



# MULTI-SENSORY ROOM

Zupee Case study submission

---

**Name - Jaagrati Jain**  
College - IIT Kanpur  
Email ID- [jaagrati@iitk.ac.in](mailto:jaagrati@iitk.ac.in)

# Product

Let's use "Chai Breaks" to enlighten ourselves!



Design a multi-sensory room at our workplace, where people can escape to explore their senses and improve the way they process new information.

## Calming



A space that encourages a soothing and peaceful environment to calm ourselves down.

### Aroma Therapy

set the mood of the multi-sensory room and instantly relax the user



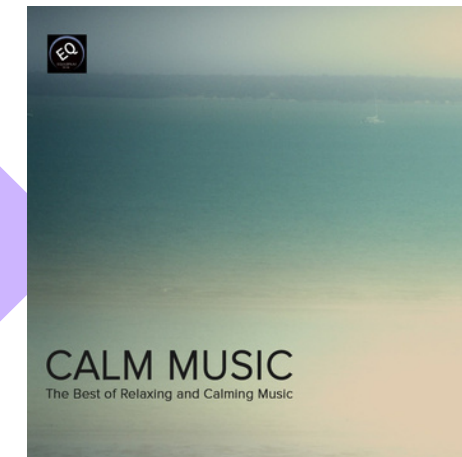
## Auditory



Sound has significant effects on our nervous system, so sound therapy can be life-altering and provide a much higher quality of life.

### Sound Wall

allows the user to create music and develop their cause-and-effect skills in fun and easy way



### Living scenery - projector bubble

provides calming sounds and beautiful projections of natural scenes



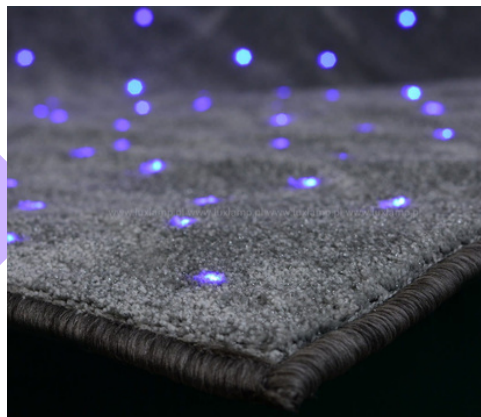
## Tactile



Tactile products are fantastic for allowing the user to interact with their surroundings through touch and textures

### Fiber optic carpet

gives the appearance of a galaxy with its many vibrant colors against the black carpet



### LED fiber optic softie

comfortable large bean bag is covered with fiber optics that the user can hold to sense peace



### Bubble Tubes

a calming environment with their mesmerizing color-changing bubbles



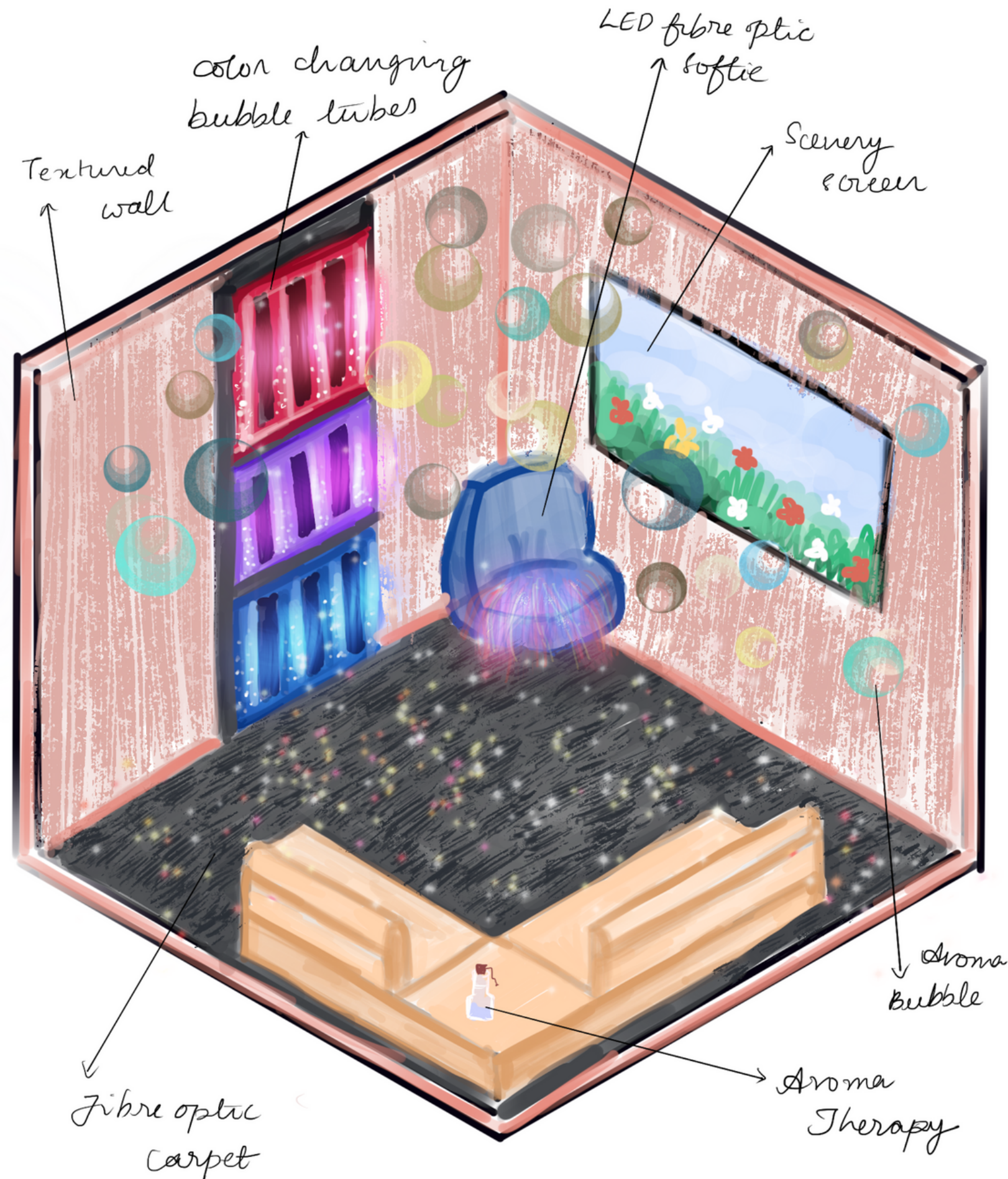
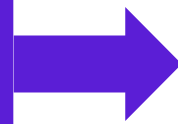


# Product

Let's use "Chai Breaks" to enlighten ourselves!

EnlightME

MVP of our  
Product



## COMPONENTS:

- **Auditory**
  - Soothing music
- **Visual**
  - Color changing bubble tubes
  - Lively scenery screen
  - LED optic fiber
  - Overall interior design
- **Smell**
  - Aroma Therapy
  - Aroma Bubbles
- **Tactile**
  - Textured wall
  - Fiber Optic Carpet



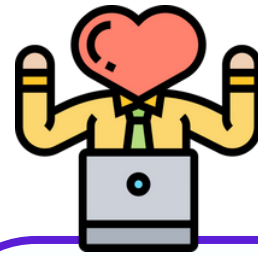
# How it will help people?

Let's use "Chai Breaks" to enlighten ourselves!



## SAFE AND ENGAGING

Due to various problems faced by employees in their professional and personal lives, their mental health is compromised. A session in the multi-sensory room can make them calm and inculcate a feeling of safety. No one will judge them and no one is looking at them.



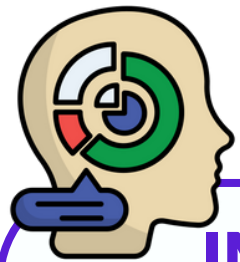
## PERSONALIZED EFFECT

When they enter the room, they can enter their preferences or account details. We can receive information about their choices from their accounts. We can also use AI to generate similar kinds of experiences if they don't wish to experience the last one.



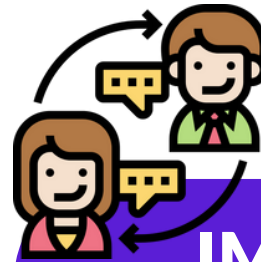
## IMPROVED CONCENTRATION AND ALERTNESS

People at the workplace usually start feeling irritated due to increased working hours in front of the screen. 10 minutes in the multi-sensory room between the eye-catching and stimulating products can help user reset.



## IMPROVED EFFICIENCY

At times it can be overwhelming due to continuous meetings, increased workload, and project deadlines which can hamper the normal working capacity of a person. The room gives an opportunity to explore causes and calm down emotional outbursts.



## IMPROVED SOCIALIZATION

One of the major points at the workplace is to communicate with our peers and in meetings. Some people find it difficult to keep their points in front of everyone in a discussion. The room provides a safe and stress-free environment to improve.



## BUILDS FRIENDLY ENVIRONMENT

Most people are frustrated at their office due to their stress and having such a room can calm them down so that they do not take it out on their colleagues or people working under them. It also builds trust among people to see each other taking a break.

# How it will help people?

Let's use "Chai Breaks" to enlighten ourselves!



Flourish echoes the check lists proposed by Dolan and Bernheimer. In his book *Happiness by Design* 2014 he proposes the SALIENT mnemonic:

S SOUND  
A AIR  
L LIGHT  
I IMAGE (Look and Feel)  
E ERGONOMICS  
N NATURE  
T TINT (Colour)

[1]

There are 5 senses, out of which I tried to include 4 senses in the multi-sensory room:



## AUDITORY

Research has shown that music helps with **stress management** because it **decreases physiological arousal**, which we experience while stressed.



## SMELL

In the Kajima building in Tokyo **aroma fragrances** are used to **condition the air**. This research shows that **aromas can help people feel a sense of freshness to offset fatigue** enabling employees to concentrate (Takenoya, 2006) [1]



## TOUCH

The use of natural and tactile materials such as wood, natural fibers, natural light can reduce stress, improve memory, increase positive feelings and encourage employees to engage with their sense of touch and interact with their surroundings [2]



## VISION

Experts say even viewing scenes of nature “reduces anger, fear, and stress, and increases pleasant feelings.” [3]

People are facing higher stress at workplaces after covid and finding it difficult to get along the offline mode of work. Number of people who smoke have increased significantly over the last year.

ScienceDaily

### Younger generation experienced most workplace stress ...

... early stages of their careers were more likely to be impacted by workplace stress during the COVID-19 pandemic than senior colleagues.

Spiceworks

### 57% of Employees Face Medium To High Levels of Burnout

...

To address the problem, employers must understand the causes and signs ... of how the economic uncertainty is affecting their workplace as...



Education Times

### Assimilation of finer soft skills is essential to succeed

Incorporating soft skills in the workplace can help employees discover ... to cope effectively with infinite challenges and make the most of...



Employee Benefit News

### How to help employees stop smoking and reduce stress

What can HR leaders do to help lessen employee stress? Both employers and employees report that work-related pressure significantly contributes...



Intensive research has been going on multi sensory rooms, how we can use the experience to create a happier and stress-free workplace for the employees.

<https://www.sciencedirect.com/science/article/pii>

### Workplace occupant comfort monitoring with a multi-sensory ...

by B Quintana · 2021 · Cited by 5 — The concept of thermal comfort has been discussed in **several studies** from ... This is one-floor **office** building with **several** different **rooms** (**offices**,...

<http://www.isna-mse.org/assets/multisensory-w...> PDF

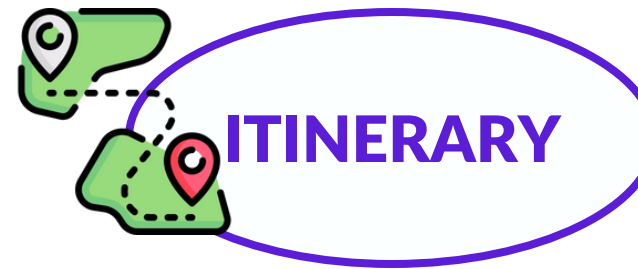
### Multisensory Work - Interdisciplinary approach to multisensory ...

by M Sirkkola — Professional specialization **studies** in **Multisensory Work** . ... Interactive **multisensory** sound room - How is the **room** being used by clients and staff? .. 16.



# How to use?

Let's use "Chai Breaks" to enlighten ourselves!



The user just has to go in the room with a free mind.



Leave the mobile phones or any technical gadget outside the room.



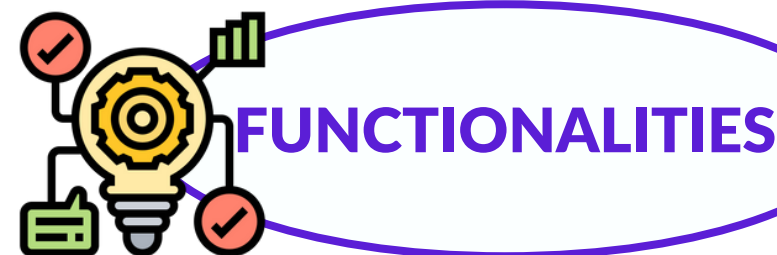
They can customize the experience by adding preferences in the laptop.



They can also login to their account to get an access to their last experiences.



A timer starts for 10 minutes. Only one person at a time.



The aroma can relax the emotional outbursts.

The soothing sound and the living scenery can help them reset and prepare them for the next adventure.

They can admire the color-changing bubble tubes.

They can hold the LED fiber optic cables on the softie to calm themselves.

### TECHNICAL FAIL

There are many technical components like LED optic fiber, carpets with lights, or color-changing bubbles which will stop working or are broken after prolonged use which might electrocute people.

### POTENTIAL SOLUTION

Can be **replaced** or items with a **warranty** can be bought. Also, regular maintenance checks of the elements can be done.

### PEOPLE MAY USE IT FOR LONGER TIME

They may use it for a longer time as suggested or a timer. They can also use it repetitively for invalid reasons.

### POTENTIAL SOLUTION

An **alarm** can be used to keep a **check on the time**. If they are using it **repeatedly**, then we can send them a **notification** or the **authorities can check** if they are going through **some problem**.

### LONG QUEUE TO USE

There can be mismanagement of the availability of the multi-sensory room. Employees will have to come again and again to check.

### POTENTIAL SOLUTION

A **simple portal** where people can **register** and **book a time slot** according to the availability of their schedule and the room.

### PEOPLE MIGHT GET BORED

The same experiences might not stimulate people after a while. They will get used to those.

### POTENTIAL SOLUTION

Can **change** or **modify the elements** used in the room. Like changing the colors of the light, different aromas, or other objects to release stress.

# References

- [1] Clements-Croome, D., Pallaris, K. and Turner, B. (2019) Flourishing workplaces: a multisensory approach to design and POE. Intelligent Buildings International Journal, 11 (3-4). pp. 131-144. ISSN 1750-8975 doi: <https://doi.org/10.1080/17508975.2019.1569491> Available at <https://centaur.reading.ac.uk/81552/>
- [2] <https://hhendy.com/office-design-can-influence-employee-health-and-wellness/>
- [3] <https://sky-scapes.com/6-ways-scenic-views-of-nature-help-heal-the-mind-and-body/>

*Thank You*