First install mozilla Thunderbird software
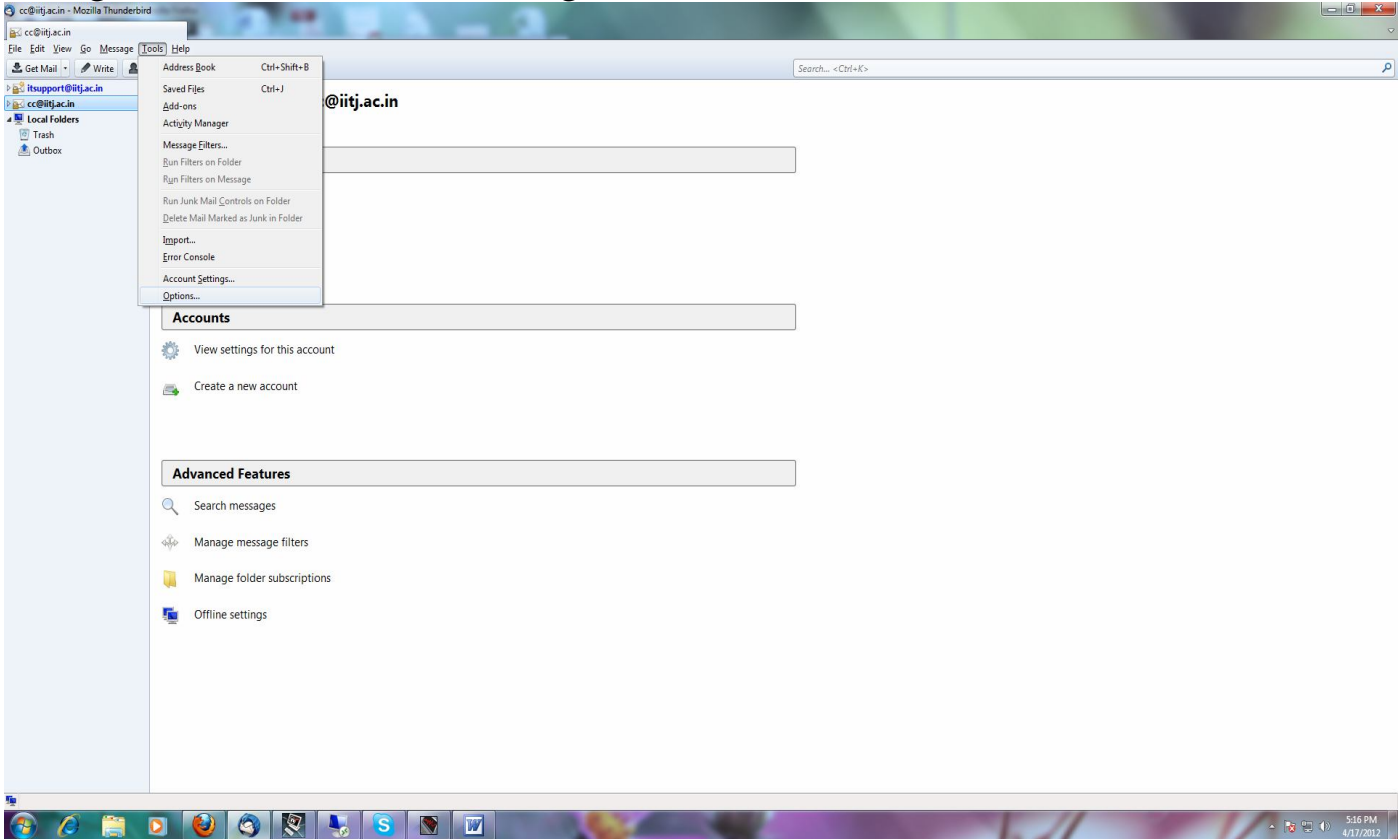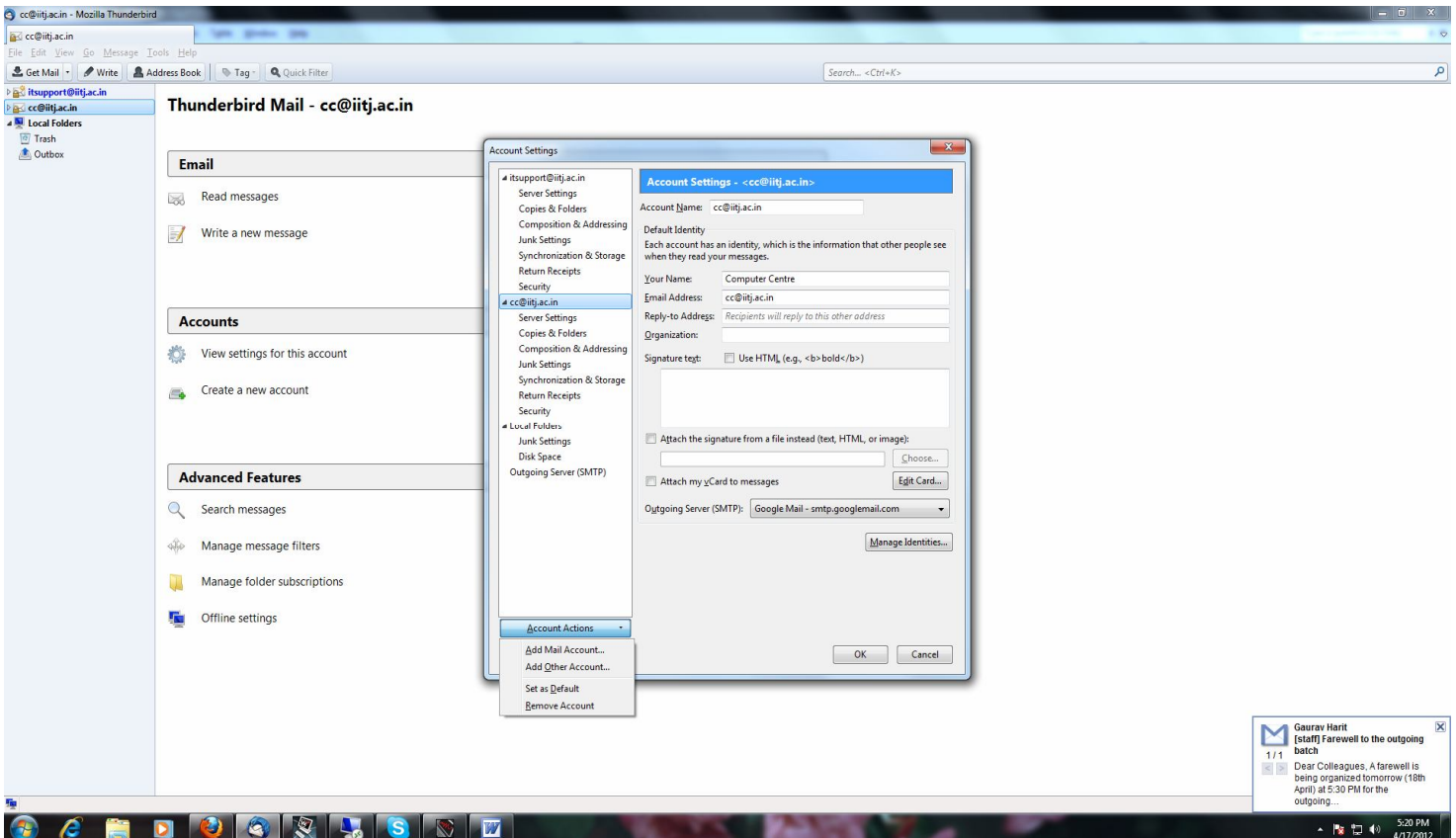
then go to> tools>Account Setting(for Windows)/
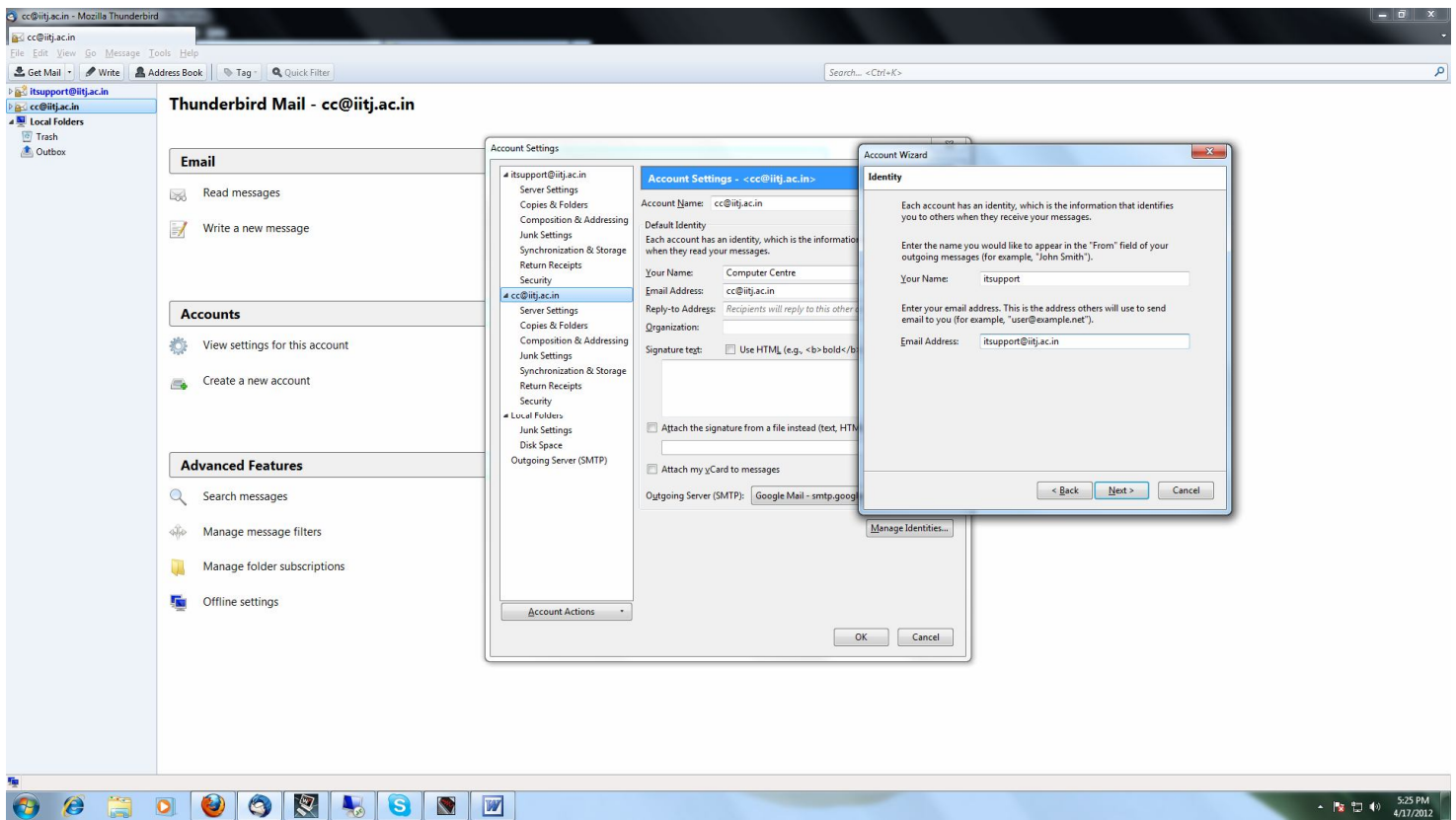then go to> Edit>Account Setting(for Linux)/

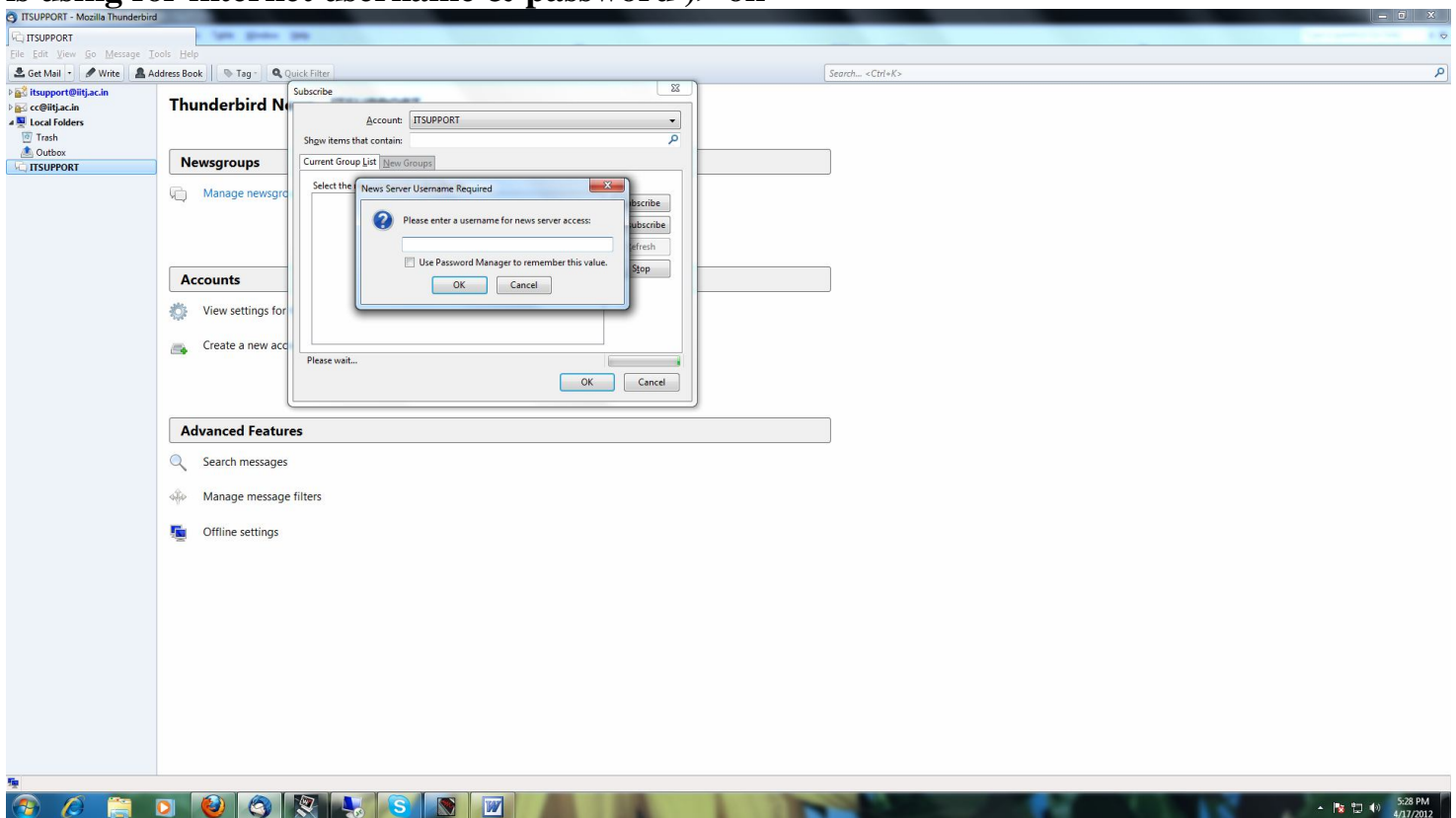Than Account Action > select add other account

Select Newsgroup Account > next > enter your name > email ID > Next

Newsgroup server Address > **172.16.100.67 > next > enter your Name > Next > Finish > close account setting.**

Than click > manage newsgroup subscription > enter your username and password (witch is using for internet username & password)> ok

after click any group (e.g. windows) > subscribe > ok > select subscribe group > enter username & password>

then send massage for intra-circle