

THESIS REPORT ON
WELLNESS & RECREATIONAL CENTER,
CHITRAKOOT.

A THESIS SUBMITTED
IN PARTIALFULFILLMENT OF THE REQUIREMENTS
FOR THE DEGREE OF THE

BACHELOR OF ARCHITECTURE
BY

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THESIS GUIDE
AR. DEEPTI SAGAR

SESSION
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TO THE
SCHOOL OF ARCHITECTURE AND PLANNING

BABU BANARASI DAS UNIVERSITY
LUCKNOW

CERTIFICATE

I hereby recommend that the thesis, entitled “**WELLNESS & RECREATIONAL CENTER, CHITRAKOOT**”, prepared by Ms. SHWETA SINGH under my supervision, is the bonafide work of the student and can be accepted as a partial fulfilment for the award of Bachelors Degree in (Architecture) School of Architecture BBDU, Lucknow.

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I express my deepest gratitude to my thesis guide **AR. DEEPTI SAGAR** for her valuable passionate guidance, critical discussions, suggestions and continuous support all through my B.Arch thesis.

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My parents, saying thanks is nothing, just accept this as a tribute to what you have made me.

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1-INTRODUCTION

WELLNESS AND RECREATION CENTER

A wellness and recreation centre provides both **indoor and outdoor** health and fitness activities along with recreational facilities. It is usually larger than a gym, especially if it includes amenities such as **outdoor pool, golf course, running tracks**. A wellness and recreation normally offers a range of group of classes and **individual workout programs**.

- It provides indoor and outdoor health and fitness activities.
- It includes amenities such as **physical therapy, saunas, steam rooms, warm-up rooms, healthy juice and snack counters**.
- It is more than a gym as it provides same machines and equipments but provides wider variety of group of classes and amenities.
- It also provides a space for **yoga and meditation** for not just **physical wellness** but also **mental wellness** and relaxation.
- For recreation it includes amenities such as **swimming pool**, designated spaces for group sports such as **basketball and volleyball**.



NEED OF THE WELLNESS & RECREATIONAL CENTER-

In today's world health and fitness plays an important role so this leads to the increase in demand of wellness and recreation centre. Wellness and recreation centre has everything you need to live a fit, healthy lifestyle. It also has **space for yoga and meditation** for physical and mental wellness and relaxation. Need of wellness and recreation club is due to following reasons-

- To be in **good physical condition** regular exercise and proper nutrition is very important.
- To prevent **hypokinetic illness**.
- Daily exercise greatly reduce the effect and prevent various diseases such as- **high blood pressure, diabetes, weight gain, osteoporosis, arthritis, etc**
- Sports and fitness have been given secondary importance and are quite a neglected aspect, particularly in huge metropolitan cities. This is due to the **lack of sufficient and proper facilities** and hectic lives that we all are living.

AIMS OF WELLNESS AND RECREATION CENTER

In today's world health and fitness plays an important role so this leads to the increase in demand of wellness and recreation centre. Wellness and recreation centre has everything you need to live a fit, healthy lifestyle. It also has space for ***yoga and meditation for physical and mental wellness and relaxation***. Need of wellness and recreation club is due to following reasons-

- To be in good **physical condition** **regular exercise** and proper nutrition is very important.
- To prevent **hyperkinetic illness**.
- Daily exercise greatly reduce the effect and prevent various diseases such as- **high blood pressure, diabetes, weight gain, osteoporosis, arthritis, etc**
- The old saying **"USE IT OR LOSE IT"** holds a lot of weight when it comes to our bodies and the aging process. The more we use our bodies physically and mentally, the more effective we can be and this also affects our overall health level.
- Reduces effect of **insomnia, lowers blood pressure , counteracts depression, keeps bones strong.**
- To release the body from tension and strain of work recreation.



VARIOUS FORMS OF FITNESS-

- STRENGTH TRAINING-** Many people have realized the importance for general strength training and how it can positively affect their lifestyles and health.
- Functional training-** This style fitness training allows the individual to focus on real life movements instead of using machines and exercise gadgets.
- DANCE AND GROUP FITNESS CLASSES-** These allow participants to choose the classes that are in line with their interests and give them a great workout.
- YOGA, PILATES AND FUSION CLASSES-** These focus on general body strength with a large emphasis on flexibility and mind and body connections.
- PARTNER TRAINING-** Having 1 or 2 friends to workout which creates a sense of fun and motivation while also lowering individual cost.
- EXPRESS WORKOUTS-** This can be a great way to get way to get our workout complete in approximately 30 minutes.

LIMITATIONS

- Lack of time.
- Lack of knowledge
- Lack of interest/enjoyment.
- Self esteem issues.
- Family responsibilities.
- Work
- Weather
- Location

AMMENITIES PROVIDED-

Amenities such as **indoor and outdoor** health and fitness activities.

- Space for **yoga and meditation** for mental and physical wellness and relaxation.
- Swimming pool.**
- Space for outdoor games such as **volleyball, basketball,, running tracks, jogging tracks**, etc for outdoor recreational activities
- Provision of **gymnasium, spa, sauna, steam rooms** and other space for other essential indoor activities.
- Provision of lavish **parks and gardens** for relaxation of mind.
- Provision of proper **parking**.
- Health kiosks** for promotional brochures and information.
- Other additional services such as **locker room, shower room, restrooms, sauna room, steam room**, etc.



DESIGN CONSIDERATIONS-

- The interior of the facility should be **open and flexible**.
- Considering a “main street” **circulation system**, which creates a **dynamic flow of movement** through the facility.
- Create a visual **connections between the entrance and activity spaces**, thereby creating a “visual menu” for users.
- Allow **natural light** into facility.
- Directional signage** should be clear and visible.
- Design for **flexibility and expansion**.
- Spaces should be **multifunctional**.
- Locker room should be directly accessible** to and from the pool.

SWOT ANALYSIS



BENEFITS OF YOGA IN OUR LIVES-

- The art of practicing **yoga** helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing.
- It also helps in increasing flexibility, muscle strength and body tone
- Relieves Stress and Depression. Time to get happy and feel at peace! ...
- Improved Posture and Flexibility. ...
- Toning. ...
- Improved Sleep. ...
- Better Body Image
- Increase your energy. ...
- Reduce stress. ...
- Breathe better. ...
- Be happier. ...
- Become more mindful.

LIMITATIONS

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- Lack of knowledge
- Lack of interest/enjoyment.
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- Work
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2-SITE ANALYSIS

SHRI SADGURUSEVA SANGH TRUST,CHITRAKOOT-

- Shri Sadguru Seva Sangh Trust(SSSST) is a humanitarian organization, established in **1968** on the premises of selfless service of mankind.
- **Param Puja Ranchhoddasji Maharaj** founded the trust with the goal of alleviating the sufferings of the needy and down trodden.
- The trust was formally registered as public charitable trust in 1968 in **Dhar, Indore, state of Madhya Pradesh.**
- The core principle of the trust is 'seva' i.e. selfless service



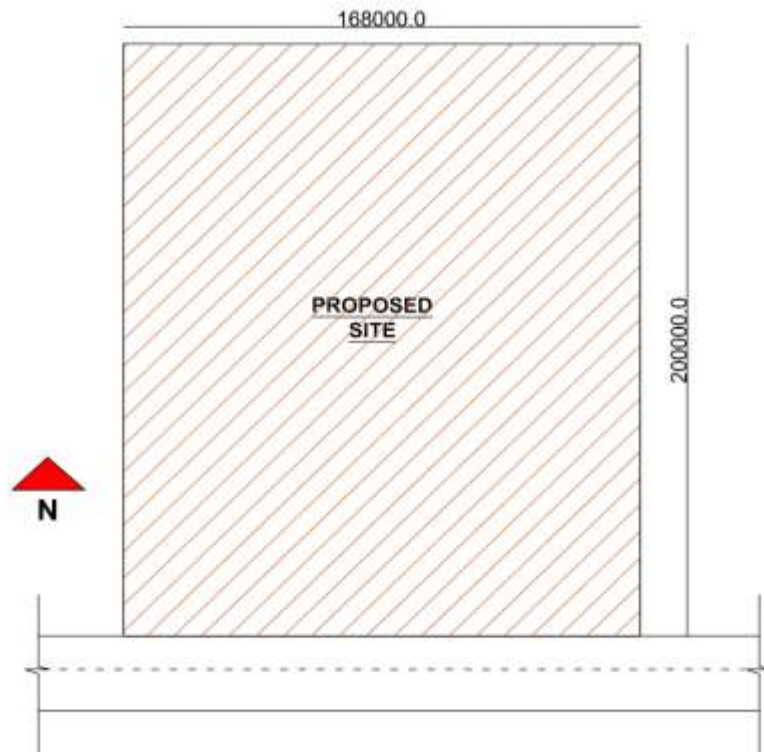
LOCATION-

Shri Sadguru Seva Sangh Trust,Janki kund, Chitrakoot,
Madhya Pradesh- 210204.

AREA- 8.9 Acres.



SITE PLAN



SITE ACCESS-

- **BY TRAIN-** The nearby railway stations are at Ganjbasoda, Bina, Vidisha, and Bhopal
- **BY AIR-** The nearest airport is at Bhopal which is at a distance of 130km from Anandpur. Daily flights are available from Bhopal.
- **BY BUS-** Private buses connect all the major towns and cities. The major bus stand is at village Anandpur at a distance of 5km from sadguru nagar

SITE PICTURES-



PLACES NEARBY THE SITE-



PLACES NEARBY THE SITE-

Cornea and Refractive specialty at Sadguru Netra Chikitsalaya is dedicated to the health and functioning of the cornea and combines unparalleled care, expertise, and state-of-the-art equipment to ensure the best experience for patients. It offers a comprehensive range of routine, complex and high-risk corneal and external diseases, as well as the most current vision correction procedures.

PLACES INSIDE THE SITE-



APARTMENT



EYE CENTER



CHILLER PLANT



GENERAL EYE CENTER



GREEN AREA



RESIDENCE



MAIN ENTRANCE



INSIDE THE SITE

SITE DETAIL

- **State-** Madhya Pradesh
- **District-** Satna
- **Population-** 22294
- **Time Zone-** UTC+5:30(IST)
- **Coordinates-** 25.00°N 80°83E

CHITRAKOOT-

It is a famous pilgrimage centre and nagar panchayat in Satna.

- It is a place of religious, cultural, historical and archaeological importance in Bundelkhand region.
- Chitrakoot Dham(Karwi) is situated
- on the bank of Mandakini river.



WATER SOURCE-

- **Ground water** is the source of irrigation
- Central Ground Water Board as well as state government has established a number of permanent **hydrograph stations** to monitor water level in space.
- The **shallowest water level** found was 5m in southern part that is **Manikpur**.



HISTORICAL APPROACH-

- Lord Rama, Sita and Lakshman spent **11years 6months** of their **14 years** exile here.
- Great sages like **Atri, Sati Anusuiya, Dattatreya, Maharishi Markandeya, Valmiki** and many renowned seers, devotees and thinkers meditated here.
- Principal trinity of **Sanatana dharma, Brahma, Vishnu and Shiva** visited this place.
- Tulsidas has spoken of Chitrakoot in his all major works-**Ramcharita Manas, Kavitawali, Dohawali and Vinaya Patrika.**



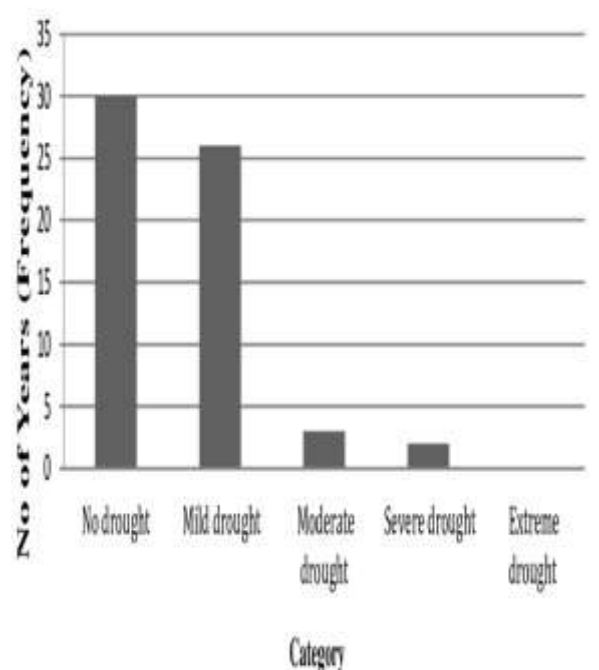
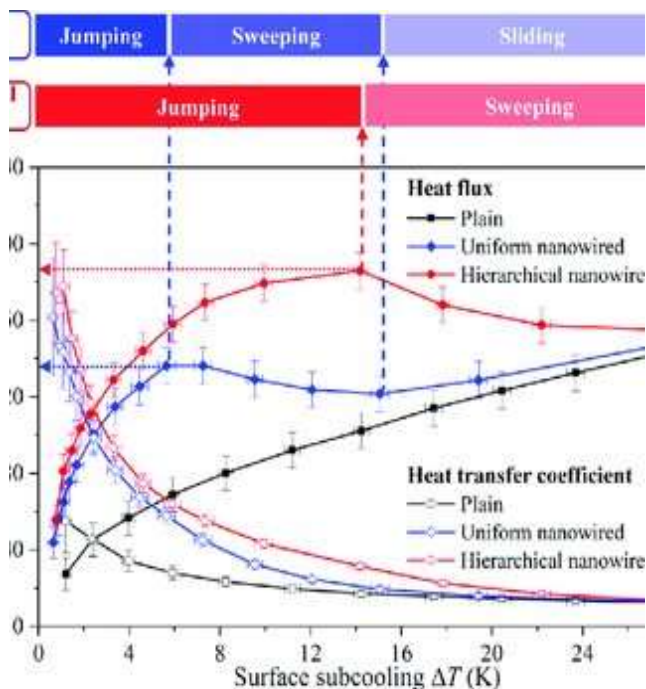
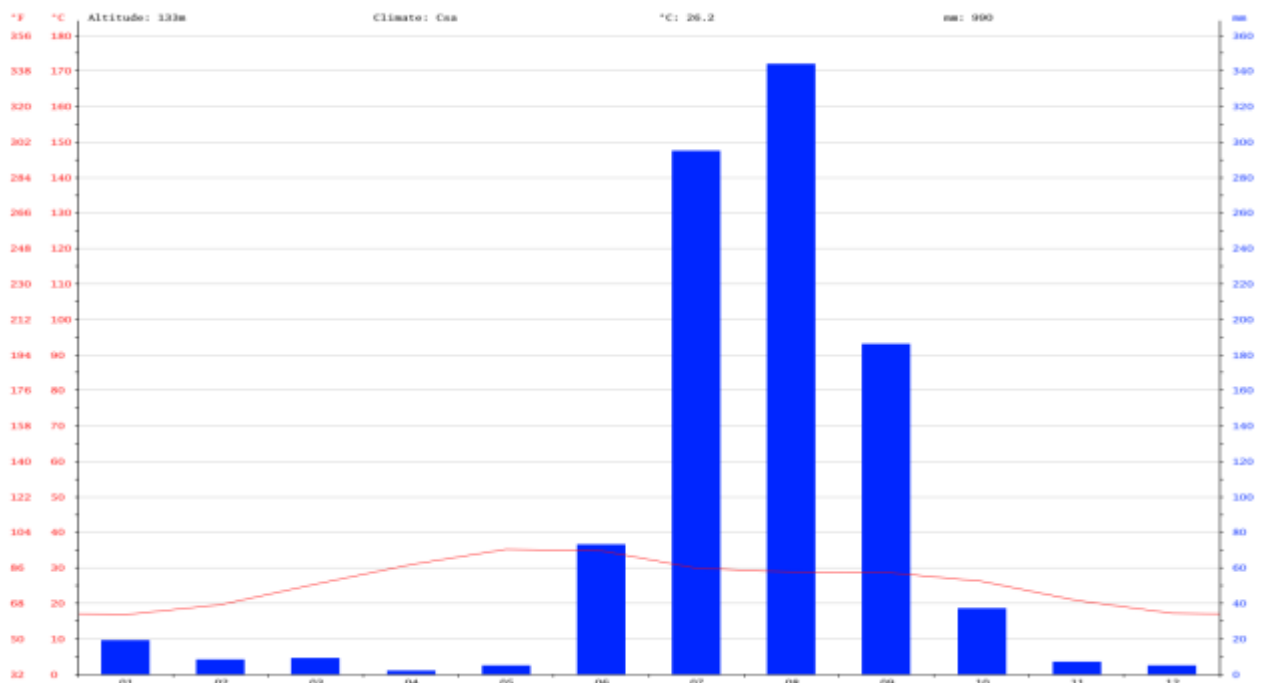
PUBLIC ATTRACTIONS OF CHITRAKOOT-

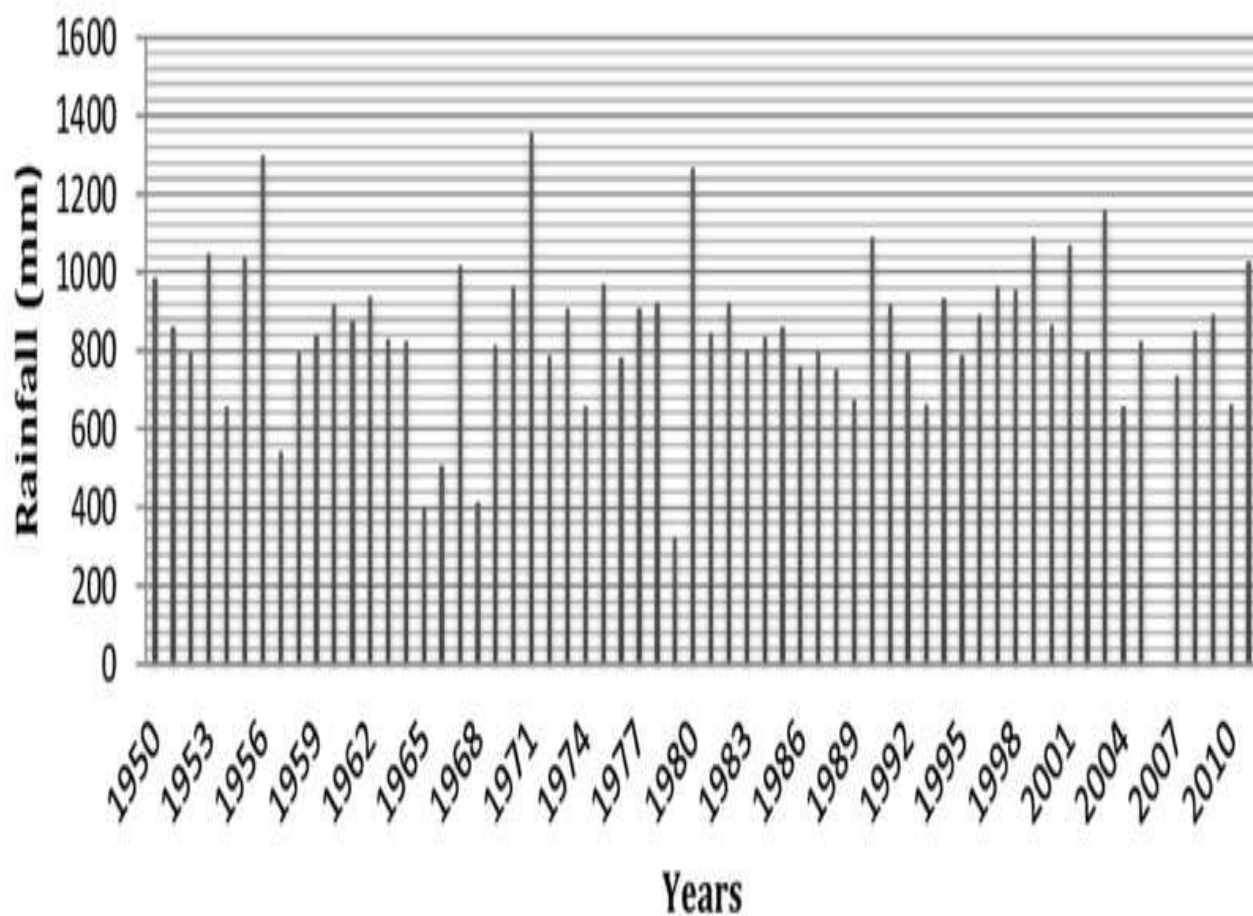
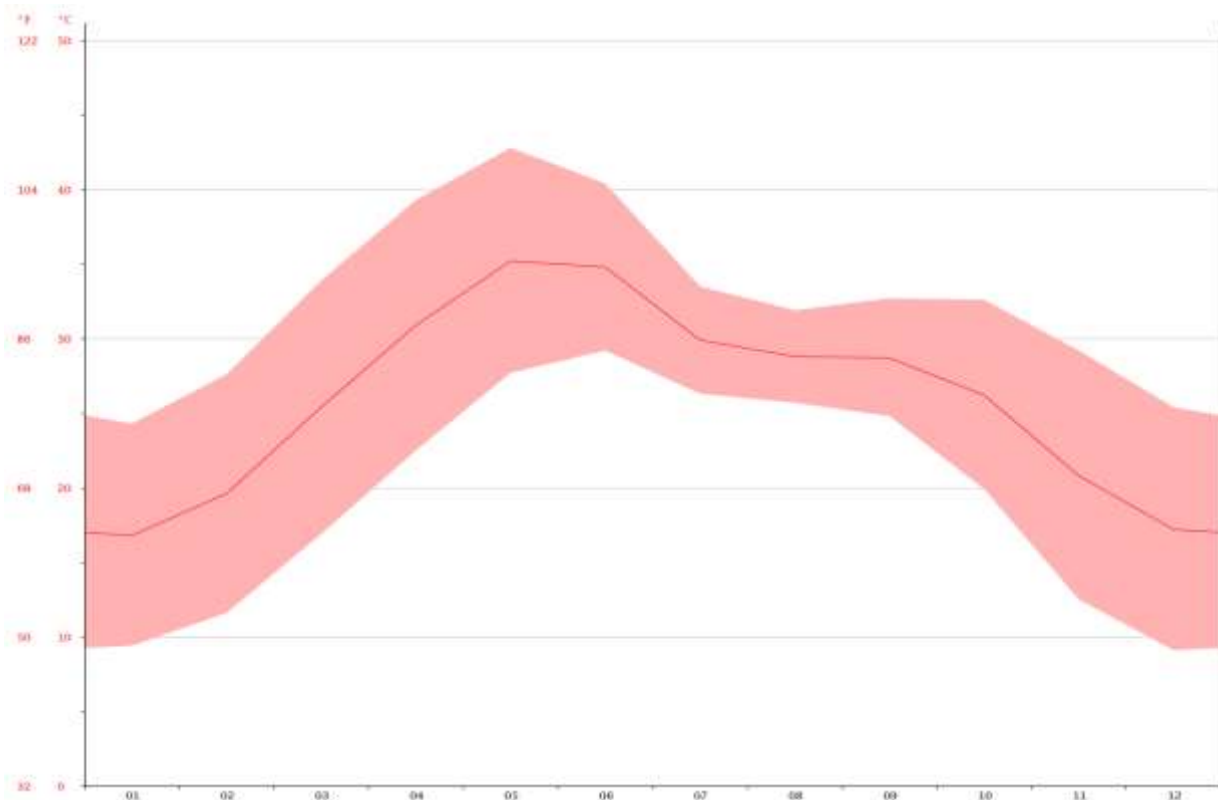
- **Ramghat-** This is a major ghat. Tulsidas statue is here on the ghat. Bharat milap temple is on the ghat. Arti happens here each evening. This is the central place in Chitrakoot.
- **Kamadgiri Parikrama-** this trails covers around 5km. Monkeys are common here.. It is a forested hill, it is skirted all along its base by a chain of temples.
- **Bharat Milap-** It is a temple, marking the spot where Bharata is said to have met Rama to persuade him to return to the throne of Ayodhya..
- **Janki Kund-** it is situated upstream of the Ramghat where it is believed that Sita bathed water of Mandakini river
- **Gupt godavari caves-** water streams flow through these caves.
- **Sphatic Shila-** This is a stone where Lord Rama used to rest.
- **Sati Anusuiya Aahram-** This the ashram on the river bank



CLIMATE-

- **Sub tropical** climate
- The annual rainfall (1950-80) of the district is **980.1mm**.
- The **maximum rainfall** occurs during monsoon period is **June – September** having normal value of **876.9mm**.
- Annual rainfall is **89.46%**
- **August** is the **wettest month** having normal rainfall of **366.7mm**.
- **July** with normal rainfall of **265.3mm**.
- The average 20 years data reveals that the average rainfall varies between **939.5mm(Mau)** & **1059.2 (karvi)**. Average no of days of rainfall-47
- **Hottest month is May** with average mean temperature **35.3°C**.





GEOGRAPHICAL FEATURES-

- Chitrakoot covers an area of **3388.97m²**.
- It is located in the **southern part of U.P.**
- Bounded by **Fatehpur & Allahabad** on the **north**.
- On **east** it is surrounded by **states of M.P.**



SOIL TYPE-

- **Entisols(alluvial soil)**- it is found in flood plains of the main rivers.
- This soil is alkaline and fertile
- In Chitrakoot District, mainly five types of soils are found namely **Kankirili Soil, Kabar Soil, Balui Soil, Rakad Soil and Padua Soil**. The district has there main seasons; winter, summer and rainy. Administration of Chitrakoot District Administrative set-up of Chitrakoot District includes two Tehsils; Karwi and Mau.



VEGETATION-

- **Rabi** and **kharif** are the main crops.
- **Wheat, paddy, gram, jawar** and **arhar** is grown



3- CASE STUDY1- DHAMMA LAKKHANA

VIPASSANA CENTER, LUCKNOW

PROJECT DETAIL-

- Location- Asthi Road, Bargadi, Bakshi Ka Talab
- Area- 8 acres
- Architectural Style- Vernacular
- Predominant use- Wellness centre
- Opened in- January 2003
- Climate- Composite



INTRODUCTION-

- Dhamma Lakhana, meaning 'Characteristic of Dhamma' is situated in **8acres (105000sq.m)** of land, in the capital of U.P
- It is located **15km from Lucknow on Lucknow- Sitapur highway**
- Principal teacher- Mr.S.N Goenka learnt the technique from Sayagyi U Ba Khin.



LOCATION-

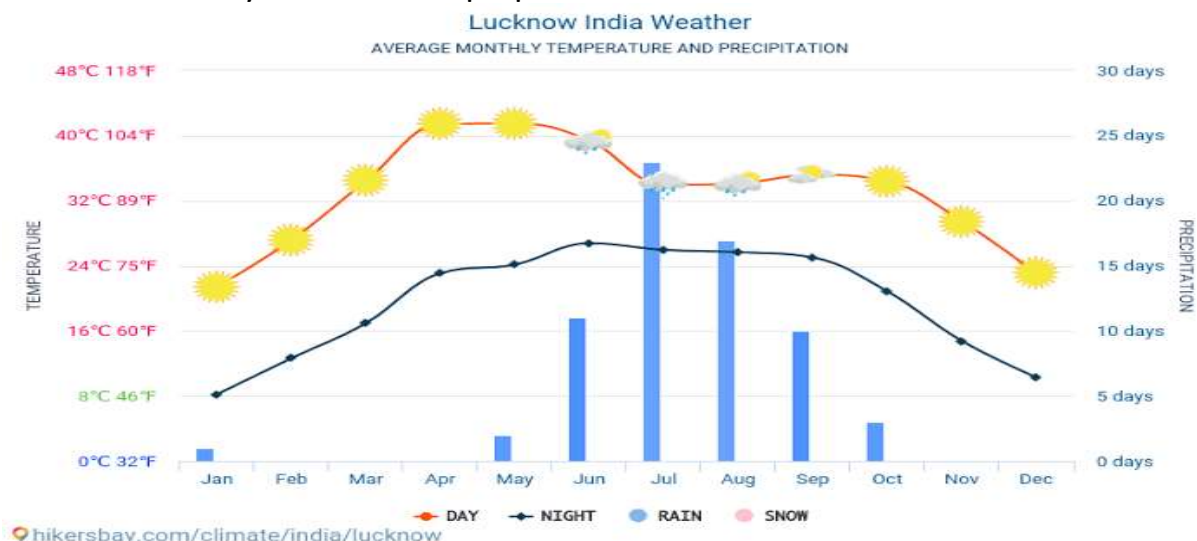


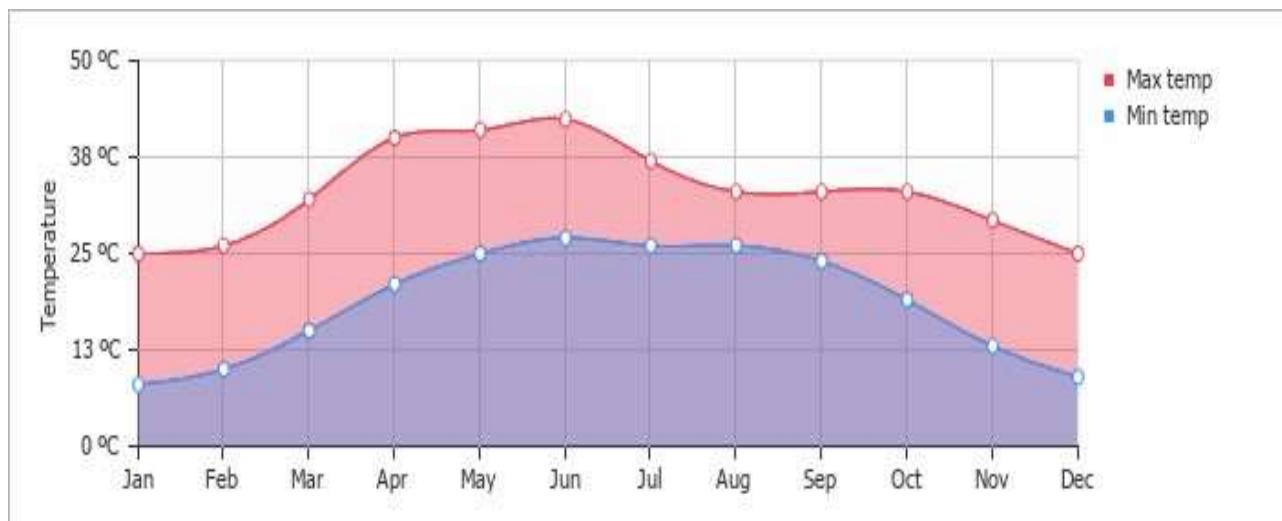
SITE APPROACH-

- Airport- Chaudhary Charan Singh International Airport 36.7km (53minutes)
- Bus Station- Kaiserbagh Bus stand (20.3km) 31 minutes
- Railway Station- Charbagh railway station 41km

CLIMATE-

- Lucknow has a **composite climate**.
- **Cool, dry winters** from **mid November to February** and **dry hot summers** with sunshine from **March**
- Half of the **rainfall** occurs from **June to October** (average rainfall of **896.2mm**) from the southwest monsoon winds
- In winters maximum temperature is **25°C** & minimum temperature is around **3°C**
- Summer is very hot with temp up to **40°C**





Climate data for Lucknow, India													
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Average high °C (°F)	22.6 (72.7)	26.0 (78.8)	32.2 (90.0)	38.1 (100.6)	40.5 (104.9)	38.7 (101.7)	33.6 (92.5)	32.5 (90.5)	33.0 (91.4)	32.5 (90.5)	28.9 (84.0)	24.1 (75.4)	31.9 (89.4)
Daily mean °C (°F)	14.7 (58.5)	17.6 (63.7)	23.2 (73.8)	29.3 (84.7)	32.6 (90.7)	32.9 (91.2)	29.8 (85.6)	29.0 (84.2)	28.6 (83.5)	25.7 (78.3)	20.3 (68.5)	15.7 (60.3)	24.9 (76.8)
Average low °C (°F)	6.9 (44.4)	9.3 (48.7)	14.2 (57.6)	20.5 (68.9)	24.7 (76.5)	27.1 (80.8)	26.1 (79.0)	25.6 (78.1)	24.3 (75.7)	19.0 (66.2)	11.8 (53.2)	7.4 (45.3)	18.1 (64.6)
Rainfall mm (inches)	21.9 (0.862)	11.2 (0.441)	7.7 (0.303)	4.9 (0.193)	16.5 (0.65)	107.4 (4.228)	294.3 (11.587)	313.9 (12.358)	180.6 (7.11)	45.2 (1.78)	3.8 (0.15)	7.3 (0.287)	1,014.7 (39.949)
Avg. rainy days (≥ 0.1 mm)	1.6	1.1	0.7	0.5	1.0	4.2	11.6	13.1	7.4	2.0	0.3	0.7	44.2
Mean monthly sunshine hours	203.4	217.5	248.7	271.0	283.5	198.0	167.4	166.7	219.0	269.7	246.0	217.0	2,707.9

VEGETATION-

➤ **Shisham, dhak, mahuamm, babul, neem, peepal , ashok, mango and gular trees** are grown.

SOIL CONDITION-

➤ **Shisham, dhak, mahuamm, babul, neem, peepal , ashok, mango and gular trees** are grown.



WHAT IS VIPASSANA CENTER-

- Vipassana is a way of self transformation through self observation & is logical process of mental purification.
- It is India's most ancient techniques of meditation.
- It was taught in India more than 2500 years ago as a universal remedy for universal ills.
- The technique of Vipassana meditation is taught at 10 day residential courses during which the participants learn the basics of the method .there are no charges for the courses- not even to cover the cost of food & accommodation.
- All expenses are met by donations from people who have completed a course & experienced the benefit of Vipassana.
- Each location has its own schedule of courses.
- These courses are also being taught in prisons also.

WELLNESS THROUGH VIPASSANA CENTER-

- Improved concentration, mind becomes razor sharp.
- Improved decision making skills
- One is filled with positive energy
- Changes perspective about life
- Teaches to live in present



FACILITIES-

- Meditation centre
- Accommodation for female & male
- Yoga room-
- Practice hall
- Parking
- Green area

AIM OF THE PROJECT-

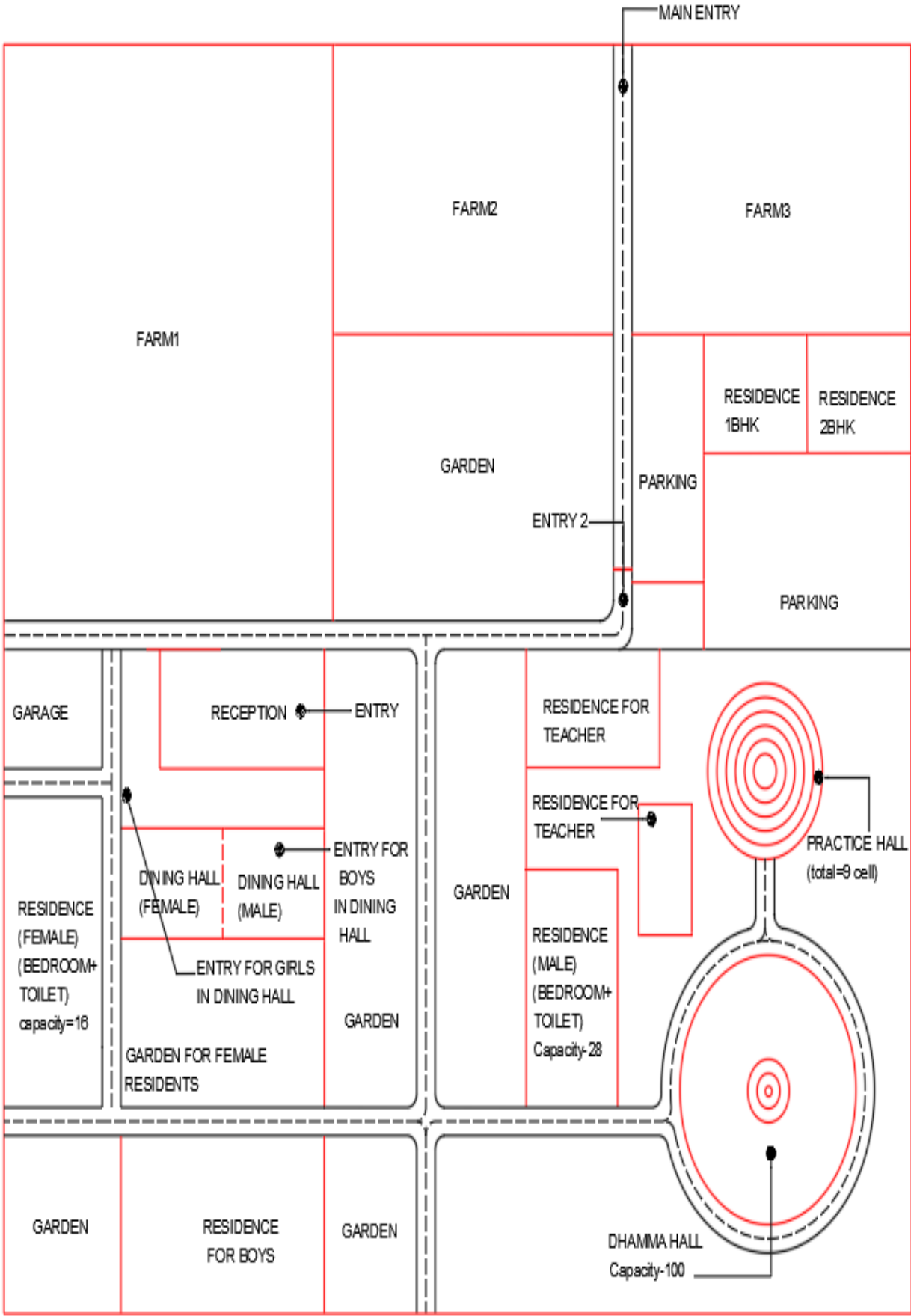
- aims at total eradication of **mental impurities & the resultant highest happiness of full liberation**
- Not merely curing the disease, but the essential **healing of human suffering**, is its main purpose.

INFERENCE-

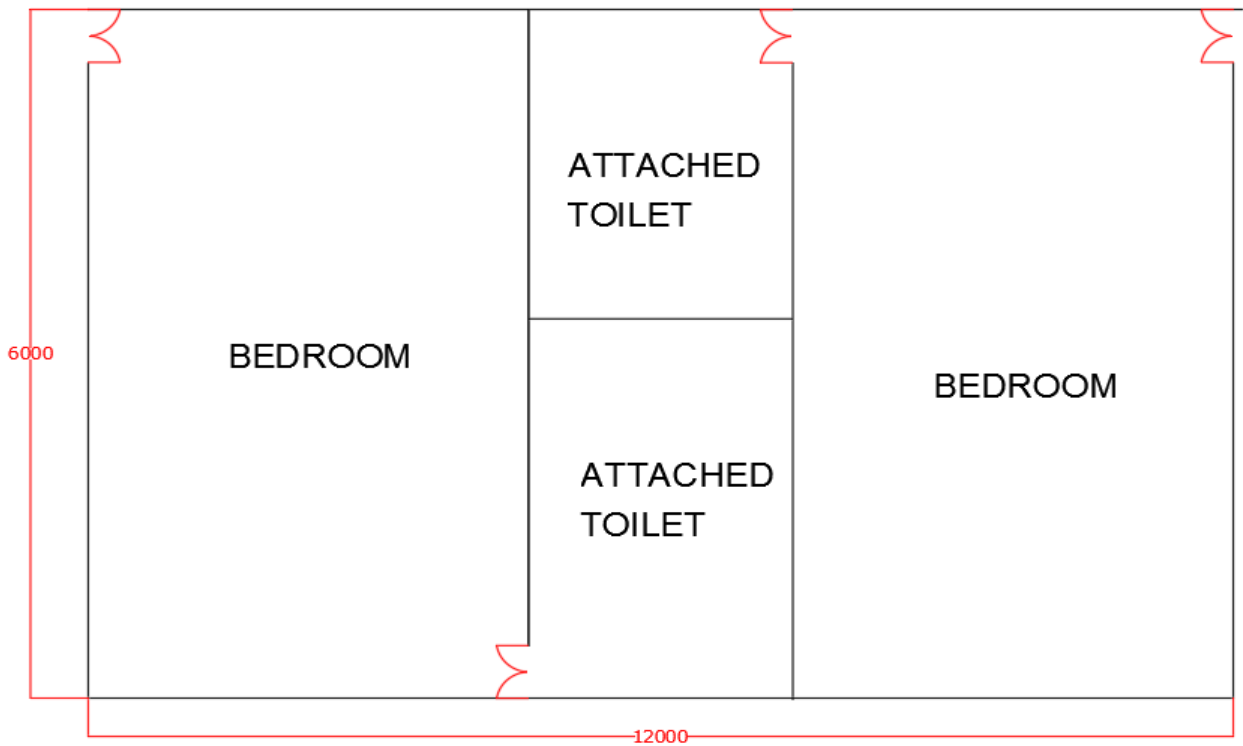
- The **male and female residence blocks are separated** with proper boundaries.
- Parking is provided before the **second entrance**
- Dining hall has the **temporary partition** for male & female residents.
- Resident blocks of female & male have **1 bedroom with attached toilet**.
- Total capacity of female residence is **16 & 28 rooms in male residence**.
- Each block has a dimension of **18ft x 8.5ft**. Which consists of the bedroom & toilet.
- The meditation hall or **DHAMMA HALL** has the seating capacity of **maximum 100 people**.
- There is a provision of **green areas such as garden & park** so that one can relax its mind & body.
- Near the meditation hall there is the **Practice hall which consists of 9 cells** in which people can meditate individually without any disturbance.
- **Separate park for female residents** is provided in front of the female residence where there is no access of men.
- Dining hall has **different access of male & female** residents.
- Accommodation facility for the staff is also provided.
- A resident block is also provided for the teacher that comes to teach meditation & various practice.
- Benches are provided in the park so that one can sit and enjoy the beauty of nature.
- The meditation centre is away from the hustle & bustle of the city & thus one can live here in peace & calm his mind



SITE PLAN-



BEDROOM PLAN-



CASE STUDY PICTURES-





4- CASE STUDY2- GYMKHANA SECTOR 15A, FARIDABAD

PROJECT DETAIL-

- Location-Urban Estate, Sector-15A, Faridabad,
- Area- 3.5 acres
- Builtup Area – 50
- Floor Area Ratio- 2
- Predominant use-Recreational club
- Opened in– January 2003
- Climate-Hot semi arid climate
- Topography-It lies 207m above sea level



INTRODUCTION-

- This is the perfect place for recreational activities like billiards, snooker, swimming, table tennis & squash
- Apart from all that it also provides facilities such as- multi-cuisine restaurant, gymnasium, bar & lounge



LOCATION-

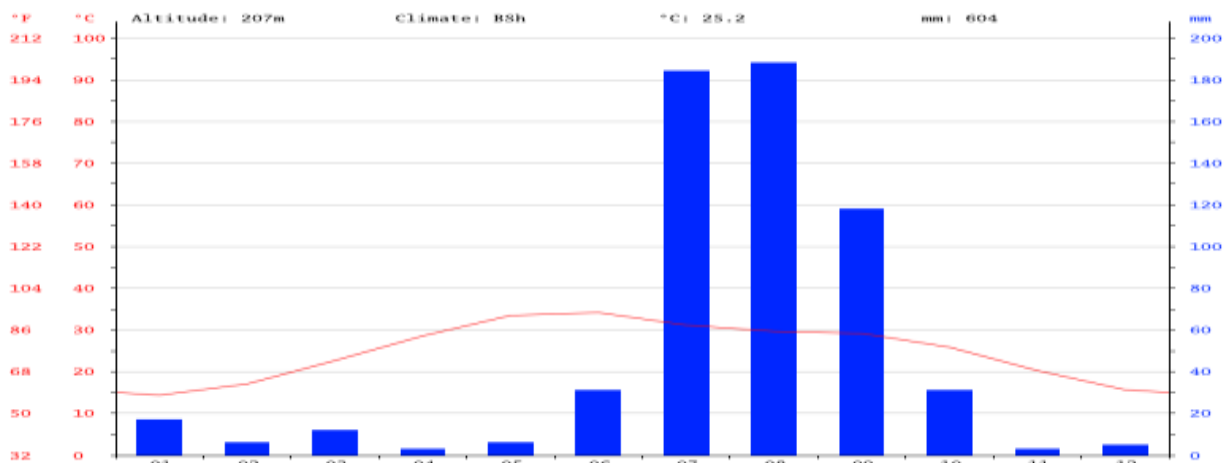


SITE APPROACH-

- **Airport-** Indra Gandhi International Airport
- **58min (38km)**
- **Bus Station-** N.I.T. Bus stand KL Mehta rd, Faridabad –(3.9km) 10min
- **Metro Station-** Escorts Mujesar, Mathura rd., Pocket A, Sector 11, Faridabad
- **8min (4km)**

CLIMATE-

- The climate here is hot semi arid climate.
- There is not much rainfall
- The average temperature here is 25.C°
- The rainfall is around 604mm
- Precipitation is lowest in April, with average of 3mm
- In August it reaches its peak with an average of 188mm



WHAT IS GYMKHANA-

- It is an Indian term referred to the place of assembly.
- It is an Anglo-India term derived from Persian term meaning **Jamat-khana**.
- It was coined during **British Raj for gentlemen's club**.
- It is a **social & sporting club in various countries Malaysia, Thailand, Burma & Singapore**
- It is also in-Indore, Mumbai, Pune, Karachi, Bangalore.

MEMBERS OF GYMKHANA CLUB-

➤ Permanent members-

- HUDA Plot/Flat Holders :
- One time membership fee is Rs. 50,000

➤ Temporary members-

Officers of HUDA and all of the departments, Corporation and Boards of Government of Haryana/ Central Govt. posted at Faridabad become Temporary Members of the Club during the period they are posted at Faridabad.

AIMS OF GYMKHANA CLUB-

It has is all forms of sports usually competitive & physical activity which, **aim to use, maintain or improve physical** ability and skills while providing entertainment to participants

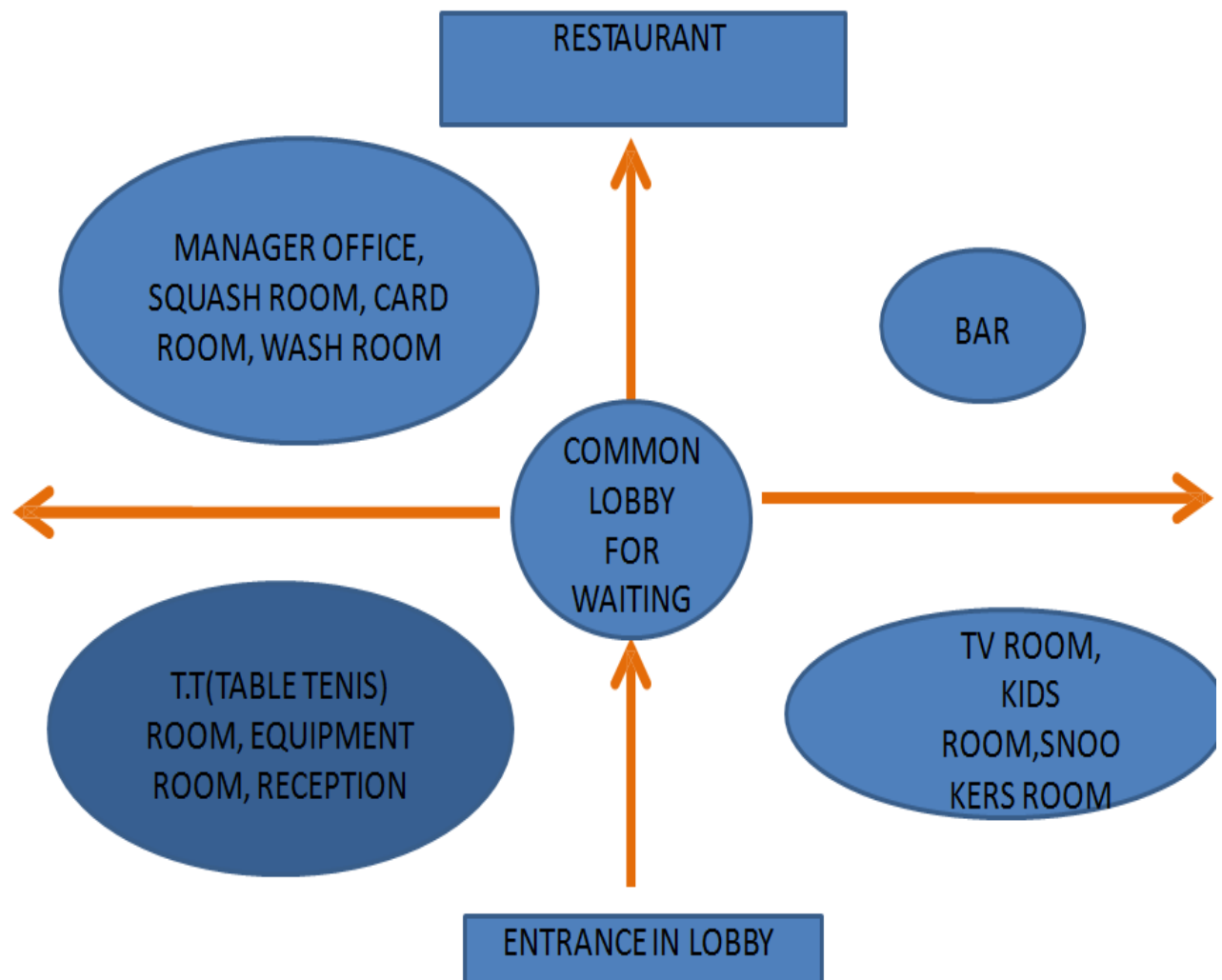
FACILITIES-

- Swimming Pool
- Squash Board
- Billiard
- Badminton
- Table Tennis
- Card Room
- Flexi Tennis Court
- Changing room
- Health Club
- Skating Ring
- Air conditioned restaurant with capacity of 150 person
- Parking
- Locker room

INFERENCE-

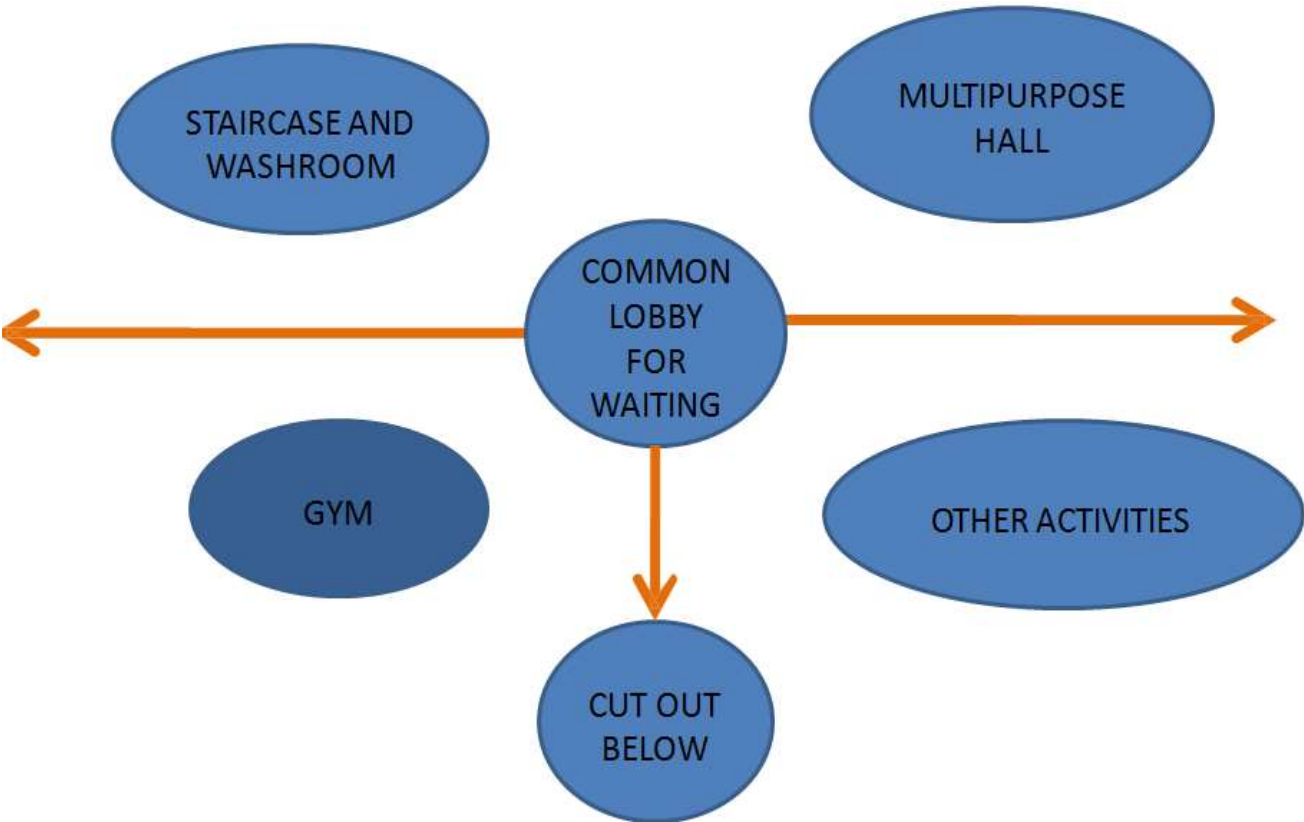
- the size of **gymnasium** is **90ft by 100 ft.** min. ht. 22 ft.
- This will be well permit a basketball court of **50ft. by 84 ft.** seating **325 spectators.**
- There should be **no windows.**
- A supply closets equipped with the **slop sink and space for mops, pails, brooms** and cleaning supplies is centrally located on each floor level
- The lounge and lobby is in one room with an area of about **600 to 800 sq. ft.** with attractive lighting
- The **game room** of **30ft by 64 ft.** in size is designed for a variety of games, including **billiards and table tennis.**
- An **director's office** of **120 sq. ft.** in size with sufficient window space to is provided **for max. supervision of the lobby, lounge and social hall gymnasium.**
 - There is **an opening 6ft. wide** with flush door **b/w the gymnasium and halls.**
 - This will **permit passage most bulky equipment.** The min. size of the room approx. **250sq. Ft.**

BUBBLE DIAGRAM-

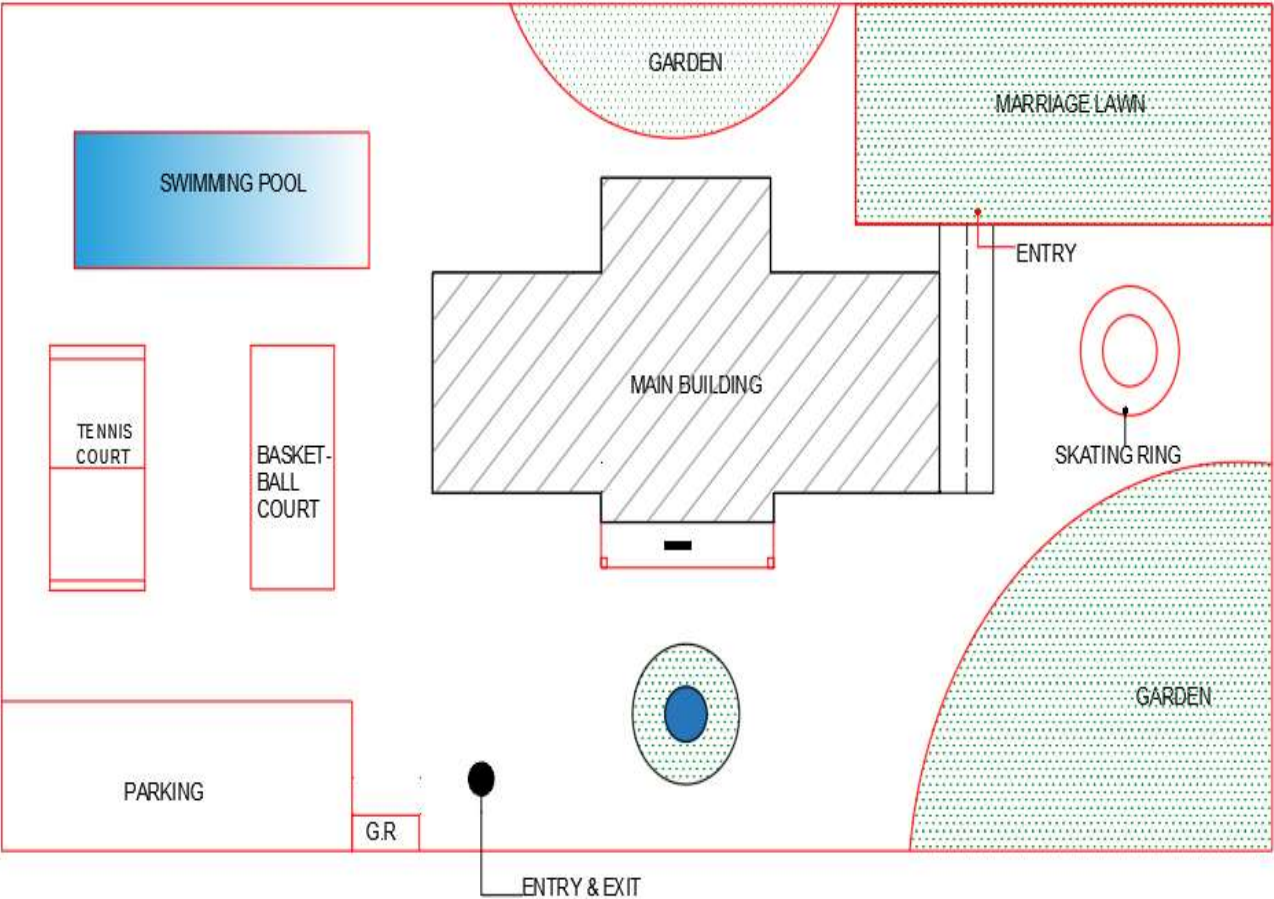


GROUND FLOOR

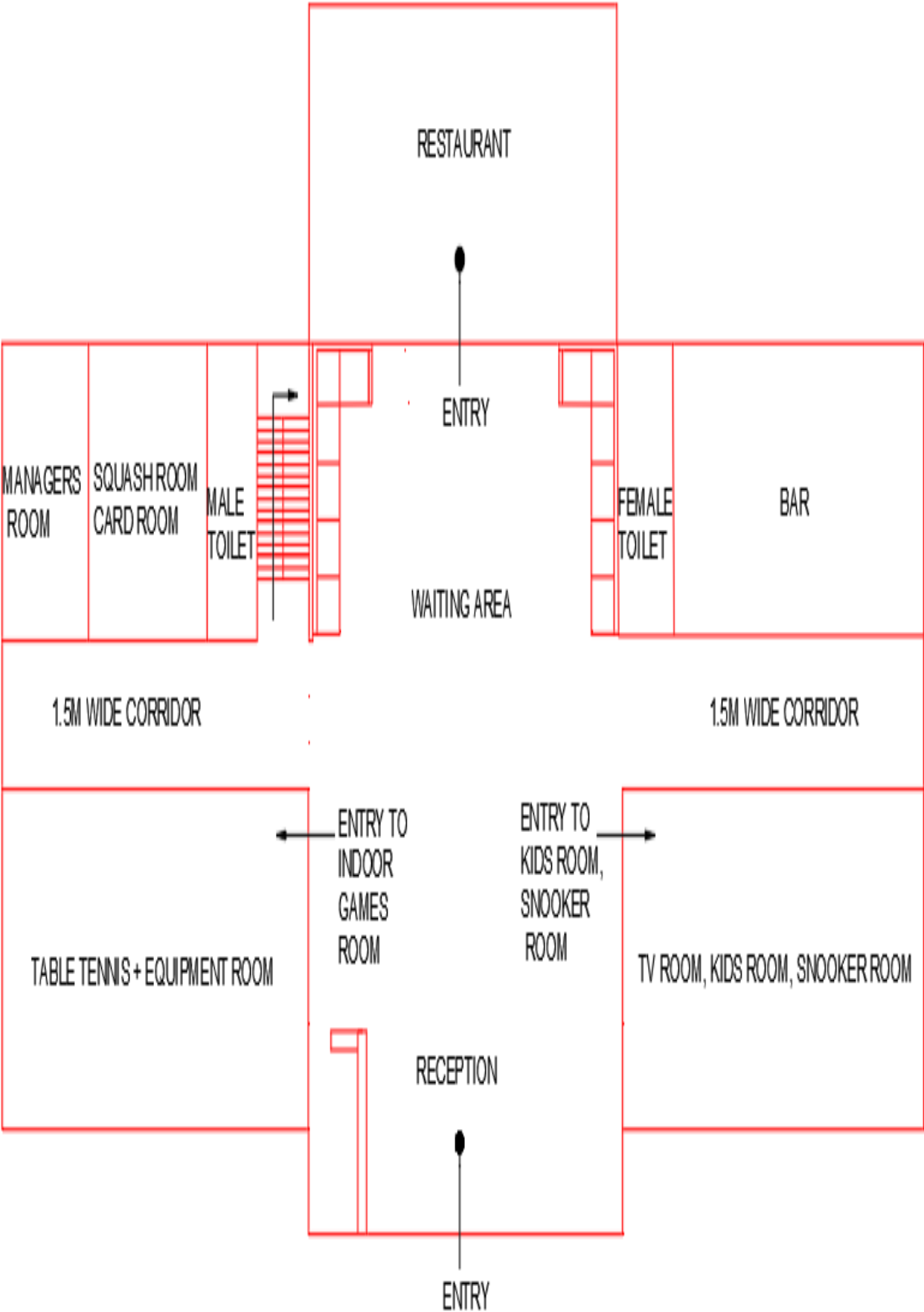
BUBBLE DIAGRAM FIRST FLOOR-



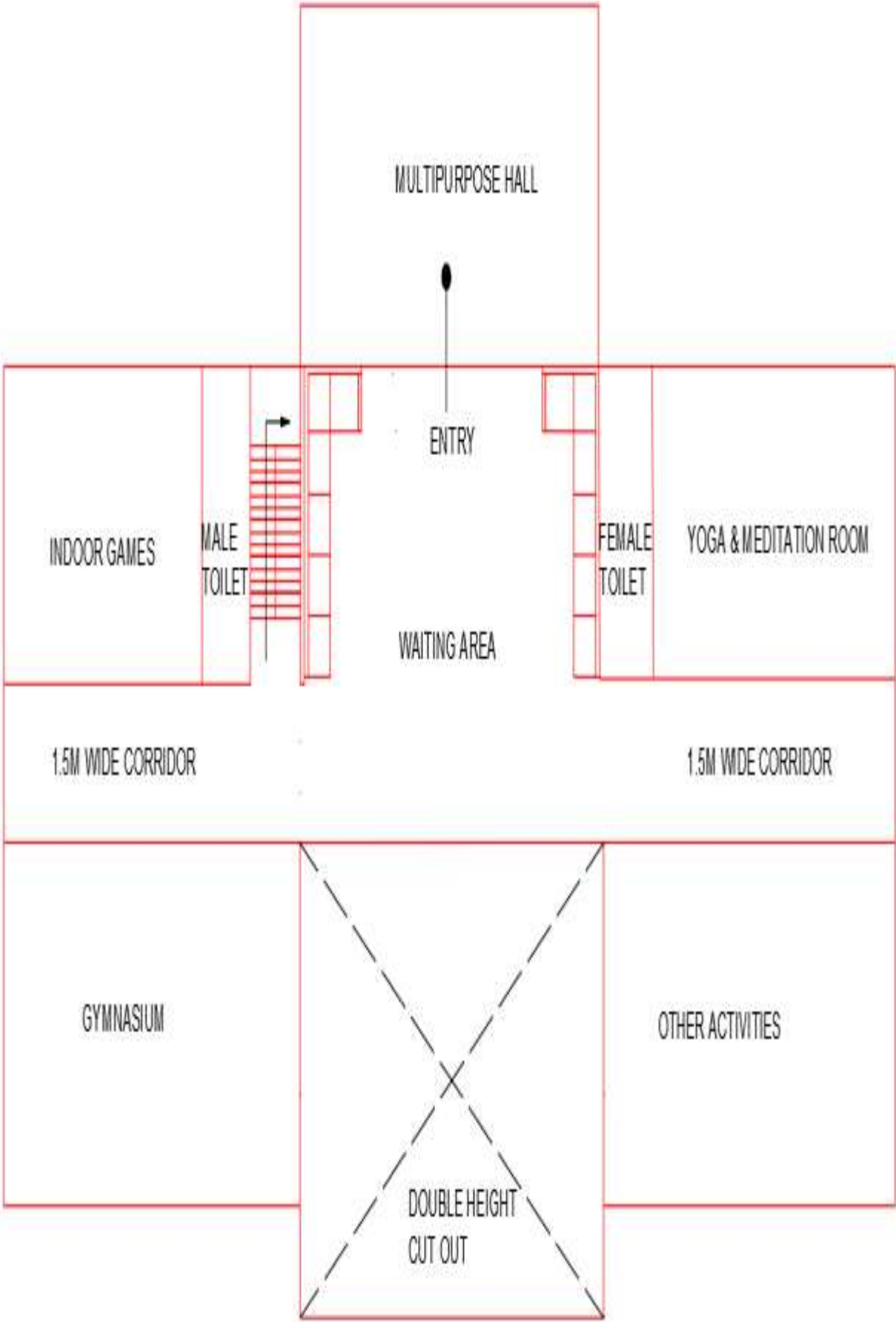
SITE PLAN-



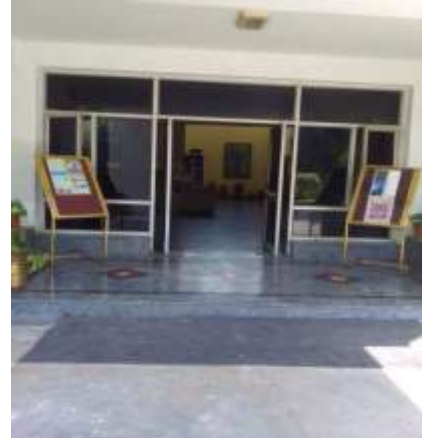
GROUND FLOOR-



FIRST FLOOR-



CASE STUDY PICTURES-



CASE STUDY PICTURES-



5- LITERATURE STUDY1- QUIET HEALING CENTER, AUROVILLE

PROJECT DETAIL-

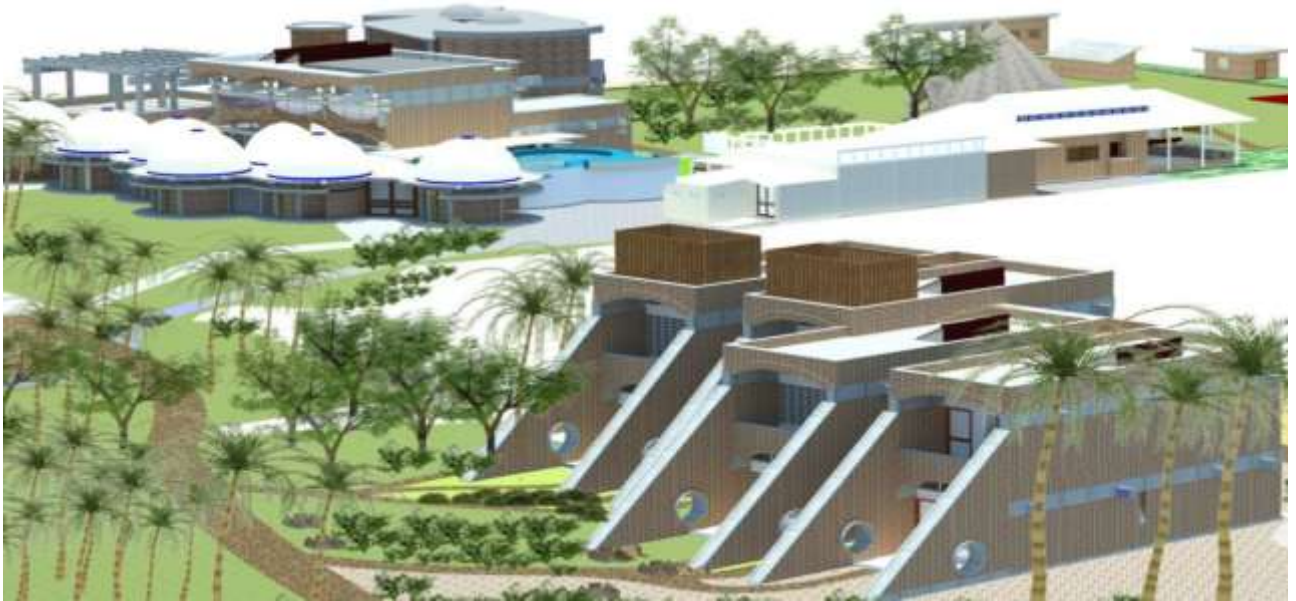
- Location- Auroville, Tamil Nadu
- Area- 7 acres
- Builtup Area – 3250 sq.m
- Floor Area Ratio- 1.5
- Ground Coverage-33%
- Height Restriction– 18m
- Architectural Style- Vernacular
- Predominant use- Wellness centre
- Opened in– February, 1997
- Climate- Warm & humid
- Topography- Highest point at 8.6m above sea level & lowest point 3m, no contours on the site.

LOCATION-



INTRODUCTION-

- The site lies in the outskirts of Pondicherry in Auroville.
- Situated directly in front of a beachfront, Bay of Bengal.
- The sandy shores & tall palms provide ideal biosphere.
- It is situated on the Coromandel Coast & can be reached by the East Coast Road (ECR)



FACILITIES –

- Administration Area
- Restaurant
- Treatment rooms
- Laundry
- Guest houses
- Meditation hall
- Herbal garden
- Pool
- Kitchen



CONCEPT –

- The architect has to light the concept of **Bau-Biologie**- an old age practice, that integrates the forces of **nature into design** where building responds positively to the environment and its users.
- **Electro biology**, an integral part of the concept, depicts **the effect of electrical & magnetic fields & radiations that affect the human body** as well as the human body as well as the environment.

ORIENTATION-

The orientation of the structure is such that fenestrations face the east, to enable maximum penetration of light & ventilation into the spaces, while the trees act as a shading device for eastern façade.



SITE MOVEMENT –

- There is only one entry to the site which is used by the visitors, staff & service vehicles
- Due to single entry it creates chaos at some points.
- Vehicular movement is restricted to the entrance keeping the centre away from the noise.
- Increased pedestrian movement is good for health



CLIMATE –

Since the site is near the sea, the site develops a micro-climate governed by landscape & sea breeze.

WIND MOVEMENT-

Winds from the southwest replace the warm air on the site, keeping the micro climate of the site cooler`



SERVICES –

- Air Conditioning- There is no such use of A.C. Only limited AC's are installed on the site. E.g., guest room
- Water Supply- The bore wells are provided. one is used for kitchen & other is used guest house & treatments.
- Sewage- Inspection chambers are provided near the building, which is connected to the septic tank. The waste water is then treated & it is used for gardening.
- Waste Management- Waste is divided into 5 different categories which is divided into 82 categories by the auroville government. Compost pit is also provided

AREA ANALYSIS –

- Administration area- 40sq.mt.
- Kitchen- storage 48 sq.mt.
- 10 staff quarters- 250 sq.mt.
- Yoga hall- 100 sq.mt.
- Restaurants- 80 sq.mt.
- Therapy room-12.5 sq.mt.
- Guest house- 30 sq.mt.
- Laundry/ workers room-64 sq.mt.

SWOT ANALYSIS –

STRENGTH

- Designed for the best comfort of the users. The Quiet healing center sets in a close relationship with nature, allowing the inhabitants to feel at peace at any location within the site
- Porous material such as bricks, timber & lime mortar have been used for construction to combat high humidity.

WEAKNESS

Due to vaulted ceilings & huge openings of the harmony hall, the noise in the space tends to travel to the therapy rooms & disrupting the decorum of the space.`

OPPORTUNITY

The application of construction techniques manpower thus giving the local craftsmen to be the part of the construction process.

The centre has provided a forum for the healers of the world to come together for interaction pauses in the rest of the months

THREATS

- With the several reversal direction of the sea currents, the climate & soil of the site see drastic variation
- The changes in sea currents from November-January causes major soil erosion

THERAPIES–

- **Watsu-** It is a form of aquatic bodywork developed in 1980 by Harold Dull, floating & stretching in warm water
- Timing- 8:45am- 6:30pm
- Price- Rs,9250

- **Tantsu-** Tin tatsu holding of watsu is brought back onto land
- Timing- 8:45am-6:30pm
- Price- Rs.29250

- **Mantra & Yantra shastra-** By using mantra one can attain higher spiritual level & this practice is called Japa yoga
- Timing- 9:30am-4:00pm
- Price- 7500



INFERENCE-

- Material- Materials such as **timber, brick, lime mortar & bio-concrete** which provides earthing against harmful radiations.
- **Clay tiles generally used in Madras are used in the roof to absorb heat**, due to porosity, keeping interiors cool.
- Structure is constructed using **first class brick**, to keep interiors dry
- Structural System- Vault construction in meditation hall.
- **Domes** constructed in **treatment rooms**.
- Load bearing double brick wall with lime mortar joint (350mm) is used(except terrace, upper floor & terrace)
- It serves the purpose of heat insulation as well as rain protection
- Spaces with contrasting character- Narrow passages open into vast areas of landscape or spaces imparting sudden feeling of expansion.
- Scale & proportions- the hall is larger as compared to other therapy rooms.
- Landscape- Coconut & palm trees are used.
- Paving is done with stone pavers & gravels.
- Reception- Reception holds the most picturesque location facing the sea.
- Residential block- There are 2 residential blocks comprising of 15 units , each having kitchen making these units self sufficient.
- The unit opens into private deck towards the east , letting cool breeze into the rooms.
- Healing spheres- designed to relax the user.
- There are 16 therapy rooms.
- Therapy pool- It is used for rainwater harvesting
- Harmony hall- It is the center of the project
- Various spiritual or therapy are performed here
- It is a place for meditation
- Healing center- It is well connected by covered passages & has 3 ramps for physically disabled.

SECTION THROUGH THERAPY UNIT-



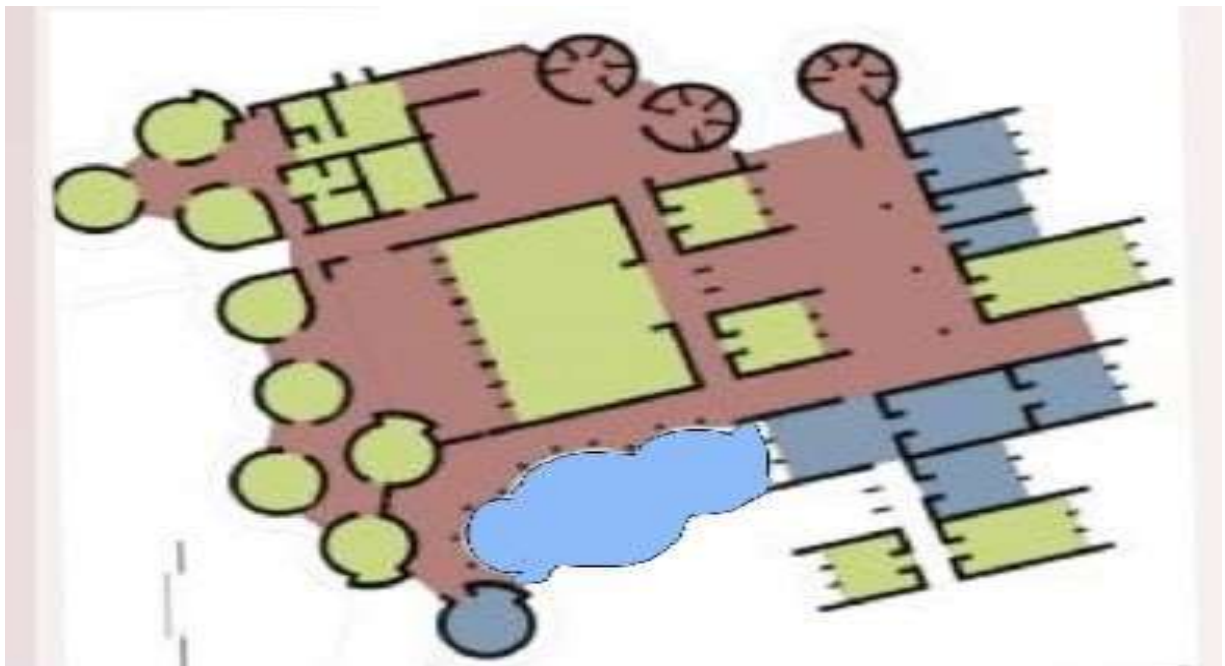
THERAPY UNITS



GUEST HOUSE



PLAN OF HEALING CENTER



SITE PLAN



6- LITERATURE STUDY2- OSHO INTERNATIONAL MEDITATION RESORT, PUNE.

PROJECT DETAIL-

- Location-Pune
- Area- 32 acre
- Floor Area Ratio- 1
- Ground Coverage-30
- Height Restriction— 15m
- Architectural Style- Tao style
- Predominant use- Wellness centre
- Opened in— 1990
- Climate- Hot semi arid
- Topography-Average elevation is 560m
- Owned by- Bhagwan Rajneesh Osho



LOCATION-



SITE APPROACH-

- Airport- Pune domestic airport is 10km
- Bus Station- Koregaon park bus stop is 700m
- Railway Station- Pune railway station is 3kms
- There are two main railway stations in the Mumbai area from which one can catch trains to Pune- Chhatrapati Shivaji Terminus(CST)
- The second railway station is Dadar

INTRODUCTION-

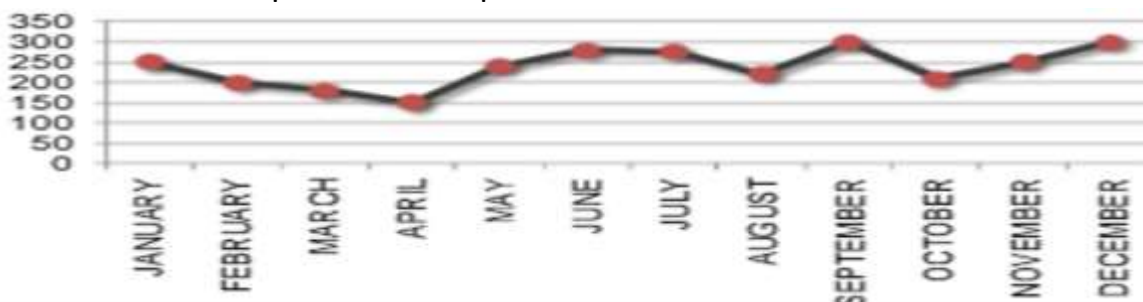
- Osho meditation resort, is one of the world's largest centers for personal growth & meditation.
- There is facility of spa with a pool, Jacuzzi, gym & tennis courts.
- It is a place where the mind, body & soul can play harmoniously together.
- The daily meditation schedule comprises 12 active & passive meditations a day from 6am- 10:30 pm

FACILITIES PROVIDED-

- | | |
|---------------------------------------|--------------------------------|
| ➤ Multimedia centre | ➤ Olympic size swimming pool |
| ➤ Welcome centre | ➤ Guest houses |
| ➤ Buddha grove | ➤ Osho teerth |
| ➤ Laundry | ➤ Omar khayyan |
| ➤ Artist studio | ➤ Osho plaza(multi university) |
| ➤ Buddha grove | ➤ Cybercafé & photocopy |
| ➤ Osho plaza | ➤ Auditorium |
| ➤ Administrative block | ➤ Artist studio |
| ➤ Basho(spa, tennis, sauna & Jacuzzi) | ➤ Laundry |
| ➤ Osho Samadhi | ➤ Centralized kitchen |

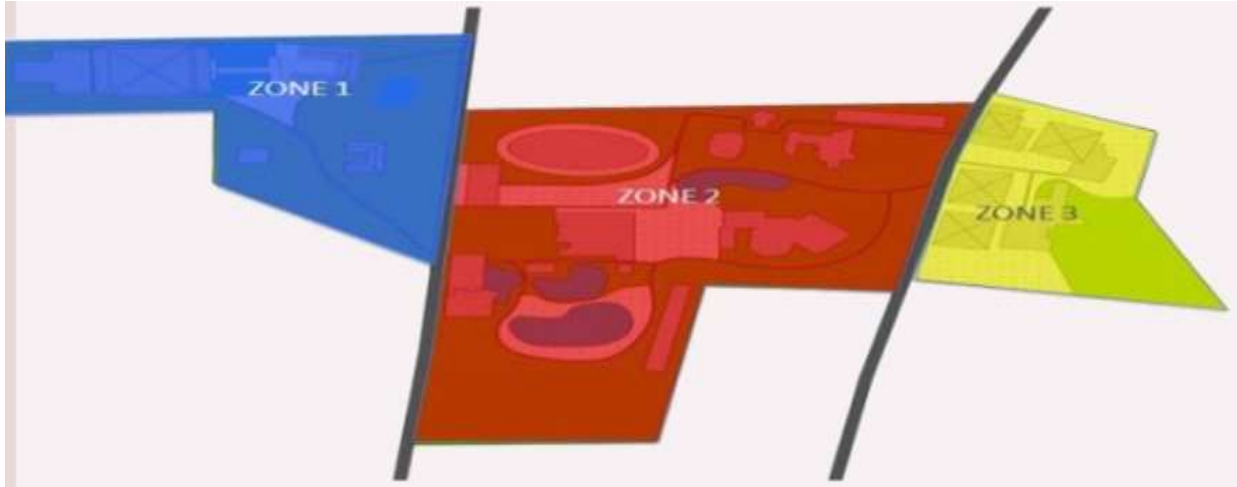
CONCEPT-

- The design highlights the pyramid- the oldest existing monumental form.
- Blue is used in the fenestration as it signifies enlightenment- the halo of life.
- The area is extensively landscaped, it has an award winning ecological park of 12 acres known as Osho Teerth which has a glimpse of Japanese Zen garden
- It is the finest example of landscape in India.



ZONING-

- **Public Space-** welcome centre, library & enquiry
 - **Semi-Public space-** Room, canteen, meditation hall, therapy, swimming pool, gardens
 - **Private space**
- The site is zoned in 3 zones-
- **Residential & Auditorium-** consists of auditorium, Meera house & guest house.
 - **Welcome centre-** consists of welcome centre, multiuniversity, plaza
 - **Mirdad Pyramid-** consists of pyramid complexes

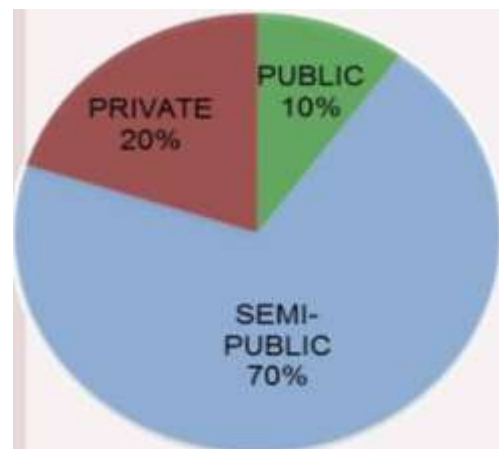
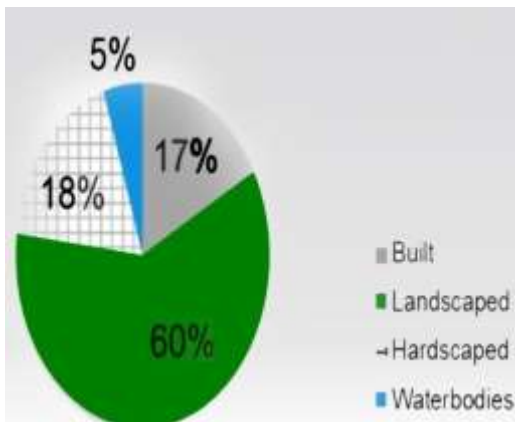


MERITS-

- Good pyramid structure for meditation activities.
- A perfect blend of color, form & nature.
- Full of luxurious facilities.
- Buildings are designed with Tao as theme & Zen gardens & water bodies.

DEMERIT

No provision of parking inside the campus.



INFERENCE-

- Welcome Centre- it is designed to make one feel immediately at home.
- Over 50% of the visitors are here for the first time from over 100 countries & translators are available
- Osho Galleria- It is a **mini mall** where one can buy all basic needs, from maroon & white robes to meditation
- It has a library with counter & selves & a separate area to play video games
- Guest house- Adjoining the pyramid is a **rectangle block with 60 rooms is the guest house**.
- The walls of the residence is in semi gloss ceramic tiles with borders & corners in black granite.
- Mirdad pyramid- This black **marble pyramid complex includes large seminar & workshop**, facilities, overlooking a exotic, 12 acre Zen Gardens. It is group of **5 buildings which house meditation halls & a pyramid** on the top replicating the auditorium.
- Multi University- It is the largest centre in the world for meditation
- It encompasses all the current **western therapy approaches, the healing arts of East & West**, esoteric sciences, creative arts & martial arts, Tantra, Zen, Sufism & meditative therapies of meditation takes place.
- Buddha Groove- It is a place where **morning yoga, tai chi, archery & other outdoor activities**.
- It is oval shaped platform & have bamboo clumps
- Osho Teerth- Osho Teerth is a beautiful **12 acre** that has been created out of publically owned, former wasteland.
- Basho spa- A spiritual retreat with a **bistro, tennis court & a swimming pool**. Facilities are-
 - Olympic sized swimming pool
 - Jacuzzi
 - Gym
 - Large indoor saunas
 - Tennis court table tennistorium
- Zorba- All the eating places & restaurants in Osho is called '**zorba**'. It is a **Greek word meaning 'live each day'**
- Osho Auditorium-here full program of **meditation happens daily**. An evening meeting is held called- **Osho White Brotherhood**.
- Design – the pyramid is **9 storey high & 6 storey high from inside & fully air conditioned**.
- Supported on **4 pillars & floored with Udaipur dark green marbles**.
- There are no carpets & curtains & has direct indoor lighting
- Structure- Each pyramid is conceived as a shell element resting on peripheral beams in turn resting on columns
- Plan measured (16.75mX 16.75m) & at an angle of 53.4°

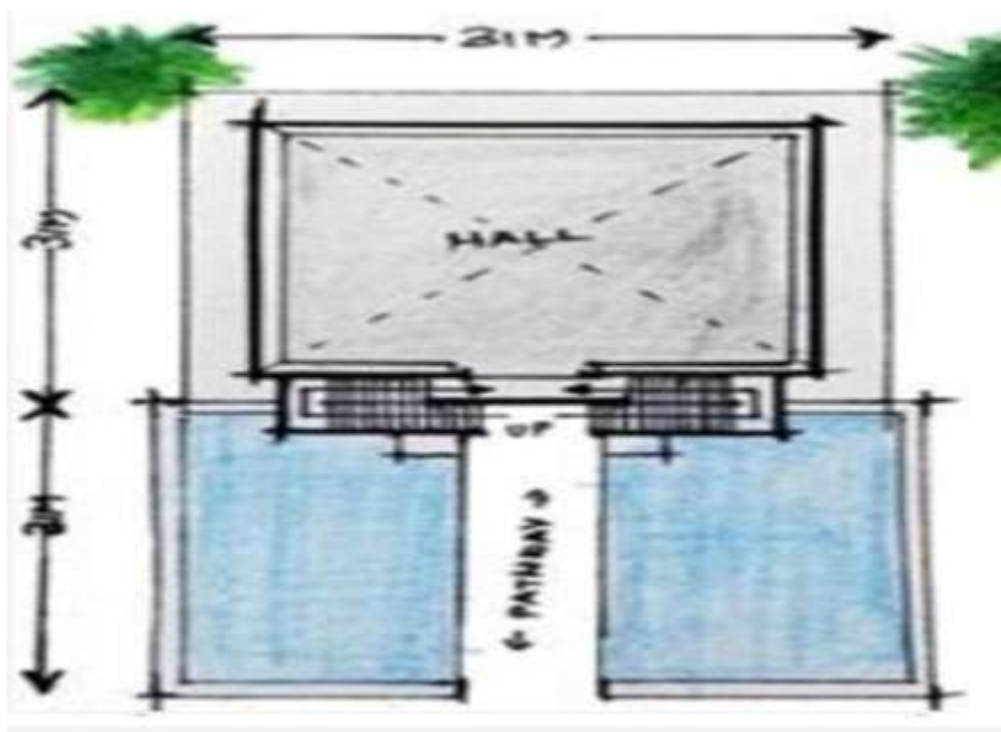
AREA ANALYSIS-

Spaces	Gr.Coverage Area (sq.m)	No. of floors
Osho Auditorium	1510	2
Kitchen	660	1
Omar Khayam	465	1
Meera House	235	1
Public Toilets	120	1
Buddha Plaza	1100	1
Welcome Centre	340	1
Administrator block	320	2
Office	280	1
Meditation Hall (Radha Hall)	300	1
Therapy Chambers	120	1
Kitchen	65	1
Canteen	110	1
Auditorium (Chuag Tzu)	300	1
Workshop	470	1
Library	160	1
Residences	85	2
Jesus House	400	-
Toilets and Showers	84	1
Cyber Cafe	220	1
Vipasana hall	355	1
Jacquzi, Massage, Therapy, Showers	450	1
Open stage (Narupa pyramid)	480	1
Accomodation Rooms	480	1
Multimedia room	680	1
Services and storage	260	1
Swimming pool	1010	-

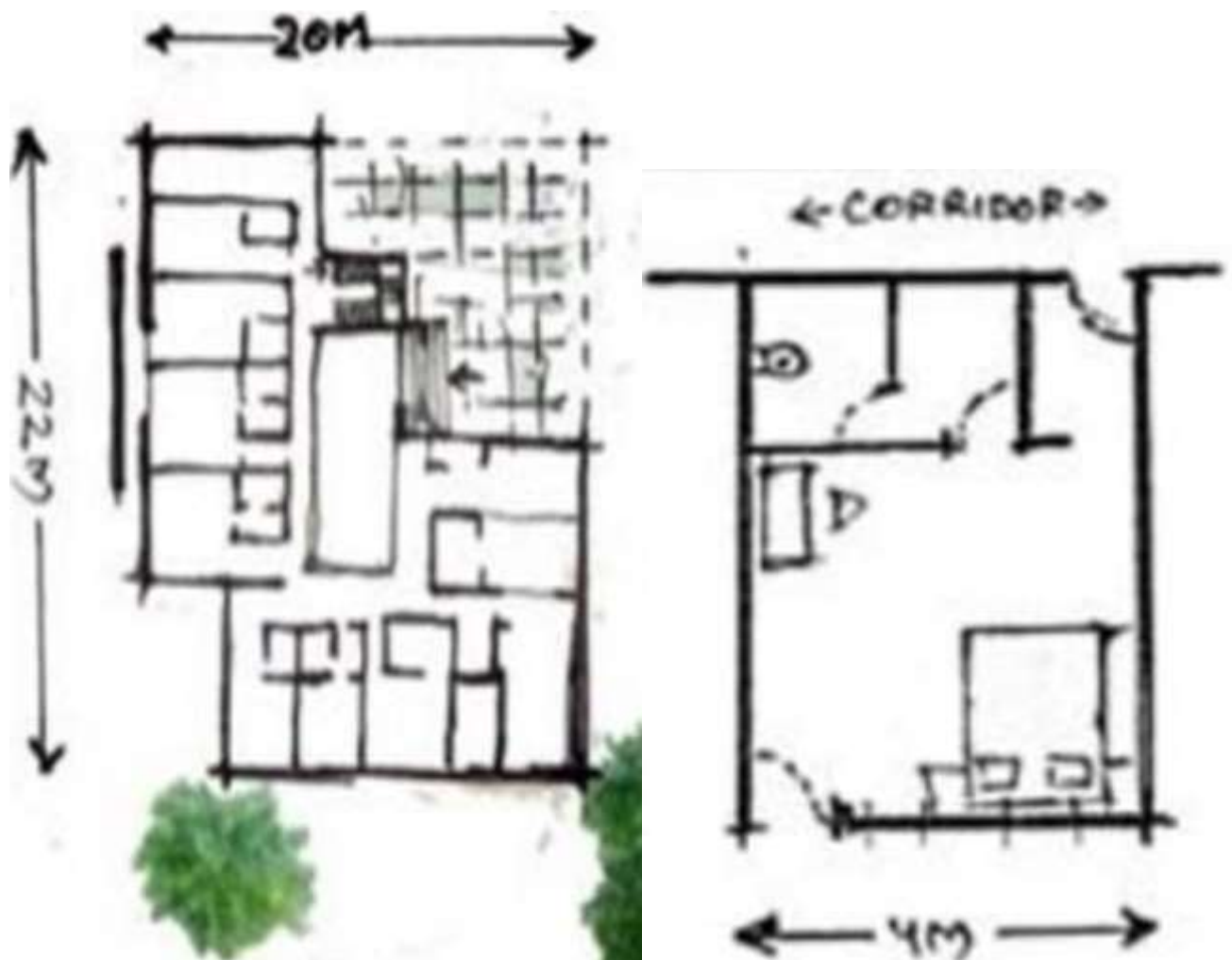
SITE PLAN-



MEDITATION HALL PLAN-



GUEST HOUSE PLAN-

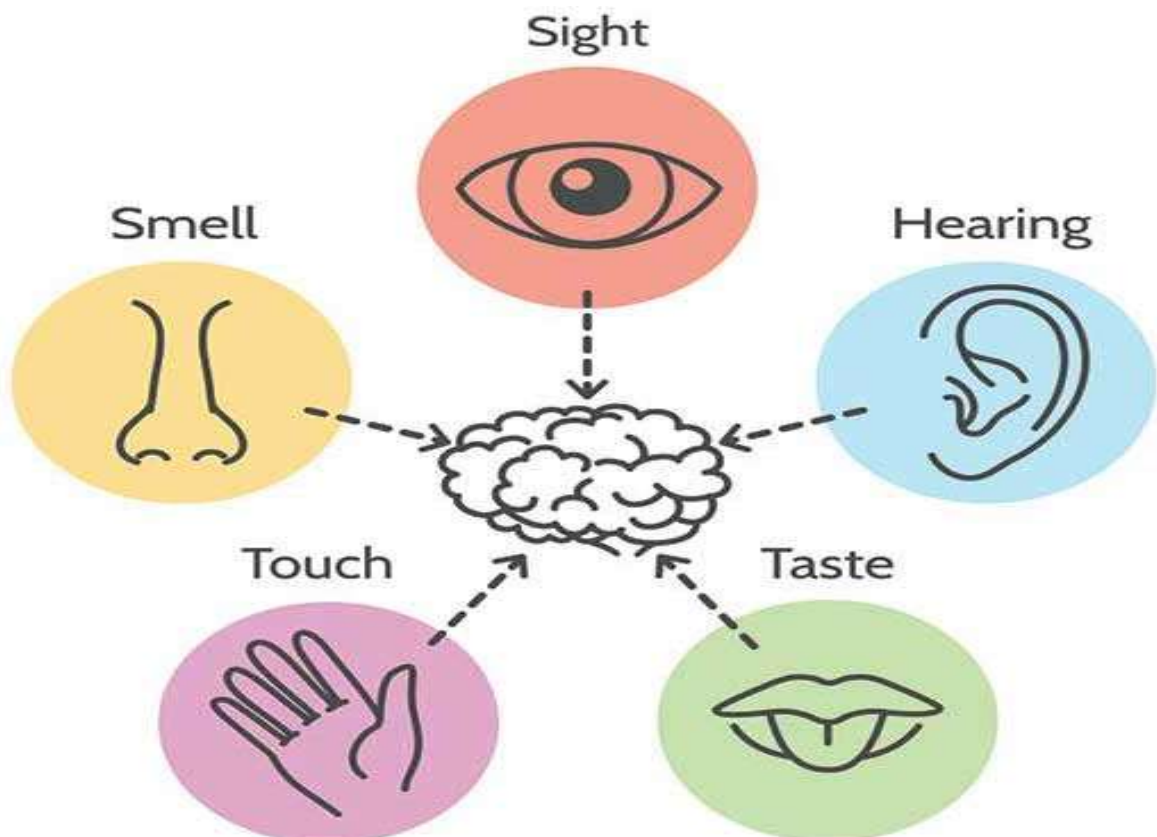
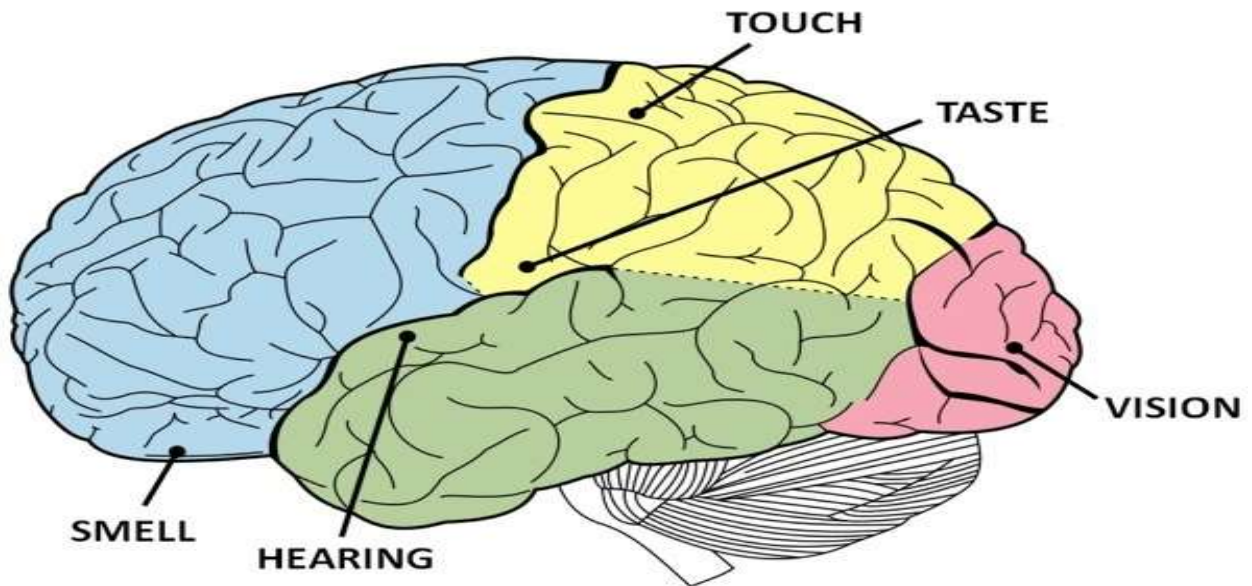


7-CONCEPT

CONCEPT-

➤The concept taken is **5 senses of the human body & the brain that governs all these senses.**

➤In the same way all **the 6 building blocks** on the site are classified according to their functionality and each building block is related to a sense organ through its functionality.

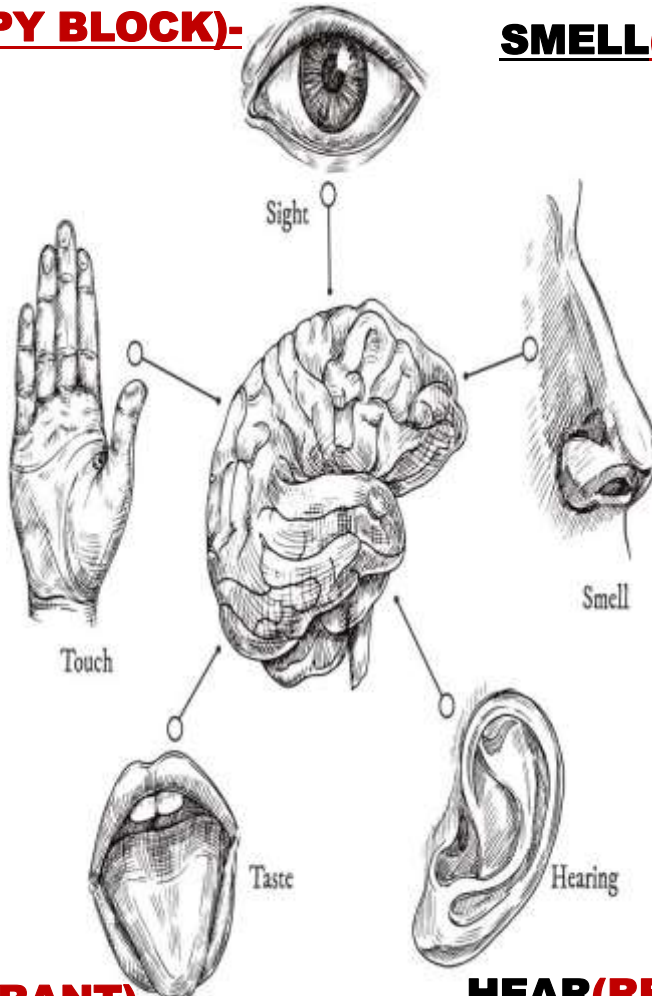


SIGHT (ADMINISTRATION BLOCK)-

- Sight also called **vision** is the ability to see things.
- Here sight is denoted by the building block- **Administrative block** because it has various facilities such as **counseling room, reception** which helps to provides the proper guidance & vision of seeing the benefits of **nature, yoga & meditation in the daily life**.
- Also it is the first block that a persons sees while entering the wellness & recreation centre

TOUCH(THERAPY BLOCK)-

- The organ for the **sense of touch is the skin**.
- **pain, pressure, tension, temperature, texture, shape, weight & vibrations**.
- According to the functionality of the building block- **therapy block** it is related to the sense of touch, as various therapies such as **mud therapy, hydro therapy**, etc are basically done by hands.



SMELL(YOGA BLOCK)-

- Since it involves breathing i.e. **inhale & exhale the air** it is related to the building block- **yoga block**, as in yoga block **yoga & other kriyas** are involved which is involves inhalation & exhalation of air.
- Various pranayama practiced in this block are- **anuloma viloma, suryan bhedan, ujjayi pranayama**, etc

TASTE(RESTAURANT)-

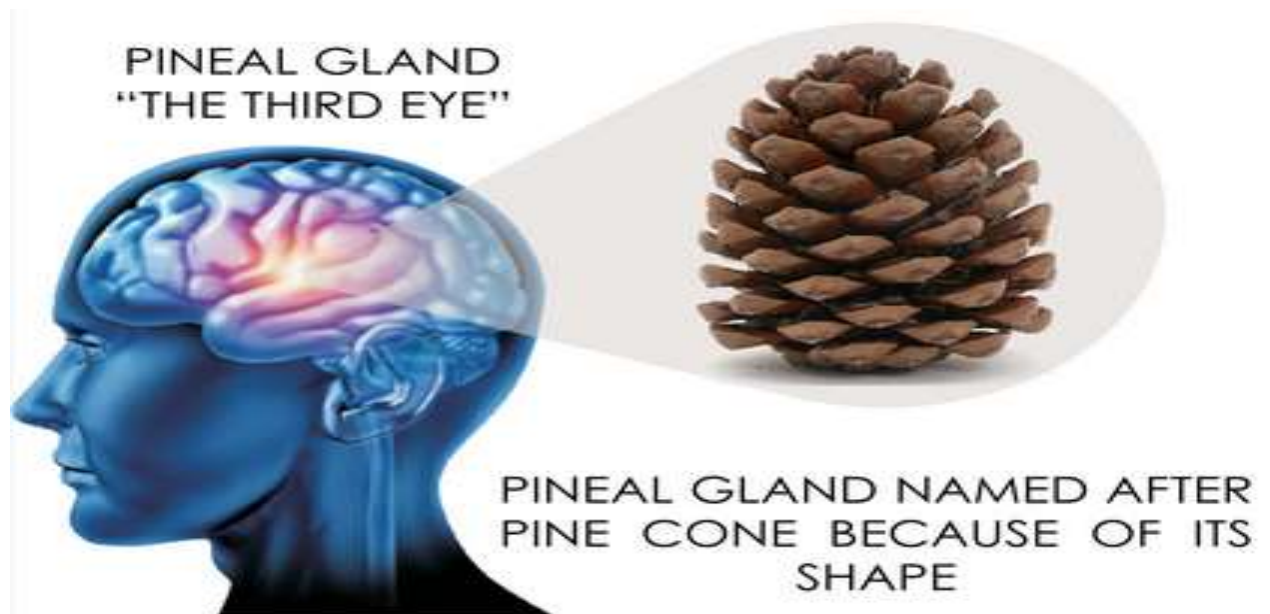
- The sense of taste helps us **to distinguish between the different taste of food such as- sweet, salty, bitter**, etc
- Physical & mental wellness basically starts from the **food we intake**, so it important to take proper diet with all the required nutrients **to stay healthy & fit**.

HEAR(RESIDENCE)-

- The ability to hear enables one to **connect to the nature**.
- The calming sound of nature helps the body to **breathe & slow down**. It helps to let the **mind relax**, while the **ears focus on the sound of nature** around.
- The accommodation block is surrounded by the **lush green garden & fish pond**

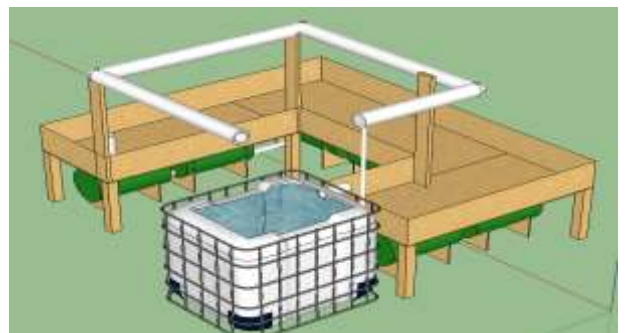
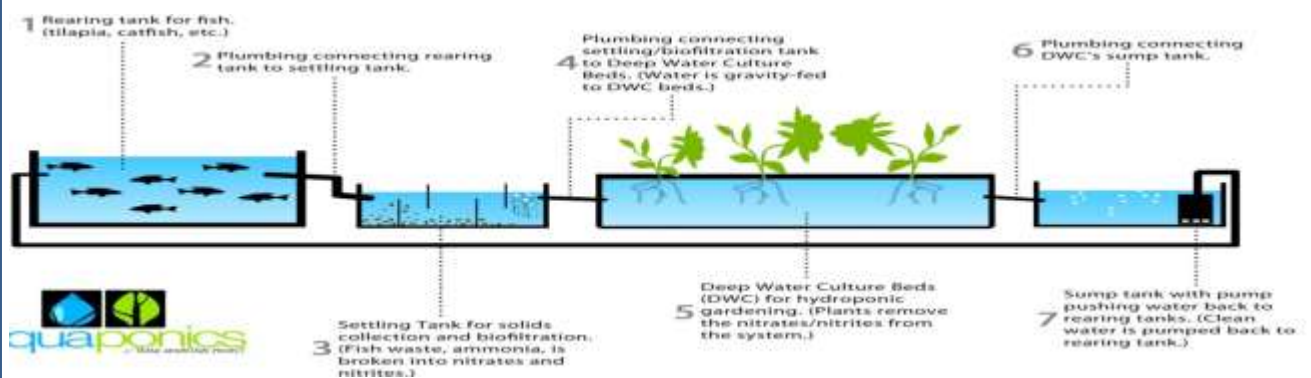
PINEAL GLAND (MEDITATION CENTER)-

- Pineal gland also called as the 'third eye' is located in the **centre of the of the brain**.
- In the same way meditation hall is the centre of the wellness & recreational centre.
- Wellness starts firstly from the **mental wellness** , thus meditation hall is placed in the **centre**



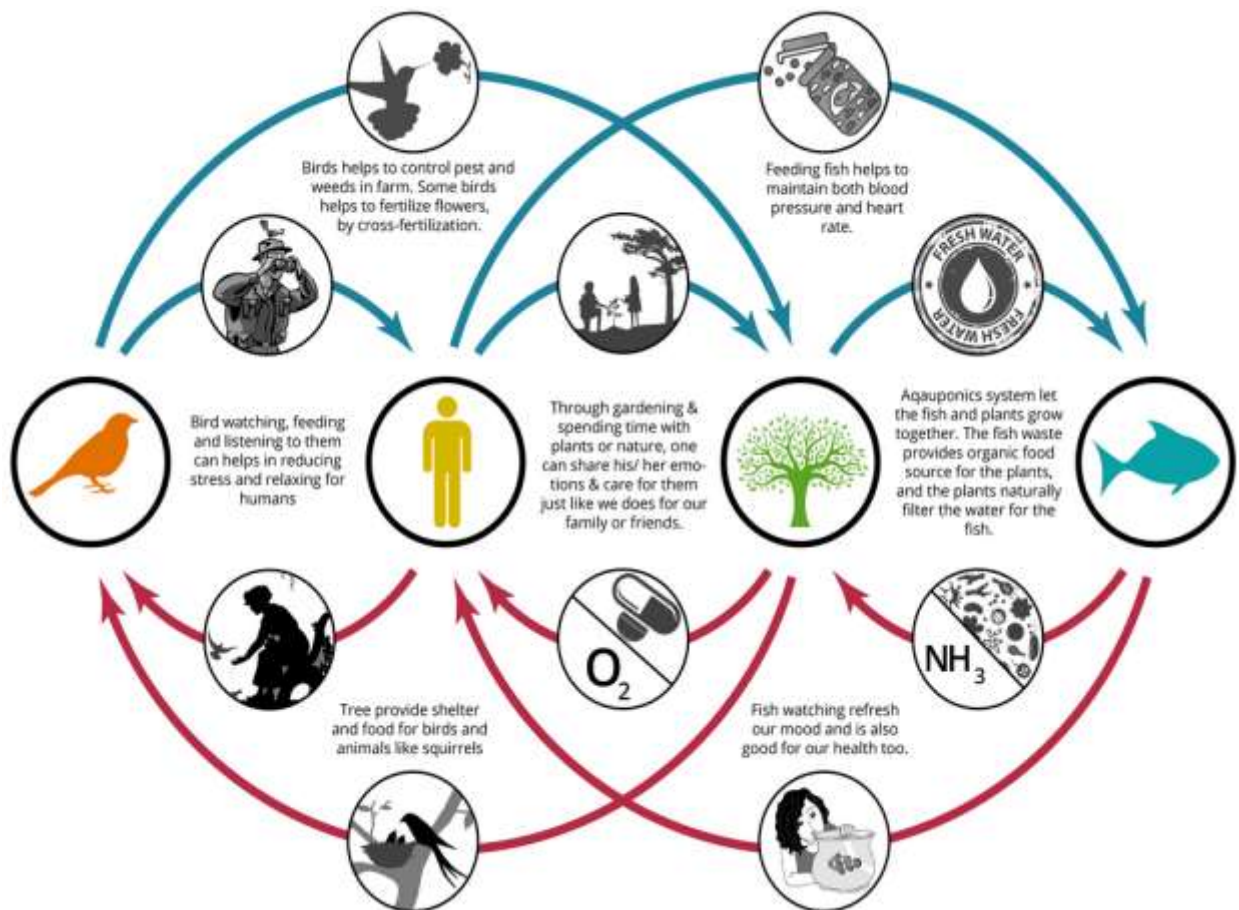
AQUAPONICS-

- Fish pond provided is not only the part of **passive architecture** but also provides **nutrients to the soil- less growth of plants** by pumping water from fish pond to the greenhouse & is then released to the pond.
- It is basically combination of **aquaculture (raising fish) & hydroponics (the soil-less growing of plants)** grows fish & plants together in one integrated system



WELLNESS FOR ALL **(HUMAN & NATURE INTERACTION)-**

➤ The concept “**wellness for all**” is to build a space where the purpose of sustainable environment can be promoted architecture with respect to wellness. The purpose of wellness center here does not only concern with human well being but also every **creature of bio diversity under wellness center.**



HORTICULTURE THERAPY-

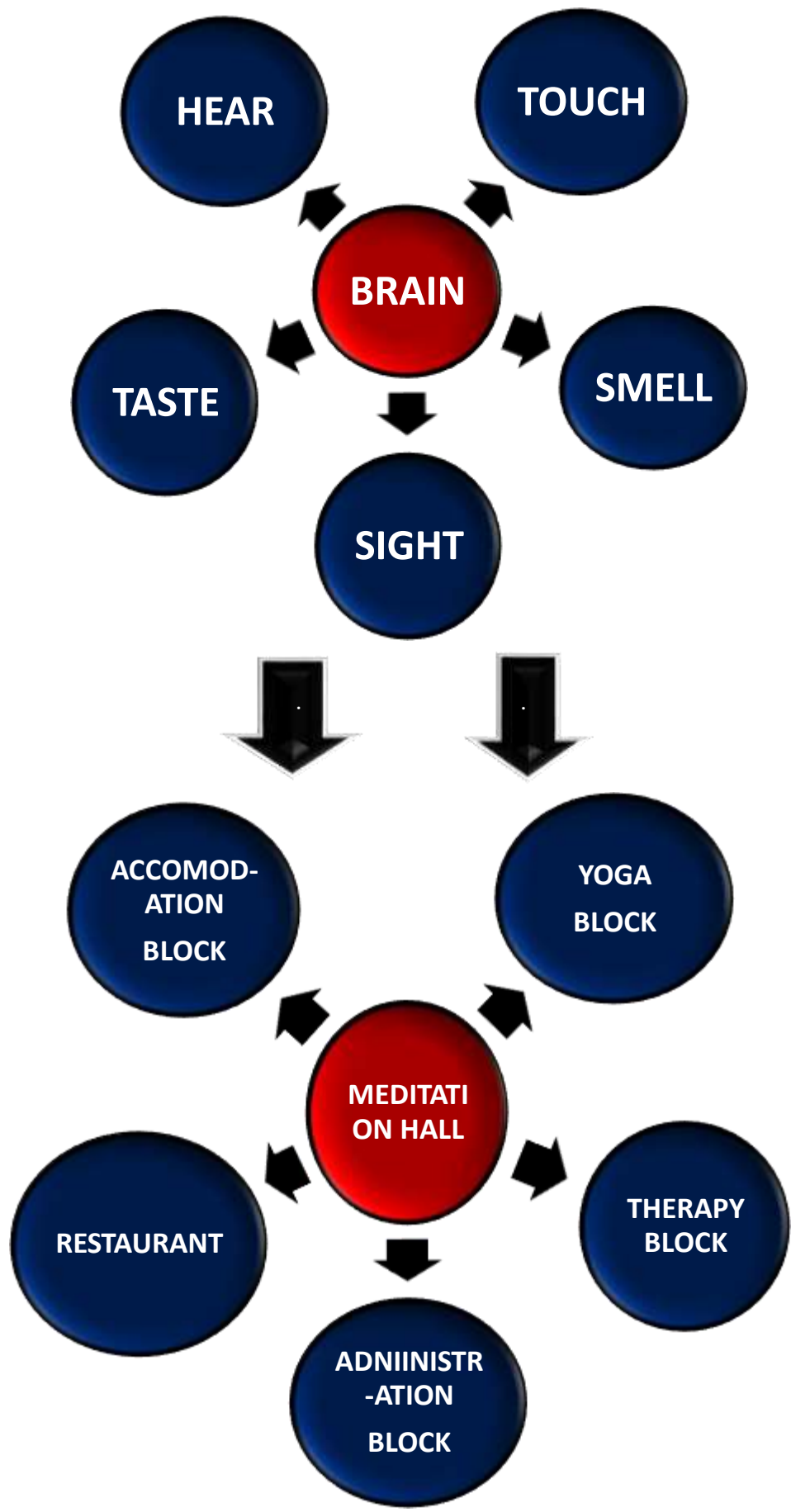
- It is based on **people- plant interaction.**
- Studies have shown the plants are the only species which emits positive energy.
- Through gardening & spending time with plants or nature, one **can share his/her emotions & care** for them just like we do for our family or friends.
- These activities directly or indirectly enhance the **strength of human mind & body.**
- Positive **attitude toward plant can health mind & improve the quality of life**

CONNECTIVITY

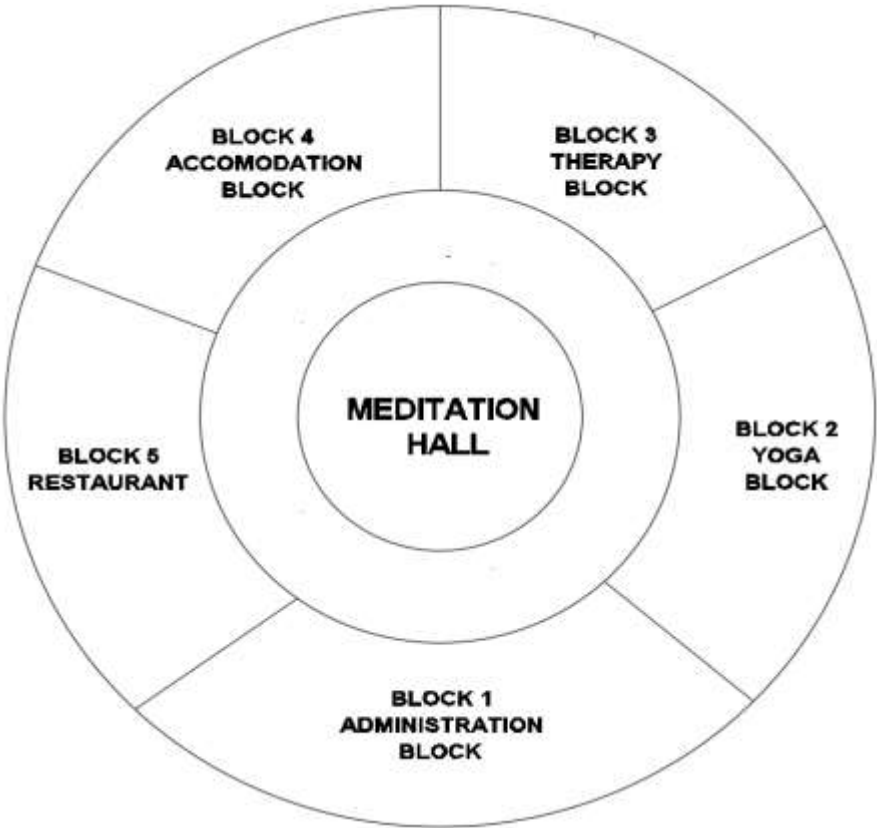
- All the 5 building blocks are **connected to the meditation hall** which is the focal point of the site in the same way as 5 senses of the body are controlled by the brain.



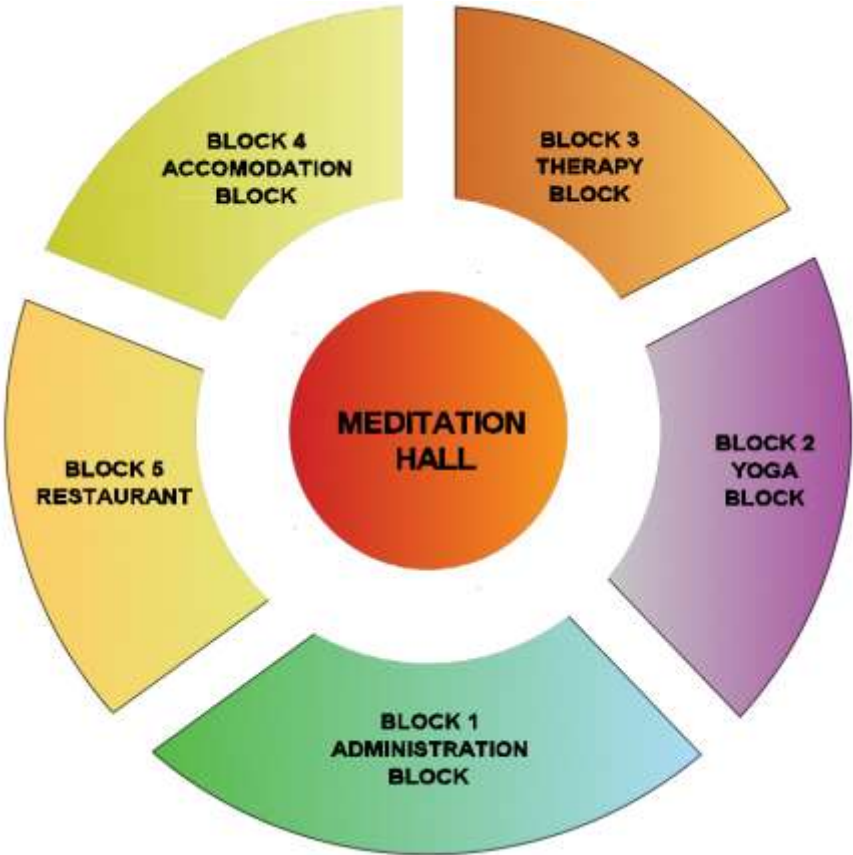
7-FORM EVOLUTION



STAGE2-

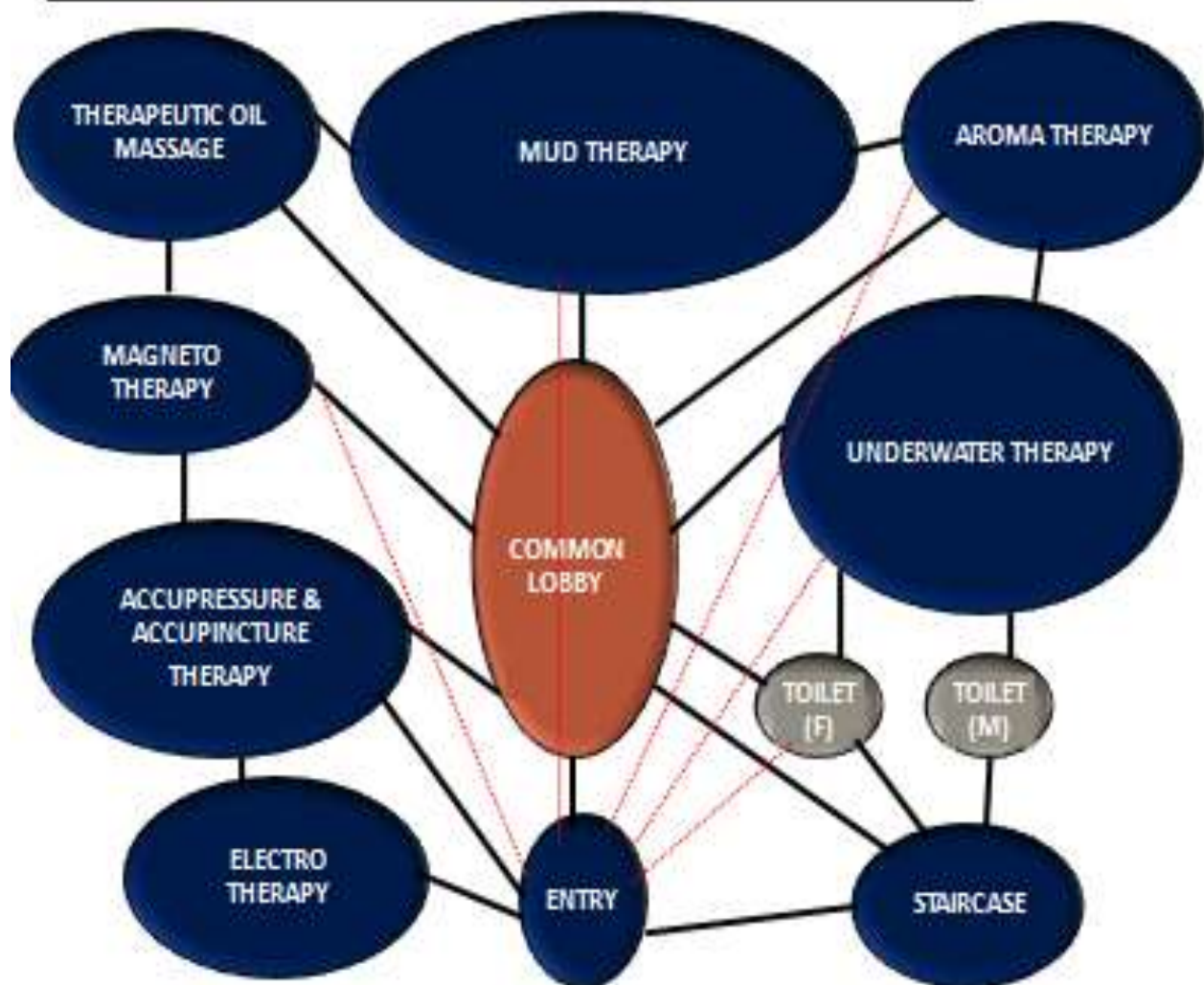


STAGE3-



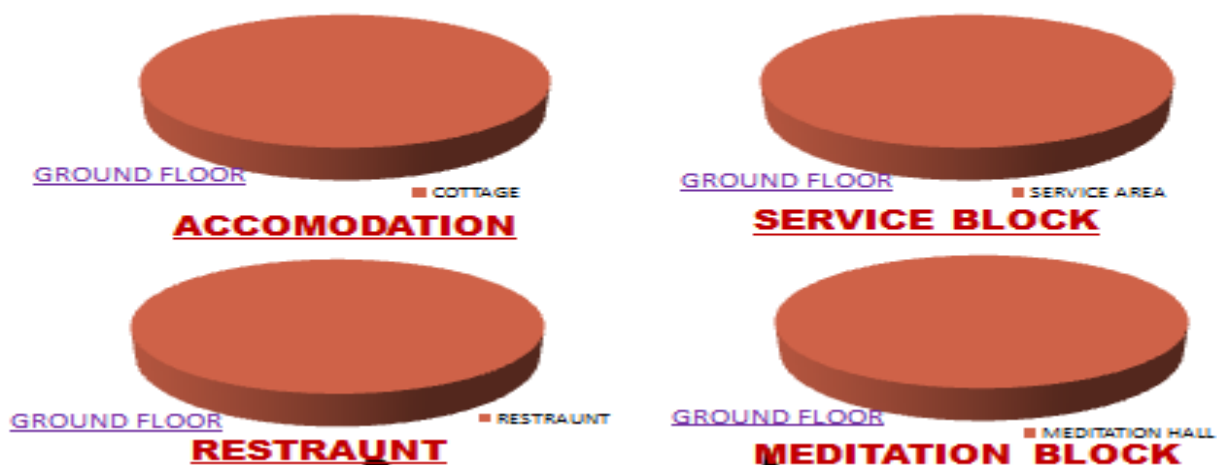
BUBBLE DIAGRAM THERAPY BLOCK

THERAPY BLOCK GROUND FLOOR-

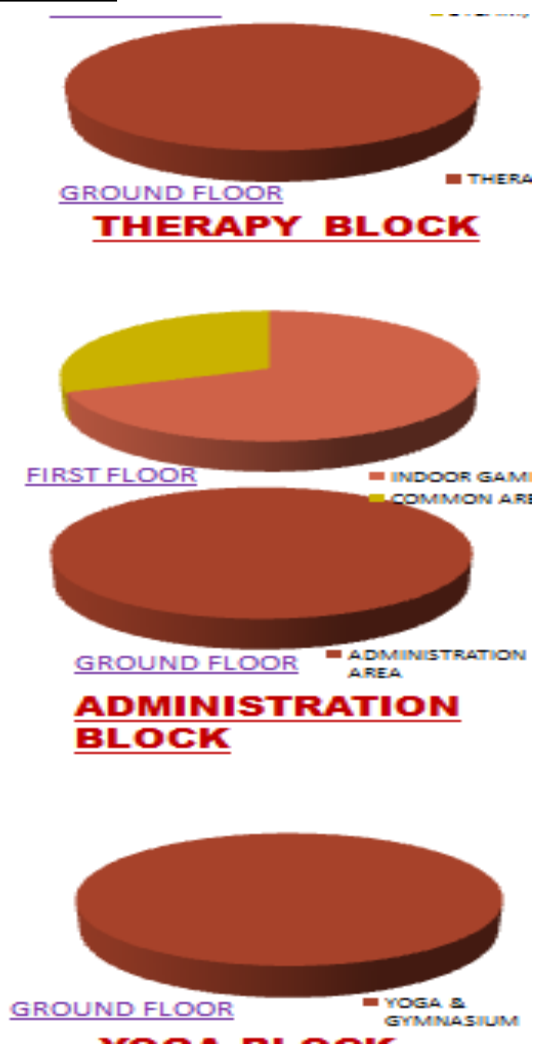


9. STACKING

VERTICAL STACKING



HOORORIZONTAL STACKING



10. AREA ANALYSIS CHART

ADMINISTRATIVE AREA

SPACE	OCCUPANCY	QUANTITY	STANDARD	AREA
Foyer & Reception	100	1	1.5m²/person	150m²
Waiting lounge	30	1	1.0m²/person	30m²
Manager's room	3	1	25m² each	25m²
General office	30	1	2m²/person	60m²
President's Chamber(with P.A)	3	1	20m² each	50m²
Account's section	6	1	2.0m²/person	20m²
Conference room	50	1	18m² each	54m²
Counseling room	2	3	1.0m²/person	30m²
Gents toilet	4	1	1.5m²/person	10m²
Ladies toilet	4	1	2.0m²/person	12m²
Total				441m²
Circulation & wall(35%)				154.35m²
Total				595.35m²

INDOOR GAMES FACILITIES

SPACE	OCCUPANCY	QUANTITY	STANDARD	AREA
Pool table	-	1	2.7m X 1.5m	8m²
Table tennis	-	1	2.74m X 1.56m	9m²
Squash court	-	1	9.75m X 6.4m	62.4m²
Other indoor games	-	1	-	300m²
Kids play area	-	1	-	200m²
Common room	100	1	1.0m²/person	120m²
Ladies toilet	4	1	2.0m²/person	12m²
Store room	-	1	-	20m²
Total				731.4m²
Circulation & wall(35%)				255.9m²
Total				987.39m²

Total				1582.74m²
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BLOCK 2- YOGA & PRACTICE BLOCK

SPACE	OCCUPANCY	QUANTITY	STANDARD	AREA
Yoga room	700	1	1.5m²/p	1050m²
Practice room/ kriya room	500	1	1.5m²/p	750m²
Gymnasium	-	-	33.5m X18.28m	612.3m²
Store room	-	1	-	35m²
Miscellaneous	-	1	-	20m²
Gents toilet	4	1	1.5m²/person	10m²
Ladies toilet	4	1	2.0m²/person	12m²
Changing room(male & female)	6	2	0.9m²/p	10.8m²
Total				2500m²
Circulation & wall(35%)				875m²
Total				3375m²

BLOCK 3- THERAPY BLOCK

SPACE	OCCUPANCY	QUANTITY	STANDARD	AREA
Sauna room (male & female)	6	2	2.7m x 1.5m	16m²
Changing room (male & female)	6	2	0.9m²/p	10.8m²
Cleansing room	6	1	0.5m² /each	3m²
Spa	4	1	3.3m X 2.3m	8m²
Cooling room	6	1	1.8m²/person	10.8m²
Rest room	6	1	0.6m² /p	4m²
Fresh air room	8	1	0.5m² /p	4m²
Total				56.6m²
Circulation & wall(35%)				19.81m²
Total				76.41m²

3-Therapy rooms

SPACE	OCCUPANCY	QUANTITY	STANDARD	AREA
Therapeutic oil massage	1	4	1.54m²/p + 0.9 m²/p changing room	15.76m²
Acupressure & acupuncture	1	4	1.54m²/p + 0.9 m²/p changing room	15.76m
Magneto therapy	1	3	1.54m²/p + 0.9 m²/p changing room	11.82m²
Mud therapy	1	6	1.8m²/p + 0.9 m²/p changing room	25.2m²
Underwater massage	1	4	3m X 3.6m	46.8m²
Electro therapy	1	4	1.54m²/p + 0.9 m²/p changing room	15.76m
Aroma therapy	1	4	1.54m²/p + 0.9 m²/p changing room	15.76m
Total				146.8m²
Circulation & wall(35%)				51.38m²
Total				198.18m²

BLOCK 4- ACCOMODATION

SPACE	OCCUPANCY	QUANTITY	STANDARD	AREA
1BHK	1	100	8m X 5m	4000m²
2BHK	2	80	9m X 6m	4320m²
Staff quarter	1	50	7.3m X 4m	1460m²
Total				9780m²
Circulation & wall(35%)				3423m²
Total				13203m²

SERVICES

SPACE	OCCUPANCY	QUANTITY	STANDARD	AREA
Laundry services+ store room	-	1	-	350m²
Generator room	-	1	-	100m²
Pump/ D.G set room	-	1	-	200m²
Miscellaneous	-	1	-	150m²
Total				800m²
Circulation & wall(35%)				280m²
Total				1080m²

2- Steam

SPACE	OCCUPANCY	QUANTITY	STANDARD	AREA
Sauna room (male& female)	8	2	1.9m X 2.5m	16m²
Massage room	5	2	.8m²/bench	80m²
Changing room(male & female)	6	2	0.9m²/p	10.8m²
Gents toilet	4	1	1.5m²/person	10m²
Ladies toilet	4	1	2.0m²/person	12m²
Total				128.8m²
Circulation & wall(35%)				45m²
Total				182.8m²

Total				457.39m²
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BLOCK 5- RESTAURANT & HEALTH COUNTERS

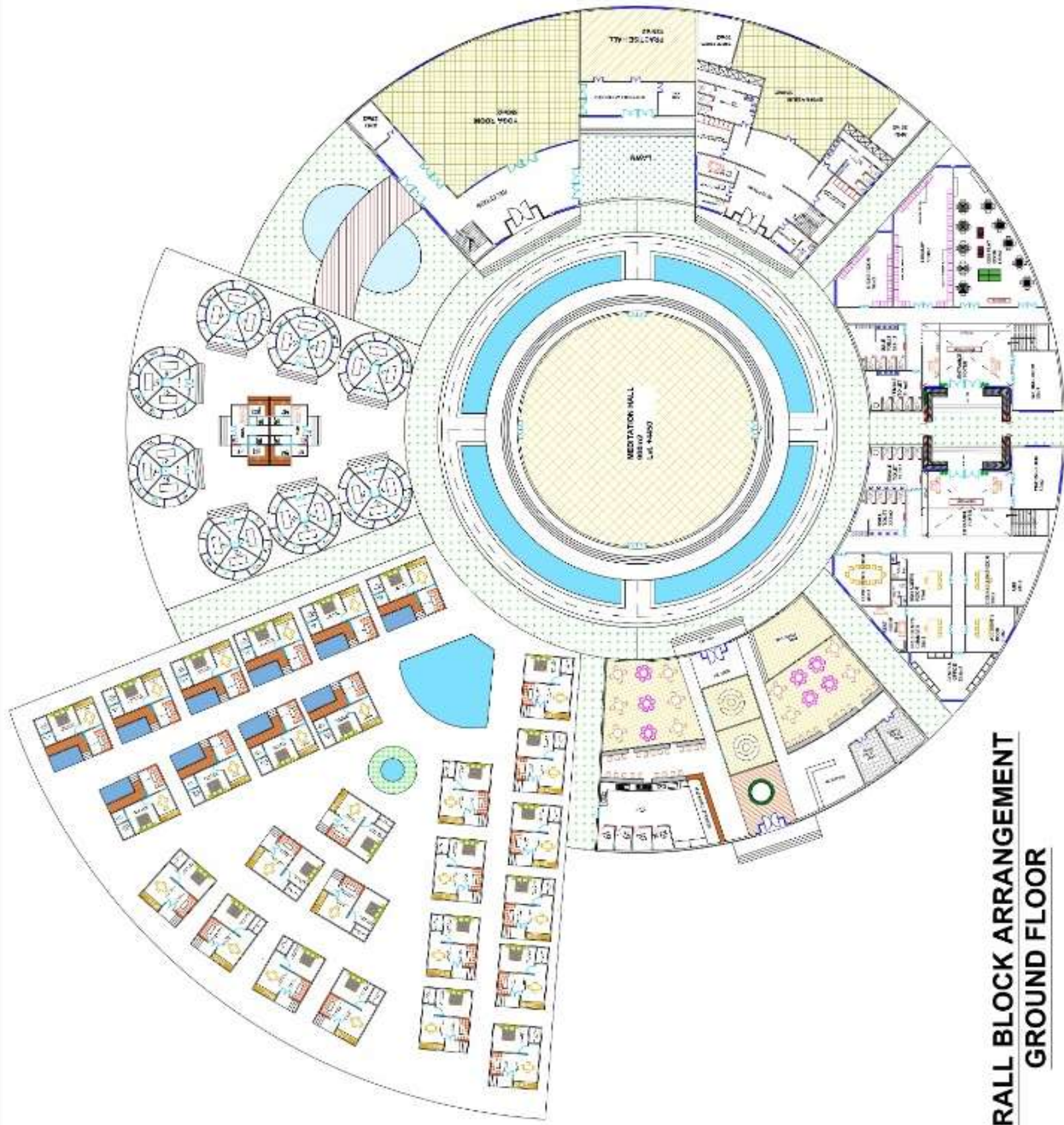
SPACE	OCCUPANCY	QUANTITY	STANDARD	AREA
Restaurant + Kitchen	500	1	1.6m²/p	800m²
Health counter	100	1	1.6m²/p	160m²
Total				960m²
Circulation & wall(35%)				336m²
Total				1296m²

BLOCK 6-MEDITATION HALL

SPACE	OCCUPANCY	QUANTITY	STANDARD	AREA
Meditation hall	1000	1	1.5m²/p	1500m²
Circulation & wall(35%)				525m²
Total				2025m²


OUTDOOR INDOOR FACILTIES

SPACE	OCCUPANCY	QUANTITY	STANDARD	AREA
Basketball court	-	1	28.7m X 15.2m	436.24m²
Volleyball court	-	1	18m X 9m	162m²
Tennis court	-	1	23.77m X 8.23m	195.6m²
Total area				793m²

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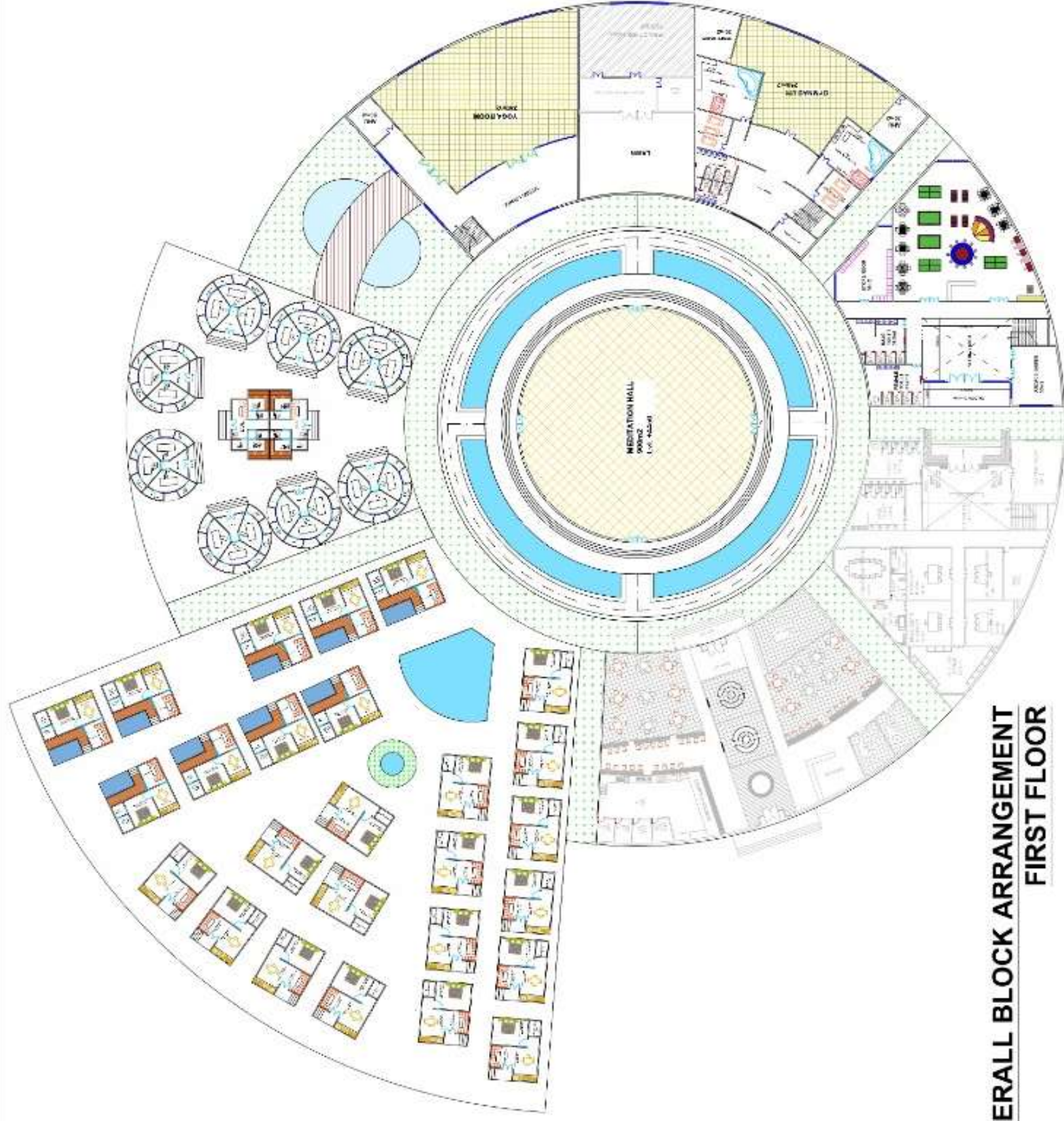
PLANS, ELEVATION & SECTIONS
AREA STATEMENT

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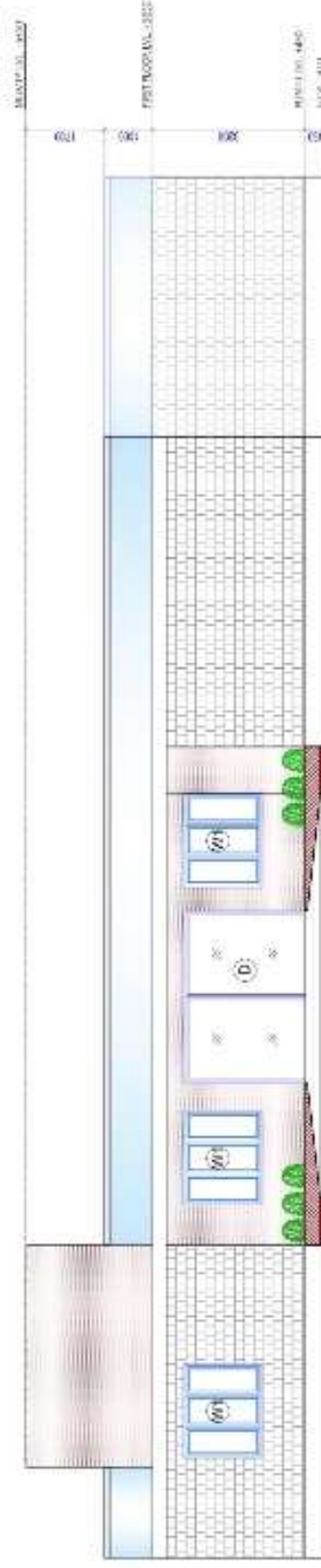
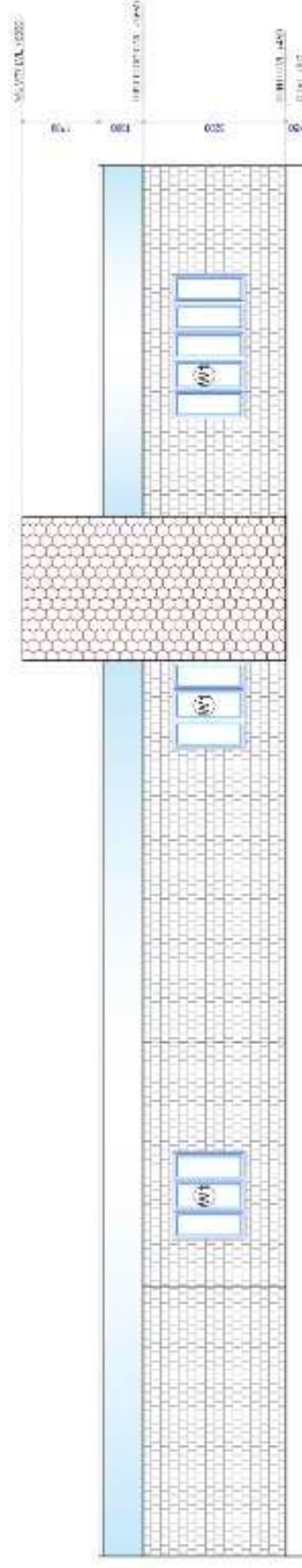
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PLANS, ELEVATION & SECTIONS	AREA STATEMENT
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SIGN	SCALE METS	REMARK
		

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ADMINISTRATIVE BLOCK

WELLNESS AND RECREATIONAL CENTER

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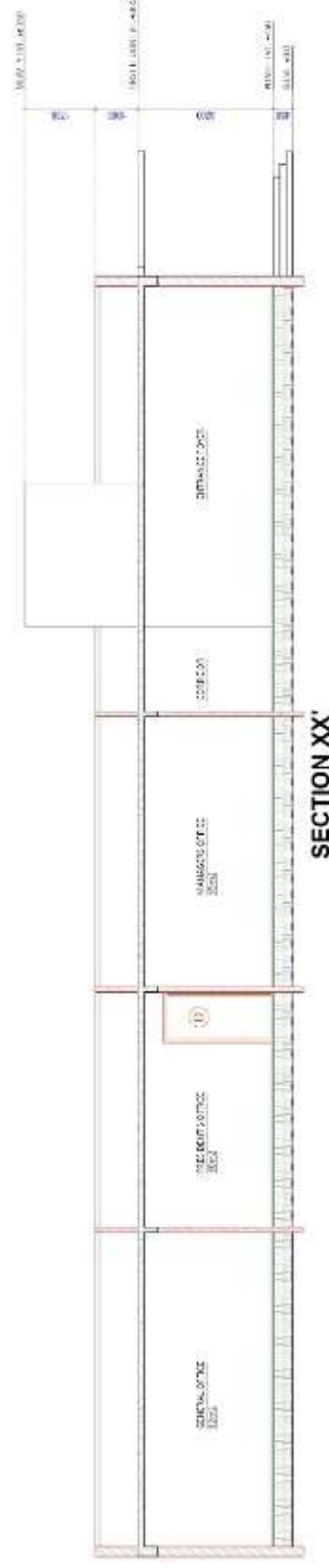
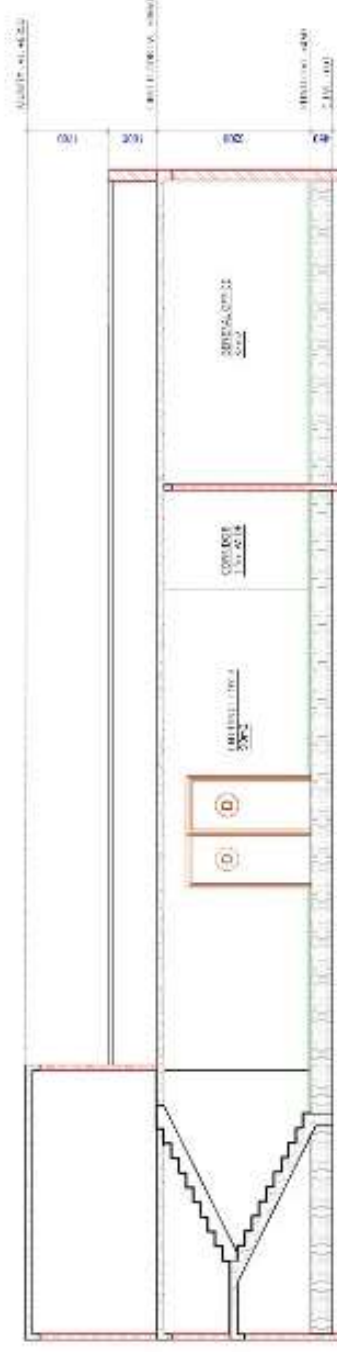
PLANS/ELEVATION & SECTIONS	AREA STATEMENT
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Patient Information	
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4. State	
5. Zip	
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7. Date of Birth	
8. Sex	
9. Race	
10. Religion	
11. Education	
12. Occupation	
13. Marital Status	
14. Social Security Number	
15. Insurance Company	
16. Insurance Policy Number	
17. Insurance Agent	
18. Insurance Premium	
19. Insurance Deductible	
20. Insurance Co-pay	
21. Insurance Out-of-Pocket	
22. Insurance Maximum	
23. Insurance Renewal Date	
24. Insurance Termination Date	
25. Insurance Contact Information	
26. Medical History	
27. Current Medications	
28. Allergies	
29. Family History	
30. Social History	
31. Physical Examination	
32. Laboratory Tests	
33. Imaging Studies	
34. Treatment Plan	
35. Patient Education	
36. Patient Consent	
37. Patient Refusal	
38. Patient Discharge	
39. Patient Follow-up	
40. Patient Satisfaction	
41. Patient Compliance	
42. Patient Adherence	
43. Patient Engagement	
44. Patient Empowerment	
45. Patient Self-Management	
46. Patient Health Literacy	
47. Patient Health Beliefs	
48. Patient Health Attitudes	
49. Patient Health Behaviors	
50. Patient Health Outcomes	

SCALE METS	REMARK
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THESIS GUIDE-AR DEEPTI SAGAR

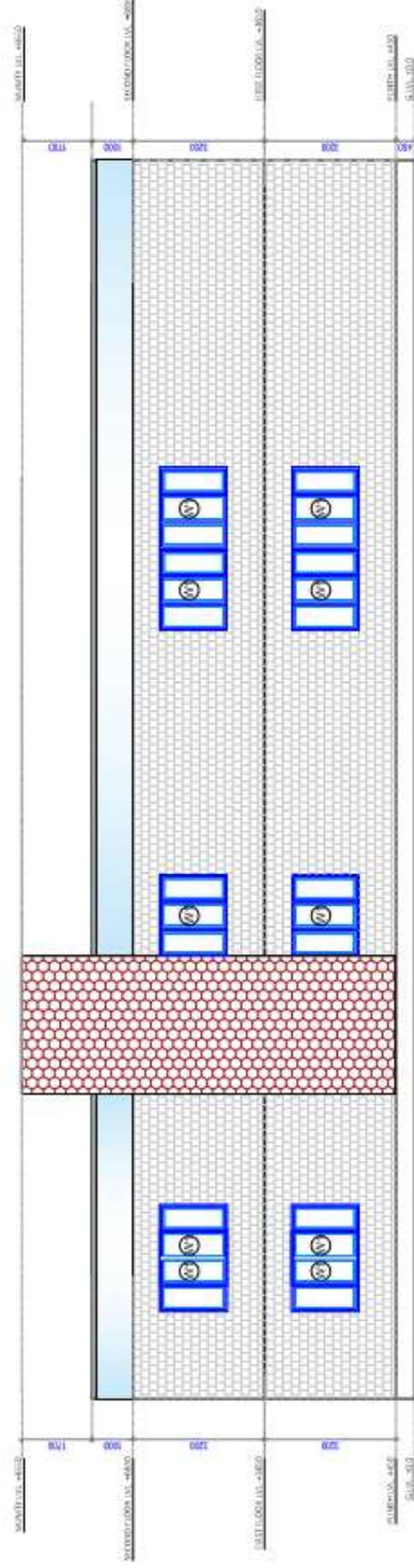
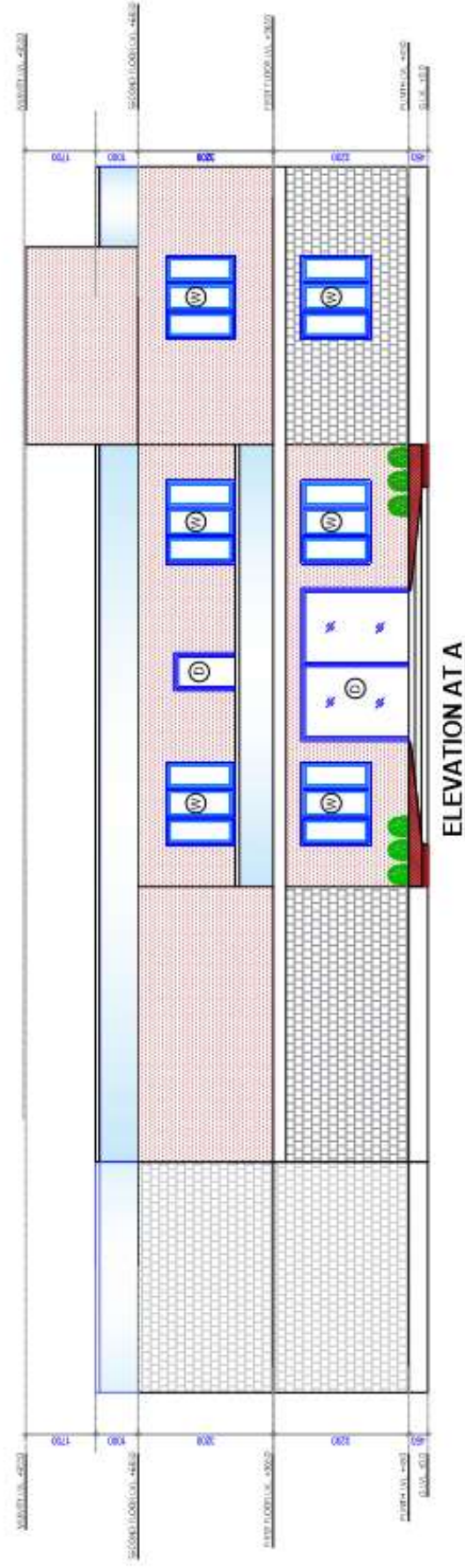
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ADMINISTRATIVE BLOCK

WELLNESS AND RECREATIONAL CENTER

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


RECREATIONAL BLOCK

WELLNESS AND RECREATIONAL CENTER

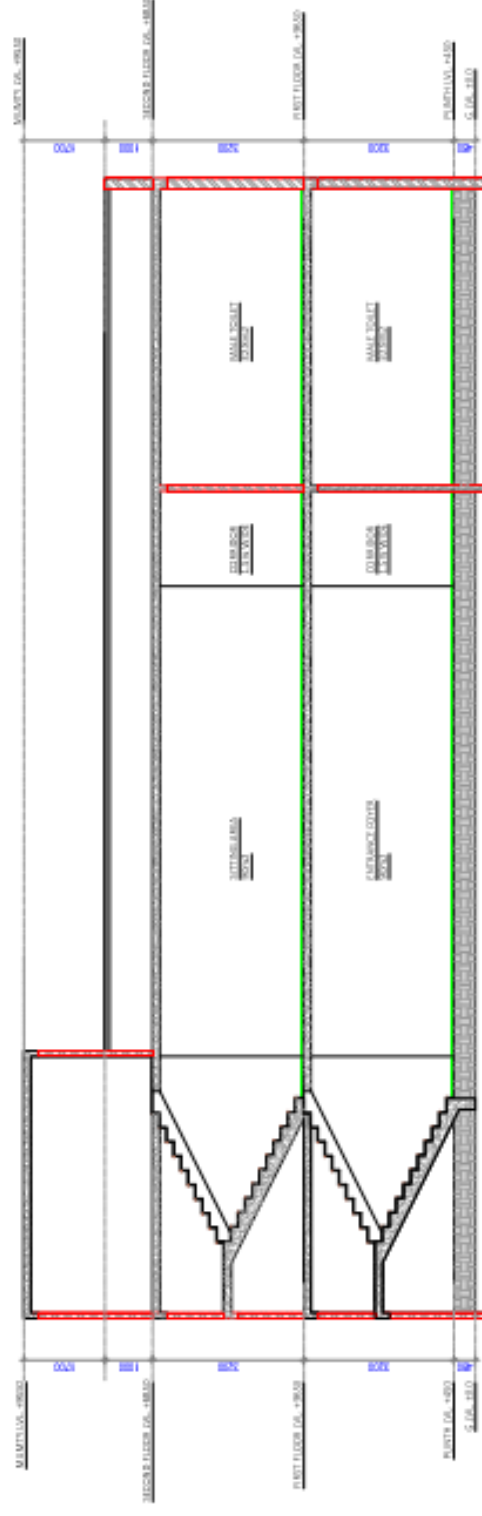
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PLANS, ELEVATION & SECTIONS	AREA STATEMENT
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SCALE	REMARK
	

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RECREATIONAL BLOCK

WELLNESS AND RECREATIONAL CENTER

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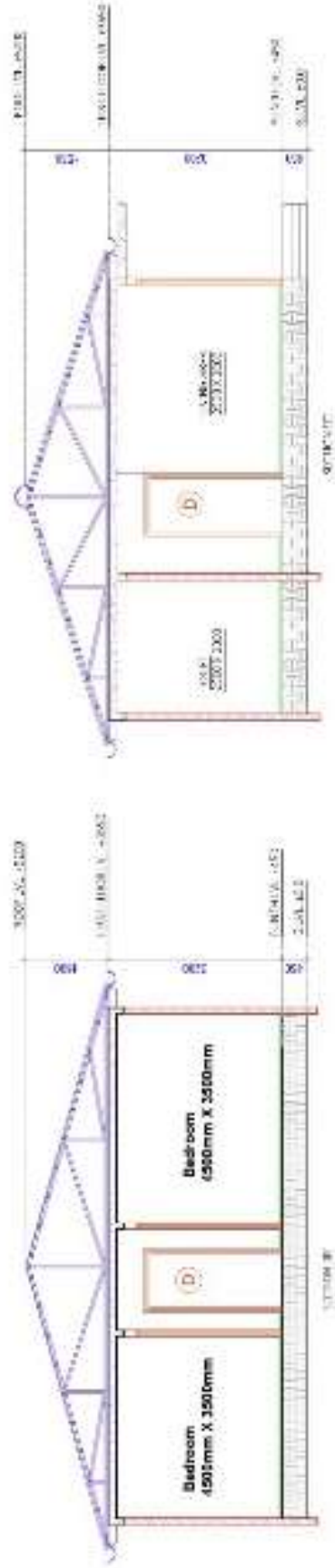
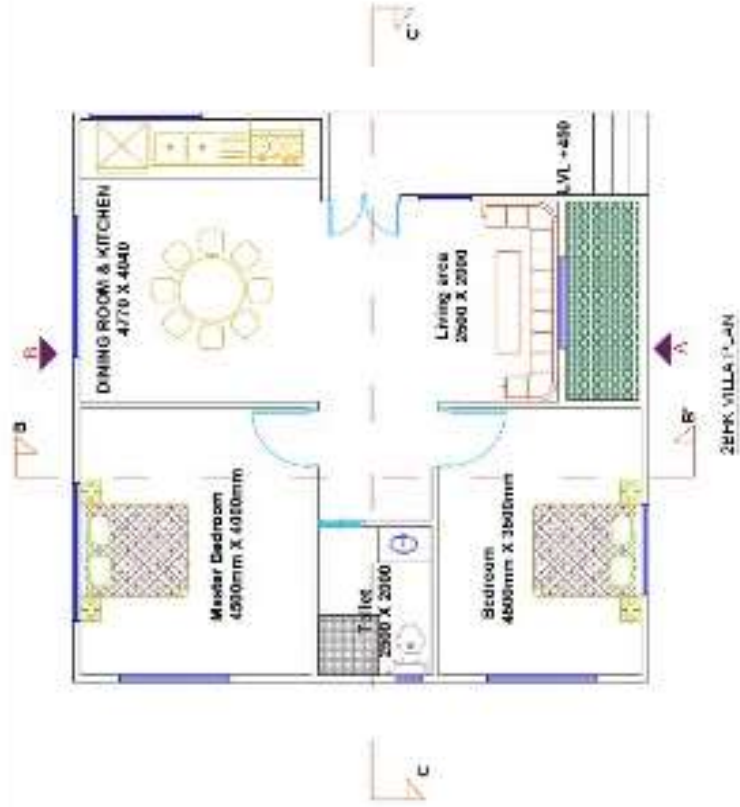
PLANS, ELEVATION & SECTIONS	AREA STATEMENT
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PLANS, ELEVATION & SECTIONSAREA STATEMENT

SCALE	REMARK
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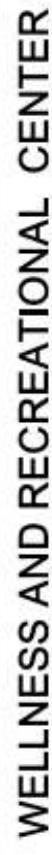
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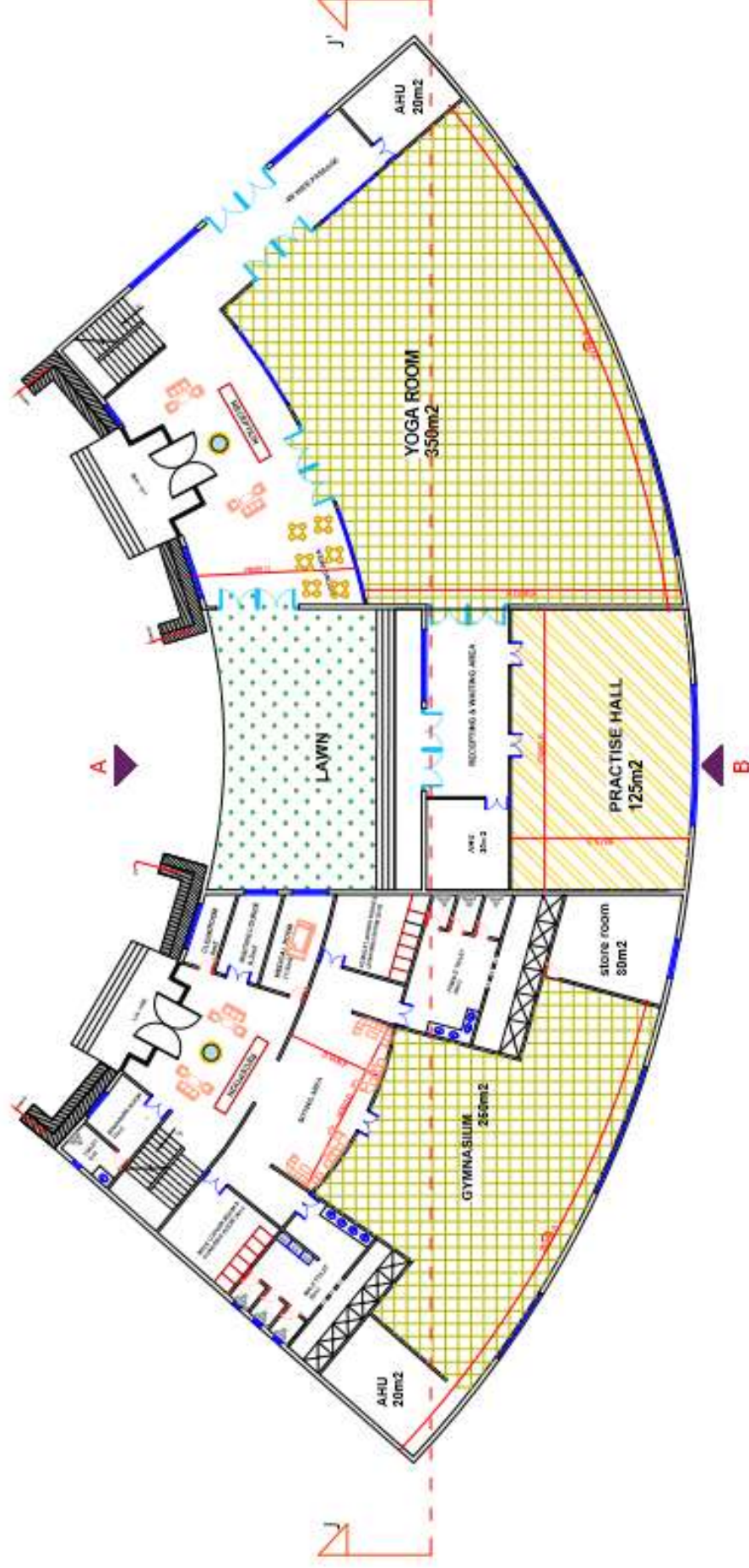
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YOGA & GYMNASIUM BLOCK GROUND FLOOR

SCHEDULE OF DOOR & WINDOWS

PLANS, ELEVATION & SECTIONS

AREA STATEMENT

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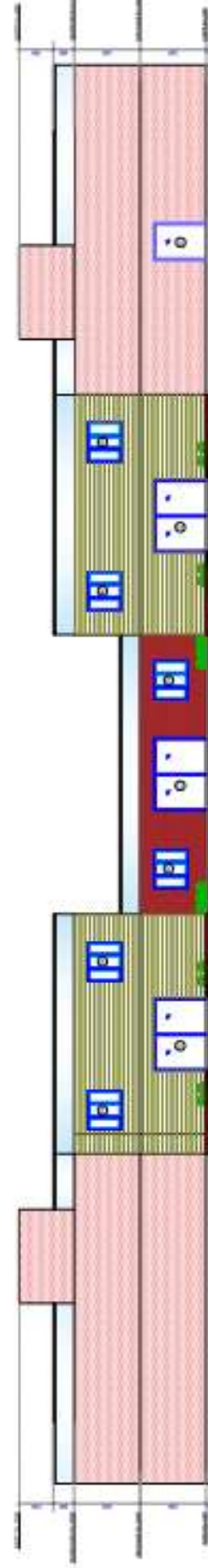
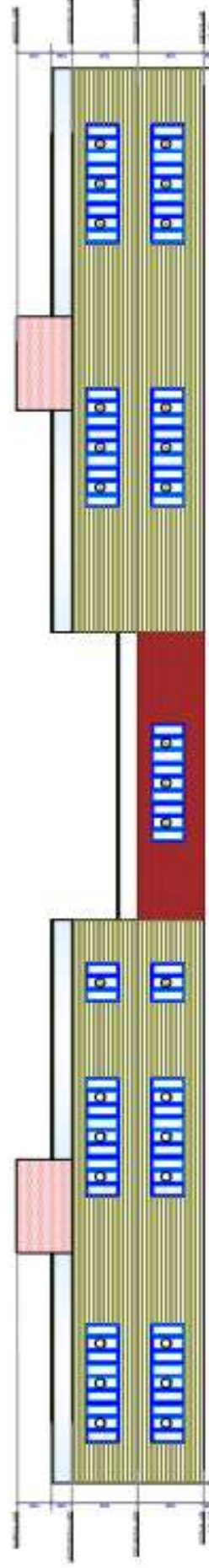
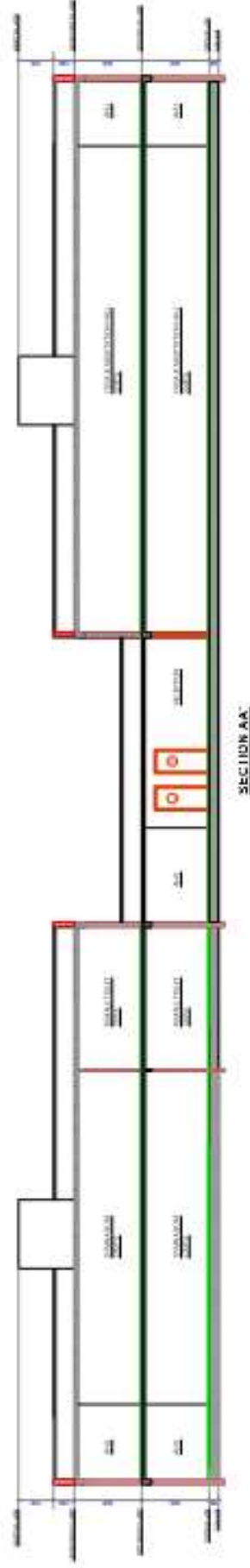
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SCHEDULE OF DOOR& WINDOWS									
PLANS,ELEVATION & SECTIONS									
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YOGA & GYMNASIUM BLOCK

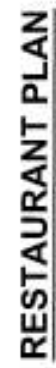
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PLANS, ELEVATION & SECTIONS	AREA STATEMENT
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	SCALE	REMARK
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THESIS GUIDE-AR DEEPTI SAGAR



SCHEDULE OF DOOR & WINDOWS

A 10x10 grid with a 2x2 sub-grid in the top-left corner. The sub-grid is defined by the first two rows and the first two columns. The remaining cells in the first two rows and the remaining cells in the first two columns are shaded gray.

PLANS, ELEVATION & SECTIONS

AREA STATEMENT



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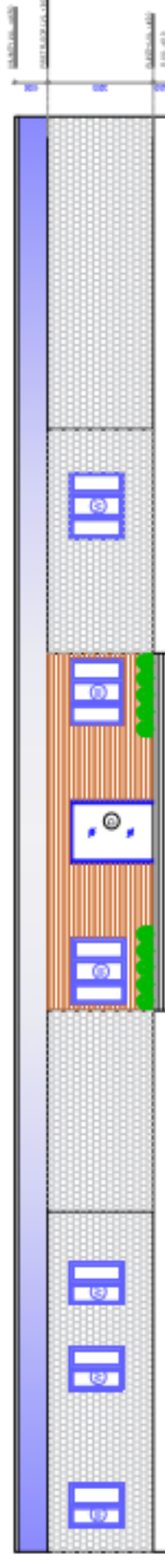
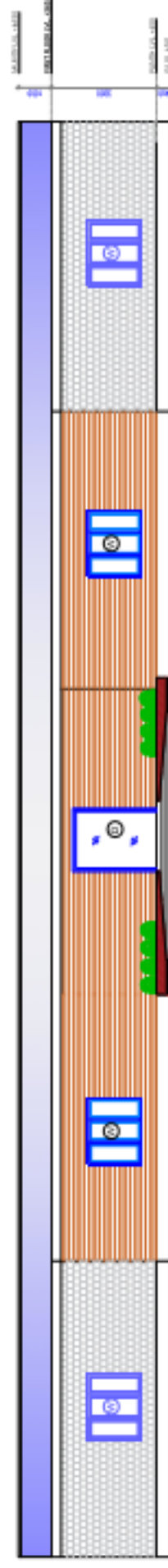
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RESTAURANT

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PLANS, ELEVATION & SECTIONS
AREA STATEMENT

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SCALE	REMARK
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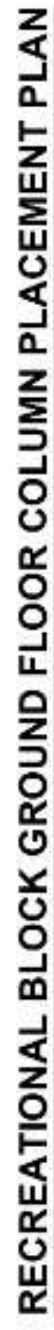
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AREA STATEMENT

SCALE	REMARK
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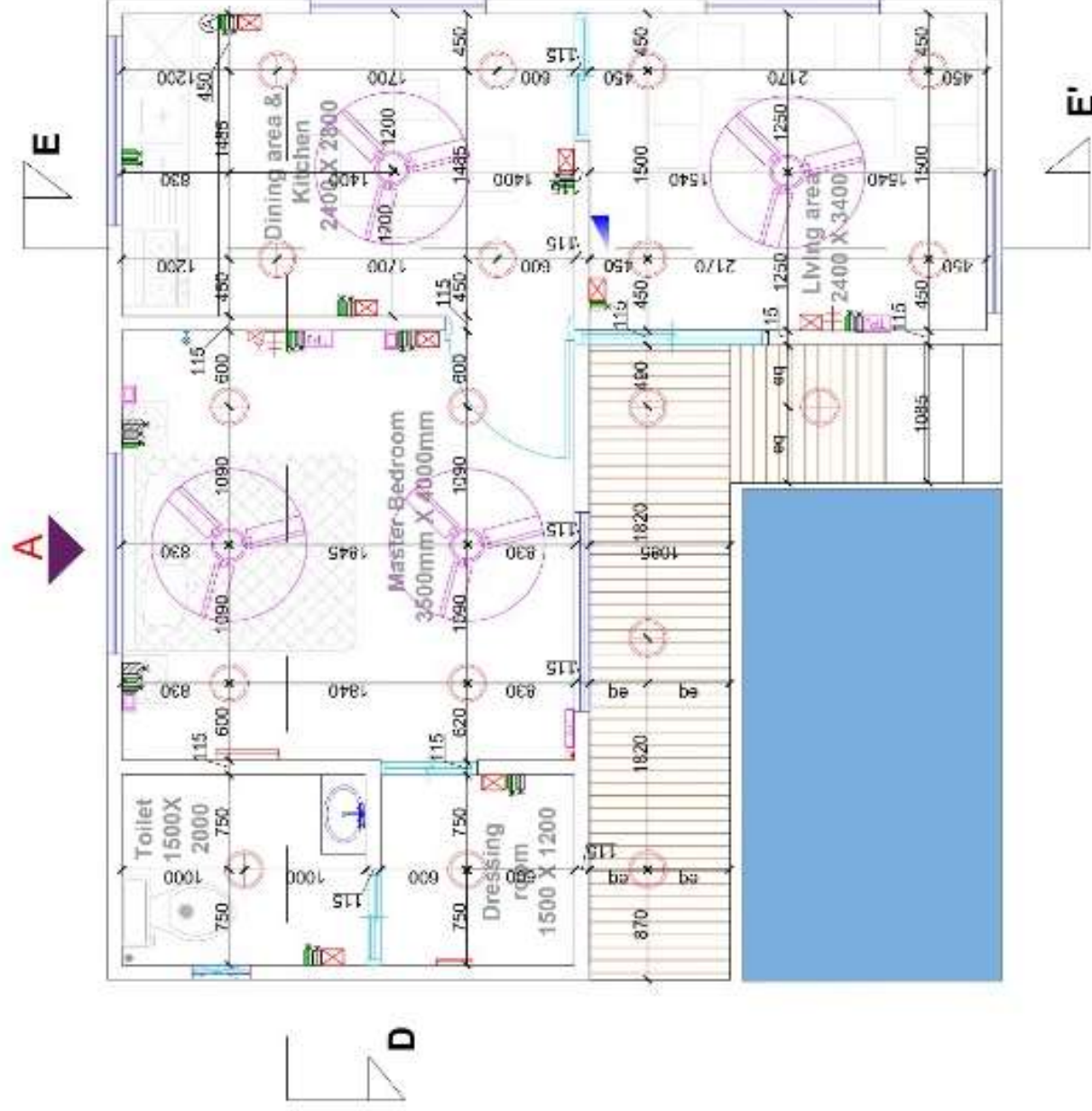
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THERAPY BLOCK ELECTRICAL PLAN



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LEGEND: 1 inch=1m

S.NO.	SYMBOL	DESCRIPTION	HEIGHT
1		CEILING FAN (10)	AT CEILING
2		SWITCH BOARD (10)	4'-0"
3		SWITCH SOCKET WITH 5 AMP SOCKET (10)	4'-0"
4		EXHAUST FAN (10)	5'-0"
5		DST BOARD (10)	5'-0"
6		CEILING LIGHT (10)	AT CEILING
7		MIRROR LIGHT (10)	7'-0"
8		BELL PUSH (10)	4'-0"
9		SEIZER	4'-0"
10		TUBE LIGHT	4'-0"
11		CHIMNEY	SWITCH 4'-0" SOCKET 6'-0"
12		TELEPHONE POINT	2'-0"
13		5 AMP SWITCH WITH SOCKET	2'-0"
14		5 AMP SWITCH WITH SOCKET	2'-0" (4 AMP 12)
15		TELEPHONE POINT	2'-0"
16		BED SIDE SWITCH LIGHT	SWITCH 3'-0" LIGHT 4'-0"
17		BRACKET LIGHT (10)	4'-0"
18		AC POINT	2'-0"
19		AC	8'-0"
20		EMERGENCY SWITCH BOARD	4'-0"
21		PICTURE LIGHT	5'-0"
22		WALL FAN	7'-0"
23		TELEPHONE JUNCTION	4'-0"
24		TWO WAY SWITCH BOARD	4'-0"
25		GUARD SWITCH	5'-0"
26		DST BOARD	4'-0"

SCHEDULE OF DOORS & WINDOWS

PLANS, ELEVATION & SECTIONS

AREA STATEMENT



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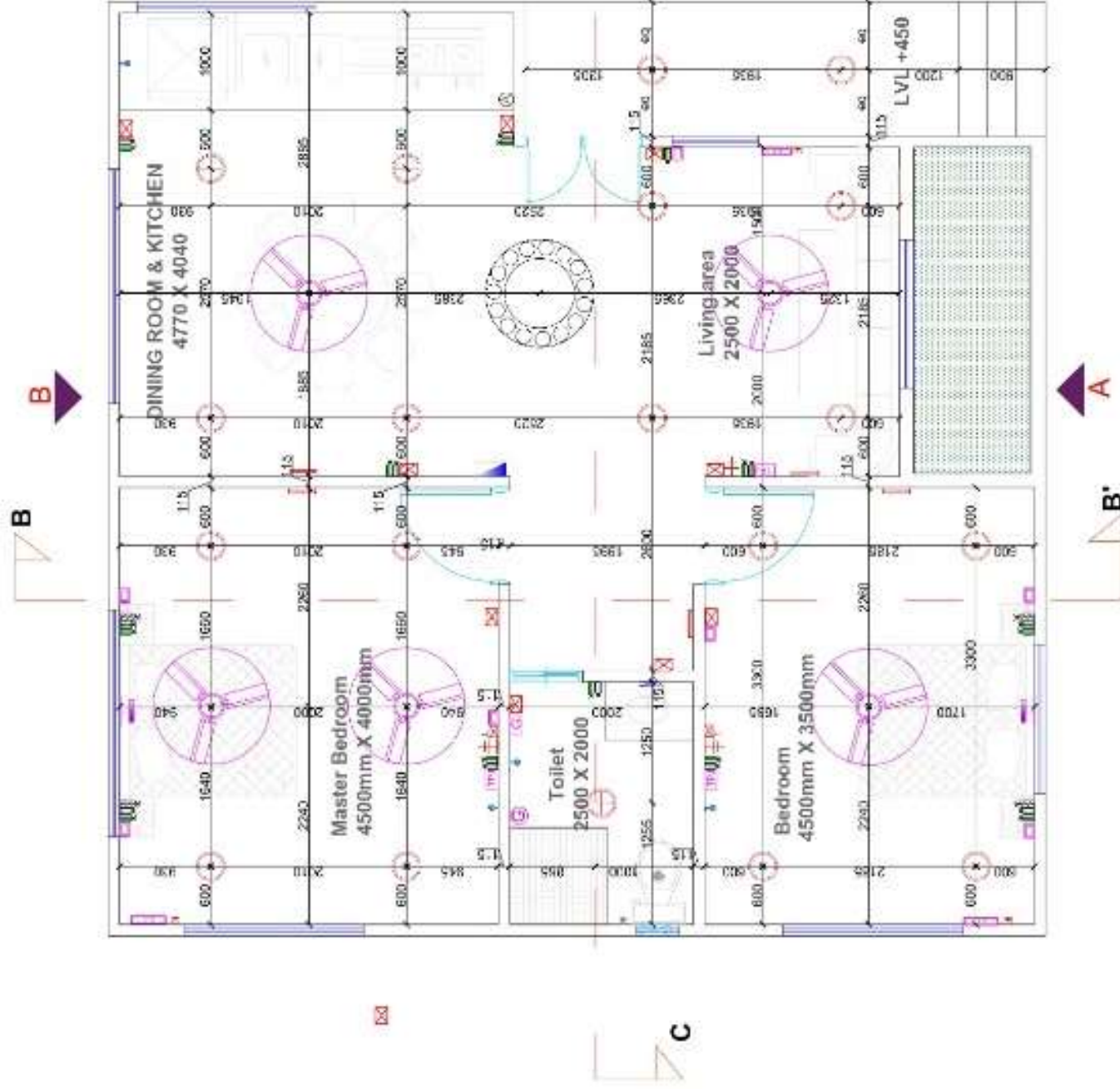
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1BHK VILLA ELECTRICAL PLAN



2BHK VILLA BLOCK ELECTRICAL PLAN

WELLNESS AND RECREATIONAL CENTER

SCHEDULE OF DOOR& WINDOWS

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PLANS,ELEVATION & SECTIONS

AREA STATEMENT

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SCALE

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REMARK

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ELECTIVE- LANDSCAPE



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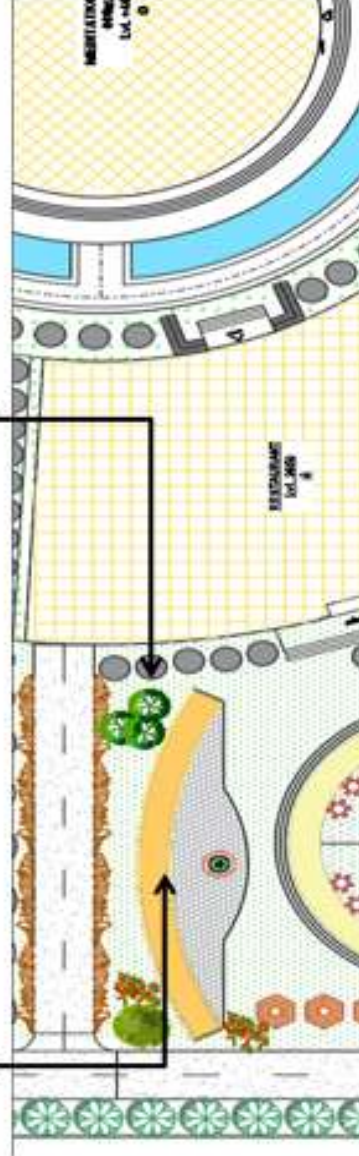
WELLNESS AND RECREATIONAL CENTER

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SITTING SPACE



STONE PATHWAY



POOLSIDE GAZEBO



BASKETBALL COURT



MEDITATING BUDDHA STATUE



KID'S PLAY AREA

SITTING SPACE



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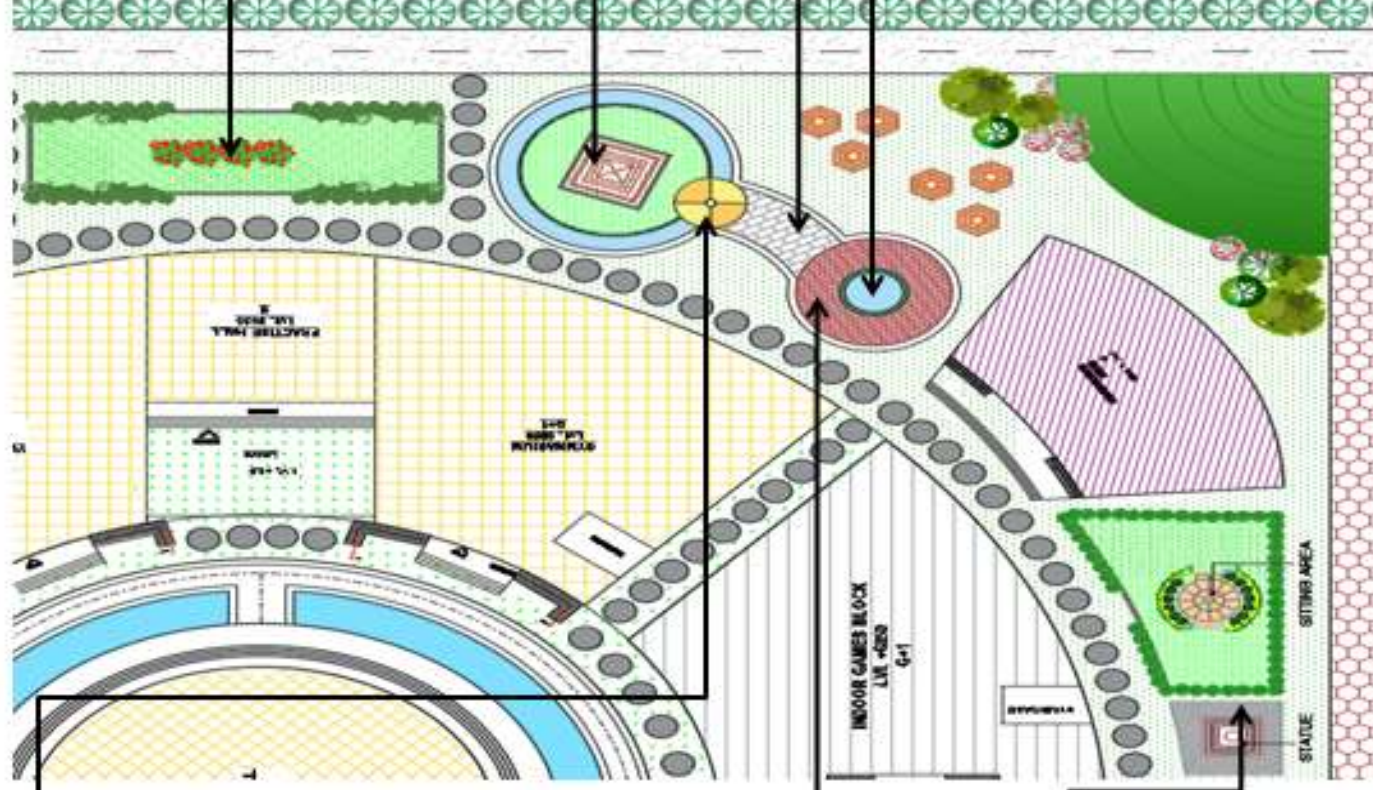
GAZEBO



ACCUPRESSURE TRACK



MEDITATING BUDDHA STATUE



GARDEN



GAZEBO



SENSORY PATHWAY



FOUNTAIN



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ELECTIVE- LANDSCAPE

