

### **Dhamma Lakkhana**

Lucknow Vipassana Centre  
Astee Road, Near Bakshi-ka-Talab  
Dist. Lucknow - 227 202, Uttar Pradesh  
Tel: 91- 522-2508525; Email: [info@lakkhana.dhamma.org](mailto:info@lakkhana.dhamma.org)  
Contact: Pankaj Jain, A-101, Hampton Court Apartments,  
Barabirwa, Kanpur Road, Lucknow. Phone No.: 9335906341 / 98391 20032



*Dhamma Hall of Dhamma Lakkhana*

Dhamma Lakkhana, meaning 'Characteristic of Dhamma', is situated in eight acres (approximately 105,000 sq m) of land dotted with several auspicious trees such as peepal etc, in the capital of Uttar Pradesh, India's most populous city. Established in January 2003, the Centre is well-connected by air and rail, with the nearest locality being the small town of Bakshi-ka-Talab located about 15 km. from Lucknow on Lucknow - Sitapur Highway.

At present, the Centre has a Dhamma Hall for 125 students but the capacity is restricted to 32 males and 32 females due to shortage of residential quarters. All residences, male as well as female, are equipped with attached toilets. There are separate dining halls for male and female students. Dhamma Lakkhana conducts about 18-20 ten-day courses each year, in addition to one or two Satipatthana courses, several 3-day courses and Anapana courses for children. The centre has its own water supply system, and back-up generator for electricity supply. Over 1000 plants have been planted to enhance the greenery.

### **Dhamma Karunika**

Vipassana Centre, Near Sainik School, Kunjpura  
Karnal 132001, Haryana  
Tel: 91-184-2384 404; Contact: B.M.Verma, 5 Shakti Colony, Karnal  
Tel: 91-184-2250543; Tel/Fax: 2257543 ; Email: [info@karunika.dhamma.org](mailto:info@karunika.dhamma.org)

Dhamma Karunika, meaning 'Compassionate Dhamma', is located in village of Newal in Karnal district. 120 km from New Delhi, the centre is on a seven-acre land. Vipassana courses started in March 2003, with one course starting on the second Wednesday of the month. Dhamma Karunika presently has 24 rooms for males and 12 rooms for females are available. The Dhamma Hall and dining hall can seat 85 students. A further 24 rooms for males and 24 rooms for females, Dhamma server's residence and an office are planned to be constructed in future.