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. 969954183, 98199-63849, 2) Mr A R Babhale, Mob. 99660-16885, 99693-78156. Churchnage: Every Sunday except First Sunday 11 am. To 5 pm. At: 3rd Floor, Vasant Nagar, Opp. Jai Hind College, ‘A’ Road, Churchnage, Mumbai-400 020, Contact: 1. Mr. Subhash Shah, Mob. 9833312345, 2. Mr. Nitin, Mob. 9820003057. Cuffe Parade: Every first Sunday. And Group Sittiing: every Sunday 8 to 9 am at 83, Sunflower Bldg., Flat 3, 8th floor, Opp. G.D. Somani School. Contact: Tel: 022-22218122, Goregaon (W): One-day: First every first Sunday, 10 am to 4 pm; Group Sitting: 8:30 to 9:30 am. Second and fourth and fifth Sunday, Self-mediation: 9 am to 1 pm. on all working days- and Mini Annapana every second Sunday at Vipassana Counselling & Research Centre, first floor, Siddharth Municipal General Hospital, Opp. Motilal Nagar Post Office. Contact: Tel: 2876-6888/86, Extn. 219 Mob. 9982907076, 9938076538, (12 am to 1 pm). Kalayan (W) Children’s course: Second Sunday. 8:30 am to 2 pm (10 to 16 yrs) At: Dhulpal Municipal School, Nr Old Vani Vidyalaya, Ramabag Road No 5, Contact: Kalpana Shirats, 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, Kandivali (W): One-day: 8 am to 1:40 pm Every second 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, Poinsur Gymkhana, Near Poinsur Bus Depo, Kandivali (W) Contact: 1) Mr. Waghela, Mob. 9324494215. 2) Mr Nilesh, Mob. 9820226282 Thane: (W) One-day: Every first Sunday. At: NKTT College, Kharkar Lane, Contact: Vasant Baharate, Mob. 9869317447, 8369892450. Kharghar (New Mumbai): one-day: every fourth Sunday Group Sitting: Every Saturday and Thursday, Except fourth Sunday, at: Vishvajayot High School Plot No. 77 Sector 20, Near Jalvayu Vihar, Kharghar, Contact: 1) Sushama Dhumal, 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): One-day: Every first Sunday at Atmadarshan, Mahakali Caves Road, Subhash Nagar, Andheri (E) Contact: 1. Rita Bhandari, Tel: 022 28381838, 28220472. ii) Group Sitting: every second Sunday 8:30 am to 2 pm 9 am to 1 pm Every second Sunday Place: Dr. Karuna Kedia, 18th 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 School, Basment Caiser Road, Amboli, Andheri (W), Contact: Devyani Mehta, Mob. 92232-54982, Rita Bhandari, Mob. 9987982398. Kurla (E): Every first Sunday at Shivshirishiti Kamgar Municipal School, Nehru Nagar, Opp. S.T. Depot. Contact: (022) 2529-2764, 92247-42525, 92218-38864, 99871-53836. Vile Parle (W): i) every second Sunday. Group Sitting: every second Sunday, 7 to 8 am. At Jambabai School, Juho Contact: Devyani Mehta, Mob. 92232-54982, ii) every second 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, Ulhasnaghar: 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 Meghrjani, Mob. 9970755130, Vashi (New Mumbai): One-day: every second Sunday Contact: 1. H. H. Gala, Mob: 93220-97711. 2. D. J. Kotele, Tel: 022-2766-7087. Chembur: i) every second Sunday at Modern English High School Chheda Nagar, 4th Road, Near Paras Niketan Building Chembur (W), Contact: Tel: 022 25240805, 27552181, 25251739. Tilwala: Children’s course: (age 10 to 16) 9 am to 1:30 pm, Place: Meridian School, Regency Sawaram, Nr Tilwala Railway Station, Tilwala, 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 am, Place: B-12/10, RCFL Colony, Alibaug, Dist- Raigad Contact: 94221-71198, 94201-99637. Mahad: (Raigad) One-day on every fourth Sunday, at Dr. Babasaheb Ambedkar Smarak, near Chavdar Tale. Contact: Vishwanath Dhotre, Tel: (2245) 690298, 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 Rajatra Colony Malakapur Road, Akola 444 001. Contact: Mr. Tayade, Mob. 7038629525, 2) Mr Athavale, Mob. 9404092468.

Warhada: One-day: every third Sunday, Place: Bodhisatva Buddha Vihar Vikramshilanagar Warhada, Contact: Tel: (07152) 247261, Mob. 98906-17235. Shegoan: One-day: every second Sunday. At shegoan Arban credit Co-operative society Contact: Mhahendrasingh Anand, Mob: 94221-89170.


Parbhani: One-day: every second Sunday and Group Sitting: Daily, 8 to 9 pm at (Brahmagiri) Rajendra giri Nagar, Behind Shankar Traders, Vasmat Road, Parbhani, Contact: 1) Uddhav Apte, Mob. 94213-92193.

Amravati: One-days: 1) Every First Sunday at Dist Primari School, Asara, Tal. Bhatkuli, Contact: Mr. Ramteke, Mob.


Aurangabad: One-day: (1) every Purnima 6 am to 11 am, At 27 – Gitanjali Vidyut 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. Group Setting: 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 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)94222292161, 2) 7588409682

Bhusaval: One-day: every first & third Sunday Children's course: every fourth Sunday, and Group Sitting: daily 8 to 9 am and from 11 am to 1 pm at Vipassana Sadhana Samiti, Near Kotecha High School, Shanti Nagar. Mob. 9860552211.

Raver: One-day: every second Sunday, 9 am to 3.30 pm, Kamlabai Girls Highschool. Contact: Mob. 9403387714

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

Taklghat: One-day: Every fourth Sunday, and Children's course: every second second Sunday, Contact: Office Dhammkuber Sant vikktubba Tapobhumi Taklghat Ta. Hingna Dist: Nagpur, Mob. 93727-69865, 9373915214.

Nashik: 1) One-day: Every first Sunday, Group Setting: 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.

Nagpur: Children's course: every first & third Sunday 8 am to 2 pm. (8 to 16 yrs) at Speek and Span Convett, Bhousaheb Surve Nagar, Bhainid Trimurti Nagar. Contact: 1) Maya Baviskar. Mobile: 98237-94674 2) Rohini Dongre, Mobile: 98238-9214.

Nanded: 1) One-day: every first and third Sunday. 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, Ravinarag, Jangamwadi. Mob. 94236-14265.


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.

GUJRAT: Ahmedabad: One-day: 1) Every last Sunday. Group Setting: every Sunday 8 to 9 am and every first Sunday, 8 to 10 am. Opp. Ishwarbhuwan Purmanand Ashram, Commerce 6th Road, Navrangpura. Contact: Kanchanben Jesalpara, Tel: 98980-11960, 2640-4829.

Amreli: One-day: every second Sunday. Contact: Bhagini Chitalraya, Dwarkadas Laldia, 51 Shirrang Soc. Tel: (02792) 223-943, Mobile: 93246-12000.

Bhuj: 1) One-day: every fourth Sunday. Group Settings: every Sunday 8 to 9 am. Contact: Geeta Dholakia Tel: (02832) 250-551. 2) One-day: every second and fourth Sunday. Group Settings: every Sunday 8 to 9 am. and Group Settings: (only females) every Wednesday 4:30 to 5:30 pm. at Dhanvantari School compound behind General Hospital. Contact: 1) Prabhubhai Patel. Tel: 255218, 2) Dr. Shantu Patel. Tel: (02832) 291366.
Sangadh: One-day: every fourth Sunday. At Palitana Road, Village Todi, Dist: Todi. Contact: 1) Shri Anilbhai Shah, Mob. 7878103636, 9427232145, 2) Smt Alkaben Shah Mob. 9374999866

Jammu: 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 Natupathy Near Dhanvantari Ayurved collage Gujarat Ayurved Univiricity Jammarg. Contact: 1. Mr. Bhagvandas, Mob: 98986-71251, 2. Mr Ramesh, Mob. 9408963935.

Palanpur: One-day: Every first Sunday. Group Sitting: Every Sunday 7.30 to 8.30 am. Contact: 1) Vithaldas Vaid, Tel: (02742) 263865, Mob. 94297-08499, 2) Satish Rashtrapal. Tel: (02742) 258-698, Mob. 94263-71076.

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 at 8 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 Logiscat Farms., Near Radhaswami Satsang Phase 4, Chhattarpur, Bisti Village, Tel: 93502-82912, 2) Every Sunday at 12 Bhogal Road, Contact: shri: Vijiay, Mob. 9718973128, 3) Every second Sunday at C-5, Buddha Vihar, Yamuna Vihar (Near C-5 Market), Contact: R. N. Gautam, and Dalaut Ram Tel: 22134872, Mobile: 98861-02157, 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, Mob: 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, Mob. 2510-2316. 6) Every Second Sunday Group Sitting Daily 6 to 7 am. Sh. Sunil Kailash, Village Hiran Kudna, Near Ganga Internation School, Tel: 9810267774, 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,SA, Pukhray Colony Contact: 1. Mr. Pardeep Garg, Mob. 9814431076, 2. Mr. Sanjeev Jaisingh, Mob. 9888834015.


Mohali: One-day: every third Sunday, Group Sitting: every Sunday, 8 to 9 am At 4005 Sector 68 Contact: 1. Mrs Savita Dudpuri, Mob. 9878633062, 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. 94191-80842, 2) Rakesh Singh, Mob. 94692-10220.

RAJASTHAN: Jaipur: One-day: (1) Every Sunday 12 to 5 pm, Place: Dhamma Kutear, 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-3020. Contact: Tel: Mobile: 98281-61955, 90011-1166, (4) every second Sunday 12 to 5:30 pm At Vinobha Gyan Mandir, B-190, University Marg, Opp Prakritik Chikitsalya, 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 Jalup Ddyan, Basant Marg, Bani Park, Contact: 1. Mr Sushil Goenka, Mob. 9462649377, 2. Ms Asha Launani, Mob. 7412864546, (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 Launani, Mob. 7412864546.

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 Purimna, Ashrami 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**


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: 9941220440.

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 Anāpāna 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: Dhirendra Agarwal, Email: Dheer.Ag@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 Kota. Contact: Mob. 093191-45240.

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


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


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: Arora Mandir, Medical College Road.

Lucknow: One-day: every third Sunday. 9 am to 5 pm Venue: Central Public School (Women’s Collage) Rajni Khand, Sharda Nagar, (Near Tempo Stand) Contact: 9450355234, 8174953589.

Madhya Pradesh

Jabalpur (M.P.): 1) One day: every last Sunday. Group Sittings: every Sunday, 9 to 10 am. Contact: 1) Mr Makan, Mob. 9425156895, 2. Mr Mahesh, Mob. 9981598352. 2) 6:30 to 7:30 pm. Contact: Chandorkar, Mob. 97524-15304.

Indore: One-day: every second Sunday. (8 am to 1:30 pm) Group Sitting: Every Sunday (except third Sunday) 8 to 9 am. Mini Anāpāna (1 hour) every second Sunday. 9:30 to 10:30 am 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 pm Place: Gayatri Off set. Near Axis Bank, Zone-1, Contact: 1) Mr Baviskar, Mob. 9754775857, 2. Mr Gupta, Mob. 9425097372.

Ratlam: One-day: Every first Sunday, Group Sitting: 8 to 9 am at Ravi Dafaria house, Rambagh, Scholar School, Ratlam.

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

Gunia: 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: 09839-71740.

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: Dhammasrutikaksha, Vill.- Gopalpur, post- Shaktigadh, Dist- Baitul-460449 Contact: 1) Shri Ratnesh Varma, Mob- 9926552991, 9630130547, 2) Shri Shivmohan Shrivastava Mob- 9575078756,

Burhar (Shahdol): One-day: Every last Sunday, Place: Vipassana Sadhana Seva Samiti Tikuri Tola, Contact: Gulab Singh Tomar, Mob. 994243-5283.

Chattisgarh


Dalli-Rajhara: One day: every third Sunday. 11 am to 5 pm Group Sitting: Daily, 6 to 7 am. Children Course: Once every 3 month Children’s Group Sitting: 7 to 7:30 am. Contact: 1. P. L. Sakhare, Mob. 93031-32171, 2. B. L. Baudva, Mob. 94061-03832.

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

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

**Chhindwada:** One day: every third Sunday. **Group Sittings:** 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, Venite 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 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:** 14th of every month, **Contact:** Smt. Sujatha & Bhoom Reddy, Mob. 93910-23178.

**Vijayawada:** One Day: Last Sunday of Every Month. **Group Sitting:** Daily 9 to 10 am, **Children's course:** Every first Sunday. 70 Mints Mini Anapan Contact: 09346399147, 9542441395.

**Bangalore (Karnataka):** One day at Akhila Karnataka Prani Daya Sangha, Next to Asiad Games Complex, 80 feet Road, 6th 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 cancer 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:** Baspi High School Davangere. **Contact:** 1. A. S. Murthy, Mob. 98443-46384, 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, 2. **Comitatore:** One day: Every Sunday Last Sunday and **Group Sitting:** Every Sunday 9 am to 8 pm. Place: Punam, 16/24-C, 3rd Floor, Hamsa Layout Behind Shammuga 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, Vikrampuri 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. 9391692224.

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

**Chennai:** (Tamil Nadu) 1) **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, ii) 1-day: 2018 12-8, 9-9, 11-11, 2-12, 2-day: 2018 14 to 16-9, 19 to 21-10, 16 to 18-11, 21 to 23-12. **Place:** 6-C, Milenium Towers, #21/22 Taylors Road, Chennai-600 010, **Contact:** 0984159174

**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: 904360-02475, Email: nbaru.58@gmail.com,

**Bhubaneswar (Orissa):** One/day: Every second Sunday **Group Sitting:** every Sunday 10 to 11 am. At “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: vipasanabbsr@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: 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, Yolmo Mansion, M. V. Road. **Contact:** 1. D. K. Pradhan, Mob. 0973597385, 2. Rupa Tshering, Mob. 09232307098.

**Siliguri:** 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.