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

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

à¹,à¸›à¸£à¸°à¸”à¸—à¸£à¸‡à¸š à¸,à¸“à¸°à¸™à¸µà¹‰à¸ªà¸–à¸²à¸šà¸±à¸™à¸§à¸´à¸›à¸±à¸ªà¸™à¸²à¸ªà¸™à¸² (VRI) à¹„à¸”à¹‰à¸ˆà¸±à¸”à¸—à¸³à¸«à¸¥à¸±à¸à¸ªà¸¹à¸•à¸£à¸›à¸à¸´à¸šà¸±à¸•à¸´à¸ªà¸¡à¸²à¸˜à¸´à¸ à¸²à¸§à¸™à¸² à¸«à¸£à¸·à¸ à¸«à¸£à¸±à¸šà¸£à¸¹à¹‰à¸§à¸´à¸›à¸±à¸ªà¸™à¸²à¸à¸£à¸£à¸¡à¸à¹‰à¸²à¸™à¸ªà¸¡à¸²à¸˜à¸´ à¸²à¸§à¸™à¸²à¸—à¸µà¹ˆà¸ªà¸¡à¸²à¸„à¸¡à¸•à¹ˆà¸²à¸‡à¹† à¸—à¸±à¹ˆà¸§à¹‚à¸¥à¸ à¸”à¸²à¸§à¸™à¹Œà¹‚à¸«à¸¥à¸”à¹„à¸”à¹‰à¸—à¸µà¹ˆ vridhamma.org/applink.html (à¸•à¸´à¸”à¸•à¸±à¹‰à¸‡à¹à¸à¸›à¸žà¸¥à¸´à¹€à¸„à¸Šà¸±à¸™à¸à¹ˆà¸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