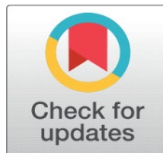


THE TEXTILE STUDY OF INDIAN ASHRAMS -A LOCUS OF HINDU CULTURAL ACTIVITY FOR MIND SOUL AND BODY POSITIVITY

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ABSTRACT

Traditionally, an ashram is a spiritual hermitage or a monastery in Hinduism. Today the term ashram often denotes a locus of Hindu cultural activity such as yoga, music study or religious instruction, similar to a studio, yeshiva, tikaf or dojo. The research study was a descriptive study to study the home décor, textile of Ashram a Questionnaire was designed to collect the data from various Ashram and the people residing at Ashram aged about 50 years. The population All the Ashram Located at Rishikesh was selected with a Sample size of 50 people based in Rishikesh Ashram. The methodology used was collection of Primary Data/ Secondary Data and the Study Duration was for 10 days. The study gave an insight to the usage of appropriate home décor with sustainable and organic properties for the Ashrams in India.

Keywords: Religious Instructions, Ashrams, Home furnishing, sustainable and organic material.

OBJECTIVE

To design home textile product of Parmarth Niketen ashram of Rishikesh.

DATA COLLECTION

AREA- Rishikesh.

PRODUCTS NAME- Bed sheet, Carpets, Cushion, Photo Frame, Curtain, Flag, Chair pad, Chair cover, Door mats, Yoga painting, Throne, Mats, Umbrella in garden, Bouquet Etc.

TOP 5 ASHRAMS IN INDIA

1. Art of Living Ashram- 36 kilometers southwest of Bangalore.
2. Mata Amritanandamayi ashram- The ashram is in Kollam, Kerala.
3. Swami Dayananda Ashram- Rishikesh Uttarakhand.

4. Sathya Sai Baba Ashram- 125 kilometers northeast of Bangalore.
5. Parmarth Niketen ashram- Rishikesh Uttarakhand.

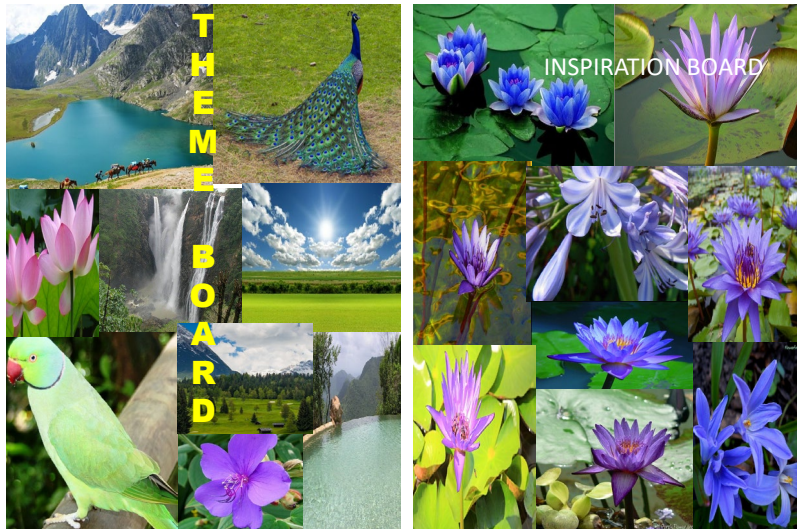
1. INTRODUCTION OF ASHRAM

**“Aasha taji maya tajai moh tajai aru man
Harash shok ninda tajai kahai Kabir sant jaan”.**

Traditionally, an ashram is a spiritual hermitage or a monastery in Hinduism. Today the term ashram often denotes a locus of Hindu cultural activity such as yoga, music study or religious instruction, similar to a studio, yeshiva, tikaf or dojo.



Parmarth Niketen Ashram



2. METHODOLOGY

This graphic explores material utilization and domestic décor in Indian ashrams, centering on economical and natural materials. Information was collected over 10 days through surveys and perceptions at ashrams in Rishikesh.

3. DATA COLLECTION

Primary Information: Surveys and interviews with residents

Secondary Information: Writing survey on economical materials and ashram culture

Data Investigation Subjective examination recognized patterns in material inclinations and maintainable homes, whereas quantitative reactions highlighted common designs.

4. THE STUDY

The research study was a descriptive study. Questionnaire was designed to collect the data from various Ashram and the people residing at Ashram aged about 50 years.

SAMPLING DESIGN

POPULATION: All the Ashram Located at Rishikesh.

SAMPLE SIZE: 50 people based in Rishikesh Ashram.

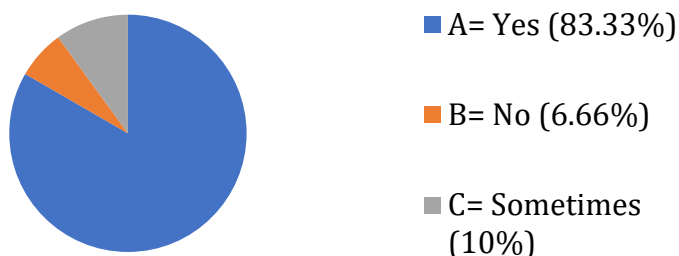
SAMPLING METHOD: Questionnaires (Primary Data)

STUDY DURATION: 10 days

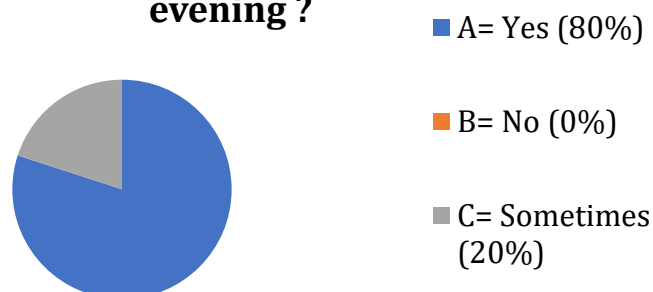
DATA SOURCE: Primary Data/ Secondary Data

TOOLS USED FOR DATA COLLECTION - Questionnaire Primary Data collection.

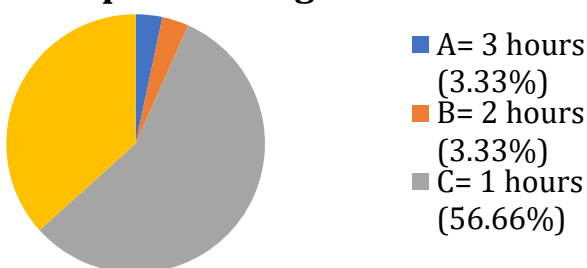
2. Do you wake up early in the morning ?



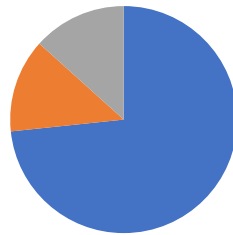
3. Do you pray in morning and evening ?



4. How many hours per day do you spend on Yoga ?

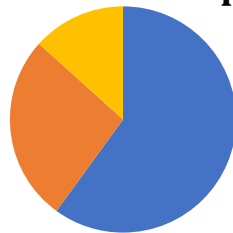


5. What environment should be there while ?



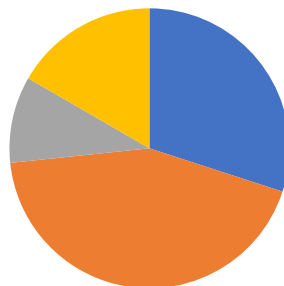
- A= Peace (73.33%)
- B= Slow musical (13.33%)
- C= Mantra (13.33%)

6. What type of halls does Ashram provides ?



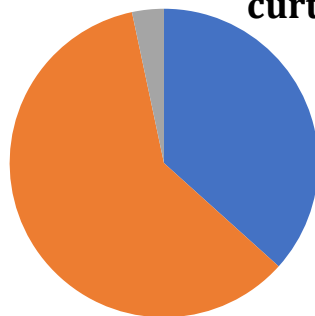
- A= Large (60%)
- B= Medium (26.66%)
- C= Small (0%)

7. What type of curtains should Ashram's hall have ?



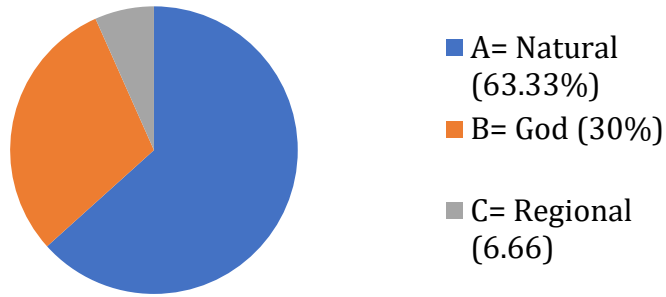
- A= Large (30%)
- B= Medium (43.33%)
- C= Small (10%)
- D= Alls (16.66%)

8. Should Ashram provide of curtains ?

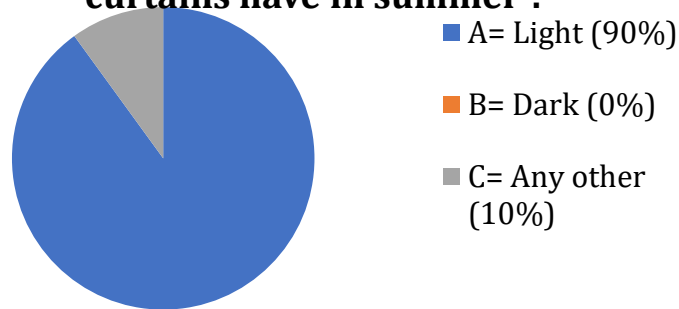


- A= Chik (36.66%)
- B= Normal (60%)
- C= Any other (3.33%)

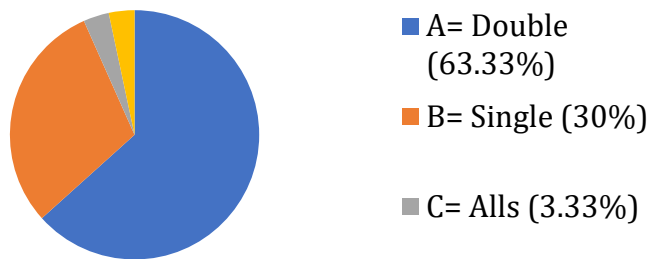
9. What types of printing should Ashram hall's curtains ?



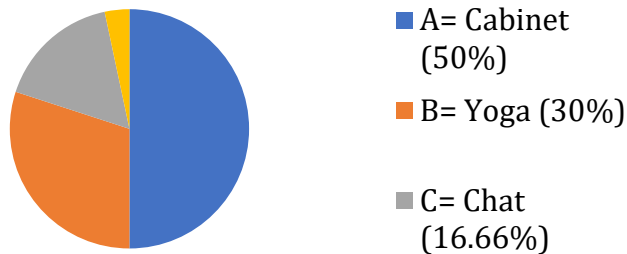
10. What colour should the curtains have in summer ?



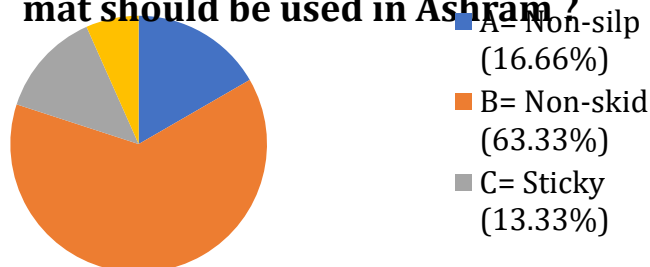
11. What kinds of curtains should Ashram have ?



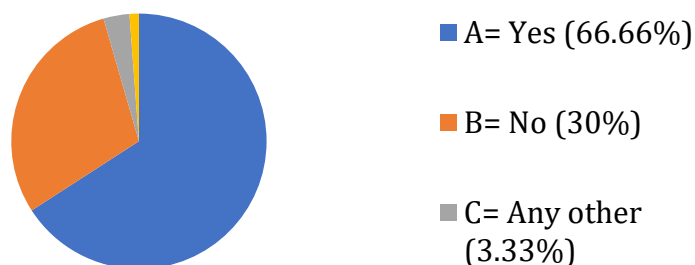
12. What kind of mat does Ashram provides ?



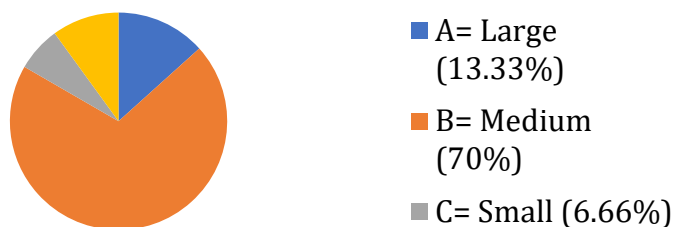
13. What type of yoga/ meditation mat should be used in Ashram ?



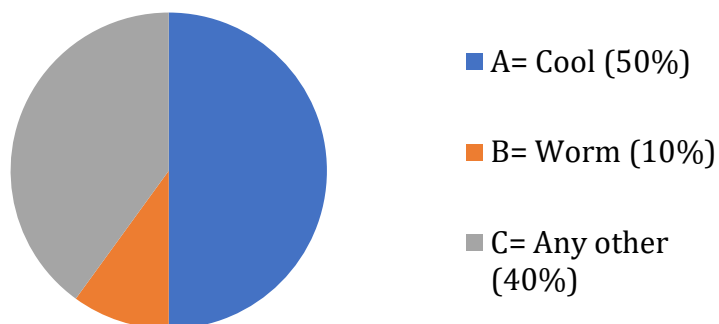
14. Should the mats consist of textures and prints ?



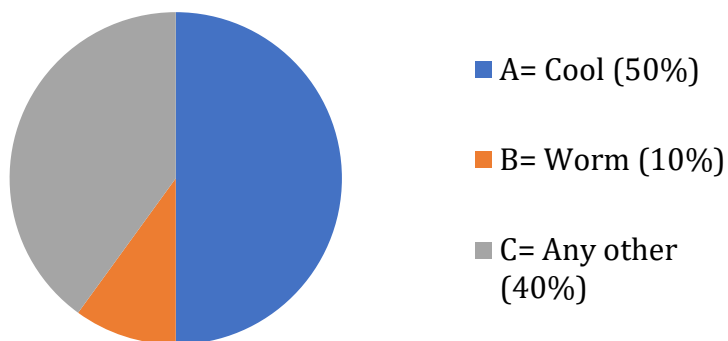
15. What size of mat should be in Ashram ?



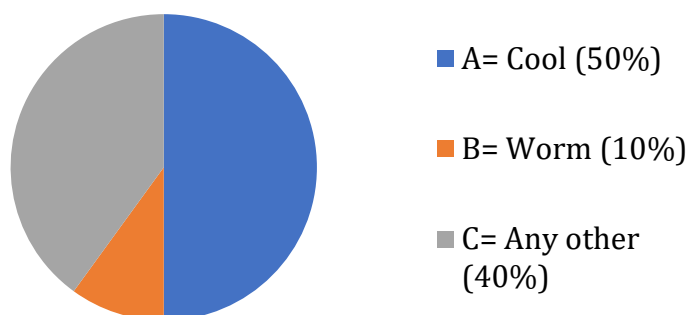
16. What colour of mat in Ashram ?



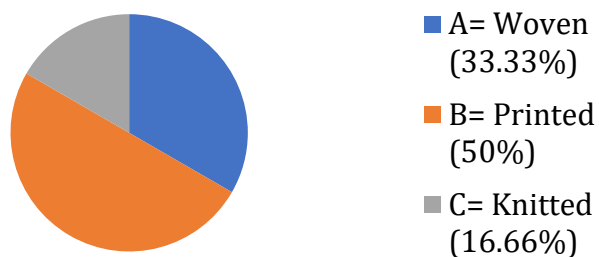
17. What colour of mat in Ashram ?



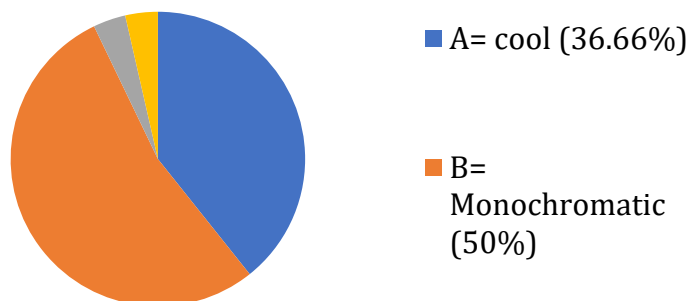
18. What colour of mat in Ashram ?



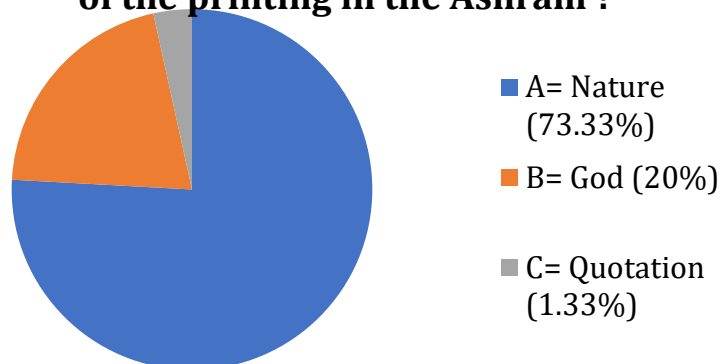
19. What type of bed sheet in Ashram ?



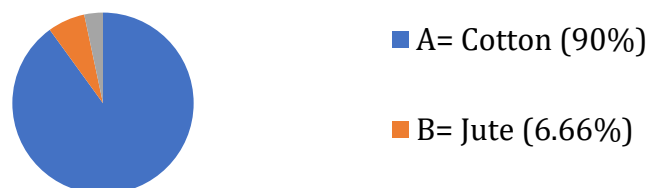
20. What colour of bed sheet should Ashram have ?



21. What should be the inspiration of the printing in the Ashram ?

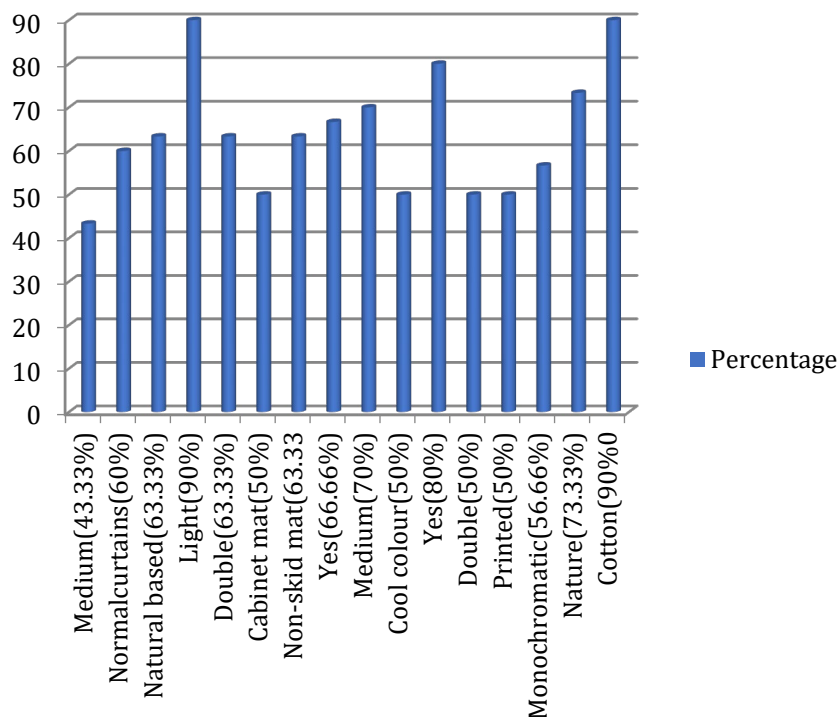


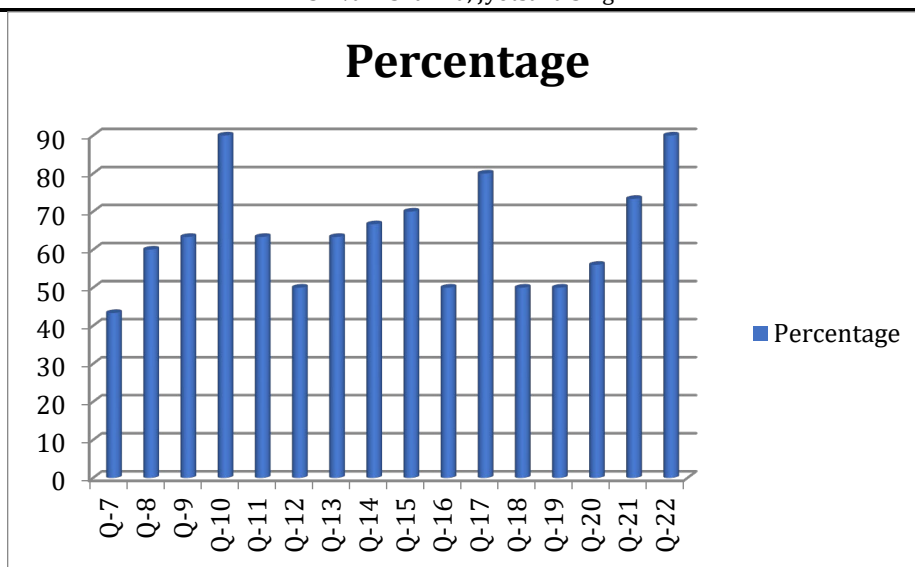
22. What fabric should be used in making products of the Ashram ?



Data Analysis

Percentage





5. CONCLUSION

- The material/Fabric used for Ashrams Home Furnishing, Décor, Yoga Mat should be Organic, Natural, preferably Woven, Sustainable in nature
- The colour palate ranging from pastels to light soothing range are preferred.
- The inspiration for Prints and décor should be derived from nature.
- The curtains should be chosen as light weight, airy to allow natural light and air circulation.
- The Yoga Mat should be foldable with comfortable size, smooth surface, non slippery texture.

CONFLICT OF INTERESTS

None

ACKNOWLEDGMENTS

None

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