For courses in India and abroad (including one-day courses and group sittings), see https://schedule. vridhamma.org and www.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.

Satipatthāna 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 Satipatthana course, full-time Dhamma service for at least one ten-day course, daily practice of 2 hours 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

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 Courses:

Previously the Teachers's Self Course—TSC. With the passing away of respected Guruji and Mataji, this course will enable us to pay respects to them and to the long tradition of esteemed Vipassana Teachers. The same format as before will be followed. It is a happy coincidence that the birth anniversaries of both Guruji 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 th 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 Thalī, Dhamma Sindhu, and Dhamma Paṭṭhāna. (All applications are accepted online)

Teenagers' Course: 15 years Completed up to 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@vridhamma.org, To apply online for ten-day courses: www.dhamma.org/schvia.shtml (No admission without confirmation) 10-day: 8 to 19-1, 22-1 to 2-2, 5 to 16-2, 19-2 to 2-3, 15 to 26-3, 29-3 to 9-4, 26-4 to 7-5, 10 to 21-5, 24-5 to 4-6, 7 to 18-6, 21-6 to 2-7, 5 to 16-7, (Only Old Students 19 to 30-7,) 2 to 13-8, 16 to 27-8, 30-8 to 10-9, 13 to 24-9, 27-9 to 8-10, 8 to 19-11, 22-11 to 3-12, 20 to 31-12, #ST: 4 to 12-3, 11 to 19-10, Trustee

& Dhamma Servers Workshop: 21 to 22-10, CAT/Teacher Meeting: 7-12, AT Meeting: 9 to 11-12, AT Workshop: 12 to 15-12, Trainer

Dhamma Giri, Igatpuri, Short Course Area

3-Day: 11 to 14-11, 17 to 20-11, Teenagers' Course: (Girls) 11 to 19-1, 1 to 9-2, 2 to 10-3, 5 to 13-4, 2 to 10-5, 9 to 17-6, 6 to 14-7, 10 to 18-8, 8 to 16-9, 6 to 14-10, 2 to 10-11, 4 to 12-12, Teenagers' Course: (Boys) 21 to 29-1, 13 to 21-2, 13 to 21-3, 21 to 29-4, 23 to 31-5, 20 to 28-6, 17 to 25-7, 21 to 29-8, 19 to 27-9, 17 to 25-10, 19 to 27-11,

Dhamma Tapovana-1 Igatpuri

10-day: Only for Old Students 4 to 15-4, 10-day executive courses: 23-2 to 6-3, #ST: 19 to 27-4, 6 to 14-9, 3-day: 26 to 29-1,

Special 10-day: 18 to 29-9, Gratitude Course: 2 to 17-2-2023, ∞ Long Courses: 20-day: 10 to 31-3, 24-6 to 15-7, 30-day: 6-5 to 6-6, 18-7 to 18-8, 45-day: 6-5 to 21-6, 18-7 to 2-9, 14-12-2023 to 29-1-2024, 60-day: 5-10 to 5-12

Dhamma Tapovana-2, Igatpuri

10-day executive courses: 28-11 to 9-12, 10-day: Only for Old Students 10 to 21-6, #ST: 20 to 28-2,

Special 10-day: 24-4 to 5-5,

 Long Courses: 20-day: 15-5 to 5-6, 30-day: 6-3 to 6-4, 26-6 to 27-7, 3-10 to 3-11, 45-day: 6-3 to 21-4, 3-10 to 18-11, 60-day: 30-7 to 29-9, 12-12-2023 to 11-2-2024,

Dhamma Pattana, Gorai, Mumbai

Dhamma Pattana Vipassana centre, Near Essel World, Gorai Creek, Borivali M(W), Mumbai 400091, Phone: +91 8291894650, Tel. (4991 22) 50427500, Ext. No. (Male Office) 519, (Female Office) 546, Email: info.pattana@vridhamma.org, Website: www.pattana.

dhamma.org, 10-day executive courses: 3 to 14-1, 18 to 29-1, 22-2 to 5-3, 8 to 19-3, 22-3 to 2-4, 5 to 16-4, 25-4 to 6-5, 7 to 18-6, 20-6 to 1-7, 5 to 16-7, 18 to 29-8, 6 to 17-9, 19 to 30-9, 18 to 29-10, 1 to 12-11, 15 to 26-11, 29-11 to 10-12, 23-12 to 3-1-2024, 3-day: 18 to 21-4, 1 to 4-6, 12 to 15-8, 31-8 to 3-9, \$\infty\$ #ST: 10 to 18-5, 12 to 20-12, Indian AT Meeting: 21 to 28-5,

Special 10-day: 4 to 15-10. Gratitude Course: 2 to 17-2.

∞ Long Courses: 20-day: 19-7 to 9-8,

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

MB: 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.

Goregaon Vipassna Centre (Under Dhamma Pattana Vipassana Trust)

Goregaon Vipassna Centre, Dhamma Pattana Vipassana Trust, Welfare Centre Building, Mohan Gokhale Road, Opposite Lakshadham School, Goregaon (E) Mumbai 400063, Phone: WhatsApp No. +91 9152233764/65, Email: info.gvc@vridhamma.org, 10-Day: Female» 18 to 29-1, 22-2 to 5-3, 12 to 23-4, 10 to 21-5,

28-6 to 9-7, 2 to 13-8, 20-9 to 1-10, 18 to 29-10, 22-11 to 3-12, 20 to 31-12, Male» 8 to 19-2, 8 to 19-3, 26-4 to 7-5, 14 to 25-6, 12 to 23-7, 30-8 to 10-9, 4 to 15-10, 1 to 12-11, 6 to 17-12, **3-Day:** Female» 23 to 26-3, 8 to 11-6, 24 to 27-8, Male» 6 to 9-4, 1 to 4-6, 17 to 20-8, Dhamma Servers Workshop: 2-4,

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: Email: info@globalpagoda. org; Tel: 022 50427500 (Board Lines) - Extn. no. 9, Mobile: +91 8291894644.Email: info@globalpagoda.org; (Pl. bring a bottle so you can fill it with drinking water at GVP.)

Mini ānāpāna for Visitors

Mini ānāpāna Training Sessions, Hindi and English are each about 15-20 minutes duration and 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 Vāţikā: Palghar

Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, Contact: 1) 9637101154, 2) shri Dubey, Mob. 93232 49299, 3) shri Jadhay, Mob. 90491 51464, Email: info@vatika.dhamma.org, Website: vatika.dhamma. org, 10-day: (Male only) 7 to 18-1, 5 to 16-2, 22-2 to 5-3, 26-3 to 6-4, 12 to 23-4, 10 to 21-5, 31-5 to 11-6, 14 to 25-6, 28-6 to 9-7, 12 to 23-7, 26-7 to 6-8, 9 to 20-8, 6 to 17-9, 11 to 22-10, 23-11 to 4-12, 20 to 31-12, (Female only) 22-1 to 2-2, 9 to 20-3, 26-4 to 7-5, 27-9 to 8-10, 25-10 to 5-11, #ST: (Male only) 23 to 31-8, 3-Day: (Male only 17 to 20-11.

Dhamma Vipula: Belapur (New Mumbai)

Belapur Vipassana Centre, 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: 8 to 19-2, 22-2 to 5-3, 8 to 19-3, 22-3 to 2-4, 5 to 16-4, 19 to 30-4, 3 to 14-5, 17 to 28-5, 31-5 to 11-6, 14 to 25-6, 28-6 to 9-7, #ST: 4 to 12-1, 1-day: Every Sunday, Group Sitting: Daily (any time) 9 am to 9 pm, Children Course: 1-1, 19-2, 30-4, 28-5, 25-6,

Gratitude Course: 16-1 to 6-2.

∞ Long Courses: 30-day: 6-1 to 6-2 Dhamma Vāhinī: Titwala

Mumbai Parisar Vipassana Centre, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website www.vahini.dhamma.org, registration only online Email: vahini.dhamma@mail.com 10-day: 7 to 18-1, 21-1 to 1-2, 4 to 15-2, 18-2 to 1-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 29-4 to 10-5, 13 to 24-5, 27-5 to 7-6, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 30-9 to 11-10, #ST: 13 to 21-10,

∞ Long Course: 20-day: 15-12-2023 to 5-1-2024, 30-day: 27-10-2023 to 27-11-2023, 45-day: 27-10-2023 to 12-12-2023, Contact: Mobile: 97730-69978. (12 to 6 pm on weekdays).

Dhamma Saritā, Khadavali (Thane) C. R.

Jeevan Sandhya Mangalya Sansthan, Matoshree Vriddhashram, At: Sorgaon, Post: Padgha, Tal. Bhivandi, Dist. Thane-421101. Email: registration dhamma.sarita@gmail.com; info@sarita.dhamma. org, Online registration www.sarita.dhamma.org, Contact: Mob. 91-779-83-24659, **10-day:** 4 to 15-1, 18 to 29-1, 1 to 12-2, 15 to 26-2, 1 to 12-3, 29-3 to 9-4, 12 to 23-4, 31-5 to 11-6, 14 to 25-6, 28-6 to 9-7, 12 to 23-7, 26-7 to 6-8, #ST: 15 to 23-3, 3-day: 26 to 29-4, 2-day: 24 to 26-3, Teenagers' Course: (Girls) 2 to 10-5, (Boys) 13 to 21-5, # Children Course: (Only Boys) 24 to 25-5, (Only Girls) 27 to 28-5, Dhamma Servers Workshop: (Contact: 25008868/25011096/25162505)

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, 2020533, (10 am to 5 pm Only). Contact: No. 7758887453, 7758889941, if not answered kindly Email: info@ //3006/345, 73006/341, in for diswetter kindly, Lindar, Indoor, assistadhamma.org, 10-day: (Only male) 3 to 14-1, 7 to 18-2, 9 to 20-3, 13 to 24-4,15 to 26-5, 5 to 16-6, 6 to 17-7, 24-8 to 4-9, 8 to 19-9, 23-11 to 4-12, 12 to 23-1-2024, (Only Female) 19 to 30-1, 22-2 to 5-3, 29-4 to 10-5, 21-6 to 2-7, 22-7 to 2-8, 23-9 to 4-10, 14 to 25-12, # ST: 25-3 to 2-4, 12 to 20-8, 11 to 19-11, 30-12 to 7-1-2024,

3-Day: 6 to 9-4, 7 to 10-12.

Long	Courses: 20-day	T 1 F	10 to	F 11
LUIIS	Courses, 20-ua	, ij-	10 10	5-11,

INDIA					
ecial	10-day	Cours			

Dhamma Cakka, Sarnath (U.P.) 3 to 14-4-2023 9 to 20-4-2023 Dhamma Thalī, Jaipur 24-4 to 5-5-2023 Dhamma Tapovana-II Igatpuri 31-5 to 11-6-2023 Dhamma Khetta, Hyderabad (Telangana) 11 to 22-6-2023 Dhamma Sindhu, Mandvi-Kutch (Guj.) 18 to 29-6-2023 Dhamma Thalī, Jaipur 12 to 23-7-2023 Dhammapāla, Bhopal (M.P.) 14 to 25-7-2023 Dhamma Patthana, Sonepat, (Haryana) 26-7 to 6-8-2023 Dhamma Nāga, Nagpur Dhamma Malla, Yavatmal 2 to 13-8-2023 Dhamma Ambikā, South Gujarat 17 to 28-8-2023 8 to 19-9-2023 Dhamma Pushkar, Ajmer, Rajasthan 14 to 25-9-2023 Dhamma Setu, Chennai (Tamil Nadu) 18 to 29-9-2023 Dhamma Tapovana-I Igatpuri 4 to 15-10-2023 Dhamma Pattana, Gorai, Mumbai 4 to 15-10-2023 Dhamma Bhandara, Bhandara Dhamma Bodhi, Bodhgaya, (Bihar) 6 to 17-10-2023 18 to 29-10-2023 Dhamma Sindhu, Mandvi-Kutch (Gui.) Dhamma Ajaya, Chandrapur 20 to 31-10-2023 Dhamma Mālavā, Indore (M.P.) 18 to 29-11-2023 Dhamma Kalyāṇa, Kanpur (U.P.) 20-11 to 1-12-2023 29-11 to 10-12-2023 Dhamma Thalī, Jaipur Dhamma Patthana, Sonepat, (Haryana) 9 to 20-12-2023 Dhamma Pubbaja, Churu, Rajasthan 20 to 31-12-2023 Dhamma Sarovara, Dhule 24-12 to 4-1-2024 27-12-2023 to 7-1-2024 Dhamma Khetta, Hyderabad (Telangana) 31-5-2024 to 11-6-2024 Dhamma Khetta, Hyderabad (Telangana) 31-12-2024 to 11-1-2025 Dhamma Khetta, Hyderabad (Telangana)

Gratitude Course			
16-1 to 6-2-2023	Dhamma Vipula, Belapur (New Mumbai)		
1-2 to 16-2-2023	Dhamma Divākara, Mehsana (Guj.)		
2 to 17-2-2023	Dhamma Tapovana-I Igatpuri		
2 to 17-2-2023	Dhamma Pattana, Gorai, Mumbai		
2 to 17-2-2023	Dhammālaya, Kolhapur		
2 to 17-2-2023	Dhamma Ajaya, Chandrapur		
2 to 17-2-2023	Dhamma Malla, Yavatmal		
2 to 17-2-2023	Dhamma Anākula, Akola		
2 to 17-2-2023	Dhamma Sarovara, Dhule		
2 to 17-2-2023	Dhamma Nāga, Nagpur		
2 to 17-2-2023	Dhamma Sindhu, Mandvi-Kutch (Guj.)		
2 to 17-2-2023	Dhamma Pīṭha, Ahmedabad (Gujarat)		
2 to 17-2-2023	Dhamma Pubbaja, Churu, Rajasthan		
2 to 17-2-2023	Dhamma Pātliputta Patna (Bihar)		
2 to 17-2-2023	Dhamma Setu, Chennai (Tamil Nadu)		
2 to 17-2-2023	Dhamma Nāgajjuna-II Nagarjun Sagar		
2 to 17-2-2023	Dhamma Khetta, Hyderabad (Telangana)		
12 to 27-8-2023	Dhamma Sindhu, Mandvi-Kutch (Guj.)		
2 to 17-2-2024	Dhamma Nāgajjuna-II Nagarjun Sagar		
2 to 17-2-2024	Dhamma Pātliputta Patna (Bihar)		
2 to 17-2-2024	Dhamma Pītha, Ahmedabad (Gujarat)		

Shecdule of Long Courss

20-day 17-1 to 7-2-2023 Dhamma Paphulla, Bangalore 2 to 23-2-2023 Dhamma Setu, Chennai (Tamil Nadu) Dhamma Thalī, Jaipur 3 to 24-2-2023 4 to 25-2-2023 Dhammapāla, Bhopal (M.P.) 19-2 to 12-3-2023 Dhamma Sindhu, Mandvi-Kutch (Guj.) 10 to 31-3-2023 Dhamma Tapovana-I Igatpuri 19-4 to 10-5-2023 Dhamma Paṭṭhāna, Sonepat, (Haryana) 4 to 25-5-2023 Dhamma Nāgajjuna-II Nagarjun Sagar 7 to 28-5-2023 Dhamma Sindhu, Mandvi-Kutch (Guj.) 15-5 to 5-6-2023 Dhamma Tapovana-II Igatpuri 31-5 to 21-6-2023 Dhamma Khetta, Hyderabad (Telangana) 24-6 to 15-7-2023 Dhamma Tapovana-I Igatpuri 13-7 to 3-8-2023 Dhamma Pushkar, Ajmer, Rajasthan 18-7 to 8-8-2023 Dhamma Kanana, Balaghat (M.P.) 19-7 to 9-8-2023 Dhamma Pattana, Gorai, Mumbai 1 to 22-8-2023 Dhamma Bodhi, Bodhgaya, (Bihar) 1 to 22-8-2023 Dhamma Patthāna, Sonepat, (Haryana) 3 to 24-8-2023 Dhamma Cakka, Sarnath (U.P.) Dhamma Divākara, Mehsana (Guj.) 3 to 24-8-2023 Dhamma Ambikā, South Gujarat 7 to 28-8-2023 26-8 to 16-9-2023 Dhammālaya, Kolhapur 9 to 30-9-2023 Dhamma Garha, Bilaspur (Chhattisgarh) 6 to 27-10-2023 Dhamma Bodhi, Bodhgaya, (Bihar) 8 to 29-10-2023 Dhamma Thalī, Jaipur 15-10 to 5-11-2023 Dhamma Nāsikā, Nashik Dhamma Sindhu, Mandvi-Kutch (Gui.) 21-10 to 11-11-2023 Dhamma Pushkar, Ajmer, Rajasthan 16-11 to 7-12-2023 17-11 to 8-12-2023 Dhamma Sarovara, Dhule 30-11 to 21-12-2023 Dhamma Pātliputta Patna (Bihar) 4 to 25-12-2023 Dhamma Lakkhana, Lucknow (U.P.) 15-12-2023 to 5-1-2024 Dhamma Vāhinī, Titwala Dhamma Khetta, Hyderabad (Telangana) 27-12-2023 to 17-1-2024 1-2 to 22-2-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)

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31-5-2024 to 21-6-2024	Dhamma Khetta, Hyderabad (Telangana)	
31-12-2024 to 21-1-2025	Dhamma Khetta, Hyderabad (Telangana)	
30-day		
3-1 to 3-2-2023 6-1 to 6-2-2023 Dl	Dhamma Kānana, Balaghat (M.P.) namma Vipula, Belapur (New Mumbai)	
17-1 to 17-2-2023	Dhamma Paphulla, Bangalore	
29-1 to 1-3-2023	Dhamma Ketu, Durg (Chattisgarh)	
2-2 to 5-3-2023	Dhamma Setu, Chennai (Tamil Nadu)	
3-2 to 6-3-2023	Dhamma Thalī, Jaipur	
4-2 to 7-3-2023	Dhammapāla, Bhopal (M.P.)	
9-2 to 12-3-2023	Dhamma Bodhi, Bodhgaya, (Bihar)	
19-2 to 22-3-2023	Dhamma Sindhu, Mandvi-Kutch (Guj.)	
28-2 to 31-3-2023	Dhamma Paṭṭhāna, Sonepat, (Haryana)	
4-5 to 4-6-2023 Dhami	na Nāgajjuna-II Nagarjun Sagar (Telan.)	
6-3 to 6-4-2023	Dhamma Tapovana-II Igatpuri	
6-5 to 6-6-2023	Dhamma Tapovana-I Igatpuri	
7-5 to 7-6-2023	Dhamma Sindhu, Mandvi-Kutch (Guj.)	
28-5 to 28-6-2023	Dhamma Paṭṭhāna, Sonepat, (Haryana)	
31-5 to 1-7-2023	Dhamma Khetta, Hyderabad (Telangana)	
26-6 to 27-7-2023	Dhamma Tapovana-II Igatpuri	

Dhamma Pushkar, Ajmer, Rajasthan 13-7 to 13-8-2023 18-7 to 18-8-2023 Dhamma Tapovana-I Igatpuri 1-8 to 1-9-2023 Dhamma Bodhi, Bodhgaya, (Bihar) 3-8 to 3-9-2023 Dhamma Divākara, Mehsana (Guj.) 26-8 to 26-9-2023 Dhammālava, Kolhapur 28-8 to 28-9-2023 Dhamma Patthana, Sonepat, (Haryana) Dhamma Sindhu, Mandvi-Kutch (Guj.) 1-9 to 2-10-2023 Dhamma Lakkhaṇa, Lucknow (U.P.) 2-10 to 2-11-2023 3-10 to 3-11-2023 Dhamma Tapovana-II Igatpuri 8-10 to 8-11-2023 Dhamma Thalī, Jaipur 21-10 to 21-11-2023 Dhamma Sindhu, Mandvi-Kutch (Guj.) 26-10 to 26-11-2023 Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.) 27-10 to 27-11-2023 Dhamma Vāhinī, Titwala Dhamma Cakka, Sarnath (U.P.) 15-11 to 16-12-2023 16-11 to 17-12-2023 Dhamma Pushkar, Ajmer, Rajasthan

10-12-2023 to 10-1-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.) 15-12-23 to 15-1-2024 Dhamma Ambikā, South Guiarat 27-12-2023 to 27-1-2024 Dhamma Khetta, Hyderabad (Telangana) 1-2 to 3-3-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.) 31-5-2024 to 1-7-2024 Dhamma Khetta, Hyderabad (Telangana) 31-12-2024 to 31-1-2025 Dhamma Khetta, Hyderabad (Telangana

45-day 1-1 to 16-2-2023 Dhamma Sindhu, Mandvi-Kutch (Guj.) 3-2 to 21-3-2023 Dhamma Thalī, Jaipur Dhamma Bodhi, Bodhgaya, (Bihar) 9-2 to 27-3-2023 Dhamma Sindhu, Mandvi-Kutch (Guj.) 19-2 to 6-4-2023 Dhamma Patthāna, Sonepat, (Haryana) 28-2 to 15-4-2023 Dhamma Tapovana-II Igatpuri 6-3 to 21-4-2023 6-5 to 21-6-2023 Dhamma Tapovana-I Igatpuri 31-5 to 16-7-2023 Dhamma Khetta, Hyderabad (Telangana) Dhamma Tapovana-I Igatpuri 18-7 to 2-9-2023 Dhammālaya, Kolhapur 26-8 to 11-10-2023 1-9 to 16-10-2023 Dhamma Sindhu, Mandvi-Kutch (Guj.) 3-10 to 18-11-2023 Dhamma Tapovana-II Igatpuri 21-10 to 6-12-2023 Dhamma Paṭṭhāna, Sonepat, (Haryana) 26-10 to 11-12-2023 Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.) 27-10-2023 to 12-12-2023 Dhamma Vāhinī, Titwala 15-11 to 31-12-2023 Dhammapāla, Bhopal (M.P.) Dhamma Sindhu, Mandvi-Kutch (Guj.) 10-12-2023 to 25-1-2024 14-12-2023 to 29-1-2024 Dhamma Tapovana-I Igatpuri 14-12-23 to 29-1-2024 Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.) 15-12-23 to 30-1-2024 Dhamma Ambikā, South Gujarat 1-2 to 18-3-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)

60-day 17-12 to 16-2-2023 Dhamma Tapovana-II Igatpuri Dhamma Tapovana-II Igatpuri 30-7 to 29-9-2023 5-10 to 5-12-2023 Dhamma Tapovana-I Igatpuri 12-12-2023 to 11-2-2024 Dhamma Tapovana-II İgatpuri

31-5-2024 to 16-7-2024

Dhammananda, Pune

Dhamma Khetta, Hyderabad (Telangana)

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, Pune vipassana centre, near Markai Village, 8 km. from Alandi, (No admission without confirmation). 10-day: (Only for Hindi, Marathi, Students) 14 to 25-1, 11 to 22-2, 11 to 22-3, 8 to 19-4, 13 to 24-5, 10 to 21-6, 8 to 19-7, 12 to 23-8, 9 to 20-9, 14 to 25-10, 9 to 20-12. (Only for Hindi, English, Students) (Only for Old Students 28-1 to 8-2), 25-3 to 5-4, 22-4 to 3-5, 27-5 to 7-6, 24-6 to 5-7, 22-7 to 2-8, 26-8 to 6-9, 23-9 to 4-10, 28-10 to 8-11, 25-11 to 6-12, 23-12 to 3-1-2024. #ST: 25-2 to 5-3, (Only for Hindi, English, Students) 15 to 23-11. 3-day: 5 to 8-1, 3 to 6-8, Contact: Pune Vipassana Samiti, Email: info@ananda.dhamma.org Tel: (020) 2446-8903, 2446-4243, Tel/Fax: 2446-4243,

Dhamma Puṇṇa, 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 1 to 12-1, 5 to 16-2, 5 to 16-3, 2 to 13-4, 4 to 15-6, 2 to 13-7, 6 to 17-8, 1 to 12-10, 28-10 to 8-11, 3 to 14-12, Only for Hindi, Marathi, Students 15 to 26-1, 19-2 to 2-3, 19 to 30-3, 16 to 27-4, 18 to 29-6, 16 to 27-7, 20 to 31-8, 17 to 28-9, 15 to 26-10, 19 to 30-11, 17 to 28-12, #ST: Only for Hindi,

Marathi, Students» 3 to 11-9, 3-day: 26 to 29-1, 27 to 30-4, 27 to 30-7, 15 to 18-11. Teenagers' Course: (Boys) 7 to 15-5, (Girls) 21 to 29-5, 1-day: Every Month First and Third Saturady 8:30 am to 4:00 pm, # 2-day Children Course: (Only Boys 12 to 18 yrs) 16 to 17-5, (Only Girls 12 to 18 yrs) 19 to 20-5, # 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, Vaijapur Road Aurangabad431003.Tel: (0240) 2040444, Contact: Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org, 10-day: 4 to 15-1, 18 to 29-1, 1 to 12-2, 15 to 26-2, 1 to 12-3, 15 to

26-3, 29-3 to 9-4, 12 to 23-4, 26-4 to 7-5, 10 to 21-5, 24-5 to 4-6, 7 to 18-6

Dhamma Sarovara, Dhule

Khandesh Vipassana Centre, near Dedargaon Water Purification Centre, Post Tikhi, Dist. Dhule, 424002. (No admission without Centre, Fost Tilki, Jost. Dittle, 424002. (No admission Without confirmation. Dhule – Hendrun Bus is available from Dhule Bus Stand every hourse 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: 1 to 12-1, 16 to 27-1, 19-2 to 2-3, 5 to 16-3, 2 to 13-4, 16 to 27-4, 30-4 to 11-5, 14 to 25-5, 28-5 to 8-6, 11 to 22-6, 9 to 20-7, 23-7 to 3-8, 19 to 30-8, 3 to 14-9, 1 to 12-10, 13 to 24-10, 26-10 to 6-11, 10 to 21-12, #ST: 23-3 to 1-4, 25-6 to 4-7, 5 to 14-8, 20 to 29-9, 2-day: 17 to 19-3, 5 to 7-7, 1-Day: 1-1, 5-3, 2-4, 14-5, 9-7, 10-12, # 1-Day Children Course: 29-12, 30-12, 2023 29-1, 13-5, 17-9, 8-11, 9-11,

∞ Gratitude Course: 2 to 17-2, Spaishal 10-day: 24-12 to 4-1-2024,

© Long Courses: 20-day: 17-11 to 8-12, 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: (Only male)» (Only Female)» #ST:

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: (Hindi/ English speaking students only) 4 to 15-1, 18 to 29-1, 25-2 to 8-3, 29-3 to 9-4, 12 to 23-4, 3 to 14-5, 10 to 21-6, 24-6 to 5-7, 12 to 23-7, 26-7 to 6-8, 9 to 20-8, 12 to 23-10, 28-10 to 8-11, 15 to 26-11, 29-11 to 10-12, 13 to 24-12, #ST: (Hindi/English speaking students only) 20 to 29-1, 1 to 9-4, 5 to 14-5, 26-6 to 5-7, 11 to 20-8, 30-10 to 8-11, 15 to 24-12, 3-day: (Hindi/English speaking students only) 19 to 22-2, 23 to 26-3, 24 to 27-4, 6 to 9-7, 2-day: 25 to 27-10, Teenagers' Course: (Boys) 17 to 26-5, (Girls) 31-5 to 7-6, 1-day: 16-1, 23-2, 9-3, 10-4, 28-4, 24-7, 7-8, 27-11, 11-12, # Children Course: 28 to 29-12, Dhamma Servers Workshop: 27 to 28-11, Gratitude Course: 2 to 17-2-2023

 ∞ Long Courses: 20-day: 26-8 to 16-9, 30-day: 26-8 to 26-9, 45-day: 26-8 to 11-10

Dhamma Sugandha: Bhose (Sangali)

Dhamma Sugandha, Sangli Vipassana Meditation Center, Gat no 564, Talav road, Near Yellma Temple, Khamkar wadi, Bhose, 416420 tahsil. Miraj, Dist. Sangli. For online registration: https:// schedule.vridhamma.org/courses/sugandha, Contact: 1) Dr.Amit Patil, Mo. 9222161236, 2) Suniel Chaugule, Mo. 94038419432, 3) Sanjay Chaugule, Mo. 7249711008, Email: info@sugandha. dhamma.org , sanglivipassana@gmail.com, 10-Day: (Hindi Marathi) 1 to 12-1, 15 to 26-1, 5 to 16-2, 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 18 to 29-6, 2 to 13-7, 16 to 27-7, 6 to 17-8, 20 to 31-8, 3 to 14-9, 17 to 28-9, 30-9 to 11-10, 12 to 23-10, 27-10 to 7-11, 19 to 30-11, 3 to 14-12, 17 to 28-12, #ST: (Hindi Marathi) 7 to 16-3, 19 to 28-9, 3-Day: (Hindi Marathi) 26 to 29-1, 27 to 30-4, 27 to 30-7, 28 to 31-12, For One day: https://sugandha.dhamma.org/oneday.php

Dhamma Nāga, Nagpur

Nagpur Vipassana Centre, Mahurjhari Village, near Nagpur-Nagpur vipassana Cente; Maintiplian vinege, 1881 — 1897 — Kalmeshwar Road. Contact: Mob. 9370990771, 9423403294, 9403870195, 9422182336, Email:info@naga.dhamma.org(No admission without confirmation) 10-day: 4 to 15-1, 18 to 29-1, 22-2 to 5-3, 15 to 26-3, 12 to 23-4, 31-5 to 11-6, 14 to 25-6, 28-6 to 9-7, 12 to 23-7, (Male Old Students Only 26-7 to 6-8), 9 to 20-8, 23-8 to 3-9, 6 to 17-9, 20-9 to 1-10, 4 to 15-10, 18 to 29-10, 1 to 12-11, 15 to 26-11, 29-11 to 10-12, 13 to 24-12, #ST: 28-3 to 5-4, 25-4 to 3-5, 25-12 to 2-1-2024, 3-Day: 6 to 9-4, 25 to 28-5, 1-Day: 15-1, 29-1, 5-3, 26-3, 23-4, 5-5, 11-6, 25-6, 9-7, 23-7, 20-8, 3-9, 17-9, 1-10, 15-10, 29-10, 12-11, 26-11, 10-12, 24-12, Teenagers' Course: (Girls) 7 to 15-5, (Boys) 17 to 25-5, AT Workshop: 7 to 11-3,

Gratitude Course: 2 to 17-2-2023 Spaishal 10-day: 26-7 to 6-8, Contact: (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smruti Bhawan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

Dhamma Sugati, Sugatanagar

Upassana Sadhana Kendra, Sugata Nagar, Nagpur 440 014, 10-day: (Male and Female) 4 to 15-1, 1 to 12-2, 1 to 12-3, 19 to 30-4, 14 to 25-6, 5 to 16-7, (Only Female 2 to 13-8, 6 to 17-9,), (Only Male 3 to 14-10), #ST: 21 to 29-7, 8 to 16-12, Teenagers' Course: (Boys) 8 to 16-5, 23 to 31-12, (Girls) 20 to 28-5, 15 to 23-11, 1-Day: 1-1, 15-1, 30-1, 12-2, 19-3, 5-5, 2-7, 13-8, 29-9, # 3-Day Children Course: (only Girls 12 to 15 yrs) 1 to 3-6, (only Boys 12 to 15 yrs) 27 to

29-6, # Children Course: (8 to 12 yrs boys and Girls) 22-1, 17-9 29-10, Group Sitting: » every Sunday 8 to 9 am. and 14-4, 14-10, 6-12, Children Anapana: » every Sunday 8 to 9, Anapana Sadhna: » (Non-Meditator 10 Minutes Anapaan Sadhna: Every Sunday 8 am.) Contact: 1) Mr. Kamlesh Chahande, Mob. 9373104305, 2) Mr. Ramdas Bhaskar, Mob. 9921503273.

Dhamma Malla, Yavatmal

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pinpalgaon, Yavatmal - 445001. Contact: 1. Mr. Gadling, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475. **10-day:** 2 to 13-1, 22-2 to 5-3, 15 to 26-3, 1 to 12-4, 19 to 30-4, 18 to 29-5, 16 to 27-6, 4 to 15-7, 19 to 30-7, 16 to 27-8, 2 to 13-10, 26-10 to 6-11, 16 to 27-11, 30-11 to 11-12, #ST: 17 to 25-1, 2 to 10-9, 3-day: 7 to 10-3, 16 to 19-9, 1-day: 1-1, 30-1, 5-5, 2-7, 29-9, 15-10, 31-12, Teenagers' Course: (Girls) to 15-5, (Boys) 3 to 11-6, 2-day Children Course: (Boys Only) 16 to 18-12, (Girls Only) 23 to 25-12, Children Course: 15-1, 19-2, ∞ Gratitude Course: 2 to 17-2, 16-4, 30-7,

Spaishal 10-day: 2 to 13-8,

Dhamma Gond, Gondia (Ozatola)

Dhamma Gond Vinassana Centre, Gondia Ta and Dist. Gondia 441601, Contact: 9421796656, 8669038011, 9921395006, 9764835035, Contact: 1) Mr. Brahmanand Shahare, Mob. 8698797834, 2) Mr. Hemant Raut, Mob. 9637836487, 10-day: (Only for Bhikkhu and Male Students 4 to 15-1, 18 to 29-1,) 1 to 12-2, 15 to 26-2, 1 to 12-3, 22-3 to 2-4, 26-4 to 7-5, 31-5 to 11-6, 14 to 25-6, 28-6 to 9-7, 19 to 30-7, 2 to 13-8, 16 to 27-8, 13 to 24-9, 4 to 15-10, 18 to 29-10, 22-11 to 3-12, 6 to 17-12, 20 to 31-12, #ST: 15 to 23-4, 1 to 9-9, Teenagers' Course: (Boys) 10 to 18-5, (Girls) 20 to 28-5, 3-Day: 16 to 19-3, 6 to 9-4, 13 to 16-7, 29-9 to 2-10, 2 to 5-11, 1-Day: 26-2, 25-6, 27-8, 29-10, 31-12, # Children Course 3-day: (only Boys) 8 to 11-11, (only Girls) 13 to 16-11, # Children Course: 15-1, 12-2, 12-3, 2-4, 7-5, 11-6, 9-7, 13-8, 10-9, 15-10, 3-12, Pali Workshop № 11 to 13-4,

Rohnagaon: (Pavani Bhandara): 10-day \$18 to 29-1, 8 to 19-3, 19 to 30-4, 10 to 21-5, 7 to 18-6, 5 to 16-7, 23-8 to 3-9, 13 to 24-9, 4 to 15-10, 1 to 12-11, 13 to 24-12, #ST: 11 to 19-2, 3-day: 7 to 10-2, 15 to 18-4, 9 to 12-9, 9 to 12-12, **1-day:** 19-2, 19-3, 24-9, **At:** Managing by vishuddhimaggo Vipassana Charitable Trust, Dhammapavan Vipassana centre Rohnagaon (Pavani), Dist. Bhandara. Contact: 1) Shailesh kambale: 9923268962, 2) Mr. Madhav Ramteke: 98289 96378, 92233-49183

Chitki: (Wardha) Dhamma Kuti Vipassana Kendra, chitki, Pulgaon, Po. Kavtha, Ta. Devali, Dist: Wardha, (MS) 10-day: 14 to 25-1, 12 to 23-3, 12 to 23-10, 15 to 26-11, 17 to 28-12, #ST: 19 to 27-2, Contact: 1. Shri Khandare, Mob. 7057690930, Shri Sudhir Thavare, Mob. 9975769018.

Dhamma Bhandāra, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) 10-day: 4 to 15-1, 1 to 12-2, 8 to 19-3, 22-4 to 3-5, 28-6 to 9-7, 30-8 to 10-9, 13 to 24-12, #ST: 31-3 to 8-4, 3-Day: 4 to 7-3, 27 to 30-7, 13 to 16-8, **2-Day:** 17 to 19-2, 30-9 to 2-10, 25 to 27-11, 1-Day: 15-1, 29-1,12-2, 19-3, 30-4, 5-5, 28-5, 4-6, 25-6 9-7, 23-7, 27-8, 10-9, 24-9, 15-10, 29-10, 19-11, 3-12, # Children Course: 22-1, 19-2, 26-3, 9-4, 23-4, 7-5, 21-5, 11-6, 18-6, 16-7, 20-8 7-9, 22-10, 26-11, Dhamma Sammelan: 5-11-23, DhammaSevak Workshop: 25 to 26-2-2023, Children Course Workshop: 25 to 26-2-2023, **Group Sitting:** Daily 8 to 9 am and 6 to 7 pm

Special 10-day: 4 to 15-10-2023, संपर्क: Choureji,, 9890441071 Vinodji, 9422833002, Saluja, 09423673572,

Dhamma Vasudhā, Hivra (Wardha)

Vipassana Centre, Hivara, Post Zadshi, Tal Selu, Dist. Wardha, Email: dhammavasudha@gmail.com Contact: 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738. 10day: 26-10 to 6-11, 20-11 to 1-12, #ST: 10 to 18-3, 4 to 12-12, 3-day: 27 to 30-9, 1-day: 5-5, 3-7,

Dhamma Anākula, Akola

Vipassana Sadhana Kendra, Khaperkehda Phata, Telhara-444108 Dist Akola Email: info.anakula.@vridhamma.org, Website: www.anakula.dhamma.org, Mob. 9421156138, 9881204125, 9421833060, online Aply: https://www.dhamma.org/en/schedules/ v2/schanakula#normal, Email: info.anakula@vridhamma.org, 10day: 4 to 15-1, 18 to 29-1, 22-2 to 5-3, 8 to 19-3, 5 to 16-4, 19 to 30-4, 10 to 21-5, (only for old Students 14 to 25-6.) 5 to 16-7, 19 to 30-7, 2 to 13-8, 16 to 27-8, 30-8 to 10-9, 18 to 29-9, 17 to 28-10, 31-10 to 11-11, 15 to 26-11, 29-11 to 10-12, 13 to 24-12, #ST: 22 to 30-3, 6 to 14-10, 3-day: 3 to 6-5, 28-6 to 1-7, 28 to 31-12, 2-day: 13 to 15-9, 1-day: 15-1, 19-2, 19-3, 7-5, 21-5, 2-7, 30-7, 29-9, 26-11, 24-12, Teenagers' Course: (Girls) 24-5 to 1-6, (Boys) 4 to 12-6, # Children Course: 29-1, 5-3, 16-4, 30-4, 16-7, 27-8, 10-9, 10-12, Dhamma Sevak Workshop: 1 to 3-10, Gratitude Course: 2 to 17-2-2023, Contact: 1) Vipassana Charitable

Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970

Kotamba (Yavatmal): 10-day: (Male and Female № 8 to 19-1 7 to 18-2, 16 to 27-4, 14 to 25-5, 11 to 22-6, 20 to 31-8, 8 to 19-10, 29-10 to 9-11, 16 to 27-11, 10 to 21-12, (Only Female) 16 to 27-7, 17 to 28-9, #ST: 19 to 27-3, 1-day: Every Sunday: 8 am to 3 pm Contact: Vipassana Prachar Samiti, Kotamba, Tal. Bab-ulgaon, Dist. Yavatmal-445001. M. 9822896453, 9067788418, 9860328804, 9890429314, 9175622575

Patur (Akola): Vipassana Sadhana Prasar Kendra Shirla, Patur, Dist- Akola, 444501, 10-day: (Female only) 8 to 19-2, 24-3 to 4-4, 19 to 30-6, 4 to 15-8, 1 to 12-10, 22-12 to 2-1, (male Only) 16 to 27-1, 9 to 20-3, 17 to 28-4, 10 to 21-7, 29-10 to 9-11, #ST: (Female only) 18 to 26-11, (male Only) 4 to 12-9, 1-day: Every month Second Sunday, # Children Course: (12 to 17 yer) Every month Third Sunday, Contact: 1) Mr. Jaggannath Gawai, Mob.

7775928290, 2) Mrs. Jyotitai Vankhede, Mob. 9921998803.

Dhamma Jalgaon, Jalgaon

Vipassana Centre, Gat No. 99/1+2, Maitri Hills, Ajintha Road, Umala gaon, Tal. Dist: Jalgaon-425001, Tel: (0257) 2229477, online registration www.jalgaon.dhamma.org, Email: dhammajalgaon@ gmail.com, Mob. 9422292161, Contact: Mr. Subhasha Talreja, Mob. 75884-36222, 75880-09584, 10-day: (only male) 1 to 12-1, 5 to 16-2, 5 to 16-3, 2 to 13-4, 7 to 18-5, 4 to 15-6, 2 to 13-7, 6 to 17-8, 3 to 14-9, 1 to 12-10, 5 to 16-11, 3 to 14-12, (only female) 15 to 26-1,19-2 to 2-3, 19 to 30-3, 16 to 27-4, 18 to 29-6, 16 to 27-7, 20 to 31-8, 17 to 28-9, 15 to 26-10, 19 to 30-11, 17 to 28-12, #ST: (only male 27-4 to 6-5, (only female 27-7 to 5-8, 3-Day: (only male 31-1 to 3-2, 25 to 28-5, 31-10 to 3-11, (only female 27 to 30-1, 21 to 24-5, 27 to 30-10, Contact: 7588436222, 8421532276.

Dhamma Ajaya, Chandrapur

Vipassana Meditation Centre, At - Ajaypur, Po. - Chichpalli, Mul Road, Chandrapur, Online Registration :- Website:- www. или кова, Chandrapur, Online kegistration: Website: www. ajaya.dhamma.org, Email: dhammaajaya@gmail.com, 10-day: Contact: 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 9226137722, 2) Mr. Gautam Chikate, Mobile: 9421812541, 9422506476, 10-day: 5 to 6 to 17-5, 31-5 to 11-6, 15 to 26-6, 16 to 27-7, 31-7 to 11-8, 20 to 31-8, 3 to 14-9, 18 to 29-9, 4 to 15-10, 6 to 17-11, 22-11 to 3-12, 20 to 31-12, #ST: 5 to 13-7, 8 to 16-12, 3-day: 7 to 10-4, 29-6 to 2-7, 13 to 16-8, 1-Day Megha: 19-1, 5-5, 3-7, 29-9, 1-day: 19-2, 22-3, 16-8, 6-11, 31-12, # Children Course: (Only Girls 12 to 15 yer) 21 to 24-5, (Only Boys 12 to 15 yers) 25 to 28-5, Dhamma Sevak Workshop: 30-4 Gratitude Course: 2 to 17-2. to 1-5.

Special 10-day: 20 to 31-10,

Ballapur (Chandrapur): 10-day: 11 to 22-1, 22-2 to 5-3, 15 to 26-3, 31-5 to 11-6, 22-6 to 2-7, 12 to 23-7, 23-8 to 3-9, 17 to 28-9, 18 to 29-10, 22-11 to 3-12, 13 to 24-12, #ST: 25-4 to 3-5, 3-day: 5 to 8-3, 13 to 16-8, 1-day: 1-1, 30-1, 5-2, 19-3, 2-4, 5-5, 11-6, 3-7, 29-9, 29-10, 20-11, # 2-day Children Course: (Boys only 10 to 15 yer) 6 to 8-5, 14 to 16-11, (only Girls 10 to 15 yer) 9 to 11-5, 17 to 19-11, **Dhamma Workshop**: 8-1, (10 am to 5 pm) **Place**: Anupam Charitable Trust, Yenbodi Po. Kothari Tal. Ballapur, Dist. Chandrapur - 442701, **Contact: 1) shri Vasant Dhoke, Mob.** 9423503514, 7875330276, 2) Shri. Manohar Phuljhele, Mob. 8551987943

Dhamma Padesa, Pali, Ratnagiri,

Konkan Vipassana Meditation Centre, Pali, Ratnagiri, Maharashtra, Contact: 1. Mr. Dharmapal, Mob. 9405111373, 2. Mr. Prashant, Mob. 8087731901, 3. Mr. Bansode, Mob. 9421171198. Email: dhammapadesh@gmail.com Email: vipassana.01mahad@gmail. com 10-day: (Female Hindi, Marathi, speaking Students)» 1 to 12-1, 2 to 13-4, 20 to 31-8, 19 to 30-11, (Female Hindi, English, speaking Students)» 18-2 to 1-3, 21-5 to 1-6, 1 to 12-10, (Male Hindi, English, speaking Students)» 15 to 26-1, 4 to 15-3, 16 to 27-4, 4 to 15-6, 8 to 19-7, 6 to 17-8, 17 to 28-9, 3 to 14-11, 17 to 28-12, (Male Hindi, Marathi, speaking Students)» 4 to 15-2, 19 to 30-3, 7 to 18-5, 18 to 29-6, 23-7 to 3-8, 3 to 14-9, 21-10 to 1-11, 2 to 13-12, 3-Day: (Hindi, English, speaking Students)» 16 to 19-10, 2-Day: (Hindi, English, speaking Students)» 3 to 5-5, 1 to 3-7, 1-Day: 29-1, 18-3, 30-4, 19-8, 29-9, 18-11, 30-12,

NORTH INDIA

Dhamma Thalī, 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, 10-day: 4 to 15-1, 17 to 28-1, 26-3 to 6-4, 9 to 20-4, 23-4 to 4-5, 7 to 18-5, 21-5 15-1, 17 to 28-1, 26-3 to 6-4, 9 to 20-4, 23-4 to 4-5, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 18 to 29-6, 2 to 13-7, 16 to 27-7, 30-7 to 10-8, 13 to 24-8, 27-8 to 7-9, 10 to 21-9, 23-9 to 4-10, 15 to 26-11, 29-11 to 10-12, 21-12-2023 to 1-1-2024, #ST: 28-3 to 5-4, 6 to 14-6, 18 to 26-7, 12 to 20-12, # Children Course: 26-3, Dhamma Utsav: 29-1, Dhamma Sevak Workshop: 23 to 25-3, CCT Workshop: 23 to 26-3,

Special 10-day: 9 to 20-4, 18 to 29-6, 29-11 to 10-12, ∞ Long Course: 20-day: 3 to 24-2, 8 to 29-10, 30-day: 3-2 to 6-3, 8-10 to 8-11, 45-day: 3-2 to 21-3,

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. Contact: 1) Ravi Toshniwal, Email: dhammapushkar@gmail.com Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275, 10-day: 26-1 to 6-2, 8 to 19-2, 22-2 to 5-3, 8 to 19-3, 22-3 to 2-4, 5 to 16-4, 19 to 30-4, 3 to 14-5, 14 to 25-6, 28-6 to 9-7, 16 to 27-8, 21-9 to 2-10, 4 to 15-10, 18 to 29-10, 20 to 31-12, 10-day: Old Students Only 8 to 19-3, #ST: 31-10 to 8-11, Teenagers' Course: (Boys) 3 to 11-6, # Children Course: 31-8 to 3-9, Special 10-day: 8 to 19-9, ∞ Long Course: 20-day: 13-7 to 3-8, 16-11 to 7-12, 30-day: 13-7 to

13-8, 16-11 to 17-12

Dhamma Marudhara, Jodhpur, Rajasthan

Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, - Chaupsani Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: info@marudhara.dhamma.org, 10-day: 2 to 13-1, 15 to 26-1, 30-1 to 10-2, 22-2 to 5-3, 10 to 21-3, 24-3 to 4-4, 8 to 19-4, 23-4 to 4-5, 10 to 21-6, 5 to 17-7, 20 to 31-7, 18 to 29-8, 21-9 to 2-10, 6 to 17-10, 26-10 to 6-11, 17 to 28-11, 30-11 to 11-12, #ST: 28-5 to 5-6, 9 to 17-9, 22 to 30-12, 3-Day: 12 to 15-2, 6 to 9-5, 2 to 5-9, Teenagers' Course: (Boys) 24-6 to 2-7, (Girls) 5 to 13-8, # Children Course 3-day: (13 to 16 yer) 20 to 22-10, Contact: 1) Mr. Nemichand Bhandari, Email: dhamma.maroodhara@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, info@pubbaja.dhamma.org, Contact: 1) Mr. SP Sharma, Mob. 07627049859, 2) Mr. Suresh Khanna, Mob. 094131-57056, 9887099049, Whatsapp Only) 10-day: 4 to 15-1, 19 to 30-1, 22-2 to 5-3, 10 to 21-3, 2 to 13-4, 16 to 27-4, 21-6 to 2-7, 5 to 16-7, 19 to 30-7, 2 to 13-8, 17 to 28-8, 21-9 to 2-10, 5 to 16-10, 25-10 to 5-11, 16 to 27-11, 30-11 to 11-12, #ST: 30-4 to 8-5, 7 to 15-9, 22 to 30-12, 3-Day: 25 to 28-3, 1 to 4-9, Teenagers' Course: (Girls) 26-5 to 3-6, (Boys) 6 to 14-6, # Children Course 3-day: (only Boys 13 to 16 yrs) 16 to 18-6, (only Girls 13 to 16 yrs) 20 to 22-10, ∞ Gratitude Course: 2 to 17-2,

Special 10-day: 20 to 31-12.

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 Ballabhgarh.] **10-day**: 4 to 15-1, 18 to 29-1, 1 to 12-2, 15 to 26-2, 1 to 12-3, 15 to 26-3, 5 to 16-4, 19 to 30-4, 3 to 14-5, 17 to 28-5, 7 to 18-6, 21-6 to 2-7, 5 to 16-7, 19 to 30-7, 2 to 13-8, 16 to 27-8, 6 to 17-9, 20-9 to 1-10, 4 to 15-10, 18 to 29-10, 1 to 12-11, 15 to 26-11, 6 to 17-12, 20 to 31-12. Contact: Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Paṭṭhāna, Sonepat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonepat, Haryana, Pin-131001. Mob. 09991874524, Email: reg. dhammapatthana@gmail.com #ST: 5 to 13-1, 18 to 26-1, 1 to 9-2, 14 to 22-2, 15 to 23-5, 4 to 12-7, 10 to 18-10, 23 to 31-12. AT WorkShop: 2 to 5-10, Dhammasevak Workshop: 6 to 7-10,

Special 10-day: 14 to 25-7, 9 to 20-12,

 ∞ Long Course: 20-day: 19-4 to 10-5, 1 to 22-8, 30-day:- 28-2 to 31-3, 28-5 to 28-6, 28-8 to 28-9, 45-day: 28-2 to 15-4, 21-10 to 6-12, Contact: same as Dhamma Sota

Dhamma Kāruņika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjipura Road, Near Goverment School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: reg.dhammakarunika@gmail. com, Contact: 1) Mr Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, 10-day: 11 to 22-1, 25-1 to 5-2, 8 to 19-2, 22-2 to 5-3, 8 to 19-3, 22-3 to 2-4, 12 to 23-4, 26-4 to 7-5, 10 to 21-5, 28-6 to 9-7, 12 to 23-7, 26-7 to 6-8, 9 to 20-8, 23-8 to 3-9, 13 to 24-9, 27-9 to 8-10, 11 to 22-10, 25-10 to 5-11, 22-11 to 3-12, 13 to 24-12, 27-12 to 7-1-2024. #ST: 11 to 19-11, Teenagers' Course: (Boys) 27-5 to 4-6, Teenagers' Course: (Girls) 10 to 18-6,

Dhamma Hitakārī, Rohtak (Harvana)

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

Dhamma Dhaja, Hoshiarpur (Punjab)

Punjab Vipassana Trust, Village Anandgarh, P. O. Mehlanwali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 2451-143488. Email: info@dhaja.dhamma.org, 10-day: 4 to 15-1, 18 to 29-1, 1 to 12-2, 15 to 26-2, 1 to 12-3, 15 to 26-3, 5 to 16-4, 19 to 30-4, 3 to 14-5, 17 to 28-5, 7 to 18-6, 21-6 to 2-7, 5 to 16-7, 19 to 30-7, 2 to 13-8, 16 to 27-8, 6 to 17-9, 20-9 to 1-10, 4 to 15-10, 18 to 29-10, 15 to 26-11, 6 to 17-12, 20 to 31-12. #ST: 1 to 9-11.

Dhamma Sikhara, Dharamshala (H.P.)

Himachal Vipassana Kendra, Dharamkot, McLeodganj, Dharamshala-176219, Dist. Kangra. Email: info@sikhara. dhamma.org Tel: 09218514051, 09218414051, (Registration over phone between 4 to 5 pm) 10-day: 2023 every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's) #ST: 2023» 20 to 28-3, 15 to 23-11, 3-day: 2023» 24 to 27-11,

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: Every month 1 to 12 and 16 to 27 (Except #ST: Course) #ST: 16 to 24-3, 16 to 24-8, 16 to 24-11. 3-day: 25 to 28-3, 25 to 28-8, 25 to 28-11, **2-day:** 27 to 29-1, 12 to 14-5, 27 to 29-10, **Group Sitting**: every Sunday from 9 am. **1-day**: every Fourth Sunday. Email: info@ladakh.in.dhamma.org; lvisuddha@yahoo.

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; 10-day: 25-1 to 5-2, 8 to 19-2, 22-2 to 5-3, 15 to 26-3, 29-3 to 9-4, 12 to 23-4, 26-4 to 7-5, 10 to 21-5, 24-5 to 4-6, 7 to 18-6, 21-6 to 2-7, 5 to 16-7, 19 to 30-7, 2 to 13-8, 16 to 27-8, 13 to 24-9, 27-9 to 8-10, 11 to 22-10, 15 to 26-11, 29-11 to 10-12, 13 to 24-12, #ST: 14 to 22-1, 1 to 9-9, 1 to 9-11, 3-day: 10 to 13-3, 26 to 29-10, 27 to 30-12, Contact: 1) Mr. Bhandari, Tel: (0135) 2104555, 07078398566, Fax: 271-5580

Dhamma Lakkhaṇa, Lucknow (U.P.)

Lucknow Vipassana Centre, Asti Road, Railway Crossing, Bakshi ka Talab, Lucknow 227 202. Email: info@lakkhana.dhamma.org Tel: (0522) 296-8525, Mob. 97945-45334, 9453211879, 10-day: 4 to 15-1, 19 to 30-1, 19-2 to 2-3, 4 to 15-3, 4 to 15-4, 19 to 30-4, 4 to 15-5, 19 to 30-5, 4 to 15-6, 19 to 30-6, 4 to 15-7, 4 to 15-8, 19 to 30-8, 4 to 15-9, 4 to 15-10, 19 to 30-10, 4 to 15-11, 19 to 30-11, #ST; 22 to 29-3, 19 to 27-9, 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 Course: (8 to 12 yrs Boys, and Girls) 18 to 20-3, Special 10-day: 19 to 30-7, ∞ Gratitude Course: 2 to 17-2, ∞ Long Courses: 20-day: 4 to 25-12, 30-Day: 2-10 to 2-11-2023, 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 Suvatthī, Sravasti (U.P.)

Jetavana Vipassana Meditation Centre, Katra Bypass Road, Opp Buddha Inter College, Sravasti 27,1845. Email: info@suvatthi. dhamma.org, Tel: (05252) 265-439; Mob. 93358-33375. 10-day: Contact: 1. Mob. 094157-51053, 2. Murli Manohar, Mob. 094150-

Dhamma Cakka, Sarnath (U.P.)

Vipassana Sadhana Kendra, Village Khargipur, Post. Piyari, Chaubeypur, Sarnath, Varanasi. Email: info@cakka.dhamma.org Mob. 09307093485, 09936234823, (for autorickshaw from Sarnath Museum, fare Rs. 100/-), **10-day**: 3 to 14-1, 18 to 29-1, 3 to 14-2, 17 to 28-2, 20 to 31-3, 18 to 29-4, 3 to 14-5, 18 to 29-5, 3 to 14-6, 18 to 29-6, 3 to 14-7, 18 to 29-7, 3 to 14-9,18 to 29-9, 3 to 14-10, 18 to 29-10, 20 to 31-12, 3-day: 3 to 6-3, 28 to 31-8, # ST: 10 to 18-3, 1 to 9-11, 1-day: 15-1, 29-1, 5-5, 30-7, 27-8, 17-9, 29-10, 31-12, Children Course: 16-4, 30-4, 16-5, 16-7, 15-10,

∞ Long Courses: 20-day: Special 10-day: 3 to 14-4. 3 to 24-8, 30-day: 15-11 to 16-12, Contact: Manju Agrawal, Email: manju.ag4@gmail.com. Mob. 09936691000.

Dhamma Kalvāna, 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, 20-3 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, Teenagers' Course: (Girls) 24-5 to 1-6, 1-Day: Every month Fourth Sunday.

10 am to 5 pm, # Children Course 3-day: 1 to 4-6,

10 Day Special: 20-11 to 1-12, '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. +919415277542. Email: dhammakaaya.vskk@gmail.com; 10-day: Every month 1 to 12 and 16 to 27. **Contact:** 1. Dr. Vimalkumar Modi, C/o Aarogya Mandir,

Gorakhapur-273003, 2. Mob. 9935599453, 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: 4 to 15-1, 18 to 29-1, 1 to 12-2, 15 to 26-2, 1 to 12-3, 15 to 26-3, 5 to 16-4, 19 to 30-4, 3 to 14-5, 17 to 28-5, 7 to 18-6, 21-6 to 2-7, 5 to 16-7, 19 to 30-7, 2 to 13-8, 16 to 27-8, 6 to 17-9, 20-9 to 1-10, 4 to 15-10, 18 to 29-10, 15 to 26-11, 6 to 17-12, 20 to 31-12, #ST: 1 to 9-11, 3-day: 30-3 to 2-4, 1 to 4-6, 30-11 to 3-12

Dhamma Licchavī, Muzaffarpur (Bihar)

Dhamma Licchavi Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzzaffarpur 843113. Tel: 7779842059, 8935963703, Email: info@ licchavi.dhamma.org 10-day: 5 to 16-1, 19 to 30-1, 14 to 25-2, 9 to 20-3, 22-3 to 2-4, 5 to 16-4, 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, 5 to 16-10, 19 to 30-10, 5 to 16-11, 23-11 to 4-12, 5 to 16-12, 19 to 30-12, 5 to 16-1-2024, 19 to 30-1-2024, #ST: 26-2 to 6-3, Contact: Rajkumar Goenka, Tel: (0621) 224-0215,

Dhamma Upavana, Baracakiya, (Bihar)

Baracakiya - 845412, East Champaran Bihar, Contact: 9431245971, 9934430429, 6204814341, Email: dhammaupavan@gmail.com, 10day: 2023 every month 3 to 14 and 17 to 28,

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: registration.bodhi@vridhamma.org, Website: www.bodhi.dhamma.org, Long course Email: bodhi.longcourse@gmail.com Contact: 99559-11556. 10day: 12 to 23-1, 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, #ST: 26-1 to 3-2, 18 to 26-10,

Special 10-day: 6 to 17-10,

 Long Courses: 20-day: 1 to 22-8, 6 to 27-10, 30-day: 9-2 to 12-3, 1-8 to 1-9, 45-day: 9-2 to 27-3,

Nalanda (Bihar): 10-day: 2023 January to December Every Month 2 to 13, Place: Near Navnalanda 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 Pātliputta Patna (Bihar)

Vipassana Center, Meditation Block, Buddha Smriti Park, Near Patna Junction, Patna - 800001, Bihar, India, Contact: Mobile: +91 6205978822, E-mail: info@patna.in.dhamma.org, Website: http://www.pataliputta.dhamma.org, 10-Day; 3 to 14-1, 17 to 28-1, 17 to 28-2, 3 to 14-3, 17 to 28-3, 3 to 14-4, 17 to 28-4, 3 to 14-5, 17 to 28-5, 3 to 14-6, 17 to 28-5, 3 to 14-6, 17 to 28-7, 3 to 14-8, 17 to 28-8, 3 to 14-9, 17 to 28-9, 3 to 14-10, 17 to 28-10, 3 to 14-11, 17 to 28-11, 3 to 14-1-2024, 17 to 28-1, 17 to 28-2, #ST: 17 to 25-6, Teenagers' Course: (Girls) 23 to 31-12, # 3-day Children Course: (only Girls 12 to 16 yrs) 29-4 to 2-5, (only Boys 12 to 16 yrs) 28-6 to 1-7, 1-day: Every sunday, Mini Anapana Meditation: Every Day Gratitude Course: 2 to 17-2-2023, 2 to 17-2-2024 ∞ Long Course: 20-day: 30-11 to 21-12

Dhamma Vesali, Bihar

Dhamma Vesali Vipassana Center, Vietnam Mahaprajapati Nunnery, Vishwashanti Pagoda Road, Vaishali-844128, Email: info@vaishali.in.dhamma.org; Website: www.vaishali.in.dhamma org, Contact: 9031012302, 9031012303, 10-day: every month 4 to 15 and 18 to 29 (except during #ST: course's) #ST: 2 to 10-11,

GŬJARAT

Dhamma Sindhu, Mandyi-Kutch (Gui.)

Kutch Vipassana Centre, Bada, Mandvi-Kutch-370475. 9925674104, 9638577325, Email: info@sindhu.dham 9638577325, Email: info@sindhu.dhamma.org Contact: Bhuj: 094274-33534, Gandhidham: 094262-50746. Mandvi: 09974575660. 10-Day: 4 to 15-1, 18 to 29-1, 20-2 to 3-3, 6 to 17-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 16 to 27-5, 29-5 to 9-6, 11 to 22-6, 25-6 to 6-7, 11 to 22-7, 25-7 to 5-8, 7 to 18-8, 20 to 31-8, 8 to 19-9, 22-9 to 3-10, 5 to 16-10, 18 to 29-10, 1 to 12-11, 23-11 to 4-12, 5 to 16-12, 19 to 30-12, 2024» 2 to 13-1-2024, 15 to 26-1, #ST: 13 to 21-4, 9 to 17-8, 25-11 to 3-12, 3-day: 13 to 16-4, 7 to 10-7, 12 to 15-8, 2 to 5-9, 2024 26 to 29-1, Teenagers' Course: (Girls) 29-4 to 7-5, (Boys) 8 to 16-5, 1-Day: 5-5, 7-7, 29-9, # 3-Day Children Course: (Only Boys 11 to 14 years) 15 to 18-11, (Ony Girls 11 to 14 years) 19 to 22-11,

∞ Gratitude Course: 2 to 17-2-2023, 12 to 27-8,

Special 10-day: 11 to 22-6, 18 to 29-10,

© Long Courses: 20-day: 19-2 to 12-3, 7 to 28-5, 21-10 to 11-11, 202, 1-2 to 22-2, 30-day: 19-2 to 22-3, 7-5 to 7-6, 1-9 to 2-10, 21-10 to 21-11, 10-12-2023 to 10-1-2024, 1-2 to 3-3, 45-day: 1-1 to 16-2-2023, 19-2 to 6-4, 1-9 to 16-10, 10-12-2023 to 25-1-2024, 1-2 to 18-3, Contact: 7874623305, 9825320551.

Dhamma Kota, Raikot (Gui.)

Saurashtra Vipassana Kendra, Kotharia Road, 15 km from Rajkot. Tel: Off. (0281) 2924924, 2924942, Email: info@kota.dhamma. org; Mobile: 7878727240, 93279-23540. City Contact: 1. Tel: (0281) 2233666. Mob. 7878727223, 94272-21591. 2) Chandubhai Mehta, Tel: 2587599, Mob. 9428203291. **10-day**: 28-12 to 8-1, 11-1 to 22-1, 25-1 to 5-2, 8 to 19-2, 22-2 to 5-3, 22-3 to 2-4, 5 to 16-4, 19 to 30-4, 3 to 14-5, 17 to 28-5, 31-5 to 11-6, 14 to 25-6, 28-6 to 9-7, 12 to 23-7, 26-7 to 6-8, 8 to 19-8, 3 to 14-9, 27-9 to 8-10, 11 to 22-10, 25-10 to 5-11, 8 to 19-11, 22-11 to 3-12, 6 to 17-12, 20 to 31-12, #ST: 2023» 13 to 21-3, 21 to 29-8, 3-day: 17 to 20-9,

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) 2233666, Mobile: 94272-21591. 7878727223,

Dhamma Divākara, Mehsana (Guj.)

Uttar Gujarat Vipassana Kendra, Village Mittha Tal and Dist. Mehsana, Gujarat. Email: info@divakara.dhamma.org, Tel: (02762) 272-800. Contact: 1. Nikhilbhai Parikh, Mob. 09429233000, 2. Upendra Patel, Tel: Mob. 8734093341, Tel: (02762) 254-634, 253315, Email: upendrakpatel@gmail.com, 10-day: 4 to 15-1, 18 to 29-1, 17 to 28-2, 1 to 12-3, 15 to 26-3, 29-3 to 9-4, 12 to 23-4, 26-4 to 7-5, 10 to 21-5, 24-5 to 4-6, 7 to 18-6, 21-6 to 2-7, 5 to 16-7, 19 to 30-7, 13 to 24-9, 27-9 to 8-10, 11 to 22-10, 25-10 to 5-11, 15 to 26-11, 29-11 to 10-12, 13 to 24-12, 27-12 to 7-1, 2024 10 to 21-1-2024, 24-1 to 4-2, 7 to 18-2, 21-2 to 3-3, 3-Day: 5 to 8-9, 1-Day: 3-7 Dhamma Servers' Workshop: 9 to 10-9,

Solution Series Series

Series Se

Long Courses: 20-day: 3-8 to 24-8, 30-day: 3-8 to 3-9,

Dhamma Pītha, 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, 94264-13997. Tel: (02714) 294690. Email: info@pitha.dhamma.org (Day zero starting day of every course, Bus facility to Centre is Available from Paldi 8t Bus stand (Ahmedabad) at 2:30 pm. 10-day: 11 to 22-1, 25-1 to 5-2, 8 to 19-2, 22-2 to 5-3, 22-3 to 2-4, 5 to 16-4, 19 to 30-4, 17 to 28-5, 31-5 to 11-6, 14 to 25-6, 28-6 to 9-7, 12 to 23-7, 26-7 to 6-8, 9 to 20-8, 23-8 to 3-9, 6 to 17-9, 20-9 to 1-10, 4 to 15-10, 18 to 29-10, 23-11 to 4-12, 6 to 17-12, 20 to 31-12, 2024 14-1, 17 to 28-1, 21-2 to 3-3, # ST 6 to 14-5, 2-day: 13 to 15-3, 1-day: 5-5, AT Workshop: 9 to 12-3, Trustee Workshop: 16 to 19-3, © Gratitude Course: 2 to 17-2-2023, 2 to 17-2-2024, Contact: Ms

Shashi Todi, Mob. 98240-65668,

Dhamma Ambikā, South Gujarat

Vipassana Dhyan Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 k.m. away on west of Boriyach tollnaka, at village Vagalwad Tal. Gandeyi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www. ambika.dhamma.org Online registration: dhammaambikasurat@gmail.com, 10-day: 9 to 20-2, 23-2 to 6-3, 10 to 21-3, 29-3 to 9-4, 12 to 23-4, 24-5 to 4-6, 14 to 25-6, 28-6 to 9-7, 12 to 23-7, 25-7 to 5-8, #ST: 7 to 15-8, 3-day: 2 to 5-2, 23 to 26-3, 8 to 11-6, Teenagers Course: (Girls) 26-4 to 4-5, (Boys) 10 to 18-5, Children Course: (Only Girls) 6 to 7-5, (Only Boys) 20 to 21-5,

Special 10-day: 17 to 28-8,

∞ Long Courses: 20-day: 7 to 28-8, 30-day: 15-12-2023 to 15-1-2024, 45-day: 15-12-2023 to 30-1-2024, Contact: 1. Vasantbhai Lad, Mob. 09428160714, 2. Ratanshibhai K Patel, Mob. 098250-44536,

Dhamma Pāli, Bhavnagar, Gujarat

Vipassana Centre, Village Todi, Songadh – Palitana Road, Dist:-Bhavnagar, Gujarat Email: dhammapali15@gmail.com, Contact: Mob. 7878103636, 8866703636, 8866713636, Office: Tel: 0278-2521066, 8758561616. 10-day: 21-12 to 1-1, 4 to 15-1, 18 to 29-1, 1 to 12-2, 15 to 26-2, 1 to 12-3, 15 to 26-3, 12 to 23-4, 26-4 to 7-5, 10 to 21-5, 24-5 to 4-6, 21-6 to 2-7, 5 to 16-7, 19 to 30-7, 2 to 13-8, 16 to 27-8, 6 to 17-9, 20-9 to 1-10, 4 to 15-10, 25-10 to 5-11, 8 to 19-11, 22-11 to 3-12, 6 to 17-12, 20 to 31-12, #ST: 10 to 18-6, 3-day:

30-3 to 2-4, 21 to 24-10.

Dhamma Narmada, Jhagadia, Bharuch Gujarat Vipassana Kendra, At & Po. Uchedia, Ta. Jhagadia, Dist. Bharucch Gujarat - 393110, Email: info@narmada.dhamma.org, 10-day: (Only Female) 25-1 to 5-2, 1 to 12-3, 29-3 to 9-4, 26-4 to 7-5, 24-5

to 4-6, 28-6 to 9-7, (Only Male) 11 to 22-1, 15 to 26-2, 15 to 26-3, 12 to 23-4, 10 to 21-5, 7 to 18-6, 3-day: 8 to 11-2, 21 to 24-6,

SOUTH INDIA

Dhamma Paphulla, Bangalore

Dhamma Paphulla, Bangalore
Bangalore Vipassana Centre: (23 km from City Railway station,)
Alur Village, Near Alur Panchayat office, Off Tumkur Road,
Dasanapura Bangalore North Taluka 562 123. Tel: (080) 23712377,
Mob. 7829912733, 8861644284, 9972588377, Email: info@
paphulla.dhamma.org; [Bus No. 256, 258, 258C from Majestic Bus
Stand Gat down Makali (Near Himalaya Drugs), cross road and
take auto] 10-Day: 24-2 to 7-3, 10 to 21-3, 29-3 to 9-4, 12 to 23-4,
26-4 to 7-5, 24-5 to 4-6, 7 to 18-6, 21-6 to 2-7, #ST: 4-12 to 12-1,
2-Day: 24 to 26-3, Teenagers' Course: (Girls)» 10 to 18-5,

— Long Courses: 20-day: 17-1 to 7-2, 30-Day: 17-1 to 17-2.

∞ Long Courses: 20-day: 17-1 to 7-2, 30-Day: 17-1 to 17-2

Dhamma Setu, Chennai (Tamil Nadu)

Vipassana Meditation Centre, 533, Pazhan Thandalam Road, Via Thiruneermalai Road, Thirumudivakkam, Chennai 600044, Contact: Tel: +91-7550034777, Mobile: 94440-21622, 94442-80952, Email: setu.dhamma@gmail.com; (Timings 10 am to 1 pm and 2 pm to 5 pm.) Contact City Office: S. K. Goenka, Tel: (044) 4340-7000, 4340-7001, Fax: 4201-1177, Mob. 98407-55555. Email: skgoenka@kgiclothing.in; 10-day: 3 to 14-1, 20 to 31-1, 8 to 19-3, 22-3 to 2-4, 5 to 16-4, 19 to 30-4, 3 to 14-5, 31-5 to 11-6, 14 to 25-6, 12 to 23-7, 2 to 13-8, 16 to 27-8, 30-8 to 10-9, 27-9 to 8-10, 13 to 24-10, 25-10 to 5-11, 8 to 19-11, 22-11 to 3-12, 20 to 31-12, # ST: 1 to 9-7, 16 to 24-9, 3-Day: 15 to 18-1, 29-5 to 2-6, 27 to 30-7, Teenagers' Course: (Girls) 14 to 22-5, 3 to 11-11, (Boys) 22 to 30-5, 11 to ∞ Gratitude Course: 2 to 17-2-2023,

Special 10-day: 14 to 25-9, ∞ Long Courses: 20-day: 2 to 23-2, 30-Day: 2-2 to 5-3

Dhamma Madhurā, Madurai

Vipassana Meditation Centre, Chettiyapatti gaon, Athur Taluk., P.O. Gandhigram University, Dindigul-624302, Contact: 9442603490, 9442103490, Email: dhammamadhura@gmail.com, 10-day: 18 to 29-1, 1 to 12-2, 15 to 26-2, 1 to 12-3, 15 to 26-3, 5 to 16-4, 19 to 30-4, 3 to 14-5, 17 to 28-5, 7 to 18-6, 5 to 16-7, 19 to 30-7, 23-8 to 3-9, 6 to 17-9, 20-9 to 1-10, 4 to 15-10, 18 to 29-10, 15 to 26-11, 6 to 17-12, 20 to 31-12, # ST: 12 to 20-8, 3-Day: 5 to 8-1, 30-3 to 2-4, 22 to 25-6, 3 to 6-8.

Dhamma Khetta, Hyderabad (Telangana)

Vipassana International Meditation Centre, (12.6 km) Mile Stone, Nagarjuna Sagar Rd, Kusum Nagar, Vansthalipuram Hyderabad-500070. Email: info@khetta.dhamma.org Tel: (040) 2424-0290, 32460762, 09491594247, Fax: 2424-1746, **10-day**: 2 to 13-2, 17 to 28-2, 2 to 13-3, 15 to 26-3, 28-3 to 8-4, 10 to 21-4, 23-4 to 4-5, (Only Female 5 to 16-5) (Only male 18 to 29-5) 19 to 30-7, 2 to 13-8, 16 to 27-8, 30-8 to 10-9, 13 to 24-9, 4 to 15-10, 18 to 29-10, 1 to 12-11, 15 to 26-11, 29-11 to 10-12, 13 to 24-12, # ST: 23-4 to 1-5, 13 to 21-9, 3-day: 29-9 to 2-10, 2-day: 28 to 30-1, 25 to 27-9, Teenagers' Course: (Girls) 5 to 13-5, (Boys) 18 to 26-5, Dhamma Servers' Workshop 2-Day: 27 to 29-5, 22 to 24-9, Dhamma Servers' Workshop: 26-3, 16-7, 27-8, 29-10, 26-11,

Special 10-day: 31-5 to 11-6-2023, 27-12-2023 to 7-1-2024, 31-5 2024 to 11-6-2024, 31-12 -2024 to 11-1-2025, ∞ Gratitude Course: 2 to 17-2-2023.

∞ Long Courses: 20-Day: 31-5 to 21-6-2023, 27-12-2023 to 17-1-2024, 31-5-2024 to 21-6-2024, 31-12-2024 to 21-1-2025, 30-Day: 31-5 to 1-7-2023, 27-12-2023 to 27-1-2024, 31-5-2024 to 1-7 31-12-2024 to 31-1-2025, 45-Day: 31-5 to 16-7-2023, 31-5-2024 to 16-7-2024.

1-day Children Course: Ending day of every 10-day course in Andra Pradesh, and Telangana States. Eligibility: 1-day and 2-day Children's Course, 5th Standard and above or 10 yrs to 18 vrs (8 am to 4pm)

Telugu Vipassana Newsletter: Published every month. Annual subscription: Rs. 50/-. Contact: Dhamma Khetta above. Dhamma Nāgajjuna-I 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, 10-day: 10 to 21-1, 6 to 17-2, 14 to 25-5, 2 to 13-11, 23-11 to 4-12, 2-Day: 24 to 26-2, 10 to 12-3, 26 to 5, 24 to 15-11, 25-11 to 4-12, 25-12, 24 to 20-2, 10 to 12-5, 20 to 13-5, 24-6 to 2-7, 22 to 30-7, 19 to 27-8, 14 to 22-10, 14 to 22-11, Teenagers' Course: (Girls) 25-3 to 2-4, 25-4 to 3-5, 10 to 18-6, 8 to 16-7, 5 to 13-8, 16 to 24-9, 30-9 to 8-10, 23 to 31-12, Dhamma Sevak Workshop: 8 to 10-9,

Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)

Contact: VIMC, As above. 10-day: 22-2 to 5-3, 8 to 19-3, 22-3 to 2-4, 5 to 16-4, 7 to 18-6, 21-6 to 2-7, 5 to 16-7, 19 to 30-7, 2 to 13-8, 16 to 27-8, 30-8 to 10-9, 13 to 24-9, 27-9 to 8-10, 11 to 22-10, #ST:

Gratitude Course: 2 to 17-2-2023, 2 to 17-2-2024,

∞ Long Courses: 20-day: 4 to 25-5, 30-day: 4-5 to 4-6, 26-10 to 26-11, 45-day: 26-10 to 11-12, 14-12-2023 to 29-1-2024

CENTRAL AND EASTERN INDIA

Dhamma Kānana, Balaghat (M.P.)

Dhamma Kanana Vipassana Centre, Wainganga Tat, Rengatola, P.O. Garra, Balaghat. Tel: (07632). 248145, Mob. 8989845100, 97531-

44641, Contact: 1. Mr. Khobragade, Lumbini Nagar, Balaghat Mob. 94243-36241. 2. Mr. Meshram, Tel: (07632) 239165, Email: dineshmeshram@hotmail.com Mob. 094251-40015, 9753144641, Application: https://www.dhamma.org/en/schedules/ schkanana. **10-day:** (Only Bhikkhu 7 to 18-2), 21-2 to 4-3, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 2 to 13-7, 19 to 30-8, 2 to 13-9, 17 to 28-9, 1 to 12-10, 15 to 26-10, 29-10 to 9-11, 16 to 27-11, 1 to 12-12, #ST: 20 to 28-6, 17 to 25-12, 3-day: 13 to 15-8, 10 to 12-11, 2-day: 8 to 9-3, 5 to 6-5, # Children's course: 21-4, 18-5, 18-6,

∞ Long Courses: 20-day: 18-7 to 8-8, 30-day: 3-1 to 3-2,

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

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: 4 to 15-1, 18 to 29-1, 15 to 26-3, 29-3 to 9-4, 12 to 23-4, 17 to 28-5, 14 to 25-6, 28-6 to 9-7, 26-7 to 6-8, 9 to 20-8, 23-8 to 3-9, 6 to 17-9, 20-9 to 1-10, 4 to 15-10, 25-10 to 5-11, #ST: 25-4 to 3-5, 3-day: 9 to 12-3, 8 to 11-6, 19 to 22-10, Techagers Course: (Boys) 6 to 14-5, (Girls) 30-5 to 7-6, Maintenance Week: 5 to 11-11,

Special 10-day: 12 to 23-7:

∞ Long Courses: 20-day: 4 to 25-2, 30-day: 4-2 to 7-3, 45-day: 15-11 to 31-12.

Dhamma Mālavā, Indore (M.P.)

Vipassana Centre, Village Jambudi Hapsi, Opp. Gommatgiri, in front of Pitru mountain, Hatod Road, Indore-452003. Contact: 1. Indore Vipassana International Foundation Trust, Tel: (0731) 73313, Mobile: 98931-29888. Email: info@malava.dhamma.org; dhammamalava@gmail.com, 2. Ghokhale. Mob. 9407406620. 10-day: 1 to 12-1, (Only Male 2 to 13-3), 24-3 to 4-4, 9 to 20-4, 23-4 to 4-5, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 2 to 13-7, 16 to 27-7, 6 to 17-8, 20 to 31-8, 3 to 14-9, 17 to 28-9, 1 to 12-10, (Old Student Only 3 to 14-12), # ST: 14 to 22-1, 17 to 25-6, 3-Day: 26 to 29-1, 23 to 26-2, 16 to 19-3, 29-7 to 1-8, 14 to 17-10, 22 to 25-12, 1-day; and Every Month First Sunday In February March Third Sunday (8 am to 1:30pm) and 1-1, 19-2, 9-4, 5-5, 7-5, 21-5, 4-6, 2-7, 16-7, 6-8, 20-8, 3-9, 17-9, 1-10, 29-10, 3-12, 17-12, Group Sitting: Except Course Time 9:30 am to 10:30 ∞ Gratitude Course: 2 to 17-2-2023. Special 10-day: 18 to 29-11,

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. Ishwar, Mob. 7987509207. 2) Mr Adwani, Mob. 9826700116. 10-day: to 13-1, 18 to 29-1, 1 to 12-2, 15 to 26-2, 12 to 23-3, 27-3 to 7-4, 11 to 22-4, 27-4 to 8-5, 13 to 24-5, 28-5 to 8-6, 12 to 23-6, 27-6 to 8-7, 12 to 23-7, 27-7 to 7-8, 11 to 22-8, 1 to 12-9, 15 to 29-9, 30-9 to 11-10, 12 to 23-10, 28-10 to 8-11, 17 to 28-11, 5 to 16-12, #ST: 18 to 26-12, 2-day: 2 to 4-3, 24 to 26-8, 1-day: 1-1, Contact Office: Vikram Nagar, Mhow road, Ratlam, Mob. 09479785033.

Dhamma Ketu, Durg (Chattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_ kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. 10-day: 1 to 12-1, 12 to 23-3, 26-3 to 6-4, 9 to 20-4, 18 to 29-6, 2 to 13-7, 16 to 27-7, 30-7 to 10-8, 13 to 24-8, 3 to 14-9, 19 to 30-9, 1 to 12-10, 15 to 26-10, 19 to 30-11, 3 to 14-12, 17 to 28-12, #ST: 14 to 22-1, 3-day: 6 to 9-3, 1-day: 1-1, 5-3, 5-5, 4-6, 2-7, 27-8, 3-9, 15-10, 19-11, 31-12, Teenagers' Course: (Girls) 4 to 12-6, Children's course: 9-4, 23-4, 30-4, 7-5, 1-10, 19-11, 31-12, Dhamma Sevak Workshop: 5-11, ∞ Long Courses: 30-day: 29-1 to 1-3, Contact: 1. Mr. R.P. Saini, Mob

9425244706, 2. Mr. Suresh Bang, Mob. 9425209354, Dhamma Kuti, Singarbhatha, Raipur (Chhattisgarh)

Vipassana Meditation Centre, village Singarbhatha, Tah. Abhanpur, District- Raipur. The Center is located 24 KM from Raipur Railway Station Contact: 1) Mr. G R Prajapati, Mob. 9893643646, 2) Mr. Suresh Bang, Mob. 9425209354, 10-day: 17 to 28-2, 27-9 to 8-10, 24-11 to 5-12, 15 to 26-12, 3-day: 14 to 17-7, 2-day: 3 to 5-2, 1-day: 1-1, 15-1, 5-3, 5-5, 25-6, 2-7, 20-8, 3-9, 15-10, 31-12,

Dhamma Garha, Bilaspur (Chhattisgarh)

Vipassana Centre, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbhata, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com, Website: www.garh.dhamma.org, 10-day: 6 to 17-1, 27-1 to 7-2, 10 to 21-2, 5 to 16-3, 24-3 to 4-4, 7 to 18-4, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 2 to 13-10, 1 to 12-12, 15 to 26-12, # ST: 18 to 26-11, 3-Day: 10 to 13-11, Teenagers Course: (Boys) 4 to 12-6, 1-Day: 1-1, 5-3, 2-4, 5-5, 3-9, 1-10, 5-11, # Children Course: 23-4, 30-4, 15-10, 26-11, 31-12,

∞ Long Courses: 20-day: 9 to 30-9, Contact: 1. Mr. K.K. Sahu, Mob.: 97520-47511, Mr. S. Meshram, Mob. 79748-34238,

Dhamma Gangā, Kolkata (W.B.)

Vipassana Kendra, Sodepur, Harishchandra Dutt Road, Panihati Baro Mandir Ghat, Kolkata-700114, Tel: (033) 2553-2855. Email: info@ganga.dhamma.org 10-day: 4 to 15-1, 18 to 29-1, 1 to 12-2, 15 to 26-2, 22-3 to 2-4, 5 to 16-4, 19 to 30-4, 3 to 14-5, 17 to 28-5, 31-5 to 11-6, 14 to 25-6, 28-6 to 9-7, 12 to 23-7, 26-7 to 6-8, 9 to 20-8, 6 to 17-9, 20-9 to 1-10, 4 to 15-10, 18 to 29-10, 31-10 to 11-11, 17 to 28-11, 30-11 to 11-12, 13 to 24-12, 27-12 to 7-1, #ST: 10 to 18-3, 21 to 29-8, 3-Day: 5 to 8-3, 31-8 to 3-9, 1-Day: 29-1, 4-3, 2-4, 14-5, 11-6, 9-7, 6-8, 17-9, 1-10, 26-11, 10-12, 7-1-2024, Contact City Office: Tobacco House 5th floor, room no-523, 1, old court house corner, kolkata:-700001, Tel: (033) 2230-3686, 2231-1317.