



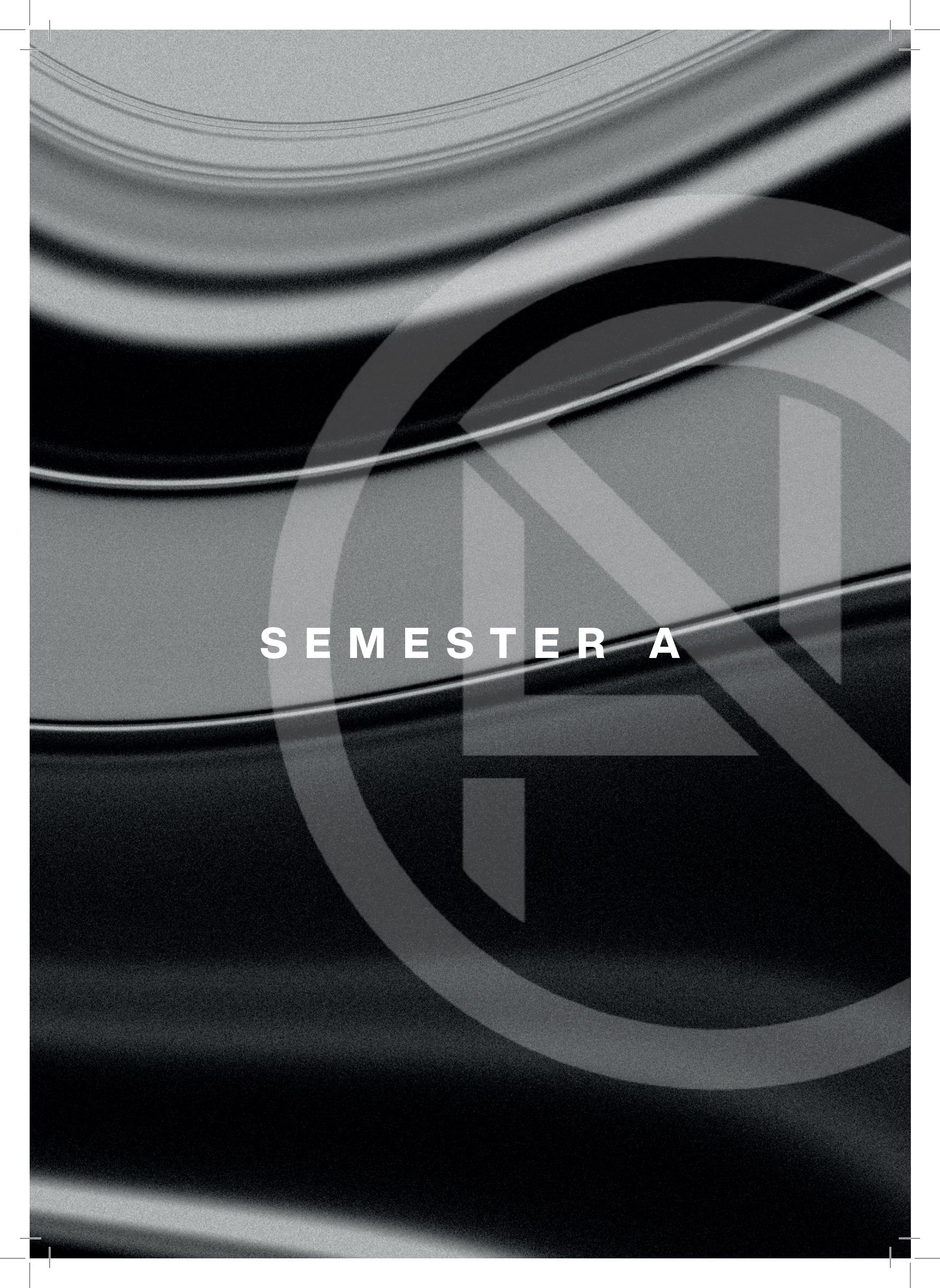
# WEEKLY JOURNAL

ADIL-AL-MUBEEN CHOWDHURY | 21039859

UNIVERSITY OF HERTFORDSHIRE

BA (HONS) INTERIOR ARCHITECTURE AND DESIGN

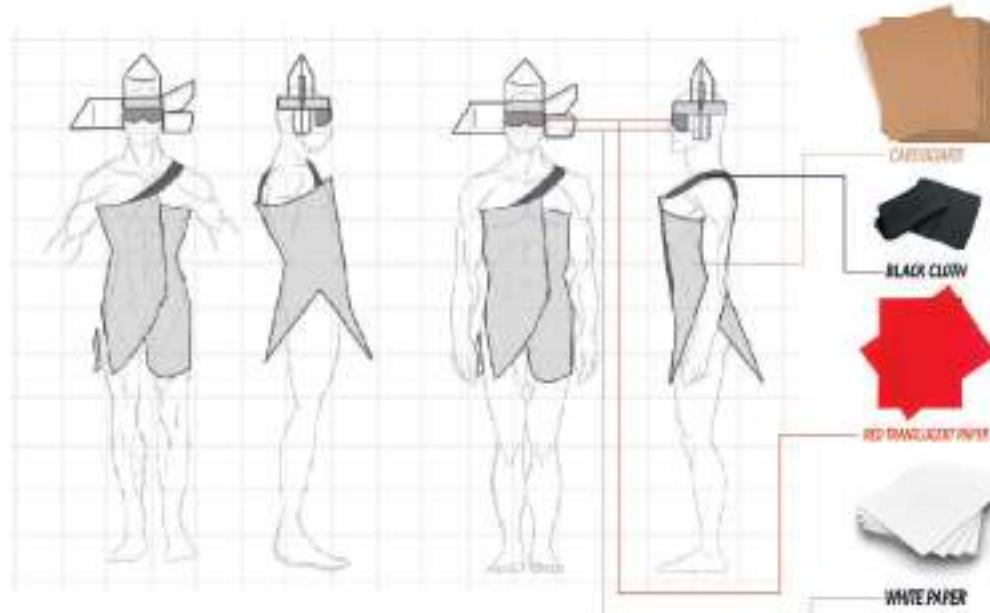
6CTA1101-0905-2024 - FINAL PROJECT (IAD)

The background of the image is a dark, monochromatic abstract design. It features several concentric, slightly irregular circles in varying shades of gray. Overlaid on these circles are several large, thin-lined geometric shapes: a square, a triangle, and a hexagon, all oriented vertically. The overall effect is one of depth and modernity.

**S E M E S T E R A**

# INDUCTION

WEEK 09 - 23RD SEPTEMBER



On Wednesday, September 25th, There was an induction to prepare for the final project; I was introduced to the project brief to show the upcoming tasks and what I need to do to prepare for my work.

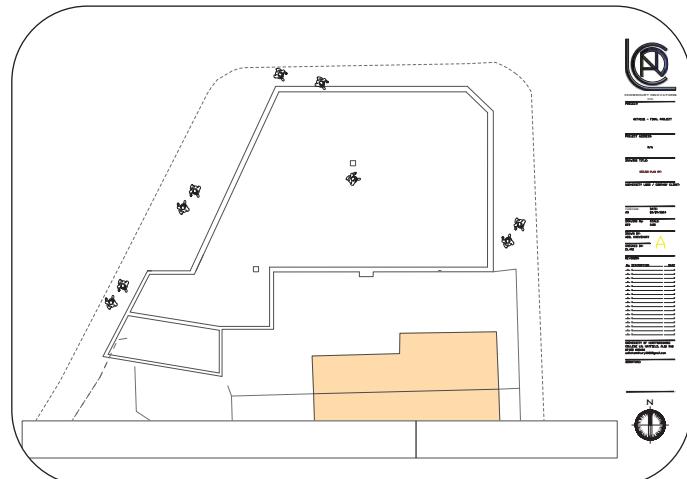
During the holidays after I finished my second year, the module leader advised me to make a building plan with technical drawings to prepare for the upcoming project. I have five buildings with technical drawings so that I have the option of which one to choose and feel comfortable with.

From the perspective of creating fashion clothing during the induction, I believe that this leads to generating ideas related to the final project, which is why the students and I created the designs. I had to get inspiration based on the design by using the 'Walt Disney Concert Hall' as I looked at the shape, appearance, and curves of the building, which I had to use as an advantage.

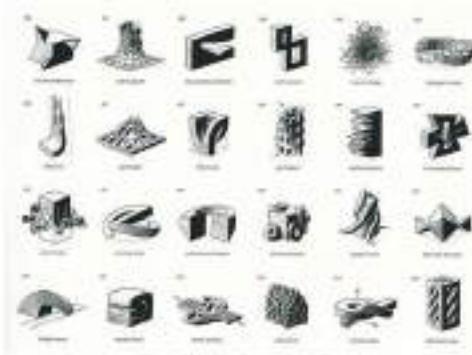


# START OF THE PROJECT

WEEK 10 - 30TH SEPTEMBER



University of Hertfordshire **UH**



## Final Project (IAO)

Module code: ICA1100  
Semester: A+B  
Credits: 60

Module Leader: Eka Lila  
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On Tuesday 1st October, I watched the module leader explaining about the basic parts from the project brief for the final project. She's been talking about precedent studies and other ways to find buildings by using websites like abandoned building and proposed documents plan that was used before from the other designers.

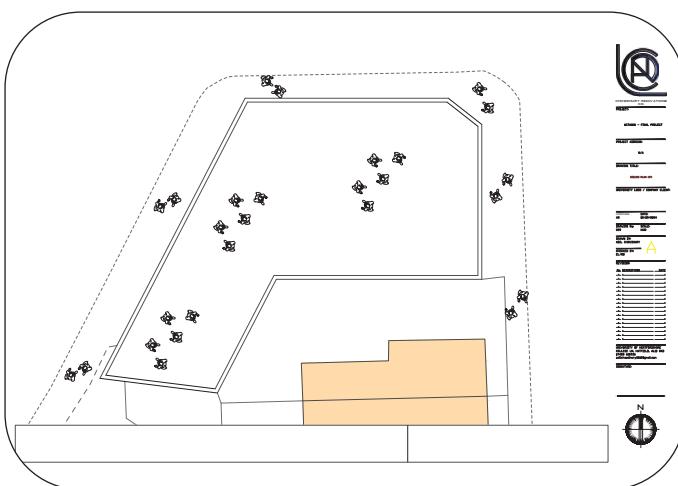
Before my 3rd year, I've been working on my technical drawing for my chosen building that I found on the website which is an abandoned building. I've chose the building from Deptford which the address of the building is from '16 Kerry Path, Arklow Rd, London, SE14 6DY'. I managed to find the used proposed plans for the building by scaling the accurate real-life size building on my AutoCAD and redrawn it to give me floor plan and elevation. The elevation was difficult as the document didn't have elevation except the floor plan which I had to calculate, scale and improvised to find out the origins of the real-life size.

The module leader told me to choose one of the group assistant that can give me feedback and assist my work to higher expectation. I've chosen one of the group which I need to talk to the module leader/assistants to help me for my work if I'm struggle to have ideas or giving advice of how can I improve my work.

Next, I have to choose a programme which is what do I want the building to be (e.g. arcade, bank, clinic, restaurant, etc) and one of the UN Goals chosen; I haven't chosen options yet as I was feeling uncomfortable because of the shape of my building and the surrounding. I was thinking that I want to do a different building as I can't reshape the building because the neighbourhood's spaces and footpath.

After the Lecture, I was figuring it out of my situations of the building and my 2 options that I have to choose; I must adapt of what I got and improvise the design I've got right now and ideas that can snap me out of the situations that I got.





'Restaurant' already used  
'Goal 11-Sustainable' already used

Gym  
Retail Shop  
Office  
Gallery / Exhibition  
Arcade  
Business  
Nursery School  
Disney Store  
Yu - G - Oh shop  
Football shop  
Exhibition car shop  
Wedding venue  
Bank  
Hotel  
Tesco/Asda/Aldi/Lidl/Sainsbury  
Clinic → NHTS

Arcade Gym mixture  
VR Gym → Futurism Theme

UN Goal 3 - Good Health and well-being  
↳ Exercising & staying active for physical and mental health.  
UN Goal 9 - Industry, Innovation and Infrastructure  
↳ use of space and resources by combining fitness and technology in modern way

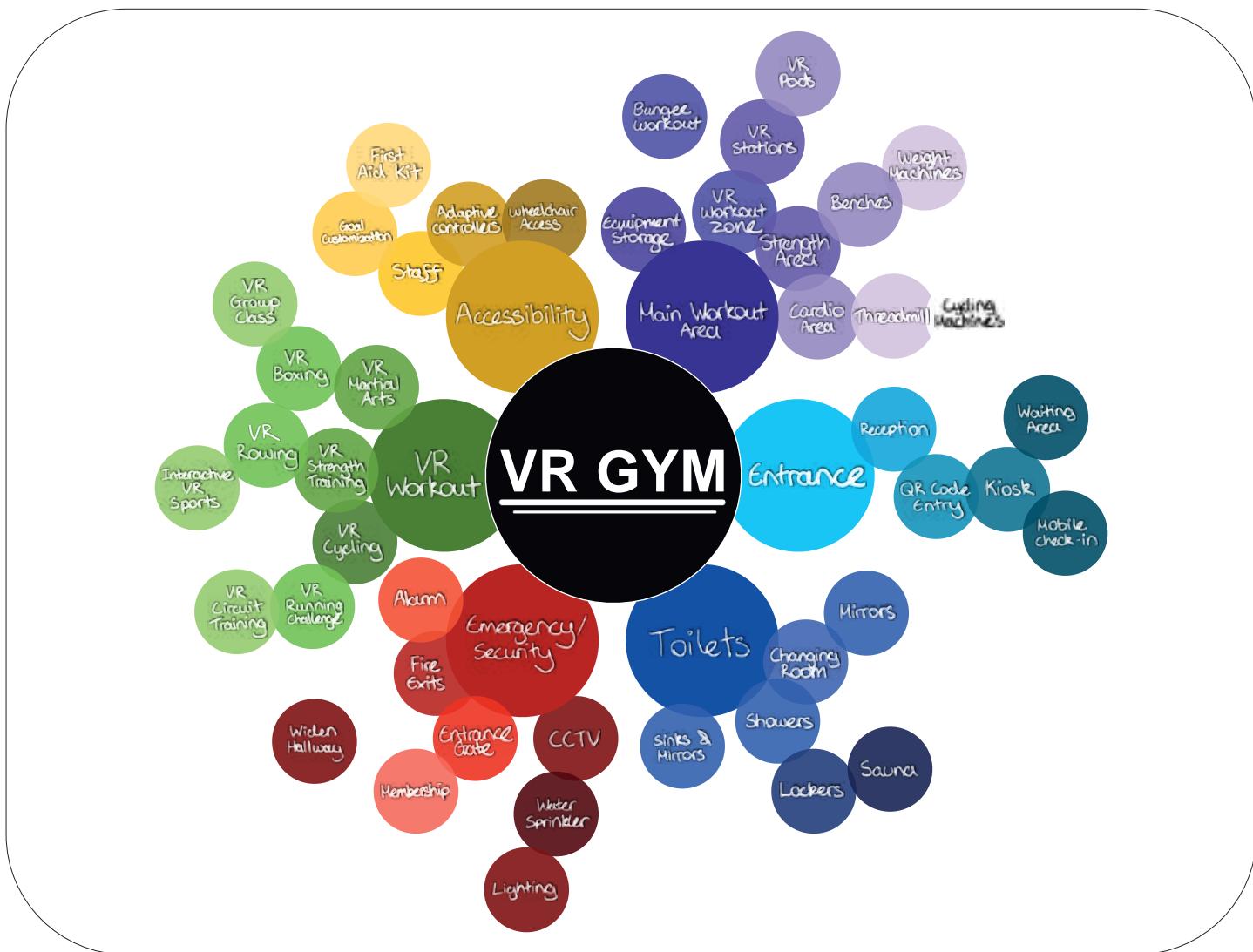
On Tuesday 8th October, I've managed to improvise the size of the building that I have chosen for the programme that I'll choose based on the UN Goals that I will finalize. I improvised the shape of the building without compromising the footpath and the neighbour's spaces near the building to avoid the breach of the building regulations.

Once I finalized my version of the building, I now must choose a programme for the building which I have created a various lists of what the building could be. I can't use the ideas from my previous work like the restaurant as I need to come up another idea also I cannot use Goal 11 again which I need to choose another UN Goals that I am suitable with but need to choose wisely. The reason why is if I choose one of the UN Goal, it will become permanent for my other module which is Dissertation essay which I have to stick with it.

I asked my module leader for advice of what the building could be based on my ideas and which UN Goals that I need to choose but carefully to finalized it. The module leader thinks that a 'VR Gym' is an excellent and interesting idea based on the notes that I written 'Arcade' and 'Gym' which a combination of the ideas got me interesting. From my honesty, it's not a bad idea but I'm concerned as when I think about the design of how am I going to do it as it sounds like it is harder to generate ideas but I believe that I should keep going for few days to see what I got and do not need to worry about it.

Next, I need to choose a UN Goal; When I investigated the 17 Goals of the United Nations, There is one that is relevant to my VR Gym which is 'Goal 3: Good Health and well-being' as it focused on physical and emotional wellbeing that is focused on a good health. This can be relevant to my VR Gym as it focused on physical health. For the VR, I'm not sure if I need to choose another UN Goal which I found goal 17 but feels like it is not relevant to my 'VR Gym' as I'll need to investigate more. There is Goal 9: Industry, Innovation, and Infrastructure that can leverages virtual reality technology, aligning with goals to foster innovation and sustainable infrastructure; it could encourage more efficient use of space and resources by combining fitness and technology in a modern way. I'll think about it as it sounds not bad for my VR Gym; I should take time and ask my module leader of what she think of Goal 3 and Goal 9 or only just Goal 3.



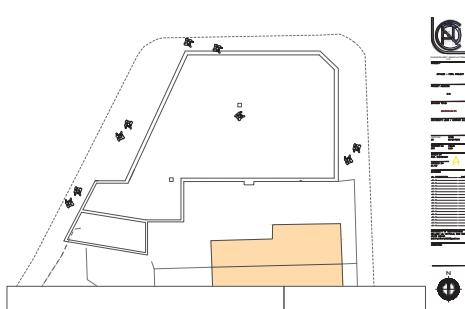
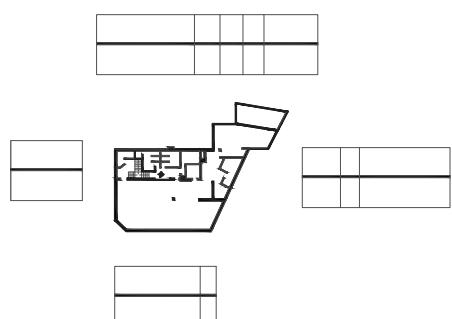
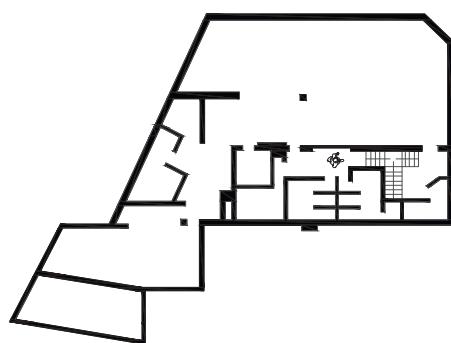
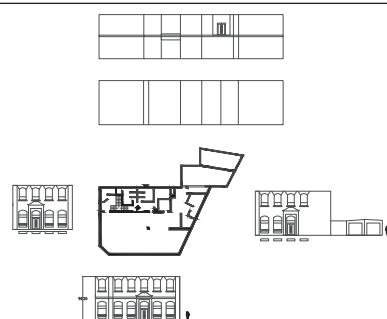
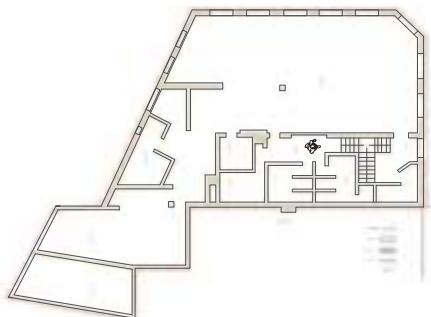


On Tuesday 15th October, I've been working on the design brief, design concept and a draft schematic diagram to further generate ideas for my design for 'VR Gym' that I have chosen.

To begin with, I started by creating a bubble diagram and inserting main accommodations of what the gym need to acquire; The main accommodations are: The gym area, entrance, stairway, security and changing/ toilet rooms. After finishing by adding main accommodations for the gym, I can start by adding my own various ideas for a 'VR Gym'. For my design, I have to choose one of the UN Goals that I have pick which the one of the seventeen goals that I chose; The goal that I have chosen is 'Goal 3: Good health and wellbeing'.

I selected and chosen this goal because it seen that the gym and goals are relevant to each other as gym focused on people making their own health better physically and mentally. For my ideas, I was thinking ideas which is have a various workouts like VR Treadmills, VR Strength, etc and other ideas that would be useful for my design like security alarm, wheelchair access, widen hallway, reception and many more ideas that can create an excellent ideas for 'VR Gym'.

## MAJOR CHANGE



On Tuesday 21st October, there's been a major change of plan with the design because I decided to choose another building instead because the building that I already drawn seem to be very small as I cannot add major accommodations on that building making it hard for me to design as I need more spaces for people to move around functionally.

This impacts my process for my design ideas for VR Gym as this will delay me making me wasting time to improvise the idea for a VR Gym concept. From my honest opinion, I just realised I felt like wasting time of my drawings for my old building design that I already made. I managed to redrawn the new building as soon as possible without mistakes for accuracy, measurement, details and scales.

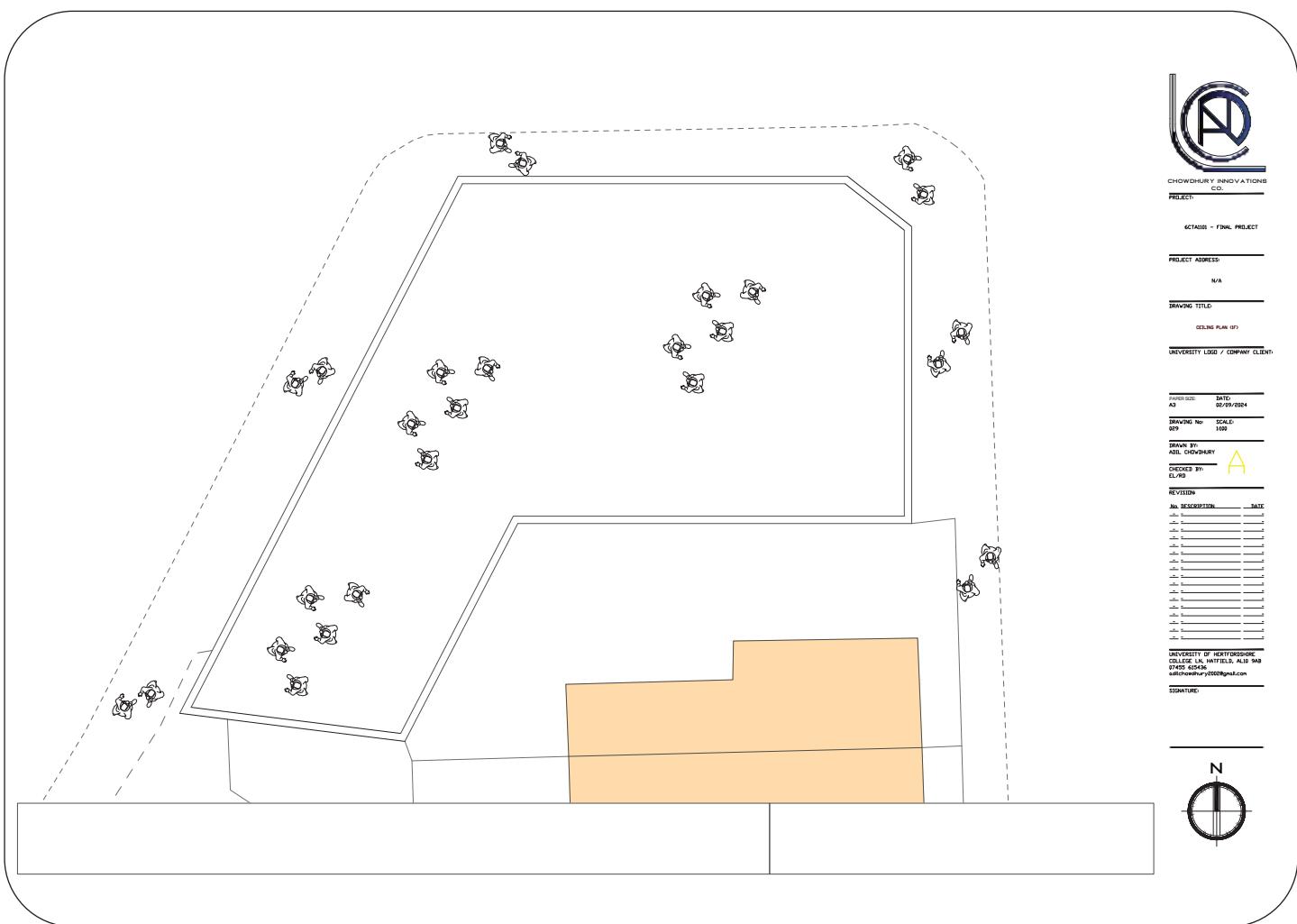
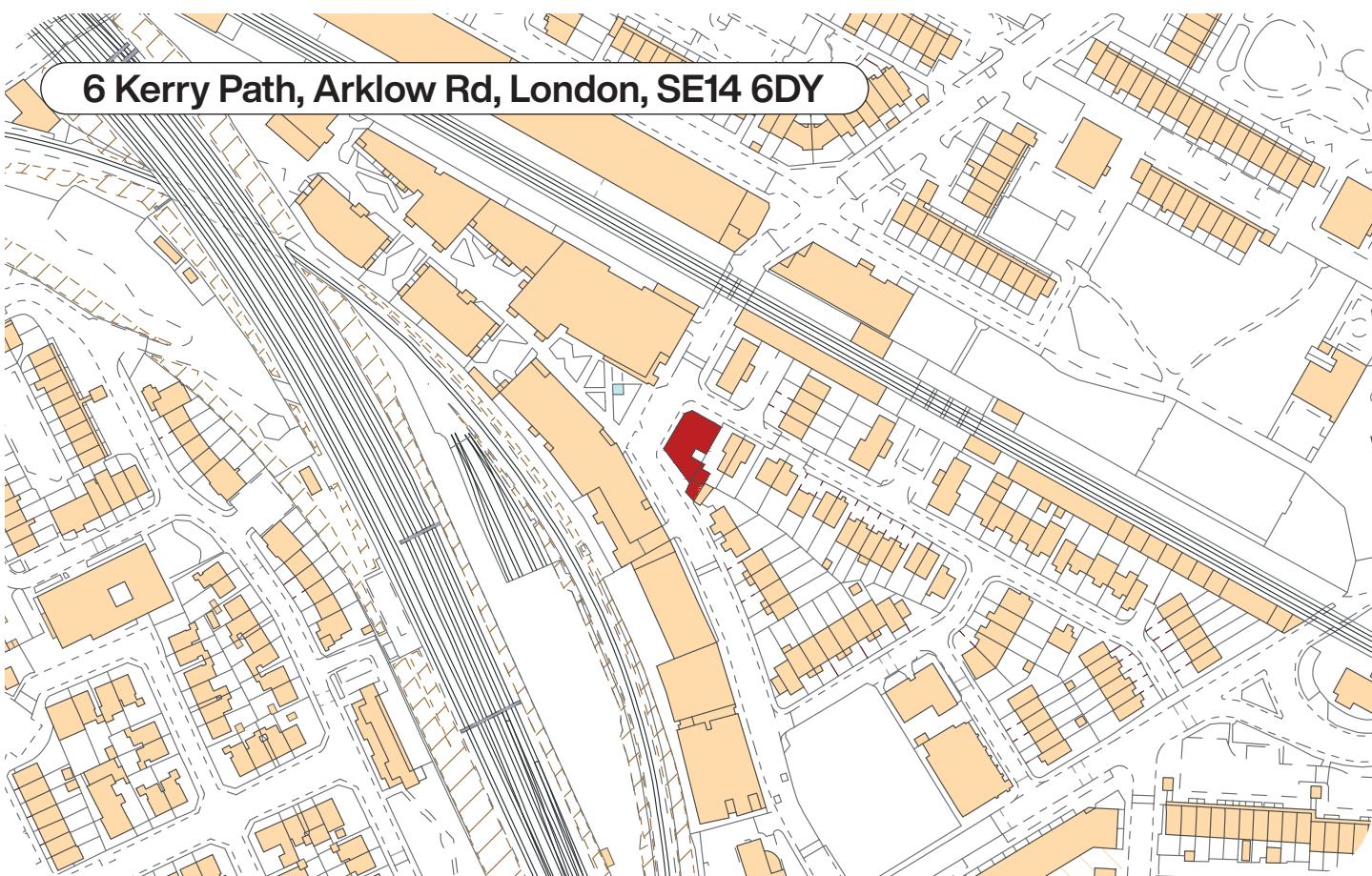
I found the new building that I liked about because it has more spaces but I need to reconsider about the spaces, environment surrounding the building and regulations as well. I finalised my chosen building as This building can assist me by generating ideas now that I have more room to place the aquirement for VR Gym; However, in order to do that I need to visit the site in London.

I've been working on my technical drawing for my finalised chosen building that I found. I've chose the building from 'Bow' area where it is near Victoria Park and Hackney which the address of the building is from '*64 Chisenhale Road, London, E3 5RG*'. I managed to redrawn the floor plan, elevation and sections. I have to find out the scale of the building based on a real-life size which took me an hour to figuring out without making a mistake for the measurement accuracy as I want to be certain before moving on to the next step.

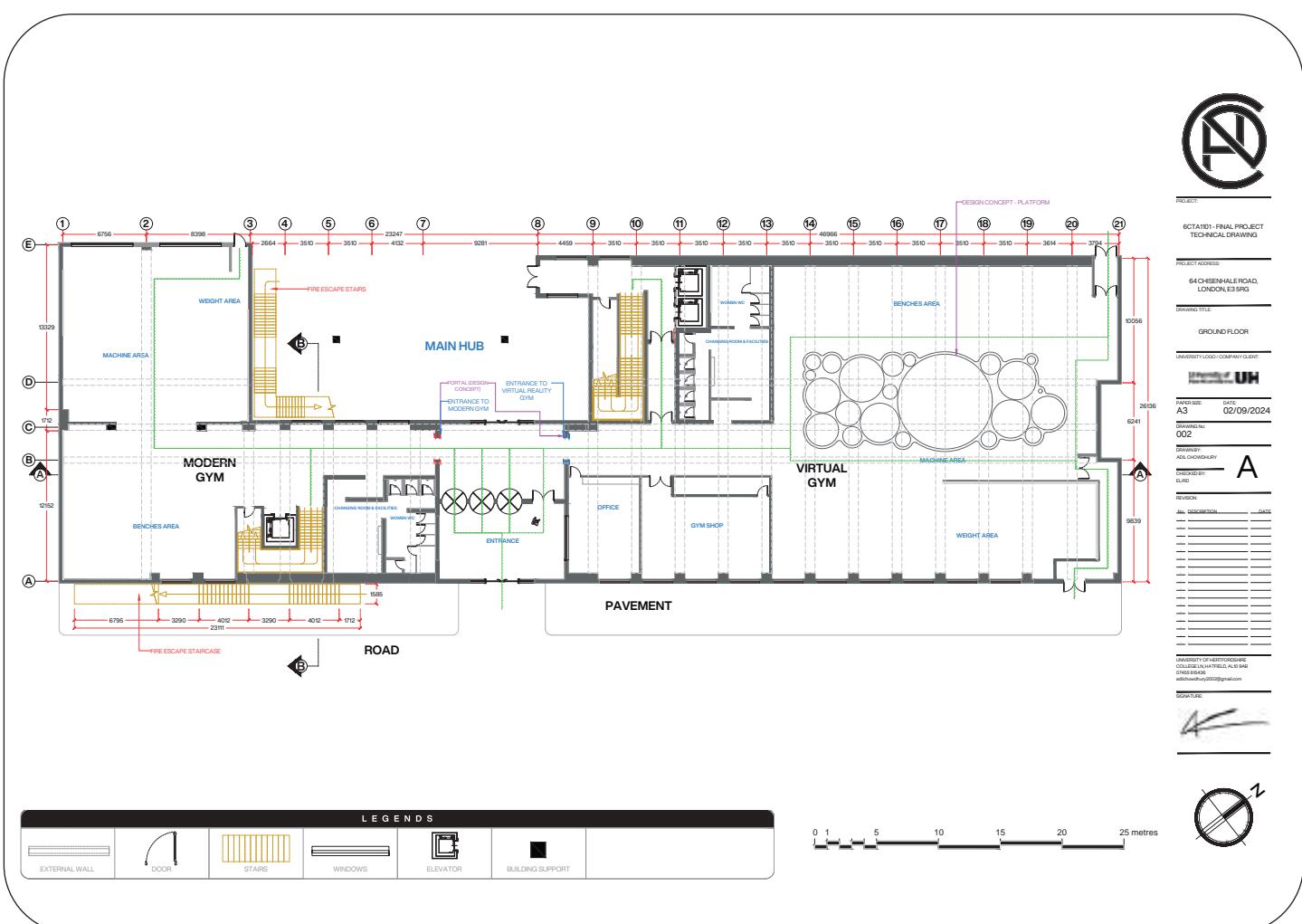
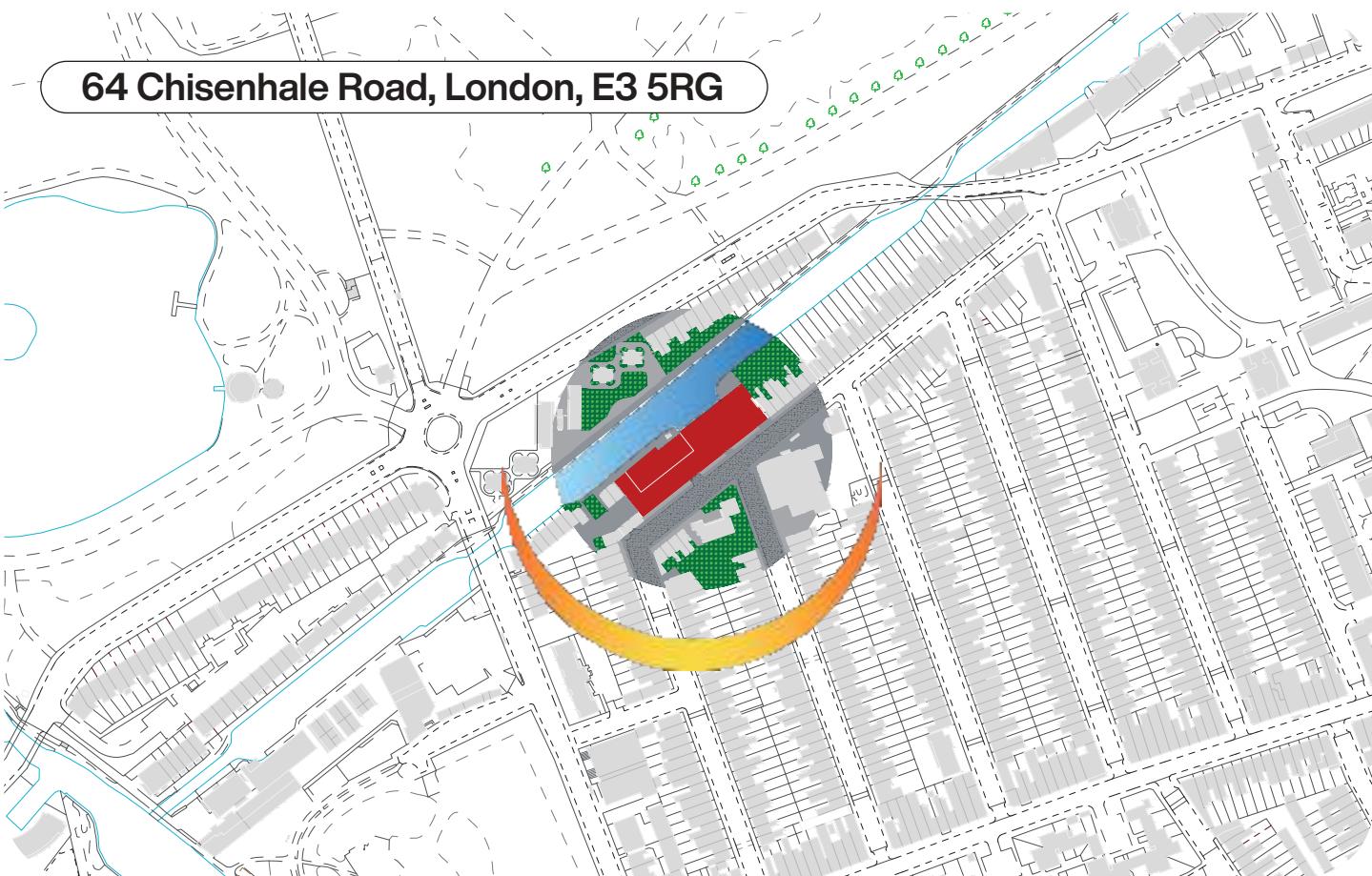
Even though I have a new building, I figured to add my process of the old building to show how I changed into a different direction and different approach. It is a good idea to insert the drawing and ideas onto the weekly journal to show how did I progress form changing my development and ideas within the building.

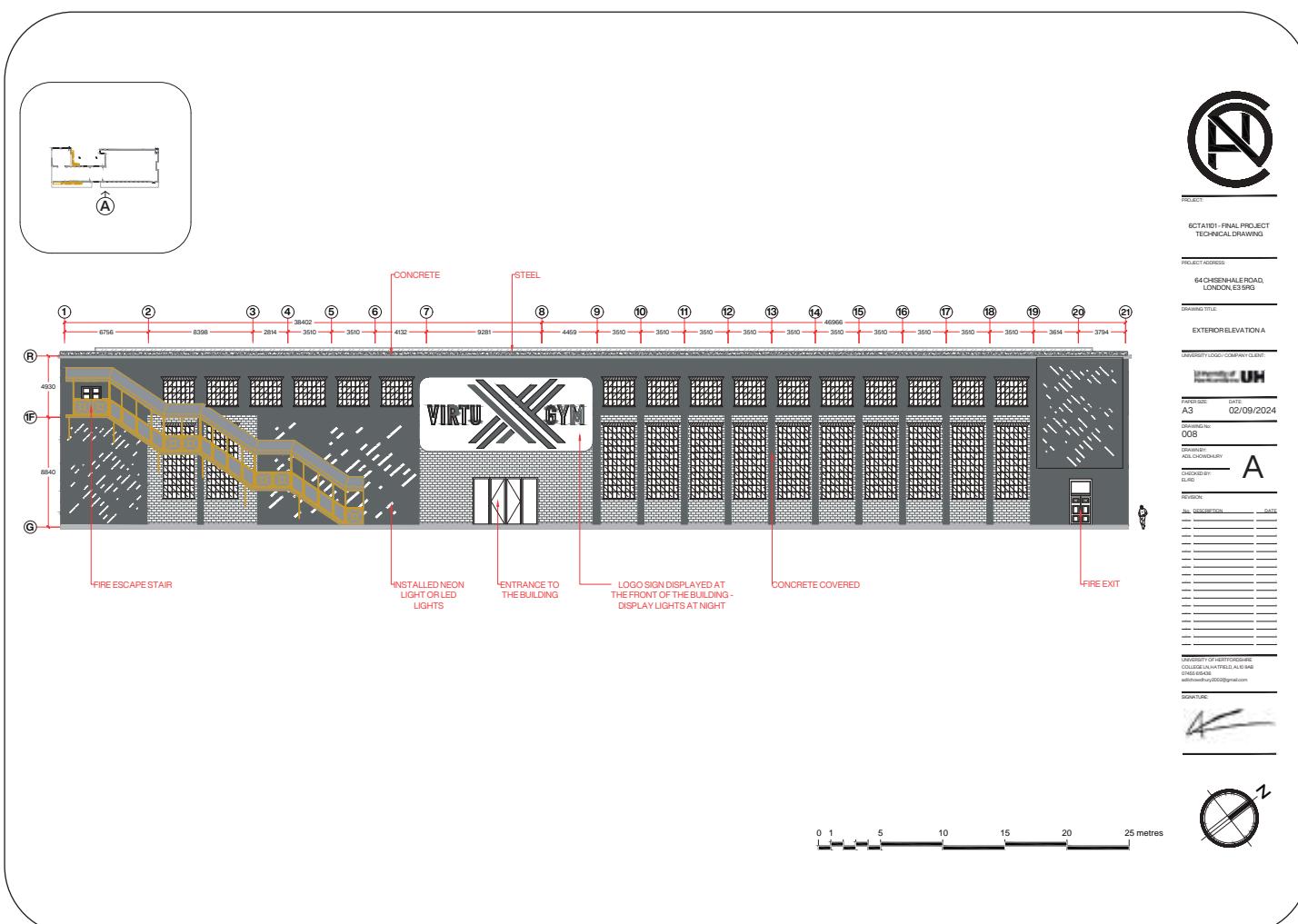
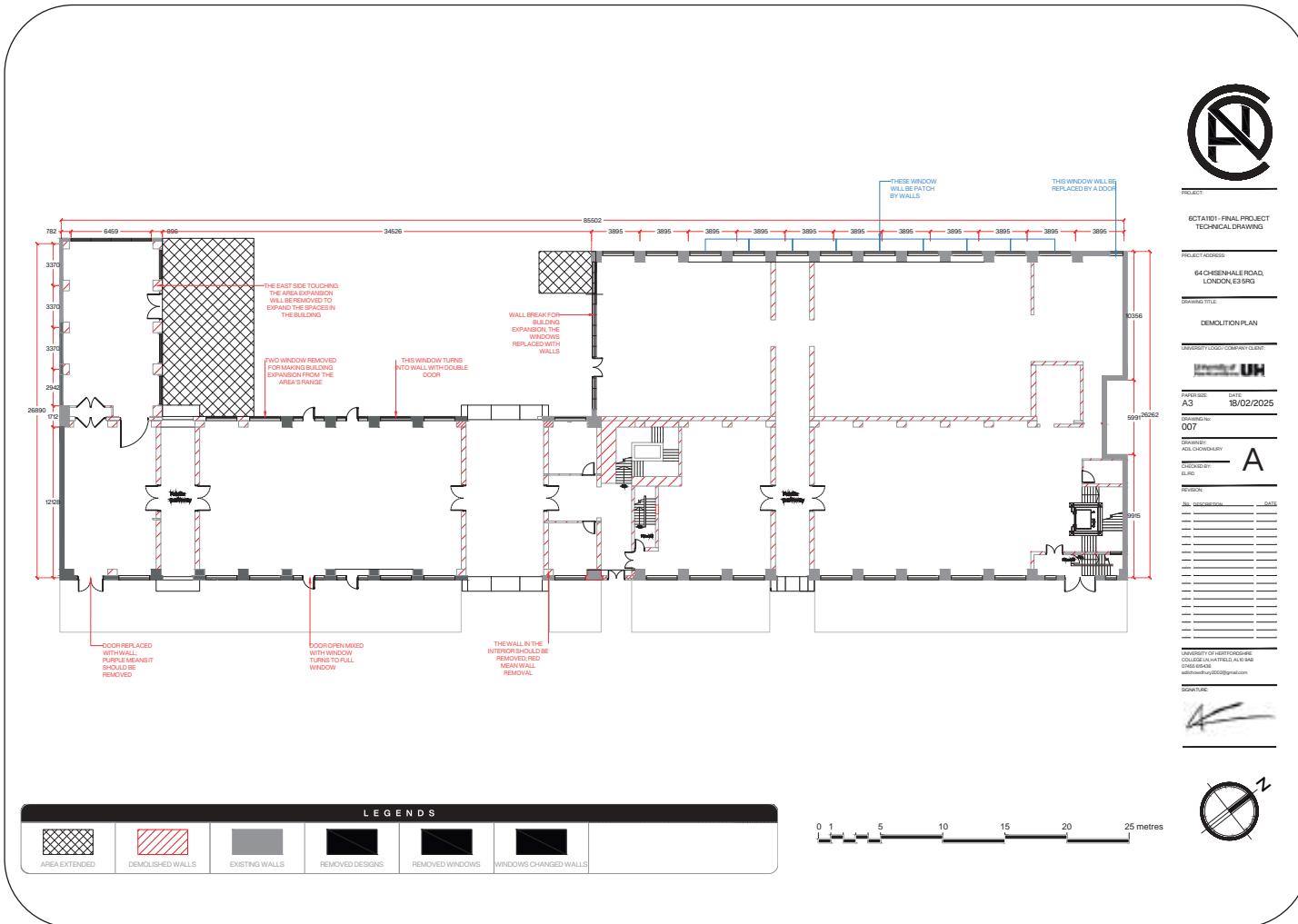


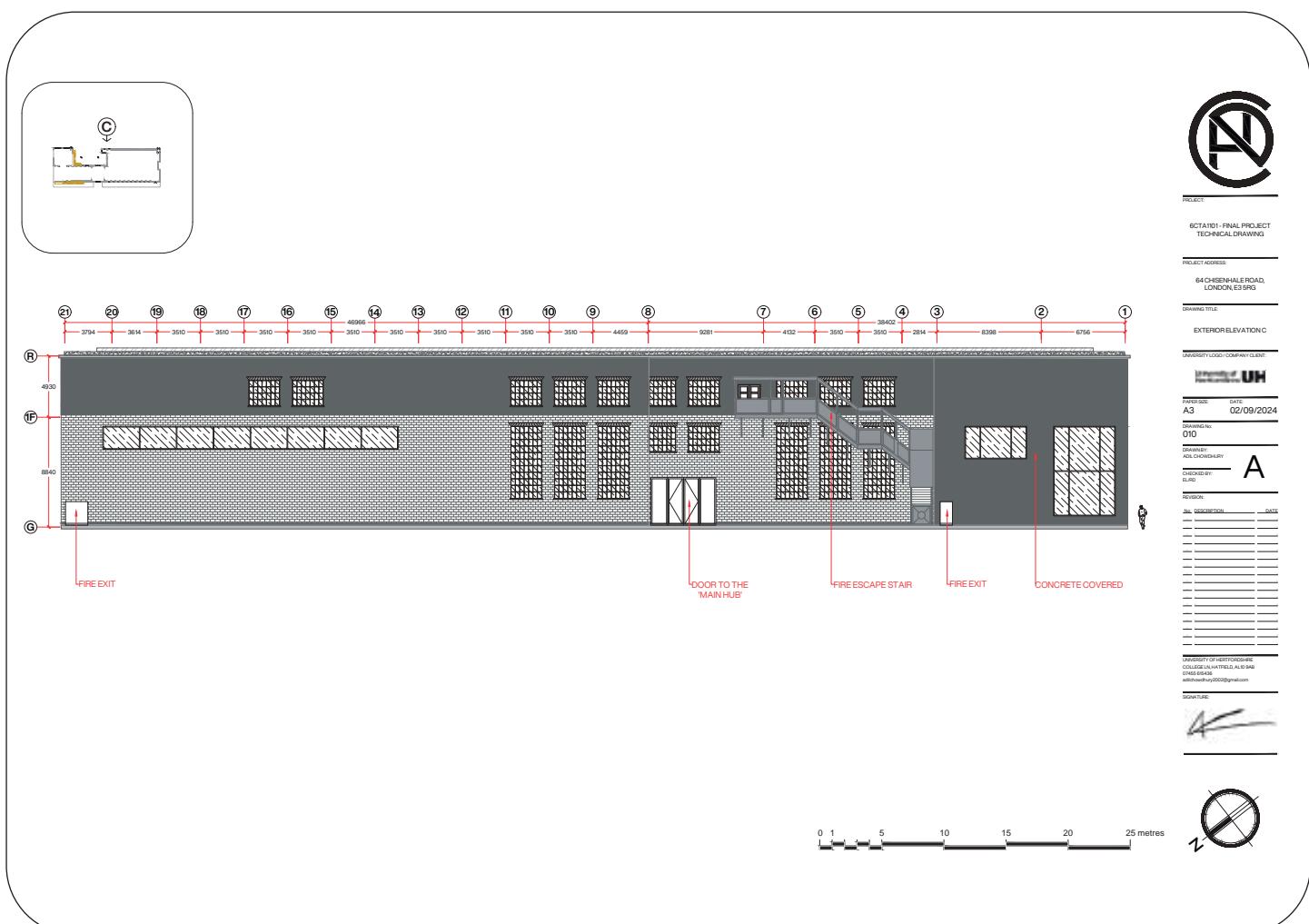
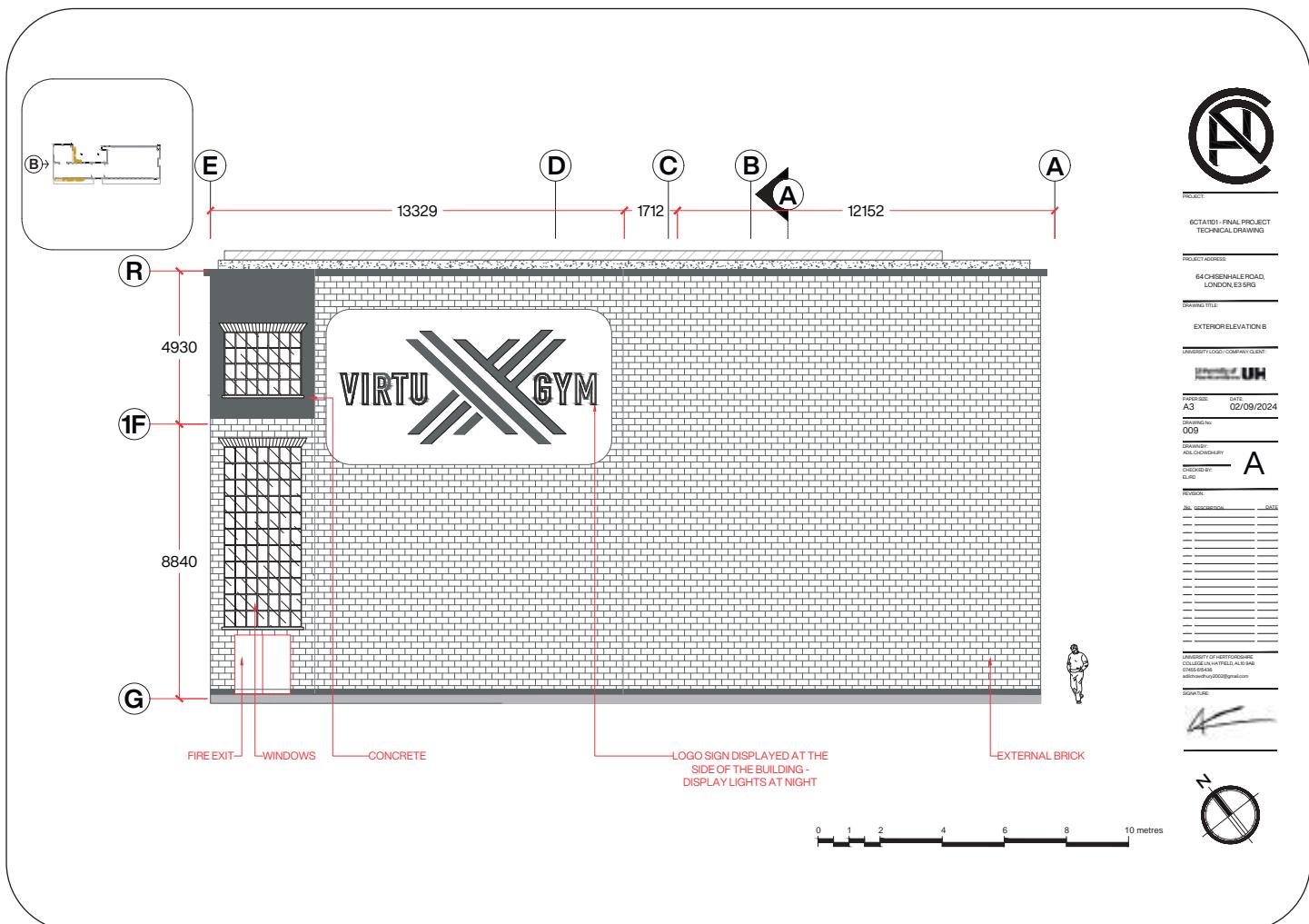
## PREVIOUS CHOSEN BUILDING



# NEW CHOSEN BUILDING







## HEATHERWICK STUDIO AND SITE VISIT | LONDON



On Tuesday 29th October, I attended the trip to Heatherwick Studio and planning to go to the site visit to the building I chosen after the lecture. The Heatherwick Studios is an amazing builders that design their concept for their building or designs into reality like never before seen. The designs is displayed in the gallery with various design that I have never seen before as it is like stepping into the future of architecture.

I managed to take various photographs which this can assist me for design inspirations for my VR Gym onto my chosen building. I observe the presentation that they showed e of the design and how they managed to get inspirations from and design strategies to create their outstanding designs as they showed examples, drawing and inspiration images to know what the idea before designing.

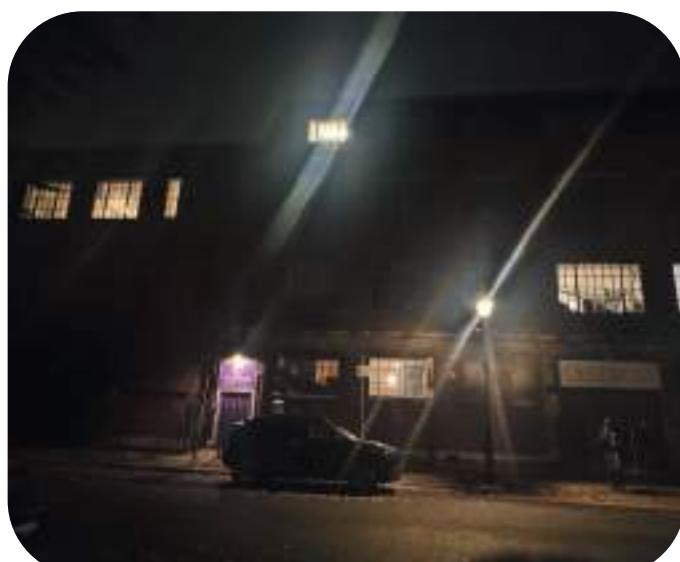
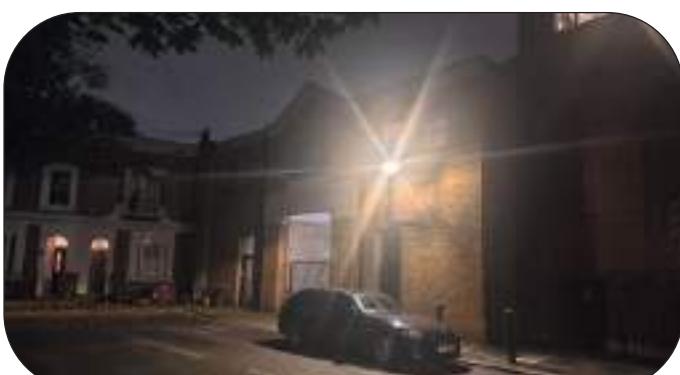
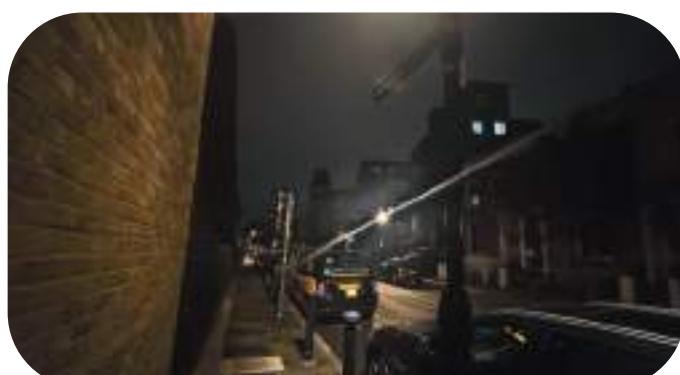
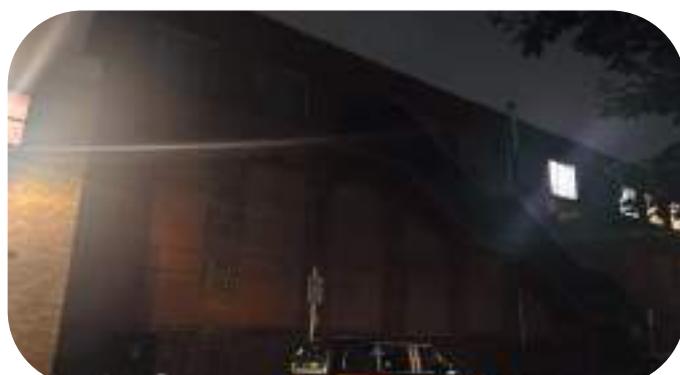
After visiting Heatherwick Studios, I began travelling across London to see my site visit to my building that I chose. I managed to reach the destination but however the view is dull because the time is now evening as it is winter term. I managed to gather best quality images that it is seen clearly and what the expectations of the building.

I observe the surrounding of the building as it seems that the neighbourhoods are too silent as I can barely see 1 or 2 people on the streets; The view from dark is out of view but the light on the street pavement enabled to show the range of the view clearly but the downside is the light radius is not reachable for some area like I can barely see the stairs from the front of the building. I took notes of the surrounding like roads, lights, other buildings, etc to know more before designing a VR Gym building. Unfortunately, the building is restricted as I cannot get access to the building however I can use the images from the interior to know more as it gives me a clear visual for my next ideas which I will keep that in mind. Finally, I completed the site analysis and have all the information that I needed which I left the area and returned home till further notice.

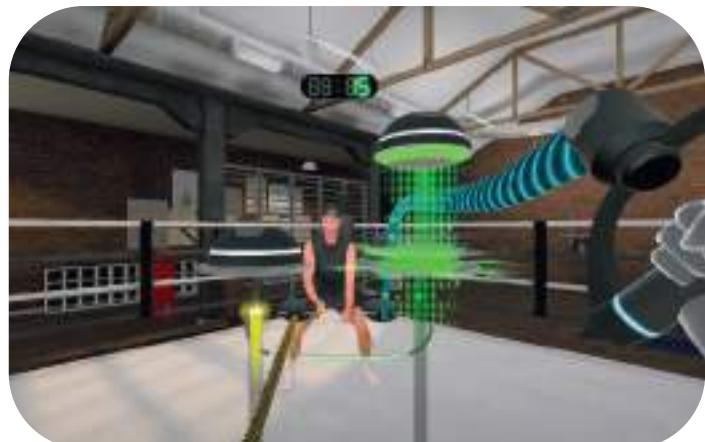
HEATHERWICK STUDIO



SITE VISIT | 64 CHISENHALE ROAD



## STUDY WEEK





On Tuesday, 5th November during study week, I began developing the concept and gathering inspiration for the VR Gym. I started by inspecting gym equipment such as cardio and strength machines, observing their designs and structural shapes. This helped me generate ideas and establish a foundation for my concept.

As I delved deeper into the design process, I envisioned how a VR Gym might appear if experienced through virtual reality. I explored user interfaces, augmented reality, and virtual reality to better understand how these elements could influence the design. These demonstrations provided valuable insights into achieving the vision for a VR Gym while incorporating the inspiration I had collected.

I faced challenges imagining how a 'VR Gym' would look, as the idea evokes a futuristic aesthetic often seen in sci-fi movies and books. This futuristic vibe was difficult to translate into tangible ideas at first. However, the images I gathered offered guidance, helping me conceptualize the interior design, layout, and additional features necessary to bring the project to life. These references proved instrumental in overcoming creative hurdles and shaping the direction of my chosen project in the future.

## LOCATION

64 Chisenhale Road, London, E3 5RG

## BACKGROUND

The VR Gym is an advanced concept designed to reshape fitness by using Virtual Reality (VR) and Augmented Reality (AR) technologies. Inspired by the UN Goal 3 'Good Health and Well-being', the VR Gym is a futuristic-themed fitness centre that aspires to improve both physical and mental health. The project holds the power of VR and AR to move beyond normal workout spaces to make an environment that entertains users in dynamic, game-like fitness experiences. With inspiration from the "Tron" movie's sleek aesthetic and the interactive AI from 'Iron Man' JARVIS and designs, the VR Gym will create a futuristic experience that interests users using the gym that has technology.

## OBJECTIVES

### **Health and Well-being Promotion:**

- Promotes physical activity for both fit and unfit people, improving overall health.
- Focusing on mental health by providing a distraction for users who have social anxiety.
- Improving stamina, strength, and durability in a fun and engaging way.

### **Innovative Technology Integration:**

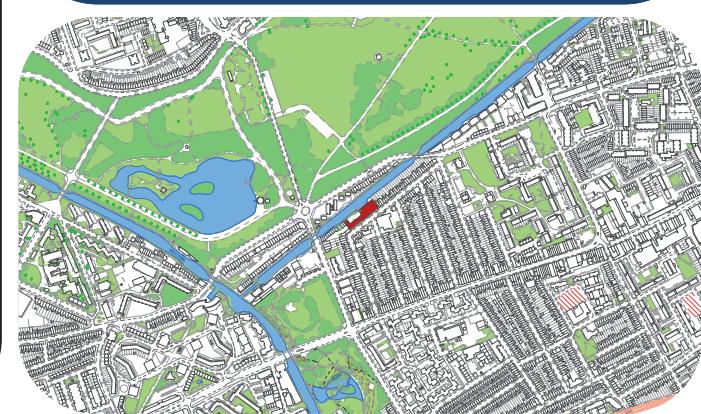
- Using VR headsets and AR tools to create a workout experience.
- Including AI virtual assistants inspired by 'JARVIS' to direct, encourage, and track progress.
- Includes game mechanics to make fitness fun which contains high-score challenges, fitness objectives, and "Reps" counters.

### **Design Concept: Futuristic and Immersive:**

- Designing a visual and functional design inspired by the movie "Tron" by using neon lighting, smooth curved shapes, and a digital aesthetic.
- Develop a VR setting that makes users feel like they stepped into a new, futuristic world in the present day.
- Concentrating on user-friendly designs to make VR workout equipment and spaces accessible for all fitness levels.

### **Technology Evolution and Engagement:**

- Support society's attachment to mobile devices to draw users, displaying VR as the next step in fitness technology.
- Develop plans to keep the VR Gym relevant as technology continues to grow, providing it remains an advanced fitness solution.



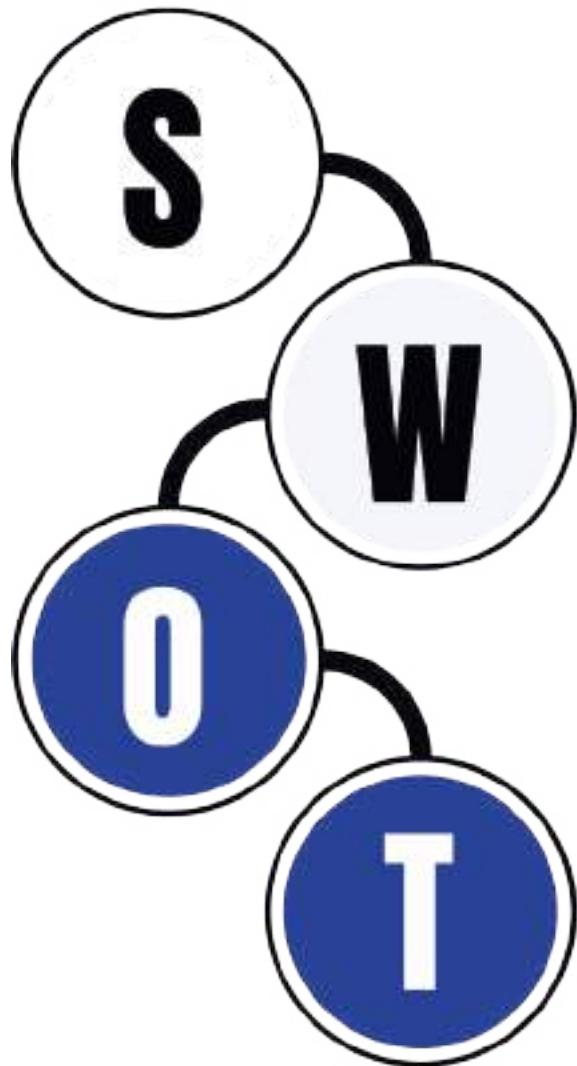
On November 12th, I began developing the design brief for my chosen project, a 'VR Gym.' This process included identifying the location, key considerations, background information, and the primary objectives for the concept. I aimed to create a comprehensive framework that would guide the development of the design and ensure it aligns with its intended purpose.

As part of the brief, I outlined the justification for designing a VR gym, highlighting its importance in addressing contemporary societal challenges. These include the physical and mental health declines observed in the aftermath of the COVID-19 lockdown, as well as the growing dependency on smartphones and technology. The VR gym concept aims to leverage these technological trends in a positive way, creating an innovative space where users can improve their physical fitness and mental well-being.

In my design statement, I described the envisioned appearance and functionality of the VR gym. This included details about the interior design, the desired atmosphere, and the overarching theme that would make the space inviting and engaging. I also drew inspiration from existing innovations in fitness and virtual reality, which I intend to incorporate to enhance user experience and create an immersive environment.

To better understand the feasibility of the project, I conducted and annotated a site analysis. This involved examining the surrounding environment, including the potential impact of the design on the local area. The analysis also considered practical aspects, such as how to effectively manage the movement of people entering and exiting the building. By carefully planning these elements, I aim to create a seamless and enjoyable experience for users while ensuring the design integrates well with its surroundings.



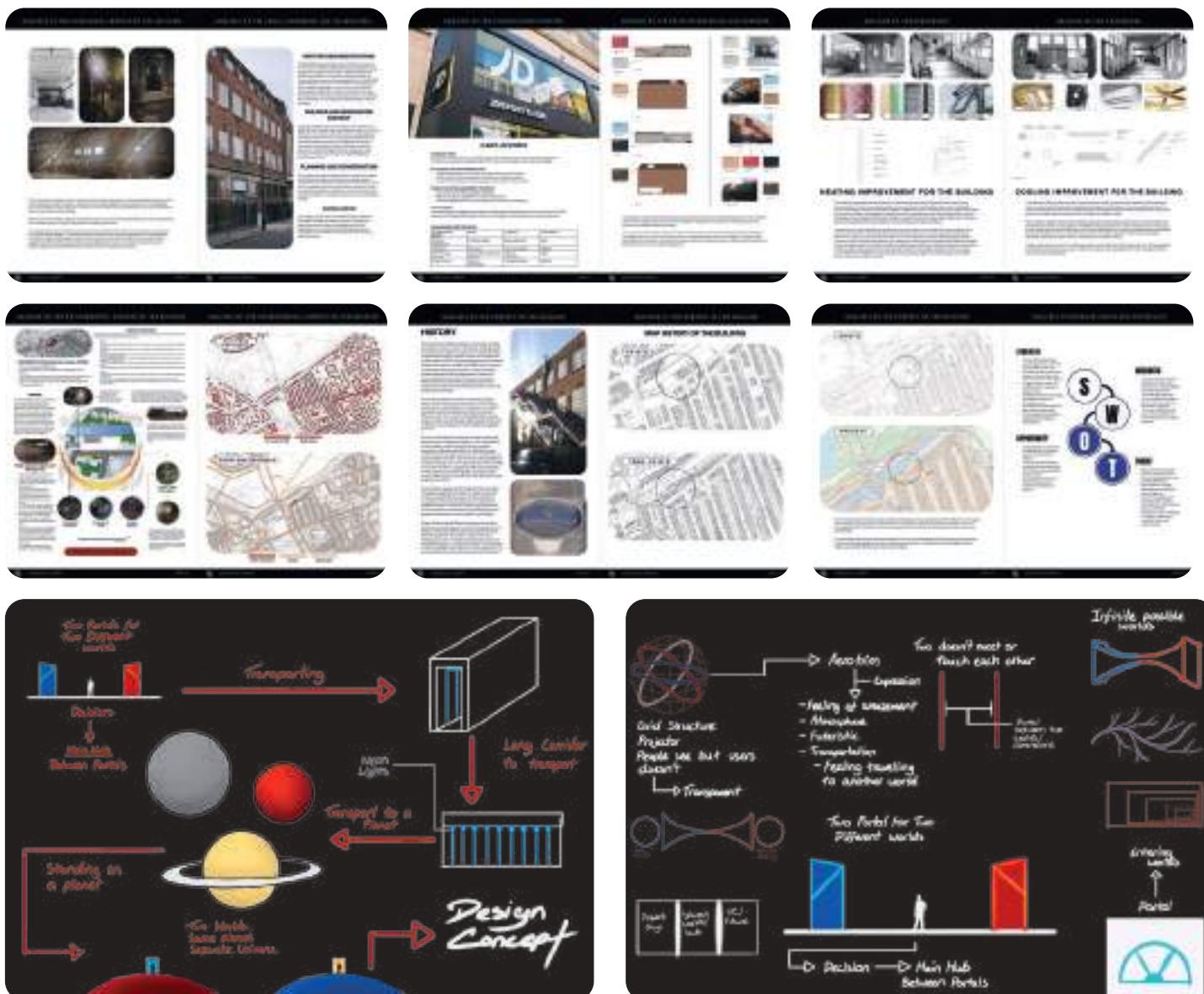


On November 19th, I began creating SWOT analysis to begin because it is the easiest to evaluate the strengths, weaknesses, opportunities, and threats of the building that the drawing conclusions based on both the interior and exterior aspects. This analysis helped me gain a clearer understanding of the building's potential and challenges, providing a foundation for design decisions.

I have talked about the justification of why am i creating a VR Gym. The reason why is because aftermath of lockdown, depression, people's weight, fatigue and addiction to phone is more recognised in the present day as this need to change where people need to start move away from that addiction and obsession to things is not good enough for their health; which is why I have a solution to use VR GYM as people addicted to phone as I can use that to my advantage to draw them out to try out gym to change their lifestyle forever.

I also worked on managing and organizing all the information I had compiled by using InDesign. This step helped me keep track of my progress and provided a structured way to review and plan the next stages of the project. Organising my work ensured that I could generate ideas for the VR gym's interior design.

Additionally, I included detailed information about the site location, specifying where the building is situated in London. This provided clear context and clarification for the project, ensuring that all elements of the design brief are well-grounded and relevant to the chosen site.



On Tuesday, 26th November, I began developing the concept for my 'VR Gym.' I focused on VR as a digital world that exists outside reality, embodying fantasy and imagination. It creates an experience that is vivid and immersive yet does not physically exist. The concept I chose for my VR Gym is "Parallel Universe."

The "Parallel Universe" concept explores the coexistence of two realms: the real and the virtual. In VR, users navigate boundless, imaginative dimensions while remaining physically present in reality. This duality emphasizes contrasts such as physical vs. digital, order vs. chaos, and balance vs. freedom, resulting in an immersive and thought-provoking experience. To enhance this idea, I used the 'Aerotrim' as inspiration, creating a narrative to simulate the feeling of being in a "Parallel Universe."

From late November to December 10th, I completed a 'Building Analysis and Evaluation.' This involved thorough research on the chosen building, including its history, surroundings, appearance, current state, and materials. I identified areas for improvement and additions, enhancing our understanding of the building's potential. During site visits, I documented observations about the exterior, atmosphere, and surrounding context, adding photographs and insights on sound and ambiance. I also included historical maps, layered technical drawings for material integration, and notable surroundings like signs and nearby structures.



### GHALIB SOHAIL

**PERSONAL INFORMATION:**

- OCCUPATION: Student
- HEIGHT: 5'11
- EYE COLOUR: Dark Brown
- HAIR COLOUR: Black
- AGE: 21
- GENDER: Male
- LOCATION: London
- LIFESTYLE: Busy with professional balancing work-life responsibilities.

**INTERESTS:**

- Ghaliq is highly interested in technology and obsessed with exploring new gadgets and innovations.
- Fitness is part of his routine but he often struggles to stay motivated with conventional gym sessions.
- He enjoys gaming experiences like VR gaming in his free time, finding them both relaxing and engaging.

**REQUEST FOR THE VR GYM:**

- Comfortable atmosphere when entering the gym.
- Equipment that can be easily accessible instead of waiting in line for one equipment.
- Needs to be bigger and have a relaxing space when resting.
- Want a gaming experience when using the workout machines to prevent getting bored and losing focus during workouts.
- Accessible to roam around the building.
- Want a new image for the gym instead of being outdated.
- Population as it will annoy him when people using equipment that he wanted to use for his workout.
- A place that he wants to rest, relax and socialise in the area.

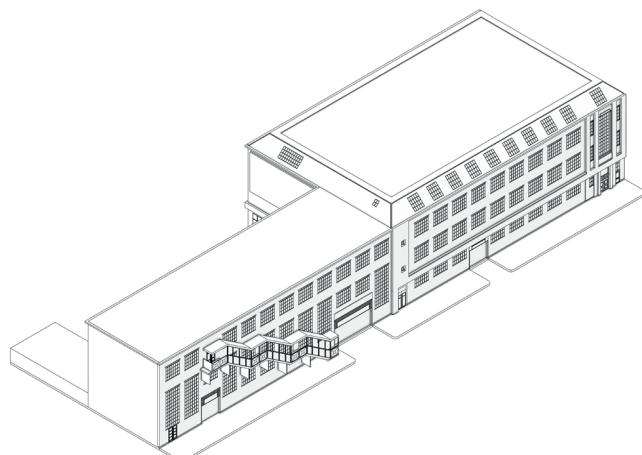
**PERSONAL GOALS:**

- To make workouts more enjoyable and creative moving beyond repetitive gym routines.
- To improve his cardiovascular health and strength while managing stress.
- To have access to flexible and time-efficient fitness options due to his busy schedule.

**CHARACTERISTICS:**

- Ghaliq often feels demotivated in traditional gym environments, where workouts feel repetitive and lack creativity.
- As a gamer, he's drawn to experiences that are immersive and visually stimulating but finds it hard to translate that interest into physical activity.
- He needs a fitness option that blends his love of gaming with real-world physical benefits.

- Age Group: 16+
- Introducing "VR Gym," a revolutionary fitness destination that redefines workout experiences by merging real and virtual worlds, offering users an exciting and immersive journey through parallel realities.
- Creating a comfortable and stimulating atmosphere by applying sustainable design principles, utilizing recycled, upcycled, and locally sourced materials for furniture, decor, and construction.
- Implement energy-efficient lighting, low-energy VR systems, and eco-friendly building materials to minimize environmental impact.
- Blend advanced VR technology with a visually captivating futuristic aesthetic to craft distinct spaces—"Present Day" for traditional equipment and "Virtual Reality" for futuristic workouts, connected by a central "Hub" that serves as a portal between two worlds.
- Ensure accessibility for individuals with disabilities by providing adaptive equipment, wide layouts, and VR-assisted guidance.
- Accessible locker rooms and relaxation areas further accommodate all users.
- "VR Gym" offers a unique narrative-driven experience where users can explore and transition between worlds, bringing fresh motivation and a sense of wonder to fitness.



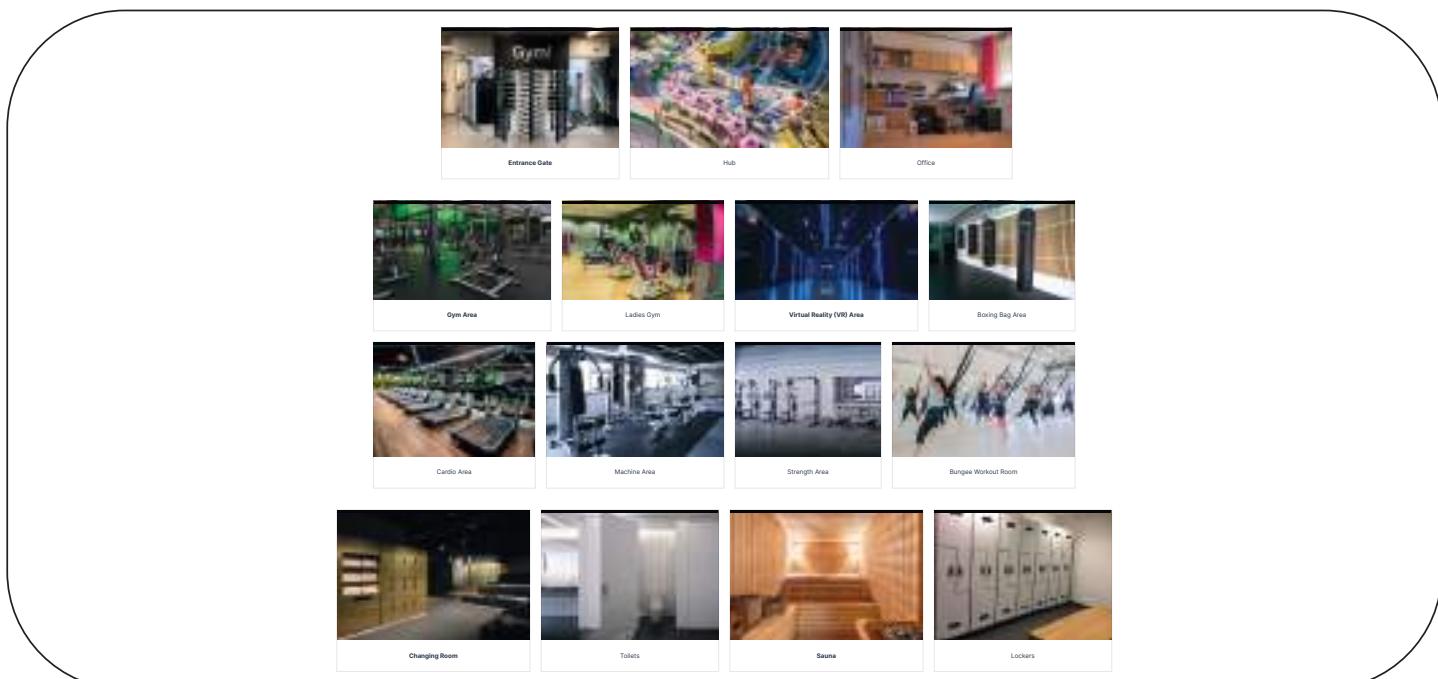
On Tuesday 3rd December, I started to begin for Design Development and Strategy. Before I have to do drawings and have an idea of how I wanted the 'VR GYM' to be layed out, I started by creating user's profile, building's strategies proposal and list of accommodation

To find out what a person and the audience wanted, I created a profile about the user's personal infomation, hobbies, interests and feedback so I can fully understand what do they wish that what do they want in a 'VR GYM'.

Next, I created a building's strategy of what the building will have, what the age range to use the building, what will the building have, etc. This can give infomation of what to expect of the building and the needs. Moreover it included accessibility for people who have disabilities to access the building without having low morale and feeling left out.

Finally, I created list of accommodation to display what area does the building have in each floor. This can give an idea of how big the building is and what can be included as the building i've chosen is massive that I can place tons of ideas for the building in each floor.





On Tuesday 10th December, I started to look at the precedent studies; I've researched 3 of my case studies and created user's interest for the VR GYM that they wanted. I collected and gathered all the images of how it suppose to appear for the case studies and user's interest.

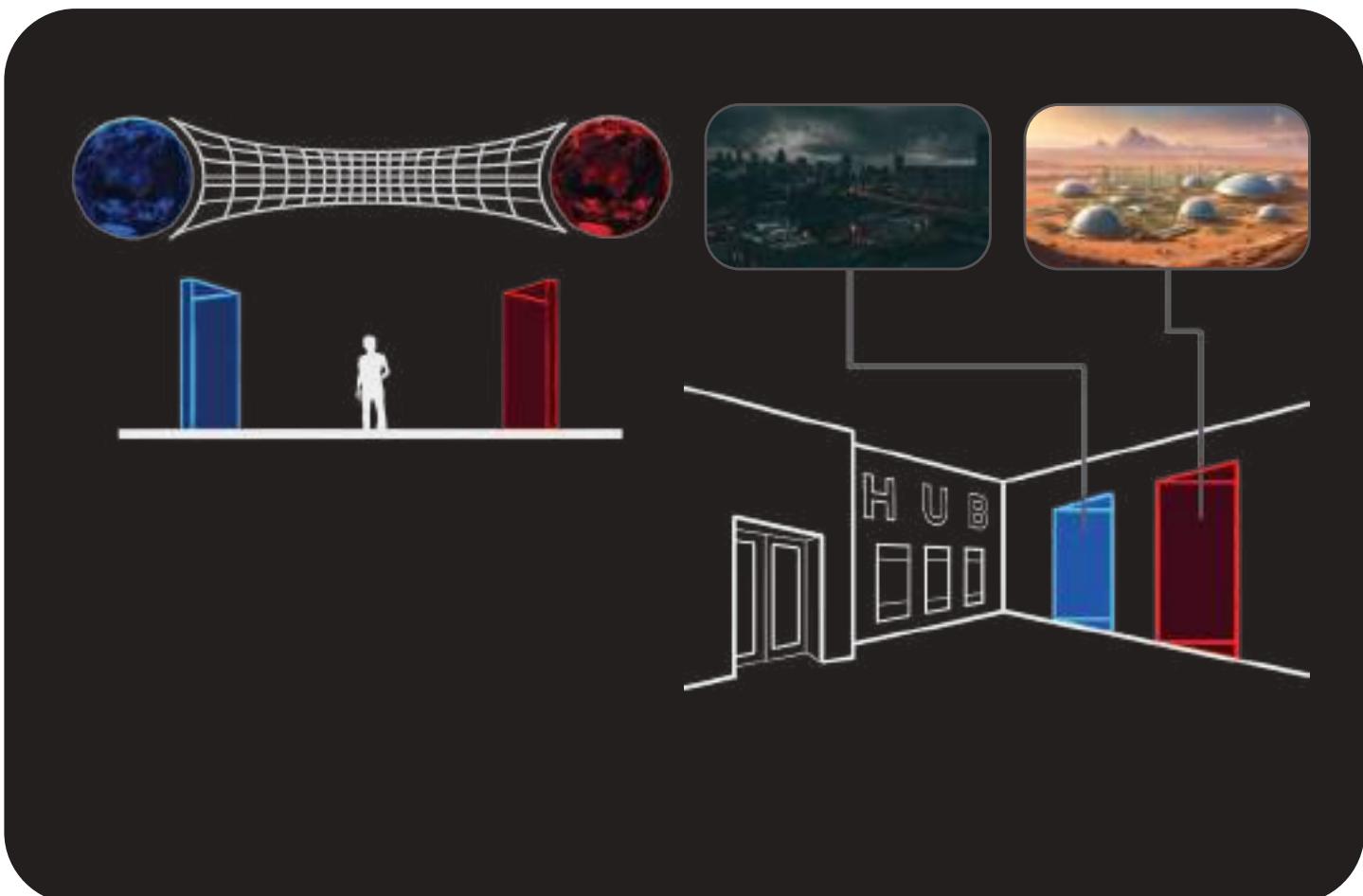
I investigated 3 case studies relating to VR business places which somehow I managed to find all 3 relevant research that has worthy information about the place, what they use, the services and the design of the interior. All 3 have common thing which is using VR for fun and games but one is familiar of what I am for making a 'VR GYM' which one of the case studies is the 'BLACK BOX'. They use the combination of VR and Gym equipment that I want to visualise and inspiration for the design that I'm going to use for my chosen building relating to the topic.

I took the information about each 3 places, events they held, their function of using VR and other equipments, etc as I'm taking some ideas and making it as my own which can assist creating my own image of 'VR GYM'

Finally, I gathered and inserted my own version of what does the VR GYM needed. With user's profile, building strategies and list of accommodation, I have a clear task and what to add for the 'VR GYM' like entrance, cardio, strength, machine area and many more that I think of that is relevant and important essentials for the requirements.



## HOLIDAY WEEK (4 WEEKS)

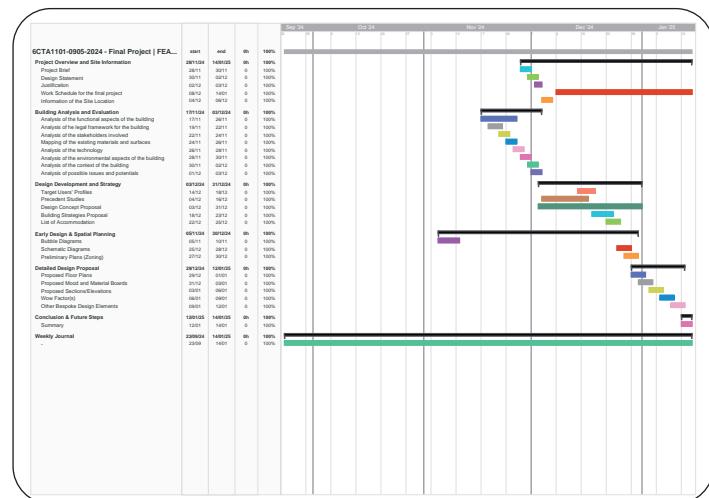
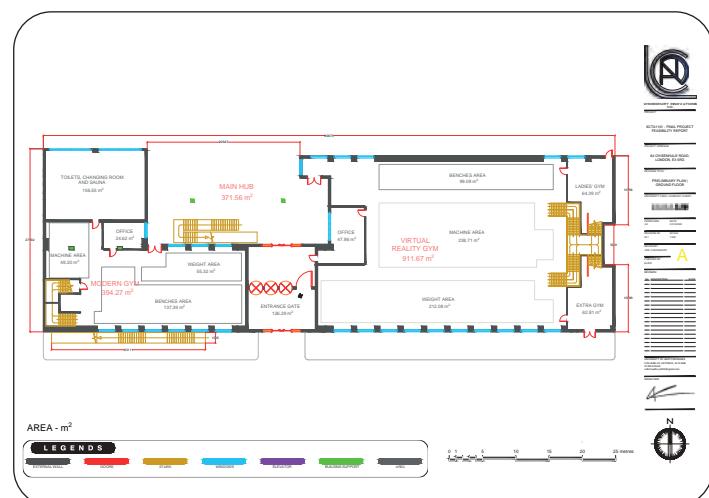
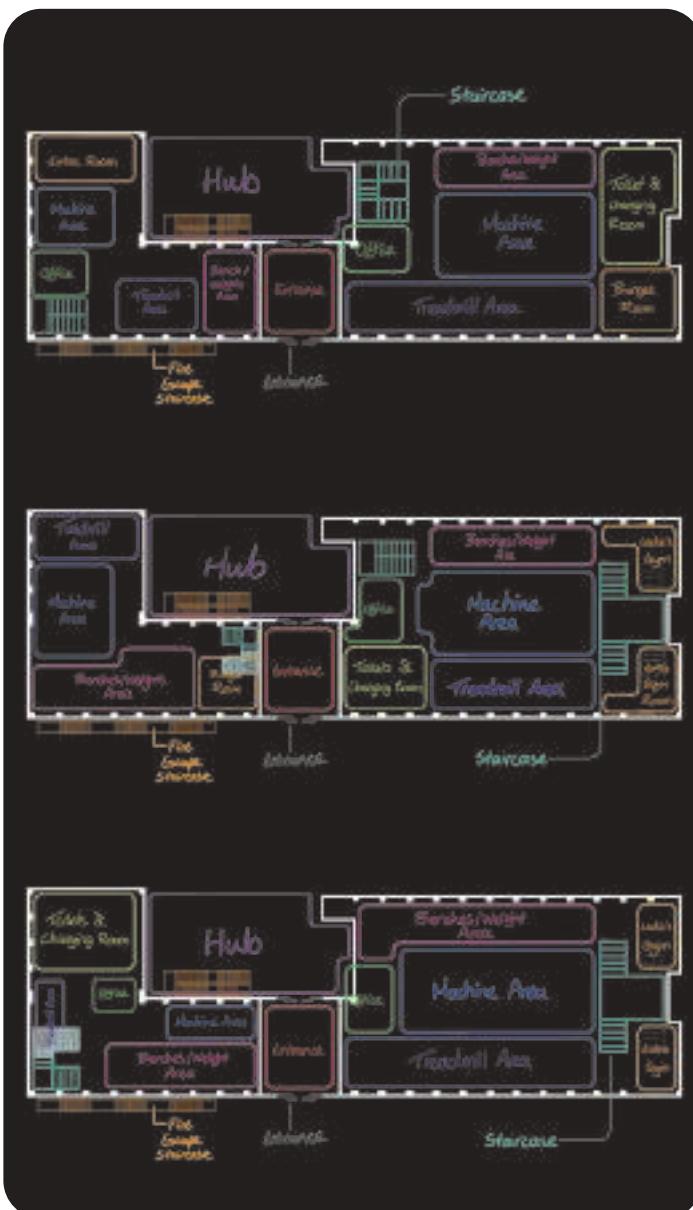


On Tuesday 17th December during holiday week, I focused on refining the design concept for the VR Gym, drawing inspiration from the idea of a parallel universe. I envisioned a space where users could step into an alternate reality, a second life detached from the real world, where familiar rules no longer apply. My goal was to create an experience where users become characters in a simulation, exploring environments that reimagine life, technology, and possibilities.

I expanded on this idea by incorporating elements that highlight the limitless potential of alternate realities. I explored questions like: What if humanity thrived on Mars, Jupiter, or Saturn instead of Earth? This led me to design a world where nothing feels ordinary and everything sparks curiosity and excitement. By focusing on how users could interact with these surreal environments, I began crafting experiences where technology and personal identities transform, allowing for self-discovery and innovation.

I also conceptualized the portal as the entry point to this alternate universe. I imagined it as a breathtaking journey through hyperspace, with streaks of light and stars creating an immersive transition. This week, I focused on how the portal itself could be an integral part of the user experience, turning the act of transportation into an adventure.





On Tuesday 24th December during holiday week, I focused on creating a schematic diagram now that im getting started to draw the floor plan but in order to do that, I need to create a layout ideas in to proceed.

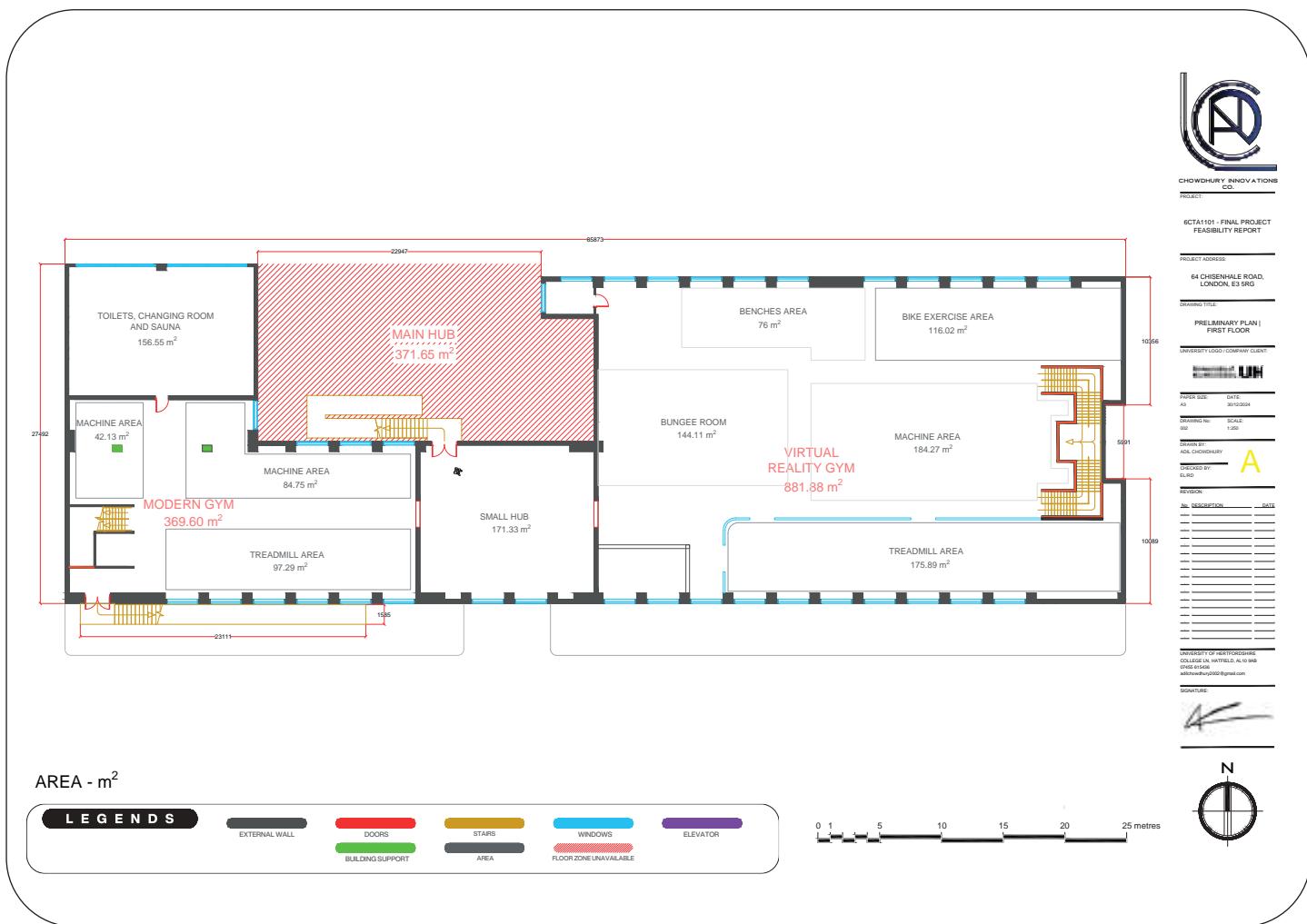
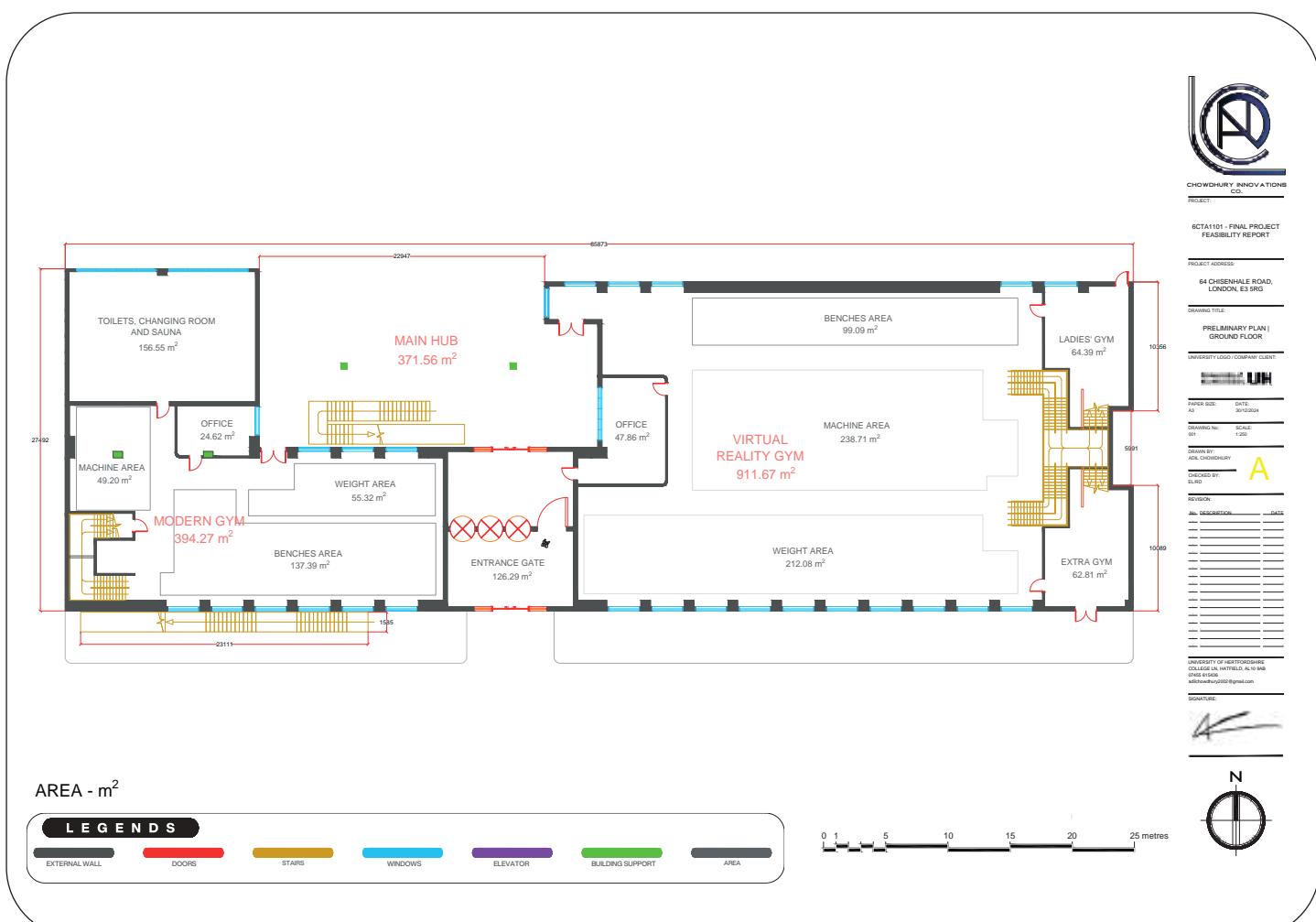
I created the schematic diagram based on the bubble diagram and the previous research i gathered altogether to make into three possible layout ideas that I have drawn. I selected one of the diagram which is the one that has two offices on each side of the building as I feel confortable of how it is layed out and calculating people movement to see if they can fit and move around confortable which i finalised that decision.

After finalising my diagram decision, I started to do preliminary plan to accurately draw the layout and adjusting some changes if it doesn't fit but keep it as a same shape respectfully. I improvised the walls and the obstructed area that I personally think it would be better to add furnitures on the empty walls so that I can get ideas for my finalised idea. I added and calculated the areas for each of the function for each area and label the name it is easier to know what is that area. I added colour labels in addition to know what it is like windows, stairs, and doors.

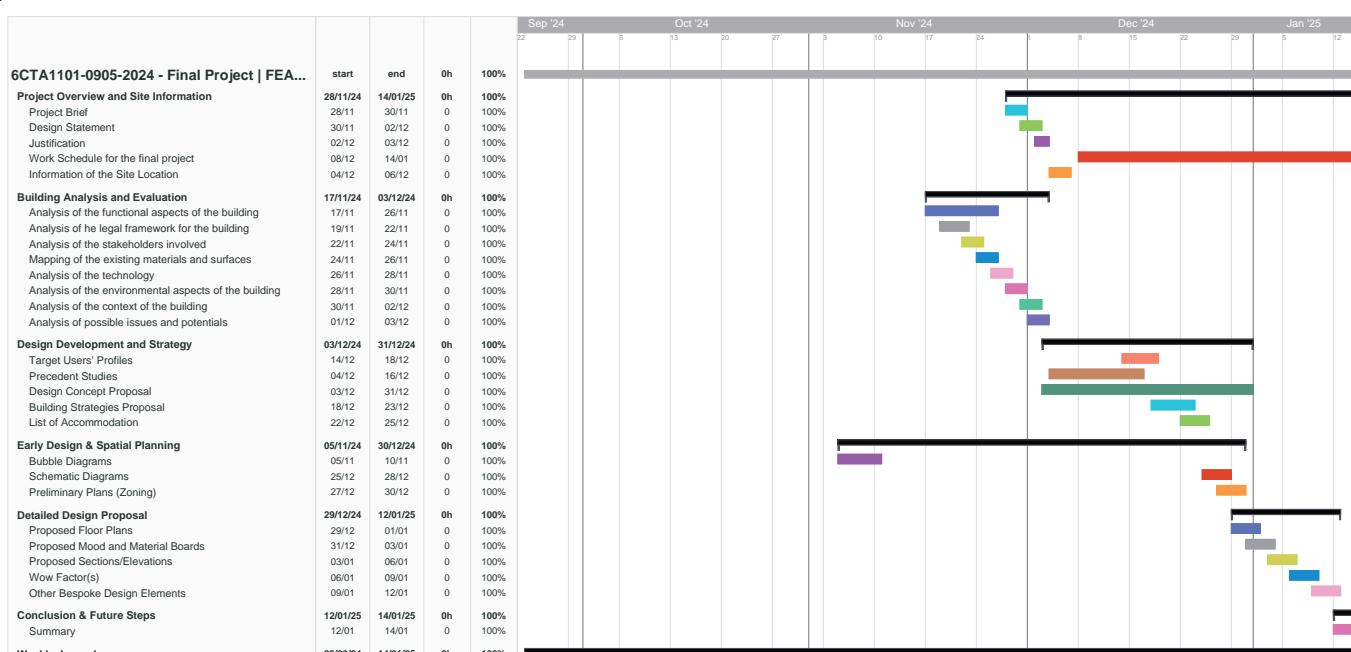
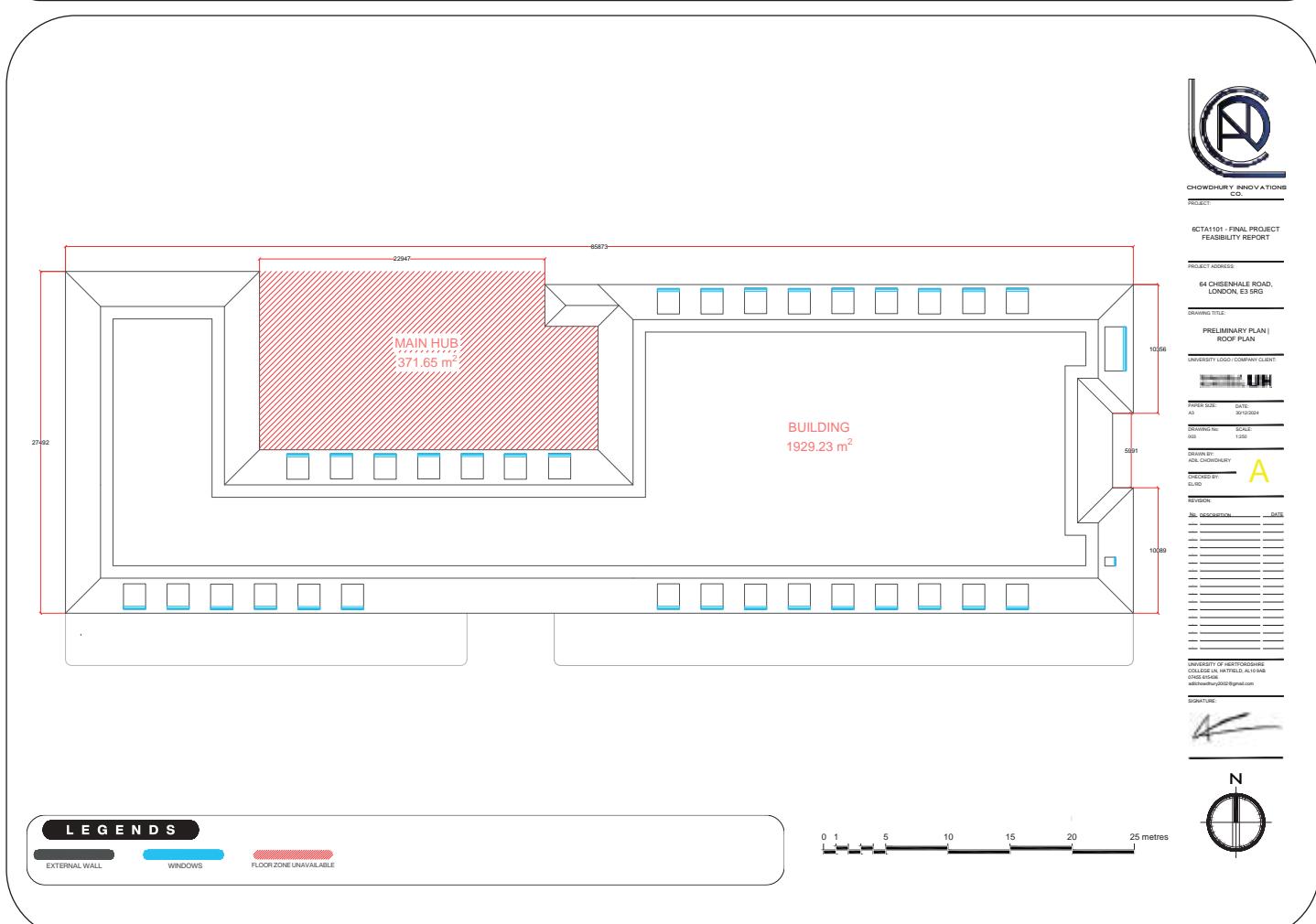
Lastly, I created the work schedule to keep track of record of each tasks that I started and finalised from September to January. This will be finished at the day of the submission for the Feasibility Report.

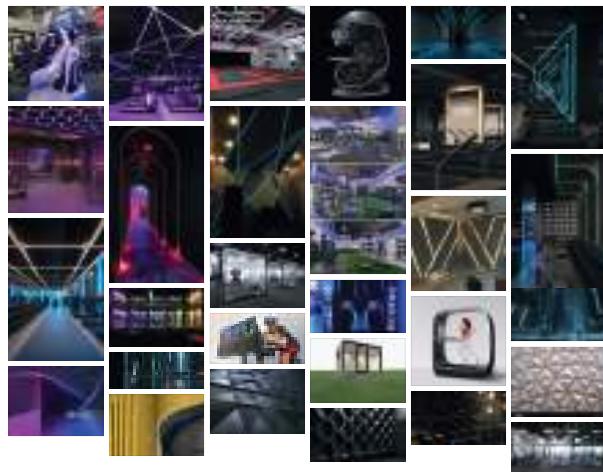
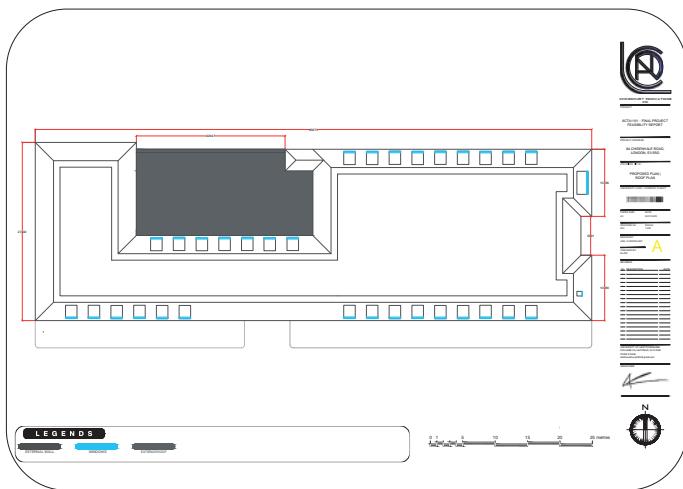
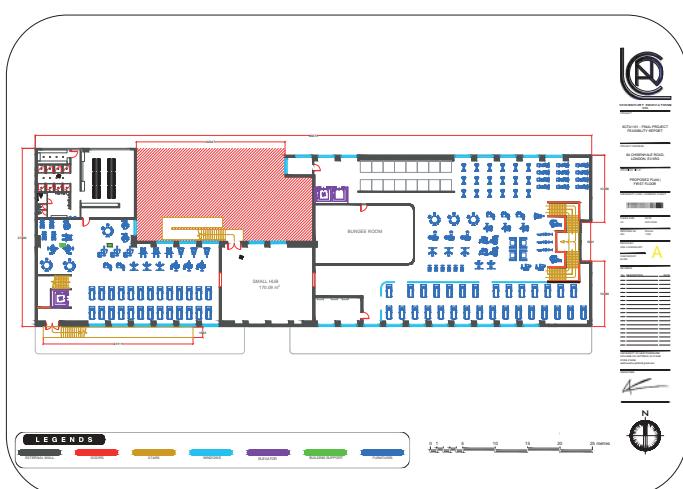
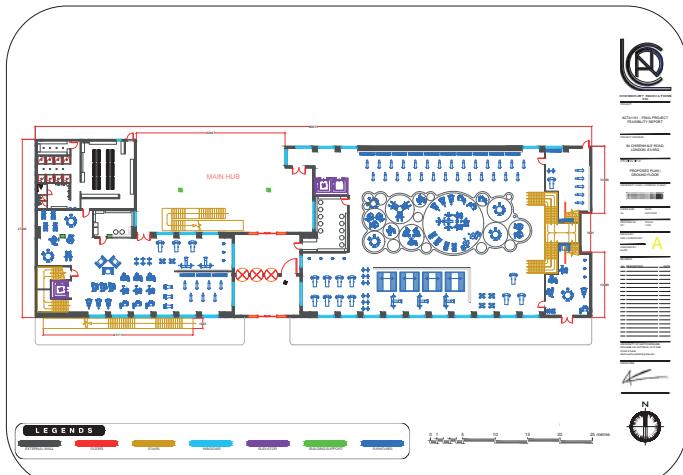


# PRELIMINARY PLAN AND WORK SCHEDULE



# PRELIMINARY PLAN AND WORK SCHEDULE





On Tuesday, December 31st, I focused entirely on creating the floor plan proposal and organizing the layout using a detailed schematic diagram.

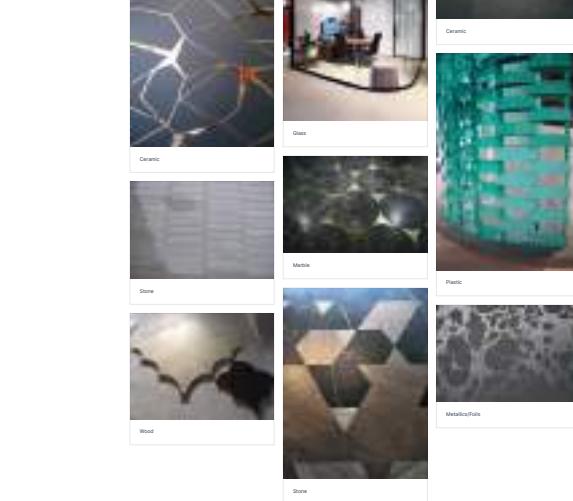
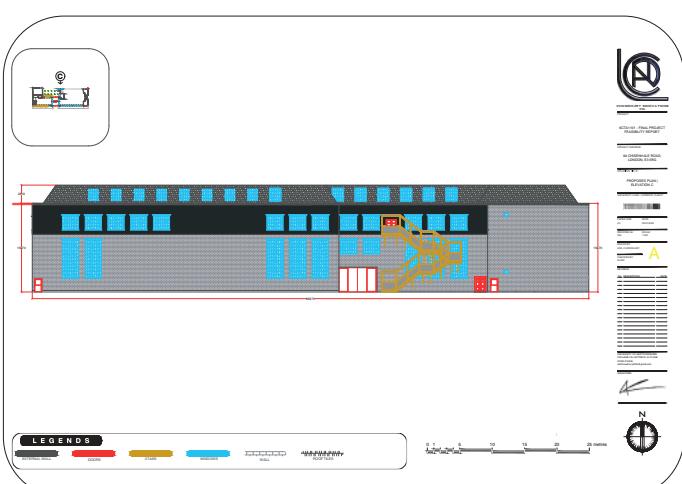
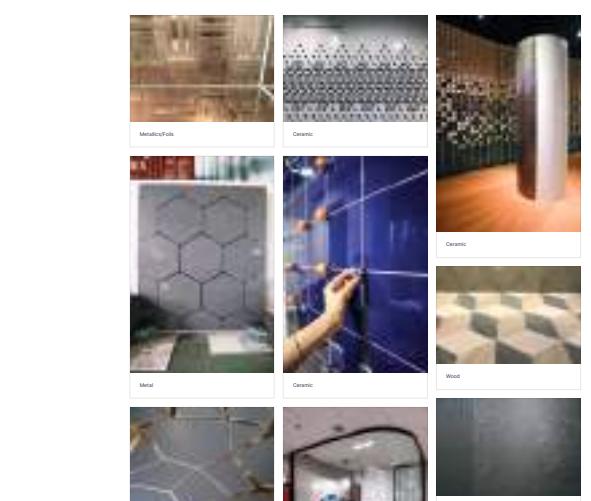
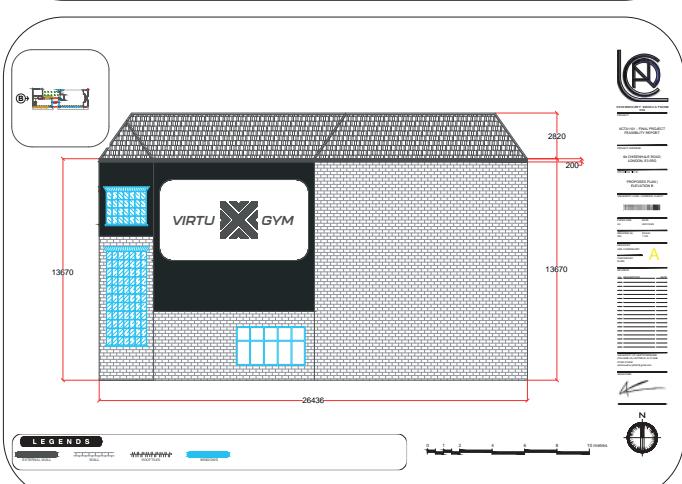
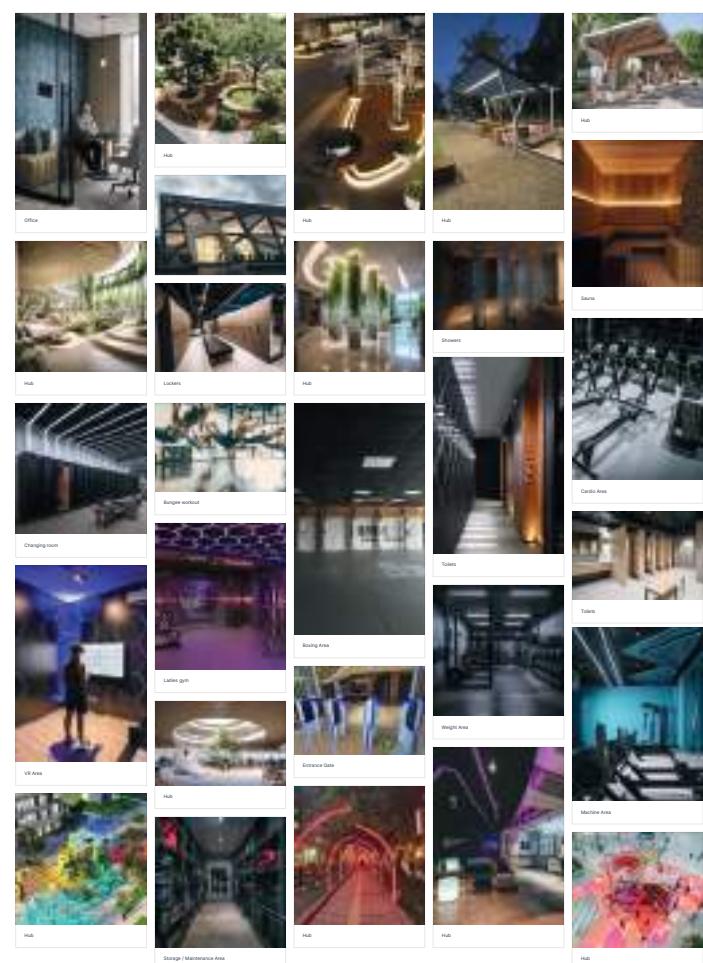
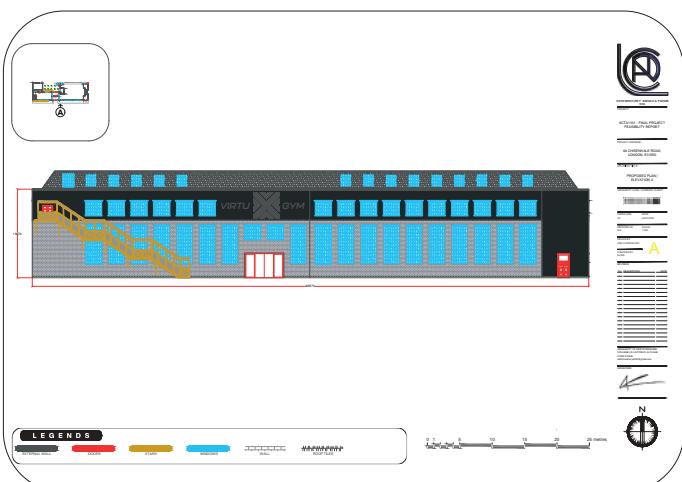
I began by designing walls for the areas that required privacy and ease of navigation. To maximize natural light in the massive building, I replaced some walls with mirrors and incorporated windows to brighten the interior. Given the building's size, I was mindful of potential dark areas and adjusted accordingly. I followed building regulation Part K for the stairway, ensuring the step height and maximum stair measurements were compliant. The layout features open pathways, allowing users to move freely throughout the building with minimal inconvenience. I also included an elevator to ensure accessibility for people with disabilities, as the design is inclusive. Lastly, I added gym furniture, as it is essential for a fitness space to contain the proper equipment to be considered a gym.

The building consists of two floors: the ground and the first. On the rooftop, I designed an extended roof over the central hub between the buildings, providing shelter from adverse weather and enhancing the overall user experience. Additionally, I restructured the rooftops to allow more natural light to enter the first-floor spaces.

I've created elevations based on the changes made in the floor plan, refining the design for a cleaner, more professional appearance. Instead of a plain wall structure, I've redesigned it to meet aesthetic and valuable standards. To further illustrate the interior, I created two sections showing cuts of the building, revealing key elements like furniture and spatial arrangements.

For the material selection, I compiled a material board using images from WGSN, reflecting the materials I envisioned for the VR Gym.

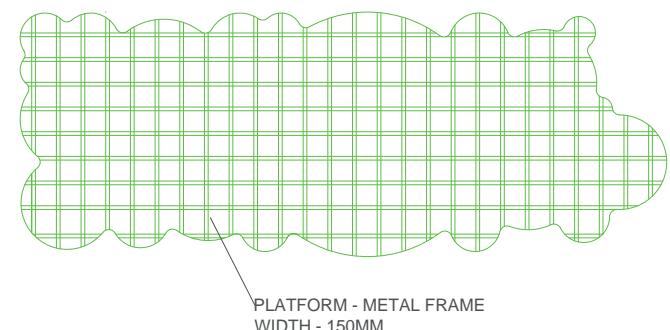
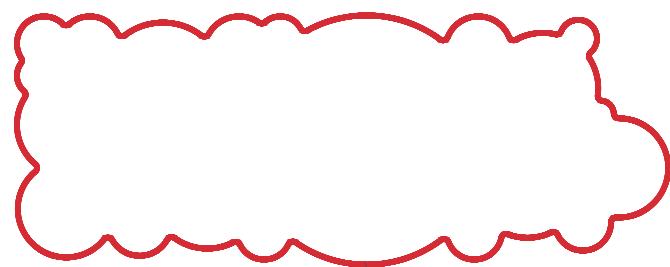
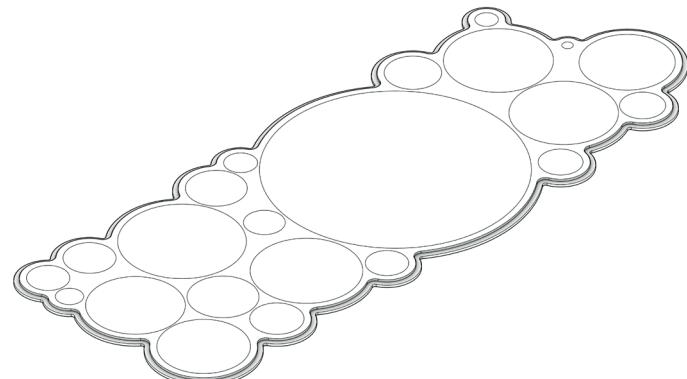
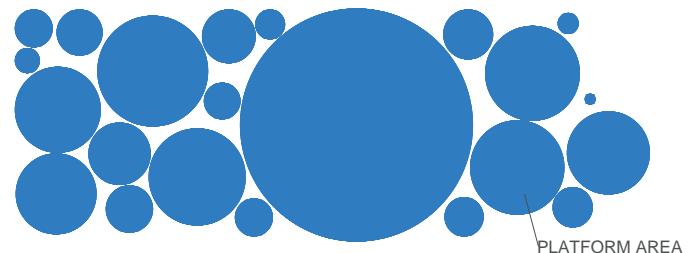
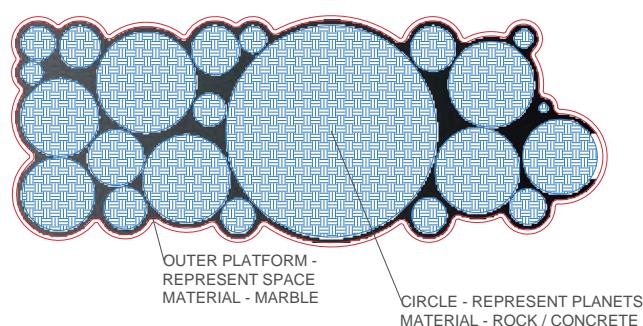
Finally, I created a mood board to convey the design inspiration behind the gym visually. This tool effectively communicates the intended layout, appearance, and overall theme of the space, offering stakeholders a clear view of the aesthetic direction.



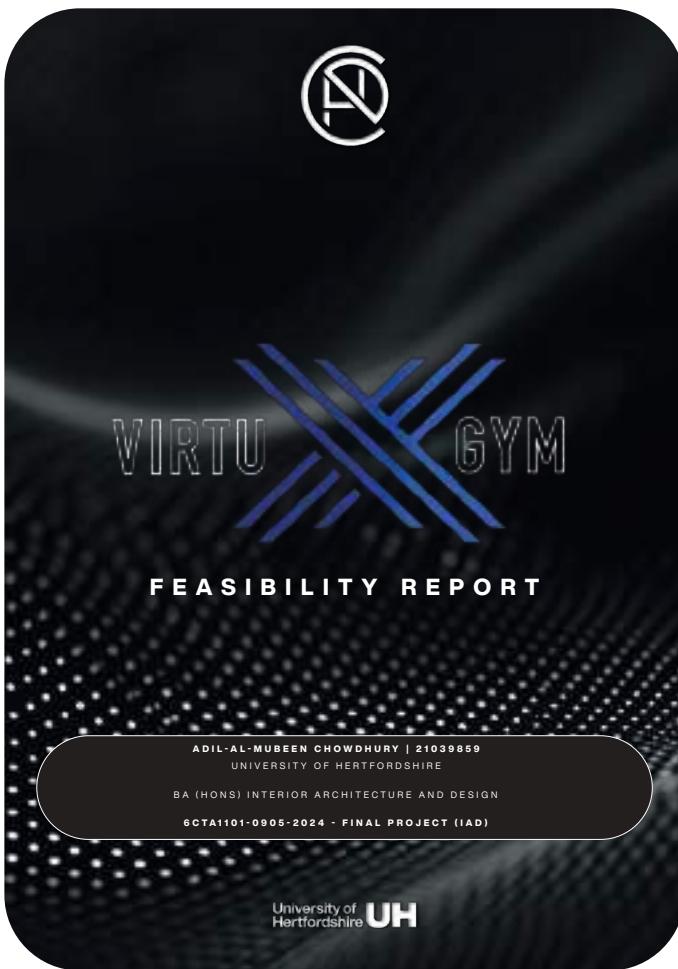


On Tuesday 7th January, I managed to make a wow factor sketch concept for one part for the VR Gym for an idea. This drawing shows the modern gym area located on the west side of the building showing weight area.

I designed a platform for the bespoke design details for the VR Gym. The circles represent planets showing the material of rock/concrete; The outer circles represents the galaxy/space showing the material of marble. I made annotation of each breakdown of how the platform will be constructed.



## FEASIBILITY REPORT SUBMISSION DEADLINE



On Tuesday 14th January, I managed to finish the Feasibility Report before the submission. I made sure that the work I put ideas, interest and drawing into the file moreover adding additional infomation to have a clear understanding and more explaination of who, what, when, why and how I developed and created the drawings and ideas.

I have my own thoughts for the pros and cons about the work i've done.

The pros is the work I have given is more clear understanding and clear visual of how it is created and why. The drawings is more detailed and have diagram to show where it is layed out. The additional infomation of the building is more clear and explained well when it was built, the history, the materials it was used and what for the improvement of the building that was needed. The design development is well shown of how will I create my own version to create a 'VR GYM and the layout of each room with well-detailed drawing.

The cons is the work is too much that it takes more time which I haven't make clear understanding properly as I feel like it is too rush for the deadline as I wanted more time. This can make me lose focus on other tasks as it is a long work but I never have my own time with socialising and doing other work. The requirements is too much and some that I don't understand that there are some topics I never seen before and how it appears like I needed an example which is hard for me to tell what the designs, infomation, layout or the ideas suppose to look like.

However at least the Feasibility Report is well done and have all the thing I needed for future task as now that I know what to do till further notice.

The feedback that I have gives were most positives but there was negatives.

### PROS

- Creative Concept: The idea of a parallel universe gym is unique, innovative, and engaging, offering an exciting take on traditional workout spaces.
- Strong Visual Presentation: The presentation style, including mapping and graphic visuals, is clear and futuristic, complementing the concept.
- Historic Research Integration: Incorporating historical research (e.g., references to Spitfires and aircraft construction) adds depth and context, providing a meaningful backstory.
- Interactivity Potential: Suggestions like immersive VR experiences, gamified workouts, and collaborative activities create the opportunity for a next-level gym experience.
- Positive Social Impact: The emphasis on the gym as a positive, engaging space encourages both physical and mental well-being, resonating with a wider audience.
- Innovative Use of Technology: The inclusion of VR and immersive elements makes the concept technologically advanced and forward-thinking.
- Flexibility for Further Development: The feedback highlights opportunities to explore multiple avenues for design and functionality, offering room for improvement and innovation.

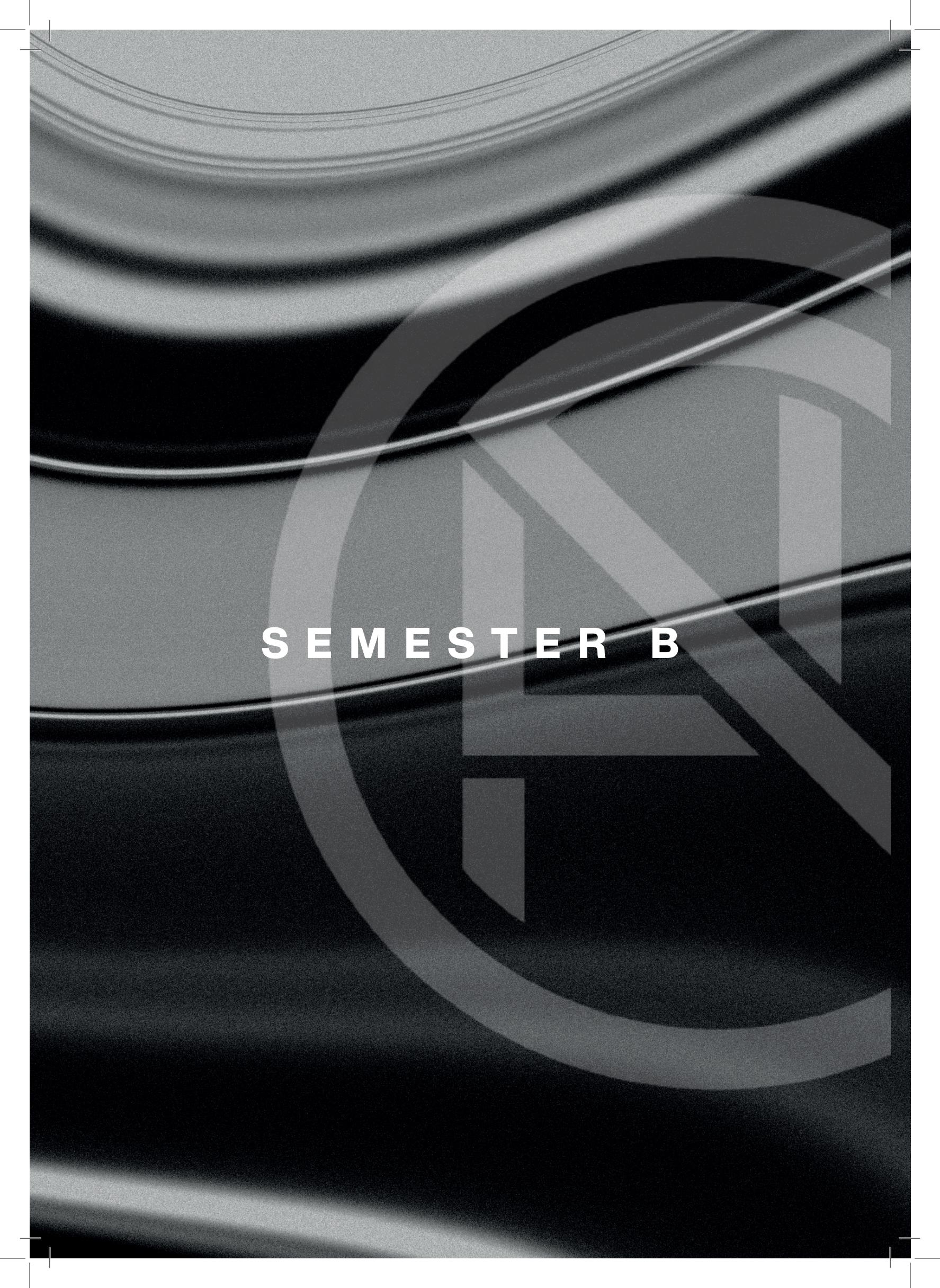
### CONS

- Concept Ambiguity: The core idea lacks clarity—whether it's a VR gym, a surreal game world, or something entirely different. This can confuse the audience or stakeholders.
- Insufficient Case Study Integration: The lack of detailed analysis of VR examples or existing gyms weakens the foundation for why this design would stand out.
- Overly Broad Scope: Attempting to merge parallel universes, VR, and gym functionality risks overcomplication without a clear, simplified strategy.
- Unexplored User Experience: Questions remain about how users would interact with the space, such as solo versus group experiences and the integration of virtual and physical elements.
- Potential Lack of Originality: Without a deeper exploration of innovative features, there is a risk the gym could feel like a rehash of existing futuristic spaces or fitness experiences.
- Limited Narrative Cohesion: The storyboard or narrative needs to be aligned more closely with the concept to ensure the design journey is logical and engaging.
- Missed Branding Opportunity: The exterior and branding of the gym are not fully explored, leaving a gap in how it connects with users and its surrounding environment.

### SUGGESTIONS FOR IMPROVEMENT

- Clarify the Concept: Define whether the focus is on a VR gym, a surreal game space, or a combination of both.
- Detailed Case Studies: Analyze successful VR experiences and gyms to identify strengths and areas for improvement, and incorporate those findings into the design.
- Focus on User Experience: Map out the journey and interactions for gym users, addressing solo and group dynamics.
- Innovate Beyond Aesthetics: Ensure the design isn't just futuristic-looking but provides a genuinely unique and functional experience.
- Develop a Strong Narrative: Align the storyboard, mapping, and concept into a cohesive, easy-to-understand journey for users.
- Branding and Integration: Decide on the gym's branding and its visual and experiential connection with the outside world.
- Iterative Design Process: Explore multiple iterations of the design to ensure the concept balances creativity with practicality.

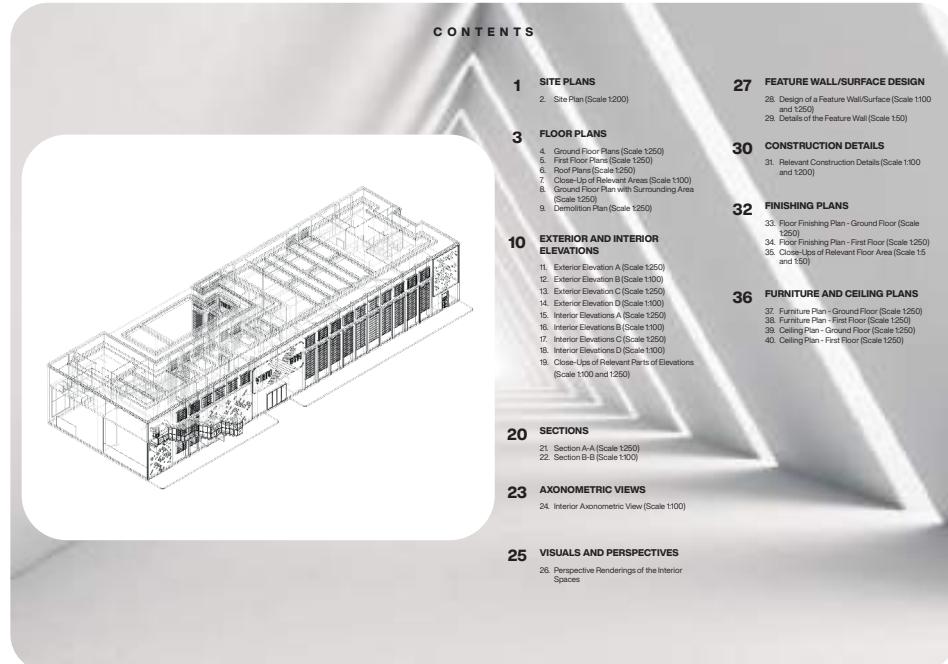


The background of the image features a series of concentric, slightly irregular arcs in shades of gray and black. Overlaid on these arcs are several large, semi-transparent white geometric shapes: a triangle pointing downwards, a trapezoid, and a rectangle. These shapes overlap each other and the arcs, creating a sense of depth and motion.

**S E M E S T E R B**

# START OF SEMESTER B

## WEEK 26 - 20TH JANUARY



On 20th January, I focused on initiating the layout for my design report and technical drawing. I began by carefully reviewing the project brief to ensure I fully understood the requirements and expectations. This helped guide my decisions when planning the structure and visual layout of the report.

One of my main priorities was to make sure that the content is well-organized and clearly structured. I started outlining the sections that will be included in the report, such as the introduction, concept development, site analysis, design process, material choices, and technical specifications. I also considered how to present visual elements like diagrams, sketches, and CAD drawings in a way that supports the written content and enhances overall communication.

In addition, I made sure that each part of the report aligns with the criteria mentioned in the brief, keeping in mind both the creative and technical aspects of the project. This involved double-checking formatting, labeling, and the logical flow of information.



[ONLINE VERSION](#)

The Building Regulations 2010

Fire safety

**B**

APPROVED DOCUMENT

**Volume 2: Buildings other than dwellings**

- Requirement B1: Means of warning and escape
- Requirement B2: Internal fire spread (linings)
- Requirement B3: Internal fire spread (structure)
- Requirement B4: External fire spread
- Requirement B5: Access and facilities for the fire service
- Regulations: 6(3), 7(2) and 38

2019 edition incorporating 2020 and 2022 amendments – for use in England

[ONLINE VERSION](#)[ONLINE VERSION](#)

The Building Regulations 2010

Protection from falling, collision and impact

**K**

- K1 Stairs, ladders and ramps
- K2 Protection from falling
- K3 Vehicle barriers and loading bays
- K4 Protection against impact with glazing
- K5 Additional provisions for glazing in buildings other than dwellings
- K6 Protection against impact from and trapping by doors

2013 edition – for use in England\*

[ONLINE VERSION](#)[ONLINE VERSION](#)

The Building Regulations 2010

Access to and use of buildings

**M**

APPROVED DOCUMENT

**Volume 1: Dwellings**

- M4(1) Category 1: Visitable dwellings
- M4(2) Category 2: Accessible and adaptable dwellings
- M4(3) Category 3: Wheelchair user dwellings

2015 edition incorporating 2016 amendments – for use in England\*

[ONLINE VERSION](#)

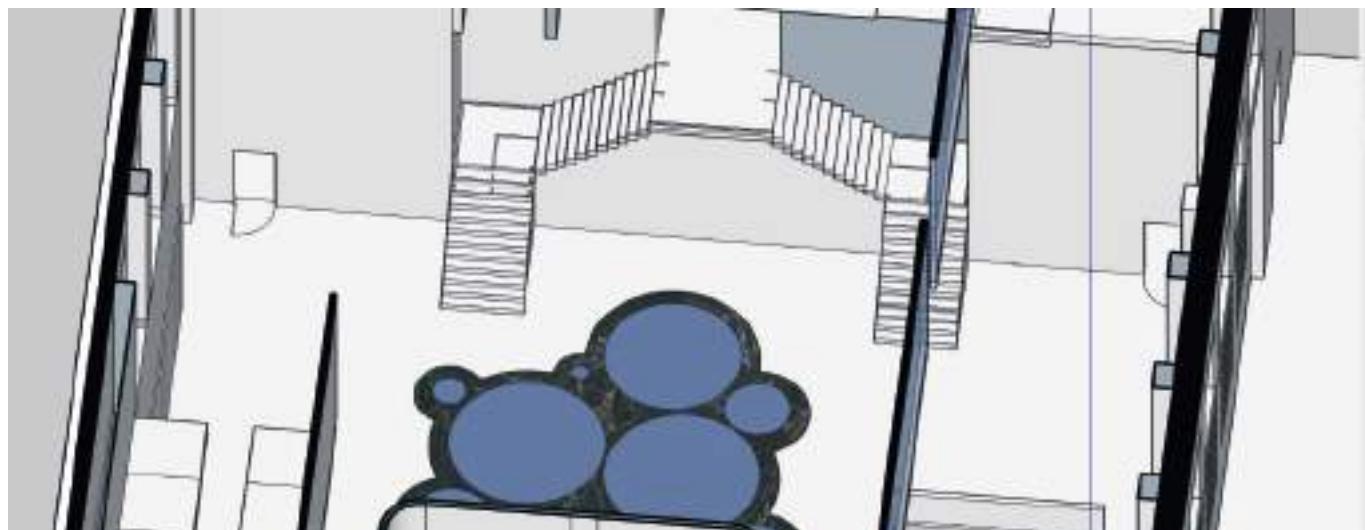
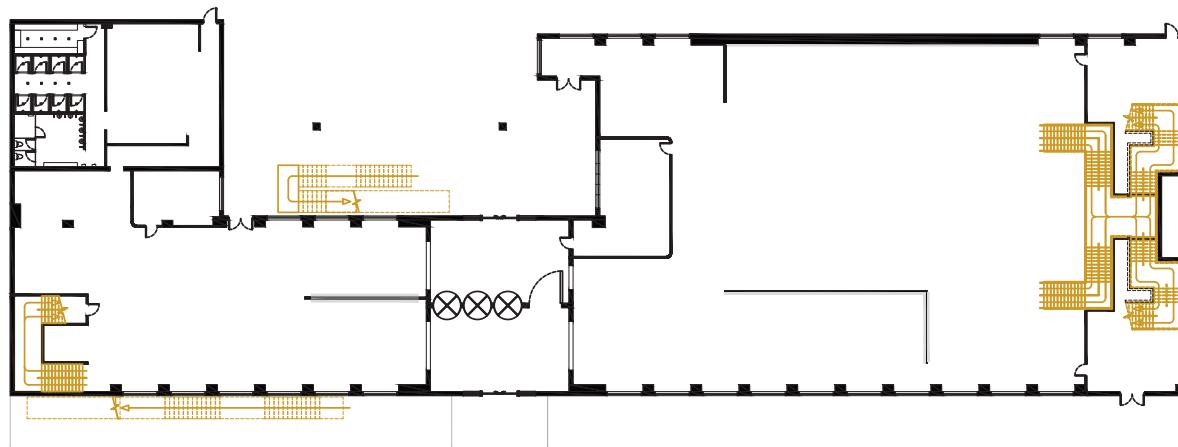
On 27th January, I continued developing the layout for my design report and technical drawings, ensuring they meet the criteria outlined in the project brief. I focused on creating a well-structured format, organizing the contents clearly and logically to support both the written and visual components of the report. Key sections include the introduction, concept development, site analysis, design development, materials, and technical details.

In addition, I introduced building regulations into my design process. I recognized that understanding and applying these regulations is a vital part of producing a professional and compliant design report. I spent time reading through relevant building regulations carefully to ensure I understand the rules and how they apply to my project.

To support my understanding and to enhance the report, I've started referencing specific regulations using both written explanations and visual references such as images and diagrams. This not only strengthens the technical accuracy of my report but also shows how the design aligns with safety, accessibility, and structural requirements.

Overall, this week has been focused on strengthening the foundation of my report by aligning it with professional standards and regulatory requirements.





This week, I focused heavily on developing my technical drawings, with particular attention to how building regulations impact design decisions. One major issue I encountered involved the stairway design. Due to regulation requirements and floor height constraints, I had to revise the original layout. These changes made the process more complex, as the new design had to maintain compliance while still fitting within the existing space.

Adapting the drawing to meet regulations was a challenge, but it pushed me to think more critically and problem-solve within realistic design limitations. I had to rework the measurements and adjust levels to meet safety standards without compromising the design intent.



On 10th February, I focused on preparing for the upcoming interim crit by making sure I meet all the outlined requirements. I began by creating a new file specifically for the interim crit presentation, where I've started compiling and organising all necessary components in one place for clarity and professionalism.

All,

As discussed in detail on Tuesday, and in preparation for your interim crit, please compile and present the following information. Remember we agreed together what you need to compile. As Giuseppina said, "concentrate on the quality, rather than quantity."

1. Critical reflection of the feedback and lessons learned from your feasibility. Read our feedback, and identify the key issues that need addressing. Describe the actions you will make to make change.
2. Project Brief. Clear, concise and updated.
3. Design concept. Keep it simple and effective. Many are too complex at present.
4. Design strategies. This is the final opportunity to define your strategies. Check that they relate back to your concept. Advise how you will ensure your design strategies relate to your concept, and will be apparent in your final design layout, and renders.
5. Create a storyboard to show how your concept develops into your design strategy, and how this will be apparent in your final submission.
6. Finalise a storyboard to illustrate the user experience and journey. Remember Erica described this in detail last year on the Alice in Wonderland project- story telling.
7. Concept Models. Giuseppina has been very clear on expectations for models. We would like to see simple models that explore and demonstrate your concept ideas.
8. Main model. This may be work in progress, that is fine, but it is essential to demonstrate the 3D experience, and highlight your interventions. Remember main models can be used for renders if photographed in a considered way.
9. Building Regulations. I have been through in detail the requirements for Building Regulations. We expect to see your initial attempts for review. Personally I am expecting everyone of you to implement the structured approach and process I have shared with you.
10. Technical Pack. We expect to see good quality CAD or REVIT drawings. With drawing templates, title blocks, scale bars, annotation, dimensions, considered line weights, and a clear greyscale plot style. Take pride in your orthographic work. Own it and impress us please.

Site plan- get this right. Your building, and the surrounding area.

All floor plans

Elevations

Sections

Outline ceiling plans

Outline furniture plan

Finally, practice your presentation skills. Remember-Fortune favours the Bold.

Good luck and keep up the good work.

Richard, Giuseppina, Erica.

One key area of focus has been integrating the technical drawings I've already produced into the new file. I reviewed and refined them, making sure they meet expectations for the Technical Pack, including proper use of title blocks, scale bars, annotation, and line weights. I'm paying close attention to how these drawings communicate the design clearly and accurately, as outlined in the feedback from tutors.

I also started practising my presentation skills, with a focus on using technical terminology when explaining my work. I'm working on speaking clearly and confidently, ensuring that I explain each drawing and design decision with precision. This includes carefully describing how my concept has developed, how it connects to my design strategies, and how these will be apparent in the final layout and user journey.

In preparation for the crit, I've also revisited the project brief, checked that it's clear and concise, and made updates where needed. I'm also working on critically reflecting on the feedback I received during the feasibility stage — identifying the key issues and outlining the changes I'm implementing in response.



## INTERIM CRIT

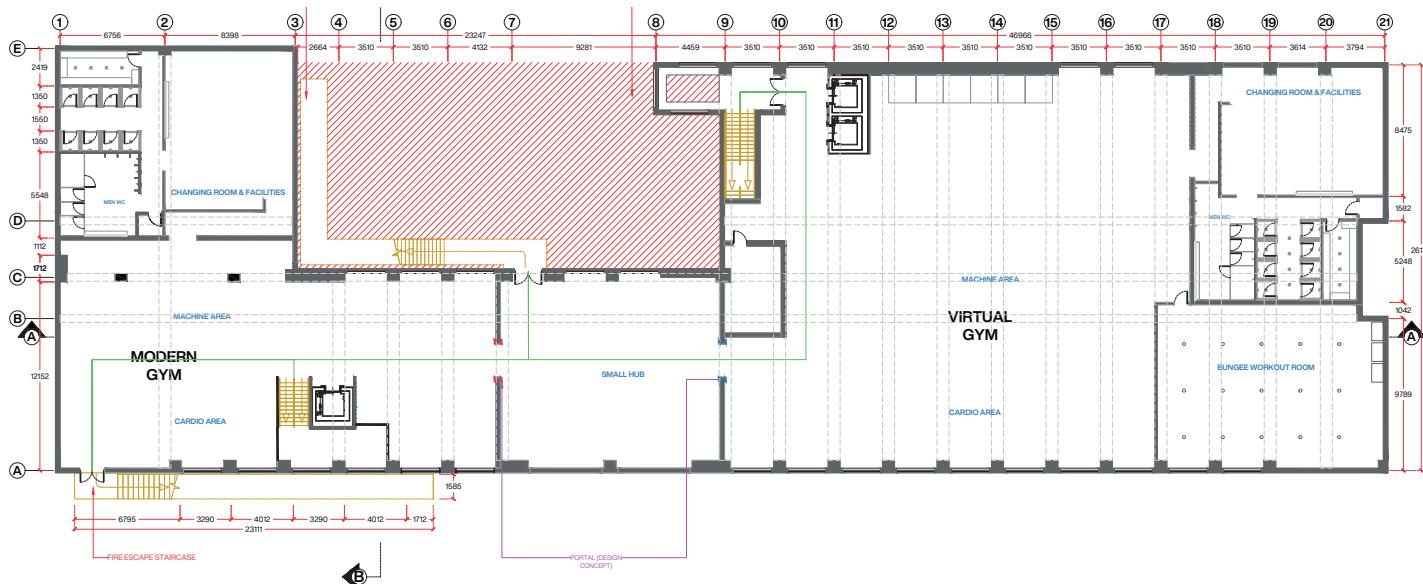
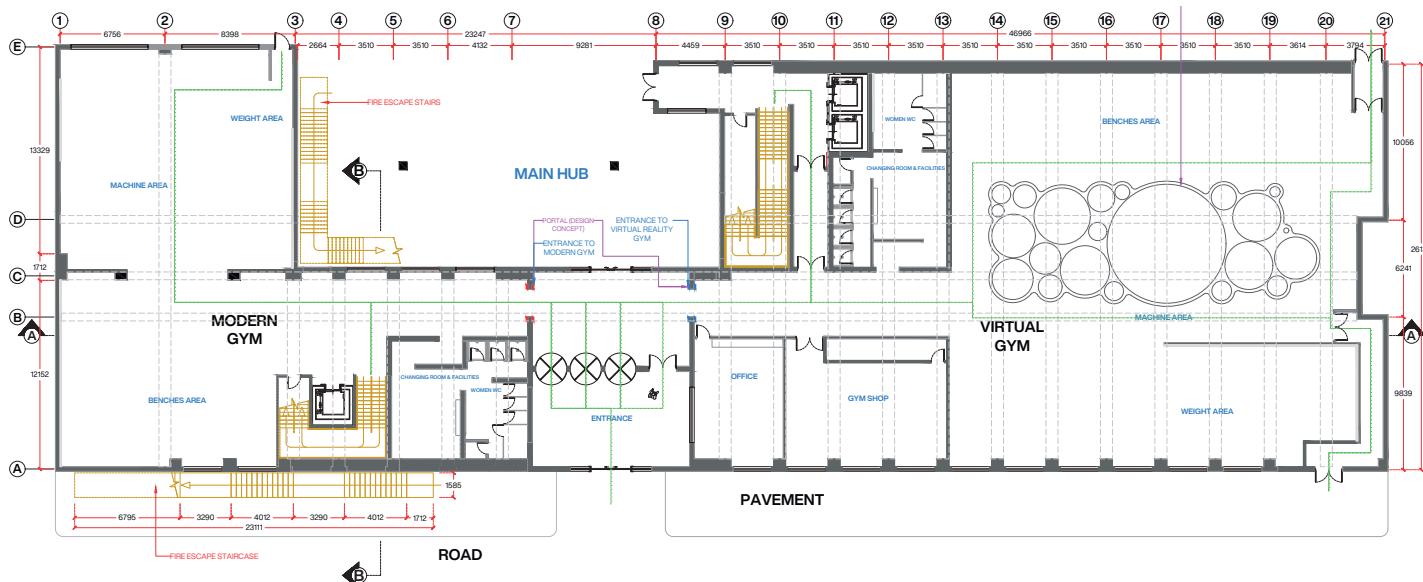
On 17th February for the Interim Crit, I presented my work for the interim crit and received detailed feedback. I was advised to reduce the amount of text in my presentation and use more visual communication like diagrams, sketches, and storyboards to clearly explain my ideas. My current presentation was too word-heavy, which made it harder to understand the concept.

I was praised for considering building regulations early, but reminded to show them visually instead of explaining them in text. Some technical drawing issues were pointed out, such as incorrect scale use, unnecessary colour-coded keys, missing annotations, and sections that lacked structural detail. I was encouraged to refer to examples on Canvas to improve my orthographic drawings.

The spatial layout also needs work. Circulation, storage, and user experience weren't clearly considered. I need to explain my concept better, show how it's used in the design, and provide visuals of features like the aerotrim, equipment, and the hub. My plans and sections were described as empty and unclear, and I need to fix things like scale bars, north icons, and add circulation routes.

Moving forward, I will focus on making my presentation more visual, improving the technical quality of my drawings, and clearly showing how my concept is applied in the space.





On 24th February, I focused on implementing feedback to improve my design. I revised my CAD drawings and model, ensuring they reflect the required changes. One significant update was adding fire compartmentalization to the design, introducing separate corridors leading to each area for safety. I also moved the toilets closer to the entrance, as recommended, for improved accessibility.

I enhanced my technical drawings by adding annotations to clarify key elements and ensure better understanding. I also incorporated a grid structure to improve alignment and spatial organization across the layout. These adjustments make the drawings more precise and easier to follow.

Additionally, I updated the technical drawings due to changes in flooring. These revisions required altering the layout to accommodate the new flooring while maintaining compliance with building regulations.

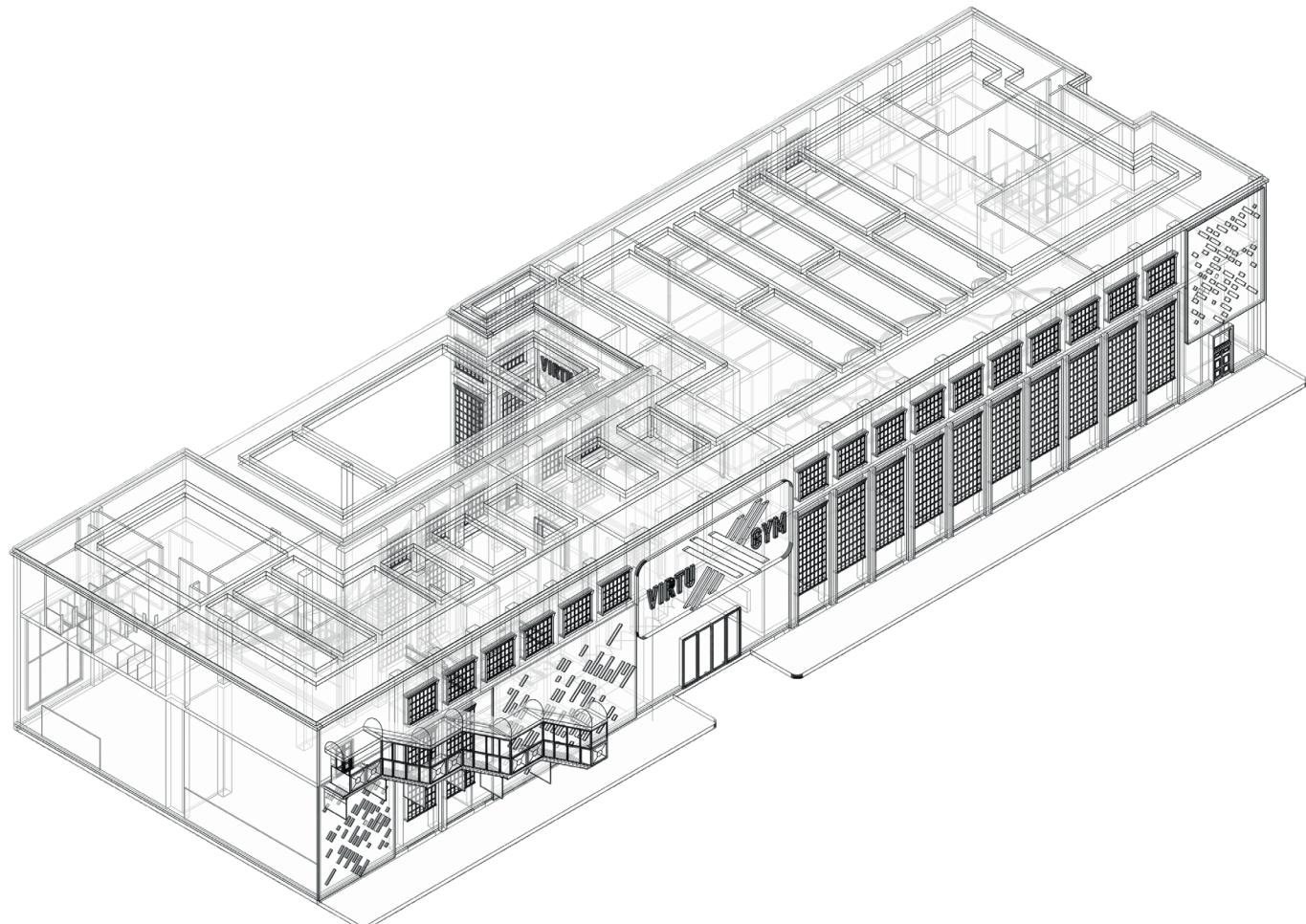


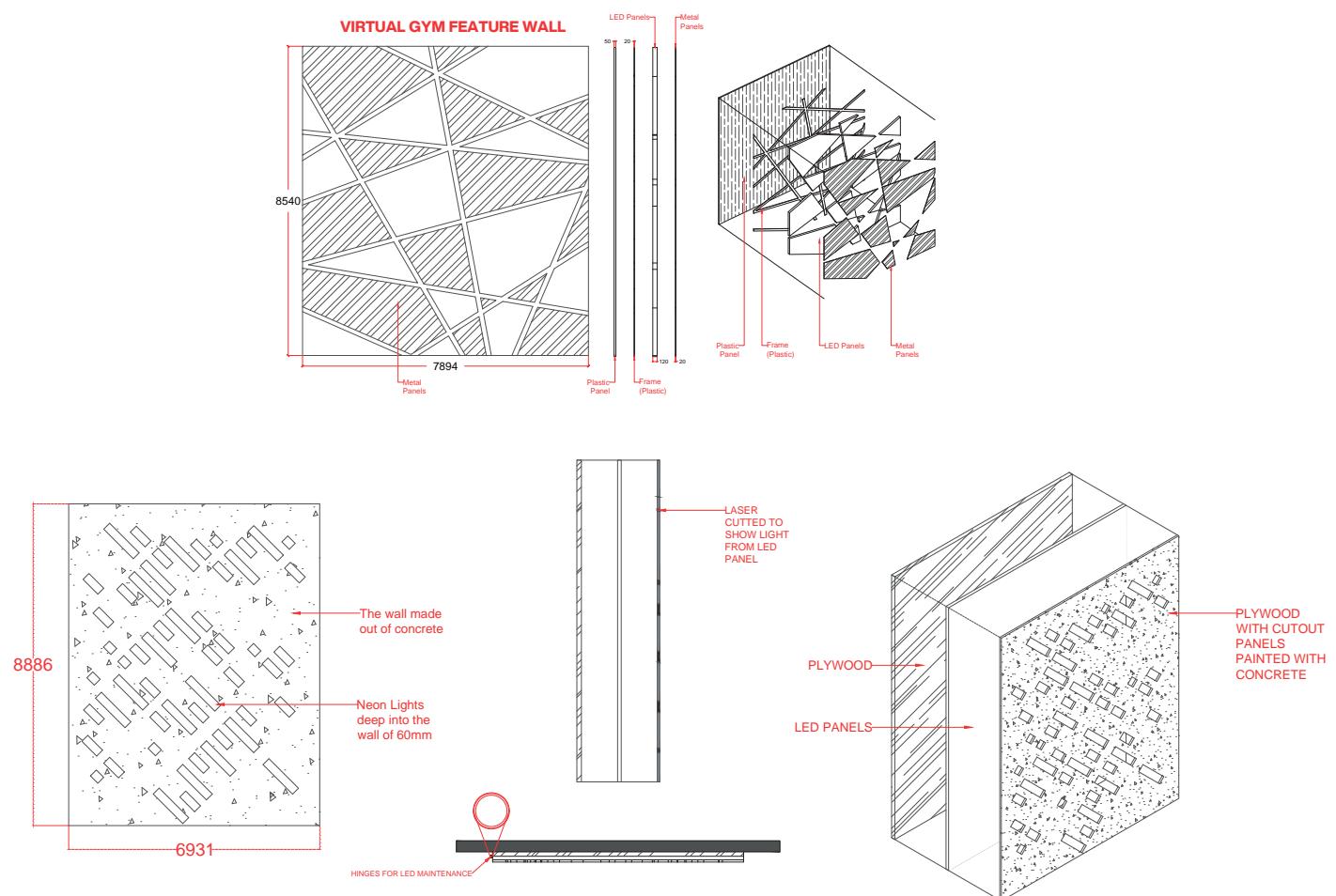


On 3rd March, I focused on enhancing the digital model to align with my design vision. I worked on improving the building's appearance, making it more unique and striking.

To emphasize the futuristic theme, I added neon lights to the exterior, creating a bold, modern look. I also made a significant change to the rooftop design, switching it from a pitched roof to a flat roof with windows for additional natural lighting and a sleek aesthetic.

Additionally, I developed a new logo for my chosen project, 'Virtu X Gym', which reflects the innovative and modern nature of the gym concept. The logo design complements the futuristic and dynamic feel of the overall project.



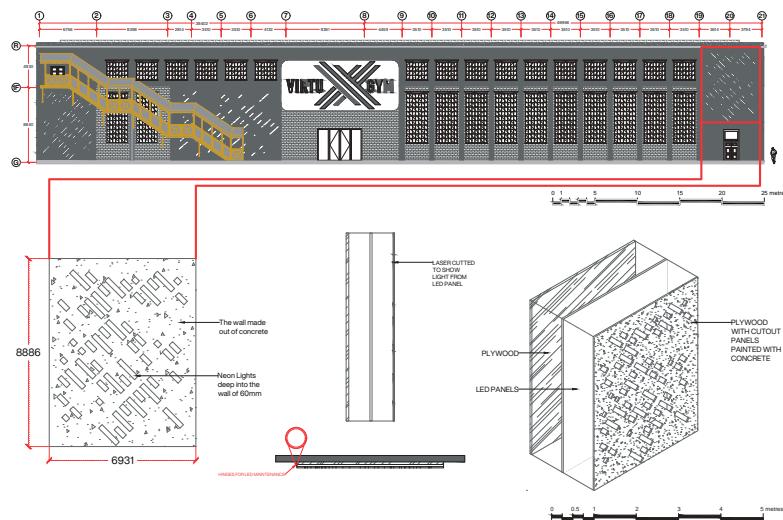


On 10th March, I worked on early drawings for the design report, using CAD drawings to showcase the different parts of my design. I added an axonometric view to provide a clearer understanding of the space and how different elements come together in 3D. This new addition helps to communicate the design more effectively from multiple perspectives.

I also kept the older designs in the report as a reference, showing the evolution of the project and how it's developed over time. This is important for demonstrating the design process and the changes made based on feedback and reflection.

Additionally, I focused on feature walls, incorporating unique design elements that will serve as focal points within the space. These walls will help define specific areas of the gym, adding both aesthetic and functional value to the design.

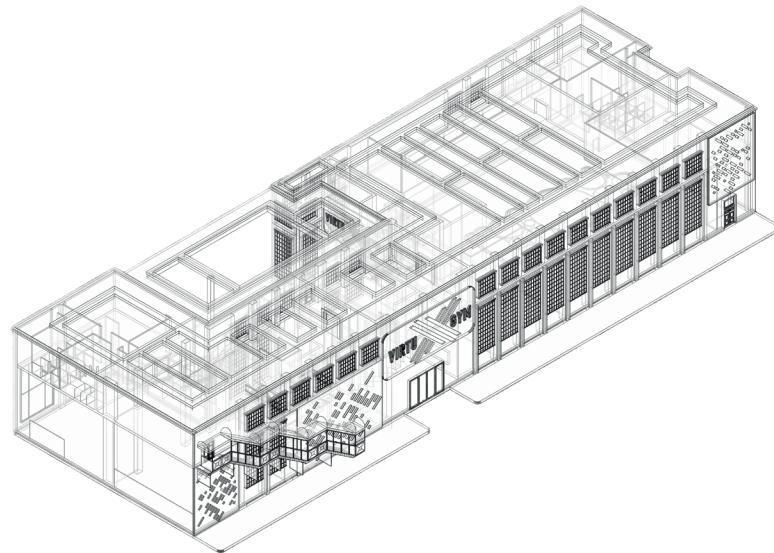




On 17th March, I focused on detailing the technical drawings to ensure they are accurate and complete. I added close-up elevations to give more detail on specific areas of the design, ensuring clarity on critical elements. I also worked on finishing the technical drawings, making sure all aspects of the design are represented clearly and professionally.

I carefully checked the scales and made sure the compass was correctly applied to all drawings. Additionally, I reviewed all annotations for accuracy, ensuring that all necessary information is clearly labeled. I also cross-referenced the drawings to make sure they align with previous sketches and the overall design concept.





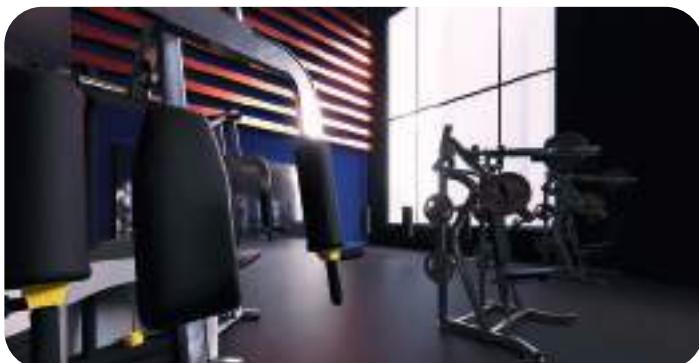
On 24th March, I worked on building the physical 3D model of the design using formboards. I began by printing my A3 CAD drawings and sticking them onto the formboards to show the model's details. This helped to translate the technical drawings into a tangible model.



I focused on creating the interior walls, ensuring they matched the design and provided the correct spatial configuration. Afterward, I used the same process to construct the second floor, maintaining consistency in the model's scale and structure.



The final step involved creating the rooftop, which I designed to flip, allowing the second floor to pull out for better observation and interaction with the space. This feature helps to visualize the spatial dynamics and gives a more functional look at how the building will perform in real life.



On 31st March, I began working on creating renders for the project. I started by applying materials to the model, selecting textures and finishes that align with the design concept. I also adjusted the settings to ensure the lighting and overall scene were accurate and realistic.

One key update was fixing and adding the ceiling light, which helped to brighten the room and enhance the visual atmosphere. This adjustment allows for a better sense of the space's lighting dynamics, creating a more inviting and functional environment.

I focused on wrapping up major parts of the project. I finished the technical drawings, ensuring all details, annotations, scales, and layouts were complete and accurate. Alongside this, I finalised the design report, compiling all updated drawings, concept development, regulations, and visual materials into a clear and structured document.

I also worked on updating my journal, bringing everything up to date and reflecting on the full journey so far. This included key tasks like CAD development, model making (both digital and physical), renders, regulations, and presentation prep. One of the main challenges has been adjusting technical drawings due to design and regulation changes—especially things like floor height, fire escapes, and circulation.

In terms of feedback, some parts of my work were received positively, but others weren't fully understood. I realised I need to communicate my ideas more clearly, using visuals and simplified explanations instead of too much text. This has been a learning point for improving how I present and explain my concept.

Now, I'm preparing the final poster, making sure everything ties together visually and conceptually.

## FINAL CRIT

I have created the majority of the work required in the brief, ensuring it meets the key requirements across technical, visual, and conceptual aspects. The overall progress reflects a strong effort in developing a complete and well-rounded design.

### PROS:

- I managed to deliver quality work with a clear understanding shown through my technical drawings, models, and design ideas.
- The improvements made based on feedback helped strengthen the presentation and structure of the project.

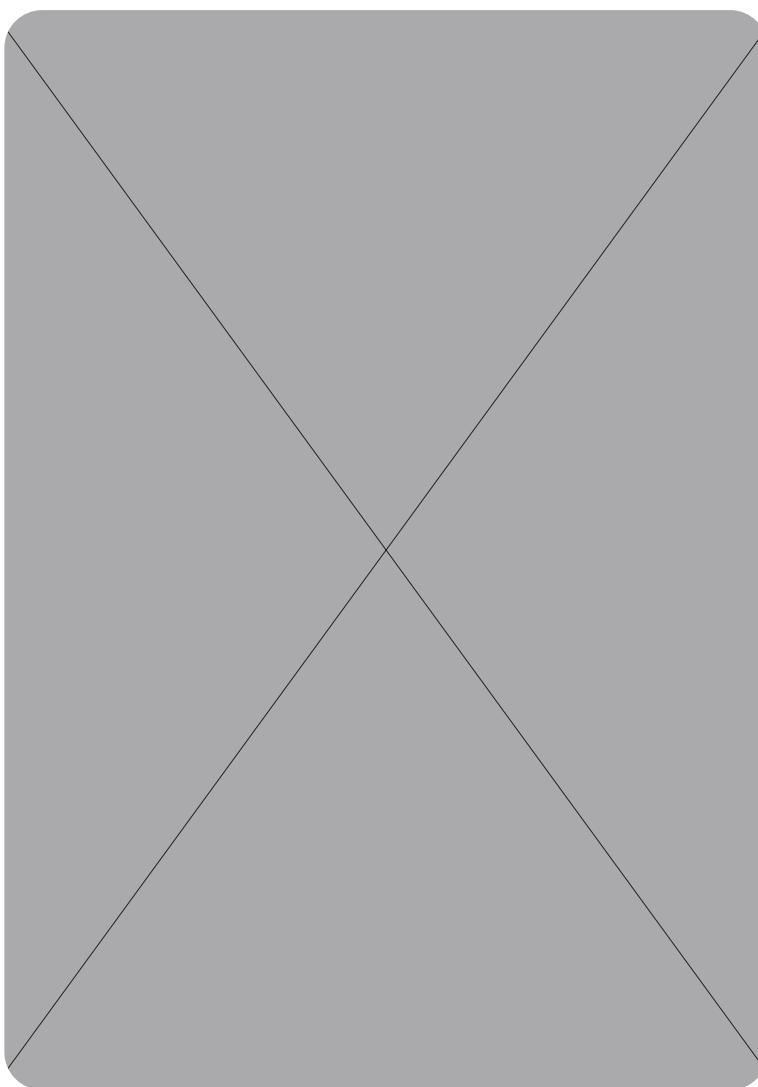
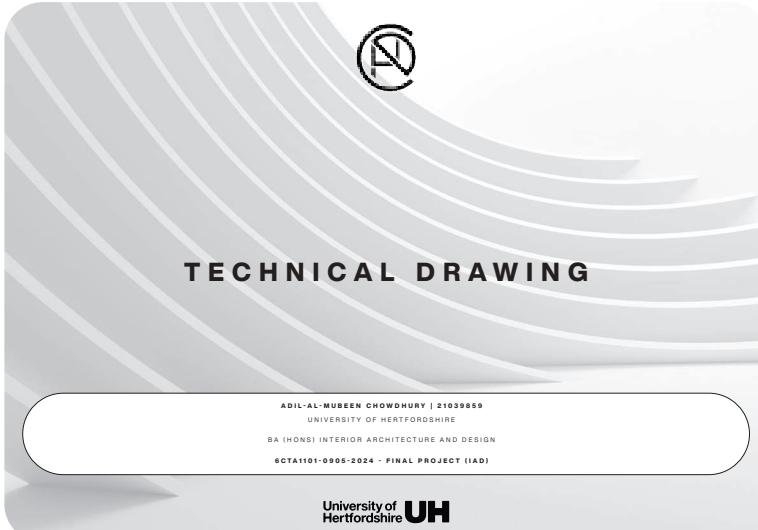
### CONS:

- Some parts of the design still need clearer communication. A few ideas were missing or not fully explained, which affected how well others could understand the concept. Moving forward, I need to focus more on clarity and visual explanation to fully express my design intentions.
- I was too focused on design report but didn't show poster and technical drawing; if I hadn't spent time breaking down on design report it would've make sense for seeing other drawings and images that make sense.
- The VR Gym doesn't feel like there are VR but like an ordinary gym which feels it like it is not a VR Gym



S U B M I S S I O N - 7 T H A P R I L

## DEADLINE SUBMISSION





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