

MAITRI HOMES for SENIOR CITIZEN

(Venture of Yoga Vidya Pranic Healing)

Foundation Trust of Rajasthan. Regd.: 2007

50, Dhuleshwar Garden, C-Scheme, Jaipur - 302001 INDIA
Website : www.pranajaipur.com

Maitri : The term **Maitri** is Translated from Sanskrit as "loving - kindness", "benevolence", or "friendliness"

Post Completion Look



LOCATION :

**VILLAGE : MEETHAWAS, TEHSIL : BASSI, DISTT.: JAIPUR,
ON AGRA ROAD, 40 KMS FROM MAIN JAIPUR CITY**

Atman,

Yoga VidyaPranic Healing Foundation Trust of Rajasthan was formally registered in Jaipur in March 1997 to work for the welfare of humanity through energy healing, meditations, food for hungry programmes, and preaching on concepts like the Law of Karma, increasing productivity, cultivating focus, etc.

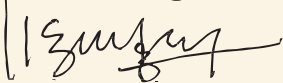
There is an ever-increasing population of marginalised elderly in our society who find it troublesome to live alone (limited income). Our Trust, therefore, embarked on an ambitious project to build free-stay housing “Maitri Homes” with all integrated infra structural facilities on 8598.60 sq. m land of our Trust on Agra road.

Status of Construction: Construction of high-rise boundary wall is complete.

As per the project outlay, we seek your kind support for this noble and unique endeavour.

Thanking you in anticipation.

With kind regards,



Dr RAHUL AGARWAL, Managing Trustee

Mob: 9887707043

KINDLY NOTE:

- CSR registration no. of Trust: CSR00031039 with Ministry of Corporate Affairs, Govt of India. dt – 31.05.2022
- Registration no. under 12A of I.T Act 1961 – 26/43 dt 24.03.2007
- All donations to the trust are exempted under 80G of the IT Act vide order No. 311.311 – First/80-G, 30/-9-10/2009-10/573 dt 13.07.2009. (As per Finance Ministry Circular No. 7/2010 IF. No. 197/21/2010 – ITA- I) dt 27.10.2010 80G exemption continues, till not withdrawn, no requirement of renewal.

BUILDING A HOME FOR THOSE OFTEN FORGOTTEN BY SOCIETY

Meaning loving-kindness and benevolence, Maitri homes is a venture of Yoga Vidya Pranic Healing Foundation Trust of Rajasthan. Laden with experiences and seeking care and love, the elderlies are - more often than not - getting forgotten now in the changing fabric of society. Maitri home is our endeavour to make this last stage of their life cycle content and fulfilling through an environment filled with love, respect, and dignity.

Statistics Regarding Elderlies-

- An estimated 14 crore senior citizens were there in India in 2018, with the number expected to rise to 21 crores by 2030.
- By 2050, around 25% of our country's population is expected to be senior citizens.
- According to the census of 2011, almost 15 million elderly Indians live alone.

Commonly Neglected Problems Faced by Senior Citizens

- Financial constraints specially middle and upper middle class
- Memory concerns
- Depression
- Pain
- Isolation and loneliness
- Polypharmacy (taking multiple medications)
- Health concerns (especially post Covid)
- Insecurities related to family structure - living alone

Post Completion Look



8600 SqM Area

FACILITIES AT MAITRI HOMES – AGRA ROAD

The inmates would be all senior citizens. We will of course screen admissions and only take people who do not have serious medical ailments and can take care of themselves.

We are outlining below the structure and standard amenities that you can expect for Phase 1.

1. Admission criteria – Healthy single or married couples in the age group of 60 to 65 years.
2. Deposit and charges – Some Non-refundable deposit on admission plus monthly charges on actual basis.
3. Accommodation – Single room and double occupancy with attached bath, store and patio or balcony, allotted free of charge.
4. Sub-meter – Every room to have sub-meter for electricity consumption.
5. In room amenities – Provision for intercom, emergency button, TV and A.C.
6. Facilities in residential block – CCTV, garbage disposal, common room, reception lobby.
7. Dining facility – Airconditioned dining hall, modern kitchen, and store.
8. Medical Center – Physiotherapy, visiting doctor/nurse, emergency medicines/equipment.
9. Through Yoga PranaVidya techniques, provide physical, emotional, mental, and spiritual healing for overall well-being and happiness.
10. All infrastructure of the building will be earthquake proof.
11. Other facilities-
 - I. Small temple.
 - II. Yoga cum meditation room.
 - III. Activity center including reading room, library, carom, chess, and cards room.
 - IV. Small auditorium for functions, get-together and movie screening.
 - V. Security arrangements.
 - VI. Good sized garden with walking/jogging track, benches, and water body.
 - VII. Staff quarters.
 - VIII. Borewell for uninterrupted water supply.
 - IX. One ambulance cum transport vehicle.

Tie-up with nearby hospital for emergency treatment/admission.

If electricity supply is not regular, will install a DG set as well.

To conclude, we strive to provide comfort, security, medical and meaningful activities in a homely environment.

Commercial retirement homes in our country:

In commercially driven retirement homes can be purchased or taken on lease with variable maintenance charges costing 50 lakh to over 2 crores. Further, there are communities providing assisted living for short and long term stays with meals, security, housekeeping, laundry and service utilities (medical assistance extra) varying from 60,000/month for single & 90,000 for couples and goes upto 1.5 lakh/month in some centres.

Such phenomenal costs cannot cater to majority of our senior citizen population, thus, the need for Maitri Homes.

How Are We Different from Other Old Age Homes?

- Maitri Homes will run on charitable basis not commercially driven for profits.
- Stay homes are allotted free of charge except for cottages, for which a nominal monthly payment has to be made.
- The use of all infrastructural facilities is absolutely free of charge.
- Residents only pay for actual expenses incurred on running the facility viz electricity, food, guard & maid salary, etc.
- At Maitri Home, we promote integrated harmonious living based on ancient Yoga Prana Vidya techniques, a validated spiritual science.

Our Architects

- Mrs. Ritu Khandelwal - Chief Architect
- Ajay Jain - Associate Architect



Bhoomi Poojan for Maitri Homes at Agra Road

Donations : Our Pan : AAATY1591N

We seek your generous support through donations to this noble cause. Maitri Homes will run on a no profit, no loss basis.

You could also sponsor a block/facility in the fond memory of your loved one. Contact for details.

Sponsorship cost in fond memory of loved ones:

1. Cottage- 8.5 lakhs each.
2. Cottage with servant quarter- 9.5 lakhs
3. Single room- 2.5 lakhs
4. Double occupancy room- 4 lakhs each

Even smaller amounts are most welcome.

Bank details for transfer by cheque Or DD-

Account Name: Yoga Vidya Pranik Healing Foundation Trust of Rajasthan

SB A/C No: 02710010017138

Bank - Kotak Mahindra Bank, Sardar Patel Marg Br, Jaipur

MICR- 302485002

IFSC- KKBK0000271

- Please write donor name in remarks, if transfer by NEFT.
- As per I.T. provisions, all donors to provide Aadhar/PAN with address to us on any of below given WhatsApp Nos.
- No: 9887707043 - Dr. Rahul
- No: 9829069505 - Dr. Shalja
- No: 9828117080 - Mrs. Sushma



खामोश विदाई: 4 दिन बाद घर में से बदबू आने पर पड़ोसियों को चला पता

अकेले में अंत... ताला लगे घर में मृत मिले बुजुर्ग दम्पती

40 लाख का शहर उनके लिए 'सुनसान' ढलता जीवन, सस्ती जान



यों परिवारों में लंबी उम्र के बुजुर्गों को पूरे कुनवे का सौभाग्य माना जाता है। लेकिन 40 लाख से अधिक आबादी का हमारा शहर एकाकी बुजुर्गों और बुजुर्ग दम्पतियों के लिए 'सुनसान' हो गया है। 'बस्ती' के लोग यदि इनके नियमित हालचाल लेते रहें तो इन घटनाओं पर लगाम कसी जा सकती है।



बुजुर्ग दम्पती का फाइल फोटो

24,000 से अधिक अकेले बुजुर्ग, कोई देखभाल नहीं...

जयपुर . अकेले रहने वाले बुजुर्गों को जीवन के अंतिम क्षण कितने संघर्ष के साथ बिताने पड़ते हैं, यह मामला उसकी एक बानगी है। पुलिस, प्रशासन, सामाजिक न्याय विभाग बुजुर्गों की देखभाल व सुरक्षा के दावे तो ब्रह्म करता है, लेकिन धरातल पर

राजस्थान पत्रिका इस अभियान में अपील करता है उन जिम्मेदार नागरिकों से, जो आगे बढ़ कर इन्हें संभालें। करना सिर्फ इतना है कि अपने आसपास रह रहे ऐसे बुजुर्गों के दिन

बुजुर्गों की कहानी, उन्हीं की जुबानी **बच्चे बाहर रहने से अकेले हो गए तो कोई परिवार में रहकर भी एकाकी**

राजस्थान पत्रिका
सीनियर सिटीजन
@CARE

जयपुर@पत्रिका. राजधानी में एकाकी जीवन जी रहे हजारों वृद्धजन कई समस्याओं से पीड़ित हैं। कोई बच्चों के शहर से बाहर होने के कारण अकेले जीवन जी रहा है तो कोई परिवार में रहकर भी एकाकी है। कहने को तो परिवार के साथ हैं मगर न उनकी सार-संभाल करते हैं और न ही उनके पास कभी दो पल बैठकर बात करते हैं। अकेले रहने के कारण छोटे-छोटे काम पहाड़ जितने बड़े बन जाते हैं।

सर्वेक्षण: निम्न-मध्यम आय वर्ग के वृद्ध सबसे ज्यादा परेशान

देश के 81.4 फीसदी बुजुर्गों का महंगाई की असहनीय

A home away from home

Communities where you can buy a house after retirement. Leases and rentals are also available, and these vary greatly depending on maintenance charges.

पत्रिका न्यूज नेटवर्क
patrika.com

नई दिल्ली. भारत में 81.4 फीसदी वरिष्ठ नागरिक महंगाई से परेशान हैं। वे इसे असहनीय मानते हैं। सबसे ज्यादा पीड़ित निम्न-मध्यम आय वर्ग (94 फीसदी) के वृद्ध हैं, जबकि मध्यम आय वर्ग के 86.1 फीसदी और उच्च मध्यम वर्ग के 76 फीसदी बुजुर्ग महंगाई की मार झेल रहे हैं। उच्च आय वर्ग में महंगाई से प्रभावित बुजुर्गों का प्रतिशत घटकर 26 फीसदी रह गया है। बुजुर्गों के लिए काम करने वाली संस्था 'एजवेल फाउंडेशन' के सर्वे में ये बातें सामने आई हैं।

सर्वे का मुख्य उद्देश्य आर्थिक हालत, मनोवैज्ञानिक मुद्दों, वृद्धों के मानवाधिकारों पर महंगाई के प्रभाव का सामाजिक-आर्थिक अध्ययन करना था। देशव्यापी सर्वे जुलाई, 2022 में किया गया। इसमें 24 राज्यों/केंद्र शासित प्रदेशों के 10,000 वृद्धों ने भाग लिया। सर्वे में शामिल 26.8% वृद्धों का कहना था कि वस्तुओं, सेवाओं की बढ़ती कीमतें महंगाई की प्रमुख

मानसिक स्वास्थ्य पर

महंगाई से कितने कैसे प्रभावित

24% दूसरों पर बढ़ती आर्थिक निर्भरता

22% बचत/निवेश की हानि

16% खराब मानसिक स्वास्थ्य

12% वृद्धावस्था में सेहत ठीक न रहना

11% गरिमा और स्वाभिमान पर असर

10% वृद्धावस्था में जीवन की खराब गुणवत्ता

5% पता नहीं/कह नहीं सकते

इसलिए परेशान...

- चीजों की बढ़ती कीमतें
- इलाज के खर्च में वृद्धि
- सीमित या घटती आय
- बढ़ती जिम्मेदारियां
- नौकरी जाना

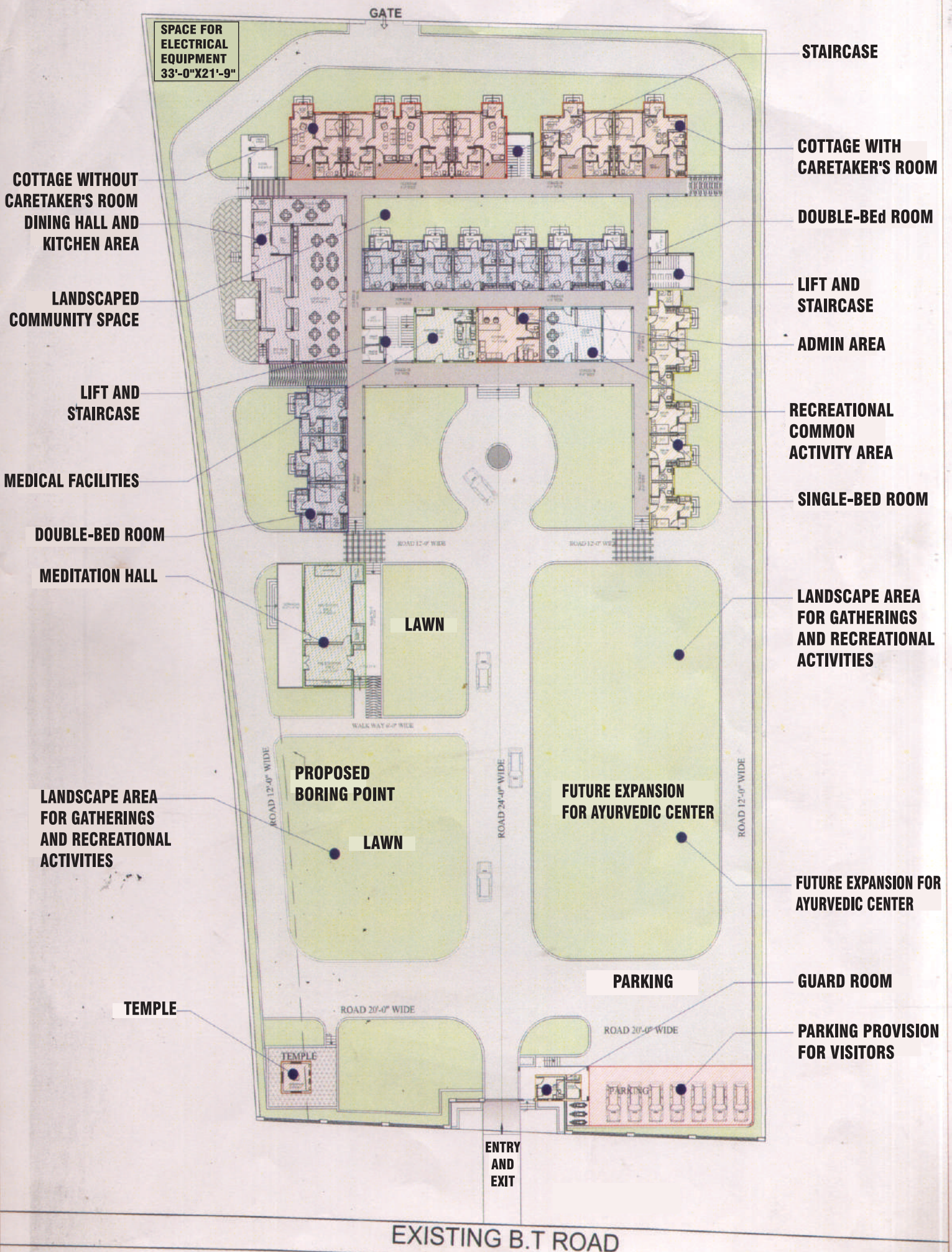
COMMUNITY	CITIES	APARTMENTS	COST TO BUY (₹)
Anandam Retirement Community	Bengaluru	1BHK to 3BHK	30 lakh onward
Antara (Max India)	Dehradun, Noida	1BHK to 3BHK	1.28 crore onward
Ashiana Housing	Bhiwadi, Chennai, Pune	1BHK to 3BHK+	36 lakh to 1.6 cr
Athashri (Paranjape)	Vadodara, Pune	1BHK to 3BHK	23 lakh onwards
Columbia Pacific Communities	Bengaluru, Chennai, Coimbatore, Kanchipuram, Puducherry	1BHK to 3 BHK	30 lakh to 1 crore
Dignity Lifestyle	Neral (Maharashtra)	Studio apartments to 2 BHK	25 lakh onwards

Assisted living for short and long term stays

These places with specialised medical services can be rented from a week till security, housekeeping, laundry and service utilities. Medical assistance is extra

COMMUNITY	CITY	COST PER MONTH
Antara Senior Care Home	Delhi, Gurugram	₹1.2 lakh onwards
Athulya Assisted Living	Chennai, Bengaluru	₹50,000-60,000 for a single person ₹75,000-90,000 for a couple
Epoch Elder Care	Delhi NCR, Pune	₹83,000 - 1.5 lakh
NEMA Elder Care	Gurugram	₹60,000 onwards
The Golden Estate	Faridabad	₹75,000 onwards for single occupancy ₹95,000 onwards for double

KEY PLAN



SPACE FOR ELECTRICAL EQUIPMENT
33'-0" X 21'-9"

COTTAGE WITHOUT CARETAKER'S ROOM
DINING HALL AND KITCHEN AREA

LANDSCAPED COMMUNITY SPACE

LIFT AND STAIRCASE

MEDICAL FACILITIES

DOUBLE-BED ROOM

MEDITATION HALL

LANDSCAPE AREA FOR GATHERINGS AND RECREATIONAL ACTIVITIES

TEMPLE

GATE

STAIRCASE

COTTAGE WITH CARETAKER'S ROOM

DOUBLE-BED ROOM

LIFT AND STAIRCASE

ADMIN AREA

RECREATIONAL COMMON ACTIVITY AREA

SINGLE-BED ROOM

LANDSCAPE AREA FOR GATHERINGS AND RECREATIONAL ACTIVITIES

FUTURE EXPANSION FOR AYURVEDIC CENTER

GUARD ROOM

PARKING PROVISION FOR VISITORS

EXISTING B.T ROAD

PROPOSED BORING POINT

LAWN

LAWN

FUTURE EXPANSION FOR AYURVEDIC CENTER

PARKING

PARKING

ENTRY AND EXIT

ROAD 20'-0" WIDE

ROAD 20'-0" WIDE

ROAD 24'-0" WIDE

ROAD 12'-0" WIDE

ROAD 12'-4" WIDE

WALK WAY 6'-0" WIDE

ROAD 12'-4" WIDE

ROAD 12'-4" WIDE