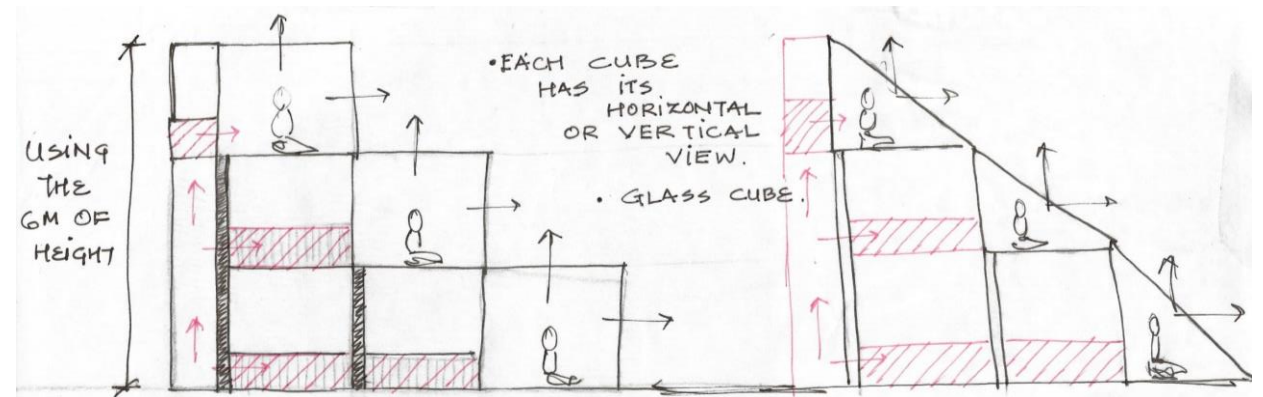


WHAT IS THE CONCEPT ...

- **BOTANICAL MEDITATION CABINS** - with the different theme and concepts, inspired from elements of nature built on the sides of the top floor with view from each cabin and a beautiful landscape from the sides of cabin leading to a focal point in the middle.
- where people can come in and experience the stand alone meditation cabins under the skyline and astonishing view of Oslo, with or without guided meditation.
- A Perfect combination for cure of Anxiety, Depression, fear, insecurity and mental health.
- Cabin embedded with built in i-pad, muse meditation headset with various apps like GAIA, CALM HEADSPACE, ACEM NORSK MEDITATION SKOLE, SYNCTUITION, VR Meditation. A perfect fusion of technology and meditation.
- It will be the unique and one of a kind in Norway or in Europe , soothing cabins where you grow within yourself providing people the area to relax, meditate, yoga or take a power nap. In short words- A MIND SPA.... To keep oneself Healthy



VIEW



SECTIONAL VIEW



PLAN

WHO IS INVOLVED ...

- Prashi Kapoor (Meditation practitioner/Chef)
- Prachi Kapoor (Architect)
- Meditation Apps

WHY IS THAT OUR CONCEPT ...

- Norway showcases the Nobel Peace Prize and these cabins are the symbol of peace , so its like a feather in the cap.
- Being in the center of city and open all year around , its close in proximity and easily accessible for one and all.
- According to **World Health Organisation**.
Depression is most burdensom disorder which takes years than any other illness and it has been dubbed as *“Epedimic of the 21st century”*
- 300 million people in 2018 were Depressed according to WHO Survey.
- 500-600 people commit suicide in Norway year due to which 5000-6000 get effected and the numbers are rising dramatically
- Though Norway is 2nd happiest country in world but there has been rise of 40% in last 5 years period of young people seeking help for mental difficulties. According to BBC report published in 25th Aug 2018.
- Synchronisation with the guidelines of KL
- Referencing UN results.
- Environment Friendly
- Health and mindfulness.
- Futuristic and creative.

WHERE THERE IS PEACE AND MEDITATION,THERE IS NEITHER ANXIETY NOR DOUBT

-Saint Frances De Sales

If incase we win the 1st premier then would like to have organic green cafe / Eatery where only organically prepared food and beverage will be served, leading to healthy and happy lifestyle because YOU BECOME WHAT YOU THINK.YOU ARE WHAT YOU EAT.