

Nalanda Bulletin

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For Non-Muslims Only

Joyful time at Nalanda

It is both a busy and joyful time at Nalanda Buddhist Society this month as we look forward to hosting three important events from 1st to 3rd May – the Officiating Ceremony of the newly-completed Nalanda Centre Annex Building; the 3rd National Members' Convention; and Wesak 'Buddha Day' Observance.

Preparations for those events have been on-going for months as Nalandians look forward to welcoming thousands of visitors for our three-day programme. We thank all teachers, benefactors, donors, volunteers, and members for a successful and truly memorable Year 2558. Let us continue our right efforts to usher in Year 2559 with even stronger faith and fervour!



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15 March

Devotees mesmerised by Ajahn's inspiring teaching. A large crowd had gathered at Nalanda Centre to listen to Ajahn Sumedho.

Venerable Ajahn Sumedho at Nalanda Centre

On Sunday 15 March, we were honoured to host Venerable Ajahn Sumedho and 3 accompanying monks for *Dāna* (alms-food offering), followed by Dhamma teaching at Nalanda Centre, Sri Serdang. A large crowd had gathered for the opportunity to see Ajahn Sumedho, and to listen to his teachings.

In his talk, Ajahn Sumedho spoke on the Buddha's first sermon – the *Dhammacakkappavattana Sutta* – and elaborated on the 'Four Noble Truths'. We need to properly recognise and fully understand '*Dukkha*' (suffering), instead of merely 'reacting to' it. To understand '*Dukkha*', one should examine it in one's mind (*citta*) and turn one's attention from the outward to inward for deeper introspection.

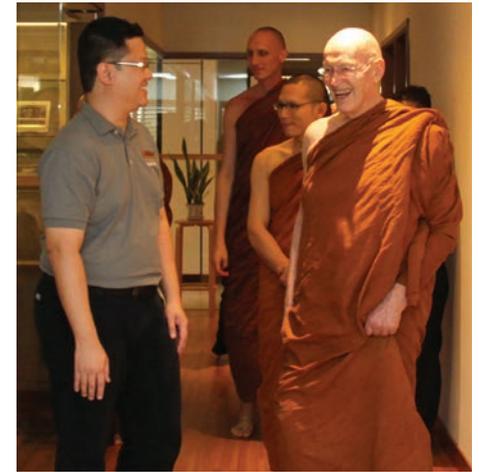
Ajahn Sumedho also shared his personal experiences and how he overcame hardships with the aid of Dhamma. Ajahn mentioned that the Dhamma is with us all the time; but if we operate from '*avijja*' (ignorance), we get affected by the three roots of evil – namely, '*Lobha*' (greed), '*Dosa*' (aversion), and '*Moha*' (delusion).

Ajahn Sumedho concluded by reminding all of us that human beings have the capacity to reflect and change; and we are not merely helpless victims of conditioning.

After the inspiring teaching, Nalandians invited Venerable Ajahn Sumedho and 3 accompanying bhikkhus to officiate the new Sangha Room located at Level 4 (next to the Dhamma Teaching Hall) of Nalanda Centre. Founder of Nalanda Bro. Tan invited the venerable monks to accept the 'room offering' for the use of visiting Sangha members. Ajahn Sumedho graciously accepted the invitation and became the first person to occupy the room.

Ajahn Sumedho, the visiting monks and foreign devotees later had a tour of the newly-completed Nalanda Centre. Ajahn was full of praise for the detailed attention given to the aesthetics and Buddhist symbolism throughout the Centre.

We would like to thank Venerable Ajahn Sumedho and the Sangha members for visiting Nalanda Centre and giving us invaluable teachings. We were truly honoured and appreciative of their inspiring presence. Sadhu!



▲ *Ajahn Sumedho and the visiting monks touring the newly-completed annex building of Nalanda Centre.*

▼ *Ajahn Sumedho and the accompanying ajahns in the new Sangha Room.*





13 March

Ven. Sanghasena posing with Bro. Tan, Nalanda officers, and devotees.

Visit by Ven. Sanghasena of Ladakh

On Friday 13 March, Nalanda Centre Sri Serdang was honoured by the visit of Venerable Sanghasena Māha Thero from Ladakh, India. The Director of Nalanda Centre Sis. Nandini Tan, and Head of Department for Buddhist & Pāli Studies Sis. Sandy Lim, hosted Ven. Sanghasena and two accompanying Ladakhi students on a tour of Nalanda Centre.

Ven. Sanghasena had an hour-long meeting with Nalanda's heads of education, Bro. Tan and Achariya Vijaya Samarawickrama. Ven. Sanghasena briefed Nalandians on the recent development of Mahabodhi International Meditation Centre; they also discussed on how Mahabodhi and Nalanda can work together to reach out to the masses and propagate Dhamma in India.

At the conclusion of the meeting, Bro. Tan pledged Nalanda's support to host young potential missionaries from Ladakh for training in Malaysia. He also proposed a programme of youth-leader exchanges between Mahabodhi and Nalanda, as well as sending Dhamma speakers to India annually.

Nalandians and devotees took the opportunity to offer donations to support Ven. Sanghasena's educational projects. The venerable's visit brought much joy and inspiration to many of us. May Ven. Sanghasena enjoy good health and long life to continue his excellent work for the benefit of many more.



▲ *Ven. Sanghasena briefing about the development of Mahabodhi.*

▼ *Ven. Sanghasena also visited Nalanda Free School to motivate the young students there.*



2 April

Ven. Sangharatana reminded devotees to be mindful at all times.

Dhamma Talk by Ven. T. Sangharatana 'Good Practitioners'

On Thursday 2 April, Nalanda welcomed Ven. Dr. T. Sangharatana Nāyaka Thero to talk on how to be 'Good Practitioners'. Ven. Sangharatana said that the teaching of all Buddhas is to 'avoid doing evil actions, to cultivate wholesome qualities, and to develop mental purity'. Buddhists are reminded to be mindful of our actions – whether physical, verbal or mental – at all times.

Ven. Sangharatana mentioned that taking great interest in learning Buddha-Dhamma, associating with spiritual friends, and cultivating humility, patience and loving-kindness, are among the wholesome qualities of a good practitioner. The talk was followed by a lively Q & A session whereby devotees took the opportunity to clarify doubts in their daily practice.

The Venerable also commended Nalanda for its many educational programmes, and emphasised that Dhamma education is pivotal for the well-being of many people. We thank Ven. Dr. Sangharatana for his wonderful teachings and we wish Venerable much success in his Dhammaduta work.



▲ *A devotee seeking clarification on her daily practice with Ven. Sangharatana.*

▼ *Devotees respectfully sending off the Venerable after his Dhamma teaching.*





8 March

Ven. Seelananda delivered a Dhamma Talk at the 1st Anniversary Memorial Service of the MH370 tragedy.

Memorial Service for MH370 with Ven. Seelananda Thero

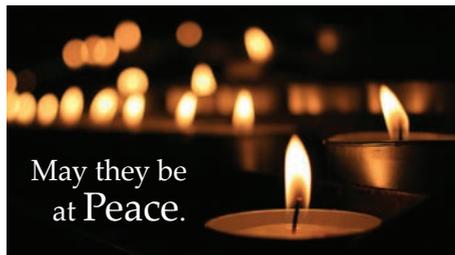
Nalandians and devotees congregated to observe the 1st anniversary of Malaysia Airlines flight MH370's mysterious disappearance over the Indian Ocean. Venerable Seelananda Maha Thero, Deputy Abbot of Bhāvanā Society, West Virginia, USA, graced the occasion with an insightful Dhamma talk.

Ven. Seelananda reminded everyone about the impermanence of life and reinforced the urgency to practise in order to stop this *"Samsaric cycle of rebecoming"*. The venerable emphasised the importance of meditation – both *'samatha'* and *'vipassana'* – in order to obtain concentration and to see things as they really are in the form of *'Anicca'* (impermanence), *'Dukkha'* (unsatisfactoriness), and *'Anatta'* (non-self).

Relating to the impermanence of existence, Ven. Seelananda advised everyone to see

life just like a clay pot; when it is moulded, we know its fragility and it is only a matter of time before it breaks. Similarly, our life is 'fragile', and it is only a matter of time before it ends. Hence there is no need to grieve over it but only the need to reflect.

With this insightful Dhamma talk and lunch offerings, devotees spent a meaningful day at Nalanda Centre and thereafter dedicated merits to the casualties of MH370 and their families.



May they be at Peace.



18 March

Nalanda officers paying respects at the K. Sri Dhammananda Memorial Stupa.

Nalanda Patron's Day

18 March 2015 marks the 97th birth anniversary of Nalanda Buddhist Society's late Spiritual Advisor – Venerable Kirinde Sri Dhammananda Nāyaka Thero. Since 2007, this date has been designated "Nalanda Patron's Day" – an annual programme to commemorate and appreciate all our donors, benefactors and volunteers who have contributed tremendously to the growth of Nalanda, and by extension, to the development of Buddhist education.

In the morning of 18 March, Nalanda officers led by Sis. Nandinī visited the Buddhist Māha Vihāra in Brickfields to offer *Sanghika Dāna* with devotion. As a custom, Nalandian officers also paid tribute at the *Stupa* enshrining the relics of the late Ven. K. Sri Dhammananda.

In the evening, devotees congregated at Nalanda Centre Sri Serdang for meditation and Dhamma sharing, and thereafter dedicated merits to our late Spiritual Advisor, Nalanda benefactors and all sentient beings. Thus was the annual 'Patron's Day' spiritually and meaningfully observed. May all beings be well and happy!



Nalandians offering 'Sanghika Dāna' at the Buddhist Māha Vihāra on 'Patron's Day'.



22 March

Bro. Tan elaborated on the seven stages of purification, and quoting from 'Rathavinīta Sutta' (MN No. 24).

Insightful talk by Bro. Tan

Bro. Tan gave an insightful Dhamma talk on practising Dhamma, which begins with the purification of 'Sīla' (morality). Basic Dhamma education is a way to teach people about understanding their personal and moral responsibilities, to uplift them, and to make them wholesome beings. Bro. Tan also elaborated on the seven stages of purification, quoting from *Rathavinīta Sutta* – 'The Relay Chariots' (Majjhima Nikaya No. 24).

This is the gradual course of practising Dhamma to its complete fruition – in stages from one to seven. The first stage is 'Sīla visuddhi' – purification of morality; second stage is 'Citta visuddhi' – purification of mental processes and thoughts; third stage is 'Ditthi visuddhi' – purification of views; fourth stage is 'Kankhā vitarana visuddhi' – purification by overcoming doubt.

The fifth stage is 'Maggāmagga ñānadassana visuddhi' – purification by knowledge of 'what path' and 'what is not path' (i.e., the path of liberation from 'Samsara'); sixth stage is 'Patipadā ñānadassana visuddhi' – purification by knowledge and realisation of the stages of practice, including the knowledge of arising and passing away; and the seventh stage is 'Ñāna dassana visuddhi' – purification by understanding reality. By practising through the stages, we will gain freedom from all defilements, and be liberated from suffering.

Bro. Tan also welcomed a dozen Kelantanese Dhamma School teachers in the audience who happened to be on a learning visit to Nalanda. He commended them for being passionate and diligent in providing Dhamma education in Kelantan and we were glad to have them join us for 'Service Sunday'. We thank Bro. Tan for bringing this important aspect of Dhamma to our awareness for proper practice. The weekly Service Sunday concluded joyfully with dedication of merits to all beings.



29 March

Nalandian hosts conducting an informative building tour of Nalanda Centre for new visitors.

'Open Day' at Nalanda Centre

Nalanda held its first 'Open Day' to enable new visitors to be introduced and given an informative tour of Nalanda Centre. As the Centre was expanded through the generosity of the public, we wish that the community would benefit from this initiative and enjoy a spiritually-charged visit. The 'Open Day' was hosted by Bro. Charlie Teng and Sis. Buddhini Tan, both EXCO Members of Nalanda Buddhist Society.

Visitors were treated to a video presentation on Nalandian Core Values and regular programmes, and later brought on a guided tour of Nalanda Centre. Many visitors were quite impressed with the functionality and peaceful ambience here. The programme concluded with luncheon and fellowship. We thank everyone for visiting Nalanda Centre and we look forward to seeing you here for more activities in future.



Nalanda officers Sis. Santi (photograph on left) and Sis. Buddhini (far right) engaging with visitors.



Nalanda members assemble for a family portrait at the newly-opened Dhamma Teaching Hall.

8 March

A Successful and Inspiring Annual General Meeting

On Sunday 8 March, Nalanda Buddhist Society held one of its most inspiring Annual General Meetings (A.G.M.) since establishment. The 12th A.G.M. was held in a joyous and celebratory spirit as members gathered at the newly-renovated Nalanda Centre to acknowledge the support of donors, the hard work put in by the Building Committee, as well as the contribution by Nalanda members from near and far!

Nalanda President Bro. Lee Kong Foo set the tone for the meeting with deep appreciation for the kind support from our benefactors, and for the diligent effort of Nalandians in carrying out various educational and outreach programmes to benefit the Malaysian Buddhist community. He also acknowledged the tremendous contributions of the outgoing Board of Management, EXCO Members, Nalanda's education divisions, staff and volunteers.

Founder Bro. Tan took time to attend the opening of the A.G.M. where he was warmly welcomed by members. Bro. Tan advised Nalandians to continue striving diligently in Dhamma learning and practice, and to be '*kalyana mitta*' (good spiritual friends) to one another.

The Honorary Secretary Sis. Buddhini Tan then tabled the Society's annual report at the meeting, followed by the tabling of Nalanda's financial report by Honorary Treasurer Sis. May Wong. The reports were received by members with joyful appreciation, reflecting the great work done by both officers who headed the Secretariat and Treasury teams respectively.

President Lee thanked all the officers who served with him on the Board of Management for the past 5 years and then declared the dissolution of the Board.

Following nominations and voting, the A.G.M. elected a new Board of Management for 2015 - 2017. The A.G.M. also voted unanimously to amend the Society's *Rule and Constitution* to further improve the management structure of the organization. The meeting concluded on a high 'family' spirit of loving-appreciation and encouragement.

With the 12th A.G.M. accomplished, Nalandians can now fully concentrate on preparing for the upcoming Wesak Buddha-Day programmes in early May. We wish the new Board of Management much joy, progress, and success in leading Nalanda forward and upward! Sadhu.

The Board of Management for 2015 - 2017

- President : Sis. Evelyn Chow
- Deputy President : Bro. Charlie Teng
- Honorary Secretary : Bro. Pee Che Yong
- Honorary Treasurer : Sis. Margaret Ng
- Assistant Secretary : Sis. Mudita Chan
- Assistant Treasurer : Sis. Chan Mei Yee

- Board Members : Sis. Joyce Lim
- Bro. Lee Kong Foo
- Bro. Louis Chan
- Bro. Vincent Lee
- Sis. Santi Cheang

Annual General Meetings

Nalanda Kuala Lumpur Branch



28 February

Nalandian group photograph after the A.G.M.

Nalanda Buddhist Society Kuala Lumpur Branch successfully held its 2nd Annual General Meeting on 28 February. Nalanda's Honorary Secretary Sis. Buddhini Tan, Assistant Secretary Sis. Mudita Chan, and Bro. Charlie Teng also attended the meeting representing the Board of Management.

Branch Chairman Bro. Eugene Yong thanked all members for their participation and support towards programmes held throughout the year. He encouraged the team to continue serving the community harmoniously. Sis. Buddhini then advised branch members to continuously learn and improve themselves, while at the same time, promoting Dhamma to the public.

The general meeting proceeded smoothly, and members appointed Sis. Rita Wong as the new Branch Auditor, while Bro. Michael Chee remains as the other Branch Auditor for another term. Sadhu!



KL Branch Chairman Bro. Eugene Yong welcoming and addressing the members.

Nalanda Johor Bahru Branch



1 March

Branch Chairman Bro. Yap reviewing year 2014 activities and presenting upcoming programmes for 2015.

Nalanda Buddhist Society Johor Bahru Branch had a fruitful 2nd Annual General Meeting. The meeting was also attended by Nalanda's Honorary Secretary Sis. Buddhini Tan and Assistant Secretary Sis. Mudita Chan, representing the National Board of Management.

Branch Chairman, Bro. David Yap, thanked all members and devotees for their active participation and support towards all events and activities. 2014 was a joyful year as many beneficial programmes organised at NEO Centre JB received very good response, especially the encouraging students' attendance at Nalanda Free School. The upcoming project that everyone is looking forward to is the commencement of Nalanda Dharma School!

The general meeting unanimously reappointed Sis. Ng Choy Hoong and Sis. Tan Chor Hwa as Branch Auditors for another term. Sis. Buddhini congratulated the Branch Management Committee and members for their dedication and commitment in managing the Johor Bahru Branch so well. Anumodana!



Members reciting the 'Closing Gatha' to conclude the meeting.

Nalanda Sungai Petani Branch 2nd Annual General Meeting



14 February

Branch Chairman Bro. Khaw Seng Giap addressing the members.

Nalanda Buddhist Society Sungai Petani Branch held its 2nd Annual General Meeting on Saturday, 14 February. The meeting was also attended by Nalanda's Deputy President Bro. Lee Teck Beng, Honorary Secretary Sis. Buddhini Tan, and Bro. Charlie Teng, representing the Board of Management.

Branch Chairman Bro. Khaw Seng Giap relayed Founder Bro. Tan's message for the team to continue working harmoniously to build a new 'home' (i.e. the proposed Nalanda Education & Outreach Centre in Sungai Petani), and to transform spiritually to a better person.

The general meeting appointed Sis. Bee Lean Hong and Sis. Cheng Wei Leng as the new Branch Auditors for a one-year term. With renewed spirits, may we continue to progress holistically and serve the community better.



Members reading the 'Invocation for Meeting' before the A.G.M.



Sis. Buddhini explaining the Society's Rule and Constitution to branch members.

Dāna at proposed NEO Centre in Sungai Petani



28 March

The venerables taking food offered by devotees, with Mr. Khato and Dr. Song in attendance.

Nalanda Sungai Petani Branch invited Venerable Thipako and Venerable Chye from Sammāditthi Meditation Grove for lunch dāna at the proposed Nalanda Outreach & Education (NEO) Centre, located in Bandar Mutiara, Sungai Petani. The dāna was specially arranged to mark the beginning of construction work of the new centre, and to invoke the blessings of the 'Three Jewels' for the successful completion of the project.

Ven. Thipako ("Bhante Lim") rejoiced with members of Nalanda Sungai Petani Branch when informed that a new Dhamma-learning centre is in the pipeline to benefit the Buddhist community in the northern region. Ven. Thipako gave his blessings and encouragement to the members by using the simile of hardworking ants that could carry loads heavier than themselves when working together cooperatively.

Ven. Thipako also mentioned that it is an honour and meritorious opportunity for individuals to be involved in such a wholesome project for the benefit of the community. Ajahn then led devotees in reciting the 'Karaniya-Metta Sutta' and 'Mangala Sutta'.

We thank both the venerable monks for accepting our dāna invitation and may the construction work of NEO Centre Sungai Petani be completed smoothly, without obstacles and safely. Sadhu!



Ven. Thipako encouraged everyone to participate wholesomely in this noble project.

Nalanda Dharma School News



Everyone reciting the 'Jayamangala Gatha' while facilitators raise the Buddhist and Nalanda flags to commence the first school session.

8 March

Nalanda Dharma School started in Johor Bahru

8 March was the most important milestone for Nalanda Johor Bahru Branch since its establishment in 2013 as it marked the opening of Nalanda Dharma School there! It was indeed a wonderful occasion to rejoice over. This auspicious start of the School in Johor Bahru will serve the needs of a large Buddhist community in this southern-most Malaysian city, and paving the way for teenagers aged 13 to 17 to learn the Buddha-Dhamma.

Chairman of Nalanda Johor Bahru Branch Bro. David Yap gave a welcoming speech to the congregation. He warmly welcomed the teachers and students to the Dharma School's first session; they will be attending a total of 33 lessons from now until December 2015.

Bro. Yap hoped that students will gain the "3Cs" from their learning here by becoming "Cool", "Calm", and developing "Concentration". He then officially declared the Dharma School opened by sounding the bell three times.

The commencement of the first Dharma School session was graced by School Director Sis. Sunanda Ong and a team of facilitators and youths from Sri Serdang. Sis. Sunanda gave a Dhamma teaching to the students, followed by ice-breaking games conducted by School Facilitators.

In a separate session with the parents, Bro. Yap shared about Nalanda's background and philosophy with the new-comers. He also introduced Branch Committee Members to them, while inviting the parents to introduce themselves and share their views of sending their children to the Dharma School. Teachers, students and their parents later had a communal lunch after the programme ended.

Sadhu anumodana to everyone who had worked hard for the establishment of Nalanda Dharma School in Johor Bahru! We wish the School much success in educating more people in the authentic Buddhist teachings.



15 March

Nalanda's Honorary Secretary Bro. Pee Che Yong was invited to launch the Junior Dharma School by symbolically ringing the School bell thrice.

Junior Dharma School opens in Sri Serdang

On Sunday 15 March, Nalanda Dharma School (N.D.S.) marked another important milestone with the opening of the much-anticipated 'Nalanda Junior Dharma School' based at Nalanda House, Sri Serdang. This is the fourth Dharma School operated by Nalanda, following the establishment of N.D.S. in 2005, the Junior School in Happy Garden, and the recently-opened teenagers school in Johor Bahru.

In Sri Serdang, the Junior Dharma School is specially catered for older children aged 10 to 12. On the first day of School, the Honorary Secretary of Nalanda Buddhist Society Bro. Pee Che Yong was invited to officiate the commencement session by ringing the School bell. Bro. Pee warmly welcomed the new students and remarked that he was happy to see the growth of N.D.S. over the past decade, and has now spread its wings to Kuala Lumpur and Johor Bahru. He advised the students to learn Dhamma well and be good, noble persons.

The Director of Nalanda Dharma School Sis. Sunanda gave a spirited sharing to the students with live demonstrations. The fun ice-breaking games were enjoyed by students and facilitators alike. We rejoice over the good effort of the School Facilitators in guiding the students on the path of learning and practising the Dhamma. Sadhu anumodana!



Sis. Sunanda Ong gave a lively sharing to the students.

Nalanda Dharma School News



Children bowing reverentially to parents, showing much appreciation for their parents' love, care and sacrifice.

1 March

'Day of Gratitude' at Nalanda

Nalanda Dharma School (NDS) organized a traditional 'Tea Ceremony' at Nalanda Centre in conjunction with the recent Lunar New Year. This year, the Chinese delicacy of "tang yuan" was served instead of the customary tea.

The purpose of the ceremony was for children to express gratitude towards their parents. It was indeed heart-warming to see children bowing reverentially to their parents, showing much appreciation for their parents' love, care, contribution and sacrifice.

It was a day of joy and gratitude as everyone experienced domestic harmony and well-being. We thank all who participated in this ceremony for generating such a joyful state of bliss!



Much love and appreciation towards parents!



Happy family in unity!



20-22 March

Group photograph of the visiting Kelantanese Dhamma School teachers with Nalandian officers.

Visit by Kelantan Dhamma Teachers

A group of 12 earnest Dhamma School teachers and Buddhist leaders from Kelantan came to Nalanda Centre Sri Serdang for a fruitful learning visit from 20 - 22 March. They were warmly welcomed and hosted by Nalanda Dharma School Director Sis. Sunanda Ong and Facilitators.

Their specially-tailored 3-day learning programme was peppered with Dhamma talks by Nalanda Founder Bro. Tan, workshops on creative and effective learning, and dynamic discussion sessions. The Kelantanese teachers observed Nalanda Dharma School's Stay-in programme on Friday, 20 March. They also participated in Nalanda's monthly 'Pindacāra' (alms-round) in Seri Kembangan, as well as taking part in 'Service Sunday'.

Sis. Sunanda thanked the Kelantanese teachers for their enthusiasm and active participation during the study-visit. May the learning and practice of Dhamma continue to flourish in Kelantan for the benefit of the entire community. Sadhu anumodana!



Bro. Tan sharing Dhamma with the visitors.



Workshop on creative learning for teachers.



13 March

Sis. Nandini Tan being interviewed by reporters from 'The Sun'.

'The Sun' interviews the Free School

Nalanda Free School's Chief Coordinator Sis. Nandini Tan was recently interviewed by reporters from *The Sun* about the programme. The "Nalanda Free School Project" was initiated in 2010 by a group of dedicated volunteers to provide free tuition to academically-weak and needy students living in and around Seri Kembangan.

Since 2012, the School has also expanded to two other locations – at NEO Centre Happy Garden in Kuala Lumpur, and at NEO Centre Johor Bahru. Today, Nalanda Free School has a combined volunteer force of 42 teachers and an enrolment of 650 students.

The Free School's mission is to provide quality education and supporting services such as seminars, camps and skills-development activities for needy students

so that they are not disadvantaged by lack of exposure and opportunities. The programme aims to impart knowledge, skills and wholesome values to students to make them balanced, noble individuals.

Nalanda Free School's operational philosophy is "Community volunteering for the community". We believe in the power of volunteerism and selfless service. Hence, the programme is wholly operated by voluntary teachers and administrators.

We thank *The Sun* for their interest in covering this community project and to promote the spirit of volunteerism in the country.

If you would like to be a volunteer at Nalanda Free School, kindly contact Sis. Nandini at 03-8938 1500. All are welcome!



29 March

Nalanda youths spent more than 3 hours washing cars to raise funds for charity!

Youths wash cars for Charity

On Sunday 29 March, Nalandian youths organised a 'Charity Car Wash' at Nalanda House, Sri Serdang to raise funds for Dhamma Education and the *Children's Wish Society of Malaysia*, an organisation which aims to fulfil the wishes of terminally-ill children.

For 3 hours beginning at 9.00 am, the youths washed, dried, cleaned the interiors, and vacuumed more than a dozen vehicles sent by devotees!

It was a tiring but satisfying session for them as everyone reflected wisely after the campaign – that one should always keep in mind the objective of performing services and not to complain about physical discomfort such as tiredness and heat. The youths also experienced the importance of patience, persistence and perseverance

when enduring discomfort in performing such selfless deeds.

At the end of the day, the hardworking youths collected a whopping RM 970 including donations from generous devotees. Out of the amount, RM 570 have been presented to the *Children's Wish Society of Malaysia*. The remaining RM 400 was handed to Nalanda's Treasurer for our "Education Fund" to help the Dharma School.

We rejoice over the wholesome deeds of our thoughtful and selfless youths. You have set a noble example for all of us to emulate! May you continue to grow in the Dhamma. Sadhu anumodana.

Nalanda Youth Centre welcomes Buddhist youths aged 18 to 25 to participate in its programmes.

Mrs. Koh Lai Huat expressing her appreciation to Bro. Tan and sharing her aspirations with everyone present.



16 March

Trustee and coordinator of Mangala Lodge Mrs. Koh launching its facebook page.



Mangala Lodge opens in Kampar

Nalanda Founder Bro. Tan recently paid a visit to the newly-opened Mangala Lodge Buddhist House in Kampar, Perak. The lodge is a comfortable and well-furnished hostel facility specially catering for students studying in nearby institutions. It is located adjacent to the Universiti Tunku Abdul Rahman (UTAR) main campus, and not far from TAR University College Perak branch campus.

Mangala Lodge was the brainchild and the result of hard work put in by Mr. and Mrs. Koh Lai Huat – a devoted Buddhist couple who saw the need to provide a conducive residential and learning facility for holistic development of youths. The lodge comprises 3 units of linked single-storey houses, equipped with a large activity hall, library, kitchen and dining room, an administrative office, a guest room, and 12 rooms to house resident-students.

In his sharing, Bro. Tan thanked Mr. and Mrs. Koh for their visionary and pro-active effort in establishing Mangala Lodge for the development of Buddhist youths. He also urged the resident-students to make full use of this wonderful facility to study well and develop themselves further by practising Dhamma. Sadhu!

Bro. Tan sharing his thoughts with the youths.



UPM Buddhist Alumni A.G.M.

On Sunday 15 March, Universiti Putra Malaysia (UPM) Buddhist Society Alumni (PBUPM-A) held its 9th Annual General Meeting at Nalanda Centre, Sri Serdang. Its Management Committee duly presented the annual activities report at the meeting for members' approval. The Alumni has been active in keeping contact with UPM Buddhist graduates and inspiring them to further their Dhamma practice. Nalanda wishes PBUPM-A continued progress and success in the coming years. Sadhu anumodana!



15 March

Members of the UPM Buddhist Society Alumni posing after their A.G.M. at Nalanda Centre.

Did you know how the Buddhist Flag came about? Origin of the **Buddhist Flag**

The Buddhist Flag was first hoisted in Sri Lanka on Wesak Day, 28 April 1885, when the country was still under British colonial rule. At that time, the majority Sinhalese Buddhist population felt discriminated against by the colonial authorities when carrying out their religious activities, as well as pressurized by relentless foreign evangelism. The Buddhists needed an icon to peacefully rally around, and hence, the idea of the 'Buddhist flag' was conceived.

The six-coloured flag's design was adopted in March 1885 by the 'Colombo Committee' chaired by prominent Sri Lankan monk, Ven. Hikkaduwe Sri Sumangala Thero. The well-known American Theosophist Colonel Henry Steel Olcott later suggested that the flag's original streamer design be modified to match the size and shape of national flags. Thus the amended Buddhist Flag – the one we commonly see today – was unveiled in Japan in 1889.

At the World Fellowship of Buddhists Conference in 1952, the flag was unanimously adopted by the international delegates as the universal symbol of Buddhist faith. Since then, it has been flown on important occasions and at Buddhist events, especially around Wesak Day.

As Wesak 'Buddha Day' approaches, let us joyfully display the Buddhist Flag at our homes as we look forward to observing the anniversary of Buddha's Enlightenment with faith and fervour!



Wesak Observance Programme

Buddhist Era 2559 *"Being a Good Practitioner & Good Friend"*

2 – 3 May | Nalanda Centre, Sri Serdang

2 May
SATURDAY

- 9.00 am Lighting of Lamp & Opening Salutation 供灯及赞佛
- 9.45 am Dhamma Teaching by Bro. Tan 英语佛学讲座
- 11.00 am Lunch Dāna 供僧
- 11.30 am Lunch for 8-preceptees and devotees 午餐招待

Wesak Eve

卫塞节前夕

- 1.00 pm Meditation and Sutta Discussion 禅坐及经典讨论
- 6.00 pm Transference of Merits 迴向无量功德

- 8.00 pm Lighting of Lamp & Opening Salutation 供灯及赞佛
Message from Nalanda Dharma School 学校代表献词
- 8.45 pm Dhamma Teaching by Bro. Tan 英语佛学讲座
- 9.45 pm *Mettā Bhāvanā* 慈爱禅坐
- 10.15 pm Wesak-Eve Chanting 诵经
Transference of Merits 迴向无量功德

3 May
SUNDAY

Buddha Day

卫塞节 – 佛陀日



- 7.00 am *Pindācara* – Monks going for Alms around Nalanda Centre 法师托钵
- 9.00 am *Wesak Buddha Pūja* 供佛
- 9.30 am Wesak Message from Nalanda Buddhist Society 佛教会代表献词
- 9.45 am Dhamma Talk by Achariya Tan Siang Chye 英语佛学讲座
Mandarin Dhamma Talk by Bro. Aggaphala Yap 华语佛学讲座
- 11.00 am Lunch Dāna 供僧
- 11.30 am Lunch for 8-preceptees and devotees 午餐招待

- 5.30 pm Mass Food Offering 膳食招待信徒
- 7.00 pm *'Dhamma Appreciation Night'* 法恩夜
Heritage Procession 传统灯火游行
- 10.00 pm Blessings & Transference of Merits 法师祝福及迴向无量功德

1-3 May

- 10 am - 6 pm *"Passage through India"* Photography Exhibition 佛教摄影展览会
- 10 am - 6 pm The *'Silver Lining'* Photography Exhibition '希望之光' 摄影展览会

3 May

- 12 pm - 5 pm Buddhist Movie Screening 放映佛教电影

Our Core Value – Integrity

The word 'integrity' is derived from the word 'integer', indicating wholeness. In this regard, wholeness encapsulates both soundness and blamelessness. As such, one who lives a life of integrity is one who is wholesome, blameless, and virtuous.

In living a life of integrity, one of the greatest challenges is upholding virtue in settings beyond our comfort zone. It is easy for us to be kind to those who agree with our views and whom we like, but extending the same courtesy and compassion to those who challenge us or we actively disdain is a difficult endeavour. And yet, integrity is to be whole in how we practise virtue. We cannot claim to be of integrity if we are selective in such practices as it shows a lack of wholeness in ourselves - the gap between who we truly are, and who we profess to be.

What are our objectives in life?

As Buddhists, we strive to attain balance and happiness in our lives, as well as to help others achieve greater joy and success in their lives, by realising the *Six Well-beings*, namely :

1. *Physical well-being* and good health.
2. *Mental well-being* and joyful living.
3. *Family well-being* and domestic bliss.
4. *Economic well-being* and career success.
5. *Interpersonal well-being* and social harmony.
6. *Spiritual well-being* and inner peace.



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Nalanda Contacts Please visit our website for directions to Nalanda.

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NEO Centre KL is open every first Saturday of the month: 7.30am to 5.00pm, and every Sunday: 2.00pm to 4.00pm.

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NEO Centre JB is open on Sundays: 9.30am to 3pm, Mondays to Wednesdays: 7pm to 10pm, and on New-moon / Full-moon week-days: 8pm to 10pm.