



The
NEWSLETTER

January 2020, Issue 10

"The new year stands before us, like a chapter in a book, waiting to be written."

--MELODY
BEATTIE

TURYAA CHENNAI

Monthly Offers



PONGAL FEAST:

Celebrate special occasions at Turyaa Chennai, savour a delectable variety of traditional cuisine whipped up by our experienced team of Chefs, crafted uniquely for Pongal celebrations. For more info contact at +91 7338923213



FLAVORS OF TN:

Enjoy a variety of flavours of Tamil Nadu in an ideal setting. Turyaa Chennai offers exclusive deals and exciting offers for a satisfying experience.

Starting from 13th January onward.
For more info call: at +91 7338923213



BANQUET DEALS:

We offer amazing backdrops for your celebrations! Our attention to detail and excellent service will help you organize a memorable event. Our packages include DJ, stage and other exciting deals. For more info contact at +91 7358032226

A MESSAGE FROM THE GENERAL MANAGER

Arun Raj D. (General Manager)

What better way to start than to wish you all a HAPPY NEW YEAR 2020...!

The New Year 2020 has begun with a new spirit and high enthusiasm. Everyone around is setting their new year resolutions while we keep ours to continue keeping you happy with our utmost love and care. As this year holds way many surprises, check out what does January holds for you to know.

Introducing to you our 10th edition of Newsletter with a whole new look and inserts. Find out what more can also surprise you in this edition.

Let us know your feedback.

Hope you enjoy your read...!



MONTHLY MIX



INDIA REPUBLIC DAY

Republic Day is a day to remember when the Constitution of India officially came into force on January 26, 1950. This historical act formally transitioned India to become an independent republic and hence it is celebrated on January 26 every year.

On Republic Day, flag hoisting ceremonies and parades by armed forces and school children are held in different parts of the country. The grandest and most important of these parades is held at Rajpath in New Delhi, which showcases a multi-hued image of the country's rich cultural heritage and military prowess.



The Grudge
Releasing on 3rd January 2020



Chhapaak
Releasing on 10th January 2020



Darbar
Releasing on 10th January 2020

Useful Health Tips:

Did you know that most of your diet food is supposed to be consumed about a particular time? Some listed out for your knowledge are: Apples during the morning, Banana during the noon, Rice in the day, Curd during the day, Milk during the night while Sugar during the morning.

"When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need"
- Ayurvedic Proverb



CITY BUZZ

REPUBLIC DAY RUN

DECATHLON OMR Padur presents Republic Day Run on 26 Jan 2020, Sunday 05:30 AM. Open for all!

- 05:30 AM ~ Zumba
- 06:00 AM ~ 10 KM
- 06:05 AM ~ 5 KM
- 06:10 AM ~ 3 KM
- 06:15 AM ~ 1 KM

Registration Fees: ₹ 200

Takeaways: Badge | Certificate | Medal | Refreshments

Decathlon Run Series powered by ezoneINDIA, Corporate Sports Events Specialists : 9840575555 or 8939796181.

#EmployeeEngagement #Walking #HealthyCommunity
#Decathlon #Running #EzoneIndia #DecemberRun
#RepublicDayRun #Zumba #DecathlonPadur

For more info: <https://www.townscript.com/e/copy-of-republicdayrun>



PONGAL FESTIVAL

The festival celebrated for four long days in Tamil Nadu is a harvest festival called 'Pongal'. This festival falls during January-February season which is also termed as the month of Thai, around when the major crops like sugarcane, rice, spices like turmeric, etc are harvested.

Pongal falls in mid-January, which is about the same time as Lohri every year.

While the name 'Pongal' depicts the festival, it is also the name of a dish prepared during the festive time.

- The first day of Pongal - **The Bhogi festival**
- The second day - **Thai Pongal**
- The third day - **Mattu Pongal**
- The fourth day - **Kaanum Pongal**

Pongal O Pongal...!

