

# Vipassana Newsletter

*In the tradition of Sayagyi U Ba Khin, as taught by S. N. Goenka*

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**A special on-line-edition of the Vipassana Newsletter**

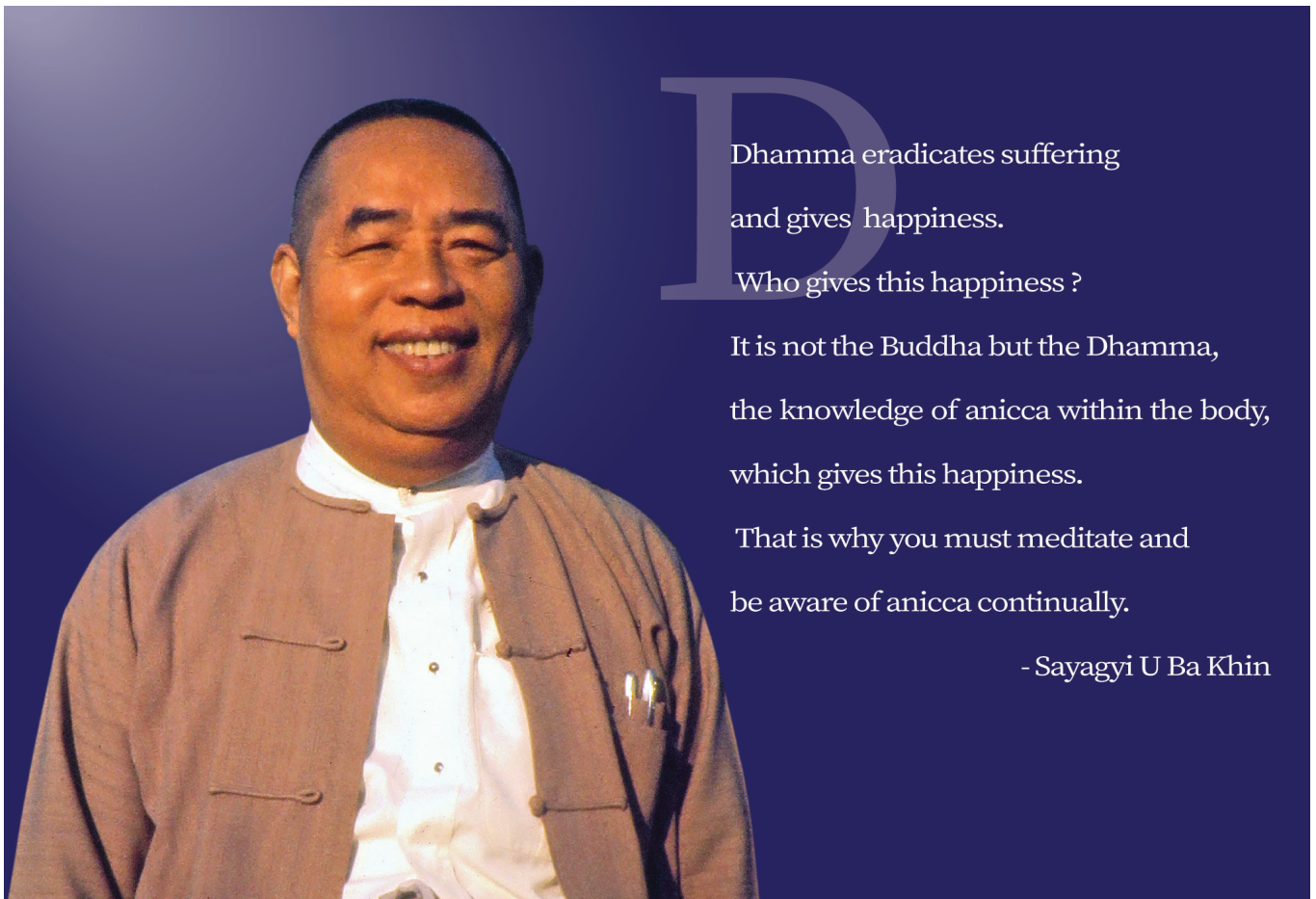
## WORDS OF DHAMMA

Haṃsādiccapathe yanti, ākāse yanti iddhiyā;

Nīyanti dhīrā lokamhā, jetvā māraṃ savāhinim.

*Dhammapadapāli — 175, Lokavaggo.*

Swans fly along on the path of the sun; those with psychic power travel through space. The enlightened go forth from the world, having conquered the armies of Māra.



Dhamma eradicates suffering  
and gives happiness.

Who gives this happiness ?

It is not the Buddha but the Dhamma,  
the knowledge of anicca within the body,  
which gives this happiness.

That is why you must meditate and  
be aware of anicca continually.

- Sayagyi U Ba Khin

*On the occasion of the 50th Death Anniversary of Sayagyi U Ba Khin (6th March, 1899 — 19th January 1971) may we all meditate and remember his good Dhamma qualities in order to pay our homage to him — Editor*

## Day of Remembrance and Tribute to Sayagyi U Ba Khin

A ten-day Vipassana course of 92 students was in progress at the Burmese Vihara, Bodhi Gaya when Sayagyi U Ba Khin passed away. A telegram came from Myanmar informing that Sayagyi is no more, but the message from Mother Sayama also said "...you should not stop the course. Sayagyi's blessings are always with you". With this in mind Goenka ji wrote the following circular letter to all students.

## S. N. Goenka

Camp: Bodh Gaya,

Dated: 22-01-1971

**D**ear Friends,

The post from Rangoon arrived the day before yesterday, it was heart-breaking to know that the most revered Sayagyi U Ba Khin is no more. He passed away on 19th January at 3:20 in the afternoon. The light was extinguished, but that great light lit up the lamp of wisdom within so many people. That light is intact and we all will not only maintain it as true successors, but it will also help us in igniting the wisdom of more and more people. His last message to all his disciples was that we should always live in Dhamma. As long as the lamp of Dhamma is glowing inside us, then the most revered Sayagyi U Ba Khin is with us, because he was the true embodiment of Dhamma wisdom. To preserve his holy memory and to dedicate our true tribute to him, let us follow his last wish in letter and spirit to keep Dhamma in our lives. If our Dhamma lamp remains alight then we will be able to light the light of Dhamma in the lives of many others. There can be no greater honour of the sacred memory of revered Sayagyi U Ba Khin.

Keeping the benefit of the students in mind, I am continuing this course, which will be completed on 27th January according to schedule. From the evening of 28th January, I will begin my self-course here for 10 days. I need the greatest Dhamma strength to give Dhamma to more and more people so as to repay the debt of most compassionate, revered Sayagyi U Ba Khin. May all of you also take time to meditate more and more in these days, develop inner wisdom, and fill yourselves with metta-vibrations so that your Dhamma strength helps to make me stronger and together we can achieve maximum success in fulfilling the Dhamma wishes of the revered Sayagyi U Ba Khin. At the conclusion of my 10-day course, I am organizing a large Sangha-Dana in Bodh Gaya on Sunday, 7th February 1971 in sacred memory of the revered Sayagyi U Ba Khin. Monks will be invited from far and wide for this donation.

After the completion of this Sangha donation, I will go to Bombay for a few days rest, then the program of camps will commence again from March 1.

In the sacred memory of the revered Sayagyi U Ba Khin, practice Dhamma as much as possible, live a Dhamma life more and more, and learn to make true Dhamma part of the daily life. In this we have happiness, welfare, well, health.

**Bhavatu Sabba Mangalam, Bhavatu Sabba Mangalam, Bhavatu Sabba Mangalam!**



Kalyāna Mitra,

S. N. Goenka



## THE TEN SOLDIERS OF MĀRA

by Sayagyi U Ba Khin

*The following is condensed from a translation of a discourse by Sayagyi U Ba Khin to Vipassana students during a course. It was first published in the Sayagyi U Ba Khin Journal and has been adapted for the Newsletter.*

You have to be very careful. You have to stand firm and face many difficulties, so that you can know true anicca (impermanence) with your own experience. You must work very hard – that is why we repeatedly remind you. Difficulties come at this stage of the course. During the time of our great benefactor my Teacher, Saya Thetgyi, students would experience various difficulties in meditation, such as not being able to feel the object of meditation at all. When asked to focus their attention on the top of their heads, they couldn't feel anything. During ānāpāna (awareness of respiration) they couldn't feel the area around the nostrils. Some could not feel their breath while they were breathing. Some said that they could not feel their bodies. While you are here, you too will find these things happening. Sometimes you will not be able to feel sensations and you won't be able to maintain your attention.

Some think that they have attained nibbāna (the ultimate reality) when they cannot feel their bodies. If you cannot feel the presence of your body, open your eyes and see. There is no need to ask the Teacher. You will know if your body is there or not. These uncertainties are rather disconcerting, aren't they?

The nature of vipallāsa (mental distortion, corruption) makes fools of you. These are undesirable defilements hidden inside people. They are present in every one of us. When there is understanding of anicca the defilements have to leave; but they don't want to – they want this understanding to leave instead. The nibbāna nature of anicca is very potent, so Māra (personification of negative forces) fights against it. The Padhāna Sutta describes the ten soldiers of Māra. We have to be careful of these ten soldiers, as they are the destroyers of meditation.

### **The first soldier of Māra is the desire to enjoy sense pleasures.**

Some people have come to meditate but not to attain nibbāna at all. They come with ulterior motives such as, “If I become close to Sayagyi who knows so many people in high positions, I may get a promotion in my job.” There are some persons like that. They come with greed in their hearts. They cannot be successful in their meditation. There must be no greed. When you asked for the technique of Vipassana you said, “Nibbānassa sacchikaraṇatthāya...” – in order to realize nibbāna.... I will teach you to understand the Four Noble Truths, but if you are not interested, and intend to take your time about it, what can I do?

### **The second soldier of Māra is unwillingness to reside or be happy in a quiet place such as a forest dwelling.**

Yesterday somebody planned to run away. He got up early and packed his belongings. He planned to sit with you all, and then leave while I was checking the students. He was planning to run like mad, catch a bus, and get home. He thought he would collect his bags at some later date. Luckily, I don't know why, I gave the one hour adhiṭṭhāna (strong determination) sitting earlier, and he had to sit that one hour. There he was – trapped! After the adhiṭṭhāna sitting, Māra left him, and he didn't want to leave anymore.

When unwillingness to reside in a quiet place arises, the person wants to leave and run away. He may inform us that he wishes to leave or he may just quietly leave. The second soldier does not want to stay in a quiet secluded place because of the turmoil inside.

### **The third soldier of Māra is hunger – not being satisfied with food.**

One student came with boxes full of food and said that he could not stay without eating, so I said, “In that case you may eat, but try one, two or three days and see for yourself.” However, he was not hungry at all during the ten days.

Another student said that after about three days of eating only twice a day, he would become shaky, and that in all his life, he had never done that for more than three days at a time. He asked for permission to eat and I said, “Of course, if needed.” When he got here, he meditated the first day, the second day, and so on, and was not hungry at all. One does not feel hungry if the meditation is progressing, but only when the meditation is not going well. Something inside is making one hungry. One cannot control the hunger then. Once the meditator is established in meditation, he does not feel hunger anymore.

### **The fourth soldier of Māra is the craving for various tastes and foods.**

Though we do not provide the same food you eat at home or may desire, we provide the best food we can so that everyone will eat well and enjoy it. What happens when very tasty, delicious food is eaten? Doesn't this stimulate more craving for food? Is it possible to eat without any appreciation of the taste of the food? Only the arahant (fully liberated person) can do this. Wasn't the purpose of your coming here for this course to get rid of the kilesa (mental impurities), to get rid of the taṇhā (craving)? If you keep your eyes closed nothing can be seen, so you will not be craving and clinging for visual objects. The same goes for hearing. There is no one here with a tape recorder or radio playing songs. You don't have to listen to them. It is the same with smell. Nobody here goes around wearing perfume, so there need not be any craving and clinging for any sense of smell. There is nothing here for you to feel that will give you pleasant bodily sensations. But the tongue – can it avoid taste? Only if you don't eat, and in that case a doctor would have to give you glucose injections for sustenance. Taste

will occur when food comes in contact with the tongue. If you eat less tasty food, then craving and clinging for taste will be reduced.

Since you have come here to get rid of your defilements of craving, we should help you by providing the best environment so that they don't increase, shouldn't we? You are trying to annihilate them. We don't want to eradicate craving on the one hand, and increase it by food on the other. We do not provide an evening meal. By not providing it we have so much less to do. It is better for us and better for you too, because you are sure to become drowsy if you eat an evening meal. So you can do without it. If you eat well in the morning and at lunchtime the two meals will provide enough for your body's requirements.

### **The fifth soldier of Māra is drowsiness, sloth and torpor.**

You can understand this. Even Mahā Moggallāna (one of Buddha's chief disciples) suffered from it. Some of you can fall asleep while sitting. When I used to go for my meditation retreats, there was an old man who accompanied me. We sat in Saya Thetgyi's meditation centre in the meditation room and he sat behind me wearing a big yogi shawl. A little while later, he started snoring aloud. Normally there are not many people who can sit and snore, but there are many meditators who can do this – sit and snore, then wake up! This is called *thīna-middha* (sloth and torpor). *Thīna-middha* cannot be avoided. When insight and wisdom become sharpened, the peaceful nature of *nibbāna* is felt; and when the wholesome and unwholesome natures clash, a reaction occurs and produces heat. Then the person becomes drowsy and sleepy.

If you feel drowsy at times, just breathe a bit harder; you've lost your *samādhi* (concentration). This is a kick from within. Your *samādhi* has gone. If you lose your *samādhi*, focus your attention on the nostrils again, breathe harder and try to calm down. Sometimes when the *aniccavijjā* (the wisdom of impermanence) becomes stronger, you experience the meeting of physical and mental experience in your body and your insight-intuition becomes very sharp and very strong. Then there's a very strong kick from within and you lose your understanding of *anicca* and become disoriented. You can't understand what happened and you ask the Teacher.

If such a thing happens suddenly, there are two ways to cope with it. One method is to try and work to get re-established in *samādhi*, as I have told you. Or, you can go outside and wake yourself up and the reaction will pass away. Do not go and sleep when this reaction happens. I am giving you methods to cope. They are important from the practical aspect. Drowsiness always occurs when *saṅkhāras* (impurities) come up. Then we have to apply *anicca* firmly. It should not be just paying lip service to *anicca*, not just from the mouth. It should be the actual knowledge of the changing nature of the body with the awareness of sensations. If you practise in

this way, you will overcome and win.

### **The sixth soldier of Māra is not wishing to be alone and being afraid of solitude.**

Some cannot sit in one room but keep changing rooms, looking for company and feel frightened when alone. One female student was afraid of solitude. Her house is very big but she did not dare to stay by herself in any room; she needed a companion at all times. She came here to meditate and brought a maid with her. She asked my permission to keep the lights on when she meditated in her room, so I allowed her to do so. Not only that, but somebody had to sit quite close to her when she meditated. She did not dare to stay alone. When she was by herself she felt flushes all over her body. After staying for a course, she got a little better. After the next course she was in the little cell by herself in the dark. She came regularly for ten days every month and benefited quite well from it. She was first class in being afraid but her fear is gone now. Isn't that nice?

### **The seventh soldier of Māra is doubt about whether one can be successful in meditation.**

I suppose this is true of everybody – wondering if his or her meditation will be successful or not. (That girl is laughing.) You can succeed. The important thing is to wash away the *akusala* (unwholesome conditioning), and *kilesa* (mental defilements) embedded in us. That is important.

### **The eighth soldier of Māra is becoming proud and arrogant when the meditation is successful.**

When the meditation improves, one can feel it inside. The defilements become lighter and one tends to get conceited and arrogant, and think, "That fellow does not seem to be doing too well. I'd better help him." I am saying this from my personal experience.

A long time ago when I started this meditation centre, for instance, we did not have a Dhamma hall then. There was a ten-foot square hut that was here when we bought the land. One day one student came out after the morning sitting and said, "Look." He hitched up his longyi and there were little lumps all over his thighs and legs just like the skin of a plucked duck. The kick from within was so strong that all those lumps appeared. Later on he hitched his longyi up and showed everyone saying, "Please look. See how strong the kick from within was. You too, please try hard, please try hard."

The next day he could not meditate. He could not feel any sensations and had to approach me for guidance. When he preached, there was ego in it, the "I" was in it, "I am doing well. These people don't seem to be getting anywhere." He played very good soccer, was very short tempered, ready to hit, strike and punch. When a very bad tempered person with a lot of heat has a kick from inside, it shows up on the body surface.

This is why I am telling you all not to preach to others. If there is anything that you want to ask, ask me. If there

is anything that you want to say, tell me. If you progress in your practice, just stay quiet and proceed with your own meditation.

**The ninth soldier of Māra refers to the Teacher and concerns becoming well known, receiving many offerings, gaining much respect and homage.**

I receive a lot of homage and offerings. I have to control myself to not get conceited. Look here, isn't it likely to cause conceit? I have to guard myself. We started this work here for the people of the Accountant General's office so they could meditate in their free time, but there are so few of them here now. We started this not on the basis of money, but on the basis of Dhamma. Any office worker who meditates for ten days becomes a member. The admission fee is ten days of meditation. Isn't it good? No need to pay a cent of subscription. Just meditate steadily, guard your practice, do not lose it. We started from that and have come to this. Money can't do it. It was Dhamma that did it. We believe in this, and we do not have any money either.

This centre does not belong to me. U Ba Khin should not get conceited, saying, “This is U Ba Khin's centre.” I do not own it. It belongs to the Vipassana Association of the Accountant General's Office. I will have to leave if they drive me out. See, how nice! I do not own it. I have to be re-elected each year. Only if they re-elect me will I be here. If they say that they have found someone better than me, and elect that person, it's over for me. Or some members from the committee may not like me, they may say I talk too much and elect someone else. Then I would have to leave. I do not own the place.

**The tenth soldier of Māra is following a false Dhamma, creating a new and special Dhamma, in order to acquire abundant offerings, praising oneself and looking down on others.**

This is why I do not want to say too much about others. Let others speak as they like about us, isn't that right? Some teachers get attached to receiving offerings. So as to get more students, they teach what the students would like – false teachings, teachings that are not Buddha's teachings – simply because they want the homage and offerings. They stop working with true Dhamma. That is the tenth soldier of Māra.

Dhamma dissolves sorrows and miseries and gives happiness. Who gives this happiness? The Buddha does not give it, it is the aniccavijjā (wisdom of impermanence) inside you that gives it. We should practise Vipassana so that the aniccavijjā will neither stop nor disappear. How do we practise? Focus your attention on the four elements (characteristics of earth, water, fire and air in the body), be calm, cultivate samādhi and do not let sīla (moral precepts) be broken.

Telling lies is the one that I am afraid of among the precepts. I am not afraid of the others, because by lying the basis of sīla is weakened. When sīla is weakened, samādhi will get weakened and paññā (wisdom) will also

get weakened. Speak truthfully, work regularly, build up samādhi and pay attention to what is happening in your body; then the nature of anicca will come up naturally.

My benefactor Saya Thetgyi said, “Very fast, vibrating incessantly, helter-skelter, broken up, burnt down, the destruction of the body – these are the signs of impermanence.” It is the body that is changing. The thought that knows that the rūpa (matter) is changing is the nāma (mind). When the rūpa changes and has gone, the nāma which knew about the changed-and-gone rūpa, also is changed and goes. Both rūpa and nāma are anicca. Keep this in your mind, be aware of it.

Focus your attention on the top of your head, and move down through the whole body, from the top of the head to the forehead and then the face, from the face to the neck, the neck to the shoulders, from the shoulders along to the hands. Wherever the mind goes it may be like touching with a small torch and feeling the heat wherever the torch touches, wherever the mind goes. Why? Because there is burning and annihilation taking place inside; it is the innate nature of combustion of atomic units within. This is certainly present. Learn to be sensitive to it so that you can feel it. Try it with an attentive mind and you will know.

Once the meditation is practised and once one becomes aware and observes with Vipassana knowledge, the defilements, the samudaya akusala (arisen unwholesomeness) cannot remain much longer. They have to leave gradually and when they are all gone, the person becomes controlled and stable, and able to live well.

How long will one have to work? Until all the immeasurable, uncountable old akusala kamma (unwholesome actions) accumulated along one's journey through the saṃsāra (cycle of rebirth) are eradicated by observing the nature of anicca. Then one becomes sotāpanna (one who has reached the first stage of saintliness, has experienced nibbāna), and ariyapuggala (noble person). This cannot be achieved easily.

To reach the final nibbāna where all the saṅkhāras are abolished is very far off, but wouldn't you like to try and see for yourself the minor nibbāna? If it could be tasted only after death, these foreigners would never practise this meditation. They have tasted a bit, liked it and have kept coming back from near and far. They send their friends and acquaintances who also come from afar. Why is this? Because they have experienced the taste of Dhamma.

It is important that there is a Teacher to help students to have a taste of Dhamma. But students have to work to experience the taste. What is this taste called? It is called the Dhamma rasa. “Sabbarasaṃ dhammaraso jināti.” Of all tastes, the taste of Dhamma is the most noble, the best.

You have to try to work hard to get that taste. Just as the human monarch enjoys human pleasures, the devas

(celestial beings) enjoy the deva pleasures and brahmās (higher celestial beings) enjoy brahmā pleasures; the noble ariyas (saintly persons) such as the Buddha and arahants can also enjoy the taste of the Dhamma that they have obtained. You must try hard until you too can enjoy this taste, but please do not work to the extreme, without moderation. Try to work according to the schedule we have given, work at the right time, to the fullest, with great care and effort.

(Reprint of N.L. Vol. 26, No.4, 22 April, 2016)



## Q&A "A Storehouse of Answers" VRI

Q 1. Do you think that U Ba Khin taught exactly what the Buddha taught? Did he adapt the Buddha's teachings to modern times? And if so, how and what did he change from the original teachings?

Goenkaji: There was no change in the teaching, but U Ba Khin certainly made the way of presenting the teachings of the Buddha more adapted to the people who came to him. To the non-Buddhist, English-speaking Western people, who were more scientific minded, he would present the teaching in a more scientific way. So the explanation was made more palatable to those who were coming to learn, but the actual practical teaching remained the same.

Q 2. Why is your teaching called "in the tradition of Sayagyi U Ba Khin"? Did he inaugurate a tradition of Buddhism?

Goenkaji: He always referred to the tradition of the Buddha, the tradition that was transferred to Myanmar and was continued down through the three generations of teachers we spoke about: Ledi Sayadaw, his disciple Saya Thetgyi, and finally U Ba Khin. We use the term "in the tradition of U Ba Khin" because he was the last teacher and was very well-known in his country, but this does not mean that this is a technique invented by him. It's an old-technique which he was teaching in a modern way.

Q 3. Can you explain the Buddha's concept that the entire universe is contained within this very body?

Goenkaji: Indeed, within this body turns the wheel of becoming. Within this body is the cause that puts into motion the wheel of becoming. And so within this body is also found the way to attain liberation from the wheel of suffering. For this reason investigation of the body—correct understanding of the direct physical reality within—is of utmost importance for a meditator whose goal is liberation from all conditioning.

Q 4. You keep referring to the Buddha. Are you teaching Buddhism?

Goenkaji: I am not concerned with 'isms'. I teach Dhamma, and that is what the Buddha taught. He never taught any 'ism', or any sectarian doctrine. He taught something from which people of every background, every religion, can benefit. He taught the way with

which one can live a life full of benefits for oneself and other. He didn't merely give empty sermons saying, "Oh, People. You must live like this, you must live like that". The Buddha taught practical Dhamma, the actual way to live a wholesome life. And Vipassana is the practical know-how to lead a life of real happiness.

Q 5. Was it necessary for Buddha to practice meditation even after enlightenment?

Goenkaji: Yes, it was necessary. Even when one becomes a Buddha, it does not mean that the law of nature will be different for this person. The law of nature of this body is that it is decaying, dying. The body requires strength, and when a Buddha goes in this meditative state of Nibbāna and comes out, he finds that the whole body has become healthier. It helps, he can serve much more.

There is so much work for the body of one who works all the twenty-four hours, except for two or two-and-a-half hours when he lies down. Some rest is needed. The mind is peaceful, but to rest the body the mind has to go to the depth and reach the nibbanic stage. When one comes out of the nibbanic experience one is physically refreshed.



## Future Course Schedule and Applications

Information on future Courses is available on the internet. All types of bookings are currently available online only as per the Government's new rules due to Covid-19. Applications will not be accepted on paper. Therefore, you are requested to check the following link and apply online directly for your appropriate course or for dhamma service at Dhammagiri:

<https://www.dhamma.org/en/schedules/schgiri>

Please apply similarly as per the schedule of other centres. Here is the link for all Indian centres:

<https://www.dhamma.org/en-US/locations/directory#IN>



## Schedule of Vipassana Courses

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.vridhamma.org](http://www.vridhamma.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. (ānāpāna for 10 days in a 30-day course and for 15 days in a 45 day course is prescribed.)

**45-day:** two 30-day courses and deeply involved in Dhamma service.

**60-day:** only for ATs who have sat two 45-day courses.

### Gratitude Course

Previously the Teachers's Self Course—TSC. With the passing away of respected Gururji and Mataji, this course will enable us to pay respects to them and to the long tradition of esteemed Vipassana Teachers. Meditating so many people at same time will give good atmosphere to each other as Buddha said- **Samaggānaṃ Tapo Sukho**. The same format as before will be followed. It is a happy coincidence that the birth anniversaries of both Gururji and Mataji fall between these dates (in February) according to the Hindi calendar.

**Eligibility:** Minimum one Satipaṭṭhāna course, serving in the spread of Dhamma and local teacher's recommendation. --- **Dates:** From 2nd Feb to 17<sup>th</sup> Feb. every year. --- All centres where single accommodations are available can include this course in their future programmes, with due consideration of the local demand.

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

**Teenagers' Course:** 15 years Completed upto 19 years Completed (Please use new application form).

### MAHARASHTRA

#### Dhamma Giri, Igatpuri

Vipassana International Academy, Dist. Nashik, Igatpuri-422403. Tel: (02553) 244-076, 244-086, 244144, 244440, Fax: 244176. (10 am to 5 pm). Email: info@giri.dhamma.org To apply online for ten-day courses: www.dhamma.org/schvia.shtml (No admission without confirmation) **10-day:** 6 to 17-1, 20 to 31-1, 3 to 14-2, (Old Students only 17 to 28-2,) 3 to 14-3, 17 to 28-3, 2 to 13-5, 16 to 27-5, 30-5 to 10-6, 16 to 27-6, 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, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 25-12-21 to 5-1-2022, 8 to 19-1, #ST: 31-3 to 8-4, 7 to 15-10, **3-day:** 22 to 25-4, CAT/Teacher Meeting: 13-12, AT Meeting: 14 to 16-12, AT Workshop: 17 to 20-12, Trainer Workshop: 21-12, Trustee & Dhamma Servers Workshop: 16 to 17-10, **Long Course:** Special 10-day: 30-6 to 11-7,

Please register on atmeetingindia@dhamma.net.in with following details: Full Name, Age, Gender, CT/assistant to CT/trustee, Name of Centre and Place: Special Requirement (if any):

#### Dhamma Tapovana-1 Igatpuri

**10-day executive courses:** 8 to 19-4, #ST: 2 to 10-9; **Gratitude Course:** 2 to 17-2 **Long Course:** Special 10-day: 24-4 to 5-5, 18 to 29-8, 20-day: 7 to 28-1, 10 to 31-5, 24-7 to 14-8, 11-11 to 2-12, 30-day: 20-2 to 23-3, 4-6 to 5-7, 15-9 to 16-10, 45-day: 4-6 to 20-7, 15-9 to 31-10, 19-12 to 3-2-2022, 60-day: 12-10 to 12-12.

#### Dhamma Tapovana-2, Igatpuri

#ST: 22 to 30-4, 18 to 26-11, **20-day:** 19-2 to 12-7, 28-6 to 19-7, 30-day: 19-3 to 19-4, 8-5 to 8-6, 25-9 to 26-10, 45-day: 8-5 to 23-6, 25-9 to 10-11, **60-day:** 23-7 to 22-9, 17-12 to 14-2-2022.

#### Dhamma Pattana, Gorai, Mumbai

**Dhamma Pattana Vipassana centre,** Near Essel World, Gorai Creek, Borivali M(W), Mumbai 400091, Phone: +91 8291894650, Tel. (+09122) 50427518, Ext. No. (Male Office) 519 (50427519), (Female Office) 546 (50427546), Website: www.pattana.dhamma.org, **10-day executive courses:** 2021 6 to 17-1, 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4, 14 to 25-4, 28-4 to 9-5, 11 to 22-5, 3 to 14-6, 30-6 to 11-7, 13 to 24-7, #ST: 2021 17 to 25-6, 3-day: 2021 23 to 26-1, 8 to 11-4, 1-Day Mega course: 2021 10-1, 23-5, 25-7, Indian AT Workshop: 2021 24 to 31-5,

**20-Day Course:** 30-1 to 20-2-2021, (Parallel to Gratitude Course)

**Online application:** www.dhamma.org/en/schedules/schpattana.shtml. Email: registration\_pattana@dhamma.net.in ; For all other inquiries, Contact: **Manager,** Email: info@pattana.dhamma.org Website: www.pattana.dhamma.org Dhamma Pattana can admit only 90 students. Unconfirmed students will be accommodated in future courses; they are requested not to pressure the management to accommodate them.

**One-day:** inside main dome of the Global Vipassana Pagoda Every Day from 11 am to 5 pm. Meditators can benefit from meditating in presence of the Buddha's relics. **Contact:** Tel: 022-28452235, Email: info@globalpagoda.org; (Pl. bring bottle so you can fill it with drinking water at GVP.)

#### Mini ānāpāna for Visitors

Mini ānāpāna Training Sessions, Hindi/Eng ench of about 15-20 minutes duration are held during the visiting hours, from 11 am (first session) to 4pm (last session). Participants are required to sit for the entire session.

#### Dhamma Vipula: Belapur (New Mumbai)

Plot No. 91A; Sector 26, Parsik Hill, CBD Belapur; (Parsik Hill, Nearest Railway Station: Seawoods on Harbour line) Navi Mumbai 400 614, Tel: 022-27522277, 27522404/03 (Timing 11 am to 5 pm) Email: dhammavipula@gmail.com, registration only online http://www.vipula.dhamma.org/ **10-day:** 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 31-3 to 11-4, 14 to 25-4, 12 to 23-5, 26-5 to 6-6, 9 to 20-6, 23-6 to 4-7, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 29-9 to 10-10, 13 to 24-10, 27-10 to 7-11, 10 to 21-11, 24-11 to 5-12, 1-day: Every Sunday, Group Sitting: Daily (any time) 9 am to 9 pm, **Gratitude Course:** 16 to 31-1-2021

#### Dhamma Vāhini: Titwala

**Mumbai Parisar Vipassana Centre,** Village Runde, Titwala, (near Kalyan), Dist. Thane. Website www.vahini.dhamma.org, registration only online Email: vahini.dhamma@gmail.com **10-day:** 2 to 13-1, 16 to 27-1, 30-1 to 10-2, 13 to 24-2, 27-2 to 10-3, 13 to 24-3, 27-3 to 7-4, 10 to 21-4, 24-4 to 5-5, 8 to 19-5, 22-5 to 2-6, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 23-10 to 3-11, 6 to 17-11, 30-11 to 21-12, 30-11 to 31-12, #ST: 14 to 23-8, **Long Course:** 20-day: 30-11 to 21-12, 30-day: 30-11 to 31-12, **Contact:** Mobile: 97730-69978. (12 to 6 pm on weekdays).

#### Dhamma Vātika: Palghar

**Palghar Vipassana Centre,** Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, **Contact Centre:** Mob. 9637101154, Email: info@vatika.dhamma.org, **Contact:** 1) Shri Irani, Mob. 92708-88840, 2) Shri Anil Jadhav, Mob. 91 9049151464, Email: vipassana.palghar@gmail.com, **10-day:** (Male only) 14 to 25-2, 28-2 to 11-3, 14 to 25-3, 31-3 to 11-4, 14 to 25-4, 12 to 23-5, 13 to 24-6, 27-6 to 8-7, 25-7 to 5-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-10, 21-10 to 1-11, 21-11 to 2-12, 25-12-21 to 5-1-22, (Female only) 31-1 to 11-2, 28-4 to 9-5, 3-5 to 1-6, 11 to 22-7, 24-9 to 5-10, 7 to 18-11, #ST: (Male only) 12 to 20-9, (Female only) 5 to 13-12,

### SCHEDULE OF LONG COURSES INDIA

#### Special 10-day Course

12 to 23-4-2021	Dhamma Thali, Jaipur
21-4 to 2-5-2021	Dhammapāla, Bhopal
5 to 16-5-2021	Dhamma Ajay, Chandrapur (MS)
2 to 13-6-2021	Dhamma Khetta, Hyderabad
19 to 30-6-2021	Dhamma Thali, Jaipur
30-6 to 11-7-2021	Dhamma Giri, Igatpuri
17 to 28-7-2021	Dhamma Paṭṭhāna, (Haryana)
19 to 30-7-2021	Dhamma Lakkhaṇa, (U.P.)
21-7 to 1-8-2021	Dhamma Sindhu, Mandvi-Kutch (Guj.)
28-7 to 8-8-2021	Dhamma Pūbbajā Churu (Rajasthan)
6 to 17-10-2021	Dhamma Bodhi, Bodhgaya, Bihar
15 to 26-10-2021	Dhamma Paṭṭhāna, (Haryana)
17 to 28-10-2021	Dhamma Sarovara, Dhule
20-11 to 1-12-2021	Dhamma Kalyāṇa, Kanpur (U.P.)

#### 14-days Gratitude Course

2 to 17-2-2021	Dhamma Tapovana-1 Igatpuri
2 to 17-2-2021	Dhamma Nāga, Nagpur
2 to 17-2-2021	Dhamma Sarovara, Dhule
2 to 17-2-2021	Dhammālaya, Kolhapur
2 to 17-2-2021	Dhamma Anāṅkula, Akola
2 to 17-2-2021	Dhammapāla, Bhopal (M.P.)
2 to 17-2-2021	Dhamma Nāgajūṇa, Telangana
2 to 17-2-2021	Dhamma Pīṭha, Ahmedabad (Gujarat)
2 to 17-2-2021	Dhamma Divākara, Mehsana (Guj.)
2 to 17-2-2021	Dhamma Lakkhaṇa, (U.P.)

#### 20-day

7 to 28-2-2021	Dhamma Thali, Jaipur
5 to 26-3-2021	Dhamma Sindhu, Mandvi-Kutch (Guj.)
12-4 to 3-5-2021	Dhamma Paṭṭhāna, (Haryana)
5 to 26-5-2021	Dhamma Sindhu, Mandvi-Kutch (Guj.)
2 to 23-6-2021	Dhamma Khetta, Hyderabad
20-6 to 11-7-2021	Dhammapāla, Bhopal
2 to 23-8-2021	Dhamma Paṭṭhāna, (Haryana)
11-8 to 1-9-2021	Dhammālaya, Kolhapur
5 to 26-9-2021	Dhamma Gaṇḍa, Bilaspur (Chhattisgarh)
8 to 29-9-2021	Dhamma Suvattī, sravasti (u.p.)
28-9 to 19-10-2021	Dhamma Thali, Jaipur
6 to 27-10-2021	Dhamma Bodhi, Bodhgaya (Bihar)
30-11 to 21-12-2021	Dhamma Vāhini: Titwala
4 to 25-12-2021	Dhamma Lakkhaṇa, (U.P.)

#### 30-day

7-2 to 10-3-2021	Dhamma Thali, Jaipur
21-2 to 24-3-2021	Dhamma Paṭṭhāna, (Haryana)
28-2 to 31-3-2021	Dhamma Pīṭha, Ahmedabad (Gujarat)
28-2 to 30-3-2021	Dhamma Suvattī, sravasti (u.p.)

5-3 to 5-4-2021	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
5-5 to 5-6-2021	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
1-6 to 2-7-2021	<i>Dhamma Patthāna, (Haryana)</i>
2-6 to 3-7-2021	<i>Dhamma Khetta, Hyderabad</i>
1-8 to 1-9-2021	<i>Dhamma Bodhi, Bodhgaya (Bihar)</i>
11-8 to 11-9-2021	<i>Dhammālaya, Kolhapur</i>
28-8 to 28-9-2021	<i>Dhamma Patthāna, (Haryana)</i>
11-9 to 12-10	<i>Dhammapāla, Bhopal</i>
18-9 to 29-10-2021	<i>Dhamma Thālī, Jaipur</i>
1 to 31-10-2021	<i>Dhamma Utkal, (Orissa)</i>
30-11 to 21-12-2021	<i>Dhamma Vāhīnī: Titwala</i>
15-12-2021 to 15-12-2022	<i>Dhammapāla, Bhopal (M.P.)</i>

**45-day**

7-2 to 25-3-2021	<i>Dhamma Thālī, Jaipur</i>
21-2 to 8-4-2021	<i>Dhamma Patthāna, (Haryana)</i>
5-3 to 20-4-2021	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
28-2 to 15-4-2021	<i>Dhamma Suvattīhī, sravastī (u.p.)</i>
2-6 to 18-7-2021	<i>Dhamma Khetta, Hyderabad</i>
15-10 to 30-11-2021	<i>Dhamma Suvattīhī, sravastī (u.p.)</i>
2-11 to 18-12-2021	<i>Dhamma Patthāna, (Haryana)</i>
17-12-2021 से 1-2-2022	<i>Dhammapāla, Bhopal</i>
9-2-2022 to 26-3-2022	<i>Dhamma Bodhi, Bodhgaya, (Bihar)</i>

**Dhammānanda, Pune**

**Pune Vipassana Centre**, near Markal village, 8 km. from Alandi, (No admission without confirmation). **10-day:** (Only for Hindi, Marathi, Students) 13 to 24-2, 13 to 24-3, 10 to 21-4, 8 to 19-5, 12 to 23-6, 10 to 21-7, 14 to 25-8, 11 to 22-9, 9 to 20-10, 13 to 24-11, 11 to 22-12, (Only for Hindi, English, Students) 27-3 to 7-4, 24-4 to 5-5, 22-5 to 2-6, 26-6 to 7-7, 24-7 to 4-8, 28-8 to 8-9, 25-9 to 6-10, 27-11 to 8-12, 25-12 to 5-1, **#ST:** (Only for Hindi, English, Students) 27-2 to 7-3, 23 to 31-10, **3-day:** 4 to 7-4, 3 to 6-6, 5 to 8-8, **Contact:** Pune Vipassana Samiti, Email: info@ananda.dhamma.org Tel: (020) 2446-8903, 2446-4243. Tel/Fax: 2446-4243.

**Dhamma Punṇa, Pune city (Swargate)**

**Pune Vipassana Samiti**, Opp. Nehru Stadium, Behind Swargate Water Works, Near Anand Mangal Karyalaya, Dadawadi, Pune 411002. Email: info@punna.dhamma.org; Tel: (020) 2443-6250, **10-day:** Only for Hindi, English, Students 7 to 18-2, 7 to 18-3, 4 to 15-4, **2 to 13-5**, 4 to 15-7, 1 to 12-8, 29-8 to 9-9, 3 to 14-10, 7 to 18-11, 5 to 16-12, Only for Hindi, Marathi, Students 21-2 to 4-3, 21-3 to 1-4, **16 to 27-5**, 18 to 29-7, 15 to 26-8, 17 to 28-10, 21-11 to 2-12, 19 to 30-12, **#ST:** Only for Hindi, Marathi, Students 18 to 26-4, Only for Hindi, English, Students 21 to 29-9, **3-day:** 28 to 31-10, **Teenagers' Course:** (Boys) 12 to 10-5, (Girls) 16 to 24-5, **2-day Children Course:** (12 to 18 yrs Boys) 11 to 12-5, (12 to 18 yrs Girls) 14 to 15-5, **1-day:** Every Month Second Thursday and Fourth Sunday 8:30 am to 4:30 pm, **Children Course:** (9 to 18 yrs Every Month first and Third Sunday (8 am to 2:30 pm)

**Dhamma Ajantā, Aurangabad**

**Ajanta International Vipassana Samiti**, Gut No 45 Rampuri, Vajapur Road Aurangabad 431003. Tel: (0240) 2040444, **Contact:** Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org **10-day:** 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4, 28-4 to 9-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 30-6 to 11-7, 14 to 25-7, **#ST:** 16 to 24-4, **Teenagers' Course:** (Boys) 10 to 18-5,

**Dhamma Sarovara, Dhule**

**Khandesh Vipassana Centre**, near Dedargaon Water Purification Centre, Post Tikhi, Dist. Dhule, 424002. (No admission without confirmation. Dhule – Hendrun Bus is available from Dhule Bus Stand every hour up to 4:30 pm Rickshaw is also available from Panch Kandil Shere Punjab lodge to Tikhi. From Tikhi, rickshaw is available for centre, 1 km away.) **10-day:** 2021 21-2 to 4-3, 7 to 18-3, 31-3 to 11-4, 18-4 to 29-4, 2-5 to 13-5, 16 to 27-5, 30-5 to 10-6, 27-6 to 8-7, 11 to 22-7, 25-7 to 5-8, 22-8 to 2-9, 12 to 23-9, 26-9 to 7-10, 7 to 18-11, 21-11 to 2-12, 16 to 27-12, **#ST:** 19 to 28-3, 12 to 21-6, 6 to 15-8, 5 to 14-12, **2-day:** 14 to 16-4, 23 to 25-6, 18 to 20-8, 12 to 14-10, **Children Course:** 16-8 10-10, 1-11, 29-12, 30-12, **Gratitude Course:** 2021 2 to 17-2-2021,

● **Long Courses:** Special **10-day:** 2021 7 to 28-10, **Contact:** Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org

**Dhamma Siddhapuri, Bhategaon Solapur**

**Dhamma Siddhapuri** Vipassana Sadhana Kendra, Off Vijapur rod, Near Bhatevadi, soregaon - dongaon rod, 4 km. from soregaon, Ta. Uttar solapur, Dist: Solapur-413002, **Contact:** 1) Mr. Samrat Patil, Mob. 7620592920, 9011908000, 2) Mr. Bhalchandra Ukarande, Mob. 9860759866, **10-day:** 17 to 28-2, 3 to 14-3, 17 to 28-3, 31-3 to 11-4, 14 to 25-4, 2 to 13-6, 16 to 27-6, 30-6 to 11-7, 14 to 25-7, 28-7 to 8-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 29-9 to 10-10, 13 to 24-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, 29-12 to 9-1, **#ST:** 30-4 to 9-5, **2-day:** 11 to 14-2, 13 to 16-5, 12 to 15-8, 11 to 14-11, **Teenagers' Course:** (Boys) 21 to 29-5, 26-10 to 3-11,

**Dhammālaya, Kolhapur**

**Deccan Vipassana Research Centre**, Ramling Road, Aalte Park, Aalte, Tal Hatkangale, Dist. Kolhapur, Pin: 416123. Email: info@alaya.dhamma.org; (No admission without confirmation) **Contact:** Mob. 97674-13232. 9697933232, 7420943232, **10-day:** 2021 (Hindi/

English speaking students only) 21-2 to 4-3, 7 to 18-3, 21-3 to 1-4, 4 to 15-4, 19 to 30-9, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, (Hindi/Marathi speaking students only female) 2 to 13-5, (Hindi/Marathi speaking students only) 18 to 29-4, 13 to 24-6, 27-6 to 8-7, 25-7 to 5-8, 3 to 14-10, 17 to 28-10, (Hindi/English In Kannada also) 11 to 22-7, **#ST:** (Hindi/English speaking students only) 23-3 to 1-4, 29-6 to 8-7, 5 to 14-10, 21 to 30-12, **3-day:** (Hindi/English speaking students only) 14 to 17-9, **2-day:** (Hindi/English speaking students only) 10 to 12-6, 29 to 31-10, **Teenagers' Course:** (Girls) (Hindi/English speaking students only) 16 to 24-5, (Boys) (Hindi/English speaking students only) 30-5 to 7-6, **Dhamma Servers' Workshop:** (Hindi/Marathi speaking students only) 19 to 20-11, **Gratitude Course:** (Hindi/English speaking students only) 2 to 17-2-2021

● **Long Courses:** 20-day: 11-8 to 1-9, 30-day: 11-8 to 11-9,

**Dhamma Nāga, Nagpur**

Nagpur Vipassana Centre, Mahurjhari Village, near Nagpur-Kalmeshwar Road. **Contact:** Mob. 9370990771, 9423403294, 9403870195, 9422182336, Email: info@naga.dhamma.org (No admission without confirmation) **10-day:** 2021 24-2 to 7-3, 10 to 21-3, 31-3 to 11-4, 14 to 25-4, 2 to 13-6, 16 to 27-6, 30-6 to 11-7, 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 20-10 to 7-11, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, **#ST:** 28-4 to 6-5, 24-12 to 1-1-2022, 6-5, 24-12 to 1-1-2022, **3-day:** 26 to 29-3, 27 to 30-5, **1-day:** 21-3, 11-4, 25-4, 26-5, 13-6, 27-6, 11-7, 23-7, 8-8, 22-8, 5-9, 19-9, 3-10, 17-10, 7-11, 21-11, 5-12, 19-12 **Teenagers' Course:** (Girls) 8 to 16-5, (Boys) 17 to 25-5, **Gratitude Course:** 2 to 17-2-2021, **AT Workshop:** 14 to 18-7-2021

**Contact:** (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smruti Bhawan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

**Dhamma Sugati, Sugatanagar**

**Vipassana Sadhana Kendra**, Sugata Nagar, Nagpur 440 014, **10-day:** 6 to 17-1, 3 to 14-2, 3 to 14-3, 1 to 12-4, 5 to 16-5, 2 to 13-6, 7 to 18-7, 3 to 14-8, 1 to 12-10, 8 to 19-11, 8 to 19-12, (only female) 18 to 29-8, 1 to 12-9, 15 to 25-9, **#ST:** 22 to 30-7, 22 to 30-12, **3-day:** 24 to 27-2, 24 to 27-3, 21 to 24-4, 16 to 19-6, 21 to 24-10, 24 to 27-11, **1-day:** 1-1, 24-1, 30-1, 21-2, 14-3, 14-4, 18-4, 16-5, 30-5, 13-6, 18-7, 14-8, 12-9, 21-11, 6-12, **Children Course:** 21 to 24-10, **Group Sitting:** Daily 5 to 6 am. 6 to 7 pm and every Sunday 8 to 9 am. **Children Anapana Group Sitting:** 8 to 9 am **Contact:** 1. Sukhadev Narnavre, Mob. 9422129229. 2. Kamlesh Chahande, Mob. 9373104305.

**Kotamba (Yavatmal):** **10-day:** (Male and Female) 2021 7 to 18-2, 7 to 18-3, 18 to 29-4, 2 to 13-5, 16 to 27-5, 4 to 15-7, 12 to 23-9, 2 to 13-10, 5 to 16-12, (Female only) 11 to 12-8-2021, (Only for bhikkhus and Male Students) 14 to 25-12-2020, 2021 6 to 17-6, (Only for bhikkhuni and Female Students) 7 to 18-11, **#ST:** 2 to 10-4-3, 4 to 7-12-2020, **1-day:** Every Sunday: 8 am to 3 pm **Children's course:** 28-21, 21-3, 23-4, 23-5, 20-6, 17-7, 29-8, 26-9, 17-10, 28-11, 26-12, **Contact:** Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. M. 9822896453, 7776964808, 7038918204, 9175622575,

**Rohnagaon: (Pavani Bhandara):** **10-day:** 10 to 21-2, (only Bhikkhu 3 to 14-3), 7 to 18-4, 19 to 30-5, 16 to 27-6, 7 to 18-7, **At:** Managing by vishuddhimaggo Vipassana Charitable Trust, Dhammapavan Vipassana centre Rohnagaon (Pavani), Dist. Bhandara. **Contact:** 1) Shailesh kambale: 9923268962, 2) Mr. Madhav Ramteke: 92233-49183.

**Chitki: (Wardha)** Dhamma Kuti Vipassana Kendra, chitki, Pulgaon, Po. Kavtha, Ta. Devali, Dist: Wardha, (MS) **10-day:** 13 to 24-3, 15 to 26-4, 7 to 18-9, 6 to 17-10, 6 to 17-11, 7 to 18-12, **#ST:** 13 to 21-2, **Contact:** 1. Shri Khandare, Tel: 07158-284372, Mob. 9028494401, Shri Bhele, Mob. 9834603076,

**Tumsar (Bhandara):** **10-day:** 2021 17 to 28-2, 10 to 21-3, 20 to 31-10, 17 to 28-11, 15 to 26-12, **3-day:** 16 to 19-10, **1-day:** 8-4, 7-5, 4-6, 3-8, 2-9, 1-10, **Children Course:** 1-3, 29-3, 18-10, 29-11, 26-12, **at Buddhavihar and Welfare Centre, Chulhad, Tal. Tumsar, Dist: Bhandara, Mob. 096236-68240, Contact:** 1) Mr. Dongare, 6260450336. 2) Mr. Choure, Mob. 09890441071, 3) Vijju Gondane, Mob. 096236-68240,

**Dhamma Bhandāra, Bhandara**

**Vipassana Kendra Rahul Colony**, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) **10-day:** 9 to 20-2, 2 to 13-3, 2 to 13-4, 20 to 31-7, 10 to 21-8, 21-9 to 2-10, 4 to 15-12, **#ST:** 6 to 14-9, 21 to 30-11, **3-day:** 27 to 30-3, **2-day:** 24 to 26-12, **1-day:** 17-1, 13-4, 26-5, 27-6, 1-8, 22-8, 19-9, 3-10, 19-10, **Teenagers' Course:** (Girls) 7 to 16-11-2021, **2-day Children Course:** 15 to 16-11, 1 to 2-5, **1-day Children Course:** 28-2, 21-3, 11-4, 27-4, 11-5, 25-5, 8-6, 22-6, 11-7, 29-8, 19-9, 10-10, 19-12, **Contact:** Saluja, 09423673572, Chourejri, 9890441071, Vinodji, 9422833002, 7588749108,

**Dhamma Anākula, Akola**

**Vipassana Sadhana Kendra**, Khaperkehda Phata, Telhara-444108 Dist Akola Email: info.anakula.vvridhamma.org, Website: www.anakula.dhamma.org, Mob. 9421156138, 9881204125, 9421833060, **10-day:** (only male) 24-2 to 7-3, 24-3 to 4-4, 21-4 to 2-5, 9 to 20-6, 3 to 14-8, 1 to 12-9, 20 to 31-10, 24-11 to 5-12, (only female) 13 to 24-1, 10 to 21-3, 7 to 18-4, 5 to 16-5, 23-6 to 4-7, 18 to 29-8, 15 to 26-9, 4 to 15-10, 10 to 21-11, 8 to 19-12, **10-day:** (Only for Bhikkhu) 7 to 18-7, **#ST:** 29-5 to 6-6, 23 to 31-7, **3-day:** 29-9 to 2-10, 23 to 26-12, **2-day:** 19 to 21-2, 21 to 23-5, **1-day:** 30-1, 26-5, 21-7, 19-10, **14-Day Gratitude Course:** 2 to 17-2, **Contact:** 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970.

**Malkapur (Akola):** **10-day:** (only male) 11 to 22-3, 3 to 14-10, (Only female) 13 to 24-5, 12 to 23-12, 1 to 12-6, **at** Bhadant Anand Nivas Rajratna Colony, Yavata Road, Malkapur, Akola 444001. **Contact:** 1) Mr. Aathavle Mob. 9404092468, 3) Mr. Tayde Mob. 9421794874,

**Patur (Akola):** Vipassana Sadhana Prasar Kendra Shirla, Patur, Dist: Akola, 444501 **10-day:** (Female old Student 15 to 26-2), (Male old Student 16 to 27-3) (Female only) 30-3 to 10-4, 1 to 12-6, 25-7 to 5-8, 20-11 to 1-12, 20 to 28-12, (Male only) 15 to 26-4, 11 to 22-5, 25-6 to 6-7, 10 to 21-8, 21-9 to 2-10, (Only Bhikkhu 23-10 to 3-11) **#ST:** 26-8 to 3-9, **3-day Chil-**

dren Course: (10 to 17 yrs) 7 to 10-11, 1-day: every month second Sunday, 9 am to 5 pm  
Children Course: (age 10 to 16 yrs) every month third Sunday, 9 am to 5 pm Contact: 1) Mr. Jaggannath Gawai, Mob. 7775928290, 2) Mrs. Jyotitai Vankhede, Mob. 9921998803,

#### Dhamma Ajaya, Chandrapur

**Vipassana Meditation Centre**, At – Ajaypur, Po. – Chichpalli, Mul Road, Chandrapur, Online Registration :- Website :- [www.ajaya.dhamma.org](http://www.ajaya.dhamma.org), Email: [dhammaajaya@gmail.com](mailto:dhammaajaya@gmail.com), 10-day: (Only for Old Student 5 to 16-2) 2-2 to 5-3, 11 to 22-3, 19 to 30-4, 28-5 to 8-6, (Only for Bhikkhu 16 to 27-6) 2 to 13-7, 28-7 to 8-8, 12 to 23-8, 29-8 to 9-9, 12 to 23-9, 29-9 to 10-10, 17 to 28-10, 1 to 12-11, 8 to 19-12, 26-12 to 7-1, #ST: 5 to 13-4, 27-11 to 5-12, 3-day: 27 to 30-3, 18 to 21-7, 2-day: 21 to 23-5, 19 to 21-11, 1-day Megha Course: 17-1, 1-day: 7-3, 26-5, 27-6, 23-7, 8-8, 26-9, 10-10, 19-12, DhammaSewak Workshop: 4-4, CCT Workshop 2-5,

Long Courses: Special 10-day: 5 to 16-5, 2 Contact: 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 9226137722, 2) Mr. Gautam Chikate, Mobile: 9421812541, 9422506476,

#### Dhamma Padasa, Pali, Ratnagiri,

**Konkan Vipassana Meditation Centre**, At-Patharat, Post-Pali, Tal-Ratnagiri, Maharashtra, Email: [info@pades.dhamma.org](mailto:info@pades.dhamma.org), Website: <https://pages.dhamma.org>, 10-day: 1 to 12-2, 15 to 26-2, 1 to 12-3, 15 to 26-3, 15 to 26-4, 1 to 12-5, 15 to 26-5, 1 to 12-6, 15 to 26-6, 1 to 12-8, 15 to 26-8, 1 to 12-9, 15 to 26-9, 15 to 26-10, 1 to 12-11, 15 to 26-11, 1 to 12-12, Contact: Mr. Santosh Ayare: 1) 9975434754 / 9960503598

Mahad: 10-day: (only Male) 7 to 18-2, 21-2 to 4-3, 7 to 18-3, 22-3 to 2-4, 4 to 15-4, 2 to 13-5, 6 to 17-6, 4 to 15-7, 18 to 29-7, 1 to 12-8, 15 to 26-8, 5 to 16-9, 19 to 30-9, 3 to 14-10, 17 to 28-10, 7 to 28-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, (only Female) 18 to 29-4, 16 to 27-5, 20-6 to 1-7, 3-day: (only Male) 28 to 31-1, 27 to 30-5, 26 to 29-8, 28 to 31-10, 1-day: Every First Sunday 10 am to 3 pm Children Course: Every third Sunday 10 am to 2 pm, Place: Babasahab Ambedkar Memorial Hall Shivaji Chowk, Koteswari Tale, Mahad-402301, Dist: Raigad, Contact: (020) 24436250, Email: [info@punna.dhamma.org](mailto:info@punna.dhamma.org), Mob.: 7719070011,

#### NORTH INDIA

##### Dhamma Thali, Jaipur

**Rajasthan Vipassana Centre**, P.O. Box 208, Jaipur-302001 Mob. 0-99301-17187, 9610401401, 9828804808, (for Manual registration/queries); Email: [info@thali.dhamma.org](mailto:info@thali.dhamma.org), 10-day: 30-3 to 10-4, 12 to 23-4, 25-4 to 6-5, 9 to 20-5, 23-5 to 3-6, 6 to 17-6, 19 to 30-6, 4 to 15-7, 18 to 29-7, 1 to 12-8, 15 to 26-8, 29-8 to 9-9, 12 to 23-9, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 22-12 to 2-1-2021 #ST: 1 to 9-4, 8 to 16-6, 20 to 28-7, 3-day: 16 to 19-12, Long Course: Special 10-day: 12 to 23-4, 19 to 30-6, 20-day: 7 to 28-2, 28-9 to 19-10, 30-day: 7-2 to 10-3, 18-9 to 29-10, 45-day: 7-2 to 25-3,

##### Dhamma Pushkar, Ajmer, Rajasthan

**Vipassana Centre**, Near Village Rewat (Kedel), 23 kms from Ajmer and 9 kms from Pushkar towards Parbatsar. +91-94133-07570. Tel: (145) 2780570. 10-day: 10 to 21-2, (Old Students only 23-2 to 6-3) 8 to 19-3, #ST: 20 to 28-3, Contact: 1) Ravi Toshniwal, Email: [dhammapushkar@gmail.com](mailto:dhammapushkar@gmail.com) Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275,

##### Dhamma Marudhara, Jodhpur, Rajasthan

**Vipassana Sadhana Kendra**, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, -Chausani Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: [info@marudhara.dhamma.org](mailto:info@marudhara.dhamma.org), 10-day: 3 to 14-2, 19-2 to 2-3, 9 to 20-4, 26-4 to 7-5, 15 to 26-6, 30-6 to 11-7, 14 to 25-7, 29-7 to 9-8, 14 to 25-9, 9 to 20-10, 23-10 to 3-11, 7 to 18-11, 22-11 to 3-12, 20 to 31-12 #ST: 12 to 20-3, 29-9 to 7-10, 3-day: 5 to 8-3, 24 to 27-3, 11 to 14-8, 7 to 10-12, 1-day: 26-5, Teenagers' Course: (Boys) 31-5 to 8-6, (Girls) 2 to 10-9, Children Course: 3-day: (13 to 16 yrs) 11 to 14-5, (13 to 16 only Boys) 18 to 21-8, (13 to 16 only Girls) 25 to 28-8, Contact: 1) Mr. Nemichand Bhandari, Email: [dhamma.marudhara@gmail.com](mailto:dhamma.marudhara@gmail.com); Mob. Whatsapp No. 9887099049, 8233013020.

##### Dhamma Pubbaja, Churu, Rajasthan

**Pubbaj Bhumi Vipassana Trust**, Bhaleri Road, 6Km From Churu (Rajasthan) Mob. 9664481738, Email: [dhammapubbaja@gmail.com](mailto:dhammapubbaja@gmail.com), [info@pubbaja.dhamma.org](mailto:info@pubbaja.dhamma.org), Contact: 1) Mr. SP Sharma, Mob. 07627049859, 2) Mr. Suresh Khanna, Mob. 094131-57056, 9887099049, Whatsapp Only) 10-day: 14 to 25-3, 31-3 to 11-4, 27-4 to 8-5, 29-5 to 9-6, 12 to 23-6, 27-6 to 8-7, 13 to 24-7, 12 to 23-9, 17 to 28-10, 8 to 19-11, 23-11 to 4-12, #ST: 21-2 to 1-3, 28-9 to 6-10, 22 to 30-12, 3-day: 5 to 8-3, 17 to 20-4, 11 to 14-8, 9 to 12-10, 8 to 11-12, 1-day: 26-5, and Every Sunday, Teenagers' Course: (Boys) 1 to 9-9, Children Course 3-day: (Only Boys age 13 to 16) 17 to 20-8, (Only Girls age 13 to 16) 24 to 27-8, Children Course 2-day: (Only Boys age 13 to 16) 31-10 to 2-11, 14-Day Gratitude Course: 2 to 17-2,

Long Courses: Special 10-day: 28-7 to 8-8,

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

**Vipassana Sadhana Sansthan**, Village Rahaka, Post Sohna, (Near Nimmod Police Post) Ballabgarh-Sohna Road, Dist Gurgaon (12 km from Sohna), Haryana, Mobile: 9812655599, 9812641400. [Buses available from Sohna and Ballabgarh.] 10-day: 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, Contact: Tel. (011) 26452772, 46585455, Email: [reg.dhammasota@gmail.com](mailto:reg.dhammasota@gmail.com)

##### Dhamma Patthana, Sonapat, (Haryana)

**Vipassana Sadhana Sansthan**, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: [reg.dhammapatthana@gmail.com](mailto:reg.dhammapatthana@gmail.com) #ST: 6 to 14-2, 7 to 15-5, 19 to 27-5, 6 to 14-7, 23 to 31-12, AT Workshop: 2 to 5-10, Dhamma Servers Workshop: 2021 5 to 7-10,

Long Courses: Special 10-day: 17 to 28-7, 15 to 26-10, 20-day:

12-4 to 3-5, 2 to 23-8, 30-day: 21-2 to 24-3, 1-6 to 2-7, 28-8 to 28-9, 45-day: (15 day Anapan) 21-2 to 8-4, 2-11 to 18-12, Contact: same as Dhamma Sota

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

**Vipassana Sadhana Sansthan**, AirPort/Kunjpora Road, Near Goverment School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: [reg.dhammakarunika@gmail.com](mailto:reg.dhammakarunika@gmail.com), Contact: 1) Mr Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, 10-day: 2021 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4, 14 to 25-4, 28-4 to 9-5, 12 to 23-5, 23-6 to 4-7, 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, 13 to 24-10, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, 22 to 2-1-2022, #ST: 2021 27-10 to 4-11, Teenagers' Course: (Boys) 2021 29-5 to 6-6, (Girls) 12 to 20-6,

##### Dhamma Hitakāri, Rohtak (Haryana)

**Vipassana Dhyana Samiti**, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. Contact: 92543-48837, 9416303639. 10-day: 2021 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 2021 6 to 14-11,

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

**Punjab Vipassana Trust**, Village Anandgarh, P. O. Mehlanwali, Dist Hoshiarpur -146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: [info@dhaja.dhamma.org](mailto:info@dhaja.dhamma.org) 10-day: 2021 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 2021 6 to 14-11, 3-day: 2021 1 to 4-4, 1 to 4-7,

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

**Himachal Vipassana Kendra**, Dharamkot, McLeodganj, Dharamshala-176219, Dist. Kangra. Email: [info@sikhara.dhamma.org](mailto:info@sikhara.dhamma.org) Tel: 09218514051, 09218414051, (Registration over phone between 4 to 5 pm) 10-day: 2021 every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's). #ST: 2021 20 to 28-3, 15 to 23-11, 3-day: 2021 23 to 26-11,

##### Dhamma Laddha, Leh Ladakh (J & K)

**Vipassana Meditation Ladakh**, Dhamma Laddha, is 8/9 Km from leh, Contact: Mr Lobzang Visuddha, Ancient Tracks, Mobile: [91] 9906971808, 9419862542. 10-day: 2021 10 to 21-2, 24-2 to 7-3, 17 to 28-3, 14 to 25-4, 12 to 23-5, 9 to 20-6, 7 to 18-7, 4 to 15-8, 1 to 12-9, 22-9 to 3-10, 6 to 17-10, 27-10 to 7-11, 10 to 21-11, 1 to 12-12, #ST: 2021 31-3 to 8-4, 28-4 to 6-5, 26-5 to 3-6, 25-6 to 3-7, 21 to 29-7, 18 to 26-8, 15 to 23-12, 3-day: 2021 16 to 19-9, 2-day: 2021 9 to 11-4, 7 to 9-5, 4 to 6-6, 30-7 to 1-8, 27 to 29-8, Group Sitting: every Sunday from 9 am. 1-day: every Second Sunday Email: [info@ladakh.in.dhamma.org](mailto:info@ladakh.in.dhamma.org); [lvissuddha@yahoo.com](mailto:lvissuddha@yahoo.com),

##### Dhamma Salila, Dehradun

**Dehradun Vipassana Centre**, Village Jantanwala, near Dehradun Cantonment, near Santala Devi Mandir, Dehradun 248001. Tel: 0135-2715189, 2715127, 94120-53748, Email: [reg.dhammasalila@gmail.com](mailto:reg.dhammasalila@gmail.com); 10-day: 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 14 to 25-4, 28-4 to 9-5, 12 to 23-5, 26-5 to 6-6, 9 to 20-6, 23-6 to 4-7, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 20 to 31-10, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, #ST: 5 to 13-10, 3 to 11-4, 22 to 30-12, 3-day: 21 to 24-1, 21 to 24-3, 15 to 18-8, 2-day: 17 to 19-10, Contact: 1) Mr. Bhandari, Tel: (0135) 2104555, 07078398566, Fax: 271-5580.

##### Dhamma Lakkhana, Lucknow (U.P.)

**Lucknow Vipassana Centre**, Asti Road, Railway Crossing, Bakshi ka Talab, Lucknow 227 202. Email: [info@lakkhana.dhamma.org](mailto:info@lakkhana.dhamma.org) Tel: (0522) 296-8525, Mob. 97945-45334, 9453211879, 10-day: 19-2 to 1-3, 4 to 15-3, 4 to 15-4, 4 to 15-5, 19 to 30-4, 4 to 15-6, 19 to 30-6, 4 to 15-7, 4 to 15-8, 19 to 30-8, 4 to 15-9, 19 to 30-9, 4 to 15-10, 4 to 15-11, 19 to 30-11, #ST: 22 to 30-3, 19 to 27-10, 3-day: 28 to 31-10, 2-day: 15 to 17-1, 15 to 17-3, 15 to 17-4, 15 to 17-5, 15 to 17-6, 15 to 17-7, 15 to 17-8, 15 to 17-9, 15 to 17-10, 15 to 17-11, Children's course: (age 8 to 12 boys and girls) 8 to 20-3, 3-day Children's course: (age 13 to 17 boys) 26 to 29-12, (13 to 17 girls) 30-12 to 2-1-22, 14 - d a y s Gratitude Course: 2 to 17-2-2021,

Long Courses: Special 10-day: 19 to 30-7 20-day: 4 to 25-12, Contact: 1. Sh. R. K. Singh, Mob. 9616744793, 2. Pankaj Jain, Mob. 098391-20032, 3. Mrudula Mukesha, Mob. 94150-10879, 4. Sh. Rajeev Yadav, Mob. 9415136560.

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

**Jetavana Vipassana Meditation Centre**, Katra Bypass Road, Opp. Buddha Inter College, Sravasti 271845. Email: [info@suvatthi.dhamma.org](mailto:info@suvatthi.dhamma.org), Tel: (05252) 265-439; Mob. 93358-33375. 10-day: 2 to 13-2, 15 to 26-2, 17 to 28-4, 2 to 13-5, 2 to 13-6, 17 to 28-6, 2 to 13-7, 17 to 28-7, 2 to 13-8, 17 to 28-8, 2 to 13-10, 2 to 13-12, 2 to 13-1, #ST: 14 to 22-5, 29-8 to 6-9, 14 to 22-12, Children Course: (8 to 12 yrs boys, and 8 to 16 yrs Girls) 24 to 27-5, 24 to 27-12, 12 to 16 yrs only Boys) 28 to 31-5, 28 to 31-12,

Long Courses: 2021 20-day: 8 to 29-9, 30-day: 28-2 to 31-3, 45-day: 28-2 to 15-4, 15-10 to 30-11, Contact: 1. Mob. 094157-51053, 2. Murli Manohar, Mob. 094150-36896,

##### Dhamma Kāya, Kushinagar (U.P.)

**Dhamma Kaya Vipassana Sadhana Kendra**, Village- Dhuria Bhaat, Near Banwari Tola, Tehsil- Kasya, Devriya Road, Dist: Kushinagar-274402, (U.P.) Mob. +91 9415277542. Email: [dhammakaya.vskk@gmail.com](mailto:dhammakaya.vskk@gmail.com); 10-day: every month (except May-June) 1 to 12, 16 to 27; Plus- 10-day: 15 to 26-5, 17-6 to 28-6; One-day: 26-5 ( Buddha Purnima), #ST: 28 to 5-6; Teenagers course (Girls) - 6 to 14-6; ( boys): 7

to 15-6; **Contact:** 1. Dr. Vimalkumar Modi, C/o Aarogya Mandir, Gorakhpur-273003, 2. Shri Naresh Agarwal- Mob. 9935599453,

### Dhamma Kalyāṇa, Kanpur (U.P.)

**Kanpur, International Vipassana Meditation Centre**, Dhori, Ghaat, Rooma, Post Salempur Kanpur-209402, (23 Km. from Kanpur Central Rly. Station) Tel. 07388-543795, Mob. 08995480149. Email: dhamma.kalyana@gmail.com, (No admission without confirmation) 10-day: 5 to 16-1, 20 to 31-1, 5 to 16-2, 5 to 16-3, 20 to 31-3, 5 to 16-4, 20-4 to 1-5, 2 to 13-5, 13 to 24-5, 5 to 16-6, 20-6 to 1-7, 5 to 16-7, 20 to 31-7, 5 to 16-8, 20 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, 20 to 31-12, #ST: 22-2 to 1-3, 22 to 30-11, 3-day: 1 to 4-4, 1 to 4-9, 1-day: Every month Fourth Sunday. 10 am to 5 pm, **Teenagers' Course:** (Girls) 24-5 to 1-6, 3-Day Children Course: (8 to 12 yrs) 1 to 4-6, ● **Long Course:** Special 10-day: 20-11 to 1-12,

### Dhamma Sudhā, Meerut (U.P.)

**Vipassana Centre**, Behind Police station, Tower Road, Near Saifpur Gurdwara, Hastinapur, Dist. Meerut- -250404, **Office Contact:** Tel. 9555515548, 8171490433, 7505414181, 10-day: 2021-6 to 17-1, 20 to 31-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 2021-6 to 14-11, 3-day: 2021-1 to 4-4, 1 to 4-7,

### Dhamma Bodhi, Bodhgaya, (Bihar)

**Bodh Gaya International Vipassana Meditation Centre**, Gaya-Dobhi Road (15 km), Near Magadha University, Bodh Gaya-824234. Mob. 94716-03531, 9955911556, Email: info@bodhi.dhamma.org, Website: www.bodhi.dhamma.org, Long course Email: bodhi.longcourse@gmail.com **Contact:** 99559-11556. 10-day: 1 to 12-1, 16 to 27-1, 1 to 12-2, 16 to 27-2, 1 to 12-3, 16 to 27-3, 1 to 12-4, 16 to 27-4, 1 to 12-5, 16 to 27-5, 1 to 12-6, 16 to 27-6, 1 to 12-7, 15 to 26-7, 5 to 16-9, 20-9 to 1-10, 1 to 12-11, 16 to 27-11, 1 to 12-12, 15 to 26-12, 29-12 -2021 to 9-1-2022, 12 to 23-1-2022, #ST: 18 to 26-10, 26-1-2022 to 3-2-2022,

● **Long Courses:** Special 10-day: 6 to 17-10, 20-day: 6 to 27-10, 30-day: 1-8 to 1-9, 45-day: 9-2-2021 to 27-3-2021, 9-2-2022 to 27-3-2022,

### Dhamma Licchavi, Muzaffarpur (Bihar)

**Dhamma Licchavi Vipassana Centre**, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 8935963703, Email: info@licchavi.dhamma.org 10-day: 5 to 16-1, 19 to 30-1, 3 to 14-2, 16 to 27-2, 3 to 14-3, 16 to 27-3, 6 to 17-4, 19 to 30-4, 5 to 16-5, 19 to 30-5, 5 to 16-6, 19 to 30-6, 5 to 16-7, 19 to 30-7, 5 to 16-8, 19 to 30-8, 5 to 16-9, 19 to 30-9, 2 to 13-10, 19 to 30-10, 5 to 16-11, 5 to 16-12, 19 to 30-12, 5 to 16-1, 19 to 30-1, #ST: 27-3 to 4-4, 1 to 9-11, **Contact:** Rajkumar Goenka, Tel: (0621) 224-0215,

### Dhamma Upavana, Baracakiya, (Bihar)

**Baracakiya** - 845412, East Champaran, Bihar, **Contact:** 9431245971, 9934430429, 6204814341, Email: dhammaupavan@gmail.com, 10-day: every month 3 to 14 (Except in November 2021), 13 to 24-11, 3 to 14-1-2022,

**Vaishali:** 10-day: every month 4 to 15. January to December **Place:** Vietnam Mahaprajapati Nunnery, Vishwashanti Pagoda Road, Vaishali-844128, **Contact:** Rajkumar Goenka, Email: info@vaishali.in.dhamma.org; Website: www.vaishali.in.dhamma.org Tel: (0621) 224-0215, 8935963703, 9431245971, 9102288680

**Nalanda (Bihar):** 10-day: April to December Every Month 2 to 13, **Place:** Near Navnaland Mahavihar, Sanskratik Gram, Nalanda (Bihar) Mob: 91-9955911556, **Contact:** Dr. D. Lama, Mob. 99314-55583. Email: dhammanalanda@gmail.com. Online registration: Website: www.nalanda.in.dhamma.org

### Dhamma Pāṭliputta Patna (Bihar)

**Patna Vipassana Centre**, Meditation Block, Buddha Smriti Park, Near Patna Junction, Patna - 800001, Bihar, India, **Contact:** Mobile: +91 6205978822, +91 6299534629, E - mail: info@patna.in.dhamma.org, Website: http://www.patna.in.dhamma.org, 10-Day: 3 to 14-1, 17 to 28-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 3 to 14-4, 17 to 28-4, 3 to 14-5, 17 to 28-5, 3 to 14-6, 17 to 28-6, 3 to 14-7, 17 to 28-7, 17 to 28-8, 3 to 14-9, 17 to 28-9, 3 to 14-10, 3 to 14-11, 3 to 14-12, 17 to 28-12, 3 to 14-1-22, 17 to 28-1-22, #ST: 17 to 25-3, 3 to 11-8,

### GUJARAT

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

**Kutch Vipassana Centre**, Bada, Mandvi-Kutch-370475. Mob. 9638577325, Email: info@sindhu.dhamma.org **Contact:** Bhuj: 094274-33534. Gandhidham: 094262-50746. Mandvi: 09974575660. 10-day: 19-2 to 2-3, 8 to 19-4, 29-4 to 10-5, 20 to 31-5, 10 to 21-6, 1 to 12-7, 7 to 18-7, 20 to 31-7, #ST: 22 to 30-4, 22 to 30-6 ● **Long Courses:** Special 10-day: 21-7 to 1-8, 20-day: 5 to 26-3, 5 to 26-5, 30-day: 5-3 to 5-4, 5-5 to 5-6, 45-day: 5-3 to 20-4, **Contact:** 7874623305, 9825320551.

#### Dhamma Divākara, Mehana (Guj.)

**Uttar Gujarat Vipassana Kendra**, Village Mittha Tal and Dist. Mehana, Gujarat. Email: info@divakara.dhamma.org, Tel: (02762) 272-800. **Contact:** 1. Nikhilbhai Parikh, Mob. 09429233000, 2. Upen-dra Patel, Tel: Mob. 8734093341, Tel: (02762) 254-634, 253315, Email: upendrakpatel@gmail.com, 10-day: 30-12 to 10-1, 2021-11 to 3 to 24-1, 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4, #ST: 7 to 15-4, 3-day: 28 to 31-1, 14-Day Gratitude Course: 2 to 17-2-2021,

#### Dhamma Piṭṭha, Ahmedabad (Gujarat)

**Gurjar Vipashyana Kendra**, (40 km from Ahmedabad Railway Station, 3 km Dholka town), Village Ranoda, Tal. Dholka, Dist. Ahmedabad 387810, Mobile: 89800-01110, 89800-01112, 94264-19397. Tel: (02714) 294690. Email: info@piṭṭha.dhamma.org (Day zero starting day of every course, Bus facility to Centre is Available from Paldi St Bus stand (Ahmedabad) at 2:30 pm. 10-day: 6 to 17-1, 7 to 18-4, 3-day: 20 to 23-2,

• Regd. No. 49916/90; P. Regn No. NSK/RNP-232/2021-2023

**Gratitude Course:** 2 to 17-2-2021, **Contact:** Ms Shashi Todi, Mob. 98240-65668,

● **Long Courses:** Special 10-day: 20 to 31-1, 30-day: 28-2 to 31-3,

### Dhamma Ambikā, South Gujarat

**Vipassana Dhyana Kendra**, National Highway No. 8, (Mumbai to Ahmedabad) 2 k.m. away on west of Boriyach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org **Online registration:** dhammaambikasurat@gmail.com, 10-day: 10 to 21-1, 23-1 to 3-2, 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 31-3 to 11-4, 3-day: 4 to 7-2, 25 to 28-3, **Contact:** 1. Vasantbhai Lad, Mob. 09428160714, 2. Ratanshibhai K Patel, Mob. 098250-44536,

### SOUTH INDIA

#### Dhamma Nāgajjuna, Nagarjun Sagar (Telangana)

**VIMC**, Hill Colony, Nagarjun Sagar Dist. Nalgoda 508202, (140.4 km Hyderabad Road.) Registration: 9440139329, (8680) 277944, Mobile: 093484-56780, (only 10 am to 5 pm) Email: info@nagajjuna.dhamma.org,

### CENTRAL AND EASTERN INDIA

#### Dhammapāla, Bhopal (M.P.)

**Vipassana Centre**, Behind Kerwa Dam, Village Daulatpura, Bhopal 462 044. **Contact:** Mob: 94069-27803, 7024771629, **Contact:** Prakash Gedam, Mob. 94250-97358, Tel: (0755) 2468053, Email: dhammapala.bhopal@gmail.com, Fax: 246-8197. Online application: www.pala.dhamma.org, 10-day: 20-2 to 3-3, 17 to 28-3, 7 to 18-4, 5 to 16-5, 19 to 30-5, 2 to 13-6, 14 to 25-7, 28-7 to 8-8, 25-8 to 5-9, 20 to 31-10, 6 to 17-11, 1 to 12-12, #ST: 6 to 14-3, 11 to 19-8, 20 to 28-11, 3-day: 1 to 4-4, 16 to 19-6, ● **14-Day Gratitude Course:** 2 to 17-2, ● **Long Courses:** Special 10-day: 21-4 to 2-5, 20-day: 20-6 to 11-7, 30-day: 11-9 to 12-10, 45-day: 17-12 to 1-2,

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

**Dhamma Rata**, 15 Kms from Ratlam, Behind Sai Temple, Village: Dhamnod, Ta. Sailana, Dist: Ratlam-457001, M.P. Fax: 07412-403882, Email: dhamma.rata@gmail.com, **Contact:** 1) Mr. Yogesh, Mob. 8003942663, 2) Mr Adwani, Mob. 9826700116. 10-day: 17 to 28-2, 12 to 23-3, 14 to 25-4, 19 to 30-5, 12 to 23-6, 14 to 25-7, 4 to 15-8, 4 to 15-9, 2 to 13-10, 19 to 30-11, #ST: 18 to 26-12, 3-day: 13 to 16-10, 26 to 29-12, 2-day: 5 to 7-2, 25 to 27-4, 23 to 25-6, 15 to 17-8, **Contact Office:** Vikram Nagar, Mhow road, Ratlam, Mob. 09425364956, 09479785033.

#### Dhamma Guṇa Guna-Gwalior Division, (M.P.)

**'Vipassana Dhamma Guna**, Village- Pagara, Dist.- Guna, (at 12 kms. Guna-Gwalior Division.) **Contact:** Shri Virendra Singh Raghuvanshi, Raghuvanshi Kirana Store, Near State bank of India, Ashok Nagar Road, Village - Pagara, Dist: Guna, MP - 473001. Mob: 9425618095, Shri Rajkumar, Raghuvanshi, Mob: 9425131103. Email: info@guna.dhamma.org. 10-day: 12 to 23-2, 2 to 13-4, 14 to 25-5, 18 to 29-6, 16 to 27-7, 7 to 18-8, 17 to 28-9, 20 to 31-10, 19 to 30-11, 10 to 21-12, #ST: 12 to 20-3, 3-day: 27 to 30-3.

**Amla (Betul):** 10-day: (Only Bhikkhu) 17 to 28-3, (Only Female) 22-4 to 3-5, 8 to 19-12, (only Male) 12 to 23-5, 10 to 21-11, 3-day: 28-8 to 31-8, 1-day: 17-1, (Gratitude Course 20-1), 14-2, 14-3, 11-4, 26-5, 13-6, 18-7, 22-8, 12-9, (Gratitude Course 29-9), 10-10, 21-11, 12-12, **Children's course:** (age 8 to 16) 28-2, 21-3, 25-4, 9-5, 20-6, 11-7, 8-8, 19-9, 17-10, 7-11, 5-12, **Dhamma Sevaka Workshop:** 20-6, **Pali Training Course:** 24 to 26-12, **Place:** Pradnya Bhavan Bhim Nagar, Amla **Contact:** 1) Mr. Hurmade, Mob. 8234025899, 2) Mr Suryavanshi, Mob. 9907887607.

#### Dhamma Ketu, Durg (Chhattisgarh)

**Vipassana Centre, Thanod**, Via Anjara, Dist. Durg. Email: sadhana\_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. 10-day: 7 to 18-3, 18 to 29-4, 13 to 24-6, 4 to 15-7, 18 to 29-7, 1 to 12-8, 22-8 to 2-9, 5 to 16-9, 19 to 30-9, 3 to 14-10, 17 to 28-10, 6 to 17-11, 21-11 to 2-12, 6 to 17-12, 20 to 31-12, #ST: 17 to 25-1, **Teenagers' Course:** (Girls) 30-5 to 7-6, 3-Day: 27 to 30-3, 1-Day: 21-3, 26-5, 27-6, 15-8, 31-10, 20-11 **Children's course:** 22-4, 2-5, 2-10, 19-11, 18-12, **Dhamma Sevaka Workshop:** 5-12, ● **Long Course:** 30-day: 31-1 to 3-3 **Contact:** 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. Suresh Bang, Mob. 9425209354,

#### Dhamma Garha, Bilaspur (Chhattisgarh)

**Vipassana Centre**, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbata, Tal Takhatpur, Dist Bilaspur Email: dhammagarha@gmail.com, Website: www.garh.dhamma.org, 10-day: 7 to 18-1, 28-1 to 8-2, 11 to 22-2, 11 to 22-3, 8 to 19-4, 17 to 28-6, 8 to 19-7, 8 to 19-8, 1 to 12-10, 2 to 13-12, 17 to 28-12 #ST: 13 to 21-11, 3-day: 27 to 30-3, **Teenagers' Course:** (Boys) 5 to 13-6, 1-day: 3-1, 7-3, 4-4, 24-10, 7-11, # **Children's course:** 25-4, 2-5, 17-10, 28-11,

● **Long Course:** 20-day: 5 to 26-9, **Contact:** Mr. D. N. Dwivedi Mob. 9806703919, 2. Mr. S. Meshram, Mob. 98269-60230,

#### Dhamma Utkal, Khariyar Road: (Orissa)

**Vipassana Meditation Centre**, Village Chanabera, Post Amsena, Via. Khariyar Road, Dist: Nuapada, Orissa-766106, Mob. 094062-37896, **Contact:** 1) Mr. Harilal Shahu, Email: harilal.sahu@gmail.com, Mob. 09407699375, 2) Mr. Prafulldash, Mob. 7077704724, 10-day: 6 to 17-1, 27-1 to 7-2, 24-2 to 7-3, 11 to 21-3, 21-4 to 2-5, 5 to 16-5, 23-6 to 4-7, 21-7 to 1-8, 23-8 to 3-9, 8 to 19-9, 3 to 14-10, 10 to 21-11, 1 to 12-12, 16 to 26-12, ● **Long Course:** 30-day: 1 to 31-10,



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### New Centre Dhamma Pātiputta in Patna (Bihar)

Dhamma Pātiputta is located in the heartland of Patna, erstwhile Patliputra. The Center has been built inside of Buddha Smriti Park by the Government of Bihar. It has been developed to serve 80 students (male and female) and is equipped with modern amenities. The fully air conditioned premises offers two 10 Day / other courses each month to cater to locals as well as international participants.

**Address:** Dhamma Pātiputta, Patna Vipassana Center, Meditation Block, Buddha Smriti Park, Near Patna Junction, Patna - 800001, Bihar, India. Details of Bank account: **Patliputra Vipassana Trust,**

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IFSC Code: BKID0004400; Name of the Bank: Bank of India, Patna Branch, Patna, Address of the Bank: Fraser Road, Post box no. 166, Patna - 800001, Bihar.

**Contact Details:** Mobile: +91 6205978822, +91 6299534629

E-mail: [info@patna.in.dhamma.org](mailto:info@patna.in.dhamma.org)

Website: <http://www.patna.in.dhamma.org>

#### Additional Responsibility

#### New Responsibility- SATs

- 1-2. Shri Sajjan Kumar & Mrs Niru 1. Mrs. Rekha Bhasker, Andaman & Goenka, to serve as Centre Nicobar Islands
- Teacher for Dhamma Pataliputta, 2-3. Mr Sophoan Sok and Mrs Patna. Sambo Tey (SSST), Cambodia
3. Mr Jagdish Shindeji, (SAT) to 4. Mr Sieng Teak (TS6), Cambodia
- assit CT Dhammapunna, Pune. 5. Mr Sochet Kuoch (SKSC), Cambodia
3. Mr. Kazuhiko Ueda (KU) To 6. Mrs Nary Poc (NP6), Cambodia
- serve as Centre Teacher for Dhamma Bhanu, Japan

### DHAMMA DOHA

*Pañca śīla pālana bhalā, samyaka bhalī samādhi,  
Prajñā to jāgrata bhalī, dūra kare bhava-vyādhi.*

It is good to practice the five moral precepts. It is good to practice concentration. To awaken wisdom is indeed good, to remove the disease of becoming.

*Durlabha jīvana manuṣa kā, baḍe bhāgya se pāy,  
Prajñā śīla samādhi bina, deve vṛthā gaṃvāy.*

Rare is the life of a human being, which is attainable with great merit. Without morality, concentration and wisdom, one would waste time aimlessly.

*Śīla dharma pālana karuṃ, karuṃ samādhi abhyāsa,  
Nija prajñā jāgrata karuṃ, karuṃ dukhoṃ kā nāsa.*

Let me practice righteousness with morality and practice concentration. Let me awaken my wisdom and destroy suffering.

*Śīlavāna ke dhyāna se, prajñā jāgrata hoyā,  
Antara kī gāṇṭhe khule, mānasa nirmal hoyā.*

Let wisdom awaken in the virtuous meditator, removing the knots within and purifying the mind

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