



**ACHARYA'S NRV SCHOOL OF ARCHITECTURE**

SOLDEVANAHALLI, BENGALURU -560 107

**“PANCHA ENTRIYA ADHISHTANA AVRTTI”  
ARCHITECTURE DESIGN PROJECT (THESIS) – 2022-23**

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

SUBMITTED BY : U GAGAN CHINMAY

USN : 1AA18AT059

GUIDED BY : AR. MANU M

**A PROJECT REPORT SUBMITTED TO:**

**VISVESHVARAYA TECHNOLOGICAL UNIVERSITY**

“Jnana Sangama”, Machhe, Belgaum – 590 018

ವಿಶ್ವೇಶ್ವರಯ್ಯ ತಾಂತ್ರಿಕ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಬೆಳಗಾವಿ - ೫೯೦೦೧೮



## CERTIFICATE

This is to certify that this is a bonafide record of the Architectural Design Project completed by **Mr. U GAGAN CHINMAY** of **X SEMESTER B.Arch**, USN No. 1AA18AT059 on Project titled :

**“PANCH A ENTRIYA ADHISHTANA AVRTTI”** at Satyagala, kollegala

This has been submitted in partial fulfilment of the requirements for the degree of **Bachelor of Architecture (B.Arch)** awarded by Visveshwaraya Technological University (VTU), Belgaum during the year 2022- 23.

Ar. Manu M, Guide

Ar. Sanjyot Shah, Principal

**Examined by:**

1) Internal Examiner :

2) External Examiner :

3) External Examiner :

## DECLARATION

This thesis title “PANCHA ENTRIYA ADHISHTANA AVRTTI”, submitted in partial fulfilment 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 for 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.

I take full responsibility for the content in this report and in the event of any conflict or dispute if any, hereby indemnify Acharya’s NRV School of Architecture and Visveshwaraya Technological University, Belagavi, and its official representative against any damages that any raise thereof.

Mr. U GAGAN CHINMAY

1AA18AT059

Acharya’s NRV School of Architecture  
Soldevanahalli, Bangalore

## ACKNOWLEDGEMENT

I would like to thank god for being there throughout my thesis project.

I would like to convey my deepest gratitude to my thesis guide, Asst. Prof. Manu for guiding me throughout.

I am also thankful and would like to express my sincere gratitude to the Ar. Sanjyot Shah for his support and encouragement during Thesis work.

Thanks are due to the faculty and staff of Acharya NRV school of Architecture for their moral support and encouragement during the project work.

This work would have not been possible without the blessings and support of my parents and Family members who did everything possible to help me and keep me calm through my thesis.

My acknowledgement will be incomplete without mentioning the constant support of my friend/senior Harinitha Harish B for her help.

## Abstract

The World Health Organisation now defines health not as the absence of ill-health but as “a state of complete physical, mental and social well-being”. The definition of health has been changing and now includes an awareness of the interrelationships between social and psychological, as well as medical, factors. The way in which an individual functions in society is seen as part of the definition of health, alongside biological and physiological symptoms. Health is no longer simply a question of access to medical treatment but it is determined by a range of factors related to the quality of our built environment.

Through the exploration of themes of sustainable design, ecological and environmental design, along with case studies, I will gather creative ideas which resorts have successfully developed on their grounds to create opportunities that encourages visitors to explore the natural environment and learn about sustainability.

Finally, the goal of this thesis will be to demonstrate how architecture through 5 senses can become an important part of mental wellbeing about stewardship and sustainability, setting them to create a sustainable future.

## **PREFACE**

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. **Mental health is important at every stage of life, from childhood and adolescence through adulthood.**

When we are mentally healthy, we enjoy our life and environment, and the people in it. **We can be creative, learn, try new things, and take risks.** We are better able to cope with difficult times in our personal and professional lives. By providing better facilities in and out of built environment we can maintain mental wellbeing.

## Table of contents

<b>Chapter 1: Synopsis</b>	<b>9-10</b>
1.1 Introduction.....	9
1.2 Motivation.....	9
1.3 Aim .....	9
1.4 Objective.....	9
1.5 Scope.....	10
<b>Chapter 2: Introduction</b>	<b>11-12</b>
2.1 My Intention.....	11
<b>Chapter 3: Discussion and Survey</b>	<b>12</b>
3.1 Introduction.....	12
<b>Chapter 4: Healing through 5 senses</b>	<b>13-14</b>
4.1 Sound Therapy .....	13
4.2 Healing sights .....	13
4.3 Aromatherapy .....	14
4.4 The Sense of taste .....	14
4.5 Therapeutic Touch .....	14
<b>Chapter 5: Natural System of Healing</b>	<b>15-16</b>
5.1 Ayurveda .....	15
5.2 Yoga and Meditation .....	15
5.3 Naturopathy .....	16
5.4 Acupuncture and Acupressure .....	16
<b>Chapter 6: Literature study</b>	<b>17-23</b>
6.1 Garden of 5 Senses .....	17-18
6.2 Five elements of Healing .....	19-21
6.3 Ulaman Eco-Luxury resort/In spiral architecture .....	22-23
<b>Chapter 7: Case study</b>	<b>24-30</b>
7.1 Ayurvedagram .....	24-30
<b>Chapter 8: Design Philosophy</b>	<b>31</b>
<b>Chapter 9: Landscape</b>	<b>32-36</b>
<b>Chapter 10: Bye-Laws</b>	<b>37-46</b>

<b>Chapter 11: Area statements</b>	<b>47-50</b>
<b>Chapter 12: Site Analysis</b>	<b>51-55</b>
<b>Chapter 13: Design Concept and zoning</b>	<b>56-58</b>
<b>Chapter 14: Design proposal</b>	<b>59-63</b>
<b>Chapter 15: Bibliography</b>	<b>64</b>
<b>Chapter 16: Plagiarism Report</b>	<b>65</b>



# 1.SYNOPSIS

## **1.1 INTRODUCTION:**

Society has changed from the past. Having a mental health problem is not a secret and weird issue to hide from the others and it has become a crucial issue. However, the few number of the psychiatry hospitals for depressive patients cannot support the increasing number of patients. The concept of this project is 'rebirth' which comes from the depressive patients who want to maintain connectedness to the outside world. When the patients go to the hospital, that is a signal of the rebirth. The rebirth is not only in the design, but also in the treatment. The project provides the treatment and therapy through the space and element, and encourage the patient's interaction with the doctor, therapist and the other patients by providing the activities and gathering space for the patients.

## **1.2 MOTIVATION:**

Architecture that can bring select emotion is necessary for more distressing of minds. Emotions in the mind are essential in keeping people uplifted in unfavorable situation in which they are drenched. The unstable mind can sometimes be smoothed and healed by evoking positive feelings through architecture and its elements.

## **1.3 AIM:**

Thus, it becomes now opportune to explore the paradigm of mental health awareness as a means of combating stigma, enhancing prevention, ensuring early recognition, and also stimulating simple and practical interventions within the community.

Also by aiming to provide and facilitate through the means of architecture and use of nature combined to betterment the aspects of mental health in all age groups of the society.

## **1.4 OBJECTIVES:**

- To present a comprehensive review of the research literature on the effect of architectural design of mental health facilities of the user.
- My main idea behind my project is that can be achieve through architecture.

## 1.5 SCOPE:

- Mental health or healing can be achieved by mood up lifting.
- Mood up lifting is a key element to bring about appositive human mind, this can be improved from touch, sound, sight, and smell, this can be achieved through interaction architectural spaces and around it.
- **Key element** - mood up lifting and emotional well being
- **Key action** - positive change
- **Key scope** - using architecture element