

# Nalanda Bulletin

Published by **Nalanda Buddhist Society**

TM

Issue No. 68 | December 2024 | [www.nalanda.org.my](http://www.nalanda.org.my) | For Non-Muslims Only

## Youths expand horizons at annual Fuel-Up Camp

2024 has been a very spirited and fruitful year for Nalanda Youth Centre, filled with many learning, service, outreach, and leadership programmes that left a deep positive impact on the community and their personal growth. After a year of dedication, leaders and core members of Nalanda Youth Centre gathered at Wisdom Park from 31 October to 2 November for the annual Fuel-Up Camp to reflect on how the youths have worked together for the year, realign values, principles and culture, and recharge for the year ahead.



See pages 24 to 25 for report and photographs.

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NBS 2464 BL





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

*From 4 to 7 October, Nalanda hosted 50 Friends of Wisdom Park Singapore Chapter for a Dhamma Camp. They immersed themselves in learning, reflection and sharings that forged deeper inspiration in the Dhamma and stronger bonds of spiritual friendship.*

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12 October, Kuala Kubu Bharu

60 teachers from 13 Dhamma Schools across the nation participated in the National Dhamma School Teachers' Learning Day at Wisdom Park. It was the second follow-up programme after the National Camp held earlier this year.

Facilitated by Bro. Aggaphala Yap, the teachers explored how to guide students in cultivating a positive mindset and to develop strong partnerships with their parents. The group discussed their motivations for being a Dhamma School teacher and explored a framework to improve students' problem-solving skills and provide practical tools for building resilience.

To strengthen parent-teacher relationships, they discussed strategies for building trust, encouraging open communication, and creating a supportive system for the students' overall development. *Sādhu anumodāna!*



# Dhamma School Teachers' Learning Day



Starting the programme with Taking Refuge in the Three Jewels and undertaking the Five Precepts.



Sis. Nandini Tan encouraged School teachers to persevere in their education mission amidst challenges.



Host Sis. Lau Wei Nee introducing the participating Societies and Dhamma schools.



Bro. Aggaphala engaged the group with interactive and hands-on learning sessions.



Sharing experiences and discussion outcomes for cumulative group learning.



Group discussions on challenging and inspiring situations with their students.



The teachers role-playing scenarios on how they communicate with students.



Nalanda Dhamma School facilitators learning together at the Reunion Day.



13 October, Sri Serdang

On Sunday 13 October, 50 participants of the Dhamma-Living Camp for Young Adults gathered physically and virtually at Nalanda Centre for their Reunion Day.

The learning sessions featured Camp speakers Sis. Sunandā Ong and Bro. Aggaphala Yap that built upon the Camp's theme "Peace begins with Me", exploring mental hindrances and how to overcome them.

The youths also reunited with their Dhamma Families formed during the Camp and reconnected to share the journey they had gone through and the transformations they have made to their lives after the Camp. A Dhamma Chat was also conducted for participants to clear their doubts and get guidance for their personal challenges.



*Sis. Sunandā Ong advised that we can all overcome mental hindrances when we exert right efforts.*



*Bro. Aggaphala led the Q&A session to guide the youths in overcoming their challenges and doubts.*



*A Dhamma Chat with Sis. Paruadi and Sis. Hui Shien, mentors during the Camp.*



*The Dhamma Chats enabled more to share their thoughts and reflections.*



*Voicing out their concerns at university and at work.*



*Learning with open minds and hearts.*



*Activities which reinforce good values and habits.*



*Happy smiles when good spiritual friends come together.*



# Sungai Petani Branch hosts Firefly Mission Singapore

17 –18 October, Sungai Petani

Firefly Mission Singapore embarked on their inaugural study tour of Bujang Valley, Kedah, hosted by Nalanda Sungai Petani Branch.

The group immersed themselves in the rich Buddhist history of northern Malaysia with visits to ruins of ancient Buddhist structures from the early 2nd Century CE and Hindu temples from the 10th Century CE.

Bro. Khaw Seng Giap who led the tour also brought them to important archaeological sites in Sungai Batu and Merbok that showed the links between historical trade routes, economic growth, social evolutions, and religious ideologies that form part of our heritage. We thank the organisers for hosting this study tour and look forward to seeing our Firefly friends again!



*This annual reunion with Firefly Mission has been an endearing tradition as part of their Kathina Tour to northern Malaysia led by Deputy President Bro. Arnold Lee.*



*The study tour started with Bro. Yeo Disheng sharing the history of Buddhism in the north of the peninsula.*



*Gallery of Bujang Valley Archaeological Museum displays artifacts which were once traded there.*



*Exploring the excavation at the Sungai Batu Archeological Site.*



*Bro. Seng Giap explaining the archaeological findings at Sungai Batu.*



*Sis. Nandini Tan welcoming the group to NEO Centre Sungai Petani.*



*Visiting Candi Bukit Batu Pahat, the centrepiece of Bujang Valley Archaeological Museum.*



# Parenting Workshop with Bro. Aggaphala Yap



20 October, Sri Serdang

Nalanda Dhamma School organised a Parenting Workshop to help parents navigate the difficulty of guiding children on proper use of “Computer, Communication, and Consumer Electronics (3C)”.

Bro. Aggaphala Yap led the group to reflect on their own usage and their expectations regarding their children’s usage. Parents further explored practical ways on how they can help their children foster self-regulation.

We extend our appreciation to Bro. Aggaphala and the organisers for enabling this platform for parents to enhance their skills in guiding their children and fostering positive relationships at home. *Sādhu.*



*Sis. Ng Chwee Fang hosted the workshop.*



*Many parents find they are not alone in facing challenges at home.*



*Group discussions on how they will be able to put these strategies into action.*



*Parents sharing their challenges.*



*Seeking clarification and enabling others to learn as well.*



*Parents actively engaged in the interactive sessions.*





# Video Production Workshop

■ 19 & 26 October



*Demonstration of equipment setup by Bro. Andrew Tan and Bro. Ajita Lim.*



*Volunteers upskill and learn how to produce videos to spread the Dhamma in an engaging way.*



*Learning essential principles of production with hands-on tutorials on editing videos.*



*Each volunteer had the chance to work on projects, applying their newly-acquired skills and creativity.*



# Dhammaduta Visual Design Training

■ 20 October

Over the past few months, Nalanda volunteers embarked on multiple training programmes to upskill and serve the community with better capacity.

On 19 & 26 October, NalandaTV conducted a Video Production workshop (left page) to train volunteers in producing engaging Dhamma content.

On 20 October, members of Nalanda Dhammaduta College learned about visual design to enhance their delivery of Dhamma talks, guided by Bro. Tan Siang Chye. The effective use of visual tools includes proper planning of the communication flow and framing the talk to facilitate more effective learning.

We rejoice in everyone's learning spirit. Every individual contribution is crucial to support the Buddhist education mission. *Sādhu anumodāna!*



*Experiencing doing layouts manually gives a deeper perspective in designing slides.*



*Bro. SY Tong hosted the session for the Collegiate to expand our skills beyond our usual norms.*



# Chempaka Buddhist Lodge Camp



18 – 20 October, KKB

Chempaka Buddhist Lodge held their annual Upāsikā Camp, conducted by Ven. Chuan Wen 传闻法师 and Ven. Dao He 道和法师 at Wisdom Park, for more than 50 Dhamma sisters from all over Malaysia. The group gathered to deepen their understanding of the Dhamma and practised together as a community.

We rejoice in the efforts of all spiritual guides, the organising team, volunteers and participants who contributed to making this camp meaningful and fruitful. May the merits from your good intentions and actions continue to support your progress along the Noble Eightfold Path. *Sādhū anumodāna.*



*Joyful learning for the Lodge's volunteers who have been supporting their events throughout the year.*

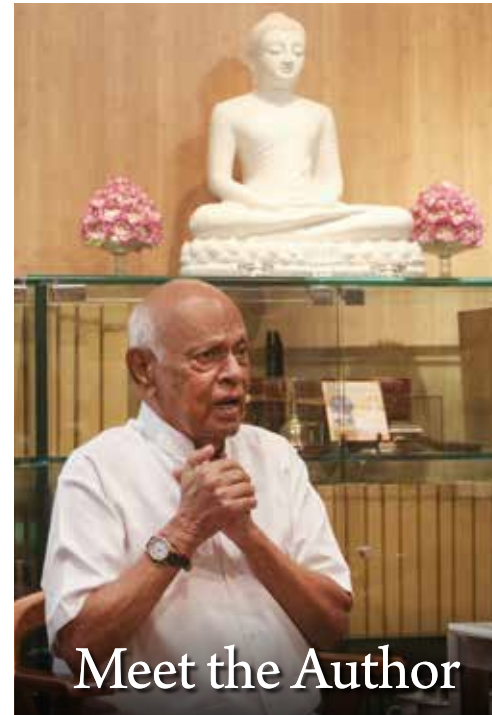


*Supporting each other in this Camp, just as they do in their volunteer service.*



*Group photo of Wisdom Park Operations Team and leaders of Chempaka Lodge with Venerables.*

26 October, Sri Serdang



## Meet the Author

Pustaka Nalanda hosted a 'Meet the Author' session with Acharya Vijaya Samarawickrama to share about his book 'A Buddhist Reflects on Spirituality'.

Acharya Vijaya delved deeper into how spirituality transcends religion; it is the pursuit of happiness beyond materialistic pleasures. To progress in our spiritual and devotional practices, it must be accompanied by Right Understanding and making the necessary efforts towards our goal.

We express our heartfelt gratitude to Ach. Vijaya for sharing with us his wisdom and insights. Explore the collection of books and resources available at Pustaka Nalanda at the Online Public Access Catalogue (OPAC) : <https://www.pustaka-nalanda.org/pustaka>.



*Devotees are grateful to learn more about spirituality directly from Ach. S. Vijaya.*



*Listening attentively to Ach. S. Vijaya who shared his insights in authoring the book.*



*Sis. Sandy Lim facilitated the discussion and Q&A.*





*'Karunā Project'* spearheaded by Nalanda Teenage Dhamma School



*Everyone doing their part to beautify the park.*



*Extending their service to fish out waste in the pond.*



*Children at Bodhi Homecare expressing their gratitude with a performance.*



*Repacking dry foods to be distributed to the needy.*



*Helping the children with their homework.*



*Students and facilitators cleaning the home.*

27 October & 10 November

Nalanda Teenage Dhamma School students extended their service and care in the 'Karunā Project' to put the knowledge, skills, values and culture they learnt into action. On Sunday 27 October, equipped with tools and an understanding of ways to protect the Earth, they joined hands in a recycling project focussed on environmental responsibility at Taman Permainan & Rekreasi Tasik, Sri Serdang.

Later on Sunday 10 November, they visited Bodhi Homecare in Cheras to turn compassion into action, by connecting with the resident children and offering meaningful assistance. We rejoice in their efforts, and may they continue to cultivate kindness and compassion for all beings.



*Service to the community is made more joyful in the company of good friends.*





# Preparing for 2025 at Members' Day



*Sis. Buddhini Tan sharing the Society's direction and latest updates to the members.*



*Joyful gathering of members who rejoice in the progress of good friends and the Society.*

27 October, Sri Serdang

At the recent Members' Day, President Sis. Buddhini Tan shared the Society's direction and updates for the next 12 months. Members were encouraged to be fully involved in the many learning and serving opportunities. She also led members to commemorate the passing of the late Mr. Khaw Keng Hooi, Nalanda's oldest member.

Sis. Nandini Tan also advised to avoid being negative, sensitive and repetitive as we progress in life. We will then be able to contribute to more harmonious communities and also become easy to support.

Let us continue to uphold our education mission selflessly and in unity!

## *In memoriam* **Khaw Keng Hooi**

24 March 1938 – 22 October 2024

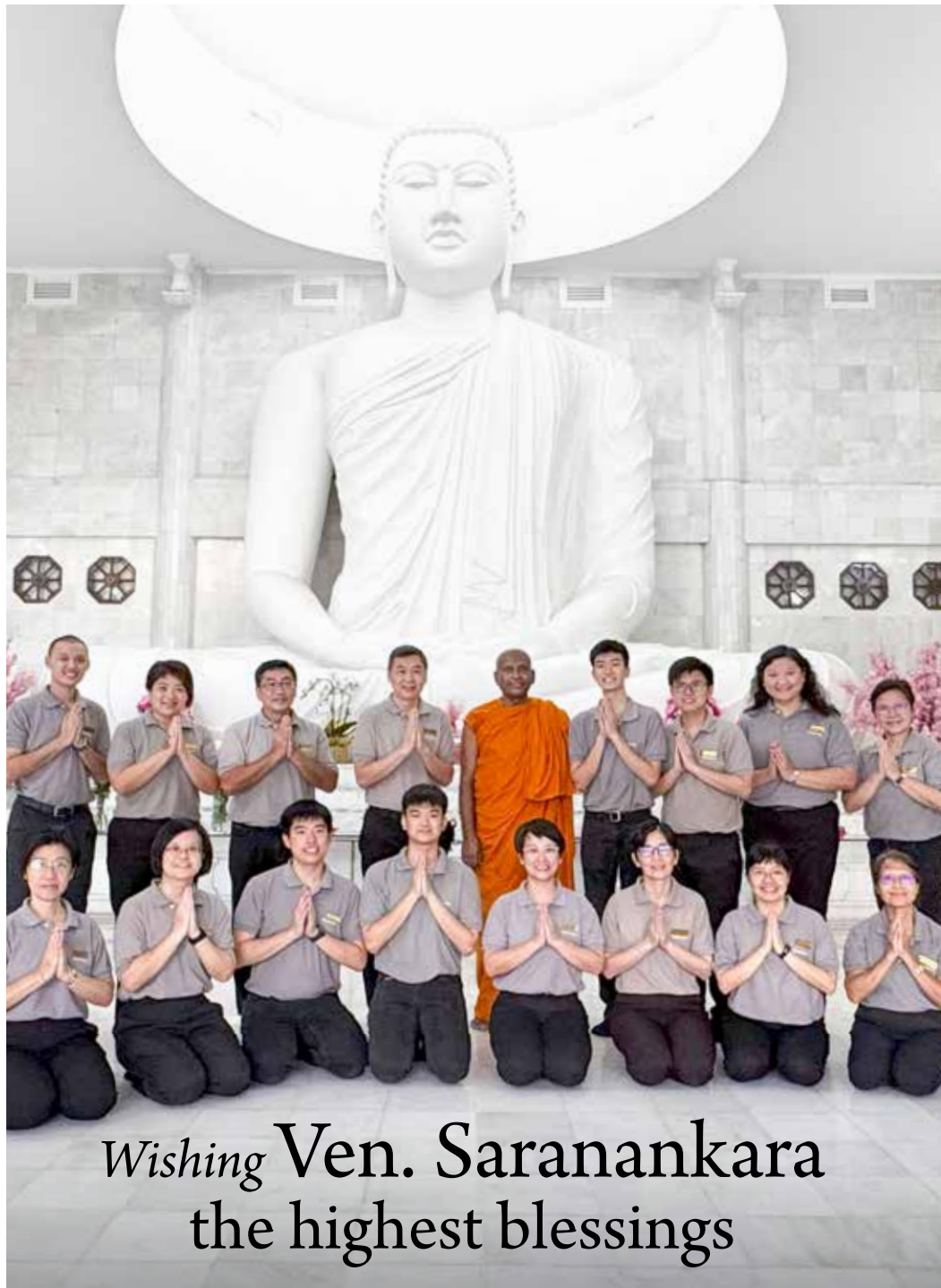
Nalanda's beloved and eldest member, Mr. Khaw Keng Hooi passed away peacefully on 22 October in Sungai Petani. Fondly known as Uncle Khaw, he was the Founding President of Gurun Buddhist Society and has served the *Buddha-Sāsana* for many decades to propagate the Dhamma.

Uncle Khaw is an exemplar to us as a good practitioner and good friend. His kindness, dedication and contributions will always be remembered. May Uncle Khaw have the supporting conditions to continue on the Dhamma path until the attainment of Nibbāna. *Sotthi.*



*A Dedicated Practitioner  
& A Great Friend*

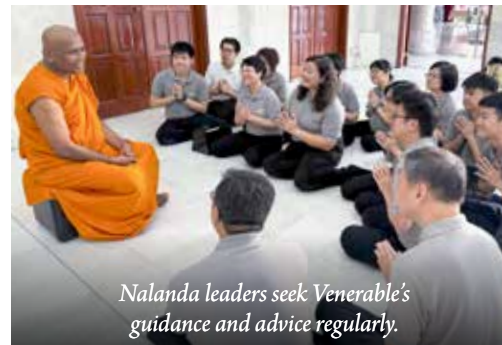




*Wishing Ven. Saranankara  
the highest blessings*



*We are always grateful to Venerable Saranankara for his support and blessings.*



*Nalanda leaders seek Venerable's guidance and advice regularly.*



*Bro. KF Lee presenting a token of our appreciation to Ven. Saranankara.*



*Sis. Nandini Tan updating Venerable on past and upcoming programmes at Nalanda.*

27 October, Sentul

Nalanda leaders and members paid respects to Nalanda's Spiritual Advisor, Ven. B. Sri Saranankara Mahā Thero at the Sri Lankan Buddhist Temple in Sentul in conjunction with his 71st birthday which fell on 28 October.

Nalanda Buddhist Society's relationship with Ven. Saranankara stretches back to the earliest days of the Society when he served the late Ven. K. Sri Dhammananda Mahā Thero. He has been providing his kind advice and support to us at every milestone and has either officiated or was present for the launching of every Nalanda facility since 2003.

In this joyous gathering, President Sis. Buddhinī Tan expressed gratitude for Ven. Saranankara's guidance throughout the years on behalf of all members. He encouraged us to continue our education mission and uphold the spirit of selfless service nurtured over the last two decades.

We are grateful at Nalanda to be associated with a respectable, humble, and inspirational senior monk. We pray that Venerable Sir will be blessed with good health, long life, peace and happiness. May his reverence carry out his noble mission successfully!

*Bhavatu sabba mangalam!*





# Uplifting Dhamma School Facilitators Retreat

31 October – 2 November, KKB

Nalanda Dhamma School facilitators from Serdang, KL and JB Branches gathered at Wisdom Park for a rejuvenating retreat. Centred around the theme “Mindful and Purposeful Living”, this annual retreat offered the facilitators an opportunity to deepen their Dhamma practice and strengthen their skills as compassionate and competent educators.

The group also reinforced their camaraderie and mutual support as they shared personal experiences, exchanged ideas, and reflected on the challenges and inspirations of guiding young minds along the Dhamma path. We rejoice in their dedication to enrich the lives of children with Dhamma. *Sādhu.*



*Learning session with Sis. Sunandā Ong.*



*School Director Sis. See Hui Shien sharing on Nalanda's Educational Philosophy.*



*Morning and evening cultivation to ground the day in spirituality.*



*Presenting their lesson plans for feedback and enhancement.*



*Sis. Nandini Tan thanked all the facilitators for their dedication and care for the students.*



*Experiencing for themselves the efficacy of experiential learning.*



*A heartfelt reflection session on their journey as a Dhamma School facilitator.*



*Morning picnic and bonding session.*



31 October – 2 November, KKB

Leaders and core members of Nalanda Youth Centre recharged at the annual Fuel-Up Camp, guided by Youth Mentors Sis. Nandini Tan and Bro. Lee Kong Foo. It was an occasion to celebrate the hardwork and dedication of the team and reflect on their journey working together.

Reflections, open conversations and team discussions inspired the youths to recognise their pivotal role in the Youth Centre and understand the important principles needed to grow a spiritual community.

The youths also took the opportunity to express appreciation and gratitude towards one another, deepening their friendships and kindling their motivation to promote the learning and practice of Dhamma at the Youth Centre.



*Understanding our roles at the Youth Centre with Youth Mentor Bro. Lee Kong Foo.*



*Deepening spirituality with Youth Mentor Sis. Nandini Tan.*



*Reflecting the principles that hold our Society together with Bro. Yeo Disheng & Bro. Ajita Lim.*



*Heart-to-heart dialogues with the Youth Mentors on personal challenges and thoughts.*



*Reflecting on the part each person plays in the Youth Centre.*



*Discussing and presenting strategies for the Youth Centre to the Youth Mentors.*



*Bonding together in the kitchen!*



*Youths rewarded with a fantastic view after a gruelling hike to ascend Bukit Batu Pahat.*





# University Students' Stay-in Programme



*Bro. Aggaphala inspired the students with relatable advice.*



*Sis. Sunandā shared her personal experience forging spiritual friendship in her university.*



*Bro. Dexel Loo (in photo) & Bro. Geh Jian Sheng led the Organising Team.*



*Bro. Yeo Disheng shared his experience and joys in having good friends.*



*Each Dhamma family was facilitated by a member of the Youth Centre.*



*Ice-breaking activities for the students to get to know each other.*



*Presenting their group discussion and reflections.*



*Opportunities to offer dāna and learn to support the Sangha.*

9 – 10 November, Sri Serdang

Over 30 students aged 16 to 23 joined the Students Stay-in Programme at Nalanda Centre. The programme explored how to build and maintain meaningful connections.

Guided by Sis. Sunandā Ong, Bro. Aggaphala Yap and Nalanda Youth leaders Bro. Yeo Disheng and Bro. Ajita Lim, students learned the principles of wise companionship as they navigate through their student life. The programme was also filled with fun fellowship activities that fostered teamwork, skillful communication and collaboration.

We thank our Dhamma speakers, Nalanda Youth Centre, and all volunteers for organising this wholesome programme for our young friends. *Sādhu anumodāna!*





# Convocation Ceremony for graduates of BPS 307

9 November, Sri Serdang

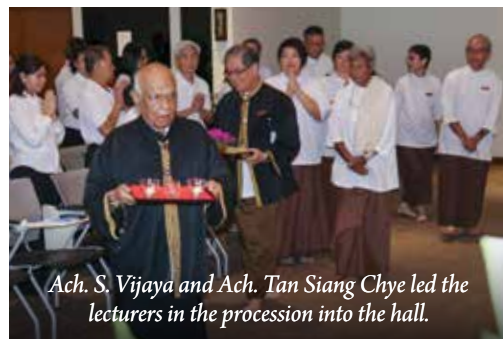
Nalanda Institute Malaysia hosted the Convocation Ceremony & Gratitude Day for 57 graduates of BPS 307 – Certificate in Buddhist Studies who persevered in learning basic Buddhist Doctrines over the past 5 months, as well as imbuing Dhamma practices and reflections into their lives.

Institute Director, Achariya Tan Siang Chye applauded their efforts and called upon them to strive forth on this path with wisdom and confidence, and share the light of Dhamma with the people surrounding them for their happiness.

We extend our appreciation to the lecturers, good friends, and volunteers. *Sādhū anumodāna.*



*Paying respects and seeking forgiveness from all spiritual teachers and guides past and present.*



*Ach. S. Vijaya and Ach. Tan Siang Chye led the lecturers in the procession into the hall.*



*Students offered 'Guru-dakkhina' to thank the Course lecturers for their guidance.*



*A presentation by the graduates to express appreciation for all the support they have received.*



*Graduates and family members all rejoicing during the certificate presentation.*



*Special awards were also presented for best group and individual results.*



## October – November, Sri Petaling

The Young Working Adults group under Nalanda Youth Centre gather at Nalanda Community Centre every month to learn from experienced corporate leaders and Dhamma practitioners. In October and November, Bro. Lee Kong Foo and Datuk Charlie Chia shared on the common issues young adults face when shaping their careers.

Imbuing Dhamma in our lives enables us to charge ourselves up with wholesome values and uphold principles of good intentions and harmlessness towards others. These endearing traits bodes well for us at work, in social circles and at home.

We rejoice in the strong learning spirit of the young working adults, and thank the speakers for sharing their valuable experiences.



Young Working Adults  
joyfully gather every month



*Calming the mind in short sittings by paying attention to our breathing*



*Grateful to learn from the experiences of corporate leaders who are also Dhamma practitioners.*



*Datuk Charlie Chia gave practical advice to common challenges in dealing with different personalities.*



*"Growing our careers takes a lot of care, effort and persistence."*



*Bro. KF Lee shared how his Dhamma practice has made him a better and more trustworthy leader at work.*



*Discussions to share their reflections.*



*Supporting each other with care and understanding.*





## Gratitude and Goodwill at Sangha Day

17 November, Sri Serdang

The annual 'Sangha Day' at Nalanda Centre saw families and friends gather to support the monastic community with much gratitude and goodwill. Devotees came with their families and friends to learn about the significance of supporting the Sangha and to make offerings of robes and requisites.

Our deepest appreciation to Ven. N. Vijithe Thero, Ven. P. Wineetha Thero, Ven. Subharo and Ven. Ālovavamsa for gracing this noble occasion. We also thank the Organising Team, volunteers and devotees for your support in making the Sangha Day observance a joyous and meritorious day for the community. *Sādhu!*



*Taking time to calm the minds and prepare for this noble occasion.*



*Sis. Nandinī Tan delivered the Dhamma talk in Mandarin to inculcate gratitude for the Sangha.*



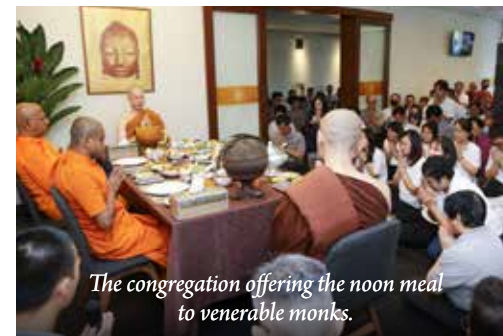
*The concurrent English Dhamma talk was given by Sis. Paruadi on the significance of Sangha Day.*



*Making offerings together as a family with much respect and gratitude.*



*Three generations of the family came together to make offerings.*



*The congregation offering the noon meal to venerable monks.*



23 November, Sri Serdang



Nalanda Volunteer Centre and Training & Enhancement Centre organised the 'Volunteer Induction Programme' for 30 new and regular volunteers. The programme aimed to foster a better understanding of the spirit and culture of service at Nalanda and as a Buddhist volunteer, facilitated by Sis. Nandinī Tan, Sis. Paruadi and Bro. SY Tong.

The group explored Nalanda's education mission and the motivations of a Buddhist missionary. They learnt that this ultimately stems from cultivating the heart and spirit to dedicate time and effort to perform wholesome deeds selflessly without any expectations. The group also discussed how we can carry out our roles with care, compassion and dedication.



*A light ice-breaking to start the session.*



*Bro. SY Tong welcomed the volunteers and thanked them for stepping up.*



*Sis. Paruadi sharing the spirit of a Buddhist volunteer.*



*Sis. Nandinī Tan shared on the etiquettes, rights and culture of volunteering at Nalanda.*



*Participants going through the Volunteer Handbook.*



*Candid discussions to better understand the role of a volunteer.*



*Nalanda leaders getting to know the volunteers who will be working closely together as a community.*



*Joyfully connecting with each other during the training.*





K.L.

*Sis. Sadhikā Tan leads the School at NEO KL.*



K.L.

*Sis. Paruadi guided parents in Dhamma learning.*



# Family Dhamma School thankful for a year of learning



K.L.

*Families formed close bonds over the year.*

## 24 & 30 November, Sri Serdang

Family Dhamma Schools at NEO Centres in Kuala Lumpur and Johor Bahru concluded the 2024 school year in November. Reflecting on their journey, parents and children both shared their gratitude in being able to learn with the guidance of kalyana mittas, and grow closer as a family.



J.B.

*The inaugural Family Dhamma School in J.B. commenced at the beginning of 2024.*



J.B.

*Many students enjoyed this experience of learning together with the parents.*



K.L.

*Children also made good friends in the School.*

We extend our appreciation to the Dhamma School facilitators and Branch members for their dedication and commitment to bring the families together to learn Dhamma and forge wholesome friendships.

Join us for this invaluable experience and register for the 2025 school year :

KL : <https://bit.ly/NFDSKLApp2025>  
JB : <https://bit.ly/NFDSJBApp2025>



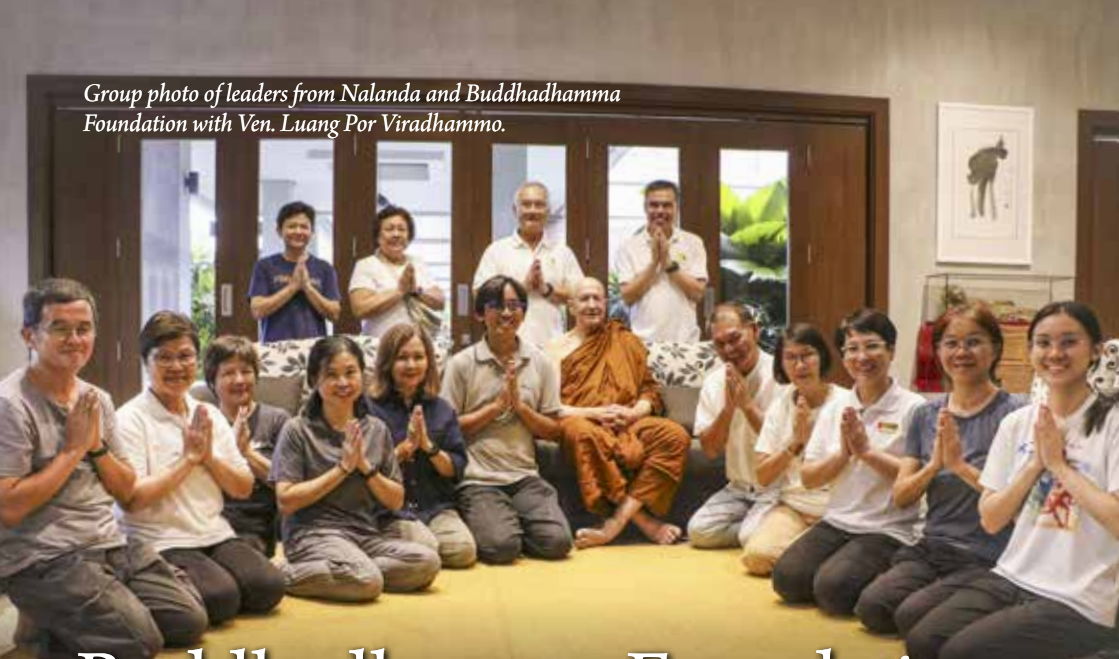
J.B.

*Sis. See Hui Shien, Sis. Lau Wei Nee together with facilitators at NEO JB rejoiced in the families' growth.*





## PBUPM Students meet and learn at Nalanda Centre



Group photo of leaders from Nalanda and Buddhadhamma Foundation with Ven. Luang Por Viradhammo.

## Buddhadhamma Foundation Retreat with Ven. Luang Por Viradhammo

### October – November

With the start of the academic year at Universiti Putra Malaysia (UPM), its Buddhist Society leaders initiated their Dhamma and fellowship gatherings at Nalanda Centre for their new members.

Young and energetic, the group relishes the opportunity to receive guidance from spiritual teachers alongside like-minded friends in a conducive learning environment. They also formed a community that can support each other outside the lecture rooms.

We rejoice in the students' learning spirit and wish them well in their studies and their spiritual journey.



Dhamma talks and meditation sessions.



Fellowship activities and regular meetings.



Nalanda leaders joyfully welcome Luang Por back to Wisdom Park.



Yogis and volunteers are grateful for the opportunity to learn from Luang Por Viradhammo.

### 30 November – 8 December

Buddhadhamma Foundation (BDF), Singapore organised a meditation retreat led by Ven. Luang Por Viradhammo for 34 yogis from across the causeway. Nalanda members and volunteers hosted the retreat at Wisdom Park, offering the facilities and their service to the group.

Yogis received daily guidance from Ven. Luang Por Viradhammo and also had opportunities for personal interviews periodically and to pose questions every evening.

We rejoice in the organisers' extensive work to organise this retreat and also in the yogis' wholesome efforts. *Sādhu anumodāna.*



# Hosting Sangha Members at Nalanda



Ven. Chandima  
10 November



Ven. Subharo  
16 –26 November



Ven. Ālokavamsa  
12 –28 November



Ven. Ajahn Karuniko  
27 November





# Support Holistic Education

Many of us have witnessed and directly benefitted from the increasing number of educational programmes organised by Nalanda over the past two decades. If you share Nalanda's vision and mission in holistic Buddhist education, integral human development and effective Dhamma propagation, we appeal to you to lend a helping hand to realise this noble mission. Your donation will be used to support the educational programmes and trainings in the coming year of 2025.



We accept :   

Thank you for your support.  
May you be well and happy!

## Upcoming Programmes

January – March 2025

Month	Date	Programme	Location
JAN	01	20th Anniversary of Nalanda Dhamma School	Nalanda Centre
	04	<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
	18	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
FEB	09	Commencement of Teenage and Junior Dhamma School	K. Sri Dhammananda Centre
	09	Gratitude Day & Tea Offering Ceremony	Nalanda Centre
	09	Commencement of Family Dhamma School Kuala Lumpur	NEO Centre K.L.
	14 - 23	*10-day Meditation Retreat with Ven. Gavesi	Wisdom Park
	15	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
	22	Commencement of Family Dhamma School Johor Bahru	NEO Centre J.B.
	22	12th A.G.M. of Nalanda SP Branch	NEO Centre S.P.
MAR	01	<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
	02	12th A.G.M. of Nalanda JB Branch	NEO Centre J.B.
	10	Commencement of Nalanda Free School 2025 academic year	Nalanda Centre
	15	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
	16	22nd A.G.M. of Nalanda Buddhist Society	Nalanda Centre
	18	Nalanda Patron's Day	Nalanda Centre

\*Happy Young Adults Programme commencing 11 February.  
Sunday Morning Service | Every Sunday, 9.00 am – 12.00 pm  
Weekly Meditation | Every Wednesday, 8.30 pm – 10.00 pm

\* Registration is required.

Nalanda Buddhist Society wishes you and your loved ones

A happy and blessed New Year!

祝愿您及亲人吉祥如意，福寿康宁！

Please note that Nalanda Centre is closed from 26 January – 2 February for the Lunar New Year. The Centre will reopen as usual on 3 February.



# 5<sup>th</sup> Memorial of Ven. Dhammavuddho

“The Buddha called his disciples *savakas* (listeners), stressing the importance of listening to the *suttas*. The *suttas* and *vinaya* show clearly that all those who attained the first stage of Ariyahood did so by listening to the Buddha’s discourses. Today, we are very fortunate to have the Buddha’s discourses, exactly as he spoke them, contained in the Nikayas. Reading the *suttas* can be like sitting next to the Buddha and listening to him. It is wise not to waste this rare opportunity to investigate deeply into the earliest *suttas*.

In studying the Nikayas for the first time, one would find some *suttas* difficult to understand. However, one should plod on and as one studies more *suttas*, one begins to understand those earlier problematical *suttas*. This is similar to assembling a jigsaw puzzle. In the beginning one cannot see the overall picture. Only when more pieces are assembled can the picture begin to form. The Nikayas should be studied again and again to get a good understanding.”

– Commemorating the 5<sup>th</sup> Memorial of Ven. Dhammavuddho Mahāthera on 22 December 2024.

‘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.

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