

UNIVERSAL CENTER FOR WELLNESS

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

By

R.Sruthi
(3621079)



**DEPARTMENT OF ARCHITECTURE SCHOOL OF BUILDING AND
ENVIRONMENT**

SATHYABAMA

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

Accredited with Grade "A" by NAAC

JEPPIAAR NAGAR, RAJIV GANDHI SALAI, CHENNAI - 600 119



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Chennai – 600 119 www.sathyabama.ac.in



DEPARTMENT OF ARCHITECTURE

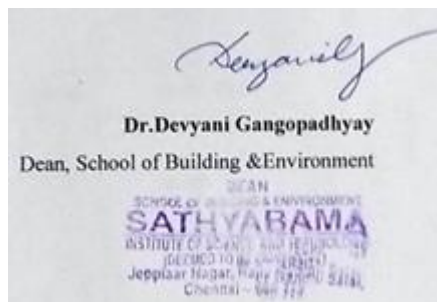
BONAFIDE CERTIFICATE

This is to certify that this Dissertation Report is the bonafide work of **R.Sruthi (3621079)** who carried out the Thesis entitled "**Universal center for wellness**" under our supervision from January 2021 to May 2021.

Internal Guide
(Ar.Ramesh Kumar)

External Guide
(*****)

Dean and Head of the Department
Dr. DEVYANI GANGOPADHYAY



Submitted for Viva voce Examination held
on _____

Internal Examiner

External Examiner

1.

DECLARATION

I, **R.Sruthi** hereby declare that the Thesis Report entitled “**Universal center for wellness**” done by me under the guidance of **Ar.Ramesh Kumar**(Internal Guide) and **Ar.*******(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:

PLACE: Chennai
CANDIDATE

SIGNATURE OF THE

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UNIVERSAL CENTER FOR WELLNESS

ABSTRACT

In a time of high-paced social life and technological domination in our lives. One doesn't find a particular time or place to seek out solace. Thus, society needs more spaces where one can relax, rejuvenate and heal themselves. Architecture has the power to shape our environments, our society, and our lives. To explore how architecture provides spaces to know the five elements of nature and five senses as healing/rejuvenating factors of the healing environment. Thus the built form helps to integrate these elements in harmony which creates an equilibrium of physical health, mental clarity, and emotional happiness. This space possibly helps people to experiment and explore their guiding force.

To cope with Depression, meditation and holistic healing have a great role and it has been shown for treating depression in clinical studies as well and it helps human being to rejuvenate their life and help them to live stress-free and happy life.

In today's world people are suffering a lot and to escape from all this suffering it is important to restore our energy by creating both mentally, physically, and emotionally strong. To rejuvenate ourselves we have to follow the spiritual learning of meditation and healing, through the practice one can connect with the Supreme Soul (Atman) and can live in harmony, it helps to create a healthier and happier relationship and change the life with the most positive way.

Nowadays, the wellness of an individual is being disrupted by numerous factors that are becoming inseparable from the daily routine. People engaged with a busy and stressful lifestyle within the business area, raising awareness towards the holistic wellness concept which engages not only the body but also the mind and spirit.

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CHAPTER 1. INTRODUCTION

A wellness centre is a place that offers health services for mind, body, and spirit in order to allow an individual to experience the inner peace and the joy of healthy living. Through alternate therapies and techniques. A wellness care system that views physical, mental, emotional as well as spiritual aspects of life as closely interconnected and equally important approaches to treatment. This form of alternative treatment is now gathering popularity as people choose to bond with the dynamics of nature. The goal is to move towards integrative healthcare-where the best alternative therapies and holistic healing practices are available to all, and providers from both work together for the best outcome and to reawaken the human values of compassion, love, togetherness, joy, and harmony to realize a place that unites people from all walks of life in the spirit of wisdom, celebration, and service to the world.

1.1 AIM:

The aim is to provide a centre for wellbeing facilitating alternative activities and treatments to people who wish to regain and also to maintain their health and reduce stress using meditation, yoga and holistic healing practices, rejuvenation, interaction and through creative activities.

1.2 OBJECTIVE:

The objective is to ensure that spaces are designed to contribute to the creation of a lifestyle that appreciates relaxation and enriches the human mind, body and spirit. This space that create latitude and relaxation in our mind must act like recharging, reflecting and rejuvenating experience. The design should recognize and explore the relationship between the outer space of physical action and inner space of mind. Thus a certain level of comfort is to be attained by the quality of space that acts as a catalyst in relaxing and opening up one's mind.

1.3 SCOPE OF THE STUDY:

The survival of human beings depends on the ability to face challenges and odds presented by nature and day-to-day life as a whole. Urban factors such as pollution and workload further contribute to a stress-prone society. In India there is 86% of people suffer from stress. According to WHO, 8 out of 10 undergo stressful life due to various reasons. It is essential to get rid away from the complications of life so that one attain peace of mind and soul in present living conditions.

As a result, there is an immediate need for centers that offer a variety of “alternative” methods that provide physical and mental control. Therefore a revival of ancient wisdom and theosophy like meditation, yoga, healing therapies treatments for the mind, body, and soul. Traditional alternative treatments and concepts of theosophy are becoming increasingly popular, especially among the urban elite and international tourists.

2. LITERATURE STUDY

2.1 THE MANTRA FOR GOOD HEALTH:

Stress is probably one of the greatest unseen killers. Meditation, Yoga, Holistic healing practices, Music, Dance, Gardening, and other stress-relieving activities are the ways of calming the mind, body, and soul in conscious ways of removing stress..

2.1.1 *Meditation*

Meditation could even be an ancient tradition, but it's still practiced in cultures everywhere on the earth to form how of calm and inner harmony. Although the practice has ties to many different religious teachings, meditation may be a smaller amount about faith and more about altering consciousness, finding awareness, and achieving peace. These days, with the greater, got to reduce stress within the midst of our busy schedules and demanding lives, meditation is increasing in popularity. Although there isn't a right or wrong because of meditation, it's important to hunt out a practice that meets your needs and complements your personality.

2.1.1.1 *Chakra meditation*

In many regions of the East and increasingly West there is an idea that there are centers of energy within the body extremely powerful when evoked. Chakra meditation is all about that specialize in each chakra, from root to crown, to regulate and restore the energy that flows through them. Each of the 7 key chakras has a specific function that corresponds with particular aspects of our human experience.

○ ***The Root Chakra***

The root chakra, or Muladhara in Sanskrit, is located at the base of the spine. It governs the way we connect to the outside world and oversees our basic needs for stability, food, and shelter. A balanced root chakra makes us feel grounded, centered, strong and secure. A blocked root chakra can cause anxiety, fear, joint and lower back pain, and a poor immune system. It is related to the color red and therefore the earth element.

Mantra: “LAM”

Mudra: The Muladhara Mudra

Crystals: Red Jasper, Hematite, Red Garnet, Onyx, Smokey Quartz

Yoga Poses: Tree Pose, Mountain Pose, Warrior II

Essential Oils: Cedarwood, Patchouli, Frankincense ○

The Sacral Chakra

Svadhithana, the sacral chakra, is found below the navel. This chakra is intimately linked to the creative process. Its energy encourages us to explore the world and use our creativity to find artistic outlets and adapt to change. When this chakra is balanced it makes us feel passionate, friendly, and joyful. When the sacral chakra is blocked we may experience sexual difficulties, a scarcity of creative inspiration, uterine or bladder issues, or emotional instability. Its base colour is orange and its element is water.

Mantra: “VAM”

Mudra: The Shakti Mudra

Crystals: Amber, Carnelian, Orange Calcite, Tiger Eye, Goldstone

Yoga Poses: Goddess Pose, Pigeon Pose, Reverse Warrior

Essential Oils: Orange, Sandalwood, Ylang Ylang ○

The Solar Plexus Chakra

The Sanskrit name Manipura means City of Jewels. This chakra is found between the skeletal structure and therefore the navel. It is believed to be a source of private agency and self-esteem therein it translates our desires into action. Physically, it helps regulate digestion. A balanced solar plexus makes us feel confident, productive and energized. An imbalanced solar plexus causes low energy, muscle cramps, insecurity, procrastination, and digestive issues. Its colour is yellow and it is associated with the fire element.

Mantra: “RAM”

Mudra: The Rudra Mudra

Crystals: Pyrite, Citrine, Yellow Jade, Rutilated Quartz, Yellow Jasper

Yoga Poses: Boat Pose, Sun Salutation, Warrior III

Essential Oils: Cypress, Geranium, Ginger ○

The Heart Chakra

Anahata, the heart chakra, means “unstuck” in Sanskrit. This chakra lies in the middle of your cardiovascular system and is connected to organs such as the heart and lungs. The heart chakra is related to a person’s emotional profile, like their natural generosity and skill to understand compassion and connectedness. When this chakra is balanced we are forgiving, spiritually aware, givers and recipients of

affection, and are ready to form emotional connections with others. When the guts chakra is imbalanced it can cause loneliness, hatred, circulation problems, and chest pains. Its colour is green and its element is air.

Mantra: “YAM”

Mudra: The Padma Mudra

Crystals: Green Aventurine, Jade, Rose Quartz, Emerald, Amazonite

Yoga Poses: Camel Pose, Upward-Facing Dog, Wheel Pose

Essential Oils: Rose, Jasmine, Lavender, Mandarin

○ ***The Throat Chakra***

Vishuddha, the throat chakra, governs the neck, mouth, tongue, and other physical elements of the throat area. It regulates how we communicate and allows us to express ourselves skilfully. Confidence and understanding are related to this chakra. When our throat chakra is balanced we're able to communicate constructively, consciously listen, and express our true, authentic selves. When it's imbalanced it can cause suppressed emotions, social anxiety, sore throat, thyroid issues, and tension headaches. Its colour is blue and its element is ether.

Mantra: “HAM”

Mudra: The Granthita Mudra

Crystals: Lapis Lazuli, Blue Lace Agate, Aquamarine, Kyanite, Sodalite

Yoga Poses: Fish Pose, Supported Shoulderstand, Head Rolls

Essential Oils: Chamomile, Spearmint, Peppermint ○

The Third Eye Chakra

Ajna is located behind the forehead, at the level of the space between the eyebrows. The “third eye” chakra governs intuition and insight, especially at spiritual levels. A receptive and balanced Ajna chakra empowers us to note interconnections that exist during this world and beyond. When our third eye is healthy and balanced it allows us to see the world through clear lenses, have active imaginations, and communicate with the universe. When our third eye is blocked it can cause anxiety, depression, lack of self-trust, headaches, and problems with the pituitary and pineal glands. Its colour is indigo and its element is light.

Mantra: “SHAM”

Mudra: The Mudra of the Great Head

Crystals: Amethyst, Labradorite, Purple Fluorite, Angelite, Iolite

Yoga Poses: Cat/Cow Pose, Candle Gazing, Child’s Pose

Essential Oils: Clary Sage, Helichrysum, Juniper ○

The Crown Chakra

Sahasrara, the crown chakra, is situated at the highest of the top. Also referred to as the “thousand petal lotus” chakra, it’s considered to be the foremost spiritual of the core chakras because it governs spiritual consciousness and therefore the potential for awakening to the dimension of the divine. A blocked crown chakra can cause feelings

of emotional distress, confusion, materialism, migraines, and problems with the system nervosum. It's difficult to open the crown chakra, so don't be discouraged! It takes a lot of practice. Its colour is purple (or white) and it embodies the spirit.

Mantra: "OM"

Mudra: The Mudra of A Thousand Petals

Crystals: Selenite, Lepidolite, Clear Quartz, Amethyst, Ametrine

Yoga Poses: Headstand, Savasana (Corpse Pose), Rabbit Pose

Essential Oils: Myrrh, Neroli, Rose

2.1.1.2 ***Relevance of a meditation centre***

A place where a user would come to revitalize their mental and physical health. Meditation is losing oneself either in the passive thought of controlled concentration or absorbing creative activity. The method should be designed to involve both the intellectual as well as the intuitive aspect thus breaking the barrier between the conscious and the subconscious levels for a complete experience and total awareness. A further stage of transcending would encourage introspective forays into the individual's selfimprovement. During meditation, the brain changes and so does the entire body, the temperature comes down, the metabolism goes down, the pulse becomes slow, heart rate becomes slow and breathing is reduced to one or two minutes before one achieves a zero condition, one must go through the four stages of meditation.

- Contemplation ○ Lower meditation ○ Higher meditation ○ Concentration
- The Key Architectural Elements Required to Design Yoga and

Meditation Spaces

- ***Spaces:***

Each practice may require specific characteristics, most take place in a large open central space, accompanied by a set of support rooms

- ***Main spaces:***

This is the central space of the building where people gather for practice, and generally is a free plan, flexible and adaptable to different uses. To determine its dimensions, we can use the standard measures of a yoga mat, which unfolds fully stretched in an area of approximately 1.70 x 60 meters. It is suggested to leave at least 50 cm between the mats, to allow the free movement of users during the exercises. Some of these rooms have a small platform or elevated area where the instructor or guide of the session is located, and it is good to add shelves or countertops where people can leave their 'tools' during the class (water bottles, towels, blankets, slippers). Usually, the room has mirrors on one or more walls, but this depends on the needs and the taste of the client.

- ***Circulation:***

Circulations gain great importance in this kind of projects , because not only can function as corridors or hallways, but also can contain storage spaces, waiting and resting areas, or even a reception. Some cases also take advantage of the walls to incorporate built-in shelves.

- ***Dressing rooms/bathrooms:***

Not all centres include dressing rooms, but if there are resources and space, it is good to add. In the case of adding them in, you can increase the size of the bathrooms allowing dual use. To achieve this

objective and allow the space to be occupied by more than one person at a time, in several projects toilet area is separated from the sink, which is being associated with a kind of small dressing room, which may also include lockers, shelves, and benches. Toilets should be located adjacent to the main room, with quick and easy access from the main entrance area. ○ **Acoustics:**

There is a belief that these spaces must be completely silent, but precisely the thought of those disciplines is to be developed despite the ambient noise. In fact, in many cases, it's recommended to completely perform in exteriors, as many sounds of nature can help a far better realization of various practices. In the case of closed rooms, these sounds (and even smells can be integrated by incorporating indoor courtyards or gardens that attract birds, including moving water, and/or allow the flow of the wind. If a practice requires complete silence, the planning must allow that spaces are often completely isolated.

○ **Ventilation:**

It is important to permit cross ventilation across space, ensuring that there's a particular current renew of oxygen inside, during the session, or on the days when the room is not being occupied. For this, we should always generate a primary opening within the facade that receives the prevailing winds, and a second opening (preferably bigger) on the other wall. ○ **Illumination:**

The light allows to qualify environmentally space and can help to lead the intension of the practice being done. In the case of Yoga, a direct connection to the sun is essential in many of their exercises.

That's why we should always favor natural lighting, and is necessary, to incorporate systems to regulate their intensity, allowing darken the room completely if necessary.

To avoid glare, in most of the projects presented in this article, light does not fall directly on people and has been used zenithally openings, windows at floor level, fuzzy screens, and light courtyard surrounding the main room. If practices are carried out at night, artificial lighting choices should be warm and also adjustable.

- ***Aesthetics and Materials:***

The aesthetics of space depends entirely on the client's requirement, but generally, avoid distracting elements or exaggerated decorations. It is recommended to use warm materials and soft colours (or directly white) to assist attendees to achieve a particular degree of initial concentration. As practices administered in permanent contact with the bottom, floors are usually covered with wood or materials rather 'soft' and consider the touch. ○ ***Orientation & Geometry:***

Some beneficial cardinal directions, like the East (where would travel certain subtle energies accompanying the movement of the Earth) or Magnetic North (near the geographic North, which would allow us to align with the magnetic field of our planet). Other cases have based their design in the studio of the sacred geometries, and have even made dowsing ground surveys to learn of benign energies present at the project site.

2.2 Holistic healing

Holistic medicine may be a method of healing that focuses on the person as an entire, instead of just treating a selected health condition. Holistic providers also aim to stop health issues from ever developing by covering the health of the body, mind, and spirit.

The philosophy behind this is often rooted in balance and equilibrium. Through integrative medicine, holistic practitioners seek to combine traditional treatments with alternative practices to reach healthy overall wellness. Creating an intentional healing environment is important for maintaining good health. The use of colours, choice of lighting, the use of the 5 elements, and the very symbolic meaning of the objects and pictures, are all important.

- Incorporate the 5 Elements of nature. Purity of air and natural physical surroundings are essential.
- Focus on colour and light. Create space by de-cluttering.
- Order and simplicity help the energy to move easily in the space = Flow. (Chaos and complexity are too demanding.)
- Visually stimulate through artwork and naturally made items.
- Meaning and intention can be introduced by placing meaningful pictures and objects where they can be easily seen or touched.
- Peace in the form of a peaceful, cool space that is undemanding.

The 5 elements from the natural world live in our bodies and in the meridians (energetic pathways) through which Chi (vital life energy force) moves and governs the quality of your health.

- Earth
- Water

- Fire
- Wind
- Space
- ***Earth: Grounded/Stable***

The Earth element is that the most powerful of all elements. The Earth is our source of stability. Earth represents balance and dominates center and diagonal directions. When it is in a balanced state, it induces a feeling of stability, peace, and harmony. In human attributes, strengthening the Earth element enhances the strength of mind, steadfastness, determination, and uninterrupted advancement towards a goal.

Stay in tuned with the physical experience of walking, standing, or sitting on the ground. Practice disciplines such as yoga or martial arts work as a means of connecting to Mother Earth. Incorporate nature: plants, clay pots, glass, stone, or wood items.

- ***Water: Jala/Flow***

Almost 70% of the world and our bodies are made from water. Water has got to nurture energies. we will observe perfect cycles of water throughout the earth . you want to have realized that once you take a shower or go swimming, the body naturally relaxes very quickly.

Water pulls out negativity, balances our emotions, and makes our minds calm and focused. When water is during a balanced state, it induces a spiritual and philosophical attitude to life. In attributes, Water is related to the facility of conceptualizing new ideas, thoughts, healing energy, and restoration of health. It also affects emotions, feelings, and intuition. Remove excessive clutter for more visual fluidity. Add a water feature, fountain, aquarium, or floating candles

- ***Fire: Tapas/Energy***

Fire is the driving force behind all life processes. When in a balanced state, Fire induces power, confidence, fame, recognition and money. The fire element is the element of love and all affairs of the heart. Fire represents our relationship to ourselves and to others.

- east-facing window, open it at sunrise, letting in as much of the early morning light as possible. If you can sit out in the sun and let the rays touch your body, better still.
- Ensure that you worship the power of Fire in any form during the day. Thank the Sun for providing you the energy to run through the day.
- Use soft scented candles around the house. ○ Bring warm lighting and colours into your home.

Maintain natural balance in lighting – not too dark, not too dim

Maintain balance in temperature of your home

Return to your natural circadian rhythms, natural sleep cycle

This all affects the harmonizing of energy, mood, and immunity.

- ***Air: Prana/Life***

The Air element is our most basic connection to life. Our body can only survive if we breathe. Air represents growth and is associated with movement, joy and happiness. When in a balanced state, Air induces courage and perseverance to achieve your goals. A period of meditation, prayer or yoga will help cement the feeling of centeredness and peace before the craziness of the work day begins.

Consider eco-friendly low chemical cleaners

Natural fabrics

Indoor plants

Clean the vents and filters

Consider an air purifier

- ***Ether: Space/Void***

The element of Space represents expansion and enhancement. When it's during a balanced state, it induces knowledge and awareness to know new and artistic ideas. The Space element encompasses everything around us and influences the mind and therefore the heart. Enhancing the Space element helps you smoothly sync your energies with the Universal energies.

While meditation or prayer, sit silently and feel the expanse of Space. Connect with the sounds of the Universe. Feel the peace. Engage in some sort of Art or Music. specialise in one space at a time clutter-free spaces.

2.2.1 Holistic Medicine Approaches to Healing

Holistic healing and what it encompasses, some of the key categories of the various treatments. They include the following:

- ***Energy Therapy***

This involves the utilization of electromagnetic, ultrasonic, and/or thermal energy to heal the body by energizing its cells. This category is based on the theory that energy flows into, through, and then out of the human body. The goal of this therapy is to create a balance of energy within the patient to reduce anxiety and pain.

- ***Natural Products***

This involves the utilization of plant-based or natural materials to cure patients of specific ailments or to stop the ailments from occurring in the first place. Its commonest and popular variations are aromatherapy and

herbal medication. The treatment revolves around laboratory-produced medicines that are derived from biological material.

- ***Mind and Body Practices***

These involve the psychological, behavioral, social, and spiritual approaches to intervention or treatment of a patient. The most wellknown examples are yoga, meditation, and relaxation techniques.

- ***Body-Based Therapy***

This category focuses on movement and physical touch to alleviate patients from sickness, soreness, or pain. Manual manipulation, massage therapy, and chiropractic care are often employed to help address imbalances in the body.

- ***Alternative Medical Systems***

These are entire systems of theory and practice that typically cover the non-Western medical approach or the non-conventional therapeutic approach. One of these systems is traditional Chinese medicine.

2.2.2 Treatment programmes:

The treatments to be incorporated are as follows:

2.2.2.1 Acupuncture:

A technique during which practitioners stimulate specific points on the body. This is mostly done by inserting thin needles through the skin. It is one of the practices utilized in traditional Chinese medicine.

2.2.2.2 Acupressure:

Ancient healing art featuring the fingers to gradually press key points, which stimulate the body's natural selftherapeutic

abilities. Another alternative healing process that has found its way from Chinese medicine.

2.2.2.3 ***Crystal healing:***

Different crystals have different energies and properties. This can affect mental, physical, spiritual and emotional aspects of ourselves.

2.2.2.4 ***Aroma therapy:***

A practice that uses natural oils extracted from flowers, bark, stem, leaves, or other parts of a plant to reinforce psychological and physical well-being. These oils are often absorbed into the skin, where they travel through the bloodstream.

2.2.2.5 ***Reiki:***

A Japanese technique for stress reduction and relaxation that also promotes healing. Often described as a palm healing process where the practitioner places hands over a patient's body to facilitate the method of therapy.

2.2.2.6 ***Salt therapy:***

This form requires one to inhale salty air for therapeutic reasons. A common practice around Europe, this treatment eliminates the root of all inflammatory respiratory illnesses. The patient is formed to take a seat during a regulated salt room for the method.

2.2.2.7 ***Reflexology and auricular therapy:***

Reflexology is a type of massage that involves applying different amounts of pressure to the feet, hands, and ears. It's based on a theory that these body parts are connected to certain organs and body systems.

2.2.2.8 ***Taichi:***

It involves a series of movements performed during a slow, focused manner and amid deep breathing. Tai chi, also called t'ai chi chuan, maybe a non-competitive, self-paced system of gentle workout and stretching. Each posture flows into subsequent without pause, ensuring that your body is in constant motion.

2.2.2.9 ***Cupping therapy:***

Cupping may be a sort of alternative therapy that originated in China. It involves placing cups on the skin to make suction. The suction may facilitate healing with blood flow. Proponents also claim the suction helps facilitate the flow of “qi” within the body. Qi is a Chinese word meaning life force.

2.2.2.10 ***Seed therapy:***

A seed has a life. This is well explained by the very fact that once we sow a seed, it develops into a tree. Keeping this in mind, once we put and rub a seed on the pressure points, it gives us life and takes away the disease.

2.2.2.11 ***Chromotherapy:***

Chromotherapy may be a method of treatment that uses the colour spectrum (colours) of the electromagnetic wave to cure diseases. It is a centuries-old concept used successfully over the years to cure various diseases.

2.2.2.12 ***Moxibustion therapy:***

Moxibustion, also called moxa treatment, traditional practice that originated in China and thence spread to Japan and other Asian countries. It is performed by burning small cones of dried leaves on certain designated points of the body, generally equivalent points as those utilized in acupuncture.

2.3 Yoga

Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures, the practice of Yoga results in the union of individual consciousness thereupon of the Universal Consciousness, indicating an ideal harmony between the mind and body, Man & Nature. According to modern scientists, everything within the universe is simply a manifestation of an equivalent quantum firmament. One who experiences this oneness of existence is said to be in yoga and is termed as a yogi, having attained a state of freedom referred to as mukti, nirvana, or moksha. Thus the aim of Yoga is Self-realization, to beat all types of sufferings resulting in 'the state of liberation (Moksha) or 'freedom' (Kaivalya). Living with freedom altogether walks of life, health, and harmony shall be the most objectives of Yoga practice. "Yoga" also refers to an inner science comprising of a spread of methods through which citizenry can realize this union and achieve mastery over their destiny

2.4 Music

People are asked to listen to a CD of a modified range meant for that condition or disease. Sounds are regulated based on the kind of activity that is expected out of a patient. Music therapy touches all aspects of the mind, body, brain, and behaviour. Music can provide a distraction for the mind, it can slow the rhythms of the body, and it can alter our mood, which in turn can influence behaviour. In the creative process, the music

therapist works with the client to actively create or produce the music. This may include composing a song, engaging in music or song improvisation, or drumming. In the receptive process, the therapist offers music listening experiences, like using music to facilitate a client or group's relaxation. Clients or groups may then discuss thoughts, feelings, or ideas elicited by that music.

2.5 Dance

Dance therapists work with people in therapy to assist them to improve their body image and self-esteem. Dance/movement therapy may be a versatile sort of therapy founded on the thought that motion and emotion are interconnected. The creative expression of dance therapy can bolster communication skills and encourage dynamic relationships.

3. LITERATURE CASE STUDY

3.1 *Osho international meditation resort*

WELLNESS CENTER



OSHO INTERNATIONAL MEDITATION RESORT

Location: Pune, Maharashtra, India
Architect: Hafeez Contractor
Year of completion: 1974
Area: 161874sq.m



GEOGRAPHIC'S:

Height above
 sea level: 560 m(1,840ft)
 Latitude: 18°32' N
 Longitude: 73°53' E



DESCRIPTION:

The Osho International meditation center, located in the city of Pune in India is a campus extended over 40 acre of tropical oasis in nature. The center has become a prime attraction for visitors who are interested in preaching and ideologies of Osho, with an attraction of 20000 visitors per annum. The center therefore promotes wellness for people who are in stressed conditions and transform them into joyous person with ultimate inner peace.

CONNECTIVITY:

Road: It is located in Koregaon park at central core of the city.
Rail: Its about 1.5km away from the city railway station
Air: The nearest airport is 6.5kms away, It is near Mumbai city about 15mins by air.

CLIMATE:

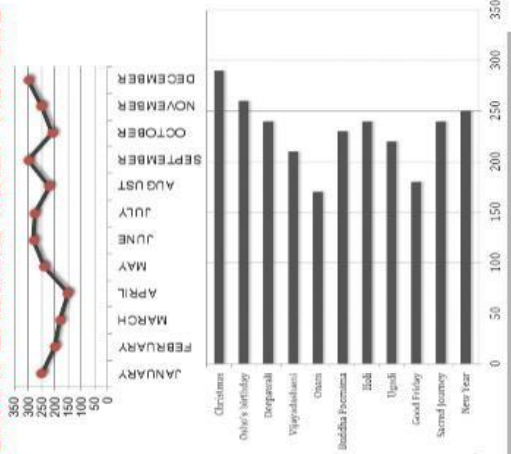
Pune has a hot semi-arid bordering with tropical wet and dry with average temperatures ranging between 20 to 28°C (68-82°F).

Mean Temperature: min 10°C
 max 38°C

VISITORS:

It is seen highest number of devotees come during the month of november and december as the winter arrives and also due to Osho birthday. The center is crowded during vacations, This is the reason the site experiences Multidiversity in it and culture of it.

GRAPH SHOWING NO.OF VISITORS

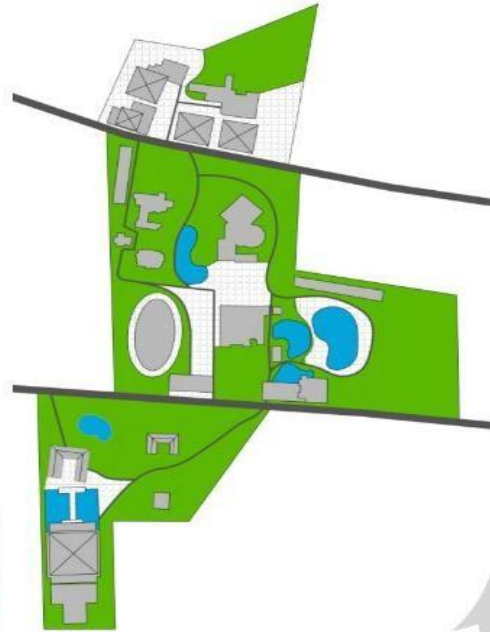




WELLNESS CENTER

OSHO INTERNATIONAL MEDITATION RESORT

LAND USE:



Total plot area: 14.5 acres (approx.) (excluding park)

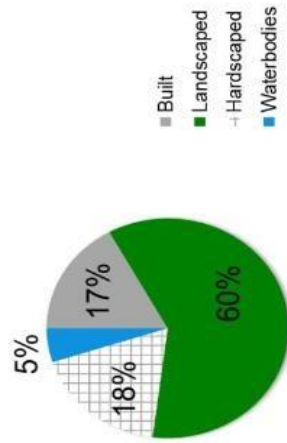
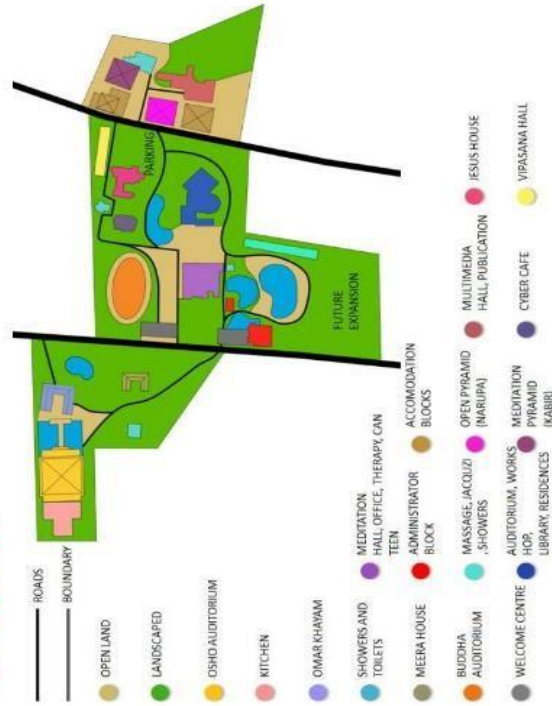


Chart showing percentage of land use

SITE PLAN:



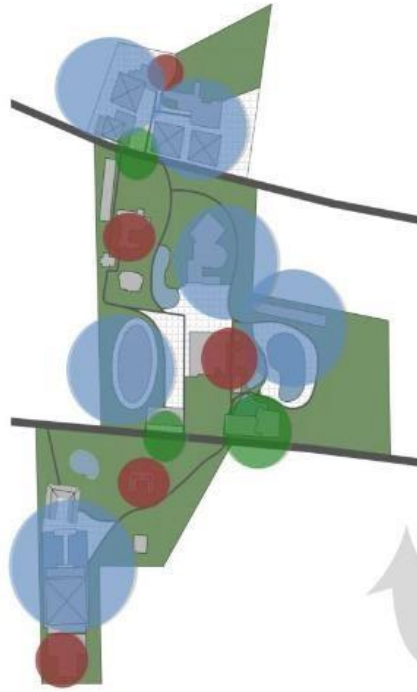
The prime focus of the Osho international meditation resort is not only meditation but also natural creativity that is conducted by followers through different workshops. A **residential block** that serves as a guest house has 60 rooms. An **information plaza** is where all information about the program courses can be inquired. The **Osho auditorium** is where major meditations are conducted. The **Osho multiversity** is a place where various forms of art can be learnt- Martial arts, dancing, painting and sculpting. The **mirdad pyramid** facilitates seminar and workshops overlooking the zen garden. Amongst other activities are a tennis court, swimming pool and bistro. There is a **cafe** containing most type of cuisines. A **mini gallery** caters for shopping and other activities. An inbuilt medical center is in place with advanced technologies. The **zen garden** has been designed to allow people sit, meditate and experience the renunciation within.

WELLNESS CENTER

OSHO INTERNATIONAL MEDITATION RESORT



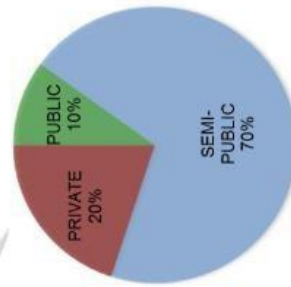
ZONING:



The **PUBLIC ZONE** is created **Fronting** the main entrances to the ashram. The people who want to visit ashram or library need to seek at this place. Admission without certified id is banned beyond it.

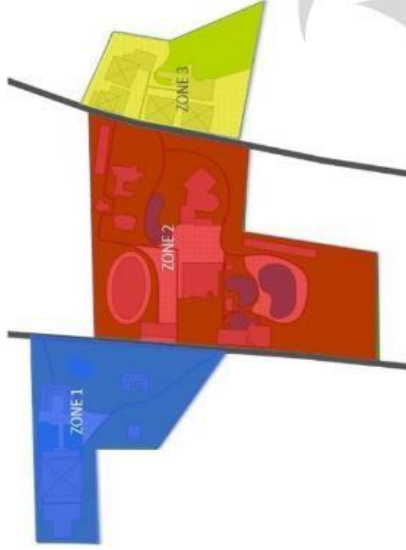
The trainees, the people residing in ashram and the permitted day visitors are the one who use the facilities of Ashram under **SEMI-PUBLIC ZONE**. Covers major site area.

The officials, administrators and service holders within the ashram are authorized for the spaces of **PRIVATE ZONE** that are scattered all through to take proper control over the site.



●	Public space (welcome centre, library and enquiry.)
●	Semi-Public space (rooms, canteens, meditation halls, Therapy, swimming pool, gardens, etc.)
●	Private space (services, offices, IT blocks, admin blocks, storage, dept., kitchen, etc., publishing)

ZONING OF SITE:



As per the location, the whole site is zoned into three parts as the primary roads divide the site. There security barricades to control the traffic speeds at the junction of the three zones at two points

The space for **PARKING** the vehicals is planned carefully and zoned away from the general entence at both the points. The are zoned at backyard/back entries of the site.

ZONE 1: Consists of auditorium hall, shopping gallerya and guest house.

ZONE 2: Consists of administration block, club and recreational hall.

ZONE 3: Consists of workshops, Multiversity, halls, accommodation rooms, guest house, overlooking zen gardens.

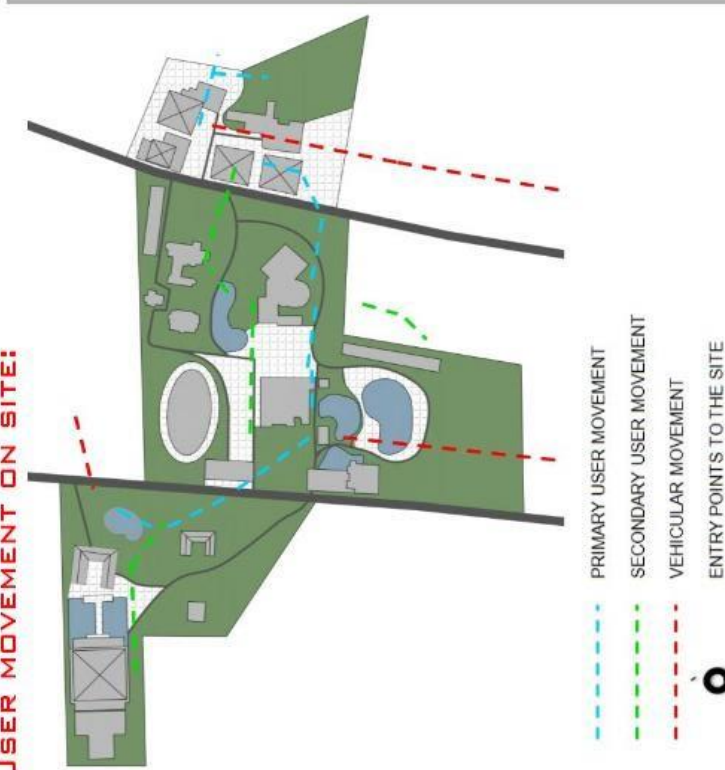
Cafes and eating spaces are distributed in zone 1.2 and 3. The entire built forms in elegant black colour are surrounded by lush green picturesque seeting with water falls, water bodies, statues of Buddha and tropical gardens thus forming a paradise on earth.

WELLNESS CENTER



OSHO INTERNATIONAL MEDITATION RESORT

USER MOVEMENT ON SITE:



AREA STATEMENT:

Total built-up area: 9570 sq.m
Total landscape spaces: 10832sq.m
Total water body: 3326 sq.m
Total plot area: 58768 sq.m



AREA STATEMENT IN DETAIL:

S.No	Spaces	Gr.Coverage Area (sq.m)	No. of floors
01	Osho Auditorium	1510	2
02	Kitchen	660	1
03	Omar Khayyam	465	1
04	Meera House	235	1
05	Public Toilets	120	1
06	Buddha Plaza	1100	1
07	Welcome Centre	340	1
08	Administrator block	320	2
09	Office	280	1
10	Meditation Hall (Radha Hall)	300	1
11	Therapy Chambers	120	1
12	Kitchen	65	1
13	Canteen	110	1
14	Auditorium (Chuang Tzu)	300	1
15	Workshop	470	1
16	Library	180	1
17	Residences	85	2
18	Jesus House	400	-
19	Toilets and Showers	84	1
20	Cyber Cafe	220	1
21	Vipasana hall	355	1
22	Jacuzzi, Massage, Therapy, Showers	450	1
23	Open stage (Narupa pyramid)	480	1
24	Accommodation Rooms	480	1
25	Multimedia room	680	1
26	Services and storage	260	1
27	Swimming pool	1010	-
28	Activity space (open)	1420	-
29	Security Guard Room	50	1



WELLNESS CENTER

OSHO INTERNATIONAL MEDITATION RESORT

DAILY SCHEDULE OF A DEVOTEE:

The devotees go through a disciplined workout all the long in parallel to the daily schedule of the ashram. The table below details out the schedule of a devotee in the Ashram.

5.30 AM	Wake up and daily activities
6.00 AM	Osho dynamic meditation
7.30 AM	Morning walk and yoga and audio listening
8.00 AM	Breakfast
9.00 AM	Specific meditation
12.15 PM	Marketing
1.00 PM	Lunch
2.00 PM	Mid-day rest
3.00 PM	Meditation in open
4.15 PM	Meditation in Chuang Tzu auditorium
5.30 PM	Snacks in canteen
6.40 PM	High-energy dance followed by sitting intermittent music and continuing with an Osho video
7.30 PM	Discussion and meeting
8.00 PM	Dinner
8.30 PM	Family/personal time
9.30 PM	Sleep

DAILY SCHEDULE OF MEDITATION:

6.00 AM	Osho dynamic meditation
	Five-stage meditation -deep breathing, catharsis, grounding & centering, silence and celebration
7.30 AM	Morning audio meditation
9.00 AM	A different meditation every week. Osho nataraj meditation, Osho mandala meditation, Osho whirling meditation, Laughter meditation or Laughing drums
10.30 AM	Osho vipassana meditation
12.00 PM	A different meditation each day
3.00 PM	Osho Nadabrahma Meditation
	A healing and centering meditation that involves humming and soft movementd
4.15 PM	Osho Kundalini Meditation
	A four-part meditation including vigorous shaking of the body, celebrative dance and silent witnessing
6.40PM	Evening Meditation Meeting
	High-energy dance followed by sitting with intermittent music and continuing with osho video.





WELLNESS CENTER

OSHO INTERNATIONAL MEDITATION RESORT

OSHO MEDITATION HALL:

Zone: 1
 Ground coverage: 1510 sq.m
 Dimensions: 31m x 31m
 Maximum occupancy: 5000 people
 Date of completion: 1949
 Use of space: Meditation
 Type of zone: Semi-public



Hall with ivory white finish with control over mood lighting



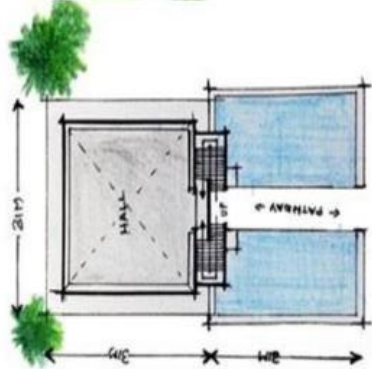
Pyramid structure on a high plinth of above 8m high. The stairway diverges and then converges at the entrance of the pyramid.

DESCRIPTION:

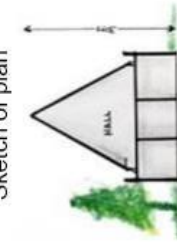
- > The meditation hall is large having a capacity of 5000 and smaller rooms below as store and kitchen.
- > Pyramid building is approximately 9 stories high (about 40m)
- > The windows have clear glass with blue film. The concept of using blue glass is to satisfy the reflection of soul.
- > It has no skylight and is completely artificially lit creating an elegant ambience.
- > Flooring in agglomerated marble and walls in plaster of paris, painted white.
- > Main door is adorned by two flight of steps.
- > The access to main door is through a pathway with waterbody on either side.
- > The interior of the hall is fitted with mood lighting which changes according to the kind of meditation in process and diffused lighting technique is used to light it up
- > It is composed of steel and concrete.
- > Its pyramid shape like structure is compelling, it reveals the mysticism beyond what is seen to human eye. The pyramid is geometrical shape with form and order. But the design signifies hidden truth and symbols, such a shape is also appropriate for the climate, especially for rain water flow.
- > Pathway finished with black & dark green polished kota stone
- > The pyramid and the pool are constructed in a manner as the pyramid looks emerging the water.



Key plan



Sketch of plan



Sketch of section



Use of space at different times in a day





WELLNESS CENTER

OSHO INTERNATIONAL MEDITATION RESORT

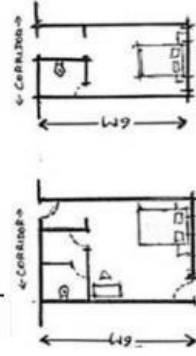
ACCOMMODATION ROOMS AND GUEST HOUSE:

Ground coverage: 250 sq.m
 Dimensions of an unit: 6m x 4m, 6m x 3m
 Maximum occupancy: 40 people
 Date of completion: 1972
 Use of space: Resting and storing belongings
 Type of zone: Public



Sketch of plan

Key plan



Sketch of interior



DESCRIPTION:

- >The rooms for accommodation of different sizes and holding capacity are stacked together
- >A typical layout consists of 10 rooms in a floor with an entry courtyard and a lobby
- >A basic room consists of a bedroom with restroom.
- >Some of the rooms are facilitated with a living room and changing room



Entry lobby with ample space- with sufficient natural lighting



Living space



Living space simple with minimalistic furniture



The passage between rooms 2.5m wide- well lit with both natural and artificial lighting



WELLNESS CENTER

OSHO INTERNATIONAL MEDITATION RESORT

WELCOME CENTER AND ADMINISTRATION

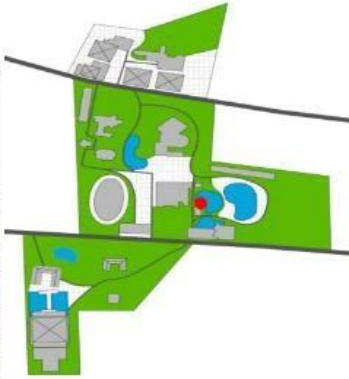
BLOCK:

Zone: 2

Ground coverage: 940 sq.m

Use of space: Information and conduct

Type of zone: Public & Private



DESCRIPTION:

Welcome center -Detailed information regarding the resort and stay in Pune,other information is given to enter the Osho International Meditation Resort,registration at the welcome center is needed-to get resort pass.

Without registration entry inside is not permitted.Locker room facility is provide for 1 day visitor



Welcome center- desk for information

SHOPPING GALLERIA:

Zone: 1

Ground coverage: 60 sq.m

Dimensions: 6mx7m

Use of space: Retailing

Type of zone: Semi-public



DESCRIPTION:

- >Mini mall called the galleria
- >At Galleria the basic needs from maroon and white robes to mediation chair , magazines etc are available
- >There is bank with ATM and also a travel agent office



OSHO TEERTH:



DESCRIPTION:

The Osho teerth also known as nulla park has a garden expanding 5 acres.It is designed as the elegant style of JAPANESE ZEN GARDEN. The park has a landscape comprises swimming lagoon, rock garden,decorated wooden pathways and artificial waterfalls that enhances the environment

The green spaces is accessible to the publi early morning and late afternoon. Architecturally, the deign is said to be extremely Zen with the use of MINIMALIST principles.



WELLNESS CENTER

OSHO INTERNATIONAL MEDITATION RESORT

MIRDAD PYRAMIDS:

Zone: 3

Ground coverage: 280 sq.m

Dimensions: 16.75m x 16.75m

Use of space: Retailing

Type of zone: Semi-public and private



DESCRIPTION:

- >Black marble pyramid complex includes large seminar and workshop facilities, overlooking an exotic 12 acre zen garden
- >There are 4 pyramids among which one is open stage for performing
- >There are 6 rectangular opening and one that is triangular
- >These architectural forms stand out against the rough cuddupah paving and the greenery around a large tree near the entrance



Open stage pyramid - glazed roof to protect from climate and give the feel of openness while following the theme

CANTEEN:

Zone: 2

Ground coverage: 110 sq.m

Use of space: Eating

Type of zone: Semi-public



DESCRIPTION:

- > A variety of different eating areas on campus provide delicious western,asian and indian vegetarian food
- >The rice and vegetables are organically grown especially for the resort
- >The food is not only nutritious ,it is tested daily to international hygiene standards in the commune's own microbiology lab,as is the drinking water.
- >They are decorated with hanging lights and canopies during night and sunny days respectively.



Canteen areas beside green and water body to enjoy the period being relaxed

WELLNESS CENTER

OSHO INTERNATIONAL MEDITATION RESORT



MULTIVERSITY:

Zone: 3

Use of space: Workshop and relaxation

Type of zone: Semi-public



DESCRIPTION:

- >Osho multiversity is the largest center in the world for meditation a personal growth processes
- >It encompasses all the current western therapy approaches,the healing arts of east and west ,esoteric sciences,creative arts, centering and martial arts,tantra,zen,well as courses,and professional training.
- >Even more unique than this amazing diversity, is fact that all the methods used,whether relating to the body,the mind, the emotions or the subtle energy bodies,have meditation both at their base and as their objective



CLUB:

Zone: 3

Ground cover: 414 sq.m

Use of space: Relaxation

Type of zone: Semi-public



DESCRIPTION:

- >The swimming pool,table tennis,volley ball and gym facilities are available at the club
- >Club meditation also includes a sauna and jacuzzi ,and hosts class such as aerobics,body training,aqua floating and yoga
- >The massage room has been given a feel of closed box of wood
- >The club house is very simple black building with fixed square boxed wind.



WELLNESS CENTER



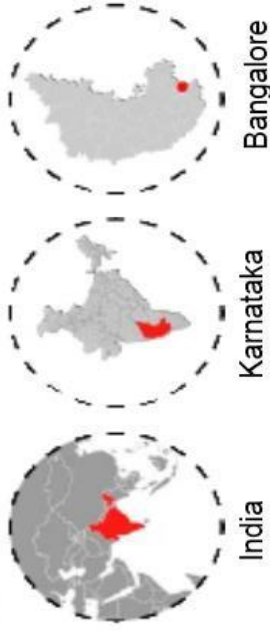
THE PYRAMID VALLEY INTERNATIONAL:

INTRODUCTION:

Pyramid Valley is a setup with a core objective of providing a common platform for all world spiritual masters, to collaborate for a peaceful and love filled planet earth in the shortest possible time.

It is a single platform where spiritual masters and leaders from across the globe can converge and collaborate for the betterment of all the societies. The pyramid valley is run by the Pyramid spiritual trust, which organizes several events on the large campus dedicated to the field of spiritual science.

LOCATION:



Pyramid valley is located 35km from Bangalore at Kebbedoddi village, Harohalli hobli, Kanakapura road, Bengaluru-562112, Karnataka, India.

SITE AREA: 28 acres

CLIMATE:

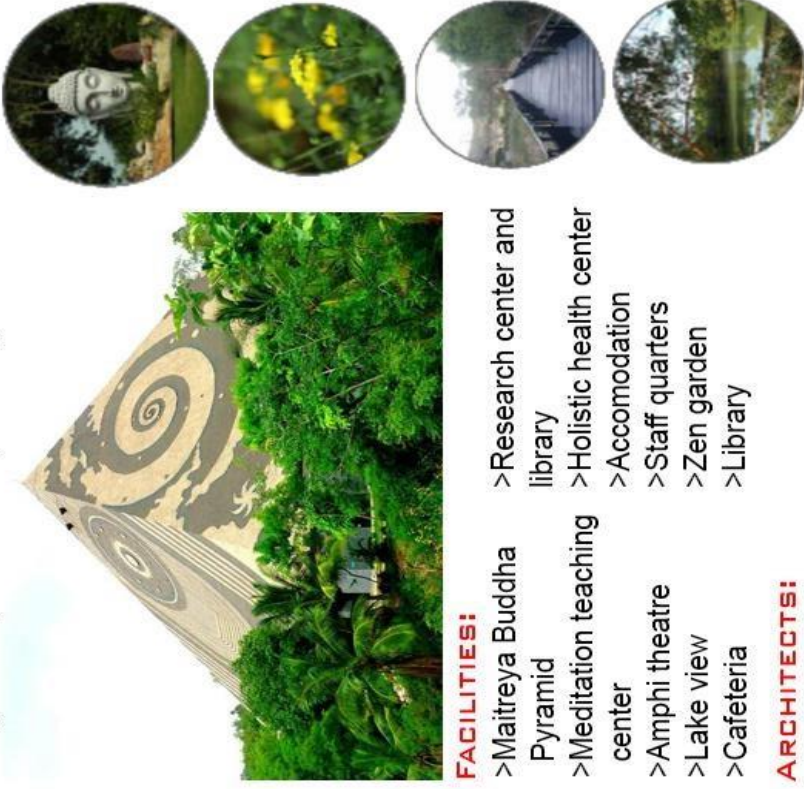
Tropical savanna climate, with distinct wet and dry seasons, due to high elevation.

TOPOGRAPHY:

Undulating terrain, because of its location in plateau region

VEGETATION:

Dry deciduous forest type trees found



FACILITIES:

- > Maitreya Buddha Pyramid
- > Meditation teaching center
- > Amphi theatre
- > Lake view
- > Cafeteria
- > Research center and library
- > Holistic health center
- > Accommodation
- > Staff quarters
- > Zen garden
- > Library

ARCHITECTS:

The center is a term-effort by artist Chandra Nagi and sculptor BN Mishra, with architects and interior designers Neelesh Chopda of Pune and Bangalore Bharathi Prem, besides landscaping artist Veni Madhavi



WELLNESS CENTER

THE PYRAMID VALLEY INTERNATIONAL:

CONCEPT:

Thematic architecture every element of architecture, interiors and landscape is chosen carefully. The gardens around and the colours used for landscaping are all specially chosen for their spiritual compatibility and for enhancing inner harmony and peace.

PLANNING PRINCIPLES:

The pyramid is oriented along the north south axis, the planning is influenced by the functions incorporated in the campus, hierarchy is applied for the pyramid to stand out from rest of the environment, which is the most important space of campus.

SITE ZONING:

The pyramid, office, parking, research institutes and amenities are zoned within the reach of visitors to use them without hassle, were as units like cottages, tents, holistic health center, spiritual theme park, tree of life and other spaces which need calmness are zoned in a isolated location free from visitors intrusion.



MASTER PLAN

WELLNESS CENTER

THE PYRAMID VALLEY INTERNATIONAL:



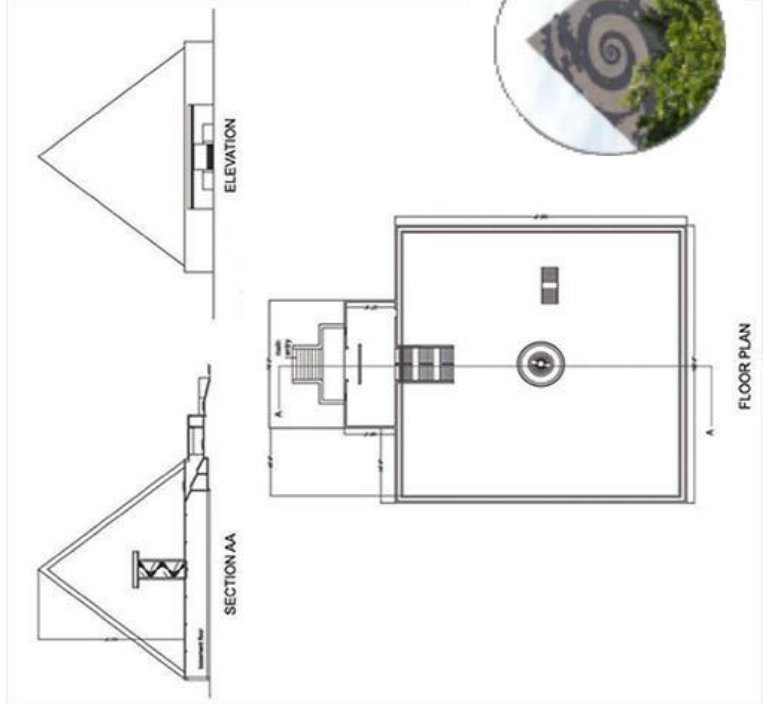
MAITREYA BUDDHA PYRAMID:

Maitreya-Buddha Pyramid, with a capacity of about 5000 people, is the world's largest Pyramid built solely for practising meditation. It has a base area of 160ft X 160ft and is as tall as a ten storeyed building.

King Chamber located at the center to 1/3rd the height of the Pyramid. Its spiral and vibrant King's chamber, the most energetic spot of the pyramid, stands at 34ft. tall and accomodates 40-people for meditation at a time. The exterior surface of the pyramid is covered by beautiful murals of the elements of life-earth, water, fire and air. This pyramid is constructed using space frames, covered with thin ferro-cement concrete slab. This is covered with light weight cement tile carving. The pyramid is designed applying the GOLDEN ANGLE OF INCLINATION of 52°51'.

Pyramid specification:

- > Foundation: Cement concrete
- > Height: 102ft
- > Base dimension : 160ft x 160ft
- > Main structure: Space frame made of iron
- > Quartz crystals placed at all joints
- > Colour: Slate grey structure
- > King's chamber location: At the height of 34ft from base
- > Surface treatment: 44,000 Tile depicting 5 elements of nature



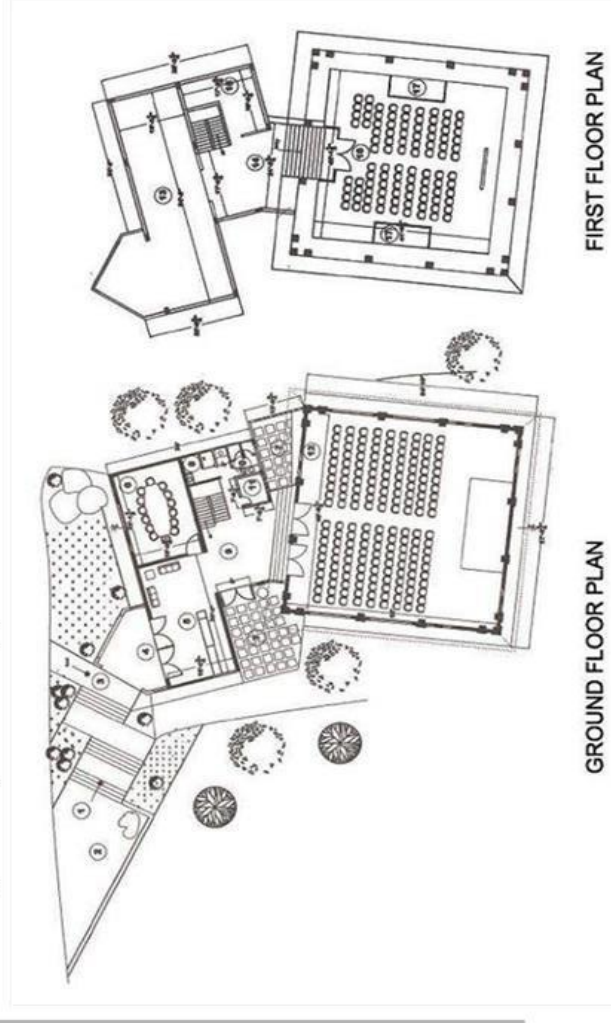


WELLNESS CENTER

THE PYRAMID VALLEY INTERNATIONAL:

KHABIR BHAVAN:

The Kabhir Bhavan is a Pyramid shaped meditation centre. The bare brick structure with aluminium windows dictates simplicity and minimalism. The same architectural language extends to the exterior with an exposed concrete desk. The design is inspired from pyramid meditation centre.



The approach to this structure is through an inclined pathway, with gradual steps of exposed clay bricks, retaining the contour of the place. The inviting pathway leads to the reception hall, with a concrete reception counter. Along with the 2 halls, Twin break out space with jaali walls and jaali block roof is provided as break out space. The halls are constructed with exposed Brick work and are well ventilated with Glazed Aluminium windows on both sides for good ventilation and lighting.

ACTIVITY:

Apart from visiting pyramid, major activities at the pyramid valley include seminar, workshops and annual conferences. Meditation classes and spiritual talks dot the events calendar at pyramid valley.

MATERIALS: Material consciously chosen in order to express truest nature of material- focus on minimalism



3.3 Quiet healing center

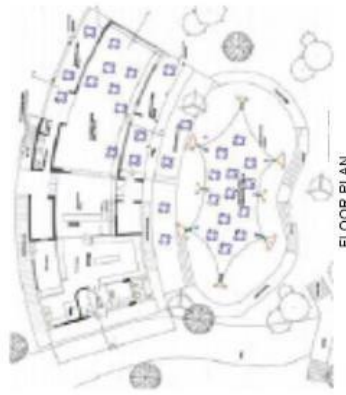


WELLNESS CENTER

THE PYRAMID VALLEY INTERNATIONAL:

CANTEEN:

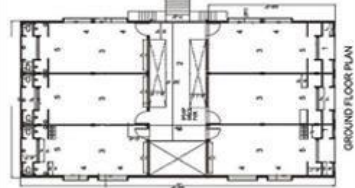
The cafeteria block is pleasantly located overlooking the lake and the gigantic Pyramid. This block can be accessed through a small bridge over the rain water channel built with clay 'Jaali' blocks. The site dictated the semicircular shape of the cafeteria, looks as though its structure is clasping the lake. The tensile fabric structures at the entrance contrast sharply with the exposed bricks of cafeteria, adding contemporary touch yet rough character to the building.



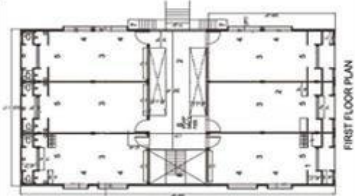
FLOOR PLAN

DORMITORIES:

The dormitories are as simple and as basic as it can be. The design is simplistic, reflecting the ambience of the building and the philosophy of the institution. The design being simple, was cost effective and eco-friendly due to the use of exposed brick and concrete ceiling.



GROUND FLOOR PLAN



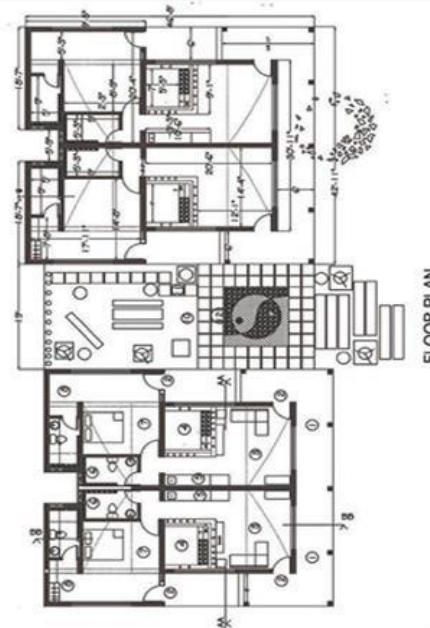
FIRST FLOOR PLAN

PAGODA COTTAGES:

The cottages are designed such that they dictate sheer simplicity and the architecture treads very lightly on the ground on which the cottages sit, bringing into focus the minimalism of the structures while also being comfortable and aesthetically pleasing. The structure establishes a dialogue with the surrounding land and nature without imposing on them.



NATURE & ENVIRONMENT



FLOOR PLAN

WELLNESS CENTER



QUIET HEALING CENTER:

SITE LOCATION+SITE DETAILS:



Location: Auroville, India
Architect: Ar.Poppo pingel+ Ar.Mona doctor
Year of completion: 1993
Area: 866.1sq.m
Site description: Located in banks of bay of bengal
Climate: Warm and humid
Vegetation: Palm trees + shrub cover
Topography: 25m from MSL,no contours

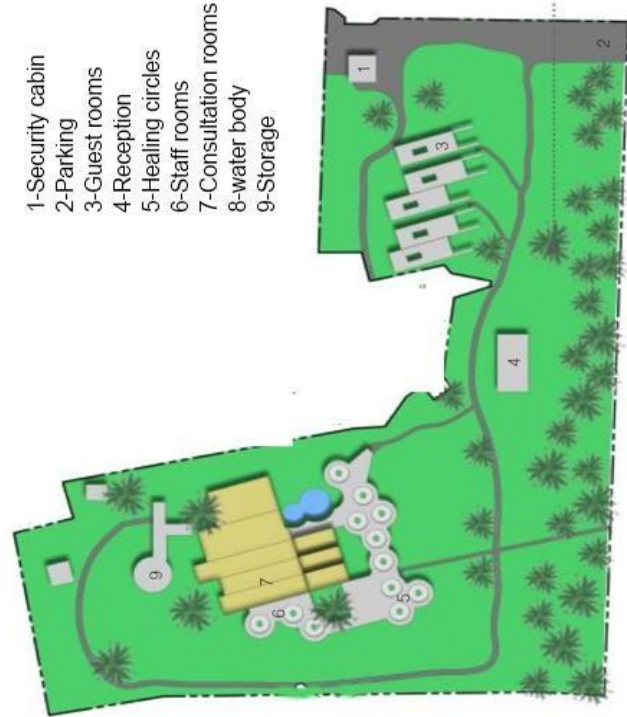
INTRODUCTION:

Quiet is a wellness centre offers a wide variety of natural healing therapies.It is a place to relax, rejuvenate, recharge and heal.

ORGANISATION OF SPACES:



SITE PLAN:



- 1-Security cabin
- 2-Parking
- 3-Guest rooms
- 4-Reception
- 5-Healing circles
- 6-Staff rooms
- 7-Consultation rooms
- 8-water body
- 9-Storage

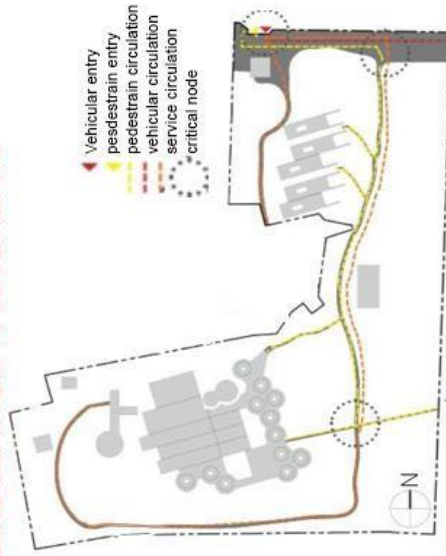
- >The healing center and guest houses places on either side of existing caretaker house and windmill.
- >Services are zoned to rear of the site,so that its obstructed from visitors view
- >CLUSTER ORGANISATION: Curvilinear therapy rooms in front with the internal corridors facing the open court
- >Dispersed circular rooms provides good air flow throughout the built form
- >Architect have explored the psychological impact of **recessed entrance**, gives the user the sense of conviviality when entering the building, also act as shading element , beacuse of tropical climate
- >Addition of lime to the concrete gives lightness feel to the built form
- >The thick vegetation of palm and shrubs are in front of the site,abutting the sea, this acts as a natural element that channelise and reduce the wind speed.

WELLNESS CENTER



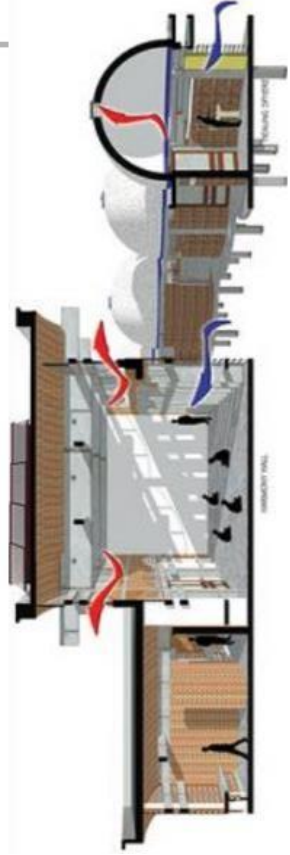
QUIET HEALING CENTER:

CIRCULATION + MOVEMENT:



- >Architect have provided only one entry that is used by the visitors, staffs and other service vehicles
- >Vehicular circulation inside the site to restricted to reduce the noise level inside the building ,and also to bring in the idea of tranquil while entering
- >Pedestrian circulation connects all the therapy and public spaces of the building, because of the single entry point the chaos is happening at the junction pointed as critical nodes

CLIMATE + CROSS VENTILATION:



HIERARCHY + SPATIAL DISTRIBUTION:



- >The spaces are arranged on the hierarchy of privacy level.
- >All the therapy circles are placed in the front but direct entry is restricted.
- >All the services like linen, kitchen & other storage places are rear of the building.
- >All the therapy and corridor spaces opens into the inner courtyards.
- >Pedestrian movement is regulated throughout the building.

OPEN SPACES AND LINKAGE ELEMENTS:



- >Open spaces are very well merged with the built-form
- >All the linkage like corridor are connected physically to the consultation rooms and visually to landscaped courtyards.
- >The restricted link is established for the therapy room to avoid disturbance
- >All linkages are well exposed to light and well shaded.
- >The corridor floor slab is elevated from the ground level gives floating effect to the building

- >Due to high humidity leve, equal importance is given to climatic design principles-cross ventilation through double ceiling and domes are provided.

WELLNESS CENTER



QUIET HEALING CENTER:

MATERIAL + SURFACE ARTICULATION:



- >The major building material incorporated in construction is local brick+lime mortar+lime concrete+bioconcrete.
- >Dome is clad with broken mosaic tiles to avoid water seepage & radiation inside the building.

MASSING + SHADOW:



DETAILS + FENESTRATION:

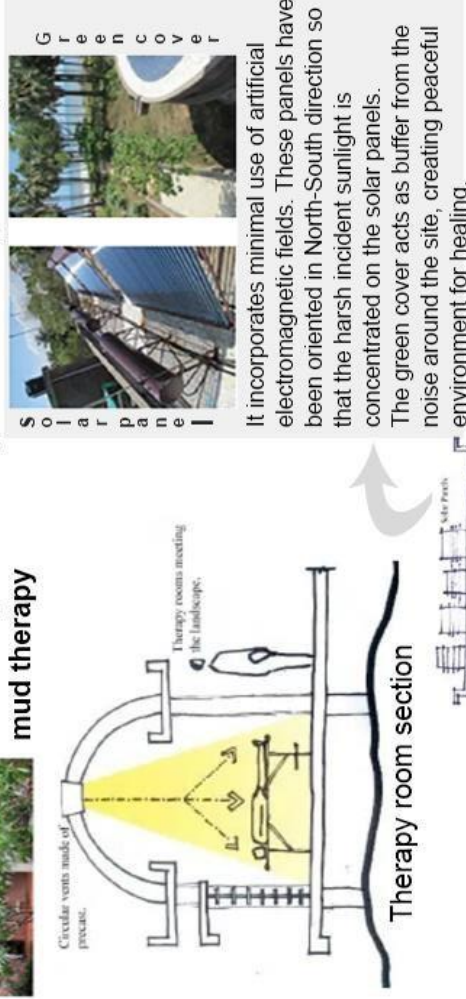


- >Precast rings to frame the vistas, this reduce the usage of concrete in the building.
- >East facing windows are larger to provide view of the beach, as it has less radiation inside.

THERAPY:



- >Old water tank is used as a space for hydrotherapy through it appears to be free flowing layout, exact geometry is employed to determine scale and proportions.
- >A building is eventually a reflection of consciousness of the person who conceives it as well as those who use it.
- >This pond also cools the hot air that enters the multi-use hall
- >Landscaped courtyards are the another important aspect of the building, gives the openness to the built-form and also act as the core for healing
- >The integrated landscape with the rockgarden is space for mud therapy

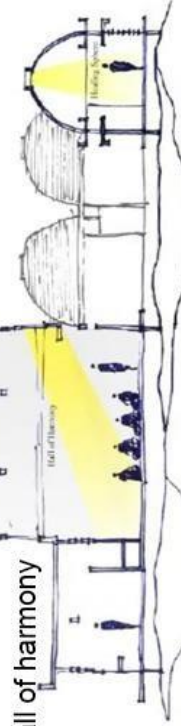


Circular vents made of precast.

Therapy rooms meeting the landscape.

Therapy room section

Hall of harmony



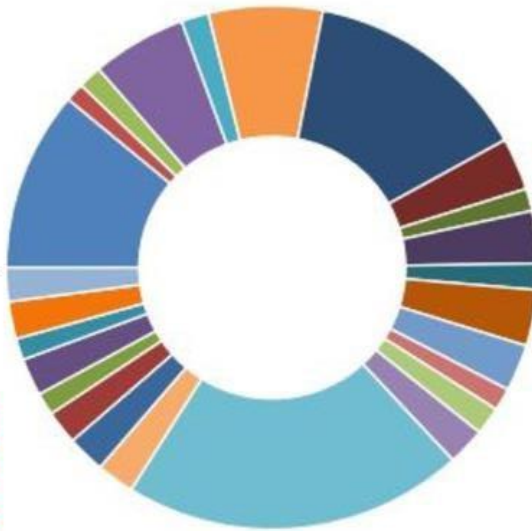
It incorporates minimal use of artificial electromagnetic fields. These panels have been oriented in North-South direction so that the harsh incident sunlight is concentrated on the solar panels. The green cover acts as buffer from the noise around the site, creating peaceful environment for healing.



WELLNESS CENTER

QUIET HEALING CENTER:

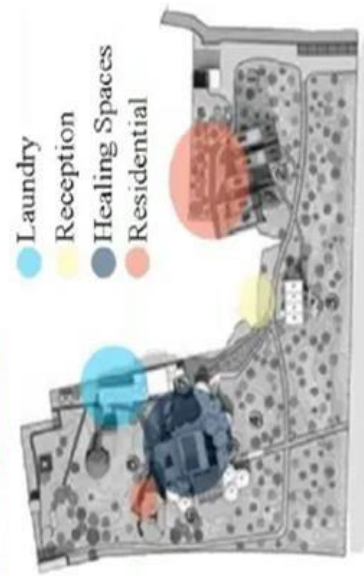
TOTAL BUILT UP AREA: 43710 sq.m



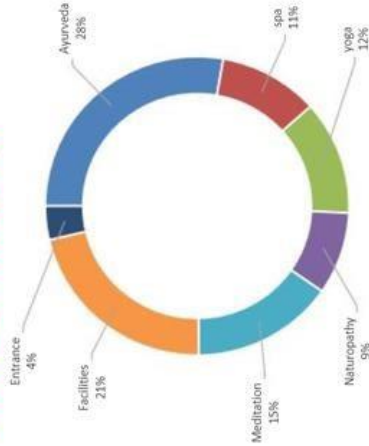
SITE AREA: 29140 sq.m

NO.OF USERS: 100

ACTIVITY ZONING:

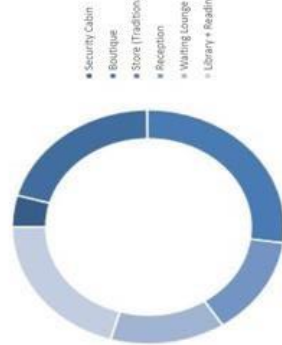


SPATIAL PROGRAM:



entrance 366 sq.m
ayurveda 2785 sq.m
yoga 1240 sq.m
naturopathy 895 sq.m
meditation 1520 sq.m
facilities 2160 sq.m

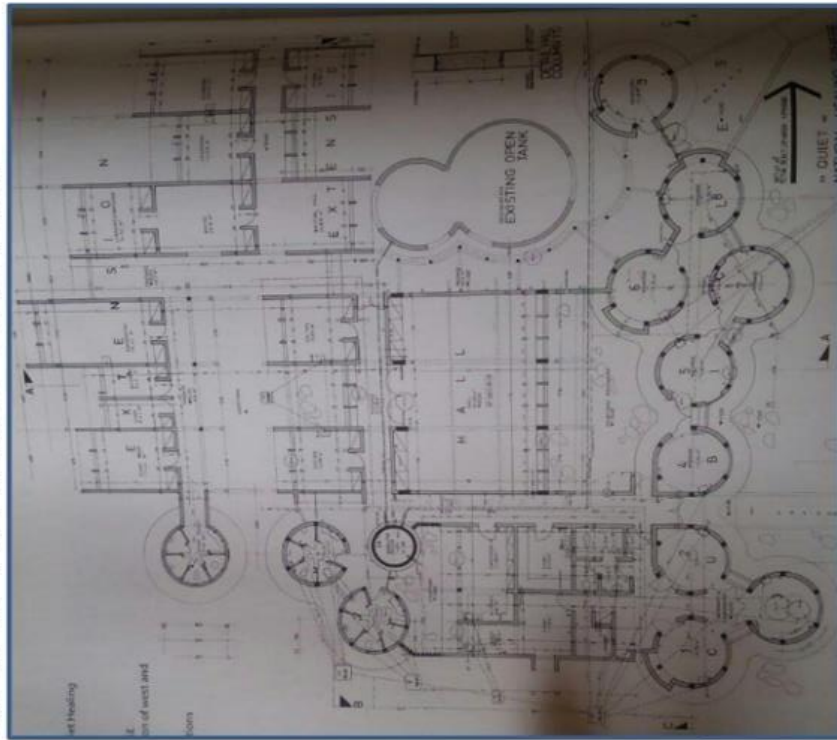
ENTRY + FACILITIES:



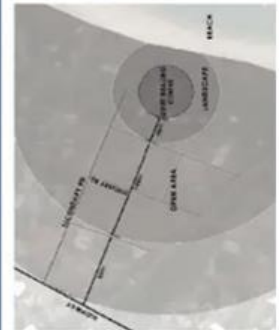


WELLNESS CENTER

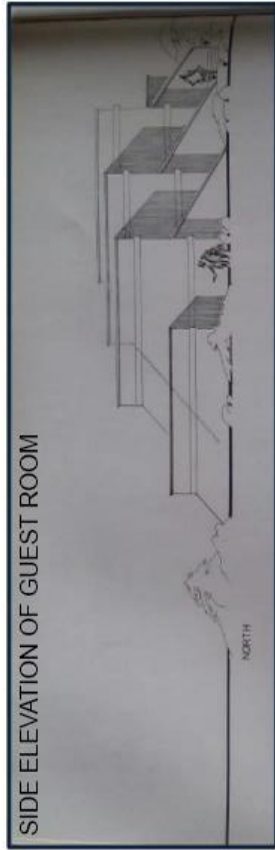
QUIET HEALING CENTER:



SITE PLAN



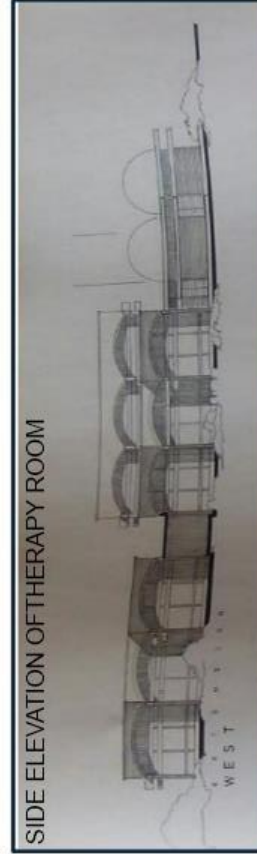
SITE CONTEXT



SIDE ELEVATION OF GUEST ROOM



FRONT ELEVATION OF GUEST ROOM



SIDE ELEVATION OF THERAPY ROOM



FRONT ELEVATION OF THERAPY ROOMS

WELLNESS CENTER



SHREYAS YOGA RETREAT:

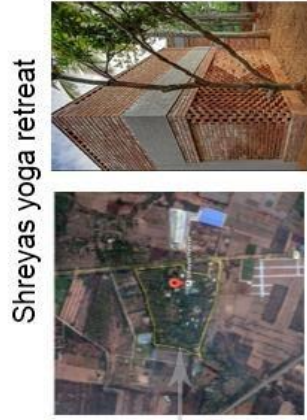
ABOUT THE PROJECT:

Location: Bangalore, India.
Situating 17 miles north-west of Bangalore, one hour from airport.

Architect: Akshay Kaul & associates

Year of completion: 2006

Area: 25 acres



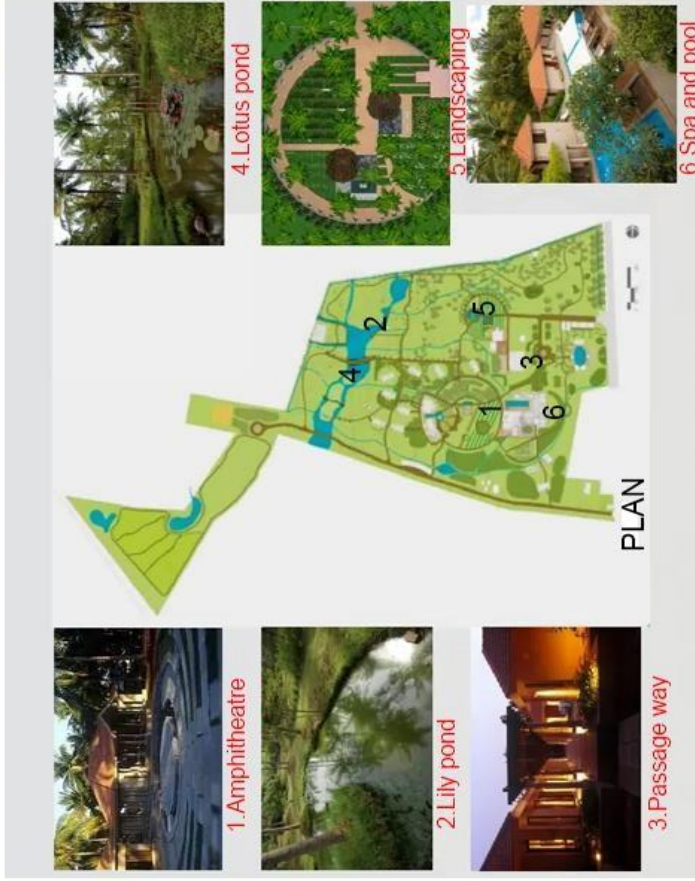
Shreyas yoga retreat

Purple studio is a multiple award winning practice that focused on an integrated approach to crafting a unique retreat center with an approach that encompasses architecture, landscape and sustainable ideologies. This retreat center 20,000 sq.ft is a "retreat within a retreat" that offers its guests diverse, magnificent experiences with its remarkable spaces.

Dedicated 5 acres for organic farming. One can help dig up and prepare vegetables from the organic garden and serve lunch to children at the local orphanage.

The various activity packages offered are...

- > Silent retreat
- > Ayurveda rejuvenation
- > Yoga retreat packages
- > The joy of giving
- > Wellness for soul
- > Weight management package
- > Culinary experience



1. Amphitheatre



2. Lily pond



3. Passage way



4. Lotus pond



5. Landscaping



6. Spa and pool

SHREYAS YOGA RETREAT



WELLNESS CENTER

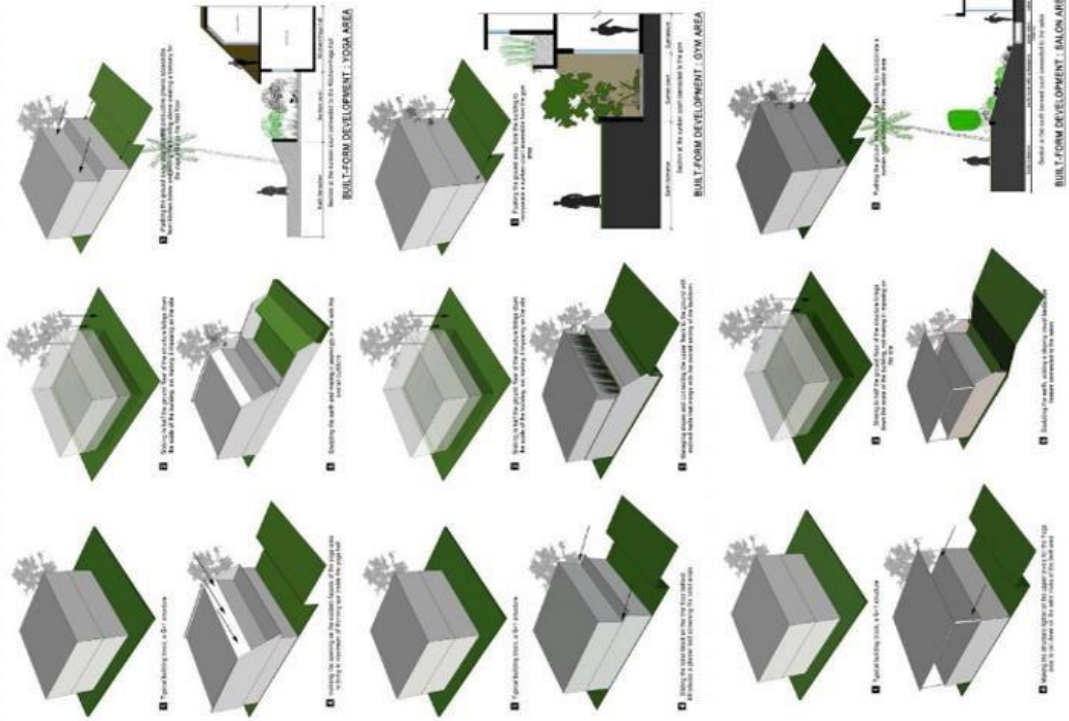
SHREYAS YOGA RETREAT: THE DESIGN:

The architectural design has been conceptualised as the collective space being a sustainable model, emphasizing on the relation of man in nature's dominion. The main block is partially immersed in the earth, forming a bond with the isolating quality of the same. Sunken courts have been designed in the block to facilitate an unencumbered flow of natural light and air. The main area has been planned thoughtfully as a series of different spaces that assist the seamless spatial transition of the guest.



The design makes clever use of natural light, which renders the exposed walls and ceilings with a serene glow and a magnificent play of light and shadows. Various design elements such as HAND CRAFTED JALLI SCREENS and SOLID WOOD DOORS create a strong connections between the spaces. This bond is further strengthened by the different openings that help merge the interiors and exteriors seamlessly.

BUILT FORM DEVELOPMENT



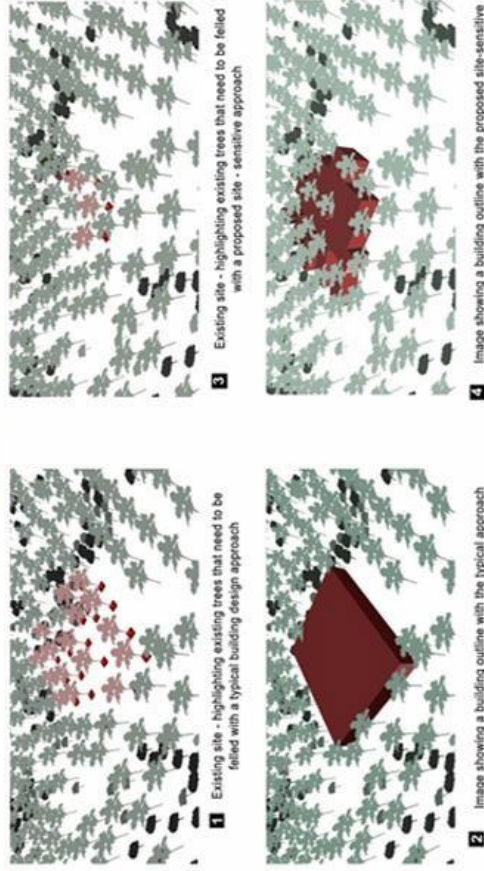


WELLNESS CENTER

SHREYAS YOGA RETREAT:

MAIN FEATURES OF SUSTAINABILITY:

Water Conservation,
Native & Medicinal Plants,
Created Bio-Swales, Ponds for recharging ground water



MASTERPLAN

SHREYAS RETREAT:

- >The concept of community plays a big part at Shreyas and most of the staff live on site so that it feels as if everyone is on the same journey.
- >Scattered among the lush greenery of palms and aromatic fig trees are smart tented cottages with showers opening onto private terraces.
- >An infinity pool lined with sun beds is at the centre of the main courtyard.
- >Rated as one of the finest Yoga retreats in the world, Shreyas is an exclusive boutique property that caters to a maximum of 25 guests in a luxurious and serene environment.
- >Shreyas offers Yoga & meditation sessions, Gourmet organic vegetarian cuisine, Nature farming, Community service and Volunteering, Ayurveda & Spa treatments, cooking classes, etc. round the year.
- >The architecture and interiors are a confluence of traditional and the modern tiled roofs, antique doorways and stone pillars give way to contemporary interiors and state-of-the-art facilities.



WELLNESS CENTER

SHREYAS YOGA RETREAT: SPA BLOCK:



Sectional elevation



Upper floor plan



Lower Floor Plan

- > The Guest Lounge area opens up to a Central Court with water body on one side, and to a Sunken Courtyard on the other.
- > Each spa room is positioned to offer spectacular views of the site / surroundings, whilst concealing the guests from the outside with local exposed brick jaali works as the shell.
- > The structure's porous cell conceals a softer environment inside and the private open to sky lounge spaces (for after treatment relaxation) bringing in natural daylight into all spaces. The landscape merges the geometry of network of the surrounding paths to form break-away spaces for the guests to lounge.
- > These buffer zones create smooth transitions from the exterior, to semi covered spaces, and also offer a beautiful play of light.
- > With each block growing from the sunken gardens into the sky, often blending into a series of greens, the organic approach seamlessly fuses the inherent sense of lightness expected from a space so serene.

3.6 Rainbow arches

WELLNESS CENTER



RAINBOW ARCHES ENERGY SALON SHANGHAI FLAGSHIP

Location: Minhang, China

Architect: Behive

Year of completion: 2018

Area: 300sq.m



Rainbow Arches is a brand focused on contemporary physical meditation and therapy, based on the theory and methodology of Chinese colorization energy.

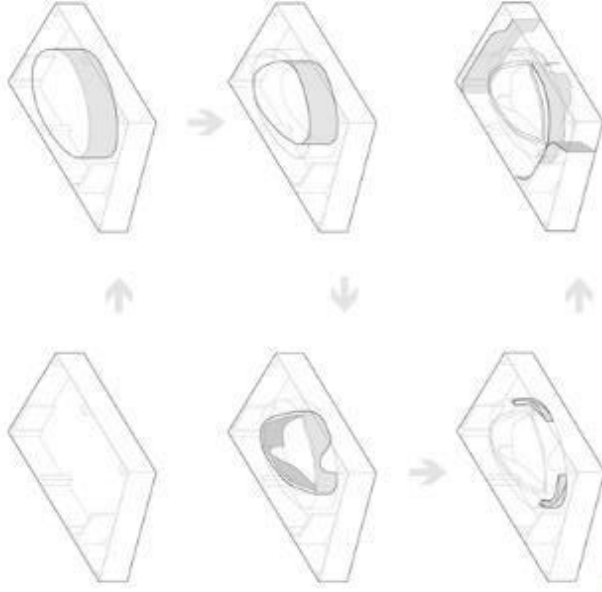
FUNCTIONS:

functions include: headquarter space, psychology consultation, yoga meditation, educational training, and interactive entertainment, etc.



DESIGN & SPATIAL STRATEGY:

The oval accommodates multiple space functions and activities and becomes a true nucleus to the flagship store. Whether open or enclosed, it can be flexibly used under multiple activity scenarios - meeting and training space for their office staff, meditation space for the customers, and can also serve as an entertainment space.

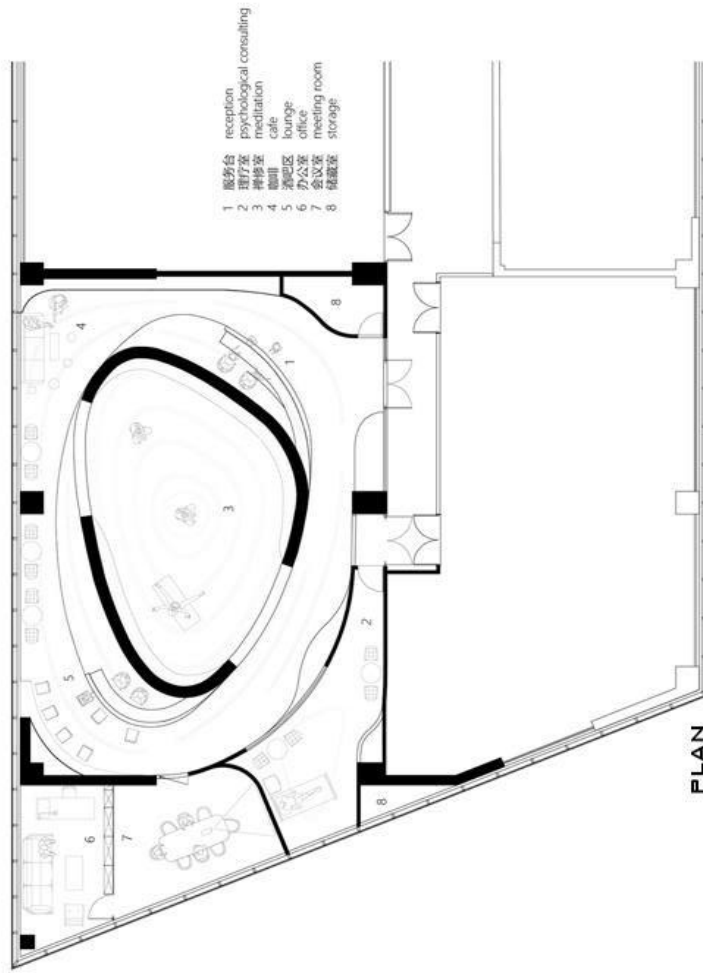


BEHIVE architects view the newly designed oval space as a metaphorical expression of many things; a spaceship that roams in the universe, or a cradle that protects newborns. 'the dynamic form of the shell creates a space of fluidity and reflects our multi-dimensional states of mind' the studio shares. the oval salon is essentially seen as the true nucleus of the store.

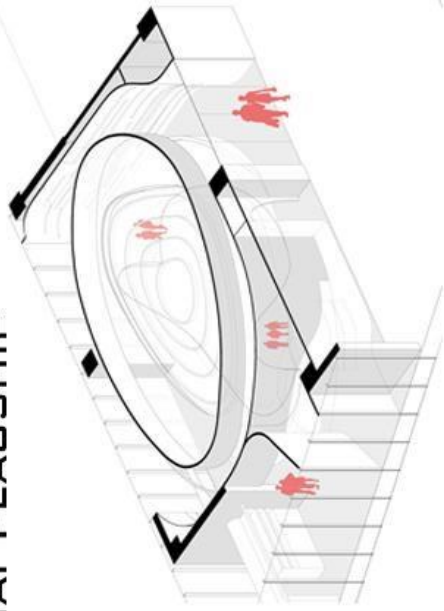


WELLNESS CENTER

RAINBOW ARCHES ENERGY SALON SHANGHAI FLAGSHIP



AXONOMETRIC PERSPECTIVE

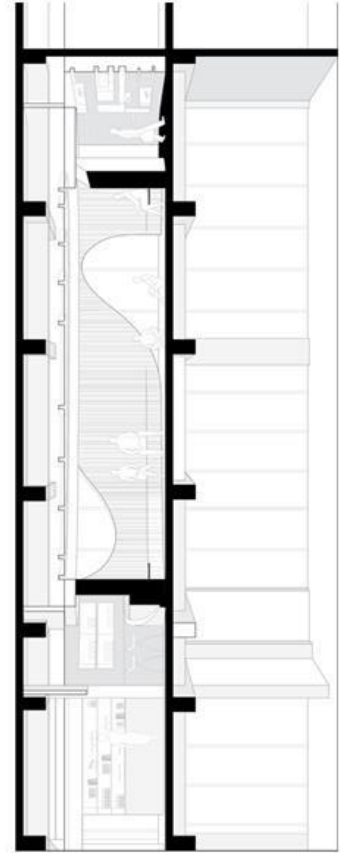


ORGANISATION:

On the south-east corner there is a reception counter, and on the north-west corner, there is bar counter to provide snacks and drinks. The openings along the elevation of the oval geometry with curved glass allow transparency between inside and outside and allows city view to be reflected on the surface of the curved glass. Two entry openings are located on the other two corners of this oval space, and the remaining interior functions are placed along this oval geometry to surround it.

CIRCULATION: Radial

MATERIALS: Curtain wall, wooden interiors, gypsum, skid proof tiles



SECTION

WELLNESS CENTER



MANGO BAY SPA:

Location: Vietnam

Architect: P.I Architects

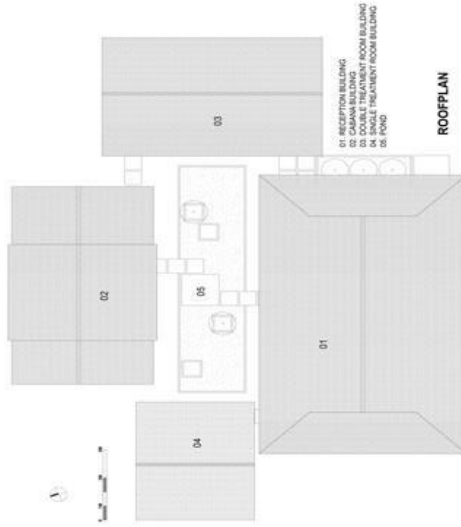
Year of completion: 2019

Area: 320sq.m

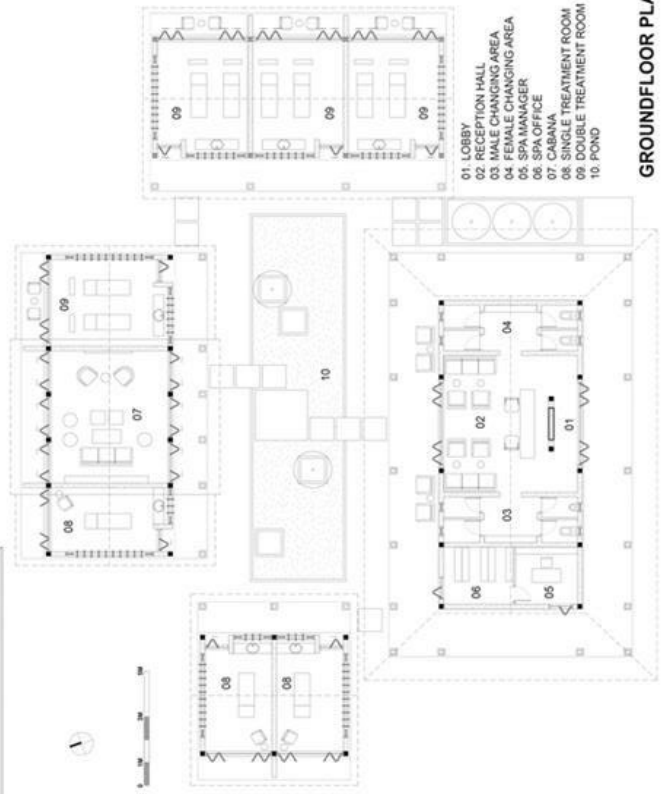


SPACES:

The two main buildings contain the Reception Area – Changing Space-Shower- Treatment – Relaxing area after treatment, while the two sub-buildings consist only of treatment rooms. Each treatment room had its private terrace at the back, connected to a little garden.



ROOFPLAN



GROUND FLOOR PLAN

Principle: The Spa: to inherit the simple, rustic spirit to resort.

ORGANISATION:

the location of the spa was decided to be sat on a light slope toward the sea, hidden behind the bungalows and surrounded by jungle. A small earth path linked the new Spa with the old one, who was becoming the space for yoga and Taichi practicing. The Spa is composed of 4 buildings in rectangular shapes, linked by covered walkways, surrounding a landscape pond

MATERIALS:

Rammed earth - thick walls, wood-louvers and doors, thatch - extended roof

WELLNESS CENTER



MANGO BAY SPA:

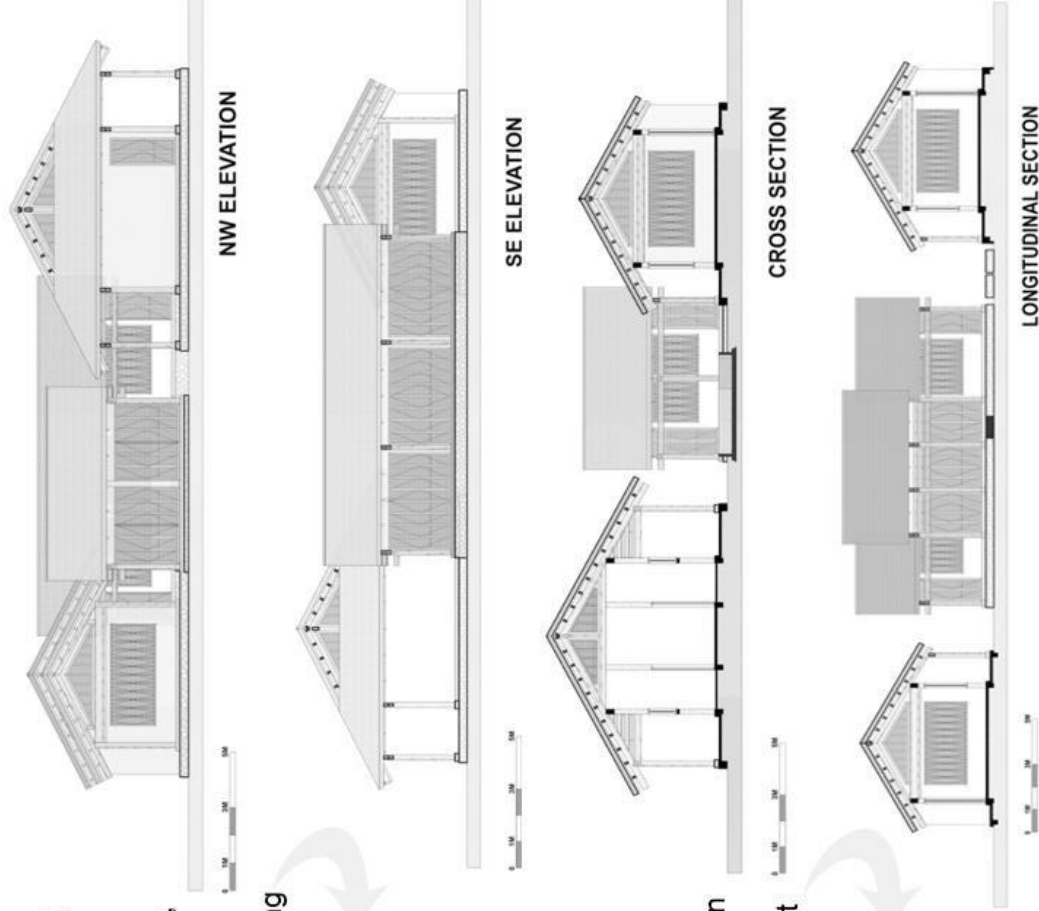
FEATURES:

The feature of the project was the using of rammed earth walls. This also was a succession of the previously-built bungalows in the resort. Those thick walls, combine with the extended roof and the wooden louver doors/windows, create an airy and comfortable internal space, and by that, there is no need for air conditioner. The wooden louver doors/windows with pivoting system help controlling the quantity of natural light access the inner space, depend on the moment and the mood of the guests.



LANDSCAPES:

The landscape also follows the resort's spirit, by using local plants and flowers for the garden. The only exception are the plumerias planted in the landscape pond, which represent a new beginning and expectation of peace. Just after a little of time and a few tropical rains, the resort is ready to present itself as a building among the jungle.



4. CASESTUDY ANALYSIS





WELLNESS CENTER

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WELLNESS CENTER

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SITE ANALYSIS

SITE INFORMATION:

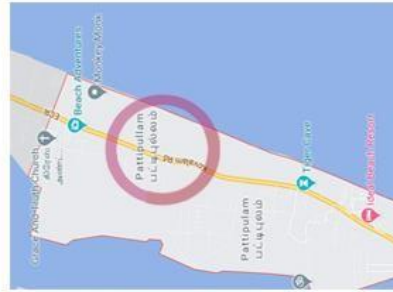
LOCATION: Pattipulam, Thiruporur Block, Chengalpattu district, Tamil Nadu, India.



India map



Tamil Nadu map



Pattipulam

PROPOSED SITE: is in Pattipulam village is located in Chengalpattu Tehsil of Kancheepuram district in Tamil Nadu, India. Kancheepuram and Chengalpattu are the district & sub-district headquarters of Pattipulam village respectively.

SITE AREA : 46,000 sq.m

TYPOLOGY: Institutional

CLIMATE: Hot and humid climate

The is located in calm and a pleasant atmosphere away from urban communities. The site can be effectively used by the tourist who come to Mahaballipuram, travellers and people from IT corridor.

PROXIMITY:

Pattipulam's nearest town/city/important place is Thiruporur located at the distance of 5.0 kilometer. Surrounding town/city/TP/CT from Pattipulam are as follows.

Kovalam 17KM.

Mamallapuram 7.8 KM.

Tirukalukundram 19.4 KM.

Palani 20.5 KM.

Gudalur 21.2KM

Kalpakkam 23KM

MORPHOLOGY OF SITE:



2003



2007



2011



2015



2020

The major change in the Topography over 20 years, is been reflected in vegetation, sparse settlement of people, and by proving public amenities near by for the people.

TRANSPORTATION:

The nearest railway station in and around Pattipulam Marumalai Nagar railway station 24.3 KM. Paterthi railway station 24.3 KM.

Pothahi railway station 24.3 KM.

Guduvancheri railway station 24.4 KM.

Perungulattur railway station 25.2 KM.



Nearest airport to Pattipulam

Chennai International Airport 34.3 KM.



Public and private bus service available.



SURROUNDINGS:

Pattipulam is surrounded by Tirukkalukundram Block towards west, Kattankolathur Block towards west, Chengalpattu Block towards west,

St.Thomas Mount Block towards North.

It is near to bay of bengal towards East

Mahaballipuram towards South.

SITE ANALYSIS

NEIGHBOURHOOD CONTEXT:

Krishnankaranai-3.9km BAPS-4.2km



Sea water desalination plant-4km



- >Over 1000m and above, the site is surrounded by villages community with religious historic significant places, hospital and of entertainment spots and resorts.
- >Height of the buildings mostly of G+1 structures
- >The surrounding is of calm and pleasant atmosphere facing the beach.

SITE INFORMATION: ROAD NETWORK

The is accessed through arterial road- State highway 49- ECR kovalam road



Monkey monk-2km



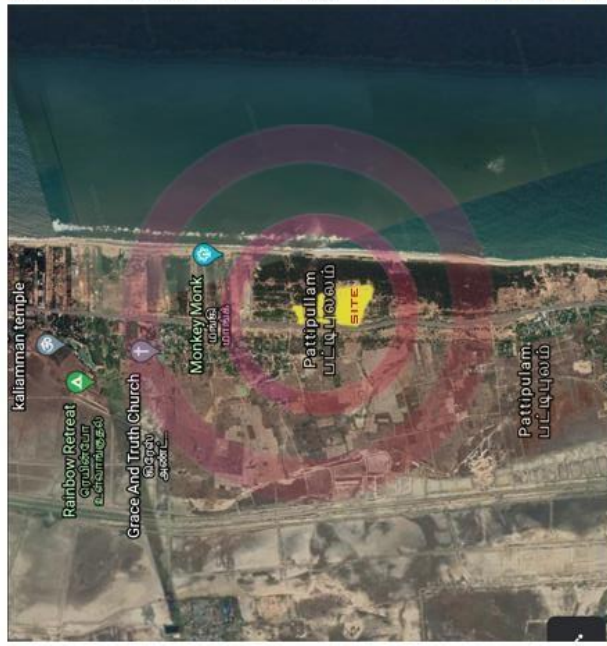
Beach adventures-3km



Pattipullam-2km



Devaneri-7km



Salavankuppam-10km



Arulmigu Subramanya temple-3km



Tiger Cave-5km



Mahaballipuram-10.9km

SOIL

The site posses sandy soil as it is along the coastal region of bay of bengal



WATER POTENTIAL

The ground water is a main source of water and also water supply is available from the near by water tanks. Pattipullam recieves an average annual rainfall of around 1100mm. This accounts 60% of total rains in the area.



VEGETATION

The site is of filled with lush green native trees palm trees, pine trees, shrubs, which also invites lot of birds to the site.



MEDITERRANEAN FLAT PALM TREE

Mature height : 10-15 feet
Mature spread: 6-8 feet
Sun exposure: full sun, partial shadow
Soil type: adaptable

PINE TREES

Mature height : 20m
Mature spread: 5-8m
Sun exposure: Partial sun, partial shadow
Soil type: adaptable

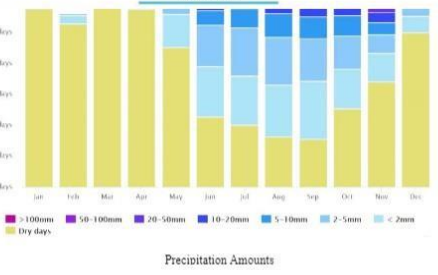
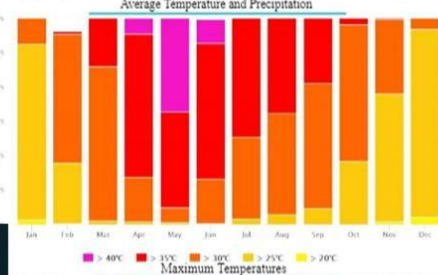
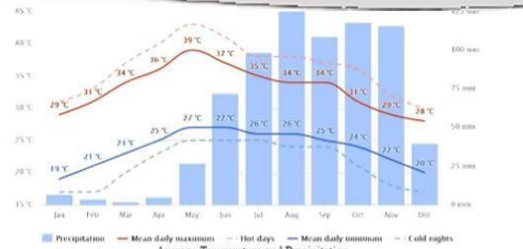
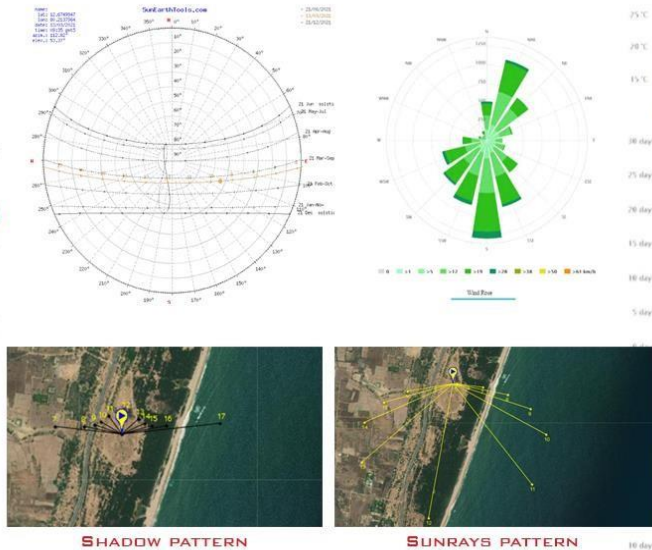
ALBIZIA LEBBECK TREE

Mature height : 30m
Mature spread: 8-12m
Sun exposure: Partial sun, more shadow
Soil type: adaptable

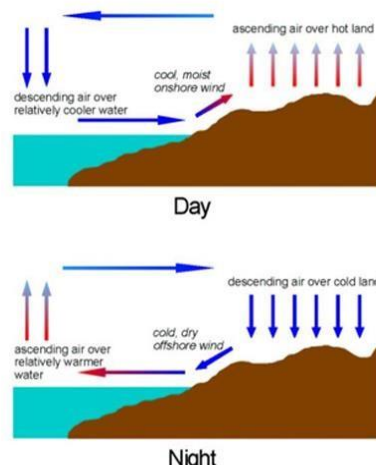
SITE ANALYSIS

Pattipullam has warm and humid climate. The maximum day time temperature varies from 38.3°C in June to 28.4°C in December. While minimum temperature varies from 20.5°C in January to 27.7°C in May. Pattipullam receives an average annual rainfall of around 1100mm. The months of October, November and December accounts 60% total rain. The sea breeze gives a pleasant and cool temperature which attracts visitors to stay for a longer while in the beach.

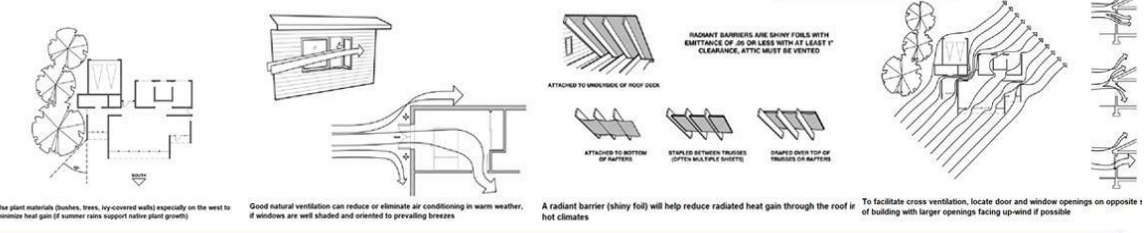
CLIMATE ANALYSIS



INFERENCE
 Maximum temperature- 38.3°C- 28.4°C
 Minimum temperature- 27.7°C- 20.5°C
 Average wind speed - 15kmph to 24kmph
 Maximum humidity- 60%
 Annual rainfall around 1200mm
 The micro climate is not being hindered as the site is not being surrounded by buildings and the wind flow from the sea to land ward side and from land to seaward side is being stabilized and channelized through the lush pine vegetation .



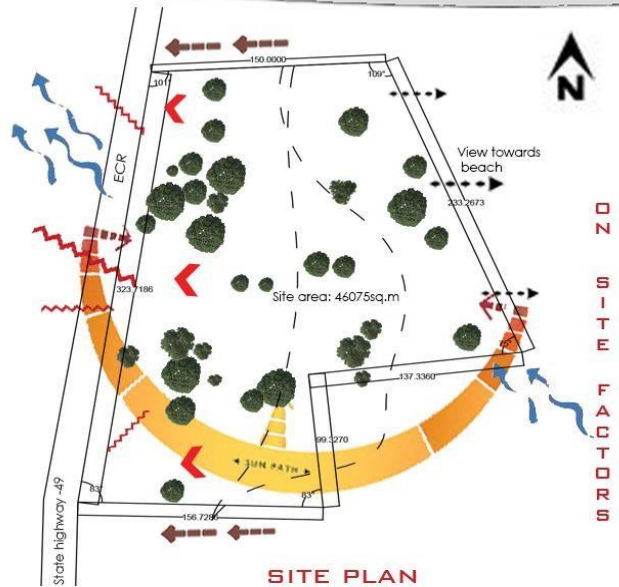
STRATEGY



SITE ANALYSIS

SITE INFORMATION:

- >LOCATION: Pattipullam,Tamilnadu,India
- >ACCESS TO SITE: The site can be easily accessed by public bus-Pattipullamcolony bus stop and through near by railway station and airport
- >ECR road(Main-arterial road) State highway 49
- >The site is of beach front facing site- with calm atmosphere
- >CLIMATE:Hot and humid
- >Lot of birds visiting site can be observed-Myna,pigeon,seasonal migratory birds.
- >VEGETATION: the site is surrounded by lush green native trees palm trees,pine trees shrubs and other native plants.
- >ODOUR: Sea air has traditionally been thought to offer health benefits associated with unique odour.It has been determined that chemical responsible for much of odour in air along certain seashores dimethyl sulfide, released by microbes.



SITE PHOTOS



SITE SECTION

LEGENDS

- Views to the site
- Noise direction
- Drainage pattern
- Wind direction
- Vegetation
- Views of the site
- sandy soil

BYE-LAWS

(CRZ-IIIa) with a population density of 2,161 per sq km as per the 2011 Census, the no-development zone is now 50 m from the high-tide level, as against the 200 m stipulated earlier.

- Max height of building- 9m
- Max floor space index- 1.5
- Max plot coverage- 60%
- Front setback- 7m
- Side setback-6m
- Rear set back-6m

S- The site is in the main state highway 49- easy access to site -pleasant atmosphere away from Urban communities. View of bay of begal sea from the site. Less noise and pollution.

W- Load bearing capacity of soil.

O- Opportunities for creating wellness through nature.

T- Threat of floods

INFERENCE:

Major criterion for setting up of project, which concentrates on health and wellness basis-based on mind,body and soul. Site provides a healthy surrounding having natural views such as on looking beach,which gives a sense of calmness.Climatic conditions should be considered as the humidity level is high and soil loading bearing capacity is comparatively less and by-laws to be taken into account while designing. Existing trees in site to be retained-home for many birds.

6. DRAWINGS

MASTER PLAN

R.SRUTHI
3621079

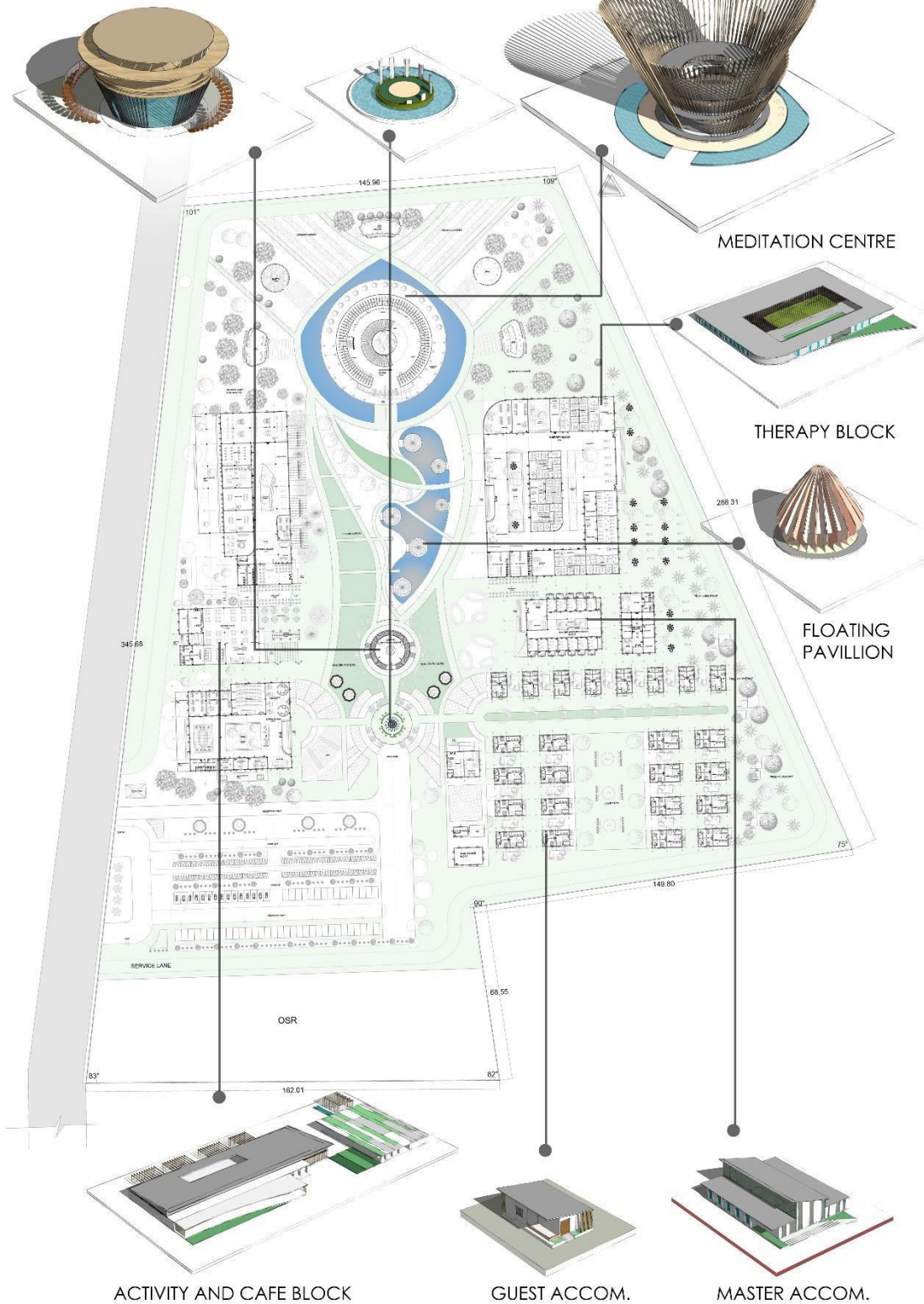


GROUND FLOOR PLAN

R.SRUTHI
3621079

YOGA PAVILLION

WELCOME PLAZA



ACTIVITY AND CAFE BLOCK

GUEST ACCOM.

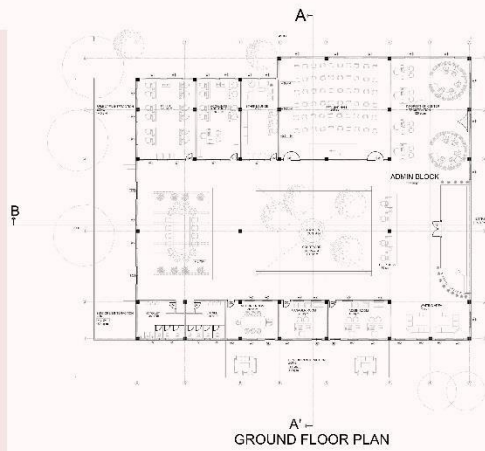
MASTER ACCOM.

UNIVERSAL CENTER FOR WELLNESS



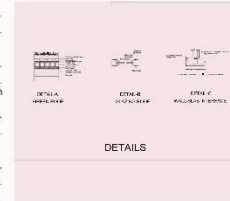
ADMIN BLOCK

R.SRUTHI
3621079

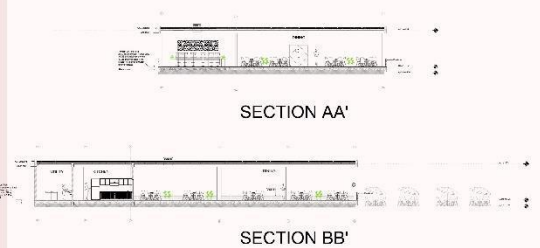
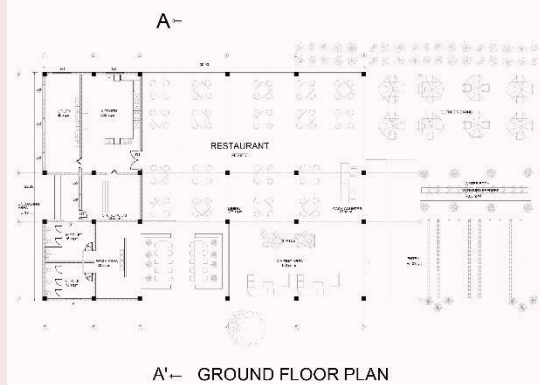


SCHEDULE OF JOINERY

S.NO	TYPE	DESCRIPTION	SIZE
1	D1	DOOR 1	2mx2.1m
2	D2	DOOR 2	0.9mx2.1m
3	D3	DOOR 3	1.5mx2.1m
4	D4	DOOR 4	0.75mx2.1m
5	SD	SLIDING DOOR	2mx2.1m
6	w1	WINDOW 1	1.8mx1.2m
7	w2	WINDOW 2	1.2mx1.2m
8	w3	WINDOW 3	0.9mx1.2m
9	w4	WINDOW 4	0.5mx1.2m
10	kw	KITCHEN WINDOW	1.2mx2.1m



RESTAURANT

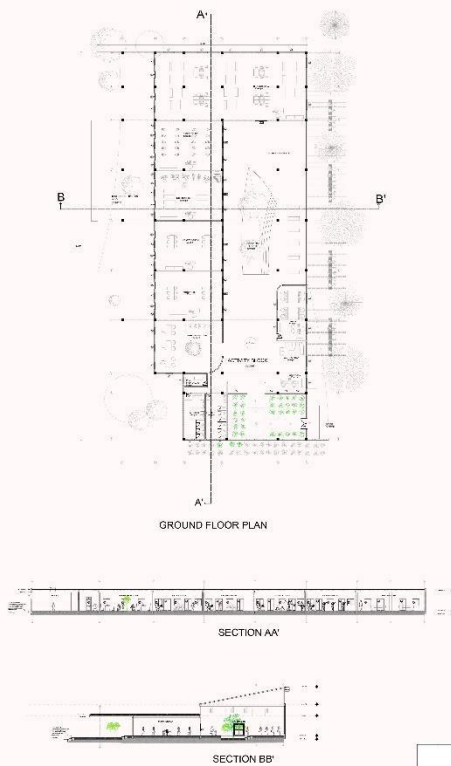


UNIVERSAL CENTER FOR WELLNESS



ACTIVITY BLOCK

R.SRUTHI
3621079



SCHEDULE OF JOINERY			
S.NO	TYPE	DESCRIPTION	SIZE
1	D1	DOOR 1	2mX2.1m
2	D2	DOOR 2	0.9mX2.1m
3	D3	DOOR 3	1.5mX2.1m
4	D4	DOOR 4	0.75mX2.1m
5	SD	SLIDING DOOR	2mX2.1m
6	w1	WINDOW 1	1.8mX1.2m
7	w2	WINDOW 2	1.2mX1.2m
8	w3	WINDOW 3	0.9mX1.2m
9	w4	WINDOW 4	0.6mX1.2m
10	kw	KITCHEN WINDOW	1.2mX2.1m



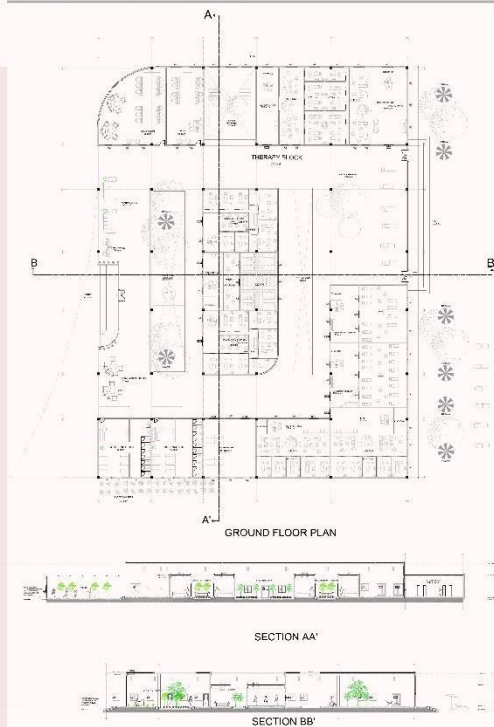
ELEVATION A



ELEVATION B



THERAPY BLOCK



VIEW 1



VIEW 2

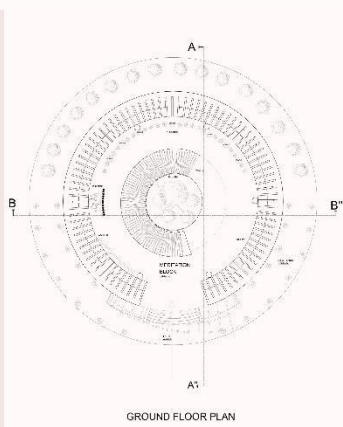


UNIVERSAL CENTER FOR WELLNESS

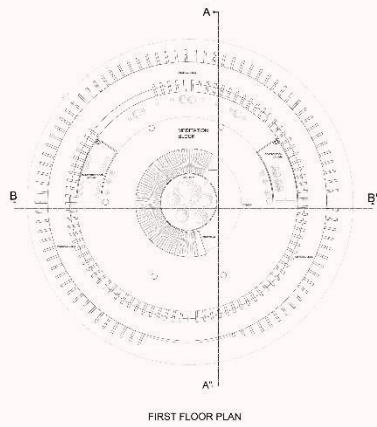


MEDITATION BLOCK

R.SRUTHI
3621079



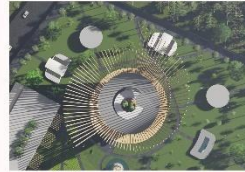
GROUND FLOOR PLAN



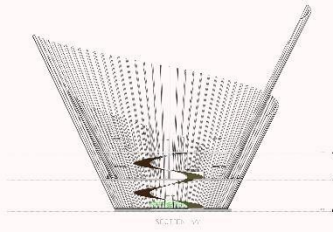
FIRST FLOOR PLAN



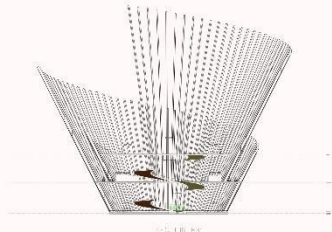
KEY PLAN



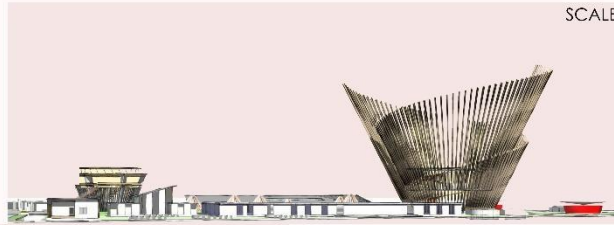
ELEVATION



SECTION A-A'

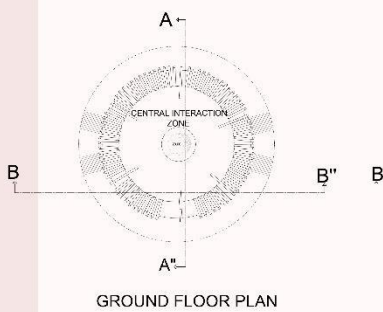


SECTION B-B''

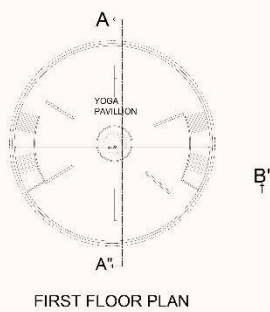


SCALE

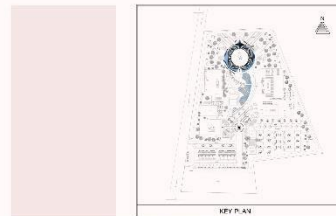
YOGA PAVILLION



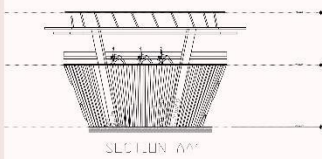
GROUND FLOOR PLAN



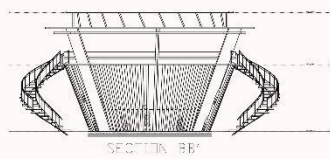
FIRST FLOOR PLAN



KEY PLAN



SECTION A-A'



SECTION B-B''



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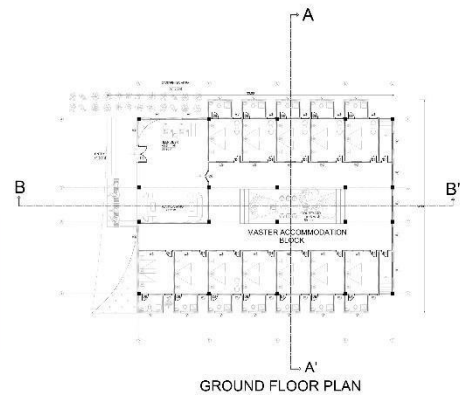
MASTER'S ACCOMMODATION BLOCK

R.SRUTHI
3621079



S.NO	TYPE	DESCRIPTION	SIZE
1	D1	DOOR 1	2mX2.1m
2	D2	DOOR 2	0.9mX2.1m
3	D3	DOOR 3	1.5mX2.1m
4	D4	DOOR 4	0.75mX2.1m
5	SD	SLIDING DOOR	2mX2.1m
6	w1	WINDOW 1	1.8mX1.2m
7	w2	WINDOW 2	1.2mX1.2m
8	w3	WINDOW 3	0.9mX1.2m
9	w4	WINDOW 4	0.5mX1.2m
10	kw	KITCHEN WINDOW	1.2mX2.1m

FRONT ELEVATION



SECTION AA'



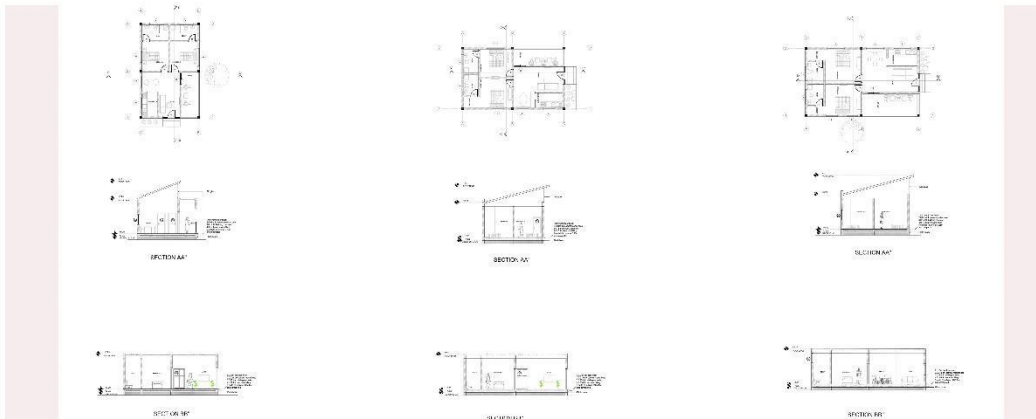
SECTION BB'



DETAILS

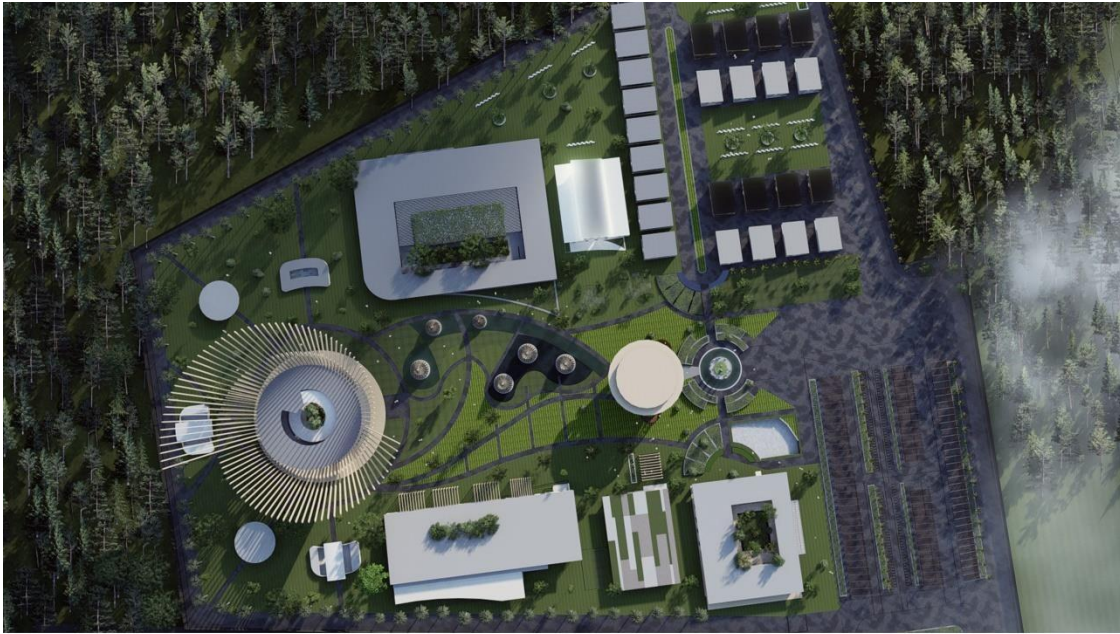
GUEST ACCOMMODATION COTTAGES

PLAN

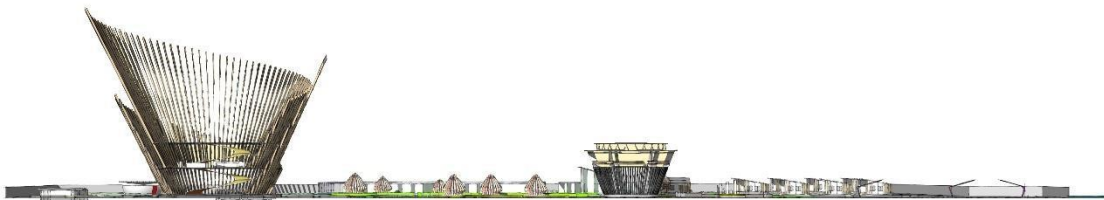


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“MEDITATION IS BEING INTUNE WITH OUR INNER UNIVERSE”



7. CONCLUSION

Universal centre for wellness will definitely cater primarily for a meditative space, yoga, stress busting activities space and therapies along with accommodation facilities. The centre will acknowledge and invite people from various cultures to participate in activities offered by the complex. The natural landscape and environmental conditions will play an important role in experiencing the wellness journey.