

Schedule of Vipassana Courses

"Vipassana Newsletter" Vol. 33, No. 01, 6 January, 2023

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

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.

Satipatthana 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 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 Courses:

Previously the Teachers' Self Course—TSC. With the passing away of respected Gurujī and Matajī, 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 Gurujī and Matajī fall between these dates (in February) according to the Hindi calendar.

Eligibility: Minimum one Satipatthana course, serving in the spread of Dhamma and local teacher's recommendation. — Dates: From 2nd Feb to 17th 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 Patthana. (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 Workshop: 8-12.

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, 26-12 to 3-1-2024.

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: (+91) 22 50427500, Ext. No. (Male Office) 519, (Female Office) 546, Email: info.pattana@vridhamma.org, Website: www.pattana.org.

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, 0 #ST: 10 to 18-5, 12 to 20-12, Indian AT Meeting: 21 to 28-5.

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

∞ 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

NB: 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 Vipassana Centre (Under Dhamma Pattana Vipassana Trust)

Goregaon Vipassana 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 Vātikā: Palghar

Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, Contact: 1) 9637101154, 2) shri Dubej, Mob. 93232 49299, 3) shri Jadhav, 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 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: 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@nasika.dhamma.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: 15-10 to 5-11,

INDIA

Special 10-day Course

3 to 14-4-2023	Dhamma Cakka, Sarnath (U.P.)
9 to 20-4-2023	Dhamma Thali, 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 Thali, Jaipur
12 to 23-7-2023	Dhammapāla, Bhopal (M.P.)
14 to 25-7-2023	Dhamma Patthana, Sonapat, (Haryana)
26-7 to 6-8-2023	Dhamma Nāga, Nagpur
2 to 13-8-2023	Dhamma Malla, Yavatmal
17 to 28-8-2023	Dhamma Ambikā, South Gujarat
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 Bhandāra, Bhandara
6 to 17-10-2023	Dhamma Bodhi, Bodhgaya, (Bihar)
18 to 29-10-2023	Dhamma Sindhu, Mandvi-Kutch (Guj.)
20 to 31-10-2023	Dhamma Ajaya, Chandrapur
18 to 29-11-2023	Dhamma Mālavā, Indore (M.P.)
20-11 to 1-12-2023	Dhamma Kalyāna, Kanpur (U.P.)
29-11 to 10-12-2023	Dhamma Thali, Jaipur
9 to 20-12-2023	Dhamma Patthana, Sonapat, (Haryana)
20 to 31-12-2023	Dhamma Pubbjaja, Churu, Rajasthan
24-12 to 4-1-2024	Dhamma Sarovara, Dhule
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 Anākara, 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 Pubbjaja, Churu, Rajasthan
2 to 17-2-2023	Dhamma Pātipputta 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 Pātipputta Patna (Bihar)
2 to 17-2-2024	Dhamma Pīṭha, Ahmedabad (Gujarat)

Schedule of Long Courses

20-day

17-1 to 7-2-2023	Dhamma Paphulla, Bangalore
2 to 23-2-2023	Dhamma Setu, Chennai (Tamil Nadu)
3 to 24-2-2023	Dhamma Thali, Jaipur
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 Patthana, Sonapat, (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 Kānana, 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 Patthana, Sonapat, (Haryana)
3 to 24-8-2023	Dhamma Cakka, Sarnath (U.P.)
3 to 24-8-2023	Dhamma Divākara, Mehsana (Guj.)
7 to 28-8-2023	Dhamma Ambikā, South Gujarat
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 Thali, Jaipur
15-10 to 5-11-2023	Dhamma Nāsikā, Nashik
21-10 to 11-11-2023	Dhamma Sindhu, Mandvi-Kutch (Guj.)
16-11 to 7-12-2023	Dhamma Pushkar, Ajmer, Rajasthan
17-11 to 8-12-2023	Dhamma Sarovara, Dhule
30-11 to 21-12-2023	Dhamma Pātipputta Patna (Bihar)
4 to 25-12-2023	Dhamma Lakṣhāna, Lucknow (U.P.)
15-12-2023 to 5-1-2024	Dhamma Vāhini, Titwala
27-12-2023 to 17-1-2024	Dhamma Khetta, Hyderabad (Telangana)
1-2 to 22-2-2024	Dhamma Sindhu, Mandvi-Kutch (Guj.)

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) 12-1 to 12-1, 5 to 16-2, 5 to 16-3, 2 to 13-4, 7 to 11-5, 4 to 14-6, 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) 21 to 3-2, 25 to 28-5, 31-10 to 3-11, (only female) 27 to 30-1, 21 to 31-5, 27 to 30-10, Contact: 7588436222, 8421532276.

Dhamma Ajaya, Chandrapur

Vipassana Meditation Centre, At - Ajaypur, Po. - Chichpalli, Mui Road, Chandrapur, Online Registration :- Website: www.ajaya.dhamma.org, Email: dhammajajaya@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 16-1, 20 to 31-1, 25-2 to 8-3, 11 to 22-3, 25-3 to 5-4, 15 to 26-4, 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, 1-1 Day: Megha: 19-1, 5-5, 3-7, 29-9, 1-day: 19-1, 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 yrs) 25 to 28-5, Dhamma Sevak Workshop: 30-4 to 1-5, Gratitude Course: 2 to 17-2, Special 10-day: 20 to 31-10.

Ballapur (Chandrapur): 10-day: 11 to 21-1, 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: dhammapadesa@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 Thali, Jaipur

Rajasthan Vipassana Centre, P.O. Box 2008, 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 to 1-6, 4 to 15-6, 18 to 29-6, 6 to 17-8, 16 to 27-7, 30 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, 29-10 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 Dharivall, Mob. 98290-28275, 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 Vignyan Satsang Kendra, - Chaupansi 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 4-8, 8 to 19-4, 23-4 to 4-5, 10 to 21-6, 6 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.marudhara@gmail.com; Mob. Whatsapp No. 9887099049, 8233012013.

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, Long Course: 20 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, 9812644100. [Buses available from Sohna and Ballabgarh.] 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 Patthana, Sonapat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, 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, Long Course: 20-day: 14 to 25-7, 9 to 20-12, Special 10-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 Karunika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjapura Road, Near Government 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 Hitakari, Rohtak (Haryana)

Vipassana Dhyan Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. Contact: 92543-48837, 9416303659, 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: 94651-43488. 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; 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, 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 Lakkhana, 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

17-11, Children Course: (8 to 12 yrs Boys, and Girls) 18 to 20-3, Long Course: 2 to 17-2, Special 10-day: 19 to 30-7, 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 Mukeshha, 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, Tel: (05252) 265-439; Mob. 93358-33375. 10-day: Contact: 1. Mob. 094157-51053, 2. Murli Manohar, Mob. 094150-36896.

Dhamma Cakka, Sarnath (U.P.)

Vipassana Sadhana Kendra, Village Khargipur, Post. Piyari, Chaubeypur, Sarnath, Varanasi. Email: info@cakka.dhamma.org Mob. 09307093485, 09936234823, (for autorkickshaw 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 Course: 20-day: 3 to 24-8, 30-day: 15-11 to 16-12, Contact: Manju Agrawal, Email: manju.ag4@gmail.com, Mob. 09936691000.

Dhamma Kalyana, 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: dhammakalyana@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 Kaya', 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: dhammakaya.vsk@gmail.com; 10-day: Every month 1 to 12 and 16 to 27. Contact: 1. Dr. Vimalkumar Modi, C/o Aarogya Mandir, Gorakhpur-273003, 2. Mob. 9935599453.

Dhamma Sudha, 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 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, 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: dhammaupavana@gmail.com, 10-day: 2023 every month 3 to 14 and 17 to 28.

Dhamma Bodhi, Bodhgaya, (Bihar)

Bodhi Gaya International Vipassana Meditation Centre, Gaya-Dobhi Road (15 km), Near Magadha University, Bodhi 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, 10-day: 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 Navmalanda 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 Patliputta Patna (Bihar)

Patna 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, 3 to 14-7, 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.

GUJARAT

Dhamma Sindhu, Mandvi-Kutch (Guj.)

Kutch Vipassana Centre, Bada, Mandvi-Kutch-370475. Mob. 9925674104, 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 to 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 to 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, (Only 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, 2024 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, Rajkot (Guj.)

Saurashtra Vipassana Kendra, Kotharia Road, 15 km from Rajkot. Tel: Off: (0281) 2924294, 2924942, Email: info@kota.dhamma.org; Mob: 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, 787872-2223.

Dhamma Divakara, 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. 9429233000, 2. Upendra Patel, Tel: Mob. 8734093341, Tel: (02762) 254-634, 253315, Email: upendrapatel@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, #Gratitude Course: 1 to 16-2-2023, #Long Courses: 20-day: 3-8 to 24-8, 30-day: 3-8 to 3-9.

Dhamma Pitha, 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@pitha.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: 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, 3 to 15-6, 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 3 to 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 Ambika, South Gujarat

Vipassana Dhyana Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 km. 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: 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: dhammapali1@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. Bharuch 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

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 to 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.

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@kicglothing.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 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 18-12, Special 10-day: 14 to 25-9, #Long Courses: 20-day: 2 to 23-2, 30-Day: 2-2 to 5-3.

Dhamma Madhura, 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 1-7-2024, 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 Andhra Pradesh, and Telangana States. Eligibility: 1-day and 2-day Children's Course, 5th Standard and above or 10 yrs to 18 yrs (8 am to 4pm)

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

Dhamma Nāgajūna-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@nagajuna.dhamma.org, 10-day: 10 to 21-1, 6 to 17-2, 14 to 25-2, 2 to 13-11, 23-11 to 4-12, 2-Day: 24 to 26-2, 10 to 12-3, 26 to 28-5, 1 to 3-9, Teenagers' Course: (Boys) 1 to 9-1, 8 to 16-4, 5 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 Nāgajūna-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: 24-4 to 2-5, #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 Tal, 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, online 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, 8-15, 18-6, #Long Courses: 20-day: 18-7 to 8-8, 30-day: 3-1 to 3-2,

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, Teenagers 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) 4273313, 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: Dhammod, Ta. Sailana, Dist: Ratlam-457001, M.P. Fax: 07412-403882, Email: dhammarata@gmail.com, Contact: 1) Mr. Ishwar, Mob. 79875909207, 2) Mr Adwani, Mob. 9826700116. 10-day: 2 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: 2-10 to 3-3, 24 to 26-8, 1-day: 1-1, Contact Office: Vikram Nagar, Mhow road, Ratlam, Mob. 09479785033.

Dhamma Ketu, Durg (Chhattisgarh)

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, Singarbhattha, Raipur (Chhattisgarh)

Vipassana Meditation Centre, village Singarbhattha, 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: dhammagarha@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 Gaṅgā, 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, 23-3 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, 9-8, 17-9, 1-10, 26-11, 10-12, 7-1-2024, Contact City Office