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CENTRE OF SERENITY
ARCHITECTURE DESIGN PROJECT (THESIS) – 2024-25

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

Submitted by : VISHNU VARDHAN G
USN : 1AA19AT065
Guide : Prof. SHWETA MATTOO

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“Jnana Sangama”, Machhe, Belgaum – 590018

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Acharya's NRV School of Architecture, Bangalore

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Author Name	Mr. Vishnu Vardhan G.
Course of Study	B. Arch.
Name of Guide	Ar. Shwetha Mattoo
Department	Architecture
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1AA19AT065

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ABSTRACT

This thesis investigates the design and development of the Centre of Serenity, a holistic mental and physical wellness center situated on a tranquil hilltop. The project spans 8 acres, with 4 acres dedicated to thoughtfully designed built spaces, including therapy zones, meditation halls, fitness areas, residential cottages, and administrative facilities. The remaining 4 acres are preserved for landscaped open spaces, walking trails, and rejuvenation gardens.

The design philosophy integrates sustainability, biophilic design, and traditional wellness principles with modern architectural techniques to create a serene environment conducive to mental and physical well-being. By harmonizing natural elements, such as lush greenery and open expanses, with functional and aesthetically pleasing built forms, the Centre of Serenity aims to provide a rejuvenating retreat that fosters healing, self-discovery, and a profound connection with nature.

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