

# Schedule of Vipassana Courses

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Regd. No. 49916/90; P. Regn No. NSK/RNP-232/2021-2023 ③

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 Sittings are for old students who have completed a 10-day course with Goenkaji or his authorised assistants.

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

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

20-day and Special 10-day course: requires five 10-day courses, one Satipatthāna course, full-time Dhamma service for at least one ten-day course, daily practice of 2 hours for the past two years, and full commitment to Vipassana.

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

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

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

## Gratitude Courses:

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

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

Please use NEW LONG COURSE APPLICATION FORM, available at Dhamma Giri, Dhamma Khetta, Dhamma Thali, Dhamma Sindhu, and Dhamma Patthāna. (All applications are accepted online)

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

## MAHARASHTRA

### Dhamma Giri, Igatpuri

Vipassana International Academy, Dist. Nashik, Igatpuri-422403. Tel: (02553) 244-076, 244-086, 244144, 244440, 8380017307, Whatsapp: 8956297219, 8956297220, (10 am to 5 pm). Email: reg.giri@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: 27-3 to 7-4, 24-4 to 5-5, 8 to 19-5, 22-5 to 2-6, 5 to 16-6, (Only for Old Students 19 to 30-6), 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 14 to 25-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 6 to 17-11, 20-11 to 1-12, 18 to 29-12, 1 to 12-1-2025 #ST: 10 to 18-10, Dhamma server and Trustee Workshop: 19 to 20-10, Indian Teacher Meeting: 4-12, International Teacher Meeting: 5-12, International AT Meeting: 6 to 8-12, Trainer's Workshop: 9-12, AT Workshop: 10 to 13-12.

### Dhamma Giri, Igatpuri, Short Course Area

3-Day: 27 to 30-6, 26 to 29-7, 1 to 4-8, 12 to 15-9, 25 to 28-10, 1 to 4-11, 2-Day: 17 to 19-8, Teenagers' Course: (Girls) 1 to 9-4, 22 to 30-4, 12 to 20-5, 7 to 15-6, 5 to 13-7, 7 to 15-8, 2 to 10-9, 3 to 11-10, 12 to 20-11, 12 to 20-12, Teenagers' Course: (Boys) 12 to 20-4, 2 to 10-5, 23 to 31-5, 17 to 25-6, 15 to 23-7, 22 to 30-8, 18 to 26-9, 14 to 22-10, 23-11 to 1-12, 23 to 31-12.

### Dhamma Tapovana-1 Igatpuri

10-day executive courses: 9 to 20-4, 21-6 to 2-7, 6 to 17-7, 20 to 31-7, 15 to 26-8, 29-8 to 9-9, 13 to 24-9, #ST: 3 to 11-8, 2-day: 27 to 29-9, ∞ Gratitude Course: 2 to 17-2-2025, ∞ Long Courses: 20-day: 30-day: 3-5 to 3-6, 45-day: 3-5 to 18-6, 13-12-2024 to 28-1-2025, 60-day: 3-10 to 3-12.

### Dhamma Tapovana-2, Igatpuri

10-day executive courses: 25-4 to 6-5, 22-10 to 2-11, 4 to 15-11, 10-day executive courses: (Old Students) 11 to 22-4, 28-7 to 8-8, #ST: 9 to 17-6, Special 10-day: 24-11 to 5-12-2024, ∞ Long Courses: 20-day: 15-5 to 5-6, 29-9 to 20-10-2024, 30-day: 23-6 to 24-7, 12-8 to 12-9, 45-day: 12-8 to 27-9, 60-day: 9-12-2024 to 8-2-2025

### Dhamma Pattana, Gorai, Mumbai

Dhamma Pattana Vipassana centre, Near Essel World, Gorai Creek, Borivali (M/W), Mumbai 400091, Phone: +91 8291894650, Tel. (+091 22) 50427500, Ext. No. (Male Office) 519, (Female Office) 546, Email:

info.pattana@vridhamma.org, Website: [www.pattana.dhamma.org](http://www.pattana.dhamma.org), 10-day executive courses: 3 to 14-4, 17 to 28-4, 1 to 12-5, 29-5 to 9-6, 12 to 23-6, 26-6 to 7-7, 9 to 20-7, 21-8 to 1-9, 4 to 15-9, 17 to 28-9, 2 to 13-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 22-12 to 2-1-2025, #ST: 11 to 19-12, 3-day: 15 to 18-8, 2-day: 14 to 16-5, 1-day Megha: 26-5, 21-7, 29-9, 5-1-2025, Indian AT Meeting: 19 to 26-5, ∞ Long Courses: 20-day: 23-7 to 13-8,

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

## Goregaon Vipassana Centre (Under Dhamma Pattana Vipassana Trust)

Goregaon Vipassana Centre, Dhamma Pattana Vipassana Trust, Welfare Centre Building, Mohan Gokhale Road, Opposite Lakshadham School, Goregaon (E) Mumbai 400063, Phone: WhatsApp No. +91 9152233764/65, Email: info.gvc@vridhamma.org, 10-Day: Female 8 to 19-5, 5 to 16-6, 10 to 21-7, 14 to 25-8, 18 to 29-9, 16 to 27-10, 20-11 to 1-12, Male 24-4 to 5-5, 19 to 30-6, 24-7 to 4-8, 28-8 to 8-9, 2 to 13-10, 6 to 17-11, 18 to 29-12, 3-Day: Female 11 to 14-4, 30-5 to 2-6, 4 to 7-7, 5 to 8-12, Male 18 to 21-4, 8 to 11-8, 12 to 15-9, 12 to 15-12,

One-day: inside main dome of the Global Vipassana Pagoda Every Day from 11 am to 5 pm. Meditators can benefit from meditating in presence of the Buddha's relics. Contact: Email: info@globalpagoda.org; Tel: 022 50427500 (Board Lines) - Extn. no. 9, Mobile: +91 8291894644. Email: info@globalpagoda.org; (Pl. bring a bottle so you can fill it with drinking water at GVP.)

## Mini ānāpāna for Visitors

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

## Dhamma Vātikā: Palghar

Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, Contact: 1) 9637101154, 2) shri Dubey, Mob. 93232 49299, 3) shri Jadhav, Mob. 90491 51464, Email: info@vatika.dhamma.org, Website: [vatika.dhamma.org](http://vatika.dhamma.org), 10-day: 10 to 21-4, 24-4 to 5-5, 8 to 19-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 14 to 25-8, 11 to 22-9, 25-9 to 6-10, 17 to 28-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 19 to 30-12, #ST: 28-8 to 5-9, 3-Day: 23 to 26-5, 10 to 13-10, Children Course: 28-5, 30-5.

## Dhamma Vipula: Belapur (New Mumbai)

Belapur Vipassana Centre, Plot No. 91A; Sector 26, Parsik Hill, CBD Belapur; (Parsik Hill, Nearest Railway Station: Seawoods on Harbour line) Navi Mumbai 400 614, Tel: 022-27522277, 27522404/03 (Timing 11 am to 5 pm) Email: dhammavipula@gmail.com, registration only online <http://www.vipula.dhamma.org/> 10-day: 24-4 to 5-5, 8 to 19-5, 22-5 to 2-6, 5 to 16-6, 19 to 30-6, #ST: 8 to 16-4, 3-day: 18 to 21-4, 10 to 13-6, 20 to 23-6, 26 to 29-6, Children Course: 7-4, 19-5, 30-6, and 3rd or 4th Sunday, 11am - 4.30pm

## Dhamma Vāhini: Titwala

Mumbai Parisar Vipassana Centre, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website [www.vahini.dhamma.org](http://www.vahini.dhamma.org), registration only online Email: vahini.dhamma@gmail.com ∞ Long Course: 20-day: 30-day: 45-day: Contact: Mobile: 97730-69978. (12 to 6 pm on weekdays).

## Dhamma Saritā, Khadavali (Thane) C. R.

Jeevan Sandhya Mangalya Sansthan, Matoshree Vriddhashram, At: Sargaon, Post: Padgha, Tal. Bhivandi, Dist. Thane-421101. Email: registration.dhamma.sarita@gmail.com; info@sarita.dhamma.org, Online registration [www.sarita.dhamma.org](http://www.sarita.dhamma.org), Contact: Mob. 91-779-83-24659, (Contact: 25008868/25011096/25162505), 10-day: 3-day: 1-day: last day of 10-day course Contact: Mintu Bera, Mob. 9503905086, Office: 77983244659).

## 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.

## INDIA

### Special 10-day Course

14 to 25-4-2024 Dhamma Thali, Jaipur  
24-4 to 5-5-2024 Dhammapāla, Bhopal (M.P.)  
31-5-2024 to 11-6-2024 Dhamma Khetta, Hyderabad (Telangana)  
9 to 20-6-2024 Dhamma Thali, Jaipur  
16 to 27-6-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
14 to 25-7-2024 Dhamma Patthāna, Sonapat, (Haryana)  
17 to 28-7-2024 Dhamma Nāga, Nagpur

19 to 30-7-2024 Dhamma Lakkhaṇa, Lucknow (U.P.)  
24-7 to 4-8-2024 Dhamma Nāga, Nagpur  
31-7 to 11-8-2024 Dhamma Paphulla, Bangalore  
4 to 15-8-2024 Dhamma Sarovara, Dhule  
6 to 17-8-2024 Dhamma Ambikā, South Gujarat  
7 to 18-8-2024 Dhamma Anākula, Akola  
7 to 18-8-2024 Dhamma Koṭā, Rajkot (Guj.)  
1 to 12-9-2024 Dhamma Bodhi, Bodhgaya, (Bihar)  
11 to 22-09-2024 Dhamma Pubbaja, Churu, Rajasthan  
11 to 22-09-2024 Dhammārāma, Bhimavaram, (A.P.)  
18 to 29-09-2024 Dhamma Malla, Yavatmal  
6 to 17-10-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
9 to 20-10-2024 Dhamma Arunachala, Tamilnadu  
6 to 17-11-2024 Dhamma Bhandāra, Bhandara  
17 to 28-11-2024 Dhamma Thali, Jaipur  
17 to 28-11-2024 Dhamma Mālavā, Indore (M.P.)  
20-11 to 1-12-2024 Dhamma Kalyāna, Kanpur (U.P.)  
24-11 to 5-12-2024 Dhamma Tapovana-II Igatpuri  
8 to 19-12-2024 Dhamma Patthāna, Sonapat, (Haryana)  
31-12-2024 to 11-1-2025 Dhamma Khetta, Hyderabad (Tel.)  
21-1 to 1-2-2024 Dhamma Divākara, Mehsana (Guj.)

## Gratitude Course

2 to 17-2-2025 Dhamma Tapovana-I, Igatpuri  
2 to 17-2-2025 Dhamma Divākara, Mehsana (Guj.)  
2 to 17-2-2025 Dhamma Pātiputta Patna (Bihar)  
2 to 17-2-2025 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)

## Schedule of Long Courses

### 20-day

6 to 27-4-2024 Dhamma Patthāna, Sonapat, (Haryana)  
25-4 to 16-5-2024 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)  
5 to 26-5-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
15-5 to 5-6-2024 Dhamma Tapovana-II Igatpuri  
31-5-2024 to 21-6-2024 Dhamma Khetta, Hyderabad (Telangana)  
12-6 to 3-7-2024 Dhamma Ajantā, Aurangabad  
1 to 22-7-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
15-7 to 5-8-2024 Dhamma Koṭā, Rajkot (Guj.)  
23-7 to 13-8-2024 Dhamma Pattana, Gorai, Mumbai  
20-7 to 10-8-2024 Dhamma Kānana, Balaghat (M.P.)  
27-7 to 17-8-2024 Dhamma Ambikā, South Gujarat  
30-7 to 20-8-2024 Dhamma Patthāna, Sonapat, (Haryana)  
3 to 24-8-2024 Dhamma Cakka, Sarnath (U.P.)  
1 to 22-9-2024 Dhamma Bodhi, Bodhgaya, (Bihar)  
8 to 29-9-2024 Dhamma Suvattī, Sravastī (U.P.)  
8 to 29-9-2024 Dhamma Garha, Bilaspur (Chhattisgarh)  
17-9 to 8-10-2024 Dhamma Arunachala, Tamilnadu  
28-9 to 19-10-2024 Dhamma Thali, Jaipur  
29-9 to 20-10-2024 Dhamma Tapovana-II Igatpuri  
2 to 23-10-2024 Dhamma Lakkhaṇa, Lucknow (U.P.)  
4 to 25-11-2024 Dhamma Sarovara, Dhule  
4 to 25-11-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
6 to 27-11-2024 Dhammārāma, Bhimavaram, (A.P.)  
10 to 31-12-2024 Dhamma Pātiputta Patna (Bihar)  
31-12-2024 to 21-1-2025 Dhamma Khetta, Hyderabad (Telangana)  
2-2 to 23-2-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
7 to 27-5-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)

### 30-day

25-4 to 26-5-2024 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)  
03-05 to 03-06-2024 Dhamma Tapovana-I Igatpuri  
5-5 to 5-6-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
14-5 to 14-6-2024 Dhamma Patthāna, Sonapat, (Haryana)  
31-5-2024 to 1-7-2024 Dhamma Khetta, Hyderabad (Telangana)  
23-6 to 24-7-2024 Dhamma Tapovana-II Igatpuri  
15-7 to 15-8-2024 Dhamma Koṭā, Rajkot (Guj.)  
31-7 to 31-8-2024 Dhamma Pīṭha, Ahmedabad (Gujarat)  
12-8 to 12-9-2024 Dhamma Tapovana-II Igatpuri  
25-8 to 25-9-2024 Dhamma Patthāna, Sonapat, (Haryana)  
1-9 to 2-10-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
8-9 to 9-10-2024 Dhamma Garha, Bilaspur (Chhattisgarh)  
20-9 to 21-10-2024 Dhamma Arunachala, Tamilnadu  
26-9 to 27-10-2024 Dhamma Bodhi, Bodhgaya, (Bihar)  
28-9 to 29-10-2024 Dhamma Thali, Jaipur  
2-10 to 2-11-2024 Dhamma Lakkhaṇa, Lucknow (U.P.)  
22-10 to 22-11-2024 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)  
4-11 to 5-12-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
5-11 to 6-12-2024 Dhamma Cakka, Sarnath (U.P.)  
6-11 to 7-12-2024 Dhammapāla, Bhopal (M.P.)  
15-12 to 15-1-2025 Dhamma Ambikā, South Gujarat  
31-12-2024 to 31-1-2025 Dhamma Khetta, Hyderabad (Telangana)

1-3 to 1-4-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
7-5 to 6-6-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)

**45-day**

25-4 to 10-6-2024 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)  
03-05 to 18-06-2024 Dhamma Tapovana-I Igatpuri  
5-5 to 20-6-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
31-5-2024 to 16-7-2024 Dhamma Khetta, Hyderabad (Telangana)  
12-8 to 27-9-2024 Dhamma Tapovana-II Igatpuri  
1-9 to 17-10-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
8-10 to 23-11-2024 Dhamma Patthāna, Sonapat, (Haryana)  
15-10 to 30-11-2024 Dhamma Suvattī, Sravastī (U.P.)  
22-10 to 7-12-2024 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)  
6-11 to 12-12-2024 Dhammapāla, Bhopal (M.P.)  
12-12 to 27-1-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
13-12-2024 to 28-01-2025 Dhamma Tapovana-I Igatpuri  
14-12-24 to 29-1-2025 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)  
15-12 to 30-1-2025 Dhamma Ambikā, South Gujarat  
10-2 to 28-03-2025 Dhamma Bodhi, Bodhgaya, (Bihar)  
1-3 to 16-4-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)

**60-day**

03-10 to 03-12-2024 Dhamma Tapovana-I Igatpuri  
9-12-2024 to 8-2-2025 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) 13 to 24-4, 9 to 20-5, 8 to 19-6, 13 to 24-7, 10 to 21-8, 14 to 25-9, 12 to 23-10, 9 to 20-11, 14 to 25-12, (Only for Hindi, English, Students) 27-4 to 8-5, 25-5 to 5-6, 27-7 to 7-8, 24-8 to 4-9, 28-9 to 9-10, 23-11 to 4-12, 28-12 to 8-1-2025, #ST: (Only for Hindi, English, Students) 22-6 to 1-7, 3-day: 4 to 7-7, 5 to 8-9, 26 to 29-10, # 2-day Children Course: (12 to 18 yrs) (only Boys) 14 to 15-5, (Only Girls) 17 to 18-5, Contact: Pune Vipassana Samiti, Email: info@ananda.dhamma.org Tel: (020) 2446-8903, 2446-4243. Tel/Fax: 2446-4243.

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

Pune Vipassana Samiti, Opp. Nehru Stadium, Behind Swargate Water Works, Near Anand Mangal Karyalaya, Dadawadi, Pune 411002. Email: info@punna.dhamma.org; Tel: (020) 2443-6250, 10-day: (Only for Hindi, English, Students) 7 to 18-4, 2 to 13-6, 7 to 18-7, 4 to 15-8, 1 to 12-9, 6 to 17-10, 4 to 15-11, 1 to 12-12, (Only for Hindi, Marathi, Students) 21-4 to 2-5, 16 to 27-6, 21-7 to 1-8, 18 to 29-8, 15 to 26-9, 17 to 28-11, 15 to 26-12, #ST: (Only for Hindi, Marathi, Students) 20 to 28-10, Teenagers' Course: (Boys) 5 to 13-5, (Girls) 19 to 27-5, 1-day: Every Month First and Third Saturday 8:30 am to 4:00 pm, Introduction to Vipassana: Every 3rd Saturday of the Month Time : 4 pm to 5:30 pm

**Dhamma Ajantā, Aurangabad**

Ajanta International Vipassana Samiti, Gut No. 45 Rampuri, Vajapur Road Aurangabad 431003. Tel: (0240) 2040444, Contact: Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org, 10-day: 3 to 14-4, 17 to 28-4, 15 to 26-5, 29-5 to 9-6, 10 to 21-7, 24-7 to 4-8, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 2 to 13-10, 16 to 27-10, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, 25-12, to 5-1, #ST: 17 to 25-9, 2-Day: 27 to 29-9, Teenagers' Course: (Boys) 1 to 9-5, (Girls) 4 to 12-11, ∞ Long Courses: 20-day: 12-6 to 3-7,

**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: 7 to 18-4, 21-4 to 2-5, 12 to 23-5, 26-5 to 6-6, 9 to 20-6, 7 to 18-7, 21-7 to 1-8, 25-8 to 5-9, 8 to 19-9, 29-9 to 10-10, 13 to 24-10, 1 to 12-12, 15 to 26-12, #ST: 23-6 to 1-7, 20 to 28-9, 2-Day: 3 to 5-5, 3 to 5-7, 1-Day: 21-7, 27-10, 1-12, 15-12, # 1-Day Children Course: 7-5, 8-5, 28-10, 29-12, AT Meeting: 20 to 21-8, Trustee Workshop: 21 to 22-8, ∞ Spaishal 10-day: 4 to 15-8, ∞ Long Courses: 20-day: 4 to 25-11, Contact: Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org

**Dhamma Siddhapuri, Bhategaon Solapur**

Dhamma Siddhapuri Vipassana Sadhana Kendra, Off Vijapur rod, Near Bhatevadi, soregaon - dongaon rod, 4 km. from soregaon, Ta. Uttar Solapur, Dist: Solapur-413002, Contact: 1) Mr. Samrat Patil, Mob. 7620592920, 9011908000, 2) Mr. Bhalchandra Ukarande, Mob. 9860759866, 10-day: (Only male) (Only Female) #ST: 2-day:

**Dhammalāya, 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. 97674-1322, 9697933232, 7420943232, 10-day: (Hindi/Marathi speaking students only) #ST: (Hindi/Marathi speaking students only)

15 to 24-12, 1-day: 11-12, # Children Course: 28 to 29-12,

**Dhamma Sugandha : Bhoze (Sangali)**

Dhamma Sugandha, Sangli Vipassana Meditation Center, Gat no 564, Talav road, Near Yellma Temple, Khamkar wadi, Bhoze, 416420 tahsil. Miraj, Dist. Sangli. For online registration: https://schedule.vridhamma.org/courses/sugandha, Contact: 1) Dr. Amit Patil, Mo. 9222161236, 2) Sunil Chaugule, Mo. 94038419432, 3) Sanjay Chaugule, Mo. 7249711008, Email: info@sugandha.dhamma.org, sanglivipassana@gmail.com, 10-Day: (Hindi Marathi) 3-Day: (Hindi Marathi) For One day: https://sugandha.dhamma.org/oneday.php

**Dhamma Nāga, Nagpur**

Nagpur Vipassana Centre, Mahurjhari Village, near Nagpur-Kalmeshwar Road. Contact: Mob. 9370990771, 9423403294, 9403870195, 9422182336, Email: info@naga.dhamma.org (No admission without confirmation) 10-day: 10 to 21-4, 24-4 to 5-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, (Male Old Students Only) 24-7 to 4-8, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, #ST: 24-12 to 1-1-2025, 3-day: 8 to 11-5, 17 to 20-7, 1-day: 7-4, 21-4, 23-5, 16-6, 30-6, 14-7, 21-7, 4-8, 18-8, 1-9, 15-9, 29-9, 13-10, 27-10, 10-11, 24-11, 8-12, 22-12, Teenagers' Course: (Girls) 13 to 21-5, (Boys) 25-5 to 2-6, # Children Course: (13 to 18 yrs) 7-4, 4-8, 27-10, (8 to 13 yrs) 16-6, 15-9, 8-12, Dhamma Servers Workshop: 5-5, Special 10-day: 2024: 24-7 to 4-8, Contact: (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smrutī Bhawan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

Kamtee: 10-day: 17 to 28-4, 5 to 16-6, 3 to 14-7, 31-7 to 11-8, 4 to 15-9, 18 to 29-12, #ST: 4 to 12-5, 3-day: 23 to 26-5, 24 to 27-10, 21 to 24-11, 1-day: 23-4, 23-5, 22-6, 21-7, 19-8, 18-9, 17-10, 15-12, at Dragan Palace Vipassana Sadhana Kamtee, Nagpur Contact: Mob. 9022451678, 8087893962, 7385125011.

**Dhamma Sugati, Sugatanagar**

Vipassana Sadhana Kendra, Sugata Nagar, Nagpur 440 014, Group Sitting: every Sunday 8 to 9 am. and Children Anapana: every Sunday 8 to 9, Anapana Sadhana: (Non-Meditator 10 Minutes Anapana Sadhana: Every Sunday 8 am.) Contact: 1) Mr. Kamlesh Chahande, Mob. 9373104305, 2) Mr. Ramdas Bhaskar, Mob. 9921503273,

**Dhamma Malla, Yavatmal**

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pinpalgaon, Yavatmal - 445001. Contact: 1. Mr. Gadling, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475. 10-day: 1 to 12-4, 18 to 29-4, 25-5 to 5-6, 22-6 to 3-7, 10 to 21-7, 27-7 to 7-8, 27-8 to 7-9, 13 to 24-10, 9 to 20-11, 23-11 to 4-12, 18 to 29-12, #ST: 15 to 23-8, 7 to 15-12, Teenagers' Course: (Girls) 11 to 19-5, (Boys) 9 to 17-6, 1-day: 23-5, 21-7, 11-8, 29-9, 15-12, # 2-day Children Course: (only boys) 26 to 28-10, (Only Girls) 4 to 6-11, # Children Course: 1-5, 25-8, 29-12, Special 10-day: 18 to 29-9.

**Dhammades : Chincholi, Hingoli**

Dhammades Vipassana Kendra, Chincholi, Tal-Dist: Hingoli, Contact: Mobile: 9405111373, 9420433905, 9881242487, 10-day: (Male Only) 21-4 to 2-5, 19 to 30-5, 16 to 27-6, 7 to 18-7, 4 to 15-8, 1 to 12-9, 6 to 17-10, 3 to 14-11, 1 to 12-12, (Female Only) 7 to 18-4, 5 to 16-5, 2 to 13-6, 21-7 to 1-8, 18 to 29-8, 15 to 26-9, 20 to 31-10, 17 to 28-11, 22-12 to 2-1-2025, 3-Day: (Male Only) 30-6 to 3-7, 15 to 18-12, (Female Only) 2024: 29-9 to 2-10.

**Dhamma Gond, Gondia (Ozatal)**

Dhamma Gond Vipassana Centre, Gondia Ta and Dist: Gondia - 441601, Contact: 9421796656, 8669038011, 9921395006, 9764835035, Contact: 1) Mr. Brahmanand Shahare, Mob. 8698797834, 2) Mr. Hemant Raut, Mob. 9637836487,

Rohnago: (Pavani Bhandara) 10-day: 8 to 19-5, 5 to 16-6, 17 to 28-7, 21-8 to 1-9, 18 to 29-9, 20-11 to 1-12, 18 to 29-12, #ST: 21 to 28-4, 20 to 27-10, At: Managing by vishuddhimaggio Vipassana Charitable Trust, Dhammapavan Vipassana centre Rohnago (Pavani), Dist. Bhandara. Contact: 1) Shailesh kambale: 9923218962, 2) Mr. Damodhar Khobragade, Mob. 9819209381,

Buldhana: 10-day: (only Female) 11 to 22-5, 13 to 24-7, 14 to 25-9, 9 to 20-11, (only male) 15 to 26-4, 8 to 19-6, 10 to 21-8, 12 to 23-10, 14 to 25-12, #ST: (Male and Female) 27-5 to 4-6, 1-day: every Purnima and 29-9 At: Pangri Ta. Dist: Buldhana. Contact: 1) Mob. 7057220147, 9860143266, 7709435975,

Chitki: (Wardha) Dhamma Kuti Vipassana Kendra, chitki, Pulgaon, Po. Kavtha, Ta. Devali, Dist: Wardha, (MS) 10-day: 19 to 30-10, 19 to 30-11, 20 to 31-12, Contact: 1. Shri Khandare, Mob. 7057699030, Desaijanj (Gadchiroli): Venerable Ledi Sayadaw Charitable Trust, Gadchiroli, Taluka Desaijanj, 10-day: 25-4 to 6-5, (only old Students) 3 to 14-6, 28-9 to 9-10, 5 to 16-11, 15 to 26-12, Contact: 1. Shri Purushottam Dube, Mob. 94217-34459,

**Dhamma Bhandāra, Bhandara**

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) 10-day: 1 to 12-4, 26-6 to 7-7, 31-7 to 11-8, 18 to 29-9, 16 to 27-10, #ST: 24-4 to 2-5, 3-Day: 2 to 5-5, 2-Day: 17 to 19-8, 1-Day: 12-4, 23-5, 23-6, 7-7, 11-8, 29-9, 27-10, 17-11, 15-12, # Children Course: (10 to 16 yrs) 21-4, 26-5, 2-6, 14-7, 28-7, 18-8, 1-9,

6-10, 3-11, 1-12, 21-12,

Special 10-day: 6 to 17-11, Contact: Chourejji, 9890441071, Vinodji, 9422833002, Deshbhrtar: 9423185322, 7588749108,

**Dhamma Nirāñjana, Nanded**

Vipassana Centre, New Danki, Near Godavari River, Contact: 1) Mr. Dahivele, Mob. 94231-48636, 2) Mr. Bhawe, Mob. 9421572499, 10-day: (Only female) (Only male) 2-day:

**Dhamma Vasudhā, Hivra (Wardha)**

Vipassana Centre, Hivara, Post Zadsdi, Tal Selu, Dist. Wardha, Email: dhammavasudha@gmail.com Contact: 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738, 10-day:

**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 Apply: https://www.dhamma.org/en/schedules/v2/schanakula#normal, Email: info.anakula@vridhamma.org, 10-day: (Male & Female) 10 to 21-4, 24-4 to 5-5, 29-5 to 9-6, 12 to 23-6, 26-6 to 7-7, 24-7 to 4-8, 21-8 to 1-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, #ST: (Only bhikkhus 9 to 17-7), 4 to 12-9, 1-day: (Male & Female) 21-4, 26-5, 21-7, 18-8, 29-9, 27-10, 1-12, 29-12, Teenagers' Course: (Girls) 7 to 15-5, (Boys) 18 to 26-5, # Children Course: 5-5, 23-6, 4-8, 1-9, 13-10, 17-11, 15-12, Dhamma Servers Workshop: (Male & Female) 14 to 16-9, Special 10-day: (Male & Female) 7 to 18-8, Contact: 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970,

**Dhamma Amrāvati, Lumbini, Mogara,**

Vipassana Kendra, Vipassana Samiti, Lumbini, At Mogara, Post-Bhankheda, Tal-Dist. Amravati. Contact: 1) Mr. Ranjan Vaghmare, Mob. 9766395335, 2) Mr. Rajat Bhatkar, Mob. 8446106785, 3) Mr. Rahul Tantrapale, Mob. 9096277299, https://schedule.vridhamma.org/courses/amravati, Email: dhammaamravati2020@gmail.com, 10-day: 17 to 28-4, 19 to 30-6, 10 to 21-7, 21-8 to 1-9, 18 to 29-9, 16 to 27-10, 13 to 24-12, #ST: 6 to 14-11, 3-day: 21 to 24-5, Teenagers' Course: (Boys) 22 to 30-11, (Girls) 1 to 9-12, 1-day: 28-4, 30-6, 21-7, 1-9, 29-9, 27-10, # 2-day Children Course: (Only Girls 13 to 17 yrs) 15 to 17-11, (only boys 13 to 17 yrs) 18 to 20-11, Dhamma Servers Workshop: 6-10, Dhamma Sannam: 29-12,

Kotamba (Yavatmal): 10-day: (Male and Female) 18 to 29-4, 9 to 20-5, 2 to 13-6, 23-6 to 4-7, 14 to 25-7, 8 to 19-9, 4 to 15-11, 1 to 12-12, (Only female) 4 to 15-8, 29-9 to 10-10, 1-day: Every Sunday: 8 am to 3 pm Contact: Vipassana Prachar Samiti, Kotamba, Tal. Baulgaon, Dist. Yavatmal-445001. Mob. 9822896453, 9067788418, 9860328804, 9890429314, 9860674029,

Malkapur (Akola): 10-day: (Only female) 1 to 11-5, 9 to 20-7, 5 to 16-9, (only male) 1 to 11-8, at Bhadant Anand Nivas Rajratna Colony, Yavata Road, Malkapur, Akola 444001, Contact: 1) Mr. Sham Athavale Mob. 9404092468, 9112463416, Patur (Akola): Vipassana Sadhana Prasar Kendra Shiria, Patur, Dist-Akola, 444501, 10-day: (Female only) 29-7 to 9-8, 5 to 16-9, 18 to 29-11, (Male only) 8 to 19-7, 20 to 31-8, 25-9 to 6-10, 17 to 28-12, #ST: (Female only) 24-6 to 2-7, 1-day: Every month Second Sunday, # Children Course: (13 to 17 yr) Every month Third Sunday, Contact: 1) Mr. Jaggannath Gawai, Mob. 7775928290, 2) Mrs. Jyotitai Vankhede, Mob. 9921998803,

**Dhamma Jalgaon, Jalgaon**

Vipassana Centre, Gat No. 99/1+2, Maitri Hills, Ajintha Road, Umala gaon, Tal. Dist: Jalgaon-425001, Tel: (0257) 2229477, online registration www.jalgaon.dhamma.org, Email: dhammajalgaon@gmail.com, Mob. 9422292161, Contact: Mr. Subhasha Talreja, Mob. 75884-36222, 75880-09584, 10-day: Contact: 7588436222, 8421532276,

**Dhamma Ajaya, Chandrapur**

Vipassana Meditation Centre, At - Ajaypur, Po. - Chichpalli, Mul Road, Chandrapur, Online Registration - Website: www.ajaya.dhamm.org, Email: info@ajaya.dhamma.org, Contact: 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 2) Mr. Gautam Chikate, Mobile: 9421812541, 9422506476, 10-day: 15 to 26-4, 29-4 to 10-5, 25-5 to 5-6, 9 to 20-6, (25-6 to 6-7 Only for Old Students), 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, 17 to 28-10, 1 to 12-11, 21-11 to 2-12, 7 to 18-12, 23-12 to 3-1-2025, #ST: 3 to 11-10, Teenagers' Course: (Girls) 3 to 11-4, 2-day: 15 to 17-11, Children Course: (only Girls 12 to 15 yrs) 13 to 16-5, (only boys 12 to 15 yrs) 17 to 20-5, 1-day (Megha Course) 23-5, 21-7, 29-9, Dhamma Sevak Workshop: 15 to 16-9,

Ballrapur (Chandrapur): 10-day: 8 to 19-5, 5 to 16-6, 26-6 to 7-7, 24-7 to 4-8, 21-8 to 1-9, 18 to 29-9, 13 to 24-11, 4 to 15-12, #ST: 21 to 29-4, 17 to 25-10, 3-day: 15 to 18-8, 1-day: 7-4, 23-5, 21-7, 29-9, 20-10, 24-11, # 2-day Children Course: (Boys only 10 to 16 yr) 20 to 22-5, 1 to 3-11, (only Girls 10 to 16 yr) 10 to 29-9, 4 to 6-11, Place: Anupam Charitable Trust, Yendbodi Po. Kothari Tal. Ballrapur, Dist. Chandrapur - 442701, Contact: 1) shri Vasant Dhoke, Mob. 9423503514, 7875330276, 2) Shri. Manohar

Phuljhele, Mob. 8551987943.

**Dhamma Padesa, Pali, Ratnagiri,**

**Konkan Vipassana Meditation Centre, Pali, Ratnagiri, Maharashtra.**  
**Contact:** 1. Mr. Dharmapal, Mob. 9405111373, 2. Mr. Prashant, Mob. 8087731901, 3. Mr. Bansode, Mob. 942117198. Email: dhammapadesh@gmail.com Email: vipassana.01mahad@gmail.com  
**10-day:** (Female Hindi, Marathi, speaking Students)» (Female Hindi, English, speaking Students)» (Male Hindi, English, speaking Students)»  
**17 to 28-12, (Male Hindi, Marathi, speaking Students)»**

**Dhamma Udaka, Dapoli, Ratnagiri,**

**Vipassana Meditation Centre, Pisai Near Matvan, Ta. Dapoli, Dist: Ratnagiri - 415712, Maharashtra. Office Contact:** Mob. 7499420272, Online Application: <https://schedule.vridhamma.org/courses/udaka.e.vridhamma.org>, **Contact:** 1. Mr. Nikesh Kasare, Mob. 9699937134, 2. Mr. Chandrakant Bhagwat, Mob. 9545628659, **10-day:** (Male and Female)» 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.

**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:** 14 to 25-4, 28-4 to 9-5, 12 to 23-5, 26-5 to 6-6, 9 to 20-6, 23-6 to 4-7, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 14 to 25-9, 4 to 15-11, 17 to 28-11, 1 to 12-12, 22-12 to 2-1-2025, #ST: 28-5 to 5-6, 23 to 31-7, 13 to 21-12, 3-day: 7 to 10-4, **Special 10-day:** 14 to 25-4, 9 to 20-6, 17 to 28-11, **∞ Long Course:** 20-day: 28-9 to 19-10, 30-day: 28-9 to 20-10.

**Dhamma Pushkar, Ajmer, Rajasthan**

**Vipassana Centre, Near Village Rewat (Kedel), 23 kms from Ajmer and 9 kms from Pushkar towards Baratsar. +91-94133-07570. Tel: (145) 2780570. Contact:** 1) Ravi Toshniwal, Email: dhammapushkar@gmail.com Mob. 98290-71778, 2) Anil Dharivall, Mob. 98290-28275.

**Dhamma Marudhara, Jodhpur, Rajasthan**

**Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, - Chaupsani Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email:** info@marudhara.dhamma.org, **10-day:** 19 to 30-4, 5 to 16-5, 9 to 20-7, 23-7 to 3-8, 27-8 to 7-9, 12 to 23-9, 27-9 to 8-10, 14 to 25-10, 6 to 17-11, 20-11 to 1-12, #ST: 8 to 16-4, 20 to 28-6, 6 to 14-8, 22 to 30-12, 3-day: 14 to 17-6, 20 to 23-8, 1-day: 23-5, #Teenagers Course: (Boys)» 3 to 11-6, (Girls)» 4 to 12-12, # 3-day Children Course: (13 to 16 yrs boys)» 4 to 7-7, **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, 9413157056, 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:** 18 to 29-4, 3 to 14-5, 1 to 12-6, 14 to 25-6, 5 to 16-7, 19 to 30-7, 27-8 to 7-9, 26-9 to 7-10, 14 to 25-10, 4 to 15-11, 18 to 29-11, 20 to 31-12, #ST: 2 to 10-12, 3-day: 19 to 22-8, 27 to 30-10, #Teenagers Course: (Boys)» 5 to 13-4, (Girls)» 7 to 15-8, **1-day:** 23-5, **3-day Children Course:** (only boys 13 to 16 yrs) 28-6 to 1-7, **2-day Children Course:** (only girls 13 to 16 yrs) 2 to 4-8, **Special 10-day:** 11 to 22-9.

**Dhamma Sota, Sohna (Haryana)**

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

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

**Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email:** reg.dhammapathana@gmail.com, #ST: 1 to 9-5, 19 to 27-6, 2 to 10-7, 27-11 to 5-12, 23 to 31-12, **AT Workshop:** 30-9 to 3-10, **Dhamma Sevak Workshop:** 4-10, **Special 10-day:** 14 to 25-7, 8 to 19-12, **∞ Long Course:** 20-day: 6 to 27-4, 30-7 to 20-8, 30-day: 14-5 to 14-6, 25-8 to 25-9, 45-day: 8-10 to 23-11, **Contact:** same as Dhamma Sota

**Dhamma Karunika, Karnal (Haryana)**

**Vipassana Sadhana Sansthan, AirPort/Kunjapura Road, Near Government School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email:** reg.dhammakarunika@gmail.com, **Contact:** 1) Mr Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, **10-day:** 10 to 21-4, 24-4 to 5-5, 8 to 19-5, 12 to 23-6, 26-6 to 7-7, 10 to 21-7, 24-7 to 4-8, 14 to 25-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, 25-12 to 5-1, #ST: 3 to 31-10, 3-day: 7 to 10-11, #Teenagers Course: (Girls)» 22 to 30-5, (Boys)» 1 to 9-6,

**Dhamma Hitakari, Rohtak (Haryana)**

**Vipassana Dhyana Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. Contact:** 92543-4887, 9416303639. **10-day:** 3 to 14-4, 17 to 28-4, 1 to 12-5, 15 to 26-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, #ST: 5 to 13-11, 3-day: 1 to 4-8, 14 to 17-11.

**Dhamma Dhaja, Hoshiarpur (Punjab)**

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

**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 courses) #ST: 15 to 23-11, 3-day: 24 to 27-11.

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

**Vipassana Meditation Ladakh, Dhamma Laddha, is 8/9 Km from leh, Contact:** Mr Lobzang Visuddha, Ancient Tracks, Mobile: [91] 9906971808, 9419862542. **10-day:** Every month 1 to 12 and 16 to 27 (except #ST, 3-day, 2-day Course) #ST: 1 to 10-5, 1 to 10-8, 1 to 10-11, 3-day: 10 to 13-8, 10 to 13-11, 2-day: 10 to 12-5, 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:** 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, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 16 to 27-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, #ST: 2 to 10-10, 3-day: 14 to 17-8, 27 to 30-10, **Contact:** 1) Mr. Bhandari, Tel: (0135) 2104555, 07078398566, Fax: 271-5580.

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

**Lucknow Vipassana Centre, Asti Road, Railway Crossing, Bakshi ka Talab, Lucknow 227 202. Email:** info@lakkhana.dhamma.org 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, 4 to 15-11, 19 to 30-11, 4 to 15-12, 19 to 30-12, #ST: 19 to 27-9, 2-day: 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 17-11, 15 to 17-12, **∞ Special 10-day:** 19 to 30-7, **∞ Long Course:** 20-day: 2 to 23-10, 30-day: 2-10 to 2-11, **Contact:** 1. Sh. R. K. Singh, Mob. 9616744793, 2. Pankaj Jain, Mob. 098391-20032, 3. Mrudula Mukhesha, Mob. 94150-10879, 4. Sh. Rajeev Yadav, Mob. 9415136560.

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

**Jetavana Vipassana Meditation Centre, Katra Bypass Road, Opp. Buddha Inter College, Sravasti 271845. Email:** info@suvatthi.dhamma.org, Tel: (05252) 265-439; 93358-33375. **10-day:** 17 to 28-4, 2 to 13-5, 15 to 26-5, 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 13-1-2025, #ST: 29-8 to 6-9, 14 to 22-12, # Children Course: (8 to 12 yrs boys, and 8 to 16 yrs Girls)2024» 27 to 30-5, 24 to 27-12, (12 to 16 yrs only Boys)» 28 to 31-12, **∞ Long Courses:** 20-day: 8 to 29-9, 45-day: 15-10 to 30-11, **Contact:** 1. Mob. 094157-51053, 2. Murla Manohar, Mob. 094150-36896.

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

**Vipassana Sadhana Kendra, Village Khargipur, Post. Piyari, Chaubeypur, Sarnath, Varanasi. Email:** info@cakka.dhamma.org Mob. 09307093485, 09936234823, (for autorickshaw from Sarnath Museum, fare Rs. 100/-), **Contact:** Mr. Anil Maurya, Mob. 90132-59177, **10-day:** 3 to 14-4, 18 to 29-4, 3 to 14-5, 3 to 14-6, 18 to 29-6, 3 to 14-7, 18 to 29-7, 3 to 14-9, 18 to 29-9, 3 to 14-10, 18 to 29-10, 2 to 31-12, #ST: 9 to 17-12, 3-day: 18 to 21-5, 28 to 31-8, 1-day: 23-5, # Children Course: 16-6, 30-6, 15-9, **∞ Long Courses:** 20-day: 3 to 24-8, 30-day: 5-11 to 6-12.

**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. 08795460149, Email:** dhamma.kalyana@gmail.com, (No admission without confirmation) **10-day:** 5 to 16-4, 20-4 to 1-5, 2 to 13-5, 3 to 14-5, 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, # 3-day Children Course: (8 to 12 yrs)» 1 to 4-6, 1-Day: Every month Fourth Sunday. **10 am to 5 pm. Special 10-day:** 20-11 to 1-12.

**'Dhamma Kaya', Kushinagar (U.P.)**

**'Dhamma Kaya', Vipassana Sadhana Kendra, Village- Dhuria Bhaat, Near Banwari Tola, Tehsil- Kasya, Devriya Road, Dist: Kushinagar-274402, (U.P.) Mob. +919415277542. Email:** dhammakaya.vsk@gmail.com; **10-day:** Every month 1 to 12 and

16 to 27. **Contact:** 1. Dr. Vimalkumar Modi, C/o Aarogya Mandir, Gorakhpur-273003, 2. Mob. 9935599453.

**Dhamma Sudha, Meerut (U.P.)**

**Vipassana Centre, Behind Police station, Tower Road, Near Saifpur Gurdwara, Hastinapur, Dist. Meerut- 250404, Office Contact:** Tel. 9555515548, 817490433, 7505414181, **10-day:** 3 to 14-4, 17 to 28-4, 1 to 12-5, 15 to 26-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, #ST: 5 to 13-11, 3-day: 1 to 4-8, 14 to 17-11.

**Dhamma Licchavi, Muzaffarpur (Bihar)**

**Dhamma Licchavi Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 7766834500, Email:** info@licchavi.dhamma.org **10-day:** 5 to 16-4, 19 to 30-4, 5 to 16-5, 19 to 30-5, 5 to 16-6, 19 to 30-6, 5 to 16-7, 19 to 30-7, 5 to 16-8, 19 to 30-8, 5 to 16-9, 17 to 28-9, 29-9 to 10-10, 15 to 26-10, 9 to 20-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, 5 to 16-1-2025, 19 to 30-1, **Contact:** V K Goenka, Mob. 7779842059.

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

**Baracakiya - 845412, East Champaran Bihar, Contact:** 9431245971, 9934430429, 6204814341, Email: dhammaupavan@gmail.com, **10-day:** 2023 and 2024 » every month 3 to 14 and 17 to 28.

**Dhamma Bodhi, Bodhgaya, (Bihar)**

**Bodh Gaya International Vipassana Meditation Centre, Gaya-Dobhi Road (15 km), Near Magadha University, Bodh Gaya-824234. Mob. 94716-03531, 9955915566, Email:** registration.bodhi@vridhamma.org, Website: www.bodhi.dhamma.org, Long course Email: bodhi.longcourse@gmail.com **Contact:** 99559-11556. **10-day:** 1 April 2024 to 31 March 2025, Every Month 1 to 12 and 16 to 27, and 30-12 to 10-1-2025, 13 to 24-1, (except during other courses), #ST: 13 to 21-9, 2025» 26-1 to 3-2, **Special 10-day:** 1 to 12-9, **∞ Long Courses:** 20-day: 1 to 22-9, 30-day: 26-9 to 27-10, 45-day: 2025» 10-2 to 28-3.

**Nalanda (Bihar): 10-day:** January to December Every Month 2 to 13, Place: Near Navnalanda Mahavihar, Sanskratik Gram, Nalanda (Bihar) Mob: 91-9955915566, **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 Centre, Meditation Block, Buddha Smriti Park, Near Patna Junction, Patna - 800011, Bihar, India, Contact:** Mobile: +91 6205978822, E-mail: info@patna.in.dhamma.org, Website: http://www.pataliputta.dhamma.org, **10-Day:** 3 to 14-4, 17 to 28-4, 3 to 14-5, 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 28-11, 3 to 14-1-2025, 17 to 28-1, #ST: 24-5 to 1-6, 30-11 to 8-12, 3-day: 15 to 18-5, 29-7 to 1-8, 1-day: Every sunday, Mini Anapana Meditation: Every Day, # 3-Day Children Course: (Only Girls 12 to 16 years)» 29-4 to 2-5, (Only Boys 12 to 16 years)» 29-6 to 2-7, **∞ Gratitude Course:** 2 to 17-2-2025, **∞ Long Course:** 20-day: 10 to 31-12.

**Dhamma Vesali, Bihar**

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

**GUJARAT**

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

**Kutch Vipassana Centre, Bada, Mandvi-Kutch-370475. Mob. 9925674104, 9638577325, Email:** info@sindhu.dhamma.org **Contact:** Bhuj: 094274-33534. Gandhidham: 094262-50746. Mandvi: 09974575660. **10-Day:** 4 to 15-4, 19 to 30-5, 2 to 13-6, 16 to 27-6, 30-6 to 11-7, 14 to 25-7, 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 6 to 17-10, 19 to 30-10, 3 to 14-11, 17 to 28-11, 30-11 to 11-12, 15 to 26-12, 29-12 to 9-1, 2025» 12 to 23-1, 1 to 12-2, 16 to 27-2, 3 to 14-3, 16 to 27-3, 31-3 to 11-4, 13 to 24-4, #ST: 16 to 24-4, 2 to 10-7, 19 to 27-11, 3-day: 22 to 25-6, 15 to 18-8, 24 to 27-1-2025, #Teenagers Course: (Boys)» 25-4 to 3-5, 2025» 26-4 to 4-5, (Girls)» 8 to 16-5, 2025» 5 to 13-5, **Special 10-day:** 16 to 27-6, 6 to 17-10, **∞ Long Courses:** 20-day: 5 to 26-5, 1 to 22-7, 4 to 25-11, 2-2 to 23-2-2025, 7 to 27-5, 30-day: 5-5 to 5-6, 1-9 to 2-10, 4-11 to 5-12, 1-3 to 1-4-2025, 7-5 to 6-6, 45-day: 5-5 to 20-6, 1-9 to 17-10, 12-12 to 27-1-2025, 1-3 to 16-4-2025, **Contact:** 7874623305, 9825320551.

**Dhamma Kotā, 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:** Tel: (0281) 2233666. Mob. 7878727223, 94272-21591. 2) Chandubhai Mehta, Tel: 2587599, Mob. 9428203291. **10-day:** 3 to 14-4, 17 to 28-4, 1 to 12-5, 15 to 26-5, 29-5 to 9-6, 12 to 23-6, 26-6 to 7-7, 10 to 21-7, 24-7 to 4-8, 21-8 to 1-9, 4 to 15-9, 23-9 to 4-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, 25-12 to 5-1, #ST: 6 to 14-10, **Special 10-day:** 7 to 18-8, **∞ Long Courses:** 20-day: 15-7 to 5-8, 30-day: 15-7 to 15-8,

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, 78787227223.

**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: 3 to 14-4, 17 to 28-4, 1 to 12-5, 15 to 26-5, 29-5 to 9-6, 12 to 23-6, 26-6 to 7-7, 9 to 20-7, 24-7 to 4-8, 7 to 18-8, 21-8 to 1-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 2 to 13-11, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, 25-12 to 5-1-2025, 2025» 8 to 19-1, 19-2 to 2-3, # ST: 2025» 21 to 29-1-25, 3-day: 5 to 8-9, 22 to 25-10, 1-day: 21-7, Gratitude Course: 2025» 2 to 17-2, Special 10-day: 2025» 21-1 to 1-2,

**Dhamma Pīṭha, Ahmedabad (Gujarat)**

Gurjar Vipashyana Kendra, (40 km from Ahmedabad Railway Station, 3 km Dholka town), Village Ranoda, Tal. Dholka, Dist. Ahmedabad 387810, Mobile: 89800-01110, 89800-01112, 94264-19397. Tel: (02714) 294690. Email: info@pitha.dhamma.org (Day zero starting day of every course, Bus facility to Centre is Available from Paldi St Bus stand (Ahmedabad) at 2:30 pm. 10-day: 24-4 to 5-5, 8 to 19-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 29-10 to 9-11, 15 to 26-11, 27-11 to 8-12, 11 to 22-12, 25-12 to 5-1, 8 to 19-1, 22-1 to 2-2, 5 to 16-2, 19-2 to 2-3, 5 to 16-3, 19 to 30-3, # ST: 25-5 to 2-6, 1-day: 23-5, AT Workshop: 11 to 14-4, Teenagers' Course: (Girls)» 15 to 23-4, ∞ Long Courses: 30-Day: 31-7 to 31-8, 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: dhammaambikasurat@gmail.com, 10-day: 9 to 20-4, 19 to 30-5, 1 to 12-6, 19 to 30-6, 2 to 13-7, 15 to 26-7, 20 to 31-8, 1 to 12-9, 18 to 29-9, 1 to 12-10, 14 to 25-10, 2 to 13-11, 19 to 30-11, 2 to 13-12, 2025» 1 to 12-2-2025, 18-2 to 1-3, 2 to 13-3, #ST: 27-7 to 4-8, 3-day: 13 to 16-6, 12 to 15-9, 14 to 17-11, 2025» 13 to 16-2, Teenagers' Course: (Girls)» 22 to 30-4, (Boys)» 6 to 14-5, Children Course: (only Girls)» 2 to 3-5, (only Boys)» 15 to 17-5, Special 10-day: 6 to 17-8, ∞ Long Courses: 20-day: 27-7 to 17-8, 30-day: 15-12 to 15-1-2025, 45-day: 15-12 to 30-1-2025, Contact: 1. Vasantbhai Lad, Mob. 09428160714, 2. Ratanshibhai K Patel, Mob. 09825045536.

**Dhamma Pāli, Bhavnagar, Gujarat**

Vipassana Centre, Village Todi, Songadh - Palitana Road, Dist-Bhavnagar, Gujarat Email: dhammapali1@gmail.com, Contact: Mob. 7878103636, 8866703636, 8866713636, Office: Tel: 0278-2521066, 8758561616. 10-Day: 28-4 to 9-5, 12 to 23-5, 29-5 to 9-6, 23-6 to 4-7, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 29-9 to 10-10, 13 to 24-10, 27-10 to 7-11, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, 22-12 to 2-1-2025, 5 to 16-1-2025, 19 to 30-1, 2 to 13-2, 16 to 27-2, 2 to 13-3, 16 to 27-3, #ST: 12 to 20-6, Teenagers' Course: (Girls)» 30-3 to 7-4, (Boys)» 17 to 25-4.

**Dhamma Narmada, Jhagadia, Bharuch Gujarat**

Vipassana Kendra, At & Po. Uchedia, Ta. Jhagadia, Dist. Bharuch Gujarat - 393110, Email: info@narmada.dhamma.org, 10-Day: 3 to 14-4, 17 to 28-4, 1 to 12-5, 15 to 26-5, 19 to 30-6, 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 1 to 12-10, 15 to 26-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 2025» 1 to 12-1, # ST: 8 to 16-6, 3-day: 2 to 5-6, 14 to 17-8, 2025» 15 to 18-1, Children Course: (Only Girls)» 28 to 29-5, (Only Boys)» 30 to 31-5, Contact: Patel: 9824451381, Krishna: 9328170462.)

**SOUTH INDIA**

**Dhamma Paphulla, Bangalore**

Bangalore Vipassana Centre: (23 km from City Railway station,) Alur Village, Near Alur Panchayat office, Off Tumkur Road, Dasanapura Bangalore North Taluka 562 123. Tel: (080) 23712377, Mob. 7829912733, 8861644284, 9972588377, Email: info@paphulla.dhamma.org; [Bus No. 256, 258, 258C from Majestic Bus Stand Gat down Makali (Near Himalaya Drugs), cross road and take auto] 10-Day: 24-4 to 5-5, 20 to 31-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 14 to 25-8, 11 to 22-9, 3 to 14-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 11-12 to 22-12, #ST: 12 to 20-4, 28-8 to 5-9, 3-day: 26 to 29-9, 26 to 29-12, Teenagers' Course: (Boys)» 8 to 16-5, Special 10-day: 31-7 to 11-8.

**Dhamma Setu, Chennai (Tamil Nadu)**

Vipassana Meditation Centre, 533, Pazhan Thandalam Road, Via Thiruneermalai Road, Thirumudivakkam, Chennai 600044, Contact: Tel: +91-7550034777, Mobile: 94440-21622, 94442-80952, Email: setu.dhamma@gmail.com; (Timings 10 am to 1 pm and 2 pm to 5 pm.) Contact City Office: S. K. Goenka, Tel: (044) 4340-7000, 4340-7001, Fax: 4201-1177, Mob. 98407-55555, Email: skgoenka@kgiclothing.in; 10-day: 20 to 31-12, Teenagers' Course: (Boys)» 11 to 18-12,

**Dhamma Arunachala, Tiruvannamalai, (Tamilnadu)**

Vipassana Meditation Centre, Perumbakkam Village, Tiruvannamalai, Tamilnadu, India, Pincode - 606603, Phone: +91-9597246178, +91-9884393459, Website: http://www.arunachala.dhamma.org, Email: arunachala.dhamma@gmail.com, info@arunachala.dhamma.org, 10-day: 1 to 12-5, 22-5 to 2-6, 12 to 23-6, 3 to 14-7, 24-7 to 4-8, 14 to 25-8, 4 to 15-9, 23-10 to 3-11, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 2025» 1 to 12-1, 15 to 26-1, 29-1 to 9-2, 12 to 23-2, 5 to 16-3, 19 to 30-3, 3-day: 6 to 9-6, 27 to 30-6, 18 to 21-7, 17 to 11-8, 29-8 to 1-9, 2-day: 7 to 9-6, 28 to 30-6, 19 to 21-7, 9 to 11-8, 30-8 to 1-9, Special 10-day: 9 to 20-10, ∞ Long Courses: 20-day: 17-9 to 8-10, 30-day: 20-9 to 21-10,

**Dhamma Madhurā, Madurai**

Vipassana Meditation Centre, Chettiypatti gaon, Athur Taluk., P. O. Gandhigram University, Dindigul-624302, Contact: 9442603490, 9442103490, Email: dhammamadhura@gmail.com, 10-day: 3 to 14-4, 17 to 28-4, 8 to 19-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, 3-day: 2 to 5-5, 23 to 26-5, 1 to 4-8, 7 to 10-11, 26 to 29-12, # ST: 10 to 18-8.

**Dhamma Khetta, Hyderabad (Telangana)**

Vipassana International Meditation Centre, (12.6 km) Mile Stone, Nagarjuna Sagar Rd, Kusum Nagar, Vansthalipuram Hyderabad-500070. Email: info@khetta.dhamma.org Tel: (040) 2424-0290, 32460762, 09491594247, Fax: 2424-1746, ST: 13 to 21-9, Special 10-day: 31-5-2024 to 11-6-2024, 31-12-2024 to 11-1-2025, ∞ Long Courses: 20-Day: 31-5-2024 to 21-6-2024, 31-12-2024 to 21-1-2025, 30-Day: 31-5-2024 to 1-7-2024, 31-12-2024 to 31-1-2025, 45-Day: 31-5-2024 to 16-7-2024,

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

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

**Dhamma Nāgajūna-I Nagarjun Sagar (Telangana)**

VIMC, Hill Colony, Nagarjun Sagar Dist. Nalgoda 508202, (140.4 km Hyderabad Road), Registration: 9440139329, (8680) 277944, Mobile: 093484-56780, (only 10 am to 5 pm) Email: info@nagajuna.dhamma.org, 10-day: 3 to 14-5, 28-5 to 8-6, 23-10 to 3-11, 9 to 20-11, 23-11 to 4-12, Teenagers' Course: (Boys)» 6 to 14-4, 16 to 24-5, 29-6 to 7-7, 27-7 to 4-8, 24-8 to 1-9, 21 to 29-9, 3 to 11-10, (Girls)» 25-4 to 3-5, 13 to 21-6, 13 to 21-7, 10 to 18-8, 7 to 15-9, 23 to 31-12, # Children Course: 14-4, 7-7, 21-7, 4-8, 18-8, 1-9, 15-9, 29-9, 3-11, Dhamma Sevak Workshop: 19 to 21-4, 18 to 20-10, 6 to 8-12.

**Dhamma Nāgajūna-II Nagarjun Sagar (Telangana)**

Contact: VIMC, As above. 10-day: 3 to 14-4, 26-6 to 7-7, 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, 2 to 13-10, # ST: 12 to 20-6, Gratitude Course: 2 to 17-2-2025 ∞ Long Courses: 20-day: 25-4 to 16-5, 30-day: 25-4 to 26-5, 22-10 to 22-11, 45-day: 25-4 to 10-6, 22-10 to 7-12, 14-12-2024 to 29-1-2025.

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

Vipassana International Meditation Centre, Village Kumudavalli, Mandal-Pala Koderu, Dist. West Godavari 534 210. (1.5 kms from Bhimavaram, on the Bhimavaram-Thanku Road) Tel: (08816) 236566, 99893-82887, Email: info@rama.dhamma.org, 10-day: 1 to 12-5, 15 to 26-5, 5 to 16-6, 3 to 14-7, 31-7 to 11-8, 25-8 to 6-9, 16 to 27-10, 1 to 12-12, #ST: 15 to 23-12, 3-day: 18 to 21-7, 2-day: 19 to 21-4, 16 to 18-8, 1-day: every month Second Sunday. Workshop: 21 to 23-6, Special 10-day: 11 to 22-9, ∞ Long Courses: 20-day: 6 to 27-11,

**CENTRAL AND EASTERN INDIA**

**Dhamma Kānana, Balaghat (M.P.)**

Dhamma Kanana Vipassana Centre, Wainganga Tal, Rengatola, P.O. Garra, Balaghat, Tel: (07632). 248145, Mob. 8989845100, 97531-44641, Contact: 1. Mr. Khobragade, Lumbini Nagar, Balaghat. Mob. 94243-36241. 2. Mr. Meshram, Tel: (07632) 239165, Email: dineshmeshram@hotmail.com. Mob. 094251-40015, 9753144641, online Application: https://www.dhamma.org/en/schedules/schkanana. 10-day: 13 to 24-4, 27-4 to 8-5, 11 to 22-5, 1 to 12-6, 2 to 13-7, 20 to 31-8, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 4 to 15-12, #ST: 15 to 23-6, 21 to 29-12, 3-day: 23 to 25-6, 11 to 13-8, # Children Course: 11-4, 26-5, 12-6, ∞ Long Courses: 20-day: 20-7 to 10-8,

**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, K. R. Jha, Mob. 8319855865, Email: dhammapala.bhopal@gmail.com, Online application: www.

pala.dhamma.org, 10-day: 10 to 21-4, 8 to 19-5, 19 to 30-6, 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, #ST: 22 to 31-10, 3-day: 13 to 17-6, 15 to 19-8, 26 to 30-12, Teenagers' Course: (Boys)» 3 to 11-6, (Girls)» 20 to 30-5, Maintenance Week: 13 to 19-10, Sahabagita Seminar: 1 to 2-6, Special 10-day: 24-4 to 5-5, ∞ Long Courses: 30-day: 6-11 to 7-12, 45-day: 6-11 to 22-12,

**Dhamma Mālavā, Indore (M.P.)**

Vipassana Centre, Village Jambudi Hapsi, Opp. Gommatgiri, in front of Pitru mountain, Hatod Road, Indore-452003. Contact: 1. Indore Vipassana International Foundation Trust, Tel: (0731) 4273313, Mobile: 98931-29888, Email: info@malava.dhamma.org; dhammamalava@gmail.com, 2. Ghokhale, Mob. 9407406620. 10-day: 7 to 18-4, 5 to 16-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 4 to 15-8, 1 to 12-9, 15 to 26-9, 15 to 26-10, 1 to 12-12, (Old Student Only 15 to 26-12), #ST: 20 to 28-4, 20 to 28-8, 3-Day: 18 to 21-5, 25 to 28-7, 28-9 to 1-10, 7 to 10-11, 28 to 31-12, 1-day: 7-4, 5-5, 23-5, 2-6, 7-7, 4-8, 1-9, 3-11, 1-12, Group Sitting: Except Course Time 9:30 am to 10:30, 2-Day-Seva: 4 to 5-5, 30-11 to 1-12, Special 10-day: 17 to 28-11,

**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: dhammarata@gmail.com, Contact: 1) Mr. Ishwar, Mob. 7987509207, 2) Mr. Adwani, Mob. 9826700116. Contact Office: Vikram Nagar, Mhow road, Ratlam, Mob. 09479785033.

**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: 7 to 18-4, 5 to 16-5, 26-5 to 6-6, 8 to 19-9, 15 to 26-10, 10 to 21-11, 8 to 19-12, # ST: 21 to 29-4, 21 to 29-8,

SAGAR: (M.P.) - 10-day: 17 to 28-5, 2 to 13-10, 21-12-24 to 1-1-2025, PLACE: Khalifa Dalchand Fizikal Collage Makaroniya, Sagar-470004, Contact: 1) Mr. Bhaurao Thakre, Mob. 9970029916, 2) Mr. Anurag Rajput, Mob. 8815211155.

**Dhamma Ketu, Durg (Chhattisgarh)**

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana\_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. 10-day: 14 to 25-4, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, # ST: 17 to 26-10, Teenagers' Course: (Girls)» 2 to 10-6, 1-day: 23-5, 16-6, 7-7, 4-8, 1-9, 6-10, 3-11, 1-12, Children's Course: 28-4, 5-5, 30-9, 2-10, 15-11, 29-12, Dhamma Sevak Workshop: 27-10, Contact: 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. S.R. Suman, Mob. 9407981618.

**Dhamma Kutī, Singarbhatta, Raipur (Chhattisgarh)**

Vipassana Meditation Centre, village Singarbhatta, Tah. Ahhanpur, District- Raipur. The Center is located 24 KM from Raipur Railway Station Contact: 1) Mr. G R Prajapati, Mob. 9893643646, 2) Mr. Suresh Bang, Mob. 9425209354.

**Dhamma Gaṛha, Bilaspur (Chhattisgarh)**

Vipassana Centre, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbhatta, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com, Website: www.garh.dhamma.org, 10-day: 1 to 12-4, 19 to 30-4, 14 to 25-6, 1 to 12-7, 14 to 25-7, 3 to 14-8, 13 to 24-10, 8 to 19-12, #ST: 22-11 to 1-12, 3-day: 14 to 17-11, 1-day: 2-4, 23-5, 30-6, 28-7, 18-8, 1-9, 13-10, 8-12, # Children Course: 14-4, 5-5, 27-10, 10-11, Teenagers' Course: (Boys) 2 to 10-6, (Girls) 2 to 30-12, CCT Workshop: 8 to 10-11, Dhamma Sevak Workshop: 1-12, ∞ Long Courses: 20-day: 8 to 29-9, 30-day: 8-9 to 9-10, Contact: 1. Mr. K.K. Sahu, Mob: 97520-47811, Mr. S. Agrawal, Mob. 79743-55534.

**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 Contact City Office: Tobacco House 5th floor, room no-523, 1, old court house corner, kolkata-700001, Tel: (033) 2230-3686, 2231-1317.

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

Tripura Vipassana Meditation Centre, P.O. Machmara, Dist. Unakoti, Tripura, Tripura 799 263. Email: info@puri.dhamma.org, Contact: M. Dewan, (0381) 2300441, Mob. 09862154882, 09402527191. 10-day: 19 to 30-4, 12 to 23-5, 16 to 27-6, 14 to 25-7, 11 to 22-8, 15 to 26-9, 10 to 21-10, 10 to 21-11, 15 to 26-12, #ST: 25-10 to 3-11,

**Dhamma Bhubaneshwar, Kantabada, (Orissa)**

"Dhamma Bhubaneshwar", At Po. Kantabada, Dist. Khorda, Contact: 1) C. B. Kar, Mobile: 9437131019, 7681096441, 2) Mr. Pradeep Pradhan, Mob. 9439705409, 8093480338, Email: vipassanabrs@gmail.com, 10-day: 17 to 28-4, 15 to 26-5, 12 to 23-6, 17 to 28-7, 14 to 25-8, 11 to 22-9, 16 to 27-10, 13 to 24-11, 11 to 22-12, 1-day: 7-4, 5-5, 2-6, 7-7, 4-8, 1-9, 6-10, 3-11, 1-12, Children's course: 9-6, 8-9, 8-12.