

The NEWSLETTER

TURYAA CHENNAI

The
MONSOON



"Look at the sky. We are not alone. The whole universe is friendly to us and conspires only to give the best to those who dream and work."

--DR. A.P.J. ABDUL KALAM

• ISSUE - 8 -
NOVEMBER 2019 •

144/7, Rajiv Gandhi Salai (OMR), Chennai - 600 041
@+91 4466970000
www.turyaahotels.com/chennai
www.aikenSpencehotels.com

Aiken Spence

Dear Guest,

As the season of monsoon hits India, it makes us crave for a steaming cup of coffee or a hot hot masala tea! November is a month that stands different on its own, just like Gladys Taber said "Food is better in November than any other time of the year. Some of the days in November carry the whole memory of summer as a fire opal carries the color of moonrise. In November, the earth is growing quiet. It is making its bed, a winter bed for flowers and small creatures."

With the pleasant stating of the month, we present to you the 8th edition of our newsletter.

Find out what this month can surprise you with or what better options can be found to making this month more cozier. Well, you'll know it only when you read it!

With that said, I hope you enjoy the read! don't hesitate to drop your comments as we always welcome feedback that can help us improve and serve you better.

Yours truly,
Arun Raj D. (General Manager)



Celebrate your birthday with us!

Though there are many things to celebrate every year, there is one special day that repeats itself every year that sure makes one very excited about, "Your Birthday"!!!! Make your celebrations even more special by celebrating with our attractive packages!

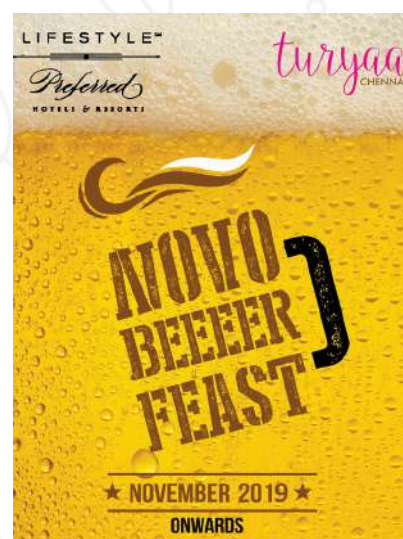
Call us on +91 7358032226 to find our more!

Novobeer Festival @ SAMASA & TWIST

A festival for all beer lovers!

Join in on the fun with a tall glass of brew and some live music at our open garden space as we celebrate our very own Volksfest here in Chennai! An exclusive fest to last one whole month now!

Call us on +91 7358032223 for more details!



Let your next trip be unforgettable one!

Aitken Spence Hotel Management presents to you Adaaran Resorts Maldives, for your ultimate holiday in the Maldives with an unbeatable offer price.

Experience the best of the paradise island at Adaaran Prestige Vadoo, Adaraan Prestige Ocean Villas, Adaraan Select Huduran Fushi, Adaraan prestige Water Villas, Adaraan Club Rannalhi and Adaraan Select Meedhupparu.

Contact +91 4466970000
or
info.chennai@turvyahotels.com for more details.

DID YOU KNOW??

Aitken Spence Hotels celebrate 14 awards at the South Asian Travel Awards 2019. This was the highest number of awards won by a Group of Hotels at the ceremony.



Chocolate Brownie

INGREDIENTS:

- 1/2 cup butter
- 1 cup white sugar
- 2 eggs
- 1 tsp vanilla extract
- 1/3 cup unsweetened cocoa powder
- 1/2 cup all-purpose flour
- 1/4 tsp salt
- 1/4 tsp baking powder

Frosting:

- 3 tbsp butter, softened
- 3 tbsp unsweetened cocoa powder
- 1 tbsp honey
- 1 tbsp vanilla extract
- 1 cup confectioners' sugar

METHOD:

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8-inch square pan.
- In a large saucepan, melt 1/2 cup butter.
- Remove from heat, and stir in sugar, eggs, and 1 teaspoon vanilla. Beat in 1/3 cup cocoa, 1/2 cup flour, salt, and baking powder.
- Spread batter into prepared pan.
- Bake in preheated oven for 25 to 30 minutes. Do not overcook.
- To make the frosting: Combine the ingredients and stir until smooth.
- Frost brownies while they are still warm.

International Men's Day

Celebrated every year on 19 November



International Men's Day is commemorated across the world to celebrate significant contributions by the male population to society and to spread awareness about the issues that men face. The main objectives of celebrating an International Men's Day include focusing on men's and boys' health, improving gender relations, promoting gender equality, and highlighting male role models. The broader and ultimate aim of the event is to promote basic humanitarian values. Despite the existence of International Men's Day over the past two decades, this is not as popular as International Women's Day, which takes place on March 8 every year.

Movie Masala

Hollywood



The Outpost
Releasing on 28th November 2019

Bollywood



Bala
Releasing on 7th November 2019

Kollywood



Dhruva Natchathiram
Releasing on 11th November 2019

Movie Of the October Month

Joker



Plant Tree Bombs

After your Diwali Celebrations

Diwali is a festival of light, joy, and prosperity.

However, many tend to celebrate using various kinds of fireworks and crackers which results in air and noise pollution.

This year, join Communitree to support the restoration of the environment by planting trees and collecting the firework cases for recycling purposes.

Why let go of an opportunity to do good for our environment? Let us together, make a difference.

To contribute contact +91 9840575555.



Health Tips

Benefits of Aloe Vera

- **Lowers blood sugar levels:** To enhance insulin sensitivity and help improve blood sugar management.
- **Improve skin and prevent wrinkles:** Application of aloe vera gel can slow the aging of the skin.
- **Reduces constipation:** The latex, that provides the benefits.
- **Helps treat canker sores:** Aloe vera treatment can accelerate the healing of mouth ulcers.
- **Reduces dental plaque:** Aloe vera mouth rinse was found to be just as effective as chlorhexidine in reducing dental plaque.
- **Accelerates the healing of burns**
- **Antioxidant and antibacterial properties**



MPTA

One shot at a time

Match Point Tennis Academy assesses and builds the skills and talent of students.

Join them anytime between 6:00 a.m-7:00 p.m.

Coaching available for beginners, intermediate, advanced levels for kids and adults.

For more information visit: matchpointtennis.in or locate us at No 141, OMR Perungudi, Chennai-600 096 (Landmark-Next to HCL building)

Call @044 48507929/+917550077259



CITY BUZZ

Find what's happening around the city..!!!

This festive season
is a time to dispel demons,
Let us dispel

**BLOOD
CANCER**

ACT NOW. GIFT A
www.datri.org

DATRI BLOOD STEM CELL DONORS REGISTRY

HELP DATRI SAVE LIVES!

DATRI is the pioneer in Blood Stem Cell Donation and is India's largest registry with 4 lakh+ donors. Blood Stem Cell Transplant can only be performed between an HLA matched donor and patient. We need more donors to register with DATRI to support more patients. So you can,

1. Register as a potential Blood Stem Cell Donor and become a potential lifesaver. Follow the link to register <https://datri.org/join/>
2. If you cannot register please help someone register with DATRI by donating money. Follow the link to register <https://datri.org/donate-now/>

All money donations to DATRI are eligible for tax exemption under Sec 80G of IT Act. Visit DATRI.org or call +91 97907 57879 to know more!

CELEBRATIONS IN NOVEMBER

November was the ninth month of the ancient Roman calendar and has retained its name from the Latin novem, meaning 'nine'. Some of the important days for the months are as follows:

- World Kindness Day, 13 November
- Children's Day (India), 14 November
- World Diabetes Day, 14th November
- International Day for Tolerance, 16th November
- International Men's Day, 19 November
- Universal Children's Day, 20 November
- International Evolution Day, 24 November
- Constitution Day (India), 26 November
- Thanksgiving Day, 28 November



98.3 FM

**RUN. PARTY.
GLOW. REPEAT.**

**MIRCHI
NEON
RUN**

powered by
VASANTH & CO

23rd NOV 19
ASCENDAS INTERNATIONAL TECH PARK
TARAMANI, CHENNAI

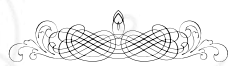
INTERNATIONAL TECH PARK
CHENNAI

RADIO MURUGU

MIRCHI NEON RUN 2019

When an epic party comes your way, the best idea is to run right at it. So, get your running shoes ready and join the Mirchi Neon Run! The Mirchi Neon Run took its first step in 2015 and is now a 22-city event across India. With a winning combo of a Zumba warm-up session, a post-run BDM party and loads of exciting neon glow-in-the-dark merchandise and accessories, this fun run is all that you need for a colorful night out. But wait, that's not all 'cause this year we've also got the sensational Taapsee Pannu as our brand ambassador ensuring an experience like never before. Participation in the Mirchi Neon Run, scheduled to be held 23 November, is available for 3k. Each participant will receive a T-shirt, medal, and BIB.

Book Tickets @ <https://www.townscript.com/e/mirchi-neon-run-132430?>



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