à¸ªà¸–à¸²à¸šà¸±à¸™à¸§à¸´à¸ˆà¸±à¸¢à¸§à¸´à¸›à¸±à¸ªà¸ªà¸™à¸² (VRI) à¹„à¸”à¹‰à¸‰à¸ˆà¸±à¸”à¸—à¸³

Monday, 11 May 2020
Last Updated Saturday, 16 May 2020

à¹,à¸›à¸£à¸”à¸—à¸£à¸²à¸š à¸,à¸“à¸°à¸™à¸µà¹‰à¸ªà¸–à¸²à¸šà¸±à¸™à¸§à¸´à¸ˆà¸±à¸¢à¸§à¸´à¸›à¸±à¸ªà¸ªà¸™à¸² (VRI) à¹„à¸”à¹‰à¸ˆà¸±à¸
à¹ƒà¸«à¹‰à¸œà¸¹à¹‰à¸›à¸•à¸´à¸šà¸±à¸•à¸´à¸•à¹€à¸•à¹ˆà¸²à¸ªà¸²à¸¡à¸²à¸£à¸–à¸”à¸²à¸§à¸™à¹Œà¹,à¸«à¸¥à¸”à¹„à¸Ÿà¸£à¸µà¹€à¸žà
à¸Šà¸¡à¸§à¸´à¸”à¸µà¹,à¸- à¸«à¸£à¸·à¸-à¹€à¸,à¹‰à¸²à¸£à¹ˆà¸§à¸¡à¸›à¸±à¸šà¸•à¸´à¸ à¸²à¸§à¸™à¸²à¸—à¸²à¸‡à¸•à¸²à¸£à¸–à¹ˆà¸²à¸¢
vridhamma.org/applink.html (à¸•à¸”à¸¥à¸´à¹‰à¸‡à¸„à¸·à¹ˆà¸-à¹€à¸Šà¸·à¹ˆà¸-à¸¡à¸•à¹ˆà¸-à¹,à¸”à¸¢à¸-à¸±à¸•à¹,à¸™à¸¡à¸±à¸±
https://www.youtube.com/user/VipassanaOrg Twitter: https://twitter.com/VipassanaOrg Facebook: https://www.facebook.com/Vipassanaorganisation Instagram: https://www.instagram.com/vipassanaorg/ Telegram Channel: https://t.me/joinchat/AAAAAFcI67mc37SgvlrwDg