



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A Case Study Of Innerscape -A Modern Urban Ashram

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Abstract: - This study explores the concept and necessity of an urban ashram as a modern sanctuary within the city that reintroduces nature into the hectic lives of working individuals. The urban ashram offers a peaceful retreat fostering spiritual growth, mental well-being, and community connection by blending natural materials (water, stone, etc) and green elements (bamboo, vertical landscaping etc) into the interior space. It aims to create accessible spirituality and healing practices, making nature and inner peace integral to daily urban living. This research explores the concept of *Inner Scape*—a modern urban ashram designed to integrate spirituality and nature within city interiors. Drawing from literature on green spaces, urban spiritual centres, and the healing role of natural materials, the study emphasizes the importance of sustainable design using bamboo, terracotta, jute, hemp, and linen. The methodology includes user research, planning, material, and design visualization through, with a focus on creating inclusive spaces for meditation, yoga, healing, and community engagement. The proposed model demonstrates how biophilic design, natural light, and eco-friendly interiors can transform compact urban spaces into sanctuaries of peace and wellness.

KEY WORDS: Modern ashram, nature, spirituality, metropolitan city, diverse lifestyle, biophilic design

INTRODUCTION

The rapid urbanization and fast-paced lifestyle of metropolitan centres often alienate individuals from nature and inner calm. This disconnect adversely affects mental health and overall well-being, especially among busy working professionals. An urban ashram serves as a sanctuary within the city, providing a natural and spiritual respite that nurtures mental peace, healing, and meaningful social interaction. This paper presents "Inner Scape," a modern urban ashram designed with natural interiors and sustainable materials (bamboo, terracotta, jute, hemp, linen etc) addressing the need for such spaces in contemporary city life. Inner Scape seeks to create warm, eco-friendly spaces that support meditation, yoga, and collective healing, while also responding to the urgent demand for mental wellness in today's urban fabric. Inner Scape is a fresh approach to designing spiritual spaces in busy cities—urban ashrams that offer calm, healing, and

connection. The heart of this concept is using interior design to create a sanctuary that supports well-being, welcomes everyone, and feels like home. The synopsis design brings peace and purpose into everyday lives through intuitive planning, natural elements, and a sense of belonging. It refers to a space, generally isolated, where a community of seekers build a physical and moral constituency around a spiritual master (yogi or guru) to learn from her teachings. It also identifies a place of peaceful retreat that serves to strengthen asceticism or artistic qualities and enhance the harmony of the mind and body for spiritual undertaking.

LITERATURE REVIEW

By J Barton (2017) "The importance of greenspace for mental health"

Research reveals that access to green spaces and integration of nature in urban environments significantly enhance physical and mental health by reducing stress and promoting restoration.

By Auroville (2021) "Auroville, the city of Nature's Yoga: material, spiritual and cosmopolitical practices"

Urban spiritual spaces and community centres like ashrams cultivate psychological well-being and social bonding while supporting personal growth through practices such as yoga and meditation.

By A. Patel, A. Nakai Kidd, and A. Roetzel's research paper named as Nature-experiential archetypes: Learnings from the Gandhi Ashram"- says that

The literatures highlight successful examples of urban ashrams functioning as urban sanctuaries blending ancient wisdom with modern lifestyle demands. Studies emphasize the role of natural materials for creating warm, nurturing interiors conducive to healing and spirituality.

By E. Largo-Wight et al. (2010)"The Effects of Nature Contact at Work on Employee Stress"

Stress not only influences mental health and quality of life, it also increases the likelihood of chronic diseases, such as heart disease and cancer

By T Lomax et al. (2024) "Effect of nature on the mental health and well-being of children and adolescents"

nature exposure benefits children's brain development, cognitive function, attention, stress reduction, and emotional well-being. It highlights nature's positive role in improving memory, creativity, and reducing symptoms of ADHD and depression in young populations.

INFERENCE

- Spending time in green spaces and bringing nature into cities really helps people feel less stressed and more relaxed, improving both body and mind.
- Places like ashrams and urban spiritual centres give people a chance to connect with others, grow personally, and find peace through yoga, meditation, and shared community.
- Urban ashrams blend old wisdom with today's busy lifestyles, using natural materials to create warm, comforting environments that nurture healing and spirituality.
- Stress harms mental health and increases risks for serious diseases; nature contact at work can lower this stress and improve quality of life.

- For children and teenagers, being in nature supports brain development, creativity, and emotional health while reducing symptoms of anxiety and depression.

PROBLEM STATEMENT

Modern urban dwellers face high stress, social isolation, and disconnection from nature. Despite the growing recognition of nature's benefits, many cities lack accessible spiritual and natural retreats integrated into daily life, particularly for working individuals with limited time. The absence of such sanctuaries limits opportunities for mental wellness, healing, and community support. There is a need to design urban spaces that seamlessly incorporate nature and spirituality, offering a refuge within the city.

AIM AND OBJECTIVES

AIM:

To design an inclusive modern urban ashram that embeds nature into urban interiors, providing a daily sanctuary for peace, healing, and spiritual connection for working individuals.

OBJECTIVES:

- To integrate natural elements like bamboo, linen, and other sustainable materials into interior design.
- To create spaces that support meditation, yoga, and healing practices.
- To foster a community-oriented environment transcending cultural and social barriers.
- To demonstrate how spirituality and nature can be accessible and relevant in urban daily life.

SCOPE:

1. **Material Selection:** Use of sustainable, natural materials like bamboo and linen to create calming, eco-friendly interiors.
2. **Spatial Planning:** Layouts designed to support meditation, yoga, and communal healing, with smooth flow and include retreat spaces.
3. **Functional Zones:** Dedicated interior areas for spiritual practices, relaxation, and community interaction within a compact urban setting.
4. **Ambiance Design:** Enhancing interiors with natural light, ventilation, and biophilic elements to connect occupants with nature indoors.

LIMITATIONS

1. **Geographical Limitation:** The study and design are limited to the urban context of Bhopal, Madhya Pradesh, considering its climate, culture, and urban fabric.
2. **Technical Constraints:** Use of tools like AutoCAD, Sketchup, Enscape for visualization, and Photoshop. 1
3. **Budgetary Constraints:** Interior materials and finishes will be chosen within realistic cost parameters suitable for urban ashram projects.

METHODOLOGY

The research and design process for the Inner Scape urban ashram case study included the following key phases:

1. **Concept Development:** Formulating the core idea of integrating nature and spirituality into urban interiors to create peaceful retreats for working individuals.
2. **User Understanding:** Gathering insights on the needs, preferences, and lifestyles of urban working professionals through surveys and interviews to inform design decisions. It includes the survey of users, staff, and the students.
3. **Design Planning:** Creating spatial layouts, selecting natural materials, and defining functional zones that support meditation, healing, and community engagement.
4. **Prototyping:** Developing visualizations and models using tools like AutoCAD, SketchUp, and Enscape to test and refine design concepts.
5. **Implementation Strategy:** Outlining practical steps and resource requirements for executing the design in an urban context, considering constraints such as space and budget.
6. **Documentation and Presentation:** Compiling design drawings, material specifications, and narrative descriptions to communicate the project effectively to stakeholders.

RESULT AND DISCUSSION

- A design framework for urban ashrams that harmonizes nature with urban living.
- Creation of a peaceful, natural interior environment that encourages mindfulness and stress reduction.
- Creates a space that give accessibility for daily joining within your reach.
- A replicable model for integrating spirituality and nature in city centres.
- Gives a space to society where people of every religion can stay without any discrimination.
- A kinder approach for the young generation to get a stress-free environment.
- A place for people searching for break from city with in a city

CONCLUSION

As per my case study research urban life today is fast and stressful, often pulling people away from nature and inner calm. The Inner Scape urban ashram offers a peaceful sanctuary right within the city, blending nature and spirituality to help busy urban dwellers reconnect with themselves and their community. By thoughtfully using natural, sustainable materials like bamboo, linen, and terracotta, it creates warm, healing interiors that invite relaxation and mindfulness. The design focuses on quiet spaces for meditation, yoga, and healing, while bright natural light and indoor greenery keep the connection to nature strong.

This modern urban ashram model shows how cities can include accessible sanctuaries where people find mental peace, spiritual growth, and a sense of belonging despite hectic everyday life. Inner Scape offers a replicable blueprint for integrating nature and spirituality into compact urban spaces, supporting health and happiness for working individuals. It proves that bringing nature indoors and creating nurturing community spaces is a meaningful, practical solution for healthier, balanced city living.

Incorporating natural light, ventilation, and biophilic design principles enhances the sensory experience, making the retreat feel alive and rooted in nature even within the urban fabric. Such interiors not only cater to visual aesthetics but also promote physical comfort and psychological restoration, critical for the holistic health of busy working individuals. Urban ashrams thus represent vital interventions that support mental health, healing, and spirituality on a daily basis.

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