

Schedule of Vipassana Courses

“Vipassana Newsletter” Vol. 1, No. 4, 12 July, 2025.

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

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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: 20 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 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 Satipatthāna 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 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/schvia.shtml (No admission without confirmation) 10-day: 2025► 30-7 to 10-8, 13 to 24-8, 27-8 to 7-9, 10 to 21-9, 8 to 19-10, 12 to 23-11, 26-11 to 7-12, 24-12 to 4-1-2026, 2026► 7 to 18-1, 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: 2025► 25-9 to 3-10, 2026► 1 to 9-10, 3-day: 2025► 21 to 24-10, 2026► 26 to 29-11. Dhamma server and Trustee Workshop: 2025► 4-10, 2026► 10 to 11-10. Indian Teacher Meeting: 2025► 11-12, 2026► 7 to 8-12. International Teacher Meeting: 2025► 12-12, 2026► 9 to 10-12. AT Meeting: 2025► 13 to 15-12. International AT Meeting: 2026► 11 to 13-12. AT Workshop: 2025► 17 to 20-12, 2026► 15 to 18-12. Trainer's Workshop: 2025► 16-12, 2026► 14-12. Maintenance Period: 2025► 25-10 to 11-11, 2026► 30-3 to 14-4, 12 to 27-10. Golden Jubilee: 2026► 6-12. Website: <https://schedule.vridhamma.org>

Dhamma Giri, Igatpuri, Short Course Area

3-Day: 2025► 31-7 to 3-8, 28 to 31-8, 17 to 20-10, 21 to 24-10, 13 to 16-11, 11 to 14-12, 2026► 9 to 12-1, 6 to 9-2, 21 to 24-8, 18 to 21-9, 14 to 17-11, 1 to 4-12. 2-day: 2025► 26 to 28-9, 2026► 2 to 4-7. Teenagers' Course: (Boys) 2025► 20 to 28-7, 17 to 25-8, 14 to 22-9, 23 to 31-10, 19 to 27-11, 17 to 25-12, 2026► 15 to 23-1, 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) 2025► 6 to 14-8, 3 to 11-9, 1 to 9-10, 3 to 11-11, 30-11 to 8-12, 28-12 to 5-1-2026, 2026► 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: 2026► 4 to 9-3, 4 to 11-10.

(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

2026► 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: 28-9 to 1-10.

∞ Long Courses: 20-day: 2026► 24-2 to 17-3, 28-6 to 19-7. 30-day: 2025► 12-8 to 12-9, 2026► 6-5 to 6-6, 9-8 to 9-9. 45-day: 2025► 12-8 to 27-9, 15-12 to 30-1-2026, 2026► 6-5 to 21-6, 9-8 to 24-9, (15 days Anapana)► 13-12 to 28-1-2027. 60-day: 2025► 10-10 to 10-12-2025, 2026► 5-10 to 5-12. ∞ Gratitude Course: 2026► 2 to 17-2, 2027► 2 to 17-2.

Maintenance Period: 18 to 25-3, 5 to 12-12. online Booking.

Dhamma Tapovana-2, Igatpuri

10-day: 2025► 28-9 to 9-10. #ST: 2026► 11 to 19-4

Special 10-day: 2026► 28-4 to 9-5.

∞ Long Courses: 20-day: 2025► 12-10 to 2-11, 2026► 12-5 to 2-6, 8 to 29-10. 30-day: 2025► 9-11 to 10-12, 2026► 21-2 to 24-3, 8-6 to 9-7, 10-11 to 11-12. 45-day: 2026► 21-2 to 8-4, 8-6 to 24-7. 60-day: 2025► 26-7 to 25-9, 16-12-25 to 15-2-2026, 2026► 1-8 to 1-10, 16-12 to 15-2-2027.

Maintenance Period: 2025► 3 to 8-11, 10 to 15-12, 2026► 20 to 27-4, 30-10 to 9-11.

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, 2025► 10-day executive courses: 16 to 27-7, 30-7 to 10-8, 20 to 31-8, 10 to 21-9, 23-9 to 4-10, 8 to 19-10, 13 to 24-11, 9 to 20-12, 22-12 to 2-1-2026, 6 to 17-1-2026. #ST: 2025► 26-11 to 4-12. 3-day: 2025► 14 to 17-8, 4 to 7-9. 1-day Megha: 2025► 5-10, 2026► 18-1, 3-5, 26-7, 4-10.

∞ Long Courses: 20-day: 2025► 21-10 to 11-11. ∞ Gratitude Course: 2026► 2 to 17-2. 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 No. +91 9152233764/65, Email: info@gvc@vridhamma.org, 2025► 10-Day: (Female) 30-7 to 10-8, 20 to 31-8, 29-10 to 9-11, 26-11 to 7-12, (Male) 16 to 27-7, 10 to 21-9, 12 to 23-11, 10 to 21-12. 3-day: (Female) 4 to 7-9, 25 to 28-9, 23 to 26-10, (Male) 14 to 17-8, 2 to 5-10, 16 to 19-10, 25 to 28-12. 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 400614, Tel: 022-27522777, 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 Vāhini: Titwala

Mumbai Parisar Vipassana Centre, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website www.vahini.dhamma.org, registration only online Email: vahini.dhamma@gmail.com, 2025► 10-day: 26-7 to 6-8, 23-8 to 3-9, 6 to 17-9, 20-9 to 1-10, 4 to 15-10, 25-10 to 5-11, 8 to 19-11. #ST: 9 to 17-8. 3-day: 18 to 21-10. 2-day: 21 to 23-10, 21 to 23-11. 2025► ∞ 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 Vriddhashram, At: Sogaon, 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). 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) 9637101154, 2) shri Dubey, Mob. 93232 49299, 3) shri Jadhav, Mob. 90491 51464, Email: info@vatika.dhamma.org, Website: vatika.dhamma.org, 10-day: 2025► 23-7 to 3-8, 6 to 17-8, 3 to 14-9, 17 to 28-9, 1 to 12-10, 29-10 to 9-11, 12 to 23-11, 26-11 to 7-12, 17 to 28-12, 2026► 31-12 to 11-1, 14 to 25-1, 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: 2025► 22 to 25-8, 15 to 18-10, 9 to 12-12, 2026► 27-2 to 2-3. #ST: 2026► 7 to 15-3. Dhamma Sevak Workshop: 2026► 19 to 20-9. # Children Course: (boys) 2026► 27 to 28-5, 4 to 5-11, (Girls) 2026► 30 to 31-5, 6 to 7-11.

Dhamma Nāsika, 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

19 to 30-7-2025	Dhamma Lakkhana, Lucknow (U.P.)
13 to 24-7-2025	Dhamma Patthāna, Sonapat, (Haryana)
23-7 to 3-8-2025	Dhamma Pīṭha, Ahmedabad (Gujarat)
24-7 to 4-8-2025	Dhamma Ambikā, South Gujarat
8 to 19-10-2025	Dhamma Bhandāra, Bhandara
30-7 to 10-8-2025	Dhamma Nirañjana, Nanded
31-7 to 11-8-2025	Dhamma Malla, Yavatmal
13 to 24-8-2025	Dhammārāma, Bhimavaram, W. G. (A.P.)
16 to 27-8-2025	Dhamma Malavā, Indore (M.P.)
30-8 to 10-9-2025	Dhamma Pabbaja, Churu, Rajasthan
3 to 14-9-2025	Dhamma Nāga, Nagpur
8 to 19-10-2025	Dhamma Bhandāra, Bhandara
5 to 16-11-2025	Dhamma Divākara, Mehsana (Guj.)
7 to 18-11-2025	Dhamma Marudhara, Jodhpur, Rajasthan
20-11 to 1-12-2025	Dhamma Kalyāna, Kanpur (U.P.)
23-11 to 4-12-2025	Dhamma Thali, Jaipur
7 to 18-12-2025	Dhamma Patthāna, Sonapat, (Haryana)
4 to 15-2-2026	Dhamma Bhandāra, Bhandara
5 to 16-4-2026	Dhamma Thali, Jaipur
28-4 to 9-5-2026	Dhamma Tapovana-II, Igatpuri
14 to 25-6-2026	Dhamma Thali, Jaipur
14 to 27-7-2026	Dhamma Thali, Jaipur
5 to 16-8-2026	Dhamma Setu, Chennai (Tamil Nadu)

Gratitude Course

2 to 17-2-2026	Dhamma Tapovana-I, Igatpuri
2 to 17-2-2026	Dhamma Pīṭha, Ahmedabad (Gujarat)
2 to 17-2-2026	Dhamma Pātīputta Patna (Bihar)
2 to 17-2-2026	Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)

Schedule of Long Courses

20-day

14-7 to 4-8-2025	Dhamma Ambikā, South Gujarat
17-7 to 7-8-2025	Dhamma Pushkar, Ajmer, Rajasthan
28-7 to 18-8-2025	Dhamma Patthāna, Sonapat, (Haryana)
31-7 to 21-8-2025	Dhamma Divākara, Mehsana (Guj.)
3 to 24-8-2025	Dhamma Bhandāra, Bhandara
3 to 24-8-2025	Dhamma Cakka, Sarnath (U.P.)
10 to 31-8-2025	Dhamma Koṭa, Rajkot (Guj.)
7 to 28-9-2025	Dhamma Garha, Bilaspur (Chhattisgarh)
8 to 29-9-2025	Dhamma Suvattī, Sravastī (U.P.)
15-9 to 6-10-2025	Dhamma Thali, Jaipur
16-9 to 7-10-2025	Dhamma Arunachala, Tamilnadu
2 to 23-10-2025	Dhamma Lakkhana, Lucknow (U.P.)
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.)
5 to 26-11-2025	Dhammārāma, Bhimavaram, W. G. (A.P.)
1 to 21-12-2025	Dhamma Vāhini: Titwala
10 to 31-12-2025	Dhamma Pātīputta Patna (Bihar)
16-1 to 6-2-2026	Dhamma Setu, Chennai (Tamil Nadu)
1 to 22-2-2026	Dhamma Thali, Jaipur
24-2 to 17-3-2026	Dhamma Tapovana-I, Igatpuri
12-5 to 2-6-2026	Dhamma Tapovana-2, Igatpuri
20-6 to 15-7-2026	Dhamma Bhandāra, Bhandara
28-6 to 19-7-2026	Dhamma Tapovana-I, Igatpuri
16-7 to 6-8-2026	Dhamma Pushkar, Ajmer, Rajasthan
4 to 25-10-2026	Dhamma Thali, Jaipur
8 to 29-10-2026	Dhamma Tapovana-2, Igatpuri

30-day

17-7 to 17-8-2025	Dhamma Pushkar, Ajmer, Rajasthan
31-7 to 31-8-2025	Dhamma Divākara, Mehsana (Guj.)
10-8 to 10-9-2025	Dhamma Koṭa, Rajkot (Guj.)

12-8 to 12-9-2025	Dhamma Tapovana-I, Igatpuri
23-8 to 23-9-2025	Dhamma Patthāna, Sonapat, (Haryana)
1-9 to 2-10-2025	Dhamma Sindhu, Mandvi-Kutch (Guj.)
7-9 to 8-10-2025	Dhamma Garha, Bilaspur (Chhattisgarh)
15-9 to 16-10-2025	Dhamma Thali, Jaipur
16-9 to 17-10-2025	Dhamma Arunachala, Tamilnadu
2-10 to 2-11-2025	Dhamma Lakkhana, Lucknow (U.P.)
24-10 to 24-11-2025	Dhamma Nāgajuna-II Nagarjun Sagar (Telan.)
25-10 to 25-11-2025	Dhamma Cakka, Sarnath (U.P.)
9-11 to 10-12-2025	Dhamma Giri, Igatpuri
1 to 31-12-2025	Dhamma Vāhini: Titwala
14-12 to 14-1-2026	Dhamma Nāgajuna-II Nagarjun Sagar (Telan.)
15-12 to 15-1-2026	Dhamma Ambika, South Gujarat
16-1 to 16-2-2026	Dhamma Setu, Chennai (Tamil Nadu)
1-2 to 4-3-2026	Dhamma Thali, Jaipur
2-12 to 24-3-2026	Dhamma Tapovana-II, Igatpuri
6-5 to 6-6-2026	Dhamma Tapovana-I, Igatpuri
8-6 to 9-7-2026	Dhamma Tapovana-II, Igatpuri
16-7 to 16-8-2026	Dhamma Pushkar, Ajmer, Rajasthan
9-8 to 9-9-2026	Dhamma Tapovana-I, Igatpuri
4-10 to 4-11-2026	Dhamma Thali, Jaipur
10-11 to 11-12-2026	Dhamma Tapovana-II, Igatpuri
45-day	
10-8 to 25-9-2025	Dhammālaya, Kolhapur
12-8 to 27-9-2025	Dhamma Tapovana-I, Igatpuri
1-9 to 17-10-2025	Dhamma Sindhu, Mandvi-Kutch (Guj.)
16-9 to 1-11-2025	Dhamma Arunachala, Tamilnadu
6-10 to 21-11-2025	Dhamma Patthāna, Sonapat, (Haryana)
15-10 to 30-11-2025	Dhamma Suvatti, Sravasti (U.P.)
24-10 to 9-12-2025	Dhamma Nāgajuna-II Nagarjun Sagar (Telan.)
24-10 to 9-12-2025	Dhammapāla, Bhopal (M.P.)
6-11 to 22-12-2025	Dhamma Sindhu, Mandvi-Kutch (Guj.)
14-12 to 29-1-2026	Dhamma Nāgajuna-II Nagarjun Sagar (Telan.)
15-12 to 30-1-2026	Dhamma Tapovana-I, Igatpuri
15-12 to 30-1-2026	Dhamma Ambika, South Gujarat
16-1 to 3-3-2026	Dhamma Setu, Chennai (Tamil Nadu)
1-2 to 19-3-2026	Dhamma Thali, Jaipur
2-12 to 8-4-2026	Dhamma Tapovana-II, Igatpuri
6-5 to 21-6-2026	Dhamma Tapovana-I, Igatpuri
8-6 to 24-7-2026	Dhamma Tapovana-II, Igatpuri
9-8 to 24-9-2026	Dhamma Tapovana-I, Igatpuri
13-12 to 28-1-2027 (15 days Anapanna)	Dhamma Tapovana-I, Igatpuri
60-day	
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.)
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

Dhammānanda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). **2025► 10-day:** (Only for Hindi, Marathi, Students) 9 to 20-8, 13 to 24-9, 8 to 19-10, 8 to 19-11, 13 to 24-12, (Only for Hindi, English, Students) 23-8 to 3-9, 27-9 to 8-10, 25-10 to 5-11, 22-11 to 3-12, 27-12 to 7-1-2026. **#ST:** (Only for Hindi, English, Students) 26-7 to 4-8, **3-day:** 4 to 7-9, 7 to 10-12, **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, **2025► 10-day:** (Only for Hindi, English, Students) 3 to 14-8, 7 to 18-9, 5 to 16-10, 2 to 13-11, 7 to 18-12, (Only for Hindi, Marathi, Students) 20 to 31-7, 17 to 28-8, **21-9 to 2-10, 16 to 27-11, 20 to 31-12. #ST:** (Only for Hindi, Marathi, Students) 23 to 31-10. **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 Ajantā, Aurangabad

Ajanta International Vipassana Samiti, Gut No 45 Rampuri, Vijapur Road Aurangabad431003.Tel: (0240) 2040444, **Contact:** Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430, Website: www.dhammaajanta.org, **10-day: #ST: 2-Day: Teenagers' Course: (Girls)►**

Dhamma Sarovara, Dhule

Khandesh Vipassana Centre, near Dedargaon Water Purification Centre, Post Tikhi, Dist. Dhule, 424004. (No admission without confirmation. Dhule – Hendrun Bus is available from Dhule Bus Stand every hour up to 4:30 pm Rickshaw is also available from Panch Kandil Shere Punjab lodge to Tikhi. From Tikhi, rickshaw is available for centre, 1 km away.)

Contact: Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org

Dhamma Siddhapuri, Bhategaon Solapur

Dhamma Siddhapuri Vipassana Sadhana Kendra, Off Vijapur rod, Near Bhatevadi, soregaon - dongaon road, 4 km. from soregaon, Ta. Uttar solapur, Dist: Solapur-413002, **Contact:** 1) Mr. Samrat Patil, Mob. 7620592920, 9011908000, 2) Mr. Bhachandra Ukarande, Mob. 9860759866. **1-day:** Every Month second Sunday, 10am to 4 pm **#Children Course:** Every month Fourth Sunday 10am to 4 pm.

Dhammālaya, Kolhapur

Deccan Vipassana Research Centre, Ramling Road, Aalte Park, Aalte, Tal Hatkangale, Dist. Kolhapur, Pin: 416123. Email: info@alaya.dhamma.org; (No admission without confirmation) **Contact:** Mob. 97674-13232. 9697933232, 7420943232, **2025► 10-day:** 20 to 31-7, 2 to 13-11, 23-11 to 4-12, 7 to 18-12, 21-12 to 1-1-26. **#ST:** 22 to 31-7, 25-11 to 4-12. **3-day:** 3 to 6-8, 12 to 15-10. **Children Course: (only boys)** 25 to 26-10 (Only Girls) **2025► 29 to 30-10. Dhamma Servers Workshop:** 16 to 17-11. **Teacher/CCT Workshop:** 19 to 21-11.

∞ **Long Courses:** 45-day: 10-8 to 25-9.

Dhamma Sugandha : Bhose (Sangali)

Dhamma Sugandha, Sangli Vipassana Meditation Centre, Gat 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.registration.dhammasugandha@vridhamma.org; **Contact:** 1. Dr. Amit Patil, 9222161236, 2. Suniel Chaugule, 9403841943, **2025► 10-Day:** (Hindi Marathi)► 20-7 to 31-7, 3-8 to 14-8, 15-8 to 26-8, 7-9 to 18-9, 20-9 to 1-10, 5-10 to 16-10, 26-10 to 6-11, 9-11 to 20-11, 23-11 to 4-12, 7-12 to 18-12, 21-12 to 1-1-26. **#ST:** (Hindi Marathi)► 7-10 to 16-10. **3-day:** (Hindi Marathi)► 28-8 to 31-8. **2-Day:** (Hindi Marathi)► 20-11 to 22-11, 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) **2025► 10-day:** 16 to 27-7, 30-7 to 10-8, 20 to 31-8, 17 to 28-9, 1 to 12-10, 15 to 26-10, (only old Male Students 3 to 14-9), 29-10 to 9-11, 12 to 23-11, 26-11 to 7-12, 10 to 21-12. **#ST:** 24-12 to 1-1-26. **3-day:** 14 to 17-8. **1-day:** 10-7, 27-7, 10-8, 31-8, 14-9, 28-9, 12-10, 26-10, 9-11, 23-11, 7-12, 21-12. **#Children Course:** (13 to 18 yrs)► 27-7, 26-10, (8 to 13 yrs)► 14-9, 7-12.

∞ **Special 10-day:** 3 to 14-9. **Contact:** (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smruti Bhawan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

Dhamma Sugati, Sugatanagar

Vipassana Sadhana Kendra, Sugata Nagar, Nagpur 440 014, **10-day:** **1-day: #ST: Teenagers' Course:** (Girls)► **Children Course:** (8 to 12 yrs boys and Girls) **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 ∞ **Special 10-day:** **Contact:** 2) Mr. Narnavare Gurujii, Mob. 9422129229, 8999247556, 2) Mr. Kamlesh Chahande, Mob. 9273104305,

Dhamma Malla, Yavatmal

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pinalgaon, Yavatmal-445001. **Contact:** 1. Mr. Gadling, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475. **2025► 10-day:** 16 to 27-7, 15 to 26-8, 7 to 18-9, 8 to 19-10, 25-10 to 5-11, 12 to 23-11, 30-11 to 11-12. **#ST:** 14 to 22-12. **1-day:** 11-8, 29-9, 16-10, 23-11, 28-12. **3-day:** 31-8 to 3-9. **# 2-day Children Course: (only boys)► 25 to 27-12, (Only Girls)► 29-12 to 31-12. # Children Course:** 27-7, 27-8, 21-9, 19-10, 5-11. **Special 10-day:** 31-7 to 11-8.

Dhammades : Chincholi, Hingoli

Dhammades Vipassana Kendra, Chincholi, Tal-Dist: Hingoli, **Contact:** Mobile: 9405111373, 9424033905, 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. Brahmanand Shahare, Mob. 8698797834, 2) Mr. Hemant Raut, Mob. 9637836487, 3) Mr. Sanjivkumar, Mob. 8888728020.

Pavani (Bhandara): 2025► 10-day: 16 to 27-8, 24 to 4-11. **3-day:** 4 to 7-9. **1-day:** 23-11. **1-Day Children Course:** (10 to 16 yrs) 5-10. At: Dhammprabhasa Buddhavihar Samiti, Pavani Dist. Bhandara, **Contact:** 1. Mr. Shende, M. 8999916043, 2. Mr. Bhandkar, M. 99757676636.

Dhamma Bhandāra, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) **10-day: 2025► 17 to 28-9, 8 to 19-10, 5 to 16-11, 2026► 2 to 13-1, 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: 2025► 11 to 19-10, 2026► 4 to 12-4, 6 to 13-9. 3-day: 2026► 24 to 26-1, 27 to 30-3. 2-day: 2025► 29 to 31-8, 2026► 2 to 22-2, 2 to 4-10. 1-day: 2025► 28-9, 19-10, 16-10, 2026► 13-1, 15-2, 15-3, 12-4, 1-5, 26-7, 23-8, 13-9, 18-10, 15-12. # Children Course: 2025► (10 to 16 yrs)► 31-8, 7-9, 26-10, 23-11, 6-12, 28-12, 2026► 19-4, 26-4, 10-5, 17-5, 24-5, 7-6, 14-6, 25-12, 26-12. **Group Sitting:** 2025/26► Daily 8 am to 9 am and 6 pm to 7 pm. **CCT Workshop: 2025► 24-8, 2026► 18 to 19-7. Trustees' and Dhamma Servers' Workshop: 2025► 24-8, 2026► 18 to 19-7. Special 10-day: 2025► 8 to 19-10, 2026► 4 to 15-2.****

∞ **Long Courses:** 20-day: 2025► 3 to 24-8, 2026► 20-6 to 15-7. **Contact:**

Choureji, 9890441071, Harishachandra: 9421711409, Deshbhrtar: 9423185322, 7588749108.

Dhamma Nirañjana, Nanded

Vipassana Centre, New Danki, Near Godavari River, **Contact:** 1) Mr. Dahivele, Mob. 94231-48636. 2) Mr. Bhavne, Mob. 9421572499, **2025► 10-day:** (Only male)► 16 to 27-7, 27-8 to 7-9, 12 to 23-11, 9 to 20-12, (only Female)► 13 to 24-8, 25-10 to 5-11, 26-11 to 7-12. **#ST:** 12 to 20-9. **3-day:** 24 to 27-9. **2-day:** 7 to 9-11. **1-day:** 27-7, 10-8, 24-8, 7-9, 21-9, 28-9, 23-11, 7-12, 28-12. **Teenagers' Course:** (Girls)► 9 to 17-10. **# 2-Day Children Course:** (Boys)► 22 to 24-12, (Girls)► 29 to 31-12. **1-Day Children Course:** 5-10, 19-10. ∞ **Special 10-day:** 30-7 to 10-8.

Dhamma Vasudhā, Hivra (Wardha)

Vipassana Centre, Hivara, Post Zadshi, Tal Selu, Dist. Wardha, Email: dhammavasudha@gmail.com **Contact:** 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738. **10-day: #ST:**

Dhamma Anākula, Akola

Vipassana Sadhana Kendra, Khaperkehda Phata, Telhara-444108 Dist Akola Email: info.anakula@vridhamma.org, Website: www.anakula.dhamma.org, Mob. 9421156138, 9881204125, 9421833060, **online Apply:** <https://www.dhamma.org/en/schedules/v2/schanakula?normal>, Email: info.anakula@vridhamma.org, **2025► 10-day:** 16 to 27-7, 30-7 to 10-8, 3 to 14-9, 17 to 28-9, 6 to 17-10, 5 to 16-11, 19 to 30-11, 3 to 14-12, 17 to 28-12. **#ST:** 23 to 31-8, 25-10 to 2-11. **3-day:** 14 to 17-8. **2-day:** 30-9 to 2-10. **1-day:** 10-8, 28-9, 30-11, 28-12. **# Children Course:** 27-7, 14-9, 16-11, 14-12. **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: dhammamanjusha5@gmail.com, **Contact:** 9404752533, 9922319888, **2025► 10-day:** (male/female)► 23-7 to 3-8, 6 to 17-8, 10 to 21-9, 8 to 19-10, 29-10 to 9-11, 12 to 23-11, 26-11 to 7-12, 10 to 21-12. **3-day:** (male/female)► 4 to 7-9, 25 to 28-12. **#ST:** (male/female)► 23-9 to 1-10. **1-day:** (male/female)► 3-8, 17-8, 9-11, 21-12. **# Children Course:** (Boys/Girls)► 21-9, 23-11.

Dhamma Amrāvati, Lumbini, Mogara

Vipassana Kendra, Vipassana Samiti, Lumbini, At Mogara, Post-Bhankheda, Tal-Dist. Amravati. **Contact:** 1) Mr. Ranjan Waghmare, Mob. 9766395353, 2) Mr. Rahul Tantrapale, Mob. 9096277299, 3) Mr. Kishor Deshmukh, Mob. 93705-85203, <https://schedule.vridhamma.org/courses/amravati>, Email: dhammaamravati2020@gmail.com, **2025► 10-day:** 16 to 27-7, 20 to 31-8, 10 to 21-9, 10 to 21-12. **#ST:** 26-12 to 3-1-2026. **1-day:** 27-7, 31-8, 29-9. **Teenagers' Course:** (Boys)► 19 to 27-11, (Girls)► 30-11 to 8-12. **Dhamma Servers Workshop:** 25-10. **Dhamma Sammelan:** 26-10.

Kotamba (Yavatmal): 10-day: (Male and Female)► 14 to 25-9, 5 to 16-10, 26-10 to 6-11, 23-11 to 4-12, 14 to 25-12. **#ST:** 10 to 18-8. **Contact:** Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. Mob. 9822896453, 9067788418, 9860328804, 9890429314, 9860674029.

Malkapur (Akola): 2025► 10-day: (Only female)► 7 to 18-9, (Only male)► 18 to 29-12. **3-day:** 10 to 13-11. **Teenagers' Course:** (Boys)► 23 to 31-10. At Bhadant Anand Nivas Rajratna Colony, Yavata Road, Malkapur, Akola 444001. **Contact:** 1) Mr. Sham Athavle Mob. 9404092468, 9112463416.

Patur (Akola): Vipassana Sadhana Prasar Kendra Shirla, Patur, Dist-Akola, 444501, **2025► 10-day:** (Female only)► 27-7 to 7-8, 8 to 19-9, 6 to 17-11, (Male only)► 16 to 27-8, 10 to 21-12. **#ST:** (Male only)► 8 to 16-10, (Female only)► 24-11 to 3-12. **1-day:** Every month Second Sunday. **# Children Course:** (13 to 17 yr) 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, 75880-09584. **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.

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. 9421171198. Email: dhammapadesh@gmail.com Email: vipassana.01mahad@gmail.com **2025► 10-day:** (Male Hindi, Marathi, speaking Students)► 27-7 to 7-8, 21-9 to 2-10, 16 to 27-11, (Female Hindi, Marathi, speaking Students)► 10 to 21-8, 30-11 to 11-12, (Male Hindi, English, speaking Students)► 24-8 to 4-9, 5 to 16-10, 2 to 13-11, (Male and Female Hindi, English,

speaking Students)► 13 to 24-7, (Male and Female Hindi, Marathi, speaking Students)► 7 to 18-9, 19 to 30-10, 14 to 25-12. 3-day: (Male and Female Hindi, English, speaking Students)► 28 to 31-12.

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, 2025► 10-day: 16 to 21-7, 30-7 to 10-8, 27-8 to 7-9, 10 to 21-9, 24-9 to 5-10, 8 to 19-10, 22-10 to 2-11, 5 to 16-11, 19 to 30-11, 3 to 14-12, 17 to 28-12, 31-12 to 11-1-2026. #ST: 16 to 24-8.

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: 2025► 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 26-10 to 6-11, 9 to 20-11, 23-11 to 4-12, 7 to 18-12, 21-12 to 1-1-26, 2026► 3 to 14-1, 17 to 28-1, 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 6-8, 9 to 20-8, 23-8 to 3-9, 6 to 17-9, 19 to 30-9, 12 to 23-11, 25-11 to 6-12, 20 to 31-12. #ST: 2025► 15 to 23-7, 5 to 13-9, 2026► 24-3 to 1-4, 19 to 27-5, 14 to 22-7, 7 to 15-12. 3-day: 2026► 4 to 7-11.

∞ Long Courses: Special 10-day: 2025► 23-11 to 4-12, 2026► 5 to 16-4, 14 to 25-6. 20-day: 2025► 15-9 to 6-10, 2026► 1 to 22-2, 4 to 25-10. 30-day: 2025► 15-9 to 16-10, 2026► 1-2 to 4-3, 4-10 to 4-11. 45-day: 2026► 1-2 to 19-3.

Dhamma Arañña : chaksu, (Rajasthan)

Dhamma Arañña Village - Badodiya, Tehsil - Kotkhavada, Chaksu - 303908, 10-day: 2025► 23-7 to 3-8, 20 to 31-8, 3 to 14-9, 23-9 to 4-10, 6 to 17-10, 5 to 16-11, 29-11 to 10-12, 17 to 28-12, 31-12 to 11-1-26, 2026► 15 to 26-1, 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, 1 to 12-12, 13 to 24-12, 26-12 to 6-1-2027. #ST: 2025► 5 to 13-8, 18 to 26-11, 2026► 31-1 to 8-2, 29-8 to 6-9. 3-day: 2025► 17 to 20-7, 14 to 17-8, 18 to 21-9, 30-10 to 2-11, 11 to 14-12, 2026► 8 to 11-1, 12 to 15-3, 2 to 5-4, 7 to 10-5, 25 to 28-6, 17 to 20-10, 26 to 29-11.

Dhamma Nilaya, Jamdoli, Jaipur (Rajasthan)

Dhamma Nilaya Jaaton kaa Bass, Jaisinghpura, Khor Jamdoli, Dist. Jaipur. Contact: Mrs Nidhi Mahindroo, Mob. 7042677225, 9828306708. Email: info@thali.dhamma.org, 10-day: 2025► 22-7 to 2-8, 10 to 21-8, 27-8 to 7-9, 10 to 21-9, 24-9 to 5-10, 25-10 to 5-11, 7 to 18-11, 26-11 to 7-12, 20 to 31-12, 2026► 28-1 to 8-2, 11 to 22-2, 7 to 18-3, 4 to 15-5, 25-5 to 6-6, 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, 7 to 18-10, 16 to 27-11, 29-11 to 10-12, 12 to 23-12, 25-12 to 5-1-2027. 3-day: 2025► 22 to 25-8, 20 to 23-11, 2026► 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, 11 to 14-9, 1 to 4-10, 22 to 25-10, 12 to 15-11. Teenagers' Course: (Boys)► 2025► 7 to 15-10, 9 to 17-12, 2026► 13 to 21-1, 14 to 22-4, 16 to 24-5, 27-10 to 4-11. Teenagers' Course: (Girls)► 2026► 3 to 11-1, 31-3 to 8-4, 6 to 14-6. 2-day Children Course: (13 to 18 yrs Boys) 2026► 24 to 26-3, 24 to 26-4, (13 to 18 yrs Girls) 2026► 27 to 29-3, 27 to 29-4. # Children Course: 2025► 2 to 3-8, 2026► 24-5.

Dhamma Pushkar, Ajmer, Rajasthan

Vipassana Centre, Near Village Rewat (Kedil), 23 kms from Ajmer and 9 kms from Pushkar towards Parbatsar. +91-94133-07570. Tel: (145) 2780570. Contact: 1) Ravi Toshniwal, Email: dhammapushkar@gmail.com Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275, 10-day: 2025► 31-8 to 11-9, 14 to 25-9, 28-9 to 9-10, 29-10 to 9-11, 12 to 23-11, 26-11 to 7-12, 10 to 12-12, 24-12 to 4-1-26, 2026► 7 to 18-1, 21-1 to 1-2, 4 to 15-2, 18-2 to 1-3, 5 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 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 19 to 30-8, 3 to 14-9, 16 to 27-9, 30-9 to 11-10, 23-10 to 3-11, 12 to 23-11, 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1-2027. #ST: 2025► 19 to 27-8, 10 to 18-10, 2026► 12 to 20-10. 3-day: 2025► 23 to 26-10.

∞ Long Courses: 20-day: 2025► 17-7 to 7-8, 2026► 16-7 to 6-8. 30-day: 2025► 17-7 to 17-8, 2026► 16-7 to 16-8.

Dhamma Marudhara, Jodhpur, Rajasthan

Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra - Chauspasi Link Road, Chokha Jodhpur-342009. Mob. 9829007520, 9314727515, 8233013020, Email: info@marudhara.dhamma.org, 2025► 10-day: 18 to 29-7, 17 to 28-8, 31-8 to 11-9, 4 to 15-9, 4 to 15-10, 25-10 to 5-11, 21-11 to 2-12, 5 to 16-12. #ST: 19 to 27-8, 27-10 to 4-11. 3-day: 11 to 14-8. Teenagers' Course: (Boys)► 1 to 9-8, 23 to 31-12. # 3-day Children Course: (13 to 16 yrs boys)► 28-9 to 1-10.

∞ Special 10-day: 7 to 18-11. Contact: 1) Mr. Nemichand Bhandari, Email: dhamma.marodhara@gmail.com; Mob. Whatsapp No. 9887099049.

Dhamma Pubbaja, Churu, Rajasthan

Pubbaj Bhumi Vipassana Trust, Bhali Road, 6Km From Churu (Rajasthan) Mob. 9664481738, Email: dhammapubbaja@gmail.com, info@pubbaja.dhamma.org, Contact: 1) Mr. Suresh Khanna, Mob. 094131-57056, 9887099049, Whatsapp Only) 2025► 10-day: 17 to 28-7, 16 to 27-8, 13 to 24-9, 4 to 15-10, 25-10 to 5-11, 8 to 19-11, 23-11 to 4-12.

#ST: 7 to 15-12. 3-day: 10 to 13-8. Teenagers' Course: (Girls)► 31-7 to 8-8, 21 to 29-12. # 3-day Children Course: (13 to 16 yrs Girls)► 27 to 30-9. ∞ Special 10-day: 2025► 30-8 to 10-9.

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: 2025► 20 to 31-7, 2 to 13-8, 23-8 to 3-9, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 2 to 13-11, 16 to 27-11, 30-11 to 11-12, 14 to 25-12, 2026► 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, 18 to 29-11, 11 to 22-12, 24-12 to 4-1-2027. #ST: 2025► 24-10 to 1-11, 26-12 to 3-1-26, 2026► 8 to 16-1, 5 to 13-8, 18 to 26-8, 1 to 9-12. 3-day: 2025► 14 to 17-8, 2026► 19 to 22-3, 9 to 12-4, 30-4 to 3-5, 25 to 28-6, 13 to 16-8, 11 to 14-9, 1 to 4-10, 12 to 15-11.

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: 2025► 16 to 27-7, 6 to 17-8, 20 to 31-8, 3 to 14-9, 17 to 28-9, 1 to 12-10, 15 to 26-10, 5 to 16-11, 19 to 30-11, 3 to 14-12, 17 to 28-12. Contact: Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Patthana, Sonapat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapatthana@gmail.com, 2025► #ST: 1 to 9-7, 25-11 to 3-12, 22 to 30-12. AT Workshop: 28-9 to 1-10. Dhamma Sevak Workshop: 2-10. ∞ Special 10-day: 7 to 18-12. ∞ Long Course: 20-day: 28-7 to 18-8. 30-day: 23-8 to 23-9. 45-day: 2025► 6-10 to 21-11. Contact: same as Dhamma Sota

Dhamma Karpurika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjpora Road, Near Government School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: reg.dhammakarpurika@gmail.com, Contact: 1) Mr Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, 2025► 10-day: 23-7 to 3-8, 13 to 24-8, 27-8 to 7-9, 10 to 21-9, 24-9 to 5-10, 22-10 to 2-11, 12 to 23-11, 26-11 to 7-12, 10 to 21-12, 24-12 to 4-1-2026. #ST: 8 to 16-10. 3-day: 6 to 9-8, 5 to 8-11.

Dhamma Hitakari, Rohtak (Haryana)

Vipassana Dhyana Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. Contact: 92543-48837, 9416303639. 2025► 10-day: 16 to 27-7, 6 to 17-8, 20 to 31-8, 3 to 14-9, 17 to 28-9, 1 to 12-10, 5 to 16-11, 19 to 30-11, 3 to 14-12, 17 to 28-12. #ST: 23 to 31-10. 3-day: 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, 2025► 10-day: 16 to 27-7, 6 to 17-8, 20 to 31-8, 3 to 14-9, 17 to 28-9, 1 to 12-10, 5 to 16-11, 19 to 30-11, 3 to 14-12, 17 to 28-12. #ST: 23 to 31-10. 3-day: 31-7 to 3-8, 15 to 18-10.

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) 2025► 10-day: every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course) #ST: 15 to 23-11. 3-day: 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: 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; lvvisuddha@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; 2025► 10-day: 23-7 to 3-8, 13 to 24-8, 27-8 to 7-9, 10 to 21-9, 8 to 19-10, 29-10 to 9-11, 12 to 23-11, 26-11 to 7-12, 10 to 21-12. #ST: 22 to 30-9, 22 to 30-12. 3-day: 5 to 8-8, 4 to 7-10. 2-day: 24 to 26-10. 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) 966-8525, Mob. 97945-45334, 9453211879, 2025► 10-day: 4 to 15-8, 19 to 30-8, 4 to 15-9, 4 to 15-11, 19 to 30-11, 4 to 15-12, 19 to 30-12. #ST: 19 to 27-9. 2-day: 15 to 17-7, 15 to 17-8, 15 to 17-9, 15 to 17-11, 15 to 17-12. # 2-day Children Course: (8 to 12 yrs boys, and 8 to 15 yrs Girls)► 31-12-25 to 3-1-26, Dhamma Sevak Workshop: (Old Students only)► 31-8 to 2-9.

∞ Long Course: Special 10-day: 19 to 30-7. 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 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. 2025► 10-day: 17 to 28-7, 2 to 13-8, 15 to 26-8, 2 to 13-10, 2 to 13-12, 2 to 13-1-2026. #ST: 28-8 to 5-9, 14 to 22-12. # Children Course: 24 to 27-12, 28 to 31-12. ∞ Long Courses: 20-day: 8 to 29-9. 45-day: 15-10 to 30-11. Contact: 1. Mob. 094157-51053, 2. Murlin Manohar, Mob. 094150-36896.

Dhamma Cakka, Sarnath (U.P.)

Vipassana Sadhana Kendra, Village Khargipur, Post. Piyari, Chaubeypur, Sarnath, Varanasi. Email: info@cakka.dhamma.org Mob. 09307093485, 09936234823, (for auctorickshaw from Sarnath Museum, fare Rs. 100/-), Contact: Mr. Anil Maurya. Mob. 90132-59177, 2025► 10-day: 18 to 29-7, 3 to 14-9, 18 to 29-9, 3 to 14-10, 3 to 14-12, 18 to 29-12. 3-day: 28 to 31-8, 16 to 19-10.

Long Courses: 20-day: 3 to 24-8. 30-day: 25-10 to 25-11.

Dhamma Kalyana, Kanpur (U.P.)

Kanpur, International Vipassana Meditation Centre, Dhoori, 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) 2025► 10-day: 20 to 31-7, 5 to 16-8, 20 to 31-8, 5 to 16-9, 20-9 to 1-10, 5 to 16-10, 20 to 31-10, 5 to 16-11, 5 to 16-12, 20 to 31-12. #ST: 22 to 30-11. 3-day: 1 to 4-9. 1-day: Every month Fourth Sunday. 10 am to 5 pm. Special 10-day: 20-11 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. +919415277542. Email: dhammakaya.vsk@gmail.com; 10-day: Every month 1 to 12 and 16 to 27. Contact: 1. Dr. Vimalkumar Modi, C/o Aarogya Mandir, Gorakhpur-273003, 2. Mob. 9935599453.

Dhamma Sudhā, Meerut (U.P.)

Vipassana Centre, Behind Police station, Tower Road, Near Saifpur Gurdwara, Hastinapur, Dist. Meerut - 250404, Office Contact: Tel. 9555515548, 8171490433, 7505414181, 2025► 10-day: 16 to 27-7, 6 to 17-8, 20 to 31-8, 3 to 14-9, 17 to 28-9, 1 to 12-10, 5 to 16-11, 19 to 30-11, 3 to 14-12, 17 to 28-12. #ST: 23 to 31-10. 3-day: 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 2025► 10-day: 19 to 30-7, 5 to 16-8, 19 to 30-8, 5 to 16-9, 19 to 30-9, 5 to 16-10, 5 to 16-11, 19 to 30-11, 5 to 16-12, 19 to 30-12. Contact: V K Goenka, Mob. 7779842059.

Dhamma Upavana, Barackiya, (Bihar)

Barackiya - 845412, East Champaran Bihar, Contact: 9431245971, 9934430429, 6204814341, Email: dhammaupavan@gmail.com,

Dhamma Bodhi, Bodhgaya, (Bihar)

Bodh Gaya International Vipassana Meditation Center, Gaya-Dobhi Road (15 km), Near Magadha University, Bodh Gaya-824234. Mob. 94716-03531, 9955911556, Email: registration.bodhi@vridhamma.org, Website: www.bodhi.dhamma.org, Long course Email: bodhi.longcourse@gmail.com Contact: 99559-11556. 10-day: Every Month 1 to 12 and 16 to 27, and 30-12 to 10-1-2026, 13 to 24-1, (except during other course).

Nalanda (Bihar): 10-day: January to December Every Month 2 to 13, Place: Near NavvNALANDA Mahavihar, Sanskritik 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 Center, 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.pataliputta.dhamma.org, 2025► 10-Day: 17 to 28-7, 3 to 14-8, 17 to 28-8, 3 to 14-9, 17 to 28-9, 3 to 14-10, 17 to 28-10, 3 to 14-11, 27-11 to 8-12. # ST: 17 to 25-11. 3-day: 29-8 to 1-9. 1-day: Every Sunday. Mini Anapana Meditation: Every Day. ∞ Long Course: 20-day: 10 to 31-12.

∞ Gratitude Course: 2026► 2 to 17-2-2026.

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: 2025► 18 to 29-7, 4 to 15-8, 18 to 29-8, 2 to 13-9, 16 to 27-9, 1 to 12-10, 4 to 15-11, 18 to 29-11, 4 to 15-12, 18 to 29-12, 2026► Every Month 1 to 12 and 16 to 27, In March 6 to 17-3, 30 to 31-3, (except during other course) and This Time 18-2 to 1-3). #ST: 2025► 15 to 23-10, 2026► 30-10 to 7-11.

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: 2025► 14 to 25-7, 28-7 to 8-8, 10 to 21-8, 24-8 to 4-9, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 23-10 to 3-11, 8 to 19-11, 22-11 to 3-12, 6 to 17-12, 19 to 30-12, 2026► 5 to 16-1, 19 to 30-1, 4 to 15-2, 17 to 28-2. #ST: 2026► 6 to 14-2, 22 to 30-8, 25-10 to 2-11. 3-day: 2025► 8 to 11-8.

∞ Long Courses: 30-day: 2025► 1-9 to 2-10. 45-day: 2025► 1-9 to 17-10, 6 to 22-12. 60-day: 2026► 1-1 to 3-3. Contact: 7874623305, 9825320551.

Dhamma Kota, 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. 2025► 10-Day: 16 to 27-7, 28-7 to 8-8, 13 to 24-8, 27-8 to 7-9, 10 to 21-9, 24-9 to 5-10, 7 to 18-10, 20 to 31-10, 5 to 16-11, 19 to 30-11, 3 to 14-12, 17 to 28-12, 31-12 to 11-1-26. #ST: 27-9 to 5-10. ∞ Long Courses: 20-day: 10 to 31-8. 30-day: 10-8 to 10-9.

Gujarat Vipassana Newsletter: Rs 30/- for one year and Rs 100/- for 4 years. Contact: Saurashtra Vipassana Research Centre, Bhabha Dining Hall, Panchnath 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, 2025► 10-day: 16 to 27-7, 3 to 14-9, 17 to 28-9, 1 to 12-10, 24-10 to 4-11, 19 to 30-11, 3 to 14-12, 17 to 28-12, 31-12 to 11-1-14 to 25-1-2026, 28-1 to 8-2, 11 to 22-2. #ST: 7 to 15-11. Special 10-day: 5 to 16-11.

∞ Long Courses: 20-day: 31-7 to 21-8. 30-day: 31-7 to 31-8.

Dhamma Pīṭha, Ahmedabad (Gujarat)

Gurjar Vipashyana Kendra, (40 km from Ahmedabad Railway Station, 3 km Dholka town), Village Ranoda, Tal. Dholka, Dist. Ahmedabad 387810, Mobile: 89800-01110, 89800-01112, 94264-19397. Tel: (02714) 294690. Email: info@pitha.dhamma.org (Day zero starting day of every course, Bus facility to Centre is Available from Paldi St Bus stand (Ahmedabad) at 2:30 pm. 2025► 10-day: 6 to 17-8, 20 to 31-8, 3 to 14-9, 1 to 12-10, 18 to 29-10, 31-10 to 11-11, 12 to 23-11, 26-11 to 7-12, 10 to 21-12, 24-12 to 4-1-2026, 2026► 7 to 18-1, 21-1 to 1-2. # ST: 20 to 28-9, 2026► 21-2 to 1-3. 2-day: 16 to 18-9. Special 10-day: 2025► 23-7 to 3-8. ∞ Gratitude Course: 2026► 2 to 17-2. Contact: Ms Shashi Todi, Mob. 98240-65668.

Dhamma Ambikā, South Gujarat

Vipassana Dhyan Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 km. away on west of Borivach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org Online registration: dhammaambikasurat@gmail.com, 10-day: 2025► 10 to 21-8, 30-8 to 10-9, 12 to 23-9, 2 to 13-10, 7 to 18-11 20-11 to 1-12, 2026► 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 8-8, 12 to 23-8, 29-8 to 9-9, 14 to 25-9, 30-9 to 11-10, 23-10 to 3-11, 25-11 to 6-12, 9 to 20-12, 30-12 to 10-1-2027, 2027► 13 to 24-1, 27-1 to 7-2, 10 to 21-2, 24-2 to 7-3, 10 to 21-3. #ST: 2025► 27-6 to 5-7, 3 to 11-12. 3-day: 2025► 21 to 24-8, 25 to 28-9, 2026► 19 to 22-3, 23 to 26-4, 11 to 14-6, 15 to 18-10, 24 to 27-12. Teenagers' Course: (Girls) 2025► 26-10 to 3-11, 2026► 30-4 to 8-5, 13 to 21-11. Teenagers' Course: (Boys) 2025► 26-10 to 3-11, 2026► 18 to 26-5, 13 to 21-11. # Children Course: (Girls) 2026► 10 to 11-5, (Boys) 2026► 14 to 15-5. ∞ Special 10-day: 2025► 24-7 to 4-8.

∞ Long Courses: 20-day: 2025► 14-7 to 4-8. 30-day: 15-12 to 15-1-2026. 45-day: 15-12-2025 to 30-1-2026. Contact: 1. Vasantbhai Lad, Mob. 09428160714. 2. Ratanshibhai K Patel, Mob. 098250-44536.

Dhamma Pāli, Bhavnagar, Gujarat

Vipassana Centre, Village Todi, Songadh - Palitana Road, Dist: Bhavnagar, Gujarat Email: dhammapali15@gmail.com, Contact: Mob. 7878103636, 8866703636, 8866713636, Office: Tel: 0278-2521066, 8758561616. 2025► 10-day: 20 to 31-7, 8 to 19-8, 24-8 to 4-9, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 19 to 30-10, 2 to 13-11, 16 to 27-11, 30-11 to 11-12, 14 to 25-12, 28-12 to 8-1.

Dhamma Narmada, Jhagadia, Bharuch Gujarat

Vipassana Kendra, At & Po. Uchedia, Ta. Jhagadia, Dist. Bharuch Gujarat - 393110, Email: info@narmada.dhamma.org, 10-Day: 2025► 15 to 26-7, 28-7 to 8-8, 13 to 24-8, 3 to 14-9, 17 to 28-9, 1 to 12-10, 25-10 to 5-11, 12 to 23-11, 26-11 to 7-12, 10 to 21-12, 24-12 to 4-1, 2026► 16 to 27-1, 6 to 17-2, 19-2 to 2-3, 6 to 17-3, 19 to 30-3, 3 to 14-4. 3-day: 2025► 28 to 31-8, 6 to 9-11, 2026► 8 to 12-1. Contact: Patel: 9824451381, Krishna: 9328170462.)

Dhamma Junagadh, Junagadh Gujarat

Village Patla, Junagadh -Bhesan Road, Ta. Bhesan, Dist: Junagadh - 362031, Phone No. 7016212530, 7016212531, Email: dhammajunagadh21@gmail.com 10-Day: 2025► 23-7 to 3-8, 13 to 24-8, 17 to 28-9, 20 to 31-10, 12 to 23-11, 10 to 21-12.

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: #ST: 3-day:

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: 2025► 30-7 to 10-8, 3 to 14-9, 17 to 28-9, 1 to 12-10, 5 to 16-11, 19 to 30-11, 3 to 14-12, 17 to 28-12, 2026► 1 to 12-1, 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, 30-9 to 11-10, 14 to 25-10, 11 to 22-11, 25-11 to 6-12, 16 to 27-12. #ST: 2025► 17 to 25-7, 22 to 30-10, 2026► 2 to 10-5, 8 to 16-8, 26-10 to 3-11. 3-day: 2025► 16 to 19-10, 2026► 28-4 to 1-5, 30-7 to 2-8, 10 to 13-9, 4 to 7-11, 10 to 13-12. Teenagers' Course: (Boys) 2025► 13 to 21-8, 2026► 30-8 to 7-9. Teenagers' Course: (Girls) 2025► 23 to 30-8, 2026► 24-5 to 1-6. 1-day: 2025► 31-8, 28-9, 16-11, 14-12, 2026► 11-1, 29-3, 26-4, 10-5, 28-6, 26-7, 16-8, 13-9, 11-10, 22-11, 27-12. # Children Course: 2025► 10-8, 14-9, 12-10, 30-11, 28-12, 2026► 15-3, 12-4, 24-5, 14-6, 12-7, 30-8, 27-9, 25-10, 6-12. 2026► ∞ Long Courses: Special 10-day: 5 to 16-8. 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: 2025► 23-7 to 3-8, 13 to 24-8, 27-8 to 7-9, 5 to 16-11, 19 to 30-11, 10 to 21-12, 24-12-2025 to 4-1-26, 2026► 7 to 18-1, 21-1 to 1-2, 11 to 22-2, 25-2 to 8-3, 11 to 22-3, 25-3 to 5-4. 2025► ∞ Long Courses: 20-day: 16-9 to 7-10. 30-day: 16-9 to 17-10. 45-day: 16-9 to 1-11.

Dhamma Madhurā, Madurai

Vipassana Meditation Centre, Chettiypatti gaon, Athur Taluk, P. O. Gandhigram University, Dindigul-624302, Contact: 9442603490, 9442103490, Email: dhammamadhura@gmail.com, 10-day: 3-day:

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,

1-day Children Course: Ending day of every 10-day course in Andhra Pradesh, and Telangana States. Eligibility: 1-day and 2-day Childrens 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 Nāgajjuna-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@nagajjuna.dhamma.org, 2025► 10-day: 25-10 to 5-11, 11 to 21-11, 26-11 to 7-12. 2-day: 19 to 21-12. Teenagers' Course: (Boys)► 26-7 to 3-8, 23 to 31-8, 23-9 to 1-10, (Girls)► 9 to 17-8, 6 to 14-9, 11 to 19-10, 23 to 31-12. Dhamma Sevak Workshop: 19 to 21-10, 11 to 13-12.

Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)

Contact: VIMC, As above.

2025► 10-day: 23-7 to 3-8, 6 to 17-8, 20 to 31-8, 3 to 14-9, 23-9 to 4-10, 8 to 19-10. # Children Course: 20-7, 3-8, 17-8, 31-8, 14-9, 19-10, 7-12. 2025► ∞ ∞ Long Courses: 20-day: 24-10 to 14-11. 30-day: 24-10 to 24-11, 14-12 to 14-1-26. 45-day: 24-10 to 9-12, 14-12 to 29-1-26.

∞ Gratitude Course: 2026► 2 to 17-2-2026.

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-Thanutu Road) Tel: (08816) 236566. 99893-82887, Email: info@rama.dhamma.org, 2025► 10-day: 23-7 to 3-8, 3 to 14-9, 8 to 19-10, 23-10 to 3-11, 3 to 14-12. #ST: 16 to 24-12. 3-day: 17 to 20-7. 2-day: 26 to 28-12. 1-day: every month Second Sunday. Special 10-day: 13 to 24-8. ∞ Long Courses: 20-day: 5 to 26-11.

CENTRAL AND EASTERN INDIA

Dhamma Kānana, Balaghat (M.P.)

Dhamma Kanana Vipassana Centre, Wainganga Tat, 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.

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@mpvneers.com Online application: www.pala.dhamma.org, 2025► 10-day: 23-7 to 3-8, 6 to 17-8, 20 to 31-8, 3 to 14-9, 17 to 28-9, 8 to 19-10, 20 to 31-12. 3-day: 13 to 17-12. Maintenance Week: 1 to 7-10. ● Long Courses: 45-day: 24-10 to 9-12.

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. 2025► 10-day: 20 to 31-7, 3 to 14-8, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 15 to 26-11, 7 to 18-12, (Old Student Only 21-12 to 1-1-2026). #ST: 1 to 9-11. 3-day: 29-8 to 1-9, 25 to 28-10, 28-11 to 1-12. 1-day: 3-8, 7-9, 5-10, 7-12. Group Sitting: Except Course Time 9:30 am to 10:30. Special 10-day: 2025► 16 to 27-8.

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: WhatsApp No. 9479785033, 9826103572, Contact Office: Vikram Nagar, Mhow road, Ratlam, Mob. 09425364956. 2025► 10-day: 27-7 to 7-8, 22-8 to 2-9, 8 to 19-9, 5 to 16-10, 26-10 to 6-11, 7 to 18-11, 7 to 18-12. #ST: 11 to 19-8. 3-day: 25 to 28-9. Teenagers' Course: (Boys)► 20 to 28-12.

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

*Vipassana Dhamma Guna, Village- Pagara, Dist.- Guna, (at 12 kms. Guna-Gwalior Division.) Contact: Shri Virendra Singh Raghuvanshi, Raghuvanshi Kirana Store, Near State bank of India, Ashok Nagar Road, Village - Pagara, Dist: Guna, MP - 473001. Mob: 9425618095, Shri Rajkumar, Raghuvanshi, Mob: 9425131103. Email: info@guna.dhamma.org.

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,

Dhamma Ketu, Durg (Chhattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. 2025► 10-day: 23-7 to 3-8, 13 to 24-8, 27-8 to 7-9, 17 to 28-9, 22-10 to 2-11, 5 to 16-11, 19 to 30-11, 3 to 14-12, 17 to 28-12. # ST: 1 to 10-10. 1-day: 3-8, 10-8, 24-8, 7-9, 2-11, 28-12. # Children Course: 28-9, 12-10, 16-11, 14-12. Dhamma Sevak Workshop: 2-11. Contact: 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. S.R. Suman, Mob. 9407981618.

Dhammāñcala, Surguja (Chhattisgarh)

Dhammāñcala Vipassana Meditation Centre, Unchdih Via Raghunathpur, Dist. Surguja-497116 (Ambikapur), Email:dhammachal@gmail.com Contact: 1) Ms. Kiran Sinha, Mob. 9826442968, 2) Mr. Sanjay. Agrawal, Mob. 7974355534, 2025► 10-day: 19 to 30-9, 2 to 13-10, 2 to 13-11, 21-12 to 1-1-26. 1-day: 27-7, 24-8, 7-9, 28-10, 16-11, 14-12.

Dhamma Kuti, Singarbhatta, Raipur (Chhattisgarh)

Vipassana Meditation Centre, village Singarbhatta, Tah. Abhanpur, District- Raipur. The Centre is located 24 KM from Raipur Railway Station Email: dhammakuti@gmail.com, Contact: 1) Mr Prasad, Mob. 9926342705, 2) Mr Suresh Bhan, Mob. 9425209354, 2025► 10-day: 3 to 14-8, 31-8 to 11-9, 28-9 to 9-10, 2 to 13-11, 7 to 18-12. 1-day: 27-7, 3-8, 24-8, 7-9, 28-10, 16-11, 21-12. #1-day Children Course: 7-9, 12-10, 23-11, 28-12.

Dhamma Garha, Bilaspur (Chhattisgarh)

Vipassana Centre, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbhatta, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com, Website: www.garh.dhamma.org, 2025► 10-day: 11 to 22-7, 25-7 to 5-8, 9 to 20-8, 22-8 to 2-9, 21-10 to 1-11, 21-11 to 2-12. # ST: 7 to 16-11. 3-day: 25 to 28-12. 1-day: 2-11, 7-12. # 1-day Children Course: 19-10, 16-11, 28-12. ∞ Long Courses: 20-day: 7 to 28-9. 30-day: 7 to 8-10. Contact: 1. Mr. K.K. Sahu, Mob: 97520-47811, Mr. S. Agrawal, Mob. 79743-55534.

Dhamma Gaṅgā, Kolkata (W.B.)

Vipassana Kendra, Sodepur, Harishchandra Dutt Road, Panihati, Baro Mandir Ghat, Kolkata-700114, Tel: (033) 2553-2855. Email: info@ganga.dhamma.org 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: #ST:

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,