



# 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. 04, 16 April, 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

*Yadā dvayesu dhammesu, pāragū hoti brāhmaṇo;*

*Athassa sabbe saṃyogā, atthaṃ gacchanti jānato.*

— *dhammapadapāṭi-384, brāhmaṇavaggo.*

When a brāhmaṇa—a seeker after truth—masters two dhammas (the practice of samatha and vipassanā meditation), then in that knowing one, all bonds are destroyed.

## Excerpts from Letters Written to Babu Bhaiya

### Vipassana Camp at Baracakia, Bihar

In order to keep Sayagyi U Ba Khin informed about the camps being held in India, the following letter, written over 50 years ago by Respected Goenkaji to his elder brother Babulal, or Babu Bhaiya as he was called, illustrates how camps were conducted in those days, and how Respected Guruji conducted these initial camps with great equanimity and loving-kindness as he guided meditation students on how to walk on the path of Dhamma.

— Editor  
Barachakia, Bihar  
23 August 1970

Babu Bhaiya,

Pranam!

The camp concluded successfully yesterday, and I was filled with mudita (sympathetic joy) as I shared the enormous merits that were generated with with Respected Gurudev and Ma Sayama, all of you and the Dhamma brothers and Dhamma sisters as well as those who helped in the ashram activities. Truly it was the strength of Metta Bhavana of Respected Gurudev and Ma Sayama that such a large camp came to a successful conclusion without any obstacles. During the course, I had some reservations about one or two meditators, but they turned out to be baseless, providing me with great joy.

All the meditators here are filled with paramis (wholesome qualities that lead to liberation), less or more.

For the initial 2 to 3 days, I had a cough and a cold, but it was tolerable. Arrangements for food, etc. were well taken care of, so I was comfortable as I considered how to manage larger camps in the future. No one expected such a large number of students, certainly not more than 20 to 25 people. But the numbers kept rising, and by the third day, when people continued to arrive, we had to limit the student numbers. This was despite my not wanting to refuse anyone, but we were helpless due to a shortage of space. Many who had to be turned away were disappointed and teary-eyed.

The arrangements for this camp were made by the general manager of the only sugar mill in this area, Sardar Singh Kothari. He is from Udaipur and an expert at his job. He is especially good at turning ailing mills around, making them strong and successful. He is a gentleman, well educated and far from any bigotry. Being very social, he is well known in this area. Due to some past dhammic association, he and his wife attended a camp that was held in Sarnath, and they both became eager to hold another camp either in Sarnath or at his place.

At a time when he has been shouldering such a major responsibility of looking after a mill that is running at full steam, he has remained enthusiastic about organising a Vipassana course at his house and attending it as well. His progress during the course was affected, yet his enthusiasm did not dim. He eagerly expressed that whenever I leave Burma to settle in India, I should settle in this region so that people here can benefit from Dhamma. He is taking me to Patna tomorrow to meet his friends for a Dhamma talk.

The concentration he reached in the three days of Anapana was very good, and his mind was filled with joy and peace. After Vipassana was given, other local matters of concern continued to draw his attention, besides those of being a host looking after the comforts of over 50 people staying in his house.

His wife, Krishna, had her share of difficulties as well. Despite repeated assurances not to worry, her concerns for other meditators' comforts filled her mind. There were just too many people in the house due to the limited bathroom and shower areas. Having meals on time was another issue, and maintaining the course time schedule was a challenge. Though there were others to take care of this, she remained concerned. A gentle woman, her faith and nurturing spirit were strong. Due to this, both of them, though unshaken in their faith, slackened in their meditation practice.

One elderly gentleman had difficulty. His mental condition was unstable, and his memory was weak. During the entire course period, there were barely ten minutes when he sat still and steady. Yet he surprised me once. When I did not consider it prudent to give him Vipassana for 5 or 6 days, he became despondent. When I gave him Vipassana, he managed to sit still for the entire hour. Upon being asked about his experience, he said that far away in a cave, he kept on seeing a lamp, which was very pleasant and immersed in that his mind neither wandered nor did his body move. Perhaps due to the ripening of some past kamma, he experienced this, but otherwise throughout the entire course he remained distracted and a source of distraction for other meditators too.

In truth, the work of mental concentration should begin at a young age in order to prevent facing regret in later years. We come across many examples of weak elderly students and their inability to control their minds, and one is filled with compassion. It is best that one gets firmly established in Dhamma by middle age.

There was a notable family in this camp – Shiv Shankar, who had come with his wife Parvati and a married daughter, Pushpa. Earlier, he and his daughter had attended a public talk in Calcutta at the conclusion of a Vipassana camp and had requested to join a camp. Possibly, she had urged her parents to join. The couple were both suffering immensely as their only son, who was young and newly married, had recently died in an accident and their lives had turned meaningless. He is the general manager of a large sugar mill in Majhaulia in northern Bihar. A well-reputed person, he was in the process of establishing a drum making factory for his son. The machines had arrived from overseas and the factory building was ready. But everything had come to a standstill. Now his heart was no longer in the project. He is a political leader in Bihar, but that too holds no interest for him anymore as he weeps all day. The pain of losing his beloved son was such that his nerves got affected and one hand trembled constantly.

During the course, they practised as instructed, with good results as Vipassana awakened well in both of them and their daughter. So long as his mind was immersed in the depths of Vipassana, the tremors in his hand would either stop or be greatly reduced. This too deepened their faith,

and they persisted. As they were strictly religious, some aspects of the discourses bothered them, but by and large, they took it well. At the end of the camp, the husband said, "No one can return my lost son, but you have truly given me a new way to look at life and this has certainly reduced the sharpness of my pain." Seeing the couple's smiling faces as they said goodbye was a moment of satisfaction for me.

Ten days after the camp, I was in a restaurant with Sardar Singh Kothari in Patna when the couple's lawyer chanced by. Being familiar with Kothari-ji, he came over and asked him, "What medicine did you give to our friend Shankar-ji?" He continued, "It seems as if life has freshly returned to him; he looks so young and vibrant, and he is enthusiastic about starting up work again. He has come to Patna to ensure that his name remains on the state election list."

This pleased me, as I had not been in touch with him. His worldview had changed on the strength of Dhamma, and certainly, in time, this would grow. I remember the deep sense of gratitude on the faces of his wife and daughter while leaving the camp. They too had benefited well.

Another family joined the camp: a husband, wife, twin sons, an elder brother and a father. They all progressed well. Vipassana was also awakened in the 12-year-old twins.

Bhikkhu Shilbhadra, who had joined many camps earlier, came with samanera Buddhasharan, and both benefited well. Mr Jeetlal, from Pratapgarh, came with his wife, aunt, and uncle. With him came a nun, Sujata, and all benefited well.

On the day the camp was to commence, Mahadev Kejriwal had returned to Muzaffarpur from Nepal with his daughter Shanta, and upon hearing about the upcoming camp, they participated and certainly benefited.

Others in the group were all from Rajasthan, mostly women, and they all dived deep into the Ganges of Dhamma. Another person, a Bihari named Babulal Shah, became particularly enraptured with Dhamma. He wanted to join the camp, but there was no one at home to take care of his shop. He wanted to leave the shop keys with his neighbour, who could open the shop and deal with the buyers as they came in till Babulal returned from the course. On the penultimate day, the neighbour refused to take this responsibility, and Babulal spent the night tossing in bed. The next day, despite the neighbour's adamant refusal to take charge of the shop, Babulal threw the shop key into his house and came for the course. He too benefited well.

Vidyadhar was a Rajasthani boy. Later, I came to know that, having learnt Kundalini yoga under a renunciate earlier, his mind had become deranged. By the time I discovered his difficulties, it had become difficult for me to ask him to leave the course. Fortunately, there was no mishap. He benefited well. Of pleasant disposition, he shifted to Mumbai for a job, and started coming for the early morning meditation sitting every Sunday at 7.30. After some time, he returned with his mother to attend a camp in Bodh Gaya. But they came a couple of days after the course had begun, and giving permission became difficult due to their late arrival and total lack of space. They returned home, teary-eyed and keenly disappointed. But I was helpless.

Two successful businessmen, Ishwar Prasad Seksaria and Tolaram Tulsian of Chakia, also sat for the course with good results.

Women participants, on the whole, benefited greatly; some went deep into meditation, and all were deeply moved. A day prior to the camp, I gave a public talk, which was hard-hitting on blind faith and rites and rituals. It was held in the local temple and was largely attended by women. I saw that they were surprisingly drawn to Dhamma. No one seemed offended. They seemed to be drawing on a deep sense of faith in pure Dhamma. They remained eager to learn.

The most developed meditator on this course was Mohini Devi, wife of Shobharam-ji. Her meditative vibrations emanated a cool and tranquil wholesomeness. As deep as this elderly woman’s maternal feelings were, so was her deep sense of faith. There is unparalleled parami in this deeply dhammic meditator. I felt a sense of reassurance for her future.

This being the land where Lord Buddha traversed extensively, I would not be surprised if these women, in some birth, had come into contact with Dhamma and have now come here to progress further on the path.

This Barachakia camp has been one of unusual experiences, such as the need to take care of large numbers of meditators. Also on this course, there were, on the one hand, illiterate meditators suffused with excessive emotionalism and devotion, while on the other hand, highly intelligent meditators were given to well-formulated and logical arguments, making for a very varied gathering. On this course as well, there was one meditator who became overwhelmed upon seeing her god, making it difficult for me to bring her out of it, while another could see divine lights or another hear divine sounds, making it hard for me to impress upon them that these were but milestones on the way and not the final destination. At times, a person was restless with the pain of their ailments, yet another person was lost in their superstitious beliefs. Taking such a diverse group of people forward and guiding them into pure Dhamma was an experience in itself.

Yours,

Satya Narayan Goenka.



**New Responsibility**

**Senior Assistant Teachers (SATs)**

- 1. Smt. Vidya Tai Tayade, Dhule
- 2. Shri. Vasantrao Karade, Kolhapur

**New Appointments**

**Assistant Teachers**

- 1. Shri Sukhdeo S. Raut, Amarawati
- 2. Shri Makarand Damle, Pune
- 3. Shri Dilip Shivsharan, Kalyan (W.) Mumbai
- 4. Shri Kirti Gala, Mumbai
- 5. Smt. Sudheeshna Kumari, Shimoga, Karnataka
- 6. Smt. Anita Balakrishna, Bangalore

**Children Course Teacher**

- 1. Dr. Megh Singh, Gwalior
- 2. Mr. Sangh Priya Gautam, Ghaziabad
- 3. Mrs. Pushplata Gautam, Mathura
- 4. Mr. Vinay Gopal bhandari Dhule
- 5. Mr. Tarachand Marathe Nandurbar
- 6. Mr. Subhash Athawale Dhule
- 7. Mrs. Reshma Subhash Athawale
- 8. Mr. Girish Badgular, Nandurbar
- 9. Mrs. Sweety Kushwah Vadodara
- 10. Ms Helena Anliot, Sweden

**Mega Courses at Global Vipassana Pagoda, Gorai, Mumbai**

**One-Day Mega Course schedule:**

- (1) **Sunday**– 15th May, 2022 Buddha Purnima,
- (2) **Sunday**– 17th July, Ashadha-Pūrṇimā (Dhammacakkappavattana day)
- (3) **Sunday**– 9th October Sharada-Pūrṇimā plus Pujya Goenkaji’s Death Anniversary.

In addition there are daily One-Day courses are being held in the Pagoda for Vipassana Students. Please follow the link to join and take advantage of the immense benefit of meditating in a large group. **Contact:** 022-62427544, 022-28451170- Extn: 9, Mob. 8291894644 (Tel. booking: 11 am to 5 pm daily). Online registration: <http://oneday.globalpagoda.org/register>

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

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

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

### MAHARASHTRA Dhamma Giri, Igatpuri

Vipassana International Academy, Dist. Nashik, Igatpuri-422403. Tel: (02553) 244-076, 244-086, 244144, 244440, Fax: 244176. (10 am to 5 pm). Email: [info.giri@vridhamma.org](mailto:info.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:** 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) 13 to 21-5, 22 to 30-6, 23 to 31-8, 22 to 30-10, 27-12 to 4-1-2023.

### 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:** 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

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:** 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@globalpagoda.org](mailto:info@globalpagoda.org); (Pl. bring bottle so you can fill it with drinking water at GFP.)

### 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 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) 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 29-8.

### 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:** 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 29-6 to 10-7, 13 to 24-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 19 to 30-10, 2 to 13-11, 16 to 27-11, 30-11 to 11-12, 21-12 to 1-1-23, **1-day:** Every Sunday, **Group Sitting:** Daily (any time) 9 am to 9 pm.

### Dhamma Vāhini: Titwala

Mumbai Parisar Vipassana Centre, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website [www.vahini.dhamma.org](http://www.vahini.dhamma.org), registration only online Email: [vahini.dhamma@gmail.com](mailto:vahini.dhamma@gmail.com) **10-day:** 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. Bhiwandi, 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:** 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, 2 to 13-11, 16 to 27-11, 30-11 to 11-12, 14 to 25-12, #ST: 19 to 27-10, **3-day:** 29-12 to 1-1-2023, **2-day:** 27 to 30-4, 28 to 30-10, **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, **Dhamma Servers Workshop:** 27-12, (Contact: 25008868/25011096/25162505)

### Dhamma Nāsikā, Nashik

Nashik Vipassana Kendra, Opposite N.M.C. Water filtration plant, Shivaji Nagar, Satpur, (Post: YC-MOU), 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

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 Patthāna, Sonapat, (Haryana)
19 to 30-7-2022	Dhamma Lakkhaṇa, Lucknow (U.P.)
2 to 13-8-2022	Dhamma Ajaya, Chandrapur
9 to 20-8-2022	Dhamma Bhandāra, Bhandara
16 to 27-8-2022	Dhamma Malla, Yavatmal
20 to 31-8-2022	Dhamma Vāhini: Titwala
20 to 31-8-2022	Dhamma Pushkar, Ajmer, Rajasthan
29-8 to 9-9-2022	Dhamma Ambikā, South Gujarat
24-9 to 5-10-2022	Dhamma Tapovana-I Igatpuri
6 to 17-10-2022	Dhamma Bodhi, Bodhgaya (Bihar)
9 to 20-10-2022	Dhamma Thalī, Jaipur
11 to 22-10-2022	Dhamma Patthāna, 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 Kalyāna, 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 Pāliputta Patna (Bihar)
2 to 17-2-2023	Dhamma Nāgajūna-II Nagarjun Sagar

### Schedule of Long Courses

### 20-day

19-4 to 10-5-2022	Dhamma Patthāna, (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 Patthana, (Haryana)
3 to 24-8-2022	Dhamma Cakka, Sarnath (U.P.)
8 to 29-9-2022	Dhammapala, Bhopal (M.P.)
8 to 29-9-2022	Dhamma Suvathi, Sravasti (U.P.)
13-8 to 3-9-2022	Dhamma Divakara, Mehsana (Guj.)
16-8 to 6-9-2022	Dhammalaya, Kolhapur
19-8 to 9-9-2022	Dhamma Ambika, 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 Vahini: Titwala
28-10 to 17-11-2022	Dhamma Sarovara, Dhule
28-10 to 18-11-2022	Dhamma Thali, Jaipur
25-11 to 16-12-2022	Dhamma Patliputta Patna (Bihar)
1 to 22-12-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
2 to 23-12-2022	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)

**30-day**

4-5 to 4-6-2022	Dhamma Nagajuna-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 Patthana, (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 Divakara, Mehsana (Guj.)
4-8 to 4-9-2022	Dhamma Tapovana-I Igatpuri
16-8 to 16-9-2022	Dhammalaya, Kolhapur
28-8 to 28-9-2022	Dhamma Patthana, (Haryana)
7-9 to 8-10-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
8-9 to 9-10-2022	Dhammapala, Bhopal (M.P.)
26-10 to 26-11-22	Dhamma Nagajuna-II Nagarjun Sagar (Telangana)
28-10 to 28-11-2022	Dhamma Thali, Jaipur
30-10 to 30-11-2022	Dhamma Cakka, Sarnath (U.P.)
5-11 to 16-12-2022	Dhamma Pittha, Ahmedabad (Gujarat)
12-11 to 13-12-2022	Dhamma Tapovana-II Igatpuri
20-11 to 21-12-2022	Dhamma Vahini: Titwala
2-12-2022 to 2-1-2023	Dhamma Lakkhana, Lucknow (U.P.)
15-12-22 to 15-1-2023	Dhamma Ambika, South Gujarat
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	Dhammalaya, Kolhapur
7-9 to 23-10-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
15-10 to 30-11-2022	Dhamma Suvathi, Sravasti (U.P.)
26-10 to 11-12-22	Dhamma Nagajuna-II Nagarjun Sagar (Telangana)
27-10 to 12-12-2022	Dhamma Patthana, (Haryana)
5-11 to 21-12-2022	Dhamma Pittha, Ahmedabad (Gujarat)
20-11 to 5-1-2023	Dhamma Vahini: Titwala
14-12-22 to 29-1-23	Dhamma Nagajuna-II Nagarjun Sagar
15-12-22 to 30-1-2023	Dhamma Ambika, South Gujarat
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

**Dhammananda, Pune**

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

**Pune Vipassana Samiti**, Opp. Nehru Stadium, Behind Swargate Water Works, Near Anand Mangal Karyalaya, Dadawadi, Pune 411002. Email: info@punna.dhamma.org; Tel: (020) 2443-6250, **10-day:** Only for Hindi, English, Students » 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 » 19 to 30-6, 17 to 28-7, 21-8 to 1-9, 18 to 29-9, 20-11 to 1-12, 18 to 29-12, **#ST:** 4 to 12-9, **3-day:** Only for Hindi, Marathi, Students 13 to 16-10, Only for Hindi, English, Students 27 to 30-10, **2-Day:** Only for Hindi, Marathi, Students 2 to 4-6, Only for Hindi, English, Students 15 to 17-9, **Teenagers' Course: (Boys)** 1 to 9-5, **(Girls)** 15 to 23-5, **1-day:** Every Month Second Thursday and Fourth Sunday 8:30 am to 4:30 pm, **# 2-Day Children course:** (9 to 18 yrs) (Boys) 10 to 11-5, (Girls)» 13 to 14-5, **Children Course:** (9 to 18 yrs Every Month first and Third Sunday (8 am to 2:30 pm))

**Dhamma Ajanta, Aurangabad**

**Ajanta International Vipassana Samiti**, Gut No 45 Rampuri, Vajapur Road Aurangabad 431003. Tel: (020) 2040444, **Contact:** Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org **10-day:** 20-4 to 1-5, 4 to 15-5, 25-5 to 5-6, 8 to 19-6, 22-6 to 3-7, **Teenagers' Course: (Boys)** 16 to 24-5.

**Dhamma Sarovara, Dhule**

**Khandesh Vipassana Centre**, near Dedargaon Water Purification Centre, Post Tikhi, Dist. Dhule, 424002. (No admission without confirmation). Dhule - Hendrun Bus is available from Dhule Bus Stand every hour up to 4:30 pm Rickshaw is also available from Panch Kandil Shere Punjab lodge to Tikhi. From Tikhi, rickshaw is available for centre, 1 km away. **10-day:** 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 Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org

**Dhamma Siddhapuri, Bhatgaon Solapur**

**Dhamma Siddhapuri Vipassana Sadhana Kendra**, Off Vijapur rod, Near Bhatgaon, 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)» 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) 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.

**Dhammalaya, 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) (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) 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 : Bhoose (Sangali)**

**Sangali Vipassana Meditation Centre**, Gat No. 564, Talawa Road, Near Yallamma Temple, Khamkarwadi, Bhoose - 416420, Ta. Miraj, Dist: Sangali, Email: info@sugandha.dhamma.org, Tel: 9422410436, 9403841943, online registration www.dhamma.org/en/schedules/schsugandha, **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 Naga, 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:** 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, **Contact:** (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smruti Bhawan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

**Dhamma Sugati, Sugatanagar**

**Vipassana Sadhana Kendra**, Sugata Nagar, Nagpur 440 014, **10-day:** (Male and Female)» 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:** 24 to 27-11, **Teenagers' Course: (Boys)** 4 to 11-5, **(Girls)** 21 to 29-5, **1-Day:** 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:** 14-10, 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)» 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,

**Kanti (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, Pimpalgaon, Yavatmal - 445001. **Contact:** 1. Mr. Gadhing, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475. **10-day:** (Male and Female)» 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:** 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)» 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 28-5, 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.

**Santuk-Pimpri (Hingoli):** **Place:** Santuk Pimpri Dr Bagadiya Farm House, **Contact:** Mobile: 9405111373, 9420433905, 9881242487, **10-day:** (Male Only)» 1 to 12-5, 5 to 16-6, 3 to 14-7 to 18-8, 4 to 15-9, 20 to 13-10, 13 to 24-11, 18 to 29-12, (Female Only)» 17 to 28-5, 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) 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** 3-7, 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 Gonda, Gondia (Ozatola)**

**Dhamma Gond Vipassana Centre**, Gondia Ta and Dist: Gondia - 441601, **Contact:** 9421796656.



8669038011, 8888728020, **10-day: #ST: 3-day: 1-day: 3-day Children Course:** (Girls 10 to 15 yrs) **Children Course:**

**Rohnagaon: (Pavani Bhandara): 10-day:** 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, **Contact:** 1. Shri Khandare, Tel: 071582-84372.

**Tumsar (Bhandara): 10-day:** 30-11 to 11-12, 20 to 31-12, **# Children Course:** 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) Viju 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:** 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, Chourej, 9890441071, Vinodji, 9422833002, 7588749108.

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

#### Dhamma Avāsa, Latur

**Latur Vipassana Samiti, Vasant Vihar Colony, Near RT0, Babhagaon Road Latur-413531. Contact:** 1) Sagar Kulkarni. mob. 94054-22948, 84210-79011, 02381-262023, 2) Sudhir Birle mob. 94233-47023, Email: [lvslatur@gmail.com](mailto:lvslatur@gmail.com) **10-day:** (Only male) (only female)

#### Dhamma Niranjana, Nanded

**Vipassana Centre, New Danki, Near Godavari River, Contact:** 1) Mr. Dahivele, Mob. 94231-48636, 2) Mr. Bhawe, 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) 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:** 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:** (Girls Only) 22 to 24-4.

#### Dhamma Vasudhā, Hivra (Wardha)

**Vipassana Centre, Hivra, Post Zadhsi, Tal Selu, Dist. Wardha, Email:** [dhammavasudha@gmail.com](mailto: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, Khaperkeda Phata, Telhara-444108 Dist Akola Email:** [info.anakula@vridhamma.org](mailto:info.anakula@vridhamma.org), **Website:** [www.anakula.dhamma.org](http://www.anakula.dhamma.org), Mob. 9421156138, 9881204125, 9421833060, **Online Aply:** <https://www.dhamma.org/en/schedules/v2/schanakula#normal>, **Email:** [info.anakula@vridhamma.org](mailto:info.anakula@vridhamma.org) **10-day:** (Male & Female) 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:** 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) 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, 9899042914, 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:** Bhandat 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) 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](http://www.jalgaon.dhamma.org), Email: [dhammajalgaon@gmail.com](mailto:dhammajalgaon@gmail.com), Mob. 9422292161, **Contact:** Mr. Subhasha Talreja, Mob. 75884-36222, 75880-09584. **10-day:** (only male) 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) 19 to 30-6, 17 to 28-7, 21-8 to 1-9, 18 to 29-9, 20-11 to 1-12, 18 to 29-12, **#ST:** (only male) 27 to 22-10, **3-day:** (only male) 27 to 30-10, (only female) 28 to 31-7, **Contact:** 7588436222, 8421532276.

#### Dhamma Ajaya, Chandrapur

**Vipassana Meditation Centre, At - Ajaypur, Po. - Chichpalli, Mul Road, Chandrapur, Online Registration - Website:** [www.ajaya.dhamma.org](http://www.ajaya.dhamma.org), Email: [dhammajajaya@gmail.com](mailto:dhammajajaya@gmail.com), **10-day:** **Contact:** 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 9226137722, 2) Mr. Gautam Chikate, Mobile: 9421812541, 9422506476, **10-day:** 5 to 16-5, 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:** 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 Ghayayal, 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-Parharat, Post-Pali, Tal-Ratnagiri, Maharashtra, Email:** [info@padesa.dhamma.org](mailto:info@padesa.dhamma.org), **Website:** <https://padesa.dhamma.org>, **10-day: #ST: Contact:** Mr. Santosh Ayare: 1) 9975434754 / 9960503598

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

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

#### NORTH INDIA

##### Dhamma Thali, Jaipur

**Rajasthan Vipassana Centre, P.O. Box 208, Jaipur-302001 Mob. 0-99301-17187, 9610401401, 9828804808, (for Manual registration/queries); Email:** [info@thali.dhamma.org](mailto:info@thali.dhamma.org), **10-day:** 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:** 7 to 15-6, 19 to 27-7, 12 to 20-12, **Special 10-day:** 19 to 30-6, 9 to 20-10, **Long Course:** 20-day: 28-10 to 18-11, 30-day: 28-10 to 28-11.

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

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

##### Dhamma Pushkar, Ajmer, Rajasthan

**Vipassana Centre, Near Village Kewat (Kedel), 23 kms from Ajmer and 9 kms from Pushkar towards Parbatsar. +91-94133-07570. Tel: (145) 2780570. Contact:** 1) Ravi Toshniwal, Email: [dhammapushkar@gmail.com](mailto:dhammapushkar@gmail.com) Mob. 98290-71778, 2) Anil Dharawal, Mob. 98290-28275, **10-day:** 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:** 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, -Chauspansi Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email:** [info@marudhara.dhamma.org](mailto:info@marudhara.dhamma.org), **10-day:** 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, 3-9 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 16-8, 23 to 31-12, **2-day:** 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.marudhara@gmail.com](mailto:dhamma.marudhara@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](mailto:dhammapubbaja@gmail.com), [info@pubbaja.dhamma.org](mailto:info@pubbaja.dhamma.org), **Contact:** 1) Mr. SP Sharma, Mob. 07627049859, 2) Mr. Suresh Khanna, Mob. 094131-57056, 9887099049, **Whatsapp Only 10-day:** 27-5 to 7-6, 22-6 to 3-7, 6 to 17-7, 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 Nimrod Police Post) Ballabgarh-Sohna Road, Dist Gurgaon (12 km from Sohna), Haryana, Mobile: 9812655599, 9812641400. [Buses available from Sohna and Ballabgarh.] 10-day:** 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 19 to 30-10, 2 to 13-11, 16 to 27-11, 7 to 18-12, 21-12 to 1-1-2023, **Contact:** Tel. (011) 26452772, 46585455, Email: [reg.dhammasota@gmail.com](mailto:reg.dhammasota@gmail.com)

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

**Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email:** [reg.dhammapatthana@gmail.com](mailto:reg.dhammapatthana@gmail.com) **#ST:** 15 to 23-5, 4 to 12-7, 17 to 25-12, **AT Workshop:** 2 to 5-10, **Dhamma worker workshop:** 6 to 7-10, **Special 10-day:** 14 to 25-7, 11 to 22-10, **∞ Long Courses:** 20-day: 19-4 to 10-5, 1 to 22-8, 30-day: 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/Kunjipura Road, Near Government School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email:** [reg.dhammakarunika@gmail.com](mailto:reg.dhammakarunika@gmail.com), **Contact:** 1) Mr. Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr. Arya, Mob. 8572051575, 9416781575, **10-day:** 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:** 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. Mehlawali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333, Mobile: 94651-43488. Email:** [info@dhaja.dhamma.org](mailto:info@dhaja.dhamma.org) **10-day:** 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 19 to 30-10, 16 to 27-11, 7 to 18-12, 21-12 to 1-1-23, **#ST:** 5 to 13-11.

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

**Himachal Vipassana Kendra, Dharamkot, McLeodganj, Dharamshala-176219, Dist. Kangra. Email:** [info@sikhara.dhamma.org](mailto:info@sikhara.dhamma.org) Tel: 09218514051, 09218414051, (Registration over phone between 4 to 5 pm) **10-day:** every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other courses) **#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 Visudha, 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, **Group Sitting:** every Sunday from 9 am. **1-day:** every Second Sunday Email: [info@ladakh.in.dhamma.org](mailto:info@ladakh.in.dhamma.org); [lvissudha@yahoo.com](mailto:lvissudha@yahoo.com).

##### Dhamma Salila, Dehradun

**Dehradun Vipassana Centre, Village Jantanwala, near Dehradun Cantonment, near Santala Devi Mandir, Dehradun 248001. Tel: 0135-2715189, 2715127, 94120-53748, Email:** [reg.dhammasalila@gmail.com](mailto:reg.dhammasalila@gmail.com); **10-day:** 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](mailto:info@lakkhana.dhamma.org) Tel: (0522) 296-8525, Mob. 97945-45334, 9453211879, **10-day:** 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, **2-day:** 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: 2 to 23-12, 30-day: 2-12-2022 to 2-1-2023, **Contact:** 1. Sh. R. K. Singh, Mob. 9616744793, 2. Pankaj Jain, Mob. 098391-20032, 3. Mrudula Mukesha, Mob. 94150-10879, 4. Sh. Rajeev Yadav, Mob. 9415136560.

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

**Jetavana Vipassana Meditation Centre, Katra Bypass Road**

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 13-12, 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. Murlī 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/-). 10-day: 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 Kalyāna, 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: 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 4-9, Teenagers' Course: (Girls) 24-5 to 1-6, 1-day: Every month Fourth Sunday, 10 am to 5 pm, # 3-day Children Course: (age 8-12 yrs) 1 to 4-6, 10 Day Special: 20-11 to 1-12-22.

**Dhamma Kāya, Kushinagar (U.P.)**

'Dhamma Kaya', Vipassana Sadhana Kendra, Village- Dhuria Bhaat, Near Banwari Tola, Tehsil-Kasya, Devriya Road, Dist. Kushinagar-274402, (U.P.) Mob. +919415277542. Email: dhammakaya.vskk@gmail.com; 10-day: Every month 1 to 12 and 16 to 27. Contact: 1. Dr. Vimalkumar Modi, C/o Aarogya Mandir, Gorakhpur-273003, 2. Mob. 9935599453.

**Dhamma Sudhā, Meerut (U.P.)**

Vipassana Centre, Behind Police station, Lower Road, Near Saifpur Gurdwara, Hastinapur, Dist. Meerut-250404, Office Contact: Tel. 9555515548, 8171490433, 7505414181, 10-day: 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: 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, Except 19 to 30-10, Contact: Rajkumar Goenka, Tel: (0621) 224-0215.

**Dhamma Upavana, Barackiya, (Bihar)**

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

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

Bodh Gaya International Vipassana Meditation Centre, Gaya-Dohbi Road (15 km), Near Magadha University, Bodh Gaya-824234. Mob. 94716-03531, 9955911556, Email: info@bodhi.dhamma.org. Website: www.bodhi.dhamma.org, Long course Email: bodhi.longcourse@gmail.com Contact: 99559-11556. 10-day: 1 to 12-5, 16 to 27-5, 1 to 12-6, 16 to 27-6, 1 to 12-7, 15 to 26-7, 5 to 16-9, 20-9 to 1-10, 1 to 12-11, 16 to 27-11, 1 to 12-12, 15 to 26-12, #ST: 18 to 26-10, 10 Day Special: 6 to 17-10, ∞ Long Courses: 20-day: 1 to 22-8, 6 to 27-10, 30-day: 1-8 to 1-9.

Nalanda (Bihar): 10-day: April to December Every Month 2 to 13, Place: Near Navnalanda Mahavihar, Sanskratik Gram, Nalanda (Bihar) Mob: 91-9955911556, Contact: Dr. D. Lama, Mob. 99314-55583. Email: dhammanalanda@gmail.com. Online registration: Website: www.nalanda.in.dhamma.org

**Dhamma Pātiputta 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 14-5, 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: 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, 4-1-12 to 15-1-23, 18 to 29-1, #ST: 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: 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 16-2-23, Contact: 7874623305, 9825320551.

**Dhamma Koṭa, 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: 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, Rbhabha 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: 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, 3-day: 3-8 to 3-9.

**Dhamma Piṭha, 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@piṭha.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: 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 8-10, 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 Vaglavad 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: 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, 12 to 23-9, 25-9 to 6-10, 9 to 20-10, 31-10 to 11-11, 13 to 24-11, 26-11 to 7-12, 2023 9 to 20-2, 23-2 to 6-3, 10 to 21-3, #ST: 21 to 29-4, 19 to 27-8, 3-day: 12 to 15-5, 23 to 26-6, 12 to 15-8, 8 to 11-12, 2023 2 to 5-2, 23 to 26-3, Special 10-day: 29-8 to 9-9, ∞ Long Courses: 20-day: 19-8 to 9-9, 30-day: 15-12 to 15-1-2023, 45-day: 15-12 to 30-1-2023, 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: dhammapali5@gmail.com, Contact: Mob. 7878103636, 8866703636, 8866713636, Office: Tel: 0278-2521066, 87585616. 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. 7829912734, 8861644284, 9972588377, Email: info@paphulla.dhamma.org; [Bus No. 256, 258, 258C from Majestic Bus Stand Get down Makali (Near Himalaya Drugs), cross road and take auto] 10-day: 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6.

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

Vipassana Meditation Centre, 533, Pazhan Thandalam Road, Via Thirunermalai 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: 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: 12 to 15-5, 28 to 31-7, 1-day: 16-5, 13-7, Dhamma Sevak Workshop: 21-4, Children Course Teacher Workshop: 21 to 22-5, AT Workshop: 28 to 29-5, Special 10-day: 12 to 23-10.

**Dhamma Madhurā, Madurai**

Vipassana Meditation Centre, Chettiyapatti gaon, Athur Taluk, P. O. Gandhigram University, Dindigul-624302, Contact: 9442603490, 9442103490, Email: dhammamadhura@gmail.com, 10-day: 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, 10 to 21-7, 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:

Rajapalany: Contact: Aravindh Herbal labs (p) Ltd. 140, Mudangiyar Road, 4<sup>th</sup> Kilometer, Rajapalany-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: 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: 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.

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

**Dhamma Koṇḍaṇṇa, 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 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: 14 to 25-2, 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)» 5 to 13-5, 20 to 28-8, 26-9 to 4-10, 14 to 22-11, Teenagers' Course: (Girls)» 25-4 to 3-5, 11 to 19-6, 23 to 31-7, 15 to 23-9, 15 to 23-10, 23 to 31-12, Dhamma Sevak Workshop: 9 to 11-9.

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

Contact: VIMC, As above. 10-day: 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 Koderu, Dist. West Godavari 534 210. (1.5 kms from Bhimavaram, on the Bhimavaram-Thankuru 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 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: 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: 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: 14 to 22-10, 3-day: 12 to 15-5, 8 to 11-9, 27 to 30-10, 1-day: 24-7, 4-9, 9-10, 27-11, Teenager's Course: (Girls) 3 to 11-5, (Boys) 14 to 22-6, # Children's course: (Age 8 to 12 years) 29-5, 21-8, (Age 13 to 16 years) 1-5, 12-6, Maintenance Week: 9 to 13-10, Sahabagita Seminar for old Student: 25 to 26-6, Special 10-day: 14 to 25-12, ∞ Long Course: 20-day: 8 to 29-9, 30-day: 8-9 to 9-10.

#### Dhamma Mālāvā, Indore (M.P.)

Vipassana Centre, Village Jambudi Hapsi, Opp. Gommatgiri, in front of Pitru mountain, Hatod Road, Indore-452003. Contact: 1. Indore Vipassana International Foundation Trust, Tel: (0731) 4273313, Mobile: 98931-29888. Email: info@malava.dhamma.org; dhammamalava@gmail.com, 2. Ghokhale. Mob. 9407406620. 10-day: 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: 2 to 13-5, 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, Teenagers' Course: (Boys) 25-5 to 2-6, 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: 8 to 19-5, 18 to 29-9, 9 to 20-10, 13 to 24-11, 11 to 22-12. 2-day: 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, Ithanod, Via Anjara, Dist. Durg. Email: sadhana\_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. 10-day: 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, Teenagers' Course: (Girls) 29-5 to 6-6, 1-Day: 1-5, 16-5, 26-6, 28-8, Children's course: 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:

#### 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: 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. # 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, Panhati, Baro Mandir Ghat, Kolkata-700114, Tel: (033) 2553-2855. Email: info@ganga.dhamma.org 10-day: 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

*Agañita janmoṃ meñ sabhī, pūrṇa pāramī hoyā;*

*To usa sātṭvika sattva meñ, bodhi avatarita hoyā.*

In countless lifetimes whenever paramis are fulfilled;  
Bodhi then manifests in those pure wholesome ones.

*Jaba samyaka saṃbuddha kā, jaga meñ udgama hoyā;*

*Dharaṭī ke ākāśa ke, prāṇī harakhita hoṃya.*

When a Samyak Sambuddha arises in the world;

The beings of the earth and sky rejoice.

*Kaṭe moha ajñāna kī, andhakāra kī rāta;*

*Hoya ujālā dharama kā, maṅgala hoyā prabhāta.*

The darkness of ignorance is broken, so also the dark  
night (is dissolved); And Dhamma shines forth, as the  
blessed dawn rises.

*Bhava-bhava bhaṭakata sattva kā, jaba bhava antima hoyā;*

*Apanā bhī maṅgala sadhe, bahujana maṅgala hoyā.*

Wandering through the universe, finally comes the  
last birth of a Purified One; This is the moment of one's  
own welfare and the welfare of innumerable others.

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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. 04, 16 April, 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: 16 APRIL, 2022

If undelivered, please return to:

Vipassana Research Institute

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