

The
NEWSLETTER

June 2020, Issue 15

*We are in this
together and will
sail through this
stronger*

TURYAA CHENNAI



FUNCTION OR PARTY BY SOCIAL DISTANCING



NOW ENJOY ORDERING FOOD ONLINE







TURYAA EXECUTIVE DINING BOX

A month has passed and we have seen good improvement in the situation around us. Though this may seem very unfortunate, we implore you to see the good in it as well; from the earth taking a break from all the pollution, to us finally getting to spend quality time with our loved ones. This unexpected time has also brought out somethings to remind us that in the end, life and loved ones are what matters the most. However, let us not forget those heroes who are fighting the battle for us to stay home and stay safe from this pandemic. Turyaa Chennai will never stop being grateful for all those seen and unseen heros who have brought light into these dark days we have come across.

During this time apart, our team has been busy strategising ways to bring our services to you, our most loyal patrons. We are delighted to announce that we have started taking online orders and take away of your favourite dishes from our menus. We have also taken measures to open our venues for your events, respecting the physical distancing regulations imposed by national and international bodies. Feel free to get in touch with us for your inquiry on the same.

Though you are away from us, we are connected through our hearts. We look forward to welcoming you once again, very soon!

Get constant updates on the hotel's activities on our social media channels. Log on to:

-  <https://www.facebook.com/TuryaaChennai/>
-  <https://www.instagram.com/turyaachennai/>
-  <https://www.facebook.com/ASHotelsSrilanka/>
-  <https://www.instagram.com/aitkenhotels/>

A MESSAGE FROM THE HOTEL

We have entered the month of June and summer is still on the run. We have come across four national lock downs and are still standing strong.

We, as always, are delighted to see the support and strength rendered to us during this major pandemic.

We are pleased to bring to you, the 15th edition of our Newsletter for June 2020. We would like to take this opportunity to thank all our guests and readers for the amazing response we have been receiving all this while for our newsletter.

It is our humble request that you follow all sanitary and hygiene guidelines and protocols for your safety as well as your loved ones.

Stay at home, stay safe and we hope you find the reading useful from our 15th edition of the newsletter for June #StayStrong



ADDITIONAL COLUMN

MANGO SORBET RECIPE

Summer is one of the best seasons to find our favourite fruits in the market, starting from watermelons to mango.

A sorbet is a frozen dessert that's origin run through ancient Persia, entered into the language as the Italian Soretto, which later became sorbet in French. It is a great fruit dessert which can be easily made at home with the widely available of the season..

Ingredients

- 4 mangoes, diced,
- 3 tbsp honey,
- Half a cup of water,

Method

- Cut the mangoes into cubes and freeze them for 4 hours minimum.
- In a food processor, add the frozen mango cubes, water and honey. Blend until the mixture is smooth.
- Remove from food processor and scoop into a tray.
- Freeze for an additional hour.
- Serve with fresh mangoes or enjoy plain.



MEASURES AT THE HOTEL

Turyaa Chennai has drafted mandatory safety and hygeinic procedures under the guidelines of WHO and the Indian Government. To access the complete list of measures please log in to <https://www.turyaachennai.com/>



PREVENTION OF COVID-19

- WASH HANDS**
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- HAND SANITIZER**
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- WEAR MASK**
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- SOCIAL DISTANCE**
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- AVOID HANDSHAKE**
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WHEN & HOW USE MASKS

Infographic

How use MASKS

- Before putting on mask, clean hands with alcohol-based hand sanitizer or soap and water.
- Cover mouth and nose with entire top and bottom edge of the mask.
- Avoid touching the mask while wearing it. If you do, clean your hands with alcohol-based hand sanitizer or soap and water.
- Use one mask once.
- Discard properly.
- Wash hands with soap and water after each use.

KNOW MORE

WHO'S UP FOR A COVID-19 QUIZ?

Lets see how much you have read about COVID-19!

- In which country was Covid-19 first reported?
a) iran b) USA c) China d) Italy
- What is Covid-19? Name of
a) The Virus b) The disease c) The drug
- What are the most common symptoms of COVID-19?
a) Fever b) Cough c) Tiredness d) All the above
- What other names are used to mention Covid-19?
a) Corona b) SARs c) Bird Flu
- Is it transmittable through pets like cats and dogs?
a) Yes b) No c) May be

(Ans. 1.c, 2.a, 3.d, 4.a 5.b)



TIPS FOR STRESS AND ANXIETY MANAGEMENT

- Exercise is one of the most important things you can do to combat stress
- Reduce your caffeine intake
- Meditate with peaceful music
- Do not indulge in negative thoughts
- If you are an animal lover, spend time with your furry friends
- Laughter can do wonders, so keep laughing!
- Take up a new hobby a hobby. Be creative!
- Maintain a grateful diary and write on it daily

POSITIVITY- THE SCIENTIFIC MAGIC

The universe is made of energy. A study says this energy can be both negative and positive.

If you think of good and positive thoughts you will see the universe working towards giving you positive outcomes and results. Same goes for negative thoughts as well. But sometimes we find ourselves getting a different result, this would happen when we are in doubt of our own possibilities, or when we are confused of what we really desire. Studies state that whatever situation you are in, your mind has the capability to transform the situation to your favor, depending on your strong belief that it will happen. Hence to see positive results in life always have a positive mind set even when you are in a negative situation. It is hard but not impossible. So think positive and live a happy and peaceful life. 😊

