

# 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

*“Aniccā vata saṅkhārā, uppādavayadhammino;  
Uppajjitvā nirujjhanti, tesam vūpasamo sukho”ti.*

— *Digha Nikāya 2. 221, Mahā-Parinibbāna Sutta*

“Impermanent truly are conditioned things, by nature arising and passing away. If they arise and are extinguished, their eradication brings true happiness.”

## Respected Goenkaji's Historic Resolve



**G**oenkaji's 8th Death Anniversary falls on 29th September and on this auspicious occasion it seems appropriate to remember his many attributes and the remarkable body of work which he has left behind as his legacy. On this occasion we would also like to share some important letters written to his elder brother Babu Bhaiya (Babulal Goenka) in January and February, 1971. In those days I served as his ever-present secretary and assistant.

On 19th January 1971, he was conducting a camp in the Burmese Vihara in Bodh Gaya when he received the news via telegram of Sayagyi's demise. I carried the telegram to him unopened. As soon as he opened it, the expression on his impassive face discernibly changed while I stood there unmoving, looking at him. What is written in this telegram, I wondered, but I lacked the courage to ask. After some

moments of unbroken silence, he announced – the light is gone! I did not understand and kept staring at him. Then he said softly – Sayagyi is no more.

After the successful conclusion of the course, Goenkaji decided to hold a self-course from 28th January to 7th February. This 10-day sadhana remains one of the most significant milestones, a historic event, when he garnered Dhamma strength and inspiration. At that time, Resp. Goenkaji made a firm resolve that the rest of his life would be spent in the propagation of Dhamma, in Dhamma service. After this course, upon returning to Bombay, he conducted 4 camps back to back from 1st March to 21st April.

At this time Resp. Goenkaji also vowed to undertake many other important tasks and despite many obstacles fulfilled them successfully. Today, the result of these vows taken all those years ago is evident in pure Dhamma becoming available to all in a smooth, well developed operation. The decisions taken then have proven to be hugely effective, especially in retaining the pristine purity of Dhamma that he had laid such great emphasis on. The following letters written by him to Babu Bhaiya illustrate this even as they tell us something about his personality. – (Editor)

### Sayagyi U Ba Khin Passes Away

Camp: Bodh Gaya

22nd Jan., 1971

Resp. Babu Bhaiya,  
Pranam!

I received the news of Respected Gurudev leaving his body like a bolt falling from the cloudless sky.

Stunned for a moment, I felt as if I had been orphaned. But the very next moment a strong flow of anicca began to course through my entire body, just the way it had during the time of Tai's ascent to the heavens [passing away of his adopted mother], just like the time when the news of the nationalization of all of our businesses had come. This flow continued for the next 24 hours, from the time when your telegram arrived, and due to this the state of my mind remained like it had during those earlier times. The mind did not get shaken, nor did it become sad or miserable. There was no burst of emotion. Though you can understand very well that in the passing away of Gurudev, what I have lost! Yet to have remained mentally balanced was but the result of this profound Dhamma awareness given to me by him. This unprecedented victory of Dhamma gives me peace.

When the 92 meditators of this camp were informed of this, they fell into a grim mood, some of them weeping. In this depressive environment, had I too began weeping then the entire camp would have descended into wailing. All the meditators here are very sensitive to my responses. But, by practising and maintaining the Dhammic balance of ashokaṃ, virajaṃ, khemaṃ – sorrowless, stainless and secure – filled with a feeling of welfare, putting forth the example of cittaṃ yassa na kampaṭi – the mind does not shake – thus giving strength to the entire camp, I gave to Resp. Gurudev a homage worthy of him, a true Dhamma homage.

I received your second telegram at 5 p.m. in the evening, and as soon as I had finished reading it the electricity went out in the entire village. Truly the light had gone out! Total darkness reigned till 1:30 at night. That day the sky had begun darkening well before twilight time, and upon receiving your telegram, the sky began to weep unseasonably. It continued to weep all night. The next day at 3 p.m. during the time of the cremation, the Parjanya – thunder and rain deva – wailed so much that for some moments my heart trembled. I felt that the entire nature was weeping. The collective wailing of the earth, the air, the sun, the clouds, the sky, and the trees was together creating immense heaviness in the environment. After heavy wailing for a day and a half, the nature finally settled down. The sky is clear now, the heavy weeping and wailing of Parjanya deva has finally come to an end.

Truly, there was such a deep association between Resp. Gurudev and this deva, and this is so well known to those who knew him closely. It is but natural for the earth too to weep! Twenty-five centuries ago, the Incomparable Master Teacher of devas and humans, Gautama the Buddha, came to this earth. Following in his footsteps a disciple of the Buddha has come, a Great Teacher to devas and humans. In losing him

the earth has become beggared. How poor the land of Burma has become in losing this giant of a man. This can be understood only by those who have recognized and valued that jewel of Burma. Who else can understand this!

Following the encouragement of Ma Sayama and also following Gurudev's last wishes, the camp is running its course. Due to the rains of nearly two days, the students could not sit on the rooftop terrace in the tent, but somehow the programme continued and now of course the sky is clear. I trust that until the 27th the camp will conclude unimpeded. Resp. Gurudev's Dhamma strength is with me as is Ma Sayama's metta. How can I ever be orphaned! So long as Dhamma remains alive, then Resp. Gurudev is alive since he was nothing but Dhamma personified.

Today I received another telegram from Ma Sayama that I should not slacken my work as a Dhamma messenger, that this is Resp. Gurudev's injunction. No, I will not let my Dhamma work weaken. Now this is a gigantic responsibility on my shoulders.

On 14th December 1970, Resp. Gurudev celebrated the 25th Anniversary of his becoming a Teacher. Exactly 25 years prior to that the grandfather Guru, Saya Thet Gyi, before leaving his body, had handed the Dhamma torch into Gurudev's hands where it burnt but brighter. 2500 years after the Lord Buddha, while keeping alive and unbroken the Teacher – Disciple tradition, this Teacher preserved this flame and then on 14th Dec, 1970, passed this torch into my hands, handing over this Dhamma inheritance via telegrams and letters. After having spent a month completing his work, he turned his face away from this life. When this Dhamma inheritance was handed over to me, I did not understand its vital significance. But I can now clearly understand why he decided to take leave so suddenly, so quickly. After spending an entire lifetime in working for the welfare of others, when it was time for him to take rest, he put this heavy task on my shoulders and departed. How will I be able to fulfill such an immensely serious responsibility. Oh, if only I could sit by his feet and learn some more. But no, time does not stop for anyone, it continues to move on. Babu Bhaiya, I have enjoyed the bounties of all worldly pleasures under your protection and guidance, and totally fulfilled myself. Therefore, I have no difficulty in the least in taking a vow to give the remaining years of my life for Dhamma service. It comes to me very naturally.

The trust with which Respected Gurudev has handed over this Dhamma torch of Nibbāna-dhātu into my hands, has given me this mammoth task of generating Nibbāna dhātu. May I have the strength to do so and become worthy of it. For this, I hope to

receive the blessings of Ma Sayama, Resp. Father and Mother, and you my elder brother. And along with that, Ilayachidevi's (Mataji) Dhamma strength, and all other family members' profound metta. I have faith that with the strength of this, I will be able to prove myself a worthy son of the Buddha.

### Self Course in Bodh Gaya

This camp shall end on 27th January, and then from the evening of 28th I will sit for a self-course for 10 days. The last time when I came here to Bodh Gaya, I did not know anyone and had to undertake my sadhana in a hotel room (Govt. rest house). Now, of course, with Dhamma the entire situation has changed. The temple priest and members of the management themselves have taken diksha, (vow of renunciation), and hence all the doors have opened for me. The Dhamma vibrations inside the temple and under the Bodhi Tree, in fact of the entire Bodhi area, are so powerful that very often when visiting I have wished to sit in sadhana right then and there. Now the keys to both the places have been handed to me. So every night from 10 p.m. till 5 a.m. I shall sit in the temple and in the Bodhi area for my sadhana. Such an opportunity does not arise often. Directly opposite the temple near the manager's office, a small isolated cabin has been vacated for me. I shall stay there during the day. Then at night when the temple is locked, I shall sit in sadhana spending most of my time in the temple, and then under the Bodhi Tree near the Vajrāsana (Seat of Enlightenment of Lord Buddha). Thus I will spend the night time hours by myself in the Bodhi premises where total silence and quietude reign.

Then on the 7th February I am organizing a Sangha Dana on a large scale in sacred memory of Resp. Gurudev. We are his inheritors, guardians of his Dhamma treasury, sons of his Dhamma properties. Hence it is but our responsibility and our right to give Dana, Sangha Dana in his memory and we will execute this responsibility joyously. I am inviting all Burmese bhikkhus living in India as well as all well known bhikkhus of India. We will also utilize the materials that you have sent for Dana for Burmese bhikkhus in the name of Resp. Gurudev and in addition offer further Dana worthy of his stature.

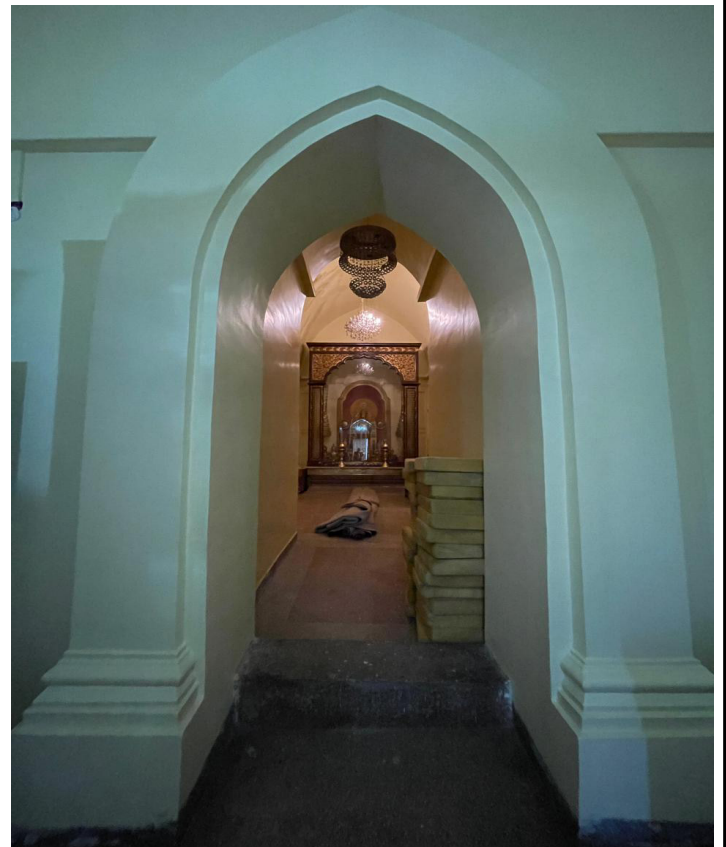
This priceless Dhamma Dana that has been given since my return to India was all that of Resp. Gurudev, as I have been but doing whatever I have done as his representative. All that I will do in the future too will be all his. I am taking this sacred vow

for the rest of my life to fulfill my debt of gratitude to my Teacher.

Yours,

Satya Narayana Goenka

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† The meditation room above the main Bodh Gaya Temple where Resp. Guruji sat for his self course at night in 1971, following the passing away of Sayagyi.

### Undertaking Sangha Dana

Camp: Mumbai

12th Feb 1971

Resp. Babu Bhैया,

Pranam.

I have just received your letter dated 8th February. Before this I had already received a letter through dear Shri Prakash and another longish letter via the children of Ladsaria. I have been unable to respond to your latest letters. From 28th January to 7th February my own sadhana was going on from 10 p.m. till 5 a.m., in the quiet, tranquil environs of the Buddha temple and under the Bodhi Tree. On the last few days, dear Gaurishankar and Radheshyam [brothers] too joined in; and till midnight dear Murari and Shri Prakash [sons] also joined in the sadhana. I shall write about its warm and pleasant experience some other time.

I had invited 47 bhikkhus on 7th February for Sangha Dana but 48 turned up and the Sangha Dana was held as per the glorious stature of Resp. Gurudev.

Some items which had been called for from Mumbai did not reach in time, though these were already "offered" in the offering chant. Now these materials will be sent to all those bhikkhus living in various parts of India by and by. The entire programme was conducted in such a peaceful and Dhammic atmosphere that it left its impact on all.

Besides the course conducted in the sacred memory of Resp. Gurudev and then my own self-course as well as the large Sangha Dana, a "Sayagyi U Ba Khin memorial fund" was also set up towards which our elder brother [B.K. Goenka] gave a large sum on behalf of the entire Goenka family. Besides this, Resp. Father and Mother along with other family members gave donations in their personal capacity, as well as a few other students who strengthened their own dana paramis according to their saddha. I believe that this memorial trust will continue giving support with the efforts of future students. This corpus will not be used for the creation of any memorial building. Keeping in mind Resp. Gurudev's glorious Dhamma and dedication to Dhamma, it has been decided that the finest memorial for him will be that students, each and every one of them, benefit from this sacred technique and keep it alive and vibrant within, making it a part of his or her life. People in large numbers shall readily keep this tradition alive for a long, long time; this shall be a true memorial and a sacred homage to Gurudev. Hence, this corpus shall be used only to teach Vipassana sadhana to those who do not have the financial means to cover the costs.

It is my Dhamma wish that Resp. Father and Mother, along with every family member who participated in this sacred Dhamma work that was undertaken on behalf of Resp. Gurudev in Bodh Gaya, be benefitted with abundant parami and may all the students of Resp. Gurudev also be benefitted with abundant parami.

Yours,

Satya Narayan Goenka

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### Generosity of an Elderly Sadhaka

Camp: Bombay

18 Feb 1971

Dear Babu Bhaiya,

Pranam.

A mail has arrived from Shri Laxmi Narayana Patodia from Jatni [Orissa]. He had reached Calcutta, journeying to Bodh Gaya to participate in Guruji's memorial Sangha Dana, but could not arrive due to a railway strike. But for the occasion, he sent his contribution to the 'memorial fund'. Actually, his

financial condition is very critical so his generous contribution is but an indication of his pure devotion. He writes that Vipassana 'awakens' in him but due to his delicate health and current conditions there is no peace. I have written a letter offering support and advising patience.

Yours,

Satya Narayana Goenka

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*The historic first course held in Bodh Gaya after Vipassana's return to India from 9th to 19th April, 1970 in Samanvaya Ashram. At the end of the course, students paid respects to Guruji and took pictures. On the left of Guruji is Dr. Dhammaratan ji, a scholarly, Sri Lankan bhikkhu, and sitting on his left is Anagarika Shri Munindraji.*

### Establishment of Sayagyi U Ba Khin Memorial Trust

Camp: Bombay

13 Feb 1971

Dear Babu Bhaiya,

Pranam!

Many letters of yours await an answer. Perhaps in a day or two I will be able to get them written. For now, just a quick note on a couple of matters.

1. Please inform Ma Sayama, U Tin Yee, U Ba Pho, and U Chit Tin that I have decided to establish an organization here: "Sayagyi U Ba Khin Memorial Foundation". In the future, whatever Dhamma activity is undertaken by me anywhere in

the world will be undertaken under this umbrella as a memorial to Respected Gurudev. All Vipassana meditation centres shall be known as Sayagyi U Ba Khin Memorial Vipassana Centres.

2. The Bodh Gaya Temple management committee views the temple as a place of historical and archaeological significance and gives it the importance of a tourist spot. But my staying here in the last two months and holding Dhamma camps has awakened a strong awareness of Dhamma in the general public, and I received a deep feeling of oneness and loving warmth from them. Hence I decided to talk to the organizational committee to cover the temple dome with gold plating and light it up just the way it is done in Burma on Pagodas. Previously the committee had rejected such requests from the Ceylonese and other devotees on the premise that the temple’s archaeological importance will diminish. But now that such a positive atmosphere prevails with the general public being supportive, I believe I will be successful in this, and that this endeavour will certainly be as per Gurudev’s wishes and I also wish that the expenses that this will entail should all come from Burma; the gold leaf and the skilled workers too should come from Burma. I have faith that via the Burmese Consulate I shall succeed in getting the government’s co-operation for this. The donation will need to be organized by the collective efforts of meditators there, which I don’t see will be a difficult prospect.

3. The editor of the English quarterly, “The Maha Bodhi Journal”, Dr. Bhikkhu Dhammaratana ji who had come here on the occasion of the Sangha Dana in memory of Sayagyi, has agreed to publish a special edition of the journal on Sayagyi after a month or so with all the articles on him, with the title of: “Sayagyi U Ba Khin Memorial Number”. Similarly, another journal “Dharmadoot” from Sarnath in Hindi, will also publish an edition on Sayagyi. We wanted to publish a booklet in his memory, but if these journals do this it will be so much the better. It will be necessary that a mail goes to Sayagyi’s disciples in Burma and elsewhere in the world, on behalf of “U Ba Pho”, to contribute articles and offer their tributes on him for the journals, then these journals will be able to be published as per Sayagyi’s exalted status. This work will need to be done on an urgent basis. For this I too shall make time and write a letter in English.

Yours,

Satya Narayan Goenka

*Ed: The special edition of “The Maha Bodhi Journal”, U Ba Khin Memorial Number, April 1972 was published with a portrait of Sayagyi U Ba Khin drawn on the front cover.*



**Additional Responsibility**

1. Shri Ramkrishna Bante (SAT) to serve as Center Teacher for Dhamma Vasudha, Maharashtra

**New Responsibility Teachers (Ts)**

- 1- Shri Sunil and Smt. Vidya Bagde: (CT of Dhamma Bhandara)
2. Shri Jaipal Singh Tomar: (CT of Dhamma Anakula)
3. Shri Vinay Dahat: (To assist CAT in Vidarbha Region)

**Senior Assistant Teachers (SATs)**

1. Mrs. Tara Pokharel, Nepal
2. Mr. Jian Zhong Cai (JC2), China
3. Mr. Shiran Fan (SF1), China
4. Mr. Jie Liu (JL3), China
5. Mr. Meng Sun (MS19), China
6. Mrs. Lina Guo (LG), China
7. Mrs. Jia Rui (Julia) Qian (JQ), China
8. Mrs. Jin Hua Yang (JY), China
9. Ms Chen Liu (CL1), Taiwan
10. Ms Ruo-yu Tan (RYT), Taiwan

**Assistant Teachers**

1. Mr. Jayesh bhai Mehta, Madurai
2. Mrs. Shilpa Mehta, Pune
3. Mr. Narendra Hengade, Pune
4. Mr. Yogesh Gandhi, Pune
5. Mrs. Manjulaben Sakaria, Jetpur (Guj.)
6. Mr. Om Datta Ragami, Nepal
7. Mr. Jeevan Kumar Shakya, Nepal
8. Mr. Ji Ming LI, China

**Children Course Teachers**

1. Mr. Alok Khandekar, Balaghat
2. Miss. Sonalee Barmate, Balaghat
3. Mr. Rajkumar Waghmare, Balaghat
4. Mrs. Sheetal Meshram, Nagpur
5. Mr. Avinash Meshram, Nagpur
6. Prof. Mamta Sahu, Nagpur
7. Miss Rhinal Patel, UK

**Dhammic Death**

On 1st Sept 2021, Dr. Premnarayana Somani from Varanasi left his body peacefully at the ripe old age of 93 years. Following the completion of his very first Vipassana course, he dedicated his life to Vipassana. From 1996 he served well as an AT, and then from 2009 as a senior AT. He also served for many years as an assistant to the Centre Teacher of Dhamma Chakka Vipassana Centre. He served sincerely until the end. Prior to his passing he took his final bath, got dressed and as soon as he lay down he breathed his last. May he continue to progress towards Nibbāna; this is the Dhamma family’s wish for him.



**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.

3. Whenever a new person is appointed as Centre Teacher (CT) they need to submit a signed CT Acceptance Letter (CTAL) which is printed at the end of the AT-Kit-2012 (Assistant Teachers Code of Conduct/Discipline). Once this

is done, their name will appear in the Newsletter and the Teacher's Address Book.

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## 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)

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## 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>

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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.

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](mailto: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:** 2021 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,

● Long Courses: Special 10-day: 2022 13 to 24-7, Please register on [atmeeting-india@dhamma.net.in](mailto:atmeeting-india@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, 60-day: 2021 12-10 to 12-12.

### Dhamma Tapovana-2, Igatpuri

10-day executive courses: 2021 30-11 to 11-12, #ST: 2021 18 to 26-11,

● Long Course: 30-day: 2021 25-9 to 26-10, 45-day: 2021 25-9 to 10-11, 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:** 2021 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 **1-Day Mega course:** 2021 26-9,

**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)

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 and English are each 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 Vāṭikā: Palghar**

**Palghar Vipassana Centre**, Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, **Contact:** 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) 2021 8 to 19-10, 21-10 to 1-11, 21-11 to 2-12, 25-12-21 to 5-1-22, (Female only) 2021 24-9 to 5-10, 7 to 18-11, #ST: (Female only) 2021 5 to 13-12,

**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:dhamnavipula@gmail.com, registration only online http://www.vipula.dhamma.org/ **10-day:** 2021 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,

Gratitude 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 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: Special 10-day:** 2022 20 to 31-8, **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, **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.sarita@gmail.com; info@sarita.dhamma.org, Online registration www.sarita.dhamma.org, **Contact:** Mob. 91-779-83-24659, **10-day:** 14-2-day: **Teenagers' Course:** (Boys): (Girls) # Children Course: (Boys): (Contact: 25008868/25011096/25162505)

**Dhamma Nāsikā, Nashik**

**Nashik Vipassana Kendra**, Opposite N.M.C. Water filtration plant, Shiva-ji 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 kindly Email: info@nasika.dhamma.org **10-day:** (Only Female) (Only male) **10-day:** (Male and Female Only for Old Students) #ST:

**SCHEDULE OF LONG COURSES**

**INDIA**

**Special 10-day Course**

6 से 17-10-2021	Dhamma Nāga, Nagpur
6 to 17-10-2021	Dhamma Bodhi, Bodhgaya, Bihar
15 to 26-10-2021	Dhamma Paṭṭhāna, (Haryana)
17 to 28-10-2021	Dhamma Sarovara, Dhule
20-11 to 1-12-2021	Dhamma Kalyāṇa, Kanpur (U.P.)
14 to 25-12-2021	Dhamma Khetta, Hyderabad (Telangana)
6 से 17-4-2022	Dhamma Nāga, Nagpur
10 to 21-4-2022	Dhamma Thalī, Jaipur
19 to 30-6-2022	Dhamma Thalī, Jaipur
13 to 24-7-2022	Dhamma Giri, Igatpuri
20 से 31-7-2022	Dhamma Pubbaja, Churu, Rajasthan
9 से 20-8-2022	Dhamma Bhandāra, Bhandara
20 to 31-8-2022	Dhamma Vāhīnī: Titwala
20 to 31-8-2022	Dhamma Pushkar, Ajmer, Rajasthan

9 to 20-10-2022	Dhamma Thalī, Jaipur
12 से 23-10-2022	Dhamma Setu, Chennai (Tamil Nadu)
20 to 31-12-2022	Dhamma Pubbaja, Churu, Rajasthan

**Gratitude Course**

16-1 to 6-2-2022	Dhamma Vipula: Belapur (New Mumbai)
26-1 to 10-2-2022	Dhamma Pīṭha, Ahmedabad (Gujarat)
2 to 17-2-2022	Dhamma Giri, Igatpuri
2 to 17-2-2022	Dhamma Sarovara, Dhule
2 से 17-02-2021	Dhamma Nāga, Nagpur
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-I Nagarjun Sagar (Telangana)
2 to 17-2-2023	Dhamma Nāgajjuna-I Nagarjun Sagar (Telangana)

**20-day**

28-9 to 19-10-2021	Dhamma Thalī, Jaipur
6 to 27-10-2021	Dhamma Bodhi, Bodhgaya (Bihar)
7 to 28-11-2021	Dhamma Pushkar, Ajmer, Rajasthan
27-10 to 17-11-2021	Dhamma Vāhīnī: Titwala
4 to 25-12-2021	Dhamma Lakkhaṇa, (U.P.)
14-12-21 to 4-1-22	Dhamma Khetta, Hyderabad (Telangana)
6 to 27-2-2022	Dhamma Thalī, Jaipur
2 से 23-2-2022	Dhamma Setu, Chennai (Tamil Nadu)
4 to 25-5-2022	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)
10 to 31-7-2022	Dhamma Pushkar, Ajmer, Rajasthan
28-10 to 17-11-2022	Dhamma Sarovara, Dhule
28-10 to 18-11-2022	Dhamma Thalī, Jaipur
11-11 to 2-12-2022	Dhamma Pushkar, Ajmer, Rajasthan

**30-day**

25-9 to 26-10-2021	Dhamma Tapovana-2, Igatpuri
1-10 to 1-11-2021	Dhamma Utkal, (Orissa)
22-10 to 22-11-21	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)
6-11 to 7-12-2021	Dhamma Cakka, Sarnath (U.P.)
7-11 to 8-12-2021	Dhamma Pushkar, Ajmer, Rajasthan
20-11 to 21-12-2021	Dhamma Vāhīnī: Titwala
21-12-21 to 21-1-2022	Dhamma Ambikā, South Gujarat
14-12-21 to 14-1-22	Dhamma Khetta, Hyderabad (Telangana)
30-1 to 2-3-2022	Dhamma Ketu, Durg (Chattisgarh)
2-2 से 5-3-2022	Dhamma Setu, Chennai (Tamil Nadu)
6-2 to 9-3-2022	Dhamma Thalī, Jaipur
4-5 to 4-6-2022	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)
10-7 to 10-8-2022	Dhamma Pushkar, Ajmer, Rajasthan
26-10 to 26-11-22	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)
28-10 to 28-11-2022	Dhamma Thalī, Jaipur
11-11 to 12-12-2022	Dhamma Pushkar, Ajmer, Rajasthan

**45-day**

25-9 to 10-11-2021	Dhamma Tapovana-2, Igatpuri
15-10 to 30-11-2021	Dhamma Suvatthī, sravasti (u.p.)
22-10 to 7-12-202	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)
2-11 to 18-12-2021	Dhamma Paṭṭhāna, (Haryana)
20-11 to 5-1-2022	Dhamma Vāhīnī: Titwala
13-12 to 28-01-21	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)
17-12-2021 to 1-2-2022	Dhammapāla, Bhopal (M.P.)
19-12 to 3-2-2022	Dhamma Tapovana-1, Igatpuri
21-12-21 to 5-2-22	Dhamma Ambikā, South Gujarat
1-1 to 16-2-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
6-2 to 24-3-2022	Dhamma Thalī, Jaipur
9-2-2022 to 27-3-2022	Dhamma Bodhi, Bodhgaya, (Bihar)
26-10 to 11-12-22	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)
14-12-22 to 29-1-23	Dhamma Nāgajjuna-II Nagarjun Sagar

**60-day**

12-10 to 12-12-2021	Dhamma Tapovana-1, Igatpuri
17-12 to 16-2-2022	Dhamma Tapovana-2, Igatpuri

**Dhammānanda, Pune**

**Pune Vipassana Centre**, near Markal village, 8 km. from Alandi, (No admission without confirmation). **10-day:** (Only for Hindi, Marathi, Students) 2021 9 to 20-10, 13 to 24-11, 11 to 22-12, 2022 8 to 19-1, 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) 2021 25-9 to 6-10, 27-11 to 8-12, 25-12 to 5-1, 2022 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) 2021 23 to 31-10, 2022 29-10 to 6-11, (Only for Hindi, Marathi, Students) 2022 26-2 to 6-3, **3-day:** 2022 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 2021» 3 to 14-10, 7 to 18-11, 5 to 16-12, 2022» 2 to 13-1, 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 2021» 17 to 28-10, 21-11 to 2-12, 19 to 30-12, 2022» 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: 2022» 4 to 12-9, 3-day: 2021» 28 to 31-10, Only for Hindi, Marathi, Students 2022» 13 to 16-10, Only for Hindi, English, Students 2022» 27 to 30-10, 2-Day: Only for Hindi, Marathi, Students 2022» 2 to 4-6, Only for Hindi, English, Students 2022» 15 to 17-9, Teenagers' Course: (Boys) 2022» 1 to 9-5, (Girls) 2022» 15 to 23-5, 1-day: Every Month Second Thursday and Fourth Sunday 8:30 am to 4:30 pm, # 2-Day Children Course: 2022» (9 to 18 yrs) (Boys) 10 to 11-5, (Girls) 2022» 13 to 14-5, 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, Vijapur Road Aurangabad 431003. Tel: (0240) 2040444, Contact: Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org 10-day: 2021» 6 to 17-10, 20 to 31-10, 1 to 12-12, 15 to 26-12, 29-12 to 9-1-2022, #ST: 2021» 17 to 25-11, 2-day: 2021» 26 to 28-11, Teenagers' Course: (Girls) 2021» 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: 2021» 26-9 to 7-10, 7 to 18-11, 21-11 to 2-12, 16 to 27-12, 2022» 2 to 13-1, 16 to 27-1, 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: 2021» 5 to 14-12, 2022» 20 to 29-3, 19 to 28-6, 31-7 to 9-8, 18 to 27-12, 2-Day: 2021» 12 to 14-10, 2022» 28 to 30-1, 4 to 6-5, 27 to 29-8, 2 to 4-10, # 1-Day Children Course: 2021» 10-10, 1-11, 29-12, 30-12, 2022» 1-5, 21-10, 29-12, 30-12,

• Gratitude Cours: 2022» 2 to 17-2

• Long Courses: Special 10-day: 2021» 17 to 28-10, 2022» 20-day: 2022» 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, 901908000, 2) Mr. Bhalchandra Ukarande, Mob. 9860759866, 10-day: 2021» 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, 2-day: 2021» 11 to 14-11, Teenagers' Course: 2021» (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: (Hindi/English speaking students only) 2021» 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, (Hindi/Marathi speaking students only) 2021» 3 to 14-10, 17 to 28-10, #ST: (Hindi/English speaking students only) 2021» 5 to 14-10, 21 to 30-12, 2-day: (Hindi/English speaking students only) 2021» 29 to 31-10, Dhamma Servers' Workshop: (Hindi/Marathi speaking students only) 2021» 19 to 20-11,

### 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) 2021» 3 to 14-10, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, #ST: 2021» 17 to 26-10, 3-day: 2021» 23 to 26-9, 2-day: 2021» 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: 2021» 22-9 to 3-10, (Old Students Only 6 to 17-10), 20 to 31-10, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, 2022» 4 to 15-1, 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: 2021» 24-12 to 1-1-2022, 2022» 27-5 to 4-6, 24-12 to 1-1-2023, 3-Day: 2021» 3 to 6-11, 2022» 17 to 20-3, 19 to 22-12, 1-Day: 2022» 16-5, Teenagers' Course: (Girls) 2022» 3 to 11-5, Teenagers' Course: (Boys) 2022» 18 to 26-5, AT Workshop: 2022» 9 to 13-3,

• Gratitude Cours: 2022» 2 to 17-2,

• Long Courses: Special 10-day: 2021» 6 to 17-10, 2022» 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: 2021» 1 to 12-10, 8 to 19-11, 8 to 19-12, #ST: 22 to 30-12, 3-day 2021» 21 to 24-10, 24 to 27-11, 1-day: 2021» 21-11, 6-12, Children Course: 2021» 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.

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: 19 to 30-10, 3 to 14-11, 7 to 18-12, #ST: 19 to 27-11, 1-day: 29-9, 10-10, 5-12, Children Course: 3-10, 28-11, 26-12,

Kotamba (Yavatmal): 10-day: (Male and Female) 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: 26-9, 17-10, 28-11, 26-12, Contact: Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. M. 9822896453, 7776964808, 7038918204, 9175622575,

Santuk-Pimpri (Hingoli): 10-day: (Only Female) Place: Santuk Pimpri Dr Bagadiya Farm House, Contact: Dr. Sangram Jondhale, 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) 21-10 to 1-11, 15 to 26-12, #ST: 21 to 29-11, 1-day: 29-9,

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: 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: 6 to 17-10, 6 to 17-11, 7 to 18-12, 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: 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: 2021» 21-9 to 2-10, 4 to 15-12, 2022» 5 to 16-1, 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: 2021» 21 to 29-11, 2022» 2 to 10-4, 3 to 11-11, 3-day: 2022» 17 to 23-3, 2-day: 2021» 24 to 26-12, 2022» 18 to 20-2, 1-day: 2021» 3-10, 19-10, 2022» 16-1, 30-1, 24-4, 16-5, 19-6, 21-8, 25-9, 27-11, 18-12, Teenagers' Course (Girls): 2021» 7 to 16-11, 2-day Children Course: 2021» 15 to 16-11, 1 to 2-5, # 1-day Children Course: 2021» 10-10, 19-12, 2022» 27-2, 26-4, 10-5, 24-5, 14-6, 28-6, 31-7, 25-8, 9-10, 25-12, Dhamma Sammelan: 2022» 13-2,

• Long Courses: Special 10-day: 2022» 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 Birle 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. Bhavne, Mob. 9421572499, **10-day:** (Only female) 6 to 17-10, 8 to 19-12, (Only male) 17 to 28-11, # **3-day Children's course:** (Only Boys) 7 to 10-11, (Only Girls) 11 to 14-11, **1-day:** 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:** (Male Old Students Only 10 to 21-11.) (Female Old Students Only 1 to 12-12),

**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) 20 to 31-10, 24-11 to 5-12, (only female) 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, 1 to 12-6, **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 Prasara Kendra Shirala, Patur, Dist- Akola, 444501 **10-day:** (Female only) 20-11 to 1-12, 20 to 28-12, (Only Bhikkhu 23-10 to 3-11) **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 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. **1-Day:** (only male) 3-10, 7-11, 5-12, (only female) 17-10, 21-11, 19-12, **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:** 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:** 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,

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

**Ballarpur:** **10-day:** **3-day:** **2-day Children Course:** (Boys) (Girls) **Place:** AT Yembodi, 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:** 15 to 26-10, 1 to 12-11, 15 to 26-11, 1 to 12-12, #ST: 15 to 24-12, **Contact:** Mr. Santosh Ayare: 1) 9975434754 / 9960503598

**Mahad:** **10-day:** (only Male) 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) 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, 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 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:** 2021 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 22-12 to 2-1-2022, 2022 4 to 15-1, 18 to 29-1, 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: 2022 29-3 to 6-4, 7 to 15-6, 19 to 27-7, 12 to 20-12, **3-day:** 2021 16 to 19-12,

**Dhamma Utsav:** 2022 16-1, **Dhamma Servers Workshop:** 2022 30-1 **Long Course: Special 10-day:** 2022 10 to 21-4, 19 to 30-6, 9 to 20-10, **20-day:** 2021 28-9 to 19-10, 2022 6 to 27-2, 28-10 to 18-11, **30-day:** 2022 6-2 to 9-3, 28-10 to 28-11, **45-day:** 2022 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:** 2021 26-9 to 7-10, 10 to 21-10, 23-12 to 3-1, 2022 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, 27-10 to 7-11, 23-12 to 3-1, #ST: 2021 23 to 31-10, 11 to 19-12, 2022 15 to 23-1, 9 to 17-3, 12 to 20-10, 13 to 21-12, **Teenagers' Course:** (Boys) 2022 5 to 13-1, 1 to 9-6, # **2-Day Children Course:** 15 to 17-4, 13 to 15-8,

● **Long Course: Special 10-day:** 2022 20 to 31-8, **20-day:** 2021 7 to 28-11, 2022 10 to 31-7, 11-11 to 2-12, **30-day:** 2021 7-11 to 8-12, 2022 10-7 to 10-8, 11-11 to 12-12,

**Dhamma Marudhara, Jodhpur, Rajasthan**

**Vipassana Sadhana Kendra**, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, -Chauspani Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: info@marudhara.dhamma.org, **10-day:** 2021 9 to 20-10, 23-10 to 3-11, 7 to 18-11, 22-11 to 3-12, 20 to 31-12 2022 2 to 13-1, 15 to 26-1, 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: 2021 29-9 to 7-10, 2022 9 to 17-3, 28-5 to 5-6, 8 to 16-10, 23 to 31-12, **3-day:** 2021 7 to 10-12, 2022 2 to 5-3, 4 to 7-4, 9 to 12-12, **Teenagers' Course:** (Boys) 2022 10 to 18-6, (Girls) 2022 19 to 27-8, # **2-Day Children Course:** 2022 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:** 2021 17 to 28-10, 8 to 19-11, 23-11 to 4-12, 2022 1 to 12-1, 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, 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: 2021 28-9 to 6-10, 22 to 30-12, 2022 15 to 23-1, 29-4 to 7-5, 19 to 27-8, **3-day:** 2021 9 to 12-10, 8 to 11-12, 2022 26 to 29-1, 21 to 24-4, 23 to 26-9, 19 to 22-10, 9 to 12-12, **Teenagers' Course:** (Boys) 2022 10 to 18-6, **1-day:** 2022 8-5, **Children Course 2-day:** (Only Boys age 13 to 16) 2021 31-10 to 2-11, 2022 2 to 4-9, (13 to 16 yrs Girls Only) 2022 30-9 to 2-10, **Gratitude Course:** 2022 2 to 16-2, **Long Course: Special 10-day:** 2022 20 to 31-7, 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:** 2021 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 Paṭṭhāna, Sonapat, (Haryana)**

**Vipassana Sadhana Sansthan**, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapaṭṭhana@gmail.com #ST: 2021 23 to 31-12, AT Workshop: 2021 2 to 5-10, **Dhamma Servers Workshop:** 2021 6 to 7-10, ● **Long Courses: Special 10-day:** 2021 15 to 26-10, **45-day:** (15 day Anapan) 2021 2-11 to 18-12, **Contact:** same as Dhamma Sota

**Dhamma Kārūnika, Karnal (Haryana)**

**Vipassana Sadhana Sansthan**, AirPort/Kunjapura 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:** 2021 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: 2021 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:** 2021 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 2021 6 to 14-11,

**Dhamma Dhaja, Hoshiarpur (Punjab)**

**Punjab Vipassana Trust**, Village Anandgarh, P. O. Mehanwali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: info@dha-jadhamma.org **10-day:** 2021 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to

26-12, #ST: 2021»6 to 14-11,

### 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: 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**: 2021»22-9 to 3-10, 6 to 17-10, 27-10 to 7-11, 10 to 21-11, 1 to 12-12, #ST: 2021»15 to 23-12, **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**: 2021»22-9 to 3-10, 20 to 31-10, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, #ST: 2021»5 to 13-10, 22 to 30-12, **2-day**: 2021»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**: 2021»4 to 15-10, 4 to 15-11, 19 to 30-11, #ST: 2021»19 to 27-10, **3-day**: 2021»28 to 31-10, **2-day**: 2021»15 to 17-10, 15 to 17-11, **3-day Children's course**: (age 13 to 17 boys) 2021»26 to 29-12, (13 to 17 girls) 2021»30-12 to 2-1-22,

● **Long Courses**: **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**: 2021»2 to 13-10, 2 to 13-12, 2 to 13-1, #ST: 2021»14 to 22-12, **Children Course**: (8 to 12 yrs boys, and 8 to 16 yrs Girls) 2021»24 to 27-12, (12 to 16 yrs only Boys) 2021»28 to 31-12,

● **Long Courses**: **45-day**: 2021»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**: 2021»3 to 14-10, 18 to 29-10, 3 to 14-10, 18 to 29-10, 20 to 31-12, #ST: 2021»9 to 17-12, **CCT Work-Shop**: 2021»30-10 to 2-11,

● **Long Course**: **30-day**: 2021»6-11 to 7-12, **Contact**: Manju Agrawal, Email: manju.ag4@gmail.com. Mob. 09936691000.

### 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**: 2021»5 to 16-10, 20 to 31-10, 5 to 16-11, 5 to 16-12, 20 to 31-12, #ST: 2021»22 to 30-11, **1-day**: Every month Fourth Sunday. 10 am to 5 pm,

● **Long Course**: **Special 10-day**: 2021»20-11 to 1-12,

### Dhamma Kāya, Kushinagar (U.P.)

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

### 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**: 2021»6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 2021»6 to 14-11,

### Dhamma Licchavi, Muzaffarpur (Bihar)

**Dhamma Licchavi Vipassana Centre**, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 8935963703, Email: info@licchavi.dhamma.org **10-day**: 2021»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: 2021»1 to 9-11, **Contact**: Rajkumar Goenka, Tel: (0621) 224-0215,

### Dhamma Upavana, Baracakiya, (Bihar)

**Baracakiya** - 845412, East Champaran Bihar, **Contact**: 9431245971, 9934430429, 6204814341, Email: dhammapupavan@gmail.com, **10-day**: every month 3 to 14 (Except in November 2021), 13 to 24-11, 3 to 14-1-2022,

### 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.longcourse@gmail.com **Contact**: 99559-11556. **10-day**: 2021»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: 2021»18 to 26-10, 26-1-2022 to 3-2-2022,

● **Long Courses**: **Special 10-day**: 2021»6 to 17-10, **20-day**: 2021»6 to 27-10, **45-day**: 2021»9-2-2022 to 27-3-2022,

**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 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**: 2021»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.

### Dhamma Vesali, Bihar

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

### GUJARAT

### 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**: 2021»6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12.

● **Long Courses**: **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**: 2021»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,

**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**: 2021»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,

### Dhamma Pīṭha, 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**: 2021»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**: 2021»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**: 2021»6-10 to 17-10, 20 to 31-10, 6 to 17-11, 24-11 to 5-12, 7 to 18-12, **3-day**: 2021»30-9 to 3-10, 18 to 21-11,

● **Long Courses**: **30-day**: 21-12 to 21-1-22, **45-day**: 21-12 to 5-2-22, **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: dhammapali15@gmail.com, **Contact**: Mob. 7878103636, 8866703636, 8866713636, Office: Tel: 0278-2521066, 8758561616. **10-day**: #ST:

**Dharmaj**: **10-day**: 2021»23-11 to 3-12, **3-day**: 2021»16 to 19-10, **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 Gat down Makali (Near Himalaya Drugs), cross road and take auto] 10-day: #ST: 3-day: Teenagers' Course: (Girls) Dhamma Servers' Workshop:

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

**Vipassana Meditation Centre**, 533, Pazhan Thandalam Road, Via Thiruneermalai 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: 6 to 17-10, 20 to 31-10, 5 to 16-11, 18 to 29-11, 1 to 12-12, 15 to 26-12, 2022» 2 to 13-1, 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: 2022» 2 to 10-7, 12 to 20-10, 3-day: 30-9 to 3-10, 28 to 31-12, 2022» 24 to 27-3, 12 to 15-5, 28 to 31-7, 1-Day: 2022» 16-5, 13-7, Dhamma Sevak Workshop: 2022» 21-4, Children Course Teacher Workshop: 2022» 21 to 22-5, AT Workshop: 2022» 28 to 29-5, Gratitude Course: 2022» 2 to 17-2, Long Courses: Special 10-day: 2022» 12 to 23-10, 20-Day: 2022» 2 to 23-2, 30-Day: 2022» 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: 2021» 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: 2022» 13 to 21-8, 3-day: 2021» 25 to 28-11, 2022» 6 to 9-1, 9 to 12-6, 4 to 7-8, 22 to 25-9, 15-Day Gratitude Course: 2 to 17-2-2022,

**Dhamma Arunāchala, 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**, Mampra P.O. Kodukulanji (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: 2021» 6 to 17-10, 20 to 31-10, 3 to 14-11, 17 to 28-11, 30-11 to 11-12, 2-day: 2021» 1 to 3-10, Teachers Workshop: 2021» 26 to 30-9, 1-day: Every Sunday, Long Course: Special 10-day: 2021» 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 States. Eligibility: 1-day and 2-day Children's Course, 5<sup>th</sup> 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 Konḍāñña, 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: 2021» 3 to 14-11, 2022» 10 to 21-1, 6 to

17-2, 14 to 25-5, 2 to 13-11, 23-11 to 4-12, 2-Day: 2021» 19 to 21-11, 17 to 19-12, 2022» 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) 2021» 6 to 14-10, 26-11 to 4-12, 2022» 1 to 9-1, 9 to 17-4, 5 to 13-5, 20 to 28-8, 26-9 to 4-10, 14 to 22-11, Teenagers' Course: (Girls) 2021» 22 to 30-10, 23 to 31-12, 2022» 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 Sevak Workshop: 2022» 9 to 11-9, Dhamma Sannam: (Sr. Citizens) 2021» 18 to 20-10, Teenagers' (Boys) 2021» 10 to 12-12, Teenagers' (Girls) 2021» 10 to 12-12, Dhamma Sannam: (Family) 2022» 18 to 20-2,

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

**Contact: VIMC, As above.** 10-day: 2021» 6 to 17-10, 2022» 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: 2022» 24-4 to 2-5, 14 to 22-9, Gratitude Course: 2022» 2 to 17-2, 2023» 2 to 17-2, Long Courses: 20-day: 2022» 4 to 25-5, 30-day: 2021» 22-10 to 22-11, 2022» 4-5 to 4-6, 26-10 to 26-11, 45-day: 2021» 22-10 to 7-12, 13-12 to 28-01, 2022» 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, 10-day: #ST: Teenagers' Course: (Boys)

**CENTRAL AND EASTERN INDIA**

**Dhamma Kānana, Balaghat (M.P.)**

**Dhamma Kanana Vipassana Centre**, Wainganga Tat, Rengatola, P.O. Gara, Balaghat. Tel: (07632). 248145, Mob. 8989845100, 97531-44641, Contact: 1. Mr. Khobragade, Lumbini Nagar, Balaghat. Mob. 94243-36241. 2. Mr. Meshram, Tel: (07632) 239165, Email: dineshmeshram@hotmail.com Mob. 094251-40015, 10-day: #ST: 1-day: Children's courses: Long Courses: 20-day: 30-day:

**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: 2021» 20 to 31-10, 6 to 17-11, 1 to 12-12, #ST: 2021» 20 to 28-11, Long Courses: 45-day: 2021» 17-12 to 1-2,

**Dhamma Mālavā, 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: 1(Only for old Student 19 to 30-12), #ST: 3-day: 1-day: Every Month First Sunday (Except 3 may) (8 am to 1:30 pm), Group Sitting: Every Sunday (Except First Sunday and Course Time) 9:30 to 10:30 am Group Sitting Contact: Mob. 98275-61649, Long Course: Special 10-day: 17 to 28-10-2020,

**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: 2021» 2 to 13-10, 19 to 30-11, #ST: 2021» 18 to 26-12, 3-day: 2021» 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: 2021» 20 to 31-10, 19 to 30-11, 10 to 21-12,

**Gwalior:** 10-day: 3-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 Ketu, Durg (Chhattisgarh)

**Vipassana Centre, Thanod,** Via Anjara, Dist. Durg. Email: sadhana\_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. 10-day: 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, 2022» 3 to 14-1, 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. #ST: 2022»15 to 23-1, 3-Day: 2022»17 to 20-3, Teenagers' Course: (Girls) 2022»29-5 to 6-6, 1-Day: 31-10, 20-11, 2022»2-1, 1-5, 16-5, 26-6, 28-8, Children's course: 2-10, 19-11, 18-12, 2022»27-3, 17-4, 3-5, 28-10, Dhamma Sevak Workshop: 5-12, 2022»30-10,

●● Long Courses: 30-day:2022»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: 2021»1 to 12-10, 2 to 13-12, 17 to 28-12 #ST: 2021»13 to 21-11, 1-day: 2021»24-10, 7-11, # Children's course: 2021»17-10, 28-11, Contact: Mr. D. N. Dwivedi Mob. 9806703919, 2. Mr. S. Meshram, Mob. 98269-60230,

#### Dhamma Gaᅅgā, 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: 2021»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: 2021»3-10, 14-11, 12-12, 1-day: Children Course: 2021»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.

#### 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: #ST: 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. Prafull-dash, Mob. 7077704724, 10-day: 2021»3 to 14-10, 10 to 21-11, 1 to 12-12, 16 to 26-12, ●● Long Course: 30-day: 2021»1 to 31-10,



## 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](mailto:info.dhammalaya@globalpagoda.org)

## One-day Mega courses on line only, not at Global Vipassana Pagoda

**Sundays– 26th September, Sharad Purnima and Goenkaji's 8th Death Anniversary; 9th January, 2022, Mataji's and Sayagyi U Ba Khin's Death Anniversary.** All **One-day Mega courses** at this link... (the link is not ready, it will be sent on WhatsApp soon). (Daily one-day courses are still being held at the Pagoda for those who are staying in the campus.) Please follow the link to join- **Samaggānaᅇ tapo sukho:** Take advantage of the immense benefit of meditating in a large group.

(In future all courses will be arranged as per the Government's rules at that time pertaining to Covid-19 and will inform beforehand.)

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Those who send donations to the 'GVF', please note that the item for 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. (Thanking you in advance.)

## 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.- UTIB0000062; 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](mailto: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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Account number: 911010004132846; IFSC Code: UTIB0000062;

Please Contact:

1. Shri Derik Pegado - 022-50427512/ 28451204
2. Shri Bipinbhai Mehta - 022-50427510/ 9920052156
3. Email - [audits@globalpagoda.org](mailto:audits@globalpagoda.org)
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## DHAMMA DOHAS

*Guruvara tere puṇya kā, kaisā prabala pratāpa;  
Jāgā bodha anitya kā, dūra hue bhava-tāpa.*

Gurudev, the power of your merits is so potent;  
It awakened the Dhamma wisdom of anicca, removing worldly miseries.

*Dharma diyā gurudeva ne, kaisā ratana amola;  
Mṛtyuloka ke jīva ko, amṛta kā rasa ghola.*

Gurudev gave me Dhamma, the priceless jewel;  
Giving the essence of nectar to a worldly being.

*Sadguru kī saṃgata milī, milā dharma kā sāra;  
Jīvana saphala banā liyā, sira kā bhāra utāra.*

In association with a master teacher, I received the  
essence of Dhamma. I found the finest meaning of life,  
it removed a load off of my head.

*Durlabha sadguru kā milana, durlabha dharma milāpa;  
Dharma milā sadguru mile, miṭṭe sabhī saṃtāpa.*

Rare it is to find an accomplished teacher, rare it is to  
find the Dhamma. I found the Dhamma and the peerless  
teacher, dissolving all misery.

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