

Schedule of Vipassana Courses

“Vipassana Newsletter” Vol. 35, No. 1, 13 January, 2025.

Regd. No. 49916/90; P. Regn No. NSK/RNP-232/2021-2023 3

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

All courses are conducted by assistant teachers appointed by S. N. Goenka. Please send the application form to the course organisers only after reading the Code of Discipline so that a place may be reserved for you.

One and 3-day Courses and Group Sittings are for old students who have completed a 10-day course with Goenkaji or his authorised assistants.

Satipaṭṭhāna courses: marked #ST end on the evening of the last day and are for students who have completed at least three 10-day courses and are practising regularly for the last one year.

Long Courses: (Please get special application forms from centres)

20-day and Special 10-day course: requires five 10-day courses, one Satipaṭṭhāna course, full-time Dhamma service for at least one ten-day course, daily practice of 2 hours for the past two years, and full commitment to Vipassana.

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

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

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

Gratitude Courses:

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

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

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

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

MAHARASHTRA

Dhamma Giri, Igatpuri

Vipassana International Academy, Dist. Nashik, Igatpuri-422403. Tel: (02553) 244-076, 244-086, 244144, 244440, 8380017307, Whatsapp: 8956297219, 8956297220, (10 am to 5 pm). Email: giri@vridhamma.org, To apply online for ten-day courses: www.dhamma.org/schvia.shtml (No admission without confirmation) 10-day: 15 to 26-1, 29-1 to 9-2, 12 to 23-2, 26-2 to 9-3, 12 to 23-3, 26-3 to 6-4, 23-4 to 4-5, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 18 to 29-6, 2 to 13-7, 16 to 27-7, 30-7 to 10-8, 13 to 24-8, 27-8 to 7-9, 10 to 21-9, 8 to 19-10, 24-12 to 4-1-2026, #ST: 25-9 to 3-10, 3-day: 21 to 24-10, Dhamma server and Trustee Workshop: 4-10, Indian Teacher Meeting: 2025» 11-12, International Teacher Meeting: 12-12, AT Meeting: 13 to 15-12, Trainer's Workshop: 16-12, AT Workshop: 17 to 20-12, ∞ Long Courses: 30-day: 9-11 to 10-12.

Dhamma Giri, Igatpuri, Short Course Area

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

Dhamma Tapovana-1 Igatpuri

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

Dhamma Tapovana-2, Igatpuri

10-day: 28-9 to 9-10, 10-day executive courses: 5 to 16-11, 19 to 30-11, #ST: 4 to 12-4, 3-day: 4 to 7-12, Special 10-day: 16 to 27-4, ∞ Long Courses: 20-day: 9 to 30-5, 12-10 to 2-11, 30-day: 14-2 to 17-3, 6-6 to 7-7, 45-day: 14-2 to 1-4, 6-6 to 22-7, 60-day: 26-7 to 25-9, 16-12-25 to 15-2-2026.

Dhamma Pattana, Gorai, Mumbai

Dhamma Pattana Vipassana centre, Near Essel World, Gorai Creek,

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

Online application: www.dhamma.org/en/schedules/schpattana.shtml. Email: registration_pattana@dhamma.net.in; For all other inquiries, Contact Manager, Email: info@pattana.dhamma.org; Website: www.pattana.dhamma.org

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

Goregaon Vipassana Centre (Under Dhamma Pattana Vipassana Trust)

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

One-day: inside main dome of the Global Vipassana Pagoda Every Day from 11 am to 5 pm. Meditators can benefit from meditating in presence of the Buddha's relics. Contact: Email: info@globalpagoda.org; Tel: 022 50427500 (Board Lines) - Ext. no. 9, Mobile: +91 8291894644. Email: info@globalpagoda.org; (Pl. bring a bottle so you can fill it with drinking water at GVP.)

Mini ānāpāna for Visitors

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

Dhamma 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: 15 to 26-1, 29-1 to 9-2, 12 to 23-2, 19 to 30-3, 2 to 13-4, 16 to 27-4, 30-4 to 11-5, 14 to 25-5, 11 to 22-6, 25-6 to 6-7, 9 to 20-7, 23-7 to 3-8, 6 to 17-8, 3 to 14-9, #ST: 26-2 to 6-3, 3-Day: 10 to 13-3, 22 to 25-8.

Dhamma Vipula: Belapur (New Mumbai)

Belapur Vipassana Centre, Plot No. 91A; Sector 26, Parsik Hill, CBD Belapur; (Parsik Hill, Nearest Railway Station: Seawoods on Harbour line) Navi Mumbai 400 614, Tel: 022-27522277, 27522404/03 (Timing 11 am to 5 pm) Email: dhammavipula@gmail.com, registration only online <http://www.vipula.dhamma.org/> 10-day: #ST: 3-day: 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, 10-day: #ST: ∞ Long Courses: 20-day: 30-day: 45-day: Contact: Mobile: 97730-69978. (12 to 6 pm on weekdays).

Dhamma Saritā, Khadavali (Thane) C. R.

Jeevan Sandhya Mangalya Sansthan, Matoshree Vriddhashram, At: Sorgaon, Post: Padgha, Tal. Bhivandi, Dist. Thane-421101. Email: registration_dhamma.sarita@gmail.com; info@sarita.dhamma.org, Online registration www.sarita.dhamma.org, Contact: Mob. 91-779-83-24659, (Contact: 25008868/25011096/25162505), 10-day: 3-day: 1-day: last day of 10-day course Contact: Mintu Bera, Mob. 9503905086, Office: 77983244659).

Dhamma Nāsikā, Nashik

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

INDIA

Special 10-day Course

21-1 to 1-2-2025 Dhamma Divākara, Mehsana (Guj.)
5 to 16-3-2025 Dhamma Arañña, chaksu, (Rajasthan)
18 to 29-3-2025 Dhamma Cakka, Sarnath (U.P.)
6 to 17-4-2025 Dhamma Thali, Jaipur
16 to 27-4-2025 Dhamma Tapovana-II, Igatpuri
4 to 15-6-2025 Dhamma Koṭa, Rajkot (Guj.)
15 to 26-6-2025 Dhamma Thali, Jaipur

19 to 30-6-2025 Dhamma Arunachala, Tamilnadu
9 to 20-7-2025 Dhammapāla, Bhopal (M.P.)
19 to 30-7-2025 Dhamma Lakkhaṇa, Lucknow (U.P.)
13 to 24-7-2025 Dhamma Paṭṭhāna, Sonapat, (Haryana)
23-7 to 3-8-2025 Dhamma Pīṭha, Ahmedabad (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 Mālavā, Indore (M.P.)
30-8 to 10-9-2025 Dhamma Pubbaja, 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 Paṭṭhāna, Sonapat, (Haryana)

Gratitude Course

2 to 17-2-2025 Dhamma Tapovana-I, Igatpuri
2 to 17-2-2025 Dhamma Pattana, Gorai, Mumbai
2 to 17-2-2025 Dhammālaya, Kolhapur
2 to 17-2-2025 Dhamma Malla, Yavatmal
2 to 17-2-2025 Dhamma Nāga, Nagpur
2 to 17-2-2025 Dhamma Bhandāra, Bhandara
2 to 17-2-2025 Dhamma Nirañjana, Nanded
2 to 17-2-2025 Dhamma Anākula, Akola
2 to 17-2-2025 Dhamma Pubbaja, Churu, Rajasthan
2 to 17-2-2025 Dhamma Marudhara, Jodhpur, Rajasthan
2 to 17-2-2025 Dhamma Divākara, Mehsana (Guj.)
2 to 17-2-2025 Dhamma Pāli, Bhavnagar, Gujarat
2 to 17-2-2025 Dhamma Pātīputta Patna (Bihar)
2 to 17-2-2025 Dhamma Lakkhaṇa, Lucknow (U.P.)
2 to 17-2-2025 Dhamma Mālavā, Indore (M.P.)
2 to 17-2-2025 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)
2 to 17-2-2025 Dhamma Tapovana-I, Igatpuri
2 to 17-2-2025 Dhamma Pīṭha, Ahmedabad (Gujarat)
2 to 17-2-2025 Dhamma Pātīputta Patna (Bihar)
2 to 17-2-2025 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)

Schedule of Long Courses

20-day

2 to 23-2-2025 Dhammālaya, Kolhapur
4 to 25-2-2025 Dhamma Thali, Jaipur
5 to 26-2-2025 Dhamma Setu, Chennai (Tamil Nadu)
16-2 to 9-3-2025 Dhammapāla, Bhopal (M.P.)
21-2 to 14-3-2025 Dhamma Tapovana-I, Igatpuri
7 to 28-3-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
6 to 27-4-2025 Dhamma Paṭṭhāna, Sonapat, (Haryana)
25-4 to 16-5-2025 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)
5 to 26-5-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
9 to 30-5-2025 Dhamma Tapovana-II, Igatpuri
1 to 22-7-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
17-7 to 7-8-2025 Dhamma Pushkar, Ajmer, Rajasthan
28-7 to 18-8-2025 Dhamma Paṭṭhāna, 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.)
8 to 29-9-2025 Dhamma Suvatthī, Sravasti (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 Lakkhaṇa, 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.)
10 to 31-12-2025 Dhamma Pātīputta Patna (Bihar)

30-day

4-2 to 7-3-2025 Dhamma Thali, Jaipur
5-2 to 8-3-2025 Dhamma Setu, Chennai (Tamil Nadu)
14-2 to 17-3-2025 Dhamma Tapovana-II, Igatpuri
15-2 to 18-3-2025 Dhamma Paṭṭhāna, Sonapat, (Haryana)
28-2 to 31-3-2025 Dhamma Suvatthī, Sravasti (U.P.)
7-3 to 7-4-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
25-3 to 25-4-2025 Dhamma Tapovana-I, Igatpuri
25-4 to 26-5-2025 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)
5-5 to 5-6-2025 Dhamma Tapovana-I, Igatpuri
5-5 to 5-6-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
14-5 to 14-6-2025 Dhamma Paṭṭhāna, Sonapat, (Haryana)
6-6 to 7-7-2025 Dhamma Tapovana-II, Igatpuri
1-7 to 1-8-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
4-7 to 4-8-2025 Dhamma Tapovana-I, Igatpuri
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 Patthana, Sonepat, (Haryana)
1-9 to 2-10-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
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 Nagajuna-II Nagarjun Sagar (Telan.)
25-10 to 25-11-2025 Dhamma Cakka, Saranath (U.P.)
9-11 to 10-12-2025 Dhamma Giri, Igatpuri
14-12 to 14-1-2026 Dhamma Nagajuna-II Nagarjun Sagar (Telan.)

45-day

4-2 to 22-3-2025 Dhamma Thali, Jaipur
11-2 to 29-03-2025 Dhamma Bodhi, Bodhgaya, (Bihar)
14-2 to 1-4-2025 Dhamma Tapovana-II, Igatpuri
28-2 to 15-4-2025 Dhamma Suvathi, Sravasti (U.P.)
7-3 to 22-4-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
25-4 to 10-6-2025 Dhamma Nagajuna-II Nagarjun Sagar (Telan.)
5-5 to 20-6-2025 Dhamma Tapovana-I, Igatpuri
5-5 to 20-6-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
6-6 to 22-7-2025 Dhamma Tapovana-II, Igatpuri
10-8 to 25-9-2025 Dhammalaya, 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 Patthana, Sonepat, (Haryana)
15-10 to 30-11-2025 Dhamma Suvathi, Sravasti (U.P.)
24-10 to 9-12-2025 Dhamma Nagajuna-II Nagarjun Sagar (Telan.)
29-10 to 14-12-2025 Dhammapala, Bhopal (M.P.)
6-11 to 22-12-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)
14-12 to 29-1-2026 Dhamma Nagajuna-II Nagarjun Sagar (Telan.)
15-12 to 30-1-2026 Dhamma Tapovana-I, Igatpuri

60-day

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

Dhammananda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). 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, 1-day: Every Month First and Third Saturday 8:30 am to 4:00 pm, Introduction to Vipassana: Every 3rd Saturday of the Month Time: 4 pm to 5:30 pm
Dhamma Ajanta, Aurangabad

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

Dhamma Sarovara, Dhule

Khandesh Vipassana Centre, near Dedargaon Water Purification Centre, Post Tikhi, Dist. Dhule, 424002. (No admission without confirmation. Dhule - Hendrun Bus is available from Dhule Bus Stand every hour up to 4:30 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. Bhalchandra Ukarande, Mob. 9860759866, 1-day: Every month second Sunday, 10am to 4 pm # Children Course: Every month Fourth Sunday 10am to 4 pm

Dhammalaya, Kolhapur

Deccan Vipassana Research Centre, Ramling Road, Aalte Park, Aalte, Tal Hatkangale, Dist. Kolhapur, Pin: 416123. Email: info@alaya.dhamma.org; (No admission without confirmation) Contact: Mob. 97674-13232, 9697933232, 7420943232, 10-day: 19 to 30-1, 2 to 13-3, 16 to 27-3, 30-3 to 10-4, 13 to 24-4, 27-4 to 8-5, 9 to 20-6, 22-6 to 3-7, 6 to 17-7, 20 to 31-7, #ST: 15 to 24-4, 22 to 31-7, 25-11 to 4-12, 3-day: 4 to 7-6, 3 to 6-8, 2-day: 25 to 27-2, 9 to 11-5, 1-day: 12-5, Teenagers' Course: (Boys)» 26-5 to 3-6, (Girls)» 25 to 2-5, # Gratitude Course: 2 to 17-2, # Long Courses: 20-day: 2 to 23-2, 45-day: 10-8 to 25-9, 60-day: 10-8 to 9-10.

Dhamma Sugandha : Bhoose (Sangali)

Dhamma Sugandha, Sangli Vipassana Meditation Center, Gat no 564, Talav road, Near Yellma Temple, Khankar wadi, Bhoose, 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, 10-day: (Hindi Marathi) 19-1 to 30-1, 2-2 to 13-2, 16-2 to 27-2, 2-3 to 13-3, 16-3 to 27-3, 6-4 to 17-4, 20-4 to 1-5, 4-5 to 15-5, 18-5 to 29-5, 1-6, to 12-6, 15-6 to 26-6, 6-7 to 17-7, 20-7 to 31-7, 3-8 to 14-8, 15-8 to 26-8, 7-9 to 18-9, #ST: (Hindi Marathi)» 4-3 to 13-3, 7-10 to 16-10, 3-Day: (Hindi Marathi)» 27-3 to 30-3, 26-6 to 29-6; 28-8 to 31-8; 2-Day: (Hindi Marathi)» 20-11 to 22-11, For One day: https://sugandha.dhamma.org/oneday.php

Dhamma Naga, Nagpur

Nagpur Vipassana Centre, Mahurjhari Village, near Nagpur-Kalmeshwar Road. Contact: Mob. 9370990771, 9423403294, 9403870195, 9422182336, Email: info@naga.dhamma.org (No admission without confirmation) 10-day: 21-1 to 1-2, 19-2 to 2-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 30-4 to 11-5, 4 to 15-6, 18 to 29-6, 16 to 27-7, 30-7 to 10-8, 20 to 31-8, 17 to 28-9, #ST: 1 to 9-7, 3-day: 5 to 8-3, 11 to 14-5, 14 to 17-8, 1-day: 19-1, 1-2, 2-3, 30-3, 13-4, 27-4, 11-5, 12-5, 15-6, 29-6, 10-7, 27-7, 10-8, 31-8, Teenagers' Course: (Girls) 14 to 22-5, (Boys): 24-5 to 1-6, # Children Course: (13 to 18 yrs) 19-1, 13-4, 27-7, (8 to 13 yrs)» 2-3, 15-6, Workshop/Meeting: (only Teacher, Senior Assistant Teachers, New Appointments Assistant Teachers, and Trainee Aats)» 11 to 15-3, Dhamma Servers Workshop: 16-3, # Gratitude Course: 2 to 17-2, # 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, 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. Narmava Guruji, Mob. 9422129229, 8999247556, 2) Mr. Kamlesh Chahande, Mob. 9373104305.

Dhamma Malla, Yavatmal

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pinalgaon, Yavatmal - 445001. Contact: 1. Mr. Gadling, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475, 10-day: 19 to 30-1, 26-2 to 9-3, 19 to 30-3, 2 to 13-4, 18 to 29-4, 17 to 28-5, 16 to 27-6, 16 to 27-7, 15 to 26-8, 7 to 18-9, #ST: 2 to 10-7, 14 to 22-12, 1-day: 30-1, 17-2, 9-3, 13-4, 12-5, 11-6, 10-7, 11-8, 3-day: 13 to 16-3, 31-8 to 3-9, Teenagers' Course: (Girls)» 6 to 14-5, (Boys)» 3 to 11-6, # Children Course: 23-2, 30-3, 1-5, 27-7, 27-8, # Gratitude Course: 2 to 17-2, Special 10-day: 31-7 to 11-8.

Dhammades : Chincholi, Hingoli

Dhammades Vipassana Kendra, Chincholi, Tal-Dist: Hingoli, Contact: Mobile: 9405111373, 9420433905, 9881242487.

Dhamma Gond, Gondia (Ozolata)

Dhamma Gond Vipassana Centre, Gondia Ta and Dist: Gondia - 441601, Contact: 9421796656, 8669038011, 9921395006, 9764835035, Contact: 1) Mr. Brahmanand Shahare, Mob. 8698797834, 2) Mr. Hemant Raut, Mob. 9637836487.

Pavani (Bhandara): 10-day: 5 to 16-2, 16 to 27-8, 24-10 to 4-11, 3-day: 13 to 16-3, 4 to 7-9, 1-day: 2-2, 13-4, 29-6, 23-11, 1-Day Children Course: (10 to 16 yrs) 20-4, 5-10, At: Dhammprabhas Buddhavihar Samiti, Pavani Dist. Bhandara, Contact: 1. Mr. Shende, M. 8999916043, 2. Mr. Bhandkar, M. 99757676636.

Dhamma Bhandara, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) 10-day: 5 to 16-3, 30-3 to 10-4, 25-6 to 6-7, 17 to 28-9, (Old Students 16 to 27-4), #ST: 19 to 27-4, 11 to 19-10, 3-Day: 20 to 23-3, 8 to 11-5, 2-Day: 21 to 23-2, 29 to 31-8, 1-Day: 16-3, 27-4, 6-7, # Children Course: (10 to 16 yrs) 19-1, 24-2, 23-2, 13-4, 27-4, 21-5, 25-5, 1-6, 31-8, 7-9, Group Sitting:» Daily 8 am to 9 am and 6 pm to 7 pm, Meeting: 17-2, CCT Workshop: 24-8, Trustees' and Dhamma Servers' Workshop: 24-8, # Gratitude Course: 2 to 17-2, Special 10-day: 8 to 19-10, # Long Courses: 20-day: 3 to 24-8, Contact: Chourey, 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. Bhave, Mob. 9421572499, 10-day: (Only male)» 15 to 26-1, 5 to 16-3, 2 to 13-4, 30-4 to 11-5, 11 to 22-6, 16 to 27-7, 27-8 to 7-9, (only Female)» 20-2 to 3-3, 19 to 30-3, 16 to 27-4, 25-6 to 6-7, 13 to 24-8, #ST: 12 to 20-9, 3-Day: 24 to 27-9, 2-Day: 6 to 8-6, 11 to 13-7, 1-Day: 26-1, 16-3, 30-3, 13-4, 27-4, 12-5, 22-6, 6-7, 10-7, 27-7, 10-8, 24-8, Teenagers' Course: (Boys)» 27-5 to 4-6, Dhamma Servers Workshop: 17 to 18-5, # Gratitude Course: 2 to 17-2, # Special 10-day: 30-7 to 10-8.

Dhamma Vasudha, Hivra (Wardha)

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

Dhamma Anakula, Akola

Vipassana Sadhana Kendra, Khaperkheha 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: 15 to 26-1, 5 to 16-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 30-4 to 11-5, 11 to 22-6, 16 to 27-7, 30-7 to 10-8, 3 to 14-9, #ST: 19 to 27-2, (Only Monks: 28-6 to 6-7), 23 to 31-8, 3-day: 5 to 8-6, 14 to 17-8, 2-day: 8 to 10-7, 1-day: 30-1, 30-3, 13-4, 11-5, 22-6, 13-7, 10-8, Teenagers' Course: (Boys)» 25-5 to 2-6, (Girls)» 14 to 22-5, # Children Course: 16-3, 27-4, 27-7, # Gratitude Course: 2 to 17-2, Contact: 1) Vipassana Charitable Trust, Sategaon, 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: dhammananjusha5@gmail.com Contact: 9404752533, 9922331988, 10-day: (Only female)» 12 to 23-2, 12 to 23-3, (Only male)» 22-1 to 2-2, 9 to 20-4, (male/female)» 4 to 15-6, 18 to 29-6, 29-6 to 10-7, 23-7 to 3-8, 6 to 17-8, 10 to 21-9, 3-day: (male/female)» 6 to 9-2, 4 to 7-9, #ST: (male/female)» 25-2 to 5-3, 12 to 20-7, 23-9 to 1-10, 1-day: (male/female)» 19-1, 23-2, 6-3, 23-3, 20-4, 12-5, 15-6, 10-7, 3-8, 17-8.

Dhamma Amravati, 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 Deshamukh, Mob. 93705-85203, https://schedule.vridhamma.org/courses/amravati, Email: dhammaamravati2020@gmail.com, 10-day: 12 to 23-2, 19 to 30-3, 16 to 27-7, 20 to 31-8, #ST: 20 to 28-4, 26-12 to 3-1-2026, 3-day: 10 to 13-5, 1-day: 19-1, 23-2, 30-3, 10-7, 27-7, 31-8, Teenagers' Course: (Boys)» 19 to 27-5, (Girls)» 14 to 22-6, Kotamba (Yavatmal): 10-day: (Male and Female) 30-1 to 10-2, 20-4 to 1-5, 18 to 29-5, 15 to 26-6, 13 to 24-7, #ST: 23 to 31-3, 10 to 18-8, Contact: Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001, Mob. 9822896453, 9067788418, 9860328804, 9890429314, 9860674029.

Malkapur (Akola): 10-day: (Only female) 1 to 11-4, 2 to 13-7, 7 to 18-9, (Only male)» 21-2 to 3-3, 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.

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, 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: dhammapadesa@gmail.com Email: vipassana.01mahad@gmail.com 10-day: (Male Hindi, Marathi, speaking Students) 2 to 13-3, 27-4 to 8-5, 15 to 26-6, 27-7 to 7-8, (Female Hindi, Marathi, speaking Students)» 2 to 13-2, 6 to 17-4, 10 to 21-8, (Male Hindi, English, speaking Students)» 19 to 30-1, 16 to 27-3, 14 to 25-5, 29-6 to 10-7, 24-8 to 4-9, (Male and Female Hindi, English, speaking Students)» 16 to 27-2, 1 to 12-6, 13 to 24-7, (Male and Female Hindi, Marathi, speaking Students)» 7 to 18-9, 3-day: (Male and Female Hindi, English, speaking Students)» 1 to 4-4, 20 to 23-4, 2-day: (Male and Female Hindi, English, speaking Students)» 28 to 30-5.

Dhamma Udaka, Dapoli, Ratnagiri,

Vipassana Meditation Centre, Pisai Near Matvan, Ta. Dapoli, Dist-Ratnagiri - 415712, Maharashtra, Office Contact: Mob. 7499420272, Online Application: https://schedule.vridhamma.org/courses/udaka.e.vridhamma.org, Contact: 1) Mr. Nikesh Kasare, Mob. 9699937134, 2) Mr. Chandrakant Bhagwat, Mob. 9545628659, 10-day: (Male and Female)

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: 19 to 30-1, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 1 to 12-6, 15 to 26-6, 29-6 to 10-7, 13 to 24-7, 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, #ST: 25-3 to 2-4, 20 to 28-5, 15 to 23-7, 5 to 13-9, # Special 10-day: 6 to 17-4, 15 to 26-6, 23-11 to 4-12, # Long Courses: 20-day: 4 to 25-2, 15-9 to 6-10, 30-day: 4-2 to 7-3,

15-9 to 16-10, 45-day: 4-2 to 22-3.

Dhamma Arañña : chaksu, (Rajasthan)

Dhamma Arañña Village - Badodiya, Tehsil - Kotkhavada, Chaksu - 303908, 10-day: 15 to 26-1, 15 to 26-2, 18 to 29-3, 3 to 14-4, 16 to 27-4, 7 to 18-5, 21-5 to 1-6, 7 to 18-6, 2 to 13-7, 23-7 to 3-8, 20 to 31-8, 3 to 14-9, #ST: 5 to 13-2, 5 to 13-8, 18 to 26-11, # Children Course: 30-3, 31-3, 3-6, 4-6, Teenagers' Course: (Boys) 21 to 29-6, 3-day: 30-1 to 2-2, 27-2 to 2-3, 1 to 4-5, 17 to 20-7, 14 to 17-8, ∞ Special 10-day: 5 to 16-3.

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: 22-1 to 2-2, 2-5 to 8-3, 9 to 20-3, 23-4 to 4-5, 14 to 25-5, 17 to 28-6, 9 to 20-7, 22-7 to 2-8, 10 to 21-8, 27-8 to 7-9, 3-day: 16 to 19-1, 20 to 23-2, 28 to 31-3, 9 to 12-5, 3 to 6-7, 22 to 25-8, # Children Course: 20 to 26-3, 2 to 3-8, Teenagers' Course: (Boys) 2 to 10-4, 27-5 to 4-6, (Girls) 12 to 20-4, 7 to 15-6.

Dhamma Pushkar, Ajmer, Rajasthan

Vipassana Centre, Near Village Rewat (Kedel), 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. 9829071778, 2) Anil Dhariwal, Mob. 98290-28275, 10-day: 15 to 26-1, 29-1 to 9-2, 12 to 23-2, 26-2 to 9-3, 16 to 27-3, (only for old Students 30-3 to 10-4), 13 to 24-4, 27-4 to 8-5, 21-5 to 1-6, 4 to 15-6, 18 to 29-6, 2 to 13-7, 31-8 to 11-9, #ST: 19 to 27-8, ∞ Long Courses: 20-day: 17-7 to 7-8, 30-day: 17-7 to 17-8.

Dhamma Marudhara, Jodhpur, Rajasthan

Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, - Chaupansi Link Road, Chokha Jodhpur-342009. Mob. 9829007520, 9314727515, 8233013020, Email: info@marudhara.dhamma.org, 10-day: 15 to 26-1, 30-1 to 10-2, 14 to 25-2, 16 to 27-3, 9 to 19-4, 24-4 to 5-5, 4 to 15-6, 18 to 29-6, 3 to 15-7, 18 to 29-7, 17 to 28-8, 31-8 to 11-9, 4 to 15-9, #ST: 3 to 11-3, 19 to 27-8, 27-10 to 4-11, 3-day: 8 to 11-5, 11 to 14-8, Teenagers' Course: (Girls) 29-3 to 6-4, (Boys) 1 to 9-8, # 3-day Children Course: (13 to 16 yrs Girls) 14 to 17-5, (13 to 16 yrs boys) 28-9 to 1-10, ∞ Gratitude Course: 2 to 17-2, ∞ 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 Bhumii 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) 10-day: 15 to 26-1, 2 to 13-3, 16 to 27-3, 30-3 to 10-4, 23-4 to 4-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 16 to 27-8, 13 to 24-9, #ST: 19 to 27-2, 7 to 15-12, 3-day: 28 to 31-1, 7 to 10-5, 10 to 13-8, 1-day: 12-5, Teenagers' Course: (Boys) 12 to 20-4, (Girls) 31-7 to 8-8, # 3-day Children Course: (13 to 16 yrs boys) 13 to 16-5, (13 to 16 yrs Girls) 27 to 30-9, ∞ Gratitude Course: 2 to 17-2, ∞ Special 10-day: 30-8 to 10-9.

Dhamma Madhuvana, Sri Ganganagar, Rajasthan

Village 7A Choti, Padampura Road, Sri Ganganagar, Rajasthan. Contact: Ram Prakash Singhal, 911-9314510116; Babulal Narang, Tel: 91-9414225425, 9413377064. Email: info@madhuvana.dhamma.org, 10-day: 26-1 to 6-2, 9 to 20-2, 22-2 to 5-3, 15 to 26-3, 13 to 24-4, 27-4 to 8-5, 11 to 22-5, 25-5 to 5-6, 8 to 19-6, 6 to 17-7, 20 to 31-7, 2 to 13-8, 23-8 to 3-9, 7 to 18-9, #ST: 2 to 10-4, 21 to 29-6, 3-day: 6 to 9-3, 28 to 31-3, 14 to 17-8.

Dhamma Sota, Sohna (Haryana)

Vipassana Sadhana Sansthan, Village Rahaka, Post Sohna, (Near Nimmod Police Post) Ballabgarh-Sohna Road, Dist Gurgaon (12 km from Sohna), Haryana, Mobile: 9812655599, 9812641400. [Buses available from Sohna and Ballabgarh.] 10-day: 15 to 26-1, 5 to 16-2, 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 18 to 29-6, 2 to 13-7, 16 to 27-7, 6 to 17-8, 20 to 31-8, 3 to 14-9, Contact: Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Patthana, Sonapat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapathana@gmail.com, #ST: 18 to 26-1, 2 to 10-2, 1 to 9-5, 18 to 26-6, 1 to 9-7, ∞ Special 10-day: 13 to 24-7, 7 to 18-12, ∞ Long Course: 20-day: 6 to 27-4, 28-7 to 18-8, 30-day: 15-2 to 18-3, 14-5 to 14-6, 23-8 to 23-9, 45-day: 15-2 to 2-4, 6-10 to 21-11. Contact: same as Dhamma Sota

Dhamma Karunika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjipura Road, Near Government School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: reg.dhammakarunika@gmail.com, Contact: 1) Mr Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, 10-day: 22-1 to 2-2, 12 to 23-2, 26-2 to 9-3, 12 to 23-3, 26-3 to 6-4, 9 to 20-4, 23-4 to 4-5, 14 to 25-5, 25-6 to 6-7, 9

to 20-7, 23-7 to 3-8, 13 to 24-8, 27-8 to 7-9, #ST: 8 to 16-10, 3-day: 5 to 8-2, 7 to 10-5, 6 to 9-8, Teenagers' Course: (Boys) 28-5 to 5-6, (Girls) 11 to 19-6.

Dhamma Hitakari, Rohtak (Haryana)

Vipassana Dhyana Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. Contact: 92543-48837, 9416303639. 10-day: 15 to 26-1, 5 to 16-2, 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 18 to 29-6, 2 to 13-7, 16 to 27-7, 6 to 17-8, 20 to 31-8, 3 to 14-9, #ST: 23 to 31-10, 3-day: 30-1 to 2-2, 1 to 4-5, 31-7 to 3-8, 15 to 18-10.

Dhamma Dhaja, Hoshiarpur (Punjab)

Punjab Vipassana Trust, Village Anandgarh, P. O. Mehlanwali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: info@dhaja.dhamma.org, 10-day: 15 to 26-1, 5 to 16-2, 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 18 to 29-6, 2 to 13-7, 16 to 27-7, 6 to 17-8, 20 to 31-8, 3 to 14-9, 17 to 28-9, #ST: 23 to 31-10, 3-day: 30-1 to 2-2, 1 to 4-5, 31-7 to 3-8.

Dhamma Sikhara, Dharamshala (H.P.)

Himachal Vipassana Kendra, Dharamkot, McLeodganj, Dharamshala-176219, Dist. Kangra. Email: info@sikhara.dhamma.org Tel: 09218514051, 09218414051, (Registration over phone between 4 to 5 pm) 10-day: 2025 every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's) #ST: 20 to 28-3, 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) 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; 10-day: 22-1 to 2-2, 5 to 16-2, 19-2 to 2-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 30-4 to 1-5, 14 to 25-5, 28-5 to 8-6, 11 to 22-6, 25-6 to 6-7, 9 to 20-7, 23-7 to 3-8, 13 to 24-8, 27-8 to 7-9, #ST: 4 to 12-3, 22 to 30-9, 22 to 30-12, 3-day: 5 to 8-8, 4 to 14-10, 7 to 14-10, 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: 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, 19 to 30-8, 4 to 15-9, #ST: 22 to 30-3, 19 to 27-9, 2-Day: 15 to 17-1, 15 to 17-3, 15 to 17-4, 15 to 17-5, 15 to 17-6, 15 to 17-7, 15 to 17-8, # 2-day Children Course: (8 to 12 yrs boys and Girls) 18 to 21-3, ∞ Gratitude Course: 2 to 17-2, Special 10-day: 19 to 30-7, ∞ Long Course: 20-day: 2 to 23-10, 30-day: 2-10 to 2-11, Contact: 1. Sh. R. K. Singh, Mob. 9616744793, 2. Pankaj Jain, Mob. 098391-20032, 3. Mrudula Mukesha, Mob. 94150-10879, 4. Sh. Rajeev Yadav, Mob. 9415136560.

Dhamma Suvatthi, Sravasti (U.P.)

Jetavana Vipassana Meditation Centre, Katra Bypass Road, Opp. Buddha Inter College, Sravasti 271845. Email: info@suvatthi.dhamma.org, Tel: (05252) 265-439; Mob. 93358-33375. 10-day: 17 to 28-1, 2 to 13-2, 15 to 26-2, 17 to 28-4, 2 to 13-5, 15 to 26-5, 2 to 13-6, 17 to 28-6, 2 to 13-7, 17 to 28-7, 2 to 13-8, 15 to 26-8, #ST: 28-8 to 5-9, 14 to 22-12, # Children Course: 27 to 30-5, ∞ Long Courses: 20-day: 8 to 29-9, 30-day: 28-2 to 31-3, 45-day: 28-2 to 15-4, 15-10 to 30-11, Contact: 1. Mob. 094157-51053, 2. Murla 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, 10-day: 18 to 29-1, 3 to 14-2, 1 to 12-3, 3 to 14-4, 18 to 29-4, 18 to 29-5, 3 to 14-6, 18 to 29-6, 3 to 14-7, 18 to 29-7, 3 to 14-9, #ST: 18 to 26-2, 2 to 10-5, 3-day: 10 to 13-1, 28 to 31-8, 1-day: 12-5, Special 10-day: 18 to 29-3, 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, Dhori, Ghaat, Rooma, Post Salempur Kanpur-209402, (23 Km. from Kanpur Central Rly. Station) Tel. 07388-543795, Mob. 08795460149. Email: dhamma.kalyana@gmail.com, (No admission without confirmation) 10-day: 20 to 31-1, 5 to 16-2, 5 to 16-3, 20 to 31-3, 5 to 16-4, 20-4 to 1-5, 2 to 13-5, 13 to 24-5, 5 to 16-6, 20-6 to 1-7, 5 to 16-7, 20 to 31-7, 5 to 16-8, 20 to 31-8, 5 to 16-9, #ST: 22-2 to 2-3, 22 to 30-11, 3-day: 1 to 4-4, 1 to 4-9, Teenagers' Course: (Girls) 24-5 to 1-6, 3-11-day Children Course: (8 to 12 yrs) 1 to 4-6, 1-day: Every month Fourth Sunday. 10

am to 5 pm, Special 10-day: 20-11 to 1-12.

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

'Dhamma Kaya', Vipassana Sadhana Kendra, Village- Dhuria Bhaat, Near Banwari Tola, Tehsil- Kasya, Devriya Road, Dist: Kushinagar-274402, (U.P.) Mob. +919415277542. Email: dhammakaya.vskk@gmail.com; 10-day: Every month 1 to 12 and 16 to 27. Contact: 1. Dr. Vimalakumar Modi, C/o Aarogya Mandir, Gorakhpur-273003, 2. Mob. 9935599453.

Dhamma Sudha, Meerut (U.P.)

Vipassana Centre, Behind Police station, Tower Road, Near Saifpur Gurdwara, Hastinapur, Dist. Meerut- 250404, Office Contact: Tel. 9555515548, 8171490433, 7505414181, 10-day: 15 to 26-1, 5 to 16-2, 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 18 to 29-6, 2 to 13-7, 16 to 27-7, 6 to 17-8, 20 to 31-8, 3 to 14-9, #ST: 23 to 31-10, 3-day: 30-1 to 2-2, 1 to 4-5, 31-7 to 3-8.

Dhamma Licchavi, Muzaffarpur (Bihar)

Dhamma Licchavi Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 7766834500, Email: info@licchavi.dhamma.org 10-day: 19 to 30-1, 5 to 16-2, 19-2 to 2-3, 19 to 30-3, 5 to 16-4, 19 to 30-4, 5 to 16-5, 19 to 30-5, 5 to 16-6, 19 to 30-6, 5 to 16-7, 19 to 30-7, 5 to 16-8, 19 to 30-8, #ST: 3 to 11-3, Contact: V K Goenka, Mob. 7779842059.

Dhamma Upavana, Baracakiya, (Bihar)

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

Dhamma Bodhi, Bodhgaya, (Bihar)

Bodh Gaya International Vipassana Meditation Centre, Gaya-Dobhi Road (15 km), Near Magadha University, Bodh Gaya-824234. Mob. 94716-03531, 9955911556, Email: registration.bodhi@vridhdhamma.org, Website: www.bodhi.dhamma.org, Long course Email: bodhi.longcourse@gmail.com Contact: 99559-11556. 10-day: 2024 1 April 2024 to 31 March 2025, Every Month 1 to 12 and 16 to 27, (except during other course's), #ST: 2025 26-1 to 3-2, ∞ Long Courses: 20-day: 30-day: 45-day: 11-2 to 29-3.

Nalanda (Bihar): 10-day: January to December Every Month 2 to 13, Place: Near Navnalanda 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 Centre, Meditation Block, Buddha Smriti Park, Near Patna Junction, Patna - 800001, Bihar, India, Contact: Mobile: +91 6205978822, E-mail: info@patna.in.dhamma.org, Website: http://www.patliputta.in.dhamma.org, 10-Day: 17 to 28-1, 17 to 28-2, 3 to 14-3, 17 to 28-3, 3 to 14-4, 17 to 28-4, 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, #ST: 29-4 to 7-5, 17 to 25-11, 3-day: 13 to 16-5, 29-8 to 1-9, 3-day Children Course: (Only Girls 12 to 16 yrs) 29-5 to 1-6, (Only Boys 12 to 16 yrs) 29-6 to 2-7, 1-day: Every Sunday, Mini Anapana Meditation: Every Day, # ∞ Gratitude Course: 2 to 17-2-2025, 2026 2 to 17-2-2026, ∞ Long Course: 20-day: 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: 18 to 29-1, 2 to 13-2, 16 to 27-2, 2 to 13-3, 18 to 29-3, 4 to 15-4, 18 to 29-4, 4 to 15-5, 18 to 29-5, 4 to 15-6, 18 to 29-6, 4 to 15-7, 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, #ST: 15 to 23-10.

GUJARAT

Dhamma Sindhu, Mandvi-Kutch (Guj.)

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

Dhamma Kotta, Rajkot (Guj.)

Saurashtra Vipassana Research Centre, At Rangpur, Ta. Padadhari, Jamnagar Road, Rajkot - 360110, Tel. Off. (0281) 2924924, 2924942, Email: info@kotta.dhamma.org; Mobile: 7878727240, 93279-23540. City Contact: 1. Tel: (0281) 2233666. Mob. 7878727223, 94272-21591. 2) Chandubhai Mehta, Tel: 2587599, Mob. 9428203291. 10-Day: 15 to 26-1, 29-1 to 9-2, 12 to 23-2, 26-2 to 9-3, 11 to 22-3, 9 to 20-4, 23-4 to 4-5, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 18 to 29-6, 2 to 13-7, 16 to 27-7, 28-7 to 8-8, 13 to 24-8, 27-8 to 7-9, 10 to 21-9, #ST: 29-3 to 6-4, 27-9 to 5-10, Special 10-day: 4 to 15-6,

∞ Long Courses: 20-day: 10 to 31-8, 30-day: 10-8 to 10-9,

Gujarati 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: upendrapatel@gmail.com, 10-day: 19-2 to 2-3, 12 to 23-3, 26-3 to 6-4, 9 to 20-4, 23-4 to 4-5, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 18 to 29-6, 16 to 27-7, 3 to 14-9, # ST: 21 to 29-1, 30-6 to 8-7, 7 to 15-11, 3-day: 6 to 9-3, 2-day: 11 to 13-7, 1-day: 10-7,

∞ Gratitude Course: 2 to 17-2-2025,

Special 10-day: 21-1 to 1-2, 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. 10-day: 22-1 to 2-2, 5 to 16-2, 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 2 to 13-4, 16 to 27-4, 29-4 to 10-5, 14 to 25-5, 28-5 to 8-6, 11 to 22-6, 25-6 to 6-7, 9 to 20-7, 6 to 17-8, 20 to 31-8, 3 to 14-9, # ST: 20 to 28-9, 2-day: 16 to 18-9, 1-day: 12-5, ∞ Gratitude Course: 2025» 2 to 17-2, Special 10-day: 23-7 to 3-8, Contact: Ms Shashi Todi, Mob. 98240-65668.

Dhamma Ambikā, South Gujarat

Vipassana Dhyana Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 km. away on west of Boriyach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org Online registration: dhammaambikasurat@gmail.com, 10-day: 1 to 12-2-2025, 18-2 to 1-3, 2 to 13-3, 3-day: 13 to 16-2, ∞ Long Courses: 30-day: 45-day: 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: dhammapali5@gmail.com, Contact: Mob. 7878103636, 8866703636, 8866713636, Office: Tel: 0278-2521066, 875856116. 10-Day: 19 to 30-1, 5 to 16-3, 18 to 29-3, 27-4 to 8-5, 11 to 22-5, 25-5 to 5-6, 22-6 to 3-7, 6 to 17-7, 20 to 31-7, 8 to 19-8, 24-8 to 4-9, 7 to 18-9, #ST: 8 to 16-6, 3-day: 26-2 to 1-3, Teenagers' Course: (Girls)» 30-3 to 7-4, (Boys)» 17 to 25-4, Dhamma Sammelan: 2-2, ∞ Gratitude Course: 2 to 17-2-2025.

Dhamma Narmada, Jhagadia, Bharuch Gujarat

Vipassana Kendra, At & Po. Uchedia, Ta. Jhagadia, Dist. Bharuch Gujarat - 393110, Email: info@narmada.dhamma.org, 10-Day: 2024» 18 to 29-12, 2025» 1 to 12-1, 3-day: 2025» 15 to 18-1, 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: 5 to 16-2, 5 to 16-3, 2 to 13-4, 30-4 to 11-5, 14 to 25-5, 28-5 to 8-6, 25-6 to 6-7, 23-7 to 3-8, 13 to 24-8,

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

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: 22-1 to 2-2, 5 to 16-2, 19-2 to 2-3, 5 to 16-3, 26-3 to 6-4, 9 to 20-4, 7 to 18-5, 21-5 to 1-6, 4 to 15-6, 25-6 to 6-7, 9 to 20-7, 23-7 to 3-8, 13 to 24-8, 27-8 to 7-9, #ST: 21 to 29-6, Special 10-day: 19 to 30-6, ● 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, ST:

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 Rd), Registration: 9440139329, (8680) 277944, Mobile: 093484-56780, (only 10 am to 5 pm) Email: info@nagajuna.dhamma.org, 10-day: 6 to 17-2, 4 to 15-5, 28-5 to 8-6, 2-day: 21 to 23-2, 14 to 16-3, Teenagers' Course: (Boys)» 5 to 13-4, 16 to 24-5, 28-6 to 6-7, 26-7 to 3-8, 23 to 31-8, (Girls)» 22 to 30-3, 25-4 to 3-5, 13 to 21-6, 12 to 20-7, 9 to 17-8, Dhamma Sevaka Workshop: 24 to 26-1, 18 to 20-4, 21 to 23-9,

Dhamma Nāgajūna-II Nagarjun Sagar (Telangana)

Contact: VIMC, As above. 10-day: 19-2 to 2-3, 5 to 16-3, 19 to 30-3, 2 to 13-4, 25-6 to 6-7, 9 to 20-7, 23-7 to 3-8, 6 to 17-8, 20 to 31-8, 3 to 14-9, #ST: 12 to 21-6, # Children Course: 2-3, 16-3, 30-3, 13-4, 8-6, 6-7, 20-7, 3-8, 17-8, 31-8, ∞ Gratitude Course: 2 to 17-2-2025, 2026» 2 to 17-2-2026, ∞ Long Courses: 20-day: 25-4 to 16-5, 24-10 to 14-11, 30-day: 25-4 to 26-5, 24-10 to 24-11, 14-12 to 14-1-26, 45-day: 25-4 to 10-6, 24-10 to 9-12, 14-12 to 29-1-26,

Dhammārāma, Bhimavaram, W. G. (A.P.)

Vipassana International Meditation Centre, Village Kumudavalli, Mandal-Pala Koderu, Dist. West Godavari 534 210. (1.5 kms from Bhimavaram, on the Bhimavaram-Thanku Road) Tel: (08816) 236566, 99893-82887, Email: info@rama.dhamma.org, 10-day: 29-1 to 9-2, 5 to 16-3, 2 to 13-4, 1 to 12-5, 15 to 26-5, 4 to 15-6, 2 to 13-7, 23-7 to 3-8, 3 to 14-9, #ST: 12 to 20-2, 16 to 24-12, 3-day: 23 to 26-1, 17 to 20-7, 2-day: 21 to 23-3, 1-day: every month Second Sunday, Workshop: 18 to 20-4, 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, Lumpini Nagar, Balaghat, Mob. 94243-36241. 2. Mr. Meshram, Tel: (07632) 239165, Email: dineshmeshram@hotmail.com Mob. 094251-40015, 9753144641, online Application: https://www.dhamma.org/en/schedules/schkanana. 10-day:

Dhammapāla, Bhopal (M.P.)

Vipassana Centre, Behind Kerwa Dam, Village Daulatpura, Bhopal 462 044. Contact: Mob: 94069-27803, 7024771629, Contact: Prakash Gedam, Mob. 94250-97358, K. R. Jha, Mob. 8319855865, Email: dhammapala.bhopal@gmail.com, Online application: www.pala.dhamma.org, 10-day: 15 to 26-1, 29-1 to 9-2, 12 to 23-3, 26-3 to 6-4, 16 to 27-4, 14 to 25-5, 11 to 22-6, 25-6 to 6-7, 23-7 to 3-8, 20 to 31-8, 3 to 14-9, 17 to 28-9, # ST: 5 to 14-8, 3-day: 11 to 15-2, 9 to 13-4, 1-Day: 9-2, 9-3, 6-4, 12-5, 8-6, 20-7, 3-8, Teenagers' Course: (Girls)» 3 to 11-5, (Boys)» 28-5 to 5-6, # Children Course: 23-3, 27-4, 25-5, 22-6, 6-7, 31-8, Workshop: 16 to 17-8, Special 10-day: 9 to 20-7, ● Long Courses: 20-day: 16-2 to 9-3, 45-day: 29-10 to 14-12,

Dhamma Mālāvā, Indore (M.P.)

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

(0731) 4273313, Mobile: 98931-29888. Email: info@malava.dhamma.org; dhammamalava@gmail.com, 2. Ghokhale. Mob. 9407406620. 10-day: 19 to 30-1, 2 to 13-3, 15 to 26-3, 6 to 17-4, 30-4 to 11-5, 5 to 16-5, 1 to 12-6, 14 to 25-6, 6 to 17-7 to 31-7, 3 to 14-8, 7 to 18-9, #ST: 19 to 27-4, 1 to 9-11, 3-day: 20 to 23-2, 28 to 31-3, 27 to 30-6, 29-8 to 1-9, 2-day: 5 to 6-4, 1-day: 2-3, 12-5, 1-6, 6-7, 3-8, Group Sitting: Except Course Time 9:30 am to 10:30, # Children Course: 11-5, 31-5,

● Gratitude Course: 2 to 17-2,

Special 10-day: 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: 1) Mr. Ishwar, Mob. 7987509207, 2) Mr Adwani, Mob. 9826700116. Contact Office: Vikram Nagar, Mhow road, Ratlam, Mob. 09479785033, 10-day: 19 to 30-1, 2 to 13-2, 16 to 27-3, 13 to 24-4, 27-4 to 8-5, 10 to 21-6, 26-6 to 7-7, 13 to 24-7, 27-7 to 7-8, 23-8 to 3-9, 7 to 18-9, #ST: 17 to 25-2, 11 to 19-8, 3-Day: 6 to 9-3, 6 to 9-4, Teenagers' Course: (Boys)» 25-5 to 2-6, (Girls)» 13 to 21-5, 1-Day: 16-2, 12-5, 10-7,

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

Vipassana Dhamma Guna, Village- Pagara, Dist- Guna, (at 12 kms. Guna-Gwalior Division.) Contact: Shri Virendra Singh Raghuvanshi, Raghuvanshi Kirana Store, Near State bank of India, Ashok Nagar Road, Village - Pagara, Dist: Guna, MP - 473001. Mob: 9425618095, Shri Rajkumar, Raghuvanshi, Mob: 9425311103. Email: info@guna.dhamma.org, 10-day:

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: dhammalababalpur@yahoo.co.in, 10-day: # ST:

Dhamma Ketu, Durg (Chhattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. 10-day: 29-1 to 9-2, 12 to 23-2, 19 to 30-3, 2 to 13-4, 16 to 27-4, 2 to 13-7, 23-7 to 3-8, 13 to 24-8, 27-8 to 7-9, 17 to 28-9, # ST: 17 to 26-1, 1 to 10-10, Teenagers' Course: (Girls)» 4 to 12-6, (Boys)» 16 to 24-6, 3-day: 13 to 16-3, 1-day: 26-1, 9-2, 23-2, 9-3, 13-4, 12-5, 1-6, 29-6, 13-7, 3-8, 10-8, 24-8, # Children Course: 30-3, 27-4, 4-5, 15-6, Contact: 1. Mr. R.P. Saini, Mob. 942544706, 2. Mr. S.R. Suman, Mob. 9407981618,

Dhammāncala, Surguja (Chhattisgarh)

Dhammāncala Vipassana Meditation Centre, Unchdih Via Raghunathpur, Dist. Surguja-497116 (Ambikapur), Email:dhammāncala@gmail.com Contact: 1) Ms. Kiran Sinha, Mob. 9826442968, 2) Mr. Sanjay Agrawal, Mob. 7974355534, 10-day: 19 to 30-1, 16 to 27-3, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 8 to 19-6, 22-6 to 3-7, 19 to 30-9, 3-day: 13 to 16-3, 1-day: 16-2, 9-3, 20-4, 27-7, 24-8, 7-9,

Dhamma Kuti, Singarbhatta, Raipur (Chhattisgarh)

Vipassana Meditation Centre, village Singarbhatta, 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, 10-day: 2 to 13-2, 1 to 12-3, 6 to 17-4, 8 to 19-6, 22-6 to 3-7, 6 to 17-7, 3 to 14-8, 31-8 to 11-9, 28-9 to 9-10, 3-day: 13 to 16-3, 1-day: 19-1, 16-2, 23-2, 20-4, 12-5, 22-6, 29-6, 27-7, 3-8, 24-8, 7-9, # 1-day Children Course: 26-1, 23-3, 27-4, 4-5, 1-6, Dhamma Sevaka Workshop: 31-3,

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: dhammagarha@gmail.com, Website: www.garh.dhamma.org, 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.

Dhamma Bhubaneshwar, Kantabada, (Orissa)

"Dhamma Bhubaneshwar", At. Po. Kantabada, Dist. Khorda, Contact: 1) C. B. Kar, Mobile: 9437131019, 7681096441, 2) Mr. Pradeep Pradhan, Mob. 9439705409, 8093480338, Email: vipassanabbsr@gmail.com,