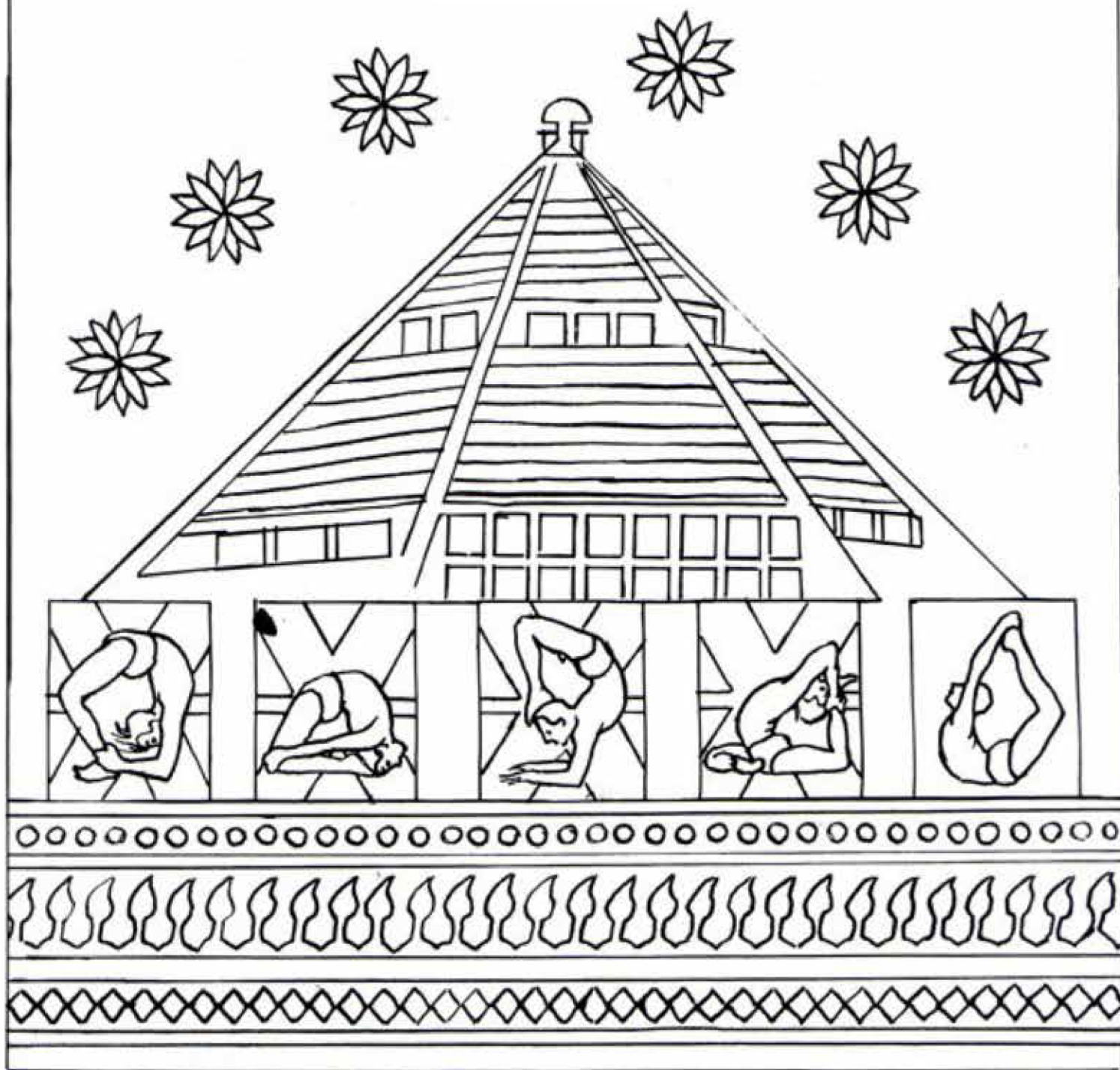


PUNE GUIDE

2025



“Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame.” B.K.S. Iyengar

In order for this guide to reflect the growth and continuing development of the city of Pune, it will be updated bi-annually and reissued in the 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 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 studying in Pune will be considered.

I am very grateful to the teachers and students who continue to submit material for the Guide. Heartfelt thanks to David Rubeo, and Peggy Kelley, who worked hard to put out this 2025 edition.

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.

Sophis E. Martinez, Graphic Design/Layout. Bobby Clennell, Illustrations

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VISAS AND PASSPORTS

A Visa and a valid Passport are both necessary for travel to India.

WORLDWIDE E-VISA

The fastest and easiest way to obtain a visa is through the online application which you can find here: <https://indianvisaonline.gov.in/evisa/tvoa.html>

There are several pages to fill out, and once you submit the application you should receive approval within 2-3 days. If you plan on visiting Pune more than once, you should apply for the five year visa (which was \$80 at the time of this writing). Select a duration longer than 30 days when you apply, and the visa duration will start the day of your arrival in India. A copy of the email confirmation is needed at the airport.

To see a sample application with the list of questions, you can view a pdf here: <https://indianvisaonline.gov.in/evisa/images/SampleForm.pdf>

PAPER VISAS

For New York residents:

Visit the Indian consulate website: indianvisaonline.gov.in/visa/

There you will find links to completing a form online that you will then print and submit to the Indian consulate.

ItsEasy.com

These travel document specialists expedite passports, visas and birth certificates and more. Located in: MetLife Building. Address: 200 Park Ave, New York, NY 10166, US Hours: Opens 8AM Phone: +1 866-487-3279

CIBTvisas.com

Here is a report from an American student who lives in Nevada. She went with CIBTvisas: "Contacting them was easy. They were helpful in making sure I had everything correct in my application and forms. Once they received my packet, I was able to track the order online. However, they

were costly. There are many fees involved, but they do everything including registering with the US embassy. They offer a concierge service; a specialist will shepherd the process for you for an additional \$299.

"If possible, do NOT let them do return shipping and handling. They charge \$37 to use their FedEx label to send stuff, and \$41 using UPS to return. I went to FedEx myself and was able to ship overnight for \$25.75 each way. They also have an uncanny way of getting you to pay \$40 for passport replacement which I declined.

"My total cost was \$321.57, and I got my passport back when they said it would. Whew".

Australia

For Australian students: visa applications have been outsourced to VFS.Global <https://visa.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.

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 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."

PASSPORTS

Be sure that your passport is up to date. US Passports may be renewed anytime within a year of expiration and may be renewed online if they are no more than five years old. Still, allow at least three weeks for the process to be completed.

Make three to four copies of your passport and visa to take with you to Pune, along with additional passport photos. You will also need copies of your visa stamp (which was stamped into your passport on arrival). 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.

E- 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 Mumbai airport (both domestic and international trips). Tip: Save it on a thumb drive (USB or memory stick) and take it to a copy shop (they have printers). *Also Roots & Wings (Pune travel agents – see below) can assist RIMYI students with printing.* You will not be allowed into the airport terminal without the printed itinerary, and of course your passport.

WHAT TO BRING:

There are plenty of convenience stores, pharmacies and grocery stores, especially at the Pavillion Mall in Pune (see "Shopping"), but if you must have your own brand of items then pack them along. Do not feel you need to pack your entire life - there is always somewhere to buy anything you might have forgotten.

- First aid kit
- Flashlight (for walking at night or blackouts)
- Charger for your digital camera, smart phone, laptop or ipad
- Kettle for boiling water (purchase one locally) if staying in a hotel
- Your favorite tea or coffee
- Your favorite muesli
- Vitamins
- Probiotics
- Sealable zip lock bags to store food, if staying in a hotel
- Business cards
- Sunblock
- Small backpack for carrying items to class and for shopping
- Comfortable and protective footwear
- Good walking shoes — *Pune streets are dusty and dirty. Bring a pair of shoes that cover your feet. (Sandals not recommended)*
- Pumice stone for cleaning the black grime from your feet
- Sarong (under your sarong are your yoga tights)
- Three sets of yoga clothes
- Small clothesline with clothespins
- Inflatable hangers to avoid wrinkles made by clothespins
- 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
- Your own hair products if you are going to get your hair dyed while you are in Pune - and don't forget the developer
- Wet Wipes (antibacterial towelettes) and Purell. Not all public restrooms have toilet paper and paper towels.
- A hand towel or small washcloth to tuck in your waistband. While you may find a sink for handwashing, you won't always find a towel for drying.

POINTS TO REMEMBER:

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 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 be (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.

Look for RIMYI on Google Earth. Print out a map of the immediate area, especially the triangle between Fergusson College Road and University Road. 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.

ENVIRONMENT... IMPORTANT!

Bring your own reusable straws for coconuts & your own water carriers so you don't add to the plastic in the ocean.

Kirsten Agar Ward says, "I got a good stainless-steel reusable straw for India. I reckon that saved about 60 straws (for 60 coconuts in one month). If everyone at RIMYI has 2 coconuts a day that could be as many as 6000 straws just for a month of study there!! Not to mention straws in fresh lime soda, lassi etc. Don't use the plastic, it's a no-brainer".

Power Supply in India

In India, 220 volts are used to power small appliances. The plug points are three-pin and/or two-pin if more modern, with rounded ends. Use the local plug board with surge protection/combined voltage adapter, which work well and are easily found in Pune. An adapter can also be purchased on Amazon; search "US to India Plug Adapter".

TRAVEL TO INDIA

There are two routes to Pune when flying from foreign countries including the US: Fly into Mumbai and travel to Pune by car service or train or bus; or fly into Delhi and travel by train or air. A car from Mumbai to Pune is about 3 ½ - 4 hours and costs between \$22-26 USD. A flight from Delhi to Pune on Air India costs about \$90.

If traveling via Mumbai and you need to stay overnight or want to spend a few days, there is more information about hotels, food and Iyengar Yoga Mumbai in the appendix at the end of this guide.

Airlines

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

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.

United Airlines (USA): Connecting flights to/from Mumbai or direct to Delhi. Usually you will connect in a city like Frankfurt and the layover time may be several hours. Frankfurt airport has a food court and private showering facilities where you can freshen up during your layover. Flying direct to Delhi you will have to switch to a domestic flight to Pune.

Virgin-Atlantic (Delhi): Tel: (91-11) 5150 1300. Email: customer.services@fly.virgin.com Website: virginatlantic.com

TRAVELING FROM MUMBAI TO PUNE

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

By Cab or Bus between Mumbai and Pune

Roots & Wings (Editor's Pick) *has been serving RIMYI students for the last 14 years. They offer Private/Shuttle services between Mumbai International/domestic airports to Pune. A car to Pune is only 3 1/2 hours and costs \$24 per person (as of June 2024). This price is comparable to booking a car through Uber. You can book Roots & Wings in advance, and pay in rupees once you arrive in Pune. <https://rootsnwings.co.in> WhatsApp +91 99230 63370 Email: rootsndwings@gmail.com Address: 1122 Model Colony, Pune 411016 (diagonally opposite Hotel Ambassador).*

Guest review: *"I used Roots & Wings for the first time. Going from Pune to Mumbai. They were on time, price as agreed and nice car. From my experience ~ highly recommended."*

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.*

Hotel Chetak Email: hotelchetak@gmail.com Website: 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.

KK Travels. Rs. 1100 per person from Mumbai to Pune. Email: kedar@kktravels.com.

Murtuza Dashi is Gulnaz & 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

Sandi's International Tours and Travels - 5 Amit Complex, 474, Sadashiv Peth, Tilak Rd, Pune-30, Tel: +91 20 2443 1155. Contact Sandi's directly or book from the Hotel Chetak. Sandis cars have a car pick up service to and from the airport. The service is very reliable but book in advance: sandis@sandis.com or sandistravels@gmail.com. They take 4 passengers, so no need to wait for hours to fill a mini-bus as was previously the case.

Star Tours & Travel. 101, Kalindi Apts., (Vanasthali Bldg.) 318/19B Canal Road, Model Colony, Pune – 411 016. Brand new Tavera/Indica & all types of tourist vehicles available on hire.

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: +91 20-2421 3804. Email: vikram_more@yahoo.com

And if your ride to Pune fails to show up: 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.

Note on tipping drivers: *While tipping is not expected, it is a courtesy to tip a driver for a long journey such as the trip from Mumbai to Pune. However, anything more than \$200 rupees would be considered too extravagant and inappropriate. If you booked your car through Uber, you can tip through the app, but tipping in cash directly to the driver is best. Tips for local rides are not necessary.*

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 irctc.co.in . Check PNR status & seats availability online at 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

APARTMENTS

The information below has been compiled over a number of years and some information may be out of date, though every effort has been made to verify what is included in this edition of the guide. Prices are not included as they cannot be updated so easily. Mere inclusion in the guide is not an endorsement or recommendation. Should you have an update, please use the contact information found at the beginning of the guide to let us know.

FACEBOOK GROUP

Recently a Facebook group was created for Students Visiting RIMYI/Pune, where many landlords post information about their apartments and many students offer their comments. It is HIGHLY recommended you join the group well before your trip and ask questions, connect with students, and verify as much information about the apartments as possible. Landlords communicate through Facebook messenger and WhatsApp.

<https://www.facebook.com/groups/RIMYI>

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.

We also welcome Pune residents who have something useful to offer. - accommodations, yoga props, books, language lessons but NOT general merchandise.

Please use discretion in your posts and stay focused on the aims.

NOTE FROM BOBBY: *I understand the frustration experienced by students with regard to 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 and needs, below are some questions to guide your conversations with your potential landlord/landlady.

If you have to pay the balance of your rent while in India, bring cash, American bills, if your landlord will accept it. Determine before you leave the United States whether they will take an international (non-Indian) credit card. Avoid wire transfers and payment apps like TransferWise. They will charge you a transaction fee or they will take a fee out of the total you paid to the recipient, and you will end up owing your landlord more money.

Keep copies of every payment transaction, and if possible, get a rental agreement in writing or keep detailed copies of any email correspondence between you and the landlord. Some things you might not think to ask include knowing whether the landlord will be living there while you are there (some rentals are a room in their home), or will they need access to the space; whether you can keep your own food especially if you do not follow the same dietary rules as they (e.g. if you're non-vegetarian); and whether there is construction going on in the area and in what hours of the day or night.

Have doubts? You can ask about...

- ✓ Recent pictures of the apartment/rooms - mainly the beds and washrooms
- ✓ Exact address and then use Google map to check the actual walking distance between the Institute and the apartment
- ✓ Noise levels in the area (see above about construction - "quiet" is a relative term in Pune.
- ✓ What is included in the rent (electricity, landline, water, Wi-Fi, cleaning, etc.)
- ✓ Cleaning service, who does it and how often
- ✓ Natural light in the apartment/room

- ✓ Mosquito nets & fixtures
- ✓ Air conditioning - verify if it is in every bedroom. Many apts don't use AC because of the weak power grid.
- ✓ Hot water availability (*Be water conscious, Maharashtra has had 2 serious droughts. Try to save water where you can.*)
- ✓ Power backup
- ✓ Internet/Wi-Fi – availability and speed
- ✓ Laundry facilities
- ✓ Toilet style
- ✓ Pets in the place
- ✓ Kitchen conditions
- ✓ Purified water - Apartments may have a water filtration system, attached to the wall in the kitchen, that fills up water bottles or containers. Verify with the landlord. Filtered water is available at RIMYI all the time.
- ✓ Cooking facilities - oven, pans, plates, glasses, gas stove, refrigerator, microwave
- ✓ Your arrival – can you arrive 1-2 days before the first of the month? Extra charges or free? Insist on the apartment being “spring cleaned” before you arrive
- ✓ Proper electrical fittings configured for your mobile phone/tab/laptop requirements
- ✓ Cancellation policy

Editor's note: Regretfully, it is not possible for me to deal with complaints by intervening. I will either put a 'black mark' against an accommodation or remove it from the guide between revisions.

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 landladies, sent in by a student 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 hometown."

Accommodation Finder: **Lynn Holt** is an Australian Iyengar Yoga practitioner who manages an apartment for a local owner (see below). She can assist you with your accommodation requirements. She will find you a place to live within walking distance of RIMYI for the duration of your stay in Pune. Fee for this service (except for the apartments she manages) is \$100.00 for successfully placing you in a suitable accommodation. Email: lhsunshinerising@gmail.com

Lynn Holt has been managing a very large and beautifully appointed apartment with rooms for rent in a very quiet location in Pune for over ten years. Many yogis return regularly to stay here. The flat is situated within 6 to 8-minute walk from RIMYI and near the lake. There is a lift, 24-hour security and mosquito nets on all windows. The flat is fully furnished and has three bedrooms, a large dining room, separate lounge, fully equipped kitchen. There is access to a roof terrace. The floors are marble tiles and wonderfully cool in the warmer months. Fast broadband Wi-Fi is provided as is filtered water. The flat is very well appointed and has a new front loader washing machine and refrigerator. She has a cleaner that services the flat daily.

Lynn lived in Pune for 10 years until June 2020 and regularly returns and can assist you with any information or services needed during your stay in Pune. She can be contacted on lhsunshinerising@gmail.com or mobile number is +91 9595466399.

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: hotelchetak@gmail.com Website: hotelchetak.com

Geeta Home Stay, a spacious bungalow, having individual as well as shared rooms and property is available only for RIMYI students, located opposite of hare krishna temple. 479, Madhur Jyoti, Hare Krishna Madhir road, Model colony, Shivaji Nagar Pune, 411016. (3 min walking distance from RIMYI)

Contact no. : +91 8830926328 Email : geetahomestayforyogstudents@gmail.com FB: <https://www.facebook.com/profile.php?id=61561903375410>

Ali & Kate Dashti's apartment, Shristi Tara, is on the other side of the park on the fifth floor. It is a large two bedroom flat, 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

Mr. Piyush Bafna:

Piyush Bafna rents out two different three-bedroom apartments, a two minute walk from RIMYI (just across the street and down a little). The first apartment has three bedrooms, one with an en suite bathroom, the other bathroom is shared. Only two of the bedrooms have AC. Furnished apt with WiFi, reliable hot water, clothes washer, fully equipped kitchen with two burners, microwave, large refrigerator, cooking pots and pans, and a water filtration system. Apartment complex has 24 hour security guard at the gate.

Second apartment is in the same group of buildings and is also three-bedroom, fully equipped. Inquire about other details. At the time of this writing, the second apartment was more expensive than the first. They have been hosting RIMYI students since 2017.

Please note: Mr. Bafna offers the services of Mrs Aneeta to come to the apartment and cook meals for you. Do not feel you must use her services; if you have another food delivery service or cook, let Piyush know and come to an agreement before you arrive. Otherwise, Mrs. Aneeta will come to the apartment and ask why you are not using her.

Tel/WhatsApp: +91 98901 82983 email: bafnapa@gmail.com

Sanjivani Dhayagude's cozy one bedroom apartment is on Hare Krishna Mandir Road, minutes from the Institute. She lives in Toronto and has rented out her apartment for over two decades to RIMYI students. There is wifi, , one bedroom (with double bed), bath and kitchen, with cooking (available for an extra charge). Mosquito nets and daily cleaning are also provided. Email: sanjivani.dhayagude@gmail.com

Jay Apartments - Short Term Residences for RIMYI Students in Pune

This charming apartment is an 8-minute walk from RIMYI, located near the Model Colony Post Office. Nestled in a quiet, cozy corner, it provides the perfect balance of peace, privacy, and focus. Features and Amenities: Three spacious bedrooms, each with an attached bathroom; Fully equipped kitchen with dining area, microwave, refrigerator; kettle, and gas stove; Crockery and utensils provided; Washing machine; Regular housekeeping services; High-speed broadband; Private terrace, ideal for leisure activities or yoga practice

Address : Dheeraj Marda, Flat No 11, Jay Apartments, 1098/14 Model Colony, Opposite DSK Rohan Building, Near Post Office Pune - 411016
Google Map : <https://maps.app.goo.gl/o5iG4TkXn2b8Z7Us7>

Email: dheerajmarda@gmail.com WhatsApp: +91 94235 91251
Facebook Page: <https://www.facebook.com/JayAptsForRIMYIStudents>

NEW LISTING

Dr SB SUNIT: Yoga Nest & Yoga Parkway

A friendly host - Sunit hosts yogis in aesthetically pleasant 2 apartments walking distance from RIMYI. Surrounded by greenery and quiet, these apartments are rented exclusively to RIMYI students for more than a decade. The apartments come equipped with Wi-Fi, fully equipped kitchen, 24 hrs hot water, water purifier, mosquito nets on windows, maid for daily cleaning, yoga props etc.

Yoga Nest is a cozy 1 bedroom apartment, next to Hari Krishna Mandir, tucked away from the main road, has separate living, kitchen, a bedroom and a bathroom. Can accommodate one or two people. Ideal for those who prefer not to share the apartment and want to enjoy their private space.

Yoga Parkway is next to the back gate of the park close to RIMYI. It's a large spacious apartment with a balcony, a large double bedroom with attached en suite bathroom, and a single room with another separate bathroom. The apartment can accommodate up to 3 yogis. It's a great choice whether you're alone, a couple or a group of friends!

* If required, a cook can be arranged too to prepare fresh meals every day

WhatsApp +91 9371111793 sunitb@gmail.com
On Facebook Messenger <https://www.facebook.com/DDrSunit>

NEW LISTING

Sanjivani Dhayagude sanjivani.dhayagude@gmail.com One person apartment on Hare Krishna Mandir Road, a short walk from RIMYI. High speed Wifi, daily cleaning, double bed, balcony, private bathroom, kitchen, mosquito netting. Laundry and cooking available for an extra charge. "For over 20 years we have offered our cozy one bedroom apartment for rent to yogis in a peaceful, green neighborhood. Just minutes away from RIMYI, this newly upgraded apartment is thoughtfully designed for comfort, with plenty of natural light, no sound of traffic and calming views of lush surroundings." Contact the owner via email address above.

Mrs. Chitra Sathe: Flat for rent near the Model Colony Post Office. 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 approximately 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 of rooms and bathrooms and common areas. Mobile: 91-9890156536. Email: chitrasathe53@yahoo.co.in .

Vandana & Pravin Sanghavi: C-19, Ashwini 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 apartments 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.

Mrs. Ritu Lad, Mrs. Jotsna Lad & Mr. Aditya Lad: This apartment is among the closest of the apartments to RIMYI. The owners 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. Several accommodations for

rent in a very quiet home on a tree-lined avenue in a nice part of town. They also 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 Virkar: 2BHK apartment close to the Institute, (a five-minute walk). It is freshly painted, furnished with piped gas and stove, refrigerator and washing machine. It is a corner apartment, peaceful, with all the necessary amenities available because of its location. Mobile: +91 9850034865

Jaya & 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 Hare Krishna Mandir Road, Model Colony, Pune 411016. The apartment is on the same street as the Institute. Tel: (91-20) 2565 4920. Email: sharda59@hotmail.com

The four apartments listed below are in the 10-story **Anugraha Classic** – an apartment complex next door to the Institute.

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

Mr. Shrirang 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. Modi: He 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, Ganeshkhind Road, Pune 411016. Tel: (91-20) 2566 2195.

Veronique Darleguy: Lets out her accommodation at Abhimanshree Society. Gate 6. C44 Pashan Road. Pune 411008. 5 minutes-drive from

RIMYI. Cook, driver etc. Props and space for self-practice. Mobile: +91 98907 30688. Email: vdarleguy@gmail.com .

Mrs. Anamika Pai: Mobile: 9860195437. Email: drpaivkas@gmail.com
5 Ambica Apartment, Hare Krishna Mandir Road, Model Colony, Shivajinagar, Pune 411 016. 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

Ashwini Dougal:Vijaya Bungalows, 468/C2, Hare 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.

Arvind &Anjali Deo: Rent out rooms in their house which is a flat 15 minutes walk from the Institute. Tel: (91-20) 2565 5923. Email: Aqdeo7044@yahoo.com .

SameerJalnapurkar: This apartment is four to five minutes walking distance from the Institute (near the Model Colony Post Office) and 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. Tel: (91-20) 2565 2265. Cell: +91 98810 74731.Email: sameerjalnapurkar@gmail.com . Website: <http://tinyurl.com/iyengar-institute-apartment-2>

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. Contact in US: **Naren Desai**: Tel: (513) 290-2268 (PST).

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

Milind & Deepa Darp: Radha-krishna, 1118/A, Lakaki Road, Shivajinagar, Model Colony. Tel: (91-20) 2589 8816. Cell: 982-203-8265. Three apartments, approximately 800 meters from the Institute. One apartment is

on the top floor of the bungalow with a separate entrance, and 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. The second apartment is on the ground floor and has a separate entrance. It 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 the 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 as per use. Email: milinddarp@gmail.com .

Milind Darp: A 3 bedroom fully furnished flat for rent in Radhakrishna Condominium with electronic entrance door and lift. Each bedroom can accommodate 6 persons and if required two more persons from the same group can be accommodated by adding two beds in the hall. Attached bathrooms. Well equipped kitchen and water filter. Wi-Fi, washing machine, and Maid is available for cooking and cleaning. You can contact Milind on 9822038265 or on whatsapp, messenger, Facebook. Email: milinddarp@gmail.com

Mrs. Neha Bhadsavle: Yeshwant, 1015/5, Shivajinagar. The apartment is a 10-minute walk from the Institute and consists of one furnished room on the first floor of a 3-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 and dkprabhu@yahoo.com .

Nirmala also offers a second apartment just around 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!

Anjali Kothari: These are two fully furnished apartments with cooking facilities at the doorstep of the Institute. One is bang opposite

ChittranjanVatika 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

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 (facebook.com/IrisGardenGuestHouseForRimyiYogaStudents) or check it 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

3 BR Luxury flat Near RIMYI, 2 Bathroom 1400 square feet, fully furnished apartment next to Hare Krishna Mandir and 100 meters from the 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. Mobile: +91.997.539.8028. Email: thadani_r@hotmail.com

Ramesh: One 2 BR and another 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. Please call/SMS Ramesh at +91.997.539.8028. Email: thadani_r@hotmail.com

"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".

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 - There is also 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 that 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

Iris Guest House. A 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.

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 apartment can accommodate 4 persons - 2 in each bedroom. Tel: (+91 20) 25656423.

Sneha: Accommodation in Koregaon Park with small swimming pool that is 15 to 20 minutes from RIMYI by Rickshaw. Contact Owner directly for special price (longstay) Sneha@bradburrys.in
Telephone : [+91 20 6725 5777](tel:+912067255777)

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 .

5 minute -walk from RIMYI. 1 and 2 Bedroom fully equipped flats near the institute; very quiet as protected from traffic. Located at Knipper-Karydaki, Indraprashta Apartments, Flat 18, Hare Krishna Mandir Road, Model Colony. For further information: balraj.agashe@gmail.com

Priya Singh: Priya has a room for rent in her apartment opposite RIMYI. Email: priyasingh51240@gmail.com

Harshad Lohana: 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: 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. Wi-Fi & washing laundry facilities are available. Daily housekeeping included. Contact: pcwin35@yahoo.com

Sagar Dave: Room for rent: Tel: +19 8308712426

Other Contacts for Accommodations

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

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

Guidelines for Tipping Maidservants

Unlike Europe and the US, 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. Five hundred rupees is 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 not uncommon, 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."

HOME COOKED MEALS DURING YOUR APARTMENT STAY

Vivek and Rucha Kulkarni provide home delivery of meal tiffins (stacked metal canisters of hot food) for both lunch and dinner anywhere in Model Colony. Rucha cooks with love and can cater to your dietary requirements. Meals cost about \$2.10 USD each and you pay for two weeks in advance in cash. Vivek delivers the meals on his motorbike twice a day and he speaks very good English. He communicates through WhatsApp and you can notify them in the morning if you will not be requiring a meal because you are going out. The food is delicious, 100% vegetarian, and plentiful. They are **HIGHLY RECOMMENDED!** Vivek Kulkarni +91 98508 98592

Miss Aneeta is a well-known cook located near the Institute. She will come to your apartment and cook for students anywhere in the Model Colony area. 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. Tel: +91 97668 75042

Hotels in Pune

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

Ambassador Hotel. 4 star rating. 1125, Model Colony, off Fergusson College Road, ShivajiNagar, Pune 411016. Tel: (91-20) 2566 0622/3/4/5. Fax: (91-20) 3022 0621. Website: 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 report to the police, and prostitution.*

The Ambience Hotel. 4 star rating. 1105/2, Lakaki Road, Model Colony, Shivajinagar, 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 or you will be sleep deprived. **The Aroma Restaurant** on the roof of the Ambience is all vegetarian and frequented by RIMYI students.*

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

Hotel Centro, Shirole Road, off Apte Road,, 411004, Pune. Tel (91-85) 3086 2222 Website: <https://centro.hotelpune.net>.

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

The Centurion Hotel. University Road, Ganeshkhind, Shivajinagar, Pune, Opp. Akashwani, Next to SSC Board, Pune 411005. 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: hoteldeccanpark@vsnl.net .

The **E-SQUARE HOTEL** offers special rates for RIMYI students. Contact by phone (Tel: [+91 20 66044100](tel:+912066044100)/103 Mob: [9673579333](tel:9673579333)) or via email (sales.pune@e-squareindia.com) for current offers. Note that rates are often quoted without including taxes (currently 19% tax). Standard room inclusions are: centrally air-conditioned, complimentary buffet breakfast, Wi-Fi, fitness center, rooftop swimming pool, 15% discount on food and soft beverage (3 restaurants), complimentary movie passes when booked thru

website (esquarehotel.com). Pune Airport / Railway transfer chargeable on request. E-SQUARE, Level 5, 132 University Road, Pune – 411016.

Review from recent visitor:

"Pros - The staff at E-Square were always pleasant and helpful and the room we stayed in was presented as advertised. Housekeeping was excellent. The breakfast is adequate but if students have morning classes they won't want to eat before class anyway. There is also a restaurant, Oriental Connections, in the hotel premises which serves very nice food at reasonable prices. It's a short walk to the Institute (maybe 10 minutes) but requires crossing a major road.

Cons - Only drawback – the hotel is above the cinemas and you can hear the muffled "boom boom" from movies being shown. I didn't find this disturbing and have never stayed anywhere near the Institute that is quiet!"

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

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

Hotel Kohinoor Executive. 4 star rating. 1246/B, Apte Road, Deccan Gymkhana, Pune 411004. Tel: (91-20) 2553 2000/1811. Fax: (91-20) 2553 2447. Email: contact@kohinoorhotels.com. Website: kohinoorhotels.com.

Courtyard Marriott. Pune City Center, C.T.S No 37 & 37/1 Bund Garden Road [Next to Jehangir Hospital]. Phone: +91 20 67248181.

JW Marriott Hotel. Senapati Bapat Road. Pune 411053 India. Located on SB Road and a 15 minute walk or short rickshaw ride from the Institute. You can get a day pass for their gym and health club, or if you're staying for the month you can get a membership for \$255. I highly recommend doing this because the Marriott Hotel can be an oasis when you need something familiar and comforting. The outdoor pool is lovely and not crowded during the week, and there are cardio machines and weights in the gym. You will not want to do cardio outdoors like running, so the gym is a good option. They are very attentive and there is a spa as well. marriott.com/hotels/travel/pnqmc-pune-marriott-hotel-and-convention-center/

Hotel Sheraton Grand (formerly Le Meridien). 4 star rating. Raja Bahadur Road, Pune 411001. Tel: (91-20) 2605 0505. Fax: (91-20) 2605 0506. Email: sales@lemeridien-pune.com . Website: <https://le-meridien.pune-hotels.com/en/>

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/hotelloverview_pune.html 5 star hotel.

Hotel Parichay: Address: 1199, 1A, Fergusson College Rd, Shivajinagar, Pune, Maharashtra 411004, India Phone: +91 20 2553 1511 parichayhotels.com

The Pride Hotel: 5 University Road, Shivajinagar, Pune. Tel: +91 20 255 34567

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: hotelraviraj.com .

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

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

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

Shiv Sai Palace. 1233/B, Apte Rd, Shivajinagar, Pune, 411004. Phone: +91 20 2551 0877. The website for this and a sister hotel is: saihotelspune.in/

The location is not perhaps the best if you're commuting to the Institute. You could walk the distance, being half an hour door to door. (It's close to the Good Luck Cafe, listed here in the guide.) In the busy months when the other places are full, this would be a nice option. Breakfast included, Wi-Fi works, helpful staff, no complaints at all.

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

Taj Blue Diamond. 5 star rating. 11, Koregaon Road, Pune 411001. Tel: (91-20) 6602 5555. Fax: (91-20) 6602 7755. Email: bluediamond.pune@tajhotels.com . Website: tajhotels.com .

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 - PUNE

RIMYI ADDRESS

- **Ramamani Iyengar Memorial Yoga Institute (RIMYI).** 1107, B/1, Hare Krishna Mandir Road, Near Pune Central Mall, Model Colony, Shivajinagar, Pune 411016, Maharashtra, India. Tel: +91 20 2565 6134. 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 asanas 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 **Kunal Avadhani** 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 on Sunday. Tel: +91 20 2565-6134 (Call him when he is at the Institute). Email: office@rimyi.org.
- The Institute is closed on Sundays (except for the children's class and the Sutra class on Sunday morning).
- You will be assigned to the classes that Kunal 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.
- The Institute would prefer you keep to the schedule that has been assigned to you. If you would like to switch or be added to another class, please get permission from the office first.
- Never try to take a class that you haven't been assigned to. The Iyengars and Kunal will be informed, and they will not appreciate it.
- Pay Kunal for your course, the amount owed after your deposit. Class tuition may be paid in credit cards 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 (at the time of this writing) to USD 590, to include service tax etc.

You can ask permission to observe classes while you are visiting. For this, an additional \$50 will be charged for the entire month. Observers sit at the back of the class or on the windowsill and take notes but do not participate or interfere in the class.

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 some of their classes are available at the store. Also available are DVD's (when the class has been videotaped), books and props.

When purchasing items from the store it is preferred you pay in rupees. At least once a week there is a man who comes to the institute to exchange currency. If you wish to purchase items from the store in US dollars it should be on a day when the currency exchange man is there.

The store carries an extensive collection of books written by B.K.S., Geeta, and Prashant Iyengar. They also carry some guidebooks including My Pune Travel, published by Elephant and Maratha Chamber of Commerce, Industry and Agriculture, 2006. Also available at the Institute store is a new edition of the Pune Tourist Guide and Map.

Props are available for purchase and you may choose to buy a cheap suitcase and carry them home, or have them shipped. The name listed below is a man who hangs out in front of the institute on most days. He can handle the shipping for you and will even come to your house to pick up the items. His estimates of shipping charges are remarkably accurate.

Dimpex International (exporters). Sudhir Gaikwad. Fax: +91 20 25656145. Tel: +91 20 2565 6145. Mobile: 9420137034. Email: dimpexbatik@gmail.com.

Protocol Before and During Class

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

Students foreign to India, who arrive at the Institute without having been booked through the usual channels, may be offered other alternative 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.

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

Classes are large; come 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.*

If you don't fully understand English (or the Indian accent); make sure you have a friend translating for you during classes. Sit at 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 Sunita will get annoyed when someone doesn't follow their instructions due to language barriers.

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 Gururji 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!). 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 yourself with a sticky mat and the appropriate number of blankets (if really necessary) 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), 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 with 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. Please 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.

FEET NOT ALLOWED ON THE BLANKETS UNDER ANY CIRCUMSTANCES!

Setting up the mats for Sarvangasana: Pair up with another student and carry the required number of the big black thick 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 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. Come down off the stairway until all students have left the upstairs room and then next class students have gone up to their class.

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 the teacher 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 at home.

When sitting facing the stage listening to a discourse by the teacher, **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

(Check Google for exact dates for a particular year.)

Republic Day — January 26.

Gudi Padwa— in March (as Hindu calendar).

Hanuman Jayanti— in April (as per Hindu calendar).

May — Institute is closed for the entire month.

Guru Purnima — in July (as per Hindu calendar).

Independence Day — August 15.

Ganesh Purnima — September (as per Hindu calendar)

Daserra— September/ October (as per Hindu calendar)

Patanjali Jayanti — November; no evening classes on that day.

Diwali — a five-day festival in November. Expect the Institute to close for at least three days. There will be non-stop fireworks 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 headed 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 is via Rickshaw which can be booked through the Uber app. (Install the app before arriving in India). It is recommended you schedule your ride this way as there is accountability and tracking available. When the Rickshaw arrives, the driver will ask for the PIN code from your phone. He cannot start the ride until he enters this code. Always look at the license plate first to verify your ride.

If you choose to street hail a rickshaw, always make sure the driver starts the meter. Do not accept a ride from a driver who asks for money first. Wait for another rickshaw.

Tipping is not necessary. If using Uber, you can tip in the app. See more on tipping below.

Auto rickshaw drivers Nana and Amin 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 from Pune airport 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. Amin : + 91 9604933059/9561254020.

From a student: "Amin 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 +91 20-276-62850, 94223-52578, or 97637-64024.

Autorickshaw driver for visitors: Bhibishan Landge is reliable, trustworthy & a WhatsApp user. English is limited but he's trying hard to learn. He's always on time and has delivered me quickly and safely to PYC Hindu Gymkhana & RIMYI for Prashantji's sessions. Tel: +91 97673 94350.

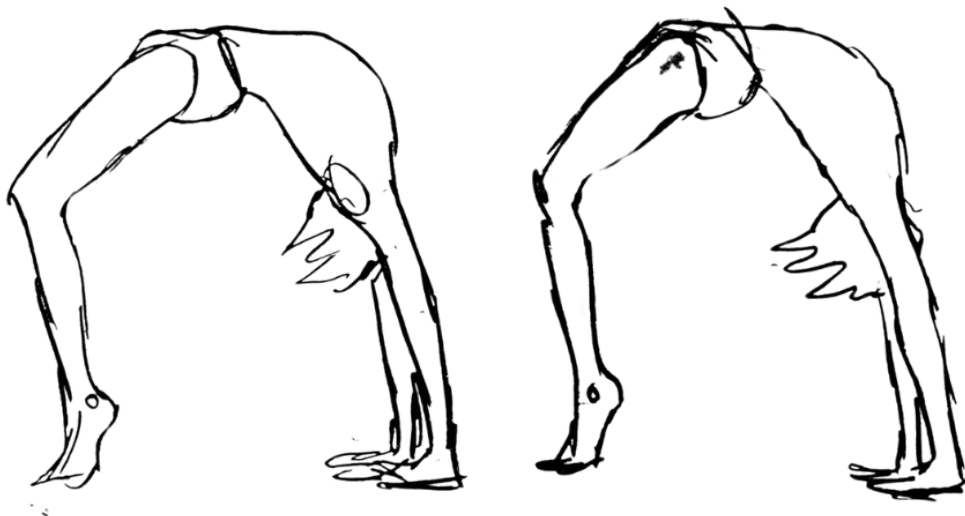
Taxis

Ola cabs are a great way to get around town and affordable, the number is: +91 20-33553355. Website: olacabs.com/car-rentals/pune

Uber: You can also use Uber to schedule a traditional car. Be sure to install the Uber app before you arrive in India. If a ride is more than half an hour or requires going on the highway, a car is preferable to a rickshaw. No dust, reduced noise and pleasant travelling in an AC car, when it's unbearably hot outside. uber.com/cities/pune

Nancy Witters writes, "Yes! Uber is very convenient in Pune (and other cities). I already had the app installed on my iPhone in the US and was able use it, no problems, in India".

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.*



FOOD, RESTAURANTS, GROCERY STORES/STANDS

Pure 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. Some thali restaurants provide an unlimited amount of food at a fixed price. A thali is a wholesome, nutritious meal.

Other popular South Indian foods include idli, dosas, uttapam and wada pav. Fermented foods composed of powdered pulses and rice, take care of most of your daily dietary requirements and are extremely tasty and healthy. 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.

Restaurants – Thali and South Indian Cuisine

Asha Dining Hall. 1224, Apte Road, Shivajinagar. Across the street from Hotel Shreyas. Behind the Dhanraj 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: +91 20 2553 2424; 6602 7149. A favorite with Iyengar students.

Address: Apte Rd, Deccan Gymkhana, Pune, Maharashtra 411004

Hours: Opens 11:30AM · Closes 3PM · Reopens 7:30PM

Badshahi. 1648, Lokmanya Bal Gangadhar Tilak Rd, Ramashram Society, Lokamanya Nagar, Limayewadi, Sadashiv Peth, Pune, Maharashtra 411030, India Phone: +91 98509 19359

Darshan: Prabhat Road.

From a food blogger and Iyengar student: “Just a weird assortment of delicious food. It’s almost as if 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.”

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: +91 20 25513227. Email: pepinospune@hotmail.com .

Jagruti Dining Hall. Raviwar Peth. A thali favorite, near the Sugandhi perfume store (opposite the railway booking office). Tel: +91 20 2445 3231.

Jain Boarding House. 1044, Dhotre Path, Model Colony, Shivajinagar, Pune, Maharashtra 411016, India. It's a thali canteen (a bit like Asha Dining Hall). It is on the road parallel with Hare 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 it's so delicious!

Keshar Pure Veg Restaurant 3rd floor, before Dagaduseth Ganpati, Sampada Mahal, 576, Chhatrapati Shivaji Maharaj Rd, opp. Vasant Talkies Complex, Budhwar Peth, Pune, Maharashtra 411004, India. It is nearby if you are visiting Shaniwar Wada. "Super clean, amazing service and was one of the best meals I had in India " - a student

Rajasthani & Gujrati Thali food at **Mayur**. This is just a small cozy restaurant with loads of food! mayurthali.com/home.html . Two locations: 2431, East Street, Camp, Pune – 411001. Tel: +91 (20) 2613 0909, and 573/7, Jangali Maharaj Road, Deccan, Pune - 411004.Tel: +91 (20) 2552 1551.

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 411030. Tel: +91 20 24453066/24456211.

Shiv Sagar. Veg Restaurant. Dealing Corner, Jangali Maharaj Road, Opp. Sambhaji Park. Tel: +91 20 25532179/255368886. Serves great tandoori panir and vegetables.

Hotel Shreyas Restaurant. 1242 B, Apte Rd, Deccan Gymkhana, Pune, Maharashtra 411004, India "Great all-you-can-eat thali." A favorite among Iyengar students, Hotel Shreyas serves thali style meals. It is wonderful for

bringing a large group and it is very clean and plentiful. Keep in mind that thali is traditionally a lunchtime dish, so visit midday or on a Saturday or Sunday for lunch. It's a fun experience with friends.

Sukanta Pure Veg. 636, Deccan Gymkhana, near Z Bridge, off Jangali Maharaj Road, Pulachi Wada. They do great takeouts. Open from 11:30 am to 3 pm and 7 pm until closing. Tel: +91 20 2553 0077; 6601 3222. *"It gets very busy after 8 pm."*

POPULAR FERGUSSON COLLEGE ROAD RESTAURANTS SERVING SOUTH INDIAN FOOD

Lalit Mahal. End of Hare Krishna Mandir Road (beyond the Chetak and the Ambassador, a few steps past Godaam Coffee) at the junction of Fergusson College Road. Highly recommended by Iyengar teachers, plentiful food, air conditioning in the upstairs dining room. Traditional dishes, uttapam, dosas. Tel: +91 20 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.

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

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: +91 20 2565 4914.

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

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.

Blue Tokai Coffee Roasters: Plot No 334, SR No 31, 335, Lane Number 5, near Koregaon Park, Ashok Chakra Society, Suyojana Society, Kavadevadi, Pune, Maharashtra 411001, India

Cafe Good Luck. Deccan Gymkhana, FC Road, Tel: +91 20 25676893. This is as close as you will get to an Indian diner. Popular with students.

Editor's note: "I just go for the unspoiled interior. I hope they never modernize!"

Café 108. An Australian woman (and her Indian/Australian husband) have opened a Western style cafe in Koregaon Park. Great (real) coffee and excellent healthy food. Cafe 108 is located in Lane 6, Beside H2O, Koregaon Park, Pune.

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 meters 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 its livelihood as they are bulldozing all illegal shops and stalls in that area. We watched them doing it – tragic."

Godaam Coffee: 1120, Model Colony Rd, Model Colony, Shivajinagar, Pune, Maharashtra 411016, India Offers a wide variety of breakfast and lunch items as well as events and live music. Coffee comes in drip, aero press, espresso and many other formats. They also make chai. Easy to get to from the Institute. **Highly recommended!!!**

La Plaisir Rajkamal Survey No. 759/125, Prabhat Road, Opposite Cox and Kings, Near, Kelkar Nursing Home, Pune, Maharashtra 411004, India. Offers a wide variety of foods including pizzas and European/Western dishes. Convenient when attending sessions in Deccan Gymkhana.

Mini Wok. Oriental Kitchen. Good Thai food. Shop # 7. Charuchandra Apt., Near Deep Bungalow Chowk (next to Om Supermarket. Model Colony. Shivajinagar. Pune – 411016. Timing: 11.30am – 3pm; 7pm – 10.30pm. Tel: 350066777.

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: +91 20 2633 0724/ 2636 3938.

Shabree. 119/1A, Fergusson College Road. Tel: +91 20 2553 1511/2/3/4.

Tien. Shop # 1 Rajas Garden, opposite the Hanuman temple, Model Colony (near MSIHMCT), Pune 411016. Tel : +91 20 65116639, 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, and freshly squeezed juices. Free Wi-Fi is available.*

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

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's note: 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!

Aadha at 'O' Hotel rooftop - also a great place.

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."*

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

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

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

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

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.

Also try the coffee shop **Go**.

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

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.

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

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

Le Plaisir Pâtisserie. Chef Patron. Siddharth Mahadik. Advanced Culinary arts. La Cordon Bleu. Sydney. Bistro. Shop No. 4B, Bhandarkar Road, Lane 6, Intersection Deccan Gymkhana, 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. Mobile: 9767307070. There is another one in town, but we don't know the address yet.

Starbucks. FC Road (Opposite Fergusson College Gate # 2. Below Allahabad Bank, Pune. Tel: 8879792571.

ItalianFood

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

Alto Vino at the Pune Marriott Hotel and Convention Centre.

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

Darios. At Hotel Sunderban, Lane 1, 19 Koregaon Park, Pune 411001. Tel: +91 20 26053597, 26053596, 32405960. Email: info@darios.in . Website: darios.in

La Dolce Vita. Shop Nos. 3 & 4, City Point, Dhole Patil Road. Tel: +91 20 2614 5555.

Little Italy. Hotel Shrima, Bund Garden Road. Tel: +91 20 2613 6565. Highly recommended.

Little Italy Pizzeria Restaurant, next to Pune Central, on University/Ganeshkhind Road (around the corner from RIMYI), is a regular haunt for RIMYI students who crave a change from Indian food. 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, there is a **Pizza Hut** in Pune Camp at the SGS Magnum Mall on Moledina Road.

La Pizzeria. 361, Bund Garden Road. Tel: +91 20 2613 3535.

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

Buffets

Hyatt Regency, Pune. Sunday Jazz Buffets. pune.regency.hyatt.com/
Samrat Ashok Road, Sakore Nagar, Viman Nagar, Pune 411014 Tel: +91 20 6645 1234.

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).

Sheraton Grand, Bund Garden Road, Pune. The breakfast and lunch buffets can be a treat. It's expensive—the lunch buffet includes unlimited wine. Tel: +91 20 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/hotelooverview_pune.html

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. 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 organizes 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 . facebook.com/shashwatorganics.

Sweet Shops

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

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: +91 20 2588 8456. Highly recommended. One minute away from Geeta Bhojwani’s store: **Arnav**. See: Clothing, Crafts and Gifts.

Naturals - Ghole Road, Shivajinagar, Tel: +91 20 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 Koregaon Park next to the Westin Hotel at the basement of Koregaon Mall. It carries all international products including bok choy, chinese kale and a large selection of Asian spices. There are meat/poultry/seafood sections and a pastry corner with a wide selection of breads.

Dorabjee’s, on Moledina Road (just before M.G. Road), and also inside the Pavilion Mall next to the JW Marriott Hotel, 30 Senapati Bapat Road, first floor, 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. The branch in the Pavilion Mall has a wine store with domestic and foreign wines.

Food Zone at the Corner of Nargis Dutt and Hare Krishna Mandir Rd, a convenience store, has many western products, also has kitchen dishwashing gloves, foil wrap, oatmeal, muesli, spices, salt pepper eggs tofu ghee etc. Good in a pinch because it's walking distance from your apt or the Institute, but expensive by comparison with Dorabjee's.

<https://maps.app.goo.gl/LxMWFBneYMGorpav6>

For all kinds of khakra, go to **Kantaben**, opposite Chitale’s Shop, Shanipar.

Maharashtra, “The Parade,” just around the (Toyota dealership) corner from Hare Krishna Mandir, now called Maharashtra House 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.

More 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 the kitchen etc.)

Nature's Basket Limited. A new grocery store with (rather pricey) health food options. Koregaon 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.

OM Supermarket, Gokhale Road. Model Colony.

Organics and Natural is a new shop. 1 Kamaliga Apartment, 1306 Bank of Baroda Lane, Jangali Maharaj Road. Open from 10 am to 2 pm and 4 pm to 8 pm. Closed Sunday. Tel: +91 20 2553 6835.

Sruthi Organics (Organic pulses, milk, eggs, veggies, flours)
Shop No. 4 Swaroop Complex Opp. HP Petrol Pump, Karve Road, Erandwane, Pune, India. Mobile: +91 89568 36837
The owner, Supriya is also a language teacher- Marathi, Hindi. She also offers cooking lessons.

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 Hare 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 am – 12 pm and 4 pm – 8 pm you will find vendors in plenty 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 Baug. The architecture of the building in which the market functions 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 Baug one can find almost anything. It gets extremely busy on the weekends. Most stores open at 10, and this is the best time to go. Most shops generally close from 12 pm – 4 pm for lunch and siesta.

Do not miss the large fruit and vegetable market on Gokhale Road, near OM supermarket.

Ingredients - Shopping List

If you are living in one of the apartments that Sharda is caring for (next to Hare 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.



SHOPPING IN PUNE

Editor's note: "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 of warning: save your receipts!"

Stationery, Paper Goods and Art Supplies

Hand Made Paper Institute. Tel: +91 20 25537383. K.B. Joshi Road (the continuation of Fergusson College Road across Vidyapeeth Road), on the edge of the agricultural college. Beautiful handmade paper, stationery kits and gift packages. Email: hmpinstpune@vsnl.net .

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

Staples office supplies – at the E-Square Multiplex.

Venus Traders. Tel: +91 20 2553 5757. Barista Lane. Just outside the Vaishali Restaurant, Fergusson College Road, second lane to the left. This store carries school and stationery supplies and blank CD's, has sliding glass doors at its entrance and a clean, functioning toilet for customers.

Clothing, Crafts, & 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: +91 20 4128 5858. Website: anokhi.com .

Arnav. Geeta Bhojwani. B-31, Abhimanshree Society, Gate No. 3 Pashan Road, off University Flyover, Pune, 411008. 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

Bhagwan 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: +91 20 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. thebombaystore.com

Christina. Kalpataru Gardens, 9A, Boat Club Road. Upscale clothing store. Tel:+91 20 2612 1606.

Craftus. Srishti crafts. Indian Heritage. 11, Sterling Center, Shop no 4, Moledina Road, Camp, Opposite Hotel Aurora Towers, Pune 411001. Mobile: +919890688820.Tel: +91 20 25871569.

Coppre - Heritage craft: Handcrafted-copper items, made by artisans. Sourced by **Sudakshina Sinha Banerjee**. In a world of mass production, traditional craft and indigenous methods of crafting are getting lost. Supporting local craftspeople means preserving both cultures, and communities. At Studio Coppre, we are able to work with these highly skilled artisans through our contemporary look design, to ensure that our craft and design appeals to the modern consumer who believes in handcrafted goods.

Coppre reflects the legacy of a 400-year-old metal craft. It is the outcome of a creative collaboration to evolve a contemporary range of copper products that cater to the present, while retaining intact the heritage craft process.

We bring dignity and efficiency to this ancient craft by linking talented designers to crafts people and presenting their crafts to the world.

Studio Coppre Pvt. Ltd.

Bungalow 84, Shivaji Housing Society, Senapati Bapat Road, Pune - 411 016
Tel: 91.20.25630192. Email: sales@coppre.in .

COTTON VILLAGE: Near PYC Hindu Gymkhana : kurtis, dresses, accessories very good quality. Address: 917/22, Fergusson College Rd, Ganeshwadi, Deccan Gymkhana, Pune, Maharashtra 411004, Phone: +91 96070 08886 <https://cottonvillage.in/>

Dimpex International (exporters). 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: +91 20 25656145. Tel: +91 20 2565 6145. Mobile: 9420137034. Email: dimpexbatik@gmail.com. dimpex.batik.in.

Know that many of the items sold here are almost exact copies of items already being sold by RIMYI. Sudhir will also handle shipping of items you purchase at the RIMYI store.

Either Or. Sohrab Hall, 21, Sassoon 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: +91 20 2605 0226 or 240-176-6639.

Fabindia. Fabindia Overseas Pvt. Ltd. Sakar-10, opposite Jehangir Nursing Home, Sassoon Road (tell the rickshaw driver Ruby Hall). Tel: +91 20 2612 4820. There are also two other branches in Pune: 1) Plot 2 & 3, Akshay Complex, ITI Road, Pushpak Park, Aundh, Pune. Tel: +91 20 6601 0586. 2) Shop No 1303, Argade Heights, Jangali Maharaj Road, Shivajinagar Tel: +91 20 - 25538319/22. Ready-made men's and women's clothing and household linens. Open 10 am to 7:45 pm. Website: fabindia.com .

Gandhi Khadi 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: +91 20 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.

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

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.

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 +91 20 30470870. Email: jahan.art_craft@rediffmail.com.

Jaihind 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, Kunte Chowk.

Mr. Johnny sits on the wall of the police commissioner's house, a few doors down from the Institute on Hare Krishna Mandir Road. In his bag he carries his wares, hand painted cards, carvings, statues, unique Indian handicrafts and more. His prices are extremely reasonable. Mobile +91 9393225316.

"I just purchased a black stone Patanjali from him which he ordered especially." (Ed).

La Jolie Boutique. Suchita Shroff. Highly recommended hand embroidered items. 4 Safire Park Gardens, Pune Mumbai Road., Shivajinagar, Pune 411005. Mobile: +91 9822077224

Karachiwala. 4 Moledina 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.

Kashmir Dowry — Pashminas shawls, silk and embroidered scarves, silk carpets, bags, etc. North Main Road, Opposite Lane 2, Koregaon Park. Pune 411001. Mobile: 9960173211. Tel: +91 20 26140407.

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.

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

Kosha is a sustainable brand of clothing which uses unique handloom weaves of India and promotes the weavers and the textiles. Each garment is made with care and precision in western silhouettes to appeal to a global sensibility. All the pieces are customized to the size of the wearer. If you are interested, contact **Ekta Chowdhry** at: koshashop1@gmail.com. Come visit koshashop.com to look at the garments!

Also visit **Laxmi Road** for huge varieties of 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 on Monday.

Mythical Handcrafts. 11 Sri Vijaychandra Society, Narangi Baug Road (between Boat Club Rd & Bund Garden Road), Pune 411001. They sell hand carved statues made from teak, beautiful Kashmiri pillow covers and wall coverings, some rugs and bed coverings. Website: indiamart.com/mythical-handcrafts

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: +91 20 2445 5906.

Omer Sharif Gift Store, Vaswani Nagar, Building # 8. Omer and his nephew, Manish, speak English well. Tel: +91 20 2605 3162. Cell: 937-187-3313.

The Pavilion Mall next to the JW Marriott is a large, multi level shopping mall with many familiar brand stores such as Zara, Nike, etc, and a large food court with American style fast food. Senapati Bapat Rd, next to JW MARRIOTT

<https://maps.app.goo.gl/TV2rZU4gpQN38Jfs7>

Peoples Stores. This tiny, very busy shop in the old city (Laxmi Road) which is always jam packed with locals, sells underwear. It is also frequented by visitors to Pune who are in the know. 618, Laxmi Road, Sadashiv Peth, Pune 411030 Tel: 077700 82123

<https://maps.app.goo.gl/RJCcdahw5kkaJfg4A>

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

Pratha- The Jewellery Studio, Lane No.1 , Bhandarkar Road , Near Goodluck Chowk, Pune, India, Maharashtra +91 98696 22973
prathajewellerystudio@gmail.com

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; +91 20 25541764 or +91 9028028252.
darshana_ca@yahoo.com

Sanskriti Lifestyle: Lane 7, Koregaon Park. Opposite Post 91. A 'Must Visit' place for antique Indian handicrafts, brass statues, items carved from wood, etc. sanskritilifestyle.in .

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 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: +91 20 2616 4875. Cell: 989-017-9963.

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

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

Zudio Cello Platina, C.T.S No. 1183, Shivajinagar, Pune, Maharashtra 411005, India It's like India version of Uniqlo. Great place to get inexpensive t-shirts, shorts, sweatshirts and footwear

Saris

Vama and Kajree. Kunte 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: +91 20 24455382.

Pratibha. Sevasandam Building, Kunte Chowk, Laxmi Rd. and **Roopkala.** Dress material-silk and handloom cotton and good priced saris.

Jewelers

Ashtekar Bros. Sadashiv Peth, Umbrya Ganapati Chowk, Laxmi Road (a couple of doors down from Dulhan 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: +91 20 2449 1749. Cell: 942-233-372-4590.

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

Bharatkumar Jewelers. 361, Sardar Vallabhbhai, 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 Guruji, offers RIMYI students a significant discount. Tel: +91 20 2635 9536.

Janhavi's Jewelers. 572, Laxmi Road, Sadashiv Peth. Amol and Gauri Kaigaonkar sell gems for healing—very expensive. Tel: +91 20 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. WhatsApp or call: +91 98-20-860380. Website: kriajewels.com .

Purushottam Narayan Gadgil and Co. (PNG). Laxmi Road. Tel: +91 20 2445 5742. Second location: Paud Road. Tel: +91 20 2546 4726. Third location: Chinchwad, Gadgil on East Street, running parallel to M.G. Road. Lovely gold (and some silver) necklaces and earrings. Tel: +91 20 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: +91 20 2445 3890. Email: rankarkpl@gmail.com .

Shree Jewellers. Owner: Lalit Oswal. His son Sagar also works there. 517 Center Street, Pune. Tel: 98220 99503 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.

They have a new store in Koregaon Park: 19, Koregaon Park. Lane 1. Inside Sunderban Resort & Spa. Tel : 9860053210

The Koregaon Park branch is more for retail-ready jewelry. The Centre Street is more for custom jewelry now.

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 . 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: Shree Jewelers, Centre Street or the stalls on **Tulsi Baug**.

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

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 with plenty of time and be very specific. Mr. Wagh Sr. attends classes at the Institute and is extremely pleasant to deal with. Tel: +91 20 2445 7349. Email: waghsadashiv@gmail.com

Tailors

Aarti's Garment Boutique. Sujyoti Building, Patwardhan Baug (at the junction of Deenanath Mangeshkar Hospital and the road from the CD'S 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.

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, Maganbhai 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.

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-NaikTailor. 94/25B, Prabhat Road, Lane No. 11, Shreeraj Apartments, Ground Floor. Tel: +91 20 2567 2756. Cell/WhatsApp: +91 989 003 8092. Highly recommended for tailor-made/custom-made clothes for any occasion. Sunita stocks beautiful selected cotton and silk fabrics. Speaks very good English and has many longtime students/customers. Since 1982. sunitashroffnaik@gmail.com www.sunitashroff.in

Editor's note: "There are many tailors in the basement of Clover Centre."

Fabric

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

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

Banjaras/Natural Fabrics of India. Shop C3/4, Chaitraban Residency, off ITI Road, Aundh. Tel: +91 20 20 2588 1844. **No longer at this address** — it's still close (opposite Polka Dots down a lane).

Home Accessories

Carnation: The Home Store. Next to Christina. Tel: +91 20 2612 1606.

Fabindia. (See Clothing, Crafts and Gifts.)

Kitchenware: Kirti Novelties, 1128 BudhwarPeth, Tulsi Baug. Ph: +91 20-244-51973.

Assorted kitchen-wear and stainless steel. Good quality basic Indian cooking goods, pots, pans etc.

Also highly recommended for stainless steel goods: **Neelam Steel,** 689 Narayan Peth, LokhandeTalim, (off Laxmi Road), Tel: +91 20 24457261/24493290.

For bolsters: Sathe Gadi Karkhana, off Laxmi Road, near Umbrya Ganapati. Tel: 020 2445 3556.

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

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: +91 20 2435 0126. Cell: 982-274-6635.

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 on Wednesday. Tel: +91 20 2445 7686. Email: ishwarmoorti61@gmail.com . Now sells Patanjali stone statues that Guruji designed. 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: +91 20 2447 1018. Cell: 942-231-0421.

Rugs

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

Perfumes

Damodhara Bhagwandas Sugandhi. 761, Raviwar Peth. Opp. Dena Bank, near Phadke 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 2024433188.

Mobile: 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: sugandhi_incense@hotmail.com

Raju Sugandhi "If anyone wants to come on Sunday evening we will be in the shop as per request."

Haridas Madhavdas Sugandhi. 451 RaviwarPeth, Pune – 411002. Tel: +91 20 24452848 / 24267958. Email: hmsugandhi@gmail.com. Incense and pure oils.

A.V. Kale & Sons. Shukrawar Peth, Shanipar-Market Road, +91 20-24454860. Incense and oils, particularly nice oils.

Khushbu Perfumes. A wee shop with lovely perfumes is just off FC Road, round the corner from the petrol station, 2 minutes from Lalit Mahal. khushbuperfumes.in

Vithaldas Narayandas & Son. Phadke Haud, near Laxmi 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.

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.

PROPS

Sticky Mats

Champion Sports supply sticky mats and foam blocks. 759/52, Deccan Gymkhana, FC Road Pune 411004. Tel: (+91 20) 25659066/2553174. M: +91-9673996614/25513117. Closed on Monday.

Me Free. The Yoga Store. All proceeds go to yoga tutelage at children's orphanages in India. 1032, Shatdeep Society, Deep Bungalow Chowk, Canal Road, Model Colony, Pune 411 016. Phone: +91 9529310682. Store hours: 9.30am – 7.30pm. www.mefree.com .

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. Now located at the PVR Pavilion next to the JW Marriott Hotel.

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

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

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.

Assorted

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.

Subhash Bucket and Trunk Depot. ShukarwarPeth, 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 Baug, 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.

Coffee Cravings

Aroma on F.C Road near Vaishali.

Barista on FC Road, just south of Roopali.

Coffee shop in Pune Central.

The Flour Works, North Avenue, Kalyani Nagar, Pune 411006.Tel: +91 20 2668 0474. Email: info@theflourworks.com Website: theflourworks.com

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

Godaam Coffee: 1120, Model Colony Rd, Model Colony, Shivajinagar, Pune, Maharashtra 411016, India Offers a wide variety of breakfast and lunch items as well as events and live music. Coffee comes in drip, aero press, espresso and many other formats. They also make chai. Easy to get to from the Institute. Highly recommended!

The Patio, OppVama, Lane next to Sarja restaurant, Aundh.

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

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

Mosaic Ground Floor West, Opposite Fergusson College Gate No.2, FC Road.

Ground floor, Centriole, ITI Road, Aundh.

Galaxy Gardens, North Main Road, Koregaon Park.

Tea

At **Maharashtra Tea** company, 1095, Budhwar Peth, Near Datta Mandir Pune. Tel: +91 20 24470715. It's beside a temple. There are two lines: one for men on the right, and one for women on the left.

Makaibari Tea. 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: Call Mr. Raja: 033 22 87 85 60 or (0) 9733 00 45 77 makaibari.com

The Tea Emporium. There's one on Tilak Road opposite Tilak Smarak Mandir and one just behind TulsiBaug off Laxmi Road; they sell (good) loose tea including CTC which is what most Indian *chai* is made of (it's actually called *char* in Maharashtra, not *chai*)...the shop signs are in devanagari/hindi 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, washed, ironed and wrapped beautifully in newspaper and string. 30 Rupees per piece. *Editor's note: "That said, you can also go directly to any number of small laundry stalls, which will charge a whole lot less."*

SHIPPING, PACKING and MAIL SERVICES

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: 9545597999 Email: bijlanipaf@rediffmail.com & anil.bijlani@shrisbc.com . 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).

DHL Express. Call Abhijit, 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.*

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.

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 taken 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. Mr. Vasant can also provide a lunch box and home delivery of hand made stationery.

Parth Parcels Services. 693, Sadashiv Peth, Shop No. 6, Madhav Smruti, Kumthekar Road, Pune 411030. Email: parth_kulkarni8@yahoo.com

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!"

THINGS TO DO IN PUNE

Sightseeing & Cultural Sites

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. For Rangoli workshop and classes please contact Rashtriya Kala Academy, Bajirao Road (near Laxmi Road) Mobile: 97630006400

Adventure consultants: facebook.com/RawAdventureSolutions/

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. Address: 1377-78, NatuBaug, off Bajirao Road, Shukrawar Peth, Pune 411002. Website: 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 Chhatra, Wanowrie: as one student put it, *"one of the most peaceful and beautiful temples I visited in Pune."*

Shrimant Dagdusheth Halwai Ganpati Mandir: Popular temple with a golden Ganesh statue. Convenient if you are shopping on Laxmi Road. Busy on weekends. Ganpati Bhavan, 250, Chhatrapati Shivaji Maharaj Rd, Mehunpura, Budhwar Peth, Pune, Maharashtra 411002, India

Pataleshwar Cave Temples. Not far from the Institute, the Pataleshwar Cave Temple is a rock-cut cave temple, carved out in the 8th century in the Rashtrakuta period. Jangali Maharaj Road, Revenue Colony, Shivajinagar, Pune, 411005.

Mahatma Phule Museum. Shivajinagar, Ghole Road, Tel: +91 20-553-2750. A dusty museum with artifacts, geology samples, etc. Interesting and a bit odd.

Aga Khan Palace — A monument of national importance by the Archaeological Survey of India where Gandhi, his wife and secretary were imprisoned and their ashes are kept. There is a nice museum of Gandhi and beautiful gardens. Not too far but use a car service rather than rickshaw. You could do that in the morning and then visit the trendy upscale Koregaon Park

which is not far and has lots of nice restaurants and shops. 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, up the street from the JW Marriott Hotel and the Pavilion Shopping Mall. The temple is set on a hill and one can climb many steps up to the top for terrific views and a cultural experience. 971, Senapati Bapat Rd, Sheti Mahamandal, Shivaji Co operative Housing Society, Ramoshivadi, Gokhalenagar, Pune, Maharashtra 411016, India

Laxmi Road - A busy shopping district, it gets very crowded on the weekends but you could try going during the week. It is very easy to get disoriented with all the sidestreets, so be sure you have your Google maps handy.

Katraj Jain Temple - this is more than half a day trip, as it is 50 min to an hour by car but well worth the trip. Located high up on a hill in the southern suburb of Pune called Katraj, the temple features a stunning inner courtyard and beyond that, a smaller family temple overlooking the city below. They serve lunch from 12 - 1:30 in a cafeteria style room. Be sure you wear long pants and covered shoulders. Photography is not allowed.

Osho Teerth Park - A lovely Japanese inspired public park in the Koreagon Park neighborhood. Check opening and closing times as you will find most parks in Pune close from 11am to 3 or 4pm.

Shaniwar Wada - This is a large fortress in the middle of Pune and one of the most popular tourist sites, and very easy to get to by rickshaw for an afternoon visit. You can walk on the fortress walls and through the gardens. Nearby is the Laal Mahal, the historic Red Palace, also worth a visit.

Traveling 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. Pune people don't judge, or take things personally. They don't bring anger into their voices. They are open to different ways of thinking, different ways of being. If you go there with an open mind, you will receive this kindness and friendliness."

Comedy

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

Swimming Pools

The **JW Marriott** on Senapati Bapat Rd. has a wonderful outdoor pool on the 2nd floor as part of their gym and spa. You can purchase a day pass to use the pool and the gym, or if you are staying for the month, you can get a membership for around \$260. They sell swim caps and goggles, and you can buy a bathing suit or shorts at the shopping mall just up the road.

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.

Dance Classes

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

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

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

Tennis Courts

Deccan Gymkhana. (Coach) Ajej: Tel: 9049234567

<https://deccangymkhana.co.in/>

Movie Theaters

PVR: ICON Pavilion Mall 3rd floor, 30, Senapati Bapat Rd, Laxmi Society, Model Colony, Wadarvadi, Pune, 411016. Movie theatre in the mall next door to JW Marriott Hotel.

TRAVEL AGENTS/TOUR COMPANIES

For Travel Beyond Pune

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. **Tel:** +91 20 27206163, 9422016185. For trips to Karla and Bhaja caves.

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

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

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

Rathore Reisen Travel: A travel agency co-owned and operated by **Amelia Davis**, a fellow Iyengar Student. Amelia and her partner, Sandeep, have helped plan tours for visiting students both before/after their time in Pune. As a foreigner living in India, Amelia is familiar with the level of service required by visiting students and will make sure your travel is smooth and safe from beginning to end. Contact Amelia for customized tour and travel throughout India, hotel bookings, domestic flights and trains. Website: www.rathoreisen.com **Amelia's contact information:** amelia@rathoreisen.com, Tel: +91 9660952345, Whatsapp: +1-252-814-5665

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: It 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 .

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: 91 9545533329.

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

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.

Car Hire: They provide cabs for airport transfers. They also provide cars for local travel around Pune and out of Pune.

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

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

Mobile Recharge: They recharge prepaid mobile phone cards.

Web Check In: They provide the facility to do web check in.

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

Contact No: +91 9923063370. Email: rootsandwings@gmail.com .

Website: www.rootsnwings.co.in

Address: 1122 Model Colony, Pune 411016.

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.

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."



Beyond Pune: AJANTA AND ELLORA

The comments below are by Iyengar Yoga students. Many of the sites listed are on national and international travel itineraries. Therefore, we recommend also checking the many published tour guides of India and/or the Travel Agents/Tour Companies listed below, which can all help with transportation and accommodation logistics.

Ajanta and Ellora

The caves at Ajanta and Ellora are both UNESCO heritage sites. They are located approximately 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.

Ajanta and Ellora transportation

Ali and his brothers are based in Ajanta and have been running a private taxi business for about 20 years. They have 5 taxis (A/C) that operate between Ellora, Ajanta, Aurangabad and the surrounding area. They know the area very well and can also help with hotel bookings. They speak good English. I strongly recommend them! Ali: 97-66-560617.

Mirja

It is recommended to start with the Ajanta Caves visit if on a 2-day trip. Both cave sites are worth visiting. If time is short and you can only visit one, choose either one – both are good. No hard and fast rule.

There is heavy road construction work planned for another year or so, so expect HOURS of delay compared to GPS timing, from Aurangabad to Ajanta. If possible, use Jeep type of car (4x4). Our driver was not aware of the road conditions and was not happy about the high risk of damages to his car as a result. English speaking driver recommended or alternatively make sure you have a translation app on your phone.

AJANTA CAVES

Keep at least 2 ½ hr. for a minimum visit. Caves open at 9 am. Parking 110 Rs There is a shuttle bus from the parking area to caves - 20 Rs.non AC or 30 w/AC. Entrance 600 Rs. Cash. Flashlight recommended!!! Caves can be very dark inside depending on time of day.

Be prepared to be hassled by vendors with STRONG insistence, right out of the car. If planning to hire a guide, best to start looking for an official government guide near the cave entrance not in the parking area. Throughout the visit there will be many guides giving you samples of their knowledge expecting to be hired. There is one restaurant at the start of the cave with ok food and ok free washrooms.

ELLORA CAVES

Plan a 4-hour trip minimum to visit the entire site. An early start is one option, as caves open at 7 am. If planning on seeing all caves, start with a lovely walk from the entrance to the last cave, breathing morning fresh air, listening to bird sounds ... then starting the visit from that end all the way to the first cave, in the opposite direction of the crowd. 600 Rs. **cash**. CC does not always work due to poor network connection.

There is only one restaurant onsite. Washrooms: 10 Rs. fee. Conditions for both restaurant and washrooms are at the lowest. There are lots of street vendors selling food outside the entrance to the caves, across the road.

A student writes: "AC bus from Shivajinagar 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 3-hour 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."

Another student: "My Indian friend helped book a driver (non-English speaking) and a car for Ajanta and Ellora. 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. I would go back to Ajanta, anytime-the place is so out-of-this-world ethereal and stunning!"

HOTELS NEAR AJANTA AND ELLORA

Recommended Hotel in Aurangabad: The Lemon Tree with Wi-Fi, restaurant, good service. Book weekends in advance. Staff can arrange a car to the caves and a tour if you like. Suggestion: 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** (see more on this shop below). 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.

Hotel: The Fern Residency Aurangabad.

This latest report of an Ellora & Ajanta Caves trip and Aurangabad hotel review was submitted by Ghislaine Atkins at the beginning of 2020.

"The drive from Pune to Aurangabad, leaving Pune at 2 pm took 5 1/2 hours. There was a credit card issue which got resolved but it took 2 1/2 days of communications. It is recommended to pay online when booking w/ credit card. The hotel was western style, modern, well equipped, great food: great breakfast,.and a great "A la Carte" menu. Self-service dinner has more continental food. Safety box in room. Wi-fi works fine or not at all but that is the same in the entire country, from my understanding. Great service. Closer to Ellora (50 minutes-drive) than to Ajanta (real time with road constructions is 4-hrs)."

Kailas Hotel. Tel: 024 372 44446. [hotelkailas](http://hotelkailas.com). If you plan on staying overnight in Aurangabad, this hotel is highly recommended.

OTHER PLACES TO VISIT NEAR AJANTA AND ELLORA

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. Address: Gut No 7, Aurangabad Ellora Road, Nandrabad, Aurangabad, Maharashtra (opposite the Kailas Hotel). 431001, India
Tel +91 240 224 1600

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.



OTHER DAY AND WEEKEND TRIPS FROM PUNE

Hill Stations

*"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."*

A lovely place to stay is **Mount View Heritage Hotel** in **Panchgani**. Regular buses for Mahabaleshwar leave Swargate bus station, and takes 2 hours. 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.
hotelmountview.co.in/hotelmountview/

Karla and Bhaja caves

They are only about an hour and half from Pune, in **Lonavla**, off the Mumbai-Pune Highway. Though not as spectacular as the Ajanta and Ellora caves, they are very interesting. To reduce the cost for all, a day trip for four with an air-conditioned car is recommended. Weekends at 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.

Jejuri

A pilgrimage site, one hour from Pune.

Lonavala

There is a new luxury Hilton Shillim Estate Retreat and Spa up in the Lonavala hills area (about midway between Pune and Mumbai):

"Scenery, food and service were all excellent. It was 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

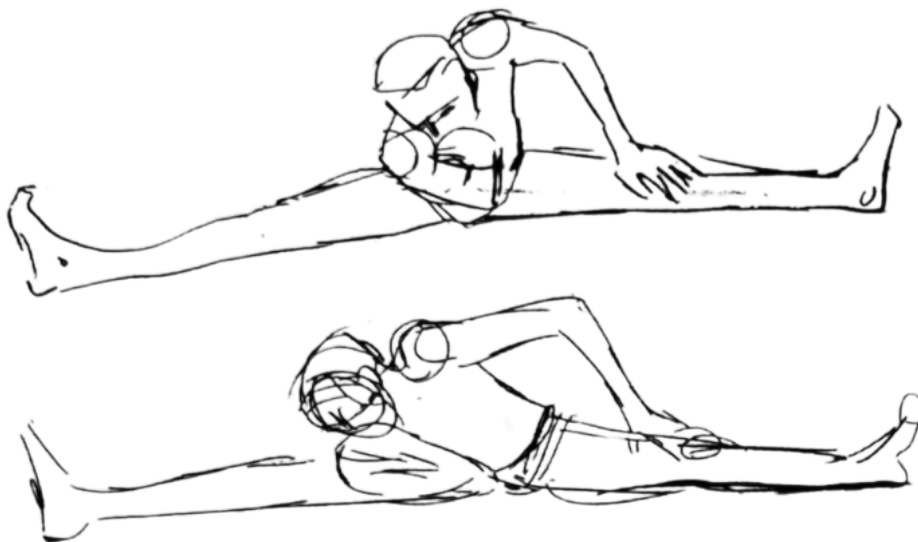
This incredible place to visit is only three hours from Pune. No cars are allowed in Matheran. Walking, horseback riding and man powered rickshaws are the only modes of transportation. The views here rival Hawaii's. There is a 900-foot zip line crossing over a 1000 foot valley — a must try. Laxman Nagu 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. Tel: +91 22 4025 6000.



LONGER TRIPS FROM PUNE

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 More (p.13).

Darjeeling

Drink first flush tea in the Himalayan Alps.

Nashik

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."

Hotel Abhishek: It is within 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.

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.

CURRENCY & BANK INFORMATION

The currency in India is rupees, but it may be difficult for foreign travelers to exchange their local currency into rupees before traveling so be prepared to get cash at an ATM as soon as you arrive. Travelers to India may be restricted in the amount of foreign currency they can bring into the country. Please check a government website before traveling.

Many commercial establishments, such as hotels, department stores, airlines, etc., accept MasterCard and Visa credit cards, but you will want to check if your bank will charge a foreign transaction fee which can be two to three percent. Higher level credit cards (such as Chase Sapphire) do not carry transaction fees.

It is advisable to always carry sufficient cash in rupees for most transactions at restaurants, Internet cafés, small stores, grocers and pharmacies. Even establishments with tap to pay or credit card terminals may not accept an international credit card.

WISE APP (also known as Transfer Wise) is used widely in India but it can be cumbersome to set up on your phone. Be advised that sending money to someone in India through Wise (such as your landlord) will carry a fee, and the amount they receive may be significantly less than what you sent.

Money

Check rupee bills carefully when exchanging money. Reject heavily creased or torn bills, or bills with ink pen writing on them 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 Hare 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 US 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 US, 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 in Pune, dial 020 before the number.

When calling Indian cell phones dial a 0 before the 9.

To call the US 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: Contact **Kunal, Tel:** (91-20) 2565 6134 - From 9 am to 11 am, and from 4 pm to 6 pm, through the week from Monday to Saturday. Closed on Sundays.

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.

eSIM cards may also be available for some phones and carriers. One such company is called Saily (<https://saily.com/>) but check your phone for compatibility.

Buying a SIM card in India

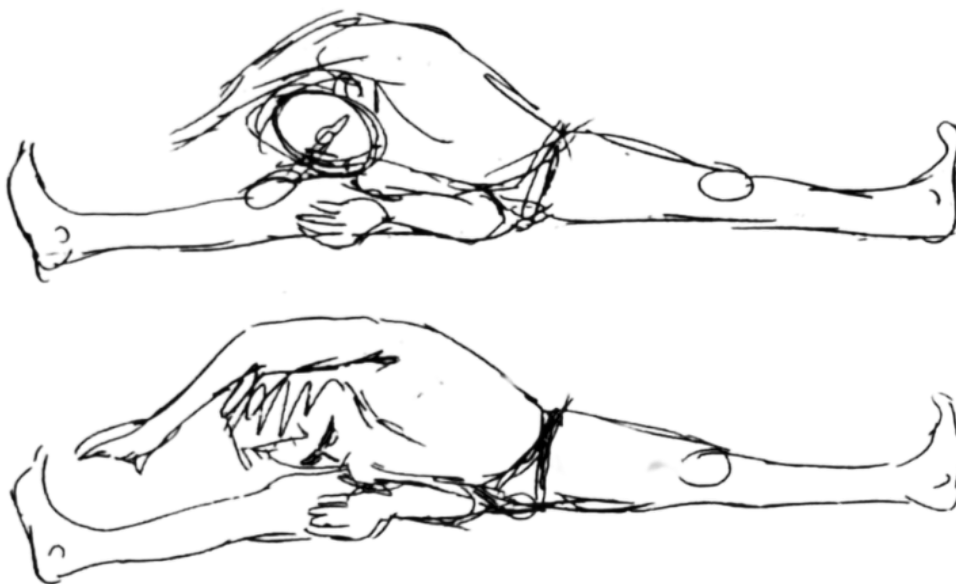
Editor's note: When booking your apartment, ask your landlord or landlady if the apartment has Wi-Fi. If it doesn't, move on! It's common for apartments to offer Wi-Fi these days.

Editor's 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.

Apple Certified Technician

Deepak Gaikwad. Mobile: + 91 9320596632 Email- deepak.gaikwad@rsgi.co.in. Skype ID: deepakpgaikwad. *For any problems setting up your Mac device, Mr. Deepak Gaikwad will come to your apartment.*

RSG INFOTECH PVT. LTD. 107/108, 4th Dimension Building, Near Mehandale Garage, Erandwane, Pune 411004. Tel: + 91 20 3020 5444.



HEALTH AND MEDICAL CONCERNS

The Centers for Disease Control and Prevention (US). Refer to this government website for information on vaccination since recommended shots may depend upon the season. Website: <https://wwwnc.cdc.gov/travel/>

See your doctor about vaccinations and medication. You'll need to get a typhoid vaccine, can be done with two pills, and will cost between \$120-140. You will need malaria pills for ten days more than your total stay in India (so 40 pills if you're going for a month). Insurance may only cover 12 pills and the rest you have to pay out of pocket. This may be only \$40 or \$50, try CVS and use Good Rx for a coupon. You'll need antibiotics in case you eat something and get the runs. Three pills over three days is one course of antibiotics. During mosquito season you may want to bring bug repellent. Deet makes wet wipes which are more convenient to pack than a spray. Bring long pants and long sleeve t-shirts to cover up if needed.

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.

*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 horrible-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.*

Rajiv Mehta shares: "We do have malaria, dengue and chikungunya but there are no vaccines for that. People do tend to get stomach upsets...just be careful and use filtered water. Rabies is not common unless you get dog bites - don't play with stray dogs! Worse situation: if you get bitten then you can go to a local doctor. There is no typhus or yellow fever in Pune".

STAY HEALTHY

Microbiologically, Pune is an exotic environment and to stay healthy one has to take a few precautions.

Of course, wash your hands whenever you can. But getting across town in a rickshaw means you are exposed to some local dust. So, don't pick your nose or rub your eyes. All restaurants have hand washing facilities. Shower twice a day.

Pune has a low incidence of Malaria. But Malaria and Dengue Fever are known to occur, so take precautions and avoid getting bitten by mosquitoes.

Richard Agar Ward says: "The smell of your skin makes a difference to your attractiveness to mosquitoes. One theory is that it is not until you have ingested local food long enough for its odors to emerge on your skin are mosquitoes tempted to pick you out for attention. They usually leave me alone for the first couple of days on arrival in India. People swear by various B vitamins as they emit an odor repellent to mosquitoes. Odomos is effective and one has to remember to keep covered up with it all the time, not just in the mornings or evenings as Dengue mosquitoes bite in the afternoon. There is another theory to the effect that some blood groups are more attractive than others. A, my group is apparently least attractive to mosquitoes and O is very attractive."

Lindsey Clennell: "Malaria aside, mosquito bites can be very uncomfortable. Metal nets on the windows and Mosquito repellents should be used. But the mosquito coils, a sort of anti-mosquito incense that one can burn, do not seem very effective.

The problem with many mosquito repellents is that they are insecticides and a biohazard to humans. When using something like DEET, which is effective, some people only put it on their clothes and hair and avoid putting it on their skin. But plant-based products containing Pacardin (chemically derived from the pepper plant) and others containing insect repellent plant products with a small percentage of DEET can be found on Amazon.

Artemisinin is a traditional plant based anti-malarial prophylactic; it can be taken without problems, started three days before you leave and continued throughout your stay."

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. So are Plug-in repellent diffusers and anti-mosquito creams etc. There is a local one called **Odomos**—it is cheap and seems fairly effective. The only 100% safe repellent is **DEET** - no need for jungle strength, it comes at 50%. Cover yourself up (long sleeves, long pants—like the locals dress) from dusk to evening hours. For international travel, **Off Deet Wipes** are recommended so that you can take a large amount and not go over the 4oz liquid restriction for carry on items.

Dengue

Dengue is a mosquito-borne virus that has rapidly spread in tropical and subtropical 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 clean fresh 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 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 Icanbreathe.com or 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 own 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 rely on, 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 Doctors (New York)

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.

Doctors - Local (Pune)

Dr Prakash Mahajan is located on Nargis Dutt Road, just a five to ten minute walk from RIMYI. His exact location can be found on Google Maps. The clinic is open in the evenings after 6pm and the Institute recommends him as a very good doctor. However, they suggest if he wants to give you an injection, ask for a prescription instead and fill it elsewhere. Phone: +91 81495 65013 Hours vary but open in the evenings which makes him a good option in an emergency.

Dr. B. Sonalker. 1105/7, Hare Krishna Mandir Road, Model Colony, Pune 411016. Tel: +91 20 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 Hare Krishna Mandir Road.

She is located on the First floor of the Florenza building at the end of Hare 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 the occasions they visited her. She charges 200 to 300 rupees per visit.

Dr. Mrs. Madhavi Mehendaly, M. S. D. O. M. (Eye Surgeon) at the Prakash Eye Hospital 759/75/3 Deccan Gymkhana, Behind Good Luck Cafe. Pune - 41100 4. Tel: +91 20 -25677755, +91 20 25676050. "She was wonderful. Saw me after 9pm during the Ganesh Festival. Extracted an object from my eye. Saw me the next day for follow up and I paid about \$12. I thought she was great!"

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 parlor. There is a huge Maharashtra Bank on the opposite side. Dr. Pungaliya is a government appointed doctor. Weekdays: 10 am to 12.30 pm and 6.30 pm till 9 pm. Sunday: 11am till 1.00pm. Cost: 200 rupees per session.

Clinics and Hospitals

Ratna Memorial Hospital is on Senapati Bapat Road (SB Road) not far from the JW Marriott Hotel. Address: 968, Senapati Bapat Rd, Sheti Mahamandal, Shivaji Co operative Housing Society, Ramoshivadi, Wadarvadi, Pune, Phone: +91 20 4109 7777 Hours: Open 24 hours

It is the best hospital in the area and very close to RIMYI. You can see a doctor on call very quickly there, and they have a pharmacy counter in the lobby to fill any prescriptions right away. A recent visit for fever cost around \$30.

Please note: Even if you do not plan to take the medication you have been prescribed, you must purchase it before discharge

Golwilkar Metropolis Health Service, Pvt. Ltd. Medical diagnostics. Address: Construction House, Ground Floor, 796/189B, Bhandarkar Road. Tel: 4100 8200 or +91 20 2566 6612. Email: drgl@metropolisindia.com . Website: metropolisindia.com

Deenanath Mangeshkar Hospital & Research Center, Near Mhatre Bridge, Erandawne, Pune, 411004. Opened: November 1, 2000. 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 hundred rupees. (An MRI starts from about 6000 rupees). Kiran Jadhav is an administrator at the hospital. Mr. Vyavahare is the osteopath.

Ayurvedic Resources

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

Ayur Jyoti: Kerala Ayurvedic Marma Chikitsalayam. Dr. Mini Nair, Tel: +91 20 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 at Rajiv and Swati Chanchani's fall workshop each year. 606, Sadashiv Peth, Laxmi Road, Waman Hari Pethe Building, First Floor. Cell: 989-000-8425. Email: Vishwas.ghatnekar@gmail.com .

Ayur Marma Kerala Ortho-Neuro muscular Care Centre features specialized treatments for all ortho-neural problems, offering yoga, meditation and naturopathy and home grown organic food. The motto is Healing Naturally. Located at Kharghar Road. Distance from Mumbai International Airport is 81km (2 hours) in the Pune direction. ayurmarma.in

Jeevana Kerala Ayurvedic Clinic. Model Colony. Opposite Symbiosis. Dr Priitha (Studied for 5 years), and her husband, Dr. Vinod Nair (studied for 7 ½ years with a guru. There are only 40 doctors like him in India.

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: +91 20 2517 1247/1501. Email: info@karehealth.com . Website: 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 Ganpati Temple, Pune 411030. Tel: 91-02-2446 7952. Dr. Vasant Lad, a world famous 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.

Punarvasu. A self-contained 24-hour ayurvedic hospital/clinic. At the end of HKM Road, just before the Lalit Mahal Restaurant. Tel: +91 20 2566 0066

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, hemorrhoids, 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. 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."

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: +91 20-244 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.

Vd. Ashish Pitale. Shree Ayurved Clinic & Panchakarma Centre, Flat #103, Monoplex Plaza, Deep Bungalow Chowk. Model Colony, Pune near HDFC Bank, above More Market. Cell: +91 9923292035.

From a student at RIMYI: "He is not a spa. He treats specific conditions. He worked on my shoulder — a 30-year old bicep tendon injury that I re-injured just before coming to Pune. It has strengthened considerably as a result of his treatment and daily yoga work."

Dr. Sanjay A. Dhurve. MD (Ayu.) Ph. D. (Sch.) Consulting Ayurvedic Physician & Asst. Professor in Bharati Vidapeeth College of Ayurveda & Hospital, Pune. Ex Formulation Development Researcher in Franco-Indian Pharmaceutical Pvt. Ltd. Mumbai. Shop No. 13, Pune Apartments, 526 Narayan Peth, Opp. Modi Ganpati, Pune 411030. 6:00pm to 9:00pm (appointment only).

"A caring, local, inexpensive ayurvedic doctor."

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

In addition to Dr. Phatak, I was also treated by a massage therapist, likewise a very attentive and excellent practitioner. I highly recommend Dr. Phatak. Her clinic is a little out of town, but the trip is very much worth it. Plus, you get to see another part of Pune.

Dr. Manoj and his wife Dr. Yogita, also an Ayurvedic doctor, of the Bhagirathi Ayurveda Centre. Bhagirathi Ayurveda Centre: <https://bhagirathiayurveda.com/about-us/> Tel: +91-9021-255-057. contactus@bhagirathiayurveda.com

"I originally met them both when they came to Japan to do workshops last year. I interpreted for many of their sessions and also private consultations. I was impressed with their warm manner and very informative workshops. I also visited their clinic in Pune when I was there in Nov/Dec and got Panchakarma treatment from them. I was very satisfied with the treatment. They are a lovely family and provide top quality service, so I wanted to introduce the Iyengar community to them as I feel both sides will benefit."

Some points of interest:

Dr Manoj is a professor at the leading Ayurvedic University in Pune.

They not only provide the full lineup of Ayurvedic treatment, they also offer "professional programs for non-medical people as well as health professionals in various branches of Ayurveda like Massage, Panchakarma therapy, diet, cooking, herbal compound preparations, Yoga, etc."

They treat as other Ayurvedic doctors do in Pune –**Dr. Manoj** treats the men and **Dr. Yogita** treats the women.



Massage, Naturopathy, Homeopathy

Mrs. Swati Sant. Ayurvedic massage or a facial. Tel: landline: (+91 20) 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: +91 20 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: jeevana.in. Shivajinagar 1076/13 Vidya Vihar Colony, Near E-Square Theatre. Tel: +91 20 64001986/25664485. It is quite expensive but well worth it if you feel like a good treat."

Naturopathy

National Institute of Naturopathy. Tel: +91 20 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: 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: +91 20 2115 0932.

Nileema Dhoble Homeopath and Bach Flower consultant (has listings in accommodation section too). Tel: +91 20 2565 7016. Cell: 98220 92942, 1102 A/2, Lakaki Rd., Model Colony, Shivajinagar, Pune 411016. Across the street from Hotel Chetak. Website is homeopathypune.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.

Other Therapies

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

Physiotherapy: Dr. Anand Gangwal (Australian-trained physiotherapist), specializes 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: +91 20 2567 7949. Email: kale@vsnl.com. Status Health Club Building, Bhandarkar Institute Road, 791 Shivajinagar, Pune 411044.

Also ask **Chitra** (see Apartments) for a recommendation. Tel: +91 20 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: +91 20 2567 1583. Hours: 4 pm to 9 pm.

Also highly recommended Dr. Suvarne Nene (female – gives lectures in Hong Kong). Tel: +91 20 25521434 at Aesthetix Dental Clinic & Implant Centre, 1262 J.M. Road, Prestige Chambers, Opposite Sai Service, Above Hotel Mathura, Pune 411004.

Dr. Nanda at Nanda Dental Care. For implants, cosmetic dentistry and orthodontics. Two locations one in Camp and the other in Koregaon Park. Tel: +91 20 26345791/ 26345792. Email: mydentist@nandadentalcare.com Web: dentistpune.com

Dr. Pingale and his daughter, Mallika Pingale: *"I have had a new tooth inserted, a bridge and several crowns done in this clinic in Pune. I was there two years ago and found the work done excellent, and therefore this year decided to have some old amalgam fillings taken out and replaced by new fillings and crowns."* **Dr. Pingale** and his daughter, **Mallika Pingale**, are both highly skilled and are doing excellent work.

Pingale Dental Care Center. 514-516, Aurora Tower, East Wing, 5th Floor, M.G. Road, Camp, Pune-411001
Telephone: +91-20-2613 1027, 26131424, 26050449
Email: drpingale@hotmail.com, pingaledentalcarecentre@gmail.com, drmallika23@gmail.com

Prudent Dental Clinic #Kalyaninagar

"Now you don't have to think where to go for any dental Problem".

For appointments call: 8550999631

Smile-Aid Centre, Dental Health Services, 2 Yogini Apartments, 1038/7A Gokhale Road, Next to LDK Ladies Hostel, Model Colony, Pune 411 016 Tel: 020 2566 3357 / +91 9271 23 6023 Email: smile4ever@smile-aid.com

Optometrists

Len's Eye. One of the 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.

Optikos. Located less than 100 meters west of Deep Bungalow Chowk (aka Deep Bangla Chowk, intersection of Gokhale and Chaturshringi Rds.). Gokhale Rd, Model Colony, Pune. +91 91584-86908

Titan Eye Plus. 1187 Motwani Chambers (Opposite FabIndia) JM Road, Shivajinagar, Pune 411005. Telephone: +91 20-25511000. Cell: 8600009889. Email: tpjr@titan.co.in
"Mosin and Shani are very helpful."

John Jacobs. Highly recommended. Iyengar yoga teacher Janice Noguchi purchased 2 pairs prescription sunglasses here for 5, 560 Rs. No drama. No problems. Great service!
Address: 430A, Shop No. 5, Second Floor, The Pavilion Mall, 1 Senapati Bapat Rd, Next to JW Marriott Hotel, Pune, 411016.

Veterinarians and 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: +91 20 25657865.

Ellie's 4 Pet Foster. If you want to take an animal home, and need a shelter until the time comes. She has a house vet too:
facebook.com/4pawsofficial. Mobile: 91 9766221132.

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 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 Project** volunteers have taken it upon themselves to survey local dogs, organize sterilization, co-ordinate surgeries, assist the sterilization and 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 your donations to: Suzie Muchnick, 461 Carica Road, Naples, FL 34108. USA.

OTHER USEFUL SERVICES

Sanskrit

Dr. Bahulkar. Tilak Maharashtra Vidyapeeth. Tel: +91 20 2447 2774. Dr. Bahulkar can find an appropriate teacher for you depending on your level of Sanskrit.

Shilpa Sumant. Tel: +91 20 2546 4033. A-10, Manmohan Society, Lane No. 2, Karvenagar, Pune 411052.

Sanskrit Bharati: Mr. Madhav Kelkar. Sanskrit conversation. Tel: +91 20 2445 3358.

Hindi

Learn Hindi from anywhere, at a time that suits you with **Krishna**. She was studying at RIMYI until June, 2016 after which she can be in voice touch with you online for the lessons. She offers a comparative study of Hindi language, its correct pronunciation, and grammar. Her fees are reasonably priced. krishna.kedia@gmail.com.

Lawyer

Vikrant Shinde. Consultations on (among other things) how to legally ship ayurvedic herbs from India to the USA.

Vedic Astrology

Mr. C. K. Kutty. Tel: +91 20 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: +91 20 2613 9167.

Mr. Bharat Doshi. Galaxy Network, for computerized astrology charts. Basement shop. No. 121, Clover Centre, near West End Theatre. Tel: +91 20 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 your birth to obtain your chart. It isn't necessary to get the deluxe version; the basic chart is all you need.

Prakash Ashoka Walia. "Wonderfully sweet" gemologist/astrologer, located at Pleasant Apartment, 15th Lane, Prabhat Road, Pune 411004. Tel: +91 20 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."

Beauty Clinics

Chez Somya, hair and beauty salon and spa. 170 Dhole Patil Rd, Pune 411001. Tel: +91 88062 68001. Walkable from FabIndia (Camp Branch).

Gazelle. 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. gazellepune.com

Sheela's Beauty Clinique. 26, Sagar Arcade, F.C Road. Deccan Gymkhana, Pune 411004. Tel: +91 20 25510435. Email: sheela.madhumal@gmail.com

Social Forestree: Near PYC Hindu Gymkhana : excellent organic skin and Hair essentials

Address: Mayur Apartments, shop no. 2, opp ICICI Bank, lane, 9, Bhandarkar Rd, Deccan Gymkhana, Pune, Maharashtra 411004, India
<https://socialforestree.com/>

Totally Twisted. 1103, A/14, Gurukrupa Bungalow, 1st Floor. Opp. Vidya Bhavan School, Main Gate. Lakaki, Model Colony, Pune 411016. 10 am to 7 pm. Monday closed. Only through appointments. Email: t2.totallytwisted@gmail.com. Tel - 0 989000 5551, 9890303636.

Urvashi Beauty Parlor. 1221/B3, Pushpak, Wrangler Paranjape Road, Shivajinagar. (As you exit the Vaishali restaurant, 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: +91 20 25535657, 9226329735, 9850956712.

Stella Beauty Parlour, 3b 1st Floor Rajnigandha Apts, Model Colony, Pune - 411016 (Opp IDBI Bank Near Om Super Market) 11 am to 10 pm.

Highly recommended: Hair Affair, A Complete Family Salon. Hair, Skin, Beauty, Nails, Body 1333/FC Road, Shop No. 2/3, Nirekar Apts, Opp Zudio, Model Colony, Shivaji Nagar, Pune - 411016 Email: hairaffairuni@gmail.com, Hairaffairprofessionnal@gmail.com www.hairaffairprofessional.com +91 9822 16 7575

Spas

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

Spa at **Hotel Ista**, 88, Nagar Road, Yerwada, Adjacent to Aga Khan Palace, Pune, 411006. Tel - +91 20 4141 8888. Website:

istahotels.com/hotels-pune.aspx Spa:

istahotels.com/istapune/pune-spa.aspx (Even their Thai restaurant Baan Tao is amazing).

JEEVANA Ayurvedic Treatments and Spa (with several locations)
1076/13, opposite Symbiosis distance learning center, Vidya Vihar Colony,
Shivajinagar, Pune, Maharashtra 411016, India **info@jeevana.in**

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: rujalmehendi.com

Himalaya Products Store

Indian "natural cosmetic" brand. A store is on Garware 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 Studios

Prana 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-ceiling 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. 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. Address: 9th Floor, Bajaj Brandview, Wakdewadi, Pune - 411003. Tel: +91 20-66482200, +91 20- 66482222. Mobile: +91-9890234440 Email: prana.amitpawar@gmail.com. Website: prana-hyc.com.

Abhay Javakhedkar IYENGAR YOG SADHANA was founded way back in 1978 when Abhay's father told Guruji that his family would be moving to a new Bungalow in the suburbs of Pune. Guruji responded that as it was an up and coming area, it would be a good place to begin Iyengar Yoga classes. Abhay and his parents began teaching classes in their living room in 1988. They moved the classes to a newly built space on first floor in 1994, then extended it to include a small office (with magic column and window) in 1998.

Abhay and his parents are long time students at RIMYI. Abhay is still to this day a regular assistant in the medical classes.

"After I settled down, with the help of not only my parents but also my wife Shivangi, we built an Institute, and now as with God's grace and Guruji's blessings, we moved to a new well equipped and spacious hall in 2015. By God's grace and with Guruji's, Geetaji's, and Sunitaji's blessings and Abhijata's good wishes, Iyengar Yog Sadhana is popular among Indians and foreigners even in advance studies."

Address: **Abhay Javakhedkar, Iyengar Yog Sadhana**, 10 "Vishal" Harshad society, near Karve Statue, (opposite Rahul Nagar), Tridal Hanuman Temple Lane, Madan Talathi Road, Kothrud, Pune 411038. Cell phone: +919422015156
abhayvj@gmail.com

Find them on the map on following link:

<https://q.co/kgs/z8jqER>

Rajeshree Tupe, certified senior Iyengar yoga teacher, also holds a Diploma in Ayurveda. She was a student of BKS Iyengar and Geeta Iyengar

for over two decades. She is also a long-time student of Prashant Iyengar. Her teaching style combines a unique blend of three brilliant teachers. Her early days at the Ramamani Iyengar Memorial Yoga Institute (RIMYI) kindled the fire of Yog and the gifts of the practice ignited a desire to share the teachings of this system. She began teaching after experiencing the tremendous healing and balancing power of yoga after the birth of her first child. Her zeal for the subject and the desire to share her knowledge culminated in the birth of 'Shriyog Institute of Iyengar Yoga.' She has conducted many workshops abroad. Notable among these are:

- Yoga Heart Studio – Houston
- Iyengar Yoga Association of Greater New York
- Hindu Temple, Albany
- Iyengar Yoga Institute, San Francisco
- Yoga Ashram, Dubai
- Mphasis Global Summit, Dubai
- Karuna Yoga Studio, Northampton
- for Art of Living retreat conducted at Al Marjan Islands, Dubai

Rajeshree can be contacted at +91 9850950949 /020 66203714.

Email: shriyog3@gmail.com

APPENDIX

MUMBAI

RAMAMANI IYENGAR MEMORIAL YOGA INSTITUTE - 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: hotelaircraft.com .

Airport Inn Deluxe Hotel. Shradhanand Road, opposite NavinThankar 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.

Hotel Apollo. Brightland Building, Lansdowne Road, behind Regal Cinema, Colaba, Mumbai 400039. Tel: (91-22) 2287 3312. Fax: (91-22) 2287 4990. Email: hotelapollo@vsnl.com.

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

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.

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

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.

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.

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: 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: seagreenhotel.com.

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

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: tajhotels.com .

VITS is a great Indian hotel chain; 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

Ambassador Restaurant. Tel: 2204 1131, Email: sales@ambassadoreindia.com

China Garden Restaurant. Tel: 2363 0842

Gaylord Restaurant. Tel: 2614 7041/2

Jazz by the Bay Restaurant. Tel: 2284 0232/0053

Khyber Restaurant. Tel: 2267 3227/8

Lings Pavilion Restaurant. Tel: 2285 0023/4

Mandarin Restaurant. Tel: 2202 3186; 2284 8214

Ming's Palace Restaurant. Shahid Bhagat Singh Road. Tel: 2287 2829; 2284 1432

Friends Union Joshi Club Restaurant. 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.

Highly recommended for those who need a place to stay for one or two nights on their way to (or from) Pune. **Ginger Hotels** is a business hotel chain that has extremely reasonable rates. Their hotels are clean and well run.

There is one in Andheri West which is located near Mumbai railway station and Mumbai International airport: Teligali Parsi Colony, off Western Express Highway, Andheri East, Mumbai 40069 4.

<https://www.gingerhotels.com/ginger-mumbai-andheri-east> .

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: 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. Tel: 91 22 6699 2222. Fax: 91 22 6699 8888. 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 (US): 1 800 0426 3135. Email: reservations.mumbai@theleela.com.

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

Hotels near the Mumbai Domestic Airport

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

ISKCON 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.

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

Also check: indiatravelinfo.com and india-travel.com for more hotels in Mumbai, or email services@qiasdl01.vsnl.net.in.

