

# Nalanda Bulletin

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For Non-Muslims Only

## Best wishes for 2017

2016 had been another great year for Nalanda. With the full-functioning of facilities in Sri Serdang, Johor Bahru, Kuala Lumpur and Sungai Petani, we were able to host many more people who came to learn and practise Dhamma.

Nalanda organised many impactful programmes that drew great response from the community, including large-scale Dhamma-Living Camps and Meditation Retreats for Young Adults. We were heartened to see an influx of youths to learn Dhamma at Nalanda Centre. This truly augurs well for the future of *Buddha-Sāsana*.

In 2017, Nalanda will embark on two landmark expansion projects – (1) the building of *K. Sri Dhammananda Centre* in Sri Serdang, and (2) the construction of Wisdom Park's first facility in Hulu Selangor. These educational facilities will have a tremendous impact on the growth and development of Malaysian Buddhist community in years to come.

Nalandians are very grateful for the continuous support given to us to accomplish such important undertakings. We would like to thank our generous benefactors, donors, and volunteers for journeying with us on this wonderful path of Dhamma. We look forward to 2017 with increasing faith, courage and determination.

Nalanda Buddhist Society wishes everyone a 'Happy and Peaceful New Year' ahead. May we continue to live wisely in accordance with Dhamma. May all beings be well and happy!





吉祥如意 Happy New Year 2017!

*May your days ahead be fulfilling and peaceful.*

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20 November

A record number of devotees took part in this year's 'Sangha Day' celebrations at Nalanda Centre.

# 'Sangha Day' joy at Nalanda Centre

On 20 November 2016, hundreds of devotees thronged Nalanda Centre in Sri Serdang to participate in the 'Sangha Day' celebrations. This annual observance day is to honour the significant contributions of the monastic community towards the preservation and propagation of Buddha-Dhamma.

Since early morning, volunteers and devotees started to arrive at the Centre to participate in various activities. The programme officially began at 9am with meditation, offerings and chanting. Nalanda founder Bro. Tan addressed the congregation with a brief introduction to the meaning of 'Sangha' and its pivotal role in Buddha-Sāsana. The congregation then enjoyed two Dhamma talks – Achariya S. Vijaya delivering one in English, and Sis. Nandini delivering another in Mandarin.

After the talks was the programme highlight of the day – the offering of robes and requisites to Sangha members. Following Nalandian tradition, four bhikkhus were invited for this occasion – two monks each from the two

main *vihāras* in Kuala Lumpur. Also in accordance to tradition, the first group of offerors comprised the heads of Nalanda education and management, who represented all Nalandian teachers, members, benefactors, volunteers and supporters. They were followed by other devotees in batches.

It was a joyous occasion for everyone who attended the 'Sangha Day' observance at Nalanda Centre, as many people felt that they had learned something valuable while participating in the celebrations here. It was not just an occasion to perform rituals, but a ground for spiritual training as well.

We thank the venerable monks for their kind presence to accept our offerings, and all donors and devotees who have offered robes, requisites, and donations to the Sangha Fund.

We also thank all organisers, hosts and volunteers for your tireless effort in making the occasion a true cause for celebration. *Namo Sanghaya!*



1.



2.



3.

1. Bro. Tan spoke about the contributions of the Sangha and its pivotal role in preserving the *Buddha-Sāsana*.

2. The first robe and requisite pack was offered on behalf of all members, devotees and benefactors; Achariya Vijaya Samarawickrama was given the honour to offer it.



4.

3. Nalanda President and Deputy President were next in line to represent all members and supporters to offer robes.

4. Performing good from young. Sadhu!

5. Devotees also had the opportunity to offer food to venerable monks during lunch.

6. Bro. Tan representing the congregation in dedicating merits to all sentient beings.



5.



6.





20 November

One for the album – Nalanda Johor Bahru Dhamma School 2016.

## School Honours Day in Johor Bahru

On Sunday 20 November, Nalanda Dhamma School in Johor Bahru celebrated the successful completion of their second year with an “Appreciation & Honours Day”. This year, 34 teenagers grew together with us at our spiritually-nourishing NEO Centre.

The “Honours Day” programme began with a flag-raising ceremony and procession of Dhamma School facilitators and students. In their speeches, Chairman of Nalanda Johor Bahru Branch Bro. Yap, and Dhamma School Coordinator Sis. Ann, recorded their appreciation towards facilitators, volunteers, parents and students for their collective efforts over the year.

School Director Sis. Sunanda also gave students timely advice to continue their learning and practice of Dhamma, which will bring great benefits to their lives.

A highlight of the day was the commendation ceremony where certificates, medals and prizes

were presented to students in recognition of their achievements and transformation.

This year saw even more selfless support and contribution by many people towards the success of Nalanda Dhamma School. But beyond any other reward was for us to witness the wholesome changes in our students through Dhamma learning and practice.

We would like to record our gratitude to everyone who have supported this wholesome institution. Let us together continue with this miracle of education for many years to come!



Students expressing gratitude to their parents with a heart-warming song, “Father”.



26 November

Dhamma talk and a guided meditation session by Venerable Aggacitta.

## Dhamma talk by Āyasmā Aggacitta

On Saturday 26 November, Nalanda Centre was honoured to host Āyasmā Aggacitta, who gave a Dhamma teaching on mindfulness in everyday life. The evening began with meditation guided by Ven. Aggacitta, who is the Abbot of *Sasanārakkha Buddhist Sanctuary* in Taiping, Perak. He taught that awareness and mindfulness should not only be practised during ‘formal’ meditation sittings, but at every moment throughout the day.

Āyasmā Aggacitta said that often times, we perform “many unwholesome actions unnecessarily”, resulting in needless and

avoidable ‘bad’ kamma. This is because our minds are in an idle state, making assumptions, indulging in imaginations, or creating false beliefs. He thus advised that we should constantly be watchful of the mind, observing how it reacts to the six sense-objects.

Āyasmā Aggacitta further taught that before we perform any action, we should reflect on whether it is beneficial to ourselves and others, appropriate to what we are presently doing, realistic, and relevant to us. If any of the questions were answered in the negative, we should stop pursuing that intention. This allows us to stop unwholesome thoughts, as well as speech and action, in their tracks.

Devotees also had the opportunity to have their questions answered by Āyasmā Aggacitta in the lively question-time. We thank Ven. Aggacitta for his visit to Nalanda Centre, as well as for the interesting and pragmatic talk on watching the mind. Sadhu!



Bro. Tan briefed Āyasmā Aggacitta on the development progress of Wisdom Park.





26 November

*The meditation retreat received wonderful response from youths who were eager to cultivate their minds.*

*The next One-day Meditation Retreat for youths will be held on 18 March 2017.*

## Meditation retreat for youths

Capping off a fantastic 2016, Nalanda Youth Centre conducted a one-day meditation retreat for 150 young adults on Saturday, 26 November. The retreat featured insightful Dhamma teachings and practical meditation guidance by Nalanda founder, Bro. Tan.

The dynamic retreat allowed participants to link their learning to spiritual practice, bringing about *Right Understanding* on meditation. From the very start, participants were given gradual guidance on the practice of *'Mindfulness of Breathing'*. They were also taught to meditate in the sitting, standing, walking, and lying-down postures, as well as to maintain mindfulness while eating and moving about.

Bro. Tan also gave good advice on overcoming hindrances faced during meditation, such as the arising of ill-will, restlessness, and drowsiness. In relation to combating sleepiness, Bro. Tan quipped interestingly, "When we first gaze at the Wonders of the World such as the Great Wall of China

or Eiffel Tower, we feel enthused because these sights are unique. Similarly, did you know that every breath we take is unique? Therefore we should be enthused by watching our every breath!"

Participants later got to clarify their doubts in the 'Question & Answer' session. At the end of the retreat, the energetic youths promised to undertake the challenge of meditating 20 minutes a day for a month, which Bro. Tan termed the "30-day challenge".

It was indeed an illuminating day for the young adults, as they discover the joys and benefits of meditation. It was not as 'difficult' as many had first anticipated; in fact, it was amazingly 'enjoyable'!

Nalanda Youth Centre would like to express our deepest thanks to Bro. Tan, the participants, the retreat organisers and volunteers for being part of this retreat. May we continue to strive diligently in our wholesome practice!



*Bro. Tan gave six talks in the retreat to lay a strong foundation of practical understanding about meditation.*



*Enjoying quiet and peaceful moments throughout the day.*



*A participant asking questions to clarify learning during the Q&A session.*



*Participants conveying their gratitude and appreciation to Bro. Tan after the retreat.*





27 November

*Nalanda member Sis. Ng Lai Chan was invited to launch the exhibition.*

## Exhibition on ‘Wisdom Park’

A special exhibition on the progress of Wisdom Park was launched on Sunday, 27 November at Nalanda Centre; the exhibition is held in honour of the first anniversary of Wisdom Park Development Committee (WPDC), which was formed in late 2015. The Committee was entrusted with the task to conceptualise a “Master Development Plan” for the Park, reflecting its function as a national Buddhist education hub.

The exhibition chronicles the work of WPDC, including full-committee meetings, site visits, and many sub-committee level discussions. It also shows aerial photographs and surveys of the proposed site. Much progress has been achieved in developing the “Master Plan” and we are ready to proceed with constructing the first building

at Wisdom Park in mid-2017, a year ahead of the original schedule.

On the eve of the official launching, Āyasmā Aggacitta was invited for a preview of the exhibition while on a visit to Sri Serdang. Also previewing the exhibition on 26 November was former Minister in the Prime Minister’s Department, Yg. Berbahagia Tan Sri Dr. Koh Tsu Koon.

We invite you to visit the exhibition and listen to sharings by Nalandian officers to know more about this vital project and its positive impact on the future of Malaysian Buddhist community.

**The exhibition will be open on weekends from 10am to 6pm, until 26 February 2017. All are welcome.**



1.

**1.** Nalanda EXCO Members and education officers visiting the exhibition.



2.

**2.** 26 November 2016 – Yg. Berbahagia Tan Sri Dr. Koh Tsu Koon (left) and Dato’ Seri Kee Yong Wee viewing an exhibit.



3.

**3.** 13 December 2016 – Bro. Tan showing the location map to Venerable Ajahn Kalyāno, Abbot of Buddha Bodhivana Monastery in Melbourne, Australia, and Venerable Kovido.



4.

**4.** 21 December 2016 – Bro. Ajita Lim showing Venerable Ñanukkamsa and Venerable Alokavamsa around. Both venerables were from Indonesia.

**5.** Director of Nalanda Centre Sis. Nandini greeting visitors to the exhibition.



5.





27 November

Nalanda President Sis. Evelyn and Nalanda KL Branch Chairman Bro. Ng offering the first two robes.

## ‘Sangha Day’ at Nalanda KL Branch

On Sunday 27 November, members and devotees gathered at NEO Centre Kuala Lumpur to observe a meaningful ‘Sangha Day’ to express gratitude and reverence to the monastic community for their tireless efforts in the preservation and propagation of Buddha-Dhamma.

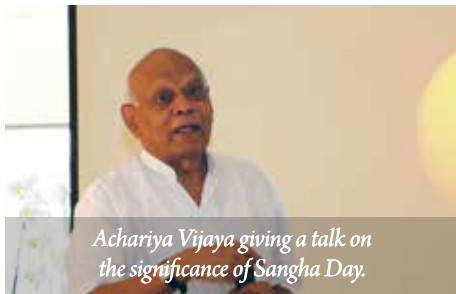
After meditation, offerings and chanting, Achariya Vijaya Samarawickrama was invited to deliver a Dhamma talk for the occasion. Achariya spoke about the community of monks and nuns – the *Sangha*

– and explained their pivotal role in passing down the teachings of the Buddha. Without their efforts, we would have lost this jewel of Dhamma; thus we should be eternally grateful for their great contribution.

Following the Dhamma talk, devotees offered robes and requisites to the two venerables specially invited from Sri Lanka Buddhist Temple in Sentul. After which, the venerables gave an ‘*ovada*’ (formal advice) before performing blessings and dedication of merits. Devotees also had the opportunity to offer lunch *dāna* to the monks on the joyful occasion.

We thank the venerable monks for their kind presence, and all devotees as well as volunteers for their generous spirit and active participation in this annual programme.

May all beings share and rejoice in the bountiful merits of these wholesome deeds.



Achariya Vijaya giving a talk on the significance of Sangha Day.



28 November

Nalanda Education Officers formed a multi-departmental Organising Team for WACANA 2017.

## 1 July date for WACANA Conference

Nalanda Institute officers have been meeting for the past few months to prepare for WACANA 2017 – the premier Malaysian conference where the Sangha and laity gather to discuss pertinent issues that affect the Buddhist movement.

This year’s WACANA Conference will be the fifth since 2007. It is scheduled to be held on **Saturday, 1 July 2017**, in Subang Jaya, Selangor. The theme for the conference is “*The Buddha Word – Discovering the Essential*”.

The objective of the meeting is to address the challenge many people face today in learning about Buddhism – what exactly did the Buddha teach? What teachings, doctrines, and practices constitute the ‘*Buddha Word*’?

Given the rise of false teachings and ‘pseudo-Buddhism’ nowadays, no wonder there is so much confusion among the community when it comes to the practice. Worryingly, what sounds ‘Buddhistic’ may not be the real

teachings of the Blessed One after all.

WACANA 2017 aims to tackle this critical issue by hosting an illustrious panel of speakers to address it. Among the presenters at the conference are senior Sangha members and prominent leaders of the lay community. The Theravada Buddhist Council of Malaysia will partner Nalanda Institute in organising the meeting.

We invite all concerned Buddhists to attend WACANA 2017 so that we can pool our ideas and precious resources to propagate the true teachings of the Buddha for generations to come.



Please stay tuned for registration details.





2 – 4 December

Organisers, volunteers and participants of the wonderful camp in Johor.

## Teenagers learn Dhamma at holiday camp in Johor

The joy of camaraderie lingered in the hearts of 80 young participants after the 3-day Nalanda learning camp held from 2 to 4 December at Pure Karma Buddhist Centre, Johor. Participating in the friendship-themed camp allowed the teenagers aged 13 to 17 the opportunity to learn and practise Dhamma joyfully alongside their *kalyāna-mittā*.

Throughout the camp, participants discovered the meaning of true friendship – from learning about the qualities of good and bad friends, the teens had a clearer understanding about the importance of associating with the right people. Camp-master Sis. Ann Yap strongly emphasized that wise friendship is essential for spiritual progress.

Besides Dhamma talks, meditation and station games, one memorable activity of the camp was the cooking competition, where participants had the chance to experience cooking with charcoal – no mean feat for today’s teens!

Smiles brightened the faces of happy participants throughout the wonderful three days, which passed too quickly. The camp concluded joyfully with participants paying respect to their parents with hearts full of reverence and gratitude. It was truly a remarkable start to their year-end school holidays. Many thanks to the dynamic organizing team for such a fruitful camp! Sadhu anumodana.



Walking meditation in the morning to sharpen mindful attention and mental awareness.



Starting a fire with charcoal to cook their dinner! It was a new and fun experience for today’s kids.



With hearts full of gratitude and love, participants concluded the camp by paying respect to their parents.



# Celebrating a year of goodness

On Sunday 4 December, Nalanda members gathered in celebratory spirits for the final Members' Day of 2016. Founder Bro. Tan graced the big family gathering, commenting that 2016 has indeed been an amazing and successful year for Nalanda. This success can also be seen in the intangible spiritual advancement of individual Nalandians.

Bro. Tan reminded members that "there is no such thing as a bad year, but only missed opportunities to learn." Whatever tragedy or challenge we face, if only we learn from it, can become a good thing. Going into the New Year, we should strive to see improvements within ourselves, and enable those around us to grow. We should see the apparent and potential goodness in everyone.

The assembly also marked the first 'Super Family Gathering' of all six *Dhamma Families* since their formation in August. The members of each family came together to perform songs and '*pantun*' (Malay poetry) recitation as part of the celebration. After that, members shared heartening personal anecdotes about their journey and experiences in being part of their *Dhamma Families*. It was indeed uplifting to see how much Nalandians have benefitted from the 'Dhamma Family' programme.

Amidst the celebration and merriment was also the acknowledgement of ten *Exemplary Nalandians* who have dedicated their hearts and minds in providing selfless service to the Buddhist community. With so many reasons to rejoice, it was truly a joyful and inspiring celebration of 2016!

We would like to express our deepest gratitude to all benefactors, supporters and volunteers for your support last year. We look forward to another year of growth and progress with high spirits and *Sāmaggī*.



*Appreciative Nalanda members watching a video review of the Society's activities throughout 2016.*

4 December



*Bro. Tan urging Nalandians to continue our good work, spirited learning, and self-cultivation in 2017.*



*Sis. Amery was among ten members recognised for their exemplary contributions. Sadhu!*



*'Dhammanandi Family' members entertaining everyone with a spirited song.*



*Members of 'Dhammajoti Family' reciting a poem on the Ten Paramis.*





12 December

## 2nd Nalanda Education Workshop

In conjunction with Nalanda 'Education Day', 35 Nalanda officers gathered at Nalanda Centre on 12 December 2016 for the second-ever Nalanda Education Workshop. The aim of the workshop was to chart and align the direction of all Nalanda education divisions in accordance with the 'Nalanda Education Philosophy'.

The workshop saw the participation of officers representing Nalanda Dhamma School, Nalanda Institute, Free School, Youth Centre, Pustaka Nalanda, and 'Dhamma Family' leaders. Venerables Balacitta and Vijaya who were visiting Nalanda Centre during that period also graced the meeting.

Chairman of Nalanda Education Team (NET) Achariya S. Vijaya set the workshop in motion with his opening address themed "Moving forward together". He emphasised that going forward, we have to strive to present the teachings of the Buddha in a way that is relevant to modern society, according to people's present needs.

Nalanda founder Bro. Tan rejoiced together with the officers in the progress and accomplishments of educational programmes throughout the year. Bro. Tan highlighted that Nalanda's programmes must not only provide knowledge, but should also be conducive to the arising of insight. From now on, we must work to lay a strong spiritual foundation for the future Enlightenment of beings.

After performing lunch dāna for the venerables, Director of Nalanda Institute Achariya Tan Siang Chye guided officers in the planning of 2017 programmes, where all education divisions would go by common themes every month of the year. This step is instrumental for Nalandians to move forward together in learning Dhamma.

By the end of the workshop, officers felt a great positive energy and look forward to implement our programmes in the coming months. We would like to thank all Nalanda education officers for their spirited participation in the workshop. May we continue to serve selflessly and tirelessly for the benefit of many. Sadhu anumodana!



*Beginning the workshop with salutations to Three Jewels.*



*Achariya Vijaya giving the opening address.*



*Bro. Tan spoke on Nalanda's Education Philosophy.*



*Officers planning next year's themes and programmes.*



*Spirited participation by Nalanda officers.*



*Active sharing of ideas at the workshop.*





13 December

*Devotees listening attentively to the Dhamma teaching by Ajahn Kalyāno.*

## Dhamma talk by Ajahn Kalyāno

On Tuesday 13 December, Nalanda Centre welcomed the visit by Venerable Ajahn Kalyāno for the second time since 2010; he was accompanied by Venerable Kovido. Ajahn Kalyāno, who is the abbot of Buddha Bodhivana Monastery in Melbourne, Australia, was invited to give a Dhamma teaching in conjunction with the full-moon *Uposatha Day*.

Ajahn Kalyāno firstly spoke about having the right approach towards the Dhamma, using the simile of a map. It is good if we were able to read and understand the map, but ultimately to get to our destination, we have to follow the map and move accordingly. Similarly, it is good that we learn and think about the Dhamma, but only through cultivation can we reach liberation.

Recollecting the late Ajahn Chah's advice, Ajahn Kalyāno urged devotees to spend a larger portion of their time looking within rather than looking at others. This is because the arising of liberating insight into reality comes from within, not without. Furthermore, in order to look into ourselves, the mind needs

to be clear and still. Therefore, for the mind to be clear, we should take steps to keep it free from defilements.

Finally, Ajahn Kalyāno emphasised the importance of *Right Effort* and developing patient endurance. He compared Dhamma cultivation to the care of parents for their baby, which needs a great amount of patience, love and discipline, among other things.

We thank Ajahn Kalyāno for his encouraging visit to Nalanda Centre, as well as for his enlightening Dhamma teaching. Nalandians took the opportunity to extend him an open invitation to come back any time.



*It is a blessing to associate with wise teachers.*



21 December

*Inspiring Dhamma teaching by Venerable Nanukkamsa (left).*

## Meditation with Ven. Nanukkamsa

In December 2016, Nalanda Centre was honoured to host Venerable Nanukkamsa and Venerable Alokavamsa from Indonesia. At the weekly Wednesday meditation on 21 December, Nalandians lent ear to an enlightening Dhamma talk by Ven. Nanukkamsa on the purpose of becoming a Buddhist.

In the *Mahā Sāropama Sutta*, the Buddha expounded that the purpose of holy life does not have gain or fame or even the accomplishments of virtue, concentration, or knowledge as its end goal. Instead, its ultimate goal is to attain the unshakeable liberation of the mind. Diligently and heedfully following

the Buddha's gradual teaching, we can eradicate all impurities, making the mind firm and equanimous in the face of worldly contingencies.

Ven. Nanukkamsa gave clear and concise explanations accompanied by many interesting similes and stories. He elucidated the practices of generosity, morality, concentration, and insight meditation, guiding devotees to clearly see that the purpose of living the spiritual life is to attain liberation from suffering. Knowing this purpose, we can channel all our energy to do just that.

We can infer that in the past, we have cultivated certain wholesome qualities to be able to come to this world as a human with many favourable conditions. Therefore we should treasure it by taking every opportunity to work on further improvements.

We thank Ven. Nanukkamsa for his inspiring teaching. May we heed this wise advice and continue to strive for liberation from all taints. Sadhu anumodana!



*Meditation session with the two venerables.*





16 – 18 December

Nalanda's camp for teenagers is a great platform for them to discover the importance of Dhamma in their life journey.

## Inspiring Teenagers' Learning Camp



Teenagers learning to calm their minds with frequent meditation sessions.



Group discussion encourages camp participants to think creatively and positively.



Morning exercise to stay healthy and energetic.



Bonding well with team-based activities.



Group performance during the closing ceremony.



Groups taking turns to serve daily meals.

From 16 to 18 December, Nalanda Dhamma School organized another wonderful teenagers' learning camp themed 'Inspector Me'. 74 youngsters ranging from 13 to 17 years old took part in the programme held at Nalanda Centre, Sri Serdang.

Throughout the camp, participants had opportunities to practise introspection in order to understand themselves better. They were also guided to discover the

importance of Dhamma through various activities such as meditation, mindful eating and group discussions. Team activities also fostered fellowship and goodwill amongst participants.

Nalanda's annual learning camp for teenagers has become a highly sought-after programme because participants get to enjoy meaningful time cultivating wholesome habits and making many good spiritual friends.





19 – 21 December

# Children's Learning Camp 2016

The much-anticipated annual Children's Learning Camp for 9 to 12 year-olds was held at Nalanda Centre from 19 to 21 December. The theme of the camp was 'Be Cool' – which aimed to inculcate good moral behaviour and manners in children as part of *being* 'cool'.

The camp activities were also geared towards teaching children to cultivate mindfulness and being wholesome in their thoughts, speech and conduct. Besides Dhamma lessons and meditation, interactive games were held for students to socialize harmoniously with others.

It was indeed a joyful and well-spent holiday for the 80 children who participated in the camp. We thank the Dhamma School facilitators and senior students for volunteering to organize this lovely camp. Sadhu anumodana.



*Learning Dhamma is fun and memorable through dramatisation.*



*Sis. Sunanda giving a talk to the young campers.*



*Joyful learning during group activities.*



*Participants enjoying the ice-breaking games.*



*Parents and participants enjoying the performances.*



# Dhamma School Facilitators' Retreat

Over the Christmas weekend from 24 to 26 December, Nalanda Dhamma School (NDS) facilitators went to Kuala Selangor for their three-day annual get-together. This year, the facilitators from Serdang, Kuala Lumpur and Johor Bahru branches were joined by Nalanda youths at the retreat.

The programme was filled with fun, learning activities. Facilitators had a reflective time reviewing the School's progress in 2016, as well as chart its course for 2017. The facilitators and youths also relished outings to the beach, where they bonded through activities and got to know each other better.

It was a welcomed break from their daily routine and everyone enjoyed the 3-day retreat immensely. The young Nalandians were fully recharged and ready to continue their selfless service in providing holistic education throughout the new year! We wish them the best in performing the 'miracle of education' in the coming months.



24 – 26 December

*Dhamma School Facilitators and Nalanda youths relaxing and recharging in Kuala Selangor.*



*Nalanda Dhamma School Director Sis. Sunanda gave a review of the School's performance throughout 2016.*



*Facilitators discuss School programmes to be implemented next year.*



# Nalanda Dhamma School Appreciation & Honours Day

On the last day of 2016, Nalanda Dhamma School Facilitators, students and their parents, alumni, volunteers and guests gathered at Nalanda Centre for the annual *School Appreciation and Honours Day*. It was an important event to celebrate the learning and progress of students throughout the year, and also to give thanks to teachers and parents who supported their learning.

The evening began with a colourful procession of facilitators and students into the Dhamma Teaching Hall, accompanied by the toiling of bells and beating of drums. In her speech, Dhamma School Director Sis. Sunanda Ong rejoiced in seeing the effort and growth of students through many learning opportunities and activities the whole year.

Following that was the highlight of the evening – the Awards Ceremony – where certificates, medals and prizes were presented to students to recognize their efforts, personal growth and selfless service towards the School. This year, the Dhammavijaya Challenge Trophy was won by Naga House, making it the fifth consecutive year they have bested Garuda House!

We congratulate Nalanda Dhamma School for 12 years of continuous growth and success. May the School community continue to shine for many more years to come.



31 December

*Thank you for the wonderful journey – Nalanda Dhamma School 2016 group photograph.*



*Facilitators carrying the challenge trophy and student certificates to the assembly.*



*Nalanda President Sis. Evelyn (right) leading the cheer for the dedicated team of School facilitators. The facilitators from three schools in Serdang and Kuala Lumpur attended the celebrations.*



*The students paying respect to their parents out of gratitude for their support and encouragement.*



*Students congratulating each other for their achievements in 2016.*



*A pat on the back for the personal growth and achievement.*



*Honouring the Three Jewels to conclude the lovely evening and another amazing year.*



# Nalanda e-Run 2017

RUN FOR COMMUNITY EDUCATION



**16 APRIL 2017, SUNDAY, 7 AM**

Register now at [www.nalanda.org.my/e-Run](http://www.nalanda.org.my/e-Run)

Registration closes on **19 March 2017, Sunday**

Nalanda is organising **e-Run 2017** to raise funds for our Education & Development Fund. The event also aims to promote physical fitness and family well-being within the community. We invite everyone to actively promote this programme and participate in it.

Let us all “run for community education” on 16 April!

## Upcoming Events January – March 2017

**JAN**



New Year Pūja & Sanghika Dāna

01	Nalanda Dhamma School 12th Anniversary	Nalanda Centre
	New Year's Day Pūja	Nalanda Centre
07	<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. market & Happy Garden
08	New Year Pūja & Sanghika Dāna	Nalanda Centre
	Nalanda Dhamma School Commencement session	Nalanda Centre
14	BPS 304 – Certificate in Buddhist Studies <b>Convocation Ceremony &amp; Gratitude Day</b>	Nalanda Centre
21	<i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre / Seri Kembangan market

**FEB**



Pindacāra

04	<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. market & Happy Garden
18	<i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre / Seri Kembangan market
	Annual General Meeting of Nalanda Kuala Lumpur Branch	NEO Centre KL

**MAR**



Bhāvanā Day for Youths

04	<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. market & Happy Garden
	Annual General Meeting of Nalanda Sungai Petani Branch	NEO Centre SP
05	Annual General Meeting of Nalanda Johor Bahru Branch	NEO Centre JB
12	14th Annual General Meeting of Nalanda Buddhist Society Malaysia	Nalanda Centre
18	Nalanda Patron's Day	Nalanda Centre
	<i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre / Seri Kembangan market
	<b>Bhāvanā Day</b> (One-day Meditation Retreat) for Youths * Registration is required for this programme	Nalanda Centre

Nalanda Buddhist Society wishes everyone a 'Happy and Peaceful New Year' ahead!  
祝愿大家平安快乐、幸福吉祥!

Nalanda Centre will be closed from 26 January to 1 February for the Lunar New Year. The Centre will reopen on 2 February.



# Spiritual well-being & Inner Peace

While people may hold different views and beliefs, we do all search for meaning and purpose in our existence that will lead to inner peace. The path to spiritual well-being may involve meditation, prayer and other spiritual practices which connect us to our inner being.

At its core, we must be compassionate, altruistic, forgiving and equanimous. To engage in the process of spiritual wellness, we must be willing and able to transcend ourselves to question the meaning and purpose of our lives. To do this, we must develop the indispensable qualities of faith, effort, mindfulness, tranquility, and wisdom. When we arrive at such a state of spiritual well-being, what follows naturally is inner peace.

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

## Nalanda Contacts

Please visit our website for directions to Nalanda.

### Nalanda Buddhist Society Malaysia

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Tel. No. +603-8938 1500 / 1501

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

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

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

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

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

524 A, 1st Floor, Jalan Riang 12, Taman Gembira, 58200 Kuala Lumpur.

Tel. No. +603-7971 7151

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

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

NEO Centre KL is open every first Saturday of the month from 7.30 am to 5.00 pm;  
Mondays to Thursdays : 8 pm to 10 pm; and every Sunday from 2.00 pm to 4.00 pm.

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

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

Tel. No. +607-350 3870

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

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

NEO Centre JB is open on Sundays : 8.30 am to 11.30 am; Mondays to Wednesdays : 8 pm to 10 pm;  
and on New-moon / Full-moon weekdays : 8 pm to 10 pm.

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

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

NEO Centre SP is open on Fridays : 7.30 pm to 9.30 pm; and on Saturdays : 9.30 am to 12.00 pm.