

## Schedule of Vipassana Courses—5 August 2009

For worldwide schedule of courses, visit: [www.dhamma.org](http://www.dhamma.org). For schedule of courses including one-day courses and group sittings in India, visit [www.vri.dhamma.org](http://www.vri.dhamma.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 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. **45-day:** two 30-day courses and deeply involved in Dhamma service. **60-day:** only for ATs who has sat two 45-day courses.

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

**Teenagers' Course:** 16 to 19 years (Please use new application form).

### MAHARASHTRA

#### Dhamma Giri, Igatpuri

**Vipassana International Academy**, Dist. Nashik, Igatpuri-422403. Tel: (02553) 244-076, 244-086; Fax: 244176. (10 am to 5 pm). Email: [info@giri.dhamma.org](mailto:info@giri.dhamma.org) For online application for ten-day courses: [www.dhamma.org/schvia.shtml](http://www.dhamma.org/schvia.shtml) (No admission without confirmation) **10-day:** 2009 14 to 25-8, 28-8 to 8-9, 23-9 to 4-10, 7 to 18-10, 2010 21-12 to 1-1-2010. 13 to 24-1, 27-1 to 7-2, 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 18 to 29-6, 14 to 25-7, 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 20 to 31-10 #ST: 2009 12 to 20-9, 2010 2 to 10-1, 1 to 9-7, 6 to 14-10, **3-day:** 2009 22 to 25-10, 2010 3 to 6-11

**Annual AT Meeting: 2009** 18 to 20-12.

**VRI Research Council Meeting: 2009** 20-12-2009 (Sunday) 9.30 to 11.30 am

**Long Courses: Special 10-day:** 14 to 25-8, 2010 1 to 12-7, 6 to 17-10. **30-day:** 2-11 to 3-12-2009. **45-day:** 2-11 to 18-12-2009.

#### Dhamma Tapovana, Igatpuri

**10-day: 2009** 20-11 to 1-12, 4 to 15-12,

**Long Courses: 20-day: 2009** 21-9 to 12-10. 2010 23-12-09 to 13-1-2010. **45-day: 2009** 2-11 to 18-12-2009 **60-day: 2010** 18-1 to 20-3-2010. **AT Meeting: 2009** 18 to 20-12-09, 2010 20 to 21-3-2010

**Teacher's Self-Course (15-day): 2009** 2 to 17-11. **(15-day):** 2-11 to 17-11. (Significant contribution to spread of Dhamma and at least one Satipaṭṭhāna course. Admission will be entirely at Goenkaji's discretion. Goenkaji will not be present at *Dhamma Tapovana* during TSC, but there will be live telecast of Anapana and Metta from Dhamma Pattana)

#### Dhamma Pattana, Gorai, Mumbai

**10-day executive courses:** 2009 14 to 25-8, 28-8 to 8-9, 23-9 to 4-10, 7 to 18-10, 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1-2010, 2010 27-1 to 7-2, 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 18 to 29-6, 14 to 25-7, 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 6 to 17-10, 20 to 31-10, #ST: 2009 12 to 20-9, 2010 6 to 14-1, 1 to 9-7, 6 to 14-10, **3-day:** 2009 22 to 25-10, 19 to 22-11, 2010 7 to 10-1-2010. 3 to 6-11

**Teacher's Self-Course (15-day): 2009** 2-11 to 17-11. (Significant contribution to spread of Dhamma and at least one Satipaṭṭhāna course. Admission will be entirely at Goenkaji's discretion. Goenkaji will meditate at *Dhamma Pattana* during TSC)

Send applications to: 156, 3-A, Chandra Rashmi, R. B. Mehta Marg, Ghatkopar (E), Mumbai-400 077 Mob. 92223-34524 (12 to 6 pm on weekdays). Email: [registration\\_pattana@dhamma.net.in](mailto:registration_pattana@dhamma.net.in) For online application, visit: [www.dhamma.org/en/schedules/schpattana.shtml](http://www.dhamma.org/en/schedules/schpattana.shtml)

For all other inquiries, contact Manager, Dhamma Pattana, Near Essel World Creek, Borivali (W), Mumbai 400091, Tel: (022) 2845-

2261, 2845-2112; Tel/Fax: (022) 2845-2111, Email: [info@pattana.dhamma.org](mailto:info@pattana.dhamma.org) Website: [www.pattana.dhamma.org](http://www.pattana.dhamma.org) **One day:** (11 am to 4pm) every Sunday, 11 am to 5 pm.

### **Dhamma Saritā, Khadavali (Thane)**

Jivan Sandhya Mangal Sansthan, Matoshri Vriddhashram, At: Sorgaon, Post: Padgha, Tal. Bhivandi, Dist. Thane-421101 (Near Khadavali Central Railway Station). Tel: (02522) 695301, **Contact:** 1. Mr. Vishwas Kamble, Mobile: 98700-72150, 92220-00481. 2. Mr. Khamkar, 98203-46376.

### **Dhamma Nāsikā, Nashik**

Nashik Vipassana Kendra, Opposite N.M.C. Water filtration plant, Shivaji Nagar, Satpur, (Post YCMOU), Nashik-422222. Tel: (0253) 6516-242, 3203-677, Mobile: 93716-23300 (9 am to 11 am and 4 pm to 6 pm.) Email: [info@nasika.dhamma.org](mailto:info@nasika.dhamma.org) **10-day:** (only males) 2 to 13-9, 18 to 29-9, 1 to 12-10, 19 to 30-11, 3 to 14-12. (only females) 15 to 26-7, 31-10 to 11-11, 19 to 30-12. **#ST:** (males and females) 15 to 23-8, 17 to 25-10.

### **Dhammānanda, Pune**

**Pune Vipassana Centre**, near Markal village, 8 km. from Alandi, Mobile: Off. 92713-35668; Manager: 94204-82805. (No admission without confirmation). **10-day:** Every month, 1 to 12 and 14 to 25 (except June). **Contact:** Pune Vipassana Samiti, Opp. Nehru Stadium, Behind Swargate Water Works, Near Anand Mangal Karyalaya, Dadawadi, Pune 411002. Email: [info@ananda.dhamma.org](mailto:info@ananda.dhamma.org) Tel: (020) 2446-8903, 2446-4243. Tel/Fax: 2446-4243.

### **Dhamma Puṇṇa, Pune city (Swargate)**

**10-day:** 1 to 12-11, (only for Hindi/ Marathi students 6 to 17-9, 6 to 17-12. **#ST:** 4 to 12-10. **3-day:** 13 to 16-8, 17 to 20-9, 12 to 15-10, 12 to 15-11, 17 to 20-12.

**One-day:** Every fourth Sunday and fourth Thursday. **Children's course:** Every first Sunday. at center and every second Sunday at Gandhi Bhavan (please reconfirm in advance) **Group Sitting:** Daily 8 to 9 am and 6 to 7 pm. (Old students can meditate in Hall 3 from 6 am to 9 pm.) **Contact:** Pune Vipassana Samiti, Opp. Nehru Stadium, Behind Swargate Water Works, Near Anand Mangal Karyalaya, Dadawadi, Pune 411002. Tel: (020) 2446-8903, 2446-4243. Tel/Fax: 2446-4243. Email: [info@punna.dhamma.org](mailto:info@punna.dhamma.org);

### **Dhamma Ajantā, Aurangabad**

**Ajanta International Vipassana Samiti**, M.G.M. Medical College, N-6, CIDCO, Aurangabad 431003. Email: [vipassana@emgm.org](mailto:vipassana@emgm.org) **10-day:** 18 to 29-8, 2 to 13-9, 15 to 26-9, 4 to 15-11, 17 to 28-11, 2 to 13-12, 15 to 26-12, **#ST:** 14 to 22-10, **3-day:** 10 to 13-10, **One-day:** 16-8, 29-8, 13-9, 26-9, 15-11, 28-11, 13-12, 26-12. **Children's courses:** (9 to 12 yrs) 4-10, 1-11, 27-12. (only girls, 13 to 16 yrs) 30-8, 25-10. (only boys, 12 to 16 yrs) 27-9, 29-11. **Contact:** 1. P. P. Raibole, Tel: (0240) 234-1836. 2. K. N. Patel, Tel: (0240) Res. 235-4223, Off. 233-3136. Mobile: 94222-11344.

### **Dhamma Sarovara, Dhule**

**Khandesh Vipassana Centre**, Gate No. 166, near Dedargaon Water Purification Centre, Post Tikhi, Dist. Dhule, 424002. Tel: (02562) 203482, 699-573. (No admission without confirmation. Rickshaw is available from Panch Kandil Shere Punjab lodge to Tikhi. From Tikhi, rickshaw is available for centre, 1 km away.) **10-day:** 16 to 27-8, 6 to 17-9, 4 to 15-10, 1 to 12-11, 15 to 26-11, 6 to 17-12, **#ST:** 18 to 26-9, 19 to 27-12. **3-day:** 13 to 16-8, 26 to 29-11. **Children's course:** (12 to 15 yrs 26 to 28-10.) 23 to 25-10, 25 to 27-10, 28 to 30-12. **Group Sitting:** every Sunday, 8:30 to 9:30 am. **Contact:** Khandesh Vipassana Vishvasta Mandal, C/o Dr. Prashant Deore, 86, Adarsh Colony, Behind Indira Garden, Deopur, Dhule 424002. Tel: (02562) 222-861, 224-168, 226-932, 202-737. Email: [info@sarovara.dhamma.org](mailto:info@sarovara.dhamma.org)

### **Dhammālaya, Kolhapur**

**Deccan Vipassana Research Centre**, Ramling Road, Aalte Park, Aalte, Tal Hatkangale, Dist. Kolhapur, Pin: 416123. Tel: (0230) 248-7167, 260-0044, Email: [info@alaya.dhamma.org](mailto:info@alaya.dhamma.org); Fax: 248-7167. (No admission without confirmation)

**10-day:** 20 to 31-8, 5 to 16-9, 18 to 29-9, (18 to 29-9, in Kannada also), 5 to 16-10, 23-10 to 3-11, 5 to 16-11, 20-11 to 1-12, 5 to 16-12, 20 to 31-12. **#ST:** 7 to 15-10. **3-day:** 25 to 28-9.

**Five-day AT Workshop:** 30-9 to 4-10-09.

### **Dhamma Nāga, Nagpur**

**Nagpur Vipassana Centre**, Mahurjhari Village, near Nagpur-Kalmeshwar Road. Email: [info@naga.dhamma.org](mailto:info@naga.dhamma.org) (No admission without confirmation) **10-day:** 12 to 23-8, 26-8 to 6-9, 9 to 20-9, 23-9 to 4-10, 7 to 18-10, 21-10 to 1-11, 4 to 15-11, 18 to 29-11, 2 to 13-12, 30-12 to 10-1. **#ST:** 15 to 23-12, **3-day:** 24 to 27-12, **1-day:** 23-8, 6-9, 20-9, 4-10, 18-10, 1-11, 15-11, 29-11, 13-12

**Contact:** (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smarak Trust Bldg., Abyankar Road, Dhantoli, Nagpur 440012.

Tel: (0712) 245-8686. (For **Children's courses** and **Group Sittings**, contact: Mr. S. Bagde, Tel: (0712) 251 2945, Mobile: 94228-23886).

### **Dhamma Sugati, Sugatanagar**

**10-day:** 3 to 14-9, 1 to 12-10, 5 to 16-11, 17 to 28-12. **#ST:** 7 to 15-12. **Two-day children's course:** (13 to 18 years) 19 to 20-10, **Children's course:** every **first** Sunday. **One-day:** every **second** Sunday. **Group Sitting:** Daily 5 to 8 am and every Sunday 8 to 9 am. **Contact:** 1. Sukhdev Narnavre, Ekayano Maggo Sansthan, Sugatanagar, Nagpur 440014. Tel: (0712) 263-0115, Mobile: 94221-29229. Fax: 2650-867. 2. Surendra Raut, Mobile: 92269-96087 (**Two-day children's course:** 28 to 29-11. **Place:** Pachpaoli, Nagpur **Contact:** Mob. 94221-19445, 94228-25383.).

### **Dhamma Vasudha, Hivra (Wardha)**

Vipassana Centre, Hiwara, Post - Zadshi, Tal Selu, Dist. Wardha **10-day:** 21-10 to 1-11. **#ST:** 22 to 30-12. **1-day:** every month **first** Sunday. **Contact:** 1. Ramkrishna Bante, Tel: (0712) 2742185, Mob. 93267-32550, 93267-32547. 2. Harishankar Katawe, Email: dhammavasudha@yahoo.com.in Mob. 98903-09738.

### **Dhamma Anākula, Akola**

**Telhara (Akola): 10-day:** (males) 30-9 to 11-10, 28-10 to 8-11, 2 to 13-12, (females) 11 to 22-11, 16 to 27-12. **One-day:** every **fourth** Sunday. **Children's course:** (12 to 16 yrs) every **second** Sunday. (Centre will be closed from 10-5-09 to 25-09-09.) **Contact:** 1) Vipassana Charitable Trust, C/o Apna Bazar, Main Road, Shegaon, Dist. Buldhana 444203. Mobile: 94221-81996, 98812-04125. Email: dhamma\_anakula@ssgmce.ac.in 2) Mahendra Singh Anand, Mobile: 94221-81970.

### **Dhamma Ajaya, Chandrapur**

**10-day:** 17 to 28-9, 15 to 26-10, **3-day:** 16 to 19-8, 23 to 26-12, **One-day:** every second and Fourth Sunday **Children's course:** every third Sunday **Contact:** 1) Milind Gharde, Sugat Nagar, Naginabag Ward No. 2, Dist. Chandrapur: 442 401 (M.S.) Tel: (07172) 262477. Mobile: 92261-37722. 2) Pritikamal Patil, Mobile: 94217-21006, 98225-70435. 93703-12673.

## **NORTH INDIA**

### **Dhamma Thali, Jaipur**

**Rajasthan Vipassana Centre**, P.O. Box 208, Jaipur-302001 Tel: (0141) 268-0220. Mob. 0-9610401401, 9602848896. Fax: 2576283. Email: info@thali.dhamma.org **10-day:** 22-8 to 2-9, 4 to 15-9, 17 to 28-9, 30-9 to 11-10, 25-11 to 6-12, 9 to 20-12. **#ST:** 6 to 14-9, 23 to 31-10. **3-day:** 21 to 24-8, 25 to 28-9, 7 to 10-10, 2 to 5-12. **Teenagers' Course:** (girls) 23 to 31-12. **One-day:** every Sunday 9 am to 4:30 pm **Children's course:** **One-day:** every last Sunday and (8 to 11 yrs) 12 to 15-10, (12 to 15 yrs) 12 to 15-10.

**Five-day AT Workshop:** 30-9 to 4-10-09.

**Long Courses: Special 10-day:** 9 to 20-12. **20-day:** 1 to 22-11. **30-day:** 22-10 to 22-11.

### **Dhamma Pushkar, Ajmer, Rajasthan**

**Vipassana Centre**, Near Village Rewat (Kedel), about 23 kms from Ajmer and 9 kms from Pushkar towards Parbatsar. **10-day:** 19 to 30-8, 2 to 13-9, 22-10 to 2-11, 4 to 15-11, 12 to 23-12. **Contact:** 1) Ravi Toshniwal, Pushpa Vatika Gokhale Marg Ajmer-305001. Mobile: 098290-71778, 2) Anil Dhariwal, Mobile: 098290-28275,

### **Dhamma Marudhara, Jodhpur**

**Vipassana Sadhana Kendra**, Behind Laharia Resort, Chaupsani, Jodhpur-342009. **10-day:** 23-9 to 3-10. 24-12-2009 to 4-1-2010. **Group Sitting:** Every Sunday 11 to 12 pm. **Contact:** Nemichand Bhandari, 260 Mayur, 4th B-Road, Sardarpura, Jodhpur-342003. Tel: (0291) 243-2048, 263-7330. Mobile: 093147-27215. Email: info@mayurexports.com;

**Churu (Rajasthan): 10-day:** 22-8 to 2-9 at Agrasen Bhavan, Mochiwada. **Contact:** 1) Adv.V K Jain, Station Road, Churu 331001. Tel: (01562) 250-817. 2) Mohanlal Kedia, Tel: (0141) 260-9385.

**Delhi: Vipassana Sadhana Sansthan**, Logicstat Farmhouse, Chattarpur Mandir Road, Bhati Village, Near Radhaswami Satsang Phase 4, New Delhi 110 030, Tel: (011) 2665-3178. [Bus No. 523 from Kutub Minar.] **3-day:** 22 to 25-10. **Teenagers' Course:** (girls) 1 to 9-10. (boys) 9 to 17-10. **One-day:** every Sunday. **Children's course** 2-day: (only boys, 12 to 18 yrs) 13 to 15-11. (only girls, 12 to 18 yrs) 11 to 13-9. (boys and girls, 8 to 12 yrs) 11 to 13-12. **Dhamma Servers' Workshop:** 25 to 27-9. **Contact:** Same as *Dhamma Sota*.

### **Dhamma Sota, Sohna (Haryana)**

**Vipassana Sadhana Sansthan**, Village Rahaka, Ballabgarh-Sohna Road, Dist Gurgaon (12 km from Sohna), Haryana, Tel: (0124)

2013731, Mobile: 99912-52980. [Buses available from Sohna and Ballabhgarh.] **10-day:** 19 to 30-8, 2 to 13-9, 16 to 27-9, 7 to 18-10, 21-10 to 1-11, 4 to 15-11, 18 to 29-11, 2 to 13-12, 16 to 27-12. **Contact:** Vipassana Sadhana Sansthan, Hemkunt Towers, 10th and 16th Floor, 98 Nehru Place, New Delhi-19. Tel: (011) 2648-5071, 2648-5072, 2645-2772 Mobile: 98110-45002, Fax: 2647-0658, Email: info@sota.dhamma.org;

### **Dhamma Paṭṭhāna, Sonapat, (Haryana)**

**Vipassana Sadhana Sansthan**, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Tel: (0130) 3204231, Mobile: 093548-04415. **#ST:** 8 to 16-9, 15 to 23-12, **3-day:** 13 to 16-8, 17 to 20-9, 24 to 27-12.

**Long Course: Special 10-day:** 3 to 14-12. **30-day:** 10-10 to 10-11. **45-day:** 10-10 to 25-11. **Contact:** same as *Dhamma Sota*

### **Dhamma Kāruṇika, Karnal (Haryana)**

**Vipassana Sadhana Sansthan**, Near Government School, Village Neval Post Sainik School, Kunjpura, Karnal-132001. **10-day:** 12 to 23-8, 9 to 20-9, 14 to 25-10, 11 to 22-11, 9 to 20-12. **3-day:** 1 to 4-10, 24 to 27-12. **One-day:** Every **fourth** Sunday (but **third** Sunday in Oct. and Dec. 2008 and April, June, July, Sept, and Dec 2009). **Contact:** Brij Mohan Verma, 5, Shakti Colony, Near SBI, Karnal-132001. Tel/Fax: (0184) 225-7543, 225-7544, Mobile 99920-00601. Email: info@sota.dhamma.org;

### **Dhamma Dhaja, Hoshiarpur (Punjab)**

**Punjab Vipassana Trust**, Village Anandgarh, P. O. Mehlanwali-146110, Dist Hoshiarpur. Tel: (01882) 272-333. Mobile: 94651-43488. Email: info@dhaja.dhamma.org **10-day:** 13 to 24-8, 10 to 21-9, 4 to 15-10, 12 to 23-11, 17 to 28-12. **#ST:** 8 to 16-12-09. **3-day:** 21 to 24-9, **One-day:** Every Sunday. 9 to 5 pm **Group Sitting:** every Sunday 8 to 9 am

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

**Himachal Vipassana Kendra**, Dharamkot, McLeodganj, Dharamshala-176219, Dist. Kangra, H.P. Email: info@sikhara.dhamma.org Tel: (01892) 221-309, 221-368. Mobile: (4 to 5 pm) 098054-72136. **10-day:** every month Apr to Nov 1 to 12. Also 15 to 26 **1-day:** every month, 26 April to Nov. **Group Sitting:** daily, 8 to 9 am, 6 to 7 pm

### **Dhamma Salila, Dehradun**

**Dehradun Vipassana Centre**, Village Jantanwala, near Dehradun Cantonment, near Santala Devi Mandir, Dehradun 248001. Tel: (0135) 210-4555, 271-5189. Email: info@salila.dhamma.org

**10-day:** 21-8 to 1-9, 3 to 14-9, 16 to 27-9, 4 to 15-10, 20 to 31-10, 3 to 14-11, 17 to 28-11, 1 to 12-12. **#ST:** 15 to 23-12. **3-day:** 1 to 4-10, **Children's course:** 25 to 28-12 28 to 31-12 **Contact:** 1) T S Bhandari, 16 Tagore Villa, Chakrata Road, Dehradun-248-001. Tel: (0135) 271-5189, Fax: 271-5580. 2) Naresh Gupta, Tel: 265-3366.

### **Dhamma Lakkhaṇa, Lucknow (U.P.)**

**Lucknow Vipassana Centre**, Asti Road, Bakshi ka Talab, Lucknow 227 202. Email: info@lakkhana.dhamma.org Tel: (0522) 296-8525, Mob. 97945-45334. **10-day:** 20-8 to 31-8, 5 to 16-9, 20-9 to 1-10, 5 to 16-10, 20 to 31-10, 5 to 16-11, 5 to 16-12. **#ST:** 20 to 28-12. **Children's course:** (8 to 12 yrs) 29-12 to 1-1-2010, (13 to 16 yrs) 1 to 4-1-2010. **One-day:** every **first** Sunday. **Group Sitting:** every Sunday, 8 to 9 am.

**Long Course: Special 10-day:** 20-11 to 1-12. **Contact:** 1. Pankaj Jain, A-101, Hampton Courts Apartments, Behind Piccadily Hotel, Alambagh Lucknow Mob. 93359-06341, 98391-20032. 2. Ashok Kumar Sahu, Kanpur, Tel: 241-0325, 241-0886.

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

**Jetavana Vipassana Meditation Centre**, Katra bypass Road, Opposite Buddha Inter College Sravasti-271845. Tel: (05252) 265-439; Email: info@suvatthi.dhamma.org Mob. 93358-33375. **10-day:** 7 to 18-9, 22-9 to 3-10, 4 to 15-10, 22-10 to 2-11, 22-11 to 3-12, 7 to 18-12, 22-12 to 2-1-2010, **#ST:** 7 to 15-11. **One-day:** every **third** Sunday (8 am to 4:30 pm). **Group Sitting:** every Sunday 8 to 9 am. **Contact:** Mobile: 09415751053.

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

**Vipassana Sadhana Kendra**, Village Khargipur, Post. Piyari, Chaubeypur, Sarnath, Varanasi. Tel: (0542) 3208168, Email: info@cakka.dhamma.org (To reach the centre, Rs. 50 for autorickshaw from Sarnath Museum) **10-day:** every month 3 to 14 and 18 to 29 (in October 2009, 3 to 14-10.) **#ST:** 18 to 26-10, **One-day:** every fourth Sunday. **Group Sitting:** every Sunday, 2:30 to 3:30 pm. **Contact:** 1) Pramod Chandra Gupta, 52, 53 Jawaharlal Nehru Complex, Englishia Line, Varanasi 221 002. Tel: (0542) 324-6089, Mob. 93369-14843, (10 am to 6 pm). 2) Prem Shankar Shrivastav, Mobile: 99350-38801.

**Jhansi: 10-day:** 5 to 16-9, 19 to 30-12. **3-day:** 15 to 18-12-09. at Paricha Thramal Power Colony, Buddha Vihar Paricha, Jhansi **Contact:** Mobile: 94150-30261, 9415590967, 9889454990.

**Mainpuri (U. P.): 10-day:** 17 to 28-09-09. **Venue:** Shri Mahavir Inter College, Jauharinagar, Ghiror, (Mainpuri) **Contact:** 1. Manoj Kumar, At Shakyan, Ghiror, Mainpuri. Mob. 94112-52555. 2. Mr. Gangaram Verma, Mob. 97589-99311, 9456256540.

### **Dhamma Licchavi, Muzaffarpur (Bihar)**

**Vaishali Vipassana Centre**, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 099311-61290 Email: info@licchavi.dhamma.org **10-day:** every month, 15 to 26. **Contact:** 1) Rajkumar Goenka, Zenith Auto Service, Aghoria Bazar, P. O. Ramna, Muzaffarpur 842002. Tel: (0621) 224-0215, 224-7760.

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

**Bodh Gaya International Meditation Centre**, Gaya-Dobhi Road (15 km), Post: Magadha University, Bodh Gaya-824234. Tel: (0631) 320-1585, Email: info@bodhi.dhamma.org **Contact:** (0631) 220-0437, 09415751053, **10-day:** every month 1 to 12 and 16 to 27 except Sept in Aug & Oct 16 to 27-8, 16 to 27-10. **#ST:** 1 to 9-9.

**Long Courses: 30-day:** 12-9 to 13-10.

## **GUJARAT**

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

**Kutch Vipassana Centre**, Bada, Mandvi-Kutch-370475. Tel: Off. (02834) 273303, Fax: 224488, 288911; Email: info@sindhu.dhamma.org **Contact:** Bhuj: 094274-33534. Gandhidham: 094262-14531. Mandvi: 099254-85981. (No admission without confirmation) **10-day:** 15 to 26-8, 29-8 to 9-9, 19 to 30-9, 5 to 16-10, 20 to 31-10, 3 to 14-11, **#ST:** 22 to 30-10. **Children's courses:** in local schools.

**Long Courses: Special 10-day:** 5 to 16-10. **20-day:** 28-8 to 18-9, 5-1 to 26-1-2010, **30-day:** 17-11 to 18-12. **45-day:** 17-11 to 2-1-2010. **Contact:** Ishwarlal Shah, Prof. K T Shah Road, Mandvi-Kutch-370465. Tel: (02834) 223076, 223406, Fax: 224488, 288911.

### **Dhamma Kota, Rajkot (Guj.)**

**Saurashtra Vipassana Kendra**, Kotharia Road, 15 km from Rajkot. Tel: Off. (0281) 278-2040, Mobile: 93279-23540, Email: info@kota.dhamma.org **10-day:** 14 to 25-8, 7 to 18-10, 19 to 30-10, 4 to 15-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, 30-12 to 10-1, **#ST** 29-8 to 6-9. **Meeting:** 8 to 9-8. **Five-day AT Workshop: 30-9** to 4-10-09.

**Long Courses: 20-day: 8** to 29-9. **30-day: 29-8** to 29-9. **Children's course:** every **second** Sunday at the centre and every **fourth** Sunday at Masoom School b/h SNK School, Univ. Road. **One-day:** every **second** Sunday at the centre and every first and fourth Sunday in the city at Masoom School. **City Contact:** Tel: 258-7599, Mobile: 94282-03291. 1. Saurashtra Vipassana Research Centre, Bhabha Dining Hall, Panchnath road, Rajkot-360001. Tel: (0281) 2220-8616. Mobile: 94272-21591. Fax: 222-1384. (On the starting day of every course, rickshaws for *Dhamma Kota* will be available here at 3 p.m.). 2) Chandubhai Mehta Tel: 2587599, Mobile: 9428203291.

**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) 2220-8616. Mobile: 94272-21591. Fax: 222-1384.

### **Dhamma Divākara, Mehsana (Guj.)**

**Uttar Gujarat Vipassana Kendra**, Mittha Village, Dist. Mehsana, Gujarat. Tel: (02762) 272-800.

**10-day:** 2 to 13-9, 30-9 to 11-10, 19 to 30-10, 18 to 29-11, 16 to 27-12. **One-day:** Every **fourth** Sunday. **Contact:** Upendra Patel, 18, Shraddha Complex, 2nd Floor, Opp. Municipal Office, Mehsana 384001, Email: info@divakara.dhamma.org Tel: (02762) 254-634, 253315. Mobile. 093763-53315, Email: upendrakpatel@rediffmail.com

### **Dhamma Pīṭha, Ahmedabad (Guj.)**

**Gurjar Vipassana Centre**, Gram Ranoda, Tal. Dholka, Dist. Ahmedabad-387810, Email: info@pitha.dhamma.org Tel:(02714) 294690. Mobile: 94264-19397. **10-day:** 19 to 30-8, 2 to 13-9, 15 to 26-10, 4 to 15-11, 2 to 13-12. **#ST:** 8 to 16-8, **Contact:** 1) S. S. Chaudhari, 'Ratnam', Opp. Police Commissioner's Office, Ahmedabad-380004. Tel: **(Res.)** (079) 2562-4631. (Off.) Tel/Fax: 2213-5016. Email: somtex\_c@dataone.in 2) Satyen Priyadarshi, Tel: 2321-1544.

### **Dhamma Surinda, Surendranagar (Guj.)**

**One-day:** Every **first** Sunday. (10:30 am. to 4 pm.) **Group Sitting:** Daily 10 to 11 am and 5 to 7 pm. at Bankers Society, Mangalam 10, Badhavan and Bostan Hotel, Old Junction Road. Surendranagar 363002. **Contact:** Dr. Navin Bavisi, Tel: (02752) 232564.

**Vadodara: 10-day:** 13 to 24-8, 16 to 27-9. **3-day:** 24 to 27-12. **Contact:** 1. Vadodara Vipassana Samiti 5, Kalandi Park, Near Kailash Park Society, B/h Akota Aditi Gruh, Akota, Vadodara 390020. Tel: (0265) 2341181, Mob: 94263-32180. 2. Vitthalbhai Patel, Tel:

(02692) 241028, Mob: 98250-28057. Email: vvs04@hotmail.com

**Dharmaj: 10-day:** 6 to 17-9, 22-10 to 3-11. **Contact:** Dharmaj Vipassana Samiti, C/o G. M. Viraktashram Complex, Station Road, Dharmaj 388430. Tel: (02697) 244-498, 245460. 2. Hemantbhai Patel, Tel : Res. (02697) 244490. Mob. 94265-00765.

## SOUTH INDIA

### Dhamma Paphulla, Bangalore

Bangalore Vipassana Centre (23 km from Bangalore City Railway station, Alur (Near Alur Panchayat office), Off Tumkur Road, Village, Dasanapura Hubli, Bangalore North Taluka 562 123. Tel: (080) 2371-2377, 23717106. Mob. 93420-23947, 93413-15877, 99800-44666. Email: info@paphulla.dhamma.org;

[Bus No. 257 from K. R. Market - direct to Alur, Bus No. 258 from Makali.] **10-day:** (every month) 1 to 12 and 15 to 26. (except during #ST and 3-day). **#ST:** 15 to 23-10, 15 to 23-12, **3-day:** 15 to 18-8, 26 to 29-10, 27 to 30-12. **One-day:** every Sunday, 10 am. to 4 p.m., **Contact: City Office:** Vipassana Meditation and Research Centre, Post Alur-562123, Near Panchyat Office, Dasanapura Hubli, Bangalore North, Tel: (080) 23712377.

### Dhamma Setu, Chennai (Tamil Nadu)

**Vipassana Meditation Centre**, 533, Pazhan Thandalam Road, Via Thiruneermalai Road, Thirumudivakkam, Chennai 600044, Email: info@setu.dhamma.org; Tel: (044) 2478-0953, 2478-3311, Mobile: 94440-21622 **10-day** 9 to 20-9, 23-9 to 4-10, 21-10 to 1-11, 4 to 15-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, **#ST:** 8 to 16-10, **3-day:** 22 to 25-10, **One-day:** every first Sunday. **Children's courses:** 29 to 30-8, 1-11, 27 to 28-12.

**Long Courses: Contact:** S. K. Goenka, No. 2, Seethammal Road, Alwarpet, Chennai-600018. Tel: (044) 4340-7000, 4340-7001, Mobile: 98407-55555. Fax: 4201-1177

**Tamil Vipassana Newsletter:** Annual subscription: Rs. 30. **Contact:** *Dhamma Setu*

### 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:** 5 to 16-9, 14 to 25-11, 21-12 to 1-1, **3-day:** 14 to 17-8, 1 to 4-10, 26 to 29-11, **1-day:** 30-8, 6-12, **Children's course:** 27 to 28-11. **Contact:** 1. Kerala Vipassana Samiti, Myythyry, Nerechathara Line, Perandoor Road, Elamakkara. PO Kochi-682026. Tel: (0484) 2539891. 2. Raghunath Kurup, Tel: (0479) 2361293. Mob. 94951-18871. 3. B. Raveendran, Mobile: 98465-69891.

## ANDHRA PRADESH

### Dhamma Khetta, Hyderabad (A.P.)

**Vipassana International Meditation Centre**, (12.6 km) Mile Stone, Nagarjuna Sagar Rd, Kusum Nagar, Vansthalipuram Hyderabad-500070. Tel: (040) 2424-0290, Email: info@khetta.dhamma.org Fax: 2424-1746, **10-day:** every month 1 to 12 (except Feb, Sept) and 15 to 26 (except Sept) **#ST:** 29-8 to 6-9, **3-day:** 26 to 29-11, 26 to 29-12. **One-day:** Every Sunday. **Children's course:** 30-8, 25-10, 29-11, **Two-day children's course:** (for girls age 10 to 18) 27 to 28-12, (for boys age 10 to 18) 29 to 30-12,

**Five-day AT Workshop:** 24 to 28-8.

**Long Courses: 20-day:** 8 to 29-9. **30-day:** 29-8 to 29-9.

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

### Dhamma Nijjhāna, Nizamabad (A.P.)

VIMC, Indur, Pocharam (Post), Yedpalli Mandal, Pin-503186, Dist. Nizamabad. Email: info@nijjhana.dhamma.org; Tel: (08467) 316-663, Mobile: 99085-96336. **10-day:** every month, 1 to 12. **3-day:** 12 to 15-9, 28 to 31-12. **One-day:** every third Sunday. **Children's course:** every fourth Sunday.

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

**Vipassana Meditation Centre**, Post. Vijayarai, Pedavegi Mandalam, Dist. West Godavari, Pin-534475. Tel: (08812) 22 55 22. Mobile: 94414 49044 (Vijayarai Village is 15 kms. from Eluru on Eluru-Chintalapudi Road. *Dhamma Vijaya* is 3 kms from Vijayarai bus stand and autos/taxis are available at Vijayarai bus stand.) **10-day:** Every month 15 to 26 (except in 15 to 26 Jan, Feb, Aug, and Oct) 11 to 22-8, 18 to 29-10. **#ST:** 3 to 11-10. **3-day:** 8 to 11-10. **1-day:** every third Sunday. (except Nov). 22-11 **Children's courses:** contact above.

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

**Vipassana International Meditation Centre**, Village Kumudavalli (near Bhimavaram), Mandal-Pala Koderu, Dist. West Godavari 534

210. (1.5 kms from Bhimavaram, on the Bhimavaram-Thanku Road) Tel: (08816) 236566. **10-day:** every month, 1 to 12. **3-day:** 13 to 16-9, 20 to 23-12. **1-day:** every fourth Sunday; **Group Sitting:** every Sunday.

### **Dhamma Nāgajjuna, Nagarjun Sagar (A.P.)**

VIMC, Hill Colony, Nagarjun Sagar Dist. Nalgoda 508202, (140.4 km Hyderabad Road, Near Buddha Project, 3 km from Hill Colony towards Hyd.) Email: [info@nagajjuna.dhamma.org](mailto:info@nagajjuna.dhamma.org) Tel: (8680) 277999, Mobile: 09963775645, 94401-39329.

**10-day:** 2 to 13-9, 7 to 18-10, 4 to 15-11, 18 to 29-11, 2 to 13-12, 16 to 27-12. **3-day:** 20 to 23-8. **Teenagers' Course:** (girls) 19 to 27-9. **One-day:** every Sunday and *Purnima*. **Children's courses:** 16-8, 13-9, 18-10, 15-11, 29-11, 13-12, 27-12. **CC Workshop:** 18 to 26-9.

### **Dhamma Koṇḍañña, Kondapur (Medak)**

**Vipassana International Meditation Centre, Kondapur, Via Sagareddy, Medak 502306. Mobile: 93920-93799, 98662-26650. 10-day:** 12 to 23-8, 16 to 27-9, 21-10 to 1-11, 18 to 29-11, 16 to 27-12. **3-day:** 10 to 13-9, 10 to 13-12. **One-day:** every Sunday. **Children's courses:** first and second Sunday, and second Saturday. **AT Workshop:** 24 to 28-8. **South Indian Dhamma Servers' Conference:** 28 to 30-10.

## **CENTRAL AND EASTERN INDIA**

### **Dhamma Kānana, Balaghat (M.P.)**

**Dhamma Kanana Vipassana Centre, Wainganga Tat, Rengatola, P.O. Garra, Balaghat. Tel: (07632) 292-465. 10-day:** 20 to 31-8, 10 to 21-9, 14 to 25-10, 19 to 30-11, 18 to 29-12. **#ST:** 31-10 to 8-11, **3-day:** 26 to 28-9, 27 to 29-11. **One-day:** Every last Sunday. **Contact:** 1. Haridas Meshram, Ratan Kuti, 126, I.T.I. Road, Buddhi, Balaghat-481001. Tel: (07632) 248-145 Email: [dineshbgt@hotmail.com](mailto:dineshbgt@hotmail.com) Mobile: 94251-40015, 9425447996. 2. Vivek Bansod, Mobile: 094243-81499.

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

**Vipassana Meditation Centre, Opposite Bhedaghat Thane, (1 km) Bapat Marg, Bhedaghat Jabalpur. Mob. 9300506253. 10-day:** 2 to 11-10, 1 to 12-11, 3 to 14-12. **One-day:** every last Sunday **Children's courses:** 15-11. **Contact:** Vipassana Trust, C/o Madhu Medicine Stores, 1, Medicine Complex Extn., Near Shastri-Bridge, Model Road, Inside Bank of Baroda, Jabalpur-02. Tel: (0761) 4006252. 2. Mahesh, Mobile: 99815-98352.

### **Dhammapāla, Bhopal (M.P.)**

**Vipassana Centre, Behind Kerwa Dam, Village Daulatpura Bhopal 462 044, Mob: 94069-27803, Contact:** E-3/8, Nupur Kunj, Arera Colony, Near Lijjat Papad Factory, Bhopal 462016. Tel: (0755) 246-2351, 246-1243, 2468053. Fax: 246-8197. Mob. 94253-02590, Email: [dhammapal@airtelmail.in](mailto:dhammapal@airtelmail.in) **10-day:** 12 to 23-8, 9 to 20-9, 4 to 15-10, 11 to 22-11, 16 to 27-12. **#ST:** 24-10 to 1-11, **3-day:** 29-9 to 2-10, 31-12 to 3-1-2010. **Contact:** Ashok Kela, Tel: (0755) 246 4520, 246 3113.

### **Dhamma Mālavā, Indore (M.P.)**

**Vipassana Centre, Village Jambudi Hapsi, Opp. Gommatgiri, in front of Pitru mountain, Hatod Road, Indore-452003. 10-day:** (only males) 2 to 13-10, 13 to 24-12. **One-day:** every first Sunday. **Group sitting:** Every Sunday 9:30 to 11:30 am. (Pali Workshop from 15 to 23-8-2009 cancelled) **Contact:** 1. Indore Vipassana Trust, 582 M. G. Road Labhaganga, Indore, 2. P N Chaudhary, Mobile: 98937-88909. 3. P N Nandeshwar, Tel: (0731) 257-3647, Mob. 094240-44709. Email: [info@malava.dhamma.org](mailto:info@malava.dhamma.org)

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

**10-day:** 6 to 17-9-09. **Contact:** N. S. Wadhvani, Station Road, Ratlam-457001. Tel: (07412) 230-933, 267-533 (R) Email: [narayan\\_wadhvani@yahoo.com](mailto:narayan_wadhvani@yahoo.com)

**Ashok Nagar: 10-day:** 9 to 20-8-09. **Contact:** 1. Mr Raghuvanshi, Mob. 94251-31720, 2. Ramswarup Bharti, Hanuman Colony, Guna-473001 (M.P.) Mobile: 098939-71740.

**Shivpuri: 10-day:** 4 to 15-9-09. **Contact:** Yadavram Verma, Mob. 94254-89336.

### **Dhamma Ketu, Durg (Chhattisgarh)**

**Vipassana Centre, Po Box 16 Thanod, Via Anjara, Dist. Durg. Tel: (0788) 320-5513. 10-day:** 19 to 30-8, 16 to 27-9, 21-10 to 1-11, 18 to 29-11, 16 to 27-12, **#ST:** 7 to 15-11, **3-day:** 13 to 16-8, 27 to 30-12, **One-day:** Every last Sunday, except May, Octo. 9 am to 4 pm. **Group Sitting: Buddha Purnima** 7 to 9 am. **Contact:** 1) Mr. Kathane, Mobile: 94061-17337, 2) Mr. Joshi, Tel: 405 2623, 239 2623.

**Raipur (Chhattisgarh): 10-day:** 3 to 14-9. at Niranjana Dharmashala VIP Road, Raipur. **Conference:** 30-8 at Mittal Bhavan, Samta Colony. **Contact:** Sadaram Gupta, Mittal complex, Ganjapar, Telghani Naka, Raipur. Mobile: 094252-05310

**Bilaspur (Chhattisgarh): 10-day:** 17 to 28-8, 5 to 16-10. **Contact:** 1. B. D. Khatri, Bilaspur, Mob. 94252-20295, 2. H. C. Dahat, Mob. 94241-61087,

**Chauki (Chhattisgarh): 10-day: 2010** 20 to 31-1-2010, at Haramkodho, Ta. Chauki, Dist. Rajnandgaon, **Contact:** 1. Dr. S. M. Badole, Mob. 099071-83474, 2. Mr. H. Koche, Mob. 98277-57408.

**Dalli Rajhara: 10-day:** 4 to 15-9. at Sindhi Dharamshala (Bhavan), Gupta Chowk Railway Colony Road Dalli Rajhara, Dist. Durg 491228. **Contact:** 1. Mr. Bal Mukund Singh, Mob. 93006-13795. 2. Dr. T. L. Bansode, Mob. 93294-88824.

### **Dhamma Gaṅgā, Kolkata (W.B.)**

**Vipassana Centre**, Sodepur, Harishchandra Dutt Road, Panihati, 12 Mandir Ghat, Kolkata-700114 Email: info@ganga.dhamma.org Tel: (033) 2553-2855. **10-day:** 2 to 13-9, 16 to 27-9, 30-9 to 11-10, 21-10 to 1-11, 4 to 15-11, 18 to 29-11, 2 to 13-12, 16 to 27-12. **#ST:** 18 to 26-8. **One-day:** Concluding Sunday of every ten-day course (Sunday). **Children's courses:** 29 to 31-12.

**Contact:** 1) Daya Ram Kajaria, 22 Bonfield Lane, 2nd floor, Room No. 10, Kolkata-700001 Tel: (033) 2242-3225, Res. 2471-0319. 2) M. Badani, Tel: Res. 2475-7208. 3) L. N. Todi, 123A Motilal Nehru Road, Kolkata-29 Tel: Res. 2485-4178.

### **Dhamma Puri, North Tripura (Tripura)**

Tripura Vipassana Meditation Centre, P.O. Machmara, Dist. North Tripura, Tripura 799 265. Email: info@puri.dhamma.org Tel: (03822) 266-204, 266-238; **Agartala, Contact:** Mr. M. Dewan, (0381) 2230-288, Mobile: 098621-54882. **10-day:** 7 to 18-8, 24-9 to 5-10, 16 to 27-10, 5 to 16-12. **#ST:** 29-10 to 6-11, **1-day:** 23-8, 13-9, 11-10, 22-11. **3-day residential Children's courses:** 21 to 23-12. **Children's courses:** 10-12, 15-12,

**Orissa: Jatni: 10-day:** 9 to 20-9, 9 to 20-12. **Venue:** Thread, Siddharth Village, Post box No. 9, Jatni 752050. Tel: (0674) 2490516, 2490160. **Contact:** 1) Vipassana Trust, A/6 Pallashpalli, Bhubaneswar-751020. Tel: (0674) 2592504. Mobile: 9337103727. 2) C. B. Kar, Tel: (0674) 2565206. Mobile: 9437131019.

**Orissa: Khariyar Road: 10-day:** 6 to 17-9, 18 to 29-12. **Contact:** 1. K. C. Sahu, Khariyar Road, Dist. Nuapada, Mob. 94374-04653, 2. P. Jahanabadi, Mob. 94370-70505,

### **Dharmashringa, Kathmandu, Nepal**

**Nepal Vipassana Centre**, Budhanilkantha, Muhan Pokhari, Post Box No: 12896, Kathmandu. Email: info@sringa.dhamma.org Tel: (centre) 977-1-437 1655, 437 1007, 425 0581, 422 5490, Res: 422 4720, 422 6314. **10-day Executive Course:** 15 to 26-8. **10-day:** every month 1 to 12 and 14 to 25 (in Sept. Oct 1 to 12-9, 13 to 24-9, 25-9 to 6-10.) (only for bhikkhus) 15 to 26-12. **#ST:** 4 to 12-8, 4 to 12-12. **3-day:** 26 to 30-10. **One-day:** Every last Saturday (**One-day:** Contact Jyoti Bhavan).

**Long Courses: Special 10-day:** 2 to 13-11. **20-day:** 4 to 25-9. **Contact:** Roop Jyoti, Jyoti Bhavan, Kanti Path, P. Box No. 133, Kathmandu, Nepal. Tel: 250581, 225490, 221290 (R), Fax: 224720, 226314. **Children's course** at Jyoti Bhawan: (8 to 12 yrs) 25-7, 3-10, 5-12. (only boys, 13 to 16 yrs) 1-8, 7-11, (only girls, 13 to 16 yrs) 5-9, 28-11.

### **Dhamma Jananī Lumbini, Nepal**

**Lumbini Vipassana Centre**, Near Lumbini Peace Flame, Rupandehi, Lumbini Zone, Nepal. Tel: 977-71-580282. **10-day:** 15 to 26 every month **One-day:** Every month on 26th **Contact:** Gopal Bahadur Pokharel, Bhairav Color Lab, Butwal, Khasyauli, Lumbini Zone, Nepal. Email: info@janani.dhamma.org. Tel: 977-71-541549,

### **Dhammatarāi, Birganj, Nepal**

**Birganj Vipassana Centre**, Parwanipur, Parsa, Nepal Email: info@tarai.dhamma.org **10-day:** 2 to 13-9, 24-9 to 5-10, (Bhikkhus Course) 25-11 to 3-12. **#ST:** 13 to 20-9,

**Long Courses: 20-day:** 2 to 23-11. **Contact:** Sandeep Building, Adarsh Nagar, Birganj P. O. Box No. 32, Tel: (051) 580466. Fax: (051) 521884.

### **Dhamma Birāṭa Biratnagar, Nepal**

**Purwanchal Vipassana Centre**, Phulbari Tole, South of Bus-Park Ithari-7, Sunsari, Nepal. Email: info@birata.dhamma.org Tel: [977] (25) 585521; **10-day:** 24-9 to 5-10, 1 to 12-10, **#ST:** 11 to 19-8. **One-day:** every **last** Saturday, every **second** Wednesday at Bhanu Chowk Dharan, every **second** Saturday in front of Birendra Sabha Griha, Biratnagar. **Group Sitting:** every Saturday, 8 to 9 am and every Wednesday from 2:30 to 3:30 pm at Bhanu Chowk Dharan, every Wednesday from 7 to 8 am at in front of Birendra Sabha Griha Biratnagar. **Contact:** 1) Dev Kishan Mundada, Debanara, Goswara Road, Ward 9, Biratnagar, Nepal. Tel: [977] (21) 525486, 527671. Fax: 526466. Email: debanara@ecomail.com.np 2) Kamal Kumar Goyal, Tel: (977) (25) 523528, Res. 526829.

## **Bangladesh**

1) **10-day:** 19 to 30-12. **Children's courses:** 30-12. **Venue:** Kanakchaitya Bihar Complex Baroigaon, Laksham Comill Bangladesh.

2) **10-day:** 5 to 16-12. **Children's courses** 5-12. **Venue:** Bangladesh Bhikkhu Training and Meditation Centre, Vill & Po. Kadalpur, PS-Raozan, Chittagong.

3) **Children's courses:** 18-12. at 50/7 Chowdhury para, (Hazipara) Dhaka-1219 **Contact:** K. L. Mutsuddi, 57/7, West Hazipara (4th floor), Rampura, Dhaka 1219, Tel: [88] 0181-7518256; Fax: [88] (2) 7281-405.

## **Dubai (United Arab Emirates)**

**10-day:** 17 to 28-9, 26-11 to 7-12. **Contact:** 1) J. P. Goenka, P. O. Box 52207, Dubai, United Arab Emirates. Tel: Off. [971] 4-2956544; Res. [971] 4-2230536; Mobile: 971-50-6462-507. Email: goenka@emirates.net.ae 2) Mrs. Armaity Noor: Mobile [971] 50 6581 248; Email: armaityn@yahoo.com 3) Mr. Mukund Jakhiya, Email: devjm1965@yahoo.com Mobile: 050 5584869;

**Abu Dhabi: Group Sitting:** Thursday 8 to 9 pm. and Friday 10 to 11 am at Flat #801, Abu Dhabi Pharmacy Building, Next to Mitsubishi Motors, Nazda Street, Abu Dhabi. **Contact:** Ram, Mobile: [050] 570-3945. Tel: [02] 677-1143. **One-day and Children's courses** are also held periodically.

SCHEDULE OF LONG COURSES - INDIA AND NEPAL

**Special 10-day Course**

- 14 to 25-8-09 *Dhamma Giri, Igatpuri*  
19 to 30-9-09 *Dhamma Koṭa, Rajkot (Guj.)*  
5 to 16-10-09 *Dhamma Sindhu, Mandvi-Kutch*  
15 to 26-10-09 *Dhamma Tapovana, Igatpuri*  
2 to 13-11-09 *Dharmashringa, Nepal*  
20-11 to 1-12-09 *Dhamma Lakkhaṇa, Lucknow*  
3 to 14-12-09 *Dhamma Paṭṭhāna, Haryana*  
9 to 20-12-09 *Dhamma Thalī, Jaipur*  
1 to 12-7-2010 *Dhamma Giri, Igatpuri*  
6 to 17-10-2010 *Dhamma Giri, Igatpuri*

**20-day**

- 28-8 to 18-9-09 *Dhamma Sindhu, Mandvi-Kutch*  
4 to 25-9-09 *Dharmashringa, Nepal*  
8 to 29-9-09 *Dhamma Koṭa, Rajkot (Guj.)*  
8 to 29-9-09 *Dhamma Khetta, Hyderabad*  
21-9 to 12-10-09 *Dhamma Tapovana, Igatpuri*  
1 to 22-11-09 *Dhamma Thalī, Jaipur*  
2 to 23-11-09 *Dhammatarāi, Birganj, Nepal*  
23-12 to 13-1-09 *Dhamma Tapovana, Igatpuri*  
5-1 to 26-1-2010 *Dhamma Sindhu, Mandvi-Kutch*

**30-day**

- 29-8 to 29-9-09 *Dhamma Khetta, Hyderabad*  
29-8 to 29-9-09 *Dhamma Koṭa, Rajkot (Guj.)*  
12-9 to 13-10-09 *Dhamma Bodhi, Bodhgaya*  
10-10 to 10-11-09 *Dhamma Paṭṭhāna, Haryana*  
22-10 to 22-11-09 *Dhamma Thalī, Jaipur*  
2-11 to 3-12-09 *Dhamma Giri, Igatpuri*  
17-11 to 18-12-09 *Dhamma Sindhu, Mandvi-Kutch*

**45-day**

- 10-10 to 25-11-09 *Dhamma Paṭṭhāna, Haryana*  
2-11 to 18-12-09 *Dhamma Tapovana, Igatpuri*  
2-11 to 18-12-09 *Dhamma Giri, Igatpuri*

17-11 to 2-1-2010 *Dhamma Sindhu, Mandvi-Kutch*

**60-day**

18-1 to 20-3-2010 *Dhamma Tapovana, Igatpuri*

## ONE-DAY COURSES

The information about **one-day courses** and **group sittings** cannot be published every month because of lack of space in the Vipassana Newsletter. Therefore, it has been decided to publish this information every three months. (Please note that **one-day courses** and **group sittings** are only for those meditators who have completed a ten-day Vipassana course.)

**MUMBAI (One-day Courses): Anushaktinagar:** Every first Sunday. at Parmanu Urja Kendriya Vidyalaya No. 1, Anushaktinagar. **Contact:** 1) Shivaji Kamble, Tel: 6572-6465, 2) B. B. Gajbhiye, Tel: 25527605. **Bhiwandi: One-day:** every **third** Sunday at Sant Shantaram Mauli Jayant Sansthan, 'Eknath Mandir', 48, Prabhuali, Bhivandi. **Contact:** 1) Milind Taware, Tel: 952522-236449, 94220-91213. 2) Premkumar Buddhadev, Tel: 952522-227117. **Breach Candy:** every **third** Sunday at Sophiya Polytechnic, Breach Candy. Tel: 2307-6652, 2261-1894. **Cuffe Parade:** every **first** Sunday and **Group Sitting:** every Sunday 8 to 9 am. at Sunflower Bldg., Flat 3, 8th floor, Opp. G.D. Somani School. **Contact:** Pushpa Makharia, Tel: 022-23691560, Mob. 98697-72791. **Ghatkopar (E):** 1) every **fourth** Sunday at Vidya Bhavan High School, Basement Hall, Nath Pai Nagar, **Contact:** Tel: 2579-0218, 98693-70670. 2) **One-day:** Every **third** Sunday, (**Group Sitting:** 6 to 7 p.m.) at Bharatiya Bhikkhu Sangh, Ramabai Nagar, Ghatkopar (E). **Contact:** Mobile: 93231-42310. 3) every **second** Sunday, **Contact:** 2510-1096, 2516-2505. **Goregaon (W): One-day:** Every **first** Sunday, **Group Sitting:** 8:30 to 9:30 am. on Sundays (except **first** Sunday). 12:30 to 1:30 pm. on Saturdays (except O.P.D. holidays), practice by oneself 9:30 to 11:30 am. on all working days at Vipassana Counselling & Research Centre, **first** floor, Siddharth Municipal General Hospital, Opp. Motilal Nagar Post Office **Contact:** Tel: 2876-6886, Extn. 230 (10 am to 12 noon). **Gowaliya Tank:** Every **second** Sunday, Rajasthani Mahila Mandal Hall, 12, Forjet Street. **Contact:** Tel: 2369-1560, 2200-5951. **Kalyan: One-day:** every **fourth** Sunday. **Group Sitting:** Every Sunday (except **first** and **fourth**) 8 to 9 am. **Children's course: First** Sunday. **Contact:** Tel: 228-1380, Mobile: 95251-5538144. **Kharghar (New Mumbai):** every **fourth** Sunday at: Vishwajyot High School Plot No. 77 Sector 20, Near Jalvayu Vihar, Kharghar, **Contact:** Sushama Dhumal, Mobile: 93228-90275. Tel: 30985407. **Nepean Sea Road:** (only for ladies) first Wednesday, 11 am. to 6-00 pm. **Contact:** Vimla Chokhani, 161, Silveraj, Next to Petit Hall. Tel: 2364-3586, 2368-5073. **Kurla-Andheri:** Every **first** Sunday, at Atmadarshan, Maha Kali Caves Road, **Contact:** Rita Bhandhari, Tel: 2838-1838, 2822-0472 (2 to 5 p.m.). **Kurla (E):** Every **first** Sunday at Shivshrishti Kamgar Municipal School, Nehru Nagar, Opp. S.T. Depot. **Contact:** (022) 2529-2764, 92247-42254, 92219-67492, 99871-53836. **Matunga:** every **third** Sunday at Amulakh Amichand School. **Contact:** 1) Sunil Mehta. Mobile: 98200-86688. **Powai: One-day:** Every **fourth** Sunday **Group Sitting:** every Saturday 8 to 9 am at IIT Staff Club, **Contact:** Neeta Pant, Tel: 2572-0337. **Thane (W):** 1) every **first** Sunday (**Group Sitting:** 9 to 10), at N K Thakkar, Thanawalal College College Hall, Jambli Naka, Near Collector office. **Contact:** 1. Tel: 2422-6133, 2. Mrs. Makwana, Tel: 952522/271559. **Ulhasnagar:** 1) **One-day:** Every **fourth** Sunday, **Group Sitting:** Daily 8 to 9 pm. Dhamma Saket Vipassana Centre, Aboli Niwas, Das Chal, Near Nalanda School, Ulhasnagar -4 **Contact:** 1. Wakode, Mob. 9421627274. 2. B. B. Bagul. **Vashi (New Mumbai): One-day:** Every **second** Sunday, **Group Sitting:** Every Sunday 8 to 9 am. (except **second** Sunday) **Contact:** 1. H. H. Gala, Mob: 93220-97711. 2) D. J. Koche, Tel: 2766-7087. **Vile Parle (W):** every **second** Sunday. **Group Sitting:** every Sunday, 7 to 8 am. **Contact:** Mrs. Nalini J. Shah Tel: (022) 2618-2601, 2614-3999. **Wadala:** every **second** Sunday. at Akworth Leprosy Hospital, near S.I.W.S. High School. [Please bring your own lunch.]. **Chembur:** every **second** Sunday at Modern English High School Chheda Nagar, 4<sup>th</sup> Road, Near Paras Niketan Building Chembur (W), **Contact:** Tel: 022 25240805, 27820426, 25283739. **CST:** Every **fourth** and **fifth** Sunday, at **Times of India Bldg.** C.S.T. Tel: 23081622, 98925-37989.

**Dombivali (East): One-day: last Sunday of every alternate month. (register two days before course) Venue:** K. B. Vira High School, Fatehali Road, Behind KDMC Opp. Raymond Showroom. **Contact:** 1. Hemant Savla, Mob. 93230-36278, 2. Hemlata Mehta, Mob. 97020-01594,

**MAHARASHTRA: Ahmedpur: One-day:** every **third** Sunday. **Children's course:** every **first** Sunday. **Group Sitting:** 1. every Saturday 8:30 to 9:30 pm. at Jivak Arogya Mandir. 2. Daily, 8 to 9 am. and pm. at Shrisadan, Thodga Road except Saturday evening and Sunday. **Contact:** Tel: (02381) 262-308, Mobile: 94221-86167.

**Alibaug: One-day:** every **first** Sunday, **Group Sitting:** Daily, 6 to 7 p.m., Sunday, 8 to 9 a.m., Weekdays, 5.30 to 6.30 am. **Contact:** Dyandev Bansode, Tel: (02141) 226-176

**Mahad: (Raigad) One-day on every fourth** Sunday, after three month at Gurukul highSchool academy, **Contact:** Vishvnatha Dhotre, Tel: (02145) 690296, 098193-54874.

**Akola: One-day:** every **first** Sunday, at Public Construction Building, Gorashkan Road, **Contact:** 1) Khaire, Mobile: 94224-09435.

**Shegoan: One-day:** every **second** Sunday. At shegoan Arban credit Co-operative society **Contact:** Mhahendrasingh Anand, Mob: 94221-81970.

**Khamgaon: One-day:** every **third** Sunday. **Group Sitting:** Daily 7 to 8 pm. And Every Sunday 8 to 9 am. at Sub engineers' credit Co-operative Society, **Contact:** 1. Ad. Samdur, Mob: 94032-56717. 2. M. Bakal, Mob: 98505-94604.

**Parbhani: One-day:** every **second** Sunday and **Children's course:** every **fourth** Sunday. at Daffodils English School, Jintur Rd. Parbhani, **Contact:** 1)Dr Nakhade, Tel: (02452) 228710, Mob. 98238-35180, 2) Mr & Mrs Raut, Mob. 99212-32112.

**Amravati: One-days: 1) Second** Sunday and **Group Sitting:** 8 to 9 am. 6 to 7 pm. at Bhimtekdi Buddha Vihar. **Contact:** SugrivKumar Shende, Mob: 99226-94994. 2) Every **fourth** Sunday. **Group Sitting:** Every Sunday 8 to 9 am at Agrawal Yoga Bhavan, Congres Nagar Road, Amravati. **Contact:** 1. J. R. Kale, 32 Shri Vikas Colony, Amravati 444606, Tel: (0721) 2671850. 2.

M. Sonone, Tel: (0721) 2570972. 3) **Fourth Sunday** at Rly. Institute, Badnera Contact: Haridas Vahane, Mob. 98604-32241. 4) **Every Sunday one-day self course and Group Sitting:** Daily 6 to 7 am & pm at Kurlapurna Buddha Vihar. Tel: (07227) 277-655, 224-687. 5) **Every Thursday one-day self course and Group Sitting:** Thursday 6 to 7 am & pm at Ramnagar Buddha Vihar, Amravati.

**Bhandara: One-day:** every last Sunday. and **Group Sitting:** Daily 8 to 9 am. **Contact:** Om Prakash Saluja, Tel: Res. 257-416. Tel: Shop 251-886.

**Bhusaval: One-day:** Every **third Sunday.** **Group Sitting:** Daily, 6 to 7 am, 7 to 8 am and 6 to 7 pm **Children's course:** every **fourth Sunday,** at Vipassana Sadhana Samiti, Near Kotecha High School, Shanti Nagar. **Contact:** Padma Kotecha, Mobile: 98229-14056, 94203-89681.

**Chandrapur: One-day:** every **second Sunday.** Children's course: at several places. **Group Sitting:** Daily, 8 to 9 am. **Contact:** Tel: 262477

**Gadchiroli: One-day: first Sunday. Children's course:** every **second Sunday.** **Contact:** 1. Amma, (07137) 273713. 2. Dudhe, Mob. 094217-34459.

**Jalgaon: One-day:** every **first Sunday,** **Group Sitting:** every Sunday, 8 to 9 am. **Children's course:** every **third Sunday,** 8:30 am. to 3:30 pm. **Contact:** Vipassana Samiti, M-Sector, Balodyan, M.I.D.C., Jalgaon. Tel: 223-2128, 221-0161, 222-5208.

**Jintur (Parbhani): One-day:** Every **fourth Sunday.** **Group Sitting:** Every Sunday 6 to 7 pm. **Contact:** Pandurang Chindrawal, Adat Shop, New Mondha, Tel: 220-177, 220-277.

**Kamtee: One-day:** every *Purnima* at Dragan Palace, Kamtee, Nagpur **Contact:** 1. Ku. Sulekhatai Kumbhare Tel:(07109) 282041. Mob. 098230-22778. 2. Dange, Tel:(07109) 288041.

**Latur: One-day:** Every **fourth Sunday.** **Group Sitting:** 1. Every Sunday and on holidays, 8:30 am to 9:30 am. **Contact:** Latur Vipassana Samiti, Opp. RTO office, Babhangaon Road. Tel: 247-998, 256-696, 94224-25911.

**Nashik:** 1) **One-day:** Every **first Sunday,** **Group Sitting:** 8:30 to 11:30 am. **Contact:** 93253-84433. 2) **One-day:** Every **second Sunday,** **Group Sitting:** 8:30 to 11:30 am. **Contact:** 93739-25050. 3) **One-day:** Every **third Sunday,** **Group Sitting:** 8:30 to 11:30 am. **Contact:** 94203-66298.

**Manmad: One-day:** Every first, second and third Sunday. Children's course: every fourth Sunday. Contact: Tel: (02591) 222-166.

**Nandurbar: One-day:** Every **fourth Sunday.** **Contact:** Tel: (02564) 222-731. Email: sonarprasad@rediffmail.com

**Nagpur: Children's course:** every **first & third Sunday** 8 am. to 2 pm. (8 to 16 yrs) at Speek and Span Convnt, Bhaousaheb Surve Nagar, Bhaind Trimurti Nagar. **Contact:** 1) Maya Baviskar. Mobile: 98237-94674 2) Rohini Dongre, Mobile: 98238-98214.

**Nanded: One-day:** 1) every **first Sunday.** **Contact:** Tel: Off. 223-208, Res. 235-232, 243-208. 2) **One-day:** every **second Sunday.** **Group Sitting:** daily, 7 to 8 am. **Contact:** Gautam Bhave, Dhamma Pushpa, Ravinagar, Jangamwadi. Tel: 260-477. Mobile: 94236-14265. 3) **One-day:** every **first and third Sunday.** **Group Sitting:** daily, 5:30 to 6:30 pm. **Children's course:** every **second & fourth Sunday.** **Venue:** Old Dunkin, Nanded. **Contact:** 1) Dr. Sangram Jondhale, Mobile: 94221-89318. 2) Dr. Kulkarni, Mobile: 94221-73202.

**Nandura:** Every **first Sunday,** **Group Sitting:** Daily, 6:30 to 7:30 p.m., Tel: (07279) 220-734.

**Sangamner: One-day:** every **third Sunday.** **Group Sitting:** every Sunday, 5 to 6 pm. **Contact:** Subhash Modi, Tel: 223-155.

**Shegaon:** Every **third Sunday,** **Group Sitting:** Every Sunday, 8 to 9 am. **Contact:** 1. Shrikant S. Patil, Tel: (07265) 252-003, 253-456.

**Solapur: One-day:** Every **second Sunday.** **Group Sitting:** Every Sunday 8 to 9 am. **Contact:** Suyash Vidyalaya, Gurukul, C/o Keshav Shinde, Tel: (0217) 231-6602, 230-0801.

**Yavatmal: 1. One day:** Every **fourth Sunday,** **Group Sitting:** 8 to 9 am at Siddharth Society, Vaishali Nagar. **Contact:** 1. Dhole, Tel: 246830, 2. E. D. Gadling, Tel: (07232) 250-808. **2. Group Sitting:** Every Sunday 6 to 7 am. **Contact:** 1) Vijay Dange, Vipassana Prachar Samiti, Sulbhewar Market, Shop No. 56, Near Lokhandi Bridge, Ground Floor, Yavatmal. Tel: (07232) 243941, 239245, 246812, 239872. 2) Manager, Tel: (07203) 272307, 272326, 283897.

**Wardha: One-day self course:** on 14th of every month, **Contact:** Pramodkumar Sontakke, Siddharthnagar, Nachangaon, Wardha.

**GOA: 1. North Goa: One-day:** Every **first Sunday,** at Apurbai Clinic, S1-101, Nova Cidade Complex, Porvorim, Goa. **Contact:** 1) Raj and Varsha Amonkar, Tel: (0832) 244-3300. 2) Muriel D'Souza & Mario Mascarenhas, Tel: 2409999, Email: dhammaworks@gmail.com

**GUJARAT: Ahmedabad: One-day:** 1) Every **second** Sunday. **Group Sitting:** Daily 8 to 9 am. and 6 to 7 pm at 15/9, Chandan Park Society, Nr. Vijay Nagar Petrol Pump, Naranpura. **Contact:** Niranjan Ghosh, Tel: 27530112. 2) Every **last** Sunday. **Group Sitting:** every Sunday 8 to 9 am and every **first** Sunday, 8 to 10 am. Opp. Ishwarbhuvan Purnanand Ashram, Commerce 6th Road, Navrangpura. **Contact:** Alka Agrawal, Tel: 98980-11960, 2640-4829. 3) Every **third** Sunday. **Group Sitting:** every Sunday 8 to 9 at 3, Maulik Apartment, LG Corner, Near Prithvi Hotel. **Contact:** Shobha Shah, Tel: 254-61681.

**Amreli: One-day:** every **second** Sunday. **Contact:** Bhagini Chatralaya, Dwarkadas Laldia, 51 Shrirang Soc. Tel: (02792) 223-943, Mobile: 93246-12000.

**Bharuch: One-day:** Every **third** Sunday, **Group Sitting:** Daily 7 to 8:15 am. **Contact:** Mahendra Mayavanshi, 15, Narayankripa Society, Near Narayan School, Behind Trimurti Hall. Tel: (02642) 243-211. Mobile: 94271-57315.

**Bhuj:** 1) **One-day:** every **fourth** Sunday. **Group Sittings:** every Sunday 8 to 9 am. **Contact:** Geeta Dholakia Tel: (02832) 250-551. 2) **One-day:** every **second and fourth** Sunday. **Group Sitting:** every Sunday 8 to 9 am. and **Group Sittings:** (only females) every Wednesday 4:30 to 5:30 pm. at Dhanvantari School compound Behind General Hospital. **Contact:** 1) Prabhubhai Patel. Tel: 255218, 2) Dr. Shantu Patel. Tel: 251905.

**Bilimora: One-day:** every **fourth** Sunday. **Contact:** Ramgopal Agrawal, Tel: (02634) 283-166.

**Dharmaj: One day:** Every **Second** Sunday. **Group Sitting:** every Sunday, 4 to 5 pm. **Contact:** 1) Jagdish Patel, Tel: 244-356, 244-490. Email: jalaramtrust@satyam.net.in

**Gandhidham: One-day:** every **second** Sunday. **Group Sittings:** every Sunday 7:30 to 8:30 am. **Contact:** Kishor Ranwala, Tel: Off: (02836) 220-141, Res: 223-654.

**Jamnagar: One-day:** every **second** Sunday. **Group Sitting:** Daily 8 to 9 am and 8 pm to 9 pm **Contact:** Bhagwandas Motiani, 65.66, Digvijay Plot Behind Jolly Bungalow, Near Patel Seva Samaj, Jamnagar. Mob: 98986-71251.

**Navsari: One-day:** every **third** Sunday at Prajapati Vidyarthi Ashram, Chimanbhai Road. **Contact:** Vasant Lad, Tel: (02637) 255-259. 2) Mr. Chhotubhai Intwala Tel: (02637) 242-658.

**Palanpur: One-day:** Every **first** Sunday. **Group Sitting:** Every Sunday 8 to 9 am. Venu: Vikas Balmandir Sarvodaya Kanya Chhatralaya, Jagana Road, Palanpur **Contact:** 1) Vithaldas Vaid. Tel: (02742) 324835. 2) Satish Rashtrapal. Tel: 258-698.

**Surat:** 1) **One day:** every **first** Sunday **Group Sitting:** every Sunday, 7.30 to 8.30 am. **Contact:** Narendra Bharwad, Tel: (0261) 242-4202. 2) **One day:** every **first** Sunday **Group Sitting:** daily 7.00 to 8.00 am at Samata Bungalow, No. 2, Neharunagar, Ichanath, Behind Sushrut Hospital **Contact:** Dr. Shah, Tel: (0261) 2228933, Mobile: 98250-54274.

**Anumala: One day:** every **third** Sunday. **Group Sitting:** Daily, 6 to 7 pm. **Contact:** Tel: (02626) 247-4627, 247-6435. Y. S. Bhagat, Tel: 234-799.

**Vadodara: (Dhamma Bhavana) One day:** Every **first** Sunday, and **Two-day:** Every second Sunday (Friday to Sunday), **Children's course:** every **third** Sunday **Contact:** Tel: 234-1181.

**NEW DELHI: One-day:** (10 am. to 5 p.m.) 1) Every Sunday and govt. holiday at 12 Bhogal Road, **Contact:** Raj Karwal, Tel: 5535-4062, 2437-0158, Mob. 98105-56416. 2) Every **second** Sunday at 5 Buddha Vihar Near Block Market, Yamuna Vihar. **Contact:** R. N. Gautam, Tel: 22134872, Mobile: 98681-02157. 3) Every **third** and **fifth** Sunday, and **Group Sitting:** Every Sunday 8 to 9 am at Community Centre, Nirmal Chaya, Outside Tihar Jail Gate No. 2, Jail Road New Delhi. **Contact:** Rajender Kumar, Tel: 2555-3404. 4) **One-day:** Every **fourth** Sunday (10 am to 5 pm - please bring lunch). **Group Sitting:** Every Sunday 10 to 11 am at Ved Sansthan, C-22, Rajori Garden. **Contact:** Abhay Sharma, Tel: 2510-2316.

**HARYANA: Faridabad: One-day:** Every **second** Sunday, Contact: Mohinder Teneja, Tel: 2241-1435.

**Panchkula: One-day:** every **first** Sunday. **Group Sitting:** Every Sunday 6 to 8 am. **Contact:** N S Issar (Retd) 162/12, Panchkula. **Contact:** Tel: 256-3442.

**Rohtak: One-day:** every **last** Sunday. 10 am. to 5 pm. **Group Sitting:** every Sunday. 10 to 11 am., Contact: Anil Satyarthi, Tel: (01262) 257-218.

**PUNJAB: Chandigarh: One-day:** every **first** Sunday, **Group Sitting:** Daily 5 to 6 pm. and every Sunday and on holidays, 8 to 9 am at 52 Sector 11-A, Chandigarh 11, Tel: 2546-112.

**Barnala: One-day:** every **first** Sunday. **Group Sitting:** every Tuesday and Saturday 8 to 9 am. **Contact:** Kanta Jindal, Street No. 5, K. C. Road. Tel: (01679) 231-046. Mobile: 98154-39555.

**Ludhiana: One-day:** every **first** Sunday. **Group Sitting:** every Sunday. 9 to 10 am. at 16-E, Saroba Nagar, **Contact:** Suresh Goyal,

Mob. 98557-02945, 9872897290.

**Bhatinda: One-day:** every **last** Sunday. **Group Sitting:** every Sunday 8 to 9 am at 140, Veer Colony. **Contact:** Mobile: 98140-31373, 98728-97290.

**Kapurthala: One-day:** every **first** Sunday, **Group Sitting:** every Wednesday 5:30 to 6:30 am at Warris Shah Hall, First Floor, Back Side Entry, Rail Coach Factory, Kapurthala. **Contact:** 1. S. S. Kanwar, Mobile: 94174-42560, 2. Sanjeev Kumar, Mobile: 094638-47834.

**Jammu: One-day:** Every **third** Sunday, **Group Sitting:** Every Sunday, 8 to 9 am at IIM School, Kenal Road, **Contact:** Sanjit Khajuriya, Mob. 94191-80842, 2) Rakesh Singh, Mob. 94692-10220.

**RAJASTHAN: Ajmer: One-day:** Every **first** Sunday, **Contact:** Vipassana Samiti, Veer Tejaji Nagar, Dorai, Ajmer-305003. Tel: (0145) 244-3604.

**Jaipur: One-day:** 1. every Sunday and **Group Sitting:** every Saturday 5:30 to 6:30 pm at B-25, Parshavanath Marg, Parshavanath Colony, Ajmer Rd, (DCM area) Jaipur-302019. **Contact:** Tel: (0141) 2740713, Mobile: 98281-61955. 2. every *Purnima* at 'Bodhisattva' 133, Lajpat Nagar, Tilwala Gaon, Jagatpura, Jaipur-302025. **Contact:** Suraj Khunteta, Tel: 252-1057.

**Jodhpur:** 1) **One-day:** every **third** Sunday **tact:** Nemichand Bhandari, 260 Mayur, Forth 'B' Road, Sardarpura, Jodhpur Tel: (0291) 263-7330. Mobile: 93147-27215. 2) **One-day:** Every **second** Saturday and **Group Sitting:** Every Friday, 8 to 9 am. at Jodhpur Jail. **Contact:** Nemichand Bhandari, Tel: 243-2048. (Vipassana books and cassettes available.)

**Raniwada: One-day:** Every *Purnima*, *Ashtami* and *Amavasa*. Meditators wishing to sit one-day course can come on any day after giving advance notice. **Group Sitting:** Daily, 6:30 to 7:30 am and 7 to 8 p.m. **Contact:** 1. Sonaram Choudhary, Village Jalera Kalla, Tal. Raniwada Dist Jalor-342040 (02990) 225715, Mob. 94607-06279. 2. Bharupal Singh, Mob. 94601-23234.

**Kota: One-day:** every **third** Sunday. **Group Sitting:** every Sunday, 8 to 9 am at 8/29, Saraswati Colony Bara Road, Kota 324001 **Contact:** Tel: (0744) 2441193, Mob. 94131-40242, 98292-62646.

**UTTAR PRADESH: Allahabad (U.P.): One-day:** every **third** Sunday. 9 am to 5 pm at S. P. Convent School, Near Ram Chandra Mission, Chak Mundera, Allahabad-19. **Contact:** 1) C. P. Maurya, Tel: (0532) 2233058, Mob. 93074-20658, 2) H. D. Gupta, Mobile: 94506-09666.

**Ghaziabad: One-day:** Every **First** Sunday (10 am. to 5 p.m.) at Buddha Vihar, Sector-23, Sanjay Nagar. **Contact:** 1. Charan Singh, Tel: 95120 205-0660, 2784653. Mobile: 98688-93009.

**Jhansi: One-day:** Every **first** Sunday, **Group Sitting:** every Sunday, 8 to 9 am. and **Children's course: 2009:** ■ (8 to 11 yrs) 27-12, at Shanti Niketan hostel, Near B.P.C. Petrol Pump, Shivajinagar Jhansi. **Contact:** Tel: (0510) 2320070.

**Kanpur (U.P.): 1. One day:** every **second** Sunday. **Group Sitting:** every Saturday, 8 to 9 am. **Contact:** Dhirendra Agarwal, Email: arpita@lw1.vsnl.net.in Tel: (0512) 394-6487. Mobile: 98392-15308 2. **One day:** every **fourth** Sunday at 15/260, Near Kachahari, Opp. Dist. Apurti Office Civil Lines. Kanpur **Contact:** Ashok Kumar Sahu, Tel: 241-0325. Mobile: 93361-06555.

**Meerut:** 1) **One-day:** every **third** Sunday. **Contact:** Dr J K Jain, Tel: 252-3418. 2) **One-day:** Every **last** Sunday. **Contact:** Dr. R. N. Pathak, Farm House, Junction Bypass, Rudaki Road, Pallavpuram. Tel: 2660033.

**Varanasi: One-day self-course:** every **first** Sunday. **Group Sitting:** every Sunday, 2:30 to 3:30 pm. **Contact:** Rai Dinesh Chandra. Tel: Res. (0542) 238-2341, Off. 238-2344. Fax: 238-2351.

**Khalilabad: One-day:** every **second** Sunday. **Contact:** Ram Dulare Prasad, Mandya, P.O. Khalilabad, Dist. Santakveer Nagar-272175. Tel: (055457) 222545. Mobile: 94150-38038.

**MADHYA PRADESH: Jabalpur (M.P.): 1) One day:** every **last** Sunday. **Group Sittings:** every Sunday, 9 to 10 am. **Contact:** Basant Lal Patel, Tel: 241-0314. 2) 6:30 to 7:30 pm. **Contact:** Mr. Chandorkar, Mob. 97524-15304. 3) **Group Sittings: Contact: 1)** Mahesh, Mobile: 99815-98352 2) Mr. Mehra, 94243-55214.

**Indore:** 1) **Indore: One-day:** Every **first** Sunday 8 to 1 pm. **Group Sitting:** Every Sunday 9:30 to 11:30 am at Vipassana centre. **Contact:** R. Eran, Mob: 98269-54000. 2) **One-day:** every **third** Sunday. **Group Sitting:** Every Sunday (except third Sunday) 8 to 9 am. **Contact:** Ghokhale. Tel: 2556870. 3) **One-day:** every *Purnima*. **Group Sitting:** every Sat, 8 to 9 am. **Contact:** Nandeshwar, Tel: (0731) 257-3647.

**Itarsi: One-day:** Every **last** Thursday. **Group Sitting:** Daily 6 to 7 pm. **Contact:** Shivram Wagh, Itarsi. Tel: 265-498.

**Ratlam: One-day:** Every **first** Sunday, **Group Sitting:** 7.30 to 8.30 am. **Contact:** N. S. Wadhvani, Tel: (07412) 267-933 (R), 230-933 (O)

**Gwalior: One-day:** Every **fourth** Sunday, **Group Sitting:** Every Sunday 8 to 9 am. **Contact:** 1. Mr. Sharad Chandak, Mobile: 96300-63602, 2. Sukharam Divakar, 94069-68908,

**Sidhi: One-day:** Every **first** Sunday. **Group Sitting:** Daily 4:30 to 6 am. and 6 pm. to 7 pm. **Contact:** Vipassana Kuti, Van Abhayaranya Colony, Sidhi-486661. Tel: (07822) 251-397, 094251-79466.

**Ujjain: One-day:** Every **last** Sunday. **Group Sitting:** Every Sunday, 8 to 9 am. **Contact:** Virendra Agrawal, Prakruti Chikitsa Kendra, Mangal Colony, Tel: (0734) 251-0989.

**Guna: One-day:** every **last** Sunday. **Group Sitting:** every Sunday. 8 to 9 am. **Contact:** 1) S. P. Agrawal, Tel: (07542) 221-350. 2) Ramswaroop Bharti, Mobile: 098939-71740.

**Baitul: One-day:** Every **last** Sunday, **Group Sitting:** Daily 6 to 7 am. and Sunday 6 to 7 pm. **Contact: Mob:** 94065-67419, 93295-61205.

CHATTISGARH: **Amarkantak:** One-day: every fourth Sunday. **Group Sitting:** Sunday, 8 to 9 am. **Contact:** Tel: (0771) 253-7131. **Bhilai:** One-day: every **second** Sunday. **Group Sittings:** Sunday, 8 to 9 am. Daily 7 to 8 pm **Children's course:** every first and third Sunday. **Contact:** 1) Dr S. M. Badole, Mob. 099071-83474, 2) P. K. Nandi, Mob. 94252-42636.

**Dalli-Rajhara: 1. One day:** every **third** Sunday. **Group Sitting:** Daily, 6 to 7 am. **Children Course:** every 3 months. **Children's Group Sitting:** 7 to 7:30 am. **Contact:** 1. P. L. Sakhare, Mob. 93031-32171, 2. B. L. Baudva, Mob. 94061-03832.

**Bilaspur: 1) One-day:** every **second** Sunday. **Group Sitting:** every Sunday 8 to 9 am. **Contact:** S. Meshram, Tel: 254-830.

**Raipur: One day:** every **third** Sunday at Neharpara School, **Contact:** 1) Sadaram Gupta, Mobile: 094252-05310

**Chindawada: One day:** every **third** Sunday. **Group Sittings:** every Sunday. 8 to 9 am at F/5 Civil lines. **Contact:** M. Somkuvar, Tel: (07162) 248631, Mob. 94243-96871, 94243-36241.

**SOUTH INDIA: Auroville (Pondicherry): One-day:** Every **first** Sunday. **Group Sitting:** Daily, morning and evening. **Contact:** Bhavana, Verite Community, Auroville. Email: bhavana@auroville.org.in Tel: (0413) 2622045.

**Pondicherry: One-day:** Every **second** Sunday. **Group Sitting:** 7:30 to 8:30, **Contact:** Meena Shah, Yog Milan Street, Behind Arvind Ashram. Pondicherry-605001.

**Adilabad: One-day:** every **second** Sunday. **Group Sitting:** Daily, two hours **Contact:** Mrs D. Sailajadas, Mbl: 93900-10027.

**Hyderabad: One-day:** every **first** Sunday. **Group Sitting:** every Sunday. 9 to 10 am and 6.15 to 7.15 pm. Tel: (040) 23066498, Mbl. 94411-85352.

**Bangalore (Karnataka): One-day:** every Sunday at Akhila Karnataka Prani Daya Sangha, Next to Asiad Games Complex, 80 feet Road, 6<sup>th</sup> Block, Koramangala. **Contact:** Mrs. Asha Gupta, Tel: (080) 2553-4486, 2553-2204, 2222-4330. Fax: 2227-6776. Email: silks@vsnl.com

**Secunderabad: One-day:** every **fourth** Sunday. **Group Sitting:** Daily, 6 to 7 pm. and every Sunday 8 to 9 am. **Place:** Shri 702, Emerald House, SD Road. **Contact:** R. P. Modi, Tel: (040) Res. 4002-0594.

**Tiruvannamalai (T. N.): One-day:** every **first** Sunday at Vidya Hindi Middle School. **Group Sitting:** every Sunday from 9 to 10 am. at Victoria School. **Contact:** P. Thandavarayan, Tel: 228-916.

**Udipi: One-day:** Every **second** Sunday at 'Gurukul', Near Siddhavinayak Temple. **Contact:** 1) Vijayalaxmi Bhat, Tel: 253-6835. 2) Seetaram Hegde, Tel: 257-3195.

**EASTERN INDIA: Bhubaneshwar (Orissa): One-day:** 2009 ▪ 20-9, 4-10, 1-11, 20-12. **Group Sitting:** every Sunday 10 to 11 am. at Vipassana Trust, A/6, Pallashpally, Bhubaneshwar-751020. **Contact:** 1) Bagadi, Tel: (0674) 259-2504. Mobile: 93371-03727. 2) Chaturbhuj Kar, Tel: 2565206. Mob: 9437131019.

**Dimapur (Nagaland): One-day:** Every last Sunday. 9 am. to 5 pm. **Group Sitting:** Every Sunday 9 to 10 am. **Contact:** Nirmalendu Barua, Netaji Colony. Tel: (03862) 244-623, Email: nirmal\_58@yahoo.co.in Mobile: 94360-02475.

**Kolkata: One-day:** every alternate Sunday, 9 am. to 5 pm. **Group Sitting:** Every Sunday 8 to 9 am. **Contact:** M.A. Badani, Mahavir Bldg. 95, Bakul Bagan Road, Ground floor near Padmapukur Park. Kolkata-19. Tel: Res. 2475-7208, 2475-8342, Off. 2225-1366/2719, 2237-3638. Mobile: 3095-1247.

**Tripura: One-day:** Every *Purnima*. **Group Sitting:** Daily 6 to 7 pm. and every Sunday, 8 to 9 am. **Contact:** Bimal Chakma, Machmara North Tripura, Pin-799265, Tel: (03822) 266-204.

## GROUP SITTINGS

The information about **One-day courses** and **Group Sittings** cannot be published every month because of lack of space in the Vipassana Newsletter. Therefore, it has been decided to publish this information every four months. (Please note that one-day courses and **Group Sittings** are only for those meditators who have completed a ten-day Vipassana course.)

**MUMBAI (Group Sittings): Andheri (E):** every Sunday 8 to 9 am. **Contact:** Dr. Karuna Kedia, 18 J. B. Nagar, Shyam Sadan, Ground Floor, Andheri (E), Mumbai-59. Mobile: 93246-74469, 98200-59564.

**Bhandup: Group Sitting:** 1. Every **first** Sunday, 8 am., at 1, Akruti Apartment, 2nd Friends Colony, Bhandup Village. 2. Every Sunday, 6 to 7 am. at Sr. Citizen Hall, Ushanagar. Tel: 2568-5595. **Chembur: Group Sitting:** Daily 7.30 to 8.30 am. **Contact:** Mohan Udaybhanji Dhande, Tel: 2522-9572. **Chira Bazar:** Monday to Saturday, 2:30 to 3:30 pm. **Contact:** Hiro Hinduja, Tel: 2208-8388, Mobile: 93231-90159. **Colaba:** every Sunday, 8 to 9 am. **Contact:** Ilaichidevi Agarwal, Tel: 218-6548. **Cotton Green:** Monday to Friday, 6 to 7 pm. **Contact:** Govind Ughade, Tel: 2418-5020. Mobile: 98924-54126. **CST:** every Sunday at 9:30 am. at Lord Haris School, Municipal Marathi School, Lokmanya Tilak Marg, Near J. T. Hospital. **Contact:** Heena Seth, Tel: 23076652. **Dadar(W):** every Wed. and Purnima, 6-30 to 7-30 p.m., **Contact:** Kedare, Tel: 2556-0697. **Dombivali (W):** Every Sunday 8 to 9 am. **Contact:** 1) B. K. Jadhav, Tel: 240-6292, 2) Hemantbhai, Tel: 248-5662. **Haji Ali:** every Sunday, 9 to 11 am. **Contact:** 'Saudamani', 2nd floor, MSEB Officers' Quarters Colony, Near Lala Lajpatrai College, Haji Ali, Mumbai 34. Tel: (022) 2647-4644. **Matunga(C.R.):** every Sunday, 8 to 9 am. **Contact:** Nirmala Shah, 376 Sanjay Bldg., Telang Cross Rd., Tel: 2402-1891. **Mulund (W):** 1) Every Sunday, 7 to 8 am. **Contact:** Ameresh Gupta, Astik Blue, J. N. Road, Mulund. Tel: 98696-26265, 93246-07876. **Navi Mumbai: Group Sitting:** every Saturday 4 to 5 pm. at Devi R.K. E:3;2/7 (C-Wing), Yashodeep, C.H.S., Sector-22. Kopar Khairme, **Contact:** Tel: 27552181. **Malabar Hill:** every Saturday 9 to 10 am. **Place:** Blue Haven Bldg, Mount Pleasant Road, Opp. Chief Minister's Bldg., Malabar hill Mumbai - 400 006. **Contact:** 1) Ms Harpreet, Mobile: 98703-75333. 2) Mr. Subhashbhai, Mobile: 98205-66835. **Nepean Sea Road:** (only for ladies) every Wednesday, (Except first Wednesday) 11 am. to 12-30 pm. **Contact:** Vimla Chokhani, 161, Silveraj, Next to Petit Hall. Tel: 2364-3586, 2368-5073. **Thane:** (1) at E.S.I.S. Hospital, Wagle Estate, Thane (W) Tel: 532-8704. (2) Every Saturday, 5 to 7 pm. **Contact:** Kishan Adukia, E 805/806 Sumeer Caste, L.B.S. Marg. Tel: 2547-7745, Mob. 93205-49680. **Vikroli:** Daily, 7 to 8 and 8 to 9 am. at Ratnabodhi Vihar, Kannamvar Nagar No. 1, Vikroli, Mumbai-400083. **Contact:** Shivdas Salvi, Tel: 2578-4460. **Kanjurmarg (E):** Daily 5 to 6 am and 2:30 to 3:30 pm at Salve Nivas, Rahul Nagar. **Contact:** Tel: 2578-1633. **Ulhasnagar:** every Sunday 8 to 9 am. At Swami Vivekanand Holistick helth home, Prabhat Hospital Second Floor, Netaji Chowk. Tel: 0251 2520274, Mob: 98504-400386.

**MAHARASHTRA: Akola:** 1. Every Sunday 7 to 9 am. **Contact:** Niranjan Rungta, Tel: (0724) 243-5400. 2. Daily 6 to 7 am. and 6 to 7 pm. at Dhammakunj, Samata Colony, Ring Road, Nr. Peel Quarters, Kaulkhed Road. Tel: 242-5446. 3. Every Sunday 7 to 8 and 8 to 9 am. At Nishant Tawar **Contact:** P Jhunjhunwala, Mob: 94217-44304.

**Shegoan:** Daily 6 to 7 pm. At Apana Bazar **Contact:** T Gwalani, Tel: (07265) 253456.

**Akot:** Daily 7 to 8 am. And 6 to 7 pm. At Shital Video centre. **Contact:** 1) Subhash Agrawal, Mobile: 99703-60304.

**Parbhani: Group Sitting:** every Sunday 8 to 9 am. at Rajiv Gandhi Vidyalaya, Samadhan Colony. **Contact:** 1) P Sapkal, Tel: (02452) 231518. 2) Kamble 220083.

**Amravati: Group Sitting:** 1) every Sunday 8 to 9 am. **Contact:** Ashok Soni, Datta Vihar, Janarpath, Near Oswal Bhavan, Amravati. Tel: 257-9180. 2) Every Sunday, 9 to 10 am. at Dr. Babasaheb Ambedkar College and Ramkrishna Mahavidyalaya, Darapur. Tel: 266-2179, 266-2183. 4) Daily, 5:30 to 6:30 am, 2:30 to 3:30 pm and Sunday 8 to 9 am at Buddha Vihar, Kishornagar. **Contact:** Sheela Shende, Tel: 561-9535. 5) Daily 8 to 9 pm. **Contact:** Dr S. M. Telmore At & Po. Dadhi Pedhi, Tal. Bhankuli Dist: Amravati Mob. 98505-28904.

**Aurangabad: Group Sitting: 1)** Daily 5 to 6 am, every Sunday 6 to 7 pm. and every Purnima 6 to 9 pm. **Contact:** Jetvan Vipassana Dhyana Kendra, Jaybhim Nagar, Town Hall, Aurangabad. 2) Daily 5 to 6 am, and 6 to 7 pm. **Place:** Maitri Buddha Vihar Usmanpur Pir Bajar Aknathanagar road Aurangabad. **Contact:** Vishvanbhar Vadhave, Mobile: 93260-32610. 3) Daily 5 to 6 am, and 6 to 7 pm. at Takshshila Vihar, Sanjay Nagar, **Contact:** P S Ghorpade, Sanjay Nagar, Mukundvadi Aurangabad. Mob. 96730-53868.

**Wada: Group Sittings:** daily 7 to 8 pm. **Contact:** Dr A. K. Pal, Ashwini Clinic. Tel: (02526) 271-228.

**Nagothane:** Daily 6 to 7 am. and pm. **Contact:** 1) Rajabhau Padmakar, Tel: (02194) 222-041, 2) Ashok Suryawanshi, Tel: 277-279

**Ichalkaranji:** Every Sunday, 6 to 7 am. Sanjeevani Patil, Tel: (0230) 243-8238.

**Jaisingpur:** Daily, Mr Mandhana, Tel: (02322) 225-357, 225-657.

**Jalgaon: Group Sitting:** 1) every Sunday at 8 to 9 am. **Contact:** Padmakar Jangale, Dandekar Nagar, Plot No. 66, Pimprala, Behind old water tank. Tel: 225-1028. 2) every Sunday at 8 to 9 am. **Contact:** Anil Mali, Plot No. 13, "Daryasagar", Hareshwar Nagar, Opp. Mahesh Pragati Mangal Karyalaya, Ring Road. Tel: 222-7650. 3) Daily 6 to 7 am. and every Sunday 8 to 9 am. At M M Shastri, Viddiyut Nagari, Near Mahabal Colony, Tel: 2262250, 94237-73520.

**Kolhapur: Group Sitting:** 1) Every Sunday, Manohar Mirje, Tel: Off. (0231) 2656491, Res. 2520733. Fax: 265-8519. 2) Every Saturday, Madan Mutha, Tel: 265-1146.

**Kolpewadi:** 1. Daily, 5.30 to 6.30 am. at Gautam Public School. **Contact:** N. N. Lohar, Tel: (02423) 61483, 62491. 2. Daily, 6 to 7 pm. at Maheshwar Nagar, Tal-Kopargaon, Dist-Ahmednagar. Tel: (02423) 62411.

**Ahmednagar: Group Sitting:** Daily, 6 to 7 pm. **Contact:** 234-0055, 234-0067. (from 4 to 7 pm)

**Manmad: Group Sitting:** Daily 6 to 7 am. and pm. **Children's course:** Every 2nd and 4th Sunday. **Contact:** Tel: (02591) 224-548, 226-046.

**Nashik Road: Group Sitting:** every Wednesday, 6.30 to 8.30 pm. Tel: 234-7908

**Pune: Group Sittings:** (1) Every Sunday, 8 to 9 am at Kothrud. **Contact:** Rampal Chandak, Tel: 2543-9477 (2) Sunday, 8 to 9 am. **Contact:** I S. Gandhi, Hutching School, Pune Camp 411 001. Mob. 98905-62226, 94229-86470. (3) Every Sunday, 8 to 9 am at Sant Eknath Nagar, Balaji Co. Grihrachna, Bibwewadi, Pune 37. **Contact:** Asaram Chandak, Tel: 2421-6441. (4) Every Sunday, 6 to 7 am at Eden Garden, Nagar Road, **Contact:** Dr Ganla, Tel: 2663-3746, 2663-3215. (5) Every Thursday 6 to 7 pm. at Senapati Bapat Road, **Contact:** Jugal Rathi, Tel: 2565-4799, 2565-5472. (6) Every Pournima, 6:30 to 7:30 pm. at Rambaug Colony, Paud Road, **Contact:** Paresh Gujrathi, Tel: 25447996. (7) Daily, 6 to 7 pm. at 125/1A, Raj Society, Paud Road. **Contact:** Vinayak Jagtap, Tel: 2541-0796. (8) Every Thursday 8 to 9 am. **Contact:** Gautam Chabukswar, Pimpri Chinchwad Sports Club, Sadhu Vaswani Garden, Near Kalewadi Bridge, Pimpri, Pune-17 (9) **Talegaon:** every **third** Sunday at 9 to 10 am at Anand Bhavan, 1175-Mangalwar Peth, Station Chowk, Talegaon, Station Area, Talegaon-Dabhade. **Contact:** 1) Kaushik Shah Tel: 02114-222-316, Mobile: 98220-49816. 2) Ashwini Chauhan 02114-222-721, Mobile: 98228-30326.

**Sangli:** Every Tuesday, 6 to 7 am. Katte, Tel: (0233) 276-566, 272-383.

**RAJASTHAN: Ajmer: Group sitting:** Every Sunday, 8:30 to 9:30 a.m., at Lodha Haveli, Naya Bazar and 6:30 to 7:30 am. at Kabir Ashram, Gholamara, Tel: (0145) 2640748. **Udaipur: Contact:** Harish Kumar Vyas, Vyas Bhawan 2, Karma Sheel Marg Udaipur – 313001, Tel: (0294) 243-1151.

**Bharatpur: Group Sitting:** Everyday 8 to 9 am. at Hospital Campus Nagala Chandbari Near Pushp Vatika Colony Agra Road, Bharatpur 321001, Tel: (05644) 236653. **Contact:** Virendra Agrwal. Mobile: 94139-17821.

**Balotara:** Every Sunday 6:30 to 7:30 am. **Contact:** Usha Devi, Pungliya Bhavan, Khed Road, Tel: (02988) 222-215.

**Jaipur: Group Sitting:** Every Sunday 6 to 7 pm. at 67, Burmese Colony, Tel: 260-9385, 260-7932

**Jodhpur:** Every Saturday, 7:30 to 8:30 am. at Pensioners' Bhavan, Collecterate area. Jodhpur **Contact:** Nemichand Bhandari, 260 Mayur, Fourth B-Road, Sardarpura, Tel: (0291) 263-7330. Mobile: 93147-27215.

**Rewari:** Every Sunday, 4 to 5 pm. **Contact:** Sunder Yadav, Tel: 223-947.

**Tonk: Group Sitting:** Daily 6 to 7 am. at Yoga and Prakrutik Chikitsa Bhavan, Chhavani Chungi Naka, Jaipur Road, Tel: 245845.

**NEW DELHI: Group Sittings:** 1) Every Sunday, 8 to 9 am. at B-437, New Friends' Colony. **Contact:** Ashok Talwar, Tel: 2691-4477, 2684-3434, Mobile: 98110-45002. 2) Every Saturday, 9 to 10 am., at 12, West Avenue, IIT campus, **Contact:** Prof. P. L. Dhar, Tel: 2656-0537, 2659-1825. 3) Every Saturday, 4:30 to 5:30 pm. at Logicstate, B-148, Okla Industrial area-1, New Delhi-20. **Contact:** Om Talwar, Tel: 2681-9444, 98100-26832. 4) Every Tuesday 6:30 to 7:30 pm. **Contact:** Dr. Neena Lakhani, 1/18, Shanti Niketan. Tel: 2411-4221, 98685-30995. 5) Daily 5 to 6 am. **Contact:** Dr. Kaushal Bhardwaj, IX, 1212, Yamuna Bandh Road, Gandhi Nagar. Tel: 2250-9898, 98100-61622. 6) Daily 7:45 to 8:45 am. and 5 to 7 pm, Shobha Chhutani, 28/12, Purvi Punjabi Baug Tel: 28315888. 7) Every Sunday, 8 to 9 a.m., at 15/2, Punjabi Bagh Extn. **Contact:** Kailash Arora, Tel: 2593-1857. 8) Every Sunday 8 to 9 am. **Contact:** Arun Gupta, 79, Engineers Enclave, Pitampura. Tel: 2701-2164. 9) Every Sunday, 9 to 10 a.m., **Contact:** Hari Bhai Lalvani, B-105 Sector – 40 Noida, Tel: 98110-71473, 10) Every Wednesday, 6:30 to 7:30 pm., **Contact:** B. K. Aggarwal, B-124 Sector – 26 Noida, Tel: 98735-61801,

**Faridabad:** 1) Every Sunday, 2 to 3 am. **Contact:** Dr. Lal Singh Clinic, Mohana Road, Ballabhgarh, Tel: Mobile: 98713-77555. 2) Every Sunday, 8 to 9 am. **Contact:** 1. B R Chadha, 5A/1, NH Tel: (0129) 309-4012. 3) Every Thursday, 7 to 8 am. Contact: Dr. Lal Singh, house No.-58, Sector-16a, Tel: Res. (0129) 222 2233,

**Hissar: Group Sitting:** 1) Every Sunday 9 to 10 am. **Contact:** 1676/18, Mohalla Jotipura, Tel: (01662) 230003, Mob. 94163-1577. 2) Every Sunday 1 April to 30 Sept, 8 to 9 am and 1 Oct to 31 March 2009, 9 to 10 am. **Contact:** Jai Ramdass Bhardwaj, 1333/Sector-13, Hissar-125001, Mob. 93543-11862

**Gurgaon: Group Sitting:** Every Saturday, 8 to 9 am. at house No-59, Sector 14, Gurgaon. **Contact:** Murari Sharma, Tel: 95124-4080615.

**Karnal: Group Sitting:** Every Sunday 8 to 9 am. **Contact:** Satbir Singh Mann, House No. 1693, Sector-13, Urban Estate. Mob. 94660-48019.

**Palwal:** Every Sunday 9 to 10 am. **Contact:** Ramji Dhariwal, 112 R New Colony Tel: 95129-252807

**Panipat:** Every Sunday, 9 to 10 am. **Contact:** V. B. Bhatia, L-165, Model Town, Tel: (0180) 2658189.

**Jalandhar: Group Sitting:** 9 to 10 am. **Contact:** Rajan, Tel: (0181) 225-5621.

**Amritsar: Group Sitting:** 5:45 am **Contact:** Mrs Sumanlata Sharma, Principal's Residence, Sachindnand College for Girls, Green Avenue, Amritsar Tel: (0183) 250-3028, Mob. 098722-86822.

**Fatehpur: Group Sittings:** Every Sunday 8 to 9 pm. At 19 Sadipur, Fatehpur. **Contact:** Rajkumar Chauvan, Sadipur, Fatehpur 212601. Tel: (05180) 224-773, Mob. 93691-21280.

**Ghaziabad: Group Sitting:** 1) Every Sunday, 7:15 to 8.15 am. at KL-131, Kavinagar and every Saturday 8 to 9 am at J-28, Govindpuram, **Contact:** Tel: (0120) 275-5572, Mobile: 93134-55572. 2) Every Sunday 8 to 9 am. **Contact:** 2767785. 3) Every Sunday, 7 to 8 am. at Dhamma Prakash Trust, Mahanama Buddha Vihar, D-Block, Ansal East End Colony, Tranika City, Loni Janpad. Tel: 98991-62707. 4) Daily 6 to 7 pm at Gram Indar Gadhi, P. O. Adhyatmik Nagar. Tel: (0120) 276 6028. 5) Every Saturday 8 to 9 am at J-28 Govind Puram, Ghaziabad. Tel: 95120-2767785. 6) Every second to Last Sunday, 8 to 9 am. **Contact:** Sudha Agrwal, K. L. -131, Kavinagar. Tel: 95120-2721705. 7) Every second to Last Sunday, 6 to 7 am. **Contact:** R R Surya, Indragadi Govindpuram, Tel: 95120-2766028, Mob. 9212794353.

**Jhansi: Group Sitting:** every Purnima, 6 to 7 pm. at Chandra Niwas Friends Colony, Tallya **Jhansi Contact:** Mobile: 94150-30261, 9889454990.

**Aligarh:** 6 to 7 pm at Mig-31 Swarn Jayanti Nagar, Ram Ghat Road, Aligarh **Contact:** 1. Bhasham Singh Mob. 093195-78268, 2. Hari om Sharn, 0571-2740220

**Lucknow:** 8 to 9 a.m., **Contact:** Pankaj Jain, Tel: (0522) 227-1102, Res. 278-1896.

**Meerut: Group Sittings:** 1. Every Saturday, 8 to 9 am. at Multani Kutia. **Contact:** Dr Ashok Jain, Tel: 2511-720. 2. Every Saturday, 7 to 8 am. **Contact:** Bharat Sahani, 262-0892. 3. Every Sunday, 7 to 8 a.m., at 50, Saket. **Contact:** Urmila, Tel. 264-1854. 4. Tuesday to Friday 6:30 to 7:30 am. **Contact:** Dr. Suresh Kiran, Tel: 251-0172, 93584-17472. **Meerut: Group Sittings Daily,** 1. 6:30 to 7:30 am. **Contact:** Dr Suresh Kiran, Devpuri Tel: 251-0172, 9358417472. 2. 7 pm. **Contact:** Ramkuwar Gupta, Tel: 251-3997, 9319145240. 3. 7:30 to 8:30 am., 6:30 to 7:30 pm. **Contact:** Urmila Agrawal, Kant Kunj, Saket, 264-3235, 9837066342. 4. 6 to 7 am., **Contact:** Sushil Dhaulani, Kankarkhera, Mob. 94127-09993. 5. 7 to 8 pm.

**Allahabad (U.P.): Group Sitting:** every Sunday 8 to 9 am. At 6-Mission Road, front of mery won maker School, near Collectrate, Allahabad-01, **Contact:** 1. S. P. Sriwastava, Mob. 98380-04554, 2. Mr. Gupta, Mob. 94506-09666.

**Noida:** 1) Every Sunday, 8 to 9 am. **Contact:** Tel: 2542970. 2) Every Sunday, 8 to 9 am. **Contact:** Tel: 257-0051, 242-2335. 3) Every Sunday, 6 to 7 am at A-81, Sector 19. **Contact:** N S Negi, Tel: 557-521.

**UTTARANCHAL: Dehradun:** Sunday, 6 to 7 am. **Contact:** Tel: (0135) 2675-582.

**Haldwani (Nainital): Group Sitting:** 1) Daily 4:30 to 6:30 am. at Kamal Kunj, Ashok Vihar, Tinpani. 2) Sunday 8 to 9 am. at 'Har Milap Sadan', Bholanath Garden, Umesh Pahva. Tel: (05946) 254-799. 3) Sunday 2:30 to 3:30 pm. at 'Pant Bhavan' Ramlila Mohalla. Tel: 251-149. 4) **Group Sitting:** 8 to 9 am. **Contact:** Laxmandas Daghichi, Tel: (05942) 236-286

**Tanakpur:** 1. **Group Sitting:** 8 to 9 am. **Contact:** Jagdish Murari, Murari Sadan. 2. **Group Sitting:** 1) Daily 8 to 9 am. **Contact:** 1. Balvirchandra Sailani, 2) Badridutta Pant, Ambag 3. **Group Sitting:** 1) Sunday, 4:30 to 6:30 am. **Contact:** Dr. Birendra Bisht, Tel: 98977-36727. 2) Sunday 7 am. to 12 pm. Jagdish Murari, Murari Batika Mob. 98977-36727.

**HIMACHAL PARDESH: Kinnor: Group Sitting. Contact:** Deva Negi, Anitya Kutir, Near PWD Rest House, Rekong Peo, Dist. Kinnaur, Pin-172107. Mobile: 98052-14769

**Paonta Sahib:** Group Sitting: Contact: Tel: (01704) 222-797

**GUJARAT: Ahmedabad: Group Sitting:** (1) Daily, 6 to 7 pm. **Contact:** Tel: 2644-3112. (2) Every Sunday, 8 to 9 am. at C-5, Rajhans Society, Saint Xavier's College Road, Alisbridge. **Contact:** Jayashri Shelat, Tel: 2630-5724. 3) Every Sunday 8 to 9 am. at Opp. Ratnam Opp Police Commissioner's office, Shahi Baug. **Contact:** Shyamsunder Chaudri. Tel: (079) 25624631. 4) Every Sunday 8 to 9 am. At *Maitri*, Plot No. 1230/2, Sector 2A, Gandhinagar. **Contact:** Bharatbhai Rathod, Tel: 232-35639 5) Every Sunday 8 to 9 am. At Block No. 1155, Sector 27, Gandhinagar. **Contact:** Sureshbhai Priyadarshi, Tel: 2321-1110. (a) 4, Ashram Park Society, Panchsheel Sankul. Tel: 2752-4947. (b) Panchsheel Buddha Vihar, Near Lal Bahadur Stadium, Bapunagar. Tel: 2277-6611.

**Visnagar: Group Sitting:** Every Sunday 8 to 9 am at Karmbhumi Building, Second floor, opp. Patel Vadi Govind Chakla Visnagar-384315 (N.G.)

**Mehsana: Group Sitting:** every Thursday 6 to 7 am at Urvashi Bunglows; Ramosana Road, Mehsana 384002 (N.G.)

**Anjar: Group Sitting:** Sunday 9.30 to 10.30 am. **Contact:** Tel: (02834) 243-799, 240-097.

**Bharuch: Group Sitting:** every Sunday, 8 to 9 am. **Contact:** Yogendra Parikh, Tel: (02642) 249-290.

**Surat: Group Sitting:** every Sunday, 7:30 to 8:30 am at Sima Row House No. 48, Ghod Dod Road. **Contact:** Chhaganbhai Parmar, Tel: (0261) 2653813.

**Surendranagar, Guj: Group Sitting:** 1) Daily 6 to 7 pm. and Sunday 3 to 4 pm. at Bostan Hotel, Old Junction Road. **Contact:** Tel: 232-564, 224-193. 2) every Sunday, 9 to 10 am. at Surendranagar Vipassana Kendra, Mahasati Kasanabai, Mangal-10, Bankers Society, Tel: 252030.

**Vadodara: Group Sittings:** 1) Monday, 7 to 8 pm. Tel: 251-0504. 2) Saturday, 7 to 8 pm. Tel: 278-2584.

**Rajkot: Group Sittings:** 1) every Sunday 8 to 9 am at Masoom School, B/H SNK School University Road. 2) every Tuesday 7:30 to 8:30 a.m at 38-Kiran Soc. B/H Galaxy. 3) every Friday 7:30 to 8:30 am. at Vibhaker Nivas Dhareshwar Chowk, Near Bhakti Ngr Circle. 4) every Saturday 7:30 to 8:30 am and daily 6:15 to 7:15 at Kotechanagar Street-1 B/H Apna Bazar, Near Nayan Vihar 5) Daily 3 to 4 pm. at city office, Bhabha Guest House. Every **third** Sunday: **Seminar** 8 to 10:30 am. at Chanakya Apts. near Dharma theatre.

**MADHYA PRADESH: Bhopal: Group Sitting:** 1) Every Sunday, 7:30 to 8:30 am. **Place:** Ashok Kela, E1/82, Arera Colony. Tel: (0755) 246-4520.

**Katani: Group Sitting:** Daily 6 to 7 am. and pm. and every Sunday 8 to 9 am. **Contact:** Dr. N. C. Gupta, Tel: (07622) 222-525, 224-848.

**Rewa: Group Sitting:** Every Sunday 8 to 9 am. **Place:** C K Sharma, 8/245, Upvan Nagar, Neem Chouraha, Bodha Baug, Rewa-486 003, Tel: (07662) 242982, Mobile: 98265-06987;

**Khandwa: Group Sitting:** Every Sunday 8 to 9 am. and 6 to 7 pm. **Contact:** Tel: (07325) 222-188.

**Sidhi: Group Sitting:** Daily 7 to 8 am. **Contact:** Dr. Singh Kushwah, Tel: 251397.

**Indore: Group Sitting:** Every Sunday 7:30 to 9 am at Alpline School, Annapurna Road. **Contact:** Tamrakar, Mobile: 98275-61649;

**Shivpuri: Group Sitting:** Daily 4:30 to 5:30 am. and 6 to 7 pm. and every Sunday 8 to 9 am. **Contact:** Niraja Verma, 6 Shiva Nagar, Shivpuri (MP) Tel: (07492) 222-778.

**CHHATTISGARH: Bhilai: Group Sittings:** Sunday 5 to 6 pm. and Thursday 6 to 7 pm. **Contact:** Tel: 227-1466.

**Durg: Group Sittings:** 1) Sunday, 8 to 9 am. **Contact:** Tel: 221-1945. 2) Daily, 6 to 7 pm. **Contact:** D. Dongre, Tel: 232-1024.

**Raipur: Group Sitting:** 1) Every Sunday, 8 to 9 am. Mittal Complex, Telghami Naka, Raipur. **Contact:** Tel. Sadaram Gupta, Mob. 94252-05310 2) Daily 8 to 9 am. At 10 Vivekanand Nagar, **Contact:** Sati Sahu, Mob. 99774-56111. 3) Every Saturday 6 to 7 pm at Dindayal Upadhyay Nagar. **Contact:** Aniruddh Koche. Mob. 98263-88308.

**Rajnandgaon: Group Sitting:** Sunday, 7 to 8 am. **Contact:** Ashwini Shrivastav, Tel: 222-128.

**JHARKHAND: Ghorikitta:** every Sunday 8 to 9 am. and 6 to 7 pm. **Contact:** Arun Tiwari, H. M. Madhya Vidyalaya, Ghorikitta, Dist. Godda. Tel: (0641) 2316030.

**Jamshedpur:** every Sunday 8 to 9 am. at Bodhi Society, Suwarna Link Road, Near Rajendra Vidyalaya, Sakachi. Tel: 2428828.

**SOUTH INDIA: Bangalore: Group Sittings:** 1) Every Sunday. 9:30 to 10:30 am. at Vipassana centre, Lalbagh Road, Bangalore-27. Tel: (080) 2222-4330. 2) Every Sunday. 9 to 10 am at 'Angirasa' No. 153, 2nd Main Road, New BEL Road, AG's Layout, RMV II Stage, Bangalore. **Contact:** C Narayana Murthy, Email: cnarayanmurthy@hotmail.com Tel: (080) 2341-1196,

**Hyderabad:** Every Sunday, 8 am. **Contact:** Dipanshu Mansingka, Tel: (040) 23003011, Mbl: 99128-88229. 2) Every Sunday, 7 to 8 am. **Contact:** M. Sridhar, Tel: Off (040) 24066090, 24069921, Mbl. 98480-17779.

**Secunderabad:** 1. every Sunday. 8 to 9 am. **Contact:** Sabrina Katakam, Tel: Off. (040) 27849009, 27817220, Res. 27843684, Mbl. 98852-90543. 2. every Friday. 7:45 to 8:45 am. **Contact:** Arvind Shrimal, Tel: (040) 27842419, Res. 27720962.

**Mangalore:** Every Saturday, 5 to 6 pm. **Contact:** B. V. Pai, 'Vasudev' Door No. 6-15-585/3, Gundurao Lane, Mannagudda, Mangalore-575003, Email: bvpai@sancharnet.in Tel: 245-8025,

**Calicut (Kerala):** every **third** Sunday. For details, please contact: a) Hari Sankar Babu, Off. (0495) 270 3610; Res. (0495) 233 0364. b) Francis Vadana, Mobile: 94474-77388.

**Rangareddy (A.P.):** Every Sunday, 7 to 8 pm. Contact: P. Vishnumurti, Post-Yacharam, Dist. Rangareddy. Tel: 224-43229. Email: jsmlfact@mail.com.np

**EASTERN INDIA: Agartala: Group Sitting:** Daily 7 to 8 pm. and Every Sunday 8 to 9 am. **Contact:** K. R. Chakma, Q. Type 111/38, M-Niwas, Govt. Q. Complex, Abhoynagar, Agartala-5. Tel: (0381) 235-5582 (R), 232-5487 (O). Fax: 232-4244, 232-5823

**Gangtok: (Sikkim): Group Sitting:** Every Sunday, **Contact:** Sanu Subba, Tel: 254450, 2) Doma Tenzing, Tel: 224-025, 222-566 3) Bhagvati Lama, Tel: 254-501

**Kurseong: Group Sitting:** every Sunday, 2:30 to 3:30 pm. **Contact:** Rupa Tshering, Park Location, Kurseong. Tel: 244022. **One-day:** every month in **first** week **Contact:** D. K. Pradhan, Opp Gorkha Library, Kurseong. Tel: 244-996.

**Siliguri (W.B.): Group Sitting:** every Tuesday and Friday at 5 to 6 pm. **Contact:** Devapriya Barua, Ulashi Bhavan, 778, Pritilata Saroni, Haridarpara, Siliguri, Dist. Jalpaiguri. Tel: 2593-862 (R), 2592-006.