

### **Dhamma Chitwan**

Chitwan Vipassana Centre, C/o Mr. Pancharam Pradhan, Suvalav Steel Furniture,  
Main Road, Narayanghat, Chitwan, Nepal.  
Tel: 977-56- 520228

Dhamma Chitwan, meaning 'Dhamma in the Forest of Cheetahs', is near Bharatpur a town located 150 km southwest of Kathmandu. The eastern Rapti River and the Narayani ('Gandak' in Hindi or 'Mahi' in Pali) flow through and have carved the present shape of Chitwan District. The country's biggest and the most famous Chitwan National Park (and wild life reserve) is located in Chitwan District.

Until 1960, the entire area was covered by dense Sal forest populated with cheetahs, tigers, rhinoceros, elephant and alligators. From 1960 onwards large-scale migration from the hills, and clearing away of the forest and resettlement took place in Chitwan district. As the Pali and Sanskrit literatures indicate, Chitwan was a place of meditation from the ancient times. Occasional non-centre ten day courses began in Chitwan in monasteries, resorts and factories in the early eighties and continues till to date.

In 2004, the Centre was established on a Five-acre land. Three 10-day courses are planned for Dhamma Citavana in 2005, which will be conducted for the time being at Dhamma Tarai or Dhamma Janani, with expenses to be borne by Dhamma Chitwan. 53

### **Dhamma Kitti**

Kirtipur Vipassana centre, Devdhoka, Kirtipur, Nepal  
Contact person : Ramsurbir Maharjan, Samal Tole, Ward No.6, Kirtipur, Nepal

Dhamma Kitti, meaning 'Merit of Dhamma', is in Kathmandu valley at a town known as Kirtipur near Tribhuvan University.

The Centre has a Dhamma hall where 40 people can sit comfortably. Local people, who attend group sittings, are taking care of the Centre. The land was given free of cost by the local municipality. Presently, two one-day sittings are held on the first and third Saturday of the month.