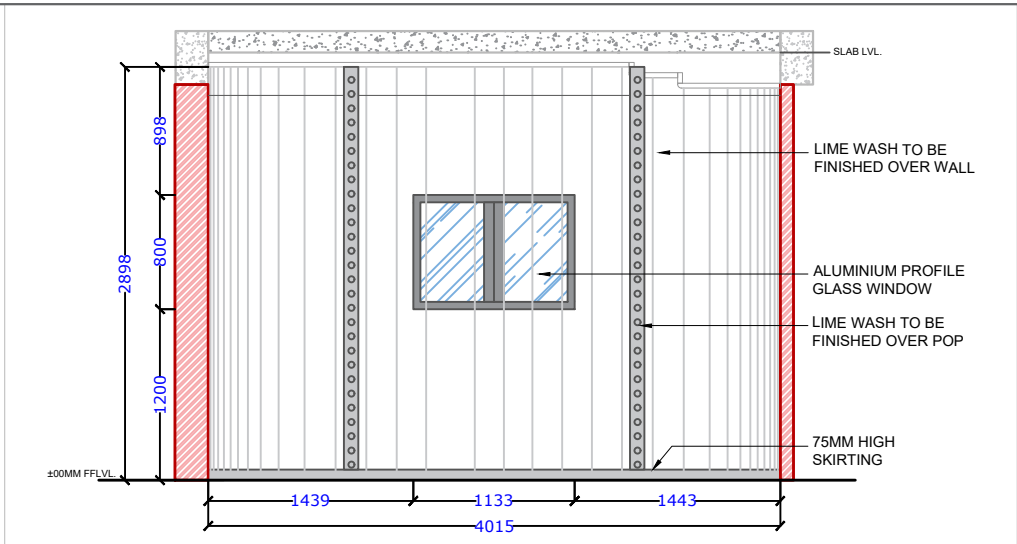




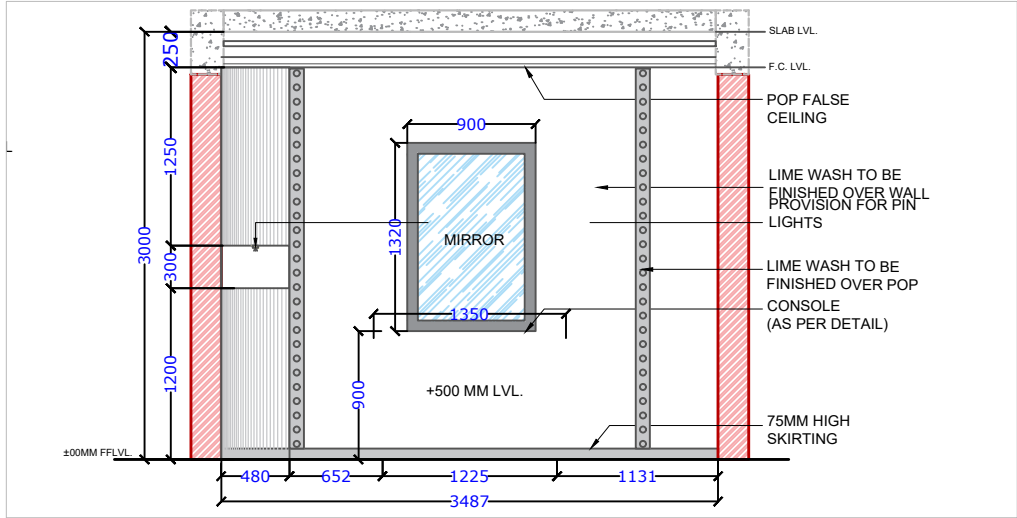
FLOOR PLAN



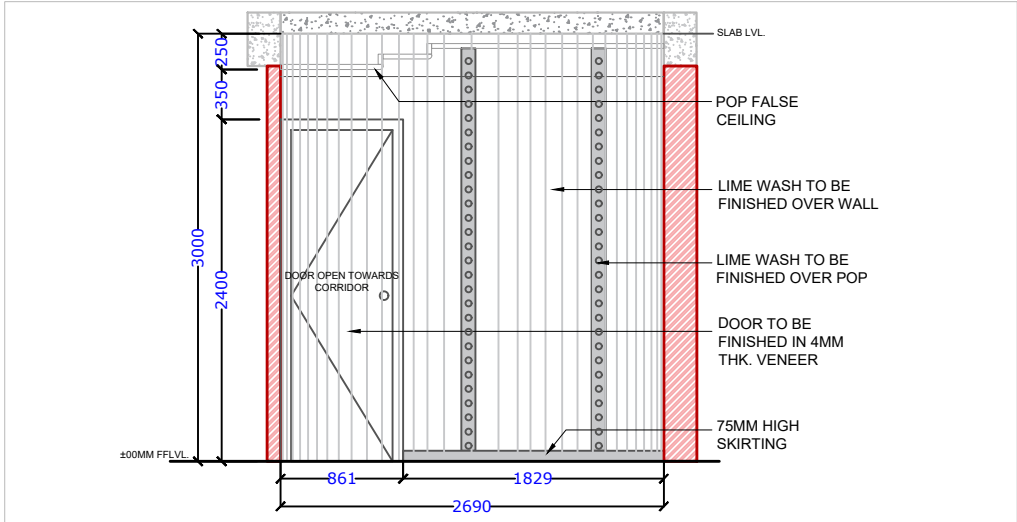
FLASE CEILING PLAN



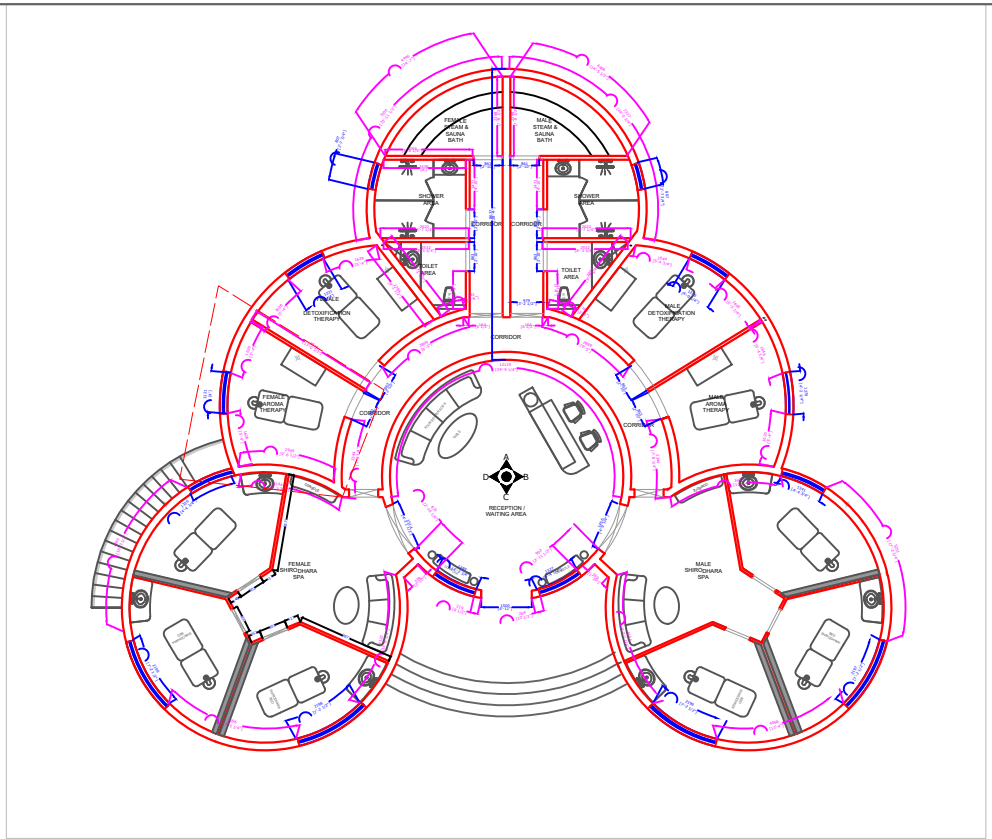
ELEVATION A



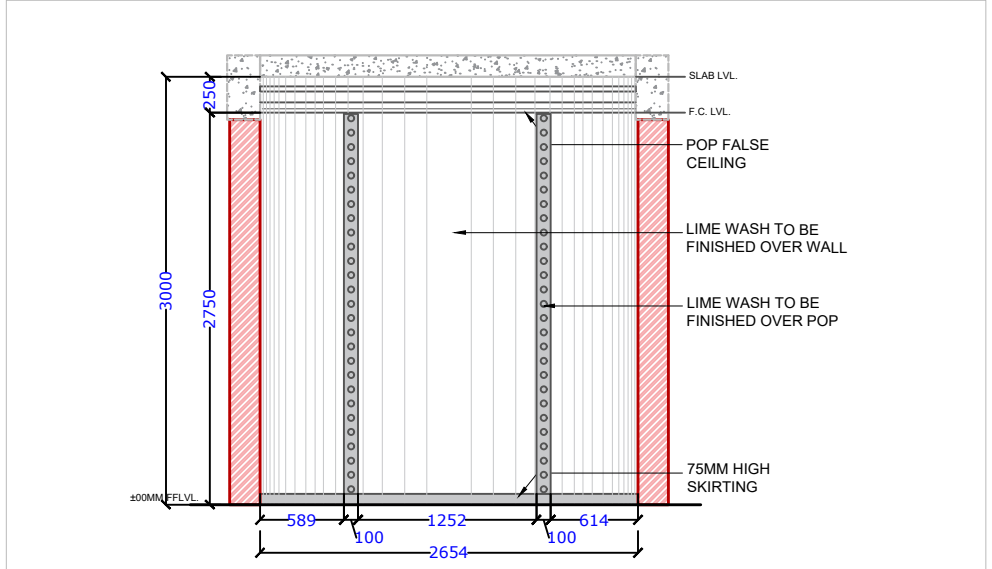
ELEVATION B




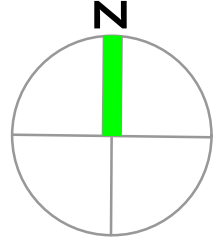
ELEVATION C

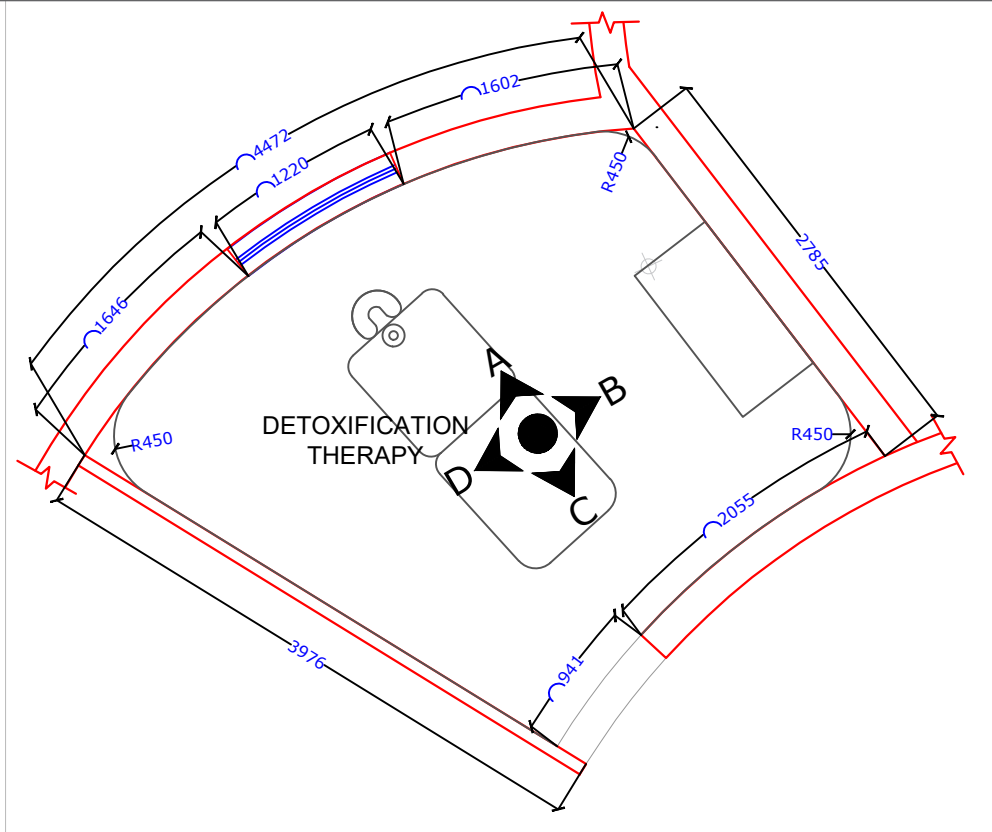


KEY PLAN

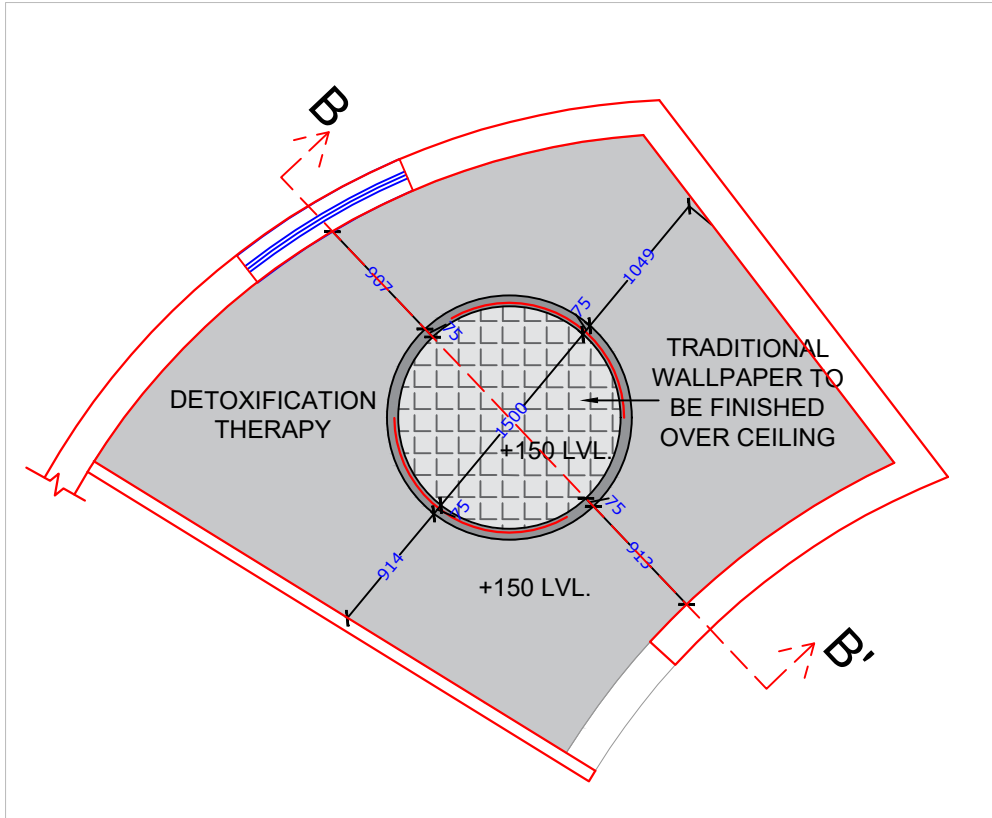


ELEVATION D

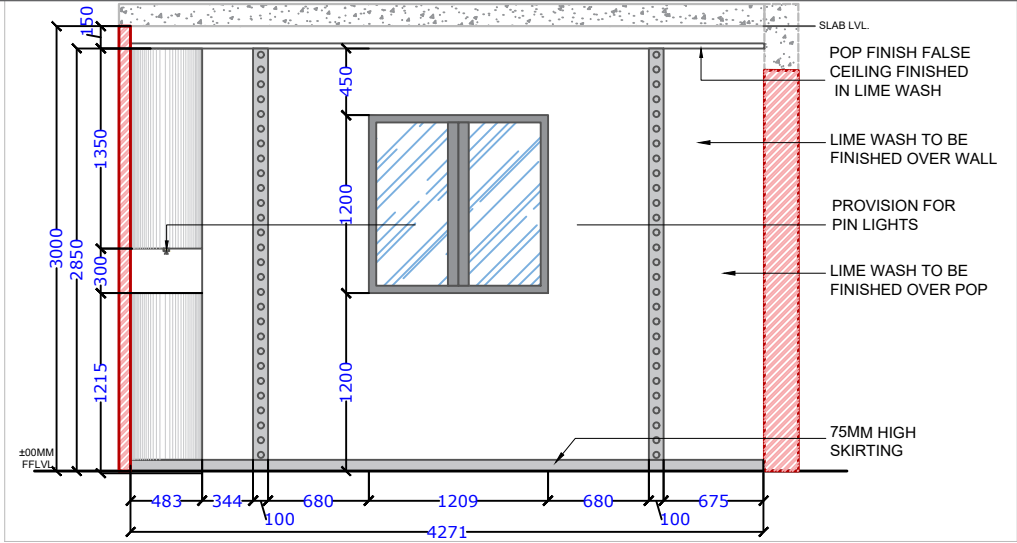
 <p><b>BBD</b> UNIVERSITY SCHOOL OF ARCHITECTURE &amp; PLANNING, BBDU</p>	<p><b>PROJECT TYPE</b> WELLNESS CENTRE</p> <p><b>SCALE</b> N.T.S.</p>	<p><b>THESIS GUIDE</b> Ar. AANSHUL SINGH</p> <p><b>THESIS COORDINATER</b> Ar. VARSHA VERMA</p>	<p><b>DRAWN BY-</b> YASH GUPTA</p> <p><b>DRAWING TYPE-</b> AROMA THERAPY AREA WALL ELEVATION DETAIL</p>	<p><b>NORTH</b></p> 
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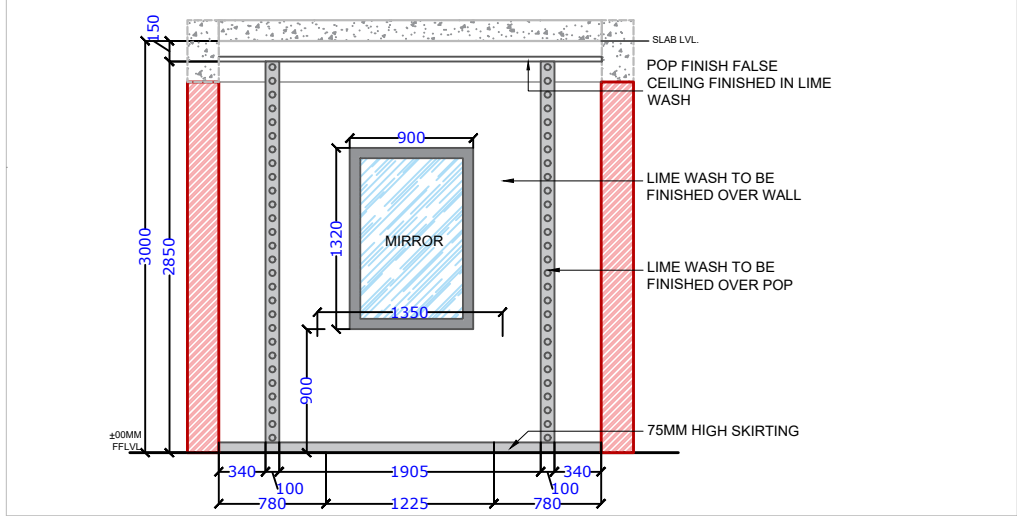
FLOOR PLAN



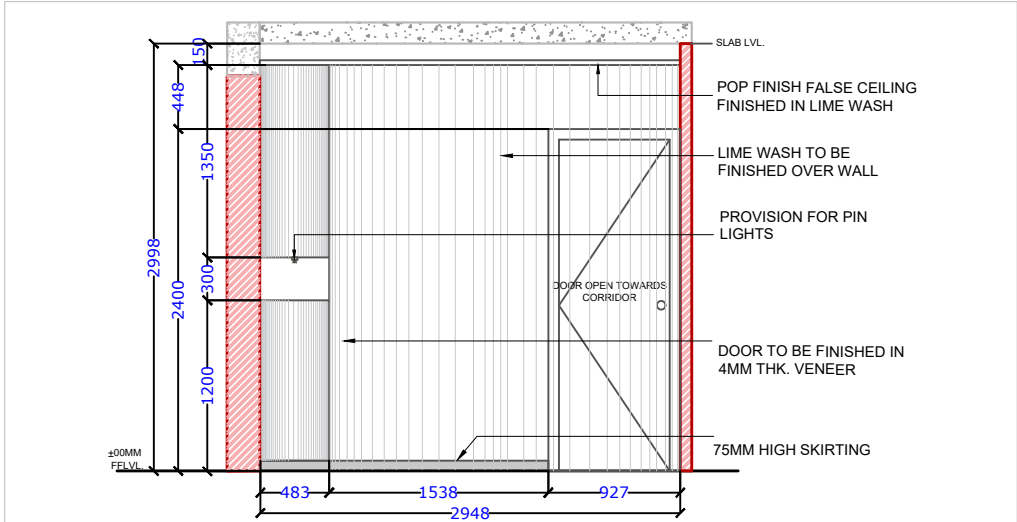
FLASE CEILING PLAN



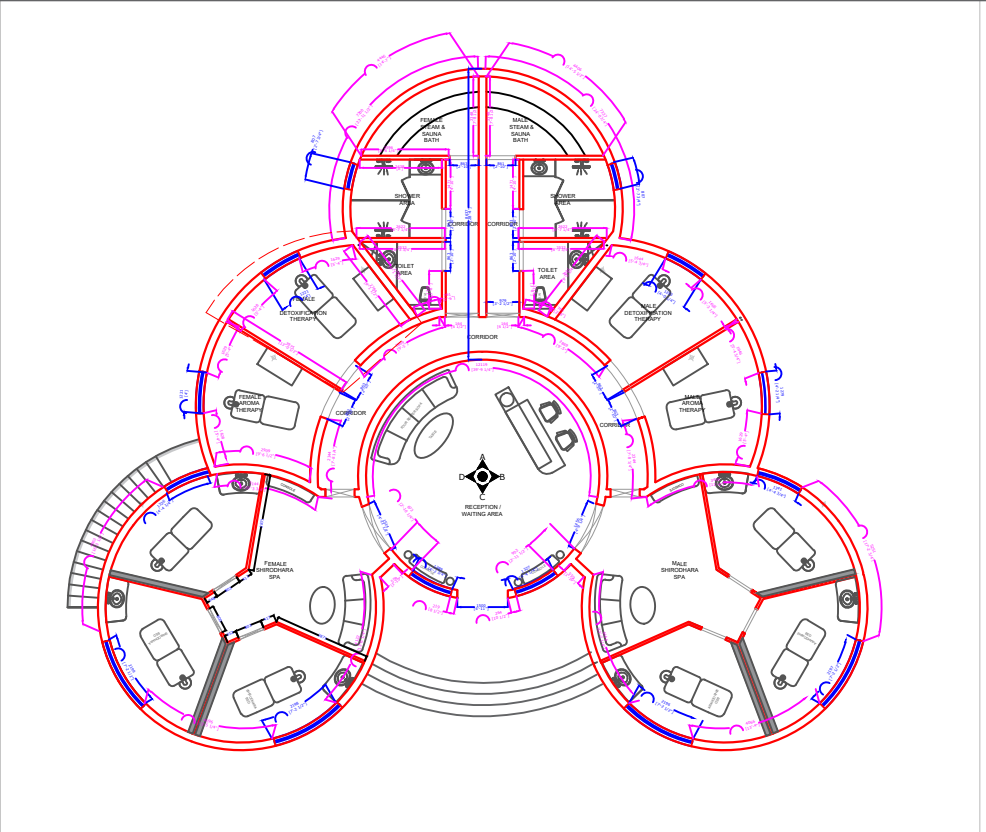
ELEVATION A



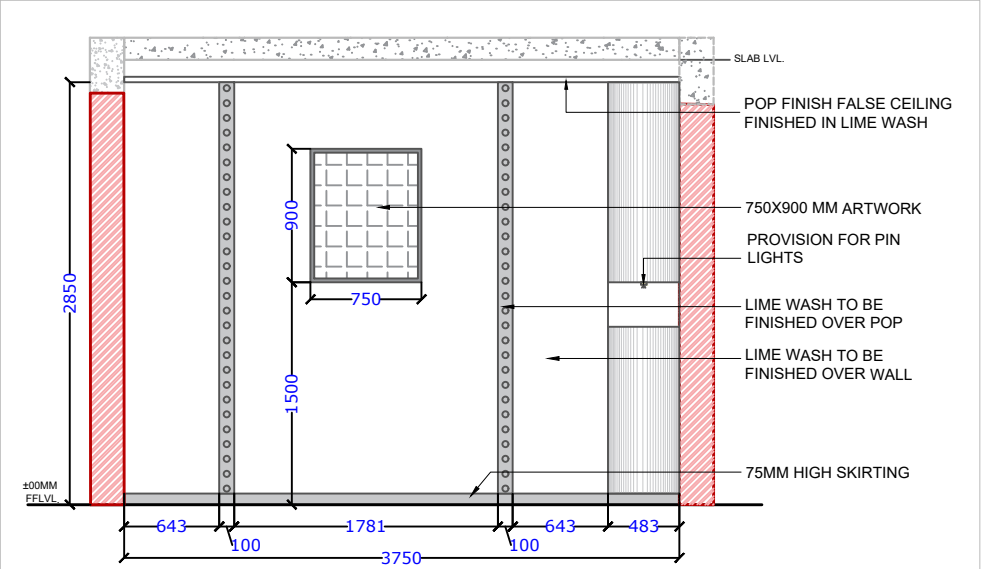
ELEVATION B



ELEVATION C



KEY PLAN



ELEVATION D



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PLANNING, BBDU

**PROJECT TYPE**  
WELLNESS CENTRE

**SCALE**  
N.T.S.

**THESIS GUIDE**

Ar. AANSHUL SINGH

**THESIS COORDINATER**

Ar. VARSHA VERMA

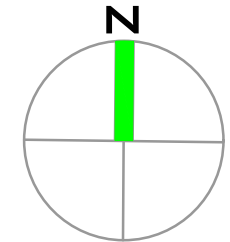
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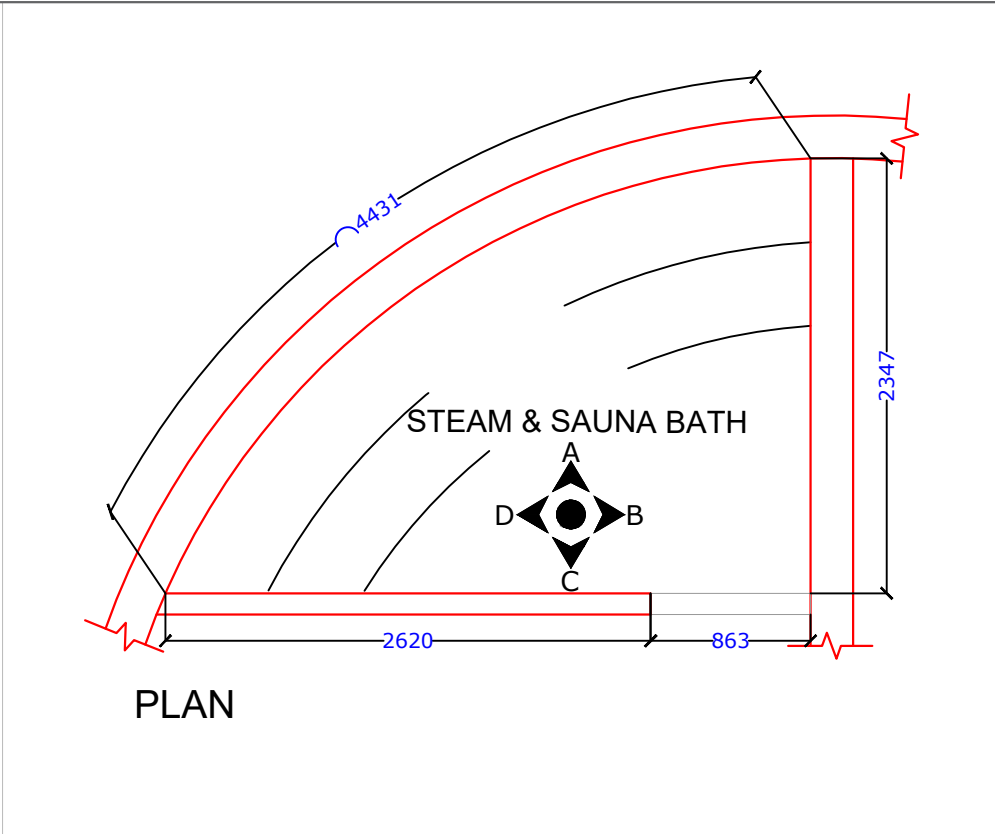
YASH GUPTA

**DRAWING TYPE-**

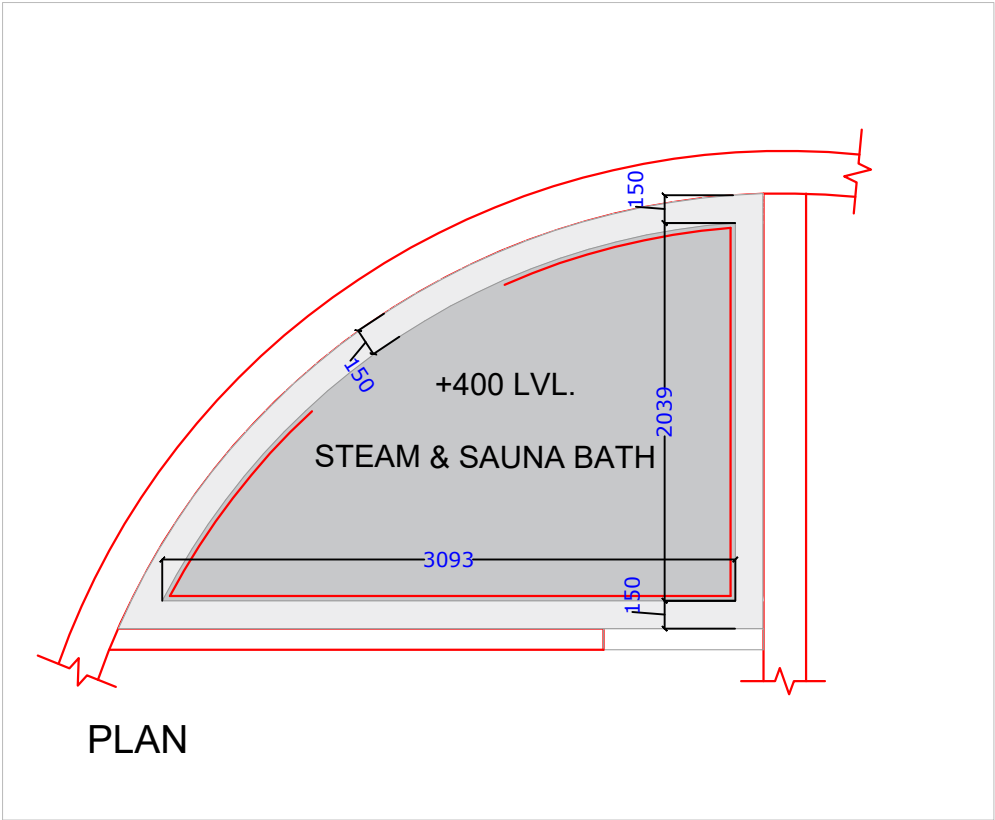
DETOXIFICATION AREA  
WALL ELEVATION DETAIL

**NORTH**

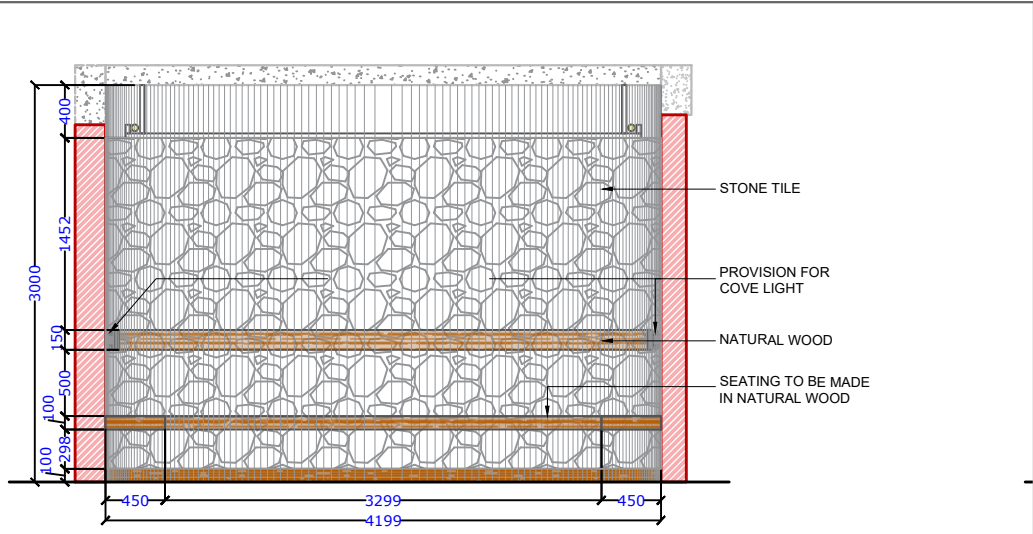




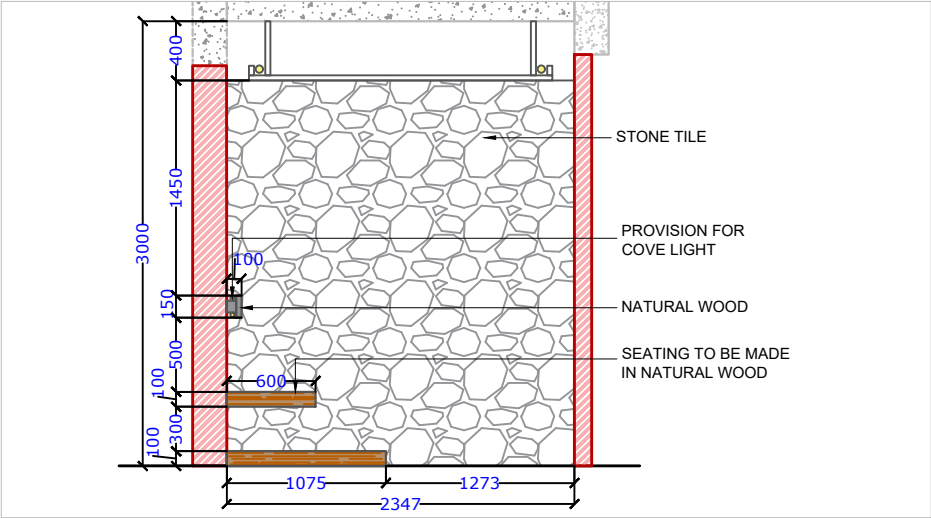
FLOOR PLAN



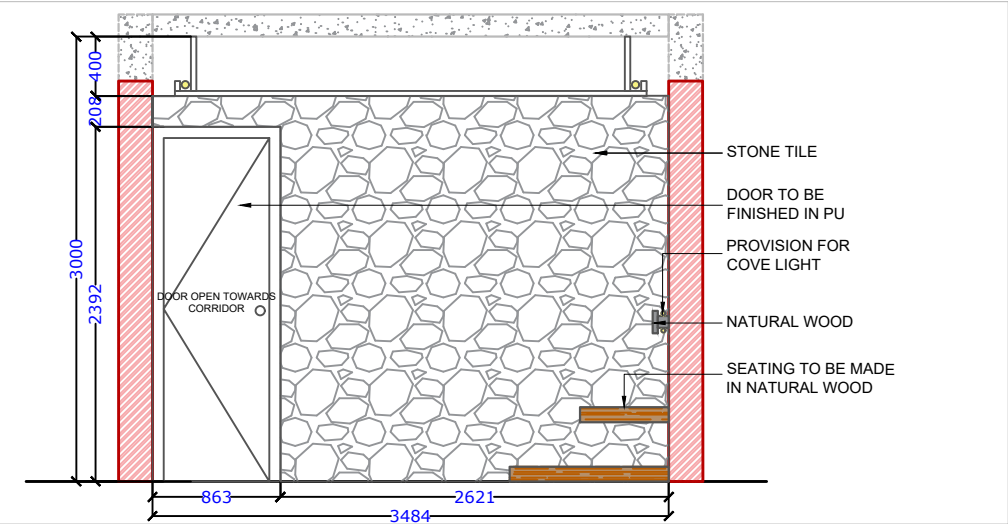
FLASE CEILING PLAN



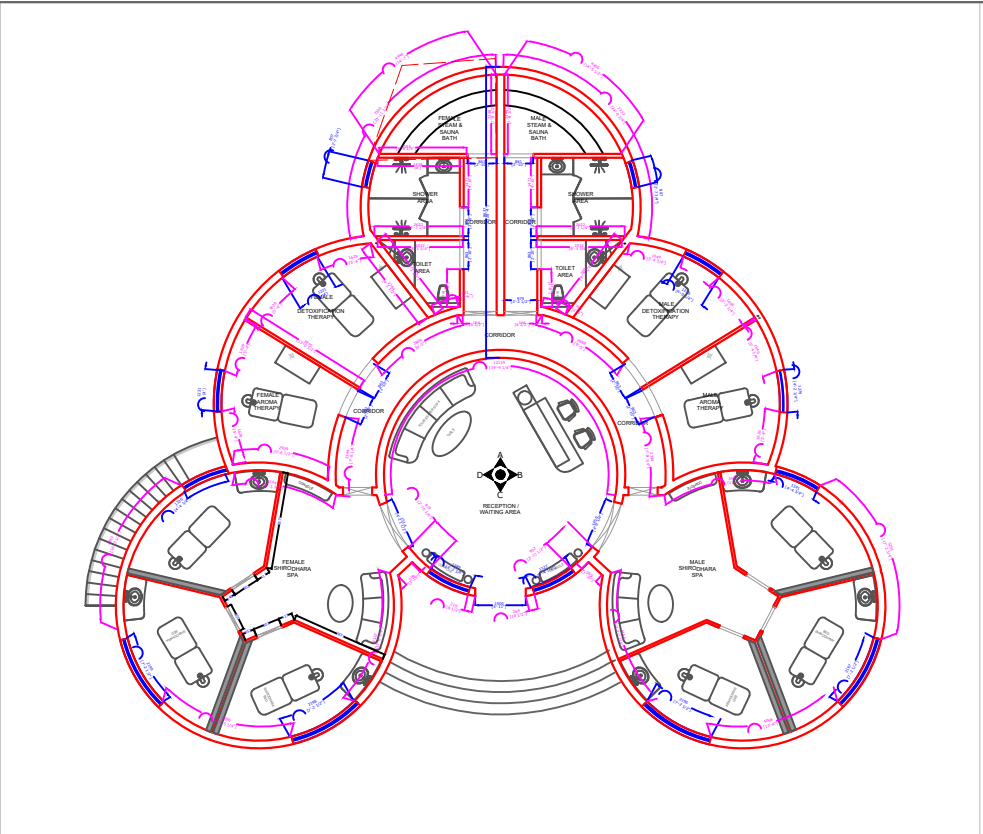
ELEVATION A




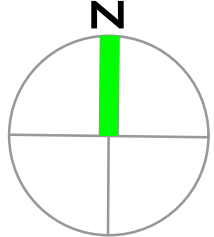
ELEVATION B



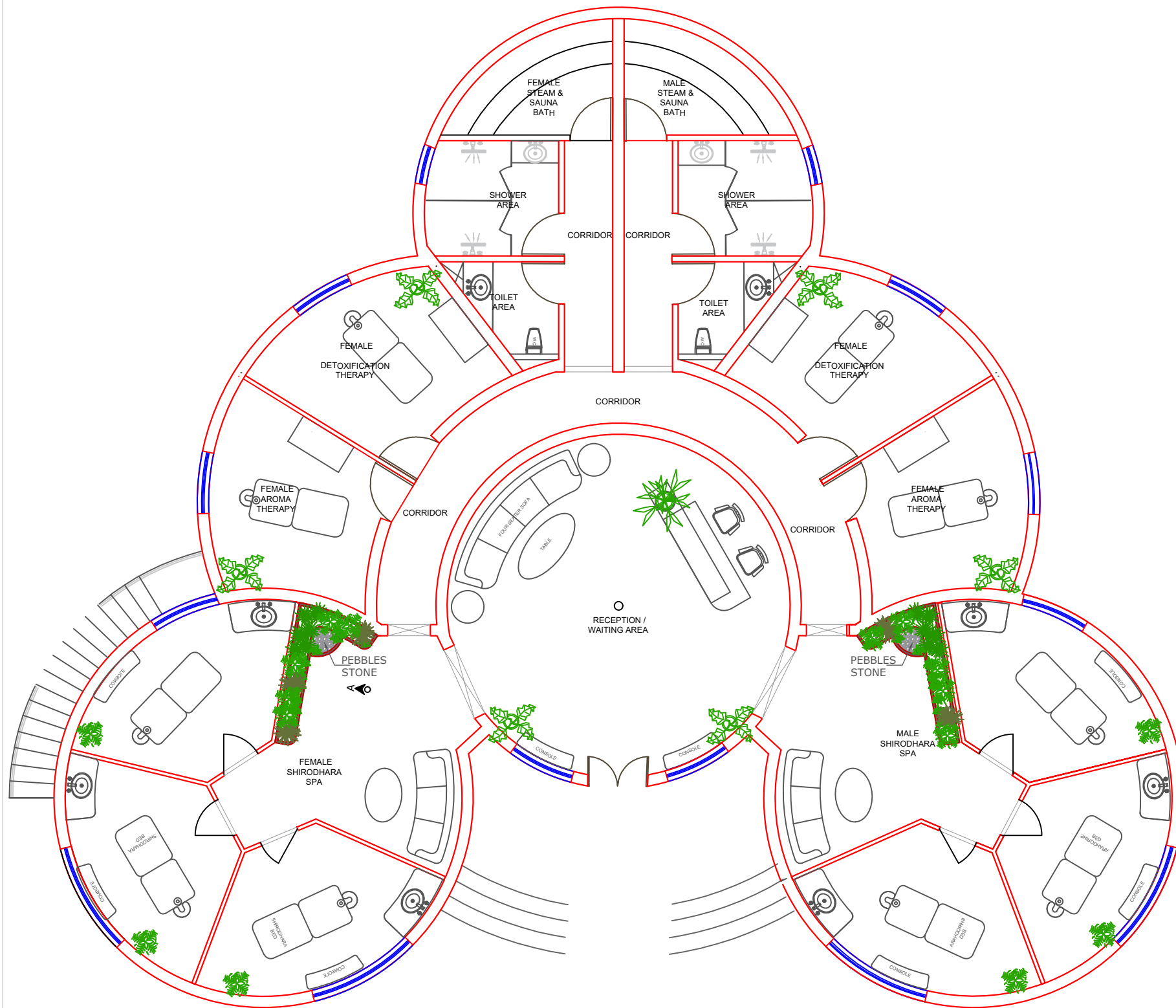
ELEVATION C



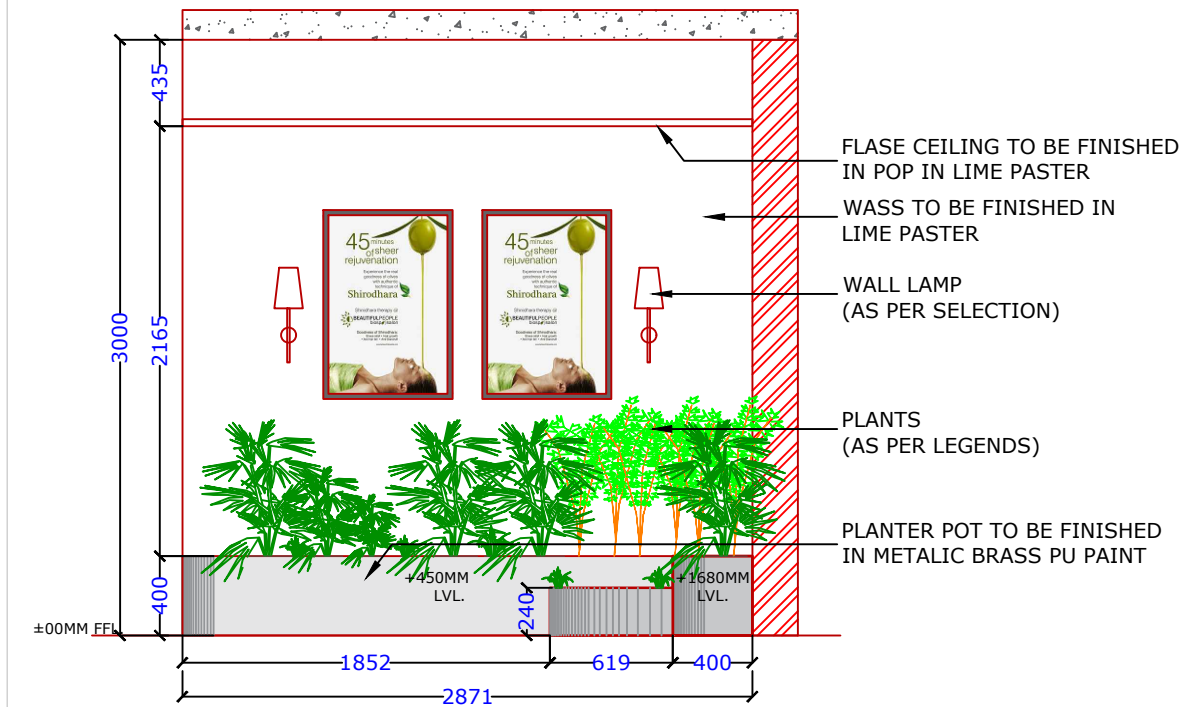
KEY PLAN

 <p><b>BBD</b> UNIVERSITY SCHOOL OF ARCHITECTURE &amp; PLANNING, BBDU</p>	<p><b>PROJECT TYPE</b> WELLNESS CENTRE</p>	<p><b>THESIS GUIDE</b> Ar. AANSHUL SINGH</p>	<p><b>DRAWN BY-</b> YASH GUPTA</p>	<p><b>NORTH</b></p> 
	<p><b>SCALE</b> N.T.S.</p>	<p><b>THESIS COORDINATER</b> Ar. VARSHA VERMA</p>	<p><b>DRAWING TYPE-</b> STEAM &amp; SAUNA AREA WALL ELEVATION DETAIL</p>	





GROUND FLOOR PLAN



ELEVATION A



3D VIEW

LEGENDS

S.NO.	SYMBOL	NAME	IMAGE
1.		BAMBOO PALM	
2.		ARECA PALM	
3.		BIRDS OF PARADISE	
4.		PEACE LILY	
5.		WEEPING FIG	
6.		SPIDER PLANT	



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**PROJECT TYPE**  
WELLNESS CENTRE

**SCALE**  
N.T.S.

**THESIS GUIDE**

Ar. AANSHUL SINGH

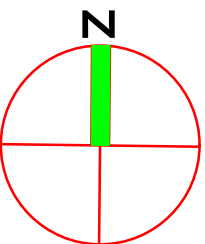
**THESIS COORDINATER**

Ar. VARSHA VERMA

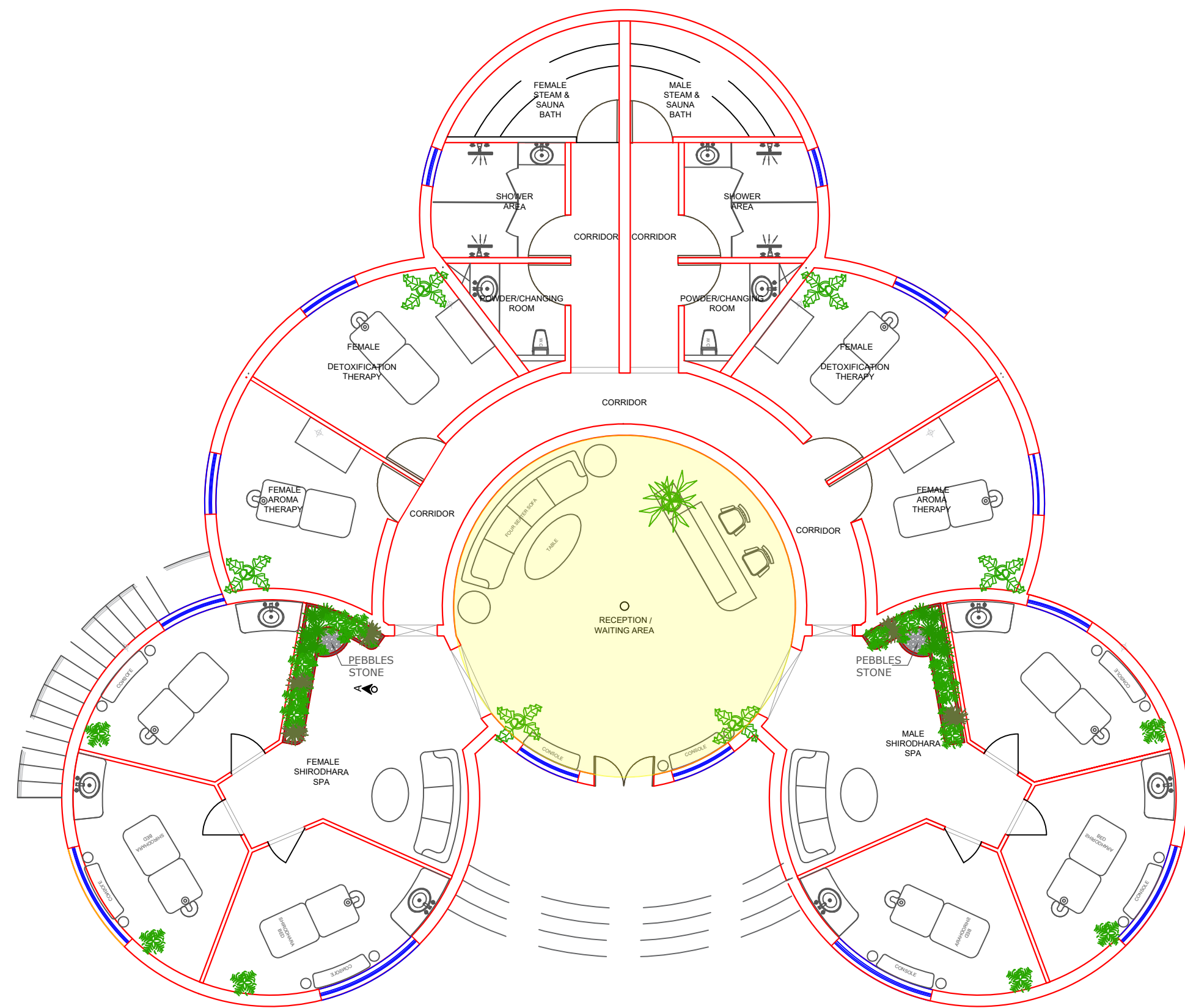
**DRAWN BY-**  
YASH GUPTA

**DRAWING TYPE-**  
INTERIOR SCAPING LAYOUT

**NORTH**







PLAN



VIEW 1



VIEW 2



VIEW 3



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**PROJECT TYPE**  
WELLNESS CENTRE

**SCALE**  
N.T.S.

**THESIS GUIDE**

Ar. AANSHUL SINGH

**THESIS COORDINATER**

Ar. VARSHA VERMA

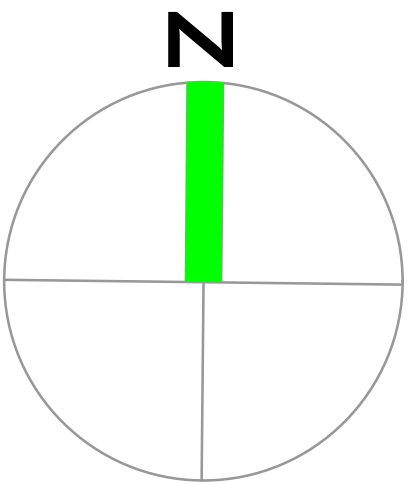
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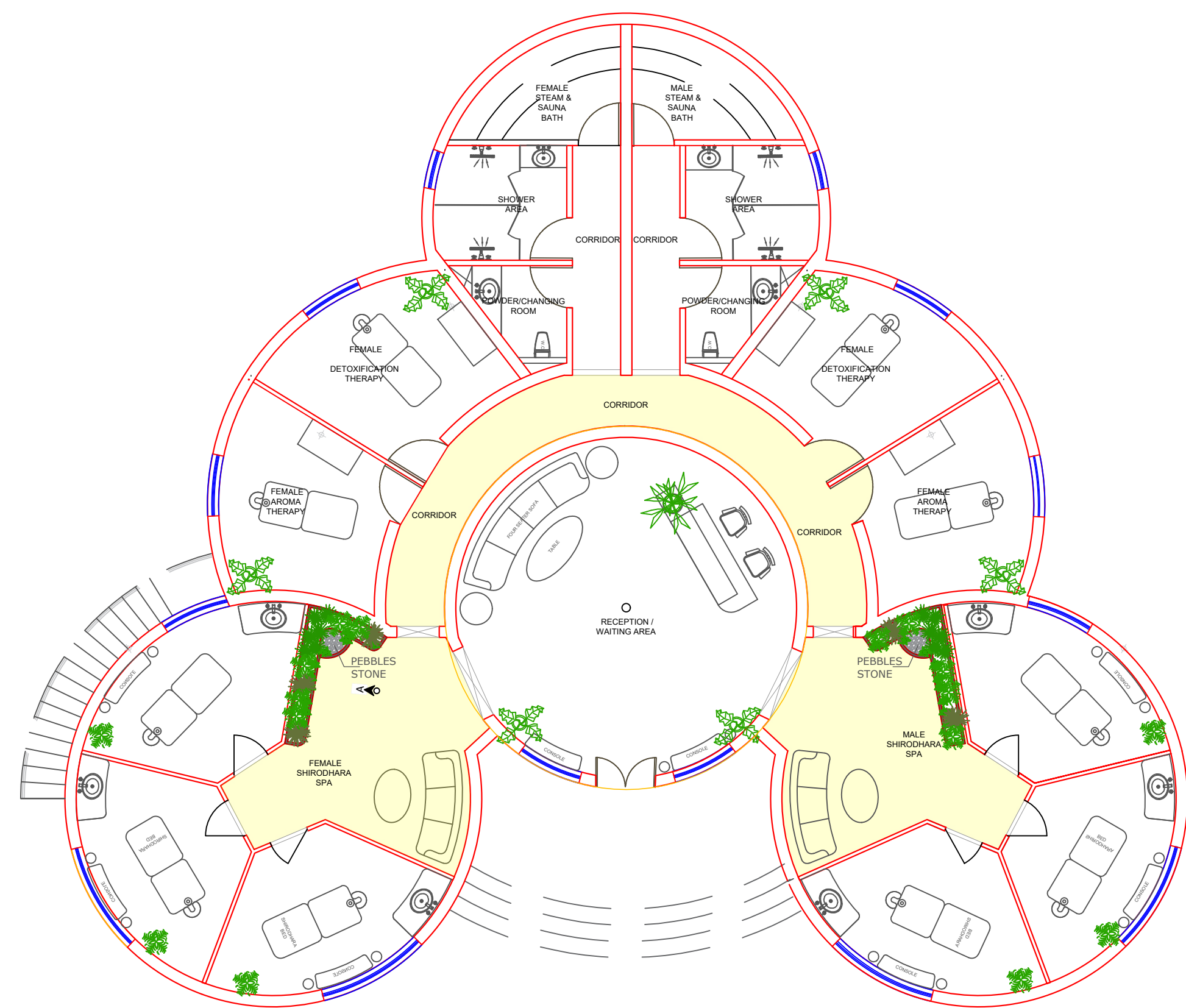
**DRAWING TYPE-**

RECEPTION AREA 3D VIEWS

**NORTH**







PLAN



VIEW 1



VIEW 3



VIEW 4



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**PROJECT TYPE**  
WELLNESS CENTRE

**SCALE**  
N.T.S.

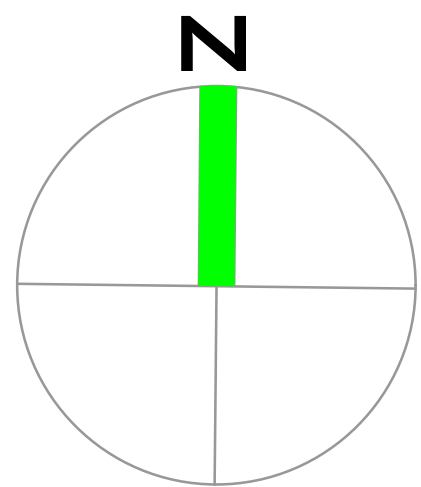
**THESIS GUIDE**  
Ar. AANSHUL SINGH

**THESIS COORDINATER**  
Ar. VARSHA VERMA

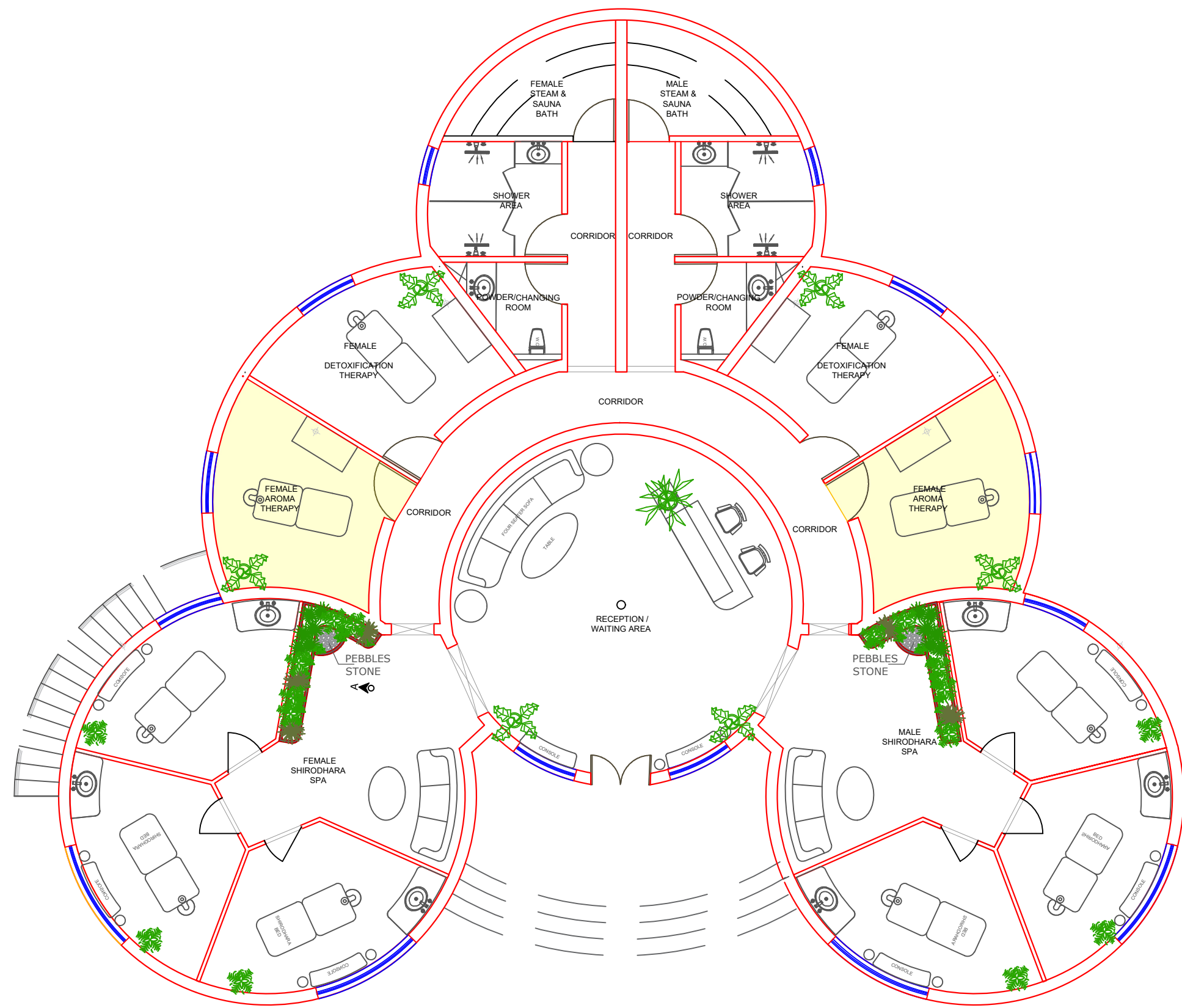
**DRAWN BY-**  
YASH GUPTA

**DRAWING TYPE-**  
CORRIDOR AREA 3D VIEWS

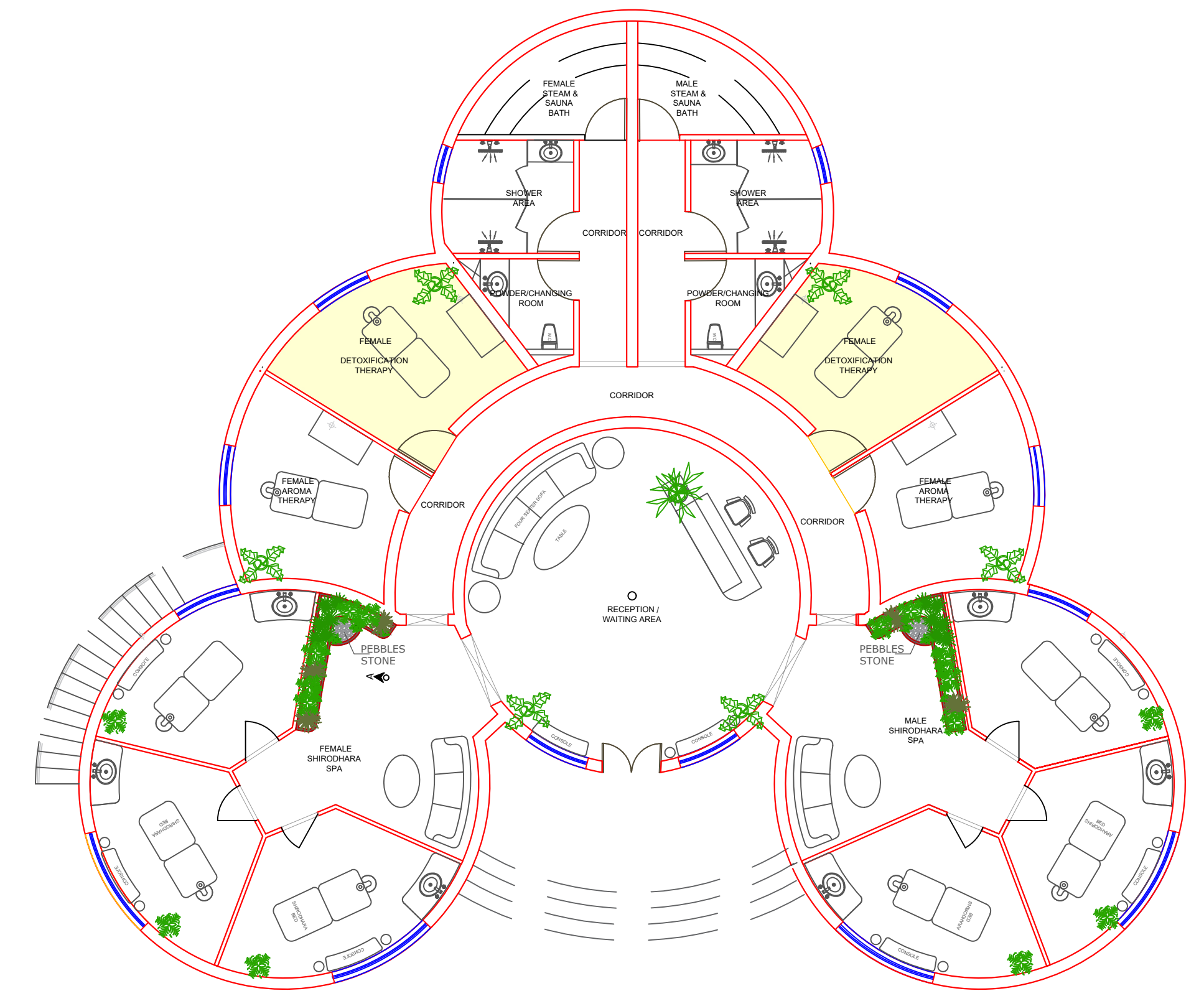
**NORTH**







PLAN



PLAN



VIEW 1



VIEW 1



VIEW 2



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SCHOOL OF ARCHITECTURE &  
PLANNING, BBDU

**PROJECT TYPE**  
WELLNESS CENTRE

**SCALE**  
N.T.S.

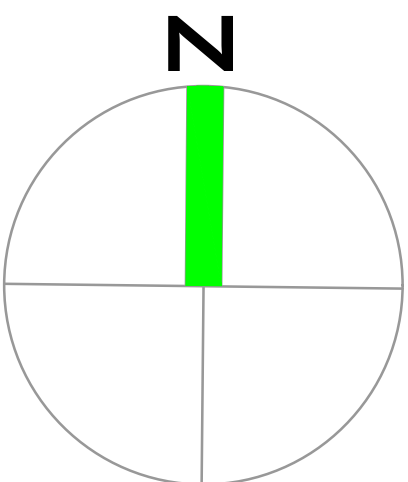
**THESIS GUIDE**  
Ar. AANSHUL SINGH

**THESIS COORDINATER**  
Ar. VARSHA VERMA

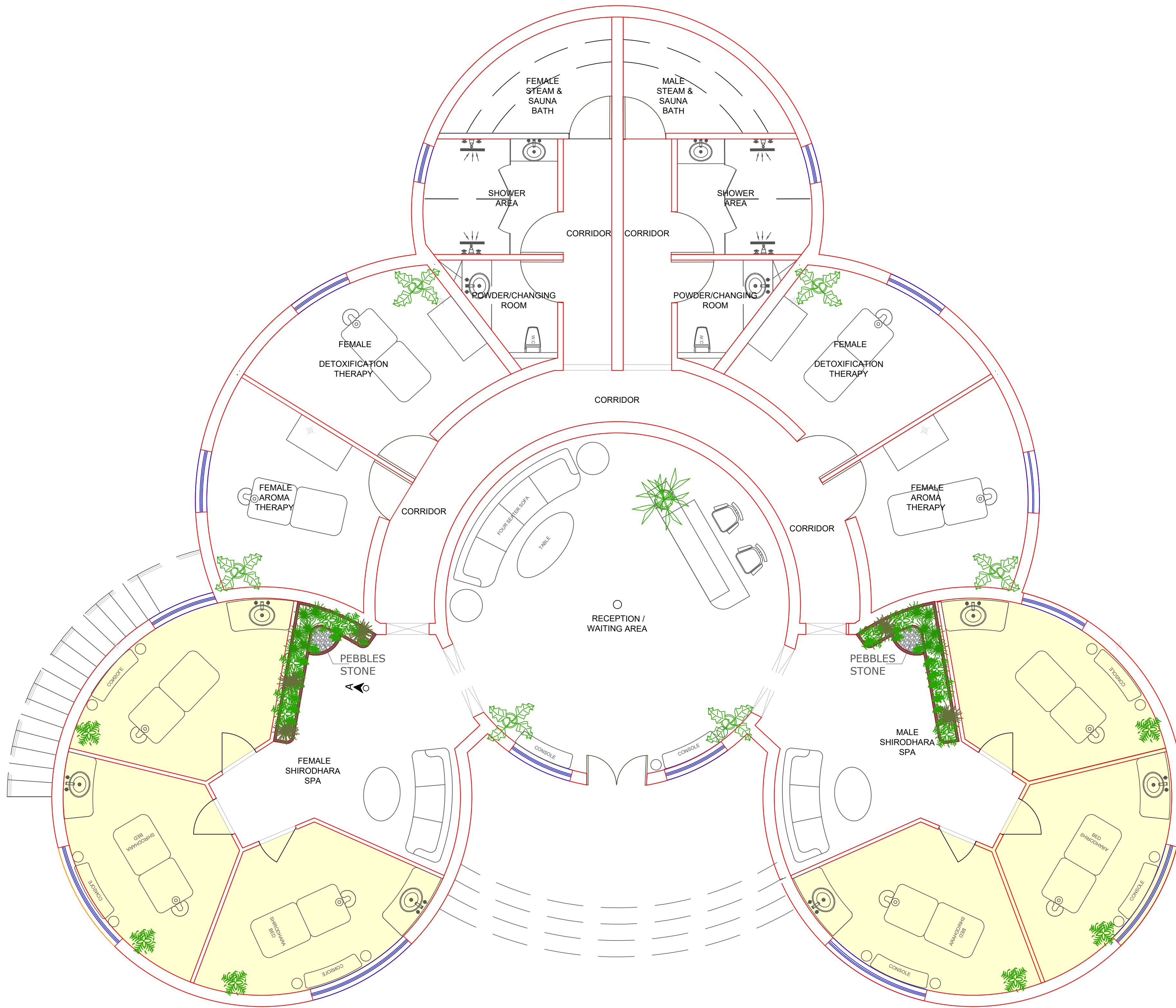
**DRAWN BY-**  
YASH GUPTA

**DRAWING TYPE-**  
AROMA AND DETOXIFICATION  
AREA 3D VIEWS

**NORTH**







VIEW 1



VIEW 2



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**PROJECT TYPE**  
WELLNESS CENTRE

**SCALE**  
N.T.S.

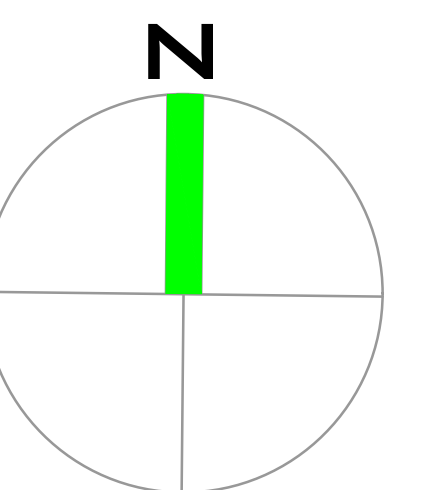
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**THESIS COORDINATER**  
Ar. VARSHA VERMA

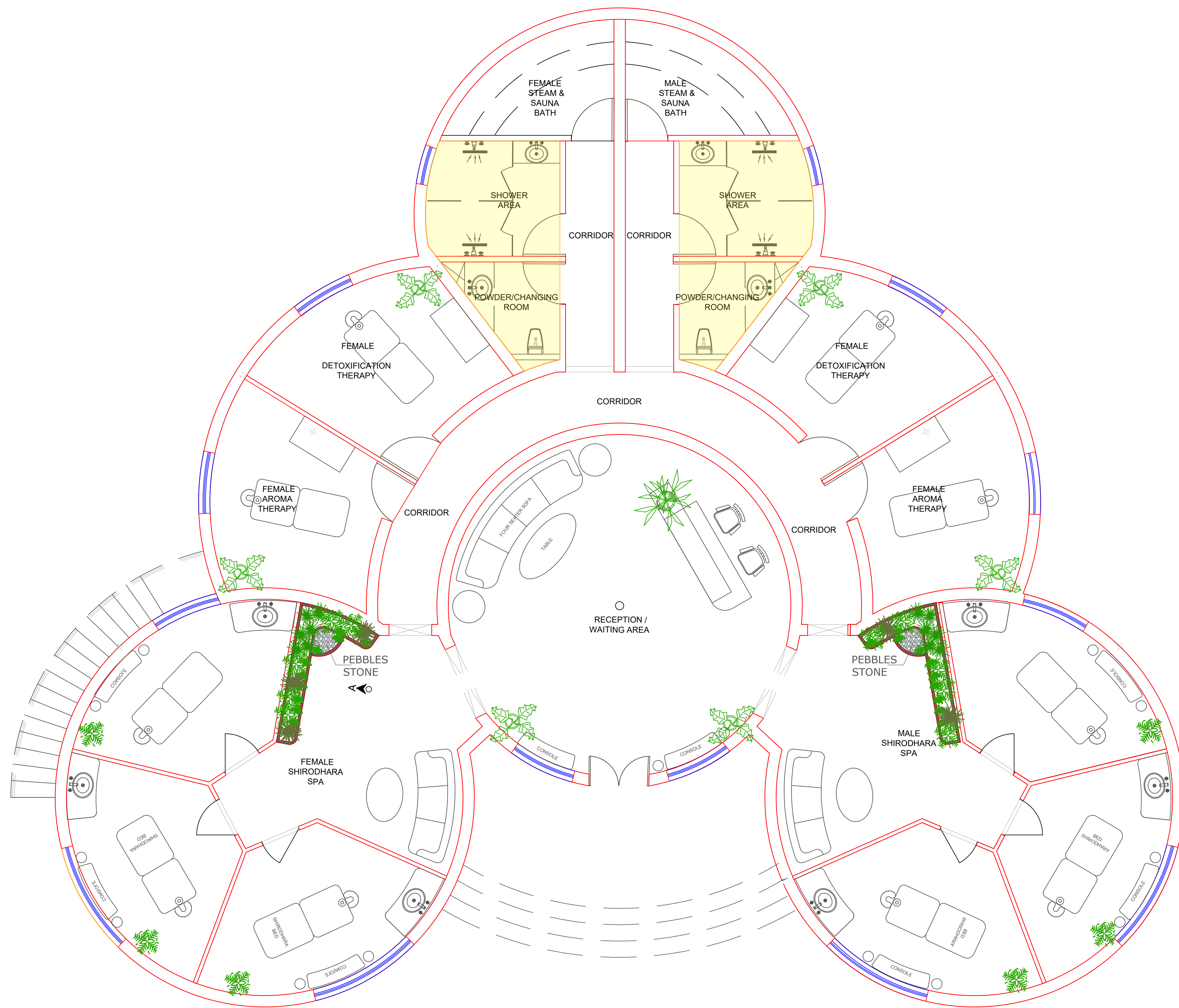
**DRAWN BY-**  
YASH GUPTA

**DRAWING TYPE-**  
SHHIRODHARA AREA 3D  
VIEWS

**NORTH**







PLAN

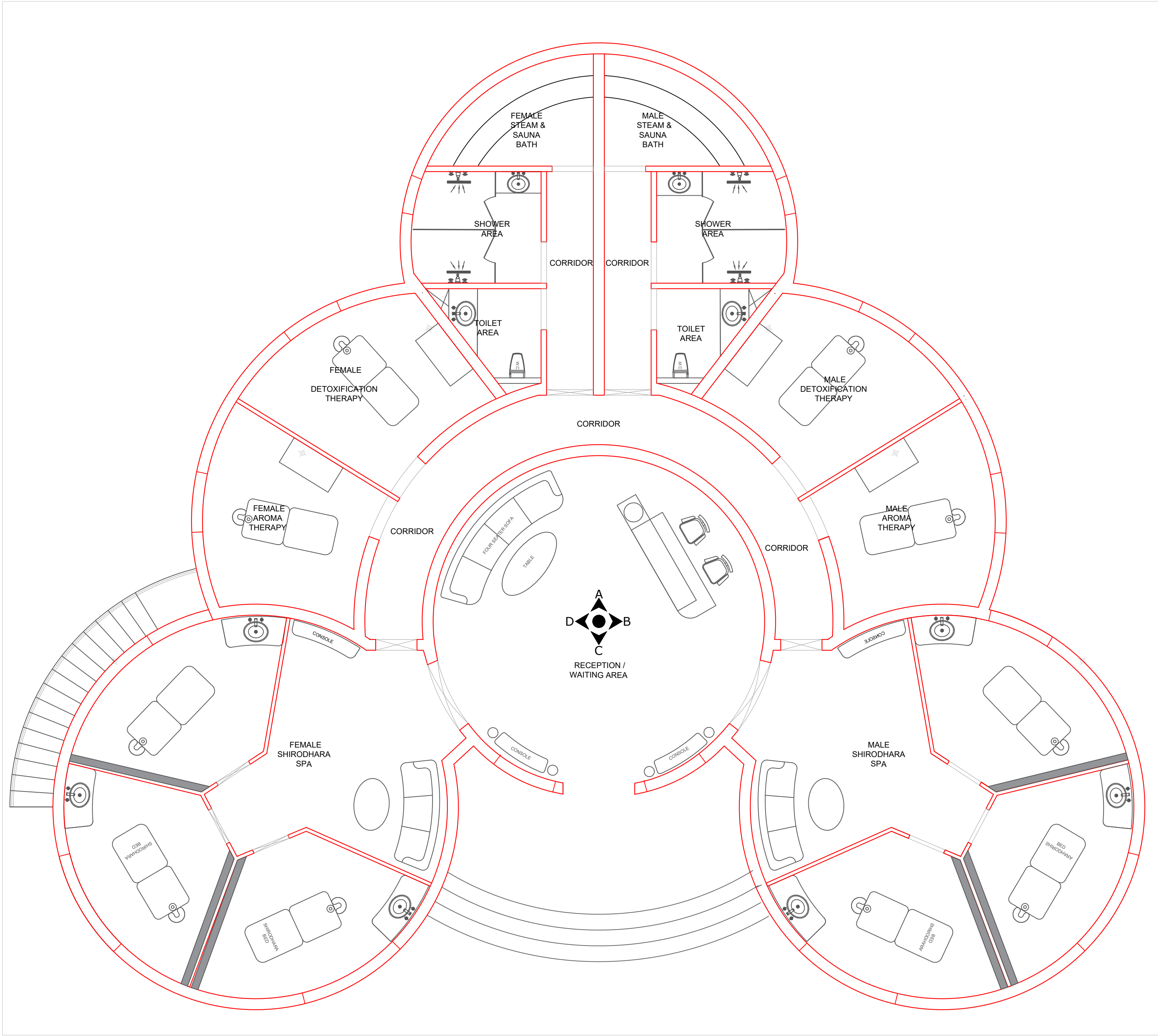


VIEW 1

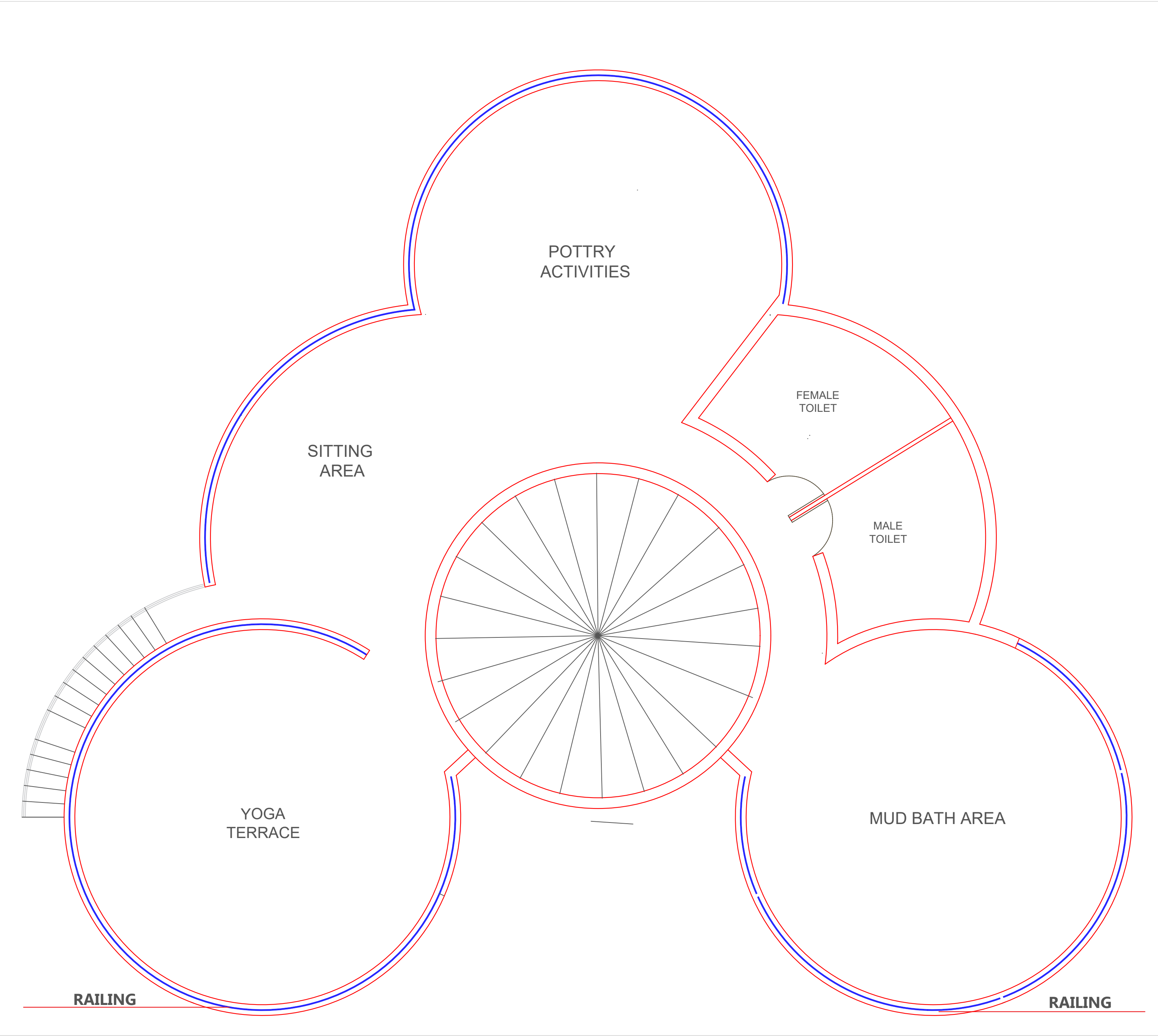


VIEW 1


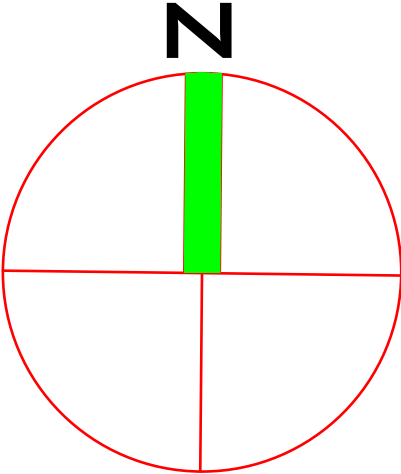


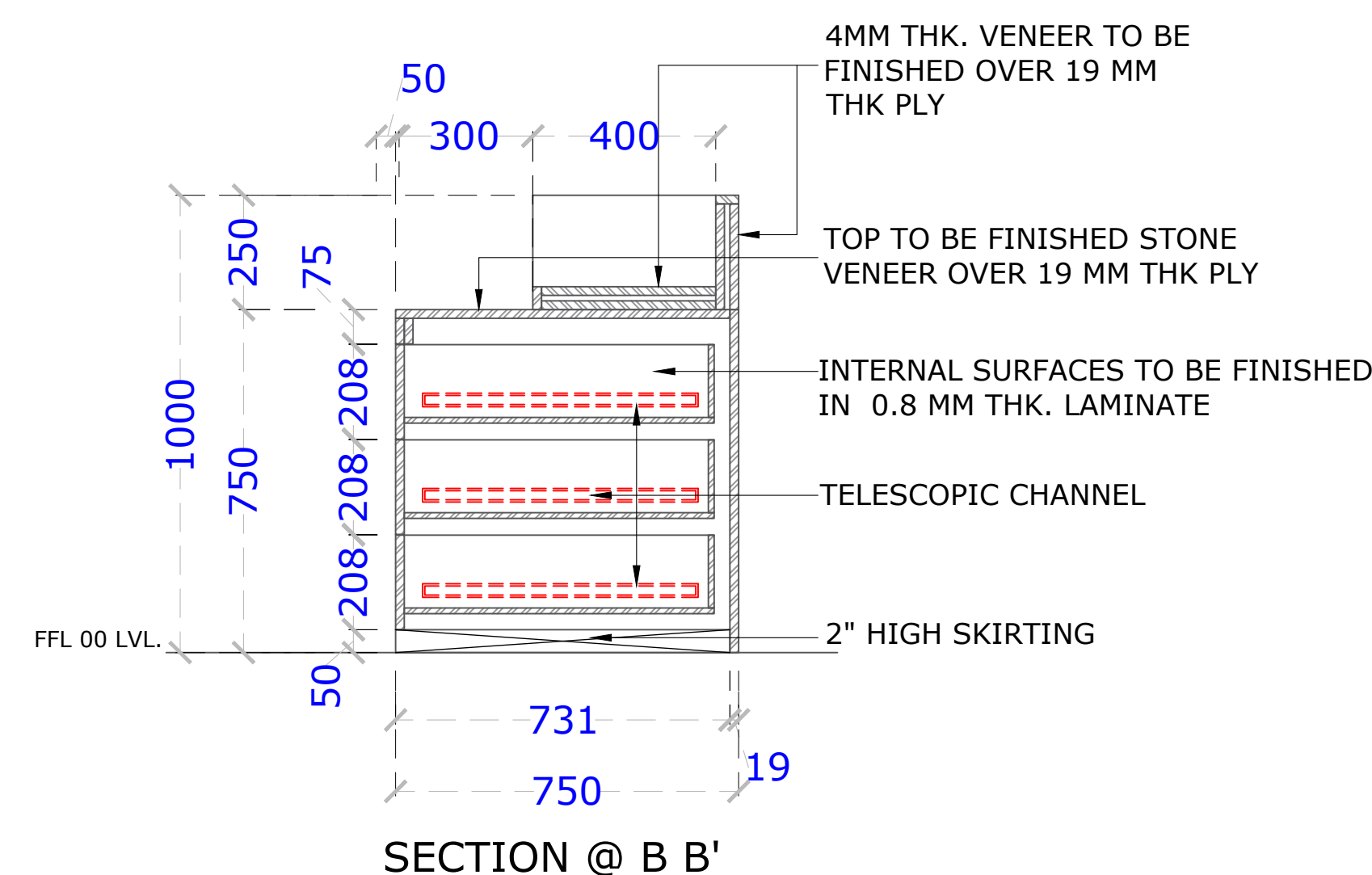
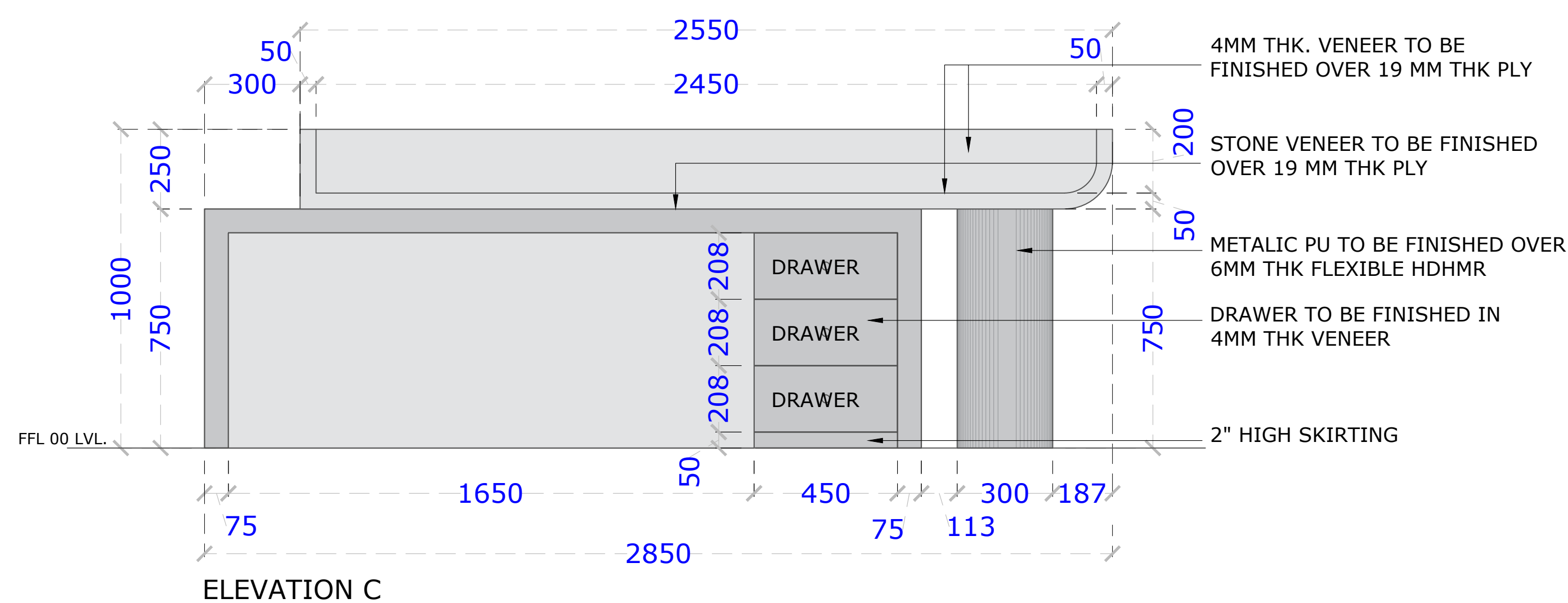
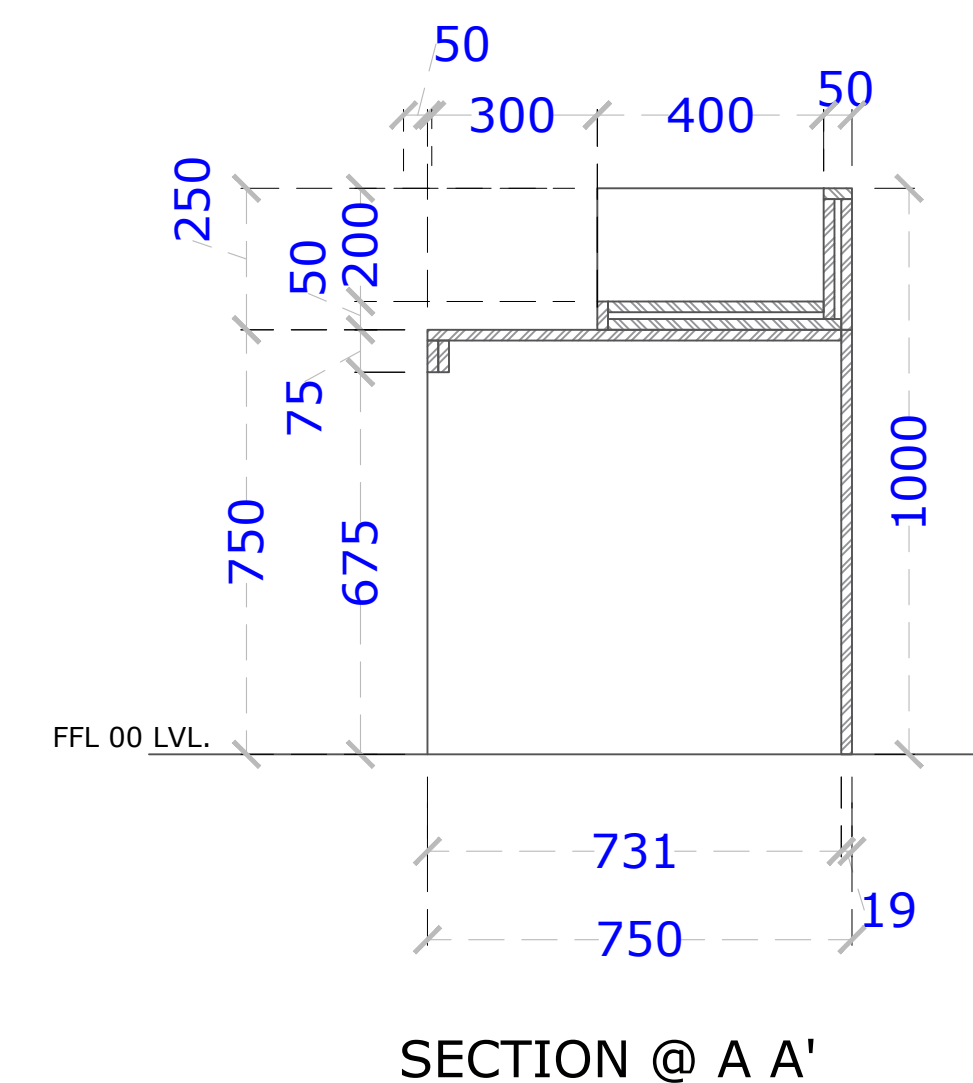
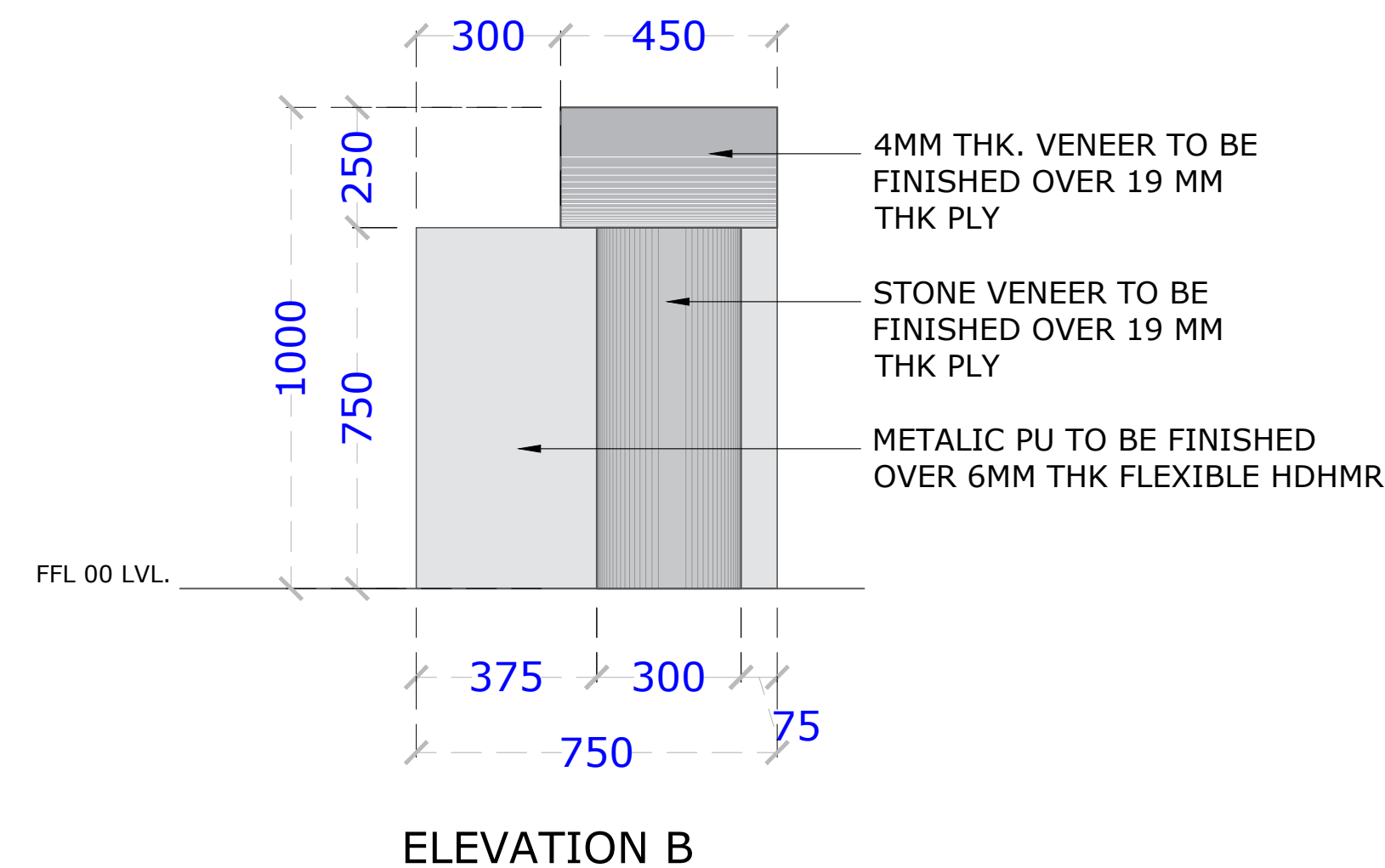
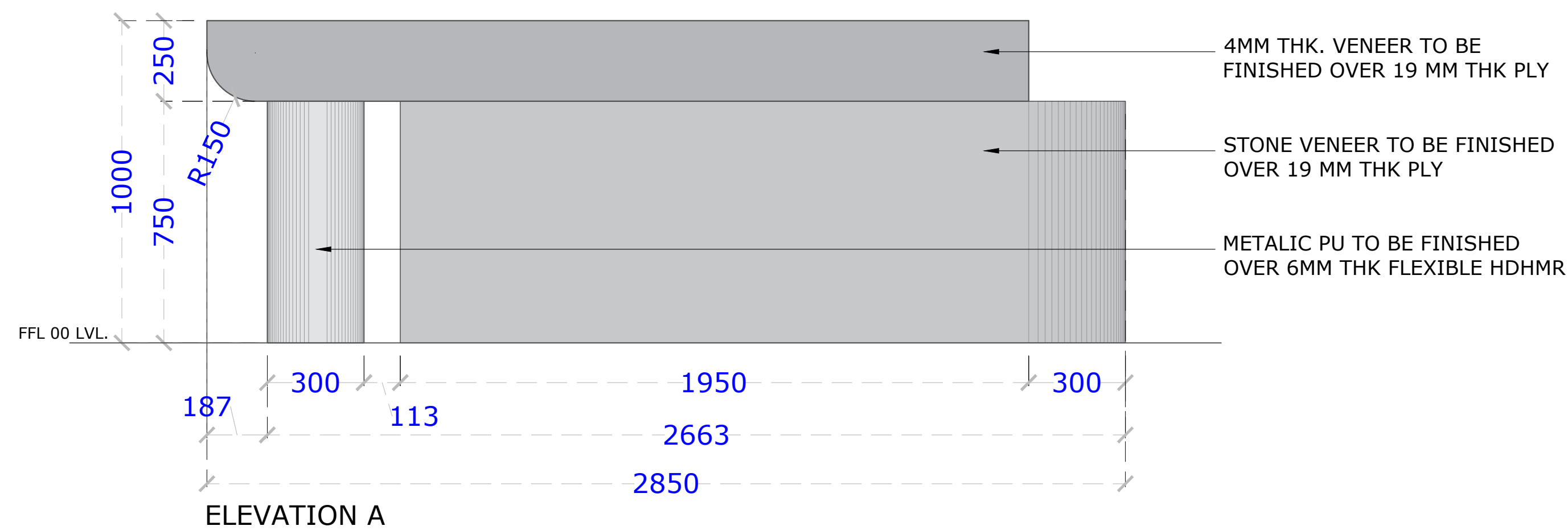
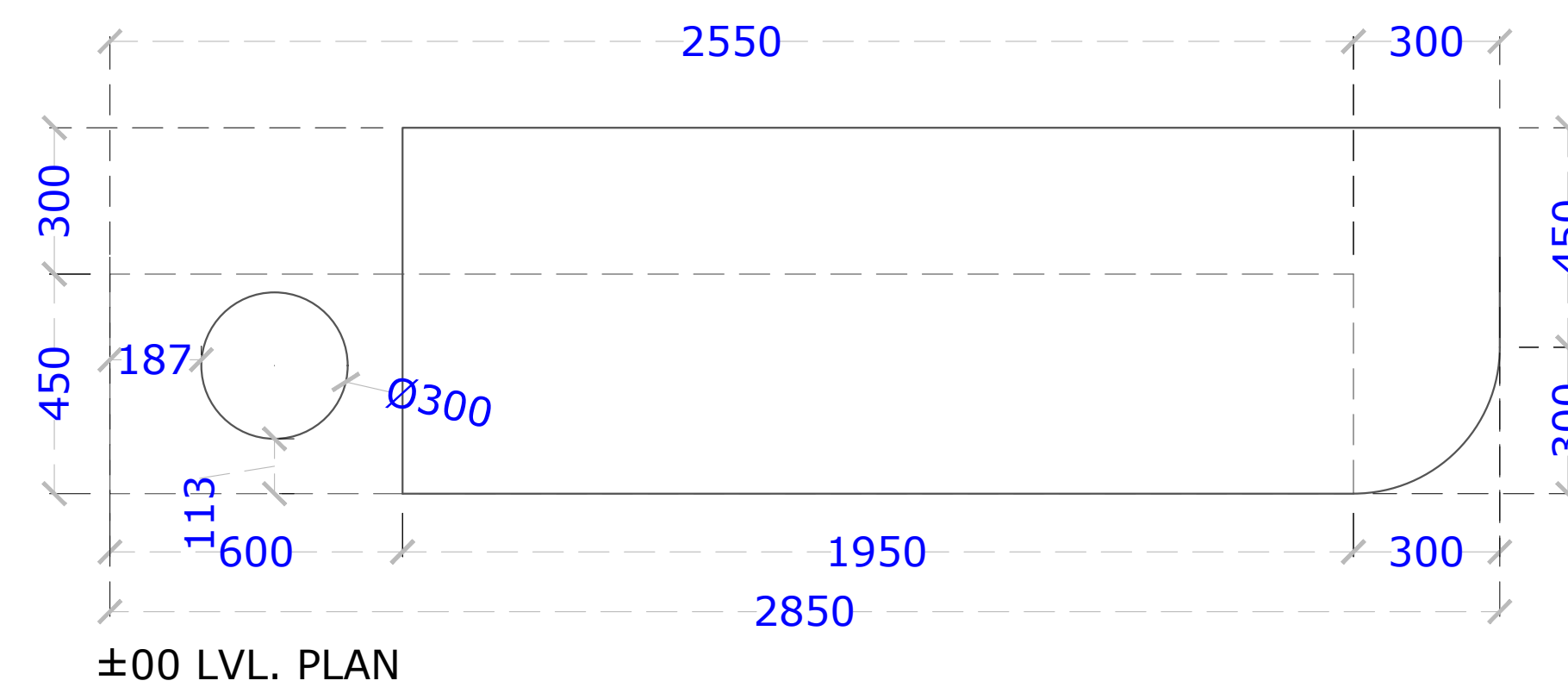
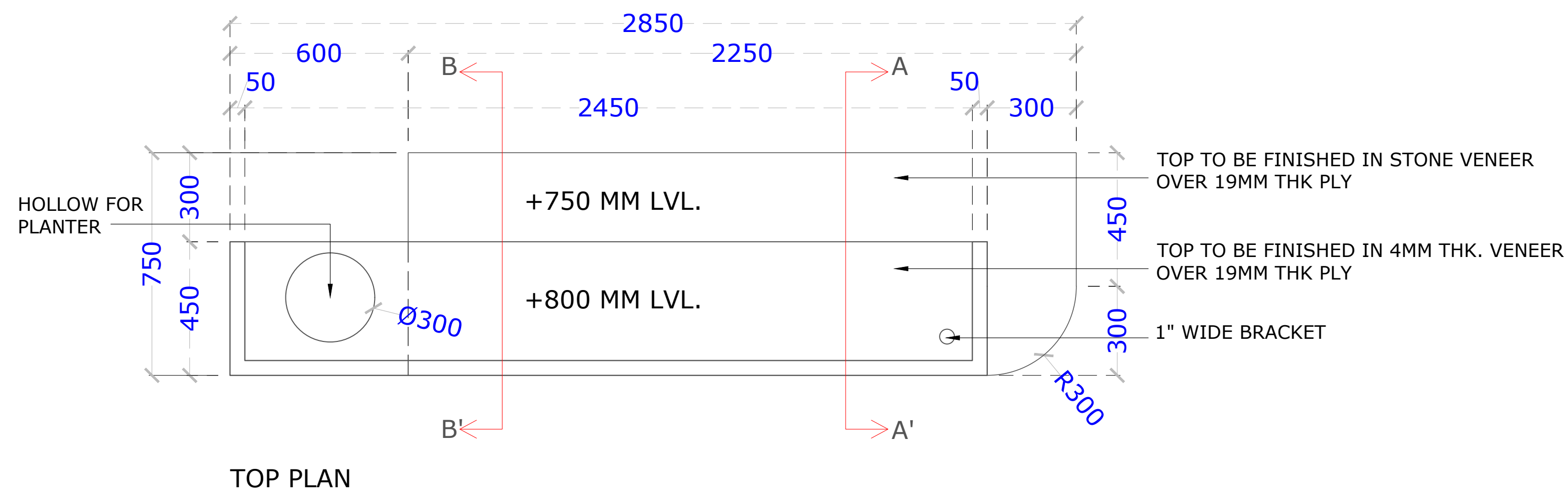


GROUND FLOOR PLAN

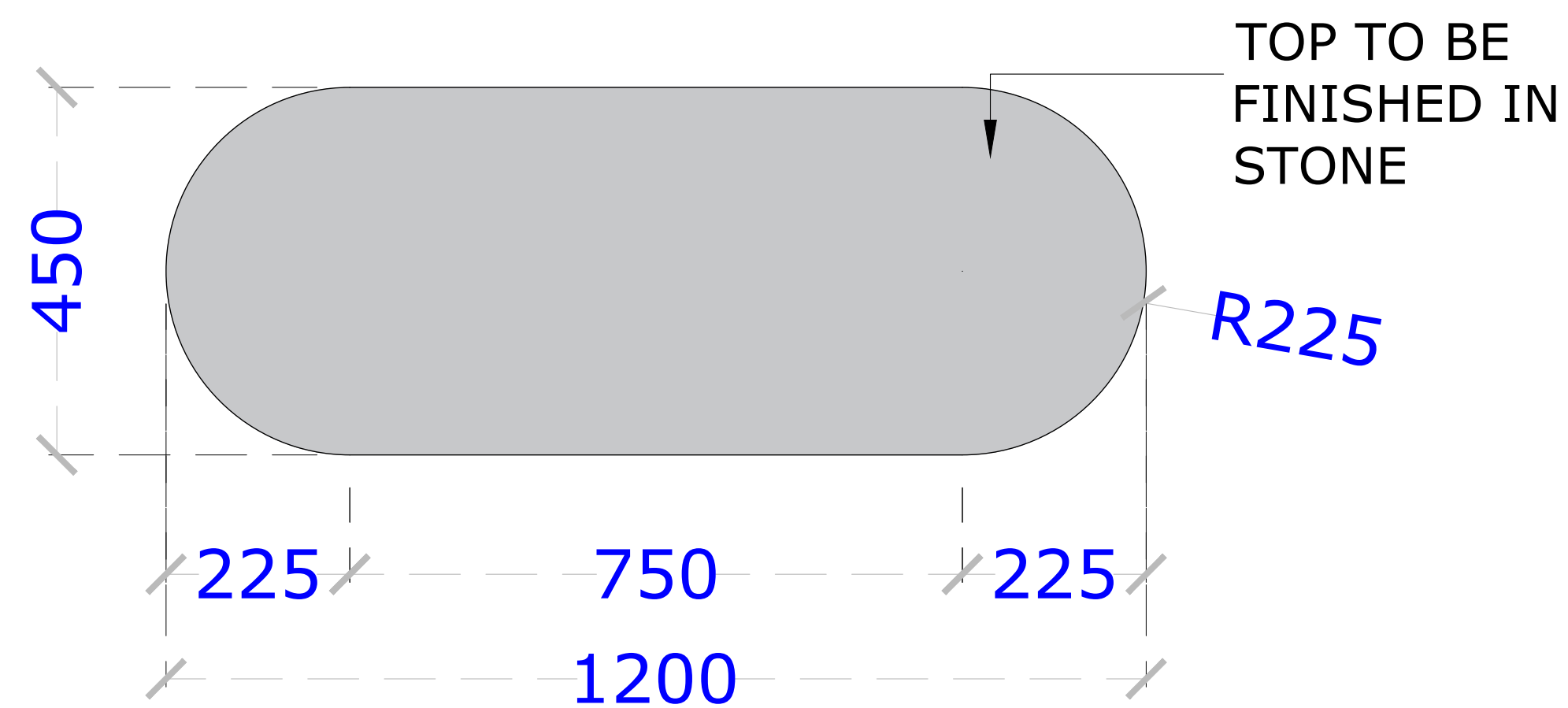


TERRACE FLOOR PLAN

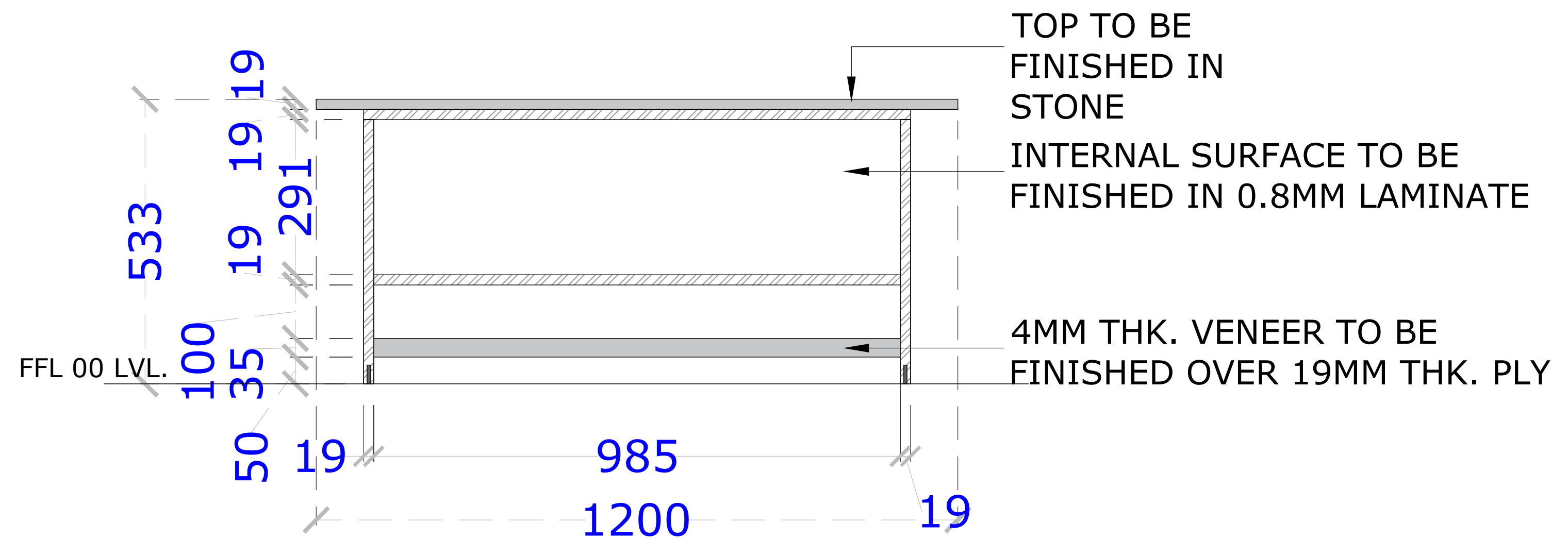
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	<p><b>SCALE</b> N.T.S.</p>	<p><b>THESIS COORDINATER</b> Ar. VARSHA VERMA</p>	<p><b>DRAWING TYPE-</b> FURNITURE LAYOUT PLAN</p>	



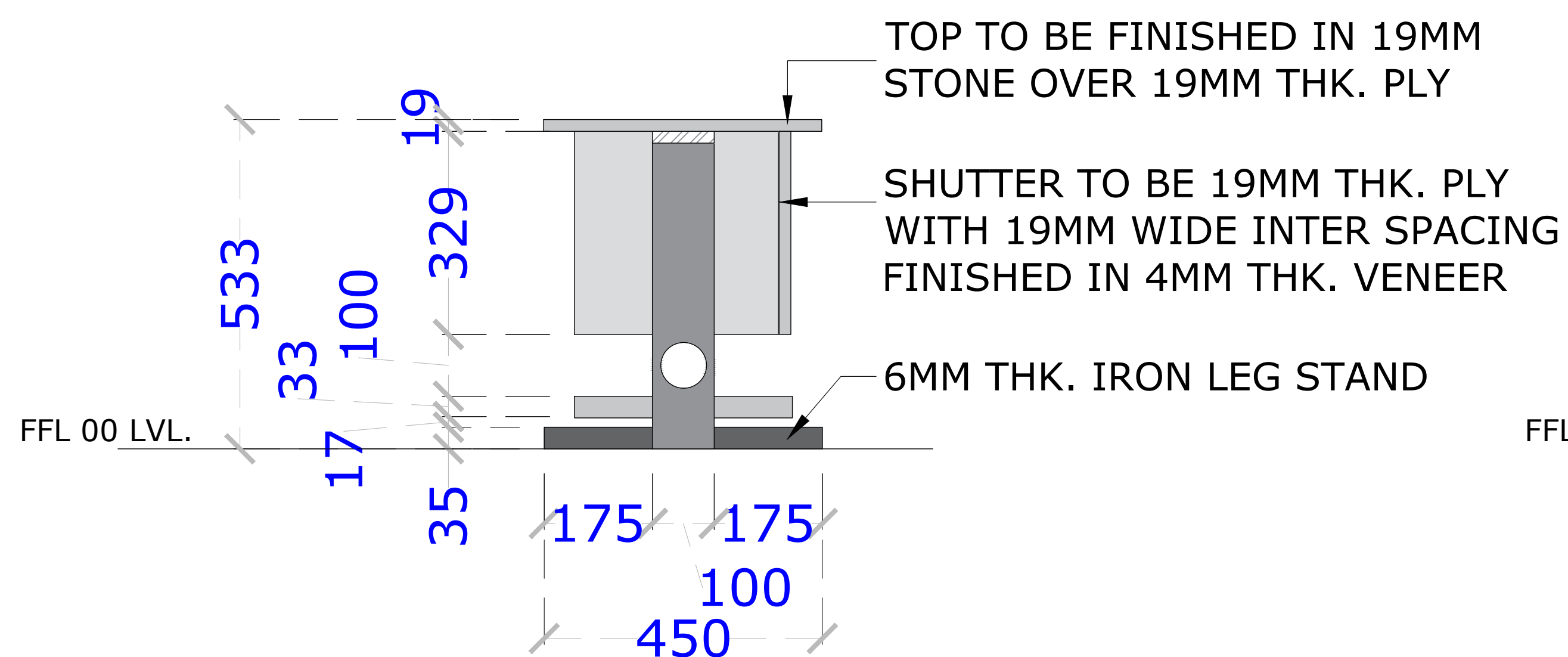




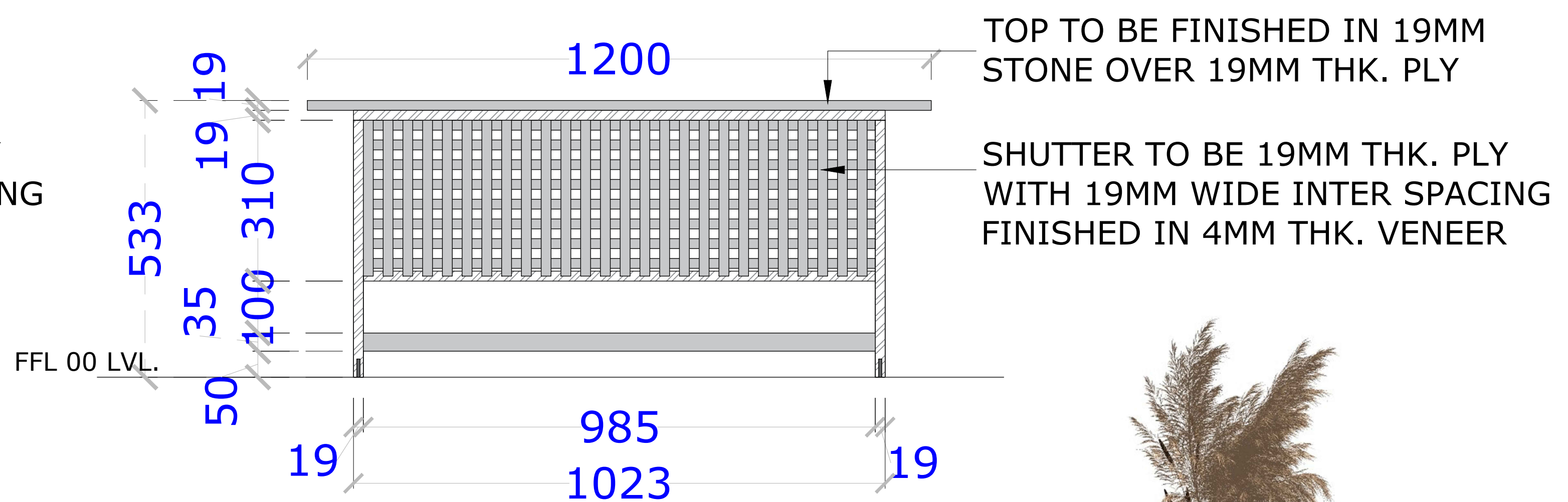
PLAN



INTERNAL ELEVATION



SIDE ELEVATION



ELEVATION A



REFF. IMAGE



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**STAGE 6**  
FURNITURE DETAIL

**SCALE**  
N.T.S.

**THESIS GUIDE**

Ar. AANSHUL SINGH

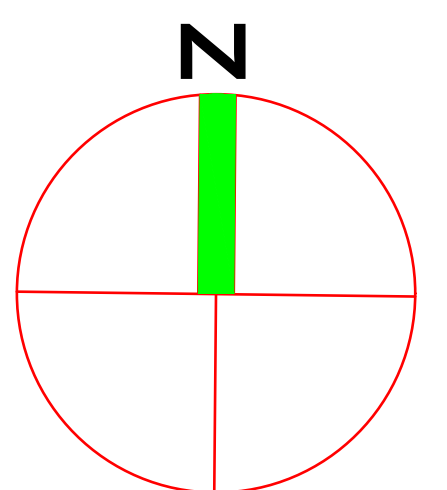
**THESIS COORDINATOR**

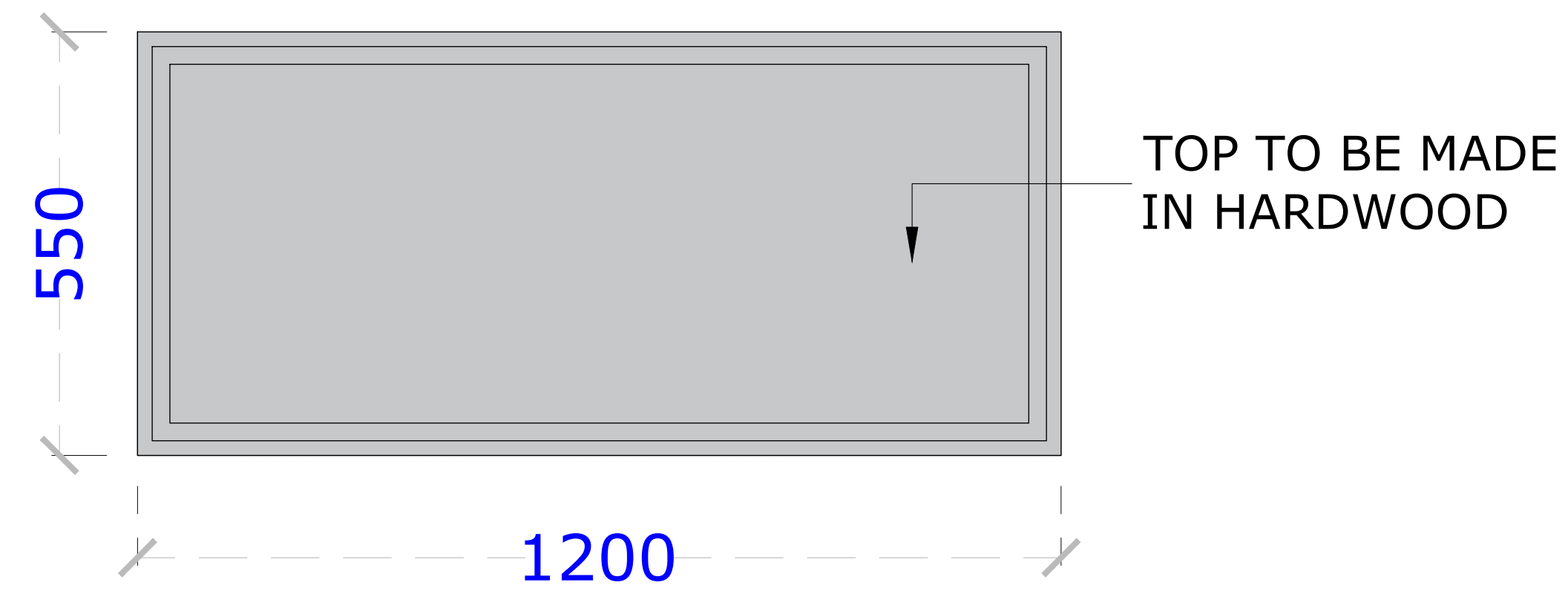
Ar. VARSHA VERMA

**DRAWN BY-**  
YASH GUPTA

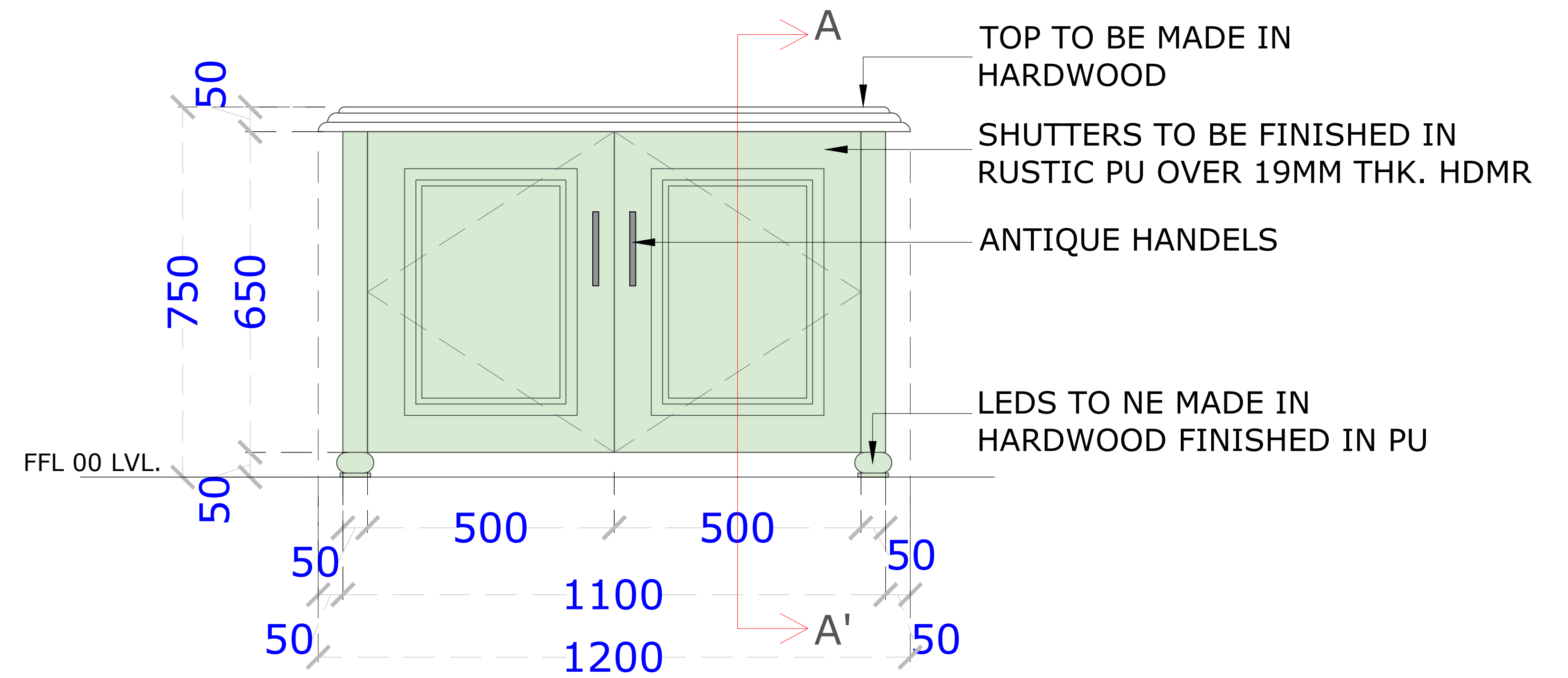
**DRAWING TYPE-**  
RECEPTION AREA  
CONSOLE TABLE DETAIL

**NORTH**

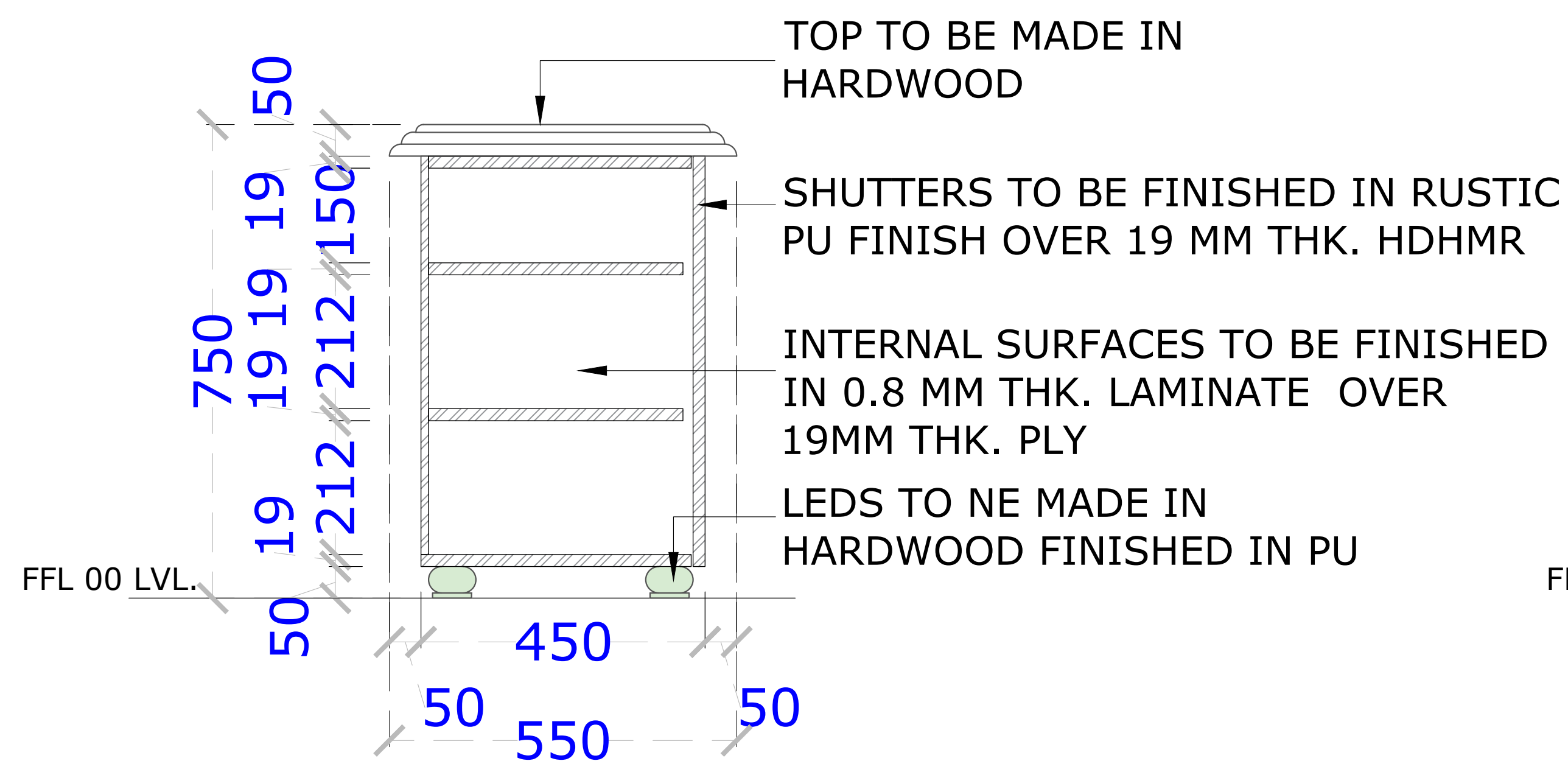




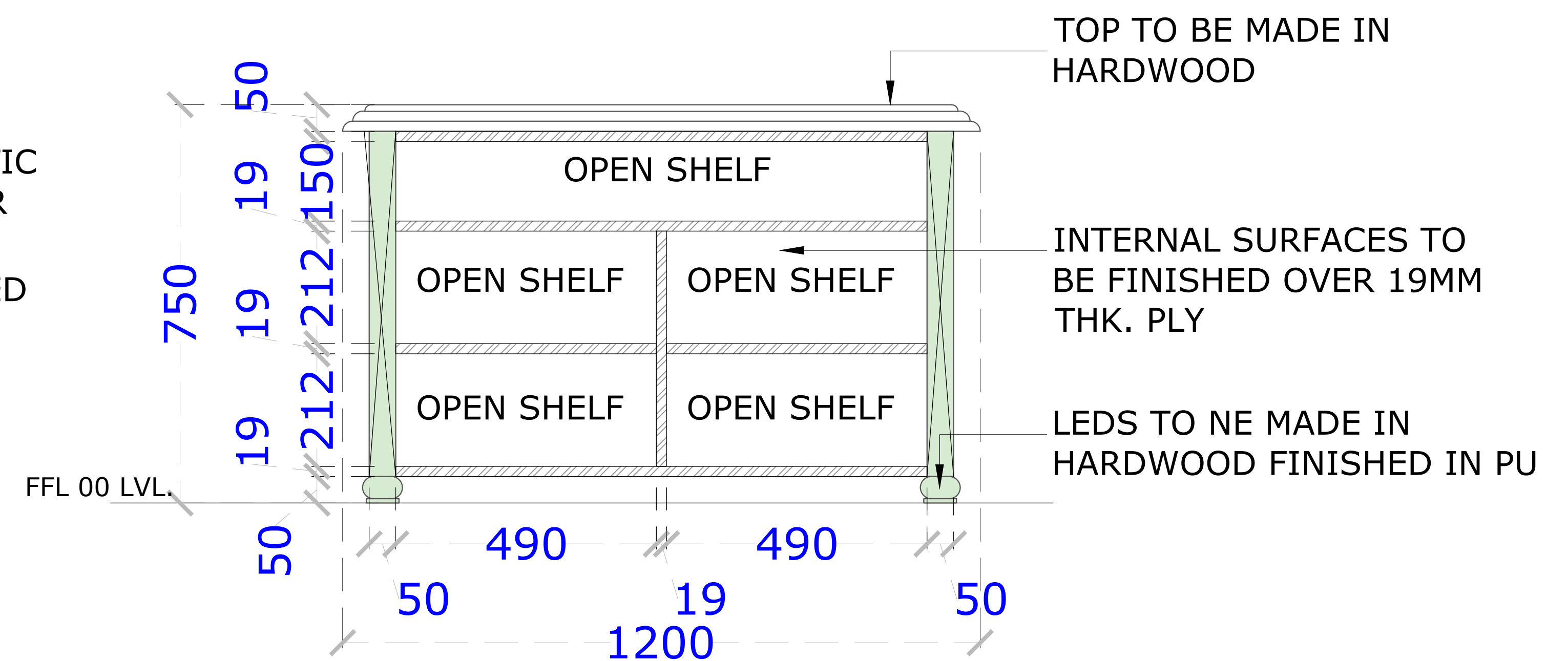
PLAN



ELEVATION A



SECTION @ A A'



INTERNAL ELEVATION



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PLANNING

**STAGE 6**  
FURNITURE DETAIL

**SCALE**  
N.T.S.

**THESIS GUIDE**

Ar. AANSHUL SINGH

**THESIS COORDINATOR**

Ar. VARSHA VERMA

**DRAWN BY-**  
YASH GUPTA

**DRAWING TYPE-**  
THERAPY ROOMS  
CONSOLE TABLE DETAIL

**NORTH**

