

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 Babhale, Mob. 99690-16885, 99693-78156. **Churchgate:** Every Sunday except First Sunday 11 am. To 5 pm. At: 3rd 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, **Goregaon (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, **Kandivali (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, Poincur Gymkhana, Near Poincur Bus Depo, Kandivali (W) **Contact:** 1) Mr. Waghela, Mob. 9324494215. 2) Mr Nilesh, 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 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): 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, 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, Basment 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 Jamnabai 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: 022-2766-7087. **Chembur:** 1) every second Sunday at Modern English High School Chheda Nagar, 4th 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 Dhotre, 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 Malakapur 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.

Khamgaon: One-day: every third Sunday. **Group Sitting:** Daily 7 to 8 pm. And Every Sunday 8 to 9 am. at Sub engineers' credit Co-operative Society, **Contact:** 1. Ad. Samdur, Mob: 94032-56717. 2. M. Bakal, Mob: 98505-94604.

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 Aise, 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 Second Sunday at Kuralpurna, **Contact:** Mob. 97658-93488, 94221-58590. 5) Every Third Sunday at Kuralpurna, 11 am to 4 pm. **Contact:** Mr. Prabhakar Mohod, Mob. 9673925070. 6) Every Third Sunday at Ramnagar Mahaprndnya Buddha Vihar, Amravati. **Contact:** Smt. Nagdive, Mob. 9096893813, 7) Every Fourth Sunday at Gayatri Sanskar kendra, Amravati, **Contact:** Mr. Khedakar, Mob. 99232-03328, 8) Every Fourth Sunday at Buddhavihar nebasti, Badanera Railway Station, **Contact:** Mr. Vasnik, Mob. 7769822427, 9) Every Purnima. At Saddhamma Buddha vihar, **Contact:** Mr. Dande, Mob. 9923562806. 10) Every Purnima. Group Sitting: Daily, 8 to 9 am, 2:30 to 3:30 pm and 6 to 7 pm at 'Dhammapath' Vipassana hall, Kamal krushna Kongres nagar. **Contact:** Kishore Deshmukh, Mob. 7798906169.

Buldana: One-days: Every third Sunday. **Group Sitting & Mini Anapana:** Every Sunday 8 to 10 am. Venue: Mahabodhi Buddha Vihar **Buldana Contact: 1) T. G. Ingle Mob. 7057220147, 2) K. T. Ingle Mob. 9822101773.**

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. 2) M. K. Bhagat Mob. 9168525482. Email: bhagatjjegmail.com.**

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. 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.**

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

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.**

Nagpur: Children's course: every first & third Sunday 8 am. to 2 pm. (8 to 16 yrs) at Speek and Span Convnet, Bhaousaheb Surve Nagar, Bhaind Trimurti Nagar. **Contact: 1) Maya Baviskar. Mobile: 98237-94674 2) Rohini Dongre, Mobile: 98238-98214.**

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 Bhawe, 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. Ishwarbhawan Purnanand Ashram, Commerce 6th Road, Navrangpura. **Contact: Kanchanben Jesalpara, Tel: 98980-11960, 2640-4829.**

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

Bhuj: 1) One-day: every fourth Sunday. **Group Sittings:** every Sunday 8 to 9 am. **Contact:** Geeta Dholakia Tel: (02832) 250-551. 2) **One-day:** every second and fourth Sunday. **Group Sitting:** every Sunday 8 to 9 am. and **Group Sittings:** (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.**

Songadh: 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

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 Univarcity Jamnagar. **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 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. 94191-80842, 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 Prakritik 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 Ānāpāna** 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 Dhyān 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 Panchsheel 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 Tempo Stand) **Contact:** 9450355234, 8174935389,

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 third Sunday. (8 am to 1:30 pm) **Group Sitting:** Every Sunday (except third Sunday) 8 to 9 am. **Mini Ānāpāna** (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, **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 Kutī, 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 Sittings:** 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 **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, 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 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, 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:** 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 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, 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: 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, 3rd 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, Vikrampur 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, 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: 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: vipassanabbsr@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, Yolmo 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.