

# Nalanda Bulletin

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For Non-Muslims Only

## Enriching 'Core Memories' at Dhamma-Living Camp for Youths

From 13 to 16 September, over 100 youths and volunteers immersed themselves in Dhamma to learn and experience how 'Peace begins with Me'. With impactful teachings and engaging activities, participants explored and better understood how to cultivate the mind in order to safeguard peace of mind, maintain stability of emotions and become reliable pillars for ourselves and others.



See pages 36 to 39 for report and photographs.

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

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20 & 21 July, Sri Serdang

Recitation of the 'Dhammacakkappavattana Sutta' reverberated throughout Nalanda Centre, as over 120 Nalanda members and devotees gathered for Dhammacakka Day to commemorate the auspicious occasion when the first discourse was preached by the Buddha on Asalha full-moon day.

At the service, Achariya S. Vijaya expanded on the Four Noble Truths and the importance of seeing the realities of life. "Some people deem *Sukha* (happiness) as *Dukkha* (unease) and some deem *Dukkha* as *Sukha*. But when we live and practise Dhamma with understanding, there will be no *Dukkha*." May our journey on the Dhamma path gradually bring us much peace and joy.

# Fruitful weekend at Nalanda observing Dhamma Day



Devotees marked the Asalha full-moon on 20 July with a day of cultivation.

20 July



Offering of lunch *dāna* to Sangha members with gratitude and respect.



Members gathered for 'Achariya Abhivadana' to start this observance day.

21 July



The congregation reciting the iconic 'Dhammacakkappavattana Sutta'.



Devotees also spent the day to cultivate the mind.



Learning Dhamma with Sis. Buddhini Tan in the evening.



Offering of lunch *dāna* to Ven. Wimala and Ven. Wanasatana.



Members made offerings of requisites on behalf of the congregation.



# United & Spirited at Family Fun Fair



28 July, Sri Serdang

The unity of the community brought much joy and warmth to our hearts as members, family, friends and devotees came from near and far for the annual Family Fun Fair. Smiles abound as over 7,000 people came together to support Holistic Education. We extend our heartfelt appreciation to all members, supporters, donors and volunteers for their sincere support and opening their hearts to connect with one another just like one big family. Your kindness and care play a big part in availing Dhamma educational programmes for all age groups, so that more people may find peace from within and generate goodwill to everyone around. *Sādhu anumodāna!*





*Nalanda members, devotees and students of Institute, Dhamma School and Free School worked hand-in-hand with much gratitude.*



*The Fair sported a variety of engaging activities and programmes for families to have a fun and fruitful day out together.*



*We extend our thanks to members of the Buddhist community for your kind participation every year underpinned by our shared mission to propagate Dhamma.*



*Families and friends doing good together and reaping much joy in their selfless deeds to serve and prolong the Buddha-Sāsana.*







## Green initiatives spearheaded by Youths

To prepare for the Family Fun Fair, the Recycling Team led by Nalanda Youths collaborated with Tzu Chi Recycling Centre to understand more about the process of recycling and how to collect, sort and clean recyclable refuse effectively.



## Youths at the heart of the Family Fun Fair

120 undergraduates and young working adults upheld the spirit of 'The Selfless One', working together in harmony for the Family Fun Fair. They set up 18 stalls, an exhibition to promote kindness, and drove green initiatives through the Recycling Team.







# Care Bags reach one thousand at welfare homes

## July – August, Klang Valley

From July to August, Nalanda members and volunteers distributed one thousand Care Bags and meals to welfare homes across Selangor and Kuala Lumpur, as part of the Family Fun Fair community project. Bearing wide smiles when receiving the gifts, the children and elderly expressed much gratitude to the many nameless and faceless donors who extended their care.

We echo their appreciation and rejoice in the community's support to spread some joy to those less fortunate. Your token of kindness and care is heartfelt! May you be well and happy, and may these good merits support your noble endeavours! *Sādhu anumodāna.*



*Whether young or old, everyone was happy to receive this unexpected gift.*



*The Bags were carefully prepared to meet the needs of the recipients.*



*Care Bags went to a welfare home in Kuala Kubu Bharu as well.*



*Care Bags were given to needy homes without discerning race or religion.*



*Due to the generosity of donors, we were able to redeem and distribute over 1,000 Care Bags.*



*Dhamma School students joined the gifting of Care Bags to homes.*





## DAYWA Meditation Retreat with Sis. Sylvia Bay

7 – 11 August, KKB

Dhamma Assembly for Young Working Adults (DAYWA) held a Meditation Retreat conducted by Sis. Sylvia Bay and Bro. Ong Chye Chye at Wisdom Park. In this 5-day retreat, over 50 young adults relished the opportunity to interact with like-minded friends and learned the methods and factors for attaining a blissful state of mind.

Retreatants were delighted in the memorable stories and enlightening wisdom shared by Sis. Sylvia and Bro. Chye. We rejoice in the participants' efforts to deepen their Dhamma practice and to DAYWA for creating this precious opportunity for young adults to connect with the Dhamma.



*Sis. Sylvia Bay shared methods and factors for attaining a blissful state of mind.*



*The youths also supported each other's learning in group discussions.*



## Free School Teachers Meeting

11 August, Sri Serdang

School Principal, Dr. Ng Chwee Fang hosted a meeting with the volunteer teachers to welcome new teachers, discuss the students' progress and align on upcoming programmes.



18 August, Sri Serdang

## Dhamma School Parent-Facilitator Meeting

Nalanda Dhamma School facilitators updated parents on their children's progress and obtained feedback on their educational journey thus far.





# Family Dhamma School

## Wholesome Day of Service & Learning

*It was a fulfilling day for the whole group, as the outing not only brought families closer together but also emphasised the importance of community spirit.*

17 August, KKB

60 students and facilitators of Family Dhamma School Kuala Lumpur experienced the joy of service and strengthened family well-being at their School trip to Wisdom Park. In maintaining the landscaping and also room preparations, parents and children had the opportunity to work side by side, deepening their connection through shared efforts.

They also spent quality time together in a series of family-based learning activities which encouraged effective communication and mutual trust. We thank the School facilitators and volunteers for this wonderful opportunity to deepen family bonds.



*School Coordinator Sis. Sadhika Tan shared with parents and children on how we can conduct service selflessly.*



*A joyful day for the whole group as the outing brought families closer together.*



*Activities as a family to better understand each other.*



*A quiet moment to calm the mind before they start the learning session.*



*As roles reversed, parents learned to trust their children's guidance.*



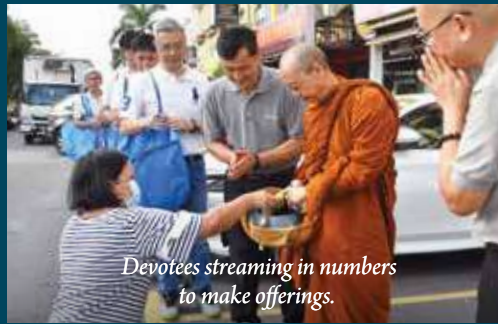
*Forging familial bonds amidst the peaceful ambience of nature.*



# Hosting Ven. Nanavutto

17 August & 7 September, Klang Valley

We were privileged to host Ven. Nanavutto – a monk from Hong Kong and disciple of Ven. Jutipaṇṇo Thero for the monthly alms-round programme at Seri Kembangan and O.U.G in August and September. Ven. Nanavutto expressed his rejoice in this community outreach effort to educate the public on how to properly support Sangha members. *Sādhu.*



*Devotees streaming in numbers to make offerings.*



*Ven. Nanavutto shared advice on ways to engage the community to learn Dhamma.*



*The opportunity to make offerings to the Sangha is always welcomed by practitioners.*



*Offering alms-food with humility and respect.*



*Members making offerings of requisites on behalf of the Society.*



*Ven. Nanavutto delivered a Dhamma talk at Nalanda Book Café Community Centre after the alms-round.*





# Youths reach out on Silver Lining Day

18 August, Kuala Lumpur

After a joyful stint at Family Fun Fair, 45 Nalanda Youth Centre members and volunteers continued their service to the community with 'Silver Lining Day', bringing joy to 90 children at Mon Refugee Children Learning Centre.

The quarterly 'Silver Lining Day' was initiated in 2015 and encourages young adults to perform social services for underprivileged communities, and create a healthy and caring community through acts of compassion and selflessness.

By participating actively in these programmes, youths will also acquire a broader perspective of society, and mature in terms of thoughts, emotions and social responsibility.

Breaking through language differences with the Mon children, the youths prepared engaging games and fellowship activities, focusing on the values of mindfulness and teamwork.

Following birthday celebrations and song performances, each child and resident of the Centre also received Care Bags from the Family Fun Fair project, and a healthy lunch prepared by the youths themselves.

We rejoice over the wonderful efforts of the youths to spread joy to the Mon refugee community. May the seeds of generosity, kindness and compassion continue to grow and be nourished in our youths. *Sādhu anumodāna!*



A mindful moment during the group activities.



Fun games to 'break the ice'.



Bro. Yeo Disheng giving encouragement to the Mon.



Youths presenting a Buddhist hymn.



Celebrating birthdays together.



Youth leaders with the resident Sangha member.





# Capture and Create Workshops

August – October, Sri Serdang



*Growth is found outside our comfort zone.*



*Good and clear designs captivate people's attention more effectively.*

Members and volunteers have been upskilling themselves in their service by joining workshops on photography, design, publication and video production. These workshops were catered for volunteers who support Nalanda Communication Centre and NalandaTV in their propagation work to archive, report and share Dhamma-rich news, views and articles in print and on social media.



*Experienced photographers shared their insight into capturing the right moments.*



*Dhamma School facilitators were also keen to enhance their service.*



*Bro. Gan Jia Cheng guiding learners in photography.*

The hands-on workshops were led by Bro. Ajita Lim together with Nalanda's in-house photographers, designers and video production team. Participants were also given projects to apply what they have learnt.

We rejoice in the strong learning spirit of everyone who participated in these workshops.



*Bro. Ajita thanked everyone for stepping up to enhance their skills in service.*



*Joyful learning with the support of good friends.*



*Practising shooting in locations that Nalanda's programmes are held frequently.*





# BPS 307 Experiential Learning Camp

24 – 25 August, KKB

From 24 to 25 August, over 80 participants, facilitators and volunteers joined the BPS 307 (Certificate in Buddhist Studies) Experiential Learning Camp at Wisdom Park, organised by Nalanda Institute Malaysia.

Having completed 10 lectures in the past 3 months which included self-reflection and assignments, participants were ready to learn how they can apply Dhamma practices in a sustained and systematic manner in their everyday lives.

The learning and experiential sessions were conducted by course lecturers Ach. S. Vijaya, Ach. Tan Siang Chye, Bro. Ānanda Fong and Sis. R. Paruadi.

They learned the underlying meaning behind daily Dhamma practices such as mindfulness, chanting and meditation, so that they are able to undertake them with proper understanding.

The group also discussed how they can embed the foundational practices of *dāna*, *sīla* and *bhāvanā* (generosity, morality and mental cultivation) in their daily lives, which will also strengthen one's *saddhā* (conviction) in the Three Jewels.

We rejoice over the learning spirit of our participants. May their spiritual practice reap much happiness and peace in their lives. *Sādhū anumodāna.*



*Dhamma chat with Ach. Siang Chye & Sis. Paruadi for participants to seek clarification on their learning.*



*Ach. Vijaya helped participants relate the profound Dhamma to their daily challenges.*



*Participants also learned how to support and offer allowable requisites to the Sangha.*



*Teams shared their discussions and insights to support each others' learning.*





# Community unites for J.B. Family Fun Fair



*Volunteers come together for selfless service.*



*Family Dhamma School students and parents serving together.*



*Joyful service while supporting a good cause.*



*"Let's give when we can!"*



*Exhibitions to introduce Buddhist education.*



*Nalanda members from Serdang, Kuala Lumpur and Sungai Petani joyfully gathered to support the Fair in J.B.*



*Energetic Nalanda Youths engaging the local community.*



*We thank Yang Berhormat Liow Cai Tung for her support in joining the Fun Fair.*

25 August, Johor Bahru

More than 2,500 Nalanda members, volunteers, stall operators and visitors came together to support the Family Fun Fair at NEO Centre Johor Bahru. The busy but joyful event was adorned with joyful smiles as everyone was united with the goal of supporting Holistic Education.

We extend our heartfelt appreciation to the Organising Committee, volunteers and supporters for your selfless service and kind support to enable Dhamma programmes to be carried out in J.B. for the benefit of the community there.

Our hearts are warmed by your kindness and may you rejoice over your wholesome service and this fulfilling day of doing good for many more days to come.



# Paying Tribute to the late *Ven. K. Sri Dhammananda*



31 August, Sri Serdang

Over 150 Nalanda members, devotees and students gathered to pay tribute to Nalanda's late Spiritual Advisor, Ven. K. Sri Dhammananda with a ceremonial robes-procession and Dhamma talk by Bro. Tan Siang Chye.

Bro. Siang Chye recollected how 'Late Chief' embodied the values of peace and kindness in his life, and how his efforts to build harmonious connections in the Buddhist community continue to benefit all of us today.

We express our deepest gratitude and honour to the late Ven. Dhammananda for his spiritual leadership, guidance and support. *Sādhū anumodāna!*



*The annual ceremonial robe-procession from KSDC (formerly Nalanda House) to Nalanda Centre.*



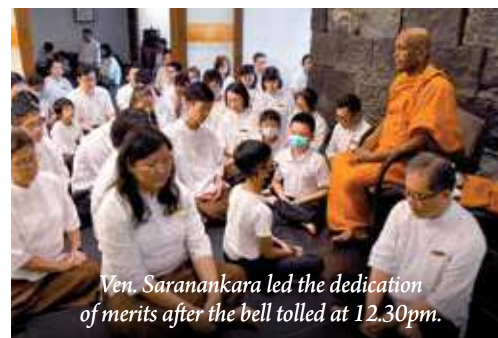
*Sis. Buddhini Tan recollected our late Spiritual Advisor's endearing support for the Society.*



*Bro. Siang Chye paid tribute to Ven. Dhammananda for his contributions to the community.*



*Offering of lunch dana to Ven. Saranankara.*



*Ven. Saranankara led the dedication of merits after the bell tolled at 12.30pm.*



*Dedication of merits to the late Ven. Dhammananda and to all beings.*





# Pustaka Nalanda upgraded and re-opened



# Dhammaduta Collegiate convenes for enrichment & growth

31 August, Sri Serdang

Pustaka Nalanda at Nalanda Centre was re-opened after the completion of upgrading and maintenance works in a simple ceremony led by Ven. B. Sri Saranankara and Director of Pustaka Nalanda Bro. Ānanda Fong.

All are welcome to utilise this resource which is well-equipped as a reference library for academic courses in Buddhist studies up to Bachelor's Degree level. It holds more than 5,100 titles comprising Pāli Scriptures, Buddhist Encyclopedia, reference materials, books, periodicals, magazines and other publications in several languages. For opening hours, please visit [www.nalanda.org.my](http://www.nalanda.org.my).



*We thank the volunteers of Pustaka Nalanda for their consistent and careful service over the years.*



*Shelf space has been added to cater for expanding future needs.*

31 August, Sri Serdang

Nalanda Dhammaduta College members met to discuss pertinent issues and align on future initiatives. Established since 2019, the Collegiate has been serving the community through Dhamma programmes across the Society's learning divisions.

The meeting welcomed new members, realigned on practices and culture as a Dhamma speaker, and discussed ways to strengthen and enhance its resource pool. We thank the Collegiate for their commitment and determination as these consistent efforts will collectively contribute to the prolongation of the Buddha-Sāsana. *Sādhu.*



*Director of the Collegiate Bro. Ānanda Fong conducted the meeting.*



*The Collegiate meet at interims to evaluate and upskill their Dhamma teaching skills.*



1 September, Putrajaya

Participants of the Horticulture & Landscaping Course (HCL 001) completed their 8-week course with a study trip to Putrajaya Botanical Garden. In this course led by Dr. Chen Xing Wei, lead of the Landscaping Team at Wisdom Park, participants have been honing new skills in the basics of horticulture to equip themselves to maintain the lush landscape at the Campus.

At the field trip, the group were introduced to a diverse range of tree species, as Dr. Chen shared detailed knowledge about each tree's characteristics, growth patterns and their vital role in the ecosystem. This immersive learning experience allowed participants to appreciate the natural beauty of the plants and understand their practical applications and ecological significance.

We thank Dr. Chen for his dedication and guidance. We also rejoice in the volunteers' learning spirit to develop new skills as part of their service. *Sādhu anumodāna!*



## Enriching Field Trip to Putrajaya



*We extend our appreciation to Dr. Chen, the organisers and all course participants for their dedication and enthusiasm.*



*Happy learning with the support of good friends.*



*Observing and learning at the exhibitions held in the Botanical Garden.*



*Dr. Chen sharing how trees adapt to different growing conditions, just as we should when facing difficulties.*



*This course helps volunteers in their service to rejuvenate the ecosystem of Wisdom Park.*



*We rejoice in the courage of volunteers to step up and learn a new skill to enhance their service.*



3 September, Sri Serdang

Nalanda members and devotees gathered for Uposatha Evening Service to learn from Ven. Dr. Chandima and Bro. Tan Siang Chye.

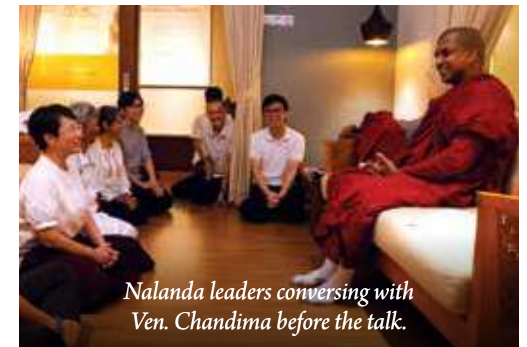
Ven. Chandima emphasised that Dhamma practice should involve “effortless effort” which avoids extremes of laziness or restlessness. Change happens gradually and requires consistent effort. Each step towards generosity, purifying our morality and cultivating the mind will become the foundation for steady growth in the path of Dhamma and towards deeper joy and peace.

We extend our heartfelt gratitude to Ven. Dr. Chandima for his insightful sharing and Bro. Tan Siang Chye for facilitating the session. Let us reflect upon Venerable’s advice and remain steadfast in our learning and practice.



# Insightful Dhamma Chat with Ven. Dr. Chandima

Watch the Dhamma chat at this QR Code.



*Nalanda leaders conversing with Ven. Chandima before the talk.*



*Devotees respectfully welcomed Ven. Chandima to the Main Shrine Hall.*



*Ven. Chandima sharing the Buddha’s teachings on reflecting upon our speech, thoughts and actions.*



*The lively Dhamma chat also used many real-life situations as examples.*



*Devotees asked questions to deepen their understanding.*





13 – 16 September, KKB

# Youths explore Peace within at Dhamma Living Camp

In this seventh edition of the Dhamma-Living Camp for Young Adults, seeds of inner peace were sown as campers uncovered ways to enhance and maintain resilience, patience and understanding through progressive talks, experiential learning, Dhamma chats and a forum.

By gradually training the mind to let go of attachments and reduce defilements of greed, hatred, and delusion, we give rise to a peace within which is independent of external conditions. The youths also explored ways to cultivate purity, simplicity and seclusion for deeper peace.

We rejoice in the marvellous spirit of the young adults who emerged as *kalyana mittās* united by the Buddha's teachings. *Sādhū anumodāna!*



Featured speaker – Sis. Nandini Tan.



Featured speaker – Bro. Aggaphala Yap.



Featured speaker – Ven. Dr. Chandima.



Featured speaker – Sis. Sunandā Ong.



Featured speaker – Sis. See Hui Shien.



Featured speaker – Sis. Paruadi Ramasamy.





*Informal Dhamma chat sessions with speakers allowed open discussions on the Dhamma.*



*Cultivating peace and serenity every morning and evening*



*The peaceful ambience of Wisdom Park at dawn during meditation and chanting*



*Mindful eating together with Ven. Chandima.*



*A civil discourse that explores conflicting perspectives with the purpose of building mutual understanding*



*Forum featuring peer sharing on personal experiences of overcoming challenges to achieve peace.*



*The learning sessions were interactive and encouraged reflections among peers.*



*Asking questions and clarifying doubts.*



*A family photo on the final night with the iconic Library of Core Memories.*



*Fun-filled activities that elicit reflections on how we face different mental states.*



*Strong fellowship and camaraderie forged in team-building activities.*



*Life-long friendships formed at the life-changing Camp.*



*Heartwork – Tree planting on the slopes.*



*Heartwork – Composting.*



*Heartwork – Transplanting trees.*



*Heartwork – Building new planter boxes.*



21 September, KKB

30 students and teachers of Nalanda Free School travelled to Wisdom Park and joined volunteers there for a learning trip to cultivate the spirit of kindness and teamwork.

In cheerful spirits and with a shared purpose, the students worked hand-in-hand to set up rooms for elderly guests from Than Hsiang Buddhist Welfare Group and also planted trees and shrubs.

Camaraderie and laughter grew as the students enjoyed a lively game of 'Captain Ball' whilst forging new friendships and discovering the joy of working as a team.

We rejoice in the dedicated efforts of our Free School teachers and volunteers, who lovingly nurture these young hearts, planting seeds of kindness and compassion. *Sādhu!*



## Free School Outing to Wisdom Park



*Sis. Lim Siew Kim briefed the students about housekeeping service.*



*Learning to set up the guest rooms with the support of good friends.*



*Many experienced planting trees and shrubs for the first time.*



*Well done to the students for planting trees to green the environment.*



*Performing meaningful songs for their elders.*



*The elders enjoyed the simple performances by the energetic children.*



*Friendly competition underpinned by respect for each other.*



*Simple and fun games can forge fellowship bonds with each other.*





## Than Hsiang Senior Citizens' Camp

21 – 22 September, KKB

From 21 to 22 September, Nalanda hosted 42 elderly guests and volunteers from Than Hsiang Buddhist Welfare Group for their Senior Citizens' Camp 乐龄人士成长营 at Wisdom Park.

A pleasant surprise at the start is the warm welcoming performances by Nalanda Free School students acknowledging the wisdom, love and contributions they have made to society. The group then dedicated their time to learn how to maintain physical and mental well-being as we age, led by Ven. Zhen Sheng 真升法师.

Wholeheartedly, all agreed that learning is a life-long process in order to live harmoniously with others. We rejoice in their learning spirit and wish them the blessings of good health and peace.



*Nalanda leaders welcoming the participants to Wisdom Park.*



*Taking time to consider how they would like to shape their future to be.*

## Youth Leaders meet Mentors to chart the Future



Over the past few months, Nalanda Youth leaders met frequently with their mentors Sis. Nandinī Tan and Bro. Lee Kong Foo to discuss strategies for the Youth Centre to develop their members and move forward in catering to a wider range of audience. We wish them clarity and vigour in passing the light of Dhamma to the next generation of Buddhists.





# Wellness Workshop on 'Ageing with Grace' with Dr. Ng

28 September, Sri Serdang

Over 40 Nalanda members and volunteers explored factors that lead to ageing gracefully in a Wellness Workshop led by Dr. Ng Wai Chong, Founder-CEO of NWC Longevity Practice and Head of Clinical Development of Home Nursing Foundation in Singapore.

Covering topics such as physical health, lifelong learning, deeper connectedness with society, and financial security, participants learned how to care for themselves and also their loved ones.

We extend our appreciation to Dr. Ng for this comprehensive and engaging workshop which provided more clarity on how to age with grace. Thank you!



*Dr. Ng also emphasised how we should not let our mind be sick even as our body grows weak.*



*Sharing photographs of each other from 10 years ago and reflecting on what has changed since then.*



*Participants discussed their challenges in managing the pains and aches of ageing.*



*Participants shared the outcomes of their discussions.*



*The following day, Dr. Ng delivered a Dhamma talk to a large congregation at Sunday Morning Service.*



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Nalanda

# Sangha Day Observance

Sunday, 17 November 2024

9am – 12pm | Nalanda Centre, Sri Serdang



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



## Upcoming Programmes October – December 2024

OCT



National Teachers Learning Day

05	<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
12	*National Dhamma School Teachers Learning Day	Wisdom Park
13	*Dhamma-Living Camp for Young Adults – Reunion Day	Nalanda Centre
15	Young Working Adults Monthly Gathering	Nalanda Book Café Community Centre
19	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market

NOV



Students Stay-in

31 Oct – 2 Nov	*Youth Leaders Fuel-Up Camp	Wisdom Park
31 Oct – 2 Nov	*Nalanda Dhamma School Facilitators' Retreat	Wisdom Park
2	<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
9	BPS 307 Convocation Ceremony	Nalanda Centre
9 – 10	*Students Stay-in Programme	Nalanda Centre
10	Dhamma Talk by Ven. Dr. Chandima & Lunch <i>Dāna</i>	Nalanda Centre
12	Young Working Adults Gathering	Nalanda Book Café Community Centre
16	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
17	Sangha Day Observance	Nalanda Centre

DEC



Dhamma School Honours Day

07	<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
07	Nalanda Free School Appreciation Night	Nalanda Centre
10	Young Working Adults Monthly Gathering	Nalanda Book Café Community Centre
11	Nalanda Education Day	Nalanda Centre
21	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
29	Nalanda Dhamma School Honours Day	Nalanda Centre
31	New Year Eve Service	Nalanda Centre

\* Registration is required.



# Dhamma Reflection

A human life is of limited duration with limited capabilities. It is important to use one's life to the best purpose. And there can be no higher purpose than to establish oneself in Dhamma, in the Path which leads one out of defilements, out of the illusion of self, to the final goal of ultimate Truth. Therefore, no effort is more worthwhile for a human being than the exertion of all one's faculties to take steps on this path.

From time to time, because of the ingrained habit pattern of the mind, the practitioner is inundated by waves of craving, aversion, sloth and torpor, mental agitation, and scepticism. These are nothing but the reaction of one's own mental defilements trying to stop the process of purification one has begun. The wise student persists in the struggle, using all his or her energy to oppose these enemies. One thereby strengthens oneself in the perfection of *virīya* (energetic effort).

– S.N. Goenka (Commemorating the 11th anniversary of his passing on 29 September 2013).

'Like' our Facebook page 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.

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Nalanda Centre is open daily from 10am to 5pm. 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. +603-7972 8843

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)

NEO Centre KL is open on Tuesdays – Fridays, 2 pm – 6 pm | Saturdays & Sundays, 9 am – 1 pm.

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

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

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

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