



MYSURU DASARA 2019 | Celebration since 1610 | 29th September to 8th October 2019

Mysuru Dasara is a Royal Festival Celebrating victory of Truth over Evil. Legend has it that the Goddess Chamundeeswari or Durga slew the demon Mahish-asuran on Vijayadashami day.

Dasara is a 10-day festival in the region culminating on Vijayadashami or tenth day. The day marks the successful conclusion of the preceding nine days. Vijayadashami is also a day of victory of the King and his subjects, be it in a battle or day-to-

day governance. The preceding nine days of Navaratri have celebrations starting only after six days. The sixth day is in honour of goddess Saraswathi. Eighth day is dedicated to Durga and Ninth day is for Lakshmi, goddess of wealth. On tenth day a grand spectacular Procession is held which starts from Mysuru Palace and ends in Bannimantap.

In Karnataka, Dasara is observed as State festival - Nadahabba, be-

cause of the celebration of the festival is steered by the Royal Family of Mysuru.

The royal family of Mysuru performs special pooja on the occasion of Dasara. During Dasara, the entire City is gaily decorated and illuminated.

The Palace and other important buildings are illuminated. Cultural programmes by famous artists are arranged in the Palace along with Sports, Wrestling, Poet's meet, Food

Festival, Film Festival witnessed by a large number of people. Dasara Exhibition is arranged in the Doddakere Maidana, by the Karnataka Exhibition Authority, where the public and private sector industries, leading business establishments, Government departments put up their stalls to promote industrial and corporate business for months.

Mysuru is an enthralling destination for travellers, especially during Dasara. The illuminated Mysuru Pa-

lace during the Dasara celebrations draws tourists from all over the world. Nearly Rs. 1 crore every year is spent towards maintenance of its illumination alone and more than 25,000 bulbs are replaced every year just before the Dasara festivities. The elephants for the Dasara processions are also undergoing training for the grand day. 12 Dasara jumbos will march on the procession route from Mysuru Palace to Bannimantap twice a day.

Skyway International Travels, Bangalore based Tour Operator recognised by Ministry of Tourism, Govt. of India, having offices in Mysuru, Madikeri, Chennai, Hyderabad, Indore. IATA Accredited, Active member of Indian Association of Tour Operator, ISO 9001-2016 Certified Tour Company actively promoting Karnataka and India in overseas for last 25 years.

We promote Mysuru Dasara in India and overseas and get tourists to

attend this grand festival. We offer 5 Packages for tourists to explore Mysuru Dasara including witnessing Jambo Savari and Torch Light Parade. Entry to these 2 main events, either by Gold Card or Tickets is obtained at cost price for tourists booking any one package and availing our services.

For booking contact : +91-8884 467 467 www.skywaytour.com
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G9 projects has become a house hold name for villa / row house / town house in Mysore. Being the pioneer of row houses / town house in Mysore they are a professionally managed construction consultant company started with a vision to provide quality villa / town house / row house for the buyer. Their aim is to give their customer value for every rupee they spend on their villa / town house. G9 sets a new benchmark for quality lifestyle, ensuring that every G9 villa becomes a proud possession for its owners.

Their vision is to be the best, and do the best for its customers, shareholders, communities and society in terms of quality construction and to place itself as an Esteemed Construction Company.

Each of their project is built with a personal touch and attention to detail. Starting from the conception of the plan, to designing and completion, each of these stages has been supervised and managed personally by a highly dedicated team of expert craftsmen who have extensive experience in the construction field.

Every activity from vendor surveillance, brand consciousness, site inspection to project management is carefully monitored to give excellence and customer delight.

G9 Projects has a one of the best location-Price equation in Mysore. Projects are ideally located around the ring road which enables easy mobility as well as better green cover. They have the most affordable residences based on the location, built up area and Quality relative to other developers.

Kiran Nagachar, proprietor says "Our mission is to be one of best-managed construction companies that not just delivers excellent financial performance but is also skilful in predicting change - learning and staying ahead of its peers with a high social commitment. As we continue to grow and as our businesses develop to its supreme height, well-communicated corporate thinking is more important than ever. It is your continued dedication that will ensure our success". For details contact <http://www.g9projects.com/>

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The low-glycemic (low-GI) diet is based on the concept of the glycemic index (GI). Studies have shown that the low-GI diet may result in weight loss, reduce blood sugar levels and lower the risks of heart disease and type 2 diabetes.

The GI is a measure that ranks foods according to their effect on your blood sugar levels. The following are the three GI ratings:

- Low: 55 or less
- Medium: 56-69
- High: 70 or more

Foods with a low-GI value are the preferred choice, as they are slowly digested and absorbed, causing a slower and smaller rise in blood sugar levels.

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TruCrose, a Low GI sugar made with plant based technology using natural herbs extracts (Cinnamon, Jamun seed, Banaba leaves, Tonsopora cordifolia and flax seeds) to im-

prove the quality life of diabetics as well as it is a healthy sugar.

The GI of TruCrose sugar is below 45. TruCrose sugar does not cause sudden blood sugar spikes after consumption.

Benefits of Low GI Foods: Research has proven that a healthy low GI diet helps people with diabetes manage their blood glucose levels, blood cholesterol levels and reduce insulin resistance - which is important for reducing the risk of long term diabetes related complications.

High GI foods provide a quick burst of energy where as low GI foods provide longer-lasting energy. Low GI foods are broken down slowly, trickling glucose into your system over time, providing a stable energy level.

It Helps weight management and Control over weight / obesity. It improves cholesterol level in body and reduce risk of heart disease. It lowers the risk of hyper tension and fatty liver.

MYSORE DASARA 2019

Celebration since 1610

29th Sept – 8th Oct., 2019

DASARA SPECIAL TOUR- 3N / 4D
Bangalore / Mysore / Bangalore

DASARA CITY TOUR- 5N / 6D
Bangalore / Mysore / Bangalore

DASARA COORG TOUR- 5N / 6D
Bangalore / Mysore / Coorg / Bangalore

DASARA HERITAGE TOUR- 5N / 6D
Bangalore / Mysore / Hassan / Bangalore

DASARA & WILDLIFE TOUR- 5N / 6D
Bangalore / Mysore / Nagarahole -Kabini / Bangalore

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