

Coming home is a beautiful feeling, especially when the home is crafted to perfection, just for you



Elevation

Current Construction

A Glimpse of the Amenities Block at Pavithram

A facility with 11000 sq ft built-in space, this building is a destination of leisure and happiness during your stay at Pavithram. Engineered to delight our residents, the Amenities block is a melange of multiple features rolled into one block. The 3 storey building holds within the future of entertainment.

Ground Floor

The ground floor features a lobby that houses **Maha Perivaya**, The Paramacharya to bless your day in abundance. The floor also features an air conditioned dining hall with a seating capacity of 80 people. The modern kitchen associated with the dining hall is equipped with state-of-the-art infrastructure to ensure tasty and hygienic vegetarian food.

Feel free to share recipes that make your heart happy, we would love to make them a part of our menu. Mail your recipes to info@pavithram.com



First Floor

The first floor houses a fitness center specially designed to cater to the needs of senior citizens. The gym houses equipment to keep you at the pink of your health, at your convenience. The community hall is a crossroad for cultural activities where a multitude of fun activities await - music concerts, speeches, movies and more. The first floor will also house a salon to keep you looking your absolute best.

Second Floor

Invite your family and friends to spend time with you, they can all be accommodated in the guest rooms stationed on the second floor. 6 fully equipped air conditioned guest rooms along with a party area set aside for private parties occupy the second floor. The building has a lift that can help you navigate with absolute ease. The 10 passenger lift makes entertainment and fun convenient.

We hope you enjoy the amenity block for the multitude of features and detailing that has gone into it.

HEALTH CORNER



They're called the golden years for a reason. Getting older has its perks. For one, you're good at using what you've learned. This is called crystalized intelligence, and it keeps getting better, even when you're 65 or 70.

Did you know?

HEALTH TIPS

Fenugreek #PavithramHealthTip

- ✓ Helps control diabetes
- ✓ Keeps blood sugar levels in check
- ✓ Aids in heartburn
- ✓ Prevents inflammation

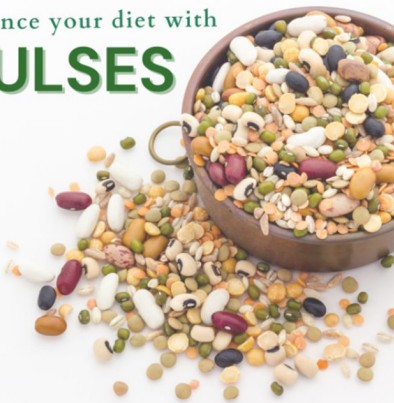


Include Fenugreek in your diet

A super-herb loaded with nutrients and natural goodness, fenugreek has been a household favorite to season gravies and sides. The herb not only enhances the flavor of dishes but also packs a punch of nutrition and benefits when taken as is. Soak it overnight and consume it on an empty stomach to reap numerous health benefits.

Enhance your diet with

PULSES



Pulses are an important part of any diet as they provide protein, fibre, vitamins and minerals such as iron, zinc, folate, and magnesium. Consuming half a cup of pulses of your choice enhance diet quality. You can make gravies and sides from pulses and season it to your liking for a dose of health and taste, combined.

Catch a pulse of health

COIMBATORE FACTS

The first Formula One Racer from India hails from Coimbatore

A Coimbatorean by birth, **Narain Karthikeyan**, India's first Formula One racer is a prestigious participant in A1GP, and the Le Mans Series. He has won multiple races in A1GP, British F3, World series by Nissan, AutoGP, Formula Asia, British Formula Ford & Opel series in his single-seater career.



India's first Finance Minister hails from Coimbatore



Sir Ramasamy Chetty Kandasamy Shanmukham Chetty KCIE better known as Shanmugan Chetti, born in Coimbatore served as President of India's Central Legislative Assembly from 1933 to 1935 and Diwan of Cochin kingdom from 1935 to 1941. He was also a lawyer, economist and politician who served as independent India's first finance minister from 1947 to 1949.

The winter sun is fading away, making way for bright and warm sunny days ahead. Life as we know it returns to a new normal and the spirit of Coimbatore continues to soar great heights.

COIMBATORE UPDATES