



Bharati Vidyapeeth (Deemed to be University)

College of Architecture, Pune

2023-2024

Architectural Design Project report titled

Blissful Oasis- A Centre for Spiritual Healing, Puri

Submitted by

NIMISHA AGARWAL

B. Arch, Semester X

Guided by

Ar. TEJAS PATIL



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CERTIFICATE

This is to certify that the Architectural Design Project Report titled -"**BLISSFUL OASIS-CENTER FOR SPIRITUAL HEALING**" , is submitted by NIMISHA AGARWAL

Exam Seat No. 2415940020 PRN No. 1918110047, in the semester X of Bachelors programme of Bharati Vidyapeeth (Deemed to be University) College of Architecture, Pune is a record of bonafide work, to the best of our knowledge

Architectural Design Project Guide

Ar. Tejas Patil

Principal

Dr. Kavita Murugkar

DECLARATION

I Nimisha Agarwal hereby declare that the Architectural Design Project titled “BLISSFUL OASIS- A CENTER FOR SPIRITUAL HEALING” submitted in partial fulfillment of the requirement for the award of degree in Bachelor of Architecture is my original Design / Research work and that the information taken from secondary sources is given due citation and references.

Signature with Date

Name: Nimisha Agarwal

Exam Seat No.: 2415940020

PRN No.: 1918110047

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1. Description

“If form & function is the anthem of architecture then the mental well-being of people residing in that space should be its rhythm.”

- James Polshek



Sensory Healing Center by Jee Yeon Choi

2. Introduction

In the confluence of architecture and consciousness, the quest for holistic healing takes on an innovative dimension with the project, "**Healing Centre: A Waterfront Retreat.**" This Healing Centre will be a place where people from all walks of life will be welcomed and can come for a healing. This Spiritual Healing Centre aims to provide a retreat for individuals seeking solace, relaxation, and a connection with their inner selves. The primary focus is on designing spaces that facilitate spiritual healing, meditation, and introspection, while also taking advantage of the scenic and healing qualities of the water.

Nestled along the banks of a river, it also aims to harness the therapeutic potential of nature's elements, utilizing the soothing sounds of flowing water, the gentle rustle of leaves, and the panoramic views of the riverfront to create a tranquil and rejuvenating environment. Through thoughtful architecture and design, the healing center becomes a space that not only heals the body but also rejuvenates the soul, fostering a sense of peace and well-being.

To further enrich the project's impact, a vibrant haat is incorporated within the riverfront development. This marketplace serves, Local artisans, craftsmen, and entrepreneurs converging to showcase their

talents and products, creating a dynamic space that not only fosters economic growth but also celebrates the community's cultural and artistic diversity.

2.1 Foreground

Architects such as Pallasmaa and Barragan have acknowledged the disconcerting lack of spiritual and emotionally rich architecture that seems to characterize modern trends. According to Pallasmaa

“The buildings and townscapes of our time commonly lack a spiritual and emotional content. The sense of emptiness, distance and rejection they do possess derives from the inability of modern settings to resonate with the unconscious sensibilities of the human mind. The progress of modern architecture has normalized human emotions, and consequently is unable to reflect emotional extremes such as ecstasy and melancholy.”

Barragan holds a similar point of view that is enforced by his statement "I believe in an 'emotional architecture'. It is very important for humankind that architecture should move by its beauty, if there are many equally valid technical solutions to a problem, the one which offers the user a message of beauty and emotion, that one is architecture "

Pallasmaa acknowledges that "At the turn of the millennium, the great challenge for architects is the re-sensualisation, re-mythologisation and re-poetisation of the human domicile "

2.1.1 Spirituality & Architecture

The relationship between spirituality and architecture has a long history since ancient times. Throughout history, many cultures have considered architecture to be an expression of their spiritual beliefs and practices. In this sense, architecture creates a sacred space that enables people to connect with the divine or ethereal.

Architecture has the power to create an environment that can influence human emotions, thoughts, and experiences. When architecture aligns with spiritual values and beliefs, it can create a sacred space that enables people to connect with something greater than them. For example, many religious buildings, such as churches, mosques, and temples create a sense of awe and reverence.



Image source: i.pining.com

According to Swami Paramananda, spiritual practices are undertaken by an individual to develop his inner and divine qualities to attain eternal happiness and bliss. They are carried out to increase one's spiritual growth towards the experience of a state of Godliness better known as altered states of consciousness. A spiritual awakening is important so that people become aware of their actions. Spirituality or Psychonautics is a means by which such transformation in an individual is possible. Therefore, architecture is not limited to space and functions only; it also addresses various aspects such as culture, nature, society and people.

Architecture of a space can invoke all senses, help one concentrate one's positive energies to calm a disturbed mind and take a peaceful stable mind beyond the physical.

2.1.2 Architecture and Mental Healing

“Architecture is really about well-being; I think that people want to feel good in a space. On the one hand, it's about shelter, but it's also about pleasure.” -Zaha Hadid

These two phenomena are separate in their existences like architecture is the creation of space whereas mental healing is a practice to stabilize one's mental state.

Architecture is a visible practice but mental healing is the feeling of sensation. Mental healing is as similar to a nature walk as you get to know more about nature you will feel better, sarcastically there are so many species in nature that it forces you to forget your critical life issues and adore the beauty of

variety. Still being so distinct from each other, architecture when developed with the value of mental well-being will surely be a masterstroke in space workability, adaptability and accessibility.



When Architecture and nature blend in to heal

Source- designwanted.com

How does architecture play its role?

Although mental health problems are largely governed by the situation a person is in, another pivotal role is the environment in which the situation actually occurs. This is similar to phobias, where people have an unexplainable fear about an object or a situation which deters them from being in the same place or situation again.

For instance, if an employee is reprimanded 5 times in a month for his work by being called in the managers' office. Thus the manager's office only has negative memories for the employee. Eventually he will develop hatred towards the very office as it might remind him of the past instances.

Architecture has the power to reinstate memories, hence it has a deep connection to the human mind and emotions. However there are always two sides to a coin. If architecture has the capacity to negatively influence the mind, it can equally create a positive impact.

Take the above instance, if each time a person got told off, he could just walk into a garden and be by himself for a while, and the overall impact of the situation may have reduced. Thus, if by chance he does get called again, his mind will prepare itself to combat the situation with the positive memory of the garden.

The connection architecture has with the human mind is probably greater than words. The capacity of spaces to move people can be a resilient solution to not only replenish the mind, but also relax the muscles and the nervous system as a whole.

If one looks at it plainly, it is just the play between the tangible and the intangible which is made possible due to architecture. A tangible space saves/improves human life through its innumerable intangible notions. And this is truly the embodiment of the fact that architecture has the capacity to move human lives. (Mead, 2019)

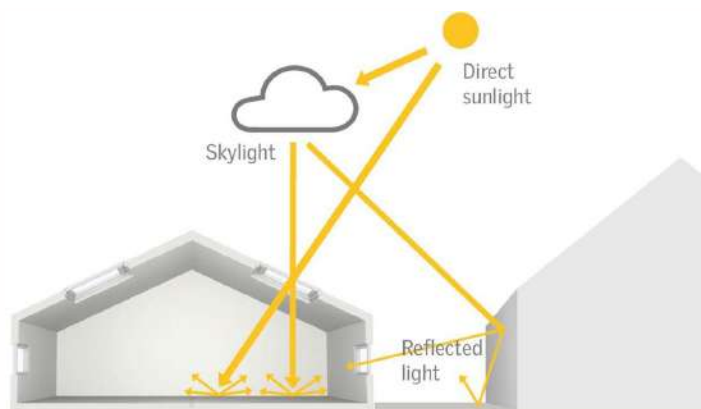
2.1.3 Elements of design for Healing Spaces

Humans feel the world around them through their five senses of touch, smell, taste, vision and sound so focussing on and healing these five could heal the human as a whole. Creating the design in such a way that its essence touches the human, the rhythmic sound should be the harmony of design, comfort and leisure is the real taste, luxury and bespoke elements a treat to the vision, and fragrances of natural elements could be inhaled, a sum up to what architects need to create.

So concerning healing our five senses in turn healing the architecture let's discuss those components of space.

1. Natural Light

Every architect and designer are experts at developing pinholes in the form of skylights or windows or door openings to capture the sunlight within the space which in turn reduces the burden on artificial lighting and those tints of warm tone entering through the window are a sign of hope, in turn, healing people.



Light and Architecture
Source: velcdn.azureedge.net

2. Wind Direction & Cross Ventilation

Wind blowing from northeast to southwest direction in India needs to be captured within the space created which when flowing within that space, heals through its purity and freshness.



Wind healing spaces
Source: i.pining.com

3. Green in spaces

Adding spaces like courtyards, gardens, and kitchen gardens not only adds green life to the space but also is a breakthrough from the walls going on continuously. Green elements, incorporation of indoor plants, and natural vegetation within can heal your soul as vegetation along with it adds the chirping of birds, babbles of water flowing, and sounds of wind crossing through the green vegetation in its serenity, all welcomed when there is green addition to space.



Green addition, healing spaces
Source: api.gharpedia.com

4. Vernacular Architecture

India is a land of diverse climates and religions, hence designing spaces following the adaptability of people belonging to that area is itself healing within.



Vernacular Architecture is new Healing Architecture
Source: static.dezeen.com

Elements of Design

A space is undefined without the elements of design be it color, texture, artificial lighting, patterns form etc., wondering why hospitals are white & blue in the shade because they are the colors of peace and trust, why restaurants and bars are in dim light and vibrant in colors (this you may be knowing) hence healing through elements of design is still untouched which could be approached by incorporating motivational quotes and paintings on the wall of a rehabilitation center, just an example many more to explore.



Healing a rehab center ©: media.biltrax.com

3. Need and Relevance

In today's era, the need for a Healing Centre for psychonauts, specifically designed as a riverfront retreat, arises from various societal, psychological, and environmental factors. For many decades we human beings never evolved ourselves to suit the environment, rather we modified the environment to suit us. In short, we stopped being natural. So when we start thinking and staying aware of our natural state, we start becoming spiritual. And then we also start evolving mentally, which leads to an enhanced state of perception and better understanding of reality. Here are some key points highlighting the significance:

1. Urban Stress and Disconnect :

Modern urban living often exposes individuals to high levels of stress, noise, and pollution, contributing to a sense of disconnect from nature and traditional values.

2. Nature as a Healing Element:

The riverfront development leverages the healing power of nature, utilizing the calming presence of water and natural landscapes to enhance the well-being of individuals.

3. Economic Empowerment through Tradition:

Many traditional skills and crafts are at risk of fading away, leading to economic challenges for local artisans.

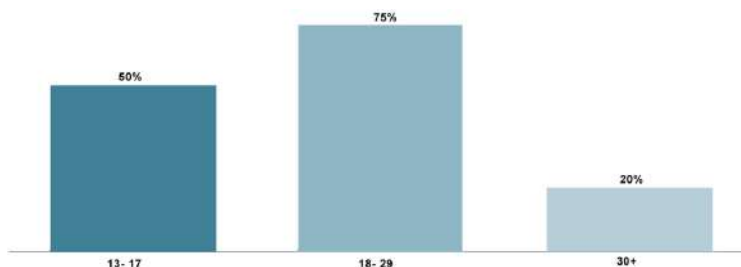
The inclusion of a haat within the development provides a platform for economic growth by supporting local businesses, preserving traditional crafts, and fostering a sustainable local economy.

4. Cultural Tourism and Local Identity:

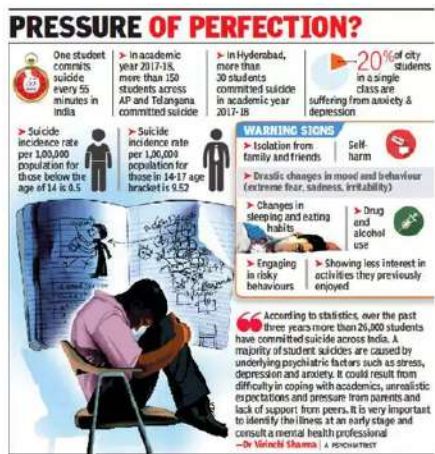
The riverfront development becomes a cultural landmark, attracting visitors and promoting cultural tourism, thus contributing to the local economy.

3.1 Mental Health Statistics by Age

50% of mental health conditions begin by age 14 and 75% of mental health conditions develop by age 24. 970 million people around the world struggle with some mental illness. One in four people are affected by a mental illness at some point in their lives. 14.3% of deaths worldwide, or approximately 8 million deaths each year, are attributable to mental disorders.



3.2 Societal Challenges Faced by Youth



In today's society youths tend to go through many societal pressures and challenges leading to some worst scenarios. The main problem is the communication gap between them and their elders, not only family issues, but facing peer pressure, being a part of society's judgements, proving yourself to be best, etc ends up in depression, anxiety and some rash decisions. At times it is also observed that the elders fail to understand the youths and their problems.

Is it appropriate to think only the infants or elderly need support and counseling?

Majority of the youths which are considered the assets of the nation are also suffering from stress Giving it a name of overthinking and neglecting their mental health has lead the country to lose many of their bright assets, this societal challenges have taken away the voice of the youngsters and hence they don't feel free to open up in addition to this the youths are also afflicted by new challenges such as Identity Crisis, Sense of Hopelessness, Confusion and Ambiguity, Competitiveness in education.

3.3 Future Needs of Healing Centres in India

The future needs for the healing centre in India can be influenced by various factors related to healthcare, wellness and societal trends. Here are some considerations:



4. Aim, Objectives and Scope

The aim is to design and conceptualize a transformative space that fosters holistic well-being by seamlessly integrating the therapeutic qualities of a riverfront setting, age-old values, and modern architectural principles. The primary goal is to create a healing environment that not only addresses the physical, mental, and emotional needs of individuals but also reconnects them with nature and cultural heritage.

Aim- HEALING SHOULD BE NATURAL

Our fast-paced & modern lifestyle tends to make it difficult for us to keep up with stable and healthy food habits. Our natural ability to absorb all vital nutrients also gets adversely affected. Poor & irregular eating habits, lack of a balanced diet, consumption of calorie dense food instead of nutritionally compact food, and the increased intake of processed foods & drinks... all unfortunately manifest into diseases.

These defects in our molecular and cellular processes constitute/sound off the triggers of specific pathologies and are what we refer to as the mechanisms of disease. Research in this specific area hence is vital and a prerequisite to creating the most appropriate and effective products and treatments that cure the disease.

To identify these mechanisms of the disease, and treat the root cause of each disease.

Objectives

1. To assemble people to discover their inner journey.
2. To Integrate Nature and Wellness
3. To Preserve and Showcase Cultural Heritage
4. To Create Community-Centric Spaces
5. To Cater Diverse Wellness Needs:

Provide diverse wellness facilities, including spa services, fitness areas, meditation spaces, and other amenities that cater to the varied needs of individuals seeking healing and relaxation.

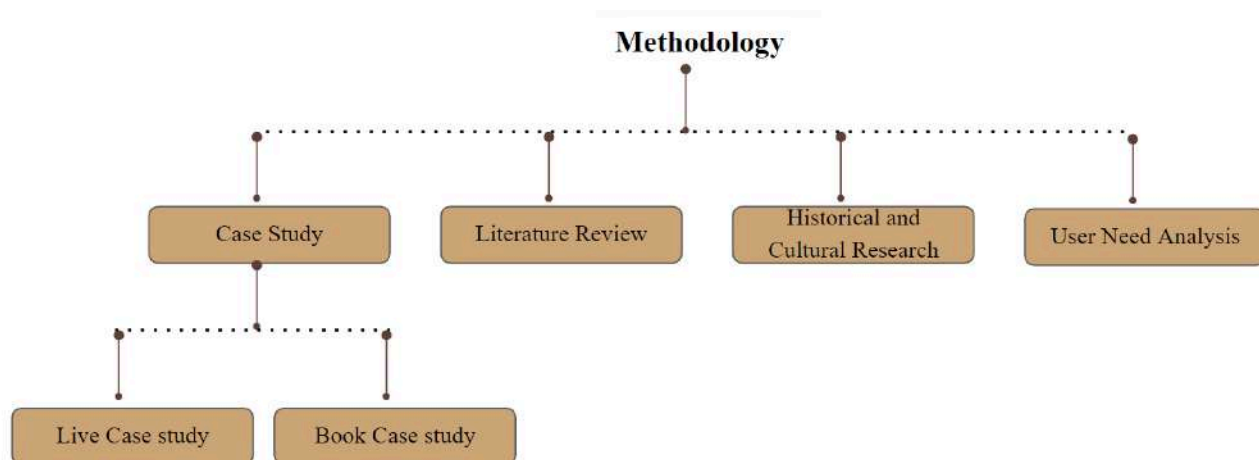
6. To Facilitate Economic Empowerment by haat and providing Educational and Cultural Programs.

A haat to support local artisans, generate economic activity, and contribute to the sustainability of the local economy.

7. Utilizing Technology for Enhanced Well-being:
Exploring innovative ways to incorporate technology, such as digital health platforms or virtual reality experiences, to enhance the overall well-being and experience of visitors.
8. To Foster a Sense of Tranquility and Serenity
Prioritizing design choices that contribute to a calming and rejuvenating atmosphere throughout the retreat, providing a respite from the stresses of urban life.
9. To Enhance Cultural Tourism

5. Methodology

The various methods which encompasses various stages, from initial research to the development of design principles are:



6. Case Studies

6.1 Book Case Study

6.1.1 Maggie's Centre



“Nobody would lose the joy of living in the fear of dying when diagnosed with cancer.”

- Maggie Keswick Jencks

History

Maggie was a writer, gardener and designer. When she was 47, Maggie was diagnosed with breast cancer and five years later, in May 1993, on a visit to the Western General Hospital in Edinburgh, she was told that it had returned.

After hearing this, Maggie and her husband Charles Jencks were moved to a windowless corridor where they were left to process the news. They discussed the need for somewhere 'better' for people with cancer to go, outside of but nearby to the hospital.

Maggie and Charles designed the blueprint for the centres together, enlisting the help of some of their friends from the architectural world. The first Maggie's opened in Edinburgh in 1996, and we now have centres across the UK and even some abroad.

How does Maggie's help?

Their workshops, courses, one-to-one and group support help people to change the way they live with cancer. They focus on the things that really make a difference, like money worries, help with stress and depression, managing side-effects and relationships and family support.

A friendly space

They work with some of the best architects in the world to design their centres. Light, colour and a connection to nature is the main character in Maggie's centre.

Every Maggie's is thoughtfully designed to be calming and welcoming; a place to escape from the clinical environment of the hospital. There are no reception desks and no clocks; instead, they have comfy sofas and plenty of time.

Each centre has large open spaces for group activities and a kitchen table to chat to other people. They make sure there are plenty of peaceful corners for quiet moments and a chance to gather one's thoughts.

a. Maggie's West London



Built in 2008. This bright orange building protectively shields its visitors from the bustling city streets and hospital that surround it, offering a calm oasis in the centre of West London to offer our support.

Designed by: Rogers Stirk Harbour + Partners

Inspired by: Richard Rogers' concept of a heart nestled in the protective wrap of a building's four walls.



The bright orange walls carry visitors into an equally uplifting interior with cozy rooms, bright open spaces and transitional walls that provide the flexible space needed to host everything from intimate chats to lively exercise classes.

View of entrance parking



Section of the building



The materials used in the centre are plywood steel and concrete, rather than the bland grey veneer commonly placed in most hospitals.



Maggie's sitting bespoke, kitchen table space

The double-height atrium has also clearly been informed, with well-lit seating, balconies, gardens, and the removal of corridors all contributing to a renewed focus on the patient's emotional experience of space. Designed to encourage human interaction and challenge the idea that the healing process is a solitary experience, it shows a clear indication that working on Maggie's helped engender a more empathetic design rationale for the architects.

b. Maggie's Fife Cancer Care Center, UK



Architect: Zaha Hadid

It was the architect's intention that the centre sit in direct and deliberate contrast to the architecture of the Kirkcaldy Hospital.



The Centre sits on a concrete plinth which connects it to the landscape. The strong directional language and material contrast of this plinth with the tarmac of the car park clearly define the entrance for new visitors

The building makes particular use of natural light. Quirky triangular windows draw the attention of visitors, and their spirits, upwards, while the glass wall overlooks a wild ravine full of plant and animal life.



Large roof overhangs are used to extend the building into the landscape and protect the entrance doors on the north side, whilst providing solar shading to the glass elevation and partially covering the terrace on the south side.

Internally, rooms are arranged around the design of an open plan kitchen with offices on the north elevation adjacent to the entrance. For privacy, rooms to the east have a semi-opaque façade and visitors can enjoy an unobstructed view through the Centre to the south-facing glass elevation to the hidden natural landscape of the hollow

Internally, rooms are arranged around the design of an open plan kitchen with offices on the north elevation adjacent to the entrance.

The internal central kitchen space is kept open and column-free with a ramp connecting it to the flexi-hall and a system of pivoting doors separating it from the rest of the Centre

c. Maggie's Leeds Centre



Located within the campus of St. James's University Hospital in Leeds,

Architect: Heatherwick Studio

Area: 462 m²

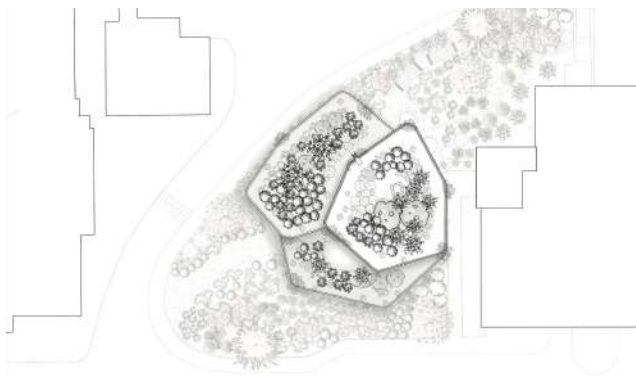
Year: 2020

It was Maggie's 26th centre in the UK. Maggie's Leeds is designed as a group of three large-scale planters, built on a sloped site, that each encloses a counseling room.



These planters surround the 'heart' of the centre - the kitchen - as well as more social spaces for group activities including a library and exercise room.

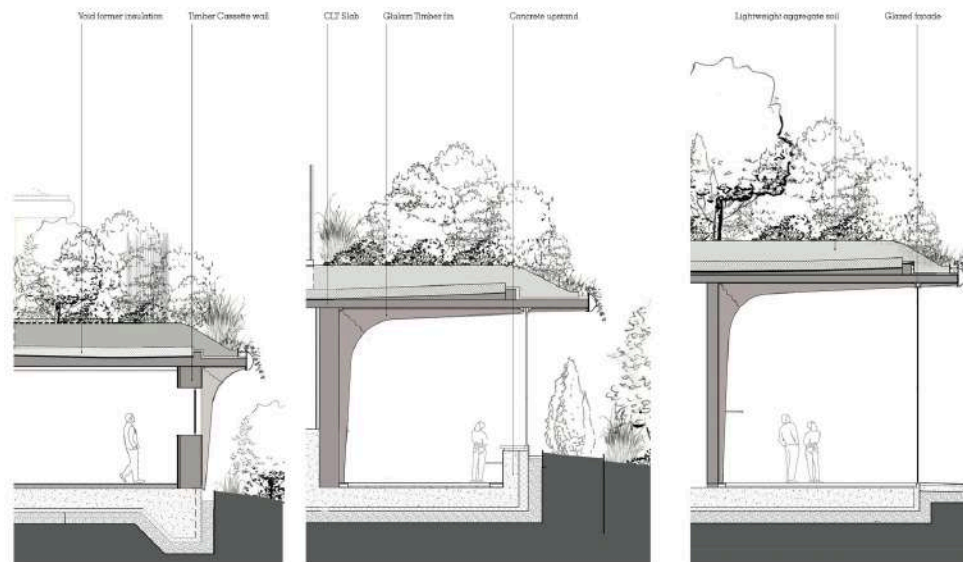
The interior of the centre explores everything that is often missed in healing environments: natural and tactile materials, soft lighting, and a variety of spaces designed to encourage social opportunities as well as quiet contemplation. Window sills and shelves are intended for visitors to fill with their own objects to create a sense of home.



The rooftop garden is inspired by Yorkshire woodlands and features native English species of plants, alongside areas of evergreen to provide warmth in the winter months.

Roof plan

Timber Structure Details



Structure: The building's structure is built from a prefabricated and sustainably-sourced spruce timber system. Porous materials such as lime plaster help to maintain the internal humidity of the

naturally- ventilated building, which has been achieved through careful consideration of the building's form and orientation.

Summary of Maggie’s Centre

Each and every maggie’s center is different and has their own identity. But they all have some common characteristics which is the brief .



Hongkong 2023, by Gehry and Partners

Each of the centers incorporates an open kitchenette where patients can gather for a cup of tea, airy sitting rooms with access to gardens and other landscape features, and bountiful views. There are also private rooms for one-on-one consultations; here, in well-lit, humanizing spaces, caregivers can advise patients on securing health-care loans and even dietary planning.

Some spatial requirements of the Maggie’s Centre

Entrance	The entrance should be obvious, welcoming, and not intimidating, with a place to hang your coat and leave your broly.
Entrance/welcome area	a “pause” space, in which a newcomer can see and assess what’s going on without feeling they have to jump right in.

Office	The office space should be discreet but positioned so that a member of staff working at their desk can spot somebody new coming in to the Centre,
Kitchen	The kitchen area should have room for a large table to seat 12 and is usually the main hub of the building. A fairly large “island” with additional seating for two or three people is essential for nutrition workshops.
Computer desk	We need two computer areas for people visiting the Centre who want to access information online and these need to be near the office area for help if needed
Library	A place to find books and information and be able to sit and look at them comfortably.
Sitting rooms	<p>We need three “sitting rooms” which can be shut off from each other or opened up depending on how they are to be used:</p> <ol style="list-style-type: none"> 1. The first large room will be used for relaxation groups, t'ai chi, yoga, lectures or meetings and should provide space sufficient to accommodate 12 people lying down and storage room for folding chairs and yoga mats. It also needs to be able to store table(s) for up to 10 people. The noise from the main hub area of the building needs to be buffer. 2. The second medium-to-large sized room will be used for workshops and sessions, and needs a table able to seat 12 people, which could be permanent or easy to assemble and store. This room doesn't have to be completely sound-proof either, but should be able to be private and not to be looked in on. 3. A third smaller sitting/counseling room for up to 12 people with a fireplace or stove which doesn't have to be very big - it makes for a friendlier atmosphere if people have to budge up a bit.
Consultation room	Two small rooms used for counseling or therapy, these need windows looking out to grass/trees, or at least a bit of sky. One of the rooms should be able to take a treatment bed. Both should be sound-proof and private when in use, but could be open when not in use.
Toilets	Two toilets with wash basins and mirrors, which should be big enough to take a chair and a bookshelf and one of them must have disabled access. They must be private enough to cry. They must be nice places; they should NEVER have gaps beneath the doors.
Retreat	A very small quiet space to have a rest or a lie down would be good
Parking	Views in and views out

6.1.2 Matrimandir, Auroville



INTRODUCTION : Matri Mandir is the crowning glory of Auroville, conceived by The Mother- Mirra Alfasa. Anger translated her thoughts into a mesmerising design. The temple complex spans across a lush nine-acre site and encloses the main temple and twelve gardens. Shaped like a flattened sphere, the temple holds a meditation chamber inside. The chamber is dodecagonal in plan with a cone-shaped roof and is supported by 8 sickle-shaped piers. Clad with gold-leaved stainless-steel discs, the dome reflects sunlight and radiates a magical aura.

SITE AREA: 22.23 acres

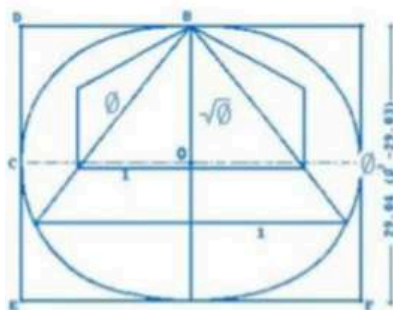
ARCHITECT: Roger Anger, Mirra Alfassa

HEIGHT: 23.5 metres

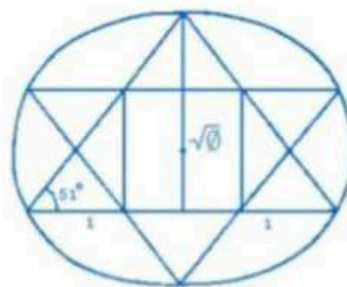
LOCATION: Auroville, Bommayapalayam, Tamil Nadu 605101

THE SACRED GEOMETRY

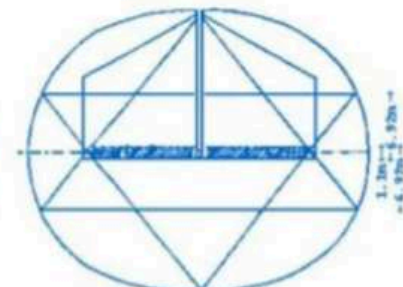
The Golden Section and the proportions of the Pyramid are precisely incorporated in its cross section. It was discovered that the symbol fitted exactly into the Shali-gram, the form in which Matrimandir has been built. There are two triangles with the same proportions as the Great Pyramid inside. The energy field inside the Great Pyramid is located at $1/3$ of its height. If we project this to the 2 triangles inside the Shaligram, we get a band of about 110 cm where the energy field will be concentrated. This band will be in the Inner Chamber, precisely where the people will sit.



Golden section and proportions of great pyramid

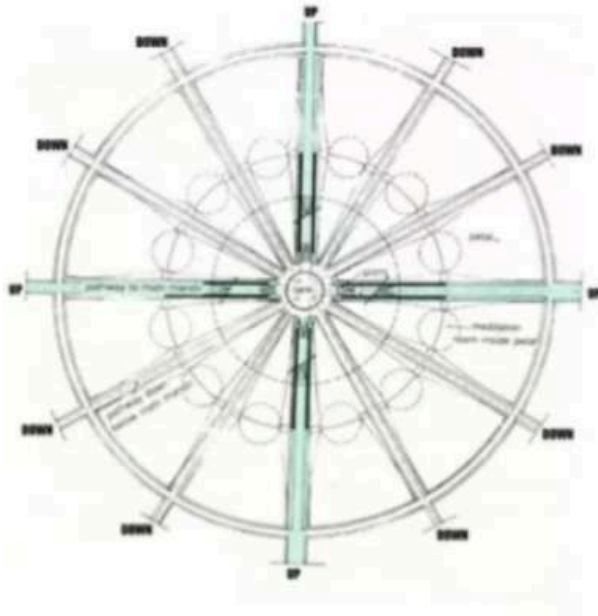


Two triangle of same proportions

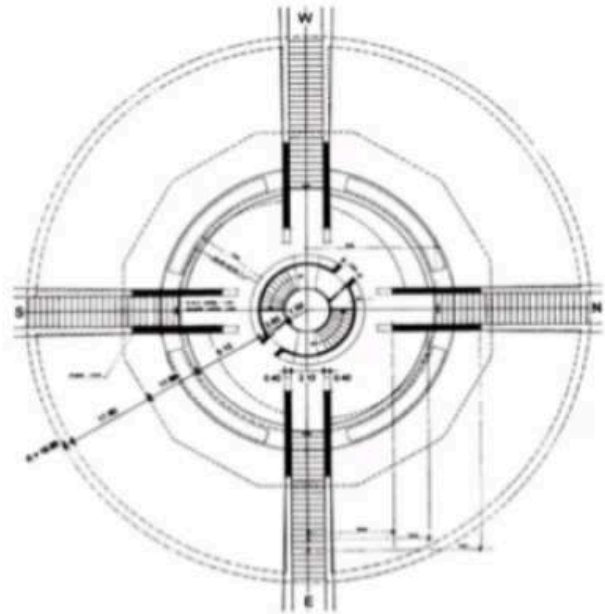


Inner chamber at one-third of its height

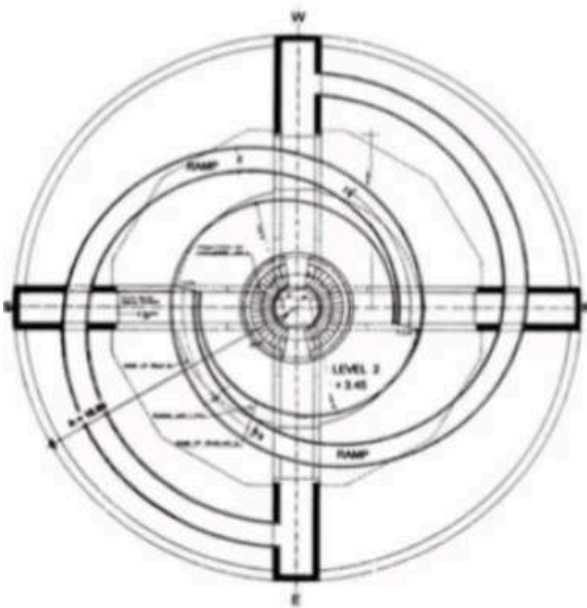
FLOOR PLANS



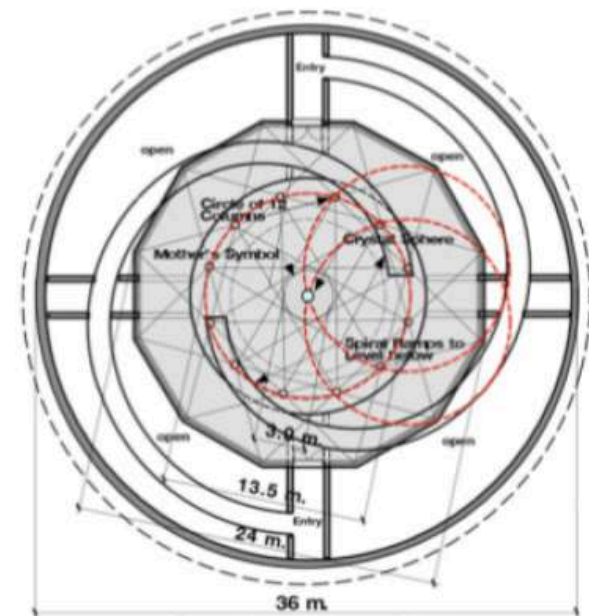
PLAN OF THE PETALS



LEVEL 1 (+0.25)



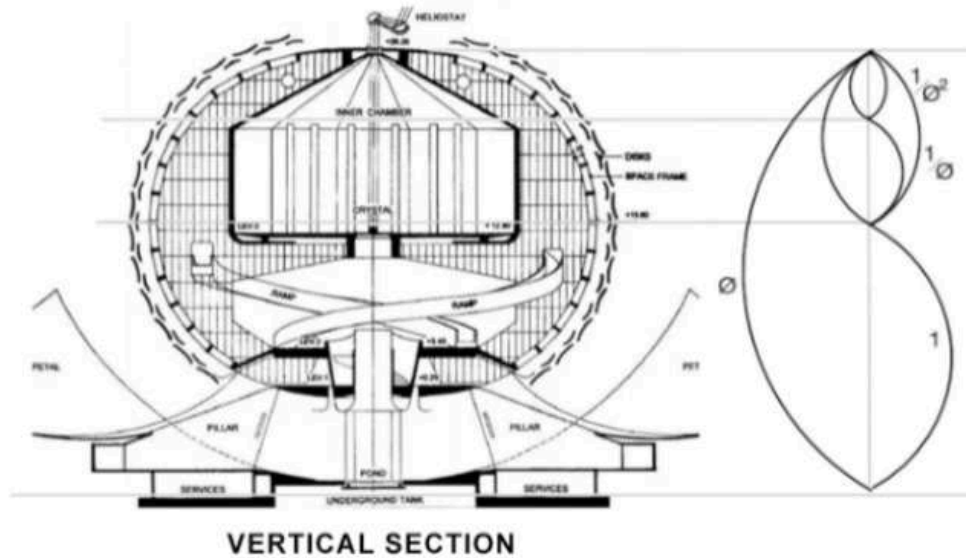
LEVEL 2 (+3.45)



LEVEL 3 (+12.80)

The Matrimandir is a great example having all the spiritual qualities such as natural light, scale and proportion of the hall, the pathway for the inner chamber, the color and texture, the landscape and the presence of lotus flower.

The plan form and the vertical proportions are according to the sacred geometry and the concept of the universal mother makes it an ideal place for contemplation.



It appears to float above a radiating plan of twelve gardens arrayed around it and landscaped with plants from all over the world. It is a flattened precast concrete space frame sphere supported by 4 concrete piers representing the 4 aspects or personalities, of the Divine Mother:

Kali-power, Lakshmi-beauty, Saraswati-perfection and Shwari-wisdom and compassion. It is covered by circular laminated gold discs mounted off the exterior surface to allow air to circulate behind them to cool the building. The four piers contain stairs which lead to the entry level where two spiral stairs continue up to an intermediate level.

THE LOTUS POND UNDERNEATH



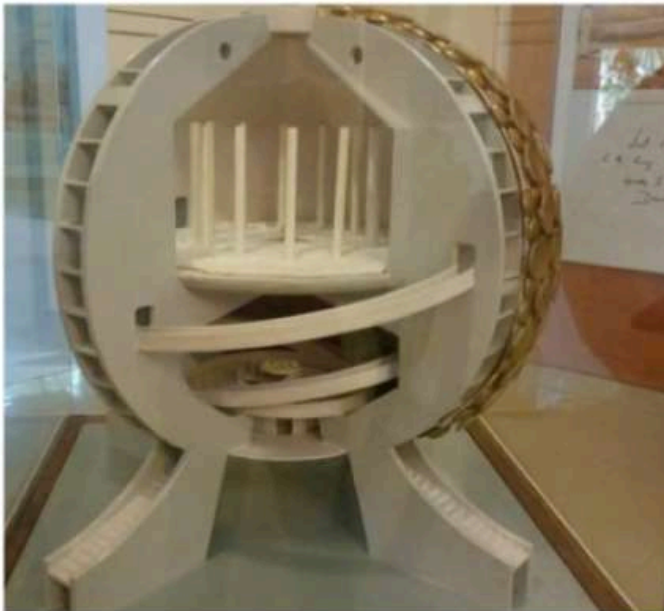
Below the Matrimandir, the architect initially wanted to build a lotus pond, BUT when he realised that lotuses will not bloom in the shade, instead of plants, he used 216 petal-shaped marble slabs to create a pond over which water flows from the outside towards the centre. At the centre of this pond, there is a crystal globe (17cm dia.) which will receive the beam of sunlight which transits Matrimandir from top to bottom, as if to 'illumine the depths.



MASTER PLAN



Each petal and garden represents the 12 attributes of the Divine Mother. Right next to it is a giant banyan tree which is the geographical centre of Auroville. Nearby is the amphitheatre with the Urn of Human Unity that contains the soil of 121 nations and 23 Indian states.



Prototype model showing Inner Chamber



Under construction image of pillars and sphere

6.1.3 Quiet Healing Centre, Auroville



INTRODUCTION: Quiet is a wellness centre located on banks of Bay of Bengal. It occupies over 7 acre of beachfront compound. It offers a wide variety of natural healing therapies. It is a place to relax, rejuvenate, recharge and heal. The healing work at Quiet is based on the understanding that aperson is first and foremost a spiritual being seeking to express its truth through the instrumentality of mental, vital and physical nature. Quiet's vision is to offer natural therapies and health-related intensives to Auroville residents and guests.

Architects: Ar.Poppo Pingel

Category: Wellness/ Healing Centre

PLOT AREA: 11000 sq. m

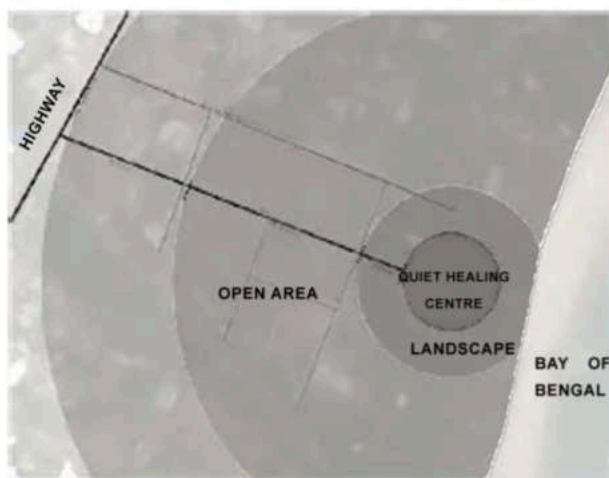
BUILTUP AREA: 866 sq. m

CLIMATE: Warm and humid climate.



LOCATION : Auroville, Tamil Nadu, India. It is approx 5 kms north of Pondicherry, halfway to Auroville. Adjacent to the fishermen's village of Chinna Mudaliar Chavadi.

CONCEPT



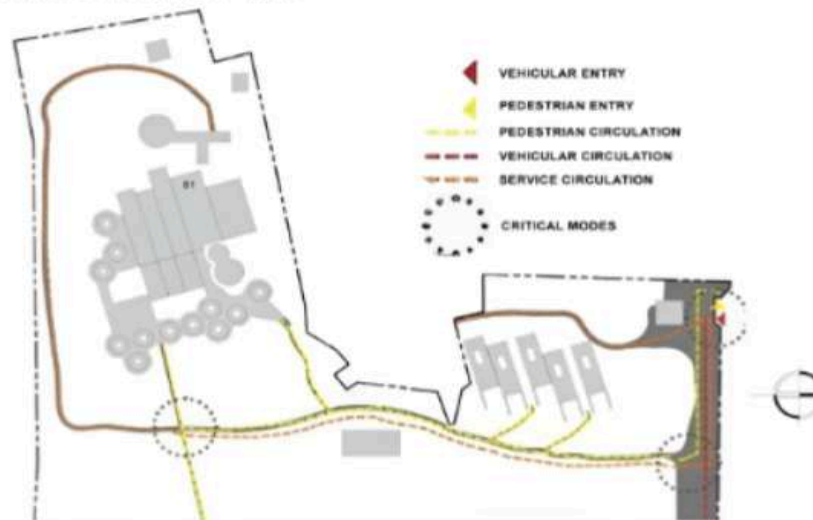
The architecture of the Quiet Healing Centre augments the user's five senses because of the integration of architectural detailing with the site surroundings and climate of the region. He was strongly influenced by the growing environmental awareness and sensory issues plus physiological concerns in architecture.

SITE CONTEXT- The site selected for this project is apt as it connects the placewell to both nearest community, city and on other side the nature. One side the structure is surrounded by tall palm trees and bay of Bengal. The other side leads to the Pondicherry market and city further connecting to heart of Auroville. Thus the requirement of silent environment for the therapies is fulfilled as well they are well connected to community:

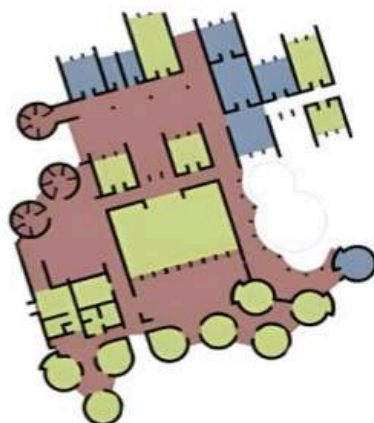
SITE PLAN



CIRCULATION PLAN



SPATIAL DISTRIBUTION



The different zones are organised based on the hierarchy of privacy level.

Like services are at rear end while the meditation pods at the front.

“The architect believes that senses and emotions are what stimulates a human being. He responds to his designs and the atmosphere around it in a playful, and poetic sense. His buildings consist of a meandering path, inviting an individual to explore and connect to the spirit of the place. His architecture enables the user to get lost in the journey before arriving at the destination.”

1. The Cluster organisation- The curvilinear therapy rooms in the front have the internal corridors facing the open court.
2. And dispersed circular rooms provides good air flow throughout the built form.
3. There are two guest houses with a total of 13 aesthetically pleasing and comfortably appointed double rooms.
4. There is only one entry provided that is used by the visitors, staff and other service vehicles.
5. Because of which the chaos happens at the junction pointed as critical node.
6. Vehicular circulation inside the site is restricted to reduce the noise level inside the building and also to bring the idea of tranquil while entering.
7. Pedestrian circulation connects all the therapy and public spaces of the building.
8. Old water tank is used as a space for hydrotherapy, though it appears to be free flowing layout, the exact geometry is employed to determine scale and proportions.

CROSS SECTION OF HALL OF HARMONY AND HEALING SPHERE



- Cross ventilation through double height ceiling and domes.

- The solar panels have been oriented in North-South direction so that the harsh incident sunlight is concentrated on the solar panels. Also acting as buffer from the noise around the site, creating peaceful environment

MATERIALS

Use of porous materials such as first class bricks, lime mortar and timber have been used. They keep the interiors dry and cooler compared to outside.

The domes are clad with China mosaic which reflects maximum part of the heat incident on it, assisting in keeping the healing rooms cool throughout the day.

To reduce the use of concrete, the architect has used pre-cast rings to mount the vistas, enhancing the architectural detailing-uniquely.





Cabana at Quiet



Guest House



Guest Room Block



Healing Spheres

INFERENCE

*Located on dry land makes it more vulnerable to cyclones so the structures are well placed out to minimize the impact of any injury caused due to cyclone.

*Isolation of the facility from the urban environment.

*Separation of public, private and therapy areas.

*Artistic yet simplicity in the structure with the careful integration of healing elements.

*Usage of local building materials make it economically sustainable.

*Not designed exterior landscape.

*No privacy/ segregation to the swimming pool (everyone can watch a person taking the therapy)

*Movement of service vehicle in the site.

6.2 Live Case Study

6.2.1 Govardhan Eco Village, Galtare



INTRODUCTION: Govardhan Eco Village is managed by ISKCON society, every part of the site boasts its principle 'Simple Living & High Thinking.' The arena is a replica of the spiritual triangle of Vrindavan, Barsana, and Mathura. The Ecovillage is like an interpretation centre where one finds everything ranging from temples to forests existing in the area. It is an attempt to recreate the spaces and bring that spiritual experience closer to people. It is a place where one can connect oneself with organic and sustainable living.

ARCHITECT: Ar. Chitra Vishwanath

SITE AREA: 70 acres, **BUILT UP:** 2400 sq. m

YEAR OF COMPLETION: 2012



A view of nature surrounding the built space

The eco-village is a testament to the powers of Ayurveda, Yoga and Meditation to bring about transformative change. We are led by the principles of humility and sustainability and our mission is to serve and propagate the benefits of India's age old traditions to the whole world.



LOCATION: Galtare, Thane. Nestled in the heart of Maharashtra, 100 km north of Mumbai, is a model farm community and retreat centre named Govardhan Eco Village.

TOPOGRAPHY- The natural slope of the land was retained and the top soil preservation was considered and used as manure for farming.

GROUND FLOOR PLAN

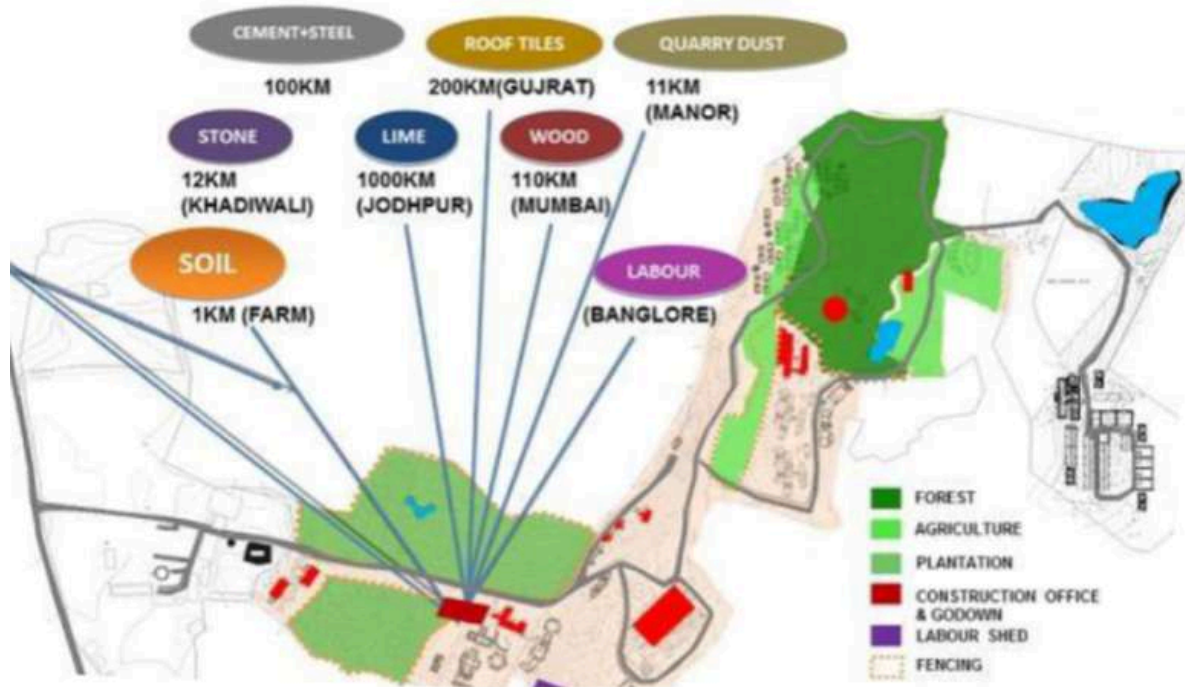


The buildings have been allocated higher contours to take up the shape and receive better air. Large semi-covered spaces provide ample ventilation and light to the inner corners along with areas to spend daytime. These spaces also connect the indoors with nature standing outdoors.



Using only one ring road- around the site, restricts vehicular movement. Hard paved area to open space is balanced. Run off of the site is into the agriculture land. Using pavers or semi permeable hard paved zones help replenish ground water or helps rain water to seep into the ground.

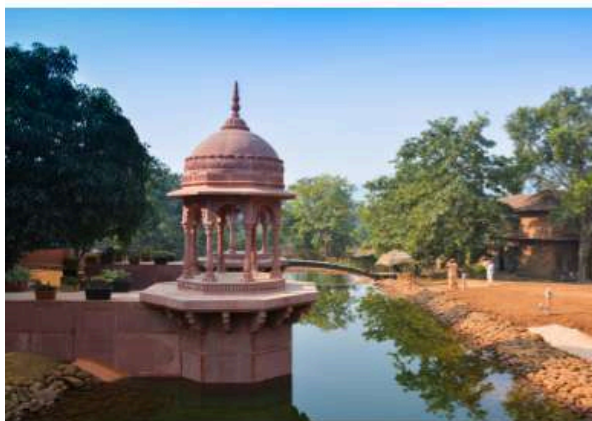
Constraints Considered: Other than rains which provided for agriculture, all domestic and animal husbandry depended on groundwater for sustenance. It was important that groundwater management be integrated into the planning exercise from the onset of planning activities.



SMART SOURCING: To reduce the overall footprint, 90% of the materials were sourced from within 100kms radius of the facility.

OBJECTIVES:

1. Preserve existing Vegetation/or plant new trees as per GRIHA Norms
2. Proper timing of Construction w.r.t. rains. Start after Monsoon and finish before next Monsoon.
3. Confine Construction Activity to only few select parts of the Campus.
4. Erosion and sedimentation control
5. Preserve topsoil and use it for Raised Bed Agriculture
6. Waste segregation, recycle and reuse
7. Reducing water consumption



Creating mini Vrindavan



Guest Room Cluster



Sewage Treatment Plant

Strategies Implemented- Use of precast arch panels for roofs. Thatch roof for yoga hall are made of sugarcane thatch, which is agricultural waste.

WASTE MANAGEMENT:

ANIMAL WASTE:

- Cattle waste is converted into biogas, to be used as a fuel for cooking.
- slurry produced after extraction of gas is utilized as a natural fertilizer in organic farming.
- cow dung is also used to prepare useful items like bathing soaps, bathing powder, dhoop sticks etc. based on ayurvedic formulae.

HUMAN WASTE:

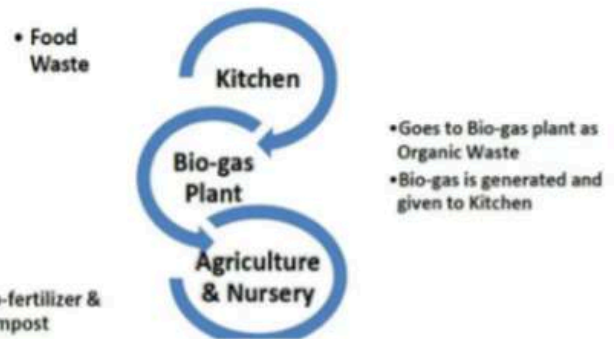
Entire human waste produced in the village is converted into biomass kitchen wastes, horticulture wastes etc are collected to make compost.

FOOD WASTE

: all the food waste goes under the process of grinding and fed into biogas plant which produces methane which is further used as fuel for cooking.



Blast Furnace



6.2.2 Jetavan Spiritual Center, Vari



INTRODUCTION: In Buddhist mythology Jetavana is the name of one the Buddha's most important spatial edifice which when literally translated means the grove of Jeta, land donated to the sangha for founding a monastery. It was of semiotic significance that the site offered by Samir Somaiya owner of the neighbouring sugar factory in rural Maharashtra for the Buddhist Learning Center was thickly forested, an idyllic grove of sorts. It is the centre built for the spiritual and skill development of the local Buddhist community.

Architects: Sameep Padora & Associates

Category: Monastery

PLOT AREA: 1 Acre

BUILTUP AREA: 8000 sq. ft.

CLIMATE: Maharashtra has a typical monsoon climate, with hot, rainy, and cold weather seasons. Tropical conditions prevail all over the state. March, April, and May are the hottest months. During April and May thunderstorms are common all over the state. Temperature varies between 22°C-39°C during this season. A cool dry spell, with clear skies gentle breeze, and pleasant weather prevails from November to February. Temperature varies between 12°C-34°C during this season.



LOCATION : Vari, Near Godavari Biorefineries Maharashtra, The site lies on the campus of a sugar factory



CONCEPT

The institute was programmed as a spiritual & skill development center for the native Dalit Baudh Buddhist community. The mandate of Jetavana is to provide a spiritual anchor for their practice of Buddhist thought through meditation and yoga while also imparting training and skill development for members of the community. The internal spaces were visually connected with the foliage outside through inverting roof.

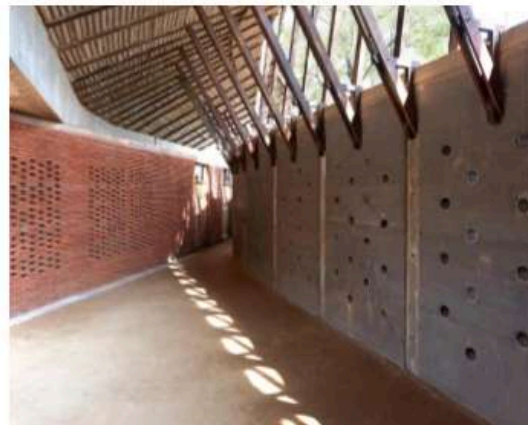
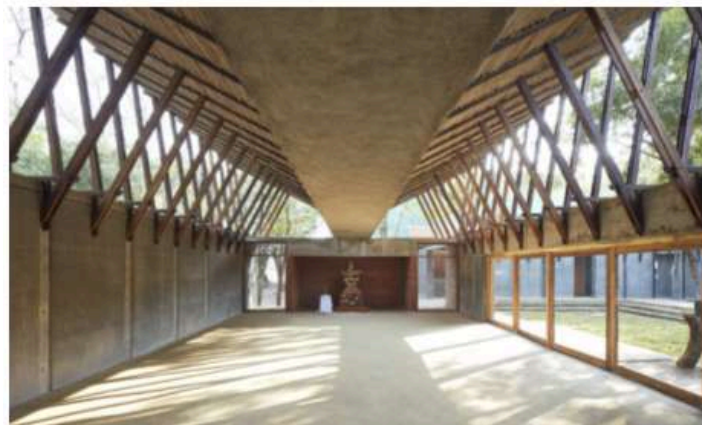
“The approach to the Jetavan project looks to extend the idea of the regional paradigm whilst separating it from the pervasive ‘image’ of what defines the local. The construction process also sets out an approach that looks to further construction techniques based on local materiality not necessarily used natively but is appropriate for its context.”

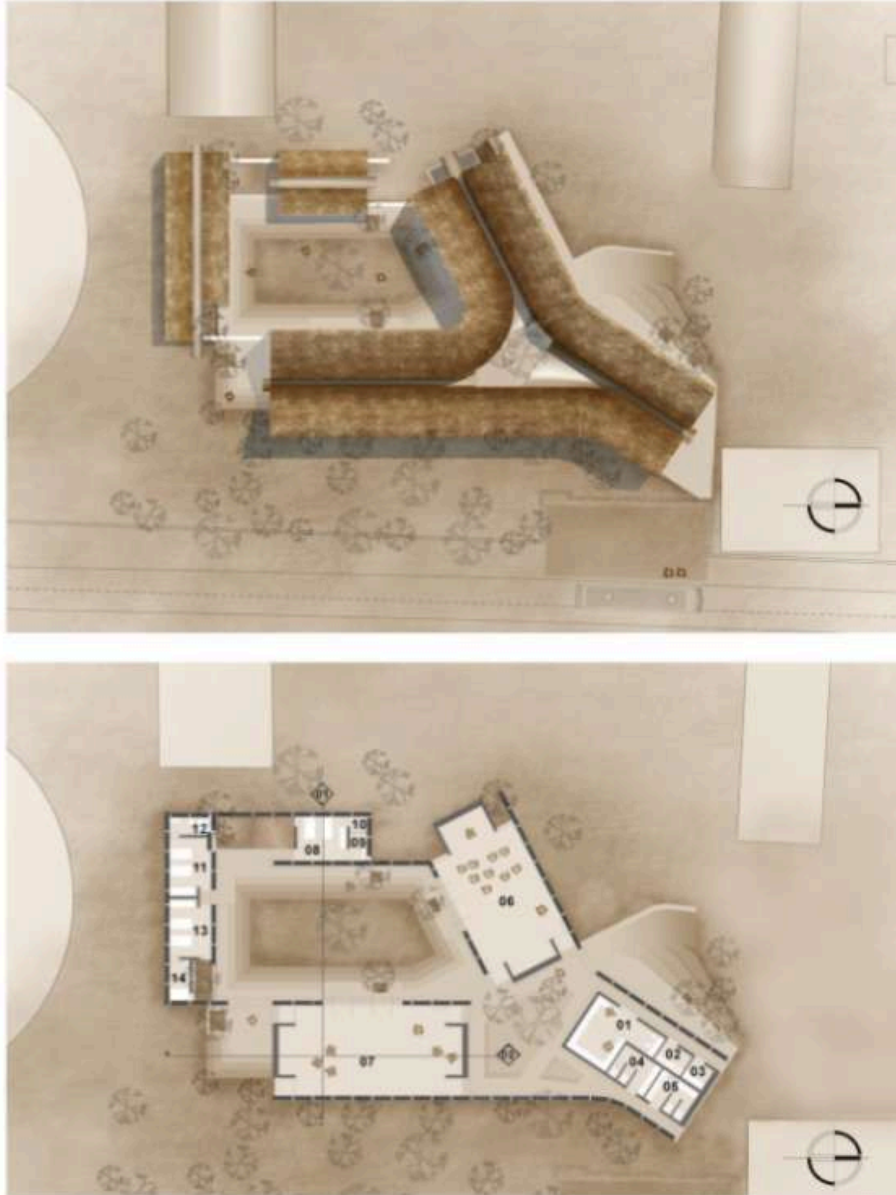


MATERIALS

They collaborated with Hunnarshala, an institution looking to revive and resuscitate local building traditions.

The material palette included the use of rammed loadbearing walls of basalt stone dust. The stone dust, which is waste from a nearby quarry, is mixed with waste fly ash, a by-product from the adjoining factory (that in the past was paying people to cart the waste fly ash away). Repurposed wood from old shipping vessels act as a roof structure, by covering it with jute cloth dipped in wet clay, which is also a great insulator. The roof itself is finished with clay roof tiles, remnants from older demolished buildings. The flooring is a traditional mud and dung floor, which is known to have antiseptic properties.





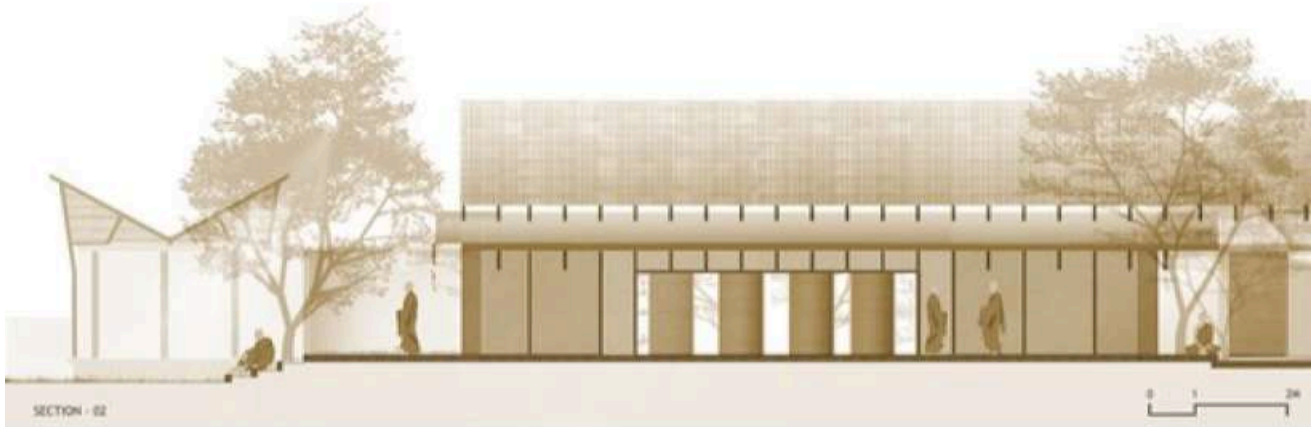
KEY

01 ADMINISTRATION OFFICE-25 SQ.M	08- GUEST ROOM 16.5 SQ.M
02 PANTRY-5 SQ.M	09. GUEST BATHROOM 4SQ.M
03 STORE ROOM- 4SQ.M	10. GUEST BATHROOM 4SQ.M
04- RESTROOMS-MEN-10 SQ.M	11- GUEST ROOM-15.5 SQ.M
05 RESTROOMS-WOMEN-10 SQ.M	12. GUEST BATHROOM-5 SQ.M
06- PRAYER HALL-90 SQ.M	13. GUEST ROOM-15.5 SQ.M
07- WORKSHOP BLOCK-105 SQ.M.	14. GUEST BATHROOM - 5.5 SQ.M

The structure itself features three main buildings; all of which circulates around tranquil courtyards. the pavilion-like buildings comprises of facilities such as guest rooms, administration office, a prayer hall and rooms for workshops.

With the mandate of not harming a single tree on site, the sizable program was split up into 6 buildings each situated in gaps between the heavy planting. Through the design process, two courtyards emerged as links suturing these buildings into a common identity.

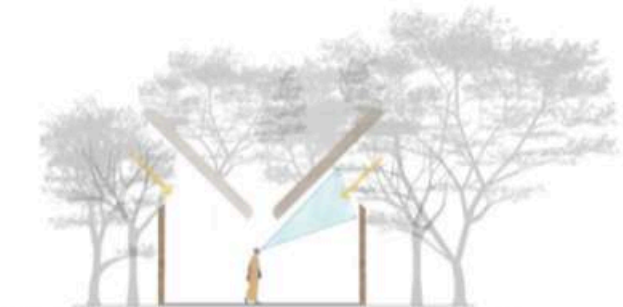
SECTIONS



By inverting the roof profile with a central valley in the middle and rising edges, the interior spaces were visually connected with the foliage outside. The separation of the roof from the walls providing much-needed cross ventilation scales the building towards the courtyard.



The negative impact of closed roof on ventilation and visual connection



The butterfly profile roof helps in cross ventilation and visual connection to the outside.



The half acre plot has over 40 trees, but none were cut to make place for the centre



Formation of small courtyard between the 3 main buildings



At night, the centre can be a lit space for gatherings



The prayer room



With the mandate of not harming a single tree on site, the sizable program was split up into 6 buildings each situated in gaps between the heavy planting. Through the design process, two courtyards emerged as links suturing these buildings into a common identity.

Each building wraps around a garden space

6.2.3 Osho Meditation Center, Pune



INTRODUCTION : The Osho International Meditation Centre (OIMC) is a retreat designed amidst lush greenery. The center is known for paying homage to the philosopher Osho and his teachings, beckoning tourists in with its yoga and meditation programs. The resort is a major hub for people looking to de-stress from their busy lives. It's a commune for people to share, learn, and explore different forms of meditation, martial arts, and spirituality.

SITE AREA : 40 Acres

ARCHITECT: Hafeez Contractor

CLIMATE: Pune has a hot semi-arid climate with tropical wet and dry with average temperatures ranging between 20 and 28 °C

TOPOGRAPHY: Undulating terrain, because of its location in plateau region.

ARCHITECTURE: It is situated in a natural environment away from the urban nodes of Pune. The outdoor landscape forms part of the functions of centre for spiritual practices to take place in nature. The centre have socialising venues, some are indoors while others occur in the nature, for instance, eating facilities. Architecturally, The buildings were devoid of ornamentation and have clean simple finishes. It is observed that the form has symbolic meanings while the interplay of light and shadow was also included in the design. The form relates to the metaphysical qualities that establish a connection between the earth and the heavens. The resort merges subtly with its landscape.



LOCATION:

17, 1st Ln, Koregaon Park, Pune,
Maharashtra 411001

It is 4 km far from Aga Khan Palace and 7
km from Pune Airport.



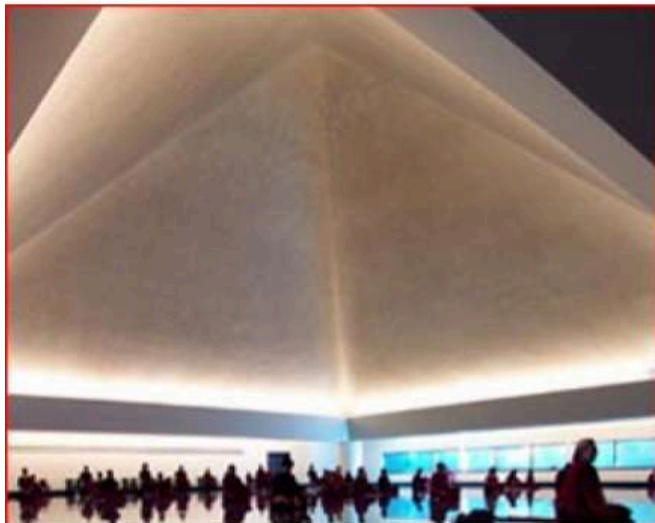
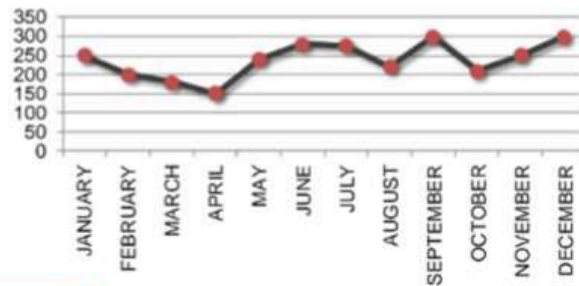
PHILOSOPHY:

One of Osho's philosophies is the joy of silence and nature. The planning and design of the resort complex adhere to this ideology by creating fluid interactions among a myriad of green open spaces, shaded walkways, and closed spaces; the walkways leading to numerous spots within the garden where people can enjoy solitude.

The entire built forms in elegant black color are surrounded by beautiful lush green picturesque setting with water falls, water bodies, statues of Buddha and tropical gardens thus forming a paradise on earth.

GRAPH SHOWING NO. OF VISITORS PER MONTH:

It is generally seen to be crowded generally in the vacations during which the ashram experiences large amount of day visitors.



DESIGN CONSIDERATION:

Proportion, order and sense of scale are seen in the Temple design. The aesthetic appeal stems out from its monumental structure and dark colours are used symbolically to signify the ideology. Dark colours were used mostly on the exterior while Indoors is flooded with light from apertures at roof and clerestory levels. The architectural style relates to its surrounding context Landscaping elements and water bodies are provided to create a serene atmosphere in the outer environment.

The design composition includes a simple cluster of four blocks.. These buildings are placed around a central courtyard, in keeping with the idea of providing open spaces in the Ashram.

It is divided into 3 zones by tarred roads.

Zone 1: It consists of auditorium hall, shopping galleria, guest house

Zone 2: It consists of administration block, club and recreational hall

Zone 3: It consists of workshops, multiversity, halls, accommodation rooms, guest house, overlooking the zen gardens.

Cafes and eating areas are distributed in Zone 1, 2 and 3.

LAND USE

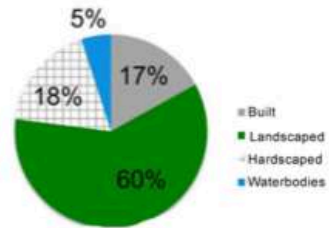
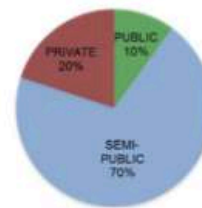
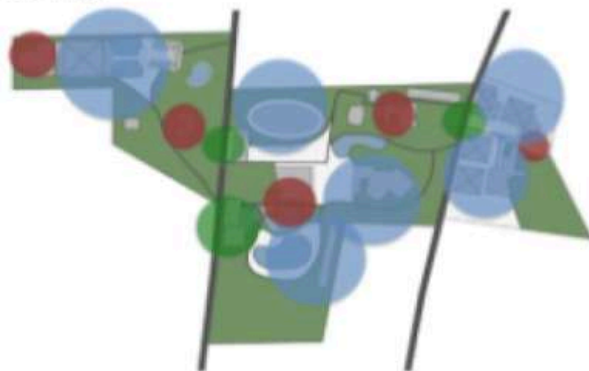


Chart showing percentage of land use

ZONING



- PUBLIC SPACE**
 - Welcome centre
 - Library
 - Enquiry
- SEMI- PUBLIC SPACE**
 - Rooms
 - Canteens
 - Meditation halls
 - Gardens
 - Therapy Rooms
 - Swimming Pool
- PRIVATE SPACE**
 - Kitchen
 - Offices
 - Admin block
 - Storage
 - Publishing Department
 - Services
- PRIMARY USER MOVEMENT** (dashed blue line)
- SECONDARY USER MOVEMENT** (dashed green line)
- VEHICULAR MOVEMENT** (dashed red line)
- ENTRY POINTS TO THE SITE** (circle with dot)

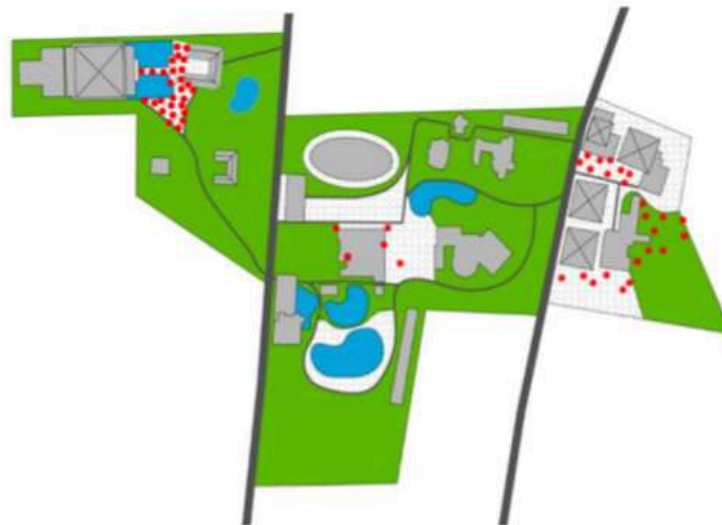
USER MOVEMENT ON THE SITE



SITE PLAN



- 01- WELCOME CENTRE
- 02- MEDITATION HALL, THERAPY, CANTEEN
- 03- AUDITORIUM, WORKSHOPS, LIBRARY
- 04- JESUS HOUSE
- 05- BUDDHA AUDITORIUM
- 06- OMAR KHAYAM
- 07- OSHO AUDITORIUM
- 08- KITCHEN
- 09- MEERA HOUSE
- 10- ADMINISTRATOR BLOCK
- 11- CYBER CAFE
- 12- ACCOMODATION BLOCK
- 13- MEDITATION PYRAMID (KABIR)
- 14- MASSAGE, JACQUIZI, SHOWERS
- 15- OPEN PYRAMID (NARUPA)
- 16- MULTIMEDIA HALL, PUBLICATION
- 17- VIPASANA HALL
- 18- SHOWERS AND TOILETS

ACTIVITY MAPPING**AT 6:00 A.M**

- Maximum amount of crowd is seen near the Osho Auditorium for the early morning meditation.
- Some crowd is seen near the garden area where people move out for the morning exercises and yoga (especially the foreigners).
- By this time there is substantial increase in the crowd near the toilets and bath area of dorms.
- During this time the devotees rush in for their breakfast in the Canteen.

AT 6:00 P.M

- The third zone by this time seems quite lively.
- The trainees move towards the third zone where the activity space and the open stage is present to enjoy the cultural background and spend some beautiful moments.
- During the night time people get together in the community place and the crowd increases near the canteens for the dinner.
- People start moving around the streets and talk and sit in the open gardens to relax themselves and discuss.

SPACE ANALYSIS

OSHO MEDITATION HALL

Zone: 1

Type of Zone: Semi- Public

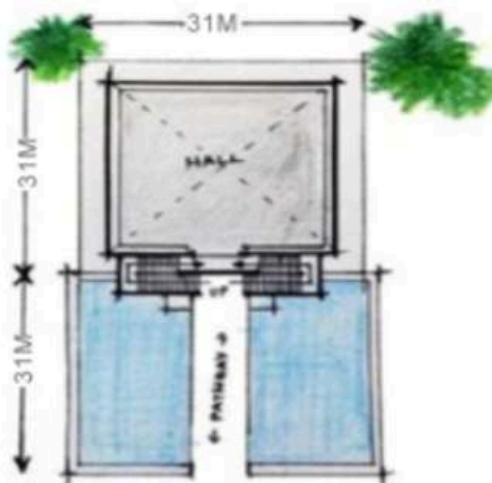
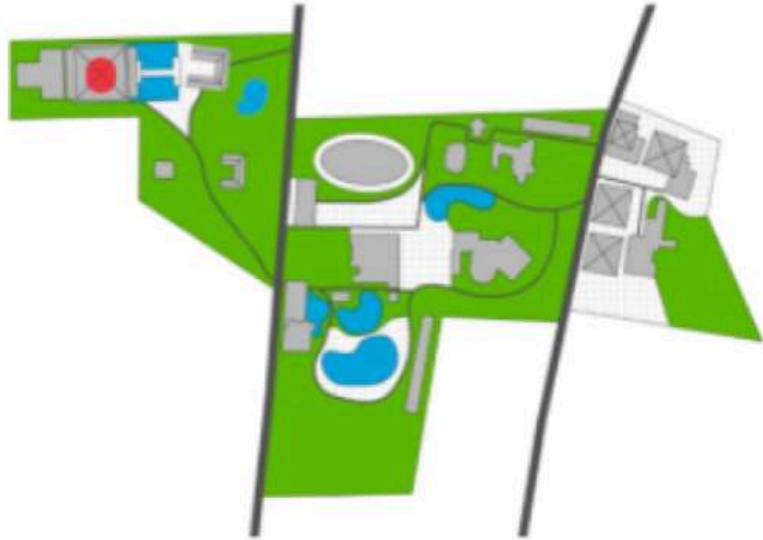
Ground Coverage: 1510 sq. m

Dimension: 31m x 31m

Maximum Occupancy: 5000 people

Date of completion : 1949

Use of space: Meditation



The access to main door is through a pathway with water body 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

The windows have clear glass with blue film. The concept of using blue glass is to signify the reflection of a soul.

It has no skylight and is completely artificially lit creating an elegant ambience.



Pyramid sitting on a high plinth of 8m high, the stairway diverges and then converges in front of the entrance to the pyramid.



Hall with an ivory white finish to show the control of mood over light

ACCOMODATION ROOMS AND GUEST HOUSE

Zone: 3

Type of Zone: Private

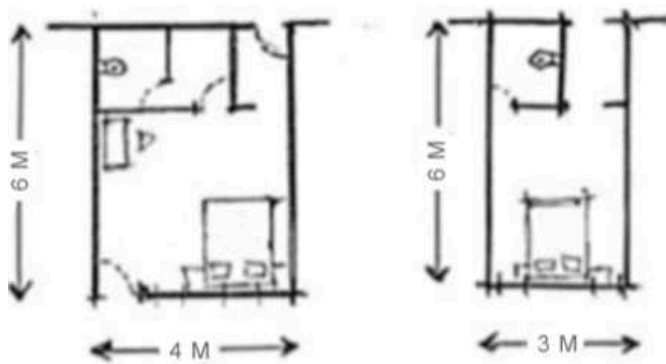
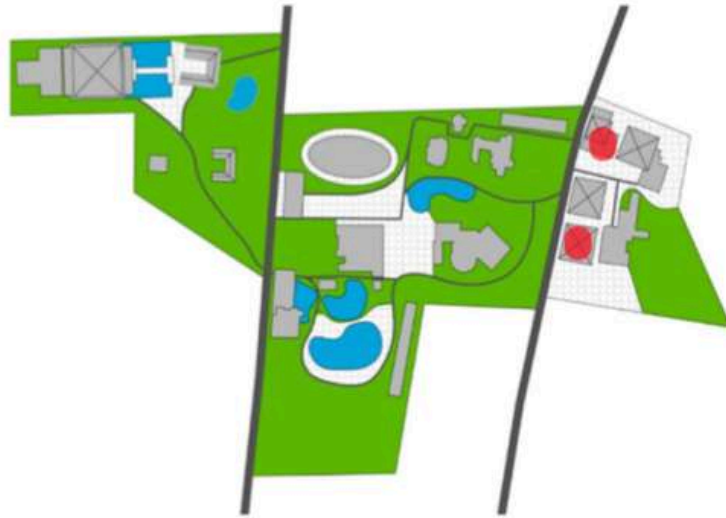
Ground Coverage: 1510 sq. m

Dimension: 6m x4m , 6m x3m

Maximum Occupancy: 40

Date of completion : 1972

Use of space: Resting and Storing belongings



The rooms for accomodation of different sizes and holding capacity are stacked together

A typical layout consists of 10 rooms in a floor with a entry courtyard and a lobby.

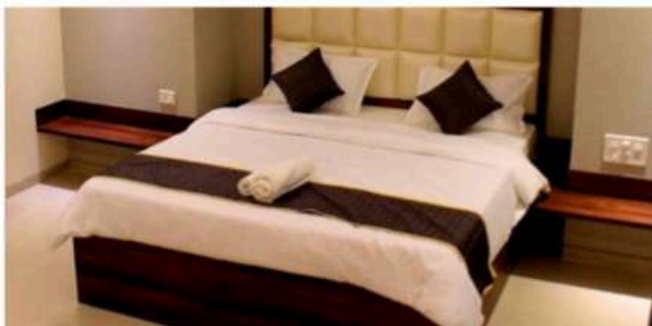
A basic room consists of a bedroom with a bed, chairs, table, a cupboard and an attached toilet and bathroom.

Some of the rooms are also facilitated with a living room and a changing room.

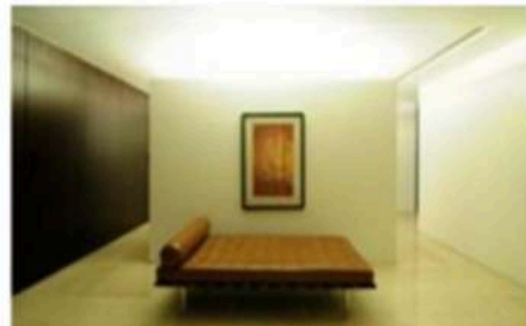
The living space is kept with minimal furniture to reflect the culture of the centre.



Use of space based on different time









The Bedroom



The Living Space-
Simple with minimal furniture

6.3 Comparative Analysis

01. PROJECT NAME	OSHO MEDITATION RESORT, PUNE	MATRIMANDIR, AUROVILLE	GOVARDHAN ECO VILLAGE, THANE
			
02. ARCHITECT	Ar. Hafeez Contractor	Roger Anger, Mirra Alfassa	Ar. Chitra Vishwanath
03. SITE AREA	Site Area: 40 Acres / Built Up: 14.5 Acres	Site Area: 22.23 Acres	Site Area: 70 Acres / Built Up: 0.6 Acre (2400 sq. m)
04. LOCATION	Koregaon Park, Pune, Maharashtra, 411001	Auroville, Bommayapalayam, Tamil Nadu, 605101	Gaitare, Wada, Thane, Maharashtra, 421303
05. SURROUNDINGS	It is surrounded by public spaces like Gandhi National Memorial, Darshan Museum.	It is surrounded by Bamboo Centre, Nature Art Gallery, Mahalaxmi Park and such public spaces.	It is away from the city and the is surrounded by farming lands and Kohoj Fort.
06. SELECTION CRITERIA	To know its innovative architectural design that facilitates spiritual exploration and healing practices. Also for the knowledge of daily routine as when and what is followed in the centre.	To study its iconic architectural expression symbolizing spiritual unity. Also its integration of form and sacred geometry which adds depth to the exploration of holistic design principles.	It was selected for its sustainable and eco-friendly architectural practices, through integration with nature. Its relation to holistic well-being, organic farming & spiritual principles aligns well for the project.
07. CONCEPT	To create a place which provide a bridge to meditation and ultimately a bridge to oneself. Lasting from one day to a few weeks, the courses here are based on many different approaches, from Western psychology to contemporary meditative therapies. 	The concept was to make it the symbol of the Universal Mother, concept well known in Hindu culture. A golden spherical structure that appears to be emerging out of the earth, signifying the birth of a new consciousness. 	An attempt to make a place where one can connect with organic and sustainable living and bring that spiritual experience closer to oneself. A Self Sustainable Community comprising all the activity to a range of Human Scale within the neighborhood. 
08. SPACES	Reception, Auditorium, Kitchen, Meditation Hall, Office, Therapy Room, Library, Shop, Admin, Workshop, Residences, Multimedia, Publication.	Meditation area around fountain, Inner meditation chamber, Amphitheatre, Gardens	Gurukul, Admin, Cottages, Yoga Hall, Ayurveda Block, BIG Pool, Guest House, Gaushala, Ashram, Satsang Bhavan, Manager's Quarter.
09. THERAPIES	Encompasses the healing arts of East & West, esoteric sciences, creative arts, centering and martial arts, Tantra, Zen, Sufism and Meditative Therapies.	Meditation, a deeper sense of oneself through landscaping (12 gardens stating different facet of consciousness).	They offer Ayurvedic Therapy, Yoga, Meditation, Aromatherapy, Relaxation Therapy, Abhyangam massage.
10. ACTIVE LIGHTING TECHNIQUE	The pyramid uses computerised acoustic system and lights that project images of prisms and stars.	The chamber is bathed in soft natural light, which enters through a small crystal globe.	It utilizes techniques like optimum window openings, light floor for energy-efficient environment.
11. CULTURAL & SPIRITUAL CONSIDERATION	The centre reflects Osho's teachings that encourages integration of diverse cultural backgrounds.	Central dome serves as a symbol of unity, harmony & the search for higher spiritual consciousness.	It is a full articulation of the ancient Vedic culture of India that aims to achieve holistic sustainability.
12. SUSTAINABLE ASPECT	The provision of skylights for energy efficiency. Village drains were linked to sewer lines. The walls of the pyramids are clad in semi-gloss black ceramic tiles to reflect back light. Also the windows have black aluminium framing around blue tinted glass. 	The geodesic structure allows for natural ventilation and lighting, reducing the need for artificial energy sources. The dome roof is fitted with solar panels, and rainwater harvesting systems are in place to collect and reuse water for the building's needs. 	Rammed earth walls, Reuse of scraps of any form, filler slabs, passive heating and cooling strategies, rainwater harvesting, waste treatment, and turning the spaces green to keep the negative impact of the structure on the environment zero. 
13. INFERENCE	The space should seamlessly integrate spiritual principles, diverse meditation spaces for holistic healing.	The aura of the place should be very calm and let you meditate in deep consciousness.	A healing center should prioritize sustainability, eco-friendly practices, and a harmonious integration with nature.

01. PROJECT NAME	JETAVANA SPIRITUAL CENTRE, VARI	QUIET HEALING CENTRE, AUROVILLE	INFERENCES
			
02. ARCHITECT	Ar. Sameep Padora & Associates	Ar. Poppe Pingel	
03. SITE AREA	Site Area: 1 Acre / Built Up: 0.18 Acre (745 sq. m)	Site Area: 2.7 Acre / Built Up: 0.21 Acre (866 sq. m)	
04. LOCATION	Vari, Near Godavari Bio Refineries Maharashtra.	Auroville TamilNadu, India.	
05. SURROUNDINGS	It lies in sugar factory, and is surrounded by agricultural land and is in the outskirts of vari village.	Surrounded by tall palm trees and bay of Bengal Thus maintaining silent environment.	
06. SELECTION CRITERIA	It was chosen for its serene and contemplative ambience, rooted in Buddhist principles. Also how it connects the sustainability with local waste materials creating a holistic environment.	To understand the Effective design of transition spaces connecting outdoor with indoor. To know about water related therapies and their link with spaces with other therapies.	
07. CONCEPT	To create a place for a religious community with poor economic resources with straight concept where no tree should be cut down on site. The mandate is to provide a spiritual anchor for their practice of Buddhist thought through meditation & yoga. 	The architecture of the Centre should make user feel the five senses because of the integration of architectural detailing with the site surroundings and climate of the region. 	
08. SPACES	Admin. Office, Prayer Room, Pantry, Workshop Block, Guest Room, Store, Restroom, Courtyard as meeting space.	Security Cabin, Parking, Guest rooms, reception, Healing Spheres, Extended Residential Block, Consulting Rooms, Water Body, Storage.	
09. THERAPIES	Buddhist Ideology, Yoga, Meditation, Prayer	Aquatic Bodywork Therapy like Watsu, Liquid Flow, WaterDance & Oceanic Bodywork Aquic (OBA) Natural therapies- physiotherapy sound healing etc.	
10. ACTIVE LIGHTING TECHNIQUE	It seamlessly integrates passive lighting through butterfly roofing.	The use of natural light is encountered by placing huge windows.	
11. CULTURAL & SPIRITUAL CONSIDERATION	Created for a religious community becomes a place that follows their sacred order.	Based on the understanding that the human being is first and foremost a spiritual being.	
12. SUSTAINABLE ASPECT	Rain water harvesting, Selecting re-used materials like: The seasoned wood for the roof structure came from ship breaking yards; the fired mangalore roof tiles from older dismantled buildings and the rammed stone dust walls from a basalt stone quarry. 	Use of porous materials such as first class bricks, lime mortar and timber keeping the interiors dry and cooler compared to outside. The domes are clad with China mosaic which reflects maximum part of the heat, keeping healing rooms cool. 	
13. INFERENCE	Use of local waste materials can help in maintaining the sustainable yet aesthetic building goals.	Artistic yet simplicity in the structure with the careful integration of healing elements.	

INFERENCES

1. Surroundings - The site should be away from the city so that it helps in maintaining the silent environment for healing.

2. To create the zones which merges seamlessly with the surroundings.

3. Active Light- Incorporating natural light and ventilation as light affects our well-being visually, allowing our perception of space, biologically, influencing the production of hormones, and emotionally- affecting mood and overall comfort.

4. Spaces- more comforting and soothing spaces for patients to heal rapidly.

Some spaces include-
a. Courtyards or therapeutic healing gardens.

b. Treatment Rooms

c. Therapeutic Pools

d. Quiet Zones

e. Art and Creativity Spaces

f. Lounge areas for relaxation and socialization.

5. Color- A variety of forms and brilliant colors are actual means of recovery for patients. Warm colors activate the nervous system and cool colors calm it down.

6. Sustainability- Using local building materials, renewable waste materials, Integrating green spaces and natural elements for a holistic, sustainable design that enhances well-being.

7. Therapies- massage therapy, acupuncture, yoga, meditation, aromatherapy, sound therapy, hydrotherapy, nutritional counseling, art therapy, providing a comprehensive approach to well-being.

The spaces are designed to create environments to facilitate happiness and tranquility. These function driven design typology combines architecture, psychology and human anatomy, to induce the human ability to heal.

These case studies suggest that healing centers prioritize serene & purposeful architectural design, integrate various holistic therapies, emphasize natural elements, incorporate sustainable practices & foster a harmonious connection between the physical environment and spiritual well-being to create a comprehensive healing experience.

7. Focus Area

The focus area centers on creating an integrated and transformative environment that harmoniously blends the therapeutic aspects of a riverfront setting, the preservation of cultural heritage, and modern wellness principles. The project's primary focus areas are:

1. Holistic Wellness Integration:

- To Develop wellness spaces that cater to diverse needs, including spa facilities, fitness areas, meditation spaces, and outdoor activities.

2. Nature Connecting Spaces:

- Riverfront Meditation Paths: Designing serene pathways along the river, integrating natural elements to create tranquil spaces for walking meditation.
- Green Roofs and Gardens: Incorporating green roofs and lush gardens to connect indoor spaces with nature, fostering a sense of tranquility.
- Spa and Relaxation Spaces: Integrating spa facilities with nature views to enhance the overall wellness experience.

3. Open Interiors:

- Light-Filled Meditation Halls: Designing meditation halls with ample natural light, offering an open and airy atmosphere conducive to contemplation.
- Transparent Architecture: Utilizing glass walls and large windows to blur the boundaries between indoor and outdoor spaces, enhancing the feeling of openness.

4. Calm and Peace Spaces:

- Contemplative Courtyards: Creating secluded courtyards with minimalist design, providing quiet spaces for individual reflection.
- Calm Water Features: Incorporating small water features or reflective pools within the interior spaces to enhance a sense of calm and peace.

5. Flexible Meditation Environments

6. Haat and Marketplace Integration:

- Local Artisan Market Spaces: Incorporating a traditional marketplace (haat) along the riverfront, providing economic opportunities for local artisans and entrepreneurs.
- Cafes and Retail Spaces: Designing spaces that promote local products, creating a synergy between economic activity and the overall wellness theme.

8. Principal Users

The principal users will encompass a diverse range of individuals and groups, each seeking different aspects of well-being and cultural engagement. The primary users include:

1. Individual Wellness Seekers:

Individuals looking for a retreat to rejuvenate and revitalize, seeking access to spa facilities, meditation spaces, fitness areas, and other wellness amenities.

2. Community Members:

Local residents of the area who may utilize the communal spaces, cultural programs, and recreational areas, fostering a sense of community engagement and social interaction.

3. Tourists and Cultural Enthusiasts:

Tourists attracted to the unique combination of a riverfront retreat, cultural exhibits, and traditional marketplace, contributing to cultural tourism in the region.

4. Local Business Owners:

Entrepreneurs and business owners in the vicinity who may benefit from increased economic activity generated by the healing center, particularly through the haat.

5. Artisans and Entrepreneurs:

Local artisans, craftsmen, and entrepreneurs participating in the haat (traditional marketplace) to showcase and sell their products, contributing to economic growth.

6. Workshop and Seminar Participants:

Individuals participating in educational workshops, seminars, and cultural programs aimed at enhancing their knowledge about wellness, nutrition, and cultural traditions.

9. Literature Review

9.1 The Impact of Architecture in the Process of Healing & Well-Being

-By Saloni Singh, Mohammed Sabahat, Juwairia Qamruddin

Recognizing the profound influence that physical spaces can have on individuals' mental and physical health, the paper explores how thoughtful architectural elements contribute to fostering a positive and conducive atmosphere for healing. The paper has a framework with the chapters divided into different sections. The first section introduces the health and the role of psychology concerning the spaces that evoke different moods and emotions within the user. The next chapter discusses and brings the different parameters with the medical shreds of evidence by reviewing and analyzing a few previous research studies in the same field.

It stresses the importance of considering a space's function, duration of use, and emotional impact. Open spaces are generally perceived positively, while enclosed spaces can have adverse effects on human psychology. The built environment influences senses, emotions, and overall well-being, with elements like light, ventilation, air quality, noise, and temperature categorized as essential for a comfortable physical environment. The study recognizes spaces as powerful tools for shaping emotions, influenced by materials, sounds, scents, light, and color. The aspects of the healing environment in the space include:

- 1) Welcoming Entrance: It is the first thing one encounters within the building. It should be easy to supervise and should have a controlled flow of traffic and well landscaped.
- 2) Daylight: The structure direction. Location of windows in various materials.
- 3) Respecting Patient's Choice: Comfortable parameters like the temperature, openings, lights is the essential need of the healing environment Thus, there should be freedom to adjust.
- 4) Proximity of spaces: Interactive spaces could be placed nearby and centralized for easy access.
- 5) Open Spaces: An open and free environment fastens the recovery rate. A large window and open window give more sense of freedom.
- 6) Access to Nature: Nature gives a sense of freedom to the patient. It increases the recovery rate and decreases stress, blood pressure, and maintains average heart rates.
- 7) Easy Way Finding: It should have easy wayfinding using different colors, textures, and materials to ease patients, family, and relatives.
- 8) Creating positive Distraction: Integration of art in architecture through art strategies, wall paintings, painting-exhibition creates the distraction of patients from their illness

9.2 Waterscapes for Promoting Mental Health in the General Population

-By [Xindi Zhang](#), [Yixin Zhang](#), [Jun Zhai](#), [Yongfa Wu](#), and [Anyuan Mao](#)

Preliminary evidence has suggested that aquatic environments and riparian areas, i.e., waterscapes, can benefit psychological and mental wellbeing. The research framework explores the relationship between the natural environment, specifically waterscapes, and psychological well-being. The first part details the positive effects of the natural environment on mental health, emphasizing exercise and the mechanisms involved. Design principles for creating psychologically healthy waterscapes are also discussed. The

second half introduces a conceptual model of psychological and mental health resilience, illustrating the recovery process after disturbances such as stress and anxiety. The research suggests that access to waterscapes, like streams and lakes, enhances psychological health resilience and shortens response time, indicating a quicker return to a normal or improved mental state. The elements of Psychological Benefits from Waterscapes are :

1. Biotic Elements- It has been proved that **bird and fish watching** can not only lower pulse rate and muscle tone and increase skin temperature, but also bring about greater benefits for psychological health which is related to the Biophilia Hypothesis
2. Abiotic Elements-
 - Water features- The sensory perceptions of waterscapes, including sounds, color, and clarity, play a crucial role in promoting psychological well-being. The diverse and specific sounds of water, ranging from calm cascades to vibrant roars, are appreciated by people. **Water sounds with lower decibels**, regardless of frequency amplitude, have been proven to be more popular for enhancing psychological and mental health. Additionally, the reduction of noise and the improvement of urban soundscapes through nature's sounds contribute significantly to this positive impact.
 - Accessibility- Accessibility is vital for waterscape utilization and its psychological benefits. Studies suggest **a walk of less than 15 minutes and a 300-meter** distance as reasonable indicators. Proximity to water, especially riversides, correlates with increased well-being, aligning with Psychological and Social Restoration Theory (PSRT).

9.3 Role of Art Therapy in the Promotion of Mental Health

-By [Apoorva Shukla](#), [Sonali G Choudhari](#), [Abhay M Gaidhane](#), and [Zahiruddin Quazi Syed](#)

This review study looks into research done on art therapy and its potential advantages for adult mental health rehabilitation. Art therapy is used most commonly to treat mental illnesses and can aid in controlling manifestations correlated with psychosocially challenging behaviors, slowing cognitive decline, and enhancing the quality of life. Art therapy can help people express themselves more freely, improve their mental health, and improve interpersonal relationships. The basis of art therapy is established on the idea that people can recover and feel better via artistic expression. **Art therapy refers to various treatments, such as theater therapy, dance movement psychotherapy, body psychotherapy, music therapy, and drawing, painting and craft therapy.** Art therapy uses artistic means to treat mental illnesses and improve mental health. Common mental disorders are :

1. Fear and anxiety - they are natural feelings for everyone.
2. Art therapy and mood disorders - Mood disorders, including depression, are prevalent globally, impacting physical and mental well-being. Art therapy, alongside pharmacotherapy, has shown promise in treating stable major depressive disorder and anxiety-related symptoms. Studies reveal

positive outcomes, with personalized creative exercises contributing to emotion regulation and symptom improvement. The effectiveness of art therapy is highlighted in enhancing mental health in clinical and community populations.

3. Art therapy and schizophrenia - Schizophrenia affects approximately 1 in 300 people globally, with positive symptoms like delusions and hallucinations, and negative symptoms such as motivation loss and diminished concentration. Various trials on art therapy for schizophrenia show mixed outcomes.
4. Art therapy and dementia - Dementia, characterized by cognitive decline, affects over 55 million people globally, with Alzheimer's being the leading cause. Art therapy, dance, music, and reminiscence therapy have been explored as non-pharmacological treatments for Alzheimer's. Studies show that art interventions in cognitive rehabilitation, including drawing and expressive activities, improve patients' quality of life. Art therapy exercises, such as hat decoration and painting, have demonstrated the ability to boost self-esteem and provide a sense of accomplishment in dementia patients.

9.4 Types of Therapy for Mental Health

-By [Geraldyn Dexter](#)

This article will provide an overview of the different types of therapy available. Psychotherapy, or talk therapy, involves a person speaking with a trained therapist who can help them understand certain feelings and behaviors.

Therapy can help people deal with these issues by teaching coping skills or by working to eliminate them.

Therapies and Corresponding Architectural Spaces:

1. Cognitive-Behavioral Therapy (CBT): anxiety disorder, depressions

- Space: Private and quiet counseling rooms with comfortable seating and minimal distractions.

2. Dialectical Behavior Therapy (DBT): regulating emotions, accepting uncomfortable thoughts

- Space: Specialized therapy rooms equipped for group and individual sessions, promoting a calm and safe environment.

3. Eye Movement Desensitization and Reprocessing Therapy (EMDR): person recalling a traumatic event

- Space: Comfortable and secure private rooms with minimal stimuli to facilitate focused sessions.

4. Exposure Therapy: obsessive-compulsive disorder (OCD), phobias

- Space: Controlled and gradual exposure settings, carefully designed to recreate and manage triggering environments.

5. Interpersonal Therapy (IPT): depression.

- Space: Welcoming and neutral counseling rooms suitable for one-on-one interactions.

6. Mentalization-Based Therapy (MBT):

- Space: Comfortable and non-threatening therapy rooms encouraging open communication.

7. Psychodynamic Therapy: behavior change that derive from past experiences.

- Space: Quiet and comfortable rooms that facilitate introspection and exploration of unconscious processes.

8. Animal-Assisted Therapy:

- Space: Designated areas, possibly with outdoor access, suitable for interactions between patients and therapy animals.

9. Emotion-Focused Therapy (EFT): depression, trauma, social anxiety

- Space: Comfortable and private settings allowing for emotional expression and exploration.

10. Family Therapy: substance misuse disorders, OCD

- Space: Larger rooms with flexible seating arrangements to accommodate family members and encourage open communication.

11. Group Therapy: interpersonal relationship issues, aging issues, difficulty recovering from a loss

- Space: Versatile rooms with adequate seating arrangements for group interactions and discussions.

12 Mindfulness-Based Therapy: schizophrenia, pain, stress

- Space: Calm and serene rooms with elements conducive to mindfulness practices, such as soft lighting and comfortable seating.

13. Creative Arts Therapy: improve cognitive and motor function, encourage emotional strength

- Space: Studios equipped with art supplies, musical instruments, and other creative tools to facilitate expressive activities.

14. Play Therapy: behavioral problems, stress, or trauma

- Space: Specifically designed playrooms with toys, games, and a comfortable atmosphere for child-friendly therapy sessions.

9. Building Norms

-PKDA Building Regulations

TABLE - 4:
PLOT SIZE WISE PERMISSIBLE SET BACKS AND HEIGHT OF BUILDINGS

Plot size (in Sq. Mts)	Maximum height of building permissible (in Mts)	Minimum Front setback (in Mts) Abutting road width					Minimum setbacks other sides (in Mts)	
		Less than 9 Mts	9 Mts and below 12 Mts	12 Mts and less than 18 Mts	18 Mts and less than 30 Mts.	Above 30 Mts.	Rear side	Other side
1	2	3(a)	3(b)	3(c)	3(d)	3(e)	4	5
Less than 100	7						1.0	—
100 & upto 200	10	1.5	2.0	2.5	3.0	4.5	1.5	1.5
Above 200 & upto 300	10						2.0	1.5
Above 300 & upto 400	12						2.5	1.5
Above 400 & upto 500	12	1.5	2.0	3.0	3.0	4.5	3	2
Above 500 & upto 750	15	1.5	2.0	3.0	4.0	4.5	3	3
Above 750	15						4	4

SB - For plot size less than 100 sqm a courtyard of minimum 3 sqm with a minimum width of 1.5 mtr has to be provided opening to sky for light and ventilation.

(2) In case of group housing, the minimum distance between two buildings will not be less than 1/3rd of the height of the taller building. However the minimum width of the internal road shall be 6 m.

8.2. Development Control Regulation

INTRODUCTION

The Special Development Control Regulation has been proposed for Sharmuka Beach Area, Puri. This includes regulations for Hotels, Convention centre, Riverside development of condos and villas, Social infrastructure like housing, housing for Economically weaker section (EWS), hospitality institute, Golf course and Golf villas.

Part-I

Existing Development Control Regulation

The existing guidelines, explained in Development Control Regulation (DCR) for this area are given below:

1.1. General building requirement

Without prejudice to any other stipulation in these Regulations, no permission to construct a building on a site shall be granted:

- 1.1.1. In areas of natural waterways or drains, as detailed in the Development Plan, and the drainage plan prepared and approved by the authority or Government or as modified by them to time;
- 1.1.2. If the orientation of such building is not in harmony with the surroundings, as may be decided by the Art Commission;
- 1.1.3. If the use to which the site is proposed to be put does not conform to the use earmarked in the Development Plan;
- 1.1.4. If the building is to be constructed over or under a municipal drain, sewerage line, electric line, water main, any other government or public land, or public utility services;
- 1.1.5. If the foundation of the external wall along a street is located at a distance less than 0.5 metre from the edge of the street or road margin including the drain;
- 1.1.6. If the construction of proposed building thereon is for public worship, which in the opinion of the Authority will adversely affect, the religious feelings of any other class or persons in the vicinity;
- 1.1.7. If the site does not have proper drainage or incapable of a good drainage system;
- 1.1.8. If the use of the proposed site is for the purpose of establishing factory, where house or work place which may cause annoyance and hazard to the health of the inhabitants of the neighborhood;

FLOOR AREA RATIO

- (2. (1) The Floor Area Ratio (F.A.R) for residential, commercial, corporate, IT/ITES buildings shall be decided on the basis of the road width on which the plot/site abuts.

TABLE - 6: FAR AS PER ROAD WIDTH.

Road width(in metres)	FAR for Commercial /Residential building.	FAR for /IT /ITES/Corporate buildings
Up to 6	1.00	---
Above 6 & less than 9	1.50	---
9 or more & less than 12	1.75	---
12 or more & less than 15	2.00	2.00
15 or more & less than 18	2.25	2.25
18 or more & less than 30	2.50	2.50
30 & above	2.75	2.75

- 1.1.9. If the proposed development is likely to obstruct the natural drainage of the area.

- 1.1.10. The area is earmarked as sweet water zone in the development plan or as notified by the Govt. of Orissa.

- 1.1.11. The area is located in No development zone of Coastal Regulation Zone.

1.2. Floor Area Ratio (F.A.R.)

Table no. 8.1 Floor area ratio

Activity	Floor Area Ratio (F.A.R.)
Convention Centre	2.0
Hotels	2.0
Villas & condominium	2.0
Hospitality Institute	1.75
High street Bazaar	2.0
Art & Craft museum	1.75
Gurukuls & workshops	1.75
Social Infrastructure housing	2.0
EWS	2.0
Golf Villas	2.0

- 1.2.1. The maximum Floor Area Ratio for Group housing project shall be 2.00.

- 1.2.2. For residential building, where a plot abut a road less than 4.0metres, the maximum coverage may be restricted to 40% with FAR of 0.80 and where road width is less than 2.4metres no permission shall be granted.

- 1.2.3. In case of row housing, FAR shall not be allowed to exceed 1.50 for row houses.

- 1.2.4. Where sites for residential and commercial buildings do not face or abut a road of the required width described under above clauses front setback and the coverage of the building shall be regulated according to the size of the plot, but height and floor area ratio shall be regulated according to the width of the road along the concerned site is located. The coverage shall be reduced for the plots abutting roads of lower width.

1.8.3. Rain water pipes shall be affixed to the outside of the external walls of the building or in recesses formed in such external walls or in such other manner as may be approved by the Authority.

1.8.4. The rain water and household waste water shall be channeled to the road side drain and in no case the same shall be allowed to flow into the neighboring plot. The Authority shall have the power to require the owner to undertake drainage work as deemed necessary at the owner's own expense.

1.9. Boundary wall

1.9.1. Except with the special permission of the Authority the maximum height of the compound wall shall not be more than 1.5 metres above the centre line of the front street.

1.9.2. The rear and side walls shall not be more than 2.2 metres in height above the centre line of the service road in case it exists, shall not be more than two metres in height above the centre line of the front street.

1.9.3. In case of a corner plot, the height of the boundary wall abutting the road shall be restricted to 0.75 metre for a length of 5 metres on the front and side of the intersections and the remaining height upto 1.5 metres shall be made up of railings to increase visibility.

1.9.4. However, the provisions of above clauses are not applicable to boundary wall of jails, senatorial factories and educational institutions, like schools, colleges including the hostels, institutional and assembly buildings.

1.9.5. No building boundaries shall be surrounded by a barbed wire fence, unless a green hedge is provided along it.

1.10. Plantation

In every building area, at least 10% of the land shall be utilised for plantation. The plantation shall be completed by the time, the construction of the building is completed.

Part-II

Special Development Control Regulations for Shamuka Beach Area

There are certain guidelines for such development in existing DCR but they do not justify some of the issues which are very important for such kind of development in Coastal Regulation Zone. This special DCR covers those issues. Other issues which are not explained here in those sectors development will be laid as per the existing DCR.

2.1. Floor Area Ratio (F.A.R.)

Table no. 8.7 Floor area ratio

Activity	Floor Area Ratio
Hotels Type - A (Plot area more than 10 acre)	0.5
Hotel Type - B (Plot area less than 10 acre)	0.75
Convention centre with supporting hotel	0.5
Riverside development - Condominium & villas	0.75
Shamuka Village	0.5
Art & Craft Museum	0.5
Social infrastructure housing	1.0
Hospitality institute	0.5
Golf villas	0.5

2.1.1. Hotels:

- Security tower, Pavilions are considered as a part of landscape feature and will be free from FAR.
- Size of these pavilions should not exceed 5m x 5m and 4 in numbers.
- Hotels having plot area or more than 10 acre shall be considered as of Type - A and rest shall be of Type-B.
- Only one security tower for security purpose is permitted to be constructed and is allowed to be within the margin space with a maximum size of 3.6m x 3.6m and maximum height of 15m. Tower can be used for other purpose also.

1.11. Material

1.11.1. The provisions of these regulations are not intended to prevent the use of any material or method of design to construct not specifically prescribed by these regulations, provided such alternative has been approved.

1.11.2. The Authority may approve any such alternative if it is found that the proposed alternative is satisfactory and conform to the provision of relevant parts of this regulation regarding material, design and construction and that material method of work offered is, for the purpose intended, at least equivalent to that prescribed in these regulations with regard to effectiveness fire and water resistance, durability and safety requirements.

2.1.2. Arts & Craft Museum: Jharokhas and covered galleries are considered as architectural features and will be free of FAR.

2.1.3. Shopping Mall: Covered gallery of single storey height facing the street bazaar will be free from FAR.

2.1.4. Covered parking and garage will be free from FAR.

2.1.5. Pavilions and other landscape features will be free from FAR and Ground coverage but the permissible size of it is 3.6m X 3.6m.

2.2. Ground Coverage

Table no. 8.8 Ground coverage

Activity	Ground Coverage
Hotels	25%
Convention centre with supporting hotel	25%
Riverside development - Villas & Condominium	25%
Art & Craft museum	30%
Gurukul	30%
Shopping mall	30%
Social infrastructure housing	30%
Hospitality institute	25%
Golf Villas	15%

2.2.1. Shopping mall: The building should have minimum 6m wide covered gallery with a single storey height facing the street bazaar which shall not be considered for ground coverage.

2.2.2. Entrance Porch/ Portico shall not be considered for calculating the ground coverage and F.A.R.

2.3. Setbacks or open spaces

Table no. 8.9 Setback and open space

Activity	Setbacks (in metres)				Courtyard Size (in metres)
	Front side	Left side	Right side	Rear side	
Hotels – A type	30.0	15.0	15.0	6.0	20 x 15
Hotel – B type	9.0	6.0	6.0	20.0	20 x 15
Convention centre with supporting hotel	15.0	15.0	15.0	15.0	-
Riverside development Villas & Condominium	-	6.0	6.0	3.0	-
Gurukul – A type	12.0	6.0	6.0	6.0	15 x 15
Gurukul – B type	12.0	6.0	6.0	12.0	15 x 15
Shopping mall	12.0	12.0	6.0	12.0	-
Arts & Craft museum	12.0	12.0	3.0	3.0	-
Social infrastructure housing	6.0	6.0	6.0	6.0	15 x 15
Hospitality institute	6.0	6.0	6.0	6.0	15 x 15
Golf Villas	7.0 On road side	10.0 Distance between two buildings	10.0 On golf course side	10.0	-

2.3.1. Hotels :

- A.** The hotel type A will have two front setbacks of 15m each hence the total setback will be 30m. The first 15m setback abutting the loop road should be developed for low height landscaping and visitors parking. The compound wall is permitted only after the first setback line. The building is permitted to be constructed from the second setback of 15m from the first setback line. The first setback space will be maintained by the owner of the plot.
- C.** In case of B type of hotels the first 12m back setback should be

Table no. 8.10 Building height

Activity	Maximum height & floors
Hotels	12 m and 3 floors for Non-CRZ
Convention centre with supporting hotel	15 m Height and 3 floors Additional 10m for architectural features
Riverside development Villas & Condominium	14 m height and 3 floors for condos, 8m and two floors for villas
Gurukul	8 m and 2 floors
Shopping mall	12 m and 3 floors
Arts & Craft museum	12 m Height and 3 floors Additional 6m for architectural features
Social infrastructure housing	14 m and 4 floors
Hospitality institute	12 m and 3 free floors
Golf Course-Club House	12 m and 3 floors
Golf Villas	8 m and 2 floors

Notes: All the heights given in table shall not include the height of the sloping roof.

- 2.4.4. River side development (Condominiums & Villas):** For condominiums total height permitted is 12m and restricted to 3 floors considering ground and first floor as one level apartment and second floor as a penthouse duplex. In case of villas 9m height is permitted.
- 2.4.5.** The permissible height of the building falling in CRZ zone is 9m and restricted to 2 floors, which includes the height of sloping roof.
- 2.4.6.** Stair cabin, roof tank, lift-room and similar set of equipment should not exceed 6m in height. Maximum permissible height of architectural features is 12m from the roof slab.

2.5. Length & Width of building

- 2.5.1.** The maximum length of a building shall be 40m. The building should recess if to continue with minimum recess width of 10m and recess depth of 5m.
- 2.5.2.** Minimum distance between two buildings must be 10m.
- 2.5.3. Social infrastructure housing:** The maximum width of the block should be 30m.
- 2.5.4. Golf Villas :** The maximum width of the dwelling unit should be 18m which does not include parking space .

this line. The next 8m setbacks should be left for building and is considered from the compound wall.

- D.** Sides facing the river or sea shall have minimum setback of 3.0m.
- E.** The minimum size of the open to sky courtyard should be 20m x 15m.

2.3.2. Convention centre: 15m setback should be left on all the sides of the plot.

2.3.3. Shopping mall: The front setback facing the road shall be of 12m. The central space between buildings if covered should not exceed 40m span and the roof shall be covered with shell roof in steel truss or other light weight structure.

2.3.4. Gurukul:

- A.** Plots facing the road on front and back both the sides shall be considered as B-type and others as A type.
- B.** At the ground level the front setback facing the main street, should be 12m.
- C.** Building should be designed as per courtyard typology and the minimum courtyard size shall be 15m x 15m.

2.3.5. Social Infrastructure housing : Typology of the cluster should be of open/closed courtyard type and the minimum size of the courtyard shall be 10mx10m.

2.4. Height of the building

2.4.1. Hotel: In the zone of Coastal Regulation Zone (CRZ) the height of the building should not exceed 9m. Additional 6m height is permitted for architectural feature and sloping roof in the zone outside CRZ. On back side of the plot, only single floor is permitted within the area of 50m from the property line.

2.4.2. Golf Club: The height of Golf Club building should not exceed 12m.

2.4.3. Shopping Mall: The height of the shopping mall building should not be more than 12m. The additional 6m height is permitted for architectural features and sloping roof of the building. Only shell roof/sloping roof is permitted to cover the central open space with the rise of 5m.

2.6. Parking

Table no. 8.11 Parking

Activity	Parking
Hotels	1 car space per bedroom, plus restaurant, functionroom, conference and bar at 1 car space per 5 m ² GFA. Resident staff at 1 space per 3 staff on duty
Convention centre with supporting hotel	2 car space per 3 seats
Riverside development Villas & Condominium	Dwelling unit of 2 beds 1 car space per dwelling unit Dwelling unit of 3 beds 2 car space per dwelling unit
Gurukul	1 car space per 20 sqm GFA
Shopping mall	1 car space per 20 sqm GFA
Arts & Craft museum	1 space per 30 m ² GFA plus 1 car space per 3 staff
Social infrastructure housing	1 two-wheeler space per 1du 1 car space per teaching staff, 1 space per 2 ancillary staff, 1 space per 4 students, One third of total staff provision for visitors
Hospitality institute	1 car space per 3 Staff , 4 spaces per hole for Players, Bar and restaurant to be assessed separately 1½ spaces per bay for a golf driving range
Golf Course-Club house	1 car space per 3 Staff , 4 spaces per hole for Players, Bar and restaurant to be assessed separately 1½ spaces per bay for a golf driving range
Golf Villas	Dwelling unit of 2 beds 1 car space per dwelling unit Dwelling unit of 3 beds 2 car space per dwelling unit

Note : Key word GFA refers to Gross Floor area

The following are standard space requirements of some typical vehicles. These may be used as basic minimum reference values but different layouts such as parallel, herringbone and in-line, have slightly different overall space requirements and detailed layout of parking spaces will be site specific.

Car	2.4 metres x 4.8 metres
Light Vans	2.4 metres x 5.5 metres
Coaches (60 seats)	3.5 metres x 14.0 metres

2.6.1. Convention centre: Two car spaces per three seats for the fixed seating area. For the other flexible space of the plan, there shall be one car space per 3 sqm of conference areas and for exhibition hall one car space per 6 sq.m.

2.6.2. Hotel :

A. One car space per bedroom. Additional parking shall be provided with respect of restaurants and public bar areas and where conference facilities are provided there shall be additional provision of 2 car space per three seats, 1 car space for Staff parking shall be provided per 40 sq.m. of public area for non-residential staff.

B. Visitor's parking should be provided within the front setback of 15m width from the property line.

2.6.3. Single storey covered parking is permitted in plot area and within the side setbacks.

2.6.4. Upto 30% of the total parking provided on the ground can be covered with four side or two sided sloping roof.

2.7. Means of access

2.7.1. Hotels: There should be two entries to the plot in which the main entry is permitted from the Loop road at the centre of the plot while the service entry is permitted from the service roads, lying on the sides of the plot.

2.7.2. Convention centre: It should have two entries but none of them is permitted from the 30m wide loop road. Both are allowed from 24m wide road lying on the side of the plot and not within the distance of 50m from the junction of 30m wide loop road and 24m wide road.

2.7.3. Gurukul: Main entry is permitted from the main road abutting the street bazaar and secondary entry must be from the sides of the plot.

2.8. Roof

2.8.1. Roof of the building should be slopping with four sided or two sided slope. In case of Hotel, Convention centre and Gurukul slopping roofs with cladding tiles will constitute at least 75% of the total roof area while in case of Condominiums, villas and infrastructure housing it should be 80%.

2.10.4. Villas: Compound wall is not permitted. Only a 0.3m height curb wall with proper low height landscaping is permitted.

2.10.5. The coping of the wall must be sloping with the projection of 0.2m.

2.10.6. The compound wall can have punctures upto 25% of the total surface area.

2.11. Building line

2.11.1. Gurukul: The building can be constructed on or from the front setback line at a distance of 12m from the property line on the front side and on other sides construction can be started on or from the compound wall.

2.11.2. Golf Villas: On the Golf course side, Building must be constructed at 10m from the property line.

2.11.3. For other cases building can be constructed on or from the setback line.

2.12. Material

2.12.1. All the cases shall confirm vernacular style of architecture with urban components, integrated stone flooring, mud and stone for walls, wooden frame windows with glazing and plastered walls with permanent paint.

2.12.2. The local construction technologies and materials are permitted to achieve traditional features of Orissa.

2.12.3. Continuous glass façade is not permitted, only small openings with glass windows are permitted to achieve the traditional character.

2.13. Verandah

2.12.4. Buildings are allowed to have verandahs on the courtyard side.

2.12.5. 50% of the total area of verandah is free from F.A.R. and Ground Coverage.

2.12.6. Width of the verandah should be as given below:

	Width	Max. Height
Single Storey	3.0m	3.0m
Two Storey	3.0m to 5.0m	3.0m
Three Storey	3.0m to 5.0m	Double height

2.8.2. Angle of the roof must be between 30° to 45° with the projection as given below :

Single Storey	- 1.5m
Two Storey	- 2.0m
Three Storey	- 2.5m
Four storey	- 2.5m

2.8.3. In all the cases it should confirm to vernacular style of architecture with urban components with slopping tiled roofing.

2.8.4. No cantilever projections are allowed and terraces are permitted on the internal side at the intermediate level of the building. Entrance Porch/ Portico must have two or four sided slopping roof.

2.8.5. Convention centre should have slopping roof with an angle of 25° and projections of it should be between 3m to 5m.

2.8.6. All the components provided on the roof like stair cabins , over head tanks and towers must have a slopping roof.

2.8.7. The height of the sloping roof is additional to the permissible height of the building only outside the zone of CRZ and will be free of FAR.

2.8.8. Roof of the parking must be sloping with two or four side slope and angle of 20°.

2.9. Landscape: All the open space within the plot area should be landscaped adequately.

2.10. Boundary wall

2.10.1. Hotels: It should be constructed after the first setback of 15m from the property line. Compound wall should be of local stone i.e. finely dressed laterite /sandstone etc with stone/ concrete coping and will be 1.35m height. Beyond the 1.35m high compound wall, fencing by use of creepers is permissible upto a total height of 2m from the compound wall. Outer side surface of compound wall must have a low height shrub plantation in stepped manner. Visitor's parking should be at a distance of 11m from the compound wall with a hard paving. On the back side facing the sea or river, compound wall is not permitted.

2.10.2. Gurukul: Entire plot will have a perimeter wall up to 3m height with windows, jallis and Jharokas. Compound wall must be constructed from the setback line.

2.10.3. Street bazaar: No boundary wall is permitted to be constructed.

2.14. Entrance Gate

2.14.1. Hotel : Entrance Gate structure must have an access of 4m for each entry and exit. Minimum Clear height should be 6.0m. There must be a cabin of maximum 3.0m x 3.0m in size at one side of the gate. On the other side of the gate, pedestrian entry is permitted. Gate must have a steel or wooden truss with tiled roof. Gate must have two side or four side slopping roof. The projection of the roof from supports should be minimum 1.5m and for cabin it should be minimum 0.6m. Cabin should have a minimum plinth height of 0.6m. Cabin should have an opening of minimum 0.9m x 1.1m.

2.14.2. Gurukul: Entrance Gate structure is not permitted but there must be an access of 5m. There must be a cabin of maximum 3.0m x 3.0m in size at one side of access.

2.15. Floor height

2.15.1. Minimum top to top height should be 3.25m except the double height spaces and for Social infrastructure housing it should be minimum 3.0m.

2.16. Basement

2.16.1. Basement is allowed only in the zone outside CRZ and 50% of the total ground coverage, within the building line but not permitted for Social infrastructure housing. The minimum height of the basement should be 2.85m.

2.17. Green Buffer

2.17.1. Green buffer provided on the periphery of the golf course, in front of convention centre and hotels of B type and Public park will be taken care and maintained by Authority.

2.18. Façade controls

2.18.1. Hotel :

A. 25% of the façade area can have openings and punctures with a maximum opening size of 2.0m x 2.0m.

B. Only on the internal courtyard side buildings can have larger opening with glass cover.

Part -III
Other Rules and regulations for
Shamuka Beach Area

3.1. Hotels & Resorts

3.1.1. Purpose and Intent.

The intent of the Hotel/Resort Campus is to provide opportunities for overnight accommodations and recreational amenities in a campus setting with significant open space preserves.

3.1.2. Uses.

In this area, no building, structure, or premises shall be used or arranged or designed to be used, and no building or structure shall be hereafter erected, reconstructed, or altered, unless otherwise provided in this chapter, except for the following permitted uses or specially permitted uses and their customary accessory uses:

A. Permitted Uses

- Bed and breakfast establishments
- Country inn
- Country club
- Recreational / sporting club with or without clubhouse

B. Special Permit Uses

Resorts on parcels of at least thirty (30) acres in size and which shall include:

- a. Health spas
- b. Hotels with or without docking facilities

C. Accessory uses

Accessory uses shall include those uses customarily incidental to any of the above permitted uses or specially permitted uses when located on the same lot.

Specifically permitted are the following:

- Art galleries
- Retail stores and personal service shops, as accessory to a hotel use and enclosed within the hotel building, and intended to serve guests only. Such accessory shall not exceed ten (10) percent of the total floor area of rooms provided.

- In order to protect the health of the waterways, the use of lawns and other plantings which rely on fertilizers and herbicides is strongly discouraged along areas bordering waterfronts.

B. Buffering and Transitions.

- Resort developments shall provide dense natural or landscaped buffers along borders with other properties. Buffer planting is not required along waterfront borders.

C. Parking Standards

- Curb cuts to parking lots shall be minimized by sharing driveways and consolidating entrances for access to adjacent parking lots.
- Planted berms shall be used to screen the view of automobiles from public roadways.
- Internal roads shall be set back at least thirty (30) feet from side property lines for resort developments.
- In order to soften the appearance of parking lots, parking lots shall be landscaped with ground cover, grasses, or low shrubs for at least 15 percent of their land area. This landscaping requirement is in addition to the 70 percent parcel wide landscaping mentioned above.
- Parking lots with twenty-one (21) or more spaces shall have "orchard" planting for shade: 1 tree per 10 off-street spaces. Such trees shall be spread throughout the parking lot, rather than clustered only along the edges.
- In order to provide groundwater recharge and minimize runoff, at least one of the following stormwater management techniques shall be used in parking lots where underlying soils support infiltration of precipitation to the groundwater:
 - Entire parking areas shall be surfaced with gravel, rather than pavement.
 - Landscaped areas of the parking lot shall be sited, planted, and graded in a manner to provide infiltration and detention of runoff from paved areas.
- Large areas of surface parking shall be broken up by landscaped walkways connecting sidewalks and parking areas to business entrances.

- Recreational facilities, including equestrian facilities, accessory to and restricted to resort guests
- Catering halls and restaurants, when accessory to a hotel, not to exceed a total of three-hundred (300) seats.
- Tavern, not to exceed fifty (50) seats.

D. Prohibited uses

- Motels
- Hotel units converted to condominiums

3.1.3. Lot, yard, bulk, & height requirements.

A. No buildings shall be erected nor any lot or land area utilized unless in conformity with the Zoning Schedule incorporated into this chapter by reference and made a part hereof with the same force and effect as if such requirements were herein set forth in full as specified in said schedule, except as may be hereafter specifically modified.

B. In order to foster environmental conservation as well as preservation of the Town's scenic and rural quality, all properties shall provide a contiguous open space area equal to at least seventy (70) percent of the lot area, to be designed as follows:

- At least fifty (50) percent of such open space areas shall be planted with native species or left in its undisturbed natural form in order to enhance the appearance and function of the tidal wetlands and other native habitats.
- The remaining open space portion on the property shall be attractively landscaped with lawns, shrubs, flowerbeds, or non-impervious recreation areas.

3.1.4. Supplementary requirements

The following design and parking requirements shall apply:

A. Design Standards

- Driveway openings and curb cuts shall be aligned with the existing curb cuts along major arterial roads, in order to reduce the potential addition of traffic lights and conflicting turning movements.

3.2. Standard requirement for Museum

Minimum facilities. For purpose of Classification, the following are the minimum requirements for the operation of a Museum.

- 3.2.1. Membership** – The institution shall be a member of the National Committee on Museums.
- 3.2.2. Location** – The locality and environs including approaches shall be pleasant with proper ingress and egress. The façade and architectural features shall be appropriately designed.
- 3.2.3. Parking area**– An adequate and secured parking space for customers shall be made available.
- 3.2.4. Security** – Adequate security shall be provided at all times.
- 3.2.5. Reception** – A well-informed receptionist shall be available to usher in guests. A waiting lounge with telephone shall be provided.
- 3.2.6. Conference/ Auditorium** – There shall be a conference and/ or auditorium provided with audio-visual equipment and made available to the public.
- 3.2.7. Library** – There shall be a library adequately equipped and made available to the public.
- 3.2.8. Public washrooms**– There shall be an adequate and accessible toilet facilities provided separately for male and female. Toiletries shall likewise be provided.

3.3. Standard requirements for Institution

Section 1: Minimum requirements. For purpose of Classification, the following are the minimum requirements for the operation and maintenance of a Institution.

3.3.1. Physical requirement

- **Size of classroom** – The classroom shall be able to accommodate a minimum of twenty (20) trainees per class. For purposes of workshop, the floor area shall be at a minimum of 1.5 square metres per trainee.
- **Lighting and ventilation**- Lighting and ventilation fixtures shall be so designed to ensure an atmosphere conducive to training. A stand-by generator shall be made available.
- **Restrooms** – There shall be separate male and female restrooms.

Annexure I

Coastal area classification and development Regulations

Classification of Coastal Regulation Zone:

For regulating development activities, the coastal stretches within 500 m of High Tide Line of the landward side are classified into four categories, namely:

Category I (CRZ-I):

- (i) Areas that are ecologically sensitive and important, such as, national parks/ marine parks, sanctuaries, reserved forests, wildlife habitats, mangroves, corals/ coral reefs, areas close to breeding and spawning grounds of fish and other marine life, areas of outstanding natural beauty/ historical/ heritage areas, areas rich in genetic diversity, areas likely to be inundated due to rise in sea level consequent upon global warming and such other areas as may be declared by the Central Government or the concerned authorities at the State/ Union Territory level from time to time.
- (ii) Area between the Low Tide Line and the High Tide Line.

Category- II (CRZ-II):

The areas that have already been developed upto or close to the shoreline. For this purpose, "developed area" is referred to as that area within the municipal limits or in other legally designated urban areas which is already substantially built up and which has been provided with drainage and approach roads and other infrastructural facilities, such as, water supply and sewerage mains.

Category- III (CRZ-III):

Areas that are relatively undisturbed and those which do not belong to either Category-I or II. These will include coastal zone in the rural areas (developed and undeveloped) and also areas within municipal limits or in other legally designated urban areas which are not substantially built up.

Category-IV (CRZ-IV):

Coastal stretches in the Andaman and Nicobar, Lakshadweep and small islands except those designated as CRZ-I, CRZ-II or CRZ-III.

Provision of Lift

39. (1) Lift shall be provided for buildings above 10 m. height in case of apartments, group housing, commercial, institutional and office buildings.
- (2) Lift shall be provided at the rate of one lift for twenty dwelling units, or part thereof for residential buildings and at the rate of one lift per one thousand Sq.m. or part thereof of built-up area per floor for non-residential buildings. Built-up area on ground floor and two upper floors shall be excluded in computing the above requirement.
- (3) Notwithstanding anything contained in these regulations in case of building with 21 m. or more in height, at least two lifts shall be provided.

Mezzanine

40. Mezzanine floor may be permitted above any floor in all types of buildings up to an extent of one-third of the actual covered area of that floor. All

Rainwater harvesting system

43. (1) Provision of rain water harvesting is mandatory for all plots, which are more than 300 Sq.m. in area. The dimension of recharging pits/trenches shall be at least 6 cubic meters for every 100 Sq. m. of roof area. Percolation Pits shall be filled with small pebbles or brick jelly or river sand and covered with perforated concrete slabs. Apart from this, the following requirements are optional and may be provided depending on site conditions.

A. **Terrace Water Collection:** The terrace shall be connected to a sump or the well through a filtering tank by PVC pipe. A valve system shall be incorporated to enable the first part of the rainwater collected to be discharged out or to the soil if it is dirty. A filtering tank measuring 0.36 Sq. m. can be constructed near the sump. The tank can be divided by a perforated slab and one part should be filled by small pebbles and other by brick jelly. The bottom portion of the tank should have a slope to avoid stagnation of water.

B. **Open Ground:** Where there is open ground, a portion of topsoil shall be removed and replaced with river sand to allow slow percolation of rain water. Any other method proved to be effective in conservation and harvesting of rainwater may be adopted in each and every construction taken up.

Norms for Regulation of Activities

CRZ-III

- (i) The area upto 200 metres from the HTL is to be earmarked as 'No Development Zone'. No construction shall be permitted within this zone except for repairs of existing authorised structures not exceeding existing PSI, existing plinth area and existing density. However, the following uses may be permissible in this zone- agriculture, horticulture, garden pastures, parks, play fields, forestry and salt manufacture from sea water.
- (ii) Development of vacant plots between 200 and 500 metres of High Tide Line in designated areas of CRZ-III with prior approval of Ministry of Environment and Forests (MEF) permitted for construction of hotels/beach resorts for temporary occupation of tourists/visitors subject to the conditions as stipulated in the guidelines at Annexure-II.
- (iii) Construction/reconstruction of dwelling units between 200 and 500 metres of the HTL permitted so as far as it is within the ambit of traditional rights and customary uses such as existing fishing villages and gaothans. Building permission for such construction/reconstruction will be subject to the conditions that the total number of dwelling unit shall not be more than twice the number of existing units, total covered area on all floors shall not exceed 33 percent of the plot size; the overall height of construction shall not exceed 9 metres and construction shall not be more than 2 floors (ground floor plus one floor).
- (iv) Reconstruction/alterations of an existing authorised building permitted subject to (i) to (iii) above.

11. Physical Diseases Treated and Healed at the Centre

Physical Diseases catered in the center :

1. Infertility
2. Gynecological problems like PCOD, uterine prolapse, PID etc.
3. Thyroid Disorders
4. Diabetes
5. Musculoskeletal Disorders like Arthritis, Avascular Necrosis, Sciatica, IDVP
6. Gastrointestinal problems
7. Upper and lower respiratory infections
8. Migraine
9. Obesity
10. Skin diseases like Psoriasis, Acne, Eczema, Blemishes
11. Anorectal diseases like Piles, Fistula
12. Suffering from High Cholesterol
13. Stress
14. Insomnia
15. Fatty liver
16. Degenerative bone disease

12. Program for Visitors

<ul style="list-style-type: none"> • 7 Nights 	Recommended for all mental healing and trauma
<ul style="list-style-type: none"> • 14 Nights 	Recommended for Acidity, High Cholesterol, Diabetes, Degenerative changes, and Arthritis.
<ul style="list-style-type: none"> • 21 Nights 	Recommended for Weight Balance

1. 14 Nights -

WELLNESS SERVICES consisting of...

- **Initial Doctor Consultation & Daily Monitoring**
- **Body Composition Analysis**
- **Postural Assessment By a Physiotherapist Doctor**
- **10-12 Daily Fitness & Holistic Activities** - These include Yoga, Aqua fitness, Zumba, Stretch, Pranayama, Tai chi, Dance, Laughter Therapy, Meditation, Cooking & other group classes (as per Doctor's prescription)
- **Yogic Kriyas**- These are natural rituals to cleanse your body
- **Use of Water Therapy Suites**- These include the Steam & Saunas, Indoor (Temperature controlled with vitality shower) & Outdoor Salt Pools
- **Departure Doctor Consultation**

23 PERSONALIZED THERAPIES consisting of...

- **12 Prescribed Therapy Sessions**- Choose from an Aromatherapy / 'Arm & a Leg' Recovery/ Potli Massage/ Destress Head & Spine Therapy/ Foot Reflexology/ Vedic Spice Body Therapy
- **1 Pulse Analysis**
- **2 Personal Yoga**
- **2 Shirodhara (head massage)**
- **5 Art Therapy Sessions of their choice** (50 minutes each)
- **1 Postural Integration**

2. 21 Nights -

WELLNESS SERVICES consisting of...

- **Initial Doctor Consultation & Daily Monitoring**
- **Body Composition Analysis**
- **Postural Assessment By a Physiotherapist Doctor**
- **10-12 Daily Fitness & Holistic Activities**

These include Yoga, Aqua fitness, Zumba, Stretch, Pranayama, Dance, Laughter Therapy, Meditation, Cooking & other group classes (as per Doctor's prescription)

- **Yogic Kriyas-** These are natural rituals to cleanse your body
- **Use of Water Therapy Suites-** These include the Steam & Saunas, Indoor (Temperature controlled with vitality shower) & Outdoor Salt Pools
- **Departure Doctor Consultation**

36 PERSONALIZED WELLNESS SERVICES consisting of...

- **19 Prescribed Therapy Sessions-** Choose from an Aromatherapy / 'Arm & a Leg' Recovery/ Potli Massage/ Destress Head & Spine Therapy/ Foot Reflexology/ Vedic Spice Body Therapy
- **1 Pulse Analysis**
- **3 Personal Yoga**
- **2 Shirodhara**
- **6 Art Therapy Sessions of their choice** (50 minutes each)
- **1 Postural Integration**
- **1 Mukha Lepa**
- **1 Third Eye Therapy/ Prescribed Treatment**
- **1 Trataka session**
- **1 Prescribed Physio session**

3. 28 Nights -

WELLNESS SERVICES consisting of...

- **Initial Doctor Consultation & Daily Monitoring**
- **Body Composition Analysis**
- **Postural Assessment By a Physiotherapist Doctor**
- **10-12 Daily Fitness & Holistic Activities** - These include Yoga, Aqua fitness, Zumba, Stretch, Pranayama, Dance, Laughter Therapy, Meditation, Cooking & other group classes (as per Doctor's prescription)
- **Yogic Kriyas**- These are natural rituals to cleanse your body
- **Use of Water Therapy Suites**- These include the Steam & Infra-Red Saunas, Indoor (Temperature controlled with vitality shower) & Outdoor Salt Pools
- **Departure Doctor Consultation**

55 PERSONALIZED WELLNESS SERVICES consisting of...

- **26 Prescribed Therapy Sessions**- Choose from an Aromatherapy / 'Arm & a Leg' Recovery/ Potli Massage/ Destress Head & Spine Therapy/ Foot Reflexology/ Vedic Spice Body Therapy
- **1 Pulse Analysis with Naditarangini**
- **4 Personal Yoga**
- **2 Shirodhara**
- **7 Art Therapy Sessions of their choice** (50 minutes each)
- **1 Postural Integration**
- **1 Mukha Lepa**
- **1 Third Eye Therapy**
- **1 Trataka session**
- **3 Prescribed Physio session**
- **1 Private Breathing session**
- **1 Hammam**

13. Day Itinerary

Day 1: Arrival and Assessment

- **Morning:**
 - Welcome and orientation session: Introducing the guest to the facility, staff, and program schedule.
 - Initial health assessment: A comprehensive assessment including medical history, physical examination, and any necessary diagnostic tests.
- **Afternoon:**
 - Introduction to relaxation techniques: Gentle yoga, meditation, or mindfulness session to help guests unwind and begin to connect with their inner selves.

-
- Nutritional consultation: Meeting a nutritionist to discuss dietary habits and create a personalized meal plan focused on nourishing the body and supporting healing.

Day 2: Physical Healing

- Morning:
 - Group fitness activity: Leading a low-impact exercise session such as walking, swimming, or tai chi to promote circulation, flexibility, and strength.
 - Massage therapy: A session to release tension, reduce pain, and enhance relaxation.
- Afternoon:
 - Alternative therapy workshops: Introduce guests to various holistic therapies such as acupuncture, reflexology, or hydrotherapy, providing them with options to explore for ongoing treatment.
 - Educational session: Conduct a workshop on the mind-body connection, explaining how mental and emotional states can influence physical health.

Day 3: Mental Healing

- Morning:
 - Group therapy session: Facilitate a discussion or therapeutic activity focusing on topics like stress management, coping skills, and resilience-building.
 - Creative expression workshop: Engage guests in an art therapy or music therapy session to encourage self-expression and emotional processing.
- Afternoon:
 - Individual counseling session: Provide one-on-one counseling with a licensed therapist to address specific mental health concerns, set goals, and develop coping strategies.
 - Nature therapy: Lead a guided nature walk or outdoor meditation session to promote relaxation, connection with nature, and emotional healing.

Day 4: Emotional and Spiritual Healing

- Morning:
 - Heart-centered practices: Lead a session on cultivating compassion, gratitude, and forgiveness through practices like loving-kindness meditation or journaling.
 - Group discussion: Facilitate a reflective discussion on personal growth, transformation, and finding meaning in life's challenges.
- Afternoon:
 - Spiritual exploration: Offer opportunities for guests to explore their spiritual beliefs and practices through meditation, prayer, or attending a spiritual service if available.
 - Integration session: Guide guests in reflecting on their healing journey, identifying insights gained and intentions for continued growth and self-care after leaving the center.

Day 5: Departure and Follow-Up

- Morning:
 - Final consultation: Meet with guests individually to review their progress, discuss recommendations for ongoing care, and provide resources for continued support.
 - Closing ceremony: Gather as a group for a closing ceremony to honor the healing journey, express gratitude, and offer blessings for continued well-being.
- Afternoon:
 - Departure: Assist guests with check-out procedures and provide guidance on maintaining their healing practices and lifestyle changes at home.
 - Follow-up plan: Schedule follow-up appointments or provide referrals to support services as needed, ensuring guests have a plan for ongoing care beyond their time at the center.

● Sample Therapy Day Plan

TIME	ACTIVITY	VENUE
06:00 AM	Wake up to Wellness	Guest Rooms , Individual Cottages
06.30 AM - 07:30 AM	Rejuvenating Morning Yoga	Therapy Pavilion
07.30 AM - 08.30 AM	Freshen Up	Guest Rooms , Individual Cottages
9:00 AM - 10:00 AM	Functional Fitness/ Aqua/ Stretching/ Holistic Activities	Therapy Pavilion
9:30 AM - 11:00 AM	Refreshing Breakfast	Dining Pavilion
11:00 AM - 12:00 PM	Doctor Consultations/Follow Ups	Therapy Pavilion
12:00 PM - 1:00 PM	Healing Therapies	Therapy Pavilion
01.00 PM - 02.30 PM	Nourishing Lunch	Dining Pavilion
04.00 PM - 06.00 PM	Healing Therapies	Therapy Pavilion

06:15 PM - 07:00 PM	Functional Fitness/ Aqua/ Stretching/ Holistic Activities	Therapy Pavilion
07.30 PM - 09.00 PM	Nourishing Dinner	Dining Pavilion
09.30 PM	Essential Shut Eye	Guest Rooms , Individual Cottages

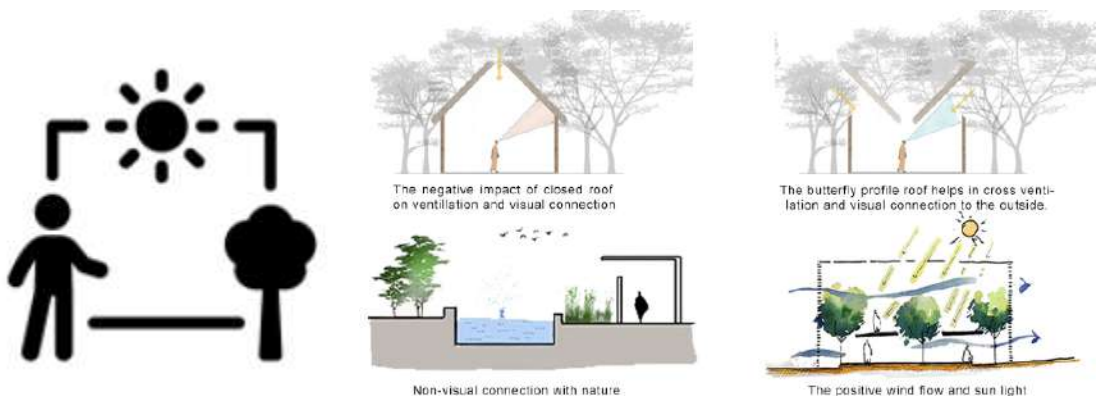
● **Sample Leisure Day Plan**

TIME	ACTIVITY	VENUE
06:00 AM	Wake up to Wellness	Guest Rooms , Individual Cottages
06.30 AM - 07.30 AM	Rejuvenating Morning Yoga	Therapy Pavilion
07.30 AM - 08.30 AM	Freshen Up	Guest Rooms , Individual Cottages
9:00 AM - 10:00 AM	Body Composition Testing	Therapy Pavilion
9:30 AM - 11:00 AM	Refreshing Breakfast	Dining Pavilion
11:00 AM - 12:00 PM	Doctor Consultations/Follow Ups	Therapy Pavilion
01.00 PM - 02.30 PM	Nourishing Lunch	Dining Pavilion
04.00 PM - 05.30 PM	Therapeutic Yoga / Workshops Class	Therapy Pavilion
06:00 PM - 06:45 PM	Dharna Meditation	FOR ALL- Therapy Pavilion
07.30 PM - 09.00 PM	Nourishing Dinner	Dining Pavilion
09.30 PM	Essential Shut Eye	Guest Rooms , Individual Cottages

14. Design Goals and Strategies

GOAL 1- BIOPHILIC DESIGN

Biophilic design is an approach to architecture that seeks to connect building occupants more closely to nature. It incorporates elements of nature and natural processes into architectural design to create spaces that promote well-being, health, and productivity. It Improves our mind restoration and also Aids our physical wellbeing, Helps sharpen our senses, Increases retention rates.



STRATEGIES- For a Biophilic design strategies include Exposure to natural elements such as sunlight, greenery, water features, views of nature, natural materials, textures, and colors, which can evoke positive emotional responses. Also Integrating outdoor spaces, walking paths, and gardens into the design to spend time in nature.

GOAL 2- ECONOMIC OPPORTUNITIES

Economic opportunities as a design goal for a healing center project involve creating a sustainable business model that not only supports the operation of the center but also contributes to the local economy. By adopting a holistic approach to economic development, the center can maximize its positive impact and create a sustainable and thriving ecosystem.



STRATEGIES- Procuring goods and services from local suppliers. A well-designed healing center can attract tourists and visitors from both domestic and international markets, generating revenue through accommodations, wellness programs, workshops. Offering education and training programs in holistic healing practices, wellness therapies, yoga, meditation. Partnering with local healthcare providers and practitioners to offer medical services, consultations, and specialized treatments. Creating retail spaces within the center to sell organic foods, and artisan crafts can generate additional revenue streams and support local artisans and entrepreneurs.

3. GOAL- VERNACULAR BUILDING

Vernacular design refers to the architectural style that is influenced by local traditions, materials, and building techniques. Embracing vernacular design as a design goal for a healing center project in Puri, Odisha, allows for the creation of a culturally relevant, climate-responsive, and sustainable architectural solution that fosters a deep sense of connection with both the local community and the natural environment.



STRATEGIES- Vernacular architecture often evolved in response to local climate conditions. By incorporating design features such as shaded courtyards, natural ventilation systems, and thick walls for thermal mass, the healing center can optimize indoor comfort levels while minimizing reliance on mechanical heating and cooling systems. Use of locally available materials, such as bamboo, timber, clay, and stone, which are renewable, abundant, and low in embodied energy. By emphasizing simplicity, efficiency, and practicality, which can result in cost-effective construction solutions.

4. GOAL- CONNECTION TO SPIRITUALITY

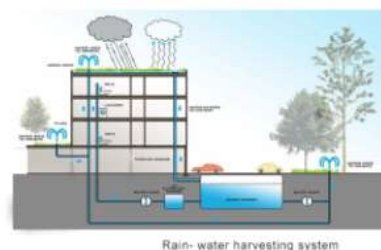
It involves creating an environment that supports visitors in exploring and nurturing their spiritual well-being. This goal acknowledges the importance of spirituality in the healing process and aims to provide spaces that facilitate reflection, meditation, and connection with the divine or inner self.



STRATEGIES- By incorporating elements such as sacred spaces, natural symbolism, quiet zones, and communal gathering areas, the healing center can provide a nurturing environment for spiritual growth, reflection. Also meditation rooms, prayer halls, chapels, or shrines. Elements such as water features, indoor gardens, natural light, and organic shapes can evoke a sense of awe. Designate quiet zones or retreat areas where visitors can retreat from the hustle of daily life and engage in silent reflection. All these spaces should be free from distractions, allowing individuals to connect with their inner selves.

4. GOAL- SUSTAINABLE DESIGN

It involves minimizing environmental impact, conserving resources, and promoting the health and well-being of both occupants and the surrounding ecosystem. By incorporating green building practices into the design, the project can promote sustainability, resilience, and environmental stewardship while creating a nurturing and healthy environment for healing and well-being.



STRATEGIES- Building orientation for passive solar heating and cooling. Integrate renewable energy sources such as solar panels, geothermal systems to generate onsite renewable energy (as govardhan eco

village). Implementing rainwater harvesting systems, and greywater recycling systems to minimize water consumption. Selecting environmentally friendly building materials with low embodied energy. Using waste from nearby sites. Additionally, elements such as green roofs, permeable paving, and bioretention areas to manage stormwater runoff, improve water quality, and enhance biodiversity.

6. GOAL- EXISTING NATURAL ELEMENT

Integrating the natural features of the site into the architectural design to enhance the healing experience and promote a sense of connection with nature. The interior ambiance and atmospheric qualities are influenced by the incorporation of ritualistic fountains which runs with reused seawater.

The holistic approach is based on the use of water, aligning with the concept of embracing the healing properties of the earth's element.



STRATEGIES- Orientation to take advantage of views and access to the water. This involves positioning buildings, pathways, and outdoor spaces to maximize opportunities for interaction and engagement with the river. Creating amenities and gathering spaces along the riverbank where visitors can relax, meditate also designing outdoor seating areas, decks, or platforms that overlook the river. Integrating water based healing activities like hydrotherapy, aquatic exercise, or mindfulness practices that incorporate the soothing sights and sounds of flowing water.

7. GOAL- COMMUNITY ENGAGEMENT

Creating spaces that meets the diverse needs and aspirations of the community. Creating a welcoming and inclusive space that serves as a hub for community health, connection, and empowerment fostering a sense of belonging and participation among local residents.



Open Amphitheatre



Healing Gardens

STRATEGIES- Foster a sense of community and connection among visitors by designing spaces for group activities, communal dining areas, and shared gardens where people can come together and support each other on their healing journeys. Providing multifunctional spaces like outdoor gathering areas, workshop areas, open amphitheater, where community members can come together to socialize, relax, and connect with nature.

8. GOAL- ACCESSIBILITY & INCLUSIVITY

To ensure that the center is accessible to people of all ages and abilities, including those with special circumstances and are included as valuable members in all aspects of society.

Accessibility is about making sure that barriers that may prevent people with disabilities from taking part are removed. Inclusive design, in particular, recognizes the solutions that work for people with a disability ,are likely to also work well for people in diverse circumstances.



Barrier Free pathways



Provision of ramp

STRATEGIES- To ensure that the center is accessible to all, regardless of age or ability, it may involve designing barrier-free pathways, ramps, elevators, graphic security components, tactile paving, accessible entrances, designing accessible rooms. For people with hearing loss, there are several factors to consider. like room arrangement i.e ,using a wide or circular arrangement rather than a linear layout allows all parties to see each other and hence read each other's speech.

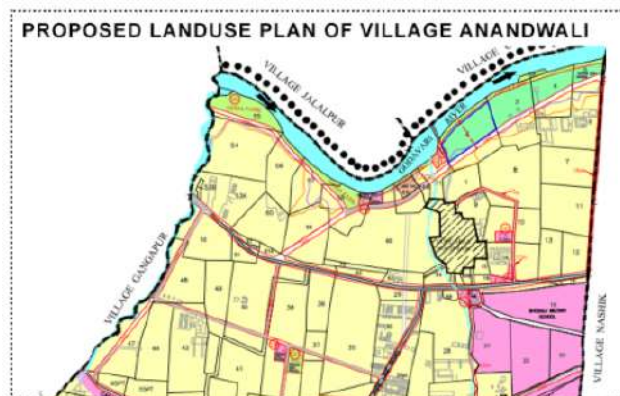
15. Site Selection

SITE 1.....LOCATION- ANANDVALLI, NASHIK

INTRODUCTION & BACKGROUND :

Nashik is a cosmopolitan city and people of almost all regions live here in harmony with each other. Though popular as a Hindu pilgrimage, the majority of Hindu population dominates the city of Nashik. Kumbh Mela is also held in Nashik. the fair involves ritual bathing on the banks of Godavari river, at the Trimbakeshwar Shiva Temple (in Trimbak) and the Ram Kund in Nashik.

Anandvalli is a Locality in Nashik City in Maharashtra State, India. It belongs to Khandesh and Northern Maharashtra region. This Village has the populaton of approx 21 thousand people.



CHOSEN SITE BOUNDARY NEAR GODAVARI RIVER
SITE AREA- 30,000 SQ. M
CRZ- 50M UNDER HTL & NDZ



View of access to the site



View of site from the main road



View of Godavari River



View of site

SWOT ANALYSIS

S- 1. The site is away from the urban context.

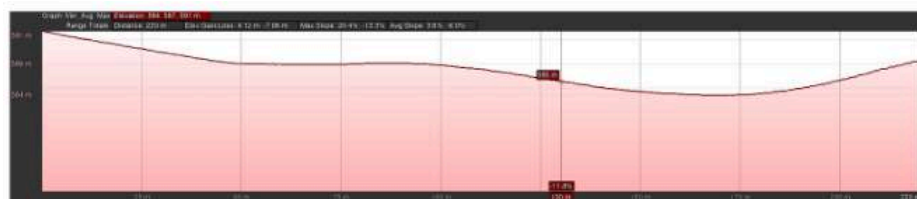
2. Its a hard rock site in which construction could be easily done

W- 1. The site area is less so open areas couldn't be planned on a large scale.

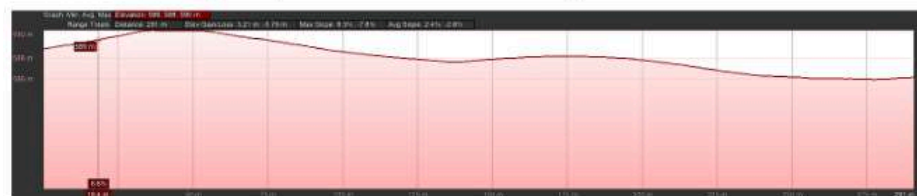
2. Anandwali is a small village in Nashik which very few people know.

3. The cultural background of Nashik is not as strong as Puri to justify the project's brief.

O- 1. There is a defined boundary to the site so it will be easy to accommodate spaces in it.



SECTION of the SITE through river
The highest point is at 591m and the edge of the site is at 586m



SECTION of the SITE through road
The site starts at 589m and the adjacent boundary is at 586m



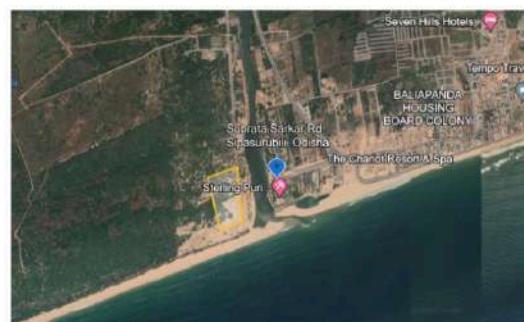
SECTION of SITE 2 (for comparison)
The site elevation starts at 32m and the rear end towards the sea is at 32m

SITE 2.....LOCATION- PURI, ODISHA

INTRODUCTION & BACKGROUND :

Odisha is an attractive treasure house of cultures and customs, religions and traditions, languages and literature, art and architecture, scenic beauty and wildlife. Endowed with rich cultural heritage and bestowed with bounties of nature, Odisha is a fascinating state with majestic monuments, beautiful beaches, luxuriant forests, enchanting wildlife, etc.

Wedged between West Bengal and Andhra Pradesh, Odisha lies on the eastern coast of India with the waters of the Bay of Bengal swirling along its eastern and south-eastern boundaries.



CHOSEN SITE BOUNDARY NEAR SHAMUKA BEACH
SITE AREA- 80,000 SQ. M
CRZ- 50M UNDER HTL & NDZ

Odisha Govt To Prepare Revised Master Plan for Shamuka Beach Project

Bhubaneswar: The Odisha government today decided to go for a revised master plan for the Shamuka Beach Project, which is dubbed as India's largest tourism project at a single location, in the coastal town of Puri.

"The assignment we have given today is the revised master plan of Shamuka. The master plan is being revised because the last time we had prepared the plan and clearances we got last year about ten years have elapsed in between and several changes have taken place like sand dunes etc. which cannot be changed. And therefore the need for a revised master plan," informed Vishal K Dev, Commissioner-cum-secretary for Tourism soon after a high-level meeting chaired by Chief Secretary Asit Kumar Tripathy here today.

Dev said that at today's meeting the overall concept and product mix of the project was discussed.

The project will have a product mix of hotels, resorts, golf courses, villas, residential, aquarium, amusement park, etc., he added.

"First on the basis of today's discussion a draft master plan will be prepared after which a final master plan will be drawn up. So within the next three months, this process will be completed," the Commissioner-cum-secretary for Tourism informed.

He further informed that the project will be executed on an area of 620 acres which is more like a square, slim by sides.

"If we complete the master plan by April-May then execution will start. It will be developed over three phases of five years each. In the first phase, we will go to the market to check its appetite and then we will take a call," Dev clarified.

The land acquired by the State government for the project is near Sripasurabali village on the outskirts of Puri.

Update on Shamuka beach project

Following is an extract from a report in Telugu:

The largest integrated tourism project of the state - Shamuka - is coming up on 600 acres of land on the sea beach near Puri. The project involves an investment of Rs 116.39 crore and is being implemented on public-private partnership (PPP) mode.

The project, not been revealed as a one-stop destination facility for "early arrival of tourists" and provide business opportunities to private investors while preserving the tourism interests of the state, officials sources said.

The principal project components include star hotels, resorts, international convention centre, golf course, golf club, cultural villages and craft houses.

Chief secretary (CS) Tripathy reviewed the progress of the proposed project at the state secretariat here today. At present, development plan has been prepared for 472 acres by the state tourism department and state-run Odisha Tourism Development Corporation, except for 128 acres.

"Protect natural beauty and environment while developing integrated tourism project along the sea shore, the project should aim at preservation and promotion of the state's tourist potentials," Tripathy told officials at the meeting.

To take Shamuka ahead, the Industrial Infrastructure Development Corporation of Odisha (I-IDC) has already acquired 912 acres.

"Puri district collector has submitted proposal for further acquisition of 522 acres for a cost of Rs 40 crore. The government is awaiting the proposal. There has been no loss from initiation for construction of roads and sea walls. The committee has decided to interact and cooperate with interested investors and builders to give shape to the commercially viable components of the projects," he added. The state has also constituted approach road to the proposed site for Rs 7.63 crore.

"The state energy department has been asked to supply power to the site for which Rs 17.58 crore will be spent.

"Water supply to the site will be provided for an investment of Rs 63.77 crore," the official said.

It is good that the Chief Secretary has started reviewing the various large projects. I hope he does the necessary with the projects are completed.

SOURCE : <https://ommcom-news.com/odisha-news/odisha-govt-to-prepare-revised-master-plan-for-shamuka-beach-project>

Proposal on the development of shamuka beach



View of site from top from river side



View of river which is on the east side



View of type of plantation on site

REASONS FOR SELECTING THIS SITE

Strength - 1. There is already a proposal by PKDA to make Shamuka Beach a major tourist hub in India.

2. The site is located away from the city.

Weakness - 1. The flood line as the site is being connected to 2 major water bodies.

2. The site is in the coastal regions so the land type is of loose soil.

Opportunity - 1. Cultural background of odisha being very nice will help in connecting the project brief more accurately.

2. The site being adjacent to the river helps in justifying the need of the project i.e. water waves therapy.

3. The flat terrain of the site will possess the least constraints for the development.

15. Site Analysis

ABOUT PURI- Puri is a coastal city and a municipality in the state of Odisha in eastern India. It is home to the 12th-century Jagannath Temple and is one of the original Char Dham pilgrimage sites for Hindus.

LOCATION : The Shamuka Beach site is located on the banks of sea to the south of Puri, between Puri town and Chilika Lake alongside the Bay of Bengal.



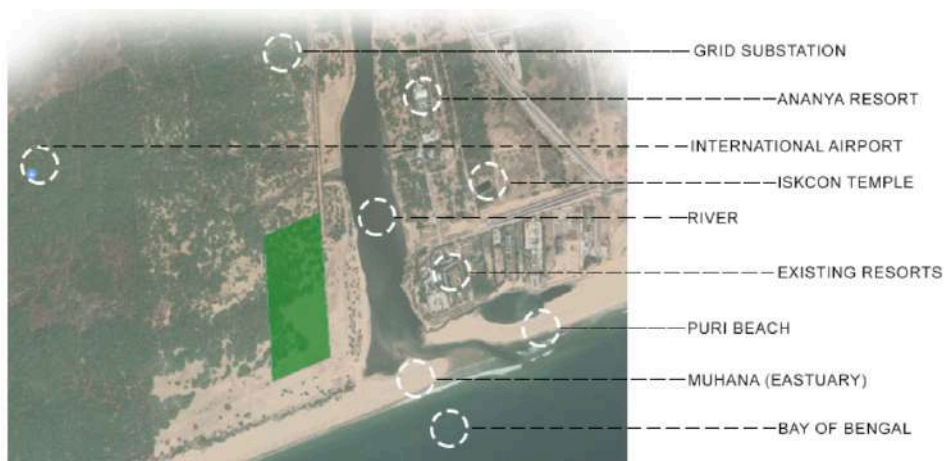
CLIMATE

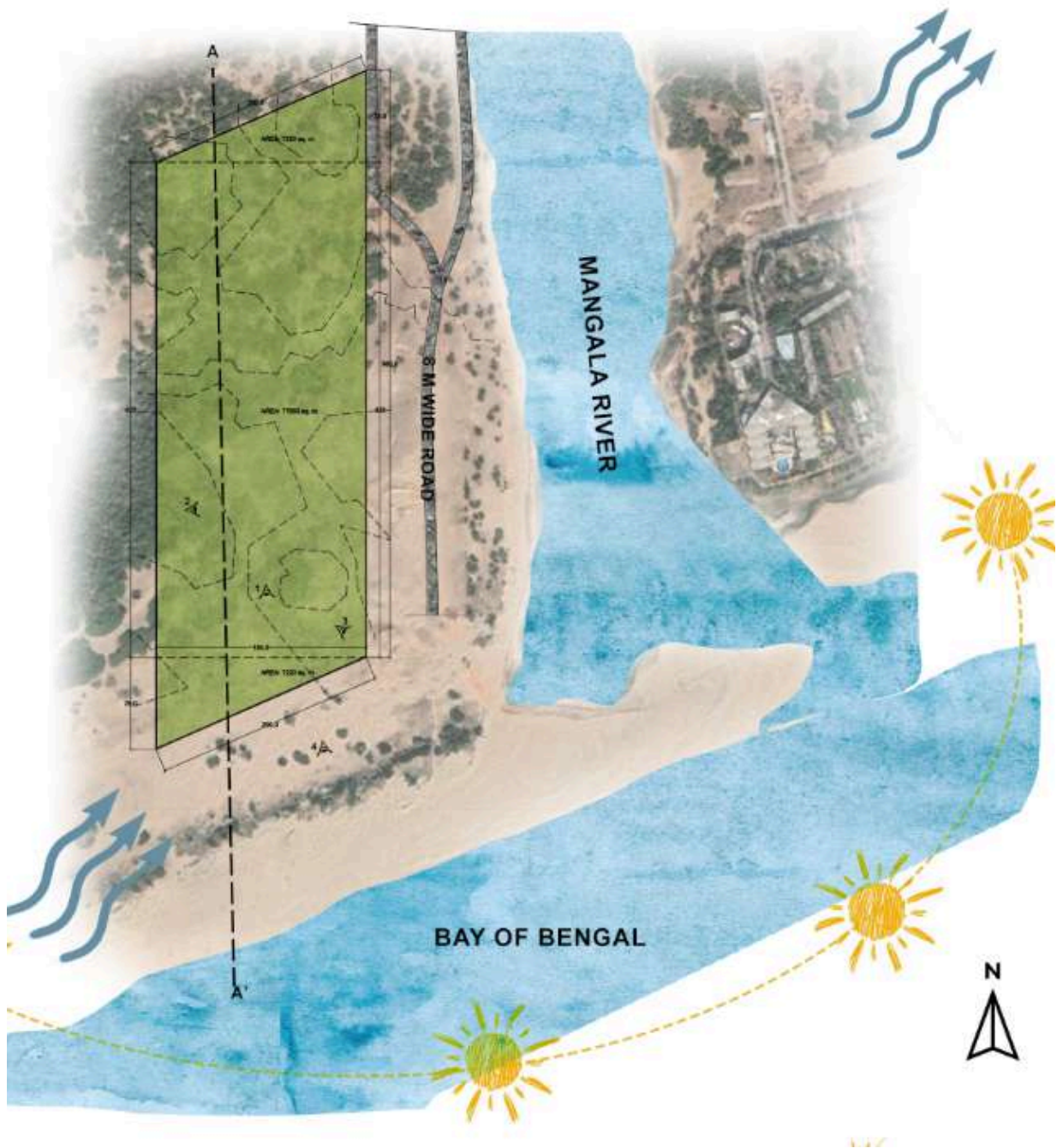
Orissa enjoys a typical tropical climate, mainly because of its proximity to the sea. The average annual rainfall in the state is about 200 cm. The maximum temperature of Orissa, in the summer season, goes well above 40°C. And the minimum temperature dips to as low as 7°C.

ACCESSIBILITY

The distance to Shamuka Beach from Puri is 8 km & from Bhubaneswar is 60 km.

- Puri-Brahamgiri road which is approximately 3 kms away. IDCO is constructing a proper two lane road from the Puri-Brahamgiri road to the site.
- Nearest railway station is at Puri which is approximately 8 kms from the site.
- Bhubaneswar is the nearest Airport i.e. 60 kms from the site.





-  SUN PATH
-  WIND DIRECTION
-  VIEW POINT
-  EXISTING TREES

EXISTING SITE FEATURES



VIEW 1



VIEW 2



VIEW 3



VIEW 4

FLORA



Casuarina Tree



Kikar Tree (Babul)



Eucalyptus Tree



Neem Tree



Tamarind Tree

FAUNA

The site has a gradual slope of 4 m from 30 m to 33 m towards the sea.



Blackbuck



Monkey



Jungle Cat



Squirrel



Dollarbird

SWOT ANALYSIS

S • The site has a very large area hence large scale of healing practices could be proposed here.

- The potential of the site is greatly increased due to the long stretch of water front in the form of beach and river front that are available on two adjacent sides of the site.

- The flat terrain of the site poses the least constraints for development.

- Puri or the golden triangle will act as a feeder for this new healing centre.

W • A large chunk of usable area within the site is under dense plantation.

O • Good exposure to people who are traveling to the beach.

T • Earthquake prone area.

HUMAN SETTLEMENTS

There is no human settlement within the project site. A small settlement called 'Bhagwat Patna' is located to the north east of the project site. 'Bhagavad Patna' Settlement has 300-400 population with 50-55 households. Bhaktapur is another nearest settlement to the site. It is located on SH-59

TOPOGRAPHY

The site has contours at an interval of 1m. The site has 0.25% gradient. Apart from this huge chunk of dense plantation, there are smaller groups of trees scattered all over the site.

ANALYSIS

- The area selected for development of Shamuka beach area is a beautiful site with a long sea frontage and another view of the riverfront on its adjacent side. These two sides have tremendous potential for waterfront development and for the spaces which need a view.
- The small chunk of tree areas within the site can be utilized for open healing practices and open sitout areas. This will help in conserving the natural resource and will be an attraction for the visitors.
- Puri is renowned for its cultural and spiritual heritage drawing the tourists so incorporating elements of local culture and spirituality into the healing center's offerings could enhance its appeal.
- The quiet environment around the site being detached to the urban core could promote more efficient healing practices.
- Puri experiences a tropical climate, with hot summers, making it conducive for outdoor activities and therapies. Moderate monsoons, which may impact outdoor activities but also contributes to the lush greenery surrounding the beach. And pleasant winters, attracting visitors seeking relief from colder regions.

16. Design Brief

S.NO.	ZONE	SPACE	NO. OF UNITS	AREA (sq. m)	TOTAL AREA (sq. m)	PRIVACY	KIND OF SPACE	ACTIVE HOURS	REFERENCE
1	ENTRANCE	security cabin	2	5	10	private	for security guard	daily	mandatory
2	RECEPTION	entrance foyer	1	30	30	public	information desk, main entry to complex	daily	mandatory
		reception	1	50	50	public	for visitors	daily	mandatory
		waiting area	1	100	100	public	documents, records	as required	mandatory
		storage	1	10	10	public	for visitors and staff	daily	mandatory
		baggage	1	50	50	private		as required	mandatory
		unisex common toilet	1	30	30	private		daily	mandatory
3	ADMIN AREA	manager cabin+ toilet	1	25	25	private	handle accounts dept.	daily	mandatory
		accountant cabin + toilet	1	25	25	private	control the admin department	daily	mandatory
		directors cabin + toilet	1	25	25	private	documents, records	as required	mandatory
		record room	1	15	15	semi public	for officials general meeting	as required	mandatory
		meeting room + toilet	1	40	40	private	for officials	daily	mandatory
		pantry	1	10	10				

4	AMENITIES	workshops/ multipurpose hall	4	80	320	semi public		daily	case study	
		dining hall (for 100 users)	1	400	400	semi public	for staff and residents	daily		
		kitchen	1	100	100	private	prep. of food for staff and residence	daily	case study	
		cafe	1	100	100	semi public	refreshment for staff	daily	case study	
		gym (for 50 users)	1	250	250	public	visitors	daily	case study	
		swimming pool	1	100		semi public	hydro therapy, vocational training, recreation	daily	case study	
		food court	10	10	100	public	food hub, revenue generation	daily		
		common toilets (5 users)	2	20	40	public		daily	mandatory	
5	CONSULTATION	reception + waiting area	1	100	100	semi public	for visitors	daily	literature study	
		psychologist	2	20	40	semi public	counselling	daily	literature study	
		gyneecologist	1	20	20	semi public	for visitors	daily	literature study	
		physiotherapist	1	40	40	semi public	for visitors	daily	literature study	
		neurologist	1	20	20	semi public	for visitors	daily	literature study	
		nutritionist	1	20	20	semi public	for visitors	daily	literature study	
			1	20	20	semi public	for visitors	daily	literature study	
			1	20	20	semi public	for visitors	daily	literature study	
			1	20	20	semi public	for visitors	daily	literature study	
		ayurvedic specialist	2	20	40	semi public	for general counselling	daily	literature study	
		common toilets (5 users)	2	20	40	public		daily	mandatory	
6	THERAPY BLOCK	AQUATIC BODYWORK	1	100	100	semi public		daily	self analysis	
		therapy pools	2	150	-	semi public		daily	self analysis	
		ABHYANGA (OIL MASSAGE)	1	100	100	semi public		daily	literature study	
		SHIATSU THERAPY	1	100	100	semi public		daily	literature study	
		POTTU MASSAGE	1	100	100	semi public		daily	literature study	
		SHEROCHARA	1	100	100	semi public		daily	literature study	
		LIUWARTHANAM	1	100	100	semi public		daily	literature study	
		NAVARA KIDSI	1	100	100	semi public		daily	literature study	
		VAGINAL DOUCHES	1	100	100	semi public		daily	literature study	
		ACUPRESSURE	1	100	100	semi public		daily	literature study	
		COLON HYDROTHERAPY	1	100	100	semi public		daily	literature study	
		PHYSIOTHERAPY	1	100	100	semi public		daily	literature study	
		AROMA THERAPY	1	100	100	semi public		daily	literature study	
		MUD THERAPY	1	100	100	semi public		daily	literature study	
		ACUPUNCTURE	1	100	100	semi public		daily	literature study	
		ART THERAPY-								
		DRAMA ART THERAPY	1	100	100	semi public		daily	literature study	
		SOUND & MUSIC THERAPY	1	100	100	semi public		daily	literature study	
		DANCE THERAPY	1	100	100	semi public		daily	literature study	
		SCULPTING THERAPY	1	100	100	semi public		daily	literature study	
		MEDITATION-								
		meditation hall	1	500	500	semi public	for meditation	daily	case study	
		yoga deck	1	150	-	semi public	for yoga	daily	case study	
healing gardens	-	-	-	public		daily	literature study			
common toilets	4	30	120	public		daily	mandatory			
7	RESEARCH CENTRE FOR ADVANCEMENT	research work lab	2	45	90	private	research on nutritional values of food, check on medicine, work on methods of healing	as required	self analysis+ study	
		pathology	1	45	45	private		as required	self analysis+ study	
		body testing lab	1	20	20	private		as required	self analysis+ study	
		library	1	150	150	semi public		daily	self analysis+ study	
8	RECREATIONAL	OAT	1	100						
		souvenir shops	10	15	150	public	selling of the work done, also promoting local artisans	daily	case study	
		activity area	2	30		semi public	semi open space	daily		
9	RESIDENTIAL	double occupancy cottages	24	50	1200	private	for visitors		case study	
		single occupancy cottages	24	40	960	private	for visitors		case study	
		for staff-								
		triple occupancy rooms female	12	30	360	private	for visitors and staff		case study	
triple occupancy rooms male	12	30	360	private	for visitors and staff		case study			
10	SERVICES	store room	2	15	30				case study	
		laundry	2	25	50				case study	
		house keeping	3	5	15				case study	
		waste disposal	2	5	10				case study	
		maintenance	1	15	15				case study	
		water tank							case study	
		slp								
		transformer								
electric room	1	10	10				case study			
11	PARKING FACILITY	2- wheeler	150	2.4	360					
		car	80	12.5	1000					
		battery car	20	12.5	250					
		bus	4	24.5	98					
		service vehicle	3	24.5	73.5					
			TOTAL	7995						

17. Concept

INSPIRATION- SHANKHA

" REJOICING THE PAST CULTURE WITH THE PRESENT "



THE HISTORIC PLAN OF SANKHA KSHETRA UPON WHICH THE CITY OF PURI IS BASED

the spiritual meaning of a conch shell is about the call to awaken.

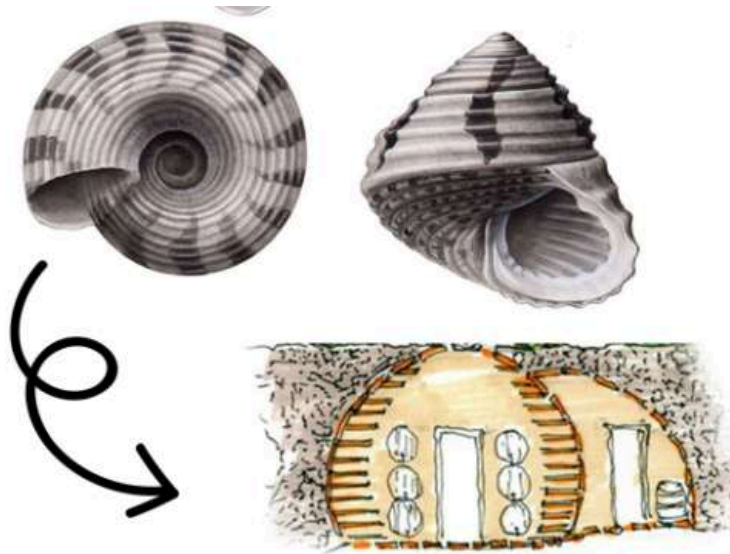


The water body within the healing center mirrors the sacred symbolism of the shankha (conch shell). It begins at one end, where the cottages are located, representing the origin or birth. As it flows toward the center, it signifies the journey of life, growth, and transformation—much like the spirals of the conch shell. Finally, it reaches the other end, near the entrance, symbolizing completion, enlightenment, and return to the source



CONCEPTUAL ROOFING FOR THERAPY BLOCK

The water body within the healing center mirrors the sacred symbolism of the shankha (conch shell). It begins at one end, where the cottages are located, representing the origin or birth. As it flows toward the center, it signifies the journey of life, growth, and transformation—much like the spirals of the conch shell. Finally, it reaches the other end, near the entrance, symbolizing completion, enlightenment, and return to the source



**CONCEPTUAL FORM OF ROOF
FOR COTTAGES**

18.Design

18.1 Master Plan

18.2 Floor Plans

18.3 Sections

18.4 Elevations

18.5 Services

18.6 Landscaping Details

18.7 Structural Details