

GROUP SITTINGS

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 four months. (Please note that one-day courses and **Group Sittings** are only for those meditators who have completed a ten-day Vipassana course.)

MUMBAI (Group Sittings): Mumbai: Group Sitting: every Saturday 8.00 to 9:00 am at 5/53, A-1 Apartment, Walkeshwar Road, Near Governors House, Mumbai-6, **Contact:** 9930996024, 9930996084. **Goregaon (W): Group Sitting:** Daily: 7 am to 8 am. **Venue:** Atindriya Studio, 1/7 Unnat Nagar 3, Near Shabri Restaurant, M.G. Road, Goregaon (W), Mumbai-62, **Contact:** 9820213663, 9594413663, **Vikhroli:** Daily 7 to 8 and 4 to 5 am. At Ratnabodhi Vihar, Kannamvar Nagar No. 1, Vikhroli, Mumbai-400083. **Contact:** 1. Mr. Hivarale, Mob. 98691-25777, **Vashi:** Every Sunday, except second Sunday, **At:** Agnel School, Behind Vashi Bus Stop. **Contact:** 1. H. H. Gala, Mob: 93220-97711. 2) D. J. Koche, Tel: 022-2766-7087. **Powai: 3-Hour Group Sitting:** Every first Saturday 8 to 11am, every Saturday 8 to 9 am except first Saturday at IIT Staff Club, **Contact:** Neeta Pant, Tel: 2225720337, 9619397648, **Ghatkopar (E):** Daily 7:30 to 8:30 am and 6 to 7 p.m. at 12/4 Neelkanth Villa, 175 Barrister Nath Pai Road, **Contact:** Shilpa/Anand 8291093359, 8879123559. Grant Road: Daily, 8 to 9 am, 2:30 to 3:30 pm and 6 to 7 pm at B-8, Vipassana ATM Facility. Grant Road (E) Near Super Cinema, **Contact:** 1. Heena Mob. 9819219087, 2) Raksha. 9869059287.

MAHARASHTRA: **Akola: 1.** Daily 6 to 7 pm. **Contact:** Dr. near Savaji ledyhardigs, Mob. 9422861207. **2.** Daily 6 to 7 am. At. Ratnlal Plot Akola. **Contact:** Mr. Jhunjhunwala, Mob: 9420185766. **3.** Every Sunday 7:30 to 8:30 am Khadu karkhana Behind Jangid Bhavan, **Contact:** Mr. P. Jhunjhunwala, Mob. 7588757859,

Shegoan: Daily 6 to 7 pm. At Apana Bazar **Contact:** T Gwalani, Tel: (07265) 253456.

Akot: Daily 7 to 8 am. And 6 to 7 pm. At Shital Video centre. **Contact:** 1) Subhash Agrawal, Mobile: 99703-60304.

Ahmedpur: Group Sitting: Daily, 8 to 9 am. and pm. at Shrisadan, Thodga Road, **Contact:** Dr. M. S. Cherekar, Mob. 94237-76802.

Amravati: Group Sitting: 1) every Sunday 8 to 9 am. **Contact:** Ashok Soni, Datta Vihar, Janarpeth, Near Oswal Bhavan, Amravati. Tel: 257-9180. 2) Every Sunday, 9 to 10 am. at Dr. Babasaheb Ambedkar College and Ramkrishna Mahavidyalaya, Darapur. Tel: 266-2179, 266-2183. 3) Daily 8 to 9 pm. **Contact:** Dr S. M. Telmore At & Po. Dadhi Pedhi, Tal. Bhankuli Dist: Amravati Mob. 98505-28904.

Yavatmal: Group Sitting: every Sunday 8 to 9 am. **Place:** VishvaShanti Buddha Vihar, Umarsara, **Contact:** 1. Mr. Dhole, Mob. 94228-6574, 2. Dr. Raj Bhagat, Mob. 94234-32475.

Wardha: Group Sitting: Every Sunday 8 to 9 am. **Place:** Magan Sangrahalay Wardha, **Contact:** Tel: (07152) 247261, Mob. 98906-17235.

Aurangabad: Group Sitting: 1) Daily 5 to 6 am, and 6 to 7 pm. **Place:** Vipassana Buddha Vihar Bhavsing-pura Aurangabad. **Contact:** 1. Mr. S.R. Bankar, Mob. 8698726634, 2. Manjusha Dahat, Mob. 7798093172, 3) Daily 5 to 6 am, and 6 to 7 pm. at Takshshila Vihar, Sanjay Nagar, **Contact:** P S Ghorpade, Sanjay Nagar, Mukundvadi Aurangabad. Mob. 96730-53868.

Wada: Group Sittings: daily 7 to 8 pm. **Contact:** Dr A. K. Pal, Ashwini Clinic. Tel: (02526) 271-228.

Nagothane: Daily 6 to 7 am. and pm. **Contact:** 1) Rajabhau Padmakar, Tel: (02194) 222-041, 2) Ashok Suryawanshi, Tel: 277-279

Ichalkaranji: Every Sunday, 6 to 7 am. **Contact:** Mr Suresh Kabade, Mob. 99751-34345.

Washim: Every Sunday, 8 to 9 am. At Mrs Tulsabai Khadase, Allada Plot, Washim **Contact:** 07252-232676.

Jaisingpur: Every Sunday, 6 to 7 am. **Contact:** 1) Mr Mahavir Patil, Mob. 92258-16642, 2) Mr S. Chaugule, Mob. 94232-85140.

Jalgaon: Group Sitting: 1) Daily 6 to 7 am. and every Sunday 7 to 9 am. At M M Shastri, Vidyut Nagar, Mahabal Road Mob. 75884-36222, 94229-72955, 2) Daily 6.30 to 7.30 pm. Yugantar Publishers, 29 Shahu Maharaj complex, Mob. 9823046754, 2) Every Sunday 8 to 9 am. **At and Place:** Shri Suresh Bhaleraoji, Rajgiri. Jijau Nagar, Gat No. 165, Plot No-31, Sawakheda Shiwar, Jalgaon, Tel: 0257-2282821,

Kolhapur: Group Sitting Every Saturday and Sunday, 6 to 7 am. **At:** Jaihind Apartment, opp Star Bazar, Kolhapur. **Contact:** N.A. Patil, Mob. 9423856989.

Solapur: Group Sitting: Every Purnima **At:** Mane Wasti, Haitis Road, Gt. No. 255, Ratanjan, Tal. Barshi, Tel: (020) 24222603.

Ahmednagar: Group Sitting: Daily, 6 to 7 pm. **Contact:** 234-0055, 234-0067. (from 4 to 7 pm)

Nanded: Group Sitting: Every Sunday, 5:30 to 6:30 pm. **Place:** Nisarganjali, Nanded **Contact:** 1) Dr. Sangram Jondhale, Mob. 94221-89318. 2) Dr. Kulkarni, Mob. 94221-73202,

Chandrapur: (1) Daily 6 to 7 pm. **Place:** Manavta vihar, Naginabag, **Contact:** Dr. Khobragade, Mob. 9822570435, (2) Daily 6 to 7 pm. And Every Sunday 8 to 9 am **Place:** Prof. Welase house Naginabag, Mob. 7798147648, (3) Daily 6 to 7 pm. And Every Sunday 6 to 7 am **Place:** Tathagat vihar Jaibhim chowk Ballarpur, **Contact:** Mr. Pramod Bhowte, Mob. 9370312673, (4) Daily 6 to 7 pm Every Sunday 8 to 9 am **Place:** Mahapradhnya Buddha vihar, Indira Nagar Ghugus, **Contact:** Mr. Bhaskar Meshram, Mob. 94201-18220.

Umardhed: Daily 5 to 6 am. and 7 to 8 pm. At Prerna Dhyana Kendra, Sambhaji Nagar, **Contact:** 1. Mr. Kanide, Mob. 9404827463, 2. Mosikar, Mob. 9420044702.

Manmad: Group Sitting: Daily 6 to 7 am. and pm. **Children's course:** Every 2nd and 4th Sunday. **Contact:** Tel: (02591) 224-548, 226-046.

Nashik: Group Sitting: Daily 3 to 4 pm. **Place:** Ambad link Road, Cidco-422001, **Contact:** 1. Shaila Ughade, Mob. 9890375519, 2. Rajashri Shejval, Mob. 8149629912.

Nashik Road: Group Sitting: every Wednesday, 6.30 to 8.30 pm. Tel: 234-7908

Pune: Group Sittings: (1) Every Sunday, 8 to 9 am at Kothrud. **Contact:** Rampal Chandak, Tel: 2543-9477 (2) Every Sunday, 8 to 9 am at Sant Eknath Nagar, Balaji Co. Grihrachna, Bibwewadi, Pune 37. **Contact:** Asaram Chandak, Tel: 2421-6441. (3) Every Thursday 6 to 7 pm. at Senapati Bapat Road, **Contact:** Jugal Rathi, Tel: 2565-4799, 2565-5472. (4) Every Pournima, 6:30 to 7:30 pm. at Rambaug Colony, Paud Road, **Contact:** Paresh Gujrathi, Tel: 25447996. (5) Daily, 6 to 7 pm. at 125/1A, Raj Society, Paud Road. **Contact:** Vinayak Jagtap, Tel: 2541-0796. (6) Every Thursday 8 to 9 am. **Contact:** Gautam Chabukswar, Pimpri Chinchwad Sports Club, Sadhu Vaswani Garden, Near Kalewadi Bridge, Pimpri, Pune-17 (7) **Talegaon:** every **third** Sunday at 9 to 10 am at Anand Bhavan, 1175-Mangalwar Peth, Station Chowk, Talegaon, Station Area, Talegaon-Dabhade. **Contact:** 1) Kaushik Shah Tel: 02114-222-316, Mobile: 98220-49816. 2) Ashwini Chauhan 02114-222-721, Mobile: 98228-30326. (10) Daily, Meditation at any time, **Place:** 418, J M Road, mittal chambers, near hotel panchali, Pune.

Sangli: Every Saturday and Sunday 6 to 7 am. **Place:** Jivhala, Sharda Housing Soc., Kupvada Rd. **Contact:** Hematai Chaugule, Tel: (0233) 2304034, 2304521

Solapur: Place: Mane Wasti Haitis Road, Gt. No. 255, Ratanjan, Tal. Barshi, **Contact:** 020 24222603

RAJASTHAN: Ajmer: 1) Group sitting: Every Sunday, 8 to 9 am., at Chanakya Smarak, Makadwali Rd, **Contact:** Mr C. S. Rajoria, Mob. 9828071078, 9549984666.

Alwar: Every Sunday **Group sitting:** 7 to 8 am **At.** Deep Boutique, 23 SC-2, Lajpat Nagar **Contact:** Mrs Manju Gupta, Mob. 8432721754.

Udaipur: Contact: Harish Kumar Vyas, Vyas Bhawan 2, Karma Sheel Marg Udaipur – 313001, Tel: (0294) 243-1151.

Bharatpur: Group Sitting: Every Sunday 6 to 7 pm. at Pensioners' Bhavan, Near Kali Garden, Swarna Jayanti Nagar, Behind Singhal Narsing home. **Contact:** 1. O. P. Sharma, Mob. 94146-93814. 2. Dinesh Chandra Gupta Mob. 9772377984.

Balotara: Every Sunday 6:30 to 7:30 am. **Contact:** Usha Devi, Pungliya Bhavan, Khed Road, Tel: (02988) 222-215.

Jodhpur: Every Saturday, 7:30 to 8:30 am. at Rajasthan Pensioners' Samaj, Behind Grameen Treasury, Paota, Jodhpur **Contact:** Mr Ram Singh Solanki: Tel: (0291) 2539538.

Rewari: Every Sunday, 4 to 5 pm. **Contact:** Sunder Yadav, Tel: 223-947.

Tonk: Group Sitting: Daily 6 to 7 am. at Yoga and Prakrutik Chikitsa Bhavan, Chhavani Chungi Naka, Jaipur Road, Tel: 245845.

SriGanganagar: Every Sunday, 8:30 to 9:30 am. (during winter) and 7:30 to 8:30 am. (during Summer) **Venue:** Citi Hospital, 45, Model Colony, Jawahar nagar. **Contact:** Dr G S Hehr, Purani Abadi, SriGanganagar, Tel: (0154) 2474824, 0-9414093824.

NEW DELHI: Group Sittings: 1) Every Saturday, 9 to 10 am. Prof. M.R. Ravi, Block-V-401, Value Education Centre, IIT New Delhi-16. Tel: 2659-1589. 2) Every Saturday, 4:30 to 5:30 pm. at Logicstate, B-148, Okla Industrial area, New Delhi-20. **Contact:** Tel: 2681-9444, 98100-26832. 3) Every Saturday, 8 to 9 am. At 1/4544.B Gali 5/8 Ram Nagar Extn Mandoli Rd, Shahdara, **Contact:** R. N. Gautam, Mobile: 01122134872, 09868885344, 4) Every Tuesday 6:30 to 7:30 pm. **Contact:** Dr. Neena Lakhani, 1/18, Shanti Niketan. Tel: 2411-4221, 98685-30995. 5) Every Thursday 6:30 to 7:30 pm. Sh. Prem Chauhan, C-85, J.V.T.S. Garden, Chhatarpur Extn. New Delhi-74, Tel: 93502-82912. 6) Daily 5 to 6 am. And Every Sunday 2 to 4 pm. **Contact:** Dr. Kaushal Bhardwaj, IX, 1212, Yamuna Bandh Road, Gandhi Nagar. Tel: 22082828, 98100-61622. 7) First and Third Saturday 6 to 7 pm. At Bharti Public School, Swasth Vihar, Vikas Marg. Delhi-92, Tel: 98103722527, 8) Second, Fourth and Fifth Saturday 6:30 to 7:30 pm. C-99, Anand Vihar, Delhi-92 Tel: 22140159, 9) Daily 7:45 to 9:45 am. and 5 to 7 pm, Shri Agarwal Rd. No. 33 East Punjabi Baug Arya Mandir, N. Delhi-26, Tel: 9213637968, 28313984. 10) Every Sunday, 8 to 9 am, Sh. Rajendra Kumar, Samudaik kendra, Outer Tihar Jail Gate No.2 Jail Road, N. Delhi-58, 11) Every Sunday, 8 to 9 am, at 15/2, Punjabi Bagh Extn. **Contact:** Kailash Arora, Tel: 2593-1857. 12) Every Saturday, 8 to 9 am. Sh. Mukesh Gupta, BW-18-D, Shalimar Apts, Shalimar Bagh, Tel: 93122-30290. 13) Every Saturday, 5 to 6 am. Sh. Nitin Jain, 2107/1, Bewana Road, Narela, Tel: 65195471, 9871873021. 14) Every Sunday 8 to 9 am. **Contact:** Arun Gupta, 79, Engineers Enclave, Pitampura. Tel: 2701-2164.

HARYANA: Faridabad: 1) Daily, 8 to 9 am. Dr. Lal Singh Jaitvan Buddh Vihar, Trikha Colony, Ballabgarh, Tel: Mobile: 98713-77555. 2) Every Thursday, 7 to 8 am. **Contact:** Dr. Lal Singh, house No.-58, Sector-16a, Tel: Res. 95129- 222 2233,

Ambala: Group Sitting: Every Sunday 8 to 9 am. **Place:** 316, Prem Nagar, Ambala City, Haryana. **Contact:** Mr. K. Sassan, Mob. 09467947783,

Gurgaon: Group Sitting: 1) Every Saturday, 8 to 9 am. at house No-980, Sector-14, Gurgaon. **Contact:** Murari Sharma, Tel: 95124-4080615. 2) Every Sunday at 1261, sector-4 Gurgaon, **Contact:** G.D. Sharda, Tel: (0124) 2222826, Mob. 98115-01621.

Karnal: Group Sitting: Every Saturday 8 to 9 am. **Contact:** Rakeshji, House No. 1365, Sector-7, Urban Estate. Mob. 94165-67899.

Palwal: Every Sunday 9 to 10 am. **Contact:** Ramji Dhariwal, 112 R New Colony, Palwal, Faridabad Tel: 01275-252807, 9812760978.

Hissar: Group Sitting: Every Sunday April to October, 8 to 9 am and Nov to March, 9 to 10 am. At House No. 1333, Sector 13 Hissar, **Contact:** Mob. 94163-99266, 98964-00466

UTTAR PRADESH: Fatehpur: Group Sittings: Every Sunday 8 to 9 pm. **Contact:** and **Place:** Rajkumar Chauvan, Sadipur, Fatehpur 212601. Mob. 93691-21280.

Ghaziabad: Group Sitting: 1) Second and Last Sunday, 8 to 9 am. Tel: 95120-2721705. 2) Every Saturday 8 to 9 am at Sh. Yashwant Singh, J-28, Govindpuram, Tel: 95120-2767785. 3) Daily 5 to 6 am, and 6 to 7 pm. Every Sunday 9:30 to 10:30 pm. **Place and Contact:** Sh. D. S. Walla A-6, Flat No. 13, Rail Vihar, indpuram, Tel: 0120-2902659, 9868977660, 4) Every Saturday 7 to 8:30 am at Buddh Vatika, Sector-15, Vasundhara, Ghaziabad-12 **Contact:** 99117-61952

Meerut: Group Sittings Daily, (1) 6:30 to 7:30 am. **Contact:** Dr Suresh Kiran, Devpuri Mob. 9358717472. (2) 5 to 6 am. And 7 to 8 pm **Contact:** Sushil Dhaulani, Kankarkhera, Mob. 94127-09993. (3) 6 to 7 pm. **Contact:** Ramkuwar Gupta, Tel: 09319145240. (1) Every Sunday 7 to 8 am. **Contact:** Urmila Agrawal, Saket, Tel: 0121-2643235. (1) Every first Sunday 7 to 8 am. At Dhyana Kendra, Delhi Road, Behind Shankar Dharm Kata. **Contact:** Mob. 09319145240.

Aligarh: 6 to 7 pm at Mig-31 Swarn Jayanti Nagar, Ram Ghat Road, Aligarh **Contact:** 1. Bhisham Singh Mob. 093195-78268, 2. Hari om Sharn, 0571-2740220

Agra: Daily 9 to 10 am and Sunday 9 to 11 am at Agra Collage, 'Staf Club Bhavan', **Contact:** Dr. Mishra, Mob. 9634167467.

Lucknow: Every Sunday 8 to 9 a.m., At Shri Rajiv Yadav 1/35, Vipul Khand, Gomati Nagar Near Ambedakar Smarak Zee News Offince lane **Contact:** Mob. 9415136560.

Allahabad (U.P.): Group Sitting: every Sunday 8 to 9 am. At 300 Karnaganj, front of Anand Bhavan, Near Mobile Tower, Allahabad-01, **Contact:** 1. Mr Goyal, Mob. 9335152841, 2. Gupta, Mob. 94506-09666.

Mathura: every Sunday 8 to 9 am. At Mr. Madan Mohan Gautam, B-10 Vishakha Niwas Shahkunj Colony, Near NH-2 In front of Somnath Marriage Dhaam. **Contact:** Mob: 09410084380.

Varanasi: Group Sitting: every Sunday Except fourth Sunday, 5 to 6 pm **Contact:** Rai Dinesh Chandra. Tel: Res. (0542) 238-2341, Off. 238-2344. Fax: 238-2351.

Noida: Every Saturday, 9 to 10 am., At Prakriti, F-72A Sector 22, Noida, **Contact:** Ms. Bharti, Mob. 09810372527.

UTTARANCHAL: Dehradun: Sunday, 6 to 7 am. **Contact:** Tel: (0135) 2675-582.

Haldwani (Nainital): Group Sitting: 1) Daily 4:30 to 6:30 am. at Kamal Kunj, Ashok Vihar, Tinpani. 2) Sunday 8 to 9 am. at 'Har Milap Sadan', Bholanath Garden, Umesh Pahva. Tel: (05946) 254-799. 3) Sunday 2:30 to 3:30 pm. at 'Pant Bhavan' Ramlila Mohalla. Tel: 251-149. 4) **Group Sitting:** 8 to 9 am. **Contact:** Laxmandas Daghichi, Tel: (05942) 236-286

Tanakpur: 1. **Group Sitting:** 8 to 9 am. **Contact:** Jagdish Murari, Murari Sadan. 2. **Group Sitting:** 1) Daily 8 to 9 am. **Contact:** 1. Balvirchandra Sailani, 2) Badridutta Pant, Ambag 3. **Group Sitting:** 1) Sunday, 4:30 to 6:30 am. **Contact:** Dr. Birendra Bisht, Tel: 98977-36727. 2) Sunday 7 am. to 12 pm. Jagdish Murari, Murari Batika Mob. 98977-36727.

HIMACHAL PARDESH: Kinnor: Group Sitting. Contact: Deva Negi, Anitya Kutir, Near PWD Rest House, Rekong Peo, Dist. Kinnaur, Pin-172107. Mobile: 98052-14769

Dharamshala: Group Sitting. Every Sunday, **Contact** Ms. Frances & Kory, Near TCV, Ram Nagar, Dharamshala. Tel: 01892-223078, 223580.

Paonta Sahib: Group Sitting: Contact: Tel: (01704) 222-797

JAMMU **Group Sitting:** Every Sunday, 8 to 9 am at Sh. Sanjit Khajuria, Khajuria Mohalla, House No. 17, Sarwal-Patoli Road, Jammu-180005, Jammu and Kashmir, **Contact:** Sanjit Khajuriya, Mob. 94191-80842, 7006656181,

GUJARAT: Ahmedabad: Group Sitting: (1) Every Sunday, 8 to 9 am. at C-5, Rajhans Society, Saint Xavier's College Road, Alisbridge. **Contact:** Jayashri Shelat, Tel: 2630-5724. 2) Every Sunday 8 to 9 am. At *Maitri*, Plot No. 1230/2, Sector 2A, Gandhinagar. **Contact:** Bharatbhai Rathod, Tel: 232-35639 3) Every Sunday 8 to 9 am. 4, Ashram Park Society, Panchsheel Sankul. Mr. Sushilbhai Rahul, Tel: 2752-4947.

Visnagar: Group Sitting: Every Sunday 8 to 9 am at Karmbhumi Building, Second floor, opp. Patel Vadi Govind Chakla Visnagar-384315 (N.G.)

Mehsana: Group Sitting: every Thursday 6 to 7 am at Urvashi Bunglows; Ramosana Road, Mehsana 384002 (N.G.)

Anjar: Group Sitting: Sunday 9.30 to 10.30 am. **Contact:** Tel: (02834) 243-799, 240-097.

Bharuch: Group Sitting: every Sunday, 8 to 9 am. **Contact:** Yogendra Parikh, Tel: (02642) 249-290.

Surat: Group Sitting: everyday, 7:15 to 8:15 am at "Samata" -2 Nehru Nagar, Near Sushrut Hospital, Jehhanath **Contact:** 09825148268.

Surendranagar, Guj: Group Sitting: 1) Daily 6 to 7 pm. and Sunday 3 to 4 pm. at Bostan Hotel, Old Junction Road. **Contact:** Tel: 232-564, 224-193. 2) every Sunday, 9 to 10 am. at Surendranagar Vipassana Kendra, Mahasati Kasanabai, Mangal-10, Bankers Society, **Contact:** Mob. 09429279884.

Vadodara: Group Sittings: every Saturday, 6:30 to 7:30 pm. Tel: 278-2584. Place: Kitty's Parlour, Nizampura.

Rajkot: Group Sittings: 1) every Sunday 8 to 9 am at Masoom School, B/H SNK School University Road. 2) Daily 7:30 to 8:30 am. at Vibhaker Nivas Dhareshwar Chowk, Near Bhakti Ngr Circle. 3) Monday to Saturday 7:30 to 8:30 am and 6:30 to 7:30 at Kotechanagar Street-1 B/H Apna Bazar, Near Nayan Vihar 4) Daily 3:45 to 4:45 pm. at city office, Bhabha Guest House. 5) Every third Sunday: **Group Sittings: and Snehmilan** 8 to 10 am. At Masoom School, University Road.

MADHYA PRADESH: Bhopal: Group Sitting: Every Sunday, 8 to 9 am. **Place:** Amrapali Enclave, Lion's Club, Sr. Citizen Homes, **Contact:** 9926454820, 9425097358.

Katani: Group Sitting: every Sunday 8 to 9 am. **Contact:** Mob. 9713700335, 9575980306.

Rewa: Group Sitting: Every Sunday 8 to 9 am. **Place:** C K Sharma, 8/245, Upvan Nagar, Neem Chouraha, Bodha Baug, Rewa-486 003, Tel: (07662) 242982, Mobile: 94243-38249;

Khandwa: Group Sitting: Every Sunday 8 to 9 am. At 47, Azad nagar, Pramod Jain mob. 94250-85084.

Sidhi: Group Sitting: Daily 7 to 8 am. **Contact:** Dr. Singh Kushwah, Tel: 251397.

Indore: Group Sitting: Every Sunday 8 to 9 am at Alpline School, Annapurna Road. **Contact:** Mr Gokhale, Mobile: 9009801489;

Ujjain: Group Sitting: Daily 8 to 9 am. and Sunday 8 to 10 pm. **Place:** 14, Gowardhan Dhaam Nagar, Indore Road, Ujjain-456001. **Contact:** 1) Mr. L. Advani Mob. 98267-00116, 2) Mr. N. Dhanwani Mob. 98270-99199.

Shivpuri: Group Sitting: Daily 4:30 to 5:30 am. and 6 to 7 pm. and every Sunday 8 to 9 am. **Children Anapana Group Sitting:** every Sunday 9:15 to 9:30 **Contact:** Niraja Verma, 6 Shiva Nagar, Shivpuri (MP) Tel: (07492) 221-711, 094254-89336.

Jabalpur: Group Sitting: 1) Daily 9 to 10 am. **Contact:** Shri Rajendra Dube, Mob. 9827818382. 2) and several Place: **Contact:** Mr. Mahesh, Mob. 99815-98352.

Gwalior: Group Sitting: Every Sunday 8 to 9 am. **Place:** Buddha Vihar Panchalshil Nagar, Behind Mela Ground, **Contact:** 1. Mr. R. A. Mittal, Mobile: 94257-76194, 2. D. R. Gautam, Mob. 94256-19935,

Guna: Group Sitting: every Sunday. 8 to 9 am. **Place:** Swaniwas Rajkumar Raghuvanshi, Mob. 9425131103,

CHHATTISGARH: Bhilai: Group Sittings: Sunday 5 to 6 pm. and Thursday 6 to 7 pm. **Contact:** Tel: 227-1466.

Durg: Group Sittings: 1) Sunday, 8 to 9 am. **Contact:** Tel: 221-1945. 2) Daily, 6 to 7 pm. **Contact:** D. Dongre, Tel: 232-1024.

Raipur: Group Sitting: 1) Every Sunday, 8 to 9 am. Mittal Complex, Telghami Naka, Raipur. **Contact:** Tel. Sadaram Gupta, Mob. 94252-05310 2) Daily 8 to 9 am. At 10 Vivekanand Nagar, **Contact:** Sati Sahu, Mob. 99774-56111. 3) Every Saturday 6 to 7 pm at Dindayal Upadhyay Nagar. **Contact:** Aniruddh Koche. Mob. 98263-88308.

Rajnandgaon: Group Sitting: Sunday, 7 to 8 am. **Contact:** Ashwini Shrivastav, Tel: 222-128.

Jamshedpur: every Sunday 8 to 9 am. at Bodhi Society, Suwarna Link Road, Near Rajendra Vidyalaya, Sakachi. Tel: 2428828.

SOUTH INDIA: Bangalore: Group Sittings: 1) Every Sunday. 8:30 to 9:30 am. At Jayanagar 4th Block, Bangalore-11 **Contact:** Rajeswari, Mob. 9886775401, (Call Only Saturday and Sunday 9 am to 6 pm) 2) Every Sunday. 9 to 10 am at Sarjapur Rd, Bangalore-560102, **Contact:** 1. Nirmal Bothra, Mob. 9341222999, 2. Swati, Mob. 93426-75811. 3) Every Sunday. 8:30 to 9:30 am. At Malleswaram-560003, **Contact:** Mr Dinesh Kumar, Mob. 99452-38441, 1) Every First Sunday. 9:30 to 10:30 am. At White Field, Bangalore-66, **Contact:** Mrs Vallari/ Rajesh, Mob. 9740322447, 8) Every Saturday. 6 to 7 pm. At Vijay Nagar, Bangalore-40, **Contact:** 1. Mr Tukaram, Mob. 94815-84101, 2. Mr Pavankumar, Mob. 77607-52220.

Hyderabad: Every Sunday, 7 to 8 am. **Contact:** M. Sridhar, Tel: Off (040) 24066090, 24069921, Mbl. 98480-17779.

Pondicherry: Group Sitting: Every Sunday. 7 to 8 am. **Venue:** A. 12, Rajendri Apartments, Near State bank Hyderabad, 45 feet road, New saram, Pondicherry **Contact:** Mr Balachander, Mob. 9443434804,

Udupi: Every Saturday, 5 to 6 pm. **Contact:** B. V. Pai, 'Vasudev' Door No. 6-15-585/3, Gundurao Lane, Mannagudda, Mangalore-575003, Email: bvpai@sancharnet.in Tel: 245-8025,

Calicut (Kerala): every third Sunday. For details, **please contact:** a) Hari Sankar Babu, Off. (0495) 270 3610; Res. (0495) 233 0364. b) Francis Vadana, Mobile: 94474-77388.

Rangareddy (A.P.): Every Sunday, 7 to 8 pm. **Contact:** P. Vishnumurti, Post-Yacharam, Dist. Rangareddy. Tel: 224-43229. Email: jsmlfact@mail.com.np

EASTERN INDIA: Agartala: Group Sitting: Daily 7 to 8 pm. and Every Sunday 8 to 9 am. **Contact:** K. R. Chakma, Khakchang Residential Complex (Near Auxilium Girls School,) Bankumari, Nandannagar, Agartala-799006, Mob. 09436458204.

GANGTOK (Sikkim): Group Sitting: Every Sunday, **Contact:** Sanu Subba, Tel: 254450, 2) Doma Tenzing, Tel: 224-025, 222-566 3) Bhagvati Lama, Tel: 254-501

Kurseong: Group Sitting: every Sunday, 2:30 to 3:30 pm. **Contact:** Rupa Tshering, Park Location, Kurseong. Tel: 244022.

One-day: every month in first week **Contact:** D. K. Pradhan, Opp Gorkha Library, Kurseong. Tel: 244-996.

Siliguri (W.B.): Group Sitting: every Tuesday and Friday at 5 to 6 pm. **Contact:** Devapriya Barua, Ulashi Bhavan, 778, Pritilata Saroni, Haridarpara, Siliguri, Dist. Jalpaiguri. Tel: 2593-862 (R), 2592-006.

Darjeeling (W.B.): Group Sitting: every Sunday 2:30 to 3:30 **Contact:** 1. Miss Pasang Wangdi, Mob. 09434329106, 2. Smt. Kamini Banzan, Mob. 09434171873, **Place:** Below Himalaya Buddhist Society Gomba, Near Rly Station

Kalimpong (W.B.): Group Sitting: every Sunday 2:30 to 3:30 **Contact:** 1. shri Rupdal Tamang, Mob. 09679605413, 2. Shri Wangdi Shepa, Mob. 09800139918, **Place:** Dharmodaya School, Near Novelty.

Kolkata: Group Sitting: every Saturday and Sunday At 8 am. **Place:** Woodlands High, 10th Floor, 8/1/1, Alipore Road, Kolkata-27 **Contact:** 9831018700, 9831818700,

Guwahati: (Assam) Group Sitting: Every Sunday 8 to 9 am. and 5 to 6 pm. **Contact:** Mob. +91 9954711343, 9435553065.
