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CENTRE FOR MENTAL WELLNESS
ARCHITECTURE DESIGN PROJECT (THESIS) – 2022-23

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

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A project report submitted to
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CERTIFICATE

This is to certify that this thesis report titled CENTRE FOR MENTAL WELLNESS by SNEHA. S of X SEMESTER 'B'. Arch, USN No. 1AA18AT052, has been submitted in partial fulfillment of the requirements for the award of under graduate degree Bachelor of Architecture (B.Arch) by Visveshwaraya Technological University VTU, Belgaum during the year 2022- 23.

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DECLARATION

This thesis title “**CENTRE FOR MENTAL WELLNESS**”, submitted in partial fulfillment of the requirement for the award of the under graduate of Bachelor of architecture is my original work to the best of my knowledge.

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

The work has not been submitted or provided to any other institution/ organization for any diploma/degree or any other purpose.

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ABSTRACT

This thesis explores the design of a mental wellness centre that aims to provide a welcoming and supportive environment for individuals experiencing mental health issues. The purpose of the project is to create a space that facilitates the delivery of evidence-based interventions, promotes community engagement, and fosters social support to improve the overall mental health of its clients. The research begins by examining the need for mental wellness centres, highlighting the prevalence of mental health issues and the gaps in mental health services. The study then delves into the design considerations for mental wellness centres, including the importance of creating a safe and calming environment, providing flexibility and adaptability to meet the changing needs of clients, and promoting accessibility and inclusivity. The thesis also examines the various design elements that can be incorporated into the facility, such as the use of natural light, biophilic design, and the integration of technology. Finally, the thesis presents a design proposal for a mental wellness centre that incorporates the key design considerations and elements identified in the research. Overall, the thesis highlights the importance of designing mental wellness centres that not only meet the functional requirements but also create a healing and supportive environment for their clients.

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