

Nalanda Bulletin

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For Non-Muslims Only

Dhamma learning & enrichment to spur our missionary spirit

The pursuit of Dhamma learning and practice underlies the foundation of our spiritual journey, and is a key enabler in achieving Nalanda Mission and Vision. Leaders, members and volunteers have been embarking on continuous learning and training programmes to upskill, uplift and inspire, including a learning trip to Thailand for Nalanda Dhamma School facilitators (cover photo).

Find out more on pages 28 & 29.





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Calm before the buzz

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Youth Centre members upskill through training & practice



Engaging approaches to encourage participation and more effective learning.



Youths discussed how they will apply the learnings in the workshop.

13 & 27 July, Sri Serdang

Nalanda Youth Centre has been growing gradually through the years with an emphasis on learning and cultivation in Dhamma. Energetic and earnest, the youths joined learning workshops to upskill themselves in order to better serve the community.

On 13 July, Sis. Paruadi Ramasamy led the Facilitation Workshop to build their skills and confidence to facilitate meaningful discussions and reflections.

On 27 July, Bro. Lim Ajit coached the youths on the spirit of chanting, and practised together. We rejoice in the youths' eagerness in learning for personal growth and improvement. *Sādhu!*



Bro. Ajit shared that cultivating the right spirit to lead chanting is important in a spiritual community.



Practising as a group to chant harmoniously.



May the youths gain confidence and clarity to lead chanting sessions with a stronger spirit and deeper spirituality.

Mettā Meditation Course in Sungai Petani Branch

July – August, Sungai Petani

From July to August, Nalanda Branch Sungai Petani organised a *Mettā* Meditation Course at NEO Centre S.P. In the Course, participants and volunteers learned how to cultivate *mettā* in order to radiate well-wishes to all beings.

Starting with having loving-kindness for ourselves is key as we cannot give to others what we do not have for ourselves. The participants were guided in meditation sessions throughout the programme, and were encouraged to practise every day, even for short periods.

We extend our appreciation to the Dhamma speakers and Organising Team for this meaningful programme. May participants continue with this endearing practice. *Sukhihontu.*



Calming the mind and radiating loving-kindness.



Participants shared their experience and also asked questions.



26 July – Session guided by Sis. Sua Siau Theng.



9 August – Session guided by Sis. Santi Cheang.



2 August – Session guided by Sis. Buddhini Tan.



25 August – Session guided by Bro. Ooi Boon Keat.



Management Training for K.L. Branch Committee

19 July, Kuala Lumpur

Nalanda Kuala Lumpur Branch Management Committee convened for a training session guided by Nalanda President Sis. Buddhini Tan, with the support of Honorary Treasurer Sis. Doris Tan. Eager to learn and grow in their roles, they became more well-versed in Nalanda's educational philosophy, its mission, and responsibilities outlined in the Society's Constitution.

The training also served as a platform for open discussion to seek clarifications on operational matters and receive guidance on overcoming challenges. May the Committee work collaboratively for the smooth functioning and continued growth of the Branch.



Sis. Buddhini shared the impact of a leader's role in the community.

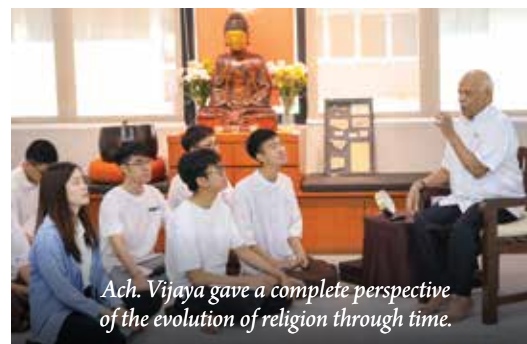


Leaders listening intently and asked questions regarding challenges they faced.



Special Youth Lecture by Acharya Vijaya Samarawickrama

27 July, Sri Serdang



Ach. Vijaya gave a complete perspective of the evolution of religion through time.



This topic is especially important for today's youths who seek understanding and clarity.

Acharya Vijaya Samarawickrama gave a special lecture on 'The Origin of Religion' at Nalanda Youth Centre. The evolution of man gave rise to religion and different beliefs on how the universe began. Factually, the Buddha's perspective of the early universe aligns with scientific advancements. However, it is more pertinent for us to focus on His core teachings to free ourselves from the root causes of suffering.

We express our gratitude towards Ach. Vijaya for sharing his vast knowledge with clarity and vigour, giving the youths more insight and inspiration to progress on this path to liberation step-by-step. *Sādhū anumodāna!*



Parent-Facilitator Meeting for Junior & Teenage Dhamma School



Dhamma School Exchange with Kinrara Metta Buddhist Society

27 July, Sri Serdang

Nalanda Dhamma School hosted a Parent-Facilitator Meeting for Junior and Teenage Dhamma School parents. School Coordinators Sis. Lau Wei Nee and Sis. Poh Chin Hui gave an overview of the learning programmes and school trips organised, class profile and attendance records.

Everyone rejoiced at the stories of students' progress which highlighted the efficacy of Dhamma education and dedication of parents in supporting their children's learning. Director of Dhamma School, Sis. See Hui Shien extended her thanks for reinforcing Dhamma at home, emphasising the importance of learning as a family. *Sādhū anumodāna.*



Sis. Hui Shien shared that with parents' support, the children progress better in Dhamma learning.



Obtaining key information and updates on the School's past and upcoming programmes



Sis. Sadhikā Tan, Coordinator of Family Dhamma School shared how parents have become avid learners.



We extend our appreciation to all Dhamma School teachers for their selfless service.

3 August, Sri Serdang

Nalanda Dhamma School warmly welcomed Dhamma School teachers from Kinrara Metta Buddhist Society's Dhamma Dipa Circle (Dhamma learning programme for children) for an enriching exchange session. The group shared the structure, values and learning approaches to cultivate holistic development in students, and also discussed challenges faced by the teachers.

This beneficial meeting fostered deeper connections, reaffirming the shared mission of nurturing younger generations in Dhamma. We wish the team from Dhamma Dipa Circle continued strength and success in guiding young minds with compassion and wisdom.



Forging Unity & Harmony at Monthly Members' Day

3 August & 28 September

Members' Day gathers Nalanda members for progress updates, Dhamma learning, and alignment on the way forward for the Society. On 3 August, Sis. Sunandā Ong shared on culture as our social heritage. At Nalanda, culture is deeply rooted in Dhamma values and we maintain these endearing practices through continuous effort, reflection and refinement.

On 28 September, members were uplifted by reflections on the missionary spirit by Sis. Buddhini Tan, with a reminder that every interaction is an opportunity to embody and share Dhamma. With a strong spirit of concord and unity, members renewed their determination to learn, practise and serve joyfully together.



Each session commences with chanting and reciting Nalanda's Mission and Vision.



Sis. Sunandā explained that a shared culture with understanding brings a community closer.



Members discussed suggestions and improvements for Society matters.



Sis. Nandini presented upcoming programmes, offering opportunities for learning & service.



Missionary spirit nurtures both personal and organisational growth, as shared by Sis. Buddhini.



Fun learning and reflections to enhance the understanding of mindfulness.

A roaring success at annual Family Fun Fair

17 August, Sri Serdang



Scan the QR code above to watch the video highlights.

More than 8,000 people came to support the Fair with families streaming in and children's laughter echoing around. Over 160 vibrant stalls were set up offering everything from food and beverages to groceries and everyday items. Every smile, every cheer, every joyful step reflected the loving intention behind the Fair — to support the building of Wisdom Park Phase 2, and provision of holistic education through Nalanda Free School, Dhamma School and Youth Centre.

A special highlight was the opportunity to sponsor Care Bags — RM20 each — generously filled with essentials for senior citizens and children in need and delivered by volunteers. We extend our appreciation to all sponsors, volunteers, stall-operators, family members, and friends who came together in service and joy. Your presence and support turned the Fair into a living celebration of compassion and positivity. Let's carry this warmth forward until we meet again next year!





Family Dhamma School
Bringing to life their theme of 'Rasa-Rasa Malaysia'.



Stall Operators
Colourful and fun stalls with much to offer.



Family & Friends
Working together to support education.



Donors & Supporters
We rejoice in the wholesome deeds of donors who set up stall and also sponsored welfare homes at the Fair.



Donors & Supporters
We are grateful to so many kalyana mittas for your presence and support.



Long-time Supporters
Ah Loh Kopitiam brings much kindness & compassion together with lots of food & goods.



Buddhist Organisations
Our gratitude to the Buddhist Societies who set up stall to support us.



Visit by Y.B. Yeo Bee Yin
We extend our appreciation to Y.B. Yeo for coming to support the Fair!



Family Dhamma School
A great learning experience as children and parents work together.



Youth Canopy
Putting their skills towards a good cause.



Youth Canopy
Non-stop 'heart-work' to serve the community.



Youth Canopy
Special Exhibition to introduce Youth programmes to all.



Youth Canopy
Hard work is made easier when we work together.



Youth Canopy
Rallying together early in the morning to make this Fun Fair a meaningful experience for everyone.



J.B. Branch Entourage
Members and volunteers from Nalanda Branch J.B. come in full force to support the Fair.



S.P. Branch Entourage
Travelling hundreds of kilometers is no barrier to good friends.



Traffic Control
Thank you to our Traffic Control team for ensuring safe traffic flows.



Coupon Sales
Volunteers work happily to contribute to the positive experience of everyone at the Fair.



Care Bags distributed across the Peninsular



Gifting to Rumah Victory, Puchong



Gifting to Persatuan Kebajikan Kanak-kanak Istimewa Insan, Happy Garden.

July – September

Thousands of 'Care Bags', together with groceries, provisions and lovingly cooked meals have reached dozens of welfare homes across the Peninsular including Seremban, Melaka and Kuantan. Volunteers personally packed and presented Care Bags to underprivileged children and elderly. We echo their gratitude & appreciation for the kind donations of Family Fun Fair supporters which made this possible.

On 1 September, 45 Nalanda youths shared Care Bags with Mon Learning Centre during the Silver Lining Day programme. May the seeds of service and giving in our youths continue to grow and be nourished.



Gifting to Bodhi Homecare, Cheras.



Gifting to Jing Sun Welfare Society, Salak South.



Gifting to Sivananda Home, K.K.B.



*Gifting to S.J.K. (T) FES
Poomalai Tamil Arangam, Serdang.*



Gifting to Pure Life Society, Puchong.



Gifting to Cheerful Children Centre, Melaka.

23 – 24 August, K.K.B.

Seck Kia Eenh (SKE) Temple Dhamma School held their Teachers' Retreat at Wisdom Park, led by President Bro. Tan Kim See, Vice President Bro. Danny Teoh and School Coordinator Sis. Lilian. Throughout the retreat, Dr. Punna Wong guided them to explore structuring Dhamma sessions for a more complete lesson guide.

They put what they learned into action with group discussions and presentations, together with invited Dhamma School students who aspire to help the School in the future. We rejoice in the positive and energetic spirit of the group, who eagerly expand skills and knowledge to serve the community through education.



Dr. Punna Wong led the group through hands-on learning and discussion.



Nalanda volunteers together with Bro. Kim See (middle) and Sis. Lilian (far right).

Hosting Retreat for Teachers from Seck Kia Eenh Dhamma School



Congratulations to Youth Leaders awarded Masters in Buddhist Studies



Ven. Dhammajoti personally handing over certificates to Bro. Disheng and Bro. Ajit.



Congratulations to the graduates from Malaysia for their accomplishment.

25 August, Sri Lanka

We extend our heartiest congratulations to Bro. Yeo Disheng and Bro. Lim Ajit, Nalanda Youth leaders on receiving the Master of Arts in Buddhist Studies from University of Kelaniya, Sri Lanka. Nalanda Buddhist Society sponsored their studies in the inaugural academic year of Vidyacarana Buddhist Resource under tutelage of Ven. K.L. Dhammajoti.

The Convocation Ceremony was held on 25 August at the Bandaranaike Memorial International Conference Hall, Sri Lanka. We rejoice in Bro. Disheng and Bro. Ajit's achievements and even more so, their Dhamma practice and dedication to work for prolongation of the Buddha-Sāsana. *Sādhu anumodāna.*



Erasmus+ Project

Interfaith exchange with IIUM academics

27 & 28 August, Selangor

On Wednesday 27 August, Nalanda was pleased to host a delegation from International Islamic University Malaysia (IIUM), comprising professors, lecturers and visiting academics from Germany, Spain, Austria, and Albania under the Erasmus+ Project.

The diverse group, representing different faiths and cultural backgrounds, made the occasion a truly meaningful opportunity for interfaith dialogue and cross-cultural exchange.

The discussions unfolded in a warm and respectful atmosphere, with participants reflecting on shared values such as compassion, mutual respect, ethical living, and service to the community. There was deep appreciation for the

opportunity to learn from one another's traditions and strengthen mutual understanding across cultures and religions.

On Thursday 28 August, Bro. Tan Siang Chye, Director of Nalanda Institute, served as a panellist at the Erasmus+ Transnational Meeting on 'The Role of Religion in Ensuring Climate Justice', hosted at IIUM.

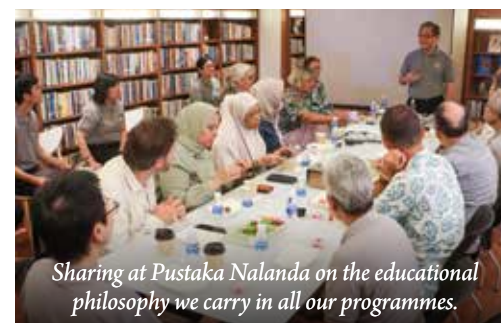
Nalanda extends its sincere appreciation to IIUM and visiting academics for their kind visit and enriching dialogue. We wish them every success in their ongoing work and collaboration, and may such engagements continue to build bridges of friendship, harmony, and mutual respect across all communities.



Bro. Siang Chye shared views from a Buddhist perspective at IIUM.



Bro. Siang Chye and Sis. Nandini Tan with the Transnational Meeting participants.



Sharing at Pustaka Nalanda on the educational philosophy we carry in all our programmes.



Sis. Nandini gave an overview of the various learning programmes for different age groups.



On a building tour of Nalanda Centre, where Dhamma principles are symbolically embedded.



Nalanda Board members Sis. Evelyn Chow and Sis. Livin Leow hosting the group.



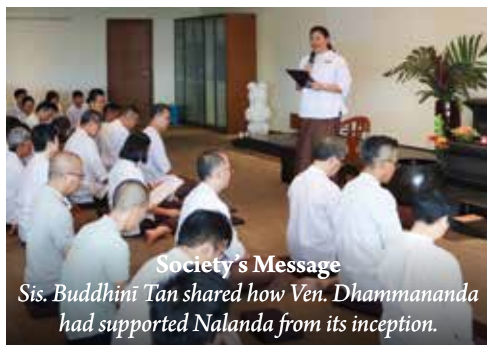
Flag Raising
Recitation of the Jayamangala Gatha



Paying our Respects
With much gratitude in our hearts.



Procession to Nalanda Centre
Symbolic of Ven. Dhammananda's last walk from the former 'Nalanda House'.



Society's Message
Sis. Buddhini Tan shared how Ven. Dhammananda had supported Nalanda from its inception.



Dhamma Talk
Ven. Prof. K.L. Dhammajoti talked about the importance of Buddhist meditation and practice.



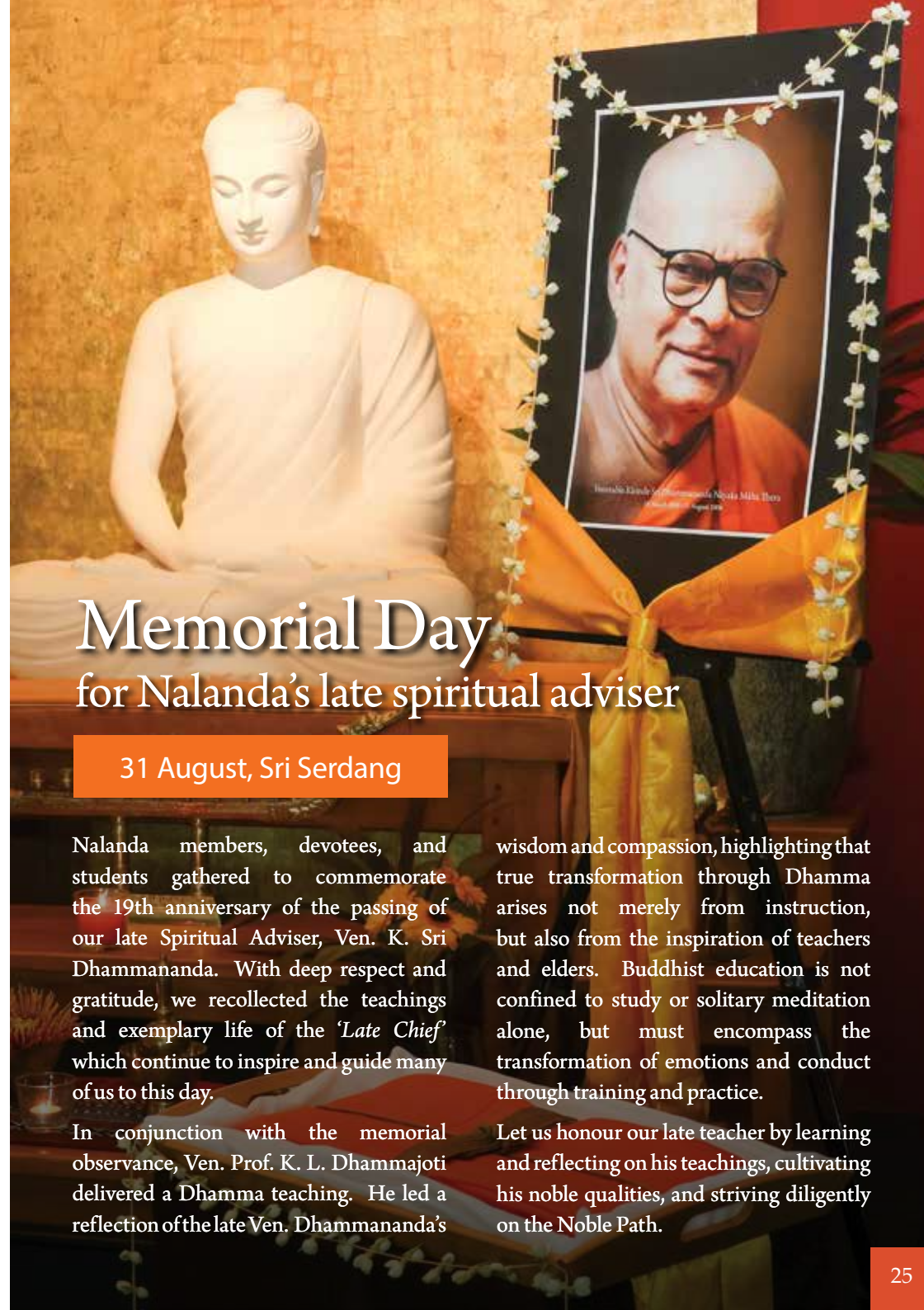
Dhamma Talk
Being a practitioner means committing to discipline and betterment of ourselves.



Lunch Dāna
The congregation offered the meal with gratitude and humility.



Dedication of Merits
May the late Ven. Dhammananda attain the highest bliss.



Memorial Day for Nalanda's late spiritual adviser

31 August, Sri Serdang

Nalanda members, devotees, and students gathered to commemorate the 19th anniversary of the passing of our late Spiritual Adviser, Ven. K. Sri Dhammananda. With deep respect and gratitude, we recollected the teachings and exemplary life of the 'Late Chief' which continue to inspire and guide many of us to this day.

In conjunction with the memorial observance, Ven. Prof. K. L. Dhammajoti delivered a Dhamma teaching. He led a reflection of the late Ven. Dhammananda's

wisdom and compassion, highlighting that true transformation through Dhamma arises not merely from instruction, but also from the inspiration of teachers and elders. Buddhist education is not confined to study or solitary meditation alone, but must encompass the transformation of emotions and conduct through training and practice.

Let us honour our late teacher by learning and reflecting on his teachings, cultivating his noble qualities, and striving diligently on the Noble Path.



Joyful Family Camp for K.L. Family Dhamma School

5 – 7 September, K.K.B.

17 families from Family Dhamma School Kuala Lumpur, gathered at Wisdom Park for a learning camp themed “*Brahmavihāra – The Heart of Harmonious Living.*” Everyone engaged in Dhamma talks, service and activities that nurtured togetherness, and appreciation of *Brahmavihāra*, the four sublime states of loving-kindness, compassion, appreciative joy & equanimity.

Highlights were a Parenting Workshop by Bro. Aggaphala Yap, while children joined a chanting workshop to deepen their appreciation for devotional practice.

In heartfelt moments, parents and students shared about their growth journey in Dhamma. May all families continue to grow the spirit of the *Brahmavihāra* into their daily lives.



School Coordinator Sis. Sadhikā Tan, delivered the morning sharing & briefing.



Sis. Lau Wei Nee conducted learning sessions for the children.



Parents learning with much interest from Bro. Aggaphala Yap.



Every day is grounded in chanting and meditation.



Having fun together while working as a team.



Offering their service to green Wisdom Park.



Parents sharing their learning and reflections.

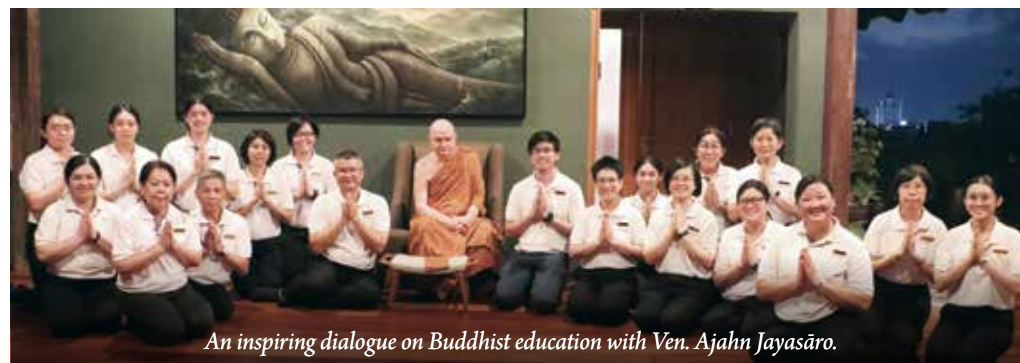
Dhamma School Facilitators embark on learning trip to Thailand

12 – 16 September, Thailand

20 Nalanda Dhamma School facilitators travelled to Thailand for a meaningful study tour in conjunction with the School's 20th anniversary. Led by President Sis. Buddhini Tan & Director of Nalanda Dhamma School Sis. See Hui Shien, the trip centred on learning from revered monastic teachers. Facilitators had the rare opportunity to learn from Ven. Ajahn Jayasāro, Ajahn Nyanadhammo, Luang Por Ganha, and Luang Por Piak, whose teachings, reflections, and warm encouragement offered deep insights into their service in Dhamma School, as well as personal practice and spiritual growth.

At the Buddhadasa Indapañño Archives in Bangkok, exhibits & creative presentations of Dhamma inspired facilitators to reflect on applying timeless truths in guiding students. Visits to Panyaprateep and Thawsi Schools provided valuable perspectives on holistic education.

With heartfelt gratitude, we thank all venerable teachers, hosts, and friends in Thailand for their warm hospitality and generous sharing. As we mark this special 20-year milestone, may our facilitators grow in wisdom and compassion while guiding future generations towards a brighter and more harmonious future.



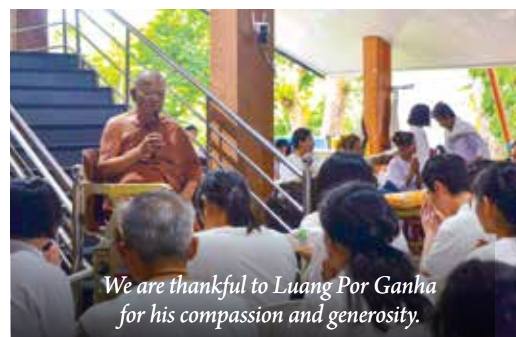
An inspiring dialogue on Buddhist education with Ven. Ajahn Jayasāro.



Luang Por Piak emphasised the importance of keeping our precepts and daily mental cultivation.



Ajahn Nyanadhammo gave kind encouragement and guidance to our facilitators.



We are thankful to Luang Por Ganha for his compassion and generosity.



At Buddhadasa Indapañño Archives, Dhamma echoes in every corner of its unique architecture.



A guided tour by Panyaprateep School students as they shared about their learning & growth.



A delightful and candid experience learning with teachers & students of Thawsi School.



Learning Trip to Farm Fresh for Nalanda Free School students

13 September, Sri Serdang



Joyful group photo after a fruitful learning day.



Learning about composting.



Students proactively asking questions.



Wholesome fun with good friends.



Visiting the farm animals.

30 Free School teachers and students went on an excursion to Farm Fresh in Serdang. During the half-day learning trip, students were exposed to interactive and fun ways to learn about the production of various farming and dairy products.

On the farm tour, they learned about rearing animals, the milking process, and also composting and hydroponic farming. This fun experience enhanced their understanding of responsible agriculture practices.

We thank the management of Farm Fresh for hosting us and sponsoring the entrance fee of teachers and students. It was a memorable and enjoyable learning experience.



Learning Sessions
Sis. Santī shared pertinent Dhammapada verses.



Learning Sessions
Sis. Sunandā taught mindfulness based on MN10.



Dhamma Chat
Q&A with Sis. Santī, Bro. Kong Foo & Sis. Ai Li.



Teamwork & Discussion
Gaining through sharings.



Heart-work Outdoors
Learning to mix soil to nurture trees & plants.



Mindfulness Practice
Exploring mindful eating together.



Grounded daily
Meditation & chanting every morning and evening.



Reflections
Considering how to enhance our mindfulness.

Enriching Stay-in for Young Working Adults

13 – 15 September, K.K.B.

45 participants and volunteers joined the first 'Young Working Adults' Stay-in Programme at Wisdom Park. Dedicating their long holiday weekend to learning, the youths explored the theme 'Quality of Mind determines Quality of Life' through Dhamma talks, experiential learning and mindful practices.

Guided by Sis. Santī Cheang and Sis. Sunandā Ong, the youths delved into the Mahā-Satipaṭṭhāna Sutta (MN 10) and put into practice mindfulness through

meditations sessions, mindful walking and mindful eating. The group developed strong camaraderie and friendship through reflective discussions, activities and service.

We rejoice in the learning spirit of the young adults, who supported each other with openness and positivity. Our appreciation to the Dhamma speakers, the Organising Team, facilitators and volunteers for enabling our learning in this memorable stay-in. *Sādhū anumodāna!*





Family Fun Fair in Johor Bahru

21 September, Johor Bahru

A joyful gathering of spiritual friends to support the Family Fun Fair preparations.

Nalanda members, Family Dhamma School students, devotees, volunteers together with family and friends travelled from all over Malaysia and even across the border for the Family Fun Fair at NEO Centre Johor Bahru.

Through rain and shine, blessings abound in the unity and harmony of the Buddhist community, and reunion of kalyana mittas as everyone lent their support in various capacities for the purpose of holistic Buddhist education. We also welcomed members of the public and introduced them to programmes at the NEO Centre.

Our appreciation to the Organising Committee, members, volunteers and students for your efforts in realising this year's Fair. *Jai-ho!*



Charity Organisations
*Offering nutritious fare
with kindness & compassion.*



Family & Friends
*Contributing together
for holistic education.*



Interviews
*With Family Dhamma School
students & parents.*



Blessings is in what we give
*Joyous blessings as we are surrounded
by good friends to support a wholesome cause.*



Launching the Fun Fair
*By Sis. Buddhini Tan (right) and
Bro. Lim Chin Huat (middle).*



Morning Chanting
Starting the event spiritually.



Avid Support
*Thank you to Y.B. Liow Cai Tung
for coming to support us.*



Kalyana-mittas
*Gratitude to our dear friends
from Singapore for joining the Fun Fair.*



Joyful learning for Core Volunteers

4 October, Sri Serdang

Our appreciation to all our Contact Managers for their humility to learn, eagerness to improve and commitment in service.

Volunteers are an essential part of any Buddhist Society. At Nalanda, each volunteer is assigned to a specific Contact Manager to ensure they are equipped and enabled in their service as well as cared for in their well-being.

Nalanda Training & Enrichment Centre (TEC) ran a training led by its Director Sis. Paruadi Ramasamy, to help Contact Managers strengthen their understanding of their role and discuss challenges together with suggested solutions.

We extend our thanks to TEC for this useful training and also to all our Contact Managers for their humility to learn and strengthen their skills in order to lead and guide volunteers to serve the community. Let us together work harmoniously and happily for the Sāsana.



Sis. Paruadi reinforced the important role that Contact Managers play.



Bro. Tong Siong Yeow expanded on the mindset, roles and responsibilities we carry.



Sis. Santi Cheang commenting on the case study presentations.



Sis. Nandini Tan shared principles and practices to maintain unity and harmony.



Asking questions to deepen our understanding.



Fellowship and light activities to enhance learning.

Sunday Morning Service Team Stay-in Programme

4 – 5 October, Sri Serdang

The Sunday Morning Service Team who are always working seamlessly behind the scene, together with Sis Nandini Tan, Sis. Sunandā Ong & Bro Yeo Disheng who conducted the learning sessions.

Sunday Morning Service (SMS) held weekly at Nalanda provides a meaningful space for one to recharge spiritually and learn Dhamma. This stay-in was organised to deepen the team's knowledge and strengthen their spirit of learning and cultivation.

The learning sessions on Buddhist education, organising skills & Pāli chanting helped the team to better understand their roles and reflect on the purpose and meaning of their service.

Equally important was the bonding and fellowship nurtured throughout the two days. We rejoice in this programme which concluded on a happy and inspired note with the team motivated to continue serving sincerely and mindfully. *Sādhū anumodāna.*



Starting spiritually with morning chanting and meditation.



Sis. Sunandā shared about the purpose and principles of Dhamma education.



Sis Nandini guided the discussion on planning and team structure.



A quiz to re-cap our learning thus far at Nalanda.



Bro. Disheng led the team in chanting practice.



Joyful discussions with kalyana mittas who have been supporting one another every week.



WACANA 2025 preparations at full-steam



Register on-line at
wacana.nalanda.org.my

WACANA Programme Team has been meeting often since late 2024 to plan for the sixth Buddhist Conference to be held on 20 December 2025. The team led by Director of Nalanda Institute Malaysia, Bro. Tan Siang Chye, assessed the current needs and challenges of the community, and consulted with respected teachers and lay leaders to compose a meaningful event themed “Awakening to Community Well-being : Contemporary Approaches”.

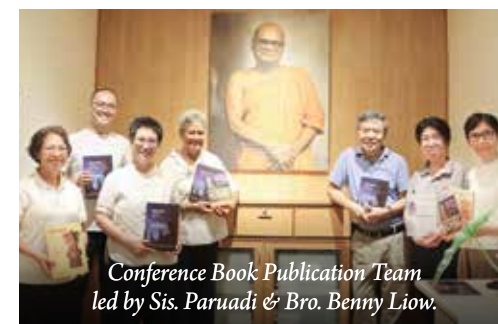
Co-organised with Theravāda Buddhist Council of Malaysia (TBCM), let us convene to explore pertinent issues with dynamic, knowledgeable members of the Sangha and lay Buddhist leaders. Find out more and join us by registering at wacana.nalanda.org.my.



Organising Team meetings together with representatives of TBCM.



Multiple meetings of the Programme Team led by Bro. Tan Siang Chye.



Conference Book Publication Team led by Sis. Paruadi & Bro. Benny Liow.



Briefing at Metta Lodge Johor Bahru.



Briefing at Klang & Coast Buddhist Association.



Briefing at Dharma Drum Mountain Malaysia.



僧團日 Nalanda Buddhist Society

SANGHA DAY OBSERVANCE

Sunday, 9 November 2025

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 2025

OCT



Fuel-Up Camp

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
11	Mid-Autumn Festival Celebration	Nalanda Centre
12	Nalanda Free School Parenting Workshop *	Nalanda Centre
14	Young Working Adults Monthly Gathering	NEO Centre K.L.
18	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
18 – 20	Nalanda Youth Centre Fuel-Up Camp *	Wisdom Park
18 – 20	Nalanda Dhamma School Facilitators' Retreat *	Wisdom Park

NOV



Sangha Day

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
01 – 02	K.L. Branch Leaders Gathering *	NEO Centre K.L.
02	Nalanda Members' Day *	Nalanda Centre
09	Sangha Day Observance	Nalanda Centre
09	J.B. Monthly Sunday Service	NEO Centre J.B.
11	Young Working Adults Monthly Gathering	NEO Centre K.L.
15	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
29	Nalanda Free School Appreciation Night	Nalanda Centre

DEC



WACANA 2025 Conference

06	<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
06 – 12	Meditation Retreat with Ven. LP Viradhammo *	Wisdom Park
09	Young Working Adults Monthly Gathering	NEO Centre K.L.
11	Nalanda Education Day	Nalanda Centre
19	Dhamma Teaching by Ven. Ajahn Jayasāro	Nalanda Centre
20	WACANA 2025 Buddhist Conference *	Menara KEN, TTDI
21	Special Youth Dialogue	Nalanda Centre
24	Dhamma Teaching by Ven. Ajahn Kalyano	Nalanda Centre
26 & 27	Ajahn Chah Remembrance Day 2025	SJK(C) Puay Chai 2, Bandar Utama
31	Nalanda Dhamma School Honours Day	Nalanda Centre
31	New Year's Eve Service	Nalanda Centre

* Registration is required

Dhamma Reflection

Faith allows us to simplify, to prioritise. There are so many fascinating things that we could give our time to. But expressing our faith in Dhamma means making choices based on the question : *“What can I do that leads to my long-term welfare and happiness?”* Each time we return to this question, we should bear our death in mind. We must never forget that we are going to die, and that we have no guarantees when and how our death will take place. Talking to ourselves about death, there’s no need for tact or diplomacy. Be blunt : *“Death’s coming. It’s on its way. What am I doing with my life? What am I doing today? Right now?”*

Time is our greatest treasure. Whereas short-term pleasures may seem to be benign, they are only truly so if they do not rob us of the precious time we need to devote to our long-term welfare. Many people are disciplined enough to put long-term goals before short-term pleasures. What distinguishes a wise person is not so much their ability to let go of craving for immediate gratification. It is the quality and profundity of the goal for which that sacrifice is made.

– Ven. Ajahn Jayasāro

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Nalanda Contacts Please visit our website for directions to Nalanda.

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