





## Get Older and Happier with Nature

**Swastham Eco Village** in Calicut, Kerala is a **RERA-certified active senior living community** offering comfort, care, and an active lifestyle.

Our eco-friendly retirement community combines safe, modern facilities with healthcare support, wellness programs, and vibrant social activities. Residents can enjoy Ayurveda wellness therapies and engage in organic farming and gardening, embracing a holistic and fulfilling lifestyle. Whether you're searching for retirement homes in Kerala, senior citizen living communities, or assisted living for seniors, Swastham offers peace, nature, and companionship in one welcoming space.

From sustainable housing to 24/7 security and personalized care, we ensure your retirement years are healthy, independent, and truly enriching.

## "MAVOOR" A Hidden Paradise

Mavoor is a serene and eco-friendly village located about **19 km away from Calicut** town in Kerala. Surrounded by lush greenery, fertile lands, and a calm atmosphere, it is truly a nature-blessed destination. The village is known for its rich cultivation and farming practices, where paddy fields, coconut trees, and plantations create a refreshing landscape.

The beauty of Mavoor lies in its peaceful lifestyle and simplicity of its people, who live in harmony with nature. The mornings here are magical, with golden sunlight gently spreading over fields, rivers, and greenery, making the village a picturesque sight.

Mavoor is not just a village, but a place where one can feel the rhythm of sustainable living, fresh air, and natural beauty. With its calm environment, hospitable people, and flourishing agriculture, Mavoor stands as a perfect example of a traditional Kerala village that embraces both culture and nature.





# Our Foundation Stones for Village

“

## ALLOPATHY

Every day, focus on health and healing. At Swastham Eco Village, we follow the principles of allopathy to provide seniors with trusted medical care, preventive practices, and treatments that support their well-being and peace of mind.

”



“

## AYURVEDA

Ayurveda can help you age gracefully. We offer natural therapies and a balanced way of life at Swastham Eco Village to help you stay healthy, peaceful, and full of life in your golden years.

”

“

## SHINRIN YOKU

Breathe in tranquility and breathe out stress. Seniors at Swastham Eco Village can relax, get their vitality back, and connect intimately with the therapeutic power of nature by taking a bath in the woods.

”



“

## IKIGAI

Every day, look for meaning and happiness. We use the Ikigai philosophy at Swastham Eco Village to assist older people find meaning, connection, and a deep feeling of fulfillment in their lives.

”





# We Choose Organic



Farm-to-table is not just a trend—it is a way of life. Eating local means less pollution, more support for farmers, and better quality food. Our village has its own garden, works with nearby farms, and collects fresh produce from nature. We focus on organic farming. The food we serve is always fresh and changes daily, so there are no fixed menus.



# Health and Wellness Care Rooted



we provide health and wellness in the proper way and at the right time, ensuring care that is both natural and effective. With a comfortable and peaceful environment, we help our guests feel better, relaxed, and truly cared for.



# We Provide Active Living with Joyful Engagement

we provide a wide range of activities and engagements that keep the mind and body active. From group exercises and nature walks to cultural programs and interactive sessions, every activity is designed to bring joy, connection, and wellness. Our goal is to create a lively community where everyone feels engaged, happy, and cared.

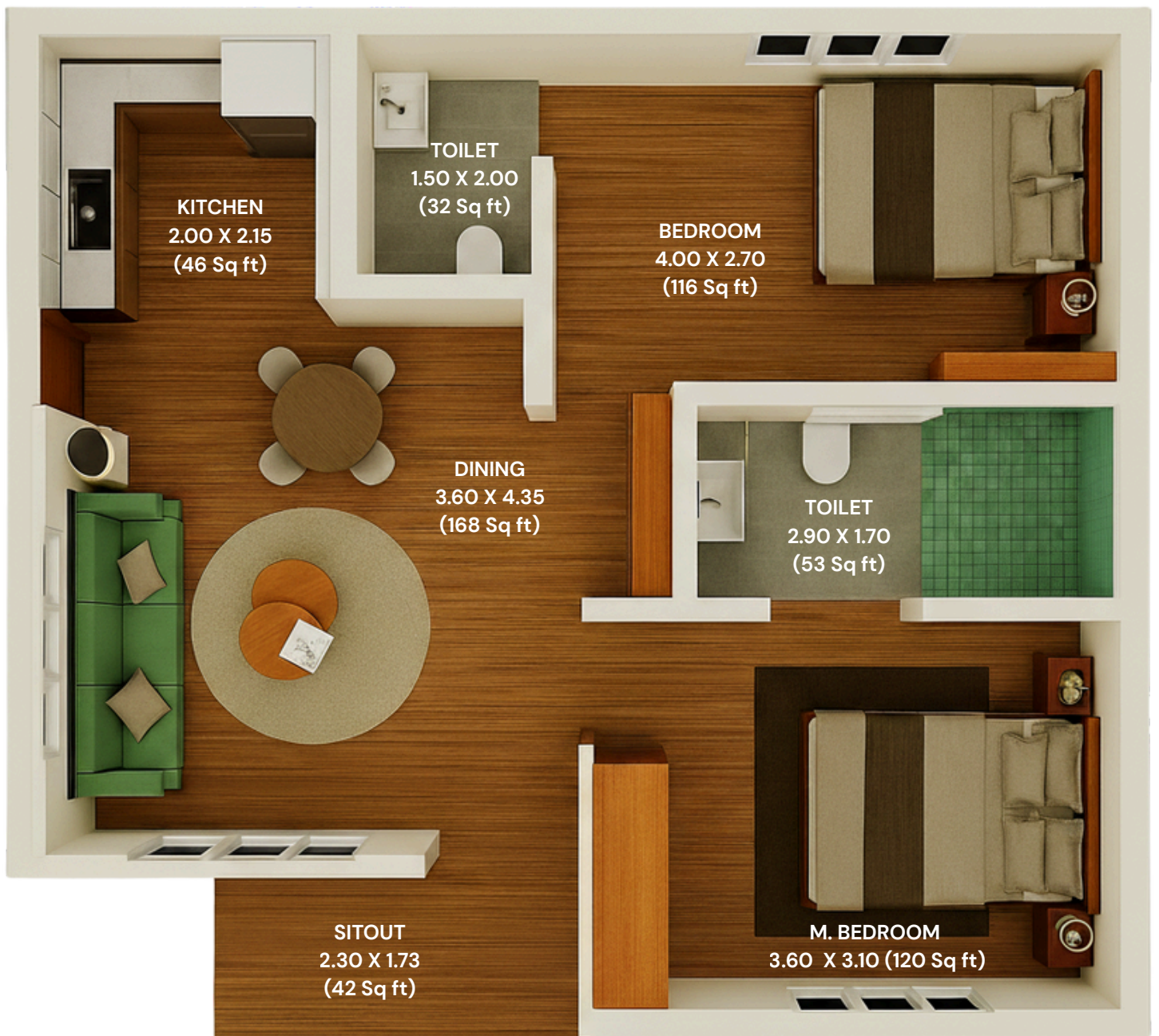






A cozy **2BHK villa** with a spacious hall, modern kitchen, elegant bathroom, and minimal interiors designed for simple, comfortable living.





**2 BHK – 718 SQ FT**







## 2 BHK





# Club House



# The **Club House** Expirence

a warm and welcoming space designed for leisure, recreation, and togetherness. From indoor games and fitness to reading corners and relaxing lounges, it's a place where residents can unwind, connect, and create cherished moments every day.

ENTRANCE LOUNGE

POOL AREA

WORKING SPACE

GYM

INDOOR GAMES

HOME THEATRE

WELLNESS CLINIC

GUEST ROOM

SPA

CONFERENCE HALL

COMMON AREA

LIBRARY

BACK OFFICE

SALOON

RESTAURANT

YOGA HALL





# Amenities That Redefine Everyday Living



1. FULLY FURNISHED ACCOMODATION WITH SENIOR – FRIENDLY INTERIORS
2. HOUSE KEEPING (WEEKLY TWO)
3. LAUNDRY SERVICES (WEEKLY TWO)
4. DOCTORS VISIT – PERIODIC DOCTOR CONSULTATION MONTHLY TWICE
5. 24X7 NURSING ASSISTANCE
6. ADDMINISTRATION SUPPORT DURING WORKING HOURS
7. CLINICAL MONITORING BY QUALIFIED NURSES
8. PERIODICAL PSYCHOTHERAPY (IF NEEDED)
9. PHYSIOTHERAPY CONSULTATION (IF NEEDED)
10. NURSE CALL ALARM
11. CLIENT ACTIVITIES & ENGAGEMENT AS PER THE HEALTH CONDITIONS
12. PURSHASING ASSISTANCE WEEKLY ONCE
13. HEALTHY VEGITARIAN FOOD
14. PRIMARY AYURVEDIC CENTER
15. YOGA & MEDITATION HALL
16. GYM
17. RESTAURANT
18. DINNING HALL
19. OUTDOOR FITNESS PARK & SPORTS ACTIVITIES AREA
20. GUEST HOUSE
21. TREE COLLECTION
22. BIO-AGRICULTURE GARDEN (TOWER GARDEN, VERTICAL GARDEN, AEROPONIC GARDEN)

23. SECURITY 24X7
24. LIBRARY / READING ROOM
25. 24X7 WATER SUPPLY (WELL)
26. TRANSPORTATION FACILITIES
27. WIFI CONNECTION
28. PRIMARY HOME CARE
29. ACTIVITY AREA
30. CLINIC (3 BED)
31. WASTE MANAGEMENT
32. MINI THEATER
33. SWIMMING POOL
34. KIDS PLAY AREA
35. YEARLY TOUR PROGRAM
36. PETS AREA
37. FESTIVALS & CELEBRATIONS
38. SALOON & SPA
39. INDOOR GAMES
40. BUGGY SERVICE
41. CAR WASHING AREA
42. REFLEXOLOGY WALKING TRACK
43. WORKING SPACE



## Location



**Swastham Eco Village** is conveniently located just **19 km from Calicut town** and only **13 km from Calicut Medical College**. Nestled close to Mavoor and surrounded by greenery, the village is easily accessible by road, making it a peaceful yet well-connected destination for visitors.

### Nearest Hospitals

Calicut Medical College – 13 Km  
Baby Memorial Calicut – 18 Km  
Aster Mims Calicut – 19 Km  
KMCT Medical collage – 9 Km

### Nearest Railway Station

Calicut Railway Station – 21 Km

### Nearest Airport

Calicut International Airport – 23 Km

### Nearest Town

Kozhikode – 20 Km  
Malappuram – 40 Km  
Wayanad – 70 Km



#### **CORPORATE OFFICE**

Tharif arcade, Room no :17/1004 B2, 2 nd floor, Mini bypass road,  
puthiyara, calicut, kerala-673004

**Ph no : +91 9202200700 | +91 9202200800 | +91 9633200400**

[swasthamecovillage@gmail.com](mailto:swasthamecovillage@gmail.com)

|

[www.swasthamecovillage.co.in](http://www.swasthamecovillage.co.in)