**PARKINSON'S DISEASE AND MOVEMENT DISORDER SOCIETY**

c/o Dr. B. S. Singhal, Room 131, Bombay Hospital, 12 Marine Lines, Mumbai — 400 020

9987216057, 022-66106249; [pdmds.india@gmail.com;](mailto:pdmds.india@gmail.com;)[www.parkinsonssocietyindia.com](http://www.parkinsonssocietyindia.com)

ALL INDIA MULTIDISCIPLINARY GROUP INTERVENTION PROGRAMME

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| **MUMBAI, MAHARASHTRA CENTRES** |

**SOUTH MUMBAI SUPPORT CENTRES**

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| **MARINE LINES** | *College of Social Work — Nirmala Niketan, Ground Floor Classroom*  Second and Fourth Saturday of every month: 3:30 p.m. — 4:30 p.m. |
| **BYCULLA** | *Gloria Church, ANZA School, Ground Floor Classroom, Sant Savata Marg, Opp. Byculla(E) Station*  First & Third Saturday of every month: 11:00 a.m. — 12:00 p.m. |

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**CENTRAL MUMBAI SUPPORT CENTRE**

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| **DADAR** | *Our Lady of Salvation Church (Portuguese Church) Gokhale Road South, Dadar (W)*  Every Thursday of the month: 3:30 p.m. — 4:30 p.m.  STROKE CLINIC – Every Wednesday |

**WESTERN MUMBAI (SUBURBS) SUPPORT CENTRES**

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| **BANDRA** | *Aloysius High School, Chapel Rd, Adjning Mt. Carmel Church, Next to Lilavati Hospital, Bandra (W)*  Every Thursday 10:30 a.m. – 11:30 a.m. |
| **SANTACRUZ WEST** | *Khira Nagar society meeting Mini Hall, S. V. Road, near Surya hospital, Santacruz (W)*  Every Wednesday of the month : 11am to 12pm |
| **SANTACRUZ**  **EAST** | *Billava Bhavan, Gurunarayan Road, Station Road, Santacruz (E)*  Second Saturday of every month: 11:00 a.m. — 12:00 p.m. |
| **ANDHERI**  **WEST** | *St. Blaise Church, 1St Floor, Parish Hall,Caesar Road and S.V. Road Junction, Amboli, Andheri (W)*  Every Tuesday of the month: 10:30 a.m. — 11:30 a.m. |
| **ANDHERI**  **EAST** | *Holy Family Church, Chakala, Andheri (E)*  Every Friday of every month: 10.30 a.m. – 11.30 a.m. |
| **KANDIVALI** | *Growel 101 Mall, Akurli Road, Near Western Express, Highway, Kandivali(E)*  First and Third Tuesday of every month 10:00 a.m. – 11:00 a.m. |
| **BORIVALI** | *Shree Vardhaman Sthanakvasi Jain Sangh, Opposite Diamond talkies, L.T. road, Borivali (W)*  Every Tuesday of the month: 11:00 a.m. — 12:00 p.m. |
| **VASAI** | *Kripa Foundation, Papdy, Naigaon, Vasai (W)*  Every Tuesday of the month: 11:00 a.m. – 12:00 p.m. |
| **NALLASOPARA** | *Shree Sai Chaytanya Dham, Sainager, Opposite Police Station, Nallasopara (W).*  Every Thursday of the month: 11:00 a.m. – 12:00 p.m. |
| **ARNALA** | *St. Peter Church, Arnala*  Every Monday of the month: 11:00 a.m. – 12:00 p.m. |

**CENTRAL & EASTERN MUMBAI (SUBURBS) SUPPORT CENTRES**

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| **CHEMBUR** | *Seva Daan Special School,St. Anthony's Rd, Near OLPS Church Chembur (E)*  Every Monday of the month: 10:00 a.m-11:00a.m. |
| **GHATKOPAR** | *Our Lady of Fatima Church, Nathani Rd, Vidyavihar(W)*  Every Monday of the month: 10:30 a.m.-11:30 a.m. |
| **MULUND** | *St. Pius X School, Seminar Room No. 2, Ground Floor, St. Pius X Church, Nahur Road, Mulund (W)*  Every Wednesday of the month: 10:30 a.m. — 11:30 a.m. |
| **THANE** | *St. John the Baptist Church****,*** *Senior Citizen Hall, Jambhli Naka Opp. Masunda Tank, Thane (W)*  Every Friday of the month: 10:30 a.m. — 11:30 a.m. |
| **DOMBIVILI** | *Infant Jesus Church (Basement), Ganesh Nagar, Dombivli(W)*  Every Monday of the month: 10:30 a.m. — 12:00 p.m. |

**NAVI MUMBAI SUPPORT CENTRE**

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| **VASHI** | *Specialty Physiotherapy Department, MGM Hospital, Sector — 3, Vashi, Navi Mumbai*  Fourth Wednesday of the month: 12:00 p.m. – 1:00 p.m. |

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| **COMMUNITY BASED REHABILITATION FOR NEUROLOGICAL CONDITIONS** | |
| **BDD CHAWLS**  Sanghi Medical Centre, Opp. Chawl No.113, Worli  Every Friday 10:00 a.m. - 12:00 p.m. | **DHARAVI**  Daya Sadan, S. M. Chawl, Nr. Old Police Station, Dharavi  Every Thursday 2:00 p.m. to 4:00 p.m. |

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| **ALL INDIA OUTREACH CENTRES** | |
| **MAHARASHTRA** | |
| **NASHIK** Parkinson’s Society Nashik  Ms. Quadras –9225127770 | *Sharadagram, Indiranagar* **–** Every Tuesday, 11a.m. – 12:30 p.m.  *Don Bosco School College* **–** Second Saturday of the month, 11a.m. – 12:30 p.m.  *Bishops House Jail Road* **–** Third Saturday of the month, 11a.m. – 12:30 p.m.  *Datta Mandir Hall, Krushi Nagar* **–** Every Sunday, 11 a.m. – 12:30 p.m. |
| **JALGAON**  Dr. Urwashi Mantri - 7057964356 | *Community Hall, Rose Garden, Jalgaon CHS, Pratap Nagar*  Every Wednesday of the month, 4:30p.m. – 6:00p.m. |
| **ASANGAON/VASIND**  Call PDMDS for further details | *Senior Citizens Organization Office, 1st floor* **–** Every Tuesday and Thursday 10a.m - 12p.m.  *Samaj Mandir, Panchasheel Nagar, Asangaon (W)* - Every Wednesday 10.30am-12.30pm  *Kunbi Bhavan, Besides Tehsildar office, Shahpur* – Every Saturday 10:00a.m. – 12:00 |
| **GOA** | |
| **GOA**  Parkinson’s Society Goa  Dr. D’Souza - 9923288429; parkinsonsocietygoa@gmail.com | PANJIM: *YMCA International, Campal* - First and Third Saturday, 4 p.m. onwards.  MAPUSA: *305, Atria Building, Nr. Court Junction* - First and Third Sunday, 4:00 p.m. onwards  MARGAO: *B.P.S. Sports Club* - Second and Third Sunday, 10:30 a.m. onwards.  PONDA: *Probus Club of Ponda Hill Town, Airport Rd.* – First and Third Saturday, 3:30 p.m. – 5p.m.  VASCO DA GAMA: *St. Andrews Church Hall* – Second and Fourth Sunday, 10:45 a.m. – 12:30 p.m. |
| **GUJARAT** | |
| **VAPI**  9377877786/07359558157 | *Daulat Nagar, Chala, Vapi*  Every Sunday of the month, 11am to 12pm |
| **KAPRADA** | Call PDMDS for further details |
| **MADHYA PRADESH** | |
| **INDORE**  Dr. Toshniwal – 9826888961 | *Little Millenium, Gyanodaya school campus, F – sector, MIG Colony, Indore, Madhya Pradesh*  Every Tuesday – 4:00p.m. –6:00 p.m. |
| **TELANGANA** | |
| **HYDERABAD**  ***Parkinson’s Society Hyderabad*** | *Nizam Institute of Medical Sciences, Punjagutta*–Every Saturday of the month, 4p.m. – 6p.m. |
| **KERALA** | |
| **COCHIN**  Marathoma:9987216057  Prashanti: 09874237681 | *Marathoma Guidance Center, St. Ritas Road, Ponnurunni, Vyttilla*  **–** Every Tuesday 10a.m to 12p.m  *Prashanti Clinic, 40/6365, Convent Road* **–** Every Wednesday 11:30 a.m to 1:00 p.m.  *Thaneerchaal Water Park, Irumpanam Junction Tripunithra* – Every Friday 10:30 a.m. to 11 p.m. |
| **RAJASTHAN** | |
| **JODHPUR -** 9461142412  **UDAIPUR-** 9799769477 | JODHPUR:*Geeta Bhavan, 5th Chopasni Rd -* EveryWednesday of the month, 4:00p.m. to 5:30 p.m.  UDAIPUR:*Shree Ramchandraji Champalalaji Maheshwari Dharamshala*-Every Sunday, 11a.m-1p.m |
| **CHANDIGARH** | |
| **CHANDIGARH**  Dr. Subodh – 8894605901 | *Chandigarh Spinal Rehab, Plot # 1, Shri Guru Granth Sahib Bhawan, Sector 28-A, Madhya Marg*  Every Thursday and Saturday – 3:00p.m. – 5:00 p.m. |
| **ANDHRA PRADESH** | |
| **NELLORE** | Call PDMDS for further details |
| **ASSAM** | |
| **GUWAHATI**  Dr. Bijou – 9957311438 | *Seven Square, 3rd Floor, Dr. B. Barua Rd, Ullubari -* Every Sunday 11:00 a.m. to 12:30 p.m.  *Dementia Centre, H. No.35, Assam Commerce College, Hathigaon Namghar – Every Wed 2.30pm* |
| **SIKKIM** | |
| **GANGTOK**  Dr. Frieda – 9933488004/ Dr. Karma - 8250693154 | *Blessings Abode, Development Area, Bhnd. Hotel Trident, East Sikkim –* Every Sunday, 2pm to 4pm  *Old Age Home, Jalipool, Nr.IRB Trng Centre, East Sikkim* –Alternate Wednesdays 1:00pm to 2:00pm |
| **DELHI** | |
| **NEW DELHI**  Dr. Rekha Shinde - 9960038998 | *Efforts Group, Recreational cum Library Centre, B-4, Opp. B-4/229, Safdarjung Enclave* Every Wednesday – 11:00am to 01:00pm |

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| **OUTREACH CENTRES IN COLLABORATION WITH BKP – PDMDS**  **GUJARAT & MAHARASHTRA** | |
| **BHAVNAGAR -** PNRSociety,51, Vidyanagar, 364002  Tel: Mr. K.D.Padia — 09374865307  Every Sunday of the month: 11:00 a.m. – 1:00 p.m. | **BARODA -** Balvant Parekh Centre for General Semantics, Faramji Rd  Tel: Dr. Manali Shah – 8306866988/ 9328366988.  Every Saturday of the month, 4:00 p.m. to 6:00 p.m. |
| **SURAT -** Jivan Vikas Trust Childrens School**,**Adajan  Tel: Dr. Hetashri Patel - 9033577631  Every Sunday of the month, 10:00 a.m. to 12:00 p.m. | **AHEMDABAD -** Govardhan Shmruti Mandir, Riverside,Ashram Rd  Tel: Dr. Dhwani Parikh - 09537160633  Every Sunday of the month, 10:00 a.m to 12:00 p.m. |
| **MAHUVA -** C/ o K B  Parekh College, Jadara Road  Tel: Dr. Bhavin Mandaviya – 09726950909  Every Second and Fourth Saturday at 4: 00 p.m | **RAJKOT -** Sir Lakhajiraj Library, Nr. Bapuna Bawla, Trickon BagChwk  Tel: Dr. Priti Chavda–09909909547  Every Sunday of the month, 10:30 a.m to 12:30 p.m. |
| **ANAND -** N.S.Patel Arts College, Bhalej Road  Tel: Dr. Sunilkumar Rabari –09033073710  Every Sunday of the month: 10am -12pm | **PUNE -** Deenanath Mangeshkar Hospital,Erandawane  Vrushali Belekar - 09960981692  First, Third and Fourth Saturday: 4pm.to 6 p.m. |