


Health in Our Hands – Workshop

1. MKM (Delhi Chapter) is planning to organize workshops on alternative healing therapies and meditation for leading a healthy life – physically, emotionally and spiritually.
2. As required by the cardinal principles of alternative therapies, a nominal fees would need to be paid by the participant(s) which will also cater for the course material, fee for the faculty and lunch, etc.
3. The workshops envisaged during Jan-Feb 2008 are given below:
 - (a) Twin Heart Meditation – Free Workshop (Two Hours)
 - (b) EMOFREE TECHNIQUE – To live and enjoy life in the 'Present' as a 'Present' (Three Hours Duration). A nominal fee of Rs.150/-.
 - (c) Reflexology and Mudra Therapy for healthy living – (One day workshop). A nominal fee of Rs.300/- per person will be charged. Fee includes the course material and lunch.
 - (d) REIKI ATTUNEMENT – 1st Degree Energy exchange in terms of course fee of Rs.400/- (includes Lunch, Course Material, Certificate and Fee for the Grand Master).
 - (e) PRANIC HEALING – BASIC COURSE (Two days workshop) (Rs.1500/- includes course material, payment to Yogavidhya Pranic Healing Foundation, New Delhi, Certificate, Tea & Lunch.
4. **All DRDO scientists & staff and their family members** including members of MKM can participate in these workshops.
5. All desirous of participating are requested to **send their names** to Sh Satpal Singh, Knowledge Centre, 3rd Floor, DRDO Bhawan, New Delhi 110 011 (Tele:23007399/7400(O), 9313028588(M), 23793008 (Fax) **at the earliest** preferably by 10 Jan 2008 so that dates and venue for the workshops could be decided, depending upon the response viz. the number of participants and their location. Visitors pass for family member(s) would also need to be made.
6. MKM will make a request to Director of Labs & Establishments in Delhi to spare the participants during the weekdays.


(Ruby Kapur)
Secretary, MKM
26 DEC 2007

All members of MKM

Directors of Delhi based Labs : for kind help in passing on this information to all members of MKM and DRDO employees of their labs.

Tech/ Corporate Directors of HQ : for similar help