

An oasis amid an urban jungle

WHEN NATURE CALLS

Bestech Grand Spa located in the newly developing sectors offers its residents a chance to be closer to nature



BESTECH GRAND SPA, SEC 81

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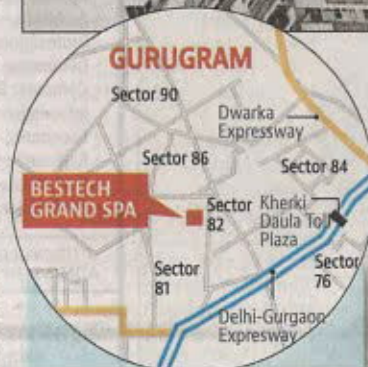
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GURUGRAM: Close to Badha village, there lies a group of urban residential colonies. An increasing number of people are shifting to these colonies to be closer to nature. The residents of Bestech Grand Spa in Sector 81 are no different. The apartments on the top floors of the society offer sweeping views of the newly developing sectors of the city and the surrounding plots of farms and green fields.

Bestech Grand Spa has 10 towers of at least 20 floors each. Apart from three and four BHK apartments, the residency also features duplex penthouses with private pools, as well as five villas. Each apartment has been meticulously designed and features multiple balconies with cross ventilation and panoramic views of the surrounding areas.

The clubhouse, named Club Signature, features pool, spa, salon, gymnasium, card room, community hall, multi-cuisine restaurant and facilities for table tennis, yoga and aerobics. Residents are often seen lounging in the club's sitting area early in the morning and evening. "I like to read my paper here. It is a habit I developed since I moved here almost a year back," said Ashok Gaba, a senior resident. Adjacent to the clubhouse, there is a basketball court, along with a cricket pitch and badminton and lawn tennis courts.

The central lawn is spread over an area of 8 acres. It features plants like champa, night-blooming jasmine, spider lily, among others. It also features an expansive blue-tiled water body, which is flanked by yoga decks for residents to stretch and de-stress. Surrounding the waterbody are multiple small and large water fountains. At one end of the waterbody, there are four water guns, which shoot water towards a mini island filled with trees and shrubs. Cobble tracks surround the waterbody in a zig-zag pattern. Multiple seating areas, benches



The apartments on the top floors of the condominium offer sweeping views of the new sectors of the city and the surrounding plots of farms and green fields.



WHAT'S UNIQUE



and sheltered coves have been constructed for residents to sit and enjoy the greenery. "I often come out for walks," said Manjeet Singh, a resident.

The property also features an open-air amphitheatre with grass-lined edges on the steps. The space over the past one year has seen multiple celebrations during Holi, Teej, Diwali, New Year and others. "The recently concluded Teej celebrations included a bonfire. On Holi, there was a grand party, which featured a Bhangra performance," said Jalees Syed, deputy manager of the property.

The maintenance of the residency is currently being handled by the builders. However, it is soon to be handed over to the society's resident's welfare association (RWA), said Sanjay Kaul. "The RWA has been registered and we are expecting the builder to hand us over the upkeep of the property in around three weeks," said Kaul. The residents hold regular meetings with the management, during which they bring up issues being faced by residents. "We need a power sub-station for the developing sectors of Gurugram," said Himanshu Priyadarshi, a resident. He added that residents also need a better supply of treated water.

CONDO CARD

18 acres
Area of the condominium

810 residents

599
3, 4 BHK apartments, penthouses, villas

₹1.8 cr
Starting cost of an apartment

₹29,000 onwards
Monthly rental

₹3.00 per sq ft
Maintenance charges

SOCIAL MEDIA GROUPS:
None



The clubhouse, named Club Signature, features pool, spa, gymnasium, community hall, and restaurant. The property also features an expansive blue-tiled water body, flanked by yoga decks. **PARVEEN KUMAR/HT PHOTOS**



condominium features a blue-tiled infinity pool, flanked on the sides by yoga decks for residents to stretch and practise de-stressing exercises.

ACTIVITIES



The society has a 1.5-km-long jogging track. Every day, residents of the condominium can be seen using the track for morning walks.

society superstars



HIMANSHU PRIYADARSHI

Himanshu Priyadarshi shifted to the residency only eight months ago and instantly fell in love with the society's greenery. The panoramic view of the central lawn offered by the balcony of his apartment is what attracted him to the residency in the first place. "You can enjoy the view from the balcony. The greenery offers an escape from the concrete jungle of the city," said Priyadarshi. He has been actively working to solve the lingering problems faced by the residents of the society and works closely with the management to resolve the issues. Power and supply of treated water are two of the main issues faced by the residents.



SANJAY KAUL

Sanjay Kaul was the second resident to shift to the condominium. Since 2017, he has seen the society grow in strength. "The central lawn is my favourite part of the residency. You can simply while away your time here, breathing in the fresh air and enjoying the green grass. The beautiful green lawn makes it a fabulous space to de-stress. The water fountains add to the serenity of the environment," said the 57-year-old resident. Kaul has also been proactive in forming the society's residents' welfare association. He serves as the link between the management and the residents, and bring forward issues concerning the latter.

Reluctance to vaccinate children continues in spite of its ample benefits

HEALTH WISE



SANCHITA SHARMA

Delhi became the 24th state this week to make rotavirus vaccination against severe diarrhoea a part of the routine immunisation programme. Three doses of five drops given at age 6 weeks, 10 weeks and 14 weeks protect children against severe diarrhoea, which leads to an estimated 80,000 deaths, 900,000 hospital admissions, and 32.7 lakh clinical every year.

Vaccines have prevented 10 million deaths and protected millions more from debilitating illnesses such as pneumonia, diarrhoea, whooping cough,

measles, and polio between 2010 and 2015, according to the World Health Organisation (WHO), which called immunisation "one of the biggest successes of modern medicine". But vaccine hesitancy, or the reluctance or refusal to vaccinate despite availability and affordability, is leading to a resurgence of vaccine-preventable diseases worldwide, which has prompted WHO to list it as one of the top 10 threats to global health in 2019.

Rumour has led to a spurt in polio cases in Pakistan, which has reported 53 cases to date this year compared to 12 in all of 2018. Polio vaccination led to a 99% drop in polio cases within three decades, with cases declining from 350,000 cases in 1988 to 33 in 2018. In 2019, vaccine hesitancy in Pakistan has

led to 65 cases till August 7 in two endemic countries of Pakistan (53), and Afghanistan (12).

To ensure an outbreak in Pakistan does not threaten India's polio-free status – the last polio case was in West Bengal in January 13, 2011 – everyone crossing the land border with Pakistan, Nepal and Bangladesh is vaccinated. A vaccination certificate irrespective of age at least four weeks before travel is a visa requisite for all international visitors to and from polio-affected Afghanistan, Nigeria, Pakistan, Ethiopia, Kenya, Somalia and Syria.

Despite eradication, one national and two sub-national rounds of polio vaccination is continuing, along with surveillance for acute flaccid polio infection in children and environmental sampling for wild



With fake news doing the rounds, debunking rumours about vaccination with facts has to be a part of public health policy. **HT**

polio virus in 51 sites. For every one polio case, there are 100-2,000 people are infected but don't develop symptoms. Since the polio virus multiplies in gut, even asymptomatic infected people shed the virus in their faeces, which can be detected

from testing sewage.

India has the world's largest immunisation programme that vaccinates an annual birth cohort of 26.7 million children against 12 vaccine-preventable diseases, of which 10 are given nationwide. Sub-national

immunisation includes vaccination against Japanese Encephalitis in endemic areas, and pneumococcal vaccine given in five states since 2017 to protect children against severe pneumonia and some ear infections.

This has led to improvements in child health, indicated by decline in under-5 mortality (U5-MR) rate from 43 in 2015 to 39 per 1,000 births in 2016. Around 98% children are vaccinated at least once, of which 70% are fully immunised, 28% miss some vaccines, and 2% don't get vaccinated at all.

A deeper dive into data shows vaccination rates vary substantially by geography, gender, mother's education and income, with U5-MR being 37 for boys and 41 for girls. Even in low-income areas and urban

slums in Delhi, 78 girls were fully immunised for every 100 boys.

Fake news is adding further hurdles to end measles-rubella using the MR vaccine, which is being given in 32 states and union territories with 95-96% coverage. The only states left are West Bengal and Delhi, where vaccination in schools was stopped following safety concerns that led to Delhi High Court ruling that parental consent is a must to vaccinate children. Unlike viruses such as influenza, Nipah, Zika and Ebola, humans are the only natural reservoirs of the smallpox, polio and measles-rubella viruses, which makes it possible to eradicate and control them. The smallpox vaccine globally eradicated smallpox in 1979, which killed an estimated

300 million in 20th century, compared to 100 million deaths in wars in the same period. Mass vaccination helped India get polio cases down from 741 in 2009 to one in January 2011.

Eliminating a disease is possible by vaccinating at least 99% children to build "herd immunity" in the community immunity that protects even those who are not vaccinated and remain susceptible to infection. As demonstrated by polio, the last mile is the biggest challenge in disease elimination, when vaccinated every child becomes imperative for controlling infection.

With emotionally charged fake news shared within minutes on social media, debunking rumours with facts has to be part of public health strategy to control disease and save lives.