



VISVESVARAYA TECHNOLOGICAL UNIVERSITY

“Jnana Sangama”, Belgaum – 590 018

ARCHITECTURAL DESIGN PROJECT (THESIS) 2016 – 2017

“HOLISTIC CENTRE, KERALA”

**In partial fulfilment of the requirements for the award of the degree
Bachelor of Architecture**

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CERTIFICATE

This is to certify that this is a bonafide record of the Architectural Design Project completed by Ms. **RAYANA RAJ** of **VIII** semester B.Arch, USN number **1AA13AT073** on project titled

“HOLISTIC CENTRE” in Thrissur, Kerala, India.

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Rayana Raj

SUMMARY

A holistic centre is a unique facility that helps restore the natural balance of your mind, body and spirit by combining modern medical advancements, ancient medical techniques and complementary therapies used worldwide.

Holistic concepts of health and fitness view achieving and maintaining good health as involving more than just taking care of all the various components that make up the physical body. Attention must be paid to aspects such as emotional and spiritual well-being as well. The goal is a wellness centre that encompasses the entire person.

Open spaces located between the buildings and the surrounding environments will provide a sense of direction by integrating & organizing different spaces and elements. They also provide an aesthetic sense by involving attractive surroundings and creating visual surprises. The natural scenery and relaxing atmosphere in open spaces provide fresh air. Direct contact with natural elements as well as views of nature can provide restoration.

The built environment and the spaces it creates should not be seen as only a physical surrounding, but as an interconnection between conscious and subconscious. The physical surroundings have a direct relationship with how a person reacts and behaves.

The project aims at creating architecture that enhances healing by acting as a medium between human mind and nature. The design strives to articulate an architectural language that serves as a catalyst for the built environment to carry its occupants to a greater existence.

To create buildings that harmoniously connect to the earth as if the architectural form was destined to be there. Inhabitants will feel like they truly belong on this earth and find purpose in their existence.

Restorative design elements include experimentation with light, creating a healing atmosphere, blending nature with design.

To sum up the aim of the project, to raise up architectural marvels that mirror the environment and communities they are born from, a work of architectural excellence that provide the right setting to present to people, a plethora of immersive and authentic experiences leading them to increasing wholeness and happiness.

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