



**MAKE THE REST OF YOUR LIFE
THE BEST OF YOUR LIFE**



ABOUT MANASUM

Our humble dream of creating safe, comfortable, cozy spaces for flourishing companionship has become a reality with intelligently designed easy to maintain homes.

It is the joy of your smiling faces that drives us to provide ecological and senior-friendly, luxuriously equipped and completely wheelchair friendly homes.

We believe that old-age is a boon and you must utilise it in living life to the fullest by doing activities that help you relax unlike stressful chores of the daily routine.

Manasum Avighna is our flagship project. It is designed to be a retirement community for the young at heart, a time for those invaluable members of our society, who are in the golden years of their life, to relax and enjoy their life.

ABOUT OUR PROMOTERS



MANGAL CHAND JAIN

Pioneer in farmland with an experience of developing 1200 Acres near Bangalore, Kodaikanal, Hyderabad and Jaipur since 1992. Recently completed a retirement home project SUKH SHANTI with all modern amenities and running it for the last 5 years successfully.



ANANTHARAM V VARAYUR

Started his career as an entrepreneur at the age of 23. 27 years Experienced in the field of IT and Networking. With a passion to develop active senior living, he Joined Manasum. He is also the Executive Director - BNI Bangalore, Supports over 2000 members to grow their business to their next level.



SUMATHY ANANTHARAM

Having served 27 years in the field of IT, with a passion to serve elder community full time joined the team. Completed ISB Women Entrepreneurship Program. She was awarded as one of the Digital Durga of the country in the field of IT. She mentors young entrepreneurs to choose the right path in their business career. And also made the project come true with the Technical Collaboration with Sukh Shanti Project of Jain Farms.

SENIOR CARE



DR. MUKUL SAXENA . ELDER CARE

Dr. Mukul Saxena has over two decades of surgical practice along with teaching. He has been instrumental in setting up 108 Emergency response services in Karnataka. He has authored more than 100 publications and presentations journals, and Forums where he has been invited to speak. Currently as the CEO of Plus at Home Lifecare, he is involved in Home healthcare, Elderly Healthcare, Trainings and Hospital Management consultancies.

DR. SOWMYA . DIETICIAN

Dr. Sowmya has a Doctorate in Nutrition and Dietetics from King's College, London. She also is the Founder CEO of NutriGENEus, a successful diet consultancy at London. The organization specializes in Autism, ADHD, Diabetes, metabolic errors, PCOD and sports nutrition. Her work experience with NHS UK has allowed her to enhance her skill. Dr. Sowmya is a specialist in DNA based diet counselling. She also had the privilege of working in London Olympics and Paralympics 2012.



PROJECT PARTNERS

Kushal Ramesh
Marketing & Sales

Shyam Sundar . Vaastu Consultant
Astra Vedic Vastu, Jayanagar

Ravi Ramachandran & Team . Architects
Space Redefined, J P Nagar

Srinivas Madhava & Team . Architects & Structural Engineers
Innspace, Banashankari



SALIENT FEATURES OF THE PROJECT

110 luxury retirement homes on 1 acre land.

50% open space.

Unpolluted, pristine greenery all around.

State of the art Clubhouse featuring various health and leisure, facilities for Seniors.

Huge Courtyard and large corridors with Seating Spaces.

Wheel chair friendly project.

SENIORS STAY AT MANASUM AVIGHNA V/S OWN HOUSE

Manasum Avighna

Round the clock security

Prompt medical assistance

Free from day to day chores like cleaning, house maintenance etc

Not dependent on public transport

Routine activities like bill payments, bank activities and various other work are taken care by us

Community of like minded people

Routine check-ups by our doctors

Recreational activities for free

Large spread of breakfast, lunch and dinner. Coffee & tea is also served on time

Own House

Fear of theft and expense of hiring a security guard

Dependency on public medical facility i.e. outsourced ambulance etc

Need to do the day to day chores and servants are expensive

Risky travelling in public transports

Need to worry about the various routine payments

Lonely and not a like minded environment

Neglected health check-ups

Recreational activities come at an expense

Buy milk, fruits, vegetables, groceries on a daily basis and cook all by yourself





UNIT SIZES

Apartments are available from 575 sq.ft to 750 sq.ft. dimensions. All of the units comprise of 1 Bath, Hall & Kitchen [1 BHK]

A Bay window with seating is arranged in Bedroom so you can enjoy reading your favourite book while sipping your coffee!

Sizes:

1 - BHK : 575 sq.ft (53.41 sq.mtr) (S.B.A)

Rera Carpet Area: 362 Sft

Balcony and Utility Area: 28 Sft

1 - BHK : 620 sq.ft. (57.59 sq.mtr) (S.B.A)

Rera Carpet Area: 396 sft

Balcony and Utility Area: 26 Sft

1 - BHK : 750 sq.ft. (69.67 sq.mtr) (S.B.A) (Type I)

Rera Carpet Area: 404 Sft

Balcony and Utility Area: 103 Sft

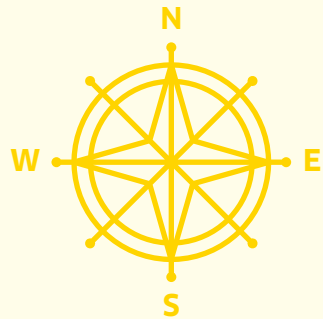
1 - BHK : 750 sq. ft (69.67 sq.mtr) (S.B.A) (Type II)

Rera Carpet Area: 471 Sft

Balcony and Utility Area: 38 Sft



MASTER PLAN



LEGEND

- 01. Dining Area 24X7
- 02. Ambulance Service
- 03. 24X7 Nursing Care
- 04. Walking Tracks
- 05. Grand Lobby Entrance
- 06. Guest Rooms
- 07. Outdoor Senior Friendly Gym
- 08. Library
- 09. Business Centre
- 10. Multipurpose Hall
- 11. Lounge & TV Room
- 12. Children Park
- 13. Physiotherapy Room
- 14. 24X7 Coffee Shop
- 15. Stretcher Capable Lifts
- 16. CCTV Cameras
- 17. Commercial Laundry
- 18. Shuttle Service
- 19. Travel & Banking Desk
- 20. Maintenance Desk
- 21. Large Seating Spaces
- 22. Electric Car Charging Points
- 23. Herbal Gardens
- 24. Indoor Games Area

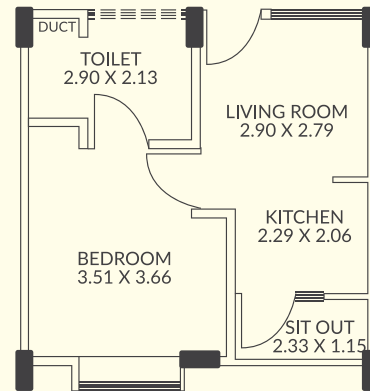


UNIT TYPE I

1 - BHK : 620 sq.ft. (57.59 sq.mtr) (S.B.A)

Rera Carpet Area: 396 sft

Balcony and Utility Area: 26 Sft

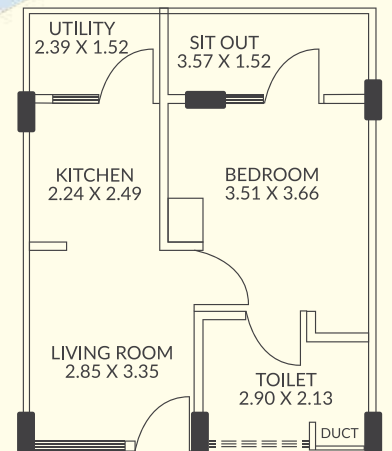


UNIT TYPE II

1 - BHK : 750 sq. ft (69.67 sq.mtr) (Type II) (S.B.A)

Rera Carpet Area: 471 Sft

Balcony and Utility Area: 38 Sft



AMENITIES & SERVICES



FOOD & DINING AREA

Vegetarian, healthy spread of Continental, north indian and south indian breakfast, lunch and dinner options will be provided, with tea and coffee available in the morning and evening, evening snacks.



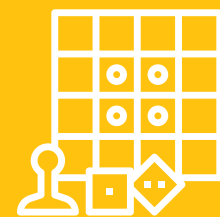
IN-HOUSE NURSING FACILITIES

In-house nursing facilities for any immediate assistance. Visiting doctors and therapists provide the necessary additional assistance.



CAR PARK

LIBRARY



GAMES

Activities such as Snooker & other indoor games help you spend some time bonding with your neighbours.



GYM

A senior friendly gym with equipment and instructors to cater to your diverse and delicate needs.

CHILDREN'S PARK



WALKING TRACKS



CLUBHOUSE & LOUNGE

Spend time relaxing & catching up on all the news & entertainment of the day.



SOS TAGS

Help is a click away. Press the panic button and you will be attended to immediately.



COMMON HALL

Multi-purpose recreation hall, multi-faith worship room, communal seating areas on each floor encourage interaction and building of harmonious and fruitful relationships.



WIFI ENABLED BUSINESS CENTRES

Fully equipped Business Centre. Being busy is healthy, spend some time learning and sharing.



UTILITY STORE

Order and pick up essential daily items and medicines at the help desk right in your apartment complex.



ACCESS TO HOSPITALS

Easy access to Narayana Health City, Vijayashree Multi-Speciality Hospital, Suhas Hospital and S-Vyasa Yoga University to ensure that every medical emergency can be promptly dealt with and extensive help is available at an arm's length.



BANKING SERVICES

We help you with your banking activities as well!



24/7 COFFEE SHOP

Hungry Kya? Now, not any-more!



HOUSE - KEEPING

Retire from these chores. WE will take care of it!



TRAVEL DESK & SHUTTLE SERVICES

Provides the necessary assistance on travel and local transport.

SAFETY & SECURITY

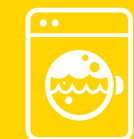


GUEST ROOM



LIFTS

Stretcher capable.



LAUNDRY

SPECIFICATIONS



STRUCTURE

All elements of structure are designed for Earthquake resistant compliance to SEISMIC ZONE II with concrete block masonry.



FLOORING

Vitrified flooring in living, dining room, bedroom and kitchen.
Anti Skid Ceramic flooring in staircase, corridor and balcony.
Anti Skid Ceramic Tile in toilets.



PAINTS

Emulsion for all internal walls (Tractor or equivalent)
weather proof paint for all external walls (ACE or equivalent)
All doors, Window grills, stairs and railing in enamel.



DOORS AND WINDOWS

Teak wood frame main door with flush door.
Internal doors of Sal wood frame with flush door.
UPVC sliding windows with plain glass and mosquito mesh.



BATHROOM

Glazed tiles dado upto 7 feet height.
UPVC ventilators with fixed glass louvers and provisions for exhaust fan.



KITCHENETTE

Highly polished 19mm granite platform with stainless steel single bowl sink.
2ft high glazed tile dado above platform area.
Provision for exhaust fan, Chimney & Hob.



ELECTRICAL

Copper wiring with Anchor / Lapp Cables or equivalent, Roma switches and sockets or equivalent. TV and telephone points in living and bedroom, for safety, one earth leakage circuit breaker

(ELCB) in every apartment. One miniature circuit breaker (MCB) for each circuit at the main distribution box in every apartment.



GENERATOR

Connected for living area one light, one TV point, one emergency calling bell in individual flat. Lift and common areas.



WATER SUPPLY

Online water supply fed by borewells with underground sumps and overhead tanks with concealed pipes.



LIFT

Stretcher Capable 8 passenger automatic lifts. (OTIS / Schindler or equivalent)

SPECIAL SPECIFICATIONS

Grab bars in bathroom to ensure safety while taking bath

Anti Skid Vitrified Flooring in living, dining, kitchen and Bedroom

Anti Skid Flooring in all common areas.

Wheel Chair Friendly Door frames of 3'6" wide

Anti Skid Ceramic Flooring for toilet floors avoids slipping.

Emergency bell in the corridor, connected by switches inside toilet, bedroom and living room.

Low level **emergency bell in the bathroom** at a height of 1 foot from the ground which can be easily activated even when a person has fallen down and unable to get up.

Intercom connection in the bathroom for any emergency.

Public address system in all common areas so that important announcements can be heard, helping to avoid frequent visits to check the notice board.



WE CARE CHECKLIST

Here's what we have taken care of at Manasum, for all your requirements.

Grocery . Cooking . Cleaning & Dusting
Laundry . Car wash . Medicines . Health
Check . Banking . Financial Services
Entertainment . Activities . Emotional
Wellness . Physical Wellness . Nutritional
Wellness . Friends - a knock away

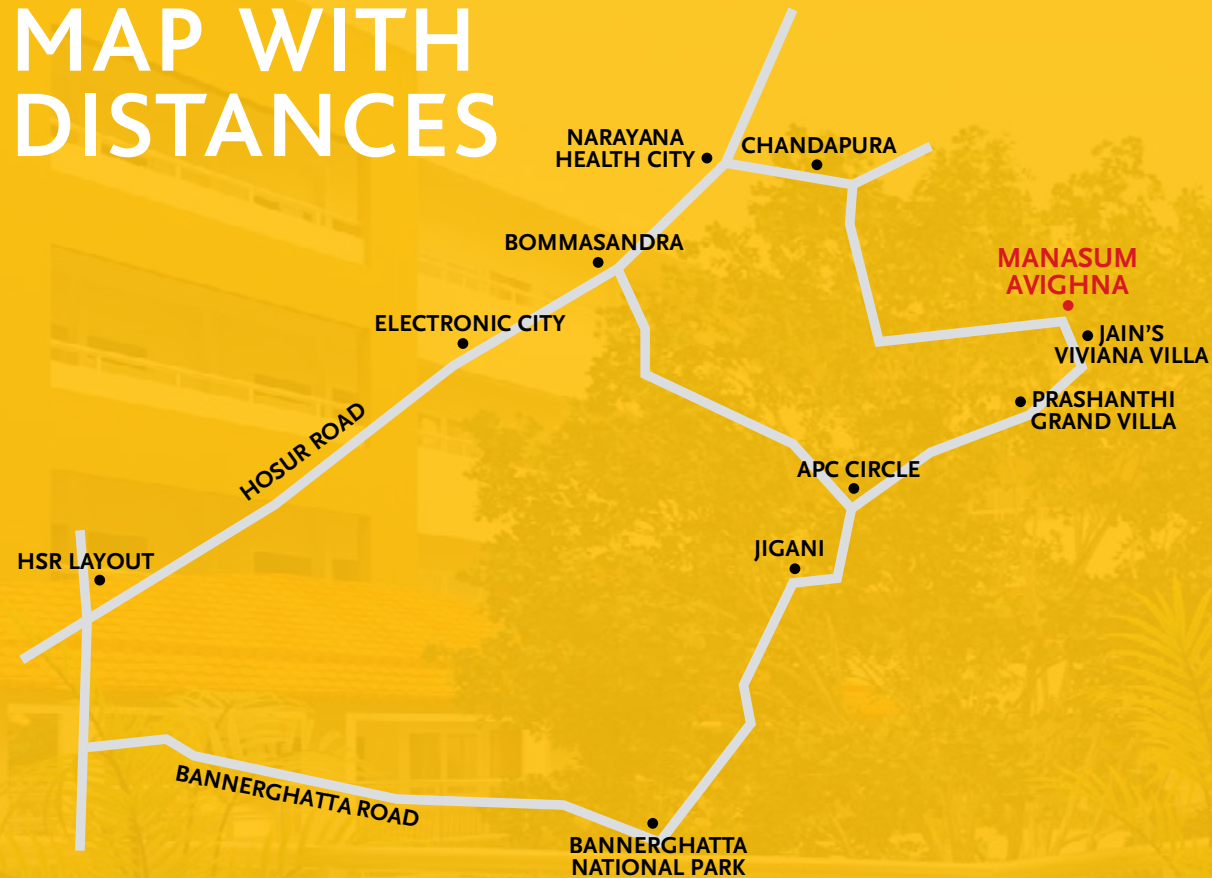


SUKH SHANTI

Sukh Shanti Apartments, located in Jain Farms has been successfully running from past 5 years. Sukh Shanti is more than just an apartment for the senior citizen. It is a premier lifestyle option that makes aging a positive privilege. Situated just 44 kms from Bengaluru, with beautiful weather, it is curated with designs and need for the Senior Citizens.

Mr. Mangal Chand Jain is the visionary behind this project.

MAP WITH DISTANCES



Location : Jigani - Anekal Road
Proximity : Electronic City - 15 minutes drive
Narayana health city - 8 kms
Upcoming Bommasandra Metro Station - 8 kms

The map is not as per scale

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