

Community of fitness enthusiasts

CLOSE-KNIT With two-tier security, green spaces, reasonable maintenance charges and many options for entertainment and relaxation, the condominium offers something for everyone



Kankana Roy Jain
+kankana.jain@hindustantimes.com

GURUGRAM: At Bestech Park View Spa Next in Sector 67, spread across 11 acres, the bustle of people and their hustle to lead a fit life is a constant phenomenon. At 10.30 in the night, family members have to call out to the youngsters, asking them to stop playing football or volleyball; early in the morning, an enthusiastic bunch of women run to zumba class minutes after finishing their morning yoga or gym session; the society is abuzz with excitement because cycloathons are soon to become a monthly fixture in the condominium's events calendar. And that, probably, is why the condominium has ample facilities for outdoor games. Swapana Roy, a resident and in-house zumba instructor, said, "I just shifted here a few months ago. But everyone here is so health conscious that when I told them I am a zumba instructor, they immediately told me to take classes. It's been so wonderful - we here are taking a collective effort to get fit."

The other prominent feature of this condominium is its emphasis on community living. With the owners-tenants ratio being some here at 50:50, residents find multiple occasions to come together and celebrate festivals. Deepak Narang, a resident, said, "We celebrate all festivals with lots of joy and fervour. The recent Holi celebration was a huge. Last Friday, we even had an IPL screening." The condominium that has 10 towers of 15 and three floors has airy and well-ventilated flats, at least one balcony of which faces the central garden. It is the reason behind the name of the society: 'Park View Spa'. The condominium is green with two gardens, two children's play areas and gazebos at the edge of the gardens for residents to sit and relax.

The other popular spots are the club that houses the gymnasium, a restaurant, a pool table and a table tennis table and a designated space for senior citizens called 'Bardadi'. Among the other amenities in the condominium are a swimming pool, a skating rink, a basketball court, a badminton court, a volleyball court, a tennis court, a cricket pitch, two grocery stores, a vegetable and fruit vendor, a pharmacy and a unisex salon.

Most residents say their stay here has been comfortable and fulfilling. Ramya Mishra, another resident, said, "It's been four years since I moved here; it has been a great experience. I came from Sweden, and everyone helped me out with everything. The best thing about the condominium is the close-knit community."

While another resident, Yashi Seth, agrees with Mishra that life at the condominium is pleasant, she said the only problem she has sometimes is that the condominium is quite far from the bustling part of the city. Another issue plaguing the condo, residents say, is monkey menace. The residents and RWA has already approached the MCG to find solutions to end this menace.

The vigilant residents took to social media to protest when construction and demolition waste were being dumped at the empty land near the condo, and sewage was overflowing in the nearby land. The residents' constant discussions with the authorities have now helped alleviate the problem to a considerable degree.

However, residents assert that despite the external issues that crop up, their condominium is the best places to live in. This is also why tenants who have lived in the condo have opted to buy flats here. The occupancy rate at the condominium is over 90%.

With two-tier security, green spaces, reasonable maintenance charges and many options for entertainment and relaxation, the condominium offers something for everyone. Resident Tushit Malhotra said, "While a monthly senior citizens' night is on the cards for the RWA, the Summer Carnival is a big draw for the flat. The monthly Raahagiri day is something all residents wait for."



The prominent features of this condominium are its emphasis on healthy living and having a close-knit community.



CONDO CARD

- 11 acres**
Area of the condominium
- 1,100 residents**
- 450 apartments**
2,34 BHKs
- ₹1.6 crore onwards**
Starting cost of a flat
- ₹38,000 onwards**
Monthly rental for a flat
- ₹2.50 per sq ft**
Maintenance Charges
- SOCIAL MEDIA GROUPS**
WhatsApp: PVSN Owners Group
Twitter: @PVSISector67



Residents unanimously say that despite the external issues that crop up in the area, their condominium is one of the best places to live in. This is also why tenants who have lived here have opted to buy flats later on.
PARVEEN KHANMUT

society superstars



TUSHIT MALHOTRA

A banking professional, Tushit Malhotra actively manages and mentors the finances of the condominium. From budgeting for events to generating income for the condominium and optimizing costs so that maintenance charges are not high, Malhotra applies his banking and financial acumen to the financial management in the condominium. He says he ensures that residents don't have to shell out a lot to live happily.



DEEPAK NARANG

One of the first residents to move in to the condominium, Deepak Narang is an entrepreneur and the brain behind the busy cultural calendar of the condominium. From organising large-scale celebrations such as Holi or the Annual Summer Carnival or periodic events such as IPL screenings and Yoga Day activities, Narang ensures events happen with participation from all residents — and without glitches.

WHAT'S UNIQUE



It's evident that residents of the condominium are fitness enthusiasts. In the mornings, a group of senior citizens are seen practicing Yoga, a group of young women are seen doing a Zumba workout, while kids and adults of all ages often come together and play badminton and volleyball in the evenings. The condominium offers ample options for workouts for residents of all ages and preferences. The fitness amenities include a fully equipped gymnasium, a spa, a table tennis court, a basketball court, a tennis court, a swimming pool, jogging and walking, cycling tracks and yoga classes.

ACTIVITIES



Monthly Raahagiri Day Celebration
Raahagiri day is celebrated on one Sunday of the month. On the day, all residents of the condominium come together and play games like tug-of-war, practice yoga, illnesses and infections such as pneumonia, heart attacks, stroke, cancers and pneumonia, but unfortunately, surgeons and emergency care specialists are not always available to handle these conditions.

Family physician shortage lowering quality, reliability; raising treatment costs

HEALTH WISE



SANCHITA SHARMA

Today is World Health Day with the theme 'Universal Health Coverage'.

A friend with toothache felt disoriented after popping a pain-killer and ended up in the emergency unit of a leading hospital in East Delhi last week. He was given intravenous NaCl (salt), leached of blood for a battery of tests, which included one to rule out sepsis, and made to undergo an MRI to rule out a stroke. It

This is not an isolated incident of over-diagnosis at hospitals and neighbourhood clinics. When a colleague's mother had a dizzy spell when she chose to be her car, ready to go home even as furious doctors at the hospital insisted she was risking her health and life by going home without medical help.

fasting like she had done in the past, and prescribed a glass of water with glucose. The glucose led to miraculous recovery and within minutes, she walked back to her car, ready to go home even as furious doctors at the hospital insisted she was risking her health and life by going home without medical help.

ear-related balance issues. Stroke needs to be ruled out if dizziness accompanies sudden severe headache, double vision, nausea, speaking or walking, or trouble moving arms and legs. Family physicians understand each patient's medical history because of frequent interaction, which allows them to

Most doctors choose to specialise and work in multiple clinics and hospitals, which has led to family physicians who know their patients' medical history inside-out becoming rarer. "People are complicated, and their medical problems rarely come neatly packaged as the single disease that doctors often"

limiting infections and conditions like diarrhoea, colds etc. Multispecialty hospitals must focus on medical emergencies, illnesses and infections such as pneumonia, heart attacks, stroke, cancers and pneumonia, but unfortunately, surgeons and emergency care specialists are not always available to handle these conditions.

nation, chronic disease management, and supporting care of ageing populations. Government initiatives such as Medical Clinics in Delhi and Health and Wellness Centre under Ayushman Bharat fill a vital gap. Till these centres are fully operational, it's advisable to identify a family physician who

focus on universal health coverage, defined as affordable and quality health care to all. In India, quality care is often missing, not just in overburdened public hospitals that treat thousands every day, but also in upscale private hospitals, where care is impersonal and profits always come before patients.

an alert to rule out a stroke. It turned out that his "unsteadiness", the chief symptom in his discharge summary, was because of electrolyte imbalance from dehydration and not having eaten in 24 hours. He was charged ₹13,551.24 and asked to come back after three days for a neurological evaluation.

scribed scores of tests and advised to get hospitalised for three days of further tests and medical observation. A call to the family physician for a second opinion put an end to the panic. The physician promptly said the dizziness was likely because she had skipped her diabetes medication while

against medical advice. In both cases, simply taking the medical history would have ruled out neurological problems immediately. Dizziness is usually caused by dehydration, sudden drop in blood sugar because of fasting or diabetes or both, low blood pressure, migraine, some medications, alcohol, and inner

ear, which throws them together a personalised continuum of care to each one. They use their skills to assess the complex interplay of lifestyle, overall physical health and existing chronic diseases like obesity, diabetes and sugar before prescribing diagnostic tests and expensive medication.

assesses that doctor's study, says an editorial in the journal Nature. Treating illness requires understanding histories and symptoms, which busy doctors in overcrowded hospitals often fail to do. Around 90% of daily ailments are from minor accidents, such as cuts and abrasions, and self-

specimens or their time resulting fevers and stomach aches. India had only 1,041,365 registered allopathic doctors in 2017 to treat its population of 1.3 billion people. With 90% of health care needs across a lifetime provided by primary health care services, which range from maternity and child care, vacci-

ately a family physician who is on call 24x7 — voice call, WhatsApp or text — to guide you through a medical emergency. The physicians should also be your go-to person for second opinions and referrals, when needed, to ensure you get unbiased advice if you need more advanced treatment.

