Nalanda Bulletin

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‘Fueling-up’ at Wisdom Park

As 2026 draws to a close, we rejoice in the diligence and energetic efforts of Buddhist community members in learning and practising the Dhamma at Wisdom Park. Since its completion in 2020, the educational campus has hosted dozens of Dhamma programmes and retreats, benefiting over 7,000 learners including children, teenagers, youths and adults. These include the recent Dhamma School Facilitators’ Retreat and Youth Leaders’ Fuel-up Camp depicted below. See pages 34 – 37 for the news.



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NBS 2649 BL



Learning with Ven. Ajahn Pavaro

On Sunday 15 November, we were privileged to host Ven. Ajahn Pavaro who gave a teaching on how we can be better prepared for life's uncertainties by developing our virtues and wisdom.

He compassionately answered devotees' questions on how to hone their practice in accordance with the Buddha's teachings. Our gratitude to Ajahn for guiding us and we wish Ajahn good health.

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Happy Young Adults Programme

Ongoing from August

Happy Young Adults Programme resumed in August to support young working adults in navigating workplace challenges while cultivating wholesome values in their professional and personal lives. The youths learn from experienced corporate leaders who share practical insights on thriving in today's working world through the lens of Dhamma.

We invite working adults of up to age 35 to join us to navigate your early career, and be part of a supportive group of your peers. The programme is held monthly at NEO Centre K.L. in Happy Garden. For more information, follow Nalanda Youth Centre on Instagram. See you there!



We thank Bro. TP Lim (centre) who shared social media tips in the talk 'From Viral to Valuable'.



Each session enables youths to learn more about one another and support each other.



Youth Mentor Bro. Lee Kong Foo shared personal advice during the morning coffee session.



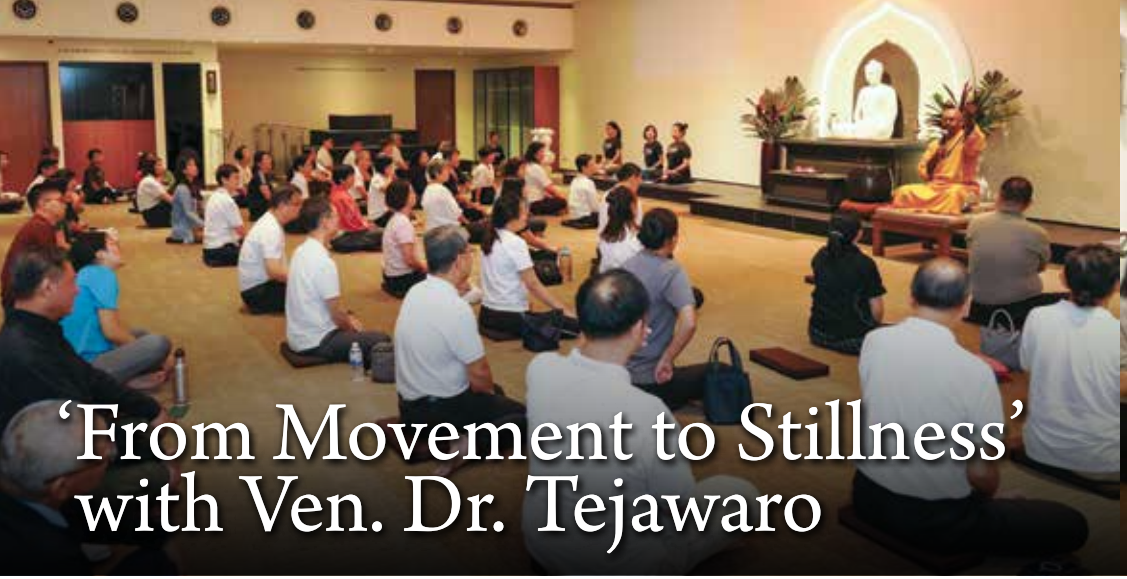
"It's not simply about gaining followers on social media, but to be a person worthy of following."



Datuk Charlie Chia shared valuable insights on 'Right Livelihood & Right Use of Wealth'.



Navigating workplace politics with greater awareness and wisdom - with Sis. Foo Ai Li.



‘From Movement to Stillness’ with Ven. Dr. Tejawaro

5 August, Sri Serdang

Ven. Dr. Tejawaro Mahāthera guided members and devotees in deepening their meditation practice through yoga in a special session of ‘From Movement to Stillness.’ Facilitated by 15 yoga teachers from Taiwan, we gradually settled into a meditation posture, experiencing the transition from movement to stillness.

Ven. Dr. Tejawaro taught us to recognise and understand the mind as it is, so we can gradually calm it and cultivate greater stillness and clarity. We thank Ven. Tejawaro and the yoga teachers for their meaningful teaching and guidance.



Settling into a sitting posture to observe the mind.



Learning various poses to stretch and relax to prepare the body for sitting meditation.



Devotees are grateful to have gained a better understanding of how to enhance their meditation efforts through proper movement.



Ven Dr. Chandima on ‘Cyborg Sīla’



“Technology can support our practice but cannot replace the inner transformation of the mind.”



Devotees are reminded to use technology with mindfulness, not as mindfulness.

9 August, Sri Serdang

Ven. Dr. G. Chandima delivered a thought-provoking teaching on “Cyborg Sīla : Buddhist Virtue Ethics in the Age of Transhumanism”. Virtue and wisdom cannot be engineered through technology. Neuro-enhancement may alter behaviour, but it is not moral cultivation.

Virtue arises through the gradual cultivation of sīla, samādhi and paññā, guided by Right View. Technology can support our practice but cannot replace the inner transformation of the mind. Our heartfelt appreciation to Ven. Dr. Chandima for this reflective teaching.

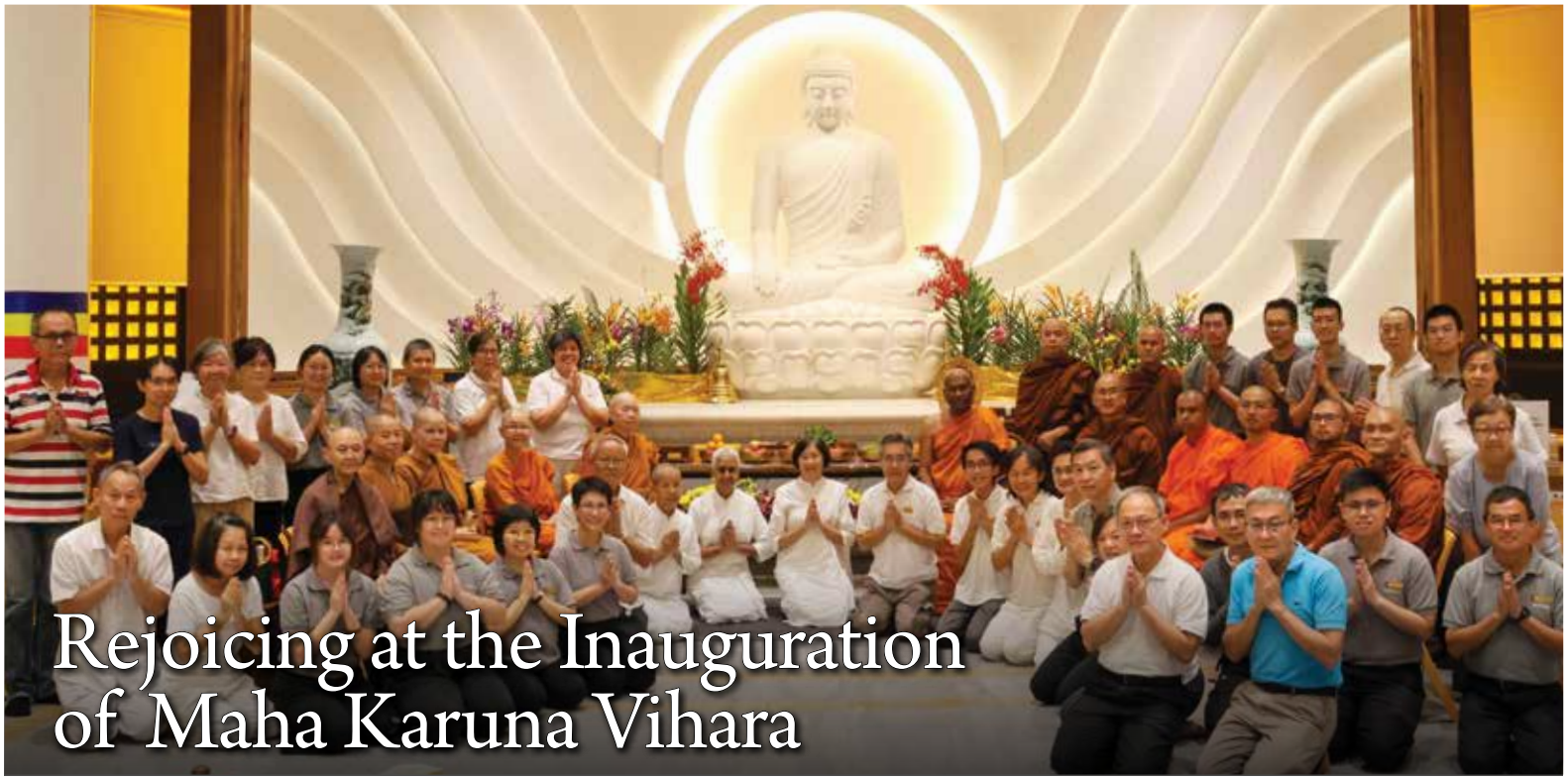


On a guided tour of the Wisdom Park Exhibition to learn about the outreach of Dhamma programmes.



Devotees making lunch offering with faith and devotion.

Rejoicing at the Inauguration of Maha Karuna Vihara





Ven. Saranankara showed Nalanda group around the new facilities and shared about their functions.



Paying our respects to venerable Sangha members.

8 – 15 August, Shah Alam

Nalanda members and devotees joined the evening Chanting and Blessing Ceremony at Maha Karuna Vihara in Elmina, as part of eight consecutive days of chanting and blessings held from 8 to 15 August in conjunction with the inauguration of the Vihara. Members relished the opportunity to celebrate this auspicious milestone.

We rejoice in the merits of all who contributed to the establishment of Maha Karuna Vihara. May the Vihara flourish as a centre for Dhamma learning and service, benefiting generations to come.



Members delivering their anumodāna to Ven. B. Sri Saranankara and the Committee.



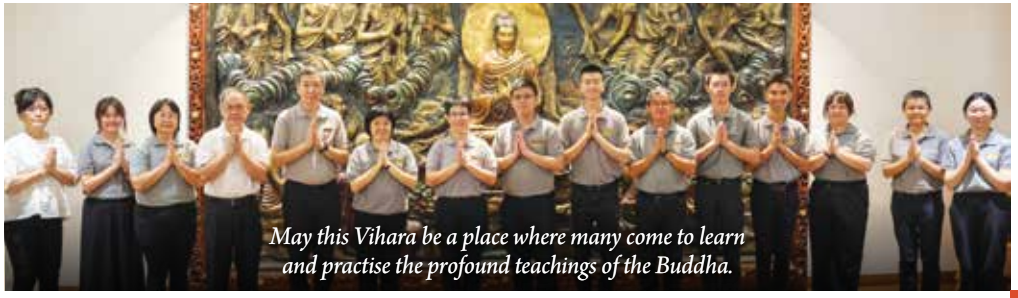
Nalanda Leaders at the Inauguration Ceremony, while rejoicing in the contributions of many.



The Nalanda group chanted parittas and shared thoughts of goodwill and blessings for the new Vihara.



Nalanda Board Member Bro. Lee Kong Foo received a token of appreciation from Ven. Saranankara.



May this Vihara be a place where many come to learn and practise the profound teachings of the Buddha.



Joy & Togetherness at **Family Fun Fair 2026**

16 August, Sri Serdang

Family Fun Fair 2026 brought together thousands of families, friends and well-wishers for a meaningful day. Volunteers and stall operators served and warmly welcomed visitors to enjoy a wide variety of food, beverages and other offerings. The lively atmosphere reflected the wonderful spirit of giving, friendship and togetherness.

Proceeds from the Fair will support the development of Wisdom Park Phase 2 as well as the educational work of Nalanda Dhamma School and Nalanda Free School, nurturing future generations with knowledge, values and wisdom. Our heartfelt appreciation goes to everyone who made the Fair possible. Thank you!


Handmade bags from used packaging to reduce waste and recycle.


We thank the Buddhist community for coming together to support the Fair.


Our thanks to supporters who have been contributing selflessly for many years.


Fun and engaging performances throughout the day for visitors to enjoy.


Children learn the value of giving to wholesome causes from young.


Visitors delighted in the wide variety of food, beverage and goods at fair prices.


Youths rallied to support the Fair by operating stalls, running the recycling efforts and the Youth Centre Exhibition.

Hosting SKE at Bujang Valley

23 August, Bujang Valley

Nalanda Sungai Petani Branch, led by Branch Chairman Dr. Song Wai Leng, hosted 40 Dhamma friends from Seck Kia Eenh (SKE), Malacca, including Ven. Anuruddha and SKE President Bro. Tan Kim See.

The heritage tour led by Sis. Sandy Lim of the Nalanda Bujang Valley Heritage Team, explored the historical significance of the ancient civilisation and its connections with the development of Buddhism in the Malay Peninsula.

May this trip cultivate a deeper appreciation of Bujang Valley as an important part of our shared Buddhist and Malaysian heritage.



At the Bujang Valley Archeological Museum to learn and see various artefacts.



Numerous 'candi' had been unearthed and placed in the vicinity of the museum.



A briefing of the history of Buddhism in Bujang Valley at NEO Centre Sungai Petani.



We rejoice in the learning spirit of our friends from SKE to better understand the history in Bujang Valley.



Free School's SPM English Oral Workshop



Presenting tokens of appreciation to teachers Mr. Jackson Wong and Ms. Kauselya.



Students listened intently to learn the useful and practical tips.



Role-playing helps to allay their fears and also familiarise with the process.

August – October, Sri Serdang

Nalanda Free School organised an SPM English Oral Workshop, conducted by English language teachers from the Centre for the Advancement of Language Competency (CALC), Universiti Putra Malaysia. The four-session workshop familiarised students with the oral examination format, strengthened their communication skills, and built their confidence in speaking English.

Students learned useful communication skills and techniques to help them understand questions, organise their thoughts, and respond with greater confidence. They also took turns playing the roles of interlocutor and candidate using sample examination questions. Students then reflected on their own performance and provided feedback to their peers. We wish all our students continued progress and a lifetime of spirited learning!



Youths explore nature preservation at Janda Baik

25 August, Janda Baik

Nalanda Young Working Adults group spent a refreshing day surrounded by nature at Rimbamama Farm, Janda Baik, reconnecting with nature and good friends. Hosts Lucy, YK and their son Jien, shared their family's efforts to preserve the surrounding forest.

Journeying through jungle trails, we learned about the diverse wildlife and plants, and the importance of protecting Mother Nature, as well as took time to meditate by the calm river. We extend our heartfelt appreciation to Lucy, YK and Jien for warmly hosting us and sharing their love for nature.



Lucy explaining their journey as a family and how they have overcome challenges in forest preservation.



Sharing about the rich wildlife around the area, thanks to preservation efforts.



Jien shared interesting facts about the flora and fauna, as well as their role in nature.



Opportunities to experience flora up-close without harming nature.



Hosting UPM Buddhist Society's Orientation Programme

7 October, Sri Serdang

Nalanda Centre hosted 30 members of the Persatuan Buddhist Universiti Putra Malaysia (PBUPM) for their "Bodhi Tree and Seed" Orientation, where senior students served as "Bodhi Trees" to guide first-year students as they navigate university life and participate in the Buddhist Society's activities.

They also shared their university experiences and insights into the Society's activities, helping newcomers feel welcomed and encouraging them to get involved.

We rejoice in the programme and wish all UPM students a fruitful and fulfilling academic year ahead!



Learning together through engaging discussions and Q&A.



Senior students do their best to share their experience and give guidance.



Guiding students to have a meaningful learning journey at UPM.



Team activities to strengthen fellowship.



Enriching Tipitaka Workshop & Sutta Study with Ven. Dr. Santacitto

29 – 31 August, Sri Serdang

Over 100 devotees gathered to learn from Ven. Dr. Santacitto at the Tipitaka Workshop. The session explored the three "baskets" of the Tipitaka – the Vinaya Pitaka, Sutta Pitaka and Abhidhamma Pitaka – enabling us to better understand their structure and significance.

We also learned in greater depth the *Parābhava Sutta* and *Ratana Sutta*, and gained confidence in referring to the original teachings and appreciating their meaning in context. We extend our heartfelt appreciation to Ven. Dr. Santacitto for his clear and patient guidance. *Sādhu anumodāna*!


Ven. Dr. Santacitto's clear explanations were greatly appreciated by participants.

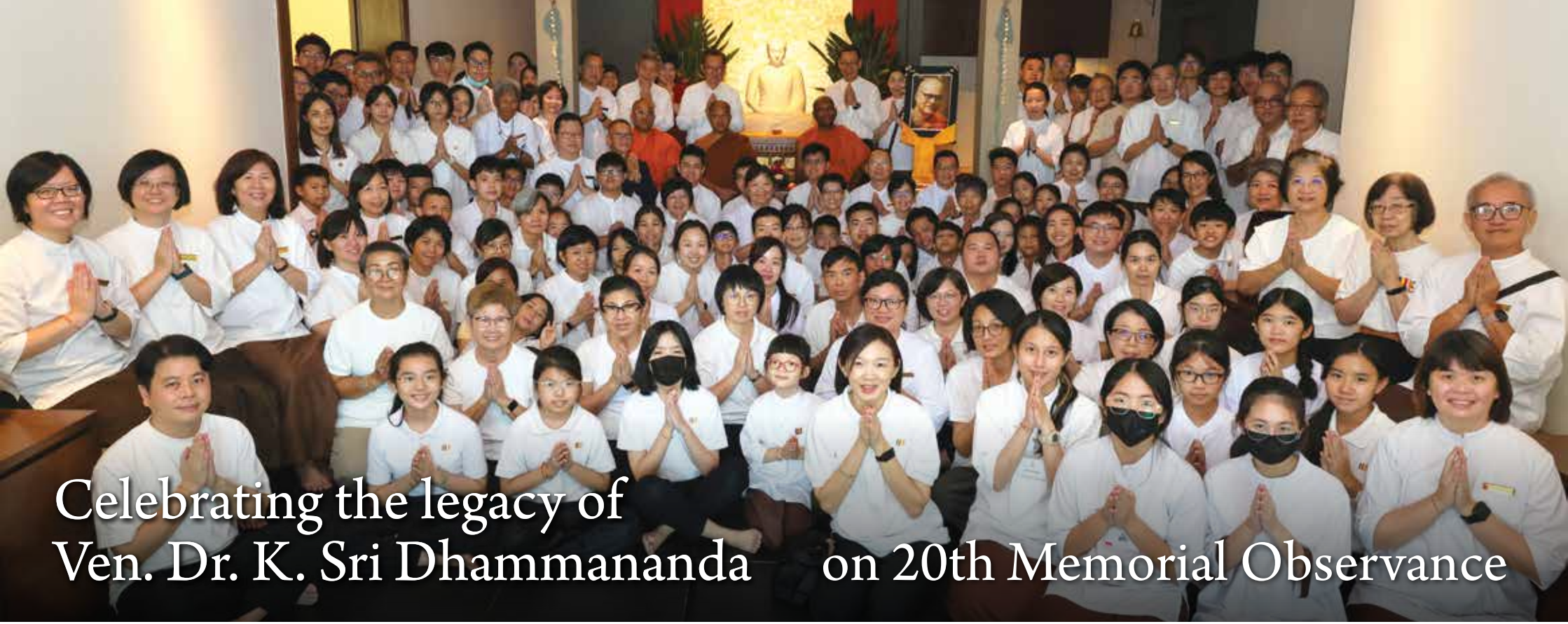

Participants also learned how to refer to commentaries.


Sis. Sandy Lim welcomed participants on behalf of the Organiser - Nalanda Institute Malaysia


Sharing merits to all devas, all spirits and all beings after a wholesome day of learning.


Participants asked questions to deepen their understanding.


Engaging discussions throughout the workshop with Ven. Dr. Santacitto.



Celebrating the legacy of Ven. Dr. K. Sri Dhammananda on 20th Memorial Observance

31 August, Sri Serdang

Over 200 devotees gathered to honour our late Spiritual Advisor, paying tribute to his life and Dhammaduta spirit. A special forum featuring his direct disciples – Professor Datuk Seri Dr. Victor Wee, Datuk Charlie Chia and Bro. Benny Liow, brought to life memories of his immense kindness, compassion & wisdom.

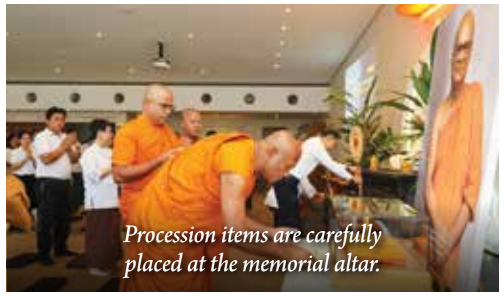
We extend our deepest appreciation for the presence of the Sangha – Ven. B. Sri Saranankara Nayaka Maha Thera, Ven. Dr. Santacitto and Ven. Siriwimala and panellists, and rejoice in the presence and participation of all devotees. *Sādhu*!



The Memorial commenced at K. Sri Dhammananda Centre (KSDC).



The traditional procession of Ven. Dhammananda's robes from KSDC to Nalanda Centre.



Procession items are carefully placed at the memorial altar.



Devotees observe the time of Ven. Dhammananda's passing with meditation.



His disciples highlighted his unwavering dedication in propagating the Dhamma.



Sharing of merits with Ven. Dhammananda and all beings to complete the observance.

Youth Silver Lining Day at Bodhi Homecare

6 September, Cheras

Nalanda Youth members, Nalanda Dhamma School teenagers and volunteers visited Bodhi Homecare as part of the annual Silver Lining Day programme. Organised by Youth Centre, this innitiative enables youths to deepen their practice of *mettā* (loving-kindness) and *karunā* (compassion) through service to the community.

We rejoice in this meaningful day of service and giving. May the seeds from this effort continue to grow and flourish within our youths.



Facilitators, youths and students all blend in effortlessly to engage the children.



Leading the children in chanting, followed by sharing the purpose of reciting the Buddha's words.



Youth Leader Bro. Yeo Disheng giving a Dhamma sharing.



Performing a song to celebrate the Mid-Autumn Festival.



Happily making paper lanterns together to decorate the home.



Having fun performing together in an ad-hoc performance.



A Joyful Family Fun Fair in Johor Bahru

6 September, Johor Bahru

With over 70 stalls, lively performances and the wonderful support of the community, the Family Fun Fair organised by Nalanda Johor Bahru Branch brought together families, friends and volunteers for a joyful day of giving and fellowship.

Our sincere appreciation goes to all donors, benefactors, stall operators, volunteers and everyone who came to support the Fair. Your generosity and dedicated service made the event possible and will help sustain meaningful educational programmes and Dhamma learning opportunities for the community in Johor Bahru. *Sādhu anumodāna!*


Freshly made fare for the community.


Games to engage the younger crowd and test their skills.


Friends come together happily for a wholesome day.


Everyone in high spirits as they meet old and new friends.


Joyfully serving the community for a good cause.


Members and volunteers all ready to welcome visitors and volunteers.


Welcoming everyone to enjoy local fare.


Carrying out the assigned task with care and responsibility.


Doing good in service and also in purchasing groceries at the Fair.


Children having fun while learning the value of patience through games.



Mid-Autumn Festival at NEO Centre, Kuala Lumpur

26 September, Kuala Lumpur

Laughter, warm smiles and the glow of lanterns filled NEO Centre K.L., Happy Garden, as families and devotees gathered for a joyful Mid-Autumn Festival Celebration hosted by Nalanda Kuala Lumpur Branch.

Sis. Sunandā Ong gave a meaningful Dhamma sharing on nurturing harmony within the family, encouraging everyone to practise generosity towards one another, use kind speech, offer helpful actions, and treat everyone with fairness and respect. These simple yet meaningful practices can strengthen understanding, trust and harmony within families. May we always cherish family, friendship and togetherness as Nalanda community.



"Simple yet meaningful practices can strengthen understanding, trust and harmony within families."



Families enjoying quality time while decorating their lanterns.



Everyone's contributions come together in a beautiful artwork from the heart.



Sis. Sadhika, Coordinator for Family Dhamma School rejoiced in the togetherness of families.



Students happily showcased their musical talents to their family and teachers.



Children shared the meaning behind the artwork.

BPS 404 Higher Certificate in Buddhist Studies

June – November, Sri Serdang

Participants of BPS 404 Higher Certificate in Buddhist Studies gathered on Saturday afternoons at K. Sri Dhammananda Centre, making a dedicated effort to deepen their understanding of Buddhist doctrine, history, and development, while gaining a greater appreciation of the Buddha's dispensation and its influence on societies.

On 31 October, groups presented their findings on the propagation of Buddhism across Asia, examining the historical and cultural factors that enabled the Dhamma to be adopted, practised, propagated and preserved across different societies. We rejoice in their dedication and efforts, and wish them well in their written evaluation on 28 November.



Lecturers adopted various ways to convey the teachings.



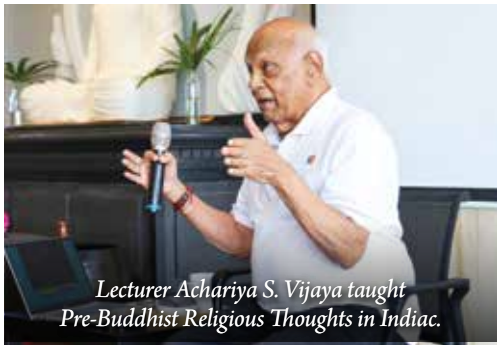
Sis. Sandy Lim, Assistant Director of Nalanda Institute, encourages participants to keep learning.



Learning is made enjoyable with engaging lectures and hands-on experiential practice.



Lecturer Sis. Paruadi Ramasamy shared about the Buddha's 45-year ministry.



Lecturer Achariya S. Vijaya taught Pre-Buddhist Religious Thoughts in Indiac.



Students worked in groups to research and present the spread of Buddhism across Asia.



Lecturer Bro. Ānanda Fong shared various suttas to support participants' learning.



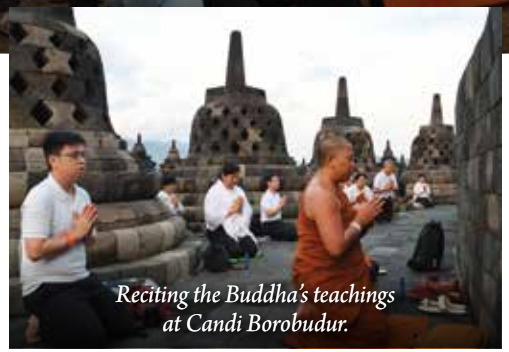
Lecturer Bro. Benny Liow taught about the historical development of Buddhism in Southeast Asia.

History comes to life at Borobudur Trip

7 – 11 October, Jogjakarta

Nalanda Institute organised a five-day Study Tour to Borobudur and Jogjakarta, guided by Ven. Dr. Santacitto, who brought the stories depicted in its reliefs to life. We gained a deeper appreciation of the Dhamma teachings conveyed through the monument's intricate carvings and the region's Buddhist heritage. We also reflected on the dedication of past generations in preserving the Buddha's teachings.

We were reminded of our own responsibility to learn, practise and pass on this precious heritage. We extend our heartfelt thanks to Ven. Dr. Santacitto and the Organising Team. May the learning and friendship forged on this journey continue to inspire our cultivation and service.



Reciting the Buddha's teachings at Candi Borobudur.



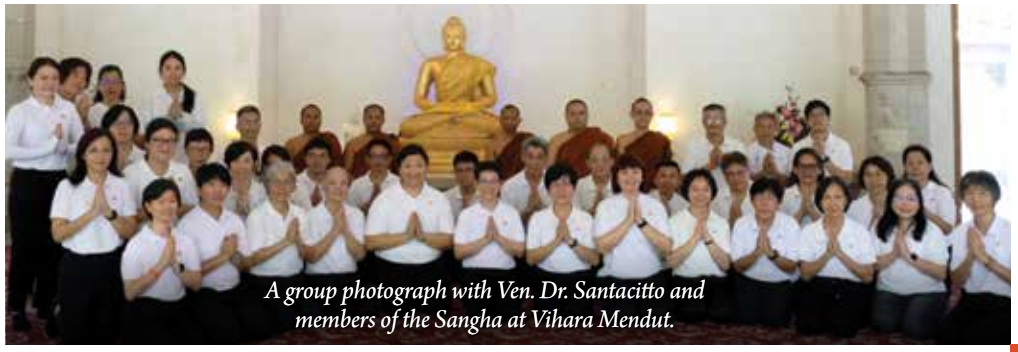
Appreciating the carvings around Vihara Mendut.



Participants learning attentively from Ven. Dr. Santacitto.



Ven. Dr. Santacitto shared the Buddha's life stories based on the reliefs at Borobudur.



A group photograph with Ven. Dr. Santacitto and members of the Sangha at Vihara Mendut.



Together at Vihara Dhamma Sundara's white candi.



Nalanda Heritage Team member Dr. Song Wai Leng shared the significance of Candi Plaosan.



Learning about Candi Sewu with Nalanda Heritage Team member Sis. Mary Ooi.



Nalanda Heritage Team Leader Bro. Yeo Disheng explaining more about Candi Sari.



Building bonds of fellowship during a trip to the beach.



At Candi Prambanan to visit and learn about the development of religions in Indonesia.



At Vihara Bodhivamsa in Klaten, Indonesia, where participants had the privilege of receiving a Dhamma sharing by Professor Dr. Lanny Anggawati.



Hosted by Bro. Adiyanto, Sis. Endang and Bro. Eko Budiono, we learned about the educational efforts at Sekolah Putra Bangsa in Klaten, a leading character-building school.

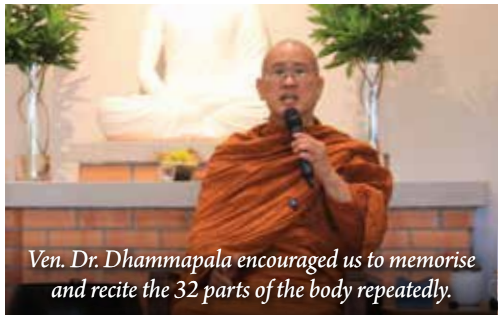


Asubha Meditation Retreat with Ven. Dr. Dhammapala

23 – 25 October, K.K.B.

Nalanda members & devotees gathered at Wisdom Park for the Asubha Meditation Retreat guided by Ven. Dr. Dhammapala, learning to contemplate the 32 parts of the body and develop detachment by seeing the body as it truly is.

We also learned from Prof. Dr. Chin Kin Fah, founder of the Academy for Silent Mentor, about the invaluable contributions of silent mentors to medical education as students and doctors develop their skills through hands-on learning in a humanistic approach. We extend our heartfelt appreciation to Ven. Dhammapala and Prof. Dr. Chin for their invaluable guidance and inspiration.



Ven. Dr. Dhammapala encouraged us to memorise and recite the 32 parts of the body repeatedly.



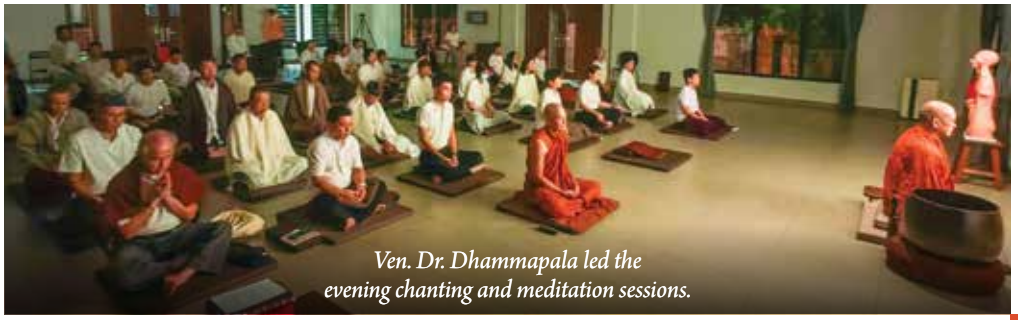
Participants asked questions to deepen their understanding of asubha meditation and AFSM.



Participants shared their reflections and the benefits they gained from the workshop.



Prof. Dr. Chin shared his endearing journey in founding AFSM and the stories of many mentors.



Ven. Dr. Dhammapala led the evening chanting and meditation sessions.



Retreat to enhance skills of Dhamma School Facilitators

7 – 9 November, K.K.B.

Nalanda Dhamma School facilitators gathered at Wisdom Park for the Annual Facilitators' Retreat, themed 'Reconnect, Recharge, Reignite'. The retreat renewed their aspiration to serve as Buddhist educators, reconnect with the purpose, and strengthen commitments to nurture younger generations.

Through engaging learning sessions conducted by Bro. Aggaphala Yap and Sis. Sunandā Ong, they explored the mindset and skills needed to become effective and inspiring educators. We rejoice in their selfless service and may they continue to bring the Dhamma to their students.



An engaging workshop with Bro. Aggaphala Yap, on the topic of 'Back to the Beginning'.



Facilitators assembling a puzzle of wholesome aspirations.



Sis. Sunandā guiding the facilitators to recharge with the essential knowledge and skills of an educator.



Sis. See Hui Shien, School Director, introduced the theme and purpose of the retreat.



Anchored in morning chanting and meditation in the conducive environment of Wisdom Park.

Together in Spirit and Service at Youth Fuel-Up Camp

7 – 9 November, K.K.B.

Nalanda youth leaders and core volunteers gathered at Wisdom Park for the annual Fuel-up Camp, themed 'Together in Spirit, Together in Service'. Youth Mentors Sis. Nandinī Tan and Bro. Lee Kong Foo shared how Dhamma can help them take ownership of Nalanda's mission, make inner cultivation central to their activities, and remain steadfast.

Youth Centre Leader Bro. Yeo Disheng also led a workshop to help participants clarify why they serve and how that purpose can guide their work together.

With this renewed sense of purpose, may they endure and benefit from their service to the Buddha- Sāsana.



Sis. Nandinī shared the qualities and mindset of an effective Buddhist leader.



Discussions to share their views and challenges in service.



Contributing to Wisdom Park through outdoor 'heart-work'.



Bro. Kong Foo widened their perspectives on task ownership and mission ownership.



Extending learning and fellowship to beautiful park around Kuala Kubu Bharu.

Nalanda Free School Appreciation Night

14 November, Sri Serdang

At the annual Nalanda Free School Appreciation Night, students and parents thanked teachers for their guidance. It was a joyful close to the academic year for teachers, helpers, students and their families.

The school presented awards to recognise students' efforts and celebrate their progress. As stories were shared, teachers and families rejoiced in the students' perseverance and achievements.

Nalanda management thanks Principal Dr. Ng Chwee Fang, Assistant Principal Sis. Loh Sheau Yin and School Coordinator Sis. Chin Chooi Kim for their leadership. We look forward to welcoming students back in January 2027.



Sis. Livin, Honorary Secretary, with the Primary Most Improved Student Award recipients.



Dr. Chwee Fang, the School Principal, thanked teachers for supporting students' learning.



Form Five graduates thanked Nalanda and their teachers with a song and poems.



Sis. Nandinī, Director of Nalanda Centre, with the Secondary Best Student Award recipients.



Thank you to all our teachers for your dedication to nurturing young minds.

Hosting Sangha Members at Nalanda


Ven. Vimuttadhammika, 4 October


Ven. Rahula and Ven. Thanakit


17 October


Ven. Gandhamālālankāra, Ven. Tejinda,
Ven. Nimmala and Ven. Dr. Dhammarati, 4 November


Ven. Dr. Dhammapala & Ven. Paññadipa
23 – 25 October, Wisdom Park



Ven. U Paññasāmi, 29 October



Ven. Ratanaseeha and Ven. Suseema, 7 November



Ven. Gavesi, 28 September



Ven. Dr. Chandima, 28 October



Sponsorship of Pillars for the Multi-purpose Hall

SPONSOR A PILLAR – RM3,600

A building stands strong because it is supported by firm pillars. In the same way, the Buddha-Sāsana continues to flourish when it is upheld by generations of people who learn the Dhamma, practise it, serve the community, and pass the teachings on to others.

The new Multi-purpose Hall will be supported by 51 main pillars. This hall will host Dhamma programmes, conventions, training courses, youth activities and community learning. In years to come, thousands of people will gather here to learn from teachers, develop spiritual friendships, cultivate wholesome qualities and contribute towards the well-being of the Buddhist community.

We invite members of the Buddhist community and well-wishers to participate in the building of Wisdom Park by sponsoring these pillars. More than a physical structure, the pillars represent our collective commitment to provide a strong foundation for communities today and for generations to come, to grow in Dhamma.

Donations can be made at Nalanda Centre Sri Serdang, or via bank transfer to:

NALANDA BUDDHIST SOCIETY

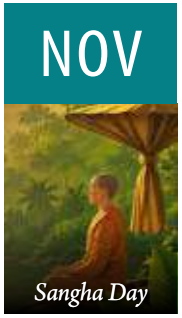
Maybank account: 5121-4702-3622

Your generous support will help establish a strong foundation for holistic Buddhist education and the continued growth of the Buddha-Sāsana for generations to come.

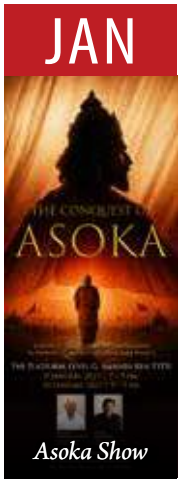
Thank you for building Wisdom Park together.

Upcoming Programmes

November 2026 – January 2027







15	Sunday Service & Dhamma Teaching by Ven. Ajahn. Pavaro	Nalanda Centre
21	*Pindacāra* – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
21 & 22	Dhamma Workshop with Ven. Ajahn. Kittisobhāno	NEO Centre J.B.
22	Sangha Day Observance	Nalanda Centre
28	BPS 404 Higher Certificate in Buddhist Studies Written Evaluation	Nalanda Centre
05	*Pindacāra* – 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	Nalanda Education Day	Nalanda Centre
11 – 13	Nalanda K.L. Family Dhamma School Camp	Wisdom Park
19	*Pindacāra* – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
25 –27	Dhammananda Youth Camp*	Wisdom Park
31	Nalanda Dhamma School Honours Day	Nalanda Centre
31	New Year Eve Chanting	Nalanda Centre
01	Nalanda Dhamma School 22nd Anniversary	Nalanda Centre
02	*Pindacāra* – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre K.L. / Taman O.U.G. & Happy Garden
09 – 10	Dhamma Through Drama – The Conquest of Asoka*	Menara KEN, TTDI
16	*Pindacāra* – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
16	BPS 404 Higher Certificate in Buddhist Studies Convocation	Nalanda Centre
22 – 23	Nalanda Leaders' Retreat *	Wisdom Park
31	Sunday Service and Mandarin Dhamma Talk with Ven. Chang Zao (常藻法师)	Nalanda Centre

* *Registration is required*

Nalanda Dhamma School Registration

Sri Serdang
10 12 years old
13 - 1 years old

Kuala Lumpur
Family with children aged 7 - 12

Kuala Lumpur
Family with children aged 7 - 12

Dhamma Reflection

We find comfort in those who agree with us, but personal growth occurs in situations where there are differences in views. Sometimes the opinion others have of our attitudes or actions may not be something we would like to hear. But if we listen to them carefully, we will realise that there are some truths in those opinions. This can give us a chance for self improvement if we are prepared to change our ways and approach.

Every person is responsible for making a better world by planting the seeds of patience, love and honesty deeply in the human heart. Eventually, a new era will blossom during his lifetime bringing benefit to his generation and the generations to come. He is a cultured man who knows how to face difficulties with sympathy and understanding.

The mark of a great man lies in how he faces daily irritations with equanimity.

– Extracted from '*How to live without Fear & Worry*' by Ven. K. Sri Dhammananda

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Please visit our website for directions to Nalanda.

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