



Vipassana Newsletter

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

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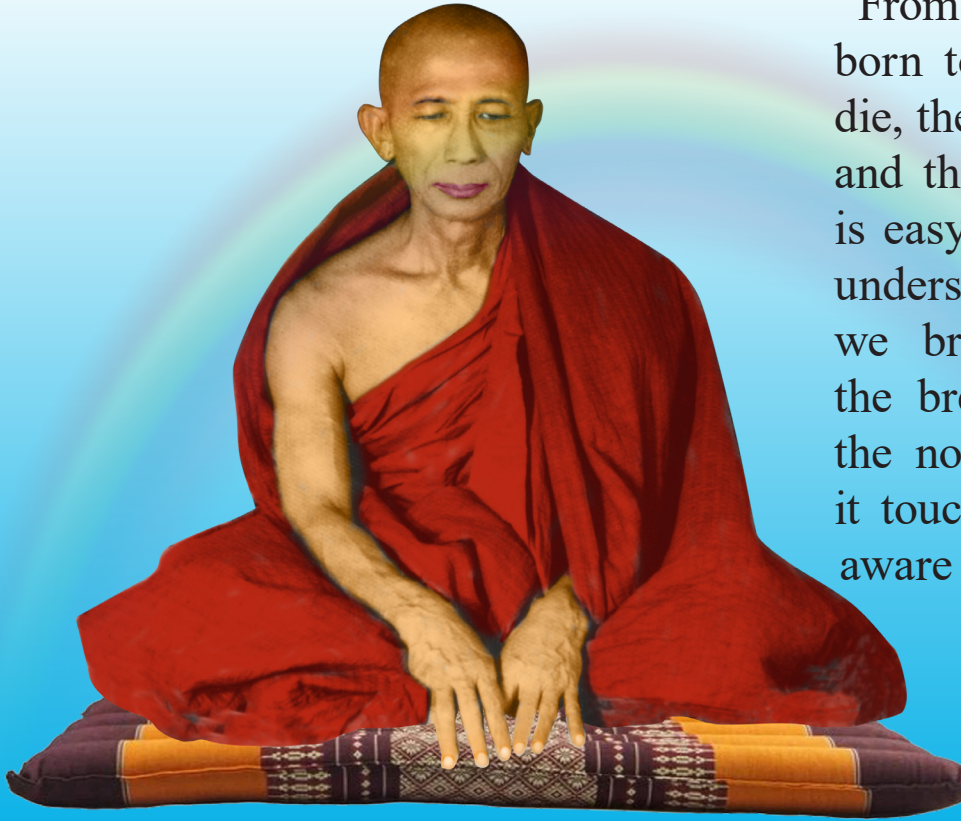
WORDS OF DHAMMA

Gāme vā yadi vāraññe, ninne vā yadi vā thale.

Yatthārahanto viharanti, taṃ bhūmi rāmaṇeyyakaṃ.

Dhammapadapāli — 98, Arahantavaggo.

In a village or in a forest, in a valley or on a hill, wherever the Arahants dwell, that is a delightful place.



From the moment we are born to the moment we die, there is the in-breath and the out-breath. This is easy for everybody to understand. Every time we breathe in or out, the breath touches near the nostrils. Every time it touches we should be aware of it.

— Webu Sayadaw

The Venerable Webu (Vipula) Sayadaw

17-02-1896 — 26-06-1977

Venerable Webu Sayadaw was one of the most highly respected monks of this century in Burma. (Sayadaw is a title used for monks. It means “respected teacher monk.”) He was notable in giving all importance to diligent practice rather than to scholastic achievement.

Webu Sayadaw was born in the village of Ingyinpin in upper Burma on 17 February 1896. He underwent the usual monk’s training in the *Pāli* scriptures from

the age of nine, when he became a novice, until he was twenty-seven. In 1923 (seven years after his ordination), he left the monastery and spent four years in solitude.

He practised (and later taught) the technique of *ānāpāna-sati* (awareness of the in-breath and out-breath). He said that by working with this practice to a very deep level of concentration, one is able to develop *vipassanā* (insight) into the essential characteristics of all experience: *anicca* (impermanence), *anattā* (egolessness) and *dukkha* (unsatisfactoriness).

Webu Sayadaw was famous for his unflagging diligence in meditation and for spending most of his time in solitude. He was reputed to be an arahant (fully enlightened one), and it is said that he never slept.

For the first fifty-seven years of his life, Webu Sayadaw stayed in upper Burma, dividing his time among three meditation centres in a small area. After his first trip to Rangoon, at the invitation of Sayagyi U Ba Khin, in 1953, he included southern Burma in his travels, visiting there to teach and meditate from time to time. He also went on pilgrimage to India and Sri Lanka.

Webu Sayadaw spent his final days at the meditation centre in the village where he was born. He passed away on 26 June 1977, at the age of eighty-one.

The following describes Sayagyi's first meeting and subsequent contact with this noble person.

At the beginning of 1941, U Ba Khin had been promoted to the post of Chief Accounts Officer, Burma Railways Board. One of his duties was to travel on the Rangoon-Mandalay line auditing the accounts of local stations. He travelled in a special carriage for the Chief Accountant, with full facilities for office work and sleeping overnight. His carriage would be attached to the main train, then detached at various stations.

One day in July, by error his carriage was detached at a station in the town of Kyaukse, forty kilometers south of Mandalay. Although he was not scheduled to audit the accounts here, as Accounts Officer he was permitted to check the accounts of any station, and he proceeded to do this.

After his work was over, he decided to visit the nearby Shwetharlyaung Hill and set out with the local station master. Sayagyi had heard that a monk named Webu Sayadaw, who had reached a high stage of development, was residing in the area. From the top of the hill they could see a cluster of buildings in the distance. They recognized this as the monastery of Webu Sayadaw and decided to go there.

At about 3:00 p.m. they arrived at the compound. An old nun sat pounding chillies and beans, and they asked her if they could pay respects to the Sayadaw.

"This is not the time to see the reverend Sayadaw," she said. "He is meditating and will not come out of his hut until about six o'clock. This monk does not entertain people. He only comes out of his hut for about half an hour in the evening. If there are people here at this time, he may give a discourse and then return to his hut. He will not meet people at times they may wish to meet him."

U Ba Khin explained that he was a visitor from Rangoon and that he did not have much time. He would like very much to meet Webu Sayadaw. Would it not be possible to pay respects outside?

The nun pointed out the hut, a small bamboo structure, and the visitors went there together. Sayagyi knelt on the ground and said, "Venerable Sir, I have come all the way from lower Burma, Rangoon, and wish to pay respects to you."

To everyone's astonishment, the door to the hut opened and the Sayadaw emerged, preceded by a cloud of mosquitoes. Sayagyi paid respects, keeping his attention in the body with awareness of *anicca*.

— "What is your aspiration, layman?" Webu Sayadaw asked Sayagyi.

— "My aspiration is to attain *nibbāna*, sir," U Ba Khin replied.

— "*Nibbāna*? How are you going to attain *nibbāna*?"

"Through meditation and by knowing *anicca*, sir," said Sayagyi.

— "Where did you learn to be aware of this *anicca*?"

Sayagyi explained how he had studied Vipassana meditation under Saya Thetgyi.

— "You have been practising Vipassana?"

— "Yes, sir, I am practising Vipassana."

— "What sort of Vipassana?" Webu Sayadaw questioned him closely and Sayagyi gave the details. The Sayadaw was very pleased.

He said, "I have been meditating in this jungle alone for years in order to experience such stages of Vipassana as you describe." He seemed astonished to encounter a householder who had reached advanced proficiency in the practice without being a monk.

Webu Sayadaw meditated with Sayagyi, and after some time said, "You must start teaching now. You have acquired good *pāramī* (accumulated merit), and you must teach the Dhamma to others. Do not let people who meet you miss the benefits of receiving this teaching. You must not wait. You must teach—teach now!"

With a Dhamma injunction of such strength from this saintly person, U Ba Khin felt he had no choice but to teach. Back at the railway station, the assistant station master became his first student. Sayagyi instructed him in Anapana meditation in his railway carriage, using the two tables of the dining compartment as their seats.

Although Sayagyi did not begin to teach in a formal way until about a decade later, this incident was a watershed. It marked the point at which Sayagyi began to share his knowledge of meditation with others.

In 1953, at a time when there was much conflict and strife in lower Burma, some government officials suggested that they should invite some of the saintly monks of the country to visit the capital, Rangoon. There was a traditional belief that if a highly developed person visited in a time of trouble, it would have a beneficial effect and the disturbances would calm down. Webu Sayadaw was not well-known in Rangoon because prior to this time he had strictly confined his travels to his three meditation compounds at Kyaukse, Shwebo and Ingyinpin, never leaving this small area of northern Burma. Sayagyi, however, felt strongly that this saintly monk should be invited to visit Rangoon.

Even though he had not seen nor communicated with Webu Sayadaw since 1941, Sayagyi felt confident that he would accept the invitation, so he sent one of his assistants to upper Burma to ask the Sayadaw to come and visit his centre in Rangoon for one week. This was during the time of the monsoon retreat when the monks, according to their monastic rules, must spend their time in meditation rather than in travel. Monks are not ordinarily permitted to travel during the monsoon retreat; however, for a special purpose, a monk may leave his retreat for up to seven days.

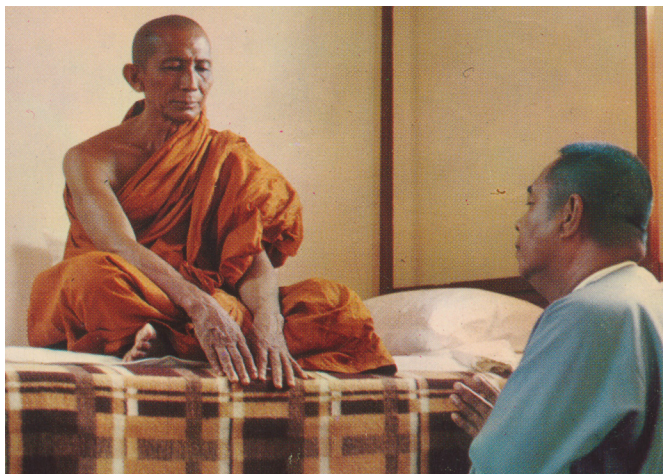
When U Ba Khin's messenger reached Mandalay and people heard what his mission was, they scoffed. "Webu Sayadaw never travels," they told him. "Especially not now during the rainy season. He will not go out for even one night, let alone seven days. You are wasting your time." Nevertheless, Sayagyi had sent him on this errand, so he persevered. He hired a taxi to Shwebo and sought an audience with the Ven. Sayadaw. When the assistant told Webu Sayadaw that he had been sent by Sayagyi U Ba Khin and extended Sayagyi's invitation, the monk exclaimed, "Yes, I am ready. Let us go." This response was a great surprise to everyone.

Webu Sayadaw, accompanied by some of the monks from his monastery, then paid a visit to the International Meditation Centre. This visit, coming after more than a decade since the two men had first met, demonstrated Webu Sayadaw's high regard for Sayagyi. Moreover, it was unusual for a monk to stay at the meditation centre of a lay teacher.

Between the years of 1954 and his death in 1977, Webu Sayadaw made regular annual visits to towns in southern Burma to teach Dhamma. During Sayagyi's lifetime, he periodically visited I.M.C. as well. The Sayadaw was held to have attained high attainments in meditation, and it was a great honour for I.M.C. to receive him.

When Webu Sayadaw visited Sayagyi's centre, he usually gave a short Dhamma talk every day. He once mentioned, "When we first visited this place it was like a jungle, but now what progress has been made in these years. It resembles the time of the Buddha when many benefited! Can one count the number? Innumerable!"

At one time, Sayagyi decided to fulfil the Burmese tradition of becoming a monk at least once in one's lifetime. Without notifying anyone in advance, he and one of his close disciples, U Ko Lay (the ex-Vice-chancellor of Mandalay University) went to Webu Sayadaw's centre at Shwebo and, under the Sayadaw's guidance, took robes for a period of about ten days.



After Sayagyi's death, Webu Sayadaw visited Rangoon and gave a private interview to about twenty-five students from Sayagyi's centre. When it was reported to him that Sayagyi had died, he said, "Your Sayagyi never died. A person like your Sayagyi will not die. You may not see him now, but his teaching lives on. Not like some persons who, even though they are alive, are as if dead—who serve no purpose and who benefit none."





“**Y**our Sayagyi never died. A person like your Sayagyi will not die. You may not see him now, but his teaching lives on. Not like some persons who, even though they are alive, are as if dead—who serve no purpose and who benefit none.”

— Ven. Webu Sayadaw

On 23 Jan. 1976, Ven. Webu Sayadaw visited IMC Rangoon. Many foreign students present there enquired Sayadaw with their queries. Among the many queries they raised, an answer is mentioned above.



Some Letters to Babubhaiya

While many householders benefited from Respected Goenkaji's Dhamma journey teaching Vipassana, there was a section of bhikkhus who though well versed with the fundamental principles of Dhamma came to Goenkaji and learnt this technique of Vipassana from him. Amongst them were very well learned bhikkhus in Pāli like Bhadant Anand Kausalyayanji, Bhadant Dharma Rakshitji and Bhadant Jagdish Kashyapji etc. These letters, written by Goenkaji to his brother Babulal, relate his experiences of the initial Vipassana camps conducted in India for householders and bhikkhus. Ed:

New Delhi, 4th Oct 1969

Babubhaiya, Pranam!

..... I was very happy to know from your letters that Respected Sayagi has now recovered his health and has returned to the Centre. I am also happy to hear that he is very satisfied with my work. This encourages me to move forward.

This Dhamma camp will conclude tomorrow evening in the capital of India. The showering of dhamma-dhatu in this region of northern India is truly an historic event. We all hope that in India and throughout the world from here this will be a means to a joyous future.

Respected Sayagi in his telegram has mentioned introducing adhiṭṭhāna to sādhaḥs, which is a regular feature of the course. It has been my unbroken rule that the day after Vipassana is given, from that day on daily morning, afternoon and evening an hourly adhiṭṭhāna sitting is introduced. So far the timings of this was kept at morning 8–9 am, afternoon 3–4 pm, and evening 8–9 pm. But bearing in mind the cacophony emanating from the loudspeaker at the nearby temple I have modified the timings slightly. But the three one-hour adhiṭṭhāna sittings daily is a given. Also in every camp I ask for silence to be maintained for a day or two. Yesterday in fact was the day of silence. It is truly very beneficial.

... I now know your feelings about my stay here. The attraction of *pāramīs* earned from dhamma-seva is of course there, however today a letter has arrived from dear Shankar filled with an eager invitation for me to not to plan my return to Burma just yet but to remain here for Vimla's marriage. The situation will become clear once I go to Madras (Chennai) and meet our elder brother. But I wanted to know from you that whether the delay in my return will not result in an adverse reaction in the governmental officialdom? Should I be sending an application letter? Please send me a response at the Calcutta address.

By the way the Burmese ambassador to India has invited me for lunch the day after tomorrow where I will broach this subject with him. He is very pleased and impressed with my dhamma tour. In fact he became

so impressed learning about the akaliko 'here and now' benefits of Dhamma that he wants to sit for a 10-day course. I have suggested to him that when he returns to Rangoon this time he should meet Sayagi and make 10-days' time to learn this blessed *sādhana* from him. ...

After conclusion of the camp tomorrow evening, my assistant will accompany our three sisters to Churu [ancestral land of Goenkaji] the day after and return to carry my heavier luggage to Calcutta by train and I will stay with our brother in a hotel for 3 days after which I will fly to Calcutta on the 8th evening. The next course will start on the 9th evening. I don't know how many will sit the course....

With the blessings of Sayagi, this course is concluding well. Tomorrow after its conclusion I will send a telegram sharing mettā. The day after Dhamma talks have been organized in two Buddhist viharas here in the evening. The same day I have also been invited to a well known women's college in Meerut. Besides the time spent in these programmes I will spend the time with our brother assisting him and in my own *sādhana*. Murmurs, however, have already begun here to organize one more camp in Delhi. And now when it seems that my stay in India may get extended by a few months then another camp in Delhi may become a possibility.

I however wish that any camp that be organized in the northern region now be organized in the sacred Buddhist places. But it is not yet a reality. After the completion of and having conducted 8 courses including in Madras (Chennai) I want to sit for a 10-day self-course to refresh myself and receive Dhamma strength. Then alone will this Dhamma journey start again. Let us see

I remain so immersed in these camp activities that I find myself unable to respond to mails on time. I did not get around to sending a detailed narration of the Mumbai course. And after that, who knows when I will be able to write about the camps in Sarnath and Delhi.

Your brother,

Satya Narayan Goenka

Calcutta: 10th Oct 1969

Babu Bhaiya, Pranam

Yesterday I finally posted the long letter [narrating the second course held in Bombay] I had written from Delhi. This camp started last evening. I have already received Sayagi's blessings.

Untill the evening at 6 pm it seemed that like with the Delhi camp, that this camp too would have very few people participating. But by the time Anapana was completed at 10 at night, 31 people had joined – 18 men and 13 women. These include 2 very learned bhikkhus, a Bengali and a Vietnamese – one is a post graduate, the other a PhD and working on a further research project. From those whom you know of, there is Satya

Jhunjhunwalla and his brother Mohan. Shyam has arrive from Gudam, and Kejriwal from Jharia and Narayan Shastri from Lucknow. There are many women from the Jhunjhunwala family. There is also the wife of Podar and our sister Sita.

To hope to conduct such a large course with new faces successfully is possible only with *Mettā bhāvana* from Sayagi and Ma Sayama. While teaching this technique to learned bhikkhus I find that some of them have a bias towards an interpretation of walking meditation based on the Satipaṭṭhāna Sutta as found in the technique of Mahasi Sayadaw. At times there arise some disagreements due to this. I am not perturbed in the least that I may differ on some points of the meditation teaching with them.

I have brought two excerpts related to this from the Tipiṭaka gathered by a learned student of Respected Sayagi proficient in Abhidhamma. I am getting them translated by bhikkhu Dharmarakshitji which will be immensely helpful to me. If this person in Burma has further gathered any such related material then please ask Gurudev for it and send it on to me, it will be very helpful.

Once when an argument arose here I agreed that in the beginning for us Anapana is only at the initial stages of Samatha (tranquillity). We do not take sādhanā up to appanā samādhi (attainment concentration), as a base to proceed to Vipassana but from upacāra samādhi (access concentration) itself we turn the sādhanā towards Vipassana. With this explanation, the few arguments that arose dissipated.

Your Brother,

Satya Narayan Goenka

Calcutta: 12th Oct 1969:

Babu Bhaiya, Pranam!

I just received your letter of 5th Oct. I too could not hear the speech given on radio on the birth Anniversary of Anagarika Dharmapala as I was touring Rajgir, Patna and Nalanda. This speech must have been broadcasted from the radio station in Lucknow and not from Delhi. This could be the reason you too could not get it. I will ask bhikkhu Dharma Rakshitji if we can get a recording of it from the radio station.

There is a slim possibility that Bhikkhu Jagdish Kashyapji will learn sādhanā now. None of his disciples could go to Sarnath. When the two bhikkhus who have arrived from Nalanda return after having completed the course successfully then alone can one hope for Kashyapji to take the plunge in blessed Vipassana.

Surprisingly, this time when I met bhadant Anand Kausalyayanji in Delhi he expressed a desire to sit a course if I still happen to be in India after November. For such an opponent of meditative practices to express such a wholesome intention is in itself a victory of Dhamma.

If he achieves anything then it would open doors of Dhamma to many many more people.

Yours,

Satya Narayan Goenka

Calcutta: 16th Oct 1969

Babu Bhaiya, Pranam!

Writing in response to your letter of 11.9.

As the translation of the Gandhi literature has received the go ahead then it must be published. Besides these, the books 'India of my Dreams' and 'Bapu' too should be published. If we have somehow received the opportunity to publish Gandhi's literature then we should certainly avail of it. The committee should press for it so that the funds from the trust are well utilized, otherwise they can go to waste.

At this time 2 bhikkhus are here who have come from Nalanda Pāli Research Institute. One of them is a PhD scholar after having completed D. Phil and is now writing a research paper for his second doctorate. His thesis will be published in 7 to 8 months. I will certainly be interested to read it. The subject of his thesis is 'Buddha Sāadhanā and Modern Psychology'; an interesting subject. It is just as well that he, as a sādhanak, will understand the applied science of sādhanā with his own experience. This will likely add to his research thesis profoundly. Being a major scholar of Tipiṭaka he considers Respected Sayagi's method of sādhanā to be more practical, leading one quicker to the ultimate goal than Mahasi Sayadaw's method. It is entirely possible that he may one day, after benefitting from sādhanā himself become a vehicle for many to benefit from it.

The second bhikkhu is an MA student in Nalanda. His Anapana went very well. The very first day he experienced light nimittas (indicator of concentration). His mind became stable and calm. On the fourth day he received Vipassana very well. But now he is creating some problems during the course. I came to know that he has a number of physical ailments like TB and rheumatic diseases etc. besides some mental imbalance too. He turned very sentimental and started weeping loudly upon experiencing the truth of suffering and anicca, and then upon realizing this truth through Vipassana he started laughing loudly as if for the moment he had lost his mental balance. He just came in laughing and when I made him sit and inquired about his strange behavior, he said he had realized suffering and its impermanent nature yesterday experientially, and now today he said he had experienced anattā (non self), and was very happy. After a few moments he became normal and regretted his excessive emotionalism. This is an unusual case; let us see what happens. I have adopted another way to deal with it, I have stopped his adhiṭṭhāna sittings in front of me and with others in the meditation room.

The dhamma-dhatu gets so strong that it kicks up the *saṅkhāra* of excessive emotionalism lying dormant within him, thereby affecting others with fear and anxiety. I asked him to sit by himself in his own room. Today I have received Sayagi's telegram of blessings which too will be of help.

The course is progressing alright, though I cannot say it is going smoothly. Shrinarayan Shastri from Lucknow became unwell as soon as he received Vipassana. There was pain and burning sensation throughout his body, a feeling of restlessness, and being an ayurvedic doctor he takes it as sign of being unwell. It turns out that a week before he came for the course he was injured in some car accident and while he was unconscious a doctor injected him which did not suit him and he remained immobile in bed for 7 days. Excited to join this course he came to Calcutta. There was no indication of his being unwell while he was here and he was eating normally, though he did seem a little weak. After Vipassana he got so restless that to remain became impossible for him. He was impressed with Vipassana and insisted before leaving that a course be held in Lucknow which he shall himself organize. Of course one could not convince him that his restlessness was due to Vipassana.

Sayagi and Ma Sayama are well and alright. I received a letter written by them. The joy and satisfaction that they get from my dhamma journey itself tells me that I am becoming free of the debt owed to the Guru.

Yours,

Satya Narayan Goenka

Cont: Excerpts from Letters written to Babu Bhैया...



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 Paṭṭhāna.

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: 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, #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

∞ Long Course: Special 10-day: 24-4 to 5-5, 18 to 29-8, 20-day: 10 to 31-5, 24-7 to 14-8, 30-day: 4-6 to 5-7, 18-8 to 18-9, 45-day: 4-6 to 20-7, 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: 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 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: 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: 17 to 25-6, 3-day: 8 to 11-4, 1-Day Mega course: 23-5, 25-7, Indian AT Workshop: 24 to 31-5,

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: 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:** 3 to 14-3, 17 to 28-3, 31-3 to 11-4, 14 to 25-4, 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, 18 to 29-8, 1 to 12-9, 15 to 26-9, 29-9 to 10-10, 13 to 24-10, 27-10 to 7-11, 10 to 21-11, 24-11 to 5-12, **1-day:** Every Sunday, **Group Sitting:** Daily (any time) 9 am to 9 pm,

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:** 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

Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, **Contact Centre:** Mob. 9637101154, Email: info@vatika.dhamma.org, **Contact:** 1) Shri Irani, Mob. 92708-88840, 2) Shri Anil Jadhav, Mob. 91 9049151464, Email: vipassana.palghar@gmail.com, **10-day:** (Male only) 14 to 25-3, 31-3 to 11-4, 14 to 25-4, 12 to 23-5, 13 to 24-6, 27-6 to 8-7, 25-7 to 5-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-10, 21-10 to 1-11, 21-11 to 2-12, 25-12-21 to 5-1-22, (Female only) 28-4 to 9-5, 3-5 to 1-6, 11 to 22-7, 24-9 to 5-10, 7 to 18-11, **#ST:** (Male only) 12 to 20-9, (Female only) 5 to 13-12,

SCHEDULE OF LONG COURSES INDIA

Special 10-day Course

12 to 23-4-2021
21-4 to 2-5-2021
24-4 to 5-5-2021
5 to 16-5-2021
2 to 13-6-2021
19 to 30-6-2021
30-6 to 11-7-2021
17 to 28-7-2021
19 to 30-7-2021
21-7 to 1-8-2021
28-7 to 8-8-2021
4 to 15-9-2021
21-9 to 2-10-2021
6 to 17-10-2021
15 to 26-10-2021
17 to 28-10-2021
20-11 to 1-12-2021

Dhamma Thalī, Jaipur
Dhammapāla, Bhopal (M.P.)
Dhamma Tapovana-1, Igatpuri
Dhamma Ajaya, Chandrapur
Dhamma Khetta, Hyderabad
Dhamma Thalī, Jaipur
Dhamma Giri, Igatpuri
Dhamma Paṭṭhāna, (Haryana)
Dhamma Lakkhaṇa, (U.P.)
Dhamma Sindhu, Mandvi-Kutch (Guj.)
Dhamma Pubbaja, Churu, Rajasthan
Dhamma Ambikā, South Gujarat
Dhamma Tapovana-1, Igatpuri
Dhamma Bodhi, Bodhgaya, Bihar
Dhamma Paṭṭhāna, (Haryana)
Dhamma Sarovara, Dhule
Dhamma Kalyāṇa, Kanpur (U.P.)

20-day

5 to 26-3-2021
12-4 to 3-5-2021
5 to 26-5-2021
10 to 31-5-2021
2 to 23-6-2021
20-6 to 11-7-2021
28-6 to 19-7-2021
30-6 to 21-7-2021
24-7 to 14-8-2021
2 to 23-8-2021
3 to 24-8-2021
11-8 to 1-9-2021
25-8 to 15-9-2021
5 to 26-9-2021
8 to 29-9-2021

Dhamma Sindhu, Mandvi-Kutch (Guj.)
Dhamma Paṭṭhāna, (Haryana)
Dhamma Sindhu, Mandvi-Kutch (Guj.)
Dhamma Tapovana-1, Igatpuri
Dhamma Khetta, Hyderabad
Dhammapāla, Bhopal (M.P.)
Dhamma Tapovana-2, Igatpuri
Dhamma Setu, Chennai (Tamil Nadu)
Dhamma Tapovana-1, Igatpuri
Dhamma Paṭṭhāna, (Haryana)
Dhamma Cakka, Sarnath (U.P.)
Dhammalāya, Kolhapur
Dhamma Ambikā, South Gujarat
Dhamma Gaṛha, Bilaspur (Chhattisgarh)
Dhamma Suvattihī, sravasti (u.p.)

11-9 to 2-10-2021
28-9 to 19-10-2021
6 to 27-10-2021
30-11 to 21-12-2021
4 to 25-12-2021

5-3 to 5-4-2021
19-3 to 19-4-2021
5-5 to 5-6-2021
8-5 to 8-6-2021
1-6 to 2-7-2021
2-6 to 3-7-2021
4-6 to 5-7-2021
30-6 to 31-7-2021
1-8 to 1-9-2021
11-8 to 11-9-2021
18-8 to 18-9-2021
28-8 to 28-9-2021
11-9 to 12-10-2021
18-9 to 29-10-2021
25-9 to 26-10-2021
1 to 31-10-2021
6-11 to 7-12-2021
30-11 to 21-12-2021
21-12-21 to 21-1-2022

5-3 to 20-4-2021
8-5 to 23-6-2021
2-6 to 18-7-2021
4-6 to 20-7-2021
25-9 to 10-11-2021
15-10 to 30-11-2021
2-11 to 18-12-2021
17-12-2021 to 1-2-2022
19-12 to 3-2-2022
21-12-21 to 5-2-22
9-2-2022 to 27-3-2022

23-7 to 22-9-2021
12-10 to 12-12-2021
17-12 to 16-2-2022

Dhammapāla, Bhopal (M.P.)
Dhamma Thalī, Jaipur
Dhamma Bodhi, Bodhgaya (Bihar)
Dhamma Vāhini: Titwala
Dhamma Lakkhaṇa, (U.P.)

30-day

Dhamma Sindhu, Mandvi-Kutch (Guj.)
Dhamma Tapovana-2, Igatpuri
Dhamma Sindhu, Mandvi-Kutch (Guj.)
Dhamma Tapovana-2, Igatpuri
Dhamma Paṭṭhāna, (Haryana)
Dhamma Khetta, Hyderabad
Dhamma Tapovana-1, Igatpuri
Dhamma Setu, Chennai (Tamil Nadu)
Dhamma Bodhi, Bodhgaya (Bihar)
Dhammalāya, Kolhapur
Dhamma Tapovana-1, Igatpuri
Dhamma Paṭṭhāna, (Haryana)
Dhammapāla, Bhopal (M.P.)
Dhamma Thalī, Jaipur
Dhamma Tapovana-2, Igatpuri
Dhamma Utkal, (Orissa)
Dhamma Cakka, Sarnath (U.P.)
Dhamma Vāhini: Titwala
Dhamma Ambikā, South Gujarat

45-day

Dhamma Sindhu, Mandvi-Kutch (Guj.)
Dhamma Tapovana-2, Igatpuri
Dhamma Khetta, Hyderabad
Dhamma Tapovana-1, Igatpuri
Dhamma Tapovana-2, Igatpuri
Dhamma Suvattihī, sravasti (u.p.)
Dhamma Paṭṭhāna, (Haryana)
Dhammapāla, Bhopal (M.P.)
Dhamma Tapovana-1, Igatpuri
Dhamma Ambikā, South Gujarat
Dhamma Bodhi, Bodhgaya, (Bihar)

60-day

Dhamma Tapovana-2, Igatpuri
Dhamma Tapovana-1, Igatpuri
Dhamma Tapovana-2, Igatpuri

Dhammānanda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). **10-day:** (Only for Hindi, Marathi, Students) 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) 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) 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 7 to 18-3, 4 to 15-4, 2 to 13-5, 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 21-3 to 1-4, 16 to 27-5, 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' 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) 4 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:** 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: 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, ♀Long Courses: Special 10-day: 17 to 28-10, 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, Dist. Solapur-413002, Contact: 1) Mr. Samrat Patil, Mob. 7620592920, 9011908000, 2) Mr. Bhalchandra Ukarande, Mob. 9860759866, 10-day: 3 to 14-3, 17 to 28-3, 31-3 to 11-4, 14 to 25-4, 2 to 13-6, 16 to 27-6, 30-6 to 11-7, 14 to 25-7, 28-7 to 8-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 29-9 to 10-10, 13 to 24-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, 29-12 to 9-1, #ST: 30-4 to 9-5, 2-day: 13 to 16-5, 12 to 15-8, 11 to 14-11, Teenagers' Course: (Boys) 21 to 29-5, 26-10 to 3-11,

Dhammalaya, Kolhapur

Deccan Vipassana Research Centre, Ramling Road, Aalte Park, Aalte, Tal Hatkangale, Dist. Kolhapur, Pin: 416123. Email: info@alaya.dhamma.org; (No admission without confirmation) Contact: Mob. 97674-13232. 9697933232, 7420943232, 10-day: 2021) (Hindi/English speaking students only) 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) 2 to 13-5, (Hindi/Marathi speaking students only) 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) 11 to 22-7, #ST: (Hindi/English speaking students only) 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) 14 to 17-9, 2-day: (Hindi/English speaking students only) 10 to 12-6, 29 to 31-10, Teenagers' Course: (Girls) (Hindi/English speaking students only) 16 to 24-5, (Boys) (Hindi/English speaking students only) 30-5 to 7-6, Dhamma Servers' Workshop: (Hindi/Marathi speaking students only) 19 to 20-11,

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

Dhamma Naga, Nagpur

Nagpur Vipassana Centre, Mahurjhari Village, near Nagpur-Kalmeshwar Road. Contact: Mob. 9370990771, 9423403294, 9403870195, 9422182336, Email: info@naga.dhamma.org (No admission without confirmation) 10-day: 10 to 21-3, 31-3 to 10-4, 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: 28-4 to 6-5, 24-12 to 1-1-2022, 6-5, 24-12 to 1-1-2022, 3-day: 26 to 29-3, 27 to 30-5, 1-day: 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.

Dhamma Sugati, Sugatanagar

Vipassana Sadhana Kendra, Sugata Nagar, Nagpur 440 014, 10-day: 3 to 14-3, 1 to 12-4, 5 to 16-5, 2 to 13-6, 7 to 18-7, 3 to 14-8, 1 to 12-10, 8 to 19-11, 8 to 19-12, (only female) 18 to 29-8, 1 to 12-9, 15 to 25-9, #ST: 22 to 30-7, 22 to 30-12, 3-day 24 to 27-3, 21 to 24-4, 16 to 19-6, 21 to 24-10, 24 to 27-11, 1-day: 14-3, 14-4, 18-4, 16-5, 30-5, 13-6, 18-7, 14-8, 12-9, 21-11, 6-12, Children Course: 21 to 24-10, Group Sitting: Daily 5 to 6 am. 6 to 7 pm and every Sunday 8 to 9 am. Children Anapana Group Sitting: 8 to 9 am Contact: 1) Sukhadev Naravare, Mob. 9422129229, 2) Kamlesh Chahande, Mob. 9373104305.

Kotamba (Yavatmal): 10-day: (Male and Female) 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) 6 to 17-6, (Only for bhikkhuni and Female Students) 7 to 18-11, #ST: 2 to 10-4, 1-day: Every Sunday: 8 am to 3 pm Children's course: 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: (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.

Chitki: (Wardha) Dhamma Kuti Vipassana Kendra, chitki, Pulgaon, Po. Kavtha, Ta. Devali, Dist: Wardha, (MS) 10-day: 13 to 24-3, 15 to 26-4, 7 to 18-9, 6 to 17-10, 6 to 17-11, 7 to 18-12, #ST: 13 to 21-2, Contact: 1. Shri Khandare, Tel: 07158-284372, Mob. 9028494401, Shri Bhele, Mob. 9834603076,

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

Dhamma Bhandara, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) 10-day: 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: 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: 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 Vasudha, Hivra (Wardha)

Vipassana Centre, Hivara, Post Zadshi, Tal Selu, Dist. Wardha, Email: dhamma-vasudha@gmail.com Contact: 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738. 10-day: 17 to 28-10, 10 to 21-11, #ST: 1 to 9-12,

Dhamma Anakula, Akola

Vipassana Sadhana Kendra, Khaperkheha Phata, Telhara-444108 Dist Akola Email: info.anakula@vridhamma.org, Website: www.anakula.dhamma.org, Mob. 9421156138, 9881204125, 9421833060, 10-day: (only male) 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) 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: 21 to 23-5, 1-day: 30-1, 26-5, 21-7, 19-10, Contact: 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970.

Malkapur (Akola): 10-day: (only male) 11 to 22-3, 3 to 14-10, (Only female) 13 to 24-5, 12 to 23-12, 1 to 12-6, at Bhadant Anand Nivas Rajratna Colony, Yavata Road, Malkapur, Akola 444001. Contact: 1) Mr. Aathavle Mob. 9404092468, 3) Mr. Tayde Mob. 9421794874,

Patur (Akola): Vipassana Sadhana Prasara Kendra Shirla, Patur, Dist- Akola, 444501 10-day: (Male old Student 16 to 27-3) (Female only) 30-3 to 10-4, 1 to 12-6, 25-7 to 5-8, 20-11 to 1-12, 20 to 28-12, (Male only) 15 to 26-4, 11 to 22-5, 25-6 to 6-7, 10 to 21-8, 21-9 to 2-10, (Only Bhikkhu 23-10 to 3-11) #ST: 26-8 to 3-9, 3-day Children Course: (10 to 17 yrs) 7 to 10-11, 1-day: every month second Sunday, 9 am to 5 pm Children Course: (age 10 to 16 yrs) every month third Sunday, 9 am to 5 pm Contact: 1) Mr. Jaggannath Gawai, Mob. 7775928290, 2) Mrs. Jyotitai Vankhede, Mob. 9921998803,

Dhamma 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: 11 to 22-3, 19 to 30-4, 28-5 to 8-6, (Only for Bhikkhu 16 to 27-6) 2 to 13-7, 28-7 to 8-8, 12 to 23-8, 29-8 to 9-9, 12 to 23-9, 29-9 to 10-10, 17 to 28-10, 1 to 12-11, 8 to 19-12, 26-12 to 7-1, #ST: 5 to 13-4, 27-11 to 5-12, 3-day: 27 to 30-3, 18 to 21-7, 2-day: 21 to 23-5, 19 to 21-11, 1-day: 7-3, 26-5, 27-6, 23-7, 8-8, 26-9, 10-10, 19-12, DhammaSewak Workshop: 4-4, CCT Workshop 2-5,

♂Long Courses: Special 10-day: 5 to 16-5, 2 Contact: 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 9226137722, 2) Mr. Gautam Chikate, Mobile: 9421812541, 9422506476,

Dhamma Padesa, Pali, Ratnagiri

Konkan Vipassana Meditation Centre, At-Patharat, Post-Pali, Tal-Ratnagiri, Maharashtra, Email: info@pades.dhamma.org, Website: https://pages.dhamma.org, 10-day: 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) 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 28-11, 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) 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 Thali, Jaipur

Rajasthan Vipassana Centre, P.O. Box 208, Jaipur-302001 Mob. 0-99301-17187, 9610401401, 9828804808, (for Manual registration/queries); Email: info@thali.dhamma.org, 10-day: 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 2-1-2021 #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,

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. 10-day: 8 to 19-3, #ST: 20 to 28-3, Contact: 1) Ravi Toshniwal, Email: dhammapushkar@gmail.com Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275,

Dhamma Marudhara, Jodhpur, Rajasthan

Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vignyan Satsang Kendra, -Chauspansi Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: info@marudhara.dhamma.org, 10-day: 9 to 20-4, 26-4 to 7-5, 15 to 26-6, 30-6 to 11-7, 14 to 25-7, 29-7 to 9-8, 14 to 25-9, 9 to 20-10, 23-10 to 3-11, 7 to 18-11, 22-11 to 3-12, 20 to 31-12 #ST: 12 to 20-3, 29-9 to 7-10, 3-day: 5 to 8-3, 24 to 27-3, 11 to 14-8, 7 to 10-12, 1-day: 26-5, Teenagers' Course: (Boys) 31-5 to 8-6, (Girls) 2 to 10-9, Children Course: 3-day: (13 to 16 yrs) 11 to 14-5, (13 to 16 only Boys) 18 to 21-8, (13 to 16 only Girls) 25 to 28-8, 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: 14 to 25-3, 31-3 to 11-4, 27-4 to 8-5, 29-5 to 9-6, 12 to 23-6, 27-6 to 8-7, 13 to 24-7, 12 to 23-9, 17 to 28-10, 8 to 19-11, 23-11 to 4-12, #ST: 28-9 to 6-10, 22 to 30-12, 3-day: 5 to 8-3, 17 to 20-4, 11 to 14-8, 9 to 12-10, 8 to 11-12, 1-day: 26-5, and Every Sunday, Teenagers' Course: (Boys) 1 to 9-9, Children Course 3-day: (Only Boys age 13 to 16) » 17 to 20-8, (Only Girls age 13 to 16) 24 to 27-8, Children Course 2-day: (Only Boys age 13 to 16) » 31-10 to 2-11, ∞ Long Courses: Special 10-day: 28-7 to 8-8,

Dhamma Sota, Sohna (Haryana)

Vipassana Sadhana Sansthan, Village Rahaka, Post Sohna, (Near Nimmod Police Post) Ballabgarh-Sohna Road, Dist Gurgaon (12 km from Sohna), Haryana, Mobile: 9812655599, 9812641400. [Buses available from Sohna and Ballabgarh.] 10-day: 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 Patthana, Sonapat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapatthana@gmail.com #ST: 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: 6 to 7-10, ∞ Long Courses: Special 10-day: 17 to 28-7, 15 to 26-10, 20-day: 12-4 to 3-5, 2 to 23-8, 30-day: 1-6 to 2-7, 28-8 to 28-9, 45-day: (15 day Anapan) » 2-11 to 18-12, Contact: same as Dhamma Sota

Dhamma Kārūṇika, 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: 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: 27-10 to 4-11, Teenagers' Course: (Boys) 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: 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: 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: 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: 6 to 14-11, 3-day: 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: every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's). #ST: 20 to 28-3, 15 to 23-11, 3-day: 23 to 26-11,

Dhamma Laddha, Leh Ladakh (J & K)

Vipassana Meditation Ladakh, Dhamma Laddha, is 8/9 Km from leh, Contact: Mr Lobzang Visuddha, Ancient Tracks, Mobile: [91] 9906971808, 9419862542. 10-day: 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: 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: 16 to 19-9, 2-day: 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: 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 24-3, 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 15-3, 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 17-3, 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, ∞ 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 Mukesh, 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: 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, #ST: 29-8 to 6-9, 14 to 22-12, Children Course: (8 to 12 yrs boys, and 8 to 16 yrs Girls) » 24 to 27-12, (12 to 16 yrs only Boys) » 28 to 31-5, 28 to 31-12, ∞ Long Courses: 20-day: 8 to 29-9, 45-day: 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: 3 to 14-3, 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, 3 to 14-10, 18 to 29-10, 3 to 14-10, 18 to 29-10, 20 to 31-12, #ST: 18 to 26-3, 9 to 17-12, 3-day: 28 to 31-8, CCT Workshop: 30-10 to 2-11, ∞ Long Course: 20-day: 3 to 24-8, 30-day: 6-11 to 7-12, Contact: Manju Agrawal, Email: manju.ag4@gmail.com. Mob. 09936691000.

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. +91 9415277542. Email: dhammakaya.vskk@gmail.com; 10-day: every month (except May-June) 1 to 12, 16 to 27; Plus- 10-day: 15 to 26-5, 17-6 to 28-6; One-day: 26-5 (Buddha Purnima), #ST: 28 to 5-6; Teenagers course (Girls) - 6 to 14-6; (boys): 7 to 15-6; Contact: 1. Dr. Vimalkumar Modi, C/o Aarogya Mandir, Gorakhpur-273003, 2. Shri Naresh Agarwal- Mob. 9935599453,

Dhamma Kalyāṇa, Kanpur (U.P.)

Kanpur, International Vipassana Meditation Centre, Dhorī, Ghaat, Rooma, Post Salempur Kanpur-209402, (23 Km. from Kanpur Central Rly. Station) Tel. 07388-543795, Mob. 08995480149. Email: dhamma.kalyana@gmail.com, (No admission without confirmation) 10-day: 5 to 16-3, 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 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: 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: 6 to 14-11, 3-day: 1 to 4-4, 1 to 4-7,

Dhamma Bodhi, Bodhgaya, (Bihar)

Bodhi Gaya International Vipassana Meditation Centre, Gaya-Dobhi Road (15 km), Near Magadha University, Bodhi Gaya-824234. Mob. 94716-03531, 9955911556, Email: info@bodhi.dhamma.org, Website: www.bodhi.dhamma.org, Long course Email: bodhi.longcourse@gmail.com **Contact:** 99559-11556. **10-day:** 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, 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, 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: 9-2-2022 to 27-3-2022,

Dhamma Licchavi, Muzaffarpur (Bihar)

Dhamma Licchavi Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 8935963703, Email: info@licchavi.dhamma.org **10-day:** 3 to 14-3, 16 to 27-3, 6 to 17-4, 19 to 30-4, 5 to 16-5, 19 to 30-5, 5 to 16-6, 19 to 30-6, 5 to 16-7, 19 to 30-7, 5 to 16-8, 19 to 30-8, 5 to 16-9, 19 to 30-9, 2 to 13-10, 19 to 30-10, 19 to 30-11, 5 to 16-12, 19 to 30-12, 5 to 16-1, 19 to 30-1, #ST: 27-3 to 4-4, 1 to 9-11, **Contact:** Rajkumar Goenka, Tel: (0621) 224-0215,

Dhamma Upavana, Baracakiya, (Bihar)

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

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

Dhamma Vesali, Bihar

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

Dhamma Pātiputta Patna (Bihar)

Patna Vipassana Center, Meditation Block, Buddha Smriti Park, Near Patna Junction, Patna - 800001, Bihar, India, **Contact:** Mobile: +91 6205978822, +91 6299534629, E-mail: info@patna.in.dhamma.org, Website: http://www.patna.in.dhamma.org, **10-Day:** 3 to 14-3, 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, 17 to 28-8, 3 to 14-9, 17 to 28-9, 3 to 14-10, 3 to 14-11, 3 to 14-12, 17 to 28-12, 3 to 14-1-22, 17 to 28-1-22. #ST: 17 to 25-3, 3 to 11-8,

GUJARAT

Dhamma Sindhu, Mandvi-Kutch (Guj.)

Kutch Vipassana Centre, Bada, Mandvi-Kutch-370475. Mob. 9638577325, Email: info@sindhu.dhamma.org **Contact:** Bhuj: 094274-33534. Gandhidham: 094262-50746. Mandvi: 09974575660. **10-day:** 8 to 19-4, 29-4 to 10-5, 20 to 31-5, 10 to 21-6, 1 to 12-7, 7 to 18-7, 20 to 31-7, #ST: 22 to 30-4, 22 to 30-6 ∞ **Long Courses:** Special 10-day: 21-7 to 1-8, 20-day: 5 to 26-3, 5 to 26-5, 30-day: 5-3 to 5-4, 5-5 to 5-6, 45-day: 5-3 to 20-4, **Contact:** 7874623305, 9825320551.

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:** 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:** 7 to 18-4, **Contact:** Ms Shashi Todi, Mob. 98240-65668,

Dhamma Ambikā, South Gujarat

Vipassana Dhyana Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 k.m. away on west of Boriyach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org Online registration: dhammaambikasurat@gmail.com, **10-day:** 10 to 21-3, 31-3 to 11-4, 14 to 25-4, 28-4 to 9-5, 15 to 23-5, 29-6 to 10-7, 11 to 22-7, 26-7 to 6-8, 7 to 18-8, 18 to 29-9, 6-10 to 17-10, 20 to 31-10, 6 to 17-11, 24-11 to 5-12, 7 to 18-12, #ST: 25-8 to 2-9, 3-day: 25 to 28-3, 27 to 30-5, 24 to 27-6, 22 to 25-7, 19 to 22-8, 30-9 to 3-10, 18 to 21-11, Teenagers' Course: (Girls) 3 to 11-6, (Boys) 15 to 23-6,

∞ **Long Courses:** Special 10-day: 4 to 15-9, 20-day: 25-8 to 15-9, 30-day: 21-12 to 21-1, 45-day: 21-12 to 5-2, **Contact:** 1. Vasantbhai Lad, Mob. 09428160714, 2. Ratanshibhai K Patel, Mob. 098250-44536,

SOUTH INDIA

Dhamma Nāgajjuna, 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,

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:** 10 to 21-3, 24-3 to 4-4, 21-4 to 2-5, 5 to 16-5, 2 to 13-6, 16 to 27-6, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 5 to 16-11, 18 to 29-11, 1 to 12-12, 15 to 26-12, #ST: 10 to 18-4, 30-6 to 8-7, 3-day: 4 to 7-3, 27 to 30-5, 30-9 to 3-10, 28 to 31-12, 1-day: 26-5, 24-6, **Dhamma Servers Workshop:** 22 to 23-5, ∞ **Long Courses:** 20-day: 30-6 to 21-7, 30-day: 30-6 to 31-7,

CENTRAL AND EASTERN INDIA

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:** 17 to 28-3, 7 to 18-4, 5 to 16-5, 19 to 30-5, 2 to 13-6, 14 to 25-7, 28-7 to 8-8, 25-8 to 5-9, 20 to 31-10, 6 to 17-11, 1 to 12-12, #ST: 6 to 14-3, 11 to 19-8, 20 to 28-11, 3-day: 1 to 4-4, 16 to 19-6,

∞ **Long Courses:** Special 10-day: 21-4 to 2-5, 20-day: 20-6 to 11-7, 11-9 to 2-10, 30-day: 11-9 to 12-10, 45-day: 17-12 to 1-2,

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:** 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, #ST: 18 to 26-12, 3-day: 13 to 16-10, 26 to 29-12, 2-day: 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:** 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.

Amla (Betul): 10-day: (Only Bhikkhu) 17 to 28-3, (Only Female) 22-4 to 3-5, 8 to 19-12, (only Male) 12 to 23-5, 10 to 21-11, 3-day: 28-8 to 31-8, 1-day: 14-3, 11-4, 26-5, 13-6, 18-7, 22-8, 12-9, (Gratitude Course 29-9), 10-10, 21-11, 12-12, Children's course: (age 8 to 16) 21-3, 25-4, 9-5, 20-6, 11-7, 8-8, 19-9, 17-10, 7-11, 5-12, **Dhamma Sevak Workshop:** 20-6, **Pali Training Course:** 24 to 26-12, **Place:** Pradnya Bhavan Bhim Nagar, Amla **Contact:** 1) Mr. Hurmade, Mob. 8234025899, 2) Mr Suryavanshi, Mob. 9907887607.

Dhamma Ketu, Durg (Chhattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. **10-day:** 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, **Teenagers' Course: (Girls) 30-5 to 7-6, 3-Day:** 27 to 30-3, 1-Day: 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, **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:** 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:** 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,

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: 6 to 17-1, 27-1 to 7-2, 24-2 to 7-3, 11 to 21-3, 21-4 to 2-5, 5 to 16-5, 23-6 to 4-7, 21-7 to 1-8, 23-8 to 3-9, 8 to 19-9, 3 to 14-10, 10 to 21-11, 1 to 12-12, 16 to 26-12, ∞ Long Course: 30-day: 1 to 31-10,

One-day Mega courses at Global Vipassana Pagoda for 2021

Sundays— 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 11 am – 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)

Additional Responsibility

1. Mr. Prakash Bir Singh Tuladhar, to assist CT of Dhamma Suriyo, Nepal
4. Smt. Fareeda Mehta, Mumbai.
5. Mr. Kehar Singh Khadkka, Nepal
6. Mr. Dharma Nath Shah, Nepal

New Responsibility- SATs

1. Shri Niranjan Sinha, to serve as acting CT for Dhamma Vesali, Vaishali(Bihar)
7. Ms. Nittaya Saenthawisuk, Thailand
8. Mr. Nitisak Namuangrak and "Thailand
9. Mrs. Tanyapat Namuangrak, Thailand

2. Dr. Shri Sangram Jondhale, to serve as Centre Teacher for Dhamma Desa. Hingoli
1. Kaveri Attanti Bangalore
2. Dr. G. T. Govindappa Daavangiri
3. Mr. Ravikumar Medi, Nanded.
3. Mr. Kishore Narayan Jamgade Nagpur

New appointments

Asst. Teachers

1. Mr. S. R. Madhav, Bengaluru
5. Ku. Varsha Shyam Walde Nagpur
2. Mr. Devendragiri Goswami, Nagpur
6. Dr. (Mrs.) Sonali Rangari
3. Mrs. Jyotsana Parekh, Jetpur
7. Dr. Ankit Balasaheb Wankhede. Akola



Dhamma Demise

1. Colonel (Retd.) Gurucharan Singh Guron, Assistant Teacher passed away at Panchkula on 15th February, 2021 at the age of 66 years. After becoming Assistant Teacher in 2012, he served courses in north India including Tihar Prison. Considering his volition to serve Children, he was made Regional Children Course Coordinator in 2020 for Haryana and Punjab. In 2015 he got afflicted with cancer but after prolonged treatment, he again started serving courses in 2019. He is survived by his wife, son and a daughter.

2. The second son Shri Banwarilalji (U Maung Shwe) of Respected S. N. Goenkaji passed away at the age of 75 years on 22nd Feb 2021 at 6 am in Myanmar. He had been ailing for some time and was under treatment in the ICU in a hospital in Rangoon.

Being in frequent contact with Sayagyi U Ba Khin and visiting his meditation Centre regularly he meditated under his guidance. Banwarilalji gave a yeoman's service in the spread of Vipassana and was instrumental in the establishment and maintenance of over 25 new centres in Myanmar where he contributed significantly in their upkeep and organizing courses. In India, from the construction of the Pagoda to helping with its embellishment with traditional Burmese style artwork by bringing artists and artisans from Myanmar. They stayed for an extended period working on the design and aesthetics not only of the Pagoda but also of the art gallery as well as surrounding areas and buildings Banwari bhajji's enthusiastic contribution was significant. He also assisted other centres around the world in their development and in bringing in Burmese style artwork.

Born on 12.03.1946, he is survived by his wife Ms. Sushila Goenka who besides teaching Vipassana, also manages centres and assists in running the courses.

That he may continue to grow on path of Dhamma are the wishes of his Dhamma family.



New Centres

Dhamma Vesali Vipassana Centre, Bihar

The Vaishali Vipassana Center is located in Vaishali district of Bihar, Eastern India just a kilometer from the historical relic site of Buddha and Asokan Pillars. The center can comfortably accommodate up to 70 students.

Vipassana Courses in Vasihali have been running under the Mahapajapati Vipassana Trust since 2017. When the Bhikkhuni Sangha at the Vitenamese Nunnery in Vasihali sat for a ten-day course and received so much benefit they thought about donating a large part of their nunnery to the Vipassana trust and made arrangements to organise Vipassana courses there. The Trust and Gift deeds now have been completed. This is



Anand Stupa, Ashok Pillar, Vaishali, Bihar

the place where the Mother of Lord Buddha Mahapajapati Gotami and her five hundred companions entered the monastic life and established the first Bikkhuni Sangha.

The Buddha recited the Ratana Sutta here. At the time of leaving Vaishali (Vesali) after his last rain retreat, the Buddha, on his way, turned around and gave profound metta to Vaishali.

A/C Name: MAHAPAJAPATI VIPASSANA TRUST, VAISHALI

A/C Number: 3646067335, Branch Code: 1392,

IFSC CODE: CBIN0281392,

Banker: Central Bank Of India, Branch, Vaishali, Bihar – 844128.

Dhamma Banga Vipassana Centre, West Bengal

“Dhammabanga” is the second Vipassana center in West Bengal. This name was given by Puja Guru Ji himself.

The land purchase has been completed and now construction of the Centre is due to begin. Regular group sittings by trustees and old students have started. The construction budget is approximately of Rs. 5 Crores.

Old students may earn merit by contributing to the development of a second Vipassana Center, a wish of Puja Guru Ji.

Bank detail for online contribution is given below:

A/c Name 'BENGAL VIPASSANA KENDRA' Address: Stephen House, Room No 47, 3rd Floor, 4 BBD Bag (East), Kolkata– 700 001.

A/c NO 12000100173471, Bank: The Federal Bank Ltd., Branch: R.N. Mukherjee Road, IFSC Code: FDRL 0001200, MICR Code: 700049006. The trust has been given 80G exemption by Income Tax Dept.

Trustees may be contacted on Mobile No. 98360 88007 or Mr. Lalit Kanoi on 98300 08888.

DHAMMA DOHA

Pūrva puṇya jāge tabhī, santa samāgama hoyā;

Bhāgya udaya ho, pāpa ke, karma tirohita hoyā.

Association with saintly beings occur due to past merit; Good fortune arises, unwholesome kamma having dissolved.

Darśana sādḥaka santa ke, mahāmāṃgalika hoyā;

Jage dharama kī preraṇā, tana mana harakhita hoyā.

Coming across a saintly being is a good omen, an indication of wholesome times; Inspiring one towards Dhamma, filling ones mind and entire being with joy.

Sukhadā saṃgata saṃta kī, pāe, hoyā nihāla.

Satya prakāṣa ho, toṛa kara, sāre bhava jaṃjāla.

Blessed is the one associating with a saintly person filled with joy; Truth shines forth breaking all worldly chains.

Miṭe aṃdherā, bodha kā, dīpa prajvalita hoyā.

Bhūle bhaṭake pathika kā, paṃtha prakāśita hoyā.

Darkness is dispelled lighting the lamp of wisdom; The path of the traveller lost on the way shines bright.

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