

# SukhShanthi – My Dream Project

K.Mangal Chand Jain



We all have a choice, we all have a say,  
We are spectators in life or we get in and play  
- Tom Kraus

I decided to get in and play when I was in school itself. As a member of Leo Club, under the leadership of Mr. V.K. Padmanabhan Lions Governor, I visited old age homes in Chennai (then Madras), frequently the one near my school ADARSH VIDHYALAYA on Peters road

Chennai, gifted them newspapers and chocolates, entertained them with songs. The smile in their faces made my life bright. I decided to do something for them when I grow up. Later I visited "LITTLE SISTERS OF THE POOR" in Bangalore and Erode. I studied their needs closely. Meanwhile one of my friend needed a senior citizen home with all amenities at affordable cost. We searched for such places but could not find any.

Then I decided to start a senior citizen home which will cater to all the needs of the elderly at an affordable price amongst nature.

Later the movie Avtar my favorite actress Shabana Azmi made my desire more stronger.

"The surest way to happiness is to lose yourself in a cause greater than yourself"  
- Anonymous

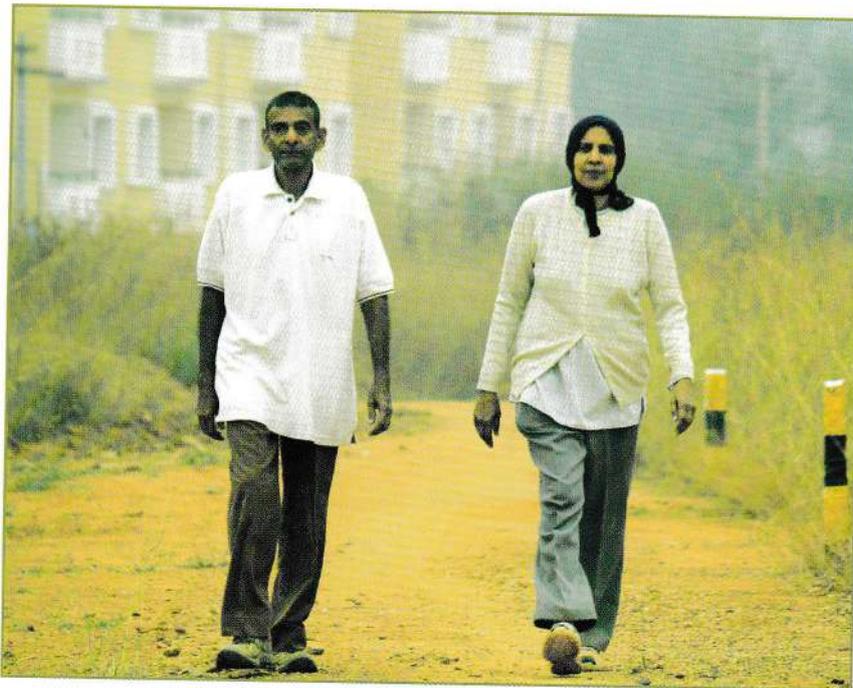
Finally the concept of SukhShanthi took shape in 2011 in our land in Jain Farms. 2011 Dec 21st SukhShanthi was born- My longtime cherished dream came true!

Much more to be done. I wish to add facilities like Meditation, Yoga, Physiotherapy, Laughter Therapy, Auditorium, Picnics, Movies and many more. I wish to retire and spend an active life amongst my elderly friends at SukhShanthi and enjoy life with them.

"When love and skill work together, expect a masterpiece" - John Ruskin

## My daily routine at SukhShanthi

An active resident - Vasantha Bhaskaran's busy schedule...



5.30 AM : Wake up and YOGA. (relaxed yoga in the backdrop of a glorious rising sun and with the background music of the chirping parrots!)

6.30 AM : Have my herbal decoction. (served at doorstep hot and as per my choice!)

6.40 AM : One hour walk through 750 acre private, the fruit orchards, watching Wood Peckers, Mynah, Cuckoo, Quail, Bulbul, Finches, inhaling the pure air with the scent of mango, guava, sappota, pomegranate, neem and teak leaves, flowers and fruits!)

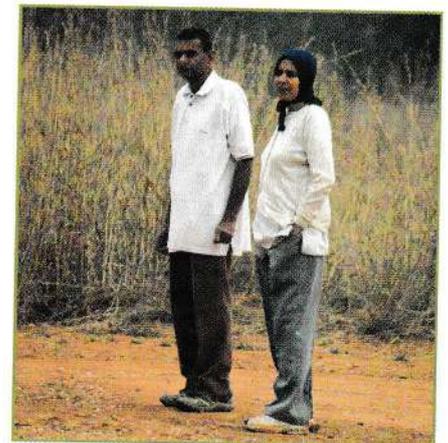
8.00 AM : Breakfast Start with a glass of Fresh Juice, then a bowl of fresh cut fruits followed by a buffet of Mixed cuisine (Continental, North Indian and South Indian). Menu gets repeated once in a fortnight only!)

9.00 to 10.00 AM : Write in the various Notice Boards-"THOUGHT OF

THE DAY", "POEM OF THE DAY", "KNOWLEDGE OF THE DAY", "JOKE OF THE DAY", "HEALTH TIP OF THE DAY", "HAIKU POEM OF THE DAY", "MENU OF THE DAY". Chit chat with all- that is the hot news of the day!

10.00 AM to 12 Noon: Cleaning the house ( do myself-help available on payment), personal work, reading book(library with a stock of 2568 books on all topics), net browsing (facility available in office also) etc.

12 noon to 1.00 PM : Play Table Tennis and Carrom- real cut-throat competition-no mercy showed!)



## My daily routine at SukhShanthi Continued..

1.30 PM to 2.00 PM :  
Spend time in the library  
reading news papers,  
magazines.

2.00 PM to 3.00 PM :  
Rest at home.  
( a luxury I had been  
longing from my school  
days!)

3.00 PM to 4.00 PM :  
Meditation and Yoga.  
(still trying hard to focus  
- but enjoy the  
wandering thoughts too)

4.00 PM to 5.00 PM :  
Play Badminton and  
Tennikoit (good bending  
exercise!)

5.00 PM to 6.30 PM :  
Either go for a long walk  
in the woods and enjoy  
the sunset or play board  
games like LUDO,  
CHINESE CHECKERS,  
CHESS, CARDS. Enjoy  
a leisurely time in the  
swing among the  
sprawling green  
lawn.

6.30 PM : Take bath and  
come down for dinner.



7.00 PM : Dinner – light  
and nutritious-buffet of  
North Indian and South  
Indian- ending with a  
bowl of fresh fruits. Chit  
chat with all and say  
"GOOD NIGHT"

7.30 PM to 9.30 PM:  
Watch TV - FAMILY  
QUALITY TIME!!

9.30 PM : Off to sleep.

Once a month, visit  
Hosur(15Km) to get  
essential items, do Bank  
Jobs etc. or get them  
done through the front  
office at SukhShanthi.

Occasionally indulge in a  
treat- visit to Bangalore  
Mall. All travel by  
subsidised shuttle  
services.

As days go by and more  
people joining, plan to go  
on picnics, celebrate  
birthdays and annive-  
rsaries, indulge in social  
work etc. At present  
supervising the library  
voluntarily.

LIFE IS LIKE RIDING A  
BICYCLE- TO KEEP YOUR  
BALANCE, YOU MUST  
KEEP MOVING!

Vasantha : Born in Chennai, graduated as MCA(Master of Computer Applications) from BITS Pilani, retired as Manager(IT) from IBP(now a division of IOC).  
Ranganathan Bhaskaran: Born in Sirkazhi(Tamil Nadu), graduated as BSc (Mining) from Indian School of Mines, retired as Director(Mines) Neyveli Lignite Corporation.

# Sukh Shanthi truly a place where ageing is FUN!

A resident narrates how his dream has come true in Sukh Shanthi



Many may not believe, if I say that I wanted to start a project similar to SUKH SHANTHI and I had a vision of the type of facilities I needed to provide in that project for Senior Citizens. With joint family system of social structure giving way to nuclear family, the elders in the family who were nurtured in joint families with love and care of their kith and kin are left to fend for themselves. More often than not, they feel neglected by their children, who either work abroad or work in faraway places in India. The only way such elders can find some sort of semblance to joint family living, is in projects such as Sukh Shanthi. Senior Citizens of same age group find neighbours who replace their kith and kin, and more lovingly so extend their support for their care and comfort, besides the caring employees of Sukh Shanthi. I have a neighbour Mr.Rajendran, Wing Commander, who invariably takes my aged father for a walk in the evenings if I am not around.

When I saw the advertisement in The Hindu(June I immediately booked two single bed room units

particularly with a view to take care of my aged parents who were in their nineties. Also, I thought with both my children working abroad (son in San Francisco and daughter in Sydney) I have to plan for my old age too, as I plan for the care of my aged parents.

I moved in with my parents recently here, and at the time, my mother was in ICU in one of the top grade hospitals in Madurai. I requested Agape Hospital in G.Mangalam, just 7 Kms from Sukh Shanthi as to whether they will admit my mother in the condition in which, she was, and in no time the authorities agreed to admit her and they created the first ICU facility for palliative care there. As opposed to the commercial bias of Madurai Hospital, I saw a caring and more humane approach of the Agape Hospital staff and they took excellent care of her in the final moments of her life. After the passing away of my mother at the Hospital.

## Sukh Shanthi truly a place where ageing is FUN! Contd...



I found that the entire staff of Sukh Shanthi and Jain Farms stood behind me like a rock, in completing the final rites of my mother in a well organised manner. I am sure even if I would have kept her at Madurai, I might not have had this organisational support.

So, elderly people can confidently come to live in Sukh Shanthi, as I did, and they have all the medical facilities they need within a reasonable distance and approach. Taking into account the traffic snarls at Bangalore where crossing 500 metres by a

car or ambulance will take 20 minutes to half an hour, here at Sukh Shanthi the nearest well equipped medical hospital is just 10 minutes away. Sukh Shanthi Ambulance is readily available on a 24X7 basis. For emergency care, we have a properly equipped nursing room, with a well trained nurse also available 24 X 7.

The canteen caters to the South Indian and North Indian tastes and the menu is well planned to give a nutritious diet to the elderly.

The employees are friendly, courteous and they serve the aged who need to be given in their apartment, on time just as my father is presently being taken care of.

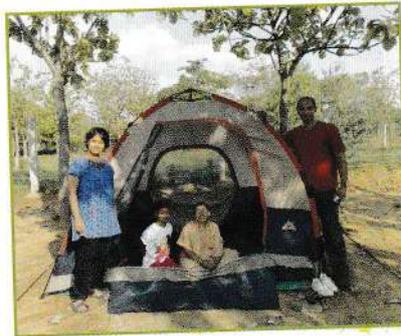
Fresh air, greenery all around and plenty of sunshine provide the necessary ambience and environment for healthy living. No doubt the slogan "Sukh Shanthi is a place where ageing is fun" is very true and I fully endorse it. I am ageing and taking care of my elderly father alone with no difficulty.

T.K.R.Sridharan, Retd. Senior Bank Executive Manager.

# SukhShanthi – our weekend getaway

A nature lover's paradise.. yet so close to city..Jain Farms

Nestled in the country side of 25 kms east of Bangalore, bordering the 750 acres of Jain Farms greenery is the budding community of SukhShanthi.



started feeling a bit unsatisfying since evenings at Jain Farms were the best time to unwind and tune in to the natural surroundings.

We seriously considered constructing a small cabin

A conversation with friends happened to lead us to Jain Farms, the farmland project where we acquired a small plot of land for growing fruit trees. Living in Bangalore city, Jain Farms provided us a serene environment to interact with nature. We wanted our children to experience the joys of working the soil with their hands, growing trees, observing the cycles of nature as flowers transformed to fruits. The way we saw it, Jain Farms promised to be a treat for the senses.

cabin on our property to enable us to spend the nights there. One full week of deliberation eventually dispelled the idea - it was too daunting a task to first build and then maintain a clean functional habitat especially when we would not be living there all the time.

One day while speaking with Ms. Nalini, we learnt that Jain Farms was coming up with a "senior friendly" residential complex close by. A visit to the site and learning about the planned amenities convinced us that this was just the place for us, and perhaps an even better choice to spend our later years. We decided to pick up two units at SukhShanthi.

We started visiting regularly from Bangalore, having planted fruit trees of our choice, and watched the plants grow before our eyes. Gradually the idea of having to rush back to Bangalore before nightfall



## SukhShanthi – our weekend getaway continued...

One aspect of SukhShanthi that particularly appealed to us was the design of the place - rooms were arranged around a wide, airy, beautifully tiled corridor. This allows neighbours to come out and interact with each other, and provide for a long stretch for seniors to walk along if they do not feel like going down.



We were very lucky to have a place to move into soon after purchase. The first residents of SukhShanthi, Vasantha and Bhaskar paved the way to getting the place up and running within a short time. Before we knew it, we were celebrating the New Year at SukhShanti together!

Waking up early mornings to go bird neighbouring area became a new found pleasure. Over the course of the year, practise and help from our bird books has enabled us to spot exotic birds in the SukhShanthi vicinity which we would never have spotted earlier.

Wholesome, vegetarian meals were provided at the well ventilated Dining Hall for residents. With no need to cook, we had the whole day to explore the surrounding countryside at our own pace!



Baswati Seal : Born in Kalna , Burdwan, West Bengal, working as Yoga Teacher and Therapist ([www.srimoyiyoga.com](http://www.srimoyiyoga.com))

Krishanu Seal : Born in Shimla

## SukhShanthi – our weekend getaway continued...

The green cover painstakingly created at Jain farms by Mr. Mangal Chand Jain over the last 20 years is a true nature preserve and a haven for birds. The diversity of the bird population including a large variety of Bee Eaters, Rufous Treepies, Golden Orioles, etc is a testimony to that.

Days are spent lazing on a hammock, in the dappled sunshine under the canopy of teak trees, staring at clouds passing through the blue skies, watching butterflies flit about and fly very close overhead.

The kids enjoy off-road cycling on the paths, away from the fumes of vehicles while we can breathe easy as it doesn't get any safer than cycling here.

A favourite at SukhShanthi where we love to hangout is the library. My younger daughter is inevitably curled up with a load of comics in

the children's section. Stocked with the latest magazines and news papers, it has something for everyone, including large print books for seniors.

The night sky over SukhShanthi is a sight to behold - away from Bangalore's bright electric lights and pollution, the stars glisten. On some clear nights we setup our telescope and try to identify some celestial beauties. Lying back on mats under the open sky, we have spotted pulsars and shooting stars - something that would be hard to do in the city.



"Shinrin-Yoku", roughly translated from Japanese means "Nature Immersion". It is a venerated form of healing and self-care where people go to a natural setting, filled with trees and spend time soaking in the healing vibes that nature collectively emits.

Each visit to Sukhshanthi has this same recharging and rejuvenating effect on us.

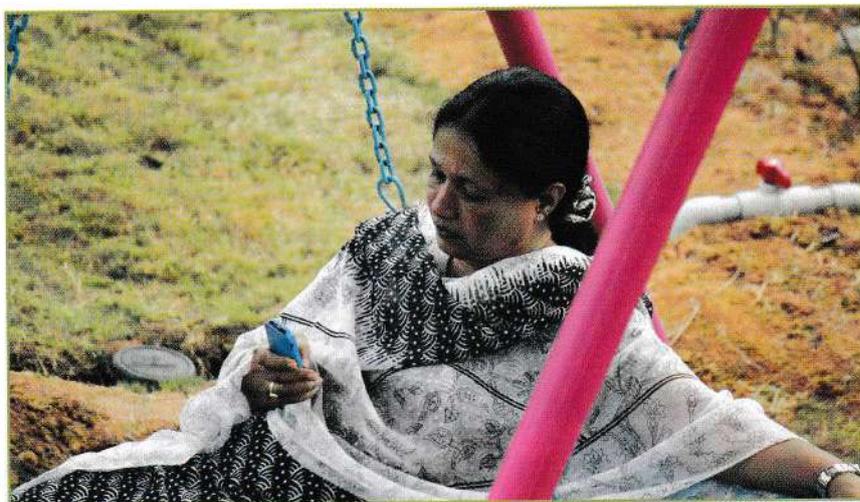
## SukhShanthi is the right place for lonely women... declares Mrs.Shaila

**Her fear of How I am going to live alone, got eliminated when she came to SukhShanthi. She is feeling very safe and secure now and is enjoying life.**

For every person comes a turning point, in the life in a good or a bad way , specially for a woman when she loses her life partner ; that is when she has to decide for herself about her future either having children or not or having money or not. In all this picture, the first thing comes into her mind is that where she can stay safely. The second thing that comes in to mind when a woman is alone ,in her late 50s she will think about her health and old age also. When I lost my husband last

year, all of this was going through my mind and I decided that I didn't want to be a burden on anyone as women cannot live in big cities on their own, so that is why I decided to live in home for the aged. When I took the decision, I started looking for a good one, when I saw the advert in the paper I came to see SukhShanthi at Jain Farms. When I entered SukhShanthi and met the manager and staff and their smiling faces, their hospitality and the warm welcome they

showed I was relieved. When I went to the dining room, I saw the cleanliness and neatness. The kitchen staffs made me feel that I was not less than in a 5 star hotel. When they knew that I was thinking of coming to stay they all assured that they would look after and not to worry. That is when I decided to meet the Managing Director Mr.Jain at his office. I saw his politeness and concern, his passion to help people like us which made me decide to come to SukhShanthi. That made me think that God showed me the correct place. I am just not telling any say so because I am enjoying the morning sun rise and the chirping of variety of birds that is making me feel I am in heaven and not in home for the aged. This is why SukhShanthi is aptly named.



Mrs.Shaila.C.K

## Never feel left out.. SukhShanthi shows the way says Mrs.Rohini!

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### Fresh air makes me live healthy at SukhShanthi

For the last 25 years I was living and working in UK. I lost my in laws some years back and my husband 11 years ago. I lost my job and then I decided to come to India, to my family (brothers & their family). I did not want to be a burden on them so I decided to stay in a home for aged. I stayed in one but couldn't adjust. So I have been on the look-out for a good home for the aged.

A few months ago, I saw an advert in Deccan Herald for SukhShanthi. I came to see SukhShanthi at Jain farms with a very good friend of mine. When I entered the gates of SukhShanthi

my tiredness all just disappeared because of clean unpolluted air and the most pleasant and helpful staff. Then I went to the head office where the staffs were helpful as well. That is when I met the Managing Director, Mr.Jain who was very pleasant and helpful which made me decide to come to SukhShanthi.

Though I have got health problem (diabetic), I am looked after very well. The meal is a healthy one and the walks are really nice due to the fresh air in the morning.



Mrs.Rohini.G

# Smile restored after coming to SukhShanthi!

A delighted daughter expresses her feelings!



"For as long as I can remember I have only seen my mom cook and clean and make sure all of us were taken care of, between school, hospitals, numerous guest the only time my mother ever got as 'me time' was when she went to church. Over the

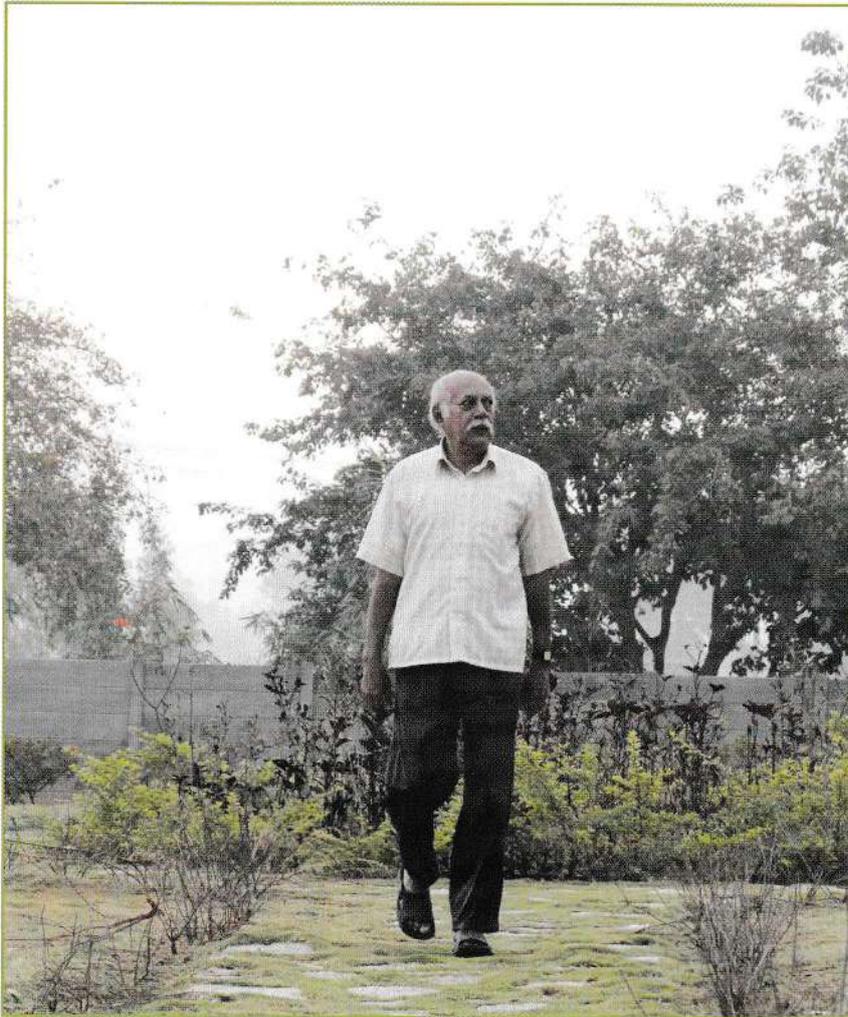
When I started looking for places for my mom to stay the first I saw was Sukh Shanti, I decided to check other options within the city. I am glad I did as it helped me realise how much better SukhShanti is. The space, accommodation, facilities and most of all the people make this place quite outstanding.

years as we all grew up, the time that we spent with mom reduced and her interest in things diminished proportionately. The time that my nephews and I spent with mom came down to her doing activities and going to places that we liked. Today when I visit my mom I know she is Happy and she is doing things that are fun for her, she is finally living her life with a whole lot of 'me time'. I am at peace with the fact that mom is in a place where she is genuinely taken care of, the current residents and the staff have the best interest of my mom in their mind thus becoming an extended family for both mom and I.

Benita Nathan : Born in Bangalore , graduated as B.A , working as Center Director (Bright Horizons Child Care Services Pvt.Ltd).

## High quality living in golden years

Mr.Rajendran enjoying his golden years in SukhShanthi



At SukhShanthi, the glitter of fine living at the golden years after retirement – is akin to living in the gold age heaven, with a difference – for it's a home, the resort way, with good food fun and facilities.

SukhShanthi offers a blend of rural ambience, with a lush green foliage all around, best suited for health, serene quietness for reading and resting. This new heaven for the elderly focuses on comfort and calmness with modern amenities. Added to this are the sprawling garden, library, gym and elevator and transport facilities.

SukhShanthi therefore is an ideal lifestyle concept created for senior citizens with emphasis on quality of life (living) during one's golden years. The library with abundant old and new books of fiction, stories & other subjects in an ideal quiet place – where time flies.

The food spread is a large whole some variety of south Indian & north Indian vegetarian delicacies. It's fresh & tasty & you may call for choice too.

The sprawling green estate around awaits your visit, to hear & enjoy the choir of birds. You can enjoy the sunrise and sun set every day from your flat. The front door faces the east & the balcony at the rear faces the west.

Mr. Rajendran : Born in Bangalore, retired as Wing Commander

## Grand Celebration of 85th Birthday at SukhShanthi!

Mr. Shankar and his family visited SukhShanthi recently.

Here is what they have to say.

Dear Friends,

My wife recently casually mentioned that her father's 85th birthday is on the cards and asked me whether we can host a lunch for him. I thought since my FIL is in the evening of his life, it calls for a much bigger celebration. Hence without any body's knowledge, I arranged for a surprise get together of all our relatives at SUKSHANTHI and JAIN FARMS.

My FIL & MIL were not aware of what was in store and they made a quiet entry into SUKSHANTHI. When they entered the hall there, they were in for a Big Surprise when their 2nd daughter along with her family and a host of other relatives appeared before them with a Big Smile.



Apart from this, the breakfast at SUKSHANTHI and All the games and entertainment at Jain Farms were enjoyed by the entire family. I am sure this is the best birthday my FIL would have celebrated all his life and the memories carried by our whole family will remain with us for a long long time to come.

While my family and I thank SUKSHANTHI

and Jain Farms for the enjoyable day, we look forward to the next opportunity of hosting another party there. I am also sharing a few pictures taken at SUKSHANTHI and JAIN FARMS. With best wishes to Jain Farms,



V. Shankar : Born in Chennai, graduated as BSc, a business man by profession.  
ven\_shankar1@rediffmail.com

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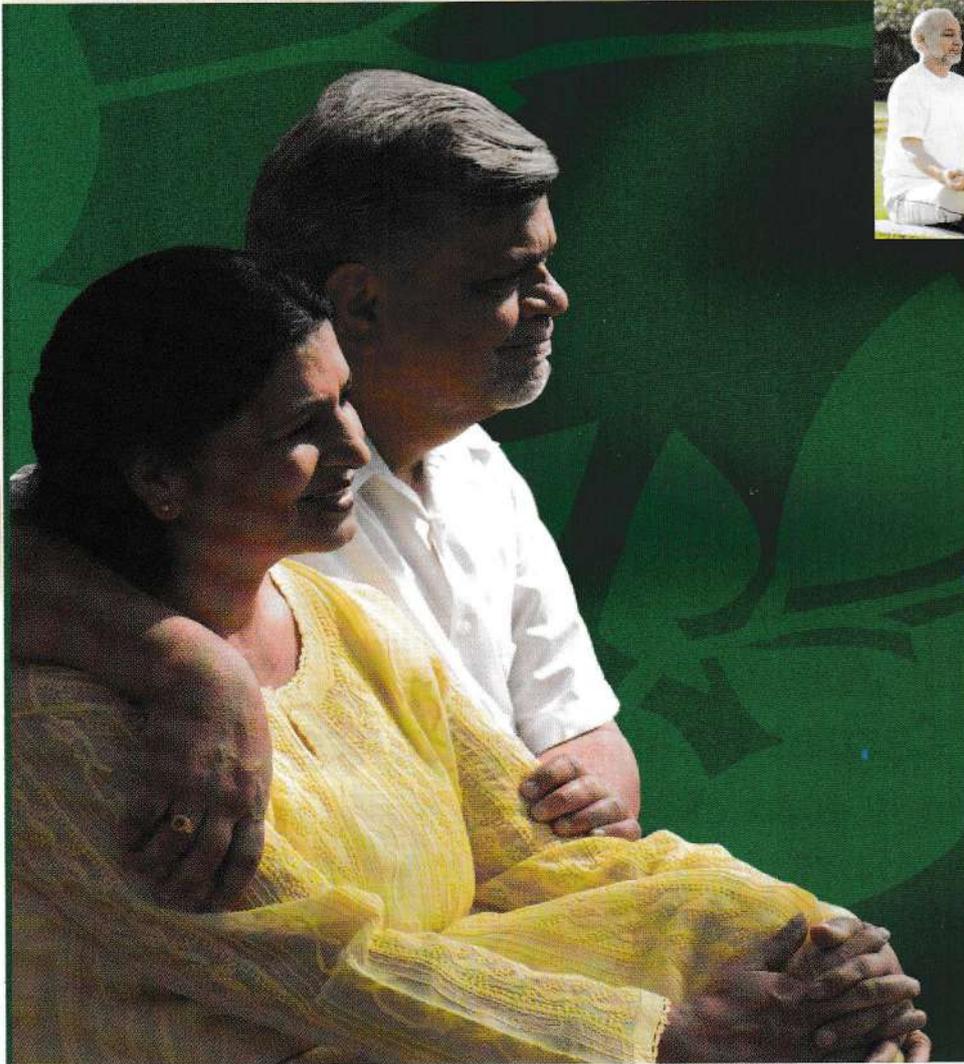


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----- **For more details, please feel free to contact us :** -----

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# Holidaying

With

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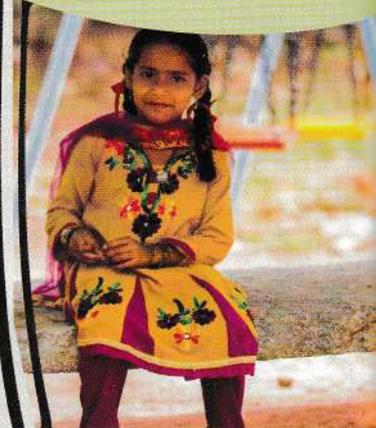
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*The celebration also includes Campfire, Ethnic Cottages, Magic Show, Pot-making, Housie (Jackpot\* Rs.10K), Astrology, Mehendi, and Bullock Cart Ride.*



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SukhShanthi

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