



Bhikkhu Aruno (born Puneet Singhal) is an Indian-Thai Buddhist monk in the Dhammayut tradition, the Forest monastic tradition of Ajahn Mun. He took full ordination in Dec 2016 at Wat Si Suddhawas in the Loei province, at the behest of his teacher, Luang Pho Nipon, the chief abbot of Wat Pa Sala Noi & Wat Somdet Phuruea, both in the Loei province.

He received training in the Dhamma-Vinaya and stayed at Wat Pa Sala Noi for 3 yrs until a visit to India in 2020 to see his ailing grandmother. The pandemic forced him to stay back in India and to continue his training in solitude. A one-monk monastic environment was created for Bhante in the hills of Lonavala, near Pune, by faithful generous donors. Since then, he has continued his practice of Dhamma-Vinaya in India while still being under the guidance & instruction of Luang Pho Nipon, his teacher back in Thailand, to whom he feels unrequited indebtedness for this new birth in the lineage of the noble ones.



Bhante Aruno (2nd from left) on his ordination day, the 4th of December 2016, with his Âcariya Luang Pho Nipon in the center .

Bhante was born in New Delhi. His interest in spirituality was observed from the age of 13 when he asked his parents for scriptures, which became the main occupation of his mind from then on. Even after engaging with many schools of spiritual thought for almost 15 yrs, he was still not feeling at home. He finally found his path in Dec 2006 when he had the chance to participate in a Vipassana meditation course in the tradition of Sayagyi U ba Khin, as taught by SN Goenka. He has a very deep sense of eternal gratitude towards Goenkaji for this unparalleled gift of Dhamma he received from him.

Subsequently, over the next 10 yrs, he dived deep into the practice of Vipassana meditation, joining short courses almost every weekend, and more than a dozen full-time courses in India & America. He also found great satisfaction in Dhamma service, even offering seva as a full-time resident dhamma volunteer for 1 yr at Dhamma Sarita Vipassana center at Khadavli near Mumbai.

All this while he had a full-time career offering consulting services to Wall Street banks & the UN in New York, and on track for an M.Phil. program in economics at Harvard University. However, he decided to drop out and return to India to his calling.

It was in 2016, when he was building a mobile payments startup, on a dhamma vacation he had the chance to stay at Wat Pa Sala Noi with Luang Pho Nipon and within a few days he knew that this is the way of life he was looking for.



Shrine at the Chanting hall at the forest monastery in Isaan, northeast of Thailand, where Bhante stayed with his teacher for 3 yrs.



Above: The Sala, ie the Chanting hall from the outside.



Above: Luang Pho Niphon unveiling The Buddha's Relics enshrined at the monastery.