

# **WELLNESS AND REJUVENATION CENTRE**

*A THESIS*

Submitted in partial fulfillment of the requirements for the award of  
Bachelor of Architecture degree

By

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**(39210015)**



**DEPARTMENT OF ARCHITECTURE**

**SCHOOL OF BUILDING AND ENVIRONMENT**

# **SATHYABAMA**

**INSTITUTE OF SCIENCE AND TECHNOLOGY  
(DEEMED TO BE UNIVERSITY) Accredited**

**With Grade "A" by NAAC**

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SALAI, CHENNAI - 600 119**

**MAY 2024**



# SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

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## DEPARTMENT OF ARCHITECTURE

### BONAFIDE CERTIFICATE

This is to certify that Thesis Report is the bonafide work of **BHUVANESHWAR G (39210015)** who carried out the Thesis entitled "**Wellness and Rejuvenation Centre**" under our supervision from December 2023 to May 2024.

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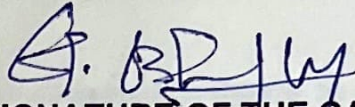
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## DECLARATION

I, **BHUVANESHWAR G** hereby declare that the Thesis Report entitled "Market design using shipping containers", done by me under the guidance of **Ar. Anitha Murugan** (Internal Guide), **Ar. Juvilasri Vignesh** (Internal Review Member) and **Ar. Ranjan Daniel** (External Guide) Sathyabama Institute of Science and Technology is submitted in partial fulfillment of the requirements for the award of Bachelor of Architecture Degree.

DATE: 24-05-2024

PLACE: CHENNAI

  
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## ACKNOWLEDGEMENT

I am pleased to acknowledge my sincere thanks to the Board of Management of **Sathyabama Institute of Science and Technology** for their kind encouragement in doing this Thesis and for completing it successfully. I am grateful to them.

I convey my thanks to **Dr.Devyani Gangopadhyay**, Dean and Head of the Department, School of Building and Environment, Our Design Chair **Ar. Sarath C Kanth** Thesis Coordinator **Ar. Gopiraj** for providing me necessary support and details at the right time during the progressive reviews.

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I wish to express my thanks to all Teaching and Non-teaching staff members of the **Department of Architecture**, all my family members and also colleagues helpful in many ways for completion of the Thesis.

**BHUVANESHWAR G**

## THESIS SYNOPSIS

Nestled in a serene and picturesque setting, our Wellness and Rejuvenation Centre offers a holistic approach to health and well-being, combining modern amenities with ancient healing practices. The center features a luxurious spa with a variety of treatments, a state-of-the-art fitness center offering personalized training programs, yoga, and Pilates sessions, and holistic healing therapies like acupuncture, reiki, and Ayurveda. Nutritional guidance is provided by on-site nutritionists who offer personalized dietary plans and workshops on healthy eating, while mindfulness and meditation sessions, along with outdoor activities such as guided nature walks and outdoor yoga, promote relaxation and mental clarity. Guests can unwind in elegant accommodations ranging from private suites to shared rooms, all designed for maximum comfort.

Our on-site restaurant serves nutritious meals made from fresh, locally sourced ingredients, complementing our wellness programs. We offer a variety of tailored programs and retreats, including weekend getaways, week-long detox programs, and specialized retreats focused on stress management, weight loss, and spiritual growth, each designed to provide a transformative experience. Committed to nurturing the body, mind, and spirit, our dedicated team ensures that every guest receives personalized attention and care, making our Wellness and Rejuvenation Centre the ultimate retreat for those seeking relaxation, rejuvenation, and self-discovery.

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# CHAPTER 1: INTRODUCTION

## 1.1 INTRODUCTION

A Wellness and Rejuvenation Centre is an establishment that focuses on promoting physical, emotional, and mental wellbeing through various programs and treatments. The need for relaxation, rejuvenation, and wellness has become more important than ever before. As a result, wellness and rejuvenation centers have emerged as popular destinations for individuals seeking a break from their busy lives and a chance to focus on their health and wellbeing. These centers provide a range of services, from yoga and meditation to spa treatments and nutritional counseling, all aimed at improving physical and mental health.

## 1.2 AIM

The thesis seeks to deliver a wellness center, which is considered necessary in the current and post-pandemic times, will be built using sustainable and site-responsive architecture that is based on a holistic approach to well-being and to encourage healthy life style.

## 1.3 OBJECTIVE

- To create an environment for rejuvenation and relaxation where people heal through ayurveda and naturopathy.
- To prove hospitality for tourists.
- To promote health and wellness tourism
- To integrate nature within the project.
- Create a spiritual ground for yoga and meditation for visitors.
- To encourage maintaining a healthy lifestyle through a wholesome, nutritious diet and fitness- related activities.

## 1.4 METHODOLOGY

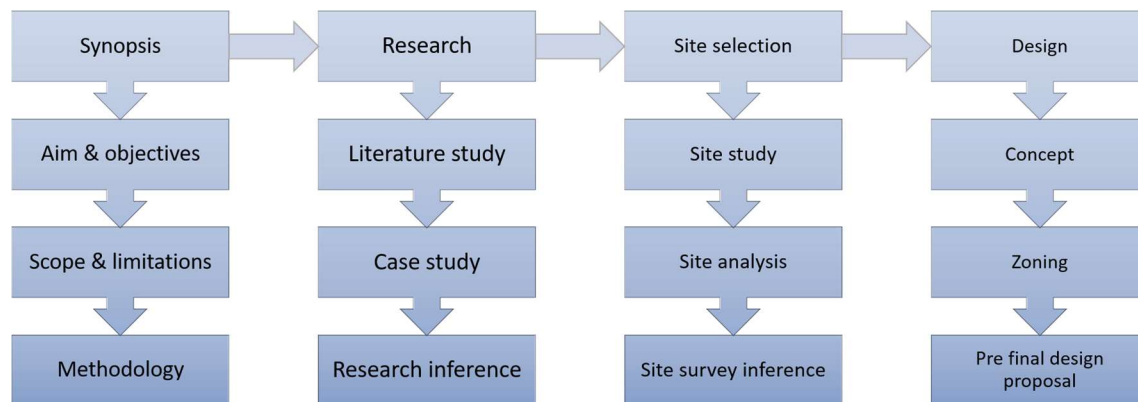


Figure 1Flow chart of Methodology

## CHAPTER 2: LITERATURE CASE STUDIES

### 2.1 AYURVEDAGRAM, BANGALORE

#### 2.1.1 INTRODUCTION

Kerala Ayurveda pharmacy has established this unique heritage ayurvedic resort in Bangalore, Indian's garden city known as Ayurvedagram, with the intention of providing quality ayurvedic treatment with its own team of doctors, therapists, medicines and service staff.



Figure 2 Ayurvedagram

#### 2.1.2 ABOUT THE SITE

Location : Hemandanahalli, Samethanahalli,

Post, Whitefield, Bengaluru, Karnataka.

Architect : Cyriac Joseph T.M

Site area : 7 acres

Project completion year : 2006



Figure 3 Location of Ayurvedagram

#### 2.1.3 CLIMATICE CONDITION

Type of climate : Warm and Humid

Temperature : Min – 15°C & Max – 32°C

Humidity : 75% to 90%

Rainfall : 1024mm per year

#### 2.1.4 FUNCTIONAL ANALYSIS

| SPACE                | AREA (SQM) |
|----------------------|------------|
| Administration block | 300        |
| Treatment block      | 482        |
| Restaurant           | 258        |
| Conference room      | 54         |
| Travancore room      | 32         |
| Heritage rooms       | 300        |
| suites               | 145        |

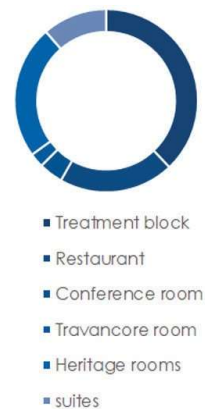
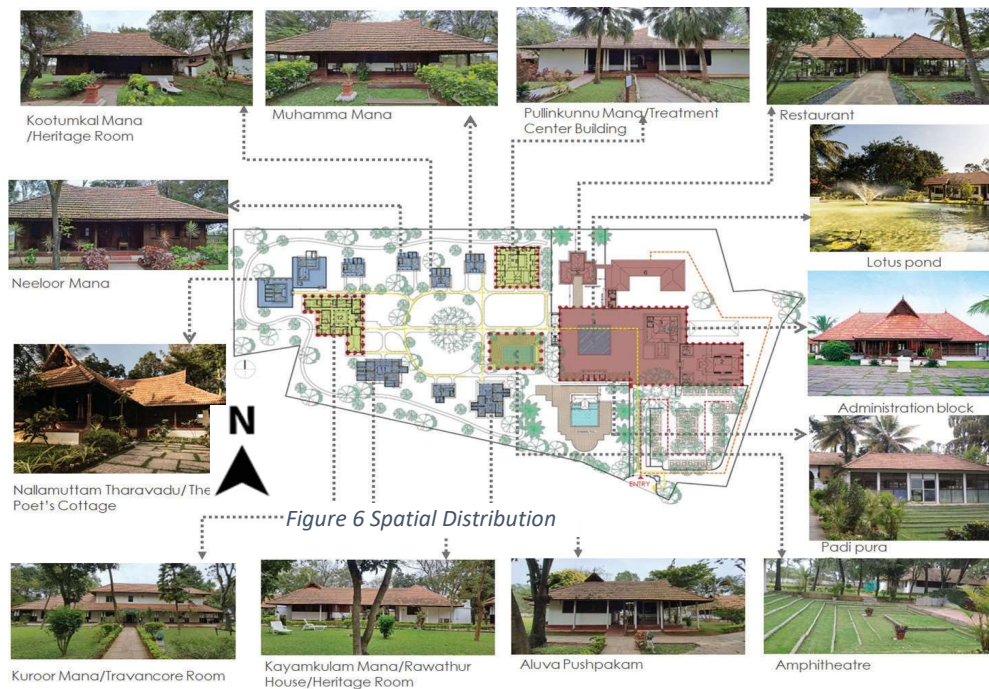


Figure 4 Functional Analysis

## 2.1.5 MASTER PLAN



Figure 5 Master plan



## 2.1.6 ARCHITECTURAL CHARACTERISTICS

- Ayurvedagram architectural style refers to the traditional Kerala style of architecture that incorporates the principles of Ayurveda, the ancient Indian system of medicine, into the design and construction of buildings.
- The intricate carvings and motifs found on Ayurvedagram's facade are inspired by traditional Indian and Ayurvedic designs.
- These carvings and motifs add a unique and rich cultural identity to the building.
- The roof design of Ayurvedagram is inspired by traditional Indian architecture.
- The use of mangalore tiles and the placement of courtyards are all elements of Ayurvedagram's roof design.
- The window design of Ayurvedagram is inspired by traditional Indian architecture.

## 2.1.7 ADMINIDTRATIVE BLOCK

- The Administration Block is placed visible, right from the entrance. The building gives a warm welcome showing the elegance of Kerala style of Architecture.
- The building is named as ARANMULA PALACE, the traditional Nalukettu Kovilakam (Kerala Palace) is an example of medieval Kerala architecture, built by the Aranmula Royal family in the mid 18th century.
- The gabled roof, corridors, the Nalukettu style and pre-dominantly wooden character represent the stylisticperfection of medieval Southern Kerala architecture.
- The area of the building would be 300 Sq.m.

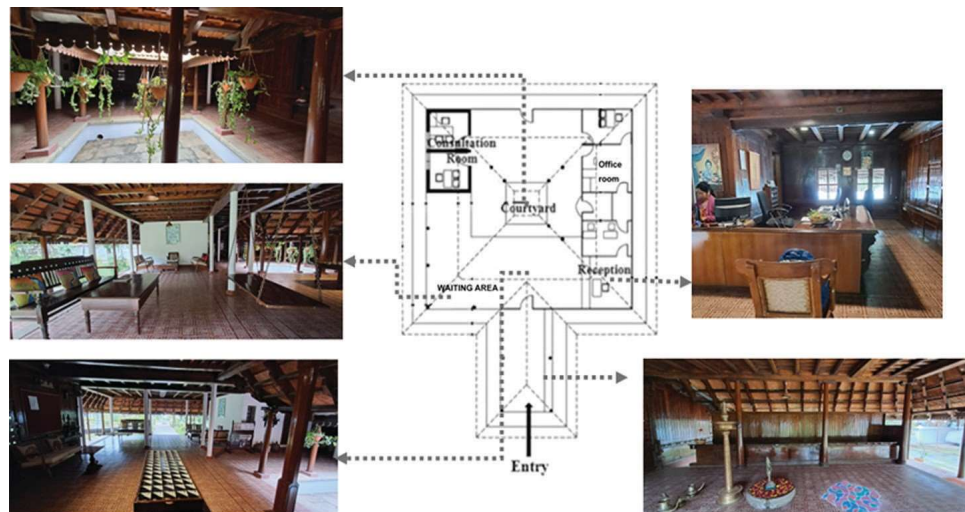


Figure 7 Spatial Distributuion of Adminin

## 2.1.8 TREATMENT BLOCK

- The treatment block is known as PULINKUNNU MANA was relocated from the lush backwaters of Kuttanad, a typical classic house in timber and tile.
- Typical of the classic houses, it has high gabled openings and a ridged roof, the shape of which resembles the famous snake boats of Kerala.
- It is a fully equipped traditional health care center with 8 treatment rooms, 6 herbal steam bath, pharmacy waiting space and other ayurvedic health facilities.
- It has a central courtyard and the building is divided into two sections for ladies and gents.

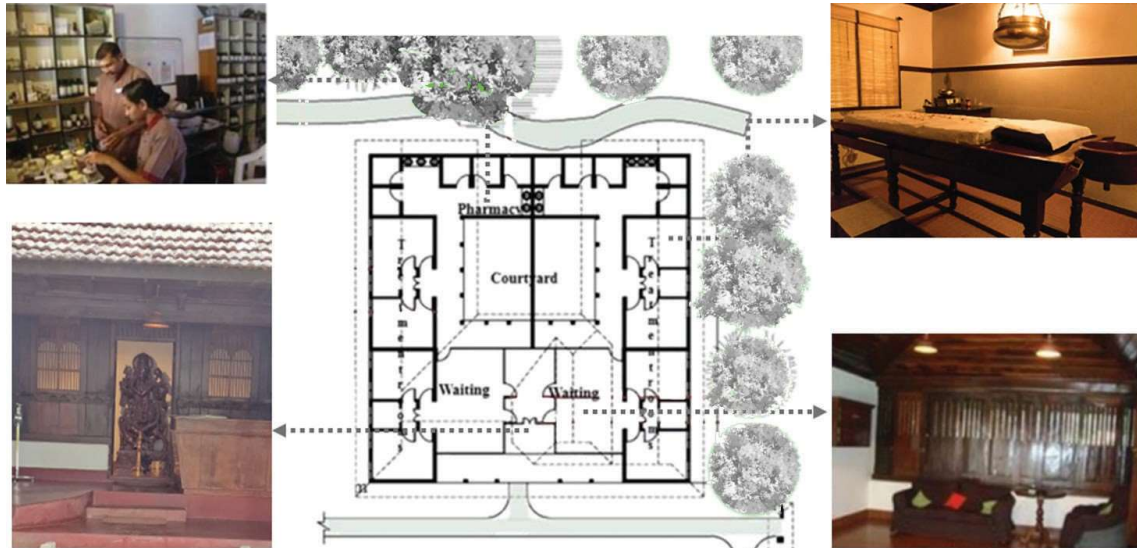


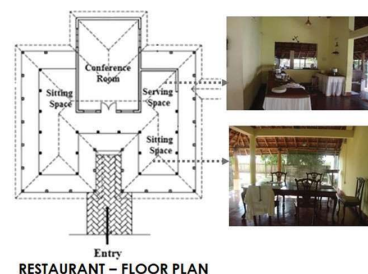
Figure 8 Spatial Distribution for Treatment block

## 2.1.9 RESTAURANT

- The Restaurant Block is named as OTPURA.
- Capacity - 40 people
- It is an exclusive vegetarian restaurant serving dietary food prescribed for specific treatments and a multi cuisine menu for others, set in the ambience of ancient Kerala.
- There is provision for single seating, double seating or also to sit in groups which ensures privacy for individuals and also interaction among the groups.
- The Restaurant acts as the main source of Interaction Space for the tourists.



Figure 9 Restaurant



## 2.1.10 KAYAMKULAM MANA

- Kayamkulam Mana consists of the Elegance Suite and 3 Heritage Rooms.
- It was a wealthy Rawathur's home.
- Beautiful traditional courtyard house with a peculiar 'L' shaped corridor.
- Four Rooms are located around a pillared, common sit out, which itself encloses a nalakettu or court-yard.

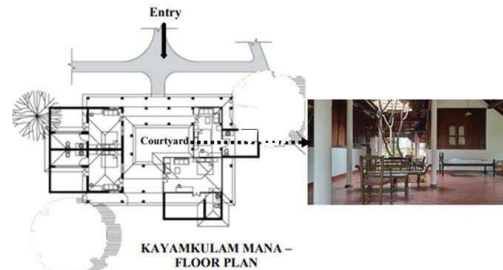


Figure 10 Kayamkulam mana

## 2.1.11 KUROOR MANA

- This 160 year old ancestral home once be-longed to the famous Kuroor family of Trichur in Central Kerala.
- This is constructed by transplanting the elements from kuroor.
- It consists of 10 cottages and a yoga Hall.

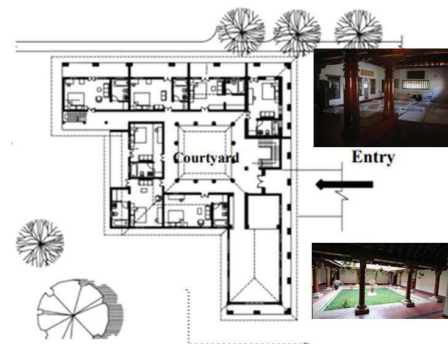


Figure 11 Kuroor mana

## 2.1.12 NALLAMUTTAM THARAVADU

- Nallamuttam Tharavadu is an independent cottage made of teak and rosewood.
- It is also known as the Poet's Cottage An L-shaped house, along one arm of the house is a foyer supported on highly ornate pillars and carved ceiling.
- The sit-out leads to the richly carved entrance through which is a small sitting room.



Figure 12 Nallamuttam Tharavadu

## 2.1.13 COTTAGES

### 1. MUHAMMA MANA

- Muhamma Mana is what is a Harmony Suite
- It consists of 2 rooms and 2 bathrooms – 1 enclosed and 1 open to the sky.



Figure 13 Muhamma mana



### 2. NELLOR MANA

- Neeloor Mana is a L-shaped house in timber and tiles with a broad verandah and ornamental cables on a hipped roof.
- It comprises of 2 Heritage rooms with enclosed bathrooms.



Figure 14 Neeloor Mana



### 3. KOOTUMAL MANA

- Kootumkal Mana consists of 2 Heritage Rooms and is a traditional Muslim House.
- This rectangular house has a common verandah running all along the cottage and a hipped roof with ornamental cables.
- The material used for making this fabulous Mana was largely timber laterite and kiln burnt clay tiles for the roof.
- The rooms in this cottage have bathrooms, open to the sky with modern fittings.



Figure 15 Kootumkal Mana



## 4. ALUVA PUSHPAKAM

- Aluva Pushpakam was originally located on the banks of the river Periyar at Aluva, Central Kerala.
- The inner Atrium (inner Courtyard) ensured continuous flow of fresh air even during hot humid weather, typical of Kerala.
- This cottage houses 2 rooms, with enclosed bathrooms – one of the bathrooms is especially fitted out for guests with mobility problems.

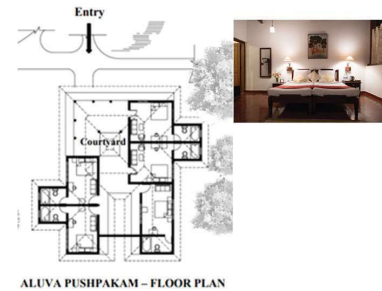


Figure 16 Aluva Pushpakam

### 2.1.14 AMPHITHEATRE AND LIBRARY

- Located in the main artial region of the resort, this place witnesses regular cultural programmes and other activities of traditional beauty.
  - It can hold 200 persons at a time.
  - The resort has a well stacked library with a view of the amphitheater.
  - It is also accompanied by a seating area.
- the library is filled with about 500 books.

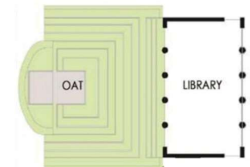


Figure 17 Amphitheater and Library

## 2.1.15 MATERIAL USED

- Mangalore tiles, red oxide, terracotta tiles, brick masonry, timber paneling.
- There is extensive use of teakwood and rosewood.
- Hipped roof is also extensively used in the site. This consists of mangalore tiles and wooden frame work.



Figure 19 Material used in the Building



Figure 18 Vegetation

## 2.1.16 VEGETATION AND LANDSCAPE

- The center is surrounded by lush green vegetation, which provides a peaceful and rejuvenating atmosphere.
- A vast and well maintained herbal garden with more than 200 species of rare medicinal herbs is present.
- The vegetables used for cooking are grown in the site.

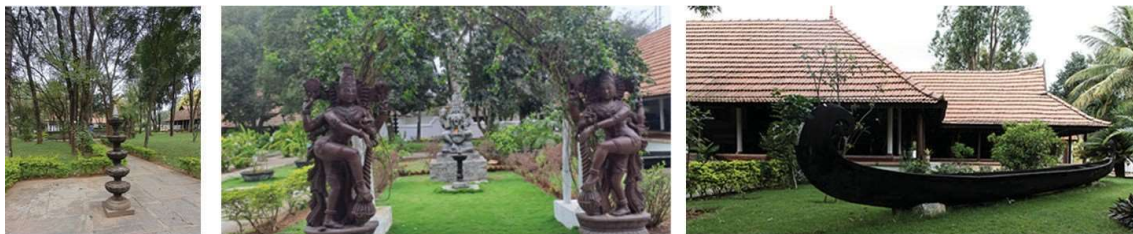


Figure 20 Landscape

## 2.1.17 SERVICES

- The Travancore rooms has central courtyard where the rainwater is collected.
- There are 4 bore wells.
- Overhead tanks are placed on top of (kuroor mana) heritage cottage.
- Kitchen waste is used for composting.
- Waste disposal: STP for collecting waste water. Wastes are collected by corporation.

## 2.2 SHREYA'S RETREAT, BANGALORE

### 2.2.1 INTRODUCTION

Shreyas is recognized as one of the finest wellness retreats and it promotes healing the body, mind and soul through authentic Ayurveda, Panchakarma, Naturopathy and spiritual tradition of yoga in a holistic manner. The architectural vision is planned as a sustainable model, focusing strongly on the connect of man, in the realm of nature.



Figure 21 Shreya's Retreat

### 2.2.2 ABOUT THE SITE

Location : Santoshima Farm, Gollahalli Gate Nelamangala,  
Bengaluru, Karnataka

Architect : Purple Ink Studio  
Site area : 26 acres  
Project completion year : 2016



Figure 22 Shreya's Retreat  
Location

### 2.2.3 CLIMATE CONDITION

Type of climate : Warm and Humid

Temperature : Min – 15°C & Max – 32°C

Humidity : 75% to 90%

Rainfall : 1024mm per year

### 2.2.4 CONCEPT

The Architectural Vision is planned as a sustainable model, focusing strongly on the connect of man in the realm of nature. The spa block derived out of the symbolic hand gesture, with spaces in between forming the green court.

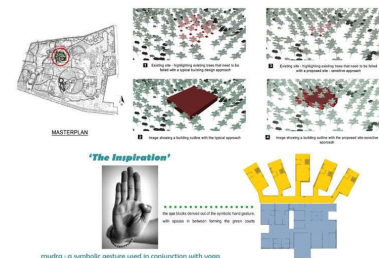


Figure 23 Concept

## 2.2.5 MASTER PLAN



Figure 24 Master Plan

## 2.2.6 SHREYA'S RETREAT DESIGN

- It has 12 accommodations spread over 25 acres of landscaped greenery, water bodies and organic gardens.
- The architecture and the interior are a traditional and modern with consists of the tiled roof, antique doorway and stone pillars.



Figure 25 Spatial Distribution

- The room are well ventilated and well lit, with large windows that combine the nature with built mass.

## 2.2.7 STRUCTURE

- In the garden cottage, the walls are made of brick and the roofing is done by a tensile material giving it a tent like appearance.
- The pillared entrance used both wood and stone on which creepers are laid to provide shade.
- There has been use of vernacular materials like bamboo and thatch as well in the construction of yoga or recreational activity decks.



stone pillar and thatch roof



tensile fabric roof

Figure 26 Material Used

## 2.2.8 SPA BLOCK DESIGN FEATURES

- The area of each room is 55 square meters with the views of the lush green landscaped garden.
- Two indoor Yoga pavilions are present on first floor
- Ingredients used in the scrubs and masks are from their herbal medicinal garden.
- Changing rooms are present separately for men and women with showers, steam, sauna facilities and Jacuzzi
- Semi open seating and waiting areas spaces and zone for meditation.



View of curio shop and massage room



Figure 27 View of Therapy room and Salon



Figure 28 Floor Plan of Spa



Figure 29 Section of Treatment block

## 2.2.9 ACCOMMODATION

### 1. POOL SIDE COTTAGE

- The pool facing villas having the view of pool in between and a central court with a outdoor jacuzzi as well



Figure 30 View of Bedroom, Pool area and bathroom

### 2. 3 Bedroom Cottage

- The cottage is for large group of people or families.
- The cottage has one master bedroom and two small bedrooms with attached toilet and a common, living area having the view of green landscape outside.



Figure 31 View of Living room, Bedroom and Bathroom

### 3. Garden Cottage

- The garden cottage is located in a middle of a garden surfaced with a tented roof having a open air bathroom and a private outdoor seating area.



Figure 32 View of Open Bathroom, Bedroom and Outdoor Seating

### 2.2.10 VEGETATION AND LANDSCAPE

- They have a organic farm of 5 acres and the vegetables grown there will be used to prepare food.
- The ingredients used in the scrubs and masks are from their herbal medicinal garden.
- There are lily pond in the site.
- It consists of many flower bearing plants and trees.

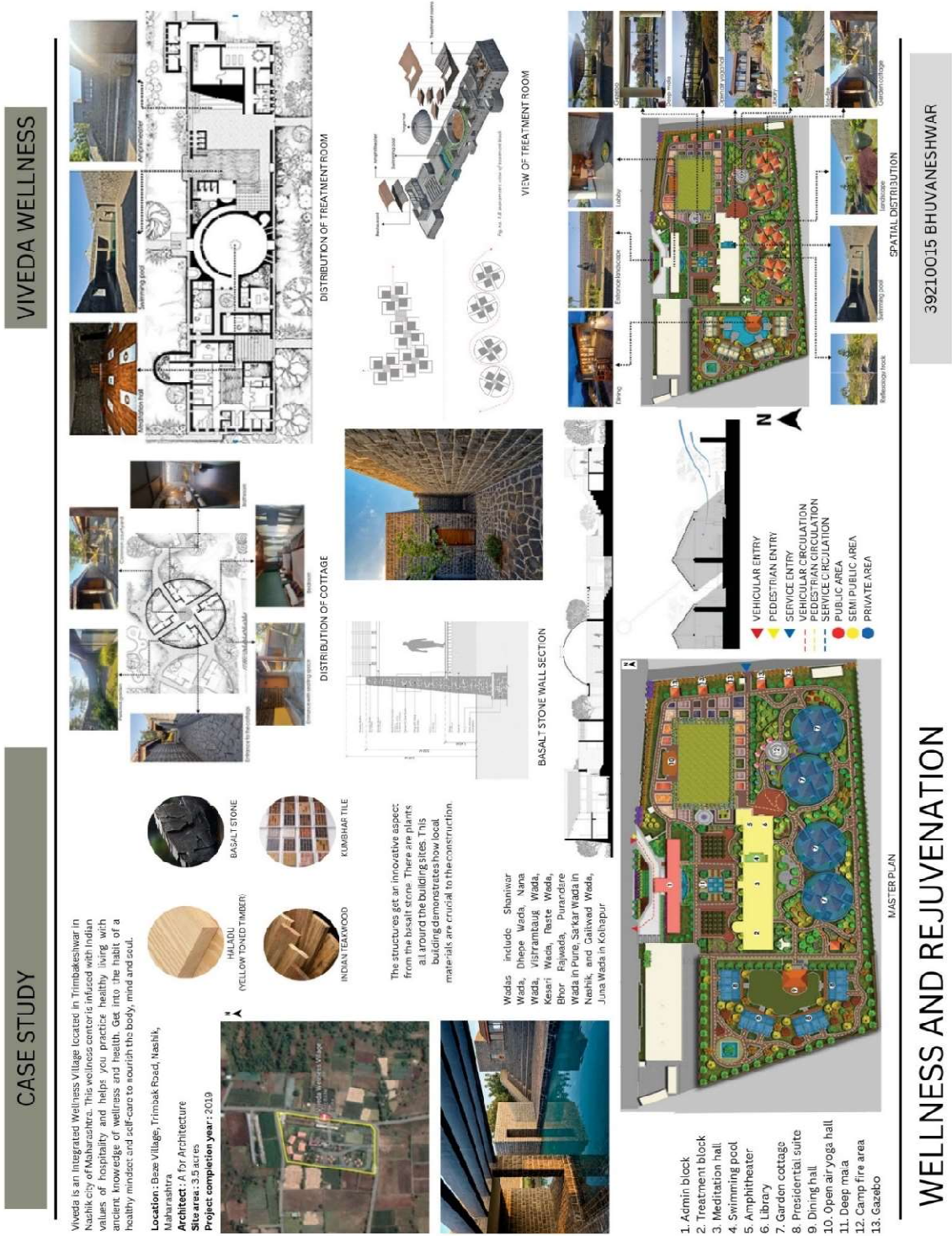


Figure 33 View of Landscape in the Site

### 2.2.11 SERVICES

- For services separate service entry has been designed.
- The LT panels and the transformer yard are placed next to the service entry.
- For water drainage, Channelized drains are place next to the building blocks.
- There is no AHU units as separate air conditioner have been provided in each unit. There has been use of water swells for storm-water drainage.
- The staff and guest areas have been kept separate.

2.3 VIVEDA WELLNESS



2.4 VEDIC VILLAGE

CASE STUDY

Vedic Village is an agrarian community of like-minded people living in rural and organic landscape. It consists of 200 acres of land area developed as organic farms. Besides the farms, which are individually owned but centrally managed, the center comprises of a resort and nature health care center. It also has a club for activities and games. These facilities are open to the farm owners, tourists living in the resort as well as external members of the club.

- Holistic retreat with abundance of greenery away from the hustle of city, scenic waterfront, breath-taking landscape in the lap of nature.
- Vedic village spa & resort is located in Vedic village, which is an agrarian community of like-minded people living in rural and organic landscape.
- It consists of 200 acres of land area developed as organic farms.

**Location:** Shikharpur P.O, Bagu, Newtown, Kolkata, West Bengal  
**Architect:** Rajeev Aggarwal architects  
**Project completion year:** 2006

The efficient utilization of site elements on the site. It is a Traditional house with modern features. The Buildings has a cool temperature because of the bodies of water.

**LEGEND:**

1. ENTRANCE BLOCK
2. DELUXE VILLA
3. EARTH VILLA
4. OUT-DOOR COURT
5. SWIMMING POOL
6. PARKING
7. STP

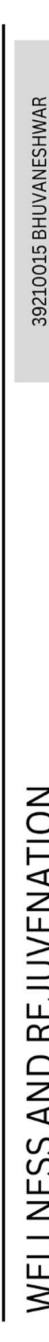
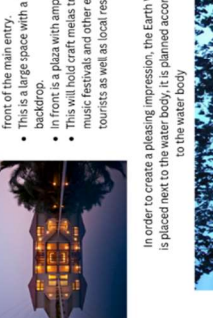


In order to create a pleasing impression, the Earth Villa is placed next to the water body, it is planned according to the water body



The site full of connected with water body

This is a large space with a lake forming the backdrop



VEDIC VILLAGE

WELLNESS AND REJUVENATION

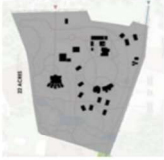
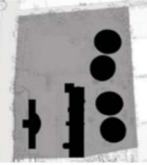
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PLATE 2 Literature study Vedic Village

16

## CHAPTER 3: DATA COLLECTION AND STANDARDS

### COMPARITIVE ANALYSIS

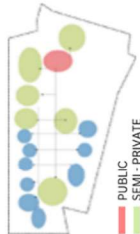
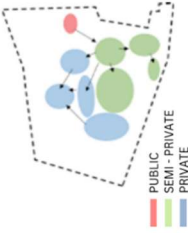
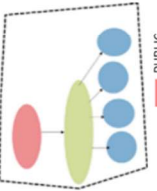
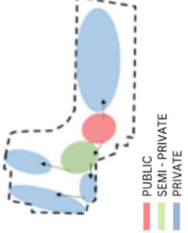
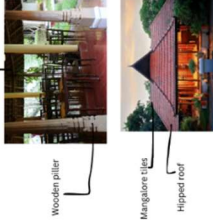
| case studies             | Ayurvedagram, Bangalore                                                                                                                                                                                                                                                                                                                                                                                                   | Shreya's retreat, Bangalore                                                                                                                                                                                                                                                                                                                                                                                        | Viveda wellness retreat, Nashik                                                                                                                                                                                                                                                                                    | Vedic village, Kolkata                                                                                                                                                                                                               |
|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Location                 | Hemandahalli, Samethanahalli Post, Whitefield, Bengaluru, Karnataka.<br>                                                                                                                                                                                                                                                               | Santoshima Farm, Gollahalli Gate, Nelamangala, Bengaluru, Karnataka.<br>                                                                                                                                                                                                                                                         | Beze Village, Trimbak Road, Nashik, Maharashtra.<br>                                                                                                                                                                              | Shikharpur P.O, Bagu, Newtown, Kolkata, West Bengal.<br>                                                                                            |
| Architect                | Cyriac Joseph T.M                                                                                                                                                                                                                                                                                                                                                                                                         | Purple Ink Studio                                                                                                                                                                                                                                                                                                                                                                                                  | A for Architecture                                                                                                                                                                                                                                                                                                 | Rajeev Agarwal architects                                                                                                                                                                                                            |
| Site Area                | 7 acres                                                                                                                                                                                                                                                                                                                                                                                                                   | 26 Acres                                                                                                                                                                                                                                                                                                                                                                                                           | 3.5 acres                                                                                                                                                                                                                                                                                                          | 18 acres                                                                                                                                                                                                                             |
| Built Up Area            | 1454 sqm                                                                                                                                                                                                                                                                                                                                                                                                                  | 1858 sqm                                                                                                                                                                                                                                                                                                                                                                                                           | 3,664 sqm                                                                                                                                                                                                                                                                                                          | 755 sqm                                                                                                                                                                                                                              |
| Number of Users          | 200                                                                                                                                                                                                                                                                                                                                                                                                                       | 45                                                                                                                                                                                                                                                                                                                                                                                                                 | 100                                                                                                                                                                                                                                                                                                                | 126                                                                                                                                                                                                                                  |
| Built and Unbuilt Spaces |  <ul style="list-style-type: none"><li>It has a balance of built and unbuilt spaces.</li><li>Open spaces are known to have a calming effect on the mind and can help reduce stress and anxiety.</li><li>Exposure to natural sunlight and fresh air can improve mental well-being.</li></ul> <p>Legend: <br/>● BUILT<br/>○ UN-BUILT</p> |  <ul style="list-style-type: none"><li>The site has a 5 acres of farmland and has a lot of open spaces.</li><li>The colors and textures of plants and flowers can help create a calming and peaceful environment, enhancing the overall experience of ayurvedic treatments.</li></ul> <p>Legend: <br/>● BUILT<br/>○ UN-BUILT</p> |  <ul style="list-style-type: none"><li>The site has a lot of open spaces with landscape.</li><li>Open spaces provide better air quality, which is essential for good health.</li></ul> <p>Legend: <br/>● BUILT<br/>○ UN-BUILT</p> |  <ul style="list-style-type: none"><li>The site has natural ponds and lake and greener around.</li></ul> <p>Legend: <br/>● BUILT<br/>○ UN-BUILT</p> |
| Topography               | The site has a contour of 6m.                                                                                                                                                                                                                                                                                                                                                                                             | The site has a contour of 15m.                                                                                                                                                                                                                                                                                                                                                                                     | This site has a contour of 20m.                                                                                                                                                                                                                                                                                    | This site has a contour of 5m.                                                                                                                                                                                                       |
| Surrounding Land Use     | Surrounded by residential and agricultural area.                                                                                                                                                                                                                                                                                                                                                                          | Predominantly agricultural area                                                                                                                                                                                                                                                                                                                                                                                    | Surrounded by residential and agricultural area.                                                                                                                                                                                                                                                                   | Predominantly surrounded by residential area, with greenery around.                                                                                                                                                                  |

### WELLNESS AND REJUVENATION

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PLATE 3 COMPARITIVE ANALYSIS

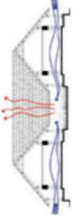
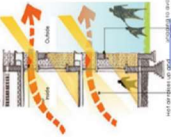
## COMPARITIVE ANALYSIS

| case studies         | Ayurvedagram, Bangalore                                                                                                                                                                                                                                                                                                                                                                            | Shreya's retreat, Bangalore                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Viveda wellness retreat, Nashik                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Vedic village, Kolkata                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Inference                                                                                                                                                                 |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Zoning</b>        |  <ul style="list-style-type: none"> <li>Public spaces are placed in such a way to access easily.</li> <li>Semi-private space segregates the public and private spaces.</li> <li>Private spaces are given maximum privacy.</li> </ul>                                                                            |  <ul style="list-style-type: none"> <li>Public spaces are easily accessible.</li> <li>Semi-private space segregates the public and private spaces.</li> <li>Private spaces are given privacy to the users.</li> </ul>                                                                                                                                                                                                                                                                                              |  <ul style="list-style-type: none"> <li>Public spaces are placed in the front that is access by all.</li> <li>Semi-private space segregates the public and private spaces.</li> <li>Private spaces are given maximum privacy.</li> </ul>                                                                                                                                                                                                                                                                                                                                                             |  <ul style="list-style-type: none"> <li>Public spaces are easily accessible.</li> <li>Semi-private space segregates the public and private spaces.</li> <li>Private spaces are given privacy to the users.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                            | <p>Site should be zoned as public, semi-public and private spaces and this will provide privacy to the private zones.</p>                                                 |
| <b>Circulation</b>   |  <ul style="list-style-type: none"> <li>Vehicular access is restricted inside the site.</li> <li>Pedestrian access is given throughout the site.</li> </ul>                                                                                                                                                     |  <ul style="list-style-type: none"> <li>Vehicular access is restricted inside the site.</li> <li>Pedestrian access is given throughout the site.</li> </ul>                                                                                                                                                                                                                                                                                                                                                        |  <ul style="list-style-type: none"> <li>Vehicular access is restricted inside the site to reduce noise level.</li> <li>Pedestrian access is given throughout the site.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                    |  <ul style="list-style-type: none"> <li>Vehicular circulation in the site must be restricted in the site to reduce noise levels.</li> <li>Separate service entry should be provided which does not disturb the guests.</li> <li>The circulation should be designed to minimize vehicular traffic within the site, and the road network should be well-defined and easy to navigate.</li> <li>Placing the sign board helps the guest to keep them in their track.</li> </ul>                                                                                                                                                      |                                                                                                                                                                           |
| <b>Material Used</b> |  <ul style="list-style-type: none"> <li>Mangalore tiles, red oxide, terracotta tiles, brick masonry, timber paneling.</li> <li>There is extensive use of teakwood and rosewood.</li> <li>Hipped roof is also extensively used in the site. This consists of mangalore tiles and wooden frame work.</li> </ul> |  <ul style="list-style-type: none"> <li>The walls are made of brick and the roofing is done by a tensile material giving it a tent like appearance.</li> <li>The pillared entrance used both wood and stone on which creepers are laid to provide shade.</li> <li>There has been use of vernacular materials like bamboo and thatch as well in the construction of yoga or recreational activity decks.</li> <li>Glass is used as material to provide transparency between the interiors and nature.</li> </ul> |  <ul style="list-style-type: none"> <li>Basalt stone, available in plenty in the region, is hand-quarried, chiseled and fitted on site by the stonemasons.</li> <li>Clay pot tiles, which are used for roofing are made by a kumbhar (from the potter community) using the traditional methods.</li> <li>There are two kinds of timber that are used in this region: 1) Haldi (yellow toned timber) - This is primarily used for the roofing system and columns in certain spaces. 2) Upcycled Wood - Indian teakwood, salvaged from 100 to 150 old dilapidated buildings in the region</li> </ul> |  <ul style="list-style-type: none"> <li>Bamboo - Used for the construction of huts and other traditional buildings.</li> <li>Clay - Used for the construction of mud houses and for making earthenware items.</li> <li>Stone - Used for the construction of walls, pathways, and for landscaping.</li> <li>Timber - Used for the construction of traditional buildings, furniture, and doors.</li> <li>Terracotta - Used for roof tiles, roofing, and decorative elements.</li> <li>Glass - Used for windows, mirrors, and other decorative items.</li> <li>Metal - Used for roofing, gates, and other metal works.</li> </ul> | <ul style="list-style-type: none"> <li>Using locally available materials showcases the culture.</li> <li>The building should complement the area of your town.</li> </ul> |

## WELLNESS AND REJUVENATION

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## COMPARITIVE ANALYSIS

| CASE STUDIES                    | Ayurvedagram, Bangalore                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Shreya's retreat, Bangalore                                                                                                                                                                                                                                                                                                                                                                                                                         | Viveda wellness retreat, Nashik                                                                                                                                                                                                                                                                                                                                                                                                                                                | Vedic village, Kolkata                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Inference                                                                                                                                                                                                                      |
|---------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Lighting and Ventilation</b> |  <ul style="list-style-type: none"> <li>The center is located in a lush green environment that provides ample natural light and fresh air.</li> <li>The center has large windows that allow plenty of sunlight to enter the rooms, promoting a healthy and peaceful environment.</li> <li>Central courtyards help provide sufficient light and ventilation to the building.</li> </ul> |  <ul style="list-style-type: none"> <li>Jali screen regulates air, diffuses light and provides shading and privacy.</li> </ul>                                                                                                                                                                                                                                   |  <ul style="list-style-type: none"> <li>Evaporative cooling with the help of vegetation and watering in the cottage courtyard.</li> <li>There is ample amount of light and ventilation due to large windows.</li> </ul>                                                                                                                                                                       |  <ul style="list-style-type: none"> <li>The villas are around the water bodies and these help keep the rooms cool.</li> <li>Large openings helps provide sufficient amount of natural light and ventilation.</li> </ul>                                                                                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>Proper light and ventilation is most necessary in the buildings.</li> <li>Courtyards can help in providing good light and ventilation as well as help keep the place cooler.</li> </ul> |
| <b>Vegetation</b>               |  <ul style="list-style-type: none"> <li>The center is surrounded by lush green vegetation, which provides a peaceful and rejuvenating atmosphere.</li> <li>The vegetation includes Neem trees, aloe Vera, Coconut trees, Tulsi (Holy Basil) and other medicinal plants.</li> </ul>                                                                                                     | <ul style="list-style-type: none"> <li>Water Conservation,</li> <li>Native &amp; Medicinal Plants,</li> <li>Created Bio-Swales, Ponds for recharging ground water, and a low intensive Landscape. One can help dig up and prepare vegetables from the organic garden and serve lunch to children at the local orphanage (built with guest donations).</li> </ul>  | <ul style="list-style-type: none"> <li>Viveda Wellness Retreat is surrounded by lush vegetation that provides a peaceful environment for guests.</li> <li>The vegetation includes a variety of trees, shrubs, and plants that are native to the area, such as palm tree, banyan trees, hibiscus, bougainvillea, and roses.</li> <li>There are no fruit bearing trees in the site.</li> </ul>  | <ul style="list-style-type: none"> <li>The resort is surrounded by dense vegetation, including trees like coconut palms, mango, and banana.</li> <li>The landscape also features beautiful water bodies, such as ponds and lakes, that add to the overall tranquility of the place.</li> <li>The gardens and lawns at Vedic Village are very well maintained, making them perfect for leisurely walks or outdoor activities.</li> </ul>                                                              | <ul style="list-style-type: none"> <li>Natural vegetation should be kept intact with addition of some medicinal plants and flowering plants can be added.</li> </ul>                                                           |
| <b>Services</b>                 | <ul style="list-style-type: none"> <li>The Travancore rooms has central courtyard where the rainwater is collected</li> <li>4 bore wells and overhead tanks are placed on top of (kuror mana) heritage cottage.</li> <li>Waste disposal: STP for collecting waste water. Wastes are collected by corporation.</li> </ul>                                                                                                                                                  | <ul style="list-style-type: none"> <li>Shreyas Wellness is set amidst lush greenery, and guests can take guided nature walks and hikes to explore the surrounding areas.</li> <li>This is an efficient way to connect with nature, reduce stress, and improve physical fitness.</li> </ul>                                                                                                                                                          | <ul style="list-style-type: none"> <li>Segregation of waste at source to ensure that it is appropriately disposed.</li> <li>Organic waste generated is composted to produce nutrient-rich compost that can be used in the gardens and landscaping.</li> <li>Rainwater harvesting systems to collect rainwater for use in landscaping</li> </ul>                                                                                                                                | <ul style="list-style-type: none"> <li>The resort has implemented a system of segregation of waste at the source.</li> <li>Vermicomposting units converts biodegradable waste into nutrient-rich compost.</li> <li>The resort has implemented a rainwater harvesting system that collects rainwater and recharges groundwater.</li> <li>The resort has a sewage treatment plant that treats sewage and recycles it for gardening and flushing.</li> <li>Use of natural water bodies: The resort has a natural water body, and water is extracted from it for various uses.</li> </ul> |                                                                                                                                                                                                                                |

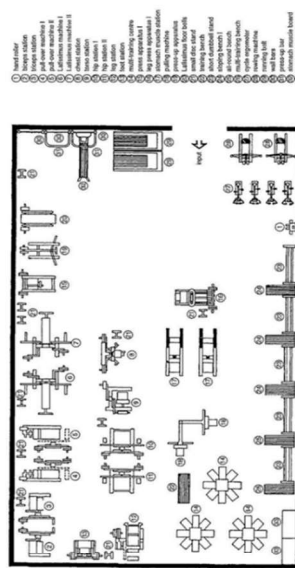
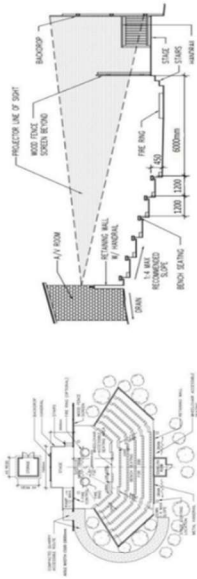
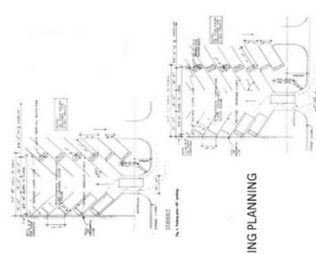
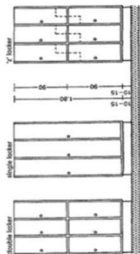
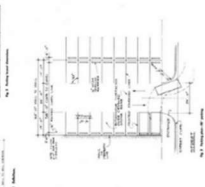
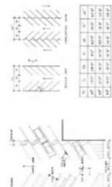
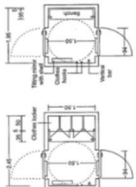
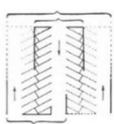
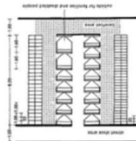
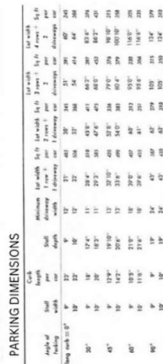
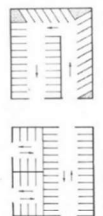
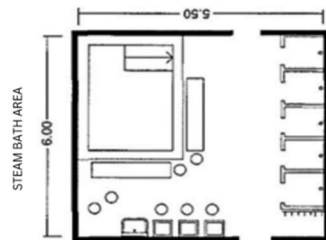
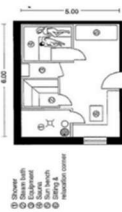
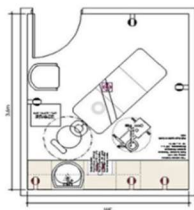
## WELLNESS AND REJUVENATION

39210015 BHUVANESHWAR

PLATE 5 COMPARITIVE ANALYSIS

## STANDARDS

NABH is a constituent board for quality Council of India, set up to establish and operate accreditation program for healthcare organization. NABH was established in year 2006. This standard consists of stringent 600 plus objective elements for the hospital to achieve in order to get the NABH accreditation.



| PARKING LAYOUT STANDARD DIMENSIONS                                                                                                                                                                                                                                                                                                                                                                         |           |           |            |                  |           |            |           |           |            |                  |           |            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|------------|------------------|-----------|------------|-----------|-----------|------------|------------------|-----------|------------|
| External space (area) = (width of parking space) × (number of parking spaces) × (depth of parking space) × (number of parking spaces) × (number of parking spaces) × (number of parking spaces) × (number of parking spaces) × (number of parking spaces) × (number of parking spaces) × (number of parking spaces) × (number of parking spaces) × (number of parking spaces) × (number of parking spaces) |           |           |            |                  |           |            |           |           |            |                  |           |            |
| Depth of parking space (m)                                                                                                                                                                                                                                                                                                                                                                                 | Standard  |           |            | 18.75 m × 8.00 m |           |            | Standard  |           |            | 18.75 m × 8.00 m |           |            |
|                                                                                                                                                                                                                                                                                                                                                                                                            | Width (m) | Depth (m) | Area (sqm) | Width (m)        | Depth (m) | Area (sqm) | Width (m) | Depth (m) | Area (sqm) | Width (m)        | Depth (m) | Area (sqm) |
| 1                                                                                                                                                                                                                                                                                                                                                                                                          | 1.00      | 0.50      | 0.50       | 1.00             | 0.50      | 0.50       | 1.00      | 0.50      | 0.50       | 1.00             | 0.50      | 0.50       |
| 2                                                                                                                                                                                                                                                                                                                                                                                                          | 1.00      | 1.00      | 1.00       | 1.00             | 1.00      | 1.00       | 1.00      | 1.00      | 1.00       | 1.00             | 1.00      | 1.00       |
| 3                                                                                                                                                                                                                                                                                                                                                                                                          | 1.00      | 1.50      | 1.50       | 1.00             | 1.50      | 1.50       | 1.00      | 1.50      | 1.50       | 1.00             | 1.50      | 1.50       |
| 4                                                                                                                                                                                                                                                                                                                                                                                                          | 1.00      | 2.00      | 2.00       | 1.00             | 2.00      | 2.00       | 1.00      | 2.00      | 2.00       | 1.00             | 2.00      | 2.00       |
| 5                                                                                                                                                                                                                                                                                                                                                                                                          | 1.00      | 2.50      | 2.50       | 1.00             | 2.50      | 2.50       | 1.00      | 2.50      | 2.50       | 1.00             | 2.50      | 2.50       |
| 6                                                                                                                                                                                                                                                                                                                                                                                                          | 1.00      | 3.00      | 3.00       | 1.00             | 3.00      | 3.00       | 1.00      | 3.00      | 3.00       | 1.00             | 3.00      | 3.00       |
| 7                                                                                                                                                                                                                                                                                                                                                                                                          | 1.00      | 3.50      | 3.50       | 1.00             | 3.50      | 3.50       | 1.00      | 3.50      | 3.50       | 1.00             | 3.50      | 3.50       |
| 8                                                                                                                                                                                                                                                                                                                                                                                                          | 1.00      | 4.00      | 4.00       | 1.00             | 4.00      | 4.00       | 1.00      | 4.00      | 4.00       | 1.00             | 4.00      | 4.00       |
| 9                                                                                                                                                                                                                                                                                                                                                                                                          | 1.00      | 4.50      | 4.50       | 1.00             | 4.50      | 4.50       | 1.00      | 4.50      | 4.50       | 1.00             | 4.50      | 4.50       |
| 10                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 5.00      | 5.00       | 1.00             | 5.00      | 5.00       | 1.00      | 5.00      | 5.00       | 1.00             | 5.00      | 5.00       |
| 11                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 5.50      | 5.50       | 1.00             | 5.50      | 5.50       | 1.00      | 5.50      | 5.50       | 1.00             | 5.50      | 5.50       |
| 12                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 6.00      | 6.00       | 1.00             | 6.00      | 6.00       | 1.00      | 6.00      | 6.00       | 1.00             | 6.00      | 6.00       |
| 13                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 6.50      | 6.50       | 1.00             | 6.50      | 6.50       | 1.00      | 6.50      | 6.50       | 1.00             | 6.50      | 6.50       |
| 14                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 7.00      | 7.00       | 1.00             | 7.00      | 7.00       | 1.00      | 7.00      | 7.00       | 1.00             | 7.00      | 7.00       |
| 15                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 7.50      | 7.50       | 1.00             | 7.50      | 7.50       | 1.00      | 7.50      | 7.50       | 1.00             | 7.50      | 7.50       |
| 16                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 8.00      | 8.00       | 1.00             | 8.00      | 8.00       | 1.00      | 8.00      | 8.00       | 1.00             | 8.00      | 8.00       |
| 17                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 8.50      | 8.50       | 1.00             | 8.50      | 8.50       | 1.00      | 8.50      | 8.50       | 1.00             | 8.50      | 8.50       |
| 18                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 9.00      | 9.00       | 1.00             | 9.00      | 9.00       | 1.00      | 9.00      | 9.00       | 1.00             | 9.00      | 9.00       |
| 19                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 9.50      | 9.50       | 1.00             | 9.50      | 9.50       | 1.00      | 9.50      | 9.50       | 1.00             | 9.50      | 9.50       |
| 20                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 10.00     | 10.00      | 1.00             | 10.00     | 10.00      | 1.00      | 10.00     | 10.00      | 1.00             | 10.00     | 10.00      |
| 21                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 10.50     | 10.50      | 1.00             | 10.50     | 10.50      | 1.00      | 10.50     | 10.50      | 1.00             | 10.50     | 10.50      |
| 22                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 11.00     | 11.00      | 1.00             | 11.00     | 11.00      | 1.00      | 11.00     | 11.00      | 1.00             | 11.00     | 11.00      |
| 23                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 11.50     | 11.50      | 1.00             | 11.50     | 11.50      | 1.00      | 11.50     | 11.50      | 1.00             | 11.50     | 11.50      |
| 24                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 12.00     | 12.00      | 1.00             | 12.00     | 12.00      | 1.00      | 12.00     | 12.00      | 1.00             | 12.00     | 12.00      |
| 25                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 12.50     | 12.50      | 1.00             | 12.50     | 12.50      | 1.00      | 12.50     | 12.50      | 1.00             | 12.50     | 12.50      |
| 26                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 13.00     | 13.00      | 1.00             | 13.00     | 13.00      | 1.00      | 13.00     | 13.00      | 1.00             | 13.00     | 13.00      |
| 27                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 13.50     | 13.50      | 1.00             | 13.50     | 13.50      | 1.00      | 13.50     | 13.50      | 1.00             | 13.50     | 13.50      |
| 28                                                                                                                                                                                                                                                                                                                                                                                                         | 1.00      | 14.00     | 14.00      | 1.00             | 14.00     | 14.00      | 1.00      | 14.00     | 14.00      | 1.00             | 14.00     | 14.00      |

- AT LEAST 1-2% OF ROOMS (PREFERRED ON GROUND FLOOR)
- Bathrooms:
  - a) CENTRAL TURNING SPACE - 1.52M
  - b) WIDTH - 2.75M
  - c) VENTILATION - 0.86M<sup>2</sup> HIGH
- Bedrooms:
  - a) width - 3.65 m
  - b) space between beds and furniture - 0.910m
  - c) beds - 0.450 - 0.500m high (with toe space)
  - d) eye level for wheelchair - 1.071-1.37m
  - e) low window sills - preferred
- Corridors - 0.915M
- Doors - 0.815M (CLEAR OPENING)
- Ramps - 120

D) KNEE SPACE- 0.685M E) TOILET SEAT HEIGHT - 0.430M  
E) GRAB BARS -TO BE PROVIDED ON HEADWALL AND SIDES

## PARKING LAYOUT STANDARD DIMENSIONS

Exterior open spaces / setbacks in Percentage (minimum) for residential, commercial, public and

| Depth of | Residential<br>Minimum in | T & T, P U & public<br>Commercial | Width of site | Residential<br>Minimum in |
|----------|---------------------------|-----------------------------------|---------------|---------------------------|
|----------|---------------------------|-----------------------------------|---------------|---------------------------|

[illegible]

| 1.     | 2.   | 3. | 4.   | 5. | 6.   | 7. | 8.     | 9. | 10.  |
|--------|------|----|------|----|------|----|--------|----|------|
| Upto 6 | 1.00 | 0  | 1.00 | 0  | 1.50 | 0  | Upto 6 | 0  | 1.00 |

|                   |      |      |      |   |      |      |                   |      |      |
|-------------------|------|------|------|---|------|------|-------------------|------|------|
| Over 6<br>Up to 9 | 1.00 | 1.00 | 1.00 | 0 | 1.00 | 1.00 | Over 6<br>Up to 9 | 1.00 | 1.00 |
|-------------------|------|------|------|---|------|------|-------------------|------|------|

|                    |      |      |      |      |      |                    |      |      |
|--------------------|------|------|------|------|------|--------------------|------|------|
| Over 9<br>Up to 12 | 1.00 | 1.00 | 1.50 | 2.00 | 1.50 | Over 9<br>Up to 12 | 1.00 | 1.00 |
|--------------------|------|------|------|------|------|--------------------|------|------|

|          |      |      |      |      |      |
|----------|------|------|------|------|------|
| Over 12  | 1.50 | 1.00 | 2.00 | 1.50 | 2.00 |
| Up to 18 |      |      |      |      |      |

|          |      |      |      |      |      |          |      |      |
|----------|------|------|------|------|------|----------|------|------|
| Over 18  | 2.00 | 1.50 | 3.00 | 2.50 | 3.00 | Over 18  | 2.00 | 3.00 |
| Up to 24 |      |      |      |      |      | Up to 24 |      |      |

|         |      |      |      |      |      |      |         |
|---------|------|------|------|------|------|------|---------|
| Over 24 | 2.50 | 2.00 | 3.50 | 3.00 | 4.00 | 3.00 | Over 24 |
|         |      |      |      |      |      |      | 2.50    |
|         |      |      |      |      |      |      | 3.00    |

## FOOTBATH LAYOUT

SETBACKS IN PERCENTAGE

SYM IAYOIT AND EQUIPMENTS

# WELLNESS AND REJUVENATION

39210015 BHUVANESHWAR

## CHAPTER 4: SITE ANALYSIS

### 4.1 SITE STUDY



SITE : HOSUR

SITE COORDINATE : 12°45'02"N 77°50'05"E

SITE AREA : 35,166.24 m<sup>2</sup>

- A SITE THAT HAS A GREAT SERENE TOUCH, WITH WILDERNESS AND GREENERY IN TOUCH.
- HOSUR HAS THE GOOD CLIMATIC CONDITION.
- NORTH SIDE OF THE SITE HAS BACK WATER RIVER.
- HAVE BASIC AMENITIES NEAR BY.
- PREFERABLY NEAR TOURIST ATTRACTION SO THAT PEOPLE KNOW ABOUT FACILITY AND COULD COME VISIT.
- THE SITE SHOULD BE EASILY ACCESSIBLE AND APPROAHABLE.

North facing of site is towards Bagalur. And next to the site there is an stream.

South facing of site is Hosur city. And the west and east side of the sides are surrounded by residential house

## SITE ANALYSIS

## PLATE 7 SITE ANALYSIS

## 39210015 BHUVANESHWAR

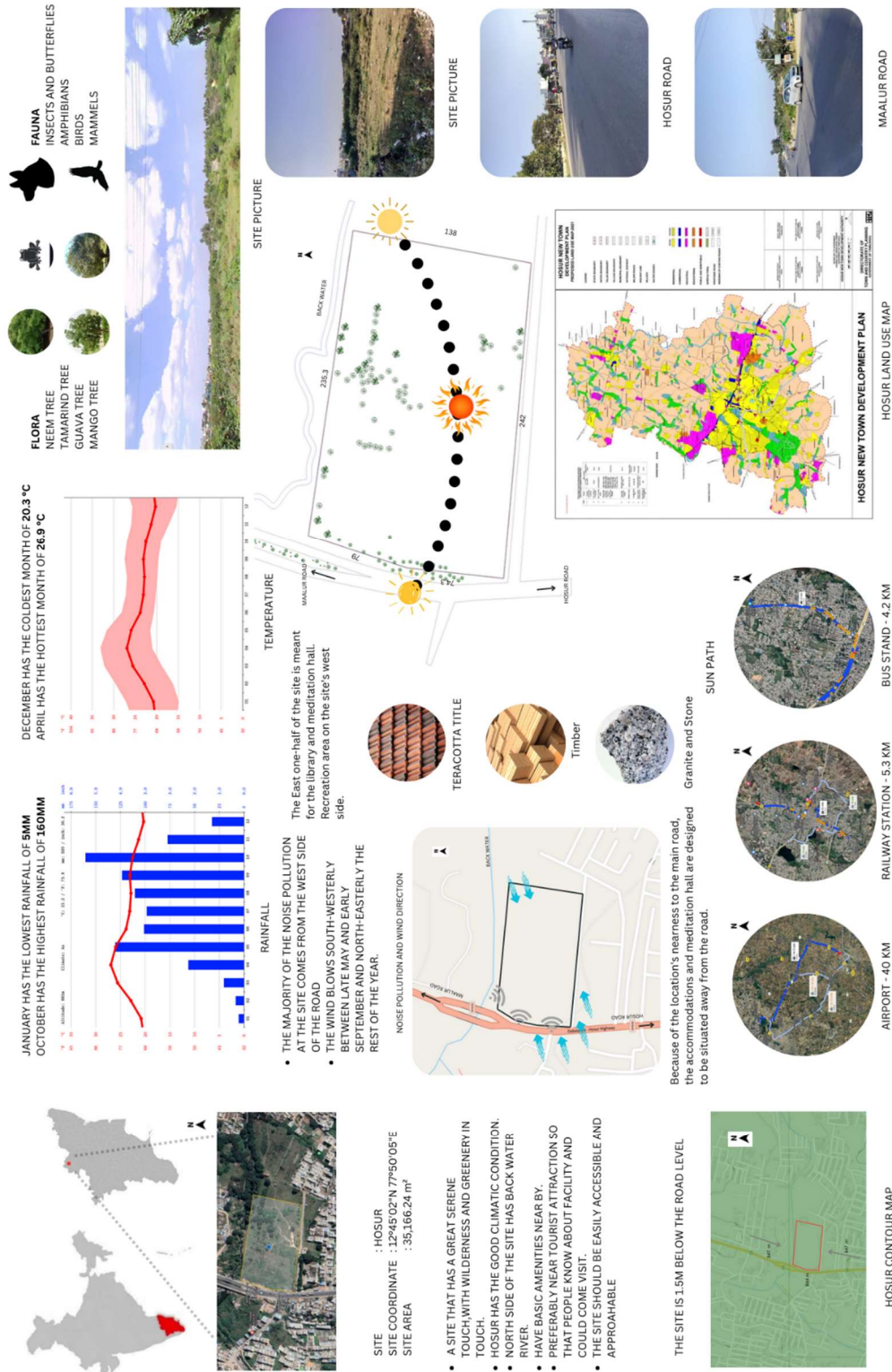


PLATE 8 SPATIAL REQUIREMENTS

| S.NO | REQUIREMENT                                                    | NO.OF. OCCUPANTS | QUANTITY | AREA (Sq.M) |
|------|----------------------------------------------------------------|------------------|----------|-------------|
| K    | Library                                                        |                  | 1        | 195         |
| L    | Accommodation<br>Type I- Specially oblied /<br>senior citizens |                  | 12       | 1032        |
| 1    |                                                                |                  |          |             |
| 2    | Doctor's quarters                                              |                  | 5        | 534         |
|      | TOTAL                                                          |                  |          | 1566        |
| M    |                                                                | Restaurant       |          |             |
| 1    | Dining                                                         | 50<br>people     | 2        | 430         |
| 2    | Kitchen                                                        |                  | 1        | 70          |
| 3    | Store                                                          |                  | 1        | 40          |
|      | TOTAL                                                          |                  |          | 540         |
| N    |                                                                | House keeping    |          |             |
| 1    | Store                                                          |                  | 1        | 20          |
| 2    | Linen room                                                     |                  | 1        | 20          |
|      | TOTAL                                                          |                  |          | 40          |
| O    |                                                                | Recreation       |          |             |
| 1    | Gym                                                            | 20<br>people     | 1        | 125         |
| 2    | Indoor game room                                               |                  | 1        | 85          |
|      | TOTAL                                                          |                  |          | 210         |
| P    | Herbal garden                                                  |                  |          | 250         |
| Q    | Gazebo                                                         |                  | 4        | 56          |
| R    | Parking                                                        | 15               |          | 300         |
|      | GRAND TOTAL AREA                                               |                  |          | 8686.5      |

| S.NO | REQUIREMENT    | NO.OF. OCCUPANTS | QUANTITY | AREA (Sq.M) |
|------|----------------|------------------|----------|-------------|
| F    |                | Hydro therapy    |          |             |
| 1    | Storage room   |                  | 1        | 4x18        |
| 2    | Locker room    |                  |          |             |
| 3    | Sauna room     | 4 people         | 1        | 4x23        |
|      | TOTAL          |                  |          | 164         |
| G    |                | Mud Therapy      |          |             |
| 1    | Treatment room |                  | 4        | 50          |
| 2    | Storage room   |                  | 1        | 12          |
|      | TOTAL          |                  |          | 62          |

|   |                 |                  |   |     |
|---|-----------------|------------------|---|-----|
| H |                 | Yoga/ meditation |   |     |
| 1 | Reception lobby | 1+6              |   | 20  |
| 2 | Meditation area |                  | 1 | 160 |
| 3 | Hall            | 50 people        | 1 | 175 |
| 4 | Toilets         |                  | 2 | 35  |
|   | TOTAL           |                  |   | 390 |
| I |                 | Diet therapy     |   |     |
| 1 | Juice center    | 25 people        | 1 | 50  |
| J |                 | Swimming pool    |   |     |
| 1 | Pool area       |                  |   | 400 |
|   | TOTAL           |                  |   | 400 |

| S.NO | REQUIREMENT     | NO.OF. OCCUPANTS | QUANTITY | AREA (Sq.M) |
|------|-----------------|------------------|----------|-------------|
| A    | Security Cabin  |                  | 2        | 6           |
| B    |                 | Admin Block      |          |             |
| 1    | Foyer           |                  |          | 60          |
| 2    | Reception       | 3 + 3            |          | 40          |
| 3    | Waiting Area    | 25 people        | 1        | 60          |
| 4    | Office Area     | 3 people         | 3        | 53          |
| 5    | Record Room     |                  | 1        | 22.5        |
| 6    | Director's Room | 1 + 3            | 1        | 18          |
| 7    | Managers Room   | 1 + 3            | 1        | 18          |
| 8    | Conference Hall | 14 people        | 1        | 200         |
| 9    | Toilet          |                  | 4        | 25          |
| 10   | Store           |                  |          | 16          |
|      | TOTAL           |                  |          | 512.5       |

| S.NO | REQUIREMENT       | NO.OF. OCCUPANTS | QUANTITY | AREA (Sq.M) |
|------|-------------------|------------------|----------|-------------|
| C    |                   | Treatment Block  |          |             |
| 1    | Reception Lobby   | 3 + 3            |          | 20          |
| 2    | Waiting Area      | 5 people         |          | 20          |
| 3    | Consultation Room |                  | 2        | 40          |
| 4    | Store             |                  | 1        | 12          |
| 5    | Toilet            |                  | 2        | 25          |
|      | TOTAL             |                  |          | 133         |
| D    |                   | Panchakarma Room |          |             |
| 1    | Treatment room    |                  | 4        | 72          |
| 2    | Changing room     |                  | 6        | 20          |
| 3    | Storage room      |                  | 1        | 12          |
|      | TOTAL             |                  |          | 104         |
| E    |                   | Massage room     |          |             |
| 1    | Treatment room    |                  | 4        | 72          |
| 2    | Storage room      |                  | 1        | 12          |
|      | TOTAL             |                  |          | 84          |

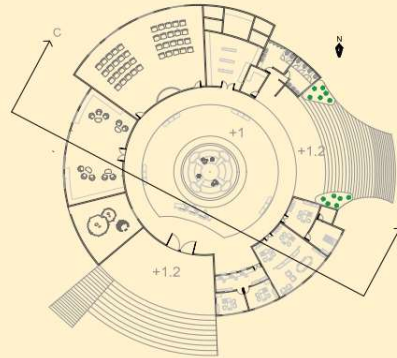
## CHAPTER 5: ARCHITECTURAL DESIGN



**PLATE 9 SITE PLAN**



## PLAN



## ADMIN

Adjacent to the balcony, the hall is located. The seating arrangement suggests a comfortable and social area. The balcony area features three seating arrangements and is surrounded by plants. It provides an open space with a natural feel, connected to the hall, there's a wardrobe area. It serves as storage for clothing and personal items. And has an Attached-toilet. The circular layout adds uniqueness to the design, and the inclusion of plants enhances the overall ambience.

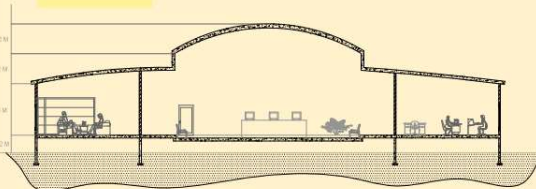
Circular designs evoke a sense of harmony and balance. The absence of sharp corners creates a fluid, pleasing visual experience. Circular layouts maximize usable space. There are no awkward corners or wasted areas. Radial arrangements around a central point allow for efficient circulation and easy access to different zones within the building. Proper ventilation is facilitated by the circular layout, reducing reliance on mechanical systems. Circular architecture aligns with the principles of a circular economy.

The central part of the structure is a large, open circular space. It could be an atrium and communal area. Intricate designs within this circle suggest decorative flooring. Meeting area is for the staffs and doctor. Library is for the visitors to spent the time and know about the Ayurvedic important. Locker and dressing room is for the staffs to change dress. Office space is for to maintain the date of the spa.

Ayurvedic spa hotels often blend seamlessly with their surroundings. Architecture responds to the natural landscape, incorporating views, light, and fresh air. Courtyards and open spaces are essential for relaxation and meditation. Green pockets, reflecting pools, and herb gardens enhance the healing environment. Natural light floods the interiors, promoting well-being. Treatment rooms are designed for privacy and tranquility. Elements like Ayurvedic massage tables and herbal steam baths are incorporated. Restaurants serve sattvic (pure) food aligned with Ayurvedic principles. Yoga pavilions, meditation spaces, and Ayurvedic consultation rooms are integral.

Ayurvedic design emphasizes balance and harmony in creating spaces. Flow of energy is considered, ensuring a harmonious balance with nature. Ayurvedic principles advocate for using natural materials like wood, stone, and clay. Orientation, layout, and placement of elements to optimize positive energy flow. Ayurvedic designs create healing environments. Natural light, proper ventilation, and soothing colors promote calmness and rejuvenation. Ayurvedic principles align with biophilic design. Incorporating indoor plants, natural textures, and views of nature enhances overall well-being.

## SECTION



## TREATMENT BLOCK AND RESTAURANT

The treatment room and the Doctor consultation are in the same block for the visitors to find easily. Every treatment room has same equipments for the Therapists. Mud therapy takes place in a partially open space. There is a space between the treatment blocks its a resting area for the visitors and the therapist. And there is a pocket space in the blocks, the pocket space is for ventilation and lighting to the treatment rooms.

The treatment rooms are thoughtfully laid out to serve specific functions. Each room accommodates two chairs and a small table, suggesting spaces for individual or paired treatments. The arrangement promotes privacy and allows practitioners to focus on their clients. The layout ensures a seamless flow of movement within the facility. Corridors connect different areas, making it easy for clients and staff to navigate. The presence of large windows or glass doors brings in abundant natural light. Potted plants add a touch of greenery, enhancing the ambience and promoting relaxation. Clients can transition seamlessly from indoor treatments to outdoor relaxation.

Restaurant has 32 capacity of seating. Near the dining space there is a juice area. It has one kitchen, two storage room and a hand wash area. To load goods there is a loading and unloading area and it has a ramp to access

Treatment rooms are designed as tranquil sanctuaries where guests can escape daily stress. These rooms prioritize airiness and spaciousness. Warm colors, soft lighting, and soothing textures create a sense of calmness. Ayurvedic massage tables and steam boxes offer personalized experiences. Treatment rooms are more than spaces; they are vessels for holistic healing. Large windows allow natural light to flood the dining area. Tables and chairs are thoughtfully arranged, promoting a sense of community. Ayurvedic cuisine emphasizes balance, using fresh ingredients and mindful preparation.

## PLAN



## SECTION

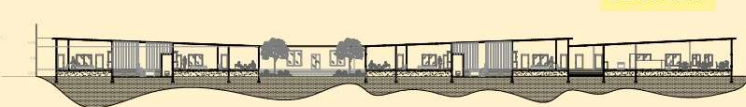
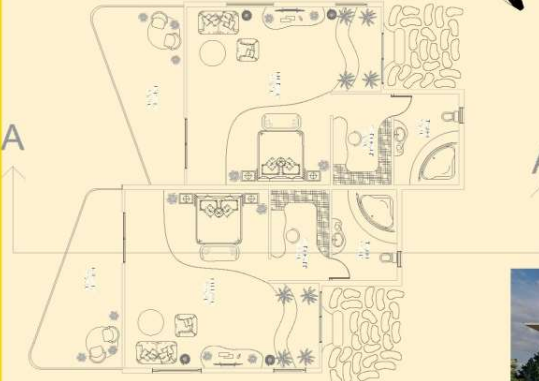


PLATE 10 ADMIN AND TREATMENT BLOCK PLAN AND SECTION

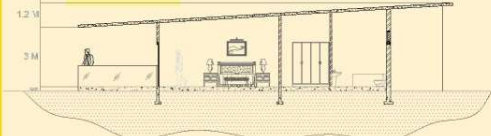


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PLAN



SECTION



ADMIN



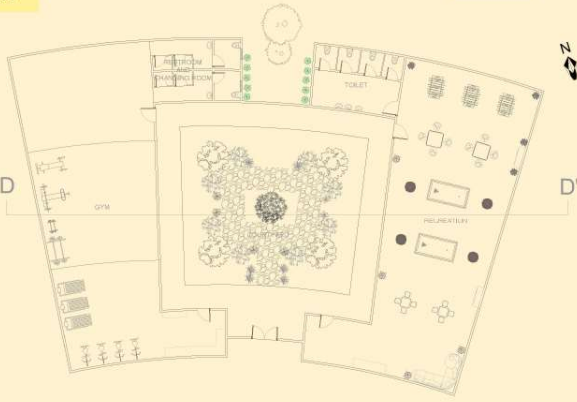
TREATMENT BLOCK AND RESTAURANT

The recreation area is designed for visitors to engage in exercise and play. It caters to various fitness needs, including cardio workouts, strength training, and muscle building. Within the play area, visitors can enjoy billiards, chess, and table football for relaxation. Additionally, there are two spaces between these recreational activities.

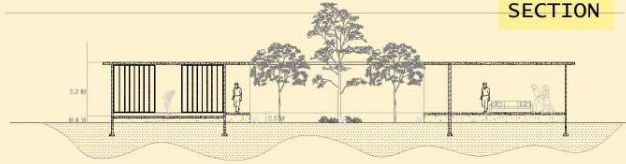
The Accommodation is for the doctors. Each bedroom is a private retreat, offering comfort and functionality. Each bedroom has an attached balcony for fresh air and outdoor relaxation. Adjacent to the bedrooms, there are wardrobes for storage and organization. The design incorporates large windows for natural light and views. Decorative plants in the balcony and hall add a touch of nature. The gym area is sizable, allowing for various exercise routines. Large windows provide natural light, creating an invigorating atmosphere. Views of the central garden enhance the overall ambience. The recreation area offers a place for leisure and socializing. Billiards, chess, and table football encourage relaxation and camaraderie. The central garden serves as a calming oasis, promoting well-being.

The Accommodation is provided for the doctors to stay work in the spa or for the treatment. Spa accommodations are meticulously designed as tranquil retreats. Many accommodation rooms feature attached balconies for fresh air and relaxation. Recreation areas are more than just places to play; they contribute to overall wellness. These games promote relaxation and social interaction. The inclusion of tranquil central gardens allows guests to connect with nature. Spaces are thoughtfully lit to create a calming atmosphere.

PLAN



SECTION

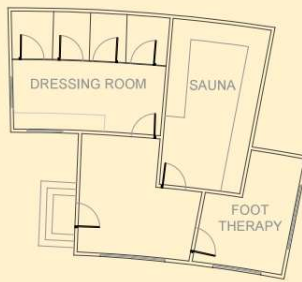


Recreation areas play a crucial role in promoting holistic well-being. These spaces encourage guests to engage in physical activities, such as yoga, swimming, or fitness classes. Recreation areas provide an outlet for stress reduction and relaxation. Guests can connect with others, fostering a sense of community and camaraderie. Many recreation spaces are designed with views of nature, enhancing the overall experience. Accommodations serve as restorative retreats for guests. A good night's sleep is essential for overall wellness, and accommodations prioritize this. Rooms are strategically positioned to allow natural light, promoting a positive mood.

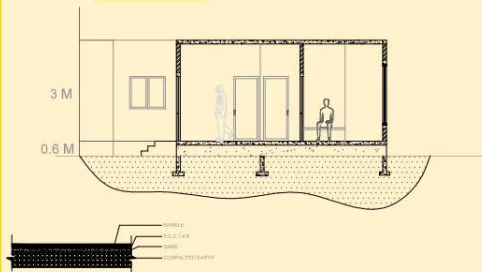
**PLATE 10 DOCTOR ACCOMMODATION AND RECREATION BLOCK PLAN AND SECTION**



## PLAN



## SECTION



Ayurveda, an ancient holistic healing system originating in India over 5,000 years ago, offers a wide array of benefits aimed at promoting overall health and well-being. Rooted in the principles of balance and harmony, Ayurveda emphasizes the connection between body, mind, and spirit. It operates on the belief that health is achieved through a balanced state of the three doshas—Vata, Pitta, and Kapha, which are biological energies found throughout the human body and mind. Personalized treatments, including herbal remedies, dietary changes, and lifestyle practices, are designed to restore this balance and enhance the body's natural healing capabilities.

One of the primary benefits of Ayurveda is its focus on prevention and maintaining health through lifestyle and dietary choices tailored to an individual's constitution. This personalized approach helps to strengthen the immune system, enhance digestion, and promote detoxification. For instance, Ayurvedic dietary guidelines recommend eating foods that are seasonally appropriate and suited to one's dosha type, which can improve digestion and nutrient absorption. Furthermore, Ayurveda encourages daily routines (dinacharya) and seasonal routines (ritucharya) that align with natural cycles, which helps in maintaining harmony and preventing disease.

Ayurveda also offers effective natural remedies for managing chronic conditions and promoting long-term health. Herbal treatments, which are a cornerstone of Ayurvedic practice, utilize the medicinal properties of plants to treat various ailments, such as digestive issues, respiratory conditions, and skin problems. Herbs like turmeric, ginger, and ashwagandha are commonly used for their anti-inflammatory, antioxidant, and adaptogenic properties. Additionally, Ayurvedic therapies such as Panchakarma, a detoxification and rejuvenation process, help to cleanse the body of toxins, improve metabolic function, and restore vitality.

Mental and emotional well-being is another significant aspect of Ayurveda. Practices such as meditation, yoga, and pranayama (breath control) are integral to Ayurvedic healing and are employed to reduce stress, enhance mental clarity, and promote emotional balance. These practices, combined with a holistic lifestyle approach, contribute to a sense of inner peace and resilience against life's challenges. Ayurveda's comprehensive approach to health not only treats physical symptoms but also addresses the underlying causes of imbalance, fostering a holistic state of well-being.

## HYDRO THERAPY

Hydrotherapy, also known as water therapy, is a therapeutic practice that utilizes water in various forms and temperatures to promote health and treat various ailments. This practice has ancient roots, with historical evidence of its use in Greek, Roman, and Egyptian civilizations. Hydrotherapy can involve a range of treatments, including hot and cold baths, steam baths, saunas, foot baths, compresses, and water exercises. The primary principle behind hydrotherapy is the beneficial impact of water on the body, which can enhance blood circulation, alleviate pain, and reduce inflammation.

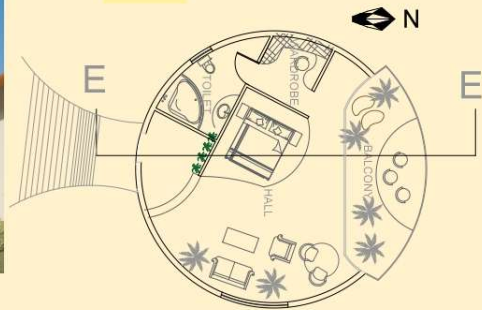
The therapeutic effects of hydrotherapy are largely attributed to water's physical properties—its temperature, pressure, and buoyancy. Hot water treatments help relax muscles, dilate blood vessels, and improve blood flow, which can relieve muscle tension and pain, reduce stiffness in joints, and promote relaxation. Cold water treatments, on the other hand, can constrict blood vessels, reduce swelling and inflammation, and invigorate the body by stimulating the nervous system. Alternating between hot and cold treatments, a method known as contrast hydrotherapy, can further enhance circulation and accelerate the healing process.

Hydrotherapy is widely used in various health settings, from hospitals and rehabilitation centers to wellness spas and at-home practices. It is beneficial for a variety of conditions, including arthritis, chronic pain, sports injuries, and circulatory problems. In rehabilitation, water's buoyancy supports the body and reduces the strain on joints during exercises, making it ideal for physical therapy and recovery from injuries. Additionally, hydrotherapy can have profound mental health benefits. The calming effect of warm water can reduce stress and anxiety, improve sleep quality, and promote a sense of overall well-being.

In summary, hydrotherapy is a versatile and effective treatment modality that harnesses the natural properties of water to support physical and mental health. Its applications range from pain relief and injury recovery to stress reduction and overall wellness, making it a valuable tool in both traditional and modern therapeutic practices.



## PLAN



## SECTION

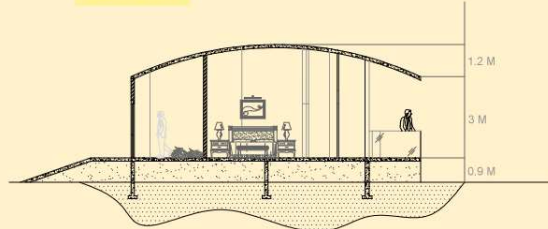


PLATE 11 ACCOMMODATION AND HYDRO THERAPY BLOCK PLAN AND SECTION

## CHAPTER 6: REFERENCE

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