

The
NEWSLETTER

July 2020, Issue 16

Once you choose hope, anything is possible
- Christopher Reeve

turyaa
CHENNAI
WHERE LIFE HAPPENS

Aitken Spence  HOTELS

LIFESTYLE
Preferred
HOTELS & RESORTS

TURYAA CHENNAI



WORK FROM TURYAA



OUR VERY OWN ASIAN FUSION TAKEAWAYS







TURYAA EXECUTIVE DINING BOX

Here we are in the glorious month of July, still with our beliefs intact as we go through these uncertain times with all that is happening around us. But as the saying goes " where there is hope, anything is possible"- truly anything is possible when we set our hopes high even in the most darkest moments. Let us remember that we are all in this together and we will emerge from this stronger. We should remain hopeful and positive as our heroes continue to fight on our behalf. Amidst all this we must be thankful for our lives, our safety and all that we possess and draw inspiration from the global unity emerging through this unfortunate event.

Meanwhile our team at Turyaa Chennai have been busy curating ways to bring forth our world-class hospitality to you. We have designed a menu for Asian fusion cuisine lovers to be delivered to your door step by placing orders through our online and take away portals. We have also opened our doors to those who want to work from our home with round the clock high speed internet and warm care. Please to get in touch for enquiries.

Distance is not a factor for when we are a family. We look forward to welcoming our extended family 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

The month of July has arrived at our doorstep and amidst the challenging times, life goes on. We are extremely grateful for the constant support and warmth rendered to us during these times..

We are delighted to bring to you, the 16th edition of our newsletter for the month of July 2020. We are amazed and thankful for all the responses that we are still receiving for our monthly newsletters.

Your safety is our priority. We have put in place, enhanced health and safety practices for your safety, looking at all areas of touch points by you, our guests, our associates and our suppliers.

Read more on this in the next few pages. We humbly request you to 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 read useful from our 16th edition of the newsletter for July #StayStrong



ADDITIONAL COLUMN

EASY MUG CAKE RECIPE

We all have our sweet cravings! Being at home and not having easy access to your favourite pastry outlets to grab the most indulgent cakes and bakes can be a mood killer!.

Hence, we bring to you the simplest of all cake recipes, which can be made in minutes with just a coffee mug.

Ingredients

- 4 tbsp all purpose flour
- 3 tbsp sugar
- 2 tbsp coco powder
- 1/2 tsp baking soda
- 3 tbsp milk
- 2 tbsp oil
- 1 tbsp water

Method

- Add all the dry ingredients such as- flour, sugar, coco powder and baking soda, followed by wet ingredients- the milk, oil and water in a microwave safe coffee mug and mix well.
- Place the mug in the microwave and cook on high for 2 mins until it is cooked well in the middle.
- Voila! Your chocolate mug cake is ready!



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/>



WHEN & HOW USE MASKS

Infographic

How use MASKS



Before putting on mask, wash hands with soap, running water for 20 seconds.



Cover mouth and nose with mask. Use nose bridge to fit mask snugly. Avoid touching the front of mask.



Avoid touching the mask while wearing it. If you do, clean your hands with alcohol based hand rub or soap and water.



Dispose the mask with a tissue paper or paper into a dustbin and do not re-use single-use masks.



To remove the mask, do not touch the front of mask. Grasp the strings and throw into a dustbin or a paper waste container. Wash hands with soap and water.

KNOW MORE

SPECIAL DAYS IN JULY 2020

Special days in this joyous month of July

- JULY 1st - Doctors Day
- JULY 6th - World Zoonoses Day
- JULY 11th - World Population Day
- JULY 17th - World International Justice Day
- JULY 18th - Nelson Mandela Day
- JULY 28th - World Hepatitis Day
- JULY 31st - Bakrid / Eid Al-Adha



HEALTH BENEFITS OF LEMON WATER.

Lemon water is nothing but cut lemon pieces in water recommended to be had first thing in the morning. They have great health benefits; few of which are -

- Aids in digestion and detoxification
- Bumps up the Vitamin C quotient
- Rejuvenates skin and body healing
- Helps shed pounds
- Boosts energy and mood

When life gives you lemons, make lemon water and stay healthy!

GRATITUDE IS THE BEST ATTITUDE

Gratitude is a very powerful source of happiness in life. It helps us see what is there instead of what isn't. Enjoy the little things, for one day you may look back and realise they were the big things in life. Acknowledge the good that you already have in life as that is the foundation for all abundance. Gratitude is the healthiest of all emotions. The more gratitude you have, the more you appreciate the goodness and stay positive, the more likely you will have. It is the best medicine for your mind, body and soul. Be thankful for both good and bad in life as they never leave you empty handed.

It turns your denial into acceptance and chaos into clarity. A grateful heart is a magnet for miracles. Be a magnet. 😊

