

PUNE GUIDE. January 2009.

**IYENGAR YOGA ASSOCIATION OF GREATER NEW YORK
150 West 22nd Street, 11th floor, New York, New York 10011. Tel:
212 691 9642. WWW.IYENGARNYC.ORG.**

In order for this guide to reflect the growth and continuing development of the city of Pune, it will be updated annually and re-issued each spring.

Please send your comments or offerings, or anything you think should be included to: bobbyclennell@aol.com. If you notice that a phone number listed in this guide doesn't work or becomes redundant, let me know. If you can clarify any of this information, i.e., you can complete an address, or you notice that an address has changed, please notify me. All contributions that are of benefit to students and teachers of Iyengar yoga who are on their way to Pune will be included.

I am grateful to the teachers and students who submitted material for this project. Heartfelt thanks also to any future contributors who help to keep this resource alive and relevant.

Bon Voyage! May this guide help oil your yoga wheels and speed you on your way to a meaningful and safe stay in Pune.

Namaste,

Bobby Clennell

Ramamani Iyengar Memorial Yoga Institute (RIMYI)
1107-B/1, Hari Krishna Mandir Road, Shivajinagar, Pune - 411016
[Model Colony, off Ganesh-khind Road, opposite Chaturshingi
pumping station, near Chittaranjan Park] **Tel: 2565-6134; Pandu -**
Tel: 588-0196

VISA

Visas are mandatory for India. For New York students: With effect from October 01, 07, visa applicants are requested to obtain an Indian visa through Trivisa Outsourcing, Inc. as per procedure at their website: <http://indiavisa.trivisaoutsourcing.com>. Any queries related to Indian visa services may also be directed to the company:

Trivisa Outsourcing Inc.

316 East, 53rd St, 2nd floor, New York, NY 10022. Tel: 212-754-9900.

Do not leave this until the last minute as it takes several trips to complete the paper work. You will need the addresses of two people in India for recommendations. Iyengar students often use RIMYI for one of the addresses and then the address of their hotel or landlord in Pune. You will also need your exact dates for arrival and departure out of India.

Other private expeditors for passports or visas: AmericaPassport.com (800-455-5166) and OfficialTravelDocuments.com can secure the proper papers faster than the New York-Boston shuttle. Expeditors boast standing appointments at official offices and keep abreast of ever-changing rules. Expect to pay \$50 to \$500 per document, depending on the rush, plus government fees and overnight costs. Laura Daily. AARP Magazine. Dec 2006.

Make several copies of your passport and visa to have with you in Pune, along with additional passport photos. This will save you time and energy at the Ramamani Iyengar Yoga Institute.

AIRLINES

CONTINENTAL AIRLINES is offering direct flights from U.S. to Mumbai. If you book early enough you can get rates of between \$1000 - \$1100.

DELTA (Pune): Tel: 612-5410 email: pnq.delta@igatindia.com

DELTA (Bombay): Tel: (022) 826-7000; 834-9890

JET AIRWAYS (Pune): Tel: 2616-8153 or 612-7524

243/244 Century Arcade, B/2, Narangi Baug Road, Pune. Maximum weight for national flights is 25kg regardless of the # of bags. Carry on is 7kg.

JET AIRWAYS (USA): Tel: 732-339-1191. Jet Airways offers a free shuttle between the International and Domestic Airports in Mumbai which runs every 1/2 hour, 24 hours a day.

* You must identify your checked luggage on the tarmac as you go out to board the plane to an airline employee or they will not load your luggage onto a flight.

SOUTH AFRICAN AIRWAYS (Pune): Tel: 612-5410

VIRGIN-ATLANTIC: Tel: INDIA: Delhi (91) 11 5150 1300;

www.virginatlantic.com; customer.services@fly.virgin.com

If you wish to halt in Mumbai prior to your journey on to Pune:

Iyengar Yoga Institute in Mumbai (Iyengar Yogashraya): Tel: 2494 -8416. 126 Senapati Bapat Marg, Lower Parel, Mumbai 400 013. e-mail: info@bksiyengar.com

Hotels in the vicinity of Iyengar Yogashraya. Mumbai.

Hotel Ameya. Tel: 24305685/2430690/24305901

Gokhale Road (North)

Dadar, Mumbai-28

Rs. 1450/- Single room

Rs. 1665/- Double room

www.hotelameya.net

Hotel Apollo, Nr Regal Cinema, Tel: 2874996

Rs.1781/- (with A.C) Single room.
Rs. 2160/- (with A.C) Double room.
Email: hotelapollo@vsnl.com

Bentley Bed & Breakfast Guest House.

Henry Road.

Rs. 600/- (+ 200 for A.C). Small room (cramped)
Rs. 900/- (+ 200 for A.C). Big room with balcony

Hotel Royal Castle Tel: 23883888/23868196/23871538

76, A.K. Marg,

Gowalia Tank

Mumbai-36

Rs. 900/- Double Room

Hotel Executive Enclav Tel: 20647144

331 Dr Ambedkar Road,

Palli Hill, Bandra

Mumbai-50

Rs. 2500/- Single room

Rs. 3000/- Double room

Rates include bed tea & breakfast

Hotel Garden, Tel: 2841476, 2831330

Nr Colabra Causeway

Rs/- 2000/- with A.C. including tax. Single room

Rs/- 2500/- with A.C. including tax. Double room

Email: hotelgarden@mail.com

Hotel Goodwin. Tel: 2872050

Nr Electric House, Colabra

Rs. 2000/- (with A.C) Single room / breakfast complimentary

Rs. 2500/- (with A.C) Double room / breakfast complimentary

hotelgoodwin@mail.com

Hotel Grant Tel: 3871491

Nr Grant Road Station

Rs. 800/- All with A.C. Single room

Rs. 950/- Double room
 Rs. 1050/- Delux room with tax
hotelgrant@vsnl.com

Hotel Relax Tel: 2061324
 Marine Lines
 Rs. 2800/- (with A.C) Double room, Attached bath, T.V.

Hotel Avon Ruby Tel: 24114591
 87, Naigaum Cross Road,
 Dadar (E),
 Mumbai-14
 Nr Station
 Rs. 1325/- Single room
 Rs. 1590/- Double room
info@hotelavonruby.com

Hotel Suba Palace Tel: 2020636
 Apollo Blunder, Nr Regal Cinema, Mumbai-39
 Rs. 1926/- (with A.C) Single room, include tax and buffet breakfast
 Rs. 2726 (with A.C) Double room,do.....
info@hotelsubapalace.com

Hotel Hill View. Tel: 24935630
 Bhd Canara Bank
 BG Kher Rd,
 Worli Naka,
 Mumbai-18
 Rs, 978/- Single room (with A.C)
 Rs. 978/- Double room (with A.C)
 Rs. 580/- + 4% tax. Single, non A.C
 Rs. 717/- + tax. Double, Non A.C
www.hotelameya.net

Hotel Sea Green South. Tel: Tel: 2821613
 Marine Drive
 Rs. 1237/- Single room, attached bath, T.V.
 Rs. 1596/- Double room.do.....

www.seagreenhotel.com; mail@seagreenhotel.com or sgn@vsnl.com

Sea Face Guest House. Tel: 3632156

Rs. 300/- (non A.C) Single room, common bath

Rs. 350/- (...do.....) Double room, ...do.....

Hotel Oasis. Tel: 2697886/87/88/89

276, Shahid Bhagat Singh Road, Nr G.P.O,

Fort,

Mumbai-400 001

Rs. 1100/- Super deluxe triple

Rs. 875/- Super deluxe Double

Rs. 750/- A.C. Double

Rs. 600/- Non A.C. Double

Rs. 410/- Non A.C Single

Hotel Rahat Palace Pvt Ltd. Tel: 2496 4411, 2498 1360

Dr. E. Moses Road, Worli Naka,

Mumbai-18

Rs. 1175/- + 4% tax Single A.C room

Rs. 1885/- + 6% tax Double A.C room

hotelrahatpalace@yahoo.com

Hotel Shantidoot (lodging and boarding) Tel: 2416 4923

Dr Ambedkar Rd, Dardar,

Mumbai – 14

Rs. 1144/- Double room, non A/C

Rs. 1639/- Double room with A/C

Rs. 1512/- Delux room with A/C

Rs. 1815/- Three bedroom with A/C

Rs. 1694/- Four bedroom, non A/C

Airport Inn Delux Hotel. Tel: 2610-1602

Shandamand Rd, opp N. Thankar Hall,

Vile Parle (E)

Mumbai
Rs. 1460/- with tax
Rs. 1760/- Double room

Hotel Aircraft International hotels Tel: 2612 1419
P 1179 Dayaldas Rd, Vile Parle (E)
Mumbai 52
Rs. 1040/- Single room, with tax
Rs. 1200/- Double room, with tax
Email: aircraft@indiatimes.com

Hotel Aircraft International Tel: 2618 1651/2222
Neru Rd, Vile Park (E)
Mumbai 99
R.1600/- + 6% tax. Single room
R. 2400/- + 6% tax. Double room

Hotel Pritam Tel: 2414 5555/4290
20D Pritam Estate
Dada
Email: Pritam@bom3.net.in

Hotel Taj. Tel: 56653366
Mumbai
Email: tmhbc.bom@tajhotels.com

Restaurant Gaylord. Tel: 6147042 / 6147041

Restaurant Ming's Palace. Tel: 2872829 / 2841432

Restaurant Kyber Tel: 2673227 / 2673228

Restaurant Mandarin Tel: 2023186 / 2848214

Restaurant Lings Pavilion Tel: 2850023 / 2850024

Restaurant China Garden Tel: 3630842

Restaurant Ambassador Tel: 2041131
 Email: sales@ambassadoreindia.com

Restaurant Jazz by the Bay Tel: 2840232 / 2840053

Ming's Palace, Shahid Bagat Singh. Tel: 2872829/2841432

BOMBAY AIRPORT HOTELS

If you have a long layover in Mumbai, sometimes it is convenient to get a room at one of the airport hotels.

Hotels close to the international airport:

ISKCON Ashram; \$30 per night; VERY CLEAN; great restaurant

Kohinoor Continental, Andheri Kurla Road, Andheri E; Tel: (022)691-9000 or 691-6111; Fax: 838-2434; www.kohinoor-group.com; email: info@kohinoor-group.com [They offer transit rate of +- Rs.1700 whilst waiting for late-night international flights]

Leela Kempinski. It used to be a luxury hotel, but is now middle of the road. Like many of these hotels, they have a free shuttle to the airport.

Hotels near domestic airport:

Hotel Atithi, 77 A & B, Nehru Road, Vile Parle (E), Mumbai - 4000 99
 Tel: (022) 618-7941(2, 3) or 611-6124(5) or 613-0874(5); Fax: 611-1998
 [Rate: +- \$45 per night, including breakfast and airport transfers)

Also check under www.indiatravelinfo.com; www.india-travel.com

Email: www.services@giasdl01.vsnl.net.in

JUHU BEACH (Mumbai) HOTELS

Hare Krishna Land, Juhu, Mumbai 400 049 INDIA 262-6860. Book this well in advance. guest.house.bombay@pamho.net

Sun and Sand. Juhu Beach

Holiday Inn. Juhu Beach

RECOMMENDED HOTELS IN MUMBAI

Sea Green Hotel Tel: (91) (22) 56336525: www.seagreenhotel.com.
mail@seagreenhotel.com or sgh@vsnl.com

Hotel Goodwin Tel: (91) (22)2284-1226. Email:
hotelgoodwin@mail.com

TRAVELLING FROM MUMBAI TO PUNE.

Travel time from Mumbai to Pune by car: 4 hours during the day. 3 hours at night.

Shuttle.

Sandis (<http://www.sandis.com/limousine.html>) operates a bus shuttle service from Mumbai International Airport to Pune. It has in the past offered special rates for Iyengar students. They normally charge Rs. 525/-, but would charge Iyengar students Rs. 450/-. Get in touch with Ms Swati on sandis@vsnl.com Tel: 020-2443-1155, 1166, 1177. Fair warning: They operate a little like Super Shuttle in the States. You may be 6 hours in stead of 3 hours getting to Pune, depending on who needs to be dropped off where. (Sandis Shuttle can also be booked though the Chetak Hotel, tel: 9120-2565-2681, with Harshada Shirole, e-mail: chetak@pn2.vsnl.net.in).

Other companies that provide transport directly from airport to Pune:
www.prasannatours.com/airlink.htm
www.kktravels.com/index.asp

To proceed by cab to Pune (highly recommended), take a “pre-paid” taxi to Dadar, an area in central Mumbai, about 1 hours drive from the airport. This should cost not more than Rs.300/- At Dadar you can pick up a taxi from the taxi stand or take a bus from the ASIAD BUS STAND. Air conditioned buses are available on the hour (cost Rs 225/-) and non-air conditioned buses every 15 minutes (cost Rs, 14/-) In Pune, disembark at Shivaji Nagar. You can then take a rickshaw to your destination in Pune.

Murtuz –Dashti. Email: tahera1234@yahoo.com. Cell phone: 985.004.7885. Private car for arrival and departure out of Mumbai (cost Rs. 3300-one way) and car to domestic airport in Pune.

Dolphin Cars. Tel: 9822214872. Approx Rs 2200

DoDo Travels. Tel: 91-20-2716-0138

Indian Express Taxi Tel: 9850050855

Sandy’s Travel. Tel: 02024471464

Good to know if your ride into Pune fails to show: there is a reliable car service that operates out of Mumbai Airport . As you come out of customs, the ‘Authorised’ (not yellow) cab office is on the right hand side.

There are also trains from Mumbai to Pune. The Deccan Queen serves food, i.e., beans on toast for breakfast. Trains require advance reservation. Get this from any Mumbai travel agent. You can make reservations online on the site – <http://www.indianrail.gov.in>

The domestic and International air terminals are in separate locations. There are buses plying between the two terminals. Talk to the airline staff about this and see above under **Airlines**. *Flights are limited between Mumbai and Pune since road/rail is more popular.*

ACCOMMODATIONS IN PUNE

Apartments for rent:

Jaya and Mohan (who many will remember as the couple who used to make wonderful meals for special occasions at the NY Institute), have a very nice apartment in a quiet residential area near the university available for rent to Iyengar students studying at RIMYI. It's a rickshaw ride from the Institute, although getting a rick at night may be a challenge or simply more expensive as most rickshaw drivers from the institute may not want to drive out to that part of Pune at night. It has a fully equipped (ropes chairs etc) practice area. It rents for \$400 including daily maid and cook service. Jaya and Mohan now live in Mumbai. They can be reached via email to reserve at:

jiness@yahoo.com

Mrs. Sharda Lakhani

11 Kunjban Society, 473/A Hari Krishna Mandir Road, Model Colony, Pune – 411016. SAME ROAD AS INSTITUTE. Tel: 565-4920 Email:

sharda59@hotmail.com

Sharda's daughter in US: **Mrs. Vanita J. Hall**, 334 East Lake Road, #260 Palm Harbor FL 34685. Tel: (727)789-0647 (H).

Email: vanitahall@hotmail.com

Vanita's apartment in Pune: 17 Indraprashta, 473/A Hari Krishna Mandir Road, Pune – 411016. SAME ROAD AS INSTITUTE. \$350.00 per month.

Tel: in the apartment: 2565-9868 [from US dial: 011-91-20 - 2565-9868]

Mandira Chopra's apartment (one with large terrace -book through Sharda Lakhani) 5, Indrapasthra Apartments, Hari Krishna Mandir Road, Model Colony, Pune 4111016 Tel in Bombay: 91-11-611-2278. Tel in Apartment: 2565-6581. SAME ROAD AS INSTITUTE

Mrs. Neena Shahani

'Madhur-Jyoti', 1105/12, Hari Krishna Mandir Road,
Model Colony, Pune – 411016. SAME ROAD AS INSTITUTE.

Tel: 2565-4109; email: mane106@hotmail.com

Student's phone line: 2567 - 9160

Apartment \$350 per month = shared bathroom and kitchenette.

Mrs. Chitra Sanjiv Sathe, B. Sc

6, Laxmi Narayan Apartments, 1098/19, Shivaji Nagar, Model Colony
(near Model Colony Post Office), Pune 411 016

Tel: 2565-3697 or 2565-0528; email: chitrasathe@vsnl.net

Citra also prepares daily Ayurvedic lunch for 50/- Rs and conducts
weekly classes for Indian and Ayurvedic cooking; 020/25410565.

Chitra also teaches chanting of Sankrit prayers relating to Yoga;
Ayurvedic Body massage including head and facial massage using
essential oils and Ayurvedic Oils and Herbs and teaches Indian
Classical Music.

These five apartments for rent are in the 10 story '**Anu Graha
Classics**' apartment block next door to the Institute:

1) Mr. Kulkarni, 2nd floor. 1107 B/2 Anugraha Classic Apt 201-202,
Hare Krishna Mandir Road, Model Colony, Pune 411016.

Srishti01@hotmail.com. 3 bedrooms at \$200/month each, or \$500
for the entire apartment. Common kitchen/dining area. He also has a
small studio apartment there with its own entrance. Phone: 91-20-
565-2677. Mosquitos are more prevalent on the lower floors so have
netting or other barriers against the bugs.

2) Mr. Vinod Shah, 6th floor. Apt 601-602. 4 bedroom apartment.
\$350 per single room. \$450 for king bed room. 3 of the rooms have
attached bathrooms. One room with adjacent bathroom. Vinod wants
to rent the flat for the year at \$1600 a month, however he takes 40
rps on the dollar when the dollar is less than that. Anita, is the cook
and housekeeper. 1000 rps per month for cleaning; 30 rps per bucket
for laundry (if it's overflowing she will charge more,) 30 rps per meal
per person for cooking and she excels in the cooking. DO NOT have

her shop for you. Buy your own food and necessities. nds@vsnl.net.
Phone: 982-306-0900

3) Gayatri /Prajay Chudasma. 4th floor. Tel: 020 – 32905772.
Mobile: 9881786234 (Gayatri) 9881710029 (Prajay) 9371000403.
Email: pcwin35@yahoo.com. Gayatri.chudasama@yahoo.com

4) Mr. Shirang Altekar. 7th floor. sorang@vsnl.com. Tel: (020) 25675778,25661587.

5) Harsharda Shirole from the **Chetak** manages this apartment: 9th floor. 3 bedrooms, each with own bathroom. Washing machine. She can be reached by visiting the Chetak Hotel between 11am and 2pm or by phone: 25652681. E-mail: Chetak@pn2.vsnl.net.in.

6) Mr. C.N.Mody, who lives in the low house next to RIMI (to the right as you face the Inst.) rents out the 8th floor. 2 bedrooms. \$400 per month per room. There is only one bathroom. Mr Modi and his wife tend to just show up without notice in the flat. No email. Write to him at this address: Final Plot No, No.467/B-2 Hare Krishna Mandir Marg, Ganesh Khind Road, Pune 411016. Tel: 565-2196

Neena Shahani's apartment on Hare Krishna Mandir is just on the other side of the park. She now has another rental on the same property. The original rental is on the 2nd floor of her house with a separate entrance – 2BR 1BA (which can be rented out separately or all together). It has a big, sunny 2nd floor terrace on the park side. The new apartment is behind the house. It has been recently renovated. It's a self contained little house, with a kitchen, bath, and small living area downstairs and a loft BR upstairs. Cute, but a little dark. Mane106@hotmail.com

Ali and Kate's apartment is on the other side of the park on the 5th floor. Large one bedroom, with a big living room, kitchen and 2 baths. \$500 per month. Five minute walk from Institute. Email Gulnaaz (who manages the rentals): naazdashti@yahoo.com. In the same building Nanda and husband by now would have completed the purchase of 2BR/2BA in the Gobind bldg that shares a driveway with Jivan Deep. Murtuz (this is the same man who runs a car service) may be handling the rental on this apartment.
Murtuz Dashti: tahera1234@yahoo.com.

Smita Paranjape. 4, Rutica Apartments, 1098/5a Model Colony, Pune – 411016. Maharashtra, INDIA. Tel: (from US) 011 - 91-20-25651669. email: smitapark@gmail.com. Beautiful apartments to rent and share. Email early as they fill up quickly.

- a) Three rooms, i.e. Room A (13'x11' with double bed), Room B (12'x10') and Room C (10'x10') in a furnished apartment on the third floor of a four story walk up. The 100 sq feet open terrace, dining area 10'x11', kitchen with gas stove and refrigerator and living room are meant for the common use of the occupants of rooms A, B and C. Each room has its own bath and toilet, but not all bathrooms are en suite. One bathroom has a tub. Rupees 1200/- per month per room. Additional Rupees 200/- if room A is used as double occupancy.
- b) One room, i.e., Room D (10'x11' with attached bath and toilet and courtyard), located on street level of the same building. Refrigerator and microwave, but no cooking facilities.

These accommodations are within 2 -10 minutes walking distance of Chitra Sathe's apartment and the Iyengar Yoga Institute. A maid can be made available for washing, utensil cleaning etc.

For apartments, email **Uma** (mother of Raya, demonstrator/assistant at Institute): umadhavale@gmail.com

Karishma Karydaki Knipper. Bhosale Lakewoods, Flat #7, Plot No. 1119, at Lakaki Lake, Model Colony, Pune, 411016 Tel: 0091-20-25675719. Mobile: 9326850869/21712034. Email: uknipper@gmx.de
2 bedroom 2 flats available. Rent: \$300 a room.

Vijaya Bungalows. Ashwini Dougal. Vijaya Bungalows. 468 C/2 Hari Krishna Mandir Road. Ashwini.dougal@rediffmail.com. Tel: 0091 (0)2025671185. Bungalow opp. Institute. \$375 for two downstairs rooms, both en-suite (big). \$400 for double room upstairs, two balconies. Cooking facilities available. Big garden to relax in. Big lounge + dining area. T.V. (painting to be carried out)

Avind and Anjali Deo rent out rooms in their house and a separate flat 15 min walk from Institute. Agdeo7044@yahoo.com. Tel: 020-

25655923

Apartment available on rent about 5 minutes walking distance away from the Iyengar Institute, in pleasant surroundings. The apartment is furnished and has one bedroom, a living room, a kitchen and a yoga practice room with many windows. Rent is quite reasonable. Suitable for one or two. Please inquire at sameerjalnapurkar@gmail.com . Phone numbers: +91 20 2565 2265 (landline) and +91 98810 74731 (mobile).

Rooms to rent:

CBC - Ashram

Christa Prema Seva Ashram, 27, N. Tanaji Wadi, Shivaji Nagar, Pune 411 005 (M.S.) Tel: 2553-9276 (from US Tel: 011-91-20 + no.) (300 rupees per night, including food)

Other contacts for accommodation:

Gunas: Tel: 567-7791

Mataji: Tel: 567-0625

The going rate for a nice place in 2007 (prices have since risen steeply. Ed. 2008) seems to be from \$300 to \$375 per bedroom per month. The closer you get to the Inst., the higher the prices. Often you can hire a cook for a main meal in the middle of the day, and a maid to keep the floors clear of the famous “ Pune dust”.

HOTELS:

[from US dial: 011-91-20]. These are just a few popular hotels in Pune:

The Ambience Hotel: Tel: 91-20-25662751 e-mail:

ambiencehotel@vsnl.net. (Right now at the Ambience there appears to be no one managing. Reservations were mixed up for many of us, requiring lots of extra phone calls. Fe. 2008)

Hotel Surya: Tel: 2553-0181(2, 3, 4); Fax: 553-1187; e-mail:

surya@pn2.vsnl.net.in

Hotel Chetak: 1100/2 Model Colony Pune 411016. Tel: 91-20- 2565-2681; Fax: 565-4078. Email: chetak@pn2.vsnl.net.in

E-mail: chetak@pn2.vsnl.net.in

Hotel Ketan: Tel: 2565-5081 – 82 -84; Fax: 565-5076.

www.hotelketanindia.com. 917 / 19A, Shivajinagar Fergusson College Road Pune – 411- 004.

Hotel Deccan Park: Tel:2565-6511 or 2565-6512: email: F.C. Road, opp. Hotel Vaishali, Nr British Library, Deccan Park, Pune 411-004.

www.hoteldeccanpark@vsnl.net.

Hotel Kohinoor Executive: Apte RD, Deccan Gymkhana, Pune 411004. Tel: 25532000, 25532447.

www.ashokbihari@kokaneskohinoor.com

Hotel Pathik, near Sambhaji Park, JM RD, Deccan Gymkhana, Pune 411004. Tel: 20-25532085, 86, 88.

Hotel Raviraj: 790, Bandaarkar Rd, Deccan Gymkhana, Pune 411004. Tel: 25679581,82,83,84.

Ambassador. Tel: 25660625. www.bhatkanti-maharashtra.com

Hotel Ashish Plaza. Fergusson College RD, Shivaji Naga, Pune 411004

www.ashish@hotelashishplaza.com

Hotel Shreyas: 1242 B, Apte RD, Deccan Gymkhana, Pune 411004
Tel: 25531963, 25536903. www.hotelshreas.com

THE RAMAMANI IYENGAR MEMORIAL INSTITUTE

Checking in

* Check in with Pandu when you first arrive at the Institute. He is available from 9 am-12 noon and 4-6pm. If for any reason, Pandu is away from the Institute, check in with Chandru.

* You will be assigned to classes that Pandu selects for you. You will also be given a schedule for practice times in the asana hall. Certain classes are set – i.e., all female students attend the Wednesday and Saturday women's classes.

* *Never try to take a class that you haven't been assigned to. The Iyengars and Pandu will know, and they will not appreciate it.*

* Pay Pandu for your course - in - rupees - the amount owed after your deposit. Classes are now \$400.

* Pay Pandu \$125. 00 for the right to observe other classes.

* Ask Pandu first if you want to assist in the medical class. There is a policy that you have to be certified jr. 1 to do this

Foreign students (from outside India) who show up at the Institute who have not been booked in through the usual channels may be offered classes not taught by the Iyengars on the 2nd floor. Enquire with Chandru for these. Beginners or raw beginners can attend a 1hour class every day excepting Sundays, when the Institute is closed. Students who have been studying for at least two years may attend a 90 minute class -- also not taught by the Iyengars -- up on the 2nd floor. These classes are entirely at Chandru's discretion. It helps if students are not 'pushy'. It also helps if non-beginner students can name the Iyengar teacher they have been studying with. This program starts on the 1st of the month and ends on the last day of the month. This can also be extended for one more month. Chandru's e mail address: madhumelwani@yahoo.com

If you wish to purchase anything from the store – CD's, DVD's, books, props etc, see Chandru.

Classes

* Classes are large; Come into the yoga hall early (10-15 minutes *minimum* before class) to claim a space. If you are late coming into the hall, sit by the door to chant invocation. *If late, do not walk around the room looking for a spot.*

* Have a class buddy to guard props i.e., make friends with your neighbor and agree to watch props for each other.

- * In the months when classes are huge, assistants will make certain that everyone has a place and the appropriate props. Geeta won't start unless everyone is accommodated.
- * Sticky mats are very valuable in Pune and the Institute takes great care to preserve them. Do not place wooden props or chairs on the mats. Do not fold the thick mats either, even when you are carrying them or while they are on the floor. Many students bring sticky mats and donate them to the Institute at the end of their stay and this is much appreciated.
- * If you are not well, i.e., you have diarrhea or a fever or a migraine, tell an assistant immediately you come into the class -room. You will not join the regular class, but will join a separate group and practice a modified sequence.
- * During class, anyone who needs help jumping up into Vrksasana or Pinchamyorasana should line up against the rope wall and be ready when the helper comes.
- * Avoid doing Vrksasana on the platform with the feet pointing up right under the Siva statue. Take care that you are not touching the photographs of Guruji with your feet when doing Vrksasana (particularly relevant at the area near the entrance to asana room). Do not put your feet against the base of the Patanjali statue.
- * Do not leave the hall until all the props are back in the closet and the windows closed.

Women

- * Menstruating women have a designated area in the classroom and follow a sequence of poses given by an assistant during class. Tell an assistant when you first come in to class. *Do not join the class while having your period and then drop out during inversions. i.e., do not wait until Sirsasana to say that you have your period!* It is very distressing to Geetaji when someone decides they don't need to be 'on the side'. This is very rude.

* Dress respectfully e.g., t-shirts with short sleeves instead of for instance, close fitting, short camisole tops with spaghetti straps. Remember to tuck your t-shirt into your shorts.

Tradition, etiquette, and helpful tips for around the Institute

* The trestle closest to the door (as you enter) is Guruji's area during the evening classes. Do not attempt to set up in that area or move any of those props. Toward the end of class, that area is then set up for Geetaji, and Guruji uses the other trestle (near the prop room). Be attentive to see if things are being arranged for them, and give way to their practice before your own

* When sitting facing the stage, listening to a discourse by Guruji, Geetaji or Prashantji, *do not display the soles of your feet*. Cross your legs or fold them to the side or sit in Vajrasana or Virasana.

Holidays at the Institute

These were submitted to me in 2007. Ed.

- 1) Republic Day – January 26, 2007
- 2) Gudi Padwa – March 20, 2007 (this is per the Hindu Calendar)
- 3) Hanoman Jayanti – April 2, 2007 (this is per the Hindu Calendar)
- 4) May. Entire month
- 5) Guru Purnima – 29-07-07 (this is per the Hindu Calendar)
- 6) Ganesh Chaturdashi – 15.9.07 (this is per the Hindu Calendar)
- 7) Independence Day
- 8) Daserra – 21.10. 07 (this is per the Hindu Calendar)
- 9) Patanjali Jayanti – 7.11.07 – no evening class
- 10) Diwali – 8.11 to 11.11.07 (this is per the Hindu Calendar)

GETTING AROUND PUNE

Auto rickshaws are the best and most economical way to get around Pune. Always make sure the driver starts the meter. As of summer 2005, the way to figure out your rickshaw fare is to

multiply the fare on the meter by 6 and add 2 rupees. So, 1.60 (1 rupee and 60 paise) is 9.6 plus 2 which = 11.6 rupees (12 rupees). The drivers are also supposed to have a tariff card, which displays the meter reading and the amount that is actually payable.

Auto Rickshaw Driver, Naana. Tel: 9890 3393 46. Highly recommended by Iyengar students. Naana speaks English and is reliable and punctual. He can arrange for airport transfers, getting you to unfamiliar places in Pune, commuting in Pune, including waiting whilst you shop etc. He charges metered rates. He is a wonderful man who has made many 'foreign' friends. He also took some teachers on an out of town, Sunday morning bird watching trip.

The alternative to Naana who is frequently unavailable is to have a cell phone, call the location you want to visit and have them tell the driver where it is.

Another alternative is to have the address on a card and hand it to the driver, but this is less reliable.

Important Note: Don't be out alone past 9.30pm. It is not safe, even around the Model Colony Area.

DAY and WEEKEND TRIPS

Ajanta/Ellora Caves. These remarkable sites are a few hours from Pune. Magnificent temples and monasteries, carved into the rocks contain sculptures and painting dating from 800 AD and represent Buddhist, Hindu and Jain art; the Kailasa Temple is twice the size of the Parthenon; the life of the Buddha is painted on the walls of another temple.

- Rent a car with a few others and go for one or two nights. You stay in Aurangabad. Book a car and a driver in Pune. I have been given a note saying: "stay near the caves and not in Aurangabad if you can" (Ed).

Jejuri

A pilgrimage site, 1 hour from Pune

Kare Ayurvedic Retreat-Misty Valley, Mulshi Lake. Tel. 91-20-26113337. www.karehealth.com. Email: pkalmadi@hotmail.com. See **Ayurveda**.

Parvati Hill. A collection of about five temples, high up on Parvati Hill. Best time to go, 5pm when the sun is down. At the top, you can see the whole of Pune. 15 minute rickshaw ride from Institute.

LONGER TRIPS

Varanasi. Consider going to one of the holiest cities in the world. A travel agent can set you up. Most RIMIY folks stay at the Ganges View Hotel.

Darjeeling. Sit and drink tea in the Himalayan Alps

Sikkim. A little known Indian territory nestled between Tibet/Bhutan/Nepal. An eco-travelers paradise. www.sikkimvacation.com. Email: gyatsok@yahoo.com. Tel: 94843-18497

Agra. Fly to Delhi and then drive to see the Taj Mahal

CURRENCY AND BANK INFORMATION

-
* The currency in India is Rupees. Approx Rs. 38-45/- is equivalent to \$1.00 (USD).

Major establishments such as hotels, department stores, airlines etc accept Master card and Visa credit cards. Be aware that credit card companies have started charging foreign currency conversion fees at 2 or 3%.

However, it is advisable to carry sufficient cash at all times. For most transactions, whether in restaurants, internet cafes, smaller stores, grocers, pharmacies etc. you need cash.

* Check rupee bills carefully when exchanging money. Reject any heavily creased or torn bills, as no one will accept them. Staple holes

(where the notes are held together in bundles) are all right.

* There are foreign exchange agents at the international airport and a few hotels in the city who are authorized to change money.

Representatives from banks also come to RMIYI to change traveler's checks into rupees during practice sessions in the morning from 11am-noon. More rupees are given for cash

* Bank of Maharashtra (top end of Hari Krishna Mandir Road) no longer changes traveler's checks. The closest branch with new installations and friendly staff is on FC road, across the street from Lalit Mahal. Their exchange rate was lots better than at the Institute or the Thomas Cook exchange offices. Take your passport along.

* The most convenient way to get money is through ATMS, which are now available everywhere for transactions. However, many banks (i.e., your bank in the US: Citi Bank, Chase) now charge huge fees for overseas withdrawals, so find out before you go what your bank charges for this service. Not all credit cards work in all machines, so if at first you don't succeed, be prepared to do a little research. There is a Citi Bank machine by Pune University that is recommended and that is open 24/7, with a guard.

TIPPING

This came from Rajvi Mehta, editor of Yoga Rahasya: "There are no hard and fast rules to do with tips. If you are pleased with the service provided by the cook/housekeepers, then you can leave Rs 50 – 100 if you have stayed for a month. Waiters are generally tipped at about 4 – 5%; often we just leave behind the change if it is in one of the small restaurants. However, a tip during festivals is highly appreciated especially Diwali or Ganesh Chaturth!"

INTERNET CAFES.

Cyber cafes are everywhere now in Pune. They are reasonably priced around Rs. 20/- to 25/- per hour. The nearest one to the

Institute is opposite the Chetack Hotel.

TELE-COMMUNICATION

Information: 197 or 183

Pune is 9 1/2 hours ahead of EST in summer; 10 ½ in winter

From South Africa call: 09-91-20-2565-6134 (Pandu. available 9-11:30am India time and Saturdays 4-6pm). India is 3 ½ hours ahead of SA; to SA from India call: 00-27....

From US call: 011-91-20.....

To New York from India call 011-212.....

It is easy and inexpensive to get a cell phone in India. This is highly recommended if you are staying more than a month or want to make frequent calls home. **Airtel** on MG Road will sell you a phone and service for about \$35 US. You pay to add more minutes as you need them.

You can use your GSM (for use internationally) mobile phone, but it is cheaper to buy a local SIM card (electronic device). The store assistants at the cell phone shops can UNLOCK your cell phones to enable the insertion of an Indian sim card. You pay about 20 rps for the sim (a new number) and then the same number rupees per minute. So if you pay Rs-375 you get 375 local minutes. When you call out of the country the minutes to rupees ratio increases. In 2007, it costs about 18 cents a minute to call the US.

Alternatively:

Get a calling card (paper sheets with code numbers printed on them). Get this at the post office and get the largest amount you can get on a card. These cards make calling home so much easier. You can use them on your private (land-line) phone in your apartment or hotel room. Not all flats have phones and some that do will not allow you to

call out.

You will find ISD (International Subscriber Dialing) booths in every nook and cranny and on every street corner. From these booths you can make international calls and pay in cash. Calling from India is quite expensive, e.g. calling to UK may cost about Rs. 7/- per minute.

Skype or other computer based phone services are also available and cost about .08 cents a minute to the US.

FED EX.

Shop No 1 Gera Garden, Ground Floor, next to Hotel Blue Diamond, Koregaon Park Road, Pune – 411001, Maharashtra
09:00-22:00 Monday - Saturday

DHL EXPRESS.

Call: Abhijut/Aastha/Roshan – 9850024810 / 25674748 for address of express center near you.

POWER SUPPLY

They use 220 V in India. The plug points are 3-pin with rounded ends. CHECK ON THIS. MY 2 POINT PLUG WORKS AND MY FRIEND'S 3 POINT PLUG DID NOT. Bring adapters for any electrical appliances that you bring with you.

HEALTH AND HYGIENE

CENTRE FOR DISEASE CONTROL (U.S.) Refer to government website because the recommended shots may be dependant on the season. www.cdc.gov/vaccines.

This was sent in by a teacher traveling to Pune for the first time: "I went to the county health dept located at a local hospital and they recommended a tetnas/diphtheria shot, a typhoid shot and a hepatitis

shot. They also gave me prescriptions for an antibiotic for respiratory infections and diarrhea, and for anti malaria. I am going ahead with it all to be on the safe side.”

* It is advisable to drink bottled water or filtered water. Most restaurants have filtered water but you should inquire about this before drinking it. **DO NOT DRINK WATER DIRECTLY FROM THE TAP.** You can purchase packaged purified water. Pay a deposit on the dispenser drum with the tap. Stores will deliver the 20 litre refill that screws on top of the dispenser drum.

* Being a tropical country, one can be prone to gastro-intestinal infections. December is considered to be a “safer” season, but it is advisable to air on the side of caution: Always eat food that has been freshly cooked and is hot. Avoid eating frozen, pre-cooked food, or raw food that has not been washed in filtered water (or add salt to water). Use water purification tablets or silver filters. Avoid infection by washing your hands frequently.

G.S.E.

To prepare the intestinal tract for the onslaught of new bacteria AND parasites one should start to take GSE (grapefruit seed extract) one week before departure and then continue during stay in India. It is a horribly tasting goop but with fruit juice or yogurt it is easier to ingest. Another way to take it is to add the fizzy C's that bubble up (emergen -c). GSE also boosts the immune system. It is also good to take if you have candida.

* Use bottled water for brushing teeth and cleaning toothbrush. Keep shower water from eyes and mouth. You can buy hydrogen peroxide at the local chemist.

* The use of toilet paper is not a tradition in India. Water is always provided in Indian toilets (including the one at the Institute) for washing after using the toilet. Use your left hand only for this. Take your toilet paper to the Institute (for drying purposes only). Then place it in the waste basket near the wash basin.

* After using the toilet: wash your feet before coming into the asana hall.

* Traditionally, Indians eat with their right hands (see above for Indian toilet customs).

MEDICAL

* Eat the local yogurt (curds) which provides good bacteria (*Lactobacillus acidophilus*) and which competes with the bad bacteria in the gut. In addition it is a good idea to take some kind of pro-biotic (good bacteria) supplement. These come in capsule form -get them from any good health food store. Also for prevention, additional fiber in the diet (such as Metagenics Herbulk or some similar mixed fiber product) can be useful. Efficient elimination reduces the risk of parasitic infection.

* Products such as Tyler's "Para-Guard" or Metagenics "Parex" are worth taking on a daily basis. They are both a blend of anti-parasitic herbs. Garlic is also proven and effective as an anti viral, antibacterial and anti parasitic herb.

Artimisin, another herb is, in addition anti malarial. Two varieties of South American Artimisin; Gozarte and Udarte are available from Healing Within Products Inc. (1-800-300-75480 <http://www.healingwithin.com/>). This supplier specializes in parasite healing and has good information and products. It is good to be informed on allopathic and herbal remedies; two small books just about cover it all: "Parasites – An Epidemic in Disguise" by Stanley Weinberger from Healing Within Products, and "Guess What Came to Dinner" by Ann Louise Gittlemen (this has a catalogue of pharmaceutical options). Another supplier specializing in herbal parasite cleansing is Unikey (<http://www.unikeyhealth.com>). On the up side, parasite infection is a rare occurrence if you are careful. The downside is that it can take a long time to fix.

Carry cold and cough medications that you like, so in the event that you do get respiratory infection you will have these items on hand.

Parasites

Juan Dizon M.D. 133 E 73 St. (Park and Lex) NY NYC Tel: (212) 988-4800

Tropical diseases

Dr Kevin Cahill 850 5th Ave @ 66th St. NY NYC. Tel: (212) 434 - 2477

There is a lot of **Malaria** in India and **Mosquitoes** can be a problem. Mosquito repellents in the form of vaporized liquids could be used. Common brands are ALL OUT and GOOD NIGHT and are available at any drug store/chemist or general store. Mosquito repellent ointments are also available. Cover yourself up (long sleeves, long pants – notice how the locals dress) from dusk into the evening hours.

Local doctor

Dr. Mrs. B. Sonalker. 1105/7 Hari Krishna Mandir Road. Model Colony, Pune, 411016. Phone: 2565 5268, cell: 9860136323. Contact her between the hours of 10 – 12.30 pm and 5:30 – 8 pm. (Not sure if this includes weekends). She is right down the street from the Institute, across from Sharda's apartments in Kunjban society. Highly recommended by Iyengar yoga students who went to her with upper respiratory conditions. They were cured on the two occasions that they went to her, not always with drugs. 200 – 300 R/- per visit.

POLLUTION

Pollution is pretty bad in Pune. It is less bothersome during the monsoon time in July and August. You can purchase a mask (from Magellan) with a carbon filter from: www.Icanbreathe.com Sally

Rutzky from Ann Arbor, who has been to Pune 8 times over the last 20 years, says she used one when she was in Pune in January and that she did not have a sinus infection for the first time ever! Change the filter and wash the mask on a weekly basis.

AYURVEDA

Dr. Vasant Lad: PRANAV CLINIC: Tel: 2446-7952 (clinic/evenings) or Dr Lad 2433-4841: Sri Sitaram, Apt 383 Naryan Peth (near Modi Ganapathi Temple), off Laxmi Road).

Vaidya (Dr.) (Mrs.) Pradnya Akkalkotkar

Tel: +91 (0) 9822025463 (mobile); Tel: Home: =91(20)4002926
402 'The Greens Society', near Pingale Garden, North Main Road,
Koregaon Park, Pune 411-004 email: pranayurved@vsnl.net or
ayurved2k@rediffmail.com

* Pradnya will personally give you Ayurvedic treatments at her private practice and she also gives Ayurvedic cooking courses on a Sunday if you ask - she gives basic relevant theory too in these courses. She also cooks lunch. She's located behind the Chetak Hotel.

KARE (Kerala Ayurvedic Research and Rejuvenation

Centre/Establishment) At Misty Valley, Village Gonawadi, Mulshi Khurd, Tal. Mulshi, District Pune (45 kms west of Pune) Tel: (020) 2553-2757 or 2528-1092. Contact Harsharda at reception: Hotel Chetak or call: 9850569044. Single occupancy Rs 4050/- per person/per night. About an hour and a half ride from Pune. Double occupancy Rs 3600/- per person/per night. This includes: Dr.'s consultation, full body massage, or any part of your body that needs attention. Use of beautifully equipped yoga hall, inaugurated by B.K.S. Iyengar in 2005. Food prepared in Ayurvedic diet. Accommodations: individual cottage rooms with attached bathrooms.

Also contact Hotel Chetak, tel: 25652681, for massage at your doorstep.

Ayurvedic Pharmacy: Tripathi Co. on Laxmi Road, opposite Tulsi Bhag. Tel: 2445-7766

Ayur Jyoti: Kerala Ayurvedic Marma Chikitsalayam, Dr Mini Nair & Vd. M.B. Vinish Kumar, B-4 Shardaram Park, Sasoon Road, opp. Ruby Hall Clinic, not far from Fabindia, toward Bund Garden Road. Tel: 2613 6208

Dr Vasant Lad (only in Pune in November, but his schedule might change).

Punarnava, at the end of HKM Road, just before Lalit Mahal Restaurant. They have resident ayurvedic doctore, can do an ayurvedic consultation, pancha karma with treatments as needed (shirodhara, oil to the forehead, abhyanga, oil massage, bhasti, oil or herbal enama).

Naturapathy

National Institute of Naturapathy. Tel: 26059682. Bapu Bhavan, Tadiwala Road, Pune 411001. Hours: 7 am – 9 pm, Monday through Saturday. Sunday closed. Massage, sauna, steam, enama, mud therapy, magnet therapy, yoga classes, juice bar. Reasonably priced. They have a health shop with organic jaggery, wheat, honey, rice, herbal teas, neti pots and some books. They boast that Gandhi visited here. www.punenin.org. Email: ninpune@vsnl.com.

SANSKRIT

Dr. Bahulkar, Tilak Maharashtra Vidyapeeth Tel: 2447-2774: Dr. Bahulkar can arrange for someone to teach, depending on your level of Sanskrit.

Shilpa Sumant, A-10, Manmohan Society, Lane no.2, Karvenagar, Pune 411-052 Tel: 2546-4033

Sanskrit Bharati: Mr. Madav Kelkar Tel: 445-3358 (Sanskrit conversation)

VEDIC ASTROLOGY

Mr. C.K. Kutty Tel: 426-6589 or: 2652 - 589

Flat # 14, Meera Society, Salisbury Park, Pune 411037

[Donation of +- 1,000 rupees]

You first have to get your computer chart done and then make an appointment to see Mr. Kutty. He is VERY busy. Make an appointment when you first arrive in Pune.

For computeried charts: (must have date, time and place of birth)

1. **Galaxy Network.** Basement shop. No 121 Clover Centre, Near West-End Theater and Mannys Book store. Camp Pune 1.

Tel: 2613-4050 or 2611-4030.

Hrs: 10 am – 1.30 pm & 4.30 – 8.30 pm. Mon to Sat. Note: It is not necessary to get the deluxe version of your chart! Your basic chart is all you need.

2. **Frankels.** 288 M.G. Road Tel: 613-9167 (+- 45-60 rupees)

“Wonderfully sweet” Gemologist/Astrologer, **Prakash Ashoka Walia,**
Pleasant Apts., 15th Lane

Prabhat Rd.

Pune 411004

2565-8182; 2567-8187. Mobile: 9823054287

DENTIST

Dr. P. Kale, Tel: 2567-7949; email: kale@vsnl.com

Status Health Club Building, Bhandarkar Institute Road, 791

Shivajinagar, Pune 411 044.

Also ask Chitra (see **apartments for rent**) for recommendation. Tel: 2565-3697

BEAUTY CLINIC

Shradda. 1021/2, Meera Niwas, Mrs Vanada Dadhade. Open 7 days. Facial girl off Monday. Deep Bungalow Chowk, round the corner from the Toyota dealer. Enzyme facial includes arms, legs and back massage. Pedicure, 45 minutes. Rs 100

For waxing etc: **MANISHA BEAUTY CLINIC**, C/5 Marble Arch, Hare Krishna Mandir Road, Model Colony. Tel: 25653827. (London and Zurich trained)

Gazelles. Koregeon Park on the second floor of a building next to Reliance Fresh. Pune's first full service salon. Extremely inexpensive treatments including Mani/pedi, threading.

SUGGESTED CHECK LIST FOR PUNE

- * Torch (for walking at night or blackouts).
- * Charger for your digital camera.
- * AC adaptor with converter. This can also be purchased in Pune (the standards converter I brought with me from the US didn't work, whereas the one I brought locally in Pune did work. Ed).
- * If staying in a hotel, jug/kettle for boiling water
- * Favorite tea or coffee
- * Favorite muesli
- * Vitamins.
- * If staying in hotel, sealable zip lock plastic bags to store food.
- * Name and business cards
- * Medications and prescriptions (pain killers, anti diarrhea, general antibiotics, and bacterial wipes; cold and cough medications)
- * Sun block out
- * Alarm clock
- * Small back- pack for classes and shopping
- * Good walking sandals or shoes.
- * Sarong

- * If coming in the winter months (November, December, January), shawl, sweater or light weight jacket for early mornings and evenings).
- * Three sets yoga clothes.
- * Small clothes- line with clothes- pins to string across your balcony for hand washed clothes.
- * To avoid the marks on your clothes made by clothes pins: inflatable hangers.
- * Most restaurants provide washing facilities and a towel for customers. 'Handy' or 'diaper wipes' might also be a good thing to drop into your suitcase as a back up.

SHOPPING

RIMYI STORE. Store hours: 9am – 12 noon and 4-6pm weekdays and Saturdays. The Iyengars are now wired for sound recording and amplification in the asana hall when they teach. CD's of each class are available from the store. Also available: DVD's, books (including **My Pune Travel** book published by Elephant and Mahratta Chamber of Commerce, Industry and Agriculture, 2006) and props. Also available in Institute store, a new **Pune Tourist Guide and Map**.

STATIONARY, PAPER GOODS and ART SUPPLIES.

Venus traders. Phone: 020-25535757. Barista Lane. Standing outside the Vaishali Restaurant, F.C. Road, it's the second lane to the left. Wonderful new art supply store (plus school supplies, note books, scissors and blank CDs.) with sliding glass doors at the entrance and a clean functioning toilet for customers.

Hand Made Paper Institute. Tel: 25537383. K.B.Joshi Road (the continuation of FC Road across Vidyapeeth Road on the edge of the agricultural College. Beautiful hand made paper, stationary kits, gift packages. Email: hmpinstpune@vsnl.net

CRAFTS, GIFTS, CLOTHES

Arnav. Geeta Bhojwani. B-31, Abhimanshree Society, Gate no. 3 Pashan Road (off University Circle) Pune 411008.(around corner from Tta car showroom). Tel: 91-20-25653934, 2567 3050. Mobile: 98220 34546. Email: AmavHandicrafts@hotmail.com. Lots of interesting gifts, tea and cake included. "Call and you'll be picked up and taken there and returned home, free!"

Bagwan Aum Market. Laxmi Road.(next to the Commonwealth building). A great collection of duppattas and scarves, a veritable feast for the eyes. Bring anything you want to color match. Second from the last shop, on the left, across on the right, ready made dresses and western clothes (currently very popular in India). Tel: 24457226.

Bombay Swadeshi Stores. 322 M.G. Road. For gifts, clothing and souvenirs. Tel: 2613-1067

Christina (Clothing store) Tel: 2612-1606: Kalpataru Gardens, 9A Boat Club Road.

Either Or (Crafts) Tel: 2605-0226 Or 2401-766639, Sohrab Hall, 21 Sasson Road.

'Fabindia' Fabindia Overseas PVT. Ltd. Sakar-10, opposite Jehangin Nursing Home, Sassoon Road, Pune 411 001. Tel: 2612-4820. E-mail: fabpune@eth.net. Website: www.fabindia.com. Ready-made men's and women's clothing and household linens. 10am – 7.45pm.

Fantasy. 6 Kalpataru Gardens. 9A Boat Club Road, Pune, 411 001. Tel: 020-26160251. Mob: 9850844729. Email: fantasy6@eth.net. 10am -8pm. Sunday: 10am-1pm.. Pashmina shawls, appliqué, mirror work, embroidered bedcovers and cushion covers. Kashmiri silk and woolen carpets (will ship overseas).

'Gandhi Kadi Bhandar'. Sevasadan Building, Kunte Chowk, Laxmi

Road, Pune 411 030. Tel: 2445-5797 for hand woven fabrics and ready-mades; classic men's kurtas and pants. Tailor as well. Sevasadan Building, Kunte Chowk, Laxmi Road. Monday closed.

Hers. Laxmi Road, opposite the petrel pump at the start of Laxmi Road. Hand painted dresses, printed material, cotton and silk dresses made with vegetable dyes. Fast alterations.

Kashmiri Gifts. Heritage Handicraft Emporium, 323, MG Road. Carpets, Pashamini shawls, wood carvings, jewelry. Not cheap, but lots of stuff.

Kilol. Tel: 020-2605-9454. Sohrab Hall, Sasoon Road, near Fabindia. Kurtaas, cotton tunics and blouses and pants of beautiful handloom cotton.

Lishkara, B-004, Nityanand Complex, Bund Garden Road. Tel: 26166272. Email: manjurae@hotmail.com. It's on the same street as Christine's, but opposite end and sells wonderful block-print readymade clothing, as well as bedspreads, tablecloths, napkins, fabrics. The store provides a good tailor for custom design. Proprietress, **Manjura** is a RIMYI student and very amenable with the yoga people. She has beautiful taste in putting clothes together. Closed Tuesday.

Lucknow Chikan Palace. Varsha and Shantanu Pansare, 917/19 Fergusson College Road, opp. Hotel Vaishali. For salwar suits, bedspreads, sarees, dress material. All outfits are fitted to your measurements. Chikan is a type of embroidery. Hrs: 10 am -1.30 pm, 4 pm – 8.30 pm. Closed Monday.

Metro. Shoes. F.C. Road, across from the Bombay Store (above).

New Choice. Tel: 020-24455906. 629 Phadtare Chowk, opposite Sharmilee, Laxmi Road. Selwar Khamis, ready made and also custom made. Make sure they get your recommendations right and don't be afraid to go back if you need things re-tailored.

Satguru's, Shop 91, Clover Center, 7-Moledina Road, Camp (perpendicular to MG Road). This store is first on the right at the Moledina side entrance to Clover Center. It's a tiny shop selling short and full length Luknow kurtas. Great to wear back home.

Shahenaz, Ethnic Home Store. 1 Kalpataru Gardens, Boat Club Road, Pune 411 001. Tel: 2616-4875. Mobile: 98901 79963. Traditional Indian cushion covers, bed spreads, wall hangings, table covers and runners, cotton sheets, rugs, quilts, pashminas.

Shine Arts. Baswani Nagar. Building 7, (down German bakery). Duppattas, shawls. Owner, M.Y, Raga.

Kashmir Gift House, Shop # 69, ground floor, Clover Center, 7 Moledina Road, Pune. Owners: Sarwar and Sarfaraz Ahmad, cell: 9822048282. Small shop with very good prices and discount to Iyengar students.

Karachiwala. Indian Handicrafts. Wholesalers, retailers & exporters of fine jewellery, arts & crafts etc. Tel: 26131450 65234935. Cell: 09822598486. 4 Moldina Road, Nr Coffee House, Camp, Pune. Email: rohit_daswani@vsnl.net. Ganesh, Patanjali, Krishna, Vishnu, Brahma, Shiva statues. Scarves, carvings in bronze, brass, sandalwood. Been helping Iyengar students for decades.

Also visit **Lakshmi Road** for ready-made Salwar-Kameez, Saris, fabric etc.

Omer Sharif Gift Store, Vaswani Nagar, Building # 8. Go down the German Bakery lane, Koregaon Park, Pune – 1. Tel: 26053162. Cell: 9371873313. omersharifgiftstore@rediffmail.com. Omar and his nephew, Manish speak good English.

SAREES

Vama and Kajree. Tel: 24455382. Kute Chowk, Laxmi Road. Silk sarees, wedding sarees, salwar Kurtaas. Salesmen will parade

hundreds for you if you don't stop them.

JEWELLERS

RANKA. 575 Laxmi Road, Pune 411-030. Tel: 24459830, 24490366/67. Fax: 020-24453890. Email: rankarkpl@gmail.com. Give yourself a 'Breakfast at Tiffany's' experience at Pune's top-drawer jewelers. It's worth the trip, just to see the store interior!

Ashtekar Bros. Tel: 24491749, cel: 9422333724
590, Sadashiv Peth, Umbrya Ganapati Chowk, Laxmi Road, Pune 411 030 (a couple of doors down from Dolhan Sarees). Small, single door store, great anklets, toe rings. He will tel you what percent silver the article has.

For *mala* : **Sri Jewellers**, Centre Street or stalls on Tulsi Baug.
Solanki Jewellers on Center St. off MG Road.

M.L.Wagh and Son. 793 Budhawar Peth, Umbrya Ganapati Chowk, Laxmi Road, Pune 411-030. Highly reputable, fine jewelers, patronized by the Iyengar family. They make jewelry to order. Tel: 24457349

Bharatkumar Jewelers. Traditional silver jewelry. 361 Sardar Vallabhbai, Patel Road (Center Street parallel to MG Road) Camp. Tel: 26359536. Owner is designer of attractive non-expensive pieces.

Janhavi's Jewellers. 572 Laxmi Road, Sadashiv Peth, Pune: 30. Tel: 24450935. Amol and Gauri Kaaigaonkar, Sells gems for healing. Very expensive.

Purushottam Narayan Gadgil and Co. (PNG) Laxmi Road. Tel: 2445-5742. 2nd location: Paud Road Tel: 2546-4726. 3rd location: Chinchwad, Gadgil on East St, runs parellel to MG Road. Tel: 2744-3444. Lovely gold (and some silver) necklaces and earrings.

Sikki's. Tel: 9823368604. Inexpensive gems, necklaces and Tibetan

items (plus loose beads, sold by weight) can be found in the shops behind the German Bakery, Koregagon Park. Sikki's has the best deals and attitude.

TAILOR

Sunita Shroff- Naik. Tel: 2567-2756. 94/25B Prabhat Road, Lane no. 11, Shreeraj Apts, Ground floor

Artis(?) Tel: 9960634266. Just a bit down from Toyota dealer in Model Colony, She will create whatever you want to wear.

Sayali. Tel: 9922819552 / 9922813552. 708 Narayan Peth, # 6, Kunal Complex, Laxmi Road, facing Commonwealth Building, down a small ally, next to the night dresses. It's the second tailor upstairs on the right. Kailas understands some English. Good and reliable.

FABRIC

'Natural Fabrics of India'/Banjaras - Tel: 2588-1844
Shop C3/4, Chaitraban Residency, off I.T.I Road, Gundh, Pune 411 007

Wonderland. MG Road

Dimpex International. Prabha Thakar's homemade batiks. Tel: 0202-2565-6145. 1, Kamalbaug Society, 1062, Gokhale Road, near OM Supermarket, Pune 400 016

For all your Batik needs! Prabha has been selling batik t-shirts, the comfortable yoga bloomers with colorful designs, mat carrier bags along with beautiful batik greeting cards and other items. Her husband, Manohar Thakar, practices a kind of therapy called Mahikari, and would be happy to help you overcome your jet lag or other conditions.

HOME ACCESSORIES

Shahenaz: The Ethnic Home Shop: Tel: 2612-4875: next to Christina Clothes Shop. Excellent for covers (pillow, bed, and table) bags etc.

Carnation: The Home Store Tel: 2612 – 1606: Next to Christina

For Bolsters: Sathe Gadi Karkhana, off Laxmi Road, near Umbrya Ganapati Tel: 2445-3556.

Bolsters. Tilak Road, opposite the English School.

Fabindia, (See above, crafts, gifts, clothes)

RUGS.

Fantasy. (See under crafts/gifts above). Highly recommended. Tel: 02026120251. Will ship to the US

PERFUME

Old established family owned business selling wonderful perfume oils and incense. Like so many of the shops in India, they will serve you chai (sweet tea) whilst you shop.

A.V. Kale Shop. Sughandhi, 1481, Shukrawar Peth, Shanipar Market Road, Pune 411 002 (go up Laxmi Road from Deccan, turn Left at Shrine. Tel: 2445-4860

Damodhara Bagwandas Sugarndhi. 761 Raviwar Peth, Pune 411002. Email: sugandhincense@hotmail.com. Pure oils (rose, sandlewood, khus etc) handmade, rolled incense sticks and cones, Sandlewood soap, rose petal jam. A feast for the senses.

Vithaldas Narayandas & Sons, perfumers & hand rolled incense. Phadke Haud, Laxsmi Road. Email: vnsons@vsni.net. Near the bicycle street, closed Sundays and closed for lunch at 1pm,

BOOKSTORES

The International Booksellers Tel: 2567-7405; Deccan Gymkhana down FC Road to the Deccan Bridge area (at Deccan Corner). Has a lot of text books. Closed Sundays.

Manneys Booksellers Tel: 2613-1683; 7 Moledino Road, Clover Centre (closed Sundays) www.manneysbooksellers.com. email: manneys@vsnl.com. They have a large selection and can order if they don't have.

Bookword Basement. 616 Sagar Arcade. FC Road. Helpful, huge stock of books. Will order if you don't have.

Crosswords – Senapati Bapat Marg

STATUES

Ishwar's Moorti & Gift Centre

Sandeep Solanki

420, Raviwar Peth, Moti Chowk, Pune – 24457686

Karachiwala Indian Handicrafts. Wholesalers, retailers & exporters of fine jewellery, arts & crafts etc. Tel: 65234935 (Cell): 09822598486. 4 Moldina Road, Near Coffee House, Camp, Pune. Email: rohit_daswani@vsnl.net. [www. Roh777@yahoo.com](http://www.Roh777@yahoo.com). Ganesh, Patanjali, Krishna, Vishnu, Brahma and Shiva statues. Scarves, carvings in bronze, brass, sandalwood. Been helping Iyengar students for decades.

God Store # 1. **Ishwars.** Tel: 24457686. 420 Raviwar Peth, Moti Chowk. A great collection of Vedic/Hindu deities statues, bronze and marble. Closed Wednesday. Email: ishwarmoorti61@hotmail.com.

God Store # 2. **Mohan Metal Works.** Tel: 24471018. Cell: 9422310421. 285 Raviwar Peth, near Subhaarsha Police Chowk.

Wholesale metal art.

ELECTRONICS

Das Electric. Near Bombay Garage on M.G. Road. Blenders, fans etc.

MUSIC

For CD's, tapes: **Alurkar Music House**, Tel: 544-0662
Swapna Nagari, Karve Road, Pune 411 004 (just past the Ayurvedic Research Institute, known in Marathi as 'Rashashala')
The owner speaks English and they have a good selection of all kinds of music, e.g. chants, kirtan, bajans, ragas etc.

Music store above OM Supermarket_ Gokhale Road

Oceanic Sound and Vision, MG Road, just before and opposite Wonderland. Good place for DVD's.

TRAVEL AGENTS

Charu Travel. Tel: 25658340 and 25660064 and 25672771. FC Road (behind Lalite Mahal Restaurant. Email: charutavelagent@eth.net.

Sudin Travels Tel: 2445-8199 or 2449-1593; Fax: 2449-3682
E-mail: Sudin@giaspn01.vsnl.net.in
418, Narayan Peth, 1st Floor, Nandlal Society, Pune 411 030

SAP International Tours Tel: 2552-0587
1216/6, F.C. Road, Shivajinagar, Pune

The Traveler / Silver Jubilee Traveller. Tel: 020-25663706. Shop 5

& 6 (right next to Lalit Mahal Restaurant. Full service travel agent. Extremely professional, great service. Low commission. Email: traveler@pn2.vsnl.net.in

Neeraj Journeys

853 Andalkar Bunglow, 1st Fl, Bhandarkar Inst. Rd., Deccan Gymkhana
Pune 411004
020-567-1142
nerjouni@bom2.vsnl.net.in

Gatik Ventures

Navin Pandey. Highly recommended travel agent, based in Delhi. "...arranged a few days of travel in Gujarat and Rajasthan. He solved a few nasty last minute problems for us very well. If I need a travel agent for India, I will call upon him again. gatik@vsnl.com.

FOOD

Vegetarian food in India includes milk and milk products but not eggs (which along with sea food are considered "non vegetarian"). Pre-packed food is marked with either a red or green dot, enclosed in a square frame denoting non-vegetarian and vegetarian food respectively.

The most popular foods in Pune are thali and South Indian food. A thali literally means a plate. A thali would generally include two to three vegetables, pulses, salad, curd (yogurt), dal and chapatti or roti. Most thali restaurants provide an unlimited amount of food for a fixed price. It's a wholesome, nutritious meal. Some of the popular restaurants serving thali are:

Asha Dining Hall. 1224, Shivajinagar, Apte Road. Pune 411 004. Across the street from Hotel Sheyas. BEHIND the Danraj Co-Housing Society sign (a very visible sign – the Asha sign is hidden by a tree). Tel: 25532424, 66027149. This thalli restaurant serves decent wholesome food for just Rs. 38/-

Badshashi. Tilak Road. Thali for 35 rupees.

Jagruti Dining Hall, Raviwar Peth. A thali favourite near the Sugandhi Perfume store (opposite railway booking office). Tel: 2445-3231.

Panchavanti Gaurav, adjacent to Deccan Gymkhana, provides a more elaborate meal for Rs. 150/-

Raso. Keller Road. Thali for 75 rupees.

Shreyas Hotel Restaurant – “Great all you can eat thali”. 1242 Apte Road. Deccan Gymkhana

Sukanta Pure Veg (* Highly recommended)

Gujarati Pure Veg. 636 Deccan Gymkhana, near Z bridge, off Jangli Maharaja Road, Pulachi Wada. They do take out. Tel: 25530077, 66013222. Hrs: 11.30 am – 3 pm. 7 pm on.....It gets very busy after 8 pm and I know why. They do great take-out.

Other popular “South Indian Food” includes idllis, dosas, uttapams and wadas. These are basically fermented foods composed of powdered pulses and rice. It takes care of your dietary requirements of proteins and carbohydrates and is tasty. The main dish is accompanied by side dishes (called “chutney” made of coconut and chilies) and sambhar, which may be a little spicy. The main dish is not spicy. The popular restaurants along Fergusson College Road offering South Indian food are:

Vaishali - F.C. Road (good dosas, great sweet kachuries)

Roopali – F.C. Road (very good thalis)

Lalit Mahal. Tel: 255664577. Good basic food. If you go for breakfast you will get great sheera. They serve real coffee. End of Hare Krishna Mandir Road (beyond the Chetak and the Ambassador) at the junction with F.C. Road.

OTHER POPULAR RESTAURANTS_serving a variety of foods include

Amrapali - F.C. Road (opposite Super Shoppe, down lane)

Aryan – F.C. Road. Opposite Vaishali. next to the Ketan Hotel. Tel: 25656517

Aroma Restaurant - The Ambience Hotel, Lakaki Road, Model Colony. “Right now at the Ambience there appears to be no one managing. Reservations were mixed up for many of us requiring lots of extra phone calls” (RIMYI student, Feb 2008).

Shabree – 119/1A F.C. Road, Pune 411 004. Tel: 91 20 25531511 / 2 / 3 / 4

Shravan – around the corner from Lalite Mahal on F.C. Road, left toward the police ground always has fresh flowers and clean linen on the tables and is reasonably priced with a varied menu. Tel: 2565-4914.

Surya Hotel Restaurant - Apte Road

Mona Food - M.G. Road

Rutu Gandh, Deccan Gymkhana

Ram Krishna, 6 Moledina Road, Camp. Tel: 2633 0724, 6500 8464, 2636 3938. This high-end restaurant is the perfect place to dine at while shopping at MG Road. Exterior has huge murals of Ramayana. Ask to sit in the inside dining room for quiet and air conditioning. Gracious waiters

Chandru from RIMYI, recommended **RamKrishna Restaurant**, opposite the West End Cinema on MG Road.

ITALIAN FOOD.

Italian food has become popular in Pune. Three possibilities are:

Little Italy. Hotel Shrima, Bund Garden Road. Tel: 26136565

La Dolce Vita. Shop No. 3 & 4, City Point, Dhole Patil Road.
Tel:26145555

La Pizzeria. 361/Bund Garden Road. Tel: 6133535

BUFFET

Meridian Hotel. Bund Garden Road. The breakfast and lunch buffets can be a treat. Expensive – the lunch buffet includes all the wine you can drink. RBM Road. Tel: 91-020-2605-0505. The Meridian also has a rooftop pool where you can swim for around \$10 U.S.

The best Buffet in town is at the recently renovated **Pride Hotel**, about 5 minutes from the Institute. This is a great place to go for drinks or a going away party. Check out the coffee shop and the restaurant upstairs.

SWEET SHOPS

Mithas: delicious sweets. Tel: 2588-8456. Shop no. 5, Sri Siddeshwar Heights, ITI Road, Aundh, Pune -7 (well worth the 15 minute ride)

Chocolate purveyor. Next door to Fantasy on Boat Club Road.

GROCERY STORES

1. **Maharashtra**, just around the corner from Hari Krishna Mandeer, for fresh milk, yogurt, ghee, spices, rice, mung dal etc.

2. **Foodland** on Bhandarkar Road, large supermarket, even has tampons.
3. **Pune Central** shopping mall. Opp. Institute has a food department. And much more.
4. For all kinds of *khakara* : **KANTABEN**, opp. Chitale's Shop, Shanipar
5. **OM Supermarket**, Gokhale Road.
6. **Dorabjees**, Moldina Road (just before MG Road, down the street from Mannys Bookstore) has almost everything you forgot to bring or could want. I.e., real Dutch Gouda cheese.
7. **Whole Foods**, toward Bund Garden Road. Brown rice, extra virgin olive oil, soy milk etc
8. **Spicer College Store**, in Wonderland. M.G. Road, around the corner from Dorabjee's. Soy milk shake, fresh ground unsweetened peanut butter, cookies, nut cakes, apple pies; millet and whole wheat bread. Some products have milk and honey, but ask. This store is a satellite from the Seventh Day Adventists School called "Spicer College". The college and another store is in Aundt passed Pune University. Some of their products are available in small groceries. On Sunday the Aundt location is open 9am – 9pm.

FRUIT AND VEGETABLES

The fruit and vegetable carts (the vegetable seller is a 'bhaji wallah') comes around daily outside the Institute at about 10-11am. You can also go to the vegetable/fruit market not far from the Institute. At the top of Hari Krishna Mandir Road (opposite the bank) turn right at the Toyota dealers. Go past the Maharashtra grocery store (where you can get staples like rice, oil, bread, milk and curd as well as tea and coffee – nescafe, some spices, cookies, crackers etc.) and walk straight until you come to the next road (a traffic junction 'chowk') at Charu's, a restaurant with yellow awnings. Turn right and walk down until you come to a market on your left.

INGREDIENTS FOR COOKING

If you are living in one of the apartments that Sharda is taking care of

(next to Hari Krishna Mandir), ask her to organize Shantabai to cook for you. Marathi cooking is basically Ayurvedic cooking. You will need to buy the following basic ingredients:

Grains:

Bastmati rice (large)
 Rava for cooking upma (it is like semolina)
 Poha (flattened rice)
 Flour for making chapatti, paratha and other breads

Spices:

Black Mustard Seeds
 Cumin Seeds (jeera) and powder
 Turmeric powder (haldi). Whole fresh turmeric is available from November in the open markets.
 Asafoetida (also known as hing) (small container)
 Chili powder
 Cashew nuts
 Coriander powder and seeds
 Ginger powder
 Cardamom powder and whole cardamom seeds
 Saffola oil (large) and ghee (clarified butter)

Pulses

Mung dal (lentils)

Other

Sugar ('chinni')
 Tea, coffee, bottled water etc.

Vegetables are 'bhaji' in Marathi. The man at the Maharashtra store speaks English so he can help you, otherwise ask Sharda to organize things for you. You can either give Shantabai +- 50 rupees (just over \$1) once or twice a week and she can buy the vegetables for you. She also has the flour ground at the mill to make the chapatti etc. We boiled the tap water for tea and cooking. Our cooking for the month came to \$10 between 2 of us and the laundry was about \$2 each for the month. Shantabai or Gangubai does the laundry daily. (Prices

have gone up all round since this was written. Ed.)

Chitra (9890156536) arranges for Ayurvedic Massage or facial with **Mrs. Swati Sant** (25535733) using choice of oils: 250-450 rupees depending on type of massage. 7 days a week.

Sharda can also organize for Asha to come to the apartment to give oil massage - 60 rupees for about 45-50 minutes. Best is probably sesame oil or an Ayurvedic massage oil.

VET IN PUNE (in case of animal compassion)

Dr. D. Tulpule Tel: 2543-2022(home); Tel: 2681-3611(clinic); Tel: 2661-3627

Residence Clinic: '**MANAS**', Gulmohar Path, off Film Institute Road, Erandwane, Pune 4 [+ 100 rupees for consultation + medication]

SHIPPING & PACKING SERVICES:

Mr Vasanta, Tel: 9881435264. He will come to your hotel and collect items for packing and mailing.