

Schedule of Vipassana Courses

"Vipassana Newsletter" Vol. 29, No. 7, 16 July, 2019

● Regd. No. 49916/90; P. Regn No. NSK/RNP-232/2018-2020 ③

For worldwide schedule of courses, visit: www.dhamma.org. For schedule of courses including one-day courses and group sittings in India, visit www.vri.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 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.

15-Day Gratitude Course

Previously the Teachers's 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. Meditating so many people at same time will give good atmosphere to each other as Buddha said—**Samaggaṇam Tapo Sukho**. 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 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.

Teenagers' Course: 15 years Completed upto 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, Fax: 244176. (10 am to 5 pm). Email: info@giri.dhamma.org To apply online for ten-day courses: www.dhamma.org/schvia.shtml (No admission without confirmation) **10-day** 31-7 to 11-8, 14 to 25-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 13 to 24-11, 1 to 12-1-2020, #ST: 20 to 28-7, 17 to 25-10, **3-day:** 10 to 13-10, 27 to 30-11, **Trustee & Dhamma Servers Workshop:** 26 to 27-10, **International AT Meeting:** 18 to 20-12, **Trainer Workshop:** 25 to 26-12, **AT Workshop:** 21 to 24-12, **Long Course: Special 10-day:** 3 to 14-12, Please register on atmeetingindia@dhamma.net.in with following details: Full Name, Age, Gender, CT/assistant to CT/trustee, Name of Centre and Place: Special Requirement (if any):

Dhamma Tapovana-1 Igatpuri

Long Course: 30-day: 19-7 to 19-8, 8-9 to 9-10, **45-day:** 19-7 to 3-9, 30-12 to 14-2-2020, **60-day:** 17-10 to 17-12,

Dhamma Tapovana-2, Igatpuri

#ST: 28-9 to 6-10, **Long Course: Special 10-day:** 23-10 to 3-11, **30-day:** 6-11 to 7-12, **60-day:** 23-7 to 22-9, 21-12 to 20-2-2020,

Dhamma Pattana, Gorai, Mumbai

Dhamma Pattana Vipassana centre, Near Essel World, Gorai Creek, Borivali M(W), Mumbai 400091, Tel: (022) 62427518, Website: www.pattana.dhamma.org **10-day executive courses:** 31-7 to 11-8, 21-8 to 1-9, 4 to 15-9, 17 to 28-9, 2 to 13-10, 15 to 26-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 25-12 to 5-1-2020, **3-day:** 15 to 18-8, 10 to 13-

12, 19 to 22-12, **1-Day Mega course:** 29-9-2019, 12-1-2020 **15-Day Gratitude Course:** 2-2 to 17-2-2020,

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 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.

One-day: inside main dome of the Global Vipassana Pagoda every Sunday from 11 am to 5 pm. Meditators can benefit from meditating in presence of the Buddha's relics. **Contact:** Tel: 022-28452235, Email: info@globalpagoda.org; (Pl. bring bottle so you can fill it with drinking water at GVP.)

Mini ānāpāna for Visitors

Mini ānāpāna Training Sessions, Hindi/Eng each of about 15-20 minutes duration 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)

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:** 24-7 to 4-8, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 25-12-2019 to 5-1-2020, 6 to 17-1, #ST: 18 to 26-10, **3-day:** 17 to 20-7, 8 to 11-8, 14 to 17-8, 5 to 8-9, 11 to 14-9, 3 to 6-10, 9 to 12-10, 31-10 to 3-11, 6 to 9-11, 28-11 to 1-12, 4 to 7-12, ③ **Children Course:** 21-7, 18-8, 29-9, 13-10, 24-11, 8-12, **15-Day Gratitude Course:** 18-1 to 2-2, **Dhamma Servers Workshop:** 27-10, **1-day:** Every Sunday, **Group Sitting:** Daily (any time) 9 am to 9 pm,

Dhamma Vahini: 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:** 27-7 to 7-8, 10 to 21-8, 24-8 to 4-9, 7 to 18-9, 21-9 to 2-10, 5 to 16-10, 19 to 30-10, 2 to 13-11, 16 to 27-11, **Long Course: 20-day:** 30-11 to 21-12, **30-day:** 30-11 to 31-12, **Contact:** Mobile: 97730-69978. (12 to 6 pm on weekdays).

Dhamma Sarita, 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, 779-8325086. **10-day:** 24-7 to 4-8, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 2 to 13-10, 16 to 27-10, 9 to 20-11, 23-11 to 4-12, 6 to 17-12, #ST: 21 to 29-9, **Teenagers' Course:** (Girls) 29-10 to 6-11, (Boys) 24-12 to 1-1-2020, **Contact:** 25098868/25011096/25162505

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 **10-day:** (only female) 7 to 18-9, 9 to 20-10, 30-11 to 11-12, (only Male) 19 to 30-7, 23-8 to 3-9, 23-9 to 4-10, 12 to 23-11, **10-day:** (Male and Female old Students) 8 to 29-12, #ST: (Male and Female) 10 to 18-8, 26-10 to 3-11,

SCHEDULE OF LONG COURSES

INDIA AND NEPAL

Special 10-day Course

19 to 30-7-2019 *Dhamma Lakkhaṇa, (U.P.)*
1 to 12-8-2019 *Dhamma Ajaya, Chandrapur*
14 to 25-8-2019 *Dhamma Nāga, Nagpur*
22-8 to 2-9-2019 *Dhamma Pushkar, Rajasthan*
17 to 28-9-2019 *Dhammārāma, Bhimavaram (A.P.)*
6 to 17-10-2019 *Dhamma Bodhi, (Bihar)*
12 to 23-10-19 *Dhamma Pubbaja, Churu, Rajasthan*
15 to 26-10-2019 *Dhamma Setu, Chennai (T.N.)*
23-10 to 3-11-2019 *Dhamma Tapovan-2, Igatpuri*
3 to 14-11-2019 *Dhamma Utkal, (Orissa)*
20-11 to 1-12-19 *Dhamma Kalyana, Kanpur (U.P.)*
27-11 to 8-12-2019 *Dhamma Sindhu, Kutch (Guj.)*
1 to 12-12-2019 *Dhamma Ketu, (Chattisgarh)*

3 to 14-12-19 *Dhamma Giri, Igatpuri*
20 to 31-12-2019 *Dhamma Paṭṭhāna, (Haryana)*
12 to 23-2-20 *Dhamma Divākara, Mehsana (Guj.)*
19 to 30-4-2020 *Dhamma Thali, Jaipur*
3 to 14-6-2020 *Dhamma Khetta, Hyderabad*
14 to 25-6-2020 *Dhamma Thali, Jaipur*
11 to 22-8-2020 *Dhamma Pushkar, Rajasthan*

15-Day Gratitude Course

18-1 to 2-2-2020 *Dhamma Vipula: Belapur (New Mumbai)*
2-2 to 17-2-2020 *Dhamma Pattana, Gorai, Mumbai*

20-day

20-7 to 10-8-2019 *Dhamma Kānana, Balaghat (M.P.)*
1 to 22-8-2019 *Dhamma Paṭṭhāna, (Haryana)*
5 to 26-8-19 *Dhamma Kalyana, Kanpur (U.P.)*
7 to 28-8-2019 *Dhammālaya, Kolhapur*
8 to 29-9-2019 *Dhamma Suvatti, Sravasti (U.P.)*
25-9 to 16-10-2019 *Dhamma Sindhu, Kutch (Guj.)*
6 to 27-10-2019 *Dhamma Bodhi, (Bihar)*
31-10 to 21-11-2019 *Dhamma Thali, Jaipur*
3 to 24-11-2019 *Dhamma Cakka, Sarnath (U.P.)*
4 to 25-11-2019 *Dhamma Kondañña, (Telangana)*
15-11 to 6-12-2019 *Dhamma Pushkar, Rajasthan*
30-11 to 21-12-2019 *Dhamma Vahini, Titwala*
4 to 25-12-2019 *Dhamma Lakkhana, (U.P.)*
3 to 24-2-2020 *Dhamma Thali, Jaipur*
4-3 to 25-3-2020 *Dhamma Sindhu, Kutch (Guj.)*
3 to 24-6-2020 *Dhamma Khetta, Hyderabad*
2 to 23-7-2020 *Dhamma Pushkar, Rajasthan*
7 to 28-10-2020 *Dhamma Thali, Jaipur*
17-11 to 8-12-2020 *Dhamma Pushkar, Rajasthan*

30-day

19-7 to 19-8-19 *Dhamma Tapovana-1, Igatpuri*
1-8 to 1-9-2019 *Dhamma Bodhi, (Bihar)*
7-8 to 7-9-2019 *Dhammālaya, Kolhapur*
26-8 to 26-9-2019 *Dhamma Paṭṭhāna, (Haryana)*
8-9 to 9-10-2019 *Dhamma Tapovana-1, Igatpuri*
25-9 to 26-10-2019 *Dhamma Sindhu, Kutch (Guj.)*
31-10 to 1-12-2019 *Dhamma Thali, Jaipur*
6-11 to 7-12-2019 *Dhamma Tapovan-2, Igatpuri*
15-11 to 16-12-2019 *Dhamma Pushkar, Raj.*
30-11 to 31-12-2019 *Dhamma Vahini: Titwala*
12-12-19 to 12-1-20 *Dhammapāla, Bhopal (M.P.)*
17-12-19 to 17-1-20 *Dhamma Ambika, South Gujarat*
3-1 to 3-2-2020 *Dhamma Kānana, Balaghat (M.P.)*
3-2 to 5-3-2020 *Dhamma Thali, Jaipur*
4-3 to 4-4-2020 *Dhamma Sindhu, Kutch (Guj.)*
3-6 to 4-7-2020 *Dhamma Khetta, Hyderabad*
2-7 to 2-8-2020 *Dhamma Pushkar, Rajasthan*
7-10 to 7-11-2020 *Dhamma Thali, Jaipur*
17-11 to 18-12-2020 *Dhamma Pushkar, Rajasthan*

45-day

19-7 to 3-9-19 *Dhamma Tapovana-1, Igatpuri*
15-10 to 30-11-19 *Dhamma Suvatti, Sravasti (U.P.)*
29-10 to 14-12-19 **(15 Day Anapana)**
Dhamma Nāgajūna, Telangana
2-11 to 18-12-2019 *Dhamma Paṭṭhāna, (Haryana)*
17-12-19 to 1-2-20 *Dhamma Ambika, South Gujarat*
22-12-19 to 6-2-20 **(15 Day Anapana)**
Dhamma Nāgajūna, Telangana

30-12 to 14-2-20 *Dhamma Tapovana-1, Igatpuri*
1-1 to 16-2-20 *Dhamma Sindhu, Kutch (Guj.)*
3-2 to 20-3-2020 *Dhamma Thali, Jaipur*
3-6 to 19-7-2020 *Dhamma Khetta, Hyderabad*

60-day

23-7 to 22-9-2019 *Dhamma Tapovan-2, Igatpuri*
17-10 to 17-12-19 *Dhamma Tapovana-1, Igatpuri*
21-12 to 20-2-20 *Dhamma Tapovan-2, Igatpuri*

Dhammānanda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). **10-day:** Only for Hindi, Marathi, Students 10 to 21-8, 14 to 25-9, 12 to 23-10, 9 to 20-11, 14 to 25-12, Only for Hindi, English, Students 27-7 to 7-8, 24-8 to 4-9, 28-9 to 9-10, 23-11 to 4-12, 28-12 to 8-1, #ST: 30-10 to 7-11, **3-day:** 18 to 21-7, 5 to 8-9, 5 to 8-12, **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, **10-day:** Only for Hindi, English, Students 4 to 15-8, 6 to 17-10, 3 to 14-11, 1 to 12-12, Only for Hindi, Marathi, Students 21-7 to 1-8, 18 to 28-8, 15 to 26-9, 17 to 28-11, 15 to 26-12, **3-day:** 5 to 8-9, 17 to 20-10, **1-day:** Every Month Second Thursday and Fourth Sunday 8:30 am to 4:30 pm, **Children Course:** (9 to 18 yrs Every Month first and Third Sunday (8 am to 2:30 pm)

Dhamma Ajantā, Aurangabad

Ajanta International Vipassana Samiti, Gut No 45 Rampuri, Vaijapur Road Aurangabad 431003. Tel: (0240) 2040444, **Contact:** Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org **10-day:** 24-7 to 4-8, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 2 to 13-10, **#ST:** 14 to 22-10,

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), **10-day:** 28-7 to 8-8, 18 to 29-8, 14 to 25-9, 26-9 to 7-10, 13 to 24-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, **#ST:** 4 to 12-9, **2-day:** 11 to 13-8, 1 to 3-11, 29 to 31-12, **Children Course:** 30-10, 31-10, 27-12, 28-12, **Contact:** Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org

Dhammālaya, Kolhapur

Deccan Vipassana Research Centre, Ramling Road, Aalte Park, Aalte, Tal Hatkangale, Dist. Kolhapur, Pin: 416123. Email: info@alaya.dhamma.org; (No admission without confirmation) **Contact:** Mob. 97674-13232, 9697933232, 7420943232, **10-day:** (Hindi/English speaking students only) 13 to 24-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, (Hindi/Marathi speaking students only) 21-7 to 1-8, 15 to 26-9, 29-9 to 10-10, **#ST:** 17 to 25-9, 3 to 11-12, **3-day:** 9 to 12-9, **2-day:** 24 to 26-10, **Dhamma Servers' Workshop:** 27 to 29-12, **Long Courses: 20-day:** 7 to 28-8, **30-day:** 7-8 to 7-9,

Dhamma Sugandha : Bhoose (Sangali)

Sangali Vipassana Meditation Centre, Gat No. 564, Talaaw Road, Near Yallamma Temple, Khambarkwadi, Bhoose - 416420, Ta. Miraj, Dist: Sangali, Email: info@sugandha.dhamma.org, Tel: 9422410436, 9403841943, online registration www.dhamma.org/en/schedules/schsugandha **10-day:** 20 to 31-7, 3 to 14-8, 18 to 29-8, 4 to 15-9, 22-9 to 3-10, 9 to 20-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, **3-day:** 29-8 to 1-9, 26 to 29-12, (1-day: Every first Sunday **Place:** Nishidhi, Malwadi A/P. Bhillavadi, Tal. Palus, Dist. Sangli), [1-day: Every Second Sunday, **Children Course:** (age 8 to 15) 9 am to 3 pm Every Third Sunday, **Place:** Manav Rahat Trust 3rd Floor, Near Civil Hospital, Sangli]

Dhamma Nāga, Nagpur

Nagpur Vipassana Centre, Mahurjhari Village, near Nagpur-Kalmeshwar Road. **Contact:** Mob. 9370990771, 9423403294, 9403870195, 9422182336, Email: info@naga.dhamma.org (No admission without confirmation) **10-day:** 31-7 to 11-8, 28-8 to 8-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, **#ST:** 24-12 to 1-1-2020, **1-day:** 28-7, 11-8, 8-9, 29-9, 6-10, 27-11, 10-11, 24-11, 8-12, 22-12, **AT Workshop:** 11 to 15-9, **Long Courses: Special 10-day:** 14 to 25-8, **Contact:** (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smruti Bhawan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

Dhamma Sugati, Sugatanagar

Vipassana Sadhana Kendra, Sugata Nagar, Nagpur 440 014, **10-day:** 3 to 14-8, 4 to 15-9, 17 to 28-9, (only female) 2 to 13-10, 6 to 17-11, 7 to 18-12, **#ST:** 19 to 27-7, 22 to 30-12, **1-day:** 15-9, 29-9, 6-12, **Children Course 3-day:** (Girls) 29 to 31-10, **Children Course 1-day:** 20-10, 2-12, **Group Sitting:** Daily 5 to 8 am and 6 to 7 pm every Sunday 8 to 9 am. **Contact:** Mob. 9422129229, 9373104305.

Dhamma Malla, Yavatmal

Vipassana Kendra, Dhanshi Nagar, Behind ITI, Pinpalgaon, Yavatmal - 445001. **Contact:** 1. Mr. Gadling, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475. **10-day:** 19 to 30-9, 15 to 26-10, (Bhiksuni and Female 12 to 23-11) **#ST:** 16 to 24-8, **1-day:** 4-8, 15-9, 6-10, 29-12, **Children Course:** 21-7, 1-9, 2-10, 10-11, 22-12, **Mitra Upakram Workshop and 1-Day:** 28-7, **Dhamma Workers and Trustees Workshop:** 3-11,

Kotamba (Yavatmal): 10-day: 21-7 to 1-8, 18 to 29-8, 8 to 19-9, 2 to 13-10, 3 to 14-11, (Only for bhikkhus and bhikkhunis) 8 to 19-12, **1-day:** Every Sunday: 8 am to 3 pm **Children's course:** 28-7, 11-8, 22-9, 20-10, 17-11, 22-12, **Contact:** Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. Mob. 9822896453, 7776964808,

Dhamma Amravati, Lumbini, Mogara,

Vipassana Kendra, Vipassana Samiti, Lumbini, At Mogara, Post- Bhancheda, Tal-Dist. Amravati. **Contact:** 1) Mr. Katave Gurujii, Mob. 9890309738, 2) Mr. Babuji Shirsat, Mob. 8007676033, **10-day:** 1 to 12-8, 11 to 22-9, (Officers and workers 6 to 17-11), **Dhamma Workers Workshop:** 6-10,

Dhamma sammelan: (Only for old Students) 20-10, **#ST:** 8 to 16-12, **1-day:** 12-8, 22-9, 17-11, 16-12,

Kuralpurna (Amravati): 10-day: (Only female) 14 to 25-10, 19 to 30-12, (only male) 14 to 25-11, **Contact:** Mr Bardiya, Mob. 7083896906, 2) Mr Thorat, Mob. 9765873488.

Dhamma Gond, Gondia (Ozatala)

Dhamma Gond Vipassana Centre, Gondia Ta and Dist: Gondia - 441601, **Contact:** 9421796656, 8669038011, 9921395006, 9764835035, **10-day:** 24-7 to 4-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 30 to 10-11, 13 to 24-11, **#ST:** 6 to 14-8, 27-11 to 5-12, **3-day:** 15 to 18-8, 7 to 10-12, **1-day:** 21-7, 15-9, 13-10, 10-11, **Children Course:** 4-8, 1-9, 29-9, 27-10, 24-11, **Children Course 3-day:** (age 12 to 15 Girls) 26 to 29-12, (Boys) 21 to 24-12,

Chitki: (Wardha) 10-day: 14 to 25-10, 13 to 24-11, 13 to 24-12, **Contact:** 1. Shri Khandare, Tel: 07158-284372, Mob. 7264813850, Shri Bhele, Mob. 8888531689,

Tumsar (Bhandara): 10-day: 10 to 21-10, 20-11 to 1-12, 18 to 29-12, **Children Course:** 1-12, 29-12, at Buddhavihar and Welfare Centre, Chulhad, Tal. Tumsar, Dist: Bhandara, Mob. 096236-68240, **Contact:** 1) Meshram, 93706-55332, 3) Mr. Choure, Mob. 09890441071.

Dhamma Bhandar, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) **10-day:** 3 to 14-9, 19 to 30-11, **#ST:** 6 to 14-8, 3 to 11-12, **1-day:** 29-9, 12-11, **Teenagers' Course:** (Girls) 31-10 to 8-11, **Children Course 2-day:** 10 to 16 yrs 8 to 9-11, **Children Course 1-day:** 15-12, 29-12, **Contact:** Saluja, 09423673572, Ramteke, 9422833002, Devendra, 9403239792,

Pavani (Bhandara): 10-day: 14 to 25-8, 29-10 to 8-11, **1-day:** 15-9, 15-12, **At:** Dhamprabhas Buddhavihar Samiti, Pavani Dist. Bhandara, **Contact:** 1. Mr. Bankar, Mob. 90491-21601, 2. Mr Shende, Mob. 9158785160,

Dhamma Awas, Latur

Latur Vipassana Samiti, Vasant Vihar Colony, Near RTO, Babhalgao Road Latur-413531. **Contact:** 1) Sagar Kulkarni. mob. 94054-22948, 84210-79011, 02381-262023, 2) Sudhir Birle mob. 94233-47023, Email: lsvalatur@gmail.com **10-day:** (Only male) 11 to 23-8, 13 to 24-10, 17 to 28-11, (only female) 15 to 26-9, 3 to 14-11, 1 to 12-12,

Dhamma Niranjana, Nanded

Vipassana Centre, New Danki, Near Godavari River, **Contact:** 1) Mr. Dahivele, Mob. 94231-48636, 2) Mr. Bhawe, Mob. 9421572499 **10-day:** 6 to 17-10, Female only), (only for Old Student 20 to 31-7), 1 to 12-9, 10 to 21-11, 1 to 12-12, **#ST:** 3 to 11-8, **1-day:** Every Month fourth Sunday and 29-9, 22-12, 29-12, **3-day Children Course:** (Boys) 1 to 4-11 (Girls) 4 to 7-11, **Children Course:** Every Month Third Sunday Except July and November,

Dhamma Vasudhā, Hivra (Wardha)

Vipassana Centre, Hivara, Post Zadschi, Tal Selu, Dist. Wardha, Email: dhammavasudha@gmail.com **Contact:** 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738. **10-day:** 11 to 22-10, 9 to 20-11, **#ST:** 1 to 9-12,

Dhamma Anākula, Akola

Vipassana Sadhana Kendra, Khaperkehda Phata, Telhara-444108 Dist Akola Email: info@anakula.dhamma.org Mob. 9421156138, 9881204125, 9421833060, **10-day:** 4 to 15-9, 2 to 13-10, 13 to 24-11, 11 to 22-12, (only female) 31-7 to 11-8, 18 to 29-9, 30-10 to 10-11, 27-11 to 8-12, **#ST:** 21 to 21-8, 16 to 24-10, **3-day:** 15 to 18-8, 25 to 28-12, **2-day:** 31-8 to 2-9, **1-day:** 11-8, 29-9, 13-10, 10-11, 8-12, **Children Course:** 28-7, 15-9, 24-11, 22-12, **Contact:** 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125, 2) Mr. Anand, Mob. 9422181970.

Malkapur (Akola): 10-day: (only female) 1 to 12-9, 30-10 to 10-11, at Bhadant Anand Nivas Rajratna Colony, Yavata Road, Malkapur, Akola 444001. **Contact:** 1) Bhadant Anand Mob. 9421837014, 2) Mr. Athavale Mob. 9404092468, 3) Mr. Tayde Mob. 7038629525.

Patur (Akola): Vipassana Sadhana Prasar Kendra Shirla, Patur, Dist- Akola, 444501 **10-day:** (only male) 16 to 27-9, 18 to 28-11, (only female) 17 to 28-8, 15 to 26-10, 16 to 27-12, **1-day:** every month second Sunday, 9 am to 5 pm **3-day Children Course:** (only boys 10 to 16 yrs) 30-10 to 1-11, **Children Course:** (age 10 to 16 yrs) every month third Sunday, 9 am to 5 pm **Contact:** Mob. 7775928290, 9921998803, 7083320495,

Dhamma Jalgaon, Jalgaon

Vipassana Centre, Gat No. 99/1+2, Maitri Hills, Ajintha Road, Umala gaon, Tal. Dist: Jalgaon-425001, Tel: (0257) 2229477, online registration www.jalgaon.dhamma.org, Email: dhammajalgaon@gmail.com, Mob. 9422292161, **Contact:** Mr. Subhasha Talreja, Mob. 75884-36222, 75880-09584. **10-day:** (only male) 4 to 15-8, 1 to 12-9, 6 to 17-10,

3 to 14-11, 1 to 12-12, (only female) 21-7 to 1-8, 18 to 29-8, 15 to 26-9, 17 to 28-11, 15 to 26-12, **2-day:** (only male) 27 to 29-9, (only female) 18 to 20-10, 27 to 29-12, **Contact:** 7588436222, 8421532276.

Dhamma Ajaya, Chandrapur

Vipassana Meditation Centre, At – Ajaypur, Po. – Chichpalli, Mul Road, Chandrapur, Email: dhammaajaya@gmail.com **10-day:** 22-8 to 2-9, 6 to 17-9, 3 to 14-10, 23-10 to 3-11, 18 to 29-11, 7 to 18-12, 25-12 to 5-1, **#ST:** 20 to 28-9, **3-day:** 15 to 18-8, **2-day:** 10 to 12-11, **1-day megha:** 29-9, **1-day:** 20-10, 22-12, **Children Course:** 28-7, 17-11, **Long Course: Special 10-day:** 1 to 12-8, **Contact:** 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 9595313646, 8412957602,

Ballarpur: 10-day: 10 to 21-8, 17 to 28-9, 5 to 16-11, 20 to 31-12, **2-day Children Course:** (Boys 10 to 15 yrs) 12 to 29 to 31-10, (Girls 10 to 15 yrs) 11 to 3-11, **1-day:** 4-8, 29-9, 6-10, 1-12, 1-1, **Place:** AT Yenbodi, Po Kothari, Tal-442701, **Contact:** 1) Mr. Vasant Dhoke, Mob. 09423503514, 07875330276, 2) Mr. Manohar Fulzele, Mob. 08551987943,

Gadchiroli: 10-day: 10 to 21-10, 21-11 to 2-12, **3-day:** 5 to 8-10, **At** Tukum ward, Tal. vadsa, Dist Gadchiroli-441207, **Contact:** 1. Mr. Purushottam Dudhe Mob. 9421734459, 2. Mr. Kailesh Mendhe, Mob. 9309959429,

Mahad: 10-day: (only Male) 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 1 to 12-12, 15 to 26-12, **Place:** Mahad Vipassana, Shivaji Chowk, Koteswari Tale, Mahad-402301, Dist: Raigad, **Contact:** Mob. 7719070022

Goa: 10-day: 11 to 22-8, 1 to 12-12, 2020 12 to 23-1, 8 to 19-3, **At:** Shree Shantadurga Shankhawaleshwari Sansthan Veling Gothan Goa 403404, **Contact:** Mob. 9822139558,

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:** 2019 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 6 to 17-10, 4 to 15-12, 22-12 to 2-1, 2020 5 to 16-1, 19 to 30-1, 22-3 to 2-4, 5 to 16-4, 19 to 30-4, **#ST:** 2019 16 to 24-7, 8 to 16-10, 2020 24-3 to 2-4, **3-day:** 2019 17 to 20-10, **Long Course: Special 10-day:** 2020 19 to 30-4, 14 to 25-6, **20-day:** 2019 31-10 to 21-11, 2020 3 to 24-7, 7 to 28-10, **30-day:** 2019 31-10 to 1-12, 2020 3-2 to 5-3, 7-10 to 7-11, **45-day:** 2020 3-2 to 20-3,

Jaipur: 10-day: (only for Male old Student) 5 to 16-8, **Place:** Village Badodiya, Tehsil Kotkhavada, Chaksu 303908, **Contact:** Mr. Mukesh Jindal, & Jindal Co. Panch Batti, MI Road, Jaipur-302001, **Contact No.** 0141-2177446, 9610401401, Email: info@chaksu.in.dhamma.org **Jamdoli: Place:** Dhamma Nilaya Jaaton kaa Bass Jaisinghpura Khor Jamdoli Jaipur, **Contact:** Mrs Nidhi Mahindroo, Mob. 7042677225, 9828306708

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:** (Female only) 2 to 13-11, (Male only) 16 to 27-11, **3-day:** (Male only) 11 to 14-7, 25 to 28-7, 1 to 4-8, 8 to 11-8, 15 to 18-8, 22 to 25-8, 12 to 15-9, 19 to 22-9, 26 to 29-9, 3 to 6-10, 10 to 13-10, 28-11 to 1-12, 5 to 8-12, 19 to 22-12, (Female only) 18 to 21-7, 5 to 8-9, 12 to 15-12, **Teenagers' Course:** (Boys) 23 to 31-12, **Children Course:** (Boys): 31-8 to 2-9, 21 to 23-10, (Girls) 18 to 20-10,

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. **10-day:** 4 to 15-9, 18 to 29-9, 2 to 13-10, 1 to 12-11, 25-12 to 5-1-2020, 2020 8 to 19-1, 22-1 to 2-2, 4 to 15-2, 27-2 to 9-3, 11 to 22-3, 25-3 to 5-4, **#ST:** 2019 15 to 23-10, 2020 17 to 25-2, **3-day:** 2019 19 to 22-12, **2-day Children Course:** 2019 16 to 18-8, **Long Course: Special 10-day:** 2019 22-8 to 2-9, 2020 11 to 22-8, **20-day:** 2019 15-11 to 6-12, 2020 2 to 23-7, 17-11 to 8-12, **30-day:** 2019 15-11 to 16-12, 2020 2-7 to 2-8, 17-11 to 18-12, **Contact:** 1) Ravi Toshniwal, Email: dhammapushkar@gmail.com Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275,

Dhamma Marudhara, Jodhpur, Rajasthan

Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vignyan Satsang Kendra, -Chausani Link Road, Chokha Jodhpur-342009. Mob. 9823387504, 9829007520, Email: info@marudhara.dhamma.org, **10-day:** 3 to 14-8, 18

to 29-8, 2 to 13-9, 28-9 to 9-10, 14 to 25-10, 30-10 to 10-11, 12 to 23-11, 25-11 to 6-12, 20 to 31-12, **#ST:** 8 to 16-12, **3-day:** 16 to 19-9, **Children Course: 2-day:** 17 to 19-12, **Contact:** 1) Mr. Nemichand Bhandari, Mobile: 93147-27215, Email: dhamma.maroodhara@gmail.com; 2) Mr. Kamal Sarda, Mob. 7023999944,

Dhamma Pubbaja, Churu, Rajasthan

Pubbaj Bhumi Vipassana Trust, Bhali Road, 6Km From Churu (Rajasthan) Mob. 9664481738, Email: dhammapubbaja@gmail.com, info@pubbaja.dhamma.org, **Contact:** 1) Mr. SP Sharma, Mob. 07627049859, 2) Mr. Suresh Khanna, Mob. 094131-57056, **10-day:** 1 to 12-8, 17 to 28-8, 1 to 12-9, 26-9 to 7-10, 29-10 to 9-11, 13 to 24-11, 30-11 to 11-12, **#ST:** 15 to 23-9, **Teenagers' Course:** 23 to 31-12, **3-day:** 8 to 11-9, 27 to 30-12, **Long Course: Special 10-day:** 12 to 23-10,

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:** 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, **Contact:** Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Patthana, Sonapat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapatthana@gmail.com **#ST:** 1 to 9-10, 18 to 26-10, **AT Workshop:** 10 to 13-10, **Long Course: Special 10-day:** 20 to 31-12, **20-day:** 1 to 22-8, **30-day:** 26-8 to 26-9, **45-day:** (15 day Anapan) 2-11 to 18-12, **Contact:** same as Dhamma Sota

Dhamma Karunika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjpora 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:** 24-7 to 4-8, 14 to 25-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12,

Dhamma Hitkari, Rohtak (Haryana)

Vipassana Dhyana Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. **Contact:** 92543-48837, 9416303639. **10-day:** 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12,

Dhamma Dhaja, Hoshiarpur (Punjab)

Punjab Vipassana Trust, Village Anandgarh, P. O. Mehanwali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: info@dhaja.dhamma.org **10-day:** 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, **#ST:** 16 to 24-10, **3-day:** 1 to 4-8, 31-10 to 3-11,

Dhamma Sikhara, Dharamshala (H.P.)

Himachal Vipassana Kendra, Dharamkot, McLeodganj, Dharamshala-176219, Dist. Kangra. Email: info@sikhara.dhamma.org Tel: 09218514051, 09218414051, (Registration over phone between 4 to 5 pm) **10-day:** every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's). **#ST:** 15 to 23-11, **3-day:** 23 to 26-11,

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:** (Female Only) 24-7 to 4-8, 21-8 to 1-9, 11 to 22-9, 25-9 to 6-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, **#ST:** 9 to 17-8, **Group Sitting:** every Sunday from 9 am. **1-day:** every Second Sunday 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:** 31-7 to 11-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, **#ST:** 17 to 25-8, **3-day:** 11 to 14-8, 20 to 23-10, 22-12 to 25-12, **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:** every month, 4 to 15 and 19 to 30, (except during other course's), **#ST:** 19 to 27-10, **3-day:** 28 to 31-10, **2-day:** every month, 15 to 17, (except during other

course's), **3-day Children's course:** (age 13 to 17 boys) 26 to 29-12, (13 to 17 girls) 30-12-19 to 2-1-20, (**1-day:** first Sunday of Every month 9 am to 5 pm, **Contact:** 9794545331, 9335906341)

Long Courses: Special 10-day: 19 to 30-7, **20-day:** 4 to 25-12, **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:** 2 to 13-8, 17 to 28-8, 2 to 13-10, 2 to 13-12, 2 to 13-1-2020, **#ST:** 29-8 to 6-9, 14 to 22-12, **Children Course:** (8 to 12 yrs boys, and 8 to 16 yrs Girls) 24 to 27-12, (12 to 16 yrs only Boys) 28 to 31-12, **Long Courses: 20-day:** 8 to 29-9, **45-day:** 15-10 to 30-11, **Contact:** 1. Mob. 094157-51053, 2. Murli 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/-) **10-day:** 3 to 14-8, 18 to 29-8, 3 to 14-9, 18 to 29-9, 3 to 14-10, 3 to 14-12, 18 to 29-12, **#ST:** 18 to 26-10, **3-day:** 27 to 30-11, **1-day:** 28-7, 25-8, 22-9, 27-10, 24-11, 22-12, **2-Day Children Course:** (only boys) 15 to 16-12-19 (only girls) 30 to 31-12, **Children Course:** 1-9, **Long Courses: 20-day:** 3 to 24-11, **Contact:** Manju Agrawal, Email: manju.ag4@gmail.com. Mob. 09936691000.

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. 08995480149. Email: dhamma.kalyana@gmail.com, (No admission without confirmation) **10-day:** 20 to 31-7, 5 to 16-9, 20-9 to 1-10, 5 to 16-10, 20 to 31-10, 5 to 16-11, 5 to 16-12, 20 to 31-12, **#ST:** 2 to 30-11, **3-day:** 28 to 31-8, **1-day:** Every month Fourth Sunday. 10 am to 5 pm, **Long Courses: Special 10-day:** 20-11 to 1-12, **20-day:** 5 to 26-8,

'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. 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- 250002, **Office Contact:** Tel. 2513997, 2953997, Mob. 9319145240, **10-day:** 24-7 to 4-8, 14 to 25-8, 28-8 to 8-9, 25-9 to 6-10, 9 to 20-10, 27-11 to 8-12, 18 to 29-12, **3-day:** 12 to 15-9, 7 to 10-11, 12 to 15-12,

Dhamma Licchavi, Muzaffarpur (Bihar)

Dhamma Licchavi Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 099311-61290, 8935963703, 9431245971, Email: info@licchavi.dhamma.org **10-day:** every month 5 to 16 and 19 to 30. **Contact:** Rajkumar Goenka, Tel: (0621) 224-0215,

Vaishali: 10-day: every month 4 to 15, and 18 to 29, March to December (except during **#ST**), **#ST:** 4 to 12-11, **Place:** Vietnam Mahaprajapati Nunnery, Vishwashanti Pagoda Road, Vaishali-844128, **Contact:** Rajkumar Goenka, Email: info@vaishali.in.dhamma.org; Tel: (0621) 224-0215, 8935963703, 9431245971,

Dhamma Bodhi, Bodhgaya, (Bihar)

Bodh Gaya International Vipassana Meditation Centre, Gaya-Dobhi Road (15 km), Near Magadha University, Bodh Gaya-824234. Mob. 94716-03531, Email: info@bodhi.dhamma.org **Contact:** 99559-11556. **10-day:** 5 to 16-9, 20-9 to 1-10, 1 to 12-11, 16 to 27-11, 1 to 12-12, **#ST:** 20 to 28-9, **Long Courses: Special 10-day:** 6 to 17-10, **20-day:** 6 to 27-10, **30-day:** 1-8 to 1-9,

Dhamma Upavana, Baracakiya, (Bihar)

Baracakiya - 845412, East Champaran Bihar, **Contact:** 9431245971, 9934430429, 6204814341, Email: dhammaupavan@gmail.com, **10-day:** 1 to 12-8, 1 to 12-9, 1 to 12-10, 1 to 12-11, 1 to 12-12,

Nalanda (Bihar): 10-day: Every Month 2 to 13 **Place:** Near Navnandana 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

Patna: (Bihar): 10-day: Every Month 3 to 14 and 17 to 28, (except May 2019), **Place:** Vipassana Meditation Centre, Buddha Smriti Park, Fraser Road Area, in front of Patna Junction, Patna, Bihar 800001, Tel: (91) 6205978821/22

GUJARAT

Dhamma Sindhu, Mandvi-Kutch (Guj.)

Kutch Vipassana Centre, Bada, Mandvi-Kutch-370475. Mob. 9638577325, Email: info@sindhu.dhamma.org **Contact:** Bhuj: 094274-33534. Gandhidham: 094262-50746. Mandvi: 09974575660. **10-day:** 30-7 to 10-8, 12 to 23-8, 25-8 to 5-9, 8 to 19-9, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, **#ST:** 10 to 18-9, 15 to 23-11, **3-day:** 15 to 18-8, **Long Courses: Special 10-day:** 27-11 to 8-12, **20-day:** 25-9 to 16-10, 4 to 25-3-2020, **30-day:** 25-9 to 26-10, 4-3 to 4-4-2020, **45-day:** 1-1 to 16-2-2020, **Contact:** 7874623305, 9825320551.

Dhamma Kōṭa, Rajkot (Guj.)

Saurashtra Vipassana Kendra, Kotharia Road, 15 km from Rajkot. Tel: Off. (0281) 2924924, 2924942, Email: info@kota.dhamma.org; Mobile: 7878727240, 93279-23540. **10-day:** 24-7 to 4-8, 16 to 27-8, 1 to 12-9, 18 to 29-9, 9 to 20-10, 24-10 to 4-11, 7 to 18-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, **#ST:** 3 to 11-9, **3-day:** 3 to 6-10, **1-day:** 21-7, 29-9, 13-10, **21-7, AT Workshop:** 10 to 13-8, **Dhamma Server Workshop:** 14 to 15-9, **City Contact:** 1. Tel: (0281) 2233666. Mob. 7878727223, 94272-21591. Fax: 222-1384. 2) Chandubhai Mehta, Tel: 2587599, Mob. 9428203291.

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: upendrakpate@gmail.com, **10-day:** 31-7 to 11-8, 14 to 25-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 30-10 to 10-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 1 to 12-1, **Teenagers' Course:** (Girls) 12 to 20-11, **Long Courses: Special 10-day:** 12 to 23-2-2020

Dhamma Piṭha, Ahmedabad (Gujarat)

Gurjar Vipashyana Kendra, (40 km from Ahmedabad Railway Station, 3 km Dholka town), Village Ranoda, Tal. Dholka, Dist. Ahmedabad 387810, Mobile: 89800-01110, 89800-01112, 94264-19397. Tel: (02714) 294690. Email: info@pitha.dhamma.org (Day zero starting day of every course, Bus facility to Centre is Available from Paldi St Bus stand (Ahmedabad) at 2:30 pm. **10-day:** 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 25-10 to 5-11, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, **#ST:** 15 to 23-10, **3-day:** 7 to 10-11, **Contact:** Ms Shashi Todi, Mob. 98240-65668,

Dhamma Ambika, South Gujarat

Vipassana Dhyana Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 k.m. 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:** 21-7 to 1-8, 3 to 14-8, 24-8 to 4-9, 11 to 22-9, 24-9 to 5-10, 13 to 24-10, 1 to 12-11, 15 to 26-11, 3 to 14-12, **3-day:** 15 to 18-8, 5 to 8-9, 7 to 10-10, 28-11 to 1-12, **Long Courses: 30-day:** 17-12 to 17-1-2020, **45-day:** 17-12 to 1-2-2020, **Contact:** 1. Vasantbhai Lad, Mob. 09428160714, 2. Ratanshibhai K Patel, Mob. 098250-44536,

Dhamma Pāli, Bhavnagar, Gujarat

Vipassana Centre, Village Todi, Songadh - Palitana Road, Dist: Bhavnagar, Gujarat Email: dhammapali15@gmail.com, **Contact:** Mob. 7878103636, 8866703636, 8866713636, **Office:** Tel: 0278-2521066, 8758561616. **10-day:** 24-7 to 4-8, 21-8 to 1-9, 4 to 15-9, 25-9 to 6-10, 9 to 20-10, 23-10 to 3-11, 4 to 15-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12,

Dharmaj: 10-day: 13 to 24-9, 5 to 16-11, 13 to 24-12, **3-day:** 10 to 13-8, **1-day:** 8-10, **Contact:** Dharmaj Vipassana Samiti, C/o G. M. Viraktashram Complex, Station Road, Dharmaj 388430. Tel: (02697) 245-460 (Office 9.00 am to 5.00 pm), 1. Mr. Hemantbhai Patel, Mob. 94265-00765. 2. Mr Dipakbhai Mob. 94289-00794. 8200355514. Email: vipassana.dharmaj@gmail.com

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:** 24-7 to 4-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 9 to 20-10, 29-10 to 9-11, 27-11 to 8-12, 11 to 22-12, **#ST:** 12 to 20-11,

Dhamma Setu, Chennai (Tamil Nadu)

Vipassana Meditation Centre, 533, Pazhan Thandalam Road, Via Thiruneermalai Road, Thirumudivakkam, Chennai 600044, **Course Enquiries and Registration:** Tel: 044-65499965, Mob. 94442-80952, 94442-80953, 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:** 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 30-10 to 10-11, 13 to 24-11, 4 to 15-12, 18 to 29-12, **3-day:** 1 to 4-8, 28-11 to 1-12, **Children's courses:** 28-7, 18-8, 15-9, 13-10, 24-11, 29-12, **DhammaSewak Meeting:** 1-9, 10-11, **Long Courses: Special 10-day:** 15 to 26-10,

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:** 14 to 25-8, 18 to 29-9, 2 to 13-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, **#ST:** 31-8 to 8-9, **3-day:** 1 to 4-8, 17 to 20-10,

Dhamma Arunachala, Tiruvannamalai, (T.N.)

Vipassana Meditation Centre, Perumbakkam Village, Tiruvannamalai, Tamilnadu, India, Pincode – 606603, Email: info@arunachala.dhamma.org Phone: +91-9597246178, +91-9884393459, **10-day:** 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 25-9 to 6-10, 23-10 to 3-11, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, **#ST:** 12 to 20-10, **3-day:** 1 to 4-8, 19 to 22-9, 9 to 12-10, **Rajapalayam:** **10-day:** (only Male) 21-11 to 2-12, **Contact:** Aravindh Herbal labs (p) Ltd. 140, Mudangiyar Road, 4th Kilometer, Rajapalayam-626117, Tel: 04563-233308, Email: dhammamadhura@gmail.com,

Dhamma Ketana, Chengannur (Kerala)

Vipassana Meditation Center, Mampra P.O. Kodukulanji (via) Chengannur, Kerala-689508. Email: info@ketana.dhamma.org Tel: (0479) 2351616. **10-day:** 15 to 26, every month and in November 2019 1 to 12, 15 to 26, and January, March 2020 1 to 12, 15 to 26, **3-day:** 9 to 12-8, 4 to 7-10, **2-day:** 29-11 to 1-12, **Children Course:** (10 to 14 yrs) 2-10, (14 to 18 yrs) 27-10, **Contact:** 1. Dr. Gopinath Nair, Mob. 9447287415, 2. Mr Raghunath Karup, Mob. 9495118871,

Dhamma Khetta, Hyderabad (Telangana)

Vipassana International Meditation Centre, (12.6 km) Mile Stone, Nagarjuna Sagar Rd, Kusum Nagar, Vanthapuram Hyderabad-500070. Email: info@khetta.dhamma.org Tel: (040) 2424-0290, 32460762, 09491594247, Fax: 2424-1746, **10-day:** 31-7 to 11-8, 14 to 25-8, 4 to 15-9, 18 to 29-9, 1 to 12-10, 16 to 27-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, **#ST:** 18 to 26-9, **3-day:** 29-8 to 1-9, 28 to 31-10, **2-day:** 12 to 14-10, 1 to 3-11, **1-day:** Every Sunday, **Dhamma Servers Workshop:** 26 to 28-8,

☞ **Long Courses: Special 10-day:** 3 to 14-6-2020, **20-day:** 3 to 24-6-2020, **30-day:** 3-6 to 4-7-2020, **45-day:** 3-6 to 4-7-2020, **1-day Children Course:** Ending day of every **10-day** course. In Andhra Pradesh, and Telangana State: Eligibility: 1-day and 2-day Children's Course, 5th Standard 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 Koṇḍañña, Kondapur (Medak)

(Telangana)

Vipassana International Meditation Centre, Kondapur, Via Sagareddy, Medak 502306. Mobile: 93920-93799, 93983-16155, Email: info@kondanna.dhamma.org, **10-day:** 24-7 to 4-8, 14 to 25-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 22-10 to 2-11, 27-11 to 8-12, 11 to 22-12, 25-12 to 5-1-2020, **2-day:** 9 to 11-8, **One-day:** every Purnima, **Dhamma Servers Workshop:** 8 to 10-11, ☞ **Long Course: 20-day:** 4 to 25-11,

Dhamma Nāgajjuna, Nagarjun Sagar (Telangana)

VIMC, Hill Colony, Nagarjun Sagar Dist. Nalgoda 508202, (140.4 km Hyderabad Road), Registration: 9440139329, (8680) 277944, Mobile: 093484-56780, (only 10 am to 5 pm) Email: info@nagajjuna.dhamma.org **10-day:** 24-7 to 4-8, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, **#ST:** 16 to 24-10, **2-day:** 9 to 11-8, 13 to 15-9, 11 to 13-10, 8 to 10-11, 13 to 15-12, **Teenagers' Course:** (Boys) 29-9 to 7-10, 30-11 to 8-12, (Girls) 21 to 29-12, **DhammaSewak Workshop:** 6 to 8-9, ☞ **Long Courses: 45-day: (15 Day Anapana)** 29-10 to 14-12,

22-12-19 to 6-2-2020.

Dhamma Nijjhāna, Nizamabad (Telangana)

VIMC, Indur, Pocharam (Post), Yedpalli Mandal, Pin-503186, Dist. Nizamabad. Email: info@nijjhana.dhamma.org; 99085-96336, 094415-25115, Email: info@nijjhana.dhamma.org, **10-day:** 31-7 to 11-8, 4 to 15-9, 18 to 29-9, 16 to 27-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, **3-day:** 17 to 20-8, **Teenagers' Course:** (girls) 2 to 10-10, **One-day:** Every Sunday, **DhammaSewak Workshop:** (Those willing to give seva in Andhar Pradesh Centre this year can attend the Workshop) 27 to 29-10,

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:** 7 to 18-8, 4 to 15-9, 10 to 21-10, 6 to 17-11, 1 to 12-12, **#ST:** 15 to 23-12, **11-day:** every month fourth Sunday, **1-day Children Course:** (age 10 to 18, 8 am to 4pm) Ending day of every **10-day** course. ☞ **Long Courses: Special 10-day:** 17 to 28-9,

Dhamma Vijaya, Vijayarai, W. G. (A.P.)

Vipassana Meditation Centre, Post. Vijayarai, Pedavegi Mandalam, Dist. West Godavari, Pin-534475. (Vijayarai Village is 15 kms. from Eluru) Tel: (08812) 225522. Mobile: 94414-49044, 98660-97618. Email: info@vijaya.dhamma.org, **10-day:** 18 to 29-8, 18 to 29-9, 15 to 26-10, 20-11 to 1-12, 18 to 29-12, **#ST:** 2 to 10-11, **1-day Children Course:** (age 10 to 18, 8 am to 4pm) Ending day of every **10-day** course.

CENTRAL AND EASTERN INDIA

Dhamma Kānana, Balaghat (M.P.)

Dhamma Kanana Vipassana Centre, Wainganga Tat, Rengatola, P.O. Garra, Balaghat. Tel: (07632). 248145, Mob. 8989845100, 97531-44641, **Contact:** 1. Mr. Khobragade, Lumbini Nagar, Balaghat. Mob. 94243-36241. 2. Mr. Meshram, Tel: (07632) 239165, Email: dineshmeshram@hotmail.com Mob. 094251-40015, **10-day:** 20 to 31-8, 4 to 15-9, 18 to 29-9, 1 to 12-10, 26-10 to 6-11, 13 to 24-11, 26-11 to 7-12, 10 to 21-12, **#ST:** 16 to 24-10, 22 to 30-12, **2-day:** 10 to 12-8, 26 to 28-10, 10 to 12-11, **1-day:** 29-9, 24-11, 8-12, **Children's course:** 1-9, **Dhamma Servers Workshop:** 15-9, ☞ **Long Course: 20-day:** 20-7 to 10-8, **30-day:** 2020 3-1 to 3-2,

Dhamma Bala, Jabalpur (M.P.)

Vipassana Meditation Centre, Opposite Bhedaghat Thane, (1 km) Bapat Marg, Bhedaghat Jabalpur. **Contact:** Tel: (0761) 2610252. 2. Mr. Mahesh, Mob. 99815-98352. 3. Mr. Saurabh, Mob. 8109937741. **10-day:** 15 to 26-9, 10 to 21-10, 17 to 28-11, 1 to 12-12,

Dhammapāla, Bhopal (M.P.)

Vipassana Centre, Behind Kerwa Dam, Village Daulatpura, Bhopal 462 044. **Contact:** Mob: 94069-27803, **10-day:** 24-7 to 4-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 10-10 to 10-11, 13 to 24-11, (English/Vietnamese speaking students only) 27-11 to 8-12, **#ST:** 6 to 14-8, **3-day:** 16 to 19-8, 22 to 25-10, **1-day:** 21-7, 4-8, 29-9, 10-11, 24-11, **Children Course:** (8 to 12 yrs) 15-9, (13 to 16 yrs) 1-9, **Dhamma Sevak Workshop:** 18 to 20-10, ☞ **Long Course: 30-day:** 12-12-2019 to 12-1-2020, **Contact:** Prakash Gedam, Mob. 94250-97358, Tel: (0755) 2468053, Email: dhammapala.bhopal@gmail.com, Fax: 246-8197. Online application: www.pala.dhamma.org

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:** 22-7 to 2-8, 3 to 4-8, (Only for Old Students 18 to 29-8), 1 to 12-9, 15 to 26-9, 6 to 17-10, 3 to 14-11, 1 to 12-12, 22-12 to 2-1-2020, **#ST:** 16 to 24-11, **3-day:** 14 to 17-8, **2-day:** 19 to 21-7, 18 to 20-10, 13 to 15-12, **1-day:** Every Month First Sunday (8 am to 1:30 pm), **Group Sitting:** Every Sunday (Except First Sunday) 9:30 to 10:30 am **Group Sitting Contact:** Mob. 9425478409, **Dhamma Seva Course:** 7:30am to 5 pm 2-10, **Dhamma Sevak Workshop:** 28-9 7am to 29-9 5 pm,

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. Yogesh, Mob. 8003942663, 2) Mr Adwani, Mob. 9826700116. **10-day:** 11 to 22-8, 8 to 19-9, 6 to 17-10, 17 to 28-11, **#ST:** 8 to 16-12, **Group Sitting:** Every Sunday 8 to 9 am. **Contact Office:** Vikram Nagar, Mhow road, Ratlam, Mob. 09425364956, 09479785033.

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

Vipassana Dhamma Guna, Village- Pagara, Dist- Guna, (at 12 kms. Guna-Gwalior Division.) **10-day:** 21-7 to 1-8, 25-8 to 5-9, 15 to 26-9, 3 to 14-11, **3-day:** 18 to 21-10, **#ST:** 30-11 to 8-12, **1-day:** 29-9, **Contact:** Shri Virendra Singh Raghuvanshi, Raghuvanshi Kirana Store, Near State Bank of India, Ashok Nagar Road, Village – Pagara, Dist: Guna, MP – 473001. Mob: 9425618095, Shri Rajkumar, Raghuvanshi, Mob: 9425131103. Email: info@guna.dhamma.org.

Amla (Betul): 10-day: (only male) 6 to 17-11, (only female) 27-11 to 8-12, **3-day:** 24 to 26-12, **1-day:** 21-7, 18-8, 15-9, 29-9, 20-10, **Children Course:** (8 to 16 yrs) 25-8, 29-9, 27-10, **Place:** Pradnya Bhavan Bhim Nagar, Amla **Contact:** 1) Mr. Hurmade, Mob. 8234025899, 2) Mr Suryavanshi, Mob. 9907887607.

Dhamma Ketu, Durg (Chhattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. **10-day:** 24-7 to 4-8, 17 to 28-8, 31-8 to 11-9, 15 to 26-9, 9 to 20-10, 30-10 to 10-11, 16 to 27-11, 20 to 31-12, **3-day:** 9 to 12-8, **1-day:** 21-7, 4-8, 10-11, 29-9, **Children's course:** 15-9, 20-10, 1-12, 15-12, **Long Course: Special 10-day:** 1 to 12-12, **Contact:** 1. Mr. J.P. Bagde, Mob. 96916-46094, 2. Mr. R.P. Saini, Mob. 9425244706,

Dhamma Garh, Bilaspur (Chhattisgarh)

Vipassana Centre, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbhatta, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com **10-day:** 8 to 19-8, 10 to 21-10, 7 to 18-11, 20 to 31-12, **#ST:** 14 to 22-9, **1-day:** 8-9, **Children's course:** 29-9, 24-11, 15-12, **Contact:** 1. Mr. D.N. Dwivedi, Mob. 9806703919, 2. Mr. S. Meshram, Mob. 98269-60230,

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 Houjse 5th floor, room no-523, 1, old court house corner, kolkata:-700001, Tel: (033) 2230-3686, 2231-1317. **10-day:** 24-7 to 4-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, 25-12 to 5-1, **#ST:** 7 to 14-8, **2/3-day:** 16 to 19-8, **1-day:** 21-7, 4-8, 1-9, 15-9, 29-9, 13-10, 27-10, 10-11, 24-11, 8-12, 22-12, **Children Course:** 4-8, 29-9, 27-10, 24-11, 22-12,

Dhamma Puri, North Tripura (Tripura)

Tripura Vipassana Meditation Centre, P.O. Machmara, Dist. North Tripura, Tripura 799 265. Email: info@puri.dhamma.org Mob. 09436477510, 8974653507, **10-day:** 10 to 21-8, (only female 1 to 12-9) 19 to 30-9, 5 to 16-10, 1 to 12-12, **#ST:** 9 to 17-11, **3-day:** 28 to 31-12, **Children Course:** (only Girls 8 to 12 yrs) 20-12-19, (only Girls 13 to 17 yrs) 21-12-19, (only Boys 8 to 12 yrs) 24-12-19, (only boys 13 to 17 yrs) 25-12-19, **Contact:** M. Dewan, (0381) 2300441, Mob. 09862154881, 09402527191.

Dhamma Utkal, Khariyar Road: (Orissa)

Vipassana Meditation Centre, Village Chanabera, Post Amsena, Via. Khariyar Road, Dist: Nuapada, Orissa-766106, Mob. 094062-37896, **10-day:** 11 to 22-8, 8 to 19-9, 13 to 24-10, 8 to 19-12, **#ST:** 24-11 to 2-12, **Long Course: Special 10-day:** 3 to 14-11, **Contact:** 1) Mr. Harilal Shahu, Email: harilal.shahu@gmail.com, Mob. 09407699375, 2) Mr. Prafulldash, Mob. 7077704724,

Dhamma Bhubaneshwar, Kantabada, (Orissa)

"Dhamma Bhubaneshwar", At. Po. Kantabada, Dist. Khorda, **Contact:** 1) C. B. Kar, Tel: (0674) 2354207. Mobile: 9437131019. 2) D. L. Das, Tel: (0674) 2475757. Mobile: 9438012166, Email: vipassanabbsr@gmail.com **10-day:** 14 to 25-8, 18 to 29-9, 16 to 27-10, 13 to 24-11, 18 to 29-12, **2-day:** 8 to 10-11, **1-day:** Every mont first Sunday,

Dhamma Pubbotara, Kamalanagar, Mizoram

Mizoram Vipassana Meditation Centre, Kamalanagar-II, CADC, Chawngte-C, Dist. Lawngtlai, Mizoram-796772. **10-day:** (only for female 3 to 14-8), 19 to 30-10, 16 to 27-11, **#ST:** 11 to 19-12, **1-day:** every Month first Sunday and magha, Vaishakha, Ashadha, Ashwin, and Madhu Purnima, **Children Course:** every month second saturday, **Contact:** Digambar Chakma, Tel: (0372) 2563565, Mobile: 094367-71165. Email: mvcm.knagar@gmail.com,

Dubai (United Arab Emirates)

Contact: 1) J. P. Goenka, Mob. +971-50-6462-507. Tel: Off. [971] 4-2956544; Res. [971] 4-2230536; Email: jggoenka@gmail.com 2) Chandran, Mobile +971-50-7683301, 3) Ashish Jariwala, Mob. +97150-3554052. **10-day:** 13 to 24-9, 4 to 15-10, 1 to 12-11, 22-11 to 3-12, 13 to 24-12,