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For Non-Muslims Only

Start the new year 2024 with wholesome aspirations

Let us take some quiet time to reflect on our journey throughout the previous year and form wholesome aspirations with renewed determination to improve ourselves. An aspiration is a plan which entails the setting of a goal and working progressively towards it. This aspiration can be a simple one, but something we can stick to and constantly remind ourselves throughout the year. We wish all of you a blessed and peaceful year ahead. Happy New Year!



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From 12 to 14 January, 95 devotees gathered for a meditation retreat led by Luang Por Kalyano, Abbot of Buddha Bodhivana Monastery, Australia. We are inspired by Luang Por's teachings and extend our heartfelt appreciation to him. May Luang Por have blessings of good health and peace.

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Nalanda Leaders gather for training

Our gratitude goes out to all Buddhist leaders who shoulder the responsibility of serving the Sāsana with sincerity and compassion for the well-being of the community.

28 – 29 October, Sri Serdang

On 28 to 29 October, 65 Nalanda leaders from Serdang and all Branches gathered to discuss crucial leadership aspects including the Society's Code of Conduct, resolving issues in teams, and how to continuously learn while performing service.

To advance the Society's mission, we must be mindful of our intentions and conduct so that we can be a positive influence to the community. Consistency in our practice and unity in our service, will also contribute towards prolongation of Buddha-Sāsana.

We thank all Dhamma speakers, trainers, organisers, leaders and volunteers for this productive programme. Let us be unrelenting in making lives more meaningful. Sadhu!











Ach. S. Vijaya motivated leaders to charge forward in carrying out our education mission.





Sis. Nandinī Tan emphasised on our personal development as a good practitioner and good friend.

Gratitude and Joy on 'Sangha Day'

Our appreciation to Ven. B. Siriwimala, Ven. Dhammadasi, Ven. Seevali and Ven. Sobitha for their compassion in enabling the lay community to pay tribute to the Mahā Sangha.

29 October, Sri Serdang

On Sunday 29 October, over 300 Nalanda members, volunteers and devotees from across Malaysia gathered at Nalanda Centre to honour the Mahā Sangha's virtues and contributions at the annual Sangha Day Observance.

Understanding the pivotal role that monastics play in preserving the Dhamma, devotees made offerings of robes and requisites to the Mahā Sangha with humility and gratitude.

We thank the venerable monks, organising team, and volunteers in making this observance a heartfelt occasion. May these sincere acts of thankfulness be supporting conditions for your spiritual journey.





Sis. Paruadi Ramasamy shared about the monastic community and their role in the past 26 centuries.



in the concurrent Mandarin Dhamma talk.



Venerable monks chanted verses of blessings for the congregation.



Devotees offered lunch dāna to venerable monks with wishes for their health and well-being.

Firefly Mission Singapore's





at the break of dawn amidst nature.





first Dhamma Camp at Wisdom Park

A spontaneous Dhamma chat with good friends about the spirit of selfless service.



of dāna, sīla and bhāvanā in our daily living.

2 – 4 November, KKB

From 2 to 4 November, Firefly Mission Singapore descended upon Wisdom Park for a Dhamma Camp to learn and reflect on the Buddha's teachings with good friends.

This welcomed respite provided a platform for the group to dive deeper into the tenets of generosity, morality and mental development. Through experiential learning and talks, the Firefly members felt reinvigorated and recharged to walk the spiritual path.

We rejoice with our Firefly friends for their keen learning spirit and camaraderie. We also extend well-wishes for Firefly's many initiatives to effect educational and social improvements for communities around the world. *Sadhu anumodāna*.



Nalanda Youths conduct sessions at Nottingham Buddhist Society

10 October & 7 November, Semenyih, Selangor

In October and November, Nalanda youths Bro. Yeo Disheng and Bro. Lim Ajit delivered Dhamma talks at the Buddhist Society of the University of Nottingham Malaysia. They gave sharings on basic concepts of Buddhist practice including the 5 Precepts and *Law of Kamma* with explanations that are relevant to the students' experiences. Other Nalanda youths also gave their support and encouragement to the committee.

Every morning, the group also gathered for meditation, chanting and a Dhamma discussion led by Bro. Ajit. We are glad to see the students' ardent efforts to learn Dhamma and support each other at this formative stage of life. May the light of Dhamma continue to shine in the community.



DO





RAMMA

Bro. Disheng shared that precepts form the foundation for morality and become a guide in our lives.





On the occasion of Nottingham Buddhist Society's 14th anniversary, we congratulate and commend all your past and present leaders and members for your service in bringing the Dhamma to many students.

Free School Study Trip to learn Chinese heritage and history



At the Memorial Lim Lian Geok Exhibition, a pioneer who fought for the rights to mother-tongue education.



Learning about the founders and history of Chan She Shu Yuen.





Miss Shu Yen gave a sharing about the history of the development of Kuala Lumpur.



SATURDAY



11 November, Kuala Lumpur

On Saturday 11 November, Nalanda Free School hosted a study trip around Kuala Lumpur city. Students learned about the history of the country's early development and pioneers of the Chinese community who played a crucial role in shaping the founding ideologies of our nation.

This experiential exposure sparked good discussions on the courageous efforts of our forefathers and appreciation for their sacrifices.

We thank Free School Principal Dr. Ng Chwee Fang and her team for this enriching experience. May our students continue to develop in their studies and morality to become valuable members of the community.



11 – 13 November, SP

From 11 to 13 November, Nalanda Institute Malaysia organised a study tour to Bujang Valley for participants of BPS 204 -Intermediate-level Buddhist Studies in Mandarin to explore the rich history of Buddhism in the north of the peninsula.

Led by Nalanda Institute Officer Sis. Sandy Lim, the group explored the numerous 'candi' and artefacts unearthed to see how traders sailed from India across the Bay of Bengal and built settlements in the Bujang Valley, leading to the exchange of culture and religious practice.

We thank Nalanda Institute and Sungai Petani Branch for organising this fascinating and enriching tour of our history.







Learning about the various uses of artefacts unearthed in Bujang Valley.



Candi Batu Pahat, an in situ temple at the ground of Bujang Valley Archeological Museum.





Dhamma School Facilitators Refresh & Recharge









Sis. Poh Chin Hui shared how her life has been enriched serving with fellow facilitators at Dhamma School.



meditation, chanting and Dhamma discussions.



Kuala Kubu Bharu in their 'ExploreRace'.

11 – 13 November, KKB

From 11 to 13 November, 18 Dhamma School facilitators conducted their annual retreat with the theme 'Refresh and Recharge'.

Guided by School Director Sis. See Hui Shien, the group enhanced their skills and teaching approaches to prepare for the 2024 school year. The variety of learning sessions included Pāli chanting, creative teaching tools, service and even an 'ExploreRace'.

The facilitators gained more confidence to guide their students in developing wholesome characters and also to understand how they can be a better 'kalyana mitta' to one another.

We express our gratitude to all the Dhamma School facilitators who have dedicated themselves selflessly to nurturing the next generation of Buddhists. May your good deeds be supportive conditions for your spiritual journey. Sadhu anumodāna.



Insightful Meditation Retreat with Ven. Sujiva

We rejoice in the completion of the retreat and also convey our thanks to the organising committee and volunteers for their service.



Nalanda leaders joyfully welcomed and hosted Ven. Sujiva at Wisdom Park.

13 – 19 November, KKB

From 13 to 19 November, 35 yogis and volunteers immersed themselves in a meditation retreat with Ven. Sujiva at Wisdom Park. The yogis were guided to hone their mindfulness diligently with focussed intensity of sitting and walking meditation alternating every hour.

In the daily group interviews, Ven. Sujiva adviced and encouraged the yogis to persevere through any challenges. He gave further instructions in the evening talks to ensure that they dispel any confusion regarding their practice.

We extend our appreciation to Ven. Sujiva for conducting this retreat to deepen the mental cultivation of the yogis. *Sādhu*!





extended their best efforts to maintain mindfulness.



to thank Ven. Sujiva and seek for forgiveness.

F.U.N. Programme for university students

7 October – 18 November

The Fellowship Undergraduate Network (F.U.N.) programme completed its 6-session run on Saturday 18 November, having explored the theme '*Leading with Purpose*'. Participants learned and discussed what it means to be a leader, and how to do so in accordance with the Buddha's teaching which upholds values of respect and harmlessness to all. Being a leader is to be a blessing to others by embedding the spirit of gratitude, compassion, and wisdom into our daily lives.

We thank the organising committee, volunteers and participants for their support. May our young friends embed these important values in life to better overcome challenges and live more meaningfully.

















Jambudvipa-Suvarnabhumi Buddhist Youth Exchange Programme

This programme commenced in 2018 as part of the 'Revitalising Buddhism in India' project, in partnership with several Buddhist organisations in India to propagate Buddha-Dhamma in its land of origin.

16 – 25 November, Malaysia

From 16 to 25 November, Nalanda hosted 10 selected youth leaders from Ladakh and 18 Malaysian youths in the 2nd Jambudvipa-Suvarnabhumi Buddhist Youth Exchange Programme (Y.E.P.).

This fruitful exchange of ideas, dialogue and reflections guided by Dhamma teachers and facilitators inspired our Ladakhi friends to return and establish platforms of Dhamma learning in their homeland for the benefit of the local community. We rejoice in their learning spirit and compassion for the well-being of many others. Together, let us all play our part in prolonging the Buddha's dispensation for more generations to come. *Sadhu*!











Participants had the chance to learn meditation with Ven. Mettananda who hails from Italy.













1. Special Buddhist Leadership Forum organised to learn how we can each play our part in preserving the *Buddha-Sāsana*.

2. Sis. Skarma from Ladakh shared her appreciation and asked how to involve parents in their children's education.

3. Ven. Sanghasena led the *Pindacāra*, a new experience for our Ladakhi friends.

4. Ven. Sanghasena and participants of Y.E.P. had an exchange at Fo Guang Shan Dong Zen Temple in Jenjarom, hosted by abbess, Ven. Jue Cheng (觉诚法师).

5. Paying respect to Ven. Dhammaratana at Buddhist Maha Vihāra in Brickfields. It was one of the important stops in a field trip to explore Kuala Lumpur.

6. Ach. S. Vijaya gave an inspiring talk on the motivations of a Buddhist leader.

7. Sis. Nandinī Tan shared about the traits of a Buddhist leader needed to effectively lead a community.

8. We are grateful for the opportunity to meet and learn from Ven. Sanghasena.

9. A heartfelt closing ceremony with appreciation to teachers and volunteers.

Marking this meaningful programme with the planting of a 'Syzygium cumini' tree from the 'jambu' family at Wisdom Park.









We are filled with much joy and gratification for the efforts of the teachers, volunteers and students in completing another successful academic year at the Free School.

Free School Appreciation Night in Sri Serdang & Johor Bahru

23 November & 2 December

Nalanda Free Schools in Serdang and Johor Bahru each hosted an Appreciation Night at the end of the academic year. Volunteers, parents and students came together to express gratitude to the teachers and to celebrate the diligence of the students in their studies.

During the simple and meaningful ceremony, teachers and parents cheered for each student's growth and achievements, whilst the children expressed gratitude for the selfless care of their teachers and volunteers throughout the year. Their heartfelt gesture of thanks highlighted the importance of providing this platform for students to grow both academically and in their values. A hearty congratulations to our Free School students and volunteers!









the progress of her students.



25 – 26 November, JB

On 25 and 26 November, Johor Bahru Branch Management Committee held their Branch Development Meeting with Nalanda President, Deputy President, Assistant Secretary and Executive Secretary. In this important meeting, the leaders charted the direction for JB's educational mission and discussed matters regarding its management.

Plans for 2024 educational programmes were finalised included the launching of a new Family Dhamma School in Johor Bahru besides the weekly meditation sessions and Free School classes.

We rejoice in our Branch leaders' spirit of service for the benefit of the Buddhist community in south Malaysia. May your efforts bear its commensurate fruits for the prolongation of *Buddha-Sāsana*.



Bro. Charlie Teng – the Society's management coordinato of JB Branch – facilitated the management discussions.



Vital meeting



Sis. Nandinī Tan shared the importance of building trust with core volunteers.

Life. Death & Rebeth B a 17 BER 2022 I MAR KINK STRAFFICE EDF Concerned to Particular A blessed opportunity to learn from respected members of the Sangha.

with Johor Bahru Branch leaders



16 – 17 December, Singapore

On 16 & 17 December, Nalanda leaders and educators led by President Sis. Buddhinī Tan participated in the 12th Global Conference on Buddhism organised by Buddhist Fellowship Singapore at MAX Atria @ Singapore EXPO. The conference gathered eminent speakers from around the world to present their perspectives on a particular theme or subject – this year being "Life, Death & Rebirth".

We extend our gratitude and appreciation to venerable Sangha members and Dhamma speakers for their sharings and insights which enabled the congregation to deepen their understanding of the Buddha's teachings.

We also congratulate our *kalyana mittas* at Buddhist Fellowship for organising this successful learning event. *Sadhu anumodāna*.

Oth National Members' Convention

"Towards a Buddhist Missionary"

9 – 11 December, KKB

From 9 to 11 December, over 90 Nalanda members from Serdang and all three branches gathered at Wisdom Park for the 9th National Nalanda Members' Convention, to understand the Society's direction of progressing towards a Buddhist missionary.

Members gained a better understanding of our role as Buddhist missionaries - not just going out to teach but to positively influence the people around us through our spiritual cultivation and skillful conduct.

We thank the Organising Committee for their efforts in rejuvenating our spiritual vigour and commitment to the noble mission of Nalanda.









Bro. Tan Siang Chye explained about heightening our awareness to induce spiritual insights and awakening.



persevere in Dhamma learning and service to the community.



Youth Leaders Fuel-up for 2024

Nalanda Youth Centre has taken great strides since it was established in 2012, as it continues to equip young adults with knowledge, skills, values and culture in order to develop future leaders.



of the Four Pillars of Education.



further develop and deepen our awareness.





15 – 17 December, KKB

From 15 - 17 December, 20 leaders and core members of Nalanda Youth Centre retreated to Wisdom Park to review how the Youth Centre has progressed in 2023 and to prepare themselves for the year ahead.

Admist a very fruitful year of programmes and large-scale events, the Youths' discussions focussed on the quality of their individual knowledge, skills, values and culture, and how they can heighten their awareness and commitment to Nalanda's mission with guidance from Youth leaders and mentors. We rejoice in the growth of the Youth Centre and wish them to always stay grounded in Dhamma. Sadhu anumodāna!

A gratitude activity to reflect on their own blessings and supporters in life.

Dhamma Camp for **Family Dhamma School**

A joyful completion for the inaugural intake of Family Dhamma School as parents and children learn the Dhamma together and gradually embed wholesome values into their daily lives.

16 – 17 December, KKB

On 16 & 17 December, Nalanda Family Dhamma School hosted a Dhamma Camp at Wisdom Park. Guided by their facilitators, the group of 60 were immersed in Dhamma-living and deepened their understanding of Buddhist culture and its importance in our spiritual cultivation.

Buddhist culture is grounded in the values taught by the Buddha such as mindfulness, respect, gratitude and humility. Most of these endearing practices help us maintain calm and filial piety, strengthening the customs and culture of our ancestors. May the families continue to support each other in developing these wholesome values and practices.





Families leveraged on each others' strengths as they work together to complete tasks.







Precious learning opportunity with Luang Por Viradhammo

Yogis were inspired by Luang Por's teachings which they could easily relate to in order to accept things as they happen and stay in the present moment.



Luang Por guided the group in the sitting meditation sessions.







Opportunity to offer dana to Luang Por.

22 – 26 December, KKB

From 22 to 26 December, over 80 devotees gathered for the Meditation Retreat led by Luang Por Viradhammo jointly organised with Dhamma Connect. With his guidance, yogis better understood how to develop moment to moment awareness and practise it in daily living.

Luang Por also shared ways to overcome hindrances such as torpor and restlessness by accepting occurrences as they are instead of suppressing them. As we incline towards the Brahma-vihāra states of loving-kindness, compassion, sympathetic joy and equanimity, we will naturally incline towards lasting peace. We thank Luang Por and wish him good health and success in his Dhamma propagation work as well as in his spiritual journey. Sadhu!



Progress and growth at Dhamma School Honours Day

31 December, Sri Serdang

On Sunday 31 December, Nalanda Dhamma School facilitators, students, and parents gathered for the annual School Appreciation and Honours Day at Nalanda Centre. This long-held tradition was a time for everyone to reflect and rejoice in their learning, personal growth and selfless service throughout the year.

With an abundance of gratitude, students thanked their parents and facilitators who celebrated their achievements and progress. We congratulate Nalanda Dhamma School for almost two decades of unrelenting efforts in educating many of our young Buddhists in the Buddha-Dhamma. May the School continue to grow Dhamma communities who are keen to learn, practise and serve. *Sadhu anumodāna*!



Facilitators and students entered the hall in a stately procession to the harmonious beating of drums.



School Director, Sis. See Hui Shien shared her joy in the progress of students and gratitude for the trust of parents.



This is the first Honours Day for students of the Family Dhamma School.



Family Dhamma School parents presented the facilitators with hand-made tokens of appreciation.



Students bowed out of respect and gratitude as facilitators awarded them with certificates of completion.



Bro. Charlie Teng presented tokens to the most improved students.

Nalanda Dhamma School commemorates 19th Anniversary

1 January 2024, Sentul

On Monday 1 January 2024, Nalanda leaders, Dhamma School facilitators and students gathered at the Sri Lanka Buddhist Temple in Sentul to pay respect to our Spiritual Advisor, Ven. Sri Saranankara Nāyaka Thero in commemoration of Nalanda Dhamma School's 19th Anniversary.

We extend our appreciation to all former directors and facilitators of the School, the present Director, Sis. See Hui Shien and dedicated facilitators for their unyielding care, patience and commitment in facilitating the learning of our students year in and year out. May your compassionate efforts contribute towards the prolongation of the Sāsana. Sukhihontu.







On the first day of the year, many devotees came together to offer lunch dana to the monastics at the Temple.



Leaders, facilitators and students received Ven. Saranankara's kind words of encouragement and advice.

We are grateful to Ven. Saranankara for his relentless support and guidance. Thank you Bhante!

d'CRADLE Management Retreat at Wisdom Park



GL'D



20 – 21 January, KKB

CVD

AD VIII

From 20 to 21 January, Wisdom Park hosted d'CRADLE – Centre for Research and Dhamma Leadership Enhancement – for their 2024 Management Retreat. This campus built by the Buddhist community for the Buddhist community welcomed its first guest organisation to conduct their training programme within its serene grounds.

Under the guidance of Ven. Dr. Dhammapala Mahāthero, member of Monastic Advisory Panel of Theravada Buddhist Council of Malaysia, and the Director of d'CRADLE, Bro. Tan Huat Chye, the group had fruitful learning and discussion sessions. We rejoice in their spirited programme and wish them every success in their Dhammaduta work. *Sadhu anumodāna*!





GLAD

Offering of lunch dana to Ven. Dr. Dhammapali with much respect and gratitude.



GLAD 16

December 2023 – January 2024

Learning and reflections with visiting Sangha members





Ven. Luang Por Viradhammo, Canada





2nd National Camp for **Dhamma School Teachers**

In conjunction with Nalanda's 20th Anniversary celebrations



28 – 31 March 2024 | Wisdom Park, Kuala Kubu Bharu

Jointly organised by



Buddhist Society TBCM of Malaysia

Theravāda **Buddhist Council**

Contact us Sis. Lau Wei Nee 017-898 0103 Nalanda Centre 03-8938 1500

Upcoming Programmes

Feb – Apr 2024

* Registration is required.

			0
FEB	03	<i>Pindacāra –</i> Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre K.L. / Taman O.U.G. & Happy Garden
020	24	11th A.G.M. of Nalanda SP Branch	NEO Centre S.P.
ACT	25	Tea-offering Ceremony & Gratitude Day	Nalanda Centre
a Offering	25	11th A.G.M. of Nalanda JB Branch	NEO Centre J.B.
٨AR	1 – 10	Meditation Retreat with Ven. Gavesi*	Wisdom Park
	02	<i>Pindacāra –</i> Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre K.L. / Taman O.U.G. & Happy Garden
	09	11th A.G.M. of Nalanda KL Branch	NEO Centre K.L.
	16	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
20	16	Sutta Study Series in Mandarin on Sigalovada Sutta (Session 1)*	NEO Centres in KL, JB and SP
	16	Launch of Family Dhamma School, Johor Bahru*	NEO Centre J.B.
Sale day	18	Nalanda Patron's Day	Nalanda Centre
	23	Sutta Study Series in Mandarin (Session 2)	NEO Centres
	24	21st A.G.M. of Nalanda Buddhist Society	Nalanda Centre
indacāra	28 – 31	2nd National Camp for Dhamma School Teachers*	Wisdom Park
APR	06	<i>Pindacāra –</i> Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre KL / Taman O.U.G. & Happy Garden
20,00	10 – 13	10th National Nalanda Members' Convention*	Wisdom Park
	20	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
	20	Sutta Study Series in Mandarin (Session 3)*	NEO Centres
Aembers' onvention	27	Sutta Study Series in Mandarin (Session 4)*	NEO Centres

Nalanda Centre will be closed from 7 – 14 February for the Lunar New Year. The Centre will resume operations at 10am on 15 February. May you and your loved ones enjoy harmonious and joyful reunions!

'Little Jewels' Book Sponsorship



Nalanda Buddhist Society published the *'Little Jewels'* colouring book in conjunction with the 19th anniversary of Nalanda Dhamma School.

This book fosters learning and creativity in young minds, whilst also helping children to develop knowledge of Buddhist principles and practices with the support of their parents.

We invite you to support this initiative by making a donation of any amount for the publication of this book, which is freely available to the Buddhist community. *Sadhu anumodāna*!

Nalanda Contacts Please visit our website for directions to Nalanda.

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Nalanda Centre is open daily from 10am to 5pm. For visits, kindly call to make appointments.

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