

## Dhamma Tarāi

Birganj Vipassana Centre, Parwanipur Parsa, Nepal  
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Dhamma Tarāi, meaning ‘Dhamma at the foot of the Himalayas (Nepal)’, was established around 1995, and is located at the gateway to Nepal from India, about 10 kilometers from the Nepal/India border towns of Birgunj and Raxaul in Bihar, India. The Centre lies in the western part of Nepal’s Eastern Tarai Region, the northern extremity of the Indo- Gangetic plain formed by the mighty Bagmati and Gandaki Rivers that join the Ganges. Raxaul is the nearest railway head from the Centre that is connected by broad gauge line. Simra is the nearest airport located about 16 km away towards the north. Flights from Simra airport are connected to Kathmandu in a flight time of about 15 minutes. The Dhamma hall can seat about 70 students but there are only 12 rooms with attached bath, each on the male and female side. A cell complex with 36 meditation cells was recently completed.

Six 10-day courses are planned every year and an occasional Satipaṭṭhāna course is also held.

Dhamma Tarāi has a large land area of 10 acres, the biggest in Nepal. Only one-third of the land has been utilized for the Centre at present. The rest is farmland and orchards. The Centre is under utilized at present as only 8 to 15 students attend the 10-day courses. Thus present capacity appears adequate for the foreseeable future. There is now a plan to conduct (20 and 30 days) long course for up to 20 students also and bring the facilities available at the Centre for more significant uses. Persistent efforts in tree planting have yielded good results and so barren land of Dhamma Tarāi has turned into greenery and tranquility. Dhamma Tarāi has now a very good meditative environment.