

# Naturopathy Yoga & Long Stay Homes (NYLSH)

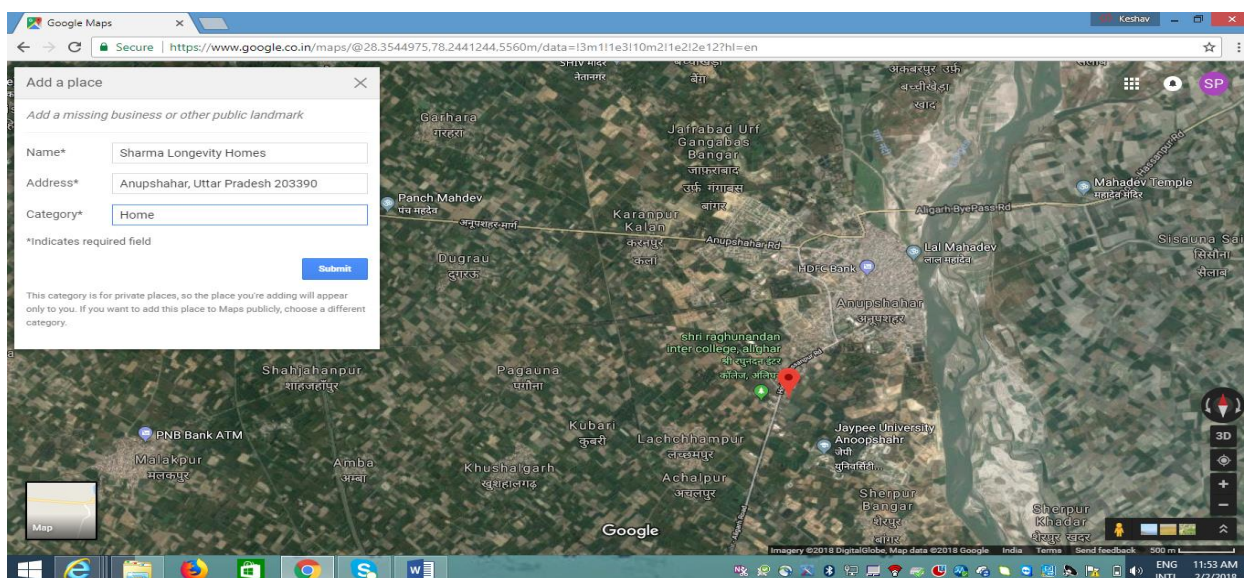
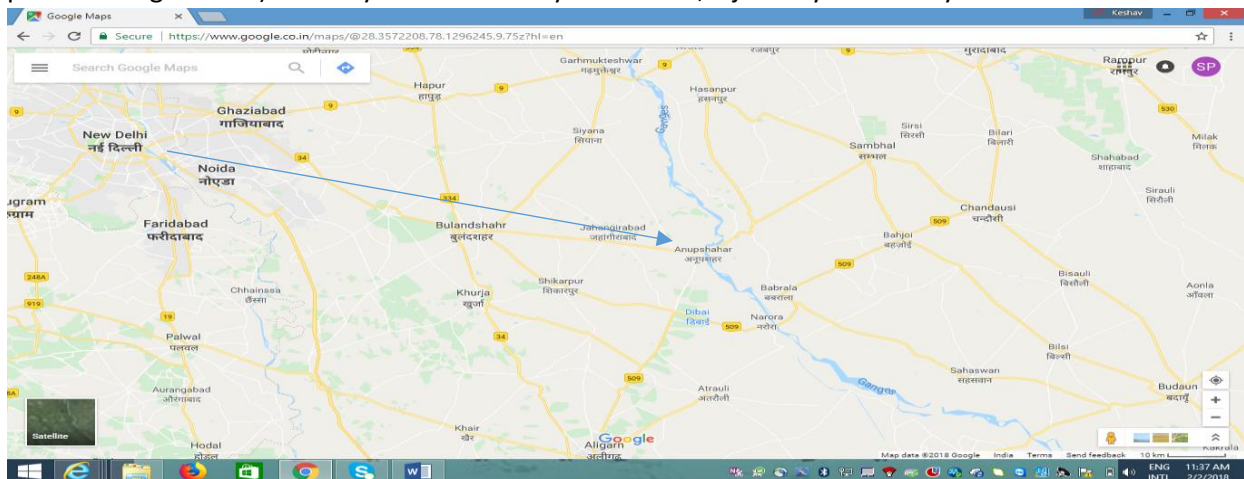
(A Privately Managed Old Age Housing Group)

Anoopshahr, Distt. Bulandshahr, UP

The Naturopathy Yoga & Long Stay Homes (NYLSH) is an initiative to house people/ couples up to their old age who wish to achieve longevity in natural environment. The metro cities of today have become so crowded that the air, water and food are all polluted beyond acceptable limits. There is no compulsion for aged people to stay in cities as they have already enjoyed glamorous life in big cities and now they want a peaceful and pure environs of nature with cheapest cost of living and organic foods. The natural life shall ensure longevity to old age people which can reach as high as 400 years, recently achieved by Devraha Baba.

## Location:

The NYLSH is proposed to be located in the vicinity of Anoopshahr, a small city on river Ganga, in district Bulandshahr, Uttar Pradesh, India. The area is full of vegetation all around, full underground water (as pure as Ganga Water). The city is 100 Km away from Delhi, a journey of 2 hrs by road.



The area has green environment and full water availability round the year. The farmers usually grow four crops in a year. The small city has a Post Graduate Degree College, an Engineering College and a good privately managed Hospital. It also has a helipad in the campus of JP University. The city has a mass gathering (Mela) on the occasion of Purnima (full moon) & Amavasya (dark night), two times in a month, for Holy bath in Ganga, a sacred river.

**The Management:**

The management of NYLSH is headed by Er. & Dr. S.P.Sharma who has been with NTPC Ltd, a Maharatna Power company in India. He has also been practicing Homeopathy and Naturopathy for last 25 years. He has also presented papers in International forums on various subjects related to power, human longevity and health. He has also written books on healthy living and how to achieve longevity. The present effort in providing the longevity homes is in the direction of achieving a longevity for all who wish to live a comfortable life in natural environment.

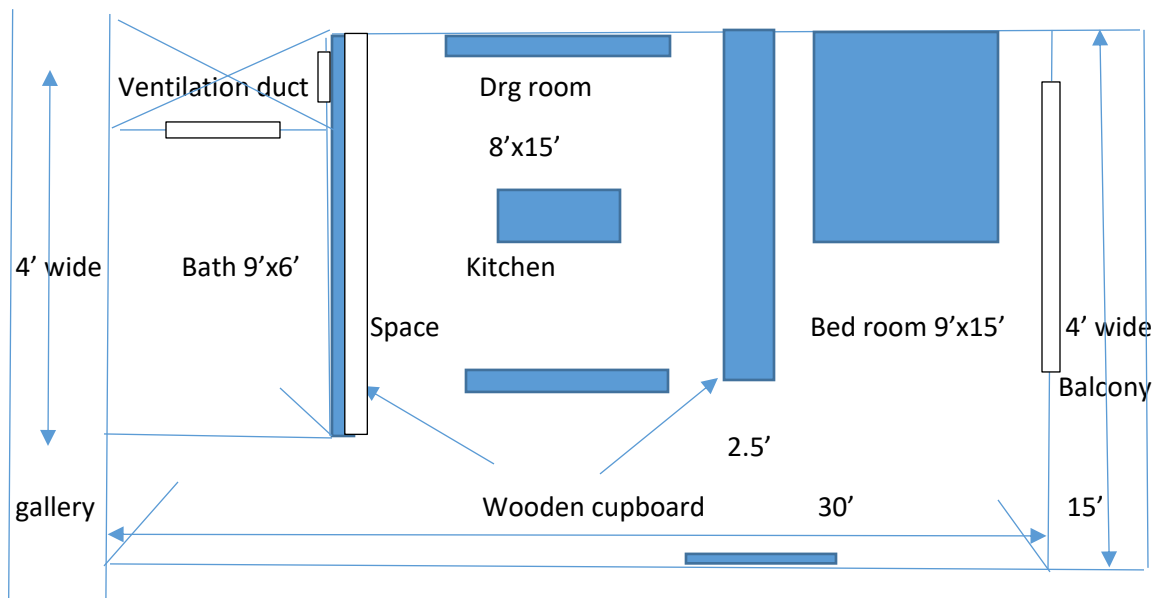
**The Concept:**

The concept of NYLSH is derived from ancient ashrams where people used to leave their houses for taking Sanyas after the age of 75 years till life ends. They used to teach and work for society and share their life experiences. Now a days the concept of Sanyas has almost vanished. People continue to stay in their own houses with or without their children. The children may or may not give them due importance and the old people feel neglected in their own houses which they built with their hard earned savings. Sometimes servants kill them after finding them lonely. So it is an effort to provide a useful and meaningful life to the retired people away from their children. It will serve as a second alternative home when they find that the children are not caring for them or they require company of same age people to pass time beautifully.

**The facilities:**

The facilities in the NYLSH shall include but not be limited to the following-

1. Every couple shall be provided an air conditioned fully furnished studio apartment/ room approx. size 450 sq ft with super area of 600 sq ft having a bathroom 9'x6' and an open kitchen slab, with complete wood work.
2. The room layout-



3. The campus shall have a common mess facility where only vegetarian food shall be served and no hard drinks. The campus shall have a swimming pool, badminton court, indoor games and common room with library.
4. The campus shall also have an advanced technology center where still active inmates can make something new and useful for the society. It can also serve as a training center for entrepreneurs.
5. The city is having many schools, a post graduate degree college, an engineering college, a private hospital, so effort shall be made to provide part time engagement to willing educators/practitioners. JP hospital facility shall also be usable as an outsider.
6. The willing inmates shall have option to find a part time employment in the working of YNLSC and other nearby NGOs and social organizations.
7. Some innovative activities such as a TV serial on social topics may also be planned involving inmates. Group excursions, religious tours, foreign tours in groups may also find their way.

#### **Benefits of joining NYLSH:**

The inmates shall have the best of environment for living a healthy and meaningful life. They will have access to part time employment just to keep them in mobile condition and their brain active. They will be cared with natural and healthy life. The in-house facility of naturopathy treatment shall be available to all inmates. All the food shall be organically grown and water shall be as pure as Ganga water. The old age people will find a companion for whole of life for both the members of the couple individually. It means either member shall be welcomed and respected till their full life. The persons can live as long as they feel beneficial and they will be free to leave the home in case they don't like the environment and/ or service up to their satisfaction. Only vegetarian Organic foods shall be served in the Longevity Homes. Alcohol, Smoking and pan-gutka shall be strictly prohibited in the campus.

#### **The consideration:**

All the benefits of a healthy environment for life come at a very cheap price for the couple. There will following types of memberships-

1. Onetime deposit of Rs.1,00,000/- will provide a membership of the group, under this category a couple can join the homes depending on the vacancy and shall have to pay a daily charge for accommodation plus food charges as per present rates. The stay duration shall be booked on line with an advance payment for the time they want to stay. Some people who want to have change of atmosphere for medical purposes can avail this facility.
2. Onetime deposit of Rs. 5,00,000/- will provide a facility of 30 days accommodation with free boarding and lodging, any time every year free of cost for life of couple. They shall be entitled for free food value of up to Rs.5000/- per month, beyond which they have to pay.
3. Onetime deposit of Rs.10,00,000/- will provide a dedicated room accommodation for 90 days per year for life of couple and they shall be entitled for a free food value of up to Rs.5,000/- per month per couple. They will have to pay beyond this value for food.
4. Onetime deposit of Rs.20,00,000/- will provide a dedicated room accommodation with free stay and free full food value for the life of couple.
5. In case the members are not able to utilize the facility for a particular year, they shall be entitled for an annual return of 4% on the deposit. All deposits carry a lock-in period of 5 years.

The above payments are basically a refundable-deposits till such time the inmate wishes to live and the NYLSH is ready to keep them. In case of breach of agreement, the inmate shall be able to take his/her deposit without interest at any time. But in case the old couple (husband and wife both) spend their last

part of life and their children do not want to take care of them in the fag end of their life, the deposit shall be forfeited, as expenses for last rites for the couple. The above rates shall be liable for revision depending on the sustainability of the project and will be changed after agreement with the inmates. The changed rates will be automatically applicable to subsequent inmates.

**The project Schedule:**

The project has been conceived with around 200 couple inmates. But the project can start if confirmed payments are received from 50 persons at the first instance. Later people shall be able to join on regular basis and additions of rooms shall be taken up in batches of ten each time. After receiving of the interest of people, the land shall be identified and purchased and construction shall start immediately.

**Tentative time schedule for Sharma Longevity Homes, Anoopshahr, UP**

| Sl.no. | Activity   | Prerequisites | Time from agreement |
|--------|--|---------------|---------------------|
| 1.     | Agreement signing first installment of Rs.1,00,000/- |               | 0                   |
| 2.     | Site selection and land purchase                     |               | 2 month             |
| 3.     | Fencing and infrastructure activities                | 2             | 4 months            |
| 4.     | Registration and building plan finalization          | 2, 3          | 5months             |
| 5.     | Second installment of Rs.3,00,000/-                  | 4             | 5 Month             |
| 6.     | Construction activities start                        | 5             | 6 months            |
| 7.     | Third instalment of Rs.5,00,000/-                    |               | 10 Months           |
| 8.     | Construction finish and homes activities start       |               | 12 Months           |
| 9.     | Final installment as per categories                  |               | 12 Months           |
| 10.    | Subsequent entries                                   |               | 0 Months            |
| 11.    | New additions in batches of 10 rooms                 |               | 6 months            |

The above schedules have been prepared assuming prompt approvals from Govt. authorities.

*Fig-1: Proposed Yoga Naturopathy & Long Stay Centre*



**Agreement between Naturopathy Yoga & Long Stay Homes**

This agreement made on ---- day of ----- 20---- between Naturopathy Yoga & Long Stay Homes (NYLSH), Anoopshahr having its office address - 6/45, sector-2, Rajendra Nagar, Sahibabad, Ghaziabad-201005 on one part, hereinafter called the Owner and Mr & Mrs-----, address-----, on second part, herein after called the Tenant.

A. The Tenant has approached the Owner to let out a room in NYLSC situated (proposed to be constructed) at Anoopshahr city in Uttar Pradesh with membership in one of the following categories.

1. Onetime deposit of Rs.1,00,000/- (Rupees One Lac only) will provide a membership of the group, under this category a couple can join the homes depending on the vacancy and shall have to pay a daily accommodation plus food charges as per present rates. The stay duration shall be booked on line with an advance payment for the time they want to stay. Some people who want to have change of atmosphere for medical purposes can avail this facility.
2. Onetime deposit of Rs. 5,00,000/- (Rupees Five Lacs only) will provide a facility of free accommodation for 30 days per year free of cost for life of couple. But they have to pay for food charges beyond food value of Rs.5000/- per month, for the time of stay.
3. Onetime deposit of Rs.10,00,000/- (Rupees Ten Lacs only) will provide a dedicated room accommodation for 90 days per year for life of couple and they shall be entitled for a free food value of Rs.5,000/- per month per couple. They will have to pay beyond this value for the food.
4. Onetime deposit of Rs.20,00,000/- (Rupees Twenty Lacs only) will provide a dedicated room with free stay and free full food value for life of the couple.
5. In case the members are not able to utilize the facility for the particular year, they shall be entitled for an annual return of 4% on the deposit. All deposits carry a lock-in period of 5 years.

B. Tenant has given a refundable deposit of Rs.----- , to be able to be considered under category----- . And he has requested for the facilities of the above selected category. The terms and conditions of the agreement shall be as follows:

- 1.0 The Owner shall be bound to provide a respectable and dignified atmosphere for the inmates and always shall provide a helping hand. If the Tenant does not like his services, the Owner shall make efforts to the acceptable level. Failing which the tenant shall be free to ask for refund of his deposit without interest, which should be refunded to him promptly.
- 2.0 The Tenant shall maintain a good conduct in a social environment. He should respect other inmates and their privacy and dignity. He shall not indulge in any anti-social and criminal activities. He should follow rules and regulations made by the consensus of inmates.
- 3.0 The Tenant will be free to join all the social activities in the NYLSH and can also contribute if he/she so desires.
- 4.0 In case of any misconduct or any other reason, the inmates find it difficult to live with the particular tenant, he may be given his deposit without interest and asked to make his own arrangement. This will never be done to a tenant who has already lived there for last ten years without any case of misconduct. The age of the person shall always be respected and allowed to continue if he does not pose any threat to the inmates.
- 5.0 The deposits shall be forfeited after the death of inmates in the longevity home and shall not be refunded to their kins.

The above rules can always be amended with the consent of both the parties.

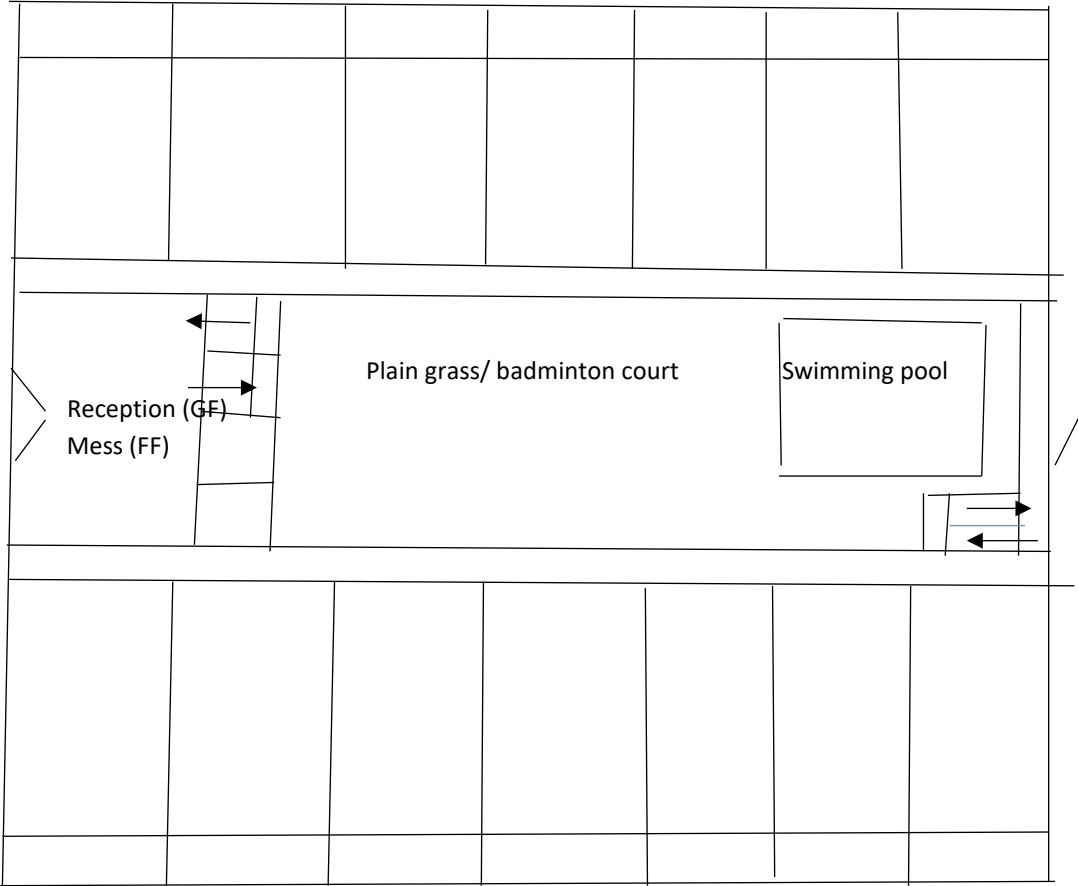
This agreement is made in two copies and each shall be considered original.

IN WITNESSES WHEREOF, the Owner and the Tenant aforesaid have set their respective hands on this AGREEMENT on the day, month and the year first above written in the presence of the following witnesses.

Witnesses:

1. Owner-----
2. Tenant-----

# Naturopathy Yoga & Long Stay Centre- Layout



Gound floor- food storage, First / second/third / fourth floor- Studio rooms