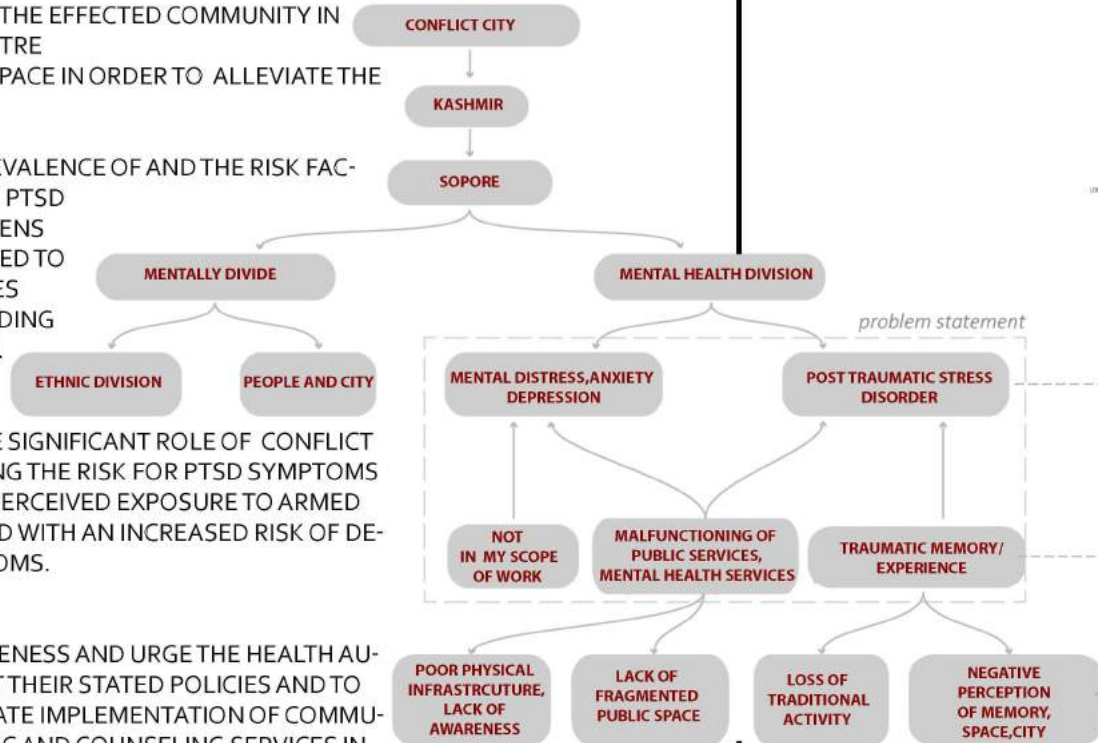




## OBJECTIVE

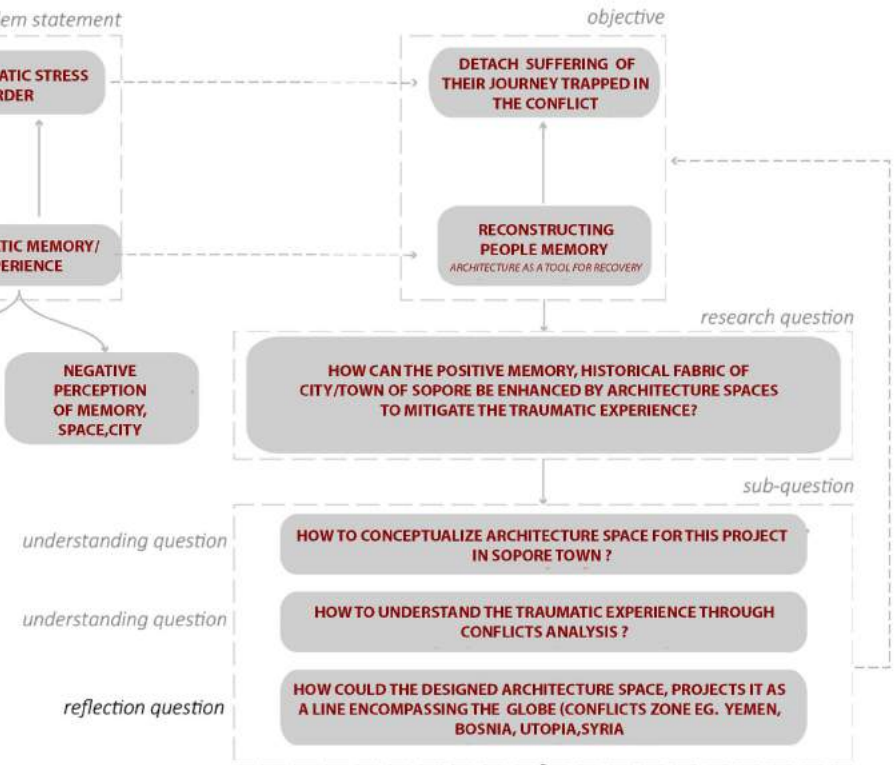
- TO RE-STIMULATE AND THE RESTORE THE CONNECTION IN BETWEEN THE EFFECTED COMMUNITY IN ORDER TO RE-STORE A SOCIAL, ECOLOGICAL AND SPATIAL CONNECTION IN SOPORE BY ARCHITECTURE INTERVENTION
- TO GRADUALLY INVITE THE EFFECTED COMMUNITY IN THE THEAURAPATIC CENTRE TO SHARE A COMMON SPACE IN ORDER TO ALLEVIATE THE TRAUMATIC MEMORY
- TO HIGHLIGHT THE PREVALENCE OF AND THE RISK FACTORS ASSOCIATED WITH PTSD AMONG KASHMIRI CITIZENS WHO HAVE BEEN EXPOSED TO STRESSFUL EXPERIENCES RELATED TO LONGSTANDING CONFLICTS IN KASHMIR.
- TO DEMONSTRATE THE SIGNIFICANT ROLE OF CONFLICT EXPOSURE IN INCREASING THE RISK FOR PTSD SYMPTOMS ALSO THAT DIRECT OR PERCEIVED EXPOSURE TO ARMED CONFLICT IS ASSOCIATED WITH AN INCREASED RISK OF DEVELOPING PTSD SYMPTOMS.
- TO SPREAD THIS AWARENESS AND URGE THE HEALTH AUTHORITY TO IMPLEMENT THEIR STATED POLICIES AND TO PRIORITIZE THE IMMEDIATE IMPLEMENTATION OF COMMUNITY-BASED PSYCHIATRIC AND COUNSELING SERVICES IN KASHMIR
- TO OFFER INSIGHT INTO THE CONDITIONS OF LIFE IN THESE AREAS WHICH MAY ENABLE THE ARCHITECTS, ADMINISTRATION AND NON-GOVERNMENTAL ORGANIZATIONS TO UNDERSTAND THE BEST WAYS TO DEVELOP AND IMPLEMENT INTERVENTION PROGRAMS FOCUSED ON INCREASING RESILIENCE FACTORS AND MINIMIZING RISK FACTORS.



## AIM & OBJECTIVE

### AIM

THE PROJECTS AIMS TO MITIGATE THE TRAUMATIC EXPERIENCE OF THEIR MEMORY OF THE CITIZENS OF SOPORE SUFFERING FROM PTSD AND PROMOTE THE CONSTRUCTION OF A COHESIVE SOCIETY BY DESIGNING THE COMMUNITY THEURAPATIC CENTRE AS A AN VARCHITECTURE INTERVENTION



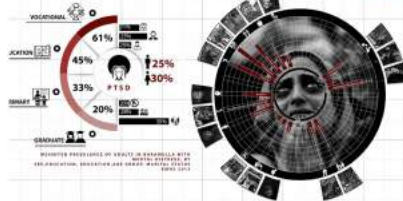
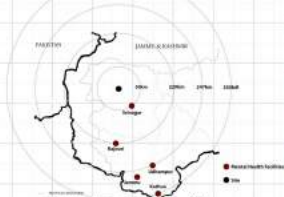
OBJECTIVE AND RESEARCH QUESTION FRAMEWORK

# THERAPEUTIC SPACE FOR PTSD SURVIVORS OF CONFLICT

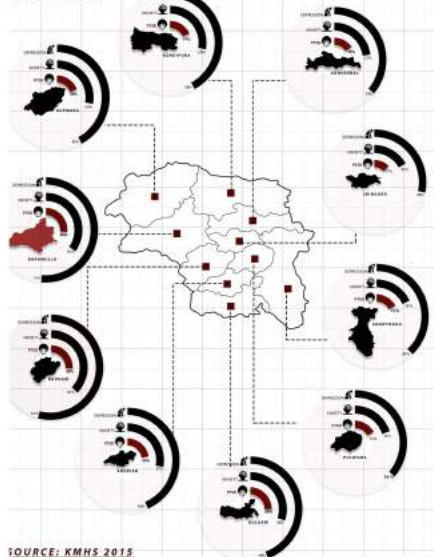
## DISTRICT SELECTION

- IRAMULLA
- ADGAM
- IRINAGAR
- INANTNAGH
- JANDERBAL
- PULWAMA
- UPWARA
- HOPIAN
- CULGAM

### MENTAL HEALTH MAPPING

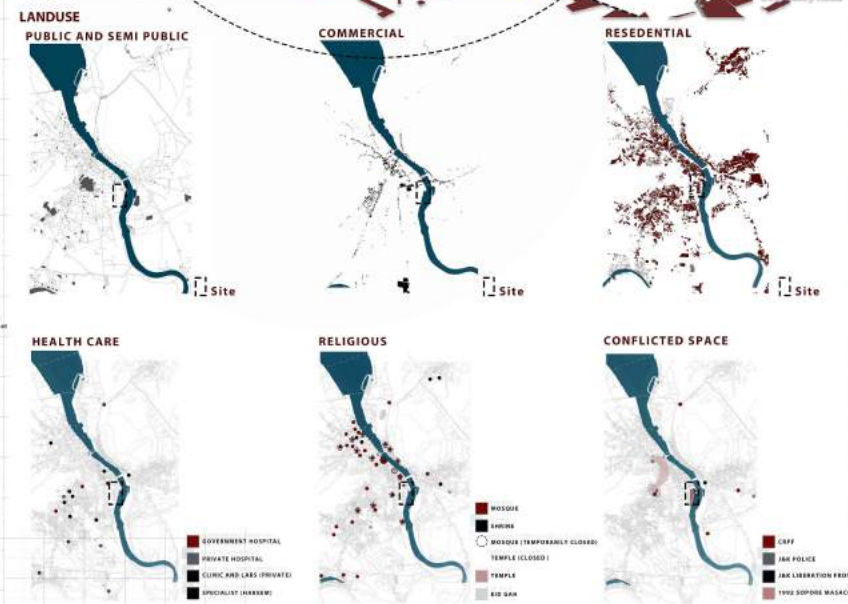
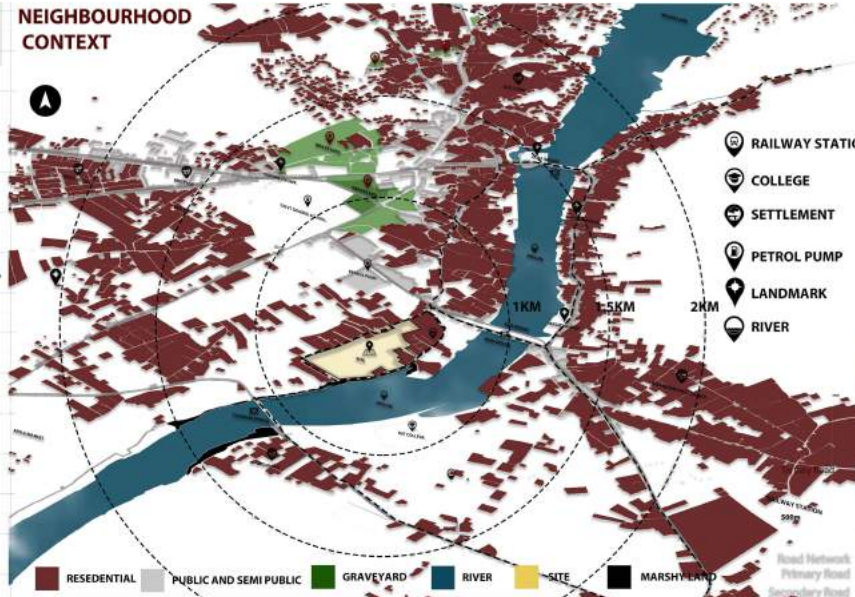


## SITE SELECTION

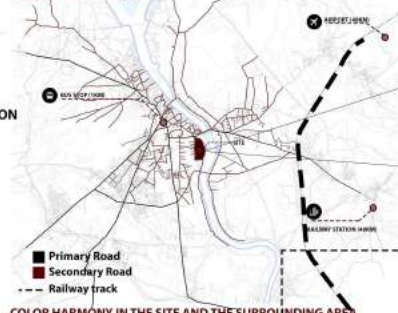


SOURCE: KMHS 2015

## NEIGHBOURHOOD CONTEXT



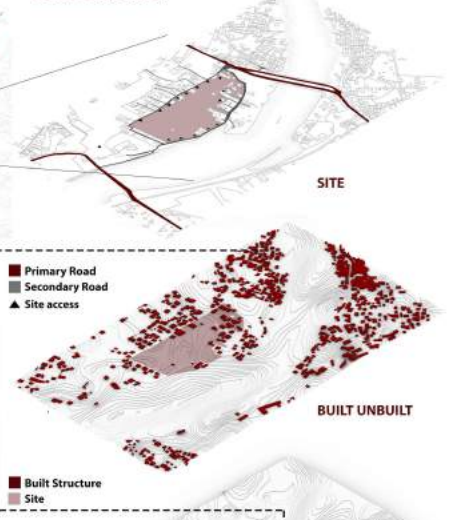
## ROAD NETWORK



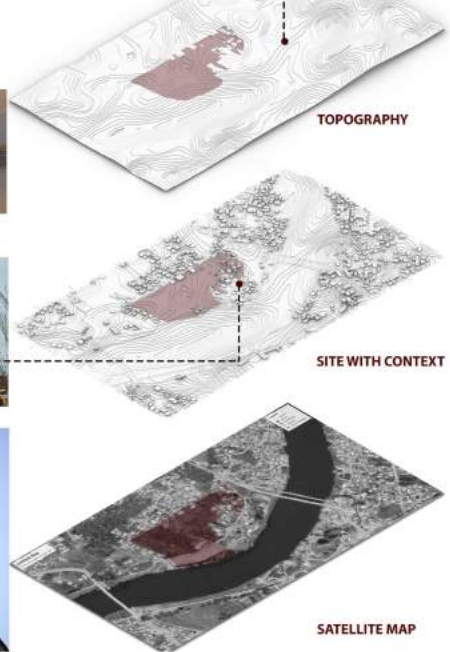
### COLOR HARMONY IN THE SITE AND THE SURROUNDING AREA



## SITE CONDITION

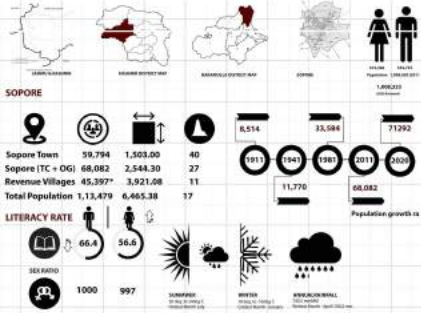


## PUBLIC SPACE AND HISTORIC FABRIC OF SOPORE

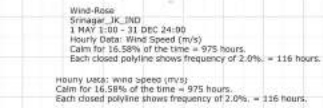
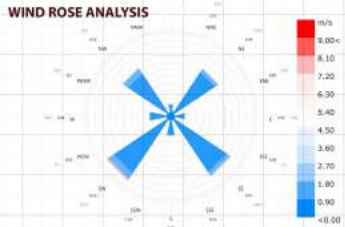


# SITE ANALYSIS

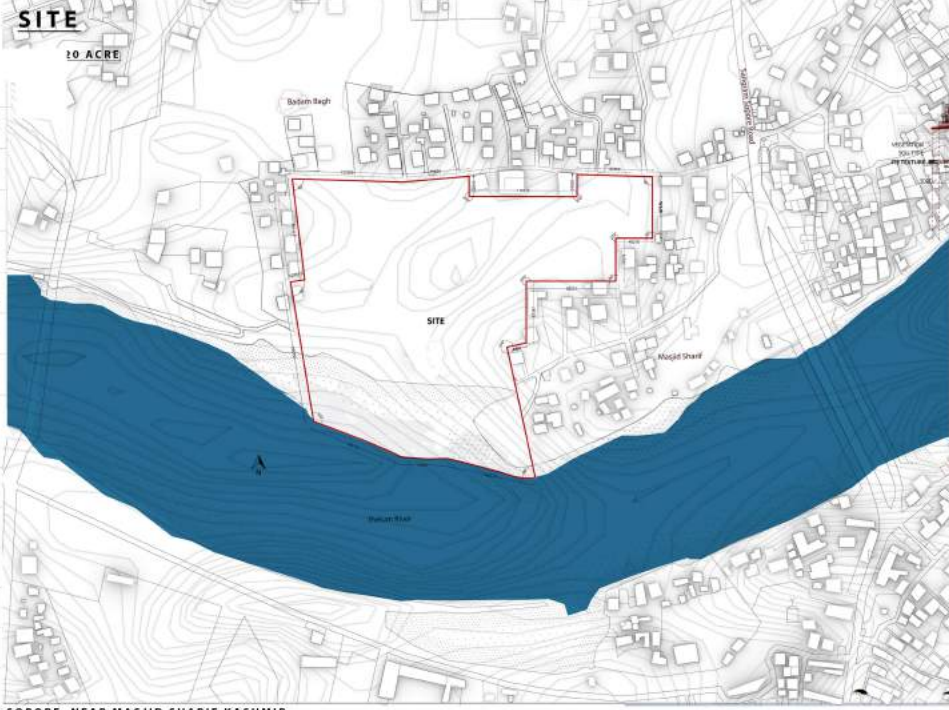
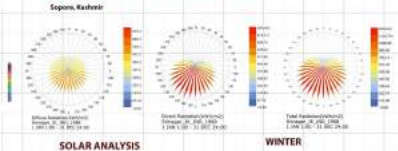
## SITE : SOPORE, KASHMIR



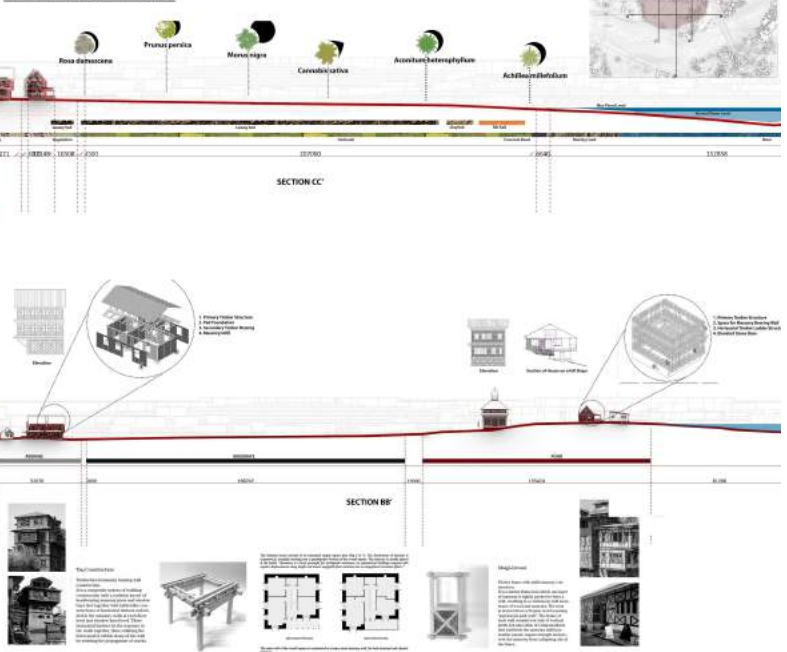
## CLIMATE STUDY



## RADIATION AND TEMPERATURE ANALYSIS



## SITE SECTIONS



## SUNPATH



**TOTAL SITE AREA:** 89523sq.m 20 Acre.  
**TOTAL BUILDABLE SITE AREA (MASTER PLAN):** 63714 Sq.m 15.7 Acre  
**DEVELOPMENT REGULATIONS:**  
**TYPE:** PUBLIC AND SEMI PUBLIC (HEALTH CARE)  
**R4- HIGH MEDIUM DENSITY (181 - 240 PPH)**  
**F.A.R :** 3  
**GROUND COVERAGE:** MAXIMUM GROUND COVERAGE TO BE DETERMINED ON THE BASIS OF PERMITTED MAXIMUM FSI AND PRESCRIBED MINIMUM SETBACKS  
**RISK CATEGORY:** HIGH RISK CATEGORY (C)

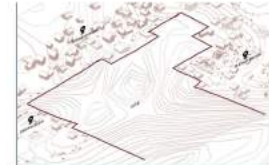
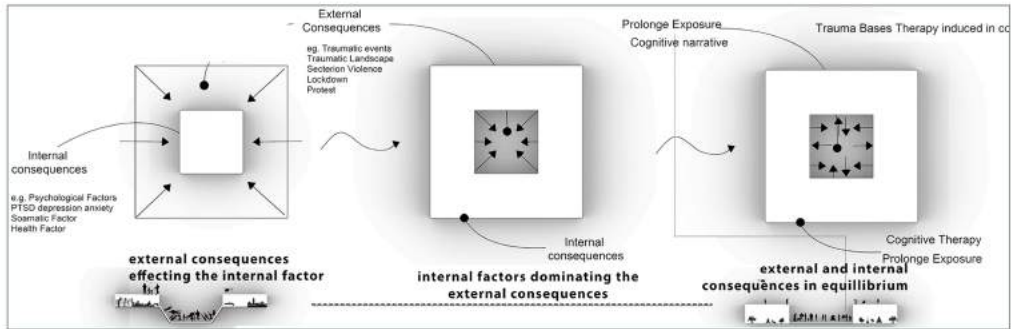
**MAXIMUM HEIGHT:** Maximum Height to be determined on the basis of permitted maximum FSI  
**MINIMUM SETBACK NORMS:** 1/3rd of the height of Building or 15 feet whichever is more







## SPACE FOR PTSD SURVIVORS OF CONFLICT, KASHMIR



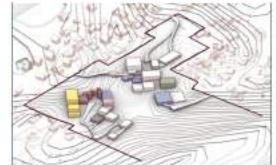
The Site of 20 Acre is selected in the Urban sprawl of Sapore district



Urban Axis is taken through the context & prominent site location is marked for better view.



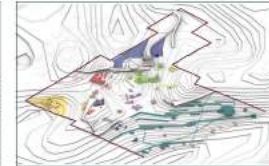
Blocks are separated as per user needs. i.e. Severe PTSD treatment, Mental Health Block and Social Block



Survivors are zoned as per site synthesis. Giving individual room to heal as per their traumatic experience



Final Massing of Survivors Block as an Internal Factor



Landscape provided as an external factor to balance building block



Final view of the site in equilibrium as Internal factor (Building block) is dominating external factor (Landscape)

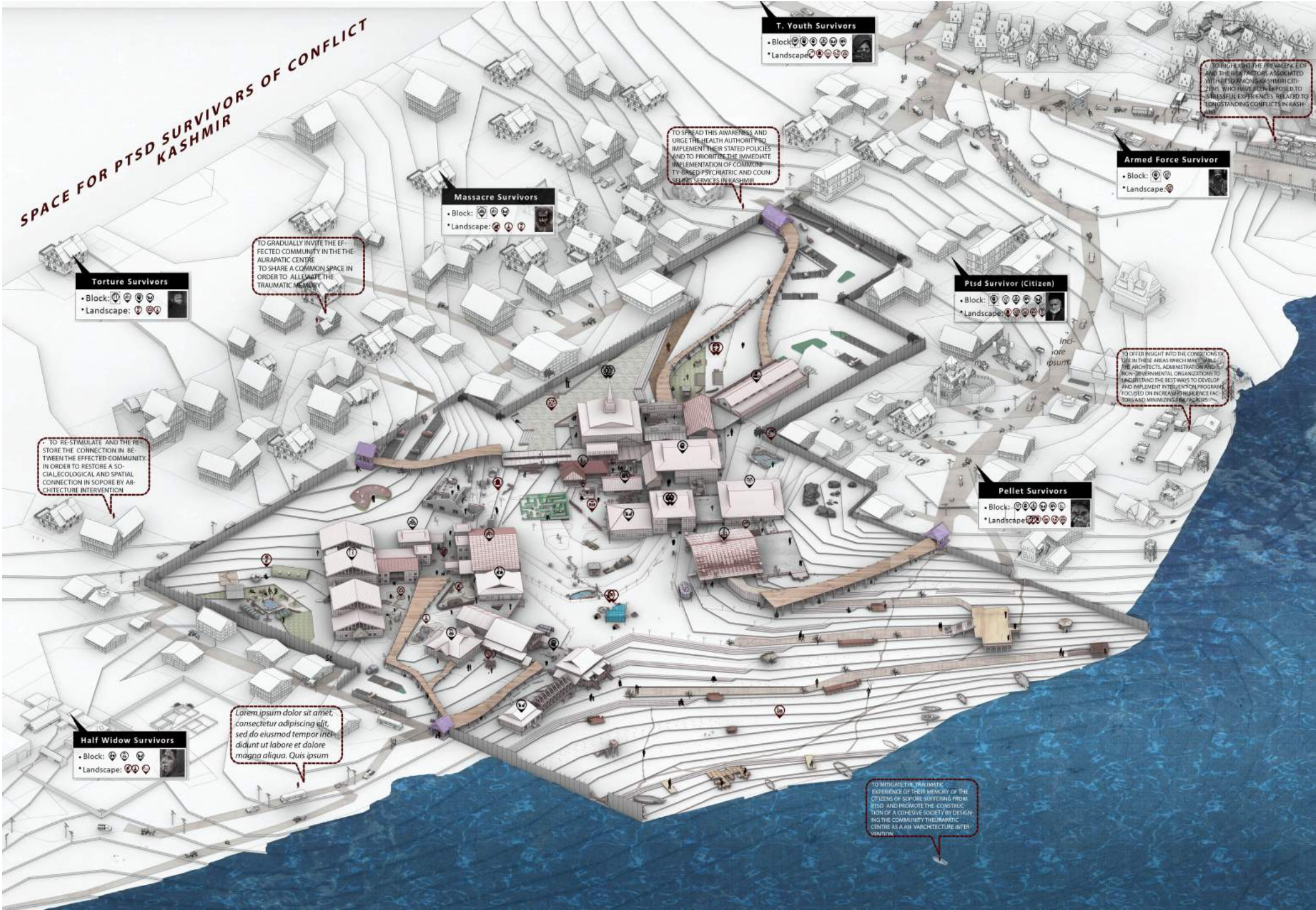


SITE AREA: 20 ACRE  
Sopore, Kashmir

1. POST TRAUMATIC SURVIVORS BLOCK 2. MENTAL HEALTH BLOCK 3. ADMINISTRATION BLOCK 4. TRANSITIONAL YOUTH BLOCK 5. WOMEN'S BLOCK 6. HALF WIDOW BLOCK 7. MASSACRE SURVIVORS BLOCK 8. TORTURE SURVIVOR BLOCK 9. COMMUNITY PHYSIOTHERAPY BLOCK 10. SURVIVORS PHYSIOTHERAPY BLOCK 11. CAFE & PEER MENTORING  
 12. COURTYARD & WAITING 13. COMMUNITY NEUTRAL SPACE 14. TRAUMA CONFRONT 15. SECRET GARDEN 16. LIBRARY & READING SPACE 17. CHILDREN'S SPACE 18. COMMEMORATIVE SPACE 19. MOUND VIEW POINT SOCIAL 20. SOCIAL & CULTURAL SPACE 21. WOMEN'S AREA  
 22. HALF WIDOW SPACE 23. OPEN COGNITIVE THERAPY 24. EMERGENCY TREATMENT 25. WALKING TRAILS (VIEW POINTS) 26. RIVER EDGE STEPS 27. GARDEN OF CONTEMPLATION

- SEVERE PTSD TREATMENT & REHABILITATION
- MENTAL HEALTH TREATMENT BLOCK
- PUBLIC, PRIVATE & SEMI PUBLIC SPACE

# SPACE FOR PTSD SURVIVORS OF CONFLICT KASHMIR





**GROUND FLOOR PLAN**



**GROUND FLOOR PLAN**



**SEVERE PTSD REHABILITATION BLOCK**



**FIRST FLOOR PLAN**



**MENTAL HEALTH BLOCK**

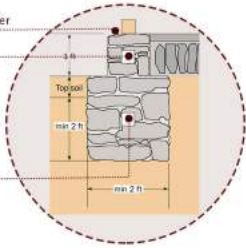


**FIRST FLOOR PLAN**

Sloping provided to drain water away from the base plate

Plinth of 1 ft on top of the foundation to keep the base plate away from the ground.

75 cm depth and width in solid ground

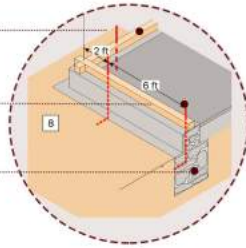


A

Base plate (Dasa)

First anchor rods 2 ft from the corner and the following 6 ft apart.

Plinth stone masonry

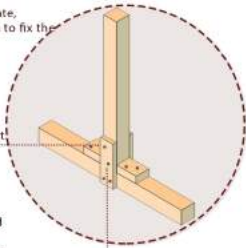


A

1 Fixing the posts on the base plate, a mortise and tenon joint given to fix the post on the base plate

2 Blocking pads must be added on both sides of the post

3 2.5mm thin Strap Boards added on both sides to secure the joint against vertical movement



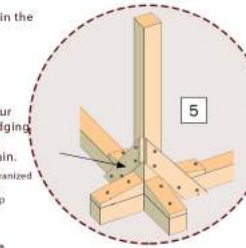
B

Cross lap joint provided to join the base plate and to ensure strength

Fixing blocking pads on all four sides of the base plate. Wedging done on outer pad to protect the base plate ends against rain.

Galvanized iron strap

Diagonal timber boards of 1" or 1 1/2" added to replace the strap

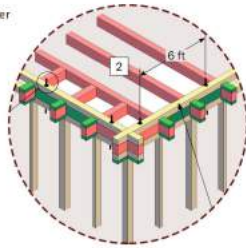


A

Sloping provided to drain water away from the base plate

Plinth of 1 ft on top of the foundation to keep the base plate away from the ground.

75 cm depth and width in solid ground

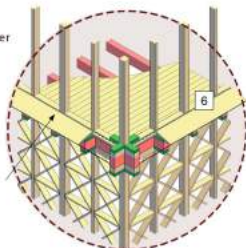


A

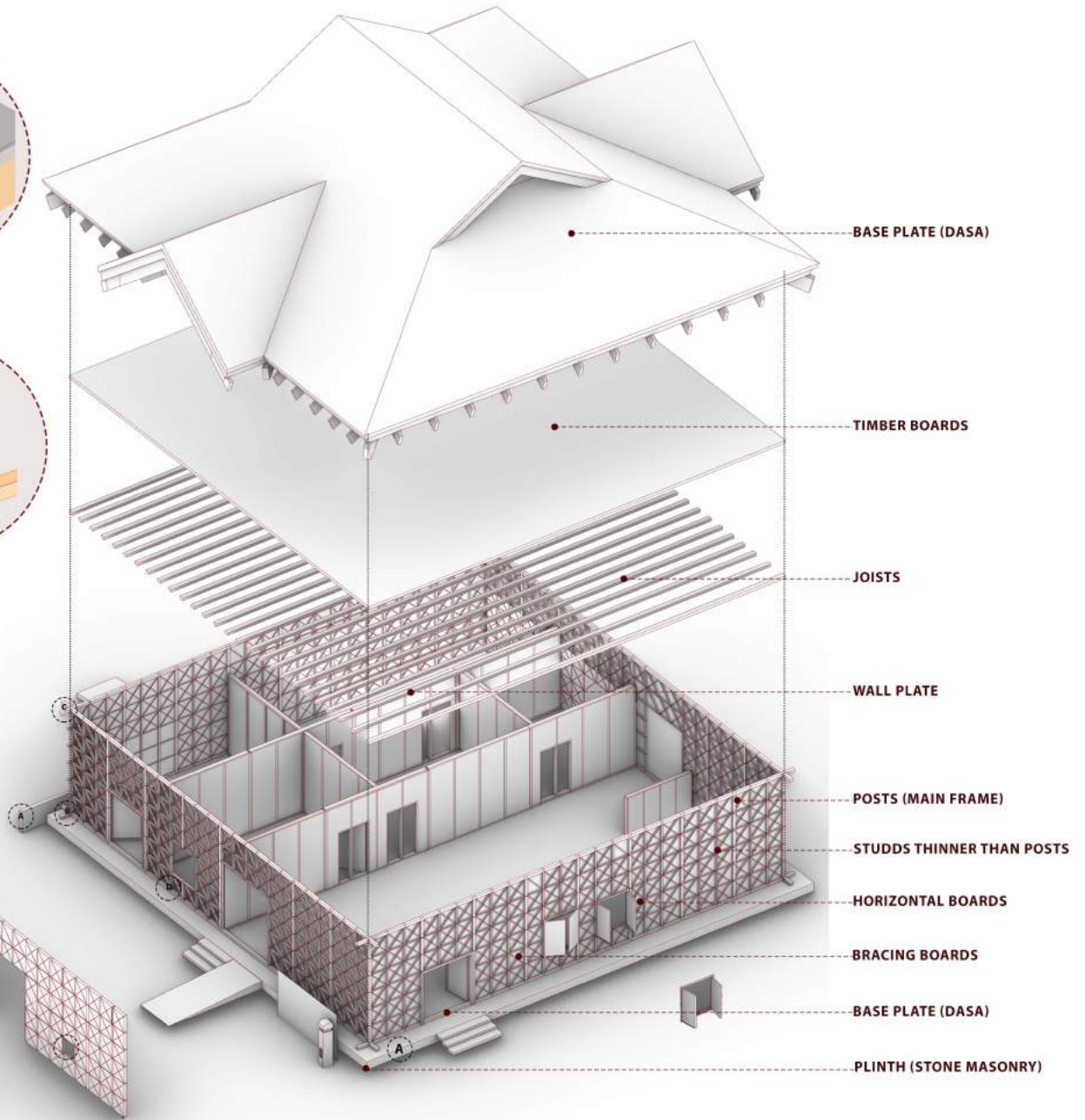
Sloping provided to drain water away from the base plate

Plinth of 1 ft on top of the foundation to keep the base plate away from the ground.

75 cm depth and width in solid ground



A



BASE PLATE (DASA)

TIMBER BOARDS

JOISTS

WALL PLATE

POSTS (MAIN FRAME)

STUDDS THINNER THAN POSTS

HORIZONTAL BOARDS

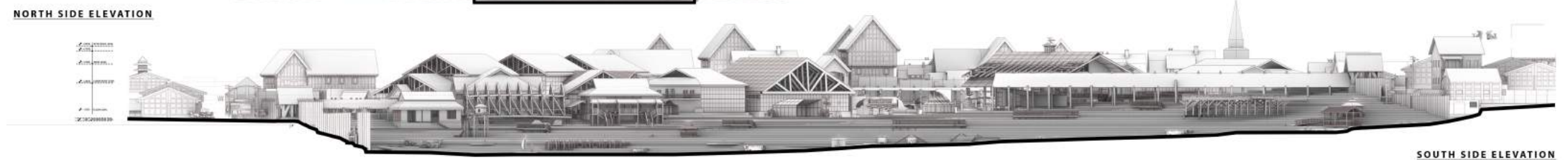
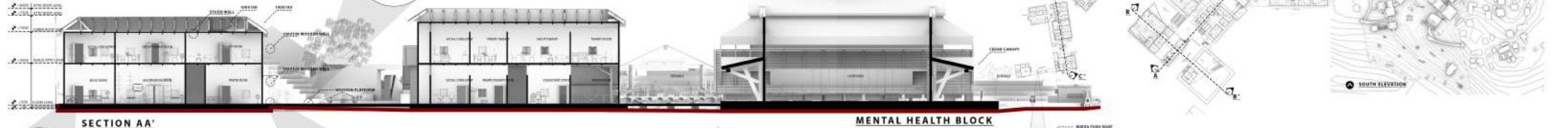
BRACING BOARDS

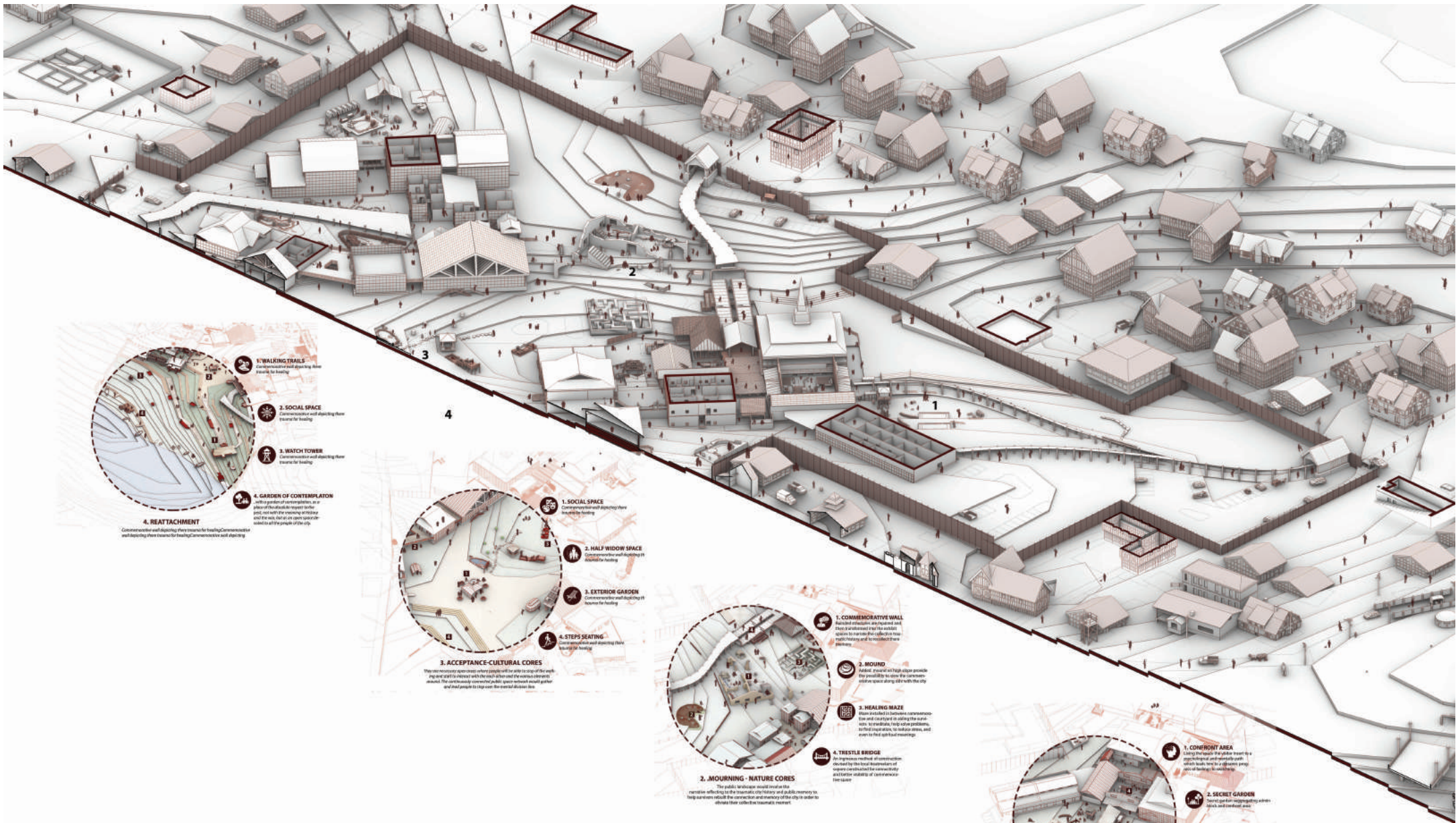
BASE PLATE (DASA)

PLINTH (STONE MASONRY)

# SITE SECTIONS & ELEVATIONS

## 1. BLOCK SECTION , SITE SECTIONS, ELEVATIONS





**1. WALKING TRAILS**  
Commemorative wall depicting three sources for healing.

**2. SOCIAL SPACE**  
Commemorative wall depicting three sources for healing.

**3. WATCH TOWER**  
Commemorative wall depicting three sources for healing.

**4. GARDEN OF CONTEMPLATION**  
A place of reflection, a place of healing, a place of hope, a place of peace, a place of joy, a place of love, a place of faith, a place of hope, a place of peace, a place of joy, a place of love, a place of faith.

**4. REATTACHMENT**  
Connective wall depicting three sources for healing/Commemorative wall depicting three sources for healing/Commemorative wall depicting three sources for healing.

**1. SOCIAL SPACE**  
Commemorative wall depicting three sources for healing.

**2. HALF WIDOW SPACE**  
Commemorative wall depicting three sources for healing.

**3. EXTERIOR GARDEN**  
Commemorative wall depicting three sources for healing.

**4. STEPS SEATING**  
Commemorative wall depicting three sources for healing.

**3. ACCEPTANCE-CULTURAL CORES**  
The commemorative wall depicts three sources for healing/Commemorative wall depicting three sources for healing/Commemorative wall depicting three sources for healing.

**1. COMMEMORATIVE WALL**  
A commemorative wall depicting three sources for healing/Commemorative wall depicting three sources for healing/Commemorative wall depicting three sources for healing.

**2. MOUND**  
A mound of earth depicting three sources for healing/Commemorative wall depicting three sources for healing/Commemorative wall depicting three sources for healing.

**3. HEALING MAZE**  
A healing maze depicting three sources for healing/Commemorative wall depicting three sources for healing/Commemorative wall depicting three sources for healing.

**4. TRELLIS BRIDGE**  
A trellis bridge depicting three sources for healing/Commemorative wall depicting three sources for healing/Commemorative wall depicting three sources for healing.

**2. MOURNING - NATURE CORES**  
The public landscape should involve the memorial reflecting the traumatic city history and public memory to help survivors rebuild the connection and memory of the city in order to allow their collective traumatic memory.

**1. CONFRONT AREA**  
A confront area depicting three sources for healing/Commemorative wall depicting three sources for healing/Commemorative wall depicting three sources for healing.

**2. SECRET GARDEN**  
A secret garden depicting three sources for healing/Commemorative wall depicting three sources for healing/Commemorative wall depicting three sources for healing.

**3. COMMUNITY SPACE**  
A community space depicting three sources for healing/Commemorative wall depicting three sources for healing/Commemorative wall depicting three sources for healing.

**4. COURTYARD**  
A courtyard depicting three sources for healing/Commemorative wall depicting three sources for healing/Commemorative wall depicting three sources for healing.

**1. CONFRONT-TERROR CORES**  
The core wall - The core wall depicts three sources for healing/Commemorative wall depicting three sources for healing/Commemorative wall depicting three sources for healing.

