

SUKHSHANTHI - A unique experience

Mr. & Mrs. Sankaran

Experience is a hard teacher because it gives the test first, the lessons afterwards. A stay in Sukhshanthi Apartments is a pleasant feeling. The inmates of this lovely apartment are extremely friendly and helpful. The atmosphere is full of energy to suit senior citizens who need a heart that never hardens a temper that never tires and a touch that never hurts.

The management exhibits this right spirit to satisfy the need of the inmates to a greater extent one should be happy and grateful to god almighty for this lovely peaceful environment.



Sukhshanthi assures you to take time to relax, reflect and savour each day for the joy it brings; take time to rediscover each beautiful gift life has to offer...

In nutshell Sukhshanthi promises to senior citizens rare day of serene sky and lucent air and an interpenetrating sunshine and a day suffused with an infinite rejoicing of the hopefulness of the spring.

Mr. Sankaran is a retired official from HUL. He has done B.Com & PGDMA from Jamnalal Bajaj Institute Chennai. His burning desire is to help the society. He's leading a peaceful life with his wife Smt. Ananthalakshimi. He does not have any secrets which no one knows.



Let your age go old,
but not your heart...

Friendly residents – helpful attendants - that is Sukh Shanthi

Mrs. KAMALINI BALU RAO

DOB : 29.02.1936



Sukhshanthi in an ideal place for those elder who are young at heart , though their boides may not be cooperating with them, for deep introspection, pursuer your passion like music ,reading,gardening and hard watching .

Friendly people residing here and the helpful attendants all contribute to make your stay at sukhshanthi a very pleasant one. What more do you want at the fag end of your life. It makes you all the more humble and grateful. I intend to make full use of my stay here. pleasant braze ,bright sunshine and the glorious sun set with all its colourful pattern no less than a painting all help your to forget the busy bad world and leaves you

craving to go deeper to find the real you. Praying for the fulfilment of their craving not only in me but in all other residents of sukhshanthi also.



A good life is when you smile often, dream big, laugh a lot, and realize how blessed you are for what you have.



Growing old is mandatory.

Growing up is optional.

I was Born in Bangalore, an father an engineer had transferable job, so education at several places did B.A privately from Nagpur university. It's my privilege to be the granddaughter of LATE.SRI.B.M .SHRIRAILIA a great writer in kannada and English and a greater activist who worked hard for united Karnataka and wife of LATE.SHRI.SBALU RAO a poet writing in kannada and English. My only claim to fame in i am a good human being!

"Sukhshanthi" The 3 C's - Compassion, Concern and Care

SukhShanthi – what's in a name...


Very rarely does a place truly live up to its name and justify it. At Sukhshanthi Apartments there is both Sukh and Shanthi.

The two major factors enabling this are the external environment of greenery with only the gentle ripple of tree leaves and branches in a gentle breeze. The sun rises and sets to a chorus of bird song.



The infrastructure is more than comfortable which offers a well stocked library, a first rate gym, a games room and a dining hall where the menu's are as nutritious and balanced as they are tasty. Residents of Sukhshanthi are free to make as much or as little use of these facilities to socialise as they wish. Compulsion of any kind is totally an alien concept at Sukhshanthi.

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This is entirely internal as a special atmosphere of relaxed informality where smiles, greetings and friendly conversations just happen naturally.. This special atmosphere results largely due to a combination of professionalism & efficiency with a genuinely meant friendly and customers caring attitude of the staff ranging from young security men, the housing services ladies, the kitchen staff, right up to senior management.

Most recent experience of recovering from a shoulder injury brought to the surface which makes Sukhshanthi what it is : The 3 C's - Compassion, Concern and Care - on the part of fellow residents and staff members.

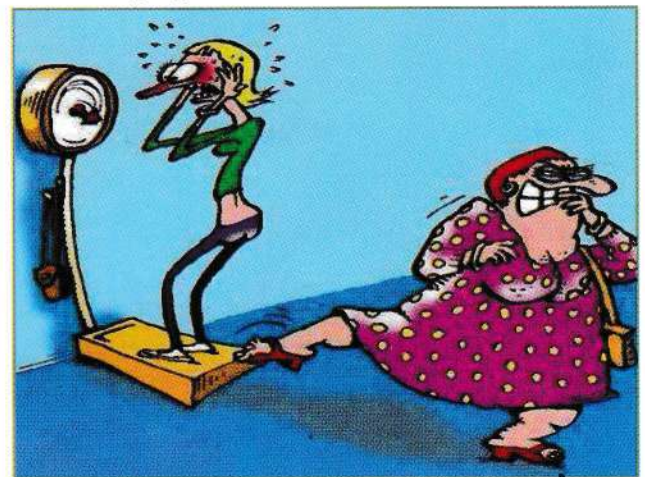
Making use of the dining hall was difficult due to injury, the food was sent to the guest apartment for privacy & comfort. The Sukhshanthi nurse tended to the shoulder harness every other day while the manager personally saw to that, what was needed was present and functional in the apartment. Thankfully the attention of an "on Call" doctor was not needed neither was the stand by ambulance required.

Subsequent review visits to the hospital in Bangalore were facilitated by Sukhshanthi's own jeep transport on a "door to door" basis as and when required (booked in advance). The cost was the same as that of a taxi but with the bonus of more than a helpful driver... stopping where ever required for any purchases necessary.

All the while fellow residents of acquaintance enquire after the injury with words of comfort and encouragement while every staff member responded with care and attention well above the call of duty.

Whether likely or not the inevitable feeling engender was that in such a conducive atmosphere of 'Sukh' and 'Shanthi' the injury was going to heal sooner than later.

In Summary: At Sukhshanthi both aspects of life, the mental and the physical, the internal and the external seems to take care of themselves, one improving and encouraging the other.



"Three Senior Pals"

Three seniors are out for a stroll.
One of them remarks, "It's windy."
"Another reply, "No way.It's
Thursday". The last one says,"Me too.
Let's have a soda."

Harish Sharma is a postgraduate of The National Film & Television School, England. He has previously taught Film Studies, Screenplay Writing & Narrative Structures at Rewley House, Oxford University. Currently he is a full time writer of fiction and divides his time between Bagalur, Bangalore and Oxford.

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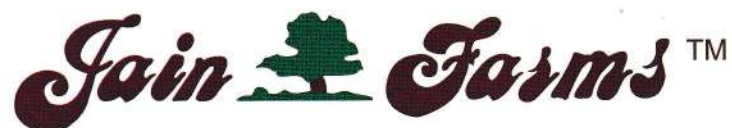
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" Excellence in studies" ceremony in Boys and Girls School – Bagalur

It has been decided by Jain Farms to introduce awards to school children excelling in studies in 10th, 11th and 12th Final Examinations. The aim is to create interest and as an incentive to all children to take studies seriously and do well to win these awards which will help in improving the standards of both children and the school.



With above in mind, following awards have been introduced:
All children standing first, second & third in 10th, 11th & 12th standards will get a certificate & 25 to 30 grams pure silver medal costing about Rs.1000/- each.



“ Excellence in studies” ceremony in Boys and Girls School – Bagalur Continued...



The child standing First in 12th Standard gets rolling trophy with his name inscribed on it & prominently displayed in the office of Headmaster/Headmistress of the school.



“ Excellence in studies” ceremony in Boys and Girls School – Bagalur

The student standing first in 12th gets a Cash Award of Rs 10,000/- in the form of a DD so that the money goes into his account.

In addition to the above all students obtaining 100 out of 100 in mathematics in 10th, 11th & 12th get a certificate and the silver medal.

Finally these awards will be given out in a colorful ceremony in front of the whole school so that the recipients of these awards are seen by all students and the importance that is given for achieving these positions.

On 12th Sep 2014, this year's awards presentation ceremony was organized at Boys Higher Secondary School at 1100 hrs and in Girls Higher Secondary School at 1600 hrs. This being an in house function the chief guest for the Boys school was Mr. Mangal Chand Jain, the Managing Director of Jain Farms and guest of Honor was Mr. Muniappa from Belathur village. In the Girls School the chief guest was the MD of Jain Farms and the guest of Honor was Mr. Ramesh, Panchayat President of Belathur constituency.



The uniqueness & high light of this ceremony was for the first time In Bagalur, the table drill was introduced which was a novel experience for students of both schools where in smartly dressed security guards of Jain Farms bring in the table with the awards in perfect movement, place the table in front of the chief guest and give a smart salute and go out. The children liked the drill movements and erupted with spontaneous clapping.

Retirement is not a calamity but an opportunity.

Living happily After Retirement

(Speech by P.P. Ramachandran Veteran of Reserve Bank of India - Post graduate in Economics from the Bombay University. After serving in the Reserve Bank for forty long years, he retired at the age of 60 - a speech given at a Senior Citizen's Association in Bombay, India.)

Thank you Senior Citizen's Association for having invited me and giving me an opportunity to be with all of you this evening. Now, I will share with you some of my personal beliefs on the subject allotted to me, "Living Happily after Retirement". Retirement is a problem peculiar to our generation. In the times of our fathers and grandfathers, retirement was not much of a problem.

There are three reasons for this.

First, Life Expectancy.

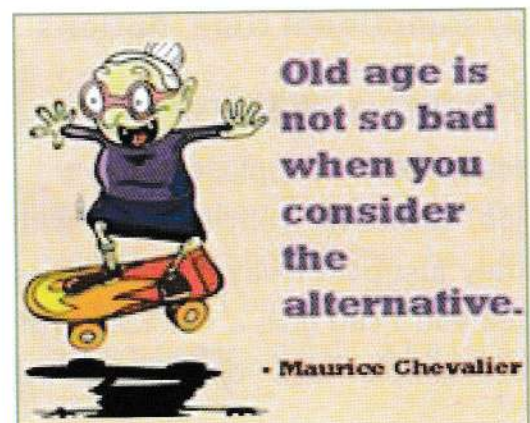
Fifty years ago, the life expectancy at the age of retirement was fixed at 55 or at most 60. A study of Government records revealed that very few people enjoyed a pension for more than five years at that time. Most people died before sixty and consequently spending five years after retirement did not pose any major problem. To Day Life Expectancy after retirement at 58 or 60 - is 75 years which means half of your working life is still left after retirement. To give you an example two Senior Officers of Reserve Bank of India (RBI) died at 93 years—35 years after retirement.

The second reason is the change in the family structure.

Half a century ago, most people were in a joint extended family. The day you laid down office, you still had a large family around you. Surely, in a large family there was always something you could do that was meaningful and made you feel you were contributing to the family. Today the family has become nuclear—husband, wife, and children. By the time one retires, the children have gone away. In good old times, daughters used to get married and promptly go away. Nowadays sons get married and very often shift out to stay with their wife from the first night itself! What is left is the old couple — you for me and me for you. This is not particularly easy to accept and adjust to after retirement.

The third reason is the problem of "Roots."

In the old days, people used to have a "native place" and an "ancestral home". They looked forward to going there and settling down after retirement.



Today, there is nothing left in terms of native place. People often are confused as to where to settle.

These three problems make retirement planning a crucial item. If you have planned for retirement you can anticipate and tackle these problems. People are not accustomed to the idea of staying by themselves. If one asks an audience of prospective retirees and their wives, "How many of you expect to stay after retirement with your children, hardly one hand goes up." If some husband raises his hand, his wife immediately slaps it down saying, "I'll be damned if I am going to stay with my daughter-in-law!" So it is a tough problem to think about old people staying—just the two of them. This makes planning all the more significant.

The most difficult problem that we face after retirement is the psychological one.

The most immediate problem on retirement is time-management.

There are two solutions to the above problem.

1st option is to continue to do the same work one was doing at the time of retirement.

The 2nd option is to do something different, i.e. option to get another job.

The retired official is likely to fall into four dysfunctional time options.

The first is "Withdrawal"

Many retired people, the day they retire from their job, withdraw from life and within a few months they just pass away. When you ask a doctor he will tell you I can give a medical term but this is a case of "simple lack of will to live".

The second is time management option "Ritual"

A person can create a ritual for himself. He gets up at a specific time, does different activities at a specific time and this invariably results in misery for others if that specific time frame is not adhered to. While he has in essence nothing to do, he is trying to make his activities meaningful. This leads to a meaningless ritual.

The third option is "Pastime"

Many people get together and embark on a combined ritual which is called pastime. This too does not add to the meaningfulness of life.

The last option turns out to be even mischievous - "Playing Games"

It is playing games — not physical ones like badminton, tennis but psychological ones where you try to manipulate people, get into their problems, complicate them and generally enlarge the tension around you. Many a respectable person indulges in this and creates problems where none existed.

The alternative to these are Functional options

1. Become a Consultant.
2. Start your own Business or Industry.
3. Involve in professional activities.
4. Get into spiritual activities.
5. Cultivate a Hobby.

We live in three Box.

First is the Box of Learning, which starts from birth and goes on till 20 plus.

Second is the Box of Work which commences at 20 plus and goes on up to 58 or 60 — the age of retirement.

Third is the Box of Leisure.

When we are in the Box of Work what is significant is Status, Prestige, Power—all these we aspire for and it is what we get from working life. The more we get, the happier we are. The day we retire, we move into Box 3 —the one of Leisure. If we have to enjoy this we have to change our psychological position and appreciate creativity, autonomy and integrity.

When you were a small child of two or three, did status, prestige or money mean anything? What you wanted was autonomy, creativity. A child is always creative.



It enjoys creativity. One example. When visitors come you ask your child, "Pushpa, sing 'Twinkle Twinkle Little Star' ". She will not sing. You shout at her. You tell your visitors proudly she is three only and knows twelve nursery songs. The moment the guests are gone and your maid comes for cleaning, your daughter will sing to her all the twelve songs. The child has its own values!

By the time we enter the Box of Work, values change. We are not taught to respect our autonomy but fall in line—conformity is the rule. If the son plays the violin, his mother will come and tell him, "Playing the Violin now? Study now. Your exam is coming and you must do well. Getting into university and getting a good education is so very important.. Life is competitive, dear son."

When we enter the Box of Leisure, values change. Your psychological position has to change too. New values of creativity, integrity and autonomy emerge. Hobbies are an excellent way of getting Leisure Value. Everybody must identify his hobby that he can enjoy. Don't bother about Power, prestige and status.

Retirement is not a calamity but an opportunity. Continue...

An individual can live in one box only or interchange or combine the boxes. You can have learning, work and leisure together. One can even take up a hobby that is financially productive. As time passes one learns.

The real problem of retirement is that people refuse to face the problem. The mantra is "Let us cross the bridge when we come to it." This is not correct and is not encouraged. Since we live in three Boxes we must prepare ourselves for crossing from one to the other.

Structuring our time is the prime requirement. In the beginning, you are contributing to Value.

Think of Transfer Value. After retirement you can think of Leisure Value. Develop good hobbies which incorporate your creativity, autonomy and integrity. I have taken up writing. (Rajaji, Kalam and H R F Keating.)

You will lead a happy life.

Retirement is not adding "Years to your Life but adding Life to your Years". Retirement is not a calamity but an opportunity.

I would like to advocate some basic qualities one must cultivate.

- There are two ways to look at every situation in life. Is the cup half empty or is the cup half full.
- Believe in yourself and your values
- Don't sell out when things go wrong.

- Don't let anything get you down. Always bounce back.

- Set goals for your future and never settle for anything less.

- Realize that there are others in this world with bigger problems than you.

- Appreciate the good things of life - Sunrise, Sunset, Flowers, Birds, Good Healthy Food, Exercise, Travel etc.

- Be thankful for the good times you have with your loved ones. Spend more time with your family and friends. Make new friends with younger people.

- Spend more time with your family and friends. Make new friends with younger people.

- Appreciate the simple things of Life and don't get caught up in the material things of life.

- Be an optimist and see the Cup as being Half Full.



Retirement is not a calamity but an opportunity. Continue...

You can make the world a better place to live by simply making yourself a happier person.

Let me conclude with an allegorical story.

First God created the Cow and said, "You must go with farmer daily to the field all day long and suffer under the Sun, have calves, give milk and help the farmer. I give you a span of sixty years." The Cow said, "That's surely tough. Give me only twenty years. I give back forty years.

On Day Two God created the Dog and told him, "Sit all day by the door of your house and bark at strangers. I give you a span of twenty years." The Dog said, "Too long time for barking. I give up ten years.

On the third day God created the Monkey and said to him, "Entertain people. Make them laugh. I give you Twenty years." The Monkey said to God, "How boring, Monkey tricks for twenty years. Give me only Ten years". Lord agreed. On the fourth day God created Man. He told him, "Eat, sleep, play, enjoy and do nothing. I will give you twenty years.

"Man said, "Only twenty years. No way. I will take my Twenty and give me the Forty the cow gave back, the Ten that the Monkey returned, and the Ten the Dog surrendered. That makes eighty. OK?" OK said God.

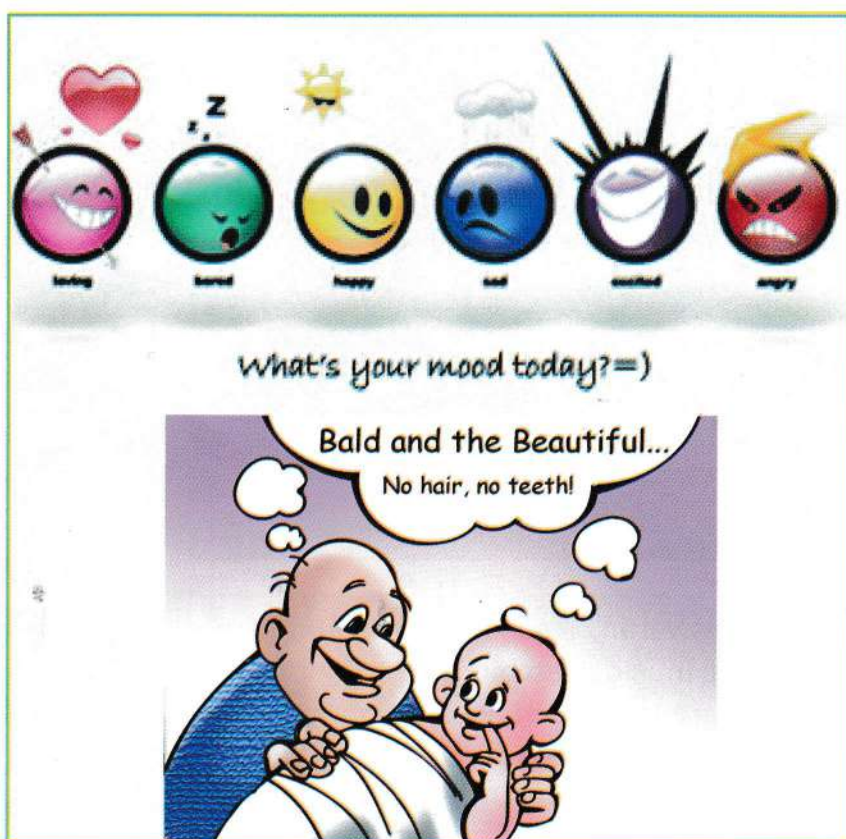
That is why for the first twenty years we sleep, play, enjoy and do nothing.

For the next forty years we slave in the sun and at work to support our family.

For the next ten years we do monkey tricks to entertain our grandchildren.

And for the last ten years we sit in front of the house and bark at everybody.

Thank you all, may you all live to a 100. Go



SukhShanthi nature by itself & good health

Mr. Nageshwaran, a resident narrates how his life became peaceful after coming to Sukhshanthi "Away from Bangalore city life where I stayed for about 45 years,,,,, 50 years ago Bangalore was like Bagalur, only retired people would come to enjoy their life. But over a period of time, people from different cities attracted towards Bangalore for its modernization & for good infrastructural facilities. Due to this Bangalore has changed drastically into a place of pollution, too much of traffic & has become very congested. We inhale polluted air & fall sick constantly. We are not able to go out of the house & enjoy the life, in fact I would say there is no life in Bangalore anymore.

Now at SukhShanthi, I can go for a walk whenever I want & can breathe fresh air. The flats & the amenities etc are the same as any city flats but few added things here are senior friendly. I am extremely healthy here, I am able to breathe good air, where as in the city life I had to close my doors & window's all the time to avoid the polluted air, the traffic noise which would disturb my afternoon nap. But at Sukhshanthi I can keep my doors & windows open at any point of time so that the fresh air let in.

Mrs. Nageshwaran Say's: "I personally feel its extra positive atmosphere where we can mingle with senior people and can help them. So, I feel I am fortunate enough at this age to help somebody who is older than me".



Mr. Nageswaran, Mechanical graduate from BMS College of Engineering, Bangalore, likes soft music, watching TV & light reading, indoor sports like TT is a must. His life time desire is to be in association with Lord Krishna. His wife Mrs. Uma Nageswaran is a B.Com., B.Ed graduate & a religious person who likes to sing the songs on lord Krishna.

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I recommend taking their services whenever you need. Doing business with my chapter members is like doing business with a friend. You may contact them for any services.

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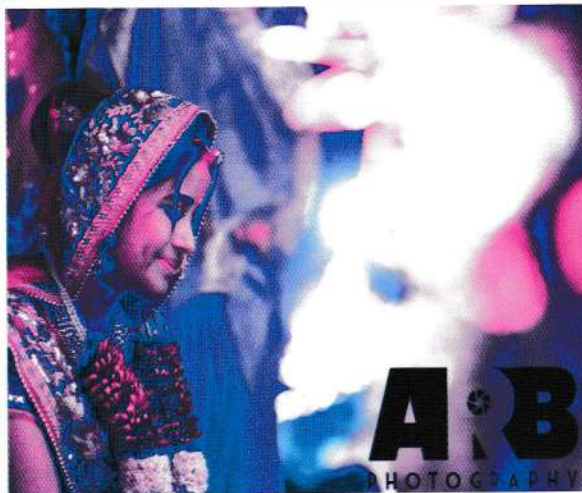
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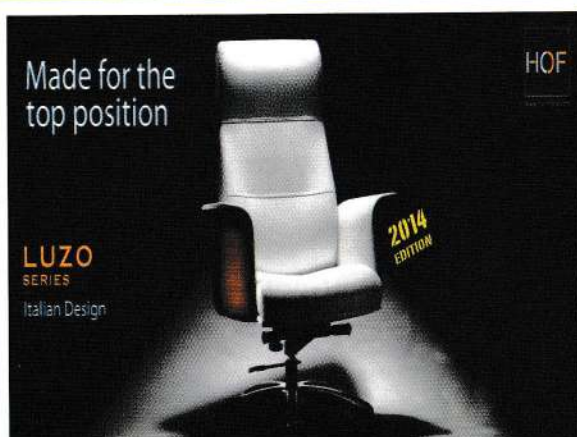
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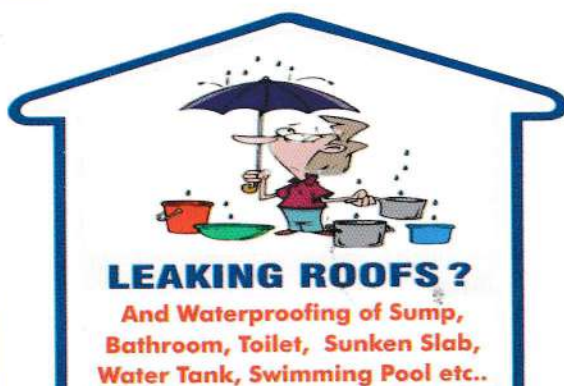


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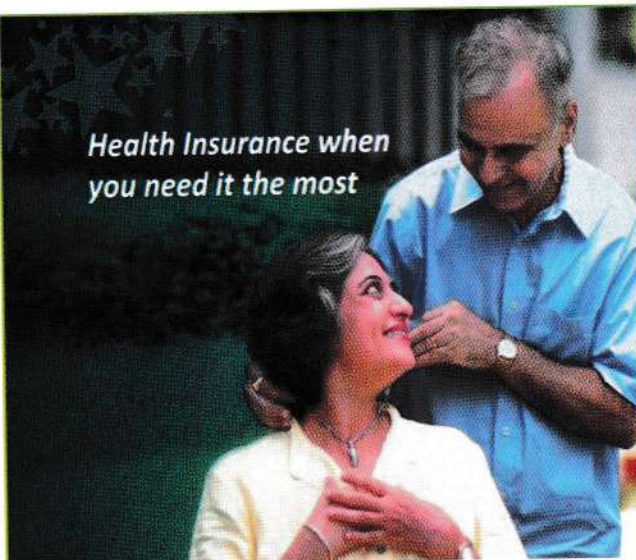
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