



Vipassana Newsletter

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

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A special on-line-edition of the Vipassana Newsletter

Words of Dhamma

“Yadā have pātubhavanti dhammā, Ātāpino jhāyato brāhmaṇassa;
Athassa kaṅkhā vapayanti sabbā, Yato pajānāti sahetudhamma.”
...Athassa kaṅkhā vapayanti sabbā, Yato khayam paccayānam avedī”
...Vidhūpayam tiṭṭhati mārasenam, Sūriyova obhāsaya mantallikha”

Udānapāli: 1. Bodhivaggo, paṭhamam, duttiyam, tatiyam bodhisuttam

When the [Four Noble] Truths become manifest to one of pure life, meditating ardently, then his doubts all disappear; he understands how each factor arising has its cause.

...Then all doubts vanish; he has experienced the destruction of the conditions for arising.

...Having scattered the army of Māra he stands like the sun, refulgent in the sky.

Goenka ji Addresses Students on Buddha Purnima

The Threefold Blessing of Vaiśākha Pūrṇimā

Dear meditators,

Let us fulfil our true welfare and may this occasion of Vaiśākha Pūrṇimā (Pali: Vesākha, full moon night of May) inspire us to develop further on the path of pure Dhamma.

For countless lifetimes, Bodhisatta Siddhattha Gotama fulfilled the ten pāramitās (perfections) of dāna (generosity), sila (morality), nekkhamma (renunciation), paññā (wisdom), viriya (effort), khanti (tolerance), sacca (truthfulness), adhiṭṭhāna (strong determination), mettā (loving-kindness), and upekkhā (equanimity). He took birth on this holy day and this was his last life. Let us follow him and fulfil our pāramis and eventually take a final birth as well.

On this very night of Vaiśākha Pūrṇimā, Bodhisatta Siddhattha Gotama, purifying his mind of all the deep-seated, dormant impurities lying deep within, achieved full enlightenment. May we too continue to practise sila, samādhi, and paññā (morality, concentration, and wisdom) and, by dissolving all our impurities, realise the ultimate truth of Nibbāna.

After achieving full enlightenment, that great compassionate one continued to tirelessly serve others for 45 years, and at the ripe old age of 80 years, on Vaiśākha Pūrṇimā, he attained Mahāparinibbāna. This was his last death. May we too, remaining immersed in our own welfare and the welfare of others, achieve such a death that proves to be our last one.

May the three-fold merit-filled blessing of this sacred Vaiśākha Pūrṇimā inspire us to practise Dhamma sincerely. In this practice lies our true welfare.

Meditators, come, work towards your true welfare!

Realising the Truth

The sacred night of Vaiśākha Pūrṇimā became truly blessed when the young yogi Siddhattha Gotama achieved the incomparable victory over the self. The darkness of ignorance was fully dispelled. The subtlest impurities were washed away from the innermost depths of the mind and a totally purified dhamma-vision was attained. Many saṅkhāras that had lingered for innumerable lifetimes were dissolved. All kammic bonds were broken and his mind became completely free of any kind of bondage. No desire for the future remained, and the fog of illusory mental distortions was washed away. The ultimate truth was realised. The pure effort of countless lifetimes was successful, and the Bodhisatta Siddhattha Gotama became a Sammā Sambuddha.

Totally joyous in tasting the incomparable elixir of liberation, the Sammā Sambuddha uttered these inspired, very meaningful words.

**Anekajāti saṃsāram, sandhāvissam anibbisam;
Gahakārakam gavesanto, dukkhā jāti punappunam.**

**Gahakāraka diṭṭhosi, puna geham na kāhasi;
Sabbā te phāsukā bhaggā, gahakūṭam visaṅkhatam;
Visaṅkhāra gataṃ cittam, taṇhānam khayamajjhagā.**

Through countless births in the cycle of existence I have run, not finding although seeking the builder of this house; and again and again I faced the suffering of new birth.

Oh housebuilder! Now you are seen. You shall not build a house again for me. All your beams are broken, the ridgepole is shattered. The mind has become freed from conditioning; the end of craving has been reached.

(Dhammapada 153-154, Jarāvaggo)

On the strength of having achieved many siddhis (Pali: iddhi, spiritual powers) due to the meditative heights he had reached prior to attaining full enlightenment, Siddhattha Gotama viewed innumerable past lives and saw that he had taken birth incalculable times in this ever changing cycle of lives. He considered that having taken birth had only been to run towards death. Who is this who gives me birth again and again? Who is it who creates a new life for me at every death? Who will build a new house for me? Searching for this one who created a house for me, I have spent so much time in so many lives, and in this search I had to take birth in lives filled with suffering. This time I have attained full enlightenment and the entire truth has been revealed in front of my eyes. I have seen that house builder and I have destroyed the materials required for making the house. My house will not be able to be made again.

All the materials of the house lie scattered, and no longer is there any foundation for building a new house. The mind, having been totally purified, is empty of saṅkhāras. All the layers of the past attachment have been removed. Now there is no possibility of a new layer as no desire remains towards the future. All the craving has been pulled out from the roots and thrown off – the craving of sensuous desires, the craving of becoming, and the craving of non-becoming also.

Who was this house builder who the Sammā Sambuddha, the Fully Enlightened One, saw? During this fierce battle for freedom that night, was it not Māra that was seen? Māra, the house builder. But who is this Māra? Māra is the personification of all our impurity, our saṅkhāras lying deep within our unconscious itself. Truly, it is Māra who keeps on building new houses for us again and again; continues to make new bodies for us, new births for us. But now this Māra has become totally helpless; his ammunition is gone; he has become weak. He can no longer make the house as all the materials required to build it, that is, all the stored saṅkhāras lie truly broken and scattered. All cravings that would create new saṅkhāras have been rooted out.

When the material fueling a fire has been consumed, then the fire will automatically die down. “*Khīṇaṃ purāṇaṃ navaṃ natthi sambhavaṃ*”, the old is destroyed and no new is being made – this indeed is the state of freedom. This was the full enlightenment of the Bodhisatta. This was the victory of light over darkness. This was the victory of immortality over death. This was the victory of truth over untruth.

However, if we are overcome with joy upon hearing about Siddhattha Gotama's incomparable achievement and exclaim, “Blessed be this achievement,” then this alone will not be of particular benefit to us. Our true welfare is found in self-realisation, in achieving total freedom through self-realisation of the ultimate truth. Let us be truly and fully inspired by this monumental victory of Siddhattha Gotama and, walking on the path delineated by him, let us achieve mental purification in this very life, whether less or more. This alone will give us true joy. Therefore, let us understand what Siddhattha Gotama's full enlightenment was and how he achieved it.

This was not some supernatural, miraculous happening that occurred due to the benediction of an unseen force. This was the crowning achievement of a human being's ceaseless effort. This was not some vacuous and empty intellectual understanding based on imagination, nor was it a futile emotionalism resulting from blind devotion. This was full enlightenment; the very real, actual realisation of the ultimate truth; not supported by false imagination nor spurious emotionalism. Total mental purity can be achieved only by keeping both these contaminants at bay.

The mind gained infinitely pure knowledge and the heart, free of false sentimentalism, gained infinite and unsullied pure mettā and compassion, and this was achieved on the strength of self-reliance. How can one indeed become free and independent by being dependent on another? How can he be liberated? A human being has to fight his own inner battles. He must battle his own defilements

and false beliefs. The dark clouds of ignorance scatter with this very battle, and from that darkness, the light of truth begins to emerge.

A seeker in search of truth begins to know what is happening within and to understand that whatever is happening, such and such is the cause of that. He knows that whatever is happening due to a cause, invariably has a way out of it. He knows that in such and such a manner the way out of those causes can be found, and by knowing and understanding those causes, he himself finds the solution and becomes free from bondage; and then, like the sun shining in cloudless skies, he understands this is true liberation.

Wandering through innumerable lifetimes and in this life too, getting lost in the practice of different methods, finally this giant of a man found the way out which was so simple and straightforward, and he left it for us as a legacy. We can, by using it properly, achieve the same results that he achieved.

What was that way? To continue observing the truth as it is – and by beginning to see the truth in its gross form till one reaches its subtlest reality. By observing the gross truth and breaking it down and analysing it till one sees it in its finest, highest form. The search for truth becomes successful when all the coloured glasses of our old established beliefs and prejudices come off and all those truths that arise before us experientially are accepted as they are. This is the wisdom (paññā) of ‘seeing’ reality as it is, which leads us to the ultimate truth. There is no room here for either imagination or sentimentality. Keeping both these aside, the Bodhisatta sought this ultimate truth like a scientist or researcher and became successful.

Siddhattha Gotama took birth in open nature, he reached the ultimate self-realisation under open skies, and under open skies he attained Mahaparinibbāna; the three important milestones of his life occurred under open skies. Thus lifelong he studied nature deeply, closely. He saw that in this world, everything is ever in motion, nothing is still, inert. Every moment, something is taking place. Every moment, something is becoming, something is changing. This is the nature of this world – ever changing, ever becoming. This is why it is the world of becoming (bhava saṃsāra). What we call inert matter is also in motion. At an extremely subtle level, something is changing every moment. That which we call alive is also changing every moment. Whatever is occurring outside is also occurring inside every being at every moment. Something is changing.

He went within and saw this truth, and the entire truth of nature revealed itself. This body and this conscious mind which one has such a close connection with and which one addresses as ‘me’ and ‘mine’, one gets increasingly caught up in, and like a tightly wound thick jute cord, becomes rigid. Nature revealed itself to the Bodhisatta in its total reality. Indeed, the world showed its most subtle truth, the sensory field's disintegrating nature, and then, beyond the sensory field, beyond existence, the truth of the everlasting nibbanic state disclosed itself as well.

In this manner, the truth of suffering (dukkha) was realised at an experiential level, the cause of suffering revealed itself too, and by dissolving these causes, the state of total freedom from dukkha was realised as the ultimate truth.

Come, let us also see for ourselves and understand what this material body is at an experiential level. What is this mind and consciousness? And what is this combined flow of life constantly streaming onwards? How do changes keep on happening? How do knots continue to multiply within due to ignorance? How does irritation and vexation continue to grow? How can one prevent the tying of these knots and how can old knots be undone? How can all this confusion be sorted out? And how can one, by realising the ultimate truth, taste absolute freedom? This is Vaiśākha Pūrṇimā's sacred inspiration; let us benefit from it.

Let us too, by ‘seeing’ the Māra within us who keeps on creating this ‘house’, defeat him, weaken him by disarming him. Let us too observe our weaknesses, our impurities, and weaken them.

This is where liberation lies. This is the way to our true welfare.

Kalyāṇa-mitta

S.N. Goenka

– This article first appeared in the Hindi VNL Issue 11, May 17, 1973.



Cost-Effective Holistic Dhamma Center Development Workshop

The spiraling cost of essential commodities and construction materials, the scarcity of resources, unpredictable weather conditions, and a shortage of manpower have resulted in multifarious challenges for the efficient operation of Dhamma Centers. To formulate strategies and solutions for these, VRI organized four online sessions during which the successful implementation of various sustainable solutions at Dhamma Arunachala Vipassana center, Tamil Nadu, was shared.

The sessions covered the following topics: earthen architecture; utilisation of four elements of nature (earth, water, air, and sun); solutions for waste to wealth; flexible and adaptable structures; passive cooling strategies; automation and soundproofing solutions; cost-benefit analysis of sustainability; and integrating solutions and new technologies.

Illustrations were given to demonstrate how harnessing biological and physical forces in nature, as well as traditional Indian methods created over thousands of years, can help overcome present-day difficulties.

Following the positive feedback from many Indian centers following the online workshops, a comprehensive workshop with live demonstrations and hands-on sessions is being planned for June 21st to 23rd, 2022.

Place and dates:

Dhamma Arunachala, Tiruvannamalai, Tamilnadu,
from evening 21st June to evening 23 June 2022.

(Please note that ATs and trustees involved in Center Development must obtain permission from their Center teacher/ Coordinating Area Teacher to attend the program.) For registration and details:

Contact: Santhanagopalan V., Email: info@arunachala.dhamma.org



Dhamma Nadi Vipassana Centre near Udupi/Mangalore(Karnataka)

Dhamma is slowly but surely spreading in the coastal belt of Western India. We are now in the process of implementing the "Master Plan" for about 100 students, 15 sevaks/sevikas and 4 Asst. Teachers in phases.

In the first Phase of this project, we plan to implement the following

- Leveling and Pitching work. (see photos - <https://nadi.vridhamma.org/photo-gallery>)
- Dhamma Hall with a capacity of 125 students/servers.
- Few Male and Female residences.

All kinds of donations are appreciated, anyone considering to earn immense paramis is welcome to support this project with any amount they wish. Nothing is too large, nor too small. You are also welcome to give dana by meditating on this Dhamma Land and strengthening the dhamma atmosphere. Also during the construction period sadhaks/sadhikas can give Dhamma service-by supervising the construction work (as and when required). We hold 1-day courses every Sunday at our site.

The Bank details: (Building Fund) are:

Account Name: KARAVALI VIPASSANA RESEARCH CENTRE.

Bank name & address: Canara Bank, Main Road, Hebri-576 112
Account No: 110018636760, **IFSC Code:** CNRB0002502

Online donation can also be made on our website link: <https://nadi.vridhamma.org/donation>

Kindly inform us by email accounts.nadi@vridhamma.org to get a donation receipt. One may claim tax exemption on all donations under 80-G of Income Tax Act.

With metta Trustees: B.V. Pai - 99007 36473;

Shankar Hegde - 94487 24087; Prithvi Hegde - 98205 02354



Dhammic Demise

Mr. Babu Ram Yadav from Jaipur expired peacefully on April 3rd, 2022. He joined with Vipassana at Dhamma Thali, and he remained with Vipassana for the rest of his life. He was appointed assistant teacher in 1998 and full teacher in 2008, when he was given the responsibility of serving jail courses. He was able to serve successfully until the very end. May he be peaceful and progress on the path of Dhamma until the nibbanic stage.



Additional Responsibility

- 1-2. Gauri Shanker and Hemlata Sharma, To serve as CTs of Dhamma Madhuvana, Sri Ganganagar (Rajasthan)
- 3-4. Dr. Narendra Hengade and Dr. Vaishali Hengade to assist centre teacher Dhammapunna, Pune.
5. Mrs. Neeru Jain, To assist the CT, Dhamma Pushkar (Rajasthan)

New Responsibility

Senior Assistant Teachers (SATs)

1. Mrs. N. Vijayalakshmi, Chennai

New Appointments

Assistant Teachers

1. Smt. Aruna Lahoti, Pune
2. Smt. Kamlesh Kumari, Haryana
3. Shri Ajay Vij, Chennai
4. Ms. Paolien Lee, Taiwan, R.O.C.

Mega Courses at Global Vipassana Pagoda, Gorai, Mumbai

One-Day Mega Course schedule:

- (1) **Sunday**– 17th July, Ashadha-Pūrṇimā (Dhammacakkappavattana day)
- (2) **Sunday**– 9th October Sharada-Pūrṇimā plus Puja 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. CentralIVR(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.



Important information regarding the Vipassana Newsletter

The Vipassana Patrika will begin its 52nd year of publishing next month, July 2022. For the past two years, the Patrika has only been available online, but now a print edition will be available again starting next month. However, because the cost of paper and other materials has increased, the following changes are required:

1. Instead of eight pages, the Patrika will be printed on four pages, containing the main story and all relevant information. The programs, together with the main article, will be printed on 8 pages every third month (quarterly).
2. In this way, future course programs will be published twice a year, and in the remaining two quarterly issues, group sittings, one-day courses, and other information related to VRI publications will be published.
3. Please keep the Patrika handy so you can use it throughout the year without having to ask anyone else. You may also visit the links below listed under ‘Future Course Schedule and Applications’.
4. The Patrika’s annual subscription rate has been raised from Rs. 30 to Rs. 100/-. A life member subscription will no longer be offered but those who are already life members will continue to receive the Patrika as usual.
5. All issues of the Patrika will be available online as before.
6. Online course registration will continue. Every issue of the Patrika will have current registration information. Please read the instructions carefully before applying.

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



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>

New VRI website for applying for courses: <https://schedule.vridhamma.org/> and for worldwide courses: www.dhamma.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

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 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 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. To apply online for ten-day courses: www.dhamma.org/schvia.shtml (No admission without confirmation) **10-day:** 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) 24-5 to 1-6, 21 to 29-7, 22 to 30-9, 22 to 30-11, Teenagers’ Course: (Boys) 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:** 4-8 to 4-9, **45-day:** 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,

∞ Long Courses: **20-day:** 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. (+9122) 50427518, Ext. No. (Male Office) 519 (50427519), (Female Office) 546 (50427546), Email: info.pattana@vridhamma.org, Website: www.pattana.dhamma.org, **10-day executive courses:** 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, **14 to 25-9, 27-9 to 8-10**, 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.

Email: registration_pattana@dhamma.net.in; For all other inquiries, Contact Manager, Email: info@pattana.dhamma.org;

Website: www.pattana.dhamma.org

NB: Dhamma Pattana can admit only 90 students. Unconfirmed students will be accommodated in future courses; they are requested not to pressure the management to accommodate them.

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; (Pl. bring bottle so you can fill it with drinking water at GVP.)

Mini ānāpāna for Visitors

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

Dhamma Vāṭikā: Palghar

Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, **Contact Centre:** Mob. 9637101154, Email: info@vatika.dhamma.org, **Contact:** 1) Shri Irani, Mob. 92708-88840, 2) Shri Anil Jadhav, Mob. 91 9049151464, Email: info@vatika.dhamma.org, Website: vatika.dhamma.org, **10-day:** (Male only) 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) 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, registration only online <http://www.vipula.dhamma.org/>, **10-day:** 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 Vāhīni: Titwala

Mumbai Parisar Vipassana Centre, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website www.vahini.dhamma.org, registration only online Email: vahini.dhamma@gmail.com, **10-day:** 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, 2023-15-12-2023 to 5-1-2024, **30-day:** 20-11 to 21-12, 2023-27-10-2023 to 27-11-2023, **45-day:** 20-11 to 5-1-2023, 2023-27-10-2023 to 12-12-2023, **Contact:** Mobile: 97730-69978. (12 to 6 pm on weekdays).

Dhamma Saritā, Khadavali (Thane) C. R.

Jeevan Sandhya Mangalya Sansthan, Matoshree Vriddhashram, At: Sorgaon, Post: Padgha, Tal. Bhivandi, Dist. Thane-421101. Email: registration.dhamma.sarita@gmail.com; info@sarita.dhamma.org, Online registration www.sarita.dhamma.org, **Contact:** Mob. 91-779-83-24659, **10-day:** 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:** 28 to 30-10, **# 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: YCMOU), Nashik-422222. Tel: (0253) 6516-242, 3203-677, 2020533, (10 am to 5 pm Only). **Contact:** No. 7758887453, 7758889941, if not answered kindly Email: info@nasika.dhamma.org, **10-day:** (Only male) 17 to 28-6, 16 to 27-7, 1 to 12-9, 20-11 to 1-12-2023, (Only Female) 17 to 28-8, 5 to 16-11, **10-day:** (Only for Old Students) 3 to 14-8, 7 to 18-12, **#ST:** 4 to 12-6, 1 to 12-7, 22 to 30-10, 22 to 30-12, **∞ Long Course:** 20-day: 17-9 to 8-10, **30-day:** 17-9 to 18-10.

INDIA

Special 10-day Course

1 to 12-6-2022	Dhamma Khetta, Hyderabad (Telangana)
19 to 30-6-2022	Dhamma Thali, Jaipur
25-6 to 6-7-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
13 to 24-7-2022	Dhamma Giri, Igatpuri
14 to 25-7-2022	Dhamma Paṭṭhāna, Sonapat, (Haryana)
19 to 30-7-2022	Dhamma Lakkhaṇa, Lucknow (U.P.)
2 to 13-8-2022	Dhamma Ajaya, Chandrapur
9 to 20-8-2022	Dhamma Bhandāra, Bhandara
16 to 27-8-2022	Dhamma Malla, Yavatmal
20 to 31-8-2022	Dhamma Vāhīni: 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 Thali, Jaipur
11 to 22-10-2022	Dhamma Paṭṭhāna, Sonapat, (Haryana)
12 to 23-10-2022	Dhamma Setu, Chennai (Tamil Nadu)
12 to 23-11-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
20-11 to 1-12-2022	Dhamma Kalyāṇa, Kanpur (U.P.)
14 to 25-12-2022	Dhammapāla, Bhopal (M.P.)
20 to 31-12-2022	Dhamma Pubbaja, Churu, Rajasthan
28-12 to 8-1-2023	Dhamma Khetta, Hyderabad (Telangana)
28-12-2023 to 8-1-2024	Dhamma Khetta, Hyderabad (Telangana)
31-5-2024 to 10-6-2024	Dhamma Khetta, Hyderabad (Telangana)

Gratitude Course

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

Schedule of Long Courses

20-day

1 to 22-6-2022	Dhamma Khetta, Hyderabad (Telangana)
9 to 30-7-2022	Dhamma Tapovana-I Igatpuri
10 to 31-7-2022	Dhamma Pushkar, Ajmer, Rajasthan
17-7 to 7-8-2022	Dhamma Kanana, Balaghat (M.P.)
1 to 22-8-2022	Dhamma Bodhi, Bodhgaya (Bihar)
1 to 22-8-2022	Dhamma Paṭṭhāna, (Haryana)

3 to 24-8-2022	Dhamma Cakka, Sarnath (U.P.)
8 to 29-9-2022	Dhammapāla, Bhopal (M.P.)
8 to 29-9-2022	Dhamma Suvatti, Sravasti (U.P.)
13-8 to 3-9-2022	Dhamma Divākara, Mehsana (Guj.)
16-8 to 6-9-2022	Dhammalāya, Kolhapur
19-8 to 9-9-2022	Dhamma Ambikā, South Gujarat
9 to 30-9-2022	Dhamma Garha, Bilaspur (Chhattisgarh)
17-9 to 8-10-2022	Dhamma Nāsikā, Nashik
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 Vāhīni: 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 Pāṭliputta Patna (Bihar)
1 to 22-12-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
2 to 23-12-2022	Dhamma Lakkhaṇa, Lucknow (U.P.)
15-12-2023 to 5-1-2024	Dhamma Vāhīni: Titwala
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)

28-5 to 28-6-2022	Dhamma Paṭṭhāna, (Haryana)
1-6 to 2-7-2022	Dhamma Khetta, Hyderabad (Telangana)
7-6 to 8-7-2022	Dhamma Tapovana-II Igatpuri
10-7 to 10-8-2022	Dhamma Pushkar, Ajmer, Rajasthan
16-7 to 16-8-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
1-8 to 1-9-2022	Dhamma Bodhi, Bodhgaya (Bihar)
3-8 to 3-9-2022	Dhamma Divākara, Mehsana (Guj.)
4-8 to 4-9-2022	Dhamma Tapovana-I Igatpuri
16-8 to 16-9-2022	Dhammalāya, Kolhapur
28-8 to 28-9-2022	Dhamma Paṭṭhāna, (Haryana)
7-9 to 8-10-2-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
8-9 to 9-10-2022	Dhammapāla, Bhopal (M.P.)
17-9 to 18-10-2022	Dhamma Nāsikā, Nashik
26-10 to 26-11-22	Dhamma Nāgajjuna-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 6-12-2022	Dhamma Pīṭha, Ahmedabad (Gujarat)
12-11 to 13-12-2022	Dhamma Tapovana-II Igatpuri
20-11 to 21-12-2022	Dhamma Vāhīni: Titwala
12-12-2022 to 2-1-2023	Dhamma Lakkhaṇa, Lucknow (U.P.)
15-12-22 to 15-1-2023	Dhamma Ambikā, South Gujarat
28-12 to 28-1-2023	Dhamma Khetta, Hyderabad (Telangana)
27-10-2023 to 27-11-2023	Dhamma Vāhīni: Titwala
28-12-2023 to 28-1-2024	Dhamma Khetta, Hyderabad (Telangana)
31-5-2024 to 30-6-2024	Dhamma Khetta, Hyderabad (Telangana)

30-day

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	Dhammalāya, Kolhapur
7-9 to 23-10-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)
15-10 to 30-11-2022	Dhamma Suvatti, Sravasti (U.P.)
26-10 to 11-12-22	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)
27-10 to 12-12-2022	Dhamma Paṭṭhāna, (Haryana)
5-11 to 21-12-2022	Dhamma Pīṭha, Ahmedabad (Gujarat)
20-11 to 5-1-2023	Dhamma Vāhīni: Titwala
14-12-22 to 29-1-23	Dhamma Nāgajjuna-II Nagarjun Sagar
15-12-22 to 30-1-2023	Dhamma Ambikā, 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.)
27-10-2023 to 12-12-2023	Dhamma Vāhīni: Titwala
31-5-2024 to 15-7-2024	Dhamma Khetta, Hyderabad (Telangana)

45-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

60-day

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

Dhammānanda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). **10-day:** (Only for Hindi, Marathi, Students) 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) 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:** 4 to 7-8, 20 to 23-10, **Contact:** Pune Vipassana Samiti, Email: info@ananda.dhamma.org Tel: (020) 2446-8903, 2446-4243, Tel/Fax: 2446-4243.

Dhamma Punṇa, Pune city (Swargate)

Pune Vipassana Samiti, Opp. Nehru Stadium, Behind Swargate Water Works, Near Anand Mangal Karyalaya, Dadawadi, Pune 411002. Email: info@punna.dhamma.org; Tel: (020) 2443-6250, **10-day:** Only for Hindi, English, Students » 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, **1-day:** Every Month Second Thursday and Fourth Sunday 8:30 am to 4:30 pm, **# Children Course:** (9 to 18 yrs Every Month first and Third Sunday (8 am to 2:30 pm))

Dhamma Ajantā, Aurangabad

Ajanta International Vipassana Samiti, Gut No 45 Rampuri, Vajapur Road Aurangabad 431003. Tel: (0240) 2040444, **Contact:** Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org, **10-day:** 25-5 to 5-6, 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, 19 to 30-10, 9 to 20-11, 23-11 to 4-12, 5 to 16-12, 21-12 to 1-1-2023, **#ST:** 28-9 to 6-10, **2-day:** 14 to 16-8, 16 to 18-12, **Teenagers' Course:** (Girls) 28-10 to 5-11, **Children Course Teacher Workshop:** 7 to 9-10.

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:** 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:** 27 to 29-8, 2 to 4-10, **# 1-Day Children Course:** 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, Bhategaon Solapur

Dhamma Siddhapuri Vipassana Sadhana Kendra, Off Vijapur rod, Near Bhatevadi, soregaon - dongaon road, 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:** 12 to 20-10, **3-day:** 28 to 31-7, **2-day:** 28 to 30-10, **Teenagers' Course: (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) 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) 19 to 22-10, 26 to 29-12, **∞ Long Courses:** **20-day:** 16-8 to 6-9, **30-day:** 16-8 to 16-9, **45-day:** 16-8 to 1-10.

Dhamma Sugandha : Bhose (Sangali)

Dhamma Sugandha, Sangli Vipassana Meditation Centre, Gat no 564, Talav road, Near Yellma Temple, Khamkar wadi, Bhose, 416420 tahsil. Miraj, Dist. Sangli. For online registration: <https://schedule.vridhamma.org/courses/sugandha>, **Contact:** 1) Dr. Amit Patil, Mob. 9222161236, 2) Suniel Chaugule, Mob. 94038419432, 3) Sanjay Chaugule, Mob. 7249711008, Email: info@sugandha.dhamma.org, sanglivipassana@gmail.com, **10-day:** (Hindi Marathi) 22-5 to 2-6, 19-6 to 30-6, 3-7 to 14-7, 17-7 to 28-7, 31-7 to 11-8, 14-8 to 25-8, 4-9 to 15-9, 18-9 to 29-9, 6-10 to 17-10, 28-10 to 8-11, 13-11 to 24-11, 11-12 to 22-12. **#ST:** (Hindi Marathi) 5-6 to 14-6, 27-11 to 6-12. **3-day:** (Hindi Marathi) 25-8 to 28-8, 22-12 to 25-12. For One day: <https://sugandha.dhamma.org/oneday.php>

Dhamma Naga, Nagpur

Nagpur Vipassana Centre, Mahurjari Village, near Nagpur-Kalmeshwar Road. **Contact:** Mob. 9370990771, 9423403294, 9403870195, 9422182336, Email: info@naga.dhamma.org (No admission without confirmation) **10-day:** 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 22-10, **Teenagers' Course: (Boys)** 18 to 26-5, **Contact:** (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smriti Bhawan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

Dhamma Sugati, Sugatanagar

Vipassana Sadhana Kendra, Sugata Nagar, Nagpur 440 014, **10-day:** (Male 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: (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) 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) 9 to 20-7, 10 to 21-9, 12 to 23-11, **Contact:** 1) 7057220147, 9860143266, 9850043001,

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

Dhamma Malla, Yavatmal

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pinalgaon, Yavatmal - 445001. **Contact:** 1. Mr. Gadling, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475, **10-day:** (Only Bhikkhu and Male 29-6 to 10-7), 18 to 29-7, (Only Bhikkhuni 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:** 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) 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) 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) 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) 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 Gonḍa, 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:** 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:** 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) Vijju Gondane, Mob. 096236-68240,

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

Dhamma Bhandāra, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) **10-day:** 19 to 30-7, 6 to 17-9, 11 to 22-10, 15 to 26-11, 7 to 18-12, **#ST:** 3 to 11-11, **1-day:** 19-6, 21-8, 25-9, 27-11, 18-12, **# 1-day Children Course:** 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,

Dhamma Nirañjana, Nanded

Vipassana Centre, New Danki, Near Godavari River, **Contact:** 1) Mr. Dahivele, Mob. 94231-48636. 2) Mr. Bhawe, Mob. 9421572499, **10-day:** (Only female) 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:** 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, Hivara, Post Zadsahi, Tal Selu, Dist. Wardha, Email: dhammavasudha@gmail.com **Contact:** 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738. **10-day:** 7 to 18-10, 9 to 20-11, 30-11 to 11-12, **1-day:** 13-7, 29-9.

Dhamma Anākula, Akola

Vipassana Sadhana Kendra, Khaperkehda Phata, Telhara-444108 Dist Akola Email: info.anakula@vridhamma.org. Website: www.anakula.dhamma.org. Mob. 942156138, 9881204125, 9421833060, online Apply: <https://www.dhamma.org/en/schedules/v2/schanakula%normal>, Email: info.anakula@vridhamma.org **10-day:** (Male & Female) 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:** 1 to 9-10, **3-day:** 28 to 31-7, **2-day:** 13 to 15-9, **1-day:** 26-6, 14-8, 29-9, 22-10, 4-12, 31-12, **Teenagers' Course: (Boys)** 1 to 9-6, **Teenager's Course: (Girls)** 1 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) 20 to 31-5, 3 to 14-6, 19 to 30-6, 17 to 28-7, 13 to 24-8, 11 to 22-9, 10 to 21-10, 28-10 to 8-11, 11 to 22-12, **1-day:** Every Sunday: 8 am to 3 pm **Contact:** Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. M. 9822896453, 9067788418, 9421775372, 9890429314, 9175622575,

Malkapur (Akola): **10-day:** (Only female) 2 to 13-6, 24-11 to 5-12, **#ST:** (Only female) 13 to 21-8, **3-day:** (only male) 10 to 13-11, **at** Bhadant Anand Nivas Rajratna Colony, Yavata Road, Malkapur, Akola 444001. **Contact:** 1) Mr. Aathavle Mob. 9404092468, 3) Mr. Tayde Mob. 9421794874,

Patur (Akola): Vipassana Sadhana Prasara Kendra 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) 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, Ajmtha Road, Umala gaon, Tal. Dist: Jalgaon-425001, Tel: (0257) 2229477, online registration www.jalgaon.dhamma.org, Email: dhammajalgaon@gmail.com, Mob. 9422292161, **Contact:** Mr. Subhasha Talreja, Mob. 75884-36222, 75880-09584. **10-day:** (only male) 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, Email: dhammajajaya@gmail.com, **10-day:** **Contact:** 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 9226137722, 2) Mr. Gautam Chikate, Mobile: 9421812541, 9422506476, **10-day:** 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, **1-day Megha:** 13-7, 29-9, **1-day:** 16-10, 4-12, **Special 10-day:** 2 to 13-8,

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

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

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:** 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 Pushkar, Ajmer, Rajasthan

Vipassana Centre, Near Village Rewat (Kedel), 23 kms from Ajmer and 9 kms from Pushkar towards Parbatsar. +91-94133-07570. Tel: (145) 2780570. **Contact:** 1) Ravi Toshniwal, Email: dhammapushkar@gmail.com. Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275, **10-day:** 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 Adhiyatha Vigyan Satsang Kendra, -Chapsani Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: info@marudhara.dhamma.org, **10-day:** 21-6 to 2-7, 5 to 16-7, 19 to 30-7, 2 to 14-8, 31-8 to 11-9, 23-9 to 4-10, 19 to 22-10, 28-10 to 8-11, 11 to 22-11, 25-11 to 6-12, **#ST:** 28-5 to 5-6, 8 to 16-10, 23 to 31-12, **3-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.maroodhara@gmail.com; Mob. Whatsapp No. 9887099049, 8233013020.

Dhamma Pubbaja, Churu, Rajasthan

Pubbaj Bhumi Vipassana Trust, Bhaleri Road, 6Km From Churu (Rajasthan) Mob. 9664481738, Email: dhammapubbaja@gmail.com, info@pubbaja.dhamma.org, **Contact:** 1) Mr. SP Sharma, Mob. 07627049859, 2) Mr. Suresh Khanna, Mob. 094131-57056, 9887099049, Whatsapp Only) **10-day:** 27-5 to 7-6, 22-6 to 3-7, 6 to 17-7, 20 to 31-7, 3 to 14-8, 9 to 20-9, 5 to 16-10, 26-10 to 6-11, 11 to 22-11, 25-11 to 6-12, **#ST:** 19 to 27-8, **3-day:** 23 to 26-9, 19 to 22-10, 9 to 12-12, **Teenagers' Course: (Boys)** 10 to 18-6, **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:** 18 to 29-5, 1 to 12-6, 15 to 26-6, 6 to 17-7, 20 to 31-7,

3 to 14-8, 17 to 28-8, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 19 to 30-10, 2 to 13-11, 16 to 27-11, 7 to 18-12, 21-12 to 1-1-2023, **Contact:** Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Patthana, Sonepat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonepat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapathana@gmail.com **#ST:** 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: 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 Kārupika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjpur Road, Near Government School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: reg.dhammakarunika@gmail.com, **Contact:** 1) Mr Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, **10-day:** 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 Hitakāri, Rohtak (Haryana)

Vipassana Dhyana Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. **Contact:** 92543-48837, 9416303639. **10-day:** 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. Mehlaniwala, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: info@dhaja.dhamma.org **10-day:** 18 to 29-5, 1 to 12-6, 15 to 26-6, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 19 to 30-10, 16 to 27-11, 7 to 18-12, 21-12 to 1-1-23, **#ST:** 5 to 13-11,

Dhamma Sikhara, Dharamshala (H.P.)

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

Dhamma Laddha, Leh Ladakh (J & K)

Vipassana Meditation Ladakh, Dhamma Laddha, is 8/9 Km from leh, **Contact:** Mr Lobzang Vi-suddha, 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, 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:** 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 2-11, **Contact:** 1) Mr. Bhandari, Tel: (0135) 2104555, 07078398566, Fax: 271-5580.

Dhamma Lakkhana, Lucknow (U.P.)

Lucknow Vipassana Centre, Asti Road, Railway Crossing, Bakshi ka Talab, Lucknow 227 202. Email: info@lakkhana.dhamma.org Tel: (0522) 296-8525, Mob. 97945-45334, 9453211879, **10-day:** 19 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 17-6, 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 Suvattāhi, Sravasti (U.P.)

Jetavana Vipassana Meditation Centre, Katra Bypass Road, Opp. Buddha Inter College, Sravasti 271845. Email: info@suvattahi.dhamma.org Tel: (05252) 265-439; Mob. 93358-33375. **10-day:** 2 to 13-6, 17 to 28-6, 2 to 13-7, 17 to 28-7, 2 to 13-8, 17 to 28-8, 2 to 13-10, 2 to 13-12, 2 to 13-1-2023, **#ST:** 29-8 to 6-9, 14 to 22-12, **Children Course:** (8 to 12 yrs boys, and 8 to 16 yrs Girls) 24 to 27-12, (12 to 16 yrs only Boys) 28 to 31-12, **Long Course:** 20-day: 8 to 29-9, **45-day:** 15-10 to 30-11, **Contact:** 1. Mob. 094157-51053, 2. Mridi 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 autrickshaw from Sarnath Museum, fare Rs. 100/-), **10-day:** 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.agd@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:** 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.vsk@gmail.com; **10-day:** Every month 1 to 12 and 16 to 27. **Contact:** 1. Dr. Vimalakumar Modi, C/o Aarogya Mandir, Gorakhpur-273003, 2. Mob. 9935599453,

Dhamma Sudhā, Meerut (U.P.)

Vipassana Centre, Behind Police station, Tower Road, Near Saltpur Gurdwara, Hastinapur, Dist. Meerut-250404, **Office Contact:** Tel. 9555515548, 8171490433, 7505414181, **10-day:** 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: dhammaupavan@gmail.com, **10-day:** every month 3 to 14 and 17 to 28,

Dhamma Bodhi, Bodhgaya, (Bihar)

Bodhi Gaya International Vipassana Meditation Centre, Gaya-Dobhi Road (15 km), Near Magadha University, Bodhi Gaya-824234. Mob. 94716-03531, 9955911556, Email: info@bodhi.dhamma.org, Website: www.bodhi.dhamma.org, Long course Email: bodhi.longcourse@gmail.com **Contact:** 99559-11556. **10-day:** 1 to 12-6, 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 Navnaland Mahavihar, Sanskratit 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 Pātīputta 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 14-6, 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 28-1-23, **#ST:** 15 to 23-11, **1-day:** Every sunday, **Mini Anapana Meditation: Every Day # 3-day Children Course:** (only Boys age 12-16 yrs) 28 to 31-12, **Gratitude Course:** 2 to 17-2-2023.

Dhamma Vesali, Bihar

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

GUJARATI

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:** 29-5 to 9-6, 12 to 23-6, 25-6 to 6-7, 10 to 21-7, 24-7 to 4-8, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 30-9 to 11-10, 12 to 23-10, 26-10 to 6-11, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 21-12 to 1-1, 4-1-22 to 15-1-23, 18 to 29-1, **#ST:** 11 to 19-6, 30-10 to 7-11, **3-day:** 24 to 27-6, 12 to 15-8, 7 to 10-10, 25 to 28-10, **Gratitude Course:** 2 to 17-2-2023, **Special 10-day:** 25-6 to 6-7, 12 to 23-11, **Long Courses:** 20-day: 1 to 22-12, **30-day:** 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 Kota, Rajkot (Guj.)

Saurashtra Vipassana Kendra, Kotharia Road, 15 km from Rajkot. Tel: Off. (0281) 2924924, 2924942. Email: info@kota.dhamma.org; Mobile: 7878727240, 93279-23540. **City Contact:** 1. Tel: (0281) 2233666. Mob. 7878727223, 94272-21591. 2) Chandubhai Mehta, Tel: 2587599, Mob. 9428203291. **10-day:** 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, 13 to 24-8, 27-8 to 7-9, 14 to 25-9, 5 to 16-10, 19 to 30-10, 2 to 13-11, 16 to 27-11, 30-11 to 11-12, 14 to 25-12, **#ST:** 16 to 24-9, **3-day:** 29-9 to 2-10,

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. 9878727223.

Dhamma Divakara, Mehsana (Guj.)

Uttar Gujarat Vipassana Kendra, Village Mittha Tal and Dist. Mehsana, Gujarat. Email: info@divakara.dhamma.org, Tel: (02762) 272-800. **Contact:** 1. Nikhilbhai Parikh, Mob. 09429233000, 2. Upendra Patel, Tel: Mob. 8734093341, Tel: (02762) 254-634, 253315, Email: upendrakpatel@gmail.com, **10-day:** 25-5 to 5-6, 8 to 19-6, 22-6 to 3-7, 4 to 12-7, 20 to 31-7, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 21-12 to 1-1-2023, 4 to 15-1-23, 18 to 29-1-23, 17 to 28-2-23, **#ST:** 4 to 12-7, **3-day:** 20 to 23-10, **2-day:** 15 to 17-7, **Gratitude Course:** 1 to 16-2-2023, **Long Course:** 20-day: 13-8 to 3-9, **30-day:** 3-8 to 3-9,

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

Dhamma Ambikā, South Gujarat

Vipassana Dhyana Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 km. away on west of Borivach 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:** 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:** 19 to 27-8, **3-day:** 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. Ratan-shibhai K Patel, Mob. 098250-44536,

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:** 18 to 29-5, 1 to 12-6, 15 to 26-6,

Dhamma Setu, Chennai (Tamil Nadu)

Vipassana Meditation Centre, 533, Pazhand Thandalam Road, Via Thiruneermalai Road, Thirumudivakkam, Chennai 600044, **Course Enquiries and Registration:** Tel: 044-65499965, Mob. 94442-80952, 94442-80953, Email: setu.dhamma@gmail.com; (Timings 10 am to 1 pm and 2 pm to 5 pm.) **Contact City Office:** S. K. Goenka, Tel: (044) 4340-7000, 4340-7001, Fax: 4201-1177, Mob. 98407-55555. Email: skgoenka@kgiclothing.in; **10-day:** 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:** 28 to 31-7, **1-Day:** 13-7, **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:** 18 to 29-5, 15 to 26-6, 6 to 17-7, 20 to 31-7, 24-8 to 4-9, 7 to 18-9, 5 to 16-10, 2 to 13-11, 16 to 27-11, 7 to 18-12, 21-12-2022 to 1-1-2023 **#ST:** 13 to 21-8, **3-day:** 9 to 12-6, 4 to 7-8, 22 to 25-9,

Dhamma Khetta, Hyderabad (Telangana)

Vipassana International Meditation Centre, (12.6 km) Mile Stone, Nagarjuna Sagar Rd, Kusumi Nagar, Vansthalipuram Hyderabad-500070. Email: info@khetta.dhamma.org Tel: (040) 2424-0290, 32460762, 09491594247, Fax: 2424-1746, **10-day:** 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:** 29-8 to 1-9, **2-day:** 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:** 29-5, 17-7, 28-8, 30-10, 27-11, **Special 10-day:** 1 to 12-6, 28-12 to 8-1-2023, 28-12-2023 to 8-1-2024, 31-5-2024 to 10-6-2024, **Long Courses:** 20-Day: 1 to 22-6, 28-12 to 18-1-2023, 28-12-2023 to 18-1-2024, 31-5-2024 to 20-6-2024, **30-Day:** 1-6 to 2-7, 28-12 to 28-1-2023, 28-12-2023

to 28-1-2024, 31-5-2024 to 30-6-2024, **45-Day:** 1-6 to 17-7, 31-5-2024 to 15-7-2024,

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

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

Dhamma Nāgajjuna-I Nagarjun Sagar (Telangana)

VIMC, Hill Colony, Nagarjun Sagar Dist. Nalgoda 508202, (140.4 km Hyderabad Road,) Registration: 9440139329, (8680) 277944, Mobile: 093484-56780, (only 10 am to 5 pm) Email: info@nagajjuna.dhamma.org, **10-day:** 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)» 20 to 28-8, 26-9 to 4-10, 14 to 22-11, **Teenagers' Course:** (Girls)» 11 to 19-6, 23 to 31-7, 15 to 23-9, 15 to 23-10, 23 to 31-12, **Dhamma Sevak Workshop:** 9 to 11-9.

Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)

Contact: VIMC, As above. **10-day:** 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:** 14 to 22-9, **Gratitude Course: 2023:** 2 to 17-2-2023, **∞ Long Courses:** 30-day: 26-10 to 26-11, **45-day:** 26-10 to 11-12, 14-12 to 29-1-23,

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 13-6, 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, **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:** 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:** 8 to 11-9, 27 to 30-10, **1-day:** 24-7, 4-9, 9-10, 27-11, **Teenager's Course:** (Boys) 14 to 22-6, **# Children's course:** (Age 8 to 12 years) 29-5, 21-8, (Age 13 to 16 years) 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:** 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. Ishwar, Mob. 7987509207, 2) Mr Adwani, Mob. 9826700116. **10-day:** 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:** 28-8, 25-9, 13-11, **Teenagers' Course:** (Boys) 25-5 to 2-6, **Contact Office:** Vikram Nagar, Mhow road, Ratlam, Mob. 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:** 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

Dhamma Ketu, Durg (Chhattisgarh)

Vipassana Centre, Thanod, 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:** 26-6, 28-8, **Children's course:** 28-10, **Dhamma Sevak Workshop:** 30-10, **Contact:** 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. Suresh Bang, Mob. 9425209354.

Dhamma Garha, Bilaspur (Chhattisgarh)

Vipassana Centre, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbata, 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:** 16-10, 27-11, **∞ Long Courses:** 20 day: 9 to 30-9, **Contact:** 1. Mr. K.K. Sahu, Mob: 97520-47511, Mr. S. Meshram, Mob. 79748-34238.

Dhamma Gaṅgā, Kolkata (W.B.)

Vipassana Kendra, Sodepur, Harishchandra Dutt Road, Panihati, Baro Mandir Ghat, Kolkata-700114, Tel: (033) 2553-2855. Email: info@ganga.dhamma.org **10-day:** 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

*Māyā sārī dūra ho, ho marīcikā dūra;
Satya śuddha jāge dharama, ho maṅgala bharapūra.*

May all illusions and mirages be far removed;
May the pure and true Dhamma arise, abounding with welfare.

*Dharma na mithyā mānyatā, dharma na mithyācāra;
Dharma na mithyā rūḍhiyāṃ, dharma satya kā sāra.*

Dhamma is not false belief, Dhamma is not wrong action, Dhamma is not blind tradition; Dhamma is the essence of truth.

*Sampradāya ko dharma jo, samajha rahā vaha mūrha;
Dharma sara pāyā nahīm, pakare chilake rūrha.*

He who believes sectarianism to be Dhamma is foolish;
Not having found the essence of Dhamma, he holds on to an empty shell.

*Chilakoṃ meṃ ulajhā rahā, pakara na pāyā sara;
Binā sara saṃsāra ko, kauna kara sakā pāra?*

Getting caught up in empty shells, one has not found the essence;
Without this essence who has been able to go beyond the world?

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