

# 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>

Vol. 32, No. 03, 18 March, 2022. A monthly publication of the Vipassana Research Institute

Website: [www.vridhamma.org](http://www.vridhamma.org) International website: [www.dhamma.org](http://www.dhamma.org)

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

## Words of Dhamma

*Caranti bālā dummedhā, amitteneva attanā;*

*Karontā pāpakam kammaṃ, yaṃ hoti kaṭukapphalaṃ.*

— *Dhammapadapāḷi-66, Bālavaggo.*

Fools, their understanding weak, live becoming their own enemies. They indulge in such unwholesome deeds which bear bitter fruits for them.

## Inspiring Letters to Family Members from Shri S.N. Goenka

### Invaluable lessons for Aspirants

Respected Goenkaji would always write inspirational letters to his family members from Burma, and he continued to do so after he came to India, encouraging them to continue on the path of Dhamma and become well established in their Dhamma practice so that they could face the vicissitudes of life with a smile. Here is a sample of some of the letters he wrote to his younger brothers and his eldest son, as well as their wives. We provide them so that they can continue to be a source of inspiration for not only their family, but for everyone who aspires to progress in Dhamma in their daily life.

—Editor.

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Delhi

27th January 1970

My Dear Shankar-Sita, Radhe-Vimla,  
Giridhari-Manju,

May Dhamma wisdom ever burn bright in you!

The Delhi camp ended successfully by the evening the day before yesterday. You all, inevitably, are part of the sharing of the incalculable merits that I earned by conducting

this camp. By the effect of this merit may your joy in Dhamma multiply; and the unpleasant situations that arise in life due to our very own unwholesome kammass (actions), may they resolve and dissolve, and those that remain, may they be borne with patience and forbearance with dhammic wisdom.

Always remember that whenever our very own dear ones become a cause of unpleasant situations in our lives, it is never their fault; the responsibility is indeed all our own. With our own past unwholesome kammass, some such unpleasant situation becomes inevitable and someone has to become its medium. And who better to become the natural vehicle for such happenings than those with whom we interact on a regular basis?

Nature takes their help and they inevitably speak or act in such a way that are very hurtful to us. Alternately, when the fruits of our wholesome kammass ripen, those very ones living in our closest proximity, following nature's most scientific law, start behaving in the most loving and caring way with us. Like this all living beings, braving the rise and fall of such kammic *saṅkhāras* fare onwards.

Those with vibrant dhammic wisdom keep

their heads firmly on their shoulders and do not succumb to nature's storms or become a conduit for others unpleasant or detrimental kammic attacks. They are always aware of such unavoidable events, and nature is obliged to seek another medium as a result,. So, when we see our loved ones succumbing to nature's kammic rules and beginning to act in an unfavorable manner, all we have to do is feel compassion for them. If we harbor hatred or wrath toward them, or grow dissatisfied with their actions, we are now actively participating in causing harm to them while still suffering from the consequences of our previous kammass.

With the merits accrued from this camp, may the Dhamma wisdom of each one of you remain firm and stable. May you truly be established in *paññā* (wisdom), and may your next step, whether from darkness or light, always be directed solely towards light. If you truly understand these laws of nature, then you will well understand that we are the complete masters of our present kammass. When this is firmly established within, then you will continue to improve this moment by smiling at the fruits of our past kammass and knowing that we are the masters of our present actions.

Learn to live in this moment in full awareness.

This is the nectar emerging from the churning in this camp—come let us taste it, let us be the cause of our and our dear ones' happiness and welfare.

With Blessings

Satya Narayana Goenka

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Pushkar (Rajasthan)

1st March 1970

My Dear Shankar-Sita, Radhe-Vimla,  
Giridhari-Manju

Warm Blessings,

The 12th camp in India organized on this sacred land of Pushkar just concluded this evening at 7 pm. Though I myself could not avail of this camp's benefits to the depths that I felt I could have since there was some pending correspondence to attend to and then I had to go a few times for public meetings, here I was able to make time for my own meditation and I felt that my Dhamma strength grew from this effort, and the mind felt unburdened.

In the time of Ashoka, an Arahant by the name of Adinna remained in meditation on this sacred land; some historical evidence to this effect has

been found. Since then, this entire region has been the land of Buddha's followers, and this location was known as Buddha-Pushkar. I feel a connection to this gentle place of hills and sand dunes; I felt profound peace while here. Those who participated in this camp too derived good benefit. I am overjoyed to be able to share my Dhamma merits with you all, respected mother and father, and all other family members.

Today, on the concluding day of the camp, one thought keeps arising, and I feel this is the wisdom of this camp, which is –

*Gālī dī, mārā mujhe, hāya liyā saba lūṭa;*

*Jyom hī yaha ciṃtana chuṭe, vaira jāya saba chūṭa.*

He abused me, he hit me, oh no, he robbed me. As soon as this thought dissolves, all enmity disappears.

In our own madness, we indulge in such thoughts, defiling our minds with—oh he abused me, he insulted me, he shouted at me! Oh, he beat me up, attacked me, hurt me, robbed me of all my properties, my valuables, my inheritance, and turned me into a beggar. Such thoughts roll around in our heads constantly, and as long as such thoughts arise towards any person, our enmity with that person can never dissolve. Not only can it not dissolve, but it continues to grow, flower, and bear fruit. If we are to uproot this poisonous creeper, we have to pull it out from the very roots, which will happen only when we totally let go of such thought processes. As soon as these thought processes cease, the enmity ceases.

Let us see how such a train of thought can be removed. When the mind has a deep impression of an act that was deeply wounding, these memories will continue to come up during Vipassana meditation, totally clouding the mind. At times, our Vipassana moves on the right track and we watch these thought waves, these impurities, these *saṅkhārās* (reactions) with a detached mind. This then gradually leads to their eradication. But at times, *paññā* (wisdom of impermanence at the level of sensation) weakens, and the mind gets so caught up in these thoughts that the objective observation of Vipassana is lost. At such times, these impure *saṅkhārās*, instead of being eradicated go on multiplying further. But then as soon as awareness and wisdom develop once again and we remain equanimous then the mind stops drowning in high waves of emotion. Where there is observation, there is Vipassana, there is *paññā*, there is understanding. With continued indulgence in thoughts, ignorance surfaces with

new *saṅkhārās*.

How do we avoid multiplying these deep wounds? If we remember the discourse of Lord Buddha where he enunciates the four types of people in the world, it can be of benefit to us. First, those who are moving from darkness to darkness. Second, those who are moving from light to darkness. Thirdly, those who are moving from darkness to light. And lastly, those who move from light to light. When we understand this profound discourse of the Buddha, we see that we are involved in the first and the third.

When someone uses abusive words, falsely accuses us, hits us, sees us as weak, attacks us with their strength, and wrests our property from us, these are only causes of darkness for us. In those moments, our present is devoid of light as pain and suffering engulf us. If our *paññā* is not present, if we are not alert and aware, then we multiply these moments of darkness, filling the mind with such negative *saṅkhārās* that not only fill our present moments with pain but also become the cause of a dark future for us. Thus, we join that first group of people who move from darkness to darkness, though what we really need to do is join that third group of people who move from darkness to light.

This can happen only when our Vipassana, our *paññā* is awake, and we continue to remain with the Dhamma understanding that these painful situations in front of us are not due to any individual. Someone who is abusing, insulting, and attacking us in numerous ways, is not even remotely responsible for our miserable situation. This is but our own unwholesome kamma from this life or a past one ripening, giving its fruits due to which our present moments have become so unhappy. That poor person, due to his own weakness, has become a mere tool in the hands of the rascal Mara, behaving in such abominable ways. He deserves my compassion as he is damaging his own future.

How can I get angry or feel aversion towards him? Oh, no! I need to be compassionate towards him, fill him with metta, suffuse him with cool showers of goodwill, which may kindle thoughts of Dhamma in him even as Mara overwhelms him in his weakness and then slips away. He deserves our compassion as he is damaging his future. This alone is the way to his welfare. This alone is the way to my welfare. If *paññā* has arisen as a result of Vipassana, we know right away that the unpleasant situation we are in was unavoidable. Who could have stopped it? If not

this person, then someone else would have been the medium of my misery, but that it would occur, it was inevitable, as it is but our own previous unwholesome kamma which ripened in time, giving fruits. Who can change this law of nature?

The past is not in our hands as we have no control over the moments that have passed. And now it is pointless brooding over whatever unwholesome kammās we have done in those moments. Those kamma seeds will ripen and are ripening now. And the present moment, when it is bearing fruit, is entirely within our control. We are its masters and can use these moments as we want. If we are devoid of wisdom, then we will misuse them damaging our future. But if we remain filled with wisdom, then we will use these moments well and better our future.

As we continue to practice *vedanānupassanā* (observation of sensations) and *cittānupassanā* (observation of mind) unceasingly, we will be able to watch the current sensations rising as fruits of the old negative kammās smilingly. Instead of giving importance to immediate reasons, we will pay attention to nature's law and its truth, and as a mere observer, we will watch objectively the rise and fall, the movements that these waves make.

We do not get submerged under massive waves that rise in the ocean; rather, sitting fearlessly on a rock above, we watch the play of their rise and fall. And as Vipassana meditators, so long as we remain objective observers, not only do we not make new *saṅkhārās*, but the miseries that have arisen as a result of the old *saṅkhārās* do not get fresh fuel, and therefore, they dissolve away.

By taking control of our present moments with the pure wisdom of Dhamma and making full use of them, we not only prevent a dark future but make it effulgent with light. This is how we move from the present darkness to a future filled with light.

Hence, it is clear that as long as we roll in thoughts of how someone abused me, hit me, stole my etc., then we create and multiply our darkness in the present and for the future. But as soon as we let go of this train of thought, we lighten our present, preparing for the sunrise of our future.

I have myself gone through it, and all of us live it daily to a greater or lesser degree. Hence, it is not difficult to understand how such thought processes have become a routine affair. It is very difficult to come out of such a state of mind, but not impossible. For a Vipassana meditator, this



becomes easier to achieve. Come, let us firmly resolve during this wonderful moment when this camp is concluding to get firmly established in Vipassana, to make our minds more firm and stable with increased paññā. This is where our best welfare lies. This is where our future, full of light, lies.

With Blessings  
Satya Narayana Goenka

Barachakia (Bihar)  
23rd March, 1970

My Dear Shankar-Sita, Radhe-Vimla,  
Giridhari-Manju,

Warm Blessings,

May the light of joyous and meritorious blessings arising from the successful conclusion of this large camp in Barachakia suffuse respected mother and father and you all with joy. The waves of sharing of these incalculable merits begin to rise within; may all the family members benefit from these merits too. This feeling fills the heart.

After the very light camp in Ajmer, this large camp is but indicative of the vicissitudes of life. Sometimes there is a famine of want, then there is a flood of excess. We must keep practicing equanimity in both situations. Varied reactions in varied situations in life are natural, but see that we don't stretch these reactions, but shorten them. If tears flow during hardships, then see that soon a smile begins to dance on your lips. And if we get drunk with joy during times of abundance, then very soon the mind must gain awareness, and equanimity, and the feelings need to be replaced by awareness of the truth. To roll in waves of misery or joy for a long time is our weakness, and to rise above them is our strength. The lesser the duration of the weakness, the more to our benefit it is, and the longer the duration of our success, the more beneficent it is.

We must never forget this truth of life: what we want cannot always be fulfilled. No matter how much the undesirable rises in front of us, and this is the truth that every undesirable occurrence brings with it a thread of pain, and the sooner we dissolve that black thread, the sooner our lives get filled with light.

Every family member has to keep other members' temperaments and inclinations in mind, and these are not always along similar lines. Often, it happens that the desire of one seems to flow in the direction opposite to theirs. In such

a situation as yours where you live together, inevitable as this is, one needs to learn the art of forbearance. Then alone can the 'togetherness' be said to be well balanced. Tolerance and forbearance of each other as you live together is at the root of a happy life.

Hearing words that contradict our desires, seeing others' inclinations flowing in the opposite direction, seeing the other's nature not harmonizing with ours, we get agitated. It is but natural. But to see that this agitation remains short-lived and not of long duration is to feed our dhammic wisdom.

Every person lives with their dreams. Others have dreams, just as we do, and theirs sometimes contradict ours. In such situations, if we try to fulfill only our dreams, even if it means that someone else's golden dreams get smashed, then we have neither learnt to live well nor to tolerate well. Hence, in order to live a balanced and happy life, if while fulfilling our desires, someone else's desires come in the way, then it is best we learn to adjust than to battle. This is the teaching of Dhamma. If even after repeated efforts, we do not see our desires being fulfilled, then it is best to smile and let them go, without it turning into a knot. Since every knot in our hearts is a cause of our own suffering, Resist tying these knots for one's own pure selfishness. Perhaps what we wanted did not get fulfilled due to others' wants. However much the undesirable continues to occur, the feeling of joyous contentment in its acceptance is beneficent. This practice is difficult, but worth doing as it is sattvic, wholesome, and leads to our welfare.

With Blessings  
Satya Narayana Goenka



#### Additional Responsibility

1. Mr. Suresh Lal Shrestha, to serve as CT for Dhamma Adhar,

#### New Responsibility

#### Senior Assistant Teachers (SATs)

1. Miss. Kanaka Prabha, Bangalore
2. Shri Sarveshwar K, Hyderabad
3. Shri Madhukar N, Hyderabad
4. Shri S Krishna Reddy, Hyderabad
5. Shri Balaraj Tarigopulla, Hyderabad
6. Mrs. Girija Natu, Pune and To serve as CT for Dhammānand

#### New Appointments

#### Assistant Teachers

1. Shri Abhai Shakthi, Thane (W)
2. Smt. Pushpa Ramteke, Nagpur
3. Mrs. Karuna Shrestha, Nepal

#### Children Course Teacher

1. Dr. Aashish Raote, Mumbai
2. Mrs. Mansi Doshi, Mumbai
3. Mr. Sarad Saraf, Mumbai
4. Mr. Animesh, Chakrabarty Mumbai
5. Smt. Pooja Chhabra, Mumbai
6. Mr. Sushil Sah (CCT) has been appointed as Regional Coordinator - Children Course for Nepal.

## 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>

## 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>

## One-day Mega courses on line only, not at Global Vipassana Pagoda

**Sundays- 15th May, 2022, Buddha Purnima, 17th July, Āsāṅha-Pūrṇimā** (Dhammacakkapavattana day) **and 9th October Śārada-Pūrṇimā** plus Goenkaji's *Death Anniversary*. All **One-day Mega courses** at this link:... (the link will be sent on What'sApp on due course time). (Daily one-day courses are still being held at the Pagoda for those who are staying in the campus.) Please follow the link to join- ***Samaggānaṃ tapo sukho***: Take advantage of the immense benefit of meditating in a large group.

*(In the future, all courses will be arranged as per the Government's rules at that time pertaining to Covid-19 and will be informed beforehand.)*

## 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)

## Importance of Lighting a Pagoda

Respected Goenkaji always said that it is of special importance that a Pagoda where relics are kept be well lit throughout the night. This helps maintain the Dhamma atmosphere. Anyone wishing to donate for the lighting of the Global Pagoda may do so. The cost per night is Rs. 5000/-. For further information Contact at ("GVF") address.



## Residential Accommodation at the Global Pagoda for Dhamma Servers and Meditators at Dhammalaya-2

One Day Mega Courses are held at the Global Pagoda, Gorai, Mumbai every year. People at times come from far off places to participate but are inconvenienced as there are no residential quarters for an overnight stay. Hence a 3-4 storey residential accommodation building is being planned where servers and 1-day course meditators can stay. Anyone wanting to participate in this noble project may **Contact:** 1. Mr. Derik Pegado: 9921227057. or 2: Shri Bipin Mehta: 9920052156, Email: **Bank Details:** ‘Global Vipassana Foundation’, **(‘GVF’)** Axis Bank Ltd., Sonimur Apartments, Timber Estate, Malad (W), Mumbai - 400064, Branch - Malad (W). Bank A/c No.- 911010032397802; IFSC No.- UTIB0000062; Swift code: AXISINBB062. 

## 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.)

## Very Important Notices

**1. Central IVR (Interactive Voice Response) number  
- 022-50505051.**

Applicants can call this number from their registered mobile number (the number mentioned in the form), to check their status, cancel, transfer or re-confirm their application. They can also contact the centre through this system. This is a central number for all Vipassana centers in India.

**2. If you are sending non-centre Dhamma programs to be published in Newsletters, please send through the CAT (Coordinator Area Teacher) and if it's for a centre, it should come through the Centre Teacher.**



## Special notice

At present, people who are affected/frightened by Covid-19 may find relief to some extent by practising Mini Anapana (observing incoming and outgoing breath), as taught by Pujya Goenkaji. For the benefit of all, we are sharing links below using which anyone, anywhere, anytime can experience peace by practising Anapana regularly for 10-minutes. It can be used by everyone for their well-being. You Tube Link: <https://www.youtube.com/watch?v=Oh5ii6R6LTM>

25 Minutes Anapana for all: <https://youtu.be/aYJmFdeBfVQ>

[https://www.vridhamma.org/sites/default/files/node-uploads/Intro-Practice\\_English\\_Mini-Anapana.mp3](https://www.vridhamma.org/sites/default/files/node-uploads/Intro-Practice_English_Mini-Anapana.mp3)



## Future Course Schedule and Applications

Information on future Courses is available on the internet. All types of bookings are currently available online only as per the Government's new rules due to Covid-19. Applications will not be accepted on paper. Therefore, you are requested to check

the following link and apply online directly for your appropriate course or for dhamma service at Dhammagiri:

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

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

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

Now students may use the following new VRI website for applying for courses: <https://schedule.vridhamma.org/>



### Schedule of Vipassana Courses as under:

For courses in India and abroad (including one-day courses and group sittings), see <https://schedule.vridhamma.org> and [www.dhamma.org](http://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 Sitzings** are for old students who have completed a **10-day** course with Goenkaji or his authorised assistants.

**Satipaṭṭhāna courses:** marked #ST end on the evening of the last day and are for students who have completed at least three 10-day courses and are practising regularly for the last one year.

**Long Courses:** (Please get special application forms from centres)

**20-day and Special 10-day course:** requires five **10-day** courses, one *Satipatṭhāna* 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 Course

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

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

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

**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@vipassana.org](mailto:info.giri@vipassana.org)

**vridhamma.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:** 23-3 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:** 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 17-2-23, **Special 10-day:** 13 to 24-7,

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

**Teenagers' Course:** (Girls) 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

**#ST:** 27-6 to 5-7,

∞ **Long Courses:** **Special 10-day:** 24-9 to 5-10, **20-day:** 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:** 7-6 to 8-7, 12-11 to 13-12, **45-day:** 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), **Email:** [info.pattana@vridhamma.org](mailto:info.pattana@vridhamma.org), Website: [www.pattana.dhamma.org](http://www.pattana.dhamma.org), **10-day executive courses:** 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:** 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.

**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); (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) 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:** 23-3 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 Vāhīnī: 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:** 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:** 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

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 Vāhīnī: 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	Dhamma Kalyāṇa, Kanpur (U.P.)
14 to 25-12-2022	Dhammapāla, Bhopal (M.P.)
20 to 31-12-2022	Dhamma Pubbaja, Churu, Rajasthan
28-12 to 8-1-2023	Dhamma Khetta, Hyderabad (Telangana)
28-12-2023 to 8-1-2024	Dhamma Khetta, Hyderabad (Telangana)
31-5-2024 to 10-6-2024	Dhamma Khetta, Hyderabad (Telangana)

#### Gratitude Course

1-2 to 16-2-2023	Dhamma Divākara, Mehsana (Guj.)
2 to 17-2-2023	Dhamma Sindhu, Mandvi-Kutch (Guj.)
2 to 17-2-2023	Dhamma Pāṭliputta Patna (Bihar)
2 to 17-2-2023	Dhamma Nāgajūna-II Nagarjun Sagar

#### Shedcule of Long Course

#### 20-day

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



4 to 25-12-2022	Dhamma Lakkhana, Lucknow (U.P.)
28-12 to 18-1-2023	Dhamma Khetta, Hyderabad (Telangana)
28-12-2023 to 18-1-2024	Dhamma Khetta, Hyderabad (Telangana)
31-5-2024 to 20-6-2024	Dhamma Khetta, Hyderabad (Telangana)
<b>30-day</b>	
25-3 to 25-4-2022	Dhamma Tapovana-I Igatpuri
4-5 to 4-6-2022	Dhamma Nāgajuna-II Nagarjun Sagar (Telangana)
4-5 to 4-6-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
8-5 to 8-6-2022	Dhamma Tapovana-I Igatpuri
28-5 to 28-6-2022	Dhamma Patthāna, (Haryana)
1-6 to 2-7-2022	Dhamma Khetta, Hyderabad (Telangana)
7-6 to 8-7-2022	Dhamma Tapovana-II Igatpuri
10-7 to 10-8-2022	Dhamma Pushkar, Ajmer, Rajasthan
16-7 to 16-8-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
1-8 to 1-9-2022	Dhamma Bodhi, Bodhgaya (Bihar)
3-8 to 3-9-2022	Dhamma Divākara, Mehsana (Guj.)
4-8 to 4-9-2022	Dhamma Tapovana-I Igatpuri
16-8 to 16-9-2022	Dhammālaya, Kolhapur
28-8 to 28-9-2022	Dhamma Patthāna, (Haryana)
7-9 to 8-10-2-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
8-9 to 9-10-2022	Dhammapāla, Bhopal (M.P.)
26-10 to 26-11-22	Dhamma Nāgajuna-II Nagarjun Sagar (Telangana)
28-10 to 28-11-2022	Dhamma Thalī, Jaipur
30-10 to 30-11-2022	Dhamma Cakka, Sarnath (U.P.)
5-11 to 6-12-2022	Dhamma Pīṭha, Ahmedabad (Gujarat)
12-11 to 13-12-2022	Dhamma Tapovana-II Igatpuri
20-11 to 21-12-2022	Dhamma Vāhini: Titwala
28-12 to 28-1-2023	Dhamma Khetta, Hyderabad (Telangana)
28-12-2023 to 28-1-2024	Dhamma Khetta, Hyderabad (Telangana)
31-5-2024 to 30-6-2024	Dhamma Khetta, Hyderabad (Telangana)

**45-day**

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

**60-day**

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

**Dhammānanda, Pune**

**Pune Vipassana Centre**, near Markal village, 8 km. from Alandi, (No admission without confirmation). **10-day:** (Only for Hindi, Marathi, Students) » 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, **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 Punṇa, Pune city (Swargate)**

**Pune Vipassana Samiti**, Opp. Nehru Stadium, Behind Swargate Water Works, Near Anand Mangal Karyalaya, Dadawadi, Pune 411002. Email: info@punna.dhamma.org Tel: (020) 2443-6250, **10-day:** Only for Hindi, English, Students » 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 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 Ajantā, Aurangabad**

**Ajanta International Vipassana Samiti**, Gut No 45 Rampuri, Vajrapur Road Aurangabad 431003. Tel: (0240) 2040444, **Contact:** Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org **10-day:** 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 house 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:** 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:** 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 Deo-

re, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org

**Dhamma Siddhapuri, Bhategaon Solapur**

**Dhamma Siddhapuri** Vipassana Sadhana Kendra, Off Vijapur rod, Near Bhatevadi, soregaon - dongaon rod, 4 km. from soregaon, Ta. Uttar solapur, Dist: Solapur-413002, **Contact:** 1) Mr. Samrat Patil, Mob. 7620592920, 9011908000, 2) Mr. Bhalchandra Ukarande, Mob. 9860759866, **10-day:** (Only male) » 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) » 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) 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/schusugandha, **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**, Mahurjari Village, near Nagpur-Kalmeshwar Road. **Contact:** Mob. 9370990771, 9423403294, 9403870195, 9422182336, Email: info@naga.dhamma.org (No admission without confirmation) **10-day:** 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:** 19 to 22-12, **1-Day:** 16-5, **Teenagers' Course: (Girls)** » 3 to 11-5, **Teenagers' Course: (Boys)** » 18 to 26-5, **Special 10-day:** 6 to 17-4, **Contact:** (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smriti 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:** 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.

**Buldhana (Pangri):** Vipassana Charitable Trust, Buldhana **10-day:** (Only male) » 9 to 20-4, 11 to 22-6, 13 to 24-8, 8 to 19-10, 10 to 21-12, (Only Female) » 14 to 25-5, 9 to 20-7, 10 to 21-9, 12 to 23-11, **Contact:** 1) 7057220147, 9860143266, 9850043001,

**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) » 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:** 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) » 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) » 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 bhikkhuni 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 Dr Bagadiya Farm House, **Contact:** Mobile: 9405111373, 9420433905, 9881242487, **10-day:** (Male Only) 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) 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 Amravati, 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) 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** 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 (Ozatala)

**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: 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 Kuti 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: 23-3 to 3-4, 30-11 to 11-12, 20 to 31-12, **# Children Course:** 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:** 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, **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:** 26-4, 10-5, 24-5, 14-6, 28-6, 31-7, 25-8, 9-10, 25-12, **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 Nirāñjana, Nanded

**Vipassana Centre,** New Danki, Near Godavari River, **Contact:** 1) Mr. Dahivele, Mob. 94231-48636. 2) Mr. Bhav, Mob. 9421572499, **10-day:** (Only female) 15 to 26-6, 17 to 28-8, 16 to 27-11, (Male and Female) 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,** Hivra, Post Zadsbi, 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, **1-day:** 16-5, 13-7, 29-9,

#### Dhamma Anākula, Akola

**Vipassana Sadhana Kendra,** Khaperkehda Phata, Telhara-444108 Dist Akola Email: info.anakula@vridhamma.org. Website: www.anakula.dhamma.org. Mob. 9421156138, 9881204125, 9421833060, **online Aply:** https://www.dhamma.org/en/schedules/v2/schanakula#normal, Email: info.anakula@vridhamma.org **10-day:** (Male & Female) 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:** 1 to 3-5, 13 to 15-9, **1-day:** 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:** 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) 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 13-6, 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 Prasar Kendra Shirla, 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) 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, Email: dhammajalgaon@gmail.com, Mob. 9422292161, **Contact:** Mr. Subhasha Talreja, Mob. 75884-36222, 75880-09584. **10-day:** (only male) 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) 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, Email: dhammaajaya@gmail.com, **10-day:** **Contact:** 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 9226137722, 2) Mr. Gautam Chikate, Mobile: 9421812541, 9422506476, **10-day:** 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:** 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, 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, 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, **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. **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 Mob. 98290-17778, 2) Anil Dhariwal, Mob. 098290-28275, **10-day:** 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:** 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, -Chauspasi Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: 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:** 28-5 to 5-6, 8 to 16-10, 13 to 21-12, **3-day:** 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; Mob. Whatsapp No. 9887099049, 8233013020.

#### Dhamma Pubbaja, Churu, Rajasthan

**Pubbaj Bhumi Vipassana Trust,** Bhaleri Road, 6Km From Churu (Rajasthan) Mob. 9664481738, Email: dhammapubbaja@gmail.com, info@pubbaja.dhamma.org, **Contact:** 1) Mr. SP Sharma, Mob. 07627049859, 2) Mr. Suresh Khanna, Mob. 094131-57056, 9887099049, Whatsapp Only) **10-day:** 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 Ballabgarh.] **10-day:** 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

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

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: 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: 28-5 to 28-6, 28-8 to 28-9, 45-day: 27-10 to 12-12, Contact:** same as Dhamma Sota

#### Dhamma Karunika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjpur 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:** 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:** 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. Mehlanwari, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: info@dhaja.dhamma.org **10-day:** 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 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: 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 24-9, **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; 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:** 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: 14 to 22-8, 7 to 15-10, **3-day:** 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:** 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: 19 to 27-10, **3-day:** 28 to 31-10, **1-day:** 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 Mukesh, Mob. 94150-10879, 4. Sh. Rajeev Yadav, Mob. 9415136560.

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

Jetavana Vipassana Meditation Centre, Katra Bypass Road, Opp. Buddha Inter College, Sravasti 271845. Email: info@suvatti.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, **45-day:** 15-10 to 30-11, **Contact:** 1. Mob. 094157-51053, 2. Murl Manohar, Mob. 094150-36896,

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

Vipassana Sadhana Kendra, Village Khargipur, Post. Piyari, Chaubeypur, Sarnath, Va-

ranasi. Email: info@cakka.dhamma.org Mob. 09307093485, 09936234823, (for autorickshaw from Sarnath Museum, fare Rs. 100/-), **10-day:** 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: 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 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: dhamma.kalyana@gmail.com, (No admission without confirmation) **10-day:** 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 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 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.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 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:** 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:** 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 30-10, #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)

Bodhi Gaya International Vipassana Meditation Centre, Gaya-Dobhi Road (15 km), Near Magadha University, Bodhi 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 Navnanda Mahavihar, Sanskritik 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, +91 6299534629, E-mail: info@patna.in.dhamma.org, Website: http://www.patna.in.dhamma.org, **10-Day:** 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, 17 to 28-12, 3 to 14-1-2023, 17 to 28-1-23, 17 to 28-2-23, #ST: 15 to 23-11, **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.

∞ **Long Courses: 20-day:** 25-11 to 16-12,

#### 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:** 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 15-1-22, 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:** 4 to 25-5, 1 to 22-12, **30-day:** 4-5 to 4-6, 16-7 to 16-8, 7-9 to 8-10, **45-day:** 7-9 to 23-10, 1-1-2-22 to 16-2-2-23, **Contact:** 7874623305, 9825320551.



### Dhamma Kota, 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:** 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:** 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:** 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 28-2-23, **#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 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:** 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, **Long Courses:** 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 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:** dhammaambikasarat@gmail.com, **10-day:** 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 (Office 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:** 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.

### 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. Goenka, Tel: (044) 4340-7000, 4340-7001, Fax: 4201-1177, Mob. 98407-55555. Email: skgoenka@kgiclothing.in; **10-day:** 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 Sevaka 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**, Chettiyapatti gaon, Athur Taluk, P. O. Gandhigram University, Dindigul-624302, **Contact:** 9442603490, 9442103490, Email: dhammamadhura@gmail.com, **10-day:** 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, 2 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:** 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:** 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:** 24 to 26-6, 8 to 10-7, 5 to 7-8, 28 to 30-10, 16 to 18-12, **Teenagers' Course:** (Boys)» 29 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 Sevaka Workshop:** 9 to 11-9.

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

**Contact:** VIMC, As above. **10-day:** 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) (Girls) **Dhamma Servers Workshop:**...

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

**Vipassana International Meditation Centre**, Village Kumudavalli, Mandal-Pala Kode-ru, Dist. West Godavari 534 210. (1.5 kms from Bhimavaram, on the Bhimavaram-Tha-nuku 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. 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:** 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, **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, **10-day:** 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:** 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, Sahabhagita 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: 3 to 14-4, 16 to 27-4, 1 to 12-5, 17 to 28-5, 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: 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 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: 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.

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: 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

Damua: 10-day: 2 to 13-5, Place: Boys Hostel, Near petrol Pump Damua, Dist Chhindwada Contact: Shri P. Khadipureji Mob. 7697982902, 2) Mr. Thakare, Mob.

099-700 29916.

#### Dhamma Ketu, Durg (Chhattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana\_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. 10-day: 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 Puri, 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: 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: 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. 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: 23-3 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: 16 to 24-8, 3-day: 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 DOHAS

*Apanā-apanā karmaphala, bhoga svayaṃ hī bhoga;*

*Kauna bañṭā pāye bhalā, jarā mṛtyu kā yoga.*

(Each one) has to bear fruits of one's own deeds. Who has ever been able to share the (karmic) advance of disease and death?

*Pūrva karma phala kisa taraha, sahana kare saññāna;*

*Nava karmoṃ meñ nā bañdhe, yaha vipaśyanā dhyāna.*

With awareness you bear the fruits of past karmas; That we do not bind ourselves in new karmas is Vipassana meditation.

*Jīvana apanā ḍhāla le, dharma-niyati anukūla;*

*Maṅgala hī maṅgala sadhe, karma na hoṇ pratikūla*

(If you) build your life according to laws of dharma, Then life is filled with total well being, with no room for impure actions.

*Sahana kare dukha roya kara, nahīm sahiṣṇu hoyā;*

*Haṃsa-haṃsa jhele dukkha ko, sahī sahiṣṇu soya.*

He who bears adversity with tears is not the tolerant one; Rather the one who forebears suffering smilingly is truly the tolerant one.

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Edited and published by R.P. Yadav for VRI, Igatpuri-422 403 and printed at Apollo Printing Press, 259, SICOF Ltd., 69 MIDC, Satpur, Nashik-422 007.  
No. 03, 18 March, 2022. Posted at Igatpuri, Dist. Nashik, Posting Day: Purnima of every month; Vip. NL Regd. No. 49916/90; P. Regn No. NSK/RNP-232/2021-2023

DATE OF PRINTING: 00 (On-line-edition), DATE OF PUBLICATION: 18 MARCH, 2022

If undelivered, please return to:  
Vipassana Research Institute

Dhamma Giri, Igatpuri 422 403  
Dist. Nashik, Maharashtra, India  
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