

Vipassana Newsletter

In the tradition of Sayagyi U Ba Khin, as taught by S. N. Goenka

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WORDS OF DHAMMA

Saddho sīlena sampanno, yasobhogasamappito;

Yaṃ yaṃ padesaṃ bhajati, tattha tattheva pūjito.

Dhammapadapāli—303, pakiṇṇakavaggo.

Those who are full of faith and pure in conduct, possessing repute and prosperity, are held in reverence wherever they go.



The world is facing serious problems.

It is just the right time for everyone to take to Vipassana meditation and learn how to find a deep pool of quiet in the midst of all that is happening today.

- Sayagyi U Ba Khin

It is not money which brings happiness and contentment in the heart. If someone has no money, but has Dhamma, then such a person will feel, "Oh, I am full." One will feel so content even if there is no money, because Dhamma is there.

- Mataji, Ilachidevi Goenka

This is the 5th Death Anniversary of Respected Mataji (5th January 2016) and the 50th of Sayagyi U Ba Khin (19th January 1971). May we all meditate on these days, remembering their good Dhamma qualities and emulating them to pay homage to them.— Editor

Interview with Mataji

Mrs. Ilaichi Devi Goenka, who is known to her family and students as Mataji (respected mother; a respectful form of address for elderly Indian women) was born in Mandalay, Burma in January, 1930. Her ancestors migrated from Rajasthan, India to Burma about one hundred years before. They were merchants, trading in grains and other commodities. She was one of three children, two girls and one boy.

Mataji spent the first twelve years of her childhood

in Mandalay, the old capital of Burma. Her family and Goenkaji's family were next door neighbours. As was the custom in those days, the marriage was arranged and she was engaged to Goenkaji at a young age.

Near the end of 1941, the Japanese invaded Burma, and went on to occupy the country for the duration of the Second World War. Many of Burma's Indian residents, including Mataji's and Goenkaji's families, fled to their ancestral homes.

Goenkaji and Mataji were married in Mandalay, the

old capital of Burma, in 1942. Soon after, the Japanese started heavy bombardment of the city following which Goenkaji's family and the maternal family of Mataji returned to India. While Goenkaji's family went to Churu in Rajasthan, Mataji left with her parents for the Punjab where her father established himself in business. After some time Mataji returned to her in-laws' home. Here she gave birth to two children. Shortly after that Goenkaji left for Kannur, Kerala in search of business opportunities. Mataji joined him there with the children soon afterwards.

After the war, Goenkaji and Mataji returned to Burma and settled in Rangoon, where they were fully occupied with the householders' responsibilities of raising six sons, conducting the family businesses, and being a leading family of the Hindu community.

Goenkaji took his first Vipassana course with Sayagyi U Ba Khin in 1955. Mataji and other family members and friends also took courses and began practising under Sayagyi's guidance. In 1969, Goenkaji went to India and began conducting the first Vipassana courses there. Mataji stayed in Burma until after Sayagyi's death in 1971.

Because of the change in the Burmese government, and the work of spreading the Dhamma (first in India; later, around the world) the family settled in Bombay shortly after Sayagyi's death.

Goenkaji and Mataji have six sons, six daughters-in-law and eleven grandchildren, most of whom live together in a traditional joint family house in Bombay.

The following interview, through an interpreter, was held at the family residence in Bombay in October 1991.

Interview Question and Answers

Can you tell us about your first meeting with Sayagyi?

Mrs. Goenka: After Goenkaji did his first course, I went to the centre and met Sayagyi. Sayagyi gave me Anapana at that time, and sometimes I would practise it, but I used to feel very heavy in the head, practising only Anapana. Sayagyi told Goenkaji that it was important that I also sit a course, that this was very important for Goenkaji's progress also.

How old were you when you first met Sayagyi? What kind of a Dhamma teacher was he?

I was perhaps twenty-seven or twenty-eight years old when I first met him. I remember that I felt very peaceful whenever I was with Sayagyi, but I also felt something very overwhelming inside, which is difficult to put in words.

Can you tell us about your first course with Sayagyi?

It was really quite a miracle! When I went to my first course I was very ill, I could not even climb the stairs leading up to the Dhamma hall: two people had to support me and help me climb them. I was so ill that I could not even eat anything when I went. But after being given Anapana and practising it for just the first evening, I felt well again. The next day I could walk around, and eat,

and do whatever was necessary unaided. The meditation was very helpful! (Laughter)

How old were your little children when you did your first course?

My youngest child, Jay Prakash, must have been four years old.

That's very young. Did you miss your children?

It was not difficult for me, I didn't suffer much from a feeling of separation, because I didn't have too much bodily clinging to the children. Also, because of our joint family, I knew that there were people to look after the children properly at home, so I had nothing to worry about in that respect. Of course I remembered the children, but not with that much attachment.

Sayagyi spoke in Burmese and English, but you speak Hindi. How did you communicate? What were the discourses like?

Sayagyi didn't talk much. By gestures he would ask and by gestures I could reply, and that was more than enough. He gave very short Dhamma discourses, of about fifteen to thirty minutes only. Goenkaji translated just a few lines to the Indian students. The main thing was that you had been shown the path, and how to work, and then you just worked!

This was four years after Goenkaji took his first course?

Yes, three or four years later.

In those three or four years, did you notice any changes in Goenkaji?

There was a great change! (Laughter)

Did you and Goenkaji take the children to Sayagyi's centre sometimes?

In the first five or seven courses we didn't take the children, but later, when I went more often, the children used to go with me. They would sleep at the centre, and the next morning go to school from there.

How did Sayagyi respond to the children?

He loved them; he treated them very affectionately. He explained Anapana to them. Whenever it was vacation time for the children, they would stay there all day, and Sayagyi taught them Vipassana as well as Anapana. So the children were also on the path.

At home, did you have a room where your family meditated?

In the later years, there was a room for meditation on the terrace. The children also used to sit there, and they would recite the Ratana Sutta and Mangala Sutta with us. They would do a little bit of meditation, as much as they felt like, then go out quietly, to school or elsewhere, while the adults continued with their meditation.

And otherwise did you go to Sayagyi's centre for sitting sometimes?

Sometimes, but not daily. Before nationalization, we used to go maybe once a week. But after the new

government came and the businesses were nationalized, there was more time on hand, and we used to go thrice a week, sometimes in the morning, but not at fixed times.

During those years, did you know that your future would become completely devoted to spreading Dhamma?

Oh, no, I never knew anything!

Did Sayagyi talk about your spreading the Dhamma?

Sayagyi would very often say to me, “You have to work very hard! You have to do a lot of work, you have to work so much!” I always understood that my life would be filled with domestic chores, so I wondered: why was Sayagyi telling me that I had to continue to do domestic chores throughout my life? (Laughter) I didn’t know what Sayagyi meant. He never mentioned to us that we would have Dhamma work to do. He was training us, giving us Dhamma training, but without telling us. We didn’t know!

Sometimes Sayagyi would say, “Go and meet that student who is sitting on this course; see what you feel.” And other things like that. We were being trained to be sensitive, but we didn’t realize that this was part of the training, because he didn’t explain it to us. Now we realize that he was always training us.

After Goenkaji went to India to teach Dhamma, you stayed in Burma for another two years?

For two and a half years.

Did you have any contact with Sayagyi at his centre during this time?

I had much more contact than before, a great deal more. When I went to Sayagyi’s centre after Goenkaji had gone to India, he showed me so much love and affection. He would ask, “How are you?” just as if he was my father. He knew that I was separated from Goenkaji, and he was as concerned about me as any parent would be. He always asked about my welfare, and whether things were going well at home. I would go to his centre and meditate, and then sit and talk a little with Sayagyi, and then I would feel so much better, very relaxed. There was so much mettā (loving kindness) in him. I felt it at that time particularly; he was filled with so much mettā.

Did your own parents meet Sayagyi?

Yes, both my mother and father did two ten-day courses with Sayagyi.

When you and Goenkaji became established in Dhamma, did your parents notice a big change in your life? Were they happy for you?

When we started the Dhamma work, my parents felt a little taken aback at first, because they feared we might not be able to take care of the children, as we should, because of being absorbed in Dhamma work. But later on, when they saw that things were going well, when they saw the good results of Dhamma, and also that the children were on the right track, they also felt happy about our Dhamma work.

Was there a period when Goenkaji had just taken

Dhamma, that your family felt concerned for his wellbeing—that he might be exploited?

When Goenkaji went for his first course, everyone in the family was really worried. The fear was, that if he turned to Buddha Dhamma perhaps he would become a monk, and then what would happen to our family? Everyone in the family was discussing their worries, and this strengthened my own concerns in that direction.

But then, gradually, as the changes in Goenkaji became apparent, and then when I did the course – and later all the others in the family also – then all of that was washed away. After that, there were no fears, no apprehension, nothing like that.

Were you in Burma when Sayagyi died?

Yes, I was.

Can you tell us about the ceremony after he died, how the people said goodbye to the body?

After Sayagyi passed away, I felt so much emptiness inside, as though everything was finished. I went to the funeral, but I couldn’t make myself go and see everything; it was beyond me. There was an electric cremation, and I didn’t watch.

After the funeral, we went home and sat for meditation. Then I felt peaceful, and much, much happier. Before that it had been terrible; I had felt very empty. Even going to the centre to meditate became too much. It was as if the purpose of the centre was gone when Sayagyi was not there. During one of my courses there, while I was sitting, I felt if there is no Sayagyi, there is no centre, there is no use in my coming here. Then I had the feeling as if Sayagyi were standing near me; but when I opened my eyes, there was nothing. It was just a feeling inside, feeling his presence.

After that experience, did all your confidence in Dhamma come back?

The confidence in Dhamma was always there. That wasn’t lost or shattered because of Sayagyi’s passing away. His passing was just the experience of when somebody very near and dear to you dies suddenly. If you lose such a person suddenly, what a traumatic experience it becomes. You feel so empty from deep inside. One feels bereft at the loss, but not because Dhamma is lost. And, with time all the wounds heal; then gradually, you become normal once again.

It must have been a big surprise when Sayagyi passed away so quickly. Did it shock everybody?

It was a great shock, because he was ill for just two days. Nobody realized that he would die so quickly. When I came to know that, at three o’clock he had passed away, it was such a big shock. He was in hospital for one or two days, but one could never think that he would pass away.

If we go back to before Sayagyi’s passing, when Goenkaji was in India teaching, and you would go to

the centre, did Sayagyi have any advice or guidance for you, about your return to India and teaching Dhamma? Did he talk about the role you would play?

He never told me directly that I would also go to India and then around the world on the Dhamma mission with Goenkaji. But he always said that he was very pleased and happy that Goenkaji had gone to India and was spreading Dhamma.

Were you happy living in Burma?

It was my country. I felt very happy living there because it was my country, I was born there.

Does it still feel like home?

Now, for me, it is like this: wherever I go is my home and I feel happy.

In Burma, is Mandalay or Rangoon your favourite place?

I spent my childhood in Mandalay, and afterwards when we came back to Burma, then we lived in Rangoon. I was happy in both places. Rangoon was of course a bigger city than Mandalay, but I didn't give a thought about which was better. Wherever you live is good enough! Be happy!

What was it like for you to go back to Burma after being away for twenty-one years?

I felt very happy, because the atmosphere there is charged with Dhamma vibrations. So it was a wonderful experience to go back.

In 1971, you left Burma and moved to India. What was it like to leave Burma, and settle in a new country?

When we left the house in Rangoon, then of course I felt very sad, because our family house had been established there for so many years, and now I had to leave it. But when we came to Bombay, when I saw the house there – where all our family was living – I felt quite happy and very relaxed. Now it's a better place and I feel very good. Of course there was not so much tranquillity in this country as in Burma.

In those early days, when Goenkaji was teaching the "gypsy camps," did you help teach the camps?

Yes, I used to accompany Goenkaji to the Dhamma courses at the gypsy camps.

That must have been a big contrast from Sayagyi's centre where it was so peaceful, so established. In the gypsy camps everything was so unpredictable.

Yes, it was difficult. But that was part of it, and with the strength of Dhamma, things would sort themselves out. Any upheaval which came would sort itself out, and settle down again without any problems.

In those days, the gypsy camps were quite demanding. You were travelling to different parts of India, and the foreigners who came on the courses could be somewhat wild. It seems like a huge undertaking. How did you find it?

It was a very rewarding and happy experience for me. When I found a change coming in the Western students,

it was of course very rewarding. Because then we could see how much Dhamma can do for them, to change their life pattern. That was a big reward.

And you were confident that your children were well looked-after in the joint family in Bombay?

Yes. Dhamma takes care of everything.

As a loving and highly respected wife and mother and grandmother—and you are at the centre of a traditional extended Indian family—what value do you see in Vipassana for family life?

It is very, very helpful for the joint family. If somebody asks for guidance, then one sees it from the Dhamma angle: one does not find fault with others, and gives the correct advice. On the other hand, if you are not asked for any guidance, then you are also happy. It is not as if you are boosting your ego, that everybody must come and ask you for everything. If somebody asks, you give your opinion; otherwise you are content and happy within yourself. Vipassana is very helpful.

Are Anapana and Vipassana good for children?

Yes, they are a big help to children because they get the seed of Dhamma planted in their early years, and then anytime later it can grow and develop. It is good for them, very good.

What is the role of the grandmother to the grandchildren in the extended family?

(Laughter: one sixteen year-old granddaughter is present.) We guide the children to walk on the proper path, and then it's up to them! How they take it and what they do is up to them. We just guide them onto the proper path. I feel happy because as of today the grandchildren are all on the right path. The responsibility lies on the shoulders of the elder grandchildren, because, if they walk on the right path, the rest will follow.

About my children also, they are doing their jobs well, and they understand their responsibilities. This gives me satisfaction.

How has Dhamma helped you? And, as a Dhamma teacher, how have you seen the technique help others?

I have peace of mind. I am happy, and I don't care for other things. For me, Dhamma is a benefit all around. It gives people peace of mind in all respects, and also helps them to carry out their duties in life. It is not money which brings happiness and contentment in the heart. If someone has no money, and has Dhamma, then such a person will feel "Oh, I am full." One will feel so content, even if there is no money, because Dhamma is there.

How do you feel about travelling so frequently, especially to countries where you do not speak the language?

The journeys are tiring. We get off the airplane and just for a day or two it is very tiring. Because of travelling, and the different vibrations all around, we are unsettled a little for a day. Once we start the course, and get engrossed in it, then it is very peaceful and very nice.

Although I do not understand the language, yet I feel very good within myself. The students ask questions, and although I don't understand them fully, it gives me happiness to be there.

Many Westerners say that although you do not understand English, they feel that you do understand. They feel that you understand very well what they say.

(Laughter: Mataji is smiling, indicating to all that she has understood this comment.)

I don't speak much because I am very aware of the fact that nothing wrong, nothing which is not truth, should come from me. I am very aware of this fact. Even from my childhood it has been my nature to speak less about matters involving many people. It is better to watch, better to be watchful than to be actively participating, talking.

May we ask you, when Goenkaji is giving a Dhamma discourse, what are you doing?

You want to know what I do at that time? (Laughter) I meditate and keep giving mettā to everyone at that time.

We've come to the end of our questions. Thank you.

Be happy !



Autobiography continues

The previous vignettes from the life of the world renowned Vipassana teacher Mr. Satyanarayan Goenka, were from the days prior to, and just after his coming into contact with pure Dhamma. Now we move ahead to the period of his teaching courses in India. We offer this series from his autobiography so that it may inspire others. **NL Part – 21.** {final chapter}

Address at the World Peace Summit

On 29th August 2000, under the auspices of the United Nations and its General Secretary Kofi Annan, over a thousand prominent figures of varied religious and spiritual streams from all over the world were invited to the Millennium World Peace Summit. Its purpose: to develop peace, tolerance and inter-religious dialogue.

Many representatives of varied sects from India were present. They wanted to highlight the issue of conversions being undertaken by Christian and Muslim communities in India. Many leaders spoke on this subject, some in favour, some against.

Then it was my turn, and I spoke forcefully in favour of conversion. With this, the Indian representatives who were against it and knew me to be so, were disheartened. I clarified that conversion should not be from one organised religion into another organised religion, but from misery to happiness, from negativity to positivity, from hatred to empathy. I further said, let everyone check themselves to see what has arisen within. Whenever aversion arises, one gets miserable and spreads it in the environment. If anger, hatred and ill-will arise, one

harms oneself first before harming others. If one can learn to see this, one can rid oneself of this unwholesome habit by turning one's mind from negativity to positivity, from misery to happiness. But nothing can be achieved without discipline and practice. If we learn to observe within, we will find solutions to all our problems. All religions teach this. The Buddha never taught Bauddha Dhamma but taught people to become Dhammic, which is essential for all. Everyone was pleased with this unexpected speech.

Many centuries ago Emperor Asoka said, let no one criticise another's religion while praising his own. Every religion of the world teaches us to awaken love and compassion instead of anger and animosity. He who censures another's sect and praises his own digs his own grave. This message of India is beneficial for all. So let conversion take place, but from negativity to positivity. This is the way to welfare for all.

Formal Felicitations and Talk in Sri Lanka

The Consul General of Sri Lanka, who was also the head of its Foreign Department, was present in the said Conference. He organised a separate talk followed by dinner in which a large group of leaders of various countries, scholars and bhikkhus participated. After extensive discussions, he wrote a letter to the bhikkhu community as well as the Government of Sri Lanka suggesting that Mr Goenka be invited as a state guest.

Consequently, I was invited as a guest of the state. I met many other scholars and gave a number of talks. The response was heartening and I was honoured with many felicitations.

Speech in Davos

I was a special invitee during the World Economic Forum that was held in Davos, Switzerland in 2002. The hall was packed to capacity. The Chief Minister of the state of Andhra Pradesh in Central India, Mr Chandrababu Naidu, was also present. Impressed by my speech, he wanted to organise a public talk in India and invited me to come to Hyderabad, the state capital, as an official guest.

I accepted. The programme was very well organised; the Chief Minister sat with others in a large, open ground to hear me. Highly impressed, he released a G.R. (state directive in the official gazette) stating that government employees could avail themselves of paid leave to attend a ten-day Vipassana course. Being very busy, he himself never attended a course, but many state employees attended and benefitted.

Discourse and Felicitations in Bhopal, M.P.

I was also invited as a state guest of Bhopal, the capital of Madhya Pradesh, India by the Chief Minister of that time, Shri Digvijaya Singh. A talk was organised and I was felicitated. Here too, a G.R. was released which benefitted many state ministers and government employees.

Victory of Dhamma

Dhamma has spread very rapidly, not only in India but world wide. After the first centre was established in India in Igatpuri, Maharashtra in 1976, over 200 centres have been established all over the world and the numbers continue to rise as Vipassana meditation continues to spread.

In these courses, empty, intellectual wordplay is not entertained where a spiritual master comes, gives a speech and exhorts the listeners to go home and practise what he has spoken. At Vipassana centres, the students along with the teacher live for ten days in serious discipline and silence without any contact with the outside world. In some of these centres, besides 10-days courses, 20, 30, 45 and 60-day courses are also held with, if possible, stricter discipline and more serious work. The teacher and the volunteers stay along with the students for the duration. The discipline is strict, yet the number of applicants continues to rise as centres are nearly always overbooked and aspirants are wait-listed. It is the greatness of Dhamma, indeed, that draws people to it like a magnet!

Felicitations from Various Quarters

Felicitations poured in from Myanmar, India and other nations for what was considered an exemplary contribution to society, especially in the field of Dhamma.

1. I was decorated by the Burmese 'Civil Government' with the title of 'Varnakirti' (Wunna Kyawthin) for exemplary contribution to social causes.

2. I was invited by the later government of Myanmar as a state guest and honoured with the title 'Mahasaddhammajotirdhaja', a lofty honour of Myanmar.

3. I was blessed by the famous Bago Mahavihara of Myanmar with the title 'Maha Upasaka Vishwa Vipassanacharya' (Lay World Vipassana Teacher).

4. I was proclaimed the 'Modern Ashok' by the main Vihara (monastery) of the Karen community of Myanmar.

5. I was decorated with the title of 'Dharmamurti' by the 'All India Bhikkhu Sangha' upon my return to India.

6. I was honoured with the title of 'Vidyvaridi', a doctorate by the governor of Bihar on behalf of 'Nav Nalanda Mahavihar', a Pali Research Centre in Nalanda University, Bihar.

7. I was honoured with the doctorate and title of 'Vidya Vagpati' by the Tibetan Research Institute of **Sarnath, UP**.

8. I was appointed the patron and honoured with the title of 'Vipassanagamachakkavatti' by 'Mahabodhi Society of India' in Calcutta, India.

9. I was honoured in recognition of the work being done and invited as the state guest by the governments of Madhya Pradesh and Andhra Pradesh, India.

10. In 2011, I was honoured with the title of 'Padma Bhushan', a civil title given by the government in India to individuals who have made lofty contributions to society.

11. The government of Sri Lanka had made extensive plans to celebrate the 2550th year of the Buddha at the state level, and invited me as a state guest where I was bestowed with the title 'Jin Sasana Sobhana Patipattidhaja' in a public ceremony by the President of Sri Lanka, Shri Mahind Rajapakshe, and welcomed by the Prime Minister, Shri Ratnasiri Vikramnayake.

12. Around the same time, the highest authority of the Bhikkhu Sangha of Sri Lanka, 'Kotte Sri Kalyani Samagrahi Mahasangh Sabha' organised a special felicitation programme in recognition of the valuable work done in the spread of Buddha Sasana throughout the world and bestowed on me the title of 'Pariyatti Visarad' (Master of Doctrine).

(From the Autobiography of Mr. S.N. Goenka)



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>



Schedule of Vipassana Courses

For worldwide schedule of courses, visit: www.dhamma.org. For schedule of courses including one-day courses and group sittings in India, visit www.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.

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 **Satipaṭṭhāna** course, full-time Dhamma service for at least one ten-day course, daily practice 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. Meditating so many people at same time will give good atmosphere to each other as Buddha said- **Samaggānaṃ Tapo Sukho**. 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 17th Feb. every year. --- All centres where single

accommodations are available can include this course in their future programmes, with due consideration of the local demand.

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

Teenagers' Course: 15 years Completed upto 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:** 6 to 17-1, 20 to 31-1, 3 to 14-2, (Old Students only 17 to 28-2,) 3 to 14-3, 17 to 28-3, 2 to 13-5, 16 to 27-5, 30-5 to 10-6, 16 to 27-6, 14 to 25-7, 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 25-12-21 to 5-1-2022, 8 to 19-1, #ST: 31-3 to 8-4, 7 to 15-10, 3-day: 22 to 25-4. CAT/Teacher Meeting: 13-12, AT Meeting: 14 to 16-12, AT Workshop: 17 to 20-12, Trainer Workshop: 21-12, Trustee & Dhamma Servers Workshop: 16 to 17-10.

☞ Long Course: Special 10-day: 30-6 to 11-7,

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

10-day executive courses: 8 to 19-4, #ST: 2 to 10-9; **Gratitude Course:** 2 to 17-2

☞ Long Course: Special 10-day: 24-4 to 5-5, 18 to 29-8, 20-day: 7 to 28-1, 10 to 31-5, 24-7 to 14-8, 11-11 to 2-12, 30-day: 20-2 to 23-3, 4-6 to 5-7, 15-9 to 16-10, 45-day: 4-6 to 20-7, 15-9 to 31-10, 19-12 to 3-2-2022, 60-day: 12-10 to 12-12.

Dhamma Tapovana-2, Igatpuri

10-day executive courses: 30-11 to 11-12, #ST: 22 to 30-4, 18 to 26-11,

☞ 20-day: 19-2 to 12-7, 28-6 to 19-7, 30-day: 19-3 to 19-4, 8-5 to 8-6, 25-9 to 26-10, 45-day: 8-5 to 23-6, 25-9 to 10-11, 60-day: 23-7 to 22-9, 17-12 to 14-2-2022.

Dhamma Pattana, Gorai, Mumbai

Dhamma Pattana Vipassana centre, Near Essel World, Gorai Creek, Borivali M(W), Mumbai 400091, Phone: +91 8291894650, Tel. (+91122) 50427518, Ext. No. (Male Office) 519 (50427519), (Female Office) 546 (50427546), Website: www.pattana.dhamma.org, **10-day executive courses:** 2021 6 to 17-1, 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4, 14 to 25-4, 28-4 to 9-5, 11 to 22-5, 3 to 14-6, 30-6 to 11-7, 13 to 24-7, #ST: 2021 17 to 25-6, 3-day: 2021 23 to 26-1, 8 to 11-4, 1-Day Mega course: 2021 10-1, 23-5, 25-7, Indian AT Workshop: 2021 24 to 31-5,

☞ 20-Day Course: 30-1 to 20-2-2021, (Parallel to Gratitude Course)

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

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/Eng ench of about 15-20 minutes duration 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 Vipula: Belapur (New Mumbai)

Plot No. 91A; Sector 26, Parsik Hill, CBD Belapur; (Parsik Hill, Nearest Railway Station: Sea-woods 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/ **1-day:** Every Sunday, **Group Sitting:** Daily (any time) 9 am to 9 pm,

Gratitude Course: 16 to 31-1-2021

Dhamma Vāhini: 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:** 2 to 13-1, 16 to 27-1, 30-1 to 10-2, 13 to 24-2, 27-2 to 10-3, 13 to 24-3, 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, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 23-10 to 3-11, 6 to 17-11, 30-11 to 21-12, 30-11 to 31-12, #ST: 14 to 23-8, ☞ Long Course: 20-day: 30-11 to 21-12, 30-day: 30-11 to 31-12,

Contact: Mobile: 97730-69978. (12 to 6 pm on weekdays).

Dhamma Vātikā: Palghar

Centre Address: Dhamma Vatika, Palghar Vipassana Centre, Behind Alyali Cricket Ground, Alyali Village, Palghar - 401404. **Contact Details:** 1. Centre Contact: +91 96371 01154; 2. Shri Cyrus Irani: +91 92708 88840; 3. Shri Anil Jadhav: +91 90491 51464; Email: info@vatika.dhamma.org **10 Day:** (Males Only): 14-25/2, 28/2-11/3, 14-25/3, 31/3-11/4, 14-25/4, 12-23/5, 13-24/6, 27/6-

8/7, 25/7-5/8, 11-22/8, 25/8-5/9, 8-19/10, 21/10-1/11, 21/11-2/12, 25/12-5/1/22
10 Day: (Females Only): 31/1-11/2, 28/4-9/5, 3/5-1/6, 11-22/7, 24/9-5/10, 7-18/11
STP: 12-20/9 (Males Only), 5-13/12 (Females Only)

SCHEDULE OF LONG COURSES

INDIA

Special 10-day Course

17 to 28-1-2021 Dhamma Suvatthi, sravasti (u.p.)
 20 to 31-1-2021 Dhamma Pīṭha, Ahmedabad (Gujarat)
 12 to 23-4-2021 Dhamma Thali, Jaipur
 2 to 13-6-2021 Dhamma Khetta, Hyderabad
 19 to 30-6-2021 Dhamma Thali, Jaipur
 30-6 to 11-7-2021 Dhamma Giri, Igatpuri
 17 to 28-7-2021 Dhamma Patthana, (Haryana)
 19 to 30-7-2021 Dhamma Lakkhana, (U.P.)
 6 to 17-10-2021 Dhamma Bodhi, Bodhgaya, Bihar
 15 to 26-10-2021 Dhamma Patthana, (Haryana)
 17 to 28-10-2021 Dhamma Sarovara, Dhule
 20-11 to 1-12-2021 Dhamma Kalyāṇa, Kanpur (U.P.)

14-days Gratitude Course

16 to 31-1-2021 Dhamma Vipula: Belapur (New Mumbai)
 2 to 17-2-2021 Dhamma Tapovana-1 Igatpuri
 2 to 17-2-2021 Dhamma Nāga, Nagpur
 2 to 17-2-2021 Dhamma Sarovara, Dhule
 2 to 17-2-2021 Dhammālaya, Kolhapur
 2 to 17-2-2021 Dhamma Anākula, Akola
 2 to 17-2-2021 Dhammapāla, Bhopal (M.P.)
 2 to 17-2-2021 Dhamma Nāgajjuna, Telangana
 2 to 17-2-2021 Dhamma Pīṭha, Ahmedabad (Gujarat)
 2 to 17-2-2021 Dhamma Divākara, Mehsana (Guj.)
 2 to 17-2-2021 Dhamma Lakkhana, (U.P.)

20-day

30-1 to 20-2-2021 Dhamma Pattana, Gorai, Mumbai
 7 to 28-2-2021 Dhamma Thali, Jaipur
 12-4 to 3-5-2021 Dhamma Patthana, (Haryana)
 2 to 23-6-2021 Dhamma Khetta, Hyderabad
 2 to 23-8-2021 Dhamma Patthana, (Haryana)
 11-8 to 1-9-2021 Dhammālaya, Kolhapur
 5 to 26-9-2021 Dhamma Gaṛha, Bilaspur (Chhattisgarh)
 8 to 29-9-2021 Dhamma Suvatthi, sravasti (u.p.)
 28-9 to 19-10-2021 Dhamma Thali, Jaipur
 6 to 27-10-2021 Dhamma Bodhi, Bodhgaya (Bihar)
 30-11 to 21-12-2021 Dhamma Vāhini: Titwala
 4 to 25-12-2021 Dhamma Lakkhana, (U.P.)

30-day

28-1 to 28-2-2021 Dhamma Kānana, Balaghat (M.P.)
 31-1 to 3-3-2021 Dhamma Ketu, Durg (Chattisgarh)
 7-2 to 10-3-2021 Dhamma Thali, Jaipur
 21-2 to 24-3-2021 Dhamma Patthana, (Haryana)
 28-2 to 31-3-2021 Dhamma Pīṭha, Ahmedabad (Gujarat)
 28-2 to 30-3-2021 Dhamma Suvatthi, sravasti (u.p.)
 1-6 to 2-7-2021 Dhamma Patthana, (Haryana)
 2-6 to 3-7-2021 Dhamma Khetta, Hyderabad
 1-8 to 1-9-2021 Dhamma Bodhi, Bodhgaya (Bihar)
 11-8 to 11-9-2021 Dhammālaya, Kolhapur
 28-8 to 28-9-2021 Dhamma Patthana, (Haryana)
 18-9 to 29-10-2021 Dhamma Thali, Jaipur
 30-11 to 21-12-2021 Dhamma Vāhini: Titwala
 15-12-2021 to 15-12-2022 Dhammapāla, Bhopal (M.P.)

45-day

7-2 to 25-3-2021 Dhamma Thali, Jaipur
 9-2-2021 to 26-3-2021 Dhamma Bodhi, Bodhgaya, (Bihar)
 21-2 to 8-4-2021 Dhamma Patthana, (Haryana)
 28-2 to 15-4-2021 Dhamma Suvatthi, sravasti (u.p.)
 2-6 to 18-7-2021 Dhamma Khetta, Hyderabad
 15-10 to 30-11-2021 Dhamma Suvatthi, sravasti (u.p.)
 2-11 to 18-12-2021 Dhamma Patthana, (Haryana)
 9-2-2022 to 26-3-2022 Dhamma Bodhi, Bodhgaya, (Bihar)

Dhammānanda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). **10-day:** (Only for Hindi, Marathi, Students) 9 to 20-1, 13 to 24-2, 13 to 24-3, 10 to 21-4, 8 to 19-5, 12 to 23-6, 10 to 21-7, 14 to 25-8, 11 to 22-9, 9 to 20-10, 13 to 24-11, 11 to 22-12, (Only for Hindi, English, Students) 23-1 to 3-2, 27-3 to 7-4, 24-4 to 5-5, 22-5 to 2-6, 26-6 to 7-7, 24-7 to 4-8, 28-8 to 8-9, 25-9 to 6-10, 27-11 to 8-12, 25-12

to 5-1, #ST: (Only for Hindi, English, Students) 27-2 to 7-3, 23 to 31-10, 3-day: 4 to 7-4, 3 to 6-6, 5 to 8-8, 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 3 to 14-1, 7 to 18-2, 7 to 18-3, 4 to 15-4, 6 to 17-6, 4 to 15-7, 1 to 12-8, 29-8 to 9-9, 3 to 14-10, 7 to 18-11, 5 to 16-12, Only for Hindi, Marathi, Students 17 to 28-1, 21-2 to 4-3, 21-3 to 1-4, 20-6 to 1-7, 18 to 29-7, 15 to 26-8, 17 to 28-10, 21-11 to 2-12, 19 to 30-12, #ST: Only for Hindi, Marathi, Students 18 to 26-4, Only for Hindi, English, Students 21 to 29-9, 3-day: 28 to 31-1, 28 to 31-10, Teenagers' Course: (Boys) 2 to 10-5, (Girls) 16 to 24-5, 2-day Children Course: (12 to 18 yrs Boys) 1 to 12-5, (12 to 18 yrs Girls) 14 to 15-5, 1-day: Every Month Second Thursday and Fourth Sunday 8:30 am to 4:30 pm, Children Course: (9 to 18 yrs Every Month first and Third Sunday (8 am to 2:30 pm)

Dhamma Ajantā, Aurangabad

Ajanta International Vipassana Samiti, Gut No 45 Rampuri, Vaijapur Road Aurangabad 431003. Tel: (0240) 2040444, Contact: Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org 10-day: 13 to 24-1, 27-1 to 7-2, 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4, 28-4 to 9-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 30-6 to 11-7, 14 to 25-7, #ST: 16 to 24-4, Teenagers' Course: (Boys) 10 to 18-5,

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 3 to 14-1, 17 to 28-1, 21-2 to 4-3, 7 to 18-3, 31-3 to 11-4, 18-4 to 29-4, 2-5 to 13-5, 16 to 27-5, 30-5 to 10-6, 27-6 to 8-7, 11 to 22-7, 25-7 to 5-8, 22-8 to 2-9, 12 to 23-9, 26-9 to 7-10, 7 to 18-11, 21-11 to 2-12, 16 to 27-12, #ST: 19 to 28-3, 12 to 21-6, 6 to 15-8, 5 to 14-12, 2-day: 14 to 16-4, 23 to 25-6, 18 to 20-8, 12 to 14-10, Children Course: 16-8 10-10, 1-11, 29-12, 30-12, Gratitude Course: 2021 2 to 17-2-2021,

Long Courses: Special 10-day: 2021 17 to 28-10, Contact: Dr. Prashant Deore, Tel: (02562) 222-8611, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org

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 3 to 14-1, 17 to 28-1, 21-2 to 4-3, 7 to 18-3, 21-3 to 1-4, 4 to 15-4, 19 to 30-9, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, (Hindi/Marathi speaking students only female) 2021 2 to 13-5, (Hindi/Marathi speaking students only) 2021 18 to 29-4, 13 to 24-6, 27-6 to 8-7, 25-7 to 5-8, 3 to 14-10, 17 to 28-10, (Hindi/English In Kannada also) 2021 11 to 22-7, #ST: (Hindi/English speaking students only) 2021 23-3 to 1-4, 29-6 to 8-7, 5 to 14-10, 21 to 30-12, 3-day: (Hindi/English speaking students only) 2021 14 to 17-9, 2-day: (Hindi/English speaking students only) 2021 10 to 12-6, 29 to 31-10, Teenagers' Course: (Girls) (Hindi/English speaking students only) 2021 16 to 24-5, (Boys) (Hindi/English speaking students only) 2021 30-5 to 7-6, Dhamma Servers' Workshop: (Hindi/Marathi speaking students only) 2021 19 to 20-11,

Gratitude Course: 2021 (Hindi/English speaking students only) 2 to 17-2-2021

Long Courses: 20-day: 2021 11-8 to 1-9, 30-day: 2021 11-8 to 11-9,

Dhamma Nāga, Nagpur

Nagpur Vipassana Centre, Mahurhari Village, near Nagpur-Kalmeshwar Road. Contact: Mob. 9370990771, 9423403294, 9403870195, 9422182336, Email: info@naga.dhamma.org (No admission without confirmation) 10-day: 2021 6 to 17-1, 24-2 to 7-3, 10 to 21-3, 31-3 to 11-4, 14 to 25-4, 2 to 13-6, 16 to 27-6, 30-6 to 11-7, 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 20-10 to 7-11, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, #ST: 2021 28-4 to 6-5, 24-12 to 1-1-2022, 6-5, 24-12 to 1-1-2022, 3-day: 2021 23 to 26-1, 26 to 29-3, 17 to 30-5, 1-day: 2021 10-1, 21-3, 11-4, 25-4, 26-5, 13-6, 27-6, 11-7, 23-7, 8-8, 22-8, 5-9, 19-9, 3-10, 17-10, 7-11, 21-11, 5-12, 19-12 Teenagers' Course: (Girls) 8 to 16-5, (Boys) 17 to 25-5, Gratitude Course: 2 to 17-2-2021, AT Workshop: 14 to 18-7-2021

Contact: (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smruti Bhawan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

Kotamba (Yavatmal): 10-day: (Male and Female) 2021 10 to 21-1, 7 to 18-2, 7 to 18-3, 18 to 29-4, 2 to 13-5, 16 to 27-5, 4 to 15-7, 12 to 23-9, 2 to 13-10, 5 to 16-12, (Female only) 1 to 12-8-2021, (Only for bhikkhus and Male Students) 2021 6 to 17-6, (Only for bhikkhuni and Female Students) 2021 7 to 18-11, #ST: 2021 2 to 10-4, 3-day: 4 to 7-12-2020, 1-day: Every Sunday: 8 am to 3 pm Children's course: 2021 24-1, 28-2, 21-3, 23-4, 23-5, 20-6, 18-7, 29-8, 26-9, 17-10, 28-11, 26-12, Contact: Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. M. 9822896453, 7776964808, 7038918204, 9175622575,

Rohnagaon: (Pavani Bhandara): 10-day: 6 to 17-1, 10 to 21-2, (Only Bhikkhu 3 to 14-3), 7 to 18-4, 19 to 30-5, 16 to 27-6, 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.

Tumsar (Bhandara): 10-day: 2021 20 to 31-1, 17 to 28-2, 10 to 21-3, 20 to 31-10, 17 to 28-11, 15 to 26-12, 3-day: 2021 16 to 19-10, 1-day: 2021 8-4, 7-5, 4-6, 3-8, 2-9, 1-10, Children Course: 2021 19-1, 1-3, 29-3, 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) Viju Gondane, Mob. 096236-68240,

Dhamma Bhandāra, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) 10-day: 19 to 30-1, 9 to 20-2, 2 to 13-3, 2 to 13-4, 20 to 31-7, 10 to 21-8, 21-9 to 2-10, 4 to 15-12, #ST: 6 to 14-9, 21 to 30-11, 3-day: 27 to 30-3, 2-day: 24 to 26-12, 1-day: 17-1, 13-4, 26-5, 27-6, 1-8, 22-8, 19-9, 3-10, 19-10, Teenagers' Course: (Girls) 7 to 16-11-2021, 2-day Children Course: 15 to 16-11, 1 to 2-5, 1-day Children Course: 28-2, 21-3, 11-4, 27-4, 11-5, 25-5, 8-6, 22-6, 11-7, 29-8, 19-9, 10-10, 19-12, Contact: Saluja, 09423673572, Choureji, 9890441071, Vinodji, 9422833002, 7588749108,

Dhamma Anākula, Akola

Vipassana Sadhana Kendra, Khaperkeha Phata, Telhara-444108 Dist Akola Email: info.anakula@vridhamma.org, Website: www.anakula.dhamma.org, Mob. 9421156138, 9881204125, 9421833060, 10-day: (only male) 24-2 to 7-3, 24-3 to 4-4, 21-4 to 2-5, 9 to 20-6, 3 to 14-8, 1 to 12-9, 20 to 31-10, 24-11 to 5-12, (only female) 13 to 24-1, 10 to 21-3, 7 to 18-4, 5 to 16-5, 23-6 to 4-7, 18 to 29-8, 15 to 26-9, 4 to 15-10, 10 to 21-11, 8 to 19-12, 10-day: (Only for Bhikkhu) 7 to 18-7, #ST: 29-5 to 6-6, 23 to 31-7, 3-day: 29-9 to 2-10, 23 to 26-12, 2-day: 19 to 21-2, 21 to 23-5, 1-day: 30-1, 26-5, 21-7, 19-10, 14-Day Gratitude Course: 2 to 17-2, Contact: 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970.

Dhamma Padesa, Pali, Ratnagiri,

Konkan Vipassana Meditation Centre, At-Patharat, Post-Pali, Tal-Ratnagiri, Maharashtra, Email: info@padesa.dhamma.org, Website: https://pages.dhamma.org, 10-day: 15 to 26-1, 1 to 12-2, 15 to 26-2, 1 to 12-3, 15 to 26-3, 15 to 26-4, 1 to 12-5, 15 to 26-5, 1 to 12-6, 15 to 26-6, 1 to 12-8, 15 to 26-8, 1 to 12-9, 15 to 26-9, 15 to 26-10, 1 to 12-11, 15 to 26-11, 1 to 12-12, Contact: Mr. Santosh Ayare: 1) 9975434754 / 9960503598

Mahad: 10-day: (only Male) 3 to 14-1, 17 to 28-1, 7 to 18-2, 21-2 to 4-3, 7 to 18-3, 22-3 to 2-4, 4 to 15-4, 2 to 13-5, 6 to 17-6, 4 to 15-7, 18 to 29-7, 1 to 12-8, 15 to 26-8, 5 to 16-9, 19 to 30-9, 3 to 14-10, 17 to 28-10, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, (only Female) 18 to 29-4, 16 to 27-5, 20-6 to 1-7, 3-day: (only Male) 28 to 31-1, 27 to 30-5, 26 to 29-8, 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: Babasahab Ambedkar Memorial Hall Shivaji Chowk, Koteswari Tale, Mahad-402301, Dist: Raigad, Contact: (020) 24436250, Email: info@punna.dhamma.org, Mob: 7719070011,

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: 6 to 17-1, 20 to 31-1, 30-3 to 10-4, 12 to 23-4, 25-4 to 6-5, 9 to 20-5, 23-5 to 3-6, 6 to 17-6, 19 to 30-6, 4 to 15-7, 18 to 29-7, 1 to 12-8, 15 to 26-8, 29-8 to 9-9, 12 to 23-9, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 22-12 to 2-1-2022 #ST: 1 to 9-4, 8 to 16-6, 20 to 28-7, 3-day: 16 to 19-12, Long Course: Special 10-day: 12 to 23-4, 19 to 30-6, 20-day: 7 to 28-2, 28-9 to 19-10, 30-day: 7-2 to 10-3, 18-9 to 29-10, 45-day: 7-2 to 25-3,

Dhamma Pushkar, Ajmer, Rajasthan

Vipassana Centre, Near Village Rewat (Kedil), 23 kms from Ajmer and 9 kms from Pushkar towards Parbatsar. +91-94133-07570. Tel: (145) 2780570. 10-day: 13 to 24-1, 27-1 to 7-2, 10 to 21-2, (Old Students only 23-2 to 6-3) 8 to 19-3, #ST: 3 to 11-1, 20 to 28-3, Contact: 1) Ravi Toshniwal, Email: dhammapushkar@gmail.com Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275,

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, 98812641400. [Buses available from Sohna and Ballabgarh.] 10-day: 6 to 17-1, 20 to 31-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, Contact: Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Paṭṭhāna, Sonapat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapathana@gmail.com #ST: 7 to 15-1, 20 to 28-1, 6 to 14-2, 7 to 15-5, 19 to 27-5, 6 to 14-7, 23 to 31-12, AT Workshop: 2 to 5-10, Dhamma Servers Workshop: 2021 6 to 7-10, Long Courses: Special 10-day: 17 to 28-7, 15 to 26-10, 20-day: 12-4 to 3-5, 22 to 23-8, 30-day: 21-2 to 24-3, 1-6 to 2-7, 28-8 to 28-9, 45-day: (15 day Anapan) 21-2 to 8-4, 2-11 to 18-12, Contact: same as Dhamma Sota

Dhamma Kārūnika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjpora 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 13 to 24-1, 27-1 to 7-2, 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4, 14 to 25-4, 28-4 to 9-5, 12 to 23-5, 23-6 to 4-7, 14 to 25-7, 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 13 to 24-10, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, 22 to 2-1-2022, #ST: 2021 27-10 to 4-11, Teenagers' Course: (Boys) 2021 29-5 to 6-6, (Girls) 12 to 20-6,

Dhamma Hitakāri, Rohtak (Haryana)

Vipassana Dhyana Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. Contact: 92543-48837, 9416303639. 10-day: 2021 6 to 17-1, 20 to 31-1, 3

to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 2021 6 to 14-11,

Dhamma Dhaja, Hoshiarpur (Punjab)

Punjab Vipassana Trust, Village Anandgarh, P. O. Mehlanwali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: info@dhaja.dhamma.org **10-day:** 2021 6 to 17-1, 20 to 31-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 2021 6 to 14-11, 3-day: 2021 1 to 4-4, 1 to 4-7,

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:** 2021 every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's). #ST: 2021 20 to 28-3, 15 to 23-11, 3-day: 2021 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 6 to 17-1, 20 to 31-1, 10 to 21-2, 24-2 to 7-3, 17 to 28-3, 14 to 25-4, 12 to 23-5, 9 to 20-6, 7 to 18-7, 4 to 15-8, 1 to 12-9, 22-9 to 3-10, 6 to 17-10, 27-10 to 7-11, 10 to 21-11, 1 to 12-12, #ST: 2021 31-3 to 8-4, 28-4 to 6-5, 26-5 to 3-6, 25-6 to 3-7, 21 to 29-7, 18 to 26-8, 15 to 23-12, 3-day: 2021 16 to 19-9, 2-day: 2021 9 to 11-4, 7 to 9-5, 4 to 6-6, 30-7 to 1-8, 27 to 29-8, **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:** 6 to 17-1, 27-1 to 7-2, 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 14 to 25-4, 28-4 to 9-5, 12 to 23-5, 26-5 to 6-6, 9 to 20-6, 23-6 to 4-7, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 20 to 31-10, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, #ST: 5 to 13-10, 3 to 11-4, 22 to 30-12, 3-day: 21 to 24-1, 21 to 24-3, 15 to 18-8, 2-day: 17 to 19-10, **Contact:** 1) Mr. Bhandari, Tel: (0135) 2104555, 07078398566, Fax: 271-5580.

Dhamma Lakkhana, Lucknow (U.P.)

Lucknow Vipassana Centre, Asti Road, Railway Crossing, Bakshi ka Talab, Lucknow 227 202. Email: info@lakkhana.dhamma.org Tel: (0522) 296-8525, Mob. 97945-45334, 9453211879, **10-day:** 4 to 15-1, 19 to 30-1, 19-2 to 1-3, 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: 22 to 30-3, 19 to 27-10, 3-day: 28 to 31-10, 2-day: 15 to 17-1, 15 to 17-3, 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, **Children's course:** (age 8 to 12 boys and Girls) 18 to 20-3, 3-day **Children's course:** (age 13 to 17 boys) 26 to 29-12, (13 to 17 girls) 30-12 to 2-1-22, **14-days Gratitude Course:** 2 to 17-2-2021, **Long Courses:** Special **10-day:** 19 to 30-7 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. Buddha Inter College, Sravasti 271845. Email: info@suvatthi.dhamma.org, Tel: (05252) 265-439; Mob. 93358-33375. **10-day:** 2 to 13-1, 2 to 13-2, 15 to 26-2, 17 to 28-4, 2 to 13-5, 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, #ST: 14 to 22-5, 29-8 to 6-9, 14 to 22-12, **Children Course:** (8 to 12 yrs boys, and 8 to 16 yrs Girls) 24 to 27-5, 24 to 27-12, 12 to 16 yrs only Boys) 28 to 31-5, 28 to 31-12, **Long Courses:** Special **10-day:** 17 to 28-1, 20-day: 8 to 29-9, 30-day: 28-2 to 31-3, 45-day: 28-2 to 15-4, 15-10 to 30-11, **Contact:** 1. Mob. 094157-51053, 2. Murlī Manohar, Mob. 094150-36896,

Dhamma Kalyāṇa, Kanpur (U.P.)

Kanpur, International Vipassana Meditation Centre, Dhori, Ghaat, Rooma, Post Sailempur Kanpur-209402, (23 Km. from Kanpur Central Rly. Station) Tel. 07388-543795, Mob. 08995480149. Email: dhamma.kalyana@gmail.com, (No admission without confirmation) **10-day:** 5 to 16-1, 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: 22-2 to 1-3, 22 to 30-11, 3-day: 1 to 4-4, 1 to 4-9, 1-day: Every month Fourth Sunday. 10 am to 5 pm, **Teenagers' Course:** (Girls) 24-5 to 1-6, **3-Day Children Course:** (8 to 12 yrs) 1 to 4-6, **Long Course:** Special **10-day:** 20-11 to 1-12,

Dhamma Sudhā, Meerut (U.P.)

Vipassana Centre, Behind Police station, Tower Road, Near Saifpur Gurdwara, Hastinapur, Dist. Meerut -250404, **Office Contact:** Tel. 9555515548, 8171490433, 7505414181, **10-day:** 2021 6 to 17-1, 20 to 31-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 2021 6 to 14-11, 3-day: 2021 1 to 4-4, 1 to 4-7,

Vaishali: 10-day: every month 4 to 15. January to December **Place:** Vietnam Mahaprajapati Nunnery, Vishwashanti Pagoda Road, Vaishali-844128, **Contact:** Rajkumar Goenka, Email: info@vaishali.in.dhamma.org; Website: www.vaishali.in.dhamma.org Tel: (0621) 224-0215, 8935963703, 9431245971, 9102288680

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:** 1 to 12-1, 16 to 27-1, 1 to 12-2, 16 to 27-2, 1 to 12-3, 16 to 27-3, 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, 16 to 27-8, 16 to 27-9, 16 to 27-10, 1 to 12-11, 16 to 27-11, 1 to 12-12, 15 to 26-12, 29-12 -2021 to 9-1-2022, 12 to 23-1-2022, #ST: 18 to 26-10, 26-1-2022 to 3-2-2022,

Long Courses: Special **10-day:** 6 to 17-10, **20-day:** 6 to 27-10, **30-day:** 1-8 to 1-9, **45-day:** 9-2-2021 to 27-3-2021, 9-2-2022 to 27-3-2022,

Patna: (Bihar): 10-day: Every Month 3 to 14 and 17 to 28, **Place:** Vipassana Meditation Centre, Buddha Smriti Park, Fraser Road Area, in front of Patna Junction, Patna, Bihar 800001, Tel: (91) 6205978821/22, Website: www.patna.in.dhamma.org

GUJARAT

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: upendrapatel@gmail.com, **10-day:** 30-12 to 10-1, 2021 13 to 24-1, 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4, #ST: 7 to 15-4, 3-day: 28 to 31-1, 14-Day Gratitude Course: 2 to 17-2-2021,

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:** 6 to 17-1, 7 to 18-4, 3-day: 20 to 23-2,

Gratitude Course: 2 to 17-2-2021, **Contact:** Ms Shashi Todi, Mob. 98240-65668,

Long Courses: Special **10-day:** 20 to 31-1, **30-day:** 28-2 to 31-3,

Dhamma Ambikā, South Gujarat

Vipassana Dhyana Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 k.m. away on west of Boriyach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org **Online registration:** dhammaambikasurat@gmail.com, **10-day:** 10 to 21-1, 23-1 to 3-2, 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 31-3 to 11-4, 3-day: 4 to 7-2, 25 to 28-3, **Contact:** 1. Vasantbhai Lad, Mob. 09428160714, 2. Ratanshibhai K Patel, Mob. 098250-44536,

SOUTH INDIA

Dhamma Nāgajūna, Nagarjun Sagar (Telangana)

VIMC, Hill Colony, Nagarjun Sagar Dist. Nalgoda 508202, (140.4 km Hyderabad Road,) Registration: 9440139329, (8680) 277944, Mobile: 093484-56780, (only 10 am to 5 pm) Email: info@nagajuna.dhamma.org, **10-day:**

Teenagers' Course: (Boys)

One-day: every Purnima.

Gratitude Course: 2 to 17-2-2021,

CENTRAL AND EASTERN INDIA

Dhammapāla, Bhopal (M.P.)

Vipassana Centre, Behind Kerwa Dam, Village Daulatpura, Bhopal 462 044. **Contact:** Mob: 94069-27803, **Contact:** Prakash Gedam, Mob. 94250-97358, Tel: (0755) 2468053, Email: dhammapala.bhopal@gmail.com, Fax: 246-8197. Online application: www.pala.dhamma.org, **10-day:** 20 to 31-1, 20-2 to 3-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 9 to 20-6, 23-6 to 4-7, 7 to 18-7, 21-7 to 1-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 6 to 17-10, 23-10 to 3-11, 17 to 28-11, 1 to 12-12, #ST: 6 to 14-3, 6 to 14-11, **Teenagers' Course:** (Girls) 19 to 27-5, (Boys) 29-5 to 6-6, 3-day: 1 to 4-4, 2 to 5-8, 1-day: (9 am to 3:00 pm) 31-1, 14-3, 28-3, 18-4, 26-5, 20-6, 4-7, 18-7, 1-8, 22-8, 5-9, 27-9, **Children's course:** (9 am to 3:00 pm) (8 to 12 yrs) 3-10, 28-11, 12-12, (13 to 16 yrs) 2-5, 16-5, 19-9, **Vipassana Introduction Meeting:** 28-2, **Dhamma Servers Workshop:** 7 to 8-8; 14-Day Gratitude Course: 2 to 17-2,

Long Courses: 30-day: 15-12-2021 to 15-1-2022,

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:** 15 to 26-1, 17 to 28-2, 12 to 23-3, 14 to 25-4, 19 to 30-5, 12 to 23-6, 14 to 25-7, 4 to 15-8, 4 to 15-9, 2 to 13-10, 19 to 30-11, 15 to 26-12, #ST: 20 to 28-12-2020, 3-day: 13 to 16-10, 26 to 29-12, 2-day: 5 to 7-2, 25 to 27-4, 23 to 25-6, 15 to 17-8, **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:** 1 to 12-1, 12 to 23-2, 2 to 13-4, 14 to 25-5, 18 to 29-6, 16 to 27-7, 7 to 18-8, 17 to 28-9, 20 to 31-10, 19 to 30-11, 10 to 21-12, #ST: 12 to 20-3, 3-day: 27 to 30-3.

Dhamma Ketu, Durg (Chattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_kendra@yahoo.in

Tel: 09907755013, Mob. 09589842737. 10-day: 3 to 14-1, 7 to 18-3, 18 to 29-4, 13 to 24-6, 4 to 15-7, 18 to 29-7, 1 to 12-8, 22-8 to 2-9, 5 to 16-9, 19 to 30-9, 3 to 14-10, 17 to 28-10, 6 to 17-11, 21-11 to 2-12, 6 to 17-12, 20 to 31-12, #ST: 17 to 25-1, Teenagers' Course: (Girls) 30-5 to 7-6, 3-Day: 27 to 30-3, 1-Day: 26-1, 21-3, 26-5, 27-6, 15-8, 31-10, 20-11 Children's course: 22-4, 2-5, 2-10, 19-11, 18-12, Dhamma Sevak Workshop: 5-12, Long Course: 30-day: 31-1 to 3-3
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: 7 to 18-1, 28-1 to 8-2, 11 to 22-2, 11 to 22-3, 8 to 19-4, 17 to 28-6, 8 to 19-7, 8 to 19-8, 1 to 12-10, 2 to 13-12, 17 to 28-12 #ST: 13 to 21-11, 3-day: 27 to 30-3, Teenagers' Course: (Boys) 5 to 13-6, 1-day: 3-1, 7-3, 4-4, 24-10, 7-11, # Children's course: 25-4, 2-5, 17-10, 28-11,
 Long Course: 20-day: 5 to 26-9, **Contact:** Mr. D. N. Dwivedi Mob. 9806703919, 2. Mr. S. Meshram, Mob. 98269-60230,



Additional Responsibility

- | | |
|---|-------------------------------|
| 1. Mr. Sandeep & Mrs. Anita Shetty to serve as Centre Teacher for Dhamma Nadi, Udupi Karnataka. | 4. Xian Jun Tang (XJT), China |
| 2. Mrs. Chandrika G. Kamdar, to serve as Centre Teacher for Dhamma Pali, Bhavnagar (Guj.) | 5. Li Juan Mu (LJM), China |
| 3. MR Kazuhiko Ueda, To Serve as Centre Teacher for Dhamma Bhanu, Japan | 6. Ya Ling Lei (YLL1), China |
| | 7. Jian FENG Lin (JL2), China |
| | 8. Kwok On Lee (KOL), Taiwan |

Newly appointed Assistant Teachers

- | | |
|---------------------------------------|--------------------------------------|
| 1. Smt. Meena Pandey, Rohtak, Haryana | 2. Smt. Prabhagauri Chhaganlal Joshi |
| 3. Sri Pramod Mali Pune, | 4. Shri Naresh Patel, Ahmedabad |
| 5. Dr (Mrs.)Meera Pillai, Bangalore | 6. Shri Prakash Chandekar, Nagpur |
| 7. Mr Takeyuki Mochida and | 8. Mrs Mikiko Mochida, Japan |

New Responsibility- SATS

- Shri Sangwan Attar Singh, Rohtak, Haryana
- Yan Liao (YL), China
- Dong Xuan Yang (DY), China

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One-day Mega courses at Global Vipassana Pagoda for 2021

Sundays– (10th January Mega course will be virtual and link will be displayed soon on telegram and whatsapp groups), 23rd May, Buddha Purnima; 25th July, Ashadhi Purnima; 26th September, Sharad Purnima and Goenkaji's 8th Death Anniversary. All **One-day Mega courses** at GVP start at 11am – till 4 pm. Non-meditators may participate in the 3 pm discourse. (Daily one-day courses are still being held at the Pagoda for those who are staying in the campus.) Please come only with prior registration. **Samaggānaṃ tapo sukho:** Take advantage of the immense benefit of meditating in a large group. For registration Contact: 022-62427544, 022-28451170- Extn: 9, Mob. 8291894644 (Tel. booking: 11 am to 5 pm daily). Online registration: <http://oneday.globalpagoda.org/register> (All courses will be arranged as per the Government's rules pertaining to Covid-19)

DHAMMA DOHA

*Āja namana kā divasa hai, aṃtara bhārī umāṅga;
 Śraddhā aura kṛtajñatā, vimala bhakti kā raṅga.*

My heart exults, this is the day to pay homage,
 Filled as it is with faith and gratitude, the colours of pure devotion.

*Grahaṇa karūṃ gurudevajī, aisī śubha āśīṣa;
 Dharma bodhi hiya meṃ dharūṃ, caraṇa navāūṃ śīṣa.*

May I receive such an auspicious blessing from you
 my Guru; Holding Dhamma wisdom close to my heart, I bow down at your feet.

*Guruvara! tuma milate nahīm, dharama gaṅgā ke tīra.
 To basa gaṅgā pūjatā, kabhī na pītā nīra.*

Oh my Master! Had I not met you on the banks of
 the Ganges of Dhamma; Then I would have merely paid obeisance to the river ganges, never tasting its (sacred) waters.

*Yadī guruvara milate nahīm, baramā deśa sudeśa.
 To dhana ke jaṅjāla meṃ, jīvana khotā šeṣa.*

Had I not met you, my Guru in the divine land of
 Burma; Then I would have wasted my life, lost in the quagmire of chasing money.

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