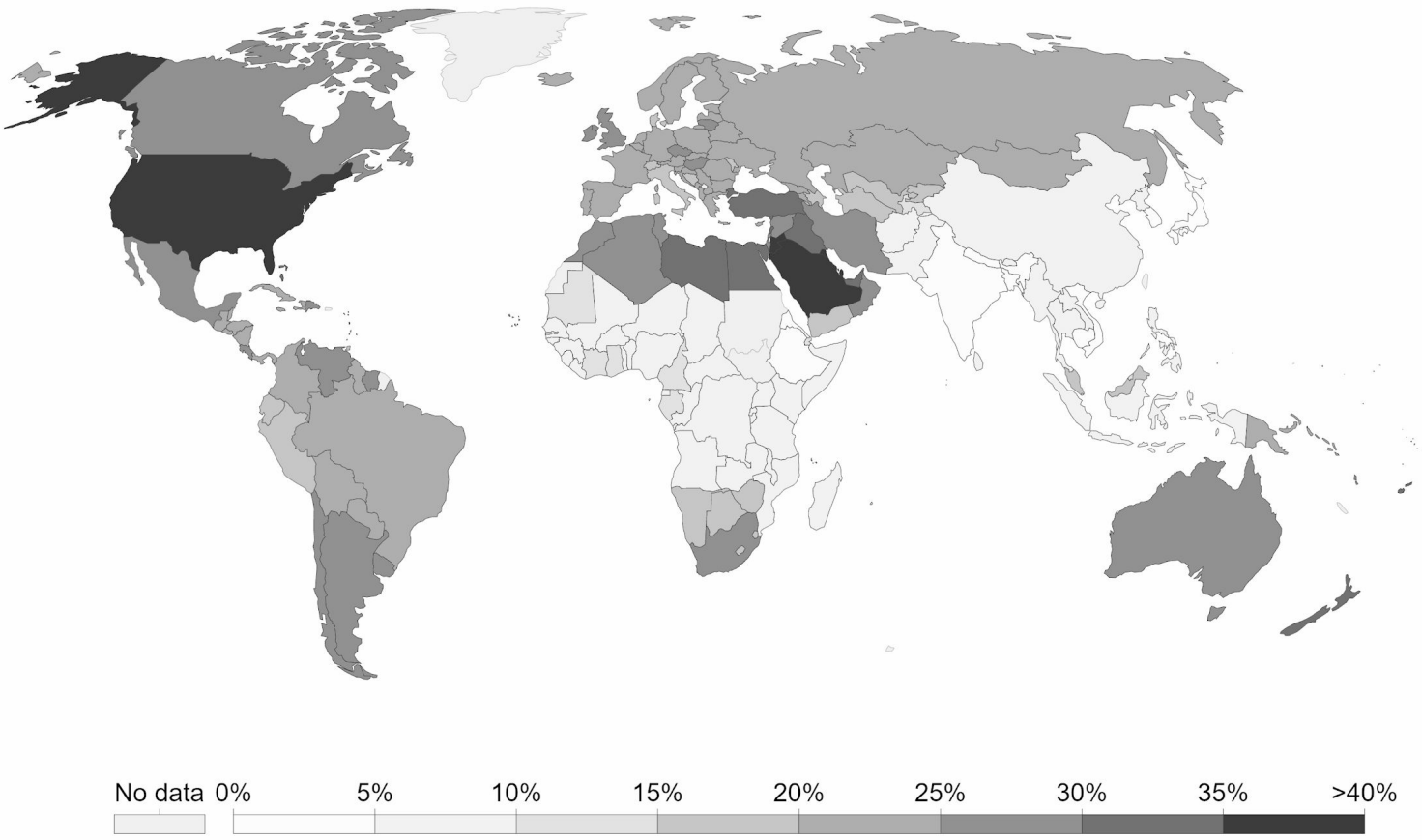


Design an Holistic Wellness Centre

https://**competitions**.uni.xyz



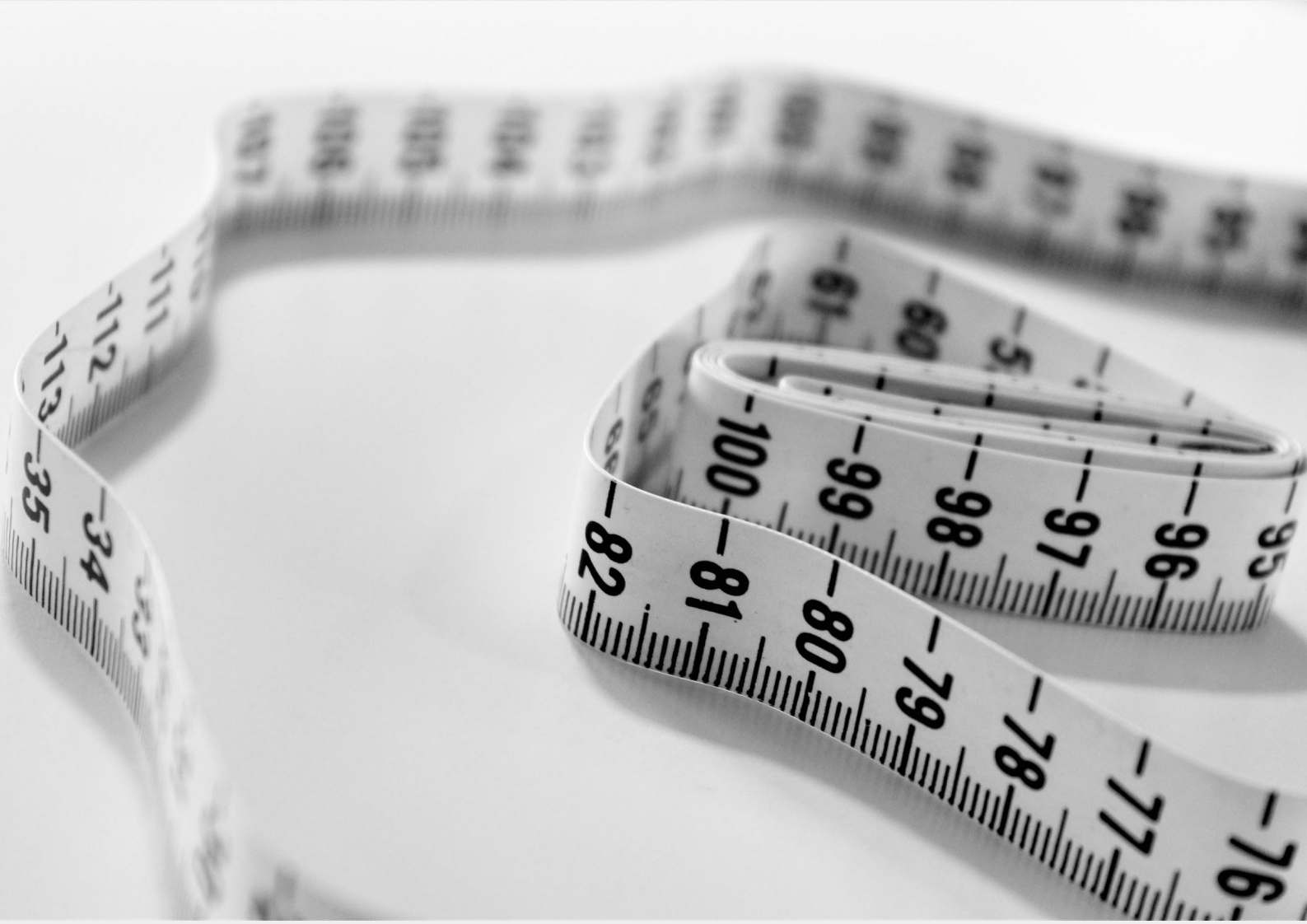
Img 1: Graphic representation of the percentage of population affected by obesity around the world, by country.

Premise

Globally, 2016 saw more than 1.9 billion (18 years and older) overweight adults. Of these over 650 million were obese. Extending this demographic to children we got a reading of 340 million children and adolescents in the age group of 5-19 and 40 million children under the age of 5 over the next two years.

Having tripled globally and increased almost five times in children and adolescents, since 1975. Obesity has now become a global phenomenon, affecting people of all ages, from all social groups in both developed and developing countries.

Caused by a complex amalgamation of dietary, lifestyle, genetic, psychological, sociocultural, economic and environmental factors, its root cause is still unknown.



Img 2: An image of a measuring tape, one of most important tools to measure BMI, a measure to classify overweight and obesity in adults.

Issue

Associated with a higher prevalence of diseases such as diabetes, cardiovascular diseases, and increasing susceptibility to the recent treat of COVID- 19, the burden of obesity is high.

Its predominance increasing at an alarming rate, obesity today is responsible for 8% of global deaths.

Followed by a long list of myths and constantly being misunderstood, how can we stop the blame game and re-evaluate our approach in addressing this complex , global health problem?

How can we respond to this global health crisis?



How can all of us as a **community** strive toward achieving and maintaining a **healthy lifestyle and reverse the obesity crisis**?



Img 4: Image representative of the blace in mind, body and spirit that holistic healing Stresses on.

Opportunity

Holism as a theory propounds that parts of a whole are in intimate interconnection, such that they cannot exist independently of the whole, or cannot be understood without reference to the whole, which is thus regarded as greater than the sum of its parts.

Extending this to health, we arrive at the understanding that wellness is more than the absence of disease and is a careful balance of the mind, body and spirit.

Can this technique be applied in an attempt to address the growing concerns of global health and wellness?

One of the most common barriers to an holistic approach to health is a lack of awareness.

How do we navigate this barrier?



Img 5: Image representative of the advantages of learning about and making healthier choices from an early age.

Brief

How can we bridge the gap between community and wellbeing?

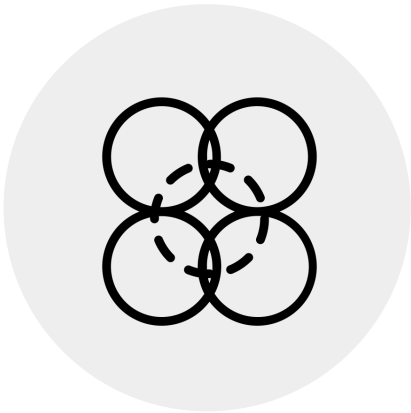
As a solution, how can this be community focused, inclusive and age appropriate? Does the fact that most lifestyle diseases including obesity, lack a specific prerequisite, but is rather reflective of the way we live, mean that we start as young as possible?

How far would creating and expanding awareness and guidance work as a solution toward growing health concerns? How can it be made accessible and wholesome?

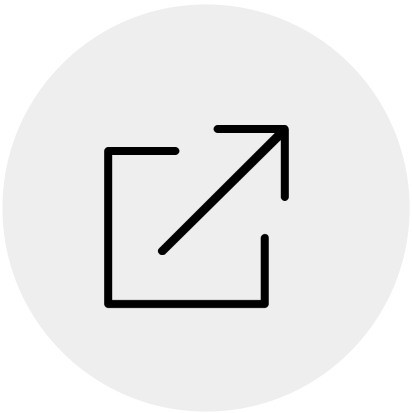
Design challenge : Develop a solution for a Centre of Wellness, a space that encourages, simplifies, informs and guides holistic community health.



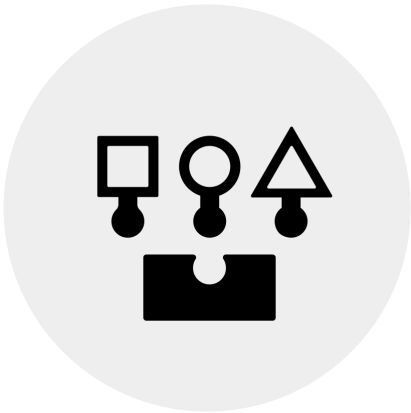
Educate Inspire
Inform, guide and encourage the community toward a healthier lifestyle.



Interface
Blur the boundaries between art, architecture and technology.



Scale
Reach for solutions on a global level.

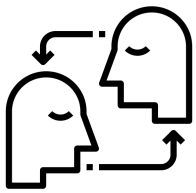


Inclusive
Stress on accessibility, diversity and inclusion.

Objectives

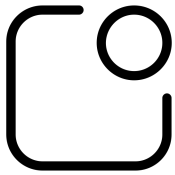
The following objectives can be a point of beginning to conceive this design. Participants can assume their own contexts and users before initiating their design process.

Spaces to Learn
Galleries, Pavilions,
Lecture halls, Libraries Theatres



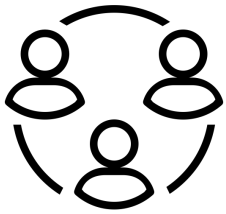
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Spaces to Do
Workshops, Labs



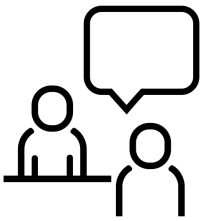
30%

Spaces to Be
Flexible Indoor and outdoor
Community spaces,
Performance spaces



30%

Services
Kitchen, Dining, Maintenance,
Administration



10%

Programmatic Outline

A programmatic outline intended to host about **75 people at immediate expanse** with a floating population of about 120/150 people is recommended for this challenge. Participants are recommended to craft a schematic programme based on these given segments or they can propose something new altogether.



Img 6: Image representative of the density of obesity as a problem.

Context

Global patterns show that the share of people who are overweight tends to be higher in affluent countries and lower at lower incomes. In most high-income countries, around two-thirds of adults are overweight or obese. In the US, 70% are.

Obesity in the United States has come to be one of the most serious health problems today, with 2/3rds of the adult population either overweight or obese. Even more alarmingly, childhood obesity has tripled in the same duration, from 6.5 percent to 16.3 percent.

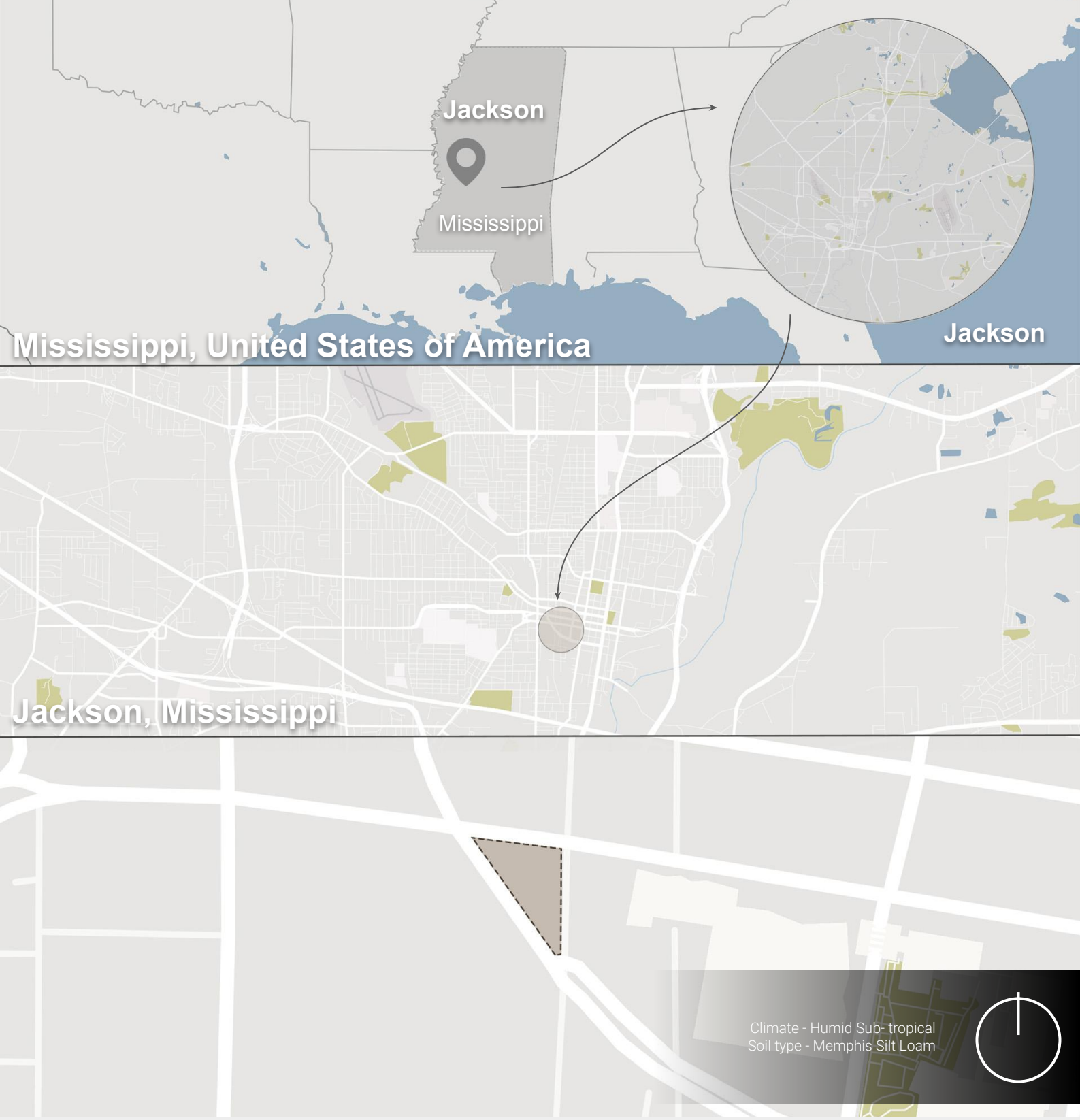
Already noted to have significant health consequences, at this point it is imperative to realize that obesity as an epidemic is affecting all areas of life, including a diminishing active workforce and a burdened national economy, increasing healthcare costs in the United States by 6 percent to 12 percent.



Img 8: Skyline - Jackson, Mississippi

Jackson, Mississippi

State Capital and the most populated city of the US state of Mississippi, the City of Jackson, Mississippi leads the nation in prevalence of obesity (well over the national agerage, the latest results comparing 39.5 percent to 30.9 percent) but several initiatives are moving us closer to the top in terms of fighting it among our youth and adults.



Img 8: Image representative of the location of the proposed site with respect to the larger picture.

Site Plan

Located in close proximity to the largest public museum of art in the state, the site is conveniently located at a junction offering visible fronts of all three of its sides, this being one of its best assets.

FAR 1.5 | Site Area- 2958.09 sqm |
32°17'53.4"N 90°11'23.9"W | Only regulations to be followed:
Height restrictions - 7m , Setbacks of 3m on all 3 sides

Guidelines

You have to deliver an architectural outcome on the following site, based on the given outlines.

• Recommended number of sheets/presentation images/boards:

5 (Five) of size **[2362px** x **3544px]** or **[400mm x 600mm** in **150 dpi]** in portrait digital format (**JPEG only**).

Minimum 3 (Three) & **No maximum sheet limit.** Each image should be less than **15MB.** (Do not submit PNG format)

Minimum requisite submission are sheets/boards + Cover image containing:

• Site plan (Compulsory)
• Key conceptual sections x 1 (Minimum)
• 3D views x 4
• Cover image / Thumbnail of size 2000px x 1000px or larger in aspect ratio 2:1.
• Answering 6 FAQ's #
• This is the link for new file sizes, here.

#The FAQ's have to be answered as instructed in the FAQ document in the 'additional resources folder'.

Deadlines

Discover the competition schedule and deadlines on the competitions page or on this link - Schedule.

Resources

This competition contains additional resources that contains a set of files useful to complete the competition submission. This folder is made available on your profile dashboard automatically as soon as you register.

This additional resources folder of this competition contains: Submission Format files in PSD | AI | InDD, FAQs, High Res maps, and CAD file of the site plan.

Rules

+ The competitions is open for **students and professionals** from all the disciplines of design.

+ The team limit for this competition is **4 members maximum per team.**

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+ You can register more than one team but they have to be registered separately.

+ Ensure that the final sheets submitted **do not include your name or any other mark of identification**. Your submission is linked to your user account which stands as your identification.

+ This is a design **ideas challenge only.** There is no built commission/realization associated with the problem.

+ In case of publication in yearbook we will reach out separately for selected entries.

Pro-Tips

+ Use exploded views to discuss multi levelled conceptual models better.

+ Mention sheet number on corner of every sheet.

+ Plagiarism of any idea / form / design / image will be disqualified with a notice.

+ All the sheets or images will be viewed on a digital device. **e.g.** Laptop screen or projector. Uploaded sheets or images will not be physically printed for evaluation. The submission hence should be prepared for digital viewing only.

+ Submit JPEG images only. (PNG will not function)

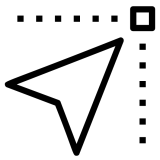
+ Learn



Awards

Grants of up to a total of **18,000$** can be won on this challenge. Learn more about the full conditions on the competition page here.

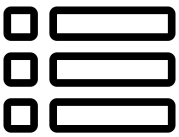
The entries will be judged by an international jury of the competition on the following criterions:



Presentation
The fundamental to a good entry is a good presentation.



Concept/Idea
Quality of thought and intent in pre-design phase.



Spaces/Programme
How the spaces are calculated and ordered.



Design Outcome
The final architectural outcome of the solution.

Judging Criteria

The judging panel can also add other criterions based on their internal discussions - which will be in line with the problem statement. Participants are advised to fulfil above given criterions first in their design.

About

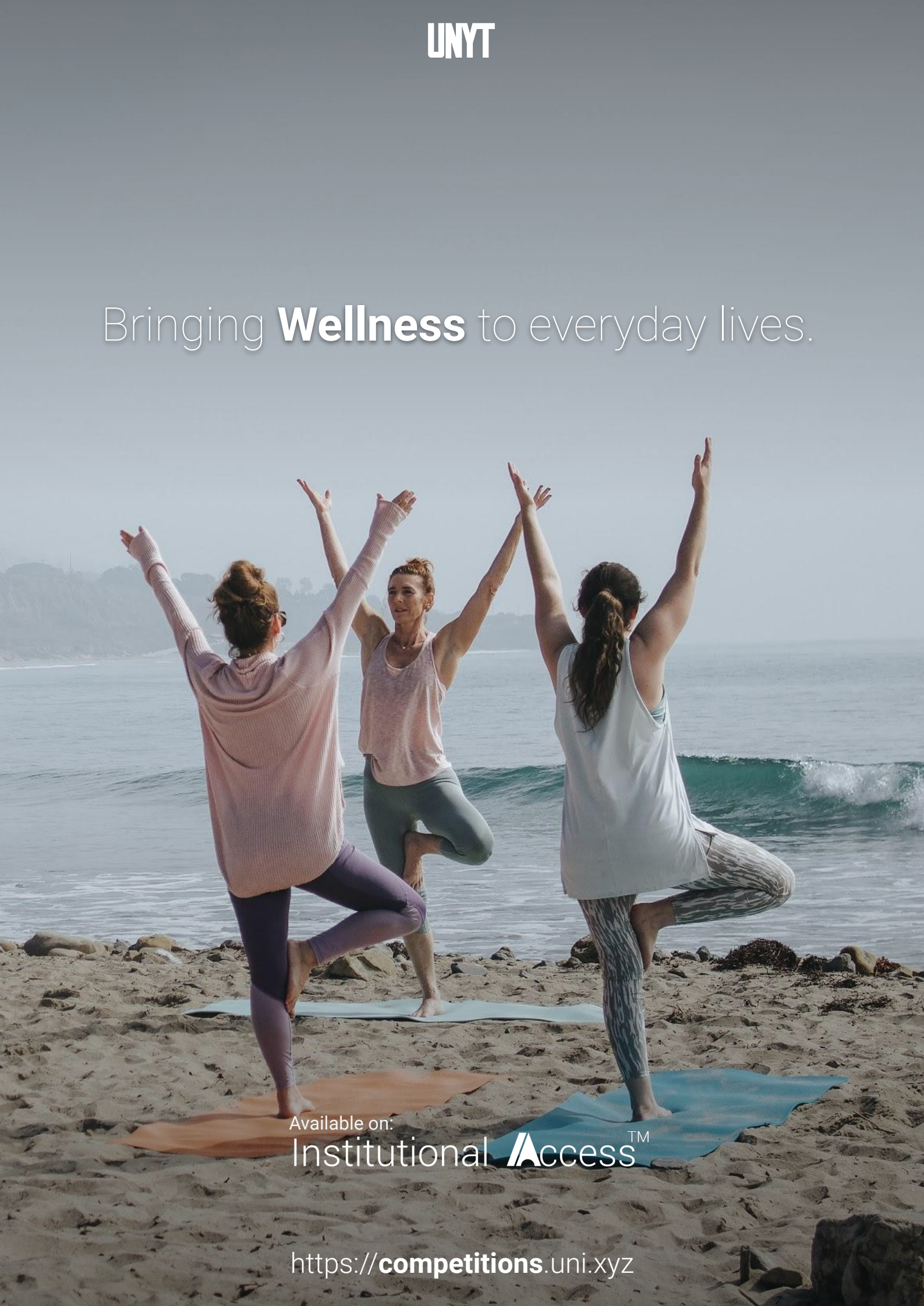
UNYT

Unyt serves as a part of UNI in the realm of typological discoveries. It intends to break the fusion of traditional design barriers and methodologies by making it a platform for experimentation. It embarks on mobilizing ideas where creators can elementally question the buildings we create. It is a research initiative dedicated to providing opportunities for designers from all domains to explore ideas that go beyond the restrictions of usual architectural discourse.

Queries: support@uni.xyz
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Instagram: https://www.instagram.com/uni.xyz/
Discover FAQ's about this competition on our help forum here: https://help.uni.xyz/

UNYT

Bringing **Wellness** to everyday lives.



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