



**PAVITHRAM SENIOR LIVING
NOT JUST A HOPE,
A BEAUTIFUL REALITY!**

A HOUSE IS MADE OF BRICKS & BEAMS - A HOME IS MADE OF HOPES & DREAMS

Did You Know?

Lesser Known Facts About Coimbatore

- Coimbatore gets its name from Goddess Koniyyamma also known as **Koniyyattamuttur**.
- Coimbatore is the **fourth best cosmopolitan** in South India
- It is fondly called the **Manchester of South India** because of its industrial excellence

Shri GD NAIDU

GD Naidu - The car enthusiast hails from Coimbatore and his love for cars is well-known, so much so that he has an entire museum that showcases his vintage car collection. A historic place that is driven by passion and love for cars, GD Naidu's car museum houses cars from across the globe, the finest and most unique machines known to man.



Historic Trivia

HIGHLIGHTS OF THE MONTH

The auspicious festival of Pongal

Pongal is not just an occasion to celebrate harvest but also a time to reflect on the importance of farmers. In any country, farmers are undoubtedly the backbone, supporting economies and putting food on the table of millions. Pongal is yet another chance to recognize the relentless efforts of our farmers and salute their spirit of hard work.

Republic Day - 26th January

India celebrates its 71st Republic Day on the 26th of January this year and we could not be more proud of this nation and its greatness. Happy Republic Day to all our citizens. Let the greatness of this nation never be forgotten. Jai Hind.



Let's celebrate the selfless contribution of farmers this harvest season

Pavithram Construction Progress - A timeline

We commenced the Pavithram Senior Living project with a strong vision. Despite having a major roadblock in the form of a pandemic and the resulting lockdown, our spirit to serve our patrons did not deter. We marched towards the vision we had with safety, and grit to reach our projected timeline.



DEC 2019 JAN 2020 FEB 2020 JULY 2020 AUG 2020 DEC 2020 JAN 2021

Q&A with the Pavithram Team

Q. Why is Coimbatore a hub for senior citizens?

Ans: A survey statistics states that Coimbatore is rated the 3rd best for retirement in India, considering the conducive weather that would suit the health, high standard healthcare infrastructure, less pollution and the atmosphere is friendly for all.

Q. What is the specialty of a retirement community?

Ans: Living in a retirement community is the only time when senior citizens get an opportunity to live for themselves, exploring time for their hobbies, get into good conversations with like minded individuals which is a treat to the brain cells.

Q. How far is Pavithram Senior Living from Coimbatore City Center?

Ans: Pavithram is located on the southern part of Coimbatore and is about 25 KMs from the city center, close to the Coimbatore-Madurai highway. It is also closer to the Coimbatore - Chennai highway. With 45 minutes of driving time, one can reach Coimbatore airport without entering the city, just by using the highway.

Q. What is the arrangement for water at Pavithram?

Ans: Pavithram is blessed with abundant groundwater which is not hard at all. Thanks for being close to Palakkad, the taste of the groundwater is similar to that of Kerala well water. However, for the purpose of drinking, we will have it purified and UV treated.

HEALTH TIP

SUPER FOODS

TULSI

Ayurveda has time and time again highlighted the importance of Tulsi as an immunity booster, but did you know that this super-herb when consumed regularly can act as a natural antiseptic, anti-allergen and can keep you in great shape from within?



PEPPER

A versatile spice that powers most traditional dishes down south, black pepper is an extremely beneficial super-spice that possesses health properties to lead a better life. Some notable benefits of the spice are that it is a natural anti-oxidant and aids in fighting age related issues like cholesterol and high sugar levels. The spice also adds a zing of taste to every dish, so don't forget to sprinkle it on your food for some extra health benefits.

