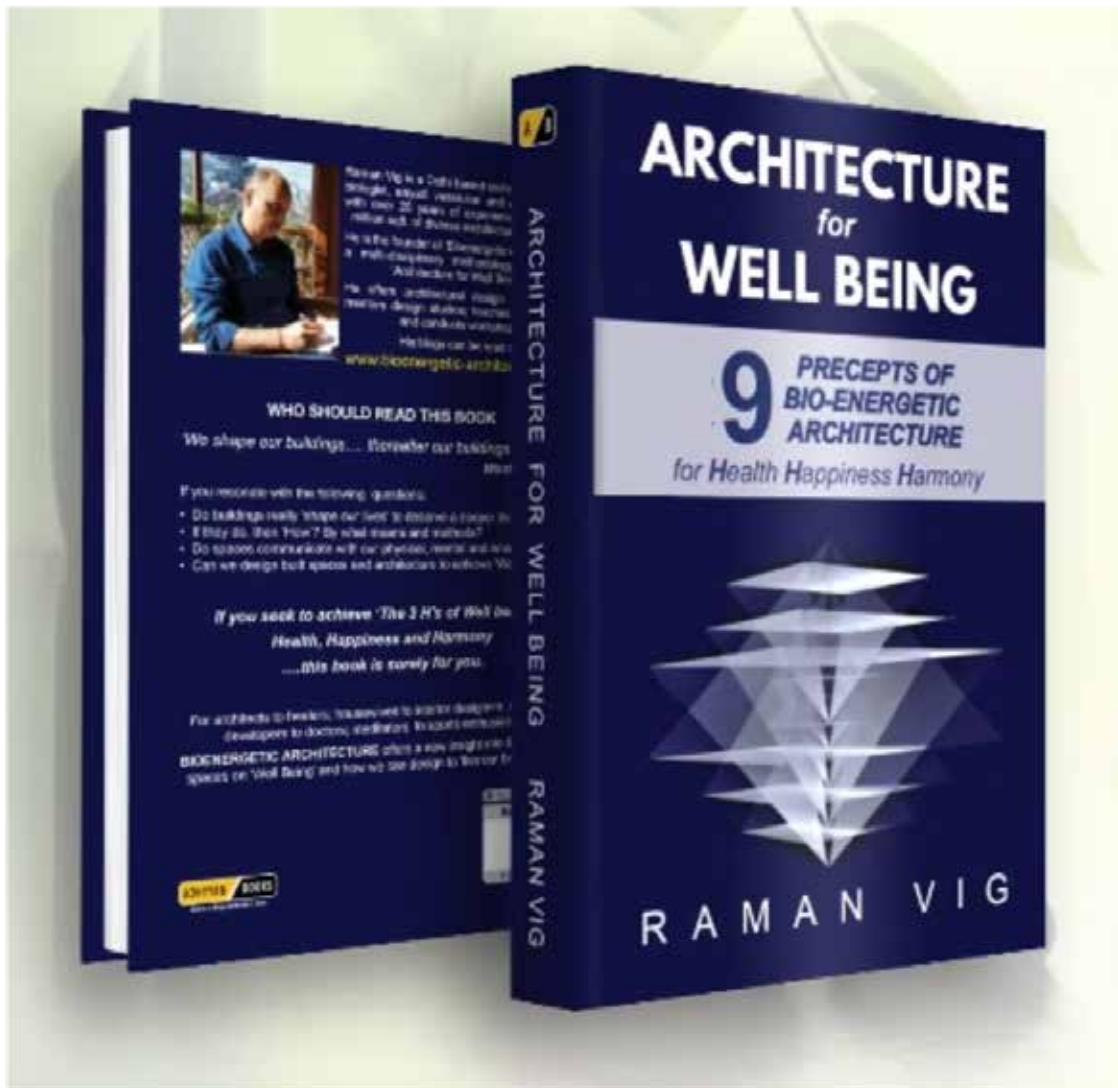


# ARCHITECTURE FOR WELL BEING

9 PRECEPTS OF BIO-ENERGETIC ARCHITECTURE

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Author ▶ Ar.Raman Vig  
 Year of Publication ▶ 2021  
 Publisher ▶ Adhyyan Books  
 ISBN ▶ 978-93-91374-35-8  
 No. of pages ▶ 300 ( 63 coloured )  
 Available at ▶ www.bioenergetic-architecture.com  
 www.amazon.com

The prism of architecture in the 21<sup>st</sup> century shows a fast-paced growth with radical transformations in the world order. Mankind today has critical challenges such as climate change, carbon footprint, waste management/pollution, clean energy crisis, emerging disorderly lifestyle patterns in urban hotspots, unplanned urbanisation and such other issues. In architecture, globalisation has shifted the focus more to the glitz and iconic imagery/chatter than to rational knowledge orientations. In such a scenario, when I got the opportunity to dwell upon the book “*Architecture for WellBeing*”, it was indeed refreshing and metamorphosing to get exposed purposefully, to the precepts of bio-energetic architecture. The author architect Raman Vig has no doubt, holistically and with spiritual indulgence, addressed the art and science of developing our built environment for the present and future. The book is a reminder of the relevance of the Vedic wisdom to relate to nature to achieve the ultimate goal of architecture – to create environs for humans that are healthy, cheerful and evoke positive mental and physical reflexes.

The best part of architectures’ evolution is the creative diversity in approach. The conflicts between the modern-day criteria to design and construction to those of the time-tested tenets of the bygone days have been, and will always be there. It is the context that, as we all understand, has to be understood and catered to. Author architect Raman Vig, through in-depth research and his honest beliefs, lays down a methodology for design/architecture that is conducive to a healthy and sustainable living and which mobilises the energy forces in the cosmos for human happiness and comfort. A point that struck me was the clarity and strong conviction of the author in delving into a difficult and complex theme of striving to achieve design salvation. The narrative though profound attempts to connect with the reader with the apt articulation of thought in a simple conversational style.

Having gone through this book, nobody would deny that the contents have been structured very thoughtfully and intelligently- relating to the professional, the ordinary man, a casual reader or then a researcher. The different sections as one progresses reading them, do arouse curiosity and a yearn to probe more into the subject. The reader is, step by step, exposed to the intricacies and delicacies of the subject. The textual rendering is always a discourse in the realm of the physical and meta-physical. A point to be appreciated is that the hovering focus is always on the design impact of our buildings affecting an individual’s physical wellness and mental state of mind, the connection he/she has with the outer layers of the universe. The chapters deal with the tangible and intangible physical and meta-physical elements that govern human behavioural responses.

To be honest, bio-energetic architecture has been written about quite a bit globally, but I would say, its nuances and practice are pursued and understood better in the

Asia-Pacific belt. I pick a quote by Robert Greenberg from the many in the book by stalwarts and scholars in the profession, “The challenge is about taking things that are infinitely complex and making them simpler and more understandable.” It sums it all up how the author has very deftly and logically added a newer contemporary vocabulary to the understanding of this subject. VastuShastris normally do not elaborate extensively on the science/rational of the design dictates in Vastu Shastra which is as we all know, the ultimate knowledge essence of this ancient wisdom in architecture and based on hundreds of years of experience in the realm of architecture and design. The chapter in this book on this theme, with a modern interface, responds to many a query of the chiselled/not-so-chiselled human mind. The geomantic science so closely related to the human body, is meaningfully explained in the context of design and human well-being. The text pointedly relates to its positive relevance in the diverse functions that we all participate in everyday life.

For a better understanding and a relatedness to the text, appropriate and explanatory diagrams/illustrations make this book exemplary to bring forth to the reader, a complete holistic package that embodies and unfolds certain mystic aspects so closely enshrined in design development to make human habitat cheerful and environment friendly. Due acknowledgement surely gets warrantied for the publishers for having produced a clean, stylised and voluminous document that would be a wealthy source, nationally and internationally, in deciphering many un-talked concepts and dimensions in architecture that are responsive and conducive for an energetic and dynamic evolution of our built environment.

The book is a feather-in-the-cap for the comparatively short list of writings in architecture by Indian authors meeting global standards in thought and texture.



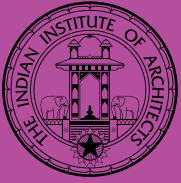
#### Author

**Ar. Raman Vig** specializes in designing Architecture for Well Being. Based in New Delhi, he is a certified Building Biology consultant from IBN Germany and specializes in Aayadi Vaastu – a little know arm of Sthapatya Veda which deals with the design of harmonious spaces. He is also a visiting professor at his Alma Mater - SPA, New Delhi. After more than 25 years of domain experience in designing and executing more than 20 million sq ft. of a diverse range of architectural and master-planning projects as a Design principal at Studio Lotus and Associate Director at RSP Design Consultants, he decided to deep dive into his passion of designing the architecture for holistic well being. In 2018 he founded the domain of ‘Bio-energetic Architecture’: a unique domain that *integrates the knowledge of ‘subtle energies of space and human bio-fields’ as a ‘layer of architectural design’ with the objective to facilitate Health, Happiness and Harmony in the lives of people through Space Design.* ramanvig@hotmail.com  
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#### Reviewer

**Architect/author Suneet Paul** is the former editor-in-chief of Architecture+Design with over forty years of experience in the field of architecture and design. He has written extensively on diverse themes in the profession. He is a recipient of two Lifetime achievement awards for architectural writing and journalism: the A3 Foundation Pinnacle Award 2022 and Smart Habitat Foundation Lifetime Achievement Award 2022  
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**JOURNAL OF THE INDIAN INSTITUTE OF ARCHITECTS**  
PEER REVIEWED JOURNAL OF IIA • ISSN-0019-4913  
DECEMBER 2022 • VOLUME 87 ▲ ISSUE 12 • RS. 200

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