



NO 1244 ON 15/5/1984
30 15/5/1984
Transmitted in character of
light to the...
in the office under the...
[Signature]

Original
Holding Plans
Signed by
Collector/Paper

NO.	AREA STATEMENT	SQ. M.
	AREA OF PLOT	20425.00
	LAND AREA AS PER DEMARCATION	19995.00
	MINIMUM AREA OF PLOT	19860.00
	DEDUCTIONS FOR	
2	A) 30.00 M. R.P. ROAD WIDENING AREA	207.67
	B) 30.00 M. ROAD WIDENING AREA	111.00
	C) TOTAL DEDUCTIONS =	318.67
3	NET BALANCE PLOT AREA	19676.33
	DEDUCTIONS FOR	
	A) AMF IN PAVEMENT 15% = (REQD 2005.87 SQ. M.)	2807.80
	B) OPEN SPACE 10% = (REQD 1967.25 SQ. M.)	1967.25
4	C) 12.00 M. INTERNAL ROAD	2385.14
	D) 9.00 M. APPROACH ROAD	1479.85
	E) TOTAL = A + B + C	6154.04
	RESIDENTIAL 15% & FLOOR SPACE PERM.	
5	NET BALANCE PLOT AREA (D)	19572.49
	AMENITY SPACE 15% = (REQD 2935.87 SQ. M.)	2935.87
7	BALANCE PLOT AREA (D+E)	16636.62
8	PERMISSIBLE FLOOR AREA, UNDER GROUP HOUSING SCHEME - 1/5 : (A X 0.50) (16636.62 X 0.50) = 8318.31 SQ.	8318.31
9	PERM. NORMAL F.S. = (4800.00 X 1.35) = 6480.00	1776.00
	ADDITIONAL FLOOR AREA	
	A) ROAD ACQUISITION AREA (2A X 0.50)	
10	B) PROPOSED ROAD (2B X 0.50)	
	C) F.S. WITH PAVEMENT PRESUMED (40% OF 2.25)	2967.18
	D) TOTAL = (A + B + C) =	2967.18
	TOTAL AVAILABLE PERMISSIBLE F.S. (A + D)	20578.12
11	TOTAL AVAILABLE MAXIMUM F.S. (B)	20578.12
12	EXISTING RESIDENTIAL FLOOR SPACE	-
	PROPOSED RESIDENTIAL FLOOR SPACE	1917.09
13	A) PROP. FLOOR AREA UNDER 0' WING	4428.87
	B) PROP. FLOOR AREA UNDER 0' WING	5429.87
	C) PROP. FLOOR AREA UNDER 0' WING	3776.30
	D) PROP. FLOOR AREA UNDER 0' WING	3411.80
14	TOTAL RESIDENTIAL FLOOR SPACE	18034.27
15	COMMERCIAL F.S. & FLOOR SPACE PERM.	
16	EXISTING COMMERCIAL FLOOR SPACE	-
17	PROPOSED COMMERCIAL FLOOR SPACE	-
18	TOTAL COMMERCIAL FLOOR SPACE	-
19	EXTRA BALD	-
20	TOTAL FLOOR AREA (14)	18034.27
21	F.A. IS CONSUMED (20/12)	1/21

LEGEND

PLAT BOUNDARY SHOWN IN BLACK
PROPOSED WORK SHOWN IN RED
ADJ. WITH NGLINE SHOWN IN GREEN DOTTED
OPEN SPACE
AGENCY SPACE

PROJECT REVISED

PROPOSED AMBULATORY OF GAT NO. 884 - 886 (F
WINGHOLI, TARI- HAVELL, DIST- PUNE. LAYOUT OF
BUILDINGS THEIR ON

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The subjects were assessed at baseline and at 12 weeks. The walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program significantly improved the subjects' physical health, as measured by the 6-minute walk test, and their psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program also significantly improved the subjects' quality of life, as measured by the SF-36. The walking program was well tolerated and had no adverse effects. The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.

A. Shripad Padhye

5174

Advertisement

FLOOR AREA STATEMENT (A, B, WING)									
FLOOR	AREA (SQ M)	R.A.C. PERIM	R.A.C. PROP.	CHY	PROP. GBL	STAIR	LOFT & ROOM	TOTAL	
GROUND	Nil	Nil	Nil	Nil	Nil	Nil	Nil	Nil	Nil
FLOOR 1	375.13	54.38	54.38	22.54	17.81	75.98			0
SECOND	375.13	54.38	54.38	22.54	17.81	75.98			0
THIRD	375.13	54.38	54.38	22.54	17.81	75.98			0
FLOOR 4	375.13	54.38	54.38	22.54	17.81	75.98			0
FIFTH	375.13	54.38	54.38	22.54	17.81	75.98			0
SIXTH	375.13	54.38	54.38	22.54	17.81	75.98			0
SEVENTH	375.13	54.38	54.38	22.54	17.81	75.98			0
EIGHTH	375.13	54.38	54.38	22.54	17.81	75.98			0
NINTH	375.13	54.38	54.38	22.54	17.81	75.98			0
TENTH	375.13	54.38	54.38	22.54	17.81	75.98			0
ELEVENTH	375.13	54.38	54.38	22.54	17.81	75.98	22.84		0
TWELFTH	375.13	54.38	54.38	22.54	17.81	75.98			0
TOTAL	4501.56	652.65	652.65	270.58	213.67	911.82			22.84

FLOOR AREA STATEMENT (C WING)							
	AREA (SQ.M)	RAT C NO.	RAT C NO.	DEV NO.	PROPOSED NO.	STAIR NO.	TOTAL NO.
FLOOR GROUND							
FIRST	378.19	36.28	36.00	33.34	435.53	71.56	375.19
SECOND FLOOR	378.19	36.28	36.00	33.34	37.41	71.56	375.19
THIRD	378.19	36.28	36.00	33.34	36.53	71.56	375.19
FOURTH	378.19	36.28	36.00	33.34	37.31	71.56	375.19
FIFTH	378.19	36.28	36.00	33.34	36.53	71.56	375.19
SIXTH	378.19	36.28	36.00	33.34	36.53	71.56	375.19
SEVENTH	378.19	36.28	36.00	33.34	36.53	71.56	375.19
EIGHTH	378.19	36.28	36.00	33.34	36.53	71.56	375.19
NINTH	378.19	36.28	36.00	33.34	36.53	71.56	375.19
TENTH	378.19	36.28	36.00	33.34	36.53	71.56	375.19
ELEVENTH	378.19	36.28	36.00	33.34	36.53	71.56	375.19
TOTAL	378.19	36.28	36.00	33.34	36.53	71.56	375.19

FLOOR AREA STATEMENT (CONTINUED)									
FLOOR (GROUP)	AREA (SQM)	BALC PERIM	BALC PROP	ENVY BALC	PROF/BL TERRACE	STAIR PASSA	TOTAL F.S.I.	LEFT B.C.	ROOM TENT
FLOOR	17081	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
SECTION	17081	16.14	0.00	0.00	0.00	0.00	17081	0.00	0
TOTAL	17081	16.14	0.00	0.00	0.00	0.00	17081	0.00	0
FLOOR	17081	16.14	0.00	0.00	0.00	0.00	17081	0.00	0
SECTION	17081	16.14	0.00	0.00	0.00	0.00	17081	0.00	0
TOTAL	17081	16.14	0.00	0.00	0.00	0.00	17081	0.00	0

TOTAL PREMIUM CHARGES & FLOOR AREA STATEMENT						
WING	TOTAL FLOOR AREA	TOTAL NO. OF UNITS	STAIRCASE PASSAGE	LIFT & RM.	ENCLOSED BALC.	
A WING	4429.87	94	911.52	31.04	662.11	
B WING	4429.87	94	911.52	31.04	662.11	
C WING	5759.95	94	399.80	31.04	280.45	
D WING	4414.60	48	7.00	31.04	0.00	
TOTAL	19034.27	330	2322.84	124.16	1504.81	

COMPARATIVE STATEMENT FOR TWO AREAS							
TYPE	FLOOR AREA SQ M	BALCONY SQ M	DRY BALCONY SQ M	TERRACE SQ M	STAIRCASE/ PASSAGE SQ M	LIFT + E.C. SQ M	TENEMENT NO.
PREVIOUS							
APPROVAL	10735.69	1008.81	142.40	123.25	220.84	83.0	226
1-1/2% REVISION	10634.27	1008.81	142.40	123.25	220.84	124.8	230
DIFF. IN AREA (							
THIS REVISION							
PREV. REPORT)	728.58	0.00	0.00	0.00	0.00	41.84	152

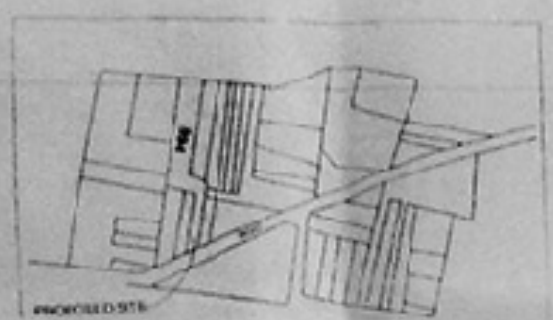
PERMISSIBLE FLOOR AREA CALCULATIONS

1) NET GROSS AREA OF THE PLOT = 19372.59 SQ.M
2) MINORITY SPACS DEDUCTION = 2921.86 SQ.M
3) BALANCE PLOT AREA (1 - 2) = 16450.73 SQ.M
4) PERM FLOOR AREA FOR OH = 16450.73 SQ.M
5) PERM NORMAL FSI = 0.20 X 4 = 2961.16 SQ.M
6) FSI WITH PAYMENT OF PREMIUM = 0.22 X 4 = 2728.16 SQ.M
7) TOTAL PERM FSI (4+5) = 20232.12 SQ.M
8) PROPOSED FLOOR AREA = 17634.27 SQ.M
9) XERO PREMIUM/FLOOR FSI = 0.4+3 = 271.50 SQ.M

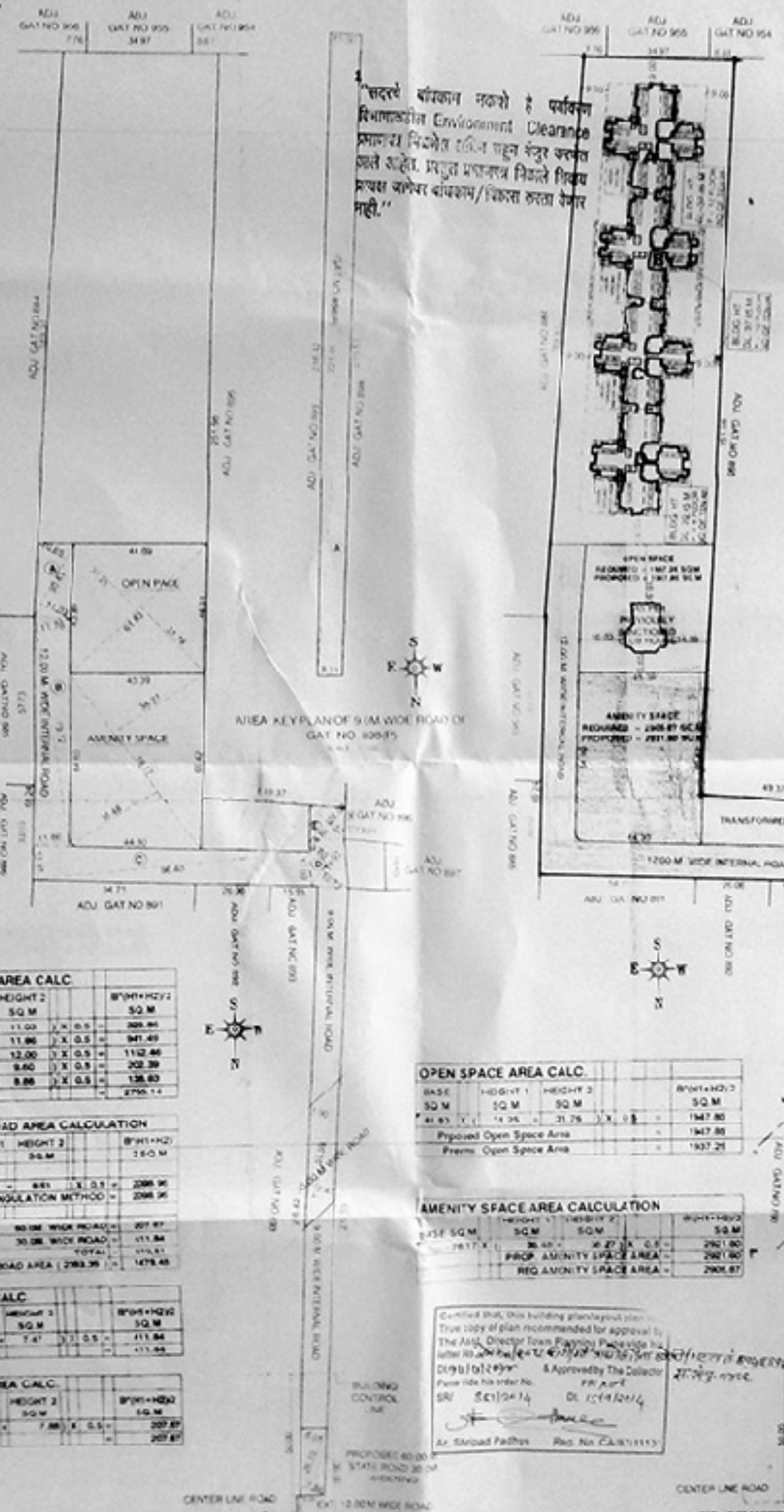
TOTAL PARKING

PARKING STATEMENT:			
WING	CAR	SCOOTER	CYCLER
A. WING	22	103	191
B. WING	20	123	132
C. WING	38	183	129
D. WING	14	31	31
TOTAL PARKING	114	340	383
AREA (SQ M)	22.00	2.30	1.40
TOTAL AREA (SQ M)	22.00	2.30	1.40
TOTAL PARKING AREA = 22.00 + 2.30 + 1.40 = 25.70 SQ M			

WATER TANK SUPPLEMENT		
BUILDINGS TYPE	0.34 WATER TANK CAPACITY (L/SEC)	0.05 WATER TANK CAPACITY (L/SEC)
A Wing	83,400+20,000	88,175+50,000
B Wing	83,400+20,000	88,175+50,000
C Wing	49,400+20,000	55,175+50,000
D Wing	58,100+20,000	67,150+20,000
TOTAL	2,208,400 (10 L/SEC)	1,420,875 (10 L/SEC)



LOCATION PLAN



LAY OUT PLAN

SCALE 1:1000

AMENITY SPACE, OPEN SPACE, R.P.
ROAD & INTERNAL ROAD AREA CALC.
SC 1 : 1000

12.00 M. W. INTERNAL ROAD AREA CALC					
	BASE SQ M	HEIGHT 1 SQ M	HEIGHT 2 SQ M		8"0" H ² V ² SQ M
A	= 30.43	10.89	= 11.03	2 X 0.5	= 305.85
B	= 79.72	11.78	= 11.86	2 X 0.5	= 161.45
C	= 96.40	11.91	= 12.00	2 X 0.5	= 112.46
D	= 119.82	10.72	= 8.60	2 X 0.5	= 202.39
E	= 16.52	7.96	= 8.86	2 X 0.5	= 126.83
					759.97

300M WIDE INTERNAL ROAD AREA CALCULATION				
NO	BASE 30.0 M	HEIGHT 1 20.0 M	HEIGHT 2 3.0 M	SPREAD 15.0 M
3.00M WIDE ROAD AREA CALC				
1	$20.0 \times 30.0 \times 1$	12.00	6.00	15.00
2	$3.0 \times 30.0 \times 1$	0.90	0.00	0.00
3.0M WIDE ROAD AREA AS PER TRIANGULATION METHOD =				2088.90
3.0M WIDE ROAD AREA AS PER TRIANGULATION METHOD =				2088.90
DEDUCTION				
30.0M WIDE ROAD AREA				207.87
30.0M WIDE ROAD AREA				111.84
TOTAL				144.03
NET 3.0M WIDE ROAD AREA				1478.48

30.00 M. WIDE ROAD AREA CALC					
ROAD	SECTION 1	SECTION 2	SECTION 3	SECTION 4	SECTION 5
SQ. M	SQ. M	SQ. M	SQ. M	SQ. M	SQ. M
1	7.00	7.47	7.93	8.40	8.87
2	7.00	7.47	7.93	8.40	8.87
3	7.00	7.47	7.93	8.40	8.87
4	7.00	7.47	7.93	8.40	8.87
5	7.00	7.47	7.93	8.40	8.87
6	7.00	7.47	7.93	8.40	8.87
7	7.00	7.47	7.93	8.40	8.87
8	7.00	7.47	7.93	8.40	8.87
9	7.00	7.47	7.93	8.40	8.87
10	7.00	7.47	7.93	8.40	8.87
11	7.00	7.47	7.93	8.40	8.87
12	7.00	7.47	7.93	8.40	8.87
13	7.00	7.47	7.93	8.40	8.87
14	7.00	7.47	7.93	8.40	8.87
15	7.00	7.47	7.93	8.40	8.87
16	7.00	7.47	7.93	8.40	8.87
17	7.00	7.47	7.93	8.40	8.87
18	7.00	7.47	7.93	8.40	8.87
19	7.00	7.47	7.93	8.40	8.87
20	7.00	7.47	7.93	8.40	8.87
21	7.00	7.47	7.93	8.40	8.87
22	7.00	7.47	7.93	8.40	8.87
23	7.00	7.47	7.93	8.40	8.87
24	7.00	7.47	7.93	8.40	8.87
25	7.00	7.47	7.93	8.40	8.87
26	7.00	7.47	7.93	8.40	8.87
27	7.00	7.47	7.93	8.40	8.87
28	7.00	7.47	7.93	8.40	8.87
29	7.00	7.47	7.93	8.40	8.87
30	7.00	7.47	7.93	8.40	8.87
31	7.00	7.47	7.93	8.40	8.87
32	7.00	7.47	7.93	8.40	8.87
33	7.00	7.47	7.93	8.40	8.87
34	7.00	7.47	7.93	8.40	8.87
35	7.00	7.47	7.93	8.40	8.87
36	7.00	7.47	7.93	8.40	8.87
37	7.00	7.47	7.93	8.40	8.87
38	7.00	7.47	7.93	8.40	8.87
39	7.00	7.47	7.93	8.40	8.87
40	7.00	7.47	7.93	8.40	8.87
41	7.00	7.47	7.93	8.40	8.87
42	7.00	7.47	7.93	8.40	8.87
43	7.00	7.47	7.93	8.40	8.87
44	7.00	7.47	7.93	8.40	8.87
45	7.00	7.47	7.93	8.40	8.87
46	7.00	7.47	7.93	8.40	8.87
47	7.00	7.47	7.93	8.40	8.87
48	7.00	7.47	7.93	8.40	8.87
49	7.00	7.47	7.93	8.40	8.87
50	7.00	7.47	7.93	8.40	8.87
51	7.00	7.47	7.93	8.40	8.87
52	7.00	7.47	7.93	8.40	8.87
53	7.00	7.47	7.93	8.40	8.87
54	7.00	7.47	7.93	8.40	8.87
55	7.00	7.47	7.93	8.40	8.87
56	7.00	7.47	7.93	8.40	8.87
57	7.00	7.47	7.93	8.40	8.87
58	7.00	7.47	7.93	8.40	8.87
59	7.00	7.47	7.93	8.40	8.87
60	7.00	7.47	7.93	8.40	8.87
61	7.00	7.47	7.93	8.40	8.87

50.00 M. WIDE R.P. ROAD AREA CALC.						
	BASE SQ. M.	HEIGHT 1 D.G. M.	HEIGHT 2 D.G. M.			B' (H1-H2)X2 I.G. M.
A	26.94 X	5.07 X	7.88 X	5.5 X		207.87
						207.87

OPEN SPACE AREA CALC.				
BASE	HEIGHT 1	HEIGHT 2	Area	Height
SQ M	SQ M	SQ M		SQ M
41.65	14.24	31.76	1467.85	
Proposed Open Space Area			1467.85	

AMENITY SPACE AREA CALCULATION				
BASE SQM	HEIGHT 1	HEIGHT 2	HEIGHT 3	HEIGHT 4
	SQM	SQM		SQM
2617 X 1	26.40	27.25	0.8	2621
PROP. AMENITY SPACE AREA =				2621
REG. AMENITY SPACE AREA =				2606

Certified that this building plan complies with
True copy of plan recommended for approval
The Asst. Director Town Planning
Letter No. 62/12/2014 & Approved by The Director
Dy. 6/2/2014
Please vide his order No. 62/12/2014
SR/ 62/12/14 Dt. 15/12/2014
[Signature]
As. District Engineer. Asst. Dir. Civil Engrs.

NOT AFTER ADMINISTRATION AREA CALC OF 2 NO. FNA & STMP				
NO.	BASE NO.	HEIGHT NO.	HEIGHT NO.	STMP - 1000.00
NOT AFTER AREA CALC				
1	1000.00	1000.00	1000.00	1000.00
2	1000.00	1000.00	1000.00	1000.00
3	1000.00	1000.00	1000.00	1000.00
4	1000.00	1000.00	1000.00	1000.00
5	1000.00	1000.00	1000.00	1000.00
6	1000.00	1000.00	1000.00	1000.00
7	1000.00	1000.00	1000.00	1000.00
8	1000.00	1000.00	1000.00	1000.00
9	1000.00	1000.00	1000.00	1000.00
10	1000.00	1000.00	1000.00	1000.00
11	1000.00	1000.00	1000.00	1000.00
12	1000.00	1000.00	1000.00	1000.00
13	1000.00	1000.00	1000.00	1000.00
14	1000.00	1000.00	1000.00	1000.00
15	1000.00	1000.00	1000.00	1000.00
16	1000.00	1000.00	1000.00	1000.00
17	1000.00	1000.00	1000.00	1000.00
18	1000.00	1000.00	1000.00	1000.00
19	1000.00	1000.00	1000.00	1000.00
20	1000.00	1000.00	1000.00	1000.00
21	1000.00	1000.00	1000.00	1000.00
22	1000.00	1000.00	1000.00	1000.00
23	1000.00	1000.00	1000.00	1000.00
24	1000.00	1000.00	1000.00	1000.00
25	1000.00	1000.00	1000.00	1000.00
26	1000.00	1000.00	1000.00	1000.00
27	1000.00	1000.00	1000.00	1000.00
28	1000.00	1000.00	1000.00	1000.00
29	1000.00	1000.00	1000.00	1000.00
30	1000.00	1000.00	1000.00	1000.00
31	1000.00	1000.00	1000.00	1000.00
32	1000.00	1000.00	1000.00	1000.00
33	1000.00	1000.00	1000.00	1000.00
34	1000.00	1000.00	1000.00	1000.00
35	1000.00	1000.00	1000.00	1000.00
36	1000.00	1000.00	1000.00	1000.00
37	1000.00	1000.00	1000.00	1000.00
38	1000.00	1000.00	1000.00	1000.00
39	1000.00	1000.00	1000.00	1000.00
40	1000.00	1000.00	1000.00	1000.00
41	1000.00	1000.00	1000.00	1000.00
42	1000.00	1000.00	1000.00	1000.00
43	1000.00	1000.00	1000.00	1000.00
44	1000.00	1000.00	1000.00	1000.00
45	1000.00	1000.00	1000.00	1000.00
46	1000.00	1000.00	1000.00	1000.00
47	1000.00	1000.00	1000.00	1000.00
48	1000.00	1000.00	1000.00	1000.00
49	1000.00	1000.00	1000.00	1000.00
50	1000.00	1000.00	1000.00	1000.00
51	1000.00	1000.00	1000.00	1000.00
52	1000.00	1000.00	1000.00	1000.00
53	1000.00	1000.00	1000.00	1000.00
54	1000.00	1000.00	1000.00	1000.00
55	1000.00	1000.00	1000.00	1000.00
56	1000.00	1000.00	1000.00	1000.00
57	1000.00	1000.00	1000.00	1000.00
58	1000.00	1000.00	1000.00	1000.00
59	1000.00	1000.00	1000.00	1000.00
60	1000.00	1		

PLOT AREA CALL BEFORE REGISTRATION			
PLOT NO.	PLOT AREA		
	AS PER 212	AS PER REGISTRATION	LEAST AREA
SAT NO 894	7300.00	17000.00	17000.00
SAT NO 895/91	2125.00	2500.00	2500.00
TOTAL	20025.00	5000.00	5000.00