

## **MINDROLLING MONASTERY**

**Clement Town, Dehradun, Uttarakhand, India**

God

Mind Rolling Monastery confirms to the Nyingma school which is supposedly the oldest school of translations. Because it has been founded on the first translations of Buddhist scriptures from Sanskrit into Old Tibetan in the eighth century. The Nyingma school considers Padmasambhava who is also known as Guru Rinpoche to be the founder of their tradition. He is credited with spreading Buddhism in Tibet.

### **Interesting Facts**

It also includes Nagyur Nyingma college, one of the largest Buddhist institutes in the country. This state-of-the-art institute trains around 300 monks to pass on the message of peaceful spirituality.

Mindrolling Monastery (Sublime Island of Ripening Liberation) is one of the six major monasteries of the Nyingma school in Tibet founded by Rigzin Terdak Lingpa.

### **Best Season To Visit**

The best season to visit the temple is Summer season. The best months to visit are May to July and September to October.

### **Weather**

Highest - April to June (21°C during day and 19°C during night)Average - May (24°C during the day and 20°C during night)Lowest - December to February (14°C during day and 8°C during night)Monsoon season - August to October

## Dress Code

For men the dress code is Shirt & Trouser, Dhoti or Pyjamas with upper cloth.

For women the preferred dress code is saree or half-saree with blouse or chudidhar with pyjama and upper cloth.

Shorts, mini-skirts, middies, sleeveless tops, low-waist jeans and short-length T-shirts are not allowed.

The weather is cold throughout the year. Rainfalls and snowfalls often occur there. one should wear proper winter clothes with mufflers and gloves. An umbrella is also a must to carry.

### Do's & Dont's

Do bathe and wear clean clothes before you enter the temple.

Do respect ancient customs and co-pilgrims while at temple.

Smoking and drinking is prohibited in this temple.

Chewing betel leaves, tobacco, gutka and spitting inside temple is strictly prohibited.

transport connections

Name

Distance

Contact Number

Clement Town Bus Station

3.2 KM

0135-2760478

Dehradun Railway Station

9.5 KM

139

Chandigarh International Airport

203 KM

0172-2242004

Deity

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3.2 KM

0135-2760478

#### Railway Stations

Railway Station Name  
Distance  
Contact Number

Dehradun Railway Station  
9.5 KM  
139

#### Airports

Airport Name  
Distance  
Contact Number

Chandigarh International Airport  
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0172-2242004