

A workshop on Health & Food: सेहत और स्वाद

31st May, 1st, 2nd & 3rd June, 2018

SIDH: Kempty: LRC campus

Dear Friends,

Every year SIDH (Society for Integrated Development of Himalayas) organizes residential workshops on various relevant topics.

This year we are organizing a 4 day workshop on Health and Food (सेहत और स्वाद) starting from Thursday the 31st of May and ending on Sunday, the 3rd of June, 2018. In present times we are increasingly realizing the importance of health and food. In this workshop, the attempt would be to teach not only to cook but learn about how to make food healthy and tasty at the same time keeping variations of seasons and localities in view.

Our resource person, Purnima Ji, has spent more than 8-10 years learning Ayurveda and about food from Dr. S. D. Sharma, a renowned Ayurvedacharya from Delhi. She will combine the knowledge of Ayurveda, traditional, regional and seasonal recipes in this workshop.

The cost per participant for the 4 day workshop is Rs.6000/-. Because of limited number of seats, it is advisable to send in a registration fee (non-refundable) of Rs.1500/- to be adjusted with the final payment. The bank details for direct transfer are as follows:

Name of Account: **Society for Integrated Development of Himalayas (SIDH)**

1. **ICICI Bank Ltd, The Mall Road, Mussoorie 248179**
Account No.: 016401015817 Savings
IFSC Code: ICIC0001595
2. **State Bank of India, Landour Cantt., Mussoorie 248179**
Account No.: 10404458913 Savings
IFSC Code: SBIN0005476

Let us know when you send us the registration fees. We will then share the details of the sessions and directions to reach SIDH.

Pawan and Anuradha
SIDH

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