

Schedule of Vipassana Courses

"Vipassana Newsletter" Vol. 1, No. 10, 12 January, 2026.

(Revised) Regd. No. MHENG/25/RAA43

3

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.

Satipatthāna 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 Satipatthāna 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: Restricted to ATs, those who have completed at least two 45-day courses, and those deeply involved with Dhamma service.

Gratitude Courses:

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

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

Please use only the new revised application form for long courses.
Bookings for all courses at all centers are being done online. Please check the dates on the internet and apply online accordingly.

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, 8380017284, 8956297220. Whatsapp: 8956297219, 8956297220, (10 am to 5 pm). Email: reg.giri@vridhamma.org. To apply online for ten-day courses: www.dhamma.org/schvnia.shtml (No admission without confirmation) 10-day: 21-1 to 1-2, 4 to 15-2, 18-2 to 1-3, 4 to 15-3, 18 to 29-3, 15 to 26-4, 29-4 to 10-5, 13 to 24-5, 27-5 to 7-6, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, (only old Student 22-7 to 2-8), 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 28-10 to 8-11, 11 to 22-11, 23-12 to 3-1-2027. #ST: 1 to 9-10. 3-day: 26 to 29-11. Dhamma server and Trustee Workshop: 10 to 11-10. Indian Teacher Meeting: 7 to 8-12. International Teacher Meeting: 9 to 10-12. International AT Meeting: 11 to 13-12. AT Workshop: 15 to 18-12. Trainer's Workshop: 14-12. Maintenance Period: 30-3 to 14-4, 12 to 27-10. Golden Jubilee: 6-12. Website: <https://schedule.vridhamma.org>

Dhamma Giri, Igatpuri, Short Course Area

3-Day: 6 to 9-2, 21 to 24-8, 18 to 21-9, 14 to 17-11, 1 to 4-12. 2-day: 2 to 4-7. Teenagers' Course: (Boys) 12 to 20-2, 10 to 18-3, 1 to 9-4, 23-4 to 1-5, 15 to 23-5, 5 to 13-6, 7 to 15-7, 30-7 to 7-8, 27-8 to 4-9, 25-9 to 3-10, 23 to 31-10, 20 to 28-11. Teenagers' Course: (Girls) 26-1 to 3-2, 23-2 to 3-3, 21 to 29-3, 12 to 20-4, 4 to 12-5, 25-5 to 2-6, 21 to 29-6, 19 to 27-7, 10 to 18-8, 7 to 15-9, 12 to 20-10, 3 to 11-11, 13 to 21-12. online Booking: Maintenance Period: 4 to 9-3.

(Important information: Igatpuri Centers- • Please note that you should not attempt to come to any course at Igatpuri without a confirmed booking; otherwise, the participant may have to be sent back, causing inconvenience to them and to us as well. • Residents of areas where there is a center should apply at their local center only. Without a special reason, applications for Dhamma Giri from such people will not be accepted. • Please be sure to bring your acceptance letter with you. • If for any reason you are unable to attend, kindly inform in time so that the opportunity can be given to someone on the waiting list.)

Dhamma Tapovana-1 Igatpuri

10-day executive courses: 6 to 17-4, 25-7 to 5-8, (only old Students 20-4 to 1-5) #ST: 26-3 to 3-4. 3-day: 12 to 15-3, 28-9 to 1-10.

○ Special 10-day: 24-2 to 7-3. ○ Gratitude Course: 2 to 17-2.

○ Long Courses: 20-day: 28-6 to 19-7. 30-day: 6-5 to 6-6, 9-8 to 9-9. 45-day: 6-5 to 21-6, 9-8 to 24-9, (15 days Anapanā) ▶ 13-12 to 28-1-2027. 60-day: 5-10 to 5-12.

Maintenance Period: 16 to 25-3. online Booking.

Dhamma Tapovana-2, Igatpuri

#ST: 11 to 19-4. Special 10-day: 28-4 to 9-5.

○ Long Courses: 20-day: 12-5 to 2-6, 8 to 29-10. 30-day: 21-2 to 24-3, 8-6 to 9-7, 10-11 to 11-12. 45-day: 21-2 to 8-4, 8-6 to 24-7. 60-day: 1-8 to 1-10, 16-12 to 15-2-2027.

Maintenance Period: 20 to 27-4, 30-10 to 9-11.

Dhamma Pattana, Gorai, Mumbai

Dhamma Pattana Vipassana centre, Near Essel World, Gorai Creek, Borivali (W), Mumbai 400091, Phone: +91 8291894650, Tel: (+91 22) 50427500, Ext. No. (Male Office)» 519, (Female Office)» 546, Email: info.pattana@vridhamma.org, Website: www.pattana.dhamma.org, 10-day executive courses: 6 to 17-1, 20 to 31-1, 19-2 to 2-3, 4 to 15-3, 18 to 29-3, 8 to 19-4, 21-4 to 2-5, 5 to 16-5, 18 to 29-5, 10 to 21-6, 29-7 to 9-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 7 to 18-10, 21-10 to 1-11, 20 to 21-11, 23-11 to 4-12, 9 to 20-12, 23-12 to 3-1-2027, #ST: 23-6 to 1-7. 3-day: 1 to 4-4, 13 to 16-8, 30-9 to 3-10, 4 to 7-11. 1-day Megha: 18-1, 3-5, 26-7, 4-10. Dhamma server Workshop: 4-1. Indian AT Workshop/Meeting: 31-5 to 7-6.

○ Gratitude Course: 2 to 17-2-2026.

○ Long Courses: 20-day: 4 to 25-7. 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.

Dhamma Kanheri, Goregaon, Mumbai

Goregaon Vipassana Centre, Dhamma Pattana Vipassana Trust, Welfare Centre Building, Mohan Gokhale Road, Opposite Lakshadham School, Goregaon (E) Mumbai 400063, Phone: WhatsApp App No. +91 915223764/65, Email: info.gvc@vridhamma.org, 2025 ▶ 10-Day: (Female), (Male), 3-day: (Female), (Male), 1-day: Every Saturday, Sunday and Public Holiday. Group Sitting: 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. For details of the dates of Mega Courses (Mahashivirs), please see the last page of the newsletter. Contact:

Email: info@globalpagoda.org; Tel: 022 50427500 (Board Lines) - Extn. 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 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> 1-day: Every Sunday. Group Sitting: Daily (any time) 7 am to 7 pm.

Dhamma Vāhīni: Titwala

Mumbai Parivar Vipassana Centre, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website www.vahini.dhamma.org, registration only online Email: vahini.dhamma@gmail.com, 10-day: 2 to 13-1, 17

to 28-1, 31-1 to 11-2, 14 to 25-2, 28-2 to 11-3, 14 to 25-3, 28-3 to 8-4,

11 to 22-4, 25-4 to 6-5, 9 to 20-5, 25-3 to 3-6, 6 to 17-6, 20-6 to 1-7, 4 to

15-7, 1 to 12-8, 15 to 26-8, 29-8 to 9-9, 26-9 to 7-10, 10 to 21-10, 24-10

to 4-11, 13 to 24-11, #ST: 12 to 20-9, 3-day: 7 to 10-11,

○ Special 10-day: 18 to 29-7,

○ Long Courses: 20-day: 1 to 21-12, 30-day: 1 to 31-12, Mobile: 97730-69978. (12 to 6 pm on weekdays).

Dhamma Saritā, Khadavali (Thane) C. R.

Jeevan Sandhya Mangalya Sansthan, Matoshree Vridhhashram, 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: 2500886/25011096/25162505). 1-day: last day of 10-day course Contact: Mintu Bera, Mob. 9503905086, Office: 77983244659.

Dhamma Vātikā: Palghar

Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Cricket

Ground, Alyali Village, Palghar-401404, Contact: 1) 9637101514, 2) shri Dubey, Mob. 93232 49299, 3) shri Jadhav, Mob. 90491 51464, Email: info@vatika.dhamma.org, Website: vatika.dhamma.org, 10-day: 28-1 to 8-2, 11 to 22-2, 18 to 29-3, 1 to 12-4, 15 to 26-4, 29-4 to 10-5, 13 to 24-5, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 5 to 16-8, 19 to 30-8, 2 to 13-9, 23-9 to 4-10, 7 to 18-10, 21-10 to 1-11, 13 to 24-11,

26-11 to 7-12, 16 to 27-12, 30-12 to 10-1-2027. 3-day: 27-2 to 2-3. #ST: 7 to 15-3. Dhamma Sevak Workshop: 19 to 20-9. # Children Course: (boys) 27 to 28-5, 4 to 5-11, (Girls) 30 to 31-5, 6 to 7-11.

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. 775887453, 775889941, if not answered kindly Email: info@nasika.dhamma.org.

INDIA

Special 10-day Course

2 to 13-2-2026 Dhamma Nāgājuna-II Nagarjun Sagar (Telan.)

4 to 15-2-2026 Dhamma Bhandāra, Bhandara

18-2 to 1-3-2026 Dhamma Cakka, Sarnath (U.P.)

24-2 to 7-3-2026 Dhamma Tapovana-I, Igatpuri

5 to 16-4-2026 Dhamma Thali, Jaipur

28-4 to 9-5-2026 Dhamma Tapovana-II, Igatpuri

20 to 31-5-2026 Dhamma Kota, Rajkot (Guj.)

14 to 25-6-2026 Dhamma Sarovara, Dhule

14 to 25-6-2026 Dhamma Thali, Jaipur

17 to 28-6-2026 Dhamma Rata, Ratlam (M.P.)

18 to 29-6-2026 Dhamma Patthāna, Sonepat, (Haryana)

1 to 12-7-2026 Dhamma Malla, Yavatmal

14 to 22-7-2026 Dhamma Thali, Jaipur

15 to 26-7-2026 Dhamma Divākara, Mehsana (Guj.)

19 to 30-7-2026 Dhamma Lakkhana, Lucknow (U.P.)

29-7 to 9-8-2026 Dhamma Sindhu, Mandvi-Kutch (Guj.)

5 to 16-8-2026 Dhamma Setu, Chennai (Tamil Nadu)

19 to 30-8-2026 Dhamma Divākara, Bhimavaram, W. G. (A.P.)

13 to 24-9-2026 Dhamma Sarovara, Dhule

3 to 14-10-2026 Dhamma Kalyāna, Kanpur (U.P.)

20-11 to 1-12-2026 Dhamma Pathāna, Sonepat, (Haryana)

8 to 19-12-2026 Dhamma Nāgājuna-II Nagarjun Sagar (Telan.)

Gratitude Course

2 to 17-2-2026 Dhamma Pattana, Gorai, Mumbai

2 to 17-2-2026 Dhamma Tapovana-I, Igatpuri

2 to 17-2-2026 Dhamma Malla, Yavatmal

2 to 17-2-2026 Dhamma Anākula, Akola

2 to 17-2-2026 Dhamma Nāga, Nagpur

2 to 17-2-2026 Dhamma Sarovara, Dhule

2 to 17-2-2027 Dhamma Divākara, Mehsana (Guj.)

2 to 17-2-2026 Dhamma Pītha, Ahmedabad (Gujarat)

2 to 17-2-2026 Dhamma Pāli, Bhavnagar, Gujarat

2 to 17-2-2026 Dhamma Lakkhana, Lucknow (U.P.)

2 to 17-2-2026 Dhamma Rata, Ratlam (M.P.)

2 to 17-2-2026 Dhamma Pāliputta Patna (Bihar)

2 to 17-2-2026 Dhamma Khetta, Hyderabad (Telangana)

Schedule of Long Courses

20-day

16-1 to 6-2-2026 Dhamma Papuhlla, Bangalore

16-1 to 6-2-2026 Dhamma Setu, Chennai (Tamil Nadu)

1 to 22-2-2026 Dhamma Thali, Jaipur

23-3 to 13-4-2026 Dhamma Patthāna, Sonepat, (Haryana)

15-4 to 6-5-2026 Dhamma Nāgājuna-II Nagarjun Sagar (Telan.)

5 to 26-5-2026 Dhamma Sindhu, Mandvi-Kutch (Guj.)

12-5 to 2-6-2026 Dhamma Tapovana-2, Igatpuri

20-6 to 7-15-2026 Dhamma Bhandāra, Bhandara

28-6 to 19-7-2026 Dhamma Tapovana-I, Igatpuri

4 to 27-5-2026 Dhamma Pattana, Gorai, Mumbai

7 to 28-7-2026 Dhamma Nāga, Nagpur

7 to 28-7-2026 Dhamma Sindhu, Mandvi-Kutch (Guj.)

16-7 to 6-8-2026 Dhamma Pāli, Ajmer, Rajasthan

25-7 to 15-8-2026 Dhamma Patthāna, Sonepat, (Haryana)

3 to 24-8-2026 Dhamma Kotā, Rajkot (Guj.)

2 to 22-9-2026 Dhamma Cakka, Sarnath (U.P.)

7 to 28-9-2026 Dhamma Sindhu, Mandvi-Kutch (Guj.)

8 to 29-9-2026 Dhamma Gāphā, Bilaspur (Chhattisgarh)

19 to 30-7-2026 Dhamma Suvāthī, Sravasti (U.P.)

2 to 23-10-2026 Dhamma Lakkhana, Lucknow (U.P.)

4 to 25-10-2026 Dhamma Thali, Jaipur

8 to 29-10-2026 Dhamma Tapovana-2, Igatpuri

24-10 to 14-11-2026 Dhamma Nāgājuna-II Nagarjun Sagar (Telan.)

28-11 to 19-12-2026 Dhamma Sarovara, Dhule

1 to 21-12-2026 Dhamma Vāhīni, Titwala

10 to 31-12-2026 Dhamma Pāliputta Patna (Bihar)

22-12-26 to 12-1-2027 Dhamma Kotā, Rajkot (Guj.)

30-day

16-1 to 16-2-2026 Dhamma Papuhlla, Bangalore

16-1 to 16-2-2026 Dhamma Setu, Chennai (Tamil Nadu)

1-2 to 4-3-2026 Dhamma Thali, Jaipur

1-2 to 4-3-2026 Dhamma Patthāna, Sonepat, (Haryana)

21-2 to 24-3-2026 Dhamma Tapovana-II, Igatpuri

28-2 to 31-3-2026 Dhamma Suvāthī, Sravasti (U.P.)

10-3 to 10-4-2026 Dhamma Sindhu, Mandvi-Kutch (Guj.)

18-4 to 19-5-2026 Dhamma Patthāna, Sonepat, (Haryana)

25-4 to 26-5-2026 Dhamma Nāgājuna-II Nagarjun Sagar (Telan.)

5-5 to 5-6-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
6-5 to 6-6-2026	Dhamma Tapovana-I, Igatpuri
8-6 to 9-7-2026	Dhamma Tapovana-II, Igatpuri
1-7 to 1-8-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
16-7 to 16-8-2026	Dhamma Pushkar, Ajmer, Rajasthan
25-7 to 25-8-2026	Dhamma Kota, Rajkot (Guj.)
5-8 to 6-9-2026	Dhamma Pitha, Ahmedabad (Gujarat)
5-8 to 6-9-2026	Dhamma Pitha, Ahmedabad (Gujarat)
9-8 to 9-9-2026	Dhamma Tapovana-I, Igatpuri
11-8 to 11-9-2026	Dhamma Pathana, Sonepat, (Haryana)
1-9 to 2-10-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
7-9 to 8-10-2026	Dhamma Garha, Bilaspur (Chhattisgarh)
2-10 to 2-11-2026	Dhamma Lakkhana, Lucknow (U.P.)
4-10 to 4-11-2026	Dhamma Thali, Jaipur
24-10 to 24-11-2026	Dhamma Nagajjuna-II Nagarjun Sagar (Telan.)
10-11 to 11-12-2026	Dhamma Tapovana-II, Igatpuri
11-11 to 12-12-2026	Dhamma Cakka, Sarnath (U.P.)
26-11 to 27-12-2026	Dhammarama, Bhimavaram, W. G. (A.P.)
1 to 31-12-2026	Dhamma Vahini, Titwala
14-12 to 14-1-2027	Dhamma Nagajjuna-II Nagarjun Sagar (Telan.)
19-1 to 19-2-2027	Dhamma Kota, Rajkot (Guj.)

45-day

16-1 to 3-3-2026	Dhamma Setu, Chennai (Tamil Nadu)
1-2 to 19-3-2026	Dhamma Thali, Jaipur
1-2 to 19-3-2026	Dhamma Pathana, Sonepat, (Haryana)
21-2 to 8-4-2026	Dhamma Tapovana-II, Igatpuri
28-2 to 15-4-2026	Dhamma Suvatthi, Sravasti (U.P.)
10-3 to 25-4-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
25-4 to 10-6-2026	Dhamma Nagajjuna-II Nagarjun Sagar (Telan.)
5-5 to 20-6-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
6-5 to 21-6-2026	Dhamma Tapovana-I, Igatpuri
26-5 to 11-7-2026	Dhamma Khetta, Hyderabad (Telangana)
8-6 to 24-7-2026	Dhamma Tapovana-II, Igatpuri
7-7 to 22-8-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
25-7 to 9-9-2026	Dhamma Kota, Rajkot (Guj.)
9-8 to 24-9-2026	Dhamma Tapovana-I, Igatpuri
1-9 to 17-10-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
7-10 to 22-11-2026	Dhamma Pathana, Sonepat, (Haryana)
15-10 to 30-11-2026	Dhamma Suvatthi, Sravasti (U.P.)
24-10 to 9-12-2026	Dhamma Nagajjuna-II Nagarjun Sagar (Telan.)
1-11 to 17-12-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
13-12 to 28-1-2027 (15 days Anapana)	Dhamma Tapovana-I, Igatpuri
14-12 to 29-1-2027	Dhamma Nagajjuna-II Nagarjun Sagar (Telan.)
19-1 to 6-3-2027	Dhamma Kota, Rajkot (Guj.)

60-day

1-1 to 3-3-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
26-5 to 26-7-2026	Dhamma Khetta, Hyderabad (Telangana)
1-8 to 1-10-2026	Dhamma Tapovana-II, Igatpuri
5-10 to 5-12-2026	Dhamma Tapovana-I, Igatpuri
16-12 to 15-2-2027	Dhamma Tapovana-II, Igatpuri
1-1 to 3-3-2027	Dhamma Sindhu, Mandvi-Kutch (Guj.)

Dhammānanda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). 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@punnadhamma.org; Tel: (020) 2443-6250, 1-day: Every Month First and Third Saturday 8:30 am to 4:30 pm, Registration Start at 8:30 to 9:00 am. # Children Course: (8 yrs Complete to 18 years) Every Month First and Third Sunday, 8:00 am to 2:30.

Dhamma Ajanta, Aurangabad

Ajanta International Vipassana Samiti, Gut No 45 Rampuri, Vajipuri Road Aurangabad 431003. Tel: (0240) 2040444, Contact: Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org,

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 4-5 pm Rickshaw is also available from Panch Kandil Shere Punjab lodges to Tikhi. From Tikhi, rickshaw is available for centre, 1 km away.) Contact: Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org 10-day: 18 to 29-1, 21-2 to 4-3, 8 to 19-3, 22-3 to 2-4, 5 to 16-4, 19 to 30-4, 3 to 14-5, 17 to 28-5, 31-5 to 11-6, 28-6 to 9-7, 12 to 23-7, 26-7 to 6-8, 9 to 20-8, 30-8 to 10-9, 27-9 to 8-10, 9 to 20-10, 24-10 to 4-11, 15 to 26-11, 20 to 31-12. #ST: 14 to 23-6, 13 to 22-9, 3-day: 30-4 to 3-5, 23 to 26-8, 2-day: 20 to 22-3, 13 to 15-11. 1-day: 18-1, 8-3, 5-4, 28-6, 9-8, 15-11. # Children Course: 15-5, 16-5, 4-11, 13-11, 5-11.

~ Gratitude Course: 2 to 17-2. Special 10-day: 14 to 25-6, 13 to 24-9.

Long Courses: 20-day: 28-11 to 19-12.

Dhamma Siddhapuri, Bhategaon Solapur

Dhamma Siddhapuri Vipassana Sadhana Kendra, Off Vijapur rod,

Near Bhatevadi, sorgaon - dongaon rod, 4 km. from sorgaon, Ta. Uttar solapur, Dist: Solapur 413002, Contact: 1) Mr. Samrat Patil, Mob. 7620592920, 9011908000, 2) Mr. Bhalchandra Ukarande, Mob. 9860759866. 1-day: Every Month second Sunday, 10am to 4 pm # Children Course: Every month Fourth Sunday 10am to 4 pm.

Dhammālāya, 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,

Dhamma Sugandha : Bhose (Sangali)

Dhamma Sugandha, Sangli Vipassana Meditation Center, Ghat no 564, Talav road, Near Yellma Temple, Khamkar wadi, Bhose, 416420, Dist. Sangli. For online registration: https://schedule.vridhamma.org/courses/sugandha, Email: sanglivipassana@gmail.com, com.registration.dhammasugandha@vridhamma.org; Contact: 1. Dr. Amit Patil, 9222161236, 2. Suniel Chaugule, 9403841943, For One day: https://sugandha.dhamma.org/oneday.php

Dhamma Nāga, 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: 21-1 to 1-2, 18-2 to 1-3, 4 to 15-3, 25-3 to 5-4, 8 to 19-4, 3 to 14-5, 10 to 21-6, 24-6 to 5-7, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 30-9 to 11-10, 14 to 25-10, 28-10 to 8-11, 11 to 22-11, 25-11 to 6-12, 9 to 20-12, ST: 21 to 29-4, 24-12 to 1-1, 3-day: 5 to 8-6, 31-7 to 3-8, 1-day: 18-1, 1-3, 15-3, 5-4, 19-4, 1-5, 24-5, 21-6, 5-7, 29-7, 16-8, 30-8, 13-9, 27-9, 11-10, 25-10, 8-11, 22-11, 6-12, 20-12, Teenagers' Course: (Girls) 16 to 24-5, (Boys): 26-5 to 3-6, # Children Course: (13 to 18 yrs) 18-1, 19-4, 16-8, 8-11, (8 to 12 yrs) 1-3, 21-6, 27-9, 20-12, AT Workshop/Meeting: (Only Teacher, Senior Assistant Teacher, Assistant Teacher, Trainee ATs) 17 to 21-3, Dhamma Servers: Workshop: 22-3.

~ Gratitude Course: 2 to 17-2-2026. ~ Long Courses: 20-day: 7 to 28-7, Contact: (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smruti Bhawan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

Dhamma Sugati, Suganagar

Vipassana Sadhana Kendra, Sugati Nagar, Nagpur 440 014, Group Sitting: 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 Contact: 2) Mr. Narnavare Guriji, Mob. 9422129229, 8999247556, 2) Mr. Kamlesh Chahande, Mob. 9373104305,

Dhamma Malla, Yavatmal

Vipassana Kendra, Dhanshi Nagar, Behind ITI, Pingalgao, Yavatmal - 445001. Contact: 1. Mr. Dhole, Mob. 9422865574, 2. Dr. Bhagat, Mob. 9424332475. 10-day: 3 to 14-1, 16 to 27-1, 19-2 to 2-3, 5 to 16-3, 22-3 to 2-4, 20-4 to 1-5, 20-5 to 31-5, 17 to 28-6, 15 to 26-7, 30-7 to 10-8, 15 to 26-8, 30-8 to 10-9, 30-9 to 11-10, 21-10 to 1-11, 22-11 to 3-12. #ST: 5 to 13-4, 11 to 19-11, 3-day: 15 to 18-4, 1-day: 30-1, 19-4, 1-5, 17-5, 14-6, 12-7, 29-7, 26-8, 13-9, 29-9. Teenagers' Course: (Girls) 9 to 17-5. (Boys): 6 to 14-6. # Children Course: 1-2, 3-4, 3-5, 31-5, 28-6, 27-6.

Special 10-day: 1 to 12-7. ~ Gratitude Course: 2 to 17-2.

Dhammades : Chincholi, Hingoli

Dhammades Vipassana Kendra, Chincholi, Tal-Dist: Hingoli, Contact: Mobile: 9405111373, 9420433905, 9881242487, 10-day: (Male Only)» (Female Only) 3-day: (Male Only) (Female Only) 2024»

Dhamma Gond, Gondia (Ozatola)

Dhamma Gond Vipassana Centre, Gondia Ta and Dist: Gondia - 441601, Contact: 1) Mr. Kamlesh Kolhatkar, Mob. 91304-57115, 2) Mr. Santosh Kulkarni Mob. 92252-31778.

Dhamma Bhāndara, Bhāndara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) 10-day: 4 to 15-3, 1 to 12-4, 15 to 26-7, 12 to 23-8, 2 to 13-9, 7 to 18-10. #ST: 4 to 12-4, 6 to 13-9, 3-day: 24 to 26-1, 27 to 30-3, 2-day: 20 to 22-2, 2 to 4-10. 1-day: 15-2, 15-3, 12-4, 1-5, 26-7, 23-8, # Children Course: (10 to 16 yrs) 19-4, 26-4, 10-5, 17-5, 24-5, 7-6, 14-6. Group Sitting: Daily 8 am to 9 am and 6 pm to 7 pm. CCT Workshop: 18 to 19-7. Special 10-day: 4 to 15-2.

~ Long Courses: 20-day: 20-6 to 15-7. Contact: Choureji, 9890441071, Harishchandra: 9421711409, Deshbhrat: 9423185322, 7588749108.

Dhamma Nīrañjana, Nanded

Vipassana Centre, New Danki, Near Godavari River, Contact: 1) Mr. Dahivele, Mob. 94231-48636. 2) Mr. Bhave, Mob. 9421572499, 10-day: (Only male)» (only Female) 2-day: 1-day: # 2-Day Children Course: (Boys)» (Girls) 1-Day Children Course:

Dhamma Vasudhā, Hirva (Wardha)

Vipassana Centre, Hirava, Post Zadshi, Tal Selu, Dist. Wardha, Email: dhammavasudha@gmail.com Contact: 1. Smt. Bante, Mob. 93267-32547, 2. Mr. Katawe, Mob. 9890309738. 10-day: #ST:

Dhamma Anākula, Akola

Vipassana Sadhana Kendra, Khaperkherda Phata, Telhara-444108 Dist Akola Email: info.anakula@vridhamma.org, Website: www.

anakula.dhamma.org, Mob. 9421156138, 9881204125, 9421833060, online Aply: https://www.dhamma.org/en/schedules/v2/schankula#normal, Email: info.anakula@vridhamma.org,

10-day: 19-2 to 2-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 27-5 to 7-6, 10 to 21-6, 1 to 12-7, (Only Bhikkhu 15 to 26-7), 29-7 to 9-8, 26-8 to 6-9, 9 to 20-9, 30-9 to 11-10, 21-10 to 1-11, 11 to 22-11, 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1. #ST: 21 to 29-1, 15 to 23-8. 3-Day: 28-4 to 1-5, 24 to 27-6, 23 to 26-9, 14 to 17-10. Teenagers' Course: (Girls) 6 to 14-5. (Boys) 15 to 24-5. 1-day: 30-1, 15-3, 29-3, 3-5, 7-6, 28-6, 12-7, 26-7, 6-9, 27-9, 18-10, 22-11, 20-12. # Children Course: 18-1, 26-4, 24-5, 9-8, 20-9, 11-10, 1-11, 6-12.

~ Gratitude Course: 2 to 17-2. Contact: 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970.

Dhamma Manjusa, Borgaon Manju, Akola

Dhamma Manjusa, Vipassana Centre, near Machhi Talav, Borgaon Manju, Dist. Akola, Maharashtra. Email: dhammamanjusa5@gmail.com com Contact: 9404752533 , 9922331988, 10-day: (male/female)» (male/female) 1-day: (male/female)» # Children Course: (Boys/Girls)»

Dhamma Amrāvati, Lumbini, Mogara

Vipassana Kendra, Vipassana Samiti, Lumbini, At Mogara, Post-Bhankhed, Tal-Dist. Amravati. Contact: 1) Mr. Ranjan Waghamare, Mob. 9766395335, 2) Mr. Rahul Tantrapale, Mob. 9096277299, 3) Mr. Kishor Deshamukh, Mob. 93705-85203, https://schedule.vridhamma.org/courses/amravati, Email: dhammaamravati2020@gmail.com, 10-day: 21-1 to 1-2, 18-2 to 1-3, 11 to 22-3, (only female 18 to 29-7), (only male 19 to 30-8). #ST: 17 to 25-4, 12 to 20-12. 3-day: 29-4 to 2-5, 2-day: 15 to 17-1. 1-day: 1-2, 11-3, 22-3, 21-6, 29-7, 30-8, 27-9. Teenagers' Course: (Boys) 13-1. Dhamma Sammelan: 26-5. Maintenance Period: 15 to 18-5.

Dhamma Jalgaon, Jalgaon

Vipassana Centre, Gat No. 991/12, Maitri Hills, Ajintha Road, Umala gaon, Tal. Dist: Jalgaon-425001, Tel: (0257) 2229477, online registration www.jalgaon.dhamma.org, Email: dhammajalgaon@gmail.com, Mob. 9422291261, Contact: Mr. Subhasha Talreja, Mob. 75884-36222, 75880-09584. 10-day: Contact: 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. Ghadge, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 2) Mr. Gautam Chikate, Mobile: 9421812541, 9422506476,

Ballrapur (Chandrapur) 10-day: 19 to 30-1, 11 to 22-2, 25-3 to 5-4, 13 to 24-5, 17 to 28-6, 17 to 28-7, 26-8 to 6-9, 17 to 28-9. #ST: 21 to 29-4. 3-day: 1 to 4-3, 15 to 18-8. 1-day: 1-1, 30-1, 22-2, 30-4, 1-5, 29-7, 29-9, 11-1, 29-11, # 2-day Children Course: (Boys Only)» 25 to 27-5. (only Girls) 18 to 30-5. Place: Anupam Charitable Trust, Yenbodi Po. Kothari Tal. Ballrapur, Dist. Chandrapur - 442701, Contact: 1) shri Vasant Dhone, Mob. 7875330276, 2) Mrs chakravati Phuljhele, Mob. 9850893946.

Dhamma Padesa, Pali, Ratnagiri

Konkan Vipassana Meditation Centre, Pali, Ratnagiri, Maharashtra, Contact: 1. Mr. Dharmapal, Mob. 9405111373, 2. Mr. Prashant, Mob. 8087731901, 3. Mr. Bansode, Mob. 942117198. Email: dharmapadesh@gmail.com, Email: vipassana.01mahad@gmail.com 10-day: (Male Hindi, Marathi, speaking Students)» (Female Hindi, Marathi, speaking Students)», (Male Hindi, English, speaking Students)», (Male and Female Hindi, Marathi, speaking Students)» 3-day: (Male and Female Hindi, English, speaking Students)»

Dhamma Udaya, 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/udaya.e.vridhamma.org, Contact: 1. Mr. Nikesh Kasare, Mob. 969937134, 2. Mr. Chandrakant Bhagwat, Mob. 9545628659, 10-day: 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: 22-3 to 2-4, 5 to 16-4, 19 to 30-4, 30 to 14-5, 17 to 28-5, 14 to 25-6, 28-6 to 9-7, 12 to 23-7, 26-7 to 8-9, 10 to 20-8, 23-8 to 3-9. #ST: 24-3 to 1-4, 19 to 27-5, 14 to 22-7, 7 to 15-12. Special 10-day: 5 to 16-4, 14 to 25-6.

~ Long Courses: 20-day: 1 to 22-2, 4 to 25-10. 30-day: 1-2 to 4-3, 4-10 to 4-11. 45-day: 1-2 to 19-3.

Dhamma Arañña : chaksu, (Rajasthan)

Dhamma Arañña Village - Badodiya, Tehsil - Kotkhavada, Chaksu - 303908, 10-day: 10 to 21-2, 25-2 to 8-3, 18 to 29-3, 8 to 19-4, 22-4 to 3-5, 13 to 24-5, 27-5 to 7-6, 10 to 21-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, 12 to 23-8, 9 to 20-9, 23-9 to 4-10, 5 to 16-10, 23-10 to 3-11, 13 to 24-11. #ST: 31-1 to 8-2, 29-8 to 6-9. 3-day: 12 to 15-3, 2 to 5-4, 7 to 10-5, 25 to 8-6.

Dhamma Nilaya, Jamdoli, Jaipur (Rajasthan)

Dhamma Nilaya Jaaton ka Bass, Jaisinghpura, Khor Jamdoli, Dist. Jaipur. Contact: Mrs Nidhi Mahindroo, Mob. 7042677225, 9828306708 Email: info@thali.dhamma.org, 10-day: 28-1 to 8-2, 11 to 22-2, 7 to 18-3, 4 to 15-5, 25-5 to 5-6, 17 to 28-6, 1 to 12-7, 20 to 31-7, 1 to 12-8, 15 to 26-8, 29-8 to 9-9, 16 to 27-9, 3-day: 23 to 26-1, 26-2 to 1-3, 19 to 22-2, 9 to 12-4, 30-4 to 3-5, 16 to 19-7. **Teenagers' Course: (Boys)** 14 to 22-4, 16 to 24-5. **Teenagers' Course: (Girls)** 31-3 to 8-4, 6 to 14-6. **2-day Children Course: (13 to 18 yrs Boys)** ▶ 24 to 26-3, 24 to 26-4, (13 to 18 yrs Girls) ▶ 27 to 29-3, 27 to 29-4. **# Children Course: 24-5.**

Dhamma Pushkar, Ajmer, Rajasthan

Vipassana Centre, Near Village Rewat (Kedel), 23 kms from Ajmer and 9 kms from Pushkar towards Parbatpur +91-94133-07570. Tel: (145) 2780570. Contact: 1) Ravi Toshniwal, Email: dhammapushkar@gmail.com Mob. 98290-71778, 2) Anil Dharwai, Mob. 098290-28275, 10-day: 21-1 to 1-2, 4 to 15-2, 18-2 to 1-3, 15 to 16-3, (18 to 29-3 Old Students only), 1 to 12-4, 15 to 26-4, 29-4 to 10-5, 20 to 31-3, 5 to 14-6, 17 to 28-6, 1 to 12-7, 19 to 30-8, 3 to 14-9, 16 to 27-9. **#ST: 12 to 20-10.** **Long Courses: 20-day: 16-7 to 6-8, 30-day: 16-7 to 16-8.**

Dhamma Marudhara, Jodhpur, Rajasthan

Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, Chausani Link Road, Chokha Jodhpur-342009. Mob. 9829007520, 9314727515, 8233013020, Email: info@marudhara.dhamma.org, 10-day: #ST: **Teenagers' Course: (Boys)**

Special 10-day: Contact: 1) Mr. Nemichand Bhandari, Email: dhamma.maroodhara@gmail.com; Mob. WhatsApp No. 9887099049.

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. Suresh Khanra, Mob. 094131-57056, 9887099049, WhatsApp Only

Dhamma Madhuvana, Sri Ganganagar, Rajasthan

Village 7A Choti Padampura Road, Sri Ganganagar, Rajasthan. Contact: Rani Prakash Singh, 91-9314510116; Babul Narang, Tel: 91-9414225425, 9413377064. Email: info@madhuvana.dhamma.org, 10-day: 18 to 29-1, 1 to 12-2, 15 to 26-2, 7 to 18-3, 25-3 to 5-4, 14 to 25-4, 17 to 28-5, 31-5 to 11-6, 13 to 24-6, 5 to 16-7, 19 to 30-7, 1 to 12-8, 29-8 to 9-9, 19 to 30-9, 7 to 18-10, 20 to 31-10. **#ST: 5 to 13-5, 18 to 26-8, 1 to 9-12, 3-day: 19 to 22-3, 9 to 12-4, 30-4 to 3-5, 25 to 28-6, 13 to 16-8.**

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: 21-1 to 1-2, 4 to 15-2, 18-2 to 1-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8. Contact: Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Pāṭṭhāna, Sonepat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammupur, Dist. Sonepat, Haryana, Pin-131001. Mob. 0999174524, Email: reg.dhammapatthana@gmail.com, #ST: 18 to 26-1, 23 to 31-5, 5 to 13-6, 3 to 11-7, 16 to 24-9, 26-11 to 4-12, 23 to 31-12, AT Workshop: 29-9 to 2-10,

Special 10-day: 18 to 26-9, 6 to 19-12, **Long Course: 20-day: 23-3 to 13-4, 16-7 to 6-8, 30-day: 1-2 to 4-3, 18 to 19-5, 11-8 to 11-9, 45-day: 1-2 to 19-3, 7-10 to 22-11, Contact: same as Dhamma Sota**

Dhamma Kāruṇika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjura Road, Near Goverment School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: reg.dhammadkaruniika@gmail.com, Contact: 1) Mr Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, 10-day: 28-1 to 8-2, 11 to 22-2, 25-2 to 8-3, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 13 to 24-5, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 12 to 23-8, 26-8 to 6-9. **#ST: 28-10 to 5-11, 3-day: 7 to 10-5, 5 to 8-8. Teenagers' Course: (Boys)** ▶ 28-5 to 5-6, **Teenagers' Course: (Girls)** ▶ 10 to 18-6.

Dhamma Hitakāri, Rohtak (Haryana)

Vipassana Dhyān Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. Contact: 92543-48837, 9416303639. 10-day: 21-1 to 1-2, 4 to 15-2, 18-2 to 1-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8. **#ST: 21 to 29-10, 3-day: 30-4 to 3-5, 30-7 to 2-8.**

Dhamma Dhaja, Hoshiarpur (Punjab)

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

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: 1 to 9-3, 1 to 9-12, 3-day: 10 to 13-12.**

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: 2025 Every month 1 to 12 and 16 to 27 (Except #ST, 3-day, 2-day Course) **#ST: 3-day:** 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: 28-1 to 8-2, 11 to 22-2, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, 12 to 23-8, 9 to 20-9. **#ST: 22-2 to 2-3, 29-8 to 6-9, 22 to 30-12, 3-day: 6 to 9-3, 24 to 27-8.** Contact: 1) Mr. Bhandari, Tel: (0135) 2104555, 0707839566, 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: 19 to 30-1, 19-2 to 2-3, 4 to 15-3, 14 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. **#ST: 24-3 to 1-4, 19 to 27-9, 2-day: 15 to 17-3, 15 to 17-4, 15 to 17-5, 15 to 17-6, 15 to 17-7, 15 to 17-8.** **# 2-day Children Course: (8 to 12 yrs boys, and 8 to 15 yrs Girls) 19 to 21-3.**

Gratitude Course: 2 to 17-2, **Special 10-day:- 19 to 30-7,** **Long Course: 20-day:- 2 to 23-10, 30-day:- 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 Suvatti, Sravasti (U.P.)

Jetavana Vipassana Meditation Centre, Katra Bypass Road, Opp. Buddha Inter College, Sravasti 271845. Email: info@suwatti.dhamma.org, Tel: (05252) 265-439; Mob. 93358-33375. 10-day: 2 to 13-1, 17 to 28-1, 1 to 12-2, 14 to 25-2, 17 to 28-4, 2 to 13-5, 15 to 26-5, 2 to 13-6, 17 to 28-6, 2 to 13-7, 17 to 28-7, 2 to 13-8, 15 to 26-8, 1 to 12-10, 2 to 13-12, **#ST: 28-8 to 5-9, 14 to 22-12.** **# Children Course:- 27 to 30-5, 10-day: 8 to 29-9, 30-day:- 28-2 to 31-3, 45-day:- 28-2 to 15-4, 15-10 to 30-11.** Contact: 1) shri Gopal Sharani Singh, Mob. 9415751053, 2) shri Naresh Agrawal, Mob. 9935599453,

Dhamma Cakka, Sarnath (U.P.)

Vipassana Sadhana Kendra, Village Khargipur, Post. Piyari, Chauharpur, Sarnath, Varanasi. Email: info@cakka.dhamma.org Mob. 09307093485, 09936234823, (for autorickshaw from Sarnath Museum, fare Rs. 100/-), Contact: Mr. Anil Maurya, Mob. 90132-59177, 10-day:- 3 to 14-1, 18 to 29-1, 3 to 14-2, 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. **#ST: 7 to 15-3, 10-10 to 7-11, 3-day:- 28-1 to 31-8, 2-day:- 30-1 to 1-2, 1-day:- (Every month Fourth Sunday)- 25-1, 22-2, 22-3, 26-4, 1-5, 24-5, 26-7, 29-7, 30-8.** **# Children Course:- 15-2, 14-4, 14-6, Dhamma Sevak Workshop: 14-1, 2-8.**

Special 10-day:- 18-2 to 1-3, 3 to 14-10.

Long Courses: 20-day:- 3 to 24-8, 30-day:- 11-11 to 12-12.

Dhamma Kalyāṇa, Kanpur (U.P.)

Kanpur, International Vipassana Meditation Centre, Dhor, 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: 5 to 16-1, 20 to 31-1, 5 to 16-2, 5 to 16-3, 20 to 31-3, 5 to 16-4, 20-4 to 1-5, 2 to 13-5, 13 to 24-5, 5 to 16-6, 20-6 to 1-7, 5 to 16-7, 20 to 31-8, 5 to 16-9. **#ST: 22-2 to 2-3, 22 to 30-11, 3-day: 1 to 4-4, 1 to 4-9.** **# 3-day Children Course: 1 to 4-6.** **Teenagers' Course: (Girls)** ▶ 24-5 to 1-6, 1-day: Every month Fourth Sunday, 10 am to 5 pm. **Special 10-day:- 20-10 to 1-12.**

'Dhamma Kāya', Kushinagar (U.P.)

'Dhamma Kāya', Vipassana Sadhana Kendra, Village- Dhuria Bhaat, Near Banwari Tola, Tehsil- Kasya, Devriya Road, Dist. Kushinagar-274402, (U.P.) Mob. +91 9415277542. Email: dhammakaaya.vskk@gmail.com; Contact: 1) Mr. Bhumidhar, Mob. 097944-78377, 2) Mr. Mukesh Mittal, Mob. 98711-13335. 10-day:- 1 to 12-1, 16 to 27-1, 1 to 12-2, 15 to 26-2, 1 to 12-3, 16 to 27-3, 1 to 12-4, 16 to 27-4, 2 to 13-5, 16 to 27-5, 16 to 27-7, 1 to 12-8, 16 to 27-8, 1 to 12-9, 16 to 27-9. **#ST: 4 to 12-7, 3-day: 7 to 10-6.** **Teenagers' Course: (Girls)** ▶ 29-5 to 6-6, **Teenagers' Course: (Boys)** ▶ 11 to 19-6, 21 to 29-6 1-day: 1-5, 30-6.

Dhamma Sudhā, Meerut (U.P.)

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

Dhamma Licchavi, Muzaffarpur (Bihar)

Dhamma Licchavi Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 7766834500, Email: info@licchavi.dhamma.org, 10-day: 19 to 30-1, 5 to 16-2, 19-2 to 2-3, 19 to 30-3, 5 to 16-4, 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, **#ST: 8 to 16-3.** Contact: V K Goenka, Mob. 7779842059.

Dhamma Upavana, Baracakiya, (Bihar)

Baracakiya - 845412, East Champaran Bihar, Contact: 99344-30429, Contact: 1. Smt. Ambapali Chaudhary, Mob. 99110-82646, 2. Mr Gopal Gupta, Mob. 99348-82150, Email: dhammaupavan@gmail.com, 10-day: Every Month 3 to 14 and 17 to 28.

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: registration.bodhi@vriddhamma.org, Website: www.bodhi.dhamma.org, Long course Email: bodhi.longcourse@gmail.com Contact: 99559-11556. 10-day: 2025 Every Month 1 to 12 and 16 to 27, and 13 to 24-1-2026, (except during other course's).

Landana (Bihar): 10-day: January to December Every Month 2 to 13, Place: Near Navalanda 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 Pāṭīliputta Patna (Bihar)

Patna Vipassana Center, Meditation Block, Buddha Smriti Park, Near Patna Junction,Patna - 800001, Bihar, India, Contact: Mobile: +91 6205978222, E-mail: info@patna.in.dhamma.org, Website: http://www.pataliputta.dhamma.org, 10-Day: 17 to 28-1, 17 to 28-2, 3 to 14-3, 17 to 28-3, 3 to 14-4, 3 to 14-5, 17 to 28-5, 3 to 14-6, 17 to 28-6, 3 to 14-7, 17 to 28-7, 3 to 14-8, 17 to 28-8, 3 to 14-9, 17 to 28-9. **# ST: 17 to 25-4, 17 to 25-5, 3-Day: 29-3 to 1-4, 29-7 to 1-8.** **# 3-day Children Course: (Only Girls 12 to 16 yrs)** 29-5 to 1-6, (Only Boys 12 to 16 yrs) 29-6 to 2-7, 1-day: Every sunday, Mini Anapana Meditation: Every Day.

Gratitude Course: 2 to 17-2-2026.

Long Course: 20-day: 10 to 31-12.

Dhamma Vesali, Bihar

Dhamma Vesali Vipassana Center, 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: Every Month 1 to 12 and 16 to 27, In March 6 to 17-3, 30 to 31-3, (except during other course's and This Time 18-2 to 1-3), **#ST: 30-10 to 7-11.**

GUJARAT

Dhamma Sindhu, Mandvi-Kutch (Guj.)

Kutch Vipassana Centre, Bada, Mandvi-Kutch-370475, Mob. 99982-38484, 9825227336, Email: info@sindhu.dhamma.org Contact: Bhuj: 094274-33534. Gandhidham: 094262-50746, Mandvi: 09974575660. 10-Day: 3 to 14-1, 18 to 29-1, 2 to 13-2, 17 to 28-2, 4 to 15-3, 18 to 29-3, 5 to 12-4, 15 to 26-4, 19 to 30-2, 5 to 13-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, 12 to 23-8, 26-8 to 6-9, 9 to 20-9. **#ST: 4 to 12-2, 2 to 10-6, 31-7 to 8-8, 23-11 to 1-12.** **Teenagers' Course: (Boys)** ▶ 28-4 to 6-5, **Teenagers' Course: (Girls)** ▶ 8 to 15-5, 1-day: 12-5, 10-7. **2-Day Children Course: (Boys)** ▶ 28-4 to 6-5, 1-day: 12-5, 10-7. **2-Day Children Course: (Girls)** ▶ 8 to 15-5, 1-day: 12-5, 10-7. **Special 10-day:** 29-7 to 9-8.

Long Course: 20-day: 5 to 26-5, 7 to 28-7, 1 to 22-9. **30-day: 10-3 to 10-4, 5-5 to 6-6, 1-7 to 1-8, 1-9 to 2-10.** **45-day: 10-3 to 25-4, 5-5 to 20-6, 7-7 to 22-8, 9-8 to 17-10, 1-11 to 17-12.** **60-day: 1-1 to 3-3, 2027** ▶ 1-1 to 3-3-27. Contact: 7874623305, 9825320551.

Dhamma Kōta, Rajkot (Guj.)

Saurashtra Vipassana Research centre, At Rangpar, Ta. Padadhari, Jamnagar Road, Rajkot- 360110, Tel: Off: (0281) 2924924, 2924942, Email: info@kota.dhamma.org, Mobile: 7878727240, 93279-23540. City Contact: 1. Tel: (0281) 2233666. Mob: 7878727223, 94272-21591. 2) Chandubhai Mehta, Tel: 2587599, Mob: 9428203291. 10-Day: 28-1 to 8-2, 11 to 22-2, 25-2 to 8-3, 11 to 22-3, 22-3 to 2-4, 8 to 19-4, 22-4 to 3-5, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, 12 to 23-8, 29-8 to 9-9, 10 to 21-9, 23-9 to 4-10, 7 to 18-10, 21-10 to 1-11, 6 to 17-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, 30-12 to 10-1-27. **#ST: 1 to 9-3, 29-8 to 6-9, 7 to 15-11.** **Teenagers' Course: (Boys)** ▶ 4 to 12-4, **Teenagers' Course: (Girls)** ▶ 4 to 12-4, 3-day: 7 to 10-6. **Teenagers' Course: (Boys)** ▶ 11 to 19-6, 21 to 29-6 1-day: 1-5, 30-6.

Long Courses: 20-day: 31-12-25 to 21-1-26, 25-7 to 15-8, 22-12-26 to 12-1-27, 30-day: 31-12-25 to 31-1-26, 25-7 to 25-8, 19-1 to 19-2-27. **45-day: 25-7 to 9-9-2026, 2027** ▶ 19-1 to 6-3.

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

Dhamma Divyākara, Mehsana (Guj.)

Uttar Gujarat Vipassana Kendra, Village Mittha Tal and Dist.

upendrakpatel@gmail.com, 10-day: 28-1 to 8-2, 11 to 22-2, 25-2 to 8-3, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 31-7 to 11-8, 12 to 23-8, 26-8 to 6-9, 16 to 27-9, # ST: 15 to 23-7, 3-day: 9 to 12-9, 1-day: 29-7, Special 10-day: 15 to 26-7, ∞ Gratitude Course: 2 to 17-2-2027. Maintenance Period: 2 to 10-11-2026.

Dhamma Pitha, 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: 21-1 to 1-2, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 13 to 24-5, 27-5 to 7-6, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 9 to 20-9, 23-9 to 4-10, 7 to 18-10, 21-10 to 11-6, 10 to 17-11, 19 to 30-11, 2 to 13-12, # ST: 21-2 to 1-3, 1-day: 1-5, ∞ Gratitude Course: 2 to 17-2. ∞ Long Courses: 30-day: 5-8 to 6-9, Contact: Ms Shashi Todi, Mob. 98240-65668.

Dhamma Ambika, South Gujarat

Vipassana Dhyana Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 km. away on west of Boriyach tollnaka, at village Vaggalwad Tal. Gandevi Dist. Navsari Mob. 09856582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org Online registration: dhammaambikasurat@gmail.com, 10-day: 5 to 16-2, 20-2 to 3-3, 6 to 17-3, 25-3 to 5-4, 9 to 20-4, 29-5 to 9-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, 12 to 23-8, 29-8 to 9-9, 14 to 25-9, 30-9 to 11-10, 3-day: 19 to 22-3, 23 to 26-4, 11 to 14-6. **Teenagers' Course:** (Girls) 30-4 to 8-5. **Teenagers' Course:** (Boys) 18 to 26-5. # Children Course: (Girls) ▶ 10 to 11-5, (Boys) ▶ 14 to 15-5. ∞ Long Courses: 30-day: 45-day: Contact: 1. Vasanthbhai Lad, Mob. 09428160714, 2. Ratanshahbhai K Patel, Mob. 098250-44536.

Dhamma Pali, Bhavnagar, Gujarat

Vipassana Centre, Village Todi, Songadh – Palitana Road, Dist- Bhavnagar, Gujarat Email: dhammapali5@gmail.com, Contact: Mob. 7878103636, 8866703636, 8866713636. Office: Tel: 0278-2521066, 8758561616. 10-day: 22-2 to 5-3, 8 to 19-3, 22-3 to 4-2, 5 to 16-4, 19 to 30-4, 3 to 14-5, 17 to 28-5, 31-5 to 11-6, 28-6 to 9-7, 12 to 23-7, 26-7 to 6-8, 9 to 20-8, 30-8 to 10-9, 13 to 24-9. #ST: 14 to 22-6. 3-Day: 20 to 23-8. ∞ Gratitude Course: 2 to 17-2.

Dhamma Narmada, Jhagadia, Bharuch Gujarat

Vipassana Kendra, At & Po. Uchedia, Ta. Jhagadia, Dist. Bharuch Gujarat - 393110, Email: info@narmada.dhamma.org, 10-Day: 6 to 17-2, 19-2 to 2-3, 6 to 17-3, 19 to 30-3, 3 to 14-4. Contact: Patel: 9824451381, Krishna: 9328170462.

Dhamma Junagadh, Junagadh Gujarat

Village Patla, Junagadh -Bhesan Road, Ta. Bhesan, Dist: Junagadh - 362021, Phone No. 7016212530, 7016212531, Email: dhammajunagadh21@gmail.com 10-Day: 25-1 to 5-2, 15 to 26-2, 15 to 26-3, 12 to 23-4, 26-4 to 7-5, 17 to 28-5, 14 to 25-6, 12 to 23-7, 2 to 13-8, 30-8 to 10-9, 4 to 15-10, 8 to 19-11, 20 to 31-12.

Nikol (Mahuva): Village, Nikol, Tal. Mahuva, Dist. Bhavnagar, Gujarat-364290, Phom 95100-83705, 02844-220212, 225363, Email: dhammajalashaya@gmail.com, 10-day: 18 to 29-1, 8 to 19-2, 24-5 to 4-6, 21-6 to 2-7, 19 to 30-7, 30-8 to 10-9, 20-9 to 1-10, 18 to 29-10, 8 to 19-11, 13 to 24-12. 3-day: 19 to 22-3, 22 to 25-8.

SOUTH INDIA

Dhamma Paphulla, Bangalore

Bangalore Vipassana Centre: (23 km from City Railway station,) Alur Village, Near Alur Panchayat office, Off Tumkur Road, Dasanapura Bangalore North Taluka 562 123. Tel: (080) 23712377, Mob. 7829912733, 8861644284, 9972588377, Email: info@paphulla.dhamma.org; [Bus No. 256, 258, 258C from Majestic Bus Stand Gat down Makali (Near Himalaya Drugs), cross road and take auto] 10-Day: 19-2 to 2-3, 5 to 16-3, 8 to 19-4, 22-4 to 3-5, 6 to 17-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, 12 to 23-8, 2 to 13-9, 5ST: 23 to 31-3, 16 to 24-9, 3-day: 2 to 5-4, 27 to 30-8. **Teenagers' Course:** (Boys) 20 to 28-5.

∞ Long Courses: 20-day: 16-1 to 6-2, 30-day: 16-1 to 16-2.

Dhamma Setu, Chennai (Tamil Nadu)

Vipassana Meditation Centre, 533, Pazhan Thandalam Road, Via Thiruneermalai Road, Thirumudiyakkam, 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@kgclothing.in; 10-day: 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 13 to 24-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 19 to 30-8, 16 to 27-9. #ST: 2 to 10-5, 8 to 16-8, 26-10 to 3-11. 3-day: 28-4 to 1-5, 30-7 to 2-8. **Teenagers' Course:** (Boys) ▶ 30-8 to 7-9. **Teenagers' Course:** (Girls) ▶ 24-5 to 1-6. 1-day: 29-3, 26-4, 10-5, 28-6, 26-7, 16-8. # Children Course: 15-3, 12-4, 24-5, 14-6, 12-7, 30-8.

∞ Long Courses: 20-day: 16-1 to 6-2. 30-day: 16-1 to 16-2. 45-day: 16-1 to 3-3.

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: 21-1 to 1-2, 11 to 22-2, 25-2 to 8-3, 11 to 22-3, 25-3 to 5-4.

Dhamma Madhurā, Madurā

Vipassana Meditation Centre, Chettiyappatti gaon, Athur Taluk, P. O. Gandhigram University, Dindigul-624302, Contact: 9442603490, 9442103490, Email: dhammanadhura@gmail.com, 10-day: 2 to 13-1, 19 to 30-1, 4 to 15-2, 18-2 to 1-3, 4 to 15-3, 18 to 29-3, 8 to 19-4, 22-4 to 3-5, 6 to 17-5, 20 to 31-5, 3 to 14-6, 1 to 12-7, 15 to 26-7, 12 to 23-8. #ST: 1 to 9-8, 3-day: 2 to 5-4, 18 to 21-6, 27 to 30-8.

Dhamma Khetta, Hyderabad (Telangana)

Vipassana International Meditation Centre, (12.6 km) Mile Stone, Nagarjuna Sagar Rd, Kusum Nagar, Vanthalipuram Hyderabad-500070. Email: info@khetta.dhamma.org Tel: (040) 2424-0290, 32460762, 09491594247, Fax: 2424-1746, 10-day: 2 to 13-2, 18-2 to 1-3, 4 to 15-3, 17 to 28-3, 1 to 12-4, 14 to 25-4, (Only Male 28-4 to 9-5), (Only Female 13 to 24-5), 27-9 to 9-8, 11 to 22-8, 7 to 18-9, 21-9 to 1-10. #ST: 2026 ▶ 25-8 to 2-9. **Teenagers' Course:** (Boys) ▶ 28-4 to 6-5, (Girls) ▶ 13 to 21-5. (Megha Course on the occasion of Golden Jubilee: 3-day: 27 to 30-1, 2-day: 3 to 5-9, 1-day: 25-1, 29-3, 26-4, 10-5, 26-7, 23-8, 6-9.)

∞ Gratitude Course: 2 to 17-2-2026.

∞ Long Courses: 45-day: 26-5 to 11-7. 60-day: 26-5 to 26-7.

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

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

Dhamma Nagajjuna-I Nagarjun Sagar (Telangana)

VIMC, Hill Colony, Nagarjun Sagar Dist. Nalgonda 508202, (140.4 km Hyderbad Road) Registration: 9440139329, (8680) 277944, Mobile: 093484-56780, (only 10 am to 5 pm) Email: info@nagajjuna.dhamma.org, 10-day: 6 to 17-2, 4 to 15-5, 28-5 to 8-6, 25-10 to 5-11. 3-day: 23 to 26-1, 2-day: 13 to 15-3, 18 to 20-12. **Teenagers' Course:** (Boys) ▶ 11 to 19-4, 16 to 24-5, 4 to 12-7, 1 to 9-8, 28-9 to 6-9. (Girls) ▶ 28-3 to 5-4, 25-4 to 3-5, 13 to 21-6, 18 to 26-7, 15 to 23-8. # Children Course: 8-6. Dhamma Sevak Workshop: 30-1 to 1-2, 20 to 22-2, 22 to 24-4, 26 to 28-6.

Dhamma Nagajjuna-II Nagarjun Sagar (Telangana)

Contact: VIMC, As above. 10-day: 25-2 to 8-3, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 12 to 23-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, 12 to 23-8, 26-8 to 6-9, 9 to 20-9, 23-9 to 4-10, 7 to 18-10. #ST: 12 to 21-6. # Children Course: 8-3, 22-3, 5-4, 19-4, 12-7, 26-7, 9-8, 23-8, 6-9, 20-9, 4-10, 18-10. ∞ Gratitude Course: 2 to 17-2. ∞ Special 10-day: 2 to 13-2. ∞ Long Courses: 20-day: 25-4 to 16-5, 24-10 to 14-11. 30-day: 25-4 to 26-5, 24-10 to 24-11, 14-12 to 14-1-27. 45-day: 25-4 to 10-6, 24-10 to 9-12, 14-12 to 29-1-27.

Dhammarāma, Bhimavaram, W. G. (A.P.)

Vipassana International Meditation Centre, Village Kumudavalli, Mandal-Pala Koduru, Dist. West Godavari 534 210. (1.5 kms from Bhimavaram, on the Bhimavaram-Thanuku Road) Tel: (08816) 236566, 99893-82887, Email: info@rama.dhamma.org, 10-day: 28-1 to 8-2, 4 to 15-3, 1 to 12-4, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 16 to 2-8, 1 to 12-9, #ST: 14 to 22-2, 23 to 31-10. 3-day: 22 to 25-1, 16 to 19-7, 2-day: 20 to 22-3. **Teenagers' Course:** (Boys) ▶ 9 to 17-5, Dhamma Sevak Workshop: 31-7 to 2-8. Maintenance Period: 20 to 21-1, 14 to 15-7. ● Special 10-day: 19 to 30-8. ● Long Courses: 20-day: 15-4 to 6-5. 30-day: 26-11 to 27-12.

CENTRAL AND EASTERN INDIA

Dhamma Kāṇā, Balāghat (M.P.)

Dhamma Kanana Vipassana Centre, Wainganga Tat, Rengatola, P.O. Garra, Balāghat, Tel: (07632), 248145, Mob. 8989845100, 97531-44641, Contact: 1. Mr. Khobrigade, Lumbini Nagar, Balāghat, 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.

Dhammapāla, Bhopal (M.P.)

Vipassana Centre, Kolar Road, 2.8 KM from D-Mart, Bhopal 462 044. Contact: Mob: 94069-27803, Mr. K. R. Jha, Mob. 8319855865, Email: dhammapala.bhopal@gmail.com, info@mpveernes.com Online application: www.pala.dhamma.org

Dhamma Mālāvā, Indore (M.P.)

Vipassana Centre, Village Jambudi Hapsi, Opp. Gommatgiri, in front of Pitrū mountain, Hated 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. Group Sitting: Except Course Time 9:30 am to 10:30.

Dhamma Rata, Ratlam (M.P.)

Dhamma Rata, 15 Kms from Ratlam, Behind Sai Temple, Village: Dhammod, Ta. Sailana, Dist: Ratlam-457001, M.P. Fax: 07412-403882, Email: dhamma.rata@gmail.com, Contact: WhatsApp No. 9479785033, 9826103572, Contact Office: Vikram Nagar, Mhow road, Ratlam, Mob. 09425364956. 10-day: 18 to 29-1, 6 to 17-3, 20 to 31-3, 5 to 16-4, 19 to 30-4, 1 to 12-6, 5 to 16-7, 2 to 13-8, 16 to 27-8, 10 to 21-9. #ST: 20 to 28-7. 3-Day: 20 to 23-2, 3 to 6-9, 26 to 29-11. 1-Day: 1-5, 29-7, 27-9. **Teenagers' Course:** (Girls) 2 to 10-5, (Boys) 17 to 25-5, ∞ Gratitude Course: 2 to 17-2. Special 10-day: 17 to 28-6.

Dhamma Guṇa Guna-Gwalior Division, (M.P.)

Dhamma Guṇa, Village- Pagara, Dist- Guna, MP - 473001. (12 kms. from Guna) Contact: Shri Rajkumar, Raghuvanshi, Mob. 9425131103, Shri Pradeep Pandey, Mob: 9425381284, Shri: Ratiram Pal, Mob: 9262519931, Email: info@guna.dhamma.org, 10-day: 21-1 to 1-2, 4 to 15-2, 18-2 to 1-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 29-4 to 10-5, 13 to 24-5, 27-5 to 7-6, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9. #ST: 14 to 21-10. 3-day: 14 to 17-3.

Dhamma Bala, Jabalpur (M.P.)

Vipassana Guna, Village- Pagara, Dist- Guna, MP - 473001. (12 kms. from Guna) Contact: Shri Rajkumar, Raghuvanshi, Mob. 9425131103, Shri Pradeep Pandey, Mob: 9425381284, Shri: Ratiram Pal, Mob: 9262519931, Email: info@guna.dhamma.org, 10-day: 21-1 to 1-2, 4 to 15-2, 18-2 to 1-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 29-4 to 10-5, 13 to 24-5, 27-5 to 7-6, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9. #ST: 14 to 21-10. 3-day: 14 to 17-3.

Dhamma Ketu, Durg (Chattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_kendra@yahoo.in Tel: 09007755013, Mob. 09589842737. 10-day: 4 to 15-2, 18-2 to 1-3, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 20-4 to 1-5, 21-6 to 2-7, 8 to 19-7, 22-7 to 2-8, 17 to 28-8, 16 to 27-9. #ST: 24-1 to 2-2, 5 to 14-9. 3-day: 2 to 5-3, 17 to 20-10. 1-day: 18-1, 15-2, 8-3, 1-5, 5-7, 19-7, 2-8, 16-8, 11-10. 1-day Children Course: 1-3, 5-4, 19-4, 24-5. **Teenagers' Course:** (Boys) ▶ 10 to 18-6. (Girls) ▶ 1 to 9-6. Contact: 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. S.R. Suman, Mob. 940791618.

Dhammāñcalā, Surguja (Chhattisgarh)

Dhammāñcalā Vipassana Meditation Centre, Unchdih Via Raghunathpur, Dist. Surguja-497116 (Ambikapur), Email:dhammāñcalā@gmail.com Contact: 1) Ms. Kiran Simha, Mob. 9826442968, 2) Mr. Sanjay, Agrawal, Mob. 7974355534, 10-day: 22-1 to 2-2, 8 to 19-2, 15 to 26-3, 3 to 14-4, 19 to 30-4, 1 to 12-5, 17 to 28-5, 31-5 to 11-6, 3 to 14-7, 2 to 13-8, 3 to 14-9, 4 to 15-10, 15 to 26-11, 17 to 28-12, 1-day: 22-8, 2-3, 12-5, 14-6, 26-7, 16-8, 27-9, 25-10, 1-11.

Dhamma Kuti, Singarbhatha, Raipur (Chhattisgarh)

Vipassana Meditation Centre, village Singarbhatha, Tah. Abhanpur, District- Raipur. The Center is located 24 KM from Raipur Railway Station Email: dhammakuuti@gmail.com, Contact: 1) Mr. Prasad, Mob. 9926342705, 2) Mr. Suresh Bang, Mob. 9425209354, 10-day: 22-3, 12-4. 1-day: 15-3, 1-5, 7-30, 8-1, 1-day Children Course: 22-3, 12-4. ∞ Long Courses: 20-day: 7 to 28-9. 30-day: 7-9 to 8-10, Contact: 1. Mr. K.K. Sahu, Mob: 97520-47811, Mr. S. Agrawal, Mob. 79743-55534. 10-day: 23-3, 12-17.

Dhamma Gaṅgā, Kolkata (W.B.)

Vipassana Kendra, Sodepur, Harishchandra Dutt Road, Panighati, 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)

Tripura 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: 20-5 to 16-1, 20 to 31-1, 5 to 16-2, 20-2 to 2-3, 5 to 16-3, 20 to 31-3, 20-4 to 1-5, 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. #ST: 5 to 13-4. 1-Day: 16-1, 31-1, 16-2, 2-3, 16-3, 31-3, 13-4, 1-5, 13-5, 28-5, 16-6, 1-7, 16-7, 31-7, 16-8, 31-8. **Teenagers' Course:** (Boys) 5 to 13-5. **Teenagers' Course:** (Girls) 20 to 28-5. Contact: 1) Mr. Harilal Shah, Email: harilal.sahu@gmail.com, Mob. 0940799375, 2) Mr. Prafullash, Mob. 707704724.

Dhamma Bhubaneswar, Kantabāda, (Orissa)

Vipassana Meditation Centre, Village Chanabera, Post Amsena, Via. Khariyar Road, Dist: Nuapada, Orissa-766106, Mob. 094062-37896, 10-day: 5 to 16-1, 20 to 31-1, 5 to 16-2, 20-2 to 2-3, 5 to 16-3, 20 to 31-3, 20-4 to 1-5, 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. #ST: 5 to 13-4. 1-Day: 16-1, 31-1, 16-2, 2-3, 16-3, 31-3, 13-4, 1-5, 13-5, 28-5, 16-6, 1-7, 16-7, 31-7, 16-8, 31-8. **Teenagers' Course:** (Boys) 5 to 13-5. **Teenagers' Course:** (Girls) 20 to 28-5. Contact: 1) Mr. Harilal Shah, Email: harilal.sahu@gmail.com, Mob. 0940799375, 2) Mr. Prafullash, Mob. 707704724. **Dhamma Bhubaneswar, Kantabāda, (Orissa)** "Dhamma Bhubaneswar", At Po. Kantabāda, Dist. Khorda, Contact: 1) C. K. Bar, Mobile: 9437131019, 7681096441, 2) Mr. Pradeep Pradhan, Mob. 9439705409, 8093480338, Email: vipassanabbsr@gmail.com,