

# Schedule of Vipassana Courses

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For worldwide schedule of courses, visit: [www.dhamma.org](http://www.dhamma.org). For schedule of courses including one-day courses and group sittings in India, visit [www.vri.dhamma.org](http://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 Guruji and Mataji, 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—**Samaggānaṃ Tapo Sukho**. The same format as before will be followed. It is a happy coincidence that the birth anniversaries of both Guruji and Mataji fall between these dates 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: 2441176. (10 am to 5 pm). Email: [info@igri.dhamma.org](mailto:info@igri.dhamma.org). To apply online for ten-day courses: [www.dhamma.org/schvia.shtml](http://www.dhamma.org/schvia.shtml) (No admission without confirmation) **10-day** 1 to 12-1-2020, **3-day:** 27 to 30-11, **Trustee & Dhamma Servers Workshop: 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](mailto: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: 45-day:** 30-12 to 14-2-2020,

### Dhamma Tapovana-2, Igatpuri

**Long Course: 60-day:** 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](http://www.pattana.dhamma.org) **10-day executive courses:** 27-11 to 8-12, 25-12 to 5-1-2020, **2020** (7 to 18-1 Irani Course), 19-2 to 1-3, 4 to 15-3, 18 to 29-3, 8 to 19-4, 21-4 to 2-5, 5 to 16-5, 27-5 to 7-6, 10 to 21-6, 23-6 to 4-7, #ST: **2020** 22 to 30-1, **3-day:** 10 to 13-12, 19 to 22-12, **2020** 2 to 5-4, **1-Day Mega course: 2020** 12-1, 19-1, 3-5, **15-Day Gratitude Course:** 2-2 to 17-2-2020, **Indian AT Workshop:** 17 to 24-5-2020. Online application: [www.dhamma.org/en/schedules/schpattana.shtml](http://www.dhamma.org/en/schedules/schpattana.shtml).

Email: [registration\\_pattana@dhamma.net.in](mailto:registration_pattana@dhamma.net.in)

For all other inquiries, Contact **Manager**,

Email: [info@pattana.dhamma.org](mailto:info@pattana.dhamma.org)

Website: [www.pattana.dhamma.org](http://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 Day** 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](mailto: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 encl 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 Vāṭikā: Palghar

**10-day:** (Only male) 27-11 to 8-12, **2020** 15 to 26-1, 29-1 to 9-2, 26-2 to 8-3, 27-3 to 7-4, 10 to 21-4, 8 to 19-5, 22-5 to 2-6, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 5 to 16-8, 26-8 to 6-9, 21-9 to 2-10, 5 to 16-10, 28-10 to 8-11, 18 to 29-11, (Only Female) 25-12 to 5/1/20, **2020** 12 to 23-2, 24-4 to 5-5, 8 to 19-9, 2 to 13-12, **3-day:** (Only male) **2020** 13 to 16-3, **Place:** Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, **Contact:** 1), Mob. 9637101154, 2) Shri Irani, Mob. 92708-88840. Email: [vipassana.palghar@gmail.com](mailto:vipassana.palghar@gmail.com)

## 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](mailto:dhammavipula@gmail.com), registration only online <http://www.vipula.dhamma.org/> **10-day:** 27-11 to 8-12, 25-12-2019 to 5-1-2020, 6 to 17-1, **3-day:** 28-11 to 1-12, 4 to 7-12, **1-day:** Every Sunday, **Children Course:** 24-11, 8-12, and Every third and fourth Sunday, **15-Day Gratitude Course:** 18-1 to 2-2, **Group Sitting:** Daily (any time) 9 am to 9 pm,

## Dhamma Vāhīni: Titwala

Mumbai Parisar Vipassana Centre, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website [www.vahini.dhamma.org](http://www.vahini.dhamma.org), registration only online Email: [vahini.dhamma@gmail.com](mailto:vahini.dhamma@gmail.com) **10-day: 2019** 16 to 27-11, **Long Course: 20-day: 2019** 30-11 to 21-12, **30-day: 2019** 30-11 to 31-12, **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. Bhiwandi, Dist. Thane-421101. Email: [registration\\_dhamma.sarita@gmail.com](mailto:registration_dhamma.sarita@gmail.com); [info@sarita.dhamma.org](mailto:info@sarita.dhamma.org), Online registration [www.sarita.dhamma.org](http://www.sarita.dhamma.org), **Contact:** Mob. 91-779-83-24659, 779-8325086. **10-day:** 23-11 to 4-12, 6 to 17-12, **2020** 8 to 19-1, 22-1 to 2-2, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 1 to 12-4, 15 to 26-4, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, #ST: **2020** 18 to 26-3, **3-day: 2019** 19 to 22-12, **2-day: 2020** 3 to 5-1, 27 to 29-3, 27 to 29-4, 29 to 31-5, **Teenagers' Course:** (Boys) 24-12 to 1-1-2020, 11 to 19-5, (Girls) 1 to 9-5-2020, **Children Course:** (Boys) 23 to 24-5 **Contact:** 25008868/25011096/25162505) **(1-day: 2019)** On Last day of Every 10-day Course 11 am to 5 pm **Contact:** Mob. 91-77983-24659, 77983-25086.)

## 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](mailto:info@nasika.dhamma.org) **10-day: 2019** (only female) 30-11 to 11-12, **10-day:** (Male and Female old Students) 18 to 29-12-2019,

## SCHEDULE OF LONG COURSES

### INDIA AND NEPAL

#### Special 10-day Course

20-11 to 1-12-19 *Dhamma Kalyāṇa, 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)*  
17 to 28-1-2020 *Dhamma Suvatti, Sravasti (U.P.)*  
12 to 23-2-20 *Dhamma Divākara, Mehsana (Guj.)*  
27-2 to 9-3-2020 *Dhamma Pushkar, Rajasthan*  
19 to 30-4-2020 *Dhamma Thali, Jaipur*  
18 to 29-5-2020 *Dhamma Paṭṭhāna, (Haryana)*

3 to 14-6-2020 *Dhamma Khetta, Hyderabad*  
14 to 25-6-2020 *Dhamma Thali, Jaipur*  
18 to 29-7-2020 *Dhamma Paṭṭhāna, (Haryana)*  
19 to 30-7-2020 *Dhamma Lakkhaṇa, Lucknow (U.P.)*  
11 to 22-8-2020 *Dhamma Pushkar, Rajasthan*  
19 to 30-8-2020 *Dhamma Nāga, Nagpur*  
14 to 25-10-2020 *Dhamma Setu, Chennai (Tamil Nadu)*  
20 to 31-12-2020 *Dhamma Paṭṭhāna, (Haryana)*

## 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*  
2-2 to 17-2-2020 *Dhammālaya, Kolhapur*  
2 to 17-2-2020 *Dhamma Lakkhaṇa, Lucknow (U.P.)*  
2-2 to 17-2-2020 *Dhamma Paṭṭhāna, (Haryana)*

## 20-day

15-11 to 6-12-2019 *Dhamma Pushkara, Rajasthan*  
30-11 to 21-12-2019 *Dhamma Vāhīni, Titwala*  
4 to 25-12-2019 *Dhamma Lakkhaṇa, (U.P.)*  
29-1 to 19-2-2020 *Dhamma Setu, Chennai (Tamil Nadu)*  
3 to 24-2-2020 *Dhamma Thali, Jaipur*  
4 to 25-3-2020 *Dhamma Sindhu, Kutch (Guj.)*  
12-4 to 3-5-2020 *Dhamma Paṭṭhāna, (Haryana)*  
14-4 to 5-5-2020 *Dhamma Nāgajūna, Telangana*  
3 to 24-6-2020 *Dhamma Khetta, Hyderabad*  
2 to 23-7-2020 *Dhamma Pushkar, Rajasthan*  
2 to 23-8-2020 *Dhamma Paṭṭhāna, (Haryana)*  
9 to 30-8-2020 *Dhammālaya, Kolhapur*  
6 to 27-9-2020 *Dhamma Gaṛha, Bilaspur (Chhattisgarh)*  
8 to 29-9-2020 *Dhamma Suvatti, Sravasti (U.P.)*  
7 to 28-10-2020 *Dhamma Thali, Jaipur*  
19-11 to 10-12-2020 *Dhamma Pushkara, Rajasthan*  
4 to 25-12-2020 *Dhamma Lakkhaṇa, (U.P.)*

## 30-day

15-11 to 16-12-2019 *Dhamma Pushkara, Raj.*  
30-11 to 31-12-2019 *Dhamma Vāhīni: 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.)*  
29-1 to 29-2-2020 *Dhamma Setu, Chennai (Tamil Nadu)*  
1-2 to 3-3-2020 *Dhamma Ketu, (Chattisgarh)*  
3-2 to 5-3-2020 *Dhamma Thali, Jaipur*  
21-2 to 23-3-2020 *Dhamma Paṭṭhāna, (Haryana)*  
29-2 to 31-3-2020 *Dhamma Suvatti, Sravasti (U.P.)*  
4-3 to 4-4-2020 *Dhamma Sindhu, Kutch (Guj.)*  
14-4 to 15-5-2020 *Dhamma Nāgajūna, Telangana*  
1-6 to 2-7-2020 *Dhamma Paṭṭhāna, (Haryana)*  
3-6 to 4-7-2020 *Dhamma Khetta, Hyderabad*  
2-7 to 2-8-2020 *Dhamma Pushkara, Rajasthan*  
9-8 to 9-9-2020 *Dhammālaya, Kolhapur*  
28-8 to 28-9-2020 *Dhamma Paṭṭhāna, (Haryana)*  
7-10 to 7-11-2020 *Dhamma Thali, Jaipur*  
29-10 to 29-11-2020 *Dhamma Nāgajūna, Telangana*  
19-11 to 20-12-2020 *Dhamma Pushkar, Rajasthan*

## 45-day

17-12-19 to 1-2-20 *Dhamma Ambika, South Gujarat*  
22-12-19 to 6-2-20 *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*  
21-2 to 7-4-2020 *Dhamma Paṭṭhāna, (Haryana)*  
29-2 to 15-4-2020 *Dhamma Suvatti, Sravasti (U.P.)*  
3-6 to 19-7-2020 *Dhamma Khetta, Hyderabad*  
15-10 to 30-11-20 *Dhamma Suvatti, Sravasti (U.P.)*  
29-10 to 14-12-2020 *Dhamma Nāgajūna, Telangana*  
2-11 to 18-12-2020 *Dhamma Paṭṭhāna, (Haryana)*  
22-12 to 6-2-2021 *Dhamma Nāgajūna, Telangana*

## 60-day

21-12 to 20-2-20 *Dhamma Tapovana-2, Igatpuri*

## Dhammānanda, Pune

**Pune Vipassana Centre**, near Markal village, 8 km. from Alandi, (No admission without confirmation). **10-day: 2019** Only for Hindi, Marathi, Students 14 to 25-12, Only for Hindi, English, Students 23-11 to 4-12, 28-12 to 8-1-2020, **3-day: 2019** 5 to 8-12, **Contact:** Pune Vipassana Samiti, Email: [info@ananda.dhamma.org](mailto:info@ananda.dhamma.org) Tel: (020) 2443-6250, 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](mailto:info@punna.dhamma.org); Tel: (020) 2443-6250, **10-day: 2019** Only for Hindi, English, Students 1 to 12-12, Only for Hindi, Marathi, Students 17 to 28-11, 15 to 26-12, **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, Vajapur Road Aurangabad431003.Tel: (0240) 2040444, Contact: Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org **10-day: 2019** 27-11 to 8-12, 11 to 22-12, 25-12-19 to 5-1-20, **2020** 8 to 19-1, 22-1 to 2-2, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 2-2 to 10-5, 13 to 24-5, 27-5 to 7-6, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8,

**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: 2019** 17 to 28-11, 1 to 12-12, 15 to 26-12, **2-day: 2019** 29 to 31-12, **Children Course: 2019** 27-12, 28-12, **2020** **15-Day Gratitude Course: 2-2 to 17-2-2020**, 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 road, 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. 9867059866 **10-day: 2019** 27-11 to 8-12, 25-12 to 5-1-20, **2020** 8 to 19-1, 22-1 to 2-2,

**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: 2019** (Hindi/English speaking students only) 17 to 28-11, 1 to 12-12, 15 to 26-12, **#ST: 2019** 3 to 11-12, **Dhamma Servers' Workshop: 27 to 29-12**, **15-Day Gratitude Course: 2 to 17-2-2020**, **Long Course: 20-day: 9 to 30-8-2020, 30-day: 9-8 to 9-9-2020**,

**Dhamma Sugandha : Bhoose (Sangali)**

**Sangali Vipassana Meditation Centre**, Gat No. 564, Talaaw Road, Near Yallamma Temple, Khamkarwadi, Bhoose - 416420, Ta. Miraj, Dist: Sangali, Email: info@sugandha.dhamma.org, Tel: 9422410436, 9403841943, online registration www.dhamma.org/en/schedules/schsugandha **10-day: 2019** 17 to 28-11, 1 to 12-12, 15 to 26-12, **3-day: 2019** 26 to 29-12, (1-day: Every first Sunday Place: Nishidhi, Malwadi A/P. Bhalavadi, 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 3<sup>rd</sup> 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: 2019** 27-11 to 8-12, 11 to 22-12, **2020** 8 to 19-1, 19-2 to 1-3, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 27-5 to 7-6, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 5 to 16-8, (Only for Old Student 19 to 30-8) 2 to 13-9, 16 to 27-9, 7 to 18-10, 21-10 to 1-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, 30-12 to 10-1, **#ST: 2019** 24-12 to 1-1-2020, **2020** 22 to 30-1, 9 to 17-11, **3-day: 2020** 2 to 5-1, 7 to 10-3, 1 to 4-10, 5 to 8-11, **1-day: 2019** 27-11, 10-11, 24-11, 8-12, 22-12, **2020** 19-1, 1-3, 22-3, 5-4, 19-4, 3-5, 7-6, 21-6, 5-7, 19-7, 2-8, 16-8, 30-8, 13-9, 27-9, 18-10, 1-11, 29-11, 13-12, 27-12, 10-1-2021, **Teenagers' Course:** (Girls) **2020** 9 to 17-5, (Boys) **2020** 18 to 26-5, **AT Workshop: 2020** 2 to 6-3, **15-Day Gratitude Course: 2 to 17-2-2020**, **Long Course: Special 10-day: 2020** 19 to 30-8, 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: 2019** (only female) 7 to 18-12, **#ST: 2019** 22 to 30-12, **1-day: 2019** 6-12, **Children Course 1-day: 2019** 2-12, **Group Sitting:** Daily 5 to 8 am and 6 to 7 pm every Sunday 8 to 9 am. Contact: 1. Sukhadev Narnavre, Mob. 9422129229. 2. Kamlesh Chahande, Mob. 9373104305.

**Dhamma Malla, Yavatmal**

**Vipassana Kendra**, Dhanshri Nagar, Behind ITI, Pinpalgaon, Yavatmal-445001. Contact: 1. Mr. Gadling, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475. **1-day: 2019** 29-12, **Children Course: 2019** 22-12,

**Kotamba (Yavatmal): 10-day: 2019** (Only for bhikkhus and male Students) 14 to 25-12, **1-day: Every Sunday: 8 am to 3 pm Children's course: 2019** 17-11, 22-12, Contact: Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001.

M. 9822896453, 9890429314, 7776964808, 9175622575, **Santuk Pimpri (Hingoli): 10-day: (Only Male) 2019** 15 to 26-12, **2020** 16 to 27-2, (Only Female) 2019 17 to 28-11, **2020** 12 to 23-1, 15 to 26-3, Place: Santuk Pimpri Dr Bagadiya Farm House, Contact: Dr. Sangram Jondhale, Mob. 9422189318, Mr. Mr. Hamante Saheb, M. 9422660954,

**Dhamma Amrāvati, Lumbini, Mogara,**

**Vipassana Kendra**, Vipassana Samiti, Lumbini, At Mogara, Post- Bhankehda, Tal-Dist. Amravati. Contact: 1) Mr. Katawe Guruji, Mob. 9890309738, 2) Mr. Babuji Shirsat, Mob. 8007676033, **#ST: 2019** 8 to 16-12, **1-Day: 17-11, 16-12**, **Kuralpurna (Amravati): 10-day: 2019** (Only female) 19 to 30-12, Contact: Mr Bardiya, Mob. 7083896906, 2) Mr Thorat, Mob. 9765873488.

**Dhamma Gonḍa, Gondia (Ozatola)**

**Dhamma Gond Vipassana Centre**, Gondia Ta and Dist: Gondia - 441601, Contact: 9421796656, 8669038011, 9921395006, 9764835035, **10-day: 2019** 11 to 22-12, 25-12-19 to 5-1-20, **#ST: 2019** 27-11 to 5-12, **Children Course: 2019** 24-11, 22-12,

**Rohnagaon (Pavani Bhandara): At:** Managing by vishuddhimaggo Vipassana Charitable Trust, Dhammapavan Vipassana centre Rohnagaon (Pavani), Dist. Bhandara. Contact: 1) Shailesh kambale: 9923268962, 2) Mr. Manohar Uke: 9423402411.

**Chitki (Wardha) 10-day: 2019** 13 to 24-12, **2020** 12 to 23-1, 15 to 26-3, 10 to 21-4, 18 to 29-10, 16 to 27-11, 16 to 27-12, **#ST: 11 to 19-2**, Contact: 1. Shri Khandare, Tel: 07158-284372, Mob. 9028494401, Shri Bhele, Mob. 9834603076,

**Tumsar (Bhandara): 10-day: 2019** 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 Bhandāra, Bhandara**

**Vipassana Kendra Rahul Colony**, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) **10-day: 19 to 30-11-2019, 2020** 31-12 to 11-1, 4 to 15-2, 3 to 14-3, 21-7 to 1-8, 1 to 12-9, 29-9 to 10-10, **#ST: 2019** 3 to 11-12, **2020** 14 to 22-8, 1 to 9-12, **3-day: 2020** 20 to 23-2, 24 to 27-12, **Teenagers' Course: (Girls) 2020** 17 to 25-11, **1-day: 2020** 19-1, 7-5, 28-8, 27-9, **2-day Children Course: 2020** 25-11, 26-11, **1-day Children Course: 2019** 15-12, 29-12, **2020** 12-1, 16-2, 21-4, 19-5, 2-6, 16-6, 19-7, 30-8, 13-9, 11-10, Contact: Saluja, 09423673572, Ramteke, 9422833002, Devendra, 9403239792,

**Pavani (Bhandara): 1-day: 15-12**, At: Dhammiprabhas Buddhavihar Samiti, Pavani Dist. Bhandara. Contact: 1. Mr. Bankar, M. 90491-21601, 2. Mr Shende, M. 9158785160,

**Dhamma Avāsa, Latur**

**Latur Vipassana Samiti**, Vasant Vihar Colony, Near RTO, Babhalgaon Road Latur-413531. Contact: 1) Sagorulkarni. mob. 94054-22948, 84210-79011, 02381-262023, 2) Sudhir Birle mob. 94233-47023, Email: lvslatur@gmail.com **10-day:** (Only male) 17 to 28-11, (only female) 1 to 12-12,

**Dhamma Nirāñjana, Nanded**

**Vipassana Centre**, New Dandi, Near Godavari River, Contact: 1) Mr. Dahivele, Mob. 94231-48636. 2) Mr. Bhave, Mob. 9421572499 **10-day:** 1 to 12-12, **1-day:** Every Month fourth Sunday and 22-12, 29-12, **Children Course:** Every Month Third Sunday Except July and November,

**Dhamma Vasudhā, Hivra (Wardha)**

**Vipassana Centre**, Hivara, Post Zadhli, Tal Selu, Dist. Wardha, Email: dhammavasudha@gmail.com Contact: 1. Smt. Bante. Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738. **10-day:** 24-12 to 4-1-2020, **2020** 28-1 to 8-2, 25-2 to 8-3, **#ST: 2019** 1 to 9-12,

**Dhamma Anākula, Akola**

**Vipassana Sadhana Kendra**, Kharperkheda Phata, Telhara-444108 Dist Akola Email: info@anakula.dhamma.org Mob. 9421156138, 9881204125, 9421833060, **10-day:** (only male) 11 to 22-12, **2020** 14 to 25-1, 19-2 to 1-3, 18 to 29-3, 15 to 26-4, 27-5 to 7-6, 22-7 to 2-8, 9 to 20-9, 14 to 25-10, 2 to 13-12, (only female) 2019 27-11 to 8-12, **2020** 1 to 12-1, 5 to 16-2, 4 to 15-3, 1 to 12-4, 29-4 to 10-5, 8 to 19-7, 26-8 to 6-9, 29-9 to 11-10, (only 27-12, **10-day:** (only Bhikkhu) 2020 6 to 1-7, (only Bhikkhunis) 2020 16 to 27-11, **#ST: 2020** 15 to 23-8, 4 to 12-11, **3-day: 2019** 25 to 28-12, **2020** 29-1 to 1-2, 6 to 9-8, 23 to 26-9, 29-10 to 1-11, **2-day: 2020** 23 to 25-5, 28 to 30-11, **Teenagers' Course:** (Boys) **2020** 13 to 21-5, (Girls) **2020** 10 to 18-6, **1-day: 2019** 8-12, **2020** 26-1, 16-2, 15-3, 12-4, 10-5, 5-7, 9-8, 27-9, 11-10, 13-12, **Children Course:** 24-11, 22-12, **2020** 12-1, 2-2, 1-3, 29-3, 26-4, 7-6, 19-7, 2-8, 6-9, 20-9, 17-12, Contact: 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970.

**Malkapur (Akola): (only male) 2020** 1 to 12-1, 21-4 to 2-5, 12 to 23-8, (only female) 2020 4 to 15-3, 3 to 14-6, 30-9 to 11-10,

26-11 to 7-12, at Bhadant Anand Nivas Rajratna Colony, Yavata Road, Malkapur, Akola 444001. Contact: 1) Mr. Athavle Mob. 9404092468, 3) Mr. Tayde Mob. 7038629525.

**Patur (Akola): Vipassana Sadhana Prasar Kendra Shirla**, Patur, Dist- Akola, 444501 **10-day:** (only male) 2019 18 to 28-11, **2020** 20 to 31-1, 22-6 to 3-7, 17 to 28-8, 20-9 to 1-10, 16 to 27-11, (only female): 2019 16 to 27-12, **2020** 20 to 31-3, 21-4 to 2-5, 20 to 31-7, 12 to 23-10, 14 to 25-12, **#ST: 2020** (only male) 17 to 25-2, (only female) 2020 27-2 to 6-3, 3 to 11-9, **1-day: 2019 and 2020** every month second Sunday, 9 am to 5 pm **3-day Children Course:** (10 to 17 yrs) **2020** 12 to 15-5, **Children Course: 2019 and 2020** (age 10 to 16 yrs) every month third Sunday, 9 am to 5 pm **Dhamma Server Workshop:** (only male) **2020** 10 to 12-4, Contact: 1) Mr. Jaggannath Gawai, Mob. 7775928290, 2) Mrs. Jyotiba Vankhede, Mob. 9921998803,

**Dhamma Jalgaon, Jalgaon**

**Vipassana Centre**, Gat No. 99/1+2, Maitri Hills, Ajintha Road, Umala gaon, Tal. Dist: Jalgaon-425001, Tel: (0257) 2229477, online registration www.jalgaon.dhamma.org, Email: dhammajalgaon@gmail.com, Mob. 9422292161, Contact: Mr. Subhasha Talreja, Mob. 75884-36222, 75880-09584. **10-day:** (only male) 1 to 12-12, (only female) 17 to 28-11, 15 to 26-12, **2-day:** (only female) 27 to 29-12, Contact: 7588436222, 8421532276.

**Dhamma Ajaya, Chandrapur**

**Vipassana Meditation Centre**, At - Ajaypur, Po. - Chichpalli, Mul Road, Chandrapur, Email: dhammajaya@gmail.com **10-day: 2019** 18 to 29-11, 7 to 18-12, 25-12 to 5-1-2020, **1-day: 22-12**, **Children Course: 17-11**, Contact: 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 9595313646, 8412957602,

**Nagbhid (Chandrapur): 10-day: Place:** Go. Va. Mahavidyalaya Nagbhid, Dist. Chandrapur- 441205. Contact: 1) Amar shende, M. 8275240717, 2) Arvind Ghayavan, M. 9049566078.

**Ballapur: 10-day:** 20 to 31-12, **1-day:** 1-12, 1-1-2020, Place: At Yenbodi, Po Kothari, Tal: 442701, Contact: 1) Mr. Vasant Dhoke, Mob. 09423503514, 07875330276, 2) Mr. Manohar Fulzele, Mob. 08551987943.

**Gadchiroli: 10-day:** 21-11 to 2-12, 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) 17 to 28-11, 1 to 12-12, 15 to 26-12, **2020** (only Male) 5 to 16-1, 19 to 30-1, 2-2 to 13-2, 16 to 27-2, 1 to 12-3, 22-3 to 2-4, 5 to 16-4, 3 to 14-5, 7 to 18-6, 5 to 16-7, 19 to 30-7, 2 to 13-8, 16 to 27-8, 6 to 17-9, 20-9 to 1-10, 4 to 15-10, 18 to 29-10, 1 to 12-11, 15 to 26-11, 6 to 17-12, 20 to 31-12, (only female) 19 to 30-4, 17 to 28-5, 21-6 to 2-7, **3-day:** (only Male) 26 to 29-12, **2020** (only Male) 12 to 15-3, 28 to 31-5, 27 to 30-8, 26 to 29-11, Place: Mahad Vipassana, Shivaji Chowk, Koteswari Tale, Mahad-402301, Dist- Raigad, Contact: (020) 24436250, Mob: 7719070011, Email: info@mahad.in.dhamma.org.

**Goa: 10-day:** 1 to 12-12, **2020** 12 to 23-1, 8 to 19-3, At: Shree Shantadurga Shankhaleshwari 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** 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, 3 to 14-5, 17 to 28-5, 31-5 to 11-6, 14 to 25-6, 28-6 to 9-7, 12 to 23-7, 26-7 to 6-8, 9 to 20-8, 23-8 to 3-9, 6 to 17-9, 20-9 to 1-10, 27-11 to 8-12, 10 to 21-12, 24-12 to 4-1-2021, **#ST: 2020** 24-3 to 2-4, 2 to 10-6, 14 to 22-7, 17 to 25-11, **3-day: 2020** 1 to 4-10, **Dhamma Utsav: 8-11-2020**, **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 24-2, 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 10-3,

**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:** (Male only) 16 to 27-11, **3-day:** (Male only) 28-11 to 1-12, 5 to 8-12, 19 to 22-12, (Female only) 12 to 15-12, **Teenagers Course:** (Boys) **2020** 23 to 31-12, **2020** 9 to 17-1, (Girls) **2020** 31-12-19 to 8-1-2020,

**Dhamma Pushkar, Ajmer, Rajasthan**

**Vipassana Centre**, Near Village Rewat (Kedel), 23 kms from Ajmer and 9 kms from Pushkar towards Patsarbat. +91-94133-07570. Tel: (145) 2780570. **10-day: 2019** 25-12 to 5-1-2020, **2020** 7 to 18-1, 20 to 31-1, 2 to 13-2, 15 to 26-2, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 16 to 27-5, 17 to 28-6, 11 to 22-8, (Old Students



only 26-8 to 6-9) 9 to 20-9, 23-9 to 4-10, 8 to 19-10, 21-10 to 1-11, 23-12 to 3-1-2021, #ST: 2020)) to 10-11, 3-day: 2019)) 19 to 22-12, Teenagers' Course: (Girls) 2020)) 29-5 to 6-6, (Boys) 2020)) 7 to 15-6, 2-day Children Course: 2020)) 7 to 9-8, Long Course: Special 10-day: 2020)) 27-7 to 9-3, 20-day: 2019)) 15-11 to 6-12, 2020)) 2 to 2-7, 19-11 to 10-12, 30-day: 2019)) 15-11 to 16-12, 2020)) 2-7 to 2-8, 19-11 to 20-12, 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, -Chauspansi Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: info@marudhara.dhamma.org, 10-day: 12 to 23-11, 25-11 to 6-12, 20 to 31-12, #ST: 8 to 16-12, Children Course: 2-day: 17 to 19-12, Contact: 1) Mr. Nemichand Bhandari, Mobile: 93147-27215, Email: dhamma.maroodhara@gmail.com; 2) Mr. Kamal Sarada, Mob. 7023999944,

**Dhamma Pubbjaja, Churu, Rajasthan**

Pubbaj Bhumi Vipassana Trust, Bhaleri Road, 6Km From Churu (Rajasthan) Mob. 9664481738, Email: dhammapubbajaja@gmail.com, info@pubbjaja.dhamma.org, Contact: 1) Mr. SP Sharma, Mob. 07627049859, 2) Mr. Suresh Khanna, Mob. 094131-57056, 10-day: 13 to 24-11, 30-11 to 11-12, Teenagers' Course: 23 to 31-12, 3-day: 27 to 30-12,

**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: 2019)) 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 2020)) 1 to 12-1, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 7 to 18-10, 21-10 to 1-11, 4 to 15-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, 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 10-day: 2020)) (Old Students only 7 to 18-1), #ST: 2020)) 21 to 29-1, 7 to 15-5, 6 to 14-7, 17 to 25-10, AT Workshop: 2020)) 2 to 5-10, Dhamma Servers Workshop: 2020)) 6 to 7-10, 15-Day Gratitude Course: 2 to 17-2-2020, Long Courses: Special 10-day: 2019)) 20 to 31-12, 2020)) 18 to 29-5, 18 to 29-7, 20 to 31-12, 20-day: 2020)) 12 to 3-5, 2 to 23-8, 30-day: 2020)) 21-2 to 23-3, 1-6 to 2-7, 28-8 to 28-9, 45-day: (15 day Anapan) 2-11 to 18-12, 2020)) 21-2 to 7-4, 2-11 to 18-12, 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: 27-11 to 8-12, 11 to 22-12, 25-12 to 5-1, 2020)) 8 to 19-1, 22-1 to 2-2, 12 to 23-2, 26-2 to 8-3, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 13 to 24-5, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 12 to 23-8, 26-8 to 6-9, 9 to 20-9, 23-9 to 4-10, 14 to 25-10, 28-10 to 8-11, 11 to 22-11, 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1, 3-day: 2020)) 7 to 10-5, Teenagers' Course: (Boys) 2020)) 27-5 to 4-6, (Girls) 2020)) 10 to 18-6,

**Dhamma Hitakari, Rohtak (Haryana)**

Vipassana Dhyana Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanara, Dist. Rohtak-124001. Contact: 92543-48837, 9416303639. 10-day: 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 2020)) 1 to 12-1, 15 to 26-1, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 7 to 18-10, 21-10 to 1-11, 4 to 15-11, 18 to 29-11, 2 to 13-12, 16 to 27-12,

**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: 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 2020)) 1 to 12-1, 15 to 26-1, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 7 to 18-10, 21-10 to 1-11, 4 to 15-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, #ST: 2020)) 4 to 12-11, 3-day: 2020)) 30-4 to 3-5,

**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: 2019 and 2020)) every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's). #ST: 15 to 23-11, 2020)) 20 to 28-3, 15 to 23-11, 3-day: 23 to

26-11, 2020)) 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) 4 to 15-12, Group Sitting: every Sunday from 9 am. 1-day: every Second Sunday Email: info@ladakh.in.dhamma.org; lvissudha@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: 27-11 to 8-12, 11 to 22-12, 2020)) 29-1 to 9-2, 12 to 23-2, 26-2 to 8-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 30-9 to 11-10, 28-10 to 8-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, #ST: 2020)) 14 to 22-3, 14 to 22-10, 3-day: 22-12 to 25-12, 2020)) 26 to 29-7, 8 to 11-11, 27-12 to 30-12, 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: 2019 and 2020)) every month, 4 to 15 and 19 to 30, (except during other course's), #ST: 2020)) 22 to 30-3, 19 to 27-10, 3-day: 2020)) 28 to 31-10, 2-day: 2019 and 2020)) every month, 15 to 17, (except during other course's), 3-day Children's course: (age 13 to 17 boys) 26 to 29-12, 2020)) 26 to 29-12, (13 to 17 girls) 30-12-19 to 2-1-20, 2020)) 30-12-20 to 2-1-21, 2-day Children's course: (age 8 to 12) 2020)) 18 to 20-3, (1-day: first Sunday of Every month 9 am to 5 pm, Contact: 9794545331, 9335906341) 15-Day Gratitude Course: 2 to 17-2-2020; Long Courses: Special 10-day: 2020)) 19 to 30-7, 20-day: 4 to 25-12, 2020)) 4 to 25-12, Contact: 1. Sh. R. K. Singh, Mob. 9616744793, 2. Pankaj Jain, Mob. 098391-20032. 3. Mrudula Mukesh, Mob. 94150-10879, 4. Sh. Rajeev Yadav, Mob. 9415136560.

**Dhamma Suvatthi, Sravasti (U.P.)**

Jetavana Vipassana Meditation Centre, Katra Bypass Road, Opp. Buddha Inter College, Sravasti 271845. Email: info@suvatthi.dhamma.org. Tel: (05252) 265-439; Mob. 93358-33375. 10-day: 2 to 13-12, 2020)) 2 to 13-1, 2 to 13-2, 15 to 26-2, 17 to 28-2, 2 to 13-5, 2 to 13-6, 17 to 28-6, 2 to 13-7, 17 to 28-7, 2 to 13-8, 17 to 28-8, 2 to 13-10, 2 to 13-12, 2 to 13-1-2021, #ST: 14 to 22-12, 2020)) 14 to 22-5, 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, 2020)) 24 to 27-5, 24 to 27-12, (12 to 16 yrs only Boys) 28 to 31-12, 2020)) 28 to 31-5, 28 to 31-12, Long Courses: Special 10-day: 2020)) 17 to 28-1, 20-day: 2020)) 8 to 29-9, 30-day: 2020)) 29-2 to 31-3, 45-day: 15-10 to 30-11, 2020)) 29-2 to 15-4, 15-10 to 30-11, Contact: 1. Mob. 094157-51053, 2. Murlin Manohar, Mob. 094150-36896,

**Dhamma Cakka, Sarnath (U.P.)**

Vipassana Sadhana Kendra, Village Khargipur, Post. Piyari, Chaubeypur, Sarnath, Varanasi. Email: info@cakka.dhamma.org. Mob. 09307093485, 09936234823, (for autorickshaw from Sarnath Museum, fare Rs. 100/-) 10-day: 2019)) 3 to 14-12, 18 to 29-12, 3-day: 2019)) 27 to 30-11, 1-day: 2019)) 24-11, 22-12, 2-Day Children Course: (only boys) 15 to 16-12-19 (only girls) 30 to 31-12-19, 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: 5 to 16-12, 20 to 31-12, 2020)) 5 to 16-1, 20 to 31-1, 5 to 16-2, 5 to 16-3, 20 to 31-3, 5 to 16-4, 20-4 to 1-5, 2 to 13-5, 13 to 24-5, 5 to 16-6, 20 to 1-7, 5 to 16-7, 20 to 31-7, 5 to 16-8, 20 to 31-8, 5 to 16-9, 20 to 1-10, 5 to 16-10, 20 to 31-10, 5 to 16-11, 5 to 16-12, 20 to 31-12, #ST: 22 to 30-11, 2020)) 22-2 to 1-3, 22 to 30-11, 3-day: 2020)) 1 to 4-1, 1 to 4-4, 1 to 4-9, Teenagers' Course: (Girls) 2020)) 24-5 to 1-6, 1-day: 2019 and 2020)) Every month Fourth Sunday. 10 am to 5 pm, 3-Day Children Course: (8 to 12 yrs) 1 to 4-6, Long Courses: Special 10-day: 20-11 to 1-12-2019,

**'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 Sudha, 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: 27-11 to 8-12, 18 to 29-12, 2020)) 8 to 19-1, 22-1 to 2-2, 12 to 23-2, 26-2 to 8-3, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 13 to 24-5, 27-5 to 7-6, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 12 to 23-8, 26-8 to 6-9, 9 to 20-9, 23-9 to 4-10, 14 to 25-10, 28-10 to 8-11, 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1-2021, 3-day: 12 to 15-12, 2020)) 19 to 22-11,

**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)**

Both Gaya International Vipassana Meditation Centre, Gaya-Dobhi Road (15 km), Near Magadha University, Both Gaya-824234. Mob. 94716-03531, Email: info@bodhi.dhamma.org Contact: 99559-11556. 10-day: 2019)) 16 to 27-11, 1 to 12-12, 15 to 26-12,

**Dhamma Upavana, Baracakiya, (Bihar)**

Baracakiya - 845412, East Champaran Bihar, Contact: 9431245971, 9934430429, 6204814341, Email: dhammaupavan@gmail.com, 10-day: 1 to 12-12-2019,

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

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: 2019)) 27-11 to 8-12, 11 to 22-12, 19-2 to 1-3-2020, #ST: 2019)) 15 to 23-11, 3-day: 2019)) 22 to 25-12, Long Courses: Special 10-day: 27-11 to 8-12, 20-day: 2019)) 25-9 to 16-10, 4 to 25-3-2020, 30-day: 2019)) 25-9 to 26-10, 4-3 to 4-4-2020, 45-day: 1-1 to 16-2-2020, Contact: 7874623305, 9825320551.

**Dhamma Kofa, 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: 2019)) 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 1-day: 2019)) 29-12, City Contact: 1. Tel: (0281) 2233666. Mob. 7878727223, 94272-21591. 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 Divakara, Mehsana (Guj.)**

Uttar Gujarat Vipassana Kendra, Village Mittha Tal and Dist. Mehsana, Gujarat. Email: info@divakara.dhamma.org. Tel: (02762) 272-800. Contact: 1. Nikhilbhai Parikh, Mob. 09429233000, 2. Upendra Patel, Tel: Mob. 8734093341, Tel: (02762) 254-634, 253315, Email: upendrakpatel@gmail.com, 10-day: 20-11 to 1-12, 4 to 15-12, 18 to 29-12, 2020)) 1 to 12-1, Teenagers' Course: (Girls) 12 to 20-11, Long Courses: Special 10-day: 12 to 23-2-2020

**Dhamma Pittha, 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@pittha.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: 2019)) 27-11 to 8-12, 11 to 22-12, 25-12 to 5-1-2020, 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 Vaglalwad 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: 2019)) 15 to 26-11,

3 to 14-12, **3-day:** 28-11 to 1-12, **Dhamma sammelan:** 2020-2-2-20,

**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 Todī, Songadh – Palitana Road, Dist:- Bhavnagar, Gujarat Email: dhammapali15@gmail.com, **Contact:** Mob. 7878103636, 8866703636, 8866713636, Office: Tel: 0278-2521066, 8758561616. **10-day: 2019** 13 to 15-12, 4 to 15-12, 18 to 29-12,

**Dharmaj: 10-day: 2019** 13 to 24-12, **Contact:** Dharmaj Vipassana Samiti, C/o G. M. Viraktashram Complex, Station Road, Dharmaj 388430. Tel: (026977) 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 Himalya Drugs), cross road and take auto] **10-day: 2019** 27-11 to 8-12, 11 to 22-12,

### Dhamma Setu, Chennai (Tamil Nadu)

**Vipassana Meditation Centre**, 533, Pazhan Thandalam Road, Via Thiruneeermalai 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@kgiciloching.in; **10-day:** 4 to 15-12, 18 to 29-12, **2020** 2 to 13-1, 16 to 27-1, 4 to 15-3, 25-3 to 5-4, 8 to 19-4, 29-4 to 10-5, 3 to 14-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 30-9 to 11-10, 28-10 to 8-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, **#ST: 2020** 29-1 to 6-2, 20 to 28-6, **3-day:** 28-11 to 1-12, **Children's courses: 2019** 24-11, 29-12, **Long Courses: Special 10-day: 2020** 14 to 25-10, **20-day: 2020** 29-1 to 19-2, **30-day: 2020** 29-1 to 29-2.

### 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: 2019** 20-11 to 1-12, 4 to 15-12, 18 to 29-12,

### Dhamma Arunāchala, Tiruvannamalai, (T.N.)

**Vipassana Meditation Centre**, Perumbakkam Village, Tiruvannamalai, Tamilnadu, India, Pincode – 606063, Email: info@arunachala.dhamma.org Phone: +91-9597246178, +91-9884393459, **10-day: 2019** 20-11 to 1-12, 4 to 15-12, 18 to 29-12, **Rajapalayam: 10-day: 2019** (only Male) 21-11 to 2-12, **Contact:** Aravindh Herbal labs (p) Ltd. 140, Mudangiyar Road, 4<sup>th</sup> 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, **2-day:** 29-11 to 1-12, **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, Vansthalipuram Hyderabad-500070. Email: info@khetta.dhamma.org Tel: (040) 2424-0290, 32460762, 09491594247, Fax: 2424-1746, **10-day: 2019** 20-11 to 1-12, 4 to 15-12, 18 to 29-12, **1-day: 2019** Every Sunday. **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, 5<sup>th</sup> 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 Konḍāñña, Kondapur (Telangana)

**Vipassana International Meditation Centre**, Kondapur, Via Sagareddy, Medak 502306. Mobile: 93920-93799, 93983-16155, Email: info@kondanna.dhamma.org, **10-day: 2019** 27-11 to 8-12, 11 to 22-12, 25-12 to 5-1-2020, **One-day:** every Purnima.

### 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 **2-day: 2019** 13 to 15-12, **Teenagers' Course:** (Boys) 30-11 to 8-12, (girls) 21 to 29-12, **Long Courses: 20-day: 2020** 14-4 to 5-5, **30-day: 2020** 14-4 to 15-5, 29-10 to 29-11, **45-day: 2019** (15 Day Anapana) 29-10 to 14-12, 22-12-19 to 6-2-2020. **2020** 29-10 to 14-12, 22-12 to 6-2-2021,

### 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: 2019** 20-11 to 1-12, 4 to 15-12, 18 to 29-12, **One-day:** Every Sunday.

### Dhammārāma, Bhimavaram, W. G. (A.P.)

**Vipassana International Meditation Centre**, Village Kumudavalli, Mandal-Pala Koderu, Dist. West Godavari 534 210. (1.5 kms from Bhimavaram, on the Bhimavaram-Thanutu Road) Tel: (08816) 236566. 99893-82887, Email: info@rama.dhamma.org, **10-day: 2019** 1 to 12-12, **#ST: 2019** 15 to 23-12, **1-day:** every month fourth Sunday. **1-12 Children Course:** (age 10 to 18, 8 am to 4pm) Ending day of every **10-day** course.

### 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: 2019** 20-11 to 1-12, 18 to 29-12, **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: 2019** 26-11 to 7-12, 10 to 21-12, **#ST: 2019** 22 to 30-12, **1-day: 2019** 24-11, 8-12, **Long Course: 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. 8109397741. **10-day: 2019** 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: 2019** (English/Vietnamese speaking students only) 27-11 to 8-12, **1-day: 2019** 24-11, **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 Mālavā, Indore (M.P.)

**Vipassana Centre**, Village Jambudi Hapsi, Opp. Gommatgiri, in front of Pitru mountain, Hatod Road, Indore-452003. **Contact:** 1. Indore Vipassana International Foundation Trust, Tel: (0731) 4273313, Mobile: 98931-29888. Email: info@malava.dhamma.org; dhammamalava@gmail.com, 2. Ghokhale. Mob. 9407406620. **10-day: 2019** 1 to 12-12, 22-12 to 2-1-2020, **2-day: 2019** 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 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:** 17 to 28-11, **2020** 5 to 16-1, 2 to 13-2, 8 to 19-3, 12 to 23-4, 10 to 21-5, 14 to 25-6, 12 to 23-7, 9 to 20-8, 13 to 24-9, 11 to 22-10, 23-11 to 4-12, 20 to 31-12, **#ST: 2019** 8 to 16-12, **2-day: 2020** 1 to 3-1, 8 to 10-4, 8 to 10-7, 9 to 11-9, **Group Sitting: 2019** Every Sunday 8 to 9 am. **Contact Office:** Vikram Nagar, Mhow road, Ratlam, Mob. 09425364956, 09479785033.

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

**Vipassana Dhamma Guna**, Village- Pagara, Dist.- Guna, (at 12 kms. Guna-Gwalior Division) **#ST: 2019** 30-11 to 8-12, **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: 2019** (only female) 27-11 to 8-12, **3-day: 2019** 24 to 26-12, **Place:** Pradnya Bhavan Bhim Nagar, **Amla Contact:** 1) Mr. Hurmade, Mob. 8234025899, 2) Mr Suryavanshi, Mob. 9907887607.

### Dhamma Ketu, Durg (Chattisgarh)

**Vipassana Centre, Thanod**, Via Anjara, Dist. Durg. Email: sadhana.kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. **10-day:** 9 to 20-10, 30-10 to 10-11, 16 to 27-11, 20 to 31-12, **2020** 5 to 16-1, 15 to 26-1, 29-3 to 9-4, 12 to 23-4, 29-4 to 10-5, 19 to 30-6, 5 to 16-7, 19 to 30-7, 6 to 17-8, 23-8 to 3-9, 6 to 17-9, 20-9 to 1-10, 18 to 29-10, 1 to 12-11, 15 to 26-11, 6 to 17-12, 20 to 31-12, **#ST: 2020** 18 to 26-1, **Teenagers' Course:** (Girls) **2020** 6 to 14-6, (Boys) **2020** 4 to 12-10, **3-Day: 2020** 7 to 11-3, **2-Day: 2020** 15 to 17-5, **1-Day: 10-11, 29-9, 2020** 5-1, 15-3, 12-4, 21-6, 5-7, 19-7, 23-8, 6-9, 20-9, 4-10, 18-10, 1-11, 6-12, 20-12, **Children's course:** 20-10, 1-12, 15-12, **2020** 26-4, 10-5, 2-10, 29-11, 19-12, **Dhamma Sevak Workshop: 2020** 15-11, **Long Course: Special 10-day: 2019** 1 to 12-12, **30-Day: 2020** 1-2 to 3-3, **Contact:** 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. Suresh Bang, Mob. 9425209354,

### Dhamma Gaṛha, Bilaspur (Chhattisgarh)

**Vipassana Centre**, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbhata, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com **10-day:** 20 to 31-12, **2020** 9 to 20-1, 6 to 17-2, 19 to 30-3, 2 to 13-4, 18 to 29-6, 9 to 20-7, 6 to 17-8, 8 to 19-10, 3 to 14-12, **#ST: 2020** 22 to 30-11, **3-day: 2020** 7 to 11-3, 3 to 14-12, **Teenagers' Course:** (Boys) **2020** 6 to 14-6, (Girls) **2020** 22 to 30-11, **1-day: 2020** 5-1, 19-4, 4-10, 27-12, **Children's course:** 24-11, 15-12, **2020** 26-4, 10-5, 2-10, 29-11, 27-12, **Long Course: 20-day: 2020** (only male) 6 to 27-9, **Contact:** 1. Mr. K.K. Sahu, Mob. 9752047511, 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: 2019** 13 to 24-11, 27-11 to 8-12, 11 to 22-12, 25-12 to 5-1, **1-day: 2019** 24-11, 8-12, 22-12, **Children Course: 2019** 22-11, 22-12,

### Dhamma Purī, 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:** 1 to 12-12-**2020** 11 to 22-1, 8 to 19-2, 8 to 19-3, 18 to 29-4, 3 to 14-5, 20 to 31-5, 7 to 18-6, 11 to 22-7, 8 to 19-8, 11 to 22-9, 1 to 12-10, 18 to 29-10, 5 to 16-12. **#ST:** 8 to 16-11-2020, **3-day:** 28 to 31-12-2019, **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:** 24-11 to 5-12, 8 to 19-12, **2020** 1 to 12-1, 19 to 30-1, 9 to 20-2, 25-2 to 7-3, 12 to 23-3, 29-3 to 9-4, 19 to 30-4, 28-5 to 8-6, 25-6 to 6-7, 30-7 to 10-8, 28-8 to 8-9, 25-9 to 6-10, 9 to 20-10, 26-10 to 6-11, 22-11 to 3-12, 9 to 20-12. **#ST: 2019** 24-11 to 2-12, **Contact:** 1) Mr. Harilal Shahu, Email: harilal.sahu@gmail.com, Mob. 09407699375, 2) Mr. Prafulldash, Mob. 7077704724,

### Dhamma Bhuvaneshwar, Kantabada, (Orissa)

"Dhamma Bhuvaneshwar", 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:** 18 to 29-12, **2020** 8 to 19-1, 12 to 23-2, (Only for Old Student 4 to 15-3), 15 to 26-4, 13 to 24-5, 17 to 28-6, 15 to 26-7, 12 to 23-8, 16 to 27-9, 14 to 25-10, 18 to 29-11, 16 to 27-12, **2-day: 2020** 4 to 6-4, 13 to 15-11, **1-day: 2019 and 2020** Every month first Sunday, **Dhamma Servers Workshop: 2020** 24 to 26-1,

### Dhamma Pubbotara, Kamalanagar, Mizoram

**Mizoram Vipassana Meditation Centre**, Kamalanagar-II, CAD, Chawngte-C, Dist. Lawngtlai, Mizoram-796772. **10-day: 2019** 19 to 30-10, 16 to 27-11, **#ST: 2019** 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: jpgoenka@gmail.com 2) Chandran, Mobile +971-50-7683301, 3) Ashish Jariwala, Mob. +97150-3554052. **10-day: 2019** 22-11 to 3-12, 13 to 24-12,

