

**HELP CENTRES / NGO'S  
AMRITSAR**

Aapna Punjab - Amritsar .....098761 69922  
 All India Women Conf.....255565  
 Amritsar Club.....2223100  
 Andh Vidyalaya.....2555244  
 Bh. Vir Singh Birth Ghar.....22072 T.T  
 Heritage Club.....2223306  
 Lok Kalyan Samiti ..... 098724 65799  
 Lumsden Club.....2225205  
 Rotary Club.....9417155917  
 Orphanage.....2562561  
 Pingalwara.....2584713  
 Red Cross.....2500598

**RELIGIOUS PLACES  
AMRITSAR**

Bhai Gurdass Hall.....2553955  
 Darbar Sahib.....2553953  
 Durgiana Mandir.....2542678  
 Galiara Project.....2555549  
 Golden Temple Information Officer.....2553954  
 S.G.B.C. (President).....2553950

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JALANDHAR**

Aashray .....098140 64303  
 Citizen Welfare PTN.....98148-14822  
 Jalandhar Welfare Society.....0181-256155  
 Manav Sehyog Society.....2238955  
 Nari Nikantan.....2253009  
 NRI Sabha.....2227644  
 Pahal.....2672784  
 People for Animals.....2272000  
 Punjab Action GroupFor Rural Development- Pgw.  
 .....01824-263394

**HELP CENTRES / NGO'S  
HIMACHAL PRADESH**

Ashiyana - Mandi.....094188 48043  
 Centre For Sustainable Development- Sunderngr.  
 .....01907-266128  
 Cord - Kangra .....01892-236987  
 Dist. Bodh Tibetan Ass. Chamba .....094180 10622  
 Divyayog Res.Foundation-Shimla ..... 0177-2838001  
 Green Himalyan Welfare Soc.- Kullu.....098172 87340  
 Himachal Manav Seva - Shimla.....0177-2221246  
 Hamir Gramin Uthan Simiti- Hamirpur.094180 46802  
 Heaven On Earth Kullu - Manali.....01902-251151  
 Matri Bhumi Social Welfare Soc.Mandi.01905-225164  
 National Demo. Party of Tibet-Dshala.01892-220865  
 Nav Nirman Kalyan Samiti - Kangra .....01892-266416  
 Social Justice & Emprmnt.BILASPUR.01978-221514  
 Social Justice & Emprmnt.CHAMBA...01899-224400  
 Social Justice & Emprmnt.UNA.....01975-226056  
 Tibetan Young Buddhist Ass.....01892-220721

**EMBASSIES**

**Afghanistan-Islamic State of**  
 5/50F,Shantipath,Chanakyapuri,  
 ND-21 26883601/602  
**Agrentine Republic**  
 B2,Anand Niketan,ND-21 51661983/1661982  
**Austria**  
 EP13,Chandragupta Mg,  
 Chanakpuri,ND21 26889037/49  
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 ND-21 26118096/51497500  
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 ND-21 24196100  
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**Greece**  
 EP-32,Dr.S Radhakrishnanan Mg,  
 Chanakyapuri,ND-21 26880700/01/01/03  
**Hungary Republic of**  
 2/50-M,NitiMarg,Chanakyapuri,  
 ND-21 26114737/38/39/40  
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 ND-21 26118642-46  
**Iran-Islamic Republic of**  
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 ND-1 23329600/01/02  
**Iraq Republic of**  
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 2 Paschimi Marg,Vasant Vihar 26144083/26144093  
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 E 1/8,Vasant Vihar,  
 ND-57 26146041/042  
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 EP12,Chanakyapuri,  
 ND-21 24670830/945  
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**Vietnam-Socialist Republic**  
 17,Kautilya,Chanakyapuri,  
 ND-21 23018059/9818/2133

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 ND-21 26883170  
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**Zambabwe**  
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