

SELF EXAMINATION SPACES IN ARCHITECTURE

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ABSTRACT

Self Examination spaces in Architecture

Self-examination spaces in architecture refer to spaces designed to facilitate introspection, contemplation, and reflection. These spaces may be physical or virtual, and may vary in size and complexity. They are intended to provide individuals with an opportunity to engage in self-reflection and gain a deeper understanding of themselves, their beliefs, and their values. Self-examination spaces can be found in a variety of architectural settings, such as meditation rooms, religious buildings, public parks, and even in digital environments. The design of these spaces can vary widely, but often involves the use of natural materials, soft lighting, and quiet acoustics to create a peaceful and reflective atmosphere. The purpose of these spaces is to provide individuals with a place to connect with themselves, find inner peace, and gain insight into their own thoughts and emotions.

1.3 Hypothesis

Mindfulness depends upon the spatial characteristics of a place regardless of it being built or unbuilt.

1.4 Aim

Analyzing the qualities of architecture that contributes in making of the spiritual environment and makes the experience of contemplation soul stirring for the users.

1.5 Objectives

- 01 Provide peaceful and reflective environment.
- 02 To compare the environment of meditation center.
- 03 To understand and study the qualitative parameters of self examination spaces .
- 04 Foster inclusivity and accessibility

Scope :

There is a growing need for spaces that allow individuals to disconnect from external stimuli, reflect on their inner selves, and find inner peace and tranquility.

Need :

The need for self-examination spaces in architecture is likely to increase in the coming years as individuals seek to balance their busy lives with the need for self-care and introspection.

KEY WORD –

- Spirituality
- Consciousness
- Peace
- Hush and Bush
- Spiritual environment
- Contemplation
- Spiritual spaces
- Meditative spaces
- Introspection

INTRODUCTION

Self-examination spaces in architecture refer to spaces that encourage introspection, reflection, and contemplation. These spaces are designed to promote self-awareness and personal growth. They can be found in various types of buildings, such as museums, libraries, religious buildings, and even homes.

One example of a self-examination space is a meditation room or a quiet room. These spaces are designed to provide a peaceful and calming environment for individuals to reflect and meditate. They typically feature minimalistic design, soft lighting, and comfortable seating.

In addition, some religious buildings have spaces for personal reflection and confession, such as a confessional booth in a Catholic church or a prayer room in a mosque. These spaces are designed to provide a private and quiet place for individuals to reflect on their thoughts and seek spiritual guidance.

Overall, self-examination spaces in architecture play an important role in promoting mental health and wellbeing. They provide a space for individuals to reflect and connect with themselves, and ultimately, to become more self-aware and self-actualized.

In architecture, self-examination rooms are areas that promote reflection, contemplation, and introspection. People can disengage from their environment in these places and re-establish a connection with themselves. They can be found in a range of architectural contexts, such as open areas, individual homes, and places of worship.

When designing places for self-examination, architects might employ a number of architectural ideas. These include adding natural light, making use of calming hues and materials, fostering an atmosphere of seclusion and peace, and offering cosy seating.

The Oshodham New Delhi is a prime example of an architectural self-examination place. This area has a straightforward layout, neutral colors, natural light, and comfortable seating that can accommodate people of different religions.

The Matrimandir Auroville is a prime example of an architectural self-examination place

It can help people who are suffering from a stressed lifestyle, depression and mental illness. The study is carried out by observing various behaviors of people suffering from disturbed and stressed life style.

Self-examination spaces in architecture are designed to provide individuals with a peaceful and reflective environment that encourages introspection, contemplation, and self-discovery. These spaces are becoming increasingly relevant in today's fast-paced world, where people are constantly bombarded with external stimuli and distractions.

Today, self-examination spaces in architecture can take many different forms, from meditation rooms and spiritual centers to public parks and digital environments. The design of these spaces can vary widely, depending on the specific needs and goals of the space.

Self-examination spaces in architecture can also be used to facilitate personal growth and self-discovery, by providing individuals with an opportunity to gain deeper insight into their beliefs, values, and emotions. By encouraging introspection and contemplation, these spaces can serve as a tool for personal development and emotional well-being.

CASE STUDY 1

OSHODHAM, NEW DELHI

Osho Dham in New Delhi is an excellent example of a contemplative space in architecture. Osho Dham is a spiritual center that was established in 1999 to promote meditation, self-exploration, and spiritual growth. The center is located in the heart of Delhi, surrounded by lush greenery, and covers an area of over six acres.

The design of Osho Dham is inspired by the principles of Zen and incorporates elements of traditional Indian architecture. The center features a large meditation hall, a library, an open-air amphitheater, a health center, and residential quarters for the community members. The buildings are designed to be energy-efficient, with natural ventilation and lighting to create a calming and serene atmosphere.

The centerpiece of Osho Dham is the meditation hall, which is designed to create a peaceful and reflective environment. The hall is an octagonal-shaped space with high ceilings and large windows that provide ample natural light. The interior is decorated with intricate wooden carvings and murals, and the floor is covered with soft carpets.

The hall also features a unique sound system that incorporates binaural beats, which are believed to enhance the meditative experience. The sound system is designed to create a subtle vibration that resonates with the body's natural frequencies, helping to induce a deep state of relaxation.

The library at Osho Dham is another example of a contemplative space in architecture. The library is designed to be a quiet and peaceful space for reading and contemplation, with comfortable seating and a collection of books on spirituality, meditation, and personal growth.

The amphitheater is another notable feature of Osho Dham, designed to be an open-air space for contemplation and reflection. The amphitheater is surrounded by lush greenery and features a stage for performances and events.

Overall, Osho Dham is an excellent example of a contemplative space in architecture. The center is designed to provide individuals with a peaceful and reflective environment that encourages introspection and self-discovery. Through thoughtful design and careful consideration of the user's needs, Osho Dham has created a space that promotes mindfulness, emotional well-being, and personal growth.

Overall, Osho Dham is an excellent example of a meditation center that offers individuals a peaceful and reflective environment for their meditation practice. Through thoughtful design and careful consideration of the user's needs, Osho Dham has created a space that promotes mindfulness, emotional well-being, and personal growth. The center is a valuable resource for individuals seeking to achieve inner peace and enlightenment through their meditation practice.

CASE STUDY 2

Matrimandir, Auroville

The Matrimandir, located in the experimental township of Auroville in Tamil Nadu, India, is a unique structure that serves as a meditation center and spiritual retreat. Designed by the French architect Roger Anger and built between 1971 and 2008, the Matrimandir is a large, golden sphere surrounded by twelve petals, each representing a quality essential for the realization of the Divine.

At the center of Auroville, the Matrimandir is surrounded by beautiful gardens and water features that create a peaceful and serene environment. Visitors to the Matrimandir are required to book their visit in advance and are only allowed in for a limited amount of time each day. The entrance to the Matrimandir is through a pathway lined with trees and plants, creating a sense of peace and tranquility.

Once inside the Matrimandir, visitors are asked to maintain silence and to remove their shoes. The inner chamber of the Matrimandir, known as the "Chamber of the Mother," is a large, white room with a crystal ball in the center. The crystal ball is said to symbolize the Divine consciousness and the inner light that is within each person. The room is designed to be acoustically perfect, with no echoes, so that people can experience complete silence and stillness.

The Matrimandir is a powerful symbol of Auroville's vision of a spiritual community focused on inner transformation and personal growth. It is a place where people can go to explore their own consciousness, to connect with their inner selves, and to experience a sense of peace and harmony. The Matrimandir serves as a catalyst for spiritual growth and inner exploration, providing visitors with a space to meditate and reflect.

The Matrimandir is not just a physical structure, but it represents the heart of Auroville's vision of a new way of living. The idea behind Auroville is to create a community of individuals dedicated to personal growth and development, as well as the growth and development of the collective consciousness. The Matrimandir

serves as a symbol of this vision, inviting individuals to come together and connect with their inner selves and with one another.

The Matrimandir's design and construction process were guided by the principles of yoga and spiritual development. The architects and builders worked closely with Auroville's founder, Mirra Alfassa, also known as "The Mother," to create a structure that would embody the spiritual ideals of Auroville. The Matrimandir was designed to be a place where individuals could connect with their inner selves and with the Divine consciousness, and the construction process was done with great care and attention to detail to create a space that would be conducive to meditation and spiritual practice.

In conclusion, the Matrimandir in Auroville is a unique and powerful symbol of spiritual growth and development. It is a place where individuals can come to meditate, reflect, and connect with their inner selves and with one another. The Matrimandir represents Auroville's vision of a new way of living, one that is focused on personal growth and development, as well as the growth and development of the collective consciousness. The Matrimandir serves as a reminder that spiritual growth and development are essential for a healthy and sustainable future, and it offers visitors a space to connect with their own spirituality and with the Divine consciousness.

CONCLUSION -

In conclusion, self-examination spaces in architecture have become increasingly relevant in today's fast-paced world, where people are often overwhelmed with stress, anxiety, and external distractions. These spaces offer a unique opportunity to disconnect from the outside world, quiet the mind, and focus on self-reflection. Through thoughtful design and careful consideration of the user's needs, architects can create spaces that facilitate personal growth, mindfulness, and emotional well-being. As we continue to prioritize mental health and wellness, the incorporation of self-examination spaces in architecture will likely become even more important, providing a valuable resource for individuals seeking to better understand themselves and their place in the world.