

### **Dhamma Salila**

Dehradun Vipassana Centre, Dehradun, Uttaranchal, Tel: (0135) 275 4880  
C/o Mr. T.S. Bhandari, 16 Tagore Villa, Chakrata Road, Dehradun 248 001  
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Dhamma Salila, meaning 'Water of Dhamma', lies in the Doon Valley of the Himalayas, in Dholos Village on Noon river. The Centre is 10 km from Clock Tower in Dehradun. Established in December, 1995, the centre presently holds about twenty courses a year. Twenty double rooms for males and 16 double rooms for females are presently available. 78 cells have been built for meditators.

### **Dhamma Dhaja**

Punjab Vipassana Trust,  
P. O. Mehlanwali, Village Anand Garh,  
Dist. Hoshiarpur 146 110, Punjab  
Tel: 91-1882-272 333, 240202; Email: [info@dhaja.dhamma.org](mailto:info@dhaja.dhamma.org)

'Dhamma Dhaja', meaning 'Flag of Dhamma', is located at Village Anandgarh which 12 kms from Hoshiarpur District on Hoshiarpur to Una Road). The place is in the foothills of Shivalik Mountains range. Rail and road links are available. Direct trains upto Jalandhar (Punjab) are available from all corners of the country. From Delhi two direct coaches are attached in Jammu Mail for Hoshiarpur. From Hoshiarpur Buses and utorickshawas are available for the Centre. This Centre is not far off from Dhamma Sikhara, Dharamshala. Dhamma Dhaja also caters to the overflow of Dhamma Sikhara.

Established in March, 1998, the Centre presently has 10 double rooms for male students six double rooms for female students, besides assistant teacher accommodation and segregated dining halls. The Dhamma Hall can seat around 60.

Dhamma Dhaja presently holds one 10-day course every month, three Satipatthana courses in a year, besides, children course, 3-day short courses and one-day courses. Meditation cells may come up in near future (constructed upto plinth level). Provision is also there for additional male and female accommodation.