OM SHANTI SPIRITUAL RETREAT, SONIPAT

A Thesis Report (without dwg.) Submitted In Partial Fulfilment of the Requirements For the Degree of

BACHELOR OF ARCHITECTURE

by

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CERTIFICATE

I hereby recommend that the thesis entitled, "OM SHANTI SPIRITUAL RETREAT, SONIPAT" under the supervision, is the bonafide work of the student and can be accepted as partial fulfillment of the requirement for the degree of Bachelor's degree in architecture, School of Architecture and Planning, BBDU, Lucknow.

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INTRODUCTION

In todays competitive world, human beings suffer from numerous pressures. More and more people suffer from hypertension and insomnia and the main cause of the worry is the increasing insecurities. What one needs a space to relax and contemplate which refreshes them and prepare for the daily grind. Such building typologies are now necessary in our society.

There are various kinds of retreats. Some are holiday retreats which offer various adventures and fun filled activities while others are more serious kinds providing meditation and contemplation.

Therefore spiritual spaces, retreat centres have become essential. Spiritual Retreat Centre not only provide them rejuvenation from the routine but also orients them towards a better life style, better human values by giving them an insight of themselves. Such spaces are becoming increasingly essential in the urban environment today.

WHY THIS PROJECT ?

Throughout the world, spiritual spaces are as varied as the people who build them, just as the worlds many concepts of God are as varied as the people who contemplate him.

Sacred spaces are not build with the intent of making money; they are not just aesthetics, not just stage set from which to sell faith. A scared building alone cannot convince anyone to become a believer, but it can provide an inspiring environment for those who do believe.



NEED OF PROJECT

- > To restore human values back in the society and help people find their compass.
- > To help people maintain a good balance through the effective technique of meditation.
- > To help people develop a positive attitude towards life.
- > To help people rediscover their true inner potentials and strengthen and maximize them.
- > To help people lead a stress free life by increasing their ability to cope with situation.



WHAT IS SPIRITUALITY?

Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life. As such, it is a universal human experience something that touches us all.

"SPIRITUALITY IS THE SCIENCE AND THE ART OF REMEM-BRANCE"

"SPIRITUALITY REALLY BEGINS WHERE RELI-GION ENDS." "SPIRITUALITY SAYS THAT GOD IS WITHIN US, AND THAT WE CAN REALIZE HIM BY THE INWARD PRACTICE. HE IS RIGHT INSIDE YOU" "SPIRITUALITY HAS TO DEAL WITH THE SOUL AND THE SOUL ALONE. IT HAS NOTHING TO DO WITH THE BODY; THE INTELLECT; THE MIND AND OTHER PARAPHERNALIA OF HUMAN EXISTENCE."

SPIRITUAL RETREAT

- ➤ A SPIRITUAL RETREAT is all about getting in touch with ourselves. It's a time to strengthen the self and replenish our personal power. A spiritual retreat is about silence and stillness silence of the mind as much as of the tongue; stillness of the spirit as much as of the body.
- A spiritual retreat can help us rediscover & cultivate spiritual awareness. Once we've experienced this higher consciousness, once we've learned to reconnect with our eternal self, we can move out again into the bustle of life with a fresh perspective. In today's world which lacks PEACE, these retreats have become essential.



- Meditation describes a state of concentrated attention on some object of thought or awareness & the benefits of the practice can engender a higher state of consciousness. Meditation can be defined as a process of cleansing, a process of dialogue and a process of joining.
- Meditation is a useful method to help human beings redirect their life positively and healthily, and to achieve inner stability. The word meditation comes from the Latin word mederi, which means cure. Curing the inner self is not a matter of taking medicines, but it involves reestablishing the balance through knowing oneself, having the correct attitudes and making the correct use of mental and emotional energy.
- In meditation, we learn to observe our inner self and recover the resources that can cleanse (heal) and harmonize us: peace, love, truth, wisdom, purity and happiness. Through concentrated thought we learn to let these positive and pure energies manifest (show) themselves in our conscience and in our day-to-day actions.

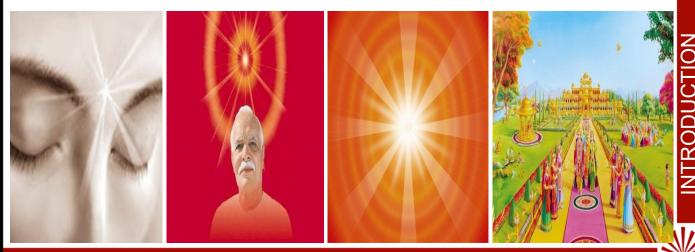
BRAHAMA KUMARIS

PRAJAPITA BRAHMA KUMARIS ISHWARIYA VISHWA VIDYALAYA OR BRAHMA KUMARIS WORLD SPIRITUAL UNIVERSITY is a unique Vishwa Vidyalaya (university) and a well known spiritual value based educational institution. Through it's teachings, the institution has gained global acceptance and unique international recognition. The institution believes in the parenthood of God and the brotherhood of man and is open to the people of the entire globe irrespective of their caste, creed, age and social, economic or political status.

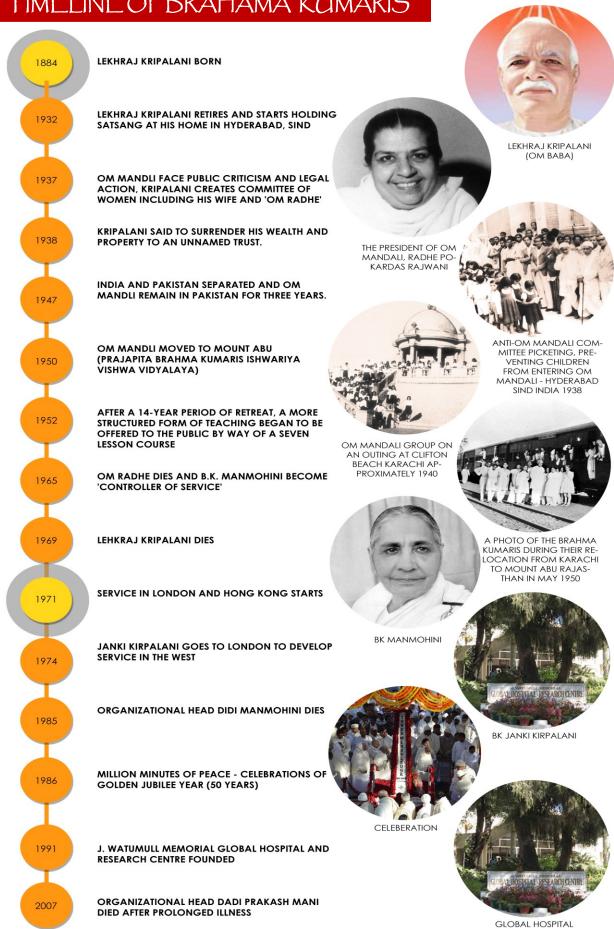
In order to achieve this goal of establishing a new world order in which there is honesty, sincerity, goodwill and high civic sense, this institution facilitate people to have a clear vision of their goal and also respective role in the world drama. They give them a clear view of the world and also knowledge of their own identity. They teach theory and practice of Rajyoga Meditation so that man's mind becomes free from tension, bias, prejudices, hypocrisy, jealousy, hatred, greed, ego and such other negative tendencies that cause conflict in the society and degrade the person himself.



- Established in 1936, the institution believes that all the problems plaguing the society and the world today-social, economical, political, religious etc.-can be eradicated only by building character in all human beings.
- The Brahma Kumaris is run mostly by women with a spirit of dedication and sacrifice for the welfare of the society. The institution is funded through voluntary contributions by its students. Its services are offered free of charge.
- The main headquarters is located in Mount Abu, Rajasthan ,with a worldwide network of over 8500 branches across 138 countries.
- > It is also an NGO of United Nations with consultative status in ECOSOC & UNICEF.
- The Institution is working at all levels of the society to bring about positive changes in the lives of people by offering educational programs in moral and spiritual values aimed at creating a greater awareness of the worth and dignity of a human being.



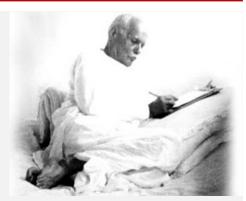
IMELINE OF BRAHAMA KUMARIS



IMPORTANT PEOPLE OF BRAHAMA KUMARIS

Brahma Baba, the founder

Prajapita Brahma was a man of special qualities. He had a delightful, indescribable attractiveness; a charisma that surrounded him like a glow. People felt even from afar the love, humility and heartfelt sincerity of his nature. Even more, they felt the power and magnetic attraction of his eyes. His simple life, gentlemanly manner and devotion to God won him friends and admirers wherever he went.



- In 1936,After a series of deep spiritual experiences and visions, he felt an extremely strong pull to give up his business and dedicate his time, energy and wealth to laying the foundations of what later would become the Brahma Kumaris World Spiritual University.
- Between 1937 and 1938, he formed a Managing Committee of eight young women and surrendered all his property and assets to a Trust administered by them.

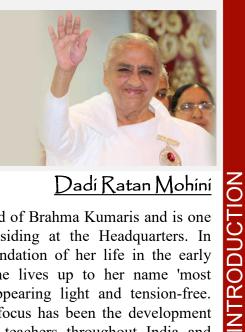


<u>Dadí Jankí</u>

Born in 1916, she is the active Spiritual Head of Brahma Kumaris. With unshakeable conviction, she refuses to set limitations for herself through her tireless service to others. She has been thus engaged since 1937 and also spent 40 years based in London from 1974. She has inspired individuals of all cultures and professions to live according to a higher sense of purpose and to contribute to the creation of a better world. Deep and insightful, she is an absolute joy to listen to and observe.

Dadi Hirdaya Mohini

She is the Additional Spiritual Head of Brahma Kumaris. Her name means 'The one who attracts the heart'. It fits the way she is exactly. Popularly known as Gulzar ('rose garden'), she was one of the original members of the boarding school set up in 1937 by Brahma Baba. Her long-term, concentrated training in spiritual principles and practice has made her a living example of virtues



She is the Joint Spiritual Head of Brahma Kumaris and is one of the backbone members residing at the Headquarters. In childhood she created the foundation of her life in the early days of Brahma Kumaris. She lives up to her name 'most beautiful jewel' by always appearing light and tension-free. Dedicated and forthright, her focus has been the development and training programmes for teachers throughout India and serves as the spiritual resource to the team of young people responsible for the personal development and growth of youth.

- Their main focus is the development of human potential. They aim at bringing harmony in human relations and changing the attitudes and outlook of man so that there is the spirit of brotherhood, love and co-operation.
- Seminars, workshops and conferences are held in order share with people the applications of spirituality, the art and experience of Meditation for achieving excellence in their fields, overcome work related stresses.

AIMS AND OBJECTIVES

- To help people maintain a good life-work balance through the effective technique of meditation.
- To help people rediscover their true inner potentials and strengths and to maximize them for enhanced productivity.
- To help people develop a positive attitude enriching life experience in personal and professional domain.
- To help people lead a stress free life by increasing their ability to cope with challenging work situations.

WHAT AM 1?

I am a living entity different from the body! the conscious entity in the body which uses the word "I" is different from the body which has eyes, ears, nose etc as it's components. I am not the eyes, the ears or the mouth but I see with my eyes, speak through the mouth, hear with the ears and am their master. I am a soul (Atma), eternal and immortal. The body is mortal; I have got it to do actions and to experience the result of my actions. I am the doer and the one who experiences

The soul is like a driver in-charge of the body, which serves as a carriage to the soul. The soul is a diamond, the body being the casket for it.

SEAT OF THE SOUL

The soul is located in the middle of the forehead in between the two eyebrows. This is the seat of the soul. The brain is the "control-room". Just as a driver controls the car using different parts of the mechanism seated at one place, the soul employs the brain to control the body.

NATURE OF SOUL

A soul is a tiny, metaphysical, conscient point of spiritual light. There are a finite number of souls. Each soul is eternal. They were never created, and will never be destroyed. Each soul is unique. We are all souls, unique and different and remain so eternally.

The intrinsic nature of the soul is that of love, peace, happiness, truth, bliss, purity. Therefore, souls always desire for experiences of these qualities. These are the qualities that naturally emerge when the soul is aware of itself, or in other words, is soul-conscious.

OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT

INTRODUCTION







KNOWING GOD SUPREMESOUL

- In this world, many beliefs exist about God. As a result, people understand God in their own way and often in their own imagination. But what is required is the understanding God as He is, what He is and how He is. The correct understanding about God has to be given by God Himself!
- Supreme Soul' means He is supreme among all souls. It implies that, He is also 'a soul', the Highest of all. He is above birth and death.
- God is a subtle, infinitesimal point of Light. He is not visible to the naked eye but it is very much possible to experience His presence and proximity in meditation. He is incorporeal in the sense that he does not have a body of his own.
- He is reputed to be the preserver of virtues and the destroyer of all evils. He is also the liberator, the guide, and the bestower of salvation, therefore the sadguru. He dispels sorrow, bestows joy.
- His self-revealed name is 'Shiva'. 'Shiva' means doer of good or benefactor.

The Supreme Father of all Souls

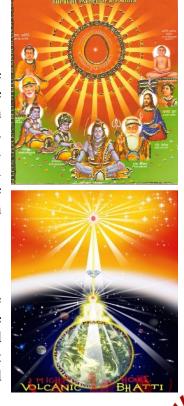
God is the father of all souls in this world. It is observed that all religions have images, idols or memorials represent the form of Light that God is. All over India, the images of the form that Shiva has is found installed; these images are without any human form, in the form of shivlinga, which is the symbol of an incorporeal Being. At Mecca, in the holy place of Kaaba, a stone image with oval form is called "Sang-e-Aswad". Jesus Christ said, "God is Light". Guru Nanak sang the praise of Him who is 'All-Light' (ek Omkar) and is incorporeal.

The Divine Abode of God

Where does God live? Is there somewhere one can go to see Him, to be with Him? God is a subtle point of light, and He does not pervade the physical universe. Nor does he live in the heart of any human being or in any matter. Neither is He omnipresent. His home is the incorporeal world, an infinite expanse of golden-red light, which is beyond this physical world we live. It is the original abode of all souls as well. The incorporeal world is known as PARAMDHAM OR BRAHMLOK. Knowing where the Supreme Father is, we can establish connection with Him through thoughts during meditation.

The Divine Descent of God

God descends into this world when it is under the spell of extreme darkness of ignorance, unrighteousness, moral turpitude, spiritual lassitude and religious decrepitude. Looking at the state of affairs today, it should not be difficult for us to conclude that the time the world is undergoing at present is indeed the DHARMA GLANI. It is at this time that God intervenes in the affairs of mankind.



NTRODUCTION

<u>The Form Of The Soul</u>

In deep meditation one can perceive the soul as an infinitesimal point of non-physical light surrounded by an oval-shaped aura. The soul is not an invisible or ethereal duplicate of the physical body. The soul-energy which manifests as thoughts, feelings, etc. has no physical size and for this simple reason it is eternal. Something which has no physical size cannot be destroyed.

Peace - A Natural State Of Mind

People say that mind is restless and unsteady like a monkey that wanders around here and there, and that it is difficult to keep it under control. They try to have a good hold over the mind since they have heard: "Mind control leads to World control". It is therefore, that great efforts are made by them to suppress it through various means and numb it.

We have, however, been told by the Supreme Soul that the mind is not a part of the body. The soul possesses three powers, the Mind, the Intellect and the Tendencies (Sanskars). The soul becomes peaceless and not the mind.

Just as the nature of moonlight is to cool, of the river to flow, of the mountains to be firm, of the sun to spread light, likewise the nature of the mind is to create thoughts, feel, imagine, and visualize. It would, therefore, be unnatural to stop this process in order to gain peace within one's mind. Suppression of the mind increases peacelessness.

There is no question of conquering our mind, but conquering evil tendencies and behavior. The five vices sex-lust, anger, greed, attachment, attachment, arrogance, and their progenies make the soul peaceless. And what we have to do now is to overcome body-consciousness which is the root-cause of these vices. If actions are performed as per the original nature of the soul, then human temperament will definitely become peaceful. Peace is like a garland around our neck, but impurity has hidden it as clouds hide the moon. So, please accept this gift! As soon as the clouds of vices are removed, the mind gains back its original state. Now, if your set the principal for yourself to base your life's activities on purity, this self-acquired senseless stat of impurity caused by the vices would end and be changed once again into natural traits of peace. And, through such a natural temperament of peace, every walk of life would be adorned with tranquility and beauty.

Do not suppress the mind but try to set it on its original state of peace. Do not make the mind lifeless but fill it with the awareness of being a direct relative of the Supreme Soul and feel the peculiar power of peace that is your Godly birthright, and spread vibrations of peace and bliss into your body and the atmosphere.

<u>Peace |s A Sovereign Power</u>

This problematic world is full of prejudices and disturbances; and various kinds of spiritual, scientific and tantric forces are working to set them right. But knowledge, virtues and power are the requisite forces. Everyone is aware of the quality of the fragrant rose, but when the same is converted into jam, it gives strength. Similarly, at present, humanity has a lot of knowledge, but lacks virtues and powers. And that is the root cause of peacelessness.

Having all the sources and resources under command, people are ignorant of that Divine Entity who is the bestower of Redemption and Beatitude. Everyone realizes the power of wealth and declares that money is everything. Society, however, lacks virtues. In spite of riches, the real wealth of intrinsic worth is conspicuous by its absence. Ruling power has been considered to top all powers and so many wars in this direction have been waged, but to what result!

To increase physical strength, people do a lot of exercises and eat a rich diet, but they have not been able to ward off all diseases. The ocean of Peace and Silence, the Supreme Soul is our Father, so, we inherit His power of peace, which is the sovereign power. And, if we have got this power, all other powers can be attained.



Decorate all actions of life with the ornaments of peace. Remain in peace and self awareness.

Light removes darkness and incense burn itself to make the atmosphere fragrant ,the power of peace purifies ethereal powers and transforms world

Purity Is The Mother Of Peace

In the world of today, there is plenty of wealth, the treasure of science and power to rule, etc., but there is ceaselessness because the element of purity that is experienced through Godly Knowledge is not there. without PURITY, there is always body-consciousness, which results in one or the other impure action.

A reflection in calm water is always clearly visible but in disturbed waters it remains unclear. A mind harassed or polluted by the vices cannot think and judge properly nor can it catch the powers and signals from the Supreme or connect with Him. Impurity also keeps concentration at bay. In order to reach an ideal, the soul needs to practice stabilizing the mind and intellect in a dialogue on the original and eternal facts of its existence. Arjun shot the eye of the revolving fish with his bow and arrow through the power concentration.

Through Godly knowledge, the souls are able to re-experience their original and eternal pure and peaceful state of mind and through this the soul gets grater power to recognize accurately and discriminate properly between right and wrong. In the world today, there are lots of illusory, confusing and attractive forms of maya. And therefore, it has become difficult to distinguish between truth and falsehood, right and wrong, real and unreal, vice and virtue, good and bad. In an impure and peaceless state, souls lose their self-awareness and health. But in a pure and peaceful state, they maintain balance and remain in perfect control of the bodily organs, because of freedom from the slavery of vices. Slavery cannot give peace. A pure soul is independent. However, an impure and peace less person cannot judge anything properly. He is caught in a vicious circle. In order to liberate the soul from this vicious circle, you are advised to remember: "I AM A PURE SOUL, SON OF THE EVER-PURE, SUPREME SOUL".

<u>PHILOSOPHIES OF</u> BRAHMA KUMARIS



- The Brahma Kumaris teaches a form of meditation that focuses on identity as souls (as opposed to bodies).
- They believe that all souls are intrinsically good and that God is the source of all goodness.
- The university teaches to transcend labels associated with the body, such as race, nationality, religion, and gender, and aspires to establish a global culture based on what they call "soul-consciousness".
- ➤ In order to achieve this goal of establishing a new world order in which there is honesty, sincerity, and high civic sense, the institution facilitates people to have a clear vision of their goal and also respective role in the world drama.
- > They give them a clear world view and also knowledge of their own identity.
- They teach theory and practice of Rajyoga Meditation so that man's mind becomes free from tension, jealousy, hatred, ego and other negative tendencies that causes conflict in the society.
- They aim at bringing harmony in human relations and changing the attitudes and outlook of man so that there is the spirit of brotherhood, love and co-operation.
- It gives special guidance for the effort of inculcating moral values and divine virtues in the self and enables a person to experience deep peace and bliss through Meditation and Spiritual Wisdom.

BELIEFS OF BRAHMA KUMARIS



<u>Self</u>

- The Brahma Kumaris see humans as being made up of two parts; an external OR visible body (including extensions such as status and possessions) and a subtle energy of the soul whose character structure is revealed through a person's external activity - but always this is created by the inner soul -whether actions are done with love, peacefully, with happiness or humility is an aspect of one's soul.
- The group teaches that the soul is an infinitesimal point of spiritual light residing in the forehead of the body it occupies, and that all souls originally existed with God in a "Soul World", a world of infinite light, peace and silence.

<u>Supreme Soul</u>

- The Brahma Kumaris use the term "Supreme Soul" to refer to God. They see God as incorporeal and eternal, and regard him as a point of living light like human souls, but without a physical body, as he does not enter the cycle of birth, death and rebirth.
- God is seen as the perfect and constant embodiment of all virtues, powers and values and that He is the unconditionally loving Father of all souls, irrespective of their religion, gender, or culture.

"God to be an incorporeal point of light"

Karma

➤ The Brahma Kumaris believe that every action performed by a soul will create a return accordingly, and that the destiny of the soul's next body depends on how it acts and behaves in this life. Through meditation, by transforming thinking patterns and eventually actions, the Brahma Kumaris believe that people can purify their "karmic account" and lead a better life in the present and next birth.

CYCLE OF TIME

BKs believe the universe to follow an eternal, naturally occurring 5,000 year cycle, composed of four ages (yugas), and each represents 1250 years of the cycle.

- The Golden Age (Sat Yuga),
- the Silver Age (Treta Yuga),
- the Copper Age (Dwapar Yuga),
- the Iron Age (Kali Yuga)



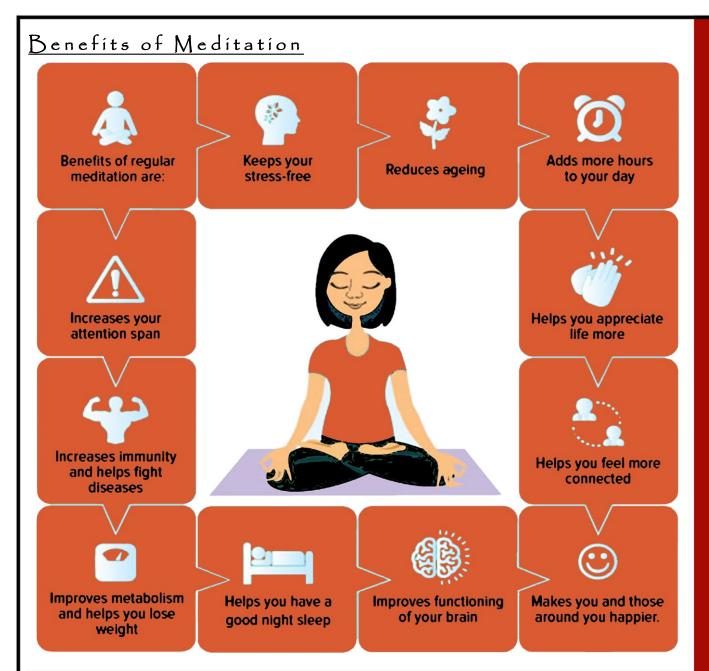
- The present period of this cycle is sometimes described as a fifth age or "Confluence age" as it is considered to be the confluence (the junction or meeting) between the Iron Age and the Golden age.
- The first half of the cycle (the Golden and Silver ages) is considered to be the age of "soul conscious living".
- The Brahma Kumaris see this as a time of "heaven on earth" or as a version of the Garden of Eden when human beings are fully virtuous, complete, self-realised beings who lived in complete harmony with the natural environment.
- > The primary enlightenment was the innate understanding of the self as a soul.

PRACTICES OF BRAHMA KUMARIS

Meditation

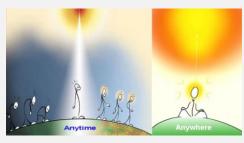
- The Brahma Kumaris teaches a form of meditation through which students are encouraged to purify their minds. This may be done by sitting tranquilly, then making affirmations regarding the eternal nature of the soul, the original purity of one's nature, and the nature of God.
- The aim of the BK meditation is also to learn to hold meditative states while being engaged in everyday life, For this reason meditation is usually taught and practiced with open eyes.



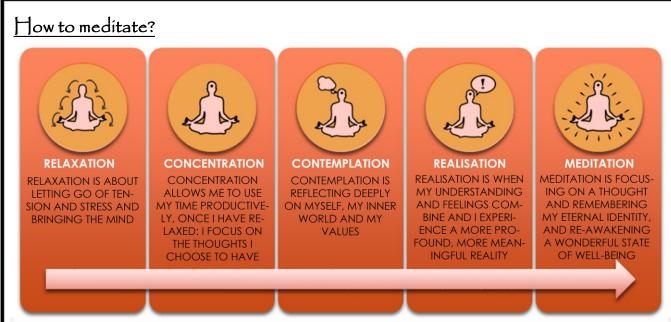


Rajyoga Meditation

- The word yoga means connection. In Rajyoga meditation, the soul can experience a connection, or mental link, with the Supreme Soul. The process of establishing this link begins with a journey into one's inner world to discover one's true, spiritual identity.
- The process of going within, experiencing oneself as a spiritual being or soul, which is a luminous, sentient point of energy, and then connecting with the Supreme Source of energy empowers the self in a lasting way.
- This process of self-empowerment is entirely voluntary and involves no element of suppression or coercion of the mind. It is all about aligning one's thoughts, feelings, words and actions with the soul's innate qualities of peace, love, bliss and truth.







Good Wishes and Pure Feelings

- Flowing on from the BK belief that everyone is a spiritual being, is the practice of Shubhawna (pure feelings) and Shubkamna (good wishes).
- A flagship slogan for the BKs has been When we change, the world changes. It is for this reason that BKs consider bringing about this kind of change within the self as an important form of "world service".

<u>Study (Murlí)</u>

- Brahma Kumaris' students study the murli. The Hindi word murli literally translates to "flute". It is an oral study, read to the class early each morning in most BK centres on the world.
- > There are two types of murli: Sakar Murlis & Avyakt Murlis

Lifestyle

- Brahma Kumaris recommend a specific lifestyle in order achieve greater control over physical senses.
- Students often prefer to keep the company of yogis (soul conscious individuals) as opposed to bhogis (those given over to worldly pleasures).



INTRODUCTION

Sacred Geometry

Sacred Geometry is the blueprint of Creation and the genesis of all form. It is an ancient science that explores and explains the energy patterns that create and unify all things and reveals the precise way that the energy of Creation organizes itself. On every scale, every natural pattern of growth or movement conforms inevitably to one or more geometric shapes.

The 5 Platonic solids (Tetrahedron, Cube or (Hexahedron), Octahedron, Dodecahedron & Icosahedrons) are ideal, primal models of crystal patterns that occur throughout the world of minerals in countless variations. To the Greeks, these solids symbolized fire, earth, air, spirit (or ether) and water respectively. The cube and octahedron are duals, meaning that one can be created by connecting the midpoints of the faces of the other.

The Fibonacci sequence is generated by adding the previous two numbers in the list together to form the next and so on and so on. (1,1,2,3,5,8,13,21,34,55.....). Divide any number in the Fibonacci sequence by the one before it, for example 55/34 or 21/13, and the answer is always close to 1.61803. This is known as the Golden Ratio. One of the most profound and significant activities encompassed within sacred geometry and light Source is the Golden Mean Spiral', derived by using the 'Golden Ratio'

The Golden Mean was used in the design of sacred buildings in ancient architecture to produce spiritual energy that facilitated connectivity with spiritual realms through prayer. Our reality is very structured, and indeed Life is even more structured. This is reflected though Nature in the form of geometry. Geometry is the very basis of our reality, and hence we live in a coherent world governed by unseen laws. These are always manifested in our world. The Golden mean governs the proportion of our world and it can be found even in the most seemingly proportion-less (active) living forms.

THE SACRED RATIONS

The Golden Proportion

The Golden Proportion can be obtained graphically in several ways, which were all common in the Egyption buildings thoughout its dynastic history.

The Circle Index

The Circle Index is the functional representation of the circle. It is the raio between the circumference of the circle to its diameter. It is popularized by Western academia by the Greek letter and given a value of 3.1415927. the Egyptians manifested their knowledge of the circle properties and other curves, as early as their surviving records.

The Golden Gate

In Ancient Egypt, doorways were built with or without a pylon on each side. A few examples from different periods show that the simple design of Egyptian doorways conforms to a harmonic analysis. The relationships between the openings and the doorjambs were harmonically proportioned. The height of the aperture and the full height, were also harmonically designed.

The overall outline in the vertical plane is the double-square, 1:2 ratio. [H=2B]

The opening width is based on a square inscribed within a semi-circle, the typical Egyptian way of proportioning a root-five rectangle

Thus, the thickness of the doorjamb is 0.618 the width of the opening.

The height of the aperture (h)=3.1415= The typical Ancient Egyprian doorway layout incorporated both sacred ratios (and in its harmonic design.)

It is very interesting to note, why only in a certain form or shape, human being experiences vibration from beyond. It is because of the energy fields. It relates electromagnetic radiations from the earth to the energy fields existing in the human body. This suggests that there is a constant interaction of our energy fields with earth and building one lives in. This implies that the geometry and form of the buildings and places affect us positively or negatively depending upon the energies it generates.

Scale And Proportion

Scale refers to the size of something compared to a reference standard or size of something else. Deciding the scale of a sacred space is a common design concern. Some blend into the fabric of the neighboring community and landscape, others stands out as landmarks, easily recognized for their special purpose. Generally the sacred spaces take monumental scale to create an atmosphere of awe, mystery and magnificence. The scale of the interior spaces, the size and weight of doors, and the exposed structural columns and beams all serve to denote the special quality of the sacred space.

Proportion

Proportion refers to the proper or harmonious relation of one part to another or to the whole. These references can be of varying magnitude and degree. While the designer usually has a range of choices when determining the proportions of things, some are given to us by the nature and the man himself.

Human body proportions are used not merely as numbers with an inherent harmony, but as a system of measurements that could govern lengths, surfaces, and volumes. It can lend itself to an infinity of combinations, it ensures unity with diversity.....the miracle of numbers.

Proportional measurement and scale link spiritual architecture to the mathematical structure of the cosmos. A correctly proportioned building is considered to be in harmony with the principles of the universal order, such a building can bring harmony to that community as well. Nature around us follows this harmonious relationship.

The other important factor is how the size and proportions of these buildings are capable of relating and making sense on the human scale. The buildings should relate well not only to the human scale but also the psyche.

Light And Colour

Light is regarded to be the most important component in definition of space or the manifestation of form. In an architectural space, it not only defines the space but also gives meaning to it. In this study one looks at how light can "create a place of worship, how to make a quiet, enclosed, isolated space, space full of activities, filled with vitality.

Lighting of the façade of the spiritual building gives it a total new dimension. It's view from outside before entering into it and even for the passer byes, is a main concern regarding the image of the space.

Light is used in the design of worship spaces of all the religions and faiths as a metaphor for the Holy Spirit, divine illumination, intellectual perception, for enlightenment, and for learning. Light is often perceived as the work of God that shone in the darkness Indirect natural lighting through colored lenses that sends pools of light across the interior surfaces.

Colour is the attribute that most clearly distinguishes a form from its environment. It has been scientifically proven that the visual concept of colors is linked to the evolution of colors in nature.

We respond to bright colors, for instance red, with the emotional part of our brain. First, our muscles get tense, and then we lean towards the color. Our respiration and heart rate goes up and the blood pressure starts rising. The opposite reactions occur when we see light colors such as blue. It also affects the visual weight of a form. Gradation of colour exist, form pale to brilliant, from cold to warm. Thus colour expression is also full of meaning. Texture is an important asset of colour. It is the visual and especially tactile quality given to a surface by the size, shape and arrangement, and the proportions of the parts.

SITE ANALYSIS

- The site for spiritual retreat centre has been proposed on N.H. 1, Village Nangal Khurd, Near Murthal Chowk, Sonepat
- ≻ FAR 150%
- Height restriction 20m
- ➢ Ground coverage 30%
- Setbacks :Front 12m Rear 9m Side 9m
- The site lies along national highway no 1. the adjoining land is owned by developers like omaxe, eldeco and ansals.
- There is an existing temporary structure on site, including residential rooms, a class room, a meditation room , through which they are functioning.



E ANALYSIS

<u>APPROACH</u>

The site is linked to the national highway no 1 by a 40 m wide proposed road which serves as the main access road to the site. Hence the site is easily accessible and lies on a prime location.

SONIPAT RAILWAY STATION:-	8 KM.
INDIRA GANDHI INTERNATION AIRPORT:-	43 KM.
NEW DELHI:-	48 KM.
SONIPAT MAIN DISTRICT:-	12 KM.
MURTHAL POLICE STATION-	1.5 km.

CONTEXT

- > The site is linked to the national highway.
- > Site is surrounding by the open spaces such as farming and green belts.
- > Site shares most of its periphery with farming land and eldeco housing adjacent to green belt.
- There is no commercial space close to it, however some small dhabas and shops are present at the side of nh-1.No 1 by a 40 m wide proposed road which serves as the main access road to the site . hence the site is easily accessible and lies on a prime location.



ARCHITECTURAL VOCABULARY



OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT

SITE ANALYSIS

PHYSICAL FEATURES

VEGETATION

The soil is fertile and supports the growth of fruits and vegetables .Trees are few and rest of the site is green

TOPOGRAPHY

Land parcel is mainly FLAT, the land form is suitable for construction with no drastic changes in topography. The only point of notice that the level of the site is below the existing NH 1 level so the site may require certain amount of land filling

<u>SOIL</u>

The soil is loamy and has a good bearing capacity. Loams are gritty, moist, and retain water easily. S/IRRO(IND)S

<u>SURROUNDINGS</u>

- > The adjoining land is owned by developers like omaxe, eldeco and ansals.
- ➤ There are many dhabhas and shops along nh1.
- > Rest are all villages and the distant sonepat residential area.



SERVICES

DRAINAGE: the used water is recycled for gardening purpose.

WATER SUPPLY: two bore wells are taking care of water supply.

ELECTRICITY: electricity is provided by state government.



SITE PHOTOGRAPHS AND IMMEDIATE SURROUNDINGS





ENTRANCE GATEWAY TO SITE

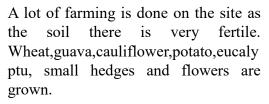
NH-1 (G.T. ROAD)



HOUSING (ELDECO) , ADJACENT TO SITE



FARMING DONE ON SITE











EXISTING KACCHA ROAD



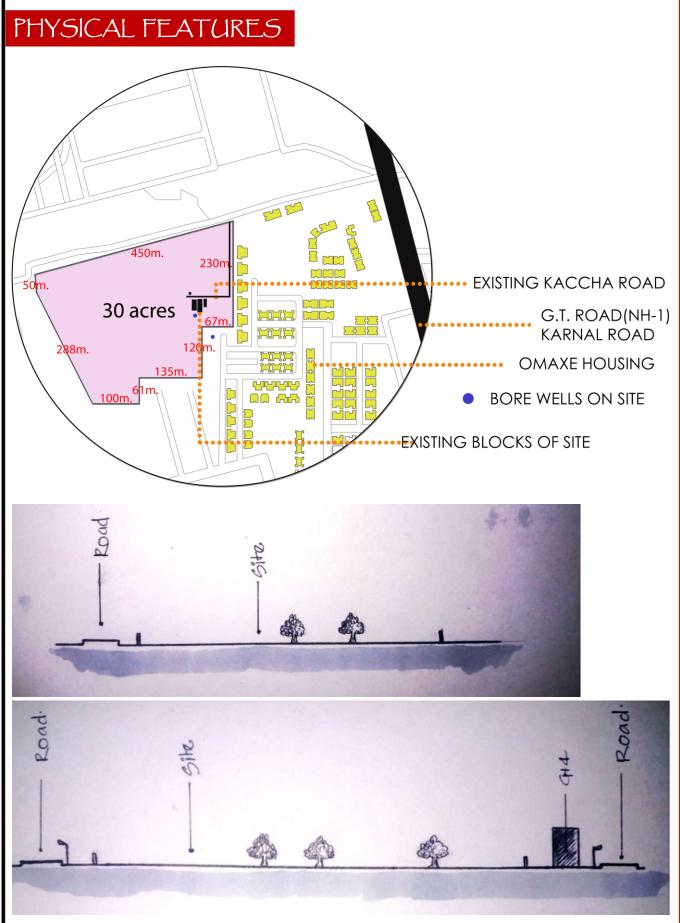


GOBAR GAS PLANT ON SITE



EXISTING STRUCTURES ON SITE

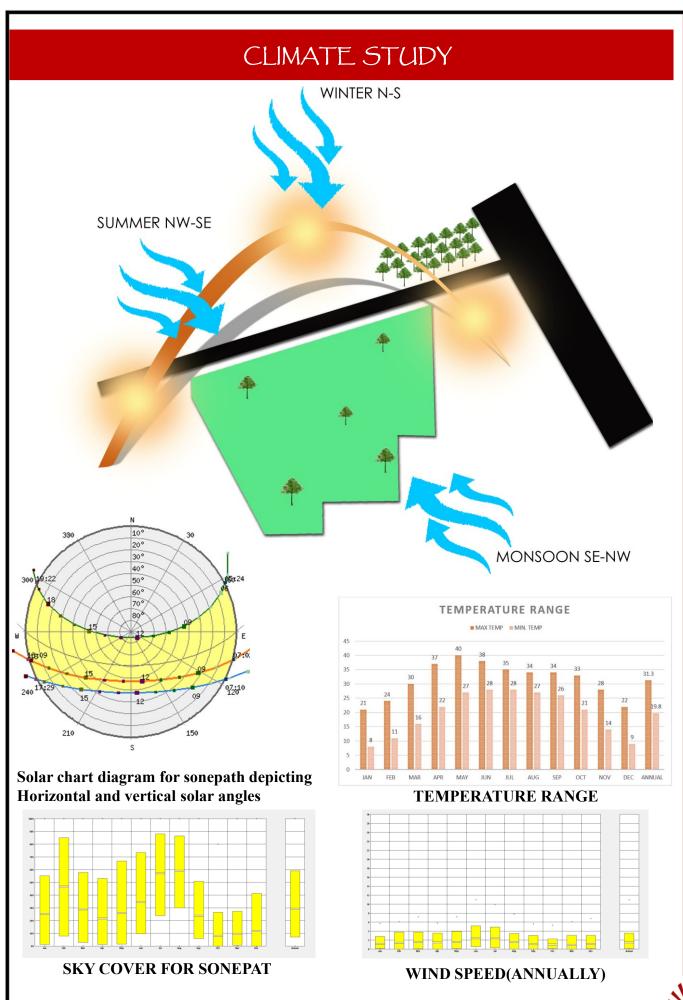




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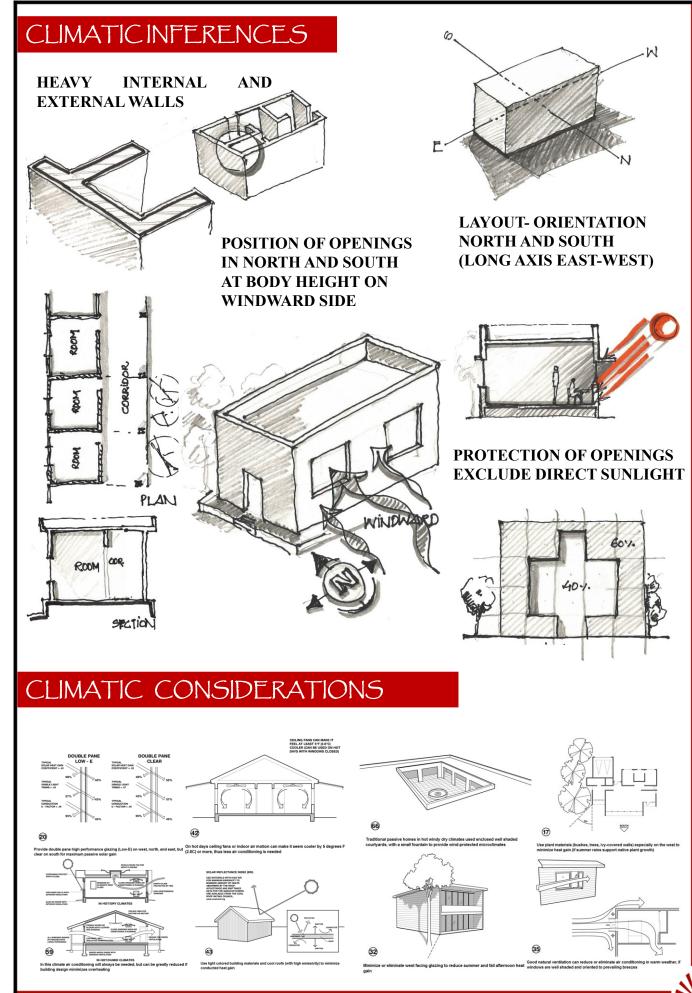
SITE ANALYSIS

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OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT

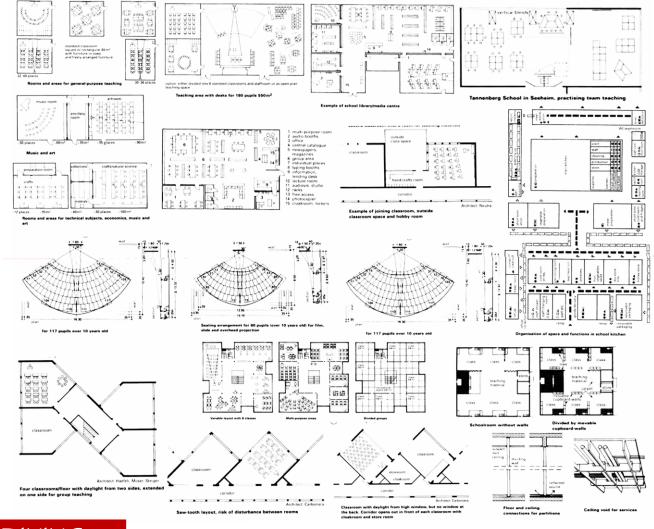
CLIMATIC INFERENCES



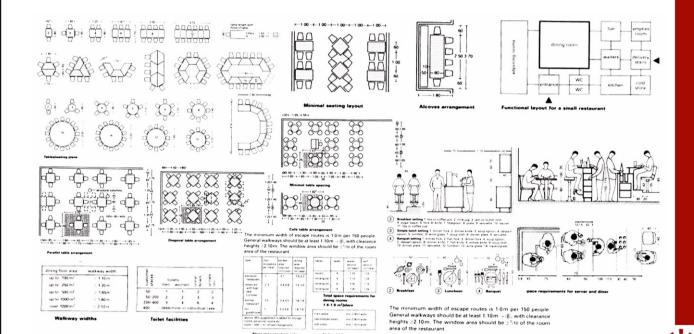
OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT

CLIMATIC INFERENCES

STUDIOS



DINING



OM SHANTI RETREAT CENTRE, MANESAR

- > The ORC is a unique learning centre of excellence, with a serene and soothing atmosphere highly conducive for learning and retreat.
- > It provides higher education in the art of living as well as training and experience in the long-lost science of Rajyoga the highest form of yoga.



- > The courses, seminars and lectures offered by the ORC aim at human excellence through holistic personality development. It conducts value orientation courses for educators, administrators, businessmen and industrialists, scientists and engineers, jurists, women, youth and others.
- > Om Shanti Retreat Centre is a recognized Regional Resource Centre for Education in Human Values of the Ministry of Human Resource Development, Government of India, for primary and secondary education.
- > It is also recognised by the University Grants Commission as a Centre for Value Education for university/college teachers.

Features

- > The educational complex of Brahma Kumaris Academy for a Better World in Northern India is the Om Shanti Retreat Centre (ORC).
- > This campus is also called CHOTTA MADHUBAN.
- ▶ It is a sprawling 28-acre complex built in peaceful, sylvan surroundings.
- > In 2016, they complete their 16 years.
- > The greenery is very nice, use energy saving resources.
- ➤ It has solar power plant, which gave 200 KW solar power.
- > This power used for making food by steam, hot water, electricity.
- Solar lights are used in roads and pathway side.

Courses Offered

STRESS FREE LIVING

SELF DEVELOPMENT LEADERSHIP

TIME AND TASK MANAGEMENT

BUILDING INTERPERSONAL RELATIONSHIP

RAJYOGA MEDITATION & ART OF LIVING

OVERCOMING ANGER AND EGO

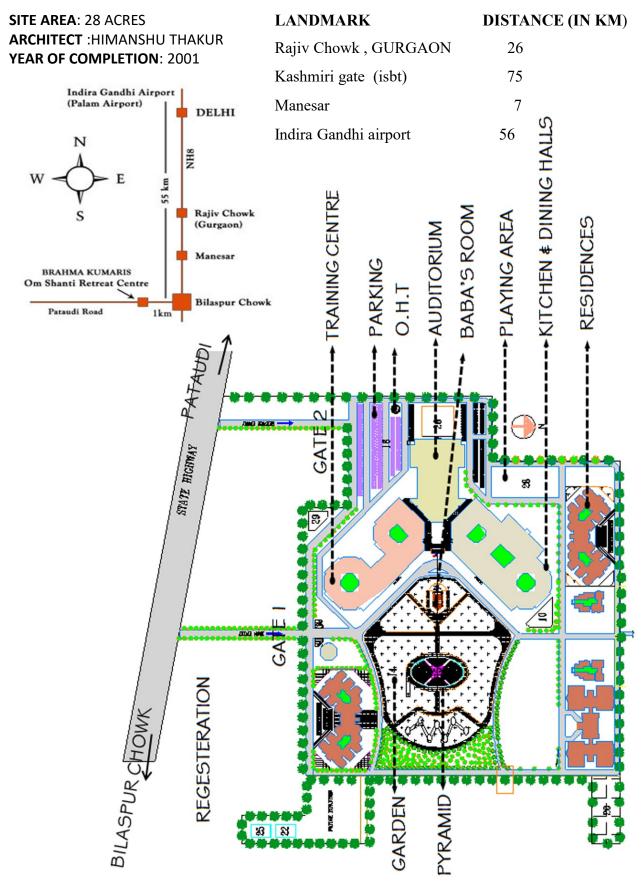
OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT



<u>STUDY</u>

SITE: ACCESS AND APPROACH

Om Shanti Retreat Centre IS located at Bhora Kalan, on Pataudi Road, 1 km off the Delhi-Jaipur National Highway No.8, in district Gurgaon.



OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT

OM SHANTI RETREAT CENTRE, MANESAR

CASE STUDY-1

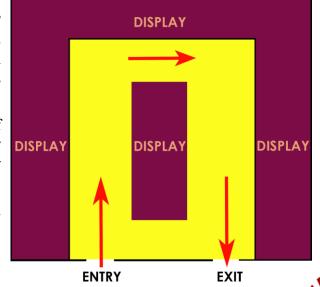
RECEPTION AREA

- > The reception is on the right side of the entrance and the entry to reception is from West side.
- > It is octagonal in shape and area is 2133 sq.ft.
- > It is in G + 1 floor.
- > The reception counter has accommodation , transport, and railway enquiry office.
- > Anti skid tiles are used in flooring, and white paint is on wall.
- > Upper floor is used as resident for the brothers who worked on reception.



SPIRITUAL ART GALLERY

- A spiritual Art Gallery "From Darkness to Light" has been set up at ORC. It has life size models and paintings depicting ancient Indian culture and explaining the various spiritual principles governing our life.
- The models of various India deities and scenes of the golden age have been skillfully created by artists from Orissa and West Bengal to give a very pleasant experience.
- It will have the teachings of brahmakumaris in form of sculptural and relief's work.



OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT

CASE STUDY

- > Dome Above The Art Gallery entrance Foyer is painted which shows the three worlds (life cycle).
- > The Art gallery Foyer is in the axis, main gallery is first floor of dining hall.
- Reception area and waiting area is provided. 2 doors, one for entry and other for exit. 3-d sculptures are provided in this gallery.



PYRAMID

- ➤ The pyramid is a perfect sacred structure constructed in geometric harmony. There is evidence to suggest that pyramids, due to their geometric properties have beneficial effect on their surroundings.
- Tests have shown that energy patterns change when influenced by a pyramid. People have kept food fresher, meditated deeper and slept better in pyramids.



OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT

ASE STUD)

CASE STUD^V

CORRIDO

BABA'S

ROOM

- The pyramid at ORC has been constructed with the object of helping people to achieve a more powerful stage of meditation. People who have meditated in the pyramid have reported a remarkable level of concentration and a deep peace experience.
- Pyramidal meditation hall with water all around stands at the center of the complex as major attraction.
- ➢ It is a square pyramid.
- > Steps are inside the hall, and chairs are placed.
- > Doors and windows are also triangular in shape, skylight are on top.
- > Sitting arrangement is also provided in outside, marble is used in floor.
- > ACs have been fitted inside the pyramid.





CORRIDOR

BABA'S ROOM

- > The Baba's room is a oval in plan and has a dome above.
- A corridor runs around the Baba's room .
- The roof has design depicting the soul world through LED lights
- > The interiors are white paint.
- > There is a special red led light on the ceiling
- > THe corridor has stone jalli pattern on exterior wall through which light pours in.
- Baba's room is the main meditation hall that can accommodate 50 people.
- Shiv baba and brahma baba's painting on the wall





OM SHANTI RETREAT CENTRE, MANESAR

CASE STUDY-

TRAINING CENTRE BLOCK

- This Centre of Excellence for Higher Learning comprises of seven 150-seat well-equipped seminar/training halls (Jagriti, Disha, Anubhuti, Namrata). 60x 36 ft is the size of one seminar hall.
- A 400-seat mini hall (Prerna), and a well stocked library, and Faculty room (Manthan), Account office (Purity), 3 toilet blocks for ladies and gents is provided.
- > Area of the Training centre is 4,400 sq.ft. The building is single story.
- Courtyard planning is used in training centre, The architecture is simple. The arched 15'-0" wide corridor runs all around the courts, Solar panels is placed on its roof.
- Ribbed roofing is used in entrance lobby and is covered with wooden panels, Aluminum partition and doors are used.
- There is a spacious entrance foyer the interior of seminar hall has stepped seating arrangement. They are spacious hall with good acoustics and sufficient daylight entering them.
- These office have been divided in smaller compartments for teaching the seven day course to visitors.





DINING HALL

- This DINING HALL(BABA KA BHOG) WING comprises of 10 DINING HALLS WHICH CAN SERVE UPTO 1500 PEOPLE AT A TIME.
- > Area of the Training centre is 5,400 sq.ft. The building is single story.
- Courtyard planning is used in DINING HALL, The architecture is simple. The arched 15'-0" wide corridor runs all around the courts.
- Solar panels ARE placed on its roof USED FOR COOKING FOOD WITH THE HELP OF STEAM.



OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT

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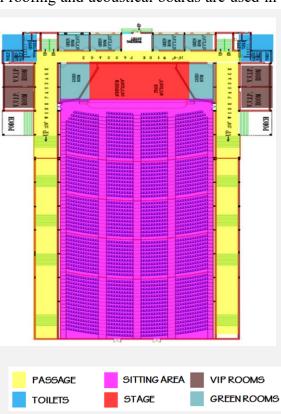
<u>CASE</u>

DADI PRAKASHMANI AUDITORIUM

- Auditorium is on an axis with Pyramid and Baba's room.
- A state-of-the-art auditorium with seating capacity of 2300 persons and translation facility in 12 languages is the crest jewel of the ORC campus.
- 15'-0" wide passage on both side is provide for entry and exit, 8 doors for entry & exits, staircase for upper floor.
- Kota stone is used in flooring, steel truss is provide in roofing and acoustical boards are used in false ceiling for clear sound.
- > The size of the Audi. Is 250'-0''x130'0''.
- Size of stage is 40'x 100'
- > Windows are provided for ventilation.
- There is no back stage
- There is no segregation of public and performers washrooms.



LANDSCAPING



- > Beautiful landscaping was one of the major feature of this campus.
- > Evergreen flowering plants are provided and are covered with Hedges.
- Lush green campus is spread over 28 acres with 30% green area in which 5,000 trees are planted.
- The target being "a good body houses a perfect mind and a perfect soul". It give the refreshment to the body and feel near to nature & god.
- \succ The campus has many other pleasing attractions with fountains , water bodies, gazebos .



<u>SERVICES</u>

WATER FACILITIES

- > There are under ground as well as over head water tanks.
- I Over head tank and one surface tank is provided to whole campus.
- > The capacity of OHT & Surface tank is 25,000 LTRS.
- > OHT tank is provided near behind the Auditorium.



ELETRICAL GENERATOR SYSTEM ROOM

- It has their individual electric station and transformer.
- > 2 silent generators are provided.
- All electrical services are the back side of the campus, it serve the whole campus.

SEWAGE TREATMENT PLANT

- > There is separate E.T.P plant within the campus.
- > The drains are running along with roads in whole campus.
- > Septic tanks are provided with each buildings.
- They treated the waste water and utilize for gardening purpose.





SOLAR POWER PLANT

- The 200 KW solar power plant at the ORC is the largest of its kind in India and has been partly sponsored by the Ministry of Non Conventional Energy Sources (MNES), Govt. of India.
- Since its installation, it has been a fine example for environment friendly solar power generation and has drawn students, engineers and scientists from various colleges and industry to ORC, who come to see the plant.
- ➢ It is the Asia's first large solar power plant.

CASE STUDY-

OM SHANTI RETREAT CENTRE, MANESAR

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INFERENCES

POSITIVE POINTS

- Meditation space is provided at a distant from other buildings so that their is no disturbance while meditation.
- > All the buildings have the same identity.
- > Art gallery or mueseum has a grand entry which gives one a feeling of power.
- > Auditorium is located near to parking, making it easily accessible.
- > Area below the seating space of auditorium is used for the storage purpose.
- Solar panel are installed everywhere and the production of electricity through these panels fullfill 85% of the need.
- > The landscaping in the whole campus is very beautiful and makes it a very natural space.

NEGATIVE POINTS

- > It has a symmetrical planning but has a very confusing circulation
- The whole campus is divided into two parts: open spaces and built spaces instead of intermixing of both.
- > There is no provision for future extension.
- Art gallery has narrow circulation area with display on both the sides, so it is unable to control the crowd.
- > There is no backstage in the auditorium.
- > The dining block lacks in the no. Of toilets.

GYAN SAROVAR, MOUNT ABU

Gyan Sarovar is officially known as 'The Academy for a Better World'. The name Gyan Sarovar is reminiscent of 'Mansarovar', about which a legend goes that anyone who dipped into the lake emerged in the form of a fairy or an angel. Gyan Sarovar is an environment which enables individuals to dip into the 'Lake of Knowledge' and emerge highly transformed.

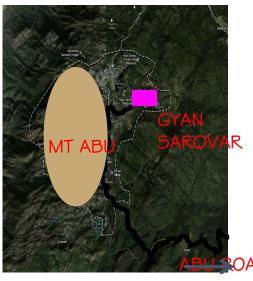
Founded by the Brahma Kumaris in 1996, the Gyan Sarovar Academy for a Better World was inaugurated as part of the celebration of the University's 60th anniversary. The Academy is an international campus – a place where men, women and children can reach their unique human potential and cultivate the values of our common humanity.

Gyan Sarovar is a community development project that involved the construction of a complete village complex on 27 acres of land. On this land, which is located on Mt. Abu the Brahma Kumaris have created a retreat atmosphere without disturbing the natural topography and the original environment. The design integrates both urban and rural elements into a harmonious and holistic environment which lends itself to being eco–friendly and free from air and noise pollution.



SITE: ACCESS AND APPROACH

- By Air: The nearest airport to Mount Abu is Dabok Airport in Udaipur.
- By road: Mt. Abu is well linked with smooth roads to all the major cities in western India including Ahmadabad, Jodhpur, Udaipur and Jaipur.
- By Train: Mt. Abu is 29 km from the nearest railway station situated at Abu Road on Delhi-Mumbai route. Taxis, jeeps and buses are available from Abu Road to MountAbu.



OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT

E STUDY-2

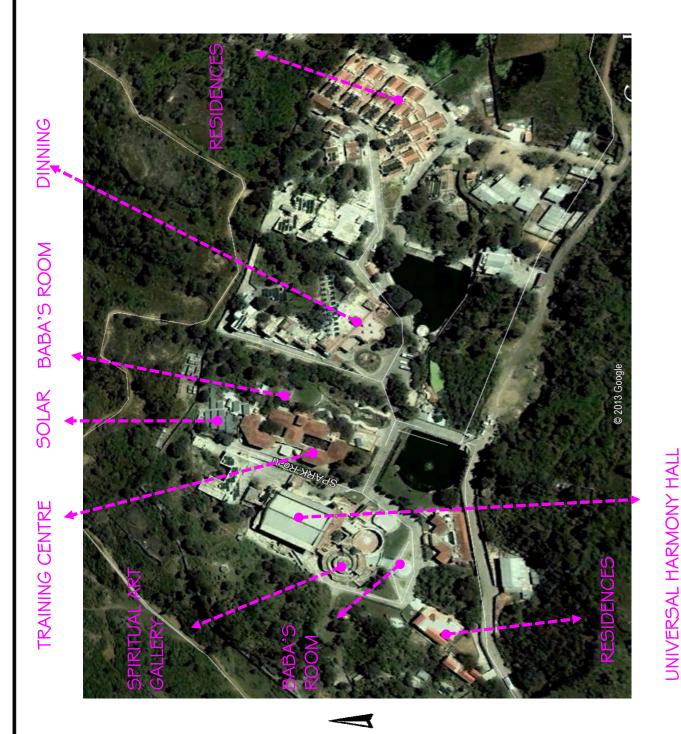
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<u>GYAN SAROVAR LAYOUT</u>

- ➢ SITE: CONTOURED
- ➢ AREA : 27 ACRES
- ➢ YEAR: 1996

ARCHITECT

- UNIVERSAL HARMAONY HALL: U.C .JAIN
- > REST OF THE COMPLEX : HIMANSHU THAKUR



GYAN SAROVAR, MOUNTABU

CASE STUDY-2

FEATURES

- Gyan Sarovar Academy is a unique "multi purpose" complex on a beautiful valley site. The total site area of this complex is 27 acre.
- ➤ Universal Harmony Hall, an Auditorium with seating capacity of 1600 people with simultaneous translation equipment for 24 languages.
- An international Spiritual Art Gallery, housing sculptures, morals, audio visual and laser displays, and other artwork from around the world, a library, an art gallery, a health clinic and orchards.
- A Meditation Dome, which features a newly-developed 'dome-and-vault design construction technique of stabilized mud bricks.
- > Baba's Oval-shaped room, Baba's Hut is a point of attraction for visitors.
- An international Centre for Higher Learning comprising 13 seminar and training rooms with seating capacities ranging from 75–150 individuals, also has Spiritual Applications and Research Centre (SPARC).
- Accommodation for up to 800 people.
- ▶ Kitchen and dining facilities capable of serving 1,200 people at a time.
- ➤ 15,000 fruit trees and vegetable gardens irrigated by the recycled Water of 3 man made lakes which irrigate the trees planted to provide fruits & vegetables and maintain the rural retreat atmosphere.
- Solar water heater for cooking, and emergency lighting systems are powered by solar and wind energy. 10 kW hybrid wind-solar-diesel system with battery bank that ensures a 24-hour power supply.

UNIVERSAL HARMONY HALL AUDITORIUM

- > There is a big auditorium in the academy, which is known as harmony hall.
- > The harmony hall is designed by the Ar. Uttam chand jain.
- > The size of auditorium is $100'-0'' \times 100'-0''$, and placed at west side.
- This hall seats 1600 persons and has facilities for simultaneous translation into 24 languages. Microphones are provided with all seats.
- > The sound system is excellent, it has excellent acoustics and both heating and cooling systems.
- Rough texture is provide on side wall for sound absorption, and grooved wooden batten are on the rear wall for clear sound.
- The ceiling is very nice, wooden strips on vaulted roof and is filled with 6" thk. Glass wool for sound absorption.
- > The auditorium is built on the first level so ramp and lift are provided.
- > Separate entry from side for performer is provided near the green rooms and guest rooms.
- > Lift from the VIP guest room leads directly to the stage.
- > The back stage is very small.
- ≻ Has 8 exit doors.



RECEPTION AND ADMINISTRATIVE BLOCK

- Reception near to Harmony hall, with information / accommodation, guide service, registration ofc, railway / airlines ofc., transport ofc, lost & found items, sight seeing office.
- Located in Harmony Hall and in the International Centre for Higher Learning, they include state-of-the-art communication facilities, photocopying and photography sections, audio and video departments to ensure the smooth functioning of the Academy.
- > Conference office, construction office are on ground floor and with nice interior.
- ▶ Net facility, Global office, toilet block, small shop are on first floor.



SPIRITUAL ART GALLERY

- There is a Spiritual Art Gallery that is built with the co-operation of people of the world. This exhibits various spiritual facts & is equipped with art, sound & modern technology. This place is furnished by Brahma kumaris.
- The knowledge of soul and Supreme Soul has been explained with the help of modern audio-visual aids. The technology of science and silence is also included.
- The main attractions are audio-visual shows, laser shows, hologram and multi-media presentations. No visit to Gyan Sarovar is complete without seeing The Spiritual Art Gallery.
- > The gallery is in spiral form , it is a RCC frame structure.
- The sky lights have been provided for sufficient day light
- Small ramp is provided on side.





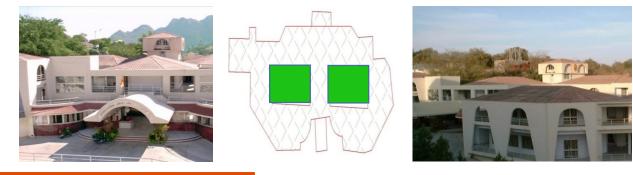
OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT

STUDY-2

ASE

INTERNATIONAL HIGHER LEARNING TRAINNING CENTRE

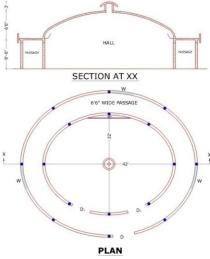
- PLANNING STYLE : Courtyard planning is done, frame structure is used, provide proper natural light and ventilation, Natural Levels are used in construction.
- \succ It is near to the Harmony hall, the entrance is West facing.
- > Training Centre has 13 halls which can accommodate 150 people each.
- > There is another noteworthy place, Spiritual Application Research Centre (SPARC).
- For the smooth administration of the Institution, it is divided into certain Wings for the welfare of the society such as Science and Engineering, Media, Sports, Education, Political, Religious, Administration, Cultural, Jurists, Security, Women, Social Service, Business and Industries, Youth, Medical, Transport and Rural. In these rooms, there is seating capacity for 75 to 150 people. ALL THE lectures are held in this centre.
- Sloping roof is provided with Mangalore tiles.
- > Courtyard are covered with greeneries.



MEDITATION HALL

- The Academy has two halls where 300 and 500 people respectively can sit for meditation at a time.
- > There are many shapes and sizes of the meditation Halls. For e.g.. Oval shape, circular, rectangular shape.
- > Around 6'-0" wide passage is provided, skylight ad windows are provided for ventilation.
- > Cove lights in RED color are provided.
- ➢ Has white interiors.





OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT

E STUDY

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MEDITATION DOME

- The painting of shiv baba.
- Marble cladding for sitting.
- > Red carpet is put and seats are provided.
- The dome is made with mud brick and tar felt sheet is put over it. Then it is painted in golden color.



LANDSCAPE

- > Beautiful landscaping done along the contours of the hill is the major feature of Gyan Sarovar.
- > Around 65 % area is covered by gardens and open areas.
- > Treated water is used in gardens.
- Mounds are created according to slope.
- Shady trees are planted.
- > The campus has many other pleasing attractions with fountains, water bodies, & statues.



<u>SERVICES</u>

WATER FACILITIES

- ➢ For water surface water tanks are provided and these tanks are filled with bore wells because of the hill area.
- > Total 5 tanks are provided.
- > The capacity of these tanks is 8,000 LTRS.

OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT

CASE STUDY-2

ELETRICAL GENERATOR SYSTEM ROOM



INFERENCES

- ➢ Gyan Sarovar has a electric station and transformer.
- > 3 silent generators are provided.
- The electricity is generated by two method, wind mills and solar cells on north side and on training centre.
- 10 kW hybrid wind-solar-diesel system with battery bank that ensures a 24-hour power supply to the Academy's telephone and audiovisual systems.

POSITIVE POINTS

- ➢ It has a haphazard planning but has a easy circulation due to its topography one can see the circulation of whole building from the entry.
- Circulation inside the art gallery is such that if one enters into that space yhan one have to go through the whole ehibition before coming out. I.E. Circulation pattern is unidirectional and does not create confusion.
- > Combination of inside and outside inside the art gallery.

NEGATIVE POINTS

- > There is no specific identity of the buildings in the campus.
- > There is no backstage in auditorium which affects the performers during performence.
- ➤ The buildings are kept very far from each other and due to contoured site, the levels also increases so the movement is very much, creating a problem for old age people.



<u>COMPARATIVE STUDIES</u>

INSTITUTE	GYAN SAROVAR, MOUNT ABU, RAJASTHAN	OM SHANTI RETREAT CENTRE, MANESER, GURGAON		
ARCHITECT	Ar. U C JAIN	Ar. HIMANSHU THAKKUR		
LOCATION	28 KM FROM ABU ROAD RAILWAY STATION	26 KM FROM HUDA CITY CENTRE, NEAR BILASPUR CHOWK,		
SITE AREA	27 ACRE	28 ACRE		
GROUND COVERAGE	40%	35%		
BUILDING HEIGHT	20M	20M		
ACCESSIBILITY	28KM FROM ABU ROAD RAILWAY STATION.IT IS ACCESSED THROUGH HIGHWAY	1KM FROM BILASPUR CHOWK. AND THE ROAD CONNECTS IT THE DELHI-JAIPUR HIGHWAY		
TOPOGRAPHY	CONTOUR	FLAT		
FORM OF BUILDING	 # BUILDING IN CURVED AND OTHER GEOMETRICALFORM. # ALL THE BUILDINGS HAS A DIFFERENT IDENTITY. # USE OF DESIGN ELEMENTS FROM DIFFERENT CULTURE 	 # MOSTLY CIRCULAR AND GEOMETRICAL SHAPE ARE USED. # IDENTITY OF THE CAMPUS HAS BEEN MAINTAINED THROUGH THE USE OF SAME MATERIALS. # USE OF DESIGN ELEMENTS FORM DIFFERENT CULTURE 		
PLAN FORM	THE PLAN OF BULIDING IS MAINLY OCTAGONAL AND CURVEHAVE IRREGULARTIES IN THE FORM.	THE PLANNING OF BUILDING IS IN THE FORM OF SQUARE BLOCKS AND OTHER GEOMETRICAL SHAPES.		
LIGHT AND VENTILATION	BUILT FORMS OPEN TO ALL SIDES. COURTYARDS PROVIDE LIGHT AND VENTILATION. USE OF ARTIFICIAL LIGHT AS WELL AS NATURAL LIGHT IN MEDITATION CENTRE	GEOMETRICAL SHAPES. BUILT FORMS OPEN TO ALLSIDES, COURTYARDS PROVIDE LIGHT AND VENTILATION. USE OF ARTIFICIAL LIGHT AS WELL AS NATURAL LIGHT IN MEDITATION CENTRE		
OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT				

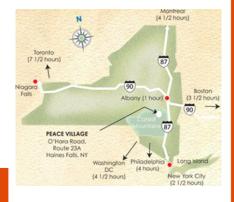
<u>COMPARATIVE STUDIES</u>

INSTITUTE	GYAN SAROVAR, MOUNT ABU, RAJASTHAN	OM SHANTI RETREAT CENTRE, MANESER, GURGAON
CIRCULATION AND FLEXIBILITY	EASY CIRCULATION. NO USE OF RAMPS USE OF LIFTS WHERE EVER NEEDED.	EASY CIRCULATION. SMALL STEPS, AND RAMPS ARE USED, AND SITE LEVELS GIVES FLEXIBILITY IN CIRCULATION AND PATHWAYS
IMAGE OF BUILDING	IT IS A SPIRITUAL PLACE AND IT GIVES SENSE OF SPIRITULITY WITH SIMPLE BUILT FORMS. ITS LANDSCAPING PLAYS A VERY IMPOTANT ROLE .	SOME BUILDING PROVIDE A SENSE OF SPIRITUALITY.BUT SOME ARE TRULY INSTITUTIONAL
FUNCTIONS	THE CENTRE HAS A COMPLICATED FUNCTION.	BUILDING IS WELL CONNECTED TO EACH OTHER ACCORDING ITS USES.
MATERIAL USED	MOSTLY LOCAL MATERIAL IS USED LIKE STONE, LIME, BRICK.AND STEEL CONSTRUCTION	STONE, BRICK, EXPOSED ROUGH TEXTURE IS USED IN BUILDINGS.
LANDSCAPING	LANDSCAPING IS NOT VERY EFFECTIVE IN THESE CENTRE.	LANDSCAPING S ONE OF THE IMPORTANT FEATURE OF THE CENTRE

PEACE VILLAGE, NEW YORK, USA "PEACE VILLAGE IS THE SPA FOR THE SOUL!"

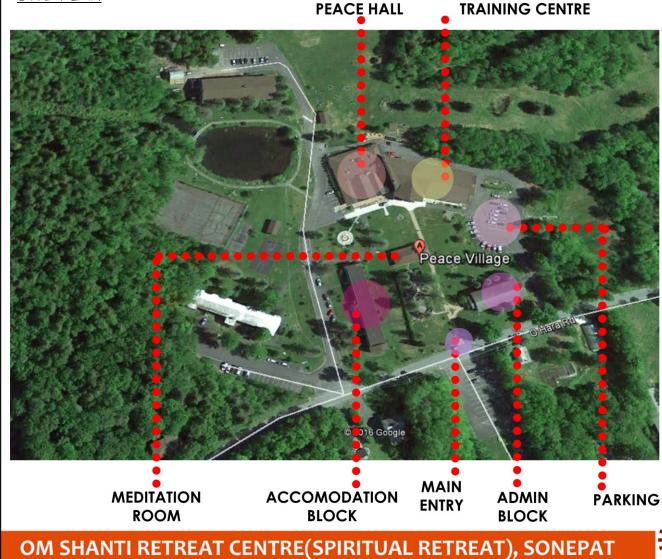
- Peace village is a learning and retreat center that offers weekend retreats on a variety of topics where you can learn to meditate and study spiritual knowledge.
- It is a place where relaxation comes easily. People come here to learn new things about themselves, to enjoy silence and solitude, and to find peace of mind.
- > The silence and tranquility of the village provides the atmosphere for self-exploration and spiritual practice.

<u>SITE: ACCESS AND APPROACH</u>



- PEACE VILLAGE LEARNING & RETREAT CENTER. 54 O'Hara Road (at Route 23A) P.O. Box 99, Haines Falls (Hunter), New York 12436
- From Newark airport to Peace Village via New York.: On the left side of each terminal you will find Olympia Trails Bus. You may take the bus to New York for either a bus or train connection to Peace Village.

<u>SITE PLAN</u>



ATURE STUDY

FEATURES

- The beautiful 300 acre campus reflects and respects all that is good about the mountains of upstate New York - fresh air, quiet, close to nature. Stay comfortable and safe in this nurturing and spiritual atmosphere.
- Thoused in five buildings, there are accommodations for 250 people, mostly in shared living space. The facility includes a dining hall for 300 and a bookstore.
- Peace Village has been created as a special place for reflection, located in the mountains of beautiful upstate New York.
- > The landscaping is very beautiful.
- \succ The entrance of the site is from the south side.
- Staff are practicing Raja Yogis who are committed to their own spirituality and selftransformation.



DURING STAY

- > Study practical aspects of spirituality through classes and workshops.
- Discover new methods to handle life's challenges.
- Enhance or begin a meditation practice.
- > Appreciate time spent in solitude and silence in beautiful surroundings.
- > Enjoy the rejuvenating effects of a pure, serene, and spiritual setting with vegetarian meals.
- Meet like-minded people on a similar journey.
- ▶ Relax in comfortable rooms with private bath. In most cases, double accommodation is provided.



- ➤ Meditation areas to a large main auditorium capable of seating 600 people.
- All the spaces are of simple decor, many with high ceilings and spacious, natural light-filled interiors.
- Truss is used in roofing.
- Acoustic panels are on roofing.

OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT

LITERATURI

MEDITATION SPACE: UNESCO HEADQUARTERS

The meditation space was designed by Japanese architect Tadao Ando, to UNESCO headquarters in Paris in the year to celebrate the fiftieth anniversary of the institution. The intention was to create a space where people from around the world, of all races and religions can pray for peace.

- Location: Paris. France
- ➤ Year: 1996
- Architect: Tadao Ando
- > Function: a place of prayer for eternal world peace.
- Site Context: Beyond the patio, at the most remote part of the back courtyard within the UNESCO headquarters designed by Marcel Breuer and a Japanese garden by Isamu Noguchi.
- Site Area: approximately 362.5 m2; building footprint of 34.5 m2





SITE: ACCESS AND APPROACH

To enter, you walk down a ramp and angle back across a shallow pond that encircles the structure with a continuous film of flowing water. The site is narrow, but one gets the feeling of a very deep space because one has to go one-way and then another.

OPENINGS/LIGHT SOURCE

The doorway is a cut out opening at the base of the unfinished concrete cylinder marked only by the regularity of the casting holes and grid lines. This doorway and a duplicate one on the opposite side also serve as windows, bringing light into the interior, which is otherwise a darkened sanctuary

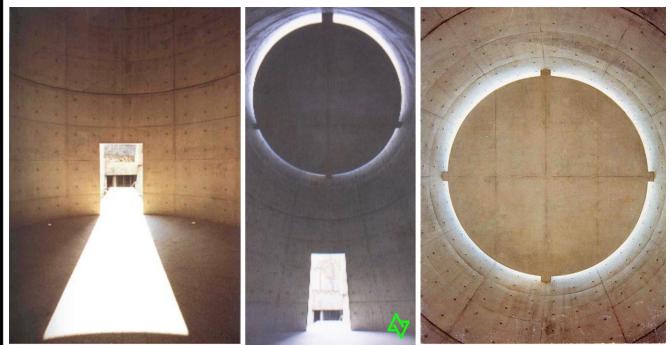
permeated by a deep aura of tranquillity. OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT

ERATU

LITERATURE STUDY

CEILING

A narrow slot opening surrounds the ceiling perimeter, allowing light to wash the walls and impart movement to the room, as well as giving weightlessness to the ceiling place.



AMBIENCE

The place appears subtle, serene, silent and solemn. The simplicity of form, homogeneous use of material, neutral tone, and the subtle use of light and shadow create an environment that relates not only to sight but to the other senses as well, establishing a perceptual stage upon which the body moves and interacts.

WHY SMALL SPACE ?

One has to know how to go beyond the differences of race, religion or nationality in order to respect the idea and the way of being of individuals belonging to different cultures and societies. With this cramped space, TADAO attempted to express peaceful cohabitation on earth.

MATERIAL

- The design of the stone floor and the base of the pool is concentric circles, radiating lines and a cross axis. The granite comes from Hiroshima and was exposed to the atomic bomb radiation.
- It was built in concrete, Ando classic material in his creations, free and wall decorations, which reflects the idea of pure and simple.

INFERENCES

- > This subtle use of light links to the spirituality propitious to a place of meditation.
- Furniture to be placed in a meditation area should be such that the person automatically sit straight, as sitting straight helps in meditation.
- Whether a big or a small mediation space, it should be beyond all the differences between people in the society such as race, religion etc.

MEDITATION PYRAMID

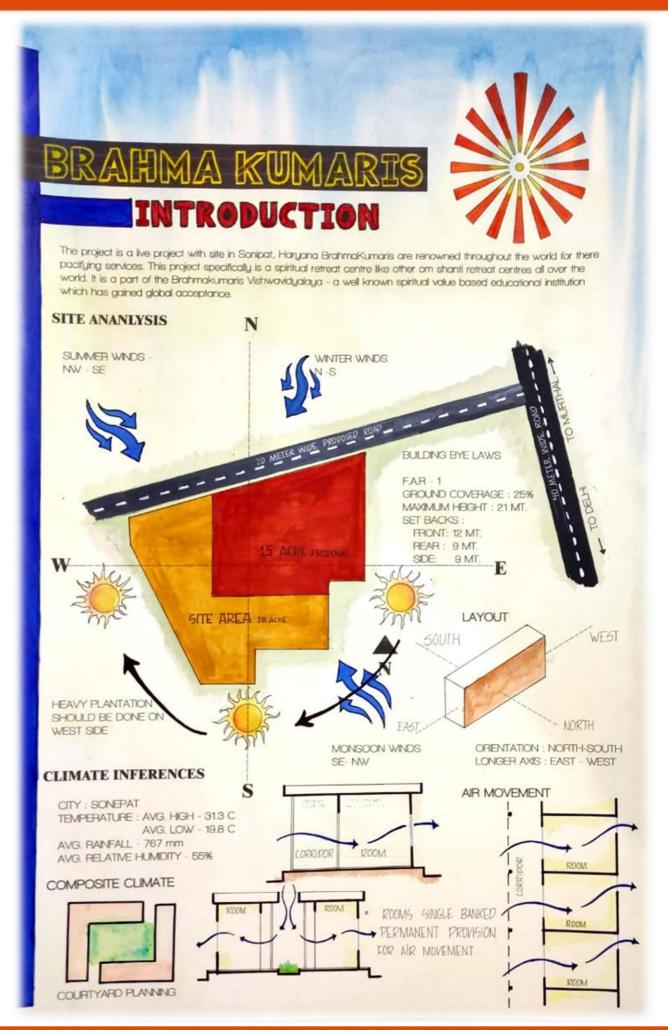
- Meditation done inside a pyramid, or underneath a pyramid, is called as Pyramid Meditation. The pyramid shape itself is being seen as a supernatural source of power or energy of the Universe. The use of a pyramid in meditation can give rise to feelings of calmness, wellbeing and a more open and a positive attitude.
- > Pyramids are store-houses of energy drawn from the Universe.
- > Pyramidal structures with proper angles and alignment have healing and preservative propertie.
- > Meditation is thrice more powerful when done inside a Pyramid.
- Pyramids provide most effective high-energy environments for beginners of meditation. Pyramids help to reduce the level of stress and tension in the physical body.
- > Pyramidal structures with proper angles and alignment have healing and preservative properties.



WHAT PEOPLE THINK ??

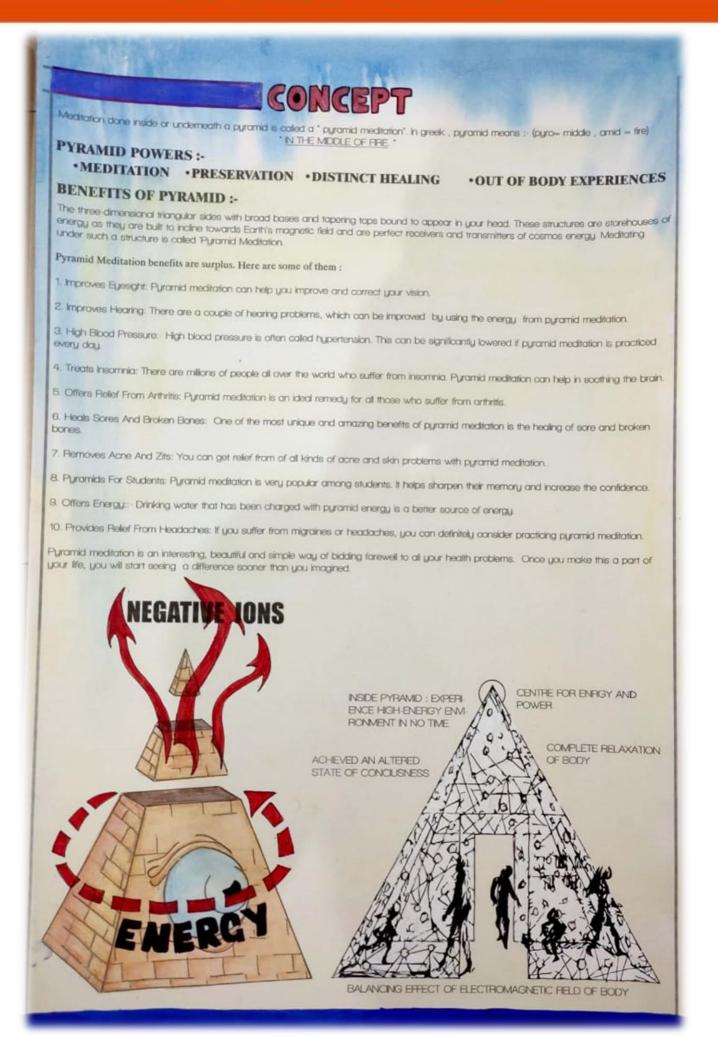
- Many people have also experienced that after sleeping inside a pyramid, they find that they need less sleep and feel more relaxed and at peace when they wake up.
- Many people experience feelings ranging from calmness to extreme euphoria during their meditation sessions inside the pyramids.
- Pyramids provide most effective high-energy environments for beginners of meditation. Pyramids help to reduce the level of stress and tension in the physical body





OM SHANTI RETREAT CENTRE(SPIRITUAL RETREAT), SONEPAT

CONCEPT STAGE

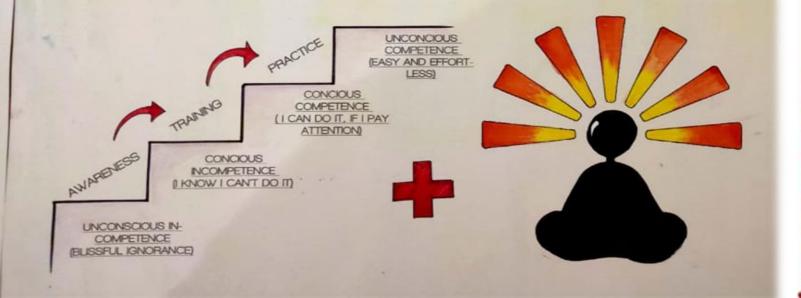


CONCEPT

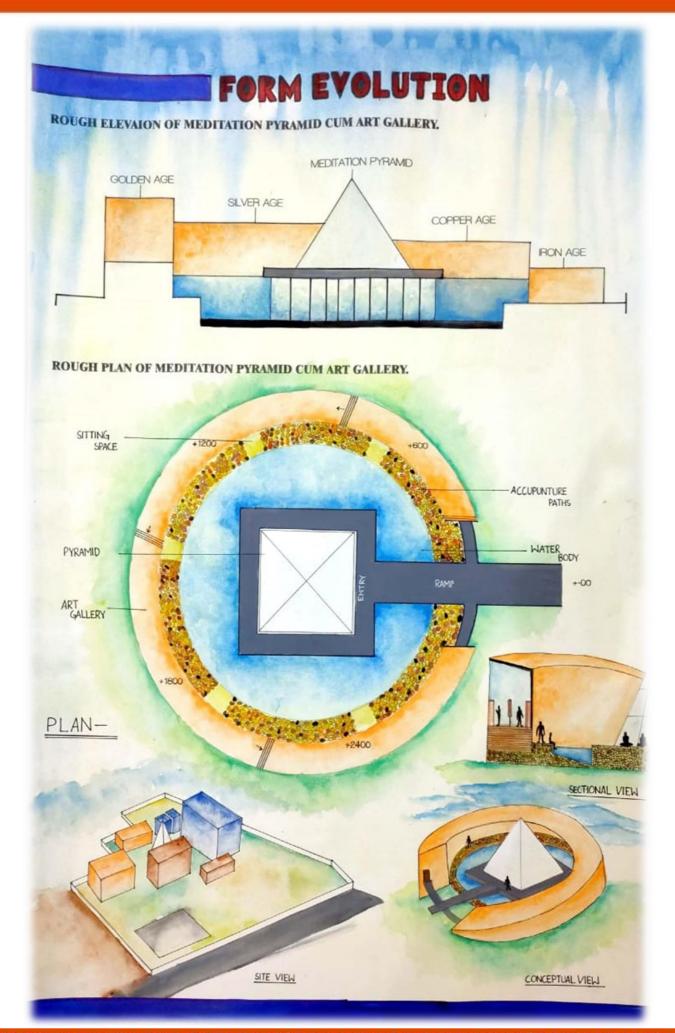
" SPIRITUALITY THROUGH EXPERIENTIAL LEARNING "



THE STAIRCASE OF LEARNING



CONCEPT STAGE





HEALING GARDENS OR WALKS IN NATURE CAN SERVE AS STRESS BUSTERS. THEY ARE DESIGNED TO PROMOTE HUMAN HEALTH IN A COMPREHENSIVE WAY, BOTH PHYSICALLY AND MENTALLY, A HEALING AND THERAPEUTIC GARDEN IS PRIMARILY COMPOSED SO AS TO FULFIL ITS COMFORTING PURPOSE IN PARTICULAR, ACTING AS ANTI-STRESS.



GARDEN PINKS (DANTHUS HYBRID) GROW TO A HEIGHT OF 8 TO 12 NCHES THE FLOWERS HAVE A SLIGHT SPICY AROMA SO THEY ALSO APPEAL TO THE SENSE OF SMELL AS WELL

ACCUPUNCTURE

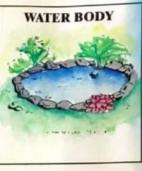
PATHS



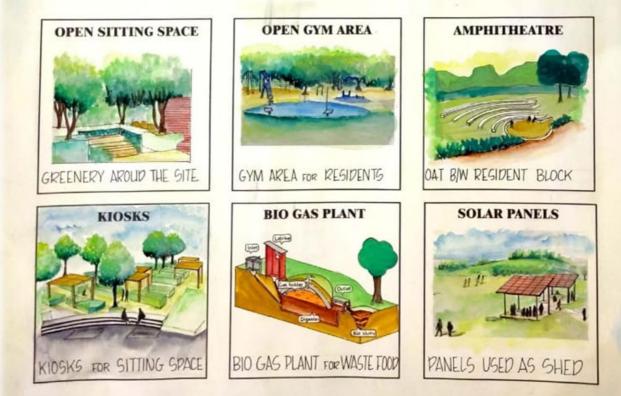
A HEALING AND THERAPEUTIC GARDEN IS PRIMARILY COMPOSED SO AS TO FULFIL ITS COMFORTING PURPOSE IN PARTICULAR, ACTING AS ANTI-STRESS. IN ADDITION, IT CONTAINS MANY OTHER ASPECTS WITH A POSITIVE EFFECT ON A PERSON. NATURE IS A NATURAL PLACE FOR RELAXATION, WHICH CAN CREATE SOME POSI-TIVE EFFECTS IN HUMANS.

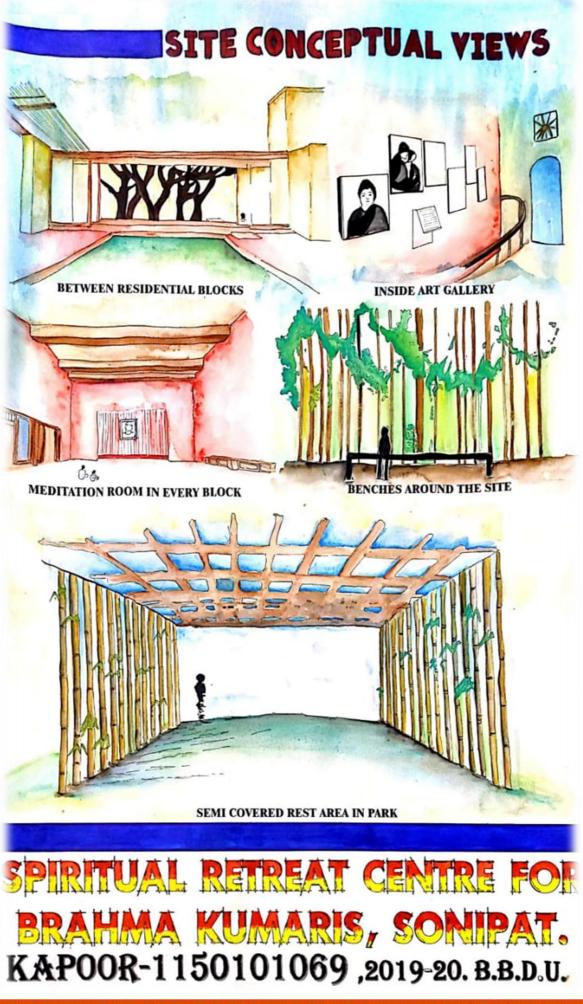


BLEEDING HEARTS (DICEN-TRA SPECTABLIS) GROW TO A HEIGHT OF 2 TO 3 FT. THE FLOWERS LOOK LIKE DOWN-WARD-FACING HEARTS THAT GROW ON GENTLY ARCHING HORIZONTAL STEMS.



DESIGN ELEMENTS





Thank You

SPIRITUAL RETREAT CENTRE FOR BRAHMA KUMARIS, SONIPAT

A <u>Thesis</u> <u>SHEETS</u> Submitted In Partial Fulfilment of the Requirements For the Degree of

BACHELOR OF ARCHITECTURE

by SARTHAK KAPOOR (1150101069) Under the Supervision of PROF. SANGEETA SHARMA & AR. NAVEEN SINGH

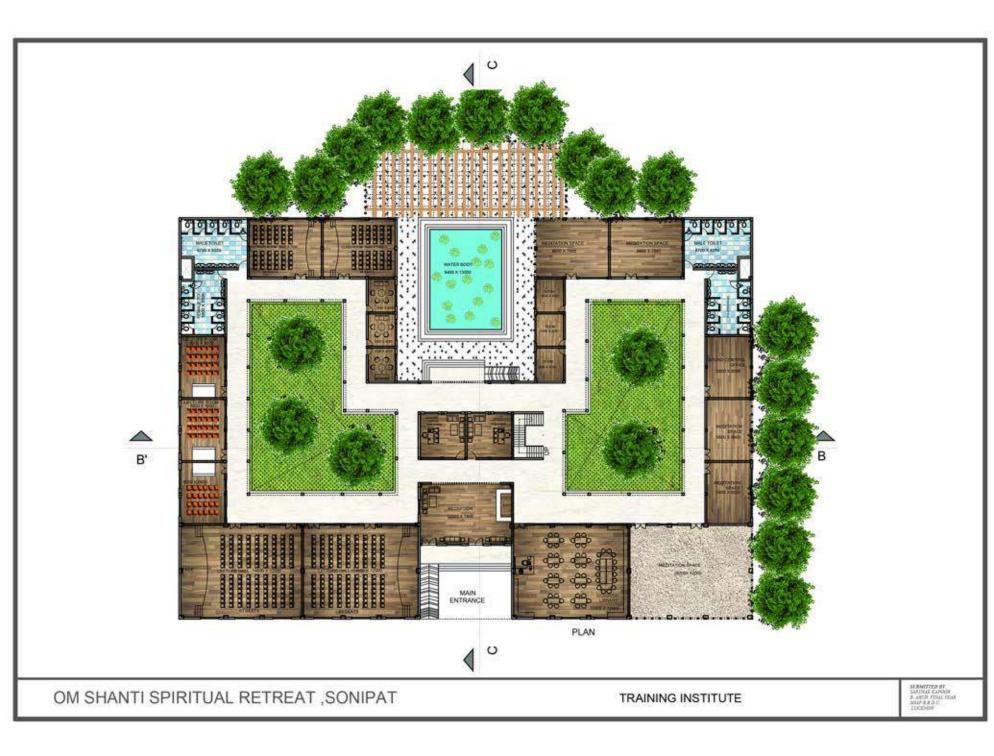
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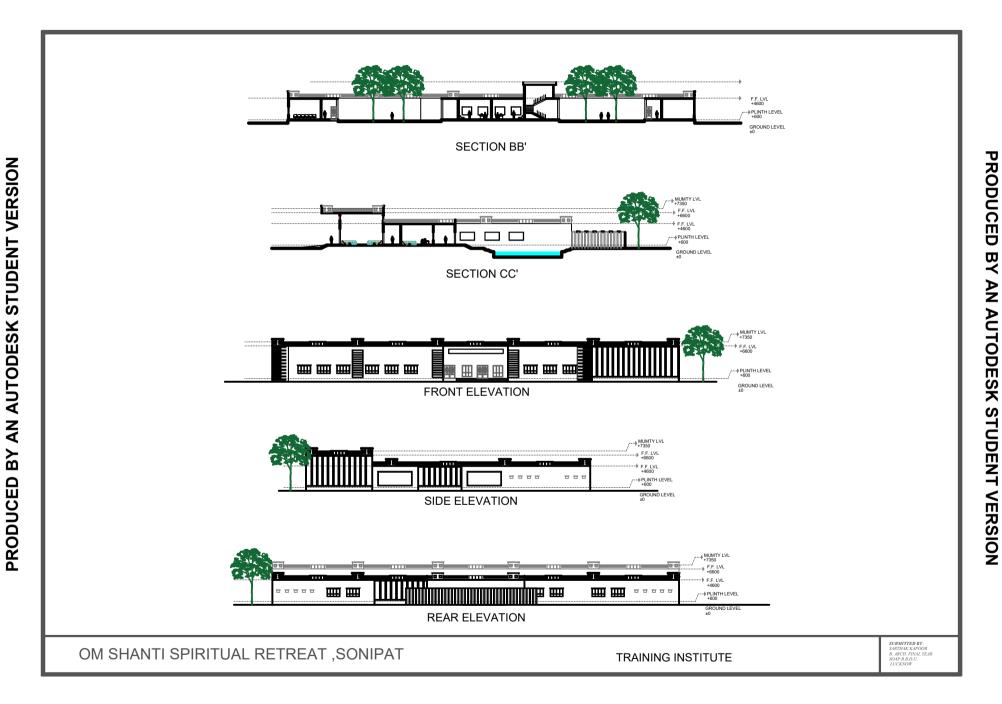
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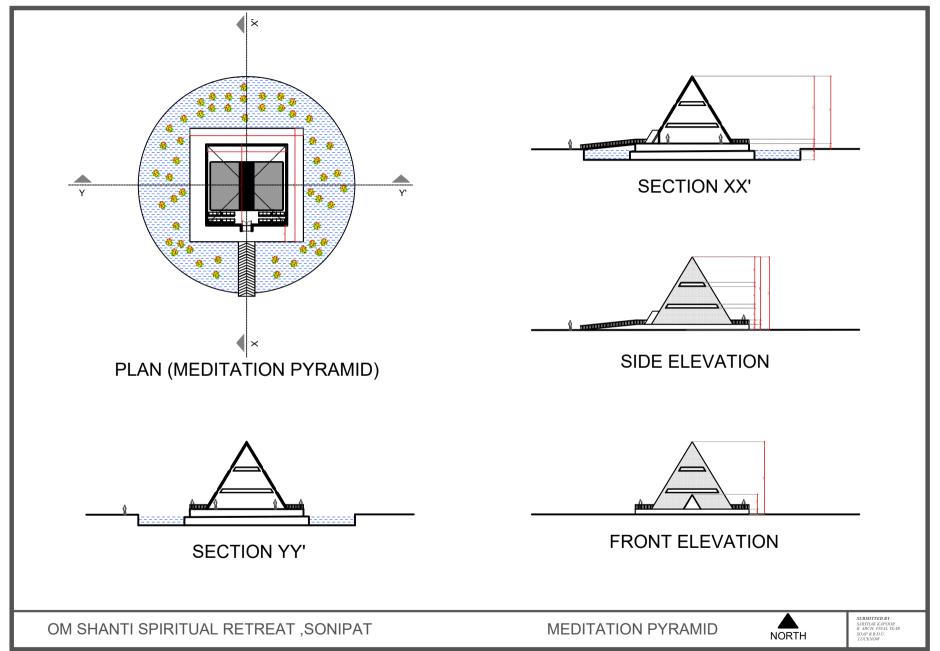
June, 2020



1)	TOTAL SITE AREA	28 ACRE
2)	PROPOSED AREA	15 ACRE
3)	PERMISSIBLE G.C.	25%
4)	ACHIEVED G.C	24.8%

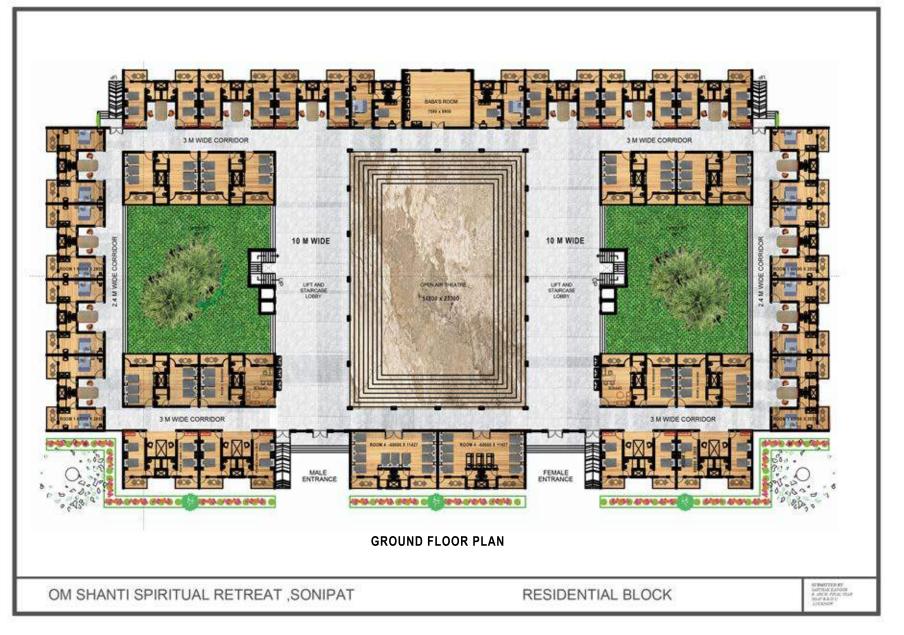


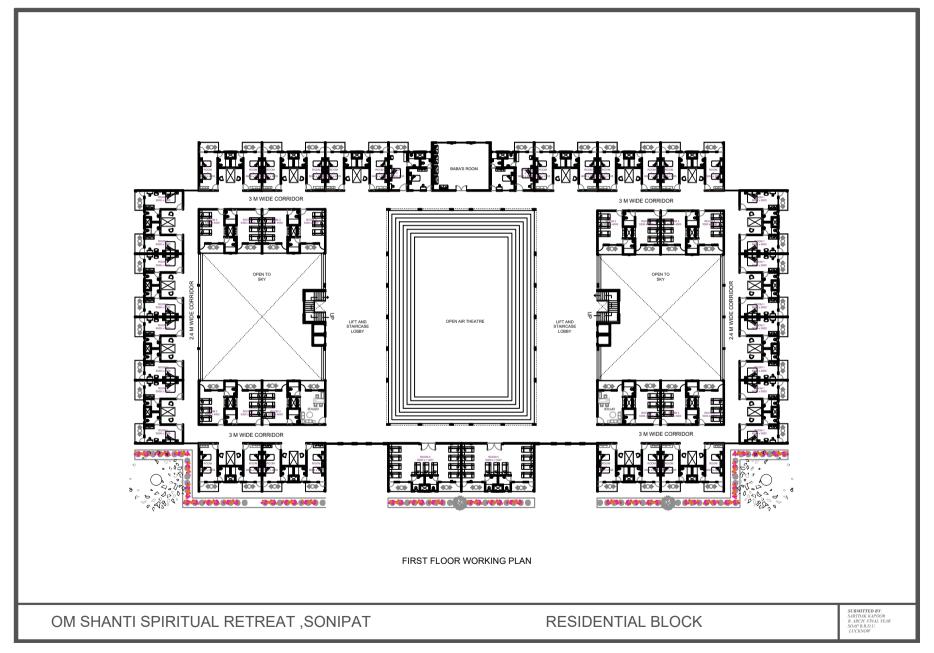




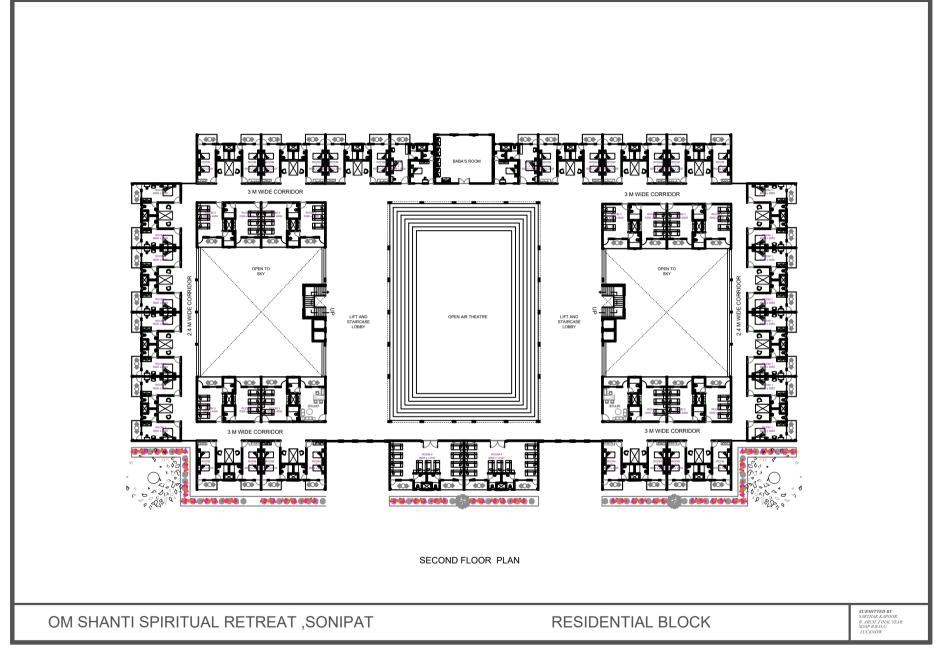
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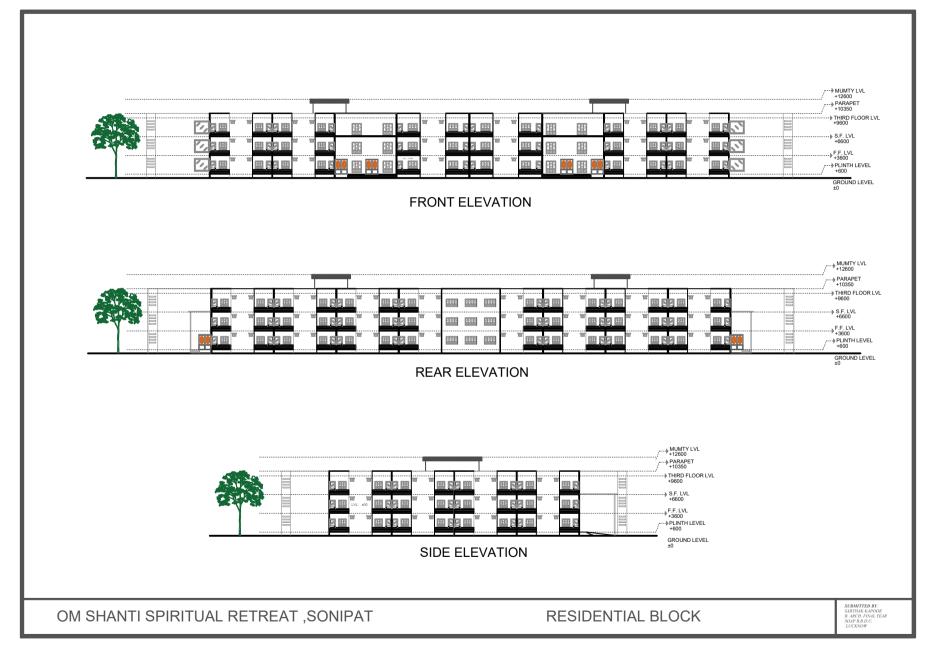


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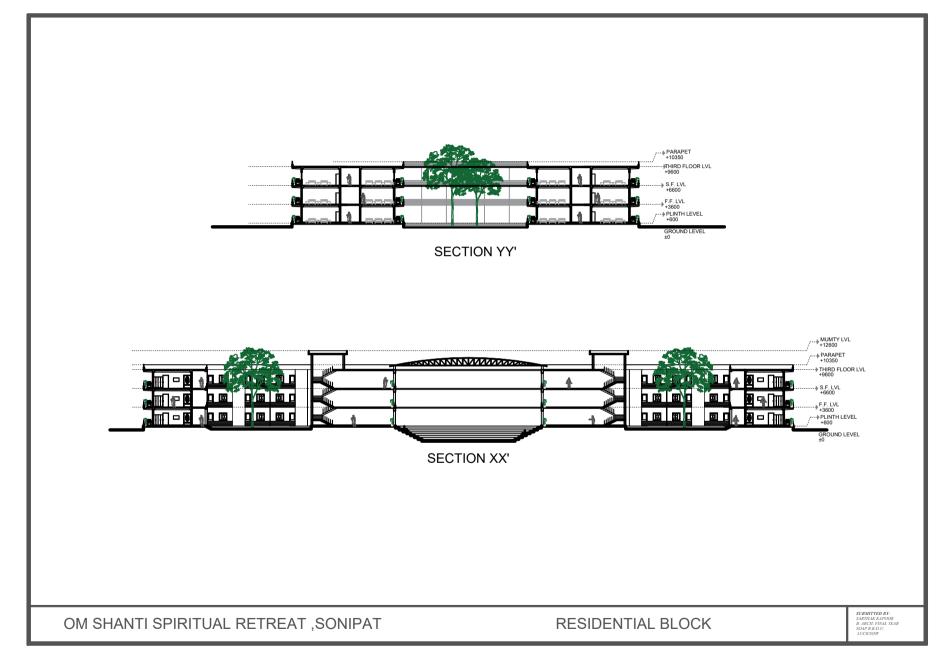


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РКОРИСЕР ВҮ АМ АИТОРЕЗК ЗТИРЕИТ УЕРЗИИ

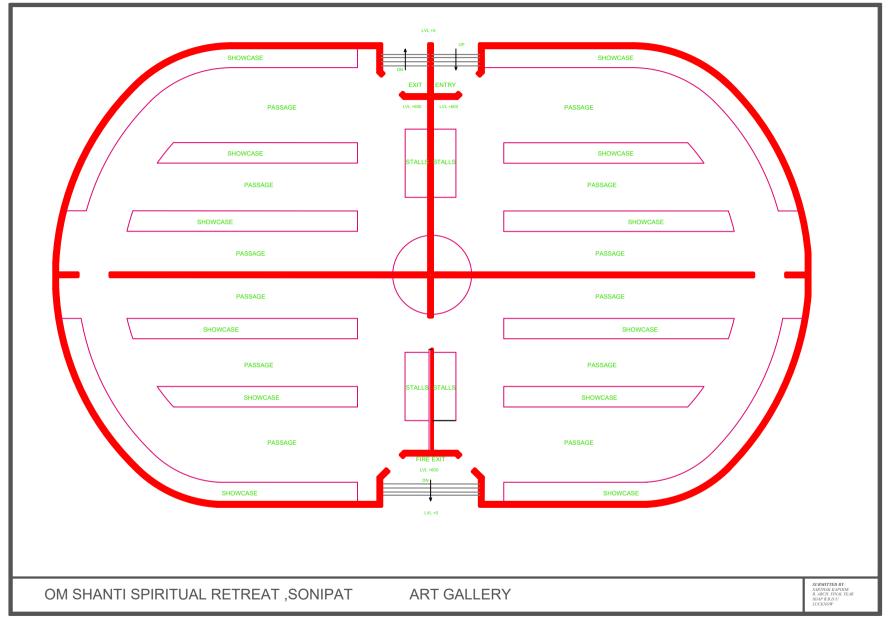


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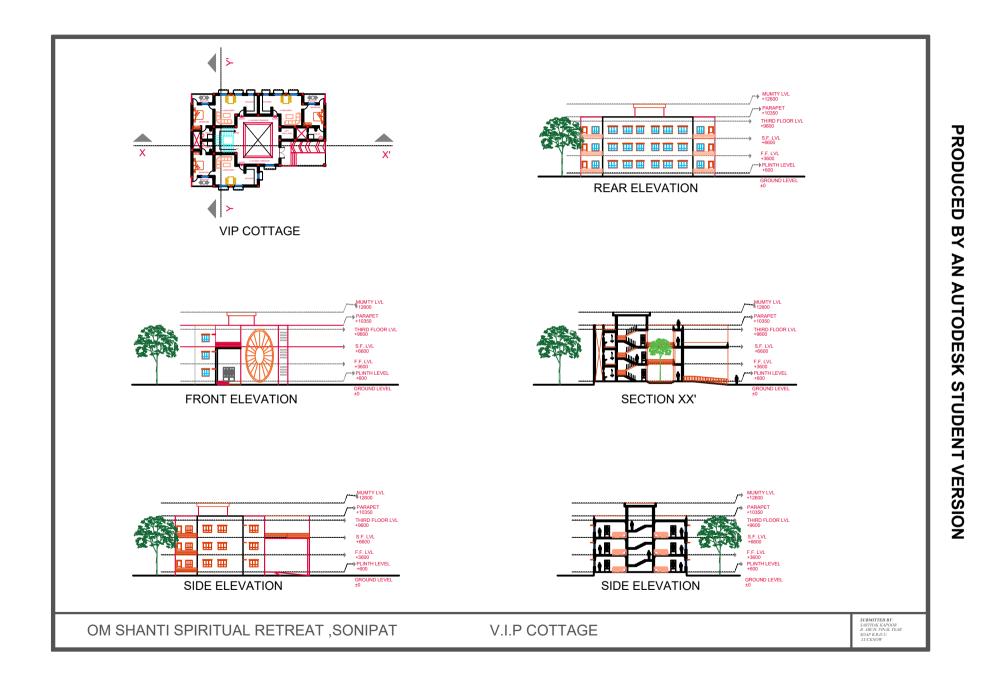


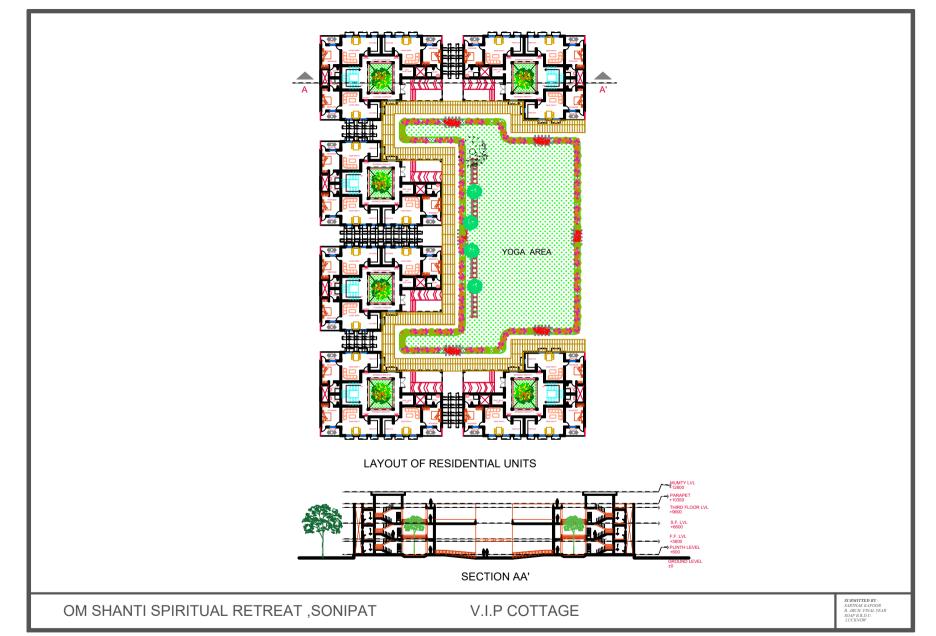
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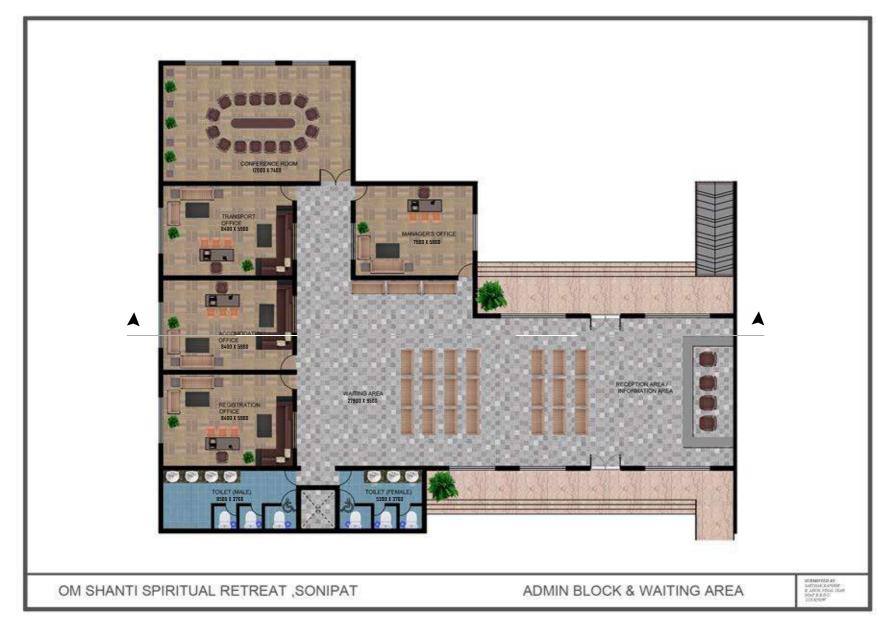
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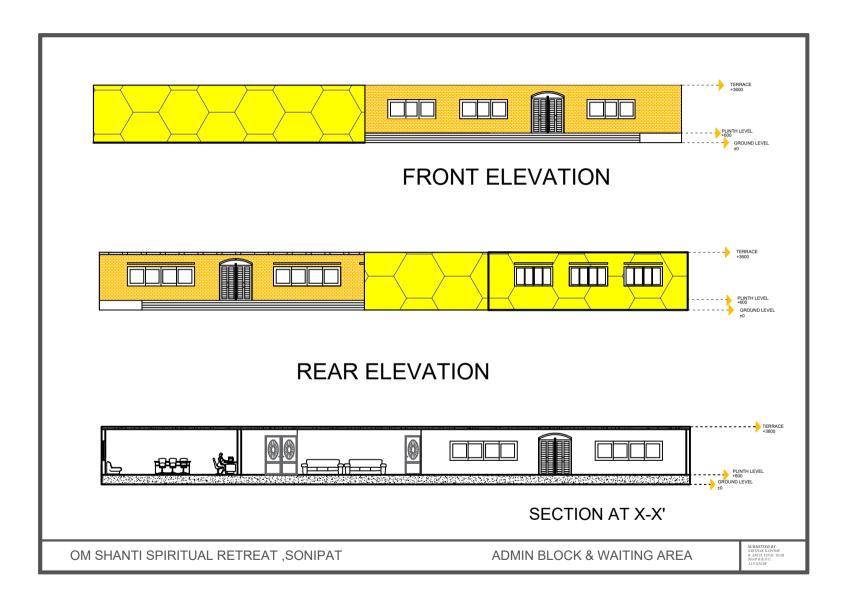


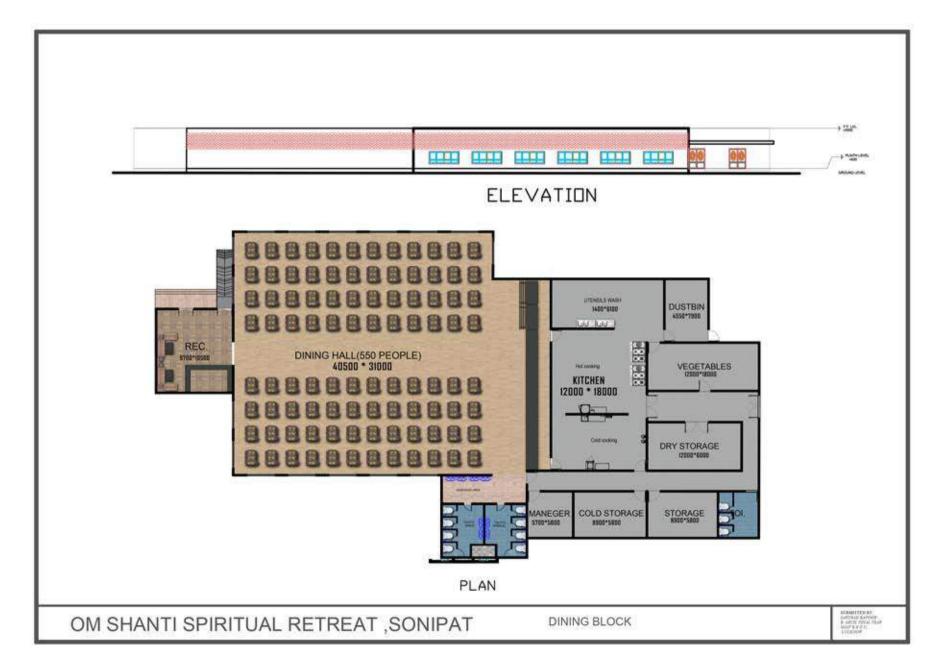


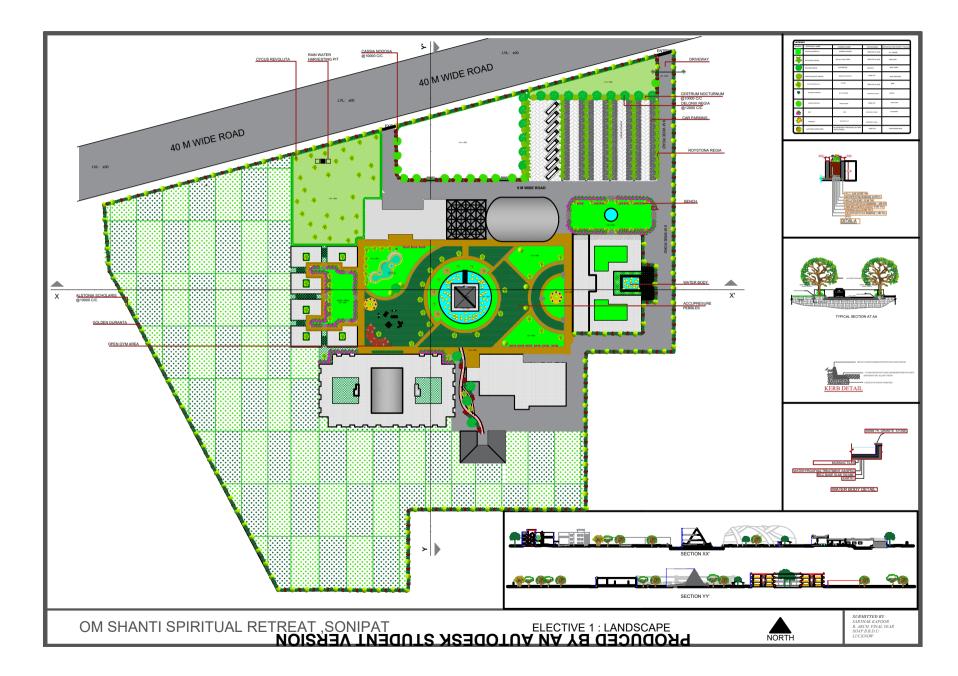
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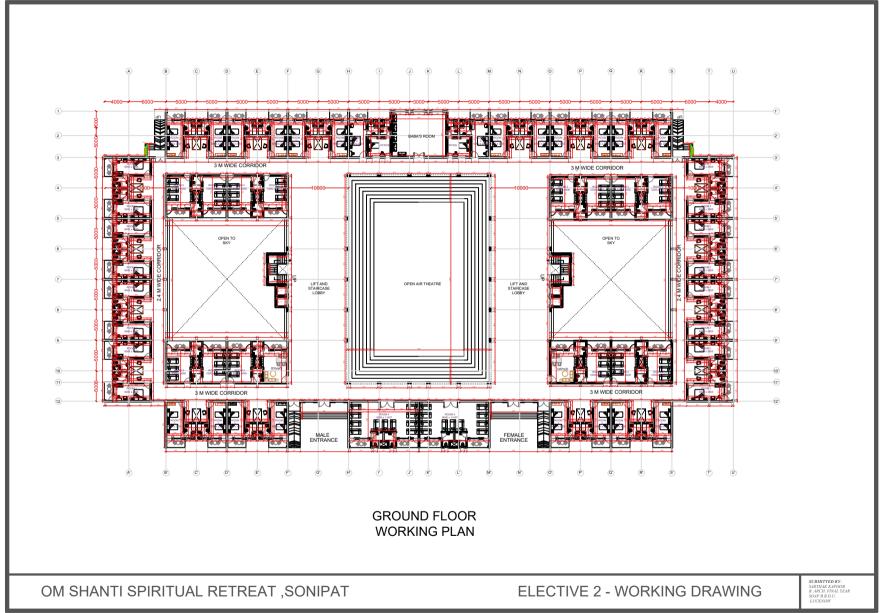
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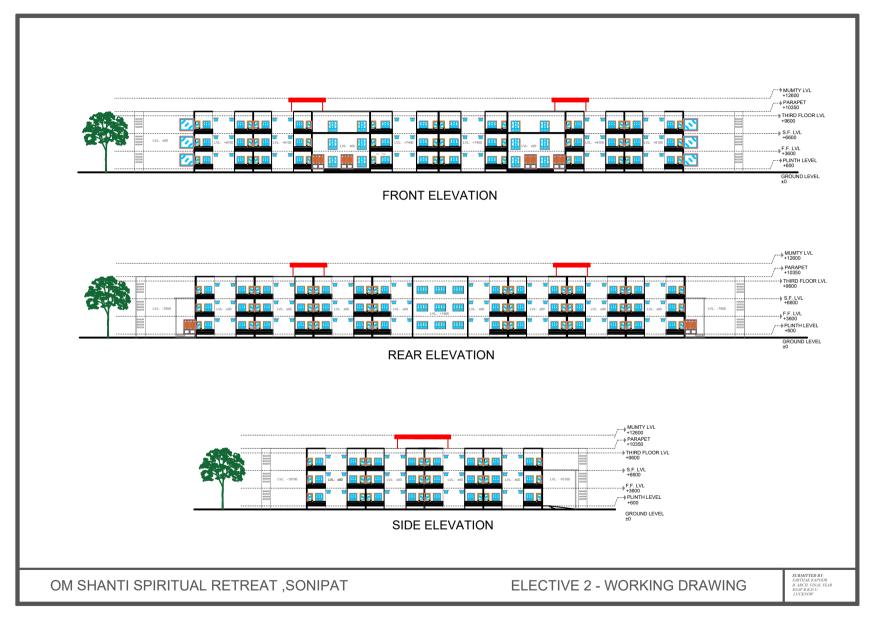


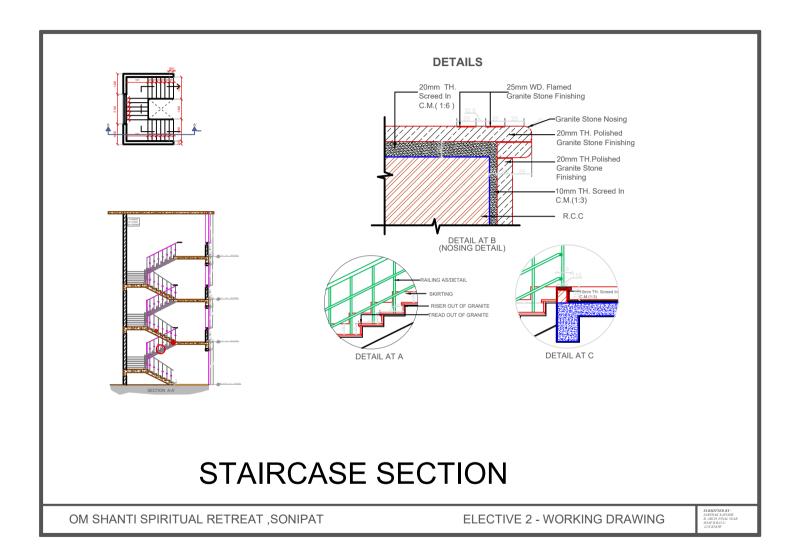




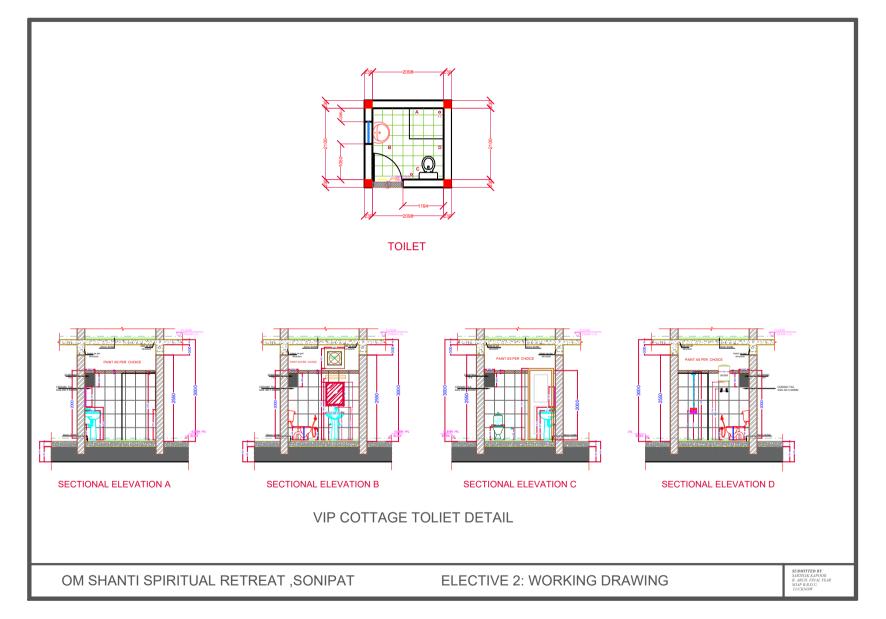
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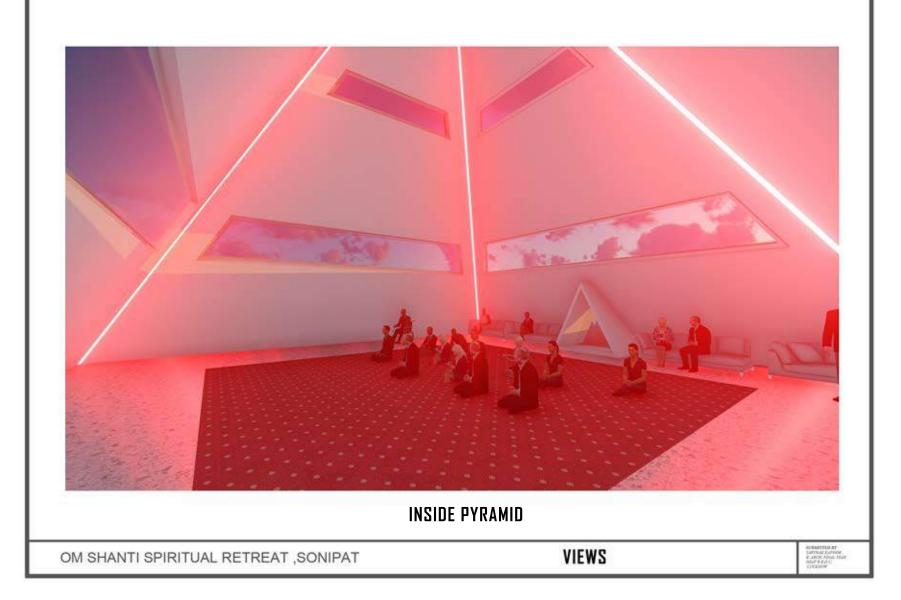
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THANKYOU

OM SHANTI SPIRITUAL RETREAT , SONIPAT

SUBMETTED &F EARTHUR KAPOOR F-ANCH KPOOL TEAR MAP 8 KAP|| EARCH W