

ASTITWA: A SHELTER FOR WOMEN (DOMESTIC VIOLENCE VICTIMS)

Pachkhal, Kavre

By:

MINA SHRESTHA

750119

A thesis submitted in partial fulfillment
of the requirements for the
Degree of Bachelor of Architecture



Purbanchal University

KHWOPA ENGINEERING COLLEGE

DEPARTMENT OF ARCHITECTURE

Libali, Bhaktapur, Nepal

September, 2024



An Undertaking of Bhaktapur Municipality
KHWOPA ENGINEERING COLLEGE
(Affiliated to Purbanchal University)
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CERTIFICATE

This is to certify that the thesis entitled **ASTITWA: A SHELTER FOR WOMEN (DOMESTIC VIOLENCE VICTIMS)** at *Paanchkhal, Kavre*, submitted to the Department of Architecture of Khwopa Engineering College by **Ms. Mina Shrestha** of Class Roll No. 19/ B.Arch./075 has been declared successful for the partial fulfillment of the academic requirement towards the completion of the degree of Bachelor of Architecture of Purbanchal University.

Ar. Robina Manandhar
Supervisor

Ar. Rashish Lal Shrestha
Thesis Coordinator

Ar. Poonam Shah
(External Juror)

Ar. Archana Bade Shrestha
Head of Department of Architecture

ABSTRACT

Any abusive behaviors that occur within a relationship, typically involving one partner exerting power and control over the other can be considered as Domestic violence. The present social imbalance between genders, prevalent since ancient times, continues to cast a shadow over our society in present as well, hindering the progress of women. (United Nations) Hence, “Astitwa: A Shelter for Women (Domestic Violence Victims)” aims to tackle accommodation, physical health and mental well-being challenges faced by victims, while also providing skill enhancement, vocational training, and awareness programs.

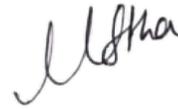
While working on this idea, definitions of domestic violence from national and international organizations were reviewed, and current laws and policies in Nepal were examined. Data were analyzed, the rehabilitation process and psychological impact on victims were studied, and effective layout designs were researched. National case studies on Women Foundation Nepal, WHR, and Tewa, helped in examining the treatment of domestic violence victims in Nepal, focusing on living spaces, required capacities, design circulation, and privacy. International studies on Women's Opportunity Center in Rwanda and the Shelter for Battered Women in Israel provided insights into the management of open and green spaces, and the maintenance of security and privacy for victims.

Unlike the crowded Kathmandu Valley, most places of Kavrepalanchowk are peaceful. Pachkhal, a major city in this district and easily accessible by road is chosen site. Due to its significant number of domestic violence victims—100 reported this fiscal year—makes it a crucial area for focused research and intervention. The design is carried out by concept of three hands holding each other which symbolize support, teamwork, and unity, represented through counseling, empowerment, and dormitory components. Different zoning areas like display area, counseling area, dormitory, training units etc. are placed within the site for comfort of victims.

Ultimately, it is hoped that this project will uplift the socio-economic status of victims of domestic violence in Nepal.

DECLARATION

I hereby declare that this thesis entitled “Astitwa: A Shelter for Women (Domestic Violence Victims)” is submitted by me in partial fulfillment of the requirement for the degree of Bachelors in architecture to Purbanchal University comprises only my original work and due acknowledgement has been made in the text to all other material used. I declare that this project has not been previously accepted in substance for any degree and is not submitted elsewhere for the award of Bachelor or any degree.



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Mina Shrestha

075/B.ARCH/19

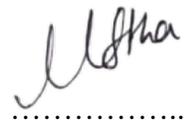
September, 2024

ACKNOWLEDGEMENT

I would like to thank all of those who helped me put it all together. I am extremely grateful to the Department of Architecture, Khwopa Engineering College for providing me the opportunity and resources to work on my project named “Astitwa: A Shelter for Women (Domestic Violence Victims)”. I would like to thank my supervisor Ar. Robina Manandhar for proper supervision and supportive attitude towards this project. Her valuable guidance, resources, observation and fruitful criticisms have been an encouragement for me throughout the project. I would also like to acknowledge Thesis Co-Ordinator Ar. Rashish Lal Shrestha for his continuous effort and support.

I would like to thank the institutions like Tewa Complex, Women’s Foundation Nepal, WHR (Women for Human Rights-Single Women Group), who heartily committed in the holy work to raise voice of domestic violence victims’ women. Their working strategies and devotion to humanity has indeed stirred me to make a study on the project.

Lastly, yet importantly, I would like to thank many others who so generously assisted me throughout this project, which included my friends, family and everyone. Thank you!



Mina Shrestha

2075/ B.Arch/19

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CHAPTER 1: INTRODUCTION

1.1. BACKGROUND :

Domestic violence refers to a pattern of abusive behaviors that occur within a relationship, typically involving one partner exerting power and control over the other. The violence can take the form of pushing, hitting, choking, slapping, kicking, burning, or stabbing. (National Center for Victims of Crime, and WomensLaw.org.)

According to United Nations, violence against women is defined by the as “any act of gender- based violence that result in, or is likely to result in, physical, sexual, emotional or mental harm or suffering to women, including threats of such acts, arbitrary deprivation of liberty, whether occurring in public or in private life”. While both men and women can be victims of domestic abuse, women are disproportionately affected. It has serious consequences on women's reproductive health. It is also a violation of human rights that has sustained negative impacts on the victims.

Nepal, despite having response policies to prevent domestic violence against females through different national organizations (Maiti Nepal, WOREC, among others.) and international (UNESCO, UNFPA, UN Women, and so on.) organizations, has reported an increment in domestic violence in recent years. 1,355 cases of domestic violence were reported from July 16, 2010 to July 15, 2011(1 year), increased to 14,232 reported cases in 10 years (July 16, 2020 – July 15, 2021).

According to a 2019 report by the National Women Commission of Nepal, there were 67 women's shelter homes across the country, accommodating up to 1,772 women and children, with most women seeking shelter due to domestic or gender-based violence. The right to life, a fundamental human right, is under threat for many women, as evidenced by the 111 women killed due to domestic violence in 2022 and 112 in 2021. Additionally, 25 women faced violence related to dowry. Cases of women being killed by family members often involve disputed claims of suicide. The Informal Sector Service Center (INSEC) reported no decrease in violence against women in 2022, documenting 3,031 cases of domestic violence, 23 of witchcraft allegations, 605 of rape, 145 of attempted rape, and 42 of sexual abuse from all 77 districts.

1.2. PROJECT JUSTIFICATION:

The study's main focus will be on providing education, social and economic empowerment to women in order to reclaim their own identity in the society. In the setting of Nepal, women's literacy and employment rates are extremely low, which is one of the reasons why the opportunity center must be proposed in near future. The best approach for a woman to feel empowered is to increase the participation of women in economic activity.

Non-profit organizations like 'Sathi,' 'Maiti Nepal,' and 'Shakti Samuha' provide essential services such as accommodation, legal aid, counseling, and vocational training for domestic abuse victims. However, many of these organizations are concentrated near the capital, making access difficult for those in distant districts. Additionally, limited capacity often excludes survivors who need support but don't meet the requirements, neglecting those with less visible but significant mental health impacts. The existing facilities often fail to provide a supportive environment for reintegration, as community rejection can hinder victims' return to their communities. An integrative approach that combines supportive architecture with community engagement could better facilitate recovery, rehabilitation, and reintegration for victims. (Home Office, 2019)

Domestic violence cases in the district have been continuously rising since the past few years. According to data with the District Police Office (DPO), a total of 100 violence against women cases have been lodged with the office's Women and Children Centre in the current fiscal. Of them, half the number of cases has been settled through reconciliation, while nine cases have landed in the district court. Further, the data shows that 32 women hanged themselves and six took poison in the current fiscal. Of them, 70 percent of the suicide cases are attributed to domestic violence. (District Police Office (DPO))

The increasing population in Kavrepalanchowk, the second most populous district in Bagmati Province, has led to a rise in domestic violence cases. Data from the District Police Office shows a significant amount of violence against women cases being reported, with many resolved through reconciliation and some proceeding to court. Alarming, a high number of suicides, predominantly attributed to domestic violence, have been recorded. This underscores the urgent need for additional support services, including shelters for victims of domestic violence, in Kavrepalanchowk to address the growing issue and prevent further tragedies.

1.3. STATEMENT OF PROBLEM:

Religious beliefs, cultural and social trends as well as existing laws in Nepal has placed male in upper status than female, which is one of the reason females being dominated and has been a victim violence since decades. Women are being blamed even they are innocent as a result of which they are over victimized (Rai, 2010). Domestic violence is a universal problem and it is one of the most serious forms of violence in the world today, but yet it is not recognized as such. Each year a number of people, especially women suffer from domestic violence. It takes place in all societies whether rich or poor, educated or uneducated, the only difference is that the extent of violence at home in the rich and educated society is found to be less. Nevertheless, the problem does exist. It affects everyone. (Panta, 2008)

In our culture, discriminatory norms and power imbalances fuel increasing violence against women each year. Despite their bravery in speaking out, women face discrimination in both formal and informal sectors, economic exploitation within families, and challenges in acquiring economic resources. This leaves them vulnerable to violence and hinders reintegration into family and community life. Victims endure domestic violence, sexual and verbal abuse, and financial struggles, compounded by the community's negative attitudes, which instill shame and humiliation. Establishing self-esteem and empowerment among recovered women is crucial for their recovery from violence and exploitation. Empowerment initiatives are vital in helping women develop a positive identity.

1.4. OBJECTIVES:

A. Main Objective:

- To provide safe space for women who have been victim of domestic violence to be rehabilitated and empowered via vocational training session.

B. Specific Objective:

- To use architectural design and landscape to help emotional wellbeing.
- To provide a social gathering place for women who have been victim of violence to engage and boost the socialization process, as well as safe and engaging play areas for children.

CHAPTER 2: LITERATURE REVIEW:

2.1. INTRODUCTION:

According to WHO (World Health Organization): “Domestic violence is a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.” Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person”.

According to United Nations: “Domestic abuse, also called "domestic violence" or "intimate partner violence", can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.”

According to Women’s Aid Organization: “Domestic violence is a pattern of violence, abuse, or intimidation used to control or maintain power over a partner who is or has been in an intimate relationship. Fundamentally, domestic violence is about power and control.”

According to Nepal Government Law: “Unless the subject or context otherwise requires, in the "Domestic Violence (Crime and Punishment) Act, 2066 (2009)"- "Domestic Violence" means any form of physical, mental, sexual and economic harm perpetrated by person to a person with whom he/she has a family relationship, and this word also includes any acts of reprimand or emotional harm. In that sense, the definition includes not just an intimate partner but in-laws who might partake in inflicting such harm.”

In the Nepali context: “The Domestic Violence (Offence and Punishment) Act, 2066 states that “Domestic Violence” means any form of physical, mental, sexual, and economic harm perpetrated by a person to a person with whom he/she has a family relationship, and this word also includes any acts of reprimand or emotional harm.”

The following are considered as domestic violence in Nepal:

Physical Harm: An act of causing bodily harm or injury, holding someone captive, inflicting physical torture. In Nepali terms, it is called “Angabhanga”.

Mental harm: An act of threatening the victim through physical torture, instilling fear, criticizing, blaming, forcibly evicting them from their homes, or inflicting other emotional hurt or injury on them.

Sexual harm: An act of sexual misbehavior, humiliation, discouragement, or harm to the self-respect of any person. Any kind of act that hampers safe sexual health.

Economic harm: An act of distress from using jointly or privately-owned property. Disallowance to employment opportunities, economic resources, or means.

2.1.1 Cause of Violence against women:

At the societal level, gender norms shape how men and women should act in a relationship; in Nepal, and elsewhere, traditional gender norms reinforce aggression and dominance among men, increase acceptance of partner violence, and act as barriers to education and employment for women, increasing women's risk of domestic violence.

Low education, financial stress, prior exposure to parental partner violence during childhood and husband's alcohol abuse are some of the root causes of domestic violence (Clark, et al., 2019, p.100). Likewise, the misunderstanding between father /mother in law and husband, unnecessary doubt on wife, dowry system, many days staying at maternal home then given time, not giving birth to a son, unwanted sex, lack of awareness, conflict between educated daughter in law and uneducated mother in law, poverty, polygamy marriage, not earning money by women, joint family, complex social structure/custom/culture, unemployment and patriarchy social structure are causes of violence at the villages (Dulal, 2009, p.34). IPV frequently occurs in conjunction with physical assaults on the daughter-in-law or the solicitation of violence by their sons.

Root Cause:

- Traditional Gender Norms
- Reinforce aggression and dominance among men,
- Increase acceptance of partner violence, and
- Act as barriers to education and employment for women

Associated Causes:

- Conflicts between father /mother-in-law and wife,
- Dowry system
- Lack of Earning
- Not giving birth to a son,
- Poverty

2.2. ACTS, POLICES, AND LAWS RELATED TO VIOLENCE AGAINST WOMEN IN NEPAL

Nepal has made strong normative and legal commitments to end gender-based violence in inequality. The new constitution of Nepal which was adopted in 20th September 2014 guarantees the right of women to protection against physical, mental, sexual, and psychological or any other forms of violence as fundamental rights, with penalty for perpetrators and entitlement of compensation for victims. The new constitution has prohibited concretely any act of sexual or psychological violence against women and oppression against women based on religious, social, cultural, or traditional practices, with offenders liable not only for punishment, but also compensation for victims.

2.2.1 Domestic Violence (Crime and Punishment) Act:

On May 5, 2009, the Legislature Parliament of Nepal passed the Domestic Violence (Crime and Punishment) Act, defining domestic violence to include physical, mental, sexual, financial, and behavioral forms. The act allows victims to report crimes verbally or in writing and to file cases directly with the courts if quasi-judicial resolutions fail. It also permits third parties to file reports on behalf of victims and provides for interim relief and protective measures during court proceedings. (Antenna Foundation Nepal, 2017)

2.2.2 Legal Procedure Against Violence in Nepal:

(1) A person who has knowledge of an act of domestic violence has been committed, or is being committed, or likely to be committed, may lodge a written or oral complaint setting out the details thereof, with the Police Office, National Women Commission or Local body.

(2) In case a complaint is received pursuant to Sub-section (1), in a written form, it shall be registered immediately and if it is received in an oral form, it shall be registered upon setting out details in a written form and putting the signature of the complainant.

(3) In a case the complaint is filed before the National Women Commission, necessary action shall be taken in accordance with Prevailing National Women Commission law.

(4) In a case the complaint is filed before the Police Office, the Police Office shall produce the perpetrator within 24 hours of the complaint, excluding the time of travel and make arrest if he/she refuses to appear for the statement.

(5) In a case the complaint filed in the Local Body, the Local Body shall produce the perpetrator within 24 hours of the complaint, excluding the time of travel and requesting to arrest to the Police Office if he/she refuses to appear for the statement.

(6) If the Victim has been physically wounded or mentally tortured as a result of the act of domestic violence, he/she shall be immediately sent to the nearest hospital or health post for necessary check-up and an injury report shall be drawn up. If the medical report is caused to be prepared by the Local Body, a copy of it shall be sent to the Police Station.

(7) If it is found necessary, to provide protection to Victim and his/her dependents from the preliminary investigation on the complaint pursuant to Sub-section (1) of section 4, it shall be provided with immediately with the assistance of the Police Office.

(8) The police officer or local body upon recording the statements pursuant to Sub-sections (4) or (5) of Section 8 finds reason to believe that an act of domestic violence has been committed and the Victim so desires, may, within Thirty days from the date of registration of the complaint, conduct reconciliation between the parties.

(9) The assistance of a psychologist, sociologist, social activist and a family member trusted by the Victim and any other witness as per necessity and availability may be taken while conducting reconciliation pursuant to Sub-section (8). In the course of such reconciliation psychological and social effects on the Victim, as well as his/her right to privacy shall be taken into consideration.

(10) The Police Officer or Local Body Officer shall ensure the presence of the perpetrator on the due date during the investigating, prosecuting and decision-making process of the complaint.

(11) If the perpetrator fails to appear pursuant to Sub-sections (4) and (5); or he/she cannot be made present; or the parties fail to settle their dispute through reconciliation, the Police Officer and Local body, with the consent of the complainant shall, within fifteen days after the expiry of Thirty days as per Sub-section (8) shall forward to the court, the complaint mentioning all details, along with evidence and other legal documents incidental thereto.

(12) It shall be the duty of the Police Office to provide assistance pursuant to Sub-sections (5) and (7).

2.2.3 Punishments for Domestic Violence in Nepal:

(1) A person who commits an act of domestic violence shall be punished with a fine of Three Thousand Rupees up to Twenty-Five Thousand Rupees or Six months of imprisonment or both.

(2) A person who attempts to commit domestic violence or abets the crime or incites others to commit the crime shall be liable to half the punishment of the perpetrator.

(3) A person who has been punished once for the offence of domestic violence shall be liable to double the punishment upon every repetition of the offence.

(4) If a person holding a public post commits the offence of domestic violence, he/she shall be liable to an additional ten percent punishment.

(5) A person who disobeys the Court orders made pursuant to Section 6 shall be punished with a fine of Two Thousand Rupees up to Fifteen Thousand Rupees or Four months of imprisonment or both. 14.

2.2.4 Limitation:

The complaint for an offence committed pursuant to this Act, shall be filed within Ninety days of the commission of the crime.

2.3 DATA ON VIOLENCE AGAINST WOMEN

2.3.1 World Context:

A 2013 analysis conducted by WHO, with the London school of hygiene and tropical medicine and the medical research council, based on existing data from over 80 countries, found that worldwide, almost one-third (30%) of all women who have been in relationship experienced physical and or sexual violence by their intimate partners. The prevalence estimates range from 23.2% in high-income countries and 24.6% in the Western Pacific region to 37% in the WHO aster Mediterranean region, and 37.7% in the South-East Asia region. Furthermore, globally as many as 38% of all murders of women are committed by intimate partners. In addition to intimate partner violence, globally 7% of women report have been sexually assaulted by someone other than a partner, although data for this is more limited (WHO, 2016). According to UN Women,2016, it is estimated that of all women who were the victims of homicide globally in 2012, almost half were killed by intimate partners or family member, compared to less than six percent of men killed in the same year.

Adolescent girls and young women are most affected by intimate partner violence

Table 2.1. "Prevalence of Intimate Partner Violence Among Adolescent Girls and Young Women by Age Group (%)"

Experienced IPV in the last 12 months	Age							
	15-19	20-24	25-29	30-34	35-44	45-54	55-64	65+
Sub-Saharan Africa	21%	22%	22%	21%	18%	13%	10%	8%
South Asia	21%	21%	21%	20%	17%	14%	10%	9%
Middle East & North Africa	15%	17%	18%	17%	14%	10%	7%	5%
North America	11%	8%	7%	5%	4%	3%	2%	2%
Latin America & Caribbean	10%	10%	9%	9%	7%	6%	4%	4%
Europe & Central Asia	7%	8%	7%	7%	6%	4%	3%	3%
East Asia & Pacific	12%	11%	10%	9%	7%	5%	3%	3%

2.3.2 South Asian Context:

- Physical domestic violence shows that almost one-half of surveyed married women in Bangladesh, one-third in India and on-quarter or more in Nepal and Pakistan report physical spousal violence. (Solotaro & Pande,2014)
- According to the statistic developed by (UN Women,2016), in 2012, a study conducted in New Delhi found that 92 percent of women reported having experienced some form of sexual violence in public space in their lifetime, and 88 percent of women reported having experienced some form of verbal sexual harassment.

2.3.3 Context of Nepal:

Domestic violence, marital rape, dowry-related violence, child marriage, polygamy, female infanticide and trafficking of women and girls for sexual exploitation are particular problems of GVB in Nepal.

- According to a 2010 study by the Asia Foundation, nearly half of Nepalese women (48%) reported experiencing violence in their lifetime, with over a quarter experiencing it in the past year. Emotional violence was most common (40%), followed by physical (27%), sexual (15%), and economic abuse (8%). Nearly three-quarters of the perpetrators were husbands.
- According to the 2011 Nepal Demographic Health Survey, 22% of women aged 15-49 experienced physical violence at least once since age 15, and 9% experienced it within the 12 months prior to the survey. Additionally, one in ten women reported experiencing sexual violence.
- According to Nepal Police headquarter violence against women cases reported across the country increase from 1774 in 2009 /10 to 3340 in 2011/12. 555 rape cases, 118 trafficking cases, 249 polygamy cases, 156 attempted rape cases and 12 child marriage cases were reported in 2011/12(Gupta,2014).
- A very high proportion of Nepali men interviewed in a United Nations Population Fund 2014 study 25 displayed high masculinity norms and high acceptance of violence against women-70 percent men reported that a man needs to be tough and 44 percent believed that a woman deserves to be beaten. 71 percent had ever used violence against their female partners and 40 percent had used violence in the last one year. Nearly half of the men reported perpetrating emotional violence followed by physical violence.
- In 2014, WOREC recorded 2,225 cases of violence against women in Nepal. Domestic violence accounted for 67.6% (1,503 cases), social violence 12% (267), rape 8.9% (199), attempted rape 2.6% (58), sexual violence 3.4% (76), murder 1.8% (40), attempted murder 1.2% (26), and 1.2% (27) committed suicide. Additionally, 11 women disappeared for various reasons. These documented cases highlight the severe status of women in Nepali society, with many incidents remaining unreported within households.
- According to a 2019 report by the National Women Commission of Nepal, there were 67 women's shelter homes across the country, which could accommodate up to 1,772 women and children. The report also stated that the majority of women who seek shelter do so due to domestic violence or other forms of gender-based violence.
- In 2021, 112 were killed as a result of domestic violence and in 2022, 111 women were killed due to domestic violence. A total of 25 women were subjected to violence as a result of dowry. In some cases of the killing of women by family members, the aggrieved accused of killing, while the accused claimed it to be suicide.
- According to the documented data of the Informal Sector Service Center (INSEC), there was no reduction in the number of incidents of violence against women in 2022. This is based on the information collected by INSEC from all 77 districts of

the country. INSEC documented 3 thousand 31 of domestic violence, 23 of 'witch 'craft allegation, 605 of rape, 145 of attempted rape, and 42 of sexual abuse.

According to the Nepal Demographic and Health Survey reports, the incidence of domestic violence among women in Nepal has shown an increasing trend across different age groups. In 2011, women aged 30-39 were the most affected, with 17.3% being victims, while 4.6% of women aged 15-19, 10.9% aged 20-24, 14.2% aged 25-29, and 16.1% aged 40-49 also reported experiencing domestic violence. By 2016, women aged 40-49 had the highest victim rate at 28.5%, followed by 10.5% of women aged 15-19, 15.1% aged 20-24, 24.2% aged 25-29, and 27.5% aged 30-39. In 2022, there was a significant rise in domestic violence cases, with 20.7% of women aged 15-19, 31.7% aged 20-24, 24.1% aged 25-29, 27.7% aged 30-39, and 32.1% aged 40-49 being victims. The data highlights that women aged 20-24 and 40-49 had the highest number of domestic violence victims.

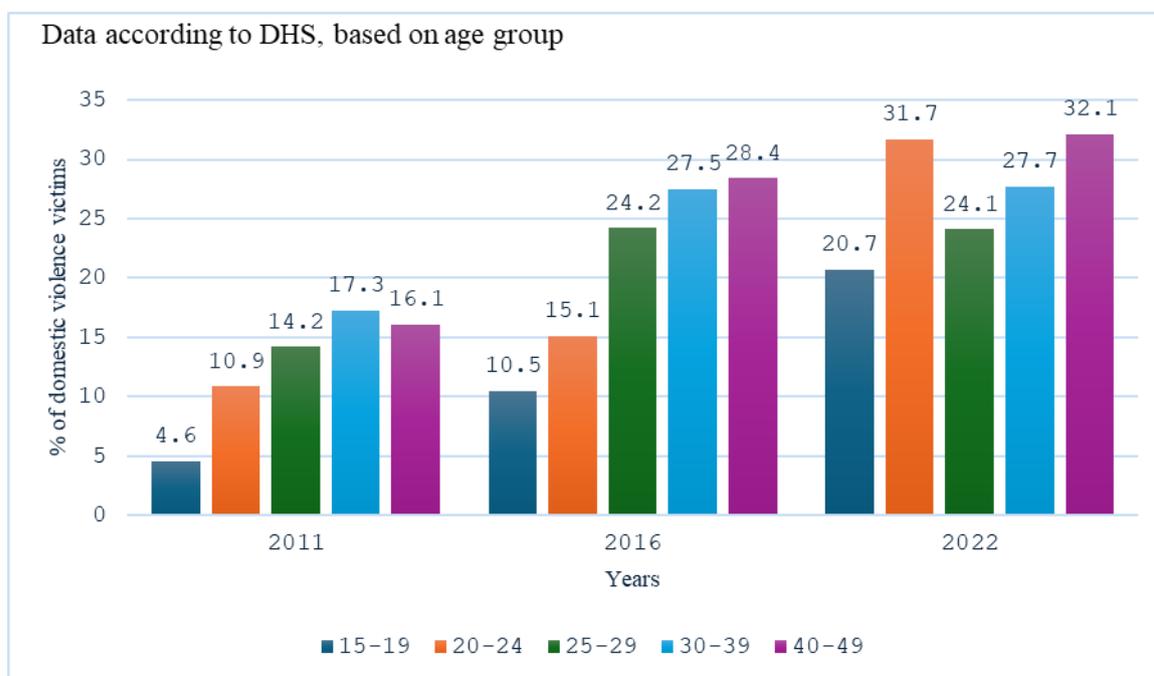


Figure 2 1. Data according to DHS, based on age group

(Source: Nepal Demographic and Health Survey)

According to FY 2078/79 (Shrawan to Ashad) report of Nepal Police Headquarters Naxal, Kathmandu, Women, Children and Senior Citizens Service Directorate Crime Investigation Department Annual Fact Sheet on Gender- Violence July/Aug 2021 to Jun/July 2022, there were a total of 17000 cases all over Nepal.

According to the annual fact sheet, Bagmati province had the greatest number of registered cases of 4626 cases with 3058 number of cases inside the Kathmandu valley alone.

Similarly, province number 1 had 1333 number of registered cases followed by 4473 cases in Madesh Province. Similarly, Gandaki province had 1409, Lumbini province had 2806, Karnali province with 983 cases and Lumbini and Sudurpaschim province had 2860 and 1316 registered cases respectively.

No. of Registered Cases by Provinces

Total Registered Cases/Complaints: 17,000

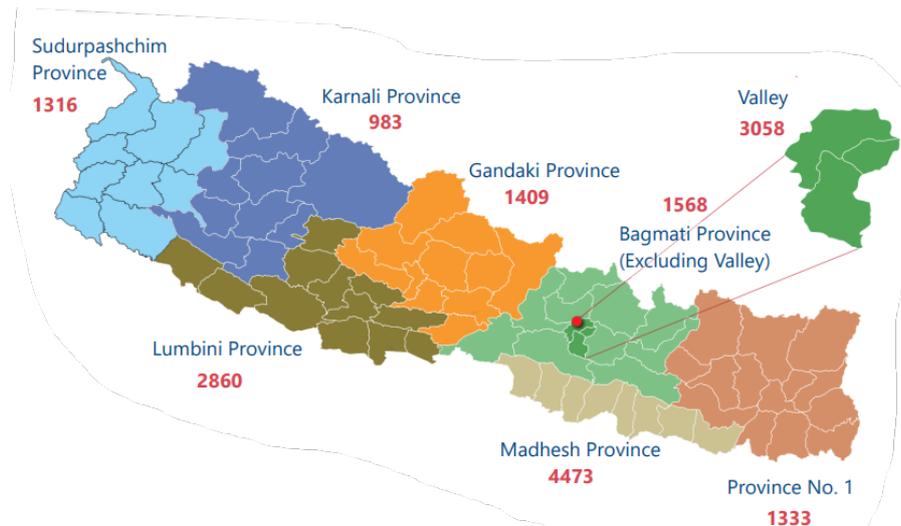


Figure 2.2. Data according to DHS, based on age group

Below the data showing the prevalence of domestic violence cases in Paachkhal, Kavrepalanchwok

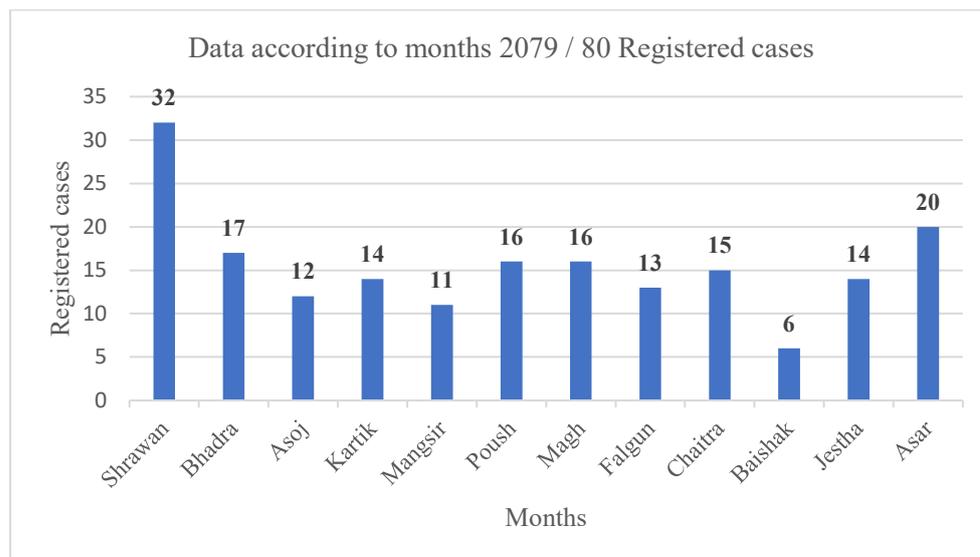


Figure 2.3. Recorded DV cases in Kavrepalanchwok According to Month

Domestic violence cases in the district have been continuously rising since the past few years. According to data with the District Police Office (DPO), a total of 100 violence against women cases have been lodged with the office's Women and Children Centre in the current fiscal. Of them, half the number of cases has been settled through reconciliation, while nine cases have landed in the district court. Further, the data shows that 32 women hanged themselves and six took poison in the current fiscal. Of them, 70 percent of the suicide cases are attributed to domestic violence.

2.4. REHABILITATION CENTER:

2.4.1 Definition

According to oxford dictionary, rehabilitation is the action of restoring someone to health or normal life through training and therapy after imprisonment, addiction or illness. It is the action of restoring someone to former privileges or reputation.

According to Princeton University's WorldNet, rehabilitation is restoring someone to a useful place in society. It is also the process of helping an individual achieve the highest level of independence and quality of life possible. In other words, it is a scientific and realistic process in which the evolution of a person takes place over a period of time.

2.4.2 Types of Rehabilitation center

There are different types of rehabilitation centers available which include rehabilitation centers for troubled and addicted adolescents and teens, runways, adult seeking recovery from addiction and alcoholism, mental health recovery and physical handicapped persons. They also serve veterans, women, adolescents, men and co-ed population, rehabilitation centers typically fall into one of the four categories mentioned below:

A. Occupational: Occupational rehabilitation centers in clinics and hospitals help patients regain everyday skills, often following amputation, cancer, cardiac disease, or other injuries.

B. Physical: Physical rehabilitation centers, similar to occupational ones, focus on using exercises to help patients regain motor skills, particularly after accidents or limb loss.

C. Speech: Speech rehabilitation centers help patients correct or restore speech, often after a brain injury, cancer, neuromuscular disease, or other illnesses.

D. Psych-social: Psycho-social rehabilitation centers focus on mental rehabilitation, specializing in treating psychiatric disorders such as major depression, bipolar disorder, and schizophrenia.

2.4.3 Women’s Rehabilitation Center:

A women’s rehabilitation center is a psych-social facility serving females affected by domestic violence, trafficking, and social discrimination. It provides counseling, therapies, and both formal and informal education programs, including vocational training, to build psychological strength and empowerment. Shelters vary in size based on location, demand, security, and services, ranging from small facilities for a dozen individuals to larger ones accommodating over 200 people. These centers must be integrated with anti-trafficking resources and offer flexible services tailored to each victim’s unique needs, including their age, gender, and experiences.

2.4.4 Components of women’s rehabilitation center



Figure 2 4. Components of women’s rehabilitation center

A. Rescue:

The rescue phase in women's rehabilitation centers involves removing victims from harm, providing immediate support, and offering temporary shelter to address their physical, psychological, and educational needs, crucial for ensuring safety and starting their recovery.

This shelter can be of various types, which are described below:

➤ **Emergency shelters:**

Emergency shelters are often the initial refuge for trafficking victims, offering temporary stays of a few nights to a month, with a focus on immediate medical care and physical security.

➤ **Transit Centers:**

Transit centers are similar to emergency centers but are distinguished by their strategic location are significant trafficking and migration border crossing.

➤ **Short-Term Shelters:**

Short-term shelters assist victims for one week to three months, either in their country of origin or destination, and may be accessed through referrals or self-seeking

➤ **Long-term Shelters:**

Long-term shelters support victims for six months or more, preparing them for reintegration into society, either with their families or in new communities.

B. Rehabilitation:

Survivors at rehabilitation centers often endure severe mental and physical trauma, including gynecological issues, headaches, backaches, and injuries that may cause temporary or permanent disabilities. They may also suffer from PTSD, depression, and anxiety, manifesting as flashbacks, sleep disorders, nightmares, isolation, memory difficulties, loss of self-control, and sexual problems. Consequently, rehabilitation centers must provide comprehensive medical and psychological support to address these diverse needs.

Survivors at rehabilitation centers often face severe mental and physical trauma, including gynecological issues, disabilities, PTSD, and depression. Comprehensive medical and psychological support is essential to address their complex needs.

➤ **Physical Therapy**

Physical therapy, Physical therapy, supervised by accredited professionals, aims to alleviate bone, joint, and neuromuscular disabilities by improving circulation, muscle tone, coordination, and mobility using various therapeutic methods.

➤ Occupational Therapy

Occupational therapists aim to help disabled individuals adjust to their disabilities, increase work capacity, and reintegrate into their communities. They also train patients in daily living activities using individualized remedial activities, including creative skills and manual arts.

➤ Social Adjustment

Social adjustment requires psychiatric and social services for the treatment of social and emotional problems.

Psychological services include:

- Psychological evaluation, accomplished by means of various psychological testing procedures and interviews which evaluate the patient's intelligence and personality
- Interpretation of clinical findings to members of the staff
- Counselling (therapy) on either an individual or group basis, usually carried out with the psychiatrist and social service staff
- In-service training of psychologists and participation in psychological research
- The minimum recommended psychological facilities would include a psychologist's counselling room and test room.

Social service includes the following:

- Social study and evaluation, including the collection of the relevant information from the patient, her family, other agencies and the appraisal of such information with respect to the patient's rehabilitation potential
- Social casework, where the social work works with the patient to improve attitudes towards self -support and motivation toward treatment and work
- Social group work, including the correction of abnormal living patterns by using planned group activities, recreational in nature but therapeutic in value. It may include hobby activities, group discussions and activities of an adult education nature.

➤ Counseling

The women once who are betrayed by her own family and are responsible for her current condition are mostly in psychologically stressful condition. They will be

initially scared to share their pain and feelings with a stranger. So counselling is the hardest job after the women comes in the shelter. The counselling will help to build up their self-esteem confidence and make them psychologically strong too.

The standard size of Counselor's bedroom is 150sq.ft/person Counselling is not important for the victims only but it's equally important for the family members which will help them to reintegrate into society.

- Group Counselling Program
- Individual Counselling Program
- Counselling for the family members and
- Children Counselling

C. Women Empowerment

Women empowerment creates an environment for independent decision-making and strengthens social, economic, political, and legal standing, crucial for building economies and improving life quality. Training programs, from basic skills to professional development, and empowerment training, including domestic violence awareness, support job success and personal growth.

Vocational services in rehabilitation centers offer counseling, training, and placement, including sheltered workshops and special education, tailored to patients' needs and local job markets. These programs assess abilities, build skills, and provide additional support from medical, social adjustment, or domestic violence services.

During training, patients may also receive services from medical, social adjustment, or domestic violence centers.

In brief, the principles are.

- a. Establish high-level corporate leadership for gender equality.
- b. Treat all women and men fairly at- work, respect and support human rights and non-discrimination.
- c. Ensure the health, safety and well-being of all women and men workers.
- d. Promote education, training and professional development for women

- e. Implement enterprise development, supply chain and marketing practices that empower women.
- f. Promote equality through community initiatives and advocacy.
- g. Measure and publicly report on progress to achieve gender equality.

D. Reintegration:

Reintegration involves helping women return to their families and society, often requiring legal assistance and convincing family members to accept them. It is challenging, as victims may struggle with returning to a community that previously failed to support them, and ultimately, the decision to reintegrate and live independently is left to the individual.

Reintegration also means that she will be living independently where earns her living and has to right to live her way up to her. Mainly there are three stages of rehabilitation:

- Reintegration with the society
- Reintegration with the family
- Reintegration with the community

Poor-reintegration is often followed by re-victimization of women. The reason behind this could be due to poor follow up programs and post rehabilitation support programs.

2.5 HISTORY OF WOMEN REHABILITATION CENTER:

The idea of rehabilitating behavior has existed since the beginning of the early temperance movement in 19th century in America. This movement, which began in the 1800s, gave rise to the modern notion of rehabilitation and the need for our society to help alleviate the suffering of its victims.

2.5.1 Timeline:

1960-1970:

The women's movement developed on Great Britain and the United States which engaged a growing number of women in addressing violence and other issues related to gender inequality. The first well-documented women's center was established in Hounslow, Great Britain in 1971, which provided unofficial refuge for domestic violence survivors. During this period, other shelter opened across countries and regions, and the first emergency rape crisis line was started in Washington DC, USA. Early shelter services responded to

- Physical injuries
- Emotional aspects of both the violence and of leaving the relationship
- Difficulties in escaping violence and living in unfamiliar surroundings.
- Children who arrived with their mother and
- Legal, social and medical service needs

1970 – 1980:

Organization and expansion of services across Western Europe, North America and Australia, particularly in the United Kingdom and the United States.

- The National Women's Aid Federation was established in 1974, linking groups from England, Scotland and Wales to clarify the goals for developing shelter and services for women fleeing violence.
- Organization and expansion of services across Western Europe, North America and Australia, particularly in the United Kingdom and the United States.
- Initiatives aimed to increase public awareness on issues of gender violence.
- Intensive fundraising efforts resulted in some resources for shelters.
- Issues of race and ethnicity, among other concerns, were raised in the United States in response to the limited engagement of shelters. and the creation of printed materials (e.g., Working on Wife Abuse, a 1976 directory of groups), provided networking tools for shelters and supported the development of coalitions across regions. Intensive fundraising efforts resulted in some resources for shelters, such as the Australian government's support for Sydney's Elsie Refuge in 1975 (Laing, 2000). Issues of race and ethnicity, among other concerns, were raised in the United States in response to the limited engagement of shelters with diverse race, class, and other groups.

1980 - 2000:

- An expanding number of shelter facilities and services for women experiencing abuse and their children developed across regions.
- Intensified focus on gender inequality within political and social mobilization agendas worldwide. Growing acceptance that violence against women is a violation of human rights. Alongside the intensified focus on gender inequality within political and social mobilization agendas worldwide. By the turn of the century,

there was growing acceptance that violence against women is a violation of human rights and an impediment to gender equality (United Nations Secretary-General, 2006b).

2000 - present:

Despite growing attention and commitment to supporting women and girls to escape abuse, many countries do not have adequate coverage of shelters or safe accommodation spaces. Advocacy for shelter services continues, alongside the emergence of new partnerships and networks, such as the first World Conference on Women's Shelters organized in Alberta, Canada in 2008 and subsequent establishment of a Global Network of Women's Shelters, involving representatives across regions. The Second World Conference of Women's Shelters, organized in February 2012, highlighted the breadth of women's shelters and organizations facilitating alternative accommodation. Growing attention and commitment to supporting women and girls to escape abuse

- Advocacy for shelter services continues, alongside the emergence of new partnerships and networks.
- Lack of adequate coverage of shelters or safe accommodation spaces.

2.5.2 Regional Context:

For Asia, offering shelter to abused women is not a new concept. In feudal Japan, Buddhist temples known as Kakekomi Dera acted as locations where abused women could take shelter before filing for divorce. A formal system took more time, however, so it was not until 1993 that the grassroots women's movement of Japan built the first shelter. Currently, it houses over thirty shelters.

The Asia Foundation supported the establishment and construction of the first women's shelter in the Lao P.D.R., opened in January 2006, to serve the needs of victims of human trafficking and domestic violence.

2.5.3 Nepal Context:

- Before rehabilitative centers assumed concrete, physical forms, rehabilitative practices were provided to survivors in ama samuhas, bhajan mandalis and other community groups.
- ABC Nepal is the first ever organization, the pioneer to raise the issue of trafficking on a national level by organizing conferences on the trafficking of underage girls

and sex slavery trade in the Nepal in 1991. Established in 1991, WOREC is the first organization in the country to introduce the concept of safe migration as a tool for prevention of trafficking.

- Maiti Nepal was founded in 1993 with the objective of rehabilitating and empowering girls and women who have been survivors of sexual exploitation/trafficking, potential victims of trafficking and survivors of rape, sexual assaults and domestic violence.
- Shakti Samuha is the first organization in Nepal to be established and run by survivors of trafficking. Shakti Samuha began in 1996 and was registered in the Kathmandu District Office of HMG in 2000.
- Established in 1991, WOREC is one of the leading national organizations that work to prevent violence against women, its causes and consequences, and to ensure economic, social and cultural well-being of women as well as other marginalized groups b promoting their access to rights and social justice. WOREC believes that empowering women to controlling her body, sexuality and reproduction is a key to enable women to exercise her rights. Women's Rehabilitation Centre (WOREC), Saathi, Apeiron, Shakti Samuha, Forum for Women, Law and Development (FWLD) etc.

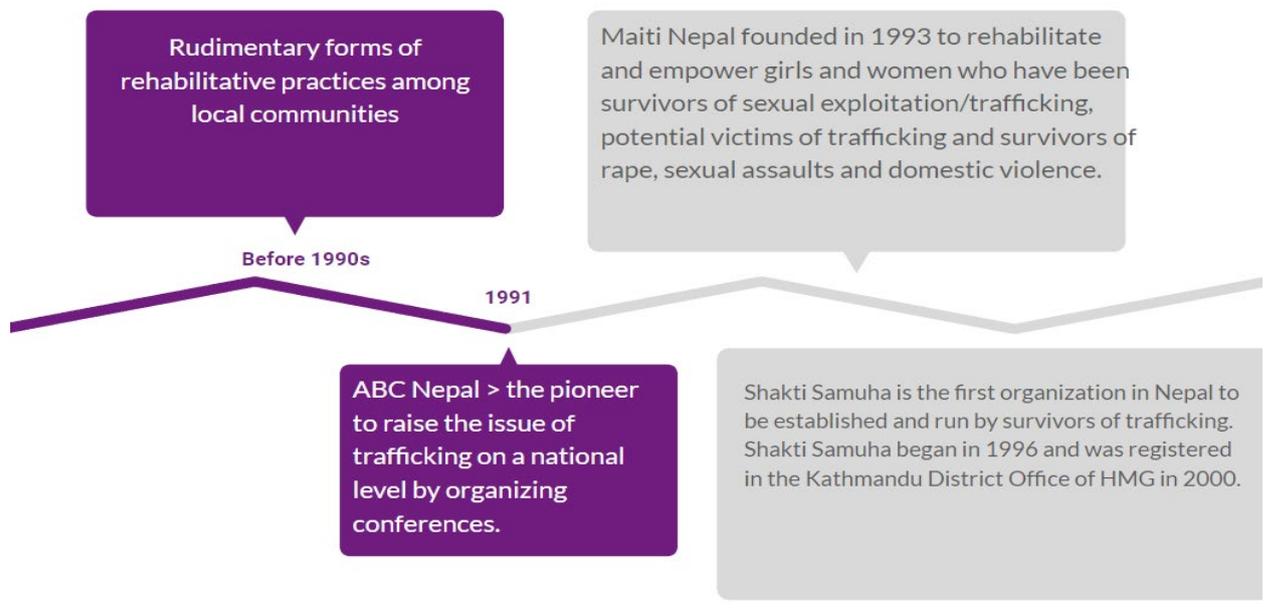


Figure 2 5. History of Rehabilitative Practices in Nepal

Table 2.2. Name of the organization and address

Name of the Organization	Address
Women Rehabilitation Center (WOREC)	Balkumari, Lalitpur
Saathi	Dhobighat, Patan
Centre for Victims of Torture, Nepal (CVICT)	Bansbari, Kathmandu
Community Action Center, Nepal (CAC-N)	- Kathmandu & Bhaktapur
Child Workers in Nepal (CWIN)	Rabibhawan, Kathmandu
Shakti Samuha	Dhumbarahi, Kathmandu
APEIRON	Mulpani, Kathmandu
Maiti Nepal	Pingalasthan, Kathmandu

2.5.4 Needs of women rehabilitation center

Survivors of violence do not report abuse and often do not seek help from formal service providers and authorities for many reasons (Barrett & Pierre, 2011). The presence of supports offered by shelters can address some of these barriers by encouraging women and girls to seek assistance. These centers also have a role in strengthening the quality of responses provided by other service providers who are in contact with abused women and girls. Specifically, rehabilitation centers may:

- Increase awareness and understanding among women and girls of what constitutes gender-based violence and violations of their human rights.
- Assist women leaving situations of violence to maneuver the judicial, police and social service systems in order to access the critical protection and support provided by these institutions (e.g., facilitating orders of protection, access to housing, and other health, financial and family resources).
- Educate health and judicial providers, social service and security personnel, among other professionals, to recognize violence against women, understanding their obligations on the issue, and provide safe, appropriate referrals and responses (Seftaoui, 2009; United Nations, 2006)

2.6. REHABILITATION CENTER DESIGN:

2.6.1 Constructed Environment:

- Steers clear of areas with large crowds, external noise pollution, and inadequate natural light.
- Minimize spaces that feel excessively enclosed.
- Eliminate inaccessible and negative spaces.
- Cultivate an environment that supports spiritual growth through practices like meditation and yoga.
- Design elements should be so that it helps violence victims in regulating their emotions and socializing effectively.
- Promote a sense of belonging and prioritize the protection of survivors' privacy, safety, and comfort.

2.6.2 External Circulation:

- Address both vehicular and pedestrian traffic considerations.
- Strategically position parking spaces to eliminate the need for patients and visitors to cross driveways to access the building.
- Allocate separate parking areas for patients, staff, and visitors.
- Implement clear directional signage to efficiently manage traffic flow.
- Evaluate the placement of kitchen facilities, vocational training programs, and a sheltered workshop to address service-related challenges and their impact on traffic flow.

2.6.3 Open Spaces:

- Utilize natural elements as architectural elements to create a therapeutic environment.
- Introduce spaces that contribute to healing, such as comfort gardens and therapy areas.
- Avoid excessively large, uninterrupted open spaces to prevent overwhelming feelings; instead, incorporate a variety of open spaces.

2.6.4 Accessibility:

- Make sure people with disabilities are treated fairly when making changes to the building.

- Design corridors and doorways so that people with specially extended wheelchairs can easily move around the facility and turn.

1. Parking Spaces:

- Have specific parking spots for the rehabilitation center.
- Recognize that cars are the main way some people with disabilities travel, so accessible parking is crucial.
- In workplaces, provide parking spaces based on the number of disabled employees plus extra for visitors (at least one space for every known disabled employee, or 2% of total parking capacity, whichever is more).

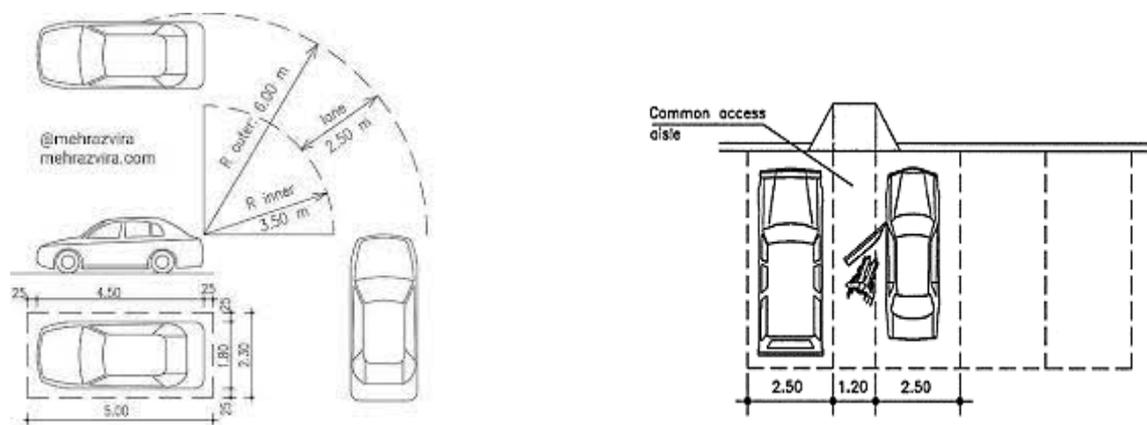


Figure 2.6. Parking space consideration

2. Lighting consideration:

Lighting significantly influences mood and state of mind, with color temperature and light levels impacting emotions and behavior. Warmer, yellow-toned light fosters a cozy, peaceful atmosphere, while cooler, blue-toned light is better suited for tasks, as noted by Samantha Donnelly (2020).

A. Natural Lighting:

- Daylighting:
- Health Benefits:
- Energy Efficiency:
- Visual Comfort:
- Sustainable Design:

B. Artificial Lighting:

- Flexibility and Control:

➤ Supplemental Lighting:

Table 2 3. Lighting consideration

S No	Spaces	Illumination
1	Libraries	400 lux
2	Offices	450 lux
3	Staff Room	250 lux
4	Staircases	100 lux
5	Dormitories	200 lux

3. Counseling Space:

Counseling spaces is crucial to provide a supportive and confidential environment for psychological support and therapy sessions. These spaces should prioritize privacy and comfort, with soundproofing and neutral décor to create a calming atmosphere. Each room should be equipped with comfortable seating arrangements conducive to one-on-one or group counseling sessions. Natural light and ventilation are essential for a soothing environment.

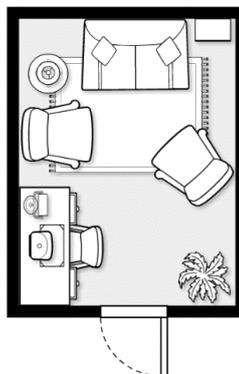


Figure 2 7. Counseling room

4. Administration Design:

Office accommodation should be planned to be as flexible as possible. It may not be necessary to have a separate staff office for each discipline, in fact, sharing office can improve communication and facilitate multidisciplinary team working. Open-plan offices with demountable partitions to create cellular offices are much more flexible than traditional cross-wall constructed offices.

➤ Office-Single person:

A single-person office should accommodate a workstation with VDU and keyboard, seating for up to three other people, and storage for books and files. The smallest individual office is usually about 12 sq meters, but cells for short-term work may be half that. Beyond this, the size of offices varies dramatically. The size of group and team rooms will depend on workstation number, size and configuration, and the amount and type of meeting space and storage that are included.

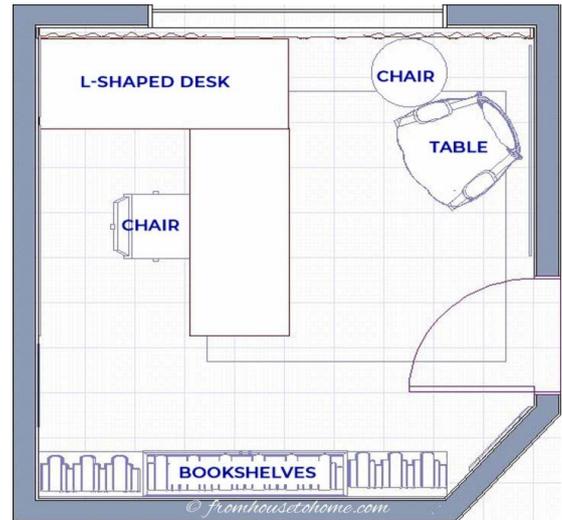


Figure 2 8. Single person office

➤ Office-Multi Person:

A multi-person office with workstations is required for a variety of staff. The number of workstations will need to be determined locally. The net size of a minimum workstation may be as little as 2.8 sq. meter, with a general workstation at 3.5 sq. meter and 6.5 sq. meter for managerial positions. However, allowing for local circulation, this will increase to the normal minimum of between 6sq. meter and 9 sq meter per person.

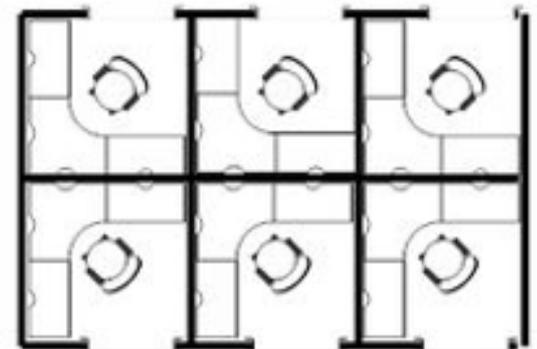


Figure 2 9. Multi person office

5. Reception area:

The reception desk should be clearly signposted and adequately illuminated and should prove a low, open, friendly facility that does not give any sense of a physical or organizational barrier. This is the control point for access to the facility, and it must be positioned by the entrance facility, the greeting of everyone on arrival. It should overlook the entrance lobby and the waiting area.

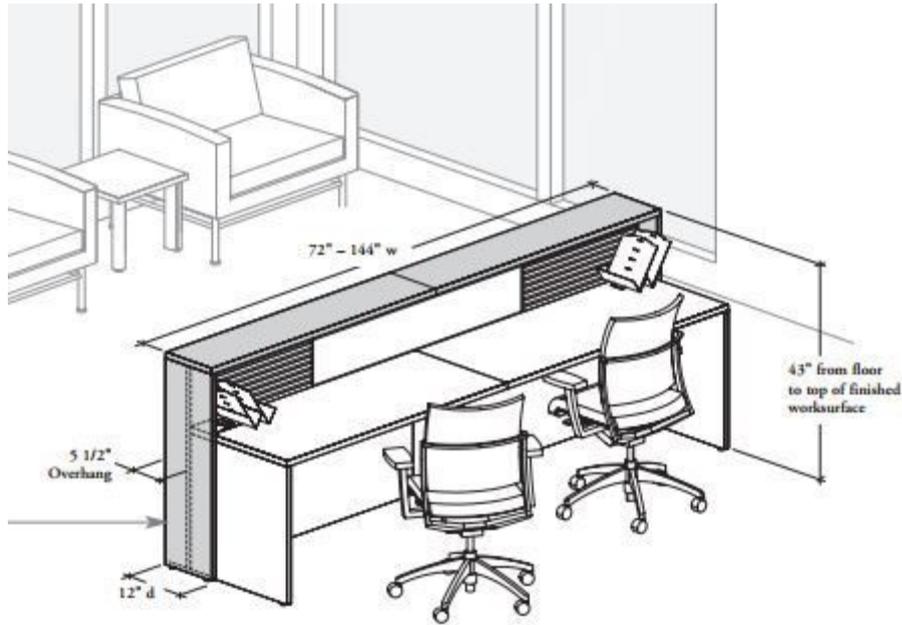


Figure 2 10. Reception desk design consideration

6. Library:

It provides collection of sources of information and similar resources, made accessible to a defined community for reference or borrowing. A library's collection can include books, periodicals, newspapers, manuscripts, films, maps, prints, documents, microform, CDs, cassettes, videotapes, DVDs, Blu-ray Discs, e-books, audiobooks, databases, and other formats. Bookshelves should be protected from daylight.

- Workspaces should preferably be in daylight areas.

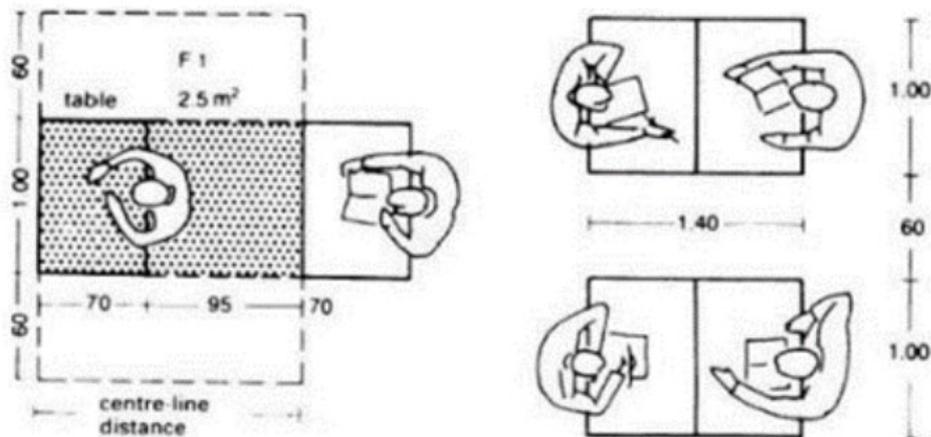


Figure 2 11. Library desk design consideration

Shelf storage

- Area required for a simple reading/working is 2.5m² and that for a PC or individual workplace is greater than 4.0m².
- The circulation routes should be >1.2m wide, & clear spaces between shelves at least 1.3 to 1.4m wide (or in accordance with local regulations). Crossings and overlapping of routes for users, staff and book transport should be avoided.

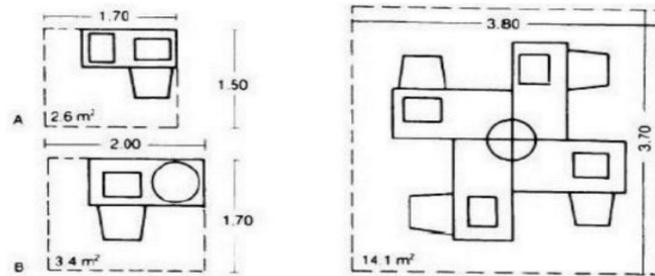


Figure 2 12. Bookshelf design consideration

7. Multipurpose Hall:

Display lighting should illuminate exhibits without being directly visible, while general lighting should be ceiling-mounted to avoid glare and distraction. The background color and texture must enhance the art objects' richness and form, highlighting their characteristics effectively.

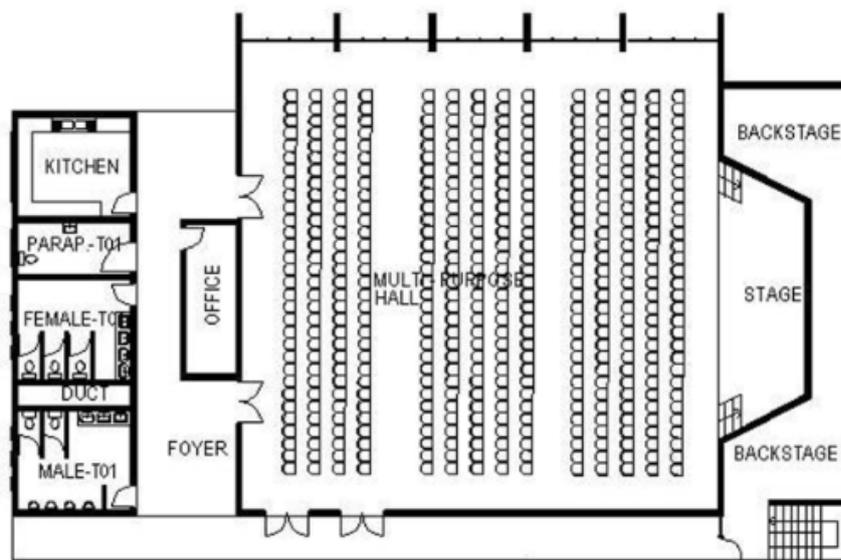


Figure 2 13. Multipurpose Hall

8. Medical facility:

The medical area of rehabilitation center should provide physical therapy, occupational therapy and counselling. The medical facility should be at ground entrance level and conveniently placed for parking, including spaces for people with disabilities, at least one of which should be under cover to provide a degree of protection from rain for wheelchair transfer.

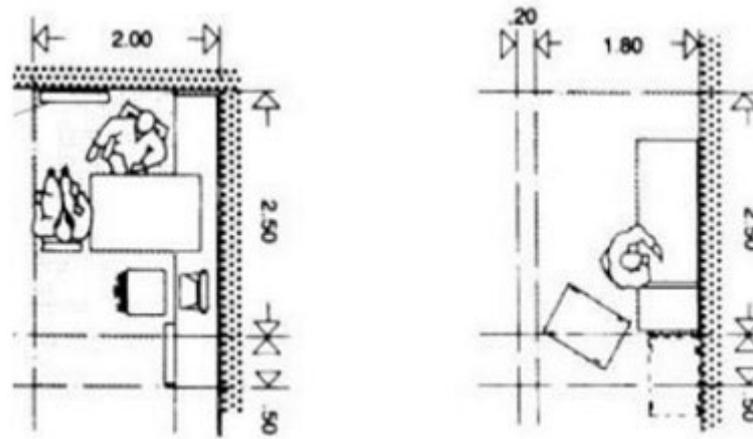


Figure 2 14. Minimum Area- Doctors consultation and examination room

9. Cafeteria/ Dinning:

It is the area which prepares and serves food and drinks for people in shelter. Cafes should be planned so that the variety of sitting can be achieved according to the number of people visiting it (e.g., tables for two and four, which can be placed together to give six, eight and ten places).

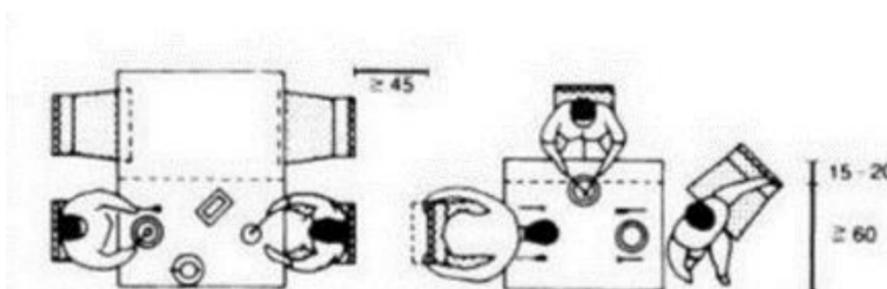


Figure 2 15. Planning requirements of dinning

Table 2 4. Area of dining with ceiling height

Area of dinning	Ceiling height
<= 50 sq meter	2.5 meter
>50 sq meter	2.75 meter
>= 100 sq meter	3.0 meter

10. Dormitories Design:

Dormitories in rehabilitation centers must be private and secure, prioritizing safety, well-being, and empowerment for women survivors of domestic violence as they begin their journey toward healing and independence.

Considerations:

- Consideration for safety during natural disasters, fire and proper exit at the time of need.
- Proper ventilation along with windows at appropriate direction for natural lightings.
- Enough personal storage space for the victims during the time of stay.
- Adequate and proper artificial lighting to be considered.
- Common room space for social activities and easy associations with other victims and survivors.

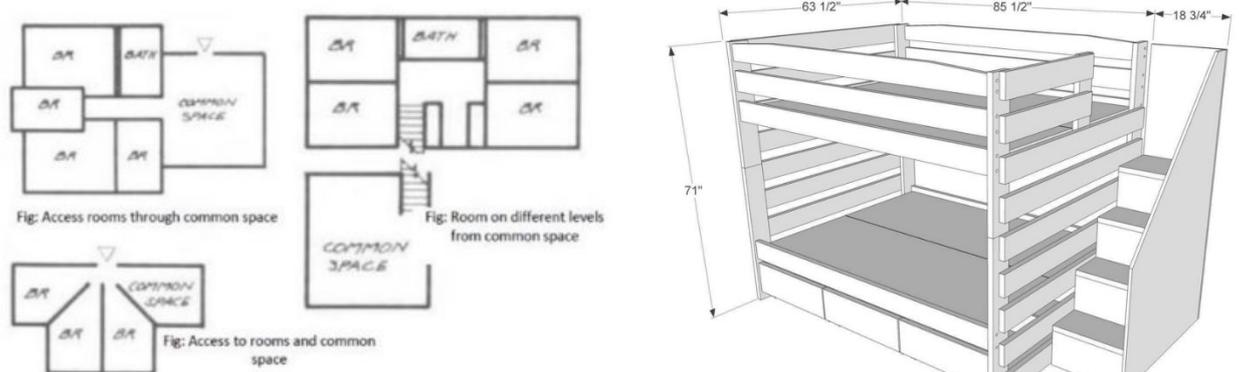


Figure 2 16. Dormitory Design Considerations

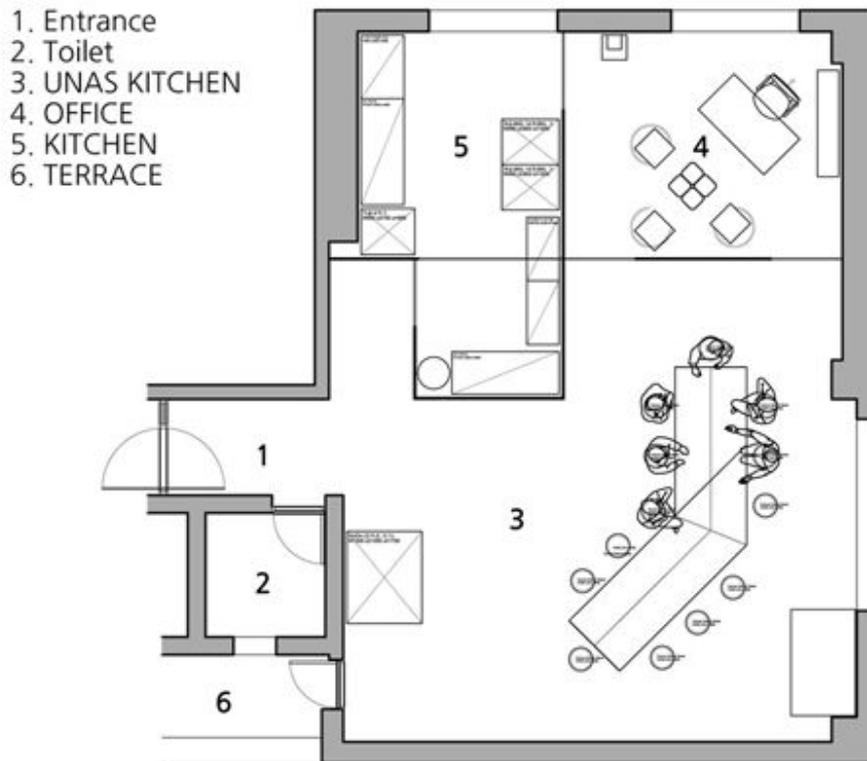


Figure 2 19. Bakery training Layout

2.7 ARCHITECTURE AND PSYCHOLOGY:

Human psychology is directly related to architecture. Appropriate use of various architecture components has the capacity to enlighten the atmosphere, whereas the inappropriate use does the opposite. The buildings' forms, functions incorporated within it, colors, negative and positive spaces in and around it may be the few points, but architecture is directly attached with the human psychology from conscious to sub-conscious level.

Architectural psychology or Space psychology is, in fact, the interaction between people and the spaces they inhabit. Lighting, colors, configuration, scale, proportions, acoustics, and materials address the senses of the individual and generate a spectrum of feelings and practices (Harrouk, 2020).

The concept of architectural determinism holds that the built environment influences the viewer's behavior within a designated space (Marmot, 2002, p.249). This suggests that architecture has a direct influence on the emotions of the perceiver.

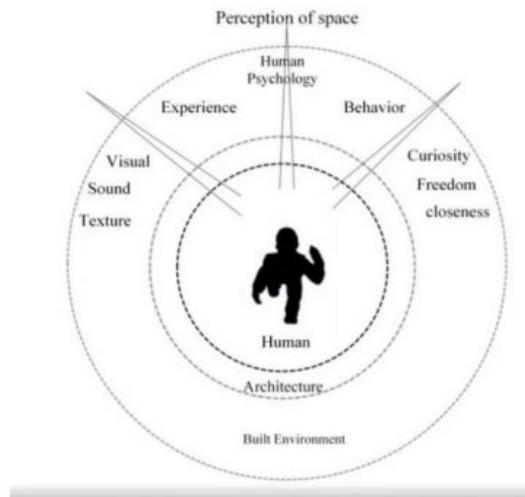


Figure 2 20. Phenomenology in Architecture: Creation of Sensory Perception

2.7.1 Colors & Psychology:

Colors and their perceptions are responsible for a series of conscious and subconscious stimuli in our psycho-spatial relationship. They relate respectively to the body, the mind, the emotions (Psychological properties of colors, 2020). For example, the coloring of the walls and fabrics for a space affects a person 's response to that room. Often, this response to color directly correlates with a person 's comfort and well- being. Designer 's use color to draw the attention to or away from the exterior elements. This is done to highlight positive design features while minimizing unattractive structural elements.

Psychological properties of colors are:

- Red evokes strong emotions. It is intense color that creates the feeling of excitement. This color is also associated with danger, energy, power and love. This color also increases blood pressure and appetite in the users.
- Blue calls to mind feelings of calmness/ serenity. This color has soothing quality, people feel relaxed and comfortable. It is used for the decoration of offices as people are believed to be more productive in blue, as it lowers the pulse rate and body temperature.
- Green symbolizes the nature and natural world. It represents the tranquility, luck, health and jealousy. It relieves stress and helps heal. Neutral shades of green such as olive/ sage are more accepted in room colors than aqua/ yellow green.

- Yellow is the most fatiguing to the eye due to the high amount of light that is reflected on and by it. It is attention getting, increases the metabolism and energy. The pale shades of yellow are the best.
- White color represents purity and innocence. It is bright and can create sense of space/ add highlights. It is cold, bland and sterile. The white interiors give a feeling of cleanliness and space. Few splashes of color will not make it bland and sterile.
- Purple is symbol of royalty and wealth. It also represents the wisdom and spirituality, and used to give exotic feeling, especially the shades of violet will make the statement.
- Brown, is natural color that gives sense of strength and reliability. It gives a feeling of warmth, comfort and belongingness. A medium bright color may be good for walls with accents of brighter colors placed throughout the room.
- Orange is a very exciting color and calls to mind feeling of excitement, enthusiasm and warmth. It is inviting and warm, easier on eyes than yellow and not as bold as red. The warmer shades of orange are more preferred.

2.7.2 Architecture & Healing:

A. Relationship between counsellor, victims and nature

Helping victim recover from the trauma is complex as there is need to assess the impact of counselling and understand the mindset of women. The project aims at architectural translation of spaces to the behavior and psychology of the victims binding them in a community where the women will themselves be able to help the fellow survivors recover. It focuses on various measures that could be taken architecturally to convert their “Pain into Power”. The program for the project is designed in a way to have a long lasting effect on the overall development of the survivors. The broad idea is to “Unleash The Boundaries” of the formal institutional framework into an informal framework of activities giving flexibility and freedom to the users to use it the way they want to, thus making it more approachable in order to help the recover back into their normal lives.

These victims are filled with a huge number of negative emotions in the form anger, disgust, guilt thereby making it essential to transform these negative emotions into something positive. Thus, creating spaces that would channelize their emotions in order to bring positivity in their lives and surroundings.

Counselling is an interaction between two people where one is listening to the other in order to help the person get back into its normal state. Instead of having an interaction only between the two people in a closed entity, an attempt is made to have interaction between the counsellor– Patient– Nature where nature acts as a catalyst in the process of healing also making the space less clinical and more homely.

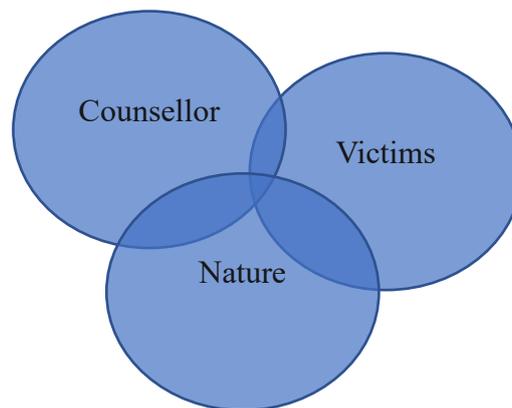


Figure 2 21. Relationship between counsellor, victims and nature

B. Plants selection

According to the research by (Samanth, 2015) and university of Minnesota plants with following characteristics should be selected

- If possible, use plants that have some medicinal value
- Use a variety of textures, scents, colors, as well as plants that make pleasant sounds as wind rustles their leaves.
- Flowers and vegetables are planted in raised beds to create ease of maintenance and easier access by visitors with limited mobility.
- Enhance the sense of smell to relax.



Glossy Abelia



Cape Jasmine



Day Jasmine



Arabian Jasmine



Night Blooming Jasmine



Kamini

Figure 2 22. Scented Shrubs



Indian Devil Tree



Indian Beech Tree



Neem

Figure 2 23. Trees for shade



Lavendula Angustifolia



Rosa Damascena



Centaurea Cyanus

Figure 2 24. Scented Flowers



Osimum Sanctum



Balm Mint



Passion Flower

Figure 2 25. Anti Stress Herb

C.Healing Elements of a Building

Below flowchart shows the architectural healing elements, including the fusion of light and color, circulation and space organization, form and building system, building envelope, and finally the application of healing architecture in medical buildings.

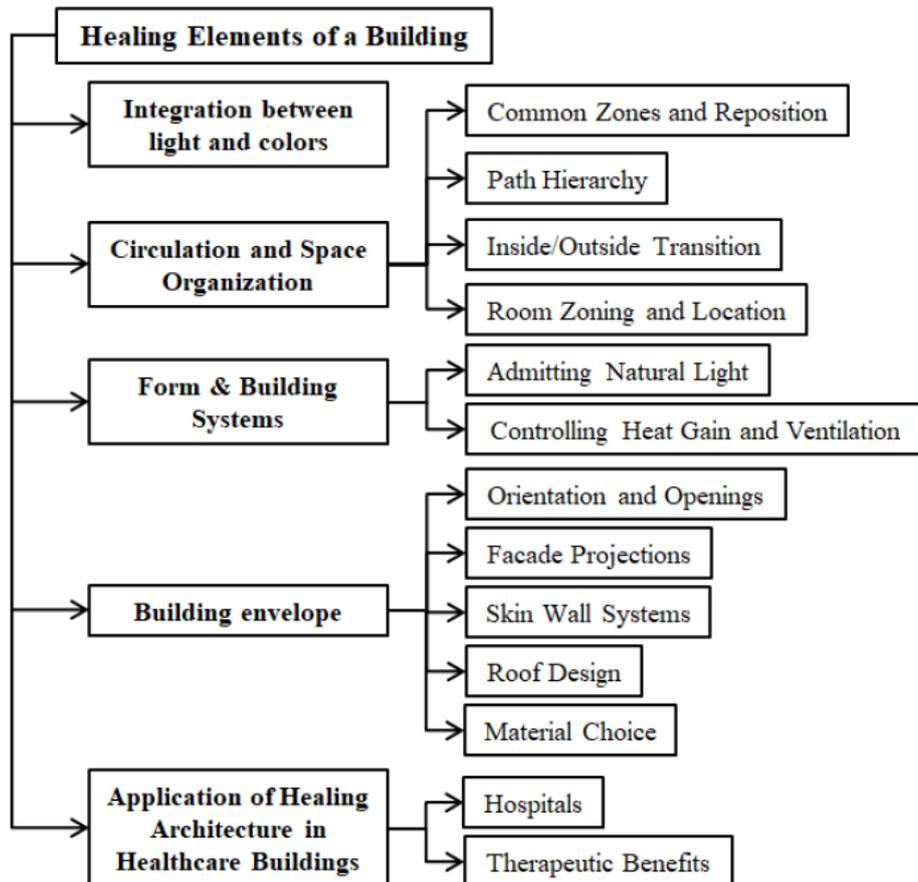


Figure 2 26. Healing element of a building

CHAPTER 3: CASE STUDY

3.1. National Case Study:

3.1.1 The Women's foundation Nepal:

Location: located on the Boudha side, approximately 1.4 kilometers away from Boudhanath Stupa.

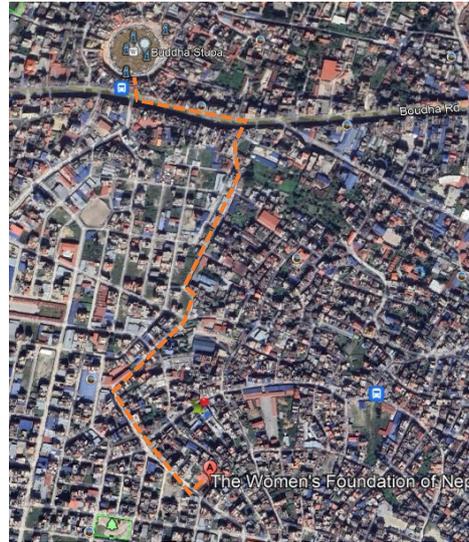


Figure 3 1. Location map of The women's foundation Nepal

Target Population: Empowered for independent women

1. Introduction:

In 1988, The Women's Foundation Nepal, was established as a non-profit and non-government organization. The mission of The Women's Foundation Nepal (WFN) is to work towards a violence-free society by helping women and children in Nepal who are victims of violence, abuse, and poverty. WFN provides women and children with a safe Shelter Home and covers all their needs, such as access to educational opportunities, skills training, and ultimately a proper job. The women and children are also provided with medical, psychological, and legal assistance.

The Women's Foundation Nepal also runs a fair-trade organization called The Maheela Cooperative. The Maheela initiative empowers women through skill training and employment where they work to produce beautiful scarves, textiles, and necklaces. Many women, after leaving the Shelter Home, work here, while their children go to the WFN's Child Care Center or study at WFN's violence-free school. The handicrafts are mainly exported to Europe and US/Canada and help the WFN to fund its projects.

2. Objectives:

- Shelter Home & support: To provide a safe Shelter Home, which provides all needs. Medical, psychological, and legal support to women and children who are victims of violence, abuse, and/or poverty.
- Access to education/training: To provide survivors of violence or abused women and children with access to kindergarten, school and university education as well as various skills training and empowerment programs.

The Women's Foundation Nepal has two different branches:

- A. **Sip Bikash Uddhyo:** This branch focuses on development and empowerment initiatives.
- B. **A Home for Women and Children:** This branch provides shelter and support for women and children in need.

A. Sip Bikash Uddhyog:

A.1. Introduction

The factory was established in 2004 at nayabasti, jorpati Kathmandu covering 2 ropani land. It produces silk, pashmina, Linen, Viscose, Dhaka, and woolen product.

A.2. Objectives of study:

- To analysis of space requirement, services, and circulation pattern.
- To understand the process of product manufacture.

A.3.Zoning:



Dyeing



Spinning



Screen



weaving



Drying

- - - - - Public zone
- - - - - Semipublic
- Private zone

Figure 3 2. Master plan of the women foundation

1.Public Zone:

The entrance of women’s foundation at Boudha is oriented towards the west. On entering through the entrance, we first come across a public zone. The public zone consists of a big garden which has been mainly used for the drying purpose.

2.Semi Public Zone:

The semi-public zone consists of

- Production center1: Inside the production center 1, activity of weaving takes place. Women inside the foundation carry out the weaving activity in this block.
- Production center 2: Inside the Production Center 2, screening process takes place along with the spinning threads into molds.
- Dyeing hall: Similarly, the dyeing hall is used for coloring the threads according to the requirement. After dyeing the threads are sent for drying.

- Screen printing hall: Screen printing hall is used for printing stamps, logos and other mural in the clothes that are produced in the center.

After all these processes, the materials are stored in a store and made ready to be distributed in the market.

3.Private Zone:

The private zone consists of a single block that mainly carries the activities of twisting, mandaling etc. The final finishing and product checking activity also takes place in this building. The ground floor is used for activities of women foundation whereas the upper floors are used as administration offices for the foundation.

A.4 Architectural expression

- Single storied, loadbearing structure of dyeing production center 1 and production center 2.
- Use of CGI Sheets

A.5 Inference:

- Planning of office space is not proper as both the administrative section and the working area is in the same building at different floors.
- Reception and helpdesk are required in ground floor because there are no any signs of people to help navigate around the area.
- Circulation is not proper because it is very confusing while going from one block to the other.

B.A Home for Women and Children

- Location: Women and Children Rehab at Dachhi, VDC, Thali
: 400 meters away from Soltimode in Kageswori Manohara
: Samajik Sip BikashUddhyog and women Foundation Head Office at Nayabasti, Jorpati, boudha



Figure 3 3. Location map of women and children Rehab

- Target Population: Victims of Domestic Violence, war conflict and orphan
- Total capacity: 78 people
- Current number of people: 51 people
- Stay Period for children: up to 18 years

B.1. Introduction

The children and women rehab of the women foundation was established in 1988 on the area of 12 Ropani. The complex consists of women and Children's dormitory, and dining blocks. It is located within peaceful environment within which 78 women and children can reside. The women and children who live at the Shelter Home are victims of violence, abuse or extreme poverty. WFN removes the women and children from life-threatening situations and gives them a safe home. Dining hall for 30 -35 people and provision of open space used for vegetable Farming.

Everything that the women and children need is provided: a safe home, a healthy balanced diet, medical treatment, psychological counselling, education and training and a caring environment, that feels like a family. The women in the shelter are given the opportunity to attend the training courses run by the WFN so they can return to work and they often work

at the Maheela Cooperative. The ultimate goal is to ensure that the women at the shelter home become independent and empowered. In 2019 WFN won 62 cases and registered 107 new cases in court. Most of the cases relate to divorce, violence and property rights. Many cases are resolved through mediation allowing the cases to be resolved quickly and efficiently.

B.2. Zoning:

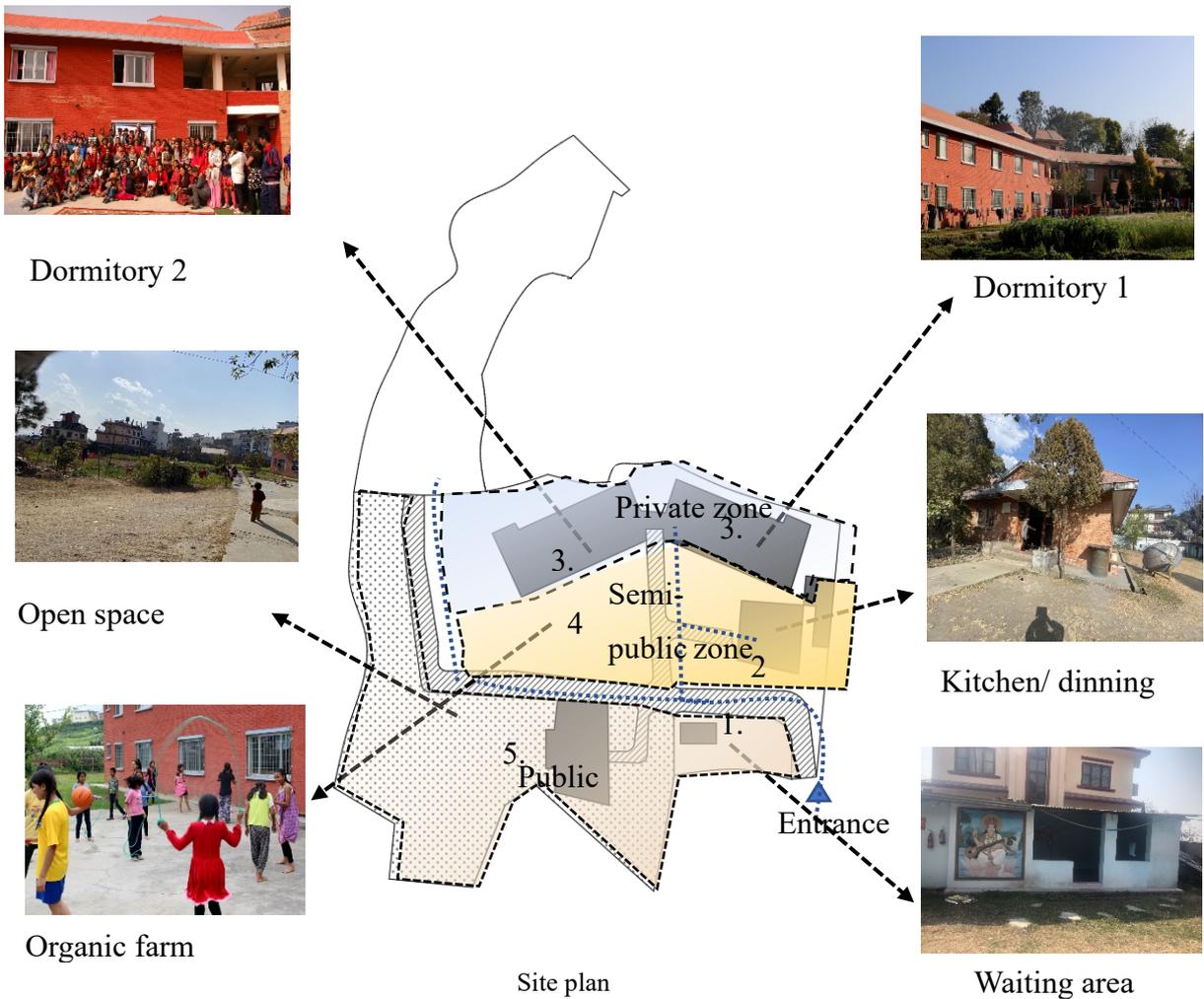


Figure 3 4. Women foundation Complex

Index:

1. waiting area, guardroom
2. Kitchen/dinning
3. Women and children dormitory
4. Organic farm,
5. Open space

1.Public Zone: The entrance is oriented towards the northern side. On entering the shelter, we come across public zone. The public zone consists of a guard house, waiting area, and organic farm. A guard house is where people entering inside the shelter must first get the permission of the person sitting there. The waiting area serves as a place where new comer to the complex has to sit until the person has been verified. It also consists of an organic farm, where vegetables are cultivated for the people living inside.

2.Semi Public Zone: The semi-public zone consists of a kitchen/ dining space and open space. The dining space is used by the people to have lunch and meals, and the open space serves as a playing ground for the children as well as a place for the recreational activities.

3.Private Zone: The private zone consists of dormitory. The main buildings of this zone are the dormitory. The dormitory acts as a place for the people to stay and protect them.

B.3. Planning:

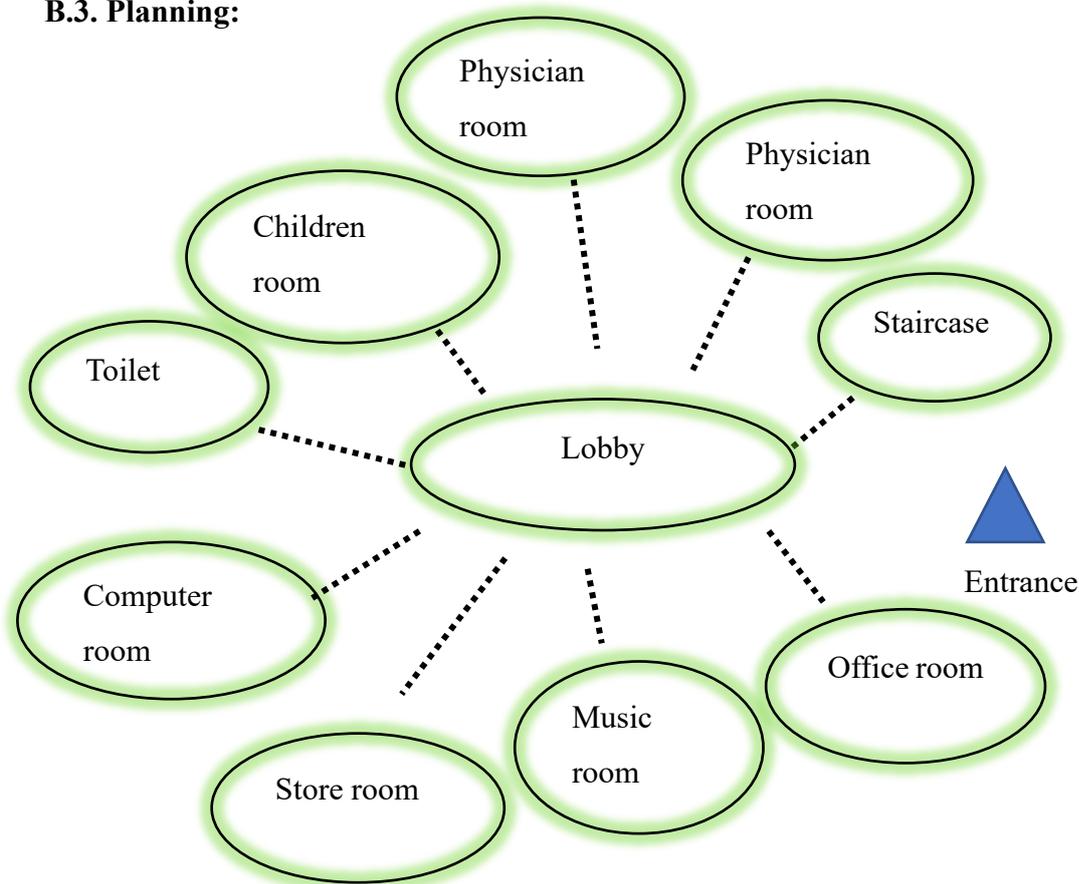


Figure 3 5. Ground floor plan of shelter building

On the ground floor of dormitory, first we come across a lobby which leads to different spaces like, Physician Room, Compute Room, Store Room, Music Room, Office Room, and a Pharmacy.

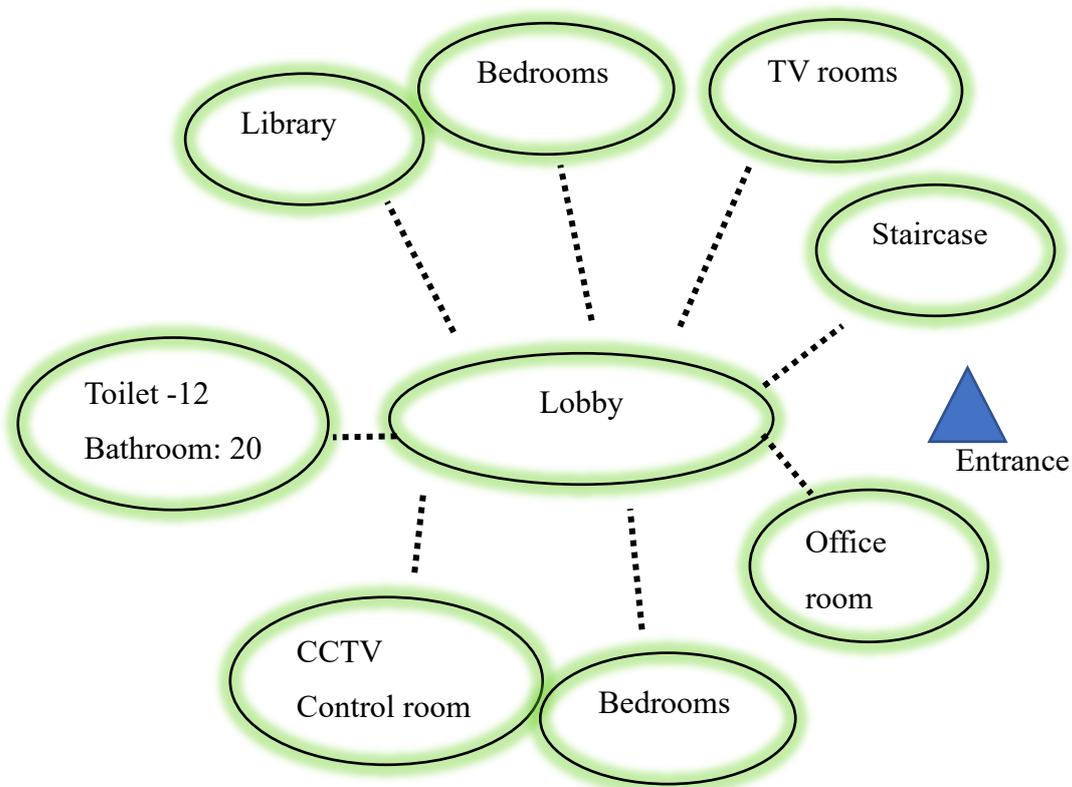


Figure 3 6. First Floor Dormitory

In the first floor of dormitory, we too come across a lobby again. This lobby leads to the office room which is in the first floor, bedrooms, bathrooms and toilets. This floor also consists of a control room form where the CCTV video access are taken and looked upon. Each children bedrooms consists of 4 beds while bedrooms for adults consists of single bed each. It also consists of bedrooms with 6 children and 2 women per room.

Kitchen block:

This kitchen block lies in semi- public zone, where all the children and women gather to have meal. This kitchen block has a capacity to serve 30-35 people at once. The lobby leads to dining hall, the store room for vegetables and the kitchen area where the meal is prepared.

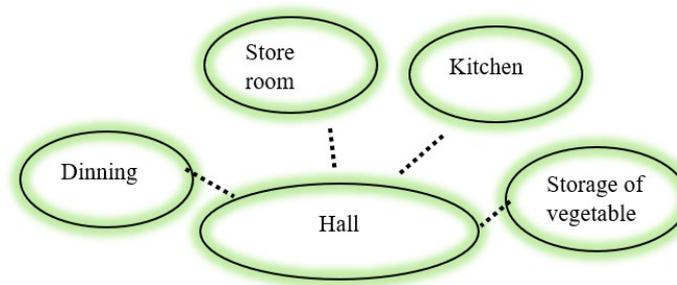


Figure 3 7. layout of kitchen area



Figure 3 9. Dinning Spaces



Figure 3 8. Kitchen Spaces

B.4. Architectural Expression

Space studied:

- Two and half storied building, facing the open ground.
- No considerations for fire safety or disaster management.
- 1 common rooms of size-8.6 x 4.2 sq. m used for watching television, performing cultural program etc.
- Provision of a doubly loaded corridor for circulation.
- I balcony in each story used as a social space.
- Use of a solar, rain water harvesting and kitchen garden for sustainability factor.
- Acute shortage of private space.
- Provision of double bed for women and bunk bed for child.

B.5. Inferences:

- Spaces which are to be easily accessible and visible.
- At least visual segregation of private, semipublic and public zone is desired.
- Despite having a vast land area, proper separation for different activities is lacking.

3.1.2 Tewa Complex:

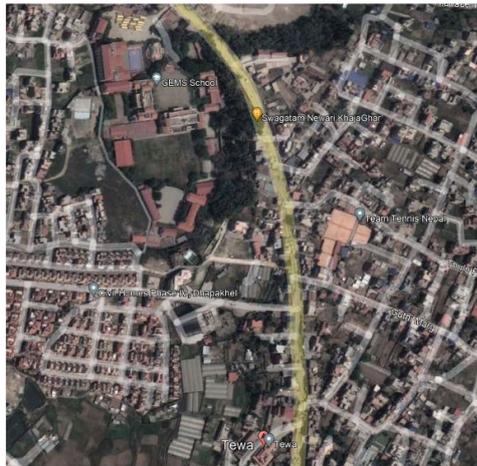


Figure 3 10. Location map of Tewa complex

- Location: Dhapakhel, Lalitpur
- Area: 2 Acres
- Building type: center for empowerment of women
- Architect: Ar. Sarosh Pradhan
- Built up area: 2 acres of land

It is a non-profitable organization founded in April 1996. Tewa commits to the empowerment and advancement of women through regular grant making to women groups throughout Nepal. It aims to increase self-reliance of Nepalese by encouraging women to share regularly for sustainable development and lasting space. The Tewa land and the building development project was conceived with an aim to better utilize the endowment fund to fulfill Tewa's objectives and sustain Tewa. Thus, the Tewa complex was built with the purpose to serve not only Tewa but also the surrounding community and women's activities.

1. Objectives of study:

- The analysis of space organization, services and circulation pattern.
- To better understand planning and designing in contours.
- To get knowledge about the process & components involved in women empowerment.
- To explore the architectural expression of the place

2. Zoning:

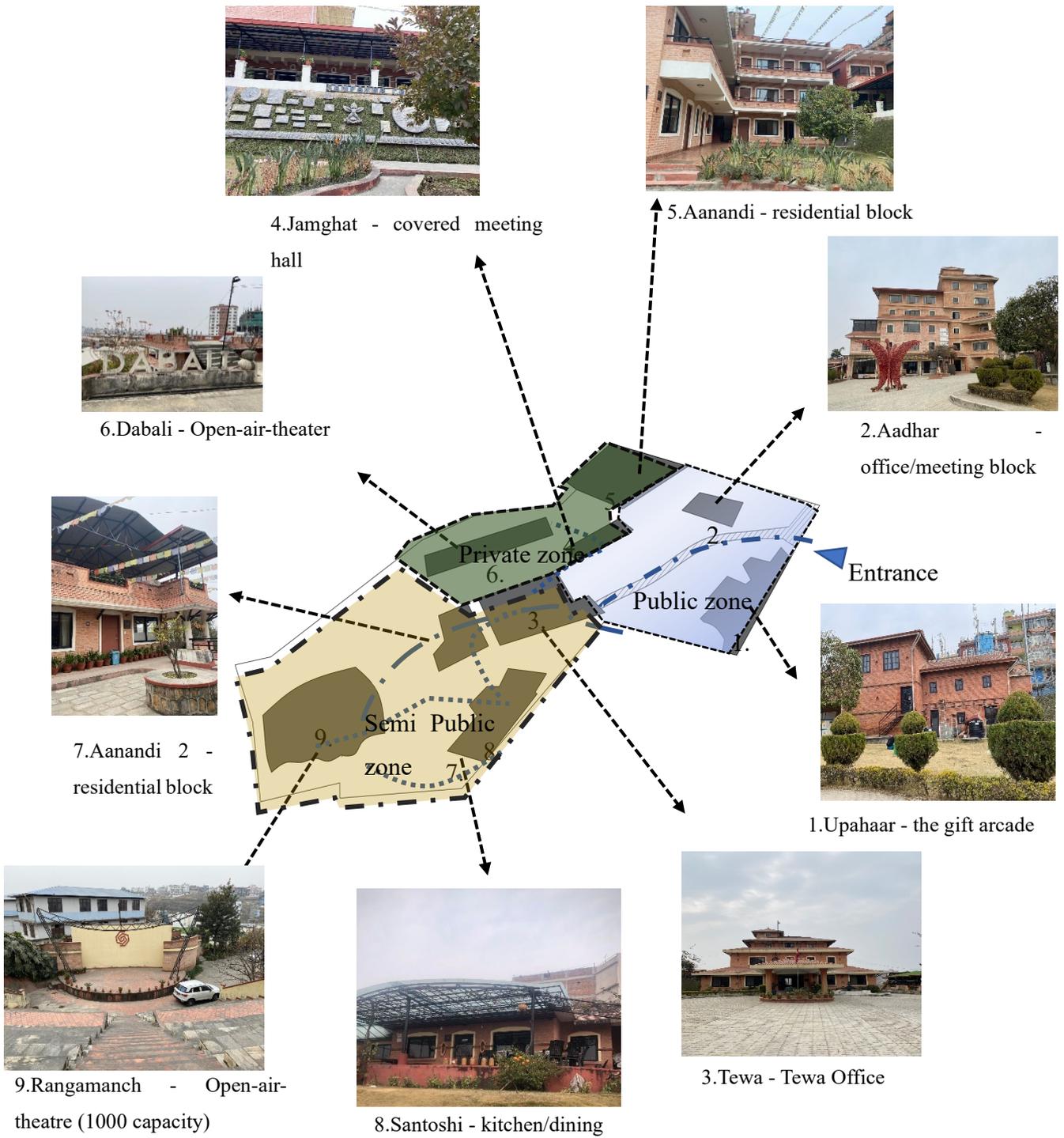


Figure 3 11. Building placement in Tewa Complex

3.Planning:

1. Public Zone:

cafeteria, parking, Rental shops (Upahar)

2. Semi-public Zone:

administration, library, training hall, multi-purpose hall, open- air theatre,

3. Private Zone:

Dormitories and Guest houses (Anandi)

There are four main blocks:

- building for rental purpose on the eastern side:
- dormitory block on the northern side
- main block that lies at the Centre of the site
- cafeteria on the south- west

A. Tewa (Administrative Block)

- The portico acts as transition space and a welcoming entrance.
- Two exits in the building, one to the beautiful landscaping zone and cafeteria; next to the back of the cafeteria
- Training room on the upper floors with each floor area of 548.8 sq.ft and staff offices.
- Micro-finance as an empowerment means, also grant making and various fund-raising programs

B. Santoshi (Cafeteria)

- Patio at its entrance with mesmerizing panoramic views; steel pergolas
- Dining area; seatings for four persons one table
- Main entrance from north and Reception on the left-hand side

C. Aadhar (Multipurpose block)

- Multi-purpose and Training Hall
- Five-storied building block consisting: -
 - Kamala Hall – Ground Floor

- Board Room – First Floor
- Nagarik Aawaj – Second Floor
- Dip Yogini Office –Third Floor
- Aadhar Hall – Last Floor

D. Aanandi (Dormitory Block)

- Aanandi block; Aanandi 1, Aanandi 2 and Aanandi 3
- Accommodation unit consisting of single and double bedrooms.
- Garden space in front of it.
- Overall units hold 80 persons.
- Presence of single unit for Mentor or guest willing to stay privately.

E. Open Air Theater_ Rangamanch

- Public space_ Southwest part of the site
- Private zone
- Use of contours; functionally seating arrangements _ capacity 450 people
- Fan form seating arrangements; aisle on its middle
- Referred to the standards
- Back stage area- 120 sq/ft with toilets

F. Community Hall_ Jamghat

- North east part of the rental block
- Adequate lighting_ presence of large windows
- Spill out outdoor area with panora

4.Architectural Expression:

➤ Building Forms:

- Nepalese traditional architecture, simple geometric form
- Beautifully planned in the curvilinear contour.

➤ Building Material:

- RCC framed structures, wooden doors and aluminum windows
- Telia bricks tiles, floors tiles, marbles, parqueting, cement punning on floors
- Metal and wooden staircase
- Fair faced brick on façade

➤ Space Studied:

1. Upahaar - the gift arcade
2. Tewa - Tewa Office
3. Aadhar - office/meeting block
4. Santoshi - kitchen/dining
5. Jamghat - covered meeting hall
6. Aanandi - residential block, dormitory, housekeeping block
7. Aanandi 2 - residential block
8. Rangamanch - Open-air-theatre (1000 capacity)
9. Dabali - Open-air-theater (150 – 300 capacity)
10. Tewa staff kitchen - staff lunch

Table 3 1. Area distribution of Tewa cafeteria

Cafeteria	Area (sq. ft.)
Dining Area	450
Cashier	25
Kitchen	140
Store	100
Capacity	50 people inside 25/30 in ratio

Table 3 2. Area distribution of Tewa complex

Hall	Area (sq. ft.)	Capacity
Multipurpose Hall	350	35
Library	250	15
Community Hall	1113.6	
Training Hall	548.8	

5. Inferences

- Proper planning, Welcoming entrance, Adequate lighting
- Nepalese traditional architecture, Portico as transition space
- Sufficient circulation on outdoor space
- Functional use of contours as open-air theatre.

3.1.3 WHR (Women for human rights – single women group):

Location: Budhanilkantha, Hattigauda, Kathmandu Nepal

: Target population: Vulnerable Single Women

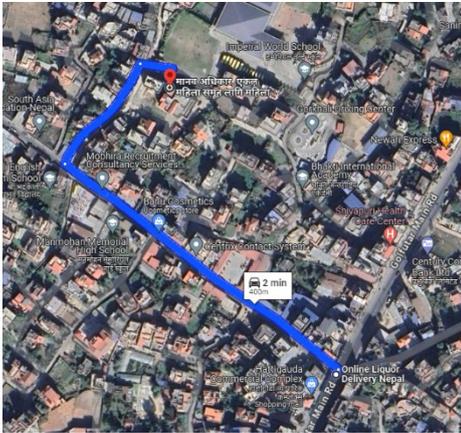


Figure 3-11: Location map of WHR

Figure 3-12: Women for Human Rights head office

1.Introduction:

Women for Human Rights, single women group (WHR) is a non-governmental organization, established in 1995, with the aim of fighting for the socio-cultural, economic and political rights of single women of Nepal. WHR strives to create a just and equitable society where there will be “no discrimination on the basis of marital status”. WHR has been a pioneer in addressing single women’s issues and has worked in the area of socio-cultural, economic, legal and political empowerment of single women.

2.Objectives

- To gain economic independence and are socially accepted with dignity and respect for Single women all over Nepal.
- To Work towards economic empowerment of single women for poverty reduction and facilitate and assist for the rights of single women entrepreneurs and home-based single women workers.

1. Objective of Study

- To study the planning and requirement of office space.
- To study the activities related to empowerment of women.

2. Zoning and circulation :

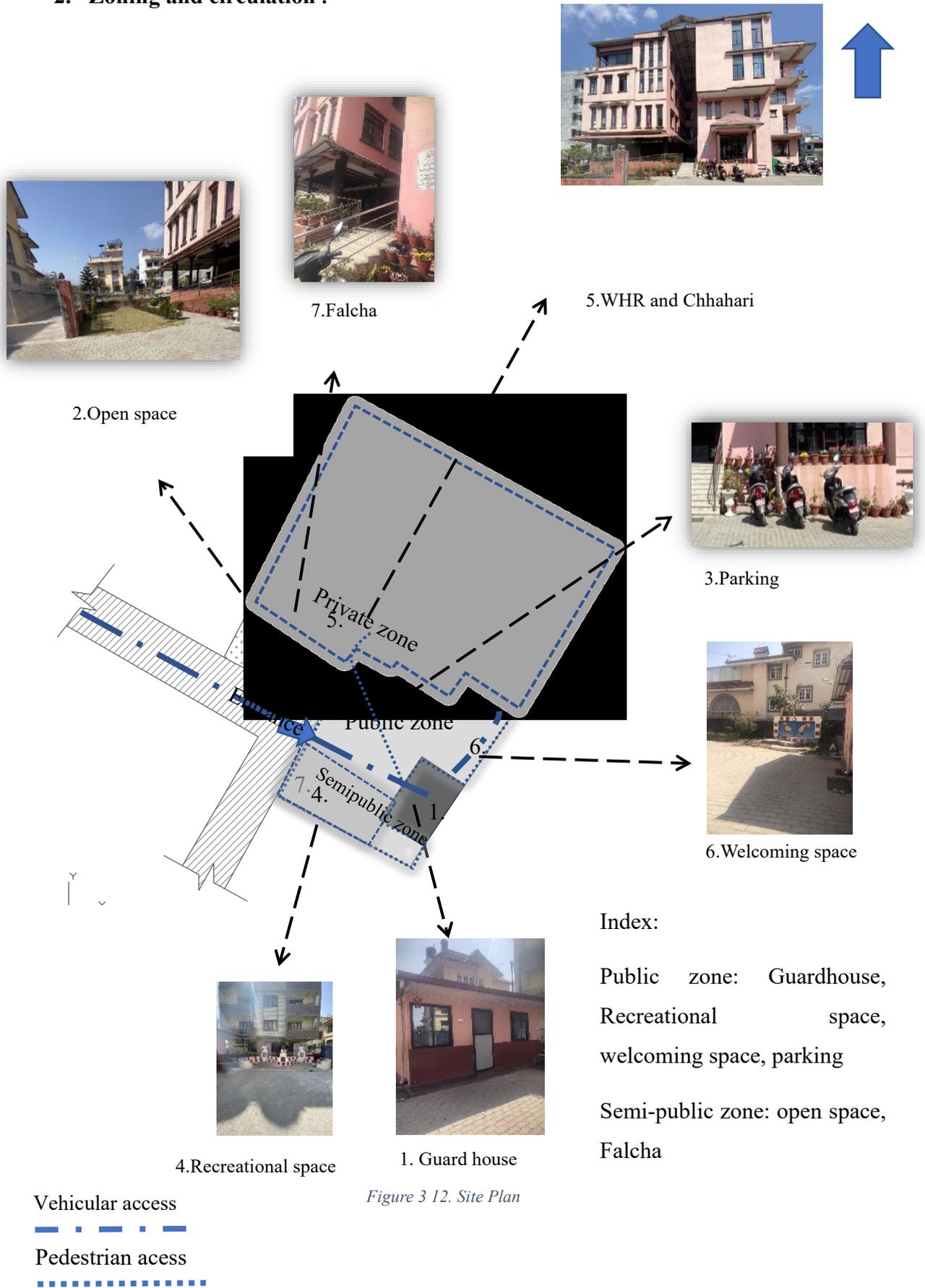


Figure 3 12. Site Plan

5. Planning:

The entry gate WHR is east oriented. On entering the area we come across a long entrance with adequate width to pass a 4 wheeler vehicle comfortably.

1. Public zone:

The public zone consists of a welcoming space, where we can find a mural 3d painting with a welcoming spirit. Similarly, a guard house and a recreational space can be found in the public zone. Everyone upon entering the premise of WHR must put their name on the board at the guard house. It also consists of a parking space for bikes and cars

2. Semipublic zone:

The semipublic zone consists of a wide greenery filled open space and a traditional falcha. The open space consists of a wide greenery garden which can be used as a healing space while a falcha provides a resting place providing a traditional vibe. The falcha can be a place for the people inside shelter to share their opinions with one another.

3. Private zone:

The private zone consists of the WHR and Chhahari block. The WHR block is being used as an administrative block while the Chhahari block is being used as a shelter block for the victims.

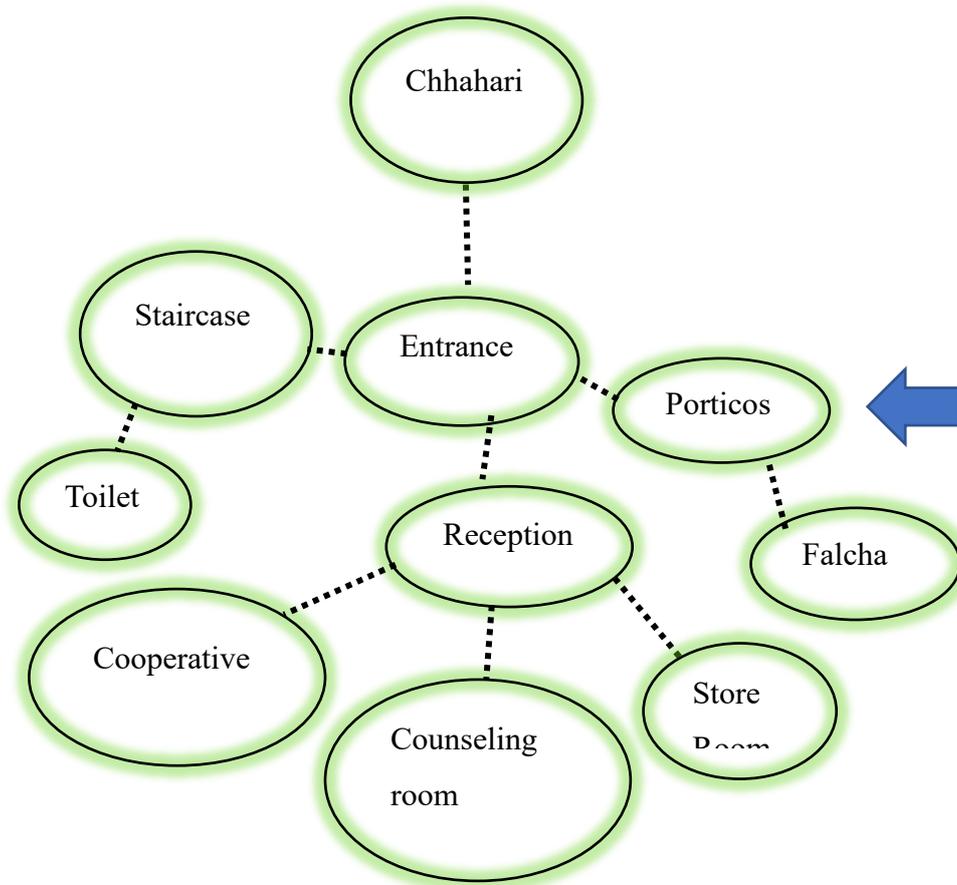


Figure 3 13. Space allocation in Ground floor of WHR



Figure 3 14. Counseling Room

The site is south oriented. Upon entering the site, we first come across a portico space that leads to the parking area along with the way leading towards the falcha and the open spacious garden. Towards the left of the entrance, we find a reception area. The cooperative room, counseling room and the store-room can be visited by passing through the reception area. We can find a beautiful painting of buddha at the counseling room symbolizing peace and calmness in the room.

Similarly, towards the right side of the entrance, we find the WHR & Chhahari block. The WHR block contains all the administrative office where as the Chhahari block is a shelter place for the victims.

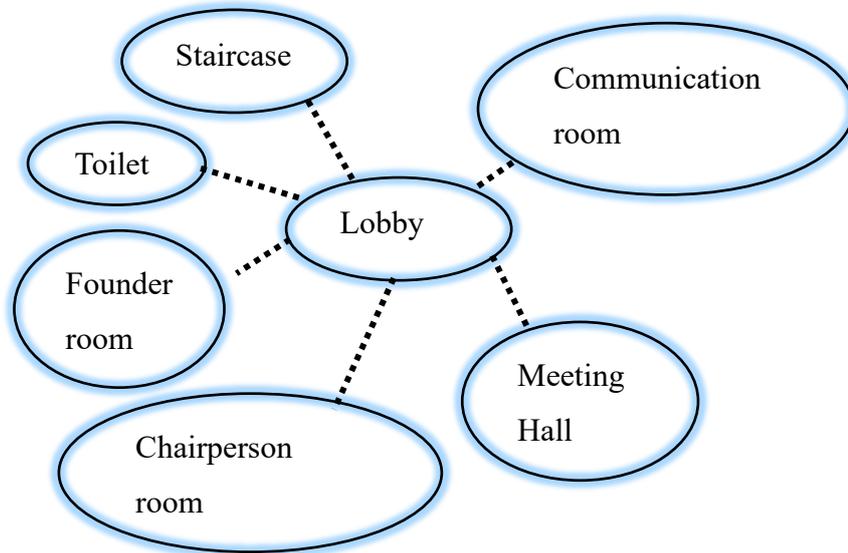


Figure 3 15. Space allocation in first floor of WHR office

The first floor of the WHR administrative block contains the chairperson room, meeting hall, communication room and the founder room along with bathroom.

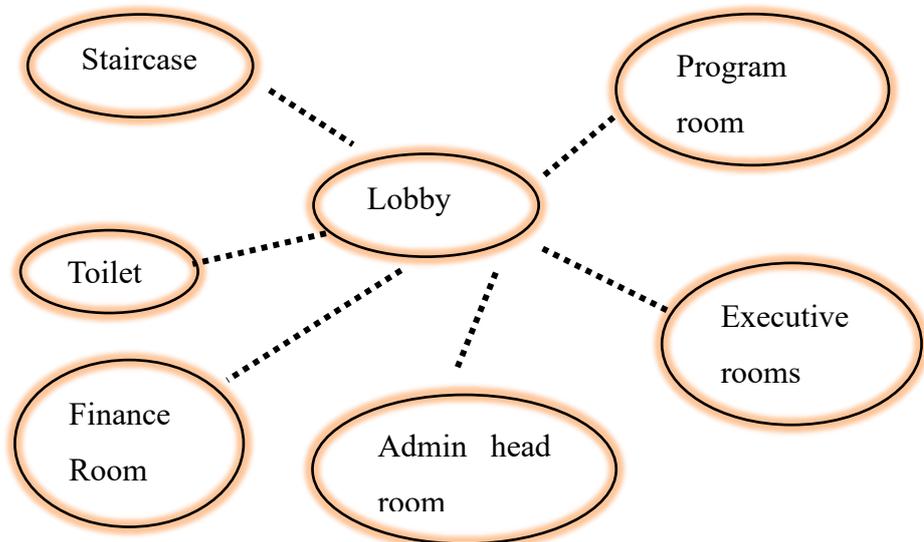


Figure 3 16. Space allocation in second floor of WHR office

The second floor of the block Consists the finance room which is responsible for handling the transaction within the organization, an executive room, a admin lead room and a program room for hosting small events and exhibitions.

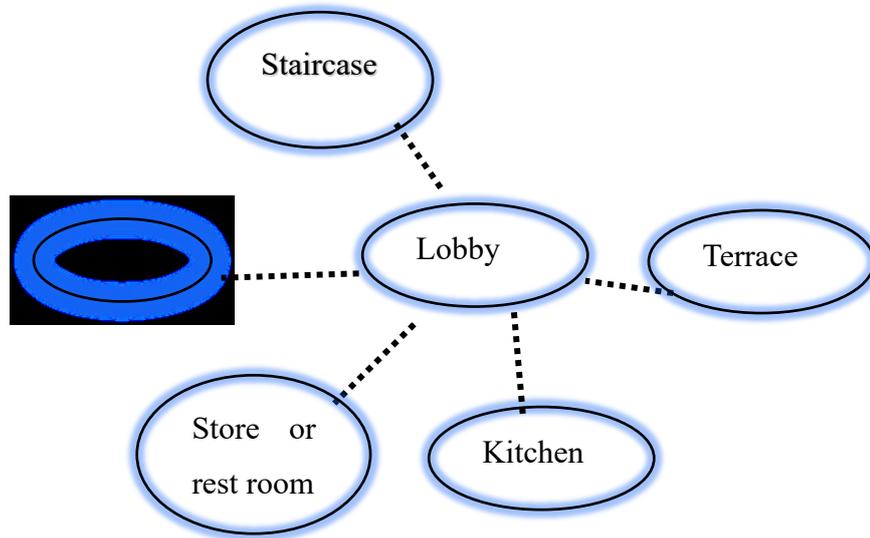


Figure 3 17. Space allocation in second floor of WHR office

The third and the topmost floor consists of a lobby leading towards a store room and a kitchen. This floor also has a terrace which can be a source of refreshment.

A. Chhaharai Services

Location: Location: Budhanilkantha, Hattigauda, Kathmandu Nepal

Target population: Vulnerable Single Women

Introduction:

In Nepali, “Chhahari” is the comforting shadow that a tree provides to tired travelers along their way. Similarly, the Chhahari Women Entrepreneur House offers a safe place where women facing difficult times can find shelter and the opportunity to create a new life for themselves and their families.



Figure 3 18. Chhaharai building

The Chhahari was initiated by Women for Human Rights, single women group and works in close contact with it. Chhahari welcomes vulnerable women, providing them psychological counselling, legal support and medical care, skills development trainings and employment opportunities. Nowadays, it offers a wide range of services to the public, using all the profits to support its activities and help more women every day.

1. Objectives:

- To provide safe heaven for the conflict affected, needy and vulnerable single women.
- To help them in capacity building through skill development and reintegrate them in society.

2. Objectives of study:

- To study the space requirement and arrangement of the accommodation for the single women
- To know the functional and spatial requirement of the handicraft workshop and tailoring
- To understand the process of lunch box services and its space requirement.

Chhahari Provides:

- Healing center
- Resource administrative center
- Community learning center
- Economic opportunity center
- And Accomodation

3. Planning:

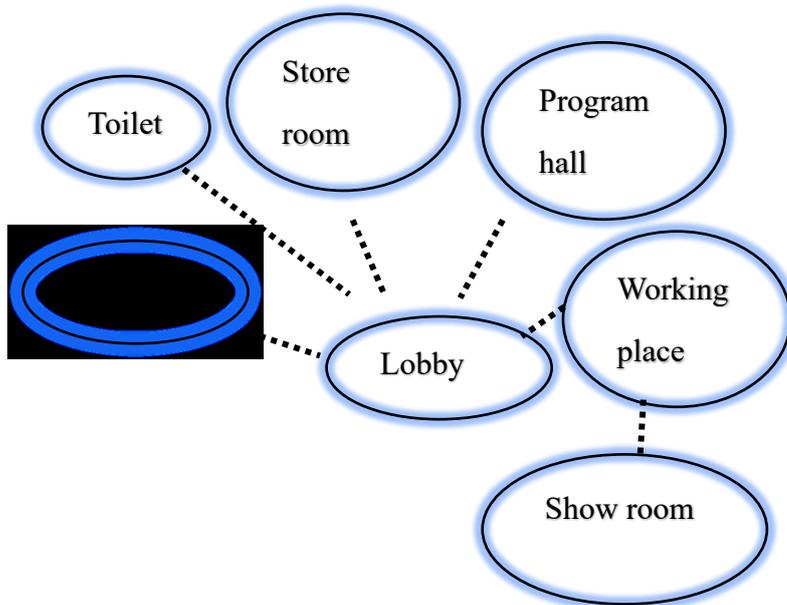


Figure 3 19. Working Place

Figure 3 20. Space allocation in Ground floor of Chhaharai

The ground floor of the Chhahari block is mainly being used for working purpose. This floor contains a working place where women carry out tailoring activities. The working place is attached with a 'show room', where the products made by the women are displayed. Similarly, it consists of a storeroom as well.

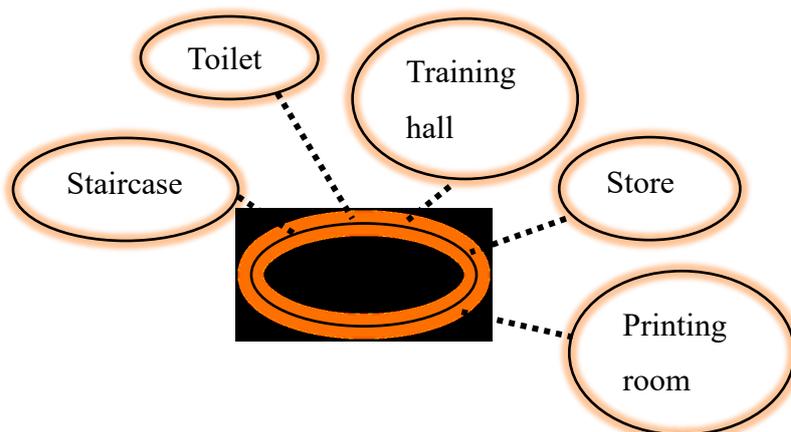


Figure 3 21. Show room

Figure 3 22. Space allocation in first-floor of Chhaharai

This floor consists of a training hall for skill enhancement, a store room and a printing room where different designs and colors are printed on the product produced by women.

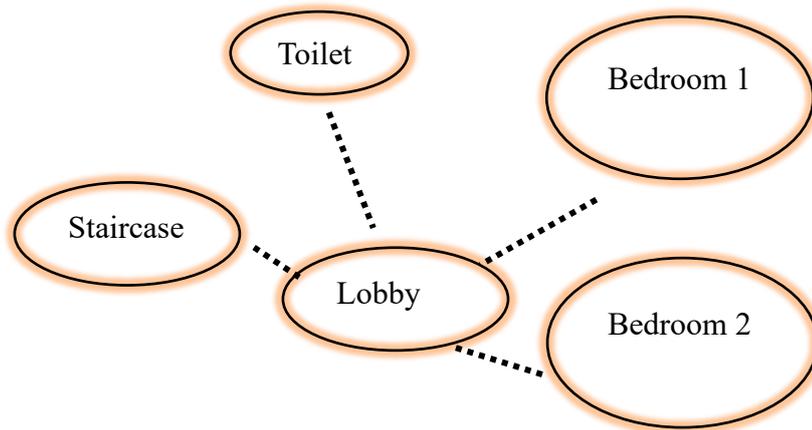


Figure 3 23. Space allocation in second-floor of Chhaharai

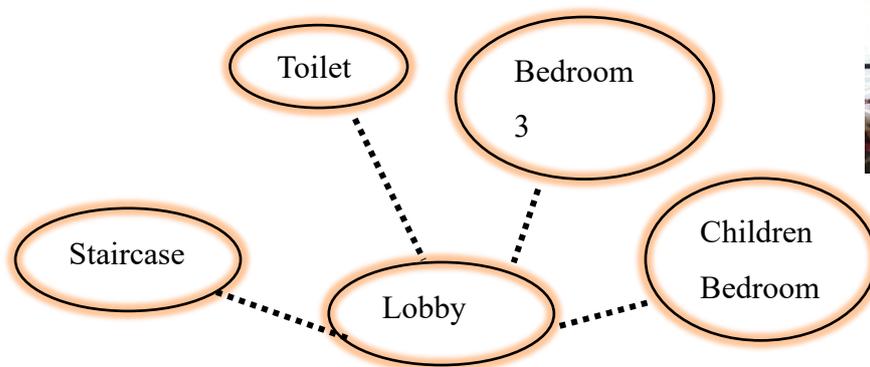


Figure 3 24. Bedroom space

Figure 3 25. Space allocation in Third-floor of Chhaharai

The second and third floor is being used as accommodation and living space.

4. Architectural expression:

- Simple geometric form with slope roof
- Falcha provides a resting place giving a traditional vibe.

Table 3 3. Capacity of people in WHR

Capacity of training	50-80 people
Capacity of shelter	50-60 people
Capacity of dinning	50

5. Inference:

- Although the organization is in a small land area, it has given separate spaces for all the required activities.
- Along with modern building design, the Falcha provides a traditional vibe which can be a place for chit chatting among people inside organization.

3.2 International case study

3.2.1 Women's opportunity center, Kayonza, Rawanda

- Project Name: Women's Opportunity Center
- Location: Kayonza, Rwanda
- Completed: 2013
- Area :2 hectare
- Architect: Sharon Davis
- Building type: Community center for women
- Category: community
- Building usage: Semi-Public

1.Introduction

Located on a one-hectare site in the Kayonza district in eastern Rwanda, the Women's Opportunity Center is energizing one small community's subsistence-agriculture economy through female empowerment. Traveling to the center's daytime classes and events on foot, residents—many of them survivors of war—learn income-generating skills, such as animal husbandry and processing techniques that can sustain food cooperatives. As many as 300 women participate in training at any time.

The facility is designed in collaboration with the humanitarian organization Women for Women International, and as such it poses a more expansive role for architects. In particular, the design of the Women's Opportunity Center takes social equity into consideration, by weaving job training into the scheme. Future students were assigned the manufacture of pavilions' bricks, using clay extracted from nearby sites as well as a manual press method adapted from local building techniques. Hands-on construction administration improved workers' skills, as well.

It is a community center for women. The design revives a lost Rwandan design tradition with deep spatial and social layers. Its circular form radiates outward from intimate classrooms at the center of the site to a community space, Farmer's Market and the civic realm beyond.

2.Zoning analysis :

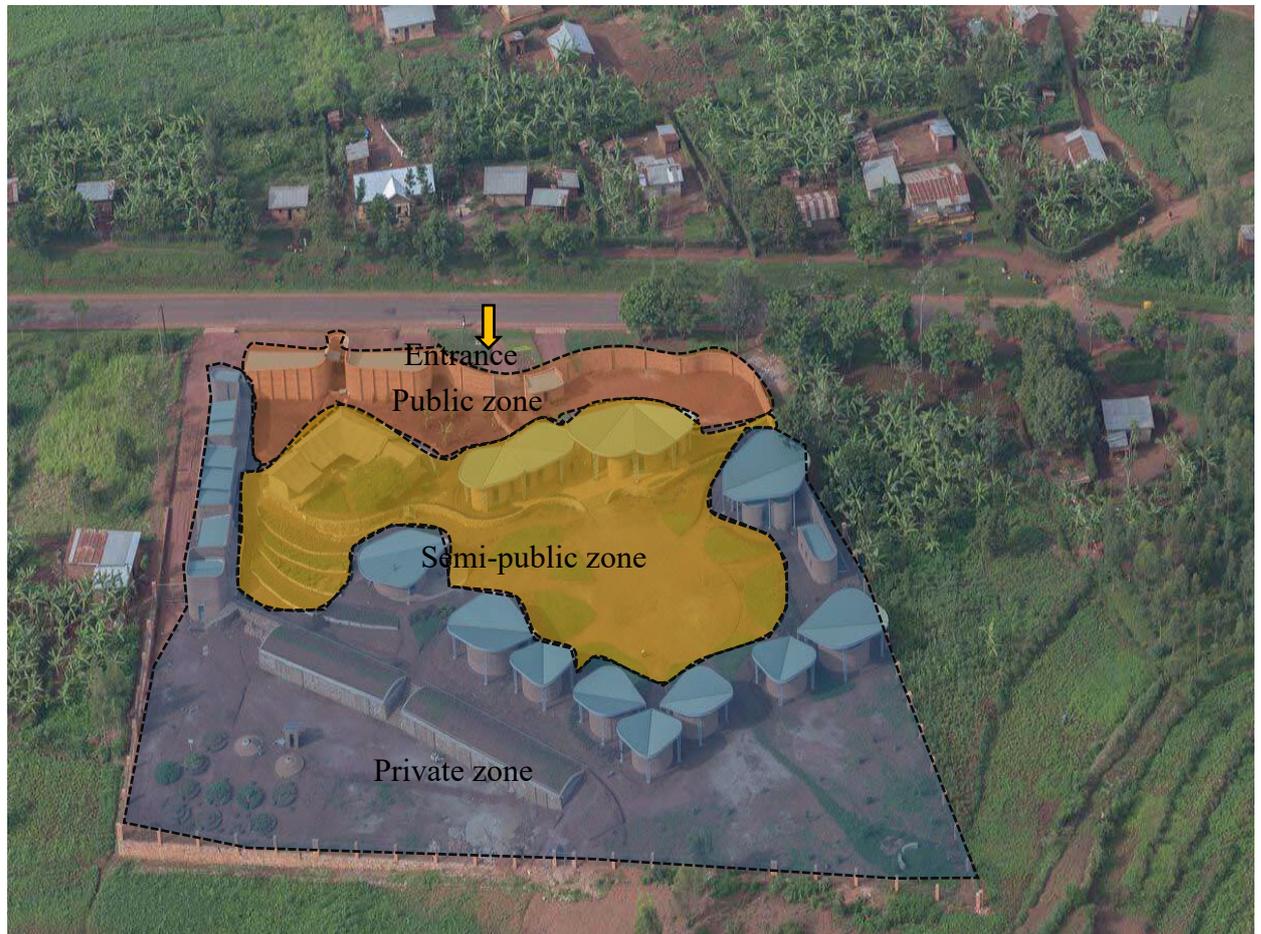


Figure 3 26. Site plan of Women's opportunity center

Index:

- Public zone: Entrance, Market area
- Semi-public zone: Administrative, Guest and Staff lodging, gathering space, water closet
- Private zone: classrooms, farm classroom, demonstration area

3.Planning and circulation:

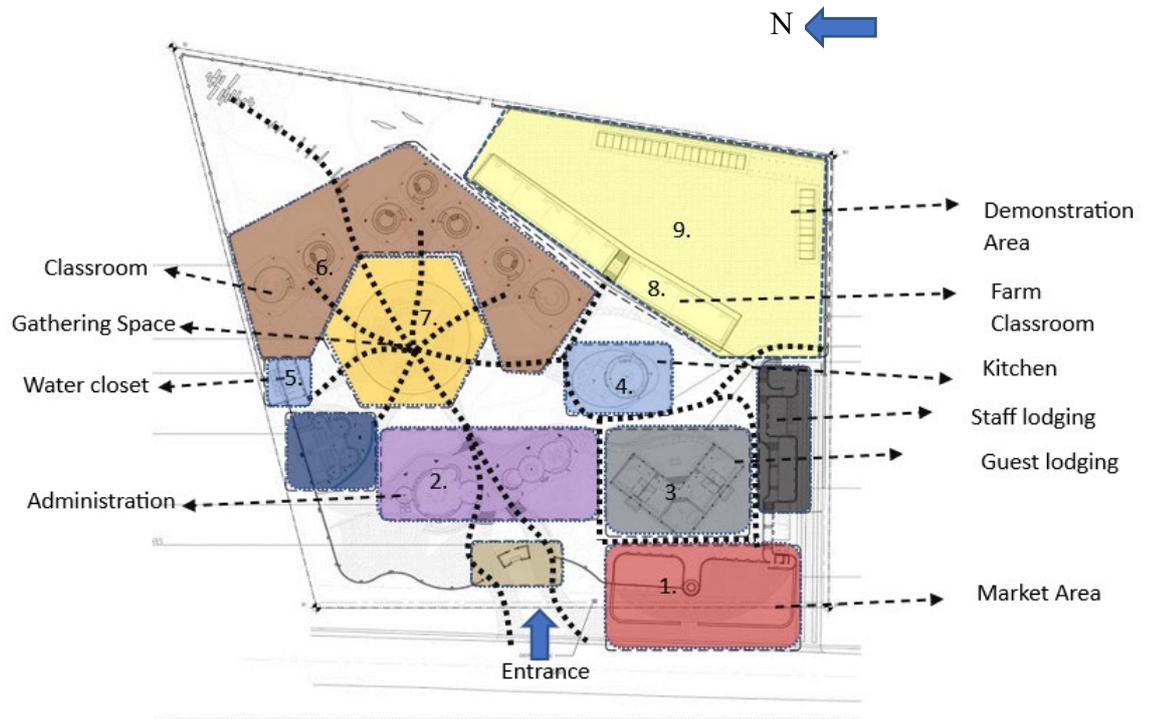


Figure 3 27. Master plan of Women's Opportunity Center

1. Market place

The market place is easily reached by motorists and public transit. The women sell food, textiles, baskets and other products produced on site, as well as potable water harvested by center's rooftops. A marketplace, where women sell products, they have made on site.



Figure 3 28. Market area

2. Administration:



Figure 3 29. Administration building

3. Guest and staff lodging:

The guest lodges invite donors and visitors to partake in the experience of the program with the women. It is meant to build relationships between the students and sponsors around the world, helping to expand the facility's social footprint.



Figure 3 30. Guest lodge

4. Kitchen:

The kitchen and canteen allow the ingredients harvested from the nearby farm land to be turned into communal meals.



Figure 3 31. Centrally located kitchen

5. Water closet

6. Classrooms

The circular classrooms are based on the king's palace in southern Rwanda. They are carefully dimensioned to create intimacy allowing 20 women to occupy these spaces at once. There are no windows, offering a sense of security; the space between the bricks allows light inside. The bricks themselves are made by women from clay found onsite. The sustainable approach was refined at a local manufacturing co-op. About half a million hand-pressed bricks will be needed in order to construct the classrooms and other infrastructure.

Of the eight smaller circular pavilions, only two have flat floors and these were the ones that were used most. 'Teaching in the round' was a part of the Women for Women brief so a teacher at the center could make eye contact with the students and there would be no 'back' or 'front'.

The center's commercial integrated farming initiative teaches women to make income from the land utilizing organic techniques geared toward income-generating productions.



Figure 3 32. Classroom structure

7. Gathering space

A gathering place for women survivors of war as they learn new skills including crafts and brick making. the project aims to rebuild social infrastructure and restore cultural heritage.

A civic space being the central focus will act as a venue for graduation events, and will host an open stage where the traditional dance and music of the Rwandan people can be showcased and shared.



Figure 3 33. Gathering space

8. Farm classroom



Figure 3 34. Farm classroom

Onsite biogas replace firewood as the main cooking fuel since deforestation is a national issue in the country. part of the educational program teaches women to collect animal waste from the demonstration farm for fuel. for continued sustainability, a sand and UV water filter was designed especially for the project, providing sustainable clean water for drinking and gardening.



Figure 3 35. Demonstration area

4. Architectural Expression:

- **Building material and technology**

The design revives a lost Rawaian design traditional with deep spatial and social layers. Its circular forms radiate outward, from intimate classrooms at the center of the site to a community space, farmer's market and the civic realm beyond. The circular structures are modeled after the historic Kings. Palace in southern Rwanda. The design draws on the delicacy of the traditional Rwanda construction method with rounded, perforated brick walls to allow for passive cooling and solar shading while maintain a sense of privacy.

The construction of the project was a very hands-on and capacity building process. they worked on day-to-day basis with the construction team and laborers to help achieve a high standard of construction. The lines of traditional architect responsibilities expanded into construction management roles. For example, all of the clay bricks needed for the construction were made at the center by local women, using a durable manual press method that we adapted from local building techniques. As a result, women have learned marketable, income-generating skills and are now being hired as masons in the area.

The circular structures are composed of 450,000 clay bricks made by Rwandan women using a manual press method adapted from local building techniques. Gaps in the brickwork would bring in air and light. The roofs were designed to accommodate a rainwater collection system. The potable water gathered in the collection system could then be sold by women at the center's market.

Design Development:

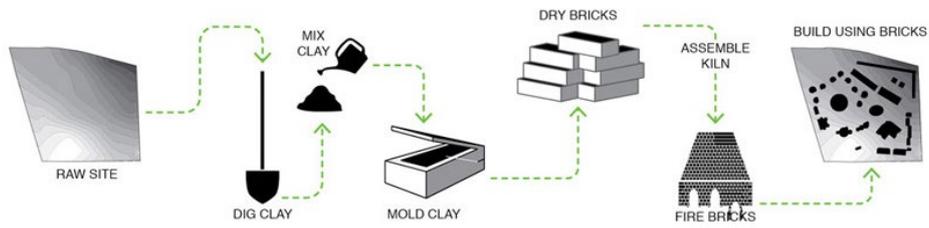


Figure 3 36. Explanation of brick building process



Figure 3 37. Diagram of classroom structure

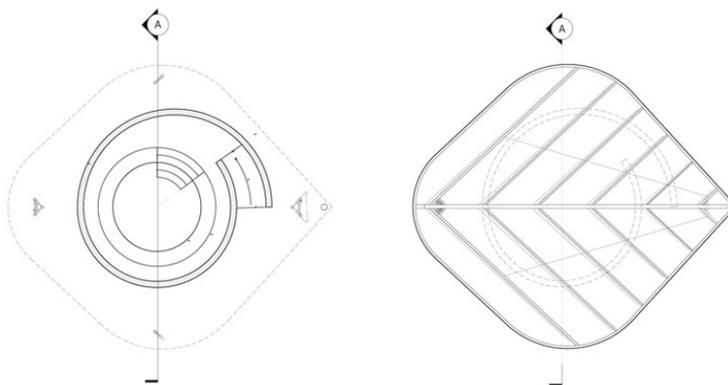


Figure 3 38. Interior of classroom

5.Inferences:

- Easy vehicular accessibility in market place.
- Centrally located kitchen and dining space provide communal gathering space.

3.2.2 SHELTER FOR BATTERED WOMEN, ISAREL

- Location: Tel Aivi, Israel
- Architect/Firm: Amos Goldreich, Tamar Jacobs and Oshri Yaniv
- Building type: Shelter home for abused women and children.
- Site area: 1600 sq. m



1. Objectives

To study the building type and components related to shelter home.

2. Introduction

The shelter for battered women located in Israel is a purpose-built shelter for women and children suffering domestic abuse in Israel, all of whom require individual privacy, yet need to coexist with each other and with the staff who look after them. The facility is a totally secure, sheltered building- creating a sense of a home, a peaceful have. The shelter provides a much- needed refuge for abused women who arrive in a state of real distress and deep psychological problems, as do their children, thus the shelter provides them with a tangible sense of calm and security.

The shelter is designed to house 12 families, each consisting of one woman and her children. Every family is housed in its own unit – an improvement on previous shelters where families had to share rooms – and every two units share a shower and toilet. These individual ‘family homes’ are stacked diagonally in an L-shape separated from the inner courtyard by an encircling corridor, which is lined on its outside edge by strip windows that allow cross-ventilation and penetration of light. Across this elongated space, ‘sitting corners’ are spread to create spaces for small gatherings. ‘This fosters a sense of both intimacy and privacy, with families still able to see one another across the yard and feel connected,’ explains Jacobs-Yaniv co-founder Tamar Jacobs, who compares the corridor to a village street. This spectrum between privacy and commonality is essential to the ethos of the project, adds Goldreich.

Amos Goldreich, with co-architects Tamar Jacobs and Oshri Yaniv, have together devised a building with two facades: the secure and protective external façade, and the inner façade giving onto the central garden which is the therapeutic “heart” of the shelter.

3.Zoning:



Figure 3 39. Site composition

Index:

- Public zone: Entrance, Playground
- Semi-public zone: office, Store, Nursery, kitchen, Courtyard
- Private zone: Family rooms –Bedroom, Store, Toilet, counsellor, kitchen/dining hall, TV area, classroom, utility yard

3. Planning and circulation



Figure 3 40. Ground Floor Plan

Components:

1. Open space: courtyard, utility space
2. Admin block: Office (4), Store, kitchen
3. Training Area: Classroom, counsellor, nursery
4. Accommodation (7): Bedroom, store, family room, toilet
5. Recreational: Playground
6. Pantry: Kitchen, dining hall, TV area,

Circulation:

- Index: — — — — primary access
- - - - - Secondary access

Building design and planning

The shelter is composed of two façades- a secure, protective external façade and an inner façade leading onto a central garden, the therapeutic “heart” of the shelter. This courtyard plays the pivotal role of providing visual connection between staff and families, women, and children, and serving as a meeting place for residents. The building is thought of as a single small village. Each family is given independent quarter within the building, separating their living space from communal functions. A corridor- the “street”, connects these houses to the building facilities. The nursery is separated physically from the main building, functioning as an ordinary nursery with its own daily routine. The garden is filled with natural light, with plants shaded areas creating a feeling of refuge, yet also of openness and variations.

4. Architectural expression

Building material and technology

The constructional build-up and detailing used included RC in-situ concrete slabs and a mixture of RC and concrete blocks for the walls. Externally, the walls are clad in silicate bricks, which are produced locally. They were chosen for their durability, accuracy and uniform appearance, the latter being more suitable for the location of the building. This cladding appears also internally, enhancing the flow between external and internal spaces. On the two-storey volume, the bricks on the first floor change pattern, rendering the big volume less dominant and more slight in scale. The roof slab above the internal corridor and dining hall is raised to form a series of clerestory windows, allowing indirect light to penetrate and also differentiating these spaces from other, more private functions.

5. Inferences

- Inclusive type planning to provide a sense of security.
- Green spaces to be visible for each rooms.
- The open areas are filled with natural light, with plants and shaded areas creating a feeling of refuge, yet also of openness and variation.
- lack of landscaping in the courtyard, had to be made as a result of the extremely limiting budget, explains Goldreich.

CHAPTER 4: SITE ANALYSIS

A Shelter for women is a forum which provides the rescued victimized women with a physical and social environment to recover and overcome the mental and physical stress. It is a private process and the surrounding environment in which it plays a very important role in the recovery process of the survivors residing within. Thus, the criteria established for the purpose of site selection are enlisted below.

4.1. Site Selection Criteria

- Location in a serene and peaceful area.
- Proximity to a residential area to maintain connection with the community.
- Availability of essential infrastructures like transportation, electricity and sanitation.
- Possibility of incorporating nature for the creation of a healing environment.
- Slightly contoured sites would provide design opportunities.
- Potential for future expansion.

4.2. Site Justification

According to the annual fact sheet, Bagmati province had the greatest number of registered cases of 4626 cases with 3058 number of cases inside the Kathmandu valley alone. Similarly, province number 1 had 1333 number of registered cases followed by 4473 cases in Madesh Province. Similarly, Gandaki province had 1409, Lumbini province had 2806, Karnali province with 983 cases and Lumbini and Sudurpaschim province had 2860 and 1316 registered cases respectively.

No. of Registered Cases by Provinces

Total Registered Cases/Complaints: 17,000

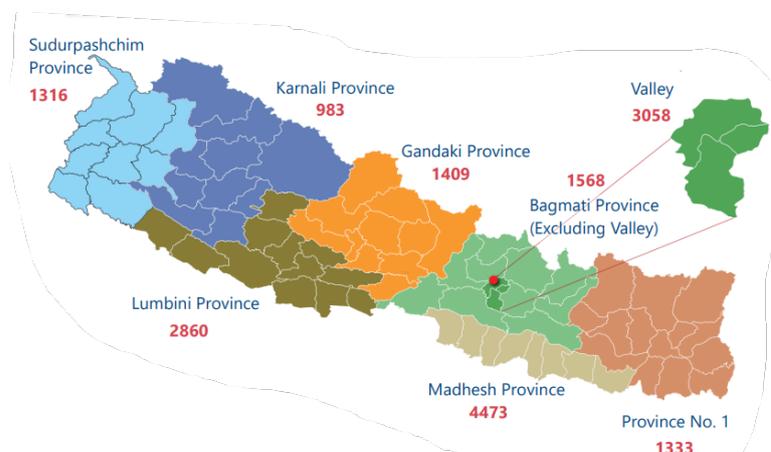


Figure 4 1. Total registered cases all over Nepal

Table 4.1. The population of the provinces of Nepal according to census results

Name	Abbr.	Population Census (Cf) 2021-11-25
Nepal	NPL	29,164,578
<u>Bagmati</u>	3	6,116,866
<u>Madhesh</u>	2	6,114,600
<u>Lumbini</u>	5	5,122,078
<u>Koshi</u>	1	4,961,412
<u>Sudurpashchim</u> [Far West]	7	2,694,783
<u>Gandaki</u>	4	2,466,427
<u>Karnali</u>	6	1,688,412

According to the census data population of Nepal, Bagmati province has largest population. As per the increasing the population, violence cases are also increasing day by day. But in Kathmandu, there are already other organizations providing shelter or homes for domestically violated women. Next to Kathmandu valley, Kavrepalanchowk has 2nd highest population along with its vast land area. It can be predicted that the population will certainly rise in the coming days.

Domestic violence cases in the district has been continuously rising since the past few years. According to data with the District Police Office(DPO), a total of 100 violence against women cases have been lodged with the office's Women and Children Centre in the current fiscal. Of them, half the number of cases have been settled through reconciliation, while nine cases have landed in the district court. Further, the data shows that 32 women hanged themselves and six took poison in the current fiscal. Of them, 70 percent of the suicide cases are attributed to domestic violence.

Talking about the geography, unlike Kathmandu valley, most of the places of Kavrepalanchowk are peaceful and environmentally healthy filled with greenery.

- Pachkhal, a major city of Kavrepalanchowk also lies in the major path of the district and is easily accessible via road.
- So the proposed site is Pachkhal, Kavrepalanchowk.

Analyzing the data of 2078/79, according to Nepal Police Headquarters Naxal a total of 17000 cases of domestic violence were registered all over Nepal, and according to District Police Office, Kavrepalanchowk a total of 276 cases were registered in Kavrepalancok district alone. We can see that, out of the total cases that were registered all over Nepal, 1.623 % of total cases were registered in Kavrepalanchowk district alone. Considering a total of 77 districts in all over Nepal, the percentage indicates a high rate of domestic violence of women in Kavrepalancok district.

4.3 Site introduction

Proximity:

- Distance from Main Access Road: 1.4km
- Distance from Shree Jorpati secondary school: 1.3km
- Distance from District Community Hospital Kavre: 3km
- Distance from Dhulikhel Hospital: 10.8km

Location:

The site is located in Panchkhal, kavrepalanchwok in proximity to the growing settlement area but it offers the possibility of integrating nature into design as a healing element. The latitude is 27°37'23.7"N, and longitude is 85°37'08.8"E.

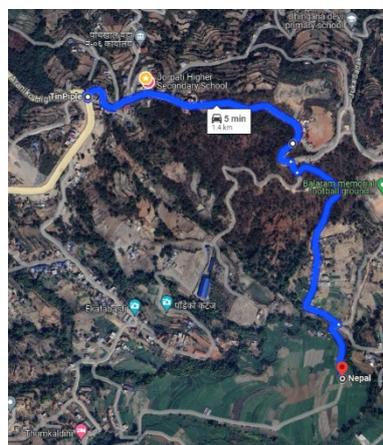


Figure 4 2. Location map of site

Road Networks:

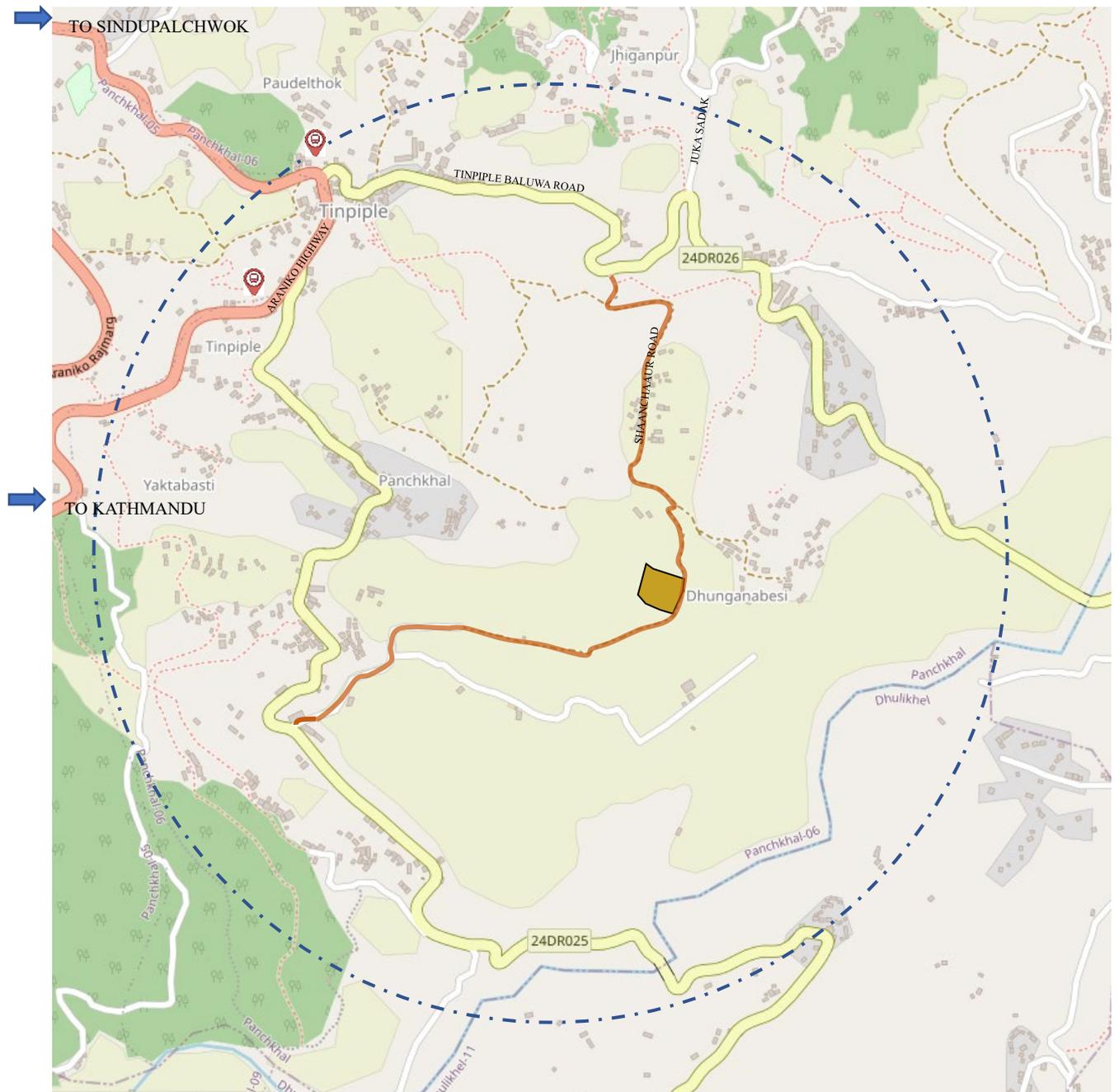
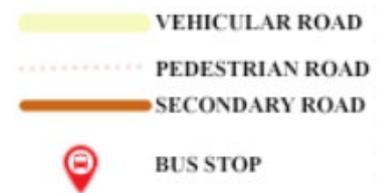


Figure 4 3. Road networks

To reach the site, the site is possible through two junctions from Araniko Highway. The first route starts at Tinpipe Baluwa junction, leading to Shaanchaur road directly to the site. The second route goes through Dhunganabesi, connecting to the site's road. The first route is shorter and passes through Tinpipe and Shaanchaur settlement, making it more convenient for residents



4.4. Site Characteristics:

Shape & Area:

The site is irregular in shape and has a total area of around 10529.82 sq. m. (20.7 ropani)

Orientation: East

Topography: Contoured land

Land use: Currently as agriculture fields.

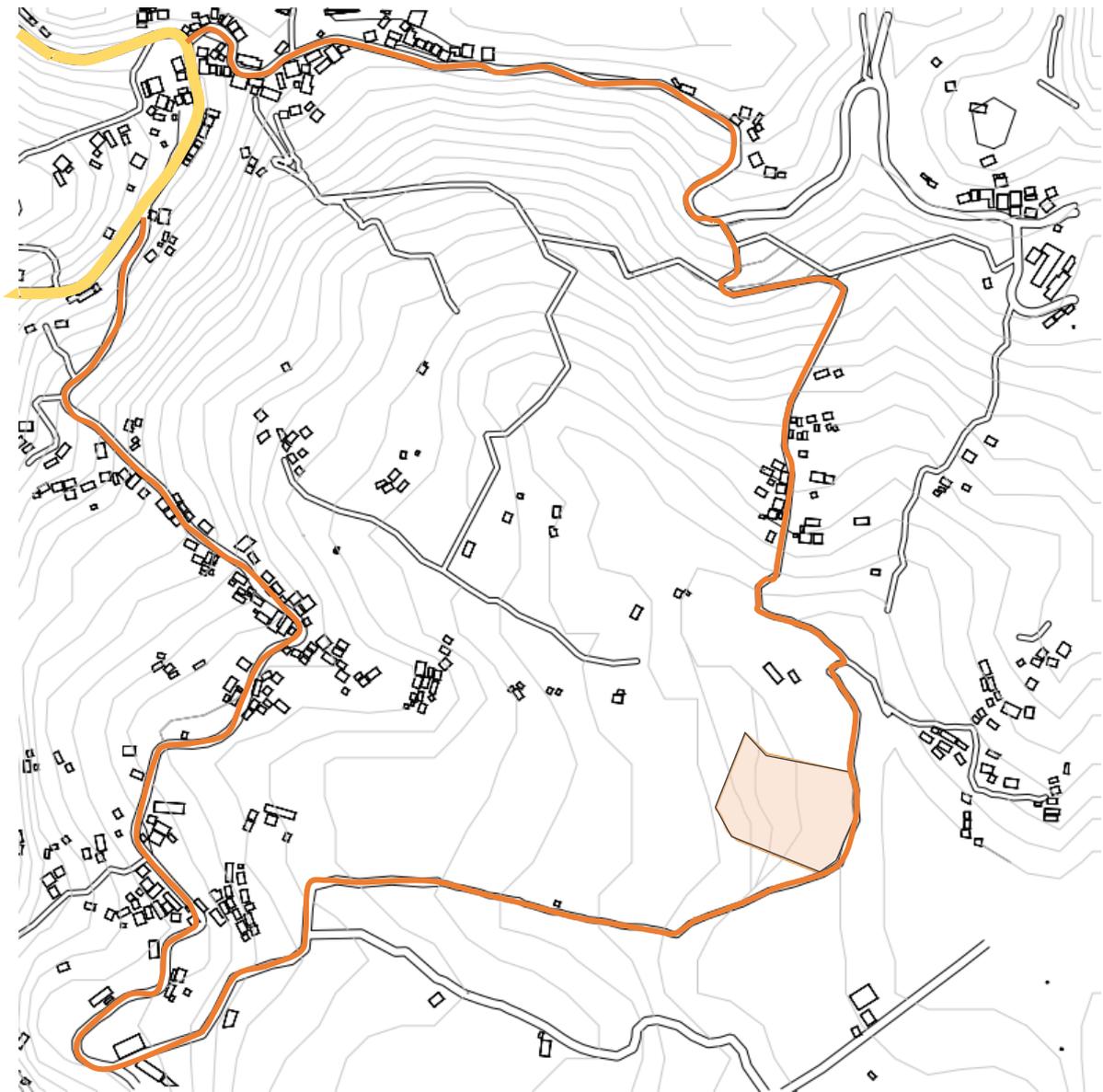


Figure 4 4. Site Plan and its surrounding

Site plan:

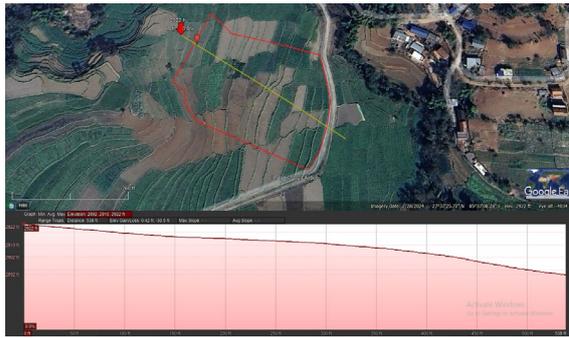


Area: 10529.82 sq.m (20.7 Ropani)

Figure 4 5. Site Plan

The drafted site plan includes dimensions and outlines five levels of contours, rising 7 meter from the road level. Currently, the road adjacent to the site is 5 meters wide. The site plan also provides an overview of the surrounding area.

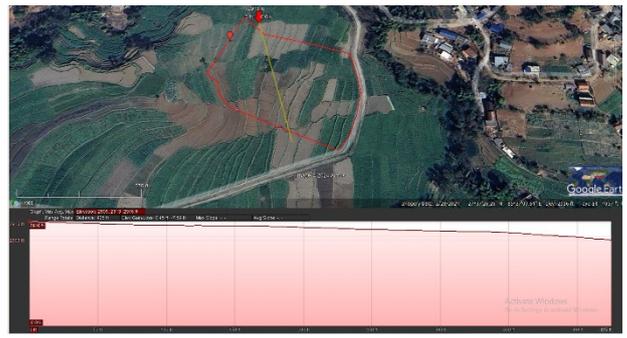
Slope Profile



Highest point: 2922 ft.

Lowest Point: 2892 ft.

Relief: 30ft (9.1m)



Highest point: 2916 ft.

Lowest Point: 2909 ft.

Relief: 7ft (2.1m)

Access to the site



Figure 4 6. Road access to the site from Timpiple, Baluwa

The nearest road junction to the site is the Timpiple Baluwa junction on the Araniko Highway. The picture provided shows the view from the main junction to the site.



Figure 4 7. Road access to the site through primary road of Shaanchaur



Figure 4 8. Access to the site from settlement area (Shaanchaur)

The road condition of Shaanchaur, which follows immediately after the Tinpipe Road, is rough with gravel pebbles, as shown here. A small community resides in Shaanchaur, which is also in close proximity to the site.

Views from site



Figure 4 9. Views of settlement towards North side (Shaanchaur)



Figure 4 10. Cultivated land towards east side

This image shows the views from the site. To the east, the land is cultivated, with local farmers growing potatoes. To the north, the Shaanchaur community is visible, providing a settlement that is ideal for socialization and support for women in need.



Figure 4 11. South side with road access of 17 ft width



Figure 4 12. Settlement from front side of site (Dhunganabesi)

4.5 Solar Analysis

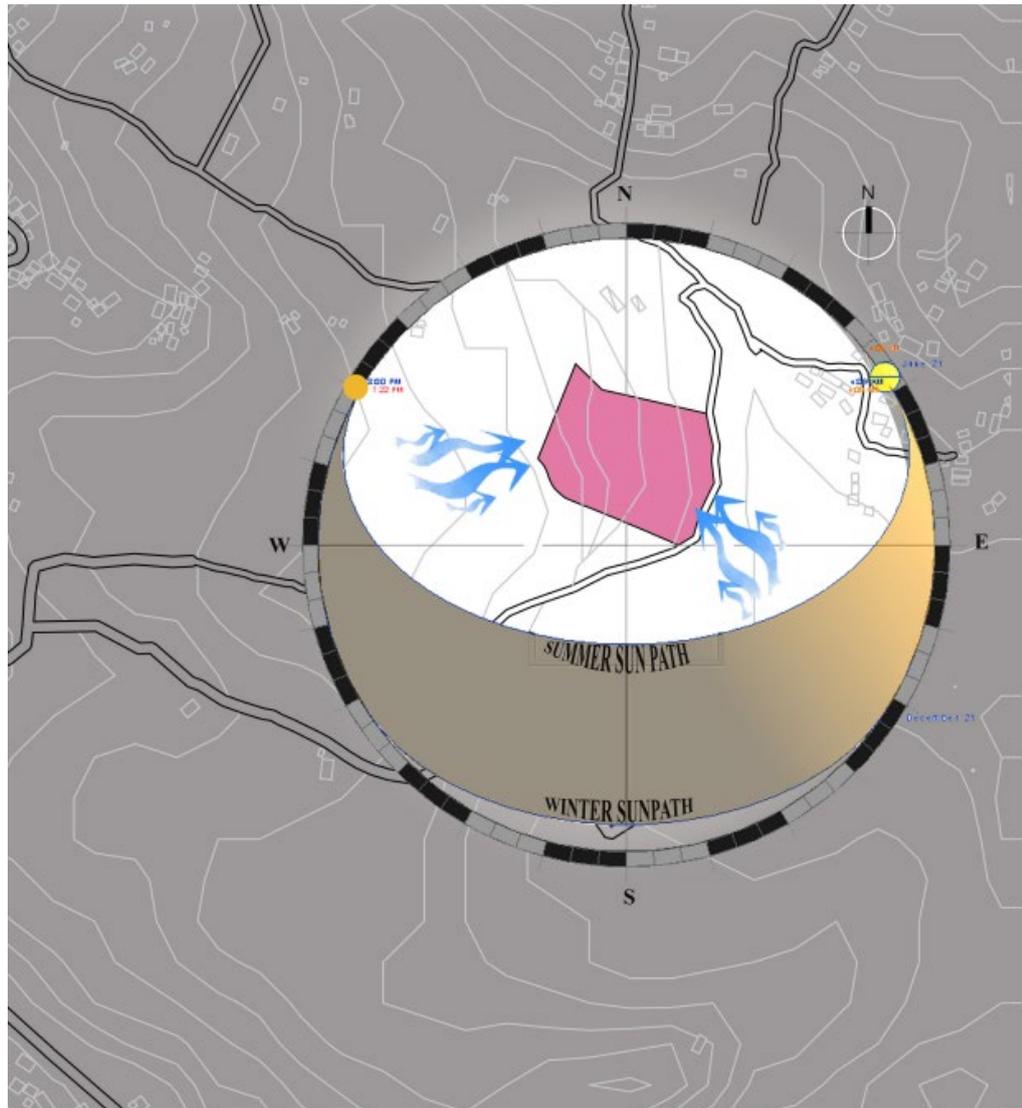


Figure 4.13. Solar Analysis

An east-oriented site for solar analysis gives opportunities. In the morning, it receives abundant sunlight, making it ideal for capturing solar energy early in the day. This orientation can be advantageous for activities requiring early sunlight exposure, such as gardening or morning routines. However, as the day progresses, shading may become a concern, particularly in the late afternoon when the sun shifts to the west.

The solar angle during Summer solstic = 85.87°

The solar angle during Winter solstic = 38.88°

Schools and Educational Facilities around Site



Figure 4 14. Schools and Educational Facilities around Site

Within the 1 km Range from the center of the site, there is presence of schools and educational facilitators. This data is essential for shelter design as there may be children of victims along with them who may require educational facility. Having number of educational institutions nearby the site, will help in easy access and provision of education for the required children.

Along with it, empowered and knowledgeable women from the shelter may have different opportunities, at different position in those educational institute e.g., teacher, tutor etc.

Prominent Landmarks around the Site

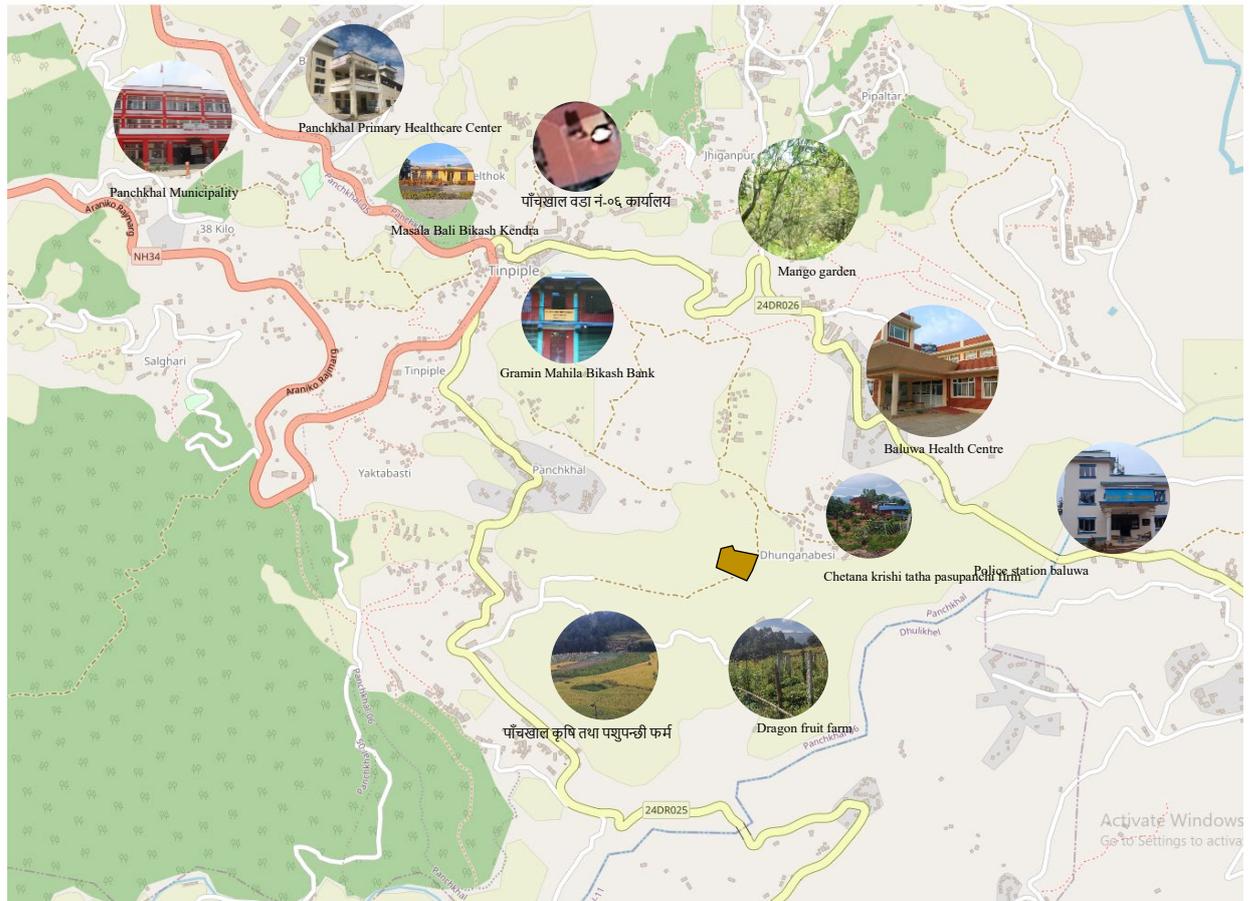


Figure 4 15. Prominent landmarks around site

Schools near by

1. Jhingana devi primary school – 1.2km
2. shree jorpati secondary school – 1.5km
3. Nawa Pratibha Secondary School – 750m
4. Shree Radha Krishna Primary School, Nayagaun – 3.3km
5. Saraswati Shiksha Griha Secondary School – 4.1km
6. Namaste English School -4.9km
7. Babishya Ujjwal Primary School – 900m

Health post

1. Shreempati health post – 4.4km

Hospital

1. Baluwa Health Centre – 2.5km
2. Panchkhal Primary Healthcare Center – 3.1km

3. DevBhumi Baluwa Swastha Chauki (देवभूमी बालुवा स्वास्थ्य चौकी) -3km

Police station

1. Police station baluwa – 3.8km

Government and legal organization

1. Panchkhal Municipality -4.3km
2. Pachkhal Ward 06 Office (पाँचखाल वडा नं-०६ कार्यालय)
3. Ward 10 Office, Panchkhal Municipality – 3.2km

Government economic program

1. Masala Bali Bikash Kendra- 3.7km

Agriculture farm/ production

1. Shreerampati Vegetable Collection Centre- 4.3km
2. Dragon Fruit Farm – 1km
3. Pachkhal Krishi Tatha Pashupanchi Farm (पाँचखाल कृषि तथा पशुपन्धी फर्म)- 750m
4. Chetana Krishi Tatha Pasupanchi Firm -3.3km

The surrounding of site contains many publics as well as private institutions. The presence of health institutes ensures prompt medical assistance during emergencies. Additionally, the nearby police station provides a sense of security and aids in legal matters. Furthermore, the availability of agricultural production opportunities empowers women in the shelter or victims of domestic violence, offering them a chance for economic independence and self-sustainability. Overall, the site's strategic location near vital services and resources makes it an ideal choice for addressing various needs and empowering the community.

4.6 Climatic data

Temperature

The chart below shows the mean monthly temperature and precipitation of Panchkhal in recent years.

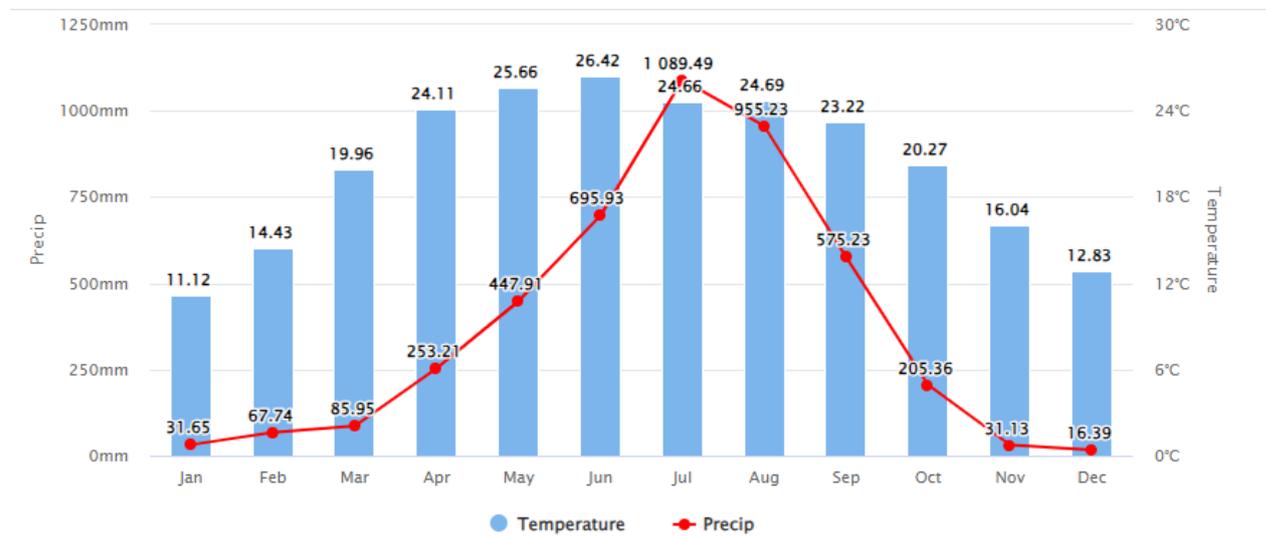


Figure 4 16. Temperature data

Table 4 2. Different temperature data

Annual high temperature	24.06°C (75.31°F)
Annual low temperature	12.13°C (53.83°F)
Average annual precip.	371.28mm (14.62in)
Warmest month	June (29.46°C / 85.03°F)
Coldest Month	January (3.71°C / 38.68°F)
Wettest Month	July (1089.49mm / 42.89in)
Driest Month	December (16.39mm / 0.65in)
Number of days with rainfall (≥ 1.0 mm)	220.48 days (60.41%)
Days with no rain	144.52 days (39.59%)
Humidity	67.11%

Understanding the climate of the site is crucial for creating a comfortable and supportive environment. Located in an area with an annual high temperature of 24.06°C (75.31°F) and a low of 12.13°C (53.83°F), the shelter experiences moderate temperatures conducive to wellbeing. The average annual precipitation of 371.28mm (14.62in) ensures a balance between dryness and moisture, with the wettest month being July, receiving 1089.49mm

(42.89in) of rainfall. However, December sees the least rainfall at 16.39mm (0.65in). Despite the significant number of days with rainfall, there are also 144.52 days (39.59%) with no rain, offering opportunities for outdoor activities and ventilation. With a humidity level of 67.11%, the climate supports a sense of comfort and well-being.

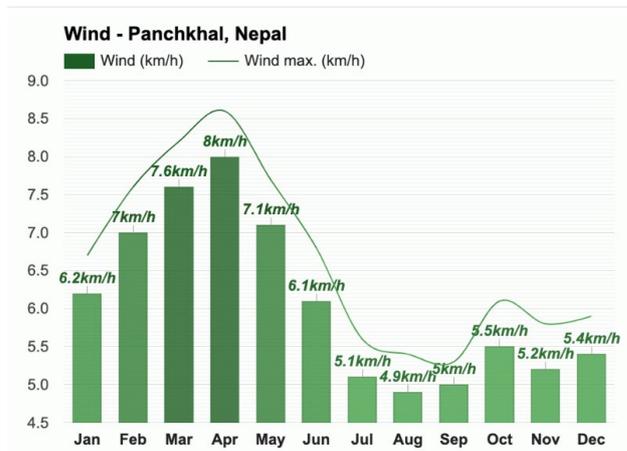


Figure 4 17. Wind Analysis

The windiest month (with the highest average wind speed) is April (8km/h). The calmest month (with the lowest average wind speed) is August (4.9km/h).

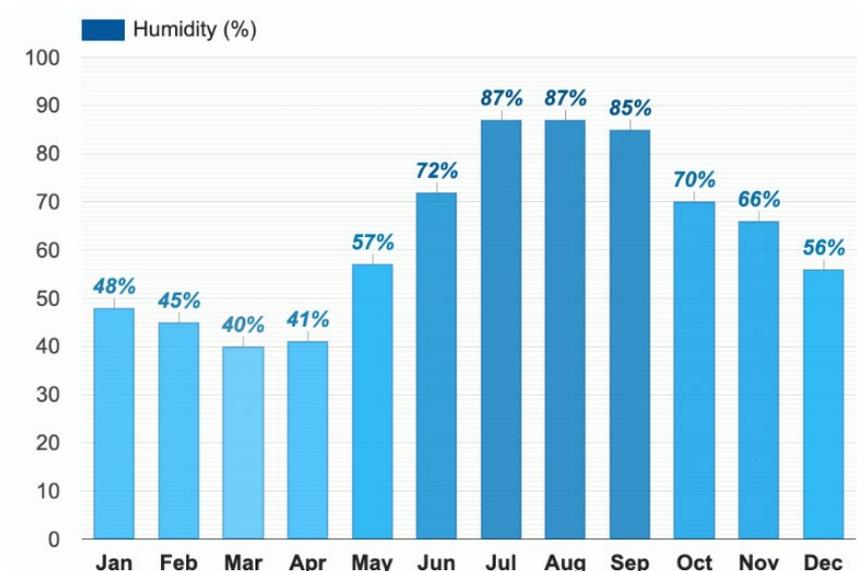


Figure 4 18. Humidity Analysis

The months with the highest relative humidity are July and August (87%). The month with the lowest relative humidity is March (40%).

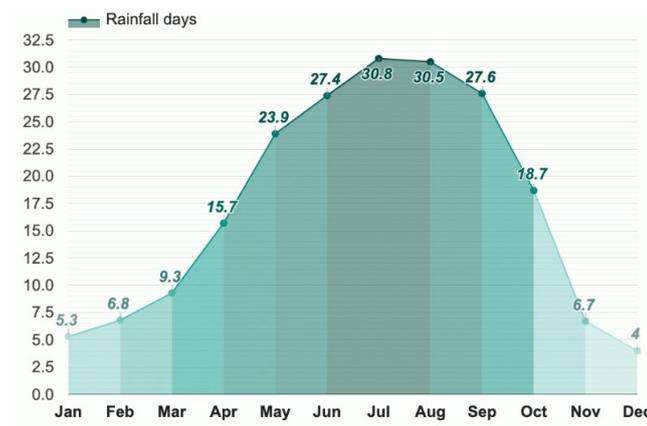


Figure 4 19. Rainfall Analysis

The month with the highest number of rainy days is July (30.8 days). The month with the least rainy days is December (4 days).

4.7 SWOT Analysis:

Strength

- Natural environment with no pollution and pleasant views promotes the health and mental wellbeing of residents.
- The presence of adequate and well-established infrastructure within close proximity of the site easily accessible for essential services such as education, healthcare, and shopping facilities. This accessibility enhances the overall quality of support available to victims, ensuring easy access to assistance and resources when needed.

Weakness

- Existing road is not in good condition, some part of access road are concrete where as some part of it are still rough, which may hinder in easy access during rainy seasons.

Opportunity

- Natural contour provides opportunity to create and break privacy in the desired areas.
- Existing greens can be maintained and used in the healing landscapes.

CHAPTER 5: PROGRAM FORMULATION

In order to achieve the ultimate transformation and meet the desire objectives of the project, the program spaces are established to equip with the opportunities and skills necessary for the women to act as the spark for a change in the community.

- Women of domestic violence: 40
- Women with Children of domestic violence victims: 20
- Total population target: 60
- Total Staff: 15

After being saved, individuals may spend a few days or even months in an emergency shelter before being transported to a rehabilitation facility to begin their recuperation, rehabilitation, and reintegration.

- Healing period- Around 3 months
- Training period - 6-9 months

The literature also helped establish the process of rescue and recovery within the shelter. It allowed a better understanding of the spatial and functional requirements of each of the steps.

Goal of the building program:

- To empower women economically
- To empower women socially, mentally, legally through counselling and necessary assistance
- To provide interaction space and space for economic sustainability of the center.

5.1 Rehabilitation process with in center

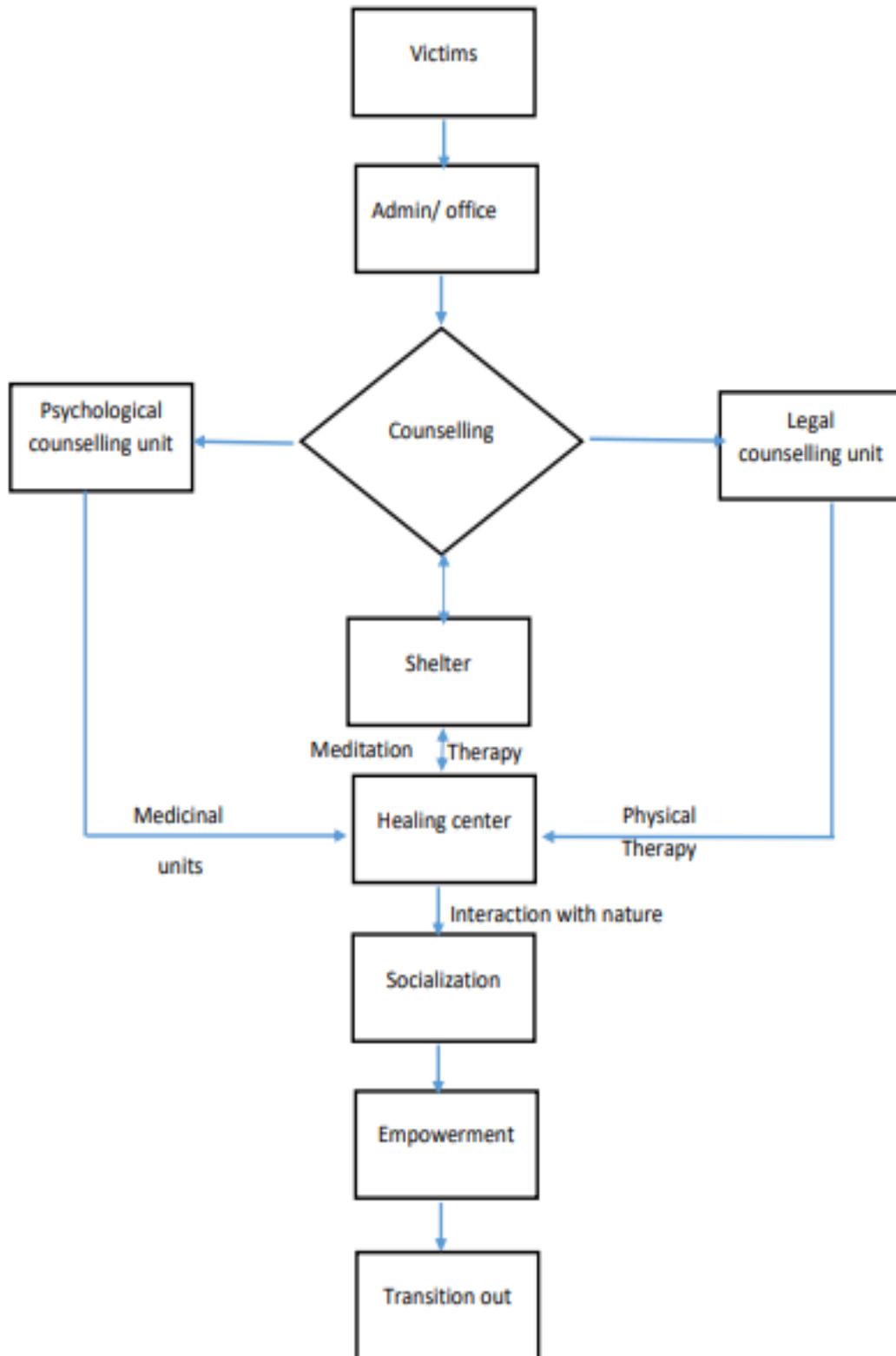


Figure 5 1. Flowchart of rehabilitation center

1.Adminisitation block

Description of space	No. of unit	Area per unit(m ²)	Total area (m ²)	Area in design (sq.m)
Reception /lobby	1	18	18	41.90
Information center	1	18	18	22.62
Director's room	1	30	30	18.99
Account room	1	10	10	23.11
Meeting room	1	30	30	29.57
Store	1	15	15	6
Female Restroom	4 w/c		10	7.16
Male Restroom	3 urinal 1w/c		9	6.21
Total		253m ²		155.56

2.Training block

Description of space	No. of unit	Area per unit(m ²)	Total area (m ²)	Area in design(sq.m)
Reception/ lobby	1	20	20	22.94
Basic learning class	1	60	60	66.83
Handicraft	2	20	40	52
Embroiding	2	20	40	62

Computer lab	1	75	75	52
Horticulture	1	40	40	30.63
Tailoring	1	70	70	62
Toilet			32	14.32
Total		503m ²		362.72

3.Counselling block

Description of space	No. of unit	Area per unit(m ²)	Total area (m ²)	Area in design (sq.m)
Counseling room (ind.)	3	4	12	28.73
Physiotherapy Room	1	35	35	39.68
Legal room	3	4	12	21.98
Examine room	1	55	55	33.13
Medicine room	1	15	15	19.50
Toilet/ bath		24	24	
Total		376m ²		143.02

5.Accommodation

Description of space	No. of unit	Area per unit(m ²)	Total area (m ²)	Area in design (sq.m)
----------------------	-------------	--------------------------------	------------------------------	-----------------------

Bedroom for 4 people	4	30	120	26.44
Bedroom for 2 people	14	20	280	21.47
Warden room	1	18	18	19.82
Toilet / bathroom	3	15	45	32.61
Child play area	2	30	60	37.84
Laundry	1	10	10	19.09
Common room	2	25	50	21.6
Multipurpose hall	1			67.03
Total		619m²		245.9

5. kitchen/ Dinning

Description of space	Total area (m ²)	Area in Design (sq.m)
Kitchen	60	26.45
Dinning / serving	125	111.36
Store	20	10.71
Wash	8	8.04
Semi open dinning	60	37.03
Washroom	14	12.26
Total	297m²	205.85

6.Display Area

Description of space	Area (m ²)	Area in design (sq.m)
Seminar hall	175	138.68
Display area	150	123.25
Toilet/ bath	24	15.49
Total	605m²	

6. Parking

Description of space	No. of unit	Area per unit(m ²)	Total area (m ²)	Area in design (sq.m)
4 wheelers	10	12.96	129.6	
2wheelers	20	2.5	50	
Total			179.6	883.4
Circulation (20% of total parking)			36	
Total			215.6m²	

Legal elements

Max Ground coverage- 60%

Max. FAR- 2.25 for organization

Setbacks – 1.5

ROW - 4.5

Parking-15%

Site access road- 5m

Total area : 2048 sq.m

Adding 25% Circulation : 2560 (512+2048)

Adding 20% buffer area = 3074.16

Site needed: 3074.16/2.25 = 1366.29

15% parking : 461.12

Sub total: 3535.28

Adding 5% open space: 176.76+3535.28= 3712.04

6.CONCEPTUAL DEVELOPMENT



Figure 6 1. Teamwork, Unity and Support.

This picture of hand in hand symbolizes **Teamwork, Unity, and Support.**

As we can see, the three-hand supporting and never letting go of each other, the similar conceptual view matches the core concept of my project. As a victim they are not only bound to rely on a space for the sake of shelter or a place where an individual increase skill set, they are bound within a space where they not only encourage and support each other but grow as well as become strong together.

A victim might have a different story than the other, that might have a lifelong impact on one's life, but when they have support, cooperation, and a motivating environment around themselves, one gets the strength and encouragement to rise once again and live with head held high.

Node 1: Counselling Block

Counselling block is the 1st point of meeting of the shelter. All the victims and visitors must go through this block before entering other areas of the shelter. Counselling block contains areas like Admin Block, Counselling area and parking area along with medical units. Any victim coming to the shelter for the first time must go through the admin center, then after the counselling center.

Node 2: Empowerment Center

Empowerment center is the 2nd point of the center where the victims can achieve skills and training to make them able to sustain themselves. Programs like basic learning classes, computer classes, tailoring, handicraft, horticulture etc. are run in this block. Victims are given trainings about the mentioned programs, made them skilled for the afterlife of shelter.

Node 3: Dormitory

The dormitory block is located towards the corner of the site and separated from others to create a private zone for the victims. Only the victims have access to this block as it is a crucial and important space throughout the whole center.

Node 4: Central Area

This is the central area of the shelter, where people gather for communal activities and other activities. This area serves as a point for bonding and making strong relations among the victims.

Phase 1: Shelter, counseling, and empowerment facilities are strategically placed within the site following the "three holding hands" Teamwork, Unity and Support

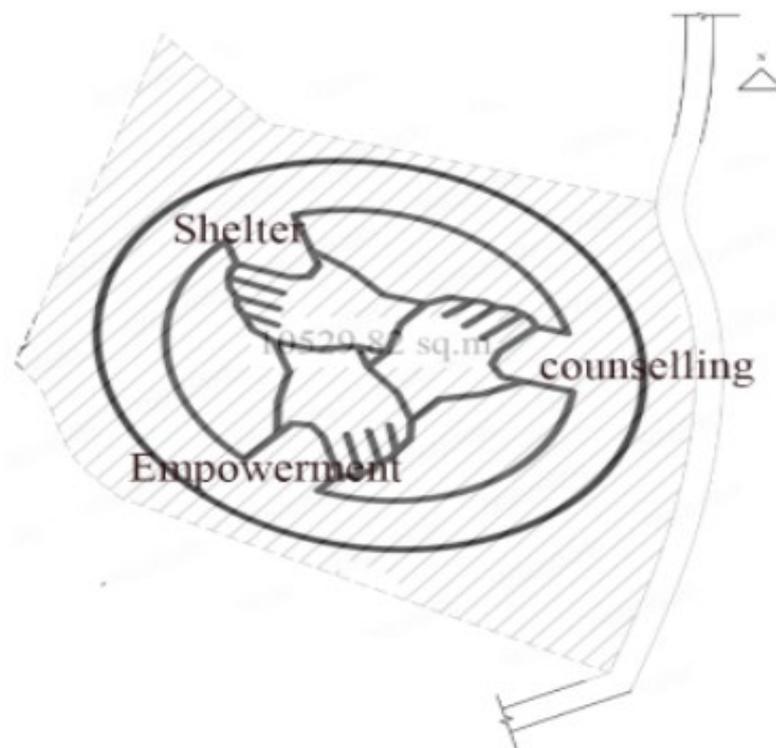


Figure 6 2. Conceptual representation in site

Phase 2: Involves dividing the site into public, semi-public, and private zones to establish spatial hierarchy and guide subsequent design decisions.

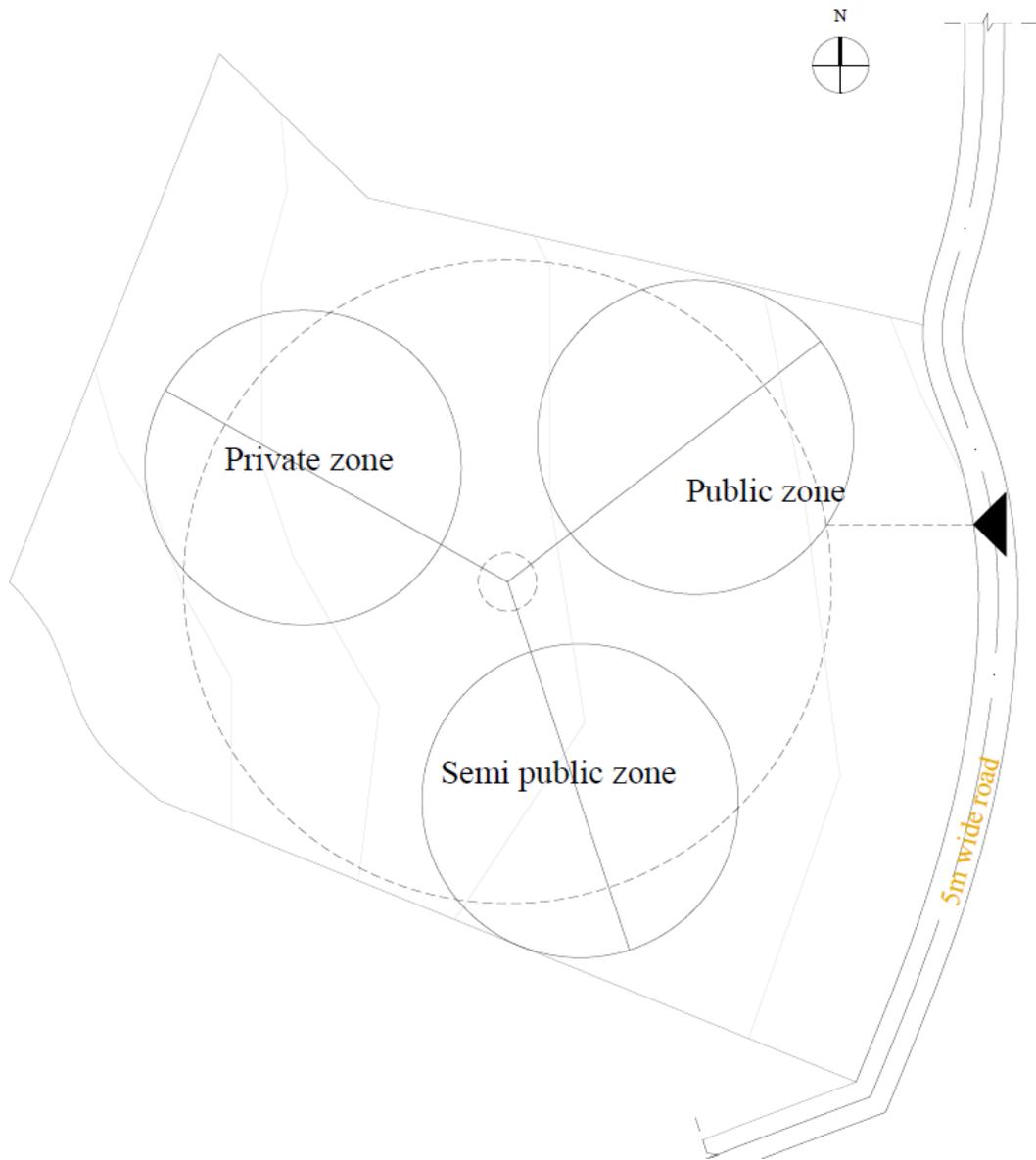


Figure 6 3. Dividing into Public, semi-public, and private zones in site

Phase 3: The zoning of blocks in accordance with the conceptual diagram involves allocating public amenities and communal spaces to the outer perimeter, semi-public areas for counseling and support services zone, and private zones for residential or individual empowerment activities at the core, promoting a gradual transition from public engagement to personal growth and private.

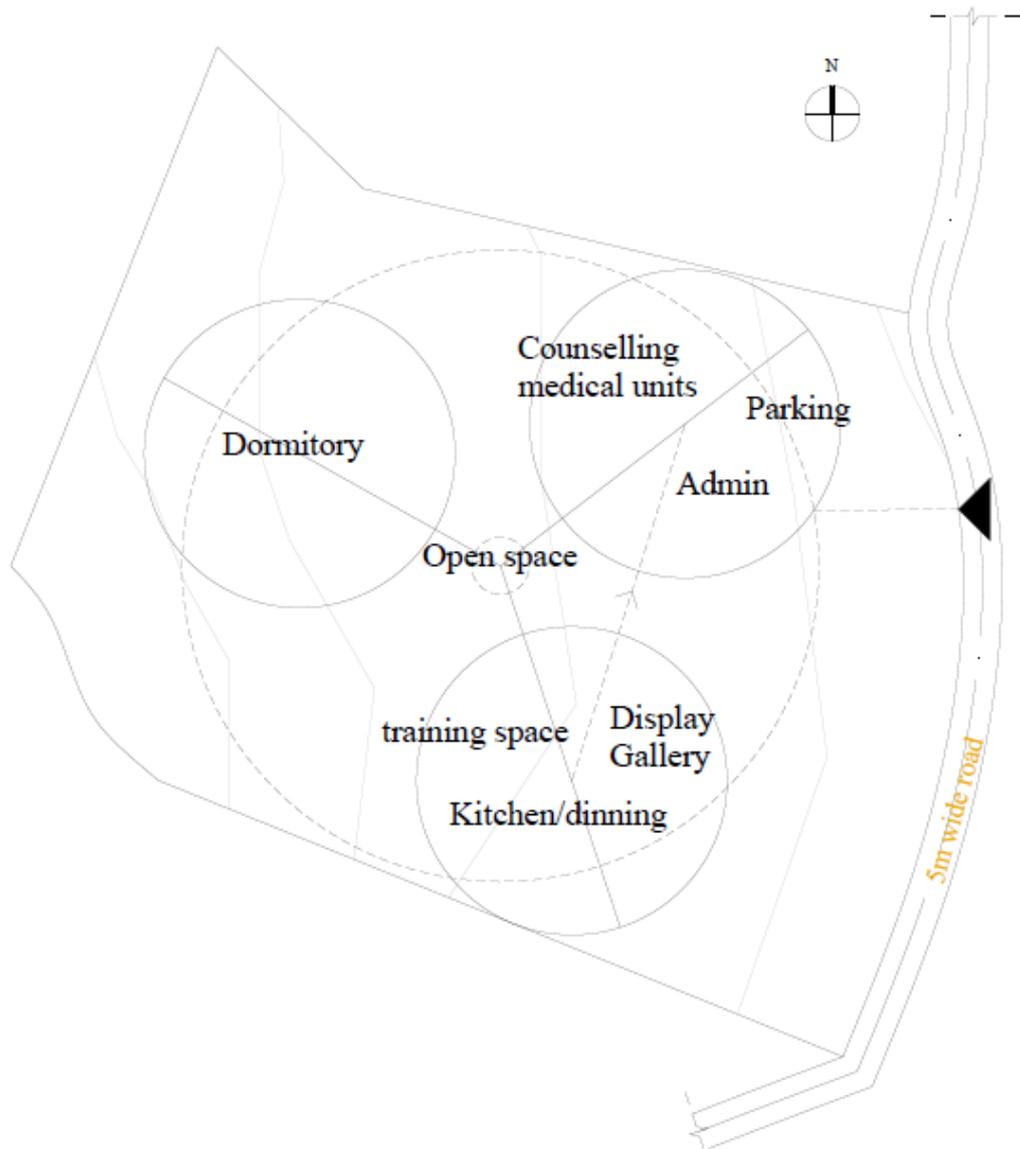


Figure 6 4. Zoning of blocks in accordance with the conceptual diagram

Phase 4: Creating bubble diagram with respective blocks and their interconnections according to the conceptual zoning.

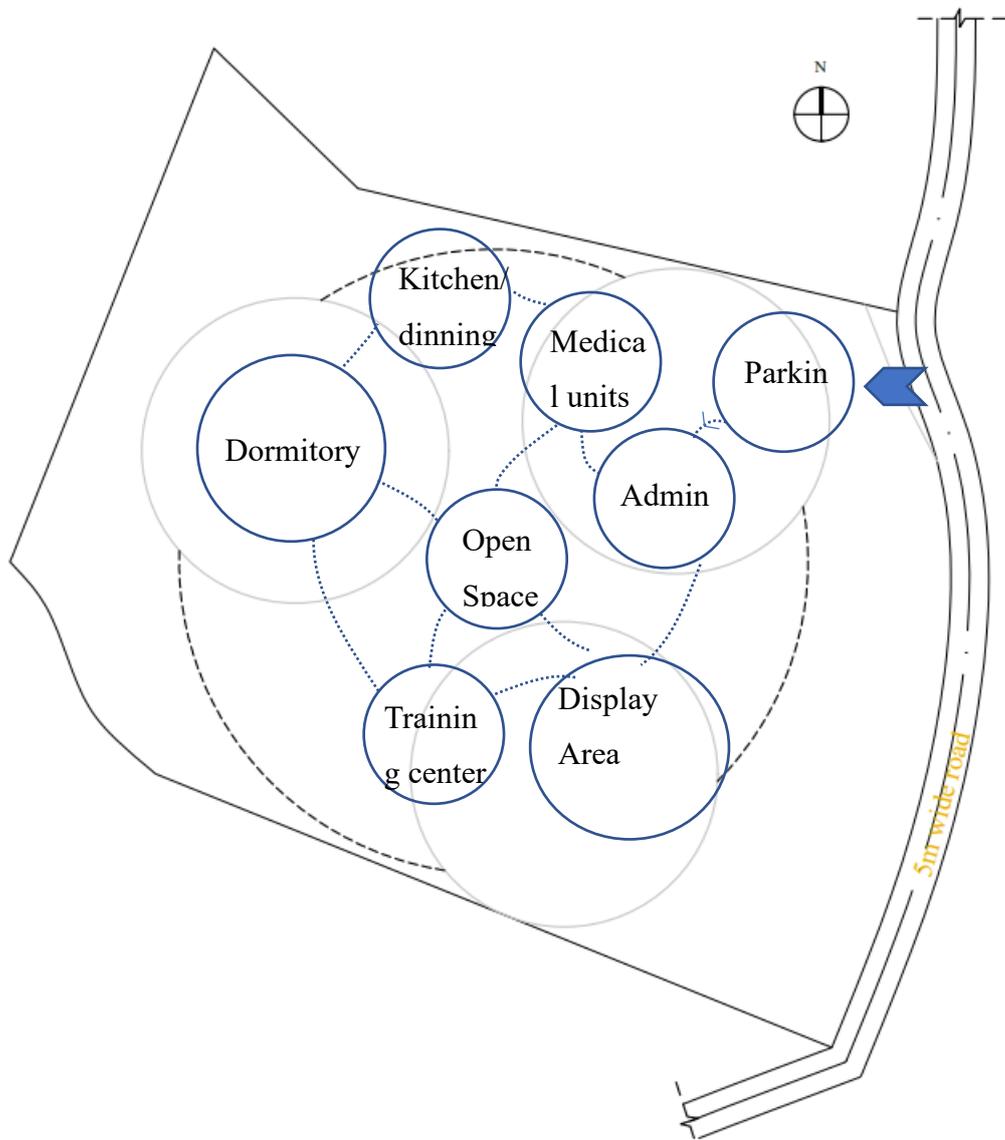


Figure 6.5. Bubble diagram with respective blocks

Zoning:

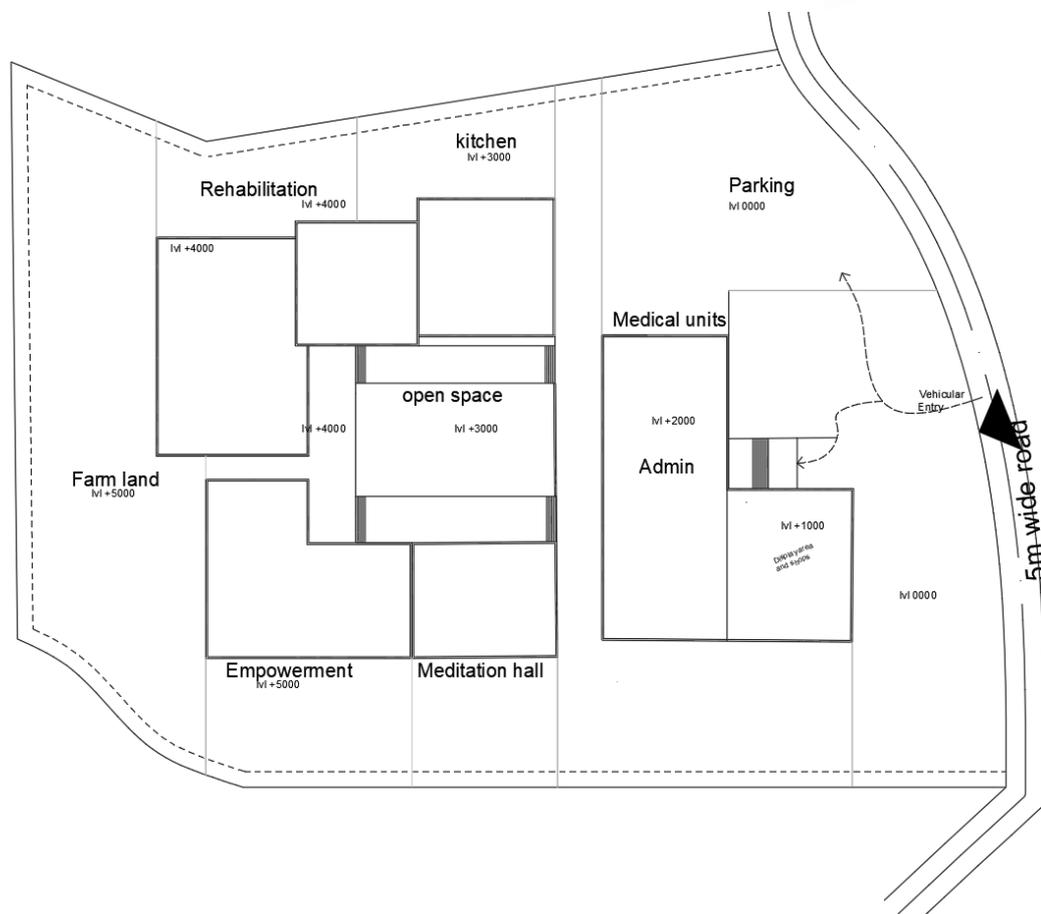


Figure 6 6. Zoning of Blocks in Site

The zoning of the site follows the concept of "three hands holding," where three components or blocks are composed on the site. From the entrance side, there are admin and medical units representing the counseling blocks. Next is the dormitory, serving as the rehabilitation center and living units for victims, with the kitchen nearby. Finally, the training center for empowerment is where victims can learn skills to develop self-independence and self-esteem.

7.CONCLUSION

The establishment of women's shelters plays a crucial role in addressing and alleviating the profound impact of domestic violence, trafficking, and other forms of exploitation faced by women. This project underscores the importance of creating safe, supportive environments where survivors can begin their journey towards recovery and empowerment. By providing temporary housing, medical care, psychological support, and vocational training, these shelters not only address immediate needs but also lay the foundation for long-term healing and reintegration into society.

The design and operation of women's shelters must prioritize privacy, safety, and comprehensive care. This includes integrating medical facilities to manage both physical and mental health issues, offering counseling for trauma recovery, and providing vocational training to support economic independence. Additionally, the incorporation of technology, such as computer labs, can significantly enhance skill development and confidence among survivors, facilitating their transition into self-sufficiency.

In conclusion, women's shelters are vital in transforming the lives of survivors, offering them a chance to rebuild their futures in a secure and supportive setting. The comprehensive approach outlined in this project demonstrates the potential of these shelters to make a lasting impact on the lives of women, empowering them to overcome their past and embrace a hopeful future. Ensuring the continued development and enhancement of these facilities will contribute significantly to the broader goals of gender equality and social justice.

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ANNEX

ASTITWA : A SHELTER FOR WOMEN (Domestic Violence Victims)

PROJECT INTRODUCTION:

'Astitwa' will be a place where victim of violence against women may get help identifying their problems, as well as help women in recovery and finding their strength and independence.

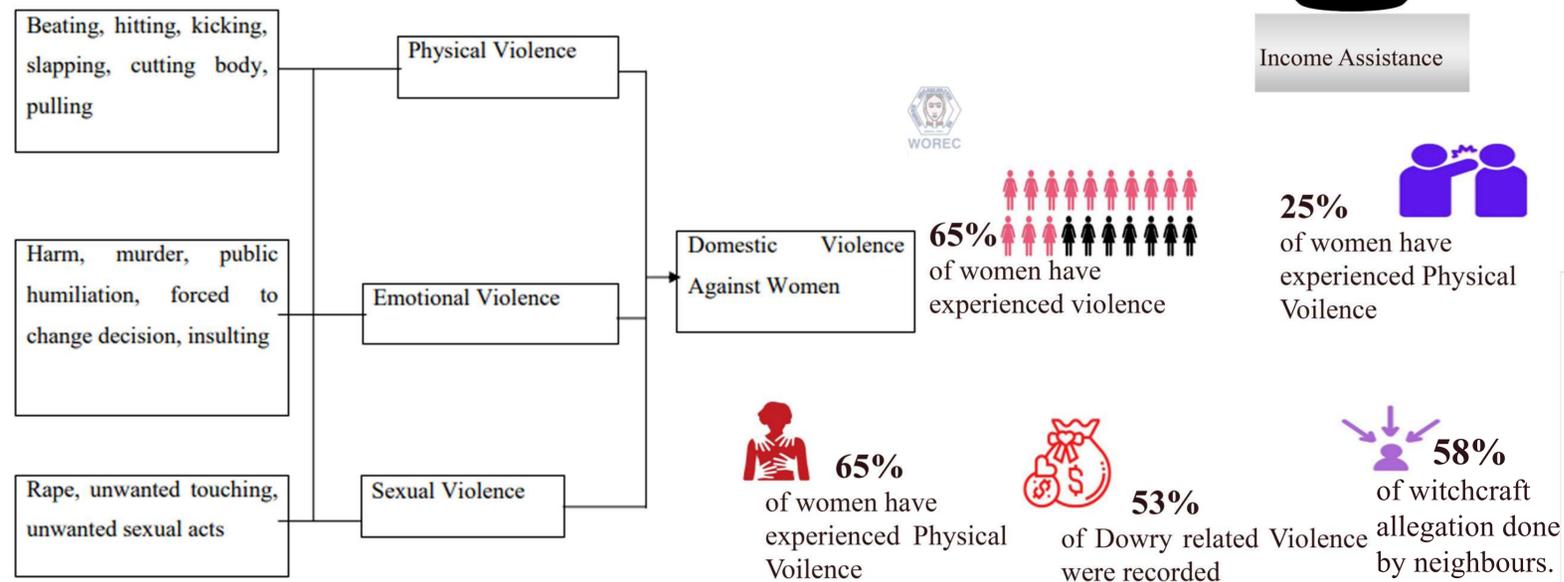
This could include finding them temporary housing, and giving them financial help, but more than that its about empowering them. Empowerment means giving them skills they need to be self-sufficient.

- Limited established organizations like Tewa, Maiti Nepal, and Sathi assist domestic abuse victims in Nepal,
- Yet violence against women continues to rise.
- Access to help is mainly concentrated in the capital, neglecting survivors in other areas,

Architectural Desgin Components:

- 1.Outdoor Gathering Space : Social Interaction, Amphitheater,Cultural programs
2. Skill Training : Vocational Training : Computer Skills, Beautician, Cooking
3. Multipurpose Hall : Conference, Meeting areas
- 4.Health and wellness center : Counseling room, Health clinics, Recreational activities

VIOLENCE AGAINST WOMEN



NEEDS OF VICTIM



Immediate Assistance



Mental Health Assistance



Legal Status



Income Assistance

25% of women have experienced Physical Violence

65% of women have experienced Physical Violence

53% of Dowry related Violence were recorded

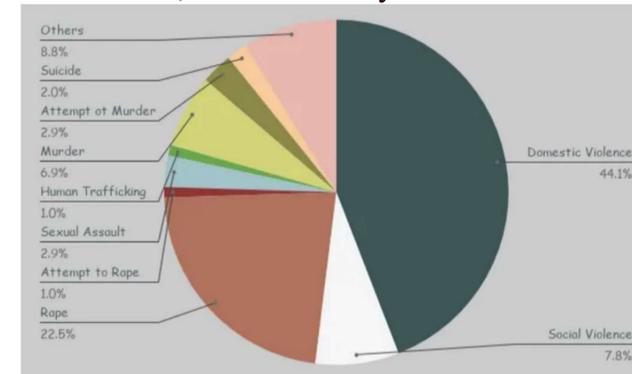
58% of witchcraft allegation done by neighbours.

PROJECT OBJECTIVES

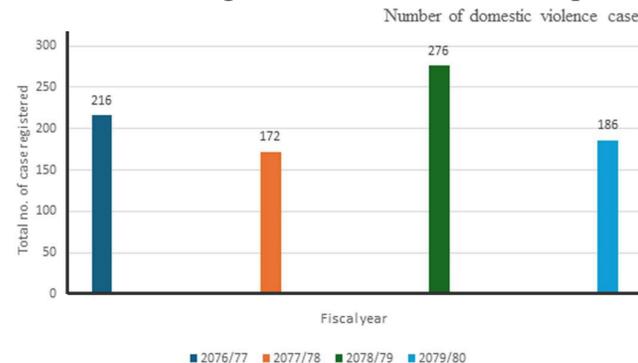
- 1.To provide safespae for women who have been victim of domestic violence to be rehabilitated and empowered via vocational training.
- 2.To provide social gathering place for victim women o enage and sociliation process.
- 3.To provide the Platform for women to show their workshop and studio skills by means of exhibition.
- 4.To understand the use of landscape as healing component.

PROJECT JUSTIFICATION

As the cases of domestic violence are increasing day by day but only limited number of organizations that deal against it. From April 29 to May 29, 2021, WOREC's hotlines, aided by 23 professionals, recorded incidents of violence. Among 200 women, 45% suffered domestic violence, as revealed by the data.



- Organizations often overlook creating a safe environment for women despite addressing basic needs and rights.
 - Focuses on providing victims with skills and support to manage their own services, emphasizing knowledge, training, and counseling.
- Bagmati province has Nepal's largest population, correlating with an increase in violence cases.
- Kathmandu already has organizations providing shelter for domestically violated women.
- Kavrepalanchowk, next to Kathmandu valley, has the second highest population and vast land area.
- 100 violence against women cases lodged with DPO's Women in current fiscal.
- Half of the cases settled through reconciliation, nine cases went to district court.
- 32 women hanged themselves, six took poison in current fiscal.



In the 2078/79 period, Nepal Police Headquarters Naxal reported 17,000 domestic violence cases nationwide. Kavrepalanchowk District alone had 276 cases, accounting for 1.623% of the total. With only 77 districts in Nepal, this suggests a high incidence of domestic violence against women in Kavrepalanchowk.

In the Nepali context,

The Domestic Violence (Offence and Punishment) Act, 2066 states that “Domestic Violence” means any form of physical, mental, sexual, and economic harm perpetrated by a person to a person with whom he/she has a family relationship, and this word also includes any acts of reprimand or emotional harm.

Considered as domestic violence in Nepal



Acts, Policies, and Laws related to Violence against women in Nepal

Nepal's constitution guarantees women's right to be free from all forms of violence, with penalties for perpetrators and compensation for victims since September 2014.

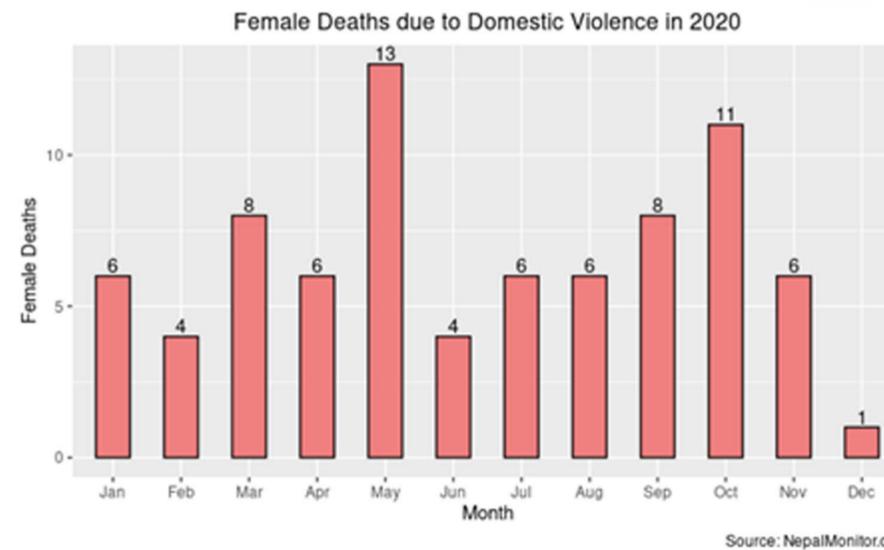
Domestic Violence Act (2009): Defines and addresses various forms of domestic violence including physical, mental, sexual, and financial. Allows reporting verbally or in writing, and provides for interim protective measures and court proceedings if resolution through other means fails.

The punishment for domestic violence in Nepal ranges from a fine of Three Thousand Rupees to Twenty-Five Thousand Rupees, imprisonment for up to six months, or both.

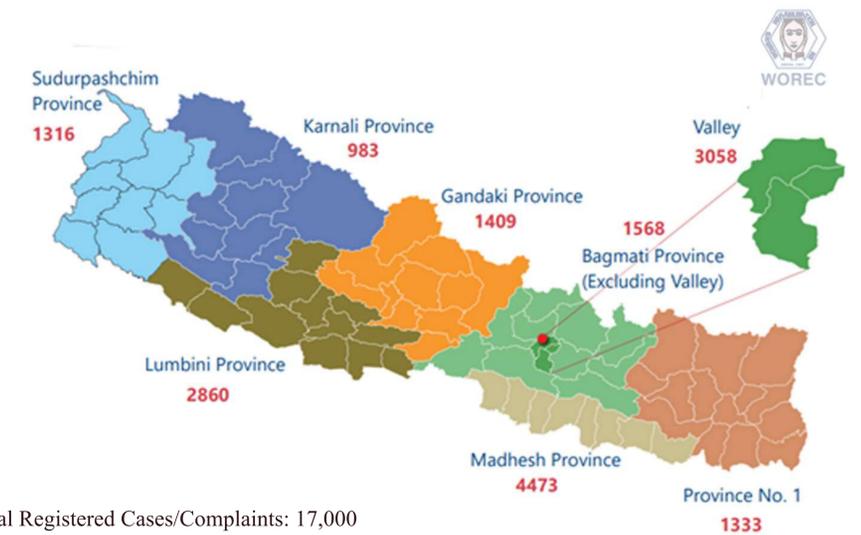
limitation:
Complaints for offenses under this Act must be filed within Ninety days of the crime being committed.



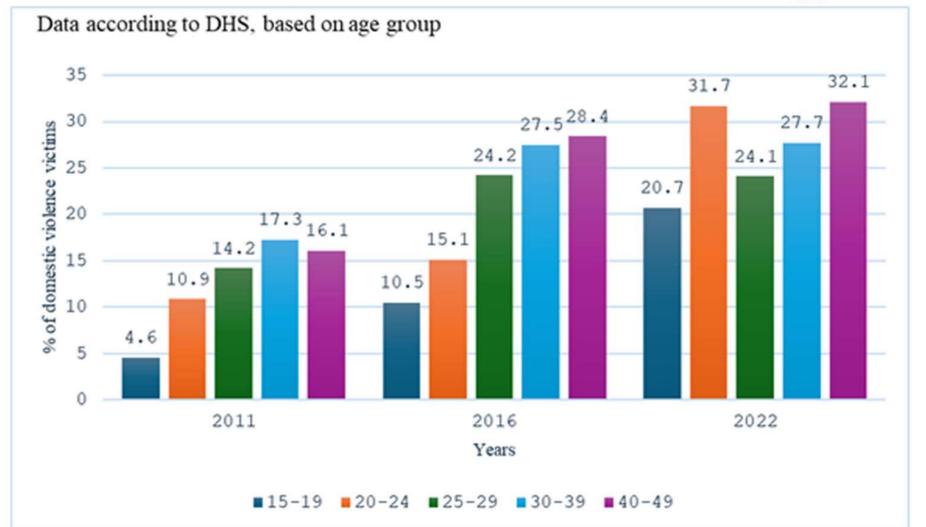
Data analysis :



The number of registered domestic violence applications declined by around 90-95 percent in all provinces apart from Bagmati province, where it went down by around 82 percent.

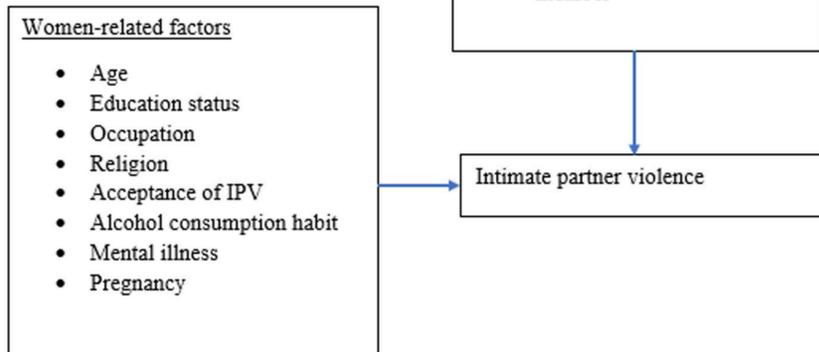


Total Registered Cases/Complaints: 17,000



(Source: Nepal Demographic and Health Survey)

Cause of Violence against women



Gender Norms & DV: Traditional norms promote male dominance, accept partner violence, hinder women's education and employment.

Root Causes of DV: Low education, financial stress, childhood exposure to parental violence, husband's alcoholism, dowry system, family misunderstandings, gender discrimination, poverty, complex social structures.

Components of women’s rehabilitation center



Library

Library space is one of the communal and educational space where people of all age group can share their knowledge and get socialize at the same time.

- circulation route > 1.50 m wide
- space between shelves 1.3m-1.4m wide
- area required for reading space= 2.5 sq.m
- room height >= 3 sq.m

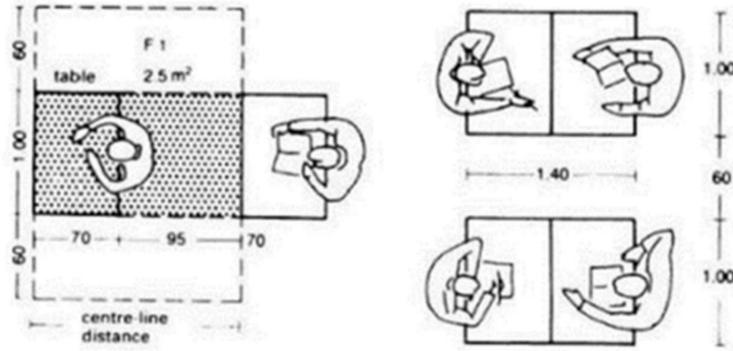


Figure: Library desk design consideration

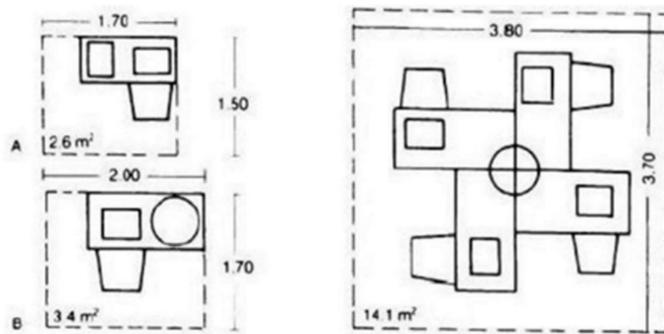


Figure: Book self of library

Office planning

- Minimum workstation size: 2.8 sq. meters, general workstation: 3.5 sq. meters, managerial positions: 6.5 sq. meters
- With local circulation, increases to 6-9 sq. meters per person

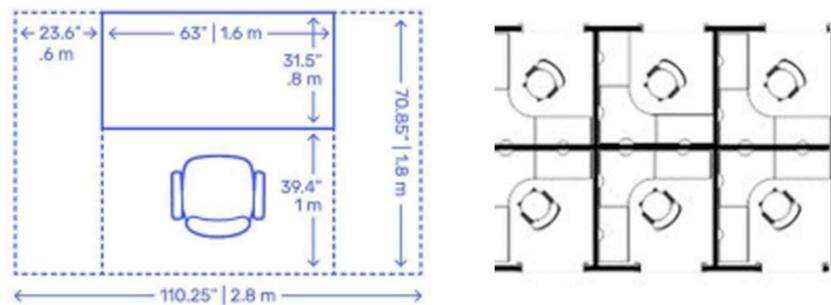


Figure: single office workstation

Multipurpose Hall

- Multipurpose hall integrates technology infrastructure for workshops, support sessions, and communication needs.
- Design includes options for privacy and accessibility for individuals with varying physical abilities.

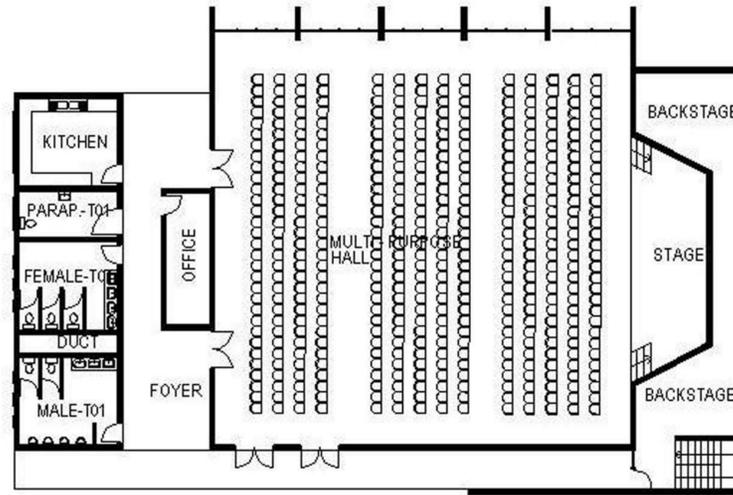


Figure: Multipurpose hall

Dormitory :

- All dormitories' areas should be 4m² per single or double bunk, 5 m³ per person.
- Adequate ventilation must be provided (commonly taken to mean 1/20th of the floor area).

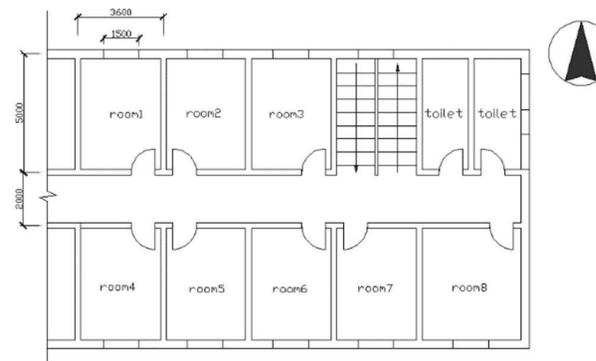
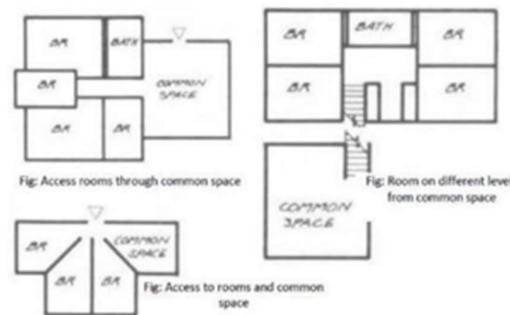


Figure: Dormitory design

Computer lab :

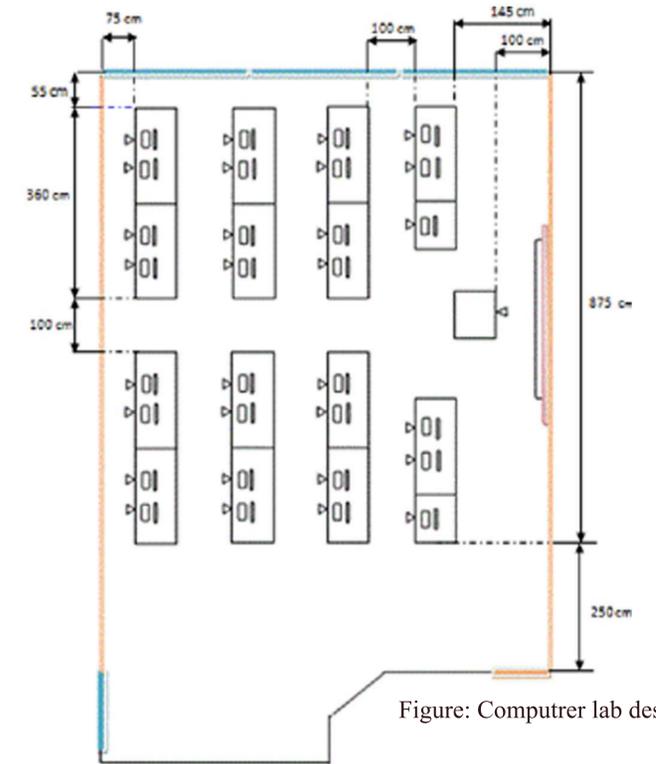
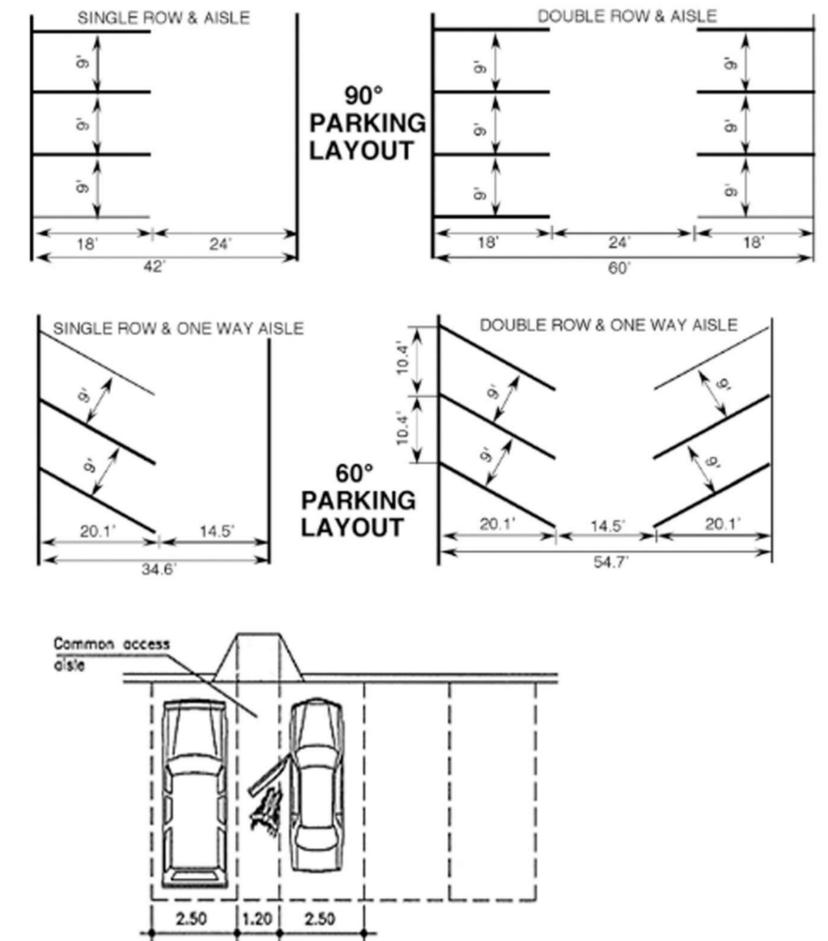


Figure: Computer lab design layout

Parking:



Medical facility design

- Convenient location for accessibility
- Wheelchair-friendly circulation
- Consideration for parents with small children and disabilities
- Effective zoning for public, clinical, and staff areas
- Ensuring privacy and confidentiality, especially at reception and clinical rooms

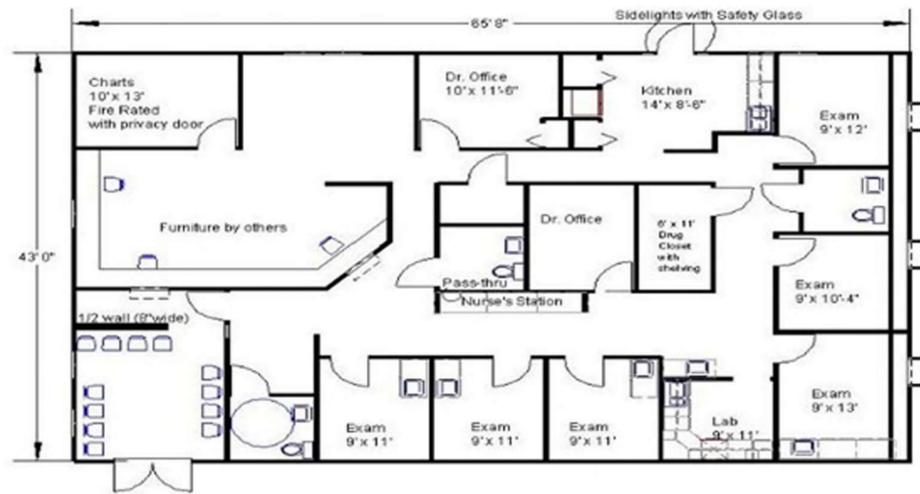
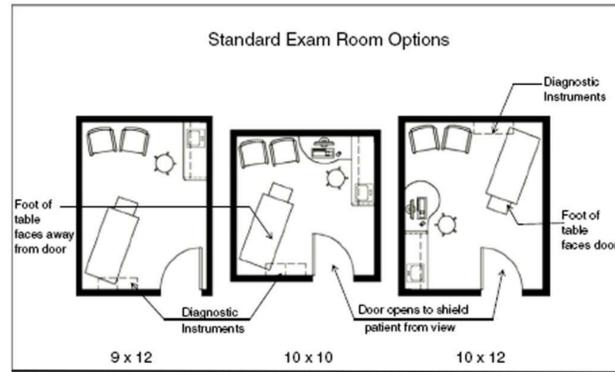
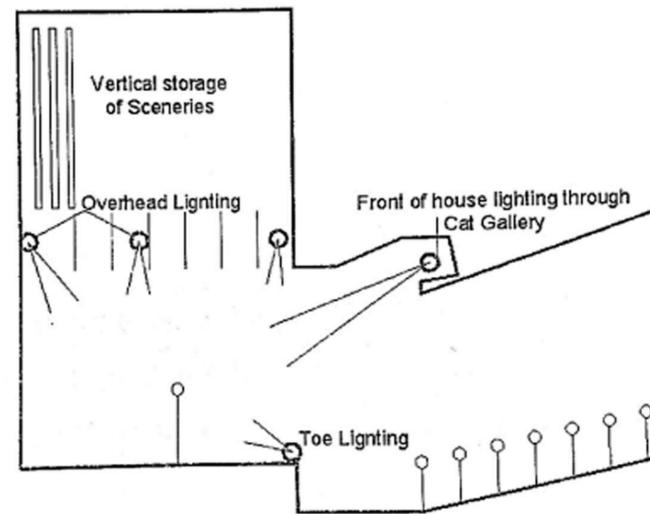


Figure: General layout of medical facility

Lighting



Reception Area:

- Low, open, and friendly design without physical or organizational barriers
- Control point for facility access, positioned near entrance for greeting
- Overlooks entrance lobby and waiting area

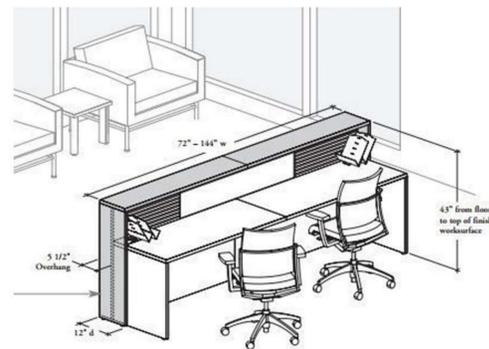


Figure: Layout of reception desk

Cafeteria/ Dining

- Dining Room: 60% of total area.
- Kitchen, cooking, storage, preparation, etc.: 40% total area.
- Service aisles: 0.9-1.35m wide if used both by trolleys and guests.
- Structural columns in a dining room are best located at the middle of a group of tables or at the corner of the table.
- The ceiling height of the dining area should relate to the floor area.

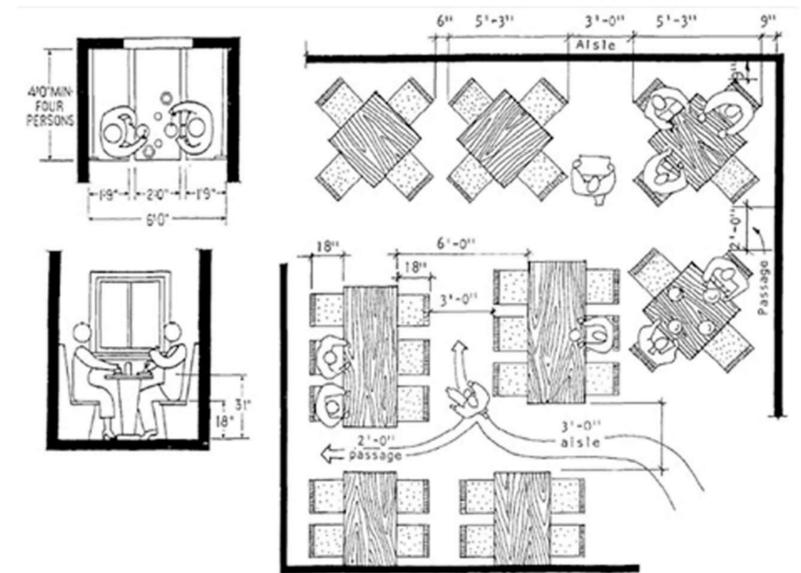


Figure: Planning requirements of dining

- The amount of space allocated to dining should be based on the number of persons to be served and proper circulation space.
- or 2 Person: 2'-6" x 2'-6" •
- 4 Person: 2'-6" x 3'-2"
- 6 Person: 3'-4" x 4'-0" or 4'-0" in round table
- 8 Person: 3'-4" x 6'-0" or 4'-0" x 4'-0"
- 10 Person: 3'-4" x 8'-0" or 4'-0" x 4'-0"
- 12 Person: 4'-0" x 8'-0"
- Dinning chair: 1'6" x 3'-6"
- Buffer unit: 1'-6" x 3'-6"

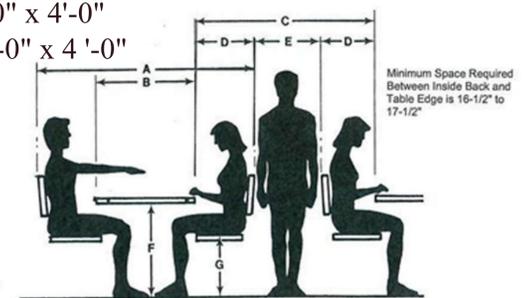


Table Dimensions	
A. Total area required for table	60" - 90"
B. Table top width	24" - 42"
C. Customer traffic and seating area	54" - 72"
D. Customer seating area	18" - 24"
E. Traffic area	18" - 24"
F. Tabletop height	29" - 30"
G. Seat height	19" - 18"

Wheelchair Seating Requirements	
A. Wheelchair seating area	30"
B. Tabletop width	24" - 42"
C. Customer seating area	18" - 24"
D. Distance to underside of table	30"
E. Tabletop height	31"

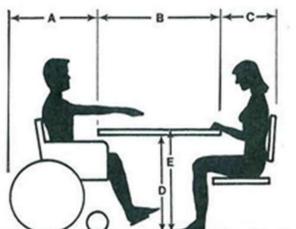


Figure: Table seating dimension

Amphitheater

- Features tiered seating, a central stage, and good acoustics for clear views.
- Designed for various public events like concerts, plays, sports, and cultural performances.
- Accommodates large audiences for entertainment and gatherings.
- Seat width between 18-23 inches, with 21 inches considered comfortable
- Recommended slope of 12 degrees for lower portion, 24 degrees or steeper for upper portion
- Seat width between 18-23 inches, with 21 inches considered comfortable

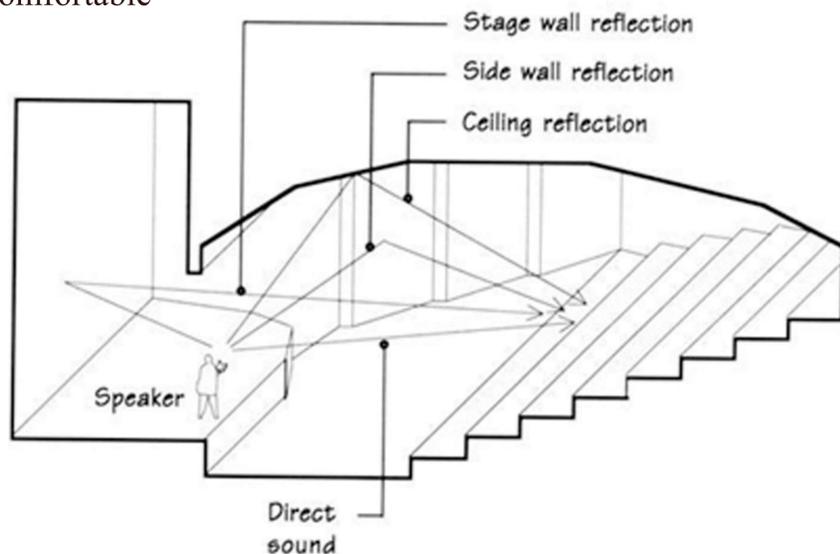


Figure: Amphitheater outline design

NATIONAL CASE STUDY

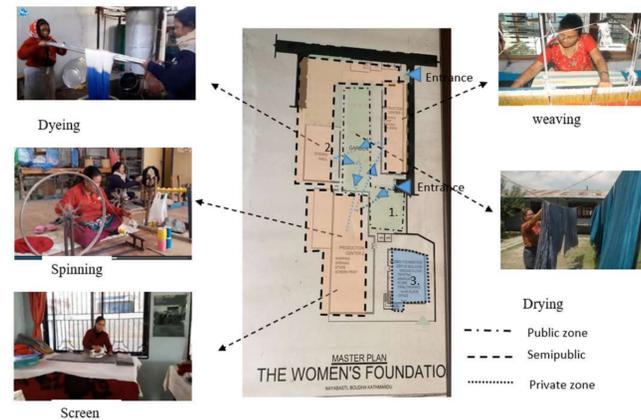
1. THE WOMEN FOUNDATION NEPAL

Location: Boudha, Kathmandu

Target Population: Empowered for independent women

Sip Bikash Uddhyog

The factory was established in 2004 at nayabasti, jorpati Kathmandu covering 2 ropani land. It produces silk, pashmina, Linen, Viscose, Dhaka, and woolen product.



1.1A home for women and children

- Location: Women and Children Rehab at Dachhi, VDC, Thali, and women Foundation Head Office at Nayabasti, Jorpati, boudha
- Target Population: Victims of Domestic Violence, war conflict and orphan
- Stay Period for children: up to 18 years

Inferences:

- Spaces which are to be easily accessible and visible.
- At least visual segregation of private, semipublic and public zone is desired.



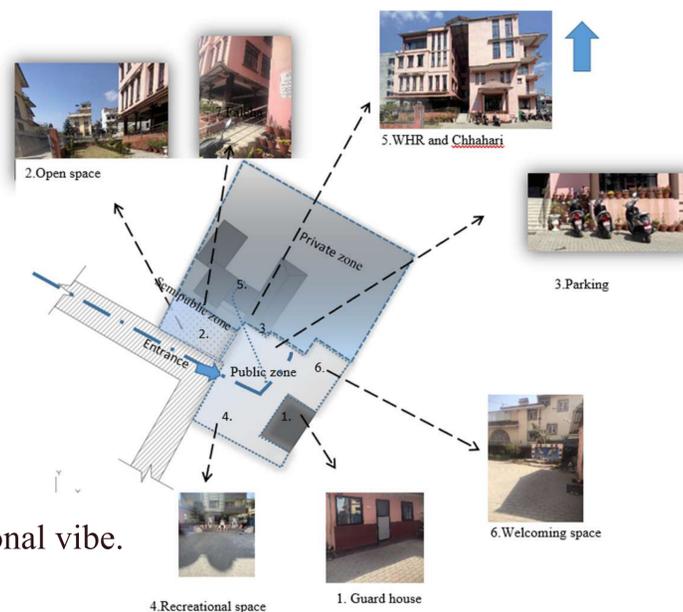
2. WHR (Women for human rights – single women group)

Introduction

- Location: Budhanilkantha, Hattigauda
- Target population: Vulnerable Single Women
- NGO established in 1995.

Inferences:

- Simple geometric form with slope roof
- Falcha provides a resting place giving a traditional vibe.



2.1 Chhaharai Services

Introduction

- Location: Budhanilkantha, Hattigauda, Kathmandu Nepal
- Target population: Vulnerable Single Women
- Chhahari meaning – A comforting shadow.
- Safe place for women facing difficult times.



3. TEWA COMPLEX

Location: Dhapakhel, Lalitpur

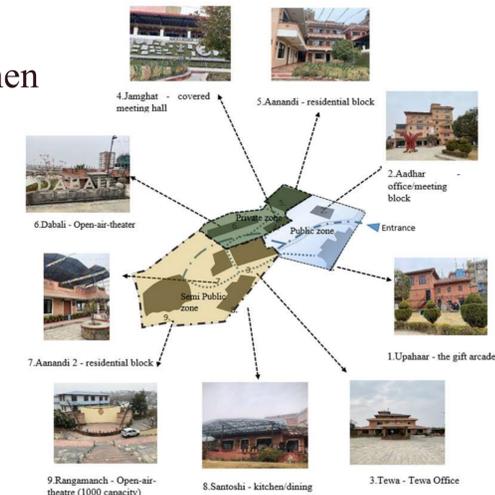
Building type: Center for Empowerment of Women

Building usage: Semi-public

Built up area: Around 16 Ropanis of land

Inferences:

- Proper planning, Welcoming entrance, Adequate lighting
- Nepalese traditional architecture, Portico as transition space
- Sufficient circulation on outdoor space



INTERNATIONAL NATIONAL CASE STUDY

1. SHELTER FOR BATTERED WOMEN

- Location: Tel Aivi, Israel
- Building type: Shelter home for abused women and children.
- Site area: 1600 sq. m

Inference

Inclusive planning for added security. Each room has visible green spaces. Open areas filled with natural light and plants create a refuge-like feel



2. WOMEN OPPURTUNITY CENTER

Project Name: Women's Opportunity Center

Location: Kayonza, Rwanda

Area :2 hectare

Building type: Community center for women

Inferences:

- Easy vehicular accessibility in market place.
- Centrally located kitchen and dining space provide communal gathering space.

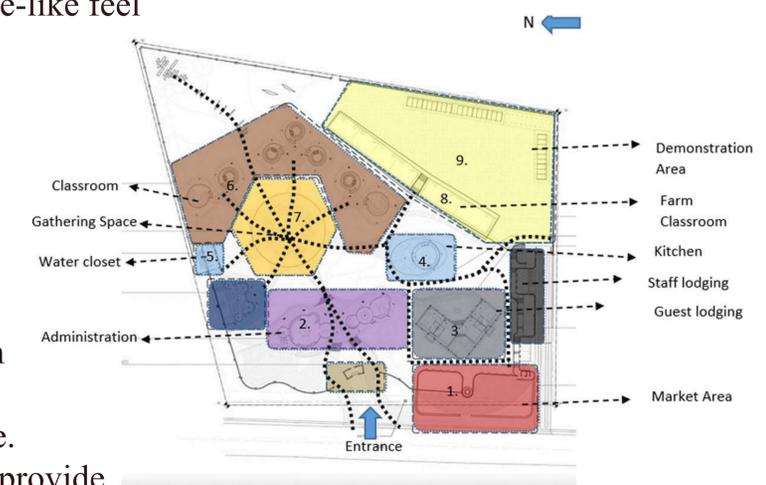


Fig: Master plan of Women's Opportunity Center

S.N	Particulars	Women foundation Nepal	Tewa	Women for human rights (WHR)	Women opportunity center	Shelter for battered women
1.	Estd.	1988	1999	1994	2015	1977
2.	Location	Thali (women and children rehab)	Dhapakhel, Lalitpur	Hattigauda, budhhanilkanth	Kayonza, Rwanda	Tel Aivi, Israel
3.	Type	Shelter for women and children	Center for empowerment of women	Shelter for women and children	Community center for women	Shelter home for abused women and children
4.	Capacity	78	100	50-60		12 Families
5.	Empowerment	Provides through samjiksip bikashudhyog	Provides fund to needy women groups	Encourage participation of single women at decision making levels in social, economic and political sphere.	Economic empowerment through animal husbandry and farm land	Child training, Martial arts practitioners', computer skills
6.	Total area	12 ropani	20 ropani			1600 sq. m
7.	Target group	Victims of Domestic Violence, war conflict and orphan	Needy women	Vulnerable single women	Needy women	Victims of violence against women and children
8.	Buildings	Brick faced frame structure	Nepalese traditional architecture	Simple geometric form with slope roof	Rawanda design tradition with deep spatial and social layers	Thought of a single small village
9.	Counselling		Legal counselling, physco social	Legal counselling, physco social		Psychotherapist, arts therapist
10.	Landscape	Play ground path ways, vegetable farm,	Garden, ramp,trees, monumental walls	Garden and lawns	Gathering space	Open courtyard, playground for children

ASTITWA : A SHELTER FOR WOMEN (Domestic Violence Victims)

Location



Bagmati province



Kavrepalanchok district



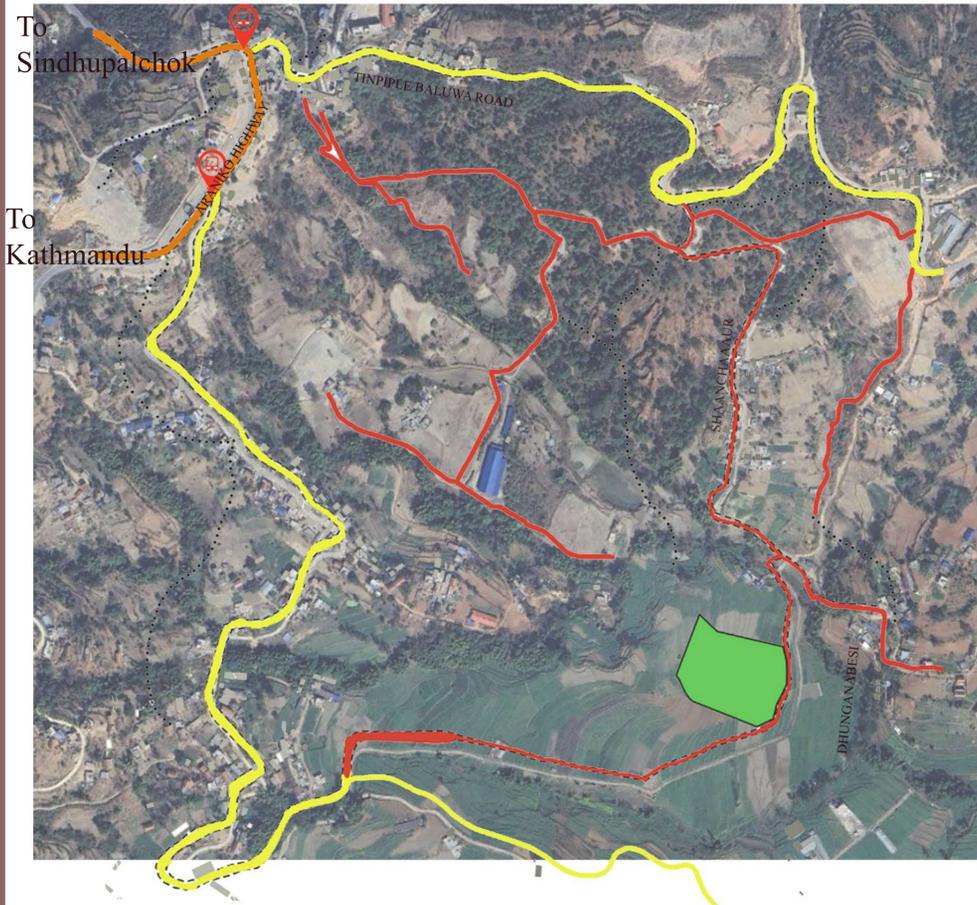
Pachkhal Municipality

Site introduction

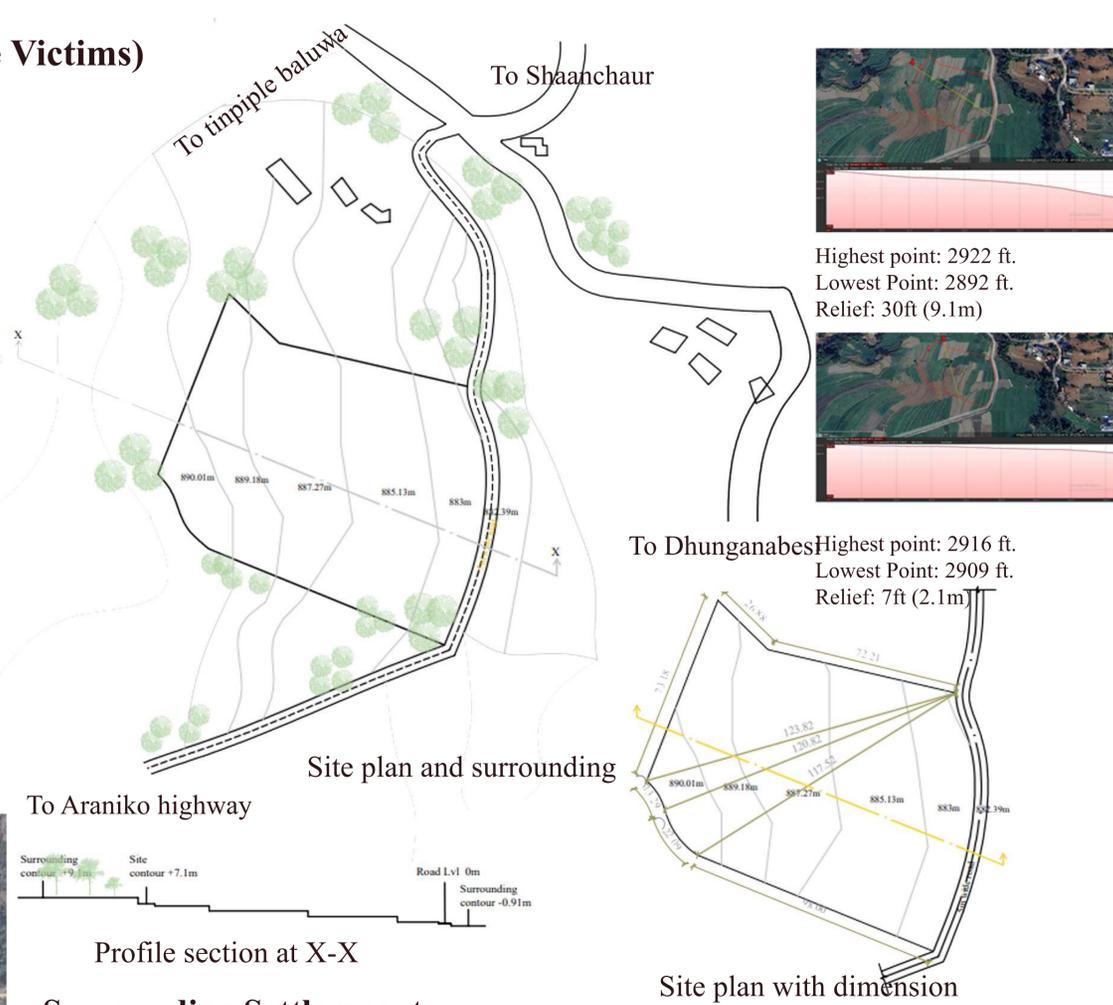
- Location: Panchkhal, Kavrepalanchok
- Land use: currently as agricultural field
- Area: 10529.82 sq.m (20.7 ropani)
- Topography: Contoured Land

- Latitude : 27°37'23.7"N
- Longitude: 85°37'08.8"E
- Orientation: East
- Shape: Irregular

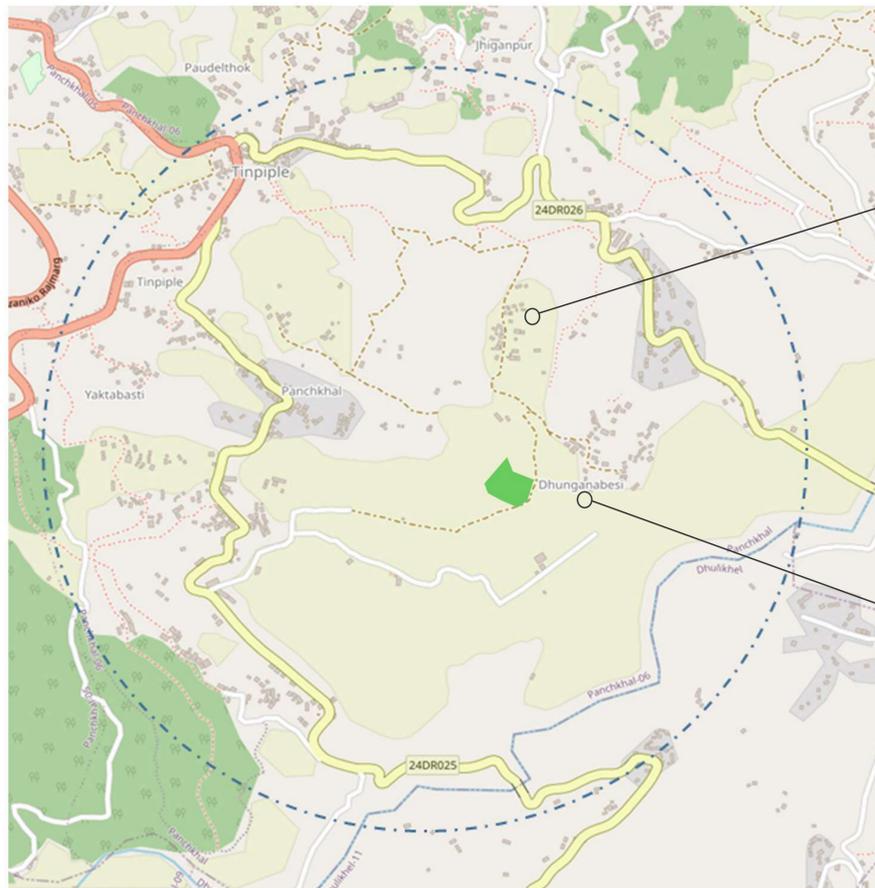
Road Networks



Two junctions from Araniko Highway lead to the site.
 Route 1: Tinpile Baluwa junction to Shaanchaur road directly to the site.
 Route 2: Dhunganabesi junction connecting to the site's road.
 Route 1 is shorter, passing through Tinpile and Shaanchaur settlements.



Surrounding Settlements



Views to the site



Road access to the site through primary road of Shaanchaur



Access to the site from settlement area (Shaanchaur)

Views From site



Views of settlement towards North side (Shaanchaur)



Settlement from front side of site (Dhunganabesi)

SITE ANALYSIS

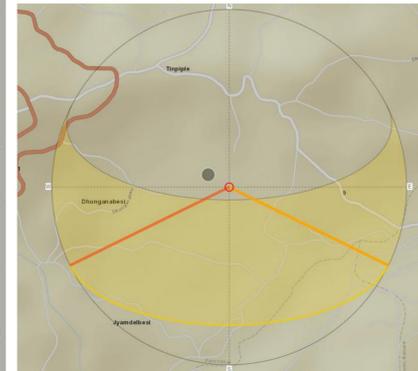
Prominent Landmarks around the Site



Climatic analysis



Sun path analysis for 21.03.2024 (March equinox)



Sun path analysis for 22.12.2024 (December Solstice)

- Site is oriented with wider side facing East.
- Suitable for activities like gardening or morning routines.
- Potential for early energy generation through solar panels.
- Shading concerns may arise in the late afternoon as the sun shifts westward.
- Requires careful consideration of building design to optimize sunlight exposure throughout the day.

- Surrounding area includes both public and private institutions.
- Health institutes nearby offer prompt medical assistance in emergencies.
- Presence of a nearby police station enhances security and aids in legal matters.
- Availability of agricultural production opportunities empowers women in shelters or victims of domestic violence.
- Strategic location near vital services makes it ideal for addressing community needs and empowerment.

Strength

- A pristine natural environment fosters health and mental wellbeing.
- Close proximity to essential services: Education, healthcare, shopping facilities.
- Enhances support for victims: Easy access to assistance and resources.

Opportunity

- Natural contour provides opportunity to create and break privacy in the desired areas.
- Existing greens can be maintained and used in the healing landscapes.

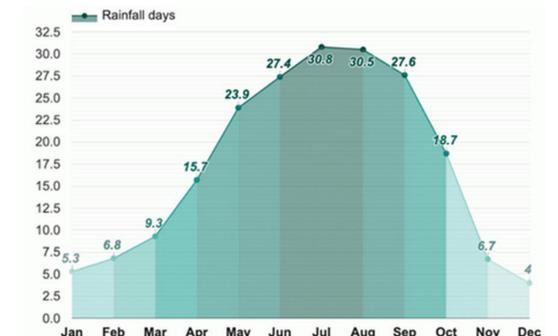
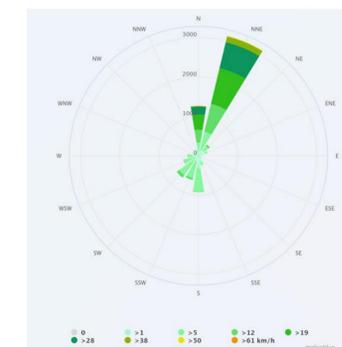
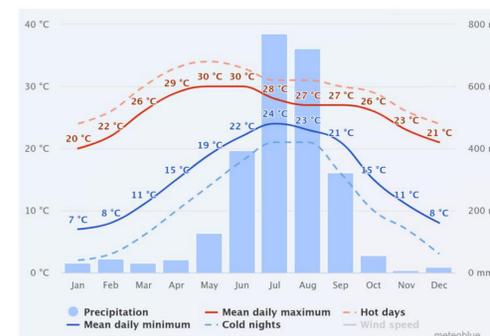


Weakness

- Existing road conditions vary: some concrete sections, some rough areas.
- Inconsistent road quality may hinder easy access, especially in rainy seasons.

Threats

- Depletion of agricultural land



- Highs of 24.06°C (75.31°F) offer warmth without extreme heat.
- Lows of 12.13°C (53.83°F) provide comfortable conditions for indoor living.
- Architectural designs can incorporate natural ventilation and passive cooling strategies to enhance comfort.

- Wind direction is towards N-E
- High wind occurred in the month of April (8km/h)
- Proper wind barriers design is needed during high wind.
- Cross ventilation should maintain

- December has the least rainfall at 16.39mm (0.65in).
- Despite rainy days, there are 144.52 days (39.59%) with no rain.
- These rain-free days allow for outdoor activities and ventilation

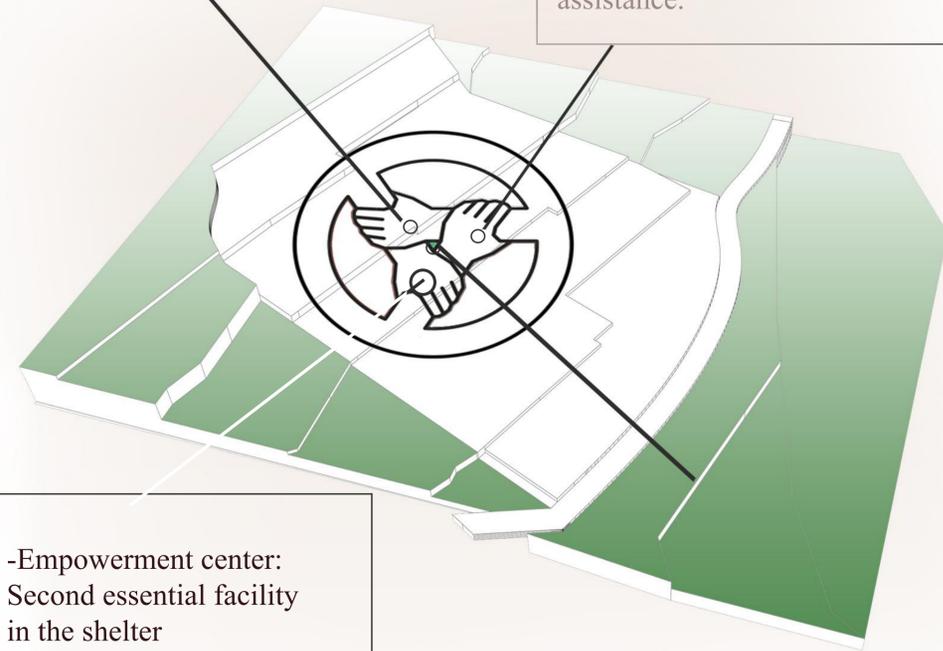
CONCEPT DEVELOPMENT



- Symbolizes teamwork, unity, and support.
- Depicts three hands supporting each other, never letting go.
- Reflects the core concept of the project: victims finding strength and support within a community.
- Highlights the importance of encouragement, cooperation, and a motivating environment.
- Emphasizes the transformative power of support in helping victims rise above their challenges.

- Located in a secluded area for privacy.
- Exclusive access for victims only.
- Designated as a crucial and secure space within the center.
- Provides a private zone for residents.

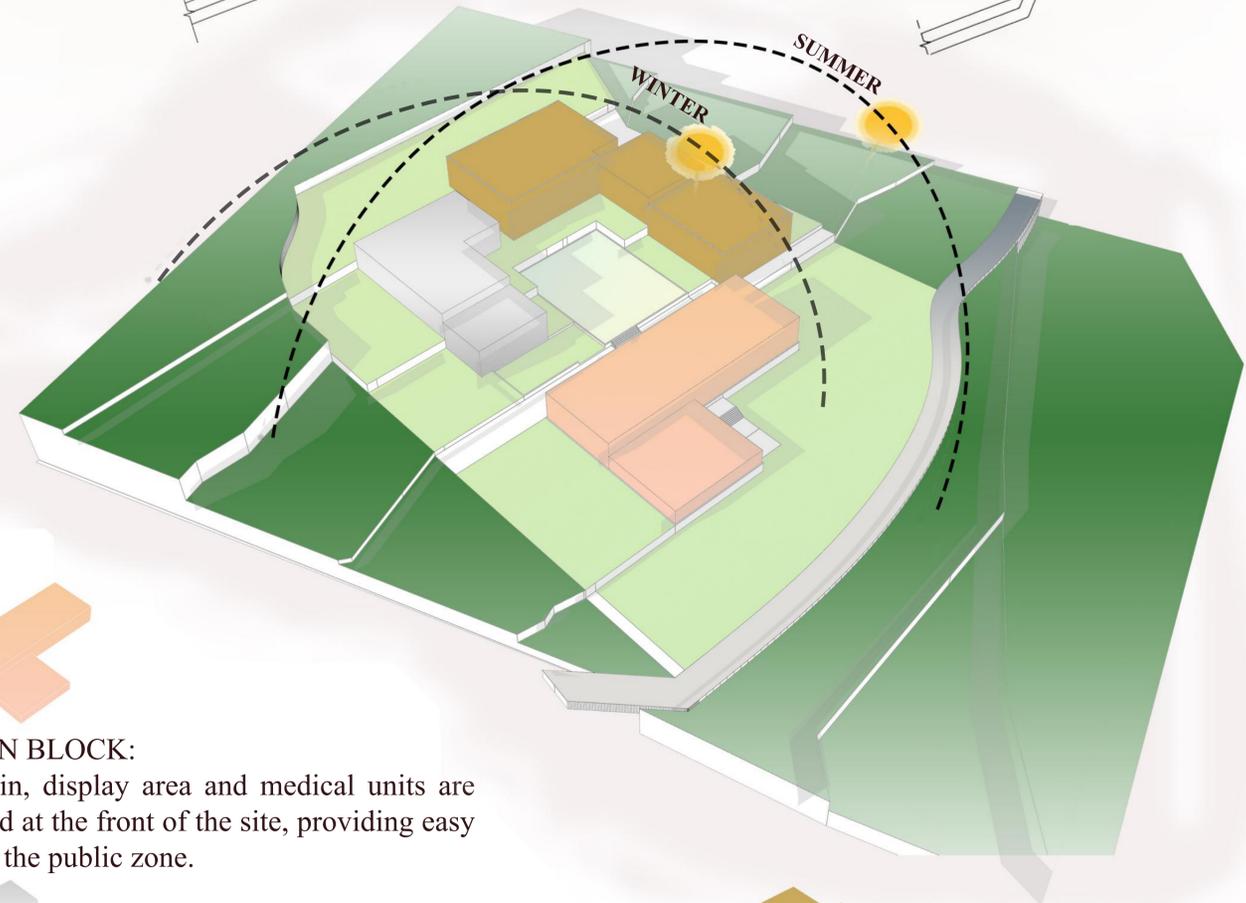
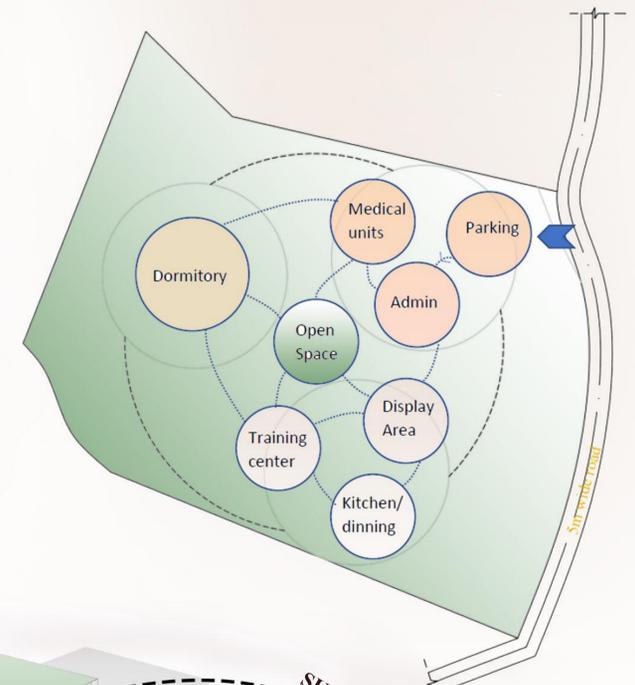
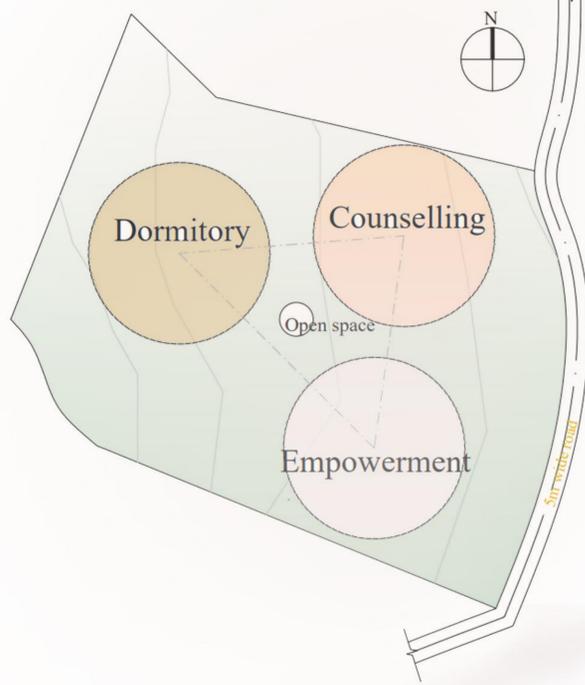
- Mandatory for all victims and visitors.
- Initial steps: Admin center followed by counseling.
- Facilitates access to medical units for immediate assistance.



- Empowerment center: Second essential facility in the shelter
- Training sessions prepare victims for life after shelter.
- Equips victims with essential skills for future independence.

- Central area: Hub for communal activities in the shelter.
- Fosters bonding and strong relationships.
- Social interaction and support.

Zoning:



1. ADMIN BLOCK:
The admin, display area and medical units are positioned at the front of the site, providing easy access to the public zone.

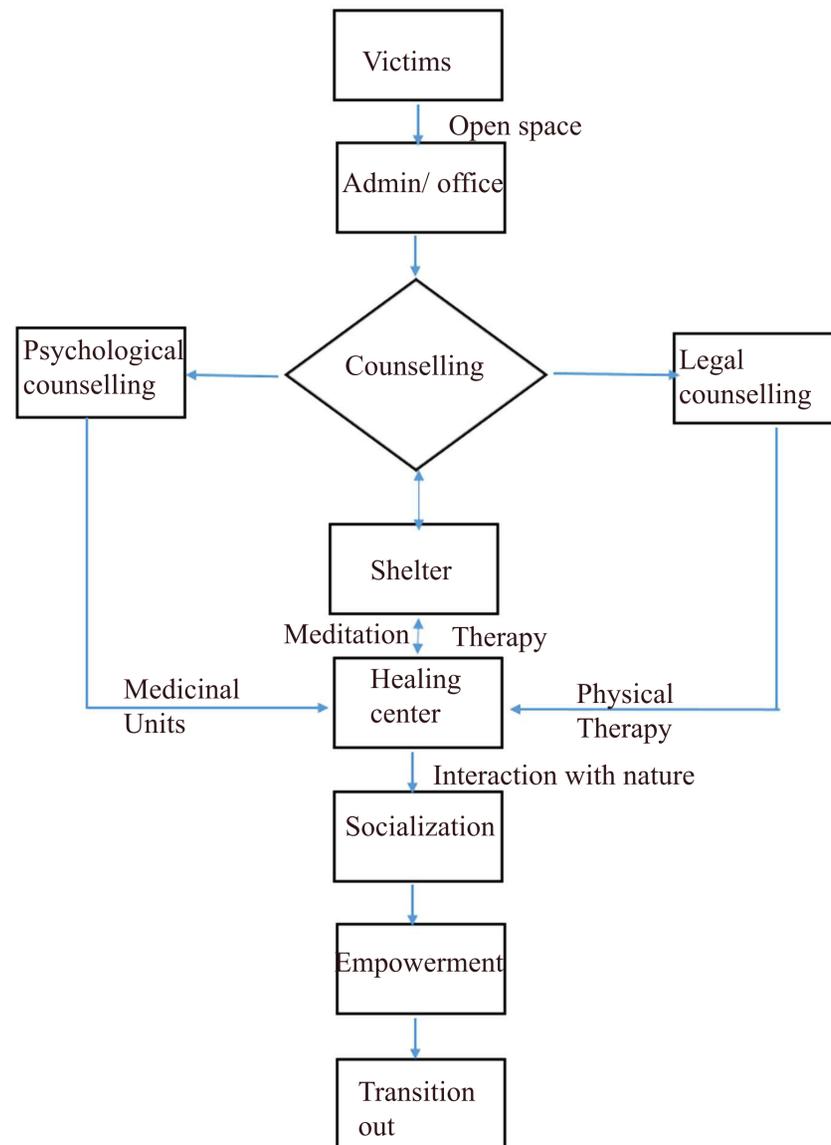
2. TRAINING BLOCK:
The training block for women, located in the southern part of the site, empowers victims to become self-independent while benefiting from the site's favorable climate conditions.

3. DORMITORY BLOCK:
Dormitory blocks are placed in a private zone to ensure the privacy and safety, with a counter providing additional privacy support

PROGRAM FORMULATION

- Women of domestic violence: 40
- Women with Children of domestic violence victims: 20
- Total population target: 60
- Total Staff: 15
- Healing period- Around 3 months
- Training period - 6-9 months

INTAKE PROCESS WITH IN CENTER



1.Adminisration block

Description of space	No. of unit	Area per unit(m ²)	Total area (m ²)	Area in design(sq.m)
Reception /lobby	1	18	18	41.90
Information center	1	18	18	22.62
Director's room	1	30	30	18.99
Account room	1	10	10	23.11
Meeting room	1	30	30	29.57
Store	1	15	15	6
Female Restroom	4 w/c		10	7.16
Male Restroom	3 urinal 1w/c		9	6.21
Total			253m ²	155.56

5. Counselling block/ clinic

Description of space	No. of unit	Area per unit(m ²)	Total area (m ²)	Area in design (sq.m)
Counseling room (ind.)	3	4	12	28.73
Physiotherapy Room	1	35	35	39.68
Legal room	3	4	12	21.98
Examine room	1	55	55	33.13
Medicine room	1	15	15	19.50
Toilet/ bath		24	24	
Total			376m ²	143.02

2.Training block

Description of space	No. of unit	Area per unit(m ²)	Total area (m ²)	Area in design(sq.m)
Reception/ lobby	1	20	20	22.94
Basic learning class	1	60	60	66.83
Handicraft	2	20	40	52
Embroiding	2	20	40	62
Computer lab	1	75	75	52
Horticulture	1	40	40	30.63
Tailoring	1	70	70	62
Toilet			32	14.32
Total			503m ²	362.72

4. Accommodation

Description of space	No. of unit	Area per unit(m ²)	Total area (m ²)	Area in design (sq.m)
Bedroom for 4 people	4	30	120	26.44
Bedroom for 2 people	14	20	280	21.47
Warden room	1	18	18	19.82
Toilet / bathroom	3	15	45	32.61
Child play area	2	30	60	37.84
Laundry	1	10	10	19.09
Common room	2	25	50	21.6
Multipurpose hall	1			67.03
Total			619m ²	245.9

3. kitchen and dinning

Description of space	Total area (m ²)	Area in Design (sq.m)
Kitchen	60	26.45
Dinning / serving	125	111.36
Store	20	10.71
Wash	8	8.04
Staff unit	10	
Semi open dinning	60	37.03
Washroom	14	12.26
Total	297m ²	205.85

Legal elements

- Max Ground coverage- 40%
- Max. FAR- 2.25 for organization
- Setbacks – 1.5
- ROW - 4.5
- Parking-15% (1423)
- Site access road- 5m

Open Space:

- Total site area : 10206.45 sq.m
- GCR : 2560.94/ 10206.45 : 25.09%

6.Display Area

Description of space	Area (m ²)	Area in design (sq.m)
Seminar hall	175	138.68
Display area	150	123.25
Toilet/ bath	24	15.49
Total	605m ²	

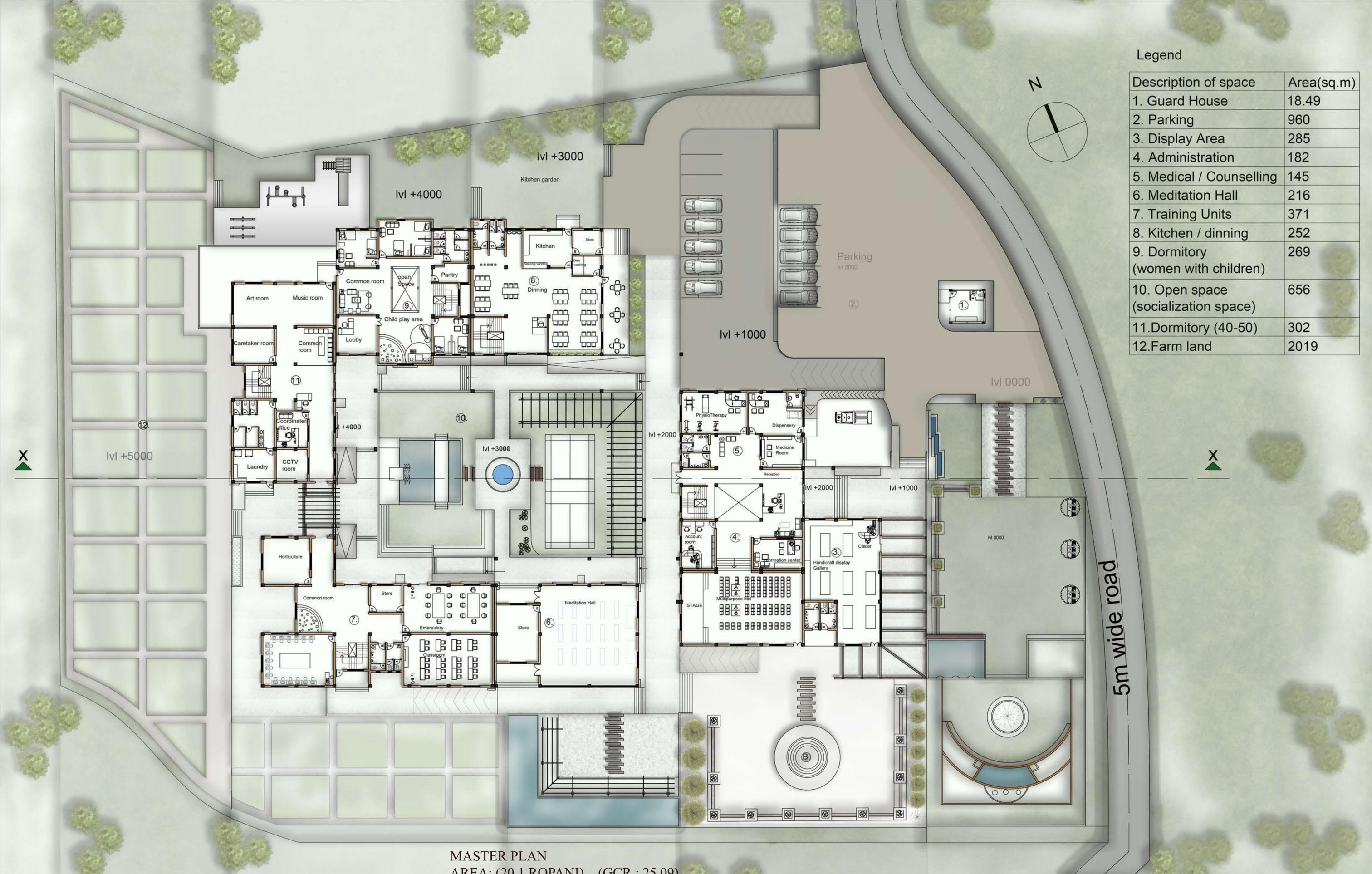


Legend

Description of space	Area(sq.m)
1. Guard House	18.49
2. Parking	960
3. Display Area	285
4. Administration	182
5. Medical / Counselling	145
6. Meditation Hall	216
7. Training Units	371
8. Kitchen / dining	252
9. Dormitory (women with children)	269
10. Open space (socialization space)	656
11. Dormitory (40-50)	302
12. Farm land	2019

Legend

Description of space	Area(sq.m)
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12. Farm land	2019



MASTER PLAN
 AREA: (20.1 ROPANI) (GCR : 25.09)

SUBJECT: THESIS
 TITLE: MASTER PLAN

AFFILIATED TO PURBANCHAL UNIVERSITY
 KHWOPA ENGINEERING COLLEGE
 DEPARTMENT OF ARCHITECTURE
 LIBALI, BHAKTAPUR

NAME: MINA SHRESTHA
 ROLL NO.: 750119
 DATE: 2081/04/02

SCALE : 1:200
 SUBMITTED TO :



Profile Section at X-X

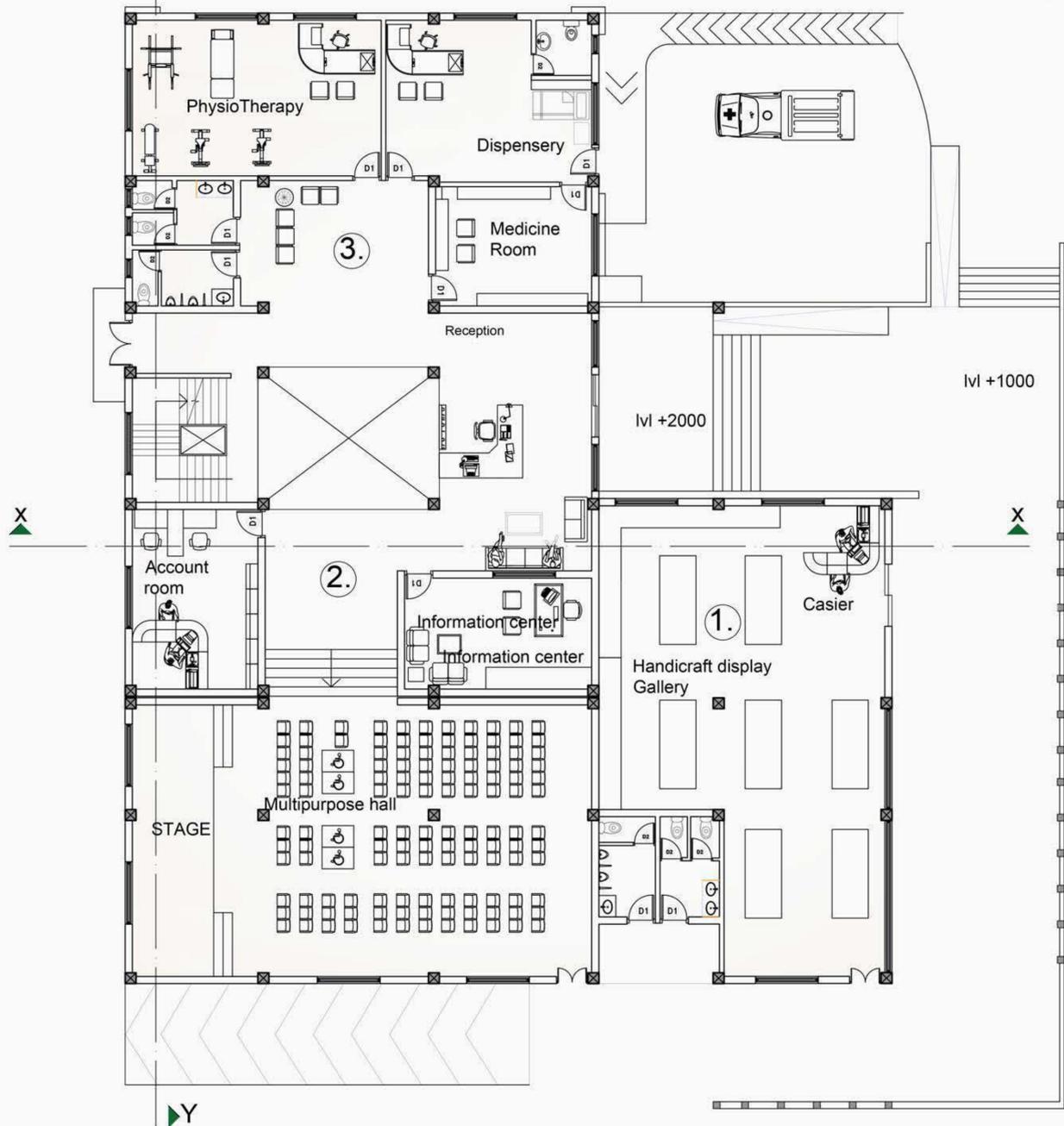


Front Profile Elevation



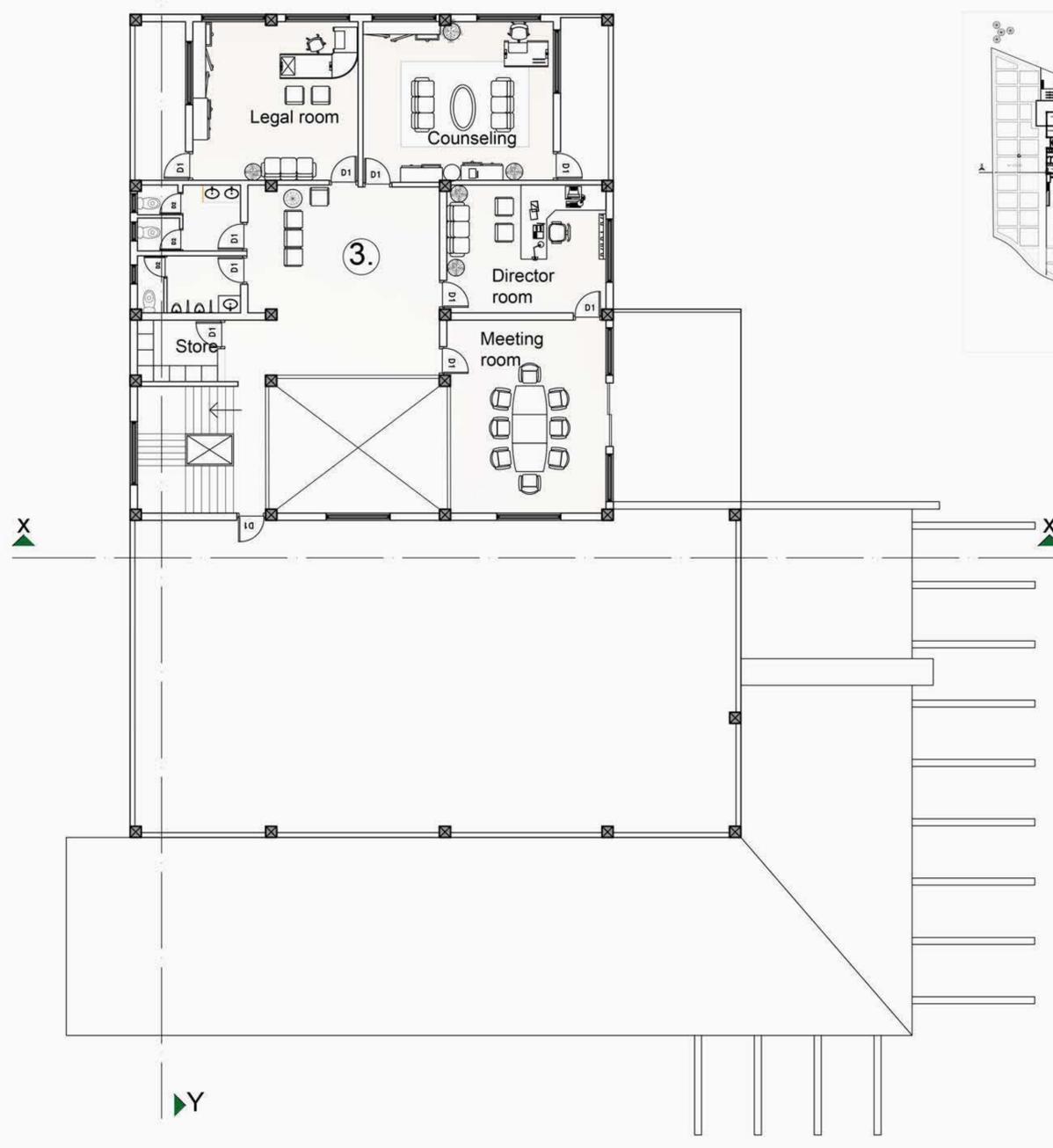
North Profile Elevation

Administration and Display area



Ground Floor plan of Admin and display

Area : 616 sq.m



First Floor plan of Admin and display



Interior of Reception



Counseling room



Open space

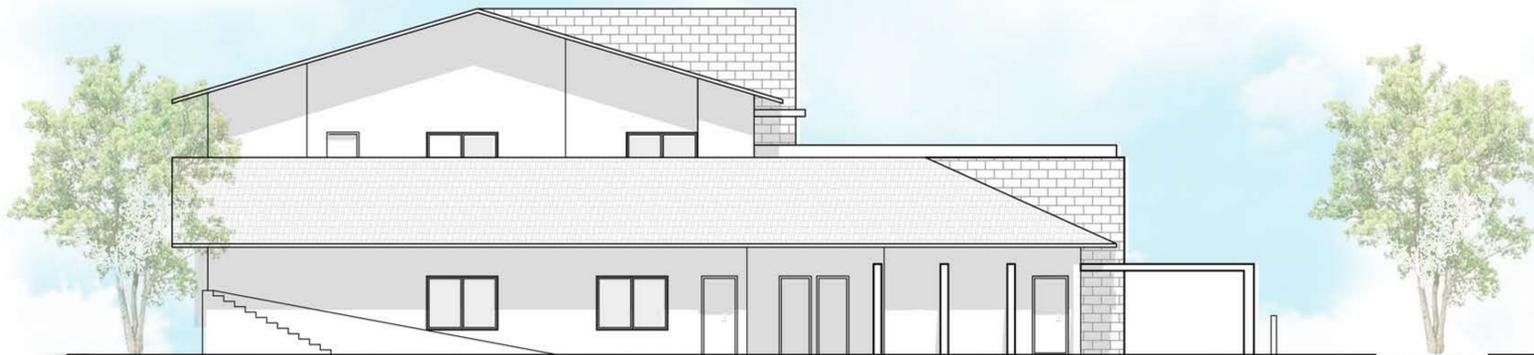
Administration and Display area



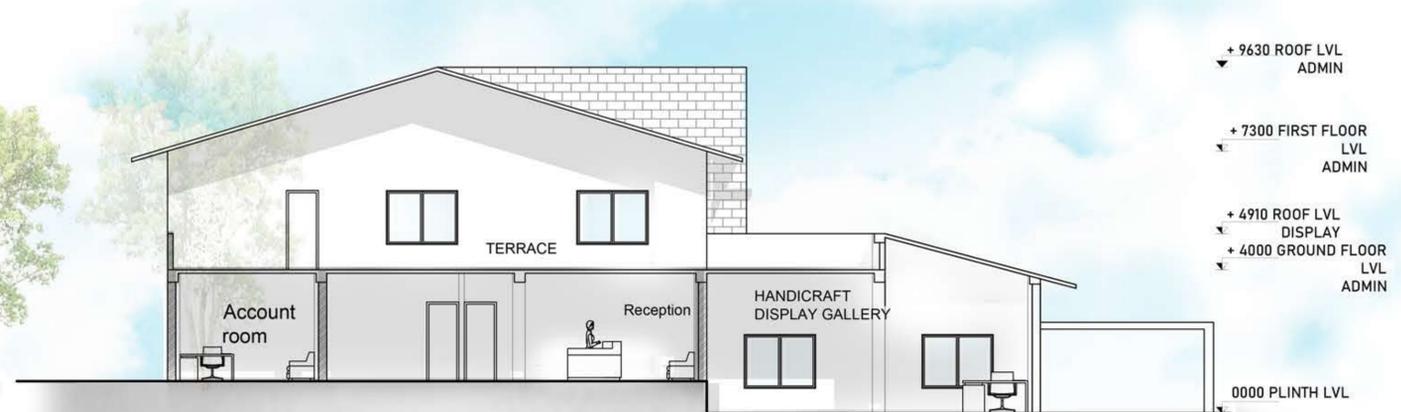
East elevation



North elevation



South Elevation

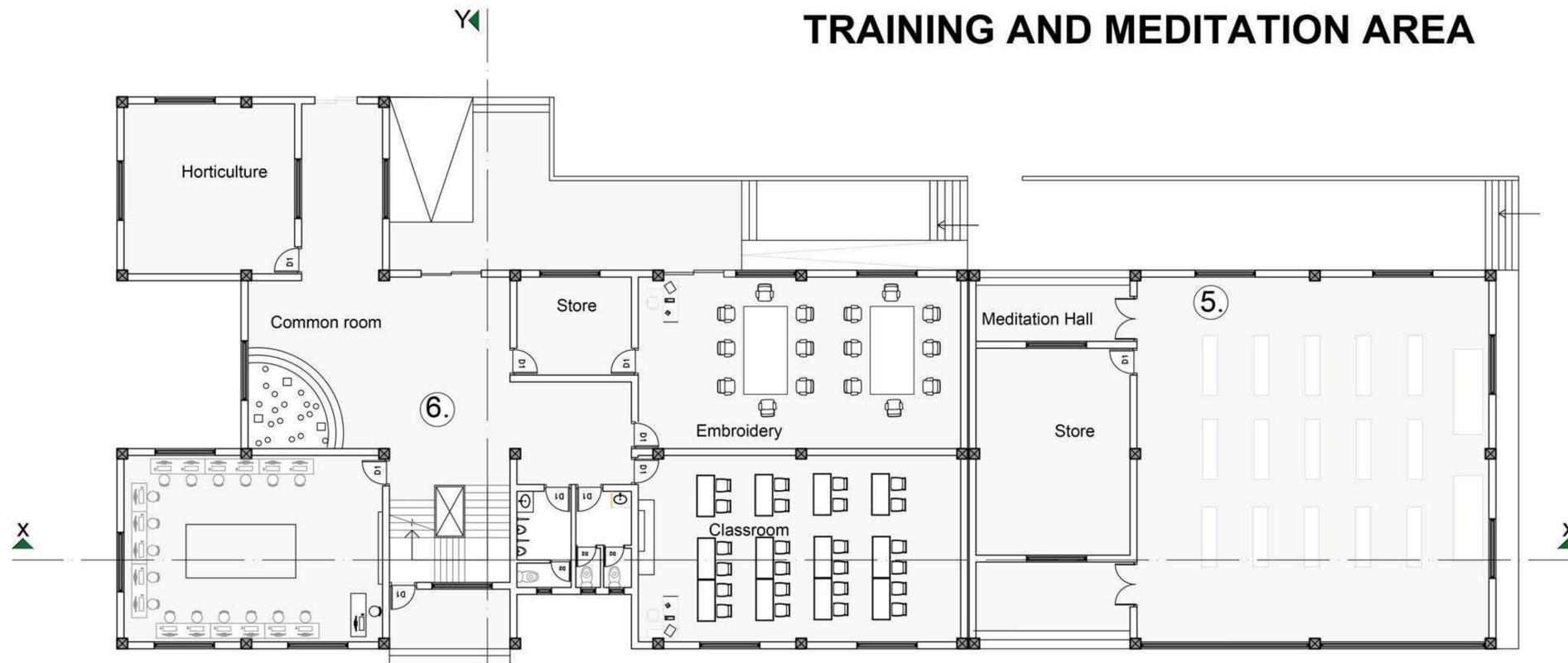


Section at X-X

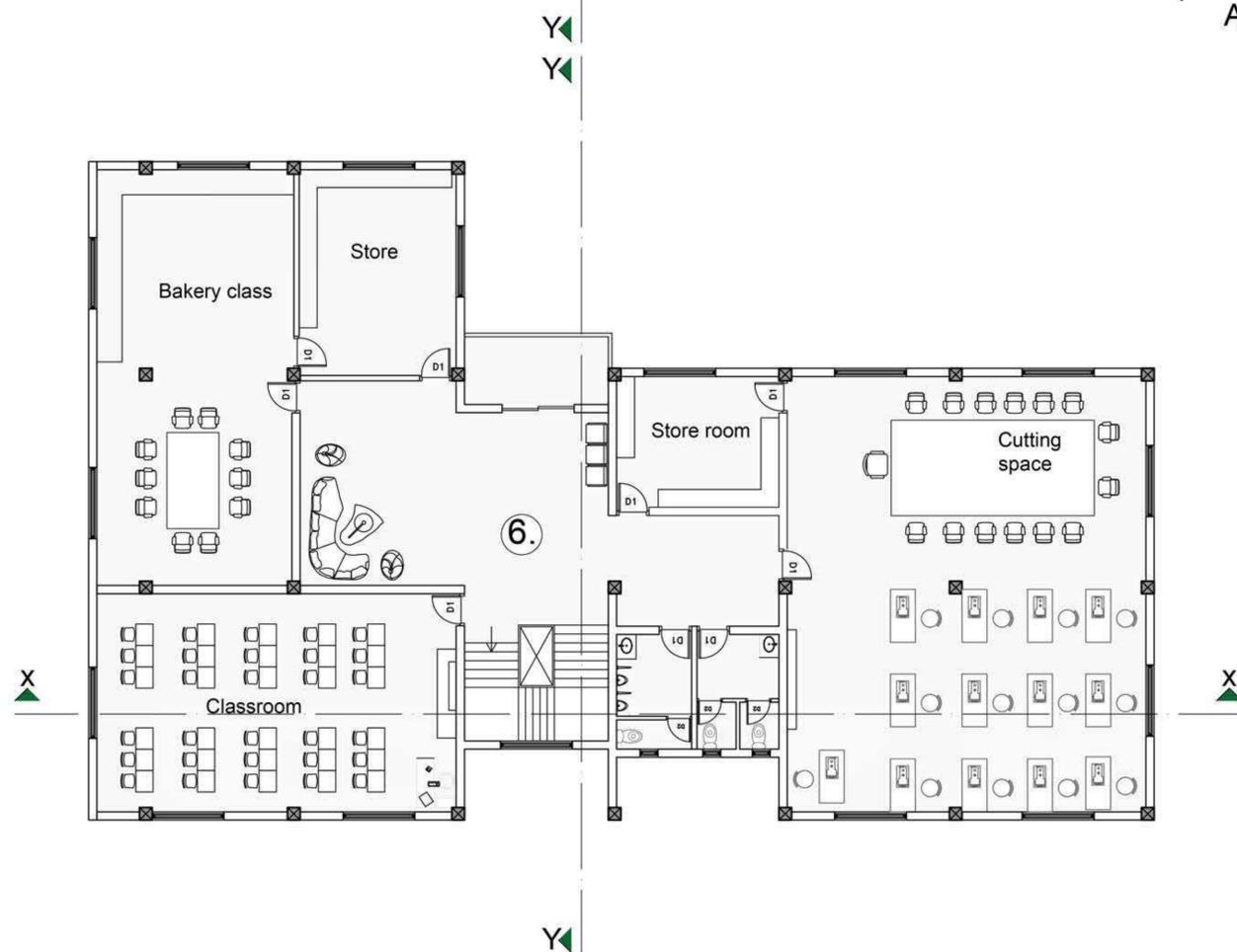


Section at Y-Y

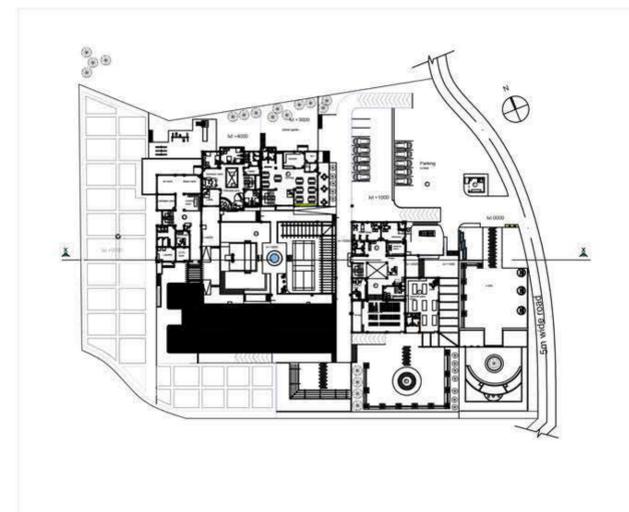
TRAINING AND MEDITATION AREA



Ground Floor plan Training units, Meditation hall
Area : 593 sq.m



First floor plan of Training units,



Key Plan



Classroom



Computer Class



Child Play Area

TRAINING AND MEDITATION AREA



Front Elevation



East Elevation

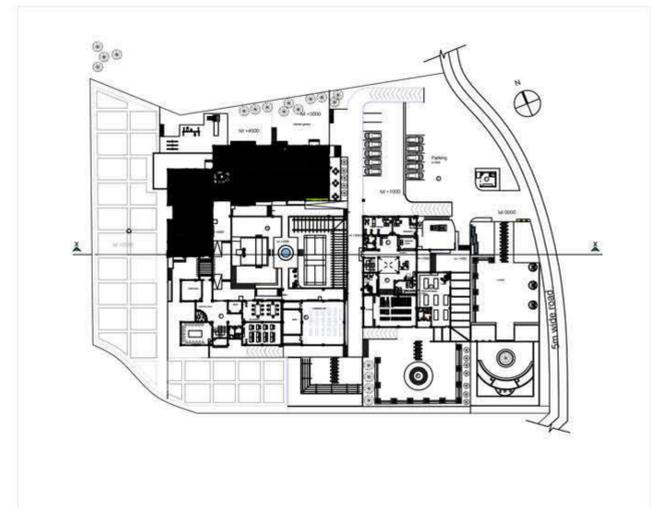
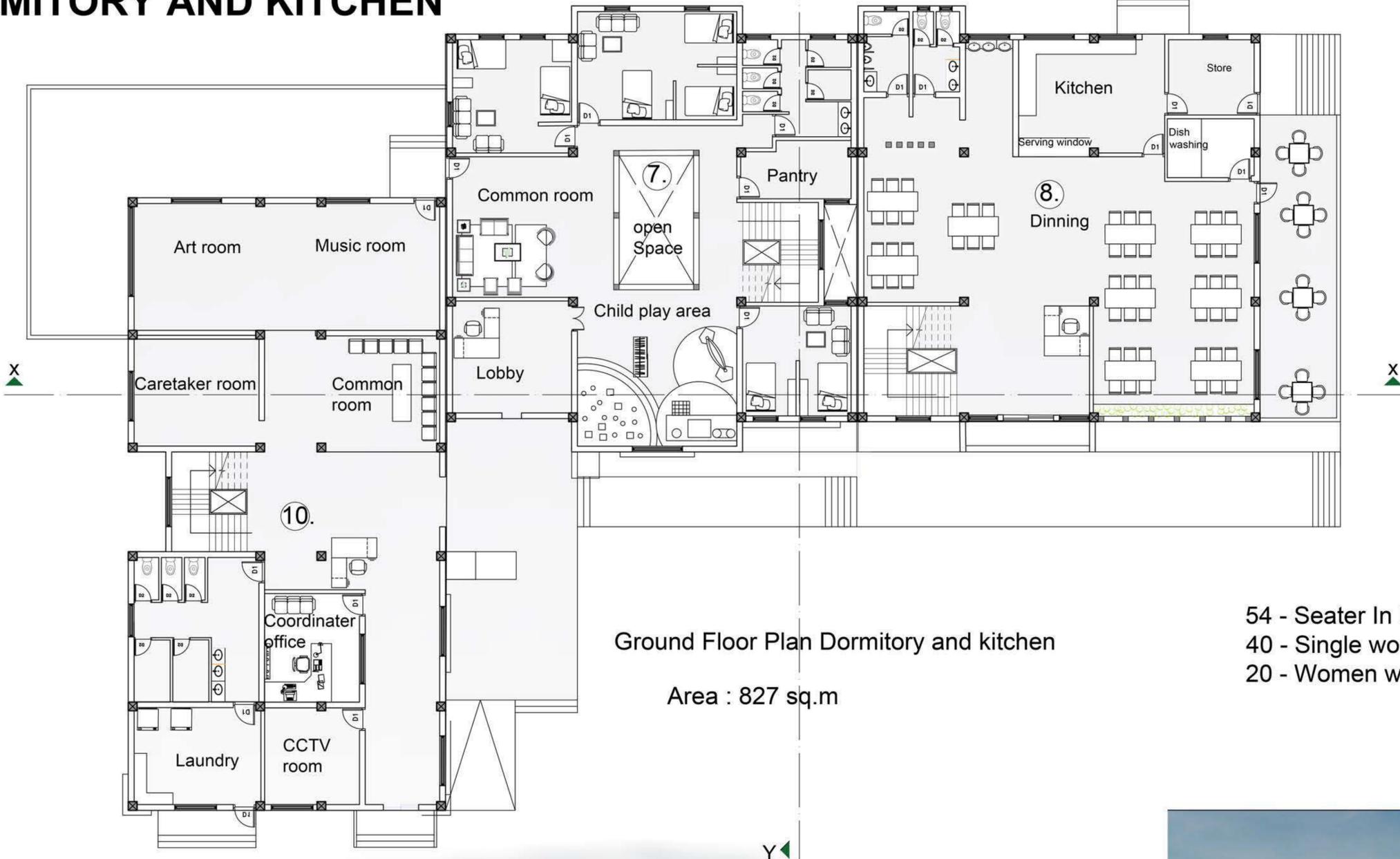


Section at Y-Y



Section at X-X

DORMITORY AND KITCHEN



Key Plan

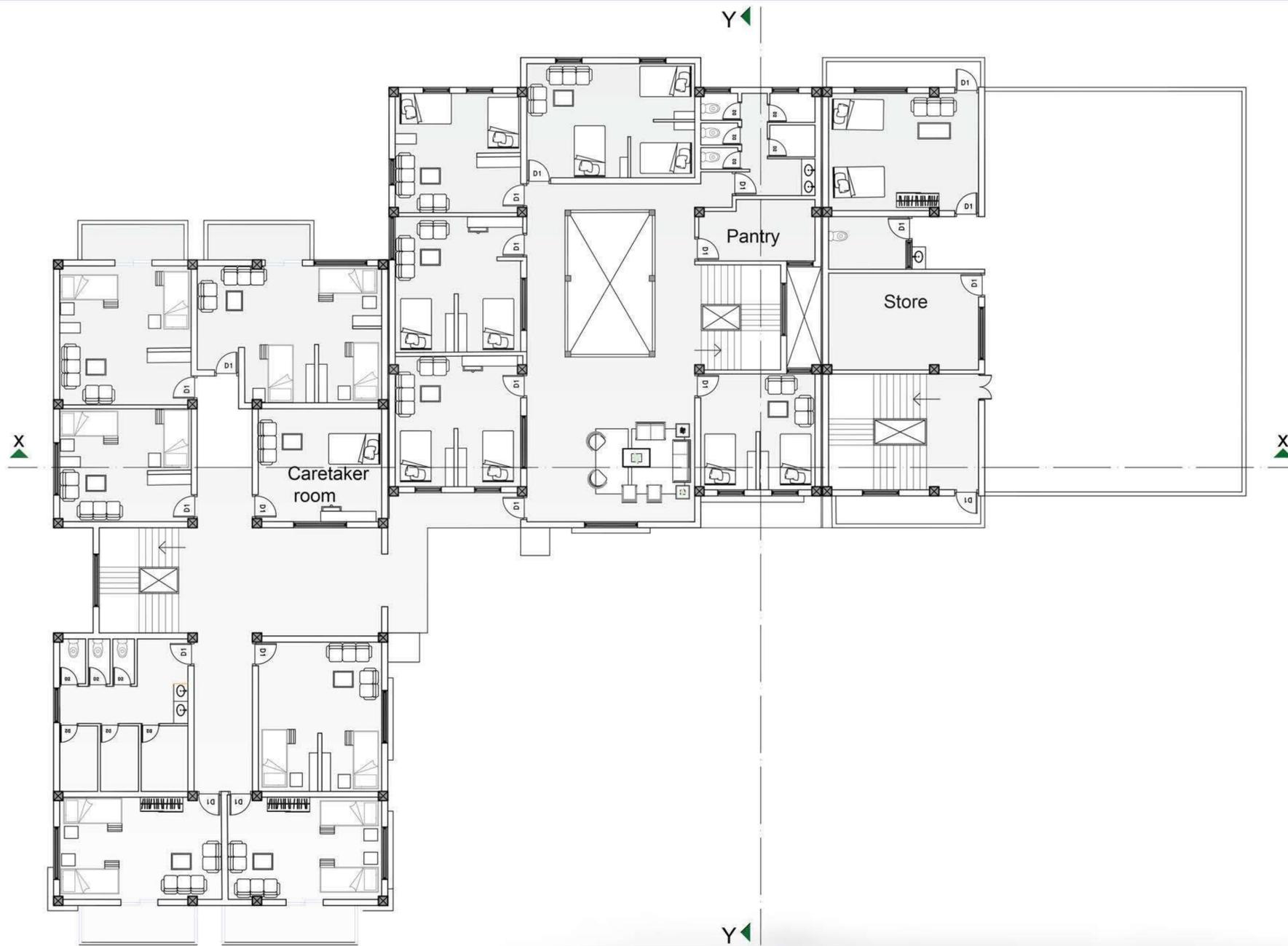
Ground Floor Plan Dormitory and kitchen
Area : 827 sq.m

- 54 - Seater In Dinning
- 40 - Single women
- 20 - Women with Children



East elevation





First Floor plan of Dormitory and kitchen



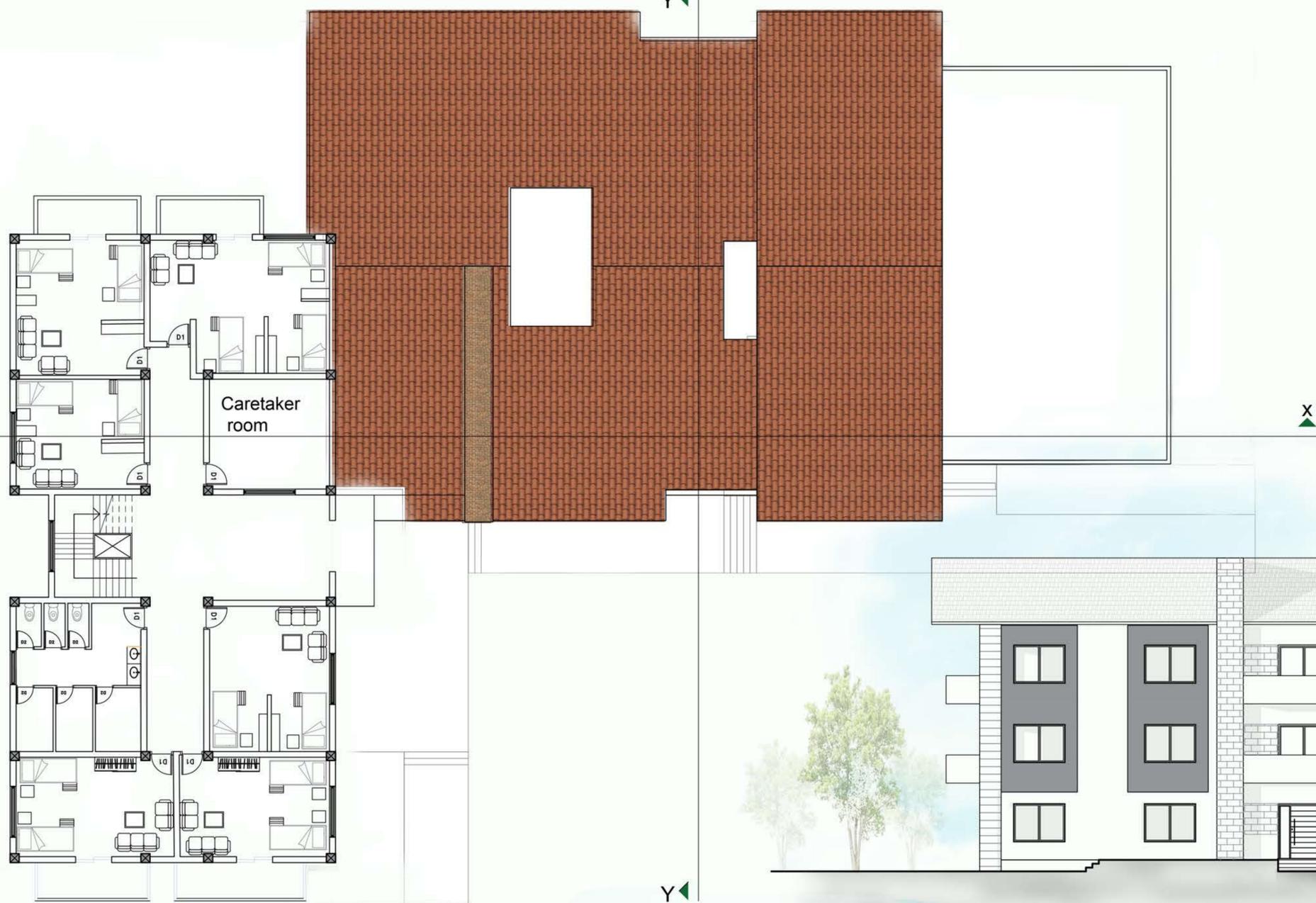
Interior of Bedroom



Interior of child play area



South elevation



Second floor plan

Section at Y-Y

+ 11800 ROOF LVL
DORMITORY 2

+ 8700 ROOF LVL
DORMITORY 1

+ 6000 FIRST FLOOR
LVL
DORMITORY 1

+ 3000 GROUND FLOOR
LVL
DORMITORY 1

+ 0000 PLINTH LVL
- 0450 GROUND LVL



Section at X-X

+ 1285 ROOF LVL
DORMITORY 2

+ 9750 ROOF LVL
DORMITORY 1
AND CANTEN

+ 7250 FIRST FLOOR
LVL
DORMITORY 1
AND CANTEN

+ 4150 GROUND FLOOR
LVL
DORMITORY 1
AND CANTEN

0000 PLINTH LVL

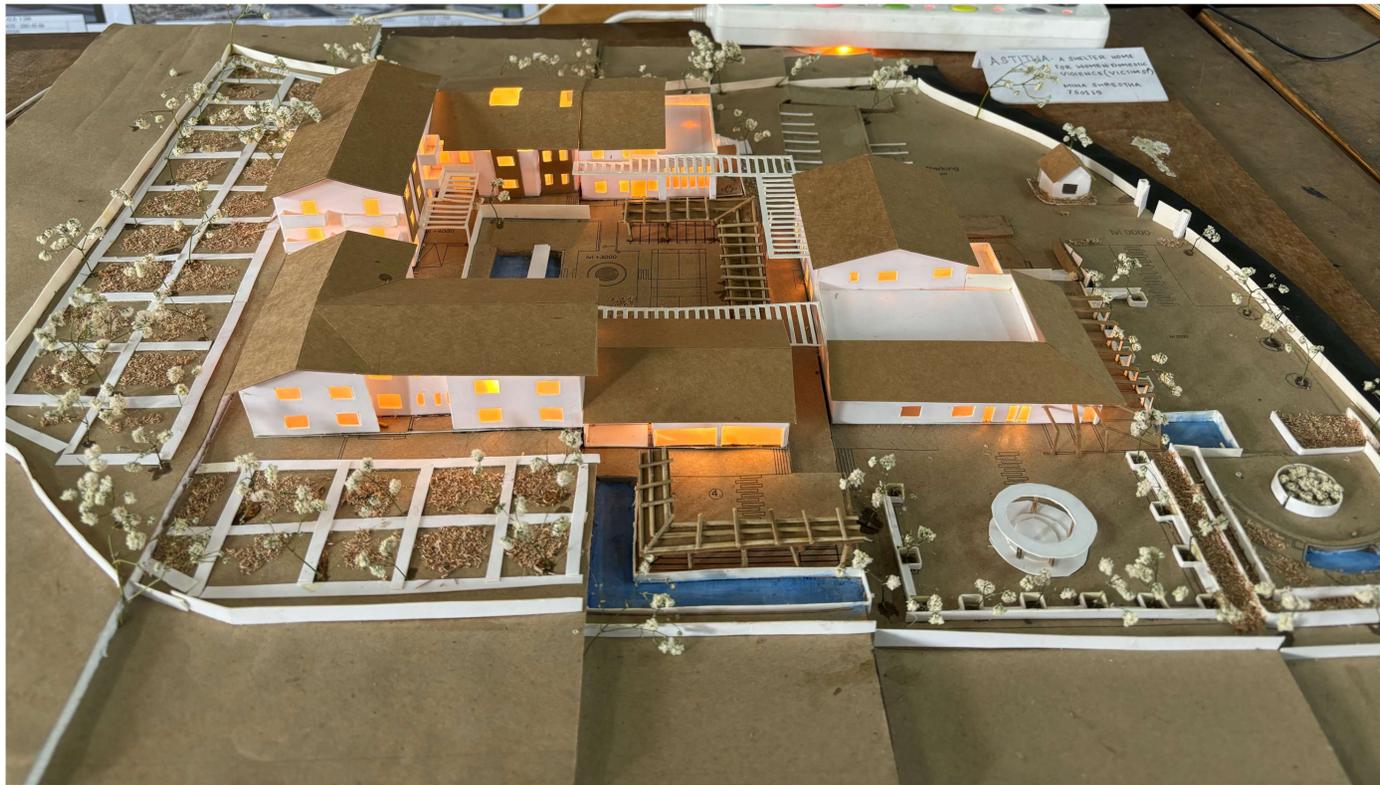


AFFILIATED TO PURBANCHAL UNIVERSITY
 KHWOPA ENGINEERING COLLEGE
 DEPARTMENT OF ARCHITECTURE
 LIBALI, BHAKTAPUR

SUBJECT: THESIS
 TITLE: 3D VIEWS

NAME: MINA SHRESTHA
 ROLL NO.: 750119
 DATE: 2081/05/02

SCALE :
 SUBMITTED TO :



PURBANCHAL UNIVERSITY
KHWOPA ENGINEERING COLLEGE
DEPARTMENT OF ARCHITECTURE
LIBALI, BHAKTAPUR

MODEL PHOTOGRAPHY

NAME : MINA SHRESTHA
ROLL NO. : 750119
DATE : 2081/05/16