

# Schedule of Vipassana Courses

"Vipassana Newsletter" Vol. 28, No. 13, 22 December, 2018.

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

## Schedule of Vipassana Courses of rest of India

### Dhamma Bodhi, Bodhgaya, (Bihar)

**Both Gaya International Vipassana Meditation Centre, Gaya-Dobhi Road (15 km), Near Magadha University, Bodhi Gaya-824234. Mob. 94716-03531, Email: info@bodhi.dhamma.org Contact: 99559-11556. 10-day: 2019● 29-12 to 9-1, 12 to 23-1, 1 to 12-4, 16 to 27-4, 1 to 12-5, 16 to 27-5, 1 to 12-6, 16 to 27-6, 1 to 12-7, 15 to 26-7, 5 to 16-9, 20-9 to 1-10, 1 to 12-11, 16 to 27-11, 1 to 12-12, 15 to 26-12, #ST: 2019● 26-1 to 3-2, 20 to 28-9.**

**Long Courses: Special 10-day: 2019● 6 to 17-10, 20-day: 2019● 6 to 27-10, 30-day: 2019● 1-8 to 1-9, 45-day: 2019● 9-2 to 27-3-2019.**

**Nalanda (Bihar): 10-day: 2019● Every Month 2 to 13 Place: 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: 2019● Every Month 3 to 14 and 17 to 28, (except May 2019), #ST: 2019● 18 to 26-5, Place: Vipassana Meditation Centre, Buddha Smriti Park, Fraser Road Area, Next to Patna Junction, Patna, Bihar 800001, Tel: (91) 6205978821/22**

## GUJARAT

### Dhamma Sindhu, Mandvi-Kutch (Guj.)

**Kutch Vipassana Centre, Bada, Mandvi-Kutch-370475. Tel: Off. (02834) 273303, Email: info@sindhu.dhamma.org Contact: Bhuj: 094274-33534. Gandhidham: 094262-14531. Mandvi: 082387-95675. 10-day: 3 to 14-2, 17 to 28-2, #ST: 2018● 29-12 to 6-1-2019, 5 to 13-2-2019.**

**Long Courses: 20-day: 8 to 29-1-2019, 5 to 26-3, 30-day: 29-12-18 to 29-1-2019, 5-3 to 5-4, Contact: Tel: (02834) 223575, Mob. 9974575660.**

### Dhamma Kota, 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● 2 to 13-1, 30-1 to 10-2, 13 to 24-2, 27-2 to 10-3, 13 to 24-3, 3 to 14-4, 17 to 28-4, 1 to 12-5, 15 to 26-5, 29-5 to 9-6, 12 to 23-6, 26-6 to 7-7, 10 to 21-7, 24-7 to 4-8, 16 to 27-8, 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: 2019● 18 to 26-1, 3 to 11-9, 3-day: 2019● 28-2 to 31-3, 3 to 6-10, 1-day: 2019● 27-1, 24-2, 24-3, 24-4, 28-4, 26-5, 23-6, 21-7, 29-9, 13-10, 29-12, AT Workshop: 2019● 10 to 13-8, Dhamma Server Workshop: 2019● 14 to 15-9.**

**Long Courses: Special 10-day: 2019● 16 to 27-1, 1 to 12-9, 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: upendrakpatel@gmail.com, 10-day: 2 to 13-1-2019, 16 to 27-1, 30-1 to 10-2, 13 to 24-2,**

### Dhamma Pīṭha, Ahmedabad (Gujarat)

**Gurjar Vipashyana Kendra, (40 km from Ahmedabad Railway Station, 3 km Dholka town), Village Ranoda, Tal. Dholka, Dist. Ahmedabad 387810, Mobile: 89800-01110, 89800-01112, 94264-19397. Tel: (02714) 294690. Email: info@pitha.dhamma.org (Day zero**

starting day of every course, Bus facility to Centre is Available from Paldi St Bus stand (Ahmedabad) at 2:30 pm. 10-day: 6 to 17-1, 23-1 to 3-2, 6 to 17-2, 20-2 to 3-3, Contact: Ms Shashi Todi, Mob. 98240-65668,

### Dhamma Ambika, South Gujarat

**Vipassana Dhyana Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 km. away on west of Boriyach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org Online registration: dhammaambikasurat@gmail.com 10-day: 2019● 12 to 23-2, 25-2 to 8-3, 27-3 to 7-4, 15 to 26-5, 27-5 to 7-6, 8 to 19-6, 26-6 to 7-7, 9 to 20-7, 21-7 to 1-8, 3 to 14-8, 24-8 to 4-9, 11 to 22-9, 13 to 24-10, 1 to 12-11, 15 to 26-11, 3 to 14-12, #ST: 2019● 12 to 20-3, 26-9 to 4-10, 3-day: 2019● 11 to 14-4, 20 to 23-6, 15 to 18-8, 5 to 8-9, 7 to 10-10, 28-11 to 1-12, Teenagers' Course: (Girls) 2019● 17 to 25-4, (Boys) 2019● 27-4 to 5-5, Children Course: 2019● (Boys) 7 to 9-5, (Girls) 11 to 13-5, Dhamma sammelan: 2019● 6-1, 2020● 2-2-20, Long Courses: Special 10-day: 2019● 10 to 21-3, 24-9 to 5-10, 20-day: 2019● 19-1 to 9-2, 30-day: 2019● 9-1 to 9-2, 17-12 to 17-1-2020, 45-day: 2019● 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: 26-12 to 6-1,**

## 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]**

### 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: 2019● 2 to 13-1, 23-1 to 3-2, 6 to 17-2, 27-3 to 7-4, 10 to 21-4, 1 to 12-5, 5 to 16-6, 3 to 14-7, 17 to 28-7, 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, #ST: 2019● 20 to 28-2, 22 to 30-6, 3-day: 2019● 17 to 20-1, 25 to 28-4, 1 to 4-8, 28-11 to 1-12, 2-day: 2019● 15 to 17-5, 28 to 30-5, Children's courses: 2019● 20-1, 3-2, 21-4, 12-5, 18-5, 19-5, 16-6, 28-7, 18-8, 15-9, 13-10, 24-11, 29-12, DhammaSewak Workshop: 2019● 25 to 26-5, AT Workshop: 2019● 1 to 4-6, DhammaSewak Meeting: 2019● 1-9, 10-11, Long Courses: Special 10-day: 2019● 15 to 26-10, 20-day: 2019● 20-2 to 13-3, 30-day: 2019● 20-2 to 23-3,**

### Dhamma Madhurā, Madurai

**Vipassana Meditation Centre, Chettiyapatti gaon, Athur Taluk., P. O. Gandhigram University, Dindigul-624302, Contact: 9442603490, 9442103490, Email: dhammamadhura@gmail.com, 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: 26-12 to 6-1-2019, 2-day: 28 to 30-12,

### Dhamma Kānchi, Kānchipuram, (T.N.)

**Vipassana Meditation Centre, Sriperumbudur, Near Ramapuram Lincor, Kancheepuram Dist: Kancheepuram-602105, Office Contact: 6-C, Mileniun Towers, 21/22 Taylors Road, Kilpauk Chennai-600 010, Mob. 09841591734, 09282103450, Email: info@kanchi.dhamma.org,**

### 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 April 2018 to March 2019, 3-day: 10 to 13-1-2019, 2-day: 8 to 10-3, Dhamma Servers Workshop: 7 to 10-2-2019, 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, 1-day: Every Sunday.**

**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 Koṇḍaṇṇa, Kondapur (Medak) (Telangana)

**Vipassana International Meditation Centre, Kondapur, Via Sagareddy, Medak 502306. Mobile: 93983-16155, 93920-93799, 08455202002. 10-day: 26-12 to 6-1, One-day: every Purnima.**

### Dhamma Nagajjuna, Nagarjun Sagar (Telangana)

**VIMC, Hill Colony, Nagarjun Sagar Dist. Nalgoda 508202, (140.4 km Hyderabad Road), Mob. 093484-56780, 94401-39329. Email: info@nagajjuna.dhamma.org 10-day: 2019● (Only for old Student 6 to 17-2), 20-2 to 3-3, 6 to 17-3, 20 to 31-3, 29-5 to 9-6, 12 to 23-6, 26-6 to 7-7, 10 to 21-7, 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: 2019● 13 to 21-4, 16 to 24-10, 2-day: 2019● 11 to 13-1, 8 to 10-2, 8 to 10-3, 12 to 14-4, 10 to 12-5, 7 to 9-6, 12 to 14-7, 9 to 11-8, 13 to 15-9, 11 to 13-10, 8 to 10-11, 13 to 15-12, Teenagers' Course: (Boys) 2019● 3 to 11-4, 15 to 23-6, 29-9 to 7-10, 30-11 to 8-12, (Girls) 2019● 14 to 22-4, 16 to 24-5, 21 to 29-12, DhammaSewak Workshop: 2019● 6 to 8-9, Long Courses: 20-day: 2019● 24-4 to 15-5, 30-day: 2019● 24-4 to 25-5, 45-day: 2018● (15 Day Anapana) 19-12-2018 to 3-2-2019, 2019● 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; Tel: (08467) 316-663, Mobile: 099085-96336, 08462273433, One-day: Every Sunday. Dhamma Servers Workshop: (Those willing to give seva in Andhar Pradesh Centre this year can attend the Workshop) 1 to 3-11,**

### 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. 1-day: every month fourth Sunday. 1-day 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. Tel: (08812) 225522. Mobile: 94414 49044 (Vijayarai Village is 15 kms. from Eluru) 1-day Children Course: (age 10 to 18, 8 am to 4pm) Ending day of every 10-day course.

**CENTRAL AND EASTERN INDIA****Dhamma Kanana, Balaghat (M.P.)**

Dhamma Kanana Vipassana Centre, Wainganga Tat, Rengatola, P.O. Garra, Balaghat, Tel: (07632). 248145, Mob. 9898945100, 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: 6 to 17-2, (only for Bhikkhu 20 to 3-3) 6 to 17-3, 20 to 31-3, 2 to 13-4, 19 to 30-4, 6 to 17-5, 20 to 31-5, 5 to 16-6, 2 to 13-7, 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: 22 to 30-6, 16 to 24-10, 22 to 30-12, 2-day: 3 to 4-3, 20 to 21-3, 17 to 19-5, 10 to 12-8, 26 to 28-10, 10 to 12-11, 1-day: 29-9, 24-11, 8-12, Children's course: 31-3, 17-4, 5-5, 2-6, 1-9, Dhamma Servers Workshop: 17-2, 16-6, 15-9, Long Course: 20-day: 20-7 to 10-8, 30-day: 2019 4-1 to 4-2, 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.

**Dhammapāla, Bhopal (M.P.)**

Vipassana Centre, Behind Kerwa Dam, Village Daulatpura, Bhopal 462 044. Contact: Mob: 94069-27803, Long Courses: 30-day: 28-11 to 29-12, 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. 2-day: 28 to 30-12, 1-day: Every Month First Sunday Except in 2017 May and August 8 am to 1:30 pm, Group Sitting: Every Sunday (Except First Sunday) 9:30 to 10:30 am Group Sitting Contact: Mr. Sunil Tamrakar, Mob. 98275-61649,

**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: 2019 13 to 24-1, 1 to 12-2, 7 to 18-4, 12 to 23-5, 9 to 20-6, 14 to 25-7, 11 to 22-8, 8 to 19-9, 6 to 17-10, 17 to 28-11, #ST: 2019 10 to 18-3, 8 to 16-12, Group Sitting: Every Sunday 8 to 9 am. Contact Office: Vikram Nagar, Mhow road, Ratlam, Mob. 09425364956, 09479785033.

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

Vipassana Dhamma Guna, Village- Pagara, Dist.- Guna, (at 12 kms. Guna-Gwalior Division.) 10-day: 2019 17 to 28-2, 24-3 to 4-4, 21-4 to 2-5, 16 to 27-6, 21-7 to 1-8, 25-8 to 5-9, 15 to 26-9, 3 to 14-11, 3-day: 2019 18 to 21-10, #ST: 2019 19 to 27-1, 30-11 to 8-12, 1-day: 2018 last Sunday of every month. 11 am to 4 pm, 2019 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.

**Dhamma Ketu, Durg (Chhattisgarh)**

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana.kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. 10-day: 2019 5 to 16-1, 6 to 17-3, 1 to 12-4, 17 to 28-4, 16 to 27-6, 7 to 18-7, 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, #ST: 2019 19 to 27-1, 3-day: 2019 20 to 23-3, 9 to 12-8, 2-day: 2019 10 to 12-5, Teenagers' Course: (Boys) 2019 2 to 10-6, 1-day: 2019 17-3, 19-5, 16-6, 21-7, 4-8, 10-11, 29-9, Children's course 3-day: (12 to 16 Only Girls) 28 to 31-12, Children's course: 2019 31-3, 28-4, 5-5, 15-9, 20-10, 1-12, 15-12, Dhamma Servers Workshop: 2019 24-3, Long Course: Special 10-day: 2019 1 to 12-12, 30-day: 2019 1-2 to 4-3, 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) Mohanbhata, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com 10-day: 2019 9 to 20-1, 6 to 17-2, 6 to 17-3, 1 to 12-4, 19 to 30-6, 11 to 22-7, 8 to 19-8, 10 to 21-10, 7 to 18-11, 20 to 31-12, #ST: 2019 14 to 22-9, 3-day: 2019 20 to 23-3, Teenagers' Course: (Girls) 2019 2 to 10-6, 1-day: 2019 20-1, 17-2, 18-3, 16-6, 8-9, Children's course: 2019 31-3, 29-9, 24-11, 15-12, Contact: 1. Mr. D.N. Dwivedi, Mob. 9806703919, 2. Mr. S. Meshram, Mob. 98269-60230,

Mahasamund (sirpur): 10-day: 21-2 to 4-3, Place: Village Sirpur, Dist: Mahasamund, Contact: 1) Mr. J. P. Bagde, Mob. 9691646094, 2) Mr Prakash Vaidya, Mob. 9907921496

**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 Houise 5th floor, room no-523, 1, old court house corner, kolkata-700001, Tel: (033) 2230-3686, 2231-1317. 10-day: 26-12 to 6-1,

**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: 2019 12 to 23-1, 9 to 20-2, 9 to 20-3, 18 to 29-4, 3 to 14-5, (for bhikkhus 19 to 30-4) 8 to 19-6, 13 to 24-7, 10 to 21-8, (only female 1 to 12-9) 19 to 30-9, 5 to 16-10, 1 to 12-12, #ST: 2019 9 to 17-11, 3-day: 2019 2 to 5-4, 28 to 31-12 1-day: 2019 19-2, 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: 2019 6 to 17-1, 27-1 to 7-2, 13 to 24-2, 3 to 14-3, 24-3 to 3-4, 7 to 18-4, 26-5 to 6-6, 23-6 to 4-7, 14 to 25-7, 11 to 22-8, 8 to 19-9, 13 to 24-10, 8 to 19-12, #ST: 2019 24-11 to 2-12, 1-day: 2018 On the day a 10-day or other long courses ends. Long Course: Special 10-day: 2019 3 to 14-11, Contact: 1) Mr. Harilal Shahu, Email: harilal.sahu@gmail.com, Mob. 09407699375, 2) Mr. Prafulldash, Mob. 7077704724,

**Dhamma Bhubaneswar, Kantabada, (Orissa)**

"Dhamma Bhubaneswar", 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: vipassanabssr@gmail.com 10-day: 2019 16 to 27-1, 13 to 24-2, 13 to 24-3, 17 to 28-4, 15 to 26-5, 12 to 23-6, 17 to 28-7, 14 to 25-8, 18 to 29-9, 16 to 27-10, 13 to 24-11, 18 to 29-12, 3-day: 2019 11 to 14-4, 2-day: 2019 8 to 10-11, 1-

day: 2019 Every mont first Sunday,

**Dhamma Sikkim, Sikkim**

Vipassana Meditation Centre, P. O. Aaho Senti, Vill, Senti East Sikkim 737135. Email: info@sikkim.org; Contact: Sheeladevi Chaurasia, Mob. 98307-06481, 97484-61787, 94343-39303, 94348-62226. Email: vijur89@hotmail.com

**Dhamma Aruna, Changlang (Arunachala Pradesh)**

Vipassana Meditation Centre, Village Mudoi, Police Check Gate, Dist - Changlang-792120, (13 Kms from Namsai to Mudoi) Contact: 1. Lukhep, Mob. 09436872876, 2. Nand Kishor, Mob. 09435338689, 3. A. S. Devi, Mob. 08132065357,

**Dhamma Pubottara, Kamalanagar, Mizoram**

Mizoram Vipassana Meditation Centre, Kamalanagar-II, CADC, Chawngte-C, Dist. Lawngtlai, Mizoram-796772. 1-day: every Month first Sunday and magha, Vaishakha, Ashadha, Ashwin, and Madhu Purnima, Children Course: every month second and third Sunday, Contact: Digambar Chakma, Tel: (0372) 2563565, Mobile: 094367-71165. Email: mvmc.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: jppoenka@gmail.com 2) Chandran, Mobile +971-50-7683301, 3) Ashish Jariwala, Mob. +97150-3554052.

**ONE-DAY COURSES**

The information about one-day courses and group sittings cannot be published every month because of lack of space in the Vipassana Newsletter. Therefore, it has been decided to publish this information every three months. (Please note that one-day courses and group sittings are only for those meditators who have completed a ten-day Vipassana course.)

**MUMBAI (One-day Courses): Anushaktinagar:** One-day Every first Sunday, at Central School No. 1, Anushaktinagar, Mumbai-94, Contact: 1) Kishan Chand, Mob. 9699594183, 98199-63849, 2) Mr A R Babbale, Mob. 99690-16885, 99693-78156. **Churchgate:** Every Sunday except First Sunday 11 am. To 5 pm. At: 3<sup>rd</sup> Floor, Vasant Sagar, Opp. Jai Hind College, 'A' Road, Churchgate, Mumbai-400 020, Contact: 1. Mr. Subhash Shah, Mob. 9833312345, 2. Mr. Nitin, Mob. 9820003057. **Cuffe Parade:** Every first Sunday. **And Group Sitting:** every Sunday 8 to 9 am at 83, Sunflower Bldg., Flat 3, 8th floor, Opp. G.D. Somani School. Contact: Tel: 022-22181222, **Mulund (W):** Every third, Sunday, Contact: Mr. Kanti Gosar, Mob. 9321598545, Mr V D Pasad, Mob. 9821323033. **Goregan (W):** One-day: Every first Sunday, 10 am to 4 pm; **Group Sitting:** 8:30 to 9:30 am. Second fourth and fifth Sunday; **Self-meditation:** 9 am to 1 pm. on all working days and **Mini Anāpāna** every second Sunday at Vipassana Counselling & Research Centre, first floor, Siddharth Municipal General Hospital, Opp. Motilal Nagar Post Office. Contact: Tel: 2876-6885/86, Extn. 219 Mob. 9892970706, 9930867538, (12 am to 1 pm). **Kalyan (W)** Children's course: Second Sunday. 8:30 am to 2 pm (10 to 16 yrs). **At:** Dhulap Municipal School, Nr Old Vani Vidyalaya, Rambaug Road No 5, Contact: Kalpana Shirsat, Mob. 8879849067, **Dombivli:** One-day: Every fourth Sunday, **Children Course:** Every Second Sunday 8:30 am to 2 pm (10 to 16 yrs) **Place:** Tilak School, Tilak Nagar, Dombivli, Contact: 1) Debashish, Mob. 9029423540, 2) Mukul, 9819866615, **Kandivli (W):** One-day: 8 am to 1:20 pm Every second and fourth Sunday, **Group Sitting:** Every Saturday 8 to 9 am and Every first, third, and fifth Sunday 8 to 9 am and 9:10 to 10:10 am **Place:** 1st Floor, Poinstar Gymkhana, Near Poinstar Bus Depo, Kandivli (W) Contact: 1) Mr. Waghela, Mob. 9324494215. 2) Mr Nilesch, Mob. 9820226282 **Thane (W)** One-day: Every first Sunday, **At:** NKTT Collage, Kharkar Lane, Contact: Vasant Barahate, Mob. 9869317447, 8369892450. **Kharghar (New Mumbai):** one day: every fourth Sunday **Group Sitting:** Every Saturday and Sunday, Except fourth Sunday, at: Vishwajyot High School Plot No. 77 Sector 20, Near Jalvayu Vihar, Kharghar, Contact: 1) Sushama Dhmal,

Mob. 93228-90275, 2) Archana, Mob. 9699971005., **Gorai, Mumbai:** Place: Global Vipassana Pagoda Gorai Village, Borivali (W) **One-day:** Every Sunday, and **Self Group Sitting:** Daily (any time) 9 am to 7 pm, **Contact:** (10 am to 6 pm) 33747529, 33747544, 33747501, **Andheri (E): i) One-day:** every first Sunday at Atmadarshan, Mahakali Caves Road, Subhash Nagar, Andheri (E) **Contact:** 1. Rita Bhandari, Tel: 022 28381838, 28220472. **ii) One-day:** every fourth Sunday **Group Sitting:** every Sunday 8 to 9 am. **Contact:** Dr. Karuna Kedia, 18<sup>th</sup> Shyam Sadan, Ground Floor, Near J. B. Nagar, Andheri (E), Mumbai-59. Mobile: 93246-74469, **Andheri (W):** **One-day:** Every third, fourth, fifth Sunday (Time 11 am to 4:30 pm.) and [Children's course: Every Second Sunday (Time 10 am to 3 am.) **Contact:** Adhish, Mob. 9967480865.] at Mayfair Meridian, Basement Caiser Road, Amboli, Andheri (W), **Contact:** Devyani Mehta, Mob. 92232-54982, Rita Bhandari, Mob. 9987982398. **Kurla (E):** Every first Sunday at Shivshrishti Kamgar Municipal School, Nehru Nagar, Opp. S.T. Depot. **Contact:** (022) 2529-2764, 92247-42254, 92218-38864, 99871-53836. **Vile Parle (W): i) every second Sunday. Group Sitting:** every Sunday, 7 to 8 am. At Jannabai School, Juhu **Contact:** Devyani Mehta, Mob. 92232-54982, **ii) every third Sunday,** at Nanavati Hospital, Vile Parle (W), **Contact:** Shirish Kamdar, Mob. 9820590231, **Wadala (Matunga E):** every third Sunday at "MCGM School - Sewri Wadala Estate Road No: 7A Behind Lijjat Papad Building **Contact:** 1) Mr. Manish, Mobile: 98922-18186, 2) Mr. Kapil, Mob. 98201-50336, **Ulhasnagar:** 1) **One-day:** Every fourth Sunday, **Group Sitting:** Daily 8 to 9 pm. Dhamma Saket Vipassana Centre, Near Nalanda School, Kansai Road, Subhasha Tekdi Ulhasnagar -4 **Contact:** 1. Wakode, Mob. 9421627274. 2) Every third Sunday, **Children Course:** Every first Sunday A Block 703/1405, Gokul Nagar, Behind Netaji School, Near Mahesh Granite, **Contact:** Ram Meghrajani, Mob. 9970755130, **Vashi (New Mumbai):** **One-day:** Every second Sunday, **Contact:** 1. H. H. Gala, Mob: 93220-97711. 2) D. J. Koche, Tel: 022-2266-7087. **Chembur:** 1) every second Sunday at Modern English High School Chheda Nagar, 4<sup>th</sup> Road, Near Paras Niketan Building Chembur (W), **Contact:** Tel: 022 25240805, 27552181, 25251739. **Titwala:** **Children's course:** (age 10 to 16) 9 am to 1:30 pm, **Place:** Meridian School, Regency Sawaram, Nr Titwala Railway Station, **Titwala, Contact:** Mr Srinivas, Mob. 9619632140, 9987650985,

**MAHARASHTRA:** **Alibaug:** **One-day:** every second Sunday, **Group Sitting:** Daily, 6 to 7 p.m., Sunday, 8 to 9 a.m., **Place:** B-12/10, RCF Colony, Alibaug, **Dist- Raigad Contact:** Mob. 94211-71198, 94201-99637.

**Mahad (Raigad)** **One-day** on every fourth Sunday, at Dr. Babasaheb Ambedkar Smarak, near Chavdar Tale. **Contact:** Vishwanatha Dhote, Tel: (02145) 690296, 98193-54874.

**Akola:** **One-day:** every first Sunday, at VidyaMandir Kanya School, Opposite IMA hall, **Contact:** Khaire, Mobile: 94224-09435.

**Malkapur (erd)** **One-day:** every third Sunday, and **Children's course:** (age 12 to 18) every fourth Sunday at Rajratna Colony Malkapur Road, Akola 444 001. **Contact:** Mr. Tayade, Mob. 7038629525, 2) Mr. Athavale, Mob. 9404092468.

**Wardha:** **One-day:** every third Sunday, **Place:** Bodhisatva Buddha Vihar Vikramshilanagar Wardha, **Contact:** Tel: (07152) 247261, Mob. 98906-17235.

**Shegoan:** **One-day:** every second Sunday. At shegoan Arban credit Co-operative society **Contact:** Mhahendrasingh Anand, Mob: 94221-81970.

**Parbhani:** **One-day:** every second Sunday and **Group Sitting:** Daily, 6 to 7 am, 7 to 8 pm at (Bramhagiri) Rajendra giri Nagar, Behind Shankar Traders, Vasmat Road, Parbhani, **Contact:** 1) Uddhav Also, Mob. 94213-92193.

**Amravati:** **One-days:** 1) Every First Sunday at Dist Primari School, Asara, Tal. Bhatkuli, **Contact:** Mr. Ramteke, Mob. 99216-25652, 2) Every First Sunday at Takshshila Mahavidyalaya. **Contact:** Kishor Deshmukh, Tel: 266-2179. Mob. 7798906169, 8007676033, 3) Every Second Sunday at Mahanagar Palika School Benoda, **Contact:** Mr. SugrivKumar Shende, Mob: 99226-94994. 4) Every Third Sunday at Kuralpurna, 11

am to 5 pm. And Every First Sunday at Mahavir Bhavan **Contact:** Mr. Prabhakar Mohod, Mob. 9673925070. Mr Rajkumar Bardiya, Mob. 7083896906, 5) Every Third Sunday at Ramnagar Mahaprdnya Buddha Vihar, Amravati. **Contact:** Smt. Nagdive, Mob. 9096893813, 6) Every Fourth Sunday at Gayatri Sanskar kendra, Amravati, **Contact:** Mr. Khedakar, Mob. 99232-03328, 7) Every Fourth Sunday at Buddhavihar newbasti, Badanera Railway Station, **Contact:** Mr. Vashnik, Mob. 7769822427,

**Buldana:** **One-days:** Every third Sunday. **Group Sittin:** Every Sunday 8 to 9 am. **Venue:** Vipassana Charitable Trust, Buldana, **Contact:** 1) T. G. Ingle Mob. 7057220147,

**Vashim:** **One-days:** One time in two month, **Group Sitting:** 1) Every Sunday 8 to 9 am. 2) Daily 5 to 6 am. and 6 to 7 pm. **Anapana for New student:** 9.30 to 10 am. **Venue:** M.B. Bhagat Niwas, Hall Milind Nagar, Janb Road Mangerulmir, Tal: Mangerulpir, Dist: Vashim. **Contact:** 1) Janardan Je Bhagat Mob. 9545654422.

**Aurangabad:** **One-day:** (1) every Purnima 6 am to 11 am, At 27 - Gitanjali Viduyt Colony Begumpura, **Contact:** Mr Nagve, Mob. 95790-03491, Dr. Mangala Hivale, Mob. 9421308039. (2) Every Sunday. 9 am to 6 pm **Place:** University Camps, Buddha Leni, Aurangabad **Contact:** 9420264261

**Gandhinagar (Kolhapur):** Every third Sunday. And **Group Sitting:** Every Sunday, 6:30 to 7:30 am. **Contact:** 1) Shamalal Kalani, Mob. 94225-83369, 2) Nandalal Chavala, Mob. 94212-05509.

**Gadchiroli:** **One-day:** every month First Sunday, **Children's course:** every month Second Sunday, At Tukum ward, desaiganj, **Tal:** desaiganj, **Dist:** Gadchiroli **Contact:** 1. Mr. Vijay hedau Mob. 95791442218. 2. Mr. Purushottam Dudhe Mob. 9421734459.

**Bhusaval:** **One-day:** every first & third Sunday **Children's course:** every fourth Sunday, and **Group Sitting:** daily 8 to 9 am and 6:30 to 7:30 pm at Vipassana Sadhana Samiti, Near Kotecha High School, Shanti Nagar. Mob. 9860552211,

**Jalgaon:** **One-day:** every fourth Sunday and **Children's course:** every Second Sunday, 9 am to 1 pm. **Place:** Children park, M.I.D.C. Jalgaon, **Contact:** Mob. 1)9422292161, 2) 7588409682

**Raver:** **One-day:** every Second Sunday, 9 am to 3:30 pm, Kamlabai Girls Highschool. **Contact:** Mob. 9403837714

**Kamtee:** **One-day:** every Purnima at Dragan Palace, Kamtee, Nagpur **Contact:** 1. Ku. Sulekhatai Kumbhare Tel: (07109) 282041. Mob. 098230-22778. 2. Dange, Tel: (07109) 288041.

**Nashik:** 1) **One-day:** Every first Sunday, **Group Sitting:** 8:30 to 11:30 am. **Contact:** 93253-84433. 2) **One-day:** Every second Sunday, **Group Sitting:** 8:30 to 11:30 am. **Contact:** 93739-25050. 3) **One-day:** Every third Sunday, **Group Sitting:** 8:30 to 11:30 am. **Contact:** 94203-66298.

**Nanded:** **Children's course:** every second & fourth Sunday. **Contact for Place:** Mob. 94221-89318, 94221-73202. (2) **One-day:** Every Purnima **Group Sitting** Daily, 7 to 8 am. And 6:30 to 7:30 pm. **Contact and Place:** Gautam Bhave, Dhamma Pushpa, Ravinagar, Jangamwadi. Mob. 94236-14265.

**Latur:** **One-day:** Every fourth Sunday. except during dates 31-1, 29-5, 31-7, 30-10, **Group Sitting:** Daily 8 to 9 am. **Children's course:** every first Sunday, (9 am to 3 pm) **Place:** DhammaAavas Vipassana Samiti, Opp. RTO office, Vasant Vihar Colony, Babhalgaon Road. Latur- 413531 **Contact:** 1. Mr Dwarakadas Bhutada, Tel: 02382-59900. Mob. 94224-25911. 2. Mr Akasha Kamdar, Tel: 02382-22533.

**GOA:** **North Goa:** **One-day:** Every Sunday, 8 am to 1 pm at Porvorim, Goa. **Contact:** 1) Aditi, Mob. +91 7776958088, 2) Gordon, Mob. +91 9822139558, Email: dhammagoa@gmail.com

**South Goa:** **One-day:** Every third Sunday. At Margao, **Contact:** 1) Mr. Anil, Mob. +91 7507802601, 2) Bernie, Mob. +91 9850457636,

**GUJARAT:** **Ahmedabad:** **One-day:** 1) Every last Sunday. **Group Sitting:** every Sunday 8 to 9 am and every first Sunday, 8 to 10 am. Opp. Ishwarbhuvan Purnanand Ashram, Commerce 6th Road, Navrangpura. **Contact:** Kanchanben Jethalpara, Tel: 98980-11960, 2640-4829.

**Songadh:** **One-day:** every first Sunday. At Palitana Road, Village Todi, **Dist:** Todi. **Contact:**

1) Shri Shah, Mob. 7878103636, 9427232145,

**Jamnagar:** **One-day:** every second Sunday. 9:25 to 3:30 pm **Group Sitting:** every Sunday 9 to 10 am and **Children's course:** (age 9 to 15) every third Sunday, 10 am to 2 pm **Contact:** Maharshi Patanjali Institute yok yoga and Naturopathy Near Dhanvantari Ayurved collage Gujarat Ayurved Univaricity Jamnagar. **Contact:** 1. Mr. Bhagvandas, Mob: 98986-71251, 2. Mr Ramesh, Mob. 9408963935.

**Palanpur:** **One-day:** Every Second Sunday. 11:30 to 4:30 p.m. **Group Sitting:** Every Sunday Except Second Sunday. 8.30 to 9.30 am. At: Belaben Bavisi House opp. New Pawar Tailor, Nr. Delhi Gate, **Contact:** Mob. 9978509198, 9904430604.

**Vadodara:** 1) (Dhamma Bhavana) **One day:** Every first Sunday, and **Group Sitting:** Daily 5:30 pm to 6:30 pm Monday to Friday and Every Sunday 8 to 9 am. **Contact:** Tel: 234-1181, Mob. 9898503753. 2) **One day:** Every third Sunday, **Group Sitting:** Daily 2:30 to 3:30 pm Monday to Saturday and Every Thursday 7pm to 8pm. **Place:** 201 Pluto Apartment, Race Course.

**NEW DELHI:** **One-day:** (10 am. to 5 p.m.) 1) Every Sunday at Logicstat Farms., Near Radhaswami Satsang Phase 4, Chhattarpur, Bhati Village, Tel: 93502-82912, 2) Every Sunday at 12 Bhogal Road, **Contact:** shri: Vijay, Mob. 9718973128, 3) Every second Sunday at C-5, Buddha Vihar, Yamuna Vihar (Near C-5 Market), **Contact:** R. N. Gautam, and Daulat Ram Tel: 22134872, Mobile: 98681-02157, 9899311668. 4) Every third and fifth Sunday, at Community Centre, Nirmal Chaya, Outside Tihar Jail Gate No. 2, Jail Road New Delhi. **Contact:** Rajender Kumar, Tel: 2555-3404. 5) Every fourth Sunday (10 am to 5 pm - please bring lunch). **Group Sitting:** Every Sunday 10 to 11 am at Ved Sansthan, C-22, Rajori Garden. **Contact:** Abhay Sharma, Tel: 2510-2316. 6) Every Second Sunday **Group Sitting** Daily 6 to 7 am. Sh. Sunil Kailashi, Village Hiran Kudna, Near Ganga Internation School, Tel: 9810262774, 8800647590.

**HARYANA:** **Faridabad:** **One-day:** Every second Sunday, **Contact:** Mohinder Teneja, Tel: 2241-1435.

**Rohtak:** **One-day:** every last Sunday. **Group Sitting:** Daily, 8 to 9 pm. **Place:** Sec-2 Ho.No. 617, Rohtak (Haryana) **Contact:** Anil Hoda, Mob. 92554-05455,

**Gurgaon:** **One-day:** every first and third Sunday. 10 am to 5 pm **Children's course:** every second Saturday 8 am to 2 pm, followed by **Mini Anapana:** (non-meditators) 3pm to 4 pm at house no. 23, sector 23 Huda, Gurgaon. **Contact:** 1. Nirmala singh, mob. 9810954249, 2. Dr. Nina Lakhani mob. 9868530995.

**PUNJAB:** **Ludhiana:** **One-day:** every first Sunday. **Group Sitting:** every Sunday. 9 to 10 am. at 16-E, Saraba Nagar, **Contact:** 1. Anil Lekhi, Mob. 9463703586.

**Bhatinda:** **One-day:** every last Sunday. **Group Sitting:** every Sunday 8 to 9 am at #288,8A, Pukhraj Colony **Contact:** 1. Mr. Pardeep Garg, Mob. 9814431076, 2. Mr. Sanjeev Jaisingh, Mob. 9888834015.

**Kapurthala:** **One-day:** every first Sunday, **Group Sitting:** every Wednesday 6 to 7 am at Warris Shah Hall, Railway Coach Factory, Kapurthala. **Contact:** 1. S. S. Kanwar, Mobile: 97792-41331, 2. Sanjeev Kumar, Mobile: 094638-47834.

**Mohali:** **One-day:** every Third Sunday, **Group Sitting:** every Sunday, 8 to 9 am At 4005 Sector 68 **Contact:** 1. Mrs Savita Dudpuri, Mob. 9878033062, 2. Mr. Jasbir Singh, Mob. 99150-06377,

**Amritsar:** **One-day:** every last Sunday. **Group Sitting:** every Sunday. 6 to 7:30am. At 1-c/4 lane vijay nagar Batala Road, **Contact:** 1. Mr Rahul Mittal, Mob. 9465274243, 2. Sanjeev Kumar, Mob. 094178-33086.

**Rajpura:** **One-day:** Every Sunday, 10 am to 4:30 pm **Place:** 426, Dada Chouhan Enclave, Rajpura, **Dist:** Patiala, **Contact:** 09814030276, 09646304540.

**JAMMU:** **One-day:** Every third Sunday, at IIM School, Kenal Road, **Contact:** Sanjit Khajuriya, Mob. 94191-80944, 2) Rakesh Singh, Mob. 94692-10220.

**RAJASTHAN:** **Jaipur:** **One-day:** (1) Every Sunday 12 to 5pm, **Place:** Dhamma Kuteer, Plot no. 527, Siddharth Nagar- A, Near Jawahar Circle, Jaipur **Contact:** 1. Mrs Karuna Pandey,

Mob 9414271051, 2. Mr Sushil Goenka, Mob. 9462649377, (2) every Sunday from 12 to 5 pm at C-103, Green Park Apartments, Janata Colony, Jaipur-302004, Contact: 1) Shri K C Dhand, Mob. 9929887242, 2) Shri Dinesh Malpani, Mob. 9829165666, (3) every Saturday and Sunday from 12 to 5:30 pm at Bodhi Tree House, B-25, Parshavanath Marg, Parshavanath Colony, Ajmer Rd, (DCM area) Jaipur-302019. Contact: Tel: Mobile: 98281-61955, 90011-11166. (4) Every second Sunday 12 to 5:30 pm At Vinobha Gyan Mandir, B-190, University Marg, Opp Praktirik Chikitsalaya, Bapu Nagar, Contact: 0141-2708695, 9460875159, Jaipur: (1) Children's course: First and second Sunday 8:15 to 11:30 am Place: 403, Prince Apartments, Near Gulab Ddyan, Basant Marg, Bani Park, Contact: 1. Mr Sushil Goenka, Mob. 9462649377, 2. Ms Asha Laungani, Mob. 7412868456. (2) Children's course: Third and fourth Sunday, at Bodhi Tree House, B-25, Parshavanath Marg, Parshavanath Colony, Ajmer Rd, (DCM area) Jaipur-302019. Contact: 1. Shri. Mukesh Jindel, Mob. 98281-61955, 2. Ms Asha Laungani, Mob. 7412868456.

Jodhpur: 1) One-day: every third Sunday Contact: Nemichand Bhandari, 260 Mayur, Fourth 'B' Road, Sardarpura, Jodhpur Tel: (0291) 263-7330. Mobile: 93147-27215.

Raniwada: One-day: Every Purnima, Ashtami and Amavasa. Meditators wishing to sit one-day course can come on any day after giving advance notice. Group Sitting: Daily, 6:30 to 7:30 am and 7 to 8 p.m. Contact: 1. Sonaram Choudhary, Village Jalera Kalla, Tal. Raniwada Dist Jalor-342040 Mob. 94607-06279. 2. Bharupal Singh, Mob. 94601-23234.

Kota: One-day: every third Sunday. Group Sitting: every Sunday, 8 to 9 am at 8/29, Saraswati Colony Bara Road, Kota 324001 Contact: Tel: (0744) 2441193, Mob. 94131-40242, 98292-62646.

UTTAR PRADESH: Allahabad (U.P.): One-day: every third Sunday. 9 am to 5 pm at S. P. Convent School, Near Ram Chandra Mission, Chak Mundera, Allahabad-19. Contact: 1) C. P. Maurya, Tel: (0532) 2233058, Mob. 93074-20658, 2) H. D. Gupta, Mobile: 94506-09666.

Ghaziabad: One-day: Every First Sunday (10 am. to 5 p.m.) at Sector-23, Buddha Vihar, Contact: 1. Charan Singh, Tel: 0120 2784653. Mobile: 09412220440.

Jhansi: 1) One-day: Every first Sunday, 10 am. to 5 pm at RawatPura Sarkar Institution Datiya, 2) One-day: Every first Sunday, 10 am. to 5 pm. Group Sitting: Every Sunday 8 to 9 am, Mini Anapana Every Sunday except first Sunday (Above 10 year Can joint.) At Shanti Niketan hostel, Near Bharat Petrol Pump, Shivajinagar Jhansi. Contact: Mob. 9935599453, 90057-74504.

Kanpur (U.P.): One day: every second Sunday. Group Sitting: every Saturday, 8 to 9 am. Contact: Dharendra Agarwal, Email: Dheer.Agg@gmail.com Mob. 93351-56197.

Meerut: 1) One-day: every Second Sunday 8 am to 3:30 pm. Children's course: 8 am to 3:30 pm One-day: every Third and Fourth Sunday 8 am to 1 pm, and Last Sunday 9 am to 5 pm, at Dhyan Kendra, Delhi Road, Behind Shankar Dharm Kata. Contact: Mob. 093191-45240.

Varanasi: One-day every fourth Sunday. Place: Dhamma Cakka, Vipassana Sadhana Kendra, Sarnath Contact: Mob. 09936234823,

Khalilabad: One-day: every second Sunday. Contact: Ram Dulare Prasad, Mandya, P.O. Khalilabad, Dist. Santakveer Nagar-272175. Tel: (055457) 222545. Mobile: 94150-38038.

Saharanpur: One-day: every first and third Sunday. Group Sitting: Daily 7 to 8 am, at several places. Contact: Mr Madan Singh Gautam, Mob. 09758242211, 7251881213, Place: Light of Panchseel Public School, Village Devala, Behata Road, Dist. Saharanpur.

Bareilly: One-day: every fourth Sunday. Contact: 16 Shivapuri, Bareilly 1. Shri Harihar Prasad Varma, Mob. 9412604486, 2. Mahesh Chand Gupta, Mob. 96341-66696.

Gorakhpur: One day: last Sunday of every month. 9.30 am. to 4.30 pm. Contact: Dr. Vimal Kumar Modi, Mob. 93364-18268. V.K. Agrawal Mob. 9415692557. Place: Arogya Mandir, Medical College Raod

Lucknow: One-day: every third Sunday. 9 am to 5 pm Venue: Central Public School (Women's

Collage) Rajni Khand, Sharda Nagar, (Near Toppo Stand) Contact: 9450355234, 8174935389, MADHYA PRADESH: Jabalpur (M.P.): 1) One day: every last Sunday. Group Sitting: every Sunday, 9 to 10 am. Contact: 1.Mr Mekan, Mob. 9425156895, 2. Mr Mahesh, Mob. 9981598352. 2) 6:30 to 7:30 pm. Contact: Chandorkar, Mob. 97524-15304.

Indore: One-day: every third Sunday. (8 am to 1:30 pm) Group Sitting: Every Sunday (except third Sunday) 8 to 9 am. Mini Anapana (1 hour) every second Sunday. 9.30 to 10:30am Children's course: (8 to 11 yrs) 2018-29-12, (12 to 16 yrs) 2018-30-12. At Shakuntal A.B Road, Contact: Mr Shanbhudayal Sharma, Mob. 94253-46528.

Bhopal: One-day: Every first Sunday, (11 am to 5 pm) Group Sitting: Every Sunday, except first Sunday 8 am to 9 am Place: Gayatri Off set. Near Axis Bank, Zone-1, Contact: 1. Mr Bawiskar, Mob. 9754775857, 2. Mr Gupta, Mob. 9425097372,

Ratlam: One-day: Every first Sunday, 8 am to 1 pm Group Sitting: 8 to 9 am at Naturopathy Centre, Dongre Nagar, behind Law Collage, Ratlam. Contact: Shri Ora, Mob. 9977952095,

Sidhi: One-day: Every first Sunday. Group Sitting: Daily 4:30 to 6 am. and 6 pm. to 7 pm. Contact: Vipassana Kutti, Van Abhayaranya Colony, Sidhi-486661. Tel: (07822) 251-397, 094251-79466.

Guna: One-day: every last Sunday. Group Sitting: every Sunday. 8 to 9 am. Contact: 1) S. P. Agrawal, Tel: (07542) 221-350. 2) Ramswaroop Bharti, Mobile: 098939-71740.

Itarsi: One-day: Every last Thursday. Group Sitting: Daily 6 to 7 pm. Place: Pradnya Buddha vihar, new yard Itarsi, Contact: 1) Shree Waghmare-9039136491, 2) Gedamji- 9893379601.

Baitul: 1) One-day: Every last Sunday, Group Sitting: Daily 6 to 7 am, and Sunday 6 to 7 pm. Contact: Mob: 94065-67419, 93295-61205. 2) Gopalpur: Every first Sunday 10 am to 4 pm. Place: Dhmmasmrutikaksha, Vill.- Gopalpur, post- Shaktigadh, Dist- Baitul-460449 Contact: 1) Shri Ratnesh Varma, Mob- 9926552991, 9630130547, 2) Shri Shivmohan Shrivastava Mob-9575708756,

Burhar (Shahdol): One-day: Every last Sunday, Place: Vipassana Sadhana Seva Samiti Tikuri Tola, Contact: Gulabsingh Tomar, Mob. 094243-52838.

CHATTISGARH: Amarkantak: One-day: every fourth Sunday. Group Sitting: Sunday, 8 to 9 am. Contact: Tel: (0771) 253-7131. Bhilai: One-day: every second Sunday. Group Sitting: Sunday, 8 to 9 am. Daily 7 to 8 pm Children's course: every first and third Sunday. Contact: 1) Dr S. M. Badole, Mob. 099071-83474, 2) P. K. Nandi, Mob. 94252-42636.

Korba: One day: second Sunday of every month Place: CSEB Colony, Korba East Contact: 1. Shri: L. P. Sharma, Mob. 94061-55316, 2. Shri: Mahendra Prasad, Mob. 99263-42705.

Dalli-Rajhara: One day: every third Sunday. 11 am to 5 pm Children Course: every first Sunday. Contact: 1. B. L. Baudya, Mob. 94061-03832. 2) B. K. Sahu, Mob. 093033-52732,

Raipur: One day: every first Sunday at Mittal Complex, Ganjapar, Telghani Naka, Ganjpara, Raipur. Contact: 1) Sadaram Gupta, Mob. 094252-05310. 2) Anirudha Koche, Mob. 98263-88308

Mahasamund: One day: Fourth Sunday of every month, at 8 AM. Group Sitting: Every Sunday (Except Fourth Sunday) Venue: Sanjay Kunj, Imlibhatha, Contact: 1) Shri L. N. Sharma, Mob. 9407078676, 2) Shri Naresh Moryani Mob. 7828193027,

Chhindawada: One day: every third Sunday. Group Sitting: every Sunday. 8 to 9 am at F/5 Civil lines. Contact: M. Somkuvar, Tel: Mob. 94243-96871, 94243-36241.

SOUTH INDIA: Auroville (Pondicherry): One-day: Every first Sunday. Group Sitting: Daily, morning and evening. Contact: Bhavana, Verite Community, Auroville. Email: bhavana@auroville.org.in Tel: (0413) 2622045.

Adilabad: One-day: every second Sunday. Group Sitting: Daily, two hours Contact: Mrs D. Sailajadas, Mbl: 93900-10027.

Hyderabad: 1. One-day: every first Sunday. Group Sitting: every Sunday. 10 to 11 am and 6.15 to 7.15 pm. Contact: Tel: (040) 23067240, 2. One-day: every Third Saturday. Group Sitting: every Saturday. 10 to 11 am. Contact: Smt. K. Vani, Tel:

(040) 23548471, Mob. 9177037799. 3. One-day: 14<sup>th</sup> of every month, Contact: Smt. Sujatha & Bhoom Reddy, Mob. 93910-23178.

Vijaywada: One-day: Last Sunday of Every Month. Group Sitting: Daily 9 to 10 am, Children's course: Every first Sunday. 70 Minits Mini Anapana Contact: 09346399147, 9542441395.

Bangalore (Karnataka): One-day: every Sunday at Akhila Karnataka Prani Daya Sangha, Next to Asiad Games Complex, 80 feet Road, 6<sup>th</sup> Block, Koramangala. Contact: Mrs. Asha Gupta, Tel: (080) 2553-4486, 2553-2204, 2222-4330. Fax: 2227-6776. Email: silks@vsnl.com

Hubli: One-day: Every third Sunday, Group Sitting: every Sunday. 7 to 8 am. Venue: #95 HIG III Cross near cancor Hospital, Nava nagar, Hubli. 580025 Contact: Jagan Mohanrao- Mob. 094481-22160. 2) Mr. Narayan Mob. 98806-61501 .

Davangere (Karnataka): One-day: Every month any one Sunday and Group Sitting: Every Saturday and Sunday 5 to 6 pm. Place: Bapuji High School Davangere. Contact: 1. A. S. Murthy, Mob. 98443-43684, 2. R. Muralidhar, Mob. 99869-62762.

Mysore: (Karnataka): One-day: Every second and 4th Sunday of Every month, (10 am to 3.45 pm Bring lunch and drinking water) Place: Mahabodhi School, Saraswathipuram, Mysore, Contact: 1. Vijayalaxmi Bhat, Tel: 0821-2304553, 9481149553,

Coimbatore: One-day: Every month Last Sunday and Group Sitting: Every Sunday 8 to 9 am. Place: Punam, 16/24-C, 3<sup>rd</sup> Floor, Hamsa Layout Behind Shanmuga Theatre, R.S.Puram, Contact: Bharat Shah, Mob. 98423-47244, 2) Mahesh Bhansal Mob. 98434-51153,

Secunderabad: 1. One-day: every fourth Sunday. Group Sitting: Daily, 6 to 7 pm. and every Sunday 8 to 9 am. Place: 702, Emerald House, SD Road. Contact: R. P. Modi, Tel: 9948095952; 2. One-day: every Second Saturday. Group Sitting: Every Sunday 8 to 9 am. Place: D13 Top Floor, Vikramपुरi Colony, Contact: Sabrina Katakam, Tel: (040) Res. 27843684, Mbl. 98852-90543. 3. One-day: every first Saturday. Group Sitting: Every Monday 7 to 8 am. Place: H. no.3/54/188, Saraswati Nagar Colony, Lothkunta. Contact: A. Surekha, Tel: (040) 27861255, Mob. 9391639224.

Udipi: One-day: Every second Sunday at Mangal Maitri Nilay, Seethamadi, Hubri, Udipi Dist. Contact: 1) Jayanth Shetty, Mob. 94497-73942.

Chennai: (Tamil Nadu) i) One-day: Every Sunday 9 am to 4:30 pm at Andhra Balanandam Sangha Nursery school, old No: 64, Burkit Road (Opposite UCO Bank), Near T-Nagar Bus Terminus, Chennai-600017. Contact: Aravind D. Dikshatar, Mob. 94453-91295,

EASTERN INDIA: Dimapur (Nagaland): One-day: Every last Sunday. 9 am. to 4 pm. Group Sitting: Every Sunday 8 to 9 am. Contact: Nirmalendu Barua, Tel: (03862) 244-623, Mobile: 094360-02475, Email: nbarua.58@gmail.com,

Bhubaneshwar (Orissa): One-day: Every second Sunday Group Sitting: every Sunday 10 to 11 am. At "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: vipassanabssr@gmail.com

Kolkata: One-day: every alternate Sunday, 9 am. to 5 pm. Group Sitting: Every Sunday 8 to 9 am. Contact: M.A. Badani, Mahavir Bldg. 95, Bakul Bagan Road, Ground floor near Padmapukur Park. Kolkata-19. Tel: Res. 2475-7208, 2475-8342, Off. 2225-1366/2719, 2237-3638. Mobile: 3095-1247.

Tripura: One-day: Every Purnima. Group Sitting: Daily 6 to 7 pm. and every Sunday, 8 to 9 am. Contact: Bimal Chakma, Machmara North Tripura, Pin-799265, Tel: (03822) 266-204.

Kurseong: One-day: March to October Every Second Sunday 8:55 am to 4:30 pm and other Sunday Group Sitting: 2:30 to 3:30 pm at Park Location, Yoldmo Mansion, M. V. Road. Contact: 1. D. K. Pradhan, Mob. 09735957385, 2. Rupa Tshering, Mob. 09232307084.

Siliguri: One-day: last Sunday of every month. And Group Sitting: Every Sunday 10 to 11 am Place: Panchandi Vipassana Centre, Contact: 1. D. B. Tamang, Mob. 9932775421.