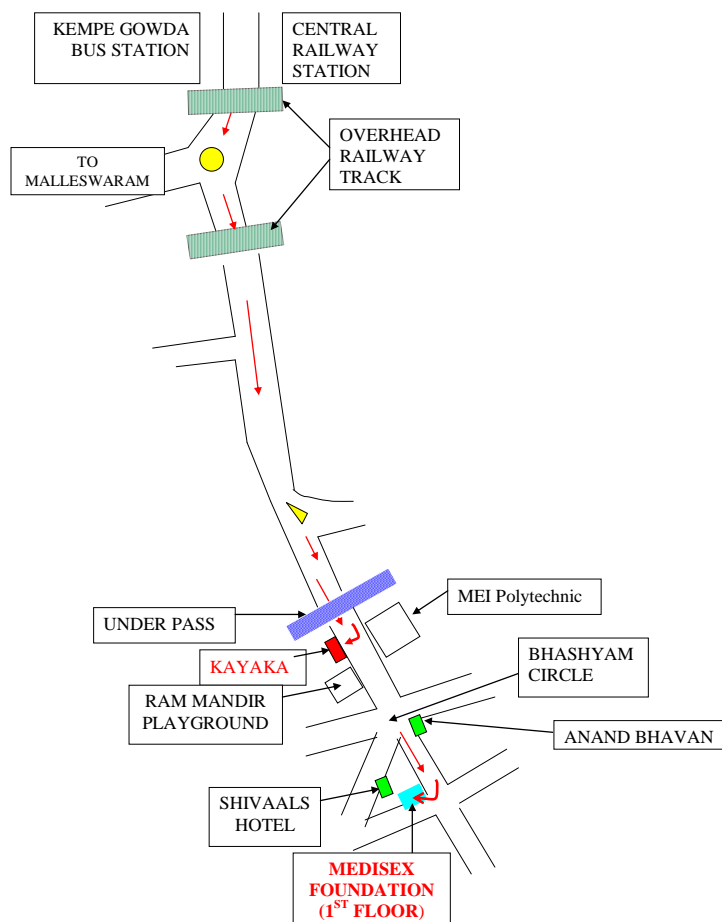


Route Map to Medisex Foundation

N.B. Print this map and carry with you.

If you wish to catch a public transport:

1. Go to Kempe Gowda (Majestic) Bus Station which is in the centre of the city.
2. Go to Platform 6. Board a bus bearing any of the following numbers: 77B, 78, 79, 80, 80A, B, C, D, E, & F. Or hire an auto and give directions to go to Bhaashyam Circle of Rajajinagar.
3. Travel about 1.6 km and you will pass through the underpass of Rajajinagar Entrance.
4. Travel about 200 meters ahead of the underpass, you will find a traffic signal where 5 roads join. This is Bhaashyam Circle. The narrowest road straight ahead of you bearing a 'One-Way' sign board is the 60th cross. You can see Hotel Adyaar Anand Bhavan on its left corner.
5. Enter 60th cross and travel about 400 meters, and you will find a huge overhead water tank on your left. Two buildings next, you will find on your right side corner a signboard 'Medisex Foundation'. The entry is around the corner, on the first floor – a staircase leading from the entry with name plate 'Manusmruthi.'
6. Approximate time for travel from Majestic to Medisex Foundation: 20-30min.



HOTELS FOR ACCOMMODATION

SHIVAAL'S RESIDENCY (200 meters away from Venue)

(Veg restaurant attached)

#793/1, 17th 'E' Main, 59th Cross, 5th Block, Rajajinagar,
Bangalore-10.

Ph. 080-23145100, 23145101

TARIFF

Classic A/C	Rs.1500+Tax
Comfort A/C	Rs. 990
Comfort Non A/C	Rs. 800
Extra Person A/C	Rs.150
Extra Person Non	Rs.100

K E S RESIDENCY (350 meters from venue)

(Veg & Non-veg restaurants at walking distance)

#151/Y, 50th Cross, 3rd Block, Rajajinagar
Bangalore-10

Ph. 080-23504552, 32926515, 9448450202, 9448614933.

TARIFF

Double Bed room	Rs.550
Double Bed Room Deluxe	Rs.650
Double Bed Room A/C	Rs.750
Extra Person	Rs.100
Extra Person A/C	Rs.150

SRI RAGHAVENDRA LODGE (600 meters from venue)

(Veg Restaurant attached)

#631/2, 46th 'A' Cross, 3rd Block Rajajinagar (Near Ram Mandir)
Bangalore-10

Ph, 080-23150649, 23385041, 23202268

TARIFF

Rooms non A/C only: around Rs. 225

KAPILA SAGAR (Veg restaurant only)

#41st Cross, 3rd Block, Opp. E.S.I. Hospital, Rajajinagar,
Bangalore-10.

Ph. 080-23105669

Last minutes instructions:

1. The workshop will start sharp at 9am. If you have not registered yet, then you are required to be present at the venue between 8.30 and 8.45am and pay only cash.
2. You can never underestimate the Bangalore City Traffic! So spare at least 15 minutes for traffic jams and unexpected turns.
3. Lunch is not served at the venue. If you are a localite, you may bring your lunch pack to the venue. If you prefer to eat outside, the nearest place is Shivaal's Hotel (200 meters) and Hotel Adyaar Anand Bhavan at Bhashyam Circle (400 meters, shown in map). Both are excellent restaurants serving veg food – South, North & Chinese food.
4. The weather is rather hot during the workshop hours. Therefore, it is preferable to wear loose cotton garments. T-shirts are most convenient, and Jeans are allowed!
5. Mobile phones are strictly prohibited during the hours of workshop. You may keep them switched off or in silent mode (not in vibrator mode!). You can check your calls during the lunch and tea breaks.
6. Video camcorders are allowed during the workshop sessions. However, you may take still pictures (for instance slide show and roleplay) without distracting others or the programme. The last 30 minutes of the programme are reserved for awarding of the individual certificates and taking pictures.

I am looking forward to meet you all!
Wishing you an exciting time!

Vinod