



SADHANĀRĀMA FOUNDATION

Annual Report
2023 – 2024





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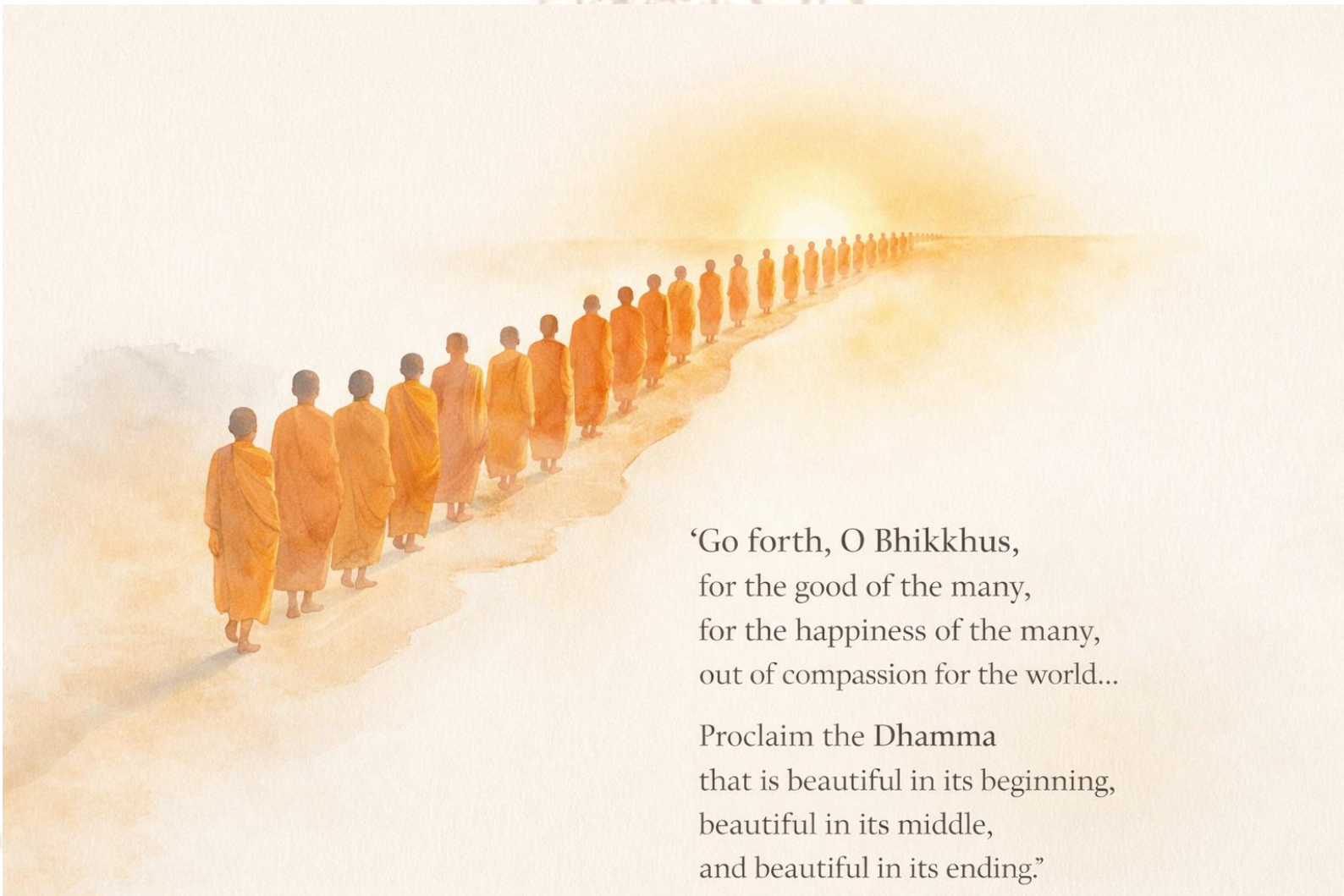
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‘Go forth, O Bhikkhus,
for the good of the many,
for the happiness of the many,
out of compassion for the world...

Proclaim the Dhamma
that is beautiful in its beginning,
beautiful in its middle,
and beautiful in its ending.’





1

**About
Sadhanarama Foundation**

ABOUT US – SADHANARAMA FOUNDATION

OUR INSPIRATION

Long ago, the Buddha invited his followers to walk into the world with compassion—to work for the good and happiness of all beings. That gentle invitation, spoken more than two and a half millennia ago, continues to guide hearts and actions even today.

As the Buddha taught:

“Go forth, O Bhikkhus, for the good of the many, for the happiness of the many, out of compassion for the world... Proclaim the Dhamma that is beautiful in its beginning, beautiful in its middle, and beautiful in its ending.”

These words are more than a teaching; they are a living call to action. They inspire a path of service, spiritual practice, and care for the world—one that bridges inner transformation and collective well-being.

Moved by this timeless message, **Sadhanarama Foundation** was established as the non-profit charitable arm of **Sadhanarama Bana Vihara**, a Theravāda Buddhist monastery dedicated to preserving and promoting the cultural and spiritual heritage of the **Chakma Buddhist community**. The Foundation is registered as a charitable trust under the **Indian Trust Act, 1882**.

The work of the Foundation spans several interconnected areas, including:

1. spiritual (Dhamma) practice and monastic training
2. education and cultural preservation
3. community welfare and social service
4. health and sanitation awareness
5. women’s empowerment
6. rural development initiatives.

All these efforts are guided by the Buddhist values of compassion, ethical responsibility, and service to society.

VISION AND MISSION

From this lineage flows a living tradition of compassion, wisdom, and service—quietly practiced, steadily sustained, and shared across generations.

At its heart, **Sadhanarama Foundation is a community of practice.** Monks, novices, lay devotees, volunteers, and supporters come together with the shared aspiration to live according to the teachings of the Buddha.

We believe that when the mind is nurtured with wisdom and compassion, positive change naturally flows into individuals, families, communities, and the wider world.

Inspired by the Buddha’s timeless teachings—relevant for more than **2,500 years**—the Foundation envisions a society rooted in wisdom, compassion, and gratitude.

In such a society, people from diverse cultures and backgrounds can develop their potential and pursue their spiritual, social, cultural, educational, and economic aspirations.

In this way, the ancient path of the Buddha continues to guide the present world toward peace, harmony, and collective well-being.

VISION

To promote peace, compassion, and cultural harmony through the preservation of Buddhist traditions and community development.

MISSION

1. Preserve Buddhist cultural heritage and traditional knowledge
2. Support monastic education and spiritual training
3. Promote cultural documentation and research
4. Encourage youth participation in cultural traditions
5. Support humanitarian and community welfare initiatives

We believe that when the mind is nurtured with wisdom and compassion, positive change naturally flows into individuals, families, communities, and the wider world.



2

Programs and Activities

PRESERVATION OF CHAKMA BUDDHIST CULTURAL HERITAGE

During the year **2023–2024**, Sadhanarama Foundation continued its efforts to promote spiritual development, ethical values, and community harmony through a variety of religious, cultural, educational, and community-based activities. These programs were organized with the active participation of monks, community members, and local volunteers, reflecting the Foundation’s commitment to preserving Buddhist traditions and supporting the well-being of the community.

The programs focused on:

- preserving Buddhist cultural traditions
- strengthening monastic education and spiritual practice
- encouraging community participation in religious ceremonies
- supporting educational initiatives for children and youth

Through these activities, the Foundation contributed to the preservation of traditional practices and encouraged younger generations to remain connected with their cultural and spiritual heritage.

2.1 MONASTIC & SPIRITUAL DEVELOPMENT

2.1.1 Novice Ordination & Monastic Training

Sadhanarama Foundation conducts continuous **Novice Ordination and Monastic Training programs** across its Banavihara Centers. These programs provide systematic training in **discipline**, meditation, chanting, ethical conduct, and communal living. Through structured daily routines, participants cultivate simplicity, mindfulness, responsibility, and compassion, forming a strong foundation for spiritual development and moral leadership.



2.1.2 Daily Chanting and Meditation

Daily chanting and meditation form the spiritual foundation of life at all Sadhanarama Foundation centers. Morning and evening chanting strengthen devotion (*saddhā*) and recollection of the Buddha’s teachings, while regular meditation practice cultivates mindfulness, concentration, and inner calm. These practices sustain discipline, clarity, and spiritual continuity for both monastic and lay practitioners.



3.1 SACRED CEREMONIES & CULTURAL PRESERVATION

3.1.1 Sangha Dāna and Alms Offering Ceremonies

Sadhanarama Foundation regularly conducts **Sangha Dāna and Alms Offering Ceremonies** as expressions of generosity and mutual support between the Saṅgha and lay followers. Through the offering of food and essential requisites, devotees cultivate gratitude, humility, and wholesome intention, while supporting the continuity of monastic life and strengthening community harmony.



3.1.2 Buddha Jayanti Celebrations | 05 May 2023

Buddha Jayanti was observed at Sadhanarama Bana Vihara to commemorate the birth, enlightenment, and passing away of the Buddha. The celebrations include meditation, chanting, Dhamma reflections, and acts of generosity, offering an opportunity for collective reflection and renewal of commitment to ethical living, mindfulness, and compassion.



3.1.3 Rains Retreat | 02 August 2023

The commencement of Rains Retreat, the annual rainy-season retreat, was duly observed at Sadhanarama Bana Vihara. During this sacred period, monks devoted themselves to intensified meditation, study of the Dhamma, and disciplined monastic practice.

Lay devotees observed moral precepts and supported the Sangha through offerings and participation in religious activities, thereby strengthening the bond between the monastic and lay communities.



3.1.4 Kathina Robe Offering Ceremony | 08 November 2023

The **21st Kathina Robe Offering Ceremony** was held at **Sadhanarama Bana Vihara** with the participation of monks and devotees from the surrounding communities.

The ceremony marked the conclusion of the Vassa retreat and continued the long-standing Buddhist tradition of offering robes and requisites to the monastic community.

On this occasion, the **Kathina robe was offered by the Dhammakaya Foundation on behalf of Most Venerable Luang Phor Dhammajayo**. Devotees gathered with faith and devotion to participate in the offering ceremony, chanting, and merit-sharing activities.

The event strengthened the relationship between the Sangha and the lay community while helping preserve an important tradition of Theravāda Buddhism.



3.1.5 Community Engagement and Social Interaction

Throughout the year, Sadhanarama Bana Vihara remained a vibrant center for community gatherings and spiritual interaction. The Vihara welcomed monks, visitors, and lay supporters, providing a space for dialogue, guidance, and shared religious practice.

These interactions contributed to:

- Strengthening community bonds
- Promoting Buddhist cultural values
- Encouraging ethical and harmonious living





3

Educational Initiatives

EDUCATIONAL INITIATIVES – BODHI RASMI SCHOOL

Sadhanarama Foundation is committed to promoting education and supporting community development initiatives in the region. As part of this commitment, the Foundation runs and manages Bodhi Rasmi School, located in Bijoypur-I Village, Bordumsa Circle, Changlang District, Arunachal Pradesh. The school is recognized by the Department of Education, Arunachal Pradesh with Recognition No. EED/A/2-/2022-2023.

Bodhi Rasmi School provides educational opportunities for children from nearby villages and aims to create a supportive learning environment that encourages academic growth, discipline, and moral development. Along with regular academic activities, the school also promotes values such as respect, responsibility, and compassion among students.

Through this initiative, Sadhanarama Foundation seeks to contribute to the educational advancement of the local community while helping young students develop into responsible and informed members of society.





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