



Vipassana Newsletter

In the tradition of Sayagyi U Ba Khin As taught by S.N. Goenka
For Online Patrika in various Languages, visit : <https://www.vridhamma.org/newsletters>

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Words of Dhamma

*Yo ca buddhañca dhammañca, saṅghañca saraṇaṃ gato;
Cattāri ariyasaccāni, sammappaññāya passati.*

*Dukkhaṃ dukkhasamuppādaṃ, dukkhassa ca atikkamaṃ;
Ariyaṃ caṭṭhaṅgikaṃ maggaṃ, dukkhūpasamagāminaṃ.*

*Etaṃ kho saraṇaṃ khemaṃ, etaṃ saraṇamuttamaṃ;
Etaṃ saraṇamāgamaṃ, sabbadukkhā pamuccati.*

Dhammapada-190,191,192, Buddhavaggo

He who has surrendered to the Buddha, Dhamma and Sangha, and who has understood the four Noble Truths – suffering, rise of suffering, that one can come out of it and the 8 Fold Noble path to come out of it – knows with his panna that this is the finest surrender, the surrender that gives the highest welfare. By surrendering to it, one becomes free of all sufferings.

“
All these salutations,
offerings and honors are to
the Dhamma. Without the
Dhamma, the person has no
value.”

-- Kalyāṇamitta S.N.Goenka



The Government of India, in 2012, decorated Goenkaji with Padma Bhushan (a high civilian award given in recognition of contributions made to society.) Goenkaji was unable to travel to Delhi, so instead an officer from the State Government was sent to his home and is seen here presenting him with the award. His sons, Shri Banwarilalji and Shri Prakashji are standing behind.

Address on Vipassana's 50th Anniversary 16th December, 2019

Dhamma brothers and sisters !

As you all know, today we are celebrating the 50th anniversary of the arrival of Vipassana in India. On the

occasion of this Golden Jubilee celebration, our main focus should be that Vipassana continues to benefit people in the coming centuries. To be able to do this our hearts should be filled with gratitude to all the teachers of this tradition

who kept it alive in its pure form for thousands of years from generation to generation and made sure that the next generation receives it in its pure form. Because as soon as it lost its purity in the past, Vipassana was lost from India, even though Vipassana was born here, flourished here and benefitted many millions of people here.

Guruji always gave great importance to serving teachers. Similarly, he gave great importance to serving the monks, giving donations and great respect to them. Wherever he organized a course, if there was one or more monks present, he would surely organize Saṅgha-dāna (donation for Buddha's community of monks). One such incident is from Bodh Gaya where I myself attended the Saṅgha-dāna.

When Guruji went to America, he gave an invitation to monks there as well, and a huge Saṅgha-dāna was organized.

I learned Vipassana from Sayagyi U Ba Khin in my childhood (60 years ago), I did a total of 8 courses there. When Guruji came to India from Burma, I had the opportunity to serve Sayagyi. He needed to be taken to the doctor for dental treatment. For almost a month I would drive him there and bring him back to the meditation centre and then return home; it took many hours. Due to this there would be a lot of delay in lunch, it would be 3 or 4 in the afternoon by the time I reached back. A few times I felt annoyed. When Guruji came to know about this, he wrote a letter to me and explained that it was a matter of great merit for me that I was getting an opportunity to serve Guruji Sayagyi. That I should consider it as good fortune, never a burden. I felt very happy and after this I never had feelings of annoyance about it again.

Guruji was very fond of the Hindi language. He started writing and also started addressing big gatherings at a very young age. Indians living in Burma must have knowledge of Hindi, for this he was very aware and active. When the medium of education of our people became Burmese, he kept Hindi teachers exclusively to teach us Hindi. When we made a mistake, our teacher used to hit us with an umbrella, hence he got the name "chatri wale chahcha" (uncle with umbrella). Arrangements were also made for conducting Hindi classes to teach Hindi to women and young children. When Hindi books were unavailable in Burma, he would get books from India from "Hindi Sahitya Sammelan" in Prayag, and "Hindi Bhasha Prachar Samiti" (Hindi Language Promotion Committee) in Wardha, and conduct the examinations for first, second and third level classes. When the question papers of the examination would arrive from Wardha, he would make us sit separately in a hall at home and conduct the examination and then send it back to Wardha to be graded. From there, a proper certificate would come for everyone.

Guruji also wrote and staged plays in Hindi so that the knowledge of Hindi would continue to increase.

He had a deep love and dedication for India. When India faced a crisis, on the call of Pt. Nehru for all to help, Guruji sent a message from Burma to India that at such a place there is a box of Illaichidevi's ornaments, all the ornaments are to be fetched and donated to the government of India, in the interest of the country. And it was arranged to do so according to the rules of the country.

His composition of Hindi couplets began from childhood.

Many couplets were written in Hindi and Rajasthani language. He composed several couplets to express his reverence and gratitude to his Guruji, these are played during courses. Guruji always started the courses by bowing to his Guru Sayagyi and expressing his gratitude to all the teachers in the line previous to Sayagyi. This proves that when there is reverence in the mind towards the Guru only then one can move forward on the path of Dhamma. We too should imbibe these qualities in our lives and strengthen our daily practice, only then will our reverence for Guruji and Mataji be meaningful.

I remember here a few couplets by Guruji where he mentions actions and speech:

Kathanī kathanī sarala hai, karanī karanī hoyā;

Kathanī sī karanī karai, sāco gyānī soya.

Saying mere words is easy, difficult it is to truly act, and one who truly acts in line with his words is the true wise man.

Sādhu vahī, sajjana vahī, sādharma samta sujāna;

Kathanī sī karanī karai, vo hī samta sujāna.

He is the saint, the gentleman, the meditating noble one who is skilled. One who is true to his words and acts accordingly is the wise saint.

Kathanī karanī bica isī, dekhī nahīm dubhāmta;

Kavaī jāta hai karama syūm, mānai janmām jāta.

In what one says and what one does, no discord should be seen. True caste is reflected in your actions, not in the caste by birth.

There should be no difference between what we say and what we do. He never believed in caste or creed, in upper or lower class. We did not take dowry in any of the brothers' marriages. His slogan was "Stop taking dowry; Giving will stop on its own". But if the heads of the society did not accept, then the results are to be borne with. Guruji was truly a saint.

Sri Prakash Goenka,

Mumbai

Editors Note: Since his childhood, the fifth son of Goenkaji, Shri Prakashji manifested an engaging personality and sharp intellect. Three years after his birth (in 1952), Goenkaji was graced with attending his first Vipassana course in September, 1955. Soon after, Mataji came in contact with Respected Sayagyi U Ba Khin and was introduced to Anapana. After sometime, she sat for a full 10-day course. Sayagyi gave her permission to come to the centre along with her two small sons (Shri Prakash and Jai Prakash). She would sit in the course and meditate while Sayagyi spent some time with the children, teaching them Anapana and Vipassana with stories. They would play, meditate in the day and sleep at night at the centre and then go to school in the morning direct from the centre. Dhamma influenced them from these early years and continued to grow in them as they grew.



Excerpts from Letters to his elder brother, Babu bhaiya

Respected Goenkaji was very careful with the smallest details in his daily interactions with students during his enormous task to spread Dhamma, keeping notes of every sādha's progress. We get a glimpse of this from the letters written to his elder brother. – Editor.

Camp: Tadepalligudem, Dt: 6.11.1969

Greetings Resp Babu bhaiya,

As the course at Gudem concluded successfully I shared the mettā with you all along with Respected Sayagi and Ma Sayama; I also have sent you a telegram in this regard. I shall stay here untill 25th November and I was thinking of spending this time in solitude, in sādhanā and rest but now it seems it is not going to be possible. The familial and business related responsibilities will keep me very busy. Even so, I will be able to rest sufficiently. It looks like only upon my return to Burma will I be able to sit by Sayagi's feet and meditate.

Camp: Tadepalligudem, November 10, 1969

Respected Babu bhaiya, Pranam at your feet,

Last night was the night of Diwali. With the family here, we had a special sitting in the evening at 6.30 pm. Today is also the day when our Rangoon home's guest house was converted into the 'meditation hall'. Respected Sayagi must have come home with Ma Sayama and other meditators. I trust both are healthy. Last night's sit here turned out to be very auspicious as I remained in mettā-vihāra till late into the night with very beneficial effects. Mind was purified and surely the impact of this auspicious mettā was felt by those to whom it was offered. My heart filled with compassionate joy...

Camp: Tadepalligudem, November 15, 1969

Respectful Greetings Babubhaiya!

Sorry as I could not respond to some of your letters.

Please tell Sayagi that on 26th Oct I meditated with the sādha's attending the camp from 4.00 to 5.00 a.m. on the day of Dandecho (Burmese Diwali). That evening during the discourse I also shed some light on this festival of lights—Diwali. One more thing, my discourses during this camp were tape recorded daily and I am getting them transcribed, though as the meditators of this camp are not from a well educated background, the discourses too remained at a corresponding level. Hence I don't want to get the transcription done as it is; instead I am planning to make some changes after which I will send you the final copy. I would like you to show it to Sayagi; I would like to ensure that I am not speaking anything contrary to Dhamma.

But this will take time and I realize that I have not had a report made of the last four camps. How many details will be lost as a result. Everything takes a lot of time and its paucity bothers me....



(Male students of Tadepalligudem course with Goenkaji)

I don't know when I will ever be able to get the report written on the course conducted in the school in Gudem, but briefly, in this course 9 males and 11 females sat. Out of these, 6 male members were from our family. Among others, one scholarly sadhu from Varanasi, Ram Sagar Ashram was sitting and he began to call himself Bodhashram. After attending the course in Calcutta, he accompanied us here and now is eager to participate in future courses as well. He is a post graduate M.A., LLB and B.Ed. and a learned scholar of Sanskrit. Prior to his monkhood he was a principal in a school in Varanasi and professor in a college.

A recluse from Varanasi

After renunciation he practiced innumerable sādhanās—hatha yoga, tantra, kundalini yoga, and after many years of tapas, and gaining proficiency in these, out of sheer eagerness and curiosity to know what Bauddha sādhanā was like, he joined in the Sarnath (Varanasi) camp. He declared that he had not found the level of concentration that he achieved here through any other medium. Deeply impressed, he gathered money for the journey from alms and travelled to Calcutta and joined the camp. There he dove deeply in Vipassana experiencing consciousness in every atom of the body; he was profoundly gratified and began to request joining us for further camps. I saved some money and organized his travel expenses up to Gudem. The camp expenses were borne by dear Radhe.

The camp in Madras (Chennai) will be held after a month. I advised him to spend the month on alms and then come to Madras for the course starting 4th December. He made major progress in the camp here....

Two workers from our brother's cattle feed factory, working under Radhe, also participated and were satisfied. There were also other workers from the factory who were eager to join but one problem was that their 10 days' salary would have been cut which is certainly difficult for a salaried person.

I am particularly concerned that our sādhanā camps should not be confined to the upper segment of society alone. How can we give it a more egalitarian face and organize camps within minimum expenditure to make the Buddha's call of “*Bahujan hitāya, bahujan sukhāya*” a reality?



“Caratha bhikkhave cārikaṃ, bahujaṃ hitāya, bahujaṃ sukhāya...”

Coming back to other participants of this camp, of the 11 women who participated, the majority of them belonged to the Kedia family – two came from Bhimavaram and two from Eluru. Then there were another 3 women from Rajasthan. Thus this group of 20 sādhas sat for the camp in a local primary school. One of these women, being deaf, could not progress well as I could not give her Vipassana, and I had to be satisfied with giving her just Anapana. Two other women who were very old could not go deep into Vipassana. The other women were very satisfied. All those who sat for the course were deeply impressed and eagerly requested to have one more camp in Gudem before my returning to Burma.

It is good that I have permission from you to stay in India for another 3 to 4 months. During this time I will undertake another round of Dhamma courses, and with the power of its merits and with constant mettā-bhāvanā which I will continue to share with the family members, I wish that those of our family who have been on a journey with us since lifetimes will awaken from sleep and recognize Dhamma’s true face. After journeying through India, I see that a large number of people are able to walk on this path. We shall wait patiently for the family members. Let us see what effect the second round of Dhamma courses will have. If it still shows no result, then we shall wait patiently for years if required and continue to share mettā-bhāvanā with them.

As for my rest time, I have already mentioned that the time that is going in understanding the familial problems and business related matters is preventing me from sitting for my own sādhanā. But before going to Madras, I will definitely make time of 3 days for my own sādhanā and stay in silence as per Sayagyi’s instructions. At the most, I may give ‘dictation’ on some Dhamma subject.

The meditators coming from Calcutta were very satisfied and they were insistent that yet another camp must be organized there too. Actually all the credit to organize camps in Calcutta and Gudem goes to brother Chauthmal alone. Many were encouraged by him to sit the course. In all the camps here in India, he definitely has earned pāramī but this is especially true of these two camps. I shall write to him too.

One cannot expect that the Dalai Lama sits for a course but it is certain that he will send his people. The head of the Ladakhi Lamas, Kushak Bakula is certainly eager to sit in the Delhi camp. Let us see if he makes time.

Robe for Burmese Monks

Four sets of monk’s robes were received. One set was sent to Rajgir for a Burmese monk Jayant. The letter he wrote in response filled me with compassionate joy. He had written that in the last six years he did not receive a single robe. With this Burmese robe today he was very satisfied. I was more satisfied than him. I had seen this simple monk in Rajgir wrapped in a tattered robe. While he was showing us around his ashram in Rajgir, I had noticed that his robe was torn from behind and he was making unsuccessful attempts at covering himself pulling at his robe again and again. That had hurt for days to come. Like his robe, a corner of my heart too was torn asunder. Truly the Burmese monks in India suffer miserable conditions.



(Giving Dana in Yangon 1967)

Travellers from Burma cannot come here, and no one gives dāna here. Time limit of the Burmese who are residing here has expired and they cannot return to their countries. The Indians who have been sent back from Burma (for political reasons) and who retain a feeling of tenderness as well as gratitude for Burma; and those who have benefitted from the Buddha’s teachings need to take care of these sons of the Buddha. These monks find themselves in a peculiarly helpless situation. A lifetime of giving makes them hesitant to ask.

This dāna of the robe sent by you for an ill-clothed monk will doubtlessly give you countless merits. Whenever I read his letter and imagine him clothed in that new robe my heart fills with joy. May you feel the same joy! May the dāna of this robe become the cause of countless goodwill and bliss for all our family members along with you. My heart melts with these good wishes.

Truly this dāna turned pure in three ways—before giving, the heart was immersed in joy, while sending it, the heart trembled with joy and now the memory of this dāna, after having sent it, the heart truly melts. Such purified dāna carries immense merits and certainly will be a source of joyous abundance that will continue to grow. To get robes made here for dāna certainly is a difficult task, besides the financial difficulties. Possibly these will get resolved.

I have just resolved to collect dāna from our faithful family members on occasion of our daughter Vimla’s marriage, and get the robes made here in India offering a set each to 15 to 20 Burmese monks before the next holi festival.

Your younger brother,
Satya Narayan Goenka

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



Dhammic Deaths

1. The Vipassana teacher from Mumbai, Ms. Sudha Dalal left her mortal coils peacefully on 5th April at the age of 72 years. A school teacher, she did attended her first course in 1980 under the guidance of Respected Goenkaji and she never looked back. She was made an AT in 1995 and then teacher in 2007. She had also helped serve and conduct children's courses earlier as a CCT. She was a strong willed, jovial person who accepted situations with equanimity. She lived life as she wanted to and faced her death smilingly. Vipassana was blessed with such a sādhiika, and this sādhiika was blessed with Vipassana. Her Dhamma family wishes her higher and higher progress on the path of Dhamma.

2. Shri Shri Prakash Goenka left his body at a relatively young age of 68 years. In Burma he had served Sayagyi U Ba Khin, and after coming to India he served his father, S N Goenkaji and his mother. He took care of their needs so that Goenkaji could focus on the spread of Dhamma. Goenkaji entrusted him with the responsibility of trustee and organizer of both Vipassana Research Institute and Global Vipassana Pagoda which he sincerely carried out untill the end. Often he neglected his business, as required, by giving precedence to Dhamma service. By serving the Teachers and sincerely undertaking the responsibilities he had been given, he not only served Dhamma, but became an inspiration to the entire Goenka family. It was a life well lived. The Dhamma family wishes that he may continue to rise higher on his Dhamma journey.

3. Shri Jaidev Valde, an AT from Gondia, Maharashtra passed away suddenly due to a heart attack on 14th April 2021. Since his first camp of Vipassana he dedicated his life to Dhamma. He was made an AT in 2018 and since then he worked untiringly to establish Dhamma Gond Vipassana Center. Here he played a significant role serving with great dedication. He was a gentle person with aspirations to reach higher. He was also very good at carrying others along with him. May such a sincere person as him continue to grow towards nibbāna are the wishes of his Dhamma family.



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 as under:

For worldwide schedule of courses, visit: <https://www.dhamma.org>
For schedule of courses including one-day courses and group sittings in India, visit <https://www.vridhamma.org>
for example south India courses say for **Dhamma Setu:-**
<https://www.dhamma.org/en/schedules/schsetu>

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 of 2 hours for the past two years, and full commitment to Vipassana.

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

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

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

Gratitude Course

Previously the Teachers's Self Course—TSC. With the passing away of respected Gurujī and Matajī, this course will enable us to pay respects to them and to the long tradition of esteemed Vipassana Teachers. The same format as before will be followed. It is a happy coincidence that the birth anniversaries of both Gurujī and Matajī 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 Thalī, 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: 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, 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

#ST: 2 to 10-9

∞ Long Course: Special 10-day: 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: 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-day executive courses: 11 to

22-5, 3 to 14-6, 16 to 27-6, 30-6 to 11-7, 13 to 24-7, 28-7 to 8-8, 18 to 29-8, 14 to 25-9, 29-9 to 10-10, 13 to 24-10, 27-10 to 7-11, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, 22-12 to 2-1-2022 #ST: 24-5 to 1-6, 3-day: 12 to 15-8, 1-Day Mega course: 23-5, 25-7, 26-9,

Online application: www.dhamma.org/en/schedules/schpattana.shtm. **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 each 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: 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 Vāhīni: 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: 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) 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	<i>Dhamma Thalī, Jaipur</i>
21-4 to 2-5-2021	<i>Dhammapāla, Bhopal (M.P.)</i>
24-4 to 5-5-2021	<i>Dhamma Tapovana-1, Igatpuri</i>
5 to 16-5-2021	<i>Dhamma Ajaya, Chandrapur</i>
2 to 13-6-2021	<i>Dhamma Khetta, Hyderabad</i>
19 to 30-6-2021	<i>Dhamma Thalī, Jaipur</i>
30-6 to 11-7-2021	<i>Dhamma Giri, Igatpuri</i>
17 to 28-7-2021	<i>Dhamma Paṭṭhāna, (Haryana)</i>
19 to 30-7-2021	<i>Dhamma Lakkhaṇa, (U.P.)</i>
21-7 to 1-8-2021	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
28-7 to 8-8-2021	<i>Dhamma Pubbaja, Churu, Rajasthan</i>
30-8 to 10-9-2021	<i>Dhamma Pushkar, Ajmer, Rajasthan</i>
1 to 12-9-2021	<i>Dhamma Pattana, Gorai, Mumbai</i>
4 to 15-9-2021	<i>Dhamma Ambikā, South Gujarat</i>
21-9 to 2-10-2021	<i>Dhamma Tapovana-1, Igatpuri</i>
6 to 17-10-2021	<i>Dhamma Bodhi, Bodhgaya, Bihar</i>
15 to 26-10-2021	<i>Dhamma Paṭṭhāna, (Haryana)</i>
17 to 28-10-2021	<i>Dhamma Sarovara, Dhule</i>
20-11 to 1-12-2021	<i>Dhamma Kalyāṇa, Kanpur (U.P.)</i>

20-day

12-4 to 3-5-2021	<i>Dhamma Paṭṭhāna, (Haryana)</i>
5 to 26-5-2021	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
10 to 31-5-2021	<i>Dhamma Tapovana-1, Igatpuri</i>
2 to 23-6-2021	<i>Dhamma Khetta, Hyderabad</i>
20-6 to 11-7-2021	<i>Dhammapāla, Bhopal (M.P.)</i>
28-6 to 19-7-2021	<i>Dhamma Tapovana-2, Igatpuri</i>
30-6 to 21-7-2021	<i>Dhamma Setu, Chennai (Tamil Nadu)</i>
1 to 22-7-2021	<i>Dhamma Pushkar, Ajmer, Rajasthan</i>

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

Dhamma Tapovana-1, Igatpuri
Dhamma Paṭṭhāna, (Haryana)
Dhamma Cakka, Sarnath (U.P.)
Dhammālaya, Kolhapur
Dhamma Ambikā, South Gujarat
Dhamma Gaṇha, Bilaspur (Chhattisgarh)
Dhamma Suvattā, sravasti (u.p.)
Dhammapāla, Bhopal (M.P.)
Dhamma Thalī, Jaipur
Dhamma Bodhi, Bodhgaya (Bihar)
Dhamma Pushkar, Ajmer, Rajasthan
Dhamma Vāhīni: Titwala
Dhamma Lakkhaṇa, (U.P.)

30-day

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
1-7 to 1-8-2021
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
7-11 to 8-12-2021
30-11 to 21-12-2021
21-12-21 to 21-1-2022

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 Pushkar, Ajmer, Rajasthan
Dhamma Bodhi, Bodhgaya (Bihar)
Dhammālaya, 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 Pushkar, Ajmer, Rajasthan
Dhamma Vāhīni: Titwala
Dhamma Ambikā, South Gujarat

45-day

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

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

60-day

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

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) » 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) » 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 » 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 » 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 » 18 to 26-4, Only for Hindi, English, Students » 21 to 29-9, 3-day: 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) » 11 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, Vijapur Road Aurangabad 431003. Tel: (0240) 2040444, **Contact:** Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org 10-day: 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:** 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:** 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, Ta. Uttar solapur, Dist: Solapur-413002, **Contact:** 1) Mr. Samrat Patil, Mob. 7620592920, 9011908000, 2) Mr. Bhalchandra Ukarande, Mob. 9860759866, **10-day:** 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) **#ST:** 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@aalaya.dhamma.org; (No admission without confirmation) **Contact:** Mob. 97674-13232. 9697933232, 7420943232, **10-day:** 2021) (Hindi/English speaking students only) **#ST:** 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) **#ST:** 2 to 13-5, (Hindi/Marathi speaking students only) **#ST:** 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) **#ST:** 11 to 22-7, **#ST:** (Hindi/English speaking students only) **#ST:** 29-6 to 8-7, 5 to 14-10, 21 to 30-12, **3-day:** (Hindi/English speaking students only) **#ST:** 14 to 17-9, **2-day:** (Hindi/English speaking students only) **#ST:** 10 to 12-6, 29 to 31-10, **Teenagers' Course:** (Girls) (Hindi/English speaking students only) **#ST:** 16 to 24-5, (Boys) (Hindi/English speaking students only) **#ST:** 30-5 to 7-6, **Dhamma Servers' Workshop:** (Hindi/Marathi speaking students only) **#ST:** 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:** 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:** 28-4 to 6-5, 24-12 to 1-1-2022, 6-5, 24-12 to 1-1-2022, **3-day:** 27 to 30-5, **1-day:** 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) **#ST:** 8 to 16-5, (Boys) **#ST:** 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 Bhan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

Dhamma Sugati, Sugatanagar

Vipassana Sadhana Kendra, Sugata Nagar, Nagpur 440 014, **10-day:** 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) **#ST:** 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:** 14-4, 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 Narnavre, Mob. 9422129229. 2. Kamlesh Chahande, Mob. 9373104305.

Dhamma Malla, Yavatmal

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pinpalgaon, Yavatmal - 445001. **Contact:** 1. Mr. Gadling, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475. **10-day:** (Male and Female) **#ST:** 11 to 22-1, 15 to 26-2, 10 to 21-3, 1 to 12-4, 1 to 12-5, 15 to 26-6, (for Bhikkhu and Male Students only 9 to 20-7), 2 to 13-8, 18 to 29-9, 19 to 30-10, 3 to 14-11, 7 to 18-12, **#ST:** 15 to 23-5, 19 to 27-11, **3-day:** 26 to 29-3, 16 to 19-8, **1-day:** 31-1, 14-2, 7-3, 18-4, 26-5, 13-6, 24-7, 1-8, 29-9, 10-10, 5-12, **Children Course:** 3-1, 7-2, 25-4, 30-5, 27-6, 25-7, 28-9, 12-9, 3-10, 28-11, 26-12,

Kotamba (Yavatmal): **10-day:** (Male and Female) 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) **#ST:** 1 to 12-8-2021, (Only for bhikkhus and Male Students) **#ST:** 6 to 17-6, (Only for bhikkhuni and Female Students) **#ST:** 7 to 18-11, **#ST:** 2 to 10-4, **1-day:** Every Sunday: 8 am to 3 pm **Children's course:** 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:** 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:** 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:** 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, Chulhal, 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 13-4, 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:** **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:** 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 Nirañjana, Nanded

Vipassana Centre, New Danki, Near Godavari River, **Contact:** 1) Mr. Dahivele, Mob. 94231-48636. 2) Mr. Bhawe, Mob. 9421572499, **10-day:** (Only female) **#ST:** 7 to 18-7, 6 to 17-10, 8 to 19-12, (Only male) **#ST:** 3 to 14-3, 16 to 27-6, 1 to 12-9, 17 to 28-11, **#ST:** 14 to 22-8, **3-day:** 10 to 13-6, 22 to 25-7, **# 3-day Children's course:** (Only Boys) **#ST:** 7 to 10-11, (Only Girls) **#ST:** 11 to 14-11, **2-day Children's course:** (Only Boys) **#ST:** 18 to 20-4, (Only Girls) **#ST:** 21 to 23-4, **1-day:** 26-5, 27-6, 18-7, 29-8, 12-9, 17-10, 29-12, **Self Course:** Every Sunday 6 to 10 am, **Online Children Anapana Course:** Every Month Third Sunday

Dhamma Vasudhā, Hivra (Wardha)

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

Dhamma Anākula, Akola

Vipassana Sadhana Kendra, Khaperkehda Phata, Telhara-444108 Dist Akola Email: info.anakula.vvridhamma.org, **Website:** www.anakula.dhamma.org, Mob. 9421156138, 9881204125, 9421833060, **10-day:** (only male) **#ST:** 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) **#ST:** 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) **#ST:** 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) **#ST:** 3 to 14-10, (Only female) **#ST:** 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. Athavle Mob. 9404092468, 3) Mr. Tayde Mob. 9421794874,

Patur (Akola): Vipassana Sadhana Prasara Kendra Shirla, Patur, Dist- Akola, 444501 **10-day:** (Female only) **#ST:** 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) **#ST:** 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) **#ST:** 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. Jyotital 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:** 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:** 18 to 21-7, **2-day:** 21 to 23-5, 19 to 21-11, **1-day:** 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) **#ST:** 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) **#ST:** 18 to 29-4, 16 to 27-5, 20-6 to 1-7, **3-day:** (only Male) **#ST:** 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 (Kedeli), 23 kms from Ajmer and 9 kms from Pushkar towards Parbatsar. +91-94133-07570. Tel: (145) 2780570. **Contact:** 1) Ravi Toshniwal, Email: dhammapushkar@gmail.com. Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275, **10-day:** 14 to 25-4, 14 to 25-5, 28-5 to 8-6, 4 to 15-8, 18 to 29-8, 13 to 24-9, 26-9 to 7-10, 10 to 21-10, 23-12 to 3-1, **#ST:** 23 to 31-10, 11 to 19-12, **Teenagers' Course:** (Boys) 19 to 27-6, (Girls) 11 to 19-6, **Long Course:** Special **10-day:** 30-8 to

10-9, 20-day: 1 to 22-7, 7 to 28-11, 30-day: 1-7 to 1-8, 7-11 to 8-12,

Dhamma Marudhara, Jodhpur, Rajasthan

Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, -Chapsani 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: 29-9 to 7-10, 3-day: 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.marudhara@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: 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: 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: 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 Kārunika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjpur 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: 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: 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: 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: 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: 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; lvissuddha@yahoo.com,

Dhamma Salila, Dehradun

Dehradun Vipassana Centre, Village Jantanwala, near Dehradun Cantonment, near Santala Devi Mandir, Dehradun 248001. Tel: 0135-2715189, 2715127,

94120-53748, Email: reg.dhammasalila@gmail.com; 10-day: 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 15-4, 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: 19 to 27-10, 3-day: 28 to 31-10, 2-day: 15 to 17-4, 15 to 17-5, 15 to 17-6, 15 to 17-7, 15 to 17-8, 15 to 17-9, 15 to 17-10, 15 to 17-11, 3-day Children's course: (age 13 to 17 boys) 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. 93358-33373, 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 14-4, 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: 9 to 17-12, 3-day: 28 to 31-8, CCT Work-Shop: 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 Kalyāna, Kanpur (U.P.)

Kanpur, International Vipassana Meditation Centre, Dhori, Ghaat, Rooma, Post Salempur Kanpur-209402, (23 Km. from Kanpur Central Rly. Station) Tel. 07388-543795, Mob. 08995480149. Email: dhamma.kalyana@gmail.com, (No admission without confirmation) 10-day: 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: 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)

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 12-4, 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 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: 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 Navnanda 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 14-4, 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: (Please check online course schedule) #ST: 7 to 15-4,

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, (Please check online course schedule) **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: 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: 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 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. (Please check online for all south Indian course schedule)

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: 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,

Dhamma Madhurā, Madurai

Vipassana Meditation Centre, Chettiyapatti gaon, Athur Taluk., P. O. Gandhigram University, Dindigul-624302, **Contact:** 9442603490, 9442103490, Email: dhammamadhura@gmail.com, 10-day: 14 to 25-4, 5 to 16-5, 19 to 30-5, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 22-9 to 3-10, 6 to 17-10, 20 to 31-10, 10 to 21-11, 1 to 12-12, 15 to 26-12, #ST: 11 to 19-9, 3-day: 18 to 21-3, 1 to 4-7, 2 to 5-9, 3 to 6-6, 25 to 28-11,

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 ap-

plication: www.pala.dhamma.org, 10-day: 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: 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: 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,

Amla (Betul): 10-day: (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) 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 (Chattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_kendra@yahoo. in Tel: 09907755013, Mob. 09589842737. 10-day: 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, 1-Day: 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: 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, **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 Utka, 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: 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,

East India

Dhamma Gaṅgā, Kolkata (W.B.)

Vipassana Kendra, Sodepur, Harishchandra Dutt Road, Panihati, Baro Mandir Ghat, Kolkata-700114, Tel: (033) 2553-2855. Email: info@ganga.dhamma.org 10-day: 14 to 25-4, 28-4 to 9-5, 12 to 23-5, 2 to 13-6, 16 to 27-6, 30-6 to 11-7, 14 to 25-7, 28-7 to 8-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 6 to 17-10, 20 to 31-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, 29-12 to 9-1, #ST: 14 to 22-8, 3-day: 26 to 29-5, 1-day: 11-4, 23-5, 13-6, 25-7, 8-8, 5-9, 3-10, 14-11, 12-12, 1-day: Children Course: 25-4, 9-5, 27-6, 11-7, 22-8, 19-9, 31-10, 28-11, 26-12, **Contact City Office:** Tobacco Houjse 5th floor, room no-523, 1, old court house corner, kolkata:-700001, Tel: (033) 2230-3686, 2231-1317.



New Responsibility Senior Assistant Teachers

1. Kum. Kanchan Jeshalpara, Ahmedabad, Gujarat
2. Mrs. Puspā Zha, Ahmedabad
3. Mrs. Anju Golecha, Secunderabad
4. Mr. Venkat Charan, Secunderabad.
5. Mr. G V Subramaniam, Hyderabad

New appointments

Asst. Teachers 1. CVR Kumar, Visakhapatnam Children Course Teachers

1. Mr. Rajesh Singh Chauhan, Haridwar, Uttarakhand
2. Miss. Santhi Lalitha, Delhi
3. Mrs. Kamlesh Kumari, Sontipat, Harayana
4. Mrs. Aparna Khurana, Karnaal, Harayana
5. Mr. Saurabh Devnani, Jaipur
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Residential Accommodation at the Global Pagoda for Dhamma Servers and Meditators at Dhammalaya-2

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

Facility for students at Pagoda site

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

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

Importance of Lighting a Pagoda

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

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 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 and depending on the pandemic situation prevailing at that time.)

Important Notice

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



PAGODA CORPUS FUND

for the Operations of Global Vipassana Pagoda

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

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

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

You may Contact/ Refer-Bank Details:

Global Vipassana Foundation,

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

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

Please contact:

1. Sh. Derik Pegado - 022-50427512/ 28451204
2. Sh. Bipinbhai Mehta - 022-50427510/ 9920052156
3. Email - audits@globalpagoda.org
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Vipassana Research Institute (VRI)

Vipassana Research Institute (VRI) provides Dhamma-related publications at cost price. VRI provides this literature at a minimum cost so that everyone can learn more about the practical benefits of the teachings. There are a number of Burmese texts related to Vipassana meditation that still need further research and then translation into English/Hindi and other languages. For this work scholars/translators may come forward to contribute. The research work takes place at - **Vipassana Research Institute,**

Pariyatti Bhavan, Global Vipassana Pagoda Campus,

Gorai Village, Borivali-W, Mumbai-400 091,

Maharashtra, India. Office No: +91-22-50427560,

Mob. (Whats App)- +91 9619234126.

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

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

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DHAMMA DOHA

Karūṇā vandanā saṅgha kī, sādara karūṇā praṇāma;

Jage preraṇā muktī kī, mile sukhada pariṇāma.

I bow down to Saṅgha, with hands folded full of respect;
May it inspire me towards freedom, giving happy results.

Karūṇā vandanā saṅgha kī, jo jaga dharama jagāya;

Jāti varṇa ke bheda bina, santom kī samudāya.

I bow down to Saṅgha, that which gives rise to
Dhamma in the world; A gathering of saintly ones without
discrimination of creed or caste.

Śānta citta hī santa hai, kisī jāti kā hoyā;

Cale dharama ke pantha para, sadā pūjya hai soya.

One with tranquil mind is a saint whichever caste that he
may belong to; He walks the path of Dhamma, he is always
respect-worthy.

Hindū muslima bauddha sikha, jaina isāī hoyā;

Jisakā mana nirmala huā, santa pūjya hai soya.

Be he Hindu, Muslim, Bauddha, Sikh, Jain or Christian;
He whose heart is purified, that saintly one is worthy of
respect.

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