

# Nalanda Bulletin

Published by **Nalanda Buddhist Society**

TM

Issue No. 58 | July 2022 | [www.nalanda.org.my](http://www.nalanda.org.my)

For Non-Muslims Only

## Hearts connected at Nalanda Members' Convention

After two years of connecting on-line due to the Covid-19 pandemic, Nalanda members reconnected with great joy and spirit at the 8th National Nalanda Members' Convention. Insightful talks, deep discussions and light-hearted activities whilst surrounded by the tranquil natural environment of Wisdom Park reignited our inspiration and strength to join hands together to play our part in serving the Buddha-Sāsana with commitment and resilience.





# Contents

Issue No. 58 | July 2022

Nalanda Bulletin is also available for on-line reading at [www.nalanda.org.my](http://www.nalanda.org.my)

*'Opening of hearts' to drive our education mission : Nalanda leaders gathered in unity for an open dialogue to address the challenges faced in leading the Society.*

- |           |   |           |   |
|-----------|---|-----------|---|
| <b>1</b>  | 'Hands Together, Hearts Connected'                            | <b>17</b> | 'Living in Harmony' this Gimhāna Period                 |
| <b>4</b>  | 8th National Nalanda Members' Convention                      | <b>18</b> | Meditation Retreat with Venerable Gavesi                |
| <b>6</b>  | 10th Anniversary of Nalanda Youth Centre                      | <b>20</b> | Celebrating Nalanda Institute's 15th Anniversary        |
| <b>8</b>  | Launch of Nalanda Book Café Community Centre                  | <b>22</b> | BPS 306 students experience Buddhist way of living      |
| <b>10</b> | Buddha Day Observance B.E. 2566                               | <b>24</b> | Youths and teenagers learn and perform service together |
| <b>12</b> | Hosting Sri Lankan monks and scholars                         | <b>26</b> | Nalanda Leaders' Retreat at Wisdom Park                 |
| <b>13</b> | Visit by Directors of Silk Road Centre, Pakistan              | <b>28</b> | Redevelopment of NEO Centre Kuala Lumpur underway       |
| <b>14</b> | Venerable Jutipaṇṇo visits Nalanda Centre and Wisdom Park     | <b>30</b> | Upcoming Programmes                                     |
| <b>16</b> | Nalanda Dhamma School and Free School resume physical classes | <b>32</b> | <i>Dhamma Reflection</i>   Nalanda Contacts             |



# 8th National Nalanda Members' Convention

*Group photograph with Ven. Saranankara on Nalanda Day. We are grateful to Venerable for your continuous support and advice to Nalanda in advancing Buddhist education.*

30 April – 3 May, Kuala Kubu Bharu

From 30 April to 3 May, over 130 Nalanda members & core volunteers from across Malaysia gathered at Wisdom Park for the 8th National Nalanda Members' Convention. Participants discussed ways to connect deeper to the Dhamma, and to our educational mission. Our spiritual practice strengthen and grow when we learn and serve together.

We express our deepest gratitude to the Sangha members for your gracious presence and blessings. We also thank all Dhamma speakers, the Organising Committee and participants for making this Convention an uplifting and joyful experience. With hearts connected and hands together, let us continue to serve the community with gusto!



*On 1 May, President Sis. Buddhini Tan delivered a message on the 19th Anniversary of Nalanda Buddhist Society. Read the full transcript by scanning the QR code.*



*Inspiring sharings at Members' Forum of overcoming challenges in their journey of learning and service.*



*Achariya Vijaya advised us to stay true to our noble mission because we have the ability to impact the lives of many.*



*Nalanda Branch leaders discussed upcoming plans with the lifting of Covid-19 restrictions.*



*Sis. Paru shared that a community which moves together in harmony can achieve successes beyond individual capacity.*

# 10th Anniversary of Nalanda Youth Centre

Nalanda Youth Centre (NYC) was established on 1 May 2012 by a group of young Nalandians to provide opportunities for youths to learn leadership skills, culture and values based on Buddha-Dhamma. Throughout the years, NYC have nurtured its youths to become leaders of the future, and strengthened their faith in the Buddha's teachings as a way of life. It also provided a platform for youths from various places to interact and exchange ideas, as well as to serve the community.

Since its inception, NYC has become an integral part of the Society, proving to be catalysts to Nalanda's steady growth and contributing to the endurance of *Buddha-Sāsana* in years to come. We congratulate our youths on this momentous milestone and we wish them to continuously be grounded in the Dhamma and grow in peace and wisdom. We are proud of all of you!

“Nalanda Youths have this great opportunity to learn, grow and serve because of the example and mentorship showered upon us by our elders in the Society. We express our deepest gratitude to Nalanda management and leaders for your strong trust, support and guidance throughout the years.

To my fellow youths, let us treasure this precious community and make full use of this opportunity to learn and serve the Sāsana together.”

– Bro. Ajita Lim, Youth Leader



Formation meeting in 2012, headed by its first Youth Leader Bro. Yeo DiSheng.



Hosting batches of National Service trainees in learning basic Buddhist knowledge and values.



The Fellowship Undergraduate Network gathered university students for leadership and skills training.



The premises of Nalanda Youth Centre was launched in 2014, affording a conducive place for its programmes.



Energetic youth volunteers champion environmentally friendly efforts at the annual Family Fun Fair.



The weekly Youth Sunday Service facilitates learning topics and discussions relevant for the age group.



The annual Dhamma-Living Camp for Young Adults leave participants with great inspiration and insight.



Hosting international youth exchange programmes, including groups from India, Singapore and Indonesia.



*The owner of the premise, Mr. Lai expressed his joy in seeing the community come together in harmony and hopes that the new Community Centre will bring great benefit to its patrons for the betterment of society.*



3 May, Sri Petaling

# Community Centre launched at Nalanda Book Café

On Tuesday 3 May, Nalanda Book Café Community Centre was launched as a new civic platform to promote humanistic education. The Centre will host workshops and trainings focussed on honing skills & values for a meaningful and fulfilling life. Programmes will help participants to explore and understand their own mental habits, strengths and areas to improve on, in order to be of more value to others, gain happiness internally, and find peace.

The Community Centre also aims to support like-minded educators and trainers who are enthusiastic to help others overcome life's challenges holistically, in a conducive and affordable environment. Areas of learning

which the Centre considers as essential are enhancing harmony and bliss in the family unit, improving our well-being at work, and spiritual growth. Several programmes have since commenced and are well-received by the community.

Our deepest appreciation extends to Mr. & Mrs. Lai and family for their trust and support to develop this Community Centre. We invite lecturers, trainers and consultants interested to run suitable courses, to contact **Bro. Aggaphala Yap** at **012-386 3285**. We invite you to share this platform with your loved ones and keep abreast of upcoming programmes at [www.facebook.com/nalandabookcafe](http://www.facebook.com/nalandabookcafe).



*Volunteers worked together for several weeks to convert the office setting into a space suited for workshops and training.*



*Adults, youths and Dhamma School students came together to set up the Centre.*



*A family workshop conducted in collaboration with 刘燕儿老师 (Ms. Swallow Lew).*



*Bro. Aggaphala conducting a parenting session on how parents can positively influence their children.*



# Buddha Day Observance resumes physically after 2 years

8 – 15 May | Sri Serdang, Johor Bahru & Sungai Petani

From 8 to 15 May, over 1,000 devotees thronged Nalanda Centre and Branches to observe the sacred Buddha Day Observance.

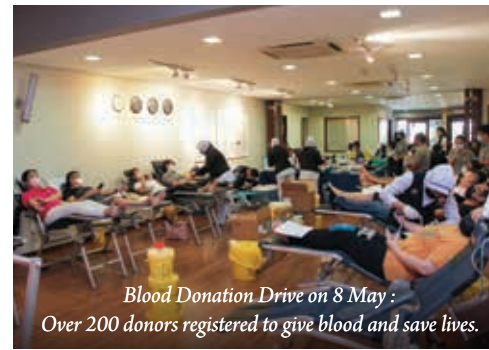
After 2 years of observance on-line, the faith and enthusiasm of the community has not wavered and many were eager to pay homage to the Buddha, receive blessings from the venerable Sangha members, and participate in the learning programmes.

Aptly describing the spirit of the community, this year's Buddha Day explored the theme :

*“Moving Forward with Courage and Hope”*

The most significant event held was the Mass Taking Refuge Ceremony in which 150 devotees learned the significance of Wesak and took refuge in the Three Jewels with the blessings of Sangha members. Venerable sirs encouraged everyone to cultivate mindfulness and protect our virtues so that we bring no harm to ourselves and others.

The Observance concluded with “Night of Togetherness in Dhamma” on FB LIVE, with a Dhamma teaching by Ven. Dr. S. Pamaratana. We thank everyone for joining and supporting this year's Buddha Day Observance. *Sādhū anumodāna* and may the *Buddha-Sāsana* long endure!



*Blood Donation Drive on 8 May : Over 200 donors registered to give blood and save lives.*



*Buddha Day : Bro. Tan Siang Chye explained that hope fuels courage to help us focus on our goals.*



*Buddha Jayanti Exhibition : Showcasing art and videos prepared by Dhamma School students.*



*Mental Health Screening : Qualified counsellors helped participants evaluate their stress and anxiety levels.*



*NEO Centre Johor Bahru hosted the community for a spiritual observance of Buddha Day.*



*Members and devotees participated in Buddha Puja together as a congregation.*



*Devotees participated in devotional and learning programmes at NEO Centre Sungai Petani.*



*Learning and practising together as a community brings a different level of spirit and inspiration.*



# Hosting Sri Lankan monks & scholars on Teachers' Day

16 May, Kuala Kubu Bharu

On Monday 16 May, Nalandians welcomed 11 Sangha members and scholars to Wisdom Park, who came to learn more about Buddhist educational efforts in Malaysia. Selected from amongst the top scholars in Buddhist studies and Pāli languages in Sri Lanka, they were on a study tour courtesy of Venerable Sri Saranankara, Nalanda's Spiritual Adviser.

Nalanda President Sis. Buddhini Tan, introduced the Society's educational mission and growth, and brought venerable sirs on a tour of the integrated educational hub. Gladdened by the progress, they offered words of encouragement & extended their best wishes for the propagation of Dhamma in Malaysia.

We thank Venerables for visiting, and wish them success in all their noble endeavours.



*Ven. Saranankara leading the monks in reciting verses of blessings at the newly completed facilities in Wisdom Park.*



*Venerable sirs shared how the late Ven. K. Sri Dhammananda inspired them to serve the community.*



## Visit by Directors of Silk Road Centre

16 May, Sri Serdang

On the same day, YBAM leaders brought Directors of Silk Road Centre in Pakistan, Dr Fasih-Un-Nisa (President), and Dr. Ijlal Hussain for a visit to Nalanda Centre. The Silk Road Centre promotes cultural heritage and education for peace & progress through research and collaboration. We commend the Centre's mission to preserve the rich history of Buddhism in Pakistan and may their work evoke more awareness and appreciation of our precious heritage.



*Bro. Charlie explains the significance of the carvings in the replica of a Borobudur relief.*



*Dr Fasih and Dr. Ijlal inspects a volume of the Tipitaka, presented to Nalanda as a royal gift from Thailand in 2010.*

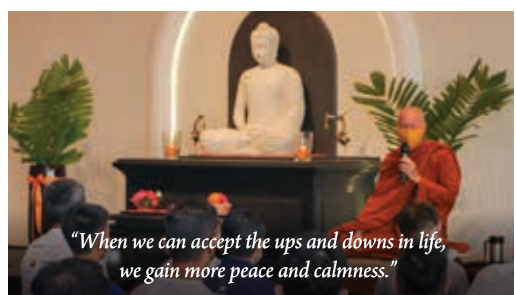


# Hosting Ven. Jutipaño Mahāthero

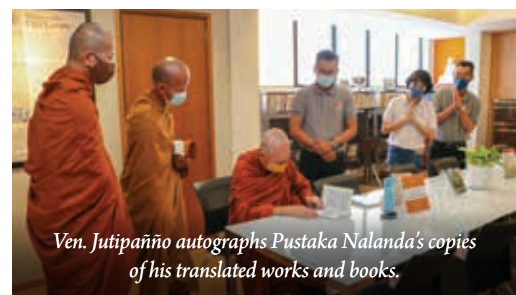
22 – 23 May, Sri Serdang & KKB

On Sunday 22 May, we were honoured to host Ven. Jutipaño accompanied by Ven. Gambhiro and Ven. Koh. Over 200 devotees came to Nalanda Centre, eager to meet and learn from wise and well-practised forest monks. In his Dhamma teaching, Ven. Jutipaño taught the differences of a trained and untrained mind; the former attaches to the past and overthinks about the future while a trained mind stays in the present moment and accepts the impermanence of life events.

Venerable sirs then adjourned to Wisdom Park and toured the campus grounds and facilities. Its naturally sculpted landscape and trees were of particular interest to Ven. Jutipaño who runs his own forest monastery with similar conditions. We thank Venerables for your gracious visit and for spreading the joy of Dhamma to so many people. *Sādhu!*



*"When we can accept the ups and downs in life, we gain more peace and calmness."*



*Ven. Jutipaño autographs Pustaka Nalanda's copies of his translated works and books.*



*The Society's leaders shared about Nalanda's education mission and sought advice from the Venerables.*



*Devotees joyfully participated in the meal offering to the Sangha members.*



*Venerable sirs resided for a night at Wisdom Park and conducted communal meditation and chanting. They also answered questions and provided guidance to Nalandians on the practice of meditation.*





## Physical classes commence at Dhamma School & Free School



## Nalandians observe 'Gimhāna Period' B.E. 2566

### May, Sri Serdang

Nalanda Centre became abuzz with youthful students as Nalanda Dhamma School and Free School commenced physical classes on 29 May and 13 June respectively. Since early 2020, both schools turned to on-line learning to adapt to lockdown conditions.

Collaborating from home, Dhamma School students produced several projects as part of their learning. These were showcased in the virtual Buddha Jayanti Exhibition, as well as in the physical Exhibition set up during the Buddha Day Observance. We applaud our committed facilitators, teachers and students for their sustained efforts to continue learning despite the adversities and wish them a fruitful year ahead.



*Dhamma School students presenting their reflections to their peers.*



*Calming their minds with meditation before Free School classes commence.*



*Following the weekly Dhamma talks, devotees discussed and shared their reflections.*



*Uposatha Services were held during this period, to deepen our spiritual cultivation.*

### 29 May – 17 July, Sri Serdang

Nalanda members observe the annual 'Gimhāna Period' by committing to a period of relatively intensive Dhamma learning and practice. This year's theme "Living in Harmony" encourages us to investigate aspects of spiritual practice that cultivate and maintain peace within, and with those around us.

When we have harmony within, we are free of internal conflict and become confident in our life purpose. This results in us having clarity and a tranquil nature which positively impacts others. You may access the weekly Dhamma talks on the Gimhāna theme on Nalanda's YouTube channel.



# Insightful Meditation Retreat guided by **Ven. Gavesi**

2 – 6 June, Kuala Kubu Bharu

From 2 to 6 June, 37 participants gathered at Wisdom Park for a 5-day Meditation Retreat led by Venerable Gavesi, who trained with several teachers, including the late Sayadaw U Pandita, the late Sayadaw Nyanapurnik, and Ven. Sujiva.

The yogis keenly commenced their practice, alternating between sitting and walking meditation to hone their mindfulness after receiving clear instructions from Ven. Gavesi. In the daily Dhamma talks, he encouraged them to persist in facing the five hindrances so that they may experience Dhamma-in-action.

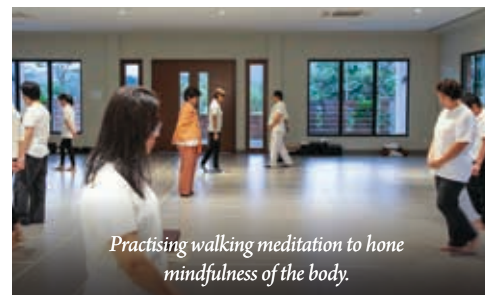
We thank Ven. Gavesi for conducting this insightful retreat and wish the meditators continuous progress and have sustained inspiration in their spiritual practice.



*Venerable Gavesi teaches with much candour and humour, to relate to the yogis who are just starting this practice.*



*Yogis persevered to note hindrances that arise in the hour-long sitting sessions.*



*Practising walking meditation to hone mindfulness of the body.*



*Ven. Gavesi providing individual guidance during the interview sessions.*



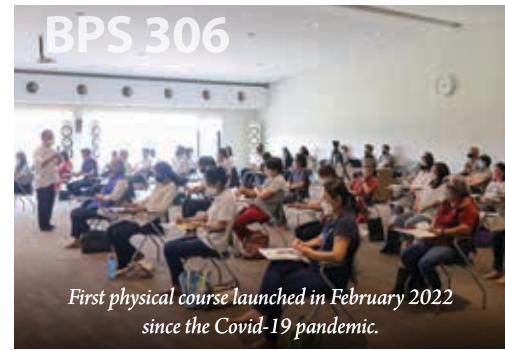
# 15th Anniversary of Nalanda Institute Malaysia

On 1 July 2022, Nalanda Institute celebrated its 15th Anniversary. In this period, the Institute upheld its dedication to advancing Buddhist knowledge and culture through the motto “Education, Development, Propagation”. As of today, more than 15,000 participants have benefitted from its range of programmes including short and medium-term Certificate Buddhist courses, Buddhist leadership and management trainings, *Sutta* commentarial courses, meditation workshops, study tours to sites of significant Buddhist heritage and history, as well as the premiere Malaysian Buddhist conference – WACANA – where the Sangha and laity gather to discuss pertinent issues affecting the Buddhist movement in Malaysia.

We sincerely thank all donors and benefactors for your support which enabled Nalanda Institute to carry out its noble objectives throughout the years. May you be blessed with good conditions to realise Dhamma. May the *Buddha-Sāsana* thrive in the world for the good of all.



To read the full transcript of the message by Director of Nalanda Institute Malaysia, Achariya Tan Siang Chye, please scan the QR code.



## BPS 306

First physical course launched in February 2022 since the Covid-19 pandemic.



Ach. Vijaya and Ach. Siang Chye held a Q&A session for participants to clarify their doubts.



Discussions and reflections were an important aspect of experiential learning throughout the course.



Written evaluation to assess participants' level of learning.



## BPS 104

Buddhist Course in Mandarin launched in June 2022 for beginners to Buddhism.



A total of 55 participants joined to gain basic knowledge of Buddhism.



Participants recollect their learning in the discussion sessions.



The course is also streamed to keen learners at NEO Centre Sungai Petani.



# BPS 306 students experience Buddhist way of living

18 – 19 June, Kuala Kubu Bharu



Participants joyously planting trees.



Joyful activities that bring out Dhamma reflections.



Reflecting on their experience throughout the retreat.



Group discussions on Buddhist way of living.



Ach. Siang Chye guiding participants on mindful eating.

On 18 – 19 June, 50 participants and volunteers from BPS 306 Certificate in Buddhist Studies joined a two-day retreat at Wisdom Park hosted by Nalanda Institute. Participants were able to experience for themselves aspects of Buddhist way of living, and connected what they have learned in the course to their spiritual practice.

Acharya Tan Siang Chye anchored the retreat with his teachings and guidance on *dāna* (generosity), *sīla* (morality), and *bhāvanā* (mental cultivation).

We express our thanks to Nalanda Institute officers, participants and volunteers for conducting this fruitful experiential programme. *Sādhu anumodāna!*



# Youths & Dhamma School students learn and serve together

18 – 19 June, Kuala Kubu Bharu

On 18 – 19 June, 45 Nalanda youths and Dhamma School students gathered for learning and service at Wisdom Park. Over the two days, they developed strong bonds of friendship and learnt the importance of the community in ensuring continuous learning and growth as a young adult.

The Dhamma sharings, activities and service sessions allowed the participants who ranged from ages 14 to 30 to understand the value of spiritual friendship. Participants felt great joy in learning and serving together as a Buddhist community that is rooted in wholesome values.

We rejoice in their learning spirit and also in the spiritual friendships which bloomed as they put into practice considerate action, caring speech and kind thoughts to one another.



*Happiness can be experienced when working together in harmony.*



*Fun and fellowship activities in the expansive grounds of Wisdom Park.*



*Sis. Nandini having a Dhamma chat with the participants.*



*We may accomplish many things alone, but we can accomplish great things together.*



*Both teenagers and youths 'breaking the ice' in fellowship activities.*



*Morning and evening chanting and meditation anchored the stay-in programme.*



# Nalanda leaders open their hearts at spirited retreat

9 – 11 July, Kuala Kubu Bharu

From 9 – 11 July, 40 Nalanda leaders from Serdang and branches gathered at Wisdom Park for a 3-day Leaders' Retreat to discuss pertinent issues & challenges in carrying out the Society's mission.

Leaders also explored ways to enhance leadership skills such as resolving conflict in interactive workshops.

All participants were recharged by the progressive discussions, and energised to lead their respective teams in the missionary purpose of holistic education and growing the Dhamma community.

Thank you to Dhamma speakers, organisers & volunteers for inspiring our leaders. *Sādhu anumodāna.*



*Bro. Boon Keat introduced the HEART model to overcome challenges and conflicts in leadership.*



*Leaders also brainstormed ideas to engage and grow the community.*



*We wish all leaders energy, compassion and wisdom in carrying out their mission.*



*Leaders opened their hearts to each other through engaging fellowship activities.*



*Nalanda youths and Dhamma School students supported the retreat in the kitchen.*



# NEO Centre Kuala Lumpur redevelopment well underway

## NEO K.L., Happy Garden

In 2011, Nalanda opened its first Education & Outreach (NEO) Centre in Happy Garden, Kuala Lumpur for the Buddhist population in its vicinity to learn the Buddha's Teachings. The community's overwhelming interest in its programmes such as Dhamma School, Free School, meditation, workshops, and *Pindacāra* propelled the need to redevelop the single-level facility.

Construction commenced in April 2021, and is now 80% completed. The facility is expected to be ready in October 2022. The 4,500<sup>2</sup> ft. built-up space will include a teaching & meditation hall, library & resource centre, activity rooms, management office and meeting rooms.

### Donate for community education

We invite you to join us in making quality education available and accessible to more people. Contributions of any amount can be made to the account below, quoting "NEO KL Building Fund".

### "Nalanda Buddhist Society"

Maybank account number : 5121-4702-3622

Kindly e-mail the bank-in slip to [info@nalanda.org.my](mailto:info@nalanda.org.my), so we may issue an official receipt (tax-exemption is also available).

Let us generate good thoughts for its smooth and safe completion. Thank you for your good wishes and kind support.



*Interior work will commence soon on the new Shrine Hall located on Level 2. The expanded facility will accommodate up to 200 people, four-times its previous capacity.*



*Level 1 of the new Centre will feature the Library & Resource Centre. Its versatile built-up can be repurposed for various uses and programmes.*



*Although construction paused intermittently due to Covid-19, the Building Committee closely monitored its progress.*



*Regular meetings with contractors to ensure issues are resolved and quality of work is maintained.*

# DHAMMA LIVING CAMP for young adults

16 – 19 September 2022  
Wisdom Park, Kuala Kubu Bharu

Join us for an uplifting journey of self-discovery in the 5th instalment of the Dhamma-Living Camp for Young Adults from 16 to 19 September 2022. This potentially life-changing camp is tailored for college students and young working adults between ages 18 and 30.

This 4-day, 3-night camp is organised by Nalanda Youth Centre. Among the camp highlights are inspiring talks, tranquil meditation sessions, and joyful fellowship activities. Learning sessions will be conducted in English.

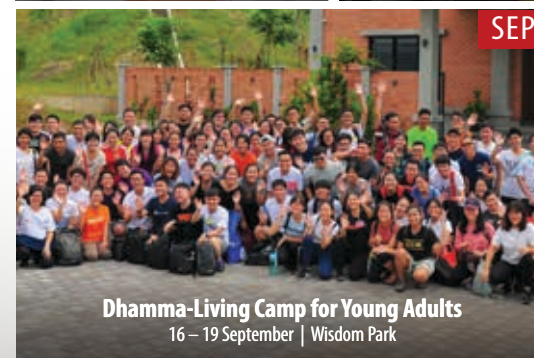
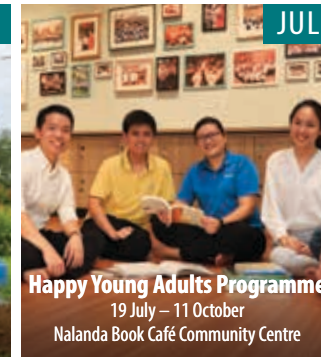
The cost per participant for this camp is RM50, inclusive of accommodation, meals and learning materials. Registration closes on 18 August or when places are taken. Sign up now with the QR code below :



Register for the camp here!

## Upcoming Programmes

July – September



### Sunday Service

Sundays, 9am – 12pm | Nalanda Centre, Sri Serdang

### Youth Sunday Service

Sundays, 9am – 12pm | Nalanda Youth Centre

For full details or updates on Nalanda's many programmes, kindly visit our website at [www.nalanda.org.my](http://www.nalanda.org.my) or 'Like' our Facebook page at [www.facebook.com/nalanda.org.my](http://www.facebook.com/nalanda.org.my)



# Dhamma Reflection

“The noble way of life is a practical educational system of mental culture known to the world some twenty five centuries ago. The founder of this way of life was the most Enlightened and compassionate teacher. This method is also variously known as the Middle-Path, a righteous way of life, an ethico-philosophical system, a do-it-yourself method and also can be introduced as a path of freedom and reason.

It teaches us to do three things; namely, to refrain from doing bad deeds, to be of some service to others and to maintain a healthy pure mind. One who follows the Noble Eightfold Path should find real peace and happiness. One should be able to lead a respectable life without being a slave to any form of belief, thus contributing to one’s peace and happiness by living in complete harmony with others and the environment.”

— Excerpt from “*The Purpose of Life*” by Ven. K. Sri Dhammananda

‘Like’ our Facebook fanpage at [www.facebook.com/nalanda.org.my](http://www.facebook.com/nalanda.org.my) to connect with Nalanda for more Dhamma-rich news, views and articles!

## Nalanda Contacts Please visit our website for directions to Nalanda.

### Nalanda Buddhist Society Malaysia

Nalanda Centre, 3357, Jalan 18/31, Taman Sri Serdang, 43300 Seri Kembangan, Selangor.

Tel. No. +603-8938 1500 / 1501

Website [www.nalanda.org.my](http://www.nalanda.org.my)

E-mail [info@nalanda.org.my](mailto:info@nalanda.org.my)

Facebook [www.facebook.com/nalanda.org.my](http://www.facebook.com/nalanda.org.my)

Nalanda Centre is open daily from 10.00am to 5.00pm. For visits, kindly call to make appointments.

### Nalanda Education & Outreach (NEO) Centre, Kuala Lumpur

524, Jalan Riang 12, Taman Gembira, 58200 Kuala Lumpur.

Tel. No. +603-7971 7151

Facebook [www.facebook.com/NeoCentre.KL](http://www.facebook.com/NeoCentre.KL)

E-mail [neo-kl@nalanda.org.my](mailto:neo-kl@nalanda.org.my)

### Nalanda Education & Outreach (NEO) Centre, Johor Bahru

30, Jalan Dedap 26, Taman Johor Jaya, 81100 Johor Bahru, Johor.

Tel. No. +607-350 3870

Facebook [www.facebook.com/NeoCentre.JB](http://www.facebook.com/NeoCentre.JB)

E-mail [neo-jb@nalanda.org.my](mailto:neo-jb@nalanda.org.my)

### Nalanda Education & Outreach (NEO) Centre, Sungai Petani

210, Jalan Bandar Mutiara 2/2, Bandar Mutiara, 08000 Sungai Petani, Kedah.

E-mail [neo-sp@nalanda.org.my](mailto:neo-sp@nalanda.org.my)

Facebook [www.facebook.com/NeoCentre.SP](http://www.facebook.com/NeoCentre.SP)