UNYT

Live Laugh Love

Community Centre for Therapy

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



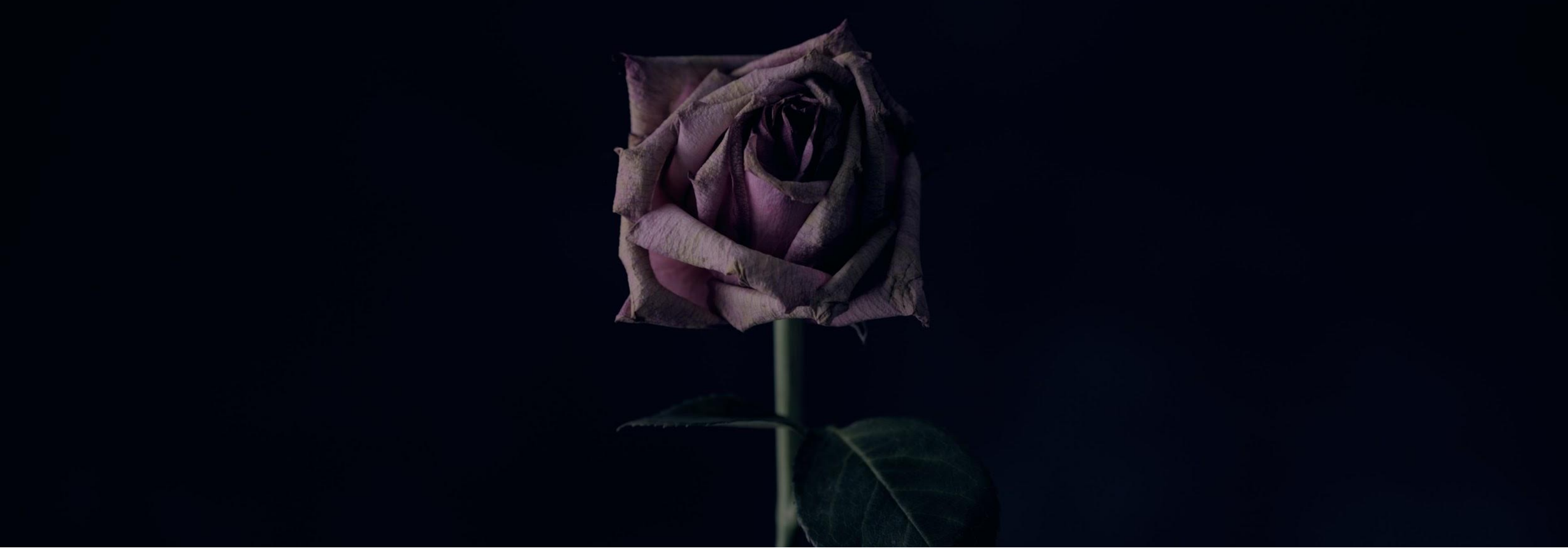
Img 1: Brain working on millions of neurons and biochemicals faster than lightning speed. - A conceptual Photograph

Premise

The human brain is command centre for the nervous system, working on millions of neurons that continuously transmit signals to **control our body and also our behaviour**. Our personality that is driven by emotions is a mixture of these neurons in combination with other biochemicals functioning differently for each person on the planet.

The overall outcome of these brain cells working in continuum is exhibited in our surroundings. It slowly builds a connection with the society, environment and its entities. This connection forms the basis of relationships that defines our “happiness quotient”. It is a mixture of real life events and human emotions **working together 24/7**.

Our social behaviour is a direct projection of our mental and physical well being, it goes without saying that it directly impacts lifestyle, livelihood and eventually the prosperity of an individual. A deterioration in mental health adversely affects all the above and is therefore an element to ensure a healthy life.



Img 2: Social Isolation representative concept.

Buildup

The social stigma that exist with mental disorders has lead us to a scenario where there are 300 million people estimated to be affected by depression, which is curable if identified at early stages. It is now a common mental disorder and one of the main causes of disease worldwide.

Social Isolation, loneliness in fast paced urban lifestyle are few reasons that has made depression a prevalent disease especially among the youth. The onset of digital ease and presence of social media in the past decade has helped connect people in the virtual realm.

How do we move ahead to a more physical solution and use design/infrastructure as strong tools for the same?



Img 3: Social Anxiety, depression leads to social isolation.

Issue

The staggering numbers itself is a proof that mental health disorders have become a common health issue. Even though the numbers here are so alarming there is a lack of knowledge and awareness for mental health diseases. As a result, it has still not categorized mild mental disorders *(Depression, Anxiety, Obsessive Compulsive Disorder, Bipolar Disorder, Social Anxiety etc.)* as **serious health issues**. This is because the repercussions of such ailments on individuals is not seen immediately and can be observed over a period of time.

It affects the personal as well as professional lives gravely and, in some cases have led to substance abuse and eventually death. People affected with depression or any other disorders tend to isolate themselves from the real world and get trapped in a **quicksand of negative thoughts.**

Can a community based architectural intervention provide a space for having an open dialogue among the people? How can design integrate spaces for therapy and counselling on a larger scale that breaks the social stigma against mental disorders?



Img 5: Offering a hand of help, to grow together. - A concept

Brief

To **break the social barriers associated with any mental health disorder** an infrastructure needs to be built. It would encourage the patients to come out of their shells and interact with others going through a similar scenario in an open platform. This would allow them to seek for help from trained professionals and undergo treatments and therapy. Such interventions would also enable a cohesive surrounding to reduce social isolation and loneliness faced by many (age disparity, population scarcity, fast paced urban life etc).

How will **architecture act as a medium to connect people** and build a safe environment for open conversations and solutions around **mental health and its cure**?

Brief : Design a small scale community centre exclusively for people suffering and coping with deteriorating mental health. The programmatic outline can be flexible and may include functions like spaces for one on one counselling, art/music/dance therapy studios, spaces for open dialogues etc. *The participants may identify one or many kind of users for this center depending on their design vision. This is not meant to have a residential facility.*

Objectives



Public

The facility is expected to be open for community purposes as a public space



Inclusive

People from all age groups must be able to use the facility



Therapy

Spaces for activity or therapy (art/music/dance etc) for the visitors



Nature

Must encourage more open and natural spaces in the campus of the facility

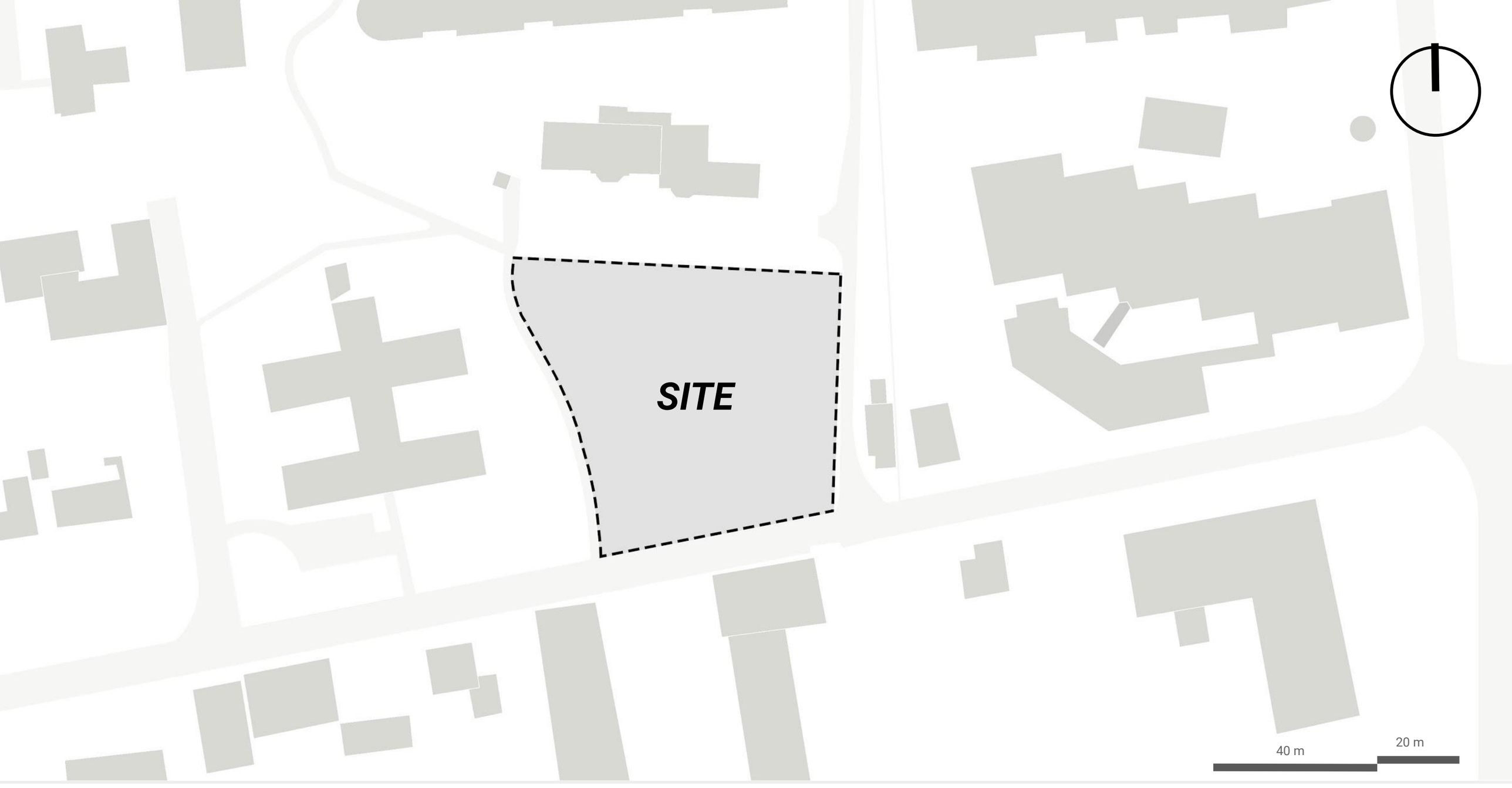
The following objectives can be a point of beginning to conceive this design. Participants can assume their own contexts and users before initiating their design process.



Img 6: A view of Edinburgh, Scotland.

Edinburgh, Scotland

Edinburgh, the capital city of Scotland is the Second most populous and the Second Largest financial centre in UK after London. It has long been a **centre of education**, particularly in the fields of medicine, Scots law, literature, philosophy, the sciences and engineering. Two of the city's areas namely Old Town and New Town have been listed as Unesco World Heritage Sites and is rich in history and culture attracting millions of tourists every year. Today, its economy is based mainly on financial services, scientific research, higher education, and tourism. The city now has a varying demography from all ethnicities with a high proportion of younger population.



Img 7: Site Plan.

Site Plan

Mental illness is one of Scotland's major public health challenges and, around **one in three people are estimated to be affected by mental illness in any one year**. Hence, providing solutions to improve mental health has now become a priority for the Scottish government. The site of this facility is located along the Canaan Lane in the Morningside district of South West Edinburgh. It lies amidst Old Age Home, Blind School and a Primary School in its vicinity making it an appropriate avenue to encourage a public space for dialogues and interaction.

Area: 3883.37 m^2
Height limit: 9 m (29.52ft)
Site coordinates: 55°55'42.6"N 3° 12'14.1"W
Ground Coverage : 25%

Submission

You have to deliver public facility centre on the following site, based on the given outlines.

• A maximum of 4 boards / sheets. – **[2362px** x **3544px]** or **[400mm x 600mm** in **150 dpi]** in portrait digital format (JPEG).
• Each image should be less than **15MB**
• You can find the preset PSD, AI and INDD template files in the 'additional resources folder. here

This additional resources folder contains: FAQ Questions, High Res maps, CAD file of the site plan.

Minimum requisites in the sheets are 3 sheets/boards + Cover image containing:

• Site plan (Compulsory)
• Key conceptual sections x 1 (Minimum)
• 3D views x 4
• Cover image/Thumbnail of size 2000 x 1000 px or larger in aspect ratio 2:1.
• Floor plans, images, sketches (if any) can be added to support the entry in the form of additional images.
• Answer 6 FAQ questions in the discussion section as given on the 'additional resources folder'.

+ The team limit for this competition is 4 members maximum.
+ Use exploded views to discuss multi levelled conceptual models better.
+ Ensure that the final sheets which are submitted do not include your name or any other mark of identification.
+ Mention sheet number on corner of every sheet.
+ This is a design ideas challenge only. There is no built commission/realization is associated with the problem
+ Plagiarism of any idea / form / design / image will be disqualified with a notice.

Registration page here: https://competitions.uni.xyz/live-laugh-love

Submission Deadline: December 28, 2019
Submission closes this day.

Public Voting Starts: January 14, 2020
Voting starts on this date.

Public Voting ends: February 8, 2020
Voting ends on this date.

Result Announcement: February 20, 2020
Result day!

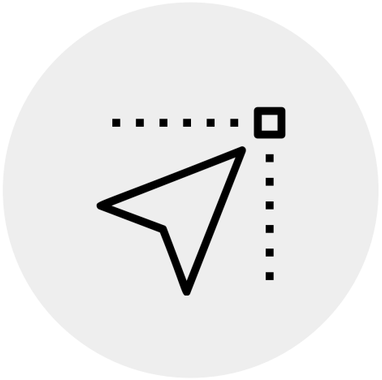
Rewards



Discover the prizes and awards grants on the competition page.

Judging Criteria

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.



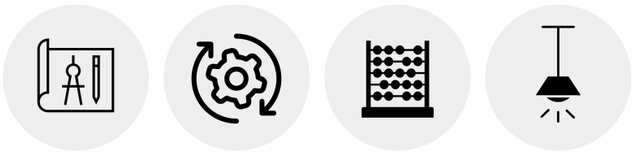
Spaces/Programme

How the spaces are calculated and ordered.



Design Output

The final architectural outcome of the solution.



The judging panel can also add other criterions based on their internal discussions - which will be in line with the problem statement. Eg. User Friendliness, Activity function, Material use, etc. Participants are advised to fulfil above given criterions first in their design.

(Ad) Institutional access:

We believe in a world more collaborative.

And we think academia is where it can begin.

Institutional Access™ is world's only cross institution competition programme. You can make this challenge more meaningful by bringing it to your classmates and professors working together. There are a lot of perks by entering this challenge with your institution. Follow the link to learn more.

Institutional Access™

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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Elevating people through **architecture**.

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