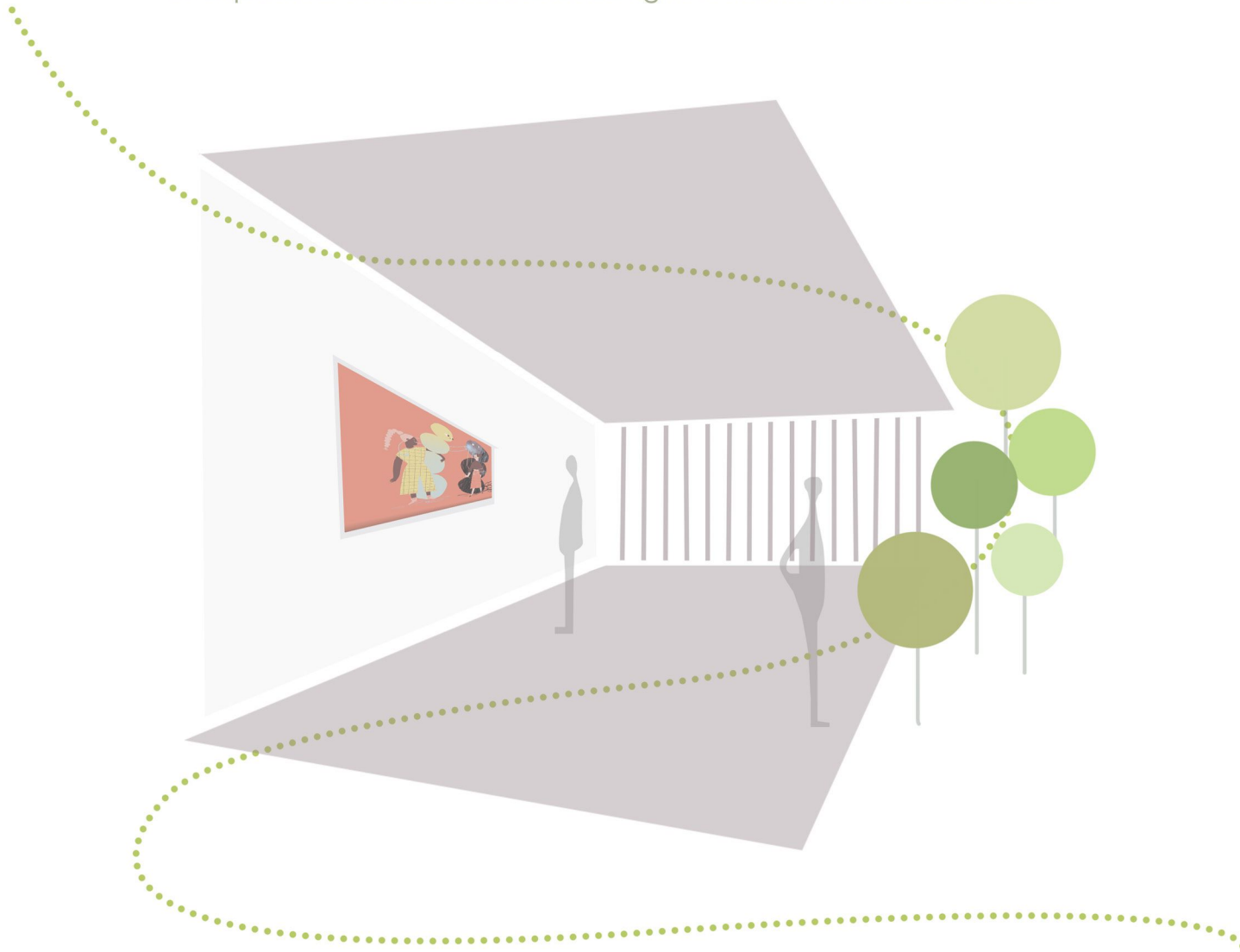


TRAIL OF RECOVERY

an exploration into architectural design for mental health awareness



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This thesis aims to explore the association between Urban parks and Mental health and see if population mental health may benefit substantially from planned environmental interventions.



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“We shape our buildings and afterwards our buildings shape us”

- Winston Churchill

ABSTRACT

This project is an exploration using mental health spaces as urban commons — spaces or resources shared by the community — this is to bring in a shift in how they are perceived, used and preserved.

This is also an attempt at breaking the taboos associated with owning mental health as one would own their physical health. Based on a survey conducted to understand the needs of the city population in reference to urban green spaces, key features noted were Green, Active, Pro-social and Safe spaces, keeping in mind the principle of Human Centric Design.

The project primarily aims in spreading mental health awareness and providing services for therapy. Although there are such services already available, there is still an alarming number in the increase of mental health issues.