

# Schedule of Vipassana Courses

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

For worldwide schedule of courses, visit: [www.dhamma.org](http://www.dhamma.org). For schedule of courses including one-day courses and group sittings in India, visit [www.vri.dhamma.org](http://www.vri.dhamma.org).

All courses are conducted by assistant teachers appointed by S. N. Goenka. Please send the application form to the course organisers only after reading the Code of Discipline so that a place may be reserved for you.

One and 3-day courses and Group Sittings are for old students who have completed a 10-day course with Goenkaji or his authorised assistants.

**Satipaṭṭhāna** courses marked #ST end on the evening of the last day and are for students who have completed at least three 10-day courses and are practising regularly for the last one year.

**Long Courses:** (Please get special application forms from centres) **20-day** and **Special 10-day course:** requires five 10-day courses, one **Satipaṭṭhāna** course, full-time Dhamma service for at least one ten-day course, daily practice for the past two years, and full commitment to Vipassana. **30-day: 20-day** course and full-time Dhamma service in at least one ten-day course. (ānāpāna for 10 days in a 30-day course and for 15 days in a 45 day course is prescribed.) **45-day:** two 30-day courses and deeply involved in Dhamma service. **60-day:** only for ATs who have sat two 45-day courses.

## 15-Day Gratitude Course

Previously the Teachers's Self Course—TSC. With the passing away of respected Guruji and Mataji, this course will enable us to pay respects to them and to the long tradition of esteemed Vipassana Teachers. Meditating so many people at same time will give good atmosphere to each other as Buddha said—**Samaggānaṃ Tapo Sukho**. The same format as before will be followed. It is a happy coincidence that the birth anniversaries of both Guruji and Mataji fall between these dates according to the Hindi calendar.

**Eligibility:** Minimum one Satipaṭṭhāna course, serving in the spread of Dhamma and local teacher's recommendation. --- **Dates:** From 2nd Feb to 17th Feb every year. --- All centres where single accommodations are available can include this course in their future programmes, with due consideration of the local demand.

Please use NEW LONG COURSE APPLICATION FORM, available at Dhamma Giri, Dhamma Khetta, Dhamma Thali, Dhamma Sindhu, and Dhamma Paṭṭhāna.

**Teenagers' Course:** 15 years Completed upto 19 years Completed (Please use new application form).

## MAHARASHTRA

### Dhamma Giri, Igatpuri

Vipassana International Academy, Dist. Nashik, Igatpuri-422403. Tel: (02553) 244-076, 244-086, 244144, 244440, Fax: 2441176. (10 am to 5 pm). Email: [info@igiri.dhamma.org](mailto:info@igiri.dhamma.org) To apply online for ten-day courses: [www.dhamma.org/schvia.shtml](http://www.dhamma.org/schvia.shtml) (No admission without confirmation) **10-day: 2020** 1 to 12-1, 15 to 26-1, 29-1 to 9-2, 26-2 to 8-3, 11 to 22-3, 25-3 to 5-4, 2 to 13-5, 16 to 27-5, 30-5 to 10-6, 13 to 24-6, 8 to 19-7, 22-7 to 2-8, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 30-9 to 11-10, 11 to 22-11, 25-11 to 6-12, 23-12 to 3-1-2021, **10-day: (Only for old Student)** 12 to 23-2, 28-10 to 8-11, **#ST: 2020** 7 to 15-4, 27-6 to 5-7, **Trustee & Dhamma Servers Workshop: 2020** 24 to 25-10, **CA/Teacher Meeting 2020** 2-12, **International AT Meeting:** 18 to 20-12-19, **2020** 13 to 15-12, **Trainer Workshop:** 25 to 26-12, **2020** 20-12, **AT Workshop:** 21 to 24-12, **2020** 16 to 19-12 **Long Course: Special 10-day: 2020** 12 to 23-2, 28-10 to 8-11, Please register on [atmeetingindia@dhamma.net.in](http://atmeetingindia@dhamma.net.in) with following details: Full Name, Age, Gender, CT/assistant to CT/trustee, Name of Centre and Place: Special Requirement (if any):

### Dhamma Tapovana-1 Igatpuri

**#ST: 2020** 28-9 to 6-10 **Long Course: Special 10-day: 2020** 11 to 22-6, **20-day:** 18-2 to 10-3, 18-5 to 8-6, **30-day:** 15-3 to 15-4, 29-6 to 30-7, 7-8 to 7-9, **45-day: 2019** 30-12 to 14-2-2020, **2020** 15-3 to 30-4, 7-8 to 22-9, 28-12-20 to 12-2-2021, **60-day: 2020** 11-10 to 11-12.

### Dhamma Tapovana-2, Igatpuri

**Long Course: Special 10-day: 2020** 17 to 28-4, **20-day: 2020** 1 to 22-7, 3 to 24-10, **30-day: 2020** 1-3 to 1-4, 4-5 to 4-6, 9-11 to 10-12, **45-day: 2020** 4-5 to 19-6, **60-day: 21-12-19 to 20-2-2020, 2020** 30-7 to 29-9, 16-12 to 15-2-2021.

## Dhamma Pattana, Gorai, Mumbai

**Dhamma Pattana Vipassana centre**, Near Essel World, Gorai Creek, Borivali M(W), Mumbai 400091, Tel: (022) 62427518, Website: [www.pattana.dhamma.org](http://www.pattana.dhamma.org) **10-day executive courses:** 25-12 to 5-1-2020, **2020** (7 to 18-1 Irani Course), 19-2 to 1-3, 4 to 15-3, 18 to 29-3, 8 to 19-4, 21-4 to 2-5, 5 to 16-5, 27-5 to 7-6, 10 to 21-6, 23-6 to 4-7, 8 to 19-7, 19 to 30-8, 2 to 13-9, 15 to 26-9, 30-9 to 11-10, 14 to 25-10, 28-10 to 8-11, 17 to 28-11, **#ST: 2020** 12 to 30-1, **3-day:** 19 to 22-12, **2020** 2 to 5-4, 13 to 16-8, 22 to 15-11, **1-Day Mega course: 2020** 12-1, 19-1, 3-5, 5-7, 27-9, **15-Day Gratitude Course:** 2-2 to 17-2-2020, **Indian AT Workshop:** 17 to 24-5-2020 **Long Course: 20-Day** 21-7 to 11-8, **Online application:** [www.dhamma.org/en/schedules/schpattana.shtml](http://www.dhamma.org/en/schedules/schpattana.shtml). Email: [registration\\_pattana@dhamma.net.in](mailto:registration_pattana@dhamma.net.in)

For all other inquiries, Contact Manager, Email: [info@pattana.dhamma.org](mailto:info@pattana.dhamma.org) Website: [www.pattana.dhamma.org](http://www.pattana.dhamma.org) Dhamma Pattana can admit only 90 students. Unconfirmed students will be accommodated in future courses; they are requested not to pressure the management to accommodate them.

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

## Mini ānāpāna for Visitors

Mini ānāpāna Training Sessions, Hindi/Eng each of about 15-20 minutes duration are held during the visiting hours, from 11 am (first session) to 4pm (last session). Participants are required to sit for the entire session.

## Dhamma Vāṭikā: Palghar

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

## Dhamma Vipula: Belapur (New Mumbai)

Plot No. 91A; Sector 26, Parsik Hill, CBD Belapur; (Parsik Hill, Nearest Railway Station: Seawoods on Harbour line) Navi Mumbai 400 614, Tel: 022-27522277, 27522404/03 (Timing 11 am to 5 pm) Email: [dhammavipula@gmail.com](mailto:dhammavipula@gmail.com), registration only online <http://www.vipula.dhamma.org> **10-day:** 25-12-2019 to 5-1-2020, 6 to 17-1, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 19 to 29-3, 1 to 12-4, 15 to 26-4, 29-4 to 10-5, 13 to 24-5, 27-5 to 7-6, 10 to 21-6, 24-6 to 5-7, **#ST:** 3 to 11-4, **3-day executive courses:** 1 to 4-1, 6 to 9-2, 12 to 15-2, 5 to 8-3, 11 to 14-3, 16 to 19-4, 22 to 25-4, 14 to 17-5, 20 to 23-5, 11 to 14-6, 17 to 20-6, **Children Course:** 5-1, 16-2, 15-3, 26-4, 24-5, 21-6, **15-Day Gratitude Course:** 18-1 to 2-2, **1-day:** Every Sunday, **Group Sitting:** Daily (any time) 9 am to 9 pm,

## Dhamma Vāhini: Titwala

**Mumbai Parisar Vipassana Centre**, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website [www.vahini.dhamma.org](http://www.vahini.dhamma.org), registration only online Email: [vahini.dhamma@gmail.com](mailto:vahini.dhamma@gmail.com) **10-day: Long Course: 20-day: 30-day: Contact:** Mobile: 97730-69978. (12 to 6 pm on weekdays).

## Dhamma Saritā, Khadavali (Thane) C. R.

**Jeevan Sandhya Mangalya Sansthan**, Matoshree Vriddhashram, At: Sorgaon, Post: Padgha, Tal. Bhivandi, Dist. Thane-421101. Email: [registration\\_dhamma.sarita@gmail.com](mailto:registration_dhamma.sarita@gmail.com); [info@sarita.dhamma.org](mailto:info@sarita.dhamma.org), Online registration [www.sarita.dhamma.org](http://www.sarita.dhamma.org). **Contact:** Mob. 91-779-83-24659, **10-day:** 8 to 19-1, 22-1 to 2-2, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 1 to 12-4, 15 to 26-4, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, **#ST: 2020** 18 to 26-3, **3-day: 2019** 19 to 22-12, **2-day: 2020** 3 to 5-1, 27 to 29-3, 27 to 29-4, 29 to 31-5, **Teenagers' Course:** (Boys) 24-12 to 1-1-2020, 11 to 19-5, (Girls) 1 to 9-5-2020, **Children Course:** (Boys) 23 to 24-5 **Contact:** 25008868/25011096/25162505 (1-day: 2019) On Last day of Every 10-day Course 11 am to 5 Pm **Contact:** Mob. 91- 77983-24659, 77983-25086.)

## Dhamma Nāsikā, Nashik

**Nashik Vipassana Kendra**, Opposite N.M.C. Water filtration plant, Shivaji Nagar, Satpur, (Post: YCMOU), Nashik-422222. Tel: (0253) 6516-242, 3203-677, 2020533, (10 am to 5 pm

Only). **Contact:** No. 7758887453, 7758889941, if not answered kindly Email: [info@nasika.dhamma.org](mailto:info@nasika.dhamma.org) **10-day: 2019** (only female) 10-day: (Male and Female old Students) 18 to 29-12-2019,

## SCHEDULE OF LONG COURSES

### INDIA

#### Special 10-day Course

20 to 31-12-2019 *Dhamma Paṭṭhāna, (Haryana)*  
17 to 28-1-2020 *Dhamma Suvatthi, Sravasti (U.P.)*  
12 to 23-3-2020 *Dhamma Giri, Igatpuri*  
12 to 23-3-2020 *Dhamma Divākhaṇa, Mehsana (Guj.)*  
27-2 to 9-3-2020 *Dhamma Pushkar, Rajasthan*  
30-3 to 10-4-2020 *Dhamma Ajaya, Chandrapur*  
17 to 28-4-2020 *Dhamma Tapovana-2, Igatpuri*  
19 to 30-4-2020 *Dhamma Thali, Jaipur*  
18 to 29-5-2020 *Dhamma Paṭṭhāna, (Haryana)*  
3 to 14-6-2020 *Dhamma Khetta, Hyderabad*  
11 to 22-6-2020 *Dhamma Tapovana-1, Igatpuri*  
14 to 25-6-2020 *Dhamma Thali, Jaipur*  
18 to 29-7-2020 *Dhamma Paṭṭhāna, (Haryana)*  
19 to 30-7-2020 *Dhamma Lakkhaṇa, Lucknow (U.P.)*  
11 to 22-8-2020 *Dhamma Pushkar, Rajasthan*  
19 to 30-8-2020 *Dhamma Nāga, Nagpur*  
14 to 25-10-2020 *Dhamma Setu, Chennai (Tamil Nadu)*  
17 to 28-10-2020 *Dhamma Mālavā, Indore (M.P.)*  
28-10 to 8-11-2020 *Dhamma Giri, Igatpuri*  
30-10 to 10-11-2020 *Dhamma Sarovara, Dhule*  
20 to 31-12-2020 *Dhamma Paṭṭhāna, (Haryana)*

#### 15-Day Gratitude Course

18-1 to 2-2-2020 *Dhamma Vipula: Belapur (New Mumbai)*  
2-2 to 17-2-2020 *Dhamma Pattana, Gorai, Mumbai*  
2-2 to 17-2-2020 *Dhamma Sarovara, Dhule*  
2-2 to 17-2-2020 *Dhamma Ajaya, Chandrapur*  
2-2 to 17-2-2020 *Dhammālaya, Kolhapur*  
2 to 17-2-2020 *Dhamma Lakkhaṇa, Lucknow (U.P.)*  
2-2 to 17-2-2020 *Dhamma Paṭṭhāna, (Haryana)*

#### 20-day

29-1 to 19-2-2020 *Dhamma Setu, Chennai (Tamil Nadu)*  
3 to 24-2-2020 *Dhamma Thali, Jaipur*  
18-2 to 10-3-2020 *Dhamma Tapovana-1, Igatpuri*  
4 to 25-3-2020 *Dhamma Sindhu, Kutch (Guj.)*  
12-4 to 3-5-2020 *Dhamma Paṭṭhāna, (Haryana)*  
14-4 to 5-5-2020 *Dhamma Nāgajjuna, Telangana*  
18-5 to 8-6-2020 *Dhamma Tapovana-1, Igatpuri*  
3 to 24-6-2020 *Dhamma Khetta, Hyderabad*  
1 to 22-7-2020 *Dhamma Tapovana-2, Igatpuri*  
2 to 23-7-2020 *Dhamma Pushkar, Rajasthan*  
20-7 to 10-8-2020 *Dhamma Kānana, Balaghat (M.P.)*  
21-7 to 11-8-2020 *Dhamma Pattana, Gorai, Mumbai*  
2 to 23-8-2020 *Dhamma Paṭṭhāna, (Haryana)*  
9 to 30-8-2020 *Dhammālaya, Kolhapur*  
6 to 27-9-2020 *Dhamma Gaṛha, Bilaspur (Chhattisgarh)*  
8 to 29-9-2020 *Dhamma Suvatthi, Sravasti (U.P.)*  
3 to 24-10-2020 *Dhamma Tapovana-2, Igatpuri*  
7 to 28-10-2020 *Dhamma Thali, Jaipur*  
19-11 to 10-12-2020 *Dhamma Pushkara, Rajasthan*  
4 to 25-12-2020 *Dhamma Lakkhaṇa, (U.P.)*

#### 30-day

17-12-19 to 17-1-20 *Dhamma Ambika, South Gujarat*  
3-1 to 3-2-2020 *Dhamma Kānana, Balaghat (M.P.)*  
29-1 to 29-2-2020 *Dhamma Setu, Chennai (Tamil Nadu)*  
1-2 to 3-3-2020 *Dhamma Ketu, (Chattisgarh)*  
3-2 to 5-3-2020 *Dhamma Thali, Jaipur*  
21-2 to 23-3-2020 *Dhamma Paṭṭhāna, (Haryana)*  
29-2 to 31-3-2020 *Dhamma Suvatthi, Sravasti (U.P.)*  
1-3 to 1-4-2020 *Dhamma Tapovana-2, Igatpuri*  
4-3 to 4-4-2020 *Dhamma Sindhu, Kutch (Guj.)*  
15-3 to 15-4-2020 *Dhamma Tapovana-1, Igatpuri*  
14-4 to 15-5-2020 *Dhamma Nāgajjuna, Telangana*  
1-6 to 2-7-2020 *Dhamma Paṭṭhāna, (Haryana)*  
3-6 to 4-7-2020 *Dhamma Khetta, Hyderabad*  
29-6 to 30-7-2020 *Dhamma Tapovana-1, Igatpuri*  
2-7 to 2-8-2020 *Dhamma Pushkara, Rajasthan*  
7-8 to 7-9-2020 *Dhamma Tapovana-1, Igatpuri*  
9-8 to 9-9-2020 *Dhammālaya, Kolhapur*  
28-8 to 28-9-2020 *Dhamma Paṭṭhāna, (Haryana)*  
7-10 to 7-11-2020 *Dhamma Thali, Jaipur*  
29-10 to 29-11-2020 *Dhamma Nāgajjuna, Telangana*  
9-11 to 10-12-2020 *Dhamma Tapovana-2, Igatpuri*  
19-11 to 20-12-2020 *Dhamma Pushkar, Rajasthan*  
28-1 to 28-2-2021 *Dhamma Kānana, Balaghat (M.P.)*

#### 45-day

17-12-19 to 1-2-20 *Dhamma Ambika, South Gujarat*  
22-12-19 to 6-2-20 *Dhamma Nāgajjuna, Telangana*  
30-12 to 14-2-20 *Dhamma Tapovana-1, Igatpuri*  
1-1 to 16-2-20 *Dhamma Sindhu, Kutch (Guj.)*  
3-2 to 20-3-2020 *Dhamma Thali, Jaipur*





22-12 to 2-1-2019, 2020 5 to 16-1, 19 to 30-1, 22-3 to 2-4, 5 to 16-4, 19 to 30-4, 3 to 14-5, 17 to 28-5, 31-5 to 11-6, 14 to 25-6, 28-6 to 9-7, 12 to 23-7, 26-7 to 6-8, 9 to 20-8, 23-8 to 3-9, 6 to 17-9, 20-9 to 1-10, 27-11 to 8-12, 10 to 21-12, 24-12 to 4-1-2021, #ST: 2020 24-3 to 2-4, 2 to 10-6, 14 to 22-7, 17 to 25-11, 3-day: 2020 1 to 4-10, Dhamma Utsav: 8-11-2020, Long Course: Special 10-day: 2020 19 to 30-4, 14 to 25-6, 20-day: 3 to 24-2, 7 to 28-10, 30-day: 3-2 to 5-3, 7-10 to 7-11, 45-day: 2020 3-2 to 20-3,

### Dhamma Nilaya, Jamdoli, Jaipur (Rajasthan)

Dhamma Nilaya Jaaton kaa Bass, Jaisinghpura, Khor Jamdoli, Dist. Jaipur. Contact: Mrs Nidhi Mahindro, Mob. 7042677225, 9828306708 Email: info@thali.dhamma.org, 10-day: (Male only) 5 to 16-2, (Female only) 19-2 to 1-3, 3-day: (Male only) 2019 19 to 22-12, 23 to 26-1, 5 to 8-3, 12 to 15-3, (Female only) 30-1 to 2-2, 19 to 22-3, Teenagers' Course: (Boys) 2019 23 to 31-12, 2020 9 to 17-1, 3 to 11-4, (Girls) 31-12-19 to 8-1-2020, 12 to 20-4, Children Course: (Boys) 2020 24 to 26-3 (Girls) 27 to 29-3,

### Dhamma Pushkar, Ajmer, Rajasthan

Vipassana Centre, Near Village Rewat (Kedel), 23 kms from Ajmer and 9 kms from Pushkar towards Parbatsar. +91-94133-07570. Tel: (145) 2780570. 10-day: 2019 25-12 to 5-1-2020, 2020 7 to 18-1, 20 to 31-1, 2 to 13-2, 15 to 26-2, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 16 to 27-5, 17 to 28-6, 11 to 22-8, (Old Students only 26-8 to 6-9) 9 to 20-9, 23-9 to 4-10, 8 to 19-10, 21-10 to 1-11, 23-12 to 3-1-2021, #ST: 2020 2 to 10-11, 3-day: 2019 19 to 22-12, Teenagers' Course: (Girls) 2020 29-5 to 6-6, (Boys) 2020 7 to 15-6, 2-day Children Course: 2020 7 to 9-8, Long Course: Special 10-day: 2020 27-2 to 9-3, 20-day: 2020 2 to 23-7, 19-11 to 10-12, 30-day: 2020 2-7 to 2-8, 19-11 to 20-12, Contact: 1) Ravi Toshniwal, Email: dhammapushkar@gmail.com Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275,

### Dhamma Marudhara, Jodhpur, Rajasthan

Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, -Chauspans Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: info@marudhara.dhamma.org, 10-day: 20 to 31-12, Children Course: 2-day: 17 to 19-12, Contact: 1) Mr. Nemichand Bhandari, Mobile: 93147-27215, Email: dhamma.marudhara@gmail.com; 2) Mr. Kamal Sarda, Mob. 7023999944,

### Dhamma Pubbjaja, Churu, Rajasthan

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

### Dhamma Sota, Sohna (Haryana)

Vipassana Sadhana Sansthan, Village Rahaka, Post Sohna, (Near Nimmod Police Post) Ballabgarh-Sohna Road, Dist Gurgaon (12 km from Sohna), Haryana, Mobile: 9812655599, 9812641400. [Buses available from Sohna and Ballabgarh.] 10-day: 2019 18 to 29-12, 2020 1 to 12-1, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 7 to 18-10, 21-10 to 1-11, 4 to 15-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, Contact: Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

### Dhamma Patthana, Sonapat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapatthana@gmail.com 10-day: 2020 (Old Students only 7 to 18-1), #ST: 2020 21 to 29-1, 7 to 15-6, 16 to 14-7, 17 to 25-10, AT Workshop: 2020 2 to 5-10, Dhamma Servers Workshop: 2020 6 to 7-10, 15-Day Gratitude Course: 2 to 17-2-2020, Long Courses: Special 10-day: 2019 20 to 31-12, 2020 18 to 29-5, 18 to 29-7, 20 to 31-12, 20-3-day: 2020 12-4 to 3-5, 2 to 23-8, 30-day: 2020 21-2 to 23-3, 1-6 to 2-7, 28-8 to 28-9, 45-day: (15 day Anapan) 2020 21-2 to 7-4, 2-11 to 18-12, Contact: same as Dhamma Sota

### Dhamma Karunika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjipura Road, Near Government School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: reg.dhammakarunika@gmail.com, Contact: 1) Mr Verma, Mob. 999200601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, 10-day: 25-12 to 5-1, 2020 8 to 19-1, 22-1 to 2-2, 12 to 23-2, 26-2 to 8-3, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 13 to 24-5, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 12 to 23-8, 26-8 to 6-9, 9 to 20-9, 23-9 to 4-10, 14 to 25-10, 28-10 to 8-11, 11 to 22-11, 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1, 3-day: 2020 7 to 10-5, Teenagers' Course: (Boys) 2020 27-5 to 4-6, (Girls) 2020 10 to 18-6,

### Dhamma Hitakari, Rohtak (Haryana)

Vipassana Dhyana Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. Contact: 92543-48837, 9416303639. 10-day: 18 to 29-12, 2020 1 to 12-1, 15 to 26-1, 5

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

### Dhamma Dhaja, Hoshiarpur (Punjab)

Punjab Vipassana Trust, Village Anandgarh, P.O. Mehlanwali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: info@dhaja.dhamma.org 10-day: 18 to 29-12, 2020 1 to 12-1, 15 to 26-1, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 30-7 to 2-8, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 7 to 18-10, 21-10 to 1-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, #ST: 2020 4 to 12-11, 3-day: 2020 30-4 to 3-5,

### Dhamma Sikhara, Dharamshala (H.P.)

Himachal Vipassana Kendra, Dharamkot, McLeodganj, Dharamshala-176219, Dist. Kangra. Email: info@sikhara.dhamma.org Tel: 09218514051, 09218414051, (Registration over phone between 4 to 5 pm) 10-day: 2019 and 2020 every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's). #ST: 2020 20 to 28-3, 15 to 23-11, 3-day: 2020 23 to 26-11,

### Dhamma Laddha, Leh Ladakh (J & K)

Vipassana Meditation Ladakh, Dhamma Laddha, is 8/9 Km from leh, Contact: Mr Lobzang Visuddha, Ancient Tracks, Mobile: [91] 9906971808, 9419862542. 10-day: (Female Only) 4 to 15-12, Group Sitting: every Sunday from 9 am. 1-day: every Second Sunday Email: info@ladakh.in.dhamma.org; lvissuddha@yahoo.com,

### Dhamma Salila, Dehradun

Dehradun Vipassana Centre, Village Jantanwala, near Dehradun Cantonment, near Santala Devi Mandir, Dehradun 248001. Tel: 0135-2715189, 2715127, 94120-53748, Email: reg.dhammasalila@gmail.com; 10-day: 29-1 to 9-2, 12 to 23-2, 26-2 to 8-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 30-9 to 11-10, 28-10 to 8-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, #ST: 2020 14 to 22-3, 14 to 22-10, 3-day: 22-12 to 25-12, 2020 26 to 29-7, 8 to 11-11, 27-12 to 30-12, Contact: 1) Mr. Bhandari, Tel: (0135) 2104555, 07078398566, Fax: 271-5580.

### Dhamma Lakkhana, Lucknow (U.P.)

Lucknow Vipassana Centre, Asti Road, Railway Crossing, Bakshi ka Talab, Lucknow 227 202. Email: info@lakkhana.dhamma.org Tel: (0522) 296-8525, Mob. 97945-45334, 9453211879, 10-day: 2019 and 2020 every month, 4 to 15 and 19 to 30, (except during other course's), #ST: 2020 22 to 30-3, 19 to 27-10, 3-day: 2020 28 to 31-10, 2-day: 2019 and 2020 every month, 15 to 17, (except during other course's), 3-day Children's course: (age 13 to 17 boys) 26 to 29-12, 2020 26 to 29-12, (13 to 17 girls) 30-12-19 to 2-1-20, 2020 30-12-20 to 2-1-21, 2-day Children's course: (age 8 to 12) 2020 18 to 20-3, (1-day: first Sunday of Every month 9 am to 5 pm, Contact: 9794545331, 9335906341) 15-Day Gratitude Course: 2 to 17-2-2020; Long Courses: Special 10-day: 2020 19 to 30-7, 20-day: 2020 4 to 25-12, Contact: 1. Sh. R. K. Singh, Mob. 9616744793, 2. Pankaj Jain, Mob. 098391-20032. 3. Mrudula Mukesha, Mob. 94150-10879, 4. Sh. Rajeev Yadav, Mob. 9415136560.

### Dhamma Suvatti, Sravasti (U.P.)

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

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

Vipassana Sadhana Kendra, Village Khargipur, Post. Piyari, Chaubeypur, Sarnath, Varanasi. Email: info@cakka.dhamma.org Mob. 09307093485, 09936234823, (for autorickshaw from Sarnath Museum, fare Rs. 100/-) 10-day: 2019 18 to 29-12, 1-day: 2019 22-12, 2-day Children Course: (only girls) 30 to 31-12-19, Contact: Manju Agrawal, Email: manju.ag@gmail.com. Mob. 09936691000.

### Dhamma Kalyana, Kanpur (U.P.)

Kanpur, International Vipassana Meditation Centre, Dhori, Ghaat, Rooma, Post Salempur Kanpur-209402, (23 Km. from Kanpur Central Rly. Station) Tel. 07388-543795, Mob. 08995480149. Email: dhamma.kalyana@gmail.com, (No admission without confirmation) 10-day: 20 to 31-12, 2020 5 to 16-1, 20 to 31-1, 5 to 16-2, 5 to 16-3, 20 to 31-3, 5 to 16-4, 20-4 to 1-5, 2 to 13-5, 13 to 24-5, 5 to 16-6, 20 to 1-7, 5 to 16-7, 20 to 31-7, 5 to 16-8, 20 to 31-8, 5 to 16-9, 20 to 1-10, 5 to 16-10, 20 to 31-10, 5 to 16-11, 5 to 16-12, 20 to 31-12,

#ST: 22-2 to 1-3, 22 to 30-11, 3-day: 1 to 4-1, 1 to 4-4, 1 to 4-9, Teenagers' Course: (Girls) 24-5 to 1-6, 1-day: 2019 and 2020 Every month Fourth Sunday. 10 am to 5 pm, 3-Day Children Course: (8 to 12 yrs) 1 to 4-6,

### 'Dhamma Kaya', Kushinagar (U.P.)

'Dhamma Kaya', Vipassana Sadhana Kendra, Village-Dhuria Bhaat, Near Banwari Tola, Tehsil- Kasya, Devriya Road, Dist: Kushinagar-274402, (U.P.) Mob. +919415277542. Email: dhammakaya.vsk@gmail.com; 10-day: 2019 and 2020 every month 1 to 12 and 16 to 27, Contact: 1. Dr. Vimalkumar Modi, C/o Aarogya Mandir, Gorakhpur-273003, 2. Mob. 9935599453,

### Dhamma Sudha, Meerut (U.P.)

Vipassana Centre, Behind Police station, Tower Road, Near Saifpur Gurdwara, Hastinapur, Dist. Meerut- 250002, Office Contact: Tel. 2513997, 2953997, Mob. 9319145240, 10-day: 18 to 29-12, 2020 8 to 19-1, 22-1 to 2-2, 12 to 23-2, 26-2 to 8-3, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 13 to 24-5, 27-5 to 7-6, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 12 to 23-8, 26-8 to 6-9, 9 to 20-9, 23-9 to 4-10, 14 to 25-10, 28-10 to 8-11, 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1-2021, 3-day: 2020 19 to 22-11,

### Dhamma Licchavi, Muzaffarpur (Bihar)

Dhamma Licchavi Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 8935963703, Email: info@licchavi.dhamma.org 10-day: 2019 and 2020 every month 5 to 16 and 19 to 30. In February, March, November 19-2 to 1-3, 13 to 24-3, 1 to 12-11, 23-11 to 3-12, #ST: 4 to 12-3, Contact: Rajkumar Goenka, Tel: (0621) 224-0215,

Vaishali: 10-day: 2019 every month 4 to 15. and 18 to 29, March to December Place: Vietnam Mahaprajapati Nunnery, Vishwashanti Pagoda Road, Vaishali-844128, Contact: Rajkumar Goenka, Email: info@vaishali.in.dhamma.org; Tel: (0621) 224-0215, 8935963703, 9431245971,

### Dhamma Bodhi, Bodhgaya, (Bihar)

Bodh Gaya International Vipassana Meditation Centre, Gaya-Dobhi Road (15 km), Near Magadha University, Bodh Gaya-824234. Mob. 94716-03531, Email: info@bodhi.dhamma.org Contact: 99559-11556.

### Dhamma Upavana, Baracakiya, (Bihar)

Baracakiya - 845412, East Champaran Bihar, Contact: 9431245971, 9934430429, 6204814341, Email: dhammaupavan@gmail.com, 10-day: 2020 every month 4 to 15

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

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

### GUJARAT

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

Kutch Vipassana Centre, Bada, Mandvi-Kutch-370475. Mob. 9638577325, Email: info@sindhu.dhamma.org Contact: Bhuj: 094274-33534. Gandhidham: 094262-50746. Mandvi: 09974575660. 10-day: 19-2 to 1-3-2020, #ST: 3-day: 2019 22 to 25-12, Long Courses: Special 10-day: 20-day: 4 to 25-3-2020, 30-day: 4-3 to 4-4-2020, 45-day: 1-1 to 16-2-2020, Contact: 7874623305, 9825320551.

### Dhamma Kota, Rajkot (Guj.)

Saurashtra Vipassana Kendra, Kotharia Road, 15 km from Rajkot. Tel: Off. (0281) 2924924, 2924924, Email: info@kota.dhamma.org; Mobile: 7878727240, 93279-23540. 10-day: 2019 18 to 29-12, 1-day: 2019 29-12, City Contact: 1. Tel: (0281) 2233666. Mob. 7878727223, 94272-21591. 2) Chandubhai Mehta, Tel: 2587599, Mob. 9428203291.

Gujarati Vipassana Newsletter: Rs 30/- for one year and Rs 100/- for 4 years. Contact: Saurashtra Vipassana Research Centre, Bhabha Dining Hall, Panchnath Road, Rajkot-360001. Tel: (0281) 2233666, Mobile: 94272-21591. 7878727223,

### Dhamma Divakara, Mehsana (Guj.)

Uttar Gujarat Vipassana Kendra, Village Mittha Tal and Dist. Mehsana, Gujarat. Email: info@divakara.dhamma.org, Tel: (02762) 272-800. Contact: 1. Nikhilbhai Parikh, Mob. 09429233000, 2. Upendra Patel, Tel: Mob. 8734093341, Tel: (02762) 254-634, 253315, Email: upendrakpatel@gmail.com, 10-day: 18 to 29-12, 2020 1 to 12-1, 12 to 23-2, #ST: 2020 14 to 22-3, Long Courses: Special 10-day: 12 to 23-3-2020

### Dhamma Pittha, Ahmedabad (Gujarat)

Gurjar Vipashyana Kendra, (40 km from Ahmedabad Railway Station, 3 km Dholka town), Village Ranoda, Tal. Dholka, Dist. Ahmedabad 387810, Mobile: 89800-01110, 89800-01112, 94264-

19397. Tel: (02714) 294690. Email: info@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:** 2019 25-12 to 5-1-2020, **Contact:** Ms Shashi Todi, Mob. 98240-65668,

### Dhamma Ambikā, South Gujarat

**Vipassana Dhyān Kendra**, National Highway No. 8, (Mumbai to Ahmedabad) 2 k.m. away on west of Boriyach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org **Online registration:** dhammaambikasurat@gmail.com **Dhamma sammelan:** 2-2-20, **Long Courses:** **30-day:** 17-12 to 17-1-2020, **45-day:** 17-12 to 1-2-2020, **Contact:** 1. Vasantbhai Lad, Mob. 09428160714, 2. Ratanshibhai K Patel, Mob. 098250-44536,

### Dhamma Pāli, Bhavnagar, Gujarat

**Vipassana Centre**, Village Todi, Songadh - Palitana Road, Dist: Bhavnagar, Gujarat Email: dhammapali5@gmail.com, **Contact:** Mob. 7878103636, 8866703636, 8866713636, Office: Tel: 0278-2521066, 8758561616. **10-day:** 2019 12 to 29-12,

### SOUTH INDIA

#### Dhamma Paphulla, Bangalore

**Bangalore Vipassana Centre** (23 km from City Railway station), Alur Village, Near Alur Panchayat office, Off Tumkur Road, Dasanapura Bangalore North Taluka 562 123. Tel: (080) 23712377, Mob. 7829912733, 8861644284, 9972588377, Email: info@paphulla.dhamma.org; [Bus No. 256, 258, 258C from Majestic Bus Stand Gat down Makali (Near Himalaya Drugs), cross road and take auto] **10-day:** 1 to 12-1, 16 to 27-1, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 8 to 19-4, 22-4 to 3-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, 2 to 13-9, 18 to 29-9, 7 to 18-10, 21-10 to 1-11, 16 to 27-11, 30-11 to 11-12, 14 to 25-12, **#ST:** 28-3 to 5-4, 12 to 20-8, 4 to 22-11, **3-day:** 30-1 to 2-2, 19 to 22-3, 27 to 30-8, 1 to 4-10, **Teenagers' Course:** (Girls) 6 to 14-5, **Dhamma Servers' Workshop:** 26 to 27-12,

#### 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@kgiclothindia.in; **10-day:** 18 to 29-12, **2020 2** to 13-1, 16 to 27-1, 4 to 15-3, 25-3 to 5-4, 8 to 19-4, 29-4 to 10-5, 3 to 14-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 30-9 to 11-10, 28-10 to 8-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, **#ST:** 2020 29-1 to 6-2, 20 to 28-6, **Children's courses:** 29-12-19, **Long Courses:** **Special 10-day:** 2020 14 to 25-10, **20-day:** 2020 29-1 to 19-2, **30-day:** 2020 29-1 to 29-2.

#### Dhamma Madhurā, Madurai

**Vipassana Meditation Centre**, Chettiappatti gaon, Athur Taluk., P. O. Gandhigram University, Dindigul-624302, **Contact:** 9442603490, 9442103490, Email: dhammamadhura@gmail.com, **10-day:** 2019 18 to 29-12, 2020 19 to 30-1, 5 to 16-1, 18-2 to 1-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 6 to 17-5, 20 to 31-5, 17 to 28-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 16 to 27-9, 7 to 18-10, 28-10 to 8-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, **#ST:** 5 to 13-9, **3-day:** 2 to 5-1, 5 to 8-5, 4 to 7-6, 27 to 30-8,

#### Dhamma Arunāchala, 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:** 2019 18 to 29-12,

#### Dhamma Ketana, Chengannur (Kerala)

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

#### Dhamma Khetta, Hyderabad (Telangana)

**Vipassana International Meditation Centre**, (12.6 km) Mile Stone, Nagarjuna Sagar Rd, Kusum Nagar, Vansthalipuram Hyderabad-500070. Email: info@khetta.dhamma.org Tel: (040) 2424-0290, 32460762, 09491594247, Fax: 2424-1746, **10-day:** 2019 18 to 29-12, **1-day:** 2019 Every Sunday.

☞ **Long Courses:** **Special 10-day:** 3 to 14-6-2020, **20-day:** 3 to 24-6-2020, **30-day:** 3-6 to 4-7-2020, **45-day:** 3-6 to 4-7-2020, **1-day Children Course:** Ending day of every **10-day** course. In Andhra Pradesh, and Telangana State: Eligibility: 1-day and 2-day Children's Course, 5<sup>th</sup> Standard or 10 yrs to 18 yrs (8 am to 4pm)

Telugu Vipassana Newsletter: Published every month. Annual subscription: Rs. 50/- **Contact:** Dhamma Khetta above.

#### Dhamma Konḍañña, Kondapur (Telangana)

**Vipassana International Meditation Centre**, Kondapur, Via Sagareddy, Medak 502306. Mobile: 93920-93799, 93983-

16155, Email: info@kondanna.dhamma.org. **10-day:** 2019 25-12 to 5-1-2020, **One-day:** every Purnima.

#### Dhamma Nāgajūna, Nagarjun Sagar (Telangana)

**VIMC**, Hill Colony, Nagarjun Sagar Dist. Nalgoda 508202, (140.4 km Hyderabad Road), Registration: 9440139329, (8680) 277944, Mobile: 093484-56780, (only 10 am to 5 pm) Email: info@nagajuna.dhamma.org **Teenagers' Course:** (Girls) 21 to 29-12, ☞ **Long Courses:** **20-day:** 2020 14-4 to 5-5, **30-day:** 2020 14-4 to 15-5, 29-10 to 29-11, **45-day:** 2019 (15 Day Anapana) 22-12-19 to 6-2-2020. 2020 29-10 to 14-12, 22-12 to 6-2-2021,

#### Dhamma Nijjhāna, Nizamabad (Telangana)

**VIMC**, Indur, Pocharam (Post), Yedpalli Mandal, Pin-503186, Dist. Nizamabad. Email: info@nijjhana.dhamma.org; 99085-96336, 094415-25115, Email: info@nijjhana.dhamma.org. **10-day:** 2019 18 to 29-12, **One-day:** Every Sunday.

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

**Vipassana International Meditation Centre**, Village Kumudavalli, Mandal-Pala Koderu, Dist. West Godavari 534 210. (1.5 kms from Bhimavaram, on the Bhimavaram-Thanutu Road) Tel: (08816) 236566. 99893-82887, Email: info@rama.dhamma.org. **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. (Vijayarai Village is 15 kms. from Eluru) Tel: (08812) 225522. Mobile: 94414-49044, 98660-97618. Email: info@vijaya.dhamma.org. **10-day:** 2019 18 to 29-12, **1-day Children Course:** (age 10 to 18, 8 am to 4pm) Ending day of every **10-day** course.

### CENTRAL AND EASTERN INDIA

#### Dhamma Kānana, Balaghat (M.P.)

**Dhamma Kanana Vipassana Centre**, Wainganga Tat, Rengatola, P.O. Garra, Balaghat. Tel: (07632). 248145, Mob. 8989845100, 97531-44641. **Contact:** 1. Mr. Khobragade, Lumbini Nagar, Balaghat. Mob. 94243-36241. 2. Mr. Meshram, Tel: (07632) 239165, Email: dineshmeshram@hotmail.com Mob. 094251-40015, **10-day:** (Only for bhikkhus 10 to 21-2), 25-2 to 7-3, 12 to 23-3, 26-3 to 6-4, 9 to 20-4, 24-4 to 5-5, 10 to 21-5, 24-5 to 5-6, 9 to 20-6, 2 to 13-7, 20 to 31-8, 2 to 13-9, 16 to 27-9, 30-9 to 11-10, 13 to 24-10, 28-10 to 8-11, 12 to 23-11, 26-11 to 7-12, **#ST:** 2019 22 to 30-12, 2020 21 to 29-6, **2-day:** 2020 21 to 23-2, 8 to 10-3, **1-day:** 7-5, **Children's courses:** 5-5, 8-5, 21-5, 7-6, ☞ **Long Courses:** **20-day:** 20-7 to 10-8-2020, **30-day:** 2020 3-1 to 3-2, 2021 28-1 to 28-2,

#### Dhamma Bala, Jabalpur (M.P.)

**Vipassana Meditation Centre**, Opposite Bhedaghat Thane, (1 km) Bapat Marg, Bhedaghat Jabalpur. **Contact:** Tel: (0761) 2610252. 2. Mr. Mahesh, Mob. 99815-98352. 3. Mr. Saurabh, Mob. 8109397741. **10-day:** 5 to 16-1, 16 to 27-2, 15 to 26-3, 3 to 14-5, 31-5 to 11-6, 20-9 to 1-10, 18 to 29-10, 15 to 26-11, 29-11 to 10-12, **#ST:** 5 to 13-4,

#### Dhammapāla, Bhopal (M.P.)

**Vipassana Centre**, Behind Kerwa Dam, Village Daulatpura, Bhopal 462 044. **Contact:** Mob. 94069-27803, **Contact:** Prakash Gedam, Mob. 94250-97358, Tel: (0755) 2468053, Email: dhammapala.bhopal@gmail.com, Fax: 246-8197. Online application: www.pala.dhamma.org

#### Dhamma Mālavā, Indore (M.P.)

**Vipassana Centre**, Village Jambudi Hapsi, Opp. Gommatgiri, in front of Pitru mountain, Hatod Road, Indore-452003. **Contact:** 1. Indore Vipassana International Foundation Trust, Tel: (0731) 4273313, Mobile: 98931-29888. Email: info@malava.dhamma.org; dhammamalava@gmail.com, 2. Ghokhale. Mob. 9407406620. **10-day:** 22-12 to 2-1-20, 2020 5 to 16-1, 2 to 13-2, 15 to 26-2, 1 to 12-3, 14 to 25-3, 5 to 16-4, 18 to 29-4, 9 to 20-5, 23-5 to 3-6, 7 to 18-6, 20-6 to 1-7, 5 to 16-7, 4 to 15-8, 6 to 17-9, 19 to 30-9, 4 to 15-10, 1 to 12-11, 6 to 17-12, (Only for old Student 19 to 30-12), **#ST:** 18 to 26-1, 18 to 26-7, **3-day:** 26 to 29-3, 30-4 to 3-5, 29-7 to 1-8, 27 to 30-8, 27 to 30-11, **1-day:** Every Month First Sunday (Except 3 may) (8 am to 1:30 pm), **Group Sitting:** Every Sunday (Except First Sunday and Course Time) 9:30 to 10:30 am **Group Sitting Contact:** Mob. 98275-61649, ☞ **Long Course:** **Special 10-day:** 17 to 28-10-2020,

#### 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. 98267000116. **10-day:** 5 to 16-1, 2 to 13-2, 23-2 to 5-3, 8 to 19-3, 12 to 23-4, 26-4 to 7-5, 17 to 28-5, 14 to 25-6, 12 to 23-7, 26-7 to 6-8, 9 to 20-8, 30-8 to 10-9, 13 to 24-9, 27-9 to 8-10, 11 to 22-10, 10 to 21-11, 1 to 12-12, **#ST:** 20 to 28-12, **2-day:** 1 to 3-1, 8 to 10-4, 18 to 20-12, **Group Sitting:** 2019 Every Sunday 8 to 9 am. **Contact Office:** Vikram Nagar, Mhow road, Ratlam, Mob. 09425364956, 09479785033.

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

**'Vipassana Dhamma Guna**, Village- Pagara, Dist.- Guna, (at 12 kms. Guna-Gwalior Division.) **#ST:** 2019 30-11 to 8-12, **Contact:** Shri Virendra Singh Raghuvanshi, Raghuvanshi Kirana Store, Near State bank of India, Ashok Nagar Road, Village - Pagara, Dist: Guna, MP - 473001. Mob: 9425618095, Shri Rajkumar, Raghuvanshi, Mob: 9425131103. Email: info@guna.dhamma.org.

**Amla (Betul): 3-day:** 2019 24 to 26-12, **Place:** Pradnya Bhavan Bhim Nagar, Amla **Contact:** 1) Mr. Hurmade, Mob. 8234025899, 2) Mr Suryavanshi, Mob. 9907887607.

#### Dhamma Ketu, Durg (Chhattisgarh)

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

#### Dhamma Gaṛha, Bilaspur (Chhattisgarh)

**Vipassana Centre**, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbhatta, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com **10-day:** 20 to 31-12, 2020 9 to 20-1, 6 to 17-2, 19 to 30-3, 2 to 13-4, 18 to 29-6, 9 to 20-7, 6 to 17-8, 8 to 19-10, 3 to 14-12, **#ST:** 2020 22 to 30-11, **3-day:** 7 to 11-3, 3 to 14-12, **Teenagers' Course:** (Boys) 2020 6 to 14-6, (Girls) 2020 22 to 30-11, **1-day:** 5-1, 19-4, 4-10, 27-12, **Children's Course:** 24-11, 15-12, 2020 26-4, 10-5, 2-10, 29-11, 27-12, **Long Course:** **20-day:** 2020 (only male) 6 to 27-9, **Contact:** 1. Mr. K.K. Sahu, Mob. 9752047511, 2. Mr. S. Meshram, Mob. 98269-60230,

#### Dhamma Gaṅgā, Kolkata (W.B.)

**Vipassana Kendra**, Sodepur, Harishchandra Dutt Road, Panihat, Baro Mandir Ghat, Kolkata-700114, Tel: (033) 2553-2855. Email: info@ganga.dhamma.org **Contact City Office:** Tobacco Houjse 5th floor, room no-523, 1, old court house corner, kolkata-700001, Tel: (033) 2230-3686, 2231-1317. **10-day:** 25-12-19 to 5-1-20, **1-day:** 22-12-19, **Children Course:** 22-12-19,

#### Dhamma Purī, North Tripura (Tripura)

**Tripura Vipassana Meditation Centre**, P.O. Machmara, Dist. North Tripura, Tripura 799 265. Email: info@puri.dhamma.org Mob. 09436477510, 8974653507, **10-day:** 11 to 22-1, 8 to 19-2, 8 to 19-3, 18 to 29-4, 3 to 14-5, 20 to 31-5, 7 to 18-6, 11 to 22-7, 8 to 19-8, 11 to 22-9, 1 to 12-10, 18 to 29-10, **#ST:** 8 to 16-11-2020, **3-day:** 28 to 31-12-2019, **Children Course:** (only Girls 8 to 12 yrs) 20-12-19, (only Girls 13 to 17 yrs) 21-12-19, (only Boys 8 to 12 yrs) 24-12-19, (only boys 13 to 17 yrs) 25-12-19, **Contact:** M. Dewan, (0381) 2300441, Mob. 09862154881, 09402527191.

#### Dhamma Utkal, Khariyar Road: (Orissa)

**Vipassana Meditation Centre**, Village Chanabera, Post Amsena, Via. Khariyar Road, Dist: Nuapada, Orissa-766106, Mob. 094062-37896, **10-day:** 1 to 12-1, 19 to 30-1, 9 to 20-2, 25-2 to 7-3, 12 to 23-3, 29-3 to 9-4, 19 to 30-4, 28-5 to 8-6, 25-6 to 6-7, 30-7 to 10-8, 28-8 to 9-9, 25-9 to 6-10, 9 to 20-10, 26-10 to 6-11, 22-11 to 3-12, 9 to 20-12. **Contact:** 1) Mr. Harilal Shahu, Email: harilal.sahu@gmail.com, Mob. 09407699375, 2) Mr, Prafulldash, Mob. 7077704724,

#### Dhamma Bhubaneshwar, Kantabada, (Orissa)

**'Dhamma Bhubaneshwar'**, At. Po. Kantabada, Dist. Khorda, **Contact:** 1) C. B. Kar, Tel: (0674) 2354207. Mobile: 9437131019. 2) D. L. Das, Tel: (0674) 2475757. Mobile: 9438012166, Email: vipassanabbs@gmail.com **10-day:** 18 to 29-12, 2020 8 to 19-1, 12 to 23-2, (Only for Old Student 4 to 15-3), 15 to 26-4, 13 to 24-5, 17 to 28-6, 15 to 26-7, 12 to 23-8, 16 to 27-9, 14 to 25-10, 18 to 29-11, 16 to 27-12, **2-day:** 2020 4 to 6-4, 13 to 15-11, **1-day:** 2020 Every mont first Sunday, **Dhamma Servers Workshop:** 2020 24 to 26-1,

#### Dhamma Pubbotara, 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 saturday, **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.