



# Vipassana Newsletter

In the tradition of Sayagyi U Ba Khin As taught by S.N. Goenka  
For Online Patrika in various Languages, visit : <https://www.vridhamma.org/newsletters>

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

## Words of Dhamma

*Uttitthe nappamajjeyya, dhammaṃ sucariṭaṃ care;  
Dhammacārī sukhaṃ seti, asmiṃ loke paramhi ca.*

— *Dhammapadapāḷi-168, Lokavaggo.*

*Be alert! Be not be heedless! Follow the path of  
Dhamma. One who practises the Dhamma lives  
at ease in this world and the next.*

## Excerpts from letters to Babu Bhaiya

From these letters written by Repected Goenkaji to Babu Bhaiya (elder Brother Shri Babulal) in order for him to inform Sayagyi U Ba Khin about the meditation camps in India, it is clear how Respected Guruji conducted all the camps of those days, big or small, with great equanimity and loving kindness as he guided meditation students on the way to walk on the path of Dhamma. As can be seen, these letters written about five decades ago are still relevant, containing information regarding the meditation camps and instructions related to the practice.

-- Editor

Camp: Barachakia (East Champaran, Bihar)

11 March 1970

Babu Bhaiya,

Respectful Salutations!

After staying in Delhi for one week after the camp in Ajmer [Rajasthan], I have just arrived in Barachakia [Bihar]. I received blessings from Revered Gurudev and Mother Sayama via telegram last night itself. My heart was filled with joy and enthusiasm, and I'm sure the course here will be successful. The course will begin at 7:00 p.m. tomorrow at the bungalow of Mr. Sardar Singh Kothari, the manager of a sugar mill here. This will be the first occasion to set up a camp at a personal residence instead of a public

place. Mr. Kothari and his wife will be attending the camp. They live alone in this house, so there is no possibility of any kind of difficulty arising due to the presence of any other person who is not joining the course. There will be around 10 to 12 local people in this camp and the rest will come from outside. As always, the exact number will be known only when the course starts.

### Brief News from Pushkar Camp

Meanwhile, let me give a brief description of the Pushkar camp and my visit there. I had wished to participate in the Pushkar camp myself, so as to distance myself from the external world and meditate continuously for a week. However, that could not happen. Although there was a lot of time to meditate, the difficulty was only in continuity. Interruptions kept coming in between. Firstly, despite my having given instructions to stop the mail, it kept coming including a telegram and due to this it sometimes became necessary to reply and that took a lot of time. The second difficulty was unexpected, but also inevitable. I was asked to participate in public events before and after the course and that too outside Pushkar, where three or four hours would be spent in commuting to Ajmer and back.

I reached Ajmer by taxi from Jaipur at 5:30 p.m., and at 5:45 p.m. a discourse was organized in one high school and at 7:30 p.m. in another high school.

Due to some reason or the other, I was not taken to the event at the first school and so apart from the students of the school, many other people of the city also had to return disappointed after waiting for an hour. I got this unpleasant news after the course started when a person from there came to visit me. Unfortunately, I was unable to fulfill their request to attend another event at their school. Mr. Toshniwal, a friend of a meditator, Mr. Tapadia from Bombay, had presided over the discourse organized in the other school. He took a promise from me to give a discourse at the Rotary Club of which he is the president or vice-president. The Gandhi Committee of Ajmer had also organized a public program for me, which I had to refuse as it was very far away from the camp site. However, when their local Pushkar branch insisted, I had to spare some time for them. Similarly, public speeches were held in the 'Yadav Dharamshala' on the first evening of the camp and also on the last night of the camp. Although the number of meditators was very low in this camp, the organisers did more to promote the course here than anywhere else so far.

While giving these speeches in Pushkar, as per my nature, I also advised the people there of the need for change. I was apprehensive that in one event or another, someone would create some disturbance, but nothing of that sort happened. Because even though the truth was bitter, it was beneficial, hence everyone liked it. I explained that by merely taking a bath in this 'Pushkar' [lake], neither does one get purified nor liberated. This illusion must be cleared as soon as possible. The brothers who are engaged in this ritualistic profession should devote themselves to some other profession. I suggested 'cooperative agriculture' to them. Rice and sugarcane were once cultivated in that region. But due to a lack of water for the last few years it had been stopped. If some brothers can come together to establish a cooperative institution and arrange water by installing a pump, then they can be successful in agricultural work. There are a large number of roses and also good quality guava in that area. Small scale industries can be set up for making rose gulkand and rose water as well as guava jam etc. The new generation of youth showed interest in it but there are many difficulties in executing the work. Two progressive youth leaders of this community became very aligned to my thoughts. One is a lawyer and the other is a fine artist in the field of music. The views of both are well-sorted. Every blow they received on their false beliefs felt dear and beneficial to them.

Similarly, whatever I said to the Buddhist group regarding their misunderstanding about the path given by Buddha, they found it beneficial. Having

been crushed by the cycle of oppression of the upper castes for generations, it is natural for these poor people to have emotional reactions of bitterness and hostility. The Enlightened One has given the means to each and every person of how to seek his own benefit. But one needs to understand, believe and then follow it. While meditating, a lot of compassion arose again and again for these people.

In this way, having had to attend public events and meet many persons, I could not spend much time meditating. I had thought that a place like Pushkar, where I do not know anyone, would prove to be very suitable for my solitary meditation. However, the process of setting up a camp is public in itself. Even though not many participated, there was no lack of publicity. As a matter of fact, the smaller the place, the greater the notoriety. It is natural for people to be curious. Not only the people from Pushkar but also the people from Ajmer kept coming to meet and talk, and I saw that it was also beneficial to some extent. The bitter venom of communalism in some of the local leaders certainly diminished. A couple of them even assured me that they would abandon their sectarian views for good and devote all their attention on the practical aspects of Dhamma. This was a definite advantage of the discussions. Although I could not get the benefit of complete solitary meditation, the mind was satisfied and happy with the extent of meditation I was able to do.

Out of all the experiences of the meditators in this camp, one thing noteworthy is that on giving Anapana, Chhabra started experiencing unbearable pain throughout the body and especially in the legs. After meditating on the second day, he again started feeling restless due to the spasms of pain and slowly started rolling on the floor and then became completely motionless. It seemed as if he had lost consciousness and he remained in such a state for about half an hour. It was a strange situation. Who would wake him up? After some time, while still lying down, he would open his eyes a little as if trying to get up. Then closing his eyes again, he would become lifeless like a dead body. He did this 5 to 7 times and then finally sat up, bowed down and went towards his residence. At the time of the Sixth Council, this person had become a monk in Burma and had learnt meditation from Mahasi Sayadaw for one and a half months. At that time as well, he had developed unbearable pain throughout the body and also had such severe itching that he would scratch his body all through the night, due to which he started bleeding in many places. He said that this time also, he felt the same kind of pain but there was no longer any itching.

By the morning of the fourth day, he started feeling sensation on his lips. His Vipassana was also quite good though the hour long Adhithana sittings were always challenging for him. On the seventh day he had to leave the course, as he needed to go to Bombay on account of his government job. But whatever he got from the course aroused a deep sense of faith in him, and he was determined to come back to complete a course. He has promised that he will definitely attend the camp scheduled in Calcutta with his wife and parents-in-law.

Bhikkhu Sheelbhadra of Agra came here to attend his second camp after attending the camp in Pratapgarh. This time he had a deeper experience.

A Hindu monk named Swami Akhandananda also joined them. He has been a recluse for many years and has done many types of meditation practice from different gurus. He has stayed with sects following Kabir and has also practised kundalini yoga etc. During the 3 days of Anapana his mind started to become concentrated and various nimittas also became visible to him. When Vipassana was given on the fourth day, with the first touch of Dhamma dhātu, he fell backwards on the floor with a bang while sitting. Fortunately, his head did not hit the wall but the floor itself. The matted hair on the head saved him from injury. He also remained lying still on the floor for sometime. After receiving metta bhavana he then sat up and started practising Vipassana. He and bhikkhu Silabhadra were impacted by Vipassana in a similar way. On the fifth day during Addhitthana, a light began to erupt within him and his whole inner world became illuminated. As soon as the Addhitthana sitting was completed, he jumped up from his place and came near me and bowed down becoming very overwhelmed. Very happily he narrated his experiences, but he was surprised when I mentioned to him that this light is a hindrance in meditation. In common understanding, seeing divine lights have such a deep significance that people consider them to be accomplishments in spiritual practice. Even after this, during the sittings for the next one or two days, he continued to see waves of light flowing all through the body.

But after the completion of 10 days, this all became clear to him. I believe that now he will be spending more time in this practice of Vipassana, to progress towards the goal of full liberation from all misery.

Both bhikkhu Silabhadra and monk Akhandananda benefited so much from this Pushkar camp that they insisted that a camp be organised in their ashram in Etawah. They have a large group of monks there and they wanted that all of them should share in this path

of welfare as well.

I told them to go back to their ashram and talk to all of them, and then write to me. I had to change my schedule and travel to Varanasi a day earlier than planned to extend the duration of my F.R.C. Unaware of this, these people came to the station to meet my train. In my absence, they met my assistant and gave him an invitation letter making a strong request to set up a camp in Etawah. Of course, I would like to help for the welfare of this large number of monks, but after the Calcutta camp, there is now such a huge load of other responsibilities that I am not sure whether I will be able to accept their invitation. I will only be able to decide once I arrive in Calcutta.

While living here, I was informed that in the past all the people in this state were followers of Buddha. The change in time and circumstances has made such a big difference that no one even believes this fact today. Even if there are any signs of ancient artifacts, they are so obscure that it becomes difficult to identify them.

Yours,

Satyanarayana Goenka



## Dhammic Deaths

1. Dr. B.G. Savla, the Center Teacher for Dhamma Sindhu in Bhuj, Gujarat, and Coordinator Area Teacher for Kutch passed away in Ahmedabad on January 2, 2022, at the age of 94. He attended his first course in 1972 and was appointed as an Assistant Teacher by Goenkaji in 1982. Dr. Savla led courses in many parts of the world, including the USA and Canada from 1982, the first courses in Kenya (1985), Panama (1991), and Bahrain (1999). Serving alongside his wife, Pushpa, he was always humble and full of Dhamma enthusiasm, teaching selflessly until the end. May he be liberated!

2. Dr. Jai Sanghvi, Senior Assistant Teacher of Bhuj, Gujarat, passed away on December 17, 2021. A naturopath by profession, he worked sincerely to relieve the maladies of not only Indian patients but patients from all over the world in his naturopathic hospital in Gujarat. Resp Guruji too benefited from his healing efforts. As an assistant teacher, he gave his Dhamma service with total compassion and dedication, helping many to get established in Anapana and Vipassana. May he continue to grow in Dhamma are the wishes of the Dhamma family.

3. Prof. Dr Daw Saw Mya Yee (82) passed away on 5th January. She served as an acariya and ICCC in Myanmar since 2005. She had served on many adult and prison courses as well as children courses. She had also trained hundreds of CCTs and counsellors. May she attain the final goal in due course.





**Additional Responsibility**

1. Mr. Basudeo Shah (AT), - to assist CT, Dhamma Vesali.

**New Responsibility  
Senior Assistant  
Teachers (SATs)**

1. Shri Vinod Parakh, Faridabad, Haryana
2. Shri Anil Kumar Maurya, Badhohi, U.P.
3. Shri Bhumi Dhar, Gorakhpur, U.P.
4. Mr Dipak Saner, Nasik, MH
5. Mr Balkrishna Gajabhiye, Navi Mumbai, MH
6. Mrs Urviben Savjani, Rajkot
7. Mrs Silaben Shukla, Rajkot
8. Mrs Chetnaben Mavadiya, Rajkot

9. Mrs Belaben Varsani, Rajkot

10. Mrs Sarojben Rathod, Rajkot

11. Mrs Sheela Mahajan, Australia

**New Appointments  
Assistant Teachers**

1. Mr. Ravinder Bagga and
2. Mrs Shyama Bagga, Phagwara (Panjab)
3. Mr Viresh Kumar, Aligarh, (UP)
4. Mr Siddharth Parasram Raut,
5. Mrs Raj Arora, Pune
6. Mr Kapil Dhatingan, Pune
7. Shri Vijay Bhabhe and
8. Smt. Jayashree Bhabhe new Mumbai,
9. Mr. Manoj Bengrut, Pune
10. Mr. Narendra Hengade, Pune
11. Mrs. Vaishali Hengade, Pune

**Children Course Teacher**

1. Mrs. Pooja Chhabra, Mumbai
2. Mr. Andrew Bakaki, Uganda, South Africa

**PAGODA CORPUS FUND****for the Operations of Global Vipassana Pagoda**

Pujya Guruji Shri S.N. Goenka ji had the vision to develop this historical monument as a symbol of gratitude to his teacher, and the chain of teachers back to the Buddha, and to help preserve and promote the technique of Vipassana, the ancient cultural heritage of India, as well as to provide a place for people from all over the world to come and meditate together, in the huge meditation hall, under the Buddha relics that are being preserved here.

It has been decided to set up a Centuries Corpus Fund to fulfil the above vision and meet the daily expenses for the period of the second Sasana of the Buddha. **It has been calculated that if 1,39,000 persons were to donate Rs 9000/- (Rs. Nine Thousand) per person then the total would amount to Rs. 125 crores.** The interest earned from this amount could then meet the daily expenses of operations and maintenance of the Global Pagoda.

Donations are eligible for tax benefits under Section 80G of the Indian Income Tax Act, 1961.

You may Contact/ Refer-Bank Details:

**Global Vipassana Foundation,**

Axis Bank Ltd, Malad (W) Branch, Mumbai - 400064.

Account No.: 911010032397802; IFSC No.: UTIB0000062.

Please contact:

1. Sh. Derik Pegado - 022-50427512/ 28451204
2. Sh. Bipinbhai Mehta - 022-50427510/ 9920052156
3. Email - [audits@globalpagoda.org](mailto:audits@globalpagoda.org)
4. Online Donation- <https://www.globalpagoda.org/donate-online>

**Important Notice**

Those who send donations to the 'GVF', please note that the item for which they are sending money must be mentioned so that the donation can be deposited for this same item and the receipt can be written accordingly. (Thanking you in advance.)

**Vipassana Research Institute (VRI)**

Vipassana Research Institute (VRI) provides Dhamma-related publications at cost price. VRI provides this literature at a minimum cost so that everyone can learn more about the practical benefits of the teachings. There are a number of Burmese texts related to Vipassana meditation that still need further research and then translation into English/Hindi and other languages. For this work scholars/translators may come forward to contribute. The research work takes place at - **Vipassana Research Institute**, Pariyatti Bhavan, Global Vipassana Pagoda Campus, Near Essel World, Gorai Village, Borivali-W, Mumbai-400 091, Maharashtra, India. Office No: +91-22-50427560, Mob. (Whats App)- +91 9619234126.

In addition to this, VRI publishes a monthly newsletter that contains articles, interviews, couplets, meditation-related questions and answers by Guruji and other materials published to inspire and encourage meditators to keep progressing correctly on the path of Dhamma. The newsletter is published in three languages - Hindi, English and Marathi.

To continue these tasks undertaken by VRI, the support of meditators is very important. Meditators are welcome to make use of this opportunity to contribute to the meritorious work of funding research and publication of the Dhamma material so that meditators may continue to benefit in the future. You may refer below to contact VRI/ banking details.

For this institution, 100% income tax is exempted from the government as per the rules of section 35- (1) (iii) of the Income Tax Act 1961. Meditators may take advantage of this. The bank details for the donation are as follows:

**Vipassana Research Institute**, Axis Bank Ltd., Malad (W.)

Account number: 911010004132846; IFSC Code: UTIB0000062;

**Please Contact:**

1. Shri Derik Pegado - 022-50427512/ 28451204
2. Shri Bipinbhai Mehta - 022-50427510/ 9920052156
3. Email - [audits@globalpagoda.org](mailto:audits@globalpagoda.org)
4. Online Donation- <https://www.vridhamma.org/donate-online>

**New Feature added to Vipassana Meditation Mobile App:**

You may now register for various types of courses such as --

- 10-day course, - Executive course,
- Children's course, - 3-day course, - etc.

In centers across India, South Africa, Kenya, Indonesia, UAE, etc.

Once an application is filed, you can also view the application status on the app. Enable daily logging of meditation for your own personal record.

Currently these new features are available only for Android phones and will be soon available for iOS (iPhones).

Download App Link: <http://vridhamma.org/applink.html>

**Facility for students at Pagoda site**

Meditators who want to meditate in the vicinity of the Buddha Relics and the Bodhi Tree can avail themselves of rooms at **Dhammalaya Guest House** next to the Global Vipassana Pagoda, Mumbai and make the most of their meditation sessions. The splendour of the Pagoda at night is also a marvel worth witnessing. Twin occupancy rooms and 2 suites (all a/c) with breakfast, lunch, snacks and dinner included. For reservations and additional information please-

**Contact:** – JAGJIWAN MESHRAM, 'DHAMMALAYA', GLOBAL VIPASSANA PAGODA, ESSEL WORLD JETTY, GORAI VILLAGE, BORIVALI (W), MUMBAI-400091; PHONE: - +91-22-50427599 /598 (Dhammalaya Reception) PAGODA OFFICE:- +91-22-50427500 MOBILE: -9552006963/7977701576 +91-9920029786 Email: - [info.dhammalaya@globalpagoda.org](mailto:info.dhammalaya@globalpagoda.org)

**30-day:** 20-day course and full-time Dhamma service in at least one ten-day course. (ānāpāna for 10 days in a 30-day course and for 15 days in a 45 day course is prescribed.)



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

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

### Gratitude Course

Previously the Teachers's Self Course—TSC. With the passing away of respected Gururji and Mataji, this course will enable us to pay respects to them and to the long tradition of esteemed Vipassana Teachers. The same format as before will be followed. It is a happy coincidence that the birth anniversaries of both Gururji and Mataji fall between these dates (in February) according to the Hindi calendar.

Eligibility: Minimum one Satipaṭṭhāna course, serving in the spread of Dhamma and local teacher's recommendation. — Dates: From 2nd Feb to 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 Thalī, Dhamma Sindhu, and Dhamma Paṭṭhāna.

**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.dhamma.org To apply online for ten-day courses: [www.dhamma.org/schvia.shtml](http://www.dhamma.org/schvia.shtml) (No admission without confirmation) **10-day:** 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 19 to 30-4, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 29-6 to 10-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 7 to 18-9, 21-9 to 2-10, 19 to 30-10, 16 to 27-11, 30-11 to 11-12, 25-12-22 to 5-1-2023, #ST: 21 to 29-1, 6 to 14-10, **Trustee & Dhamma Servers Workshop:** 15 to 16-10, **CAT/Teacher Meeting:** 13-12-2022, **AT Meeting:** 14 to 16-12-2022, **AT Workshop:** 17 to 20-12-2022, **Trainer Workshop:** 21-12-2022, **Gratitude Course:** 2 to 17-2, **Special 10-day:** 13 to 24-7,

#### Dhamma Giri, Igatpuri, Short Course Area

**Teenagers' Course:** (Girls) 18 to 26-2, 19 to 27-4, 24-5 to 1-6, 21 to 29-7, 22 to 30-9, 22 to 30-11, **Teenagers' Course:** (Boys) 21 to 29-3, 13 to 21-5, 22 to 30-6, 23 to 31-8, 22 to 30-10, 27-12 to 4-1-2023, Please register on [atmeetingindia@dhamma.net.in](mailto:atmeetingindia@dhamma.net.in) with following details: Full Name, Age, Gender, CT/assistant to CT/trustee, Name of Centre and Place: Special Requirement (if any):

#### Dhamma Tapovana-1 Igatpuri

**10-day executive courses:** 7 to 18-2, #ST: 27-6 to 5-7, **∞ Long Courses:** **Special 10-day:** 24-9 to 5-10, **20-day:** 26-2 to 19-3, 9 to 30-7, **30-day:** 25-3 to 25-4, 8-5 to 8-6, 4-8 to 4-9, **45-day:** 8-5 to 23-6, 4-8 to 19-9, 21-12 to 5-2, **60-day:** 11-10 to 11-12,

#### Dhamma Tapovana-2, Igatpuri

#ST: 10 to 18-4, **10-day executive courses:** 29-10 to 9-11, **Special 10-day:** 27-4 to 8-5, **∞ Long Courses:** **20-day:** 12-5 to 2-6, 1 to 22-10, **30-day:** 20-2 to 23-3, 7-6 to 8-7, 12-11 to 13-12, **45-day:** 20-2 to 7-4, 7-6 to 23-7, **60-day:** 29-7 to 28-9, 17-12 to 16-2,

#### Dhamma Pattana, Gorai, Mumbai

Dhamma Pattana Vipassana centre, Near Essel World, Gorai Creek, Borivali M(W), Mumbai 400091, Phone: +91 8291894650, Tel. (+09122) 50427518, Ext. No. (Male Office) 519 (50427519), (Female Office) 546 (50427546), Website: [www.pat-tana.dhamma.org](http://www.pat-tana.dhamma.org), **10-day executive courses:** 26-2 to 9-3, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 3 to 14-5, 17 to 28-5, 8 to 19-6, 22-6 to 3-7, 5 to 16-7, 19 to 30-7, 18 to 29-8, 31-8 to 11-9, 13 to 24-9, 28-9 to 9-10, 12 to 23-10, 26-10 to 6-11, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 21-12 to 1-1-2023, #ST: 12 to 20-3, 1 to 9-8, **3-day:** 12 to 15-8,

**Online application:** [www.dhamma.org/en/schedules/schpattana.shtml](http://www.dhamma.org/en/schedules/schpattana.shtml). Email: [registration\\_pattana@dhamma.net.in](mailto:registration_pattana@dhamma.net.in); For all other inquiries, Contact Manager, Email: [info@pattana.dhamma.org](mailto:info@pattana.dhamma.org); Website: [www.pattana.dhamma.org](http://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.

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**One-day:** inside main dome of the Global Vipassana Pagoda Every Day from 11 am to 5 pm. Meditators can benefit from meditating in presence of the Buddha's relics. Contact: Tel: 022-28452235, Email: [info@global-pagoda.org](mailto:info@global-pagoda.org)

pagoda.org; (Pl. bring 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 Vāṭikā: Palghar

Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, **Contact Centre:** Mob. 9637101154, Email: [info@vatika.dhamma.org](mailto:info@vatika.dhamma.org), **Contact:** 1) Shri Irani, Mob. 92708-88840, 2) Shri Anil Jadhav, Mob. 91 9049151464, Email: [info@vatika.dhamma.org](mailto:info@vatika.dhamma.org), Website: [vatika.dhamma.org](http://vatika.dhamma.org), **10-day:** (Male only) 26-2 to 9-3, 9 to 20-4, 6 to 17-5, 21-5 to 1-6, 22-6 to 3-7, 6 to 17-7, 20 to 31-7, 6 to 17-8, 19 to 30-9, 8 to 19-10, 29-10 to 9-11, 26-11 to 7-12, 24-12 to 4-1-23 (Female only) 23-4 to 4-5, 8 to 19-6, 5 to 16-9, 12 to 23-11, 10 to 21-12, #ST: (Male only) 21 to 29-3, 21 to 29-8 **3-day:** (Male only) 11 to 14-3,

#### 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](mailto:dhammavipula@gmail.com), registration only online <http://www.vipula.dhamma.org/> **10-day:** 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 29-6 to 10-7, 13 to 24-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 19 to 30-10, 2 to 13-11, 16 to 27-11, 30-11 to 11-12, 21-12 to 1-1-23, **1-day:** Every Sunday, **Group Sitting:** Daily (any time) 9 am to 9 pm,

#### Dhamma Vāhini: Titwala

Mumbai Parisar Vipassana Centre, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website [www.vahini.dhamma.org](http://www.vahini.dhamma.org), registration only online Email: [vahini.dhamma@gmail.com](mailto:vahini.dhamma@gmail.com) **10-day:** 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 30-4 to 11-5, 14 to 25-5, 28-5 to 8-6, 25-6 to 6-7, 9 to 20-7, 23-7 to 3-8, 6 to 17-8, 3 to 14-9, 17 to 28-9, 1 to 12-10, #ST: 11 to 19-6,

**Special 10-day:** 20 to 31-8,

**∞ Long Course:** **20-day:** 27-10 to 17-11, **30-day:** 20-11 to 21-12, **45-day:** 20-11 to 5-1-2023, **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](mailto:registration.dhamma.sarita@gmail.com); [info@sarita.dhamma.org](mailto:info@sarita.dhamma.org), Online registration [www.sarita.dhamma.org](http://www.sarita.dhamma.org), **Contact:** Mob. 91-779-83-24659, **10-day:** 2 to 13-3, 16 to 27-3, 30-3 to 10-4, 13 to 24-4, 1 to 12-6, 15 to 26-6, 29-6 to 10-7, 13 to 24-7, 27-7 to 7-8, **2-day:** 27 to 30-4, **Teenagers' Course:** (Girls) 3 to 11-5, (Boys): 14 to 22-5, # **2-day:** **Children Course:** (Only Boys) 25 to 26-5, (Only Girls) 28 to 29-5, (**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](mailto:info@nasika.dhamma.org) **10-day:** (Only Female)..... (Only male)..... **10-day:** (Male and Female Only for Old Students)..... #ST: .....

### INDIA

#### Special 10-day Course

10 to 21-3-2022	Dhamma Pīṭha, Ahmedabad (Gujarat)
6 to 17-4-2022	Dhamma Nāga, Nagpur
10 to 21-4-2022	Dhamma Thalī, Jaipur
15 to 26-4-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
27-4 to 8-5-2022	Dhamma Tapovana-II Igatpuri
1 to 12-6-2022	Dhamma Khetta, Hyderabad (Telangana)
19 to 30-6-2022	Dhamma Thalī, Jaipur
25-6 to 6-7-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
13 to 24-7-2022	Dhamma Giri, Igatpuri
14 to 25-7-2022	Dhamma Paṭṭhāna, Sonapat, (Haryana)
19 to 30-7-2022	Dhamma Lakkhaṇa, Lucknow (U.P.)
2 to 13-8-2022	Dhamma Ajaya, Chandrapur
9 to 20-8-2022	Dhamma Bhandāra, Bhandara
16 to 27-8-2022	Dhamma Malla, Yavatmal
20 to 31-8-2022	Dhamma Vāhini: Titwala
20 to 31-8-2022	Dhamma Pushkar, Ajmer, Rajasthan
29-8 to 9-9-2022	Dhamma Ambikā, South Gujarat
24-9 to 5-10-2022	Dhamma Tapovana-I Igatpuri
6 to 17-10-2022	Dhamma Bodhi, Bodhgaya (Bihar)
9 to 20-10-2022	Dhamma Thalī, Jaipur
11 to 22-10-2022	Dhamma Paṭṭhāna, Sonapat, (Haryana)
12 to 23-10-2022	Dhamma Setu, Chennai (Tamil Nadu)
12 to 23-11-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)

20-11 to 1-12-2022	<i>Dhamma Kalyāṇa, Kanpur (U.P.)</i>
14 to 25-12-2022	<i>Dhammapāla, Bhopal (M.P.)</i>
20 to 31-12-2022	<i>Dhamma Pabbaja, Churu, Rajasthan</i>
28-12 to 8-1-2023	<i>Dhamma Khetta, Hyderabad (Telangana)</i>
28-12-2023 to 8-1-2024	<i>Dhamma Khetta, Hyderabad (Telangana)</i>
31-5-2024 to 10-6-2024	<i>Dhamma Khetta, Hyderabad (Telangana)</i>

#### Gratitude Course

1-2 to 16-2-2023	<i>Dhamma Divākara, Mehsana (Guj.)</i>
2 to 17-2-2023	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>

#### Schedule of Long Courses

##### 20-day

23-2 to 16-3-2022	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
26-2 to 19-03-2022	<i>Dhamma Tapovana-I Igatpuri</i>
1 to 22-3-2022	<i>Dhamma Pīṭha, Ahmedabad (Gujarat)</i>
19-4 to 10-5-2022	<i>Dhamma Paṭṭhāna, (Haryana)</i>
4 to 25-5-2022	<i>Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)</i>
12-5 to 2-6-2022	<i>Dhamma Tapovana-II Igatpuri</i>
4 to 25-5-2022	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
1 to 22-6-2022	<i>Dhamma Khetta, Hyderabad (Telangana)</i>
9 to 30-7-2022	<i>Dhamma Tapovana-I Igatpuri</i>
10 to 31-7-2022	<i>Dhamma Pushkar, Ajmer, Rajasthan</i>
17-7 to 7-8-2022	<i>Dhamma Kanana, Balaghat (M.P.)</i>
1 to 22-8-2022	<i>Dhamma Bodhi, Bodhgaya (Bihar)</i>
1 to 22-8-2022	<i>Dhamma Paṭṭhāna, (Haryana)</i>
3 to 24-8-2022	<i>Dhamma Cakka, Sarnath (U.P.)</i>
8 to 29-9-2022	<i>Dhammapāla, Bhopal (M.P.)</i>
8 to 29-9-2022	<i>Dhamma Suvattī, Sravasti (U.P.)</i>
13-8 to 3-9-2022	<i>Dhamma Divākara, Mehsana (Guj.)</i>
16-8 to 6-9-2022	<i>Dhammālaya, Kolhapur</i>
19-8 to 9-9-2022	<i>Dhamma Ambikā, South Gujarat</i>
9 to 30-9-2022	<i>Dhamma Garha, Bilaspur (Chhattisgarh)</i>
1 to 22-10-2022	<i>Dhamma Tapovana-II Igatpuri</i>
6 to 27-10-2022	<i>Dhamma Bodhi, Bodhgaya (Bihar)</i>
27-10 to 17-11-2022	<i>Dhamma Vāhinī: Titwala</i>
28-10 to 17-11-2022	<i>Dhamma Sarovara, Dhule</i>
28-10 to 18-11-2022	<i>Dhamma Thalī, Jaipur</i>
1 to 22-12-2022	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
4 to 25-12-2022	<i>Dhamma Lakkhaṇa, Lucknow (U.P.)</i>
28-12 to 18-1-2023	<i>Dhamma Khetta, Hyderabad (Telangana)</i>
28-12-2023 to 18-1-2024	<i>Dhamma Khetta, Hyderabad (Telangana)</i>
31-5-2024 to 20-6-2024	<i>Dhamma Khetta, Hyderabad (Telangana)</i>

##### 30-day

20-2 to 23-3-2022	<i>Dhamma Tapovana-II Igatpuri</i>
23-2 to 26-3-2022	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
27-2 to 30-3-2022	<i>Dhamma Paṭṭhāna, (Haryana)</i>
28-2 to 30-3-2022	<i>Dhamma Suvattī, Sravasti (U.P.)</i>
25-3 to 25-4-2022	<i>Dhamma Tapovana-I Igatpuri</i>
4-5 to 4-6-2022	<i>Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)</i>
4-5 to 4-6-2022	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
8-5 to 8-6-2022	<i>Dhamma Tapovana-I Igatpuri</i>
28-5 to 28-6-2022	<i>Dhamma Paṭṭhāna, (Haryana)</i>
1-6 to 2-7-2022	<i>Dhamma Khetta, Hyderabad (Telangana)</i>
7-6 to 8-7-2022	<i>Dhamma Tapovana-II Igatpuri</i>
10-7 to 10-8-2022	<i>Dhamma Pushkar, Ajmer, Rajasthan</i>
16-7 to 16-8-2022	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
1-8 to 1-9-2022	<i>Dhamma Bodhi, Bodhgaya (Bihar)</i>
3-8 to 3-9-2022	<i>Dhamma Divākara, Mehsana (Guj.)</i>
4-8 to 4-9-2022	<i>Dhamma Tapovana-I Igatpuri</i>
16-8 to 16-9-2022	<i>Dhammālaya, Kolhapur</i>
28-8 to 28-9-2022	<i>Dhamma Paṭṭhāna, (Haryana)</i>
7-9 to 8-10-2022	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
8-9 to 9-10-2022	<i>Dhammapāla, Bhopal (M.P.)</i>
26-10 to 26-11-22	<i>Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)</i>
28-10 to 28-11-2022	<i>Dhamma Thalī, Jaipur</i>
30-10 to 30-11-2022	<i>Dhamma Cakka, Sarnath (U.P.)</i>
5-11 to 6-12-2022	<i>Dhamma Pīṭha, Ahmedabad (Gujarat)</i>
12-11 to 13-12-2022	<i>Dhamma Tapovana-II Igatpuri</i>
20-11 to 21-12-2022	<i>Dhamma Vāhinī: Titwala</i>
28-12 to 28-1-2023	<i>Dhamma Khetta, Hyderabad (Telangana)</i>

28-12-2023 to 28-1-2024	<i>Dhamma Khetta, Hyderabad (Telangana)</i>
31-5-2024 to 30-6-2024	<i>Dhamma Khetta, Hyderabad (Telangana)</i>

#### 45-day

20-2 to 7-4-2022	<i>Dhamma Tapovana-II Igatpuri</i>
23-2 to 10-4	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
27-2 to 14-4-2022	<i>Dhamma Paṭṭhāna, (Haryana)</i>
28-2 to 15-4-2022	<i>Dhamma Suvattī, Sravasti (U.P.)</i>
8-5 to 23-6-2022	<i>Dhamma Tapovana-I Igatpuri</i>
1-6 to 17-7-2022	<i>Dhamma Khetta, Hyderabad (Telangana)</i>
7-6 to 23-7-2022	<i>Dhamma Tapovana-II Igatpuri</i>
4-8 to 19-9-2022	<i>Dhamma Tapovana-I Igatpuri</i>
16-8 to 1-10-2022	<i>Dhammālaya, Kolhapur</i>
7-9 to 23-10-2022	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
15-10 to 30-11-2022	<i>Dhamma Suvattī, Sravasti (U.P.)</i>
26-10 to 11-12-22	<i>Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)</i>
27-10 to 12-12-2022	<i>Dhamma Paṭṭhāna, (Haryana)</i>
5-11 to 21-12-2022	<i>Dhamma Pīṭha, Ahmedabad (Gujarat)</i>
20-11 to 5-1-2023	<i>Dhamma Vāhinī: Titwala</i>
14-12-22 to 29-1-23	<i>Dhamma Nāgajjuna-II Nagarjun Sagar</i>
21-12 to 5-2-2023	<i>Dhamma Tapovana-I Igatpuri</i>
1-1-2-22 to 16-2-2-23	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
31-5-2024 to 15-7-2024	<i>Dhamma Khetta, Hyderabad (Telangana)</i>

#### 60-day

29-7 to 28-9-2022	<i>Dhamma Tapovana-II Igatpuri</i>
11-10 to 11-12-2022	<i>Dhamma Tapovana-I Igatpuri</i>
17-12 to 16-2-2022	<i>Dhamma Tapovana-II Igatpuri</i>

#### Dhammānanda, Pune

**Pune Vipassana Centre**, near Markal village, 8 km. from Alandi, (No admission without confirmation). **10-day:** (Only for Hindi, Marathi, Students)» 12 to 23-3, 9 to 20-4, 14 to 25-5, 11 to 22-6, 9 to 20-7, 13 to 24-8, 10 to 21-9, 12 to 23-11, 10 to 21-12, (Only for Hindi, English, Students)» 26-3 to 6-4, 23-4 to 4-5, 28-5 to 8-6, 25-6 to 6-7, 23-7 to 3-8, 27-8 to 7-9, 24-9 to 5-10, 26-11 to 7-12, 24-12 to 4-1-23, **#ST:** (Only for Hindi, English, Students)» 29-10 to 6-11, (Only for Hindi, Marathi, Students)» 26-2 to 6-3, **3-day:** 5 to 8-5, 4 to 7-8, 20 to 23-10, **Contact:** Pune Vipassana Samiti, Email: info@ananda.dhamma.org Tel: (020) 2446-8903, 2446-4243. Tel/Fax: 2446-4243.

#### Dhamma Punna, 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 » 6 to 17-3, 3 to 14-4, 5 to 16-6, 3 to 14-7, 7 to 18-8, 2 to 13-10, 6 to 17-11, 4 to 15-12, Only for Hindi, Marathi, Students » 20-2 to 3-3, 20 to 31-3, 17 to 28-4, 19 to 30-6, 17 to 28-7, 21-8 to 1-9, 18 to 29-9, 20-11 to 1-12, 18 to 29-12, **#ST:** 4 to 12-9, **3-day:** Only for Hindi, Marathi, Students 13 to 16-10, Only for Hindi, English, Students 27 to 30-10, **2-Day:** Only for Hindi, Marathi, Students 2 to 4-6, Only for Hindi, English, Students 15 to 17-9, **Teenagers' Course: (Boys)** 1 to 9-5, **(Girls)** 15 to 23-5, **1-day:** Every Month Second Thursday and Fourth Sunday 8:30 am to 4:30 pm, **# 2-Day Children course:** (9 to 18 yrs) (Boys) 10 to 11-5, (Girls)» 13 to 14-5, **Children Course:** (9 to 18 yrs Every Month first and Third Sunday (8 am to 2:30 pm)

#### Dhamma Ajanta, Aurangabad

**Ajanta International Vipassana Samiti**, Gut No 45 Rampuri, Vijapur Road Aurangabad 431003. Tel: (0240) 2040444, **Contact:** Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org **10-day:** 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 20-4 to 1-5, 4 to 15-5, 25-5 to 5-6, 8 to 19-6, 22-6 to 3-7, **#ST:** 4 to 12-4, **2-day:** 15 to 17-4, **Teenagers' Course: (Boys)** 16 to 24-5,

#### Dhamma Sarovara, Dhule

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

**Contact:** Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org

#### Dhamma Siddhapuri, Bhatgaon Solapur

**Dhamma Siddhapuri Vipassana Sadhana Kendra**, Off Vijapur rod, Near Bhatvadi, 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)» 2-3 to 13-3, 30-3 to 10-4, 1 to 12-6, 29-6 to 10-7, 13 to 24-7, 17 to 28-8, 31-8 to 11-9, 28-9 to 9-10, 16 to 27-11, 30-11 to 10-12, 28-12 to 8-1-2023, (Only Female)» 16 to 27-3, 13 to 24-4, 15 to 26-6, 3 to 14-8, 14 to 25-9, 2 to 13-11, 14 to 25-12, **#ST:** 26-4 to 4-5, 12 to 20-10,



**3-day:** 28 to 31-7, **2-day:** 6 to 8-5, 28 to 30-10, **Teenagers' Course:** (Girls) 10 to 18-5, (Boys) 21 to 29-5,

#### **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) 19-2 to 2-3, 6 to 17-3, 20 to 31-3, 3 to 14-4, 17 to 28-4, (1 to 12-5 only Female), 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, 6 to 17-10, 28-10 to 8-11, 12-11 to 23-11, 26-11 to 7-12, 10 to 21-12, **#ST:** (Hindi/English speaking students only) 22 to 31-3, 3 to 12-7, 8 to 17-10, **3-day:** (Hindi/English speaking students only) 14 to 17-5, 19 to 22-10, 26 to 29-12, **∞ Long Courses:** **20-day:** 16-8 to 6-9, **30-day:** 16-8 to 16-9, **45-day:** 16-8 to 1-10,

#### **Dhamma Sugandha : Bhose (Sangali)**

**Sangali Vipassana Meditation Centre**, Gat No. 564, Talaaw Road, Near Yallamma Temple, Khamkarwadi, Bhose - 416420, Ta. Miraj, Dist. Sangali, Email: info@sugandha.dhamma.org, Tel: 9422410436, 9403841943, online registration www.dhamma.org/en/schedules/schugandha, **Contact:** 1) Dr. Amit Patil, Mob. 9222161236, 2) Mr. Sanjay Chaugule, Mob. 7249711008, **10-day:** (Only Male) **2-day:** (1-day: Every first Sunday Place: Nishidhi, Malwadi A/P. Bhilavadi, Tal. Palus, Dist. Sangli), **1-day:** Every Second Sunday, **Children Course:** (age 8 to 15) 9 am to 3 pm Every Third Sunday, **Place:** Manav Rahat Trust 3rd Floor, Near Civil Hospital, Sangli]

#### **Dhamma Nāga, Nagpur**

**Nagpur Vipassana Centre**, Mahurjhari Village, near Nagpur-Kalmeshwar Road. **Contact:** Mob. 9370990771, 9423403294, 9403870195, 9422182336, Email: info@naga.dhamma.org (No admission without confirmation) **10-day:** 23-2 to 6-3, 23-3 to 3-4, (Only for Old Students 6 to 17-4), 20-4 to 1-5, 8 to 19-6, 22-6 to 3-7, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 31-8 to 11-9, 14 to 25-9, 28-9 to 9-10, 12 to 23-10, 26-10 to 6-11, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, **#ST:** 27-5 to 4-6, 24-12 to 1-1-2023, **3-Day:** 17 to 20-3, 19 to 22-12, **1-Day:** 16-5, **Teenagers' Course:** (Girls)» 3 to 11-5, **Teenagers' Course:** (Boys)» 18 to 26-5, **AT Workshop:**» 9 to 13-3, **Special 10-day:** 6 to 17-4, **Contact:** (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smruti Bhawan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

#### **Dhamma Sugati, Sugatanagar**

**Vipassana Sadhana Kendra**, Sugata Nagar, Nagpur 440 014, **10-day:** (Male Only)» 2 to 13-3, (Male and Female)» 1 to 12-4, 1 to 12-6, 6 to 17-7, 3 to 14-10, 20 to 31-12, (Female Only)» 3 to 14-8, 20 to 31-8, 3 to 14-9, 19 to 30-9, (Bhikkhu Only)» 2 to 13-11, **#ST:** 23 to 31-7, 7 to 15-12, **3-Day:** 25 to 28-2, 26 to 29-3, 24 to 27-11, **Teenagers' Course:** (Boys)» 4 to 11-5, (Girls)» 21 to 29-5, **1-Day:** 20-3, 12-6, 13-11, 18-12, **# 3-Day Children Course:** (Only Girls age 12 to 15 yrs)» 23 to 26-6, (Only Boys age 12 to 15 yrs)» 28 to 31-10, **Children Course:**» (Only Boys 8 to 12 yrs) 24-4, (Only Girls 8 to 12 yrs)» 15-5, (Boys and Girls 8 to 12 yrs)» 17-7, **Group Sitting:** 14-4, 14-10, 6-12, every Sunday 8 to 9 am. **Children Anapana:** every Sunday 8 to 8:45 am. **Anapana Group Sitting:** Daily 6 to 7 pm **Contact:** 1. Sukhadev Narnavre, Mob. 9422129229. 2. Kamlesh Chahande, Mob. 9373104305.

**Kamti (Nagpur):** **10-day:** **Contact:** Dragon Palace, Dada saheb Khumbhare Parisar, Kamptee, Nagpur Mob. 7620349694, 7774858173, 9022451678,

#### **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:** (Male and Female)» 19-2 to 2-3, 4 to 15-3, 1 to 12-4, 19 to 30-4, 2 to 13-5, (Only Bhikkhu and Male 29-6 to 10-7), 18 to 29-7, (Only Bhikkhu and Female 2 to 13-8), 10 to 21-9, 7 to 18-10, 5 to 16-11, 21-11 to 2-12, 7 to 18-12, **#ST:** (Only Bhikkhu and Male) 18 to 26-5, (Male and Female)» 23 to 31-10, **3-day:** 17 to 20-3, 23 to 26-6, **Teenagers' Course:** 6 to 14-6, 1-day: 27-3, 17-4, 16-5, 17-6, 13-7, 28-8, 21-9, 20-11, 25-12, **Children Course:** (Only Boys) 28 to 29-5, (Only Girls) 18 to 19-6, (With Mitra Upkram 17-7), 14-8, 25-9, 4-12, **Special 10-day:** 16 to 27-8,

#### **Dhammades : Chincholi, Hingoli**

**Dhammades Vipassana Kendra**, Chincholi, Tal-Dist: Hingoli, **Contact:** Mobile: 9405111373, 9420433905, 9881242487, **10-day:** (Male Only)» 20-2 to 3-3, 2 to 13-4, 1 to 12-5, 5 to 16-6, 3 to 14-7, 7 to 18-8, 4 to 15-9, 20 to 13-10, 13 to 24-11, 18 to 29-12, (Female Only)» 6 to 17-3, 17 to 28-4, 17 to 28-5, 19 to 30-6, 17 to 28-7, 21-8 to 1-9, 18 to 29-9, 30-10 to 9-11, 4 to 15-12,

**Kotamba (Yavatmal):** **10-day:** (Male and Female) (Only for bhikkhu and Female Students)» **1-day:** Every Sunday: 8 am to 3 pm **Children's course:** 26-12, **Contact:** Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. M. 9822896453, 7776964808, 7038918204, 9175622575,

**Santuk-Pimpri (Hingoli):** **Place:** Santuk Pimpri Br Bagadiya Farm House, **Contact:** Mobile: 9405111373, 9420433905, 9881242487, **10-day:** (Male Only)» 20-2 to 3-3, 2 to 13-4, 1 to 12-5, 5 to 16-6, 3 to 14-7, 7 to 18-8, 4 to 15-9, 20 to 13-10, 13 to 24-11, 18 to 29-12, (Female Only)» 6 to 17-3, 17 to 28-4, 17 to 28-5, 19 to 30-6, 17 to 28-7, 21-8 to 1-9, 18 to 29-9, 30-10 to 9-11, 4 to 15-12, **Contact:** Dr. Sangram Jondhale, Mob. 9422189318, Mr. Mr. Hanmante Saheb, M. 9422660954,

#### **Dhamma Amrāvati, Lumbini, Mogara,**

**Vipassana Kendra**, Vipassana Samiti, Lumbini, At Mogara, Post- Bhankheda, Tal-Dist. Amravati. **Contact:** 1) Mr. Kishor Deshmukha, Mob. 9370585203, 2) Mr. Babuji Shirsat, Mob. 8007676033, **10-day:** ((Male and Female) 18-2 to 1-3, 23-3 to 3-4, 22-6 to 3-7, 17 to 28-8, 14 to 25-9, 7 to 18-10, 14 to 25-12, **#ST:** 9 to 17-11, **1-day** 1-3, 3-4,

3-7, 28-8, 25-9, 18-10, 25-12, **Dhamma Meeting:** 17-4, **Dhamma Servers' Workshop:** 8-5

**Kuralpurna (Amravati):** **10-day:** (Only female) **Contact:** Mr Bardiya, Mob. 7083896906, 2) Mr Thorat, Mob. 9765873488.

#### **Dhamma Gondā, Gondia (Ozatola)**

**Dhamma Gond Vipassana Centre**, Gondia Ta and Dist: Gondia - 441601, **Contact:** 9421796656, 8669038011, 8888728020, **10-day:** **#ST:** **3-day:** **1-day:** **3-day Children Course:** (Girls 10 to 15 yrs) **Children Course:**

**Rohnagaon: (Pavani Bhandara):** **10-day:** (9 to 20-3 Only Bhikkhu) 30 to 10-4, 11 to 22-5, 1 to 12-6, 6 to 17-7, 10 to 21-8, 19 to 30-10, 9 to 20-11, 7 to 18-12, **#ST:** 17 to 25-9, **3-day** 27 to 30-4, 12 to 15-9, **At:** Managing by vishuddhimaggo Vipassana Charitable Trust, Dhammapavan Vipassana centre Rohnagaon (Pavani), Dist. Bhandara. **Contact:** 1) Shailesh kambale: 9923268962, 2) Mr. Madhav Ramteke: 92233-49183.

**Chitki: (Wardha)** Dhamma Kutī Vipassana Kendra, chitki, Pulgaon, Po. Kavtha, Ta. Devali, Dist: Wardha, (MS) **10-day:** 26-10 to 6-11, 24-11 to 5-12, 20 to 31-12, **#ST:** 22 to 30-3, **Contact:** 1. Shri Khandare, Tel: 071582-84372, Mr. Sudhir Thavare, Mobile:- 9975769018,

**Tumsar (Bhandara):** **10-day:** 23-2 to 6-3, 23-3 to 3-4, 30-11 to 11-12, 20 to 31-12, **# Children Course:** 6-3, 3-4, 9-11, 11-12, **at** Buddhavihar and Welfare Centre, Chulhad, Tal. Tumsar, Dist: Bhandara, Mob. 096236-68240, **Contact:** 1) Mr. Dongare, 6260450336. 2) Mr. Choure, Mob. 09890441071, 3) Vijju Gondane, Mob. 096236-68240,

**Rohnagaon: (Pavani Bhandara):** **10-day:** 7 to 18-7, **At:** Managing by vishuddhimaggo Vipassana Charitable Trust, Dhammapavan Vipassana centre Rohnagaon (Pavani), Dist. Bhandara. **Contact:** 1) Shailesh kambale: 9923268962, 2) Mr. Madhav Ramteke: 92233-49183.

#### **Dhamma Bhandāra, Bhandara**

**Vipassana Kendra Rahul Colony**, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) **10-day:** 1 to 12-3, 19 to 30-7, 6 to 17-9, 11 to 22-10, 15 to 26-11, 7 to 18-12, **#ST:** 2 to 10-4, 3 to 11-11, **3-day:** 17 to 23-3, **1-day:** 24-4, 16-5, 19-6, 21-8, 25-9, 27-11, 18-12, **# 2-day Children Course:** 1 to 2-5, **# 1-day Children Course:** 27-2, 26-4, 10-5, 24-5, 14-6, 28-6, 31-7, 25-8, 9-10, 25-12, **Dhamma Sammelan:** 13-2, **Special 10-day:** 9 to 20-8, **Contact:** Saluja, 09423673572, Choureji, 9890441071, Vinodji, 9422833002, 7588749108,

**Pavani (Bhandara):** **10-day:** **At:** Dhammaprabhas Buddhavihar Samiti, Pavani Dist. Bhandara, **Contact:** 1. Mr. Bankar, M. 8408983913, 2. Mr. Shende, M. 8999916043,

#### **Dhamma Āvāsa, Latur**

**Latur Vipassana Samiti**, Vasant Vihar Colony, Near RTO, Babhalgaon Road Latur-413531. **Contact:** 1) Sagar Kulkarni. mob. 94054-22948, 84210-79011, 02381-262023, 2) Sudhir Birle mob. 94233-47023, Email: lvslatur@gmail.com **10-day:** (Only male) (only female)

#### **Dhamma Nirañjana, Nanded**

**Vipassana Centre**, New Danki, Near Godavari River, **Contact:** 1) Mr. Dahivele, Mob. 94231-48636. 2) Mr. Bhawe, Mob. 9421572499, **10-day:** (Only female)» 2 to 13-3, 15 to 26-6, 17 to 28-8, 16 to 27-11, (Male and Female)» 16 to 27-3, 31-8 to 11-9, 14 to 25-9, 30-11 to 11-12, (Only male)» 30-3 to 10-4, 6 to 17-7, 5 to 16-10, 14 to 25-12, **#ST:** 30-7 to 7-8, **3-day:** 9 to 12-6, 27 to 30-10, **2-day:** 22 to 24-7, 30-9 to 2-10, **1-day:** 16-4, 8-5, 22-5, 5-6, 3-7, 14-8, 23-10, 13-11, **# 3-day Children Course:** (Boys Only) 1 to 4-11, (Girls Only) 6 to 9-11, **# 2-day Children Course:** (Boys Only) 17 to 19-4, (Girls Only) 22 to 24-4,

#### **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. **10-day:** 7 to 18-10, 9 to 20-11, 30-11 to 11-12, **#ST:** 5 to 13-3, **1-day:** 16-5, 13-7, 29-9,

#### **Dhamma Anākula, Akola**

**Vipassana Sadhana Kendra**, Khaperkhehda 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 **10-day:** (Male & Female)» 23 -2 to 6-3, 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 5 to 16-5, 15 to 26-6, (29-6 to 10-7 only Bhikkhu), 13 to 24-7, 3 to 14-8, 17 to 28-8, 31-8 to 11-9, 18 to 29-9, 11 to 22-10, 27-10 to 7-11, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 20 to 31-12, **#ST:** 20 to 28-4, 1 to 9-10, **3-day:** 28 to 31-7, **2-day:** 19 to 21-2, 1 to 3-5, 13 to 15-9, **1-day:** 20-3, 17-4, 16-5, 26-6, 14-8, 29-9, 22-10, 4-12, 31-12, **Teenagers' Course:** (Boys)» 1 to 9-6, **Teenager's Course:** (Girls)» 21 to 29-5, **#1-day Children Course:** 6-3, 24-7, 28-8, 20-11, 18-12, **Contact:** 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970.

**Kotamba (Yavatmal):** **10-day:** (Male and Female)» 20 to 31-3, 17 to 28-4, 4 to 15-5, 20 to 31-5, 3 to 14-6, 19 to 30-6, 17 to 28-7, 13 to 24-8, 11 to 22-9, 10 to 21-10, 28-10 to 8-11, 11 to 22-12, **1-day:** Every Sunday: 8 am to 3 pm **Contact:** Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. M. 9822896453, 9067788418, 9421775372, 9890429314, 9175622575,

**Malkapur (Akola):** **10-day:** (Only female)» 2 to 13-3, 2 to 13-6, 24-11 to 5-12, (only male)» 4 to 15-5, **#ST:** (Only female)» 13 to 21-8, **3-day:** (only male)»



10 to 13-11, at Bhadant Anand Nivas Rajratna Colony, Yavata Road, Malkapur, Akola 444001. **Contact:** 1) Mr. Aathavle Mob. 9404092468, 3) Mr. Tayde Mob. 9421794874,

**Patur (Akola):** Vipassana Sadhana Prasara Kendra Shirala, Patur, Dist- Akola, 444501 **10-day:** (Female only)» 25-3 to 5-4, 19 to 30-5, 19 to 30-7, 22-9 to 3-10, 22-12 to 2-1-2023, (only male)» 6 to 17-3, 19 to 30-4, 21-6 to 2-7, 10 to 21-10, **#ST:** (only male)» 25-8 to 2-9, (Female only)» 9 to 17-12, (Only Bhikkhu)» 15 to 23-11, **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](http://www.jalgaon.dhamma.org), Email: [dhammajalgaon@gmail.com](mailto:dhammajalgaon@gmail.com), Mob. 9422292161, **Contact:** Mr. Subhasha Talreja, Mob. 75884-36222, 75880-09584. **10-day:** (only male)» 4 to 15-3, 3 to 14-4, 1 to 12-5, 5 to 16-6, 3 to 14-7, 7 to 18-8, 4 to 15-9, 2 to 13-10, 6 to 17-11, 4 to 15-12, (only female)» 20-2 to 3-3, 20 to 31-3, 17 to 28-4, 19 to 30-6, 17 to 28-7, 21-8 to 1-9, 18 to 29-9, 20-11 to 1-12, 18 to 29-12, **#ST:** (only male)» 27 to 22-10, **3-day:** (only male)» 27 to 30-10, (only female)» 28 to 31-7, **Contact:** 7588436222, 8421532276.

#### **Dhamma Ajaya, Chandrapur**

**Vipassana Meditation Centre,** At - Ajaypur, Po. - Chichpalli, Mul Road, Chandrapur, Online Registration :- **Website:-** [www.ajaya.dhamma.org](http://www.ajaya.dhamma.org), **Email:** [dhammaajaya@gmail.com](mailto:dhammaajaya@gmail.com), **10-day:** **Contact:** 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 9226137722, 2) Mr. Gautam Chikate, Mobile: 9421812541, 9422506476, **10-day:** 24-2 to 7-3, (Only Bhikkhu 12 to 23-3) 30-3 to 10-4, 5 to 16-5, 20 to 31-5, 16 to 27-6, 2 to 13-7, 18 to 29-7, 22-8 to 2-9, 6 to 17-9, 3 to 14-10, 20 to 31-10, 5 to 16-11, 21-11 to 2-12, 7 to 18-12, 22-12 to 2-1, **#ST:** 15 to 23-4, 20 to 28-9, **Teenager's Course: (Girls)** 4 to 12-6, **2-day:** 15 to 17-8, **Dhamma Servers' Workshop:** 27-3, **# Children Course: (Boys Only age 8 to 12)** 28 to 30-4, (Girls Only age 8 to 12) 1 to 3-5, **1-day Megha:** 16-5, 13-7, 29-9, **1-day:** 20-2, 24-4, 16-10, 4-12, **Special 10-day:** 2 to 13-8,

**Nagbhid (Chandrapur):** **Place:** Go. Va. Mahavidyalaya Nagbhid, Dist. Chandrapur - 441205. **Contact:** 1) Amar shende, M. 8275240717, 2) Arvind Ghayavan, M. 9049566078.

**Ballarpur:** **10-day:** **3-day:** **2-day Children Course: (Boys)» (Girls)»** **Place:** AT Yenbodi, Po Kothari, Tal- 442701, **Contact:** 1) Mr. Vasant Dhoke, Mob. 09423503514, 07875330276, 2) Mr. Manohar Fulzele, Mob. 08551987943.

**Gadchiroli (vadsa):** **10-day:** ..... **3-day:** ..... **At** Tukum ward, Tal. vadsa, Dist Gadchiroli-441207, **Contact:** 1) Mr. Purushottam Dudhe Mob. 9421734459. 2) Mr. Kailesh Mendhe, Mob. 8600005608,

#### **Dhamma Padesa, Pali, Ratnagiri,**

**Konkan Vipassana Meditation Centre,** At-Patharat, Post-Pali, Tal-Ratnagiri, Maharashtra, Email: [info@pades.dhamma.org](mailto:info@pades.dhamma.org), Website: <https://pades.dhamma.org>, **10-day:** **#ST:** **Contact:** Mr. Santosh Ayare: 1) 9975434754 / 9960503598

**Mahad:** **10-day:** (only Male)» **3-day:** (only Male)» **1-day:** Every First Sunday 10 am to 3 pm. **# Children Course:** Every third Sunday 10 am to 2 pm, **Place:** Babasahab Ambedkar Memorial Hall Shivaji Chowk, Koteswari Tale, Mahad-402301, Dist:- Raigad, **Contact:** (020) 24436250, Email: [info@punna.dhamma.org](mailto:info@punna.dhamma.org), Mob.: 7719070011,

**Goa:** **10-day:** **At:** Shree Shantadurga Shankhawaleshwari Sansthan Veling Gothan Goa 403404, **Contact:** Mob. 9822139558,

#### **NORTH INDIA**

#### **Dhamma Thali, Jaipur**

**Rajasthan Vipassana Centre,** P.O. Box 208, Jaipur-302001 Mob. 0-99301-17187, 9610401401, 9828804808, (for Manual registration/queries); Email: [info@thali.dhamma.org](mailto:info@thali.dhamma.org), **10-day:** 27-3 to 7-4, 10 to 21-4, 24-4 to 5-5, 8 to 19-5, 22-5 to 2-6, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 13 to 24-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 30-11 to 11-12, 22-12 to 2-1-2023, **#ST:** 29-3 to 6-4, 7 to 15-6, 19 to 27-7, 12 to 20-12, **Special 10-day:** 10 to 21-4, 19 to 30-6, 9 to 20-10, **Long Course:** **20-day:** 28-10 to 18-11, **30-day:** 28-10 to 28-11,

#### **Dhamma Nilaya, Jamdoli, Jaipur (Rajasthan)**

**Dhamma Nilaya** Jaaton kaa Bass, Jaisinghpura, Khor Jamdoli, Dist. Jaipur. **Contact:** Mrs Nidhi Mahindroo, Mob. 7042677225, 9828306708 Email: [info@thali.dhamma.org](mailto:info@thali.dhamma.org), **3-day:** (Male only)» (Female only)» **Teenagers' Course: (Boys)** 1 (Girls) **# Children Course: (Boys)» (Girls)**

#### **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](mailto:dhammapushkar@gmail.com) Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275, **10-day:** 23-2 to 7-3, 20 to 31-3, 2 to 13-4, 20-4 to 1-5, 4 to 15-5, 12 to 23-6, 25-6 to 6-7, 1 to 12-9, 14 to 25-9, 28-9 to 9-10, 2 to 13-11, 16 to 27-11, 30-11 to 11-12, **#ST:** 9 to 17-3, 12 to 20-10, 13 to 21-12, **Teenagers' Course: (Boys)** 1 to 9-6, **# 2-Day Children Course:** 15 to 17-4, 13 to 15-8, **Special 10-day:** 20 to 31-8, **Long Course:** **20-day:** 10 to 31-7, 24-12 to 14-1-2023, **30-day:** 10-7 to 10-8, 24-12 to 24-1-2023,

#### **Dhamma Marudhara, Jodhpur, Rajasthan**

**Vipassana Sadhana Kendra,** Behind Laharia Resort, Near Adhyatma Vigyan

Satsang Kendra, -Chausani Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: [info@marudhara.dhamma.org](mailto:info@marudhara.dhamma.org), **10-day:** 21-3 to 1-4, 13 to 24-4, 28-4 to 9-5, 21-6 to 2-7, 5 to 16-7, 19 to 30-7, 2 to 14-8, 31-8 to 11-9, 23-9 to 4-10, 19 to 22-10, 28-10 to 8-11, 11 to 22-11, 25-11 to 6-12, **#ST:** 9 to 17-3, 28-5 to 5-6, 8 to 16-10, 23 to 31-12, **3-day:** 2 to 5-3, 4 to 7-4, 9 to 12-12, **Teenagers' Course: (Boys)» 10 to 18-6, (Girls)» 19 to 27-8, # 2-Day Children Course:** 16 to 18-9, **Contact:** 1) Mr. Nemichand Bhandari, Email: [dhamma.maroodhara@gmail.com](mailto:dhamma.maroodhara@gmail.com); Mob. Whatsapp No. 9887099049, 8233013020.

#### **Dhamma Pubbaja, Churu, Rajasthan**

**Pubbaj Bhumii Vipassana Trust,** Bhalleri Road, 6Km From Churu (Rajasthan) Mob. 9664481738, Email: [dhammapubbaja@gmail.com](mailto:dhammapubbaja@gmail.com), [info@pubbaja.dhamma.org](mailto:info@pubbaja.dhamma.org), **Contact:** 1) Mr. SP Sharma, Mob. 07627049859, 2) Mr. Suresh Khanna, Mob. 094131-57056, 9887099049, Whatsapp Only) **10-day:** 22-2 to 5-3, 9 to 20-3, 23-3 to 4-4, 7 to 18-4, 27-5 to 7-6, 22-6 to 3-7, 6 to 17-7, 20 to 31-7, 3 to 14-8, 9 to 20-9, 5 to 16-10, 26-10 to 6-11, 11 to 22-11, 25-11 to 6-12, **#ST:** 29-4 to 7-5, 19 to 27-8, **3-day:** 21 to 24-4, 23 to 26-9, 19 to 22-10, 9 to 12-12, **Teenagers' Course: (Boys)** 10 to 18-6, **1-day:** 8-5, **Children Course 2-day:** (Only Boys age 13 to 16)» 2 to 4-9, (13 to 16 yrs Girls Only)» 30-9 to 2-10, **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:** 2 to 13-3, 16 to 27-3, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 19 to 30-10, 2 to 13-11, 16 to 27-11, 7 to 18-12, 21-12 to 1-1-2023, **Contact:** Tel. (011) 26452772, 46585455, Email: [reg.dhammasota@gmail.com](mailto:reg.dhammasota@gmail.com)

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

**Vipassana Sadhana Sansthan,** Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: [reg.dhammapatthana@gmail.com](mailto:reg.dhammapatthana@gmail.com) **#ST:** 15 to 23-5, 4 to 12-7, 17 to 25-12, **AT Workshop:** 2 to 5-10, **Dhamma worker workshop:** 6 to 7-10, **Special 10-day:** 14 to 25-7, 11 to 22-10, **Long Courses:** **20-day:** 19-4 to 10-5, 1 to 22-8, **30-day:** 27-2 to 30-3, 28-5 to 28-6, 28-8 to 28-9, **45-day:** 27-2 to 14-4, 27-10 to 12-12, **Contact:** same as Dhamma Sota

#### **Dhamma Karunika, Karnal (Haryana)**

**Vipassana Sadhana Sansthan,** AirPort/Kunjpora Road, Near Government School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: [reg.dhamma-karunika@gmail.com](mailto:reg.dhamma-karunika@gmail.com), **Contact:** 1) Mr Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, **10-day:** 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 13 to 24-4, 27-4 to 8-5, 11 to 22-5, 22-6 to 3-7, 13 to 24-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 14 to 25-9, 28-9 to 9-10, 12 to 23-10, 9 to 20-11, 23-11 to 4-12, 14 to 25-12, 28-12 to 8-1-2023, **#ST:** 29-10 to 6-11, **Teenager's Course: (Boys)» 28-5 to 5-6, Teenager's Course: (Girls)» 11 to 19-6,**

#### **Dhamma Hitakari, Rohtak (Haryana)**

**Vipassana Dhyana Samiti,** Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. **Contact:** 92543-48837, 9416303639. **10-day:** 2 to 13-3, 16 to 27-3, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 2 to 13-11, 16 to 27-11, 7 to 18-12, 21-12 to 1-1-2023, **3-day:** 17 to 20-10,

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

**Punjab Vipassana Trust,** Village Anandgarh, P. O. Mehlanwali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: [info@dhaja.dhamma.org](mailto:info@dhaja.dhamma.org) **10-day:** 2 to 13-3, 16 to 27-3, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 19 to 30-10, 16 to 27-11, 7 to 18-12, 21-12 to 1-1-23, **#ST:** 5 to 13-11,

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

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

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

**Vipassana Meditation Ladakh,** Dhamma Laddha, is 8/9 Km from leh, **Contact:** Mr Lobzang Visuddha, Ancient Tracks, Mobile: [91] 9906971808, 9419862542. **10-day:** Every month 1 to 12 and 16 to 27 (Except **#ST:** Course ) **#ST:** 16 to 24-3, 16 to 24-9, **3-day:** 25 to 28-9, **2-day:** 25 to 27-3, **Group Sitting:** every Sunday from 9 am. **1-day:** every Second Sunday Email: [info@ladakh.in.dhamma.org](mailto:info@ladakh.in.dhamma.org); [lvisuddha@yahoo.com](mailto:lvisuddha@yahoo.com),

#### **Dhamma Salila, Dehradun**

**Dehradun Vipassana Centre,** Village Jantanwala, near Dehradun Cantonment, near Santala Devi Mandir, Dehradun 248001. Tel: 0135-2715189, 2715127, 94120-53748, Email: [reg.dhammasalila@gmail.com](mailto:reg.dhammasalila@gmail.com); **10-day:** 23-2 to 6-3, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 29-6 to 10-7, 13 to 24-7, 27-7 to 7-8, 24-8 to 4-9, 7 to 18-9, 21-9 to 2-10, 2 to 13-11, 16 to 27-11, 30-11 to 11-12, 14 to 25-12, **#ST:** 6 to 14-3, 14 to 22-8, 7 to 15-10, **3-day:** 19 to 22-3, 7 to 10-8, 16 to 19-10, 28-10 to 1-11, **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**: 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, 19 to 30-9, 4 to 15-10, 4 to 15-11, 19 to 30-11, **#ST**: 22 to 30-3, 19 to 27-10, **3-day**: 28 to 31-10, **2-day**: 15 to 17-3, 18 to 20-3, 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, **3-day Children's course**: (age 13 to 17 boys)» 26 to 29-12, (age 13 to 17 girls)» 30-12 to 2-1, **Special 10-day**: 19 to 30-7, **Long Course**: **20-day**: 4 to 25-12, **Contact**: 1. Sh. R. K. Singh, Mob. 9616744793, 2. Pankaj Jain, Mob. 098391-20032, 3. Mrudula Mukesha, Mob. 94150-10879, 4. Sh. Rajeev Yadav, Mob. 9415136560.

#### **Dhamma Suvattihī, Sravasti (U.P.)**

**Jetavana Vipassana Meditation Centre**, Katra Bypass Road, Opp. Buddha Inter College, Sravasti 271845. Email: info@suvattihī.dhamma.org, Tel: (05252) 265-439; Mob. 93358-33375. **10-day**: 17 to 28-4, 2 to 13-5, 17 to 28-5, 2 to 13-6, 17 to 28-6, 2 to 13-7, 17 to 28-7, 2 to 13-8, 17 to 28-8, 2 to 13-10, 2 to 13-12, 2 to 13-1-2023, **#ST**: 29-8 to 6-9, 14 to 22-12, **Children Course**: (8 to 12 yrs boys, and 8 to 16 yrs Girls)» 24 to 27-12, (12 to 16 yrs only Boys)» 28 to 31-12, **Long Course**: **20-day**: 8 to 29-9, **30-day**: 28-2 to 30-3, **45-day**: 28-2 to 15-4, 15-10 to 30-11, **Contact**: 1. Mob. 094157-51053, 2. Murli Manohar, Mob. 094150-36896,

#### **Dhamma Cakka, Sarnath (U.P.)**

**Vipassana Sadhana Kendra**, Village Khargipur, Post. Piyari, Chaubeypur, Sarnath, Varanasi. Email: info@cakka.dhamma.org Mob. 09307093485, 09936234823, (for aur-torickshaw from Sarnath Museum, fare Rs. 100/-), **10-day**: 4 to 15-3, 3 to 14-4, 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, 12 to 23-10, 5 to 16-12, 18 to 29-12, **#ST**: 21 to 29-3, 2 to 10-10, **3-day**: 28 to 31-8, **1-day**: Every month Fourth Sunday. 10 am to 5 pm, **Long Course**: **20-day**: 3 to 24-8, **30-day**: 30-10 to 30-11, **Contact**: Manju Agrawal, Email: manju.ag4@gmail.com. Mob. 09936691000.

#### **Dhamma Kalyāṇa, Kanpur (U.P.)**

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

#### **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: dhammakaya.vskk@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 Sudhā, Meerut (U.P.)**

**Vipassana Centre**, Behind Police station, Tower Road, Near Saifpur Gurdwara, Hastinapur, Dist. Meerut - 250404, **Office Contact**: Tel. 955515548, 8171490433, 7505414181, **10-day**: 2 to 13-3, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 2 to 13-11, 16 to 27-11, 7 to 18-12, 21-12 to 1-1-2023, **#ST**: 19 to 27-3, **3-day**: 31-3 to 3-4, 1 to 4-9, 17 to 20-10, 1 to 4-12,

#### **Dhamma Licchavi, Muzaffarpur (Bihar)**

**Dhamma Licchavi Vipassana Centre**, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 8935963703, Email: info@licchavi.dhamma.org **10-day**: every month 5 to 16 and 19 to 30, In February 19-2 to 2-3-2022, Except 19 to 30-3, 19 to 30-10, **#ST**: 22 to 30-3, **Contact**: Rajkumar Goenka, Tel: (0621) 224-0215,

#### **Dhamma Upavana, Baracakiya, (Bihar)**

**Baracakiya** - 845412, East Champaran Bihar, **Contact**: 9431245971, 9934430429, 6204814341, Email: dhammaupavan@gmail.com, **10-day**: 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: info@bodhi.dhamma.org, Website: www.bodhi.dhamma.org, Long course Email: bodhi.longcourse@gmail.com **Contact**: 99559-11556. **10-day**: 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**: 18 to 26-10, **10 Day Special**: 6 to 17-10,

**Long Courses**: **20-day**: 1 to 22-8, 6 to 27-10, **30-day**: 1-8 to 1-9,

**Nalanda (Bihar)**: **10-day**: April 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)**

**Patna Vipassana Center**, Meditation Block, Buddha Smriti Park, Near Patna Junction, Patna - 800001, Bihar, India, **Contact**: Mobile: +91 6205978822, +91 6299534629, E-mail: info@patna.in.dhamma.org, Website: http://www.patna.in.dhamma.org, **10-**

**Day**: 3 to 14-3, 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 28-6, 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, 3 to 14-12, 17 to 28-12, 3 to 14-1-2023, 17 to 28-1-23, 17 to 28-2-23, **#ST**: 17 to 25-11, **1-day**: Every sunday, **Mini Anapana Meditation**: Every Day **#3-day Children Course**: (only Girls age 12-16 yrs) 29-4 to 2-5, (only Boys age 12-16 yrs) 28 to 31-12, **Gratitude Course**: 2 to 17-2-2023.

#### **Dhamma Vesali, Bihar**

**Dhamma Vesali Vipassana Center**, Vietnam Mahaprajapati Nunnery, Vishwashanti Pagoda Road, Vaishali-844128, Mob. 9031012302, 9031012303, Email: info@vaishali.in.dhamma.org; Website: www.vaishali.in.dhamma.org, **Contact**: Rajkumar Rai, Tel: 7631932444, **10-day**: every month 4 to 15 and 18 to 29 (except 20 to 28 March and during **#ST**: course's) **#ST**: 4 to 12-11,

#### **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**: 20-2 to 3-3, 6 to 17-3, 20 to 31-3, 3 to 14-4, 15 to 25-4, 1 to 12-5, 15 to 26-5, 29-5 to 9-6, 12 to 23-6, 25-6 to 6-7, 10 to 21-7, 24-7 to 4-8, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 30-9 to 11-10, 12 to 23-10, 26-10 to 6-11, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 21-12 to 1-1, 4-1-22 to 15-1-2-23, 18 to 29-1, **#ST**: 17 to 25-4, 11 to 19-6, 30-10 to 7-11, **3-day**: 13 to 16-5, 24 to 27-6, 12 to 15-8, 7 to 10-10, 25 to 28-10, **Gratitude Course**: 2 to 17-2-2023, **Long Courses**: **Special 10-day**: 15 to 26-4, 25-6 to 6-7, 12 to 23-11, **20-day**: 23-2 to 16-3, 4 to 25-5, 1 to 22-12, **30-day**: 23-2 to 26-3, 4-5 to 4-6, 16-7 to 16-8, 7-9 to 8-10, **45-day**: 23-2 to 10-4, 7-9 to 23-10, 1-1-2-22 to 16-2-2-23, **Contact**: 7874623305, 9825320551.

#### **Dhamma Kōṭa, Rajkot (Guj.)**

**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**: 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 27-4 to 8-5, 11 to 22-5, 25-5 to 5-6, 8 to 19-6, 29-6 to 10-7, 13 to 24-7, 3 to 14-8, 31-8 to 11-9, 14 to 25-9, 5 to 16-10, 19 to 30-10, 9 to 20-11, 23-11 to 4-12, 14 to 25-12, **3-day**: 26-2 to 1-3, 8 to 21-8,

**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**: 2 to 13-3, 16 to 27-3, 30-3 to 10-4, 13 to 24-4, 27-4 to 8-5, 11 to 22-5, 25-5 to 5-6, 8 to 19-6, 22-6 to 3-7, 4 to 12-7, 20 to 31-7, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 21-12 to 1-1-2023, 4 to 15-1-23, 18 to 29-1-23, 17 to 28-1-23, **#ST**: 4 to 12-7, **3-day**: 20 to 23-10, **2-day**: 15 to 17-7, **Gratitude Course**: 1 to 16-2-2023

**Long Course**: **20-day**: 13-8 to 3-9, **30-day**: 3-8 to 3-9,

#### **Dhamma Pīṭha, 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**: 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 29-6 to 10-7, 13 to 24-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 25-12 to 5-1-2023, 11-1 to 22-1-23, 25-1 to 5-2-23, 8 to 19-2-23, 22-2 to 5-3-23, **#ST**: 1 to 9-3, **Special 10-day**: 10 to 21-3, **Long Courses**: **20-day**: 1 to 22-3, **30-day**: 5-11 to 6-12, **45-day**: 5-11 to 21-12, **Contact**: Ms Shashi Todi, Mob. 98240-65668,

#### **Dhamma Ambikā, South Gujarat**

**Vipassana Dhyana Kendra**, National Highway No. 8, (Mumbai to Ahmedabad) 2 k.m. away on west of Boriyach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org **Online registration**: dhammaambikasurat@gmail.com, **10-day**: 22-2 to 5-3, 7 to 18-3, 20 to 31-3, 6 to 17-4, 19 to 30-4, 1 to 12-5, 18 to 29-5, 31-5 to 11-6, 12 to 23-6, 29-6 to 10-7, 13 to 24-7, 28-7 to 8-8, **#ST**: 19 to 27-8, **3-day**: 31-3 to 3-4, 12 to 15-5, 23 to 26-6, 12 to 15-8, **Special 10-day**: 29-8 to 9-9,

**Long Courses**: **20-day**: 19-8 to 9-9, **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**: **#ST**:

**Dharmaj**: **10-day**: **3-day**: **Contact**: Dharmaj Vipassana Samiti, C/o G. M. Viraktashram Complex, Station Road, Dharmaj 388430. Tel: (02697) 245-460 (Of-



fice 9.00 am to 5.00 pm), 1. Mr. Hemantbhai Patel, Mob. 94265-00765. 2. Mr. Dipakbhai Mob. 94289-00794. Email: vipassana.dharmaj@gmail.com

## 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:** 2 to 13-3, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, **#ST:** 23 to 31-3, **3-day:** 17 to 20-3, **2-day:** 26 to 27-2.

### Dhamma Setu, Chennai (Tamil Nadu)

**Vipassana Meditation Centre,** 533, Pazhan Thandalam Road, Via Thiruneermalai Road, Thirumudivakkam, Chennai 600044, **Course Enquiries and Registration:** Tel: 044-65499965, Mob. 94442-80952, 94442-80953, Email: setu.dhamma@gmail.com; (Timings 10 am to 1 pm and 2 pm to 5 pm.) **Contact City Office:** S. K. Gonenka, Tel: (044) 4340-7000, 4340-7001, Fax: 4201-1177, Mob. 98407-55555. Email: skgoenka@kgiclothing.in; **10-day:** 9 to 20-3, 30-3 to 10-4, 13 to 24-4, 27-4 to 8-5, 1 to 12-6, 15 to 26-6, 13 to 24-7, 3 to 14-8, 17 to 28-8, 31-8 to 11-9, 14 to 25-9, 28-9 to 9-10, 26-10 to 6-11, 9 to 20-11, 23-11 to 4-12, 7 to 13-12, 20 to 31-12, **#ST:** 2 to 10-7, 12 to 20-10, **3-day:** 24 to 27-3, 12 to 15-5, 28 to 31-7, **1-Day:** 16-5, 13-7, **Dhamma Sevak Workshop:** 21-4, **Children Course Teacher Workshop:** 21 to 22-5, **AT Workshop:** 28 to 29-5, **Special 10-day:** 12 to 23-10.

### Dhamma Madhurā, Madurai

**Vipassana Meditation Centre,** Chettiypatti gaon, Athur Taluk, P. O. Gandhigram University, Dindigul-624302, **Contact:** 9442603490, 9442103490, Email: dhammamadhura@gmail.com, **10-day:** 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 15 to 26-6, 6 to 17-7, 20 to 31-7, 24-8 to 4-9, 7 to 18-9, 5 to 16-10, 12 to 13-11, 16 to 27-11, 7 to 18-12, 21-12-2022 to 1-1-2023 **#ST:** 13 to 21-8, **3-day:** 9 to 12-6, 4 to 7-8, 22 to 25-9.

### Dhamma Arunāchala, Tiruvannamalai, (T.N.)

**Vipassana Meditation Centre,** Perumbakkam Village, Tiruvannamalai, Tamilnadu, India, Pincode - 606603, Email: info@arunachala.dhamma.org Phone: +91-9597246178, +91-9884393459, **10-day:** **#ST:** 3-day:

**Rajapalayam:** **Contact:** Aravindh Herbal labs (p) Ltd. 140, Mudangiyar Road, 4<sup>th</sup> Kilometer, Rajapalayam-626117, Tel: 04563-233308, Email: dhammamadhura@gmail.com,

### Dhamma Ketana, Chengannur (Kerala)

**Vipassana Meditation Center,** Mampra P.O. Kodukulanji (via) Chengannur, Kerala-689508. Email: info@ketana.dhamma.org Tel: (0479) 2351616. **10-day:** .....**#ST:** .....**2-day:**..... **# Children's course:** ..... (10 to 14 yrs) (14 to 18 yrs) **Dhamma Servers Workshop:** **Contact:** 1. Dr. Gopinath Nair, Mob. 9447287415, 2. Mr Raghunath Karup, Mob. 9495118871,

### 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:** 3 to 14-3, 17 to 28-3, 31-3 to 11-4, 13 to 24-4, 4 to 15-5, 18 to 29-5, 18 to 29-7, 3 to 14-8, 17 to 28-8, 13 to 24-9, 25-9 to 6-10, 8 to 19-10, 20 to 31-10, 2 to 13-11, 16 to 27-11, 30-11 to 11-12, 14 to 25-12, **# ST:** 18 to 26-5, 13 to 21-9, **3-day:** 25 to 28-4, 29-8 to 1-9, **2-day:** 29-4 to 1-5, 30-7 to 1-8, 2 to 4-9, **Teachers Workshop:** 8 to 12-9, **Dhamma Servers' Workshop 2-Day:** 5 to 7-9, **Dhamma Servers' Workshop:** 28-2, 27-3, 24-4, 29-5, 17-7, 28-8, 30-10, 27-11, **Special 10-day:** 1 to 12-6, 28-12 to 8-1-2023, 28-12-2023 to 8-1-2024, 31-5-2024 to 10-6-2024,

∞ **Long Courses:** **20-Day:** 1 to 22-6, 28-12 to 18-1-2023, 28-12-2023 to 18-1-2024, 31-5-2024 to 20-6-2024, **30-Day:** 1-6 to 2-7, 28-12 to 28-1-2023, 28-12-2023 to 28-1-2024, 31-5-2024 to 30-6-2024, **45-Day:** 1-6 to 17-7, 31-5-2024 to 15-7-2024,

**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 Konḍañña, Kondapur (Telangana)

**Vipassana International Meditation Centre,** Kondapur, Via Sagareddy, Medak 502306. Mobile: 93920-93799, 93983-16155, Email: info@kondanna.dhamma.org, **10-day:**..... **#ST:**..... **2-day:** Teenagers' Course: ..... (Boys) **One-day:** every Purnima. **2-day Children Course:** (Girls only)..... (boys only)..... **Dhamma Servers' Workshop:** ..

∞ **Long Courses:** **20-day:** .....

### 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:** 14 to 25-5, 2 to 13-11, 23-11 to 4-12, **2-Day:** 25 to 27-2, 11 to 13-3, 24 to 26-6, 8 to 10-7, 5 to 7-8, 28 to 30-10, 16 to 18-12, **Teenagers' Course:** (Boys)» 9 to 17-4, 5 to 13-5, 20 to 28-8, 26-9 to 4-10, 14 to

22-11, **Teenagers' Course:** (Girls)» 25-4 to 3-5, 11 to 19-6, 23 to 31-7, 15 to 23-9, 15 to 23-10, 23 to 31-12, **Dhamma Sevak Workshop:** 9 to 11-9,

### Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)

**Contact:** VIMC, As above. **10-day:** 23-2, to 6-3, 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 8 to 19-6, 22-6 to 3-7, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 31-8 to 11-9, 25-9 to 6-10, 12 to 23-10, **#ST:** 24-4 to 2-5, 14 to 22-9, **Gratitude Course: 2023»** 2 to 17-2-2023,

∞ **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 to 29-1-23,

### Dhamma Nijjhāna, Nizamabad (Telangana)

**VIMC,** Indur, Pocharam (Post), Yedpalli Mandal, Pin-503186, Dist. Nizamabad. Email: info@nijjhana.dhamma.org; 99085-96336, 094415-25115, Email: info@nijjhana.dhamma.org, **10-day:** ..... **#ST:** .....**3-days:** .....**2-days:**..... **One-day:** Every Month last Sunday. **Teenagers' Course:** (Boys) **Dhamma Servers Workshop:**...

### Dhammārāma, Bhimavaram, W. G. (A.P.)

**Vipassana International Meditation Centre,** Village Kumudavalli, Mandal-Pala Koderu, Dist. West Godavari 534 210. (1.5 kms from Bhimavaram, on the Bhimavaram-Thanku Road) Tel: (08816) 236566, 99893-82887, Email: info@rama.dhamma.org, **10-day:** .....**#ST:** ..... **3-days:** .....**1-day:** every month fourth Sunday. **Long Courses:** **Special 10-day:** .....

### Dhamma Vijaya, Vijayarai, W. G. (A.P.)

**Vipassana Meditation Centre,** Post. Vijayarai, Pedavegi Mandalam, Dist. West Godavari, Pin-534475. (Vijayarai Village is 15 kms. from Eluru) Tel: (08812) 225522. Mobile: 94414- 49044, 98660-97618. Email: info@vijaya.dhamma.org,

## CENTRAL AND EASTERN INDIA

### Dhamma Kānana, Balaghat (M.P.)

**Dhamma Kanana Vipassana Centre,** Wainganga Tat, Rengatola, P.O. Garra, Balaghat. Tel: (07632). 248145, Mob. 9898945100, 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, **on-line Application:** <https://www.dhamma.org/en/schedules/schkanana>. **10-day:** (20-2 to 3-3 only bhikkhu) 6 to 17-3, 21-3 to 1-4, 3 to 14-4, 17 to 28-4, 2 to 13-5, 2 to 13-6, 2 to 13-7, 19 to 30-8, 2 to 13-9, 17 to 28-9, 6 to 17-10, 22-10 to 2-11, 5 to 16-11, 19 to 30-11, 4 to 15-12, **#ST:** 18 to 26-6, 18 to 26-12, **3-day:** 28 to 20-3, **2-day:** 15 to 16-5, **Children's courses:** 29-5, 2-10 ∞ **Long Courses:** **20-day:** 17-7 to 7-8,

### 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](http://www.pala.dhamma.org), **10-day:** 23-2 to 6-3, 9 to 20-3, 6 to 17-4, 20-4 to 1-5, 18 to 29-5, 1 to 12-6, 29-6 to 10-7, 13 to 24-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 28-9 to 9-10, 2 to 13-11, 16 to 27-11, **#ST:** 23 to 31-3 14 to 22-10, **3-day:** 12 to 15-5, 8 to 11-9, 27 to 30-10, **2-day:** 1 to 3-4, **1-day:** 20-2, 20-3, 17-4, 24-7, 4-9, 9-10, 27-11, **Teenager's Course:** (Boys) 3 to 11-5, (Girls) 14 to 22-6, **# Children's course:** (Age 8 to 12 years) 29-5, 21-8, (Age 13 to 16 years) 1-5, 12-6, **Maintenance Week:** 9 to 13-10, **Sahabagita Seminar for old Student:** 25 to 26-6, **Special 10-day:** 14 to 25-12,

∞ **Long Course:** **20-day:** 8 to 29-9, **30-day:** 8-9 to 9-10,

### Dhamma Mālāvā, 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:** 6 to 17-3, 20 to 31-3, 3 to 14-4, 16 to 27-4, 1 to 12-5, 18 to 29-5, 29-5 to 9-6, 3 to 14-7, 16 to 27-7, 30-7 to 10-8, 13 to 24-8, 4 to 15-9, 17 to 28-9, 2 to 13-10, 19 to 30-11, 4 to 15-12, (Old Student Only 17 to 28-12), **#ST:** 19 to 27-2, 18 to 26-6, **3-day:** 10 to 13-6, 26 to 29-8, 14 to 17-10, **1-day:** 16-5, and Every Month First Sunday In February March Third Sunday ( 8 am to 1:30pm) Except August **Dhamma Seva Course:** 29-1 8 am to 30-1 5 pm

**Special 10-day:** 6 to 17-11,

### 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. Yogesh, Mob. 8003942663, 2) Mr Adwani, Mob. 9826700116. **10-day:** 18 to 1-3, 5 to 16-3, 20 to 31-3, 3 to 14-4, 18 to 29-4, 4 to 15-5, 20 to 31-5, 4 to 15-6, 19 to 30-6, 3 to 14-7, 16 to 27-7, 15 to 26-8, 1 to 12-9, 14 to 25-9, 1 to 12-10, 1 to 12-11, 18 to 29-11, 4 to 15-12, 18 to 29-12, **#ST:** 2 to 10-8, **3-day:** 27 to 30-7, 14 to 17-10, **1-day:** 1-5, 28-8, 25-9, 13-11, **Contact Office:** Vikram Nagar, Mhow road, Ratlam, Mob. 09425364956, 09479785033.

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

**Vipassana Dhamma Guna,** Village- Pagara, Dist.- Guna, (at 12 kms. Guna-Gwalior Division.) **Contact:** Shri Virendra Singh Raghuvanshi, Raghuvanshi Kirana Store, Near State bank of India, Ashok Nagar Road, Village - Pagara, Dist: Guna, MP - 473001. Mob: 9425618095, Shri Rajkumar, Raghuvanshi, Mob: 9425131103. Email: info@guna.dhamma.org. **10-day:**

**Gwalior:** **10-day:** ..... **One-day:** Every Month Third Sunday. 11 am to 5 pm. **Group Sitting:** Every Sunday 8 to 9 am **Contact:** The Secretary, Vipassana Sadhana Samiti, Buddhavihar, Behind Mela Ground, Panchsheelnagar, Gwalior-474001 (MP) Email: dhammitra@gmail.com, Mob. 9425339228, 9425770964,

**Dhamma Bala, Jabalpur (M.P.)**

**Vipassana Meditation Centre**, Opposite Bhedaghat Thane, (1 km) Bapat Marg, Bhedaghat Jabalpur. **Contact:** WhatsApp 1) Mr Gulshan Makan, Mob. 9425156895 2) Mr. Rajendra Dubey, Mob. 7999341818, Email: dhammabalajabalpur@yahoo.co.in, **10-day:** 6 to 17-3, 3 to 14-4, 8 to 19-5, 18 to 29-9, 9 to 20-10, 13 to 24-11, 11 to 22-12, **#ST:** 17 to 25-4, **2-day:** 15 to 17-4, 10 to 12-6, 25 to 27-11, **1-day:** Every Last Sunday

**Dhamma Ketu, Durg (Chhattisgarh)**

**Vipassana Centre, Thanod**, Via Anjara, Dist. Durg. Email: sadhana\_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. **10-day:** 5 to 16-3, 3 to 14-4, 18 to 29-4, 12 to 23-6, 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 14 to 25-8, 4 to 15-9, 18 to 29-9, 1 to 12-10, 13 to 24-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, **3-Day:** 17 to 20-3, **Teenagers' Course: (Girls)** 29-5 to 6-6, **1-Day:** 1-5, 16-5, 26-6, 28-8, **Children's course:** 27-3, 17-4, 3-5, 28-10, **Dhamma Sevak Workshop:** 30-10, **Contact:** 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. Suresh Bang, Mob. 9425209354,

**Dhamma Garha, Bilaspur (Chhattisgarh)**

**Vipassana Centre**, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbhata, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com, Website: www.garh.dhamma.org, **10-day:** 3 to 14-3, 31-3 to 11-4, 17 to 28-6, 7 to 18-7, 21-7 to 1-8, 7 to 18-8, 1 to 12-10, 1 to 12-12, 17 to 28-12, **#ST:** 12 to 20-11, **3-day:** 17 to 20-3, **1-day:** 3-4, **# Children's course:** 24-4, 1-5, 16-10, 27-11, **∞ 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:** **Contact City Office:** Tobacco Houjse 5th floor, room no-523, 1, old court house corner, kolkata:-700001, Tel: (033) 2230-3686, 2231-1317.

**Dhamma Purī, North Tripura (Tripura)**

**Tripura Vipassana Meditation Centre**, P.O. Machmara, Dist. North Tripura, Tripura 799 265. Email: info@puri.dhamma.org Mob. 09436477510, 8974653507, **10-day:** **Contact:** M. Dewan, (0381) 2300441, Mob. 09862154881, 09402527191.

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

**Vipassana Meditation Centre**, Village Chanabera, Post Amsena, Via. Khariyar Road, Dist: Nuapada, Orissa-766106, Mob. 094062-37896, **Contact:** 1) Mr. Harilal Shahu, Email: harilal.sahu@gmail.com, Mob. 09407699375, 2) Mr. Prafulldash, Mob. 7077704724, **10-day:** ∞ **Long Courses: 30-day:** 30-1 to 2-3, **Contact:** 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. Suresh Bang, Mob. 9425209354,

**Dhamma Garha, Bilaspur (Chhattisgarh)**

**Vipassana Centre**, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbhata, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com, Website: www.garh.dhamma.org, **10-day:** 3 to 14-3, 31-3 to 11-4, 17 to 28-6, 7 to 18-7, 21-7 to 1-8, 7 to 18-8, 1 to 12-10, 1 to 12-12, 17 to 28-12, **#ST:** 12 to 20-11, **3-day:** 17 to 20-3, **1-day:** 3-4, **# Children's course:** 24-4, 1-5, 16-10, 27-11, **∞ 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:** 23-2 to 6-3, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 29-6 to 10-7, 14 to 25-7, 27-7 to 7-8, 31-8 to 11-9, 14 to 25-9, 28-9 to 9-10, 12 to 23-10, 27-10 to 7-11, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 21-11 to 1-1, **#ST:** 8 to 16-3, 16 to 24-8, **3-day:** 17 to 20-3, 25 to 28-8, **Contact City Office:** Tobacco Houjse 5th floor, room no-523, 1, old court house corner, kolkata:-700001, Tel: (033) 2230-3686, 2231-1317.

**Dhamma Purī, North Tripura (Tripura)**

**Tripura Vipassana Meditation Centre**, P.O. Machmara, Dist. North Tripura, Tripura 799 265. Email: info@puri.dhamma.org Mob. 09436477510, 8974653507, **10-day:** **Contact:** M. Dewan, (0381) 2300441, Mob. 09862154881, 09402527191.

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

**Vipassana Meditation Centre**, Village Chanabera, Post Amsena, Via. Khariyar Road, Dist: Nuapada, Orissa-766106, Mob. 094062-37896, **Contact:** 1) Mr. Harilal Shahu, Email: harilal.sahu@gmail.com, Mob. 09407699375, 2) Mr. Prafulldash, Mob. 7077704724, **10-day:**

**DHAMMA DOHAS**

*Karmakāṇaḍa meṇ rata rahā, bhūlā citta viśodha;*

*Śuddha dharma to chuṭa gayā, huā na dukkha nirodha.*

Immersed in rites and rituals, forgetting to purify the mind, Pure Dharma was left behind, suffering could not be alleviated.

*Dharma śaraṇa maṅgala śaraṇa, kare parama kalyāṇa;*

*Dharma śaraṇa aśaraṇa-śaraṇa, dharma sukhoṃ kī khāna.*

Refuge in Dharma is sacred refuge, the giver of the ultimate welfare; Refuge in Dharma is the final refuge, Dharma is a mine of joy.

*Śaraṇa dharma kī grahaṇa kara, sukhī manuṣya parivāra;*

*Bhāgya jagā, satpatha milā, milā śānti-sukha sāra.*

By taking refuge in Dharma, the human family becomes happy; Destiny arose, the sacred path, the essence of peace and happiness was found.

*Maṅgalakārī dharma kī, gaṅgā bahī punīta;*

*Jo nahāya dukhamukta ho, yahī dharama kī rīta.*

The sacred Ganges of Dharma flows, the giver of the finest welfare; One who dives in it is freed of misery, this is the way of Dharma.

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