



**MANOHAR PARRIKAR**  
CHIEF MINISTER, GOA

I congratulate 'YUVA' on completion of 5 successful and excellent years.

YUVA's tireless efforts to help society are commendable. The organization has been conducting various activities like football camp, health camps, Swachh Bharat, tree plantation, sports and cultural activities from time to time.

I am proud of 'YUVA' and its members for setting up a benchmark for youth in the city by winning prestigious Goa State Best Youth Organization Award. I would encourage the members of YUVA to take up more activities for the benefit of the society.

A handwritten signature in black ink, appearing to read 'Manikar'.

(Manohar Parrikar)





**SIDHARTH KUNCALIENKER**

'YUVA' – a young organization of 5 years has been carrying out yeomen service since its inception. Your programmes of creating awareness regarding cleanliness, providing health care for residents of Panaji, coaching facilities for children and caring for elderlies are well conceptualized.

I take this opportunity to wish 'YUVA' all the very best for future.

Sidharth Kuncalienker



### **PRESIDENT SPEAKS**



It's 5 years for YUVA today & I am very happy to see how a dedicated group of youth , our YUVAITES , have taken this young organization to great heights winning laurels , titles & awards for all the good work done in society . Kudos to these members who have matured to do selfless service to humanity. YUVA is an example of how young people can use their energy , dynamism & vibrant thoughts for the welfare of fellow human beings and bring about a change in the lives of so many around us .

Today, we are releasing this booklet which will come handy especially in times of sickness, accidents and other testing times in the lives of people . We hope it will go a long way in alleviating the painful moments of you & your near & dear ones . We will update it in the years ahead with even more data .

**WISHING EACH & EVERYONE, TIDINGS OF THIS  
FESTIVE SEASON & A VERY HAPPY, HEALTHY AND  
PROSPEROUS NEW YEAR 2018.**

**Dr. Rufino Monteiro**



**SECRETARY NOTE**



# **Raghu note**



### ADVISORS

Ashish Nagvekar  
Ashok Patil  
Gauri Shetye  
Menino D'Cruz  
Mihir Agshikar  
Milind Shankhwalkar  
Nagueshrao Sardessai  
Narayanrao Nagvekar  
Nilesh Vaigankar  
Nandish Karmalkar

Nitin Sawant  
Prashant Naik  
Pravin Sopte  
Sanjay Prabhu Chodnekar  
Shantaram Naik  
Shekhar Degvekar  
Shubham Chodankar  
Sudhir Naik  
Umesh Madkaikar  
Vanita Bhingi

### MEMBERS

Achut Mahale  
Akhil Prabhu Verlekar  
Aishwariya Sinari  
Amey Shanbhag  
Anirudh Madkaikar  
Diksha Shetye  
Granthali Bhingi  
Kedar Patil  
Maitheli Pednekar  
Manjit Pednekar  
Nikhil Kamat  
Pranav Prabhu Parrikar  
Preetesh Kerkar  
Radiya Mahale  
Raghuvir Mahale

Ravi Kamat  
Ravi Naik  
Ravish Shetye  
Richa Madkaikar  
Saidutt Kamat  
Sainath Uskaikar  
Sarvesh Shetye  
Shashank Sukhthankar  
Sradha Sinai Lotlikar  
Shawn Mendes  
Sherwin Mendes  
Shripat Mauzo  
Siddhesh Naik  
Shaileja Chopdekar  
Tanmay Laad  
Viren Mahale



### **YUVA : An Inspirational Force**

YUVA is an NGO for legal purpose but their activities are beyond those strict formatted criteria. This is a rare organisation that is inclusive and touches every aspect of social life be it organising art & cultural activities or catering to medical needs or even extending their support for larger national cause etc.

Lead by prominent medical practitioner from Panaji, Dr. Rufino Monteiro as the President and mentor, besides YUVA's founder and force behind all the activities, National Awardee Raghuvir Mahale Purohit, the organisation has a huge team of dedicated members, selfless volunteers, experienced advisors and well-wishers spread across the social spectrum.

Largely run by youth, the organisation has gone on to touch the hearts of every section of the society. Attempting to tap the talent in children, YUVA organises various competitions and programs such as drawing contest, fancy dress competition etc wherein their abilities are identified and exposed. Besides this, the organisation believes in bringing the young ones out on the field for physical activities. YUVA has been unfailingly organising football training sessions, during their summer camp, for last several years.

Commitment to the society is ingrained in the organisations DNA. Socially responsible and committed to the service of all in general and aged in particular, YUVA quite regularly organises free medical camps and blood donation drives besides special medical camps for the aged.

YUVA acknowledges and felicitates individuals, from various



fields, for their contribution in their respective sector and honours the aged from the locality.

YUVA, a truly secular and liberal organisation, facilitate in organising multi-faith prayer meets wherein a sense of brotherhood is develops and kinship gets enhances.

The organisation has stamped its mark in the creative field as well by winning various state level awards for creating creative and innovative Ganesh Idols. Last year saw YUVA catapult itself onto the national scene by setting a world record for making a 12 feet eco-friendly Ganesh Idol in the heritage precinct. YUVA converge mechanics, technology and art with an aim to create a friendly confluence of best available expertise. This also draws the society into a cohesive entity and brings in equality.

YUVA has been decorated with the Best Youth Organisation Award at District level by Nehru Yuva Kendra Sangathan, Ministry of Sports and Youth Affairs, Govt of India followed by Goa State Best Youth Organisation Award by both Nehru Yuva Kendra Sangathan as well as Directorate of Sports and Youth Affairs, Govt of Goa. And now National Award for Best Youth Organisation has been declared. making it a force to reckon and an example in youth power and capabilities.

It has reached a commendable level; however, with the potential wealth of talent it is pregnant with, we can safely expect it to hit the global trajectory in the immediate future.

**- Naguesh Rao Sardessai**





## EMERGENCY

### Hospitals

Healthway Hospital	0832-242 4966
Manipal Hospitals	0832-300 2500
Military Hospital	088613 24089
Ghanashyam Govind Kamat	
Memorial Hospital	0832-243 5727
T B & Chest Diseases Hospital	0832-222 5088
Dr. Rajadhyaksha Hospital	0832-222 0335
Vision Care	077220 06688
RG Stone Urology &	
Laparoscopy Hospital	0832- 664 0664
Indus Health Plus P. Ltd.	9552515210
Om Urology	0832-223 2167
Mapusa District Hospital	0832- 222 5540
Visage Cosmetic And	
Implant Dentistry	9970324951
Kaisare Eye & Dental Hospital	0832-2424517
Campal Clinic	0832-2421600
Dr. Suresh Dubashi	0832- 6711412
CMM Clinic	0832-2225918
Kamat Maternity & Surgical Hospital	0832-2465482
Kenkre Health Centre	0832-2445483

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**Pharmacy**

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<b>Hindu Pharmacy</b> Rua Cunhaz Rivara Road, Opposite Municipal Garden, Panjim, Goa 403001	0832 222 3176
<b>Apollo Pharmacy</b> Shop No-5, Inam Complex, Opp Don Bosco School, Panaji, Goa-403001, GOA, 403001	0832 242 2285
<b>Jeevan Rekha Medical Stores</b> GS-19/20, Padmavati Towers, 18th June Road, Panjim, Goa 403001.	0832 243 5946
<b>Farmacia Universal</b> Mala, Altinho, Panjim, Goa 403001	0832 222 3740
<b>Farmacia Salcete Panaji</b> Shop No. 74, Municipal Building, 18th June Road, Panjim, Goa 403001	098239 00154
<b>Kamal Chemists &amp; Druggists</b> Shop No. 1, Municipal Market, Panjim, Goa 403001	0832 222 4264
<b>Farmacia Ananta</b> Dr Pandurang Pissurlekar Rd Opposite Corporation of City of Panaji (CCP), Panjim, Goa 403001	0832 222 5488

**Expert** 0832 222 1555  
Santa Inez, Panjim, Goa 403001.

**Damodar Medical Stores** 0832 243 8205  
2, Kamat Complex, Tonka, Miramar,  
Panaji, Goa, 403001.

**Rohan Medical Stores**  
Patto Centre, Panjim, Goa 403001

**Menezes Polyclinic** 0832 222 5918  
Off Fr. Agnelo Road, Altinho,  
Panjim, Goa 403001.

**Arun Medical Stores** 0832 243 1816  
Shop No. 9, Kamat Centre,  
Dayanand Bandodkar Marg,  
Municipal Market, Ozari,  
Panjim, Goa 403001.

**Kottakkal Arya Vaidya Sala** 0832 242 1022  
S/46, Kamat Arcade, Av. Teófilo Braga,  
Near Ganesh Temple, Electricity Colony,  
Santa Inez, Panjim, Goa 403002.

**Vaman Patanjali Arogya Kendra** 0832 222 1655  
Shop No. F2, Asha Building,  
Opp. Neha Pharmacy, Mala Panaji,  
Tiswadi, Panjim, Goa 403001.

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**Blood Banks**

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<b>Blood Bank</b>	0832-2458724
Bambolim-Goa	
<b>Indian Red Cross Society</b>	9538317550
18th June road, Panaji-Goa	

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**Voluntary Blood Donors**

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**A+VE**

Mr. Mihir Zo	9673117614
Mr. Sunil Kumar	9371612088
Mr. Kamlesh Gorule	9975106121
Mr. Oswin Colaco	9960401716
Mr. Mollet De Sa	9822129198
Mr. Luis Azavedo	8554992721
Mr. Amit Jadye	9545580272
Mr. Prashant Naik	9881602211
Mr. Caetano Dsouza	9823151511
Mr. Darryl Dsouza	9689939826

**O+VE**

Mr. Dipak Kunduskar	8806990360
Mr. Kalpesh Colmencar	9405921540
Mr. Vivian Desouza	9767113287
Mrs. Sujata Monteiro	9404311995
Mr. Tukaram Khandeparkar	9822980434
Mr. Russel Dsouza	7218096189
Mr. Viren Mahale	9049018594

Mr. Mayur Tirodkar	7057074406
Mr. Priyadarshan Phadte	9372838700
Mr. Khemu Gaude	9823272019
Mr. Pavan Jha	9422637960
Mr. Hendry Fernandes	9850475015
Mr. Yeshwant Desai	9823869823

**B+VE**

Mr. Johnson Estrochio	9822169039
Mr. Shaish Palyekar	9922569159
Mr. Freddy Saldanha	9325379264
Mr. Akshay Naik	9823147808
Mr. Sanjay Kalangutkar	9673597945
Mr. Yogesh Dabholkar	9765948300

**AB+VE**

Mr. Vijaykumar Patil	9922959676
Mr. Sherwin Mendes	7507392729
Mr. Shanti Bhusan	8605412428
Mr. Vaibhav Kerkar	9657711966
Mr. Kevin Mascarenhas	9673244873
Mr. Emmanuel Dsouza	7083060642
Mr. Sudeep Poojary	9561045319

**A-VE**

Dhondiba Shivangekar	9403578839
Mr. Zeeshan Aga	9158977729

**O-VE**

Mr. Blaise D'cruz	9822980346
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**Pharmacies Open 24hrs**

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**Goa Antibiotics Pharmaceutical Ltd**  
(GMC), Bambolim 08322458590

**Wellness Forever Chemists &  
Lifestyle Store**  
Gurudatta Apartment, M.G. Road,  
Opposite Alfran Plaza, Panjim – Goa. 08322424884  
0832 2424885

Pradnyan Medical Store  
Chemist & Druggist 9921770772  
(Free Home Delivery Service 8805556868  
Anywhere In Goa)

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**24/7 Ambulance Services**

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Mr. Sushant (Bunty) 24/7 Service 9421989954  
70303889555

Dr. Fenton DeSouza  
(911 Ambulance Service) 8208658528

Medha Parrikar Ambulance Service 9422442102

## **PUBLIC UTILITY**

### **Veterinary Doctors**

<b>Tailwaggersz Pet Hospital</b> , Panaji	9822159090
<b>Dr. Chawlas Pet Clinic</b> , Porvorim	9011951421
<b>Dr. M. V . Jithin</b> , Porvorim	8937855091
<b>Dr. Suvarnaraj Goankar</b> , Caranzalem	9881656692
<b>Pet Concern Clinic</b> , Porvorim	9923000253
<b>Estibeiro Pet Clinic</b> , Porvorim	0832-2417827

### **Police**

Police Control Room	100
	0832-2428400
	0832-2428488
Women Help Line	1091
Child Helpline	1098
Dr. Mukesh Chander IPS - DGP, Goa	0832-2428073
	7875756001
Shri. Umesh Gaonkar - SP (North)	0832-2423606
	7875756007
Shri. Shekhar Prabhudessai - SP (South)	0832-2732218
	7875756009

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**Petrol Pumps**

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Bharat Petrol Pump Near PDA, Mala-Panaji	0832-2226605
Oasis Petrol Pump M.G. Road, Near Don Bosco High School, St. Inez, Panaji	0832-2225503
Bharat Petroleum- GMS Contoco & Bros Opp. Ferry Point, Ozari Panaji-Goa	0832-2223987
Hindustan Petroleum Rua De Ourem, Mala, Panaji- Goa	0832-2225361
Heera Petroleum NH-17 Highway, Panaji - Goa	0832-2438504

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**Plumbers**

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Jakati Meeru	9834365586
Devashish Morajkar	9637759537
Pradeep Prajapati	9158372647
Amit Tiwari	9823209498
Ansarul Malik	8805632686



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**Taxi Service**

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Tristar Travels	098221 00646
Aadarsh Taxi Service Panjim	083295 77211
GOA 365 TAXI SERVICE	090112 23864
Goa Taxi Service	08329577211
Raja Car abd Taxi Services, Panaji	9923665717
Goa KGN Travels, St. Inez	8390959773
Sanjay Taxi Services, Panaji	9822183934
Sai Samarth Travels, Panaji	9578553672
Arsh Tours and Travels, Panaji	8007177814

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**Car Towing Services**

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Wheel on Road, Panaji	9303666161
RRA Hydraulic Towing Services, Panaji	7558220505
Gavli Towing Services, Caranzalem	9158732003

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**Snake Catcher**

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Sainath Shirodkar GFD All Goa	9422062880/ 2265772
RFO - Campal GFD	2228772/ 2229701
Aaron Fernandes GCR North Goa	9850560560
Sanket Naik VEA Pernem	9421239791
Amrut Singh ARS Bicholim	9422062503/ 2363803
Anand Dalvi ARS Bicholim	9923528080

Vivek Parodkar VEA Sattari, Bicholim	9423600333/ 2369387
Deepak Gawas VEA Satteri, Bicholim	9421248643
Kedar Kanekar ARS Satteri, Bicholim	9324857453
Chandrakant Shinde VEA Sattari, Bicholim	9420159497
Sagar Kambli GCR Bardez, Tiswadi	9823937930
Mario Fernandes GCR Bardez, Tiswadi	9923667665
Anand Melekar ARS Satteri	9764681913
Sunil Korajkar GCR Bardez	9822123042/ 2253715
Rahul Alvares, Bardez	9326115883/ 2278740
Nitin Sawant WWF Bardez	9822483535/ 9823915208/ 2414278
Oldrin Pereira NNC Bardez	9850450120
Arnold Noronha VEA Bardez	9420685641
Ramesh Zamekar VEA Bardez	9923306455
Sharad Chari NNC Bardez	2293193
Mario Cavallari ARS Bardez	9822166175
RFO - Bondla GFD Ponda	2610022
Surel Tilve ARS Ponda	9422058590/ 2335078
Dilip Naik, Ponda	9823229378/ 2316492
Kamlakant Parab PFA Ponda	9822130598/ 3207920
Dilesh Hazare ARS Ponda	9422453437/ 2340609

RFO - Margao GFD South Goa	2750246
Julio Quadros --- South Goa	9822152010
Sudan Naik ARS Mormugao, Salcete	9822387347/ 2550898
Pankaj Lad VEA Salcete	9372109987/ 2751308
Neelam Khomarpant GCR Salcete	9822123868/ 9822123042
Philip Fernandes --- Salcete	9822986505
Clinton Vaz WLG Salcete	9890936828/ 2736828
RFO Mollem GFD Sanguem	2612211
Satish Poinguinkar ARS Canacona	9421244555
Paresh Porob GFD Canacona	9822157139

#### Doctors

Dr Rufino Monteiro	098221 00328
Dr. Eugene D'Silva (Obstetrician-gynecologist)	0832 242 6728
Dr Brenda Nazareth Menezes (Dermatologist)	0832 246 3023
Dr Mrs Uma Vishal Dubhashi (Dermatologist)	0832 652 0885
Dr Shamin S Kudchadkar	0832 222 2114
Dr Deep B Bhandare (Orthopedic surgeon)	0832 242 3811
Dr. (Mrs) Lilia Sequeira	0832 242 2688

Dr Ajay M Vaidya	0832 222 4805
Dr. Bossuet Afonso(Surgeon)	098224 87274
Dr. Ulhas S Kaisare	0832 222 6517
Dr. Vishal Dubhashi	0832 652 0885
Dr Vivek M Sardesai	098226 89006
Dr. Vidya Sardessai	0832 222 8743
Dr. Sushma P. Kirtani (Pediatrician)	098221 23198
Dr. Sandeep S Sanzgiri (Otolaryngologist)	094223 89379
Dr Alka V Prabhudesai (Ophthalmologist)	0832 222 5699
Dr. Kamat Ajit Jayvant	0832 246 5482
Dr. K.H. Mahatme	0832 222 7022
Dr Kedar Padte	0832 222 0592
Dr Ajoy Estibeirol	0832 246 3185
Dr Neha Tarna Khadpe (Obstetrician-gynecologist)	090493 43251
Dr Meena Bhadauria	0832 242 6519
Dr. Harish Peshwe	098224 87274
Dr Brahmanand Cuncolienkar	0832 222 6012
Dr. Ritisha Kenkre	0832 222 2671
Dr Vidya Sanjay Sardesai	0832 222 8743
Dr A Prabhu Dessai(Psychiatrist)	090966 60920
Dr.S. Pinky Paliencar	096040 02276
Dr. Mrs. Jocelyn De Souza (Obstetrician-gynecologist)	098221 32463
Dr Anil S Sardesai (Obstetrician-gynecologist)	0832 222 3927
Dr Pedro Monteiro	0832 222 0217

Kudchadkar Dr Mahendra S	0832 223 5005
Dr. Mrs. Elvira Dias (Women's health clinic)	0832 222 4642
Dr Ratnaprabha Ramesh Dhume	0832 222 3662
Dr. Preethi Pereira(Pediatrician)	095615 80309
Dr Bandodkar A A (Cardiologist)	0832 243 8687
Dr Vishal Dubhashi	0832 223 0025
Dr Vardhan S Bhobe	0832 242 6850
Dr Abhijit S. Kamat	098224 86357
Dr. Tejas Kamat (Diabetologist)	091678 86830
Dr. Veena Angle	098600 44153
Dr Ravindra G Chodankar	0832 241 7417
Naiyan Dr Dayanand	0832 222 3927
Veljee Dr Brenda	0832 222 4826
D Souza Dr Anna Cecilia	0832 222 6122
Dr. Jyoti Kusnur	0832 222 5918
Sequeira Dr Jack De	0832 222 6538
Naik Dr Sadashiv M	0832 222 2409

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**Newspaper Editors/ Journalists/ Reporters**

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<b>Shri. Arun Sinha</b> Navhind Times	0832-6651115
<b>Shri. Sriram Pachindre</b> Gomantak	0832-2422701

<b>Shri. Kiran Thakur</b> Tarun Bharat	0832-2223715
<b>Shri. Sujoy Gupta</b> O' Herald	0832-2224202
<b>Shri. Shashwat Gupta Ray</b> Gomantak Times	0832-2422702
<b>Shri. Paresh Prabhu</b> Navprabha	0832-6651123
<b>Shri. Shashikant Rane</b> Sanatan Prabhat	0832-2312334
<b>Shri. K. R. Srinivas</b> Times of India	0832-3045095
<b>Shri. Raju Nayak</b> Lokmat	0832-2230158
<b>Shri. Suresh Naik</b> Pudhari	0832-2232363
<b>Shri. Rajendra Dessai</b> Dainik Herald	0832-2221355

<b>Shri. Deepak Almeida</b> The Goan	0832-2405950
<b>Shri. Sanjay Dhavalikar</b> Goan Varta	0832-2405952
<b>Shri. Vaman Prabhu</b> Goadoot	0832-2405952
<b>Shri. Pundalik Naik</b> Bhangarbhui	0832-2464449
<b>Shri. Pramod Acharya</b> Prudent Media	0832-2490404
<b>Shri. Kenzil Rodrigues</b> Goa 365	9822582534
<b>Shri. Amar Chawaria</b> HCN	7875867352
<b>Ms. Anita Naik</b> RDX News	9765510592
<b>Ms. Yati Lad</b> In Goa 24 x 7	9021621482

<b>Shri. Neeraj Naik</b> Digital Goa	9822584302
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<b>Shri. Govind Potekar</b> Goa Today	9890217650
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<b>Shri. Devendra Walavalkar</b> Gomantak Varta	9404915507
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<b>Shri. Sigmund D' Souza</b> Goa Messenger	9823095064
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<b>Shri. Dilip Borkar</b> Bimb	0832-2438355
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<b>Shri. Kedar Dhume</b> Viva Goa	0832-2438999
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<b>Shri. Harshvardhan Bhatkuly</b> Business Goa	0832-2425514
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Foreign Exchange

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Kusum Forex & Travels, Panaji	0832-6517651
Top Forex & Holidays, Panaji	08322221111
UAE Exchange, Panaji	08322422961



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### **Tours and Travels**

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Dynamic Tours and Travels	08322731241
Riya the travel expert	0832-6748080
Fernandes Tours and Travels	0832-2222072
Royal Tours and Travels	08326454863
Cox and kings	0832-2222205
Veena world- Astavinayak travels	0832-6524579
ZEST Tours and Travels	9823082082
Trailblazer Tours and Travels Pvt Ltd.	08326456466
Cozy nook Tours and Travels	0832-2425960
Neeta Tours and Travels	8652222680
Kesari - Goa global tours	0832-2421532
Zion Tours and Travels	0832-2223078
Tirupati Tours and Travels	08326511119
Paulo Tours and Travels	09422056616

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### **Restaurants and takeaways**

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Edward yard	09822384084
Cluck tales	08007185295
Ritz classic	0989059793
Viva Panaji	09850471363
Goenchin	0832-2227614
Vihar Anmol restaurant	0832-2225744

George restaurant	09822487722
Rilassi	0832-6632822
Pakiza	09764708015
Texas restaurant	0832- 2226077
Euresia	0832-2422687
Haji Ali	8975258333
Cafe Tato	0832-2426690
Chicken man	0832-2423333
Sher-e-Punjab	0832-2228390
Barrels and bones	07774078276
Peep kitchen	0832-6454474
BBQ Nation	0832-6060008
Dominos	0832-2426380
Dawaat	0832-6511010
Fisherman wharf	08888493333
Route 66	09623973691
Royal takaway	09422544252
Cremeux	09881955367
Konkani canteen	0832-2421973
Pizza Mia	0832-2464383

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#### Mechanic

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Sagar Chari	09822164500
Raju Tari	09822127010
Hassan Khan Motor Garage	09637494488

J S Car Ac Services	09850423409
Auto Paradise	0832-2436403

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**Courier Company**

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Trackon Couriers	0832-6631003
FedEx	0832-2227944
TNT Courier Services	0832-2426629
TCI XPS	08383838383
Bluedart Express Limited	18602331234
The Professional Couriers	
Regional Office ```	0832-242 1427
DTDC Courier & Cargo Ltd	0832-243 8078

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**Electrician**

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Arun	09604159577
Govind	08605283534
Joseph	09623364144
Kiran	09923581627
Krishna	09822183073
Melvin	09822153975
Nagesh	09423307634
Nagraj	09890710594
Valerian	09850783890
Sanjay	09822511226

## TRAINING INSTITUTE

### Computer Training Institutes

Jetking Learning Centre, Patto	0832-2220824
NIIT, Panaji	0832-26456399
IT Knowledge Centre, Panaji	0832-2423099
Manipal Institute of Comoputer Education, Panaji	0832-2228638
IP Gates Training Institute, Panaji	8180857796

### Motor Driving School

Aziz Motors	09922167969
National Driving School	0832-2431191
Afreen Motor Driving	09822189560



