

MULTI PURPOSE RECREATIONAL AND FITNESS CENTER
FOR HANDICAPPED (PHYSICALLY CHALLENGED)

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FIRST CHAPTER

ACKNOWLEDGEMENT

I would like to thank my advisors, you have been a tremendous mentor for me. I would like to express my special thanks to my teachers for encouraging me for my final project and growing me as an "Architect". As I have dedicated this project to my little sister, that's why I am grateful to my family for allowing me to study in this institution and for me to do this great job of completing my education in a better way. Thank you mom, thank you dad, I love you so much as you have supported me in completing my thesis project.

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ABSTRACT

This project (multi- propose recreational and fitness center for handicapped) will help to accommodate most of population of handicaps of Lahore to exercise their fitness and training to be fit in there route lives. This center exercises all training facilities ,that can rehabilitate them in better way ,for example , indoor games ,bowling , card rooms , shooting rooms , multipurpose halls, swimming pools, mechanical exercise machinery , outdoor is fulfill with different courts and tracks and training parks . This space is designed in such a way, that will greatly achieved with “total environment” affording complete freedom of movement and activity, in a safe, healthy environment. This well perceived “total environment” contributes to the stakeholders pride in honourship. This is an identifiable center for cultural, educational, social, recreational and competitive sport activities for disabled.it also provide quality of life in this day care center provided with green orchards in it. Thus this project has cut and the barriers for sports for the handicapped as designed in a concept of “ barrier-free building” i.e. is applied by all over the world to engage in physical activities and extends their boundaries’ for better lives.

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INTRODUCTION

WHY SPORTS AND RECREATION IS IMPORTANT FOR A HANDICAPPED?

The Importance of Sports & Recreation to Disabled Youth. ... Low self-esteem and a lack of confidence can plague children with disabilities. Allowing them to have equal access to sports can enhance their gross motor skills, social and communicating abilities, as well as improve their overall health and well-being.

Recreational Services encourages all individuals who have disabilities to become involved in the activities, programs, and services available through the department. Equipment in the Fitness Center can be easily accessed or adapted for individual use.

In recreation type facility, many disabled will be challenged to try a variety of activities in they have never participated, various sports as well as training for an independent lifestyle and others.

THESIS STATEMENT

Architects should strive to design humane buildings where all conceivable users are accommodated, and environments are more easily negotiated by all.

PROJECT STATEMENT

Multipurpose recreational and fitness center is designed to provide indoor and outdoor recreation, specialized training, social interaction and social agency access.

SCOPE OF PROJECT

AIMS AND OBJECTIVES

To persons with disabilities:

1. provide access to facilities which may lead to their
 - integration and main-streaming in all spheres of life;
 - 2. ensure they are involved in planning and implementing educational, training and rehabilitation programs for themselves, their families and communities;
 - 3. ensure that they are able to enjoy their rights and opportunities as other citizens do;
 - 4. ensure that they have equal opportunities and access to medical, education, social, psychological, vocational training, employment and rehabilitation, without any discrimination;
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