



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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Words of Dhamma

Tesaṃ sampannasīlānaṃ, appamādavihāriṇaṃ;

Sammadaññā vimuttānaṃ, māro maggaṃ na vindati.

— *Dhammapadapāḷi-57, Puppavaggo*

Māra finds not the path taken by those consummate in virtue, who dwell heedfully, and are completely released through experiential wisdom.

Be the Light of Dhamma

From the Closing Address of the Principal Teacher Shri S.N. Goenka, Dhamma Service
Annual Meeting, Dhamma Giri, 21 January 1994



“**W**hatever Dhamma work we have accomplished so far is like a few drops in a vast ocean. A healthy beginning has been made, but much work remains. There is so much suffering in the world... People want to come out of suffering but don't know how. If Vipassana is offered to them, they will accept it.

The path of Dhamma—*sīla, samādhi, and paññā*—

is complete, pure. Nothing should be added to it. Nothing should be taken out. The totality and purity of Vipassana should be maintained and passed on.

Give without expecting anything in return. It is one-way traffic. Keep giving, for the good of many, with a mind full of compassion.

There may be worldly happiness, but it is not the aim of Vipassana. The whole aim is ultimate happiness, liberation from all suffering—*nibbānaṃ*

paramam sukham. Then the entire exercise will become purposeful, meaningful.

You are messengers of Dhamma. Throw light on the pure way of life, not merely as words, but by living the Dhamma. Live that very life.

Let all see that they who talk of Dhamma also live the Dhamma life. Only when they see living examples of Vipassana will they be attracted to Vipassana. Throw light on yourself. Your behavior throws light not only on you but also on Vipassana. Let people see the life you are living. Everything must be open, there is nothing to be hidden.

This is the way to share Vipassana—not to increase a following, but for more people to benefit. Theory inspires, encourages, and guides, but the actual benefits are from practising Vipassana daily.

Live the Dhamma life not only for your benefit, but also to benefit others. Live a happy life. Help more people live a happy life.

Bhavatu sabba mangalam.

May all be happy, peaceful, liberated!



Excerpts from the Letters Written to Babu Bhaiya – Year 1970

From the letters written to his elder brother Babu Bhaiya (term of address for an elder brother), it becomes clear as to what difficulties Respected Goenkaji faced in establishing Dhamma in his initial days in India and how he dealt with them. With his Dhamma strength, abundant metta, patient wisdom and Respected Sayagi U Ba Khin's ever flowing blessings and metta he marched forward determinedly on the path of Dhamma overcoming all obstacles. We trust that the narration of his own and meditators experiences during this period will be inspirational to all meditators. With this in mind, we are continuing to present excerpts from his letters.

Camp: Delhi,
17th Jan 1970

Dear Resp Babu Bhaiya,

The Delhi camp began day before yesterday. I had already received Respected Gurudev and Ma Sayama's blessings via telegram.

Besides a few relatives, associates and some unknown people, the UP region's Bhikkhu Mahanam and Lama Lobzong the head of a Ladakh monastery here in Delhi are also participating. However, the matter regarding Lama Lobzong is a little complicated as all the lamas associated with him have gone to receive land being distributed by the government

of Mysore, and has prevented them from taking the course. Kushok Bakula, though very eager to take the course, got stuck in Ladakh due to poor weather conditions while Lama Lobzong himself faces difficulty now with Bakula's absence. He needs to go to his monastery daily for 4 to 5 hours. I will permit him this liberty till tomorrow, though am not sure if I can continue this as there is no place where I can make arrangements for him to sit separately.

I had been busy meeting government officers before the start of the camp, and even now at times I need to leave the camp to meet some officers. Tomorrow being Sunday, I will meditate a little longer in order to be able to help those who have come for the course to the maximum.

Yours,

Satya Narayan Goenka

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News of Dec. 1969 Camp, Panchayati Wadi, Mumbai

Camp: Delhi,

18th January, 1970

Pranam Babu Bhaiya,

... I had earlier written briefly about the December, 1969 camp in Panchayati Wadi which had gone well and now I will explain further about the unusual experiences that came my way and the new understanding and strength that proved very helpful for me.

The developments in Madras (Chennai) that had burdened my heart were washed away by the time I reached Mumbai by my daily sadhana. By the time this camp was to start my mind was firm, stable and strong which helped me face many difficult situations that came my way. Indeed the Dhamma strength that I experienced on the death anniversary of Saya Thetgyi helped me throughout the camp. Besides, the Dhamma connection with Respected Sayagi and Mother Sayama too remained strong and I could maintain my equanimity.

One day for some reason, I had been in discomfort till late into the night, a meditator too experienced some discomfort and pain. He felt as if he was having a heart attack. His pulse was racing and he panicked. He asked for a doctor but his health returned to normal after the morning sitting. Motilalji's wife experienced severe stomach pain and got anxious. Besides her, the wife of Kishanlal got very frightened in the middle of the night. Though she was progressing well in her sadhana, now in panic she shook awake the lady sleeping nearby who suggested that she stop meditation and chant god's name. However, after sitting in meditation the next morning she felt better.

I encountered other such disturbances. During these storms my mind had remained unshaken and taking recourse to metta showed its positive results.

Another development during this course was that the hourly discourses given in Rajasthani language were recorded. Sensing meditator's eagerness in this course I had permitted the recording.

I had wanted the Gudam (Andhra Pradesh) recordings to be transcribed, edited and typed prior to sending it to you so that you could easily translate it in Burmese or English for Sayagi and take his opinion. Getting it checked by him for any shortcomings will be helpful for me. I thought it wise to let Vimla transcribe the Gudam discourse, slow though the process was. I also decided to make an extra copy of the Bombay (Mumbai) lectures and find a way to get them across to you so that you could see them unedited, before taking them to Sayagi and Sayama.

The camp proved to be immensely beneficial for our Shivkumar. Certainly in the previous two camps he had encountered difficulties. Shiv had then fallen ill, apparently from jaundice or typhoid. But at the end of the camp, when he was checked by a doctor he was found to be suffering from neither. Vimla too fell ill with mild fever. As the camp date was nearing everyone started to pressurise her to cancel her course. But we managed to take her, and to our surprise, as soon as she came to the meditation camp, her fever and sundry pains vanished. She ate well and her course too went well. The road to her welfare had opened and upon returning home too, her fever did not return.

Meditators' Get Inspired

Vipassana meditation and a feeling of deep faith towards pure Dhamma had kindled in Motilalji's wife's heart while Kishanlal's wife had lost her way by walking on a different path. Now she too went deeper in Vipassana. Prabhu Dayal too had been deeply involved in another practice and consequently he now faced difficulties during Anapana and Vipassana. Vipassana would 'awaken' and then he would lose it again.

Then without any prompting from me, Dhamma wisdom arose in him. He had joined the camp only to please his father. Now on the 4th day he came over and said that he now understood the vast difference between the two ways of practice. His old paramis had awakened deepening his sadhana and prompting him to plead with me eagerly to permit him to call his wife on the 6th day, to explain Ana Pana to her, so she could make a beginning at least on the right path. He also kept requesting me earnestly to agree to hold a camp in Ahmedabad or Baroda where along with him his wife, his friends and associates could

participate.

Kishanlal too got deeply inspired and made an earnest request to hold a camp in Bombay where his wife, children and others could participate prior to my going back to Burma. Motilalji too expressed strong desire to hold the camp in Bombay in April where from his family alone about 15 people would likely sit, he urged.

This Dhamma inspiration also arose in the sadhak whose heart and pulse rate had jumped high. Just like brother Balkrishna, he began to urge that this Dhammic benefit should become available to many, many more. The immense stress due to which he would stay awake in the nights and spend days in restlessness had now gone, relieving him of medicines too. Now his urging was urgent and I tried to calm him. He is well educated with degrees in BA with honours and LLB with deep study in modern psychology but is an atheist to the hilt. I noticed a huge shift in him as he accepted that Dhamma had shown him a healthy and a novel way to fight the battles of life. It remains to be seen how deep and enduring the impact of blessed Dhamma on him will be.

Ramki devi, wife of Murlidhar joined the camp after 2 days. Soon after Vipassana was given, tremors and shivers began in her limbs and body. I remembered well that even in Rangoon after getting Vipassana, she would tremble and weep heaving with deep emotion for a long time. This began now. But by the end of the camp all this diminished. Similarly, Shri Popatbhai's wife, Sundaridevi too joined the camp after 3 days. She had taken one course in Burma and had continued her practice. Now after all these years, she came again to the camp. This time her experiences went deeper. She convinced her husband Popatbhai to hold a camp in her village in Gujarat. I however had to smile and say no.

Mother and Illaichibai's (sister) sadhana was deepening and both were very satisfied. Murlidhar's sister-in-law was so impressed with this sadhana that she convinced her husband to come for the course in Delhi. Kesardev's son Shivkumar too, impressed with the camp said that his headache is now in control. He is now requesting incessantly to hold a camp in Madras (Chennai) where his parents, other family members and associates can participate.

Bharat too is satisfied. His parents, brother, sisters and other family members came intermittently to visit (they were all old students from Burma).

Yet another meditator underwent the blessed experience of Vipassana though a weak one like her husband. Disturbed though she was by constant visions of light her mind was tranquil. But upon hearing about detachment and upekkha in the evening discourses she turned apprehensive for her husband (What if he

too went the way of renunciates!) Later of course she calmed down. As she is living in a large joint family and holding it together with varied opinions and life styles, her having stress was not a surprise.

Another point of difficulty arose here in that Asian parents are known for a burning desire to have a son who will be their pillar in this life and be instrumental in taking them across in the afterlife. And woe be to a woman who is childless. If only Lord Buddha's words would be followed that no one can be delivered from their sufferings but by their own actions. No, not even ones own son can do this. Whether ones lineage carries forward or not, it matters not. Unless this truth is well understood, a childless woman, especially a woman without a son will continue to suffer burdened with a feeling of guilt at the inability to deliver a son; this becoming a point of major tension in families. Society will evolve when this truth is deeply understood on the basis of Dhamma.

This is the illustration of the Bombay camp.

Yours,

Satya Narayan Goenka



Additional Responsibility

1. Dr. Shri Yeshawant Mulye, to assist the Center Teacher, Dhammasiddhapuri, Solapur.

New Responsibility

Bhikkhu Teacher

1. Ven. Bhikkhu Uttam Chhandadhammo, Nepal

Teachers (Ts)

- 1-2. Mr. Khageshwar & Mrs. Bishnu Maya Devi Aryal, CT of Dhammayana, Nepal

Senior Assistant Teachers (SATs)

1. Mrs. Reena Hooda, Rohtak, Haryana
2. Mr. Vikrant Pandey, Nepal
3. Mrs. Sakuntala Agrawal, "
4. Mr. Ram Prasad Koirala, "
5. Mrs. Surya Maya Kansakar, "
6. Mr. Tul Bahadru Pun, "
7. Ms. Chandra Shakya, "
8. Mrs. Mima Shakya, "
9. Mrs. Rashna Shakya (Pradhan), "
10. Mr. Ajit Shrestha, "
11. Mrs. Homa Thakali, "
12. Mrs. Madalasha Singh, "
13. Mr. Mahesh Man Singh, "
14. Mrs. Bishnu Maya Khanal, "
15. Dr. Ranadhoj Limbu, "
16. Mr. Amir Khati, "
17. Mrs. Anjali Gurung, "

18. Mrs. Binu Shakya, Nepal

19. Shri Khemraj Wankar, Nagpur

20. Shri Nandkumar Tayde, Akola

21. Shri Shrikant Patil, Shegaon

22. Shri Siddhartha Meshram, Nagpur

23. Shri Narendra Khobragade, Nagpur

New Appointments

Assistant Teachers

1. Mrs. Jaya Tarigoppula, Hyderabad
2. Mrs. Jayeshtha Savla, Mandvi-Kutch.
3. Shri Jitendra Mulay, Pune
4. Shri Shailesh Malpani, Pune
5. Ms. Bimala Shrestha, Nepal
6. Mrs. Satya Laxmi Ranjit, Nepal
7. Mr. Anusone Ukkaralawun, Thailand

Children Course Teachers

1. Mrs. Rekha Baskar, RCCC—Tamilnadu,
2. Shri Sreedharan Moothathu RCCC—Kerala
3. Mrs. Kamaljieet Jugpal, Andamaan
4. Mrs Jayshree Potharkar, Pune



Dhammic 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



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/>



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 practise 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 Gurujī and Matajī, 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 Gurujī and Matajī 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.

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

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 (No admission without confirmation) 10-day: 8 to 19-9, 22-9 to 3-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 25-12-21 to 5-1-2022, 2022 8 to 19-1, 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: 7 to 15-10, 2022 21 to 29-1, 6 to 14-10, CAT/Teacher Meeting: 13-12-2021, 2022 13-12-2022, AT Meeting: 14 to 16-12-2021, 2022 14 to 16-12-2022, AT Workshop: 17 to 20-12-2021, 2022 17 to 20-12-2022, Trainer Workshop: 21-12-2021, 2022 21-12-2022, Trustee & Dhamma Servers Workshop: 16 to 17-10, 2022 15 to 16-10, Gratitude Course: 2022 2 to 17-2,

Please register on 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 Courses: 45-day: 19-12 to 3-2-2022, 60-day: 12-10 to 12-12.

Dhamma Tapovana-2, Igatpuri

10-day executive courses: 18 to 26-11, Long Courses: 30-day: 25-9 to 26-10, 45-day: 8-5 to 23-6, 25-9 to 10-11, 60-day: 23-7 to 22-9, 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, 10-day executive courses: 14 to 25-9, 29-9 to 10-10, 13 to 24-10, 27-10 to 7-11, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, 22-12 to 2-1-2022.

Online application: www.dhamma.org/en/schedules/schpattana.shtml. Email: registration_pattana@dhamma.net.in ; For all other inquiries, Contact: **Manager**, Email: info@pattana.dhamma.org Website: www.pattana.dhamma.org 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; (Pl. bring bottle so you can fill it with drinking water at GVP.)

Mini ānāpāna for Visitors

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

Dhamma Vipula : Belapur (New Mumbai)

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, registration only online http://www.vipula.dhamma.org/ 10-day: 1 to 12-9, 15 to 26-9, 29-9 to 10-10, 13 to 24-10, 27-10 to 7-11, 10 to 21-11, 24-11 to 5-12, 21-12 to 1-1-22, 2022 3 to 14-1, 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, 3-day: 9 to 12-12, 1-day: Every Sunday, Group Sitting: Daily (any time) 9 am to 9 pm, Long Course: 20-day: 2022 16-1 to 6-2,

Dhamma Vāhīnī: Titwala

Mumbai Parisar Vipassana Centre, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website www.vahini.dhamma.org, registration only online Email: vahini.dhamma@gmail.com 10-day: 2021 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 2022 8 to 19-1, 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, 11 to 22-6, 25-6 to 6-7, 9 to 20-7, 23-7 to 3-8, 6 to 17-8, 3 to 14-9, 17 to 28-9, 1 to 12-10, Long Course: 20-day: 2021 27-10 to 17-11, 30-day: 2021 20-11 to 21-12, 45-day: 2021 20-11 to 5-1-2022, Special 10-day: 2022 20 to 31-8, Contact: Mobile: 97730-69978. (12 to 6 pm on weekdays).

Dhamma Vātīkā: Palghar

Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Crick-

et Ground, Alyali Village, Palghar-401404, **Contact Centre:** Mob. 9637101154, Email: info@vatika.dhamma.org, **Contact:** 1) Shri Irani, Mob. 92708-88840, 2) Shri Anil Jadhav, Mob. 91 9049151464, Email: vipassana.palghar@gmail.com, **10-day:** (Male only) 11 to 22-8, 25-8 to 5-9, 8 to 19-10, 21-10 to 1-11, 21-11 to 2-12, 25-12-21 to 5-1-22, (Female only) 11 to 22-7, 24-9 to 5-10, 7 to 18-11, ♦ #ST: (Male only) 12 to 20-9, (Female only) 5 to 13-12,

SCHEDULE OF LONG COURSES INDIA

Special 10-day Course

1 to 12-9-2021	<i>Dhamma Pattana, Gorai, Mumbai</i>
4 to 15-9-2021	<i>Dhamma Ambikā, South Gujarat</i>
21-9 to 2-10-2021	<i>Dhamma Tapovana-1, Igatpuri</i>
6 to 17-10-2021	<i>Dhamma Bodhi, Bodhgaya, Bihar</i>
15 to 26-10-2021	<i>Dhamma Paṭṭhāna, (Haryana)</i>
17 to 28-10-2021	<i>Dhamma Sarovara, Dhule</i>
20-11 to 1-12-2021	<i>Dhamma Kalyāṇa, Kanpur (U.P.)</i>
14 to 25-12-2021	<i>Dhamma Khetta, Hyderabad (Telangana)</i>
13 to 24-7-2022	<i>Dhamma Giri, Igatpuri</i>
20 to 31-8-2022	<i>Dhamma Vāhini: Titwala</i>

Gratitude Course

16-1 to 6-2-2022	<i>Dhamma Vipula Belapur (New Mumbai)</i>
2 to 17-2-2022	<i>Dhamma Giri, Igatpuri</i>
2 to 17-2-2022	<i>Dhamma Madhurā, Madurai</i>
26-1 to 10-2-2022	<i>Dhamma Pīṭha, Ahmedabad (Gujarat)</i>

20-day

5 to 26-9-2021	<i>Dhamma Gaṛha, Bilaspur (Chhattisgarh)</i>
8 to 29-9-2021	<i>Dhamma Suvatthī, sravasti (u.p.)</i>
11-9 to 2-10-2021	<i>Dhammapāla, Bhopal (M.P.)</i>
28-9 to 19-10-2021	<i>Dhamma Thalī, Jaipur</i>
1 to 22-10-2021	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
27-10 to 17-11-2021	<i>Dhamma Vāhini: Titwala</i>
6 to 27-10-2021	<i>Dhamma Bodhi, Bodhgaya (Bihar)</i>
7 to 28-11-2021	<i>Dhamma Pushkar, Ajmer, Rajasthan</i>
30-11 to 21-12-2021	<i>Dhamma Vāhini: Titwala</i>
4 to 25-12-2021	<i>Dhamma Lakkhaṇa, (U.P.)</i>
14-12-21 to 4-1-22	<i>Dhamma Khetta, Hyderabad (Telangana)</i>

30-day

11-9 to 12-10-2021	<i>Dhammapāla, Bhopal (M.P.)</i>
16-9 to 17-10-2021	<i>Dhamma Divākara, Mehsana (Guj.)</i>
18-9 to 29-10-2021	<i>Dhamma Thalī, Jaipur</i>
25-9 to 26-10-2021	<i>Dhamma Tapovana-2, Igatpuri</i>
1 to 31-10-2021	<i>Dhamma Utkal, (Orissa)</i>
1-10 to 1-11-2021	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
6-11 to 7-12-2021	<i>Dhamma Cakka, Sarnath (U.P.)</i>
7-11 to 8-12-2021	<i>Dhamma Pushkar, Ajmer, Rajasthan</i>
20-11 to 21-12-2021	<i>Dhamma Vāhini: Titwala</i>
21-12-21 to 21-1-2022	<i>Dhamma Ambikā, South Gujarat</i>
14-12-21 to 14-1-22	<i>Dhamma Khetta, Hyderabad</i>

45-day

25-9 to 10-11-2021	<i>Dhamma Tapovana-2, Igatpuri</i>
15-10 to 30-11-2021	<i>Dhamma Suvatthī, sravasti (u.p.)</i>
2-11 to 18-12-2021	<i>Dhamma Paṭṭhāna, (Haryana)</i>
20-11 to 5-1-2022,	<i>Dhamma Vāhini: Titwala</i>
17-12-2021 to 1-2-2022	<i>Dhammapāla, Bhopal (M.P.)</i>
19-12 to 3-2-2022	<i>Dhamma Tapovana-1, Igatpuri</i>
21-12-21 to 5-2-22	<i>Dhamma Ambikā, South Gujarat</i>
1-1 to 16-2-2022	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
9-2-2022 to 27-3-2022	<i>Dhamma Bodhi, Bodhgaya, (Bihar)</i>

60-day

12-10 to 12-12-2021	<i>Dhamma Tapovana-1, Igatpuri</i>
17-12 to 16-2-2022	<i>Dhamma Tapovana-2, Igatpuri</i>

Dhammānanda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). **10-day:** (Only for Hindi, Marathi, Students) » 11 to 22-9, 9 to 20-10, 13 to 24-11, 11 to 22-12, (Only for Hindi, English, Students) » 28-8 to 8-9, 25-9 to 6-10, 27-11 to 8-12, 25-12 to 5-1, #ST: (Only for Hindi, English, Students) » 23 to 31-10, **Contact:** Pune Vipassana Samiti, Email: info@ananda.dhamma.org Tel: (020) 2446-8903, 2446-4243. Tel/Fax: 2446-4243.

Dhamma Punṇa, 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 » 29-8 to 9-9, 3 to 14-10, 7 to 18-11, 5 to 16-12, Only for Hindi, Marathi, Students » 17 to 28-10, 21-11 to 2-12, 19 to 30-12, #ST: Only for Hindi, Marathi, Students » 18 to 26-4, Only for Hindi, English, Students » 21 to 29-9, **3-day:** 28 to 31-10, **1-day:** Every Month Second Thursday and Fourth Sunday 8:30 am to 4:30 pm, **Children Course:** (9 to 18 yrs Every Month first and Third Sunday (8 am to 2:30 pm))

Dhamma Ajantā, 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:** 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 6 to 17-10, 20 to 31-10, 1 to 12-12, 15 to 26-12, 29-12 to 9-1-2022, #ST: 17 to 25-11, **2-day:** 26 to 28-11, **Teenagers' Course:** (Girls) » 8 to 16-11,

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 Kandil Shere Punjab lodge to Tikhi. From Tikhi, rickshaw is available for centre, 1 km away.) **10-day:** 12 to 23-9, 26-9 to 7-10, 7 to 18-11, 21-11 to 2-12, 16 to 27-12, #ST: 6 to 15-8, 5 to 14-12, **2-day:** 12 to 14-10, # **Children Course:** 10-10, 1-11, 29-12, 30-12, ∞ **Long Courses: Special 10-day:** 17 to 28-10, **Contact:** Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org

Dhamma Siddhapurī, Bhategaon Solapur

Dhamma Siddhapurī Vipassana Sadhana Kendra, Off Vijapur rod, Near Bhatevadi, 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:** 1 to 12-9, 15 to 26-9, 29-9 to 10-10, 13 to 24-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, 29-12 to 9-1, **3day:** 11 to 14-11, **Teenagers' Course:** (Boys) » 26-10 to 3-11,

Dhammālaya, 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:** 2021 » (Hindi/English speaking students only) » 19 to 30-9, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, (Hindi/Marathi speaking students only) » 3 to 14-10, 17 to 28-10, #ST: (Hindi/English speaking students only) » 5 to 14-10, 21 to 30-12, **3-day:** (Hindi/English speaking students only) 14 to 17-9, **2-day:**

(Hindi/English speaking students only) 29 to 31-10, (Boys) **Dhamma Servers' Workshop:** (Hindi/Marathi speaking students only) 19 to 20-11, **∞ Long Courses:** 30-day: 11-8 to 11-9,

Dhamma Sugandha : Bhose (Sangali)

Sangali Vipassana Meditation Centre, Gat No. 564, Talaaw Road, Near Yallamma Temple, Khamkarwadi, Bhose - 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)** 29-8 to 9-9, 12 to 23-9, 3 to 14-10, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, #ST: 17 to 26-10, **3-day: 23 to 26-9, 2-day: 16 to 18-12,** (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 Nāga, 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:** 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 20-10 to 7-11, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, #ST: 24-12 to 1-1-2022, 24-12 to 1-1-2022, **1-day:** 5-9, 19-9, 3-10, 17-10, 7-11, 21-11, 5-12, 19-12

Gratitude Course: 2 to 17-2-2021, **AT Workshop:** 14 to 18-7-2021

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:** 2 to 13-6, 7 to 18-7, 3 to 14-8, 1 to 12-10, 8 to 19-11, 8 to 19-12, (only female) 18 to 29-8, 1 to 12-9, 15 to 25-9, #ST: 22 to 30-7, 22 to 30-12, **3-day** 21 to 24-10, 24 to 27-11, **1-day:** 18-7, 14-8, 12-9, 21-11, 6-12, **Children Course:** 21 to 24-10, **Group Sitting:** Daily 5 to 6 am. 6 to 7 pm and every Sunday 8 to 9 am. **Children Anapana Group Sitting:** 8 to 9 am **Contact:** 1. Sukhadev Narnavre, Mob. 9422129229. 2. Kamlesh Chahande, Mob. 9373104305.

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) (for Bhikkhu and Male Students only 9 to 20-7), 2 to 13-8, 18 to 29-9, 19 to 30-10, 3 to 14-11, 7 to 18-12, #ST: 15 to 23-5, 19 to 27-11, **3-day:** 16 to 19-8, **1-day:** 24-7, 1-8, 29-9, 10-10, 5-12, **Children Course:** 25-7, 29-8, 12-9, 3-10, 28-11, 26-12,

Dhamma Amrāvati Lumbini, Mogara

Vipassana Kendra, Vipassana Samiti, Lumbini, At Mogara, Post-Bhankheda, Tal-Dist. Amravati. **Contact:** 1) Mr. Kishor Deshmukha, Mob. 9370585203, 2) Mr. Babuji Shirsat, Mob. 8007676033, **10-day:** ((Male and Female) 21-10 to 1-11, 15 to 26-12, #ST: 21 to 29-11, **1-day:** 4-7, 18-7, 25-7, 29-9,

Kotamba (Yavatmal): 10-day: (Male and Female) 12 to 23-9, 2 to 13-10, 5 to 16-12, (Only for bhikkhuni and Female Students) 7 to 18-11, **1-day:** Every Sunday: 8 am to 3 pm **Children's course:** 29-8, 26-9, 17-10, 28-11, 26-12, **Contact:** Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. M. 9822896453, 7776964808, 7038918204, 9175622575,

Chitki: (Wardha) Dhamma Kuti Vipassana Kendra, chitki, Pulgaon, Po. Kavtha, Ta. Devali, Dist: Wardha, (MS) **10-day:** 7 to 18-9, 6 to 17-10, 6 to 17-11, 7 to 18-12, #ST: 13 to 21-2-22, **Contact:** 1. Shri Khandare, Tel: 07158-284372, Mob. 9028494401, Shri Bhele, Mob.

9834603076,

Tumsar (Bhandara): 10-day: 20 to 31-10, 17 to 28-11, 15 to 26-12, **3-day:** 16 to 19-10, **1-day:** 3-8, 2-9, 1-10, #**Children Course:** 18-10, 29-11, 26-12, **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,

Dhamma Bhandāra, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) **10-day:** 21-9 to 2-10, 4 to 15-12, #ST: 6 to 14-9, 21 to 30-11, **3-day:** 2-day: 24 to 26-12, **1-day:** 19-9, 3-10, 19-10, **Teenagers' Course: (Girls)** 7 to 16-11-2021, **1-day Children Course:** 29-8, 19-9, 10-10, 19-12, **Contact:** Saluja, 09423673572, Choureji, 9890441071, Vinodji, 9422833002, 7588749108,

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 female) 6 to 17-10, 8 to 19-12, (Only male) 1 to 12-9, 17 to 28-11, **3-day Children's course: (Only Boys)** 7 to 10-11, (Only Girls) 11 to 14-11, **1-day:** 29-8, 12-9, 17-10, 29-12, **Self Course:** Every Sunday 6 to 10 am, **Online Children Anapana Course:** Every Month Third Sunday

Dhamma Vasudhā, Hivra (Wardha)

Vipassana Centre, Hivara, Post Zadshi, Tal Selu, Dist. Wardha, Email: dhammavasudha@gmail.com **Contact:** 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738. **10-day:** 17 to 28-10, 10 to 21-11, (Male Old Students Only 10 to 21-11,) (Female Old Students Only 1 to 12-12), #ST: 1 to 9-12,

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, 9421833060, **10-day:** (only male) 1 to 12-9, 20 to 31-10, 24-11 to 5-12, (only female) 15 to 26-9, 4 to 15-10, 10 to 21-11, 8 to 19-12, **3-day:** 29-9 to 2-10, 23 to 26-12, **1-day:** 19-10, **Contact:** 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970.

Malkapur (Akola): 10-day: (only male) 3 to 14-10, (Only female) 12 to 23-12, **at** Bhadant Anand Nivas Rajratna Colony, Yavata Road, Malkapur, Akola 444001. **Contact:** 1) Mr. Aathavle Mob. 9404092468, 3) Mr. Tayde Mob. 9421794874,

Patur (Akola): Vipassana Sadhana Prasar Kendra Shirla, Patur, Dist- Akola, 444501 **10-day:** (Female only) 20-11 to 1-12, 20 to 28-12, (Male only) 21-9 to 2-10, (Only Bhikkhu 23-10 to 3-11) #ST: 26-8 to 3-9, **3-day Children Course:** (10 to 17 yrs) 7 to 10-11, **1-day:** every month second Sunday, 9 am to 5 pm **Children Course:** (age 10 to 16 yrs) every month third Sunday, 9 am to 5 pm **Contact:** 1) Mr. Jaggannath Gawai, Mob. 7775928290, 2) Mrs. Jyotitai Vankhede, Mob. 9921998803,

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:** 29-8 to 9-9, 12 to 23-9, 29-9 to 10-10, 17 to 28-10, 1 to 12-11, 8 to 19-12, 26-12 to 7-1, #ST: 27-11 to 5-12, **2-day:** 19 to 21-11, **1-day:** 8-8, 26-9, 10-10, 19-12,

Contact: 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 9226137722, 2) Mr. Gautam Chikate, Mobile: 9421812541, 9422506476,

Dhamma Padesa, Pali, Ratnagiri

Konkan Vipassana Meditation Centre, At-Patharat, Post-Pali, Tal-Ratnagiri, Maharashtra, Email:

info@pades.dhamma.org, Website: <https://pages.dhamma.org>
10-day: 1 to 12-9, 15 to 26-9, 15 to 26-10, 1 to 12-11, 15 to 26-11, 1 to 12-12, **Contact:** Mr. Santosh Ayare: 1) 9975434754 / 9960503598
Mahad: 10-day: (only Male) 5 to 16-9, 19 to 30-9, 3 to 14-10, 17 to 28-10, 7 to 28-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, **3-day:** (only Male) 26 to 29-8, 28 to 31-10, **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, Koteshwari Tale, Mahad-402301, Dist:- Raigad, **Contact:** (020) 24436250, Email: info@punna.dhamma.org, Mob.: 7719070011,

NORTH INDIA

Dhamma Thalī, 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:** 29-8 to 9-9, 12 to 23-9, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 22-12 to 2-1-2021 **3-day:** 16 to 19-12, **Long Course: 20-day:** 28-9 to 19-10, **30-day:** 18-9 to 29-10,

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:** 13 to 24-9, 26-9 to 7-10, 10 to 21-10, 23-12 to 3-1, #**ST:** 23 to 31-10, 11 to 19-12, **Long Course: Special 10-day:** 30-8 to 10-9, **20-day:** 7 to 28-11, **30-day:** 7-11 to 8-12,

Dhamma Marudhara, Jodhpur, Rajasthan

Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, -Chaupsani Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: info@marudhara.dhamma.org, **10-day:** 14 to 25-9, 9 to 20-10, 23-10 to 3-11, 7 to 18-11, 22-11 to 3-12, 20 to 31-12 #**ST:** 29-9 to 7-10, **3-day:** 7 to 10-12, **Teenagers' Course: (Girls)** 2 to 10-9, **Children Course: 3-day:** (13 to 16 only Boys) 18 to 21-8, (13 to 16 only Girls) 25 to 28-8, **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:** 12 to 23-9, 17 to 28-10, 8 to 19-11, 23-11 to 4-12,

#**ST:** 28-9 to 6-10, 22 to 30-12, **3-day:** 11 to 14-8, 9 to 12-10, 8 to 11-12, **1-day:** Every Sunday, **Teenagers' Course: (Boys)** 1 to 9-9, **Children Course 3-day:** (Only Boys age 13 to 16) 17 to 20-8, (Only Girls age 13 to 16) 24 to 27-8, **Children Course 2-day:** (Only Boys age 13 to 16) 31-10 to 2-11,

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:** 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, **Contact:** Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Patthāna, Sonapat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapatthana@gmail.com #**ST:** 23 to 31-12, **AT Workshop:** 2 to 5-10, **Dhamma Servers Workshop:** 6 to 7-10,

☺ **Long Courses: Special 10-day:** 15 to 26-10, **30-day:** 28-8 to 28-9, **45-day:** (15 day Anapan) 2-11 to 18-12, **Contact:** same as Dhamma Sota

Dhamma Kārūṇika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjpur 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:** 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 13 to 24-10, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, 22 to 2-1-2022, #**ST:** 27-10 to 4-11,

Dhamma Hitakārī, Rohtak (Haryana)

Vipassana Dhyān Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. **Contact:** 92543-48837, 9416303639. **10-day:** 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #**ST:** 6 to 14-11,

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:** 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #**ST:** 6 to 14-11, **3-day:** 1 to 4-4, 1 to 4-7,

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:** 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: 1 to 12-9, 22-9 to 3-10, 6 to 17-10, 27-10 to 7-11, 10 to 21-11, 1 to 12-12, #**ST:** 15 to 23-12, **3-day:** 16 to 19-9,

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: 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 20 to 31-10, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, #**ST:** 5 to 13-10, 3 to 11-4, 22 to 30-12, **2-day:** 17 to 19-10,

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:** 4 to 15-9, 19 to 30-9, 4 to 15-10, 4 to 15-11, 19 to 30-11, #**ST:** 19 to 27-10, **3-day:** 28 to 31-10, **2-day:** 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, (13 to 17 girls) 30-12 to 2-1-22, **Long Courses: 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 Suvatthī, 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 13-10, 2

to 13-12, 2 to 13-1, #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 Courses:** 20-day: 8 to 29-9, 45-day: 15-10 to 30-11,

Contact: 1. Mob. 094157-51053, 2. Murli 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 autorickshaw from Sarnath Museum, fare Rs. 100/-), 10-day: 3 to 14-9, 18 to 29-9, 3 to 14-10, 18 to 29-10, 3 to 14-10, 18 to 29-10, 20 to 31-12, #ST: 9 to 17-12, 3-day: 28 to 31-8, CCT **WorkShop:** 30-10 to 2-11, ∞ **Long Course:** 20-day: 3 to 24-8, 30-day: 6-11 to 7-12,

Contact: Manju Agrawal, Email: manju.ag4@gmail.com. Mob. 09936691000.

Dhamma Kāya, Kushinagar (U.P.)

Dhamma Kaya Vipassana Sadhana Kendra, Village- Dhuria Bhaat, Near Banwari Tola, Tehsil- Kasya, Devriya Road, Dist: Kushinagar-274402, (U.P.) Mob. +91 9415277542. Email: dhammakaaya.vskk@gmail.com; 10-day: every month (except May-June) 1 to 12, 16 to 27; **Contact:** 1. Dr. Vimalkumar Modi, C/o Aarogya Mandir, Gorakhpur-273003, 2. Shri Naresh Agarwal- Mob. 9935599453,

Dhamma Kalyāna, 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: 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 to 30-11, 3-day: 1 to 4-9, 1-day: Every month Fourth Sunday. 10 am to 5 pm, ∞ **Long Course: Special 10-day: 20-11 to 1-12,**

Dhamma Sudhā, 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: 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 6 to 14-11,

Dhamma Bodhi, Bodhgaya, (Bihar)

Bodh 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.long-course@gmail.com **Contact:** 99559-11556. 10-day: 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, 29-12 -2021 to 9-1-2022, 12 to 23-1-2022, #ST: 18 to 26-10, 26-1-2022 to 3-2-2022, ∞ **Long Courses: Special 10-day: 6 to 17-10, 20-day: 6 to 27-10, 45-day: 9-2-2022 to 27-3-2022,**

Dhamma Licchavī, Muzaffarpur (Bihar)

Dhamma Licchavī Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 8935963703, Email: info@licchavi.dhamma.org 10-day: 5 to 16-9, 19 to 30-9, 2 to 13-10, 19 to 30-10, 19 to 30-11, 5 to 16-12, 19 to 30-12, 5 to 16-1, 19 to 30-1, #ST: 1 to 9-11,

Contact: Rajkumar Goenka, Tel: (0621) 224-0215,

Dhamma Upavana, Barackiya, (Bihar)

Barackiya - 845412, East Champaran, Bihar, **Con-**

tact: 9431245971, 9934430429, 6204814341, Email: dhammaupavan@gmail.com, 10-day: every month 3 to 14 (Except in November 2021), 13 to 24-11, 3 to 14-1-2022,

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 Vesali, Bihar

Dhamma Vesali, Vipassana Center, Vietnam Mahaprajapati Nunnery, Vishwashanti Pagoda Road, Vaishali-844128, **Contact:** 9036012302, 9036012303, Rajkumar Goenka, Email: info@vaishali.in.dhamma.org; Website: www.vaishali.in.dhamma.org Tel: 7631932444, 10-day: every month 4 to 15. January to December #ST: 18 to 26-11,

Dhamma Pātliputta 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: 3 to 14-9, 17 to 28-9, 3 to 14-10, 3 to 14-11, 3 to 14-12, 17 to 28-12, 3 to 14-1-22, 17 to 28-1-22.

GUJARAT

Dhamma Sindhu, Mandvi-Kutch (Guj.)

Dhamma Sindhu, Mandvi-Kutch (Guj.)

Kutch Vipassana Centre, Bada, Mandvi-Kutch-370475. Mob. 9638577325, Email: info@sindhu.dhamma.org **Contact:** Bhuj: 094274-33534. Gandhidham: 094262-50746. Mandvi: 09974575660. 10-Day: 23-8 to 3-9, 5 to 16-9, 18 to 29-9, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12. 3-day: 24 to 27-8,

∞ **Long Courses: 20-day: 1 to 22-10, 30-day: 1-10 to 1-11, 45-day: 1-1 to 16-02-2022, Contact:** 7874623305, 9825320551.

Dhamma Kota, 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: 25-8 to 5-9, 22-9 to 3-10, 6 to 17-10, 20 to 31-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, 29-12 to 9-1, #ST: 10 to 18-9,

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: upendrapatel@gmail.com, 10-day: 2021 1 to 12-9, 20 to 31-10, 7 to 18-11, 24-11 to 5-12, 8 to 19-12, 22-12 to 2-1-22, 5 to 16-1, 2 to 13-2, 16 to 27-2-22. #ST: 2022 22-1 to 30-1-22, 3-day: 2021 19 to 22-11,

∞ **Long Courses: 30-day 16-9 to 17-10-21,**

Dhamma Pītha, 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:** 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 6 to 17-10, 20 to 31-10, 2 to 13-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, 29-12-2021 to 9-1-2022, 12 to 23-1, 16 to 27-2. **Gratitude Course:** 26-1 to 10-2,

Contact: Ms Shashi Todi, Mob. 98240-65668,

Dhamma Ambikā, 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:** 18 to 29-9, 6-10 to 17-10, 20 to 31-10, 6 to 17-11, 24-11 to 5-12, 7 to 18-12, #ST: 25-8 to 2-9, 3-day: 19 to 22-8, 30-9 to 3-10, 18 to 21-11, ∞ Long Courses: Special 10-day: 4 to 15-9, 20-day: 25-8 to 15-9, 30-day: 21-12 to 21-1, 45-day: 21-12 to 5-2, **Contact:** 1. Vasantbhai Lad, Mob. 09428160714, 2. Ratanshibhai K Patel, Mob. 098250-44536,

SOUTH INDIA

Dhamma Setu, Chennai (Tamil Nadu)

Vipassana Meditation Centre, 533, Pazhan Thandalam Road, Via Thirunermalai 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:** 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 5 to 16-11, 18 to 29-11, 1 to 12-12, 15 to 26-12, **3-day:** 30-9 to 3-10, 28 to 31-12,

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:** 1 to 12-9, 6 to 17-10, 20 to 31-10, 3 to 14-11, 17 to 28-11, 30-11 to 11-12, #ST: 15 to 23-9, **2-day:** 1 to 3-10, **Teachers Workshop:** 26 to 30-9, **1-day:** Every Sunday, ∞ **Long Course:** Special 10-day: 14 to 25-12, 20-day: 14-12-21 to 4-1-22, 30-day: 14-12-21 to 14-1-22,

1-day Children Course: Ending day of every 10-day course. In Andhra Pradesh, and Telangana State: Eligibility: 1-day and 2-day Children's Course, 5th Standard 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 Nāgajjuna, 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,

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:** 22-9 to 3-10, 6 to 17-10, 20 to 31-10, 10 to 21-11, 1 to 12-12, 15 to 26-12, 2022 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: 11 to 19-9, 2022 #ST: 13 to 21-8, 3-day: 1 to 4-7, 2 to 5-9, 3 to 6-6, 25 to 28-11, 2022 6 to 9-1, 9 to 12-6, 4 to 7-8, 22 to 25-9,

∞ **Gratitude Course:** 2 to 17-2,

CENTRAL AND EASTERN INDIA

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:** 25-8 to 5-9, 20 to 31-10, 6 to 17-11, 1 to 12-12, #ST: 20 to 28-11,

∞ **Long Courses:** 20-day: 11-9 to 2-10, 30-day: 11-9 to 12-10, 45-day: 17-12 to 1-2,

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. **10-day:** 4 to 15-9, 2 to 13-10, 19 to 30-11, #ST: 18 to 26-12, **3-day:** 13 to 16-10, 26 to 29-12, **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: 17 to 28-9, 20 to 31-10, 19 to 30-11, 10 to 21-12, _

Dhamma Ketu, Durg (Chhattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. **10-day:** 5 to 16-9, 19 to 30-9, 3 to 14-10, 17 to 28-10, 6 to 17-11, 21-11 to 2-12, 6 to 17-12, 20 to 31-12, **1-Day:** 27-6, 15-8, 31-10, 20-11 **Children's course:** 2-10, 19-11, 18-12, **Dhamma Sevak Workshop:** 5-12, **Contact:** 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. Suresh Bang, Mob. 9425209354,

Dhamma Gaṛha, 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: 1 to 12-10, 2 to 13-12, 17 to 28-12, #ST: 13 to 21-11, **1-day:** 24-10, 7-11, # **Children's course:** 17-10, 28-11,

∞ **Long Course:** 20-day: 5 to 26-9, **Contact:** Mr. D. N. Dwivedi Mob. 9806703919, 2. Mr. S. Meshram, Mob. 98269-60230,

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:** 23-8 to 3-9, 8 to 19-9, 3 to 14-10, 10 to 21-11, 1 to 12-12, 16 to 26-12,

∞ **Long Course:** 30-day: 1 to 31-10,

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:** 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 6 to 17-10, 20 to 31-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, 29-12 to 9-1, **1-day:** 5-9, 3-10, 14-11, 12-12, **1-day: Children Course:** 19-9, 31-10, 28-11, 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.



Facility for students at Pagoda site

Meditators who want to meditate in the vicinity of the Buddha Relics and the Bodhi Tree can avail themselves of rooms at **Dhammalaya Guest House** next to the Global Vipassana Pagoda, Mumbai and make the most of their meditation sessions. The splendour of the Pagoda at night is also a marvel worth witnessing. Twin occupancy rooms and 2 suites (all a/c) with breakfast, lunch, snacks and dinner included. For reservations and additional information please-

Contact: – JAGJIWAN MESHARAM, 'DHAMMALAYA', GLOBAL VIPASSANA PAGODA, ESSEL WORLD JETTY, GORAI VILLAGE, BORIVALI (W), MUMBAI-400091; PHONE: - +91-22-50427599 /598 (Dhammalaya Reception) PAGODA OFFICE:- +91-22-50427500 MOBILE: -9552006963/7977701576 +91-9920029786 Email: - info.dhammalaya@globalpagoda.org

One-day Mega courses at Global Vipassana Pagoda for 2021

Sundays– 26th September, Sharad Purnima and Goenkaji's 8th Death Anniversary; 9th January, 2022, Mataji's and Sayagi U Ba Khin's Death Anniversary. All **One-day Mega courses** at GVP start at 11am – till 4 pm. Non-meditators may participate in the 3 pm discourse. (Daily one-day courses are still being held at the Pagoda for those who are staying in the campus.) Please come only with prior registration. ***Samaggānaṃ tapo sukho:*** Take advantage of the immense benefit of meditating in a large group. For registration Contact: 022-62427544, 022-28451170- Extn: 9, Mob. 8291894644 (Tel. booking: 11 am to 5 pm daily). Online registration: <http://oneday.globalpagoda.org/register>

(All courses will be arranged as per the Government's rules pertaining to Covid-19)

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In centers across India, South Africa, Kenya, Indonesia, UAE, etc.

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Important Notice

Those who send donations to the 'GVF', please note that the item under which they are sending money must be mentioned so that the donation can be deposited for this same item and the receipt can be written accordingly. (Thank you for attention.)

Residential Accommodation at the Global Pagoda for Dhamma Servers and Meditators at Dhammalaya-2

One Day Mega Courses are held at the Global Pagoda, Gorai, Mumbai every year. People at times come from far off places to participate but are inconvenienced as there are no residential quarters for an overnight stay. Hence a 3-4 storey residential accommodation building is being planned where servers and 1-day course meditators can stay. Anyone wanting to participate in this noble project may **Contact:** 1. Mr. Derik Pegado: 9921227057. or 2: Shri Bipin Mehta: 9920052156, Email: **Bank Details:** 'Global Vipassana Foundation', ('GVF') Axis Bank Ltd., Sonimur Apartments, Timber Estate, Malad (W), Mumbai - 400064, Branch - Malad (W). Bank A/c No.- 911010032397802; IFSC No.- UTIB00000062; Swift code: AXISINBB062.

Importance of Lighting a Pagoda

Respected Goenkaji always said that it is of special importance that a Pagoda where relics are kept be well lit throughout the night. This helps maintain the Dhamma atmosphere. Anyone wishing to donate for the lighting of the Global Pagoda may do so. The cost per night is Rs. 5000/-. For further information Contact at ('GVF') address.



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for the Operations of Global Vipassana Pagoda

Pujya Guruji Shri S.N. Goenka ji had the vision to develop this historical monument as a symbol of gratitude to his teacher, and the chain of teachers back to the Buddha, and to help preserve and promote the technique of Vipassana, the ancient cultural heritage of India, as well as to provide a place for people from all over the world to come and meditate together, in the huge meditation hall, under the Buddha relics that are being preserved here.

It has been decided to set up a Centuries Corpus Fund to fulfil the above vision and meet the daily expenses for the period of the second Sasana of the Buddha. **It has been calculated that if 1,39,000 persons were to donate Rs 9000/- (Rs. Nine Thousand) per person then the total would amount to Rs. 125 crores.** The interest earned from this amount could then meet the daily expenses of operations and maintenance of the Global Pagoda.

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You may Contact/ Refer-Bank Details:

Global Vipassana Foundation,

Axis Bank Ltd, Malad (W) Branch, Mumbai - 400064.

Account No.: 911010032397802; IFSC No.: UTIB0000062.

Please contact:

1. Sh. Derik Pegado - 022-50427512/ 28451204
2. Sh. Bipinbhai Mehta - 022-50427510/ 9920052156
3. Email - audits@globalpagoda.org
4. Online Donation- <https://www.globalpagoda.org/donate-online>

Vipassana Research Institute (VRI)

Vipassana Research Institute (VRI) provides Dhamma-related publications at cost price. VRI provides this literature at a minimum cost so that everyone can learn more about the practical benefits of the teachings. There are a number of Burmese texts related to Vipassana meditation that still need further research and then translation into English/Hindi and other languages. For this work scholars/translators may come forward to contribute. The research work takes place at - **Vipassana Research Institute**, Pariyatti Bhavan, Global Vipassana Pagoda Campus, Near Essel World, Gorai Village, Borivali-W, Mumbai-400 091, Maharashtra, India. Office No: +91-22-50427560, Mob. (Whats App)- +91 9619234126.

In addition to this, VRI publishes a monthly newsletter that contains articles, interviews, couplets, meditation-related questions and answers by Guruji and other materials published to inspire and encourage meditators to keep progressing correctly on the path of Dhamma. The newsletter is published in three languages - Hindi, English and Marathi.

To continue these tasks undertaken by VRI, the support of meditators is very important. Meditators are welcome to make use of this opportunity to contribute to the meritorious work of funding research and publication of the Dhamma material so that meditators may continue to benefit in the future. You may refer below to contact VRI/ banking details.

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Please Contact:

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2. Shri Bipinbhai Mehta - 022-50427510/ 9920052156
3. Email - audits@globalpagoda.org
4. Online Donation- <https://www.vridhamma.org/donate-online>

DHAMMA DOHAS

*Sukhadā saṃgati saṃta kī, pāye hoyā nihāla;
Satya prakaṣa ho toṛakara, sāre bhava jaṃjāla.*

Happy is the companion of saints. All one's wishes are fulfilled. Truth dawns upon him crushing all worldly proliferation.

*Miṭe aṃdherā bodha kā, dīpa prajvalita hoyā;
Bhūle bhaṭake pathika kā, paṃtha prakāṣita hoyā.*

Darkness disappears and the lamp of wisdom is lit, howing the path to those who had lost it.

*Kadama-kadama satpatha cale, chūṭe bhava-kāṃtāra;
Janama-janama ke duhkha se, prāṇī hove pāra.*

Walking step by step on the path of Dhamma the vast desert of being born again and again is left behind. One is free from all sufferings and crosses the vast sea of rebirth and suffering.

*Maṃjula vāṇī dharama kī, maṃgala se bharapūra;
Mana ke jāle kāṭakara, saṃśaya kara de dūra.*

The mellifluous words of Dhamma are auspicious, The net of all wrong views is torn asunder and doubts are dispelled.

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