KARMA konnect



KARMA LAKELANDS
GOLF RESORT & RESIDENCES

EDITION X

Embracing Ecological Gardening

Closer Than You Think

Rejuvenate and Renew

Your Ultimate Festive Escape

ACHIEVEMENTS THAT INSPIRE



Premium Wedding Resort by ET Wedding Leaders Award North 2024, May 2024



Green Business Award 2023 at Sustainability Summit 2024 by Policy Times: Chamber of Commerce, July 2024



Most Eco-Friendly Golf Course at Global Tourism Awards 2024, August 2024



Sustainable Resort of The Year 2023-2024 at The MICE Conference Expo and Awards 2024



Best Wedding Resort 2023-2024 at The MICE Conference Expo and Awards 2024



Best Family Resort by LeAmanah Awards, Season 5, August 2024



Congratulations!

You chose us, and together we succeeded—thank you!

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EMBRACING ECOLOGICAL GARDENING: Cultivating Harmony with Nature

In a world increasingly aware of environmental impact, ecological gardening stands out as a transformative approach to to cultivating beautiful, sustainable landscapes. This method harmonises gardening with nature's rhythms, creating spaces that thrive while supporting local ecosystems.Ecological gardening prioritizes sustainable practices that support local ecosystems. Key elements include:

1. Soil Health: Using compost and natural amendments enhances soil fertility, avoiding synthetic fertilizers and fostering a thriving underground ecosystem.

2. Water Conservation: Techniques like mulching and using drought-tolerant plants reduce water use, making gardens more sustainable.

3. Native Plants: These plants are adapted to local conditions, requiring less water, fertilizer, and maintenance. They provide essential food and shelter for local wildlife, including bees, butterflies, and birds.

By embracing ecological gardening, you create beautiful spaces that nurture local biodiversity and demonstrate that sustainability and aesthetics can coexist.

In May 2022, Karma Lakelands initiated a pilot project on native landscaping in its vicinity. We zeroed down on a little more than an acre of flat, dusty land that had witnessed various anthropogenic activities like pastoralism and agriculture in its past life to a parking space and a dumping yard until quite recently. This project was different from Karma Lakelands' earlier work on afforestation.

For one, the vegetation palette was carefully selected after understanding the ecology of the local region. Trees that can survive long dry spells and thrive in the semi-arid climate of Manesar, such as Prosopis cineraria, Tecomella undulata, Acacia leucophloea, Acacia nilotica and Salvadora persica were planted.

Second, the difference lay not only on the choice of trees, but also in our approach to include grasses, annuals, creepers and shrubs that are often missed in the large scale plantation drives. Here, the trees were not mistaken to be a forest, but one of the several elements of what constitutes integral to a healthy ecosystem. The grasses and shrubs planted were native and hence well adapted to the local climate. Our choice of vegetation palette made sure that our landscape will not be water-thirsty and can thrive with the monsoonal spells of rain only. Imagine a garden or a landscape that does not require any artificial irrigation after a couple of years and is completely self-sufficient with rain water!

The project embraced Open Natural Ecosystems (ONEs) like savannas and grasslands, avoiding dense monocultures and allowing local flora and fauna to thrive. It also challenged traditional landscaping aesthetics by valuing the seasonal changes and natural beauty of native plants over uniform evergreen landscapes. Visitors are encouraged to explore this evolving ecosystem with curiosity and appreciation for its natural diversity.

- By Parul Daga
Restoration Practitioner







CLOSER THAN YOU THINK:

An Offbeat Retreat Awaits You

Not a distant dream, but a luxurious retreat just minutes from downtown Gurgaon. You've been searching for the perfect escape, and we've got some EXCITING news for you!

A Quick Guide: From Check-In to Check-Out

01 **Welcome to a paradise!**

Where your journey begins at 2:00 PM. Check into your lush green villa, take a breath, and embrace instant relaxation. By 4 :00 PM, the fun kicks off! Opt for a peaceful boat ride around the serene lake or, for a bit of challenge, swing by the golf course.

Did you know golf is one of only two sports played on the moon?



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02 As the day melts into evening,

Indulge in pure bliss at the Seven Seas Spa. But that's just the start—cocktail hour awaits! Make your way to AK's Cocktail Bar for a refreshing drink, or explore four more exciting options, including the Lake 360 Restaurant famous for its elevated dining experience overlooking the lake on one side and the expanse of the golf course on the other.



03 Day two starts with a refreshing fitness session

Followed by a sumptuous breakfast. Then, it's pool time—because what's a holiday without a splash?



04 Don't miss the famous Karma Experience Tour.

With 270 acres of stunning landscapes, it's a visual feast where you'll even have the chance to feed friendly farm animals. Lunch at OnKourse Restaurant will fuel you up for some action at Sports Junction. Try your hand at pickleball or badminton, or wind down with a quiet game of chess or Ludo. There's something for everyone!



05 And if you have children bursting with energy,

They'll love our dedicated children's play area and obstacle course zone! With mini-challenges and fun balancing activities, we've ensured that your little ones are covered, too.

06 And that's just the beginning!

Karma Lakelands is a sensory wonderland with five themed forest zones, alive with birds, bees, and butterflies—a biodiversity haven that has to be experienced.



This is just a sneak peek.
We can't wait to welcome you!
Ready to dive into a world of fun?

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EXPERIENCE ECO-LUXE LIVING

SOBHA Aranya

SOBHA Aranya is cradled within the serene landscape of Karma Lakelands, in Sector 80, Gurugram. Located in one of NCR's most sought-after areas, the residential development allows one to flourish in harmony with nature while enjoying the urban conveniences of cosmopolitan living. It is situated off NH 48 ensuring excellent connectivity to Delhi, Gurugram, and key areas of NCR.

Envisioned by SOBHA Limited, India's most preferred real estate brand with an international lineage; SOBHA Aranya seamlessly fuses uber luxe living with the beauty of its exotic surroundings. It is flanked by lush forestscapes and lakes, with stunning views of the award-winning, eco-responsible 9-hole golf course.

SOBHA Aranya spans 31.28 acres (126,590.52 sq.mtr.) of meticulously planned space. The 5 towers impeccably architected to redefine



modern living. Towers 1, 2, and 3 host 43 floors, with only two spacious apartments per floor to ensure exclusivity and privacy. Towers 4 and 5 soar even higher with 46 floors, accommodating three luxury abodes per floor. These homes offer breezy ventilation and uninterrupted golf views. Crafted for discerning homebuyers with impeccable taste, the towers stand tall amidst 85% open green spaces with over 40+ amenities across 5 thematic zones.

The Park & Plaza Zone features a Healing Garden and Seniors' Park designed for relaxation. The Pet Park provides ample space for pets to throng, while the Scented Garden offers a multitude of floral experiences. Community spirit thrives in the Party and Celebration Lawns and the Amphitheatre, ideal for social gatherings and cultural events.

In the Active Zone, residents enjoy a 6-lane Olympic-sized pool, an outdoor fitness deck, and a jogging/cycling path amidst lushness. The Recreational Zone houses a 75,000 sq. ft. eco-conscious clubhouse, offering panoramic views, a mini-theatre, and diverse fitness amenities. The Kids' Zone ensures safe play with a water deck and a dedicated kids' pool. The Eco Amenities Zone includes an eco-pond, ecological deck and bamboo walk, promoting biodiversity and ecological balance.

One can indeed experience resort living replete with all modern conveniences at Karma Lakelands. The premises also host a petting farm for kids, horse stables, organic farms and more. Surrounded by a 625m pathway the golf course too is a sensory experience.

Karma Lakelands' dedication to sustainable living is what makes it distinct with a pristine air quality index at par with the best of global standards. Equipped with energy-efficient and eco-friendly systems, there's minimal environmental footprint without any compromise on luxury.

SOBHA Aranya invites you savour a golfing lifestyle in the city's most sophisticated eco-luxe residences.

For more information, give us a call at 080 4646 4500





REJUVENATE AND RENEW:

How Nature and Self-Care Can Reverse Aging and Boost Happiness

In our fast-paced world, creating intentional spaces for relaxation and connection with nature is crucial. Collaborations between nature-focused resorts and wellness centers highlight that combining the healing power of nature with self-care practices can reverse aging, enhance happiness, and improve overall well-being, 'says Dr. Arpit, the founder of Seven Seas Spa.'

The Healing Power of Nature

Spending time in nature is scientifically proven to improve mental and physical health. Research published in *Environmental Health Perspectives* found that exposure to natural environments boosts cognitive function, reduces stress, and promotes mental well-being. Participants reported improved memory, attention, and creativity, showing nature's restorative effects on the brain.

Personally, nature walks offer a grounding experience and unlock creativity. Research in the *Proceedings of the National Academy of Sciences* supports this, showing that walking in nature significantly boosts creative thinking by reducing mental fatigue and fostering a relaxed mind.



The Art of Self-Care and Its Anti-Aging Effects

Self-care practices like mindfulness, sleep, and exercise are essential for brain health and can slow the aging process. A review in *Frontiers in Psychology* shows how these activities enhance neurogenesis and brain plasticity, improving memory, reducing anxiety, and boosting overall well-being.

A study in the Proceedings of the *National Academy of Sciences* revealed that combining mindfulness with nature exposure can slow biological aging. Participants engaging in these practices showed longer telomeres, a marker of slower aging, demonstrating the synergy between nature and self-care.

Creating Space for Well-being and Creativity

The partnership between nature and self-care is not just a trend but a scientifically backed approach to health and longevity. Whether through nature walks, mindfulness, or time in natural settings, making space for these practices is essential for modern living.

Sustainable Wellness: Integrating Nature into Daily Life

While retreats to nature resorts offer benefits, integrating nature into our daily lives is key. Creating spaces in homes or urban environments for reconnection with nature ensures regular renewal, boosting positive energy and well-being.

A Pathway to Lasting Happiness

Balancing productivity with well-being is essential. The combination of nature and self-care fosters mental and physical health, promotes happiness, and slows aging. By designing space for renewal, we create opportunities for a healthier, happier, and potentially younger self.

Seven Sea Spa at Klub Karma

Karma Lakelands, in collaboration with Seven Seas Spa at Klub Karma, has launched a range of holistic therapies designed to leave you feeling completely refreshed. You'll find a variety of treatments, including body scrubs, aroma healing, and the espresso coffee clay massage, to name a few. What truly sets this spa apart is the meditation session that concludes each experience, bringing a sense of calm and renewal.



ROOTS OF KARMA

Fostering Enduring Relationships



Anand



Amit

In the serene embrace of Karma Lakelands, where the whispering winds weave tales of tranquillity and boundless beauty, four youthful souls—Amit, Anand, Sanjay and Kalpana—grew amidst the expansive splendor of their verdant surroundings. Their lives are intricately intertwined with the very essence of Karma's transformative journey, mirroring a collective evolution from the innocent marvels of childhood to the fervent dedication of professional life. These four youngsters have not merely grown up within Karma's lush embrace; they have blossomed into consummate professionals, their stories echoing the resort's own path of growth and renewal.

Anand Kishore Yadav, 21, working in the Food & Beverages division, has always harboured a profound reverence for nature. His elder brother, **Amit Yadav,** 26, serves as a Kitchen Steward and has been working at Karma for the past two years. Grown amidst Karma's verdant tapestry, they have spent countless hours as children and youth wandering through the emerald expanses, immersing themselves in the rich symphony of local flora and fauna.



Kalpana Tamang, 21, engaged in the housekeeping department, has achieved all her life's milestones within the nurturing confines of Karma. "My journey began in Karma, for I was born here," she shares with a touch of enchantment. "Years later, my professional path also unfurled within these familiar grounds, and it was here that I met my husband, a fellow co-worker," chuckles Kalpana.

Sanjay Lama, 20, whose family journeyed from Nepal seeking stability, initially traversed various locales before finding their home in Karma over two decades ago, feels immensely proud to be an integral part of the Karma family.





These four youthful individuals embody a unique generation profoundly connected to Karma's spirit. Their roles in cultivating enduring relationships with both - co-workers and guests are instrumental. They collectively personify the transformative power of a nurturing environment, becoming not just skilled professionals but fervent advocates for sustainable living. Their deep-rooted connection to Karma enriches every facet of the resort, ensuring that its legacy of environmental stewardship and community engagement continues to flourish with grace and vitality.

- By Rao Narender Yadav
Senior Journalist

YOUR ULTIMATE FESTIVE ESCAPE:
Events & Celebrations!

The festive season comes alive at Karma Lakelands with a spectacular array of events! Whether you're seeking adventure, entertainment, or relaxation, we've curated the perfect experiences to make your time at Karma Lakelands truly memorable.

Come celebrate with us in style!

Diwali Hamper
Diwali is the perfect time to celebrate the sweet people in your life. Give them a gift they'll love, and make their celebration even brighter!



Stay tuned for exciting **In-House Entertainment,** starting this October!

Golf Tournaments
Kick off December with thrilling golf tournaments and every swing is a win!





Sunday Brunch
Starting December, indulge in our lavish Sunday Brunches filled with gourmet delights every weekend!

Christmas Magic
Festive fun begins in December, leading up to a magical Christmas on December 25th!









New Year's Eve
Although the big night is on December 31st. Begin planning your unforgettable New Year's Eve celebration at Karma Lakelands today!



For more details and booking inquiries, please contact us at +91-9599944988

A DAY OF CONNECTION, NATURE, AND CHEERS: Curated Experiences



They say a day well spent is priceless.

Here's a beautifully curated experience filled with fun, connection, learning, and love—crafted by Karma and brought to life by team BrandFuelr.









manifest

These Places Make for the Best Cosy Date Night Spots In the Capital

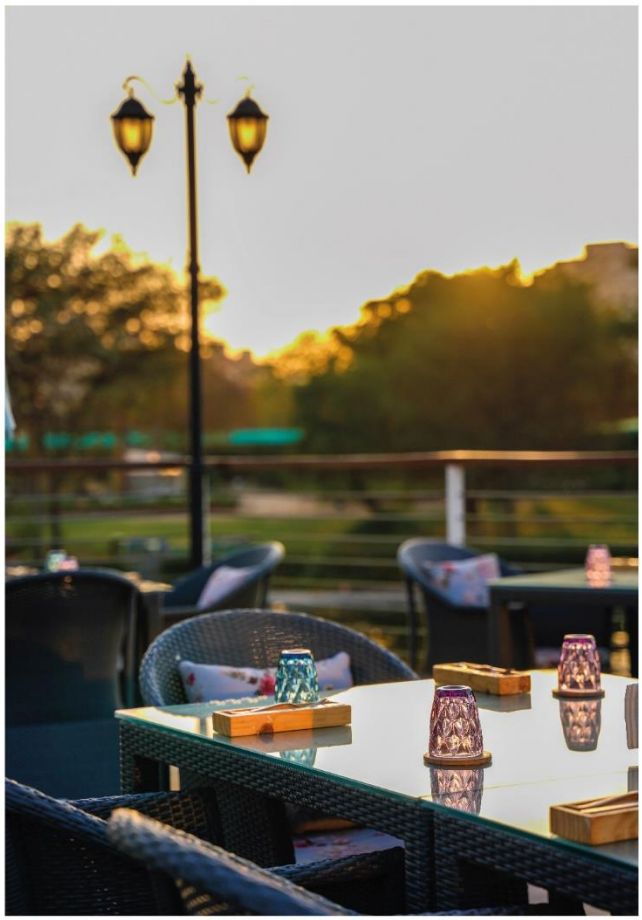
Lake 360, Karma Lakelands

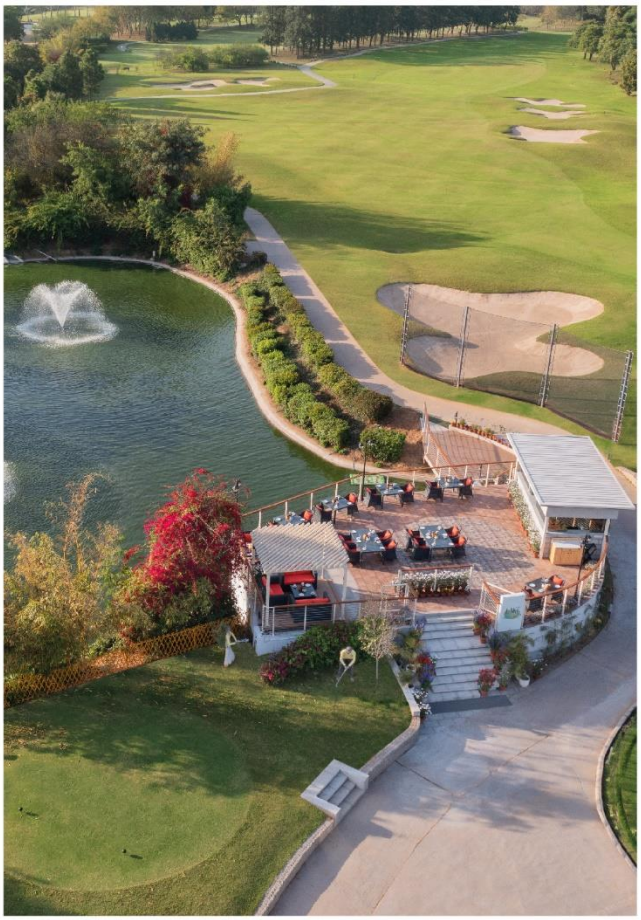
by Shambhavi Dutta | August 2024

Situated in the peaceful surroundings of Karma Lakelands, Lake 360 provides a perfect backdrop for spending quality time with your partner. The restaurant is positioned on a raised platform, offering breathtaking views of the lake and golf course.

With an unforgettable combination of patio and delicious food, Lake 360 also offers a peaceful ambience. The restaurant is surrounded by a lush green setting and elegantly arranged tables, offering a 360-degree view of the surroundings.

-ManifestMagazine.in





The Style List

Fuelling your curiosity for fashion.

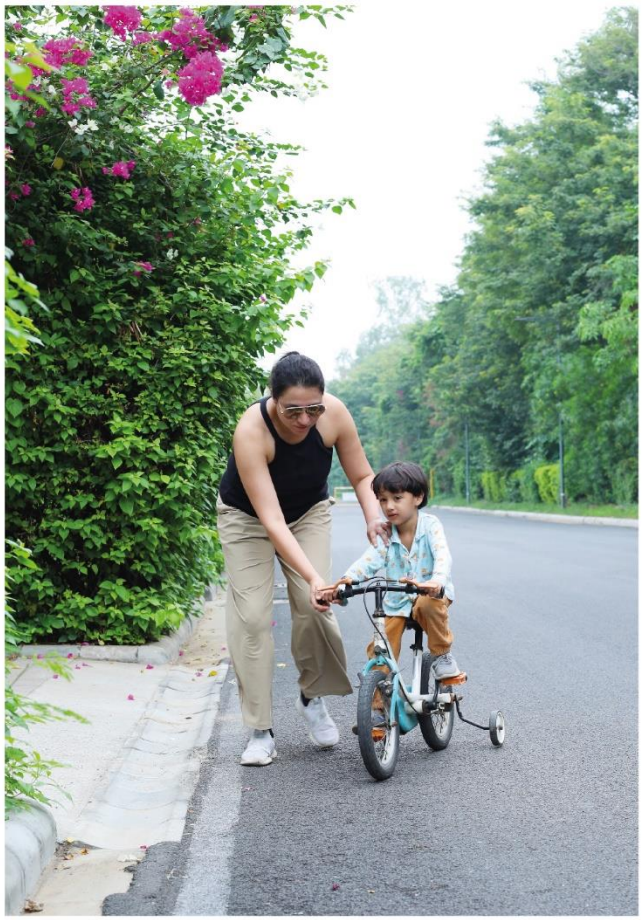
Monsoon Magic: The Best Long Weekend Getaways for a Refreshing Break

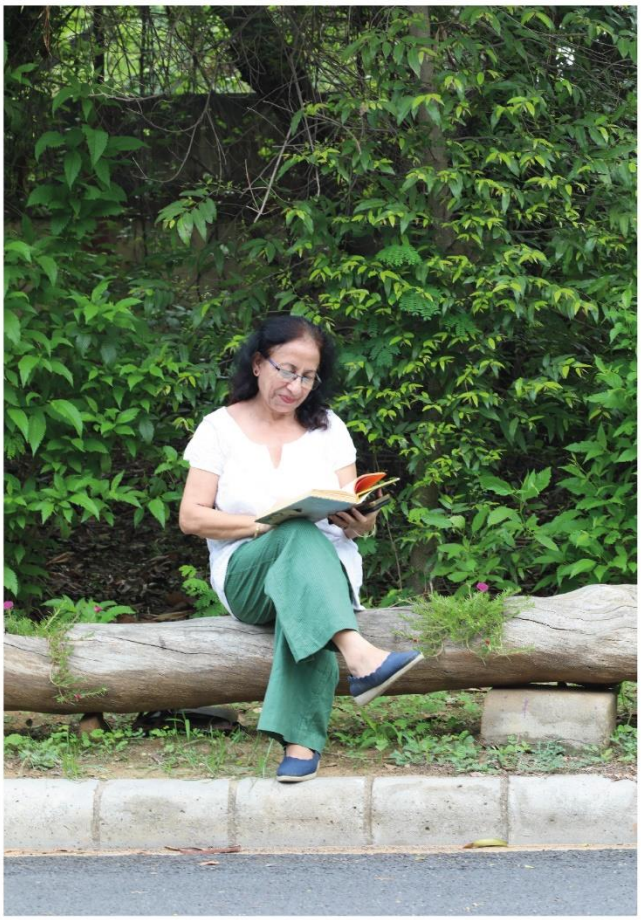
Karma Lakelands

by Arushi Sakhuja | August 2024

Looking for a quick getaway from the capital? Karma Lakelands offers a serene and rejuvenating escape just a short drive from Gurgaon. This luxurious eco-resort blends nature, comfort, and adventure, making it an ideal monsoon retreat. During the monsoon season, the resort transforms into a lush green paradise with expansive landscapes and shimmering lakes. Guests can enjoy scenic walking trails, crisp clean air, and tranquil surroundings. Whether you're an adventure enthusiast or seeking quiet time, Karma Lakelands has something for everyone, from golf and cycling to yoga sessions and wellness workshops.

-TheStyleList.in





ART SYMPOSIUM 2024

Creativity knows no bounds, so we entrusted it to Karma.

For 3 days and 2 nights, artists from around the globe came together
to fill the world with vibrant colors.

After all, what's a world without color?









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