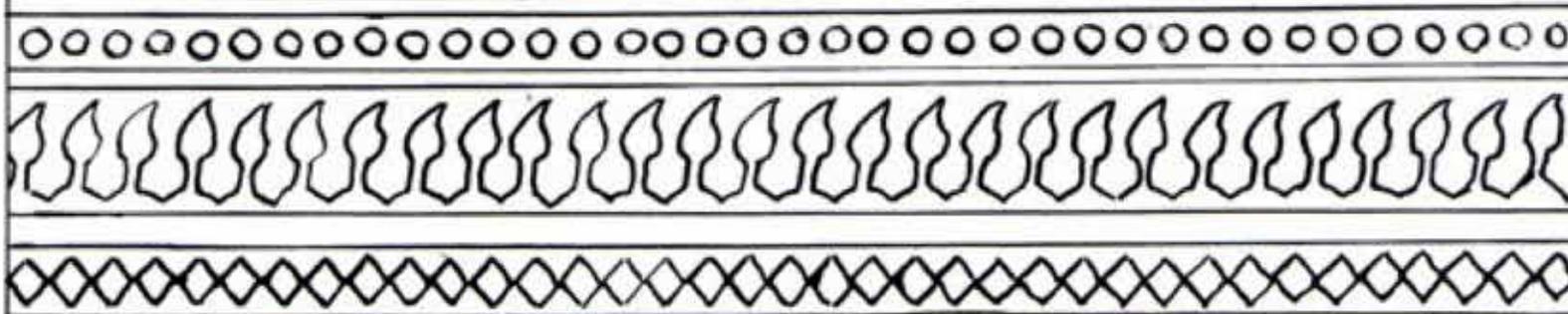
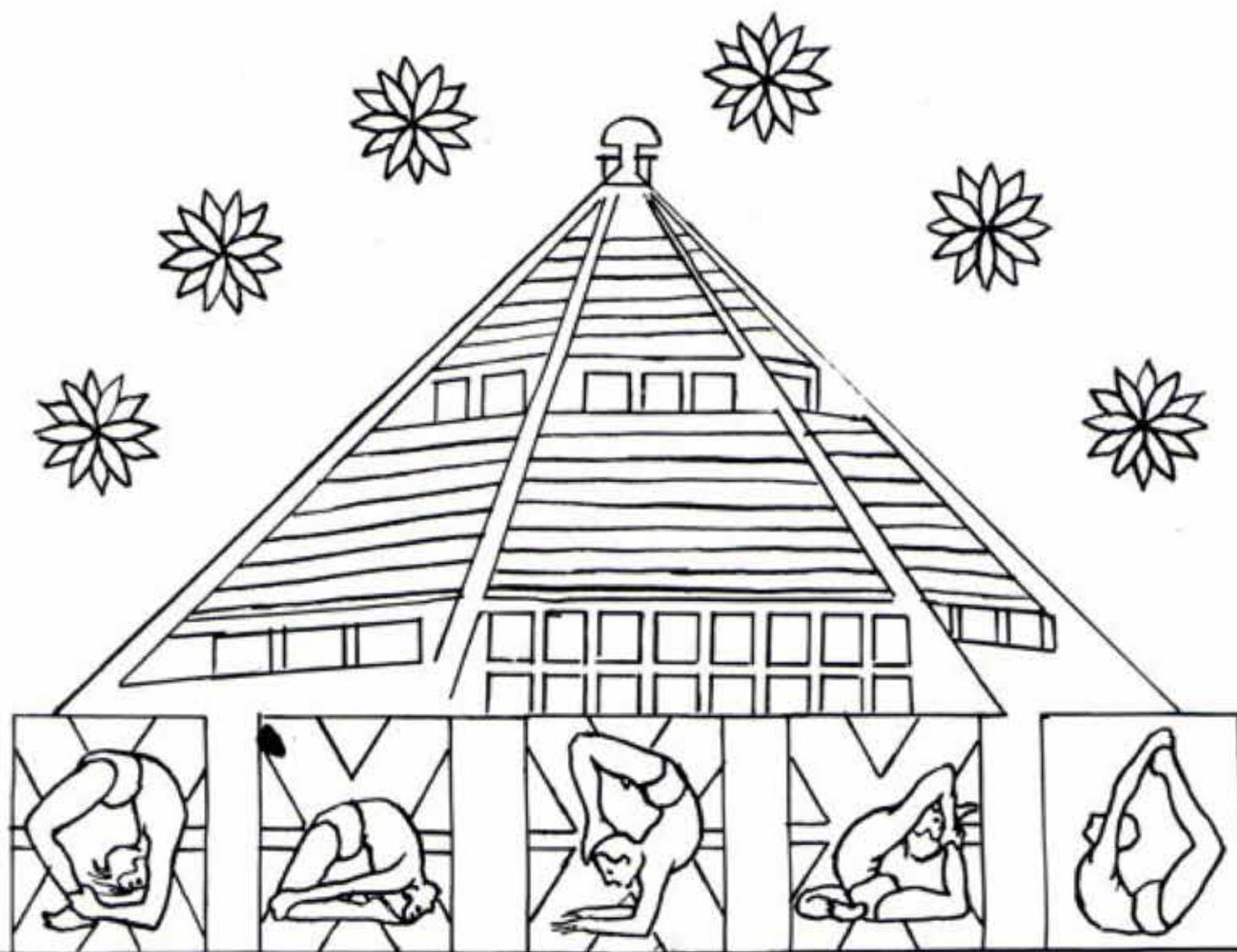


PUNE GUIDE

2016



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

Please send your comments or offerings, or anything you think should be included to: bobby@bobbyclennell.com. If you notice that a phone number listed in this guide doesn't work or is redundant, let me know. If you can clarify any of this information, e.g., if 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 very grateful to the teachers and students who continue to submit material for the Guide. Heartfelt thanks also to future contributors who will help to keep this resource alive and relevant. Special thanks to Robert Cory for his editing assistance.

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

Disclaimer. Mere inclusion in the Guide is not a recommendation. Students may have had issues with some of the providers mentioned. Check other resources such as Facebook.

None of the therapies, medical practices, hospitals, dentists or ayurvedic clinics, etc. in this guide have been vetted by me. I accept contributions sent in from the community in good faith, but I cannot vouch for them.

www.bobbyclennell.com

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The Iyengar Yoga Association of the United Kingdom also has an excellent guide to Pune: www.iyengaryoga.org.uk/about-iyengar-yoga/a-guide-to-pune.

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VISA APPLICATION

Visas are mandatory for India.

USA

For New York residents:

You no longer go the Indian consulate itself for your visa application.

- 1) Go to the Indian consulate website and they will tell you how to apply:

indianvisaonline.gov.in/visa/

- 2) You will be referred to Cox and Kings: "For more information, kindly click on the below link and select the Visa category":

www.in.ckgs.us

- 3) Book an online appointment from this link:

www.in.ckgs.us/online-appointments.shtml

- 4) Dear xxxxx,

Thank you for contacting CKGS.

To register your inquiry with us, please click on Contact / Feedback on

ww1.in.ckgs.us/feedback/ and enter your query. Our Custom-

er Service Team will respond to you within 24 hours.

- 5) To Track the status of your application - Click on Track My Application on

www.in.ckgs.us/VPOOnline/WebPages/TrackYourApplication.aspx

To Call our Call Centre, please call 516-206-1483 / 646-589-

0088 (Mon to Fri between 9.00am ET to 9.00pm ET)

- 6) When online application is complete take your application to the Cox and Kings office on 23rd St. (New York). They mail your passport with visa to you in a few days.

Note from the editor: Until I am clear as to whether or not the info below is redundant or still

relevant it will remain in the Guide:

Alternatively, for New York students: In effect from October 1, 2007, visa applicants are requested to obtain an Indian visa through Trivisa Outsourcing, Inc., at their website: indiavisa.trivisaoutsourcing.com.

Any queries related to Indian visa services may also be directed to: Trivisa Outsourcing Inc., 316 East 53rd Street, Second Floor, New York, NY 10022.

Tel: (212) 754-9900 and www.indiacgny.org.

Similarly:

"Other private expeditors for passports or visas: www.AmericaPassport.com (800-455-5166), and www.OfficialTravelDocuments.com. They 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 The Magazine, December 2006

Australia

For Australian students visa applications have been outsourced to VFS.Global www.vfsglobal.com/india/australia/

Your visa application is online at this site. Once completed if applying in person book an appointment or send by post.

Worldwide E-Visa

E-Visa is now available for travel to India for 30 days indianvisaonline.gov.in/visa/tvoa.html

Your E-visa 30 days starts from the date of your arrival in India and you must apply at least one week before leaving home. Please note Delhi and Mumbai airports have E-Visa processing facilities but Pune airport cannot accept you if you have an E-Visa.

IMPORTANT!! READ THIS:

Do not leave this until the last minute as it takes several visits to complete the paperwork. You will need the addresses of two people in India for recommendations (and as of January 2010,

your birth certificate). Iyengar students often use RIMYI for one of the addresses and the address of their hotel or landlord in Pune for the other. You will also need the exact dates of your arrival in and departure from India.

In your **visa application** or interview, **do not say you're going to study yoga or take classes**; always state you are a tourist. If consulate officials learn you're going to study yoga, they will assign you a **visa specific** for Yoga or Vedic studies, which will require you to register, within two weeks of your arrival in India, with the FRO (Foreign Registry Office) at the Pune Police Commissioner, where you'll receive a Residential Permit. If you don't register there, you may have trouble later on leaving the country.

How to tell if you can't remember what you filled out on your Visa application form:

Check your visa where it says TYPE and it should be stamped T for tourist. In that case you are fine. If you have another letter stamped you would need to make an inquiry before you leave for India.

When a visiting student (mistakenly) got a "yoga studies" visa back in 2009, Indian immigration wrote the name of the institute (RIMYI) on the visa and an additional stamp saying, "Registration required within 30 days of arrival in India."

Make three to four copies of your passport and visa to take with you to Pune, along with additional passport photos. This will save you time and energy at RIMYI, for registering with your landlord, and for when you go to get a SIM card for your phone or a dongle for the Internet.

TICKET

IMPORTANT: Be sure to take a printed copy of your e-ticket (flight schedule or itinerary) from the airline or travel agent when you go to the Mumbai airport (both domestic and international trips). Tip: Save it on a pen drive (USB or memory stick) and take to a copy shop (they have printers). *Also Roots & Wings can assist RIMYI students with printing.* You will not be allowed into the airport terminal without the printed itinerary, and of course your passport.

For domestic flights you **MUST** also show them the credit card you used for purchasing the flight. This can be a problem if someone else brought the ticket on line for you. If you do not show them the card, they march you across to their office and you have to pay in

cash and they reimburse your electronic version later. Seriously! This happened to several people in December when traveling to Bellur and other places within India.

WHAT TO BRING:

- First aid kit
- Flashlight (for walking at night or blackouts)
- Charger for your digital camera, smart phone, lap top or pad.
- If staying in a hotel, a kettle for boiling water
- Your favorite tea or coffee
- Your favorite muesli
- Vitamins
- Probiotics
- If staying in a hotel, seal-able zip lock bags to store food
- Business cards
- Tampons
- Sunblock
- Alarm clock
- Small backpack for carrying items to class and for shopping
- Good walking sandals and/or shoes (*Pune streets are dusty and dirty. Bring a pair of shoes that cover your feet.*)

- Sarong
- Three sets of yoga clothes
- Small clothesline with clothespins
- Inflatable hangers to avoid wrinkles made by clothespins
- Kitchen gloves are impossible to find in Pune.
- Medications and prescriptions (painkillers, anti-diarrheal drugs, general antibiotics, antiseptic cream, re-hydration salts, and cold and cough medications)
- If attending during the winter months (November through January), a shawl, sweater or lightweight jacket for early mornings and evenings
- Glue stick: envelopes do not come with glue on the flap. Likewise, stamps are not provided with glue – and post office glue is not very sticky.
- If you are going to get your hair dyed while you are in Pune, remember to bring your own hair products and don't forget the developer!
- Most restaurants provide washing facilities and towels for customers but baby or bacterial wipes might also be a useful backup. Antibacterial hand cleanser comes in handy too as soap is not always available.
- The Lonely Planet Guide to India is the Bible for travelers to the subcontinent. The book has a fairly up-to-date section on Pune. It's massive, though, so consider cutting out only the sections you'll need. You can also download specific chapters of the guide for download from the Lonely Planet online store shop.lonelyplanet.com/world/india-travel-guide-15/ for those areas you intend to visit.

- If you have been shopping in Pune and you find your suitcase is overweight, be prepared to purchase an extra case in Pune. An overweight suitcase will be charged extra. An additional suitcase will not (two suitcases are permitted).
- RIMYI will ask you for a passport-sized photo of yourself. Bring a few if you are thinking of purchasing a cell phone card or dongle device for the Internet in Pune.
- Copies of your passport, visa and visa stamp (one set for RIMYI, and two sets for your landlord or landlady who have to register you with the authorities), plus copies for cell phone cards and Internet devices.
- Pumice stone for cleaning the black grime from your feet. Alternatively, wear footwear that covers your feet.
- Look for RIMYI on Google Earth. Print out a map of the immediate area, especially the triangle between Ferguson College Road and University Ave. The neighborhood is not laid out on a grid and can be disorienting. Local Pune maps are not detailed enough to show this. See also the map at the back of this guide.

Power Supply in India

In India, 220 volts are used to power small appliances. The plug points are three-pin with rounded ends. Use the local plug board with surge protection/combined voltage adapter, which work well and are easily found in Pune (*The standard converter I brought with me from the U.S. didn't work, whereas the one I brought locally in Pune did work. Ed.*) A simple adapter to use with a European outlet works fine if the appliance is made for global use.

AIRLINES

United Airlines offers direct flights from the U.S. to Mumbai. Book early to get good round-trip rates.

Delta (Mumbai): Tel: (91-22) 2826 7000 or 2834 9890.

Delta (Pune): Tel: (91-20) 2612 5410. Email: pnq.delta@igatindia.com.

Jet Airways (Pune): 243-244, Century Arcade, B/2, Narangi Baug Road, Pune.

Tel: (91-20) 2616 8153, 2612 7524. Maximum weight for national flights is 25 kg (55 lb.) regardless of the number of bags; the carry-on limit is 7 kg (about 15 lb.).

(Jet Airways is an Indian airline. They have great art movies and classical music).

Jet Airways (USA): Tel: 732-339-1191. Jet Airways offers a free shuttle service between the international and domestic terminals; it runs every half hour, 24 hours a day. You must identify your checked luggage to an airline employee on the tarmac before you board the plane or your luggage will not be loaded onto the flight.

Lufthansa now fly direct to Pune from Frankfurt (now provides economy as well as business).

South African Airways (Pune): Tel: (91-20) 2612 5410.

Virgin-Atlantic (Delhi): Tel: (91-11) 5150 1300.

Email: customer.services@fly.virgin.com. Website: www.virginatlantic.com.

MUMBAI

Iyengar Yoga Institute in Mumbai

(Iyengar Yogashraya)126, Senapati Bapat Marg, Lower Parel, Mumbai 400013. Tel: (91-22) 2494 8416. Email: info@bksiyengar.com.

Hotels near the Iyengar Yoga Institute in Mumbai

Hotel Aircraft International. Plot No. 179, Dayaldas Road, Vile Parle (E), Mumbai 400057. Tel: (91-22) 2612 1419/0899/7717. Fax: (91-22) 2618 2942. Email: info@hotelaircraft.com. Website: www.hotelaircraft.com.

Airport Inn Deluxe Hotel. Shradhanand Road, opposite Navin Thankar Hall, Vile Parle (E), Mumbai. Tel: (91-22) 2610 1602.

Hotel Ameya. Gokhale Road (North), Dadar (W), Shivaji Park, Mumbai 400028. Tel: (91-22) 2430 5685/5901/6790. Email: info@hotelameya.net. Website: www.hotelameya.net.

Hotel Apollo. Brightland Building, Landsown Road, behind Regal Cinema, Colaba, Mumbai 400039. Tel: (91-22) 2287 3312. Fax: (91-22) 2287 4990.

Email: hotelapollo@vsnl.com. Website: www.hotelapollo.co.in.

Hotel Avon Ruby. 87, Naigaon Cross Road, opposite Fire Brigade, Dadar (E), Mumbai 400014. Tel: (91-22) 2411 4591. Email: info@hotelavonruby.net. Website: www.hotelavonruby.net.

Bentley's Hotel. 17, Oliver Road, Colaba, Mumbai 400001. Tel: (91-22) 2282 3245/6. Fax: (91-22) 2287 1846. Email: bentleyshotel@hotmail.com. Website: www.bentleyshotel.com.

Executive Enclave. 331, Dr. Ambedkar Road, Pali Hill, Bandra (W), Mumbai 400050. Tel: (91-22) 6696 9000, 2649 0227. Fax: (91-22) 6696 90001. SMS: 91-9930852901. BlackBerry PIN: 2565E27A8. Email: enclave@vsnl.com. Website: www.executiveenclave.com.

Garden Hotel. 42, Garden Road, Colaba, Mumbai 400039. Tel: (91-22) 2283 1330/4823. Fax: (91-22) 2204 4290.

Hotel Godwin. Recommended. 41, Garden Road, Thane, Mumbai 400039. Tel: (91-22) 2287 2050. Website: www.hotelgodwin.com.in.

Hotel Grant. 44, Proctor Road, near Grant Road Station, Mumbai 400007. Tel: (91-22) 2387 1491. Fax: (91-22) 2387 0215. Email: hotelgrant@vsnl.com. Website: www.hotel-grant.com.

Hotel Hill View. Behind Canara Bank, near Chandra Baba Mandir, Worli Naka, Mumbai 400018. Tel: (91-22) 2496 1858.

Hotel Oasis. 276, Shahid Bhagat Singh Road, near GPO Fort, Mumbai 400001. Tel: (91-22) 3022 7886. Fax: (91-22) 2269 7889. Email: info@hoteloasisindia.in. Website: www.hoteloasisindia.in

Hotel Pritam. 20/B, Pritam Estates, Dr. Ambedkar Road, Dadar (E), Mumbai 400014. Tel: (91-22) 2414 5555. Fax: (91-22) 2414 3388. Email: info@pritamhotels.com. Website: www.pritamhotels.com.

Hotel Rahat Palace. Dr. E. Moses Road, Worli Naka, Mumbai 400018. Tel: (91-22) 2496

4411. Email: hotelrahatpalace@yahoo.com.

Hotel Royal Castle. 76, August Kranti Marg, Gowalia Tank, Mumbai 400036. Tel: (91-22) 2388 3888, 2386 8196. Fax: (91-22) 2385 4340. Email: deepak@hotelroyalcastle.in. Website: www.hotelroyalcastle.in.

Sea Face Guest House. 48, Pandita Ramabhai Marg, Chowpatty, Mumbai 400007. Tel: (91-22) 2363 2156. Fax: (91-22) 2369 4296.

Hotel Sea Green South. Recommended. 145A, Marine Drive, Mumbai 400020. Tel: (91-22) 6633 6535, 2282 1613. Fax: (91-22) 6633 6540. Email: mail@seagreenhotel.com. Website: www.seagreenhotel.com.

Hotel Shantiidoot. Dr. Babasaheb Ambedkar Road, Dadar (E), Mumbai 400014. Tel: (91-22) 2416 4923/4/5. Fax: (91-22) 2414 9064. Email: hotelshantiidoot@hotmail.com. Website: www.hotelshantiidoot.com

Hotel Suba Palace. Apollo Bunder, near Gateway of India, Mumbai 400039. Tel: (91-22) 2202 0636. Fax: (91-22) 2202 0812. Email: info@hotelsubapalace.com. Website: www.hotelsubapalace.com.

ITC Grand Central Hotel. Five-star deluxe rating, in walking distance to Institute. Dr Babasaheb Ambedkar Road, Parel, Mumbai 400012 Tel: (91)(22) 24101010 Fax: (91)(22) 24101111 Email: itcgrandcentral@itcwelcomgroup.in Website: www.starwoodhotels.com

Taj Mahal Palace & Tower. Five-star deluxe rating. Apollo Bunder, Mumbai 400001. Tel: (91-22) 6665 0808. Fax: (91-22) 6665 3366. Email: tmhresv.bom@tajhotels.com. Website: www.tajhotels.com.

VITS is a great Indian hotel chain is near Mumbai airport and often has a 40% discount during the week. Price includes use of the gym and free airport transfers and a great breakfast!

Restaurants near the Mumbai Iyengar Yoga Institute

Restaurant Gaylord Tel: 2614 7041/2

Restaurant Ming's Palace Tel: 2287 2829; 2284 1432

Restaurant Kyber Tel: 2267 3227/8

Restaurant Mandarin Tel: 2202 3186; 2284 8214

Restaurant Lings Pavilion Tel: 2285 0023/4

Restaurant China Garden Tel: 2363 0842

Restaurant Ambassador Tel: 2204 1131 Email: sales@ambassadeindia.com

Restaurant Jazz by the Bay Tel: 2284 0232/0053

Ming's Palace Tel: 2287 2829; 2284 1432

Shahid Bagat Singh

Friends Union Joshi Club

good thali Tel: 2205-8089

Hotels near the Mumbai International Airport

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

Kohinoor Continental. Four-star rating. Andheri-Kurla Road, Andheri (E), Mumbai 400059. Tel: (91-22) 2691 9000, 2820 9999. Fax: (91-22) 2838-2434. The hotel offers an airport shuttle as well as many other amenities. Email: reservations@kohinoor-group.com. Website: www.hotelkohinoorcontinental.com.

Two yoga students who stayed here overnight together en route to Pune got "quite sick" after eating the Indian breakfast despite being "reasonably adventurous eaters with reasonably robust digestive/immune systems".

The Lalit Mumbai. Sahar Airport Road, Andheri (East), Mumbai – 400 059, India. T: 91 22 6699 2222 F: 91 226699 8888. www.thelalit.com. Used to be the Intercontinental – The Grand. The main lobby of the hotel is the second largest atrium (internal courtyard) in Asia. The hotel has an award-winning spa called Rejuve and a pool. The food is delicious.

The Leela Kempinski Hotel. Five-star deluxe rating. Sahar, Andheri (E), Mumbai 400059. Tel: (91-22) 6000-2233. Toll free (India): 1 800 222 444. Toll free (U.S.): 1 800 0426 3135. Email: reservations.mumbai@theleela.com. Website: www.theleela.co

"The hotel has been renovated in the past year. I stayed there upon arriving and departing

and quite liked it. The hotel It has lush tropical gardens and a beautiful swimming pool. The breakfast buffet is very nice. Register on the website to review the current packages. If you are departing India late, make sure your late departure (up to 8 pm) is included in your package.”

Hotel near the Mumbai Domestic Airport

Atithi Hotel. 77 A & B, Nehru Road, Vile Parle (E), Mumbai 400099. Tel: (91-22) 2618 7941/2/3. Fax: (91-22) 2611 1998. Email: atithi@athithihotel.net. Website: www.athithotel.net.

Juhu Beach (Mumbai) hotels

Hotel Holiday Inn (this is now a Novotel hotel). Balraj Sahani Marg, Juhu Beach, Mumbai 400049. Tel: (91-22) 5693 4444. Toll free (India): 1 600 111 000. Fax: (91-22) 5693 4455. Email: h6926-re@accor.com. Website: www.novotel.com/gb/hotel-6926-novotel-mumbai-juhu-beach/index.shtml.

ISHKON Juhu (Ashram)-Hare Krishna Land Guesthouse. Juhu, Mumbai 400049. Tel: (91-22) 2620 0870/2226. Fax: (91-22) 2620 5214. Book this popular lodging well in advance. Email: guesthouse.mumbai@pamho.net. Website: www.iskconmumbai.com/Activities/GuestHouse/tabid/167/Default.aspx.

Sun-n-Sand. Five-star deluxe rating. 39, Juhu Beach, Mumbai 400049. Tel: (91-22) 5693 4444. Fax: (91-22) 5693 4455.

Also check: www.indiatravelinfo.com and www.india-travel.com for more hotels in Mumbai, or email www.services@giasdl01.vsnl.net.in.

TRAVELING FROM MUMBAI TO PUNE

Travel time by car from Mumbai to Pune is four hours during the day and three hours at night.

Shuttle Bus Services

Sandi's operates a shuttle bus service from Mumbai International Airport to Pune. Get in touch with Ms. Swati at tel.: (91-20) 2443 1155/66/77, 2447 1464; sandis@sandis.com

You can also book individual cars from Sandi's. Sandi's can also be booked through the

Chetak Hotel, tel: 2565 2681, or with Harshada Shirole: M: 98505690044 (India code: 0091). Email: hotelchetak@gmail.com. Website: www.sandis.com/Default.aspx

From Mumbai airport to Pune in February 2015, the price for a seat in a shared car was Rs. 950/-. You may have to wait for other passengers on later flights (usually just one hour or so). The driver and other passengers may also want to stop for drinks or snacks; or a 'nap', if it's after midnight!!

If you want to book a car exclusively for yourself, it will cost closer to Rs. 3,000/-.

Note that the driver (from any company) may not speak any English, therefore avoid complicated sentences and try to use only the name of your destination or a landmark. One advantage of sharing a car: if the other passengers are Indian, they will be able to translate for you and help the driver get you to your destination.

Another company that provides transportation directly from the airport to Pune: www.prasannatours.com/airlink.htm.

A student's tip on getting back to Mumbai by bus: *"On my way back I did follow the Yoga Spy's advice (yogaspyspy.com/2014/08/03/mumbai-to-pune-by-bus/) to use Shivneri Volvo bus service (www.msrtc.gov.in/msrtc_live/index-eng.html) to Dadar East, which was well priced (Rs. 430/-), comfortable and efficient. It did not bring me directly to the airport, but once you know how to navigate in India, it is not hard to do".*

By Cab or Bus between Mumbai and Pune

By Cab

To avoid confusion, or misunderstanding, it's best to book your car by email. *If email confirmation is not possible, make sure you receive a firm written price. Provided the booking is made 24+ hours in advance, car services will usually (and in fact should) give you a written confirmation.*

A word of advice - *if you are checking out of your hotel before your car service arrives, let both the front desk and the concierge / bell hop know you are waiting for your driver. I had let the front desk know where I was and was sitting in the lobby waiting for my car. The driver checked only with the concierge / bell hop and despite the fact that they were holding my luggage, they told the driver I had checked out of and left the hotel, and so the driver left without me. Alternatively, I suggest asking the car service to carry a sign with your name.*

Dolphin Cars. Tel: 982-221-4872. Approximately Rs. 2,200.

DoDo Travels. Tel: 2716 0138.

Indian Express Taxi. Tel: 985-005-0855.

KK Travels. Rs. 650 per person from Mumbai to Pune. Email: kedar@kktravels.com.

Star Tours & Travel. 101, Kalindi Apts, (Vanasthali Bldg.) 318/19B Canal Road, Model Colony, Pune – 4511 016. Brand new Tavera/Indica & all types of tourist vehicles available on hire.

Murtuza Dashi is Gulnaz and Ali Dashi's brother. Star Travel provides a private car for arrival and departure to and from Mumbai International Airport and the domestic airport in Pune. Tel: 985-004-7885. Tel: +91 -20 – 25677791, 56258294. Email: madashti@yahoo.co.in

Tokekar Transportation Services, an enterprise run by Mr. Raj Tokekar, has for several years been providing safe, reliable and reasonably priced door-to-door transportation from Mumbai International Airport to Pune. Mob. 982-306-7511. Email: rajkumar_tokekar@yahoo.co.in.

From a student: *"I have found Mr Tokekar's car service, very reliable and reasonable on the 3 occasions I used it."*

Vikram. Highly recommended for the Mumbai/Pune run. Vikram More is extremely reliable and also very knowledgeable about local Maratha history. Ask about day trips or tours. Tel: 985-050-8756; 988-106-0505; or land line number in Pune: 020-2421 3804. Email: vikram_more@yahoo.com.

Contact Hotel Chetak, Email: hotelchetak@gmail.com, Website: www.hotelchetak.com for the most reliable way to get to and from the airport. They have a range of clean, reliable cars suitable for any number of people. Day trips can also be arranged.

"The last time I did this, I paid Mrs Harshada Rs/- 3,000, which was well worth the price I feel, for the security of knowing that the driver would find me at the airport and bring me into Pune safe and sound."

Sandi's International Tours and Travels, 5 Amit Complex, 474, Sadashiv Peth, Tilak Rd, Pune-30, Tel: 020 2443 1155. Contact Sandi's directly or book from the Hotel Chetak. Sandi's cars have a car pick up service to and from the airport. The service is very reliable but

book in advance: sandis@gmail.com. They take 4 passengers, so no need to wait for hours to fill a mini-bus as was previously the case.

Editors pick — *Professional, reliable and they get you there:*

Roots & Wings has been serving RIMYI students for the last 13 years. They offer Private/ Shuttle services between Mumbai International/domestic airports to Pune. Contact No: +91 9923063370, Email: rootsndwings@gmail.com. Website: www.rootsnwings.co.in
Address: 1122 Model Colony Pune 411016 (diagonally opposite Hotel Ambassador).

And if your ride to Pune fails to show: There is a reliable car service that operates out of Mumbai Airport. As you leave customs, the "Authorized" (not yellow) cab office is on the right-hand side.

From a student: *"On the recommendation of my Indian flat mate I used Uber to travel from Pune to Mumbai airport."*

Note on tipping drivers: *One student asked her Indian friends who told her, "Indians don't tip." Although it is not expected from locals, personally, I always tip Rs 200 -300 for the Mumbai/Pune run (Ed.)*

By Bus

In Pune, you can take a rickshaw to Bremen Chowk point, where every 20-30min a Shiv Neri buses run to Mumbai, four hours trip. 500 rps. There are several stops once in Mumbai, ask for the stop nearer to your destination. You might have to take another rickshaw once in Mumbai to your final destination.

From Mumbai, you can go to Dadar East to the Shivneri bus point back to Pune.

By Train

The Deccan Queen serves food, i.e., beans on toast for breakfast. Trains require an advance reservation, which you can get from any Mumbai travel agent. You can also make reservations online at www.irctc.co.in. Check PNR status & seats availability online at www.indianrail.gov.in. Train booking opens two months in advance prior to travel date, so be sure to make your travel arrangements in India accordingly.

The domestic and international air terminals are at separate locations with shuttle buses running between them. For more information, talk to the airline staff (also see Airlines above). Flights are limited between Mumbai and Pune since road and rail travel are far

more popular.

Train tickets can be booked at **Roots & Wings**.

ACCOMMODATIONS IN PUNE

Editors note: Since it has become impossible over the years to keep up with the ever-increasing prices of these apartments, I have decided to omit them altogether.

Apartments

Note from Bobby: *I understand the frustration experienced by students with regard the apartment situation: rents have escalated alarmingly in recent years. They are massively out of proportion to rents elsewhere in Model Colony and, furthermore, do not reflect the services offered. Often apartments are not clean, kitchens not adequately supplied with cooking utensils, Wi-Fi access out of date and not compatible with contemporary computers, and showers do not work. Horror stories run from cockroach infestations to being without hot water for most of the month to an unreliable supply of electricity.*

To help you to choose the best option that fits your expectations, below are some questions to guide your conversations with your potential landlord/landlady before engage yourself with some of the options:

- Always ask for recent pictures of the place/room. Mainly about the beds!
- Ask for the exact address and then use Google map to see the real walking distance between the Institute and the apartment.
- Ask about how noisy is the area?
- Explicitly ask what is included in the rent? (electricity, land line, water, Wi-Fi, cleaning, etc.)
- Cleaning service, who does it and how often?
- Is enough natural light in the apartment/room?

- Mosquito nets available?
- 24-hour hot water available?
- Power backup?
- What to do if Internet starts to fail? How long it will take to get solved?
- Laundry facilities?
- Toilet style?
- Pets in the place?
- Kitchen conditions:
 - Potable water available? (By water purifier or will you have to purchase it every time? Is someone bringing it to your place?)
 - Cooking facilities? Oven, pans, plates, glasses, gas stove, refrigerator, microwave...
 - Ask if you could arrive 1-2 days before the first of the month? Extra charges or free?
 - Ask your landlady to help you with your mobile phone needs ahead of time, provide you with some local electrical plugs and demand the apartment be "spring cleaned" before you arrive.
 - Cancellation policy?

Regretfully, it is not possible for me to deal with complaints, either by intervening, putting a 'black mark' against an accommodation, or removing it from the guide. — Bobby Clennell

Warn landladies that their apartment will be dropped from the Guide unless they live up to the

“Western” prices being demanded. “Hidden charges” are creeping in, with subsidies charged for Wi-Fi, electricity and more.

From a student: *“please remember to negotiate your rent, all the landlords that I spoke to (there were 3) were willing to come down on the price upon negotiation, so there is *a good margin of negotiation.”*

The last word on sent in by a landlady in Model Colony: *“Many landladies are extremely helpful and have helped people with all kinds of problems from broken bones, mental breakdowns to lost passports. Rents are high but sometimes the demands are too! People can be adrift in a very different culture and at times need a lot of support. It is not the equivalent to a let in your home-town.”*

Accommodations finder: Lynn Holt, an Australian Iyengar Yoga practitioner currently living in Model Colony Pune who manages two apartments for local owners (see pages 15 - 23), can assist you with your accommodations requirements. She will find you a place to live within walking distance of RIMYI for the duration of your stay in Pune. Fee: (with the exception of the two she manages) \$30 for successfully placing you in an apartment. Email: lhsunshinerising@gmail.com.au

The Chetak Hotel has decided to make rooms available to foreigners on a monthly basis, “apartment style” with cooking facilities, refrigerator, clean laundry, and free use of internet and Wi-Fi. Home cooked meals can be provided for an additional cost. Contact the Chetak for further information: www.hotelchetak.com. Website: hotelchetak@gmail.com.

Ali and Kate Dashti’s apartment, Shristi Tara, is on the other side of the park on the fifth floor. It is a large two bedroom, with a big living room, kitchen and two baths. It’s a five-minute walk from Institute. Contact Tahera Dashti (sister of Gulnaaz): Email: tahera1234@yahoo.com, dtahera2015@gmail.com

Nileema: Accommodations for yoga students available. Contact: Dr. Nileema Dhoble: Tel: 9822092942. Email: drdhoble@gmail.com

Ms. Preeti Barmecha, Fully furnished apartment exactly opposite Iyengar Yoga Institute with two bedrooms, hall and kitchen. Each bed room has two beds. In total apartment can accommodate 4 people. Good Wi-Fi. 12-B, 3rd floor, Ajit Apartments, Hare Krishna Mandir road, Opposite Iyengar Yoga Institute, Model Colony, Shivajinagar, Pune -410016. Preeti – 9326983114, Email – pbarmecha@gmail.com Sushil – 9823026612 Email – sabarmecha@gmail.com

Mrs Chitra Sathe. Flat for rent near the Model Colony Post Office. Mobile: 91-9890156536. Two double bedrooms, with two beds in each, and one single bedroom with a single bed. Flat no. 6, Laxmi Narayan Apartments, Near Model Colony post office, Pune 411016. The apartment is approx 1200 sq.ft. and is on the 2nd floor. Each bedroom has separate bathroom with hot water shower and toilet facility. The well equipped kitchen and living room are common areas. The apartment is equipped with the following facilities:- Telephone (local incoming and outgoing calls), wi-fi, washing machine, and iron with ironing table. Bed sheets and bed covers (with one extra set of bed sheets) and blankets provided. Daily maid service which includes cleaning rooms and bathrooms and common areas. Email: chitrasathe53@yahoo.co.in.

Mrs Neha Bhadsavle. "Yeshwant" 1015/5, Shivaji Nagar, Pune: 411016. E-mail: nehabhadsavle@gmail.com. Phone: +91 20-25658371 (landline). +91 9371654367 (mobile) While dialing from within the State of Maharashtra dial 10 digits. While dialing from out of the State but within India prefix a digit "0" to the 10 digit cell no. 10 minutes away from the yoga institute. Ideal for single occupancy, but can comfortably accommodate a couple or 2 individuals. The host permits use of PC & Broadband Internet. Washing machine.

Vandana & Pravin Sanghavi, C-19, Ashiwini Society, Bombay-Pune Road, Shivajinagar, Pune - 411 005. Contact: +91 20 25541746 or +91 20 32910731 or +91 9422368484. Email: darshana_ca@yahoo.com. Fully furnished 2 BHK apartment for rent to Iyengar Yoga visitors, on the 2nd floor of a bungalow. It is 2.25 km from the Institute (near CPS Ashram). This newly constructed 1000 sq. ft., fully furnished apartment is located in a quiet, green and serene residential area. It has a separate entrance, and includes a kitchen, hall and two bedrooms, and 2 European-style bathrooms with 24 hours hot-water facility. Each bedroom has a phone and Internet connection as well as an attached bathroom. The kitchen has all necessary utensils, cooking gas, washing machine, and water purifier.

Sonali Yavalkar Naha. 1119/5b "Apoorva-Hira", Opp. Lakaki Pond, Model Colony, Shivaji Nagar, Pune 411016. Mobile +91-7588288106. Landline +91-20-25670100, sonalinaha@yahoo.co.in. Opposite the Lakaki pond, about a 15 min. walk from the institute. Two rooms with attached bath, and one room with semi-attached (Indian toilet). Common lounge area & balcony, fully equipped kitchen, washing machine and Wi-Fi available. Women only. Landlady resides here with small dog. Pure vegetarian nutritious food provided at extra charge.

We received a series of complaints about this establishment concerning its poor living conditions and its noisy and disruptive home environment. Proceed with caution.

Rajeev Tamhankar 'Indira', 1098/10A, Model Colony, Pune-411016. Tel: 25653182 e-mail: suncoats1@gmail.com. Single storied independent house, 600 sq. ft., Comprising of 2 beds, a kitchen cum dining room (with cooking gas, water filter, refrigerator, dining table and chairs), and toilet block (with hot water facility, and western style W/C). The accommodation can be rented out unshared for one person or (on Kitchen and toilet shared basis) for two persons.

This apartment is among the closest of the apartments to RIMYI. The owners, **Mrs. Ritu Lad, Mrs. Jotsna Lad and Mr. Aditya Lad** could not do enough for us. They even conducted a brief Puja for us at the beginning of our stay! 1087, Ajit Apartments (# 1D), Hare Krishna Mandir Path, Model Colony, Pune (exactly opposite to Iyengar Yoga institute & next to Central Mall). The apartment is 1310 square feet with 3 bedrooms and is fully furnished. It is in a well-managed society with 24 hours security and power backup. It has mosquito screens on the windows, Wi-Fi, local phone for incoming and outgoing calls, gas stove, refrigerator, water purifier, microwave and a fully equipped kitchen. A daily cleaning service is provided, as is laundered bed linen. There is a kitchen, dining area, balcony and a drawing room with plenty of room to practice yoga. Available for short and long term stay for individuals or groups. Meals and laundry service provided on request at extra charge. Email: jotsnalad@gmail.com or ritukapai@yahoo.com or adityalad@yahoo.com Mobile: +91 9545984884 or +91 9822647765

Jo Shahane, email: deccanhp@gmail.com. Tel: 91-20-26052448. B 1/114 Clover Gardens, 4 Naylor Road, Pune 411001, offers hospitality to yoga students coming to Pune for a month or more. Guests get a serviced room with attached bath and hot water in a very quiet home on a tree-lined avenue in a nice part of town. They also get give plenty of information about Pune, places to see, eat and explore. punehome.wordpress.com.

Jaya Mehta. Flat 8, Jeevanpradeep apartments, Hare Krishna Mandir Road (opposite RIMYI), Model Colony. Mobile: +91-9922337763, or: +91-9881399988. Three-bedroom apartment. Email: jayamehta56@gmail.com.

Jaya and Mohan. 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 to that part of town at night). The apartment has a fully equipped practice area—ropes, chairs, etc. Jaya and Mohan now live in Mumbai. To make a reservation, email them at jiness@yahoo.com. Speed Internet, but not however, unlimited.

Mrs. Sharda Lakhani. 11 Kunjban Society, 473/A Hari Krishna Mandir Road, Model Colo-

ny, Pune 411016. The apartment is on the same street as the Institute. Tel: (91-20) 2565 4920. Email: sharda59@hotmail.com.

Sharda's daughter, **Mrs. Vanita J. Hall**, rents an apartment upstairs. 17, Indraprashta, 473/A Hari Krishna Mandir Road, Pune 411016. Tel: (91-20) 2565 9868. She can be contacted in the U.S. at: 334 East Lake Road, No. 260 Palm Harbor, FL 34685. Tel: (727) 789-0647. Email: vanitahall@hotmail.com.

Mrs. Sanjivani Dhayagude. F. No.11, Indraprastha Apartments, Second Floor, 1092A/4, Hari Krishna Mandir Road, Model Colony, Pune 411016. Tel: (91-20) 2565 9294. The apartment, with one bedroom, hallway, kitchen, balcony and toilet, is furnished and has a well-equipped kitchen, and a telephone. It is located in a quiet, green and serene locality just off Hari Krishna Mandir Road (same street as the Institute). The Institute is a five minute walk from the apartment. The hall can be converted to a bedroom if the tenant wishes. Email: rajan1711@hotmail.com.

Mandira Chopra. 5, Indrapasthra Apartments, Hari Krishna Mandir Road, Model Colony, Pune 411016. Tel: (91-20) 2565 6581 or (91-11) 611 2278. The apartment is on the same street as the Institute. It has a large terrace. Book through Mrs. Sharda Lakhani. Tel: (91-20) 2565 4920. Email: sharda59@hotmail.com.

Mrs. Neena Shahani. Madhur-Jyoti, 1105/12, Hari Krishna Mandir Road, Model Colony, Pune 411016. Tel: Landline: (91-20) 25654109. Mobile: 9545500029, 9823079676. The apartment is on the same street as the Institute. Shared bathroom and kitchenette. She also has another rental on the same property. The rental on the second floor of her house has a separate entrance and two bedrooms, which can be rented out separately or together, one bathroom, and a big, sunny second-floor terrace on the park side. The other apartment, behind the house, has been recently renovated. It's a self-contained little house with a kitchen, bath, and small living area downstairs and a loft bedroom upstairs—cute, but a little dark. Email: Mane106@hotmail.com.

The six apartments below are in the 10-story **Anugraha Classic** apartment complex next door to the Institute:

Mr. Kulkarni. Second Floor. 1107/B2, Anugraha Classic Apartment, 201-202, Hare Krishna Mandir Road, Model Colony, Pune 411016. Tel: (91-20) 2565 2677. Three-bedroom apartment, common kitchen/dining area. There is also a small studio apartment available with a private entrance. Mosquitoes are prevalent on the lower floors, so be sure to have netting or other bug barriers. Email: Srishti01@hotmail.com.

Prajay Chudasma. Fourth Floor. Tel: (91-20) 3290 5772. Three-bedroom apartment. Cell: 9881710029/9766636550; Email: pcwin35@yahoo.com

Mr. Shirang Altekar. Seventh Floor. Tel: 2567 5778 or 2566 1587. Email: sorang@vsnl.com.

Harshada Shirole. Ninth Floor. Three-bedroom apartment; each has its own bathroom and washing machine. Harshada may be reached at the Chetak Hotel, 11 am to 2 pm, or by phone: (91-20) 2565 2681. Email: hotelchetak@gmail.com.

Mr. C. N. Mody, who lives in the low house next to the Institute (to the right, as you face it), rents out the eighth floor of the property. There is only one bathroom. Mr. Modi and his wife tend to show up at the apartment without notice. Write to him at this address: Final Plot No. 467/B2, Hare Krishna Mandir Marg, Ganesh Khind Road, Pune 411016. Tel: (91-20) 2566 2195.

Nanda and her husband **Murtuz** have hopefully completed the purchase of a two-bedroom, two-bathroom apartment in the Gobind building, which shares a driveway with Jivan Deep. Murtuz (who runs the Murtuz-Dashti car service) will be managing the rental of this apartment. Email: tahera1234@yahoo.com.

Mrs. Anamika Pai, Phone #9860195437. Email: drpaivkas@gmail.com #5 Ambica Apartment, Hare Krishna Mandir Road, Model Colony, Shivaji Nagar, Pune 411 016 Mahashtra. Three minute walk from RIMYI. Recently renovated large, quiet, bright, fully furnished two bedroom flat, with living room, terrace, TV, two bathrooms, washing machine, complete modern kitchen for cooking, comfortable beds and screens on windows. Includes a local phone for incoming and outgoing calls, daily cleaning service, Internet service. Daily cook and laundry available for an additional fee. neetagandhi01@gmail.com or devanggandhi24@gmail.com Tel: 91 9422523688

Smita Paranjape. 4, Rutica Apartments, 1098/5A Model Colony, opposite the Model Colony Post Office. Tel: (91-20) 2565 1669. Email: smitapark@gmail.com. Website: www.smitapark.com. Beautiful apartments to rent and share. Rooms A, B, and C share a spacious furnished living room, fully equipped kitchen and a beautiful open terrace. Room D: Single occupancy; 13' x 10' with one bed; on the ground floor of the apartment building; private attached bathroom; exclusive courtyard and separate entrance. There's no kitchen, however, the room is equipped with a microwave and refrigerator, and limited cooking facilities. Rental charges include the following amenities: Fresh bed linen and towels; Aquaguard® filtered drinking water; washing machine; daily maid service, cooking gas and

electricity; mosquito net; phone facilities; unlimited Internet access in all rooms; and referrals for travel, transportation and other services. Email early as the rooms rent quickly.

Karishma Karydaki Knipper. Bhosale Lakewoods, Apartment No. 7, Plot No. 1119, at Lakaki Lake, Model Colony. New (2013): 3 flats available (two 2-bed/2-bath & one 1-bed/1-bath) excellent locations, quiet, clean with greenery, water purifier, Wi-Fi. Tel: (91-20) 2567 5719. Cell: 932-685-0869. Email: uknipper@gmx.de.

Vijaya Bungalows. Ashwini Dougal. Vijaya Bungalows. 468/C2, Hari Krishna Mandir Road (opposite the Institute). Tel: (91-20) 2567 1185. Two downstairs rooms, en suite, one double room upstairs, two balconies and a large outdoor garden. Cooking facilities available. Big lounge, dining area, TV.

Avind and Anjali Deo rent out rooms in their house and in a flat 15 minutes' walk from the Institute. Tel: (91-20) 2565 5923. Email: Agdeo7044@yahoo.com.

Neeta Gandhi: two apartments, adjacent to RIMYI: 1) Two bedroom, fully furnished flat with attached bathrooms. 9, Aakar Apartment, Hare Krishna Mandir Road, Model Colony. 2) A four bedroom, fully furnished apartment all with attached bathrooms. Wi-Fi. Tel: +91 9422523688. Email: neetagandhi01@gmail.com. devanggandhi24@gmail.com.

Sameer Jainapurkar. This apartment, four to five minutes' walking distance from the Institute (near the Model Colony Post Office), has pleasant surroundings. It is furnished and has one bedroom, a living room, kitchen, and a yoga practice room with many windows. Suitable for one or two people. Best to visit the apartment before renting as the conditions have varied. Tel: (91-20) 2565 2265. Cell: (91) 98810 7473. Email: sameerjainapurkar@gmail.com. Website: tinyurl.com/iyengar-institute-apartment.

Nyati Hermitage (rated No. 1 Residential Property in Pune, 2001 – 2002). Penthouse in Ramnagar Colony, off NDA Road in Bavdhan. 3,500-square-foot living area plus 1,000-square-foot balcony/private terrace with lake and forest views. Four spacious bedrooms, four attached baths, large kitchen, spacious living room and dining room. Fully air-conditioned and fully furnished. Two-car garage. 24/7 security. Ideal for sharing or as a guesthouse. Cooking and maid service can be arranged. Contact Shashikant Murdeshwar, Property Manager. Tel: (91-20) 2546 2420. Tel (U.S., Naren Desai): (513) 290-2268 (PST).

Fiona Dewar. A fresh 2 bedroom flat, 5 minutes walk from the RIYMI. Excellent facilities and well maintained. Contact deepchandi108@gmail.com

Milind and Deepa Darp. Radha-krishna, 1118/A, Lakaki Road, Shivaji Nagar, Model Colony.

Tel: (91-20) 2589 8816. Cell: 982-203-8265. Three apartments, approximately 800 meters from the Institute: The first, on the top floor of the bungalow with a separate entrance, comprises a kitchen, two bedrooms, and bathroom with a hot-water boiler. One bedroom has two beds, phone and Internet connection; the other has one bed. The kitchen has a washing machine in the attached laundry area. Apartment 2, with a separate entrance on the ground floor, has two rooms and a veranda, air conditioning in one room, two beds (one small bed can be kept in the dining room), TV, washing machine, and bathroom. The third apartment is on the first floor of bungalow. The kitchen has a sink, cooking gas, toaster, refrigerator and all necessary utensils. Kitchen facility is available for all three apartments. The first and the third apartments have a common door that is kept locked, but upon request it may be left open so that the three bedrooms and two toilets can be shared. Broadband can be arranged for all three as well. Bicycles are available. Maid service, Internet, cooking gas, air-conditioning, etc., will be charged additionally per use. Email: milinddarp@gmail.com.

Mrs. Neha Bhadsavle. Yeshwant,1015/5, Shivaji Nagar. The apartment is a 10-minute walk from the Institute and consists of one furnished room on the first floor of a three-story building, with independent access and limited kitchen facilities. The bathroom has a hot-water boiler and a European-style toilet. Quiet surroundings; broadband and washing machine on premises. Tel: (91-20) 2565 8371. Cell: 937-165-4367. Email: nehabhadsavle@gmail.com.

Nirmala Prabhu. A1/12, Hare Krishna Road. A fully furnished apartment in a well-maintained housing complex, with three bedrooms, kitchen, hall and all amenities, is available for lease on a short-term basis. Tel: (91-20) 2565 3761 or 985-090-3793. Email: anandsma@yahoo.com. Cc: dkprabhu@yahoo.com.

Nirmala also offers a second apartment just round the corner from the Ambassador Hotel. It is on the ground floor, has 2 small rooms (could both be used as bedrooms) and a small kitchen. Clean, but noisy. On the plus side it has a set of wall ropes!

Priya owns and rents 3 beautiful apartments in Model Colony, near Shravan restaurant. ALL Apartments are very spacious, lush green view, quiet and away from hustle and bustle. One big apartment has 2 big bedrooms, hall, and kitchen, lounge area and rooftop terrace. Other apartments have 1 bedroom, hall and kitchen each. All apartments are furnished with good kitchen facility. Tel: (91-20) 2565 5333, Mobile : 98224 75823, 92256 62720. Email: priyanvada@gmail.com, vp2004@gmail.com

Anjali's Kothari has two fully furnished apartments with cooking facilities at the doorstep of the Institute. One is bang opposite Chitranjan Vatika barely 300 steps away from the Institute. The second apartment is approx. 1km away in Bhosale Nagar, which is a quiet peaceful residential area. Rents are reasonable. Anjali's Helpline: Tel: (91-20)-2543-3958; mobile: 098-2325-0339 Email: anjalikothari42@yahoo.co.in

Accommodation available: e-mail: vinsonspn@gmail.com. Tel: 91 9960683834. A three bedroom, three baths, living room and kitchen apartment, 2 minutes walking distance from the Institute. The kitchen is fully equipped with fridge, gas, water filter etc. It is on the first floor (13 steps). Another three-bedroom apartment is also available opposite the Institute.

Accommodation for Yoga students: Contact **Nileema**. Tel: 9822092942. Email: drdhoble@gmail.com

Kedar Deo. 44, Iris Garden, Gokhale Road, Near 'Om Super Market', Model Colony, Pune 411016. A 2-bedroom Guest House facility ONLY for Yoga Students and Teachers visiting RIMYI. Check it out on Facebook (www.facebook.com/IrisGardenGuestHouseForRimyiYoga-Students) or in person on the next trip to Pune. The apartment is close to RIMYI and on the 5th floor, which makes for a very pretty tree top view. Mobile: +91 9921120033. Office: +91 20 2588381

Ms. Saha. Newly renovated two-bedroom, two-bathroom apartment located 125 meters (3-minute walk) from Ramamani Iyengar Memorial Yoga Institute (RIMYI) is available for rent starting July 2013. sites.google.com/site/yogarental/home. Email: b3kusum@gmail.com

Lynn Holt is an Australian Iyengar Yoga teacher currently living in Pune and studying at RIMYI. She has a very large and beautifully appointed apartment with rooms for rent. The flat is situated within 8-10 minutes walk from RIMYI and near the lake. It is a first floor apartment within a small block of seven with three bedrooms, a large dining room, separate lounge and kitchen and two terraces. The floors are marble and the apartment is wonderfully cool in the warmer months. As she is living in the apartment in Pune, she can assist you with any information or services needed during your stay in Pune. She can be contacted on lhsunshinerising@gmail.com or Skype/ mobile number is +91 9595466399. Website www.yogvidya.co

Anandi. A two bedroom flat about 2 kms from the institute, located in a very quiet and peaceful area with 2 baths, a kitchen, a living room and two big terraces. Links for recent

photos of the flat. sites.google.com/site/asavegharkoolchan/, www.facebook.com/anandiharlekar, sites.google.com/site/asavegharkoolchan/

Ms Saha. A newly renovated two-bedroom, two-bathroom apartment located 125 meters (3-minute walk) from Ramamani Iyengar Memorial Yoga Institute (RIMYI) is available for rent starting July 2013. sites.google.com/site/yogarental/home, Contact: b3kusum@gmail.com

3 BR Luxury flat Near RIMYI, 2 Bathroom 1400 square feet, fully furnished apartment next to Hare Krishna Mandir and 100 meters from Ramamani Iyengar Memorial Yoga Institute (RIMYI). The kitchen is fully stocked with a gas stove, microwave, water filter and washing machine. The apartment is in a quiet lane off the main road with lush green views from every window (you can wake up to the sounds of cuckoos every morning).

Wi-Fi Internet access is available. Ramesh, the landlord shows up from time to time, using his own keys. +91.997.539.8028 thadani_r@hotmail.com

2 BR and 3 BR Luxury Flat Near RIMYI, Fully furnished apartment on fourth floor with lift, just 750 meters (10 minutes walk) away from RIMYI. The apartment has a fully stocked kitchen and is in a quiet lane off the main road. Wi-Fi Internet access and TV is available.

"The 2 BR is right behind Charu's restaurant. You will actually be living in the apartment next door to the landlord and sharing cleaning facilities. My landlord and landlady Ramesh and Sumi Thadani are beautiful people. Ramesh studies yoga twice a week at the Institute, is computer-savvy and helps you with photocopy, C-form, etc. Sumi is so well-educated, cooks amazing, and is well-versed in Ayurveda".

Please call/SMS Ramesh at +91.997.539.8028 thadani_r@hotmail.com

*Please remember to negotiate your rent, all the landlords that I spoke to (there were 3) were willing to come down on the price upon negotiation, so there is *a good margin of negotiation*.*

Dr. Nileema Dhoble. Flat no. 301: 2-bedroom fully furnished, well-ventilated apartment on the third floor of Manohar Residency, directly across from RIMYI. Bedroom 1) has a double bed, attached bathroom and a veranda overlooking the Institute. Bedroom 2) has a single bed, with bathroom across the hall. The apartment has a fully equipped kitchen, a laundry room with a washing machine, a flat screen satellite TV, plus a fast Wi-Fi Internet connection. Maid service on request. Fresh Indian food and breakfast extra.

Also available: A single bedroom in the owner's apartment on the 4th floor of Manohar Residency. The room has a terrace overlooking the Institute. Same facilities as above, except the kitchen is shared. Contact: Dr. Nileema Dhoble +91 9822092942; email: drdhoble@gmail.com. (also on WhatsApp)

Radhakrishnan. Room in an apartment near RIMYI (200 meters) on HKM Road. Private entrance, attached bath/toilet, small kitchenette with microwave. Ideal for one person, but will work for two. The neighbors are generally nice and helpful as well. Please contact Radhakrishnan for details: srkpnq@gmail.com

Three apartments available for short term rentals. You'll find full details on this website: yogaapartmentpune.com

Newly renovated two-bedroom, two-bathroom apartment located 125 meters (3 minute walk) from Ramamani Iyengar Memorial Yoga Institute (RIMYI). Have a look at their website (sites.google.com/site/yogarental/home) for additional details and photos. Contact: b3kusum@gmail.com

Iris Guest House. 2-bedroom guesthouse exclusively for yoga students and teachers visiting RIMYI. This fifth floor "yoga practice friendly" apartment has beautiful treetop views and is close to RIMYI. For more information contact Kedar Deo. 44, Iris Garden, Gokhale Road, Near 'Om Super Market', Model Colony, Pune 411016. Mobile: +91 9921120033; Office: +91 20 2588381.

A quiet 1-bedroom apartment in Pune. It is in the Indraprashta Apartments just down Hare Krishna Mandir Road from RIMYI. Contact Karishma or Udo Knipper for details: UKnipper@gmx.de

Rima Gaikwad. A completely refurbished 3 bedroom, 3 bathroom, 1300 sq.feet penthouse flat for rent to Iyengar students. Attached private terrace. Two of the bedrooms have an air conditioning. Wi-Fi connection available. Maid available for cooking and cleaning. Distance: about 12 to 15 minutes away from the Institute by rickshaw. Located in Aundh opposite Fab India and near Mainland China (an upscale Chinese restaurant "that a lot of the women go to"). Contact Rima (from Hand Made – see "Shopping in Pune") on +91-9822009858 or email: rima_gaikwad@yahoo.com.

Mrs. Madhavi Gambhirwala. A 2 bedroom/2 bathroom apartment about 10 minutes walk from the Institute, located on the 3rd floor is available for rent. It is open on three sides (east, west and north), airy, and well lit. It is about 1000 sq feet of carpet area. The apart-

ment can accommodate 4 persons - 2 in each bedroom. Tel: (020) 25656423.

Harshad Lohana. Well located 2 bedroom, 2 bath apartment, centrally located on the Main University Road, 10–15 min walking distance from RIMYI. Master bedroom has a queen-sized bed; the smaller bedroom is furnished with 2 twin beds. Has TV, Internet and cleaning 3 days a week. Meals provided on request. harshadlohana@gmail.com.

Free accommodation Viman Nagar, Pune for 2–3 months: Live in with the owner and her parents. In exchange for accommodation, you agree to manage the house up to one week per month while the owner is away — including taking care of parents if nurse unavailable. If you are interested, please contact htekdi@hotmail.com

New apartment listing: 5 minutes walk from RIMYI. **1 and 2 Bedroom fully equipped flats** near institute very quite as protected from traffic. Located at Knipper-Karydaki, Indraprashta Apartments, Flat 18, Hari Krishna Mandir Road, Model Colony. For further information: balraj.agashe@gmail.com

Furnished 2 bedroom, 2 bath apartment, centrally located on the Main University Road, 10–15 min walking distance from Iyengar yoga Institute of Pune. Master bedroom has a queen-sized bed; the smaller bedroom is furnished with 2 twin beds. TV, and Internet access. Maid service 3 days a week, included. A provision for a cook can be made if necessary. There are 3–4 grocery stores within 5–10 min walking distance from the apartment and a laundry 5 min walking distance away where you can give the clothes for washing and/or ironing. Apartment available on a 6-month or one year lease only. Email Harshad Lohana at: harshadlohana@gmail.com for more details.

2 bedroom furnished apartment opposite the Institute with living & dining room and well equipped kitchen. One double room will accommodate 2 and has an attached bath & toilet. Second room is a single with a separate bath & toilet. WIFI & washing laundry facilities are available. Daily housekeeping included. Contact: pcwin35@yahoo.com

Sanjiv Kulkarni. Independent furnished accommodation on the ground floor. 350 sq ft, calm and quiet with a lot of greenery, 5 minutes walk from RIMYI. One bedroom with two beds, wardrobes with locker, and full size mirror. Kitchenette with refrigerator, dining table, and basic utensils. European washroom with hot and cold water and shower. WiFi. For washing clothes, utensils, sweeping and mopping, maid can be provided at nominal cost. Email: sanjivk55@gmail.com +91 9822016502.

Rooms to rent

CBS – Ashram. Mobile no: Manager: 91-98228 61888, Land Line: (91-20) 25536873

Christa Prema Seva Ashram, 27, N. Tanaji Wadi, Shivaji Nagar, Pune 411005. Tel: (91-20) 2553 9276.

Other Contacts for Accommodations

Gulnaaz: Tel: (91-20) 2567 7791.

Mataji: Tel: (91-20) 2567 0625.

Guidelines for Tipping Maidservants

Unlike Europe and the U.S., India does not have tipping customs per-se, and practices vary greatly, even among the locals. Here are some guidelines from a foreign student living in Pune:

"If you feel you got good service, then tip. If you feel let down—the maidservant decided to take a break and didn't let you know or she hardly cleaned—then don't tip. Two hundred to three hundred rupees are plenty for one month if the work was done. This is much higher than what the locals pay, because when the maidservant is a regular worker, a good employer will help her with medical expenses, marriage costs, etc. There is an ongoing obligation to assist an employee in times of need. Tenants of one month (such as yoga students) do not have this responsibility. As students are only in the apartments for six to eight months of the year, maximum, tipping gives maidservants extra income to cover the lean times. Do not be bullied into over tipping, and do not let a maidservant bring in another person while working. Be polite, but keep a professional distance. Stealing is common, so keep all valuables locked away. Some landlords have maidservants that are treated like part of the family and trusted totally. Others employ servants randomly with no background checks or recommendations, putting tenants in a vulnerable position. If you want to give financial assistance to someone in need, by all means, help if you can. When our maidservant's husband nearly died, the tenants gave her money for medical bills. But always speak to the landlord/agent first to verify that the need is genuine."

This was sent in to the Pune Guide more recently (2014) than the listing above.

"I would like to point out that the recommended tip for maids is painfully low. Rs 200 is less than \$4. I generally recommend a tip of Rs 50 to Rs 100 for a two-day stay. It is appreciation

for work that few people would do today. We as residents pay 10 times more than we did just 4 years ago. What is the use of development if it doesn't trickle down to the needy?"

Hotels in Pune

These are just a few of the more popular hotels in Pune:

Hotel Ajit. 766/3, Deccan Gymkhana, Pune 411004. Tel: (91-20) 2567 1212.

Ambassador Hotel. *Four-star rating.* 1125, Model Colony, off Fergusson College Road, Shivaji Nagar, Pune 411016. Tel: (91-20) 2566 0622/3/4/5. Fax: (91-20) 3022 0621. Website: www.hotelambassador.co.in.

Complaints have come in from students about this hotel; staff being beaten up by gangsters, which the owner does not want to reported to the police, and prostitution.

The Ambience Hotel. *Four-star rating.* 1105/2, Lakaki Road, Model Colony, Shivaji Nagar, Pune 411016. Manager: Mr Nilesh. Tel: (91-20) 41005555. Cell: 982-293-3457. Email: ambiencehotels@gmail.com, fo.the@ambiencehotels.in, or check their website for updated email addresses.

The Ambience Hotel now has a party hall on the 4th floor. It appears to be very successful so avoid rooms on the 3rd floor underneath or you will be sleep deprived The Aroma Restaurant on the roof of the Ambience is all vegetarian and frequented by RIMYI students.

The E SQUARE HOTEL offers special rates for RIMYI students. Contact them by phone or via their website for current offers. Note that rates are often quoted exclusive of (without) current taxes, i.e. 17.42% taxes. E-SQUARE, Level 5, 132 University Rd, Pune 411016. Tel: 020 66044100/103 FX: 020 66044244 Mob: 9096655833 WB: www.esquarehotel.com

Standard room inclusions are: complimentary buffet breakfast, use of fitness center and swimming pool, 30% discount on food and beverage at the E-Square restaurants (Indian Ties and Oriental Connexions), Complimentary items are: 1 movie ticket between Mondays to Thursdays subject to availability, two-way Pune Airport transfer, 2 pieces of laundry and 20% discount on each set thereafter, upgrade to deluxe rooms depending on availability.

Hotel Ashish Plaza. 1198, Fergusson College Road, Shivaji Nagar, Pune 411004. Tel: (91-20) 2553 6541/2/4. Fax: (91-20) 2553 2699. Website: www.ashish@hotelashishplaza.com.

Hotel Chetak. 1100/2, Model Colony, Shivaji Nagar, Pune 411016. Tel: +91- 202565-2681. Fax: (91-20) 2565 4078. Email: hotelchetak@gmail.com. Or contact Harshada Shirole, tel: 985-056-9044.

From a student: *"there was one unpleasantry: I had found an apartment the day I arrived in Pune. I told the staff at the Chetak I was moving out the next day at noon. Next day at around 10 AM, I was rudely called by the staff to pay for one extra day as I had originally reserved three-days. I refused to pay for more than the number of days I stayed, but the guy was very insistent that I must pay for the entire duration of my phone reservation. I said that it was my 5th trip to India and I am an international traveler, yet I have never come upon such a hotel policy. After telling him that I was more than ready to resort to the police to resolve this issue, he was willing to come down to a 10% of the total charge. I said that I would have been more than willing to give that in tips, but out of principle this is not right. I told Ms. Harshada, thanked her and gave her a tip before leaving, and she cordially invited me back for tea. I do not know if Ms. Harshada was in the knowing or if the staff has invented this policy, but please beware and don't give in to pressure. I have told Data at the Institute and he said to call Pandu in case similar problems arise in the future".*

The Centurion Hotel University Road, Ganeshkhind, Shivajinagar, Pune, Opp. Akashwani, Next to SSC Board, Maharashtra 41105 Phone:090110 53832

Hotel Deccan Park. 299/19, Fergusson College Road, opposite Hotel Vaishali, near the British Library, Deccan Park, Pune 411004. Tel: (91-20) 2565 6511/2. Website: www.hoteldeccanpark@vsnl.net.

Hill View Executive Hotel. BMC College Road, opposite the Roopali Restaurant, Pune 411004. Tel: (91-20) 2565 2096.

Gordon House Hotel 132a, E-Square University Road, Ganeshkhind (near Pune University). 411016 Pune Reservation: (+91 991007113 outside of India) (+0989187082 inside of India)

Hotel Ketan. 917/19A, Fergusson College Road, Shivaji Nagar, Pune 411004. Tel: (91-20) 2565 5081/84. Website: www.hotelketan.com.

Hotel Kohinoor Executive. *Four-star rating.* 1246/B, Apte Road, Deccan Gymkhana, Pune 411004. Tel: (91-20) 2553 2000/1811. Fax: (91-20) 2553 2447. Email: contact@kohinoor-hotels.com. Website: www.kohinoorhotels.com.

Courtyard Marriott. Pune City Center, C.T.S No 37 & 37/1 Bund Garden Road (Next to Je-

hangir Hospital). Phone: 020 67248181.

JW Marriott Hotel. Senapati Bapat Road · Pune, 411053 India. www.marriott.com/hotels/travel/pnqmc-pune-marriott-hotel-and-convention-centre/

Le Meridien. *Four-star rating.* Raja Bahadur Road, Pune 411001. Tel: (91-20) 2605 0505. Fax: (91-20) 2605 0506. Email: sales@lemeridien-pune.com. Website: www.lemeridien-pune.com.

Hotel Nandanvan. 1202/A, Apte Road, off Shirole Road, Pune 411005. Tel: (91-20) 5553 1111.

The O Hotel, North Main Road, Koregaon Park, Pune 411001 India Tel. + 91 20 40011000 Fax + 91 20 40011009 Email: ohotelsindia.com/hoteloverview_pune.html Five star hotel.

Hotel Pathik. Shankarrao Kudale Chowk, off Jangali Maharaj Road, Pune 411004. Tel: (91-20) 2553 2085/6.

Hotel Parichay: www.parichayhotels.com

The Pride Hotel: 5 University Road, Shivajinagar, Pune. Tel: 020 255 34567

Hotel Ranjeet. 870/7, Bhandarkar Institute Road, Deccan Gymkhana, Pune 411004. Tel: (91-20) 2565 5013/4/7.

Hotel Raviraj. 790, Bhandarkar Institute Road, Deccan Gymkhana, Pune 411004. Tel: (91-20) 2567 9581, 6602 7001. Fax: (91-20) 2567 4978. Email: hotelraviraj@yahoo.com. Website: www.hotelraviraj.com.

Hotel Sheetal. 1180, Fergusson College Road, Shivaji Nagar, Pune 411005. Tel: (91-20) 2553 5165/7/8. Fax: (91-20) 2660 27933. Email: hotelsheetal@hotmail.com. Website: www.hotelsheetal.net.

Hotel Shreyas. 1242/B, Apte Road, Deccan Gymkhana, Pune 411004. Tel: (91-20) 2553 1963/6903. Email: info@hotelshreyas.in. Website: www.hotelshreyas.in.

Span Executive Hotel. 1170/31/5, Revenue Colony, off Jangali Maharaj Road, Pune 411005. Tel: (91-20) 2553 5960.

Deccan Rendezvous (previously called: Hotel Surya). 1202/3, Apte Road, Shivaji Nagar, Pune 411004. Tel: (91-20) 2553 0801/2/3/4. Fax: (91-20) 2553 1187. Email: surya@pn2.

vsnl.net.in. Provides very good food.

Taj Blue Diamond. *Five-star rating.* 11, Koregaon Road, Pune 411001. Tel: (91-20) 6602 5555. Fax: (91-20) 6602 7755. Email: bluediamond.pune@tajhotels.com. Website: www.tajhotels.com.

High Spirits: hosts some of the best stand up comedian shows. High Spirits is next to ABC Farms in Koregaon Park

Thursday Tango Nights at Oakwood Premier, Koregaon Park Annex ahead of Westin Hotel.

A brief note on electronic hotel safes:

This came from a student who recently stayed in Pune: *"On the surface, the prudent thing to do would be to use your hotel room safe. However, some of the electronic safes are prone to breaking down and have no master key, at least at the Ambience Hotel. The staff seemed sympathetic to my plight when the electronics on my safe quit and it wouldn't open, but none of them had the authority to carry out the obvious and only solution: to pull it out of the wall and break it open. It took three days to get permission from the hotel manager before one of the staff could bash it open with a hammer."*

RAMAMANI IYENGAR MEMORIAL YOGA INSTITUTE (RIMYI)

RIMYI Address

Ramamani Iyengar Memorial Yoga Institute (RIMYI). 1107, B/1, Hare Krishna Mandir Road, Near Pune Central Mall, Model Colony, Shivaji Nagar, Pune 411016, Maharashtra, India. Tel (Mr. Pandurang Rao (aka Pandu): 91-0202565 6134. www.bksiyengar.com

Please remember that attending classes at the Institute is a privilege and not a right. All classes are taught in English. Students should have a working vocabulary in English and have listened to the many available CD's of Prashantji and Geetaji's classes to familiarize themselves with their pronunciation and use of terms. Knowing the Sanskrit names of all asana is required.

Before entering the Institute building, shoes must be removed and placed in the metal racks provided for that purpose. Please do not put your shoes in a bag and take them into the Institute.

Checking In

- Check in with Pandu when you first arrive at the Institute. He is available from 9 am to 12 noon and 4 pm to 7 pm Monday through Saturday. Closed Sunday. Tel: 910202565-6134 (call him when he is at the Institute). Email: info@rimyi.org. This takes you to the Institute office. Mark your email 'For Pandu'.
- The Institute is closed on Sundays (except for the children's class on Sunday morning).
- You will be assigned to the classes that Pandu has selected for you based on whether you are a first-time student or have attended previously. You will also be given a schedule for practice times in the asana hall. Certain classes are set, e.g., all female students must 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 be informed, and they will not appreciate it.
- Pay Pandu for your course, the amount owed after your deposit. Class tuition may be paid in cashier's checks, traveler's checks, or cash—rupees, dollars or euros.

RIMYI fee increase

Please note that the fees for attending General classes for a month at RIMYI has been increased to USD 500 from USD 450 due to recent changes in the rate of service tax etc. This change is applicable with immediate effect i.e from December 2015 onwards. Please note that the fee is inclusive of service tax.

To observe either the general class or medical classes, one must request permission from Pandu and pay the class observation fee of \$100.

RIMYI Store

Store hours are from 9 am to 12 noon and 4 pm to 6 pm on weekdays and Saturday. The Iyengars are wired for amplification and sound recording in the asana hall. CD's of their

classes are available at the store. Also available are DVD's (when the class has been video-taped), books and props Parvez sells CD's of Prashantji's classes, exclusively, and accepts only cash.

Protocol Before and During Class

If you don't fully understand English (or the Indian accent); make sure you have a friend translating for you during classes. Sit on the back, next to her/him and speak quietly in order to not disturb the other students or the teacher. Inform the teacher in advance that someone will be translating for you. Usually Geeta and Sunita get annoyed when someone doesn't follow their instructions due to language barriers.

- If you want to assist in the medical class, ask Pandu first.

You must be certified at a Junior I level or higher to do so.

- Students foreign to India who arrive at the Institute without having been booked through the usual channels may be offered other 90-minute classes. Beginners and intermediate level classes are held every day except Sunday, when the Institute is closed. Participation in these classes is entirely at RIMYI's discretion, so it helps if the student is *not* insistent. It also helps if the (non-beginner) student mentions the name of the Iyengar teacher with whom he or she has been studying. The program starts on the first of the month and ends on the last day of the month; it may also be extended for more than one month.

- Advanced classes and practice sessions are offered on the first floor. Intermediate and beginner classes meet on the second floor (see above).

- Please bathe prior to class whether you attend morning or evening class (and ensure your feet are clean).

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

- During class, anyone who needs help jumping up into Adho Mukha Vrksasana or Pincha Mayurasana should line up against the rope wall and be ready when the helper arrives.
- Avoid doing Adho Mukha Vrksasana on the platform with feet pointing up under the Shiva statue; take care that you are not touching the photographs of Guruji with your feet (this is particularly relevant in the area near the entrance to asana room). Also, do not put your feet against the base of the Patanjali statue.
- During the months when classes are large, assistants will make certain that everyone has a place and the appropriate props (don't panic!). Geeta, or whoever is teaching will not start until everyone is accommodated.
- Find a place and position yourself in the vertical rows radiating from the center of the room, in front of the platform where the teacher begins class.
- Talking in the asana room is generally kept to a minimum. Small talk is discouraged during practice sessions and while waiting for the class to begin. Confine your conversation to yoga-related topics.
- A request to "alternate yourself" means that the person in the center vertical line in front of the platform should lie with his or her head toward the platform and the persons to the left and right of him or her should lie with their heads facing in the opposite direction of the center person. Continue in this manner to the end of the line. In Savasana, this allows you to spread your arms without restriction by placing them between each of your neighbor's forearms and their torso.

Props

- **Props for the asana class:** The prop room is at the opposite end of the hall from which one enters. Prepare for the invocation by providing your-

self with a sticky mat and the appropriate number of blankets to sit on

- **Props for Pranayama class:** Make sure your fingernails are clipped before class. And have a handkerchief (tissues are not permitted in the class) on hand, in case you need one.
- When **props** are requested, they can be passed out of the prop room to the students. This applies to chairs, belts, blocks, bolsters and blankets.
- For efficiency and speed in collecting the props you need, it helps to be friendly to your neighbor and agree to watch props for each other and share the task of collecting them.
- **Sticky mats** are very valuable in Pune and the Institute takes great care to preserve them. Do not place wooden props or chairs on them, sticky mat pieces are available for this purpose. And do not fold the thick mats, even when carrying them or putting them on the floor. Many students bring their own sticky mats and donate them to the Institute at the end of their stay, and this is much appreciated.
- **NO FEET ALLOWED ON THE BLANKETS UNDER ANY CIRCUMSTANCES!**
- **Setting up the mats for Sarvangasana:** Pair up with another student and carry the required number of mats between you. Generally, four rows of mats are placed in straight lines, parallel to one another. The first row is placed three feet from the front of the stage and successive rows are arranged with three feet between them. The piled mats provide the base for Sarvangasana. More height (a folded sticky mat and blanket) may be added if required. You may be asked to “alternate yourself” for Sarvangasana, particularly if you are going to do the variations. Do not, however, assume that the setup for each class is exactly the same. Listen carefully to the teacher and assist one another so the class can proceed smoothly.

Do not leave the hall until all the props are put back in the closet and the windows closed. Endeavor to put away more props than you used. This will ensure that cleanup is quick and easy. All the belts should be stored hanging with the longest loop.

Observing Classes

- When observing a class, do not leave until it's finished! In addition, be aware of how you are impacting the students taking the class. This is of the utmost importance. If you are sitting at the back of the room near the windows, act responsibly by moving to make space for those attending class.
- If you are sitting in the stairwell observing, you must allow students to enter and exit the second floor classroom. The stairwell is circular, therefore it's dangerous for all concerned if you stay on the staircase when classes are changing.

Taking photographs is strictly forbidden, either of classes or of the students in the practice session. However, permission may be granted in certain circumstances; ask Abhijata if you wish to take a picture or two of the children's class.

Guidelines for Women

- Menstruating women are assigned to a designated area at the back of the asana room where they follow a sequence of poses. Tell an assistant that you are menstruating as soon as you arrive at class. Do not join the class if you are having your period and then drop out during inversions, i.e., *don't wait until Sirsasana to tell someone you have your period*. It is very distressing to Geetaji when someone decides they don't need to be "on the side." This is considered very rude.
- Dress respectfully for class, e.g., a short-sleeved T-shirt, not a close-fitting tank top or camisole with spaghetti straps. Remember to tuck your

t-shirt into your shorts (the t-shirt will need to be long enough for this).

- If you have long hair, tie it back (both sexes).

Tradition, Etiquette and Other Helpful Tips

- While waiting to enter the hall for class, stay to the left side of the stairwell so those leaving class can descend.
- If you are unwell, e.g., if you have diarrhea or a migraine, you should tell an assistant immediately upon arrival to class and follow their instructions. You won't remain in the regular class but will join a separate group and practice a modified sequence. If you have a fever, bed rest is best—stay home.
- When sitting facing the stage listening to a discourse by Geetaji or Prashantji, *do not display the soles of your feet*. Unless told otherwise, cross your legs or fold them to the side, or sit in Vajrasana or Virasana.
- Gifts of food to the Iyengar family must be pure vegetarian (even "fancy" chocolate contains eggs) *but really, it is best not to give food of any kind, especially left over food*. Cash donations are always appreciated as they benefit the needy and go to fund many projects in Bellur.

Holidays at the Institute

(Please note: These dates are approximate; check Google for exact dates for a particular year.)

- Republic Day – January 26
- Gudi Padwa – March 20. (per Hindu calendar)
- Hanoman Jayanti – April 2 (per Hindu calendar)
- May – Institute is closed for the entire month

- Guru Purnima – July (per Hindu calendar)
- Independence Day – August 15
- Ganesh Purnima – September (per Hindu calendar)
- * Daserra – October (per Hindu calendar)
- Patanjali Jayanti – November 7 – no evening classes
- Diwali – Date varies, it can be October or November (per Hindu calendar).
- Diwali is a five-day festival starting November 5, 2010 and Oct 26, 2011. Expect the Institute to close for at least three days. There will be non-stop fire-works in the streets the week before and after Diwali. *“Many of us left town during Diwali because of the noise and smoke in the neighborhood. Goa is a good Diwali-break destination—one hour by plane from Pune. Other students head- ed to the KARE Ayurvedic retreat at Mulshi Lake, an hour’s drive from Pune.”*

GETTING AROUND PUNE

Auto Rickshaws

The best and most economical way to get around Pune:

Always make sure the driver starts the meter. This means do not accept the driver asking for more money before you start. Find another rickshaw if this happens (there are always plenty around).

Auto rickshaw driver Nana and Amit, are recommended by Iyengar students. They speak English and are reliable and punctual if a booking time is confirmed. If the time is not confirmed and you are told to call “when you are ready” be aware they may not be available when you call. They can also arrange for airport transfers and take you to unfamiliar locations in Pune, and wait while you sightsee, shop, etc. Both drivers charge metered rates. Tel: Nana: 989-033-9346. Amit : + 91 9604933059/9561254020.

From a student: *"Amit is not just a driver. He is a wonderful person full of stories! He is our friend - my daughter and my husband loved him!"*

Alternatively call (via cell phone) the place you wish to visit and have someone there give directions to your driver.

Another alternative is to print out the address of your destination and give it to the driver, but this is less reliable as not all drivers read or speak English.

Mr. Jawahar Shevate, another reliable driver, operates Yashwant Tourist Service, and is reachable at 020-276-62850, 94223-52578, or 97637-64024.

Taxis

Ola cabs are a great way to get around town and affordable, the number is: 020-33553355. Website: www.olacabs.com/car-rentals/pune

Uber (a smart phone app to connect riders with drivers: taxi, private car or rideshare) has arrived in Pune. www.uber.com/cities/pune

Important Note: *It is not advised to go out alone after 10:00 pm. It is not 100% safe, even around the Model Colony area.*

THINGS TO DO IN PUNE, AND BEYOND

A must see for those interested in the cultural history of Pune and beyond: **Raja Dinkar Kelkar Museum**, one collector's extensive and eclectic collection of folkloric and spiritual artifacts from all parts of India. 1377-78, Natu Baug, off Bajirao Road, Shukrawar Peth, Pune 411002. Website: www.rajakelkarmuseum.com/index.asp.

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

Shinde's Temple located at Shinde Chhati, Wanowrie: as one student put it, *"one of the most peaceful and beautiful temples I visited in Pune."*

Pataleshwar Cave Temples. Shivaji Nagar, not far from the Institute, from the 8th century.

Mahatma Phule Museum. Shivajinagar, Ghole Road, Tel: 020-553-2750. A dusty museum

with artifacts, geology samples, etc. Interesting and a bit odd.

*"A very nice weekend trip is to go to **Panchgani** and **Mahabaleshwar**, both Hill Stations from British times. There is a great view like the Grand Canyon and clean mountain air. We stayed at Mount View heritage hotel, est.1923 and liked it very much."*

Aga Khan Palace - named a monument of national importance by the Archaeological Survey of India. Pune Nagar Road, Kalyani Nagar, beyond Fitzgerald Bridge. Timings : 9 am to 6 pm (Lunch break: 12.30 pm to 1:30 pm)

The Chaturshringi Temple - a beautiful temple, walking distance from RIMYI

Travelling with Children

If you go with kids - the park near the institute is amazing! From a student: "My two-year-old daughter loved it!! We went twice a day."

Local People

Another recommendation: "Give yourself a chance to meet local people. I didn't stay with my institute friends, and because of this, I made friends for a lifetime. Local people are amazing, kind and helpful!"

I have travelled to Paris, London, Portugal, Costa Rica, Argentina, Peru, Chile, EUA, etc... But this was the first place I left crying. Punicas don't judge, or take things personally. They don't bring anger into their voices. They are open to different ways of thinking, ways of being..

If you go there with an open mind, you will receive this kindness and friendliness."

Pune Heritage Walk

On Saturday and Sunday mornings there is a guided walking tour of Pune's historic sites and social history. It is led by a knowledgeable local historian wearing a speaker on his chest so all can hear. Book on the puneheritagewalk.com website and meet at 7am at the PMC building, near the Shivaji Bridge. Tel: 020 2570 9000/ 9012/ 9013.

You might also like to join the **Virasat Pune Club** at: www.virasatpune.com/heritage-festival/virasat-pune-club/. Membership is free and it is a great way to explore Pune, visit heritage places and meet interesting people.

Every February, for two weeks, as part of Pune Heritage Week, events such as the Rangoli

folk art workshop (where patterns are created on the floor as sacred welcoming areas for Hindu deities) are put on for the public.

Rangoli workshop and classes please contact Rashtriya Kala Academy Bajirao Road (near Laxmi Road) ph 97630006400 www.virasatpune.com/

Swimming Pools

The new Marriott on Senapati Bapat Rd has a wonderful outdoor pool on the 2nd floor. It includes use of spa and is discounted during the week and (until now) it is very quiet, is chlorine free and the water is changed weekly.

The Pride Hotel near the Institute on Ganeshkind Rd. has a nice pool. Not as posh as the Marriott's but perfectly fine for laps and cooling off, and at a fraction of the price.

Tango

Contacts: Eshana, +91 8390 764413. Manish, +91 9604132468. Facebook Pune Tango Community weekly events and dance gatherings are posted here.

Salsa classes: 9673339397, 66044247/48. 2nd and 4th Tuesdays in the month

Tennis Courts

Deccan Gymkhana. www.deccangymkhana.org/Inner/SportsDetails.aspx?SportId=6&Title=Lawn%20Tennis. (Coach) Ajej: Tel: 9049234567

Movie Theaters

E-Square Movie Theaters. No. 132, University Road, Ganeshkhind, Pune, Maharashtra 411016, India (same building as Gordon House Hotel). *Walking distance from Institute.* Phone: 020 66044111. www.e-squareindia.com.

Day and Weekend Trips

A lovely place to stay is **Mount View Heritage Hotel** in Panchgani. Regular buses for Mahabaleshwar leave Swargate bus station, takes 2 hours and costs £1. The hotel is lovely and very peaceful. It is a nice overnight or weekend place to stay if you need fresh air and the sound of nature. www.hotelmountview.co.in/hotelmountview/

Karla and Bhaja caves are only about an hour from Pune, in Lonavla, off the Mumbai-Pune Highway. Though not as spectacular as the Ajanta and Ellora caves, they are very interesting. A day trip for four with an air-conditioned car should cost less than 2,500 rupees. Weekends the Karla caves are crowded with Hindu devotees—it's frantic but fun, if that's your cup of tea. The Bhaja caves are more serene. Both require a 20-minute steep uphill hike, so dress appropriately.

Aurangabad

Daulatabad Fort. This is a spectacular fort. If you are visiting the nearby Ellora Caves, take time to visit **Cave Crystals Handicraft & Natural Stones**, across from the Kailas Hotel and walking distance from Ellora Caves. It offers an array of beautiful stones and crystals for great prices. **Milan Restaurant** – great restaurant frequented by locals but not often by tourists.

Kailas Hotel. Tel: 024 372 44446. www.hotelkailas.com. If you plan on staying overnight in Aurangabad, this hotel is highly recommended.

Ajanta and Ellora Caves, both UNESCO heritage sites.

This remarkable site is a 7-hour drive from Pune. The magnificent temples and monasteries carved into the rocks contain sculpture and painting that represent Buddhist, Hindu and Jain art dating from 800 AD. The Kailasa Temple is twice the size of the Parthenon; the life of the Buddha is painted on the walls of another temple. Book a car and a driver in Pune and stay at a hotel in Aurangabad or near the caves.

From a student at the Institute: *"I didn't go, but I received a quote from The Traveler/Silver Jubilee Travelers of 16,000 rupees for two people, which included a driver with an air-conditioned car—way above my budget. The agent takes a heavy profit on the hotel room; it's better if you can arrange the trip directly through a car service and book your own hotel."*

From another student: *"AC bus from Shivaj Nagar bus station leaves every half hour for Aurangabad—a 4-5hr.trip. Be sure to specify "AC Bus" From there, hire a car to the caves. Ajanta is a 3hour drive and Ellora is 30-45 minutes from Aurangabad. You can also have your driver take you to Ajanta and then drop you off at a hotel in Ellora"*.

Student # 3: *"My Indian friend helped book a driver (non-English speaking) and a car for Ajanta and Ellora for 10,000 rupees (we ended up giving a very good tip). We booked a*

hotel in Aurangabad for two nights. We left Pune in the afternoon to arrive there in the evening, went to Ellora the next day, and Ajanta the day after. I would suggest a local guide who knows about Buddhist iconography and history (around 1000 rupees for a senior guide). I would go back to Ajanta anytime the place is so out-of-this-world ethereal and stunning!"

Recommended Hotel in Aurangabad:

The Lemon Tree Wi-Fi, restaurant, good service. Book weekends in advance. Staff can arrange a car to the caves and a tour if you like. Recommended: one day for each site. Both are spectacular.

Highly recommended! The Best!

Sk. Sadeek-a very gracious generous spirit and native of Ellora is part owner of a lovely 32 member co-op fabric shop there called Aurangabad Handloom Products. Sadeek can arrange for cars to and from Ellora as well as guesthouse or hotel accommodations. He also knows all the "secrets" of the caves. Tel: +919960589867

Aurangabad Silk Himroo Weaving Centre specialty fabric and textile store in Ellora sells a wide range of silk saris, shawls, scarves, bedspreads, pillow covers, purses and more. The fabrics are made by a local cooperative of men and women who have looms in their homes. It takes them 3-5 days to make one scarf and the work is excellent. Many of the designs are inspired by the caves at Ellora. Prices are very reasonable. The owner, Riyaz Zuriz, warmly welcomes students from RIMYI and is of course open to discounting. Gut No 7, Aurangabad Ellora Road, Nandrabad, Nandrabad, Aurangabad, Maharashtra (opposite the Kailas Hotel). 431001, India Tel +91 240 224 1600

Jejuri. A pilgrimage site, one hour from Pune.

KARE Ayurvedic Retreat. (See Ayurvedic resources.)

Lonavala. There is a new luxury Hilton Shillim Estate Retreat and Spa up in the Lonvala hill area (about midway between Pune and Mumbai): www3.hilton.com/en/hotels/india/hilton-shillim-estate-retreat-and-spa-PNQSHHI/dining/index.html.

"Scenery, food, service were all excellent. It is quiet and relaxing. Just what we wanted during the noise of Diwali in the city. We hired a driver and it took about 2 hours on the way up and 1.5 hours on the way back. You stay in villas which are spread out over huge acreage so it is very private. I would definitely go back again if the opportunity arises."

Matheran. This incredible place to visit is only three hours from Pune. No cars are allowed in Matheran. Walking, horseback riding and man powered rickshaws are the only modes of transportation. The views here rival Hawaii's. There is a 900 foot zip line crossing over a 1000 foot valley – a must try. Laxman Nagu Akhade, and his brother, Naresh Akhade are reliable horse guides: tel: 94 21966313, and their horses are well taken care of.

Student's comments: *"The air is good but on the weekends the pathways get extremely dusty from all the visitors. When going riding or walking go early or late in the day. Get back before nightfall as the pathways are not lit. The views are only OK during the dry season due to pollution but still it was a lovely visit. The miniature train to the top is fun although slow, it is just as nice to walk. There is a barrage of drivers and guides waiting for you at the entrance/exit to Matheran, best to book your needs in advance."*

Lords Hotel: matheranhotels.com.

Verandah in the Forest: neemranahotels.com/

Dasvino Country Club. 30 Event Center, At Post: Dasve Lavasa, Taluka Mulshi, Pune 412 112. Situated on the banks of the Warasgaon lake in Dasve, Lavasa is a planned hill city. 1 ½ hrs drive from Pune, come for the day to unwind, swim, sun bathe and eat. www.lavasa.com. Tel: +91 22 4025 6000.

Longer Trips

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

Diveagar, Konkan Coast. A rural, non-commercialized, beach town, this is Goa without the glam. Most people do not speak English, the accommodations are very basic, no frills. It is a very beautiful, peaceful seacoast town surrounded by jungles and rice fields. To visit, contact Vikram Moore (p.13).

Darjeeling. Drink first flush tea in the Himalayan Alps.

Nasik. Recommended by an Iyengar student:

"This is on the Godavari River, one of India's holiest rivers. Nasik serves as a base for pilgrims and is host to the largest religious gatherings on earth. The Ramkund bathing tank was one of the highlights of my visit. Hindu pilgrims arrive daily to bathe, pray, and immerse the ashes of departed family members into the Godavari River."

Hotek Abhisek is walking distance to all of the temples, ghats, restaurants, etc. This is one of the more modern hotels near the river. Tel: 2514201. Hotabhi_nsk@sancharnet.in.

Sikkim. A little-known Indian territory nestled between Tibet, Bhutan and Nepal—it's an Eco-travelers paradise. Tel: 948-431-8497. Email: gyatsok@yahoo.com. Website: www.sikkimvacation.com.

Varanasi. Consider visiting one of the holiest cities in the world. A travel agent can assist you. Most RIMYI students stay at the Ganges View Hotel.

TRAVEL AGENTS/TOUR COMPANYS

A word of advice from your editor: when booking with any of these companies, particularly if English is not your first language, be really clear and absolutely specific about the type of hotel (three star etc.) you require, the type of tour you want and your travel dates so that there are no misunderstandings.

Ajit tours (PSA Kesari tours) Rainbow Plaza office 206, 2nd fl.near Hotel Shivar Garden. Rahatni, Pimpri, Pune 02027206163, 9422016185. For trips to Karla and Bhaja caves, Daily rate without guide: Six person maximum. Cost Rs.3800 to Rs.4100; With guide: Maximum 4 people-Rs.12/km

Ajit tours (PSA Kesari tours) also provides service to Delhi and Mumbai as well as offering guided tours of Mumbai.

Clear Trips: www.cleartrip.com. A reliable and clear booking website for flights, hotels, and especially trains.

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

The Great Indian Travel Co. provides the authentic insider's India experience—at Indian prices—without any fuss. It can arrange everything from budget bookings to elephant rides. "We aim to be über-helpful, friendly and fun—making your trip to India more incredible and less intimidating." Pranav's email: Chandra@thegreatindianadventure.com.

Neeraj Journeys. Andalkar Bungalow, First Floor, Bhandarkar Institute Road, Deccan Gym-

khana. Tel: 2567 1142. Email: nerjouni@bom2.vsnl.net.in.

Roots and Wings

Hotel Booking: From Budget to Luxury hotels, Roots & Wings presents wide ranging stays at destinations across India. They have special rates for the hotels near Mumbai International airport.

Air-Tickets: Domestic & International. Roots & Wings is the ticketing partner of all the major domestic & International carriers operating in India & Worldwide.

Care Hire: They provide cars for your local travel around Pune and out of Pune.

Railway & Bus Booking: They do railway & bus booking for all over India travel.

Currency Exchange: Roots & Wings purchases & sells all major forty foreign currencies.

Mobile Recharge: They recharge prepaid mobile phone cards.

Web Check Inn: They provide the facility to do web check inn.

Holiday Packages: Rucha at Roots & Wings organizes tours to Ajanta & Ellora, Mahabaleshwar, Goa, Rajasthan, Kerala, Varanasi, Rishikesh, Haridwar, Agra, Delhi, Goa & all places in Maharashtra and India.

Contact No: +91 9923063370, Email: rootsndwings@gmail.com. Website: www.rootsn-wings.co.in Address: 1122 Model Colony Pune 411016.

“**Pune Darshan bus**” Book at Deccan Gymkhana Bus stand or near Pune Municipal Corporation building (Sorry, there is no address). www.punesite.com. Tour Pune and see all the historic points of interest in one day. Tour from 9am-5pm. Rs.170

SAP International Tours. 1216/6, Fergusson College Road, Shivaji Nagar. Tel: 2552 0587.

Star Tours and Travels Murtuza Dashti, madashti@yahoo.com, 101 Kalinda Apts (Vanasthali bldg.), 318/19B, Canal Road, Model Colony, +91 20 25677791, 56258294. Murtuza is a student at RIMYI and the brother of Prof. Gulnaz Dashti

Sudin Travels. 418, Narayan Peth, First Floor, Nandlal Society. Tel: 2445 8199 or 2449 1593. Fax: 2449 3682. Email: Sudin@giaspn01.vsnl.net.in.

The Traveler/Silver Jubilee Travelers. Tel: 2566 3706. Shops 5 and 6, next to the Lalit Mahal Restaurant. Full-service travel agent. Extremely professional, great service, low com-

mission. Email: traveler@pn2.vsnl.net.in.

EmEnEss travels: "Madhur Jyoti ". Hare Krishna Mandir road, Model Colony, Pune – 411016. 09545500029

Manu Shahani arranges travel packages around India as well as rides to and from the airports in Mumbai and Pune. He is easy to work with and he is reliable. Email: mane106@hotmail.com; Landline: 91-20-25654109. Mobile: 919545533329.

Vishaka Agte and Uday Purandure Travel Management (husband and wife team with 25 years experience). 917/19b Ganesh Gupta Apartments, near British Library, Fergusson College Road, Pune 411004. It's next door to the Hotel Ketan (walk through the fruit juice bar - and their office is the first door on the right). Email: travelmg@gmail.com Tel: (0091) 20-32911772

A student says "I have used them for over 18 years, and they have become good friends. During August 2014 at the time of Guruji's passing, they were extremely able and capable of making and reorganizing travel arrangements for Pune students. They speak perfect English and are extremely reliable."

CURRENCY AND BANK INFORMATION

The currency in India is rupees. Warning! Travellers to India are now restricted in the amount of foreign currency they can bring in to the country.

Many commercial establishments, such as hotels, department stores, airlines, etc., accept MasterCard and Visa credit cards. Be aware that credit card companies have started charging foreign currency conversion fees of two to three percent.

It is advisable to always carry sufficient cash. For most transactions—at restaurants, Internet cafés, small stores, grocers and pharmacies—you'll need it.

Money

- Check rupee bills carefully when exchanging money. Reject heavily creased or torn bills, as no one will accept them. Staple holes (where the notes are held together in bundles) are acceptable.

- There are foreign exchange agents at the international airport and a few hotels in the city that are authorized to change money.
 - Bank of Maharashtra (top end of Hari Krishna Mandir Road) no longer changes traveler's checks. The closest branch, with new installations and a friendly staff, is on Fergusson College road, across the street from the Lalit Mahal Restaurant. Its exchange rate is better than at the Institute or the Thomas Cook exchange offices. Bring your passport.
 - The most convenient way to get money is at an ATM, which can now be found almost anywhere. However, many banks (e.g., Citibank, Chase) charge exorbitant fees to process withdrawals overseas, so before leaving, find out what their rates are. Also, 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 Citibank ATM with a guard near Pune University that is open 24/7 and another one on the block of the Toyota dealership that closes for the guard's mid-afternoon break. It is standard that one can only withdraw 10,000 rupees per transaction when using a foreign card, however if you have a Citibank card from the US you may be able to withdraw 20,000+ rupees at a time. Citibank US can also provide you with a special travel ATM card linked to a travel account so you can protect your main account from theft.
 - A bank representative also comes to RIMYI to change traveler's checks and foreign currency to rupees during morning practice sessions from 11 am to noon. More rupees are given for cash than checks.
- **Do not bring more than a few hundred dollars in cash to India.

TELECOMMUNICATIONS

Time Zones: Pune is 9½ hours ahead of the U.S. Eastern Standard Time in summer and 10½ hours ahead in winter. India is 3½ hours ahead of South Africa.

Telephone Information: 197 or 183.

To call India from the U.S.: dial 011-91-20 for Pune, and 011-91-22 for Mumbai, followed by the telephone number.

To call Australia from Pune: dial 0061 followed by the telephone number, including the area code.

When calling local landlines when in Pune dial 020 before the number.

When calling Indian cellphones dial a 0 before the 9.

To call the U.S. from India: dial 001 followed by the telephone number, including area code.

To call Pune from South Africa: dial 09-91-20 followed by the telephone number.

To call South Africa from India: dial **00-27** followed by the number.

When calling RIMYI, Pandu, tel (91-20) 2565 6134, may be reached during the following hours: From 9 am to 11 am, Monday, Tuesday, Thursday and Friday; and from 4 pm to 6 pm, Monday, Wednesday, Friday and Saturday.

Most apartments in Pune have a landline, or at least an incoming one, so people can always phone you. Some may have a **Tata Indicom** prepaid phone; for 200 rupees you can buy units for the card and use it to phone anywhere in the world. Getting an Indian cell phone is becoming harder with new anti-terror laws in effect and residency is often required. It is advisable to bring with you a cell phone that is unlocked to work on any network.

You can use your GSM cell phone internationally, but it is cheaper to buy a local SIM card (this is the chip that gives you phone service). A store assistant at a cell phone store can unlock your cell phone to enable you to use an Indian SIM card but it is more reliable to do so at home before you go. You pay about 20 rupees for the SIM and then the same number of rupees per minute, so if you pay 375 rupees, you get 375 local minutes. Be sure to ask for "full talk time" when buying minutes. When you call outside the country, the rupees to minutes ratio increases. In 2012, it cost about 12 cents a minute to call the U.S. from a cell phone. Also see Roots and Wings under Travel Agencies, they will recharge your prepaid phone cards.

Please note: The Indian government has tightened the restrictions severely on foreigners

purchasing Indian SIM cards in the wake of the Mumbai attacks because stolen SIM cards were used there. To obtain a SIM card, you will need a copy of your Registration of Foreigner C-Form supplied by your landlord (although not all landlords will supply this form if they are renting off the books); a copy of your visa and passport and a passport photograph. The most effective way to get phone service is to go to a mobile provider's main office, there are several placed around the city. Give yourself at least an hour to get things up and running as well as make certain your phone is functioning properly, meaning make a call and see it connects, before you leave the shop. For data, 3G service is available in India. Also, if you are using data be sure to check it is functioning before you leave the shop. Both phone service and data service on the mobile phone is good and reliable. A main Vodafone store is fairly close to Model Colony in the area called Wakadewadi on Central Avenue, never too crowded and perfectly nice to sit in and wait.

From a student: "...I found out the hard way that it even more difficult to get a SIM card now. Not only do you have to provide all the required documentation, now you have to go through a verification process. I had to speak with an agent at the phone company who verified and validated my application a day or two after the submission. Thereafter I had to charge the SIM with Rs 25/ and then Rs 2/ before I could add any value to the card. This was key - I had just bought the roughly Rs 400/ special deal and expected that amount would be credited to my SIM but it would not be the case. Only after charging the SIM with the additional Rs 25/ and Rs 2/ did it allow the 400 to be charged. NOTE: this additional 25 and 2 amount/ may be different for different providers - you may have to ask and find out. So, this whole process delayed me actually having a usable SIM by 3-4 days."

Ask your landlady to help by providing the relevant documents ahead of time.

MOBILE PHONE: SIM card purchase

From a student: 'If you walk from Deep Banglow Chowk past the row of fruit and veg stalls, about 3 stalls further than the last fruit and veg stall, you will find a stall that sells "idea" sim cards. The stall- holder is called Shiva Rathal. Although he has little English he obtained our sim cards in 48 hours, once we had provided the usual documentation. His number is 9175211643, which is helpful if a Marathi speaker was helping you.'

Or you can buy a calling card (paper sheets with code numbers printed on them). Get one at the post office and purchase the maximum units. Editors note: Two conflicting reports were sent in on calling cards. The last I heard from a student was that she was unable to buy a calling card from any post office. If anyone has any ideas on where these can be pur-

chased, please let me know. Also, phone cards often don't work so don't count on them. These cards make calling home much easier. You can use them on your private (landline) phone in your apartment or hotel room.

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 for them in cash. They're quite expensive, for example, calling the UK may cost about seven rupees a minute. A convenient and quiet booth is located at the Chetak hotel (some of the others can be very noisy).

To get dongle (wireless internet access for your laptop) while in India, you can go to the 3-G store on Ferguson College Road. You will need a completed C form (completed by your landlord and certified at the police station), a copy of a telephone or electric bill from your landlord, a clear, readable copy of your passport and visa, a color passport photo (get one across the street from the 3-G store). The 3-G store prefers that you pay in rupees, not with a credit card. The cost is approx. 2000 rupees.

Editors note: when booking your apartment, ask your landlord or landlady if the apartment has Wi-Fi. If it doesn't, move on! It's common for apartments to offer Wi-Fi these days.

Editors note ...also social messaging apps, provided you are both on Wi-Fi, such as Whatsapp, Viber, WeChat, and Line are free for phone calls and texting.

Internet Cafes

The Chetak currently has Wi-Fi access, which is fairly reliable and it's nice to take a tea or lime soda while using the Internet. Rs/- 30 per hour.

The Ambassador Hotel provides Internet access at 200 rupees per use, and although it's expensive, it saves you a trip to the Reliance on Ferguson College Road, where you pay a fixed rate of 300 rupees each time you log on.

Internet World is located on the FC Road opposite the petrol station: walk to FC Road from Toyota corner and turn right. They have a bunch of PC's and charge 10 Rupees per hour.

Pune Central: near the entrance, Wi-Fi.

JW Marriott Hotel WiFi is super speedy and comes with tables with electrical outlets in the center. Bring a passport to show for ID when asking for your free WiFi access code

Cocoa Patisserie & Bakery

"I've heard that this place also does good WiFi from at least 2 people. Also good chocolate. 2 blocks from the Marriott."

Facebook Page: Visiting Iyengar Institute (RIMYI) Pune

This is a CLOSED group and you can only join if you already have a friend in the group OR if you message the administrators with your request. All other joining requests will be ignored. The group is intended for overseas students currently visiting the RIMYI in Pune for yoga practice and study. You can add, exchange or update information, contact other students, arrange to share trips or shopping expeditions, find or share accommodation, notes, swap or donate things that you no-longer need - it will be what you make it! Also useful for people planning a future visit. This had to be done since there has been a flood of requests from people who are interested in yoga or Pune but not part of the core group for whom this group was intended. To those people - please look for a more appropriate FB group.

Please use discretion in your posts and stay focused on the aims. We also welcome Pune residents who have something useful to offer - accommodations, yoga props, books, language lessons but NOT general merchandise.

Apple Certified Technician

Deepak Gaikwad. Mobile: + 91 9320596632 Email: deepak.gaikwad@rsgi.co.in. Skype ID: deepakpgaikwad.

RSG INFOTECH PVT. LTD. 107/108, 4TH DIMENSION BUILDING, NR. MEHANDALE GARAGE, ERANDWANE, PUNE 411004 Tel: + 91 20 3020 5444

**For any problems setting up your Mac device, Mr. Deepak Gaikwad will come to your apartment.*

HEALTH AND MEDICAL CONCERNS

The Centers for Disease Control and Prevention (U.S.). Refer to this government website for information on vaccination since recommended shots may depend upon the season. Website: www.cdc.gov/vaccines.

This was sent to us by a teacher traveling to Pune for the first time: "I went to the county

health department located at a local hospital and they recommended a tetanus/diphtheria shot, a typhoid shot and a hepatitis shot. They also gave me prescriptions for antibiotics for respiratory infections and diarrhea, and for malaria. I am going ahead with it all just to be on the safe side."

Water

It is advisable to drink bottled water or filtered water. Most restaurants have filtered water but you should inquire before drinking it. Do not drink water directly from the tap. You can purchase packaged purified water or pay a deposit on a dispenser drum with a tap. Stores will deliver the 20-liter refill that fits on top of a dispenser drum.

UV Steripen and Nalgene bottle:

From a student: *"\$88 at Amazon, this is a great investment if you are traveling and have doubts about water. I used this, even with unfiltered water in my apartment, and I stayed healthy for three months in India this past trip. The UV light kills everything in the water and the rays can't exit the water surface, so it is safe."*

Check that water filters in apartments are serviced. They need to be serviced every year to be effective.

From a local resident yoga student: *"Our daughter has had filtered drinking water since she was a baby. It is better quality than bottled water and has no excess plastic."*

Gastrointestinal Precautions

Living in a tropical country, one can be prone to gastrointestinal infections. December is considered to be a "safer" season, but it is advisable to err on the side of caution. Always eat food that has been freshly cooked and is hot. Avoid eating frozen, precooked food or raw food that has not been washed in filtered water (or in salted water). Use water purification tablets or silver filters. Avoid infection by washing your hands frequently.

GSE

To prepare the intestinal tract for the potential onslaught of new bacteria and parasites, you should start to take GSE (grapefruit seed extract) one week before departure and continue taking it throughout your stay in India. "I took some when I got a stomach upset and it cleared it up quickly - not sure I would take it as a preventative though." It is a horri-

ble-tasting goop, but with fruit juice or yogurt, it's easier to ingest. Another way to take it is to add it to a fizzy vitamin C drink (Emergen-C) or Airborne. GSE also boosts the immune system and is a good remedy for candida.

Malaria

There is a lot of malaria in India, and mosquitoes can be a problem. Mosquito repellents in the form of vaporized liquids may be used. Common brands All Out and Good Night are available at any drug store or general store. Mosquito repellent ointments are also available. Cover yourself up (long sleeves, long pants—like the locals dress) from dusk to evening hours.

Artemisinin is an antimalarial herb, available at Nutricology. www.nutricology.com/Artemisinin-90-Vegetarian-Caps-p-16414.html.

Dengue

Dengue is a mosquito-borne virus that has rapidly spread in tropical and sub-tropical regions, including most of India. The female *Aedes aegypti* mosquito—recognized by the white markings on its legs and a lyre-like mark on its upper thorax—transmits dengue. The mosquito breeds in loose water—as little as a spoonful—and are most commonly active at dawn and dusk. Several students at RIMYI have fallen ill over the past several months. A first infection typically begins with a severe headache, pain behind the eyes, and/or flu-like symptoms. Symptoms usually last from 2–7 days, after an incubation period of 4–10 days. A feeling of weakness and lack of energy often persists for a few of weeks. If you believe you have these symptoms, see a doctor because a blood test can confirm the disease and you should be monitored thereafter since, in some cases, dengue can progress to a more severe form that requires hospitalization. Take reasonable precautions to avoid mosquito bites and make sure there is no standing water in your flat. Sleep under a mosquito net!

Pollution

Pollution is pretty bad in Pune. It is less bothersome during the monsoon season in July and August. You can purchase an I Can Breathe® mask with a carbon filter at www.ican-breathe.com or www.magellans.com. Sally Rutzky, from Ann Arbor, who has been to Pune eight times over the last 20 years, said that she used one in January and that it was the very first time she did not contract a sinus infection. Change the filter and wash the mask

on a weekly basis.

Amazon is another source of MSA N95 masks for a good price: 20 pack for \$19.

Here is another mask: 3M Face Mask. 9332. EBay

Healthy Hygiene Reminders

- Use bottled water for brushing your teeth and cleaning your toothbrush. Keep shower water out of your eyes and mouth. You can buy hydrogen peroxide at a local pharmacy.
- In some places (though not all) 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 only your left hand for this. Take your toilet paper to the Institute (for drying purposes only); place it in the wastebasket near the toilet.
- After using the toilet, wash your hands and feet before coming into the asana hall.
- Traditionally, Indians eat with their right hands (see above for Indian toilet customs).
- Eat the local yogurt (curds), which provides good bacteria (*Lactobacillus acidophilus*) that reduce the number of bad bacteria in the gut. In addition, it is a good idea to take some kind of probiotic (good bacteria) supplement—you can get it at any good health food store. Additional fiber in the diet (such as Metagenics Herbulk or a similar mixed-fiber product) can also be useful. Efficient elimination reduces the risk of a parasitic infection.
- Products such as Tyler Para-Gard and Metagenics Ultra Parex are worth taking on a daily basis. They both contain a blend of anti-parasitic herbs. Garlic is also an effective antibacterial and anti-parasitic herb.

- Carry cold and cough medications that you like, so that if you happen to contract a respiratory infection, you'll have these items on hand. It's common to get a cold while visiting. Herbal tea can be handy as well.
- A neti pot and salt used at the end of each day is a good preventative and helps rid one of pollution.

Parasites

If anyone gets parasites they should get to a local doctor and follow up when back home as parasite infections tend to recur if not completely eliminated.

American (in New York) Doctors

For parasites: Dr. Juan Dizon, 133 East 73rd Street, New York, NY.

Tel: (212) 988-4800.

For tropical diseases (New York): Dr. Kevin Cahill, 850 Fifth Avenue, New York, NY.

Tel: (212) 434-2477.

Local (Pune) Doctors

Dr. B. Sonalker. 1105/7, Hari Krishna Mandir Road, Model Colony,

Pune 411016. Tel: 2565 5268. Cell: 98-6013-6323. Contact her between the hours of 10 am to 12:30 pm or 5:30 pm and 8 pm. She's down the street from the Institute, across from Sharda's apartments in Kunjban society, which is opposite Hari Krishna Mandir Road. First floor of the Florenza building at the end of Hari Krishna Mandir Road, right before the Bank of Maharashtra. You can't miss the sign.

Dr. Sonalker is highly recommended by Iyengar yoga students who consulted her about upper respiratory conditions. They were cured, and not necessarily with drugs, on both occasions they visited her. She charges 200 to 300 rupees per visit.

Dr. Anand Pungaliya

Good back-up doctor: 1133 F.C. Road, Pune- 411016. The clinic is on FC Road, just round

the corner from Lalit Mahal restaurant. Standing at the corner where the restaurant is, you turn left on FC Road. It's a tiny little clinic, very old. Next to it is a fancy ice cream parlour. There is a huge Maharashtra Bank on the opposite side. Dr Pungaliya is a government appoint doctor. Weekdays:10am to 12.30 pm; 6.30pm till 9pm. Sunday:11am till 1.00pm.

Cost: 200 rupees per session.

Clinics and Hospitals

Golwilkar Metropolis Health Service, Pvt. Ltd. Medical diagnostics.

Construction House, Ground Floor, 796/189B, Bandarkar Road.

Tel: 4100 8200 or 2566 6612. Email: drgl@metropolisindia.com.

Website: www.metropolisindia.com.

The best hospital and the nearest one to RIMYI is the **Ratna Memorial Hospital**, Sanpatti Road. It is clean and has a pharmacy. Please note: Even if you do not plan to take the medication you have been prescribed, you must purchase it before discharge. (020) 41097777 / 25651037. 12 noon to 1PM.

Deenanath Mangeshkar Hospital & Research Center, Near Mhatre Bridge, Erandawne, Pune, Maharashtra 411004, India. Opened: November 1, 200. Phone: +91 20 4015 1000/66023000/49153000. Email: info@dmhospital.org. Open 24 hours.

A student who was recommended by Datta (Raya's father) was concerned about a problem with his leg. The student was accompanied by Kiran's secretary who did all the paperwork.

"I was dealt with swiftly and kindly. She then accompanied me to the doctor and within 15 minutes I was having my leg checked. The result was that I didn't need an MRI".

The check-up cost a few of hundred rupees. An MRI starts from about 6000 rupees). Kiran Jadhav is an administrator at the hospital. Mr. Vyavahare is the osteopath.

Dermatology - Cosmetology

Derma Clinic run by Dr. Akalpita Sule and Dr. Priya Parek, near RIMYI at 102/C/4, Shubhashree, Lakaki Road, Model Colony, provides dermatological services at a fraction of what you would pay in the West. Services include: skin tag removal, electrocautry, chemical peels, hair loss and botox treatments, and acne scar reduction. Service is friendly and at-

tentive.

Ayurvedic Resources

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

Ayur Jyoti: Kerala Ayurvedic Marma Chikitsalayam. Dr. Mini Nair and Vd. M.B. Vinesh-kumar. Flat No - B4, Shardaram Park, (next to Jehangir Hospital), Sasoon Road, opposite Ruby Hall Clinic, not far from Fabindia, toward Bund Garden Road. Tel: 020 26166208/ 09423574867/ 9766615750. ayurjyotiindia@gmail.com

A student says: "Vinesh and Minnie are incredibly kind. He helped me tremendously with both chronic and acute ailments. One has to not be shy of nudity as well as be fine with the "unfancy" conditions. I highly recommend him."

Editor: I have been told that he has been flown to Australia and Russia by Iyengar students for workshops and treatments.

Dr. Ghatnekar teaches Rajiv and Swati Chanchani's fall workshop each year. 606, Sadashir Peth Laxmi Road, Waman Hari Pethe Building, First Floor.

Cell: 989-000-8425. Email: Vishwas.ghatnekar@gmail.com.

Opening and fully functioning on March 1, 2015 **AyurMarma Kerala Ortho-Neuro muscular Care Centre** featuring specialized treatments for all ortho- neural problems, offering yoga, meditation and naturopathy and home grown organic food. We are looking forward to the opening of this wonderful venture. The motto is Healing Naturally. Kharghar Road. Distance from Mumbai Intl Airport is 81km (2hours) in the Pune direction. www.ayurmarma.in

KARE (Kerala Ayurvedic Research & Rejuvenation Establishment). Misty Valley, Village Gonawadi, Mulshi Khurd, Tal. Mulshi, District, 45 kilometers west of Pune (about a 90-minute drive from Pune). Tel: 2517 1247/1501. Email: info@karehealth.com. Website: www.karehealth.com. Also contact Harshada Shirole at the Hotel Chetak reception desk for information on prices. Service includes a doctor's consultation, full body massage or massage of any area that needs medical attention, and use of the all-equipped yoga hall inaugurated by B.K.S. Iyengar in 2005. Food is prepared according to ayurvedic principles. The pick up from Pune is complimentary to RIMYI students.

Recommended: Dr. Vasant Lad. Pranav Clinic: Shri Sitaram, Apartment, 383, Narayan Peth, near Modi Ganapati Temple, Pune 411030 Tel: 91-02-2446 7952. Dr. Vasant Lad, a world-fa-

mous ayurvedic physician, is in Pune each November/December with some of his students-in-training. His office hours are from 6 pm to 9 pm.

Said Robert Cory, who visited RIMYI in 2013: *"Several RIMYI students went to see him while I was there and everyone was impressed with his knowledge and compassion."*

Vd. Madhura Phatak, Ayurvedic Physician. E-11, Shri Shankar Nagari, Paud Road, Next to Varnaz Company, Kothrud, Pune - 411038. A young, empathetic and trustworthy Ayurvedic doctor has recently opened her own clinic. She speaks good English and makes the interviews carefully. The place is small and plain, but it is clean and there's everything necessary even for Panchakarma treatments. Kathrud is a suburban area of Pune, around 5 km away from Model colony (rikshaw 60-70 RS from RIMYI). She runs the clinic by herself, so you need to book an appointment in advance. mobile 9503020060, email: madhuradan-dekar@gmail.com

Punarvasu. A self-contained 24-hour ayurvedic hospital/clinic.

From a student: *"You will receive a complete course of treatment. Write down a list of common/chronic/acute/constitutional problems. For example, tendency to get tired/anxious/stressed, dietary and sleeping habits, skin problems, hemorrhoid, etc. The first consultation is very laborious with a lengthy questionnaire and every question under the sun (1000 rupees initial consultation charge), then I was given a computerized chart of what to eat and not to eat, habits to keep or not to keep according to my dosha, and I was prescribed a powder and tablet treatment for seven days (about 800 rupees). After this, there will be adjustments and a course of seven-day panchakarma with treatments as needed (shirodhara, oil to the forehead, abhyanga, oil massage, bhasti, oil or herbal enema). Visit at the beginning of your trip so that there is enough time to fine-tune your treatment during the course of one month."*

At the end of HKM Road, just before the Lalit Mahal Restaurant. Tel: 020 2566 0066

Dr. Mrs. Pradnya Akkalkotkar, MD Ayurveda. C6/2, Shantiban society, Kothrud, Pune. Tel.: 98-2202-5463. Email: ayurvedscienceforum@gmail.com (note spelling "ayurved" is correct for email address). By appointment only. Dr. Pradnya has over 20 years experience in Ayurveda teaching and treatment. Highly recommended for Ayurvedic consultation, massage and management for women only. She also teaches classical Ayurvedic cooking, health foods, nutrition, massage for various age groups and ailments and Panchakarma. By appointment only; **women only**. (Men please refer to Dr. Mandar below.)

Dr. Mandar (Dr. Pradnya's husband). Tel: 98-2277-7161. Email: ayurvedscienceforum@

gmail.com (note spelling "ayurved" is correct for email address). With 22+ years experience, Dr. Mandar offers Ayurvedic consultation and massage for men only. He specializes in medicinal herbology, herbal processing, pharmacy, pharmacology, making of medicated ghee, massage oils, advanced Ayurvedic nutrition (antidotes) and dietetics. By appointment only. Those who wish to have steam after massage may visit the clinic. Otherwise massage &/or consultation can be performed at the residence of the student.

M/s. Gopal Govind Lokhande, Budhwar Peth, Tel: 020-244 57060 for ayurvedic medicine as well as Gulkhan, a rose petal sweet jam recommended for when the body is hot, or really at any time. Near to Wagh Jewelers.

Massage

Ayurvedic massage or a facial with **Mrs. Swati Sant**, tel: landline: (020) 2553 5733, cell: 9766657603. She will come to your apartment or you can go to her home, which is a 20-minute walk from RIMYI. Available seven days a week.

For massage at your doorstep, call the **Hotel Chetak**, tel: 2565 5268.

"Massage for men is a bit more challenging to find since female specialists only do for women. And massage at your doorstep via the Chetak Hotel didn't work. They refused. Instead, I went to Jeevana Medical Centre: www.jeevana.in. Shivali Nagar 1076/13 Vidya Vihar Colony, Near E-Square Theatre Ph: (020)64001986/25664485 It is quite expensive but well worth it if you feel like a good treat."

Naturopathy

National Institute of Naturopathy. Tel: 2605 9682. Bapu Bhavan, Tadiwala Road, Pune 411001. Hours: 7 am to 9 pm, Monday through Saturday; closed Sunday. Massage, sauna, steam, enema, mud therapy, magnet therapy, yoga classes, juice bar. Reasonably priced. The institute has a health food shop with organic jaggery, wheat, honey, rice, herbal teas, neti pots and books. They boast Gandhi visited there. Email: ninpune@vsnl.com. Website: www.punenin.org.

Homeopathy

Sanjivani Kulkarni has a small consulting room in the parade of shops next to the Toyota showroom. Hours: 11 to 1 pm and 6 pm to 9 pm. Tel: 2115 0932.

Nileema Dhoble Homeopath and Bach Flower consultant (has listings in accommodation section too). Tel: 2565 7016. Cell: 98220 92942, 1102 A/2, Lakaki Rd., Model Colony, Shivajinagar, Pune 411016. Across the street from Hotel Chetak. Website is www.homeopathpune.com

"She treated me for bone spurs in my neck and it really helped!"

Dr. Pratap Patil. K.P. Homeopathic Pharmacy, 1130 (FC Road), Shivajinagar Dnyaneshwar Paduka Chowk, Pune 411016.

Therapy

Samvahan therapy: Model Colony, opposite Om Supermarket. www.anandacenter.org. This is a 5,000-year-old technique. Dr Anand Kambly is a disciple of Dr Ram Bosie, who was a Samvahan therapist for Gandhi, Neruh, and others. Recommended by an Iyengar student who was taking this therapy for a neck injury.

Physiotherapy: Dr Anand Gangwal (Australian-trained physiotherapist), specialises in sports injuries, posture and joint problems. Treatments include dry-needling, deep-tissue massage and exercises. His clinic is just past the Maharashtra Bakery/store, around the corner from Hare Krishna Mandir Road. Web: primephysio.in Email: anandgangwal@gmail.com.

Dentists

Dr. P. Kale: Tel: 2567 7949. Email: kale@vsnl.com. Status Health Club Building, Bhandarkar Institute Road, 791 Shivaji Nagar, Pune 411044.

Also ask **Chitra** (see Apartments) for a recommendation. Tel: 2565 3697.

Highly recommended: Dr. Shrenik Parmar is a "specialty" dentist practicing in the building in the lane next to Deendayal Memorial Hospital on Fergusson College Road. Tel: 2567 1583. Hours: 4 pm to 9 pm.

Also highly recommended: Dr Suvarne Nene (female – gives lectures in Hong Kong). Tel: 2025521434 at Aesthetix Dental Clinic & Implant Centre, 1262 J.M. Road, Prestige Chambers, Opposite Sai Service, Above Hotel Mathura, Pune411004.

Dr. Nanda at Nanda Dental Care. For implants, cosmetic dentistry and orthodontics. Two locations one in Camp and the other in Koregaon Park. Tel: 26345791, 26345792. Email:

mydentist@nandadentalcare.com Web: www.dentistpune.com

Optometrists

Len's Eye. One of several good places in Model Colony where you can get new frames and your lens's copied. Branded vision glasses, frames, sunglasses, optic and contact lens clinic. Specialty: Progressive bifocal regular as well as antiglare contact lenses.

Animals

If you are interested in helping street dogs get vaccines, or if you see a particularly bad case of injury or disease, please contact: RESQ; 9373888500/9372617675

There is a Veterinary Clinic to take animals to or to get vaccinated if you want to bring them home:

Dr. Narendra Pardeshi, Small Animal Clinic. Address: Sakalnagar, Baner Road, Aundh, Pune, Tel: 25657865.

Ellie's 4 Pet Foster - In case you want to take an animal home and need a shelter until the time comes. She has a house vet too: www.facebook.com/4pawsofficial. Phone: 919766221132

Prani Project. In October, 2012 Suzie Muchnick met Shraddha Pandey. They had three things in common: their love of animals, being Vegan and wanting to help the stray cats and dogs in Pune, specifically, but not exclusively in Model Colony. Shraddha and her two friends, Mudra Shirvaikar and Abha Bhosekar have been for several years now, been actively involved in coordinating and gathering stray and injured dogs and cats to administer veterinary care, and to sterilize, and vaccinate them.

They do this out of their own pockets. In October, 2013 Suzie and some other visiting Iyengar practitioners left Shraddha with some funds to sterilize and vaccinate a mother dog and a male cat who was living around the Institute. (In fact, they were able to do much more with these small funds).

Street dogs are an inseparable part of the Indian landscape, and are often faithful companions to many. However their unchecked proliferation and increased pack size have become a nuisance for the citizens, and has incited hatred and violence towards these innocent beings. Armed with this knowledge and an undying love of the canine species, **Prani Proj-**

ect volunteers have taken it upon themselves to survey local dogs, organize sterilization, co-ordinate surgeries, assist the sterilization dog-catching squad through their sessions, maintain detailed records, and ensuring the animals proper release and post-operative care. Volunteers also undertake monthly annual vaccination drives against Rabies in various pockets of the city, and promote adoption of stray pups.

In spite of tireless efforts of civic bodies and animal welfare organizations, the population of stray dogs in Pune remains large. However the scenario has changed to one of hope and positive action, thanks to awareness among citizens and growing number of volunteers.

The CNVR model (Capture-Neuter-Vaccinate-Release) of the Animal Birth Control program run under PMC, has lately begun to show promising results due to the disciplined co-ordination of dedicated citizen volunteers.

Send donations to: Suzie Muchnick, 461 Carica Road, Naples, FL 34108. USA.

OTHER USEFUL SERVICES

Sanskrit

Dr. Bahulkar. Tilak Maharashtra Vidyapeeth. Tel: 2447 2774. Dr. Bahulkar can find an appropriate teacher for you depending on your level of Sanskrit.

Highly recommended: Dr. Supriya Sahasrabuddhe, PhD, Professor at University of Pune, teacher and translator. Sanskrit, Hindi, Marathi, Patanjali sutras, classics. *Email address removed as it no longer works.

A students says: "I started taking classes with her last year and can confirm that she is a great teacher with huge knowledge, also about Bhagavad Gita etc. Students who wish to study with her should be willing to sacrifice time. She first has a talk with each student to identify if he or she has enough motivation to study. Once accepted, she is a true gem."

Shilpa Sumant. Tel: 2546 4033. A-10, Manmohan Society, Lane No. 2, Karvenagar, Pune 411052.

Sanskrit Bharati: Mr. Madav Kelkar. Sanskrit conversation. Tel: 2445 3358.

Hindi

Learn Hindi from anywhere, at a time that suits you with Krishna. She is studying at RIMYI untill June, 2016 after which she can be in voice touch with you online for the lessons. She offers a comparative study of Hindi language, it's correct pronunciation, and grammar. She is reasonably priced. krishna.kedia@gmail.com.

Vedic Astrology

Mr. C. K. Kutty, Tel: 2426 6589. Apartment No. 14, Meera Society, Salisbury Park, Pune 411037. A donation of +/-1,000 rupees is requested.

You must first get your computer chart done before making an appointment to see Mr. Kutty. He is very busy. Make your appointment when you first arrive in Pune. Do not pay him in advance, or ask him to send the reading on to you, or you may be disappointed. There have been reports that some of the gemstones that were sold as part of the reading were not authentic. The astrology readings are excellent though. Mr. Kutty is a real master.

Warning: Mr Kutty seems to be pretty unavailable these days.

Frankels. 288, M.G. Road. +/-45 to 60 rupees. Tel: 2613 9167.

Mr Bharat Doshi. Galaxy Network, for computerized astrology charts. Basement shop. No. 121, Clover Centre, near West End Theatre. Tel: 2613 4050. Hours: 10.30 am to 1:30 pm and 5:30 pm to 8:30 pm, Monday to Saturday. You must have the exact date, time and place of you birth to obtain your chart. It isn't necessary to get the deluxe version; the basic chart is all you need.

"Wonderfully sweet" gemologist/astrologer, **Prakash Ashoka Walia**, Pleasant Apartment, 15th Lane, Prabhat Road, Pune 411004. Tel: 2565 8182; 2567 8187. Cell: 982-305-4287.

"Prakash Ashoka Walia did provide us with our computerized charts, but gave us very brief 'doom and gloom' readings. Of course all of our issues could be solved with carats of gems that he would happily sell us...he is quite the character and perhaps 500 rupees is worth the visit, as long as you're not expecting a full and insightful astrology reading."

Chanting

Krishna (who you may have seen around the Institute with a long yellow tilak on his forehead) teaches chanting (Yoga Sutras, Bhagavad Gita and more). He also takes classes at the

institute (available until 1pm and never in the afternoons due to his job) for those willing to learn and study. Email: krishnanpp@yahoo.co.in

Krishna also organizes tours to temples and ashrams in and around Pune, for two or three people.

A student says: "I went to the Balaji and Satya Sai Baba Temple outside Pune (1 hour) with Krishna and I was so pleased to have Guide who knows so much about Hinduism, speaks great English and is very reliable."

Beauty Clinics

Chez Somya, hair and beauty salon and spa. 170 Dhole Patil Rd, Pune 411001. Tel: 26164426, 26162808. 88062 68001. Walkable from Fab India.

Gazelles. Koregaon Park on the second floor of the building next to Reliance Fresh. Pune's first full-service salon. Extremely inexpensive treatments include manicure, pedicure and threading.

For waxing, **Manisha Beauty Clinic**, C/5 Marble Arch, Hare Krishna Mandir Road, Model Colony. London and Zurich trained. Tel: 2565 3827.

Shradda. 1021/2, Meera Niwas, Mrs. Vanada Dadhade. Deep Bungalow Chowk, around the corner from the Toyota dealership. Enzyme facial includes arm, leg and back massage. 45-minute pedicure, Rs. 100. All services are now available 7 days a week.

Sheela's Beauty Clinique. 26, Sagar Arcade, F.C Road. RD Deccan Gymkhanna, Pune -411004. phone: 25510435. email: sheela.madhupal@gmail.com

Mrs. Swati. 5, Sadanand, 1194/18B, off Ghole Road, Shivaji Nagar. Ayurvedic body massage, henna hair treatment (recommended); manicure and pedicure (not recommended). Tel: 2553 5733. Cell: 976-665-7603.

Totally Twisted. 1103, A/14, Gurukrupa Bungalow, 1st Floor. Opp Vidya Bhavan School Main Gate. Lakaki, Model Colony, Pune 16. Email: t2.totallytwisted@gmail.com. Tel - 0 989 000 5551

Urvashi Beauty Parlor. 1221/B3, Pushpak, Wrangler Paranjape Road, Shivaji Nagar. (As you exit the Vaishali restraint, turn left and then left down the adjacent alleyway. Urvashi

Beauty Parlor is right at the end of the alleyway). Hair and nails. No appointments on weekends. Open 10 am to 7:30 pm, seven days. Tel: 2553 5657. 25511495 - 9226329735.

Mesmerize for waxing, threading, facials, pedicures etc. FC Road, Opposite Mantri House, Shivajinagar. Email: mesmerizepune@gmail.com Tel: 7776994255

Highly recommended: **Hair Affair, Style a La Carte**. Shop # 10, B Wing, Shreenath Plaza, Dnyaneshwar Paduka Chowk. FC Road, Pune – 411005. Hair. Pedicure, manicure. Ayurvedic massage (Kare trained). Tel: 020-4130 9387/+91 8446348168/020-6401 8850. Email: hairaffairpune@gmail.com

Spas

Spa at the **Marriott Hotel and Convention Centre**

Spa at **Hotel Ista**, 88, Nagar Road, Yerwada, Adjacent to Aga Khan Palace, Pune, Maharashtra 411006. Tel - 020 4141 8888. Website - www.istahotels.com/hotels-pune.aspx Spa - www.istahotels.com/istapune/pune-spa.aspx (Even their Thai restaurant Baan Tao is amazing).

Mehndi/Henna

Dhanashri S. Shekhare teaches the art of Mehndi/Henna. The cost was about Rs. 6000/- in 2014. It includes: learning how to mix the powder (free from additives) with oil, drawing techniques and cone rolling skills. She will also do Henna on you and give you Henna with oil, books and drawing materials to take home. You may be able to discuss the price if you want more/less of the package. Tel: 9960053538. Email: ghanashri24@redigmail.com. Website: www.rujalmehendi.com

Himalaya Products Store

Indian "natural cosmetic" brand. A store is on Gareware crossing in the same building with the Sweet shop on FC Road. These products are also readily available in most medical stores too.

Local Iyengar Yoga Studio

The Homoeopathy Yoga Center. Imagine doing Yoga to fabulous city views of sunrise and sunsets from the 9th floor at a central location in Pune. The classrooms have floor-to-ceil-

ing glass walls that provide an amazing panorama and the lush green fields of Agriculture College.

Classes are taught by Amit Pawar in a brand new state of the art fully equipped studio. Amit has been a student of B.K.S. Iyengar since childhood and teaches senior teachers as well as beginners. He assists in the medical classes at RIMYI. Classes held 7 days a week, his main focus is therapy classes but he also offers general and special group classes, and a women's class.

9th Floor, Bajaj Brandview, Wakdewadi, Pune - 411003. Tel: 020 66482200, 66482222. +91-9890234440 Email: prana.amitpawar@gmail.com. Website: www.prana-hyc.com.

FOOD

Vegetarian food in India includes milk and milk products, but not eggs, which along with seafood are considered to be non-vegetarian. Prepackaged foods are marked with either a red or green dot 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 generally includes two or three vegetables, pulses (peas, beans or lentils), salad, curd (yogurt), dal, and chapati or roti. Most thali restaurants provide an unlimited amount of food at a fixed price. A thali is a wholesome, nutritious meal.

Restaurants – Thali and South Indian Cuisine

Asha Dining Hall. 1224, Apte Road, Shivaji Nagar. Across the street from Hotel Shreyas. Behind the Danraj Co-Housing Society sign (a very visible sign—the Asha sign is hidden by a tree). This thali restaurant serves decent, wholesome food at a reasonable price. Tel: 2553 2424; 6602 7149. A favourite with Iyengar students.

Badshahi. Tilak Road.

Charus. On Gokhale Road near the vegetable market serves good South Indian cuisine (dosas and uttapams) as well as the standard North Indian and Chinese menus. A ten-minute walk from the Institute—great for a quick bite after morning practice.

Darshan: Prabhat road.

From a food blogger and Iyengar student: *"Just an weird assortment of delicious food. It's almost like the owner decided what dishes he was going to make and then decided to make them without referring to any recipe or person that might know anything about the dish. All the food is surprisingly delicious, although bears little or no resemblance to the original dish. Try the pizza; it is not even close to anything that you might know as pizza. The supreme pizza has cashews and raisins on it. I'll leave it at that!" This place has a nice pomegranate juice drink.*

Delhi Down Town. 3rd floor, China Heights, Deep Bungalow Chowk, Model Colony.

Its on the roof terrace of the electrical shop block between the Toyota garage and Charu's veg restaurant.... lovely quiet outdoor location and the food was at least as good as any of the South Indian fare we had elsewhere.... they also apparently serve beer. Uday the manager speaks great English.

Horn OK Please. Bohemian Café. South Indian food. Best Kulfi in town. FC Road, Next to Sagar Arcade (a little further along FC Road than Roopali Restaurant). Tel: 25513227. Email: pepinospune@hotmail.com.

Jain Boarding House. It's a thali canteen (a bit like Asha Dining Hall). It is on the road parallel with Hari Krishna Mandir Road (the road that the Institute is on) and is only a 5minute walk away. Come out of RMIYI, turn right and then turn left past Pune Central shopping mall, then take the second left on Dhotre Path, towards Om supermarket. The Jain Boarding House is half way along on the left. It provides accommodation and meals for Jains working and studying in Pune, and others can eat there for 90 rupees! and it's so delicious.

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

Panchavanti Gaurav. Stilt floor, Kotwal Complex, near PYC Hindu Gymkhana, Bhandarkar Road, Pune, 411 005 (adjacent to Deccan Gymkhana). Tel: 25672141. *Provides a more elaborate thali for a slightly higher price.*

Pune Coffee House is a pure vegetarian restaurant located on Moledina Road. It serves a good cup of coffee and a wide variety of vegetarian food including South Indian, Punjabi, Chinese and continental. This partially air conditioned 180-seat restaurant is open from 08:00 to 23:00 hrs. Well recommended restaurant with a great vibe and popular amongst Indians. A small room is available for banquets. Location: Pune Camp, 2 A, Moledina Road. Phone: +91-20-26130716

Rasoi Dining Hall. Shaniwar Peth, Pune 30. Tel: 24453066/24456211.

Shreyas Hotel Restaurant. 1242, Apte Road, Deccan Gymkhana.

"Great all-you-can-eat thali."

Highly recommended: Sukanta Pure Veg. 636, Deccan Gymkhana, near Z Bridge, off Jangli Maharaja Road, Pulachi Wada. They do great takeout. Open from 11:30 am to 3 pm and 7 pm until closing. Tel: 2553 0077; 6601 3222.

"It gets very busy after 8 pm."

Other popular South Indian foods include idli, dosas, uttapam and wada pav. Basically fermented foods composed of powdered pulses and rice, they take care of most of your daily dietary requirements and are extremely tasty. The main dish is accompanied by side dishes, or chutneys, made of coconut and chilies, and sambhar, which are sometimes a little spicy. The main dish is not spicy.

Shiv Sagar. Veg Restaurant. Dealing Courner, Jangali Maharaj Road, Opp Sambhaji Park. Tel: 25532179/255368886. Serves great tandoori panir and vegetables.

Thali Dining Hall, Ambedkar Road (next to the Ramakrishna Hotel, directly opposite West End Talkies/Theatre), Camp, Pune. Walk up a little staircase to reach it. Gujarati/Punjabi Thali restaurant.

Rajasthani & Gujurati Thali food at **Mayur.** This is just a small cozy restaurant with loads of food ! www.mayurthali.com/home.html 2431, East Street, Camp, Pune - 411001. Maharashtra, India. Tel: +91 (20) 2613 0909,

Or

573/7, Jangli Maharaj Road, Deccan, Pune - 411004. Tel: +91 (20) 2552 1551

Popular Fergusson College Road Restaurants Serving South Indian Food

Abhishek. Although this restaurant is quite a journey from the Institute it is well worth the trip. They serve vegetarian food using high quality ingredients, with less oil, and they make the best dosas in town! The décor and presentation is modern, the restaurant is clean and the service is second to none. Free home delivery within 2 KM Radius. Nirmiti Eminence, Nr Mehendale Garage, Erandwana, Pune 411004. Tel: 2545 4904/2543 8458/2543 8384

Lalit Mahal. End of Hare Krishna Mandir Road (beyond the Chetak and the Ambassador) at the junction of Fergusson College Road. Good basic food. At breakfast time, you can get great upma. They serve real coffee. Tel: 2556 6457.

Roopali. Fergusson College Road. Has very good thalis. They also serve good upma at breakfast time (get there before 10:30am). Very popular with the locals. The staff is friendly and understanding.

Shravan. Around the corner from the Lalit Mahal on Fergusson College Road, left, toward the police ground. Shravan always has fresh flowers and clean linen on its tables, and it's reasonably priced with a varied menu. Tel: 2565 4914.

Vaishali. Fergusson College Road. Good dosas, great sweet kachuries.

Shabree Restaurant. Ethnic Maharastrian Thali: 1199/1A, F.C. Road, Pune.tel: +91-20-25531511/2/3/4.

Other Popular Restaurants Offering a Variety of Foods:

Amrapali. Fergusson College Road (down the lane, near Roopali, then ask).

Aroma Restaurant – The Ambience Hotel. Lakaki Road, Model Colony.

Aappa Located next to Deccan Gymkhana Grounds, not at all a fancy place, no signage, popular with the locals. Excellent Idli and Sabhudhana Khichadi. Closes at noon.

Cafe Good Luck Deccan Gymkhana, FC Road, phone: 020-25676893 This is as close as you will get to a Indian diner. Popular with students.

Editor: I just go for the unspoiled interior. I hope they never modernize!

Recommended: Ram Krishna. 6, Moledina Road, Camp. Opposite the West End Theatre. This high-end restaurant is the perfect place to dine when shopping on M.G. Road. At the exterior are huge murals of the *Ramayana*. Ask to sit in the inner dining room where it's air conditioned and quiet. Gracious waiters. Tel: 020 - 2633 0724; 2636 3938.

Mini Wok. Oriental Kitchen. Good Thai food. Shop # 7. Charuchandra Apt., Near Deep Bangla Chowk (next to Om Supermarket. Model Colony. Shivajinagar. Pune – 16. 11.30am – 3pm; 7pm – 10.30pm. Tel: 350066777.

Red Peppers: Opposite the Ambassador Hotel, Model Colony. New and highly recommended by locals.

Shabree. 119/1A, Fergusson College Road. Tel: 2553 1511/2/3/4.

Surya Hotel Restaurant, now called Hotel Rendezvous. Apte Road. Restaurant for lunch or dinner, also nice and bustling on the weekends: **Shabree** and **Sharvaree**. FC Road near to Fergusson College Gate, located just off the corner behind a temple. Tel: 020-255-31511. The two restaurants are in the same building. Shabree, located downstairs, has what they describe as “Maharashtrian Thali” and Sharavree, which is upstairs, has typical Indian fair with some local selections as well. They are both a little pricey compared to other places on F.C. Road but nice if you want a break from the hustle and bustle and you need a/c.

The German Bakery has reopened but the ambience is totally different to the charming down-to-earth old German Bakery. It is now a fancy gourmet restaurant. If you want to experience the old German Bakery hospitality walk about 100 meter down towards B Lane and look for the Yogi Tree Coffee Shop.

Note from a student: *“The little silver shop next door to the bakery is living in fear of his livelihood as they are bulldozing all illegal shops and stalls in that area. We watched them doing it – tragic”.*

The Yogi Tree Coffee Shop. Lane 8 Koraegon Park, here you can find London muffins, bagels, pound cake and other international bakery products.

Out Of The Blue is a restaurant at E Square at the Lobby Level where the old Jazz by the Bay used to be. Website - www.outoftheblue.in/out-of-the-blue-pune.html

Tien. shop no 1 Rajas Garden, opposite the Hanuman temple, Model Colony (near MSIHMC), Pune 411016. Tel : 02065116639, 9881060997, 9822047392

Highly recommended by a number of students: *“A sweet little cafe/restaurant serving global gourmet food. The food is fresh, delicious and healthy.” Examples of food are open multigrain sandwiches, salads, whole wheat pasta, freshly squeezed juices. Free Wi-Fi is available.*

Miscellaneous Food Around Pune

Le Meridian Ice Cream Ambedkar Road (in front of the Thali Dining Hall), Camp, Pune. Highly recommended; clean for a street stall and fresh products.

Editor: An Iyengar student from Pune who lives in New York now writes a food blog and suggested these places and items to me. Much of this list comes with no address. If you manage to track any of this down, please send me details!

Marzorin (very simple white bread sandwiches like you've never had before). Highly recommended.

Budhani. This is a store that makes fresh potato chips and sprinkles it with your choice of spice. It is right opposite Marzorin. After this Lays just won't cut it.

Mainland China. Boat Club Road. This is a completely different cuisine. Indian/ Chinese. Now also in Senapati Bapat Road: 15 minutes walk from the Institute.

Kayani Bakery for the best Parsi confectioneries with recipes from the British Raj.

Bakers Basket, a bakery on Bhandarkar Rd sells the best Black forest pastry you'll ever have. When I lived there, they soaked it with pure Rum. Hopefully they're still continuing the tradition.

Coconut Water from a street vendor. You'll find this pretty much anywhere and realize how Zico is just a lot of rubbish!

Curry on the Roof: Prabhat Road. Good Punjabi food.

Panchavati: A good traditional Maharashtrian thali.

Ban Tao: at Ista Hotel for Thai and Asian. (great ambience)

Rooftop Bar at Paasha at Marriott Hotel and Convention Centre. Great Indian food.

Aadha at O Hotel rooftop also a great place.

Cake Shop – Forennte (020 324000450) & London Muffin @ Lane 8, Between Lane 6 and 7 Koregaon Park. Closed on Thursdays. Forennte has the best chocolate éclair in town.

Also the coffee shop **Go**

Cocoa. Patisserie and Bakery. 392A, Mahale Plot, Off Senapati Rd., Pune – 411 016. Cell: +91 8412000751. Email: cocodesserts@gmail.com.

Le Plaisir Patisserie. Chef Patron. Siddharth Mahadik. Advanced Culinary arts. La Cordon Blue. Sydney. Bistro. Shop No. 4B, Bhandarkar Road, Lane 6, Intersection Deccan Gymkana, Pune 411004. Email: leplaisirpune@gmail.com. Tel: +91 (0) 7507379238. Follow them on Face Book. 9766875042

Ribbons & Balloons – gorgeous, gorgeous vegan cakes! Unique enterprise. Shop # C-04, sr. # 359, Rahul Terrace, Lane # 7, Koregaon Park. # 9767307070. There is another one in

town, but we don't know the address yet.

Starbucks. FC Road (Opposite Ferguson College Gate # 2. Below Alahabad bank, Pune. Tel: 8879792571.

Italian Food

Italian Food has become quite popular in Pune. A few possibilities are:

Darios. At Hotel Sunderban, Lane 1, 19 Koregaon Park, pune 411001. Tel: 020 26053597, 26053596, 32405960. Email: info@darios.in. Website: www.darios.in

La Dolce Vita. Shop Nos. 3 & 4, City Point, Dhole Patil Road. Tel: 2614 5555.

La Pizzeria. 361, Bund Garden Road. Tel: 2613 3535.

Little Italy. Hotel Shrima, Bund Garden Road. Tel: 2613 6565. Highly recommended.

Little Italy Pizzeria Restaurant, next to Pune Central, on University/Ganesh Kind Road (around the corner from RIMYI), is a regular haunt for RIMYI students who crave a change from Indian food. It is a bit pricey: 800 rupees for a meal with a mocktail (fresh juice). It is all vegetarian and has Mexican and Indian as well as Italian menus. It's part of a large chain with locations throughout India.

Or if you're in the mood: Over in Pune Camp at the SGS Magnum Mall on Moledina Road there is a **Pizza Hut**.

Polka Dots, Next to Bishops School, Kalyani Nagar and also at Aundh Shop No 1 & 6 Vaishnavi Apartment, D P Road, Aundh, Pune, Maharashtra 411007

Flags, next to Inox Multiplex.

Alto Vino at the Pune Marriott Hotel and Convention Centre.

Favola at Le Meridian Hotel.

Café Mangi at Pheonix Market City, Vimannagar and also at Amanora Park Town.

Buffets

Le Meridien Hotel. Bund Garden Road. The breakfast and lunch buffets can be a treat. It's expensive—the lunch buffet includes unlimited wine. Le Meridian also has a rooftop pool

where you can swim for around \$10. Tel: 2605 0505.

The O Hotel, North Main Road, Koregaon Park Pune 411001 Great food and great service. Tel. + 91 20 40011000 Fax + 91 20 40011009 ohotelsindia.com/hoteloverview_pune.html

Little Italy for Sunday brunch next to Pune Central, Ganeshkhind Road.

Marriott Hotel and Convention Centre for their buffets. They have 2 restaurants, which have buffets. Spice Kitchen for global cuisine (both lunch and dinner) & Shakahari, for vegetarian Asian cuisine (open only for dinner).

Hyatt Regency, Pune. Sunday Jazz Buffets. pune.regency.hyatt.com/ Samrat Ashok Rd, Sakore Nagar, Viman Nagar, Pune, Maharashtra 411014 Tel: 020 6645 1234

Hotel Pride Executive. Enjoy your Sunday brunch sitting by the pool. The best buffet in town is at the recently renovated Pride Hotel, about a five-minute walk from the Institute. Check out the coffee shop and the restaurant upstairs. University Road, Shivajinagar, Pune - 411005, India. Tel: +91-20-25534567/25530444

Salad Delivery

Green Tokri. A delicious service! Fresh salad delivered to your door: greentokri.com/HomeDelivery/BringingSaladToYourHome/tabid/76/Default.aspx

In **Saswad**. An organic farm that organises day tours. If you get a group together they can host a visit. There is a farm shop. Email june.nair@Greentokri.com

Organic food

Shashwat Organics. Organic food delivered from farm to home. Contact phone # for your order: +91 9881826002. Email: shashwatorganics@gmail.com. www.facebook.com/shashwatorganics.

Homecooked Lunch-To-Go

Just opposite the institute gate lives Mrs. Thuse who cooks lunches. You leave your stainless steel stacking lunch box on the swing in front of her door before the morning class. By noon your lunch is ready: 4 chapatis, dal, plain rice and a medium-spicy vegetable course. Good.

Sweet Shops

Chocolate purveyor — next door to Fantasy on Boat Club Road.

Mithas. Shop No. 5, Sri Siddeshwar Heights, ITI Road, Aundh. Well worth the 15-minute drive—delicious sweets. Tel: 2588 8456. Highly recommended. One minute away from Geeta Bhojwani's store: Arnav. See: Clothing, Crafts and Gifts.

Chitale in Deccan Gymkhana at the bottom of FC Road on the corner, near the "grounds" for the best Maharashtrian sweets.

Naturals Ghole Rd, Shivaji Nagar, Tel: 020 25521817. Ice-cream chain, quite delicious, not too sweet. Try the chiku ice cream. They offer flavors made from the fruits of the season.

Grocery Stores

Auchan – French Hypermarket. Located in Karaegon Park next to the Westin Hotel at the basement of Karaegon Mall. It carries all international products including bhok choy, chinese kale and a large selection of Asian spices. There is meat/poultry/seafood section and a pastry corner with a wide selection of breads.

Dorabjee's, Moldina Road (just before M.G. Road, down the street from Mannys Bookstore) has almost everything you forgot to bring or could ever want, e.g., real Dutch Gouda cheese. This store now has a good supply of gluten free products. Dorabjee's also has a great selection of organic cooking oils, flours, dahl, tahini, cereal, honey, spices, and almond milk.

Foodland, on Bhandarkar Road, is large supermarket—it even has tampons.

For all kinds of khakara, go to **Kantaben**, opposite Chitale's Shop, Shanipar.

Natures Basket Limited A new grocery store with (rather pricey) health food options. Karaegon Park (across from Anokhi clothing store). Shop No.1 and 2, Ground Floor, Business Square, Plot no. 325/3, Lane No.5, Pune 411001.

Note: Upstairs is a furniture store with amazing coffee and tea, ask for a free coupon at Anokhi.

Maharashtra, "The Parade," just around the (Toyota dealership) corner from Hari Krishna Mandir, now called Maharashtra Ice Cream Shop; has fresh milk, yogurt, ghee, spices, rice, mung dal, etc. and ice-cream. They are very helpful. Don't be thrown by the line cutting. They now stock student requirements such as tofu, brown rice and pasta.

Moore Supermarket: has everything you need to spend more than a month in Pune - take the Toyota street and take second right. People are really kind helping you to find what you want.

(There are many little shops on Toyota street that can help you with things for kitchen etc.)

OM Supermarket, Gokhale Road. Model Colony.

Organics and Natural is a new shop. 1 Kamaliga Apartment, 1306 Bank of Baroda Lane, Jangli Maharaj Road. Open from 10 am to 2 pm and 4 pm to 8 pm. Closed Sunday. Tel: 2553 6835.

Pune Central shopping mall, opposite the Institute closed it's food market and ATM.

Spicer College Store, in Wonderland, M.G. Road, is **CLOSED for good.**

Whole Foods, toward Bund Garden Road, carries brown rice, extra virgin olive oil, soy milk, etc.

Fruit and Vegetable Carts

The fruit and vegetable carts (the vegetable seller is a "bhaji wallah") are outside the Institute daily from about 9 am to 11 am.

You can also go to the fruit and vegetable market near the Institute at the top of Hari Krishna Mandir Road (opposite the bank): Turn right at the Toyota dealership, pass the Maharashtra grocery store (where you can pick up staples like rice, oil, bread, milk and curd, as well as tea and coffee, Nescafé, spices) and walk straight ahead until you come to the next road (traffic junction "chowk") and see Charu's, a restaurant with yellow awnings. Turn right and walk on until you come to the market on your left. Often between 10 - 12 and 4 - 8 you will find vendors as well near the Toyota dealership and on the corner Charu's is on.

There is a large vegetable market, which is fairly amazing called Mandai market. It is located next to Tulsi Baugh. The architecture of the building the market is in is also interesting. The vendors inside are more expensive while the quality of inside and outside seem to be the same. The best days to go are Saturday and early Sunday, as early as 8 am. In Tulsi Baugh one can find almost anything. It gets extremely busy on the weekends. Most stores open at 10, this is the best time to go. Most shops generally close from 12 – 4pm.

Large fruit and veg market on Gokhale Rd. near OM supermarket

Ingredients Shopping List

If you are living in one of the apartments that Sharda is caring for (next to Hari Krishna Mandir Road), ask her to arrange to have Shantabai prepare Marathi food for you. Marathi cooking is basically the same as ayurvedic cooking.

You'll need to buy the following basic ingredients:

Grains

- Basmati rice (large bag)
- *Rava*, for cooking *upma* (it's like semolina)
- *Poha* (flattened rice)
- Flour for making chapati, paratha and other breads

Spices

- Black mustard seeds
- Cumin seeds (*jeera*) and powder
- Turmeric powder (*haldi*) (whole fresh turmeric is available beginning in November at the open markets)
- Asafoetida (*hing*) (small container)
- Chili powder
- Cashew nuts
- Coriander powder and seeds
- Ginger powder
- Cardamom powder and whole cardamom seeds

- Saffola oil (large bottle)
- 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. Or, you can either give Shantabai +/-50 rupees (just over \$1) once or twice a week and she will buy the vegetables for you. She has her flour ground at the mill to make chapati, etc. Shantabai or Gangubai also does the laundry daily. “We boiled tap water for tea and cooking. Our cooking expenses for the month came to \$10 for two and our laundry cost us about \$2 each a month.” “Prices have gone up all round since this was written,” a student commented.

Cook

Anita is a well-known cook at the apartment building next to the Institute. She will cook for students anywhere in the Model Colony area. Tel: 9766875042. Do not have her shop for you; buy your own food and necessities.

Do not allow the help to bring others into the apartment when they are working.

Editor’s note: *These are the only cooks with phone number I have managed to find. There must be many more who would like to be listed. Please send in your recommendations.*

SHOPPING IN PUNE

Ed: *I myself have never experienced any problems at Mumbai airport with customs, but I have*

heard of students being asked to provide receipts from goods purchased in India. So, a word or warning: save your receipts!

Stationary, Paper Goods and Art Supplies

Hand Made Paper Institute. Tel: 2553 7383. K.B. Joshi Road (the continuation of Fergusson College Road across Vidyapeeth Road), on the edge of the agricultural college. Beautiful handmade paper, stationary kits and gift packages. Email: hmpinstpune@vsnl.net.

Staples office supplies – at the E-Square Multiplex.

Venus Traders. Tel: 2553 5757. Barista Lane. Just outside the Vaishali Restaurant, Fergusson College Road, second lane to the left. This store carries school and stationary supplies and blank CD's, has sliding glass doors at its entrance and a clean, functioning toilet for customers.

Patwardhan's Art Supplies. Next door to Venus Traders (above). 80559 85998 (mobile). Email: anantpatwardhan@yahoo.com.

Clothing, Crafts and Gifts

Artland near the German bakery and Anokea is a total rip off! They sell fake silver, fake stones and have a scam going with rickshaw drivers who bring people there for a "good deal from my friend". **Anokhi.** Units G2 and G3, Arthavishva, Lane 5, Koregaon Park. Masters of hand-block printing, Anokhi blends contemporary sensibilities with traditional craftsmanship. Eco-friendly clothing and home textiles. Tel: 4128 5858. Website: www.anokhi.com.

Arnav. Geeta Bhojwani. B-31, Abhimanshree Society, Gate No. 3 Pashan Road, off University Flyover, Pune, 411-008. Geeta Bhojwani has been shopping for yogis for a long time and she knows what we want. Her home based one-stop-store is an Aladdin's cave of hand selected works of art, jewelry and handicrafts from all over India. You will find lots of interesting gifts, some made by award winning artists, including beautiful hand screen printed paper, gift cards, good quality woolen and silk stoles and scarves, Patanjali statues and embroideries. I advise that two or three of you go together. Slow down and enjoy a cup of chai as you browse. Call before you go, to be picked up and dropped back home afterward (distance 4 kms from the institute). Cell: 982-203-4546. Land line: 91-20-2565 3937. Hours: 8 am – 10:00 pm. Open on Sundays. Credit cards accepted. Email: ArnavHandicrafts@gmail.com. bhojwanigeeta@hotmail.com

Bagwan Aum Market. Laxmi Road (next to the Commonwealth building). A great collection of dupattas and scarves—a veritable feast for the eyes. Bring anything you want to color match. Second from the last shop on the left and across on the right. Ready-made dresses and western clothes (currently very popular in India). Tel: 2445 7226.

The Bombay Swadeshi Store, enjoys a unique legacy as one of the oldest stores in India, with roots that trace back to India's freedom struggle. Incorporated in 1905, the idea was to promote Indian made products during the swadeshi movement. It was the first retail organization to be listed on the Bombay Stock Exchange. This store offers its customers an experience of India through products that reflect a blend of contemporary and traditional Indian Culture. **Highly recommended by the Travelers' guide "Lonely Planet". Rated as one of the best shopping destinations in Mumbai by Trip Advisor. Awarded Trip Advisor 2013 & 2014 "Certificate of Excellence".** 322 M G Road, Pune 411 001. Tel : +912026131067. www.thebombaystore.com

Christina. Kalpataru Gardens, 9A, Boat Club Road. Upscale clothing store. Tel: 2612 1606.

Craftus. Srishti crafts. Indian Heritage. 11, Sterling Center, Shop no 4, Moledina Road, Camp, Opposite Hotel Aurora Towers, Pune (411001). M: +919890688820. P: 02025871569. Email: debjan@srishtiindia.in. rsishti.pune10@gmail.com

Dimpex International (exporters). ** Change of address: c/o Anusaya (Mane) Bldg., S. No. 1077/B, Plot No. 429, Pune: next to Sharmistha Society. Durga Naga Road, Model Colony (at the back of Sahara Hotel Petrol Pump) Pune 411 016. Dimpex International has been selling batik T-shirts, yoga bloomers, bolster covers, yoga mat bags, batik greeting cards and other items since 1975. Proprietor: Sudhir Gaikwad. Fax: 020 25656145. Tel: 2565 6145. M: 9420137034. Email: dimpexbatik@gmail.com. www.dimpex.batik.in.

Know that many of the items sold here are almost exact copies of items already being sold by RIMYI (Ed.)

Either Or. Sohrab Hall, 21, Sasson Road. Crafts and clothing. Near to Fabindia listed below. Sweet clothing for kids, a really good shop for western clothes in hand dyed fabrics. There are two Either Or's in the same compound; the 2nd is slightly more up-market. Tel: 2605 0226 or 240-176-6639.

Fabindia. Fabindia Overseas Pvt. Ltd. Sakar-10, opposite Jehangin Nursing Home, Sassoon Road (tell the rickshaw driver Ruby Hall). Tel: 2612 4820. There are also two other branches in Pune: 1) Plot 2 & 3, Akshay Complex, ITI Road, Aundh, Pushpak Park, Aundh, Pune, MH.

Tel: 020 6601 0586. 2) Shop No 1303, Argade Heights, Jungli Maharaj Road, Shivaji Nagar
Tel: 020 – 25538319/22. Ready-made mens and women’s clothing and household linens.
Open 10 am to 7:45 pm. Email: fabpune@eth.net. Website: www.fabindia.com.

Fantasy is no longer in business.

Mythical Handcrafts. Kalpataru Gardens. 9A Boat Club Road. They sell hand carved statues made from teak, beautiful Kashmiri pillow covers and wall coverings, some rugs and bed coverings.

Gandhi Kadi Bhandar. Sevasadan Building, Kunte Chowk, Laxmi Road. Hand-woven and ready-made fabrics, classic men’s kurtas and pants; tailoring available but not recommended. Closed Monday. Tel: 2445 5797.

Happy Heart, 24-A, Ragvilas Society, Koregaon Park. Jewellery, stones, statues. The owners are relaxed, knowledgeable and very helpful - they even sourced out a Shirodhara pot which is something they don’t normally carry. Excellent selection and fair prices. Highly recommended.

Jahan’s Art & Crafts. Vaswani Nagar Building, next to the (new) German Bakery. Koregaon Park, Pune 411001. Gem stones, Jewelry, Tibetan Singing Bowls. Mobile: +91 9823733800/+91 020 30470870. Email: jahan.art_craft@rediffmail.com.

Kashmiri scarves. A good place to get Kashmiri scarves, owned by Farouk and right around the corner from Happy Heart.

Handmade Art of India. Jagtap Library, opposite Hotel Chetak, Model Colony, Shijainagar, Pune – 411016. Handmade is the brainchild of Rima Gaikwad (previously of Lishkara). This is a one-stop salon for the best of India’s handcrafted fabrics, and a vast range of clothing. You can find the best of traditional and contemporary design from all parts of the country with the emphasis on natural and eco-friendly products. Rima can also make beautiful covers that fit the flat bolsters used in many North American yoga studios—verify dimensions with her beforehand. In addition, she sells a range of organic cotton yoga wear produced by Roshen from the Iyengar Yoga Institute. Part of the sales proceeds go to Gurujji for his Bellur fund. Tel: 982-200-9858. Email rima_gaikwad@yahoo.com

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

A student sent me a bad report of Hers, saying that they were given very bad service here. Please let me know if anyone else has dealings with this business, good or bad.

Heritage Handicraft Emporium 323 M.G. Rd, www.heritagehandicraft.com, Authentic Indian handicrafts including real pashminas, wood carvings, metal artifacts, jewelry, stone carvings, and paper mache

Jalhind and Men's Avenue are two department stores specializing in Kurtas and traditional men's clothing. They have nice shirts, t-shirts and jeans from quality Indian Brands like Mufti Jeans, Cambridge, Allen Solly etc. Exclusive floor for wedding kurtas and party shirts. Laxmi Road/Corner Khunte Chow.

Karachiwala. 4 Moldina Road, Near Poona Coffee House, Camp. Indian handicrafts; wholesalers, retailers and exporters of fine jewelry, arts & crafts, etc. Ganesh, Patanjali, Krishna, Vishnu, Brahma and Shiva statues. Bronze, brass, sandalwood carvings, also scarves. It's been assisting Iyengar students for decades. Tel: 6523 4935. Cell: 982-259-8486. Email: rohit_daswani@vsnl.net or Roh777@yahoo.com.

Kashmir Gift House. Shop No. 69, Ground Floor, Clover Center, 7 Moledina Road. Owners: Sarwar and Sarfaraz Ahmad. Small shop with very good prices and discounts for Iyengar students. Tel: 982-204-8282.

Kilol. Sohrab Hall, Sasoon Road, near Fabindia. Kurtas, cotton tunics and blouses, and pants of beautiful hand loom cotton. Tel: 2605-9454.

Also visit Lakshmi Road for ready-made salwar kameez, saris, fabric, etc.

Lucknow Chikan Palace. Varsha and Shantanu Pansare, 917/19, Fergusson College Road, opposite the Hotel Vaishali. Chikan is a type of embroidery. For salwar suits, bedspreads, saris, dress material. All outfits are made to measure. Hours: 10 am to 1:30 pm and 4 pm to 8:30 pm. Closed Monday.

Metro Shoe Store. Fergusson College Road, across from the Bombay Store.

New Choice. 629, Phadtare Chowk, opposite Sharmilee, Laxmi Road. Salwar kameez, ready-made or custom-made. Make sure they get your specifications right, and don't hesitate to return for additional alterations. Tel: 2445 5906.

Omer Sharif Gift Store, Vaswani Nagar, Building # 8. Omer and his nephew, Manish, speak English well. Tel: 2605 3162. Cell: 937-187-3313.

KASHMIR DOWRY - Pashminas shawls, silk scarves carpets etc – Opposite Lane 2, North Main Road. , Koreogon Park. Tel: +91 9960173211. Email: omersharifgiftstore@rediffmail.com.

Poshakh. Ladies boutique and tailor. Iyengar students call in at this store for their traditional silk and cotton scarves and dupattas. 1145 FC Road, Shivaji Nagar. Two doors down from the Shrravan Restaurant. Tel: +91 - 20 -2565 1213 www.poshakh.net

Saheli. Highly recommended clothes shop on FC Road opposite the Commonwealth Building. The owner, Deepak, speaks excellent English.

Satguru's. Shop 91, Clover Center, 7, Moledina Road, Camp (perpendicular to M.G. 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 Lucknow kurtas—always great to wear back home.

Shahenaz is a small shop with beautiful scarves pashminas, cushions and a small amount of jewelry. The prices are non-negotiable and incredibly competitive. Mr SH Tyrewala. Shop 1, Lalpataru Gardens, Boat Club Road. Tel 020 26164875. Mobile 98901 79963.

Mrs. Vandana Sanghavi, C-19 Ashwini Society, Near Shoppers Stop, Bombay-Pune Road, Shivajinagar, Pune. Yoga t-shirts, yoga shorts and bloomers including batik t-shirts and shorts, and props. Tel: +91 20 32910731; +912025541764 or +91 902 802 8252. darshana_ca@yahoo.com

Shahenaz, Ethnic Home Store. 1, Kalpataru Gardens, Boat Club Road. Traditional Indian cushion covers, bedspreads, wall hangings, table covers and runners, as well as cotton sheets, rugs, quilts, pashminas. Tel: 2616 4875. Cell: 989-017-9963.

Shine Arts. Baswani Nagar. Building 7. Dupattas, shawls. Owner: M.Y. Raga.

Surve Bandhu Ambewale 1485 Shukrawar Peth near Laxmi Rd. Retail and wholesale Incense and japa malas, including the rudrakshas

The Bombay Store 322 M.G. Rd. A little bit of everything can be found here. Clothing, bathwear, bedding, tableware, artifacts, gifts and “wellness” items.

Sanskriti Lifestyle: Lane 7, Koregaon Park. Opposite Post 91. Must go place for antique Indian handicrafts, brass statues items carved from wood etc. They have a face-book page.

Saris

Vama and Kajree. Kute Chowk, Laxmi Road. Silk saris, wedding saris, salwar-kurtas. The salesmen will parade hundreds of items for you if you don't stop them. Tel: 2445 5382.

Pratibha Sevasandam building, Kunte Chowk, Laxmi Rd. and Roopkala. Dress material-silk and handloomed cotton and good priced sarees.

Jewelers

Ashtekar Pathrikar Inside a gallery in Dulham Complex, 375, Narayan Peth, Laxmi Rd. Good quality design and fairly priced gold and silver pendants. OM and Ganesha's.

Ashtekar Bros. Sadashiv Peth, Umbrya Ganapati Chowk, Laxmi Road (a couple of doors down from Dolhan Saris). Small, single-door store with great anklets and toe rings. The owner can even tell you what percentage of silver an item has. Tel: 2449 1749. Cell: 942-233-372-4590.

Bharatkumar Jewelers. 361, Sardar Vallabhbai, Patel Road (Center Street parallel to M.G. Road), Camp. Owner is a designer of attractive, inexpensive pieces of traditional silver jewelry. The owner, a former student of Gururji, offers RIMYI students a significant discount. Tel: 2635 9536.

Janhavi's Jewellers. 572, Laxmi Road, Sadashiv Peth. Amol and Gauri Kaaigaonkar sell gems for healing—very expensive. Tel: 2445 0935.

Khushboo Sanghavi is a passionate and experienced jewelry designer, a graduate gemologist and a devoted yoga practitioner. "She'll work one-on-one with you to design unique and customized handmade jewelry using lab-certified gemstones and traditional craft techniques. She collaborates with Bengali craftspeople to create the jewelry, providing them a way to preserve their skills and sustain their community. She provides expert insight on precious metal and gemstones and their spiritual and cultural significance, and can help with shopping for high quality gold, or going to workshops in Zaveri Bazar. " For more information, and to see her collection. website: kriajewels.com. Email: khushboo@kriajewels.com. WhatsApp or call: +91 98-20-860380.

M. L. Wagh and Son. 793 Budhwar Peth, Moti Chowk, Pune 411002. Highly reputable, fine jeweler, patronized by the Iyengar family. They make jewelry to order, good to give orders plenty of time and be very specific. Mr. Wagh Sr. attends classes at the Institute and is extremely pleasant to deal with. Tel: 2445 7349. Email: waghsadashiv@gmail.com

Purushottam Narayan Gadgil and Co. (PNG). Laxmi Road. Tel: 2445 5742. Second location: Paud Road. Tel: 2546 4726. Third location: Chinchwad, Gadgil on East Street, running parallel to M.G. Road. Lovely gold (and some silver) necklaces and earrings. Tel: 2744 3444.

Ranka. 575, Laxmi Road. Give yourself a Breakfast at Tiffany's experience at Pune's top-drawer jeweler. It's worth the trip just to see the store's interior! Tel: 2445 9830; 2449 0366. Fax: 020-2445 3890. Email: rankarkpl@gmail.com.

Shree Jewellers. Owner: Lalite Oswal. His son Sagar also works there. 517 Center Street, Pune. Tel: 91.20. 26340555. Email: sagaroswal@hotmail.com. Some of the wealthiest women in India shop here for their diamond jewelry along with those who want simple silver things or inexpensive gold plated jewelry. They make their jewelry in their own workshop and many designers have their jewelry made there. From wonderful Indian jewelry to beautiful western designs, or if you are looking for stones or beads, this is also the place to go. They prepare malas individually with your choice of beads and the color of the ribbon etc.

Shree Bijoux Pvt. Ltd. Ethnic & Modern Jewellery. It is run by Pravin Oswal, the brother of Lalit Oswal of Shree Jewellers. Previously both brothers ran the Shree shop on Centre street (see previous listing). They have since separated. Lalit remains at 517 Centre Street and Pravin is owner of the Clover Center location. S – 47, Clover Centre, Pune – 411001. Tel: +91 20 26130888/9960340555. Email: shreepravin@hotmail.com. www.shreebijoux.com

Sikki's. 291 Vaswani Nagar, German Bakery Lane, near Koregaon Park. sikkitibetan@yahoo.co.in. Sells inexpensive gems, necklaces and Tibetan items, plus loose beads sold by weight. Sikki's has the best deals—and a great attitude. Tel: 982-336-8604.

Solanki Jewelers on Center Street, off M.G. Road.

For mala: Sree Jewelers, Centre Street or the stalls on **Tulsi Baug**.

Tamishq. A very reliable chain all over India (so you can't be cheated). JM Road.

Tailors

Aarti's Garment Boutique. Sujyoti Building, Patwardhan Baug (at the junction of Deenanath Mangeshkar Hospital and the road from the CD'SS signal), Erandawane. Owner: Aarti Palekar/Naik. Purchase dress fabric, customized dress designs, embroidery, stitching services; it also creates custom designs for bulk dress orders. Tel: 968-992-8389.

Kutch Kala located at Millenium Plaza, opp Fergusson College Gate on FC Road.

Lajoo has a great shop and she will measure you for a suit/sari. Store has a good range of materials.

Sayali. 708, Narayan Peth, No. 6, Kunal Complex, Laxmi Road, facing the Commonwealth Building, down a small alley, next to the night dresses. It's the second tailor upstairs on the right. Kailas understands some English. Good and reliable. Tel: 992-281-9552; 992-281-3552.

Sunita Shroff-Naik Tailor. 94/25B, Prabhat Road, Lane No. 11, Shreeraj Apartments, Ground Floor. Tel: 2567 2756. Cell: 989 003 8092. Nana knows where it is. Highly recommended for tailor-made/custom-made clothes for any occasions. Sunita stocks beautiful selected cotton and silk fabrics. Speaks very good English and has many longtime students/customers.

Rajesh Tailor. Wonderland, B/S/2, East Street, Camp, Tel: 9881244346. Look for a little booth in the entrance to the underground area. Be sure to give your projects time, try and drop off what you would like to have made as soon as possible after arriving. Not fancy work but makes very nice basics and copies. Rajesh's English is good and he has a nice sense of humor. Not always upfront about deadlines.

Satish Pise: Krishna Ladies Tailors. Shop no. 9, Maganbhal Patel Market, Camp (behind Center St.), Pune - 411001. He will happily come to your apartment in Pune, but if he does this, pay him a little extra. Speaks good English, and his work is excellent. Sticks to deadlines. The student who recommends him has been going to him for 25 years.

Moreshwar Khatavkar has a tiny shop near RIMYI in Shivaji Nagar, Model Colony, shortly after the Maharashtra Store and after crossing one street on the same side: 1035 Deep Bungalow Chowk. This tailor does not smile or talk very much, but is honest, punctual, has very good prices, does what you ask for quite well, will offer suggestions. His English is not fluent but communication happens.

There are many tailors in the basement of Clover Centre.

Fabric

Natural Fabrics of India/Banjaras. Shop C3/4, Chaitraban Residency, off ITI Road, Gundh. Tel: 2588 1844. No longer at this address — it's still close (opposite polka dots down a lane).

Sunita Shroff – Naik. 94/25B Prabhat Road, Lane No: 11, Shreeraj Apts., Ground Floor. Pune 411 004. Tel: 25672756. Highly recommended. High quality fabrics of all kinds. Tailoring provided. This is where you get your special silk kurta made for Guruji's birthday celebrations (see tailors).

Wonderland. M.G. Road.

Kajal Fabrics, 426, Bhopla Chowk, R S Kedari Road, Camp, Pune - 411001

National Fabrics - S-9 Clover Centre, Moledina Road, Camp, Pune, Maharashtra 411001

Home accessories

Bolster Cover Maker. SIDDHAI Shop No. 3, behind Dnyaneshwar Paduka Chowk. Take the lane to the left of the Ambassador Hotel (facing away from the hotel). Make another left at the end of the lane and keep walking until you reach a fenced-off field. Follow the lane adjacent to the field. The little store is located in the street that crosses the lane: you'll see a row of very small stores Tel: 2435 0126. Cell: 982-274-6635.

Bolster covers: see entry for **Handmade Art of India** under Clothing, Crafts and Gifts (near RIMYI)

Bolsters. Tilak Road, opposite the English School.

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

Fabindia. (See Clothing, Crafts and Gifts.)

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

Shahenaz: The Ethnic Home Shop. Next to Christina. Excellent for covers (pillow, bed, and table), bags, etc.

Kitchen ware: **Kirti Novelties**, 1128 Budhwar Peth, Tulsi Baug. Ph: 020-244-51973: Assorted kitchen-ware and stainless steel. Good quality basic indian cooking goods, pots pans etc.

Also highly recommended for stainless steel goods: **Neelam Steel**, 689 Narayan Peth, Lokhande Talim, (off Laxmi Road), ph 24457261/24493290

Statues

Ishwar's Moorti & Gift Centre. 420, Raviwar Peth, Moti Chowk. This god store has a great collection of bronze and marble statues of Vedic and Hindu deities. Closed Wednesday. Tel: 2445 7686. Email: ishwarmoorti61@gmail.com. Now sells Patanjali stone statues that Gurujii designed and they are very nice and all different sizes. He will also email you.

Karachiwala. (See Clothing, Crafts and Gifts.)

Mohan Metal Works. 285, Raviwar Peth, near Subhaarsha Police Chowk. The other god store, with wholesale metal art. Tel: 2447 1018. Cell: 942-231-0421.

Rugs

Highly recommended: **Fantasy.** (See Clothing, crafts and gifts.) Will ship to the U.S. Tel: 202-612-0251.

Perfume

Damodhara Bagwandas Sugarndhi. 761, Raviwar Peth. App. Dena Bank, near Phdake Haud, Pune. Pure oils (sandalwood, rose, khus, etc.), handmade, rolled incense sticks and cones, sandalwood soap, rose petal jam—a feast for the senses. Tel: +91 9922088188 (call for directions if you have any problems finding this shop). Mon - Sat 9.am to 8.30 pm. Sunday 10.30-1.30 pm. Email: sugandhincense@hotmail.com.

Vithaldas Narayandas & Son. Phadke Haud, near Laxsmi Road (near the bicycle street). Perfumes and hand-rolled incense. Natural essential oils, natural incense sticks, sandalwood items, pure rose water. Closed Sundays and between 1 and 3pm for lunch. Email: vnsn@vsnl.net. (A report was sent in from some students who realized, when they went to Damodhara Bagwandas Sugarndhi (see previous listing), that they had been over charged here.)

A.V Kale & Sons. Shukrawar Peth, Shanipar-Market Road, 020-24454860. Incense and oils, particularly nice oils.

Haridas Madhavdas Sugandhi. 451 Raviwar Peth, Pune – 411002. Tel: 24452848 / 24267958. Email: hmsugandhi@gmail.com. Incense and pure oils.

Soaps and Toiletries

Over in Pune Camp at the SGS Magnum Mall, on Moledina Road, you can find a **Body Shop**, with a full assortment of creams and shampoos. Recommended: the Olive Oil Shampoo and Conditioner.

Sticky Mats

Champion Sports supply sticky mats and foam blocks. 759/52, Deccan Gymkhana, FC Road Pune 411004. inquiry@championsportspune.com. Tel: (020) 25659066/2553174. M: +91-9673996614/25513117. Closed Monday.

Bookstores

Bookword Basement. 616, Sagar Arcade, Fergusson College Road. Helpful. Huge stock of books. The store will order a book if it doesn't have it in stock.

Crosswords. The Jangali Maharaj Road location is closed as is the store at the E-Square Multiplex. There is another, nicer one, near Model Colony, at ICC Trade Towers, Senapati Bapat Road.

The International Booksellers. Deccan Gymkhana, on Fergusson College Road toward the Deccan Bridge area (at Deccan Corner). The store has a lot of textbooks. Closed Sunday. Tel: 2567 7405.

Also in Pune Camp at the SGS Magnum Mall, you'll find **Landmark**, a large bookstore with discount prices on many items.

MOLTILAL bookshop on Tilak Road/Bajirao in the Sanas Plaza Building. Large variety of books on Buddhism, Hindusim, Sanskrit, Ayurveda www.mlbd.com/

RIMYI. The store carries an extensive collection of books written by Guruji. They also carry some guide books including My Pune Travel, published by Elephant and Mahratta Chamber of Commerce, Industry and Agriculture, 2006. Also available at the Institute store is a new edition of the Pune Tourist Guide and Map.

Music stores

Oceanic Sound and Vision. M.G. Road, just opposite Wonderland. This is a good place to buy DVDs.

There's also a music store above OM Supermarket, Gokhale Road.

Electronics

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

Croma. Sorry, no address.

Assorted

Subhash Bucket and Trunk Depot. Shukarwar Peth, Tel: 9270699352. Metal Indian Trunks - all sizes, nice to have when back at home. These are inexpensive although they can dent easily when in transit (part of the charm?). Near to Tulsi Baugh, Laxmi Road / main shopping area. When purchasing a metal trunk they can customize and make any size you want, but consider the weight as well.

Sayali Florist. F. C. Road, near to Vaishali and Aroma coffee shop, Tel: 9822048050, ask for Vijay the owner, the nicest flowers around with fair prices.

Coffee Cravings

Real ground coffee, reasonably priced, is available in Pune at **Kamaradhara Traders**, Coffee Merchants, 1249/50 Greetwel Building, near the Goodluck Chowk, Deccan Gymkhana. If you walk up the F-C Road past Roopauli, turn left at the open-air flower stand and it is in an arcade there. Open 7–1 p.m. and 4–8:30 pm daily except Mondays. Phone 2553 2918

Coffee shop in Pune Central.

Aroma on F.C Road near Vaishali

Barista on FC Road, just south of Roopali

PBC (Poona Baking Company) At the Marriott Hotel and Convention Centre, Senapati Bapat Road

The Flour Works, North Avenue, Kalyani Nagar, Pune, India 411006. Tel: 020 2668 0474.
Email: info@theflourworks.com theflourworks.com/

The Patio, Opp Vama, Lane next to Sarja restaurant, Aundh

Starbucks in Pune: The Starbuck's website: starbucks.in. (look for Pune) will provided you with maps to all three of these locations.

1. Mosaic Ground Floor West, Opposite Fergusson College Gate No.2, FC Road.
2. Ground floor, Centriole, ITI Road, Aundh.
3. Galaxy Gardens, North Main Road, Koregaon Park.

The coffee shop **Gourmet Avenue** and the day spa at the **Hyatt Regency** are great!

Tea

Makaibari Tea (www.makaibari.com/) They also deliver it to you. They are the best; a lot of the sanyasis buy big quantities and take back with them. Best organic tea: Mr. Raja 033 22 87 85 60 or (0) 9733 00 45 77

At **Maharashtra Tea** company (sorry no address was offered for this place), there are two lines: one for men on the right, and one for women on the left.

The Tea Emporium. There's one on Tilak road opposite Tilak Smarak Mandir and one just behind Tulsi Bhag off Laxmi rd, they sell (good) loose tea including CTC which is what most Indian chai is made of (it's actually called char in Maharastra, not chai)...the shop signs are in devanagri/hindu though, so unless you read it you have to ask someone exactly where they are.

Laundry

Take your laundry to the **Chetak Hotel** and they will return it within two days day, washed, ironed and wrapped beautifully in newspaper and string. 30 Rupees per piece.

** That said, go direct to any number of small laundry stalls, which will charge a whole lot less.*

SHIPPING, PACKING AND MAIL SERVICES

FedEx. Shop No. 1 Gera Garden, Ground Floor, next to the Taj Blue Diamond, Koregaon Park Road, Pune 411001. Open 9 am to 10 pm, Monday to Saturday.

DHL Express. Call Abhijut, Aastha or Roshan for the address of the nearest DHL Express center. Note from Editor: "There were mysterious restrictions on what I could and couldn't send via DHL," Sorry, no phone number.

Anil Bijlani, courier. SSBC (Shri Sai Baba Couriers), D-12 choice Arcade, Dhole Patil Road. Near Ruby Hall Hospital / Fab India, Pune-411001 Tel: 98239 58999. Alternate tel: 95455 97999 Email : bijlanipaf@rediffmail.com & anil.bijlani@shrisbc.com

For USA & UK Only:- 5-10 Kg @ Rs 675 /- per Kg (eg: for 5 kg, R 3375 + R 1350 for packing = R 4725). The weight of the packaging material is approx 1-2 kg depending on the shipment weight. 11-20 Kg @ Rs 575/- per Kg. 21 Kg and Above @ Rs 475/- per Kg (be aware there may be taxes involved for parcels over 20kg). For any further information, please phone or email.

Anil offers very fair rates using FedEx. Packages have arrived to New York within 3 days. His staff packs things well. Best to use him for good-sized packages. Located near the Le Meridian Hotel, about 10 minutes in a rickshaw from the Institute (Either Nana or Amin can take you).

Mr. Pradeep Kulkarni is Pandu's secretary. He can be contacted at RIMYI between 11 am and noon. Tel: 985-004-5191.

** Some students report disappointing service from Mr. Pradeep Kulkarni.*

Mr. Vasant V. Khedekar. Packing services. He will come to your hotel or apartment and collect items for packing and mailing. M-24/597, M.I.G. Gokhalenagar, Pune – 411016. vasantvkhedekar@gmail.com. Cell: 9881435264. Packages are shipped and take anywhere between 5 – 6 weeks to arrive at their destination. Mr. Vasant cannot be responsible for what may happen to fragile items as they pass through customs here in India.

For the US: 5kg @ R 2900 (includes packing). Mr. Vasant can also provide a lunch box and home delivery of hand made stationary.

From a student: "Once tried to send some yoga material through the Post Office in Model Colony, but it was extremely tiring (you need to bring the stuff, the boxes, and wait and wait...) At the end paid only a few rupees less comparing with the other options. Not a worthy idea!"

MAP OF RIMYI AREA

