



BLISSFUL OASIS

A CENTRE FOR SPIRITUAL HEALING

SPIRITUAL HEALING CENTRE

This healing centre offers a safe and peaceful environment for all who wish to heal and grow. Our goal is to provide a space for individuals seeking holistic healing, where the mind, body, and spirit are nurtured together. The centre is designed to facilitate a variety of healing practices, including energy healing, meditation, and breathwork, all within a serene and supportive atmosphere.

WHY A HEALING CENTRE?

The human body is a complex system of energy, emotions, and physical structures. When these elements are out of balance, it can lead to various health issues. A healing centre provides a dedicated space where individuals can address these imbalances through a variety of holistic practices. This approach not only helps in managing physical symptoms but also promotes emotional well-being and spiritual growth. The centre is designed to be a safe and supportive environment for all who seek healing.



RELATION BETWEEN ARCHITECTURE, HEALING & SPIRITUALITY



Spirituality and healing are interconnected through the energy of the human body. Architecture plays a crucial role in this process by creating a space that supports and enhances the natural healing abilities of the body. The design of a healing centre should focus on creating a harmonious environment that facilitates the flow of energy and promotes overall well-being.

Architecture has the power to influence the energy of a space. A well-designed healing centre can create a positive and supportive environment for individuals seeking holistic healing. The design should focus on creating a space that is both functional and aesthetically pleasing, with a focus on natural light, fresh air, and a sense of peace and tranquility.

Healing centres can be designed to create a positive and supportive environment for individuals seeking holistic healing. The design should focus on creating a space that is both functional and aesthetically pleasing, with a focus on natural light, fresh air, and a sense of peace and tranquility. The architecture should be designed to support the healing process and create a sense of well-being.

VISION & PURPOSE BEHIND THIS

The vision of this healing centre is to provide a safe and peaceful environment for all who wish to heal and grow. The purpose is to create a space where individuals can address their physical, emotional, and spiritual needs through a variety of holistic practices. The centre is designed to be a safe and supportive environment for all who seek healing.

- Global Wellness & Healthcare:** Focus on holistic wellness, addressing physical, emotional, and spiritual health through a variety of holistic practices.
- Nature as a Healing Element:** Integrate natural elements like green spaces, water features, and natural light to enhance the healing power of the space.
- Community Support and Growth:** Create a supportive community where individuals can share their experiences and learn from each other.
- Cultural Diversity and Inclusion:** Offer a variety of healing practices that cater to different cultural backgrounds and beliefs.

THERAPIES

ENERGY HEALING: Energy healing is a non-invasive practice that aims to restore the natural flow of energy throughout the body. It involves the use of hands or light to create a field of energy around the body, which helps to release any blockages and restore balance.



SOUND THERAPY: The sound of natural instruments, such as singing bowls, can help to create a field of energy around the body. This sound vibration helps to release any blockages and restore balance.

ART THERAPY: Art therapy is a creative process that allows individuals to express their emotions and experiences through art. It can be used to address a variety of emotional and psychological issues.



NATURE THERAPY: Spending time in nature can have a positive impact on mental and physical health. It can help to reduce stress, improve mood, and increase energy levels.

YOGA: Yoga is a practice that combines physical postures, breathing exercises, and meditation. It can help to improve flexibility, strength, and overall well-being.



ACUPUNCTURE: Acupuncture is a traditional Chinese medicine practice that involves the insertion of thin needles into specific points on the body. It can help to relieve pain, reduce inflammation, and improve overall health.

HERBAL MEDICINE: Herbal medicine is a natural approach to healthcare that uses the medicinal properties of plants. It can help to address a variety of health issues, from digestive problems to chronic pain.

FUTURE NEED OF HEALING CENTRES IN INDIA

The future need for healing centres in India is growing rapidly. As more people become aware of holistic health practices, there is a demand for dedicated spaces where they can receive care. This includes a focus on mental health, physical fitness, and overall well-being.

Stress and Mental Health	Emotional Wellness	Physical Wellness
Community Integration	Corporate Wellness Programs	Customer Retention & Loyalty
Elderly Care & Rehabilitation	Medical Tourism & Research	Sustainability Programs

MENTAL HEALTH STATISTICS

Over 1 billion people globally suffer from mental health conditions each year, with a significant increase in prevalence over the last decade.



45% of the world's population is affected by mental health conditions. This is a significant increase from 30% in 2010, indicating a growing global mental health crisis.

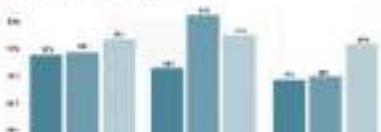
MENTAL HEALTH STATISTICS BY AGE

Over 1 billion people globally suffer from mental health conditions each year, with a significant increase in prevalence over the last decade. The statistics show that mental health issues are not just a young person's problem but affect people of all ages.



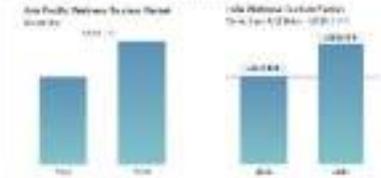
MENTAL HEALTH STATISTICS BY GENDER

Over 1 billion people globally suffer from mental health conditions each year, with a significant increase in prevalence over the last decade. The statistics show that mental health issues affect both men and women, with a higher prevalence in women.



WELLNESS GENERATION

The wellness generation is a demographic group that prioritizes health and well-being. They are more likely to seek out holistic health practices and invest in their overall wellness.





ACTIVITY MAP

AT 6:00 A.M.

Mild sun amount of crowd is seen near the Datta Auditorium for the early morning meditation.

Some crowd is seen near the garden area where people come out for the morning exercises and enjoy especially the lawns area.

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 1:00 P.M.

Moderate amount of crowd is seen near the Datta Auditorium for the early morning meditation.

Some crowd is seen near the garden area where people come out for the morning exercises and enjoy especially the lawns area.

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.

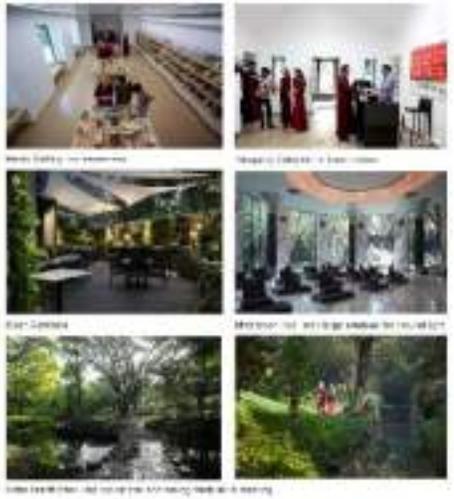
AT 6:00 P.M.

The crowd seen by this time seems calm & peaceful.

The devotees used to come to the Datta Auditorium for the evening prayer and attend some devotional programs.

During the night time people get together at the community hall and the canteen especially near the canteen for the dinner.

People start moving towards the grounds near lake area and in the open grounds to take darshan and discuss.



SPACE ANALYSIS

OSHO MEDITATION HALL

Zone 1
Type of zone - Semi-Indoor
Ground Coverage: 1000 sq. m.
Dimension: 31m x 31m
Maximum Capacity: 6000 persons
Date of completion - 1988
Use of space - Meditation

The access to main zone is through a gateway with water body on either side.

The stage of the hall is lit with mood lighting which changes according to the ritual and helps in stress and illness fighting technique is used to light it up.

It is composed of steel and concrete.

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

It has no skylight and is completely artificial in creating an elegant entrance.

ACCOMMODATION ROOMS AND GUEST HOUSE

Zone 3
Type of zone - Private
Ground Coverage: 1500 sq. m.
Dimension: 30 m x 50 m
Maximum Capacity: 40
Date of completion - 1972
Use of space - Bedding and Dining belongings.

The rooms for accommodation of different sizes and building capacity are starting together.

It applied typical details of 90 years of a town which is a mix of old and a contemporary.



A small room outside 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 dressing room.

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



LOCATION: Outside Thane, nestled in the heart of Maharashtra, 100 km north of Mumbai is a beautiful hill station and forest with a serene environment into village.



Guest house cluster

The buildings have been allocated higher setbacks to take full the shade and provide better air. Large semi-covered spaces provide ample ventilation and light to the inner spaces along with areas to spread daylight. These spaces also provided the visitors with nature starting outdoors.



Guest house cluster

INTRODUCTION: Govardhan Eco Village is managed by 150000 acre every part of the site has its own identity (Sanskrit, Living & High Working). The entire is a mix of the natural, a touch of Vastu, Barasti, and Mahua. The Eco-village is the 25+ villages that have been built, everything ranging from temples to houses existing in the area. It is an attempt to recreate the streets and bring that natural experience closer to people. It is a place where art and science blended with nature and sustainable living.

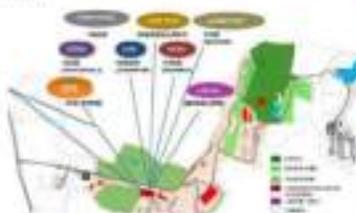
ARCHITECT: A. Jyoti Vaidyanath

SITE AREA: 75 acres

BUILT UP: 1000 sq. ft.

YEAR OF COMPLETION: 2012

GROUND FLOOR PLAN



1. Main building	2. Guest house cluster	3. Temple	4. Barasti	5. Mahua	6. Eco-village
7. Eco-village	8. Eco-village	9. Eco-village	10. Eco-village	11. Eco-village	12. Eco-village

SMART SOURCING: To reduce the cost of the project, 80% of the materials were sourced from within 100km radius of the location.

OBJECTIVES:

1. Preserve existing Vastu (for them) has been as per GRIHA norms.
2. Better layout of Eco-village with art, with Smart other (Sanskrit and Barasti) culture near Mahua.
3. Eco-village Eco-village building to only five natural parts of the Campus.
4. Connect with local ecosystem culture.
5. Preserve topsoil and use it for Perennial Bed Agriculture.
6. Waste segregation, recycle and reuse.
7. Reducing water consumption.



Strategies implemented- Use of natural arch pillars for both. These used to support the main structure of the building, which is a great local option.

WASTE MANAGEMENT:

ANIMAL WASTE:
 - Cattle waste is converted into biogas, to be used as a fuel for cooking.
 - Dairy products like whey and curd are used as a natural fertilizer in vegetable farming.

House waste is also used as a natural fertilizer for the kitchen scraps, but the big problem is that it is not as effective as the biogas.

HUMAN WASTE: Human waste is used in the village is converted into biogas and used as a natural fertilizer for the kitchen scraps.

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



Using only one ring road around the site, multiple with other movement road points and to be a space is believed, run off of the site is into the agriculture and using green or even permeable road paved areas help water to be absorbed into the ground.



Constraints Considered:
 Other than rain water, provided for agriculture, all domestic and animal sustenance dependent on groundwater for sustenance. It was important that groundwater management be integrated into the planning process from the onset of planning activities.



The eco-village is a testament to the power of Ayurveda, Yoga and traditional living about transformation change. It is an effort by the producers of health and sustainability and the mission is to create and propagate the benefits of holistic age old practices to the whole world.

TOPOGRAPHY: The natural slope of the site was retained for the site and preservation was considered and used as a feature for farming.



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The approach to the design is to look for the best of the regional architecture and incorporate it into the pervasive image of what defines the local - Ganapati Pattern



INTRODUCTION: In traditional religious believes in the name of the God all are made and made with each other. Ideally separated from the growth of cities, and located in the region for building in Maharashtra. It will be built in a village where the site chosen by the community of the neighbouring village. Located in rural Maharashtra for the Spiritual Learning Centre for Ganapati Devotion, the entire growth of the site is a response to the spiritual and social development of the rural Ganapati community.

ARCHITECTS: Ganapati Devotion & Architecture
CATEGORY: Community
PLDT AREA: 1.5 ha
BUILTUP AREA: 1000 sq. ft

CLIMATE: Maharashtra has a typical semi-arid climate with hot, sunny and cold weather seasons. Typical conditions result in low the shade, Moist, wind and high annual rainfall regime. During night and day temperatures are constant or vary the little. Temperature range between 20°C-30°C during the summer. It is hot and dry with clear blue sky and little or no cloud cover. The humidity is low. Temperature range between 10°C-20°C during winter.

LOCATION: The site is located in the village of Mahadikar, Maharashtra. The site has a view of the temple of a Ganapati Devotion.

CONCEPT
 The project was prepared as a response to the Ganapati Devotion community. The concept of the project is to create a spiritual center for the people of the region through the use of traditional architecture and materials. The site is a response to the needs of the community. The site is a response to the needs of the community. The site is a response to the needs of the community.



The building structure with the traditional roof structure.



View of the traditional structure of the building.



View of the traditional structure of the building.



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View of the traditional structure of the building.

MATERIALS: The materials used in the building are traditional and locally sourced. The materials used in the building are traditional and locally sourced. The materials used in the building are traditional and locally sourced.



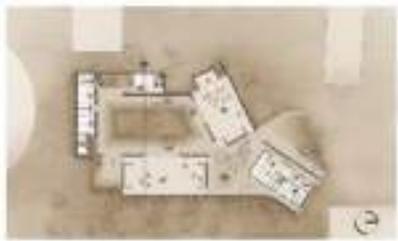
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The building structure with the traditional roof structure.

1. 1000 sq. ft	1. 1000 sq. ft
2. 1000 sq. ft	2. 1000 sq. ft
3. 1000 sq. ft	3. 1000 sq. ft
4. 1000 sq. ft	4. 1000 sq. ft
5. 1000 sq. ft	5. 1000 sq. ft

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ABOUT PURI:

Puri is a coastal city with a heritage of 1500 years of Odia art and culture. It is one of the 11 primary capitals of India and source of the original Chakra. It is a great place for healing.

LOCATION:

The Blissful Oasis site is located in the town of Puri in the state of Odisha, India. It is situated in the 11 primary capitals of India and source of the original Chakra. It is a great place for healing.



CLIMATE:

Climate of Puri is tropical wet and dry. The average annual rainfall is around 1200 cm. The maximum temperature of Puri in the summer months goes up to above 40°C. And the minimum temperature goes up to below 10°C.

ACCESSIBILITY:

The distance to Gandhi Road from Puri is 10 km. The distance to the sea is 10 km.

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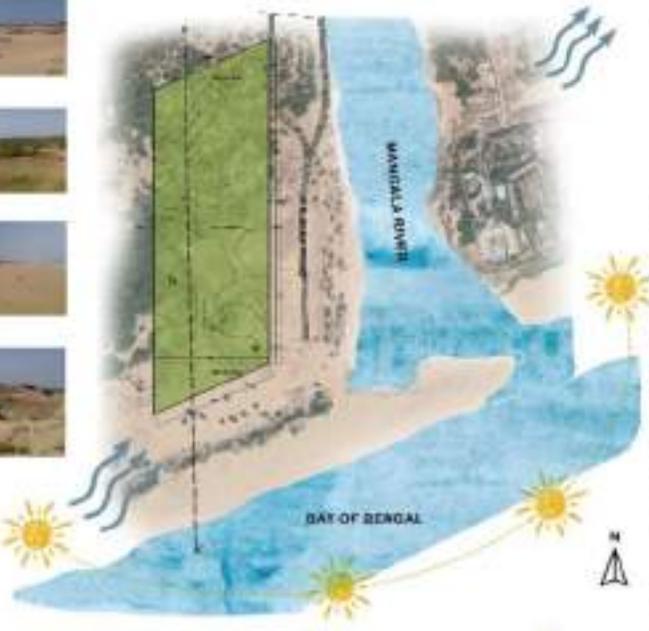
FLORA:



EXISTING SITE FEATURES:



FAUNA:



The site is a plot of land near the Bay of Bengal. The site is situated on a plot of land near the Bay of Bengal.

SWOT ANALYSIS:

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HUMAN SETTLEMENTS:

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TOPOGRAPHY:

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ANALYSIS:

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