Master's Degree Thesis

Architecture For Sustainable Design

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September 2023

ABSTRACT

The goal of this study is to address initial needs and problems of women in the society of Iran and to create an urban scale space for women to address different issues face in their daily life. The idea is to provoke feelings and emotions through 5 human senses to can create spaces to be more functional not solid closed cubes. Elaborates a variety of multifunctional public/private and green space that will serve as the new recreational heart of the city for hearts of our society, women! In this general framework, the thesis consists of a theoretical part and concludes with a preliminary design proposal for an urban and architectural project for a center in the city of Sari (Mazandaran province, Iran).

REHABILITATION CENTER FOR WOMEN

REHABILITATION CENTER FOR WOMEN (NEW CITY, شهرنو SHAHRE NO)

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Abstract

Women are the assets of any society. They are born, raised, educated and built to beautify life with their feminine love and tenderness. In fact, the girls of yesterday are the women of today who raise the children of tomorrow so that this trend of generations will keep the world alive. In the present research, attention has been paid to women and their psychology, and in the educational program of the designed center, not only education has been considered, but also the most attention has been paid to her mind and human personality. One of the most important issues has been the design of different spaces for flourishing and creativity in them. In this set, the complexity of the spaces has been reduced to make it easier to communicate with it. Attempts have been made to induce a sense of freedom in the designed spaces, so in designing this collection, by observing the principles of form and space psychology, correct geometry, and suitable architectural materials and traditional architectural principles, spaces have been created to be suitable and soothing for women. And be able to rediscover their lost identity in it. (Harrouk,2021)

Keywords: women, self-confidence, peace, security, privacy, sense of belonging, design, rehabilitation.

The topic is to create urban scale space for women to address different issues face in their daily life. The idea is to provoke feelings and emotions through 5 human senses to can create spaces to be more functional not solid closed cubes. Elaborates a variety of multifunctional public/private and green space that will serve as the new recreational heart of the city. Generating a design that resonates with the local ecosystem. Key strategies include the creation of a new cultural and public space for the city, the construction of multifunctional zones merging with the natural ecosystem, and the activation of the waterfront.

Tall Trees and green terraces. With a simple design consisting of a wooden box, hovering over the ground, the structure translates the purity of the function that it holds. In fact, only a lightweight concrete slab sits on top of the wooden structure of the roof. The facades allow the sun to sneak in through the cracks, lighting dramatically the space. Landscape Pathway will be a small adventure, a sort of treasure hunt in a site that hosts a rich landscape of artifacts. The project will be based on two interdependent levels of intervention, the first one being educative signage, while the second one is an invitation to visitors to elaborate more on the different themes. Creating a symbolic and strongly recognizable place based on iranian architecture elements which is also sustainable, the new observatory, that re-interprets the primitive archetype of the tent, illustrates a dialogue between the elements of the context and people.

A flexible urban tissue that breathes new life into this urban space. The intervention is a modern re-interpretation of the roots. In fact, the proposal is to bring back the identity of the space through a regenerative, vital and livable urban place. (Harrouk, 2021)

Best Unbuilt Architecture: 7 Submitted Proposals Exploring Diverse Programs | ArchDaily

INTRODUCTION

Problem Statement and Questions / Subject Description

The delicate spirit and fragile structure of women, as well as their difficult social conditions, have made them more vulnerable than men, which can lead to a wide range of social harms in society. In this regard, the Rehabilitation Center for Homeless Women and Girls is a project that has been implemented in many countries (Chicago, India, Pakistan...) around the world with research support and has been successful in preventing and solving many problems related to homeless women. However, in Iran on the one hand, there is the lack of such centers and on the other hand, the low quality of the existing centers. Therefore, in order to design a complete set that in addition to spiritual and financial support and empowerment of young women and girls, with treatment, rehabilitation and training in the field of life skills and various professions according to their personal interest to increase their ability to reappear in today's society. And to ensure their security so that they can be independent, the following questions arise.

- *What actions can be predicted in this set to be effective in rehabilitating and teaching their life and professional skills?*
- *How can a sustainable space be designed that meets their psychological needs in addition to their physical needs?*

Objectives and necessity of choosing the topic/ Background of the subject

Inadequacy and efficiency of existing spaces with the needs of the audience, not having enough space and the necessary standards for a large number of people to live together and not observing public and private areas, etc. in these places have caused some behavioral and educational disorders and the impact It will have negatives on various individual and social aspects.

Therefore, one of the goals of this issue is to establish safe houses to support women and girls at risk and to provide educational, health and medical services, as well as to empower women to return to life and build their self-confidence to gain personal independence.

Historical Overview: The bitter fate of prostitutes in the new city

Alireza Najafi: Kaveh Golestan was one of the leading Iranian photographers who recorded a unique collection of photos of prostitutes in the New City in Tehran and showed their bitter and sad lives. Kaveh Golestan died in a mine explosion in 2003 while photographing in Sulaimaniyah, Iraq. One of the actions of the revolutionaries in 1957 was the attack on the new city and the execution of a number of prostitutes, which led to the grievances of figures such as Ayatollah Taleghani. The Shahrnoo brothel was established in the late Qajar period; When the criminals were standing near the gate of Qazvin. when Reza Shah came to power, he closed the harem of the Qajar kings, and a large number of concubines were displaced. In addition, Russian women and Eastern Europeans came to Iran to escape the war and had no income other

than prostitution. There was even a neighborhood in the city called the Polish Quarter. A few years later, when Reza Shah wanted to control prostitution, he drove the prostitutes out of the city and settled them at the Qazvin Gate. Near the Qazvin Gate, a man named Arbab Jamshid, one of the great landowners of Qajar, built dozens of houses and paved the street to make it a home for the homeless. New construction in the neighborhood led to it being renamed the New City, and prostitutes, the homeless, and addicts who had nowhere to go all settled. Its important streets were: Haj Abdul Mahmoud Street, Qavam Daftar Street (modern Razi Garden), Rahpima Street (modern Shahid Eskandari) and Jamshid Street (modern Razi Garden). This neighborhood had an area of 135,000 square meters and was divided into two main and secondary parts; The main part included Kamil, Atsakhr, Qanat and Qawam streets, which had 36 alleys and each alley had 30 to 50 houses. Several families lived together in each house, and sometimes several men and women lived in the same room. Dozens of theaters, theaters, and cafes were built on Jamshid Street, inside Shahr Nou, and on thirty-meter streets, and two cinemas also started working around it.

Figure1. Source: Taken by Iranian photographers Kaveh Golestan.

Tehran,IR

Figure2. Tehran detailed map. Source: www.alamy.com.

Economic development and widespread migration from rural to large cities created widespread class divisions in the 1940s, and middle-class men, marketers, and employees sought a place for their "off-schedule" entertainment. These factors led to the spread of prostitution; In the late 1940s, there were more than 1,500 prostitutes in the new city alone. Those poor and helpless women and the displaced women of the streets were forced to move to the new city to survive. Many of them did not even have IDs and were victims of domestic violence. The lives of these displaced women were very tragic. Sooner or later, they contracted diseases such as syphilis, in which case they were wrapped in a blanket at the behest of the "lady boss" and left on the streets to die. The pictures recorded by Kaveh Golestan from their lives and the documentary Qaleh made by Kamran Shirdel show the bitter life of prostitutes in the new city. The Revolution of 1957 won with the slogan of supporting the oppressed and arresting the poor and helpless, and was expected to support the victims of poverty and violence in the New City who were forced into prostitution. But in practice this did not happen and many of them were executed. Twelve days before the victory of the revolution, the neighborhood of the new city and the house of a number of women living there were set on fire. The information newspaper described the revolutionaries' attack on the new city as follows: "Last night, the cursed people of the new city had a painful and tragic night in the morning. They wept over their bitter fate, thirsty, hungry and trembling from the cold. Their weeping was not because their sanctuary of sin had been destroyed. They shed tears over the trajectory of their ruined lives. "As we know, most of them have been led into this sinful way, not by their own will, but by force, pressure, threats and by a handful of bullies. Ayatollah Taleghani, who was considered one of the prominent figures of the revolution and was known for his moral character and liberal views, condemned the

incident: "They should be attacked and guided at the right time, inspired by the school of mercy and human dignity of Islam, and should be adorned with the ornament of repentance and return to society. These words caused false rumors and rumors about Ayatollah Taleghani. Some said Taleghani was in favor of a brothel in the city and considered it necessary for the community. But Ayatollah Taleghani had never said that, and his words were aimed at supporting suffering people.

Figure3. Darvazeh ghazvin. Source: www.irna.ir/news

The next stage was the attack on the New City in July 1979, during which three prostitutes, Peri Bolandeh, Soraya Torkeh, and Ashraf Chahar Cheshm, were executed. A number of prostitutes in the cities were also stoned by the people in the 1960s. One of them was an eighteen-year-old girl named Masoumeh Makhan in Zanjan who was stoned to death in Zanjan. As the new authorities came to power, they did not think of a way out for prostitutes and victims of domestic violence and poverty, and resorted to coercion and elimination. In Hashemi Rafsanjani's memoirs on May 20, 1986, we read: We had correction and training. "We did not reach a clear conclusion and the proposal to set up camps and legalize temporary marriages with these deviant women and gradually integrate them into permanent families was not accepted."

Up to now there is no other city, place or even a proper building for these women to can protect them or teach them how to be skilled and powerfull!

What drives a prostitute (sciencenordic.com)

Figure 4.Source: gajartime.com.

Research Methods

The method of doing this is fieldwork by direct interview or library studies. The overall design process of this collection should be able to meet the need for natural and artificial environment together. In this process, social factors, cultural factors, individual factors, memories and experiences, place satisfaction, physical factors, activity and interactive factors, factor Consider time and participation in the design.

Library Studies
- Search existing books/articles
- Search Internet sites
- Search in books and dissertations on architecture related to the subject in the specialized library

Chapter One: Theoretical Foundations and emergencies for women in the weakest sections of the society of Iran

1- Addiction

1-1 The main variables and direct influence on the tendency of women to addiction

a. Occupation: Research shows that job dissatisfaction and the resulting stress, causes discomfort and fatigue and forces a person to resort to drugs to escape these problems. Today, for various reasons, housework and housekeeping are considered by some to be a worthless act that people without job skills spend their time on. This thinking reduces women's satisfaction with the role of housewife, so that it is considered a repetitive and boring behavior, so to get rid of it, they tend to use drugs. According to statistics, most addicted women have been housewives. (Hojjati, 1390).

b. Gender: In most societies, women are much less likely than men to engage in deviant and criminal behavior. In Iran, men are more addicted than women. So that 95% of addicts are men and 5% are women. The number of male prisoner addicts is also higher than female addicts, because most addicted women use drugs at home, and because of this, their addiction problem is less visible and obvious (Shayesteh, 1996).

c. Level of education: There is an inverse relationship between the level of education and drug addiction among women as well as men. As the level of education increases, the number of addicts decreases. Statistics show that the education of most female addicts is at the secondary level. It seems that with increasing the person's awareness of the effects and consequences of these substances and his intellectual and practical occupations, the person's tendency to deviant behaviors such as addiction decreases (Shirzad, 2010).

d. Age: Age is one of the factors that has a great impact on the type of behavior and actions of women, women in certain age periods have different personalities. One of the most sensitive and important age periods is the stage of adolescence and youth, which starts from about 12 years old and lasts until about 25 years old. At this stage, the person has characteristics such as independence, ostentation, opposition, excitement, being influenced by a group of friends and .... As a result, there is a good ground for deviation. The data show that age groups are not equally exposed to addiction, but as people get older, the incidence of addiction decreases (Shirzad, 2010).

e. Marital status: The number of addicted married women is more than addicted girls. Women do less harmful and dangerous work than men in order to be more supervised by family members and have innate self-control. Therefore, there is a significant difference between the statistics of addicted men and women. The main cause of this issue goes back to the addiction of the spouse (Khalili and Khairkhah, 2012).

1-2 Causes and factors of addiction

a. Individual causes

Lack of knowledge: Many people turn to drugs because they do not have enough information about the consequences of drug use and are quick to believe and satisfy their curiosity. This issue is more acute among young people, especially smart young people (Gholami Abiz, 2002). Weakness of will: There is a relationship between addiction and individuals' personality traits. No matter how strong the determination of the people, they resist the deviant behavior of others, relatives, friends, acquaintances, etc., and avoid committing it. (Hojjati, 1390). Low level of tolerance: Tolerance of people in the face of hardships and adversity depends on their mood, physical structure and willpower. The lower the level of tolerance of people, the

more they seek instant gratification and convenience, and the less they pursue lofty and great goals. (Hojjati, 1390).

Antisocial personality: Women who have antisocial personalities often engage in behavior that is not acceptable to members of society but that they themselves do not find to be distasteful or harmful. They trample on the rights of others by using inappropriate methods such as lying, deceit, theft, etc. to achieve illegitimate goals. Symptoms of antisocial personalities; Self-centeredness, lack of guilt and remorse, gaining the trust of others, disregard for the kindness and trust of others, and having a seductive and calm appearance. Also, their most prominent feature is hedonism, escape from pain and problems, and release from life responsibilities; They become addicted in order to achieve these goals, so many addicts have anti-social personalities (Salehi Jozghani, 2000).

Feeling lonely: One of the major causes of deviant behaviors such as addiction is loneliness; So much so that some psychologists consider addiction to be a disease alone. Women and girls who do not have a strong connection with others, family, friends, relatives and always feel lonely, try to forget about their failures and get rid of sorrows and griefs, and regardless of the negative and unpleasant consequences, pleasures Replace it immediately (Salehi Jozghani, 2000).

Physical pain: Some people use drugs and their derivatives to relieve physical pain. This temporary relief is considered a reward for the user, so he continues to use drugs and becomes addicted as a result. Research shows that 15% of people are addicted due to physical illness (Salehi Jozghani, 2000).

b. Family causes

Family breakup: Research shows that a review of the variables of women's tendency to drug abuse and its consequences. A significant number of women after divorce are hopeless about the future and feel anxious, homesick and sad. In most divorced families, children, especially girls, run away from home and school and become addicted. Divorce and separation from the spouse also have adverse effects on couples, especially women, to the extent that a divorced woman tends to become addicted to solve the psychological problems caused by divorce (Ghorbani, Akbari and Aghazadeh, 2014).

Conflict between parents: Conflicts and quarrels between parents in the family environment deprive girls of peace and comfort at home, so they prefer to spend most of their time outside the home and due to lack of love from parents, absorb the apparent affections of deviant groups and with Encourage them to use drugs to get rid of the hardships and problems of life. (Ghorbani, Mojarad and Aghazadeh, 2014).

Parental addiction: The family is the first environment that acquaints children with the beliefs, values and norms of society and gradually shapes their children's personality based on these elements. By imitating their parents, children often imitate their behaviors, even behaviors that the parents do not pay attention to, such as the way they speak, aggression, using inappropriate words, obscenity, empty-handed actions, and so on. Parents' addiction to cigarettes or drugs causes their children to imitate their harmful behavior and become addicted. (Ghorbani, Akbari and Aghazadeh, 2014).

Spouse addiction: Addicted husbands are one of the most important causes of women's addiction. Husbands and wives become addicted to their wives in order to reduce their reprimand and criticism while using drugs, and to lead them to obscene and illegitimate activities such as begging, selling drugs, and prostitution in times of hardship and financial poverty in procuring drugs. Their children abuse them and force them to distribute drugs. Sometimes some addicted men force their young daughters to marry old and rich people or force them to do hard work (Mahboobi Manesh, 2010).

Dissatisfaction with married life: Women who are dissatisfied with their married life and feel they have no way back can be at greater risk for addiction. For example, a young girl whose father forces her to marry someone who is older and does not have a good job and education in order to get rid of living expenses; In this case, excessive hatred of the husband forces him to be attracted to deviant and addicted groups instead of devoting himself to life and fulfilling his plans and expressing love and affection for the husband, and to various motives, including reducing mental and psychological distress. Get rid of the stress of life and pursue alternative pleasures such as drug use. (Favorite, 1389).

c. Social causes

Bad friends: Group of friends is the second most important factor after family. A review of the variables of women's tendency to drug abuse and its consequences has the greatest impact on the formation of personality, because the individual is considered a group of friends when their values and norms are accepted. Accept and act accordingly, otherwise he will be rejected by that group and will eventually be expelled from the group. (Pirsaleh, 1387).

Excessive poverty and prosperity: Lack of access to financial and living facilities, feelings of deprivation, failure and depression can lead to addiction in some women. Also, women who have more opportunities to attend clubs, parties, coffee shops or take leisure trips in and out of the country due to their wealth and amenities are more likely to become addicted to drugs. are. Therefore, in both the rich and the poor, there is a possibility of addiction for specific reasons (Hojjati, 2011).

1- 3 Consequences of women's addiction

According to the laws of the Islamic Republic of Iran and many other countries, drug addiction is considered a crime. Women's addiction causes irreparable damage to the individual, family and society, some of the consequences of which are examined in this context (Hojjati, 2011):

Reducing the marriage opportunity of addicted girls

Exclusion from family

Lack of motherhood

Family collapse

Lack of monitoring the behavior of children

Presenting inappropriate behavioral pattern

Reducing family relations

The possibility of family members contracting AIDS

2- Prostitution

Prostitution is actually an acronym for prostitution and Russian women as a mockery and ridicule. In English, equations such as "Prostitution", "Slut", "Harlotry", "Fornication" and "Adultery" are used for this concept. Prostitution can be defined as having sex in exchange for money. The word prostitute became popular in the late eighteenth century. Prostitution is defined as including men and children (boys and girls), but prostitution of women has been much more pronounced in history.

2-1 Causes and motives of prostitution

Despite the sexual drive, the main reason for prostitution in all groups is money. "Money is cited by 85% of the prostitutes," says Kofod. "Some have to pay for housing, food and day care for their children, others must pay for their drug abuse, while others want an extra week's holiday abroad." (Karkov, 2012)
https://sciencenordic.com/anthropology-culture-denmark/what-drives-a-prostitute/1429294

A. Lack of access to opportunities for employment in legitimate jobs.
B. Lack of necessary competencies and sufficiency to do things that can meet the material needs and expectations of women.
C. 3. Lack of a social security organization to cover vulnerable, homeless or underfunded women.
D. Marital incompatibility and problems in social relations within the family and lack of psycho-social support from the spouse. In such situations, women are looking for alternatives to the social support network.
E. The choice of prostitution by women as a strategy for independence.

F. Social revolt of women against the patriarchal system and response to male domination.

G. Decreasing the efficiency of some institutions, organizations and social groups such as family, kinship network and neighborhood as informal forces of social control.

H. Socialization and social experiences that are weakened or defective in order to acquire social and life skills.

I. Problems in the criteria of choosing a wife and the feeling of dissatisfaction of women with their husbands when choosing a husband and knowing it is imposed.

J. Existence of corrupt neighborhoods and corrupt people in the society.

K. Some personal causes such as: severe dependence on mother and lack of loving relationship with father, insanity or prostitution complex, ambition and having dreams of fame, wealth and power and love of luxury, having an unstable and childish character and sexual coldness, laziness, lack Skills at work, lack of consciousness and weakness of intellectual foundations, little level of thinking and general knowledge.

2-2 Strategies to deal with prostitution

To combat prostitution, the factors that lead to the spread of prostitution in society must first be addressed; Such as poverty, unemployment and addiction. On the other hand, in order to prevent people from deviating, he paid attention to the following factors and strengthened them.

A. A healthy family is one of the most important factors that can play a role in preventing people from deviating.

B. Religious faith can be the most important obstacle to the spread of corruption and prostitution in society.

C. Supporting the youth to save them from any kind of job with exploitation.

D. Providing social services to save women from exploitation.

3- Poverty

3-1 The semantics of poverty

Salehi-Isfahani and Hashemi (2007) calculate these poverty lines for 2005 when there were 30 provinces. The number of provinces has increased over the period under study, from 24 to 31. For the years in which regional poverty lines are not available for a province, I use the weights for the province to which it belonged previously.

The only other source for estimates of poverty before the Revolution is an unpublished Ph.D. dissertation, Azimi (1979). Azimi's method is more complex, using different poverty lines for different regions within Iran. As a result, his estimates are harder to compare with those here, but are consistent with the picture of high poverty rates offered by Ginneken. (Djavad (2017)

Income inequality before and after the revolution:

Figure5. www,cbi.ir (accessed May 12, 2016).

Note: The CBI series only concerns urban households. Gini-Iran concerns the whole country and measures the inequality of per capita housholds expenditures adjusted for spatial differences in cost of living.
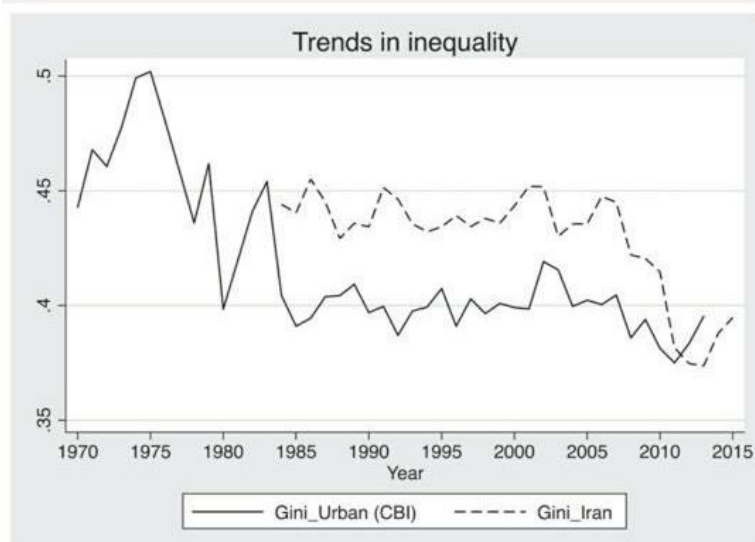
__ Author's calculations using HEIS data files, central bank of Iran and data bank. (Djavad (2017)

Trends in inequality

Gini_Urban (CBI) — — — Gini_Iran

3-2 The relationship between social deviations and poverty

Some sociologists consider poverty as one of the causes of crime, saying that a poor person develops a bond of inferiority and makes him commit a crime. In connection with some types of perversion and poverty, such as prostitution, begging, and some thefts, mental illnesses, etc., Marx believes that crime, prostitution, corruption, and immoral behavior are primarily due to poverty, which is a product of the capitalist system…

Thus, a small number of people, by taking possession of the means of production, distribute wealth unequally and create general contradictions; Social studies show that in countries where the distribution of wealth is not fair, the poor get richer and the rich get richer, the class gap widens, and due to lack of social education and cultural weakness and a lack of solidarity due to materialism and individualism, which is characteristic of Societies are developing, individuals are unable to lead the fight against this social injustice, and as a result, we see that social values are being discredited, social control is being weakened, and delinquency and delinquency are becoming more common.

In general, the effects of poverty on the individual and society can be described as follows; Poverty affects health, family culture and educational opportunities. Above all, poverty prevents an individual from fulfilling his duty and religion towards society as an active member of society and enjoying universal, political and economic rights. Fourth Edition, Winter 2000).

4- The phenomenon of girls running away from home

The problem of runaway girls has been one of the most unsolvable social problems in Iran; it is a problem by itself but it will not stop in itself and will entail several other problems. Because issues related to the subject of sex is still taboo in Iran, there has not been enough research on these issues and this is one of the reasons why this issue has not been dealt with properly. Reviewing what has been done so far on this subject, the present paper will proceed by

presenting a report of a longitudinal study along with in-depth interviews with 56 runaway girls who lived now in a safe house by the government. We studied issues like drug and alcohol abuse, rape, sex, robbery, suicide or parasuicide, girl trafficking, and abortion; we found that family issues, broken families and strict parents and most importantly, having a boyfriend have been the most important factor for these girls on deciding to escape from home.

4-1 Escape factors

A. Personality-oriented factors
These factors are related to personality imbalance and behavioral disorders, some of which are referred to:
Anti-social characters:
This type of personality is the disruption of the relationship between man and society and the commission of abnormal behaviors that are not acceptable to society, but are usually not disliked by the perpetrator in principle or in certain cases. Distinctive characteristics of antisocial personalities are self-centeredness, superficial and superficial deception, lack of sense of responsibility and lack of insight into the motives for action.
They act impulsively. They do not think about the consequences of their actions, they are reckless and careless in their actions, and they are very weak in learning from experiences, and they are one-sided in their judgments. These types of characters mostly run away from home and school.
B. Self-obsessed characters:
These characters have a strong tendency to be self-centered and constantly need the praise and attention of others, and in their relationships with people, they are indifferent to the needs and feelings of others and do not show empathy and interest in them. These people are often preoccupied with dreams of unlimited and brilliant success, power, beauty, and ideal love relationships. This group may think their problems are unique and feel that only people of their own level understand them. Most of these people had parents who were not consistently loved, or were cold and rejecting, or were highly esteemed.
Self-absorbed adolescents become disgusted with the family center due to the suppression of desires and lack of satisfaction of inner desires, and tend to engage in abnormal behaviors, such as running away from home.
C. Extroverted personality:
Eisenhower believes that there is a relationship between personality traits and their abnormal behavior. The extrovert seeks instant gratification and spoils the breath, likes to attend all kinds of parties and celebrations, is thirsty for excitement and adventure, is less trustworthy, cannot control his emotions and acts without reflection.
D. Unique hysterical personality:
For these people, attracting the attention of others has a special priority. They like to talk loudly. They are characterized by exaggerated expression, emotion, stormy interpersonal relationships, self-centered attitude, and being influenced by others. They do not pay enough attention to understanding the situation and tend to respond with an emotional generalization. In order to prove their "self", these people perform any experience, even if it costs them dearly and creates problems. Excitement, adventure, diversity, curiosity, extreme independence, short-term

hedonism and instant gratification, emotional self-loathing, and the overcoming of emotional actions over rational actions are among the behavioral problems that drive one from dangerous situations at home. It becomes.

Other psychosocial problems that lead to antisocial behaviors include low self-esteem, feelings of inferiority, lack of self-confidence, poor self-esteem, feelings of unattractiveness, severe depression, mania, bipolar disorder, and more. Appearance. Such people are usually prone to ill-considered behaviors, such as running away from home.

4-2 Types and methods of deceiving girls

- Promise to get a lucrative and suitable job in a foreign country
- Promise of marriage
- Adoption
- The promise of keeping and protecting runaway girls

4-2 Injuries and consequences of running away from home

A. Individual consequences

Escaping is the beginning of homelessness and helplessness, and this paves the way for many crimes to be committed. Some prostitution gangs also transfer runaway girls to other countries, trade sex and sell their body parts. The runaway girls destroy all the stairs behind them. Traffickers enslave young girls who have fled their homes for whatever reason, forcing them to have sex and engage in illicit activities.

Committing all kinds of crimes and moral corruption causes them to suffer from all kinds of mental illnesses and disorders, and some of them commit suicide due to the humiliation caused by the rapes.

Other unfortunate consequences of girls fleeing are prostitution and contracting a variety of sexually transmitted diseases, including the AIDS virus. The longer it takes for a person to escape and have more contact with people, the greater the risk of contracting the AIDS virus.

B. Family consequences

The escape of girls can be the biggest damage to a person's family honor and dignity. This is, firstly, a sign of the inefficiency of the family in raising children, the generation gap between parents and children and family disputes, and secondly, because the escape of girls in most cases is caught in the narrow circle of gangs of corruption, prostitution and moral crimes. Therefore, escape is considered as a stain of stigma and notoriety for the family. The escape of the girls leads their future lives to ruin and darkness.

C. Social consequences
- Increasing the rate of social corruption
- Threat to the moral and mental health of society
- Imposition of social costs

5- Women heads of households

5-1 Definition of head of household

According to sociologists, the term head of the family is a descriptive term and the head of the family refers to someone who has considerable power compared to other members of the family and is usually the oldest member of the family and has economic responsibilities for the family. This definition has been common in Western European countries until recent years (cf. Mc Gowan, 1990). In another definition, female-headed households are women who are the head of the household without the regular presence or support of an adult male (cf. Buvinic, Youssef & Lm, 1978). According to the definition of the Welfare Organization, women heads of households are women who are responsible for providing material and spiritual livelihood for themselves and their family members (Welfare Organization, 2000-2001).

5-2 Types of women heads of households
In one category, female-headed households are divided into several main groups:
The first group: households in which the man is not permanently present and the women are widowed due to the death of their spouse or divorce, or the girls are unmarried and live alone and take care of the family.
The second group: Families where the man is temporarily absent due to immigration, disappearance, flight or imprisonment, terminated marriage, military service, etc., and the woman is forced to provide for herself or her children.
Group 3: Families in which the man is present, but due to unemployment, disability, etc., has no role in livelihood and the woman is practically responsible for her own life and that of her children.
Another category of female-headed households divides them into two categories:

A. Self-employed women who are considered as single-person households in the census. This group includes girls who are unmarried or divorced and live independently, who are mainly employed or receive their pensions due to the death of their parents.
B. Women heads of households who usually take care of their children and sometimes take care of elderly parents or other family members. Also, self-employed women who have returned to their father's house for various reasons such as separation and divorce, and girls who live in their father's house but are not married (employed) are not counted in the official censuses (Forouzan, Biglerian, 2003: p. 38).

5-3 Problems and injuries of women heads of households in different dimensions

A. Psychological problems
A 1998 study by Lee showed that women heads of households had more psychological problems than other women. In addition to facing economic problems, they face some negative socio-pressures such as a negative attitude towards widows and divorced women. And singleness, unemployment, insufficient income and housing problems are the most correlated with depression (cf. lee.1998).

Also, according to research conducted in Iran, female-headed households have experienced more psychological disorders (depression, anxiety, isolation, and physical complaints) compared to the control group. If women heads of households have access to family and community support resources, they will face fewer problems and their degree of vulnerability to psychological problems will decrease.

B. Family problems

In general, role conflict arises when there are inconsistent demands and expectations of the individual, so that the individual becomes conflicted in choosing and fulfilling them. On the other hand, one tries to do all of them at the same time, when in practice this is not possible. Role ambiguity also occurs when a person does not have a clear idea about behaviors, desires and expectations, so conflict and role ambiguity arise among female-headed households due to their inability to reconcile their needs with their children and other loved ones…

The results of other research have shown that in female-headed households, mothers feel more stress and less satisfaction, which can be due to the overload of negative role and social relationships. They are more prone to isolation and social frustration, and these conditions lead to an overflow of negative feelings and emotions that ultimately lead to mistreatment of their children (cf. Repetti & wood, 1997).

Research has also shown that single mothers who experience high levels of economic deprivation are more likely than others to use harsh parenting methods toward their children and to evaluate their motherhood and responsibility plans more negatively than others. (cf. Mcloyod, jayaratne, ceballo & Borques, 1994)

However, the quantity of the role (number of individual maps) does not cause stress and conflict alone, but the ability of the individual to control the situation and the amount of support received from family, friends and acquaintances plays a decisive role in the individual's perception of existing pressures. In addition, most of these women (especially widows) have problems staying in the husband's family, and usually other women in the family tend to reject them and avoid contact with them because they consider them a threat to their lives. They bring. In her research, Lupata concluded that women are more likely to be separated from society when their husbands die. (Ref. Abbaspour, 1372)

C. Social problems

Women heads of households and without a husband face the problem of feeling lonely, isolated, rejected and not understood by others. Lack of social support is the most important factor in predicting the negative consequences of the situation of these women. Widowed women who take care of the family, in addition to feeling lonely, also experience the pressure of providing for the family financial affairs, which they usually do not have enough experience in. Their other problems are:

Family conflicts, lack of job and sufficient income, lack of experience, lack of companion and feeling of loneliness. This lack means rejection, insecurity, lack of emotional support, lack of income and lack of a partner and weakness of social status (cf. Khosravi, 1374).

Social support is an interpersonal exchange in which one person helps another and can be achieved in several ways:

"Emotional support" that comes through the bond of love or compassion.

"Auxiliary instrumental support" such as the provision of goods or services, which includes lending or lending to an individual.

"Information support" that includes providing information about the problem situation.

"Behavior evaluation support" which is reassuring the person about the correctness of actions and generalizations in problematic situations and can be helpful in reducing problems.

However, the existence of multiple decision-making centers for this group of women has led to the implementation of the same policies and services to these people are not the same, and in some cases even reworked or families in real need are not covered by any institution.

D. Economic problems

Women all over the world do not have adequate employment and income status, so they have more problems than male-headed households. According to international statistics, the situation of the population, work and income of women in the world is as follows:

- Women are one-second of the world's population
- Two-thirds of working hours (including indoor and outdoor activities)
- One-third of registered working hours
- Eleventh global income
- One-hundredth of the registered ownership and property.

5-4 Strategies and Proposals

A. Prevention approach

- Efforts to reduce the mortality rate of male-headed households and increase life expectancy
- Reducing crime rates among male-headed households
- Expand insurance coverage among villagers and nomads
- Trying to restore the wife's financial rights at the time of death or divorce from the spouse

And...

B. Supportive approach

It seems that the more supportive approach should belong to older women and women who have a lower level of literacy and are not in a position to be employed or learn a profession or increase their level of literacy, as well as women who have no income and meet basic needs. They have a problem and the rest of the women heads of households should be prepared with an empowerment and empowerment approach to ensure their future and self-sufficiency.

C. Legal protections

- Allocating family expenses to women heads of households
- The possibility of using the first spouse's pension in case of separation from the second spouse
- Using the word women heads of households instead of homeless women

- The need to implement the insurance plan for housewives and the survival of this insurance after the death of the spouse
- Priority of employing the children of women heads of households
- Transferring the rights of women heads of households to survivors after death

And...

D. Economic support

1. Prioritizing the employment of women heads of households
2. Job skills training and implementation of vocational training programs for unemployed women or job seekers, heads of households
3. Opening special lending channels for women heads of households and self-heads
Establishment of production cooperatives and special services for women heads of households
4. Expanding insurance coverage and allocating the necessary funds to insure all women heads of households
5. Implementing the temporary housing plan for women heads of households in urgent and critical situations
6. Paying attention to the household dimension of women heads of households in national planning and budget allocation each year
And...

E. Cultural and social support
Establishment of counseling centers and the possibility of benefiting from free counseling services for female-headed households:

1. Holding special festivals to praise the efforts of women heads of households working to maintain the family center
2. Call to various relevant centers to identify and determine the exact statistics of women heads of households
3. Establishment of a comprehensive database of women heads of households and statistical control every year
4. Providing various economic assistance in terms of protection, dignity and honor of women heads of households
5. Providing educational services and special counseling for the children of women heads of households
6. Creating motivation to promote knowledge and literacy among women heads of households
Increasing the threshold of tolerance of problems among women heads of households
7. Creating culture in families to support women heads of households along with the support of father-in-law and legal guardian
8. Culturalization in the field of promoting remarriage of widows

6- Empowerment of women

Empowerment is a good goal for any group, individual, or community that seeks systematic activities or initiatives because women are individuals in institutions (Solomon, 1976). A group lives in different and powerless conditions. Therefore, women's empowerment is an important and required part of the field of work of social workers, rehabilitation counselors and job and organizational counselors. Women are under pressure from various aspects of society. One of these aspects is alienation from oneself. This alienation has two aspects. First, a woman's degree of alienation from her inner self, which distinguishes the needs, desires, abilities, and existential values of individuals. The second aspect of self-alienation is alienation from oneself: the first condition of self-alienation is deeply dependent on the latter, meaning that one's own thoughts as a whole lead to an inability to know oneself internally and to value oneself objectively. Alienation has been explored by other feminist theories. The second aspect of the situation is the double stalemate of women. Women see themselves as doubly deadlocked when making decisions. For example, women who find work are blamed for leaving their children. Meanwhile, mothers who stay at home are also labeled as lazy and unemployed. Hence, they feel guilty, incompetent and defeated. (Bartky, 1990) This is while society says that women are human, but on the other hand there is no opportunity to provide a humanity that is dominated by women and stereotyped and unattainable standards.

The third aspect is the organization and structure of gender. Systematic and gender-organized forces seem to be clearly defined as patriarchy, masculine domination, patriarchy, and male supremacy. According to this term, gender is compared to two powerful mechanisms in which power is exercised in all important social organizations and women are prevented from gaining this power (Lerner, 1986; cited by Gatirez & et al, 1998).

Empowerment and empowerment approach:

- Training of job and professional skills for job search and employment of women job seekers, heads of households
- Promoting information and awareness and educating women heads of households and their children
- Training life skills in the face of life crises
- Providing the necessary health information to prevent some controllable diseases

6-1 Empowerment methods for women heads of households
In women's empowerment models, the following four processes can be mentioned that play an important role in empowerment:

1. Self-efficacy growth
2. Reducing self-blame
3. Accepting personal responsibility for change
4. Group formation and critical self-awareness. (Soifet & Lowin, 1987; cited by, Gatirez & et al, 1998).
In addition, testing their own lives and discovering the shared experiences of other women who personally achieve self-awareness include:

a. Identifying the feelings, perceptions and needs of the person that result from his experiences.

b. Trying to change the social structures that put pressure on women. The personal and political aspects of achieving self-awareness cannot really be separated from each other. The two present themselves as a conflict between personal experiences and social realities revealed, tested and recreated.

7- Treatment

7-1 Cognitive Behavior Therapy or CBT

This is a therapeutic approach by talking to the patient: In the first stage, the psychotherapist tries to get the patient to think about himself or herself around others and others. In the second stage, he tries to find the issues and problems that have caused the production of mental disorders in the person. "Cognitive Behavior Therapy" helps you to think differently, and as a result of this new way of thinking, you can better deal with healthy behaviors in the face of unwanted and unfortunate events around you. Unlike other methods of speech therapy in which the psychotherapist seeks to identify and root out the causes of his clients' inappropriate behaviors in the face of adversity and life events, in "cognitive behavioral therapy" the psychotherapist seeks only the problems of the here and now and what causes discomfort and anxiety. Relies on the sick person.

7-2 Therapeutic community

A treatment-oriented community is a residency program that lasts from 30 days to 3 years, in which individuals work together to develop drug-free coping mechanisms. A person prepares to enter the outside world by gaining successful experiences of living in a small community. Therapeutic community, like any other program, needs research to continue and change. Given that the overall goal of TC is to change the lifestyle of addicts, it is important to determine whether or not those admitted have achieved the desired changes. Therapeutic community to treat behavioral and emotional issues and increase social skills and life is designed to solve the problem of changing thoughts and interests, increase self-esteem, self-confidence, increase mental health and self-control of drug users.

8- Center treatment method with the treatment method, there are seven stages of hope to restore health and strength to these people in order to protect the society from these injuries.

• Connect to the community

In this type, especially the treatment method, the first step is to recognize and find these people and attract applicants voluntarily. The next step is treatment, which is done in different ways with a specialized diagnosis and appropriate to the condition and mood of each person. Since one of the most important problems of these people has always been the problem of shelter, this center has been formed in such a way that in addition to rehabilitation, the residence of these people is temporarily responsible.

Role of Rehabilitation Centers:

With the increasing number of addicted patients, Rehabilitation center has become the need of the hour. Not only the number of patients but also the number of rehabilitation centers is increasing year by year.

In giving life to the drug battered people, the role of Rehabilitation centers is becoming crucial with the pace of time. To impart love and care to the inmates, the whole staffs of the center is chosen with the utmost care. The requirements of the patients are kept in consideration. Be it at a physical, social, mental or spiritual level.

Chapter Two: Introducing the site area in Iran, Mazandaran for design proposal

1- Climatic and geographical component
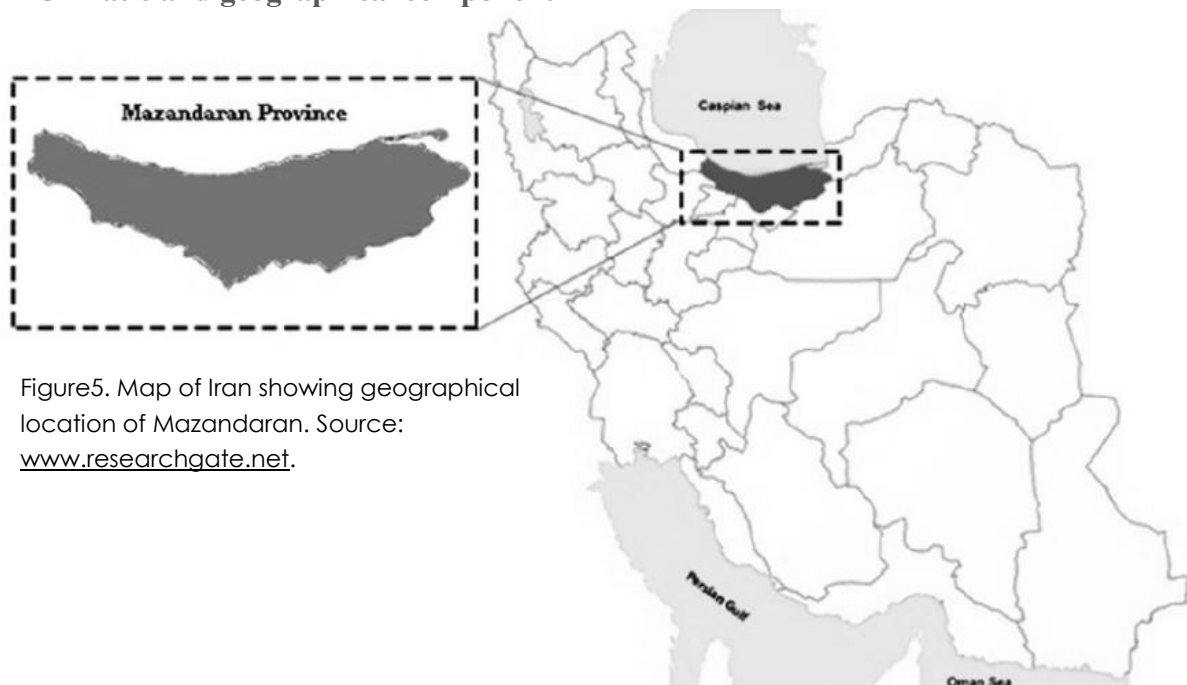
Figure5. Map of Iran showing geographical location of Mazandaran. Source: www.researchgate.net.

1-1 General introduction of Mazandaran province

Name of Province: Mazandaran
Center of the province: Sari city
Geographical location of the province:
Latitude: 35 degrees and 47 minutes to 36 degrees and 35 minutes north
Longitude: 50 degrees and 34 minutes to 54 degrees and 10 minutes east
Relative position of the province: located in the north of Iran
North: Caspian Sea
West: Gilan province
Area of the province: 23756/4 square kilometers
Number of cities: 19
Population of the province: 3073943 people

1-2 Climatic characteristics

Various factors such as the direction of the Alborz mountain range, altitude, proximity to the Caspian Sea and humid westerly and cold north winds have caused a variety of climates in this province. This diversity caused many differences in natural landscapes, agricultural products and the shape of buildings, etc.

According to the conditions in this area, the climate can be divided into three categories:

A) temperate and humid Caspian climate:

The western and central plains of the province, which are limited to the northern foothills of Alborz, have a temperate Caspian climate. Annual rainfall is 1027 mm and the seasonal distribution of rain is proportional and the dry period is short. In the eastern part of this area, the rainfall is less than in the west.

B) Moderate mountainous climate:

With the gradual increase of altitude from plain lands to the northern slopes of the Alborz heights and the distance of the Caspian Sea, there are special changes in the province's climate. So that in the altitude strip, approximately 1500 to 3000 meters from west to east, it has a temperate mountainous climate, with cold, icy and long winters. The summer is mild and short. The main features of this area are the decrease in annual rainfall and air temperature. Some of the precipitation in these areas is in the form of snow and has accumulated on the surface of the earth until the beginning of the warm period.

C) Cold mountain climate:

In the high mountain peaks of the northern slopes of Alborz, at altitudes above 3000 meters, the air temperature drops sharply and creates long frosts (180 days a year), and therefore has cold and long winters and short and cool summers. In this area, precipitation is often in the form of snow, therefore, in individual peaks such as Alam Kooh and Damavand, conditions have been provided for the formation of mountain glaciers and permanent accumulation of snow. (Ministry of Education. Year 87. p. 6)

1-3 Vegetation

Mazandaran province, due to its geographical location, climatic conditions and soil type, has a variety of vegetation such as dense forests, grasslands and steppes. The proximity of the Caspian Sea and the Alborz Mountains has caused the vegetation of the northern slopes of the Alborz from the coastline of the Caspian Sea to the high
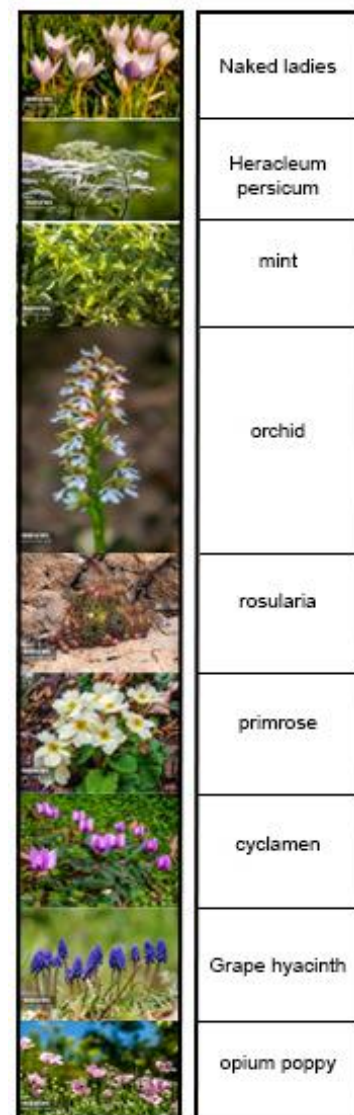
peaks, with increasing altitude, various vegetation in the form of specific strips. In general, the vegetation of this province can be divided into forests and pastures.

Forest - The forest area of Mazandaran province is 973793 hectares and the area of Mazandaran natural forest park is 13705.5 hectares (Statistical Yearbook of Mazandaran. 86. p. 74).

In general, these forests are dominated by deciduous trees that extend to an altitude of 1800 meters. After that, up to 2500 meters, coniferous trees appear.

The forests of the province are composed of various trees, the most important of which are tall, mazo, mumraz, free, fig, alder, spruce, chestnut, boxwood, maple, linden, elm (mulge or oja) and beech. These forests have an important role in economy, industry, employment, climatic conditions, surface and sub-mini waters and soil of Mazandaran province.

Rangeland - In general, mountain grasslands, undergrowth plants and steppe plants form the rangelands of the province, these rangelands are used according to altitude and season.

	Naked ladies
	Heracleum persicum
	mint
	orchid
	rosularia
	primrose
	cyclamen
	Grape hyacinth
	opium poppy

1-4 Climatic rules in design
According to the set of climatic factors that are effective in the place, the main goals of climate design in order of priority are:

1. Creating blinds in indoor spaces
2. Protect the building from rain
3. Reduce building heat loss
4. Enjoying suitable outdoor conditions
5. Reducing the effect of wind on heat loss of the building

The following policies are proposed to achieve the above goals:
In order to create blinds in indoor spaces, considering that the most important climatic issue of the region is to create blinds on wet and hot summer days, the general conclusion can be summarized as follows:
• Use of fully open and large doors and windows in order to enjoy the appropriate and favorable outdoor conditions.
• Construction of buildings on large plots in order to maximize the proper air.
• Anticipation of semi-open spaces that can be used for various activities such as terraces.

• Length of the building along the east-west.
• Placement of buildings in a wide and open complex, for maximum use of the desired wind.
• The height of the floor of the window should be 1 to 1.5 meters from the floor. If for some reason it is necessary to place the window at a higher height, it is better to use horizontal windows that open horizontally to direct the wind downwards and the area used. Slowly
• North and south wall windows should be between 20% to 40% of the total wall area.

- To protect the building from rain:
• Pay attention to the direction of winds accompanied by rain in choosing the direction of the building.
• Predicting suitable aquifers for collecting rainwater and directing it to the ground with the sewerage network.

- To reduce heat loss in the building:
• Forecast of multi-storey buildings.
• Predicting appropriate physical forms in terms of reducing wind impact.
• The main entrance level is higher than the finished exterior floor.
• Sealing all doors, windows and openings.
• Use interior curtains behind windows.
• Pay attention to the direction of the prevailing winter winds (west and northwest winds) in determining the direction of the building.

1-5 Climate analysis

Figure 6. Source: From article Native house designing pattern recognition in Mazandaran province with climatic approach
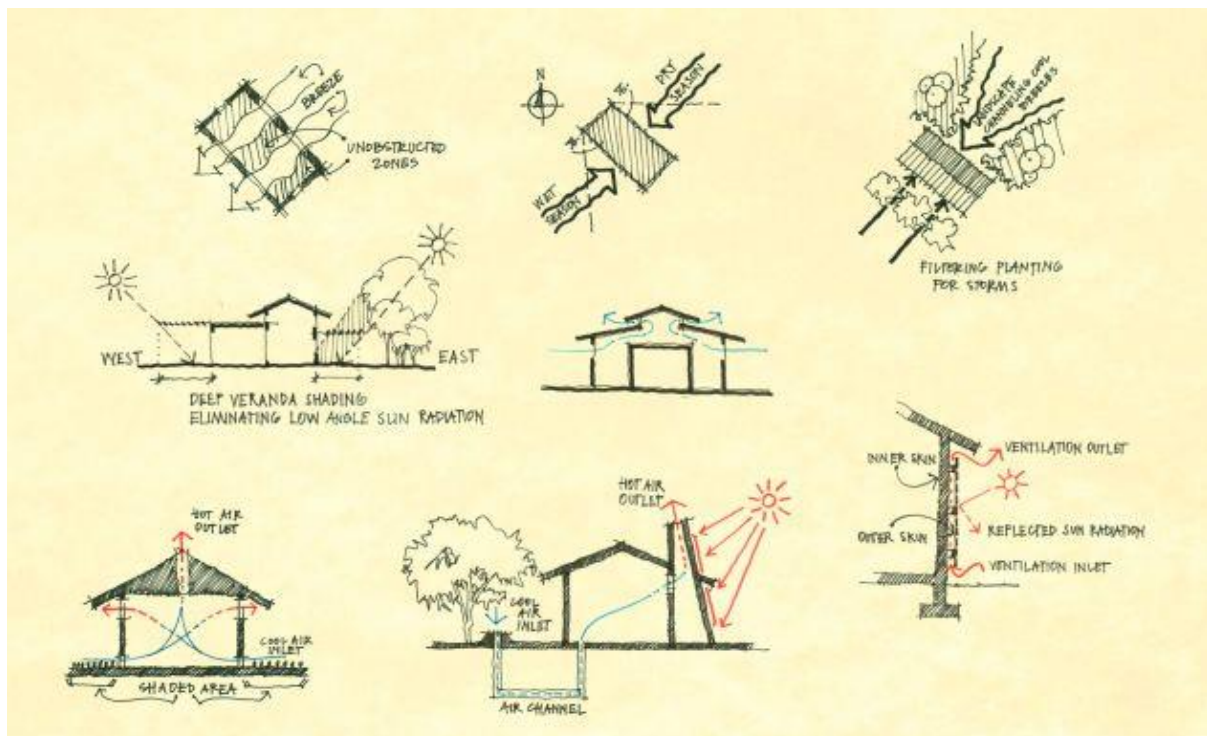
3- Social, cultural and economic studies of Mazandaran province

3-1 Cultural and social characteristics

. Historical appearance of Mazandaran

The name of the land of Mazandaran is Tabarestan, which is composed of the word Tabar with the addition of Stan (place suffix). "The old name of this province was Tapuristan and we see this name on the coins of Espahbodan (Sassanid descendants) with Pahlavi letters and also on the coins of the Arab rulers of the area who ruled from the caliphs of Baghdad. There is a difference of opinion between geographers and historians about the meaning of the word Tabar and Tabarestan. On the occasion of dense forests, axes were often used to break firewood, which is why this area became known as Tabarestan. (Ezatullah Bayat, year 83, p. 265).

Apparently, from the 7th century, almost coinciding with the time of the Mongol invasion, the name of Tabarestan was used and the word Mazandaran replaced it, and the name of Mazandaran is still applied to this province. "Yaghoot Hamavi is the first historian to mention the name of Mazandaran. In fact, the two names of Tabarestan and Mazandaran were synonymous. The name of Tabarestan was applied to all mountainous areas and lowland coastal lands, which extends from the White River Delta to the southeast of the Caspian Sea. The name Tabarestan is not used.

Rabino has written about the reason for the origin of the word Mazandaran: Mazandaran was originally known as Mozandron because banana was the name of a mountain that stretched around Gilan Hall and Jajarm, and because this land was located inside Banana Mountain, it was known by this name (Samad Saleh Tabari, Year 78, p. 19).

Some have considered the origin of the name Mazandaran as a mixture of maz meaning big and also middle, Indira and beyond, and as a result, the phrase "Mazindiran" means the place of the great demon, Indira. Evidence of this is Shahnameh, in which he mentions Mazandaran as the place of the white demon and also considers Indira as a mountain in the middle of this land.

The old and original name of Mazandaran is Tabaristan, which is actually Temuristan and the reason for naming it is the existence of a people; The Albi in it is called Qom Tapur, which stretches from the city of Babylon to the city of Gorgan, and their center was Sari (in Greek sources Zadakrta). Other tribes of Mazandaran are Amard people who are from Amol to Tonekabon and Kadous people from Tonekabon to Ramsar.

Some people know the name of Mazandaran in the form of maze + inside + it. Maz is called bee in Mazandaran language and those who have accepted this rooting know the meaning of Mazandaran as "where the bee is". Some people, because this land used to be full of deer and Mazen also means deer and on the other hand Duran also means predators, have inferred that Duran means predator is an allusion to the Mazandaran tiger and because this land was full of deer in the past. And the people of that land called it Tiger. The current Mazandaran has witnessed many political, social and cultural events throughout history.

Regarding the importance of the history of the historical events of this province, it is enough to say that no other region of Iran has witnessed historical events as much as this region.

That is why Iranian and foreign writers and historians have written the historical ups and downs of this land in books. From the works of Russian writers about Mazandaran, the history of Mazandaran and Astarabad by Rabino, and from the works of Mazandaran writers, the history

of Tabarestan and Royan and Mazandaran by Mir Zahiruddin Marashi, and from the works of Iranian writers, the history of Tabaristan by Ardeshir Barzegar and Mazandaran from ancient times to Today, the writings of Dr. Mohammad Mushkour can be named.

But there is disagreement as to when the name Mazandaran became popular in this region. Some historians believe that since the time of Ibn Esfandiar and Yaqut, instead of Hyrcania The word Mazandaran has been used. Some people know the history of using the word Mazandaran from the fourth century AH onwards. (Free Wikipedia encyclopedia site www. Vikipedia.orj

. Culture

Mazandaran province has a population of 2695309 people over 6 years old, of which 2291216 are literate and it is hoped that in the next few years we will see the eradication of illiteracy in this province. This province is one of the important centers of health services in the region and Babol University of Medical Sciences is of special importance in this field. The province has 797 schools, of which 120 are kindergartens, 143 are primary schools, 133 are secondary schools, 176 are general secondary schools, 30 are technical and vocational colleges, 43 are work and knowledge and 157 are pre-university.

The number of shrines in this province is 1043 and the number of mosques is 3274 and the number of Takaya and Hosseiniyah is 2296 and the places of religious minorities are 2 places. (Statistical Yearbook of Mazandaran - Year 86 - pp. 548-549-556-667)

Table 1. Classification of cultural factors and their impact on the architecture of traditional houses based on theoretical foundations of architecture: Source: http://www.camjol.info/

worldview	value	Theoretical Foundations of architecture	Architecture pattern(house shape)
Religious Background(cultural & religious)	Hope, effort and perseverance	Symbolic Functions	Orientation to east: The orientation of the facade where the entrance is located is mostly to the east unless there are restrictions on the shape of the earth (a kind of metaphorical relationship between leaving home and starting daily activities with sunrise)
	Trusting and Obedience	Symbolic Functions	Orientation to Qiblah: The orientation of the main facade of the building (the facade where the entrance is located) is mostly to the Qiblah unless there are restrictions on the shape of the earth (to indicate the orientation of the Qiblah, especially for guests and the need for a metaphorical relationship between the time of departure Home and starting daily activities with the sentence " hope to God"
	Satisfaction (Avoid extravagance)	Self-sufficiency Functionalism	futility: making maximum use of space and Components Indigenous materials in home construction (stone, wood, lattice). Energy Saving: Orientation of the house and the openings to the cool day breeze (from the sea) and the night sky (from the summit of the mountain).
	Humility	Avoid Show off	Introversion: superiority of the interior of the house over its exterior harmony between nature and texture around it (in terms of materials and colors): wood and laminate-like materials that have warm colors And bright colors on the walls (mostly white) that complement the warm colors of the materials
	Discipline	Form Properties, Space, and Performance Centrality Hierarchy	The existence of open, semi-open and closed spatial hierarchies - the existence of public and private spatial hierarchies The use of linear and central patterns in spatial form and organization

. The language of the people

Mazandarani or Tabari or Tapuri language is one of the ancient Iranian languages which is from the north to the Caspian Sea and from the east to Gorgan and from the south to Shahmirzad, Sangsar, Firoozkooh, Damavand, Lavasanat and the northern areas of Imamzadeh Davood and Taleghan mountains and from the west to Tonekabon and Ramsar are expanding. Currently, a population of about 3 million people speak the Mazandaran language, and social, mystical and religious poems and songs are compiled and sung in this language.

. Religion in Mazandaran

The northern provinces of Iran probably became Zoroastrian during the Parthian or Samanid period, around the second century AH. ق. The people of Mazandaran converted to Islam. During the last thousand years, the Mazandaranis have adopted the Zaydi religion of the four Imams, the Ismailis of the six Imams in western Mazandaran, and finally in the Safavid period, the Shiite religion of the Twelve Imams.

3-2 Economic specifications

Mazandaran is one of the most important agricultural hubs of the country despite its natural resources, unique climatic conditions and due to its location between the largest lake in the world and the Alborz mountain range and the cessation of humidity and thermal equilibrium (Mazandaran Provincial Portal www.portal.mz.ir)

▪ Agriculture

Area under cultivation: The area under cultivation of Mazandaran crops is 402 thousand hectares and the ratio of area under cultivation of crops to the country is 3.11 percent. In recent years, the area under cultivation of crops such as wheat, legumes, weeds, barley, industrial crops and crops has increased and rice, vegetables and other crops have decreased. Among strategic crops such as wheat, barley, rice and industrial crops, the highest growth of cultivated area is industrial products with 38.6%.

▪ Gardening

Areas under cultivation: Mazandaran with 134.3 thousand hectares under cultivation of horticultural (permanent) crops, occupies about 5.4 percent of the country's orchards, of which about 18.6 percent are infertile (nursery) and 81.4 percent Has been fertile. Of the total area under cultivation of fertile and infertile orchards in the province, about 64.8% (more than 87,000 hectares) is irrigated and about 35.2% is rainfed, which shows that the conversion of rainfed orchards to irrigated has increased compared to the past. The area under cultivation of fertile trees in the province has increased compared to before and the most important of them are related to crops such as oranges, peaches, nectarines and walnuts with 3574, 1576, 877 and 571 hectares, respectively.

▪ Livestock

Animal products and animal proteins have a special place in the food basket of households and are very important in self-sufficiency, development of non-oil exports, achieving sustainable development, creating productive employment and improving the economic situation of farmers and exploiters. Mazandaran province, with its temperate and humid climate, is suitable for raising livestock and poultry in different seasons of the year.

Other capabilities of the province in this sector include favorable conditions for forage cultivation, production of agricultural by-products for animal feed, livestock farming among farmers, significant population of livestock and poultry, potential genetic potential and proximity to large domestic consumer markets. According to the statistics of the Ministry of Jihad, about 7.2 percent of the country's livestock products, including 7.4 percent of milk production, 5.8 percent of red meat production, 10.2 percent of white meat production, 1.5 percent of egg production and 3.7% of the country's honey production has been allocated to Mazandaran.

▪ Fisheries

Mazandaran province with a suitable natural and climatic bed, on the one hand has the power to exploit the coastal waters of the Caspian Sea and on the other hand has suitable grounds for the development of aquaculture. Aquatic resources play an important role in providing part of the protein needed by society, creating employment, earning foreign exchange earnings and the economic prosperity of the region in general. (Mazandaran Governor's Portal www.portal.mz.ir)

▪ Mazandaran Industries

The important industries of this province in terms of supply of raw materials are dependent on agriculture and forest, and the industry in this province has a very long history. Although the exact date of the beginning of the industry cannot be determined, but people They hit the products that are the beginning of the industry. Mazandaran industries should be divided into two categories: handicrafts and machine industries:

▪ Machine industry

In Mazandaran province, there are industries in different fields, the most important of which are:

Textile industry, food industry.

▪ Handicrafts

Wood industries (sash, mat weaving), kilim weaving, jajim weaving, sock weaving, fabric weaving, pottery

(Cultural Heritage and Handicrafts Organization)

4- Introducing and analyzing the architectural features of the region

4-1 Architectural features of Mazandaran

In this section, the architectural features of Mazandaran are presented in two parts. First, the features of Mazandaran architecture that are in harmony with the climate or overcoming harsh environmental conditions are brought. Then, the physical solutions and tricks that have been used to facilitate the climatic conditions are stated.

Examples of Forms of Traditional Houses in Mazandaran Region:

Figure 7. Source: From article Native house designing pattern recognition in Mazandaran province with climatic approach http://www.camjol.info/
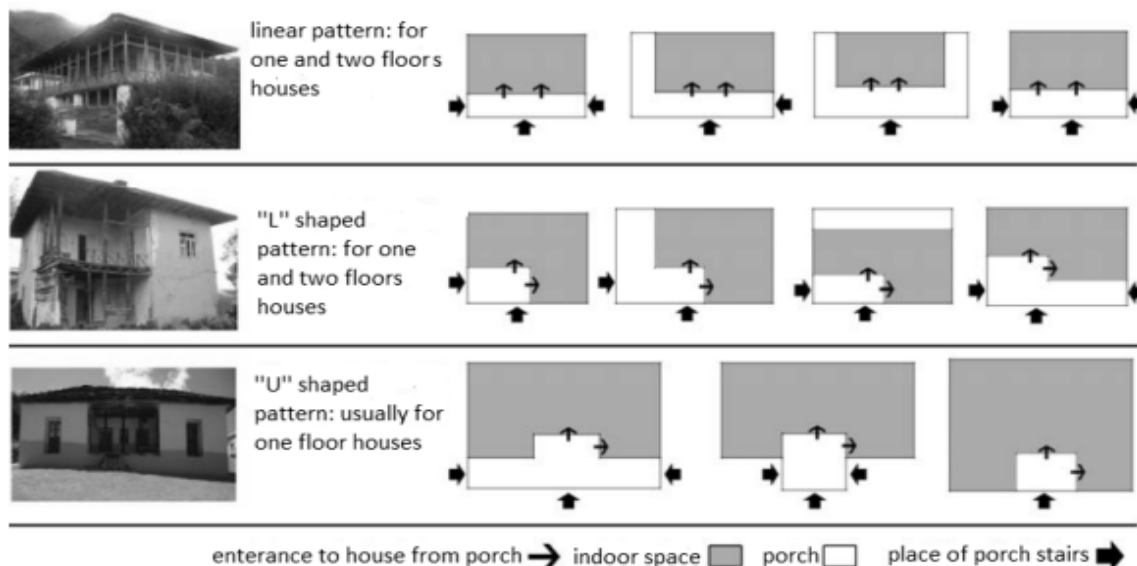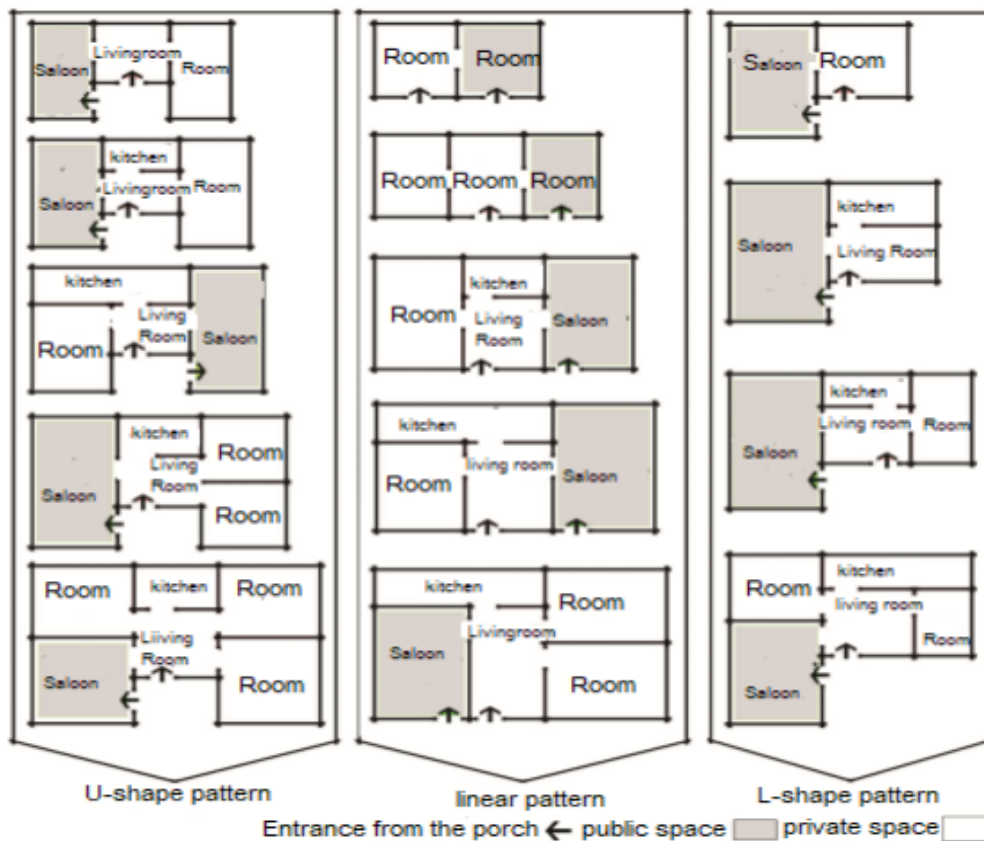
pattern of spaces:

Figure 8. Source: From article Native house designing pattern recognition in Mazandaran province with climatic approach http://www.camjol.info/

▪ urban

Humidity is a major problem in areas near the coast or with heavy rainfall. Humid air is heavier than dry air and is located at the bottom of dry air. Therefore, if urban spaces are enclosed and air and wind do not flow in them, all these spaces in the city will be accumulated of humid air and breathing and activities will be very exhausting.

For this reason, air flow should be used to the maximum to prevent excessive moisture from settling in urban spaces (Ghobadian, 1385: 38).

Therefore, buildings are built in these separate areas, with yards and large open spaces and fences around these spaces are often shorter than human height. The reason for this is the use of air flow, to pass through the buildings and humid air and Take the stagnant with you out of the yard and living spaces. Enjoying the beautiful and green nature of the region is another reason to combine the residential environment with nature. The general characteristics of urban and rural context in this region are as follows: [Ghobadian, 2006: 40]

A) Urban and rural context in an open and wide

B) Relatively large urban spaces

C) Areas with short walls

D) Alleys are relatively wide

E) Separate buildings, connected to each other in urban centers

▪ Extraversion

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Architecture is replaced at a point in nature, where it takes root, learns from it, and connects with it, and the architect is confronted with a world of natural data that affects his spatial order and provides defined laws.

Architecture moves from nature around it, it expands nature in a way, and in it, human existence becomes an inseparable part of the body of nature to accept the return of nature (Abdollahzadeh, 1390: 49).

The native architecture of Mazandaran has become so intertwined with nature and with the climatic conditions that it can be called "naturalistic" architecture. Architecture that is known as extroverted architecture for adapting to environmental and climatic conditions. (Shahroudi, page 37). The reason for the formation of extroverted buildings in this area is primarily the use of air blinds to prevent the stagnation of moisture in the building and another reason is the maximum use of humidity and creating a suitable view and surveillance of the yard. To know. (Georgian Mahlabani, 142: 1389).

Extroverted typology deals with a type of housing architecture with features such as having a direct visual and physical connection with the outside space of the house, no yard, expansion in height and spatial organization compared to another space such as corridors. (Zandieh, 8: 1389).

- Dominant form and orientation of the building

In these areas, free and even cross-shaped forms can be used. However, the form of the building must be stretched along the east-west axis to have the required blinds. (Georgian Mahlabani, 142: 1389). The main light front of most rooms and porches is to the south.

The main courtyard of the building is located on the south side (Kasmaei, 2008: 24). In general, the plans are wide and open and their physical form is mostly geometric shapes, long and narrow. In order to use the wind to create ventilation inside the rooms, the location of the buildings has been determined according to the direction of the sea breezes. In places where strong winds blow, the windward part of the buildings is completely closed. (Kasmaei, 1382: 87).

- The building has four seasons

Like four-season houses in hot and dry areas, which move from north to south according to different seasons of the year, houses in this area also have seasonal movements. Thus: In the cold season, the most important activities take place in the rooms on the first floor. But in the warm season, these activities are performed on the porch, especially the second floor porch (hall) and the second floor room (room hall) (Ghobadian, 1385: 64).

- Communication with the ground

The combination of architecture with land and nature in Mazandaran is associated with both compliance and productivity. (Kalbadinejad, page 84). Due to the humidity and shallow depth of groundwater, the ground floor of the building tries to run as high as possible above the natural ground level so that the floor is away from moisture and humidity and can avoid wind currents at higher altitudes than at higher speeds. Enjoy, benefit. (Ghobadian, 42: 1385).

In connection with the land and the body of architecture in Mazandaran, it is necessary to mention a few points. First: The construction of basements in these wet areas is not correct. Second: Given that the depth of groundwater in these areas is very shallow and the soil is moist and has little resistance, the use of a wide foundation to withstand the load on this loose land,

it is quite logical, and third, by creating a distance between The building and the ground surface prevent the possibility of the transmission of any moisture to the floor of the building.

This distance from the floor to the ground level is about two meters in buildings near the sea and about 50 centimeters or less in buildings located at the foot of the mountain. Due to being in the shade and exposed to the air blinds, this space is a place for keeping poultry (stratifier), drying wood of trees and storage of equipment and is sometimes used as a stable. In fact, the type of use of this space depends on the amount of humidity in different areas (Kalbadinejad, page 85).

- material

Iranian architects tried to get their material from the nearest places and built it in such a way that it did not need to be made from other places and "it was enough on its own". In this way, the construction work was done more quickly and the building became "more compatible" with the nature around it, and when it was renovated, its structure was always available. Iranian architects believed that the construction of the theme should be "canvas" or "ideri" (here) (Abdollahzadeh, 1390: 50). The architecture of Mazandaran also follows this rule and in its constructions it can be seen that it is eco-friendly.

As mentioned, Mazandaran province can be divided into three general mountainous areas with cold climate, forested heights (foothills) and plains in terms of natural features. In the mountainous area, stone and wood, wood forest area and in the coastal area and wood and mud plains are the main construction materials (Kalbadinejad, page 82).

- According to the mentioned areas and the materials available in it, the construction methods will be as follows:

1. Mountainous region with cold mountainous climate:

Stone buildings are common in the mountains of Mazandaran (although on slopes close to the forest, due to the abundance of wood, houses are made of wood). To build different and main parts of the building, they use stone that is found in abundance in the area. The foundations are made entirely of stone and mud mortar and the stone wall in two ways:

A) In the walls of the building of flat stones with mud mortar

B) In the walls of the yard are made of flat stones without mortar (dry China). (Yusuf Nia Pasha, 44: 1385).

The roof is flat and covered with soil and mud. (Sadat Eshkevari, 1379: 30).

2. Forest highlands with cold Caspian climate:

Due to the presence of dense forests and suitable trees in this area, almost one hundred percent of the houses, including walls, roof, floor and sloping roof, are made of wood, and wooden houses are common in these areas. Most of the tree trunks are used to build the walls of the walls naturally (Yousefnia Pasha, 2006: 44).

In places where livelihood is based on rice cultivation, "straw" cover is more common, and in places where villages are located in the heart of the forest, "let" cover is used. "Let" cover has come from the forest villages to the plains and "Klash" cover has become popular in the forest villages along with the change of livelihood.

Harmony of traditional house materials and color with natural texture

Figure9.Source: From article Native house designing pattern recognition in Mazandaran province with climatic approach http://www.camjol.info/

▪ Recycling

In the architecture of Mazandaran, which makes the most use of natural elements, there are no disposable elements. This means that most of each element is exploited. As mentioned earlier, rice stalks (Koulesh or Alem) are used to cover the roof, these stalks are used to make a kind of rope that is used in joints instead of nails and metal wires.

Caspian plain region with temperate climate:

Due to the relatively sufficient presence of wood and mud suitable for the construction of "stratified" houses, they have become more common, as the walls are made of stratum, the floor and the ceiling are made of wood, and the wood as a coil is also spaced from the stratified wall for coiling. Increasing the strength of the structure (Yusufnia Pasha, 1385: 44).

The roof was sloping, covered with "gali" (a plant that grows in ponds and ponds) and "straw" ("rice stalks"), "slabs" of small boards), "pottery" and "gable" (Sadat Eshkevari, 30: 1379).

The bark of a tree called "Lark" is used to make a rope called "Lark Cole". Even the grain of rice grain is used to make a kind of coating called "Fall Gel" which is a mixture of clay, water and crushed rice husk (Ghobadian, 1385: 47). Such use of natural elements will cause the construction waste to cause the least damage to the bed, both during construction and during the demolition of the building, because our building is part of the bed and comes from the heart of nature.

This approach is actually due to the understanding of natural processes. Since there are no wastes in nature, the by-product of any organism is converted into another food. In other words, natural systems are made up of closed loops. Clarifying natural cycles and processes revives the designed environment (Asadpour, p. 11). This principle is in fact considered as an important principle in sustainable design that is clearly seen in the architecture of Mazandaran.

➢ **Physical solutions and tricks:**

These five methods can perhaps be considered as objective manifestations of "passive solar systems". The methods used brought comfort to the residents with the least energy consumption and the most use of natural factors such as wind and air blinds. That is, observing the same principles that form the most basic foundations of sustainable architecture.

1. Ivan

Intermediate and semi-open space porch is in the hierarchy of access from open space to closed. The most common type of townhouse is a balcony with a built-in balcony. This balcony, while providing access to each other's rooms, prevents rain from reaching the body.

The main porch is larger than any of the rooms in the house and is used as a living space. This porch is usually formed on the east or south front of the building and is located at a higher height than other rooms to have a better view and more air flow (Gorji Mahlabani, 1387: 1388). The depth of the porch is enough to prevent undesirable sunlight in summer and on the other hand does not prevent the use of sunlight in winter.

Figure10.Source: www.ostanegilan.com

Figure11.Source: www.ostanegilan.com

ابعاد مناسب ايوان. كاركرد ايوان باالتاق و حياط
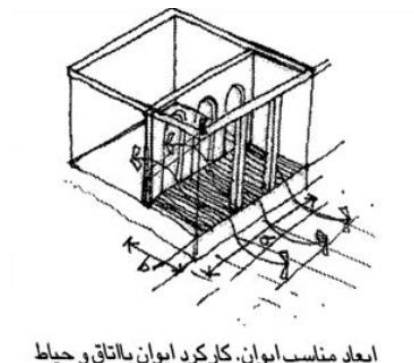
2. Corridor (غلام گردش)

Spaces with two rows of columns in front of the halls are called slave walkers. Also to protect the wall of a "Corridor " that spreads like a porch around the perimeter of the building. The roof continues to the front of the round slave (Gorji Mahlabani, 2009: 2009). Thus, by creating a round slave and covering it above, both the walls are protected and a suitable space that is in the shade and the air flow around it can be It passes easily, it is created for the residents (Ghobadian, 1385: 42).
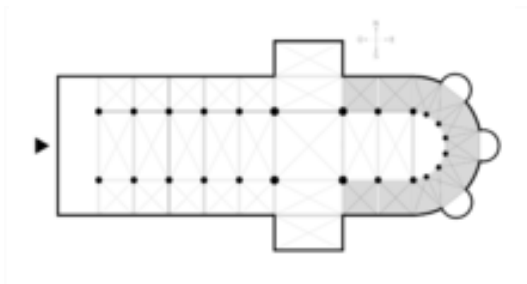
Figure12.Source: www.ostanegilan.com

Figure13Source: www.ostanegilan.com

3. 3. Sloping roof

Due to the constant rain, the roofs in this area are sloping. This prevents rainwater or snow from accumulating on the roof of the building. The empty space between the sloping roof and the roof in these buildings is a good place for storing and storing annual food and is built in such a way that there is a possibility of air flow and ventilation.

Figure14.Source: www.ostanegilan.com
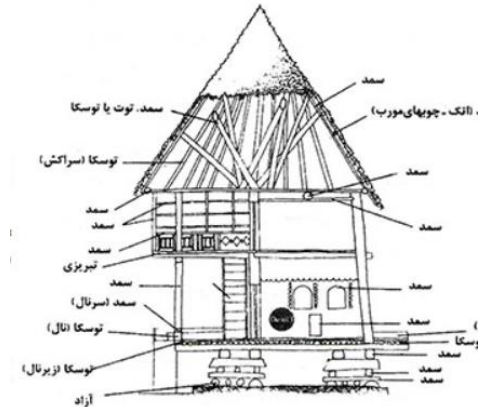
4. Korsichini (کرسی چینی)
To prevent moisture from penetrating the floor of the building, the building should be raised from the ground floor to establish airflow between the floor and the ground surface (Gorji Mahlabani, 138:).

Materials and porcelain chairs in the temperate Caspian region, is a function of topographic conditions and access to a variety of materials and materials, and on the other hand, the empirical knowledge of local masters, the type and duration of use of the building, its constructive economic potential. Traditional buildings for communication and placement on the ground in terms of porcelain foundation are divided into four categories:

foundation of stone and mud, Shakili or bajboneh, piling and Porcelain foundation with building materials. The foundation is mostly made of wood or mud and stone in the form of monoliths or single columns under the building (Kalbadinejad, page 84). Another solution found in some townhouses is to build double-walled flooring for the floor of the room so that air flows from the floor wall to evaporate moisture and ventilate it.

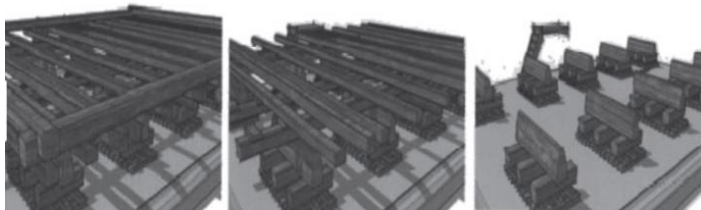Figure15.Source: www.ostanegilan.com   Figure16.Source: www.ostanegilan.com

5. Kottam
A kind of porch and a kind of summer building that in the Mazandaran dialect is called Nefar, which has been used as a sleeping spring. The shaded roof is also called the independent four-sided open porch, which is built on four tall pedestals.

This space is considered as open spaces. A room with approximate dimensions of 3.5 by 3.5 meters, which is built on wooden handles or 1.5 to 2 meters above the ground, this space is open on four sides and is surrounded by a wooden retaining wall and a roof in the shape of It has a pyramid.

Figure17.Source: www.ostanegilan.com

The lower part of the cotam is used to keep livestock and the upper part is used for summer sleep (spring sleep) of family members. From a climatic point of view, this building has a special importance.

Due to the hot weather and high humidity in summer, which causes a sultry climate in the region, the construction of a semi-open space that is open on all four sides and away from the ground can create a gentle breeze and blinds in different directions. To be effective in achieving climatic comfort (Georgian Mehlabani, 140: 1388).

5- Sustainable architecture

All designs made in relation to sustainable systems must be able to make the necessary predictions for the future. For example, a building must be designed to be reused or even to have its components in place. The needs of the next generation are also used (Soleimani, 2008: 2).

In line with what has been said, in order to design for a sustainable architecture, an objective and more tangible reference can be made as follows:

Attention to all the contents and structures in which the attempt to design sustainable architecture has been proposed and proposed:

- Housing + sun and green space
- Healthy walls for healthy housing
- Understanding the concept of sick building
- Roofs with natural ventilation
- Collection and use of rainwater
- Improving health services and utility systems
- Improving heating and cooling systems
- Insulate the building by creating the body and roofs with air-permeable layers
- Proper design and construction of doors and windows as interfaces inside and outside the building
- How to properly illuminate living spaces with the least waste of fuel
- Maximum use of natural energy sources (solar, wind mobility, etc.)
- Solar heating systems
- Correct replacement of cooling devices, etc.

5-1 Dimensions of sustainable architecture

The dimensions of sustainable architecture can be expressed in the context of the following issues:

A. Saving energy consumption and using renewable and clean sources
B. Saving first-hand and non-renewable resources and materials, recycling and reuse
C. Respect the design bed
D. Proper use of climatic conditions in any place and region
E. Use of native materials

(Nasr, 2: 1389)

5-2 Principles of sustainable architecture in the zone

Some buildings have features and characteristics that make them among the sustainable buildings. The principles that must be followed to classify a building as a sustainable architecture are:

The first principle is energy conservation: The building must be constructed in such a way as to minimize the building's need for fossil fuels.

Principle 2, Climate Harmony: Buildings should be designed to work in harmony with the climate and energy resources available at the construction site.

Principle 3, Reduce the use of new sources of materials: Buildings should be designed to reduce the use of new sources as much as possible, and at the end of their useful life to build a new building, use themselves as a new source.

Fourth principle, meeting the needs of residents: In sustainable architecture, meeting the mental and physical needs of residents is of particular importance.

Principle 5, coordination with the site: The building should be gently placed on the ground of its site and be in harmony with the surrounding environment.

Principle 6, totalitarianism: All principles of sustainable architecture must be embodied in a complete process that leads to the creation of a healthy environment (Ghiasvand, 2006: 4).

Further reflection on the subject indicates that the concept of sustainable architecture is rooted in ancient customs and ancient human cultures and has manifested itself in traditional life, in the form of honoring and respecting nature and resources. Thus, the activities of the last decades of the twentieth century can be considered as an attempt to revive these ancient concepts. (Mousavi, 19: 1383).

In the discussion of sustainable development and, by its nature, sustainable architecture, it has become obvious that every building must interact with its context and environment. The most controversial part of this is how to interact and the type of measures considered.

This is exactly what the inhabitants of this border and environment have used years ago with special skills and have used it by implementing special techniques and rules in the field of optimal use of energy and natural resources, especially the sun and wind, and in harmony with the climate. Zandieh, 2: 1389).

Chapter Three: Design Subject Studies

In this section, first the social criteria necessary for the plan are examined and under each criterion, appropriate solutions to achieve it are presented. Then, the criteria are reviewed and

the findings of the studies are reviewed and analyzed. Field studies include a questionnaire distributed among 16 residents of Mehr Tolo Center, which is administered under the auspices of the Tolo population without symptoms - as well as an interview with the director of the women's section of the center (Eri, 2016).

1- Social indicators and criteria necessary for the establishment of a social service center

In the previous sections, by studying injuries such as addiction, prostitution and female-headed households, we found that injured women face all kinds of injuries in the course of their biological experience. From a general point of view, these injuries can be classified into different types such as physical, psychological, social, economic, sensory-emotional and sexual injuries and non-injuries. And that means that affected women have lost a lot of their possessions and have countless needs and shortcomings.

Hence the need to pay attention to social indicators and criteria in establishing a social service center. The victims suffer from them.

Needless to say, women affected by injuries such as addiction, prostitution, and female-headed households are more likely to be harmed in various educational, cognitive, physical, psychological, social, economic, and other fields.

After presenting and defining these indicators, the results of the analysis of the interviews with the managers of one of the rehabilitation centers for injured women and the interview conducted and the questionnaire distributed among 16 injured women living in one of the dormitories of injured women are presented. The interview with these women focused on "the characteristics and services they expected from a social services center."

Diagram 1. Source: by author.
(Mobina Motiei, 2022)
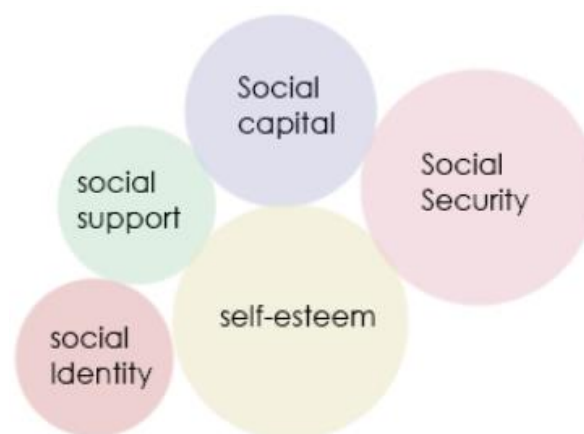
2- Instructions on the criteria for establishing, managing and dissolving treatment-oriented community centers

The following is the instructions for establishing a medical accommodation center: (different departments and required manpower). And depending on the number of people covered can vary:

One person in charge, 6 psychologists, A psychiatrist, A general practitioner, 6 social workers, One person in charge of the sports program, 6 helpers, One person in charge of sampling, One occupational therapist.

Also, according to Article 26 of the regulations for setting up a medical center (substance abuse), the building and facilities of the center are in accordance with the bylaws for establishing clinics and include a doctor's examination room with an area of at least 8 square meters, a psychologist / counseling room with at least 8 square meters, and a medicine room with at least 8 square meters. , Nursing care and rehabilitation room (at least 10 square meters, waiting room with the ability to use the treatment group at certain hours (at least 16 square meters and health services) will be limited.

Documentary and reliable explanations can be provided regarding the personnel and human resources, as well as the human capacity of a social service center for the homeless and the reference to the guidelines for the establishment and dissolution of long-term and non-static residential treatment centers:

Instructions for establishing the management and dissolution of long-term and non-static residential treatment community centers in 2009 Article 1 of this instruction defines the following concepts and terms and the long-term residential treatment community community center:

Is a 24-hour center for the treatment and rehabilitation of substance-dependent patients whose interpersonal relationships and social functioning are severely impaired. Assistant in assistance and follow-up services

The treatment-oriented community approach is a social approach that allows the addicted person to recover through general changes in lifestyle.

In the same article, the definition of a non-residential treatment community center is also provided:

Daily and non-residential center for treatment and rehabilitation of drug-dependent patients whose interpersonal relationships and social functioning are completely disrupted due to their social activities, they are able to stay full time in the center. Benefit from community-based educational services to improve adjustments or changes in their personality and behavior lifestyle. These interventions are applied to life and personality through a therapeutic community program.

In this article, other concepts and words are clearly defined, some of which will help to better understand and explain the following explanations as soon as possible, so that the concepts are as follows:

Addiction treatment: a combination of psychological and social medical interventions to change behavior and improve performance with the return of drug addicts to the community tomorrow with the ultimate goal of achieving a life without drugs.

Rehabilitation of substance abuse: All services related to the prevention of recurrence and improvement of previous injuries caused by substance abuse and performance promotion - are addicts (addicts). Such as: educational services, counseling, psychotherapy, relapse prevention drug interventions such as naltrexone, treatment of comorbidities and social support.

3- Basic needs and facilities

- Room facilities

Blankets and pillows, Wardrobes for clothes and personal items, Three meals a day, Clothing and ...

- Sanitation and Health

Doctor, Hairdressing, Dentist, Psychologist, Assistant and social worker, Health services to prevent the spread of infectious diseases and ...

- free time

The possibility of entertainment outside the center, especially on holidays, Music, Short trips, Ability to interact with relatives, A small garden for planting flowers and plants with a specific area per person

- Employment

The possibility of working and employment in the form of small workshops to earn the minimum money needed to provide the desired equipment, however small, creating temporary exhibitions to generate income and the possibility of communication with people, weaving workshop, sewing, doll making, flower making, crocheting, pottery, wood industry and ...

- Training classes (Psychological needs)

The possibility of literacy and continuing education, Technical and professional skills, Computer class, language class, Cooking class, Gardening, Art and music training classes, sewing courses, Life skills workshops, Social skills of self-knowledge and ... Holding psychological training classes for families in order to better accept the improved person

- Sport

Group sports Sports will be better and more fun if they are in groups, Aerobics is very effective for women consumers and those who are just beginning their purity, dancing and rhythmic movements, Yoga to increase concentration and more relaxation, Bodybuilding, Swimming and cycling and ...

4- Physical properties of space

In designing this center, we prioritize 3 principles for the general plan according to the items we examined in the previous sections, and then we will deal with their micro-spaces and their features:

Principle 1: Given that these people primarily lose their morale and self-confidence, in order to achieve other goals, we must create a space according to the studied variables and activities by themselves. Shape to restore the confidence and self-esteem of these people by growing and flourishing and strengthening their creativity. In this part, we must pay attention to the design of the educational and workshop section.

Principle 2: Many of these people who fled or became addicted or ... due to migration from rural to urban areas and the industrialization of life from. They had mental problems that led them in this direction, even those whose only problem is homelessness and who came to this center, it is better for them to stay away from industrial and urban life and live in a calm and safe environment. Appropriate materials, accuracy in the amount of light and ventilation, avoidance of apartment and floor design, design of important spaces on the ground floor and direct connection with the outdoor green space, etc. can realize this principle to some extent. This section is more related to the residential section.

Principle 3: One of the obstacles to women quitting addiction is the way society looks at them. In addition to addicted people, looking at and dealing with a single, divorced or widowed or addicted woman is annoying in some cases, so that these people gradually move away from society. And sometimes they are on high-risk routes. Designing and considering spaces such as exhibitions in which the general public is also present, in addition to generating income for these women, strengthens the social connection. Also, the integrated function and design of spaces in a way that people in the center are not separated from each other can create a kind of interaction that compensates for this disconnect from society and each other. In the medical field, we must consider these cases.

5- Interview with the director of Mehr Tolo Center (Mr.Nader, 2022)

Based on this interview with the director of Mehr Toloo Center, she considered the following as suitable spaces for the Center for Homeless Women (Eri, 2016).

- Use various and happy colors.
- The building has enough light and enough air and is free of moisture.
- The building has sufficient strength against possible accidents.
- Adaptation of the building should be done according to the rules and regulations of the Supreme Council of Urban Planning and Architecture.
- Different parts of the building have multiple windows to connect to the outside space.
- Doors and windows must be equipped with metal guards.
- Doors and windows have unbreakable glass and it is better to have double glazing.
- Several toilets and baths.
- To have both Iranian and French health services.
- Have a separate toilet for staff.
- Switches and sockets are high and inaccessible to the client, but must be in another room, ie in the control room or care room.
- The floor of the bathroom and the kitchen should be washable and not slippery.
- Shares should be completely emptied.
- The building must have a heating and cooling system.

- The building must have a ventilation system.
- The center yard should have trees, green space, waterfall and a suitable sports field.
- A space for screening and accepting clients.
- Clients involved in addiction.
- The general section includes cartoon dreams that
They are physically and mentally healthy.
- Healthy clients section.
- Isolated part of detoxification rooms.
- Suitable space next to the detoxification room for clients to meet with their children during quarantine.
- Allocate two rooms for the office unit.
- Allocate two rooms for the support unit.
- Allocate a room for management.
- A space for a meeting room.
- A space for the dining hall.
- A space for ceremonies.
- A space for the kitchen.
- A space for laundry.
- Allocating a space for storing clothes and a space for storing food with shelving.
- A space for storage facilities.
- A space for a water house.
- A space for the prayer hall.
- Allocating space for relaxation, a smoking room, music room, TV room.
- A room for the doctor's pavilion to rest.
- A room for the watch manager to rest.
- A room for nurses to rest.
- A room for nurses to rest.
- Allocating space for help: including a room for the caregiver and a room for interviewing the helper should be an archive room for the client's degree and ...
- Space for the medical ward: a room for a doctor, a room for a psychiatrist, a room for a psychological interview, a room for a health officer, a room for dressing, a room for a pharmacy, etc.
Finally, based on the studies done, the following should be added:

- Workshop educational space
- training class
- Professional technical skills workshop
- meeting room
- Hairdresser's
- Gym and gym and playground
- Small garden for planting
- Large bird cage in the treatment yard
- Small library and reading room

6- Results of analyzes

The main topic that was considered in the interview with these women was the characteristics, facilities and services they expected from a social service center, and what follows is the result of the answers and statements of the affected women to the question, and in fact comes from the experience of presence. He is in such centers.

Categories include basic health needs and facilities, leisure, employment, sports training classes, and physical and spatial features, respectively. These are general categories, each of which has subcategories that actually explain and express the general category.

7- List of required spaces based on the analysis of criteria and study results

Educational – Workshop:

- Class
- Sewing workshop
- Pottery workshop
- Carpet weaving workshop

Accommodation

- Suite

Pharmacy treatment:

- Doctor's room
- Psychiatrist's room
- Help
- Detoxification rooms

Facilities:

- Engine room

Administrative:

- Management
- Employee rest
- File archive
- Kitchen

Administrative:

- Management
- Employee rest
- File archive
- Kitchen

Service & welfare:

- Market Dinning salon
- KitchenLaundry
- Gym
- Conference hall
- Music room
- Hairdresser's
- Library
- Greenhouse
- Children's play space
- Bird cages
- W.C

8- Analysis of external and internal cases

These case studies can be a starting point of this project or it can also serve as a link or reference which can help in explaining the project with ease. The main purpose is to research and understand the concepts that an architect has used while designing that project and how it worked, and my aim was to learn from its perfections as well as from its mistakes too while adding my creativity.

8-1 Internal cases (in Iran)

Injured Women's Social Service Centers in Iran

Hosseinian (2009) in an article entitled The Role of Non-Governmental Organizations in Empowering Women Heads of Household in Iran, introduced them comprehensively, completely, and most actively, which we will quote directly below.

Non-governmental organizations are in fact organizations that operate outside the scope of the government and private companies and their main characteristics are:

A) Relying on the spontaneous and voluntary activities of the people

B) Encourage egalitarian organization

C) bottom-up decision-making process

D) Providing services and products regardless of their profitability

The establishment of successful NGOs in the Third World has shown that they improve local resource utilization, promote equality, and reduce scarcity. NGOs can move toward addressing women's vulnerabilities and pursuing the goal of empowering women.

Iranian women's non-governmental organizations can be divided into two categories:

The first category includes traditional women's organizations that have long been active in meeting the service and production needs of urban and rural areas. Dairy mentioned the support groups of the baker and the breadwinners

In the field of services, we can name the organized groups for mourning and wedding ceremonies. These thanks naturally have characteristics that bring them closer to successful non-governmental organizations in the third world, such as the voluntary participation of members, balanced organization and bottom-up decision-making process.

The second category is modern non-governmental organizations that have been formed in this regard. These organizations can be classified into four main groups:

A) Women's business organizations

B) Women's research and journal organizations

C) Charitable service associations

D) Women-oriented organizations that work for the realization of women's rights (Taghizadeh 2007, quoted by Hosseinian, 2009).

(Erie, 2016).

Marzieh Farshad, stating that there is now a shelter for men in Isfahan, added: "In this place, homeless men who are not interested in addiction treatment are encouraged to abstain from drugs or medication by receiving services to reduce health and social harms caused by drug use." be. He stated: In addition to providing free accommodation services, the necessary

training and psychological and assistance services are provided to clients at the night shelter for addicted women.

He stated that the purpose of establishing this center was to reduce the health and social harms caused by drug use in addicted and homeless women and said: "Counseling and psychological services focus on motivating change in clients and ultimately try to help clients avoid abstinent or Encourage medication. The Deputy Minister of Prevention of the General Department of Welfare of Isfahan Province emphasized: Shelter centers for addicted people provide the possibility to use a safe environment before starting the treatment process.

1. Residential Treatment Center for Women Addiction in Tehran

Residential addiction treatment center for women, affiliated to the Green TV Institute, does its work on a trial basis and under

Treatment of 40 addicted women has begun.

He also announced to the present clients that with the coordination made, a space will soon be set up for the accommodation of homeless and homeless women who have recovered from addiction. Arrangements have also been made for the employment of these people, which is being finalized.

2. Women's Addiction Treatment Center in Tehran

"Behbood Gostaran Hamgam" Women's Residence and Addiction Treatment Center

Figure18. Source: www.campebanoan.com

3. House of the Sun.

It started its activities in February 2006 in the Darvazeh Ghar neighborhood of Tehran to be the first transit center for reducing the harm of women addiction, in a high-risk neighborhood, a place to provide supportive and health care services to women. And social abusers of drugs and stimulants and related diseases for women users.

This is a center where efforts are made for the well-being of women, empathy and solidarity with them, so that hope can return to them and they can find a way of life in the midst of troubles that sometimes did not play a role in their emergence, and they can grow. In the future, with the hope of God, they will play a role in reducing injuries and increasing awareness in the

neighborhood and community. The Harm Reduction Program for women clients and efforts to bring them back to the community and family have gradually incorporated the activities of the Sun House into the areas of vocational training and job creation.
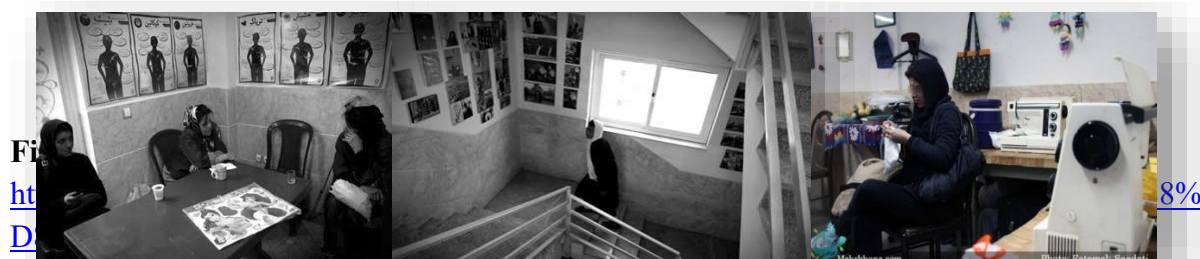
4. Mehr Entrepreneurs Charity Center

It is a non-governmental, non-political, non-governmental (NGO) and non-profit organization that was registered in 1999 with the great and God-pleasing efforts of a group of charitable women.

With the aim of maintaining and promoting the self-esteem of "female-headed households", this organization provides training in order to create employment opportunities in order to alleviate poverty and thus empower this group.

"Mehr Entrepreneurs Charity Center" is managed by the members of the Board of Trustees and the Board of Directors.

The spiritual support, divine grace and blessing and the financial support of this charity is the humanitarian participation of the benefactors as well as the income from holding charity exhibitions and markets.

Values and goals of the institution

Goals:
Successful Islamic model of empowering charities for female-headed households

Mission:
Our mission, in line with obedience to the Lord of the Worlds and with love for one another, in order to achieve dignity and prosperity of human dimensions, fulfill social responsibility and social security, empower female-headed families to achieve personal, social, economic and cultural maturity and reform and promote The national culture is helpful. In order to achieve this important goal, we are accelerating the transition of society from a supportive to a supportive-empowerment policy. Our target audience is women heads of households and their families, relevant institutions and all natural and legal persons and non-governmental organizations active in the field of support and empowerment of women heads of households in all Islamic countries.

Dimensions of empowerment services
The scope of charitable activities at the individual and family level in four areas of empowerment, including: economic and employment empowerment, psychological, socio-cultural and biological empowerment is as follows:
Economic services and employment include:

• Payment of Qarz al-Hasna loan from internal charitable sources or outside it

• Assistance in providing housing and employment through credit facilities, loans or donations (in case of emergency and within the limits and possibilities)

Occasional payment of living allowance during technical-vocational and skills training

• Holding technical-vocational and skill training courses

• Execution of self-employment programs

• Implementation of internship programs

• Help increase revenue and ...

Social and cultural services include:

• Strengthen insurance services and cover all women subject to the plan

• Provide temporary accommodation in case of emergency

Facilitate access to cultural goods and services

• Strengthen adult and general education programs

• (Holding religious meetings and family education (transcendent rituals and customs of life, stable family, etc.)

• Enrichment of leisure time of covered women and their families and ...

Projects

5. Empowering NGOs

project title:

Training and empowerment of non-governmental organizations

- Creating a suitable environment for the presence of talented people as consultants in important decision-making

- Focus on special activities and specialization of organizations in accordance with the strengths

8-2 External examples (in Other Countries)

SAX Rehabilitation Center

- Architects: BW Arch
- Year : 2015
- Engineering : Protech SA, TECSA, Philippe Bruchez
- Collaborators : Arnaud Zehnder
- Work Director : Nunatak architectes Sàrl
- Clients : Fondation CAAD
- City : Sebnitz
- Country : Germany

Figure20.Source: https://www.archdaily.com/966267/sax-rehabilitation-center-bw-arch
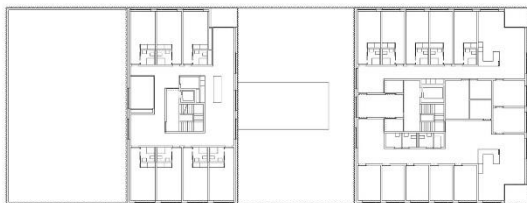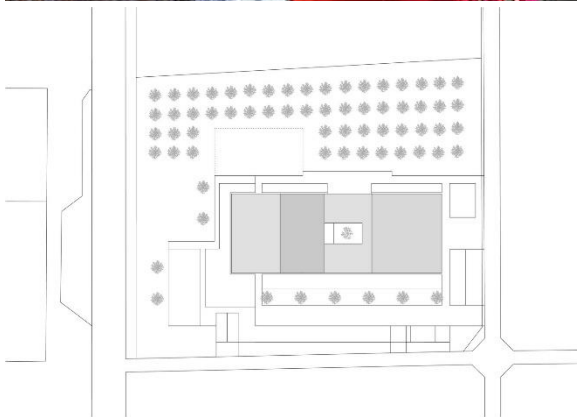
This facility, a residential, occupational,
and healthcare center for persons with psychological, somatic, or social issues or issues arising
from addiction, aims to offer its clients a contained, structured environment while they prepare

for their reintegration into the community. Located amongst the orchards in the Rhone valley, halfway between the villages of Saxon and Charrat, the new facility is anchored in the rural structure of the locality. The way the orchards, fields, and vineyards are arranged dictated the design of the building and its surroundings. The building is incorporated within this orthogonal logic.

The project gathers the various functions under one roof, the dissected composition of volumes identifying the various sectors. Forming a large pedestal, the ground floor houses the common functions on either side of the central patio, the heart of the facility around which articulate the reception/meeting, dining and recreational spaces – a place for socializing that is open, contained, and convivial. The entrance to the facility and interior patio is positioned in such a way as to protect the residents from the prevailing wind which ascends the valley. The residential spaces are on the upper floors – arranged horizontally for persons with urgent social needs and short-stay residents, and vertically for the three long-stay apartments. Thus the two types of stay are naturally separated and clearly identifiable. The residential unit's function like large autonomous apartments with bedrooms and an open-plan kitchen, diner, and lounge area with an enclosed balcony extension. The interior materiality is rigorous: visible concrete walls, smoothed asphalt floors, and metallic false ceilings featuring large ribs. The use of laminated pine panels for the false ceilings and wall cladding imbues the apartments with a domestic atmosphere, while the tinted glazing brings colored light into the common spaces. The various spaces are open towards the valley for the enjoyment of the most interesting views and to take advantage of the morning and evening sun. The large windows in the façade create a regular rhythm. The opening part of the window is protected by the perforated metallic skin with which the façade is clad. The opening part swaps position from one floor to another, creating a staggering effect in the window piercings – an effect that disappears at night when the lights are on. The deep ribbing of the cladding and its copper hue imbues the facility with an identity all its own. The use of industrial metal is a nod to the fruit hangar in the valley. (Pintos,2005)

Alzheimer's Day Center

- Architects: GCA Architects
- Area : 1070 m²
- Year : 2019
- Photographs :Salva López
- Manufacturers : AutoDesk, Klein, ROCKWOOL, Adobe, Egoin, Lecumberri, Trimble
- Structure : Capilla Monaco Arquitectos
- Contractor : COASA
- Landscape : Belén Mutlló Pamies
- Direction Execution : Josep Marsal, Maria Escoda
- Clients : Fundación Rosa María Vivar
- Installations : Enginyeria Xavier Riveiro Sl Profesional
- City : Reus
- Country : Spain
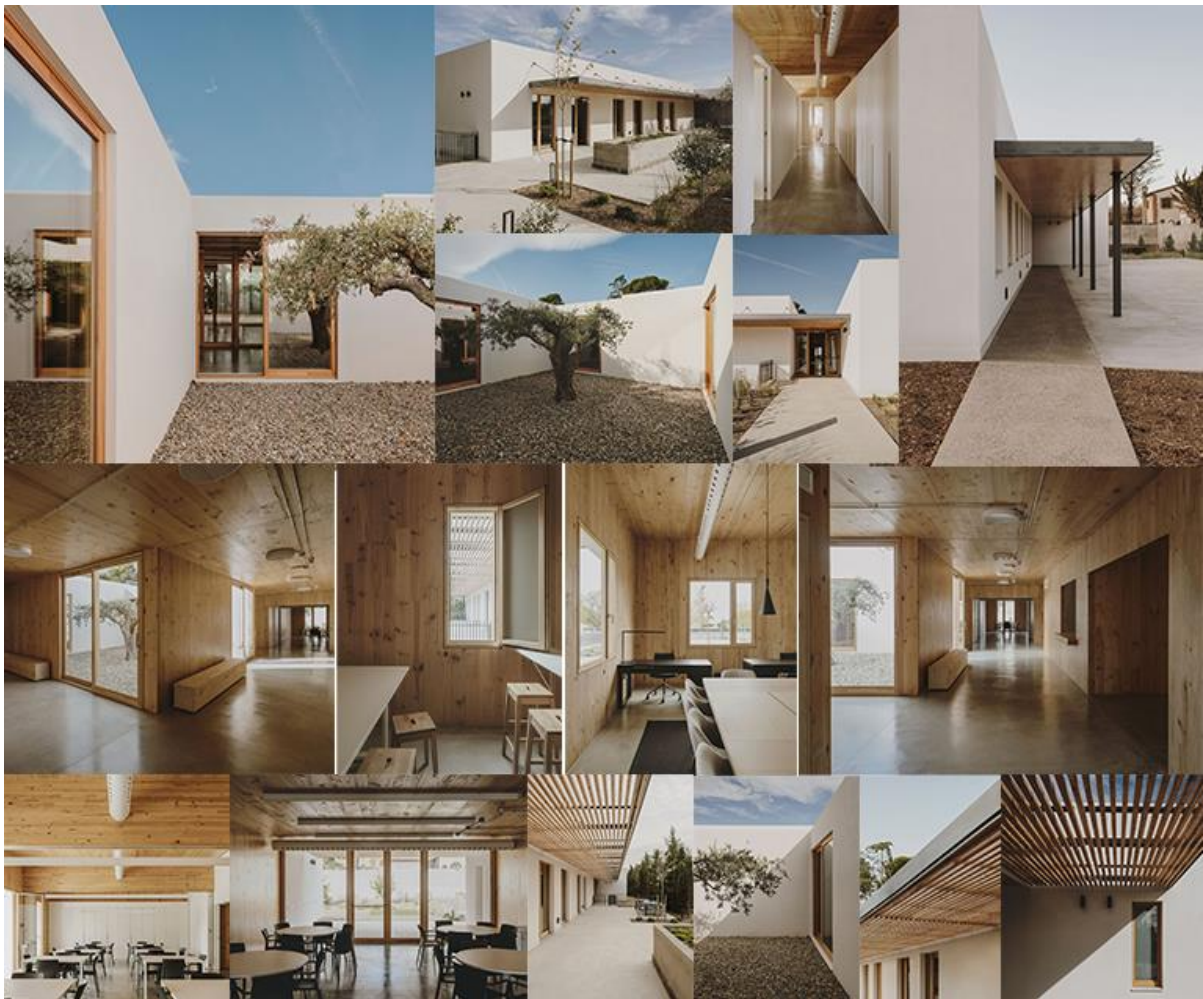
From archdaily

Quality materials like wood and concrete were used to give a peaceful sensation of simplicity. Recently inaugurated, this Healthcare Center for elderly people has been built with the innovative CLT system, which allowed a high level of accuracy, sustainability, and high speed
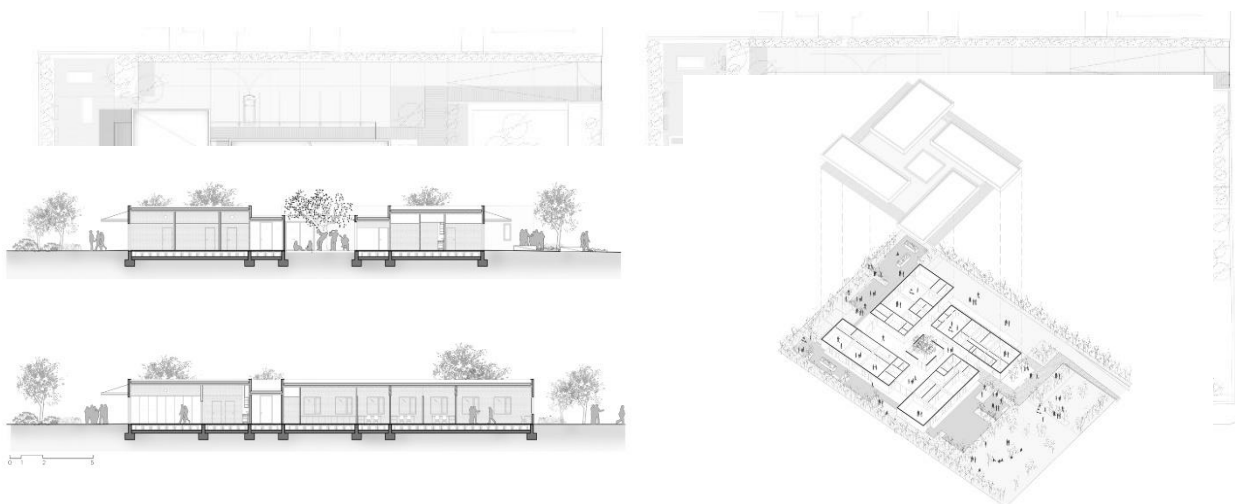
of construction. The plot has 1070sqm of constructed area and 3500sqm of green area. In the central courtyard -the core center of the project- rises an olive tree, a symbol for the founder family of Rosa María Vivar, the non-profit organization that promoted the project. This patio supports and illuminates the central circulation area that is intended as a wide but slow space, always accompanied by the image of the olive tree that transmits sensitivity and tranquility. The patio also articulates six modules for different uses, each with its own independent garden, having 75% of the green area at the plot. The outdoor spaces were designed to be part of the healthcare therapies and treatments.

It comes as state-of-the-art technology the use of a wood construction system called CLT. Wood is the main material of this project not only for its sense of spatial warmth -the idea of creating a warm and friendly environment- but also due to its flexibility of use, essential in the case of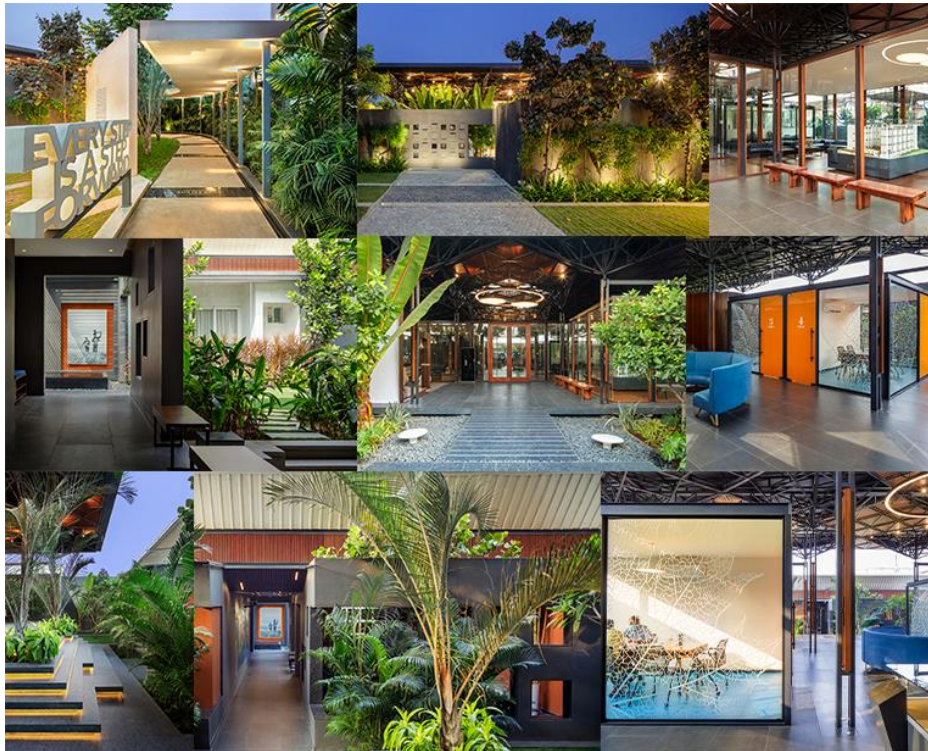 the Healthcare Center, dividing areas of controlled dimension without losing the advantages that a single large space can provide. The circulations are solved in a simple and logical way to facilitate the user of the users and to take advantage of all the spaces of coexistence. The gardens or outdoor spaces are designed to carry out complementary activities to the regular therapies. It is divided into 6 independent spaces, communicated with each other, determined by the building's own projection towards the outside. These spaces are designed to improve the physical and general state of each person. The design, the choice of plant species, and the different furniture elements have a common objective: to facilitate contact with nature to contribute to well-being and help to improve the quality of life of people. (Coulieri, 2019)

Experience Center

- Architects: CnT Architects
- Area : <u>20000</u> ft²
- Year : <u>2021</u>
- Photographs :<u>Andre Fanthome</u>
- Lead Architect : Amit Rastogi
- <u>Lighting Design</u> : <u>Lite Lab</u>
- Design Team : Karthik P Nair, Anupama Rao
- Landscape Design : Oikos
- Graphic Design : <u>Graphics Beyond</u>
- City : Chennai
- Country : <u>India</u>

Figure22. Source: https://www.archdaily.com/974102/experience-center-cnt-architects

ROOF PLAN

FLOOR PLAN

1. ARRIVAL PLAZA
2. SECURITY POINT
3. CURVED ALLEY
4. LAWN
5. ENTRY COURT
6. DISPLAY GALLERY
7. RECEPTION LOUNGE
8. CIRCULAR LOUNGE
9. MEDIA ROOM
10. CRM & OFFICE

11. CUSTOMER STUDIOS
12. COFFEE SHOP
13. SCULPTURE COURT
14. MOCK UP FLATS
15. KIDS PLAY AREA
16. BAMBOO COURT
17. MID OFFICE
18. CONFERENCE ROOM
19. CCTV AND STORE
20. STAFF DINING COURT

21. GM SALES ROOM
22. PROGRESS REVIEW ROOM
23. SALES OFFICE
24. SITE OFFICE
25. WORKSHOP
26. HEAD OF PROJECT
27. VIEWING DECK

SECTION AT A

1. MEDIA ROOM
2. CRM & OFFICE

SECTION AT B

1. CUSTOMER STUDIO
2. COFFEE SHOP
3. CRM & OFFICE
4. RECEPTION LOUNGE

1. DEFINING STRUCTURAL GRID   2. ADDITION OF PODS   3. CREATION OF TRUSS   4. INTEGRATING SKYLIGHT AND DESIGN ELEMENTS

Located in Chennai metropolitan at close proximity to the city's transit hub, the site is approached from a highly buzzing Poonamalli high road. Three key components- a marketing office, an Experience center, and a Construction site office are the core of the facility. ''Journey through the project reveals intricately detailed spatial sequences carefully crafted by the thoughtful blend of Architecture, Landscape, and Interior design. Visual frames and experiences unfold in layers to keep the visitor captivated & intrigued throughout.'' (Abdel 2021)

A landscaped plaza creating a tranquil arrival experience is first on the entry sequence; doubling up as the interface between the city and the main program filtering the unwanted external buzz. At the point of arrival, one gets a glimpse of the Intricate roof canopy of the marketing office hovering over the plaza feature wall, creating a sen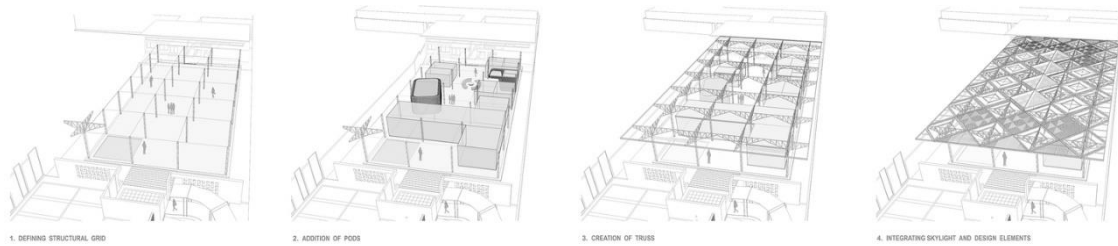se of mystery for what lies ahead. 'Marketing office' is accessed through a curved alley; meandering through lush green it guides visitors to an arrival court revealing a full view of the architecture. The form; conceived as an expansive canopy floating over slender metal columns shelters many pods beneath to hold the program. Pods contain air-conditioned spaces for the reception, gallery, media room, customer studios, etc. Arranged in a free plan form, their placement defines a natural movement spine along the longitudinal axis. The intricate design of the ceiling and series of skylights along the spine enriches the experience of moving through the space. The 'Experience center' is accessed through a landscape buffer placed at the end of the marketing office. Steps through the landscape graduate to a scaled-down movement spine representing the proportions of an apartment lobby, leading to three model apartment prototypes put on display here. The placement of model apartments is juxtaposed with various semi-open and open public spaces to create a very engaging and enthralling environment. Overall visitor journey is designed as a two-way experience and design features are tactfully placed along the path and at important nodes to be discovered gradually and slowly. A discreetly placed entryway at the end of the experience center leads into the 'Construction site office'. Encouraged to see the importance given to the design of spaces for the construction team; visitors are escorted right through the common area of the site office arriving on to a viewing deck opening to a panoramic view of the under-construction residential township which is rising up in the background. Environmental impact: The life span of the facility is five years, post which it will be dismantled. Hence, the majority of the structure is designed in steel for recyclability and reuse. The modular structural elements are going to be used for another project of the developer, making this project as sustainable as possible. Circulation spaces are

well shaded and allow a lot of cross breezes, essential for comfort in the hot humid weather of Chennai; reducing the need for air conditioning to the minimum. (Abdel 2021)

experiences outcomes: From these examples we can understand that actually in ran there is no proper center and the condition of the existing ones is really poor; they are just simple buildings with no consideration of the situation of these kind of people, for sure we cannot teach and empower them to be skilled and mentally happy in tis spaces. On the other side in foreign examples it is clear that they have a good quality in their architectural spaces and also we can see the use of different colours and materials.

9- Physical program

Table 2: Source: By author (Mobina Motiei, 2022)

Row	Physical space	Size and fit	N.
1	Reception	12 m2	1
2	Management	35 m2	1
3	Office	15 m2	2
4	File archive	15 m2	1
5	staff rest room	30 m2	2
6	Sport space	150 m2	1
7	Laundry	50 m2	1
8	Dining hall and kitchen	280 m2	1
9	Beauty Salon	30 m2	1
10	Greenhouse	80 m2	1
11	Dormitory	60 m2	...
12	Room to meet family	50 m2	1
13	Library	150 m2	1
14	Workshop and classes	40 m2	5
15	Exhibition	150 m2	1
16	Consultation room	20 m2	2
17	Caseworker room	20 m2	2
18	Medicine room	20 m2	1
19	Rapid testing	10 m2	1
20	Detoxification rooms	10 m2	1
21	Doctor's room	12 m2	2
22	Bathrooms	4 m2	-----
23	Warehouse and facilities	-----------	-----

Total lobbies: 200 m2

Chapter Four: The Design Process

1- How the theoretical foundations affect the design

According to the internal principles and examples studied, we conclude that attention to this group is low and the accommodation and treatment spaces provided for them are not of the desired quality and education is not taken seriously and effectively, so it should be According to their needs and the characteristics of the space, increase the quality of life, education and treatment in such a set to have the greatest impact.

1-1 Educational section

These regulations may be called the Council of Architecure regulation, 1983.

- The most important physical and architectural features affecting the desired educational spaces:

1- Suitability of architecture (all spaces are related to each other and appropriate to each other functions) (appropriate to age and gender groups)

2- Benefiting from Iranian and Islamic symbols

3- Suitable materials

4- Painting spaces

5- Confidentiality of the building

6- Existence of green space and water

7- Attention to climatic issues

8- Paying attention to gender and age

9- Furniture that can be changed according to the type of activity

10- Paying attention to enough light and air and avoiding noise pollution

11- Being beautiful and pleasant

12- Enthusiastic and invigorating

13- Flexible

14- Increasing the spirit of cooperation, participation and creativity

- Light and brightness are very important factors in designing any type of architectural space. The position, size, and type of window determine the amount of space brightness in the design of the educational space. The main criterion for the quality of the educational space is natural light, but it is necessary to use natural and artificial light at the same time, and at the same time to the north or south of the classrooms or workshops and to prevent direct sunlight from entering the space.

- The installation location of the window should not be such as to disturb when opening.

- Windows that are installed at the end of corridors, corridors and stairs should be 80 cm high from the floor, otherwise it should have a suitable wooden or metal fence.

- Allocating a part of the green space of the site to people that everyone can plant a part according to their wishes and tastes, in this regard, several sessions of gardening training classes can be organized. (Strategies to increase creativity and vitality).

1-2 Residential section

* In the residential sector, it should be considered as a separate housing and all its qualitative features should be considered, not just a residential complex, something that we encountered in the study of examples:

Therefore, in this collection, an attempt has been made to select the idea of designing a residential section in such a way as to include a wide range of types of traditional Iranian houses. And also the change of people's way of life, used in the current period in contemporary housing to achieve its desired identity, as we know these people need more than anything to regain their identity.

1-3 Human communication with the environment through the five senses

Human connection with the environment through the five senses
In the first place, man establishes a physiological connection with the environment through his senses, stimuli and environmental conditions.
Man's relationship with his environment is a function of a set of multiple senses. So to create an effective atmosphere that is communicative
To be desirable between man and the environment, it is necessary to consider how to receive the environment through the sensory system
According to Simon Bell, the initial recognition of landscapes is done by the five senses. In the first step of the communication process, environmental information
By the five senses and based on the thresholds of sensory capacity, each of the senses is received and then transmitted to the brain, so stimulation of the five senses is one of the ways to communicate with the environment, which improves the quality of a space by inducing a sense of place.

Table 3. Solutions affecting the sense of sight in the yard. Source: (makani, motiei, 2016)

Natural elements	-Interconnection of artificial and natural environment - Create diversity by planting flowers and plants with different colors - Create diversity in the light shadow system - Inducing infinite sense by placing the sky above the observer

Artifact elements	- Imitation of nature with natural and plant decorations and designs - Creating four understandable views of the observer using the rectangular square geometry in the yard - Creating human proportions and scale - Creating visual order and symmetry - Adjust the viewing depth - Create confinement and focus on vision - Reflection of the image in the water pool and creating virtual space - Variety in enclosing spaces (open, closed and indoor)

Table4. Strategies for the sense of hearing in the yard. Source: (makani, motiei, 2016)

Eliminate unwanted sounds	- Get away from the alley and create an audio hierarchy - Create confinement - Planting trees and plants - Creating cracks and fractures in the facade - Use of sound absorbing materials - Using decorations such as Mogharnas and using it in the facade of the yard
Amplify the desired sound	- Create confinement and focus on hearing natural sounds such as Rain, wind in the leaves of trees, birdsong and ... - Creating pleasant sounds such as pool water and its fountain - Providing spaces for children to play and other life activities - Associating pleasant music with the rhythm in the arches and porches around Yard

Table 5. Examining how to respond to two skin sensations in the yard. Source: (makani, motiei, 2016)

	- Experience a variety of polished, soft and moist textures using elements and materials

Pressure	Natural and artificial - Different methods of arranging materials - Variety in the amount of embossed embellishments - Associating a sense of tenderness by using elements such as water, flowers and plants
Temperature	- The heat of the sun in the sunny spaces of the yard - Air coolness in shady spaces - Cool breeze - Water coolness - Heat and cold stored in materials

Table 6. Constant and temporary odors in the yard. Source: (makani, motiei, 2016)

Constant odors	- Materials such as wood and straw and clay with constant odors - All kinds of flowers and vegetables, fruits of trees - The smell of soil and .. - Curtains, carpets
Temporary odors	- The aroma of good bread, sweets and a variety of foods - Incense, pecan and rose - Children's play and curiosity

Table 7. Sense of taste in the yard, Source: (makani, motiei, 2016)

Sense of taste in interaction with smell	- The fragrant smell of fruit trees - The smell of food - Curtains, carpets
Sense of taste in interaction with sight	- Plant motifs and drawings - View the fruit of the trees - Stimulate the sense of taste by seeing the pool water

	- Children's play and curiosity
Association of memories	- Ability to sit and eat and drink water In most courtyard spaces

- Separation of the residential sector based on age, physical condition such as a specific disease or addiction, etc.

- Variety in color and size or arrangement of suites for 2 to 5 people according to the mood of the people.

Allocate suites for mothers who have to keep their children with them.

- Use of refreshing and soothing colors, especially blue and green colors.

- In the residential part, painting the space in a way that gives a sense of life and home, not a strange thing that gives a special place at any moment.

- Care in choosing the type of circulation so that we draw the site and green space.

- Allocating recreational and educational space such as kindergarten for the growth and education of the children of injured women and allocating a space with a special design for counseling and assistance services for their mothers.

1-4 Therapeutic department

- Evidence-based design

In evidence-based design in the design of medical centers, emphasizes the importance of using valid data in order to influence the design process. This approach is known in the medical architecture as "an effort to improve the lives of patients and staff, improve the patient's treatment process, safety and reduce stress." (Shahlaei, Alireza, 1389)

- Reduce stress, improve quality of life and health for patients and companions

- Reduce noise pollution

- Improve sleep

Reduce depression

- Improve circadian rhythm

- Reduce pain

- Improving communication between the patient and family members

- Increase patient satisfaction

- Reduce patient stress (violence; anxiety, depression)

The main design recommendations in medical buildings can be listed as follows:

1. Family spaces within patient care and treatment spaces

2. Providing access to nature

3. Provide access to natural light

4. Improving a patient's visual and physical access

5. Installation of air filters and high frequency of air change

6. The use of sound absorbing ceiling tiles and ...

1-5 Investigation of colors for use in medical centers

Red

The color red is the most vibrant color that represents emotions in their entirety. Whether it is dark shades like maroon or light shades of ham red, they create an atmosphere of love and camaraderie. Implementing the color red in your design plans adds excitement and vigor to the entire room

You can use red in office buildings or home offices, in the living room, and in the bedroom. In offices, red inspires leadership, willpower, high energy levels, and friendship. When used in the living room, the color red in all its shades inspires friendship and stimulates conversation. But the best utility for the color red is in the bedroom, where it kindles feelings of love, desire, and passion. Red also inspires feelings of anger and revenge, which is why it is best to combine it with calming color tones such as white or beige to balance the human emotion. You can add higher nuances of red to stimulate productivity but make sure to compliment it equally.For instance, you can use red on one or opposite walls in the bedroom, while using calm and subdued tones in the overall room. This will instigate passion while keeping the blood pressure levels in check with the help of complementary colors such as yellow, or natural tones of light green, or plain white touches. (Tsivtsivadze Tina, 2021) (Batkiya, 2022)

Brown

A lighter and softer deviation from red is the color brown. With its natural hue and soft, reassuring essence, brown can work wonders in vast spaces to synchronize different elements of modernism and classic.

The color brown is best used sparingly. As interior designers, you must ensure that the wall colors, room colors, and the color of the overall interiors make the inhabitants feel warm and comfortable. The color palette you choose must also serve to inspire them. Brown tends to relax the senses, maybe a little too much, leading to inactivity and lack of goals. On the other in combination with vibrant shade and other natural hues, brown can symbolize resilience and security. n interior design, brown is used abundantly when it is meant to create a rustic look and somber atmosphere. Although elegant, the color has a tendency to evoke depression, so ensure that you combine it with happy colors such as yellow, white, red, green, and orange. (Tsivtsivadze Tina, 2021) (Batkiya, 2022)

Orange

Another prominently vibrant color is orange. It symbolizes sunshine and nature. Orange and all its shades pretty much have a positive effect on the psyche. Distant tones of Orange, such as gold represent wealth and prosperity. It can either reflect on the client's personality or their desire for success and fame.Orange, much like red, also inspires desire, love, sexuality, and

appetite. This color predominantly has a calming effect on the senses as it reminds people of laying on the beach, drinking tropical beverages. range is typically best used in bedrooms with complimentary tints that tone down the extreme effects of the color. You can also use it in exercise areas to stimulate people. Orange can increase appetite, which is why it is well suited for indoor and outdoor kitchen areas. For instance, you can use natural and neutral shade on the walls for a calming effect. Then introduce hanging lamps in orange patterns or use orange chairs and cushions to tie the room together. (Tsivtsivadze Tina, 2021) (Batkiya, 2022)

Yellow

The color yellow is synonymous with sunshine, thereby spreading the effect of light and happiness. Yellow is also associated with intellect and prosperity, due to its close associations with the color gold. In interior design, the color yellow is recommended for the kitchen, dining areas, hallways, and bathrooms. The color automatically uplifts people's spirits making the room feel bright and sunny. Although most shades of yellow have a positive effect on the psyche, dull yellow colors instigate a feeling of doom, decay, and sickness. It is best to use yellow in its bright shades around the house. Make sure to use it sparingly though, as yellow tends to stimulate uncontrollable emotions. Due to the extreme optimistic effect, a completely yellow room can drive up blood pressure. The brain associates high blood pressure with feelings of anger thus causing people to lose their temper without any provocation. Yellow also adds a level of sophistication to interior design, especially when it is paired with grey or white. Yellow stucco walls with grey linings and patterns gained quite the popularity in the 90s and it is making a comeback with better quality materials. (Tsivtsivadze Tina, 2021) (Batkiya, 2022)

Green

When people see the color green, they think of nature. Although, in reality, nature can be cruel, the human psyche associates nature with freshness, peace, and trust. Thus, green is a powerful color in interior design. Additionally, pale green is promptly associated with the color of pea soup, which is comfort food. It helps relax the senses and lower the levels of hypertension and blood pressure. Green is an extremely versatile color. Different shades of green promote different emotions. While light and aqua green have a calming effect, dark green is mostly associated with greed and jealousy. Olive green on the other hand is recognized worldwide for peace and harmony. Green can be used in different shades throughout the house. You can use lighter shades on the walls and create contrast with dark shades of green with plants. The effect of the dark shade is neutralized as plants automatically remind people of nature. The color green mostly has a calming effect with a sense of security, which makes it an ideal color for interior design. (Tsivtsivadze Tina, 2021) (Batkiya, 2022)

Blue

Blue is among the most calming colors in the palette for interior design. In regards to the psychological effects of color, blue relaxes the mind and slows down heart rate, metabolism, blood pressure, and hypertension. Aquatic shades of blue, in particular, such as sky blue and

light blue have a healing effect on the mind. It reminds the inhabitants of the sea or swimming pools. Blue is the only color that has an array of positive effects, and little to no negative effects on the psyche. You can use different shades of blue in all areas of the house. You can use darker shades such as royal blue as primary colors and pair it with yellow and use it for the kitchen, playroom, etc. You can also use a combination of light and dark blue colors in the bedroom and dining room. Although using blue in dark rooms with small spaces can create an eerie feeling like that of being trapped in ice, you can add a touch of warm colors to neutralize the effect. Most dark shades of blue are associated with elegance, luxury, and royalty, while Sapphire colors add prominence to the design plan. Blue lights are also easy on the eyes, thereby decreasing any discomfort. All in all, blue is an excellent color scheme that works well with all modern and contemporary interior design trends. (Tsivtsivadze Tina, 2021) (Batkiya, 2022)

Purple

The color purple is usually associated with elegance and royalty. Purple color schemes work well in areas that inspire creativity and design. Bright hues of purple such as violet or plum add flair to your design scheme. Whereas, lighter shades of purple such as lavender and mauve create a calm but regal effect in your design. Since purple inspires creativity, you can add it to dressing rooms, walk-in closets, in-house art studios, or even the kitchen. This color is particularly popular with adolescent teens as it inspires them towards creative and performing arts and helps them find their path. The regality of purple also works well in the foyer or living room where your guests spend time. It gives an essence of calm, elegance, and luxury. (Tsivtsivadze Tina, 2021) (Batkiya, 2022)

Pink

The color Pink influences emotions that are closer to the heart. When used appropriately, pink and all its shades create an atmosphere of love and compassion. Although pink is largely associated with feminism, you can still use this color for a masculine effect. Simple patterns and sophisticated designs can take pink to a whole new level in modern interior design trends. It instigates feelings of comfort and love. Vibrant shades of pink such as Magenta, Fuchsia, etc. help make a statement when paired with secondary colors such as light blue. You can use them to bring out the playfulness of wall patterns. Complement the color pink with natural hues or vibrant tones of red and white for form and function. It helps in preventing any sentiments of loss and excessive sweetness. Pink is best used in the room color for teenage girls or in the living room and bathroom to create an atmosphere of joy and blis. (Tsivtsivadze Tina, 2021) (Batkiya, 2022)

White

The color white is a universal neutralizer. Although all colors of the spectrum essentially emerge into white, in interior design, White serves as a powerful color scheme. There are different shades of white such as Ivory; which is widely used as a standard color for walls,

Eggshell, and many more. Beige takes on a combination color scheme but still serves well on a white palette. The color white is associated with peace and tranquility. It is why spa facilities, Japanese architecture, and Scandinavian cultures implement white in abundance. It represents cleanliness and makes it easy to spot any marks or dirt on the surface. The color White also serves as a blank canvas to implement all your design ideas. On a psychological level, the white color scheme is great for people suffering from Claustrophobia, which is a fear of closed spaces. The implementation of white makes the room seem larger and cleaner. The color scheme also works well for people with anxiety and hypertension. The calming effect of the neutral color helps in controlling the heart rate and blood pressure. White symbolizes simplistic living. Therefore, the inhabitants are rarely disturbed by extremities and excitement. You can use white in any part of the house, including the bedroom, bathroom, kitchen, living room, dining area, or you can simply use white throughout the property. It seemingly increases the visual space and reduces tension. You can pair white with any other color for a vibrant effect. For a luxurious design, you can pair white with gold, grey, or yellow. For more vigor, you can pair it with red, orange, or green. You can also pair white with blue for calmness and relaxation. (Tsivtsivadze Tina, 2021) (Batkiya, 2022)

Gray

The color Gray is another neutral color that is highly associated with elegance and style. Although there is some controversy as to the effects of gray on the human mind, if used correctly, it can have quite a positive effect. Some people do find the color depressing. However, gray can be used as a neutralizer for vibrant color schemes. It is best to avoid using light gray colors on the walls, but you can use dark gray on one wall and surround it with happy colors such as white, yellow, or pink. You can also implement gray colors in furniture in a bright room. It adds elegance and sophistication to the design plan. In reality, gray invokes different feelings in different people. The various shades of gray can have a calming effect for some people, while it drives others into depression. It is safer to instill gray in textiles rather than wall colors. If you do use it as a dominant room color, make sure to introduce plenty of natural light to make the room feel more welcoming and warm. (Tsivtsivadze Tina, 2021) (Batkiya, 2022)

Black

The color black has always fared well with versatility and elegance. Black signifies simplicity and functionality. This color works best in modern interior design and architecture. On a psychological front, an all-black room can be overwhelming and gloomy. However, if you pair the color with red, white, blue, or almost anything else, it provides excellent contrast. Contrary to popular belief, the color black is an excellent addition to interior design, especially in the kitchen, living room, dining area, and bathroom. With this color scheme, form follows function and accommodates simplistic design trends. (Tsivtsivadze Tina, 2021) (Batkiya, 2022)

Chapter Five: Technical Report

1- The goal of the project

Concept (general logic)**:**
Diagram 3. Source: By author(Mobina Motiei, 2022)
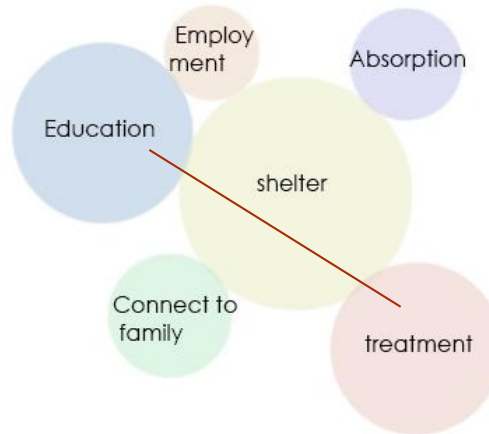
The standard for brute building density (maximum) is as follows:

- Accommodation: 60%

- Tourist areas, resorts, resorts: 25%

- Theme park: 25%

- Public parks: 5%

- Specialized green areas, environmental protection zones as determined by relevant legal authorities must not exceed 5%.

Built area: 7727 m2 *60%= 4636 m2
Green area: 7727m2 * 5%= 386 m2

2- site introducing

The selected site is part of an empty plot of land on the north side of which there is a railway track, and in front of the ground, on the west side, there is a wide sidewalk that can easily be stopped by car, which can be a good place to enter the complex. There is also vacant land in the northern part of the land, east to south of the site (which is intended for office use in future

construction plans). Therefore, at present, there is no special building around the site, except for a few houses and gardens that can be seen at a distance from it. The use of this land and its surroundings is administrative and part of it has been given the use of green space.

Figure 23. Source: Municipality of sari, Mazandaran,Iran

Reasons for choosing:

1. Depending on the user (administrative or administrative or medical)

2. Selecting land in the city of Sari because it is the center of the province and this complex can cover a large number in the province.

3. Choosing land in this part of the city (Pasdaran Boulevard) because some of these people often suffer from social exclusion due to their conditions in the long run, so the relationship with the outside environment should be considered in a way that not too much It should be in the center and crowded and not too far from the city and on the outskirts.

Analysis of site geometry
Land area: about 7727sqm
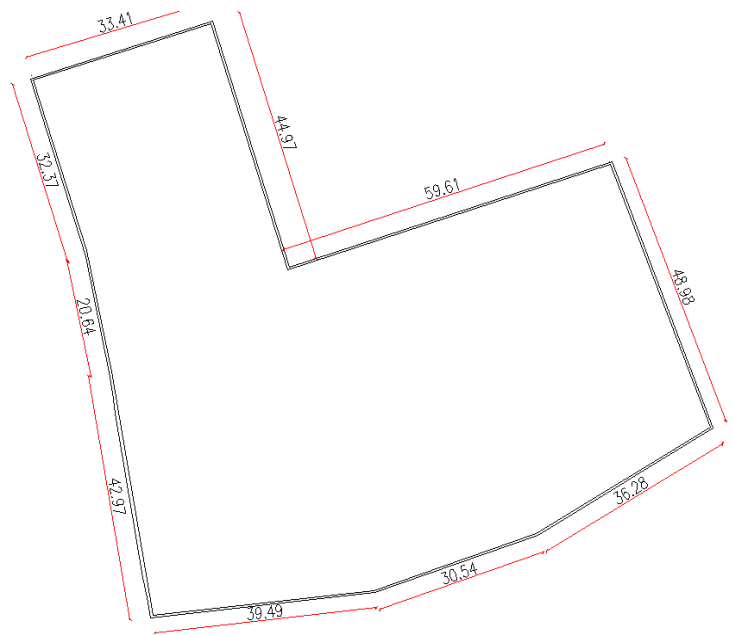
2-1 Check the current status (proximity)

Railroad tracks in the northern side

Residential buildings around the north-eastern side

Empty fields

summer

winter

West

East

Garbage mine

Sidewalk(west) connected to the street

Garden in the southeast side

Land Area = 7730 sqm
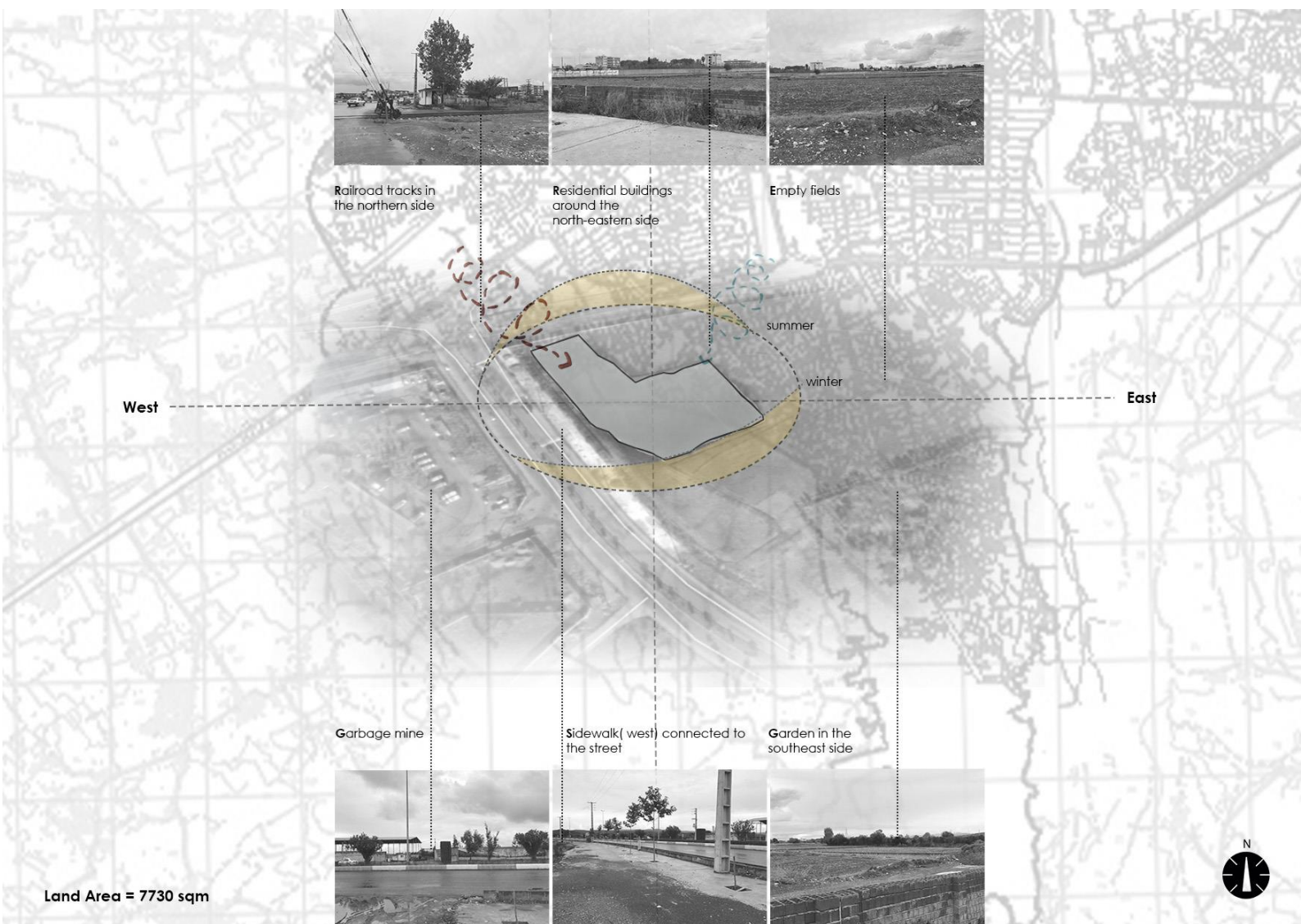
Map 1: Source: By author (Mobina Motiei, 2022)

2-2 Access network (passages)

Mapping
mobility
facilities

Siahkalrood Rd

Behdad Salimi Hwy

HOSPITAL

TERMINAL

POLICE

PARK

Railroad track

SITE AREA

PARKING

26 meter street (ring)

N
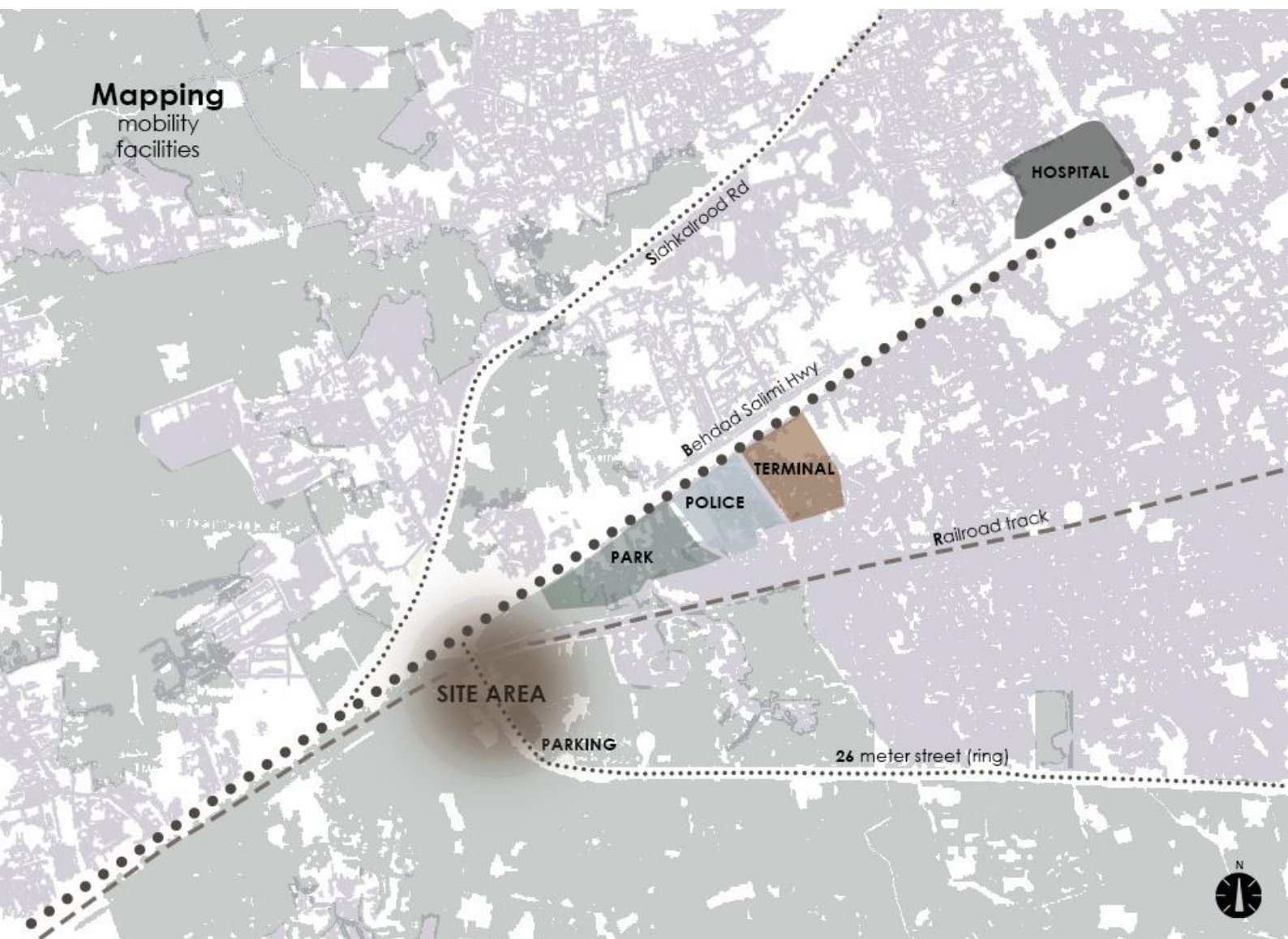
Map 2: Source: By author (Mobina Motiei, 2022)

2- The technical choices of the location of buildings in relation to climate and the factors
(Basic ideas and masterplan)

Map 3: Source: By author (Mobina Motiei, 2022)

Wind:
The best way to place adjacent buildings

Public/Private spaces:

PUBLIC

PRIVATE

Main Access Part:
Fast/Low connection

LOW

FAST

LOW

Existant:
Water/Vegetation..

Final Replacement:
Main layers

Master Plan:

Treatment

Residential

Main central court/
Connection

Educational

Masterplan
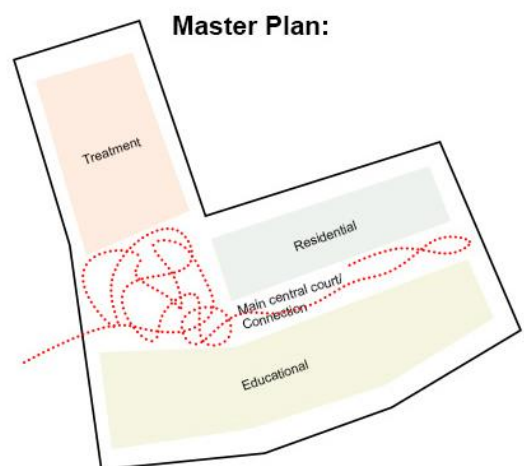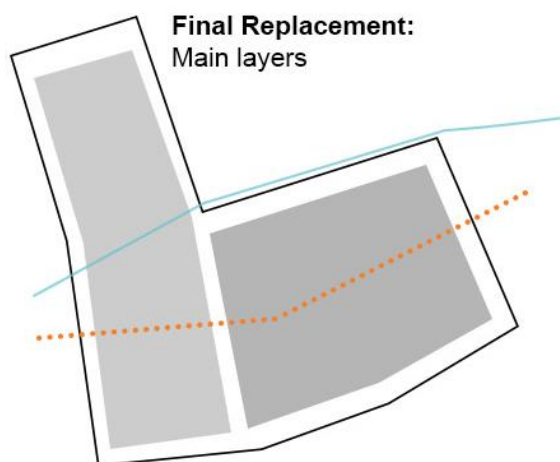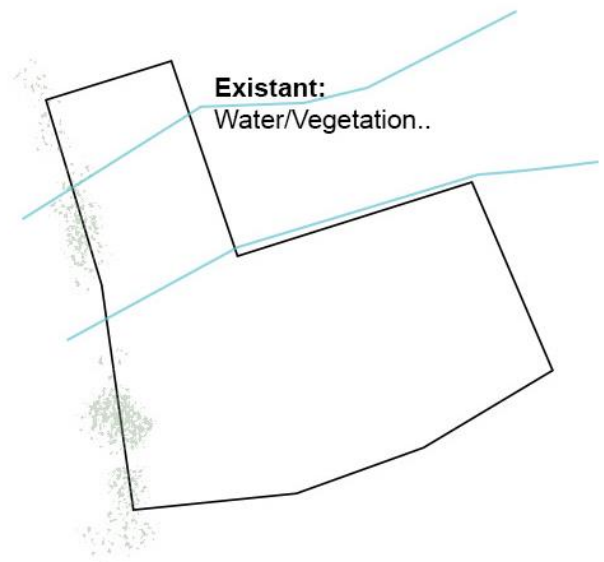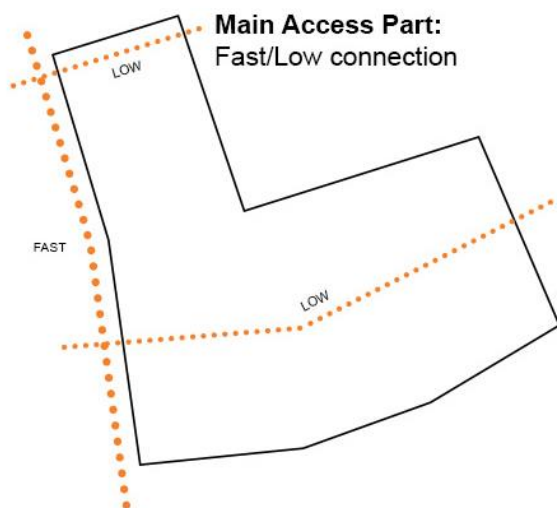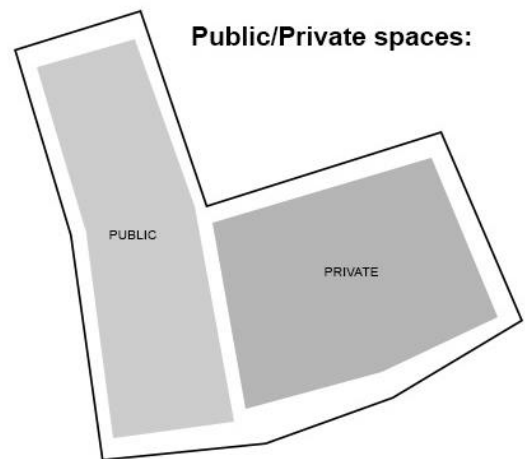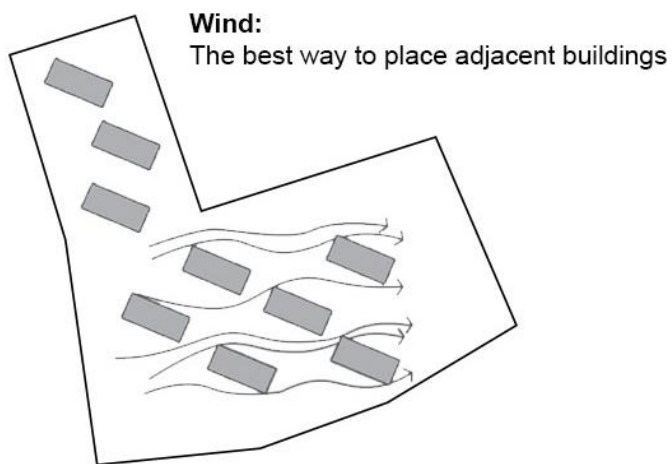
3- The final technical data and choices

Structural details

Types of steel structures:
Steel structures are classified into four basic groups:
➢ Framed structures a:
It usually consists of a set of beams (horizontal members) and columns (vertical members).
➢ Shell structures:
It consists of continuous sheets with special geometric shapes such as cylinders and spheres.
➢ Suspension structures c:
Tensile force prevails in their members.
➢ Truss structures:
Their members bear and transmit axial forces (tensile or compressive).
In this plan, group "A" is used.
Among the advantages of steel structure can be mentioned the following:
It is possible to develop the structure after completion.
It is possible to connect several pieces to each other.

Parts in the factory are prefabricated.

Their execution and installation is high speed.

It takes up less space than a block.

And is used at high altitudes.

Environmental impact: The life span of the facility is five years, post which it will be dismantled. Hence, the majority of the structure is designed in steel for recyclability and reuse. The modular structural elements are going to be used for another project of the developer, making this project as sustainable as possible. Circulation spaces are well shaded and allow a lot of cross breezes, essential for comfort in the humid weather of <u>sary</u>; reducing the need for air conditioning to the minimum.

Lighting Calculation Example, Natural Ventilation Calculation Example

Lighting Calculation Example

Let's say a 55 square meter Bedroom is provided with a 4x 2.5 m and 4x 4.25 m

55 sq.m. x 8% = 4.4 sq.m. of glazing area required.

4 x 2.5 = 10 sq.m, 4x 4.25 = 17 sq.m of glazing provided.

27 sq.m. provided > 4 sq.m. required **OK**

Natural Ventilation Calculation Example

Occupant load factor: 14 net m2/person

Let's use the same example above and say a 55 square meter Bedroom is provided with a 4 x 2.5 sliding window. For the purpose of this example let's say the sliding window is 50% operable, meaning half the window is fixed and other half operable.

55 sq.m. x 4% = 2.2 sq.m. of glazing area required.

4 x 2.5 = 10 sq.m. of glazing provided.

10 sq.m. x 50% = 5 sq.m. operable opening

5 sq.m. provided > 2.2 sq.m. required **OK**
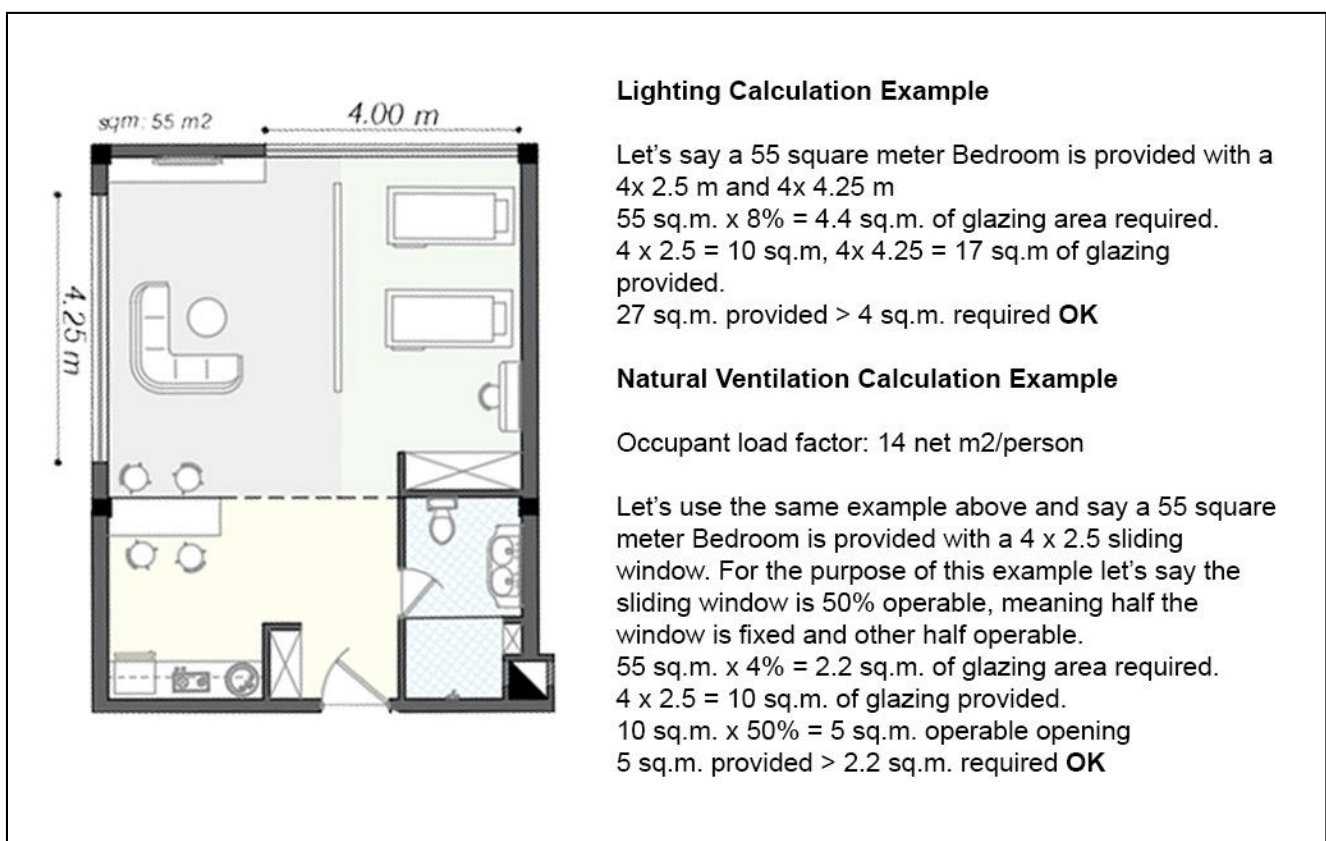
Figure 24. Source: By author (Mobina Motiei, 2022)

heating/cooling system:

Medical department:

Heating, cooling and air conditioning (HVAC) systems of hospitals and health centers are more important than other places. These systems simultaneously control its temperature, humidity, hygiene and distribution, and their proper operation means ensuring the safety and health of

patients, staff and other people present in these places. Medical centers are highly exposed to the transmission and spread of high-risk factors such as infectious diseases, airborne chemicals and drugs, which with proper design of mechanical air conditioning facilities can reduce the destructive effects of the environment and control infectious agents for a calm and safe environment.
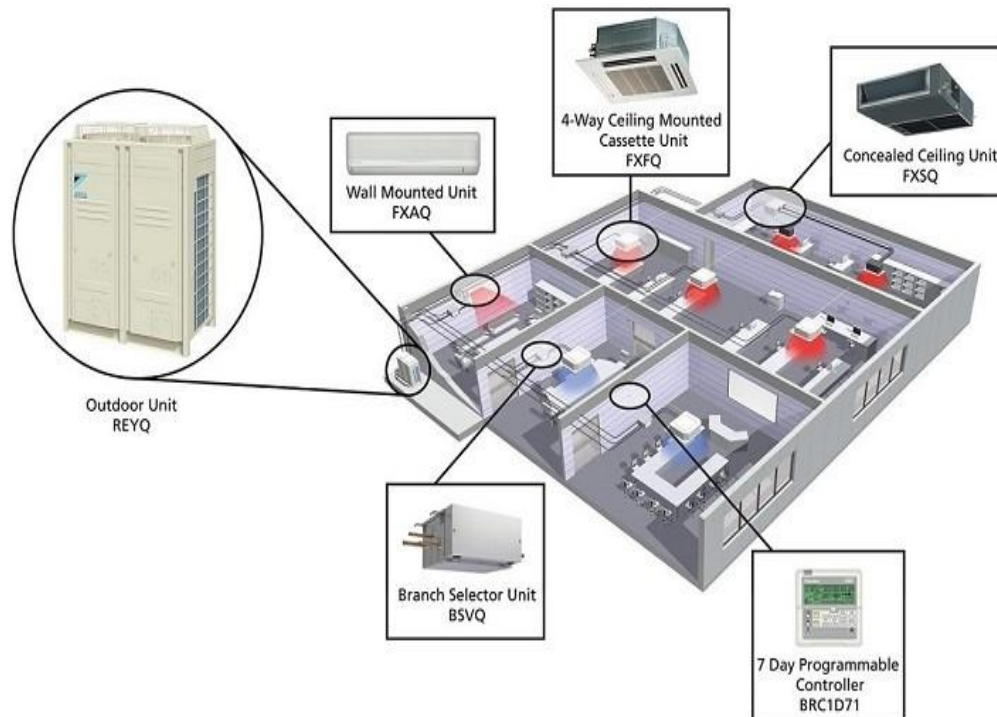
Figure 25. Source: www.sreeshaaircons.com

Residential and educational section:

Common systems of boilers, chillers, fan coils and air conditioners:

The function of the chiller is to cool the water and the function of the boiler is to heat the water, which is transferred by hot and cold water to the fan coils inside the building or to the central air conditioners located on the roof. Hot and cold water in the coil (pipes) of this The devices run and the fan is rotated by an electric motor to cool or heat the air by passing around the coil. In the air conditioner, humidity increasing or reducing devices can be installed if needed. Both in the fan coils and in the air conditioner, different types of filters can be used according to the environmental conditions.

Of course, in some cases, a mini-chiller can be used for the cooling system instead of a chiller. Example A mini-chiller can be assigned to each unit of the building or each multi-unit floor.

1ST Floor Plan:

2nd Floor Plan:

3rd Floor Plan:

Treatment | Education | Residential (shelter) | Management

Setion A-A
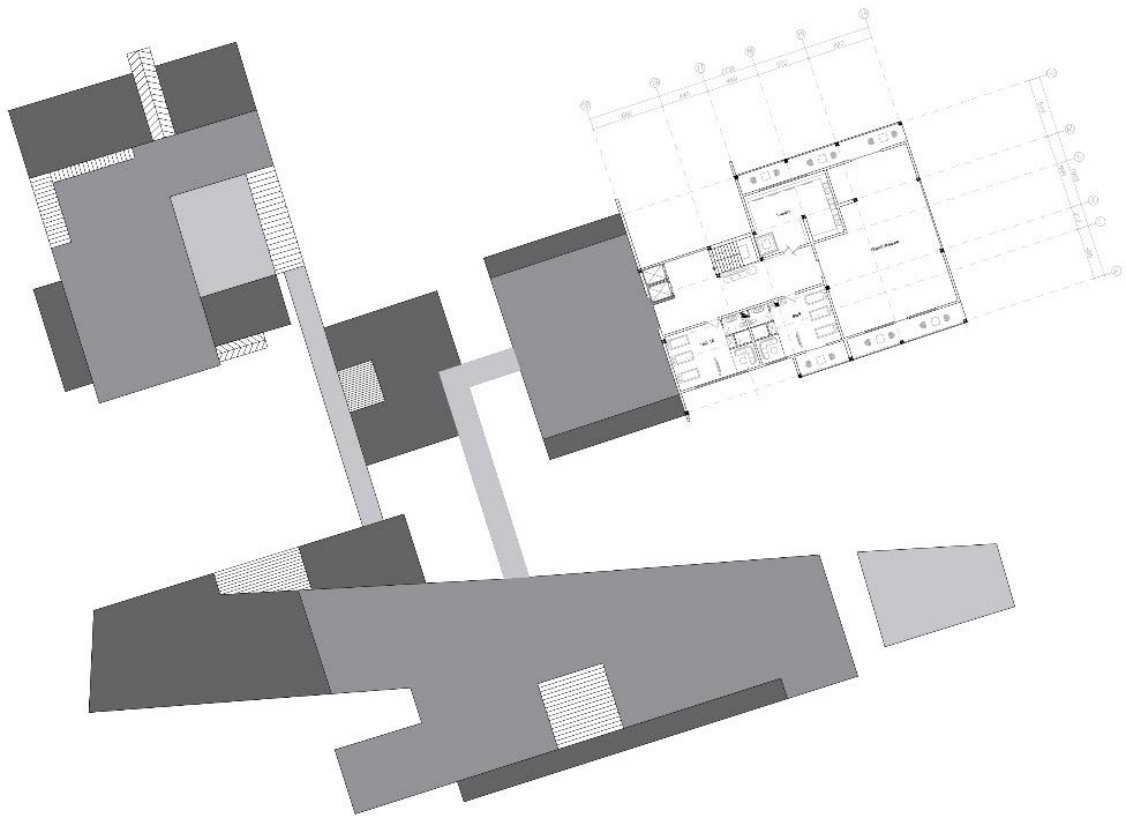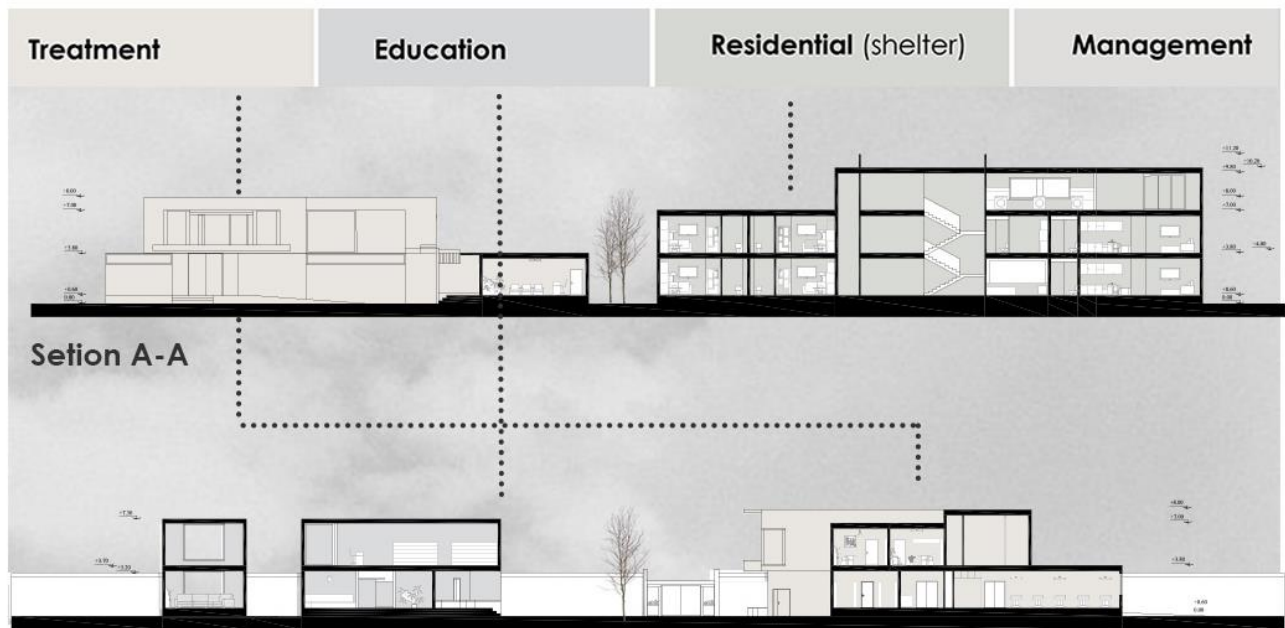
Setion B-B

material:

Quality materials like wood and concrete were used to give a peaceful sensation of simplicity It comes as state-of-the-art technology the use of a wood construction system called CLT. Wood is the main material of this project not only for its sense of spatial warmth -the idea of creating a warm and friendly environment- but also due to its flexibility of use, essential in the case of the Healthcare Center https://www.archdaily.com/968650/alzheimers-day-center-gca-architects#:~:text=Recently

Materials in the category of polished materials. These new materials can be used in interior and exterior designs, also due to the three-dimensional design of these materials, a variety of designs. Implementing ideas and ideas, another advantage of being a three-dimensional material is creating depth and flexibility in space

Figure 26: Source: By author (Mobina Motiei, 2022)

Electrochromic glasses:

About a third of a building's energy is wasted through windows. For this reason, efforts to reduce energy consumption in buildings are focused on windows. Many studies have been conducted to find ways to save energy and the need for energy storage has led to the use of new types of glass windows in buildings as well as in conference hall walls in offices. This technology has many applications. For example, imagine a glass that can be changed from clear to opaque by a key.
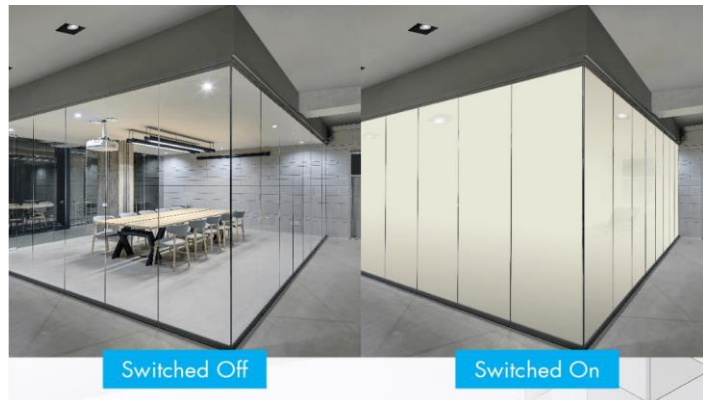
Figure 27: Source: www.Pinterest.com

3D Views: (By author, Mobina Motiei, 2023)

Chapter Six: Conclusion

1- Summarizing the key findings of the study

Key strategies include the creation of a new cultural and public space for the city, the construction of multifunctional zones merging with the natural ecosystem, and the activation of the waterfront. Undertake, generate and promote primary and applied research regarding women empowerment and development.

- Advance the idea of women as active participants in society development.
- Promote and collaborate with academic institutions, grass-root organizations as well as individuals engaged in research, advocacy and related activities.
- Provide advisory and consultancy services on gender issues to institutions and organizations within and outside government, including development agencies.
- Organize and assist training programs.
- Undertake activities to facilitate social transformation for the full and effective participation of women at all levels of society.

2- Outcome of the study:

Based on the problems and needs *that has been mentioned in chapter 1*; the main ones are:

1) Lack of self-confidence
2) Lack of safety
3) Mental problems
4) Lack of any individual skills or education

The answer of my project (has *been mentioned in chapter 5)* is:
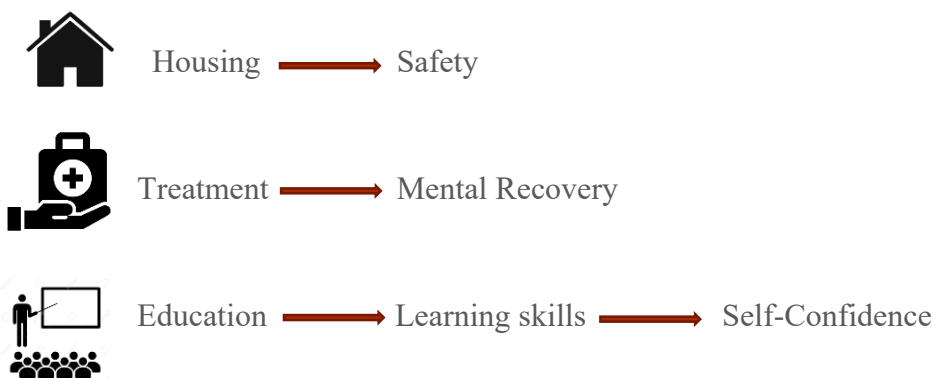
Housing ⟶ Safety

Treatment ⟶ Mental Recovery

Education ⟶ Learning skills ⟶ Self-Confidence

•*What actions can be predicted in this set to be effective in rehabilitating and teaching their life and professional skills?*

1) Reducing the complexity of spaces
2) Easier communication`
3) Rediscovering the lost identity
4) Inducing a sense of freedom
5) Traditional design and materials

SC: 1/200
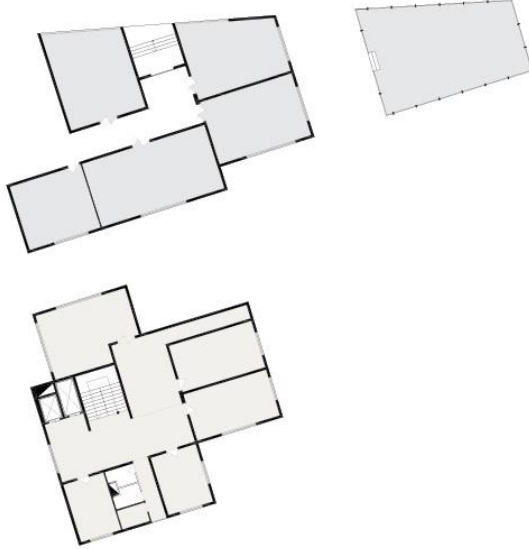
Education Section

Creating spaces in educational
section such as classes, workshop area, greenhouse...
to teach them professional skills and then spaces like
gallery so they can present themselves in public

Treatment Section

Creating spaces in treatment section such as
consuling room, meeting area, free discussion terrace
to heal their mind and body.

•*How can a sustainable space be designed that meets their psychological needs in addition to their physical needs?*

1) Provoke feelings through 5 human senses
2) Functional spaces
3) Multifunctional green space
4) Resonating with the local ecosystem

SC: 1/50

Unit Type 1

This type is less private and
dedicated to women with no relation, the point is to
teach them how be part of a small society and how to
improve their social skills. (4-8 person)

sqm: 107 m2

Unit Type 2

This type is more private and
dedicated to family group like
mother and child or sisters...
(2-4 person)

sqm: 55 m2

Key strategies include the creation of a new cultural and public space for the city (in Sari, Mazandaran, Iran), the construction of multifunctional zones merging with the natural ecosystem. With a simple design consisting of a wooden box, hovering over the ground, the structure translates the purity of the function that it holds. In fact, only a lightweight concrete slab sits on top of the wooden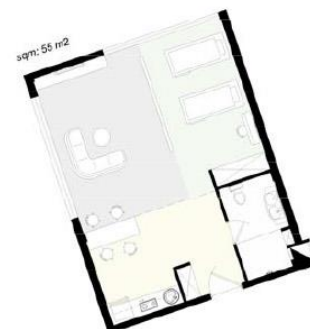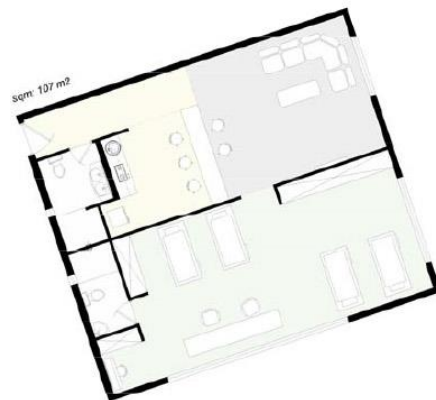 structure of the roof. The facades allow the sun to sneak in through the cracks, lighting dramatically the space. Landscape Pathway will be a small adventure, a sort of treasure hunt in a site that hosts a rich landscape of artifacts. The project will be based on two interdependent levels of intervention, the first one being educative signage, while the second one is an invitation to visitors to elaborate more on the different themes. Creating a symbolic and strongly recognizable place based on iranian architecture elements which is also sustainable, the new observatory, that re-interprets the primitive archetype of the tent, illustrates a dialogue between the elements of the context and people.

A flexible urban zone that breathes new life into this urban space. The intervention is a modern re-interpretation of the roots. In fact, the proposal is to bring back the identity to these women by creating the space through a regenerative, vital, safe and livable urban place.

https://www.archdaily.com/933053/best-unbuilt-architecture-7-submitted-proposals-exploring-diverse-programs

3-**Final discussion points for future research**

As part of initially establishing a common vision and conceptual framework, shared goals and objectives need to be agreed upon.

Here is a hypothetical example of how these concepts apply to safe cities for women programming, for illustrative purposes only:

GOAL: The goal is to create the highest-level safe cities and spaces inside them for women to can find their identity, learn skills, protect their mind and body, learn how to be a wife and mother and if not find their own way to can grow beside men in a same situation with no difficulties.

To reduce sexual harassment in the city and to increase women's and girls' feelings of safety in a specific neighbourhood/s in the city.

OUTCOMES: Increased use of public spaces by women; increased awareness and reduced acceptability of sexual harassment among the general public which leads to their empowerment.
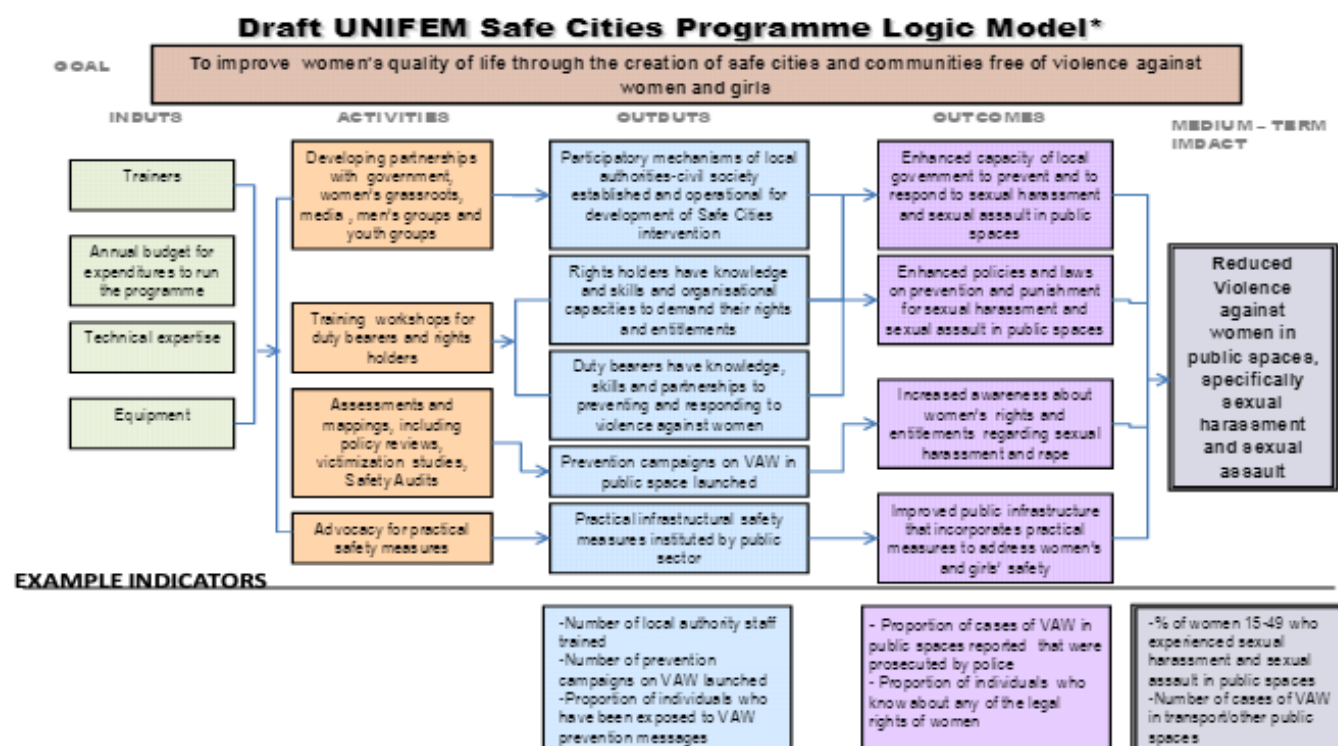

Figure 28. Source: *The draft logical model will be further revised according to the project designs prepared by SROs.

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