

Nalanda Bulletin

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For Non-Muslims Only

An Uplifting & Insightful Camp for Young Adults

In September, 100 youths descended upon Wisdom Park for the 5th instalment of the signature Dhamma-Living Camp for Young Adults. For four days, participants immersed themselves in the Dhamma together with spiritual friends, and emerged inspired and fully-energised to rise above the vicissitudes of life with deeper calmness, clarity, and understanding.

Please see pages 18 – 21 for report and more photographs.





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Reflective Dhamma Day observed at Nalanda Centre

*“As leaders and members of Buddhist communities,
we can each do our part for the prolongation of the Buddha-Sāsana.”*

13 & 17 July, Sri Serdang

On Wednesday 13 July, Nalandians and devotees gathered at Nalanda Centre to honour the preaching of the Buddha’s first discourse – the ‘Dhammacakkappavattana Sutta’. They reflected on the monumental contribution of the Buddha in tirelessly teaching the Dhamma and building a community that preserves the teachings for our benefit until today.

The observance continued on Sunday, 17 July with a special forum on ‘Growing a Dhamma Community’. The forum featured Ven. Dr. Dhammapala, Associate Professor Tan Kim See and Sis. Buddhini Tan who shared how the community can build itself both individually and collectively to emerge resilient in the aftermath of the Covid-19 pandemic.



Bro. Siang Chye shared on how rare the advent of a Buddha is, and thus the opportunity to learn Dhamma.



Bro. Siang Chye delivered the forum’s keynote address that highlighted the importance of a Dhamma community.



“Saddhā’ enables us to overcome challenges and maintain a positive mental outlook.”



The congregation recited the seminal first discourse where the Buddha expounded on the Four Noble Truths.



The congregation had the opportunity to offer lunch dāna to Ven. Dr. Dhammapala.



We thank leaders of the Buddhist community for joining this timely forum. May the Sāsana long endure!



Happy Young Adults

Exploring holistic success in building our careers

19 July – 11 October, Sri Petaling

From 19 July to 11 October, 25 youths gathered weekly for the inaugural “Happy Young Adults” programme at the new Nalanda Book Café Community Centre. The programme is organised by Nalanda Youth Centre and aims to address common challenges faced by young working adults, and discuss how they can resolve them skillfully in accordance with Dhamma.

Over ten sessions, participants explored topics on achieving well-being at work by introducing skillful daily habits and cultivating wholesome mental states to avoid pitfalls which can hinder their career and spiritual goals.

Insightful talks by speakers who exemplify strong values throughout their careers, interactive and reflective activities deepened the participants’ learning as they explored ways to find fulfilment in their careers.

To conclude their learning, a public forum on “Being a Successful Working Buddhist” brought together panellists Datuk Charlie Chia, Dato’ Lewré Lew and Sis. Foo Ai Li to share their vast experience and perspectives on achieving career success with Dhamma principles.

We thank the speakers and organisers for this enriching learning opportunity at this important juncture of a young adult’s life.



Speakers who exemplify strong values in their careers shared their experience and perspective.



Q&A with Sis. Nandini, Sis. Joanne and Sis. Livin on how to be unbusy in a busy world.



Interactive activities helped participants to relax and have fun while learning.



Group sharings and discussions were incorporated in the programme to encourage peer support.



Discussions where participants share their challenges and ways they have tried to overcome them.



Participants were encouraged to do journaling each day to develop a reflective mind.



The public forum was attended by over 60 youths who participated actively in the sharings and Q&A.



Cultivating patience, perseverance, positivity and compassion help us to endure through challenges.



Being a 'Silver Lining' to the Mon Community

The 'Silver Lining Project' is an initiative by Nalanda Youth Centre to organise programmes and campaigns that promote kindness and compassion to the community.

7 August, Kuala Lumpur

On Sunday 7 August, 24 Nalanda youths and Dhamma School students visited the Mon* Refugee Children Learning Centre for a day of community service. The youths organised fun fellowship activities to learn about teamwork and perseverance. Bro. Yeo Disheng also gave a sharing about learning from life's challenges and upholding courage to fulfill our potential.

We thank all donors and supporters who contributed educational materials, clothing, food supply and other resources to the Mon Learning Centre. We rejoice with the young volunteers for a wholesome day of service.

**The Mon people were the earliest receivers of Therāvada Buddhism and were responsible for its spread throughout Mainland South-east Asia.*



The day started with meditation and chanting together with the Mon children.



The Centre was filled with melodious tunes as everyone sang Buddhist hymns together.



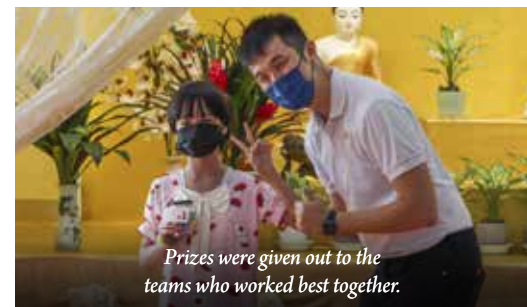
Cultural and language barriers can be broken down when we connect over kindness, sincerity and genuineness.



Bro. Yap Kuan Yi hosted the session with ice-breaking games and fellowship activities.



Youths and Dhamma School students bonded well with the children.



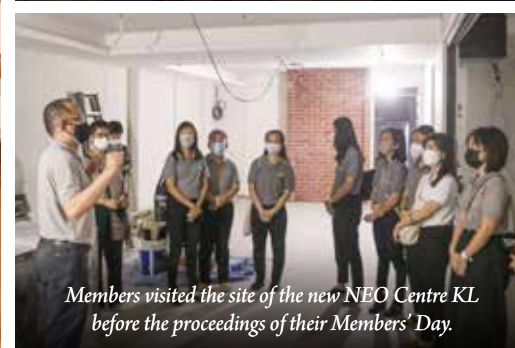
Prizes were given out to the teams who worked best together.



Milestone Members' Day for Nalanda Kuala Lumpur Branch



Branch Chairman Bro. Yong Keok Fatt thanked all members for their relentless support through the years.



Members visited the site of the new NEO Centre KL before the proceedings of their Members' Day.

30 July, Kuala Lumpur

On Saturday 30 July, Nalanda KL Branch hosted their first Members' Day of the year, starting with a site visit to the new Nalanda Education & Outreach Centre in Happy Garden. They later congregated at the Community Centre to discuss plans leading up to the new Centre's completion and its Officiating Ceremony.

Many expressed their gratitude in being able to support the Centre's relaunching – its expansion will enable more people in its vicinity to learn the Dhamma and inculcate wholesome values into their lives.

We rejoice over the invaluable contributions of the Branch Committee and members to serve the community's present and future needs, and we look forward to the Officiating Ceremony on 11 December. *Sādhu!*



First Members' Day since 2020 for Nalanda Buddhist Society



Nalanda members gave their full support to the Society's direction shared by President Sis. Buddhini Tan.



Appointment of EXCO members who will oversee the management of Wisdom Park.

21 August, Sri Serdang

On Sunday 21 August, members of Nalanda Buddhist Society gathered for the first Members' Day after a two-year hiatus due to national lockdowns. In a joyous start, we warmly welcomed new members, all of whom are actively serving as volunteers and committed to Nalanda's education mission.

President Sis. Buddhini Tan shared on the Society's progress, plans for the coming year, and the direction members should walk together towards to emerge as a stronger community in the wake of the pandemic. She also announced the appointment of officers who stepped up to take on new responsibilities in their voluntary service.

We thank all members for your steadfast support and may we continue to work together harmoniously in our mission of holistic education and Dhamma propagation.



24 July, Bandar Utama



14 August, Seremban

Nalanda leaders reconnect with Buddhist organisations

As the endemic phase in Malaysia stabilised, President Sis. Buddhini Tan and leaders of the Society visited Bandar Utama Buddhist Society and Seremban Sudhamma Buddhist Society to reconnect and discuss issues pertaining to the community.

They were warmly welcomed by the leaders of each Society and conducted fruitful discussions on the progress of their education and community engagement work. We thank you for your hospitality and rejoice in your tireless and selfless service to the *Sāsana*.



28 August, Sri Serdang



Forum speakers : Sis. Lim Sumanā, Bro. Chan Yu and Sis. Yeoh Wei En, moderated by Sis. Lim Xin.



Bro. Disheng leading a tour of Nalanda Centre to learn about Buddhist values, culture and heritage.

Nalanda youths host visit by Sunway University Buddhist Society

On Sunday 28 August, Nalanda Youth Centre hosted 20 students from Sunway University Buddhist Society at the weekly Youth Sunday Service. They organised a youth forum that explored how to face challenges and uncertainty at this stage of a student's life.

The young panellists shared their experience and perspective on how courage, equanimity and the support of good friends can enhance our resilience. We thank our friends from Sunway University for visiting us and we hope to continue growing this wholesome friendship.



Memorial Day for our late teacher and Spiritual Adviser

Nalanda members and devotees gathered to pay tribute to the late Venerable K. Sri Dhammananda. We are ever grateful for his life's work which continues to benefit many Buddhists until today.

31 August, Sri Serdang

On Wednesday 31 August, Nalanda members and devotees gathered at Nalanda Centre to honour our late teacher and Spiritual Adviser Ven. K. Sri Dhammananda.

Mr. Vijaya Samarawickrama and Bro. Tan Siang Chye, shared endearing memories of their late teacher, recollecting his boundless energy to teach and his dedication to lay foundations for the building of Buddhist communities throughout Malaysia. The late venerable supported the development of youths in missionary skills; many of whom have now become Dhamma teachers and Buddhist leaders that anchor the community.

We are ever grateful to you, *Bhante!* May you attain the highest bliss of Peace.



1. *Nalandians paying respect at the shrine of the late venerable in K. Sri Dhammananda Centre (KSDC).*



2. *Robes Procession from KSDC to Nalanda Centre marking the path taken by the late Venerable in his last visit.*



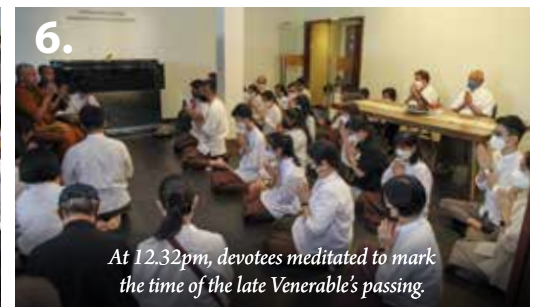
3. *"Ven. Dhammananda made great strides in strengthening inter-faith relationships in Malaysia."*



4. *"Ven. K. Sri Dhammananda was very sharp and quick to guide devotees in their practice."*



5. *Devotees partake in the meal offering to Sangha members and dedicated merits to the late venerable.*



6. *At 12.32pm, devotees meditated to mark the time of the late Venerable's passing.*



Svagatam Inspiring Programme

'Svagatam' means "welcome" in the Pāli language. This induction programme for new Buddhists aims to impart essential knowledge, values and culture for starting one's Dhamma learning journey.

7 August – 11 September

Over 6 sessions, 35 new Buddhists started their Dhamma learning journey in the Svagatam Inspiring Programme. They learned basic Buddhist teachings, as well as Buddhist values and culture.

It is essential for Dhamma learners to establish right understanding of the values underlying many common practices to avoid falling into misconceptions and blind obeisance. For example, the underlying principle of paying respect to the 'Three Jewels' and greeting Dhamma friends can be understood as the cultivation of respect and mindfulness in our daily activities.

May this wholesome start spark a fulfilling journey on this path of Dhamma.



Sis. Joanne Tan led the sessions at K. Sri Dhammananda Centre.



Sis. Nandini Tan shared about Buddhist etiquette which has its roots in the values and virtues taught by the Buddha.



Sis. Santi Cheang shared about mindfulness and development of the mind.



Participants discovered the myriad of Dhamma symbolism within Nalanda Centre.



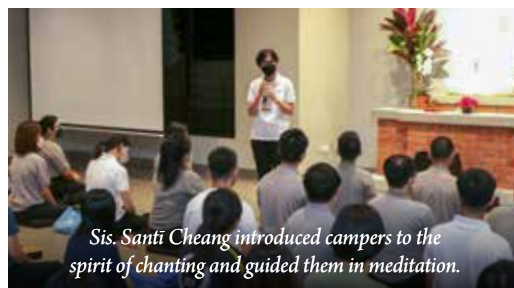
Uplifting experience at Dhamma – Living Camp for Young Adults

16 – 19 September, KKB

Theme: *“Rising Above the World”*



Sis. Paru shared about the realities of impermanence, an important insight when we face life's ups and downs.



Sis. Santi Cheang introduced campers to the spirit of chanting and guided them in meditation.



Meditation and chanting were the anchors of the camp each morning and evening.



Growing wholesome friendships and support with team-building activities.



Sharing songs that reflected the day's learning and uplifted everyone's spirits.

From 16 to 19 September, Nalanda Youth Centre hosted 100 youths at the Dhamma-Living Camp for Young Adults in Wisdom Park. Surrounded by nature, participants fully immersed themselves in learning, reflection and wholesome friendship. They experienced the simple joy of living in accordance to Dhamma together as a big family.

In exploring the theme of *“Rising above the World”*, many gained a clearer perspective on the nature of life and the challenges it brings. They learnt to be more mindful of worldly frivolities and live more purposefully in accordance to the Buddha's teachings. We thank the organisers, facilitators and volunteers, and rejoice with our campers for their earnestness in learning the Dhamma.



1.

'Heart-work' with spiritual friends



Hardwork becomes 'heart-work' when we are caring and kind in our thoughts, speech and actions.



Despite the physical challenges, working together in harmony was a truly joyful experience.



2.

1. The Camp started in high spirits with organisers and volunteers welcoming campers to Dhamma-living.
2. Eight 'Dhamma families' were formed for participants to engage in deeper discussions on the teachings, share their reflections, and to bond through team activities.
3. Participants fashioned Daruma dolls out of balloons and reflected on how we can always bounce back and rise above the challenges we face and remain grounded.
4. Participants enjoying "Happy Hour" – evening sessions of chanting & meditation together to bring calmness and clarity to their minds.



Soil-mixing to fill the new vegetable patches.



Rejuvenating the ecosystem with planting of trees.



3.

5. Bro. Ong Boo Siong inspired campers in his sharing about the personal challenges he faced and how he overcame them with positivity and resilience.
6. A 'Dhamma Chat' with Sis. Paru, Sis. Nandinī and Sis. Santī let campers ask questions and clear their doubts.



5.



4.



6.



Double celebration at Convocation for BPS 306 & BPS 104 participants

24 September, Sri Serdang

On Saturday 24 September, Nalanda Institute held a Convocation Ceremony & Gratitude Day for 80 graduates of two of its courses this year – BPS 306 Certificate in Buddhist Studies and BPS 104 Buddhist Studies in Mandarin.

Acharya Tan Siang Chye, Director of the Institute reminded the graduates in his opening speech that the foundation for learning has been set, and it is now crucial for us to continuously study and practise in order to realise the Buddha's Teaching. Acharya S. Vijaya, Chairman of Nalanda Education Committee also advised everyone to carry out our duty to share Dhamma with others, and "pay-it-forward" through service.

We congratulate the participants of both courses and thank our lecturers, organisers and volunteers for this learning opportunity.



BPS 306 is the first course offered by the Institute since the pandemic began.



Graduates of BPS 104 hailed from throughout the Klang Valley, Ipoh, Tangkak and even Sungai Petani.



Acharya-abhivādāna – an enduring tradition at Nalanda to formally pay respect to teachers past and present.



Opening speech by Director of Nalanda Institute Acharya Tan Siang Chye.



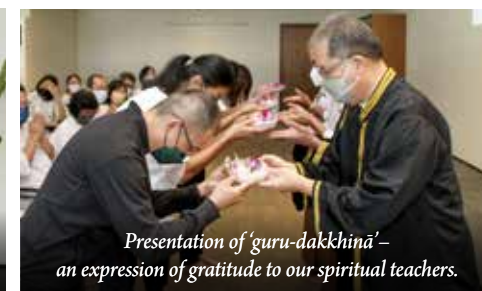
Sis. Chew represented the students to express their gratitude and share their learning journey.



Presentation of certificates and awards to the graduates.



Family members joined the ceremony and rejoiced in the achievements of their loved ones.



Presentation of 'guru-dakḥinā' – an expression of gratitude to our spiritual teachers.



A new experience for new Buddhists

1 – 2 October, KKB

On 1 to 2 October, 60 participants of the recently-completed BPS 104 Buddhist Studies in Mandarin and the Svagatam Inspiring Programme spent two days at Wisdom Park to enhance their Dhamma learning and experience a Buddhist way of life.

In the learning sessions, Sis. Nandinī Tan shared the importance of cultivating generosity (*dāna*), morality (*sīla*) and development of the mind (*bhāvanā*) as the foundation for a wholesome and fulfilling life. An attitude imbued with gratitude also enhances the quality of our minds for a more fulfilling life. May all our participants continue to learn and experience the joy of Dhamma.



*Here comes the Sun –
All smiles while planting shrubs.*



*Serenity pervaded as participants meditated
to the sunrise surrounded by nature.*



*Sis. Nandinī shared the importance of having spiritual
friends if we want to progress on the Dhamma path.*



*Dhamma School students joined their parents and had
a fun time performing service with their friends.*



*Participants were given real-life scenarios of challenges
and discussed how to overcome them with Dhamma.*



*Participants rejoiced over their experience and
were inspired to continue learning as well as to serve.*



The 'F.U.N.' begins!

1 October – 3 December, Sri Serdang

The Fellowship Undergraduate Network (F.U.N.) Programme is a platform for university students to interact and learn about Buddhist leadership skills, values and culture.

On Saturday 1 October, Nalanda Youth Centre was abuzz with activity as university students from around the Klang Valley gathered for the first session of the Fellowship Undergraduate Network (F.U.N) programme. F.U.N. is meant for Buddhist undergraduates and youths to learn leadership skills and teamwork through fun and experiential activities. It is also a platform to interact with other young Buddhists from various universities and colleges.

Over eight sessions, participants will explore the theme 'Reaching In and Out' to step out of their comfort zones, understand themselves better and develop wholesome friendships that will support them in their spiritual journey.

We rejoice in their enthusiastic start and we welcome the participants for more 'FUN'!



F.U.N. starts with taking refuge in the Three Jewels, and is concluded with dedication of merits to all beings.



Working together in teams to solve riddles that reveal hidden symbols in Nalanda Centre's architecture.



Bro. Disheng shared his experience of how he stepped out of his comfort zone.



The first activity enabled participants to get to know each other better.



Station activities filled with fun, laughter and learning.



The F.U.N. Organising Team meet and discuss frequently to make this programme an impactful one.



Horticulture & Landscaping Course *for Wisdom Park volunteers*

16 July – 9 October, KKB

As the greenery on the grounds of Wisdom Park take shape, the Landscaping Team will start to play a more crucial role. Hence, volunteers gathered joyfully each Saturday for the first Horticulture and Landscaping Course (HCL 001) to learn basic horticulture skills from Dr. Chen Xing Wei Ph.D. (Horticulture), lead of the Landscaping Team at Wisdom Park.

In this 8-week course, participants learned about plant classification & identification, basic plant anatomy, plant propagation, tree planting, composting, landscape maintenance and soil management. Field practices also enabled them to better learn and be equipped to maintain the lush landscape at Wisdom Park.



Dr. Chen explaining the characteristics of the trees and plants at Wisdom Park.



After a morning of practical learning, the class adjourned to the Management Centre for classroom learning.



Participants marcotting 'simpoh air' to propagate more plants at Wisdom Park.



Participants for this inaugural course are mainly the core and regular volunteers who serve at Wisdom Park.



The group concluded the course with a study trip to Putrajaya Botanical Gardens.

Hosting visits by Sangha members



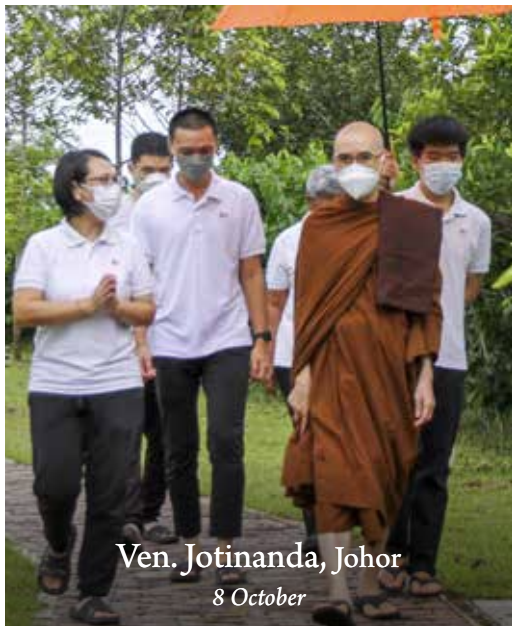
Ven. Bhadant Dhammnag, India
10 August



Ven. Udomdhamapatibhan,
Kelantan 14 August



Ven. Siriwimāla & Ven. Chandaloka, Sri Lanka 31 August



Ven. Jotinanda, Johor
8 October



Ven. Chi Kwang Sunim, Australia
10 September

僧團日

Sangha Day

Sunday, 13 November

9 am – 12 pm | Nalanda Centre, Sri Serdang



Kindly register with the QR code to make offerings of robes, requisites, medicine and education fund for Sangha members.





NEO Centre Kuala Lumpur almost ready for re-launching

The redevelopment of Nalanda Education & Outreach (NEO) Centre Kuala Lumpur is now at 95% construction completion. Interior fittings have begun while volunteers have carried out daily chanting and are preparing the premise to welcome guests for its Officiating Ceremony on Sunday, 11 December 2022.

On Monday 10 October, volunteers planted a tree and shrubs on the open-air roof annex, to create a pleasant ambience of greenery and for cooling effect. All rejoiced in being able to gather at the Centre once again after almost two years.

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, so we may issue an official receipt (tax-exemption is also available). Let us generate good thoughts for the final leg of its completion. Thank you!



Nalanda
Buddhist Society

Officiating Ceremony of the new Nalanda Education & Outreach (NEO) Centre, Kuala Lumpur

11 December 2022

Renewed in Spirit & Hope

OUR DEEPEST APPRECIATION TO

leaders & members of Nalanda Kuala Lumpur Branch,
the Building Committee, contractors,
donors, supporters and benefactors
for your contributions to this community project.

May you be blessed with good health, longevity,
peace, happiness, supreme knowledge and wisdom.

May all beings find peace in the sublime Dhamma.
May all beings be well and happy!

Sabbe satta bhavantu sukhi-tatta.

Dhamma-Living Camp

for Families

24 – 26 December 2022 | Wisdom Park, Kuala Kubu Bharu

Nalanda will be hosting our first-ever Dhamma-Living Camp for Families! The Camp aims to bring parents and their children closer to the Buddha's Teachings and learn how Dhamma can be cultivated to achieve family well-being and domestic bliss. The programme highlights include inspiring learning sessions, fun games and family-bonding activities.

The cost for this Camp is RM50 per person, inclusive of accommodation, meals and learning materials. We invite parents together with children of ages 10 to 16 to join this uplifting experience. For more information, please contact Nalanda Office at 03-8938 1500.



Upcoming Programmes

October – December 2022

OCT

Fellowship Undergraduate Network
1 October – 3 December | Nalanda Youth Centre

Dhamma School Facilitators Retreat
22 – 24 October | Wisdom Park

Dhamma talk by Ven. Sujiva
30 October | Nalanda Centre

NOV

Happy Young Adults Programme
12 November – 7 January | NEO Centre JB

Sangha Day Observance
13 November | Nalanda Centre

Gathering of Buddhist Leaders
26 November | Wisdom Park

DEC

Dhamma School Tour to JB
2 – 4 December | NEO Centre JB

Officiating Ceremony of NEO KL
11 December | NEO Centre KL

Dhamma talk by Ajahn Kusalo
17 December | Nalanda Centre

DEC

Dhamma-Living Camp for Families
24 – 26 December | Wisdom Park

Dhamma talk by Ajahn Viradhammo
27 December | Nalanda Centre

Junior Dhamma School Stay-in Programme
29 – 31 December | Nalanda Centre

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 or 'Like' our Facebook page at www.facebook.com/nalanda.org.my

Dhamma Reflection

THE REALITY WITHIN OURSELVES

“Each individual has to experience the truth, the reality. And this reality is the reality only when you experience it yourself. If you have read something in the scriptures – the scriptures say so, or your *guru* says so, or your tradition says so – and you simply believe it: this won’t help.

You have to experience it yourself.

“Truth is the reality that you are experiencing from moment to moment. You can only experience the reality pertaining to yourself. The reality pertaining to others can only be understood at the intellectual level. You can understand an external truth only at the intellectual level : ‘*This is so. It appears to be so. It is like this or like this.*’ You can only intellectualise the external truth.”

– The late Acharya S. N. Goenka

Commemorating respected teachers at Nalanda on 29 September 2022

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to connect with Nalanda for more Dhamma-rich news, views and articles!

Nalanda Contacts

 Please visit our website for directions to Nalanda.

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Facebook www.facebook.com/nalanda.org.my

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

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