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# Della Townships is rethinking design-placing mental, physical and social wellbeing at the centre of everyday living

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A Salutogenic community designed to add years to life And life to years



In conversation with the design futurist Jimmy Mistry, Founder & Chairman of Della Townships, Chairman & Managing Director (CMD), Della Group.

**1. Salutogenic living shifts the focus from treating illness to designing for health. What does this philosophy look like in real, everyday living environments in 2026?**

For decades, real estate has focused on efficiency, density, and scale. But as India steps into 2026, a deeper shift is underway—one that moves beyond treating illness to designing for health itself. This is the essence of Salutogenic living: environments that actively support the body, mind, and community at a cellular level, every single day.

At DELLA Townships, this philosophy translates into a simple but powerful idea—adding years to life and life to years, while redefining how India lives, works, and dreams.

Salutogenic living in 2026 is not about medical intervention after something goes wrong. It is about embedding wellness into everyday environments. Natural light, clean air and water, walkability, access to nature, sleep-aligned planning, mindful material choices, and spaces that encourage movement and connection are no longer luxuries—they are essentials.

Homes, streets, landscapes, and social spaces are planned as one integrated system. When daily environments reduce stress, improve sleep, and encourage healthier behaviour, prevention becomes effortless and longevity becomes achievable.

**2. How can homes and townships evolve from being “places to live” into systems that actively support physical, mental, and social wellbeing?**

The future home is not a standalone unit—it is part of a larger, intelligent ecosystem. Integrated townships evolve when architecture, wellness infrastructure, experiential hospitality, technology, and community design work together. Biophilic architecture connects residents to nature, while thoughtfully planned commons encourage interaction, creativity, and belonging.

At this scale, real estate stops being static and begins to function like a living organism—supporting physical vitality, mental clarity, and social wellbeing simultaneously.

**3. Mental wellbeing is becoming as critical as physical health. How can township design reduce stress, burnout, and isolation in urban and semi-urban India?**

Mental health is no longer secondary to physical health; it is foundational. Design can calm the nervous system as effectively as therapy when done right. Integrated townships reduce burnout and isolation through dedicated mindfulness zones rooted in ancient Indian practices such as yoga, pranayama, meditation, sound healing, and forest immersion, combined with European wellness philosophies inspired by Meyer Life Medical Wellness.

These approaches focus on detoxification, anti-aging, stress regulation, and longevity sciences. Quiet landscapes, walkable environments, contemplative spaces, and community rituals help replace overstimulation with calm, connection, and emotional balance—especially critical in urban and semi-urban India.

**4. In 2026, consumers are far more conscious of how their environment affects their health. What are they actively seeking from developers today that they weren't five years ago?**

Today's consumer is informed, intentional, and health-conscious. Five years ago, luxury meant finishes and amenities. In 2026, luxury means measurable wellbeing. Buyers seek clean air and water, mental-health-sensitive planning, access to nature, community living, and longevity-focused infrastructure.

There is also growing awareness around therapeutic interventions that are commonplace globally but rare in India—such as saline and Epsom salt-based warm water pools, known to reduce inflammation, relax the nervous system, improve sleep, and support recovery. Wellness is no longer an occasional retreat; it is an everyday expectation from developers.

**public health and wellbeing narrative over the next decade?**

Looking ahead, integrated townships will play a defining role in India's public health narrative. By addressing lifestyle disease, stress, and social fragmentation at the design stage, they reduce long-term healthcare burden. They complement hospitals by preventing illness rather than reacting to it.

Under the vision of Jimmy Mistry, DELLA Townships are being shaped as future-ready ecosystems—where longevity, mental wellbeing, productivity, and community are not aspirations, but outcomes.

At its core, the future of development is not about building more—it is about building better lives. Integrated townships carry the responsibility to heal, inspire, and connect at scale. At DELLA Townships, the ambition is clear: to add years to life and life to years, while redefining how India lives, works, and dreams. When health, design, community, and purpose come together, real estate stops being an asset—and becomes a legacy.

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