



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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Words of Dhamma

*Pūjako labhate pūjaṃ, vandako paṭivandanaṃ;
Yaso kittiṇca pappoti, yo mittānaṃ na dūbhati.*

—Khuddaka Nikaya, Jataka Pali-2, 538, Mugapakkajataka 1/17.

Respecting others, he is respected; honoring others, he is honored; He attains fame and renown—he who does not betray friends.

Shri S N Goenka's Autobiography - Excerpts

Excerpts from Resp. Goenkaji's autobiography have been periodically published in this newsletter. These give us a glimpse of his struggles and triumphs in establishing Dhamma as well as his deep connection with his teacher Sayagyi U Ba Khin.

– (Editor)

Applied Dhamma

Dhamma is Dhamma only if it becomes a part of life; it should become a part of our daily interactions, our behaviour. If it becomes mechanical, turns into a mere ritual, then it does not give fruit. Equanimity must be maintained with the ebb and flow of life, in spring and in winter; Resp. Sayagyi U Ba Khin laid immense emphasis on this. This was the reason that this teaching of his had such a powerful impact on my mind.

In the blink of an eye, when all my businesses were nationalized and went into government hands, then maintaining a balanced mind, an equanimous and peaceful mind became possible only due to Vipassana. My teacher was pleased to see this.

One day he asked, "After your daily meditation, do you share your merits, do you spend some time practising metta?" Upon my affirmative statement



he further asked, "Who do you share your merits with?" I said, "My elders, and then all those who have helped me grow in Dhamma, directly or indirectly. Also included in this are those government officers and ministers who nationalised my entire business, giving me a golden opportunity to ripen in Dhamma. After this I share my merits with all beings." This pleased him as well. I further told him that I do not harbour any negativity towards the government or those officers who were responsible for the nationalisation. This ministerial cabinet consists of my friends too. They said that the government's move was not taken with malicious intent towards any particular business community, but was taken with the intention of benefiting the entire nation. When there is no animosity in their minds, then should I

“Burma owes a huge debt to India, and the time is here to repay that. We received this priceless Dhamma jewel from there and India has lost it. It needs it desperately. Many have taken birth now in that land who are replete with pāramīs of many lifetimes. Such people will accept this Dhamma, this jewel of Vipassana easily and happily.”

harbour it? The truth be told, there is only goodwill towards them in my mind. And I am grateful that they freed me from all the responsibilities of running the businesses which had ensnared me so much. Now there is ample time available which I have devoted to pariyatti and paṭipatti (theory and practice) of Dhamma, which otherwise would have been impossible. Gurudev, hearing this, uttered Sadhu! Sadhu! and encouraged me to continue giving them metta, just as I had been doing. And I have continued to give metta as I had been doing, and will continue to do so. With this I am truly very happy

If the Base Itself is Faulty

My Teacher Sayagyi U Ba Khin had full faith in the widespread prediction that 2500 years after the Tathagata's Mahāparinibbāna, Vipassana would arise once again in its land of birth and from there spread all around the world giving immense benefit to so many. He would often say, “The clock of Vipassana has struck. Now the time has come. It will go beyond the borders of Burma and spread all over.” He had this strong Dhamma volition to come to India as a Dhamma messenger and participate in this significant, sacred and immense Dhamma mission; to go and conduct camps himself. To establish Vipassana in that land so that the suffering multitudes could find succour, to show them the beneficent way to final release.

He would often repeat, “Burma owes a huge debt to India, and the time is here to repay that. We received this priceless Dhamma jewel from there and India has lost it. It needs it desperately. Many have taken birth now in that land who are replete with pāramīs of many lifetimes. Such people will accept this Dhamma, this jewel of Vipassana easily and happily.”

But not withstanding his fervent wish he was

helpless. He could not travel to India for this sacred task as in those days it was very difficult for a Burmese citizen to obtain a passport to travel.

At this time, the chief bhikkhu of the Mahabodhi Society in Madras, India sent an invitation letter asking Gurudev to come to India with some associates, and organize a Vipassana camp. Sayagyi was very happy thinking perhaps it was time to fulfill his long cherished desire. He applied for a passport with a request to travel for Dhamma service.

The concerned officer was caught in a bind. He respected Sayagyi deeply but was helpless. In accordance with the rules, a Burmese passport could be given only to those wishing to leave Burma for good or to those who were travelling abroad for a job. In such a situation, how could he give a passport to Sayagyi? He sent a senior officer, who was also a student of Sayagyi, to him with a message that Sayagyi should request an appointment letter for a job from one of his students abroad, thus fulfilling the government's criteria. He would then be given a passport immediately. He said that this was a mere formality, of course, as the government knew well that he was not going abroad for any job.

Had Sayagyi accepted this proposal, his dream of travelling for the purpose of the spread of Dhamma would have been fulfilled smoothly. He would have repaid Burma's debt to India himself, offering the elixir of Dhamma to the suffering multitudes across the world. But here was a question of morality and



he could never compromise on that. He would often say that the highest and finest of goals should not be sought to be fulfilled by faulty means, as it does not lead to success. The means should be as pristine as the goal that sparkles with purity. This is pure Dhamma.

He rejected the suggestion very firmly. Getting a bogus invitation letter for a job would have been easy. But how could Dhamma be taught on a foundation of lies? To watch the long cherished dream that nestled deep in his heart, break, was acceptable to him but not the telling of a tiny lie. A lie is a lie, no matter how exalted the reason. U Ba Khin would not go to teach based on a lie.

His Support is Always Present

My Teacher, Sayagyi U Ba Khin, was training me to teach Vipassana for many years, though I had no inkling of this. For years I remained under the impression that I was merely assisting him as a translator for his Indian students, as he spoke in Burmese. Only after many years did I realise that he was preparing me for future responsibilities.

He took me along to Mandalay and Maymyo cities in Northern Burma for camps. There, centres replete with Dhamma vibrations where one could be suffused with energies of Dhamma did not exist. It was as if, by taking me along, he was preparing me for eventualities which I would have to face upon reaching India, such as I am facing now, where I have to organize meditation camps in makeshift places like schools, rest houses, hotels etc, places totally devoid of Dhamma vibrations.

The first camp in Northern Burma was held in Mandalay where all the meditators were Hindi-speaking Indians. One day, suddenly, Gurudev instructed me to give the evening discourse in Hindi. Looking back, I realise that this too was one of the ways in which he was preparing me for future responsibilities. Though I had had plenty of experience giving public speeches, I felt uneasy, hesitant about giving a Dhamma talk, and that too in the presence of my teacher. Nevertheless, I did as he had instructed.

After some time, a camp was held in the Rangoon centre where only three meditators participated, all Hindi speaking. It was time to give Anapana and I went, as always, to the central cell of the Dhamma centre with Guruji. He concluded the initial Buddha salutation, then he unexpectedly told me that now I should give them the refuge in the Triple Gems, Five precepts, and also give Anapana. I was taken aback by this totally unexpected instruction. But seeing me a little uneasy, he reassured me by saying, "Do not be afraid. I am right here with you". Overcoming my

hesitation, I gave the Dhamma teaching instructions in his presence. For the very first time I executed these serious and profound responsibilities. Gurudev was very pleased and satisfied.

The fourth day was Vipassana. I had an inkling that Gurudev would likely ask me to give Vipassana. But I got nervous when, upon instructing me to do so he went to his room to rest. How can I give Vipassana in his absence, I thought? But perhaps this is what he wanted to teach me. While leaving, he assured me saying, "What if I am not here? My metta and Dhamma vibrations will remain giving help and protection". Strengthened and encouraged by his reassuring words, I gave Vipassana independently for the first time to these three meditators.

The 'journey of travelling' from head to toe was not even half over when one of the meditators began to tremble severely. His tremors were increasing by the moment. I was flustered. What should I do? I thought of calling out to Guruji but this would have disturbed the Vipassana atmosphere. I sat there, in a quandary for a few moments, until I remembered the words of Gurudev, his smiling face full of metta and the presence of Dhamma all around. I was strengthened; I understood that there was no need to call out to him as he remained with me in these Dhamma vibrations. My mind became tranquil and composed and giving metta to that meditator with a balanced and peaceful mind, calmed him in a few minutes. His tremors ceased. The Vipassana given by me for the very first time was successful. This pleased Gurudev immensely.

Ever since then, whenever I teach Dhamma in any camp, I feel his presence by way of metta permeating the atmosphere. I am aware that I am but his representative, merely serving him by fulfilling his vow, going from place to place, offering Dhamma service to the suffering beings everywhere. The work is his alone. Dhamma strength, too, is his.

Dhamma Son,

S.N. Goenka

Excerpts from Sayagyi U Ba Khin's (Gurudev's) Letters

"In India, you have undertaken seva [service] that is profound and unparalleled. In doing this work you are but representing me. Hence it is my duty to see that you succeed in your endeavour under any circumstances to proffer pristine Dhamma to those who need it. In your success lies my success....."

10.10.69

“Shower your metta on meditators and all other beings after every session of meditation....” 10.12.69

“Just as Lord Buddha had to struggle to overcome opposing energies, so also you have to do the same.”

“Proffering metta to all the beings and especially to the sadhakas, remain focused on your work. Have faith that success will be yours...”

“From transformation that is happening all over the world, it is clear that a day will come when all those rich in pāramīs shall come under the shelter of the wheel of Dhamma....” 27.1.70

“After the sun set on the empire of Ashoka, the Buddha Dhamma began to disintegrate in the central nation (Bharat). After a period of nearly 2000 years, you are the first person to have reawakened Vipassana there. It has given positive and practical results. Seeing this it is but natural for us to feel that we have undertaken a gigantic work to fulfill the debt of the Lord Buddha....” 28.8.70

“It is essential to have a suitable place for those who wish to meditate for longer duration. Even if it be small, let that be your centre from where you teach Dhamma....” 19.9.70

Gurudev’s letter to Goenkaji’s younger brother Gaurishankar –

“It fills me with joy and enthuses me to see your brother Satya Narayan Goenka doing so well in Bharat (India) teaching pure Dhamma. I dearly wish that I too could spend the rest of my life there with him where the land is so fertile for pure Dhamma...” 19.6.70

Note: Two days prior to taking his last breath Resp. Sayagyi U Ba Khin said to those close to him, “I have decided that I will leave Burma forever and go and live with Goenka.”

And that is what he did. Resp. Gurudev continues to live with Goenka. All courses flourish and are nurtured under his Metta and blessed protection and will continue to do so. (S.N.G.)

– Hindi ‘Vipassana’ Patrika (Newsletter) printed on
25-10-1991, Volume 21, Number-4.

Revolution with a View To Nibbana [excerpt]

“May those persons who make the effort and practice, receive and be engulfed by the Dhammadhātu, Bodhidhātu, and Nibbānadhātu (the vibrations of Dhamma, Bodhi or Enlightenment, and Nibbāna respectively) of the Buddha.

May they, by their established sīla, samādhi, and paññā, utterly destroy the evils that are the colonisers of saṃsāra, viz., craving, conceit, and wrong view (taṇhā, māna, and micchā-diṭṭhi) and attain swiftly and directly the full extinction of defilements (sa-upādisesa nibbāna), which is beyond the nature of compounded things (saṅkhāra dhamma).

May they, with the radiant rays of Nibbāna that they have received, deliver peace and tranquillity throughout this universe.”

– Dhammacakka Day, Full moon, July 1950, a discourse
by Sayagyi U Ba Khin – “The Clock of Vipassana has
Struck” p196-197 VRI



Conclave on Buddha’s Teachings in Kushinagar

A special programme was organised by the Cultural and Tourism Dept of the Government of India in the sacred town of Kushinagar, the place of Mahāparinibbāna of Sakyamuni Buddha. The participants were invited from all religious denominations whereupon their leaders, monks, bhikkhus, munis, professors of varied universities, professionals and ministers etc. participated. Considering the contribution of Vipassana Meditation as taught by Guruji; some Vipassana Meditators were also invited to the Conclave.

On first day of the Conclave a 10-minute Anapana session was conducted. This session was attended by around 2000 Venerable Bhikkhus and 1000 householders. At the end of the Anapana session a Government Representative – who himself was a Vipassana sadhak – stood up and spoke about Vipassana. He urged others to taste the nectar of Vipassana. The next day a Vipassana representative was allotted 35 minutes wherein a brief history of Vipassana was given in Hindi followed by a 20-minute Introduction to Vipassana by Guruji and then a 10-minute Anapana recording in his voice was played.

The cool full moon night of the month of October, the Sharad Purnima is special as on this day the “vassa vaas”, or the period of rainy season ends and it is time when the monks’ seclusion period comes to an end. The Government offered Sangha-dana to all Venerable Bhikkhus present on this occasion. The Prime Minister of India, who came here for inauguration of an International Airport, also participated in the opening ceremony of the newly built Ramabhar Stupa where devotees could pay homage to Lord Buddha.

A few paintings on Buddha’s life from Art Gallery

of Global Vipassana Pagoda were also displayed on the walls of International Airport's lounge.

The very first flight landed at the Kushinagar airport carrying 126 delegates from Sri Lanka, including 11 Venerable Senior Monks (Mahatheras). They came carrying the Buddha's sacred physical dhātu or relics in a beautifully carved golden casket which was placed in the Mahāparinibbāna Temple for a while where devotees offered rituals.



The Relics of the Buddha in golden Casket from Sri Lanka

The Prime Minister of India offered Sangh-dana to Venerable Senior Monks (Mahatheras) from India and Sri Lanka and earned merits.

The President of India Arrives at Vipassana Center in Patna

The President of India visited Patna, the capital city of Bihar, along with his family for 3 days. On the 22nd October he visited the Vipassana centre of Patna, Dhammapataliputta, sitting for meditation for a while. Later, sharing his 20 years of Vipassana experience as a meditator, he emphasised that the government sector should take benefit of Vipassana which would raise their ability to work better, thus benefitting the nation. On this occasion, the Bihar Government brought out a G.R. declaring paid leaves for 15 days to the bureaucrats who wish to participate in Vipassana courses; setting an example for other

states to follow suit. This will certainly encourage more people to attend Vipassana courses.



The Honorable President of India Mr. Ramnath Kovind visited the Vipassana Meditation Centre in Patna and meditated for some time in the Dhamma Hall.

– Editor



New Responsibility Senior Assistant Teachers (SATs)

1. Mrs. A. P. Rajeshwari, Chennai (TN)
2. Shri Janardhan J Bhagat, Mangrulpur Dist. Washim
3. Shri Omprakash Gadlinge, Amarawati
4. Dr. Suresh Kotangale, Tumsar

Assistant Teachers

1. Mr. Venkatasubramani B., Chennai (TN)
2. Mr. Kalpesh K Giri, Rapar-Kutch
3. Mr. Meet Kumar Vala, Junagadh, Gujarat
4. Mr. Punit budhbhatti, Mandvi-kutch

Children Course Teachers

1. Mr. Sudhir Jayantilal Wani, Nandurbar



Peaceful Death

1. Shri Mahavirprasad Jain breathed his last very peacefully at his residence at Amaravati, on September 29. For many years he was an SAT, serving at Dhammanaga, Nagpur. May he continue to grow on the path of Dhamma.

2. Mr. Rohanikant Sharma, from New Bombay breathed his last peacefully. For many years he was an SAT, served many courses. May he be peaceful and grow on the path of Dhamma.



Dhammāñcala Vipassana Centre, Chhattisgarh

"A new Vipassana Meditation Center "Dhammāñcala" is under construction at village 'Unchdih' Tah. Lundra,

District- Surguja (Ambikapur). PIN Code 497101. A 10-day Vipassana Meditation course was organised in May 2021 in Ambikapur as first gypsy course. The proposed Center is located at 22 kilometres from Ambikapur. The trust has planned for construction of Single Residence with attached toilet to accommodate 50 male and 30 female students along with Dhamma hall, Dinning Hall, Kitchen, A.T. rooms, and 40 Pagoda cells. The proposed centre is in a hilly area near a Dam. The estimated cost of Construction is Rs. 3 Crores.

Trust: 'Surguja Anchal Vipassana Charitable Trust'
Bank: Punjab National Bank, Ambikapur, A/c no. 6117000100054621, IFSC Code: PUNB0611700; PAN No. of the trust: ABATS6930L, **Contact:** Shri V. N. Yadav 9826273341, **Email:** srsahu1234@gmail.com



Very Important Notices

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

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

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



Special notice

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

25 Minutes Anapana for all: <https://youtu.be/aYJmFdeBfVQ>
https://www.yridhamma.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, Igatpuri-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 130-10 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, Gratitude Course: 2022 2 to 17-2, (NB: All Meetings and workshops in December 2021 will be on webinars due to Covid-19); Long Courses: Special 10-day: 2022 13 to 24-7, Please register on atmeetingindia@dhamma.net.in with following details: Full Name, Age, Gender, CT/assistant to CT/trustee, Name of Centre and Place: Special Requirement (if any):

Dhamma Tapovana-1 Igatpuri

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 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, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 3 to 14-5, 17 to 28-5, 8 to 19-6, 22-6 to 3-7, 5 to 16-7, 19 to 30-7, 18 to 29-8, 31-8 to 11-9, 13 to 24-9, 28-9 to 9-10, 12 to 23-10, 26-10 to 6-11, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 21-12 to 1-1-2023, #ST: 2022 12 to 20-3, 1 to 9-8, 3-day: 2022 12 to 15-8,

Gratitude Course 20-day: 2022 2 to 23-2,

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 requested 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) 2021 21-11 to 2-12, 25-12-21 to 5-1-22, 2022 13 to 24-2, 26-2 to 9-3, 9 to 20-4, 6 to 17-5, 21-5 to 1-6, 22-6 to 3-7, 6 to 17-7, 20 to 31-7, 6 to 17-8, 19 to 30-9, 8 to 19-10, 29-10 to 9-11, 26-11 to 7-12, 24-12 to 4-1-23 (Female only) 2021 7 to 18-11, 2022 8 to 19-1, 29-1 to 9-2, 23-4 to 4-5, 8 to 19-6, 5 to 16-9, 12 to 23-11, 10 to 21-12, #ST: (Female only) 2021 5 to 13-12, (Male only) 2022 21 to 29-3, 21 to 29-8 3-day: (Male only) 2022 23 to 26-1, 11 to 14-3,

Dhamma Vipula: Belapur (New Mumbai)

Belapur Vipassana Centre, Plot No. 91A; Sector 26, Parsik Hill, CBD Belapur; (Parsik Hill, Nearest Railway Station: Seawoods on Harbour line) Navi Mumbai 400 614, Tel: 022-27522277, 27522404/03 (Timing 11 am to 5 pm) Email: dhammavipula@gmail.com, 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, 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 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	Dhamma Kalyāna, Kanpur (U.P.)
14 to 25-12-2021	Dhamma Khetta, Hyderabad (Telangana)
8-2 to 1-3-2022	Dhamma Cakka, Sarnath, (U.P.)
10 to 21-3-2022	Dhamma Pīṭha, Ahmedabad (Gujarat)
6 to 17-4-2022	Dhamma Nāga, Nagpur
10 to 21-4-2022	Dhamma Thālī, Jaipur
19 to 30-6-2022	Dhamma Thālī, Jaipur
13 to 24-7-2022	Dhamma Giri, Igatpuri
14 to 25-7-2022	Dhamma Paṭṭhāna, Sonapat, (Haryana)
20 to 31-7-2022	Dhamma Pabbaja, Churu, Rajasthan
9 to 20-8-2022	Dhamma Bhandāra, Bhandara
20 to 31-8-2022	Dhamma Vāhīnī: Titwala
20 to 31-8-2022	Dhamma Pushkar, Ajmer, Rajasthan
14 to 25-9-2022	Dhammapāla, Bhopal (M.P.)
6 to 17-10-2022	Dhamma Bodhi, Bodhgaya (Bihar)
9 to 20-10-2022	Dhamma Thālī, Jaipur
11 to 22-10-2022	Dhamma Paṭṭhāna, Sonapat, (Haryana)
12 to 23-10-2022	Dhamma Setu, Chennai (Tamil Nadu)
14 to 25-12-2022	Dhammapāla, Bhopal (M.P.)
20 to 31-12-2022	Dhamma Pabbaja, Churu, Rajasthan

Gratitude Course

16-1 to 6-2-2022	Dhamma Vipula, Belapur (New Mumbai)
2 to 23-2-2022	Dhamma Pattana, Goraigaon, Mumbai
26-1 to 10-2-2022	Dhamma Pīṭha, Ahmedabad (Gujarat)
2 to 17-2-2022	Dhamma Giri, Igatpuri
2 to 17-2-2022	Dhamma Sarovara, Dhule
2 to 17-02-2021	Dhamma Nāga, Nagpur
2 to 17-2-2022	Dhamma Pabbaja, Churu, Rajasthan
2 to 17-2-2022	Dhamma Setu, Chennai (Tamil Nadu)
2 to 17-2-2022	Dhamma Madhurā, Madurai
2 to 17-2-2022	Dhamma Nāgajūna-I Nagarjun Sagar (Telangana)
2 to 17-2-2022	Dhammālaya, Kolhapur
2 to 17-2-2022	Dhamma Pāṭliputta Patna (Bihar)
2 to 17-2-2022	Dhamma Anākula, Akola
1-2 to 16-2-2023	Dhamma Divākara, Mehsana (Guj.)
2 to 17-2-2023	Dhamma Nāgajūna-I Nagarjun Sagar (Telangana)
2 to 17-2-2023	Dhamma Pāṭliputta Patna (Bihar)

20-day

4 to 25-12-2021	<i>Dhamma Lakkhaṇa, (U.P.)</i>
14-12-21 to 4-1-22	<i>Dhamma Khetta, Hyderabad (Telangana)</i>
6 to 27-2-2022	<i>Dhamma Thalī, Jaipur</i>
2 to 23-2-2022	<i>Dhamma Setu, Chennai (Tamil Nadu)</i>
2 to 23-2-2022	<i>Dhamma Paphulla, Bangalore</i>
23-2 to 16-3-2022	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
1 to 22-3-2022	<i>Dhamma Pīṭha, Ahmedabad (Gujarat)</i>
19-4 to 10-5-2022	<i>Dhamma Paṭṭhāna, (Haryana)</i>
4 to 25-5-2022	<i>Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)</i>
10 to 31-7-2022	<i>Dhamma Pushkar, Ajmer, Rajasthan</i>
17-7 to 7-8-2022	<i>Dhamma Kanana, Balaghat (M.P.)</i>
1 to 22-8-2022	<i>Dhamma Bodhi, Bodhgaya (Bihar)</i>
1 to 22-8-2022	<i>Dhamma Paṭṭhāna, (Haryana)</i>
3 to 24-8-2022	<i>Dhamma Cakka, Sarnath (U.P.)</i>
13-8 to 3-9-2022	<i>Dhamma Divākara, Mehsana (Guj.)</i>
8 to 28-9-2022	<i>Dhammapāla, Bhopal (M.P.)</i>
16-8 to 6-9-2022	<i>Dhammālaya, Kolhapur</i>
9 to 30-9-2022	<i>Dhamma Garha, Bilaspur (Chhattisgarh)</i>
6 to 27-10-2022	<i>Dhamma Bodhi, Bodhgaya (Bihar)</i>
28-10 to 17-11-2022	<i>Dhamma Sarovara, Dhule</i>
28-10 to 18-11-2022	<i>Dhamma Thalī, Jaipur</i>
11-11 to 2-12-2022	<i>Dhamma Pushkar, Ajmer, Rajasthan</i>
30-11 to 21-12-2022	<i>Dhammapāla, Bhopal (M.P.)</i>

30-day

6-11 to 7-12-2021	<i>Dhamma Cakka, Sarnath (U.P.)</i>
7-11 to 8-12-2021	<i>Dhamma Pushkar, Ajmer, Rajasthan</i>
20-11 to 21-12-2021	<i>Dhamma Vāhinī: Titwala</i>
21-12-21 to 21-1-2022	<i>Dhamma Ambikā, South Gujarat</i>
14-12-21 to 14-1-22	<i>Dhamma Khetta, Hyderabad (Telangana)</i>
16-1 to 16-2-2022	<i>Dhamma Kanana, Balaghat (M.P.)</i>
30-1 to 2-3-2022	<i>Dhamma Ketu, Durg (Chhattisgarh)</i>
2-2 to 5-3-2022	<i>Dhamma Setu, Chennai (Tamil Nadu)</i>
6-2 to 9-3-2022	<i>Dhamma Thalī, Jaipur</i>
9-2 to 12-3-2022	<i>Dhamma Bodhi, Bodhgaya (Bihar)</i>
23-2 to 26-3-2022	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
27-2 to 30-3-2022	<i>Dhamma Paṭṭhāna, (Haryana)</i>
4-5 to 4-6-2022	<i>Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)</i>
28-5 to 28-6-2022	<i>Dhamma Paṭṭhāna, (Haryana)</i>
10-7 to 10-8-2022	<i>Dhamma Pushkar, Ajmer, Rajasthan</i>
1-8 to 1-9-2022	<i>Dhamma Bodhi, Bodhgaya (Bihar)</i>
3-8 to 3-9-2022	<i>Dhamma Divākara, Mehsana (Guj.)</i>
16-8 to 16-9-2022	<i>Dhammālaya, Kolhapur</i>
28-8 to 28-9-2022	<i>Dhamma Paṭṭhāna, (Haryana)</i>
8-9 to 9-10-2022	<i>Dhammapāla, Bhopal (M.P.)</i>
26-10 to 26-11-22	<i>Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)</i>
28-10 to 28-11-2022	<i>Dhamma Thalī, Jaipur</i>
30-10 to 30-11-2022	<i>Dhamma Cakka, Sarnath (U.P.)</i>
5-11 to 6-12-2022	<i>Dhamma Pīṭha, Ahmedabad (Gujarat)</i>
11-11 to 12-12-2022	<i>Dhamma Pushkar, Ajmer, Rajasthan</i>

45-day

20-11 to 5-1-2022	<i>Dhamma Vāhinī: Titwala</i>
13-12 to 28-01-22	<i>Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)</i>
17-12-2021 to 1-2-2022	<i>Dhammapāla, Bhopal (M.P.)</i>
19-12 to 3-2-2022	<i>Dhamma Tapovana-1, Igatpuri</i>
21-12-21 to 5-2-22	<i>Dhamma Ambikā, South Gujarat</i>
1-1 to 16-2-2022	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
1-1 to 16-2-2022	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
6-2 to 24-3-2022	<i>Dhamma Thalī, Jaipur</i>
9-2 to 27-3-2022	<i>Dhamma Bodhi, Bodhgaya (Bihar)</i>
23-2 to 10-4	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
27-2 to 14-4-2022	<i>Dhamma Paṭṭhāna, (Haryana)</i>
9-2 to 27-3-2022	<i>Dhamma Bodhi, Bodhgaya, (Bihar)</i>
16-8 to 1-10-2022	<i>Dhammālaya, Kolhapur</i>
26-10 to 11-12-22	<i>Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)</i>
27-10 to 12-12-2022	<i>Dhamma Paṭṭhāna, (Haryana)</i>
5-11 to 21-12-2022	<i>Dhamma Pīṭha, Ahmedabad (Gujarat)</i>
14-12-22 to 29-1-23	<i>Dhamma Nāgajjuna-II Nagarjun Sagar</i>

60-day17-12 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 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 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 Ajantā, 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, 2022 12 to 23-1, 26-1 to 6-2, 9 to 20-2, 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 20-4 to 1-5, 4 to 15-5, 25-5 to 5-6, 8 to 19-6, 22-6 to 3-7, #ST: 2021 17 to 25-11, 2022 4 to 12-4, **2-day:** 2021 26 to 28-11, 2022 15 to 17-4, **Teenagers' Course:** (Boys) 2022 16 to 24-5,

Dhamma Sarovara, Dhule

Khandesh Vipassana Centre, near Dedargaon Water Purification Centre, Post Tikhi, Dist. Dhule, 424002. (No admission without confirmation. Dhule – Hendrun Bus is available from Dhule Bus Stand every hour up to 4:30 pm Rickshaw is also available from Panch Kandil Shere Punjab lodge to Tikhi. From Tikhi, rickshaw is available for centre, 1 km away.) **10-day:** 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 Cours:** 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 Bhatavadi, 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,

Dhammālaya, Kolhapur

Deccan Vipassana Research Centre, Ramling Road, Aalte Park, Aalte, Tal Hatkangale, Dist. Kolhapur, Pin: 416123. Email: info@alaya.dhamma.org; (No admission without confirmation) **Contact:** Mob. 97674-13232. 9697933232, 7420943232, **10-day:** (Hindi/English speaking students only) 2021 21-11 to 2-12, 5 to 16-12, 19 to 30-12, 2022 2 to 13-1, 16 to 27-1, 19-2 to 2-3, 6 to 17-3, 20 to 31-3, 3 to 14-4, 17 to 28-4, (1 to 12-5 only Female), 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, 6 to 17-10, 28-10 to 8-11, 12-11 to 23-11, 26-11 to 7-12, 10 to 21-12, #ST: (Hindi/English speaking students only) 2021 21 to 30-12, 2022 22 to 31-3, 3 to 12-7, 8 to 17-10, **3-day:** (Hindi/English speak-

ing students only) 2022» 14 to 17-5, 19 to 22-10, 26 to 29-12, **Dhamma Servers' Workshop:** (Hindi/Marathi speaking students only) 2021» 19 to 20-11,

●● **Gratitude Cours:** 2022» 2 to 17-2,

●● **Long Courses:** 20-day: 2022» 16-8 to 6-9, 30-day: 2022» 16-8 to 16-9, 45-day 2022» 16-8 to 1-10,

Dhamma Sugandha : Bhose (Sangali)

Sangali Vipassana Meditation Centre, Gat No. 564, Talaaw Road, Near Yallamma Temple, Khamkarwadi, Bhose - 416420, Ta. Miraj, Dist: Sangali, Email: info@sugandha.dhamma.org, Tel: 9422410436, 9403841943, online registration www.dhamma.org/en/schedules/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, Mahurjhar 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 Cours:** 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 Amrāvati, 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, 2022» 12 to 23-1, 18-2 to 1-3, 23-3 to 3-4, 22-6 to 3-7, 17 to 28-8, 14 to 25-9, 7 to 18-10, 14 to 25-12, #ST: 21 to 29-11, 2022» 9 to 17-11, 1-day 23-1, 1-3, 3-4, 3-7, 28-8, 25-9, 18-10, 25-12, **Dhamma Meeting:** 2022» 17-4, **Dhamma Servers' Workshop:** 2022» 8-5

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 (Pa-

vani), 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 Khandare, 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, Choureji, 9890441071, Vinodji, 9422833002, 7588749108,

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

Dhamma Avāsa, Latur

Latur Vipassana Samiti, Vasant Vihar Colony, Near 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 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) 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, online Apply: https://www.dhamma.org/en/schedules/v2/schanakula#normal, Email: info.anakula@vridhamma.org 10-day: (only male) 24-11 to 5-12, 19-12 to 9-1-2022, (only female) 8 to 19-12, 12 to 23-1-2022 2022» (Male & Female) 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 5 to 16-5, 15 to 26-6, (29-6 to 10-7 only Bhikkhu), 13 to 24-7, 3 to 14-8, 17 to 28-8, 31-8 to 11-9, 18 to 29-9, 11 to 22-10, 27-10 to 7-11, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 20 to 31-12, #ST: 2022» 20 to 28-4, 1 to 9-10, 3-day: 23 to 26-12, 2022» 26 to 29-1, 28 to 31-7, 2-day: 19 to 21-2, 1 to 3-5, 13 to 15-9, 1-day 2022» 23-1, 20-3, 17-4, 16-5, 26-6, 14-8, 29-9, 22-10, 4-12, 31-12, **Teenagers' Course:** (Boys) 2022» 1 to 9-6, **Teenager's Course:** (Girls) 2022» 21 to 29-5, #1-day Children Course: 2022» 9-1, 6-3, 24-7, 28-8, 20-11, 18-12,

Gratitude Course: 2022» 2 to 17-2, **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. **10-day:** 2022» (only male) 2 to 13-1, 6-2 to 17-2, 6-3 to 17-3, 3 to 14-4, 1 to 12-5, 5 to 16-6, 3 to 14-7, 7 to 18-8, 4 to 15-9, 2 to 13-10, 6 to 17-11, 4 to 15-12, (only female) 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 **3-day:** (only male) 2022» 27 to 30-1, 27 to 30-10, (only female) 28 to 31-7, **1-Day:** (only male) 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 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: 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 (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:** 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 Vignyan Satsang Kendra, -Chapsani 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.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:** 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: 1 to 12-12, 15 to 26-12, 2022» 5 to 16-1, 19 to 30-1, 2 to 13-2, 16 to 27-2, 2 to 13-3, 16 to 27-3, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 19 to 30-10, 2 to 13-11, 16 to 27-11, 7 to 18-12, 21-12 to 1-1-2023, **Contact:** Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Patthana, Sonapat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapatthana@gmail.com #ST: 2021» 23 to 31-12, 2022» 5 to 13-1, 18 to 26-1, 1 to 9-2, 14 to 22-2, 15 to 23-5, 4 to 12-7, 17 to 25-12, **AT Workshop:** 2 to 5-10, **Dhamma worker workshop:** 6 to 7-10, ● **Long Courses:** Special 10-day: 2022» 14 to 25-7, 11 to 22-10, 20-day: 2022» 19-4 to 10-5, 1 to 22-8, 30-day: 2022» 27-2 to 30-3, 28-5 to 28-6, 28-8 to 28-9, 45-day: 2022» 27-2 to 14-4, 27-10 to 12-12, **Contact:** same as Dhamma Sota

Dhamma Karunika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjipura Road, Near Government School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: reg.dhammakarunika@gmail.com, Contact: 1) Mr Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, **10-day:** 2021» 24-11 to 5-12, 8 to 19-12, 22 to 2-1-2022, 2022» 12 to 23-1, 26-1 to 6-2, 9 to 20-2, 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 13 to 24-4, 27-4 to 8-5, 11 to 22-5, 22-6 to 3-7, 13 to 24-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 14 to 25-9, 28-9 to 9-10, 12 to 23-10, 9 to 20-11, 23-11 to 4-12, 14 to 25-12, 28-12 to 8-1-2023, **#ST:** 2022» 29-10 to 6-11, **Teenager's Course:** (Boys) 2022» 28-5 to 5-6, **Teenager's Course:** (Girls) 2022» 11 to 19-6,

Dhamma Hitakari, Rohtak (Haryana)

Vipassana Dhyana Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. Contact: 92543-48837, 9416303639. **10-day:** 2021» 1 to 12-12, 15 to 26-12, 2022» 5 to 16-1, 19 to 30-1, 2 to 13-2, 16 to 27-2, 2 to 13-3, 16 to 27-3, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 2 to 13-11, 16 to 27-11, 7 to 18-12, 21-12 to 1-1-2023, **3-day** 17 to 20-10,

Dhamma Dhaja, Hoshiarpur (Punjab)

Punjab Vipassana Trust, Village Anandgarh, P. O. Mehlanwali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: info@dhaja.dhamma.org 10-day: 2021» 17 to 28-11, 1 to 12-12, 15 to 26-12, 2022» 5 to 16-1, 19 to 30-1, 2 to 13-2, 16 to 27-2, 2 to 13-3, 16 to 27-3, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 19 to 30-10, 16 to 27-11, 7 to 18-12, 21-12 to 1-1-23, **#ST:** 2022» 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: 2022» every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's) #ST: 2022» 20 to 28-3, 15 to 23-11, 3-day: 2022» 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» 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; 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: 2021» 24-11 to 5-12, 8 to 19-12, 2022» 26-1 to 6-2, 9 to 20-2, 23-2 to 6-3, 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, 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: 22 to 30-12, 2022» 15 to 23-1, 6 to 14-3, 14 to 22-8, 7 to 15-10, 3-day 2022» 19 to 22-3, 7 to 10-8, 16 to 19-10, 28-10 to 1-11, Contact: 1) Mr. Bhandari, Tel: (0135) 2104555, 07078398566, Fax: 271-5580.

Dhamma Lakkhana, Lucknow (U.P.)

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

Jetavana Vipassana Meditation Centre, Katra Bypass Road, Opp. Bud-dha Inter College, Sravasti 271845. Email: info@suvatthi.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. Murli Manohar, Mob. 094150-36896,

Dhamma Cakka, Sarnath (U.P.)

Vipassana Sadhana Kendra, Village Khargipur, Post. Piyari, Chaubey-pur, 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, 2022» 3 to 14-1, 18 to 29-1, 3 to 14-2, 4 to 15-3, 3 to 14-4, 18 to 29-4, 3 to 14-5, 18 to 29-5, 3 to 14-6, 18 to 29-6, 3 to 14-7, 18 to 29-7, 3 to 14-9, 18 to 29-9, 12 to 23-10, 5 to 16-12, 18 to 29-12, #ST: 2021» 9 to 17-12, 2022» 21 to 29-3, 2 to 10-10, 3-day: 2022» 28 to 31-8, 1-day: Every month Fourth Sunday. 10 am to 5 pm,

● Long Course: Special 10-day: 2022» 18-2 to 1-3, 20-day: 2022» 3 to 24-8, 30-day: 2022» 30-10 to 30-11, 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 Sun-day. 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 Gurd-wara, Hastinapur, Dist. Meerut- -250404, Office Contact: Tel. 9555515548, 8171490433, 7505414181, 10-day: 2021» 1 to 12-12, 15 to 26-12, 2022» 5 to 16-1, 19 to 30-1, 2 to 13-2, 16 to 27-2, 2 to 13-3, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 6 to 17-7, 20 to 31-7, 3 to 14-8, 17 to 28-8, 7 to 18-

9, 21-9 to 2-10, 5 to 16-10, 2 to 13-11, 16 to 27-11, 7 to 18-12, 21-12 to 1-1-2023, #ST: 2022» 19 to 27-3, 3-day: 2022» 31-3 to 3-4, 1 to 4-9, 17 to 20-10, 1 to 4-12,

Dhamma Licchavi, Muzaffarpur (Bihar)

Dhamma Licchavi Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 8935963703, Email: info@liccha-vi.dhamma.org 10-day: Every month from 5th to 16th and 19th to 30th (In February 19/2 to 2/3/2022) except 19/3 to 30/3/2022 and 19/10 to 30/10/2022. Satipatthana Sutta Course: 22/3 to 30/3/2022

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 from 3rd to 14th and 17th to 28th.

Dhamma Bodhi, Bodhgaya, (Bihar)

Bodh Gaya International Vipassana Meditation Centre, Ga-ya-Dobhi Road (15 km), Near Magadha University, Bodh Gaya-824234. Mob. 94716-03531, 9955911556, Email: info@bodhi.dhamma.org, Web-site: www.bodhi.dhamma.org, Long course Email : bodhi.longcourse@gmail.com Contact: 99559-11556. 10-day: 2021» 16 to 27-11, 1 to 12-12, 15 to 26-12, 29-12 -2021 to 9-1-2022, 2022» 12 to 23-1, 1 to 12-4, 16 to 27-4, 1 to 12-5, 16 to 27-5, 1 to 12-6, 16 to 27-6, 1 to 12-7, 15 to 26-7, 5 to 16-9, 20-9 to 1-10, 1 to 12-11, 16 to 27-11, 1 to 12-12, 15 to 26-12, #ST: 2022» 26-1 to 3-2, 18 to 26-10, ● Long Courses: 10 Day Special: 2022» 6 to 17-10, 20-day: 2022» 1 to 22-8, 6 to 27-10, 30-day: 2022» 9-2 to 12-3, 1-8 to 1-9, 45-day: 2022» 9-2 to 27-3.

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 14-12, 17 to 28-12, 2022» 3 to 14-1, 17 to 28-1, 17 to 28-2, 3 to 14-3, 17 to 28-3, 3 to 14-4, 17 to 28-4, 3 to 14-5, 17 to 28-5, 3 to 14-6, 17 to 28-6, 3 to 14-7, 17 to 28-7, 3 to 14-8, 17 to 28-8, 3 to 14-9, 17 to 28-9, 3 to 14-10, 17 to 28-10, 3 to 14-11, 3 to 14-12, 17 to 28-12, 3 to 14-1-2023, 17 to 28-1-23, 17 to 28-2-23, #ST: 2022» 17 to 25-11, 1-day: 2022» Every sunday, Mini Anapana Meditation: Every Day # 3-day Children Course: 2022» (only Girls age 12-16 yrs) 29-4 to 2-5, (only Boys age 12-16 yrs) 28 to 31-12, Gratitude Course: 2022» 2 to 17-2, 2 to 17-2-2023.

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, ● 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, 2022» 5 to 16-1, 2 to 13-2, 16 to 27-2, 2 to 13-3, 16 to 27-3, 30-3 to 10-4, 13 to 24-4, 27-4 to 8-5, 11 to 22-5, 25-5 to 5-6, 8 to 19-6,

22-6 to 3-7, 4 to 12-7, 20 to 31-7, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 21-12 to 1-1-2023, 4 to 15-1-23, 18 to 29-1-23, 17 to 28-2-23, #ST: 2022» 22-1 to 30-1, 4 to 12-7, 3-day: 2021» 19 to 22-11, 2022» 20 to 23-10, 2-day: 2022» 15 to 17-7, ☯ Gratitude Course: 1 to 16-2-2023

☯ Long Course: 20-day: 2022» 13-8 to 3-9, 30-day: 2022» 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: 2021» 17 to 28-11, 1 to 12-12, 15 to 26-12, 29-12-2021 to 9-1-2022, 2022» 12 to 23-1, 16 to 27-2, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 29-6 to 10-7, 13 to 24-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 25-12 to 5-1-2023, 11-1 to 22-1-23, 25-1 to 5-2-23, 8 to 19-2-23, 22-2 to 5-3-23, #ST: 2022» 1 to 9-3, Gratitude Course: 2021» 26-1 to 10-2,

☯ Long Courses: Special 10-day: 2022» 10 to 21-3, 20-day: 2022» 1 to 22-3, 30-day: 2021» 21-12 to 21-1, 2022» 5-11 to 6-12, 45-day: 2021» 21-12 to 5-2-22, 2022» 5-11 to 21-12, Contact: Ms Shashi Todi, Mob. 98240-65668,

Dhamma Ambikā, South Gujarat

Vipassana Dhyana Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 km. away on west of Boriyach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org Online registration: 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: 2022» 1 to 12-1, 17 to 28-1, 2 to 13-3, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, #ST: 2022» 23 to 31-3, 3-day: 2022» 17 to 20-3, 2-day: 2022» 26 to 27-2,

☯ Long Courses: 20-day: 2022» 2 to 23-2,

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, Chettiyapatti 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, Mampura 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 Koṇḍañña, 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, 9753144641, **online Application:** <https://www.dhamma.org/en/schedules/schkanana>. 10-day: 2022» 2 to 13-1, (20-2 to 3-3 only bhikkhu) 6 to 17-3, 21-3 to 1-4, 3 to 14-4, 17 to 28-4, 2 to 13-5, 2 to 13-6, 2 to 13-7, 19 to 30-8, 2 to 13-9, 17 to 28-9, 6 to 17-10, 22-10 to 2-11, 5 to 16-11, 19 to 30-11, 4 to 15-12, #ST: 2022» 18 to 26-6, 18 to 26-12, 3-day: 2022» 18 to 20-3, 2-day: 15 to 16-5, **Children's courses:** 2022» 29-5, 2-10

●● Long Courses: 20-day: 17-7 to 7-8, 30-day: 16-1 to 16-2

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, 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» 23 to 31-3 14 to 22-10, 3-day: 2022» 3 to 6-2, 12 to 15-5, 8 to 11-9, 27 to 30-10, 2-day: 2022» 1 to 3-4, 1-day: 2022» 20-2, 20-3, 17-4, 24-7, 4-9, 9-10, 27-11, **Teenager's Course:** 2022» (Boys) 3 to 11-5, (Girls) 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, **Sahabagita Seminar for old Student:** 2022» 25 to 26-6,

∞Long Course: Special 10-day: 2022» 14 to 25-12, 20-day: 2022» 8 to 28-9, 30-day: 2022» 8-9 to 9-10, 45-day: 17-12-2021 to 1-2-2022,

Dhamma Mālāvā, Indore (M.P.)

Vipassana Centre, Village Jambudi Hapsi, Opp. Gommatgiri, in front of Pitru mountain, Hatod Road, Indore-452003. **Contact:** 1. Indore Vipassana International Foundation Trust, Tel: (0731) 4273313, Mobile: 98931-29888. Email: info@malava.dhamma.org; dhammamalava@gmail.com, 2. Ghokhale. Mob. 9407406620. 10-day: 1(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, 2022» 2 to 13-1, 18 to 29-1, 2 to 13-2, 17 to 28-2, 5 to 16-3, 20 to 31-3, 3 to 14-4, 18 to 29-4, 4 to 15-5, 20 to 31-5, 4 to 15-6, 19 to 30-6, **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, 2022» 6 to 17-1, 27-1 to 7-2, 10 to 21-2, 3 to 14-3, 31-3 to 11-4, 17 to 28-6, 7 to 18-7, 21-7 to 1-8, 7 to 18-8, 1 to 12-10, 1 to 12-12, 17 to 28-12, #ST: 2021» 13 to 21-11, 2022» 12 to 20-11. 3-day: 2022» 17 to 20-3, 1-day: 2022» 23-1, 3-4, # **Children's course:** 2021» 28-11, 2022» 24-4, 1-5, 16-10, 27-11,

●● Long Courses: 2022» 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: 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. Prafuldash, Mob. 7077704724, 10-day: 2021» 10 to 21-11, 1 to 12-12, 16 to 26-12,



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.)

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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 What'sApp on due course time). (Daily one-day courses are still being held at the Pagoda for those who are staying in the campus.) Please follow the link to join- *Samaggānaṃ tapo sukho*: Take advantage of the immense benefit of meditating in a large group.

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

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for the Operations of Global Vipassana Pagoda

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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.

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DHAMMA DOHAS

*Namana karūn gurudeva ko, kaise santa sujāna;
Kitane karuṇā citta se, diyā dharama kā dāna.*

I pay homage to my revered teacher, so saintly and wise; With a mind overflowing with compassion, he gave the gift of Dhamma.

*Jaya jaya jaya gurudeva jī, namanūṃ śīśa navāya;
Dharama ratana aisā diyā, pāpa samīpa na āya.*

My teacher may you be victorious, to whom I bow my head low; You gave me such a jewel of Dhamma, that impurities cannot come near.

*Guruvara! tere caraṇa kī, dhūla lage mama śīśa;
Sadā dharama main rata rahūṃ, mile yahī āśīśa.*

Oh my teacher! May the dust particles of your feet touch my head; May I always remain immersed in Dhamma, give me this blessing.

*Grahaṇa karūn gurudevajī, aisī śubha āśīśa;
Dharma bodhi hiya main dharūn, caraṇa navāṃ śīśa.*

My teacher, I bow down at your feet; for having received from you the enlightened Dhamma that I hold in my heart.

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Dhamma Giri, Igatpuri 422 403

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