

About Swarg Foundation



SWARG FOUNDATION
SPIRITUAL WELLBEING & REAWAKENING GROUP

'Swarg' heaven or paradise, often chronicled as a higher place which every individual irrespective of caste, creed, religion or sex strives to attain. We at **'Swarg Foundation'** believe that this higher place is nowhere else but in the state of uncaused happiness (Ananda), natural health and freedom of one's mind.

Swarg Foundation is a volunteer-run, nonprofit Human Service Organization, to tap the wealth of vibrant life and its potential within oneself. We attempt to assist every individual to attain this state of happiness through our inner transformation workshops such as Chakra Shuddhi, Aatmic Awareness, Mind Resource, Child-parent programs, satsangs, discourses on health, wellbeing, living blissfully, etc.

At **Swarg Foundation**, we believe that spiritual living is the crying need of today's world and the only true path to bliss. We offer healing through meditation and self-awareness workshops, which can help every individual unleash their own eternal powers. We focus on creating a platform for all age groups, where one can heal through understanding life as mental, physical, emotional and spiritual energy. We specifically design programs that help in healing physical discomforts, emotional balance and help attain total peace of mind. Promoting well-being through meditation, positive thinking, satvic food habits and concentrate on understanding the life and quality of self (Atman). Our vision is to bring out the real you to your fullest potential for personal and universal growth.

Our human service projects supporting to give security to Senior Citizens by building **'Divyalok'** a spiritual/wellness retreat to revitalize their spirits and rebuild love. We believe that one should be happy before their body leaves this earth. We call this endeavour "Parenting the Parents". Sri Satishji the founder trustee of **Swarg Foundation** has long been associated with various old age homes and our entire team has been offering services to many aged homes in and around Maharashtra. The relationship that he has established with the elders and their families has helped to develop an outstanding reputation for his commitment to the quality of life for the residents.

This is where the seeds of building a Senior Living Community has originated and **Swarg Foundation** features a highly experienced leadership team committed to setting the industry standards for excellence in senior living. The organization is dedicated to provide the highest quality of service delivery to residents with a sense of dignity, love, care, philanthropy, social responsibility, compassion and individual pride.

Project Details



NAME OF NGO : **SWARG FOUNDATION** (Spiritual Wellbeing and Reawakening Group)

DATE OF REGISTRATION : 19-04-2011

REGISTERED NO. : E-27878

TAX EXEMPTION UNDER : 80G NO.DIT(E)MC/80G/391/2011-12 w.e.f. 8/12/2011

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LEI CODE : 335800SPMRKA1UZGGC47

FOUNDER / TRUSTEE : Sri Satish Kaku

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ADDRESS : 601, Aadeshwar Apts., Khed Gull

TITTLE OF THE PROJECT : **DIVYALOK SENIOR LIVING COMMUNITY**

BENEFICIARIES : Senior Citizens in the age group of 55+ years.

ADDRESS OF THE PROJECT : Maharashtra, India.

PROJECT DURATION : 2021 – 2023

BUDGET REQUIRED : 627,18,42,022.00

Other Details :

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Vision & Mission Statement



VISION



Divyalok will change the way people think about retirement and old age In India. Divyalok's priority lies in providing a quality of life matched with the best Aged Care facilities abroad while being rooted in Indian Traditions. As seniors start a fresh chapter of their lives, great importance will be placed on physical, mental, emotional and spiritual wellbeing of Divyalok residents. Divyalok will strive to make this quarter of their life the best, regardless of their backgrounds and previous life experiences. This will be assisted and accomplished by highly trained Healthcare Industry experts working in Sync with Divyalok's vision.

MISSION



- ▶ Provide privileged, dignified and comfortable housing to senior citizens, with quality care services, leisure amenities and security systems.
- ▶ Provide quality Healthcare support to residents, custom diet and exercise programs and access to the Wellness Center.
- ▶ Maintain a healthy social ecosystem for the elderly including social activities and relationship counseling.
- ▶ Spread awareness of physical and social harmony through Ayurveda and Naturopathy inspired spiritual healing.

Project Summary



*I*ndia is greying rapidly. According to a 2016 report by the ministry for statistics and program implementation, India has 103.9 million elderly, people above age 60, about 8.5 per cent of the population. The elderly population has grown at about 3.5 per cent per year, double the rate for the population as a whole. This number is expected to triple by 2050, thereby constituting 20% of the population, as many as 325 million people will be 'elderly'. While the overall population of India will have grown by about 40 per cent between 2006 and 2050, the elderly population will have grown by 270 per cent.

Increasing life expectancy, decreasing fertility rate, lower mortality rates and an overall enhancement of the standard of living across the world has contributed to people living longer than ever before. The life expectancy in India, which was around 30-40 years in 1947, has increased manifold and now stands close to 70-80 years. For the first time in human history in 2021, the total number of seniors (60+) will be greater than the number of kids below 5 years of age. This increase in population in the segment will bring with it unique socio-demographic situations which have not been experienced by society at large.

The traditional norms and values of the Indian society laid stress on showing respect and providing care for the aged. However, in recent times, society is witnessing a gradual but definite withering of the joint family system, as a result of which a large number of parents are being neglected by their families exposing to lack of emotional, physical and social support. With the increasing trend of nuclear families in the society and with fewer children in the family the care of older persons in the families gets increasingly difficult. This clearly reveals that aging has become a major social challenge and there is a need to provide for the health and security needs of the elderly.

Besides growth in sheer numbers, seniors have needs and wants, which are different from seniors in the earlier times. A significant section of seniors today are independent, financially stable, well traveled, socially connected, and as a result have well developed thoughts of how they want to spend time after retirement. There is, today, a larger percentage of educated seniors than ever before in India.

However, very little effort has been made to develop a model of social care in tune with the changing need and time for the older people, be it at the State level or at the level of the Society or even the family. As no model for older people exists in India, as well as most other societies with similar socio-economic situation, it may be a challenge as well as an opportunity for innovation to look after the aged as they should be in a family.

A strategy is the need of the hour, the care provided should be tailored to meet each individual's needs. A comprehensive care package that includes promotive, preventive, curative and rehabilitative services is essential for this group of population. Easy accessibility, continuity and good quality of care only can earn respect and satisfaction of the aged, also raising the awareness of the population to active aging.

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There are 728 Old Age Homes in India today. Detailed information of 547 homes is available. Out of these, 325 homes are free of cost while 95 old age homes are on pay & stay basis, 116 homes have both free as well as pay & stay facilities and 11 homes have no information. A total of 278 old age homes all over the country are available for the sick and 101 homes are exclusively for women.

Study revealed a yawning gap between expectations and delivery of services at most elder care facilities

Despite provisions in the National Policy, there is nothing substantial implemented to address elder care needs

Senior Citizen Homes run by private organizations and charity homes only address the needs of a fraction. There is no way of evaluating the quality and appropriateness of the services

Not only does it leave elderly residents at these homes vulnerable, it also provides no incentive for the facility owners and managers to improve

Correlation between GDP per capita in PPP terms the need for senior living may rise eight to ten-fold in the next 10 years over the current base implying a compounded increase of 25 % annually each year. There was a time when senior care in India was confined to old age homes. But those were generally meant for the destitute and run for charity. Things started to change at the turn of the century and many sets of parents from the middle-class and the upper middle-class groups found themselves in stand alone mode. This led to the concept of 'retirement communities'. These cluster housing societies offered senior citizens similar lifestyle outside their homes, besides also taking care of day-to-day household chores and medical emergencies. It also provides seniors with an option to spend the rest of their lives with like-minded people from the same age and income-group.

Baseline of Standards and Prevailing Norms



Given the variety of facilities present including those in major cities like Delhi and Mumbai, old age homes in tier-2 cities like Nasik and Pune, homes for the destitute / lower-economic class, for middle-class and upper-middle class and senior living developments ranging from economy to luxury in different parts of India.

Senior living is gaining speed in India and also getting acceptance with different age groups as well therefore Senior centers have long been important community resources for elderly and their families, but to stay relevant, they must adjust to the changing needs of the seniors.

‘Swarg Foundation’ has identified the need for an Senior Housing catering to the middle class and upper middle class strata of the society with a lifestyle they are used to along with the care, support and security. This project **‘Divyalok Senior Living Community’** will be a place for all such people where they can live together in the company of like minded, share their valuable experiences and lead a holistic, healthy and spiritual life with dignity.

Physical and Social Milestones

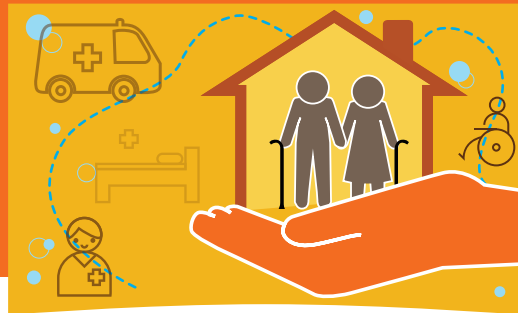


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As seniors move from being 'young seniors' to 'elder seniors' from their 60's to 80's, the needs of seniors undergo radical changes. As a result, housing solutions which work when the senior is fit mentally and physically will start failing when the person needs higher level of care and is facing age-related health changes like vision / hearing impairment, arthritis and forms of dementia to name a few. Taking this into consideration, Divyalok plan all required facilities within the same campus so that the seniors do not have to move out of the campus with age.

Our baseline survey findings says that 35% of the population is above the age of 55 years, among that 35.8% are women. 61.2 % of the elders are not economically active, the same for elder women is alarmingly high at 88.9%. 30% of which suffer from Joint pain, hypertension, asthma, diabetes, heart problem and ulcers. 'Divyalok' is planning to set up many senior living communities in India to guide them and also set more living and care arrangement for those who are truly needy. We have been visiting many Old Age Homes before coming up with 'Divyalok'. We strongly believe that *'All aging people should be happy before they leave the earth.'* We will be setting up regular camps at other homes to help them and to guide them to live happily (we are already doing that with some Elderly Homes).

What is Senior Living Community?



Senior Community living is a lifestyle choice for individuals seeking an independent lifestyle with as much assistance as they need or want. It is a community in which you can live life to the fullest and to the best ability.

These pillars of senior community living are:

- **Health & Wellness** - To offer a rich roster of wellness programs to keep you fit and healthy, as well as skilled health care when you need it.
- **Warmth and Hospitality** - To create a welcoming and supportive community where residents and staff bring something special to each day and every encounter.
- **Dining and Nutrition** - To offer an exceptional dining experience, featuring delicious, nutritionally rich meals (produce grown in our very own farms) for every diet and preference, served in comfort and elegance.

Level of Care in Senior Housing Facilities:

Senior housing residence usually falls under five categories: Senior apartments, Independent living (IL), assisted living (AL), Nursing care (NC), and continuing care retirement communities (CCRC).

Senior Apartments (SA) - Senior apartments, also known as 55+ communities or retirement homes are designed for high-functioning elders, defined as those not requiring assistance with activities of daily life. They are designed for active life.

Independent Living (IL) - In independent living senior communities, the care recipient has full choice and control over all aspects of his or her life. He/she must be independent in all aspects of daily living such as bathing, dressing, being mentally alert, having bowel and bladder control and being able to walk around without help. The services offered are social and recreational activities.

Assisted Living (AL) - Assisted living facilities, which are also called congregate housing, are suitable for individuals who need little or no help. Each individual lives in his/her own apartment, and these are often equipped with emergency signaling devices. Services ranging like transportation, recreational and health activities, housekeeping and security.

Nursing Care (NC) - Nursing care also called as memory care provides residents with nursing care facility. It has provision for taking care of physical or mental disabilities and the residents are provided with physical, occupational and rehabilitative therapies. With memory impaired, it is important to have 24-hour support and structured activities to ensure their safety and quality of life.

Continuing Care Resident Communities (CCRC) - A community must offer independent living, assisted living and nursing home care all in one campus. Older adults must move into CCRC when they are healthy. Although choosing to live in a CCRC is a costly endeavor and individuals with low or even middle incomes and assets usually can't afford this senior housing option.

The Five Common Services in a Senior Living Community



A) Wellness Centre:

A wellness center is a building or facility that is devoted towards the promotion of healthy living as well as the prevention of illness and disease. It is a place where mental and medical healthcare professionals, nutritionists and life-coaches provide a variety of treatments and services for the physical and mental health of the residents. The wellness center provides accurate and relevant health and wellness information, educational programs, and knowledge and skill-building activities to the senior community. Wellness center promotes health through fitness, dietary needs, psychological aid and many more direct medical practices. It also offers educational programs and seminars to cover a wide range of health related topics, such as yoga, meditation, pranayamas, fitness awareness and more.

B) Food and Beverage

Food and beverage service managers supervise the daily operations of the dining establishment. In addition to overseeing wait staff and kitchen workers, managers order supplies, ensure customer satisfaction, create schedules and train new employees. Supervisor to make sure of the supplies that will be grown within the campus and reaching fresh to the kitchen from the farms, the dairy products to reach from the gaushalla.

C) Housekeeping

Housekeeping is not just cleanliness. It includes keeping work areas neat and orderly; maintaining the halls and floors free of slip and trip hazards; removing of waste materials and other fire hazards. Cleaning dirty surfaces, dusting and vacuuming, is all part of the housekeeping team. It may also involve some outdoor chores, such as removing leaves from rain gutters, washing windows and sweeping doormats.

D) Security & Maintenance

Security & Maintenance ensure that residents lead a carefree life with 24/7 security service which assures a good sound sleep. The security guards & CCTV cameras are fully equipped to ensure the safety of the residents and to take care of the premises. Also, it takes some effort for seniors to regularly maintain their apartment, like change light bulbs or look after the day to day maintenance of their house. Maintenance Services at Senior Living societies take the pressure off by neatly maintaining common areas like gardens, parks, swimming pool, streets, pathways, drains, concierge, lifts, etc.

E) Transportation and Concierge Services

Residents can hire vehicles and take a trip down to a nearby garden, park, shopping mall, temple, community center or cinema hall. Seniors who do not drive or are becoming less skilled may require transportation in order to have access to medical care, shopping, and even social activities. Concierge services help in organising trips for the residents by assisting in the bookings or purchase of tickets. Concierge services are available at the disposal of the residents and are ever-ready to help if any errands needed, such as purchasing groceries, picking up prescriptions, and serving as a personal driver. Concierge caregivers can help with home organization, pet sitting, vet visits and more.

Evaluation of Wellness



Most older adults feel younger than their age, have purpose and meaning in life and feel mentally alert and stimulated. The highest percentage (91%) feel mentally alert and stimulated. Overall, older adults mostly engage in activities to help them maintain and optimize their health and wellness. Secondly, they engage in activities to help them prevent deterioration of their wellness or illness.

Older adults feel “well” and make a direct connection between health and “quality of life”. The challenges of a physical nature greatly outweigh others (emotional, memory loss, lack of resources) in affecting ability to care for their “self” and their well-being. Important physical challenges include:

Decreased Mobility

- Weight gain / loss
- Hearing loss
- Cardio condition
- Slowed reflexes
- Vision impairment

However, while physical issues are pressing and important, well-being is seen as more dimensional than simply physical. More than 70% associate the following With feeling good or having a sense of well-being (aided):

- Independence
- Peace of mind
- Mind
- Spirit

Therefore, a wellness program must be multi-dimensional to truly connect with mature adults.

Concept of Wellness Center

Wellness is much more than merely physical health, exercise or nutrition. It is the full integration of states of physical, mental, and spiritual well-being. The model used by our campus includes social, emotional, spiritual, environmental, occupational, intellectual and physical wellness. Each of these seven dimensions' act and interact in a way that contributes to our own quality of life.

In more specific terms, a wellness center is a place where mental and medical healthcare professionals, nutritionists and life-coaches provide a variety of treatments and services for the health of their clients' minds and bodies.

The goal of Senior Wellness center is:

- i) To reduce isolation and loneliness
- ii) To provide physically and mentally stimulating activities to Seniors residents.

The study found that there is a strong desire for wellness programs, with 65% of residents and 74% stating they “would like to have” or “must have” a wellness program in their community. Additionally, 40% of people currently living in retirement communities that do not address the dimensions of wellness would be “somewhat” or “very likely” to consider moving to a community that does.

As seniors move from being '*young seniors*' to '*elder seniors*' from their 60's to 80's, the needs of seniors undergo radical changes. As a result, the present housing solutions which work when the senior is fit mentally and physically will start failing when the person needs higher level of care and is facing age-related health changes like vision / hearing impairment, arthritis and forms of dementia to name a few. Taking this into consideration, Divyalok plan all required facilities within the same campus so that the seniors do not have to move out of the campus with age.

Divyalok communities offers a choice of assisted living, personal care and memory care apartments that meets the needs and wants of Senior communities. Divyalok takes pride to develop each home with safety, security and comfort.

i) Needs of Seniors residents

- ## ii) Services

iv) Location

Location to focus on senior needs and identify accessibility to the railway station, bus depot, market/shopping, hospital/doctor, temple, parks/gardens, social/community center etc. A place with peace and serenity because seniors require safety and a feeling of being well connected to their social needs.

v) Manpower / Personnel Recruitment

Secretarial and receptionist duties that include greeting all patients and visitors, answering telephones, taking messages, following up on messages; scheduling all physical exams, injury evaluations and drug screening appointments and rescheduling or adjusting the schedule as required. Duties also include processing medical record copies to appropriate locations with the responsibility of being sure to have the record countersigned by the physician or physician assistant.

vi) Materials Consumable & Medicines

Procurement of Drugs & Medicines, Surgical Consumables, Surgical Sutures, Dressing Material, Stationery, Contingency Item & Diagnostic Items from the Manufacturer / Authorized Distributors (in case of Surgical Consumables Items & Diagnostic Items)

vii) Licensing and Permits

Make sure one have the proper licenses and permits needed to run the senior living community. Divyalok promotes health and wellness, and therefore it is important to incorporate those principals by making sure safety and health standards are met. It is important to hire the right people equipped to advice on the licenses and permits needed to run it legally and smoothly.

viii) IT & Software support

Requirement of software to a faster and smoother operations through a truly integrated program.

Activities at Divyalok

At a senior living community, have the same basic needs as at any age – the need to laugh and have fun, to sing and dance, to learn and explore, to play and compete, to get outside and enjoy creation. In short: to live life to its fullest.

While our abilities, even our faculties, may diminish with age, our need to enjoy the best of what it means to be human remains. That's why the importance of activities at senior centers – particularly assisted living and independent living – cannot be exaggerated. But if asked to picture activities at a senior living community, one might envision a game of lotto, or a volleyball match. While there's nothing wrong with these old favorites, but at Divyalok senior living community we plan to offer residents much more.

Factors to Consider



*F*actors to consider while selecting a location for building a Senior Living Facility

HEALTHCARE ACCESSIBILITY

Spread, quality of and access to healthcare facilities from various locations within each corridor. Typically, the site should be within 20 - 30 minutes from a good secondary and tertiary care hospital.

SOCIAL ECOSYSTEM

Presence of social amenities such as temples, clubs, retail mall, entertainment and other recreational facilities in the nearby catchment.

EDUCATION ECOSYSTEM

Spread, quality of and access to educational facilities play a role in selection of a project. In many cases, presence of such institutions in micro catchment offers great advantage.

GROWTH PERSPECTIVE

Expected growth in terms of civic amenities and infrastructure in a particular corridor in order to take advantage of capital appreciation

CONGESTION INDEX

Lower traffic congestion, lower density of population and lower presence of polluting industries etc. are preferred by senior citizens for selection of a senior housing project.

CRIME RATE

Incidences of crime or the perceived sense of security or lack thereof in different pockets of the city. Sometimes a suburban undeveloped area can be perceived as risky from a crime perspective in spite of site level security.

AESTHETIC ECOSYSTEM

Presence of well-maintained public parks, roads, water bodies, control of density, general cleanliness etc. found within locations in each corridor.

CONNECTIVITY

Connectivity to major city nodes, retail and entertainment activity hubs and workplaces. Considers both existing and proposed infrastructure initiatives within the city to ensure ease of commute.

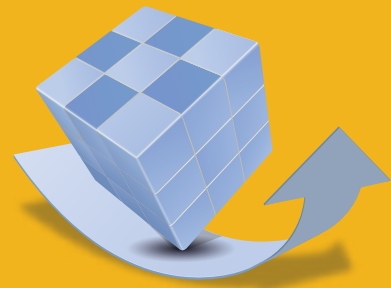
LAND VALUE

Lower land value (to ensure affordability) for locations within the corridors can be a strong attraction.

EMPLOYMENT DESTINATION

Access to employment hubs and facilities play a strong role since seniors especially in the independent living Stage want to stay employed even if it is part-time or consultative employment.

Implementation Plan of the Proposed Project



How we intend to implement the project :

- **Selection of the Place :** The place for establishment of the Divyalok Senior Living Community has already been selected. It will be established at Village Dhamangaon, Taluka Khed, Dist: Pune, Maharashtra. The selected plot falls in the Gram Panchayat so permissions to construct shall be procured from the village Gram Panchayat. The establishment place is close to main road and easily accessible in all seasons.
- **Construction of the Senior Housing :** The Divyalok Senior Living Community is a 2,65,000 sq ft concrete construction consisting of 300 twin sharing rooms for 600 senior residents and 600 wellness center occupants, common sitting/reading area, dining hall, office /reception area, 22 guest rooms, 4 for in-house doctors and 50 living quarters for home staff, 2 kitchen, 2 dinning, common toilet facilities. A water tank will be constructed for supply of safe water, garden, roads, meditation, yoga and activity hall, coffee shop, library, computer room, games room, swimming pool, garden with walking path and plenty of trees and plants around, etc. A local contractor will be selected for construction of the Senior Living Community through bidding process according to the procurement guideline of Swarg Foundation. The construction work will be completed in 3 years of the project (2020 to 2023).
- **Well-equipping the Senior Living :** The Home will be equipped with the following equipments and facilities: Beds and beddings, working table and two relaxing chair in each room, 2 wardrobes - 1 for each resident, benches in the garden, dining tables/chairs for dinning hall, Cooking equipments, 10 Water filters, indoor and outdoor sports equipments, Musical instruments such as drum, guitar, harmonium, keyboard, tabla etc., a well equipped ambulance, etc. First aid medical equipments, Computer with accessories for office and elderly people, 10 television sets for common areas, projector and screen, music system, etc.
- **Staff Recruitment :** Following staff will be recruited under the project for the Senior Citizen Home: 1 Project director, 4 Asst. Project director, 4 Coordinator, 3 Manager, 4 Supervisor, 6 Doctors, 4 Counselors, 36 Therapists, 10 Nurses/Ward boys, 10 Caretakers, 1 Head cook, 2 Kitchen assistance, 22 Housekeeping, 20 Accountant/clerk/Peon/Admin, 1 Store-keeper, 12 Securities, 10 attendants, 25 Gardener/farmer, 25 kitchen staff, 6 drivers. The asst. project directors are already recruited. Rest of the staff will be recruited based on their experience, expertise and qualification according to the Recruitment Policy of Swarg Foundation as and when needed. Trustees of Swarg Foundation will be responsible for the recruitment process.
- **Staff Training :** For proper nursing, care, development of the aged persons, relationship, as well as for effective home service and management, the Project Managers, Coordinators, Supervisors and Caretakers will be trained regularly on “Elderly Care, Old Aged Home Services and happiness”. A training manual will be developed in advance by a contracted resource person. Contracted resource persons will conduct the trainings at DIVYALOK before and during the project. This will be an ongoing process.

Resident's Profile



Senior Residents Segmentation

Prospective residents of Divyalok senior living community can be categorized into four segments based on their attribute and corresponding motivating factor, as tabulated below:

Segment 1 - Aspirational well-heeled empty nester couple wanting a better quality life:

- Offers suburban lifestyle.
- Couple would find the concept of campus life appealing.
- Values being part of peer group of like-minded / similar social strata.
- Willing to pay premium for good project design and proper brand.
- Seniors staying alone who like the social campus like environment.
- Appreciates long term healthcare requirements.

Segment 2 - Aging retiree facing early or advanced signs of constant health care needs:

- 6% of seniors in India have some form of dementia.
- Family not able to take good care of senior on their limited resources.
- Brings relief to second generation from care giving and still allows connect on 24/7 basis.
- Values professional care environment which is required at this Stage.
- Highly relevant where support system is absent.

Segment 3 - Non-Resident coming back from outside India or from other State:

- Large customer segment in Middle East, North America, Europe and Australia.
- Focused teach through NRI regional groups.
- Both – (a) seniors staying abroad wanting to come back as well as (b) children staying abroad;

Segment 4 - Short term stay seniors wanting to stay for 3 - 6 months a year:

- Traveling NRI's coming to India on short stays due to weather, visits, functions or religious requirements.
- Possible to also attract foreigners to come to such projects.
- Good way of having seniors stay in the resort-like if care family is traveling.
- Health & wellness stay.
- Rehabilitation & recuperation Stay.

Activities at Divyalok



Communities, recognizing residents' tastes and abilities vary, try to offer something for everyone and allow residents to from an array of enriching and sometimes unconventional activities.

Field Trips

For the senior communities we shall host trips to religious places, sports games, movies and shows. Getting in touch With experts, meeting with new people to help them socialise.

Karaoke and Dancing

There's no such thing as bad singing if it comes from the heart. Singing, like dancing, is great for the soul. Dancing is not only fun, but it also keeps residents fit. Not to mention, it's an excellent social opportunity.

Outdoor Excursions

Just because you can't hike 10 miles anymore doesn't mean you can't enjoy the outdoors. Even if strenuous recreation is out of the question, getting outdoors is essential spiritual nourishment for many people. People of all ages need opportunities to retreat from the hustle and bustle, breathe fresh clean air, immerse themselves in nature – smell a wild flower, walk among the trees, or look up at a mountain top. Senior communities recognize this and offer frequent outdoor excursions.

Classes and Workshops

Learning is a joy and lifelong learning opportunities are a crucial ingredient after retirement. Computer classes are also common, allowing residents to stay in touch with distant loved ones and keep up on world affairs. For the literary, the library is the ideal place to spend quality time. Similarly, writing workshops encourage seniors to tell their stories or simply make one up. Guest lectures by visiting professionals and academics will allow the residents to never stop expanding their horizons.

Fitness

Fitness is priority at Divyalok which would involve a lot more than "the morning stretch." Tai Chi and Yoga are now some of the most popular gentle senior fitness exercise regime. Making fitness fun (and dignified) in order to encourage residents to view exercise as a pleasure rather than a chore.

Entertainment

Live entertainment frequently offered will include stand-up comedy, music groups, drama groups and dance recitals, celebrating festivals. Birthdays, anniversaries, etc.

Tech-Savvy Infrastructure



Technology doesn't just simplify life - it makes us more efficient in our operations. For senior housing, there are a plethora of tools that can help ensure seniors remain active and engaged in their communities.

- **Electronic Medical Records (EMRs)** – enable immediate, electronic access to an individual's health record.
- **Electronic Point of Care** – mobile devices used by caregivers to collect vital signs whether the resident is in their a hallway, or lounge.
- **Remote Monitoring** – passive monitoring of sensors helps caregivers pro-actively manage chronic conditions and identify health changes among residents.
- **GPS Devices** – wireless tracking devices alert caregivers to the location of a resident that may be lost or in need of urgent care.
- **Mobility Matters** – New walkers come with sensor, brakes, automatic incline management capabilities. Remote health-tracking systems also give seniors greater freedom of movement by watching for falls and other negative events, thus providing residents a greater opportunity to get out and about.
- **TV Time** – With senior-friendly adaptations like large-text subtitles and specialized TV listening systems for those with hearing impairment, televisions in common rooms can be a popular gathering place for residents.

Senior Homes - SMART HOMES

An illustrative list of some Smart Solutions is given below.

● E-Governance and Citizen Services

1. Public Information, Grievance Redressal
2. Electronic Service Delivery
3. Citizen Engagement
4. Video Crime Monitoring

● Waste Management

1. Waste to Energy & Fuel
2. Waste to Compost
3. Waste Water to be Treated
4. Recycling and Reduction of Construction and Demolition Waste

● Water Management

1. Smart Meters & Management
2. Leakage Identification

● Energy Management

1. Renewable Source Of Energy
2. Energy Efficient & Green Building

● Urban Mobility

1. Smart Parking
2. Intelligent Traffic Management
3. Integrated Multi-Modal Management

● Others

1. Tele-Medicine & Tele-Education
2. Incubation / Trade Facilitation Centers

What the project is expecting to achieve?



1. A well constructed, well managed, community participated and safe homes, by establishing suitable, nature friendly, age friendly with healthy diet, with wellness activities to keep them healthy and young. With living facilities, we want to keep them mentally happy and active too and for that there will be games, books, meditation and daily satsangs, reading and recreational area surrounded by oxygen giving plantation.
2. Experienced staffs will be deployed for operation and maintenance of an Old aged home.
3. An management committee will be formed and being functional for overall management of the Senior Living Community and review its progress and performance.
4. The staff will be trained on “health Care & Old aged Services” for proper nursing, care and development of an Aged person as well as for effective home service and management.
5. A Guardian’s Committee will be formed provide suggestions for any improvement and act as mediator between the Old age home and community. The targeted elderly residents will receive adequate clothes, toiletries, clean bed-sheets, towels, etc. Staff will be trained to be aware to keep check with their health and hygienic issues. Regular free medical checkup and health care services by qualified physician will be organised at our center, which will also benefit the villages around the center. Inhouse Ambulance service will be provided for emergencies. This service will benefit the villages around the center as well. They will be updated with news through daily newspapers in their preferred languages and also through television. Trust will celebrate birthdays and every festivals to keep the Indian culture and jest living in oneness. Trust will also organise picnics and spiritual tours to make them feel at home. Will provide a inhouse vehicle for them to travel to the market, railway or bus stations.

The Trust will also constitute a mechanism to implement this program and try to reach in cities and villages around to help elders. Trust will even monitor and report the progress of its vision through it team which will be responsible for monitoring and implementing the elderly awareness programs. With time and further reaches will keep updating ourselves and do modification to be better and better in serving elderly people. Trust will also partner with other NGO’s to execute its programs and our team will verify and establish the credibility of such partners. Trust will even conduct six monthly audits and audits once in year to update the companies funding this project.

Capital Items Benefiting The Beneficiaries



What is the need of requirement of capital items with respect to benefits to the beneficiaries?

This study by Tata Trusts, Samarth and United Nations Population Fund (UNPFA) took a fact-based approach to develop a reasonably robust estimate of available supply to help understand the nature and scale of challenge and the required capacity to support implementation of any framework that is adopted.

Forecasting likely demand driven by increasing elderly population and change in preferences owing to availability of new products and socio-economic norms, the study pointed towards a crying need to enhance the capacity almost eight to ten-fold over the next decade.

Old age home listings published by Samarth including both urban and rural facilities were used to prepare a sample of 532 old age homes across 84 towns and districts in India. These included all types of old age homes in terms of location, ownership, management, size and facilities thus providing a rich cross-section and sample. The data on capacity and utilization was also collected.

As part of this research, 60 operational senior living community projects were enumerated across India. These had, in total, 12,695 units comprising of apartments, row houses, cottages and villas.

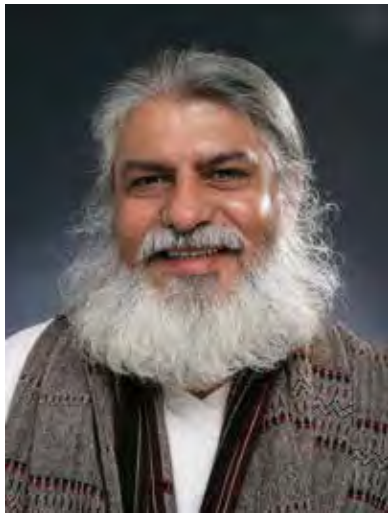
Assuming that 10% of the total capacity could not be enumerated for various reasons, and each unit contributing 2 beds, the estimated capacity in senior living communities adds up to 27,900. The total capacity across both types of senior living facilities is, thus, estimated at 97,000 beds (rounded).

Thus the demand is greater than the supply so Swarg Foundation in order to serve this sector plans to build 'DIVYALOK Senior Living Community'. This project will be hosting 600 male and female senior citizens, in the age group of 55+, It will be open for all cast and religion. Divyalok will be taking care of their emotional, spiritual, mental and physical requirements. Due to Divyalok, many people from the village will get job opportunity.

Over and above our sustainable methodology, if any further expenses occur the Trust would fund it through private funding, sponsorships or CSR funds.

DIVYALOK building structure is made fully of concrete, it will not need maintenance for first few years. Day-to-day maintenance of the building will be taken care by the Trust (Swarg Foundation), through maintenance cost, donors or source it through CSR funds.

Founder Trustee and Key Presenter



Sri Satishji Kaku fondly known as ‘Guruji’ is the founder trustee of “**Swarg Foundation**” a spiritual guru, life coach, Wellness teacher/counselor and an artist, born in Mumbai, India. Educated at the Sir J. J. School of Arts in Applied Arts. At the age of 23, a profound inner transformation radically changed the course of his life. Later years were devoted to understanding, integrating and deepening that transformation which marked the beginning of an intense inward journey. Belonging to no particular tradition or religion, he is a very simple teacher one can encounter, he shares his wisdom on various subjects on life managements His indebt understanding about life are scientific and at the same time practical in day to day life. His profound knowledge has touched subjects like Karma, Happiness (Ananda), Stress, Health and Food, Yoga, Self-Realisation,

Relationship, Yogic Education Systems, Exams, Home and Work Balance, Managing Life, Truth beyond Illusion, etc. His teachings are based on ancient Vedic methodology, which he uses for self-transformation, they are direct and powerful in Kaliyug too. This simple truth of life can bring total happiness in your life. These days he is conducting free workshop on “Happiness and Health for All” to Mumbai Police, Mumbai Municipal Corporations, Corporates, Clubs, Gymkhanas, Housing Societies, Social Groups, Ashram Shalas, Schools, and through Satsangs.

During his inward journey he also actively participated in his business of advertising design for 35 years. Since the past few years he shares these teachings in lighthearted ways that allow him to elucidate complex subjects to friends around the world through ‘Aatimic Awareness’ programs. This has helped countless people throughout the world find inner peace and heal their lives. A spiritual awakening that he sees as the next step in human evolution. An essential aspect of this ‘Aatmic awakening’ consists in transcending our ego-based state of consciousness with the help of satvik food, yoga, pranayams and meditation. It makes him happy to help people find happiness. This is a prerequisite not only for personal happiness but also for ending of violence on our planet. Sri Satishji helps to bridge the gap between the known and the unknown, enabling all those who encounter him to explore and experience the deepest dimensions of life.

Swarg Foundation is a volunteer-run, nonprofit Human Service Organization, to tap the wealth of vibrant life and its potential within oneself. His pet project ‘**Divyalok**’ a spiritual/wellness retreat for Senior citizens aims for its residents to be ‘*happy before their body leaves this earth*’. He calls this endeavour “*Parenting the Parents*”. Sri Satishji the founder trustee of **Swarg Foundation** has long been associated with various old age homes, offering services on regular basis in and around Maharashtra. The relationship that he has established with the elders and their families has helped to develop an outstanding reputation for his commitment to the quality of life for the Aged.

Swarg Foundation's Philanthropic Activities



Love and happiness is the only experience of life everyone is striving for, also it being the path to realisation and moksha (freedom), so the birth of 'Divyalok'. *"One only suffers when deprived of love, any service / act with selfless love is to experience Divine within"* is what Sri Satishji believes. **Swarg Foundation** has been offering services to many oldage homes / senior citizen facilities by regular visits, discourse and counseling.



Swarg Foundation's Philanthropic Activities



Routine visits to an Elderly Home at Virar



A visit to an Elderly Home at Valsad



Medical Camp in Gujrat.



Ration Distribution drive.



Pranayam, Yoga and Cultural Workshop at Ashram Shala in Adivashi area.



Happiness Workshop at Old Age Home



Recognition for services.



Life Management talk at Rotary Clubs



Satsang at Old Age Home in Panvel



Art Competition for Mumbai Municipal Schools



Talk on Elder care at Cidco, Vashi.



Pranayam and Yoga Workshop in a village in Maharashtra.



Fodder donation drive in draught areas.



A visit to an orphanage, Malad.



Art Camp for School Children.



Counselling at a Senior Citizens Home.



Tree Plantation drive at Pen.

Swarg Foundation's Philanthropic Activities



Health and Chakra Shuddhi Workshop for Therapists and Doctors of NIN, Pune.



Happiness Workshop at Ravindra Natya Mandir, Prabhadevi.



Study and Relationship talk at various schools in Mumbai.



Corporate workshop on Health and Life for Siyaram Mills.



Talk on Education and Children for school Teachers in School.



Meditation Workshop at Kandivali, Mumbai.



Satsang on Life and Karma in Juhu.



Yoga Workshop for Textile Association.



Life, work and health Management seminar.



Regular open Satsangs



Self Management Seminar at Thane.



Happiness and Leadership seminar at Siyaram Mills.



Art of knowing self through Aatmic Awareness Workshops



Yoga workshop for various schools



Seminar on Secrets of healing and Success.



Aatmic Awareness Meditaion Workshop.



Seminar at Mahendra Finance on workplace ethics.



Mudra Healing and Meditation workshop in Pune



Pranayam and meditation workshop for Shivaji Park Gymkhana.



Ongoing Happiness & Health workshops for Mumbai Police and BMC.

Achievements



जा.क्र. 10868 बघोनि(प्रशा) / सशस्त्र / १०८
वॉरिड पोलीस निरीक्षक(प्रशासन)
सशस्त्र पोलीस ठाडदेव, मुंबई
दिनांक - ०२/०३/२०२३

प्रति,
मा. सतीश काकु,
स्वर्ग फाउंडेशन,
पत्ता- ६०२, आदेश्वर अपार्टमेंट,
खेड मल्लो, सयानी रोड, प्रभादेवी, मुंबई.

विषय - आत्मिक ज्ञान मार्गदर्शन शिबोर आयोजन करणेबाबत
संदर्भ - दिनांक ०२/०३/२०२३ रोजीचे पत्र

महोदय,
उपरोक्त विषय व संदर्भास अनुसरून सादर ज्ञी, आपण मुंबई पोलीस दलातील पोलीस
अधिकारी/अमलदार याचेकरिता आत्मिक ज्ञान मार्गदर्शन शिबोर आयोजन करणेसाठी मा. पोलीस
आयुक्त सी. व्हा.मुंबई यांना विनंती अर्ज सादर केलेला आहे.
आपणा सादर केलेल्या विनंती अर्जाच्या अनुषंगाने सशस्त्र पोलीस ठाडदेव, मुंबई मा.
मुख्यालयातील पोलीस अधिकारी/अमलदार याचेकरिता आत्मिक ज्ञान मार्गदर्शन शिबोर
मुख्यालयातील सर्वसिद्धी वीडीन इमारतीच्या टॅरसवर दिनांक १३, २० व २३ जुलै २०२३ रोजी
सकाळी १२.०० वा ते १३.०० वा वेळेत आयोजित करण्यात यावे ही विनंती



आपला विरवासु
पोलीस निरीक्षक (प्रशासन), वॉरिड
सशस्त्र पोलीस ठाडदेव, मुंबई



MANAV ASHA SEVA HOME
208, VEENA BEENA SHOPPING CENTRE, 2nd FLOOR, GURU NANAK ROAD,
OPP. SANDRA STR, (W), MUMBAI - 400 050
Reg. No. E-22686(Mumbai) dt 24-6-2005, Reg. No. TR/38822 u/s 12A (a) dt 27-3-2006 INCOME
TAX EXEMPTIONS 80G/2923/2007/2007-2008, Validity Since 1.4.2007
PAN - AARTM4877H

To,
Sri Satishji Kaku
Swarg Foundation
601, Aadeshwar Apts,
Khed Gully, Sayani Road,
Prabhadevi, Mumbai 400 025

Respected Sri Satishji,

I would like to take this opportunity to express my heartfelt Gratitude
to you for taking time out of your busy schedule to visit our old age
home regularly and spending time with our residents, counseling and
giving answers to their questions with your spiritual insights.

Your efforts in supporting the management is very much appreciated for
dealing with some of the day to day routine issues. I have no doubt
that it would not have been the success that it was without your
presence. I have received many favourable remarks about your talks and
the style in which you delivered leaving a long lasting effect. I hope
we will have the privilege of having you over more often in the
future. Please bless us with your presence whenever you are in Parvat.
Your Blessings and Presence is always Solicited,
Yours sincerely,
Trustee.

Manav Asha Seva Home
Manav Asha Seva Home



Divyalok Project Cost



Total Estimated Budget	In Rupees
Non Recurring Expenses – Divyalok Senior Living Community	124,66,80,000
Non Recurring Expenses – Divyalok Senior Living Community	7,70,03,000
Recurring Expenses – Divyalok Senior Living Community	36,43,40,000
Recurring Expenses – Divyalok Senior Living Community	113,18,00,000
Recurring Expenses – Divyalok Senior Living Community	6,63,20,000
Recurring Expenses – Divyalok Senior Living Community	134,15,00,000
Recurring Expenses – Divyalok Senior Living Community	6,21,20,000
Recurring Expenses – Divyalok Senior Living Community	111,48,70,000
Non Recurring Expenses – Divyalok Gaushala	2,04,52,000
Recurring Expenses – Divyalok Gaushala	2,86,90,671
TOTAL	545,37,75,671
Add : Monitoring and Evaluation 5% of the Cost Say	27,26,88,784
Contingency 10%	54,53,77,567
GRAND TOTAL	627,18,42,022



SWARG FOUNDATION
SPIRITUAL WELLBEING & REAWAKENING GROUP