

SULTANA KAMAL SPORT'S COMPLEX

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ABSTRACT

Sultana Kamal Women's Complex is mainly designed to create a sport activity space dedicated only to women. It is a multi-functional complex accommodating several kind of sports and as well as a residential dormitory for the players. The complex is located in Dhanmondi area of Dhaka city. Dhanmondi area is mainly a residential area, therefore, keeping that in mind the complex is designed to create a communal space for the community as well as promote women sports in Bangladesh. Women sports are still lagging behind in many ways. Therefore, the aim of the paper is to set an example of the possible ways the government proposed Sultana Kamal Women Complex can be designed to make more functional and encourage more women in Bangladesh to participate in sports activity. In this way, both the sports teams and government can share profit which will thus enhance economic growth.

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CHAPTER 1: Background of the Project

1.1 PROJECT BRIEF

PROJECT TITLE: SULTANA KAMAL WOMEN'S COMPLEX

SITE LOCATION: ROAD 10/A, DHANMONDI, DHAKA

CLIENT: NATIONAL SPORTS COUNCIL, GOVERNMENT

SITE AREA: 4.6 ACRES

1.2 PROJECT INTRODUCTION

Sport is an integral part of the culture of almost every nation. However, due to several issues, women sports are lagging behind, this is because sports are not perceived as a suitable or desirable activity for girls and women. It is true in all countries females are less likely than boys and men to participate in sport, and sport continues to be a section dominated by males. It is a mistake, however, to assume that this is because girls and women do not wish to participate. Poverty, heavy domestic demands, safety concerns, lack of accessible transportation, inadequate sport and recreation facilities, and few opportunities for physical education and skill development frequently prevent women's participation in physical activity and sport. Then again, it is generally accepted that participation in sports creates extensive benefits to the individual as well as to the community as a whole. Internationally, government agencies encourage participation in

sports and recreational activities because these contribute to the community's health and well-being, confidence building and empowerment, social integration and cohesion, national and cultural identity and a reduction in crime and vandalism. Therefore, this paper focuses on how a sports complex dedicated to women can create a platform for women sports and encourage more women to participate in different kind of activities which will not only empower women but also contribute to economic development.

Bangladesh is considered to be one of the countries which is gradually transforming from rural to urban. And Dhaka, being the capital, is growing to be one of the most populous cities in the world with a population of 15.391 million within living parameter of 815.8 km². The way urbanization is taking place; breathing spaces for the community are decreasing gradually. As a result, the government is planning a sports complex which will promote women sports and create recreational space for the community at the same time.

From the beginning, Sultana Kamal Women's complex has made many contributions to women sports like cricket, handball, football, basketball, badminton etc. Now, the current plan is to create a multi-purpose modern complex where both indoor and outdoor sport facilities will be given, including rental facilities for community gathering and other programs. This will enhance communal gathering, breathing spaces and a platform for the athletes. Main purpose is to develop a better and more facilitated complex for the women sports and the community to encourage recreational activities which will therefore generate growth in the economy.

1.3 AIMS & OBJECTIVES:

1. To create a more functional sport complex for women
2. To promote empowerment of women through sports
3. To create more opportunities for women to play
4. Serve as a communal space for the community
5. To enhance economic growth

1.4 PROPOSED PROGRAMS:

Multi-purpose complex:

1. Swimming pool
2. Basketball court (indoor and outdoor)
3. Cricket ground
4. Judo space
5. Taekwondo space
6. Aerobic and gym space
7. Table tennis space
8. Badminton
9. Lawn tennis ground
10. Café
11. Administration and office space

12. Residential facilities for players

CHAPTER 2: SITE APPRAISAL

2.1 SITE LOCATION

Sultana Kamal Women Complex was decided to be built by the government to promote women sports. It is located in Dhanmondi, 10/A and it is the only women's sport complex in Dhaka.



Fig: Site map/ google image

2.2 SITE SURROUNDINGS

Location: Sultana Kamal Women’s Complex, Dhanmondi !0/A, Dhaka

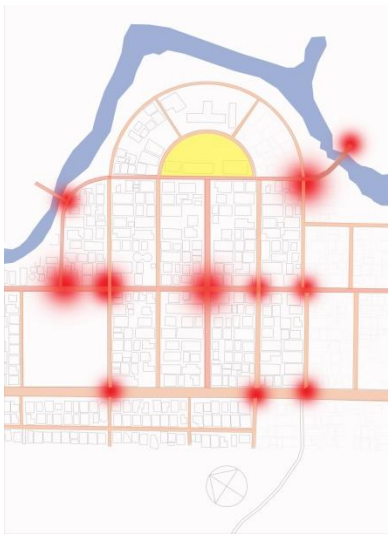
Area: 4.6 acres

The site itself is a landmark of this area and it is the only sports center for women. It provides many sport activity both indoor and outdoor. Moreover, this is only place where it has a dormitory to accommodate players from different districts. Then again, this is the only place which has a swimming pool which serves the community people. As a result the site is an active place. Apart from this, the site is surrounded by mainly residential buildings, few schools and the Dhanmondi Lake itself.

2.3 SITE ANALYSIS



Existing communal spaces are indicated in the map above with light blue color.



Existing nodes are indicated in the map above with the red dots.



Existing rate of traffic congestion is shown on the map above.



Primary, Secondary and Tertiary roads are marked above on the map. Thick orange is the primary road, a tone lighter to primary road are the secondary roads. The lightest ones are the tertiary roads.

Fig: Site Analysis

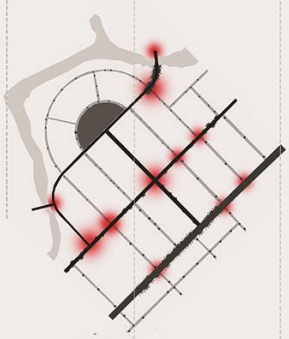
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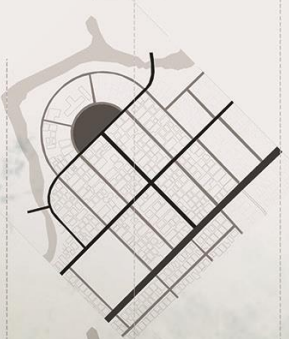
GREEN SPACES



TRAFFIC DENSITY



NODES



- SECONDARY ROADS
- TERTIARY ROADS
- PRIMARY ROADS

ROAD NETWORKS



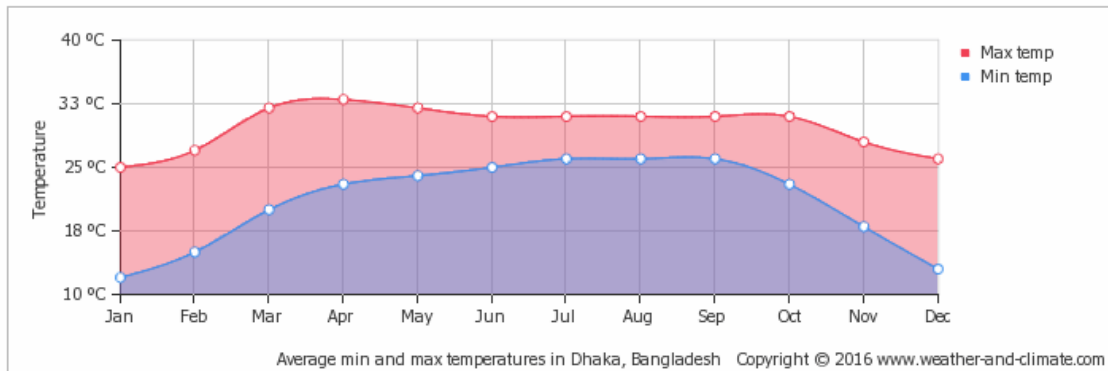
- RESIDENTIAL AND MIXED USE BLOCKS
- COMMERCIAL BLOCKS

BUILDING USE TYPOLOGY

2.4 CLIMATIC CONDITION

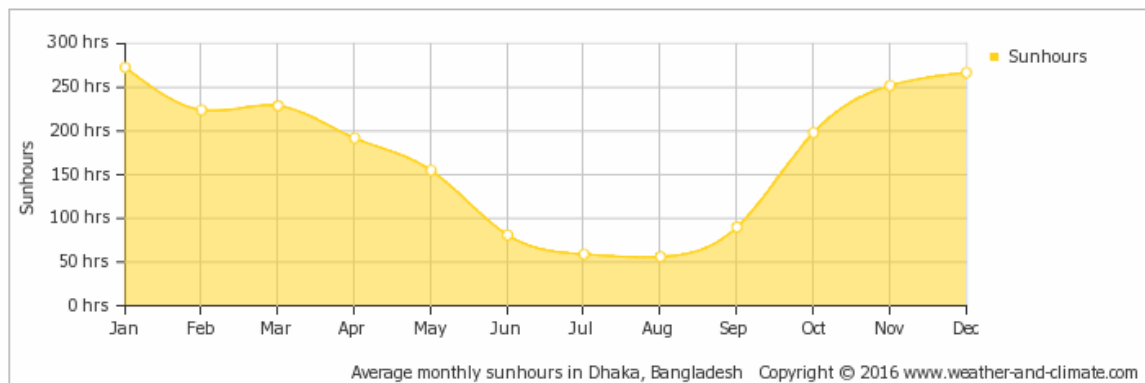
AVERAGE MINIMUM AND MAXIMUM TEMPERATURE OVER THE YEAR

The monthly mean minimum and maximum daily temperature. Show in [Fahrenheit](#) »



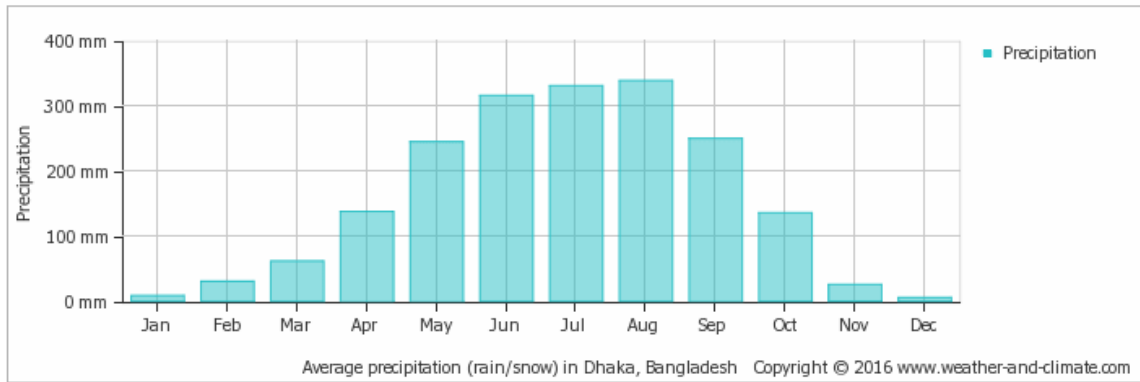
AVERAGE MONTHLY HOURS OF SUNSHINE OVER THE YEAR

This is the monthly total of sunhours



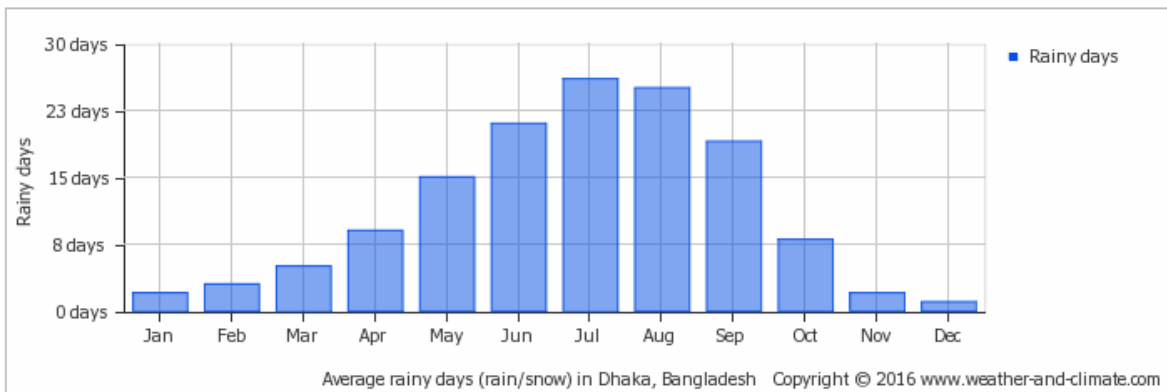
AVERAGE MONTHLY PRECIPITATION OVER THE YEAR (RAINFALL, SNOW)

This is the mean monthly precipitation, including rain, snow, hail etc. Show in [Inches](#) »



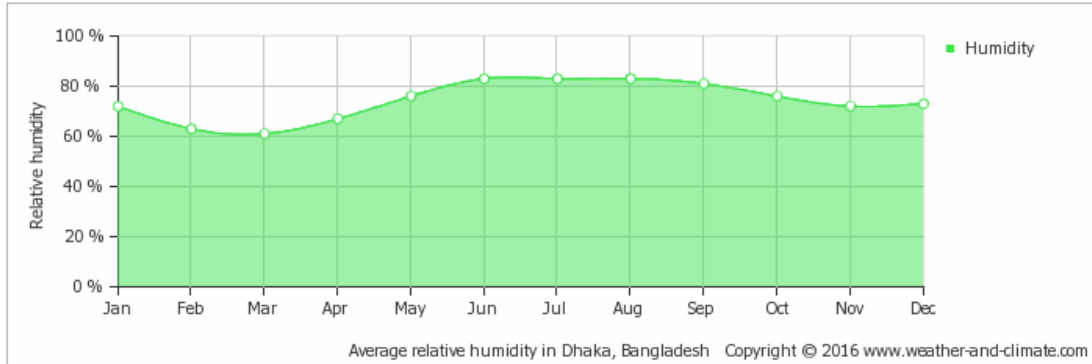
AVERAGE MONTHLY RAINY DAYS OVER THE YEAR

This is the number of days each month with rain, snow, hail etc.



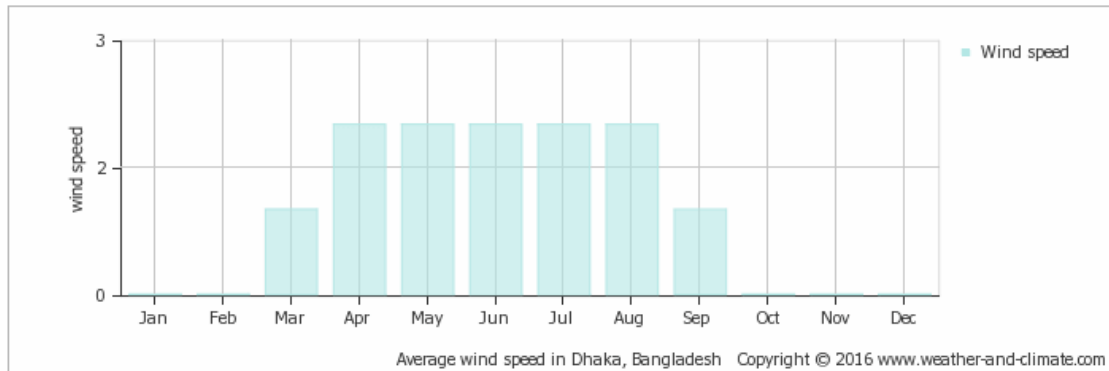
AVERAGE HUMIDITY OVER THE YEAR

This is the mean monthly relative humidity



AVERAGE WIND SPEED OVER THE YEAR

This is the mean monthly wind speed (meters per second)



2.5 SWOT ANALYSIS

Strength

1. Surrounded by residential blocks making it easily accessible to the community people.
2. Good amount of existing green on site.
3. Pedestrian walkways are in good condition
4. It is closer to the primary roads making it easily accessible.

Weakness:

1. No parking facilities.
2. The place is designed in an unplanned way.

Opportunities:

1. Provide communal space to community.
2. Provide parking facilities to the community.
3. Increase greenery in the site
4. Can become a very functional sports complex.

Threats:

1. Security issues can be a factor as the complex is for women.
2. Surrounding buildings can face noise disturbance.
3. Increase in activity in the place can generate more traffic congestion.

To conclude, Dhanmondi being a residential area is lacking in communal space. Therefore, if the Women's complex is designed to make it accessible to the community, as a public space it will be very successful one.

CHAPTER 3: SPORTS, WOMEN AND EMPOWERMENT

3.1 SPORTS

Sport (or sports) is all forms of usually competitive physical activity which, through casual or organized participation, aim to use, maintain or improve physical ability and skills while providing entertainment to participants, and in some cases, spectators. Much different kind of sports are played either in teams or competed as individuals.

Sport is generally recognized as an activity which is based on physical athleticism or physical dexterity, with the largest major competitions such as the Olympic Games, admitting only sports meeting this definition, and other organizations such as the Council of Europe using definitions precluding activities without a physical element from classification as sports.

3.2 ADVANTAGES OF SPORTS IN LIFE

The importance of sports and games encompasses more than just the benefit of physical activity; it increases self-esteem and also mental alertness which is contributed through school sports and games. Although the benefits of school sports are abundant, but with a diminishing economy, many schools are cutting out sports and physical education programs to the detriment of students nationwide.

According to Theodore Hesburgh, author of "The Importance of School Sports and Education," it is a must for school age children to have access to sports and games. This is because it empowers youth and promotes higher self-esteem and motivates students, enables them to earn better grades, especially in schools where obtaining certain grades is a pre-requisite to staying on the team. There are other physical benefits like healthy features, no gain in weight, prevention from many diseases and learning to live a healthy lifestyle.

According to the article, "the importance of sports for kids", the advantage of sports in life cannot be overlooked because it will help the children to build up the essential skills for life that will help them later in team works and cooperation. Moreover, sports not only have positive impact on children but also on adults, providing opportunities to get exercises and spend time in a healthy environment with everyone.

3.3 WOMEN EMPOWERMENT THROUGH SPORTS

"And what has football done for me? Well a lot of things because it helps me to forget things that are sad and all the problems that are occurring. Also it prevents me from getting into the many problems we have in this country. For example, becoming pregnant at my age or getting into prostitution or something like that. It helps me avoid problems. And also I am having a lot of fun. Football is really good for me." -Xiomara, 17-year-old football player with Association Bogota Colombia, Bogota, Columbia (Womenwin, 2016)

Girls and women face a lot of problems in life especially when living in a third world country like Bangladesh, which do not enable them to unleash their potential. They continue to encounter gender inequalities and deprivations in their daily lives. Therefore many local and government organizations are trying to empower women through sports. In “Women, sport and development”, an article that examines the numerous dilemmas faced in women’s involvement in sport, Martha Saaverda writes: “Sport as an embodied practice may liberate girls and women from constraining hegemonic feminine ideals, empower them within their communities, provide positive health and welfare outcomes, and ultimately transform gendered notion leading to a more egalitarian world and unleashing the productive, intellectual and social power of women. This then would contribute to overall development economic, social and political.” (Womenwin, p. 9)

Involvement of girls and women participating in sport activities and physical programs will encourage women empowerment and thus will help the United Nations to achieve their third Millennium Development Goals, ‘Gender Equality and the Empowerment of Women’. According to the United Nations Division for the Advancement of Women in “Women 2000 and Beyond: Women, Gender Equality and Sports” it says that “The participation of women and girls in sport challenges gender based stereotypes and discrimination, and can therefore be a vehicle to promote gender equality and the empowerment of women and girls. In particular, women in sport leadership can shape attitudes towards women’s capabilities as leaders and decision-makers, especially in traditional male domains. Women’s involvement in sport can make a significant contribution to public life and community development” (Womenwin, p 9)

Sport is an integral part of the culture of almost every nation. However, its use to promote gender equity and empowerment of girls and women is often overlooked because sport is not seen as an activity that is entirely desirable pursuit for girls and women. Sport being male dominated makes it difficult for women to secure a favourable position. It is a mistake, however, to assume that this is because girls and women do not wish to participate. Poverty, heavy domestic demands, safety concerns, lack of accessible transportation, inadequate sport and recreation facilities, and few opportunities for physical education and skill development frequently prevent women's participation in physical activity and sport. As well, socio-cultural norms and constraints preventing girls and women from being physically active, leaving home unaccompanied, or being seen by men outside their family, are additional barriers preventing girls and women from becoming involved in sport and physical activity.

Research on sport, gender, and development indicates that sport can benefit girls and women by:

- Enhancing health and well-being;
- Fostering self-esteem and empowerment;
- Facilitating social inclusion and integration;
- Challenging gender norms; and
- Providing opportunities for leadership and achievement. (Wwwunorg, 2016)

Through systematic sport programs, girls and women can become more physically active, benefiting their physical and mental health, including the reduced risk they will suffer from chronic diseases, depression and anxiety, and engaging in health risk behaviors. According to the article, "Sport And Gender", sport can also be a powerful health information and education platform, where awareness among the girls and women can be created that they need to reduce health risks in their lives, particularly in connection with their sexual and reproductive health. Sport can help increase self-esteem by giving girls and women opportunities to learn new skills, engage in positive relationships, acquire achievements, and engage in volunteer service.

3.4 WOMEN SPORTS IN BANGLADESH

"Women's cricket in Bangladesh has changed in a big way over the last few years. Many more parents are willing to allow their daughters come out on the field and play. Our domestic structure today is a lot stronger than before since we play a lot more matches," explains the young captain of the Bangladeshi team, Salma Khatun. "Finding players was more difficult before. Today, however, many more girls are willing to play and this will definitely help us create a stronger team," she adds. (Karim, 2012)

However, women sports is still a step behind in other sports in Bangladesh according to the article "Women Sports in Bangladesh", the general secretary of Women's sports Association, Kamrunnahar Dana says that the only reason other sports are lagging behind is because of not enough campaigns is done to promote

other sports, for example talent hunt programs need to be arranged in order to look for passionate and talented athletes.

Apart from prospering in cricket, Bangladeshi women also have received many medals in *kabbadi*. They received many awards in South Asian games and the highest amount was 18 medals. Moreover, a Bangladeshi gymnastic has made the country proud by receiving the silver medal in the South Asian Gymnastic Championship. (Karim, 2012)

Therefore to conclude, that the demand to take up sport at professional level has increased over the years among women in Bangladesh. With regular national tournaments being held and organized encouraged more women to participate in sports. Then again, according to the article, if this continues women sports in Bangladesh will see a victorious future.

CHAPTER 4: Case Study

Case studies are mainly done to understand the project more elaborately by studying existing projects or proposals. Thus it will enhance the idea of the programs and the concept of the project required.

4.1 CASE STUDY 1

Like Dhaka city, Seoul is one of the crowded city in world. As a result, from study it is seen that Seoul faces similar problems like Dhaka. As result, the project is a proposal of Jamsil Sports complex in which urban fabric is suggested. The proposal is not only a sports complex but provided a wide range activities to the surrounding community. The aim of the proposal is to create a multifunctional and well-connected urban space for the society.

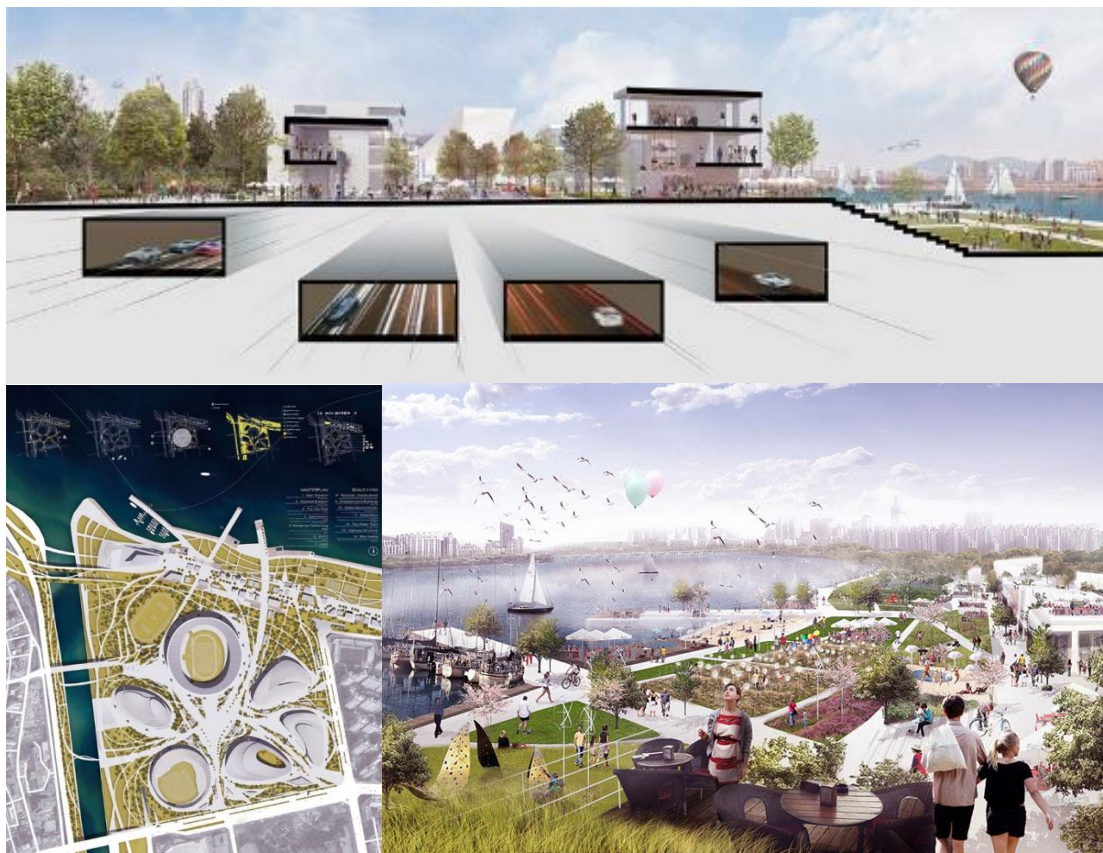


Figure: Jamsil sports complex/ rendered images

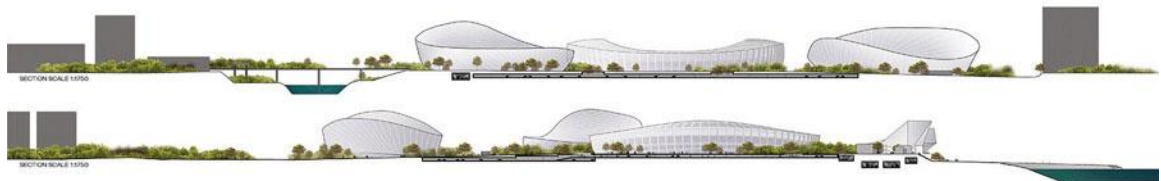
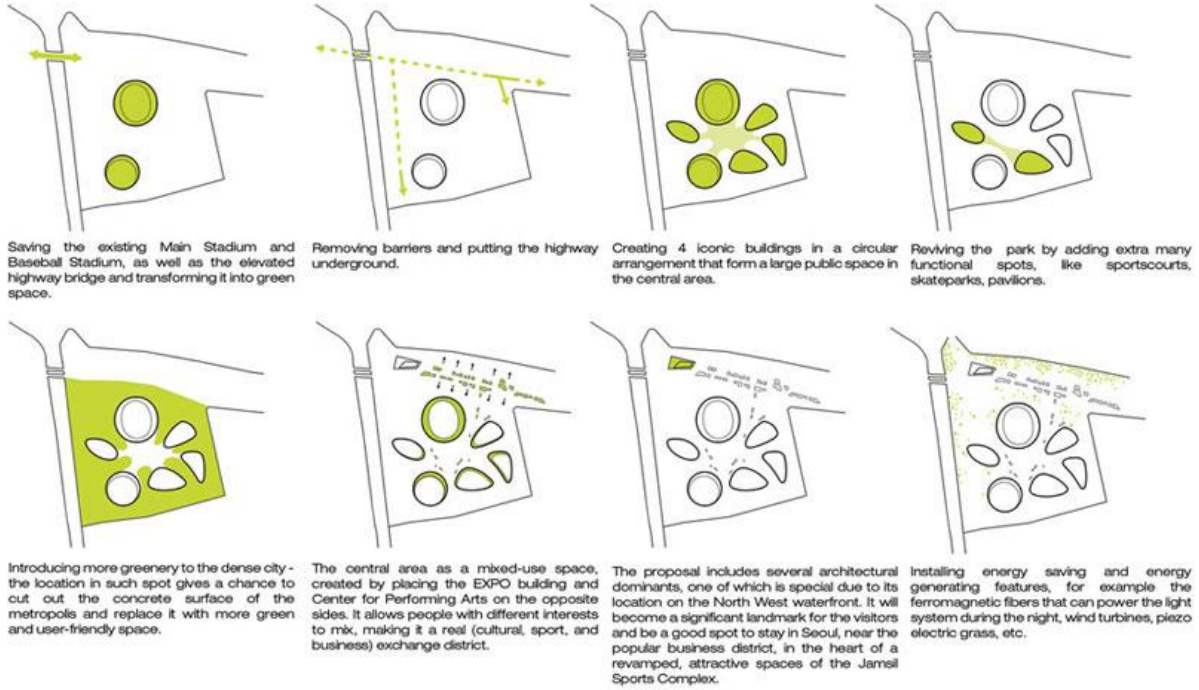


Figure: Jamsil sports complex/ sections

4.2 CASE STUDY 2

São Luís Sports & Arts Gymnasium located in Brazil. This is mainly done to understand the indoor facilities. It is designed by the firm Urdi Arquitera. Climate control is one of the main features of the new building. The comfortable temperature and air exchange are accomplished by the design features of the facades. Strategically positioned permanent openings brings fresh air to the courts, while special glass panels control the incoming solar radiation.

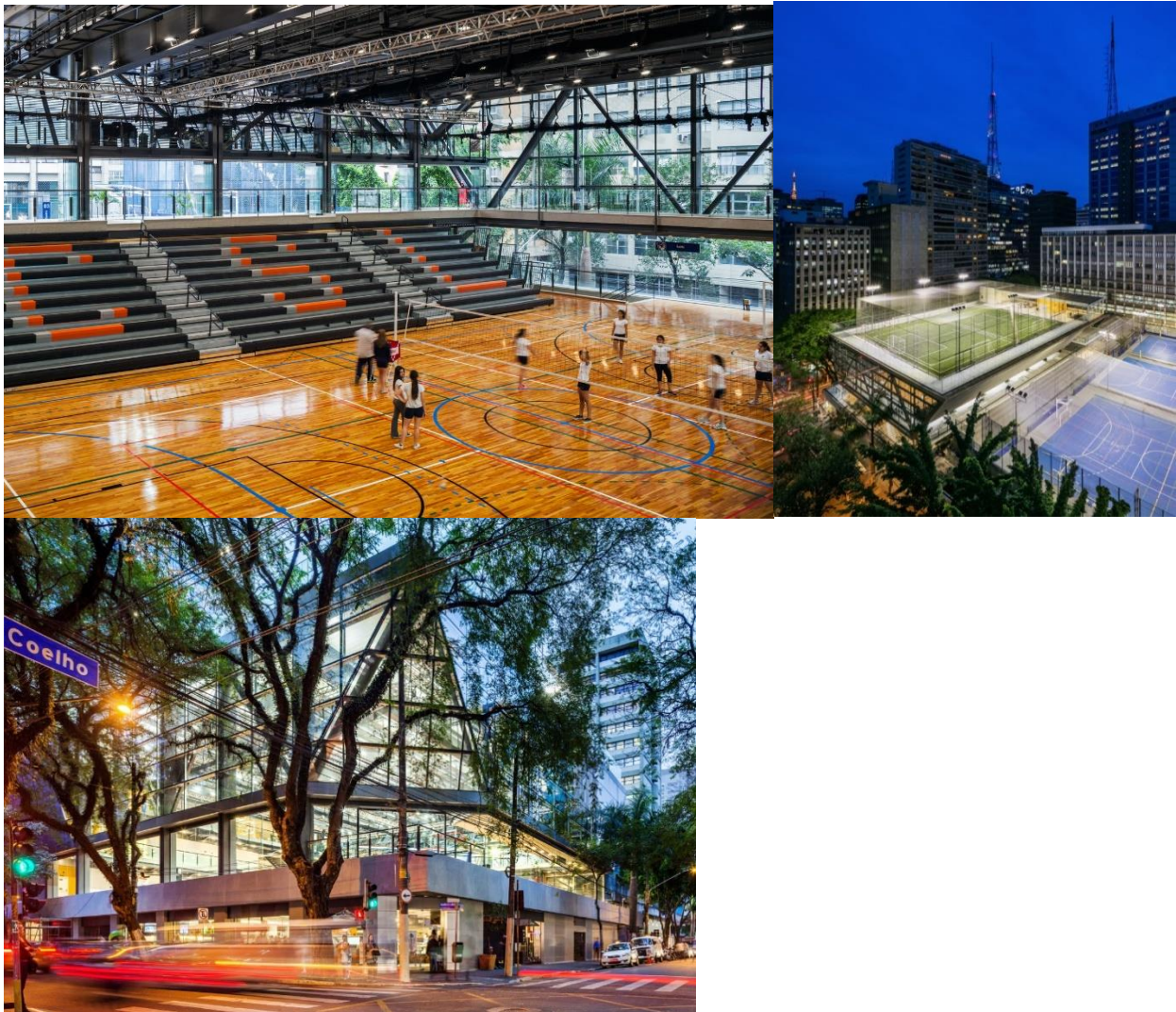
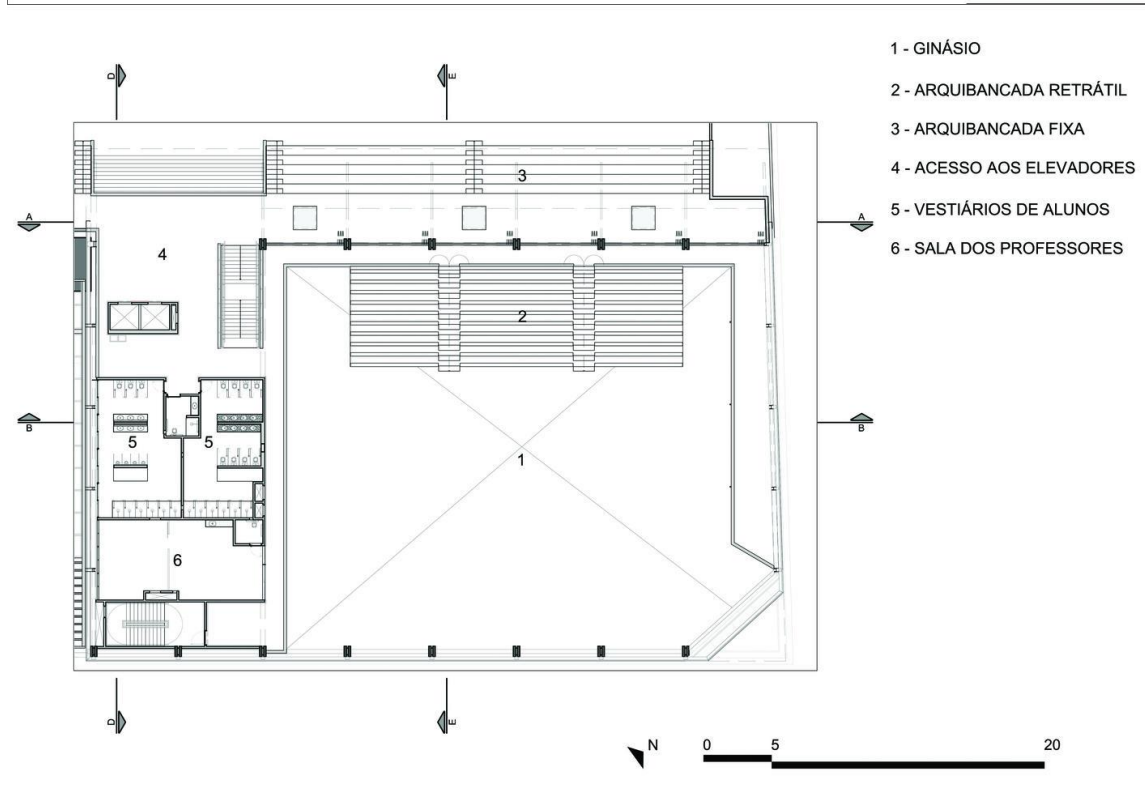
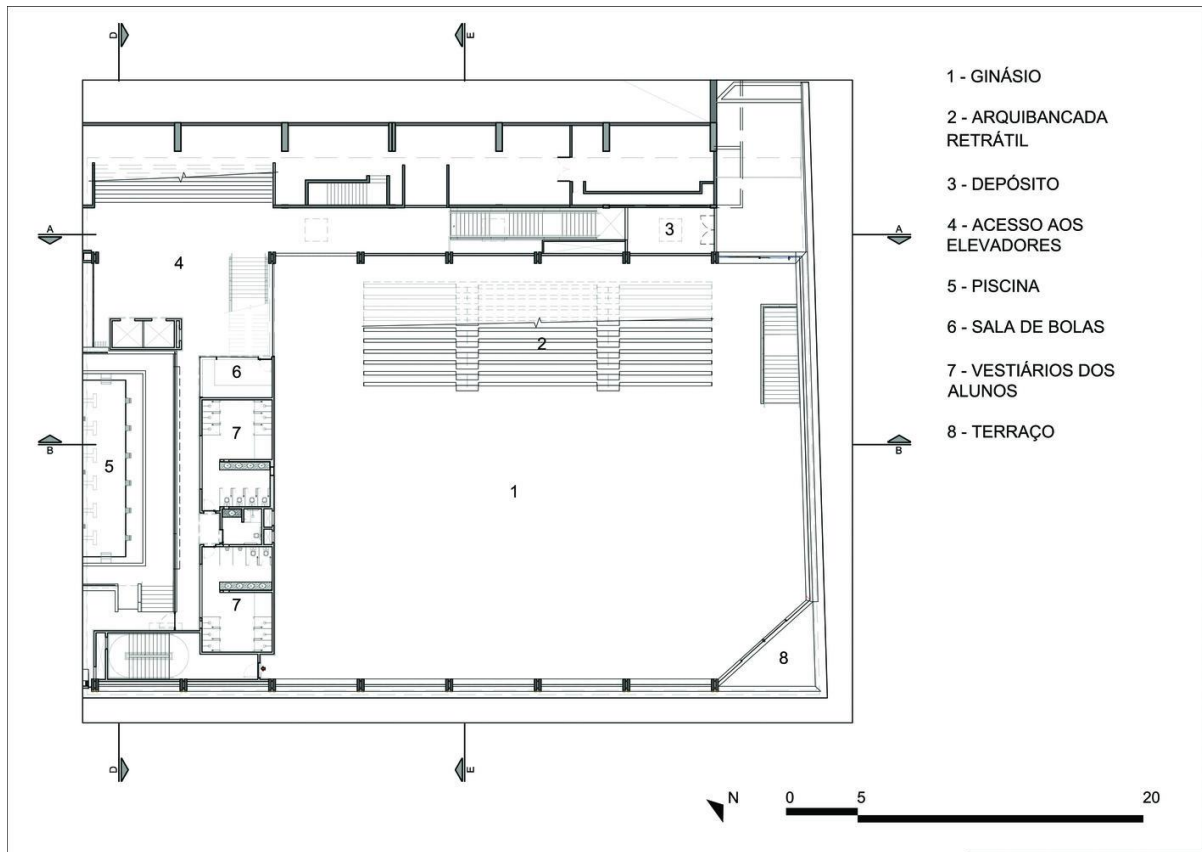
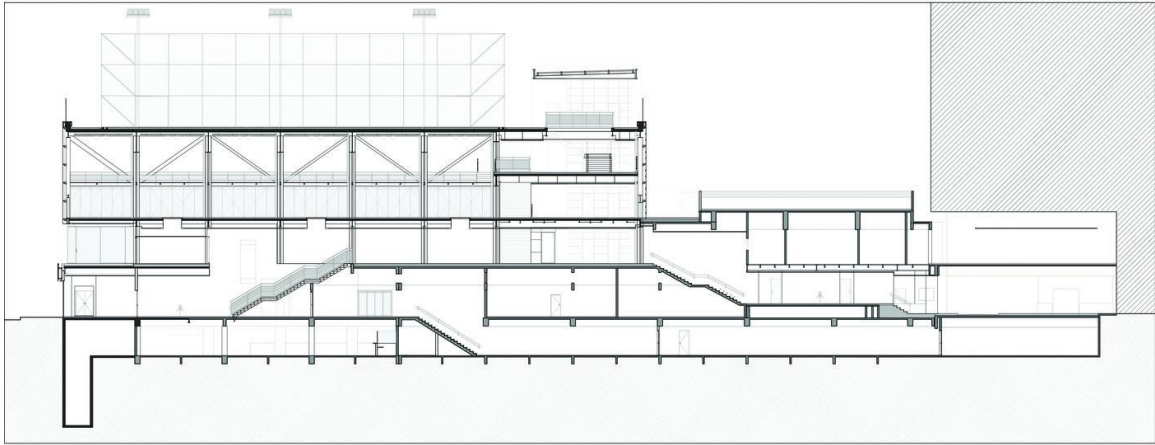
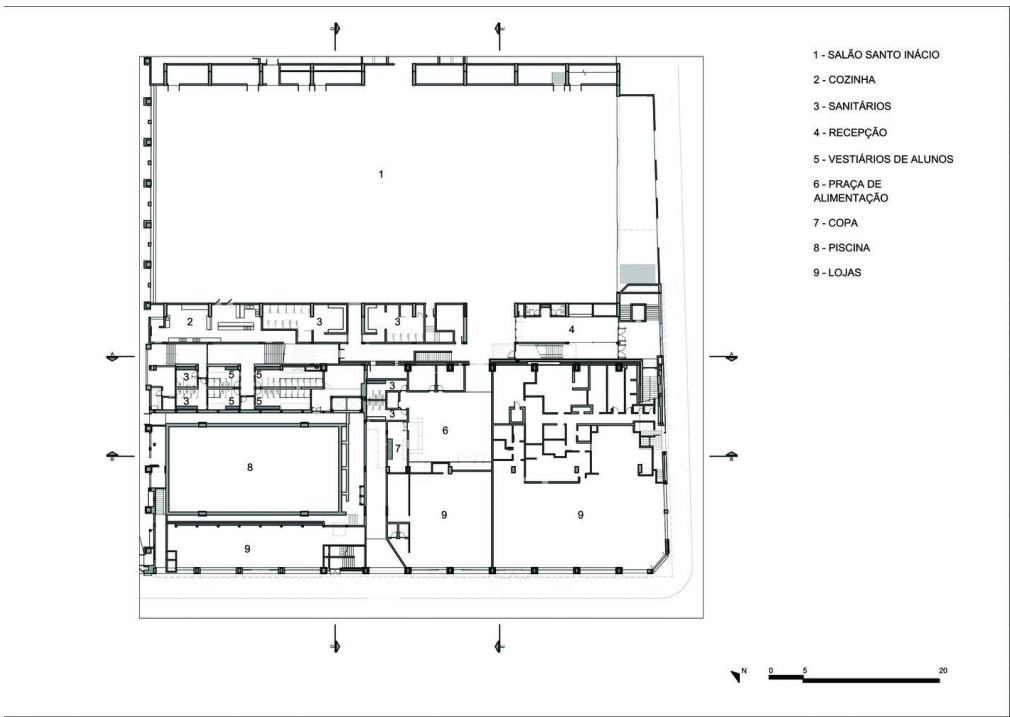


Figure: Saou Luis Sports and Gymnasium/rendered images





0 5 20



- 1 - SALÃO SANTO INÁCIO
- 2 - COZINHA
- 3 - SANITÁRIOS
- 4 - RECEPÇÃO
- 5 - VESTIÁRIOS DE ALUNOS
- 6 - PRAÇA DE ALIMENTAÇÃO
- 7 - COPA
- 8 - PISCINA
- 9 - LOJAS

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4.3 Case Study 3

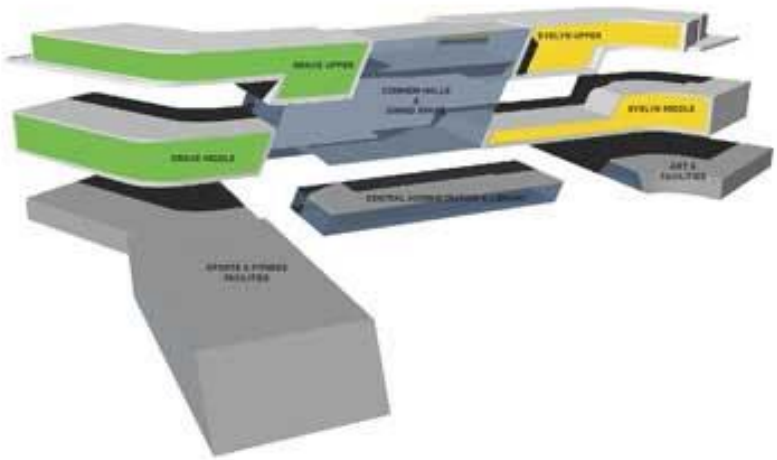


Figure: Evekyn Grace Academy/rendered images

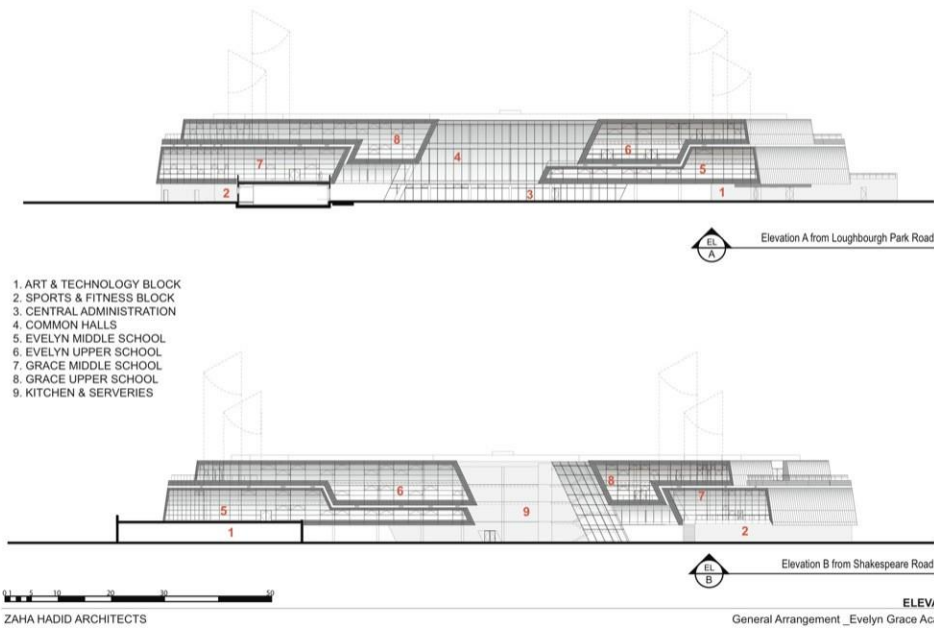
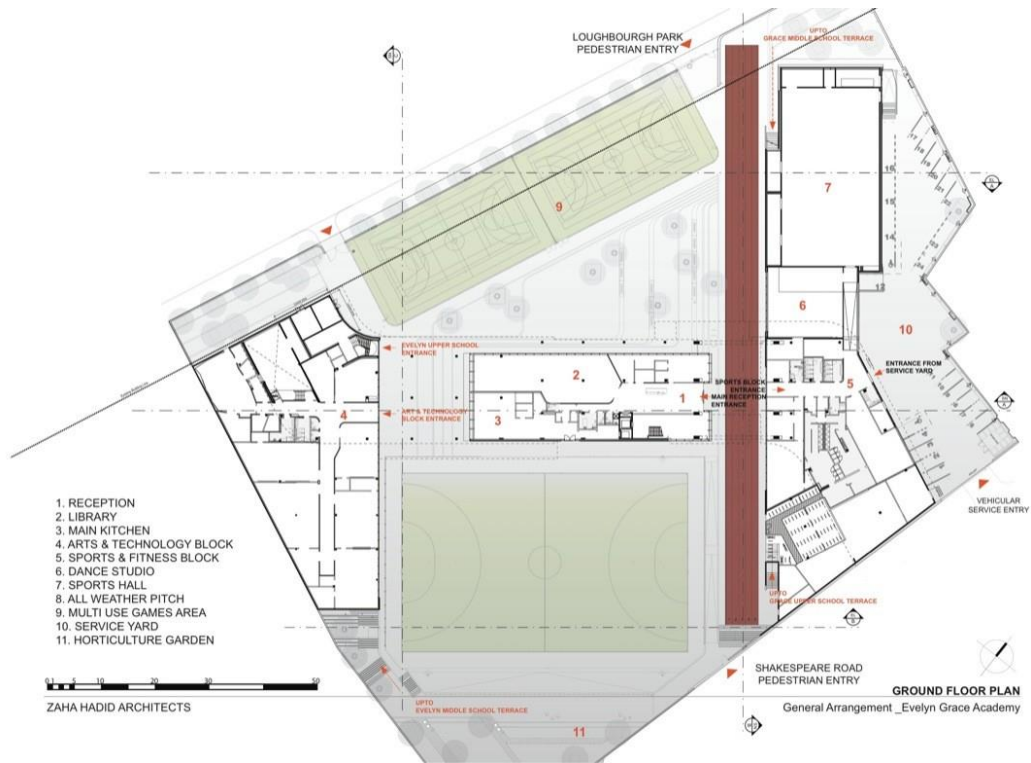


Figure: Evelyn Grace Academy/ Drawings

The Evelyn Grace Academy in Brixton, London Borough of Lambeth, broadens not only the educational diversity of this active and historical part of London but also expands the

built environment in a predominantly residential area. This Academy presents itself as an open, transparent and welcoming addition to the community's local urban redevelopment process. The strategic location of the site within two main residential arteries naturally lends the built form to be coherent in formation. The building assumes a strong urban character and identity which is legible to both the local and neighboring zones. It offers a learning environment that is spatially reassuring thereby being able to engage the students actively. The design of the building to create a healthy atmosphere

In keeping with the educational ideology of 'schools-within-schools' the design creates natural isolated patterns nested within highly functional spaces which give each of the four smaller schools a distinct identity, both internally and externally. These spaces present generous environments with maximum levels of natural light, ventilation and understated but durable textures. The collective spaces that are designed encourage social communications. Similarly, the external shared spaces, in order to generate a setting that encourages interaction, are treated in a manner of layering creating informal social and teaching spaces at various levels based on the union of multiple functions.

The stairs in the middle school is designed in a way where the students can avoid interaction with students from other school. Similarly the entrances of the Upper School 1 and 2 are separate. Upper School 2 is accessed from its own 1st floor terrace. Upper School 1 is accessed from the southwest corner of the site at ground level. The central core can sometimes be accessible by upper school students. For visitors, they will enter at the main reception and can access any of the schools from the central core. Staff can choose how they wish to enter.

The academy is effectively split between the ground floor podium of shared facilities with the separate schools above. The schools are organised horizontally to minimise vertical circulation once the students are within their individual schools. The middle schools are spread over the 1st and 2nd floors with the uppers schools both occupying the 3rd floor.

Shared facilities that are suited to community out of hours use are located at ground

level with some academic shared facilities such as the common halls and science labs located between the schools in the central area on the 2nd & 3rd floor to allow usage.

4.4 Case Study 4



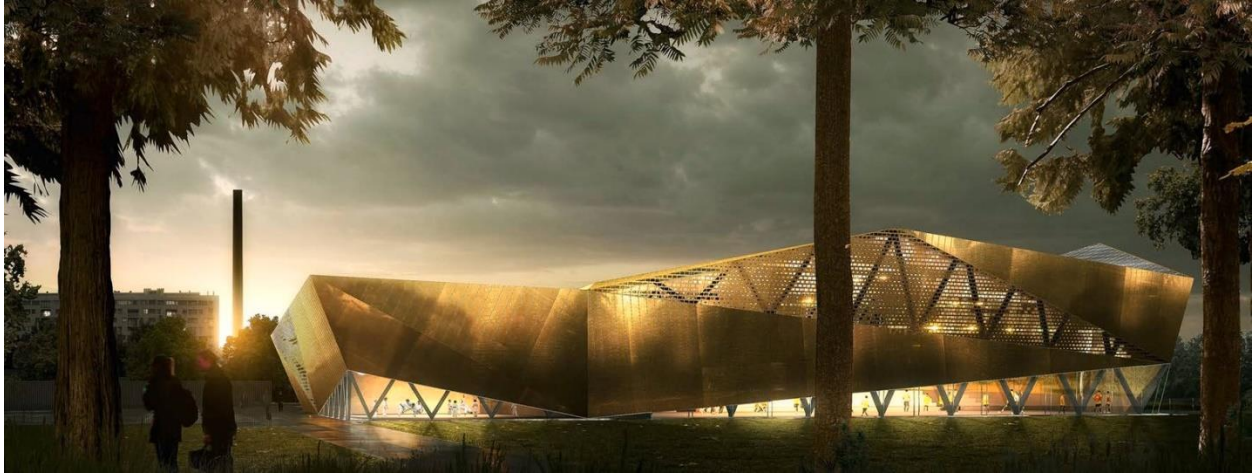


Figure: Multi sports complex/rendered images

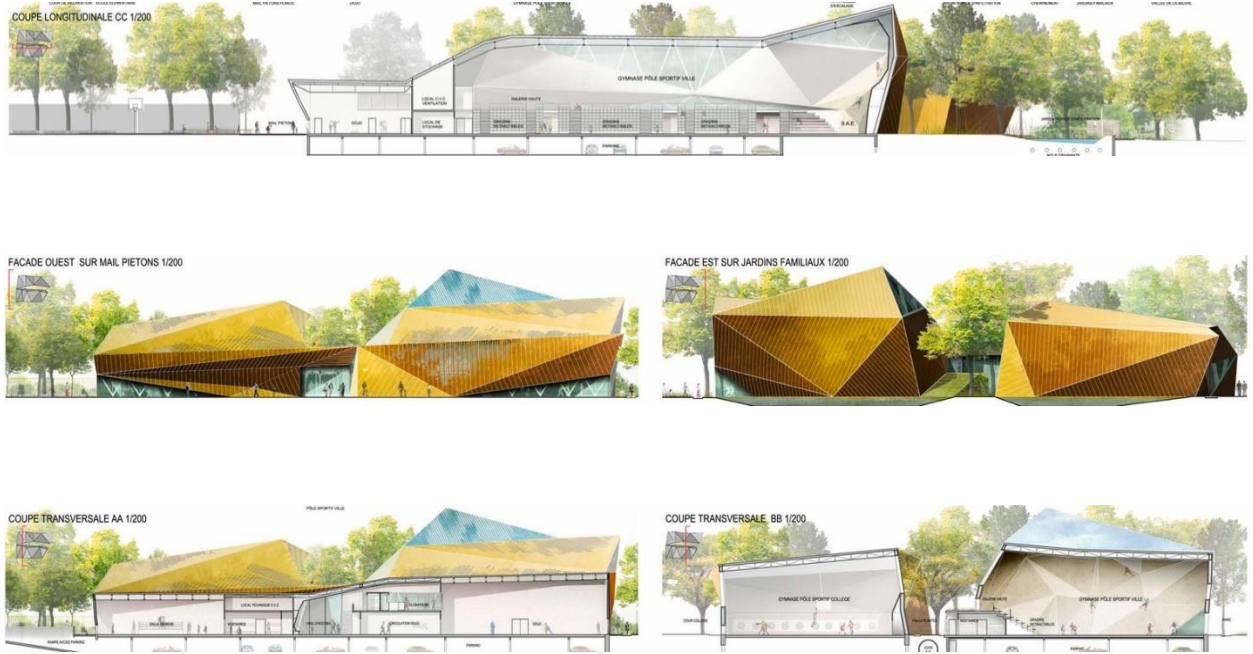


Figure: Multi Sports Complex/Drawings

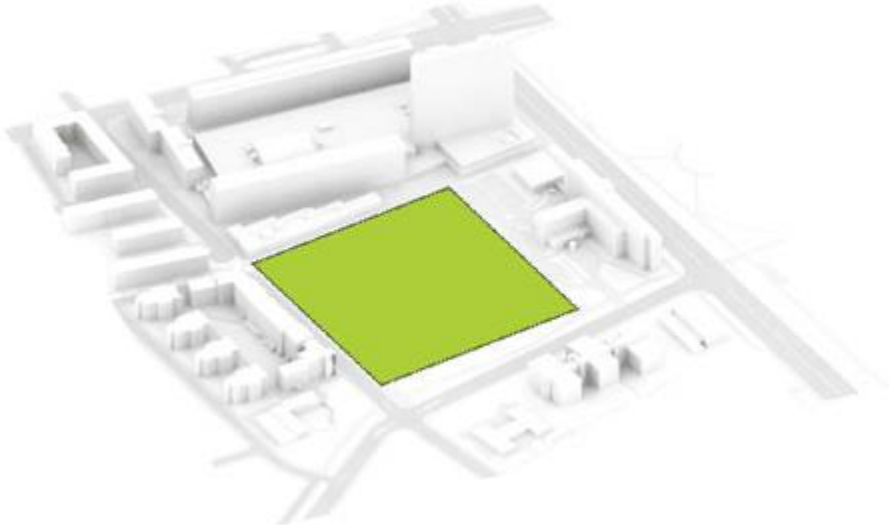
The winning proposal for the multi-sports complex in the city of Antony, France responds to the strong political will of a new urban ambition for the neighborhood. The context is diverse linear collective housing on one side and unique botanical heritage of the Park on the other. Designed by Archi5 + Tecnova Architecture, this project includes a theme for each function including gathering, meeting, sports activities, and events.

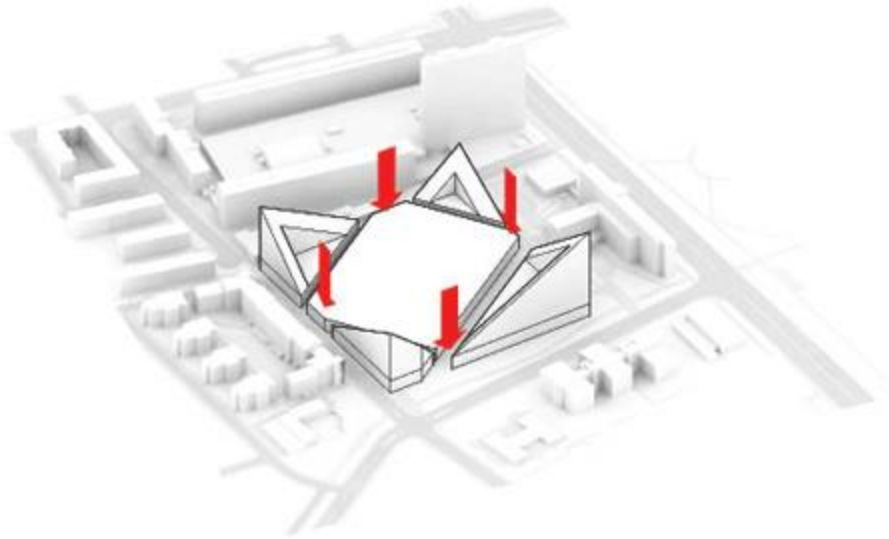
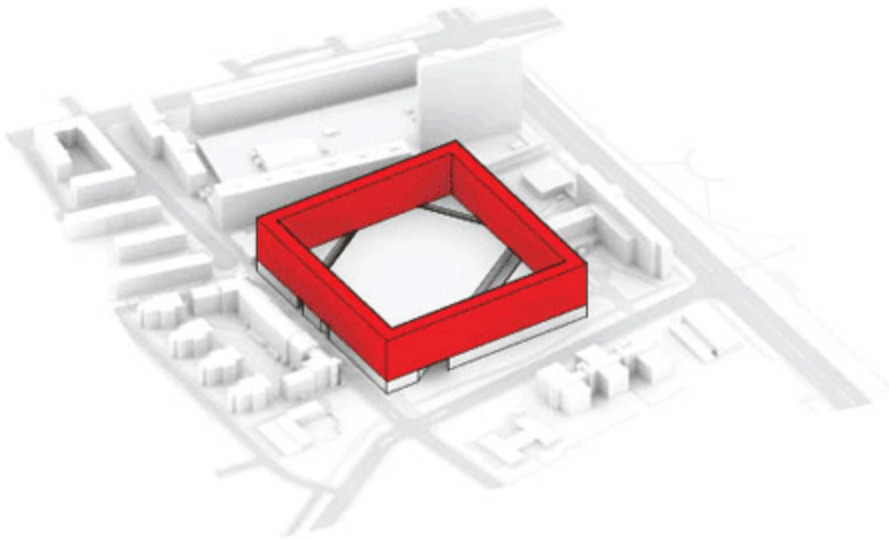
The building makes its own vocabulary of public space and complements the urban landscape elements, imprinting a new impulse to the site. It becomes an attractive landmark for residents throughout the neighborhood. It is a landscape which emerges signal's urban climbing gym. The building is one with the environment and plant stands out from the surrounding buildings. Its boundary is its identity, value mark. It clearly separates the two poles of the sports complex and ensures natural lighting gymnasiums and corridors. It is an invitation to discover the secret of the precious rock, it begins the subtle permeability between inside and outside. It is the key to building close reading reveals its transparency as we approach.

The sports complex is designed to give off a serene vibe which is compulsory for the players. It is rooted deeply in the structure of the frame by the choice of noble materials and integrity who are only capable of improvement over time. The skin is made of an alloy of copper, aluminum and titanium. It does not oxidize, and keep his win bronze color patina with a more matte appearance.

To distinguish course, a partial level is created for the use of public (visitors). It is located in the balcony on the double height volume and gives insights into the gyms. With regard to those who practice and alongside the building offers a lovely landscape surrounding buildings, such as a hill. By choosing a quiet place, anchored, sensitive to the nature that surrounds it, clear in its management function, this building is the balance between balance and strength, these values are those of sports objectives. inspire the imagination of those who use it.

4.5 CASE STUDY 5





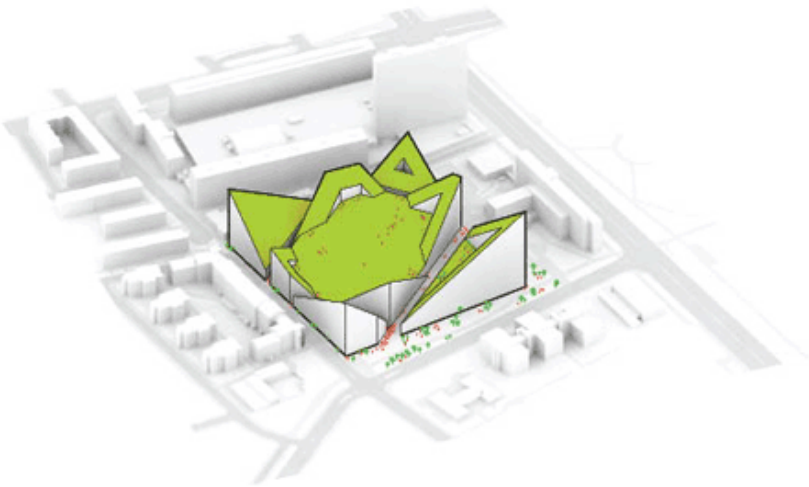
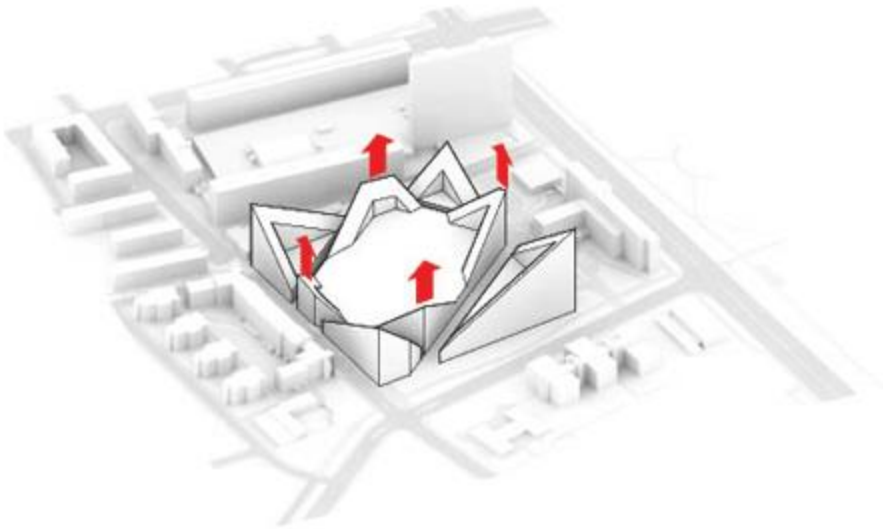


Figure: World Village of Women Sports/ conceptual images

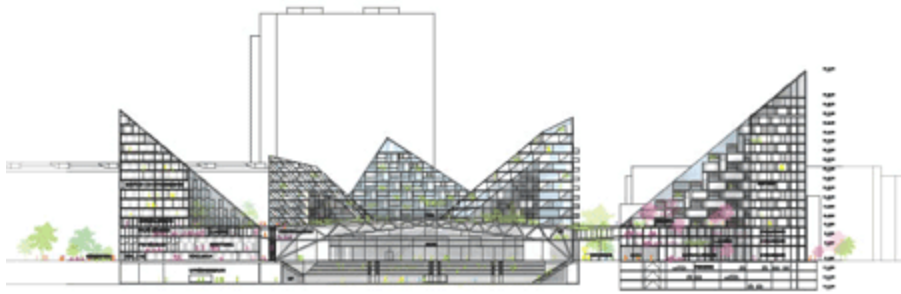


Figure: World Villages Of Women Sports/rendered images

BIG, in collaboration with AKT, Tyréns and Transsolar, just won the competition for the World Village of Women Sports in Malmo, Sweden, a 100.000sqm complex for research, education and training of women's sports.

Rather than a program organized around a sports arena disconnected from the city, the project becomes a town inside a town, offering rich public spaces as you can see on the renderings.

The central space of the village offers a large area for public gathering, which can host

professional football matches, concerts, conferences, exhibitions and flea markets. Around this space we find a series of sloped buildings, which reduce the visual impact of the complex to the adjacent neighborhood.

Between these buildings we find a pedestrian network around the main sports hall which plugs into the surrounding street networks as well as the interior galleries of Kronprinsen, turning it into a complete ecosystem of urban life.

CHAPTER 5: PROGRAM ANALYSIS

5.1 PROPOSED PROGRAMS AND RATIONALE OF THE PROGRAM

For all the spaces the standard sizes were taken from the sports council requirements and the times savers. Bubble diagrams are done to understand the relationship between the functions as shown below.

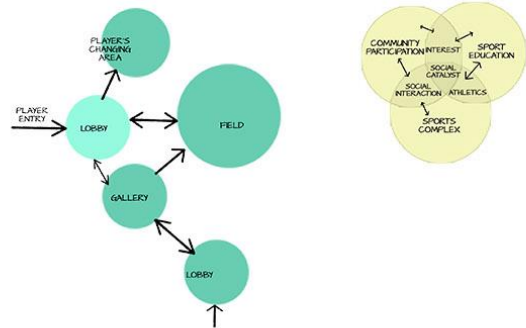
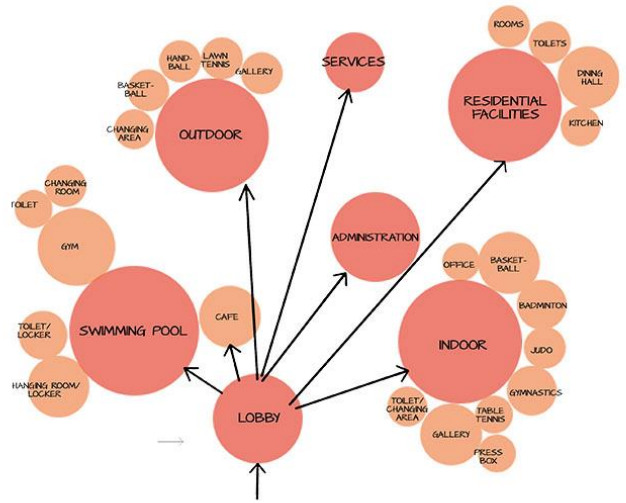
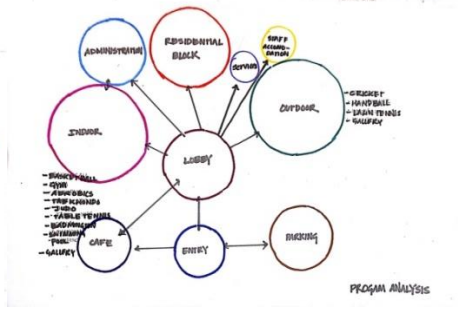
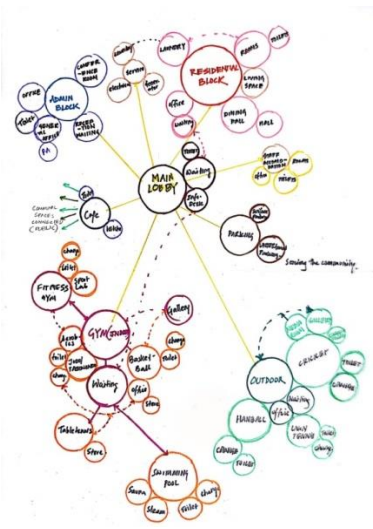


Figure: Bubble diagrams

	Function Space	Function	User Number	Area/Space (sqft/person)	Room Number	Total (sqft)	Area
PUBLIC TOTAL	Lobby Lounge					1200	
	Toilet					200	
	Cafe	Dining	50	25		1250	
		Kitchen				300	
		Store				50	
						3000	
SEMI PUBLIC TOTAL	Administration	Director	1	400		400	
		Assistant director	2	250		500	
		Executive	4	100		400	
		Staff	10	10		1000	
		Common toilet	1			200	
						2500	
PRIVATE TOTAL	Gymnasium	Exercise				2500	
		Store				300	
		Toilet+ Change				200	
						3000	
SEMI PUBLIC TOTAL	Swimming Pool	Pool area				7722	
		Gallery		500	10/person		
		Entry + lobby				1000	
		Bath house				2000	
		Locker room			300		
						11022	
PRIVATE TOTAL	Outdoor Activities	Basketball				4520	
		Badminton				880	
		Tennis				2800	
		Handball				2000	
		Change area				1500	
		Locker				500	
						12200	
SEMI PUBLIC TOTAL	Indoor Stadium	Gallery		1500	10/person	1500	
		Press box				200	
		Court (Badminton, Basketball, Table Tennis)				4000	
		Court (handball, gym, judo)				9620	
		Change Area				2000	
		Store			1000		
						18320	

	Dormitory Facilities)	(Residential	Rooms	4 person	35	12	1680
			Dining			1	750
			Kitchen				400
			Store				200
			Toilet	4	per floor		300
			Living Space				500
TOTAL							3830
	Service		Substation				500
			Mechanical				1000
PRIVATE			Store				500
TOTAL							2000
TOTAL AREA							55872

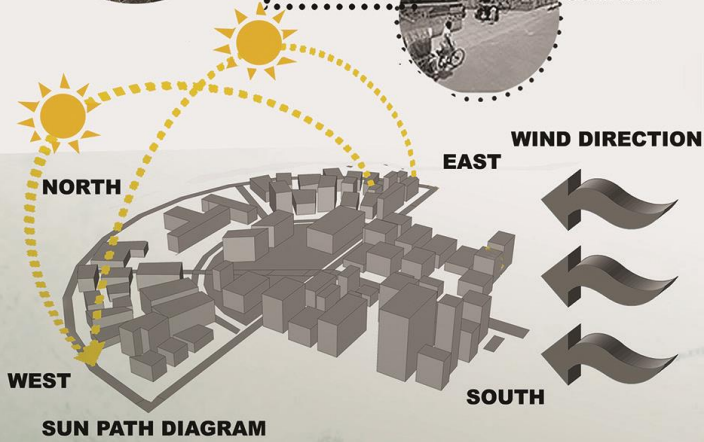
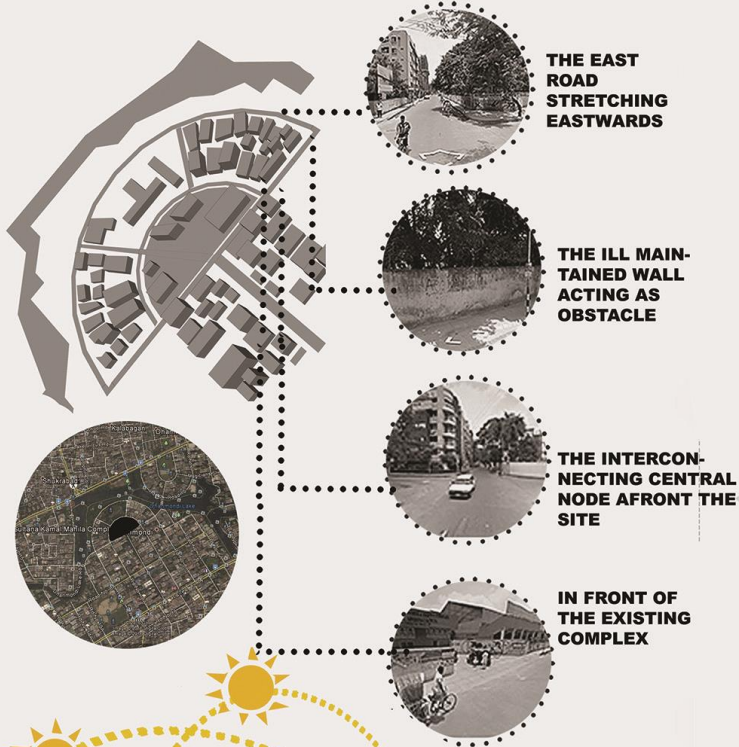
Figure: Program list

CHAPTER 6: DESIGN AND DEVELOPMENT

6.1 Concept, inspiration and form generation

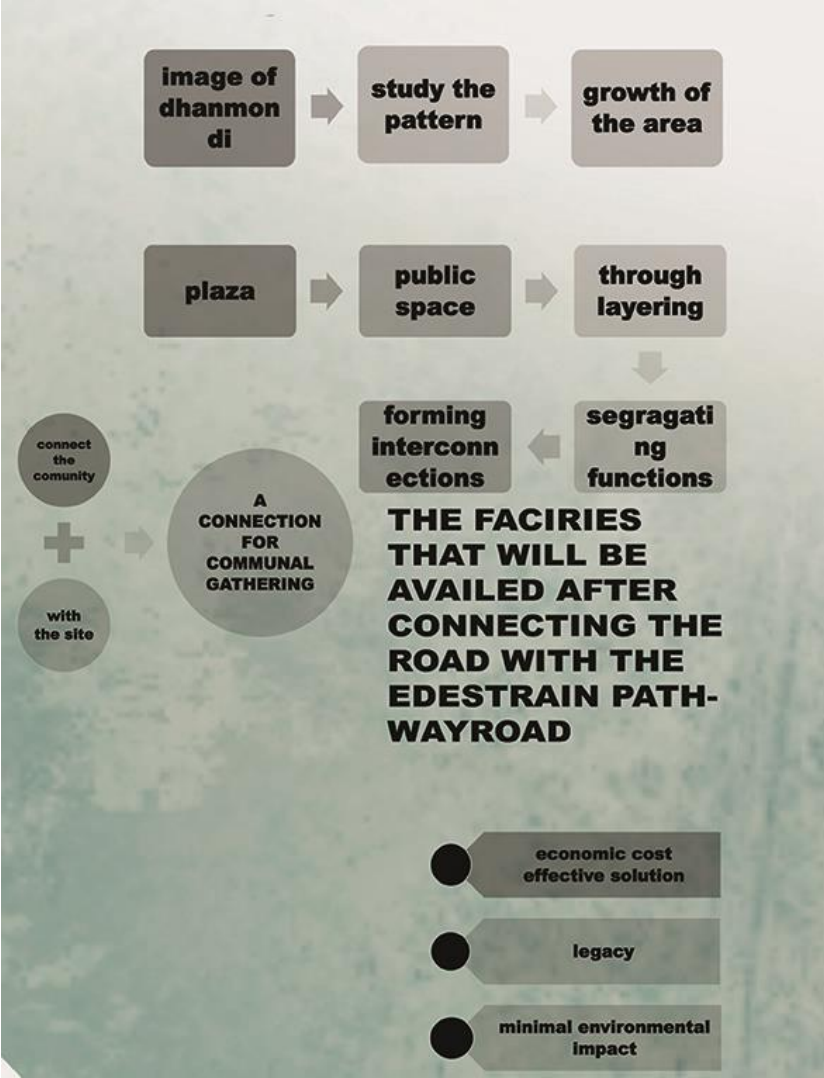
Sports play a vital role in everyday lives of the people around the world. Sports have the power to unite a whole nation as well as the whole world. Therefore, a sports complex in a community like Dhanmondi stands as a major landmark. The main idea of the proposal was to create a sports complex with an urban approach rather than an introvert one. Dhanmondi is a residential area and it is assumed that in next 30 to 40 years height of the buildings will raise so will the need of breathing place. Therefore, the open field spaces like Abohani field, Kalabagan field etc. can act as communal spaces. Likewise, Sultana Kamal women's complex can provide communal space to the community. The existing site is surrounded by six main axes, among two which leads towards the Dhanmondi Lake. The widest road, 10a, terminates just in front of the existing site of the complex. Therefore connecting the 10a road with one of the axis which leads to Dhanmondi Lake was the initial approach and major approach to welcome communal activity in the site. In this way, the site is divided into two parts, one private and another public. Private part of the site is well secured and provides all the function to enhance women's sports activity. Moreover, the public part of the site welcomes the community and enhances the connection of sports with public. The proposal of the connection of the axis also increases activity around the lake area and the road 12a which is now considered to be not secured. Therefore, the urban approach not only creates a communal approach inside the site but also surrounding areas an

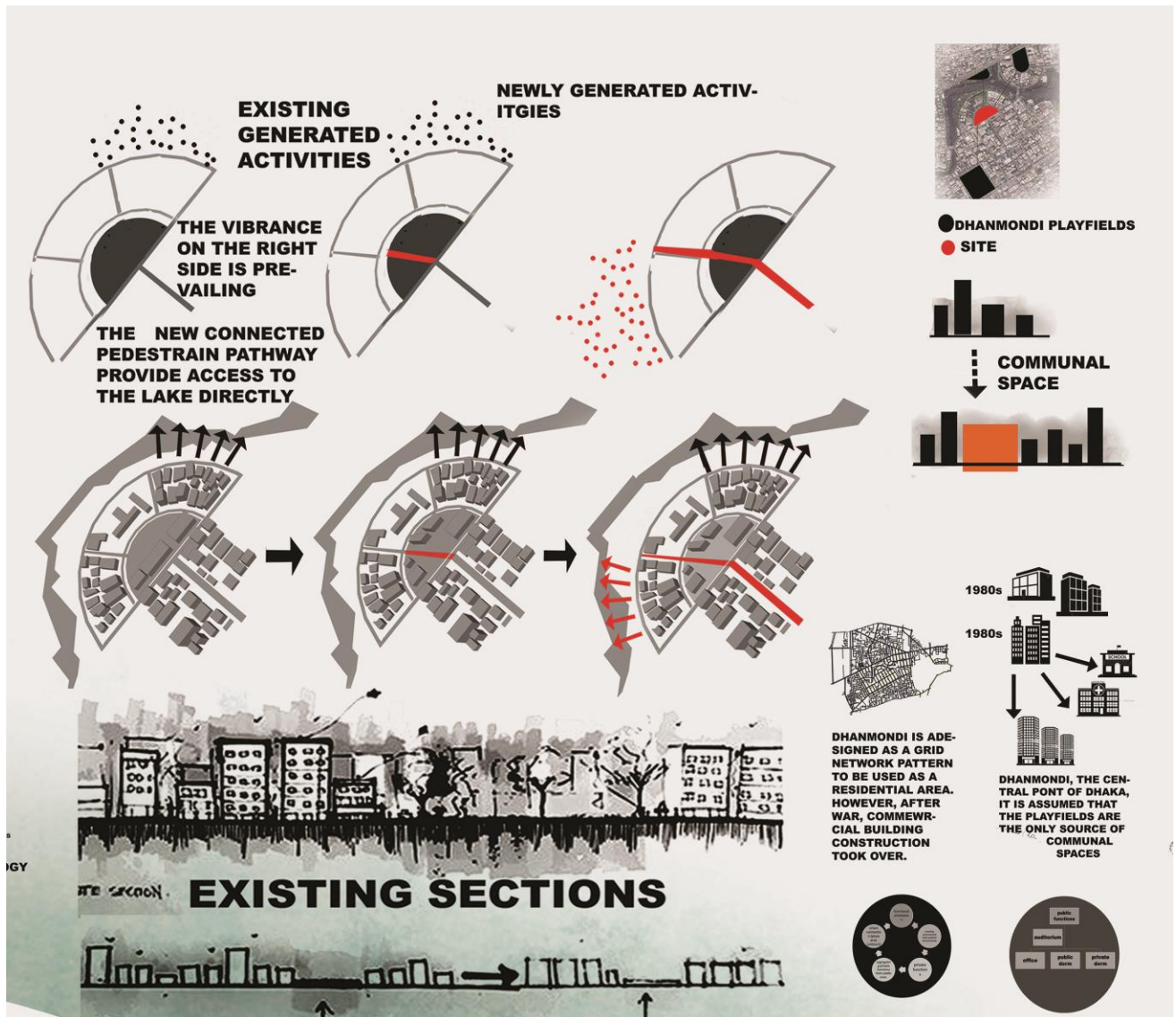
EXISTING SITE SCENARIOS



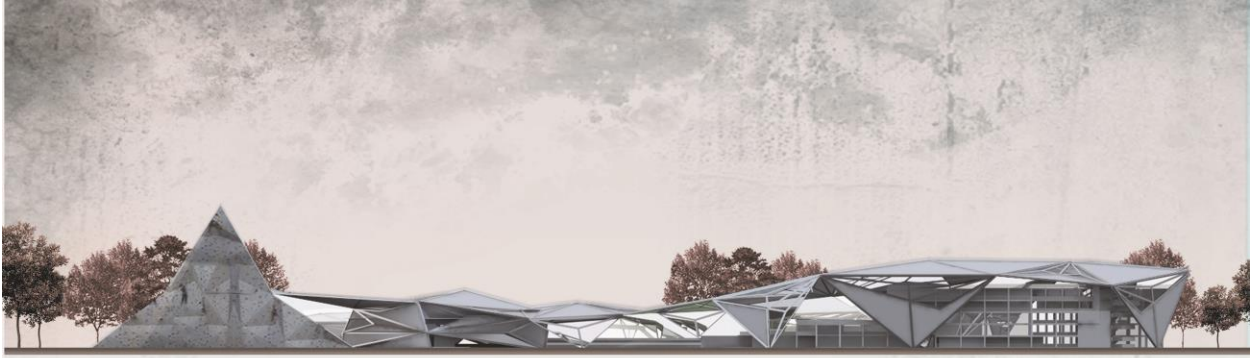
PROPOSED

-  PEDESTRAIN WALKWAY
-  CONGREGATIONAL SPACE
-  SITTING SPACES
-  ENTERTAINING BOATRIDES
-  STREET CAFES
-  PLAYSPACES FOR CHILDREN





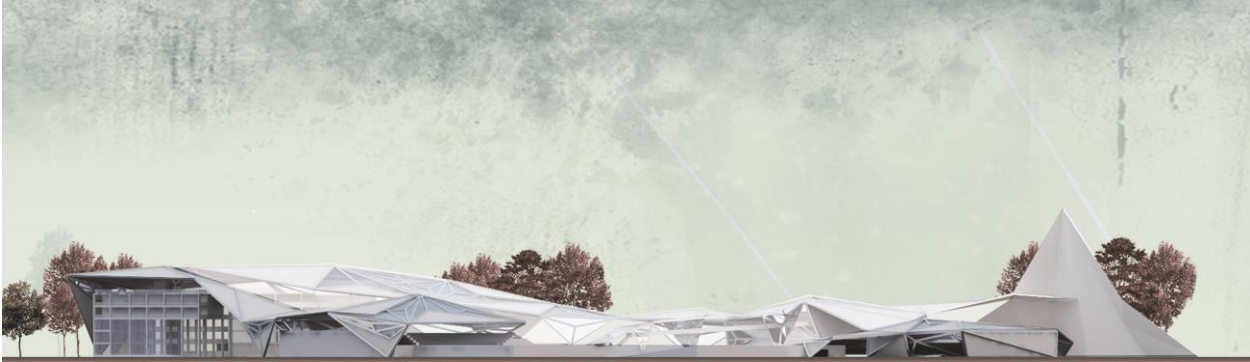
The superroof is used to give the design a spontaneous and dynamic look, thus the triangulation is used for the roof.



SOUTHWEST ELEVATION



NORTH ELEVATION



NORTHEAST ELEVATION

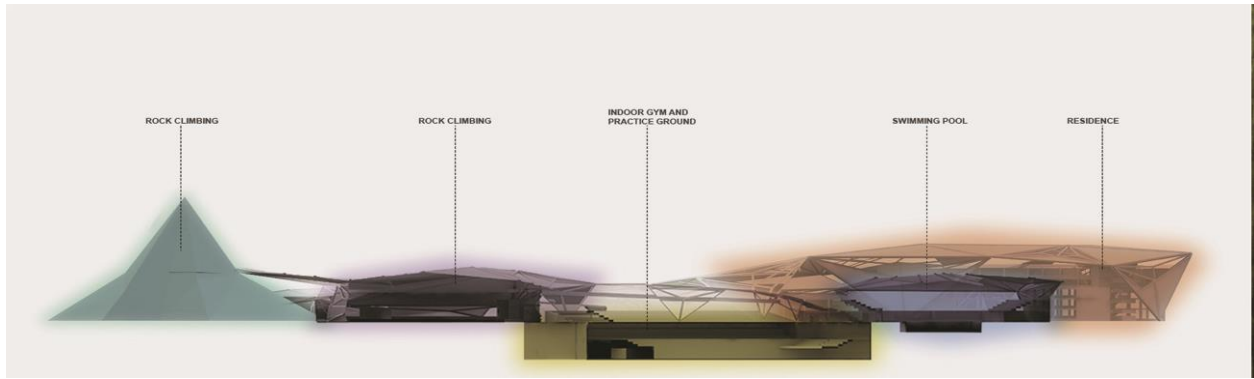


Figure: Programs

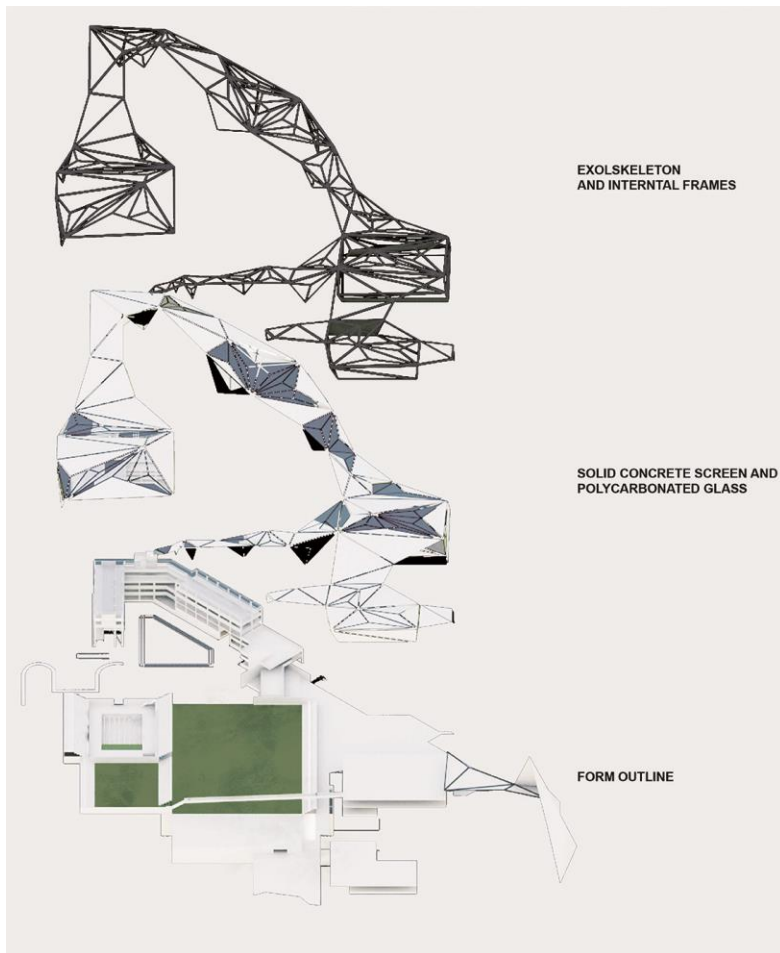
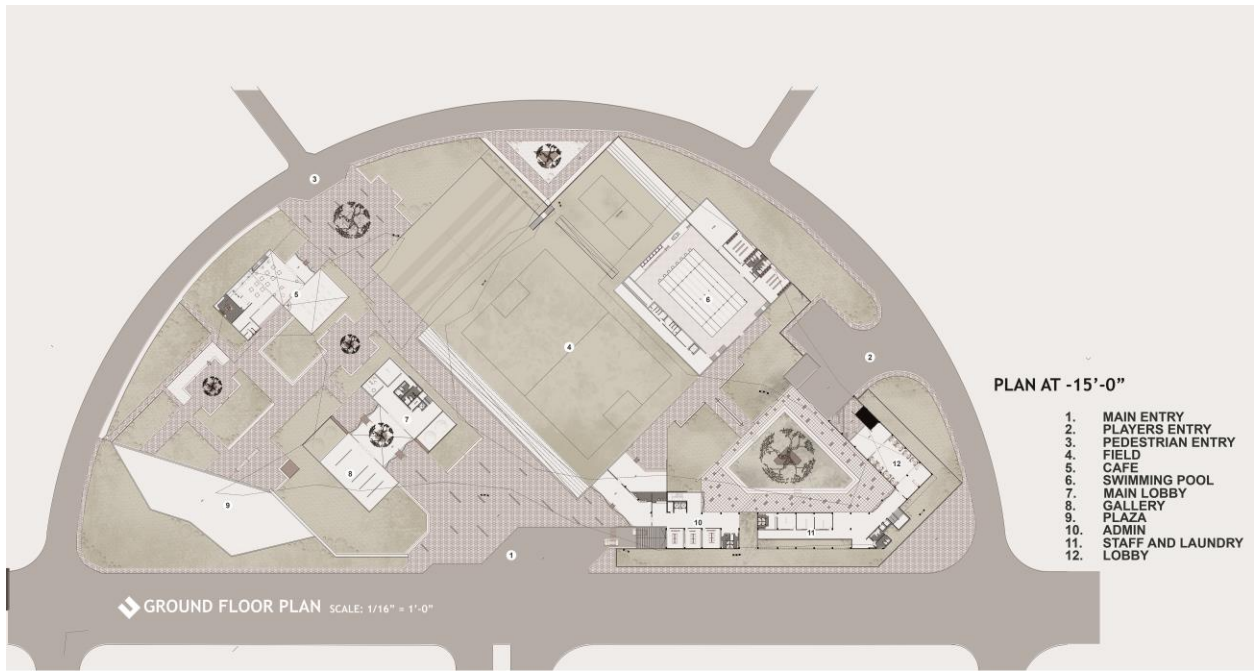
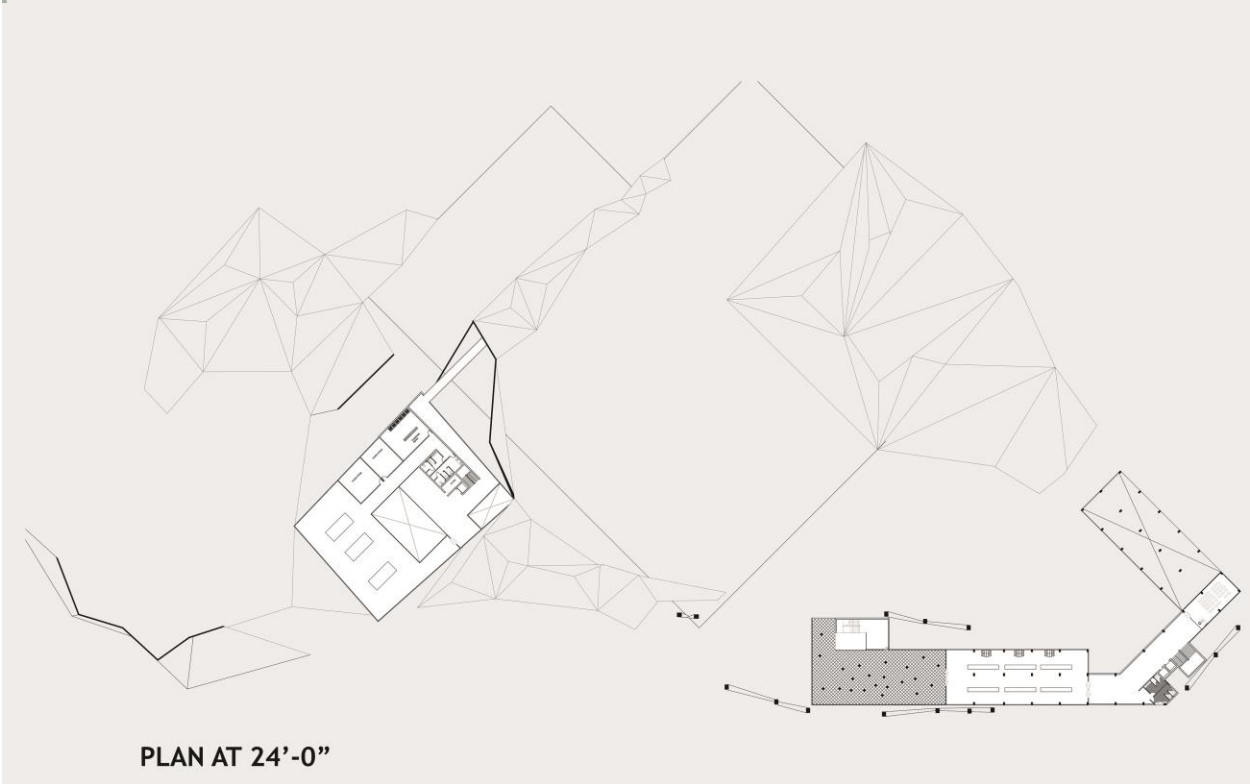


Figure: Structural Analysis

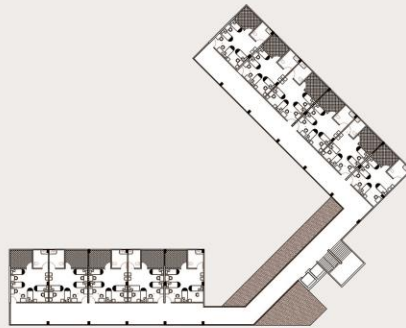




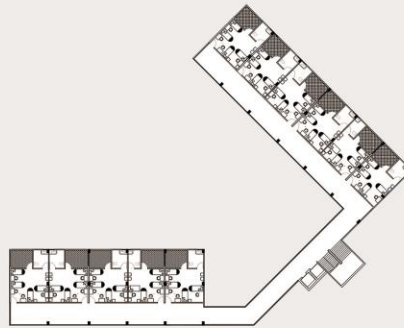
PLAN AT 12'-0"



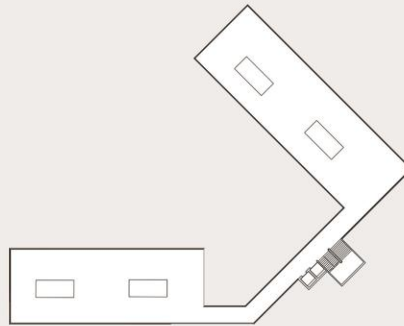
PLAN AT 24'-0"



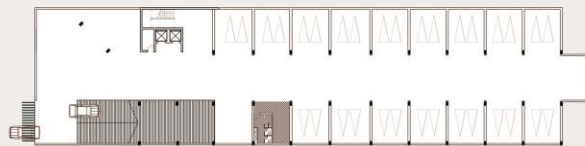
PLAN AT 34'-0"



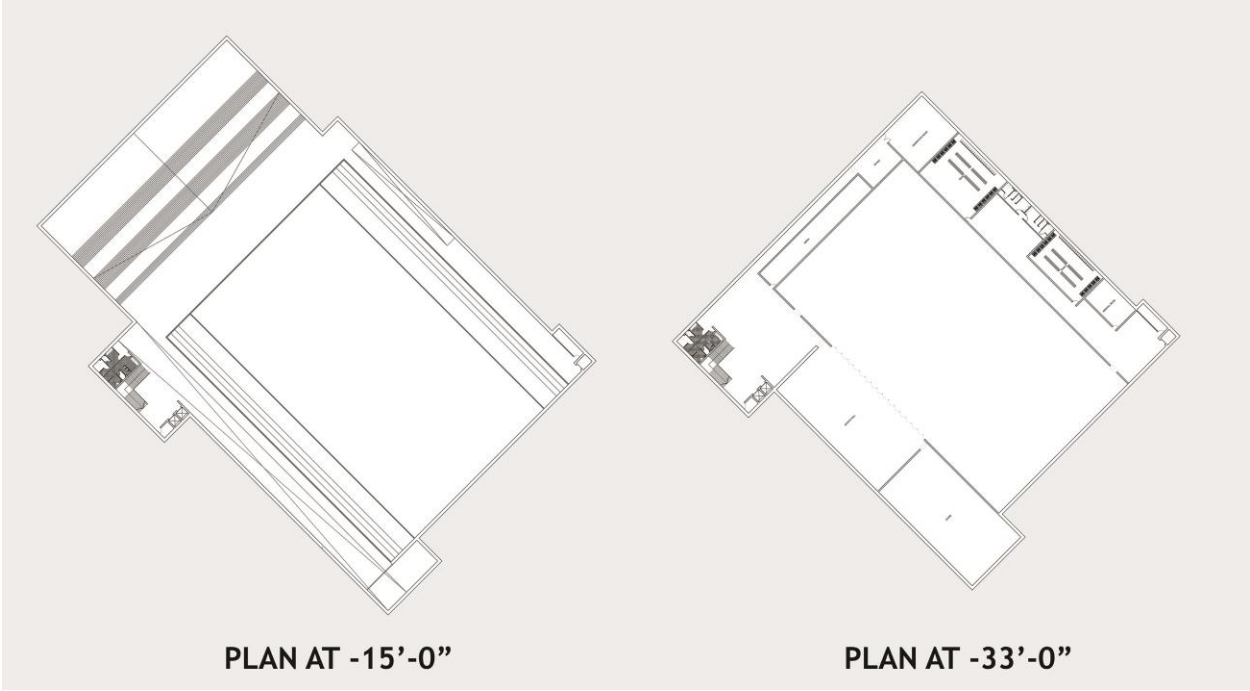
PLAN AT 44'-0"

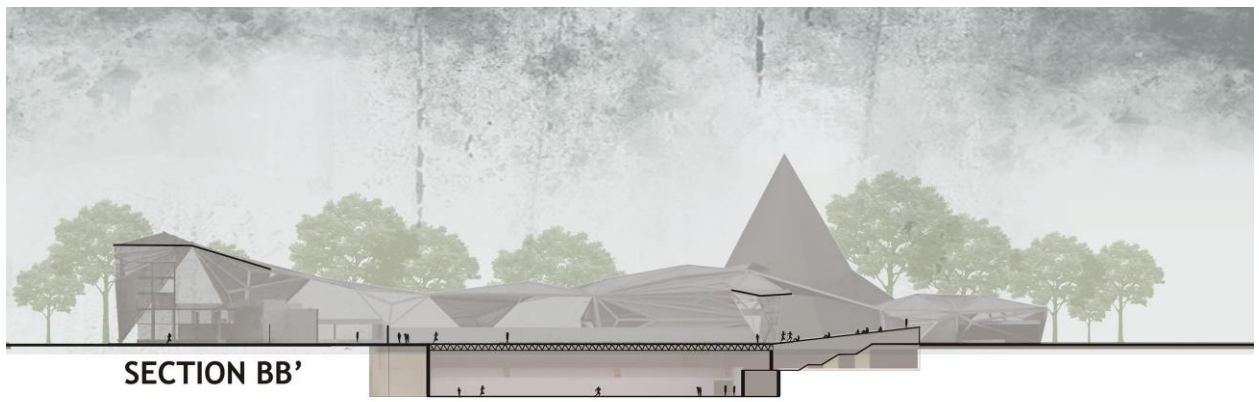
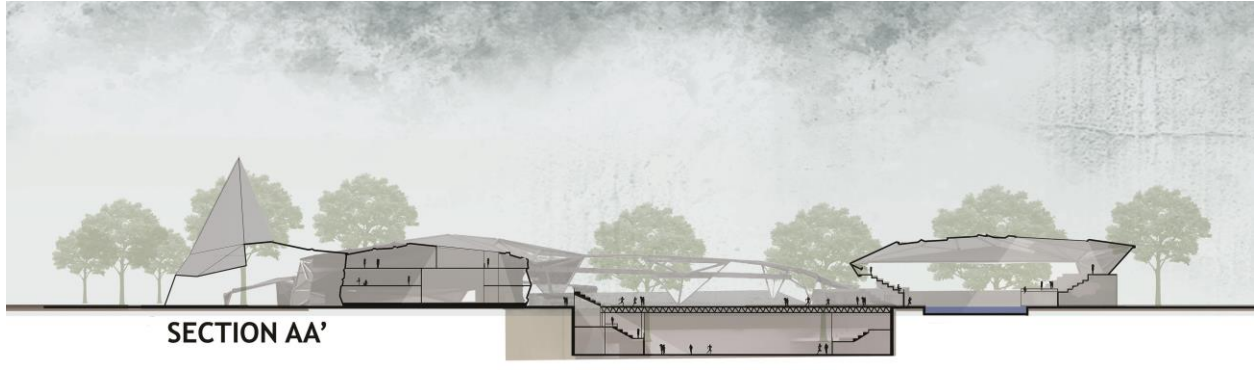


PLAN AT 54'-0"



BASEMENT





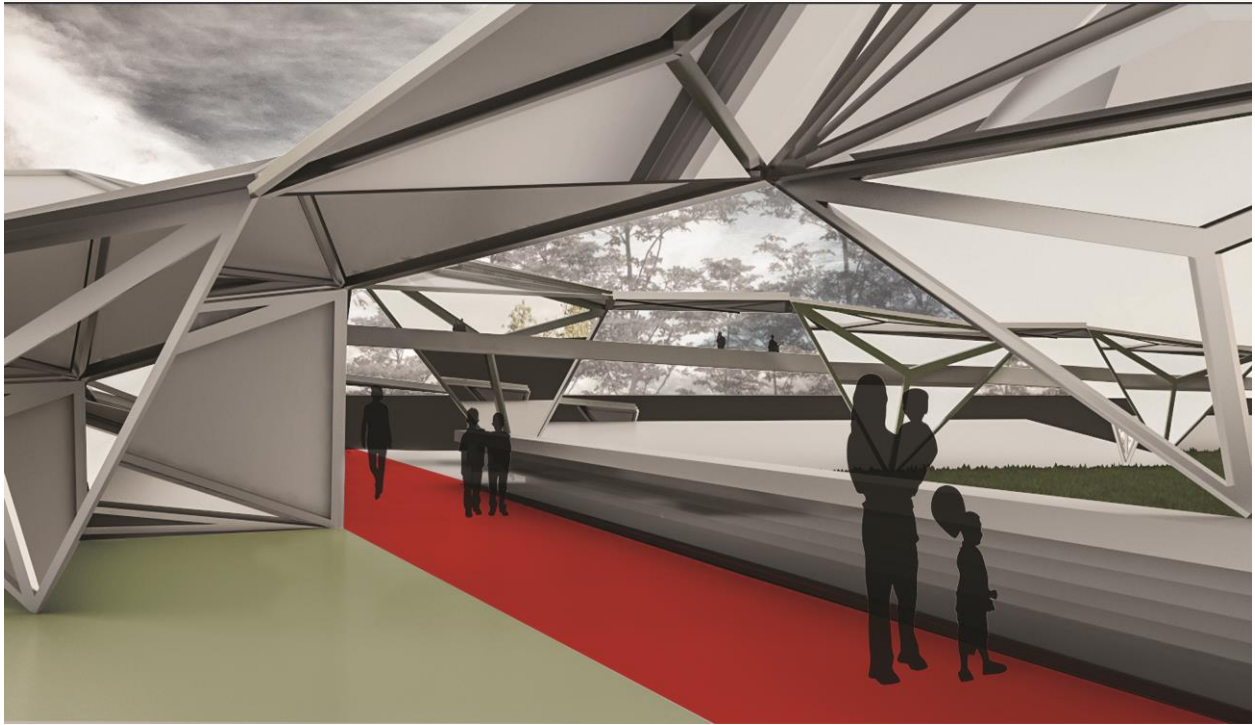
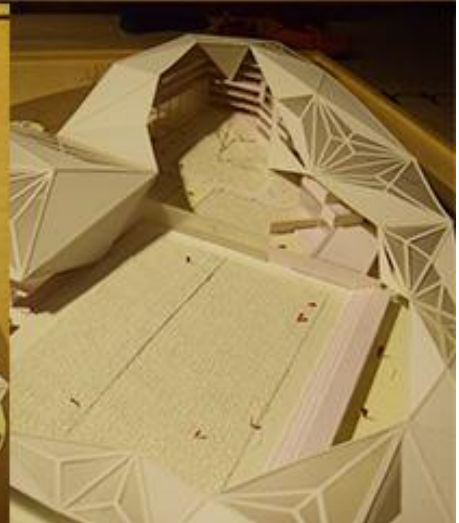


Figure: Rendered images



MODEL IMAGES

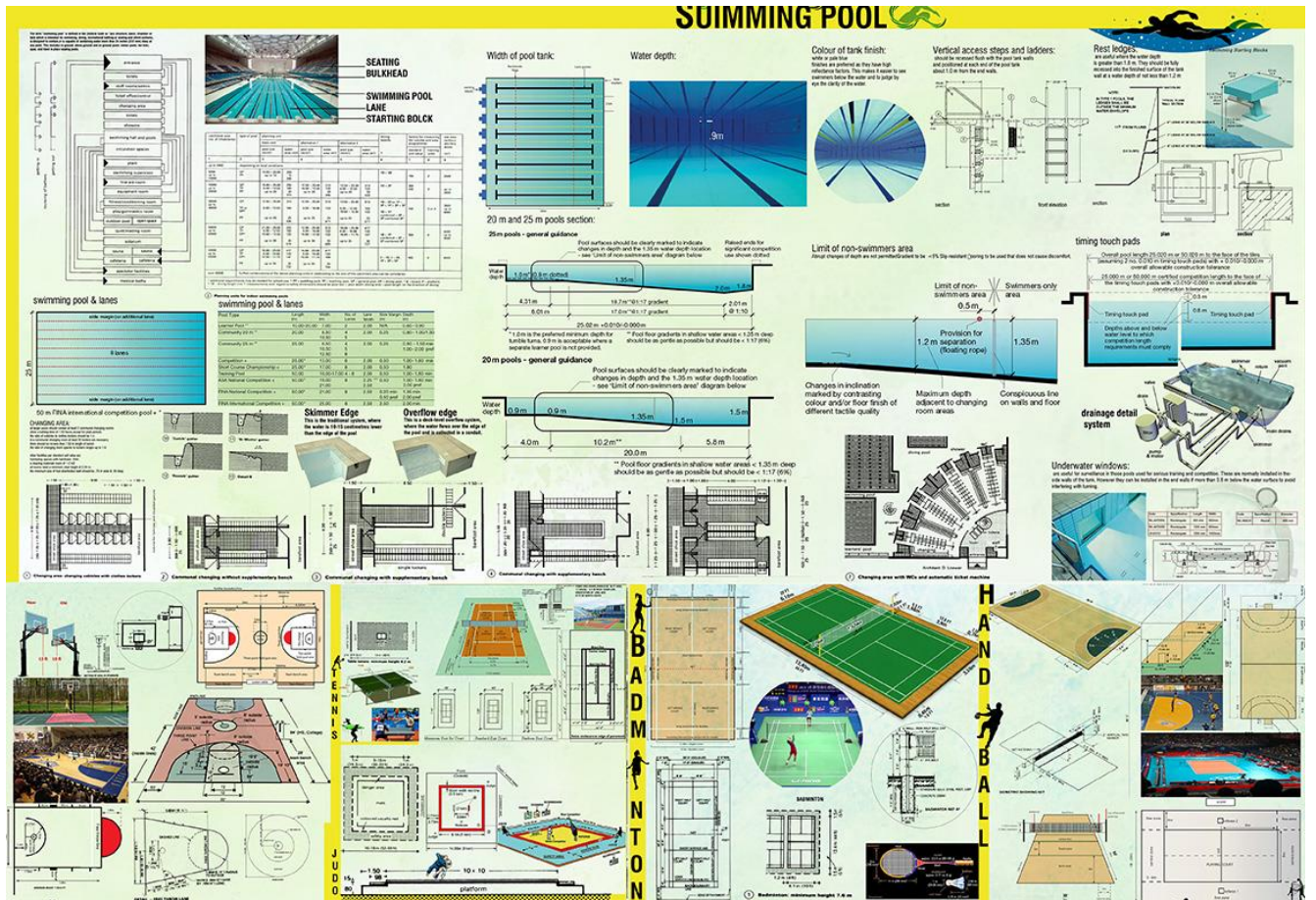


Figure: Rules of the games

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