

Schedule of Vipassana Courses

“Vipassana Newsletter” Vol. 1, No. 7, 12 October, 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: 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' 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► 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: 2026► 1 to 9-10. 3-day: 2025► 22 to 25-10, 2026► 26 to 29-11. Dhamma server and Trustee Workshop: 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► 26-10 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► 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► 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 31-10, 23 to 31-10, 20 to 28-11. Teenagers' Course: (Girls) 2025► 25 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.

(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: 2026► 6-5 to 6-6, 9-8 to 9-9. 45-day: 2025► 15-12 to 30-1-2026, 2026► 6-5 to 21-6, 9-8 to 24-9, (15 days Anapanā)► 13-12 to 28-1-2027. 60-day: 2026► 5-12 to 5-12. ∞ Gratitude Course: 2026► 2 to 17-2.

Maintenance Period: 18 to 25-3. online Booking.

Dhamma Tapovana-2, Igatpuri

#ST: 2026► 11 to 19-4. Special 10-day: 2026► 28-4 to 9-5.

∞ Long Courses: 20-day: 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► 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: 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. 1-day Megha: 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) 29-10 to 9-11, 26-11 to 7-12, (Male) 12 to 23-11, 10 to 21-12. 3-day: (Female) 23 to 26-10, (Male) 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 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 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: 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: Sorgaon, Post: Padgha, Tal. Bhivandi, Dist. Thane-421101. Email: registration_dhamma.sarita@gmail.com; info@sarita.dhamma.org. Online registration www.sarita.dhamma.org. Contact: Mob. 91-779-83-24659, (Contact: 25008868/25011096/25162505). 1-day: last day of 10-day course Contact: Minu 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► 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► 9 to 12-12, 2026► 27-2 to 2-3. #ST: 2026► 7 to 15-3. Dhamma Sevaks 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 Nāsikā, Nashik

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

INDIA

Special 10-day Course

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 Pathāna, Sonapat, (Haryana)
2 to 13-2-2026 Dhamma Nāgajuna-II Nagarjun Sagar (Telan.)
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
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 Pathāna, Sonapat, (Haryana)
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.)
5 to 16-8-2026 Dhamma Setu, Chennai (Tamil Nadu)
19 to 30-8-2026 Dhammārāma, Bhimavaram, W. G. (A.P.)
13 to 24-9-2026 Dhamma Sarovara, Dhule
8 to 19-12-2026 Dhamma Pathāna, Sonapat, (Haryana)

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 Anākula, Akola
2 to 17-2-2026 Dhamma Sarovara, Dhule
2 to 17-2-2026 Dhamma Divākara, Mehsana (Guj.)
2 to 17-2-2026 Dhamma Pitha, 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 Pātiputta Patna (Bihar)
2 to 17-2-2026 Dhamma Khetta, Hyderabad (Telangana)
2 to 17-2-2026 Dhamma Nāgajuna-II Nagarjun Sagar (Telan.)

Schedd of Long Course

20-day

21-10 to 11-11-2025 Dhamma Pattana, Gorai, Mumbai
24-10 to 14-11-2025 Dhamma Nāgajuna-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 Pātiputta Patna (Bihar)
31-12-25 to 21-1-2026 Dhamma Kota, Rajkot (Guj.)
16-1 to 6-2-2026 Dhamma Paphulla, Bangalore
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
23-3 to 13-4-2026 Dhamma Pathāna, Sonapat, (Haryana)
15-4 to 6-5-2026 Dhammārāma, Bhimavaram, W. G. (A.P.)
25-4 to 16-5-2026 Dhamma Nāgajuna-II Nagarjun Sagar (Telan.)
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
16-7 to 6-8-2026 Dhamma Pathāna, Sonapat, (Haryana)
25-7 to 15-8-2026 Dhamma Kota, Rajkot (Guj.)
7 to 28-9-2026 Dhamma Garha, Bilaspur (Chhattisgarh)
19 to 30-7-2026 Dhamma Lakkhana, Lucknow (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 Nāgajuna-II Nagarjun Sagar (Telan.)
28-11 to 19-12-2026 Dhamma Sarovara, Dhule
10 to 31-12-2026 Dhamma Pātiputta Patna (Bihar)
22-12-26 to 12-1-2027 Dhamma Kota, Rajkot (Guj.)

30-day

24-10 to 24-11-2025 Dhamma Nāgajuna-II Nagarjun Sagar (Telan.)
24-10 to 24-11-2025 Dhammapala, Bhopal (M.P.)
25-10 to 25-11-2025 Dhamma Cakka, Sarnath (U.P.)
9-11 to 10-12-2025 Dhamma Tapovana-2, 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
31-12-25 to 31-1-2026 Dhamma Kota, Rajkot (Guj.)
16-1 to 16-2-2026 Dhamma Paphulla, 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 Pathāna, Sonapat, (Haryana)
21-2 to 24-3-2026 Dhamma Tapovana-II, Igatpuri
18-4 to 19-5-2026 Dhamma Pathāna, Sonapat, (Haryana)
25-4 to 26-5-2026 Dhamma Nāgajuna-II Nagarjun Sagar (Telan.)
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
25-7 to 25-8-2026	Dhamma Kota, Rajkot (Guj.)
5-8 to 6-9-2026	Dhamma Piṭha, Ahmedabad (Gujarat)
9-8 to 9-9-2026	Dhamma Tapovana-I, Igatpuri
11-8 to 11-9-2026	Dhamma Patṭhāna, Sonapat, (Haryana)
7-9 to 8-10-2026	Dhamma Garha, Bilaspur (Chhattisgarh)
2-10 to 2-11-2026	Dhamma Lakkhaṇa, Lucknow (U.P.)
4-10 to 4-11-2026	Dhamma Thali, Jaipur
24-10 to 24-11-2026	Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)
10-11 to 11-12-2026	Dhamma Tapovana-II, Igatpuri
26-11 to 27-12-2026	Dhammārāma, Bhimavaram, W. G. (A.P.)
14-12 to 14-1-2027	Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)
19-1 to 19-2-2027	Dhamma Kota, Rajkot (Guj.)

45-day

24-10 to 9-12-2025	Dhamma Nāgajūna-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 Nāgajūna-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
1-2 to 19-3-2026	Dhamma Patṭhāna, Sonapat, (Haryana)
21-2 to 8-4-2026	Dhamma Tapovana-II, Igatpuri
25-4 to 10-6-2026	Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)
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
25-7 to 9-9-2026	Dhamma Kota, Rajkot (Guj.)
9-8 to 24-9-2026	Dhamma Tapovana-I, Igatpuri
7-10 to 22-11-2026	Dhamma Patṭhāna, Sonapat, (Haryana)
24-10 to 9-12-2026	Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)
13-12 to 28-1-2027 (15 days Anapana)	Dhamma Tapovana-I, Igatpuri
14-12 to 29-1-2027	Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)
19-1 to 6-3-2027	Dhamma Kota, Rajkot (Guj.)

60-day

16-12 to 25-1-2026	Dhamma Tapovana-II, Igatpuri
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

Dhammānanda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). **2025** ▶ **10-day:** (Only for Hindi, Marathi, Students) 8 to 19-11, 13 to 24-12, (Only for Hindi, English, Students) 25-10 to 5-11, 22-11 to 3-12, 27-12 to 7-1-2026. **3-day:** 7 to 10-12, **Contact:** Pune Vipassana Samiti, Email: info@ananda.dhamma.org Tel: (020) 2446-8903, 2446-4243. Tel/Fax: 2446-4243.

Dhamma Puṇṇa, Pune city (Swargate)

Pune Vipassana Samiti, Opp. Nehru Stadium, Behind Swargate Water Works, Near Anand Mangal Karyalaya, Dadawadi, Pune 411002. Email: info@punna.dhamma.org; Tel: (020) 2443-6250, **2025** ▶ **10-day:** (Only for Hindi, English, Students) 2 to 13-11, 7 to 18-12, (Only for Hindi, Marathi, Students) 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, Vajipur Road Aurangabad 431003. 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, 424002. (No admission without confirmation. Dhule – Hendrun Bus is available from Dhule Bus Stand every hour up to 4:30 pm Rickshaw is also available from Panch Kandil Shere Punjab lodge to Tikhi. From Tikhi, rickshaw is available for centre, 1 km away.) **Contact:** Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org **2026** ▶ **10-day:** 3 to 14-1, 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, **#ST:** 8 to 17-2, 16 to 25-6, 15 to 24-9, 10 to 19-12. **3-day:** 30-4 to 3-5, 23 to 26-8, **2-day:** 20 to 22-3. **1-day:** 18-1, 8-3, 5-4, 28-6, 9-8, 15-11. **# Children Course:** 15-5, 16-5, **2026** ▶ **∞ 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 road, Near Bhatevadi, sorgeaon - dongaon road, 4 km. from sorgeaon, Ta. Uttar solapur, Dist: Solapur-413002, **Contact:** 1) Mr. Samrat Patil, Mob. 7620592920, 9011908000, 2) Mr. Bhalkhandra Ukarande, Mob. 9860759866. **1-day:** Every Month second Sunday, 10am to 4 pm **# Children Course:** Every month Fourth Sunday 10am to 4pm.

Dhammalāya, Ratnagiri

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:** 2 to 13-11, 23-11 to 4-12, 7 to 18-12, 21-12 to 1-1-26. **#ST:** 25-11 to 4-12. **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.

Dhamma Sugandha : Bhose (Sangali)

Dhamma Sugandha, Sangli Vipassana Meditation Center, 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) ▶ 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. **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:** (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. **1-day:** 26-10, 9-11, 23-11, 7-12, 21-12. **# Children Course:** (13 to 18 yrs) ▶ 26-10, (8 to 13 yrs) ▶ 7-12. **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, **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 Guruiji, Mob. 9422129229, 8999247556, 2) Mr. Kamlesh Chahande, Mob. 9373104305,

Dhamma Malla, Yavatmal

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pinpalgaon, Yavatmal - 445001. **Contact:** 1. Mr. Dhole, Mob. 9422865574, 2. Dr. Bhagat, Mob. 9423432475. **2025** ▶ **10-day:** 25-10 to 5-11, 12 to 23-11, 30-11 to 11-12. **#ST:** 14 to 22-12. **1-day:** 23-11, 28-12. **# 2-day Children Course: (only boys)** ▶ 25 to 27-12, **(Only Girls)** ▶ 29-12 to 31-12. **# Children Course:** 19-10, 5-11.

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. Brahmanand Shahare, Mob. 8698797834, 2) Mr. Hemant Raut, Mob. 9637836487, 3) Mr. Sanjivkumar, Mob. 8888728020.

Pavani (Bhandara): 2025 ▶ **10-day:** 24-10 to 4-11. **1-day:** 23-11. At: Dhammaprabhas Buddhavihari 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** ▶ 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, **#ST: 2026** ▶ 4 to 12-4, 6 to 13-9. **3-day: 2026** ▶ 24 to 26-1, 27 to 30-3. **2-day: 2026** ▶ 20 to 22-2, 2 to 4-10. **1-day: 2025** ▶ 19-10, **2026** ▶ 13-1, 15-2, 15-3, 12-4, 1-5, 26-7, 23-8, 13-9. **# Children Course: 2025** ▶ (10 to 16 yrs) ▶ 26-10, 23-11, 6-12, 28-12, **2026** ▶ 19-4, 26-4, 10-5, 17-5, 24-5, 7-6, 14-6. **Group Sitting:** 2025/26 ▶ Daily 8 am to 9 am and 6 pm to 7 pm. **CCT Workshop: 2026** ▶ 18 to 19-7. **Trustees' and Dhamma Servers' Workshop: 2026** ▶ 18 to 19-7. **Special 10-day: 2026** ▶ 4 to 15-2. **∞ Long Courses: 20-day: 2026** ▶ 20-6 to 15-7. **Contact:** Choureji, 9890441071, Harishachandra: 9421711409, Deshbhrtar: 9423185322, 7588749108.

Dhamma Niranjana, Nanded

Vipassana Centre, New Danki, Near Godavari River, **Contact:** 1) Mr. Dahivele, Mob. 94231-48636, 2) Mr. Bhawe, Mob. 9421572499, **2025** ▶ **10-day:** (Only male) ▶ 12 to 23-11, 9 to 20-12, (only Female) ▶ 25-10 to 5-11, 26-11 to 7-12. **2-day:** 7 to 9-11. **1-day:** 23-11, 7-12, 28-12. **# 2-Day Children Course: (Boys)** ▶ 22 to 24-12, (Girls) ▶ 29 to 31-12. **1-day Children Course:** 19-10.

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, Khaperkedha 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.

10-day: 2025 ▶ 5 to 16-11, 19 to 30-11, 3 to 14-12, 17 to 28-12. **2026** ▶ 7 to 18-1, 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, **#ST: 2025** ▶ 25-10 to 2-11. **2026** ▶ 21 to 29-1, 15 to 23-8. **3-day: 2026** ▶ 1 to 4-1, 28-4 to 1-5, 24 to 27-6, 23 to 26-9. **Teenagers' Course: (Girls)2026** ▶ 6 to 14-5. **(Boys)2026** ▶ 15 to 24-5. **1-day: 2025** ▶ 30-11, 28-12, **2026** ▶ 30-1, 15-3, 29-3, 3-5, 7-6, 28-6, 12-7, 26-7, 6-9, **# Children Course: 2025** ▶ 16-11, 14-12, **2026** ▶ 18-1,

26-4, 24-5, 9-8, **∞ Gratitude Course: 2026** ▶ 2 to 17-2. **Contact:** 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970.

Dhamma Manjusa, Bargaon Manju, Akola

Dhamma Manjusa, Vipassana Centre, near Machhi Talav, Bargaon Manju, Dist. Akola, Maharashtra. Email: dhammamamjusha5@gmail.com **Contact:** 9404752533, 9922331988, **2025** ▶ **10-day:** (male/female) ▶ 29-10 to 9-11, 12 to 23-11, 26-11 to 7-12, 10 to 21-12. **3-day:** (male/female) ▶ 25 to 28-12. **1-day:** (male/female) ▶ 9-11, 21-12. **# Children Course: (Boys/Girls)** ▶ 23-11.

Dhamma Amrāvati, Lumbini, Mogara

Vipassana Kendra, Vipassana Samiti, Lumbini, At Mogara, Post-Bhankheda, Tal-Dist. Amravati. **Contact:** 1) Mr. Ranjan Waghmare, Mob. 9766395335, 2) Mr. Rahul Tantrapale, Mob. 9096277299, 3) Mr. Kishor Deshmukh, Mob. 93705-85203, <https://schedule.vridhamma.org/courses/amravati>, Email: dhammaamravati2020@gmail.com, **10-day: 2025** ▶ **10 to 21-12, 2026** ▶ 21-1 to 1-2, 18-2 to 1-3, 11 to 22-3, (Female only 18 to 29-7), (Male only 19 to 30-8), 16 to 27-9, **#ST: 2025** ▶ 26-12 to 3-1-2026, **2026** ▶ 17 to 25-4, **3-day: 2026** ▶ 29-4 to 2-5, **2-day: 2026** ▶ 15 to 17-1. **1-day: 2026** ▶ 4-1, 1-2, 11-3, 22-3, 21-6, 29-7, 30-8, 27-9. **Teenagers' Course: (Boys)** ▶ **2025** ▶ 19 to 27-11. **2026** ▶ 13 to 21-6. **(Girls): 2025** ▶ 30-11 to 8-12. **2026** ▶ 1 to 9-6. **# Children Course: 2026** ▶ 11-3. **Dhamma Servers Workshop: 2025** ▶ 25-10. **Dhamma Sammelan: 2025** ▶ 26-10, **2026** ▶ 26-5. **Maintenance Period: 2026** ▶ 15 to 18-5.

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

Malkapur (Akola): 2025 ▶ **10-day:** (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 Aathavle Mob. 9404092468, 9112463416.

Patur (Akola): Vipassana Sadhana Prasara Kendra Shirla, Patur, Dist-Akola, 444501, **2025** ▶ **10-day:** (Female only) ▶ 6 to 17-11, (Male only) ▶ 10 to 21-12. **#ST:** (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, Umalgao, Tal. Dist. Jalgaon-425001, Tel: (0257) 2229497, 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.

Ballrapur (Chandrapur): 10-day: 2025 ▶ 5 to 16-11, 24-11 to 5-12, 17 to 28-12, **1-day: 2025** ▶ 16-11, **# 2-day Children Course:** (Boys only 10 to 15 yr) **2025** ▶ 24 to 26-10, (only Girls 10 to 15 yr) **2025** ▶ 27 to 29-10. **Place:** Anupam Charitable Trust, Yenbodi Po. Kothari Tal. Ballrapur, Dist. Chandrapur - 442701, **Contact:** 1) shri Vasant Dhoke, 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. 9421171198. Email: dhammapadesha@gmail.com Email: vipassana.01mahad@gmail.com **2025** ▶ **10-day:** (Male Hindi, Marathi, speaking Students) ▶ 16 to 27-11, (Female Hindi, Marathi, speaking Students) ▶ 30-11 to 11-12, (Male Hindi, English, speaking Students) ▶ 2 to 13-11, (Male and Female Hindi, Marathi, speaking Students) ▶ 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:** 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.

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** ▶ 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, **#ST: 2026** ▶ 24-3 to 1-4, 19 to 27-5, 14 to 22-7, 7 to 15-12.

Special 10-day: 2025 ▶ 23-11 to 4-12, **2026** ▶ 5 to 16-4, 14 to 25-6. **2026** ▶ **∞ 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: 2025► 5 to 16-11, 29-11 to 10-12, 17 to 28-12, 31-12 to 11-1-26, 2026► 15 to 26-1, 20 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. #ST: 2025► 18 to 26-11, 2026► 31-1 to 8-2, 29-8 to 6-9. 3-day: 2025► 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.

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► 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 22-7, 17 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, 7 to 18-10, 3-day: 2025► 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, Teenagers' Course: (Boys)► 2025► 9 to 17-12, 2026► 13 to 21-1, 14 to 22-4, 16 to 24-5. 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: 2026► 24-5.

Dhamma Pushkar, Ajmer, Rajasthan

Vipassana Centre, Near Village Rewat (Kedeli), 23 kms from Ajmer and 9 kms from Pushkar towards Parbatsar. +91-94133-07570. Tel: (145) 2780570. Contact: 1) Ravi Toshniwal, Email: dhammapushkar@gmail.com. Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275, 10-day: 2025► 29-10 to 9-11, 12 to 23-11, 26-11 to 7-12, 10 to 21-12, 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, #ST: 2026► 12 to 20-10. 3-day: 2025► 23 to 26-10.

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

Dhamma Marudhara, Jodhpur, Rajasthan

Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vignyan Satsang Kendra, - Chausani Link Road, Chokha Jodhpur-342009. Mob. 9829007520, 9314727515, 8233013020, Email: info@marudhara.dhamma.org, 2025► 10-day: 25-10 to 5-11, 21-11 to 2-12, 5 to 16-12. #ST: 27-10 to 4-11. Teenagers' Course: (Boys)► 23 to 31-12.

∞ Special 10-day: 7 to 18-11. Contact: 1) Mr. Nemichand Bhandari, Email: dhamma.marudhara@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 Khanna, Mob. 094131-57056, 9887099049, Whatsapp Only) 2025► 10-day: 25-10 to 5-11, 8 to 19-11, 23-11 to 4-12. #ST: 7 to 15-12. Teenagers' Course: (Girls)► 21 to 29-12.

Dhamma Madhuvana, Sri Ganganagar, Rajasthan

Village 7A Choti, Padampura Road, Sri Ganganagar, Rajasthan. Contact: Ram Prakash Singhal, 91-9314510116; Babul Narang, Tel: 91-9414225425, 9413377064. Email: info@madhuvana.dhamma.org, 10-day: 2025► 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. #ST: 2025► 24-10 to 1-11, 26-12 to 3-1-26, 2026► 8 to 16-1, 5 to 13-5, 18 to 26-8, 3-day: 2026► 19 to 22-3, 9 to 12-4, 30-4 to 3-5, 25 to 28-6.

Dhamma Sota, Sohna (Haryana)

Vipassana Sadhana Sansthan, Village Rahaka, Post Sohna, (Near Nimrod Police Post) Ballabgarh-Sohna Road, Dist Gurgaon (12 km from Sohna), Haryana, Mobile: 9812655599, 9812641400. [Buses available from Sohna and Ballabgarh.] 10-day: 2025► 5 to 16-11, 19 to 30-11, 3 to 14-12, 17 to 28-12, 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, 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. Contact: Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Patthana, Sonepat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonepat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapatthana@gmail.com, #ST: 2025► 25-11 to 3-12, 22 to 30-12, 2026► 5 to 13-1, 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, ∞ Special 10-day: 2025► 7 to 18-12, 2026► 18 to 29-6, 8 to 19-12, ∞ Long Course: 20-day: 2026► 23-3 to 13-4, 16-7 to 6-8, 30-day: 2026► 1-2 to 4-3, 18-4 to 19-5, 11-8 to 11-9, 45-day: 2026► 1-2 to 19-3, 7-10 to 22-11, Contact: same as Dhamma Sota

Dhamma Kārunika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjapura Near Government School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: reg.dhammakarunika@gmail.com, Contact: 1) Mr Verma, Mob. 9992006061, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, 10-day: 2025► 22-10 to 2-11, 12 to 23-11, 26-11 to 7-12, 10 to 21-12, 24-12 to 4-1-2026, 2026► 14 to 25-1, 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, #ST: 2026► 28-10 to 5-11, 3-day: 2025► 5 to 8-11. 2026► 8 to 11-1, 7 to 10-5, Teenagers' Course: (Boys)► 2026► 28-5 to 5-6, Teenagers' Course: (Girls)► 2026► 10 to 18-6.

Dhamma Hitakāri, Rohtak (Haryana)

Vipassana Dhyana Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. Contact: 92543-48837, 9416303639. 10-day: 2025► 5 to 16-11, 19 to 30-11, 3 to 14-12, 17 to 28-12. 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, 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: 2025► 23 to 31-10, 2026► 21 to 29-10, 3-day: 2026► 1 to 4-1, 30-4 to 3-5, 30-7 to 2-8.

Dhamma Dhaja, Hoshiarpur (Punjab)

Punjab Vipassana Trust, Village Anandgarh, P. O. Mehlawali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: info@dhaja.dhamma.org, 10-day: 2025► 5 to 16-11, 19 to 30-11, 3 to 14-12, 17 to 28-12, 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, 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, #ST: 2025► 23 to 31-10, 2026► 21 to 29-10, 3-day: 2026► 1 to 4-1, 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) 2025/2026► 10-day: every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's) #ST: 15 to 23-11, 2026► 1 to 9-3, 1 to 9-12. 3-day: 2025► 24 to 27-11, 2026► 10 to 13-12.

Dhamma Laddha, Leh Ladakh (J & K)

Vipassana Meditation Ladakh, Dhamma Laddha, is 8/9 Km from leh, Contact: Mr Lobzang Visuddhi, 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; 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: 2025► 29-10 to 9-11, 12 to 23-11, 26-11 to 7-12, 10 to 21-12, 2026► 14 to 25-1, 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: 2025► 22 to 30-12, 2026► 22-2 to 2-3, 29-8 to 6-9, 22 to 30-12, 3-day: 2025► 6 to 9-3, 2-day: 2025► 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) 296-8525, Mob. 97945-45334, 9453211879. 10-day: 2025► 4 to 15-11, 19 to 30-11, 4 to 15-12, 19 to 30-12. 2026► 4 to 15-1, 19 to 30-1, 19-2 to 2-3, 4 to 15-3, 4 to 15-4, 19 to 30-4, 4 to 15-5, 19 to 30-5, 4 to 15-6, 19 to 30-6, 4 to 15-7, 4 to 15-8, #ST: 2026► 24-3 to 1-4, 19 to 27-9. 2-day: 2025► 15 to 17-11, 15 to 17-12. 2026► 15 to 17-1, 15 to 17-2, 15 to 17-4, 15 to 17-5, 15 to 17-6, 15 to 17-7, #2-day Children Course: (8 to 12 yrs boys, and 8 to 15 yrs Girls) 2025► 31-12-25 to 3-1-26, 2026► 19 to 21-3, 2026► ∞ Gratitude Course: 2 to 17-2, ∞ Special 10-day: 19 to 30-7. 2026► ∞ Long Course: 20-day: 2 to 23-10. 30-day: 2 to 21-11. 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@suvattih.dhamma.org, Tel: (05252) 265-439; Mob. 93358-33375. 2025► 10-day: 2 to 13-12, 2 to 13-1-2026. #ST: 14 to 22-12. # Children Course: 24 to 27-12, 28-12, 31-10. ∞ Long Courses: 45-day: 15-10 to 30-11. Contact: 1. Mob. 094157-51053, 2. Murlil Manohar, Mob. 094150-36896.

Dhamma Cakka, Sarnath (U.P.)

Vipassana Sadhana Kendra, Village Khargipur, Post. Piyari, Chaubeypur, Sarnath, Varanasi. Email: info@cakka.dhamma.org Mob. 09307093485, 09936234823, (for autorickshaw from Sarnath Museum, fare Rs. 100/-), Contact: Mr. Anil Maurya, Mob. 90132-59177, 2025► 10-day: 3 to 14-12, 18 to 29-12. Long Courses: 30-day: 25-10 to 25-11.

Dhamma Kalyāna, Kanpur (U.P.)

Kanpur, International Vipassana Meditation Centre, Dhori, Ghaat, Rooma, Post Salempur Kanpur-209402, (23 Km. from Kanpur Central Rly. Station) Tel. 07388-543795, Mob. 08795460149. Email: dhamma.kalyana@gmail.com, (No admission without confirmation) 2025► 10-day: 20 to 31-10, 5 to 16-11, 5 to 16-12, 20 to 31-12. #ST: 22 to 30-11. 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 Kaya', Vipassana Sadhana Kendra, Village- Dhuria Bhaat, Near Banwari Tola, Tehsil- Kasya, Devriya Road, Dist: Kushinagar-274402, (U.P.) Mob. +919415277542. Email: dhammakaya.vskk@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, 10-day: 2025► 5 to 16-11, 19 to 30-11, 3 to 14-12, 17 to 28-12, 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, 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, #ST: 2025► 23 to 31-10, 2026► 21 to 29-10, 3-day: 2026► 1 to 4-1, 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: 2025► 5 to 16-11, 19 to 30-11, 5 to 16-12, 19 to 30-12, 2026► 5 to 16-1, 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: 2026► 8 to 16-3. 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)

Bodhi Gaya International Vipassana Meditation Centre, Gaya-Dobhi Road (15 km), Near Magadha University, Bodhi 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's).

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

Dhamma Pātīputta 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, 10-Day: 2025► 17 to 28-10, 3 to 14-11, 27-11 to 8-12, 2026► 3 to 14-1, 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: 2025► 17 to 25-11. 2026► 17 to 25-4, 17 to 25-11. 3-day: 2026► 29-3 to 1-4, 29-7 to 1-8. #3-day Children Course: 2026► (Only Girls 12 to 16 yrs) 29-5 to 1-6, (Only Boys 12 to 16 yrs) 29-6 to 2-7, 1-day: 2026► Every sunday. Mini Anapana Meditation: 2026► Every Day.

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

∞ Long Course: 20-day: 2025► 10 to 31-12, 2026► 10 to 31-12.

Dhamma Vesali, Bihar

Dhamma Vesali Vipassana Centre, Vietnam Mahaprajapati Nunnery, Vishwashanti Pagoda Road, Vaishali-844128, Email: info@vaishali.in.dhamma.org; Website: www.vaishali.in.dhamma.org, Contact: 9031012302, 9031012303, 10-day: 2025► 4 to 15-11, 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's and This Time 18-2 to 1-3), #ST: 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► 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.

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

Dhamma Kōṭa, Rajkot (Guj.)

Saurashtra Vipassana Research Centre, At Rangpur, Ta. Padadhari, Jamnagar Road, Rajkot - 360110, Tel. Off. (0281) 2924924, 2924942, Email: info@kota.dhamma.org; Mobile: 7878727240, 93279-23540. City Contact: 1) Keta: 2233666. Mob. 7878727223, 94272-21591. 2) Chandubhai Mehta, Tel: 2587599, Mob. 9428203291. 10-day: 2025► 20 to 31-10, 5 to 16-11, 19 to 30-11, 3 to 14-12, 17 to 28-12, 2026► 1 to 12-1, 15 to 26-1, 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, 28-8 to 9-9. #ST: 2025► 18 to 26-10, 2026► 1 to 9-3, 29-8 to 6-9, 7 to 15-11. Teenagers' Course: (Girls) 2025► 27-10 to 4-11, 2026► 14 to 22-4. (Boys) 2026► 4 to 12-4. 3-day: 2025► 10 to 12-10, 7 to 9-11, 21 to 23-11, 5 to 7-12, 26 to 28-12, 2026► 2 to 5-1, 24 to 26-1, 13 to 15-2, 27-2 to 1-3, 20 to 22-3, 10 to 12-4, 24 to 26-4, 8 to 10-5, 22 to 24-5, 12 to 14-6, 26 to 28-6, 10 to 13-7, Maintenance Period: 2026► 23-3 to 3-4. Special 10-day: 2026► 20 to 31-5.

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

Gujarat 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.

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, # ST: 2025 ▶ 7 to 15-11, 2026 ▶ 15 to 23-7, 2026 ▶ 9 to 12-9. 1-day: 2025 ▶ 29-7, Special 10-day: 2025 ▶ 5 to 16-11, 2026 ▶ 15 to 26-7, ∞ Gratitude Course: 2027 ▶ 2 to 17-2-27.

Maintenance Period: 2026 ▶ 2 to 10-11,

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. 2025 ▶ 10-day: 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, 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, #ST: 2026 ▶ 21-2 to 1-3, 1-day: 2026 ▶ 1-5, ∞ Gratitude Course: 2026 ▶ 2 to 17-2. ∞ Long Courses: 30-day: 2026 ▶ 5-8 to 6-9, Contact: Ms Shashi Todi, Mob. 98240-65668.

Dhamma Ambikā, South Gujarat

Vipassana Dhyana Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 km. away on west of Boriyach tollnaka, at village Vaghalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org Online registration: dhammaambikiasurat@gmail.com, 10-day: 2025 ▶ 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 9-8, 12 to 23-8, 29-8 to 9-9, 14 to 25-9. #ST: 2025 ▶ 3 to 11-12, 3-day: 2026 ▶ 19 to 22-3, 23 to 26-4, 11 to 14-6. Teenagers' Course: (Girls) 2025 ▶ 26 to 3-11, 2026 ▶ 30-4 to 8-5. Teenagers' Course: (Boys) 2025 ▶ 26 to 3-11, 2026 ▶ 18 to 26-5. # Children Course: (Girls) 2026 ▶ 10 to 11-5, (Boys) 2026 ▶ 14 to 15-5. ∞ Long Courses: 30-day: 15-12 to 15-1-2026. 45-day: 15-12-2025 to 30-1-2026. Contact: 1. Vasanthai 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. 10-day: 2025 ▶ 19 to 10-12, 20-12 to 13-11, 16 to 27-11, 30-11 to 11-12, 14 to 25-12, 28-12 to 8-1-26, 2026 ▶ 11 to 22-1, 22-2 to 5-3, 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. #ST: 14 to 22-6. 3-day: 2020 to 23-8. ∞ Gratitude Course: 2 to 17-2.

Dhamma Narmada, Jhagadia, Bharuch Gujarat

Vipassana Kendra, At & Po. Uchedia, Tal. Jhagadia, Dist. Bharuch Gujarat - 393110, Email: info@narmada.dhamma.org, 10-day: 2025 ▶ 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 ▶ 6 to 9-11, 2026 ▶ 8 to 12-1. Contact: Patel: 9824451381, Krishna: 9328170462.)

Dhamma Junagadh, Junagadh Gujarat

Village Patla, Junagadh - Bhesan Road, Tal. Bhesan, Dist: Junagadh - 362031, Phone No. 7016212530, 7016212531, Email: dhammajunagadh21@gmail.com 10-day: 2025 ▶ 19 to 30-10, 23-11 to 3-12, 21-12 to 1-1-26, 2026 ▶ 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.

Dhamma Jalāsaya : Mahuva, Gujarat

Dhamma Jalāsaya, Village, Nikol, Tal. Mahuva, Dist. Bhavnagar, Gujarat-364290, Phon: 95100-83705, 02844-222012, 225363, Email: dhammajalāsaya@gmail.com, 10-day: 2025 ▶ 19 to 30-10, 16 to 27-11, 14 to 25-12, 2026 ▶ 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-दिवसीय: 2026 ▶ 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: 2026 ▶ 31-12-25 to 11-1-2026, 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. #ST: 2026 ▶ 23 to 31-3, 16 to 24-9, 3-day: 2026 ▶ 2 to 5-4. Teenagers' Course: (Boys) 2026 ▶ 20 to 28-5. ∞ Long Courses: 20-day: 2026 ▶ 16-1 to 6-2, 30-day: 2026 ▶ 16-1 to 16-2.

Dhamma Setu, Chennai (Tamil Nadu)

Vipassana Meditation Centre, 533, Pazhan Thandalam Road, Via Thirunermalai 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 ▶ 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. #ST: 2025 ▶ 22 to 30-10, 2026 ▶ 2 to 10-5, 8 to 16-8, 3-day: 2026 ▶ 28-4 to 1-5, 30-7 to 2-8. Teenagers' Course: (Boys) 2026 ▶ 30-8 to 7-9.

Teenagers' Course: (Girls) 2026 ▶ 24-5 to 1-6. 1-day: 2025 ▶ 16-11, 14-12, 2026 ▶ 11-1, 29-3, 26-4, 10-5, 28-6, 26-7. # Children Course: 2025 ▶ 10-11, 28-12, 2026 ▶ 15-3, 12-4, 24-5, 14-6, 12-7. 2026 ▶ Special 10-day: 15 to 16-8. ∞ 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: 2025 ▶ 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.

Dhamma Madhurā, Madurai

Vipassana Meditation Centre, Chettiyapatti gaon, Athur Taluk, P. O. Gandhigram University, Dindigul-624302, Contact: 9442603490, 9442103490, Email: dhammamadhura@gmail.com, 10-day: 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, 10-day: 2026 ▶ 31-12-25 to 11-1, 13 to 24-1, 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), 29-7 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) 2026 ▶ 28-4 to 6-5. (Girls) 2026 ▶ 13 to 21-5. (Megha Course on the occasion of Golden Jubilee: 3-day: 2026 ▶ 27 to 30-1, 2-day: 2026 ▶ 3 to 5-9, 1-day: 2025 ▶ 19-10, 30-11, 28-12, 2026 ▶ 25-1, 29-3, 26-4, 10-5, 26-7, 23-8, 6-9.) ∞ Gratitude Course: 2026 ▶ 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 Andhra Pradesh, and Telangana States. Eligibility: 1-day and 2-day Children's Course, 5th Standard and above or 10 yrs to 18 yrs (8 am to 4pm)

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

Dhamma Nāgajūna-I Nagarjun Sagar (Telangana)

VIMC, Hill Colony, Nagarjun Sagar Dist. Nalgoda 508202, (140.4 km Hyderabad Road), Registration: 9440139329, (8680) 277944, Mobile: 093484-56780, (only 10 km to 5 pm) Email: info@nagajuna.dhamma.org, 10-day: 2025 ▶ 25-10 to 5-11, 11 to 22-11, 26-11 to 7-12, 2026 ▶ 10 to 21-1, 6 to 17-2, 4 to 15-5, 28-5 to 8-6. 3-day: 2026 ▶ 23 to 26-1, 2-day: 2025 ▶ 19 to 21-12, 2026 ▶ 13 to 15-3. Teenagers' Course: (Boys) 2026 ▶ 1 to 9-1, 11 to 19-4, 16 to 24-5, 4 to 12-7, 1 to 9-8, 29-8 to 6-9. (Girls) 2025 ▶ 23 to 31-12, 2026 ▶ 28-3 to 5-4, 25-4 to 3-5, 13 to 21-6, 18 to 26-7, 15 to 23-8, 12 to 20-9, 23 to 31-12. # Children Course: 2026 ▶ 8-6, 22-11. Dhamma Sevak Workshop: 2025 ▶ 19 to 21-10, 11 to 13-12, 2026 ▶ 30-1 to 1-2, 20 to 22-2, 22 to 24-4, 26 to 28-6.

Dhamma Nāgajūna-II Nagarjun Sagar (Telangana)

Contact: VIMC, As above. 10-day: 2026 ▶ 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. #ST: 2026 ▶ 12 to 21-6. # Children Course: 2025 ▶ 19-10, 7-12, 2026 ▶ 8-3, 22-3, 5-4, 19-4, 12-7, 26-7, 9-8, ∞ Gratitude Course: 2 to 17-2-2026.

● Special 10-day: 2026 ▶ 2 to 13-2.

∞ Long Courses: 20-day: 2025 ▶ 24-10 to 14-11, 2026 ▶ 25-4 to 16-5, 24-10 to 14-11. 30-day: 2025 ▶ 24-10 to 24-11, 14-12 to 14-1-27. 45-day: 2025 ▶ 24-10 to 9-12, 14-12 to 29-1-26, 2026 ▶ 25-4 to 10-6.

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-Thanuku Road) Tel: (08816) 236566, 99893-82887, Email: info@rama.dhamma.org, 10-day: 2025 ▶ 23-10 to 31-11, 3 to 14-12, 2026 ▶ 31-12-25 to 11-1, 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, 5 to 16-8. #ST: 2025 ▶ 16 to 24-12, 2026 ▶ 14 to 22-2, 23 to 31-10. 3-day: 2026 ▶ 22 to 25-1, 16 to 19-7, 2-day: 2025 ▶ 26 to 28-12, 2026 ▶ 20 to 22-3. Teenagers' Course: (Boys) 2026 ▶ 9 to 17-5. Dhamma Sevak Workshop: 2026 ▶ 31-7 to 2-8. Maintenance Period: 2026 ▶ 20 to 21-1, 14 to 15-7. ∞ Special 10-day: 2026 ▶ 19 to 30-8. ∞ Long Courses: 20-day: 2025 ▶ 5 to 26-11, 2026 ▶ 15-4 to 6-5. 30-day: 2026 ▶ 26-11 to 27-12.

CENTRAL AND EASTERN INDIA

Dhamma Kānana, Balaghat (M.P.)

Dhamma Kanana Vipassana Centre, Wainganga Tal, Rengatola, P.O. Garra, Balaghat. Tel: (07632). 248145, Mob. 8989845100, 97531-44641, Contact: 1. Mr. Khobragade, Lumbini Nagar, Balaghat. Mob. 94243-36241. 2. Mr. Meshram, Tel: (07632) 239165, Email: dineshmeshram@hotmail.com Mob. 094251-40015, 9753144641, online Application: https://www.dhamma.org/en/schedules/schkanana.

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: 20 to 31-12. 3-day: 13 to 17-12. ● Long Courses: 30-day: 24-10 to 24-11. 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: 15 to 26-11, 7 to 18-12, (Old Student Only 21-12 to 1-1-2026). #ST: 1 to 9-11. 3-day: 25 to 28-10, 28-11 to 1-12. 1-day: 7-12. 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: 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. 10-day: 2025 ▶ 26-10 to 6-11, 7 to 18-11, 2026 ▶ 1 to 12-1, 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. #ST: 2026 ▶ 20 to 28-7. 3-day: 2026 ▶ 20 to 23-2, 3 to 6-9, 26 to 29-11. 1-day: 2026 ▶ 1-5, 29-7. Teenagers' Course: (Girls) 2026 ▶ 2 to 10-5, (Boys): 2025 ▶ 20 to 28-12, 2026 ▶ 17 to 25-5. ∞ Gratitude Course: 2026 ▶ 2 to 17-2.

Special 10-day: 2026 ▶ 17 to 28-6.

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

Dhamma 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: 9926519931, Email: info@guna.dhamma.org. 10-day: 2025 ▶ 29-10 to 9-11, 12 to 23-11, 26-11 to 7-12, 10 to 21-12, 2026 ▶ 3 to 14-1, 21-1 to 1-2, 4 to 15-2, 18-2 to 1-3, 2 to 13-3, 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, #ST: 2025 ▶ 24-12 to 1-1-26, 2026 ▶ 14 to 21-10. 3-day: 2026 ▶ 15 to 18-1, 14 to 17-3.

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: dhammalabajalpur@yahoo.co.in,

Dhamma Ketu, Durg (Chhattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. 10-day: 2025 ▶ 22-10 to 2-11, 5 to 16-9, 19 to 30-11, 3 to 14-12, 17 to 28-12, 2026 ▶ 7 to 18-1, 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. # ST: 2026 ▶ 24-1 to 2-2, 5 to 14-9. 3-day: 2026 ▶ 2 to 5-3. 1-day: 2025 ▶ 21-11, 28-12. 2026 ▶ 4-1, 18-1, 15-2, 8-3, 1-5, 5-7, 19-7. 1-day Children Course: 2025 ▶ 16-11, 14-12, 2026 ▶ 1-3, 5-4, 19-4, 3-5, 24-5. Teenagers' Course: (Boys) 2026 ▶ 10 to 18-6. (Girls) 2026 ▶ 1 to 9-6. Dhamma Sevak Workshop: 2025 ▶ 2-11. 2026 ▶ 1-11. Contact: 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. S.R. Suman, Mob. 9407981618.

Dhammāñāla, Surguja (Chhattisgarh)

Dhammāñāla 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, 10-day: 2025 ▶ 2 to 13-11, 21-12 to 1-1-26, 2026 ▶ 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. 1-day: 2025 ▶ 28-10, 16-11, 14-12, 2026 ▶ 11-1, 22-2, 8-3, 12-5, 14-6, 26-7.

Dhamma Kuti, Singarbhatia, Raipur (Chhattisgarh)

Vipassana Meditation Centre, village Singarbhatia, Tah. Abhanpur, District- Raipur. The Center is located 24 KM from Raipur Railway Station Email: dhammakuti@gmail.com, Contact: 1) Mr Prasad, Mob. 9926342705, 2) Mr. Suresh Bang, Mob. 9425209354, 2025 ▶ 10-day: 2 to 13-11, 7 to 18-12. 1-day: 28-10, 16-11, 21-12. #1-day Children Course: 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) Mohanbhata, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com, Website: www.garh.dhamma.org, 10-day: 2025 ▶ 21-10 to 1-11, 21-11 to 2-12, 2026 ▶ 2 to 13-1, 16 to 27-1, 30-1 to 10-2, 13 to 24-2, 2 to 13-3, 27-3 to 7-4, 17 to 29-4, 5 to 16-6, 19 to 30-6, 10 to 21-7, 24-7 to 4-8, 14 to 25-8. # ST: 2025 ▶ 7 to 16-11, 2026 ▶ 3-day: 2025 ▶ 25 to 28-12. 1-day: 2025 ▶ 2-11, 7-12, 2026 ▶ 15-3, 1-5, 5-7, 1-day Children Course: 2025 ▶ 19-10, 16-11, 28-12, 2026 ▶ 22-3, 12-4. ∞ Long Courses: 20-day: 2026 ▶ 7 to 28-9. 30-day: 2026 ▶ 7-9 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,

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: 2025 ▶

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, #ST: vipassanabrs@gmail.com,