



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

*Caratha, bhikkhave, cārikaṃ bahujaṇahitāya
bahujaṇasukhāya lokānukampāya atthāya hitāya
sukhāya devamanussānaṃ; mā ekena dve agamītha;
desetha, bhikkhave, dhammaṃ ādikalyāṇaṃ
majjhakalyāṇaṃ pariyosānakalyāṇaṃ sātthaṃ
sabyañjanaṃ kevalaparipuṇṇaṃ parisuddhaṃ
brahmacariyaṃ pakāsetha.*

Dīghanikāyo Mahāvaggapāḷi 1. Mahāpadānasuttaṃ, 86

Go your ways, oh monks, for the benefit and happiness of many, out of compassion for the world, for the good, benefit, and happiness of gods and men. Let no two go in the same direction. Teach, oh monks, the Dhamma, which is beneficial at the beginning, in the middle, and at the end – both the letter and spirit of it, and reveal the holy life in all its fullness and purity.

Responsibility and Gaining Strength

After the demise of Sayagyi U Ba Khin on 19th January, Resp. Guruji was well aware of his responsibilities towards Dhamma and his family. Hence, whenever possible or upon returning from a camp, he would gather all his family members together and enquire about their well being and give them guidance if needed, according to his own experiences.

(Editor)

Camp – Bodh Gaya

21 January, 1971

Dear Shankar and Radhe,

With the passing away of Resp. Sayagyi U Ba Khin, an immense responsibility has fallen on my shoulders. I had surmised he would live through at least 80 Springs in this body and that for the next ten years I would continue under his blessed shelter, giving my Dhamma service along with dispensing my familial and professional responsibilities; eventually dedicating my entire life to Dhamma service. But do we ever get all that we wish for? Like a lightning bolt streaking from a clear sky, such an unexpected event has occurred. And so soon I have to deal with this tremendous responsibility.



... But do we ever get all that we wish for? Like a lightning bolt streaking from a clear sky, such an unexpected event has occurred. And so soon I have to deal with this tremendous responsibility.

So far as receiving Dhamma support from Resp. Gurudev in my Dhamma service is concerned, I don't see any diminishing of this support, and I believe I will continue to always receive it. Until now, the work that I have been doing was like that of a son executing his responsibilities easily and effortlessly under the watchful eye of his father. Now it will have to be done even more earnestly. Until now, my feeling has been that those who come to me to learn meditation will learn whatever amount they can, and then, to progress more deeply they would go to Rangoon, or at some point, Sayagyi would come to India and he would help them further. Many of the meditators from overseas who have meditated with me for about four or five courses, have expressed a wish to meditate with Sayagyi U Ba Khin for at least 7 days [visas were then restricted to 7 days] and touch deeper depths of Dhamma before returning to their countries. I have constantly kindled this aspiration in them. Now how do I tell them to go and learn from my Teacher? Their dreams too have been upended by his passing away.

With confidence and devotion I have decided to complete this Dhamma course with 92 people and then, in accordance with my vow taken earlier, offer its meritorious fruits of peace, joy, and ever-flourishing Dhamma to the newly married couple dear son Sitaram and bride Ruta. [Sitaram is 4th son of Balkrishna Goenka (Eldest brother)]. Then from the 28th I will sit for a self-course in the hallowed Bodhi area in Bodh Gaya for 10 days, ending on 7th February. I just looked at my diary and realised that this day on the [lunar] calendar, the 12th day of the fortnight of the full moon, is possibly also my birthday; do check with mother. On that day, when I enter the 48th year of my life, having completed 47 years, I will do so with a profound Dhamma vow. What else can be a better Dhamma celebration? I believe that on this occasion I will receive the support of each and every member of the family, young and old, and I will be able to dedicate the rest of my life to

repaying the debt of my Teacher in serving suffering humanity. Of course, along with serving the family and business to the extent that is possible. This does not mean that I am abdicating my responsibilities towards my family and business. I will continue to put my efforts there too. But now, instead of getting enmeshed there, I think it will be appropriate to make this Dhamma work my main goal.

On 7th February itself, I hope to hold a Sangha Dana on a large scale in reverent memory of Resp. Gurudev, having just completed dana of five Dhamma courses and then my own self-course. About 6 months ago, I was overcome with compassion upon seeing the pitiable condition of Burmese bhikkhus in regards to their requisites. I had then promised myself that if possible, I would certainly offer dana consisting of a set of robes, a pair of Burmese slippers and an umbrella to each of the 25 Burmese bhikkhus living in India. This would not only fulfill their immediate material needs but also I would experience the joy of bringing a smile to their faces. They have not been able to get offerings of requisites suitable for bhikkhus from Burmese travellers during the last 8 to 10 years.

Whether all of the bhikkhus of that land are totally firm in their Vinaya or not, they are certainly rightful recipients of our love, care, and gratitude; after all, they belong to the land where I was born and from where we received this invaluable jewel of Dhamma. Babu Bhaiya too appreciated these sentiments. They touched a chord in his heart, and filled with compassion he offered dana of 25 sets of robes, umbrellas, and Burmese slippers in the name of highly respected Gurudev. And what's more, the local Burmese Consulate's representative carried these offerings in a large box from Rangoon. There were instructions from Babu Bhaiya that all these materials should be offered to the Burmese bhikkhus, not in our names, but in the name of Resp. Gurudev. He also said it would be better still if the representative of the Burmese Consulate could distribute these himself. The representative agreed, but at times due to his busy schedule and at times because of my inability to come to this area when convenient for him, this could not be carried out. That box with materials is still lying at the Burmese Vihara in Varanasi, and alas, that representative has been transferred.

I have decided to organise a large Sangha Dana on 7th February. We will invite the Indian, Burmese, and Ceylonese bhikkhus and carry out the ceremony suitable to the exalted stature of Resp. Sayagyi U Ba Khin. Some time ago I had purchased some fabric in Bombay suitable for robes for Indian bhikkhus; one bolt was possibly sent to you too. It may be difficult

to organise its stitching at such short notice. If not possible, then I would like you to send the bolt back to me by railway parcel. Then it can be cut and given unstitched to the Indian bhikkhus.

You and dear Radheshyam had each sent me Rs. 2000/- for the Sangha Dana ceremony in Bodh Gaya. At that time I felt that I would not be able to fully

utilise this amount for dana. But now, on the occasion of Resp. Gurudev's sacred Sangha Dana day, this will all be made use of, and if I fall short then I will write to our elder brother for more.

May All Be Happy!

Satya Narayana Goenka



Camp – Bodh Gaya,
28 Jan. 1971

Babu Bhaiya,

Pranam!

My heart was pleased yesterday evening at the conclusion of the camp with the sharing of Dhamma dana with Ma Sayama, you, the entire family, the residents of the ashram, and all the meditators.

This camp became significant in many ways. Resp. Gurudev, in leaving his body, not only laid a heavy responsibility on my shoulders, but also made available massive Dhamma strength to draw from in order that I may fulfill such a huge responsibility. I began to remember his blessings received a month ago, wherein he clearly wrote that Dhamma is well established at his meditation centre in the form of nibbāna dhātu, and that I can utilise it just like a person may use money deposited in his bank account. Now, I clearly understand that it is imperative to become worthy of this in order to utilise that incalculable Dhamma treasury; that we may take joy in it. Now I have to remain firm on this Dhamma journey under this protective umbrella.

Due to the passing away of Resp. Gurudev, a number of meditators who were to journey to Rangoon to meditate with him will now not be able to do so. Still, if a student happens to decide to go there, then upon you receiving a telegram to that effect, you should make arrangements for him to be picked up from the airport and taken to the meditation centre. Sitting in the centre, whatever unwholesome karmas can be washed away will be beneficial to all. Hence, all such comforts and arrangements for these students should be taken care of. If they cannot carry their bedding while travelling, then this should be offered from our home. Their meals, etc. also should be arranged and paid for by us. Put Banwari [Goenkaji's son] in charge of taking them round the main sites of Rangoon. And should any one of them be returning to India, then if possible, send a few Dhamma-related books from our library with them; if not then never mind.

Yours,

Satya Narayana Goenka

PS: I have suddenly realised an amazing coincidence – Sayagi received the blessing of succession to teach from Grand Guru Saya Thet Gyi at the age of 47 years. And now, why do I too have to shoulder this responsibility at the age of 47 years?

A reply from Babu Bhaiya

On 12th February 1971 Babu Bhaiya wrote a letter to Goenkaji –

I read your letter dated 28th January to Mother Sayama to which she responded Sadhu, Sadhu, Sadhu!

Since you left for India and began conducting courses there successfully, Resp. Guruji would always bring up the topic of your success to all those he met and be very pleased. ...

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A Letter from Sayagi to Goenkaji

INTERNATIONAL MEDITATION CENTRE

31-A, INYA MYAING ROAD,

UNIVERSITY POST OFFICE, RANGOON

PRESIDENT,

THRAY SITHU U BA KHIN

Dated: 11th October 1969

My Dear Goenka,

I came back to centre from R.G.H. [Rangoon General Hospital] last month on 30.9.69 and am getting on well. You are doing a very great and unprecedented service to Buddha Sasana in India. You are under our cover always. As you represent us for this great work in India, it is my duty to see at all costs that you succeed in your endeavour to give true Buddha Dhamma to those who are in need of it. Your success means my success and I shall see to it that you get reinforcement of Nibbana Dhatu from us and all the great powers who guide us in this most noble work.

With sincerest and kindest regards,

Ba Khin,

11.10.1969

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My Experience in Vipassana

Hello everyone, I am Parth Kiyara. I'm a 21-year-old Vipassana meditator, and I've been practising Vipassana for five years. Today I am going to share with you what impact Vipassana has had on my life since I started practising it, as well as my experience of my first 20-day long course.

Five years ago, I was introduced to Vipassana by my father who is also a Vipassana meditator. At that time I was in tenth grade, so I was just looking to improve my concentration. I went for my first teenagers' course with the sole purpose of building concentration and becoming more focused. But after completing my first 7-day Vipassana course, I felt that this meditation is not just about developing more focus or concentration. This is more inclined towards becoming a better human being by eradicating our mental impurities. Since then, whenever I went for a 10-day Vipassana course or I participated in 10-days of Dhamma service, I felt it had a big impact on

my behaviour pattern and it changed me as a human being in a positive manner.

If I compare myself now to the 16-year old whom I was when I was not practising Vipassana, I would say that there has been a 360-degree change in me. Because, back then I used to be so anxious, I used to be too judgmental about people. I also used to see negative qualities in people, instead of seeing their positive qualities. And I used to make myself, as well as people around me, unhappy. But now I feel I have become more accepting, more welcoming, less judgmental towards people. Also, Vipassana has helped me in bringing more clarity into my life and in my career, and has improved my decision-making ability. It has helped me a lot whenever I have to make some important decisions in my career, or while I am working. I have also become way more calm and collected, as well as more conscious about what I am doing in my day-to-day life.

Now I would like to share with you my experience of my first 20-day Vipassana course, which I did three months back in June 2021. The technique is the same as we practise in the 10-days Vipassana course, but the only difference here is that we get more continuity in practising Vipassana, which directly helps us to eradicate more mental impurities present at a very deep level inside our mind. I faced a lot of difficulties during those 20 days. I remember there was a moment that I felt like I wouldn't be able to complete these 20 days and I needed to go back home. But the teachers there and the faith that I got during the discourses helped me continue. The more I continued to practice, the more mental impurities (saṅkhāras) got eradicated and it made me feel so much at peace. This grew faith inside me towards Vipassana.

Last but not least, I would like to urge young people to practise Vipassana and participate in 10-days or 20-days courses. As we are living in a world full of Instagram, Facebook, and Snapchat, finding peace is difficult and the only thing which can help us to be at peace is being with ourselves, which can only be done by practising Vipassana.

May all beings be happy !



DHAMMA COMES TO GEORGIA

The first 10-day course was held in Kojori, Georgia (Eastern Europe) from the 2nd September to the 13th September 2021. 50 students and 8 servers attended the course. There was much interest in the course and many people wrote asking when the next course would be held. Plans are to offer another course in the Spring (March/April) of 2022, and to continue offering courses every six months.



**Dhamma Vata Vipassana Centre, Vadodara
Gujarat**

Land measuring 13.50 Acres is being acquired to set up the 'Dhamma Vata' Vipassana Centre in Tundav Village, Taluka-Savli, Vadodara. Located proximate to Dumad Chowkdi, near the exit point on the Ahmedabad – Vadodara Expressway, the Centre will be widely accessible from Vadodara/Anand and beyond. The centre will be located in pleasant surroundings, on the bank of Mini River of village Namisara.

Land title ownership of the significant portion has been acquired, the balance is in progress. The first phase plan of about three crores rupees will have facilities for 150 Male and Female meditators, in addition to a Long Course Centre in a subsequent phase.

Group Sitzings in the open land of the Centre have commenced; short courses will be similarly arranged.

Location	MAPLINK:	https://goo.gl/maps/HBT3aLo9DZ576LyK9
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Dana Paramis by contributions to the Bank account of Vadodara Vipassana Samiti are as below.

Bank Details for Dana Paramis:-

"Vadodara Vipassana Samiti", Saving Account No:
921010009942450, IFSC code: UTIB0000013,

Bank: AXIS BANK LTD, Vardhaman Complex, Race Course Circle, VADODARA 390 007.

Donor PAN details and Address may be sent on email to vvs.dhammadavata@gmail.com; WhatsApp Contact Nos.: 9898503753 and 9898599934.

Donations to Vadodara Vipassana Samiti are tax deductible under Sec.80G of the Income Tax Act, per issuable certificates to Donors.



Additional Responsibility

1. Shri Ramniklal Mehta (CAT),
to serve as Centre Teacher
for Dhamma Vata, Vadodara
(Guj.)
2. Mr. Amir Khati, assisting the
CT in serving Dhamma Yana
(Nepal)

New Responsibility Teachers (Ts)

1. Jagdish Shinde, to serve as Centre Teacher for Dhammapunna Vipassana Centre, Pune.
2. Chandrashekhar Datye-(CT Dhamma Sugandha, Sangli)
3. Dilip Kate - (CT Dhamma Siddhapuri, Solapur)
4. Sachin Natu – (CT Dhammanand, Pune.)
5. Madan Mutha-(CT-Dhamma Pades, Ratnagiri)

Senior Assistant Teachers (SATs)

1. Mrs. Anita Patil, Jalgaon
2. Mr. Udaykumar Gawale,
Bhusawal, Jalgaon
3. Ms Radhika Soni, Ahmedabad
4. Mr Kit-Mun Loke, (Malaysia)
5. Ms Geok-Pooi Tan (Malaysia)

6. Ms Kian-Ber Chiam
(Singapore)

Assistant Teachers

- 1-2. Mr. Suresh and Mrs. Kusum Chokhani, Mumbai
3. Mrs. Trushaben R Shah, Mumbai
4. Mrs. Ritu Girish Khetwani, New Mumbai
5. Mrs. Triveni Sonone, Jalgaon
6. Smt. Madhu Hooda, Sonipat, Haryana
7. Shri Ram Avtar Sharma, Ghaziabad, Uttar Pradesh
8. Shri (Col.) Parag Pandey, Lucknow (UP)
9. Mr. Arjun Bhargava, Mumbai

Children Course Teachers

1. Mr. Surajsingh Singhel
Bhusawal
2. Mr. Shantaram Panpatil Dhule
3. Mr. Vijay Salunkhe Dhule
4. Mrs. Rachna Maheshwari
Beawar
5. Mr. Gautam Thadani, Dubai,
UAE
6. Mrs. Pratibha Lodha, Dubai,
UAE
7. Mr. Sergey Chuikin, Russia

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.

3. Whenever a new person is appointed as Centre Teacher (CT) they need to submit a signed CT Acceptance Letter (CTAL) which is printed at the end of the AT-Kit-2012 (Assistant Teachers Code of Conduct/Discipline). Once this is done, their name will appear in the Newsletter and the Teacher's Address Book.



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>

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



Schedule of Vipassana Courses as under:

For worldwide schedule of courses, visit: <https://www.dhamma.org>

For schedule of courses including one-day courses and group sittings in India, visit: <https://schedule.vridhamma.org/>

All courses are conducted by assistant teachers appointed by S. N. Goenka. Please send the application form to the course organisers only after reading the **Code of Discipline** so that a place may be reserved for you.

One and 3-day Courses and Group Sitzings are for old students who have completed a 10-day course with Goenkaji or his authorised assistants.

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

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

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

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

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

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

Gratitude Course

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

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

Please use NEW LONG COURSE APPLICATION FORM, available at Dhamma Giri, Dhamma Khetta, Dhamma 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, Igatpur-422403. Tel: (02553) 244-076, 244-086, 244144, 244440, Fax: 244176. (10 am to 5 pm). Email: info@giri.dhamma.org To apply online for ten-day courses: www.dhamma.org/schvia.shtml (No admission without confirmation) **10-day: 2021** 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 25-12-21 to 5-1-2022, **2022** 8 to 19-1, 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 19 to 30-4, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 29-6 to 10-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 7 to 18-9, 21-9 to 2-10, 19 to 30-10, 16 to 27-11, 30-11 to 11-12, 25-12-22 to 5-1-2023, **ST: 7 to 15-10, 2022** 21 to 29-1, 6 to 14-10, **CAT/Teacher Meeting: 2022** 13-12-2022, **AT Meeting: 2022** 14 to 16-12-2022, **AT Workshop: 2022** 17 to 20-12-2022, **Trainer Workshop: 2022** 21-12-2022, **Trustee & Dhamma Servers Workshop: 2022** 15 to 16-10, (NB: All Meetings and workshops in December 2021 will be on webinars due to Covid-19.) **Gratitude Course: 2022** 2 to 17-2, **Long Courses: Special 10-day: 2022** 13 to 24-7, Please register on atmeeting-india@dhamma.net.in with following details: Full Name, Age, Gender, CT/assistant to

CT/trustee, Name of Centre and Place: Special Requirement (if any):

Dhamma Tapovana-1 Igatpuri

● Long Course: 45-day: 19-12 to 3-2-2022.

Dhamma Tapovana-2, Igatpuri

10-day executive courses: 2021●30-11 to 11-12, #ST: 2021●18 to 26-11,

● Long Course: 60-day: 17-12 to 16-2-2022.

Dhamma Pattana, Gorai, Mumbai

Dhamma Pattana Vipassana centre, Near Essel World, Gorai Creek, Borivali M(W), Mumbai 400091, Phone: +91 8291894650, Tel. (+09122) 50427518, Ext. No. (Male Office)●519 (50427519), (Female Office)●546 (50427546), Website: www.pattana.dhamma.org, 10-day executive courses: 2021●27-10 to 7-11, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, 22-12 to 2-1-2022, 2022●5 to 16-1, 19 to 30-1, 26-2 to 9-3,

Gratitude Course: 2022●2 to 23-2,

One-day Mega courses at Pagoda: 9-1, 15-5, 17-7, 25-9.

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: vipassana.palghar@gmail.com, 10-day: (Male only) 2021●8 to 19-10, 21-10 to 1-11, 21-11 to 2-12, 25-12-21 to 5-1-22, (Female only) 2021●24-9 to 5-10, 7 to 18-11, #ST: (Female only) 2021●5 to 13-12,

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: 2021●27-10 to 7-11, 10 to 21-11, 24-11 to 5-12, 21-12 to 1-1-22, 2022●3 to 14-1, 9 to 20-2, 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 29-6 to 10-7, 13 to 24-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 19 to 30-10, 2 to 13-11, 16 to 27-11, 30-11 to 11-12, 21-12 to 1-1-23, 3-day: 9 to 12-12, 1-day: Every Sunday, **Group Sitting:** Daily (any time) 9 am to 9 pm, ● **Gratitude Course 20-day: 2022●16-1 to 6-2,**

Dhamma Vāhīnī: 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: 2022●8 to 19-1, 22-1 to 2-2, 5 to 16-2, 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 30-4 to 11-5, 14 to 25-5, 28-5 to 8-6, 11 to 22-6, 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,

● Long Course: Special 10-day: 2022●20 to 31-8, 20-day: 2021●27-10 to 17-11, 30-day: 2021●20-11 to 21-12, 45-day: 2021●20-11 to 5-1-2022, **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: 14-2-day: Teenagers' Course: (Boys)●(Girls)●# Children Course: (Boys)●(Contact: 25008868/25011096/25162505)

Dhamma Nāsikā, Nashik

Nashik Vipassana Kendra, Opposite N.M.C. Water filtration plant, Shiva-ji 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 Female).....●(Only male).....●10-day: (Male and Female Only for Old Students).....●#ST:

Schedule of Long Courses

INDIA

Special 10-day Course

20-11 to 1-12-2021
25-11 to 6-12-2021
10 to 21-12-2021
14 to 25-12-2021
6 से 17-4-2022
10 to 21-4-2022
19 to 30-6-2022
13 to 24-7-2022
20 से 31-7-2022
9 से 20-8-2022
20 to 31-8-2022
20 to 31-8-2022
14 to 25-9-2022
9 to 20-10-2022
12 से 23-10-2022
20 to 31-12-2022

Gratitude Course

16-1 to 6-2-2022
2 to 23-2-2022
26-1 to 10-2-2022
2 to 17-2-2022
2 to 17-2-2022
2 से 17-02-2021
2 to 17-2-2022
2 to 17-2-2022
2 to 17-2-2022
2 to 17-2-2022
2 to 17-2-2022
2 to 17-2-2022
2 to 17-2-2022
2 to 17-2-2022
2 to 17-2-2022

20-day

7 to 28-11-2021
27-10 to 17-11-2021
4 to 25-12-2021
14-12-21 to 4-1-22
6 to 27-2-2022
2 to 23-2-2022
23-2 to 16-3-2022
4 to 25-5-2022
10 to 31-7-2022
28-10 to 17-11-2022
28-10 to 18-11-2022
11-11 to 2-12-2022
30-11 to 21-12-2022

30-day

6-11 to 7-12-2021
7-11 to 8-12-2021
20-11 to 21-12-2021
21-12-21 to 21-1-2022
14-12-21 to 14-1-22
30-1 to 2-3-2022
2-2 से 5-3-2022
6-2 to 9-3-2022
23-2 to 26-3
4-5 to 4-6-2022
10-7 to 10-8-2022
26-10 to 26-11-22
28-10 to 28-11-2022
11-11 to 12-12-2022
30-11 to 31-12-2022

45-day

2-11 to 18-12-2021
20-11 to 5-1-2022
13-12 to 28-01-21
17-12-2021 to 1-2-2022
19-12 to 3-2-2022
21-12-21 to 5-2-22
1-1 to 16-2-2022
1-1 to 16-2-2022
6-2 to 24-3-2022
23-2 to 10-4
9-2-2022 to 27-3-2022
26-10 to 11-12-22
14-12-22 to 29-1-23

60-day

17-12 to 16-2-2022 Dhamma Tapovana-2, Igatpuri

Dhammānanda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission

without confirmation). **10-day:** (Only for Hindi, Marathi, Students) 2021 13 to 24-11, 11 to 22-12, 2022 8 to 19-1, 12 to 23-2, 12 to 23-3, 9 to 20-4, 14 to 25-5, 11 to 22-6, 9 to 20-7, 13 to 24-8, 10 to 21-9, 12 to 23-11, 10 to 21-12, (Only for Hindi, English, Students) 2021 27-11 to 8-12, 25-12 to 5-1, 2022 22-1 to 2-2, 26-3 to 6-4, 23-4 to 4-5, 28-5 to 8-6, 25-6 to 6-7, 23-7 to 3-8, 27-8 to 7-9, 24-9 to 5-10, 26-11 to 7-12, 24-12 to 4-1-23, #ST: (Only for Hindi, English, Students) 2021 23 to 31-10, 2022 29-10 to 6-11, (Only for Hindi, Marathi, Students) 2022 26-2 to 6-3, **3-day:** 2022 3 to 6-2, 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 2021 7 to 18-11, 5 to 16-12, 2022 2 to 13-1, 6 to 17-2, 6 to 17-3, 3 to 14-4, 5 to 16-6, 3 to 14-7, 7 to 18-8, 2 to 13-10, 6 to 17-11, 4 to 15-12, Only for Hindi, Marathi, Students 2021 17 to 28-10, 21-11 to 2-12, 19 to 30-12, 2022 16 to 27-1, 20-2 to 3-3, 20 to 31-3, 17 to 28-4, 19 to 30-6, 17 to 28-7, 21-8 to 1-9, 18 to 29-9, 20-11 to 1-12, 18 to 29-12, #ST: 2022 4 to 12-9, **3-day:** 2021 28 to 31-10, Only for Hindi, Marathi, Students 2022 13 to 16-10, Only for Hindi, English, Students 2022 27 to 30-10, **2-Day:** Only for Hindi, Marathi, Students 2022 2 to 4-6, Only for Hindi, English, Students 2022 15 to 17-9, **Teenagers' Course:** (Boys) 2022 1 to 9-5, (Girls) 2022 15 to 23-5, **1-day:** Every Month Second Thursday and Fourth Sunday 8:30 am to 4:30 pm, # **2-Day Children course:** 2022 (9 to 18 yrs) (Boys) 10 to 11-5, (Girls) 2022 13 to 14-5, **Children Course:** (9 to 18 yrs Every Month first and Third Sunday (8 am to 2:30 pm))

Dhamma Ajanta, Aurangabad

Ajanta International Vipassana Samiti, Gut No 45 Rampuri, Vijapur Road Aurangabad 431003. Tel: (0240) 2040444, **Contact:** Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org **10-day:** 2021 1 to 12-12, 15 to 26-12, 29-12 to 9-1-2022, #ST: 2021 17 to 25-11, **2-day:** 2021 26 to 28-11, **Teenagers' Course:** (Girls) 2021 8 to 16-11,

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:** 2021 7 to 18-11, 21-11 to 2-12, 16 to 27-12, 2022 2 to 13-1, 16 to 27-1, 20-2 to 3-3, 6 to 17-3, 3 to 14-4, 17 to 28-4, 8 to 19-5, 22-5 to 2-6, 5 to 16-6, 3 to 14-7, 17 to 28-7, 14 to 25-8, 4 to 15-9, 18 to 29-9, 9 to 20-10, 20-11 to 1-12, 4 to 15-12, #ST: 2021 5 to 14-12, 2022 20 to 29-3, 19 to 28-6, 31-7 to 9-8, 18 to 27-12, 2022 28 to 30-1, 4 to 6-5, 27 to 29-8, 2 to 4-10, # **1-Day Children Course:** 2021 1-11, 29-12, 30-12, 2022 1-5, 21-10, 29-12, 30-12,

Gratitude Cource: 2022 2 to 17-2

Long Courses: Special 10-day: 2022 20-day: 2022 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 Bhat-evadi, 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:** 2021 17 to 28-11, 1 to 12-12, 15 to 26-12, 29-12 to 9-1, **2-day:** 2021 11 to 14-11, **Teenagers' Course:** 2021 (Boys) 26-10 to 3-11,

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) 2021 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, (Hindi/Marathi speaking students only) #ST: (Hindi/English speaking students only) 2021 21 to 30-12, **2-day:** (Hindi/English speaking students only) 2021 29 to 31-10, **Dhamma Servers' Workshop:** (Hindi/Marathi speaking students only) 2021 19 to 20-11,

Dhamma Sugandha : Bhose (Sangali)

Sangali Vipassana Meditation Centre, Gat No. 564, Talaaw Road, Near Yallamma Temple, Khamkarwadi, Bhose - 416420, Ta. Miraj, Dist: Sangali, Email: info@sugandha.dhamma.org, Tel: 9422410436, 9403841943, online registration www.dhamma.org/en/schedules/schsugandha, **Contact:** 1) Dr. Amit Patil, Mob. 9222161236, 2) Mr Sanjay Chaugule, Mob. 7249711008, **10-day:** (Only Male) 2021 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, **2-day:** 2021 16 to 18-12, (1-day: Every first Sunday Place: Nishidhi, Malwadi A/P. Bhilavadi, Tal. Palus, Dist. Sangli), [1-day: Every Second Sunday, **Children Course:** (age 8 to 15) 9 am to 3 pm Every Third Sunday, Place: Manav Rahat Trust 3rd Floor, Near Civil Hospital, Sangli]

Dhamma Nāga, Nagpur

Nagpur Vipassana Centre, Mahurjhari Village, near Nagpur-Kalmeshwar Road. **Contact:** Mob. 9370990771, 9423403294, 9403870195, 9422182336, Email: info@naga.dhamma.org (No admission without confirmation) **10-day:** 2021 10 to 21-11, 24-11 to 5-12, 8 to 19-12, 2022 4 to 15-1, 18 to 29-1, 23-2 to 6-3, 23-3 to 3-4, 20-4 to 1-5, 8 to 19-6, 22-6 to 3-7, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 31-8 to 11-9, 14 to 25-9, 28-9 to 9-10, 12 to 23-10, 26-10 to 6-11, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, #ST: 2021 24-12 to 1-1-2022, 2022 27-5 to 4-6, 24-12 to 1-1-2023, **3-Day:** 2021 3 to 6-11, 2022 17 to 20-3, 19 to 22-12, **1-Day:** 2022 16-5, **Teenagers' Course:** (Girls) 2022 3 to 11-5, **Teenagers' Course:** (Boys) 2022 18 to 26-5, **AT Workshop:** 2022 9 to 13-3, Gratitude Cource: 2022 2 to 17-2,

Long Courses: Special 10-day: 2022 6 to 17-4, **Contact:** (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smruti Bhawan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

Dhamma Sugati, Sugatanagar

Vipassana Sadhana Kendra, Sugata Nagar, Nagpur 440 014, **10-day:** 2021 8 to 19-11, 8 to 19-12, #ST: 22 to 30-12, **3-day:** 2021 24 to 27-11, **1-day:** 2021 21-11, 6-12, **Children Course:** 2021 21 to 24-10, **Group Sitting:** Daily 5 to 6 am. 6 to 7 pm and every Sunday 8 to 9 am. **Children Anapana Group Sitting:** 8 to 9 am **Contact:** 1. Sukhadev Narnavre, Mob. 9422129229. 2. Kamlesh Chahande, Mob. 9373104305.

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

Dhamma Malla, Yavatmal

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pinpalgaon, Yavatmal - 445001. **Contact:** 1. Mr. Gadling, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475. **10-day:** 3 to 14-11, 7 to 18-12, #ST: 19 to 27-11, **1-day:** 29-9, 10-10, 5-12, **Children Course:** 3-10, 28-11, 26-12,

Kotamba (Yavatmal): **10-day:** (Male and Female) 5 to 16-12, (Only for bhikkhuni and Female Students) 7 to 18-11, **1-day:** Every Sunday: 8 am to 3 pm **Children's course:** 28-11, 26-12, **Contact:** Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. M. 9822896453, 7776964808, 7038918204, 9175622575,

Santuk-Pimpri (Hingoli): **10-day:** (Only Female) **Place:** Santuk Pimpri Dr Bagadiya Farm House, **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) 15 to 26-12, #ST: 21 to 29-11,

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

Dhamma Gondā, Gondia (Ozatola)

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

Rohnagaon: (Pavani Bhandara): **10-day:** **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:** 6 to 17-11, 7 to 18-12, **Contact:** 1. Shri Khanda, Tel: 07158-284372, Mob. 9028494401, Shri Bhele, Mob. 9834603076,

Tumsar (Bhandara): **10-day:** 17 to 28-11, 15 to 26-12, **3-day:** 16 to 19-10, **1-day:** 1-10, **Children Course:** 18-10, 29-11, 26-12, **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,

Dhamma Bhandāra, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) **10-day:** 2021 4 to 15-12, 2022 5 to 16-1, 1 to 12-2, 1 to 12-3, 19 to 30-7, 6 to 17-9, 11 to 22-10, 15 to 26-11, 7 to 18-12, #ST: 2021 21 to 29-11, 2022 2 to 10-4, 3 to 11-11, **3-day:** 2022 17 to 23-3, **2-day:** 2021 24 to 26-12, 2022 18 to 20-2, **1-day:** 2021 3-10, 19-10, 2022 16-1, 30-1, 24-4, 16-5, 19-6, 21-8, 25-9, 27-11, 18-12, **Teenagers' Course** (Girls): 2021 7 to 16-11, **2-day Children Course:** 2021 15 to 16-11, 1 to 2-5, # **1-day Children Course:** 2021 19-12, 2022 27-2, 26-4, 10-5, 24-5, 14-6, 28-6, 31-7, 25-8, 9-10, 25-12, **Dhamma Sammelan:** 2022 13-2,

Long Courses: Special 10-day: 2022 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 Āvāsa, Latur

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

Dhamma Nirāñjana, Nanded

Vipassana Centre, New Danki, Near Godavari River, **Contact:** 1) Mr. Dahivele, Mob. 94231-48636, 2) Mr. Bhawe, Mob. 9421572499, **10-day:** (Only female) 8 to 19-12, (Only male) 17 to 28-11, # **3-day Children's course:** (Only Boys) 7 to 10-11, (Only Girls) 11 to 14-11, **1-day:** 17-10, 29-12, **Self Course:** Every Sunday 6 to 10 am, **Online Children Anapana Course:** Every Month Third Sunday

Dhamma Vasudhā, Hivra (Wardha)

Vipassana Centre, Hivara, Post Zadshi, Tal Selu, Dist. Wardha, Email: dhammavasudha@gmail.com **Contact:** 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738. **10-day:** (Male Old Students Only 10 to 21-11), (Female Old Students Only 1 to 12-12),

Dhamma Anākula, Akola

Vipassana Sadhana Kendra, Khaperkehda Phata, Telhara-444108 Dist Akola Email: info.anakula@vridhamma.org, Website: www.anakula.dhamma.org, Mob. 9421156138, 9881204125, 9421833060, **10-day:** (only male) 24-11 to 5-12, (only female) 10 to 21-11, 8 to 19-12, **3-day:** 29-9 to 2-10, 23 to 26-12, **1-day:** 19-10, **Contact:** 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125, 2) Mr. Anand, Mob. 9422181970.

Malkapur (Akola): 10-day: (Only female) 12 to 23-12, 1 to 12-6, **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) 20-11 to 1-12, 20 to 28-12, (Only Bhikkhu 23-10 to 3-11) **3-day Children Course:** (10 to 17 yrs) 7 to 10-11, **1-day:** every month second Sunday, 9 am to 5 pm **Children Course:** (age 10 to 16 yrs) every month third Sunday, 9 am to 5 pm **Contact:** 1) Mr. Jaggannath Gawai, Mob. 7775928290, 2) Mrs. Jyotitai Vankhede, Mob. 9921998803,

Dhamma Jalgaon, Jalgaon

Vipassana Centre, Gat No. 99/1+2, Maitri Hills, Ajintha Road, Umala gaon, Tal. Dist: Jalgaon-425001, Tel: (0257) 2229477, online registration www.jalgaon.dhamma.org, Email: dhammajalgaon@gmail.com, Mob. 9422292161, **Contact:** Mr. Subhasha Talreja, Mob. 75884-36222, 75880-09584. **1-Day:** (only male) 7-11, 5-12, (only female) 21-11, 19-12, **Contact:** 7588436222, 8421532276.

Dhamma Ajaya, Chandrapur

Vipassana Meditation Centre, At - Ajaypur, Po. - Chichpalli, Mul Road, Chandrapur, Online Registration :- Website :- www.ajaya.dhamma.org, Email: dhammaajaya@gmail.com, **10-day:** 1 to 12-11, 8 to 19-12, 26-12 to 7-1, #ST: 27-11 to 5-12, **2-day:** 19 to 21-11, **1-day:** 19-12, **Contact:** 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 9226137722, 2) Mr. Gautam Chikate, Mobile: 9421812541, 9422506476,

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

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

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

Dhamma Padesa, Pali, Ratnagiri,

Konkan Vipassana Meditation Centre, At-Patharat, Post-Pali, Tal-Ratnagiri, Maharashtra, Email: info@pades.dhamma.org, Website: https://pades.dhamma.org, **10-day:** 1 to 12-11, 15 to 26-11, 1 to 12-12, #ST: 15 to 24-12, **Contact:** Mr. Santosh Ayare: 1) 9975434754 / 9960503598

Mahad: **10-day:** (only Male) 7 to 28-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, **3-day:** (only Male) 28 to 31-10, **1-day:** Every First Sunday 10 am to 3 pm. # **Children Course:** Every third Sunday 10 am to 2 pm, **Place:** Babasaheb Ambedkar Memorial Hall Shivaji Chowk, Koteswari Tale, Mahad-402301, Dist:- Raigad, **Contact:** (020) 24436250, Email: info@punna.dhamma.org, Mob.: 7719070011,

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

NORTH INDIA

Dhamma Thalī, 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:** 2021 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 22-12 to 2-1-2022,

2022 4 to 15-1, 18 to 29-1, 27-3 to 7-4, 10 to 21-4, 24-4 to 5-5, 8 to 19-5, 22-5 to 2-6, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 13 to 24-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 30-11 to 11-12, 22-12 to 2-1-2023, #ST: 2022 29-3 to 6-4, 7 to 15-6, 19 to 27-7, 12 to 20-12, **3-day:** 2021 16 to 19-12, **Dhamma Utsav:** 2022 16-1, **Dhamma Servers Workshop:** 2022 30-1

Long Course: Special **10-day:** 2022 10 to 21-4, 19 to 30-6, 9 to 20-10, **20-day:** 2021 28-9 to 19-10, 2022 6 to 27-2, 28-10 to 18-11, **30-day:** 2022 6-2 to 9-3, 28-10 to 28-11, **45-day:** 2022 6-2 to 24-3,

Dhamma Nilaya, Jamdoli, Jaipur (Rajasthan)

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

Dhamma Pushkar, Ajmer, Rajasthan

Vipassana Centre, Near Village Rewat (Kedeli), 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:** 2021 23-12 to 3-1, 2022 26-1 to 6-2, 9 to 20-2, 23-2 to 7-3, 20 to 31-3, 2 to 13-4, 20-4 to 1-5, 4 to 15-5, 12 to 23-6, 25-6 to 6-7, 1 to 12-9, 14 to 25-9, 28-9 to 9-10, 27-10 to 7-11, 23-12 to 3-1, #ST: 2021 23 to 31-10, 11 to 19-12, 2022 15 to 23-1, 9 to 17-3, 12 to 20-10, 13 to 21-12, **Teenagers' Course:** (Boys) 2022 5 to 13-1, 1 to 9-6, # **2-Day Children Course:** 15 to 17-4, 13 to 15-8,

● **Long Course:** Special **10-day:** 2022 20 to 31-8, **20-day:** 2021 7 to 28-11, 2022 10 to 31-7, 11-11 to 2-12, **30-day:** 2021 7-11 to 8-12, 2022 10-7 to 10-8, 11-11 to 12-12,

Dhamma Marudhara, Jodhpur, Rajasthan

Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, -Chaupsani Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: info@marudhara.dhamma.org, **10-day:** 2021 23-10 to 3-11, 7 to 18-11, 22-11 to 3-12, 20 to 31-12 2022 2 to 13-1, 15 to 26-1, 30-1 to 10-2, 14 to 25-2, 21-3 to 1-4, 13 to 24-4, 28-4 to 9-5, 21-6 to 2-7, 5 to 16-7, 19 to 30-7, 2 to 14-8, 31-8 to 11-9, 23-9 to 4-10, 19 to 22-10, 28-10 to 8-11, 11 to 22-11, 25-11 to 6-12, #ST: 2021 29-9 to 7-10, 2022 9 to 17-3, 28-5 to 5-6, 8 to 16-10, 23 to 31-12, **3-day:** 2021 7 to 10-12, 2022 2 to 5-3, 4 to 7-4, 9 to 12-12, **Teenagers' Course:** (Boys) 2022 10 to 18-6, (Girls) 2022 19 to 27-8, # **2-Day Children Course:** 2022 16 to 18-9, **Contact:** 1) Mr. Nemichand Bhandari, Email: dhamma.marudhara@gmail.com; Mob. Whatsapp No. 9887099049, 8233013020.

Dhamma Pubbaja, Churu, Rajasthan

Pubbaj Bhumi Vipassana Trust, Bhali 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:** 2021 8 to 19-11, 23-11 to 4-12, 2022 1 to 12-1, 22-2 to 5-3, 9 to 20-3, 23-3 to 4-4, 7 to 18-4, 27-5 to 7-6, 22-6 to 3-7, 6 to 17-7, 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: 2021 22 to 30-12, 2022 15 to 23-1, 29-4 to 7-5, 19 to 27-8, **3-day:** 2021 8 to 11-12, 2022 26 to 29-1, 21 to 24-4, 23 to 26-9, 19 to 22-10, 9 to 12-12, **Teenagers' Course:** (Boys) 2022 10 to 18-6, **1-day:** 2022 8-5, **Children Course 2-day:** (Only Boys age 13 to 16) 2021 31-10 to 2-11, 2022 2 to 4-9, (13 to 16 yrs Girls Only) 2022 30-9 to 2-10, **Gratitude Course:** 2022 2 to 16-2,

Long Course: Special **10-day:** 2022 20 to 31-7, 20 to 31-12,

Dhamma Sota, Sohna (Haryana)

Vipassana Sadhana Sansthan, Village Rahaka, Post Sohna, (Near Nimmod Police Post) Ballabgarh-Sohna Road, Dist Gurgaon (12 km from Sohna), Haryana, Mobile: 9812655599, 9812641400. [Buses available from Sohna and Ballabgarh.] **10-day:** 2021 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, **Contact:** Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Patthāna, Sonepat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonepat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapatthana@gmail.com #ST: 2021 23 to 31-12, ● **Long Courses:** 2021 45-day: (15 day Anapan) 2021 2-11 to 18-12, **Contact:** same as Dhamma Sota

Dhamma Kārūnika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjapura Road, Near Government School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: reg.dhammakarunika@gmail.com, **Contact:** 1) Mr Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, **10-day:** 2021 10 to 21-11, 24-11 to 5-12, 8 to 19-12, 22 to 2-1-2022, #ST: 2021 27-10 to 4-11,

Dhamma Hitakārī, Rohtak (Haryana)

Vipassana Dhyān Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. **Contact:** 92543-48837, 9416303639. **10-day:** 2021 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 2021 6 to 14-11,

Dhamma Dhaja, Hoshiarpur (Punjab)

Punjab Vipassana Trust, Village Anandgarh, P. O. Mehlanwali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: info@dha-

ja.dhamma.org 10-day: 2021» 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 2021» 6 to 14-11,

Dhamma Sikhara, Dharamshala (H.P.)

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

Dhamma Laddha, Leh Ladakh (J & K)

Vipassana Meditation Ladakh, Dhamma Laddha, is 8/9 Km from leh, Contact: Mr Lobzang Visuddha, Ancient Tracks, Mobile: [91] 9906971808, 9419862542. 10-day: 2021» 27-10 to 7-11, 10 to 21-11, 1 to 12-12, 2022» Every month 1 to 12 and 16 to 27 (Except #ST: Course) #ST: 2021» 16 to 24-12, 2022» 16 to 24-3, 16 to 24-9, 3-day: 25 to 28-9, 2-day: 25 to 27-3, Group Sitting: every Sunday from 9 am. 1-day: every Second Sunday Email: info@ladakh.in.dhamma.org; lvisuddha@yahoo.com,

Dhamma Salila, Dehradun

Dehradun Vipassana Centre, Village Jantanwala, near Dehradun Cantonment, near Santala Devi Mandir, Dehradun 248001. Tel: 0135-2715189, 2715127, 94120-53748, Email: reg.dhammasalila@gmail.com; 10-day: 2021» 10 to 21-11, 24-11 to 5-12, 8 to 19-12, #ST: 2021» 22 to 30-12, 2-day: 2021» 17 to 19-10, Contact: 1) Mr. Bhandari, Tel: (0135) 2104555, 07078398566, Fax: 271-5580.

Dhamma Lakkhana, Lucknow (U.P.)

Lucknow Vipassana Centre, Asti Road, Railway Crossing, Bakshi ka Talab, Lucknow 227 202. Email: info@lakkhana.dhamma.org Tel: (0522) 296-8525, Mob. 97945-45334, 9453211879, 10-day: 2021» 4 to 15-11, 19 to 30-11, #ST: 2021» 19 to 27-10, 3-day: 2021» 28 to 31-10, 2-day: 2021» 15 to 17-11, 3-day Children's course: (age 13 to 17 boys) 2021» 26 to 29-12, (13 to 17 girls) 2021» 30-12 to 2-1-22, ● Long Courses: 20-day: 4 to 25-12, Contact: 1. Sh. R. K. Singh, Mob. 9616744793, 2. Pankaj Jain, Mob. 098391-20032. 3. Mrudula Mukesha, Mob. 94150-10879, 4. Sh. Rajeev Yadav, Mob. 9415136560.

Dhamma Suvattihī, Sravasti (U.P.)

Jetavana Vipassana Meditation Centre, Katra Bypass Road, Opp. Buddha Inter College, Sravasti 271845. Email: info@suvattihī.dhamma.org, Tel: (05252) 265-439; Mob. 93358-33375. 10-day: 2021» 2 to 13-12, 2 to 13-1, #ST: 2021» 14 to 22-12, Children Course: (8 to 12 yrs boys, and 8 to 16 yrs Girls) 2021» 24 to 27-12, (12 to 16 yrs only Boys) 2021» 28 to 31-12, 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: 2021» 20 to 31-12, #ST: 2021» 9 to 17-12, CCT Workshop: 2021» 30-10 to 2-11, ● Long Course: 30-day: 2021» 6-11 to 7-12, Contact: Manju Agrawal, Email: manju.ag4@gmail.com. Mob. 09936691000.

Dhamma Kalyāṇa, Kanpur (U.P.)

Kanpur, International Vipassana Meditation Centre, Dhori, Ghaat, Rooma, Post Salempur Kanpur-209402, (23 Km. from Kanpur Central Rly. Station) Tel. 07388-543795, Mob. 08995480149. Email: dhamma.kalyana@gmail.com, (No admission without confirmation) 10-day: 2021» 5 to 16-11, 5 to 16-12, 20 to 31-12, #ST: 2021» 22 to 30-11, 1-day: Every month Fourth Sunday. 10 am to 5 pm, ● Long Course: Special 10-day: 2021» 20-11 to 1-12,

'Dhamma Kāya', Kushinagar (U.P.)

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

Dhamma Sudhā, Meerut (U.P.)

Vipassana Centre, Behind Police station, Tower Road, Near Saifpur Gurdwara, Hastinapur, Dist. Meerut -250404, Office Contact: Tel. 9555515548, 8171490433, 7505414181, 10-day: 2021» 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 2021» 6 to 14-11,

Dhamma Licchavī, Muzaffarpur (Bihar)

Dhamma Licchavī Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 8935963703, Email: info@licchavi.dhamma.org 10-day: 2021» 19 to 30-11, 5 to 16-12, 19 to 30-12, 5 to 16-1, 19 to 30-1, #ST: 2021» 1 to 9-11, Contact: Rajkumar Goenka, Tel: (0621) 224-0215,

Dhamma Upavana, Baracakiya, (Bihar)

Baracakiya - 845412, East Champaran Bihar, Contact: 9431245971, 9934430429, 6204814341, Email: dhammaupavan@gmail.com, 10-day: every month 3 to 14 (Except in November 2021), 13 to 24-11, 3 to 14-1-2022,

Dhamma Bodhi, Bodhgaya, (Bihar)

Bodh Gaya International Vipassana Meditation Centre, Gaya-Dobhi Road (15 km), Near Magadha University, Bodh Gaya-824234. Mob. 94716-03531, 9955911556, Email: info@bodhi.dhamma.org, Website: www.bodhi.dhamma.org, Long course Email : bodhi.longcourse@gmail.com Contact: 99559-11556. 10-day: 2021» 1 to 12-11, 16 to 27-11, 1 to 12-12, 15 to 26-12, 29-12 -2021 to 9-1-2022, 12 to 23-1-2022, #ST: 2021» 18 to 26-10, 26-1-2022 to 3-2-2022, ● Long Courses: 45-day: 2021» 9-2-2022 to 27-3-2022,

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

Dhamma Pātliputta Patna (Bihar)

Patna Vipassana Center, Meditation Block, Buddha Smriti Park, Near Patna Junction, Patna - 800001, Bihar, India, Contact: Mobile: +91 6205978822, +91 6299534629, E-mail: info@patna.in.dhamma.org, Website: http://www.patna.in.dhamma.org, 10-Day: 2021» 3 to 14-11, 3 to 14-12, 17 to 28-12, 3 to 14-1-22, 17 to 28-1-22.

Dhamma Vesali, Bihar

Dhamma Vesali Vipassana Center, Vietnam Mahaprajapati Nunnery, Vishwashanti Pagoda Road, Vaishali-844128, Mob. 9036012302, 9036012303, Email: info@vaishali.in.dhamma.org; Website: www.vaishali.in.dhamma.org, Contact: Rajkumar Rai, Tel: 7631932444, 10-day: every month 4 to 15. January to December #ST: 18 to 26-11,

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: 2021» 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 2022» 4 to 15-1, 19 to 30-1, #ST: 8 to 16-11, 2022» 2 to 10-2, 3-day: 18 to 21-11, 2022» 11 to 14-2, ● Long Courses: Special 10-day: 2021» 25-11 to 6-12, 10 to 21-12, 20-day: 2022» 23-2 to 16-3, 30-day: 2022» 23-2 to 26-3, 45-day: 2022» 1-1 to 16-02, 23-2 to 10-4, Contact: 7874623305, 9825320551.

Dhamma Kōṭa, Rajkot (Guj.)

Saurashtra Vipassana Kendra, Kotharia Road, 15 km from Rajkot. Tel: Off. (0281) 2924924, 2924942, Email: info@kota.dhamma.org; Mobile: 7878727240, 93279-23540. City Contact: 1. Tel: (0281) 2233666. Mob. 7878727223, 94272-21591. 2) Chandubhai Mehta, Tel: 2587599, Mob. 9428203291. 10-day: 2021» 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, 29-12 to 9-1,

Gujarati Vipassana Newsletter: Rs 30/- for one year and Rs 100/- for 4 years. Contact: Saurashtra Vipassana Research Centre, Bhabha Dining Hall, Panchnath Road, Rajkot-360001. Tel: (0281) 2233666, Mobile: 94272-21591. 7878727223,

Dhamma Divākara, Mehsana (Guj.)

Uttar Gujarat Vipassana Kendra, Village Mittha Tal and Dist. Mehsana, Gujarat. Email: info@divakara.dhamma.org, Tel: (02762) 272-800. Contact: 1. Nikhilbhai Parikh, Mob. 09429233000, 2. Upendra Patel, Tel: Mob. 8734093341, Tel: (02762) 254-634, 253315, Email: upendrakpatel@gmail.com, 10-day: 2021» 7 to 18-11, 24-11 to 5-12, 8 to 19-12, 22-12 to 2-1-22, 5 to 16-1, 2 to 13-2, 16 to 27-2-22. #ST: 2022» 22-1 to 30-1-22, 3-day: 2021» 19 to 22-11,

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: 2021» 2 to 13-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, 29-12-2021 to 9-1-2022, 12 to 23-1, 16 to 27-2; Gratitude Course: 2021» 26-1 to 10-2, Contact: Ms Shashi Todi, Mob. 98240-65668,

Dhamma Ambikā, South Gujarat

Vipassana Dhyana Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 k.m. away on west of Boriyach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org Online registration: dhammaambikasurat@gmail.com, 10-day: 2021» 6 to 17-11, 24-11 to 5-12, 7 to 18-12, 3-day: 2021» 18 to 21-11, ● Long Courses: 30-day: 21-12 to 21-1-22, 45-day: 21-12 to 5-2-22, Contact: 1. Vasantbhai Lad, Mob. 09428160714, 2. Ratanshibhai K Patel, Mob. 098250-44536,

Dhamma Pāli, Bhavnagar, Gujarat

Vipassana Centre, Village Todi, Songadh - Palitana Road, Dist- Bhavnagar, Gujarat Email: dhammapali15@gmail.com, Contact: Mob. 7878103636, 8866703636, 8866713636, Office: Tel: 0278-2521066, 8758561616. 10-day: #ST:

Dharmaj: 10-day: 2021» 23-11 to 3-12, 3-day: 2021» 16 to 19-10, Contact: Dharmaj Vipassana Samiti, C/o G. M. Viraktashram Complex, Station Road, Dharmaj 388430. Tel: (02697) 245-460 (Office 9.00 am to 5.00 pm), 1. Mr. Hemantbhai Patel, Mob. 94265-00765. 2. Mr Dipakbhai Mob. 94289-00794. Email: vipassana.dharmaj@gmail.com

SOUTH INDIA

Dhamma Paphulla, Bangalore

Bangalore Vipassana Centre (23 km from City Railway station,) Alur Village, Near Alur Panchayat office, Off Tumkur Road, Dasanapura Bangalore North Taluka 562 123. Tel: (080) 23712377, Mob. 7829912733, 8861644284, 9972588377, Email: info@paphulla.dhamma.org; [Bus No. 256, 258, 258C from Majestic Bus Stand Gat down Makali (Near Himalaya Drugs), cross road and take auto]

10-day:#ST:3-day:Teenagers' Course: (Girls).....

●Dhamma Servers' Workshop:

Dhamma Setu, Chennai (Tamil Nadu)

Vipassana Meditation Centre, 533, Pazhan Thandalam Road, Via Thiruneermalai Road, Thirumudivakkam, Chennai 600044, Course Enquiries and Registration: Tel: 044-65499965, Mob. 94442-80952, 94442-80953, Email: setu.dhamma@gmail.com; (Timings 10 am to 1 pm and 2 pm to 5 pm.) Contact City Office: S. K. Goenka, Tel: (044) 4340-7000, 4340-7001, Fax: 4201-1177, Mob. 98407-55555. Email: skgoenka@kgiclothing.in; 10-day: 5 to 16-11, 18 to 29-11, 1 to 12-12, 15 to 26-12, 2022» 2 to 13-1, 19 to 30-1, 9 to 20-3, 30-3 to 10-4, 13 to 24-4, 27-4 to 8-5, 1 to 12-6, 15 to 26-6, 13 to 24-7, 3 to 14-8, 17 to 28-8, 31-8 to 11-9, 14 to 25-9, 28-9 to 9-10, 26-10 to 6-11, 9 to 20-11, 23-11 to 4-12, 7 to 13-12, 20 to 31-12, #ST: 2022» 2 to 10-7, 12 to 20-10, 3-day: 30-9 to 3-10, 28 to 31-12, 2022» 24 to 27-3, 12 to 15-5, 28 to 31-7, 1-Day: 2022» 16-5, 13-7, Dhamma Sevak Workshop: 2022» 21-4, Children Course Teacher Workshop: 2022» 21 to 22-5, AT Workshop: 2022» 28 to 29-5, ●Gratitude Course: 2022» 2 to 17-2,

●Long Courses: Special 10-day: 2022» 12 to 23-10, 20-Day: 2022» 2 to 23-2, 30-Day: 2022» 2-2 to 5-3,

Dhamma Madhurā, Madurai

Vipassana Meditation Centre, Chettipatti gaon, Athur Taluk., P. O. Gandhigram University, Dindigul-624302, Contact: 9442603490, 9442103490, Email: dhammamadhura@gmail.com, 10-day: 2021» 10 to 21-11, 1 to 12-12, 15 to 26-12, 2022» 19 to 30-1, 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 15 to 26-6, 6 to 17-7, 20 to 31-7, 24-8 to 4-9, 7 to 18-9, 5 to 16-10, 2 to 13-11, 16 to 27-11, 7 to 18-12, 21-12-2022 to 1-1-2023 #ST: 2022» 13 to 21-8, 3-day: 2021» 25 to 28-11, 2022» 6 to 9-1, 9 to 12-6, 4 to 7-8, 22 to 25-9, 15-Day Gratitude Course: 2 to 17-2-2022,

Dhamma Arunāchala, Tiruvannamalai, (T.N.)

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

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

Dhamma Ketana, Chengannur (Kerala)

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

Dhamma Khetta, Hyderabad (Telangana)

Vipassana International Meditation Centre, (12.6 km) Mile Stone, Nagarjuna Sagar Rd, Kusum Nagar, Vansthalipuram Hyderabad-500070. Email: info@khetta.dhamma.org Tel: (040) 2424-0290, 32460762, 09491594247, Fax: 2424-1746, 10-day: 2021» 3 to 14-11, 17 to 28-11, 30-11 to 11-12, 2-day: 2021» 1 to 3-10, 1-day: Every Sunday,

●Long Course: Special 10-day: 2021» 14 to 25-12, 20-day: 14-12-21 to 4-1-22, 30-day: 14-12-21 to 14-1-22,

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

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

Dhamma Konḍañña, Kondapur (Telangana)

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

●Long Courses: 20-day:

Dhamma Nāgajjuna-I Nagarjun Sagar (Telangana)

VIMC, Hill Colony, Nagarjun Sagar Dist. Nalgoda 508202, (140.4 km Hyderabad Road), Registration: 9440139329, (8680) 277944, Mobile: 093484-56780, (only 10 am to 5 pm) Email: info@nagajjuna.dhamma.org, 10-day: 2021» 3 to 14-11, 2022» 10 to 21-1, 6 to 17-2, 14 to 25-5, 2 to 13-11, 23-11 to 4-12, 2-Day: 2021» 19 to 21-11, 17 to 19-12, 2022» 25 to 27-2, 11 to 13-3, 24 to 26-6, 8 to 10-7, 5 to 7-8, 28 to 30-10, 16 to 18-12, Teenagers' Course: (Boys) 2021» 26-11 to 4-12, 2022» 1 to 9-1, 9 to 17-4, 5 to 13-5, 20 to 28-8,

26-9 to 4-10, 14 to 22-11, Teenagers' Course: (Girls) 2021» 22 to 30-10, 23 to 31-12, 2022» 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: 2022» 9 to 11-9, Dhamma Sammelan: (Sr. Citizens) 2021» 18 to 20-10, Teenagers' (Boys) 2021» 10 to 12-12, Teenagers' (Girls) 2021» 10 to 12-12, Dhamma Sammelan: (Family) 2022» 18 to 20-2,

Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)

Contact: VIMC, As above. 10-day: 2022» 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 8 to 19-6, 22-6 to 3-7, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 31-8 to 11-9, 25-9 to 6-10, 12 to 23-10, #ST: 2022» 24-4 to 2-5, 14 to 22-9, Gratitude Course: 2022» 2 to 17-2, 2023» 2 to 17-2,

●Long Courses: 20-day: 2022» 4 to 25-5, 30-day: 2021» 22-10 to 22-11, 2022» 4-5 to 4-6, 26-10 to 26-11, 45-day: 2021» 22-10 to 7-12, 13-12 to 28-01, 2022» 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-Thanuku 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, 10-day:#ST: Teenagers' Course:(Boys)

CENTRAL AND EASTERN INDIA

Dhamma Kānana, Balaghat (M.P.)

Dhamma Kanana Vipassana Centre, Wainganga Tat, Rengatola, P.O. Garra, Balaghat. Tel: (07632). 248145, Mob. 8989845100, 97531-44641, Contact: 1. Mr. Khobragade, Lumbini Nagar, Balaghat. Mob. 94243-36241. 2. Mr. Meshram, Tel: (07632) 239165, Email: dineshmeshram@hotmail.com Mob. 094251-40015, 10-day:#ST:1-day: Children's courses:

●Long Courses: 20-day: 30-day:

Dhamma Bala, Jabalpur (M.P.)

Vipassana Meditation Centre, Opposite Bhedaghat Thane, (1 km) Bapat Marg, Bhedaghat Jabalpur. Contact: Tel: (0761) 2610252. 2. Mr. Mahesh, Mob. 99815-98352. 3. Mr. Saurabh, Mob. 8109397741. 10-day:

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: 2021» 6 to 17-11, 1 to 12-12, 2022» 9 to 20-2, 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 18 to 29-5, 1 to 12-6, 29-6 to 10-7, 13 to 24-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 28-9 to 9-10, 2 to 13-11, 16 to 27-11, #ST: 2021» 20 to 28-11, 2022» 14 to 22-10, 3-day: 2022» 3 to 6-2, 12 to 15-5, 8 to 11-9, 27 to 30-10, 1-day: 2022» 20-2, 20-3, 17-4, 24-7, 4-9, 9-10, 27-11, Teenager's Course: 2022» (Boys/Girls) 3 to 11-5, 14 to 22-6, ●Children's course: 2022» (Age 8 to 12 Yeara) 29-5, 21-8, (Age 13 to 16 years) 1-5, 12-6, Maintenance Week 2022» 9 to 13-10, Sahabghagita Seminar for old Student: 2022» 25 to 26-6,

●Long Course: Special 10-day: 2022» 14 to 25-9, 20-day: 2022» 30-11 to 21-12, 30-day: 2022» 30-11 to 31-12, 45-day: 17-12-2021 to 1-2-2022,

Dhamma Mālāvā, Indore (M.P.)

Vipassana Centre, Village Jambudi Hapsi, Opp. Gomatgiri, 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(Only for old Student 19 to 30-12), #ST: 3-day:1-day: Every Month First Sunday (Except 3 may) (8 am to 1:30 pm), Group Sitting: Every Sunday (Except First Sunday and Course Time) 9:30 to 10:30 am Group Sitting Contact: Mob. 98275-61649,

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: 2021» 19 to 30-11, #ST: 2021» 18 to 26-12, 3-day: 2021» 26 to 29-12, Contact Office: Vikram Nagar, Mhow road, Ratlam, Mob. 09425364956, 09479785033.

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

Vipassana Dhamma Guna, Village- Pagara, Dist.- Guna, (at 12 kms. Guna-Gwalior Division.) **Contact:** Shri Virendra Singh Raghuvanshi, Raghuvanshi Kirana Store, Near State bank of India, Ashok Nagar Road, Village – Pagara, Dist: Guna, MP – 473001. Mob: 9425618095, Shri Rajkumar, Raghuvanshi, Mob: 9425131103. Email: info@guna.dhamma.org. **10-day: 2021»** 19 to 30-11, 10 to 21-12, **Gwalior: 10-day: 3-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 Ketu, Durg (Chhattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. **10-day:** 6 to 17-11, 21-11 to 2-12, 6 to 17-12, 20 to 31-12, **2022»** 3 to 14-1, 5 to 16-3, 3 to 14-4, 18 to 29-4, 12 to 23-6, 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 14 to 25-8, 4 to 15-9, 18 to 29-9, 1 to 12-10, 13 to 24-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, **#ST: 2022»** 15 to 23-1, **3-Day: 2022»** 17 to 20-3, **Teenagers' Course: (Girls) 2022»** 29-5 to 6-6, **1-Day: 31-10, 20-11, 2022»** 2-1, 1-5, 16-5, 26-6, 28-8, **Children's course: 2-10, 19-11, 18-12, 2022»** 27-3, 17-4, 3-5, 28-10, **Dhamma Sevak Workshop: 5-12, 2022»** 30-10, **Long Courses: 30-day: 2022»** 30-1 to 2-3, **Contact:** 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. Suresh Bang, Mob. 9425209354,

Dhamma Gaṛha, Bilaspur (Chhattisgarh)

Vipassana Centre, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbhatta, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com, **Website:** www.garh.dhamma.org, **10-day: 2021»** 2 to 13-12, 17 to 28-12 **#ST: 2021»** 13 to 21-11, **1-day: 2021»** 24-10, 7-11, **# Children's course: 2021»** 17-10, 28-11, **Contact:** Mr. D. N. Dwivedi Mob. 9806703919, 2. Mr. S. Meshram, Mob. 98269-60230,

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: 2021»** 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, 29-12 to 9-1, **1-day: 2021»** 14-11, 12-12, **1-day: Children Course: 2021»** 31-10, 28-11, 26-12, **Contact City Office:** Tobacco Houjse 5th floor, room no-523, 1, old court house corner, kolkata:-700001, Tel: (033) 2230-3686, 2231-1317.

Dhamma Purī, North Tripura (Tripura)

Tripura Vipassana Meditation Centre, P.O. Machmara, Dist. North Tripura, Tripura 799 265. Email: info@puri.dhamma.org Mob. 09436477510, 8974653507, **10-day: #ST: 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. Prafull-dash, Mob. 7077704724, **10-day: 2021»** 10 to 21-11, 1 to 12-12, 16 to 26-12,

**Facility for students at Pagoda site**

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

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

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

Sundays– 9th January, 2022, Mataji's and Sayagyi U Ba Khin's *Death Anniversary*.? **All One-day Mega courses** at this link: ..? **(the link will be sent on WhatsApp on due course time)**. (Daily one-day courses are still being held at the Pagoda for those who are staying in the campus.) Please follow the link to join- *Samaggānaṃ tapo sukho*: Take advantage of the immense benefit of meditating in a large group.

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

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You may now register for various types of courses such as --
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Currently these new features are available only for Android phones and will be soon available for iOS (iPhones).

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Important Notice

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

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

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

Importance of Lighting a Pagoda

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

PAGODA CORPUS FUND

for the Operations of Global Vipassana Pagoda

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

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

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

You may Contact/ Refer-Bank Details:

Global Vipassana Foundation,

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

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

Please contact:

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

Vipassana Research Institute (VRI)

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

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

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

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Account number: 911010004132846; IFSC Code: UTIB0000062;

Please Contact:

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

DHAMMA DOHAS

*Cala sādhaḥka calate raheṇ, deśa aura paradeśa;
Dharama cārikā se kaṭeṇ, saba ke mana ke kleśa.*

Come meditators, keep walking [on the path], here and abroad. May the suffering of everyone be dissolved by these Dhamma journeys.

*Uṭho! jago! ālasa tajo! maṅgala huā prabhāta;
Miṭā aṇḍherā pāpa kā, bīṭī kālī rāta.*

Come, wake up, let go of sloth, the dawn of happiness is here; The darkness of impurity is dissolved, the dark night is over.

*Śīla māṃhi kalyāṇa hai, hai samādhi kalyāṇa;
Prajñā to kalyāṇa hī, prakāṣe pada nirvāṇa.*

There is benefit in moral conduct, benefit in controlling the mind, benefit in wisdom, leading to nibbāna.

*Vimala dharama kā jyotidhara, maṅgala jagā prabhāta;
Dukhahara, bhayahara, timirahara, aruṇataruṇa navajāta.*

The beneficent dawn rises holding the light of pure Dhamma; Taking away the pain, the fear, the darkness, as the new sun is born.

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