

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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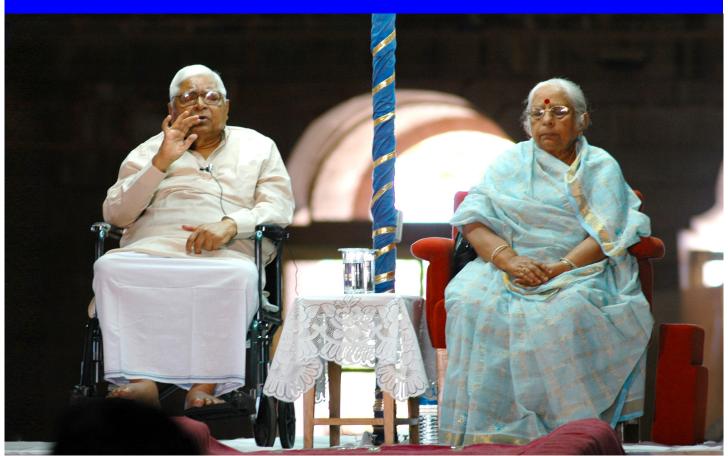
Words of Dhamma

Nidhīnaṃva pavattāraṃ, yaṃ passe vajjadassinaṃ; Niggayhavādiṃ medhāviṃ, tādisaṃ paṇḍitaṃ bhaje; Tādisaṃ bhajamānassa, seyyo hoti na pāpiyo.

—Dhammapadapāli - 76, Paṇḍitavaggo.

Should one see a wise man, who, like a revealer of treasure, points out faults and reproves; let one associate with such a wise person; it will be better, not worse, for him who associates with such a one.

I Cannot Forget Their Help



Excerpts taken from Respected Goenka ji's writings.

An article was published in the newsletter in May 2008 illustrating Respected Goenkaji's gratitude

towards his family and others whose contributions supported his gigantic task. Excerpts from this article are being reprinted here as an inspiration for meditators, elucidating how a joint family replete with Dhamma supports the spread of Dhamma throughout the world. —Editor

I Cannot Forget Their Help

I am in the twilight of my life; I have entered the eighty-fifth year of my life. The list of people towards whom I wish to express my gratitude is very long. It is impossible to include all the details of their Dhamma service in this small article. If I find the time to write a book about my journey on the spiritual path, I may be able to do justice to all of them. Those whose names could not be included in this article should not feel hurt. They should understand the constraints of time and space and should generate mettā.

My deepest gratitude is towards my virtuous parents and family. I also feel grateful towards my primary school teachers, Pandit Kalyandutt Dube and Madan Mohan Sharma. I am profoundly grateful to my Dhamma father, revered Sayagyi U Ba Khin, who gave me a new birth in Dhamma. I am also grateful to my Dhamma mother Daw Mya Thwin, to my companions and supporters in the field of Dhamma: Prof. U Ko Lay, U Ba Po, U Tint Yee and fellow-writer, U Pargu.

Among my other family members, I am grateful to my eldest brother, Bal Krishna, who supported me from my early days as a Vipassana teacher. While serving in India for the spread of Dhamma, I saw many cases of Indian relatives ill-treating refugees who had arrived here after leaving their jobs or businesses in Myanmar. In one case, a person was cheated by his own son. Whereas, in my own situation, after arriving here, I did not serve a single day in the industries or businesses of my extended family in India. Despite this, eight years after my arrival, when my brothers divided their business assets, my generous elder brother gave me an equal share. During those eight years, he provided for all my necessities. He paid for my travel and meals as well as for donations in all the Vipassana courses in India, right from the first course. On arrival, he instructed a newly appointed Hindi steno-typist in his office, Ram Pratap Yadav, to serve me day and night. Since then, he has been serving me as my devoted assistant.

Despite following a different spiritual path at that time, my brother Bal Krishna supported me in the spread of Vipassana. Now, as a fullfledged Vipassana teacher, he is supervising the meditation centres of South India with the help of other teachers. My late brother Babu Lal also supported me and later became a Vipassana teacher.

My sons also supported my Dhamma service. I had handed over all the businesses and cash from my share of the family business to them. I did not sit with them for even a single day to help in these businesses. They continued to bear my travel and other expenses while serving courses. They took full care of my medical expenses as well as all my other necessities. So I was able to devote all my time to serving Dhamma. If my elder brother had ordered me to participate in the family business, how could have I accomplished the noble task of revival and spread of Vipassana in India? Similarly, after the division of family assets, none of my sons had sufficient experience in business. If they had insisted that I help and guide them in business, and fully knowing and understanding their inexperience, if I had got involved in the business, how could have I accomplished the task of spreading Vipassana in the world? How could have I spread the knowledge of Dhamma to thousands of people? Due to their inexperience, my sons had to face some initial setbacks. However, they still kept me free from all worldly responsibilities to allow me to serve in a detached way. Now, my sons are growing old and their children—my grand children have joined them in business. Soon it will be time for my sons to free themselves from their business responsibilities. My son, Sri Prakash is looking after the publication of Vipassana books, CDs and DVDs, which was earlier the responsibility of my younger brother, Radhe Shyam. I would be happy if any of my sons wishes to accumulate merits by serving in other spheres of Dhamma.

Finally, how can I forget my life partner? How could I have completed this long Dhamma journey so successfully without her?

Boundless mettā towards all other servers around the world.

May the pāramīs of all servers and meditators keep growing! May all beings be happy! May all beings be peaceful! Boundless mettā towards all!

Mettā.

S. N. Goenka.

Published in Vipassana Newsletter, May-June 2008.



Resp. Mataji Mrs. Illaichidevi Goenka (18th January 1929 – 5th January 2016)

As an offering of our homage to Respected Mataji on her Death Anniversary, we have included the following letter written by Respected Guruji to her.

—Editor

May Dhamma Consciousness Ever Burn Bright

Panchayatwadi, Mumbai 28.12.1969

Devi Illaichi,

I had already received your letter dated 10th Dec. while still in Madras [Chennai]. Truly, wherever a meditation camp is held, and so many of our brethren benefit from this Dhamma, you too become a recipient of the merit that is gained.

I was truly pleased to know that you visit the meditation center daily and sit at home regularly. That your meditation is proving beneficial to you is a matter of deep satisfaction for me. No, you are certainly not far from me. Whenever you sit in sadhana and Dhamma conciousness arises within, you shall find me near you.

You have written well that you have received a very priceless jewel in Dhamma, yes indeed! This is such a valuable jewel that is available only to the blessed. On its strength alone, you are able to remain happy at this difficult hour. That you see just joy all around.

And not dejection and sadness – this is but your good karma. Whenever sadness rises, it should be dispelled with the help of sadhana, keeping oneself joyous always. The saṅkhārās of sadness in the mind only result in generating further sadness.

The difficulties that are present now should be viewed as fruits of our past kammas and should be borne Dhammically and smilingly. We should remain alert that we do not make fresh saṅkhārās. By this sadhana, the fruits of old saṅkhārās shall weaken and new ones will not be made; then the future can only be bright.

That the Dhamma consciousness within you ever burns bright is my blessing to you.

The days of difficulties shall weaken and dissolve on strength of sadhana alone, also weakening its painful impact....

> Your Partner on Life's Journey, Satya Narayana Goenka.

The true homage to a Dhamma person like Mataji will be when we ourselves walk on the Dhamma Path.

(Excerpt taken from the Hindi book – 'Mettaviharini Mataji')

Excerpts from letters to Babu Bhaiya

From these letters written by Respected Goenkaji to Babu Bhaiya (elder Brother Shri Babulal) in order for him to inform Sayagyi U Ba Khin about the meditation camps in India, it is clear how Respected Guruji conducted all the camps of those days, big or small, with great equanimity and loving kindness as he guided meditation students on the way to walk on the path of Dhamma. As can be seen, these letters written about five decades ago are still relevant, containing information regarding the meditation camps and instructions related to the practice.

—Editor

Camp: Barachakia 14 March 1970

Babu Bhaiya,

Respectful Greetings!

Received your long letter dated 4th March in Delhi, and was very pleased to know that Mother Sayama's birthday is on 26th March and Respected Gurudev's is on 2nd April [according to Burmese calendar]. After finishing here, I wished to begin the Calcutta camp from 26th March itself. In this way, the entire week of both their birthdays would

have fallen under the duration of the camp. There would have been around 10-15 meditators coming from outside. But due to a marriage ceremony being held in the house of the former organizer, I could not trust in arrangements being made by someone else and so could not accept. I myself wish that right from the birthday of Mother Sayama to the birthday of Revered Gurudev, the time should be spent in conducting a camp. If for some reason this is not possible, then I should not spend this week in any other work and instead will meditate for 7 days, either in Rajgir or Bodh Gaya, staying away from the hustle-bustle of people.

The camp here began the night before last. This bungalow of the sugar mill administrator is very quiet and clean, and is nestled among farms and there is beautiful greenery all around. All facilities of electricity, water and bathroom are available. It is well furnished and there are a number of household servants. Holding a course in a private home is not optimal but since there was no other option, the camp had to be set up and therefore, I gave my approval. And perhaps it was for the good. I see that once the camp commenced, since the last 2 days, Dhamma Dhātu has started spreading in the atmosphere. A maximum of 20 people were expected to attend. However, on reaching here on Wednesday evening, a public discourse was organized in the temple, due to which a lot of inspiration was awakened in the people. Hence around 46-47 meditators are taking part in the camp. Despite requests from many other people, the rest had to be refused due to the suitability and limitations of the set-up. I don't know how I will be able to handle such a big Dhamma assembly and if I will be able to do full justice to them. Four people in this camp including a bhikkhuni have come from Pratapgarh. Two bhikkhus have come from Etawah. Three householders have come from Majholia, a nearby town. Seven people have come from Raxaul. The rest are from Narkatiaganj and locals here. Those who have come from Majholia are friends and relatives of Shah Mr. Champalal Saraogi and have come on his request. From among them, Shri Shiv Shankar Kanodia's case is very worrisome. Although there is no paralysis in his right limbs, there is some sort of neurological weakness due to which there are almost constant tremors in the right hand and foot. I hope that Revered Gurudev's and Mother Sayama's metta can be beneficial to this person. Everyone else is fine.

> Your younger brother, Satya Narayan Goenka

Dhamma House in Ethiopia

Vipassana was introduced in Ethiopia in 2007, one or two courses a year were held in a Catholic Church until 2018. But in recent years, that has become difficult.

So, we decided to look for a permanent site. We checked all the neighboring cities and looked at countless places. Most of them were owned by farmers, and selling was illegal. Then about two years ago, we found a suitable place. However, we didn't have the money. At the same time, the Dhamma activity in Rwanda was not going anywhere and it was decided to sell the land there that had been purchased for a center. The donors there then decided to transfer the money to Ethiopia (may they share our merits). Unfortunately, the money was not enough even to pay for the down payment. Eventually, the land was sold to someone else.

With this money at hand though, we started looking tirelessly to rent a Dhamma house. Again, the challenges were huge. But in the end, it paid off. We found this present place unexpectedly, on our way to look for another place. This facility is beyond our wildest dream. The property is in a quiet and easily accessible neighborhood. It has never been used before. It is a four-story building. Each floor has five self-contained rooms (toilet and hot shower attached) giving us a total of 20 rooms



The Dhamma hall that we have chosen is the rooftop terrace. It was an open space with a tin rooftop. Because of the rainy season and cold weather from July-September and sound leaking into the neighborhood, we covered it. The dining hall and the kitchens are located on the ground floor (entrance of the building) while residences are from the 1st-4th floor. Since there is only one stair, as the demand for the course increases, we plan to hold single-gender courses. The walking area is also small but manageable for same-gender courses.

The lease was for a year, but our budget was estimated to last for up to six to seven months' rent. We explained our situation to the owner and he agreed to rent to us anyway. Then, all the modifications to the Dhamma hall and other essential purchases took half of our money. But, in the middle of these uncertainties, another invisible hand came to our rescue (May they share our merits). Now we have a budget not only to finish the year but to look for a permanent center land.

As soon as we signed the contract since we were so eager to have a course, we asked the owner's permission and moved in a day earlier than our lease agreement, and started a threeday course that evening.

When we decided to hold the course, there was just a bare building. However, we agreed among ourselves, to bring our own mattresses and order food from outside, if necessary. As long as there was a place to meditate and stay, the rest was secondary. So, we jumped into the action with closed eyes and big faith in Dhamma, that things would turn out fine.

Fortunately, the old students took turns in bringing lunch. The mattresses were ordered the same day and arrived at 9:30 p.m. We started the course around 10 p.m. It was a three-day course, with local old students. It was a very smooth and deep course.

Since then, we understood that we shouldn't wait for things to get perfect. We can complete the requirements as we go. Now conditions are slowly being met to the standard. This course is much better than the previous one. Hopefully, the next one will be even better. We have held three ten-day courses so far.

So far two African brothers and sisters participated in the last two courses. One from Kenya, and another from Sudan.

We hope this will give you an overview of the progress. We also would like to take the opportunity to invite you to come and sit or serve.

For International Donations

Name of bank: Dashen Bank S.C.

Account holder's name: 'Vipassana Association'

Account number: 1045102668012/22

Branch location: Bole Medhanialem Branch, Addis Ababa.

Swift code: DASHETAA.

Emails: arsemitti@yahoo.com, aandargatchew@gmail.com

Whats app No.: +1 236 996 3505.

May we all get liberated.

New Responsibility Senior Assistant Teachers (SATs)

- 1. Mrs. Pushpa Jhawar, Jalgaon
- 2. Mrs. Lata Mundade. Jalgaon
- 4. Mr. Vinod Vatni, Aurangabad

New Appointments

Assistant Teachers

- 1. Arvind Patil, Aurangabad
- 2. Mrs. Beena Shah, Thane
- 3. Shri. P. Radhakrishanan, Chennai
- 3. Mr. Subhash Mundade, Jalgaon 4. Dr Krishna Swarup Dwivedi

Children Course Teachers

Very Important Notices

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

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

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

Special notice

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

25 Minutes Anapana for all: https://youtu.be/aYJmFdeBfVQ

https://www.vridhamma.org/sites/default/files/nodeuploads/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 Sittings are for old students who have completed a 10-day course with Goenkaji or his authorised assistants.

Satipaţţhāna 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 *Satipaṭṭhāna* 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 Paṭṭhāna.

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» 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: 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 webinors due to Covid-19.);

∞ 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: #ST:

■ 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»** 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 required to sit for the entire session.

Dhamma Vāṭikā: Palghar

Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, Contact Centre: Mob. 9637101154, Email: info@vatika. dhamma.org, Contact: 1) Shri Irani, Mob. 92708-88840, 2) Shri Anil Jadhav, Mob. 91 9049151464, Email: info@vatika.dhamma.org, Website: vatika.dhamma.org, 10-day: (Male only) 2021» 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) 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: (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» 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, 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 Vāhinī: 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, 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: 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,

Dhamma Thalī, Iaibur

28-10 to 18-11-2022

	er" Vol. 31, No. 12, 19 December, 2021.	
(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: (Ware and Ferrare	Shecdule of Long Courss	
INDIA		
	Special 10-day Course	
17 to 28-1-2022	Dhamma Suvatthī, Sravasti (U.P.)	
24-1 to 4-2-2022 18-2 to 1-3-2022	Dhamma Ambikā, South Gujarat Dhamma Cakka, Sarnath, (U.P.)	
10 to 21-3-2022	Dhamma Cakka, Sarnain, (O.F.) Dhamma Pīṭha, Ahmedabad (Gujarat)	
6 to 17-4-2022	Dhamma Nāga, Nagpur	
10 to 21-4-2022	Dhamma Thalī, Jaipur	
1 से 12-6-2022	Dhamma Khetta, Hyderabad (Telangana)	
19 to 30-6-2022	Dhamma Thalī, Jaipur	
13 to 24-7-2022	Dhamma Giri, Igatpuri	
14 to 25-7-2022	Dhamma Paṭṭhāna, Sonepat, (Haryana	
19 to 30-7-2022 20 to 31-7-2022	Dhamma Lakkhaṇa, Lucknow (U.P.) Dhamma Pubbaja, Churu, Rajasthan	
9 to 20-8-2022	Dhamma Fuovaja, Churu, Rajasinan Dhamma Bhandāra, Bhandara	
20 to 31-8-2022	Dhamma Vāhinī: Titwala	
29-8 to 9-9-2022	Dhamma Ambikā, South Gujarat	
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 Thalī, Jaipur	
11 to 22-10-2022	Dhamma Paṭṭhāna, Sonepat, (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 28-12 से 8-1-2023	Dhamma Pubbaja, Churu, Rajasthan Dhamma Khetta, Hyderabad (Telangana)	
20-12 (10-1-2023	Gratitude Course	
2 to 17-2-2022	Dhamma Giri, Igatpuri	
2 to 17-2-2022	Dhamma Sarovara, Dhule	
2 to 17-02-2022	Dhamma Nāga, Nagpur	
2 to 17-02-2022	Dhamma Lakkhaṇa, Lucknow (U.P.)	
2 to 17-2-2022	Dhamma Pubbaja, Churu, Rajasthan	
2 to 17-2-2022	Dhamma Setu, Chennai (Tamil Nadu)	
2 to 17-2-2022 2 to 17-2-2022	Dhamma Madhurā, Madurai Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)	
2 से 17-2-2022	Dhamma Nagajjuna-11 Nagarjun Sagar (Tetangana) Dhamma Khetta, Hyderabad (Telangana)	
2 to 17-2-2022	Dhammālaya, Kolhapur	
2 to 17-2-2022	Dhamma Pātliputta Patna (Bihar)	
2 to 17-2-2022	Dhamma Anākula, Akola	
26-1 to 10-2-2022	Dhamma Pīṭha, Ahmedabad (Gujarat)	
1-2 to 16-2-2023	Dhamma Divākara, Mehsana (Guj.)	
20-day		
16-1 to 6-2-2022	Dhamma Vipula, Belapur (New Mumbai)	
2-2 to 23-2-2022	Dhamma Pattana, Goraigaon, Mumbai	
2 to 23-2-2022 2 to 23-2-2022	Dhamma Setu, Chennai (Tamil Nadu) Dhamma Paphulla, Bangalore	
6 to 27-2-2022	Dhamma Faphulia, Бапдаюте Dhamma Thalī, Jaipur	
23-2 to 16-3-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)	
1 to 22-3-2022	Dhamma Sītana, Nanavi-Katch (Guj.) Dhamma Pīṭha, Ahmedabad (Gujarat)	
19-4 to 10-5-2022	Dhamma Paṭṭhāna, (Haryana)	
4 to 25-5-2022	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)	
1 से 22-6-2022	Dhamma Khetta, Hyderabad (Telangana)	
10 to 31-7-2022	Dhamma Pushkar, Ajmer, Rajasthan	
17-7 to 7-8-2022	Dhamma Kanana, Balaghat (M.P.)	
1 to 22-8-2022	Dhamma Bodhi, Bodhgaya (Bihar)	
1 to 22-8-2022 3 to 24-8-2022	Dhamma Paṭṭhāna, (Haryana) Dhamma Cakka, Sarnath (U.P.)	
3 to 24-8-2022 13-8 to 3-9-2022	Dhamma Cakka, Sarnain (U.P.) Dhamma Divākara, Mehsana (Guj.)	
8 to 29-9-2022	Dhammapāla, Bhopal (М.Р.)	
8 to 29-9-2022	Dhamma Suvatthī, Sravasti (U.P.)	
16-8 to 6-9-2022	Dhammālaya, Kolhapur	
19-8 to 9-9-2022	Dhamma Ambik ā , South Gujarat	
9 to 30-9-2022	Dhamma Gaṛḥa, Bilaspur (Chhattisgarh)	
6 to 27-10-2022	Dhamma Bodhi, Bodhgaya (Bihar	
28-10 to 17-11-2022	Dhamma Sarovara, Dhule	

20-10 10 10-11-2022	Dнинни тиш, јшриг	
11-11 to 2-12-2022	Dhamma Pushkar, Ajmer, Rajasthan	
30-11 to 21-12-2022	Dhammapāla, Bhopal (M.P.)	
4 to 25-12-2022	Dhamma Lakkhaṇa, Lucknow (U.P.)	
28-12 से 18-1-2023	Dhamma Khetta, Hyderabad (Telangana)	
30-day		
21-12 -21 to 21-1-2022	Dhamma Ambikā, South Gujarat	
16-1 to 16-2-2022	Dhamma Kanana, Balaghat (M.P.)	
30-1 to 2-3-2022	Dhamma Ketu, Durg (Chattisgarh)	
2-2 to 5-3-2022	Dhamma Setu, Chennai (Tamil Nadu)	
6-2 to 9-3-2022	Dhamma Thalī, Jaipur	
9-2 to 12-3-2022	Dhamma Bodhi, Bodhgaya (Bihar)	
23-2 to 26-3-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)	
27-2 to 30-3-2022	Dhamma Paṭṭhāna, (Haryana)	
28-2 to 30-3-2022	Dhamma Suvatthī, Sravasti (U.P.)	
4-5 to 4-6-2022	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)	
28-5 to 28-6-2022	Dhamma Paṭṭhāna, (Haryana)	
1-6 से 2-7-2022	Dhamma Khetta, Hyderabad (Telangana)	
10-7 to 10-8-2022	Dhamma Pushkar, Ajmer, Rajasthan	
1-8 to 1-9-2022	Dhamma Bodhi, Bodhgaya (Bihar)	
3-8 to 3-9-2022	Dhamma Divākara, Mehsana (Guj.)	
16-8 to 16-9-2022	Dhammālaya, Kolhapur	
28-8 to 28-9-2022	Dhamma Paṭṭhāna, (Haryana)	
8-9 to 9-10-2022	Dhammapāla, Bhopal (M.P.)	
26-10 to 26-11-22	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)	
28-10 to 28-11-2022	Dhamma Thalī, Jaipur	
30-10 to 30-11-2022	Dhamma Cakka, Sarnath (U.P.)	
5-11 to 6-12-2022	Dhamma Pīṭha, Ahmedabad (Gujarat)	
11-11 to 12-12-2022	Dhamma Pushkar, Ajmer, Rajasthan	
28-12 से 28-1-2023	Dhamma Khetta, Hyderabad (Telangana)	
45-day		
1-1 to 16-2-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)	
1-1 to 16-2-2022	Dhamma Sindhu, Mandvi-Kutch (Guj.)	
6-2 to 24-3-2022	Dhamma Thalī, Jaipur	
9-2 to 27-3-2022	Dhamma Bodhi, Bodhgaya (Bihar)	
23-2 to 10-4	Dhamma Sindhu, Mandvi-Kutch (Guj.)	
9-2 to 27-3-2022	Dhamma Bodhi, Bodhgaya, (Bihar)	
27-2 to 14-4-2022	Dhamma Paṭṭhāna, (Haryana)	
28-2 to 15-4-2022 1-6 से 17-7-2022	Dhamma Suvatthī, Sravasti (U.P.) Dhamma Khetta, Hyderabad (Telangana)	
16-8 to 1-10-2022		
15-10 to 30-11-2022	Dhammālaya, Kolhapur Dhamma Suvatthī, Sravasti (U.P.)	
•		
26-10 to 11-12-22	Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana) Dhamma Paṭṭḥāna, (Haryana)	
27-10 to 12-12-2022	Dhamma Pāṭṇana, (Haryana) Dhamma Pīṭha, Ahmedabad (Gujarat)	
5-11 to 21-12-2022		
14-12-22 to 29-1-23	Dhamma Nāgajjuna-II Nagarjun Sagar	

Dhammānanda, Pune

21-12 -21 to 5-2-2022

Dhamma Ambikā, South Gujarat

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). 10-day: (Only for Hindi, Marathi, Students) 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» 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) 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 Puṇṇa, 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 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 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: 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» 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, Vaijapur Road Aurangabad431003.Tel: (0240) 2040444, Contact: Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org

10-day: 2021» 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: 2022**» 4 to 12-4, **2-day: 2022**» 15 to 17-4, **Teenagers' Course: (Boys) 2022**» 16 to 24-5,

Dhamma Sarovara, Dhule

∞ Long Courses: Special 10-day: 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, Bhategaon Solapur

Dhamma Siddhapuri Vipassana Sadhana Kendra, Off Vijapur rod, Near Bhatevadi, soregaon - dongaon rod, 4 km. from soregaon, Ta. Uttar solapur, Dist: Solapur-413002, **Contact:** 1) Mr. Samrat Patil, Mob. 7620592920, 9011908000, 2) Mr. Bhalchandra Ukarande, Mob. 9860759866, **10-day: 2022»** 29-12 to 9-1, (Only male)2022» 12 to 23-1, 16 to 27-2, 2-3 to 13-3, 30-3 to 10-4, 1 to 12-6, 29-6 to 10-7, 13 to 24-7, 17 to 28-8, 31-8 to 11-9, 28-9 to 9-10, 16 to 27-11, 30-11 to 10-12, 28-12 to 8-1-2023, (Only Female)» 2 to 13-2, 16 to 27-3, 13 to 24-4, 15 to 26-6, 3 to 14-8, 14 to 25-9, 2 to 13-11, 14 to 25-12, **#ST: 2022»** 26-4 to 4-5, 12 to 20-10, **3-day: 2022»** 27 to 30-1, 28 to 31-7, **2-day: 2022»** 6 to 8-5, 28 to 30-10, **Teenagers' Course:** (Girls) **2022»** 10 to 18-5, (Boys) **2022»** 21 to 29-5,

Dhammālaya, Kolhapur

 ∞ 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) 2-day: (1-day: Every first Sunday Place: Nishidhi, Malwadi A/P. Bhilavadi, Tal. Palus, Dist. Sangli), [1-day: Every Second Sunday, Children Course: (age 8 to 15) 9 am to 3 pm Every Third Sunday, Place: Manav Rahat Trust 3rd Floor, Near Civil Hospital, Sangli]

Dhamma Nāga, Nagpur

∞ 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: 2022»** (Male Only)» 5 to 16-1, 2 to 13-3, (Male and Female)» 1 to 12-4, 1 to 12-6, 6 to 17-7, 3 to 14-10, 20 to 31-12, (Female Only)» 2 to 13-2, 3 to 14-8, 20 to 31-8, 3 to 14-9, 19 to

30-9, (Bhikkhu Only)» 2 to 13-11, #ST: 2021» 22 to 30-12, 2022» 23 to 31-7, 7 to 15-12, 3-Day: 2022» 25 to 28-2, 26 to 29-3, 24 to 27-11, Teenagers' Course: (Boys) 2022» 4 to 11-5, (Girls) 2022» 21 to 29-5, 1-Day: 2022» 1-1, 23-1, 30-1, 20-3, 12-6, 13-11, 18-12, # 3-Day Children Course: 2022» (Only Girls age 12 to 15 yrs)» 23 to 26-6, (Only Boys age 12 to 15 yrs)» 28 to 31-10, Children Course: 2022» (Only Boys 8 to 12 yrs) 24-4, (Only Girls 8 to 12 yrs)» 15-5, (Boys and Girls 8 to 12 yrs)» 17-7, Group Sitting: 2022» 14-4, 14-10, 6-12, every Sunday 8 to 9 am. Children Anapana: every Sunday 8 to 8:45 am., Anapana Group Sitting: Daily 6 to 7 pm Contact: 1. Sukhadev Narnavre, Mob. 9422129229. 2. Kamlesh Chahande, Mob. 9373104305. Kamti (Nagpur): 10-day: Contact: Dragon Palace, Dada saheb Khumbhare

Dhamma Malla, Yavatmal

Parisar, Kamptee, Nagpur Mob. 7620349694, 7774858173, 9022451678,

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pinpalgaon, Yavatmal - 445001. Contact: 1. Mr. Gadling, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475. 10-day: #ST: 1-day: Children Course: 26-12,

Dhammades: Chincholi, Hingoli

Dhammades Vipassana Kendra, Chincholi, Tal-Dist: Hingoli, Contact: Mobile: 9405111373, 9420433905, 9881242487, **10-day:** (Male Only)**2021**» 19 to 30-12, **2022**» 20-2 to 3-3, 2 to 13-4, 1 to 12-5, 5 to 16-6, 3 to 14-7, 7 to 18-8, 4 to 15-9, 20 to 13-10, 13 to 24-11, 18 to 29-12, (Female Only) **2022**» 23-1 to 3-2, 6 to 17-3, 17 to 28-4, 17 to 28-5, 19 to 30-6, 17 to 28-7, 21-8 to 1-9, 18 to 29-9, 30-10 to 9-11, 4 to 15-12, **Kotomba (Vavatral)** 10 days (Male and Female) (Only for bhilkburi and

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

Santuk-Pimpri (Hingoli): Place: Santuk Pimpri Dr Bagadiya Farm House, **Contact:** Mobile: 9405111373, 9420433905, 9881242487, **10-day:** (Male Only)**2021**» 19 to 30-12, **2022**» 20-2 to 3-3, 2 to 13-4, 1 to 12-5, 5 to 16-6, 3 to 14-7, 7 to 18-8, 4 to 15-9, 20 to 13-10, 13 to 24-11, 18 to 29-12, (Female Only) **2022**» 23-1 to 3-2, 6 to 17-3, 17 to 28-4, 17 to 28-5, 19 to 30-6, 17 to 28-7, 21-8 to 1-9, 18 to 29-9, 30-10 to 9-11, 4 to 15-12, **Contact:** Dr. Sangram Jondhale, Mob. 9422189318, Mr. Mr. Hanmante Saheb, M. 9422660954,

Dhamma Amrāvatī, 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) 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: 2022» 9 to 17-11, 1-day 2022» 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 Gonda, Gondia (Ozatola)

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

Rohnagaon: (Pavani Bhandara): 10-day: 2022» 22-12 to 2-1, 12 to 23-1, (9 to 20-3 Only Bhikkhu) 30 to 10-4, 11 to 22-5, 1 to 12-6, 6 to 17-7, 10 to 21-8, 19 to 30-10, 9 to 20-11, 7 to 18-12, #ST: 2022» 12 to 20-2, 17 to 25-9, 3-day 2022» 7 to 10-2, 27 to 30-4, 12 to 15-9, At: Managing by vishuddhimaggo Vipassana Charitable Trust, Dhammapavan Vipassana centre Rohnagaon (Pavani), Dist. Bhandara. Contact: 1) Shailesh kambale: 9923268962, 2) Mr. Madhav Ramtele: 93232340183

Chitki: (Wardha) Dhamma Kuti Vipassana Kendra, chitki, Pulgaon, Po. Kavtha, Ta. Devali, Dist: Wardha, (MS) 10-day: Contact: 1. Shri Khandare, Tel: 07158-284372, Mob. 9028494401, Shri Bhele, Mob. 9834603076,

Tumsar (Bhandara): 10-day:2022» 19 to 30-1, 23-2 to 6-3, 23-3 to 3-4, 30-11 to 11-12, 20 to 31-12, # Children Course:2022» 30-1, 6-3, 3-4, 9-11, 11-12, at Buddhavihar and Welfare Centre, Chulhad, Tal. Tumsar, Dist: Bhandara, Mob. 096236-68240, Contact: 1) Mr. Dongare, 6260450336. 2) Mr. Choure, Mob. 09890441071, 3) Vijju Gondane, Mob. 096236-68240,

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

Dhamma Bhandāra, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) 10-day: 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: 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:2022▶16-1, 30-1, 24-4, 16-5, 19-6, 21-8, 25-9, 27-11, 18-12, # 2-day Children Course: 2022▶1 to 2-5, # 1-day Children Course: 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 $ar{\mathbf{A}}$ v $ar{\mathbf{a}}$ sa, 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. Bhave, Mob. 9421572499, 10-day: (Only female) (Only male) 43-day Children's course: (Only Boys) (Only Girls) 1-day: 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) (Female Old Students Only),

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 Aply: https://www.dhamma.org/en/schedules/v2/schanakula#normal, Email: info.anakula@vridhamma.org 10-day: (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)» 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 Prasar Kendra Shirla, Patur, Dist- Akola, 444501 10-day: (Female only)» 2021 20 to 28-12, 2022 17 to 28-2, 25-3 to 5-4, 19 to 30-5, 19 to 30-7, 22-9 to 3-10, 22-12 to 2-1, (only male)»2022 18 to 29-1, 6 to 17-3, 19 to 30-4, 21-6 to 2-7, 10 to 23-10, #ST: (only male)»2022 25-8 to 2-9, (Female only)» 9 to 17-12, (Only Bhikkhu) 2022 15 to 23-11,1-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: 26-12 to 7-1, 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: 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: #ST: Contact: Mr. Santosh Ayare: 1) 9975434754 / 9960503598

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

Goa: 10-day: At: Shree Shantadurga Shankhawaleshwari Sansthan Veling Go than 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» 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, 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:

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: 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,

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» 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: 2022» 9 to 17-3, 28-5 to 5-6, 8 to 16-10, 23 to 31-12, 3-day: 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: 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: 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) 2022» 2 to 4-9, (13 to 16 yrs Girls Only) 2022» 30-9 to 2-10,

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 Ballabhgarh.] **10-day: 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 Paṭṭhāna, 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, 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 Kāruṇika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjpura Road, Near Goverment School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: reg.dhamma-karunika@gmail.com, Contact: 1) Mr Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, 10-day: 2021» 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 Hitakārī, Rohtak (Haryana)

Vipassana Dhyan Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist Rohtak-124001. **Contact:** 92543-48837, 9416303639. **10-day:** 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: 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: 2022» Every month 1 to 12 and 16 to 27 (Except #ST: Course) #ST: 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: 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: 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 Lakkhaṇa, 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: 2022**» 4 to 15-1, 19 to 30-1, 19-2 to 2-3, 4 to 15-3, 4 to 15-4, 19 to 30-4, 4 to 15-5, 19 to 30-5, 4 to 15-6, 19 to 30-6, 4 to 15-7, 4 to 15-8, 19 to 30-8, 4 to 15-9, 19 to 30-9, 4 to 15-10, 4 to 15-11, 19 to 30-11, **#ST: 2022**» 22 to 30-3; 19 to 27-10, **3-day: 2022**» 28 to 31-10, **2-day: 2022**» 15 to 17-1, 15 to 17-3, 18 to 20-3, 15 to 17-4, 15 to 17-5, 15 to 17-6, 15 to 17-7, 15 to 17-8, 15 to 17-9, 15 to 17-10, 15 to 17-11, **3-day Children's course:** (age 13 to 17 boys) **2022**» 26 to 29-12, (age 13 to 17 girls) **2021**» 30-12 to 2-1-22, **2022**» 30-12 to 2-1,

∞ **Gratitude Course: 2022**» 2 to 17-2,

∞ Long Course: Special 10-day: 2022» 19 to 30-7, 20-day: 2022» 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 Suvatthī, Sravasti (U.P.)

Jetavana Vipassana Meditation Centre, Katra Bypass Road, Opp. Buddha Inter College, Sravasti 271845. Email: info@suvatthi.dhamma.org, Tel: (05252) 265-439; Mob. 93358-33375. **10-day: 2022»** 2 to 13-1, 2 to 13-2, 15 to 26-2, 17 to 28-4, 2 to 13-5, 17 to 28-5, 2 to 13-6, 17 to 28-6, 2 to 13-7, 17 to 28-7, 2 to 13-8, 17 to 28-8, 2 to 13-10, 2 to 13-12, 2 to 13-1-2023, **#ST: 2022»** 29-8 to 6-9, 14 to 22-12, **Children Course:** (8 to 12 yrs boys, and 8 to 16 yrs Girls) 2021» 24 to 27-12, 2022» 24 to 27-12, (12 to 16 yrs only Boys) 2021» 28 to 31-12, 2022» 28 to 31-12,

∞ Long Course: Special 10-day: 2022» 17 to 28-1, 20-day: 2022» 8 to 29-9, 30-day: 2022» 28-2 to 30-3, 45-day: 2022» 28-2 to 15-4, 15-10 to 30-11, Contact: 1. Mob. 094157-51053, 2. Murli 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: 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: 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,

Dhamma Kalyāņa, 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: 2022»** 5 to 16-1, 20 to 31-1, 5 to 16-2, 5 to 16-3, 20 to 31-3, 5 to 16-4, 20-4 to 1-5, 2 to 13-5, 13 to 24-5, 5 to 16-6, 20-6 to 1-7, 5 to 16-7, 20 to 31-7, 5 to 16-8, 20 to 31-8, 5 to 16-9, 20-9 to 1-10, 5 to 16-10, 20 to 31-10, 5 to 16-11, 5 to 16-12, 20 to 31-12, **#ST: 2022»** 22-2 to 1-3, 22 to 30-11, **3-day 2022»** 1 to 4-4, 1 to 4-9, **Teenagers' Course: (Girls) 2022»** 24-5 to 1-6, **1-day:** Every month Fourth Sunday. 10 am to 5 pm, **# 3-day Children Course: 2022»** (age 8 -12 yrs) 1 to 4-6, **Curse: 10 Day Special: 2022»** 20-11 to 1-12-22,

Dhamma Kāya', Kushinagar (U.P.)

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

Dhamma Licchavī Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzzaffarpur 843113. Tel: 7779842059, 8935963703, Email: info@licchavi.dhamma.org 10-day: 5 to 16-1, 19 to 30-1, 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), 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» 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: 2021 and 2022 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: 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: 2022»** 4 to 15-1, 19 to 30-1, **#ST:** 8 to 16-11, **2022»** 2 to 10-2, **3-day: 2022»** 11 to 14-2,

 ∞ Long Course: ∞ 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 Koṭa, Rajkot (Guj.)

Saurashtra Vipassana Kendra, Kotharia Road, 15 km from Rajkot. Tel: Off. (0281) 2924924, 2924942, Email: info@kota.dhamma.org; Mobile: 7878727240, 93279-23540. City Contact: 1. Tel: (0281) 2233666. Mob. 7878727223, 94272-21591. 2) Chandubhai Mehta, Tel: 2587599, Mob. 9428203291. 10-day: 2021» 22-12 to 2-1, 2022» 19 to 30-1, 12 to 23-2, 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 27-4 to 8-5, 11 to 22-5, 25-5 to 5-6, 8 to 19-6, 29-6 to 10-7, 13 to 24-7, 3 to 14-8, 31-8 to 11-9, 14 to 25-9, 5 to

16-10, 19 to 30-10, 9 to 20-11, 23-11 to 4-12, 14 to 25-12, **3-day: 2021»** 13 to 16-1, 26-2 to 1-3, 8 to 21-8,

Gujarati Vipassana Newsletter: Rs 30/- for one year and Rs 100/- for 4 years. Contact: Saurashtra Vipassana Research Centre, Bhabha Dining Hall, Panchnath Road, Rajkot-360001. Tel: (0281) 2233666, Mobile: 94272-21591. 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»** 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: 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 Pītha, 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 Paldid St Bus stand (Ahmedabad) at 2:30 pm. 10-day: 2021» 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 Dhyan 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: 2022» 9 to 20-2, 22-2 to 5-3, 7 to 18-3, 20 to 31-3, 6 to 17-4, 19 to 30-4, 1 to 12-5, 18 to 29-5, 31-5 to 11-6, 12 to 23-6, 29-6 to 10-7, 13 to 24-7, 28-7 to 8-8, #ST: 2022» 19 to 27-8, 3-day: 2022» 31-3 to 3-4, 12 to 15-5, 23 to 26-6, 12 to 15-8, Dhamma Seminar: 2022 6-2,

∞ Long Courses: Special 10-day: 2022» 24-1 to 4-2, 29-8 to 9-9, 20-day: 2022» 19-8 to 9-9, 30-day: 21-12-2021 to 21-1-2022, 45-day: 21-12-2021 to 5-2-22-2022, Contact: 1. Vasantbhai Lad, Mob. 09428160714, 2. Ratanshibhai K Patel, Mob. 098250-44536,

Dhamma P<mark>ā</mark>li, 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: 3-day: Contact: Dharmaj Vipassana Samiti, C/o G. M. Viraktashram Complex, Station Road, Dharmaj 388430. Tel: (02697) 245-460 (Office 9.00 am to 5.00 pm), 1. Mr. Hemantbhai Patel, Mob. 94265-00765. 2. Mr Dipakbhai Mob. 94289-00794. Email: vipassana.dharmaj@gmail.com

SOUTH INDIA

Dhamma Paphulla, Bangalore

Bangalore Vipassana Centre: (23 km from City Railway station,) Alur Village, Near Alur Panchayat office, Off Tumkur Road, Dasanapura Bangalore North Taluka 562 123. Tel: (080) 23712377, Mob. 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: 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: 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» 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: 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: 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 Aruṇāchala, 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)

Dhamma Khetta, Hyderabad (Telangana)

∞ Long Courses: Special 10-day: 2022» 1 to 12-6, 28-12 to 8-1-2023, 20-Day: 2022» 1 to 22-6, 28-12 to 18-1-2023, 30-Day: 2022» 1-6 to 2-7, 28-12 to 28-1-2023, 45-Day: 2022» 1-6 to 17-7,

1-day Children Course: Ending day of every 10-day course in Andra 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)

∞ 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: 2022» 10 to 21-1, 6 to 17-2,14 to 25-5, 2 to 13-11, 23-11 to 4-12, 2-Day: 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) 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) 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: (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: 2022» 4-5 to 4-6, 26-10 to 26-11, 45-day: 2022» 26-10 to 11-12, 14-12 to 29-1-23

Dhamma Nijjhāna, Nizamabad (Telangana)

Dhammārāma, Bhimavaram, W. G. (A.P.)

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, 10day:......#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: 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: 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 years) 29-5, 21-8, (Age 13 to 16 years) 1-5, 12-6, Maintenance Week 2022» 9 to 13-10, Sahabhagita Seminar for old Student: 2022» 25 to 26-6,

∞Long Course: Special 10-day: 2022» 14 to 25-12, 20-day: 2022» 8 to 29-9, 30-day: 2022» 8-9 to 9-10,

Dhamma Mālavā, Indore (M.P.)

Vipassana Centre, Village Jambudi Hapsi, Opp. Gommatgiri, in front of Pitru mountain, Hatod Road, Indore-452003. Contact: 1. Indore Vipassana International Foundation Trust, Tel: (0731) 4273313, Mobile: 98931-29888. Email: info@malava. dhamma.org; dhammamalava@gmail.com, 2. Ghokhale. Mob. 9407406620. 10-day: 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. **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 Guna 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:

Gwalior: 10-day: One-day: Every Month Third Sunday. 11 am to 5 pm. Group Sitting: Every Sunday 8 to 9 am Contact: The Secretary, Vipassana Sadhana Samiti, Buddhavihar, Behind Mela Ground, Panchsheelnagar, Gwalior-474001 (MP) Email: dhammitra@gmail.com, Mob. 9425339228, 9425770964,

Dhamma Bala, Jabalpur (M.P.)

Vipassana Meditation Centre, Opposite Bhedaghat Thane, (1 km) Bapat Marg, Bhedaghat Jabalpur. Contact: WhatsApp 1) Mr Gulshan Makan, Mob. 9425156895 2) Mr. Rajendra Dubey, Mob. 7999341818,. Email: dhammabalajabalpur@yahoo. co.in, **10-day: 2022**» 16 to 27-1, 13 to 24-2, 6 to 17-3, 3 to 14-4, 8 to 19-5, 18 to 29-9, 9 to 20-10, 13 to 24-11, 11 to 22-12, #ST: 2022» 17 to 25-4, 2-day: 2022» 4 to 6-2, 15 to 17-4, 10 to 12-6, 25 to 27-11, 1-day: 2022» Every Last Sunday

Dhamma Ketu, Durg (Chattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. 10-day: 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: 2022» 2-1, 1-5, 16-5, 26-6, 28-8, Children's course: 2022» 27-3, 17-4, 3-5, 28-10, Dhamma Sevak Workshop: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 Garha, Bilaspur (Chhattisgarh)

Vipassana Centre, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbhata, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com, Website: www.garh.dhamma.org, 10-day: 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: 2022» 12 to 20-11. 3-day: 2022» 17 to 20-3, 1-day: 2022» 23-1, 3-4, # Children's course: 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 Gangā, Kolkata (W.B.)

Vipassana Kendra, Sodepur, Harishchandra Dutt Road, Panihati, Baro Mandir Ghat, Kolkata-700114, Tel: (033) 2553-2855. Email: info@ganga.dhamma.org 10day: 2021» 29-12 to 9-1, 1-day: Children Course: 2021» 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, 10day: Contact: M. Dewan, (0381) 2300441, Mob. 09862154881, 09402527191.

Dhamma Utkal, Khariyar Road: (Orissa)

Vipassana Meditation Centre, Village Chanabera, Post Amsena, Via. Khariyar Road, Dist: Nuapada, Orissa-766106, Mob. 094062-37896, Contact: 1) Mr. Harilal Shahu, Email: harilal.sahu@gmail.com, Mob. 09407699375, 2) Mr, Prafulldash, Mob. 7077704724, 10-day: Dong Courses: 30-day: 2022 30-1 to 2-3, Contact: 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. Suresh Bang, Mob. 9425209354,

Dhamma Garha, Bilaspur (Chhattisgarh)

Vipassana Centre, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbhata, 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 2021, 3-4, # Children's course: 2021 2021 28-11, **202224-4**, **1-5**, **16-10**, **27-11**,

② 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 10day: 29-12 to 9-1, 2022» 12 to 23-1, 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, 14 to 25-7, 27-7 to 7-8, 31-8 to 11-9, 14 to 25-9, 28-9 to 9-10, 12 to 23-10, 27-10 to 7-11, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 21-11 to 1-1, #ST: 2022» 8 to 16-3, 16 to 24-8, 3-day: 2022» 17 to 20-3, 25 to 28-8, Children Course: 2021» 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: Contact: M. Dewan, (0381) 2300441, Mob. 09862154881, 09402527191.

Dhamma Utkal, Khariyar Road: (Orissa)

Vipassana Meditation Centre, Village Chanabera, Post Amsena, Via. Khariyar Road, Dist: Nuapada, Orissa-766106, Mob. 094062-37896, Contact: 1) Mr. Harilal Shahu, Email: harilal.sahu@gmail.com, Mob. 09407699375, 2) Mr, Prafulldash, Mob. 7077704724,

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 What's App 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- Samaggānam 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.)

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.

For this institution, 100% income tax is exempted from the government as per the rules of section 35- (1) (iii) of the Income Tax Act 1961. Meditators may take advantage of this. The bank details for the donation are as follows:

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- 3. Email audits@globalpagoda.org
- 4. Online Donation- https://www.vridhamma.org/donate-online

DHAMMA DOHAS

Jyota jage phira dharma kī, dūra hoya aṃdhiyāra; Bahujanakāhita-sukhasadhe,hobahujanaupakāra.

Let the flame of Dhamma burn bright once again dissolving darkness; Resulting in the welfare and benefit of many.

Phira se gūṃje gagana meṃ, śuddha dharama kā ghoṣa; Dūrahoṃyadukhadardasaba, dūrahoṃyasabadoṣa.

Once again the sound of pure Dhamma echoes loudly in the sky; Removing all the pain and misery, removing all the impurity. Baje dharama kī dundubhī, gūṃje cāroṃ koṇa; Bhīṣaṇa bhayarava, pāpa rava, saba ho jāveṃ mauna.

The gong of Dhamma reverberates loudly in all directions; Silencing terrible fears and negativity.

Dharatī para phira dharma kī, amṛta varṣā hoya; Śāpa tāpa sabake dhulem, aṃtasa śītala hoya.

May the elixir of Dhamma shower the earth; Washing away the heat of impurity for all, and cooling all beings.

SUBSCRIPTION TO ENGLISH/HINDI MONTHLY NEWSLETTER: ANNUAL: RS 30/- (US \$10 OUTSIDE INDIA); (No Retail Sale) LIFE SUBSCRIPTION: RS 500/- (US \$100 OUTSIDE INDIA) BY BANK DRAFT, PAYABLE AT IGATPURI IN FAVOUR OF Vipassana Research Institute

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