



ACHARYA'S NRV SCHOOL OF ARCHITECTURE

SOLADEVANAHALLI, BENGALURU -560107

THE GROWING LIGHT

ARCHITECTURE DESIGN PROJECT (THESIS) – 2025-26

**Submitted in partial fulfillment of the Requirements for the
“Bachelor of Architecture” Degree Course**

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This thesis title, “The Growing Light - A Wellness Centre”, submitted in partial fulfillment of the requirement for the award of the undergraduate Bachelor of Architecture, is my original work to the best of my knowledge.

The sources for the various information and the data used have been duly acknowledged.

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ABSTRACT

This thesis outlined the design of **The Growing Light - A Wellness Centre for Mothers**, which was created to address the need for **non-medical wellness support** for mothers, a clear gap in existing care systems. This document provides all the supporting research and methodology. A literature review was conducted that covered various models, including **Wellness Centres, Postpartum Retreats and Maternity Hospitals**. Key examples studied were the Raaga Svara Wellness Centre (Rajkot, Gujarat), the MizMedi DearOne Postpartum Care Centre (Seoul, South Korea) and a live case study of Cloudnine Hospital (Jayanagar, Bangalore). The project was further supported by a detailed site analysis of the chosen location near the **Konadasapura Lake, Konadasapura Village, Avalahalli, Bangalore-East**. Finally, this report detailed the specific design intervention, explained both the creative process and how the project achieved a strong contextual fit with the current architectural and social landscape of the area and the conclusion summarized the project's key outcomes and their potential implications.

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