



# Vipassana Newsletter

In the tradition of Sayagyi U Ba Khin As taught by S.N. Goenka  
For Online Patrika in various Languages, visit : <https://www.vridhamma.org/newsletters>

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**A special on-line-edition of the Vipassana Newsletter**

## Words of Dhamma

*Na gāmadhammo nigamassa dhammo,  
na cāpiyaṃ ekakulassa dhammo;  
Sabbassa lokassa sadevakassa,  
eseva dhammo yadidaṃ aniccāṭā.*

—*Apadānapāli 2.3.82, Kuṇḍalakesivaggo.*

**Not the condition of the village, or the town,  
and also not the condition of one clan.  
This is the condition of the entire world  
with its gods: the impermanence of all that is.**

## Last Moments of Sayagyi U Ba Khin

— Letter from Babulal Goenka

(Guruji's elder brother)

Rangoon, 23 /1/1971

Brother Satya,

On January 16th, I sent a few letters with Mr. Jagdish Chokhani, who must have given them to our brother Shankar in Calcutta to send on to you. I received your telegram, through which I came to know that you are starting a new camp on the 17th in Bodhgaya. We were all pleased to hear this. The deep, deep respect with which you sent regards for Sayagyi and Ma Sayama was responded to by them with "Amya, Amya, Amya" (Merit sharing).

When we went to the IMC (International Meditation Center) on Sunday the 17th, Sayagyi looked absolutely fine. I and brother Chouthmal returned there for the evening group sitting. Sayagyi mentioned that the previous day there was some churning in the stomach again, but that in Dhamma work one has to face some difficulties. "I am willing to give my life for Dhamma", he added. There was some swelling near the right eye, perhaps an insect bite, and Dr. Daw Thein Kyi, who was present at that time, suggested a medicine to take.

Sayagyi then said, "My food intake is high and my stomach is growing large. I must cut down on my food. Perhaps due to this, there is also some pain on



*Sayagyi U Ba Khin*

1899 - 1971

one side of the stomach." Brother Chouthmal, being knowledgeable about health, said, "It's fine if you reduce your food intake, but increase the intake of fruit." Dr. Kyi responded, "No, your food intake is not large, please do not reduce it or else there will be weakness." The conversation wound down and after paying respect to Sayagyi we all dispersed around 9 p.m. and returned home. Sayagyi was totally fine and

all conversation took place in the Dhamma hall.

But at 3.30 p.m. the next day, U Chit Tin called to say that Guruji had vomited blood. Dr. Om Prakash was unavailable as he was attending a medical conference, so Dr. U Khin Maung was called. I too was asked to come to the Center quickly so that a joint, well planned decision could be taken on the next course of action. Banwari was at home, so I took him with me in the car and on the way to the Center picked up Chouthmal as he is more conversant with ailment-related matters. The medical reports showed the presence of septicaemia and blood and Dr. Kyi said that he now needed to be hospitalised.

## Taken to Hospital

I decided we should consult Dr. U Khin Maung since a letter from him to the hospital would make procedures easier. I went to his house with Chouthmal and narrated the situation to him, to which he responded, "Hospitalise him immediately." But we begged him to come to see Sayagyi first, and then we would do as he suggested. He came and found Sayagyi's stomach was swollen. He pressed it and asked if there was any pain. He said, "No, it's not hurting." He then vomited blood again in the presence of the doctor who said to immediately take him to the hospital. He wrote a letter requesting admission to the emergency room and instructed his house surgeon to keep everything ready. He then called the blood bank and gave instructions to dispatch four bottles of "A" type blood to the ward immediately, as Dr. Kyi had informed him earlier what Sayagyi's blood group was.

I went to take Sayagyi to the hospital, and the doctor said, in response to my pleading eyes, "The liver has some problems and he will become unconscious in a short time. Make haste as this is a serious case and we have to give him fresh blood immediately." An ambulance then arrived, called by Dr. Kyi. The doctor went home, and we all accompanied Sayagyi to the hospital, where he was settled in the assigned ward and the surgeon, along with the nurses, got busy. Dr. U Khin Maung's telephone call and Dr. Kyi's presence made all the difference, as she knew the staff there. A drip was administered and the pulse, blood pressure, and everything else were normal. At around 7 p.m., the resident doctor came and asked us all to leave, as visiting hours were over. At night I returned with Chothmal, and Madanji Kedia, and blood was being given. Madanji is very close to Dr. U Khin Maung and asked him to take special care of Sayagyi, who was conscious and seemed alright. There was no restlessness or anxiety. Leaving the helper from the Center to keep watch, we returned home. We were told that Sayagyi slept well that night, though early

in the morning at 3 a.m., he vomited blood once, and then the situation settled down again.

U Chit Tin asked us all to assemble at his home in the morning at 7 a.m. in order to confer on the next step to be taken. I responded that we had to make him as comfortable as possible with a private nurse on 24-hour duty and whatever else the doctors suggested. I think U Chit Tin was alluding to financial matters here, to which we answered in affirmation that they were being handled. Everyone then left.

At 9 a.m., U Chit Tin called to say that the blood was not flowing smoothly through the inserted needle and so a snitch had been made in the skin so the blood could be given directly. "This is working better", he said. When Sayagyi was admitted, his veins were difficult to locate, perhaps due to somewhat thick skin. For almost half an hour, the nurses, Dr. Kyi, and the surgeon kept trying to no avail. We were all amazed at Sayagyi's forbearance. There was not a wrinkle on his brow or any movement in response to the pain. He was lying with his eyes closed, as if nothing was happening, as they kept trying to find a vein to give blood through. Now all seemed well. Ma Sayama and U Ba Pho had gone looking for a nurse. I had barely gone for meditation at 9 a.m. when U Boon Sein came to me and said that U Chit Tin had called everyone to his home for a mutual consultation. I said, "What consultation? We have to follow the doctor's advice as we are not specialists. What will we discuss?" He then left.

Later, U Chit Tin called up, saying that Sayagyi was not well. Hence, I called Banwari and said, "You go to the hospital and return when the day nurse comes." I spoke to Prahladi, who also said that Sayagyi's son, U Thein Zaw, had come, as had the husband of Dr. Kyi. He said that more blood was urgently required as it had run out and that Sayagyi had vomited again. Prahladi then called the blood bank and was asked, "Are you giving blood?", to which Prahladi replied, "We will pay for it." He told me that he had secured three more bottles and was sending them immediately to the ward.

At this time, Banwari, who was sent to the hospital, had not returned, nor was there any news. Dr. Kyi called from the hospital to say that Sayagyi's condition was not good. I gave this news to Chouthmal and Prahladi and took a bus to the hospital. I met Dr. Kyi at the gate, who said, "Quickly go and get Sayagyi's discharge papers organised, as there is not much hope left, and we want to take him back to the IMC." I did not have the car, but just then Ba Pho arrived and we left in his car. We requested the doctor to prepare discharge papers, saying that we would like him to be in the Center in his final moments. The doctor responded that the blood was not circulating



through the body as it should do as the pressure to the limbs was low. But the blood was reaching the vein in the shoulder, and the situation should get better soon. The doctor went on to say, “Haemorrhage can be, of course, rectified through surgery, but his body is heavy and age is against him, hence I am reluctant to advise surgery. However, I will make the call on surgery if I feel it is necessary. How can he be treated if he is taken back to the Center? Don’t worry, his case is not that serious.”

U Ba Pho said that if we take Sayagyi back to IMC without proper medical guidance and something untoward happens, then we will be blamed. Hence, it is imperative that we do nothing without further consultation with the doctors. We met Ba Pho’s assistant at the hospital entrance, who urged us to go up quickly as Sayagyi’s condition was serious. We ran up and were stunned to see that he had been placed in ICCU, was on oxygen, and that a blood transfusion was underway. Surrounding his bed were at least 50 of his Indian and Burmese students. He appeared

to be nearing the end of his life. He was breathing intermittently. Then, ever so slowly, his breath stopped and his body turned still.

## The Last Journey

Finally, it was decided that on Thursday, 21st January, at 2 p.m., his cortege would depart IMC for the cremation grounds, and at 3 p.m. the final rites would be conducted. This was published in the newspapers, and messages were sent to Mandalay and Maymyo. U Ko Lay came from Maymyo and Narsingh came from Mandalay. So that you wouldn’t get shaken, you were only told that he was seriously ill. Later that night, a longish telegram was sent to you in the name of Sayama so that you could continue with your camp on January 17th without getting disturbed.

The matter of finance was raised and then everyone began to offer something until a large sum was collected. Everyone wanted the final rites to be conducted with due ceremony.



## Funeral Procession and Cremation

On Wednesday, January 20th, a Saṅgha Dāna was organized and attended by 31 bhikkhus. Notable among them was Chautaji Sayadaw. He recited the Triple Gems, the Five Precepts, the Ratana Sutta and so on in the Dhamma Hall where Sayagyi’s body was kept, and all of us disciples sat in the Pagoda cells. The ritual of pouring water on the ground was carried out by his son, U Thein Zaw. There was some discussion about burying his remains and ashes after cremation on that very spot and creating a memorial over them, but Bhanteji objected to this suggestion, saying that the remains and ashes of only four kinds of beings are venerated: a Buddha, a Paccheka Buddha, an Arahant, and a Universal Monarch. Burying Sayagyi’s remains here would not be appropriate. Further, he said that instead, they should be offered into the river. However, if one wants, a memorial could be built.

Subsequently, the decision was taken that on Thursday, 21st January, at 4 p.m., a small number of people carrying his ashes from the cremation ground, would be taken down the Rangoon river in the Custom Department’s motor launch, past the Monkey Point and there his ashes would be cast into the wind.

Bearing in mind the exalted status of Sayagyi, four golden umbrellas were decorated on the four corners of his casket, this being the royal signage. Whenever a lay person renounces the worldly life to become a bhikkhu in Burma, he is first adorned in royal robes and shielded by an attendant carrying a golden umbrella. Once the bhikkhu-to-be reaches the vihara, he sheds his royal robes and all accoutrements, and after shaving his head, he becomes a bhikkhu.

Now the casket, decorated with golden umbrellas, could be taken to the cremation ground. Afterwards, the monks returned to their respective viharas.

On Wednesday, we bought fruits, sweets, etc., at the market and sent them to the Center for Saṅgha Dāna. After the bhikkhus departed, Respected Sayagyi’s body, which had been kept in the Center’s Dhammayon (Dhamma hall), was taken at 11 a.m. and placed in the casket. It was then put on a raised platform in the Dhamma hall, after which it was taken around in circumambulation of the open platform, which was decorated with golden embellishments and umbrellas, and the casket was carefully raised and placed on it to be pulled in procession by a Jeep.



Everyone sat for an hour’s adhiṭṭhāna at 5 a.m. on Wednesday. We made time to sit with his body in the morning and evening on Tuesday and Wednesday, and on Thursday morning.

On Thursday, another Saṅgha Dāna was held, where 31 bhikkhus were offered a meal, including Indian food which had been prepared and brought from home having been organized by brother Chouthmal. The bhikkhus again chanted the Ratana Sutta, Triple Gem and Five Precepts. Guruji’s son poured water on the ground with the declaration of “Sādhu, Sādhu, Sādhu” from us all.

Before noon, an additional 42 bhikkhus came. All 73 bhikkhus were offered dāna of robes, umbrellas, slippers, towels, soap, and other items. Many laymen and laywomen disciples, nuns, and others came to pay homage. Some senior officers also came. The crowd swelled; there were 300–400 cars and 13 buses. About 1500–2000 people were part of his cortege on the final journey.

All were offered soft drinks and also small hand fans were distributed, on which was engraved Aniccā vata saṅkhārā – all is impermanent, the couplet which came in the telegram sent by you from Bodh Gaya.

The journey started at 2 p.m. and the cremation ground was reached by 3 p.m. At five past three, his body was cremated. Everything was over by 4 p.m., and the remains, with residue bone pieces, were put in a pot. Everyone then departed. Ten of us then went to the Calcutta Road jetty where, together with Sayagyi’s son, about 15 of us travelled in the Custom Department motor launch on the river until we passed the Monkey Point. There, everyone paid their final homage and scattered the ashes in the middle of the river as the sun was setting. Our Murari’s (Goenkaji’s son) classmate who is involved in photography had been invited along, and he recorded everything. We will send these pictures to you.





At noontime, before the journey began, Ma Sayama said, “All these rites being done for Sayagyi are worldly in nature. But for the sharing of merits, we, his disciples, have to sit daily at 7 a.m. and again at 7 p.m. for an hour each in adhiṭṭhāna, and continue this until the day of final purification. The Burmese observe the 7th day as the merit-sharing day. He had passed away on Tuesday. As a result, it was decreed that everyone should meditate until Monday, the 25th.

Chouthmal, Prahladji, and many family members came to join the sittings daily in the morning and evening, as well as many Burmese students. Three or four meditators sat in each cell. The children from our house went every morning and evening for three days.

U Ba Pho and others had been a little concerned about the expenditure, but the collection was ample and there was no need to cut corners anywhere. We were all satisfied. On the 25th, the 31 bhikkhus were invited again to come at 5 a.m. for metta and sharing of merits, and were offered a meal. As part of this merit sharing, Indian food had been prepared under the supervision of Chouthmal and Prahladji, with a chef’s team being called in to work throughout the night. About 500–600 students, including those close to Sayagyi, and his associates, etc., were also offered an Indian meal and a sweet dish. This continued until noon time, and all went very smoothly.

A letter written by Mr. Hover to Sayagyi, arrived the day after he passed away. He wrote, “I will work to teach Dhamma as per your request, but I hesitate, and am also apprehensive as I don’t even have a place. Still, I will first sit for meditation between the 25th and the 5th and then begin to teach others.” Hover, too, was sent a telegram, and Ma Sayama encouraged him to proceed with his pre-arranged programme, saying Sayagyi was with him. He responded, “I will sit as planned on the 25th.”

You, too, were sent a telegram mentioning that the camp that begun in India on the 17th should continue on, which pleased everyone. Resp. Sayagyi is no more, but his Dhamma work continues, and this is indeed a matter of deep satisfaction for all.

Ma Sayama told me, “Send a telegram to Goenka not to worry and that he should continue with his camp according to the schedule. Sayagyi will always assist in the Dhamma work.” I then sent you the telegram in her name on the 20th. The programme here is not yet firmly decided but Ma Sayama will continue to come to the Center morning and evening, and U Tin Yee and others too will come. Every Thursday and Sunday an adhiṭṭhāna sitting will be held for an hour for all students, ending at 7 p.m. with the sharing of merits. In continuing the prior schedule, the Sunday morning adhiṭṭhāna sitting shall continue where everyone may participate and after the sharing of merit, everyone will disperse. Although someone will remain present throughout the day, Hla Tun, the security guard, will keep the doors locked to prevent any unknown person from entering the Center.

Letters from many of your students who wish to come to Burma have arrived and are lying here. Following consultation on this matter, and it was decided not to refuse anyone. Anyone who wishes to attend will be welcome, and all necessary arrangements will be made.

U Ko Lay had written two articles in Burmese and English for the daily newspapers, asking U Tin Yee to send them, but so far they have not appeared in any paper. Perhaps the Information Ministry has not given its approval, or maybe they may appear later. I will send them to you if they appear.

Telegrams of homage came from Tapariaji, Motilalji and one from Om, the son of Madanlal Kedia from Bhimavaram. Dr. Om Prakashji keenly regretted Sayagyi’s passing away. It was his feeling that this ailment was an excuse. That Sayagyi had to go, and he left.

Yours,

Babulal Goenka



**Bombay,**

20th February, 1971

Dear Babu Bhaiya,

Pranam!

Today I want to respond to your previous mails.

The detailed, descriptive letter that you wrote dated 23rd January regarding Sayagyi’s ill health, his treatment, and then demise satisfied my desire to know about his last days. Reading about

the contribution that you made on behalf of the family towards Sayagi's last rites, which needed to be performed in line with his exalted stature, filled my heart with immense satisfaction. Truly, reading about the grace and gravity with which the entire task was carried out was satisfying. Let me tell you about something that I experienced. On 21st January when I sat in meditation with a large gathering of almost 100 meditators, at around 2 p.m., which I now calculate was roughly the time when Sayagi's cremation was underway, I felt as if I was sitting near a strong fire. The heat was so intense that it became unbearable. Around 3 p.m. when I began mettā-bhāvana, knowing that everything would have turned to ashes, I felt an incomparable feeling of peace permeating through the entire body. During meditation, I uttered this doha:

*Cāma jalī jyūṃ pāpaṛī, ghāsa jayāṃ hī keśa;  
Hāra jalyā jyūṃ lākaṛī, rahī rākhaṛī śeṣa.*

Skin burnt like dry bark, while hair burnt like grass;  
Bones burnt like wood, and what remained was ash.

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And now, as I read your description of the process as it took place, what remains is truly mere ashes.

Another experience I had was that, as on the 20th and 21st when it was stormy here, so also on the 25th and 26th of January the rain kept pouring down when the death ceremony was underway in Burma.

I have become so busy with Dhamma work that there is no hope now of writing a book. Yet a deep desire does nestle in my heart to write a good book on the Burmese nation, besides writing a commentary on the Burmese Ramayana. For this, I had gathered a large number of books in Burma; I don't know if it will ever be possible for all of these to be brought to Bombay.

Many of my articles have been published in various Burmese journals. I had them handwritten in a register. If it is possible to send that register along with other registers and exercise books with my writings, it would be good. Many notes regarding Dhamma were made in exercise books, as well as notes on Jataka stories, which too should come. I have made a compilation of Pali gathas on sīla, samādhi and paññā which are contained in a folder, and it would be good if I could receive them also. Whatever can be brought or sent easily, please do so. I am sending you a long list of books that should be delivered by hand. The rest of the books and notebooks can come by sea mail.

Yours,  
Satyanarayana Goenka



### New Responsibility Teachers (Ts)

1. Mr. Ashok Karna, To serve as CT for Dhamma Tarai
2. Mr. Moti Lal & Mrs. Visnu Maya Khanal, To serve as CT for Dhamma Parāga
3. Mr. Gopal Prasad & Mrs. Tara Pokharel, To serve as CT for Dhamma Gāma
4. Mr. Yogendra Mani Tuladhar, Teacher, To serve as CT for Dhamma Jananī

### Senior Assistant Teachers (SATs)

1. Mr. Jitubhai Shah, Surat, Gujarat
2. Mr. Anil Jariwala, Surat, Gujarat
3. Ms Purnima Shah, Ankleshwar

### New Responsibility

1. Mr. Shivaji Jadhav, To assist the centre teacher in serving Dhamma Pades, Ratnagiri
2. Mr. Namdeo Gedam, To assist the centre teacher in serving Dhamma Utkal, Odisha

### NEW RESPONSIBILITIES Bhikkhu Ācaryas:

1. Ven. Bhikkhu Udayabhadra, Nepal

### New Appointments Assistant Teachers

1. Mrs. Meena Shah, Rajkot, Gujarat
2. Dr. Kishor Kumar Lakhani, Jetpur, Gujarat
3. Mr. Mohanbhai Sarvaiya, Bhavnagar, Gujarat
4. Mr. Sreenivasa Gupta K. R., Pondecherry, TN
5. Dr. Gulshan Makan, Jabalpur, MP
6. Mr. Karsan Patel, Aurangabad
7. Mr. Kundan Jadhav, Aurangabad
8. Mr. Narayan Bharade, Aurangabad
9. Mr. Asish Barua, Jaipur, Rajasthan
10. Mrs. Pushpa Kochar, Malkapur, Buldana
11. Ms. Madhura Sahukar, Shimoga, Karnataka
12. Mr. Ram Prasad Pandey, Nepal
13. Mr. Bibek Dangol, Nepal
14. Mr. Yong Li, China
15. Mrs. Li Ping Wang, China
16. Mr. Tan Kwank Liang, Singapore

## Very Important Notices

### 1. Central IVR (Interactive Voice Response) number - 022-50505051.

Applicants can call this number from their registered mobile number (the number mentioned in the form), to check their status, cancel, transfer or re-confirm their application. They can also contact the centre through this system. This is a central number for all Vipassana centers in India.

2. If you are sending non-centre Dhamma programs to be published in Newsletters, please send through the CAT (Coordinator Area Teacher) and if it's for a centre, it should come through the Centre Teacher.



### Special notice

At present, people who are affected/frightened by Covid-19 may find relief to some extent by practising Mini Anapana (observing incoming and outgoing breath), as taught by Pujya Goenkaji. For the benefit of all, we are sharing links below using which anyone, anywhere, anytime can experience peace by practising Anapana regularly for 10-minutes. It can be used by everyone for their well-being.

You Tube Link: <https://www.youtube.com/watch?v=Oh5ii6R6LTM>

25 Minutes Anapana for all: <https://youtu.be/aYJmFdeBfVQ>

[https://www.vridhamma.org/sites/default/files/node-uploads/Intro-Practice\\_English\\_Mini-Anapana.mp3](https://www.vridhamma.org/sites/default/files/node-uploads/Intro-Practice_English_Mini-Anapana.mp3)





## Future Course Schedule and Applications

Information on future Courses is available on the internet. All types of bookings are currently available online only as per the Government’s new rules due to Covid-19. Applications will not be accepted on paper. Therefore, you are requested to check the following link and apply online directly for your appropriate course or for dhamma service at Dhammagiri:

<https://www.dhamma.org/en/schedules/schgiri>

Please apply similarly as per the schedule of other centres. Here is the link for all Indian centres:

<https://www.dhamma.org/en-US/locations/directory#IN>

Now students may use the following new VRI website for applying for courses: <https://schedule.vridhamma.org/>

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### Schedule of Vipassana Courses as under:

For worldwide schedule of courses, visit: <https://www.dhamma.org>

For schedule of courses including one-day courses and group sittings in India, visit: <https://schedule.vridhamma.org/>

All courses are conducted by assistant teachers appointed by S. N. Goenka. Please send the application form to the course organisers only after reading the Code of Discipline so that a place may be reserved for you.

One and 3-day Courses and Group Sittings are for old students who have completed a 10-day course with Goenkaji or his authorised assistants.

**Satipaṭṭhāna courses:** marked #ST end on the evening of the last day and are for students who have completed at least three 10-day courses and are practising regularly for the last one year.

**Long Courses:** (Please get special application forms from centres)

**20-day and Special 10-day course:** requires five 10-day courses, one Satipaṭṭhāna course, full-time Dhamma service for at least one ten-day course, daily practice of 2 hours for the past two years, and full commitment to Vipassana.

**30-day:** 20-day course and full-time Dhamma service in at least one ten-day course. (ānāpāna for 10 days in a 30-day course and for 15 days in a 45 day course is prescribed.)

**45-day:** two 30-day courses and deeply involved in Dhamma service.

**60-day:** only for ATs who have sat two 45-day courses.

### Gratitude Course

Previously the Teachers’s Self Course—TSC. With the passing away of respected Guruji and Mataji, this course will enable us to pay respects to them and to the long tradition of esteemed Vipassana Teachers. The same format as before will be followed. It is a happy coincidence that the birth anniversaries of both Guruji and Mataji fall between these dates (in February) according to the Hindi calendar.

Eligibility: Minimum one Satipaṭṭhāna course, serving in the spread of Dhamma and local teacher’s recommendation. — Dates: From 2nd Feb to 17 th Feb. every year. — All centres where single accommodations are available can include this course in their future programmes, with due consideration of the local demand.

**Teenagers’ Course:** 15 years Completed up to 19 years Completed (Please use new application form).

### MAHARASHTRA

#### Dhamma Giri, Igatpuri

Vipassana International Academy, Dist. Nashik, Igatpuri-422403. Tel: (02553) 244-076, 244-086, 244144, 244440, Fax: 244176. (10 am to 5 pm). Email: info@giri.dhamma.org To apply online for ten-day courses: [www.dhamma.org/schvia.shtml](http://www.dhamma.org/schvia.shtml) (No admission without confirmation) **10-day:** 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 19 to 30-4, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 29-6 to 10-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 7 to 18-9, 21-9 to 2-10, 19 to 30-10, 16 to 27-11, 30-11 to 11-12, 25-12-22 to 5-1-2023, #ST: 21 to 29-1, 6 to 14-10, CAT/Teacher Meeting: 13-12-2022, AT Meeting: 14 to 16-12-2022, AT Workshop: 17 to 20-12-2022, Trainer Workshop: 21-12-2022, Trustee & Dhamma Servers Workshop: 15 to 16-10, Gratitude Course: 2 to 17-2, (NB: All Meetings and workshops in December 2021 will be on webinar due to Covid-19);

∞ Long Courses: Special 10-day: 13 to 24-7, Please register on [atmeetingindia@dhamma.net.in](http://atmeetingindia@dhamma.net.in) with following details: Full Name, Age, Gender, CT/assistant to CT/trustee, Name of Centre and Place: Special Requirement (if any):

#### Dhamma Tapovana-1 Igatpuri

● Long Course: 45-day: 19-12 to 3-2-2022.

#### Dhamma Tapovana-2, Igatpuri

10-day executive courses: #ST:

● Long Course: 60-day: 17-12 to 16-2-2022.

#### Dhamma Pattana, Gorai, Mumbai

Dhamma Pattana Vipassana centre, Near Essel World, Gorai Creek, Borivali M(W), Mumbai 400091, Phone: +91 8291894650, Tel. (+09122) 50427518, Ext. No. (Male Office) 519 (50427519), (Female Office) 546 (50427546), Website: [www.pattana.dhamma.org](http://www.pattana.dhamma.org), **10-day executive courses:** 19 to 30-1, 26-2 to 9-3, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 3 to 14-5, 17 to 28-5, 8 to 19-6, 22-6 to 3-7, 5 to 16-7, 19 to 30-7, 18 to 29-8, 31-8 to 11-9, 13 to 24-9, 28-9 to 9-10, 12 to 23-10, 26-10 to 6-11, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 21-12 to 1-1-2023, #ST: 12 to 20-3, 1 to 9-8, **3-day:** 12 to 15-8, ∞ Gratitude Course 20-day: 2 to 23-2,

Online application: [www.dhamma.org/en/schedules/schpattana.shtml](http://www.dhamma.org/en/schedules/schpattana.shtml). Email: [registration\\_pattana@dhamma.net.in](mailto:registration_pattana@dhamma.net.in); For all other inquiries, Contact Manager, Email: [info@pattana.dhamma.org](mailto:info@pattana.dhamma.org); Website: [www.pattana.dhamma.org](http://www.pattana.dhamma.org)

NB: Dhamma Pattana can admit only 90 students. Unconfirmed students will be accommodated in future courses; they are requested not to pressure the management to accommodate them.

**One-day:** inside main dome of the Global Vipassana Pagoda Every Day from 11 am to 5 pm. Meditators can benefit from meditating in presence of the Buddha’s relics. Contact: Tel: 022-28452235, Email: [info@globalpagoda.org](mailto:info@globalpagoda.org); (Pl. bring bottle so you can fill it with drinking water at GVP.)

### Mini ānāpāna for Visitors

Mini ānāpāna Training Sessions, Hindi and English are each about 15-20 minutes duration and are held during the visiting hours, from 11 am (first session) to 4pm (last session). Participants are requested to sit for the entire session.

### Dhamma Vāṭikā: Palghar

Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, Contact Centre: Mob. 9637101154, Email: [info@vatika.dhamma.org](mailto:info@vatika.dhamma.org), Contact: 1) Shri Irani, Mob. 92708-88840, 2) Shri Anil Jadhav, Mob. 91 9049151464, Email: [info@vatika.dhamma.org](mailto:info@vatika.dhamma.org), Website: [vatika.dhamma.org](http://vatika.dhamma.org), **10-day:** (Male only) 13 to 24-2, 26-2 to 9-3, 9 to 20-4, 6 to 17-5, 21-5 to 1-6, 22-6 to 3-7, 6 to 17-7, 20 to 31-7, 6 to 17-8, 19 to 30-9, 8 to 19-10, 29-10 to 9-11, 26-11 to 7-12, 24-12 to 4-1-23 (Female only) 8 to 19-1, 29-1 to 9-2, 23-4 to 4-5, 8 to 19-6, 5 to 16-9, 12 to 23-11, 10 to 21-12, #ST: (Male only) 21 to 29-3, 21 to 29-8 **3-day:** (Male only) 23 to 26-1, 11 to 14-3,

### Dhamma Vipula: Belapur (New Mumbai)

Belapur Vipassana Centre, Plot No. 91A; Sector 26, Parsik Hill, CBD Belapur; (Parsik Hill, Nearest Railway Station: Seawoods on Harbour line) Navi Mumbai 400 614, Tel: 022-27522277, 27522404/03 (Timing 11 am to 5 pm) Email: [dhammavipula@gmail.com](mailto:dhammavipula@gmail.com), registration only online <http://www.vipula.dhamma.org/> **10-day:** 9 to 20-2, 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 29-6 to 10-7, 13 to 24-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 19 to 30-10, 2 to 13-11, 16 to 27-11, 30-11 to 11-12, 21-12 to 1-1-23, **1-day:** Every Sunday, **Group Sitting:** Daily (any time) 9 am to 9 pm,

### Dhamma Vāhīni: Titwala

Mumbai Parisar Vipassana Centre, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website [www.vahini.dhamma.org](http://www.vahini.dhamma.org), registration only online Email: [vahini.dhamma@gmail.com](mailto:vahini.dhamma@gmail.com) **10-day:** 22-1 to 2-2, 5 to 16-2, 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 30-4 to 11-5, 14 to 25-5, 28-5 to 8-6, 25-6 to 6-7, 9 to 20-7, 23-7

Please use NEW LONG COURSE APPLICATION FORM, available at Dhamma Giri, Dhamma Khetta, Dhamma Thalī, Dhamma Sindhu, and Dhamma Paṭṭhāna.

to 3-8, 6 to 17-8, 3 to 14-9, 17 to 28-9, 1 to 12-10, #ST: 11 to 19-6,  
 ∞ **Long Course: Special 10-day:** 20 to 31-8, **20-day:** 27-10 to 17-11, **30-day:**  
 20-11 to 21-12, **45-day:** 20-11 to 5-1-2023, **Contact:** Mobile: 97730-69978. (12  
 to 6 pm on weekdays).

### Dhamma Saritā, Khadavali (Thane) C. R.

**Jeevan Sandhya Mangalya Sansthan**, Matoshree Vriddhashram, At: Sorgaon,  
 Post: Padgha, Tal. Bhivandi, Dist. Thane-421101. Email: registration.dhamma.sari-  
 ta@gmail.com; info@sarita.dhamma.org, Online registration www.sarita.dhamma.  
 org, **Contact:** Mob. 91-779-83-24659, **10-day:** 29-12 to 9-1, 12 to 23-1, 2 to  
 13-2, 16 to 27-2, 2 to 13-3, 16 to 27-3, 30-3 to 10-4, 13 to 24-4, 1 to 12-6,  
 15 to 26-6, 29-6 to 10-7, 13 to 24-7, 27-7 to 7-8, **2-day:** 27 to 30-4, **3-day:**  
 25 to 27-1, **Teenagers' Course: (Girls)** 3 to 11-5, **(Boys):** 14 to 22-5, # **2-day:**  
**Children Course: (Only Boys)** 25 to 26-5, **(Only Girls)** 28 to 29-5, **(Contact:**  
 25008868/25011096/25162505)

### Dhamma Nāsikā, Nashik

**Nashik Vipassana Kendra**, Opposite N.M.C. Water filtration plant, Shivaji Nagar,  
 Satpur, (Post: YCMOU), Nashik-422222. Tel: (0253) 6516-242, 3203-677, 2020533,  
 (10 am to 5 pm Only). **Contact:** No. 7758887453, 7758889941, if not answered kind-  
 ly Email: info@nasika.dhamma.org **10-day:** (Only Female)..... (Only male).....  
**10-day:** (Male and Female Only for Old Students)..... #ST: .....

### Schedule of Long Course

#### INDIA

#### Special 10-day Course

24-1 to 4-2-2022	Dhamma Ambikā, South Gujarat
18-2 to 1-3-2022	Dhamma Cakka, Sarnath, (U.P.)
10 to 21-3-2022	Dhamma Pīṭha, Ahmedabad (Gujarat)
6 to 17-4-2022	Dhamma Nāga, Nagpur
10 to 21-4-2022	Dhamma Thalī, Jaipur
15 to 26-4-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
1 to 12-6-2022	Dhamma Khetta, Hyderabad (Telangana)
19 to 30-6-2022	Dhamma Thalī, Jaipur
25-6 to 6-7-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
13 to 24-7-2022	Dhamma Giri, Igatpuri
14 to 25-7-2022	Dhamma Paṭṭhāna, Sonapat, (Haryana)
19 to 30-7-2022	Dhamma Lakkhaṇa, Lucknow (U.P.)
2 to 13-8-2022	Dhamma Ajaya, Chandrapur
9 to 20-8-2022	Dhamma Bhandāra, Bhandara
16 to 27-8-2022	Dhamma Malla, Yavatmal
20 to 31-8-2022	Dhamma Vāhini: Titwala
20 to 31-8-2022	Dhamma Pushkar, Ajmer, Rajasthan
29-8 to 9-9-2022	Dhamma Ambikā, South Gujarat
6 to 17-10-2022	Dhamma Bodhi, Bodhgaya (Bihar)
9 to 20-10-2022	Dhamma Thalī, Jaipur
11 to 22-10-2022	Dhamma Paṭṭhāna, Sonapat, (Haryana)
12 to 23-10-2022	Dhamma Setu, Chennai (Tamil Nadu)
12 to 23-11-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
20-11 to 1-12-2022	Dhamma Kalyāṇa, Kamrup (U.P.)
14 to 25-12-2022	Dhammapāla, Bhopal (M.P.)
20 to 31-12-2022	Dhamma Pubbaja, Churu, Rajasthan
28-12 to 8-1-2023	Dhamma Khetta, Hyderabad (Telangana)
28-12-2023 to 8-1-2024	Dhamma Khetta, Hyderabad (Telangana)
31-5-2024 to 10-6-2024	Dhamma Khetta, Hyderabad (Telangana)

#### Gratitude Course

2 to 17-2-2022	Dhamma Giri, Igatpuri
2 to 17-2-2022	Dhamma Sarovara, Dhule
2 to 17-02-2022	Dhamma Nāga, Nagpur
2 to 17-02-2022	Dhamma Lakkhaṇa, Lucknow (U.P.)
2 to 17-2-2022	Dhamma Pubbaja, Churu, Rajasthan
2 to 17-2-2022	Dhamma Setu, Chennai (Tamil Nadu)
2 to 17-2-2022	Dhamma Madhurā, Madurai
2 to 17-2-2022	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)
2 to 17-2-2022	Dhamma Khetta, Hyderabad (Telangana)
2 to 17-2-2022	Dhammālaya, Kolhapur
2 to 17-2-2022	Dhamma Pāliputta Patna (Bihar)
2 to 17-2-2022	Dhamma Anākula, Akola
26-1 to 10-2-2022	Dhamma Pīṭha, Ahmedabad (Gujarat)
1-2 to 16-2-2023	Dhamma Divākara, Mehsana (Guj.)
2 to 17-2-2023	Dhamma Sindhu, Mandvi-Kutch (Guj.)

#### 20-day

2-2 to 23-2-2022	Dhamma Pattana, Goraigaon, Mumbai
2 to 23-2-2022	Dhamma Setu, Chennai (Tamil Nadu)
2 to 23-2-2022	Dhamma Paphulla, Bangalore
6 to 27-2-2022	Dhamma Thalī, Jaipur
23-2 to 16-3-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)

#### 1 to 22-3-2022

19-4 to 10-5-2022	Dhamma Pīṭha, Ahmedabad (Gujarat)
4 to 25-5-2022	Dhamma Paṭṭhāna, (Haryana)
4 to 25-5-2022	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)
1 to 22-6-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
1 to 22-6-2022	Dhamma Khetta, Hyderabad (Telangana)
10 to 31-7-2022	Dhamma Pushkar, Ajmer, Rajasthan
17-7 to 7-8-2022	Dhamma Kanana, Balaghat (M.P.)
1 to 22-8-2022	Dhamma Bodhi, Bodhgaya (Bihar)
1 to 22-8-2022	Dhamma Paṭṭhāna, (Haryana)
3 to 24-8-2022	Dhamma Cakka, Sarnath (U.P.)
8 to 29-9-2022	Dhammapāla, Bhopal (M.P.)
8 to 29-9-2022	Dhamma Suvatthī, Sravasti (U.P.)
13-8 to 3-9-2022	Dhamma Divākara, Mehsana (Guj.)
16-8 to 6-9-2022	Dhammālaya, Kolhapur
19-8 to 9-9-2022	Dhamma Ambikā, South Gujarat
9 to 30-9-2022	Dhamma Garha, Bilaspur (Chhattisgarh)
6 to 27-10-2022	Dhamma Bodhi, Bodhgaya (Bihar)
27-10 to 17-11-2022	Dhamma Vāhini: Titwala
28-10 to 17-11-2022	Dhamma Sarovara, Dhule
28-10 to 18-11-2022	Dhamma Thalī, Jaipur
1 to 22-12-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
4 to 25-12-2022	Dhamma Lakkhaṇa, Lucknow (U.P.)
28-12 to 18-1-2023	Dhamma Khetta, Hyderabad (Telangana)
28-12-2023 to 18-1-2024	Dhamma Khetta, Hyderabad (Telangana)
31-5-2024 to 20-6-2024	Dhamma Khetta, Hyderabad (Telangana)

#### 30-day

30-1 to 2-3-2022	Dhamma Ketu, Durg (Chhattisgarh)
2-2 to 5-3-2022	Dhamma Setu, Chennai (Tamil Nadu)
6-2 to 9-3-2022	Dhamma Thalī, Jaipur
9-2 to 12-3-2022	Dhamma Bodhi, Bodhgaya (Bihar)
23-2 to 26-3-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
27-2 to 30-3-2022	Dhamma Paṭṭhāna, (Haryana)
28-2 to 30-3-2022	Dhamma Suvatthī, Sravasti (U.P.)
4-5 to 4-6-2022	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)
4-5 to 4-6-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
28-5 to 28-6-2022	Dhamma Paṭṭhāna, (Haryana)
1-6 to 2-7-2022	Dhamma Khetta, Hyderabad (Telangana)
10-7 to 10-8-2022	Dhamma Pushkar, Ajmer, Rajasthan
16-7 to 16-8-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
1-8 to 1-9-2022	Dhamma Bodhi, Bodhgaya (Bihar)
3-8 to 3-9-2022	Dhamma Divākara, Mehsana (Guj.)
16-8 to 16-9-2022	Dhammālaya, Kolhapur
28-8 to 28-9-2022	Dhamma Paṭṭhāna, (Haryana)
7-9 to 8-10-2-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
8-9 to 9-10-2022	Dhammapāla, Bhopal (M.P.)
26-10 to 26-11-22	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)
28-10 to 28-11-2022	Dhamma Thalī, Jaipur
30-10 to 30-11-2022	Dhamma Cakka, Sarnath (U.P.)
5-11 to 6-12-2022	Dhamma Pīṭha, Ahmedabad (Gujarat)
20-11 to 21-12-2022	Dhamma Vāhini: Titwala
28-12 to 28-1-2023	Dhamma Khetta, Hyderabad (Telangana)
28-12-2023 to 28-1-2024	Dhamma Khetta, Hyderabad (Telangana)
31-5-2024 to 30-6-2024	Dhamma Khetta, Hyderabad (Telangana)

#### 45-day

1-1 to 16-2-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
6-2 to 24-3-2022	Dhamma Thalī, Jaipur
9-2 to 27-3-2022	Dhamma Bodhi, Bodhgaya (Bihar)
23-2 to 10-4	Dhamma Sindhu, Mandvi-Kutch (Guj.)
27-2 to 14-4-2022	Dhamma Paṭṭhāna, (Haryana)
28-2 to 15-4-2022	Dhamma Suvatthī, Sravasti (U.P.)
1-6 to 17-7-2022	Dhamma Khetta, Hyderabad (Telangana)
16-8 to 1-10-2022	Dhammālaya, Kolhapur
7-9 to 23-10-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
15-10 to 30-11-2022	Dhamma Suvatthī, Sravasti (U.P.)
26-10 to 11-12-22	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)
27-10 to 12-12-2022	Dhamma Paṭṭhāna, (Haryana)
5-11 to 21-12-2022	Dhamma Pīṭha, Ahmedabad (Gujarat)
20-11 to 5-1-2023	Dhamma Vāhini: Titwala
14-12-22 to 29-1-23	Dhamma Nāgajjuna-II Nagarjun Sagar
1-1-2-22 to 16-2-2-23	Dhamma Sindhu, Mandvi-Kutch (Guj.)
31-5-2024 to 15-7-2024	Dhamma Khetta, Hyderabad (Telangana)

#### Dhammānanda, Pune

**Pune Vipassana Centre**, near Markal village, 8 km. from Alandi, (No admission  
 without confirmation). **10-day:** (Only for Hindi, Marathi, Students)» 12 to 23-2, 12  
 to 23-3, 9 to 20-4, 14 to 25-5, 11 to 22-6, 9 to 20-7, 13 to 24-8, 10 to 21-9, 12 to 23-11,



10 to 21-12, (Only for Hindi, English, Students)» 22-1 to 2-2, 26-3 to 6-4, 23-4 to 4-5, 28-5 to 8-6, 25-6 to 6-7, 23-7 to 3-8, 27-8 to 7-9, 24-9 to 5-10, 26-11 to 7-12, 24-12 to 4-1-23, #ST: (Only for Hindi, English, Students)» 29-10 to 6-11, (Only for Hindi, Marathi, Students)» 26-2 to 6-3, 3-day: 3 to 6-2, 5 to 8-5, 4 to 7-8, 20 to 23-10, Contact: Pune Vipassana Samiti, Email: info@ananda.dhamma.org Tel: (020) 2446-8903, 2446-4243. Tel/Fax: 2446-4243.

### Dhamma Punna, Pune city (Swargate)

Pune Vipassana Samiti, Opp. Nehru Stadium, Behind Swargate Water Works, Near Anand Mangal Karyalaya, Dadawadi, Pune 411002. Email: info@punna.dhamma.org; Tel: (020) 2443-6250, 10-day: Only for Hindi, English, Students » 6 to 17-2, 6 to 17-3, 3 to 14-4, 5 to 16-6, 3 to 14-7, 7 to 18-8, 2 to 13-10, 6 to 17-11, 4 to 15-12, Only for Hindi, Marathi, Students » 20-2 to 3-3, 20 to 31-3, 17 to 28-4, 19 to 30-6, 17 to 28-7, 21-8 to 1-9, 18 to 29-9, 20-11 to 1-12, 18 to 29-12, #ST: 4 to 12-9, 3-day: Only for Hindi, Marathi, Students 13 to 16-10, Only for Hindi, English, Students 27 to 30-10, 2-Day: Only for Hindi, Marathi, Students 2 to 4-6, Only for Hindi, English, Students 15 to 17-9, Teenagers' Course: (Boys) 1 to 9-5, (Girls) 15 to 23-5, 1-day: Every Month Second Thursday and Fourth Sunday 8:30 am to 4:30 pm, # 2-Day Children course: (9 to 18 yrs) (Boys) 10 to 11-5, (Girls)» 13 to 14-5, Children Course: (9 to 18 yrs Every Month first and Third Sunday (8 am to 2:30 pm)

### Dhamma Ajanta, Aurangabad

Ajanta International Vipassana Samiti, Gut No 45 Rampuri, Vaijapur Road Aurangabad 431003. Tel: (0240) 2040444, Contact: Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org 10-day: 26-1 to 6-2, 9 to 20-2, 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 20-4 to 1-5, 4 to 15-5, 25-5 to 5-6, 8 to 19-6, 22-6 to 3-7, #ST: 4 to 12-4, 2-day: 15 to 17-4, Teenagers' Course: (Boys) 16 to 24-5,

### Dhamma Sarovara, Dhule

Khandesh Vipassana Centre, near Dedargaon Water Purification Centre, Post Tikhi, Dist. Dhule, 424002. (No admission without confirmation. Dhule - Hendrun Bus is available from Dhule Bus Stand every hour up to 4:30 pm Rickshaw is also available from Panch Kandel Shere Punjab lodge to Tikhi. From Tikhi, rickshaw is available for centre, 1 km away) 10-day: 20-2 to 3-3, 6 to 17-3, 3 to 14-4, 17 to 28-4, 8 to 19-5, 22-5 to 2-6, 5 to 16-6, 3 to 14-7, 17 to 28-7, 14 to 25-8, 4 to 15-9, 18 to 29-9, 9 to 20-10, 20-11 to 1-12, 4 to 15-12, #ST: 20 to 29-3, 19 to 28-6, 31-7 to 9-8, 18 to 27-12, 2-day: 28 to 30-1, 4 to 6-5, 27 to 29-8, 2 to 4-10, # 1-Day Children Course: 1-5, 21-10, 29-12, 30-12, ∞ Gratitude Cours: 2 to 17-2

∞ Long Courses: Special 10-day: 28-10 to 18-11, Contact: Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org

### Dhamma Siddhapuri, Bhatgaon Solapur

Dhamma Siddhapuri Vipassana Sadhana Kendra, Off Vijapur rod, Near Bhatvadi, soregaon - dongaon rod, 4 km. from soregaon, Ta. Uttar solapur, Dist: Solapur-413002, Contact: 1) Mr. Samrat Patil, Mob. 7620592920, 9011908000, 2) Mr. Bhalchandra Ukarande, Mob. 9860759866, 10-day: (Only male)» 12 to 23-1, 16 to 27-2, 2-3 to 13-3, 30-3 to 10-4, 1 to 12-6, 29-6 to 10-7, 13 to 24-7, 17 to 28-8, 31-8 to 11-9, 28-9 to 9-10, 16 to 27-11, 30-11 to 10-12, 28-12 to 8-1-2023, (Only Female)» 2 to 13-2, 16 to 27-3, 13 to 24-4, 15 to 26-6, 3 to 14-8, 14 to 25-9, 2 to 13-11, 14 to 25-12, #ST: 26-4 to 4-5, 12 to 20-10, 3-day: 27 to 30-1, 28 to 31-7, 2-day: 6 to 8-5, 28 to 30-10, Teenagers' Course: (Girls) 10 to 18-5, (Boys) 21 to 29-5,

### Dhammalaya, Kolhapur

Deccan Vipassana Research Centre, Ramling Road, Aalte Park, Aalte, Tal Hatkangale, Dist. Kolhapur, Pin: 416123. Email: info@alaya.dhamma.org; (No admission without confirmation) Contact: Mob. 97674-13232, 9697933232, 7420943232, 10-day: (Hindi/English speaking students only) 19-2 to 2-3, 6 to 17-3, 20 to 31-3, 3 to 14-4, 17 to 28-4, (1 to 12-5 only Female), 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, 6 to 17-10, 28-10 to 8-11, 12-11 to 23-11, 26-11 to 7-12, 10 to 21-12, #ST: (Hindi/English speaking students only) 22 to 31-3, 3 to 12-7, 8 to 17-10, 3-day: (Hindi/English speaking students only) 14 to 17-5, 19 to 22-10, 26 to 29-12, ∞ Gratitude Cours: 2 to 17-2,

∞ Long Courses: 20-day: 16-8 to 6-9, 30-day: 16-8 to 16-9, 45-day 16-8 to 1-10,

### Dhamma Sugandha : Bhoose (Sangali)

Sangali Vipassana Meditation Centre, Gat No. 564, Talaaw Road, Near Yallamma Temple, Khamkarwadi, Bhoose - 416420, Ta. Miraj, Dist: Sangali, Email: info@sugandha.dhamma.org, Tel: 9422410436, 9403841943, online registration www.dhamma.org/en/schedules/schsugandha, Contact: 1) Dr. Amit Patil, Mob. 9222161236, 2) Mr Sanjay Chaugule, Mob. 7249711008, 10-day: (Only Male) 2-day: (1-day: Every first Sunday Place: Nishidhi, Malwadi A/P. Bhilavadi, Tal. Palus, Dist. Sangli), [1-day: Every Second Sunday, Children Course: (age 8 to 15) 9 am to 3 pm Every Third Sunday, Place: Manav Rahat Trust 3rd Floor, Near Civil Hospital, Sangli]

### Dhamma Naga, Nagpur

Nagpur Vipassana Centre, Mahurjhari Village, near Nagpur-Kalmeshwar Road. Contact: Mob. 9370990771, 9423403294, 9403870195, 9422182336, Email: info@naga.dhamma.org (No admission without confirmation) 10-day: 18 to 29-1, 23-2 to 6-3, 23-3 to 3-4, 20-4 to 1-5, 8 to 19-6, 22-6 to 3-7, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 31-8 to 11-9, 14 to 25-9, 28-9 to 9-10, 12 to 23-10, 26-10 to 6-11, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, #ST: 27-5 to 4-6, 24-12 to 1-1-2023, 3-Day: 17 to 20-3, 19 to

22-12, 1-Day: 16-5, Teenagers' Course: (Girls)» 3 to 11-5, Teenagers' Course: (Boys)» 18 to 26-5, AT Workshop:» 9 to 13-3,

∞ Gratitude Cours: 2 to 17-2,

∞ Long Courses: Special 10-day: 6 to 17-4, Contact: (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smruti Bhawan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

### Dhamma Sugati, Sugatanagar

Vipassana Sadhana Kendra, Sugata Nagar, Nagpur 440 014, 10-day: (Male Only)» 2 to 13-3, (Male and Female)» 1 to 12-4, 1 to 12-6, 6 to 17-7, 3 to 14-10, 20 to 31-12, (Female Only)» 2 to 13-2, 3 to 14-8, 20 to 31-8, 3 to 14-9, 19 to 30-9, (Bhikkhu Only)» 2 to 13-11, #ST: 23 to 31-7, 7 to 15-12, 3-Day: 25 to 28-2, 26 to 29-3, 24 to 27-11, Teenagers' Course: (Boys)» 4 to 11-5, (Girls)» 21 to 29-5, 1-Day: 23-1, 30-1, 20-3, 12-6, 13-11, 18-12, # 3-Day Children Course: (Only Girls age 12 to 15 yrs)» 23 to 26-6, (Only Boys age 12 to 15 yrs)» 28 to 31-10, Children Course: » (Only Boys 8 to 12 yrs) 24-4, (Only Girls 8 to 12 yrs)» 15-5, (Boys and Girls 8 to 12 yrs)» 17-7, Group Sitting: 14-4, 14-10, 6-12, every Sunday 8 to 9 am. Children Anapana: every Sunday 8 to 8:45 am., Anapana Group Sitting: Daily 6 to 7 pm Contact: 1. Sukhadev Narnavre, Mob. 9422129229. 2. Kamlesh Chahande, Mob. 9373104305. Kamti (Nagpur): 10-day: Contact: Dragon Palace, Dada saheb Khumbhare Parisar, Kamptee, Nagpur Mob. 7620349694, 7774858173, 9022451678,

### Dhamma Malla, Yavatmal

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pinpalgaon, Yavatmal - 445001. Contact: 1. Mr. Gadling, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475. 10-day: (Male and Female)» 28-12 to 8-1, 14 to 25-1, 19-2 to 2-3, 4 to 15-3, 1 to 12-4, 19 to 30-4, 2 to 13-5, (Only Bhikkhu and Male 29-6 to 10-7), 18 to 29-7, (Only Bhikkhuni and Female 2 to 13-8), 10 to 21-9, 7 to 18-10, 5 to 16-11, 21-11 to 2-12, 7 to 18-12, #ST: (Only Bhikkhu and Male) 18 to 26-5, (Only Bhikkhuni and Female) 23 to 31-10, 3-day: 17 to 20-3, 23 to 26-6, Teenagers' Course: 6 to 14-6, 1-day: 31-1, 27-3, 17-4, 16-5, 17-6, 13-7, 28-8, 21-9, 20-11, 25-12, Children Course: (Only Boys) 28 to 29-5, (Only Girls) 18 to 19-6, (With Mitra Upkram 17-7), 14-8, 25-9, 4-12, ∞ Gratitude Cours: 2 to 17-2, ∞ Long Courses: Special 10-day: 16 to 27-8,

### Dhammades : Chincholi, Hingoli

Dhammades Vipassana Kendra, Chincholi, Tal-Dist: Hingoli, Contact: Mobile: 9405111373, 9420433905, 9881242487, 10-day: (Male Only)» 20-2 to 3-3, 2 to 13-4, 1 to 12-5, 5 to 16-6, 3 to 14-7, 7 to 18-8, 4 to 15-9, 20 to 13-10, 13 to 24-11, 18 to 29-12, (Female Only)» 23-1 to 3-2, 6 to 17-3, 17 to 28-4, 17 to 28-5, 19 to 30-6, 17 to 28-7, 21-8 to 1-9, 18 to 29-9, 30-10 to 9-11, 4 to 15-12,

Kotamba (Yavatmal): 10-day: (Male and Female) (Only for bhikkhuni and Female Students) 1-day: Every Sunday: 8 am to 3 pm Children's course: 26-12, Contact: Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. M. 9822896453, 7776964808, 7038918204, 9175622575,

Santuk-Pimpri (Hingoli): Place: Santuk Pimpri Dr Bagadiya Farm House, Contact: Mobile: 9405111373, 9420433905, 9881242487, 10-day: (Male Only)» 20-2 to 3-3, 2 to 13-4, 1 to 12-5, 5 to 16-6, 3 to 14-7, 7 to 18-8, 4 to 15-9, 20 to 13-10, 13 to 24-11, 18 to 29-12, (Female Only)» 23-1 to 3-2, 6 to 17-3, 17 to 28-4, 17 to 28-5, 19 to 30-6, 17 to 28-7, 21-8 to 1-9, 18 to 29-9, 30-10 to 9-11, 4 to 15-12, Contact: Dr. Sangram Jonhale, Mob. 9422189318, Mr. Mr. Hanmante Saheb, M. 9422660954,

### Dhamma Amrāvati, Lumbini, Mogara,

Vipassana Kendra, Vipassana Samiti, Lumbini, At Mogara, Post- Bhancheda, Tal-Dist. Amravati. Contact: 1) Mr. Kishor Deshmukha, Mob. 9370585203, 2) Mr. Babuji Shirsat, Mob. 8007676033, 10-day: ((Male and Female) 18-2 to 1-3, 23-3 to 3-4, 22-6 to 3-7, 17 to 28-8, 14 to 25-9, 7 to 18-10, 14 to 25-12, #ST: 9 to 17-11, 1-day 23-1, 1-3, 3-4, 3-7, 28-8, 25-9, 18-10, 25-12, Dhamma Meeting: 17-4, Dhamma Servers' Workshop: 8-5

Kuralpurna (Amravati): 10-day: (Only female) Contact: Mr Bardiya, Mob. 7083896906, 2) Mr Thorat, Mob. 9765873488.

### Dhamma Gondā, Gondia (Ozatola)

Dhamma Gond Vipassana Centre, Gondia Ta and Dist: Gondia - 441601, Contact: 9421796656, 8669038011, 8888728020, 10-day: #ST: 3-day: 1-day: 3-day Children Course: (Girls 10 to 15 yrs) Children Course:

Rohnagaon: (Pavani Bhandara): 10-day: (9 to 20-3 Only Bhikkhu) 30 to 10-4, 11 to 22-5, 1 to 12-6, 6 to 17-7, 10 to 21-8, 19 to 30-10, 9 to 20-11, 7 to 18-12, #ST: 12 to 20-2, 17 to 25-9, 3-day 7 to 10-2, 27 to 30-4, 12 to 15-9, At: Managing by vishuddhimaggo Vipassana Charitable Trust, Dhammapavan Vipassana centre Rohnagaon (Pavani), Dist. Bhandara. Contact: 1) Shailesh kambale: 9923268962, 2) Mr. Madhav Ramteke: 92233-49183.

Chitki: (Wardha) Dhamma Kuti Vipassana Kendra, chitki, Pulgaon, Po. Kavtha, Ta. Devali, Dist: Wardha, (MS) 10-day: Contact: 1. Shri Khandare, Tel: 07158-284372, Mob. 9028494401, Shri Bhele, Mob. 9834603076,

Tumsar (Bhandara): 10-day: 23-2 to 6-3, 23-3 to 3-4, 30-11 to 11-12, 20 to 31-12, # Children Course: 30-1, 6-3, 3-4, 9-11, 11-12, at Buddhavihar and Welfare Centre, Chulhad, Tal. Tumsar, Dist: Bhandara, Mob. 096236-68240, Contact: 1) Mr. Dongare, 6260450336. 2) Mr. Choure, Mob. 09890441071, 3) Vijju Gondane, Mob. 096236-68240,

**Rohnagaon: (Pavani Bhandara):** 10-day: 7 to 18-7, **At:** Managing by vi-shuddhimaggo Vipassana Charitable Trust, Dhammapavan Vipassana centre Rohnagaon (Pavani), Dist. Bhandara. **Contact:** 1) Shailesh kambale: 9923268962, 2) Mr. Madhav Ramteke: 92233-49183.

### Dhamma Bhandāra, Bhandara

**Vipassana Kendra Rahul Colony,** Near Railway Line Sahakar Nagar Bhandara-441901 (MS) **10-day:** 1 to 12-2, 1 to 12-3, 19 to 30-7, 6 to 17-9, 11 to 22-10, 15 to 26-11, 7 to 18-12, **#ST:** 2 to 10-4, 3 to 11-11, **3-day:** 17 to 23-3, **2-day:** 18 to 20-2, **1-day:** 30-1, 24-4, 16-5, 19-6, 21-8, 25-9, 27-11, 18-12, **# 2-day Children Course:** 1 to 2-5, **# 1-day Children Course:** 27-2, 26-4, 10-5, 24-5, 14-6, 28-6, 31-7, 25-8, 9-10, 25-12, **Dhamma Sammelan:** 13-2, **∞ Long Courses: Special 10-day:** 9 to 20-8, **Contact:** Saluja, 09423673572, Choureji, 9890441071, Vinodji, 9422833002, 7588749108,

**Pavani (Bhandara):** **10-day:** **At:** Dhammprabhas Buddhavihar Samiti, Pavani Dist. Bhandara, **Contact:** 1. Mr. Bankar, M. 8408983913, 2. Mr. Shende, M. 8999916043,

### Dhamma Avāsa, Latur

**Latur Vipassana Samiti,** Vasant Vihar Colony, Near RTO, Babhalgaon Road Latur-413531. **Contact:** 1) Sagar Kulkarni. mob. 94054-22948, 84210-79011, 02381-262023, 2) Sudhir Birlle mob. 94233-47023, Email: lvslatur@gmail.com **10-day:** (Only male) (only female)

### Dhamma Nirañjana, Nanded

**Vipassana Centre,** New Danki, Near Godavari River, **Contact:** 1) Mr. Dahivele, Mob. 94231-48636, 2) Mr. Bhawe, Mob. 9421572499, **10-day:** (Only male) 19 to 30-1, 16 to 27-2, 16 to 27-3, 30-3 to 10-4, 6 to 17-7, 31-8 to 11-9, 5 to 16-10, 14 to 25-12, (Male and Female) 14 to 25-9, 30-11 to 11-12) (Only female) 2 to 13-2, 2 to 13-3, 15 to 26-6, 17 to 28-8, 16 to 27-11, **#ST:** 1 to 9-1, 30-7 to 7-8,

### Dhamma Vasudhā, Hivra (Wardha)

**Vipassana Centre,** Hivara, Post Zashdi, Tal Selu, Dist. Wardha, Email: dhammavasudha@gmail.com **Contact:** 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738. **10-day:** 7 to 18-10, 9 to 20-11, 30-11 to 11-12, **#ST:** 5 to 13-3, **1-day:** 16-5, 13-7, 29-9,

### Dhamma Anākula, Akola

**Vipassana Sadhana Kendra,** Khaperkehda Phata, Telhara-444108 Dist Akola **Email:** info.anakula@vridhamma.org, **Website:** www.anakula.dhamma.org, Mob. 9421156138, 9881204125, 94211833060, **online Aply:** https://www.dhamma.org/en/schedules/v2/schanakula#normal, **Email:** info.anakula@vridhamma.org **10-day:** (Male & Female) 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 5 to 16-5, 15 to 26-6, (29-6 to 10-7 only Bhikkhu), 13 to 24-7, 3 to 14-8, 17 to 28-8, 31-8 to 11-9, 18 to 29-9, 11 to 22-10, 27-10 to 7-11, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 20 to 31-12, **#ST:** 20 to 28-4, 1 to 9-10, **3-day:** 26 to 29-1, 28 to 31-7, **2-day:** 19 to 21-2, 1 to 3-5, 13 to 15-9, **1-day:** 23-1, 20-3, 17-4, 16-5, 26-6, 14-8, 29-9, 22-10, 4-12, 31-12, **Teenagers' Course: (Boys)** 1 to 9-6, **Teenagers' Course: (Girls)** 21 to 29-5, **#1-day Children Course:** 6-3, 24-7, 28-8, 20-11, 18-12, **Gratitude Course:** 2 to 17-2, **Contact:** 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125, 2) Mr. Anand, Mob. 9422181970.

**Kotamba (Yavatmal):** 10-day: (Male and Female) 2 to 13-1, 20 to 31-3, 17 to 28-4, 4 to 15-5, 20 to 31-5, 3 to 14-6, 19 to 30-6, 17 to 28-7, 13 to 24-8, 11 to 22-9, 10 to 21-10, 28-10 to 8-11, 11 to 22-12, **#ST:** (Male and Female) 6 to 14-2, **1-day:** Every Sunday: 8 am to 3 pm **Contact:** Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. M. 9822896453, 9067788418, 9421775372, 9890429314, 9175622575,

**Malkapur (Akola):** 10-day: (Only female) 26-1 to 6-2, 2 to 13-3, 2 to 13-6, 24-11 to 5-12, (only male) 9 to 20-2, 4 to 15-5, **#ST:** (Only female) 13 to 21-8, **3-day:** (only male) 10 to 13-11, **at** Bhadant Anand Nivas Rajratna Colony, Yavata Road, Malkapur, Akola 444001. **Contact:** 1) Mr. Athavle Mob. 9404092468, 3) Mr. Tayde Mob. 9421794874,

**Patur (Akola):** Vipassana Sadhana Prasar Kendra Shirla, Patur, Dist- Akola, 444501 **10-day:** (Female only) 17 to 28-2, 25-3 to 5-4, 19 to 30-5, 19 to 30-7, 22-9 to 3-10, 22-12 to 2-1-2023, (only male) 6 to 17-3, 19 to 30-4, 21-6 to 2-7, 10 to 21-10, **#ST:** (only male) 25-8 to 2-9, (Female only) 9 to 17-12, (Only Bhikkhu) 15 to 23-11, **Contact:** 1) Mr. Jaggannath Gawai, Mob. 7775928290, 2) Mrs. Jyotitai Vankhede, Mob. 9921998803,

### Dhamma Jalgaon, Jalgaon

**Vipassana Centre,** Gat No. 99/1+2, Maitri Hills, Ajintha Road, Umala gaon, Tal. Dist. Jalgaon-425001, Tel: (0257) 2229477, online registration www.jalgaon.dhamma.org, Email: dhammajalgaon@gmail.com, Mob. 9422292161, **Contact:** Mr. Subhasha Talreja, Mob. 75884-36222, 75880-09584. **10-day:** (only male) 2 to 13-1, 6 to 17-2, 4 to 15-3, 3 to 14-4, 1 to 12-5, 5 to 16-6, 3 to 14-7, 7 to 18-8, 4 to 15-9, 2 to 13-10, 6 to 17-11, 4 to 15-12, (only female) 16 to 27-1, 20-2 to 3-3, 20 to 31-3, 17 to 28-4, 19 to 30-6, 17 to 28-7, 21-8 to 1-9, 18 to 29-9, 20-11 to 1-12, 18 to 29-12, **#ST:** (only female) 28-1 to 4-2, (only male) 27 to 22-10, **3-day:** (only male) 27 to 30-10, (only female) 28 to 31-7, **Contact:** 7588436222, 8421532276.

### Dhamma Ajaya, Chandrapur

**Vipassana Meditation Centre,** At - Ajaypur, Po. - Chichpalli, Mul Road, Chandrapur, Online Registration :- **Website:-** www.ajaya.dhamma.org, **Email:** dhammaajaya@gmail.com, **10-day:** **Contact:** 1) Mr. Gharde, Sugat Nagar, Naginabag Ward

No. 2, Chandrapur-442401, Mob. 8007151050, 9226137722, 2) Mr. Gautam Chikate, Mobile: 9421812541, 9422506476, **10-day:** 10 to 21-1, 26-1 to 6-2, 9 to 20-2, 24-2 to 7-3, (Only Bhikkhu 12 to 23-3) 30-3 to 10-4, 5 to 16-5, 20 to 31-5, 16 to 27-6, 2 to 13-7, 18 to 29-7, 22-8 to 2-9, 6 to 17-9, 3 to 14-10, 20 to 31-10, 5 to 16-11, 21-11 to 2-12, 7 to 18-12, 22-12 to 2-1, **#ST:** 15 to 23-4, 20 to 28-9, **Teenagers' Course: (Girls)** 4 to 12-6, **2-day:** 15 to 17-8, **Dhamma Servers' Workshop:** 27-3, **# Children Course: (Boys Only age 8 to 12)** 28 to 30-4, (Girls Only age 8 to 12) 1 to 3-5, **1-day Megha:** 9-1, 16-5, 13-7, 29-9, **1-day:** 20-2, 24-4, 16-10, 4-12,

**∞ Long Courses: Special 10-day:** 2 to 13-8,

**Nagbhid (Chandrapur):** **Place:** Go. Va. Mahavidyalaya Nagbhid, Dist. Chandrapur - 441205. **Contact:** 1) Amar shende, M. 8275240717, 2) Arvind Ghayavan, M. 9049566078.

**Ballapur:** **10-day: 3-day: 2-day Children Course: (Boys)»(Girls)»Place:** AT Yenbodi, Po Kothari, Tal- 442701, **Contact:** 1) Mr. Vasant Dhoke, Mob. 09423503514, 07875330276, 2) Mr. Manohar Fulzele, Mob. 08551987943.

**Gadchiroli (vadsa):** **10-day:** ..... **3-day:**..... **At** Tukum ward, Tal. vadsa, Dist Gadchiroli-441207, **Contact:** 1. Mr. Purushottam Dudhe Mob. 9421734459. 2. Mr. Kailesh Mendhe, Mob. 8600005608,

### Dhamma Padesa, Pali, Ratnagiri,

**Konkan Vipassana Meditation Centre,** At-Patharat, Post-Pali, Tal-Ratnagiri, Maharashtra, Email: info@pades.dhamma.org, Website: https://pades.dhamma.org, **10-day:** **#ST:** **Contact:** Mr. Santosh Ayare: 1) 9975434754 / 9960503598

**Mahad:** **10-day:** (only Male)» **3-day:** (only Male)» **1-day:** Every First Sunday 10 am to 3 pm. **# Children Course:** Every third Sunday 10 am to 2 pm, **Place:** Babasahab Ambedkar Memorial Hall Shivaji Chowk, Koteswari Tale, Mahad-402301, Dist:- Raigad, **Contact:** (020) 24436250, Email: info@punna.dhamma.org, Mob.: 7719070011,

**Goa:** **10-day:** **At:** Shree Shantadurga Shankhawaleshwari Sansthan Veling Gothan Goa 403404, **Contact:** Mob. 9822139558,

### NORTH INDIA

#### Dhamma Thali, Jaipur

**Rajasthan Vipassana Centre,** P.O. Box 208, Jaipur-302001 Mob. 0-99301-17187, 9610401401, 9828804808, (for Manual registration/queries); Email: info@thali.dhamma.org, **10-day:** 27-3 to 7-4, 10 to 21-4, 24-4 to 5-5, 8 to 19-5, 22-5 to 2-6, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 13 to 24-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 30-11 to 11-12, 22-12 to 2-1-2023, **#ST:** 29-3 to 6-4, 7 to 15-6, 19 to 27-7, 12 to 20-12, **Dhamma Servers Workshop:** 30-1

**Long Course: Special 10-day:** 10 to 21-4, 19 to 30-6, 9 to 20-10, **20-day:** 6 to 27-2, 28-10 to 18-11, **30-day:** 6-2 to 9-3, 28-10 to 28-11, **45-day:** 6-2 to 24-3,

#### Dhamma Nilaya, Jamdoli, Jaipur (Rajasthan)

**Dhamma Nilaya** Jaaton kaa Bass, Jaisinghpura, Khor Jamdoli, Dist. Jaipur. **Contact:** Mrs Nidhi Mahindroo, Mob. 7042677225, 9828306708 **Email:** info@thali.dhamma.org, **3-day:** (Male only)» (Female only)» **Teenagers' Course: (Boys)** 1 (Girls) **# Children Course: (Boys)» (Girls)**

#### Dhamma Pushkar, Ajmer, Rajasthan

**Vipassana Centre,** Near Village Rewat (Kedel), 23 kms from Ajmer and 9 kms from Pushkar towards Parbatsar. +91-94133-07570. Tel: (145) 2780570. **Contact:** 1) Ravi Toshniwal, Email: dhammapushkar@gmail.com Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275, **10-day:** 26-1 to 6-2, 9 to 20-2, 23-2 to 7-3, 20 to 31-3, 2 to 13-4, 20-4 to 1-5, 4 to 15-5, 12 to 23-6, 25-6 to 6-7, 1 to 12-9, 14 to 25-9, 28-9 to 9-10, 2 to 13-11, 16 to 27-11, 30-11 to 11-12, **#ST:** 9 to 17-3, 12 to 20-10, 13 to 21-12, **Teenagers' Course: (Boys)** 1 to 9-6, **# 2-Day Children Course:** 15 to 17-4, 13 to 15-8, **∞ Long Course: Special 10-day:** 20 to 31-8, **20-day:** 10 to 31-7, 24-12 to 14-1-2023, **30-day:** 10-7 to 10-8, 24-12 to 24-1-2023,

#### Dhamma Marudhara, Jodhpur, Rajasthan

**Vipassana Sadhana Kendra,** Behind Laharia Resort, Near Adhyatma Vignyan Satsang Kendra, -Chausani Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: info@marudhara.dhamma.org, **10-day:** 30-1 to 10-2, 14 to 25-2, 21-3 to 1-4, 13 to 24-4, 28-4 to 9-5, 21-6 to 2-7, 5 to 16-7, 19 to 30-7, 2 to 14-8, 31-8 to 11-9, 23-9 to 4-10, 19 to 22-10, 28-10 to 8-11, 11 to 22-11, 25-11 to 6-12, **#ST:** 9 to 17-3, 28-5 to 5-6, 8 to 16-10, 13 to 31-12, **3-day:** 2 to 5-3, 4 to 7-4, 9 to 12-12, **Teenagers' Course: (Boys)** 10 to 18-6, (Girls) 19 to 27-8, **# 2-Day Children Course:** 16 to 18-9, **Contact:** 1) Mr. Nemichand Bhandari, Email: dhamma.marudhara@gmail.com; Mob. Whatsapp No. 9887099049, 8233013020.

#### Dhamma Pubbaja, Churu, Rajasthan

**Pubbaj Bhumi Vipassana Trust,** Bhaleri Road, 6Km From Churu (Rajasthan) Mob. 9664481738, Email: dhammapubbaja@gmail.com, info@pubbaja.dhamma.org, **Contact:** 1) Mr. SP Sharma, Mob. 07627049859, 2) Mr. Suresh Khanna, Mob. 094131-57056, 9887099049, Whatsapp Only) **10-day:** 22-2 to 5-3, 9 to 20-3, 23-3 to 4-4, 7 to 18-4, 27-5 to 7-6, 22-6 to 3-7, 6 to 17-7, 20 to 31-7, 3 to 14-8, 9 to 20-9, 5 to 16-10, 26-10 to 6-11, 11 to 22-11, 25-11 to 6-12, **#ST:** 29-4 to 7-5, 19 to 27-8, **3-day:** 26 to 29-1, 21 to 24-4, 23 to 26-9, 19 to 22-10, 9 to 12-12, **Teenagers' Course: (Boys)** 10 to 18-6, **1-day:** 8-5, **Children Course 2-day:** (Only Boys age 13 to 16)» 2 to 4-9, (13 to 16 yrs Girls Only)» 30-9 to 2-10,



**Gratitude Course:** 2 to 16-2, **Long Course: Special 10-day:** 20 to 31-12,

**Dhamma Sota, Sohna (Haryana)**

**Vipassana Sadhana Sansthan**, Village Rahaka, Post Sohna, (Near Nimmod Police Post) Ballabgarh-Sohna Road, Dist Gurgaon (12 km from Sohna), Haryana, Mobile: 9812655599, 9812641400. [Buses available from Sohna and Ballabgarh.] **10-day:** 19 to 30-1, 2 to 13-2, 16 to 27-2, 2 to 13-3, 16 to 27-3, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 19 to 30-10, 2 to 13-11, 16 to 27-11, 7 to 18-12, 21-12 to 1-1-2023, **Contact:** Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

**Dhamma Patthana, Sonapat, (Haryana)**

**Vipassana Sadhana Sansthan**, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapatthana@gmail.com **#ST:** 1 to 9-2, 14 to 22-2, 15 to 23-5, 4 to 12-7, 17 to 25-12, **AT Workshop:** 2 to 5-10, **Dhamma worker workshop:** 6 to 7-10, **Long Courses: Special 10-day:** 14 to 25-7, 11 to 22-10, **20-day:** 19-4 to 10-5, 1 to 22-8, **30-day:** 27-2 to 30-3, 28-5 to 28-6, 28-8 to 28-9, **45-day:** 27-2 to 14-4, 27-10 to 12-12, **Contact:** same as Dhamma Sota

**Dhamma Karunika, Karnal (Haryana)**

**Vipassana Sadhana Sansthan**, AirPort/Kunjipura Road, Near Government School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: reg.dhammakarunika@gmail.com, **Contact:** 1) Mr Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, **10-day:** 26-1 to 6-2, 9 to 20-2, 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 13 to 24-4, 27-4 to 8-5, 11 to 22-5, 22-6 to 3-7, 13 to 24-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 14 to 25-9, 28-9 to 9-10, 12 to 23-10, 9 to 20-11, 23-11 to 4-12, 14 to 25-12, 28-12 to 8-1-2023, **#ST:** 29-10 to 6-11, **Teenager's Course: (Boys)**» 28-5 to 5-6, **Teenager's Course: (Girls)**» 11 to 19-6,

**Dhamma Hitakari, Rohtak (Haryana)**

**Vipassana Dhyana Samiti**, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. **Contact:** 92543-48837, 9416303639. **10-day:** 19 to 30-1, 2 to 13-2, 16 to 27-2, 2 to 13-3, 16 to 27-3, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 2 to 13-11, 16 to 27-11, 7 to 18-12, 21-12 to 1-1-2023, **3-day:** 17 to 20-10,

**Dhamma Dhaja, Hoshiarpur (Punjab)**

**Punjab Vipassana Trust**, Village Anandgarh, P. O. Mehlanwali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: info@dhaja.dhamma.org **10-day:** 19 to 30-1, 2 to 13-2, 16 to 27-2, 2 to 13-3, 16 to 27-3, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 19 to 30-10, 16 to 27-11, 7 to 18-12, 21-12 to 1-1-23, **#ST:** 5 to 13-11,

**Dhamma Sikhara, Dharamshala (H.P.)**

**Himachal Vipassana Kendra**, Dharamkot, McLeodganj, Dharamshala-176219, Dist. Kangra. Email: info@sikhara.dhamma.org Tel: 09218514051, 09218414051, (Registration over phone between 4 to 5 pm) **10-day:** every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's) **#ST:** 20 to 28-3, 15 to 23-11, **3-day:** 23 to 26-11,

**Dhamma Laddha, Leh Ladakh (J & K)**

**Vipassana Meditation Ladakh**, Dhamma Laddha, is 8/9 Km from leh, **Contact:** Mr Lobzang Visuddha, Ancient Tracks, Mobile: [91] 9906971808, 9419862542. **10-day:** Every month 1 to 12 and 16 to 27 (Except **#ST:** Course) **#ST:** 16 to 24-3, 16 to 24-9, **3-day:** 25 to 28-9, **2-day:** 25 to 27-3, **Group Sitting:** every Sunday from 9 am. **1-day:** every Second Sunday Email: info@ladakh.in.dhamma.org; lvissuddha@yahoo.com,

**Dhamma Salila, Dehradun**

**Dehradun Vipassana Centre**, Village Jantanwala, near Dehradun Cantonment, near Santala Devi Mandir, Dehradun 248001. Tel: 0135-2715189, 2715127, 94120-53748, Email: reg.dhammasalila@gmail.com; **10-day:** 26-1 to 6-2, 9 to 20-2, 23-2 to 6-3, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 29-6 to 10-7, 13 to 24-7, 27-7 to 7-8, 24-8 to 4-9, 7 to 18-9, 21-9 to 2-10, 2 to 13-11, 16 to 27-11, 30-11 to 11-12, 14 to 25-12, **#ST:** 6 to 14-3, 14 to 22-8, 7 to 15-10, **3-day:** 19 to 22-3, 7 to 10-8, 16 to 19-10, 28-10 to 1-11, **Contact:** 1) Mr. Bhandari, Tel: (0135) 2104555, 07078398566, Fax: 271-5580.

**Dhamma Lakkhana, Lucknow (U.P.)**

**Lucknow Vipassana Centre**, Asti Road, Railway Crossing, Bakshi ka Talab, Lucknow 227 202. Email: info@lakkhana.dhamma.org Tel: (0522) 296-8525, Mob. 97945-45334, 9453211879, **10-day:** 19 to 30-1, 19-2 to 2-3, 4 to 15-3, 4 to 15-4, 19 to 30-4, 4 to 15-5, 19 to 30-5, 4 to 15-6, 19 to 30-6, 4 to 15-7, 4 to 15-8, 19 to 30-8, 4 to 15-9, 19 to 30-9, 4 to 15-10, 4 to 15-11, 19 to 30-11, **#ST:** 22 to 30-3, 19 to 27-10, **3-day:** 28 to 31-10, **2-day:** 15 to 17-3, 18 to 20-3, 15 to 17-4, 15 to 17-5, 15 to 17-6, 15 to 17-7, 15 to 17-8, 15 to 17-9, 15 to 17-10, 15 to 17-11, **3-day Children's course:** (age 13 to 17 boys)» 26 to 29-12, (age 13 to 17 girls)» 30-12 to 2-1, **Gratitude Course:** 2 to 17-2,

**Long Course: Special 10-day:** 19 to 30-7, **20-day:** 4 to 25-12, **Contact:** 1. Sh. R. K. Singh, Mob. 9616744793, 2. Pankaj Jain, Mob. 098391-20032. 3. Mrudula Mukesha, Mob. 94150-10879, 4. Sh. Rajeev Yadav, Mob. 9415136560.

**Dhamma Suvatthi, Sravasti (U.P.)**

**Jetavana Vipassana Meditation Centre**, Katra Bypass Road, Opp. Buddha Inter

College, Sravasti 271845. Email: info@suvatthi.dhamma.org, Tel: (05252) 265-439; Mob. 93358-33375. **10-day:** 2 to 13-2, 15 to 26-2, 17 to 28-4, 2 to 13-5, 17 to 28-5, 2 to 13-6, 17 to 28-6, 2 to 13-7, 17 to 28-7, 2 to 13-8, 17 to 28-8, 2 to 13-10, 2 to 13-12, 2 to 13-1-2023, **#ST:** 29-8 to 6-9, 14 to 22-12, **Children Course:** (8 to 12 yrs boys, and 8 to 16 yrs Girls)» 24 to 27-12, (12 to 16 yrs only Boys)» 28 to 31-12, **Long Course: Special 10-day:** 17 to 28-1, **20-day:** 8 to 29-9, **30-day:** 28-2 to 30-3, **45-day:** 28-2 to 15-4, 15-10 to 30-11, **Contact:** 1. Mob. 094157-51053, 2. Murlu Manohar, Mob. 094150-36896,

**Dhamma Cakka, Sarnath (U.P.)**

**Vipassana Sadhana Kendra**, Village Khargipur, Post. Piyari, Chaubeypur, Sarnath, Varanasi. Email: info@cakka.dhamma.org Mob. 09307093485, 09936234823, (for auritorickshaw from Sarnath Museum, fare Rs. 100/-), **10-day:** 3 to 14-2, 4 to 15-3, 3 to 14-4, 18 to 29-4, 3 to 14-5, 18 to 29-5, 3 to 14-6, 18 to 29-6, 3 to 14-7, 18 to 29-7, 3 to 14-9, 18 to 29-9, 12 to 23-10, 5 to 16-12, 18 to 29-12, **#ST:** 21 to 29-3, 2 to 10-10, **3-day:** 28 to 31-8, **1-day:** Every month Fourth Sunday. 10 am to 5 pm, **Long Course: Special 10-day:** 18-2 to 1-3, **20-day:** 3 to 24-8, **30-day:** 30-10 to 30-11, **Contact:** Manju Agrawal, Email: manju.ag4@gmail.com. Mob. 09936691000.

**Dhamma Kalyana, Kanpur (U.P.)**

**Kanpur, International Vipassana Meditation Centre**, Dhori, Ghaat, Rooma, Post Salempur Kanpur-209402, (23 Km. from Kanpur Central Rly. Station) Tel. 07388-543795, Mob. 08995480149. Email: dhamma.kalyana@gmail.com, (No admission without confirmation) **10-day:** 20 to 31-1, 5 to 16-2, 5 to 16-3, 20 to 31-3, 5 to 16-4, 20-4 to 1-5, 2 to 13-5, 13 to 24-5, 5 to 16-6, 20-6 to 1-7, 5 to 16-7, 20 to 31-7, 5 to 16-8, 20 to 31-8, 5 to 16-9, 20-9 to 1-10, 5 to 16-10, 20 to 31-10, 5 to 16-11, 5 to 16-12, 20 to 31-12, **#ST:** 22-2 to 1-3, 22 to 30-11, **3-day** 1 to 4-4, 1 to 4-9, **Teenagers' Course: (Girls)** 24-5 to 1-6, **1-day:** Every month Fourth Sunday. 10 am to 5 pm, **# 3-day Children Course:** (age 8 -12 yrs) 1 to 4-6, **Long Courses: 10 Day Special:** 20-11 to 1-12-22,

**Dhamma Kaya, Kushinagar (U.P.)**

**'Dhamma Kaya', Vipassana Sadhana Kendra**, Village- Dhuria Bhaat, Near Banwari Tola, Tehsil- Kasya, Devriya Road, Dist: Kushinagar-274402, (U.P.) Mob. +919415277542. Email: dhammakaya.vskk@gmail.com; **10-day:** Every month 1 to 12 and 16 to 27. **Contact:** 1. Dr. Vimalkumar Modi, C/o Aarogya Mandir, Gorakhpur-273003, 2. Mob. 9935599453,

**Dhamma Sudha, Meerut (U.P.)**

**Vipassana Centre**, Behind Police station, Tower Road, Near Saifpur Gurdwara, Hastinapur, Dist. Meerut- -250404, **Office Contact:** Tel. 9555515548, 8171490433, 7505414181, **10-day:** 19 to 30-1, 2 to 13-2, 16 to 27-2, 2 to 13-3, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 2 to 13-11, 16 to 27-11, 7 to 18-12, 21-12 to 1-1-2023, **#ST:** 19 to 27-3, **3-day:** 31-3 to 3-4, 1 to 4-9, 17 to 20-10, 1 to 4-12,

**Dhamma Licchavi, Muzaffarpur (Bihar)**

**Dhamma Licchavi Vipassana Centre**, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 8935963703, Email: info@licchavi.dhamma.org **10-day:** every month 5 to 16 and 19 to 30, In February 19-2 to 2-3-2022, Except 19 to 30-3, 19 to 30-10, **#ST:** 22 to 30-3, **Contact:** Rajkumar Goenka, Tel: (0621) 224-0215,

**Dhamma Upavana, Barackiya, (Bihar)**

**Barackiya - 845412**, East Champaran Bihar, **Contact:** 9431245971, 9934430429, 6204814341, Email: dhammaupavan@gmail.com, **10-day:** every month 3 to 14 and 17 to 28,

**Dhamma Bodhi, Bodhgaya, (Bihar)**

**Both Gaya International Vipassana Meditation Centre**, Gaya-Dobhi Road (15 km), Near Magadha University, Bodh Gaya-824234. Mob. 94716-03531, 9955911556, Email: info@bodhi.dhamma.org, Website: www.bodhi.dhamma.org, Long course Email: bodhi.longcourse@gmail.com **Contact:** 99559-11556. **10-day:** 1 to 12-4, 16 to 27-4, 1 to 12-5, 16 to 27-5, 1 to 12-6, 16 to 27-6, 1 to 12-7, 15 to 26-7, 5 to 16-9, 20-9 to 1-10, 1 to 12-11, 16 to 27-11, 1 to 12-12, 15 to 26-12, **#ST:** 26-1 to 3-2, 18 to 26-10, **Long Courses: 10 Day Special:** 6 to 17-10, **20-day:** 1 to 22-8, 6 to 27-10, **30-day:** 9-2 to 12-3, 1-8 to 1-9, **45-day:** 9-2 to 27-3.

**Nalanda (Bihar): 10-day:** April to December Every Month 2 to 13, **Place:** Near Navnalanda Mahavihar, Sanskratik Gram, Nalanda (Bihar) Mob: 91-9955911556, **Contact:** Dr. D. Lama, Mob. 99314-55583. Email: dhammanalanda@gmail.com. Online registration: Website: www.nalanda.in.dhamma.org

**Dhamma Patliputta Patna (Bihar)**

**Patna Vipassana Center**, Meditation Block, Buddha Smriti Park, Near Patna Junction, Patna - 800001, Bihar, India, **Contact:** Mobile: +91 6205978822, +91 6299534629, E-mail: info@patna.in.dhamma.org, Website: http://www.patna.in.dhamma.org, **10-Day:** 17 to 28-2, 3 to 14-3, 17 to 28-3, 3 to 14-4, 17 to 28-4, 3 to 14-5, 17 to 28-5, 3 to 14-6, 17 to 28-6, 3 to 14-7, 17 to 28-7, 3 to 14-8, 17 to 28-8, 3 to 14-9, 17 to 28-9, 3 to 14-10, 17 to 28-10, 3 to 14-11, 3 to 14-12, 17 to 28-12, 3 to 14-1-2023, 17 to 28-1-23, 17 to 28-2-23, **#ST:** 17 to 25-11, **1-day:** Every sunday, **Mini Anapana Meditation: Every Day # 3-day Children Course:** (only Girls age 12-16 yrs) 29-4 to 2-5, (only Boys age 12-16 yrs) 28 to 31-12, **Gratitude Course:** 2 to 17-2, 2 to 17-2-2023.

**Dhamma Vesali, Bihar**

**Dhamma Vesali Vipassana Center**, Vietnam Mahaprajapati Nunnery, Vishwashanti Pagoda Road, Vaishali-844128,

Mob. 9031012302, 9031012303, Email: info@vaishali.in.dhamma.org; Website: www.vaishali.in.dhamma.org. **Contact:** Rajkumar Rai, Tel: 7631932444, **10-day:** every month 4 to 15 and 18 to 29 (except 20 to 28 March and during #ST: course's) #ST: 4 to 12-11,

### GUJARAT

#### Dhamma Sindhu, Mandvi-Kutch (Guj.)

**Kutch Vipassana Centre**, Bada, Mandvi-Kutch-370475. Mob. 9925674104, 9638577325, Email: info@sindhu.dhamma.org **Contact:** Bhuj: 094274-33534. Gandhidham: 094262-50746. Mandvi: 09974575660. **10-Day:** 4 to 15-1, 19 to 30-1, 20-2 to 3-3, 6 to 17-3, 20 to 31-3, 3 to 14-4, 15 to 25-4, 1 to 12-5, 15 to 26-5, 29-5 to 9-6, 12 to 23-6, 25-6 to 6-7, 10 to 21-7, 24-7 to 4-8, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 30-9 to 11-10, 12 to 23-10, 26-10 to 6-11, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 21-12 to 1-1, 4-1-22 to 15-1-2-23, 18 to 29-1, #ST: 2 to 10-2, 17 to 25-4, 11 to 19-6, 30-10 to 7-11, **3-day:** 11 to 14-2, 13 to 16-5, 24 to 27-6, 12 to 15-8, 7 to 10-10, 25 to 28-10,

∞ **Gratitude Course:** 2 to 17-2-2023,

∞ **Long Courses: Special 10-day:** 15 to 26-4, 25-6 to 6-7, 12 to 23-11, **20-day:** 23-2 to 16-3, 4 to 25-5, 1 to 22-12, **30-day:** 23-2 to 26-3, 4-5 to 4-6, 16-7 to 16-8, 7-9 to 8-10, **45-day:** 1-1 to 16-2, 23-2 to 10-4, 7-9 to 23-10, 1-1-2-22 to 16-2-2-23, **Contact:** 7874623305, 9825320551.

#### Dhamma Kōṭa, Rajkot (Guj.)

**Saurashtra Vipassana Kendra**, Kotharia Road, 15 km from Rajkot. Tel: Off. (0281) 2924924, 2924942, Email: info@kota.dhamma.org; Mobile: 7878727240, 93279-23540. **City Contact:** 1. Tel: (0281) 2233666. Mob. 7878727223, 94272-21591. 2) Chandubhai Mehta, Tel: 2587599, Mob. 9428203291. **10-day:** 19 to 30-1, 12 to 23-2, 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 27-4 to 8-5, 11 to 22-5, 25-5 to 5-6, 8 to 19-6, 29-6 to 10-7, 13 to 24-7, 3 to 14-8, 31-8 to 11-9, 14 to 25-9, 5 to 16-10, 19 to 30-10, 9 to 20-11, 23-11 to 4-12, 14 to 25-12, **3-day:** 26-2 to 1-3, 8 to 21-8,

**Gujarati Vipassana Newsletter:** Rs 30/- for one year and Rs 100/- for 4 years. **Contact:** Saurashtra Vipassana Research Centre, Bhabha Dining Hall, Panchnath Road, Rajkot-360001. Tel: (0281) 2233666, Mobile: 94272-21591. 7878727223,

#### Dhamma Divākara, Mehsana (Guj.)

**Uttar Gujarat Vipassana Kendra**, Village Mittha Tal and Dist. Mehsana, Gujarat. Email: info@divakara.dhamma.org, Tel: (02762) 272-800. **Contact:** 1. Nikhilbhai Parikh, Mob. 09429233000, 2. Upendra Patel, Tel: Mob. 8734093341, Tel: (02762) 254-634, 253315, Email: upendrakpatel@gmail.com, **10-day:** 2 to 13-2, 16 to 27-2, 2 to 13-3, 16 to 27-3, 30-3 to 10-4, 13 to 24-4, 27-4 to 8-5, 11 to 22-5, 25-5 to 5-6, 8 to 19-6, 22-6 to 3-7, 4 to 12-7, 20 to 31-7, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 21-12 to 1-1-2023, 4 to 15-1-23, 18 to 29-1-23, 17 to 28-2-23, #ST: 22-1 to 30-1, 4 to 12-7, **3-day:** 20 to 23-10, **2-day:** 15 to 17-7, ∞ **Gratitude Course:** 1 to 16-2-2023

∞ **Long Course: 20-day: 2022»** 13-8 to 3-9, **30-day: 2022»** 3-8 to 3-9,

#### Dhamma Piṭha, Ahmedabad (Gujarat)

**Gurjar Vipashyana Kendra**, (40 km from Ahmedabad Railway Station, 3 km Dholka town), Village Ranoda, Tal. Dholka, Dist. Ahmedabad 387810, Mobile: 89800-01110, 89800-01112, 94264-19397. Tel: (02714) 294690. Email: info@pitha.dhamma.org (Day zero starting day of every course, Bus facility to Centre is Available from Paldi St Bus stand (Ahmedabad) at 2:30 pm. **10-day:** 16 to 27-2, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 29-6 to 10-7, 13 to 24-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 25-12 to 5-1-2023, 11-1 to 22-1-23, 25-1 to 5-2-23, 8 to 19-2-23, 22-2 to 5-3-23, #ST: 1 to 9-3, ∞ **Long Courses: Special 10-day:** 10 to 21-3, **20-day:** 1 to 22-3, **30-day:** 5-11 to 6-12, **45-day:** 5-11 to 21-12, **Contact:** Ms Shashi Todi, Mob. 98240-65668,

#### Dhamma Ambika, South Gujarat

**Vipassana Dhyana Kendra**, National Highway No. 8, (Mumbai to Ahmedabad) 2 k.m. away on west of Boriyach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org **Online registration:** dhammaambikasurat@gmail.com, **10-day:** 9 to 20-2, 22-2 to 5-3, 7 to 18-3, 20 to 31-3, 6 to 17-4, 19 to 30-4, 1 to 12-5, 18 to 29-5, 31-5 to 11-6, 12 to 23-6, 29-6 to 10-7, 13 to 24-7, 28-7 to 8-8, #ST: 19 to 27-8, **3-day:** 31-3 to 3-4, 12 to 15-5, 23 to 26-6, 12 to 15-8, **Dhamma Seminar:** 6-2, ∞ **Long Courses: Special 10-day:** 24-1 to 4-2, 29-8 to 9-9, **20-day:** 19-8 to 9-9, **Contact:** 1. Vasantbhai Lad, Mob. 09428160714, 2. Ratanshibhai K Patel, Mob. 098250-44536,

#### Dhamma Pāli, Bhavnagar, Gujarat

**Vipassana Centre**, Village Todi, Songadh - Palitana Road, Dist:- Bhavnagar, Gujarat Email: dhammapali5@gmail.com, **Contact:** Mob. 7878103636, 8866703636, 8866713636, Office: Tel: 0278-2521066, 8758561616. **10-day: #ST:**

**Dharmaj:** **10-day: 3-day: Contact:** Dharmaj Vipassana Samiti, C/o G. M. Viraktashram Complex, Station Road, Dharmaj 388430. Tel: (02697) 245-460 (Office 9.00 am to 5.00 pm), 1. Mr. Hemantbhai Patel, Mob. 94265-00765. 2. Mr Dipakbhai Mob. 94289-00794. Email: vipassana.dharmaj@gmail.com

### SOUTH INDIA

#### Dhamma Paphulla, Bangalore

**Bangalore Vipassana Centre:** (23 km from City Railway station,) Alur Village, Near Alur Panchayat office, Off Tumkur Road, Dasanapura Bangalore North Taluka 562 123. Tel: (080) 23712377, Mob. 7829912733, 8861644284, 9972588377, Email:

info@paphulla.dhamma.org; [Bus No. 256, 258, 258C from Majestic Bus Stand Gate down Makali (Near Himalaya Drugs), cross road and take auto] **10-day:** 2 to 13-3, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, #ST: 23 to 31-3, **3-day:** 17 to 20-3, **2-day:** 26 to 27-2, ∞ **Long Courses: 20-day:** 2 to 23-2,

#### Dhamma Setu, Chennai (Tamil Nadu)

**Vipassana Meditation Centre**, 533, Pazhan Thandalam Road, Via Thiruneeermalai Road, Thirumudivakkam, Chennai 600044, **Course Enquiries and Registration:** Tel: 044-65499965, Mob. 94442-80952, 94442-80953, Email: setu.dhamma@gmail.com; (Timings 10 am to 1 pm and 2 pm to 5 pm.) **Contact City Office:** S. K. Goenka, Tel: (044) 4340-7000, 4340-7001, Fax: 4201-1177, Mob. 98407-55555. Email: skgoenka@kgiclothing.in; **10-day:** 19 to 30-1, 9 to 20-3, 30-3 to 10-4, 13 to 24-4, 27-4 to 8-5, 1 to 12-6, 15 to 26-6, 13 to 24-7, 3 to 14-8, 17 to 28-8, 31-8 to 11-9, 14 to 25-9, 28-9 to 9-10, 26-10 to 6-11, 9 to 20-11, 23-11 to 4-12, 7 to 13-12, 20 to 31-12, #ST: 2 to 10-7, 12 to 20-10, **3-day:** 24 to 27-3, 12 to 15-5, 28 to 31-7, **1-Day:** 16-5, 13-7, **Dhamma Sevaka Workshop:** 21-4, **Children Course Teacher Workshop:** 21 to 22-5, **AT Workshop:** 28 to 29-5, ∞ **Gratitude Course:** 2 to 17-2, ∞ **Long Courses: Special 10-day:** 12 to 23-10, **20-Day:** 2 to 23-2, **30-Day:** 2-2 to 5-3,

#### Dhamma Madhurā, Madurai

**Vipassana Meditation Centre**, Chettiyapatti gaon, Athur Taluk, P. O. Gandhigram University, Dindigul-624302, **Contact:** 9442603490, 9442103490, Email: dhammamadhura@gmail.com, **10-day:** 19 to 30-1, 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 15 to 26-6, 6 to 17-7, 20 to 31-7, 24-8 to 4-9, 7 to 18-9, 5 to 16-10, 2 to 13-11, 16 to 27-11, 7 to 18-12, 21-12-2022 to 1-1-2023 #ST: 13 to 21-8, **3-day:** 9 to 12-6, 4 to 7-8, 22 to 25-9, **15-Day Gratitude Course:** 2 to 17-2-2022,

#### Dhamma Aruṇāchala, Tiruvannamalai, (T.N.)

**Vipassana Meditation Centre**, Perumbakkam Village, Tiruvannamalai, Tamilnadu, India, Pincode - 606603, Email: info@arunachala.dhamma.org Phone: +91-9597246178, +91-9884393459, **10-day: #ST: 3-day:**

**Rajapalayam: Contact:** Aravindh Herbal labs (p) Ltd. 140, Mudangiyar Road, 4<sup>th</sup> Kilometer, Rajapalayam-626117, Tel: 04563-233308, Email: dhammamadhura@gmail.com,

#### Dhamma Ketana, Chengannur (Kerala)

**Vipassana Meditation Center**, Mampura P.O. Kodukulunji (via) Chengannur, Kerala-689508. Email: info@ketana.dhamma.org Tel: (0479) 2351616. **10-day: .....#ST: .....2-day:..... # Children's Course: ..... (10 to 14 yrs) (14 to 18 yrs) Dhamma Servers Workshop: Contact:** 1. Dr. Gopinath Nair, Mob. 9447287415, 2. Mr Raghunath Karup, Mob. 9495118871,

#### Dhamma Khetta, Hyderabad (Telangana)

**Vipassana International Meditation Centre**, (12.6 km) Mile Stone, Nagarjuna Sagar Rd, Kusum Nagar, Vansthalipuram Hyderabad-500070. Email: info@khetta.dhamma.org Tel: (040) 2424-0290, 32460762, 09491594247, Fax: 2424-1746, **10-day:** 2 to 13-2, 18-2 to 1-3, 3 to 14-3, 17 to 28-3, 31-3 to 11-4, 13 to 24-4, 4 to 15-5, 18 to 29-5, 18 to 29-7, 3 to 14-8, 17 to 28-8, 13 to 24-9, 25-9 to 6-10, 8 to 19-10, 20 to 31-10, 2 to 13-11, 16 to 27-11, 30-11 to 11-12, 14 to 25-12, #ST: 18 to 26-5, 13 to 21-9, **3-day:** 25 to 28-4, 29-8 to 1-9, **2-day:** 28 to 30-1, 29-4 to 1-5, 30-7 to 1-8, 2 to 4-9, **Teachers Workshop:** 8 to 12-9, **Dhamma Servers' Workshop 2-Day:** 5 to 7-9, **Dhamma Servers' Workshop:** 28-2, 27-3, 24-4, 29-5, 17-7, 28-8, 30-10, 27-11, ∞ **Gratitude Course:** 2 to 17-2,

∞ **Long Courses: Special 10-day:** 1 to 12-6, 28-12 to 8-1-2023, 28-12-2023 to 8-1-2024, 31-5-2024 to 10-6-2024, **20-Day:** 1 to 22-6, 28-12 to 18-1-2023, 28-12-2023 to 18-1-2024, 31-5-2024 to 20-6-2024, **30-Day:** 1-6 to 2-7, 28-12 to 28-1-2023, 28-12-2023 to 28-1-2024, 31-5-2024 to 30-6-2024, **45-Day:** 1-6 to 17-7, 31-5-2024 to 15-7-2024,

**1-day Children Course:** Ending day of every 10-day course in Andhra Pradesh, and Telangana States. Eligibility: 1-day and 2-day Children's Course, 5th Standard and above or 10 yrs to 18 yrs (8 am to 4pm)

**Telugu Vipassana Newsletter:** Published every month. Annual subscription: Rs. 50/- **Contact:** Dhamma Khetta above.

#### Dhamma Koṇḍaṇṇa, Kondapur (Telangana)

**Vipassana International Meditation Centre**, Kondapur, Via Sagareddy, Medak 502306. Mobile: 93920-93799, 93983-16155, Email: info@kondanna.dhamma.org, **10-day:..... #ST:..... 2-day: Teenagers' Course: ..... (Boys) One-day:** every Purnima. **2-day Children Course:** (Girls only)..... (boys only)..... **Dhamma Servers' Workshop: ..**

∞ **Long Courses: 20-day: .....**

#### Dhamma Nāgajjuna-I Nagarjun Sagar (Telangana)

**VIMC**, Hill Colony, Nagarjun Sagar Dist. Nalgoda 508202, (140.4 km Hyderabad Road,) Registration: 9440139329, (8680) 277944, Mobile: 093484-56780, (only 10 am to 5 pm) Email: info@nagajjuna.dhamma.org, **10-day:** 6 to 17-2, 14 to 25-5, 2 to 13-11, 23-11 to 4-12, **2-Day:** 25 to 27-2, 11 to 13-3, 24 to 26-6, 8 to 10-7, 5 to 7-8, 28 to 30-10, 16 to 18-12, **Teenagers' Course:** (Boys)» 9 to 17-4, 5 to 13-5, 20 to 28-8, 26-9 to 4-10, 14 to 22-11, **Teenagers' Course:** (Girls)» 25-4 to 3-5, 11 to 19-6, 23 to 31-7, 15 to 23-9, 15 to 23-10, 23 to 31-12, **Dhamma Sevaka Workshop:** 9 to 11-9, **Dhamma Samsmelan:** (Family) 18 to 20-2,



**Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)**

Contact: VIMC, As above. 10-day: 23-2, to 6-3, 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 8 to 19-6, 22-6 to 3-7, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 31-8 to 11-9, 25-9 to 6-10, 12 to 23-10, #ST: 24-4 to 2-5, 14 to 22-9, Gratitude Course: 2 to 17-2, 2023» 2 to 17-2, ∞ Long Courses: 20-day: 4 to 25-5, 30-day: 4-5 to 4-6, 26-10 to 26-11, 45-day: 26-10 to 11-12, 14-12 to 29-1-23

**Dhamma Nijjhāna, Nizamabad (Telangana)**

VIMC, Indur, Pocharam (Post), Yedpalli Mandal, Pin-503186, Dist. Nizamabad. Email: info@nijjhana.dhamma.org; 99085-96336, 094415-25115, Email: info@nijjhana.dhamma.org, 10-day: ..... #ST: .....3-days: .....2-days:..... One-day: Every Month last Sunday. Teenagers' Course: (Boys) (Girls) Dhamma Servers Workshop:...

**Dhammārāma, Bhimavaram, W. G. (A.P.)**

Vipassana International Meditation Centre, Village Kumudavalli, Mandal-Pala Koderu, Dist. West Godavari 534 210. (1.5 kms from Bhimavaram, on the Bhimavaram-Thanuku Road) Tel: (08816) 236566. 99893-82887, Email: info@rama.dhamma.org, 10-day: .....#ST: ..... 3-days: .....1-day: every month fourth Sunday. Long Courses: Special 10-day: .....

**Dhamma Vijaya, Vijayarai, W. G. (A.P.)**

Vipassana Meditation Centre, Post. Vijayarai, Pedavegi Mandalam, Dist. West Godavari, Pin-534475. (Vijayarai Village is 15 kms. from Eluru) Tel: (08812) 225522. Mobile: 94414- 49044, 98660-97618. Email: info@vijaya.dhamma.org,

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**Dhamma Kānana, Balaghat (M.P.)**

Dhamma Kanana Vipassana Centre, Wainganga Tat, Rengatola, P.O. Garra, Balaghat. Tel: (07632). 248145, Mob. 8989845100, 97531-44641, Contact: 1. Mr. Kho-bragade, Lumbini Nagar, Balaghat. Mob. 94243-36241. 2. Mr. Meshram, Tel: (07632) 239165, Email: dineshmeshram@hotmail.com Mob. 094251-40015, 9753144641, on-line Application: https://www.dhamma.org/en/schedules/schkanana. 10-day: (20-2 to 3-3 only bhikkhu) 6 to 17-3, 21-3 to 1-4, 3 to 14-4, 17 to 28-4, 2 to 13-5, 2 to 13-6, 2 to 13-7, 19 to 30-8, 2 to 13-9, 17 to 28-9, 6 to 17-10, 22-10 to 2-11, 5 to 16-11, 19 to 30-11, 4 to 15-12, #ST: 18 to 26-6, 18 to 26-12, 3-day: 18 to 20-3, 2-day: 15 to 16-5, Children's courses: 29-5, 2-10 ∞ Long Courses: 20-day: .17-7 to 7-8,

**Dhamma Bala, Jabalpur (M.P.)**

Vipassana Meditation Centre, Opposite Bhedaghat Thane, (1 km) Bapat Marg, Bhedaghat Jabalpur. Contact: Tel: (0761) 2610252. 2. Mr. Mahesh, Mob. 99815-98352. 3. Mr. Saurabh, Mob. 8109397741. 10-day: .....

**Dhammapāla, Bhopal (M.P.)**

Vipassana Centre, Behind Kerwa Dam, Village Daulatpura, Bhopal 462 044. Contact: Mob: 94069-27803, 7024771629, Contact: Prakash Gedam, Mob. 94250-97358, Tel: (0755) 2468053, Email: dhammapala.bhopal@gmail.com, Fax: 246-8197. Online application: www.pala.dhamma.org, 10-day: 9 to 20-2, 23-2 to 6-3, 9 to 20-3, 6 to 17-4, 20-4 to 1-5, 18 to 29-5, 1 to 12-6, 29-6 to 10-7, 13 to 24-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 28-9 to 9-10, 2 to 13-11, 16 to 27-11, #ST: 23 to 31-3 14 to 22-10, 3-day: 3 to 6-2, 12 to 15-5, 8 to 11-9, 27 to 30-10, 2-day: 1 to 3-4, 1-day: 20-2, 20-3, 17-4, 24-7, 4-9, 9-10, 27-11, Teenager's Course: (Boys) 3 to 11-5, (Girls) 14 to 22-6, # Children's course: (Age 8 to 12 years) 29-5, 21-8, (Age 13 to 16 years) 1-5, 12-6, Maintenance Week: 9 to 13-10, Sahabhagita Seminar for old Student: 25 to 26-6, ∞ Long Course: Special 10-day: 14 to 25-12, 20-day: 8 to 29-9, 30-day: 8-9 to 9-10,

**Dhamma Mālāvā, Indore (M.P.)**

Vipassana Centre, Village Jambudi Hapsi, Opp. Gommatgiri, in front of Pitru mountain, Hatod Road, Indore-452003. Contact: 1. Indore Vipassana International Foundation Trust, Tel: (0731) 4273313, Mobile: 98931-29888. Email: info@malava.dhamma.org; dhammamalava@gmail.com, 2. Ghokhale. Mob. 9407406620. 10-day: 6 to 17-2, 6 to 17-3, 20 to 31-3, 3 to 14-4, 16 to 27-4, 1 to 12-5, 17 to 28-5, 29-5 to 9-6, 3 to 14-7, 16 to 27-7, 30-7 to 10-8, 13 to 24-8, 4 to 15-9, 17 to 28-9, 2 to 13-10, 19 to 30-11, 4 to 15-12, (Old Student Only 17 to 28-12), #ST: 19 to 27-2, 18 to 26-6, 3-day: 10 to 13-6, 26 to 29-8, 14 to 17-10, 1-day: 16-5, and Every Month First Sunday In February March Third Sunday ( 8 am to 1:30pm) Except August Dhamma Seva Course: 29-1 8 am to 30-1 5 pm ∞ Long Course: Special 10-day: 6 to 17-11,

**Dhamma Rata, Ratlam (M.P.)**

Dhamma Rata, 15 Kms from Ratlam, Behind Sai Temple, Village: Dhamnod, Ta. Sailana, Dist: Ratlam-457001, M.P. Fax: 07412-403882, Email: dhamma.rata@gmail.com, Contact: 1) Mr. Yogesh, Mob. 8003942663, 2) Mr Adwani, Mob. 9826700116. 3-day: 18 to 29-1, 2 to 13-2, 17 to 28-2, 5 to 16-3, 20 to 31-3, 3 to 14-4, 18 to 29-4, 4 to 15-5, 20 to 31-5, 4 to 15-6, 19 to 30-6, Contact Office: Vikram Nagar, Mhow road, Ratlam, Mob. 09425364956, 09479785033.

**Dhamma Guṇa Guna-Gwalior Division, (M.P.)**

Vipassana Dhamma Guna, Village- Pagara, Dist.- Guna, (at 12 kms. Guna-Gwalior Division.) Contact: Shri Virendra Singh Raghuvanshi, Raghuvanshi Kirana Store, Near State bank of India, Ashok Nagar Road, Village - Pagara, Dist: Guna, MP - 473001. Mob: 9425618095, Shri Rajkumar, Raghuvanshi, Mob: 9425131103. Email: info@guna.dhamma.org. 10-day: Gwalior: 10-day: ..... One-day: Every Month Third Sunday. 11 am to

5 pm. Group Sitting: Every Sunday 8 to 9 am Contact: The Secretary, Vipassana Sadhana Samiti, Buddhavihar, Behind Mela Ground, Panchsheelnagar, Gwalior-474001 (MP) Email: dhammitra@gmail.com, Mob. 9425339228, 9425770964,

**Dhamma Bala, Jabalpur (M.P.)**

Vipassana Meditation Centre, Opposite Bhedaghat Thane, (1 km) Bapat Marg, Bhedaghat Jabalpur. Contact: WhatsApp 1) Mr Gulshan Makan, Mob. 9425156895 2) Mr. Rajendra Dubey, Mob. 7999341818, Email: dhammabalajabalpur@yahoo.co.in, 10-day: 13 to 24-2, 6 to 17-3, 3 to 14-4, 8 to 19-5, 18 to 29-9, 9 to 20-10, 13 to 24-11, 11 to 22-12, #ST: 17 to 25-4, 2-day: 4 to 6-2, 15 to 17-4, 10 to 12-6, 25 to 27-11, 1-day: Every Last Sunday

**Dhamma Ketu, Durg (Chattisgarh)**

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana\_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. 10-day: 5 to 16-3, 3 to 14-4, 18 to 29-4, 12 to 23-6, 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 14 to 25-8, 4 to 15-9, 18 to 29-9, 1 to 12-10, 13 to 24-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 3-Day: 17 to 20-3, Teenagers' Course: (Girls) 29-5 to 6-6, 1-Day: 1-5, 16-5, 26-6, 28-8, Children's course: 27-3, 17-4, 3-5, 28-10, Dhamma Sevak Workshop: 30-10, ∞ Long Courses: 30-day: 30-1 to 2-3, Contact: 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. Suresh Bang, Mob. 9425209354,

**Dhamma Garha, Bilaspur (Chhattisgarh)**

Vipassana Centre, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbhata, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com, Website: www.garh.dhamma.org, 10-day: 27-1 to 7-2, 10 to 21-2, 3 to 14-3, 31-3 to 11-4, 17 to 28-6, 7 to 18-7, 21-7 to 1-8, 7 to 18-8, 1 to 12-10, 1 to 12-12, 17 to 28-12, #ST: 2022» 12 to 20-11. 3-day: 17 to 20-3, 1-day: 23-1, 3-4, # Children's course: 24-4, 1-5, 16-10, 27-11, ∞ Long Courses: 20 day: 9 to 30-9, Contact: 1. Mr. K.K. Sahu, Mob.: 97520-47511, Mr. S. Meshram, Mob. 79748-34238,

**Dhamma Gaṅgā, Kolkata (W.B.)**

Vipassana Kendra, Sodepur, Harishchandra Dutt Road, Panihati, Baro Mandir Ghat, Kolkata-700114, Tel: (033) 2553-2855. Email: info@ganga.dhamma.org 10-day: Contact City Office: Tobacco Houjse 5th floor, room no-523, 1, old court house corner, kolkata:-700001, Tel: (033) 2230-3686, 2231-1317.

**Dhamma Purī, North Tripura (Tripura)**

Tripura Vipassana Meditation Centre, P.O. Machmara, Dist. North Tripura, Tripura 799 265. Email: info@puri.dhamma.org Mob. 09436477510, 8974653507, 10-day: Contact: M. Dewan, (0381) 2300441, Mob. 09862154881, 09402527191.

**Dhamma Utkal, Khariyar Road: (Orissa)**

Vipassana Meditation Centre, Village Chanabera, Post Amsena, Via. Khariyar Road, Dist: Nuapada, Orissa-766106, Mob. 094062-37896, Contact: 1) Mr. Harilal Shahu, Email: harilal.sahu@gmail.com, Mob. 09407699375, 2) Mr. Prafulldash, Mob. 7077704724, 10-day: ∞ Long Courses: 30-day:2022» 30-1 to 2-3, Contact: 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. Suresh Bang, Mob. 9425209354,

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Vipassana Centre, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbhata, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com, Website: www.garh.dhamma.org, 10-day: 27-1 to 7-2, 10 to 21-2, 3 to 14-3, 31-3 to 11-4, 17 to 28-6, 7 to 18-7, 21-7 to 1-8, 7 to 18-8, 1 to 12-10, 1 to 12-12, 17 to 28-12, #ST: 12 to 20-11. 3-day: 2022» 17 to 20-3, 1-day: 2022» 23-1, 3-4, # Children's course: 2021» 28-11, 2022» 24-4, 1-5, 16-10, 27-11, ∞ Long Courses: 2022» 20 day: 9 to 30-9, Contact: 1. Mr. K.K. Sahu, Mob.: 97520-47511, Mr. S. Meshram, Mob. 79748-34238,

**Dhamma Gaṅgā, Kolkata (W.B.)**

Vipassana Kendra, Sodepur, Harishchandra Dutt Road, Panihati, Baro Mandir Ghat, Kolkata-700114, Tel: (033) 2553-2855. Email: info@ganga.dhamma.org 10-day: 29-12 to 9-1, 2022» 12 to 23-1, 26-1 to 6-2, 9 to 20-2, 23-2 to 6-3, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 29-6 to 10-7, 14 to 25-7, 27-7 to 7-8, 31-8 to 11-9, 14 to 25-9, 28-9 to 9-10, 12 to 23-10, 27-10 to 7-11, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 21-11 to 1-1, #ST: 2022» 8 to 16-3, 16 to 24-8, 3-day: 2022» 17 to 20-3, 25 to 28-8, Children Course: 2021» 26-12, Contact City Office: Tobacco Houjse 5th floor, room no-523, 1, old court house corner, kolkata:-700001, Tel: (033) 2230-3686, 2231-1317.

**Dhamma Purī, North Tripura (Tripura)**

Tripura Vipassana Meditation Centre, P.O. Machmara, Dist. North Tripura, Tripura 799 265. Email: info@puri.dhamma.org Mob. 09436477510, 8974653507, 10-day: Contact: M. Dewan, (0381) 2300441, Mob. 09862154881, 09402527191.

**Dhamma Utkal, Khariyar Road: (Orissa)**

Vipassana Meditation Centre, Village Chanabera, Post Amsena, Via. Khariyar Road, Dist: Nuapada, Orissa-766106, Mob. 094062-37896, Contact: 1) Mr. Harilal Shahu, Email: harilal.sahu@gmail.com, Mob. 09407699375, 2) Mr. Prafulldash, Mob. 7077704724, 10-day:



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## DHAMMA DOHAS

*Dhanya, dhanya Gurudevajī, dhanya Buddha bhagavāna;  
Śuddha dharma aisā diyā, hoyā jagata kalyāṇa.*

Gratitude to my Teacher, Gratitude to Lord Buddha;  
For giving such pure Dhamma, for the welfare of the world.

*Jaya jaya jaya gurudevajū, jaya jaya kṛpānidhāna;  
Dharama ratana aisā diyā, huā parama kalyāṇa.*

My teacher, may you be victorious; compassionate one, may you be victorious. You gave me such a jewel of Dhamma, which has been so beneficial to me.

*Aisā cakhāyā dharamarasa, biṣayana rasa na lubhāya;  
Dharama sāra aisā dīyā, chilake diye chudāya.*

You let me taste Dhamma's nectar, now no sensual pleasure can allure. Such an essence of Dhamma you gave, that the shell [of ignorance] dropped away.

*Dharama diyā kaisā sabala, paga paga kare sahāya;  
Bhaya bhairava sāre miṭe, nirabhaya diyā banāya.*

You gave such a powerful Dhamma, which helps and supports me at every step. It has helped to rid me of all fears, and made me absolutely fearless.

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