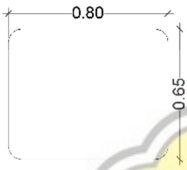

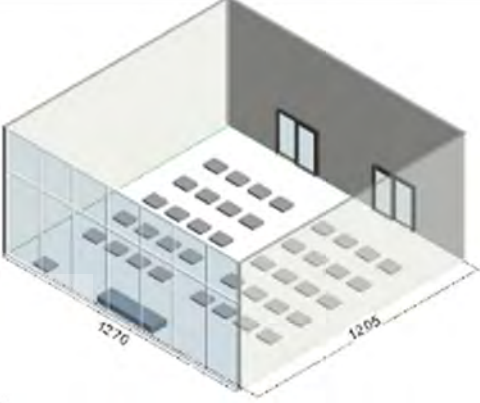
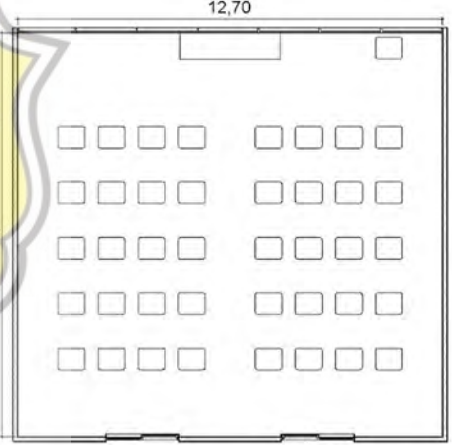


## LAMPIRAN

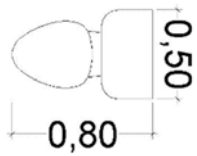
### a. Aula Meditasi

No.	Nama Ruang + Perabot	Unit Ruang	Luas Total (m <sup>2</sup> )	3D & Denah
1	<p style="text-align: center;"><b><u>Aula Meditasi</u></b></p> <p style="text-align: center;">Kapasitas 41 Orang x 3 bangunan</p> <p style="text-align: center;"><b><u>Perabot</u></b></p> <div style="text-align: center;">  <p>0.80 0.65</p> </div> <p style="text-align: center;">Bantal duduk 41 unit x 0.8 x 0.65 m = 21.32 m<sup>2</sup></p> <div style="text-align: center;">  <p>3.00 0.80</p> </div> <p style="text-align: center;">Altar 1 unit x 0.8 x 3 m = 2.4 m<sup>2</sup></p> <p style="text-align: center;"><b><u>Total Luas</u></b></p> <p style="text-align: center;">Luas perabot x Sirkulasi 21.32+2.4 = 23.72 m<sup>2</sup> x 545.17% = 129.31 + 23.72 = <b>153.034 m<sup>2</sup></b></p>	<p>3 Ruang</p>	<p>459.105 m<sup>2</sup></p>	<div style="text-align: center;">  <p>12.70 12.05</p> </div> <div style="text-align: center;">  <p>12.70 10.4</p> </div> <p style="text-align: center;">Tinggi = 6 Meter</p>

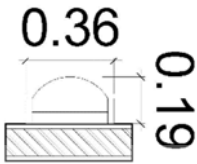
2

**Toilet Pria**

**Total Luas**



Kloset  
5 unit x 0.80 x 0.50 m =  
2 m<sup>2</sup>



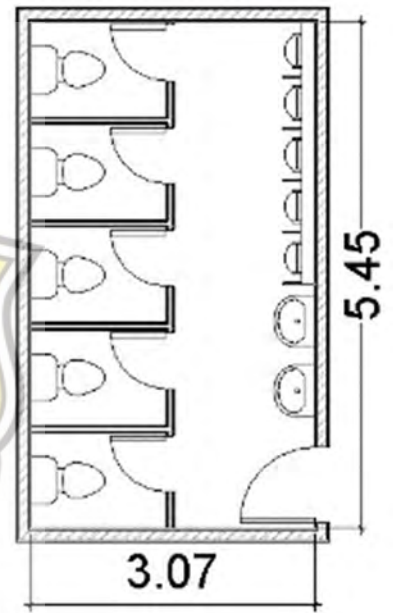
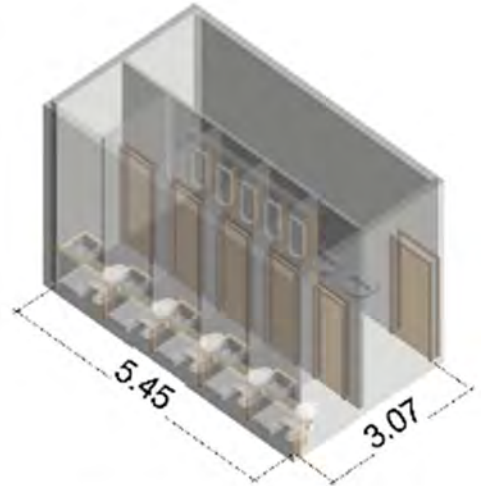
Urinal  
5 unit x 0.8 x 0.5 m =  
2 m<sup>2</sup>



Wastafel  
2 unit x 0.55 x 0.45 m =  
0.5 m<sup>2</sup>

Luas perabot x Sirkulasi  
4.5 m<sup>2</sup> x 272% = 12.2 + 4.5 =  
16.73 m<sup>2</sup>

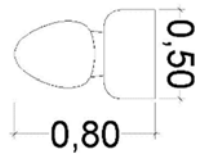
3 Ruang 50.19 m<sup>2</sup>



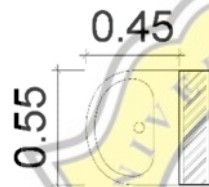
Tinggi = 3 meter

3

**Toilet Wanita**



Kloset Wastafel  
5 unit x 0.80 x 0.50 m =  
2 m<sup>2</sup>

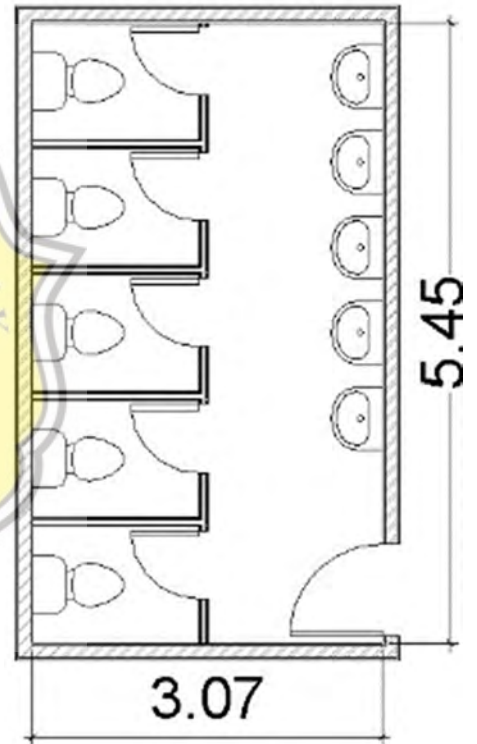
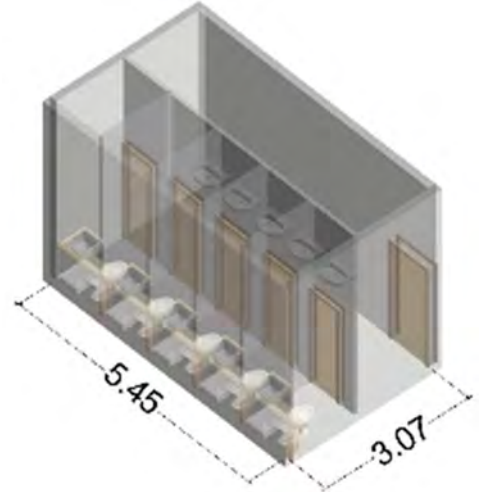


Wastafel  
5 unit x 0.55 x 0.45 m =  
1.24 m<sup>2</sup>

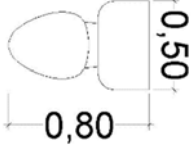
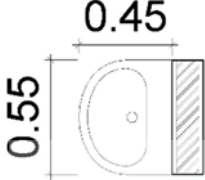
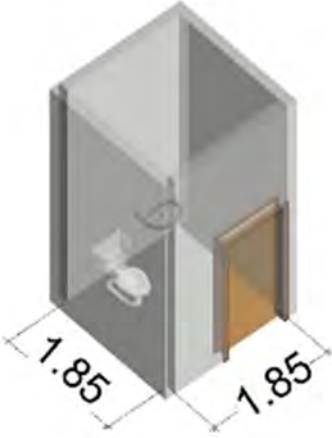
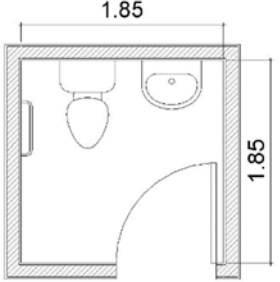
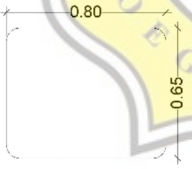
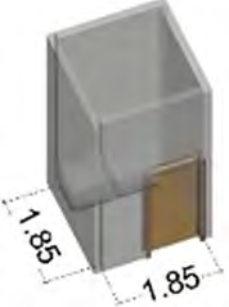
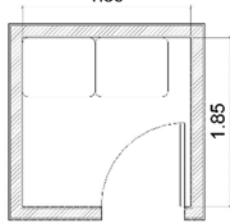
**Total Luas**


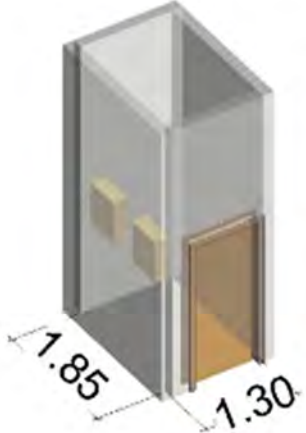
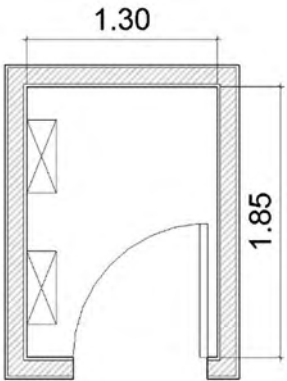
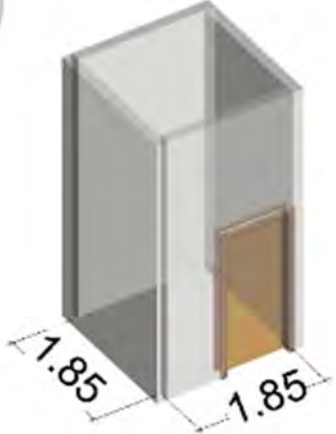
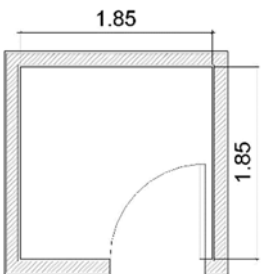
Luas perabot x Sirkulasi  
 $3.24 \text{ m}^2 \times 416 \% = 13.5 + 3.24$   
 $= 16.73 \text{ m}^2$

<sup>3</sup>  
Ruang 50.19 m<sup>2</sup>



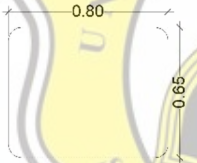

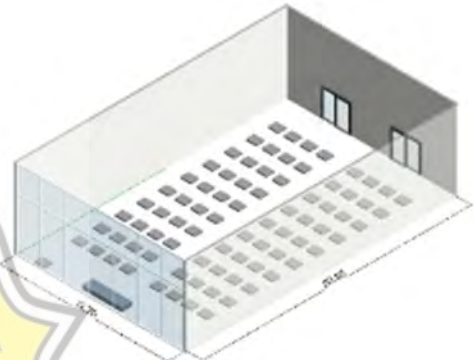
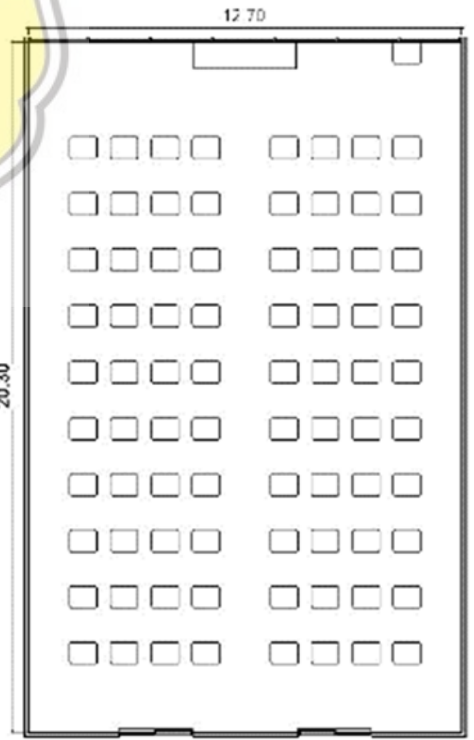
Tinggi = 3 meter

<p>4</p>	<p><b><u>Toilet Difabel</u></b></p>  <p>Kloset Wastafel 1 unit x 0.80 x 0.50 m = 0.4 m<sup>2</sup></p>  <p>Wastafel 1 unit x 0.55 x 0.45 m = 0.25 m<sup>2</sup></p> <p><b><u>Total Luas</u></b> Luas perabot x Sirkulasi 0.625 m<sup>2</sup> x 449 % = 2.8 + 0.625 = <b>3.43 m<sup>2</sup></b></p>	<p>3 Ruang</p>	<p>10.29 m<sup>2</sup></p>	  <p>Tinggi = 3 meter</p>
<p>5</p>	<p><b><u>Gudang</u></b></p>  <p>Bantal duduk 2 baris disusun vertikal 2 unit x 0.8 x 0.65 m = 1.04 m<sup>2</sup></p> <p><b><u>Total Luas</u></b> Luas perabot x Sirkulasi 1.04 m<sup>2</sup> x 230 % = 2.4 + 1.04 = <b>3.44 m<sup>2</sup></b></p>	<p>3 Ruang</p>	<p>10.32 m<sup>2</sup></p>	  <p>Tinggi = 3 meter</p>

<p>6</p>	<p><b><u>Ruang Panel</u></b></p> <p>0.20</p>  <p>0.50</p> <p>Panel Listrik &amp; Telekomunikasi 2 unit x 0.50 x 0.20 m = 0.2 m<sup>2</sup></p> <p><b><u>Total Luas</u></b></p> <p>Luas perabot x Sirkulasi 0.2 m<sup>2</sup> x 1102 % = 2.2 + 0.2 = <b>2.4 m<sup>2</sup></b></p>	<p>1 ruang</p>	<p>2.4 m<sup>2</sup></p>	  <p>Tinggi = 3 meter</p>
<p>7</p>	<p><b><u>Janitor</u></b></p> <p><b><u>Total Luas</u></b> 1.85X1.85 = <b>3.4 m<sup>2</sup></b></p>	<p>3</p>	<p>10.2 m<sup>2</sup></p>	 

				Tinggi = 3 meter
TOTAL LUAS			592.7 m <sup>2</sup>	
SIRKULASI			25 %	
TOTAL LUAS + SIRKULASI			<b>740.88 m<sup>2</sup></b>	

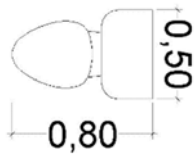
**b. Vihara**

No.	Nama Ruang + Perabot	Unit Ruang	Luas Total (m <sup>2</sup> )	3D & Denah
1	<p><b>Vihara</b> Kapasitas 81 Orang</p> <p><b>Perabot</b></p>  <p>Bantal duduk 81 unit x 0.8 x 0.65 m = 42.12 m<sup>2</sup></p>  <p>Altar 1 unit x 0.8 x 3 m = 2.4 m<sup>2</sup></p> <p><b>Total Luas</b> Luas perabot x Sirkulasi 42.12+2.4 = 44.52 m<sup>2</sup> x 479% = 213.3 + 44.52 = <b>257.81 m<sup>2</sup></b></p>	1 Ruang	257.81 m <sup>2</sup>	  <p>Tinggi = 6 Meter</p>

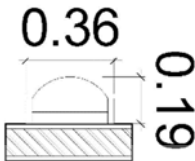
2

**Toilet Pria**

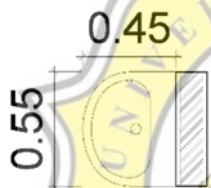
**Total Luas**



Kloset  
5 unit x 0.80 x 0.50 m =  
2 m<sup>2</sup>



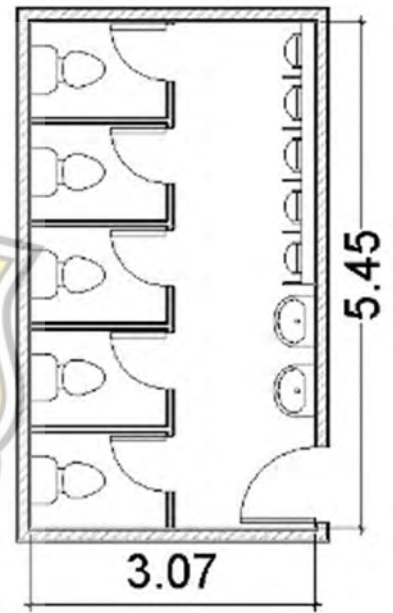
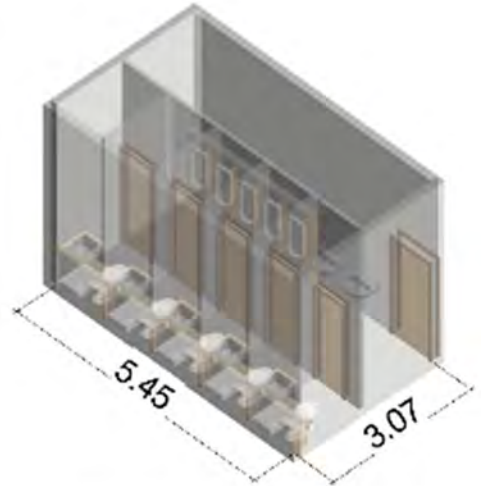
Urinal  
5 unit x 0.8 x 0.5 m =  
2 m<sup>2</sup>



Wastafel  
2 unit x 0.55 x 0.45 m =  
0.5 m<sup>2</sup>

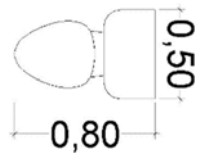
Luas perabot x Sirkulasi  
4.5 m<sup>2</sup> x 272% = 12.2 + 4.5 =  
**16.73 m<sup>2</sup>**

1 Ruang 16.73 m<sup>2</sup>

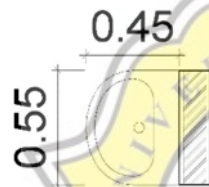


3

**Toilet Wanita**



Kloset Wastafel  
5 unit x 0.80 x 0.50 m =  
2 m<sup>2</sup>

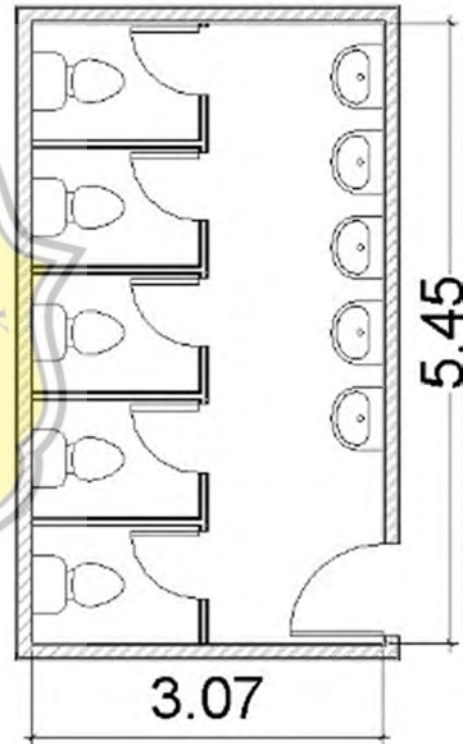
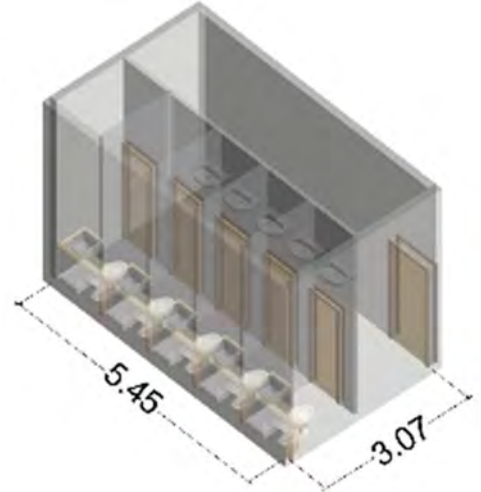


Wastafel  
5 unit x 0.55 x 0.45 m =  
1.24 m<sup>2</sup>

**Total Luas**

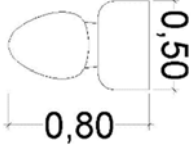
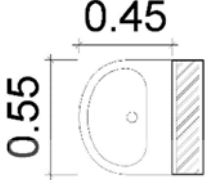
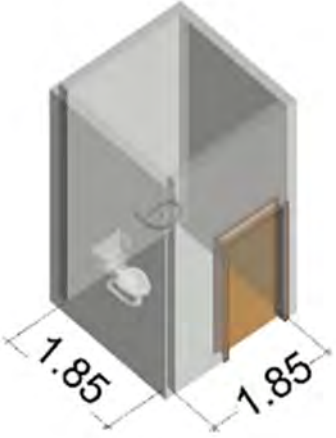
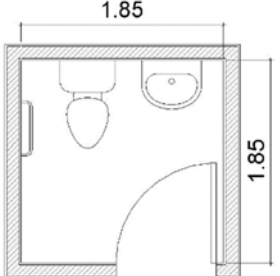
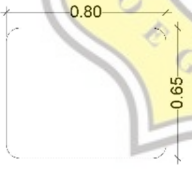
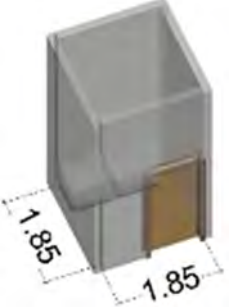
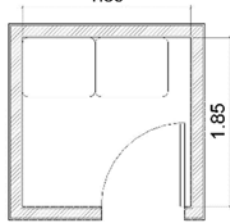
Luas perabot x Sirkulasi  
3.24 m<sup>2</sup> x 416 % = 13.5 + 3.24  
= 16.73 m<sup>2</sup>


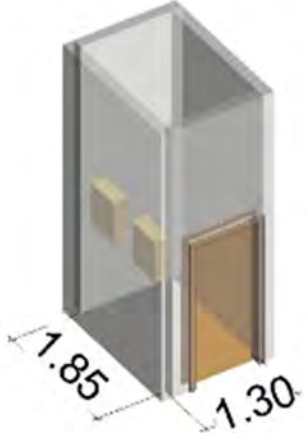
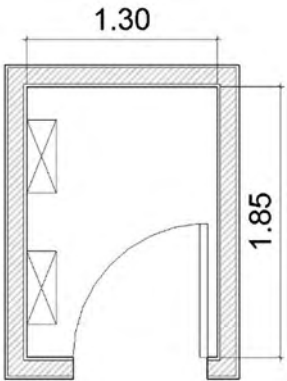
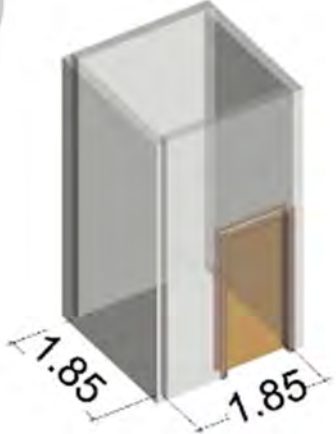
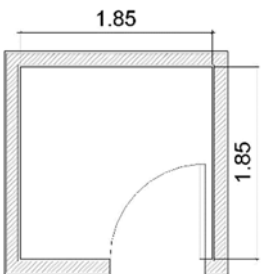
1 Ruang 16.73 m<sup>2</sup>



Tinggi = 3 meter

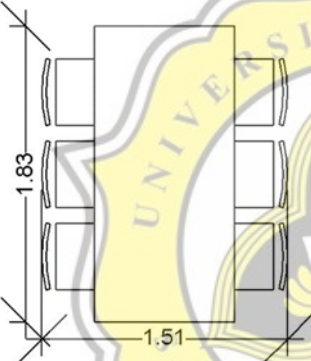
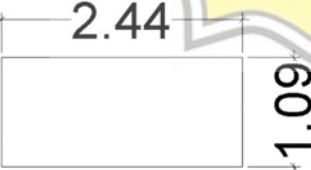
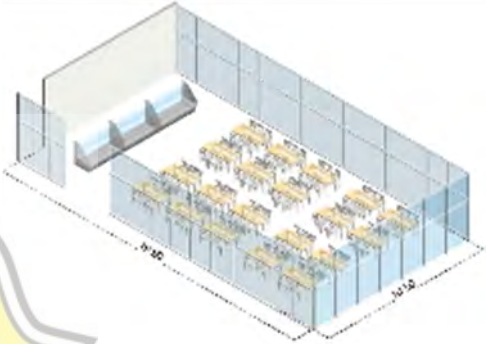


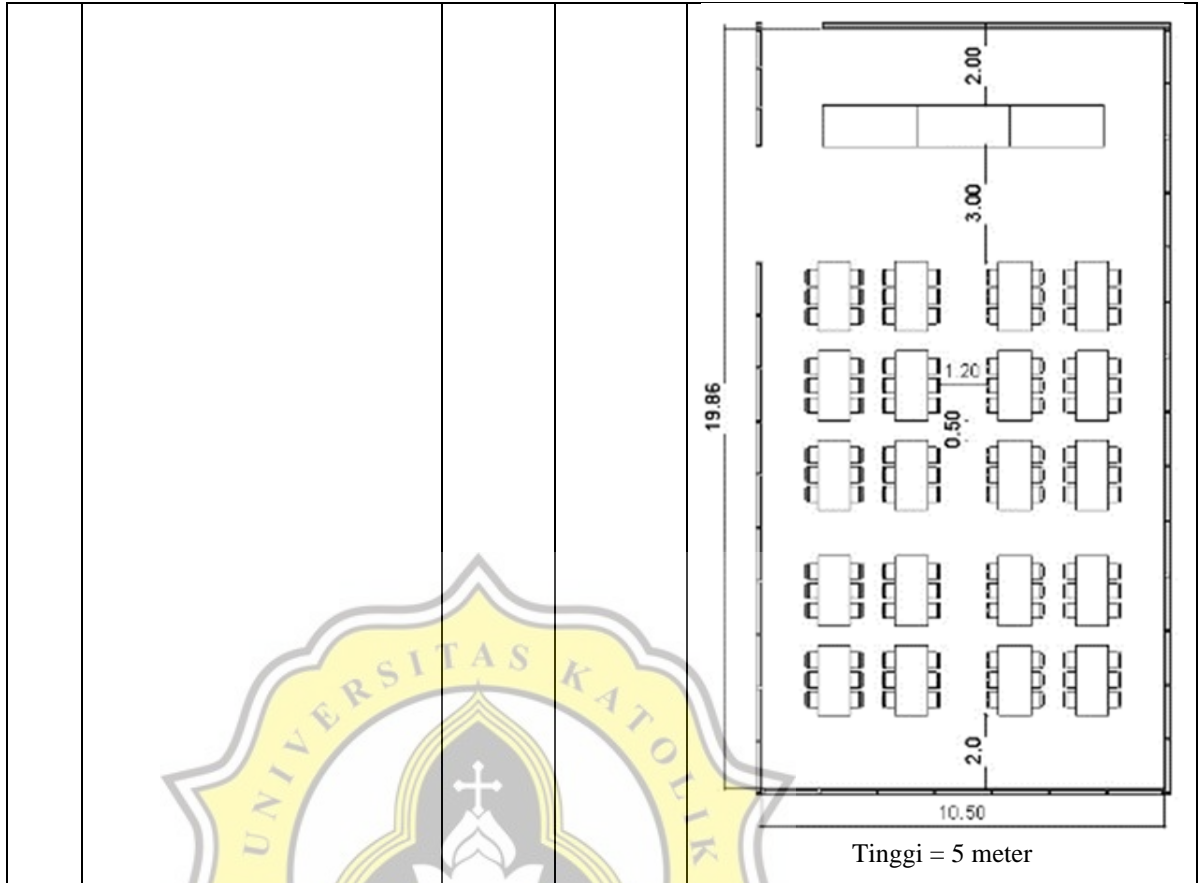
<p>4</p>	<p><b><u>Toilet Difabel</u></b></p>  <p>Kloset Wastafel 1 unit x 0.80 x 0.50 m = 0.4 m<sup>2</sup></p>  <p>Wastafel 1 unit x 0.55 x 0.45 m = 0.25 m<sup>2</sup></p> <p><b><u>Total Luas</u></b> Luas perabot x Sirkulasi 0.625 m<sup>2</sup> x 449 % = 2.8 + 0.625 = <b>3.43 m<sup>2</sup></b></p>	<p>1 Ruang</p>	<p>3.43 m<sup>2</sup></p>	  <p>Tinggi = 3 meter</p>
<p>5</p>	<p><b><u>Gudang</u></b></p>  <p>Bantal duduk 2 baris disusun vertikal 2 unit x 0.8 x 0.65 m = 1.04 m<sup>2</sup></p> <p><b><u>Total Luas</u></b> Luas perabot x Sirkulasi 1.04 m<sup>2</sup> x 230 % = 2.4 + 1.04 = <b>3.44 m<sup>2</sup></b></p>	<p>2 Ruang</p>	<p>6.88 m<sup>2</sup></p>	  <p>Tinggi = 3 meter</p>

<p>6</p>	<p><b><u>Ruang Panel</u></b></p> <p>0.20</p>  <p>0.50</p> <p>Panel Listrik &amp; Telekomunikasi 2 unit x 0.50 x 0.20 m = 0.2 m<sup>2</sup></p> <p><b><u>Total Luas</u></b></p> <p>Luas perabot x Sirkulasi 0.2 m<sup>2</sup> x 1102 % = 2.2 + 0.2 = <b>2.4 m<sup>2</sup></b></p>	<p>1 ruang</p>	<p>2.4 m<sup>2</sup></p>	  <p>Tinggi = 3 meter</p>
<p>7</p>	<p><b><u>Janitor</u></b></p> <p><b><u>Total Luas</u></b></p> <p>1.85X1.85 = <b>3.4 m<sup>2</sup></b></p>	<p>1</p>	<p>3.4 m<sup>2</sup></p>	 

			Tinggi = 3 meter
TOTAL LUAS			307.38 m <sup>2</sup>
SIRKULASI			25 %
TOTAL LUAS + SIRKULASI			<b>384.225 m<sup>2</sup></b>

**c. Aula Makan**

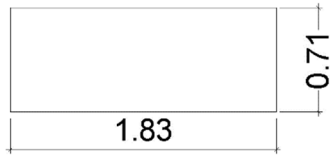
No.	Nama Ruang + Perabot	Unit Ruang	Luas Total (m <sup>2</sup> )	3D & Denah
1	<p><b><u>Aula Makan + Ruang Persiapan Makanan</u></b>            Kapasitas 120 Orang</p> <p><b><u>Perabot</u></b></p>  <p>Set Meja Makan            20 unit x 1.83 x 1.51 m =            55.27 m<sup>2</sup></p>  <p>Rak Tempat Makanan            3 unit x 2.44 x 1.09 m =            8 m<sup>2</sup></p> <p><b><u>Total Luas</u></b>            Luas perabot x Sirkulasi  <math>55.27 + 8 = 63.27 \text{ m}^2 \times 230\% =</math>  <math>145.3 + 63.27 = \mathbf{208.53 \text{ m}^2}</math></p>	1 Ruang	208.53 m <sup>2</sup>	



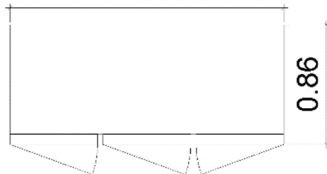
2

**Tempat Penyimpanan**

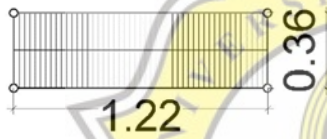
**Makanan**



Freezer box  
2 unit x 1.83 x 0.71 m =  
2.6 m<sup>2</sup>  
1.98



Refrigrator 3 pintu  
2 unit x 1.98 x 0.86 m =  
3.4 m<sup>2</sup>



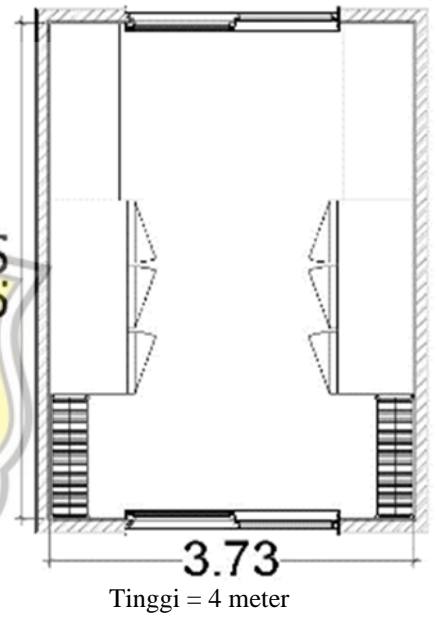
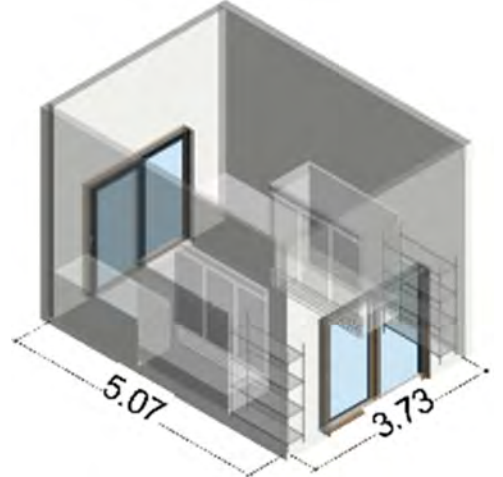
Rak kering  
2 unit x 0.55 x 0.45 m =  
0.88 m<sup>2</sup>

**Total Luas**

Luas perabot x Sirkulasi  
6.88 x 175% = 12 + 6.88 =  
18.91 m<sup>2</sup>

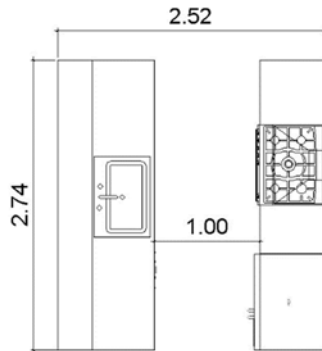
1 Ruang

18.91 m<sup>2</sup>



3

**Dapur**



*Kitchen Set*  
3 unit x 2.52 x 2.74 m =  
20.72 m<sup>2</sup>



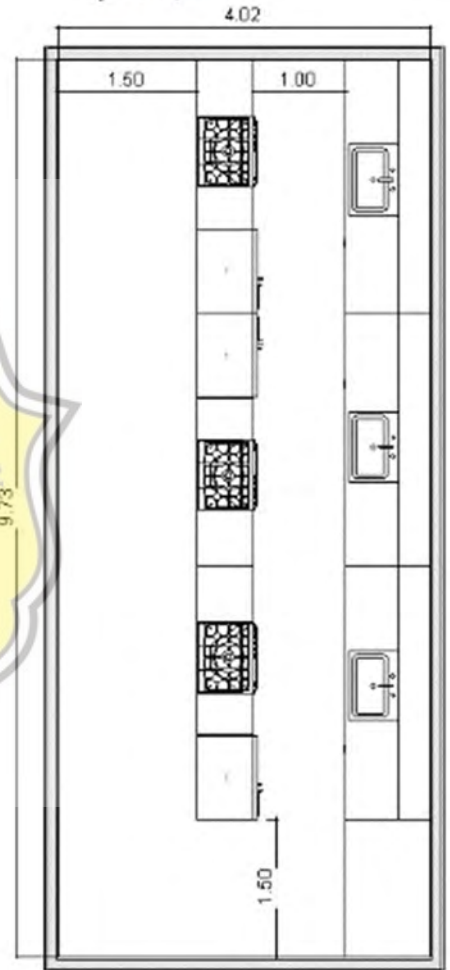
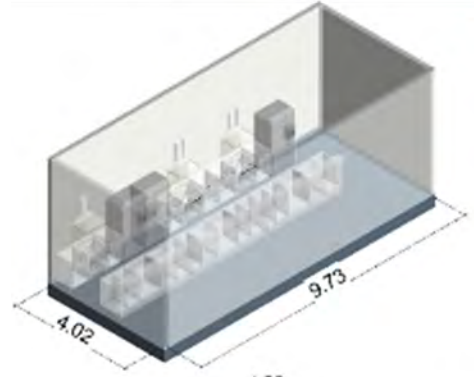
*Meja*  
1 unit x 1.5 x 0.61 m =  
0.915 m<sup>2</sup>

**Total Luas**

Luas perabot x Sirkulasi  
21.64 m<sup>2</sup> x 81 % = 17.5 +  
21.64 = **39.12 m<sup>2</sup>**

1 Ruang

39.12 m<sup>2</sup>

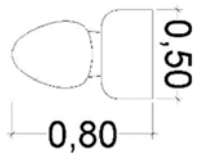


Tinggi = 4 meter

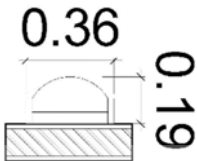
4

**Toilet Pria**

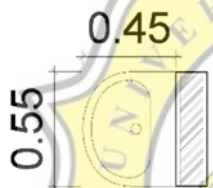
**Total Luas**



Kloset  
5 unit x 0.80 x 0.50 m =  
2 m<sup>2</sup>



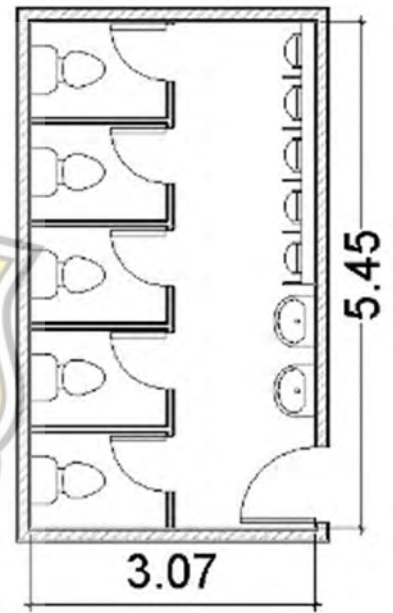
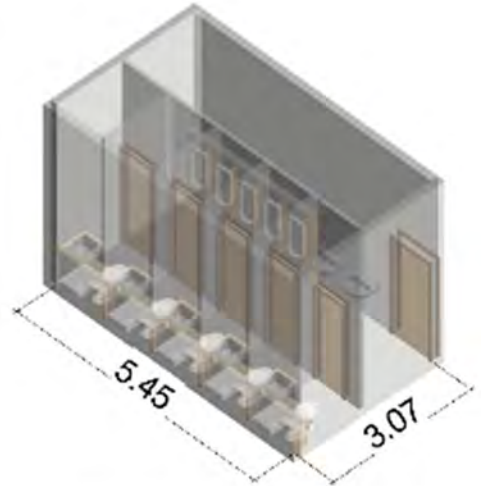
Urinal  
5 unit x 0.8 x 0.5 m =  
2 m<sup>2</sup>



Wastafel  
2 unit x 0.55 x 0.45 m =  
0.5 m<sup>2</sup>

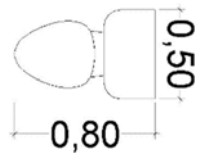
Luas perabot x Sirkulasi  
4.5 m<sup>2</sup> x 272% = 12.2 + 4.5 =  
**16.73 m<sup>2</sup>**

1 Ruang 16.73 m<sup>2</sup>

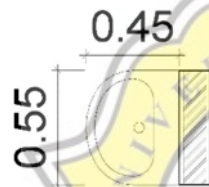


5

**Toilet Wanita**



Kloset Wastafel  
5 unit x 0.80 x 0.50 m =  
2 m<sup>2</sup>

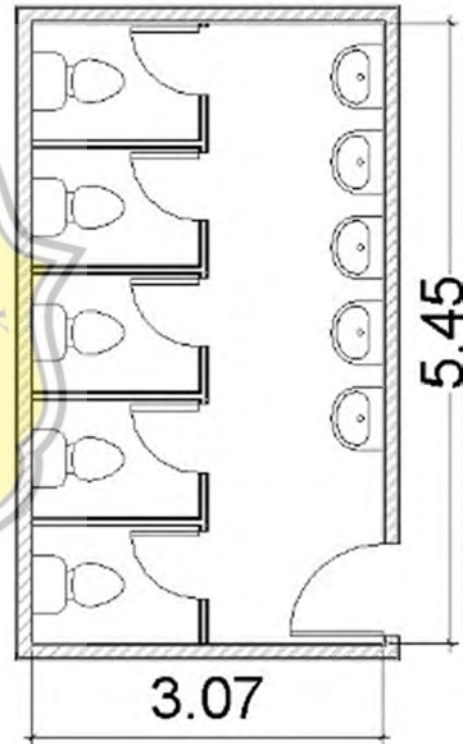
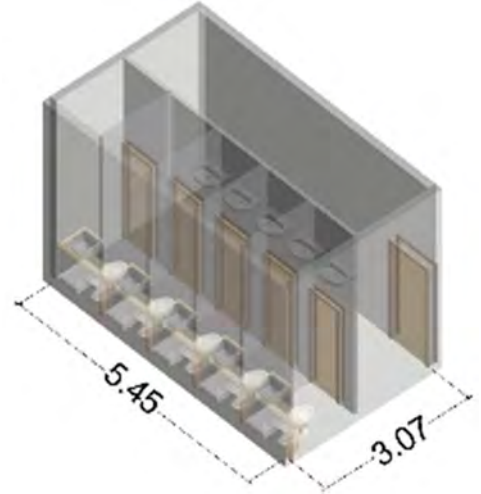


Wastafel  
5 unit x 0.55 x 0.45 m =  
1.24 m<sup>2</sup>

**Total Luas**

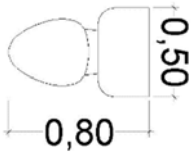
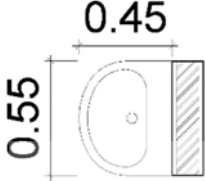
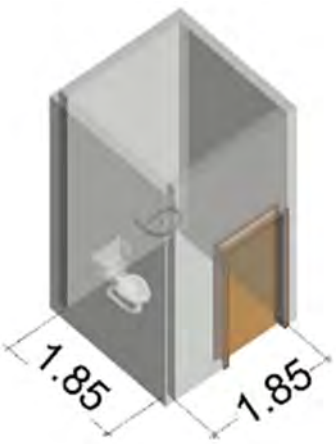
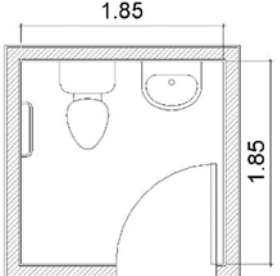

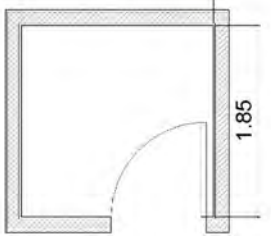
Luas perabot x Sirkulasi  
3.24 m<sup>2</sup> x 416 % = 13.5 + 3.24  
= 16.73 m<sup>2</sup>

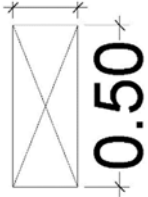
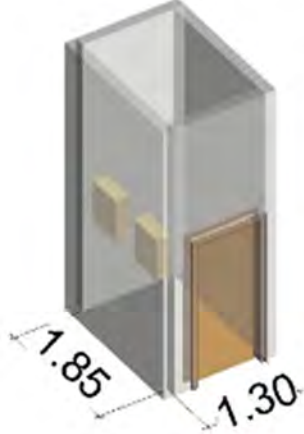
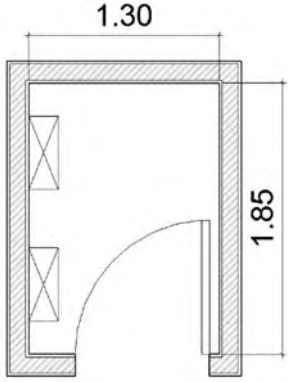
1 Ruang 16.73 m<sup>2</sup>



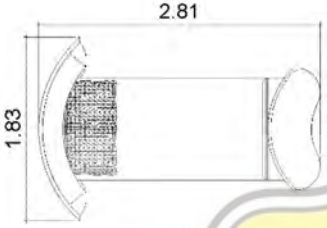

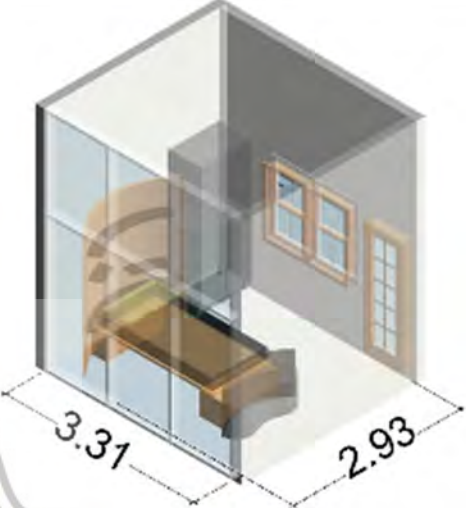
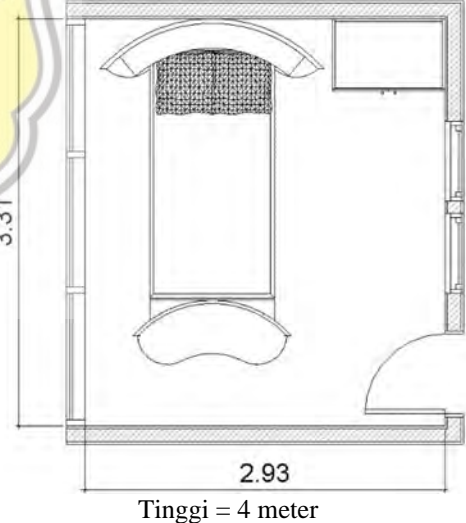
Tinggi = 3 meter



6	<p><b><u>Toilet Difabel</u></b></p>  <p>Kloset Wastafel 1 unit x 0.80 x 0.50 m = 0.4 m<sup>2</sup></p>  <p>Wastafel 1 unit x 0.55 x 0.45 m = 0.25 m<sup>2</sup></p> <p><b><u>Total Luas</u></b> Luas perabot x Sirkulasi 0.625 m<sup>2</sup> x 449 % = 2.8 + 0.625 = <b>3.43 m<sup>2</sup></b></p>	1 Ruang	3.43 m <sup>2</sup>	  <p>Tinggi = 3 meter</p>
7	<p><b><u>Janitor</u></b></p> <p><b><u>Total Luas</u></b> 1.85X1.85 = <b>3.4 m<sup>2</sup></b></p>	1	3.4 m <sup>2</sup>	 

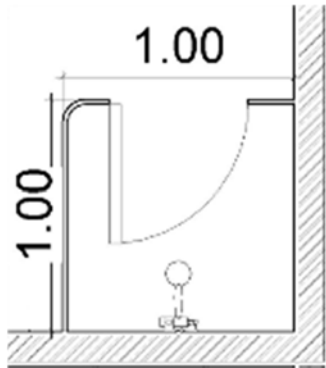
				Tinggi = 3 meter
8	<p><b>Ruang Panel</b></p> <p>0.20</p>  <p>0.50</p> <p>Panel Listrik &amp; Telekomunikasi 2 unit x 0.50 x 0.20 m = 0.2 m<sup>2</sup></p> <p><b>Total Luas</b></p> <p>Luas perabot x Sirkulasi 0.2 m<sup>2</sup> x 1102 % = 2.2 + 0.2 = <b>2.4 m<sup>2</sup></b></p>	1 ruang	2.4 m <sup>2</sup>	  <p>Tinggi = 3 meter</p>
TOTAL LUAS				309.25 m <sup>2</sup>
SIRKULASI				25 %
TOTAL LUAS + SIRKULASI				<b>386.56 m<sup>2</sup></b>

d. Hunian Meditator

No.	Nama Ruang + Perabot	Unit Ruang	Luas Total (m <sup>2</sup> )	3D & Denah
1	<p><b><u>Kamar Tidur</u></b> Kapasitas 1 Orang</p> <p><b><u>Perabot</u></b></p>  <p>Kasur <i>single</i> 1 unit x 1.83 x 2.81 m = 5.14 m<sup>2</sup></p> <p><b>0.92</b></p>  <p>Lemari 1 unit x 0.92 x 0.59 m = 0.54 m<sup>2</sup></p> <p><b><u>Total Luas</u></b> Luas perabot x Sirkulasi 5.68 m<sup>2</sup> x 71% = 4 + 5.68 = <b>9.7 m<sup>2</sup></b></p>	120 Ruang	1164 m <sup>2</sup>	  <p>Tinggi = 4 meter</p>

2

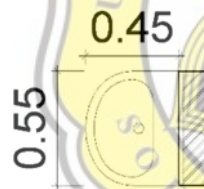
**Toilet Pria**



Shower room  
4 unit x 1 x 1 m =  
4 m<sup>2</sup>



Kloset Wastafel  
6 unit x 0.80 x 0.50 m =  
2.4 m<sup>2</sup>



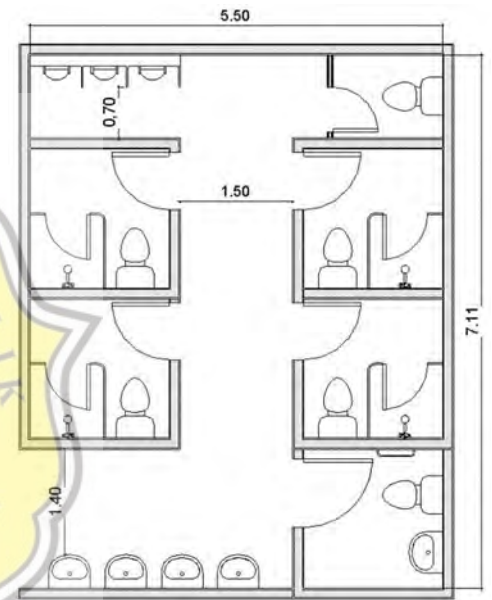
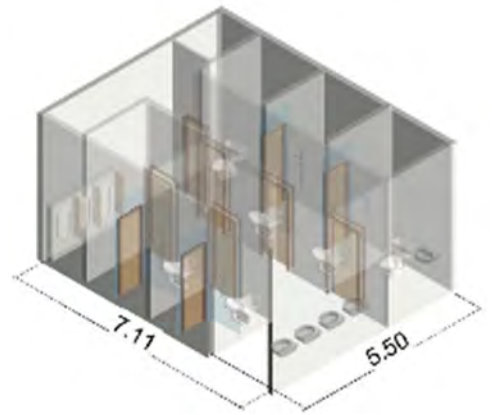
Wastafel  
5 unit x 0.55 x 0.45 m =  
1.24 m<sup>2</sup>

**Total Luas**

Luas perabot x Sirkulasi  
7.64 x 412% = 31.5 + 7.64 =  
**39.105 m<sup>2</sup>**

Ruang

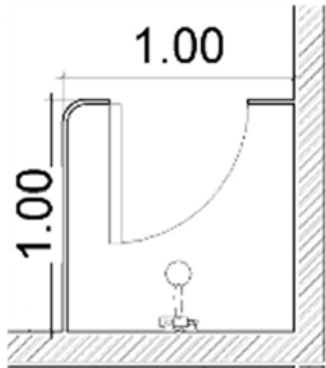
39.105 m<sup>2</sup>



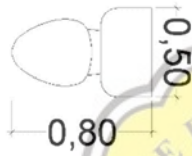
Tinggi = 3 meter

3

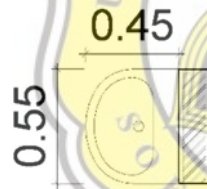
**Toilet Wanita**



Shower room  
4 unit x 1 x 1 m =  
4 m<sup>2</sup>



Kloset Wastafel  
7 unit x 0.80 x 0.50 m =  
2.8 m<sup>2</sup>



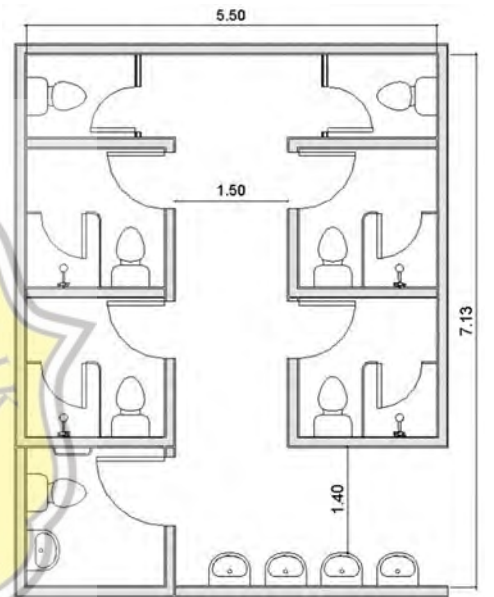
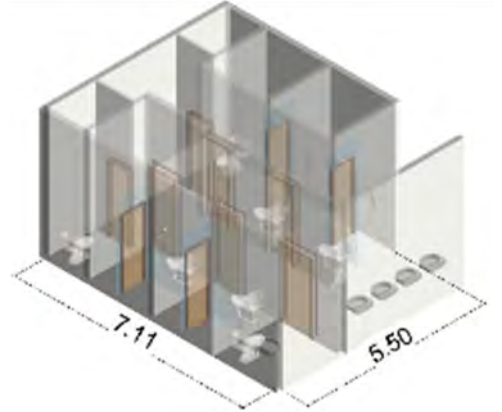
Wastafel  
5 unit x 0.55 x 0.45 m =  
1.24 m<sup>2</sup>

**Total Luas**

Luas perabot x Sirkulasi  
8.04 x 386% = 31.1 + 8.04 =  
**39.105 m<sup>2</sup>**

Ruang

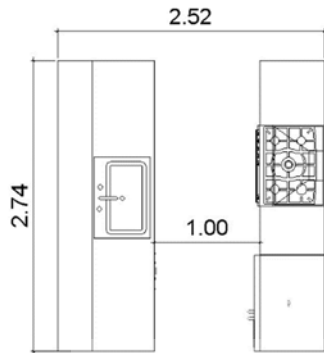
39.105 m<sup>2</sup>



Tinggi = 3 meter

4

**Dapur Kecil**

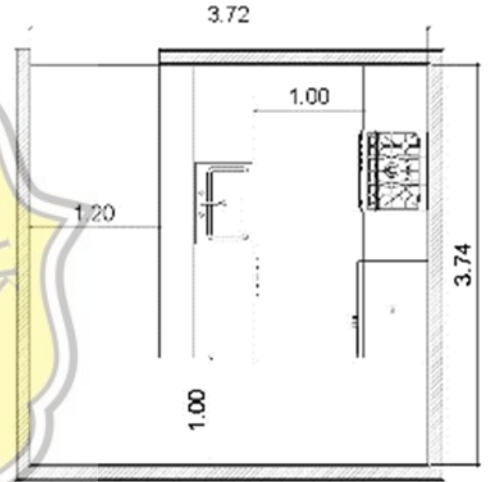
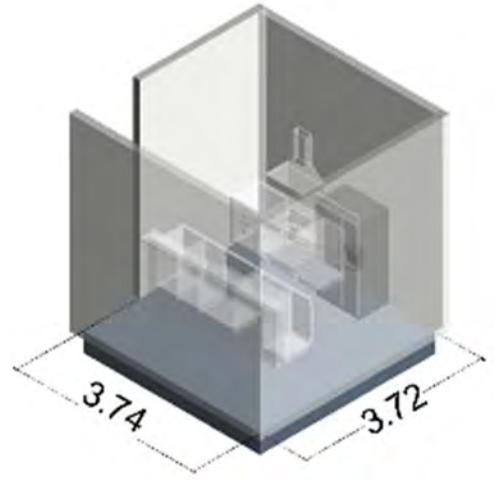


*Kitchen Set*  
1 unit x 2.52 x 2.74 m =  
6.9 m<sup>2</sup>

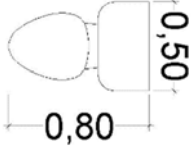
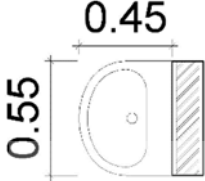
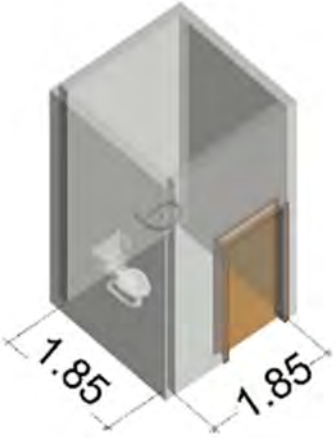
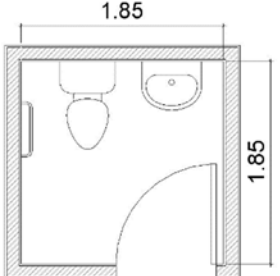
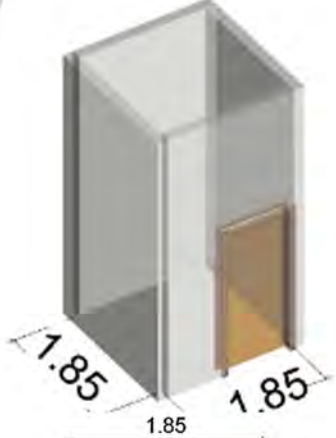
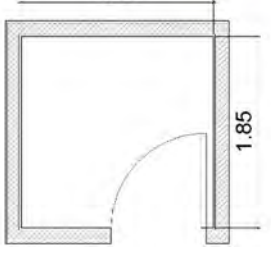
**Total Luas**

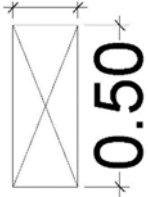
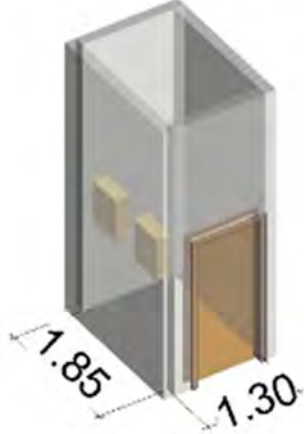
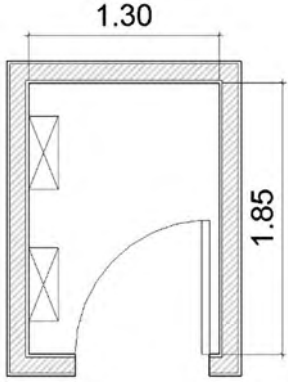
Luas perabot x Sirkulasi  
6.90 m<sup>2</sup> x 102 % = 7 + 6.9 =  
**13.913 m<sup>2</sup>**

1  
Ruang  
13.913  
m<sup>2</sup>



Tinggi = 4 meter

5	<p><b><u>Toilet Difabel</u></b></p>  <p>Kloset Wastafel 1 unit x 0,80 x 0,50 m = 0,4 m<sup>2</sup></p>  <p>Wastafel 1 unit x 0,55 x 0,45 m = 0,25 m<sup>2</sup></p> <p><b><u>Total Luas</u></b> Luas perabot x Sirkulasi 0,625 m<sup>2</sup> x 449 % = 2,8 + 0,625 = <b>3,43 m<sup>2</sup></b></p>	1 Ruang	3,43 m <sup>2</sup>	  <p>Tinggi = 3 meter</p>
6	<p><b><u>Janitor</u></b></p> <p><b><u>Total Luas</u></b> 1,85X1,85 = <b>3,4 m<sup>2</sup></b></p>	1	3,4 m <sup>2</sup>	 

				Tinggi = 3 meter
7	<p><b>Ruang Panel</b></p> <p>0.20</p>  <p>0.50</p> <p>Panel Listrik &amp; Telekomunikasi 2 unit x 0.50 x 0.20 m = 0.2 m<sup>2</sup></p> <p><b>Total Luas</b></p> <p>Luas perabot x Sirkulasi 0.2 m<sup>2</sup> x 1102 % = 2.2 + 0.2 = 2.4 m<sup>2</sup></p>	1 ruang	2.4 m <sup>2</sup>	  <p>Tinggi = 3 meter</p>
TOTAL LUAS				1265.35 m <sup>2</sup>
SIRKULASI				25 %
TOTAL LUAS + SIRKULASI				1581.69 m <sup>2</sup>

e. Hunian Pengelola

No.	Nama Ruang + Perabot	Unit Ruang	Luas Total (m <sup>2</sup> )	3D & Denah
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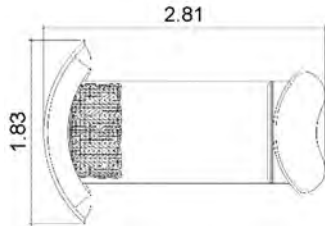


1

**Kamar Tidur**

Kapasitas 1 Orang

**Perabot**



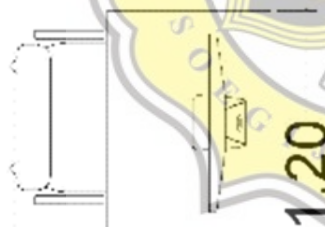
Kasur *single*  
1 unit x 1.83 x 2.81 m =  
5.14 m<sup>2</sup>

**0.92**

Meja Kerja  
1 unit x 0.93 x 1.20 m =  
1.116 m<sup>2</sup>



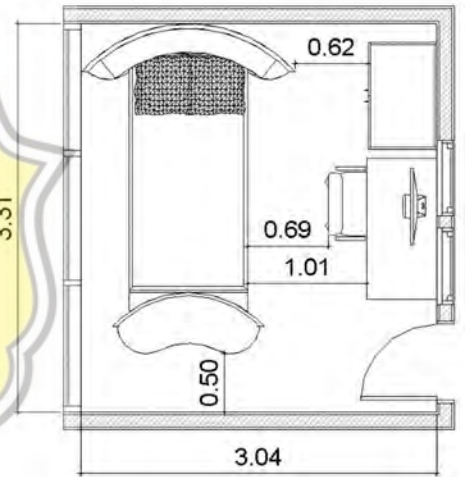
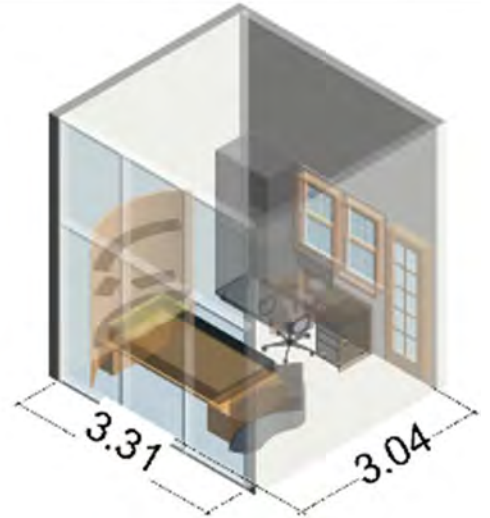
Lemari  
1 unit x 0.92 x 0.59 m =  
0.54 m<sup>2</sup>



**0.93**

**Total Luas**

Luas perabot x Sirkulasi  
6.80 m<sup>2</sup> x 48% = 3.3 + 6.80 =  
**10.062 m<sup>2</sup>**

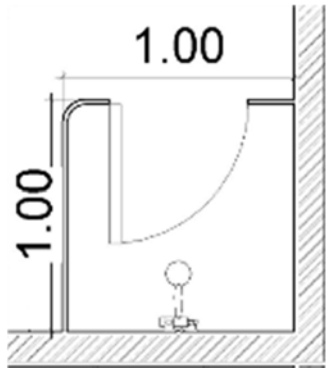


Tinggi = 4 meter

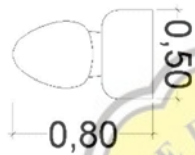
9 Ruang m<sup>2</sup>

2

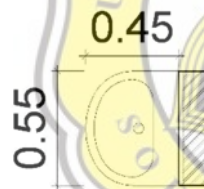
**Toilet + Janitor**



Shower room  
2 unit x 1 x 1 m =  
2 m<sup>2</sup>



Kloset Wastafel  
2 unit x 0.80 x 0.50 m =  
0.8 m<sup>2</sup>

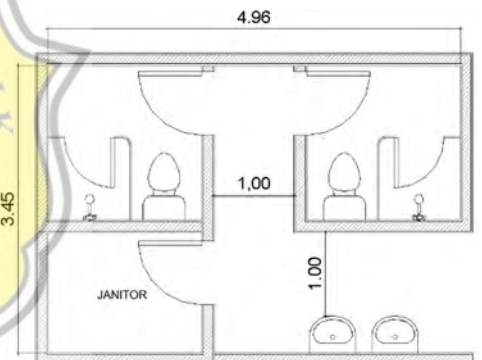
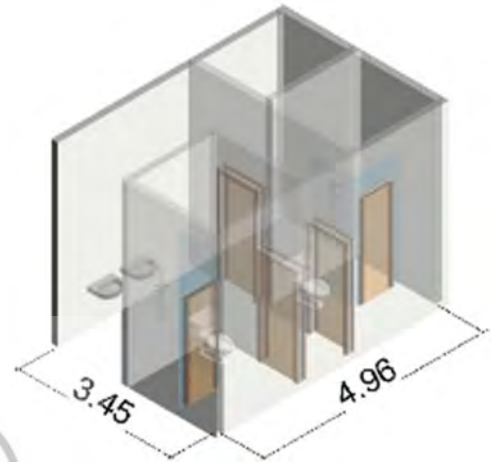


Wastafel  
2 unit x 0.55 x 0.45 m =  
0.5 m<sup>2</sup>

**Total Luas**

Luas perabot x Sirkulasi  
3.30 x 419% = 13.8 + 3.30 =  
**17.112 m<sup>2</sup>**

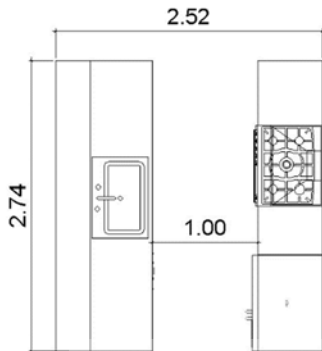
Ruang  
17.112  
m<sup>2</sup>



Tinggi = 3 meter

3

**Dapur Kecil**

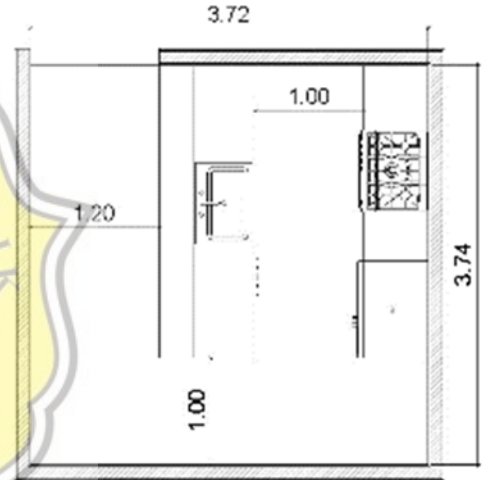
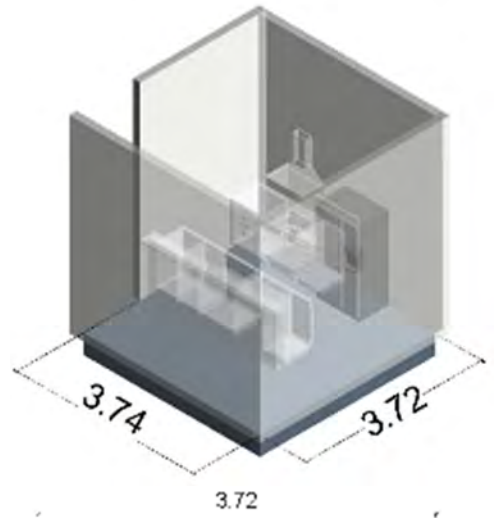


*Kitchen Set*  
1 unit x 2.52 x 2.74 m =  
6.9 m<sup>2</sup>


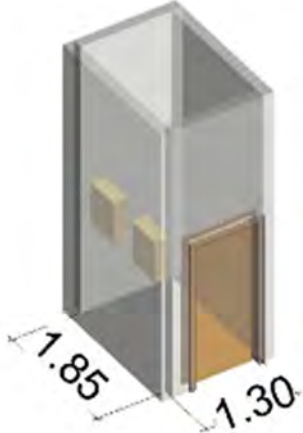
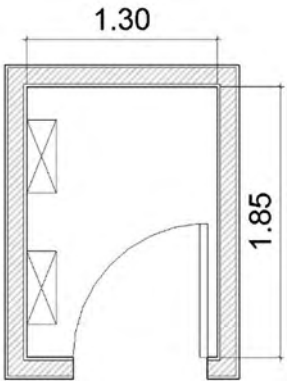
**Total Luas**

Luas perabot x Sirkulasi  
6.90 m<sup>2</sup> x 102 % = 7 + 6.9 =  
**13.913 m<sup>2</sup>**

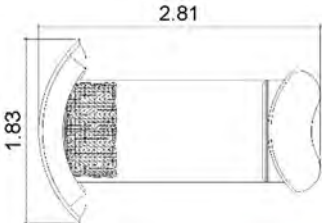
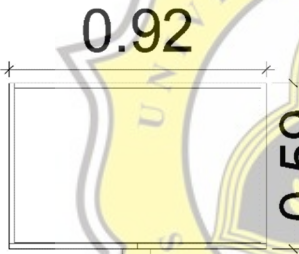
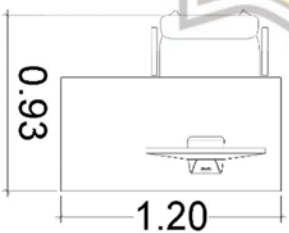
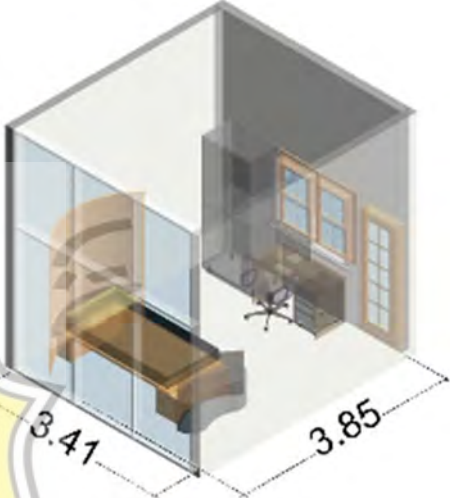
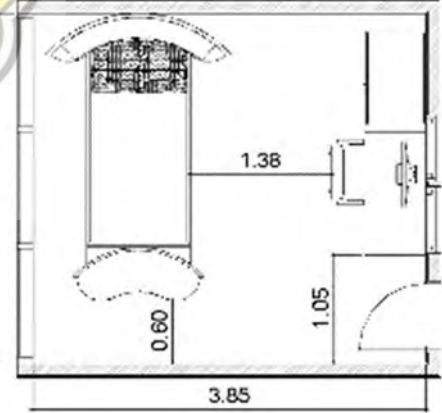
1  
Ruang  
13.913  
m<sup>2</sup>

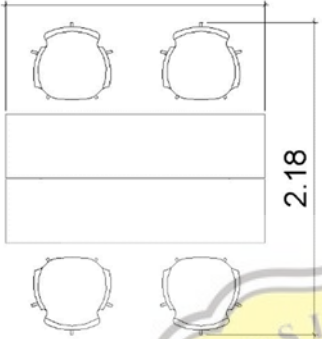
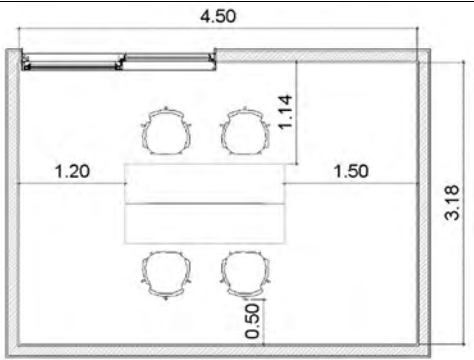
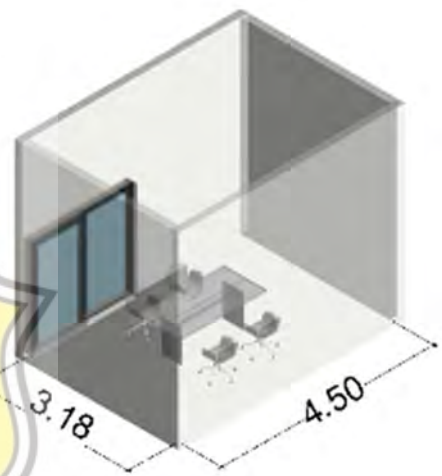
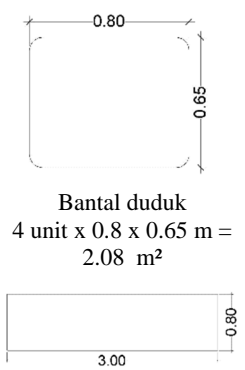


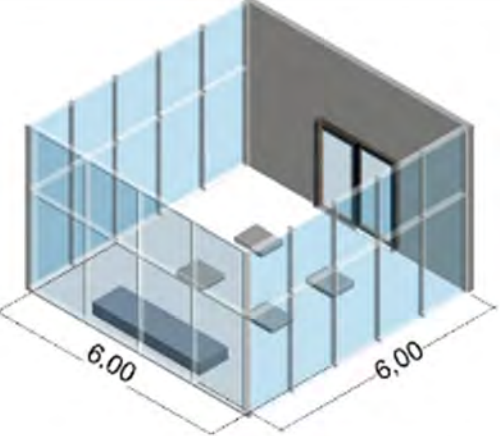
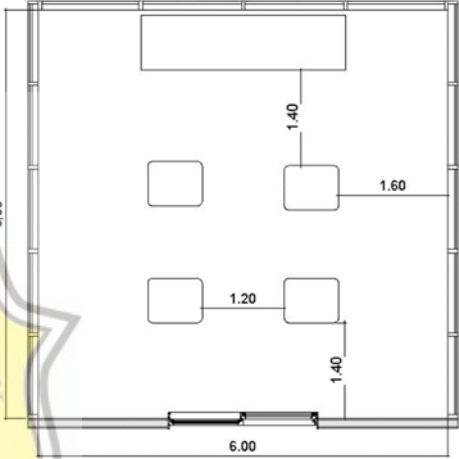
Tinggi = 4 meter

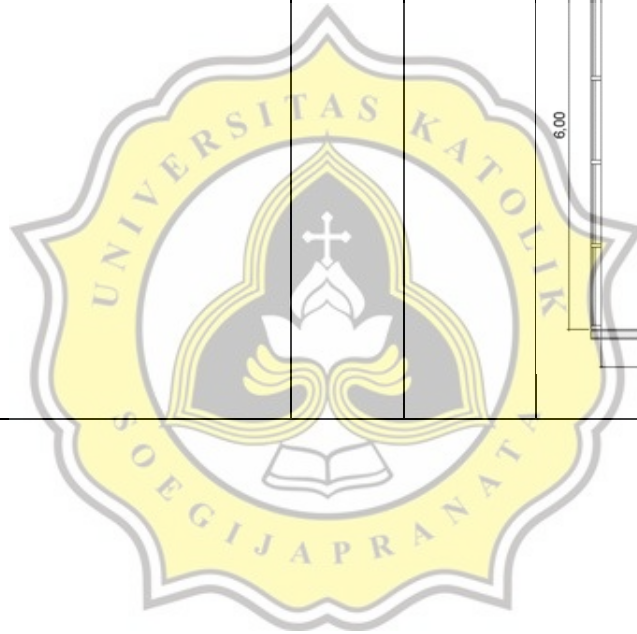
4	<p style="text-align: center;"><b><u>Ruang Panel</u></b></p> <p style="text-align: center;"><b>0.20</b></p>  <p style="text-align: center;"><b>0.50</b></p> <p style="text-align: center;">Panel Listrik &amp; Telekomunikasi 2 unit x 0.50 x 0.20 m = 0.2 m<sup>2</sup></p> <p style="text-align: center;"><b><u>Total Luas</u></b></p> <p style="text-align: center;">Luas perabot x Sirkulasi 0.2 m<sup>2</sup> x 1102 % = 2.2 + 0.2 = <b>2.4 m<sup>2</sup></b></p>	1 ruang	2.4 m <sup>2</sup>	  <p style="text-align: center;">Ti nggi = 3 meter</p>
<b>TOTAL LUAS</b>			<b>123.983 m<sup>2</sup></b>	
<b>SIRKULASI</b>			<b>25 %</b>	
<b>TOTAL LUAS + SIRKULASI</b>			<b>154.98 m<sup>2</sup></b>	

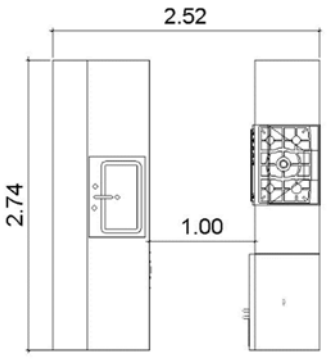
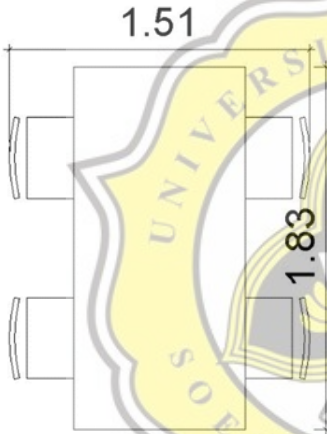
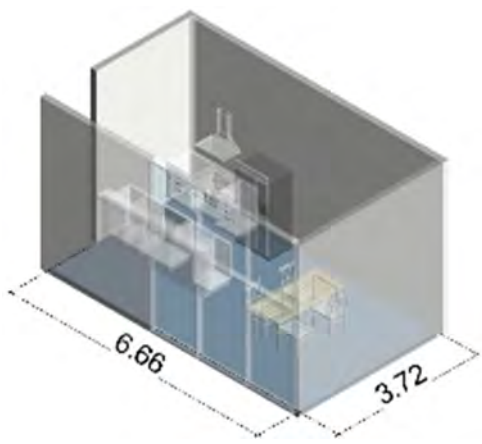
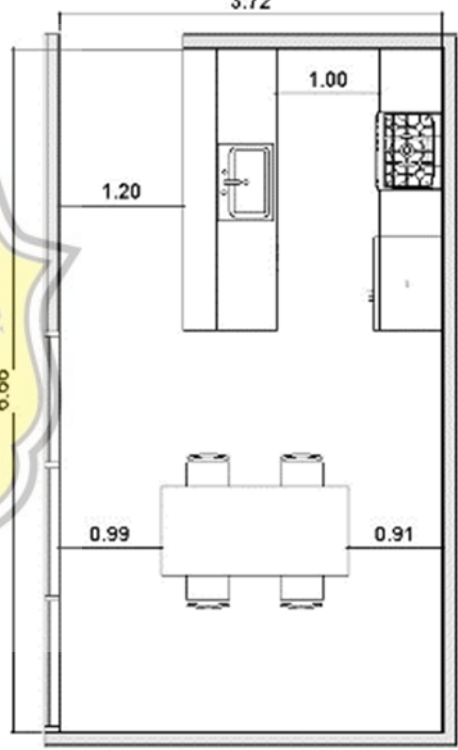
f. Hunian Guru Pembimbing

No.	Nama Ruang + Perabot	Unit Ruang	Luas Total (m <sup>2</sup> )	3D & Denah
1	<p><b><u>Kamar Tidur</u></b> Kapasitas 1 Orang</p> <p><b><u>Perabot</u></b></p>  <p>Kasur <i>single</i> 1 unit x 1.83 x 2.81 m = 5.14 m<sup>2</sup></p>  <p>Lemari 1 unit x 0.92 x 0.59 m = 0.54 m<sup>2</sup></p>  <p>Meja Kerja 1 unit x 0.93 x 1.20 m = 1.116 m<sup>2</sup></p> <p><b><u>Total Luas</u></b> Luas perabot x Sirkulasi</p>	4 Ruang	52.52 m <sup>2</sup>	  <p>Tinggi = 4 meter</p>

	$6.80 \text{ m}^2 \times 93\% = 6.3 + 6.80 =$ <b>13.13 m<sup>2</sup></b>			
2	<p><b><u>R. Rapat</u></b>          Kapasitas 4 Orang  <b><u>Perabot</u></b>          1.80</p>  <p>Meja &amp; Kursi Rapat          1 unit x 1.8 x 2.18 m =          3.92 m<sup>2</sup></p> <p><b><u>Total Luas</u></b>          Luas perabot x Sirkulasi  <math>3.92 \text{ m}^2 \times 265\% = 10.4 + 3.92</math>          = <b>14.310 m<sup>2</sup></b></p>	1 Ruang	14.310 m <sup>2</sup>	  <p>Tinggi = 4 meter</p>
3	<p><b><u>R. Meditasi</u></b>          Kapasitas 4 Orang  <b><u>Perabot</u></b></p>  <p>Bantal duduk          4 unit x 0.8 x 0.65 m =          2.08 m<sup>2</sup></p> <p>Altar          1 unit x 0.8 x 3 m =          2.4 m<sup>2</sup></p>	1 Ruang	36 m <sup>2</sup>	

	<p style="text-align: center;"><b><u>Total Luas</u></b></p> <p style="text-align: center;">Luas perabot x Sirkulasi</p> $4.48 \text{ m}^2 \times 704\% = 31.5 + 4.48$ $= \mathbf{36 \text{ m}^2}$		  <p style="text-align: center;">Tinggi = 6 meter</p>
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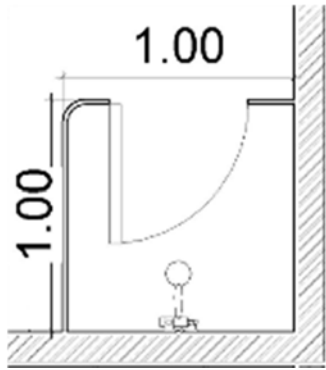


<p>4</p>	<p><b><u>Ruang Makan + Pantry</u></b></p>  <p><i>Kitchen Set</i> 1 unit x 2.52 x 2.74 m = 6.9 m<sup>2</sup></p>  <p><i>Meja Makan</i> 1 unit x 1.51 x 1.83 m = 2.76 m<sup>2</sup></p> <p><b><u>Total Luas</u></b> Luas perabot x Sirkulasi 9.66 m<sup>2</sup> x 156 % = 15.1 + 9.66 = <b>24.775 m<sup>2</sup></b></p>	<p>1</p> <p>Ruang</p> <p>24.755 m<sup>2</sup></p>	  <p>Tinggi = 4 meter</p>
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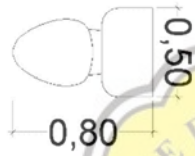


5

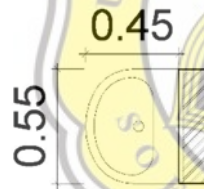
**Toilet + Janitor**



Shower room  
2 unit x 1 x 1 m =  
2 m<sup>2</sup>



Kloset Wastafel  
2 unit x 0.80 x 0.50 m =  
0.8 m<sup>2</sup>

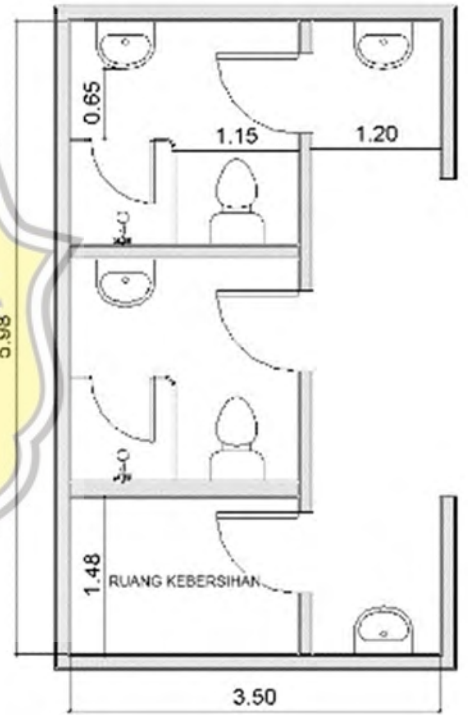
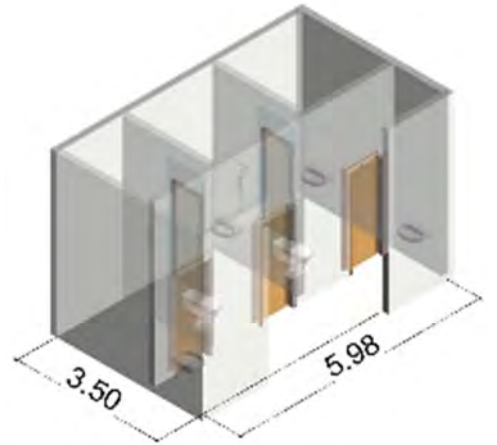


Wastafel  
4 unit x 0.55 x 0.45 m =  
0.99 m<sup>2</sup>


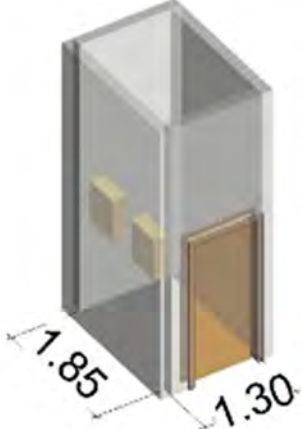
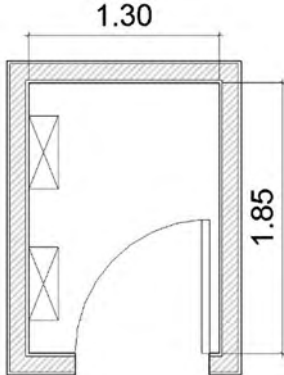
**Total Luas**

Luas perabot x Sirkulasi  
3.79 x 452% = 17.1 + 3.79 =  
**20.93 m<sup>2</sup>**

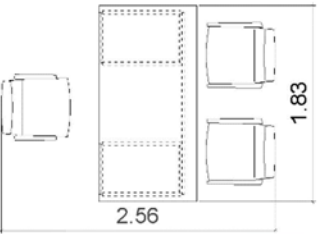
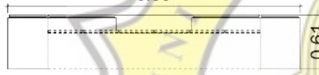
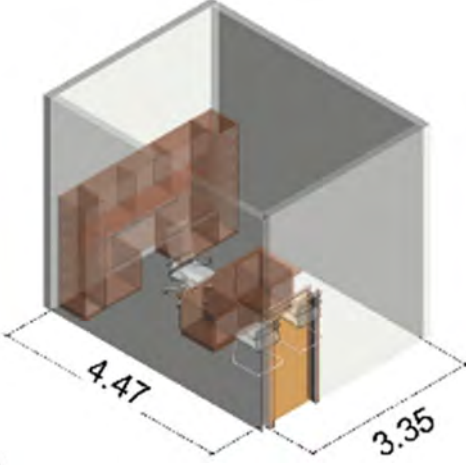
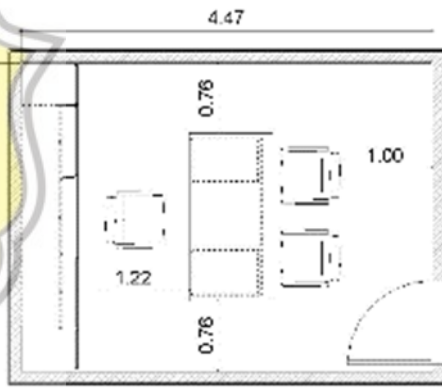
1 ruang 20.93 m<sup>2</sup>

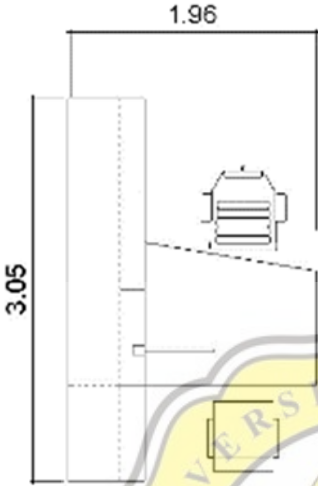
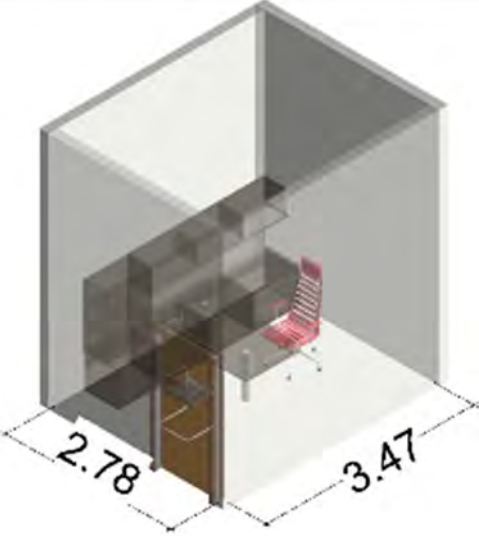
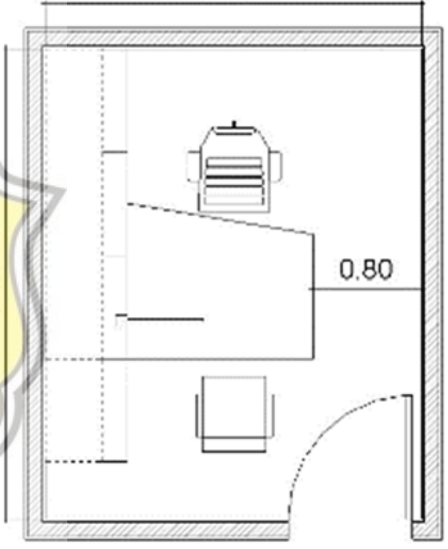


Tinggi = 3 meter

6	<p style="text-align: center;"><b><u>Ruang Panel</u></b></p> <p style="text-align: center;"><b>0.20</b></p>  <p style="text-align: center;"><b>0.50</b></p> <p style="text-align: center;">Panel Listrik &amp; Telekomunikasi 2 unit x 0.50 x 0.20 m = 0.2 m<sup>2</sup></p> <p style="text-align: center;"><b><u>Total Luas</u></b></p> <p style="text-align: center;">Luas perabot x Sirkulasi 0.2 m<sup>2</sup> x 1102 % = 2.2 + 0.2 = <b>2.4 m<sup>2</sup></b></p>	1 ruang	2.4 m <sup>2</sup>	  <p style="text-align: center;">Ti nggi = 3 meter</p>
<b>TOTAL LUAS</b>				150.915 m <sup>2</sup>
<b>SIRKULASI</b>				25 %
<b>TOTAL LUAS + SIRKULASI</b>				<b>188.64 m<sup>2</sup></b>

g. **Bangunan Pengelola**

No.	Nama Ruang + Perabot	Unit Ruang	Luas Total (m <sup>2</sup> )	3D & Denah
1	<p><b><u>R. Kepala Vihara &amp; Ketua Pengelola</u></b>                      Kapasitas 3 Orang</p>  <p><b><u>Perabot</u></b></p> <p>Meja Kerja &amp; Kursi                      1 unit x 2.56 x 1.83 m =                      4.69 m<sup>2</sup></p>  <p>Lemari                      1 unit x 0.61 x 3.35 m =                      2.044 m<sup>2</sup></p> <p><b><u>Total Luas</u></b></p> <p>Luas perabot x Sirkulasi                      6.73 m<sup>2</sup> x 122% = 8.2 + 6.73 =                      14.975 m<sup>2</sup></p>	2 Ruang	30 m <sup>2</sup>	  <p>Tinggi = 4 meter</p>

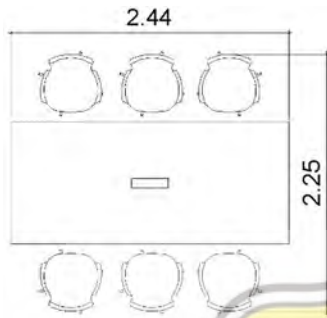
2	<p><b><u>R. Sekretaris</u></b>          Kapasitas 2 Orang</p> <p><b><u>Perabot</u></b></p>  <p>Meja, Lemari &amp; Kursi          1 unit x 3.05 x 1.96 m =          5.98 m<sup>2</sup></p> <p><b><u>Total Luas</u></b></p> <p>Luas perabot x Sirkulasi          5.98 m<sup>2</sup> x 61% = 3.7 + 5.98 =          9.647 m<sup>2</sup></p>	1 Ruang	9.65 m <sup>2</sup>	  <p>Tinggi = 4 meter</p>
3	<p><b><u>R. Kantor Pengelola</u></b>          Kapasitas 8 Orang</p>	1 Ruang	75.023 m <sup>2</sup>	



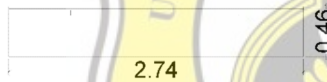
4

**Ruang Rapat**

Kapasitas 12 orang



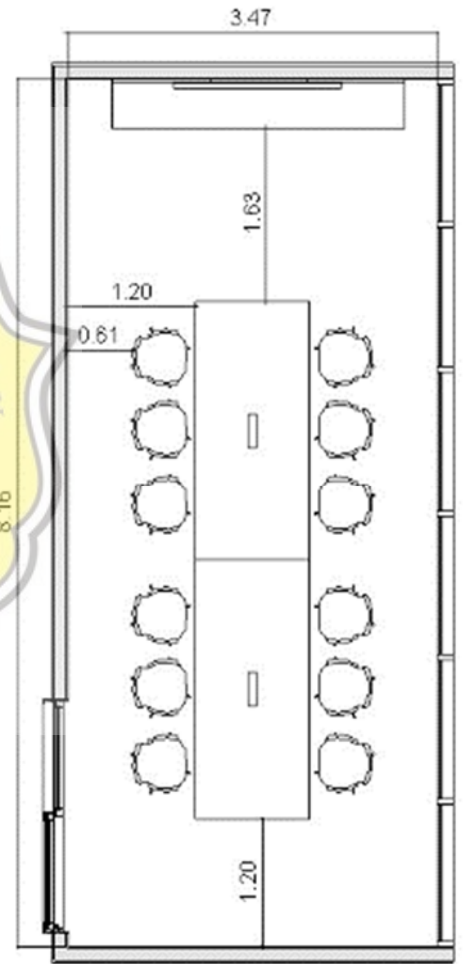
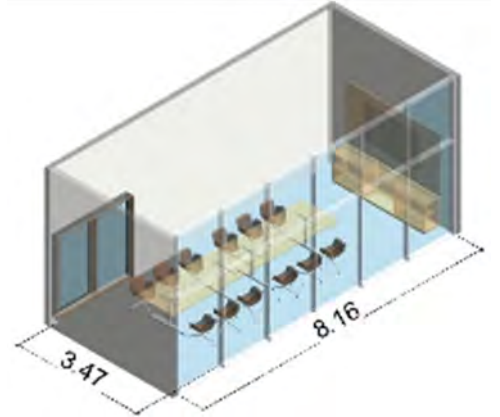
Meja & Kursi  
2 unit x 2.25 x 2.44 m =  
10.98 m<sup>2</sup>



Layar & Lemari  
1 unit x 2.74 x 0.46 m =  
1.26 m<sup>2</sup>

**Total Luas**

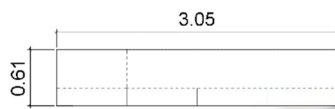
Luas perabot x Sirkulasi  
12.24 m<sup>2</sup> x 131 % = 16.1 +  
12.21 = **28.315 m<sup>2</sup>**



Tinggi = 4 meter

5

**R. Arsip**  
**Total Luas**

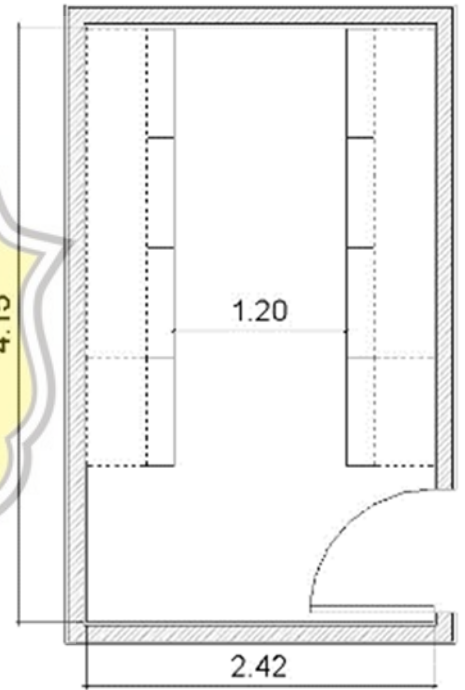
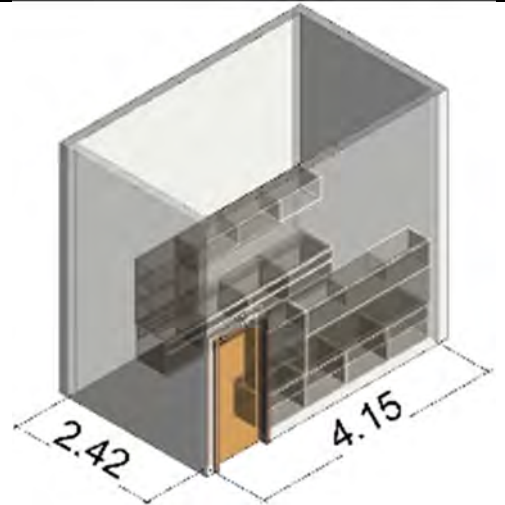


Rak & Lemari Arsip  
2 unit x 0.61 x 3.05 m =  
3.721 m<sup>2</sup>

Luas perabot x Sirkulasi  
3.72 x 170% = 6.3 + 3.72 =  
**10.043 m<sup>2</sup>**

1 ruang

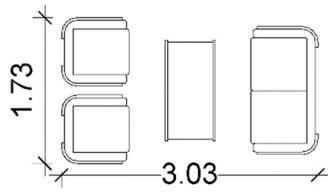
10.043  
m<sup>2</sup>



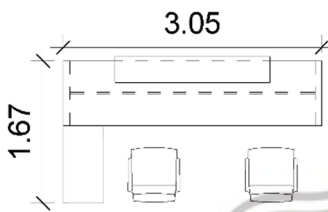
Ti nggi = 3 meter

6

**Customer Service & Lobby**



Meja & Kursi  
1 unit x 1.73 x 3.03 m =  
5.24 m<sup>2</sup>



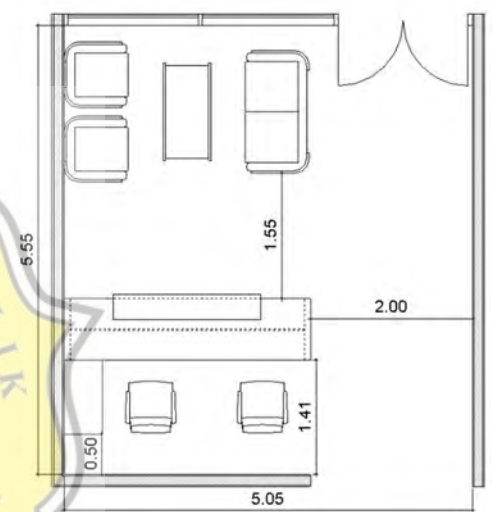
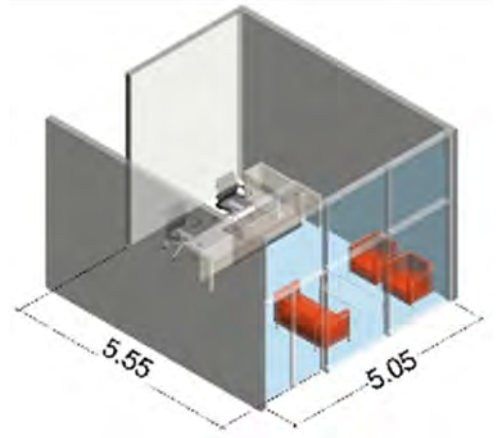
CSO  
1 unit x 1.67 x 3.05 m =  
5.1 m<sup>2</sup>

**Total Luas**

Luas perabot x Sirkulasi  
10.34 m<sup>2</sup> x 171 % = 17.7 +  
10.34 = **28.028 m<sup>2</sup>**

1 ruang

28.028  
m<sup>2</sup>



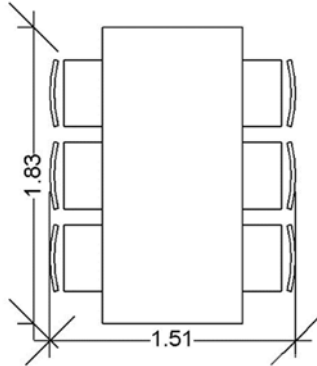
Ti nggi = 4 meter



**Kantin Pengelola**

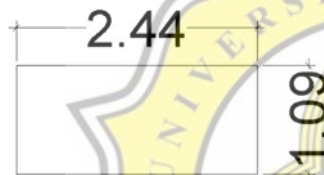
Kapasitas 12 Orang

**Perabot**



Set Meja Makan  
 4 unit x 1.83 x 1.51 m =  
 11.05 m<sup>2</sup>

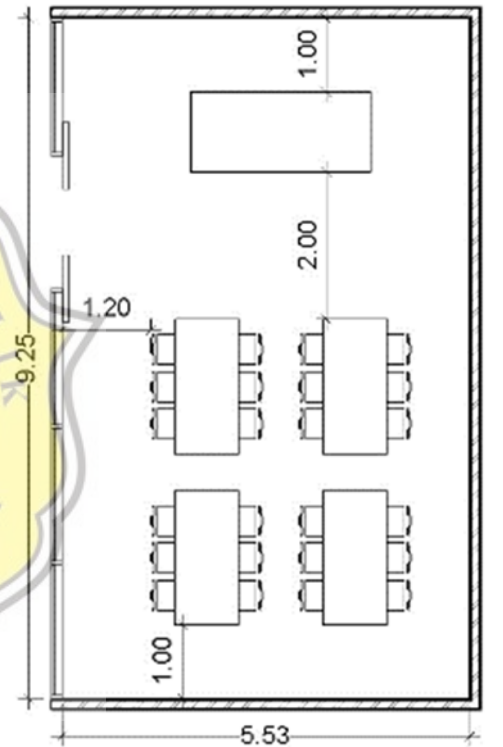
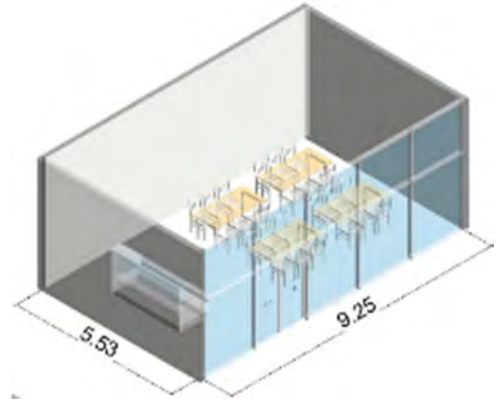
1 ruang = 51.15 m<sup>2</sup>



Rak Tempat Makanan  
 1 unit x 2.44 x 1.09 m =  
 2.66 m<sup>2</sup>

**Total Luas**

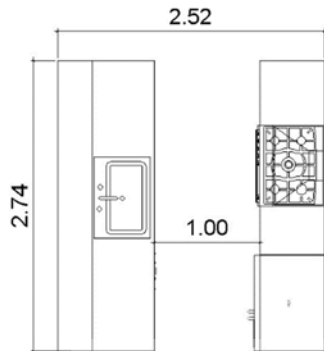
Luas perabot x Sirkulasi  
 13.71 m<sup>2</sup> x 273% = 37.4 +  
 13.71 = **51.15 m<sup>2</sup>**



tinggi = 5 meter

8

**Dapur Pengelola**

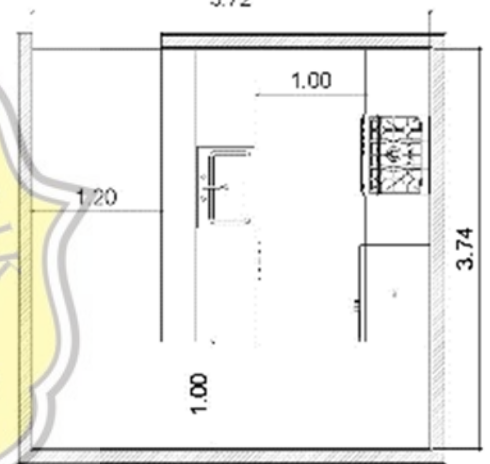
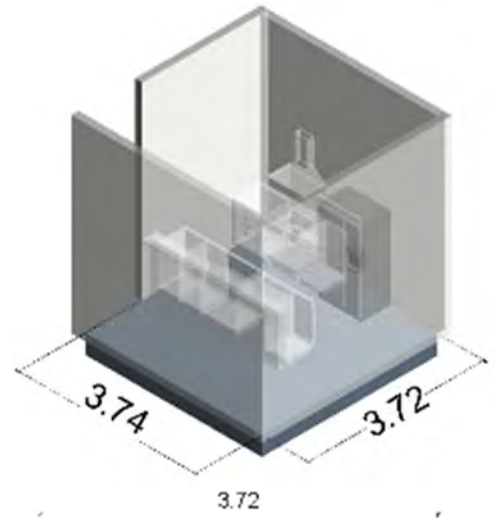


*Kitchen Set*  
1 unit x 2.52 x 2.74 m =  
6.9 m<sup>2</sup>

**Total Luas**

Luas perabot x Sirkulasi  
6.90 m<sup>2</sup> x 102 % = 7 + 6.9 =  
**13.913 m<sup>2</sup>**

1  
Ruang  
13.913  
m<sup>2</sup>

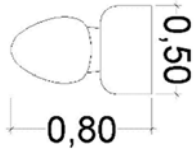


Tinggi = 4 meter

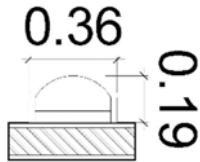
9

**Toilet Pria**

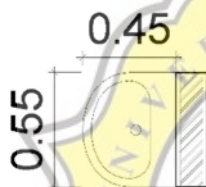
**Total Luas**



Kloset  
3 unit x 0.80 x 0.50 m =  
1.2 m<sup>2</sup>



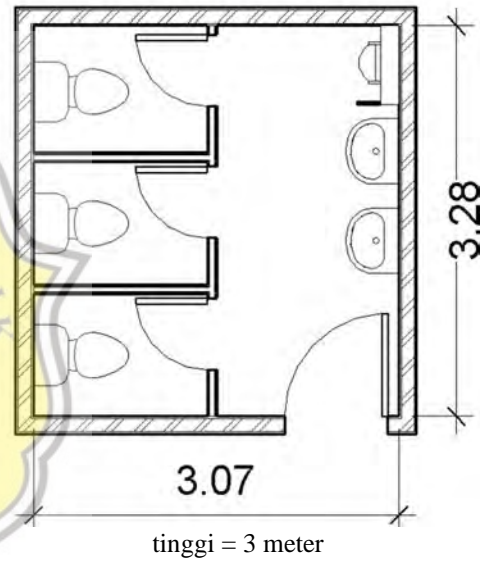
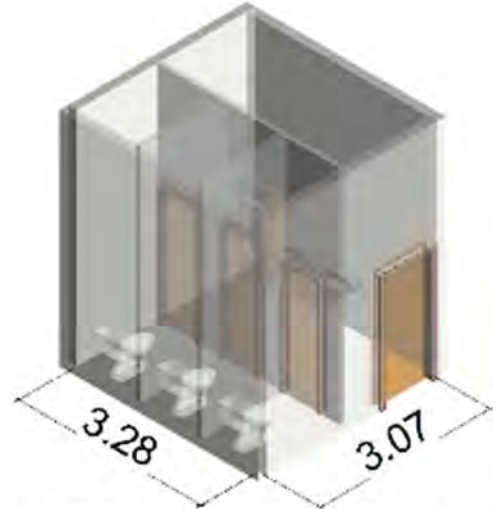
Urinal  
1 unit x 0.8 x 0.5 m =  
0.33 m<sup>2</sup>



Wastafel  
2 unit x 0.55 x 0.45 m =  
0.5 m<sup>2</sup>

Luas perabot x Sirkulasi  
2.03 m<sup>2</sup> x 396% = 8 + 2.03 =  
**10.1 m<sup>2</sup>**

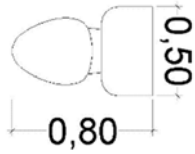
1 ruang 10.1 m<sup>2</sup>



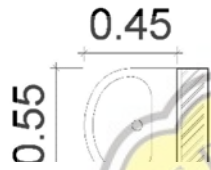
10

**Toilet Wanita**

**Total Luas**



Kloset  
3 unit x 0.80 x 0.50 m =  
1.2 m<sup>2</sup>

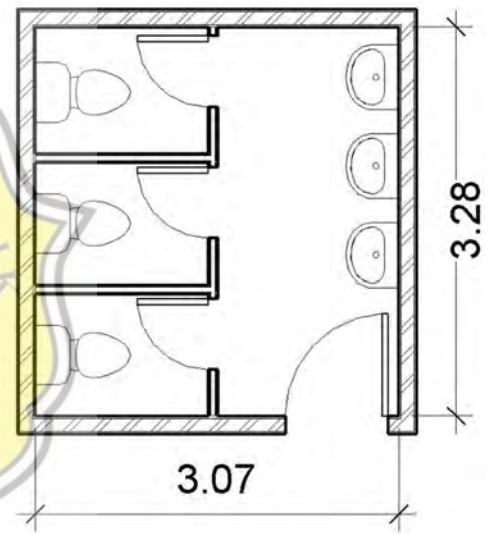
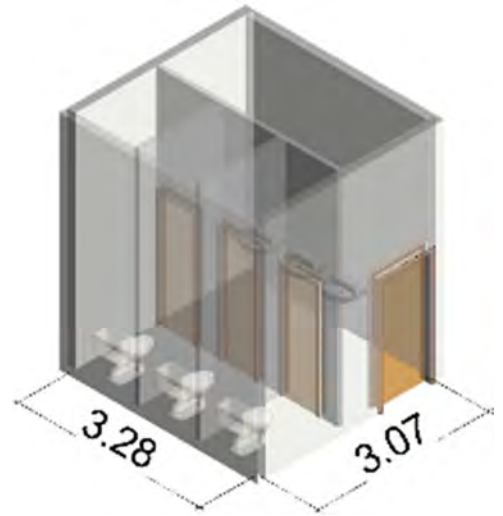


Wastafel  
3 unit x 0.55 x 0.45 m =  
0.7425 m<sup>2</sup>

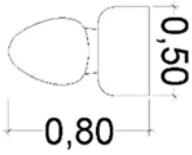
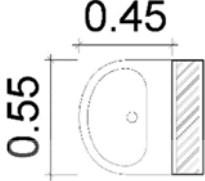
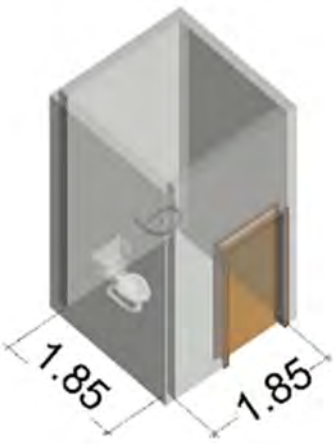
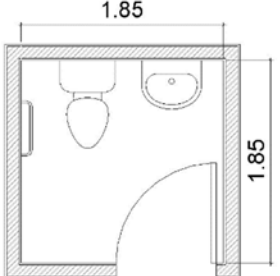
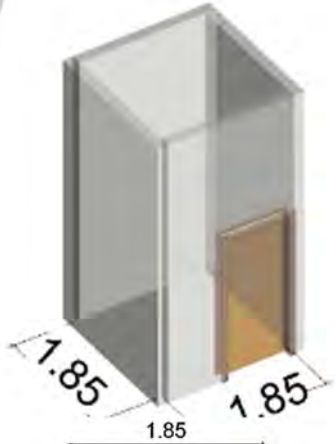
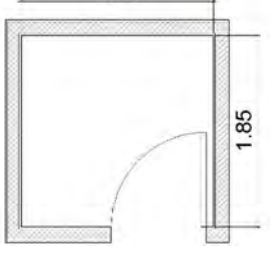
Luas perabot x Sirkulasi  
1.94 m<sup>2</sup> x 418% = 8.1 + 1.94 =  
**10.070 m<sup>2</sup>**


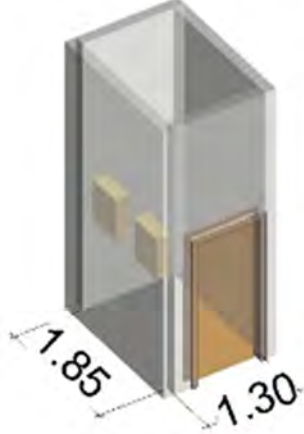
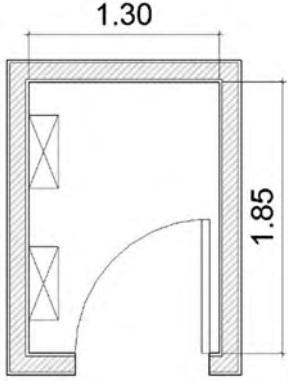
1 ruang

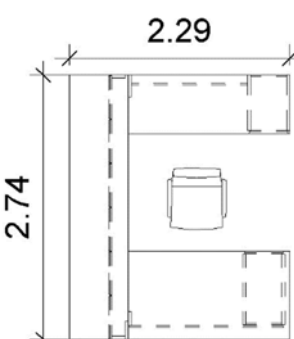
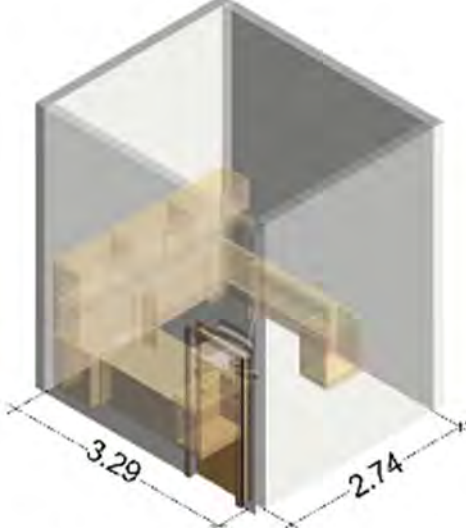
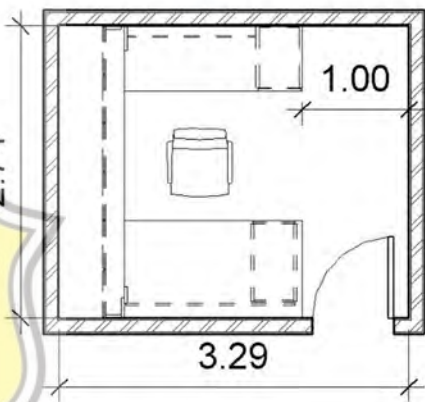
10.070  
m<sup>2</sup>



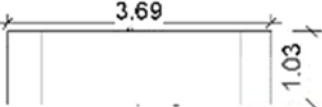
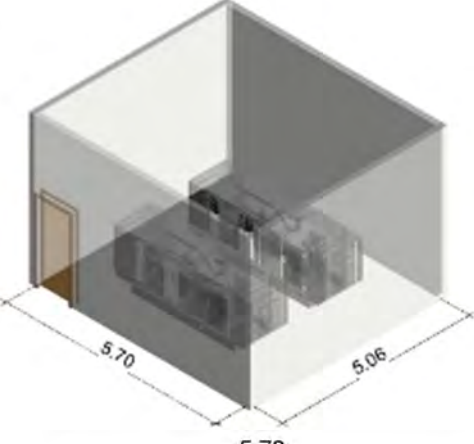
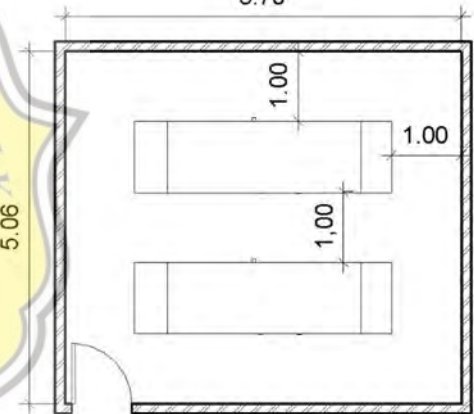
tinggi = 3 meter

11	<p><b><u>Toilet Difabel</u></b></p>  <p>Kloset Wastafel 1 unit x 0.80 x 0.50 m = 0.4 m<sup>2</sup></p>  <p>Wastafel 1 unit x 0.55 x 0.45 m = 0.25 m<sup>2</sup></p> <p><b><u>Total Luas</u></b> Luas perabot x Sirkulasi 0.625 m<sup>2</sup> x 449 % = 2.8 + 0.625 = <b>3.43 m<sup>2</sup></b></p>	1 Ruang	3.43 m <sup>2</sup>	  <p>Tinggi = 3 meter</p>
12	<p><b><u>Janitor</u></b></p> <p><b><u>Total Luas</u></b> 1.85X1.85 = <b>3.4 m<sup>2</sup></b></p>	1	3.4 m <sup>2</sup>	 

				Tinggi = 3 meter
13	<p><b>Ruang Panel</b></p> <p>0.20</p>  <p>0.50</p> <p>Panel Listrik &amp; Telekomunikasi 2 unit x 0.50 x 0.20 m = 0.2 m<sup>2</sup></p> <p><b>Total Luas</b></p> <p>Luas perabot x Sirkulasi 0.2 m<sup>2</sup> x 1102 % = 2.2 + 0.2 = <b>2.4 m<sup>2</sup></b></p>	1 ruang	2.4 m <sup>2</sup>	 <p>1.85 1.30</p>  <p>1.30 1.85</p> <p>Tinggi = 3 meter</p>

14	<p style="text-align: center;"><b>Ruang CCTV</b></p>  <p style="text-align: center;">Meja &amp; Kursi 1 unit x 2.74 x 2.29 m = 6.28m<sup>2</sup></p> <p style="text-align: center;"><b>Total Luas</b> Luas perabot x Sirkulasi 6.28 m<sup>2</sup> x 44 % = 2.7 + 6.28 = <b>9.015 m<sup>2</sup></b></p>	1 ruang    9.015 m <sup>2</sup>	  <p style="text-align: center;">Tinggi = 4 meter</p>
<b>TOTAL LUAS</b>		283.6 m <sup>2</sup>	
<b>SIRKULASI</b>		25 %	
<b>TOTAL LUAS + SIRKULASI</b>		<b>354.5 m<sup>2</sup></b>	

### h. Servis

No.	Nama Ruang + Perabot	Unit Ruang	Luas Total (m <sup>2</sup> )	3D & Denah
1	<p style="text-align: center;"><b><u>Ruang Generator</u></b></p> <p style="text-align: center;"><b><u>Perabot</u></b></p>  <p style="text-align: center;">Generator 2 unit x 3.69 x 1.03 m = 6.3 m<sup>2</sup></p> <p style="text-align: center;"><b><u>Total Luas</u></b></p> <p style="text-align: center;">Luas perabot x Sirkulasi 6.3 m<sup>2</sup> x 358% = 22.5 + 6.3 = <b>28.84 m<sup>2</sup></b></p>	1 ruang	28.84 m <sup>2</sup>	  <p style="text-align: center;">tinggi = 3 meter</p>



2

**R. Panel & Komunikasi**

**Induk**

**Perabot**

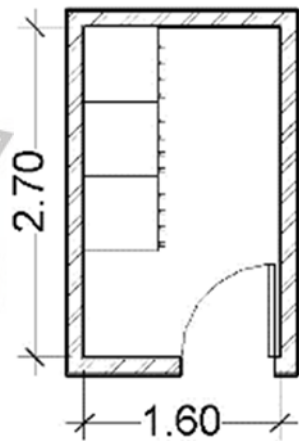
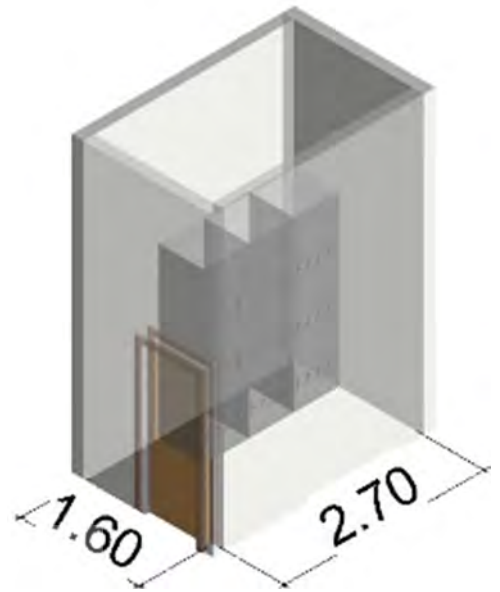


Panel Induk  
1 unit x 1.83 x 0.60 m =  
1.1 m<sup>2</sup>

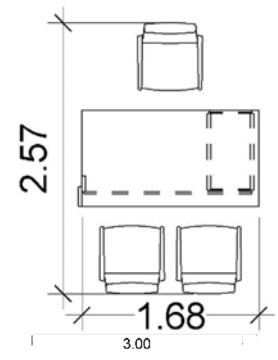
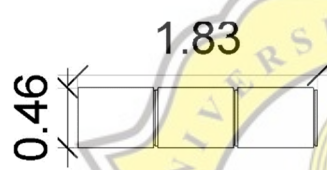
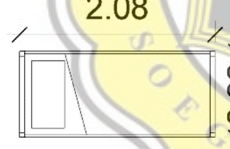
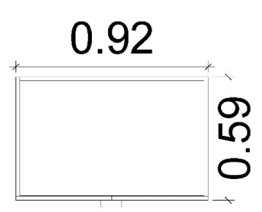
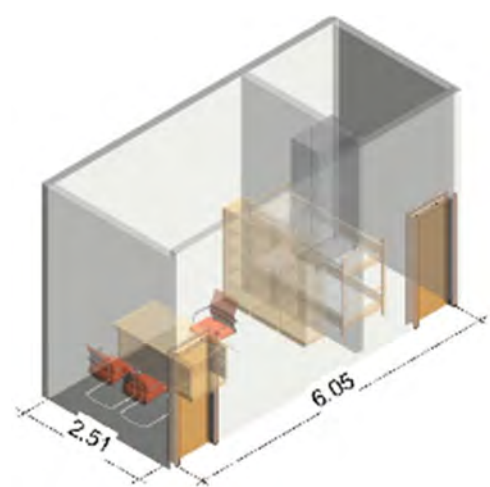
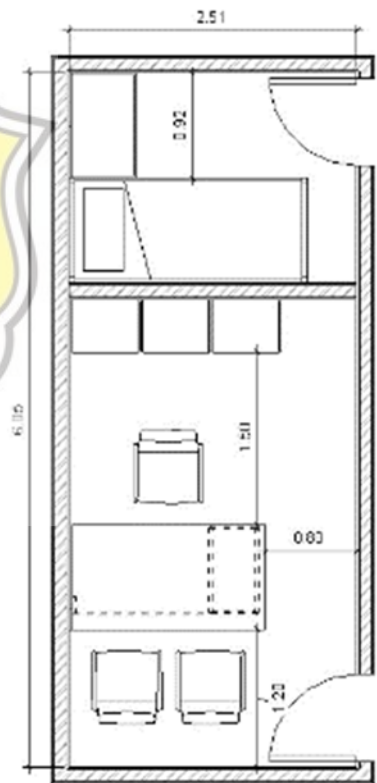
**Total Luas**

Luas perabot x Sirkulasi  
1.1 m<sup>2</sup> x 293% = 3.2 + 1.10 =  
4.320 m<sup>2</sup>

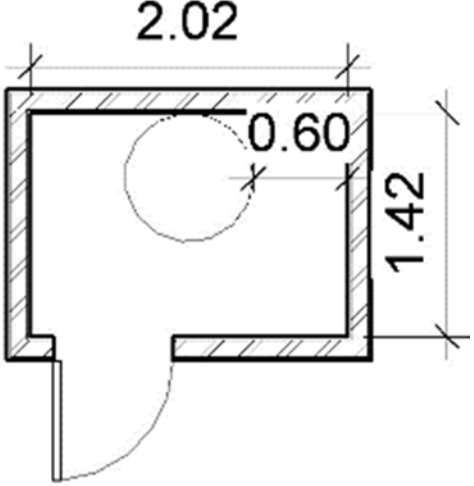
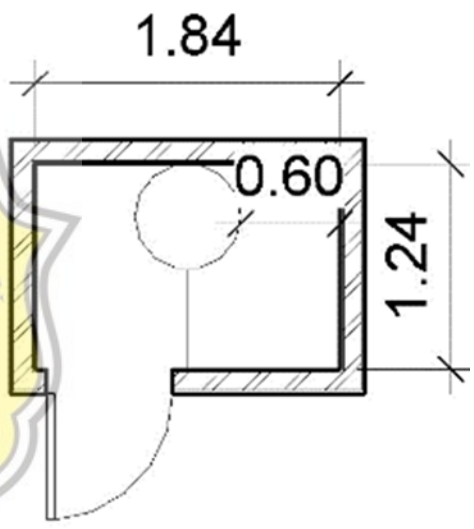
2  
Ruang 8.64 m<sup>2</sup>

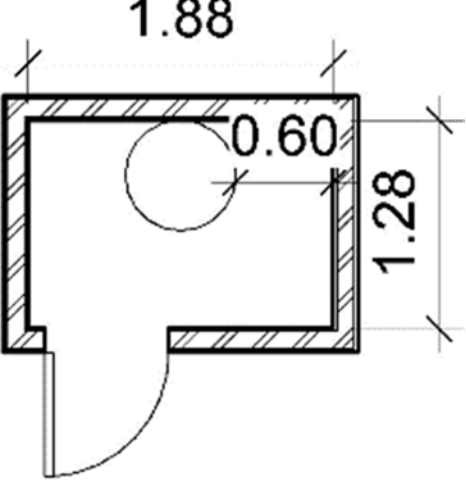


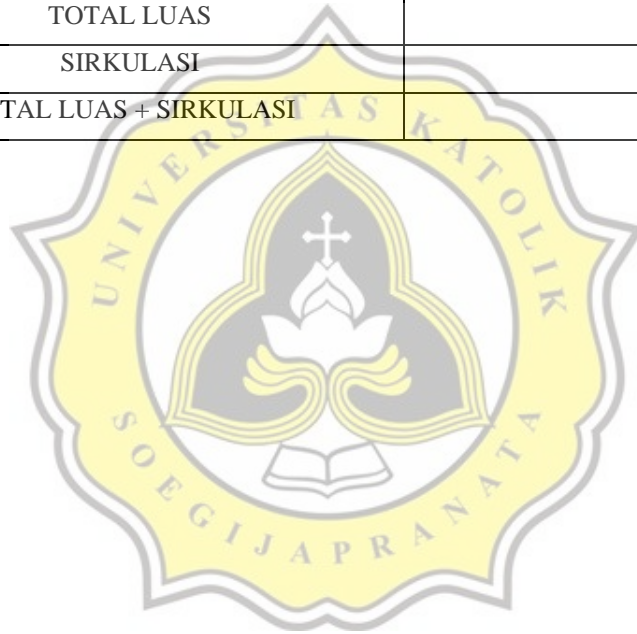
Tinggi = 3 meter

<p>3</p>	<p><b>Pos &amp; Kamar Tidur Satpam</b></p> <p>Kapasitas 4 Orang</p> <p><b>Perabot</b></p>  <p>Meja &amp; Kursi 1 unit x 2.57 x 1.68 m = 4.32 m<sup>2</sup></p>  <p>Lemari Arsip 1 unit x 1.83 x 0.46 m = 0.84 m<sup>2</sup></p>  <p>Kasur 2 Tingkat 1 unit x 2.08 x 0.92 m = 1.91 m<sup>2</sup></p>  <p><b>Total Luas</b></p> <p>Lemari Pakaian 1 unit x 0.59 x 0.92 m = 0.54 m<sup>2</sup></p> <p>Luas perabot x Sirkulasi</p>	<p>2</p> <p>Ruang</p> <p>30.372 m<sup>2</sup></p>		  <p>Tinggi = 3 meter</p>
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	$7.61 \text{ m}^2 \times 100\% = 7.6 + 7.61 =$ <b>15.186 m<sup>2</sup></b>			
4	<p><b><u>Tanki Air</u></b>  <b><u>Aula Meditasi , Aula Makan</u></b>  <b><u>&amp; Vihara</u></b>  <b><u>3100 liter untuk aula</u></b>  <b><u>meditasi &amp; aula makan</u></b>  <b><u>2250 liter untuk vihara</u></b></p>	3 Ruang	16.16 m <sup>2</sup>	<p>2.64</p> <p>0.60</p> <p>2.04</p> <p>Tinggi = 3 meter</p>
5	<p><b><u>Tanki Air</u></b>  <b><u>Hunian Meditator</u></b>  <b><u>8100 liter</u></b></p>	1	9.15 m <sup>2</sup>	<p>3.34</p> <p>0.60</p> <p>2.74</p> <p>Tinggi = 3 meter</p>

6	<p><u>Tanki Air</u>  <u>Hunian Pengelola</u>  <u>550 liter</u></p>	1 ruang	2.9 m <sup>2</sup>	 <p>Tinggi = 3 meter</p>
7	<p><u>Tanki Air</u>  <u>Hunian Guru Pembimbing</u>  <u>250 liter</u></p>	1 ruang	2.28 m <sup>2</sup>	 <p>Tinggi = 3 meter</p>

8	<p align="center"><b><u>Tanki Air</u></b>  <b><u>Bangunan Pengelola</u></b>  <b><u>300 liter</u></b></p>	1 ruang	2.4 m <sup>2</sup>	 <p align="center">Tinggi = 3 meter</p>
TOTAL LUAS		100.74		
SIRKULASI		25 %		
TOTAL LUAS + SIRKULASI		<b>125.93 m<sup>2</sup></b>		





**0.26%** PLAGIARISM  
APPROXIMATELY

## Report #9862024

ABSTRAK Kesehatan mental sangat mempengaruhi aspek-aspek dalam hidup contohnya produktivitas masyarakat yang akan berimbas pada sektor ekonomi negara, permasalahan hidup yang banyak dapat menimbulkan depresi dan mengganggu keseimbangan mental/ gangguan jiwa ringan, angka gangguan jiwa ringan di Jawa Tengah menurut jatengprov.go.id mencapai angka 25%, dan menggunakan anggaran pemerintah sampai triliunan Rupiah, melebihi anggaran untuk penyakit fisik. Saat depresi, manusia memerlukan waktu untuk menenangkan pikirannya, salah satu metode yang dapat digunakan adalah meditasi vipassana, merupakan meditasi yang meliputi meditasi duduk, berdiri dan berjalan dengan memperhatikan pemaafasan, merupakan teknik meditasi kuno yang berakar pada ajaran Buddha dan sudah banyak yang melakukan praktik meditasi ini dengan hasil yang baik. Merupakan mental treatment yang tidak memerlukan obat, akan tetapi dengan mengamati sifat jasmani dan batin. Dapat dilakukan oleh semua orang tanpa memandang suku, ras dan agama. Maka dibutuhkan Pusat Pelatihan Meditasi Vipassana dengan Pendekatan Bioklimatik di Bandungan merupakan healing environment / tempat untuk mencari ketenangan dan mengembangkan pikiran sehingga dapat meningkatkan produktivitas dan kualitas hidup. Dibawahi oleh Vihara Tanah Putih Semarang dengan dukungan



# Sources

**PLAGIARISM 0.26%**

**1** azzamstudio.com 0.19% 

**2** #9654472

0.07%

