

Schedule of Vipassana Courses

"Vipassana Newsletter" Vol. 34, No. 8, 19 August, 2024

Regd. No. 49916/90; P. Regn No. NSK/RNP-232/2021-2023

For courses in India and abroad (including one-day courses and group sittings), see <https://schedule.vridhamma.org> and www.dhamma.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.

Satipatthana 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 Satipatthana 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 Courses:

Previously the Teachers' Self Course—TSC. With the passing away of respected Gururji and Mataji, this course will enable us to pay respects to them and to the long tradition of esteemed Vipassana Teachers. The same format as before will be followed. It is a happy coincidence that the birth anniversaries of both Gururji and Mataji fall between these dates (in February) according to the Hindi calendar.

Eligibility: Minimum one Satipatthana course, serving in the spread of Dhamma and local teacher's recommendation. — Dates: From 2nd Feb to 17th Feb. every year. — All centres where single accommodations are available can include this course in their future programmes, with due consideration of the local demand.

Please use NEW LONG COURSE APPLICATION FORM, available at Dhamma Giri, Dhamma Khetta, Dhamma Thali, Dhamma Sindhu, and Dhamma Patthana. (All applications are accepted online)

Teenagers' Course: 15 years Completed up to 19 years Completed (Please use new application form).

MAHARASHTRA

Dhamma Giri, Igatpuri

Vipassana International Academy, Dist. Nashik, Igatpuri-422403. Tel: (02553) 244-076, 244-086, 244144, 244440, 8380017307, WhatsApp: 8956297219, 8956297220, (10 am to 5 pm). Email: reg.giri@vridhamma.org. To apply online for ten-day courses: www.dhamma.org/schvia.shtml (No admission without confirmation) 10-day: 2024» 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 23-10 to 3-11, 6 to 17-11, 18 to 29-12, 1 to 12-1-2025, 2025» 1 to 12-1, 15 to 26-1, 29-1 to 9-2, 12 to 23-2, 26-2 to 9-3, 12 to 23-3, 26-3 to 6-4, 23-4 to 4-5, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 18 to 29-6, 2 to 13-7, 16 to 27-7, 30-7 to 10-8, 13 to 24-8, 27-8 to 7-9, #ST: 2024» 10 to 18-10, 2025» 25-9 to 3-10, 3-day: 2025» 21 to 24-10, 2025» Dhamma server and Trustee Workshop: 2024» 19 to 20-10, 2025» 4 to 5-10, Indian Teacher Meeting: 2024» 4-12, 2025» 11-12, International Teacher Meeting: 2024» 5-12, 2025» 12-12, International AT Meeting: 2024» 6 to 8-12, AT Meeting: 2025» 13 to 15-12, Trainer's Workshop: 2024» 9-12, 2025» 16-12, AT Workshop: 2024» 10 to 13-12, 2025» 17 to 20-12.

∞ Long Courses: 20-day: 2025» 9-11 to 10-12.

Dhamma Giri, Igatpuri, Short Course Area

3-Day: 2024» 12 to 15-9, 25 to 28-10, 1 to 4-11, 2025» 2 to 5-1, 30-1 to 2-2, 27-2 to 2-3, 26 to 29-6, 3 to 6-7, 31-7 to 3-8, 28 to 31-8, 2-Day: 2025» 26 to 28-9, Teenagers' Course: (Girls) 2024» 2 to 10-9, 3 to 11-10, 12 to 20-11, 12 to 20-12, 2025» 8 to 16-1, 5 to 13-2, 5 to 13-3, 31-3 to 8-4, 22 to 30-4, 14 to 22-5, 5 to 13-6, 9 to 17-7, 6 to 14-8, 3 to 11-9, Teenagers' Course: (Boys) 2024» 18 to 26-9, 14 to 22-10, 23-11 to 1-12, 23 to 31-12, 2025» 19 to 27-1, 16 to 24-2, 16 to 24-3, 11 to 19-4, 3 to 11-5, 25-5 to 2-6, 16 to 24-6, 20 to 28-7, 17 to 25-8, 14 to 22-9, 23 to 31-10, 19 to 27-11, 17 to 25-12.

Dhamma Tapovana-1 Igatpuri

10-day executive courses: 2024» 29-8 to 9-9, 13 to 24-9, 2025» 28-7 to 8-8, #ST: 2025» 23-6 to 1-7, 3-day: 2025» 29-4 to 2-5, 2-day: 2024» 27 to 29-9, ∞ Gratitude Course: 2025» 2 to 17-2-2025, 2026» 2 to 17-2-2026, ∞ Long Courses: 20-day: 2025» 21-2 to 14-3, 4 to 25-7, 30-day: 2025» 25-3 to 25-4, 5-5 to 5-6, 12-8 to 12-9, 45-day: 2024» 13-12-2024 to 28-1-2025, 2025» 5-5 to 20-6, 12-8 to 27-9, 15-12 to 30-1-2026, 60-day: 2024» 3-10 to 3-12, 2025» 10-10 to 10-12.

Dhamma Tapovana-2, Igatpuri

10-day executive courses: (Old Students)» 2025» 28-9 to 9-10, 10-day

executive courses: 5 to 16-11, 19 to 30-11, #ST: 2025» 4 to 12-4, 3-day: 2025» 4 to 7-12, Special 10-day: 2025» 16 to 27-4.

∞ Long Courses: 20-day: 2024» 29-9 to 20-10-2024, 2025» 9 to 30-5, 12-10 to 2-11, 30-day: 2024» 2-11 to 3-12, 2025» 14-2 to 17-3, 6-6 to 7-7, 45-day: 2025» 14-2 to 1-4, 6-6 to 22-7, 60-day: 2024» 9-12-2024 to 8-2-2025, 2025» 26-7 to 25-9, 16-12-25 to 15-2-2026.

Dhamma Pattana, Gorai, Mumbai

Dhamma Pattana Vipassana Centre, Near Essel World, Gorai Creek, Borivali M(W), Mumbai 400091, Phone: +91 8291894650, Tel. (+091 22) 50427500, Ext. No. (Male Office)» 519, (Female Office)» 546, Email: info.pattana@vridhamma.org, Website: www.pattana.dhamma.org. 10-day executive courses: 2024» 21-8 to 1-9, 4 to 15-9, 17 to 28-9, 2 to 13-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 22-12 to 2-1-2025, 2025» 7 to 28-1, 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 1 to 12-4, 16 to 27-4, 29-4 to 10-5, 19 to 30-5, 18 to 29-6, 1 to 12-7, 16 to 27-7, 30-7 to 10-8, 20 to 31-8, #ST: 2024» 11 to 19-12, 2025» 22 to 30-1, 26-11 to 4-12, 3-day: 2025» 14 to 17-5, 12 to 15-6, 14 to 17-8, 4 to 7-9, 1-day Megha: 29-9-2024, 2025» 5-1, 19-1, 11-5, 13-7, Indian AT Meeting: 2025» 1 to 8-6, Dhamma Sevak Workshop: 2025» 5-1, Local AT Meeting: 2025» 13-4, Gratitude Course: 2025» 2 to 17-10.

∞ Long Courses: 20-day: 2025» 21-10 to 11-11, Online application: www.dhamma.org/en/schedules/schpattana.shtml. Email: registration_pattana@dhamma.net.in; For all other inquiries, Contact Manager, Email: info@pattana.dhamma.org; Website: www.pattana.dhamma.org

NB: Dhamma Pattana can admit only 90 students. Unconfirmed students will be accommodated in future courses; they are requested not to pressure the management to accommodate them.

Goregaon Vipassana Centre (Under Dhamma Pattana Vipassana Trust)

Goregaon Vipassana Centre, Dhamma Pattana Vipassana Trust, Welfare Centre Building, Mohan Gokhale Road, Opposite Lakshadham School, Goregaon (E) Mumbai 400063, Phone: WhatsApp No. +91 9152233764/65, Email: info.gvc@vridhamma.org, 10-Day: Female» 2024» 18 to 29-9, 16 to 27-10, 20-11 to 1-12, Male» 2024» 21-8 to 1-9, 2 to 13-10, 6 to 17-11, 18 to 29-12, 3-Day: Female» 2024» 5 to 8-9, 5 to 8-12, Male» 2024» 12 to 15-9, 12 to 15-12, 1-Day: 2024» Every Saturday, Sunday and Public Holiday, Group Sitting: 2024» Daily 8 to 9 am and 6 to 7 pm, #

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: Email: info@globalpagoda.org; Tel: 022 50427500 (Board Lines) - Ext. no. 9, Mobile: +91 8291894644. Email: info@globalpagoda.org; (Pl. bring a bottle so you can fill it with drinking water at GVP.)

Mini ānāpāna for Visitors

Mini ānāpāna Training Sessions, Hindi and English are each about 15-20 minutes duration and are held during the visiting hours, from 11 am (first session) to 4pm (last session). Participants are required to sit for the entire session.

Dhamma Vāṭikā: Palghar

Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, Contact: 1) 9637101154, 2) shri Dubey, Mob. 93232 49299, 3) shri Jadhav, Mob. 90491 51464, Email: info@vatika.dhamma.org, Website: vatika.dhamma.org, 10-day: 2024» 11 to 22-9, 25-9 to 6-10, 17 to 28-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 19 to 30-12, 2025» 1 to 12-1, 15 to 26-1, 29-1 to 9-2, 12 to 23-2, 19 to 30-3, 2 to 13-4, 16 to 27-4, 30-4 to 11-5, 14 to 25-11, 21 to 22-6, 25-6 to 6-7, 9 to 20-7, 23-7 to 3-8, 6 to 17-8, #ST: 2024» 28-8 to 5-9, 2025» 26-2 to 6-3, 3-Day: 2024» 10 to 13-10, 2025» 10 to 13-3, 22 to 25-8.

Dhamma Vipula: Belapur (New Mumbai)

Belapur Vipassana Centre, Plot No. 91A; Sector 26, Parsik Hill, CBD Belapur; (Parsik Hill, Nearest Railway Station: Seawoods on Harbour line) Navi Mumbai 400 614, Tel: 022-27522277, 27522404/03 (Timing 11 am to 5 pm) Email: dhammavipula@gmail.com, registration only online <http://www.vipula.dhamma.org/> 10-day: 2024» 28-8 to 5-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 23-10 to 3-11, 6 to 17-11, 20-11 to 1-12, 11 to 22-12, 25-12 to 5-1-2025, #ST: 2024» 13 to 21-9, 3-day: 2024» 21 to 24-11, 27 to 30-11, 1-day: 2024» Every Sunday, Group Sitting: Daily (any time) am to 7 pm, Children Course: 2024» 25-8, 8-9, 22-9, 6-10, 20-10, 3-11, 17-11, 1-12, 22-12.

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: 31-8 to 11-9, 14 to 25-9, 28-9 to 9-10, #ST: 12 to 20-10,

∞ Long Courses: 20-day: 15-12-2024 to 5-1-2025, 30-day: 27-10 to 27-11, 45-day: 27-10 to 12-12, Contact: Mobile: 97730-69978. (12 to 6 pm on weekdays)

Dhamma Saritā, Khadavali (Thane) C. R.

Jeevan Sandhya Mangalya Sansthan, Matoshree Vriddhashram, At: Sorgaon, Post: Padgha, Tal. Bhivandi, Dist. Thane-421101. Email: registration.dhamma.sarita@gmail.com; info@sarita.dhamma.org, Online registration www.sarita.dhamma.org, Contact: Mob. 91-779-83-24659,

(Contact: 25008868/25011096/25162505), 10-day: 3-day: 1-day: last day of 10-day course Contact: Mintu Bera, Mob. 9503905086, Office: 77983244659).

Dhamma Nāsikā, Nashik

Nashik Vipassana Kendra, Opposite N.M.C. Water filtration plant, Shivaji Nagar, Satpur, (Post: YCMOU), Nashik-422222. Tel: (0253) 6516-242, 3203-677, 2020533, (10 am to 5 pm Only). Contact: No. 7758887453, 7758889941, if not answered kindly Email: info@nasika.dhamma.org.

INDIA

Special 10-day Course

1 to 12-9-2024	Dhamma Bodhi, Bodhgaya, (Bihar)
11 to 22-09-2024	Dhamma Pubbaja, Churu, Rajasthan
11 to 22-09-2024	Dhammārāma, Bhimavaram, (A.P.)
18 to 29-09-2024	Dhamma Malla, Yavatmal
6 to 17-10-2024	Dhamma Sindhu, Mandvi-Kutch (Guj.)
9 to 20-10-2024	Dhamma Arunachala, Tamilnadu
6 to 17-11-2024	Dhamma Sugati, Sugatanagar
6 to 17-11-2024	Dhamma Bhandāra, Bhandara
17 to 28-11-2024	Dhamma Thali, Jaipur
17 to 28-11-2024	Dhamma Mālavā, Indore (M.P.)
20-11 to 1-12-2024	Dhamma Kalyāna, Kanpur (U.P.)
8 to 19-12-2024	Dhamma Patthāna, Sonepat, (Haryana)
31-12-2024 to 11-1-2025	Dhamma Khetta, Hyderabad (Tel.)
21-1 to 1-2-2025	Dhamma Divākara, Mehsana (Guj.)
16 to 27-4-2025	Dhamma Tapovana-I, Igatpuri
13 to 24-7-2025	Dhamma Patthāna, Sonepat, (Haryana)
23-7 to 3-8-2025	Dhamma Pīṭha, Ahmedabad (Gujarat)
5 to 16-11-2025	Dhamma Divākara, Mehsana (Guj.)
7 to 18-12-2025	Dhamma Patthāna, Sonepat, (Haryana)

Gratitude Course

2 to 17-2-2025	Dhamma Tapovana-I, Igatpuri
2 to 17-2-2025	Dhamma Pattana, Gorai, Mumbai
2 to 17-2-2025	Dhamma Divākara, Mehsana (Guj.)
2 to 17-2-2025	Dhamma Pātīputta Patna (Bihar)
2 to 17-2-2025	Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)
2 to 17-2-2026	Dhamma Tapovana-I, Igatpuri
2 to 17-2-2026	Dhamma Pīṭha, Ahmedabad (Gujarat)
2 to 17-2-2026	Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)

Schedule of Long Courses

20-day

1 to 22-9-2024	Dhamma Bodhi, Bodhgaya, (Bihar)
8 to 29-9-2024	Dhamma Suvattī, Sravastī (U.P.)
8 to 29-9-2024	Dhamma Garha, Bilaspur (Chhattisgarh)
17-9 to 8-10-2024	Dhamma Arunachala, Tamilnadu
28-9 to 19-10-2024	Dhamma Thali, Jaipur
29-9 to 20-10-2024	Dhamma Tapovana-II Igatpuri
2 to 23-10-2024	Dhamma Lakkhana, Lucknow (U.P.)
4 to 25-11-2024	Dhamma Sarovara, Dhule
4 to 25-11-2024	Dhamma Sindhu, Mandvi-Kutch (Guj.)
6 to 27-11-2024	Dhammārāma, Bhimavaram, (A.P.)
10 to 31-12-2024	Dhamma Pātīputta Patna (Bihar)
15-12-2024 to 5-1-2025	Dhamma Vāhīni: Titwala
31-12-2024 to 21-1-2025	Dhamma Khetta, Hyderabad (Telangana)
21-2 to 14-3-2025	Dhamma Tapovana-I, Igatpuri
7 to 28-3-2025	Dhamma Sindhu, Mandvi-Kutch (Guj.)
6 to 27-4-2025	Dhamma Patthāna, Sonepat, (Haryana)
25-4 to 16-5-2025	Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)
5 to 26-5-2025	Dhamma Sindhu, Mandvi-Kutch (Guj.)
9 to 30-5-2025	Dhamma Tapovana-II, Igatpuri
1 to 22-7-2025	Dhamma Sindhu, Mandvi-Kutch (Guj.)
4 to 25-7-2025	Dhamma Tapovana-I, Igatpuri
28-7 to 18-8-2025	Dhamma Patthāna, Sonepat, (Haryana)
31-7 to 21-8-2025	Dhamma Divākara, Mehsana (Guj.)
12-10 to 2-11-2025	Dhamma Tapovana-II, Igatpuri
21-10 to 11-11-2025	Dhamma Pattana, Gorai, Mumbai
24-10 to 14-11-2025	Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)

30-day

25-8 to 25-9-2024	Dhamma Patthāna, Sonepat, (Haryana)
1-9 to 2-10-2024	Dhamma Sindhu, Mandvi-Kutch (Guj.)
8-9 to 9-10-2024	Dhamma Garha, Bilaspur (Chhattisgarh)
20-9 to 21-10-2024	Dhamma Arunachala, Tamilnadu
26-9 to 27-10-2024	Dhamma Bodhi, Bodhgaya, (Bihar)
28-9 to 29-10-2024	Dhamma Thali, Jaipur
2-10 to 2-11-2024	Dhamma Lakkhana, Lucknow (U.P.)
22-10 to 22-11-2024	Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)
27-10 to 27-11-2024	Dhamma Vāhīni, Titwala
2-11 to 3-12-2024	Dhamma Tapovana-II, Igatpuri
4-11 to 5-12-2024	Dhamma Sindhu, Mandvi-Kutch (Guj.)
5-11 to 6-12-2024	Dhamma Cakka, Sarnath (U.P.)
6-11 to 7-12-2024	Dhammapāla, Bhopal (M.P.)
15-12 to 15-1-2025	Dhamma Ambikā, South Gujarat
31-12-2024 to 31-1-2025	Dhamma Khetta, Hyderabad (Telangana)
15-2 to 18-3-2025	Dhamma Patthāna, Sonepat, (Haryana)
14-2 to 17-3-2025	Dhamma Tapovana-II, Igatpuri
7-3 to 7-4-2025	Dhamma Sindhu, Mandvi-Kutch (Guj.)
25-3 to 25-4-2025	Dhamma Tapovana-I, Igatpuri
25-4 to 26-5-2025	Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)

5-5 to 5-6-2025 Dhamma Tapovana-I, Igatpuri
 5-5 to 5-6-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
 14-5 to 14-6-2025 Dhamma Patthana, Sonepat, (Haryana)
 6-6 to 7-7-2025 Dhamma Tapovana-II, Igatpuri
 1-7 to 1-8-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
 31-7 to 31-8-2025 Dhamma Divakara, Mehvana (Guj.)
 12-8 to 12-9-2025 Dhamma Tapovana-I, Igatpuri
 23-8 to 23-9-2025 Dhamma Patthana, Sonepat, (Haryana)
 1-9 to 2-10-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
 24-10 to 24-11-2025 Dhamma Nagajuna-II Nagarjun Sagar (Telan.)
 9-11 to 10-12-2025 Dhamma Giri, Igatpuri
 14-12 to 14-1-2026 Dhamma Nagajuna-II Nagarjun Sagar (Telan.)

45-day

1-9 to 17-10-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)
 8-10 to 23-11-2024 Dhamma Patthana, Sonepat, (Haryana)
15-10 to 30-11-2024 Dhamma Suvatthi, Sravasti (U.P.)
 22-10 to 7-12-2024 Dhamma Nagajuna-II Nagarjun Sagar (Telan.)
 27-10 to 12-12-2024 Dhamma Vahini: Titwala
 6-11 to 22-12-2024 Dhammapala, Bhopal (M.P.)
 13-12-2024 to 28-01-2025 Dhamma Tapovana-I, Igatpuri
 14-12-24 to 29-1-2025 Dhamma Nagajuna-II Nagarjun Sagar (Telan.)
 15-2 to 2-4-2025 Dhamma Patthana, Sonepat, (Haryana)
 15-12 to 30-1-2025 Dhamma Ambika, South Gujarat
 11-2 to 29-03-2025 Dhamma Bodhi, Bodhgaya, (Bihar)
 14-2 to 1-4-2025 Dhamma Tapovana-II, Igatpuri
 7-3 to 22-4-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
 25-4 to 10-6-2025 Dhamma Nagajuna-II Nagarjun Sagar (Telan.)
 5-5 to 20-6-2025 Dhamma Tapovana-I, Igatpuri
 5-5 to 20-6-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
 6-6 to 22-7-2025 Dhamma Tapovana-II, Igatpuri
 12-8 to 27-9-2025 Dhamma Tapovana-I, Igatpuri
 1-9 to 17-10-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
 6-10 to 21-11-2025 Dhamma Patthana, Sonepat, (Haryana)
 24-10 to 9-12-2025 Dhamma Nagajuna-II Nagarjun Sagar (Telan.)
 1-11 to 22-12-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
 14-12 to 29-1-2026 Dhamma Nagajuna-II Nagarjun Sagar (Telan.)
 15-12 to 30-1-2026 Dhamma Tapovana-I, Igatpuri

60-day

03-10 to 03-12-2024 Dhamma Tapovana-I, Igatpuri
 9-12-2024 to 8-2-2025 Dhamma Tapovana-II, Igatpuri
 1-1 to 3-3-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
 26-7 to 25-9-2025 Dhamma Tapovana-II, Igatpuri
 10-10 to 10-12-2025 Dhamma Tapovana-I, Igatpuri
 16-12-25 to 15-2-2026 Dhamma Tapovana-II, Igatpuri
 1-1 to 3-3-2026 Dhamma Sindhu, Mandvi-Kutch (Guj.)

Dhammananda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). **10-day:** (Only for Hindi, Marathi, Students) 2024* 14 to 25-9, 12 to 23-10, 9 to 20-11, 14 to 25-12, (Only for Hindi, English, Students) 2024* 24-8 to 4-9, 28-9 to 9-10, 23-11 to 4-12, 28-12 to 8-1-2025, 3-day: 2024* 5 to 8-9, 26 to 29-10, **Contact:** Pune Vipassana Samiti, Email: info@ananda.dhamma.org Tel: (020) 2446-8903, 2446-4243. Tel/Fax: 2446-4243.

Dhamma Punna, 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) 2024* 1 to 12-9, 6 to 17-10, 4 to 15-11, 1 to 12-12, (Only for Hindi, Marathi, Students) 2024* 15 to 26-9, 17 to 28-11, 15 to 26-12, #ST: (Only for Hindi, Marathi, Students) 2024* 20 to 28-10, **1-day:** Every Month First and Third Saturday 8:30 am to 4:00 pm, **Introduction to Vipassana:** Every 3rd Saturday of the Month Time :4 pm to 5:30 pm

Dhamma Ajanta, Aurangabad

Ajanta International Vipassana Samiti, Gut No 45 Rampuri, Vaijapur Road Aurangabad413003.Tel: (0240) 2040444, **Contact:** Email: info@dhammaajanta.org. Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org, **10-day:** 2024* 21-8 to 1-9, 4 to 15-9, 2 to 13-10, 16 to 27-10, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, 25-12, to 5-1, #ST: 2024* 17 to 25-9, 2-Day: 2024* 27 to 29-9, **Teenagers' Course:** (Girls) 2024* 4 to 12-11.

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 Rikshaw is also available from Panch Kandil Shere Punjab lodge to Tikhi. From Tikhi, rikshaw is available for centre, 1 km away.) **10-day:** 2024* 25-8 to 5-9, 8 to 19-9, 29-9 to 10-10, 13 to 24-10, 1 to 12-12, 15 to 26-12, #ST: 2024* 20 to 28-9, **1-Day:** 2024* 27-10, 1-12, 15-12, # **1-Day Children Course:** 2024* 28-10, 29-12, **AT Meeting:** 2024* 20 to 21-8, **Trustee Workshop:** 2024* 21 to 22-8, ∞ **Long Courses:** 20-day: 2024* 4 to 25-11, **Contact:** Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org

Dhamma Siddhapuri, Bhategaon Solapur

Dhamma Siddhapuri Vipassana Sadhana Kendra, Off Vijapur rod, Near Bhatvadi, 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:** (Only male) 2024* 28-8 to 8-9, 25-9 to 6-10, 9 to 20-10, 11 to 22-12, 25-12 to 5-1-2025, (male and Female) 2024* 11 to 22-9, 13 to 24-11, 27-11 to 8-12, #ST: 2024* 22 to 30-10, 2-Day: 6 to 8-11, **Dhamma Servers Workshop:** 2024* 8 to 10-11, **1-Day:** Every Month second Sunday, 10am to 4 pm # **Children Course:** Every month **Fourth Sunday 10am to 4 pm.**

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, #ST: (Hindi/Marathi speaking students only) **1-day:** # **Children Course:**

Dhamma Sugandha : Bhoose (Sangali)

Dhamma Sugandha, Sangli Vipassana Meditation Center, Gat no 564, Talav road, Near Yellma Temple, Khamkar wadi, Bhoose, 416420 vridhi. Miraj, Dist. Sangli. For online registration: https://schedule.vridhdhamma.org/courses/sugandha, **Contact:** 1) Dr. Amit Patil, Mo. 9222161236, 2) Sunil Chaugule, Mo. 94038419432, 3) Sanjay Chaugule, Mo. 7249711008, Email: info@sugandha.dhamma.org, sanglivipassana@gmail.com, **10-Day:** (Hindi Marathi) 2024* 1 to 12-9, 15 to 26-9, 1 to 12-10, 13 to 24-10, 5 to 16-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: (Hindi Marathi) 2024* 20 to 29-8, **3-Day:** (Hindi Marathi) 2024* 26 to 29-9, 26 to 29-12, **For One day:** https://sugandha.dhamma.org/oneday.php

Dhamma Naga, Nagpur

Nagpur Vipassana Centre, Mahurjari Village, near Nagpur-Kaimeshwar Road. **Contact:** Mob. 9370990771, 9423403294, 9403870195, 9422182336, Email: info@naga.dhamma.org (No admission without confirmation) **10-day:** 2024* 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, #ST: 2024* 24-12 to 1-1-2025, 3-day: 2024* 17 to 20-7, **1-day:** 2024* 1-9, 15-9, 29-9, 13-10, 27-10, 10-11, 24-11, 8-12, 22-12, # **Children Course:** 2024* (13 to 18 yrs) 27-10, (8 to 13 yrs) 15-9, 8-12, **Contact:** (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smruti Bhawan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

Kamtee: **10-day:** 2024* 4 to 15-9, 18 to 29-12, **3-day:** 2024* 24 to 27-10, 21 to 24-11, **1-day:** 2024* 18-9, 17-10, 15-12, at Dragan Palace Vipassana Sadhana Kamtee, Nagpur **Contact:** Mob. 9022451678, 8087893962, 7385125011.

Dhamma Sugati, Sugatanagar

Vipassana Sadhana Kendra, Sugata Nagar, Nagpur 440 014. **10-day:** 2024* 4 to 15-9, 3 to 14-10, 7 to 18-12, **1-day:** 2024* 29-9, #ST: 2024* 21 to 29-12, **Teenagers' Course:** (Girls) 2024* 21 to 29-9, **Children Course:** (8 to 12 yrs boys and Girls) 2024* 15-9, 27-10, **Group Sitting:** 2024* 14-10, 6-12 and every Sunday 8 to 9 am, and every day 6 to 7 pm, **Anapana Sadhana:** (boys and Girls) Every Sunday 8 to 9:45, pm ∞ **Special 10-day:** 6 to 17-11-2024, **Contact:** 2) Mr. Naravare Guruji, Mob. 9422192229, 8999247556, 2) Mr. Kamlesh Chahande, Mob. 9373104305.

Dhamma Malla, Yavatmal

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pinpalgaon, Yavatmal-445001. **Contact:** 1) Mr. Galling, Mob. 9422865661, 2) Dr. Bhagat, Mob. 9423432475. **10-day:** 2024* 27-8 to 7-9, 13 to 24-10, 9 to 20-11, 23-11 to 4-12, 18 to 29-12, #ST: 2024* 7 to 15-12, **1-day:** 2024* 29-9, 15-12, # **2-day Children Course:** (only boys) 2024* 26 to 28-10, (Only Girls) 2024* 4 to 6-11, # **Children Course:** 2024* 25-8, 29-12, **Special 10-day:** 2024* 18 to 29-9.

Dhammades : Chincholi, Hingoli

Dhammades Vipassana Kendra, Chincholi, Tal-Dist: Hingoli, **Contact:** Mobile: 9405111373, 9420433905, 9881242487, **10-day:** (Male Only) 2024* 1 to 12-9, 6 to 17-10, 3 to 14-11, 1 to 12-12, (Female Only) 2024* 15 to 26-9, 20 to 31-10, 17 to 28-11, 22-12 to 2-1-2025, 3-Day: (Male Only) 2024* 15 to 18-12, (Female Only) 2024* 29-9 to 2-10.

Dhamma Gond, Gondia (Ozatola)

Dhamma Gond Vipassana Centre, Gondia Ta and Dist: Gondia - 441601, **Contact:** 9421796656, 8669038011, 9921395006, 9764835035, **Contact:** 1) Mr. Brahmanand Shahare, Mob. 8698797834, 2) Mr. Hemant Raut, Mob. 9637836487, **Rohnagoan:** (Pavani Bhandara): **10-day:** 2024* 21-8 to 1-9, 18 to 29-9, 20-11 to 1-12, 18 to 29-12, #ST: 2024* 20 to 27-10, **At:** Managing by vishuddhimaggo Vipassana Charitable Trust, Dhammapavan Vipassana centre Rohnagoan (Pavani), Dist. Bhandara. **Contact:** 1) Shailesh kambale: 9923218962, 2) Mr. Damodhar Khobragade, Mob. 9819209381,

Buldhana: **10-day:** (only Female) 2024* 14 to 25-9, 9 to 20-11, (only male) 12 to 23-10, 14 to 25-12, **1-day:** 2024* every Purnima and 29-9 **At:** Pangri Ta. Dist: Buldhana, **Contact:** 1) Mob. 7057220147, 9860143266, 7709435975,

Chitki: (Wardha) Dhamma Kutti Vipassana Kendra, chitki, Pulgaon, Po. Kavtha, Ta. Devali, Dist: Wardha, (MS) **10-day:** 2024* 19 to 30-10, 19 to 30-11, 20 to 31-12, **Contact:** 1) Shri Khandare, Mob. 7057690930,

Desaiganj (Gadchiroli): Venerable Ledi Sayadaw Charitable Trust,

Gadchiroli, Taluka Desaiganj, 10-day: 2024* 28-9 to 9-10, 5 to 16-11, 15 to 26-12, **Contact:** 1. Shri Purushottam Dube, Mob. 94217-34459.

Dhamma Bhandara, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) **10-day:** 2024* 18 to 29-9, 16 to 27-10, **1-Day:** 29-9, 27-10, 17-11, 15-12, # **Children Course:** 2024* (10 to 16 yrs) 1-9, 6-10, 3-11, 1-12, 21-12, **Special 10-day:** 2024* 6 to 17-11, **Contact:** Choureji, 9890441071, Vinodji, 9422833002, Deshbhrtar: 9423185322, 7588749108.

Dhamma Niranjana, Nanded

Vipassana Centre, New Danki, Near Godavari River, **Contact:** 1) Mr. Dahivele, Mob. 94231-48636, 2) Mr. Bhavari, Mob. 9421572499, **10-day:** (Only male) 2024* 21-8 to 1-9, 18 to 29-9, 20-11 to 1-12, (only Female) 2024* 4 to 15-9, 16 to 27-10, 4 to 15-12, #ST: 2024* 5 to 13-10, **1-Day:** 2024* 1-9, 15-9, 29-9, 17-11, 1-12, 15-12, **Teenagers' Course:** (Girls) 2024* 4 to 12-11, **2-Day Children Course:** (Boys) 2024* 22 to 24-12, (Girls) 2024* 27 to 29-12.

Dhamma Vasudha, Hivra (Wardha)

Vipassana Centre, Hivara, Post Zadsbi, Tal Selu, Dist. Wardha, Email: dhammavasudha@gmail.com **Contact:** 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738. **10-day:** 2024* 16 to 27-10, 6 to 17-11, (only for old students 25-12 to 5-1-2025), #ST: 2024* 23-11 to 1-12.

Dhamma Anakula, Akola

Vipassana Sadhana Kendra, Khaperkheha Phata, Telhara-444108 Dist Akola Email: info.anakula@vridhdhamma.org, Website: www.anakula.dhamma.org, Mob. 9421156138, 9881204125, 9421833060, **online Aply:** https://www.dhamma.org/en/schedules/v2/schanakula#normal, Email: info.anakula@vridhdhamma.org, **10-day:** (Male & Female) 2024* 21-8 to 1-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, #ST: 2024* 4 to 12-9, **1-day:** (Male & Female) 2024* 29-9, 27-10, 1-12, 29-12. # **Children Course:** 2024* 1-9, 13-10, 17-11, 15-12, **Dhamma Servers Workshop:** (Male & Female) 2024* 14 to 16-9, **Contact:** 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125, 2) Mr. Anand, Mob. 9422181970.

Dhamma Amravati, Lumbini, Mogara,

Vipassana Kendra, Vipassana Samiti, Lumbini, At Mogara, Post-Bhankheda, Tal-Dist. Amravati. **Contact:** 1) Mr. Ranjan Vaghmare, Mob. 9766395335, 2) Mr. Rajat Bhatkar, Mob. 8446106785, 3) Mr. Rahul Tantrapale, Mob. 9096277299, https://schedule.vridhdhamma.org/courses/amravati, Email: dhammaamravati2020@gmail.com, **10-day:** 2024* 21-8 to 1-9, 18 to 29-9, 16 to 27-10, 13 to 24-12, #ST: 2024* 6 to 14-11, **Teenagers' Course:** (Boys) 2024* 22 to 30-11, (Girls) 2024* 1 to 9-12, **1-day:** 2024* 1-9, 29-9, 27-10, # **2-day Children Course:** (Only Girls 13 to 17 yrs) 2024* 15 to 17-11, (only boys 13 to 17 yrs) 2024* 18 to 20-11, **Dhamma Servers Workshop:** 2024* 6-10, **Dhamma Sammelan:** 2024* 29-12,

Kotamba (Yavatmal): **10-day:** (Male and Female) 2024* 8 to 19-9, 4 to 15-11, 1 to 12-12, (only female) 2024* 29-9 to 10-10, **1-day:** Every Sunday: 8 am to 3 pm **Contact:** Vipassana Prachar Samiti, Kotamba, Tal. Balbulgaon, Dist. Yavatmal-445001. Mob. 9822896453, 9067788418, 9860328804, 9890429314, 9860674029,

Malkapur (Akola): **10-day:** (Only Female) 2024* 5 to 16-9, at Bhandant Anand Nivas Rajratna Colony, Yavata Road, Malkapur, Akola 444001. **Contact:** 1) Mr. Sham Athavale, Mob. 9404092468, 9112463416.

Patur (Akola): Vipassana Sadhana Prasar Kendra Shirla, Patur, Dist-Akola, 444501, **10-day:** (Female only) 2024* 5 to 16-9, 18 to 29-11, (Male only) 2024* 25-9 to 6-10, 17 to 28-12, **1-day:** Every month Second Sunday, # **Children Course:** (13 to 17 yer) Every month Third Sunday, **Contact:** 1) Mr. Jaggannath Gawai, Mob. 7775928290, 2) Mrs. Jyotitai Vankhede, Mob. 9921998803.

Dhamma Jalgaon, Jalgaon

Vipassana Centre, Gat No. 99/1+2, Maitri Hills, Ajintha Road, Umala gaon, Tal. Dist: Jalgaon-425001, Tel: (0257) 2229477, online registration www.jalgaon.dhamma.org, Email: dhammajalgaon@gmail.com, Mob. 9422292161, **Contact:** Mr. Subhasha Talreja, Mob. 75884-36222, 75880-99584. **10-day:** **Contact:** 7588436222, 8421532276.

Dhamma Ajaya, Chandrapur

Vipassana Meditation Centre, At - Ajaypur, Po. - Chichpalli, Mul Road, Chandrapur, Online Registration - Website: www.ajaya.dhamma.org, Email: info@ajaya.dhamma.org, **Contact:** 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 2) Mr. Gautam Chikate, Mobile: 9421812541, 9422506476, **10-day:** 2024* 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 17 to 28-10, 1 to 12-11, 2-11 to 2-12, 7 to 18-12, 23-12 to 3-1-2025, #ST: 2024* 3 to 11-10, **2-day:** 2024* 15 to 17-11, **1-day (Megha Course):** 2024* 29-9, **Dhamma Sevak Workshop:** 2024* 15 to 16-9.

Ballrapur (Chandrapur): **10-day:** 2024* 21-8 to 1-9, 18 to 29-9, 13 to 24-11, 4 to 15-12, #ST: 2024* 17 to 25-10, **1-day:** 2024* 29-9, 20-10, 24-11, # **2-day Children Course:** (Boys only 10 to 16 yer) 2024* 1 to 3-11, (only Girls 10 to 16 yer) 2024* 4 to 6-11, **Place:** Anupam Charitable Trust, Yenbodi Po. Kothari Tal. Ballrapur, Dist. Chandrapur - 442701,

Contact: 1) shri Vasant Dhoke, Mob. 9423503514, 7875330276, 2) Shri. Manohar Phulijhele, Mob. 8551987943.

Dhamma Padessa, Pali, Ratnagiri,

Konkan Vipassana Meditation Centre, Pali, Ratnagiri, Maharashtra. Contact: 1. Mr. Dharmapal, Mob. 9405111373, 2. Mr. Prashant, Mob. 8087731901, 3. Mr. Bansode, Mob. 9421171198. Email: dhammapadash@gmail.com

Dhamma Udaka, Dapoli, Ratnagiri,

Vipassana Meditation Centre, Pisai Near Matvan, Ta. Dapoli, Dist. Ratnagiri - 415712, Maharashtra, Office Contact: Mob. 7499420272, Online Application: https://schedule.vridhamma.org/courses/udaka.e.vridhamma.org, Contact: 1. Mr. Nikesh Kasare, Mob. 9699937134, 2. Mr. Chandrakant Bhagwat, Mob. 9545628659, 10-day: (Male and Female) 2024» 28-8 to 8-9, 11 to 22-9, 29-9 to 10-9, 9 to 20-10, 23-10 to 3-11, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12,

NORTH INDIA

Dhamma Thali, Jaipur

Rajasthan Vipassana Centre, P.O. Box 208, Jaipur-302001 Mob. 0-99301-17187, 9610404101, 9828804808, (for Manual registration/queries); Email: info@thali.dhamma.org, 10-day: 2024» 1 to 12-9, 14 to 25-9, 4 to 15-11, 17 to 28-11, 1 to 12-12, 22-12 to 2-1-2025, #ST: 2024» 13 to 21-12, Special 10-day: 2024» 17 to 28-11, Long Course: 20-day: 2024» 28-9 to 19-10, 30-day: 2024» 28-9 to 29-10,

Dhamma Nilaya, Jamdoli, Jaipur (Rajasthan)

Dhamma Nilaya Jaaton ka Bass, Jaisinghpura, Khor Jamdoli, Dist. Jaipur. Contact: Mrs Nidhi Mahindro, Mob. 7042677225, 9828306708 Email: info@thali.dhamma.org, 10-day: 2024» 28-8 to 8-9, 10 to 21-9, 22-9 to 3-10, 8 to 19-10, 13 to 24-11, 27-11 to 8-12, 25-12 to 5-1-2025, 16 to 19-1-2025, 3-day: 2024» 3 to 6-10, 7 to 10-11, 12 to 15-12, Teenagers' Course: (Boys) 2024» 20 to 28-10, 6 to 14-1-2025, (Girls) 2024» 16 to 24-12, # Children Course: 2024» 23 to 26-8,

Dhamma Pushkar, Ajmer, Rajasthan

Vipassana Centre, Near Village Rewat (Kedel), 23 kms from Ajmer and 9 kms from Pushkar towards Baratsar. +91-94133-07570. Tel: (145) 2780570. 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, - Chaupansi Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: info@marudhara.dhamma.org, 10-day: 2024» 27-8 to 7-9, 12 to 23-9, 27-9 to 8-10, 14 to 25-10, 6 to 17-11, 20-11 to 1-12, #ST: 2024» 22 to 30-12, 3-day: 2024» 20 to 23-8, Teenagers' Course: (Girls) 2024» 4 to 12-12, 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, 9413157056, 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: 2024» 27-8 to 7-9, 26-9 to 7-10, 14 to 25-10, 4 to 15-11, 18 to 29-11, 20 to 31-12, #ST: 2024» 2 to 10-12, 3-day: 2024» 27 to 30-10, Special 10-day: 2024» 11 to 22-9,

Dhamma Madhuvana, Sri Ganganagar, Rajasthan

Village 7A Choti, Padampura Road, Sri Ganganagar, Rajasthan. Contact: Ram Prakash Singhal, 91-9314510116; Babulal Narang, Tel: 91-9414225425, 9413377064. Email: info@madhuvana.dhamma.org, 10-day: 2024» 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 6 to 17-10, 18 to 29-10, 4 to 15-11, 17 to 28-11, 1 to 12-12, 14 to 25-12, 31-12 to 11-1, 3-day: 2024» 26 to 29-12,

Dhamma Sota, Vohna (Haryana)

Vipassana Sadhana Sansthan, Village Rahaka, Post Sohna, (Near Nimrod Police Post) Ballabhgarh-Sohna Road, Dist Gurgaon (12 km from Sohna), Haryana, Mobile: 9812655599, 9812641400. [Buses available from Sohna and Ballabhgarh.] 10-day: 2024» 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 2025» 1 to 12-1, 15 to 26-1, 5 to 16-2, 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 18 to 29-6, 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.dhammapathana@gmail.com, #ST: 2024» 27-11 to 5-12, 23 to 31-12, 2025» 5 to 13-1, 18 to 26-1, 2 to 10-2, 1 to 9-5, 18 to 26-6, 1 to 9-7, 25-11 to 3-12, 22 to 30-12, AT Workshop: 2024» 30-9 to 3-10, 2025» 28-9 to 1-10, Dhamma Sevak Workshop: 2024» 4-10, 2025» 2-10,

Special 10-day: 2024» 8 to 19-12, 2025» 13 to 24-7, 7 to 18-12, Long Course: 20-day: 2025» 6 to 27-4, 28-7 to 18-8, 30-day: 2024» 25-8 to 25-9, 2025» 15-2 to 18-3, 14-5 to 14-6, 23-8 to 23-9, 45-day: 2024» 8-10 to 23-11, 2025» 15-2 to 2-4, 6-10 to 21-11. Contact: same as Dhamma Sota

Dhamma Karunika, 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: 2024» 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, 25-12 to 5-1, 2025» 8 to 19-1, 22-1 to 2-2, 12 to 23-2, 26-2 to 9-3, 12 to 23-3, 26-3 to 6-4, 9 to 20-4, 23-4 to 4-5, 14 to 25-5, 25-6 to 6-7, #ST: 2024» 23 to 31-10, 3-day: 2024» 7 to 10-11, 2025» 5 to 8-2, 7 to 10-5, Teenagers' Course: (Boys) 2025» 28-5 to 5-6, (Girls): 2025» 11 to 19-6,

Dhamma Hitakari, Rohtak (Haryana)

Vipassana Dhyana Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. Contact: 92543-48837, 9416303639. 10-day: 2024» 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 2025» 1 to 12-1, 15 to 26-1, 5 to 16-2, 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 18 to 29-6, #ST: 2024» 5 to 13-11, 2025» 3 to 31-10, 3-day: 2024» 14 to 17-11, 2025» 30-1 to 2-1 to 4-5, 31-7 to 3-8, 15 to 18-10,

Dhamma Dhaja, Hoshiarpur (Punjab)

Punjab Vipassana Trust, Village Anandgarh, P. O. Mehlawali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333, Mobile: 94651-43488, Email: info@dhaja.dhamma.org, 10-day: 2024» 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 2025» 1 to 12-1, 15 to 26-1, 5 to 16-2, 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 18 to 29-6, #ST: 2024» 5 to 13-11, 2025» 23 to 31-10, 3-day: 2024» 14 to 17-11, 2025» 30-1 to 2-1 to 4-5, 31-7 to 3-8, 15 to 18-10,

Dhamma Sikhar, Dharamshala (H.P.)

Himachal Vipassana Kendra, Dharamkot, McLeodganj, Dharamshala-176219, Dist. Kangra. Email: info@sikhar.dhamma.org Tel: 09218514051, 09218414051, (Registration over phone between 4 to 5 pm) 10-day: 2024 and 2025» every month Apr to Nov. 1 to 12. Also 15 to 26, (except during other courses) #ST: 2024» 15 to 23-11, 2025» 20 to 28-3, 15 to 23-11, 3-day: 2024» 24 to 27-11, 2025» 24 to 27-11,

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: 2024» Every month 1 to 12 and 16 to 27 (Except #ST, 3-day, 2-day Course) #ST: 2024» 1 to 10-11, 3-day: 2024» 10 to 13-11, 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: 2024» 4 to 15-9, 18 to 29-9, 16 to 27-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 2025» 22-1 to 2-2, 5 to 16-2, 19-2 to 2-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 30-4 to 11-5, 14 to 25-5, 28-5 to 8-6, 11 to 22-6, 25-6 to 6-7, #ST: 2024» 2 to 10-10, 2025» 11 to 19-1, 4 to 12-3, 3-day: 2024» 27 to 30-10, 2025» 5 to 8-8, 4 to 7-10, 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: 2024» 4 to 15-9, 4 to 15-11, 19 to 30-11, 4 to 15-12, 19 to 30-12, #ST: 2024» 19 to 27-9, 2-day: 2024» 15 to 17-9, 15 to 17-11, 15 to 17-12, 2-day Children Course: 2024» (8 to 12 yrs boys, and 8 to 15 yrs Girls) 2024» start on evening 31-12 to end evening 2-1-2025 Long Course: 20-day: 2024» 2 to 23-10, 30-day: 2024» 2-10 to 2-11, 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: 2024» 2 to 13-10, 2 to 13-12, 2 to 13-1-2025, #ST: 2024» 29-8 to 6-9, 14 to 22-12, # Children Course: (8 to 12 yrs boys, and 8 to 16 yrs Girls) 2024» 24 to 27-12, (12 to 16 yrs only Boys) 2024» 28 to 31-12, Long Courses: 20-day: 2024» 8 to 29-9, 45-day: 2024» 15-10 to 30-11, Contact: 1. Mob. 094157-51053, 2. Muri Manohar, Mob. 094150-36896,

Dhamma Cakka, Sarnath (U.P.)

Vipassana Sadhana Kendra, Village Khargipur, Post. Piyari, Chhaubeypur, Sarnath, Varanasi. Email: info@cakka.dhamma.org. Mob. 09307993485, 09936234823, (for aorticrickshaw from Sarnath Museum, fare Rs. 100/-), Contact: Mr. Anil Maurya, Mob. 90132-59177, 10-day: 2024» 3 to 14-9, 18 to 29-9, 3 to 14-10, 18 to 29-10, 20 to 31-12, #ST: 2024» 9 to 17-12, 3-day: 2024» 28 to 31-8, # Children Course: 2024» 15-9, Long Courses:

20-day: 30-day: 2024» 5-11 to 6-12,

Dhamma Kalyana, 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. 08795460149. Email: dhamma.kalyana@gmail.com, (No admission without confirmation) 10-day: 2024» 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: 2024» 22 to 30-11, 3-day: 2024» 1 to 4-9, 1-Day: Every month Fourth Sunday. 10 am to 5 pm, Special 10-day: 2024» 20-11 to 1-12,

'Dhamma Kaya', Kushinagar (U.P.)

'Dhamma Kaya', Vipassana Sadhana Kendra, Village- Dhuria Bhaat, Near Banwari Tola, Tehsil- Kasya, Devriya Road, Dist: Kushinagar-274402, (U.P.) Mob. +919415277542. Email: dhammakaya.vsk@gmail.com; 10-day: Every month 1 to 12 and 16 to 27, Contact: 1. Dr. Vimalkumar Modi, C/o Aarogy Mandir, Gorakhpur-273003, 2. Mob. 9935599453, Dhamma Sudha, 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: 2024» 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 2025» 1 to 12-1, 15 to 26-1, 5 to 16-2, 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 18 to 29-6, #ST: 2024» 5 to 13-11, 2025» 23 to 31-10, 3-day: 2024» 14 to 17-11, 2025» 30-1 to 2-2, 1 to 4-5, 31-7 to 3-8, 15 to 18-10,

Dhamma Licchavi, Muzaffarpur (Bihar)

Dhamma Licchavi Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 7766834500, Email: info@licchavi.dhamma.org 10-day: 2024» 5 to 16-9, 17 to 28-9, 29-9 to 10-10, 15 to 26-10, 9 to 20-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, 5 to 16-1-2025, 19 to 30-1. Contact: V K Goenka, Mob. 7779842059,

Dhamma Upavana, Barackiya (Bihar)

Barackiya - 845412, East Champaran Bihar, Contact: 9431245971, 9934430429, 6204814341, Email: dhammapavan@gmail.com, 10-day: 2023 and 2024» every month 3 to 14 and 17 to 28,

Dhamma Bodhi, Bodhgaya, (Bihar)

Bodhi Gaya International Vipassana Meditation Centre, Gaya-Dobhi Road (15 km), Near Magadha University, Bodhi Gaya-824234. Mob. 94716-03531, 9955915566, Email: registration.bodhi@vridhamma.org, Website: www.bodhi.dhamma.org, Long course Email: bodhi.longcourse@gmail.com Contact: 99559-11556. 10-day: 2024» 1 April 2024 to 31 March 2025, Every Month 1 to 12 and 16 to 27, and 30-12 to 10-1-2025, 13 to 24-1, (except during other courses), #ST: 2024» 13 to 21-9, 2025» 26-1 to 3-2, Special 10-day: 2024» 1 to 12-9, Long Courses: 20-day: 2024» 1 to 22-9, 30-day: 2024» 26-9 to 27-10, 45-day: 2025» 11-2 to 29-3,

Nalanda (Bihar): 10-day: January to December Every Month 2 to 13, Place: Near Navnaland 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 Patliputta Patna (Bihar)

Patna Vipassana Centre, Meditation Block, Buddha Smriti Park, Near Patna Junction, Patna - 800001, Bihar, India, Contact: Mobile: +91 6205978822, E-mail: info@patna.in.dhamma.org, Website: http://www.patliputta.dhamma.org. 10-Day: 2024» 3 to 14-9, 17 to 28-9, 3 to 14-10, 17 to 28-10, 3 to 14-11, 17 to 28-11, 3 to 14-1-2025, 17 to 28-1, #ST: 2024» 30-11 to 8-12, 1-day: Every sunday, Mini Anapana Meditation: Every Day, # Long Courses: 20-day: 2024» 10 to 31-12,

Dhamma Vesali, Bihar

Dhamma Vesali Vipassana Centre, Vietnam Mahaprajapati Nunnery, Vishwashanti Pagoda Road, Vaishali-844128, Email: info@vaishali.in.dhamma.org; Website: www.vaishali.in.dhamma.org, Contact: 9031012302, 9031012303, 10-day: 2025» 4 to 15-1, 18 to 29-1, 2 to 13-2, 16 to 27-2, 2 to 13-3, 18 to 29-3, 4 to 15-4, 18 to 29-4, 4 to 15-5, 18 to 29-5, 4 to 15-6, 18 to 29-6, #ST: 2025» 15 to 23-10,

GUJARAT

Dhamma Sindhu, Mandvi-Kutch (Guj.)

Kutch Vipassana Centre, Bada, Mandvi-Kutch-370475. Mob. 9925674104, 9638577325, Email: info@sindhu.dhamma.org Contact: Bhuj: 094274-33534. Gandhidham: 094262-50746. Mandvi: 09974575660. 10-Day: 2024» 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 6 to 17-10, 19 to 30-10, 3 to 14-11, 17 to 28-11, 30-11 to 11-12, 15 to 26-12, 28-12 to 8-1-2025, 2025» 11 to 22-1, 25-1 to 5-2, 8 to 19-2, 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 7 to 18-4, 19 to 30-5, 2 to 13-6, 16 to 27-6, 30-6 to 11-7, #ST: 2024» 19 to 27-11, 2025» 10 to 18-2, 2 to 10-6, 2026» 6 to 14-2, 22 to 30-8, 3-day: 2025» 11 to 14-1, 18 to 21-4, Teenagers' Course: (Boys) 2025» 24-4 to 2-5, Teenagers' Course: (Girls) 2025» 8 to 16-5, Special 10-day: 2024» 6 to 17-10, Long Courses: 20-day: 2024» 4 to 25-11, 2025» 7 to 28-3, 5 to 26-5, 1 to 22-7, 30-day: 2024» 1-9 to 2-10, 4-11 to 5-12, 2025» 7-3 to 7-4, 5-5 to 5-6, 1-7 to 1-8, 1-9 to 2-10, 45-day: 2024» 1-9 to 17-10, 2025» 7-3 to 22-4, 5-5 to 20-6, 1-9 to 17-10, 6-11 to 22-12, 60-day: 2025» 1-1 to 3-3, 2026» 1-1 to 3-3, Contact: 7874623305, 9825320551.

Dhamma Kōṭa, Rajkot (Guj.)

Saurashtra Vipassana Kendra, Kotharia Road, 15 km from Rajkot. Tel: Off. (0281) 2924924, 2924942, Email: info@kōta.dhamma.org; Mobile: 7878727240, 93279-23540. **City Contact:** 1. Tel: (0281) 2233666. Mob. 7878727223, 94272-21591. 2) Chandubhai Mehta, Tel: 2587599, Mob. 9428203291. **10-Day: 2024*** 21-8 to 1-9, 4 to 15-9, 23-9 to 4-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, 25-12 to 5-1, #ST: 2024* 6 to 14-10.

Gujarati Vipassana Newsletter: Rs 30/- for one year and Rs 100/- for 4 years. **Contact:** Saurashtra Vipassana Research Centre, Bhabha Dining Hall, Panchmath Road, Rajkot-360001. Tel: (0281) 2233666, Mobile: 94272-21591, 7878727223.

Dhamma Divākara, Mehsana (Guj.)

Uttar Gujarat Vipassana Kendra, Village Mittha Tal and Dist. Mehsana, Gujarat. Email: info@divakara.dhamma.org. Tel: (02762) 272-800. **Contact:** 1. Nikhilbhai Parikh, Mob. 09429233000, 2. Upendra Patel, Tel: Mob. 8734093341, Tel: (02762) 254-634, 253315, Email: upendrakpatel@gmail.com, **10-day: 2024*** 21-8 to 1-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 2 to 13-11, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, 25-12 to 5-1-2025, 2025* 8 to 19-1, 19-2 to 2-3, 12 to 23-3, 26-3 to 6-4, 9 to 20-4, 23-4 to 4-5, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 18 to 29-6, #ST: 2025* 21 to 29-1, 30-6 to 8-7, 7 to 15-11, **3-day: 2024*** 5 to 8-9, 22 to 25-10, 2025* 6 to 9-3, **2-day: 2025*** 11 to 13-7, **1-day: 2025*** 10-7, ∞ **Gratitude Course:** 2 to 17-2-2025, **Special 10-day: 2025*** 21-1 to 1-2, 5 to 16-11, ∞ **Long Courses: 20-day: 2025*** 31-7 to 21-8, **30-day: 2025*** 31-7 to 31-8.

Dhamma Piṭha, Ahmedabad (Gujarat)

Gurjar Vipassana 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@piṭha.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: 2024*** 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 29-10 to 9-11, 15 to 26-11, 27-11 to 8-12, 11 to 22-12, 25-12 to 5-1, 8 to 19-1, 22-1 to 2-2, 5 to 16-2, 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 2025* 19 to 30-3, 2 to 13-4, 16 to 27-4, 29-4 to 10-5, 14 to 25-5, 28-5 to 8-6, 11 to 22-6, 25-6 to 6-7, #ST: 2025* 20 to 28-9, 2026* 21 to 1-3, **1-day: 2025*** 12-5, ∞ **Gratitude Course: 2026*** 2 to 17-2, **Special 10-day: 2025*** 23-7 to 3-8, **Contact:** Ms Shashi Todi, Mob. 98240-65668.

Dhamma Ambikā, South Gujarat

Vipassana Dhyana Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 km. away on west of Borivach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 0958582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org **Online registration:** dhammaambikasarat@gmail.com, **10-day: 2024*** 1 to 12-9, 18 to 29-9, 1 to 12-10, 14 to 25-10, 2 to 13-11, 19 to 30-11, 2 to 13-12, 2025* 1 to 12-2-2025, 18-2 to 1-3, 2 to 13-3, **3-day: 2024*** 12 to 15-9, 14 to 17-11, 2025* 13 to 16-2, ∞ **Long Courses: 30-day: 2024*** 15-12 to 15-1-2025, 45-day: 2024* 15-12 to 30-1-2025, **Contact:** 1. Vasantbhai Lad, Mob. 09428160714, 2. Ratanshibhai K Patel, Mob. 098250-44536.

Dhamma Pāli, Bhavnagar, Gujarat

Vipassana Centre, Village Todi, Sonagadh - Palitana Road, Dist: Bhavnagar, Gujarat Email: dhammapali15@gmail.com, **Contact:** Mob. 7878103636, 8866703636, 8866713636, **Office:** Tel: 0278-2521066, 8758561616. **10-Day: 2024*** 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, 8 to 19-12, 22-12 to 2-1-2025, 5 to 16-1-2025, 19 to 30-1, 2 to 13-2, 16 to 27-2, 2 to 13-3, 16 to 27-3.

Dhamma Narmada, Jhagadia, Bharuch Gujarat

Vipassana Kendra, At & Po. Uchedia, Ta. Jhagadia, Dist. Bharuch Gujarat - 393110, Email: info@narmada.dhamma.org, **10-Day: 2024*** 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 1 to 12-10, 15 to 26-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 2025* 1 to 12-1, **3-day: 2025*** 15 to 18-1, **Contact:** Patel: 9824451381, Krishna: 9328170462.)

SOUTH INDIA

Dhamma Paphulla, Bangalore

Bangalore Vipassana Centre: (23 km from City Railway station,) Alan Village, Near Alur Panchayat office, Off Tumkur Road, Dasanapura Bangalore North Taluka 562 123. Tel: (080) 23712377, Mob. 7829912733, 8861644284, 9972588377, Email: info@paphulla.dhamma.org; [Bus No. 256, 258, 258C from Majestic Bus Stand Gat down Makali (Near Himalaya Drugs), cross road and take auto] **10-Day: 2024*** 11 to 22-9, 3 to 14-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 11-12 to 22-12, #ST: 2024* 28-8 to 5-9, **3-day: 2024*** 26 to 29-9, 26 to 29-12.

Dhamma Setu, Chennai (Tamil Nadu)

Vipassana Meditation Centre, 533, Pazhan Thandalam Road, Via Thiruneermalai Road, Thirumudivakkam, Chennai 600044, **Contact:** Tel: +91-7550034777, Mobile: 94440-21622, 94442-80952, 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: 2024*** 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 16 to 27-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, #ST: 2024* 5 to 13-3, **3-day: 2024*** 10 to 13-10, 28 to 31-10, (only Female 19 to 22-12, only male 26 to 29-12), **Teenagers' Course: (Boys)2024*** 15 to 23-12, (Girls)2024* 23 to 31-12, **1-Day:**

2024* 1-9, 15-9, 29-9, 27-10, 17-11, 1-12, 15-12,

Dhamma Arunachala, Tiruvannamalai, (Tamilnadu)

Vipassana Meditation Centre, Perumbakkam Village, Tiruvannamalai, Tamilnadu, India, Pincode - 606603, Phone: +91-9597246178, +91-9884393459, Website: http://www.arunachala.dhamma.org, Email: arunachala.dhamma@gmail.com, info@arunachala.dhamma.org, **10-day: 2024*** 4 to 15-9, 23-10 to 3-11, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 2025* 1 to 12-1, 15 to 26-1, 29-1 to 9-2, 12 to 23-2, 5 to 16-3, 19 to 30-3, **3-day: 2024*** 29-8 to 1-9, **2-day: 2024*** 30-8 to 1-9, **Special 10-day: 2024*** 9 to 20-10, ∞ ∞ **Long Courses: 20-day: 2024*** 17-9 to 8-10, **30-day: 2024*** 20-9 to 21-10.

Dhamma Madhurā, Madurai

Vipassana Meditation Centre, Chettiyappati gaon, Athur Taluk, P. O. Gandhigram University, Dindigul-624302, **Contact:** 9442603490, 9442103490, Email: dhammamadhura@gmail.com, **10-day: 2024*** 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, **3-day: 2024*** 7 to 10-11, 26 to 29-12,

Dhamma Khetta, Hyderabad (Telangana)

Vipassana International Meditation Centre, (12.6 km) Mile Stone, Nagarjuna Sagar Rd, Kusum Nagar, Vansthalipuram Hyderabad-500070. Email: info@khetta.dhamma.org Tel: (040) 2424-0290, 32460762, 09491594247, Fax: 2424-1746, **ST: 2024*** 13 to 21-9, **Special 10-day: 2024*** 31-12-2024 to 11-1-2025, ∞ **Long Courses: 20-Day: 2024*** 31-12-2024 to 21-1-2025, **30-Day: 31-12-2024 to 31-1-2025,**

1-day Children Course: Ending day of every 10-day course in Andhra Pradesh, and Telangana States. Eligibility: 1-day and 2-day Children's Course, 5th Standard and above or 10 yrs to 18 yrs (8 am to 4pm)

Telugu Vipassana Newsletter: Published every month. Annual subscription: Rs. 50/- **Contact:** Dhamma Khetta above.

Dhamma Nāgajūna-I Nagarjun Sagar (Telangana)

VIMC, Hill Colony, Nagarjun Sagar Dist. Nalgoda 508202, (140.4 km Hyderabad Road,) Registration: 9440139329, (8680) 277944, Mobile: 093484-56780, (only 10 am to 5 pm) Email: info@nagajuna.dhamma.org, **10-day: 2024*** 23-10 to 3-11, 9 to 20-11, 23-11 to 4-12, 2025* 10 to 21-1, 6 to 17-2, 4 to 15-5, 28-5 to 8-6, **2-day: 2025*** 21 to 23-2, 14 to 16-3, **Teenagers' Course: (Boys): 2024*** 24-8 to 1-9, 21 to 29-9, 3 to 11-10, 2025* 1 to 9-1, 5 to 13-4-16 to 24-5, 28-6 to 6-7, (Girls) 2024* 7 to 15-9, 23 to 31-12, 2025* 22 to 30-3, 25-4 to 3-5, 13 to 21-6, # **Children Course: 2024*** 1-9, 15-9, 29-9, 3-11, 2025* **Dhamma Sevak Workshop: 2024*** 18 to 20-10, 6 to 8-12, 2025* 24 to 26-11, 18 to 20-4.

Dhamma Nāgajūna-II Nagarjun Sagar (Telangana)

Contact: VIMC, As above. **10-day: 2024*** 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 2025* 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 2 to 13-4, 25-6 to 6-7, #ST: 2025* 12 to 21-6, # **Children Course: 2025*** 2-3, 16-3, 30-3, 13-4, 8-6, ● **Gratitude Course:** 2 to 17-2-2025, 2026* 2 to 17-2-2026, ● ∞ **Long Courses: 20-day: 2025*** 25-4 to 16-5, 24-10 to 14-11, **30-day: 2024*** 22-10 to 22-11, 2025* 25-4 to 26-5, 24-10 to 24-11, 14-12 to 14-1-26, 45-day: 2024* 22-10 to 7-12, 14-12-2024 to 29-1-2025, 2025* 25-4 to 10-6, 24-10 to 9-12, 14-12 to 29-1-26.

Dhammārāma, Bhimavaram, W. G. (A.P.)

Vipassana International Meditation Centre, Village Kumudavalli, Mandal-Pala Koderu, Dist. West Godavari 534 210. (1.5 kms from Bhimavaram, on the Bhimavaram-Thanutaku Road) Tel: (08816) 236566, 99893-82887, Email: info@rama.dhamma.org, **10-day: 2024*** 25-8 to 6-9, 16 to 27-10, 1 to 12-12, #ST: 2024* 15 to 23-12, **1-day:** every month **Second Sunday** **Special 10-day: 2024*** 11 to 22-9, ∞ **Long Courses: 20-day: 2024*** 6 to 27-11,

CENTRAL AND EASTERN INDIA

Dhamma Kānana, Balaghat (M.P.)

Dhamma Kanana Vipassana Centre, Wainganga Tal, Rengatola, P.O. Garra, Balaghat. Tel: (07632), 248145, Mob. 8989845100, 97531-44641, **Contact:** 1. Mr. Khobragade, Lumbini Nagar, Balaghat. Mob. 94243-36241. 2. Mr. Meshram, Tel: (07632) 239165, Email: dineshmeshram@hotmail.com. Mob. 094251-40015, 9753144641, **online Application:** https://www.dhamma.org/en/schedules/schkanana. **10-day: 2024*** 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 4 to 15-12, #ST: 2024* 21 to 29-12,

Dhammapāla, Bhopal (M.P.)

Vipassana Centre, Behind Kerva Dam, Village Daulatpura, Bhopal 462 044. **Contact:** Mob. 94069-27803, 7024771629, **Contact:** Prakash Gedam, Mob. 94250-97358, K. R. Jha, Mob. 8319855865, Email: dhammapala.bhopal@gmail.com, Online application: www.papa.dhamma.org, **10-day: 2024*** 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, #ST: 2024* 22 to 31-10, **3-day: 2024*** 26 to 30-12, **Maintenance Week: 2024*** 13 to 19-10, ∞ **Long Courses: 30-day: 2024*** 6-11 to 7-12, 45-day: 2024* 6-11 to 22-12,

Dhamma Mālavā, Indore (M.P.)

Vipassana Centre, Village Jambudi Hapsi, Opp. Gommatgiri, in front of Pitru mountain, Hatod Road, Indore-452003, **Contact:** 1. Indore Vipassana International Foundation Trust, Tel: (0731) 4273313, Mobile:

98931-29888, Email: info@malava.dhamma.org; dhammamalava@gmail.com, 2. Ghokhale. Mob. 9407406620. **10-day: 2024*** 1 to 12-9, 15 to 26-9, 15 to 26-10, 1 to 12-12, (Old Student Only 15 to 26-12), **3-Day: 2024*** 28-9 to 1-10, 7 to 10-11, 28 to 31-12, **1-day: 2024*** 1-9, 3-11, 1-12, **Group Sitting:** Except Course Time 9:30 am to 10:30, **2-Day-Seva: 2024*** 30-11 to 1-12, **Special 10-day: 2024*** 17 to 28-11,

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. Ishwar, Mob. 7987509207, 2) Mr. Adwani, Mob. 9826700116. **Contact Office:** Vikram Nagar, Mhow road, Ratlam, Mob. 09479785033. **10-day: 2024*** 22-8 to 2-9, 4 to 15-9, 19 to 30-9, 14 to 25-10, 13 to 22-11, 19 to 30-12, 2025* 5 to 16-1, 19 to 30-1, 2 to 13-2, 16 to 27-3, 13 to 24-4, 27-4 to 8-5, 10 to 21-6, 26-6 to 7-7, #ST: 2024* 1 to 9-10, 23-11 to 1-12, 8 to 16-12, 2025* 17 to 25-2, **3-Day: 2025*** 6 to 9-3, 6 to 9-4, **Teenagers' Course: (Boys) 2025*** 25-5 to 2-6, (Girls) 2025* 13 to 21-5, **2-Day: 2024*** 1 to 3-12, **1-Day: 2025*** 16-2, 12-5, 10-7.

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: 9425513103, Email: info@guna.dhamma.org. **10-day: 2024*** 28-8 to 8-9, 11 to 22-9, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 20 to 31-12, #ST: 2024* 24-9 to 2-10,

Dhamma Bala, Jabalpur (M.P.)

Vipassana Meditation Centre, Opposite Bhedaghat Thane, (1 km) Bapat Marg, Bhedaghat Jabalpur. **Contact:** WhatsApp 1) Mr Gulshan Makan, Mob. 9425156895 2) Mr. Rajendra Dubey, Mob. 7999341818, Email: dhammabalajabalpur@yahoo.co.in, **10-day: 2024*** 8 to 19-9, 15 to 26-10, 10 to 21-11, 8 to 19-12, #ST: 2024* 21 to 29-8, **SAGAR: (M.P.) - 10-day: 2024*** 2 to 13-10, 21-12-24 to 1-1-2025, **PLACE:** Khalifa Dalchand Fizikal Collage Makaroniya, Sagar- 470004, **Contact:** 1) Mr. Bhaurao Thakre, Mob. 9970029916, 2) Mr. Anurag Rajput, Mob. 8815211155.

Dhamma Ketu, Durg (Chhattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. **10-day: 2024*** 1 to 12-9, 15 to 26-9, 6 to 17-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, 2025* 1 to 12-1, 29-1 to 9-2, 12 to 23-2, 19 to 30-3, 2 to 13-4, 16 to 27-4, #ST: 2024* 17 to 26-10, 2025* 17 to 26-1, 1 to 10-10, **Teenagers' Course: (Girls) 2025*** 4 to 12-6, (Boys): 2025* 16 to 24-6, **3-day: 2025*** 13 to 16-3, **1-day: 2024*** 1-9, 6-10, 3-11, 1-12, 2025* 26-1, 9-2, 23-2, 9-3, 13-4, 12-5, 1-6, 29-6, # **Children Course: 2024*** 30-9, 2-10, 15-11, 29-12, 2025* 12-1, 30-3, 27-4, 4-5, 15-6, **Dhamma Sevak Workshop: 2024*** 27-10, 2025* 2-11, **Contact:** 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. S.R. Suman, Mob. 9407981618.

Dhamma Kutī, Singarbhatta, Raipur (Chhattisgarh)

Vipassana Meditation Centre, village Singarbhatta, Tah. Abhanpur, District- Raipur. The Center is located 24 KM from Raipur Railway Station **Contact:** 1) Mr. G R Prajapati, Mob. 9893643646, 2) Mr. Suresh Bang, Mob. 9425209354,

Dhamma Gaṇḍa, Bilaspur (Chhattisgarh)

Vipassana Centre, 23 K.M. from Bilaspur city and 8 K.M. from Kargroad Railway station. Bharari, (V) Mohanbhatta, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com, Website: www.garh.dhamma.org, **10-day: 2024*** 13 to 24-10, 8 to 19-12, #ST: 2024* 22-11 to 1-12, **3-day: 2024*** 14 to 17-11, **1-day: 2024*** 1-9, 13-10, 8-12, # **Children Course: 2024*** 27-10, 10-11, **Teenagers' Course: (Girls) 2024*** 22 to 30-12, **CCT Workshop: 2024*** 8 to 10-11, **Dhamma Sevak Workshop: 2024*** 1-12, ∞ **Long Courses: 20-day: 2024*** 8 to 29-9, **30-day: 2024*** 8-9 to 9-10, **Contact:** 1. Mr. K.K. Sahu, Mob: 97520-47811, Mr. S. Agrawal, Mob. 79743-55534,

Dhamma Gaṅḍā, Kolkata (W.B.)

Vipassana Kendra, Sodepur, Harishchandra Dutt Road, Panihati, Baro Mandir Ghat, Kolkata-700114, Tel: (033) 2553-2855, Email: info@ganga.dhamma.org **Contact City Office:** Tobacco House 5th floor, room no-523, 1, old court house corner, kolkata-700001, Tel: (033) 2230-3686, 2231-1317.

Dhamma Purī, North Tripura (Tripura)

Tripara Vipassana Meditation Centre, P.O. Machmara, Dist. Unakoti, Tripura, Tripura 799 263, Email: info@puri.dhamma.org, **Contact:** M. Dewan, (0381) 2300441, Mob. 09862154882, 09402527191. **10-day: 2024*** 15 to 26-9, 10 to 21-10, 10 to 21-11, 15 to 26-12, #ST: 2024* 25-10 to 3-11.

Dhamma Bhuvaneshwar, Kantabada, (Orissa)

"Dhamma Bhuvaneshwar", At. Po. Kantabada, Dist. Khorda, **Contact:** 1) C. B. Kar, Mobile: 9437131019, 7681096441, 2) Mr. Pradeep Pradhan, Mob. 9439705409, 8093480338, Email: vipassanabbsr@gmail.com, **10-day: 2024*** 11 to 22-9, 16 to 27-10, 13 to 24-11, 11 to 22-12, **1-day: 2024*** 1-9, 6-10, 3-11, 1-12, **Children's Course: 2024*** 8-9, 8-12,