

स्वास्थ्य रक्षा एवं दीर्घायु आश्रम  
*HEALTH CARE & LONGEVITY HOMES*



**Veteran KPS Parmar**



**Er. Dr. S.P. Sharma**

**The RRD Education and Charitable Trust**

VILL. UDAYPUR KHURD, NEAR ANUPSHAHR, DISTT. BULAND SHAHR, UP.

Website: [www.lifeline400.com](http://www.lifeline400.com), Email: [lifeline400club@gmail.com](mailto:lifeline400club@gmail.com)

Jointly promoted by: Veteran KPS Parmar, VSM, Ex-Army, ph: +919810486293

Er. Dr S.P.Sharma, Ex-GM, NTPC ltd. ph: +919650999196

# The Concept- Collective Natural Engagement

Every body wish to live as long a life as possible with the perfect health conditions. It is a concept of engaging retired people in some natural activities to achieve longevity of life with a healthy mind and good physique. The plots of 1000 sq yd shall be sold to individual people and Organic farming shall be arranged by employing common labour people. Every plot shall have one duplex house of in 100 sq yd plot with a covered area of 1400 sqft with 2 beds, 2baths, drg/din, kitchen facility, which shall be built as per requirement of the individual, for long term stay and food requirements. Efforts will be made to produce own requirement of vegetables and fruits.



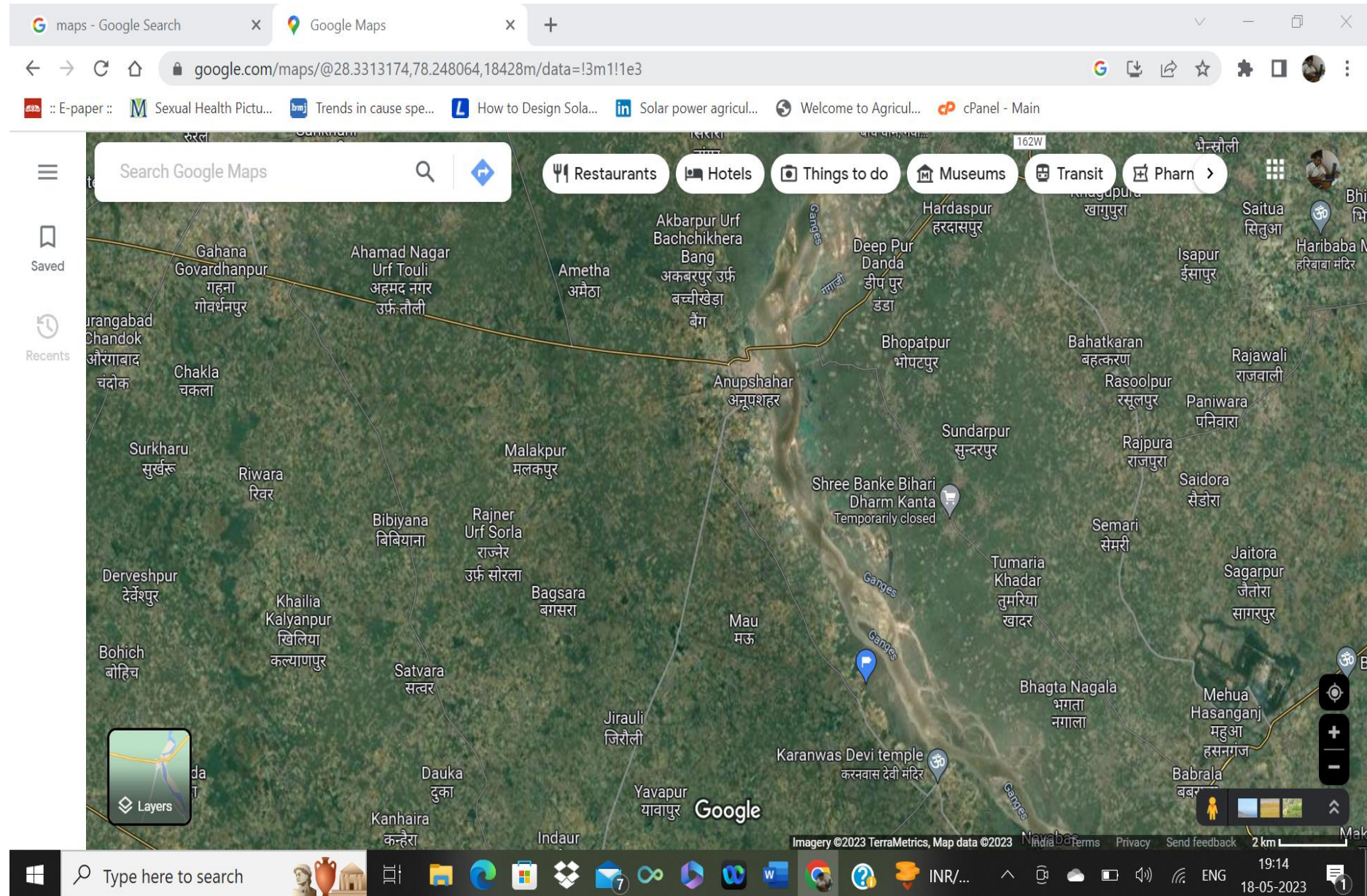
# Human Longevity

**Devraha Baba ended his own life in Prayag after living for 400 yrs, MIT research says that he lived for 250+ years. In India a Poojari in Kashi is 126 years old and recorded in Guinness world record book as oldest man of the world. Life expectancy in Japan is 102 years, India 69 years. Persons living in Mumbai have a life expectancy of 52 years whereas rural India has 80 years. Death rate in productive age 20-60 years is 4 per thousand where as overall death rate in India is 7 per thousand persons. There are 4 major reasons of death in old age are Air Pollution, Food adulteration, water impurities and lonely ness. Longevity is an individual choice.**



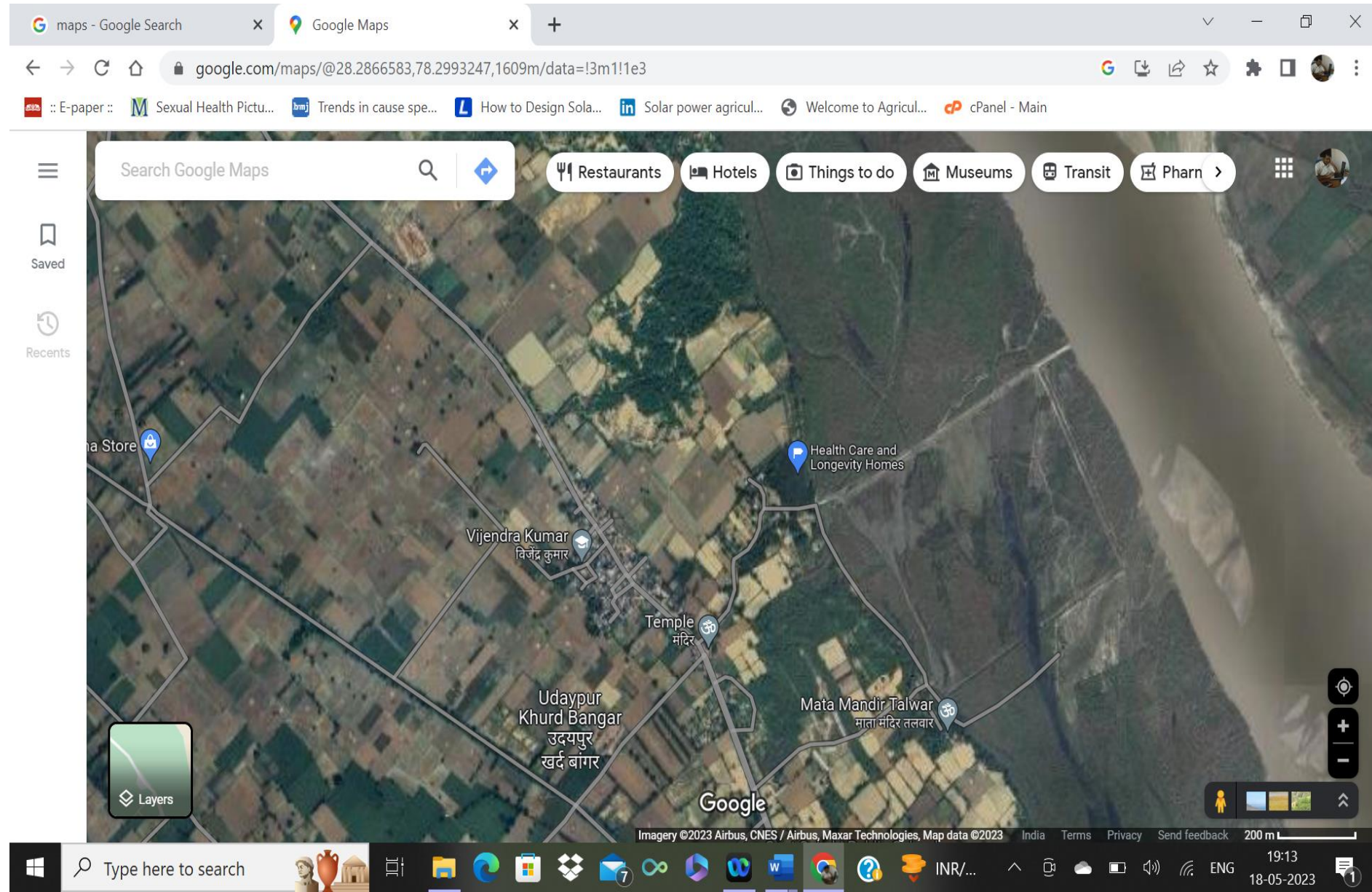
# Health Care & Longevity Homes Location

Location of the longevity homes is on the banks of river Ganga in Village Udaypur Khurd, Tehsil-Anupshahr, Distt. Bulandshahr. The site is almost 90 Km from Delhi via Bulandshahr, travel time approx..2.5 hrs. thru highways.



# Health Care & Longevity Homes Location

Location of the longevity homes is on the banks of river Ganga in Village Udaypur Khurd, Tehsil-Anupshahr, Distt. Bulandshahr. The site is almost 90 Km from Delhi via Bulandshahr, travel time approx..2.5 hrs. thru highways.



# Site Activity Photos



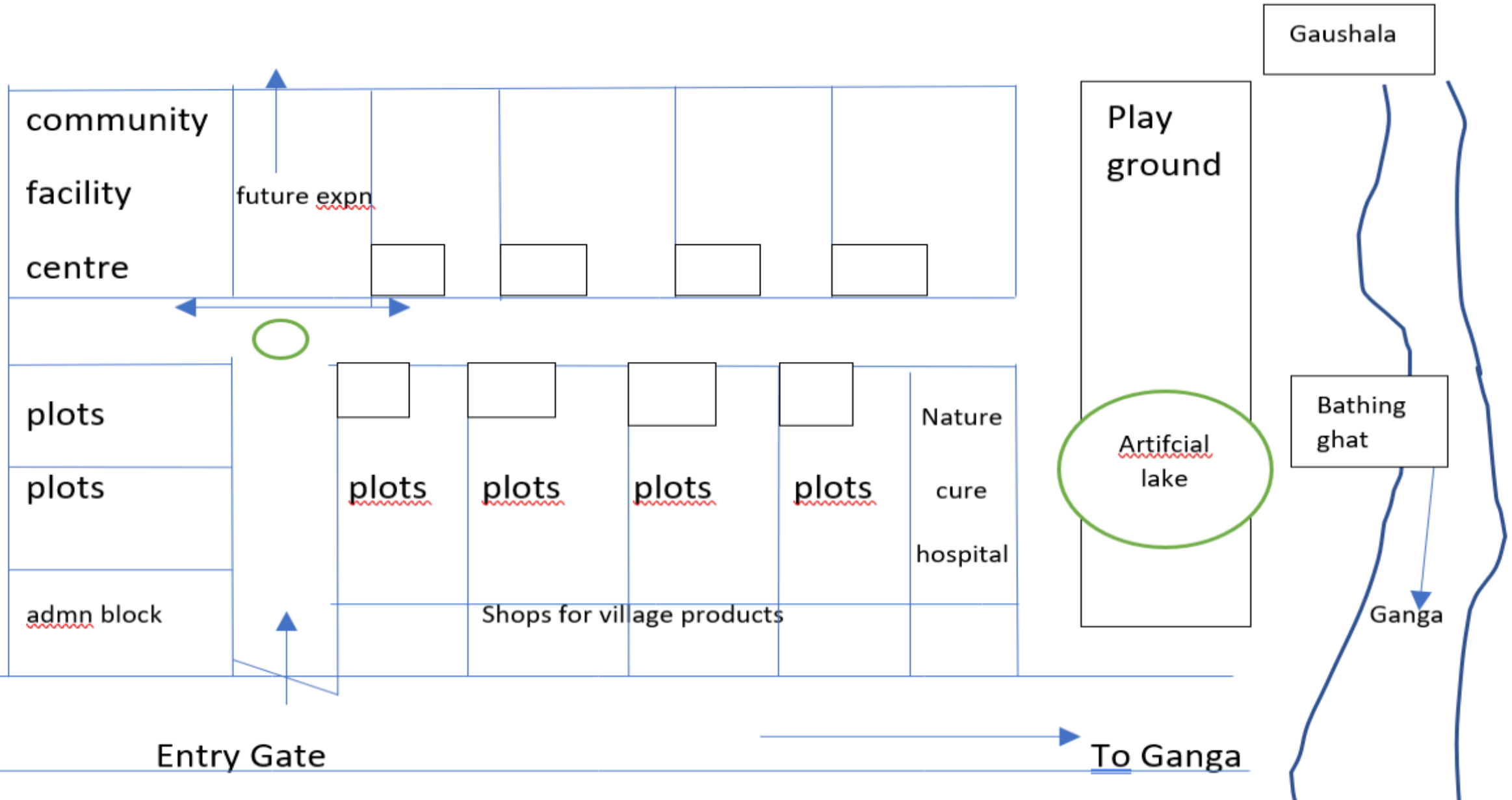
# Options- available

**Option-1-** 1000 Sq yd farming plot with a hut (optional). This option is good for the persons who wish to engage in natural farming and produce their own food requirement or for selling the surplus to society.

**Option-2-** 500 sq ft studio rooms on deposit basis. This option is good for retired persons who wish to make a second home for frequent enjoyment of changed environment. The persons have option to move out of the campus as and when they want and take back their deposit amount.

**Option-3-** 500 sq ft studio rooms on rental basis. This option is good for short term health benefits in the pure environment.<sup>7</sup>

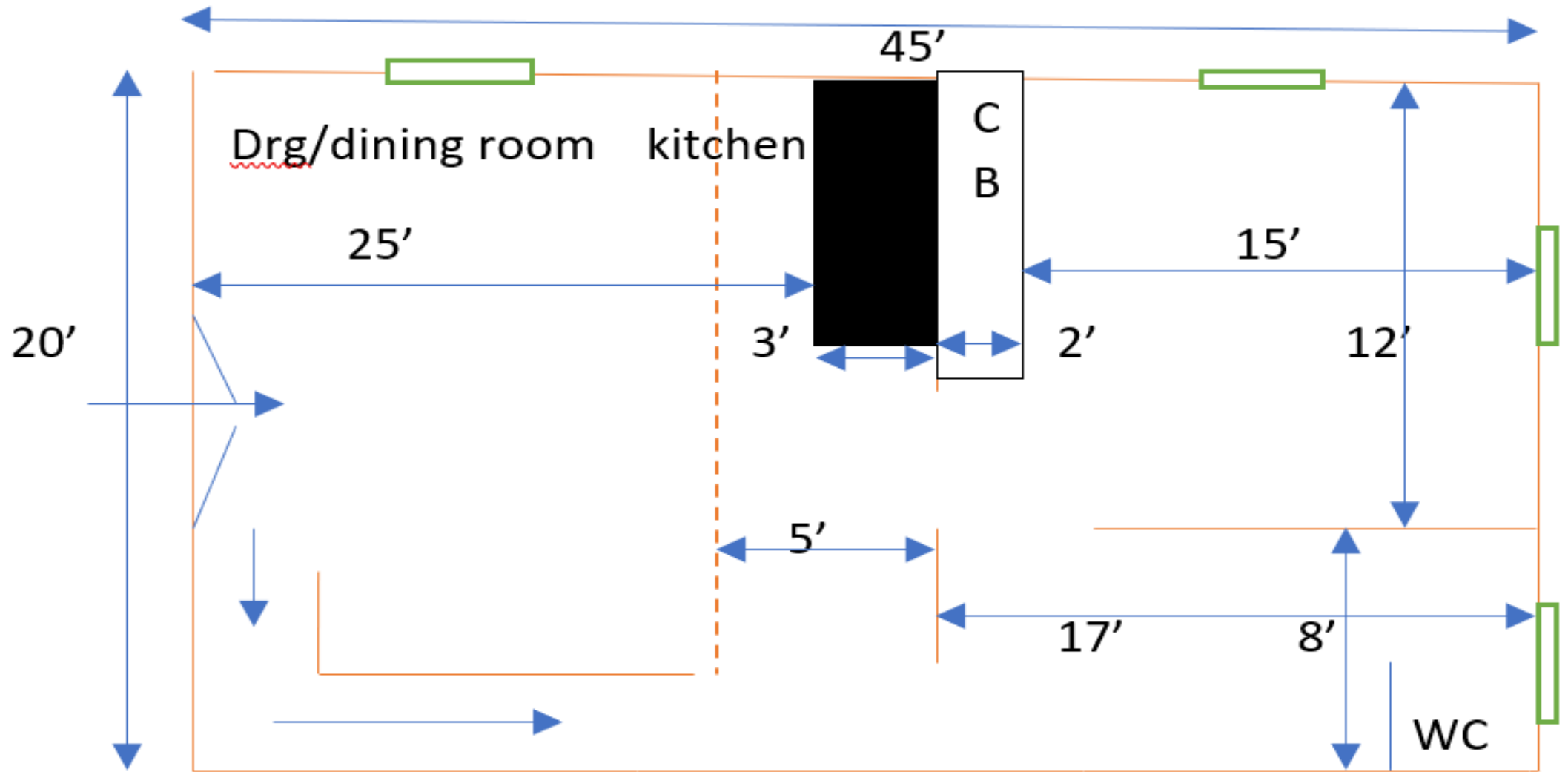
# General Layout





# Duplex Farm house

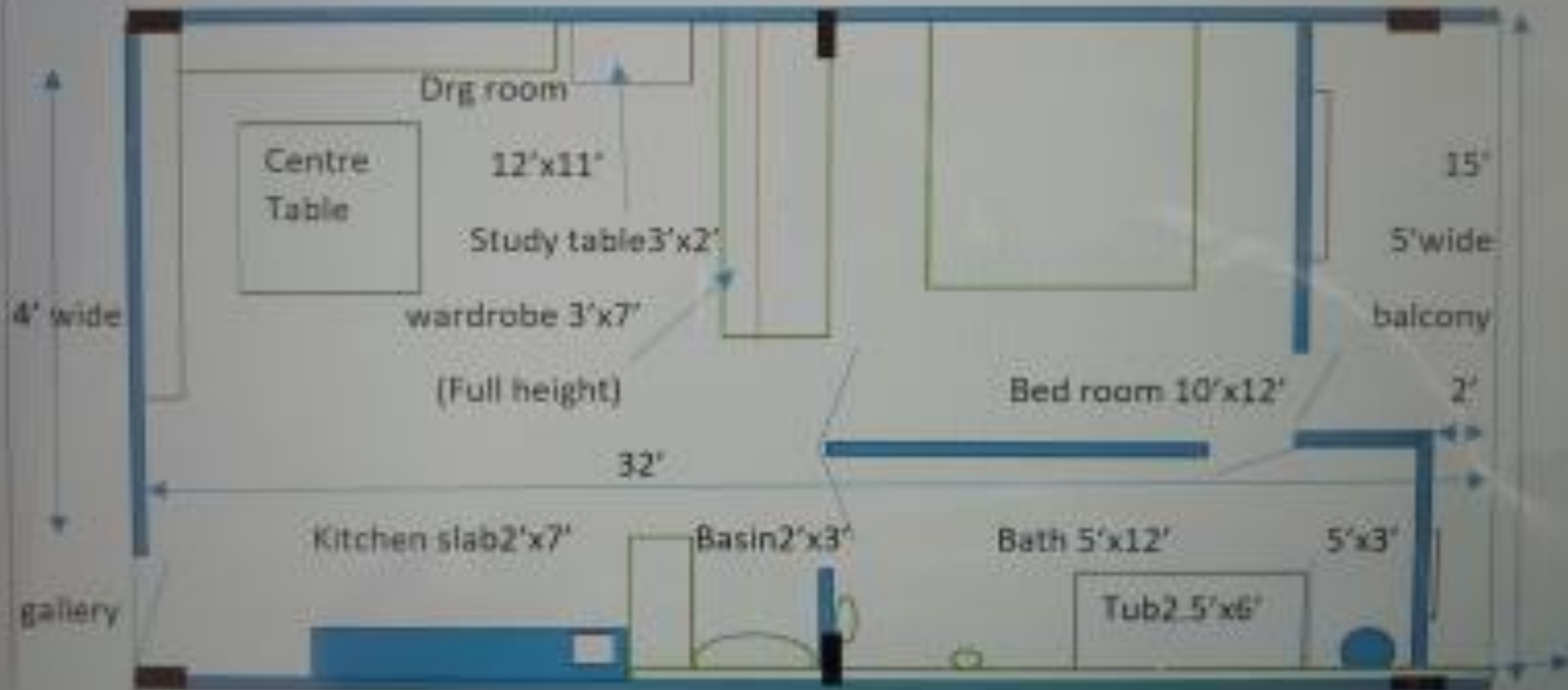
Duplex house 100 sq yd (as per order) covered area 1400 sq ft



○

# Studio Room Layout

The room layout-



# Common Facilities

Following facilities shall be provided to the inmates on chargeable basis:

House Cleaning & Clothes washing

Common mess facility

Healthcare facility

Ambulance facility

Group cultural / entertainment activities

Group tours in country and outside country

Research and Development facility

Children Coaching and Library facility

Voluntary engagement in social activities

Health Longevity assessment and Training

# Special Facilities

A fully gated society with water and power facilities. Effort shall be made to use own generated solar/ renewable power.

A playground/ Artificial Lake near Ganga river.

A bathing Ghat on the banks of river Ganga

A community recreation centre for various programmes for individual and public gathering.

Nature Cure Hospital in the campus.

Healthcare facilities such as naturopathy and other medical facilities shall be provided. For major illness, JP Hospital is nearby around 8 kms for any emergency.

# Community Rules and Regulations

The common services like security, water supply and street lighting etc. shall be shared by all the permanent members of the club. Present sharing amount will be Rs.1000/- per month from the date of joining.

Only Hindu festivals shall be celebrated in the campus.

Only vegetarian foods shall be allowed/ served in the campus.

No smoking / Gutka / Pan Mashala shall be allowed inside campus.

No public party shall be allowed with hot drinks, however, people can have small parties in their allotted area without disturbing other's peace.

No loudspeaker shall be allowed in the campus.

# Payment Plans

For agriculture plot purchase- Rs.15 Lacs (one-time payment)

For construction of duplex house in 100 sq yd plot size (covered area 1400 sq ft)- Rs.30 Lacs (in instalment stages of 1 years).

For booking Studio rooms on deposit basis, Rs. 15 lacs in instalments stages in one year.

For booking Studio rooms on rent basis, Rs.1.0 Lac deposit in one instalment. The actual rent amount shall be adjusted against the deposit. Present monthly rent of the studio room is estimated as Rs.15,000/- plus electricity charges on actual basis.

# Nature Cure Hospital (Planned)



# Artificial Lake (Planned)





# Contact Persons

Veteran KPS Parmar, VSM, Ex-Army, ph.9810486293,  
Er. Dr. S.P.Sharma, Ex-GM, NTPC Ltd. ph:+919650999196

ON-LINE chat  
WHATSAPP NO. (+91) 9650999196,  
email- lifeline400club@gmail.com  
[www.lifeline400.com](http://www.lifeline400.com)