



## Balancing education and tradition: Vastu shastra in modern school architecture

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### Abstract

The critical thought of Vastu Shastra's comprehension of design was to guide individuals to make spaces in amiability with nature and with widespread forces. Vastu Shastra is an ancient Indian architectural and design system that focuses on creating harmonious environments by balancing energies within a space. The concept of crucial understanding, reason- understanding, theoretical and scientific understanding that describes its own philosophical study is cognitively understood to be the knowledge of Vastu. This comprehensive study delves into the integration of Vastu Shastra principles in school architecture and its impact on the learning environment. The study explores the impact of theme elements, spatial arrangement, and color psychology on students' emotional and cognitive experiences. This article presents a comprehensive investigation into the integration of Vastu Shastra principles in school architecture and its potential impact on students' learning experiences.

**Keywords:** Energies, spatial arrangement, learning experiences, color psychology, student well-being, educational outcomes

### Introduction

Vastu Shastra is an ancient Indian science that links belief, religion and otherworldliness to the architecture and design aspects of building sciences. Educators and architects are looking more and more to ancient philosophies for inspiration in the creation of ideal learning environments. Ancient Indian architectural science known as Vastu Shastra provides a comprehensive method of design that emphasizes balance with the components and energies of nature. Proponents claim that bettering student focus, academic performance, and general well-being can be achieved by integrating Vastu principles into school infrastructure. This article explores the approaches, findings, and debates related to applying Vastu Shastra to school architecture, illuminating its effects on the learning environment.

### Materials and Methods

The method that will be used in this research is applied and qualitative research method.

### Applied research

The practical and real-world applications of vastu shastra in education make research on it fall under the category of applied research. Application of current knowledge to particular challenges or practical issues is the main goal of applied research. Examining the ways in which the architecture, spatial organization, color scheme, lighting, and general school environment impact the mental health, feelings, and actions of students, faculty, and staff is known as "vastu science." Applying this knowledge is intended to enrich the educational environment and maybe improve the students' experiences and results.

- **Problem-solving orientation:** The research aims to address specific issues related to the emotional and psychological impact of the vastu on the students.
- **Practical application:** The findings are intended to be applied in a real-world setting, modifying or optimizing the interior design of the clinic to create a more comforting, supportive, and child-friendly environment.

- **Direct relevance:** The research directly impacts the design and functioning of the school, potentially leading to changes that could positively influence the well-being and experiences of the children and teachers.
- **Potential for practical interventions:** The insights gained from this research can be directly implemented in designing or redesigning school spaces to create a more supportive, less stressful environment for its users.
- **Ultimately:** Applied research in the interior psychology of a school aims to use psychological principles to optimize the school's environment for the benefit of its users, making it a crucial aspect of enhancing academic performance for children.

### Qualitative research

Combining interactive techniques, in-depth interviews, focus groups, observational studies, photovoice, diary studies, and observational research to carry out qualitative research on the internal psychology of schools. Examining children's subjective experiences and perceptions helps instructors develop a more nuanced knowledge of how the school environment affects students' psychological and emotional health. Using participant voices in narrative form, analyze data thematically and present findings. As you do your study, make sure to keep ethical issues, learning opportunities, and reflexivity in mind.

### Literature Review

#### Historical Background of Vaastu Shastra

Vaastu Shastra dates back to ancient India, with its principles rooted in the Vedas. It has been traditionally used in the design of temples, homes, and public buildings. The literature highlights how these principles aim to harmonize human habitats with the environment, ensuring the flow of positive energy.

#### Vaastu in Contemporary Architecture

In recent years, there has been a resurgence of interest in Vaastu Shastra, particularly within the realm of modern architecture. This renewed interest is driven by the growing awareness of the environmental and psychological impacts of architectural design. Contemporary studies have examined Vaastu's relevance in today's context, with some architects and researchers advocating its benefits, while others remain skeptical, considering it a pseudoscience.

#### Impact of Physical Environment on Learning

Educational research underscores the importance of the physical environment on student outcomes. Factors such as lighting, classroom layout, and ventilation significantly influence learning and behavior. This review contextualizes how Vaastu principles might enhance these environmental factors to support educational goals.

**Lighting** Natural light has been shown to enhance mood, concentration, and cognitive performance. Vaastu principles advocate for the strategic placement of windows and skylights to maximize natural light, which can be particularly beneficial in educational settings.

**Classroom Layout** The arrangement of furniture and the spatial organization of classrooms can impact student engagement and interaction. Vaastu Shastra emphasizes the

importance of spatial orientation and the arrangement of desks to ensure a balanced and conducive learning environment.

**Ventilation and Air Quality** Good ventilation and air quality are crucial for maintaining students' health and cognitive function. Vaastu principles stress the importance of proper airflow and the use of natural materials to enhance indoor air quality.

**Acoustics** Noise levels in classrooms can affect students' ability to concentrate and retain information. Vaastu suggests the use of sound-absorbing materials and strategic placement of walls and partitions to minimize noise pollution.

### Results and Discussion

Certainly, designing the interior of a school involves considering various factors related to the psychology of children and teachers. Below are results and discussions on the interior psychology of a school:

**Color Psychology:** Bright and Playful Colors: According to Vastu Shastra, colors have a significant impact on a space's vitality. Every hue has a distinct meaning connected to an element and affects the individuals in that place in terms of their emotions, mood, and general well-being. Red is often associated with passion and excitement, while blue is often associated with calmness and relaxation. Yellow is associated with the earth element and is believed to promote stability and grounding.

**Decor:** In order to encourage and uplift students, vaastu-inspired décor elements are placed into school environments. These components include artwork, symbolism, and motivational slogans. Purposeful décor help create a feeling of pride and identification among students, which enhances the school's culture. Schools can create visually exciting spaces that enhance the overall learning experience and foster a sense of well-being among staff and students.

**Interactive Elements:** Results indicate that interactive elements, such as interactive whiteboards, educational displays, and collaborative workspaces, play a crucial role in promoting student engagement and active learning.

**Spatial Layout:** Open and Airy Layout: The significance of open and breezy areas in school buildings is emphasized by Vastu-inspired architectural patterns. Learning environments that are well-designed with roomy hallways, distinct routes, and lots of natural light tend to be more harmonious and fluid. Schools may ease simpler navigation, lessen traffic, and create a feeling of expansiveness that promotes a healthy learning environment for both teachers and students by optimizing spatial layouts in accordance with Vaastu principles.

**Comfortable Furnishings:** Ergonomic Furniture: Findings indicate that the choice of furnishings in Vaastu-compliant schools plays a crucial role in supporting comfort and functionality. Schools that adhere to Vaastu guidelines often prioritize ergonomic furniture arrangements that promote proper posture and comfort during long periods of study.

Additionally, the use of natural materials such as wood and bamboo for furnishings aligns with Vaastu principles of harmony with nature, contributing to a more sustainable and aesthetically pleasing learning environment.

**Learning Experience:** Overall, findings suggest that the integration of Vaastu Shastra principles in school design enhances the learning experience by creating environments that support holistic development. By incorporating elements such as color psychology, spatial layout, furnishings, décor, and interactive elements in alignment with Vaastu principles, schools can cultivate

**Discussion**

**Psychological Impact:** A well-designed pediatric clinic interior can have a positive psychological impact on both children and their parents. A visually appealing and child-centric environment can help reduce anxiety and promote a more positive healthcare experience.

**Holistic approach:** Encouraging students to think critically, train in problem solving and foster creativity rather than relying on rote learning. Focusing on physical fitness, mental health, and emotional intelligence.

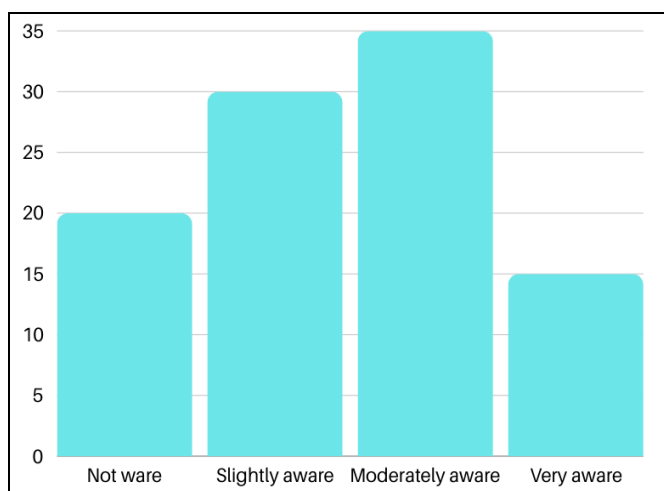
**Research:** According to ancient sources, the southwest direction is the most appropriate of the sixteen directions in vastu for all learning and teaching objectives. Because it draws the greatest amount of positivity, it is thought to be the healthiest for an educational institution.

**Design Principles:** Considering the needs of children with various abilities is vital for creating an inclusive environment. Designing spaces that accommodate different age groups and addressing sensory considerations contribute to an inclusive pediatric clinic.

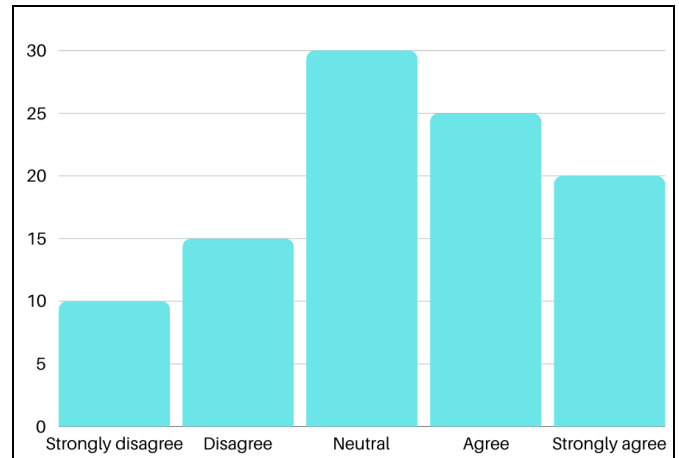
**Parental Comfort:** Recognizing the role of parents and caregivers in a child's healthcare journey, providing comfortable waiting areas and private consultation spaces can enhance the overall experience for families.

**Survey**

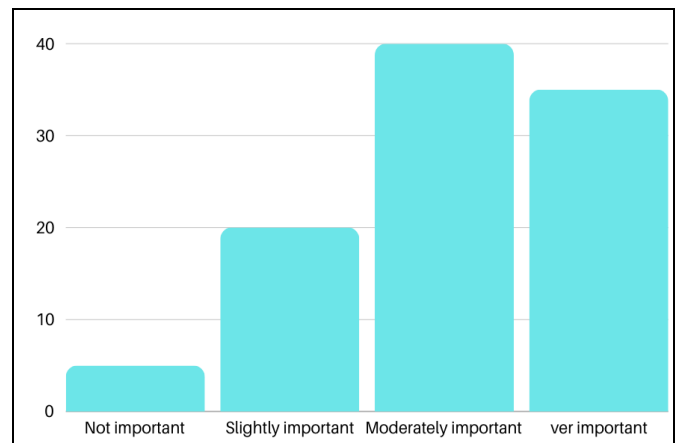
This is the survey conducted with users of the school.



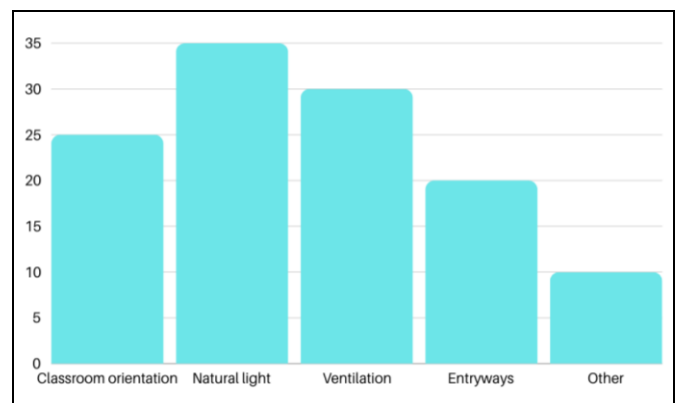
**Fig 1:** Awareness on Vaastu shastra



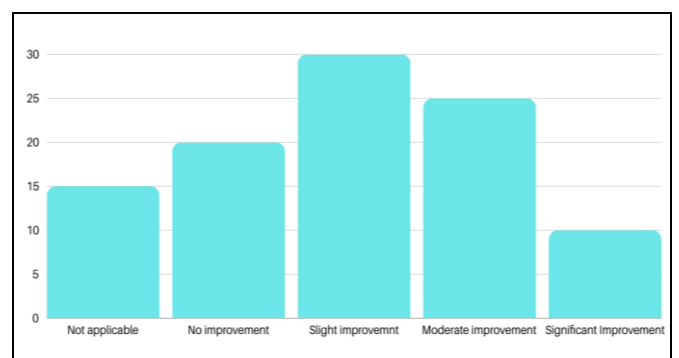
**Fig 2:** Belief in benefits of Vaastu shastra



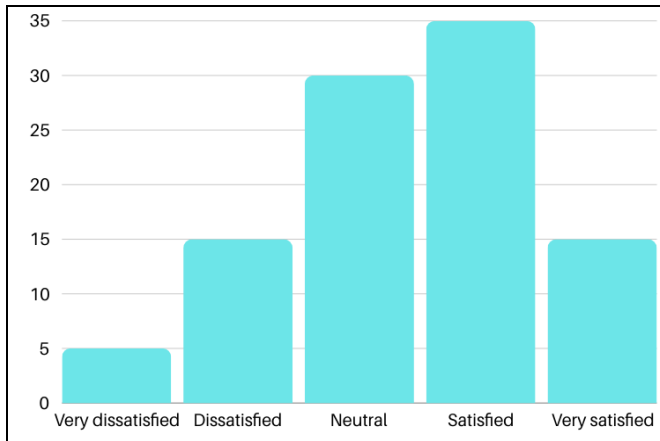
**Fig 3:** Importance of implementing Vaastu shastra



**Fig 4:** Specific Vaastu elements implemented



**Fig 5:** Perceived impact on learning environment



**Fig 6:** Satisfaction with Vaastu implementation

### Interpretation of the Data

**Question 1:** Interpretation: The majority of respondents are at least moderately aware of Vaastu Shastra principles.

**Question 2:** Interpretation: People are at 50-50 in belief

**Question 3:** Interpretation: Importance of Vaastu according to survey is moderately important

**Question 4:** Interpretation: Natural light is one of the best element in Vaastu shastra

**Question 5:** Interpretation: Slight improvement in perceiving Vaastu

**Question 6:** Interpretation: There are many people satisfied with implementation of Vaastu shastra principles at residences, schools, etc.

### Conclusion

Vaastu Shastra, an ancient Indian architectural science, emphasizes harmony between nature, architecture, and individuals' well-being. When applied to school design, Vaastu principles aim to create an environment conducive to learning, holistic growth, and overall well-being of students and teachers alike. By aligning the school building's layout, orientation, and internal arrangements with Vaastu guidelines, schools can potentially enhance educational outcomes and foster a positive atmosphere. The integration of Vaastu in school design begins with selecting an appropriate site and orienting the building to optimize natural light and ventilation. This not only enhances the physical comfort of occupants but also supports a healthier indoor environment, conducive to concentration and mental clarity. The arrangement of classrooms, corridors, and common areas follows principles that promote free flow of energy (prana), believed to positively influence students' ability to learn and teachers' ability to teach effectively.

Incorporating Vaastu principles in school interiors involves using colors, materials, and decorations thoughtfully. Vibrant colors are chosen to stimulate creativity and enthusiasm among students, while calming tones are used in areas intended for introspection and study. Natural materials such as wood and stone are preferred for their grounding effects, contributing to a serene and nurturing educational environment. Vaastu Shastra also emphasizes the importance of sacred geometry and symbolic representations within school architecture. Shapes and symbols are selected to evoke positive energies and inspire students to reach their full potential academically and

personally. Features such as prayer rooms or meditation spaces are integrated to encourage spiritual growth and inner peace among students from diverse cultural backgrounds. Furthermore, the holistic approach of Vaastu in school design extends beyond physical structures to include landscaping and environmental sustainability. Green spaces and gardens are incorporated to connect students with nature, providing opportunities for outdoor learning and recreational activities that promote physical health and emotional well-being.

In conclusion, the application of Vaastu Shastra in school architecture blends ancient wisdom with modern educational needs, aiming to create environments that nurture both the intellect and spirit of students. By harmonizing design elements with natural laws and human psychology, Vaastu-influenced schools aspire to cultivate a balanced educational experience that honors tradition while preparing students for a dynamic and interconnected world.

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