

CNC-II/093/1/Misc./2025/8

Dated: 31.07.2025

NOTIFICATION**Sub: Amendment to Ordinance V**

Following addition be made to Annexure-II-A to the Ordinance V (2-A) of the Ordinances of the University;

Add the following:

The following syllabi of the Department of Buddhist Studies under the Faculty of Arts based on UGCF/PGCF, are notified herewith for the information of all concerned:

- (i) B.A (Prog.) Buddhist Studies - Sem-V/VI (GE)/VII (DSC,DSE-1, DSE-2, DSE-3,DSE-4 and GE based on Undergraduate Curriculum Framework (UGCF) - **Annexure-1**
- (ii) MA Buddhist Studies - Sem-I/II based on Postgraduate Curriculum Framework - **Annexure-2**


REGISTRAR

**DEPARTMENT OF BUDDHIST STUDIES
FACULTY OF ARTS, UNIVERSITY OF DELHI
B.A. SYLLABUS OF SEMESTER V, VI & VII**

SL, NO	Title of the paper	Type of Course
SEMESTER-V		
1.	Life and Teaching of the Buddha	GE
SEMESTER-VI		
2.	Introduction to Pali Tipiṭaka	GE
SEMESTER-VII		
3.	Buddhist Sects and their Philosophy	DSC
4.	Research Methodology in Buddhist Studies	DSE-1
5.	Buddhist Theory of Cognition	DSE-2
6.	Elementary Pali Grammar	DSE-3
7.	Buddhist Meditation & Practice	DSE-4
8.	Buddhism in Asia	GE



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DEPARTMENT OF BUDDHIST STUDIES
BA (Prog.) with Buddhist Studies as Generic Elective
SEMESTER-V

Generic Elective Course-

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course Title & Code	Total Credits	Credit distribution of the course			Eligibility Criteria/ Prerequisite	Pre-requisite of the course, if any
		Lecture	Tutorial	Practical		
Life and Teaching of the Buddha	4	3	1	0	Class XII Passed	Nil

Learning Objective: -

- (a) introduce students' awareness to the Life and Teaching of the Buddha.
- (b) Identify the time and place of Siddhartha Gautama's birth and the socio-political conditions of ancient India.
- (c) Describe the key events in the Buddha's life.
- (d) Analyze the Core Teachings of the Buddha:
- (e) Evaluate the Ethical Teachings:

Course Learning Outcome

Upon completing this course, students will be able to Identify and describe key events in the life of the Buddha and their historical and cultural contexts.

Explain the fundamental teachings of the Buddha, including the Four Noble Truths, the Noble Eightfold Path, and core concepts such as *Dukkha*, *Anicca*, and *Anatta*.

Analyze the ethical and philosophical implications of the Buddha's teachings in both ancient and modern contexts.



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SYLLABUS OF GE, SEMESTER-V

Life and Teaching of the Buddha

45 Hours

Unit-I Early Life of becoming the Buddha

10 hours

- Meaning of the Buddha and Bodhisattva.
- Birth and early life of Prince Siddhartha.
- The Four Sights and the Great Renunciation.
- Enlightenment under the Bodhi tree.

Unit-II Establishment of the Sangha and the Important Discourses

10 hours

- The Pancha Vargiya Bhikkhu and first sermon (Dhammacakkappavattana Sutta)
- Ordination of Sariputra and Moggalana
- Establishment of Bhikkhuni Sangha
- Mahaparinibbana Sutta (Raja Satta Aparihaniya Dhamma and Pacchima Vaca)

Unit-III Important Disciples of the Buddha

13 hours

- Bhikkhus: Ananda, UPāli, Mahakassapa, Angulimāla
- Bhikkhunis: Khema, Uppalavarna, Amrapāli, Patachara
- Upasakas: Bimbisara, Prasenjit, Jivaka, Anathapindika.
- Upasikas: Vishakha, Sujata, Khajuttara, Samavati

Unit -IV Buddha's Ethics and Discipline

12 hours

- Sila, Samadhi, and Prajna (Morality, Concentration, Wisdom)
- Upasaka and Upasika Discipline
- Monastic Discipline (Vinaya)
- Nirvana and the Role of Meditation (Anapana & Vipassana)

Suggested Reading: -

- Rahula, Walpol, Reprint-2007, What the Buddha Taught, Oneworld Publication, Oxford, London.
- Tiwary, Mahesh, 2001, Aspects of Buddhism, Editor- H.S. Shukla, Banaras Hindu University, Varanasi.
- Dutta, Nalinaksha, 1956, Development of Buddhism in Uttar Pradesh, Government of Uttar Pradesh, Lucknow.
- Bhikkhu, Nāṇamoli, 1972, *The Life of the Buddha*, Buddhist Publication Society, Sri Lanka.
- Hajime Nakamura, 2005, Gotama the Buddha: His Life and His Teaching, Tokyo: Kosei Publishing Co.
- Ambedkar B.R., The Buddha and his Dhamma Ed. Rathore Aakash Singh and Verma Ajay, Oxford University Press, New Delhi, 2011.
- Narada Thera, 1964, The Buddha and His Teachings, Buddhist Missionary Society (BMS), Kuala Lumpur, Malaysia.
- Bhikkhu Bodhi, 2005, In the Buddha's Words, Wisdom Publications, Boston.
- राधाकृष्णन, 2010, गौतम बुद्ध जीवन और दर्शन, राजपाल एण्ड सन्ज, दिल्ली।
- तिवारी, महेश, 1970, निदानकथा, चौखम्बा संस्कृत सीरिज आफिस, वाराणसी।
- उपाध्याय, भरतसिंह, 1994, बोधिवृक्ष की छाया में, सुस्ता साहित्य मण्डल प्रकाशन, दिल्ली।

DEPARTMENT OF BUDDHIST STUDIES
BA (Prog.) with Buddhist Studies as Generic Elective
SEMESTER-VI

Generic Elective Course-

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course Title & Code	Total Credits	Credit distribution of the course			Eligibility Criteria/ Prerequisite	Pre-requisite of the course, if any
		Lecture	Tutorial	Practical		
Introduction to Pali Tipiṭaka	4	3	1	0	Class XII Passed	Nil

Learning Objective: -

This course offers an academic introduction to the Pali Tripitaka, the primary canonical literature of Theravāda Buddhism. Students will study the historical formation, linguistic features, structure, and doctrinal content of the three Pitakas- Vinaya, Sutta, and Abhidhamma.

Course Learning Outcome

Upon completing this course, students will be able to Understand the historical background and compilation of the Pali Canon. Identify the structure and contents of the three Pitakas. Gain familiarity with essential teachings of the Buddha as preserved in the Vinaya, Sutta, and Abhidhamma Pitaka.


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SYLLABUS OF GE, SEMESTER-VI
Introduction to Pali Tipiṭaka

45 Hours

Unit-I Introduction to Pāli Tipitaka

10 hours

1. Pāli as Buddha Vachana
2. The Origin and homeland of Pāli
3. Linguistic Position of Pāli
4. Tipitaka its structure and Preservation through Sangayanas

Unit-II Introduction to the Vinaya Pitaka

12 hours

- a. Sutta-Vibhanga: Pārājika and Pacittiya
- b. Khandhaka: Mahavagga and Cullavagga
- c. The Parivara
- d. Pārājika: Sudinna Bhanavaro

Unit-III Introduction to the Sutta Pitaka

13 hours

- a) Digha Nikaya
- b) Majjhima Nikaya
- c) Samyutta Nikaya- Anguttara Nikaya
- d) Khuddaka Nikaya: Dhammapada -Balavaggo

Unit-IV Introduction to Abhidhamma Pitaka

10 hours

- a. Compilation and the nature of the Abhidhamma Pitaka
- b. Books of the Abhidhamma: 1. Dhammasangani, 2. Vibhanga, 3. Dhatukatha, 4. Puggalapannatti, 5. Kathavatthu, 6. Yamaka 7. Patthana.

Suggested Reading: -

1. LAW, B. C., 2000, A history of Pali Literature, Indica Books, Varanasi, India,
2. WINTERNITZ, M. A., 1968, A History of Pali Literature, Vol. 2, Reprint, New Delhi.
3. ADIKARAM, E. W., 1994, Early History of Buddhism In Ceylon, Buddhist Cultural Centre, Dehiwala, Sri Lanka,
4. NORMAN, K. R., 1983, Pali Literature, Including the Canonical Literature in Prakrit and Sanskrit of all the Hinyana Schools of Buddhism, Otto Harrassowitz, Wiesbaden:
5. PANDE, G. C., 1995, Studies in the Origins of Buddhism, Motilal Banarsidass, Delhi, India.
6. LAY, U Ko, Guide to Tipiṭaka, www.buddhanet.net
7. उपाध्याय, भरतसिंह, 1994, पालि साहित्य का इतिहास, हिन्दी साहित्य सम्मेलन, प्रयाग।
8. पाण्डेय, गोविन्दचन्द्र, 1990, बौद्ध धर्म के विकास का इतिहास, उत्तर प्रदेश हिन्दी संस्थान लखनऊ।
9. सांकृत्यायन, महापण्डित राहुल, 2020, पालि साहित्य का इतिहास, सम्यक प्रकाशन, नई दिल्ली।
10. धर्मरक्षित, भिक्षु, 1971, पालि साहित्य का इतिहास, जानमण्डल प्रा. लिमिटेड, वाराणसी।



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DEPARTMENT OF BUDDHIST STUDIES
BA (Prog.) with Buddhist Studies as DSC
SEMESTER-VII

Discipline Specific Core Course-

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course Title & Code	Total Credits	Credit distribution of the course			Eligibility Criteria/ Prerequisite	Pre-requisite of the course, if any
		Lecture	Tutorial	Practical		
Buddhist Sects and their Philosophy	4	3	1	0	Class XII Passed	Nil

Learning Objective: -

1. Students will acquire knowledge about the major sects of Buddhism such as Theravada, Mahayana, and Vajrayana.
2. Students will know their origin, key principles, prominent scholars such as Nagarjuna, Vasubandhu, Buddhaghosa.
3. Students will be aware of related important texts, and will be able to analyze them.

Learning Outcome

4. The students recognize the various doctrines of Buddhist sects and appreciate modification or continuation to the teachings of the Buddha according to different age and regions.
5. Students appreciate the socio-cultural, and philosophical background for emergence of different sects and philosophies.
6. The students apprehend the balanced and comprehensive perspective on these sects and their philosophies and the adherence to Buddha by them with continuation and change.


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SYLLABUS OF SEMESTER- VII
Buddhist Sects and Their Philosophy

Unit-I Origin and Development of Buddhist Sects. 10 Hours

- a) Concept of Sangha During the Buddha
- b) Pancavatthuni Dhamma: the five Demands of Devadatta and Division in the Sangha
- c) The Dasavatthuni Dhamma and the Emergence of the Mahāsāṅghikas

Unit-II The Theravāda and its Philosophy 12 hours

- a. The Pāli Based Theravāda as continuation of Buddha's original philosophy
- b. Latter Teachers of the Theravāda: Mogaliputta Tissa, Nāgasena and Buddhaghosa
- c. Sanskrit based Theraāda Sautrantika school: Vasubandhu and his *Abhidharmakośakārikā*

Unit-III The Mahāyāna and its Philosophy 12 Hours

- a. The Sarvāstivāda and its Philosophy of existence of all elements.
- b. The Yogācāra School- Founders and major thinkers: **Asaṅga, Vasubandhu, Sthiramati.**
- c. Madhyamika School: Vijñaptimātra (Consciousness-only / Representation-only)
- d. Three Natures (Trisvabhāva): Parikalpita (Imagined), Paratantra (Dependent) and Pariniṣpanna (Perfected)

Unit IV The Vajrayāna and its Philosophy 12 hours

- a. Realization of Emptiness (Śūnyatā)
- b. Mantras and Esoteric Practices
- c. Bodhisattva Ideal
- d. Vajrayana Teachers: Padmasambhava, (Guru Rinpoche), Sakyong Mipham

Reference Books

1. Akira, H. (1990). *A History of Indian Buddhism: From Sākyamuni to Early Mahāyāna*. Eng. Tr. By P. Groner. Hawaii: University of Hawaii.
2. Bareau, A. (1955). *The Buddhist Sect of the Lesser Vehicle*. Eng. Tr. by G. M. Chodron.
3. Dutta, N. (1978). *Buddhist Sects in India* (2 ed.). Delhi: Motilal Banarsidai.
4. Kimura, R. (1927). *A Historical Study of the Term Hinayāna and Mahāyāna and the Origin of Mahāyāna Buddhism*. Kolkata: University of Calcutta.
5. Kumar, Ujjwal. (2014). Ground of Saṅghabheda: Division or Spilt of the Saṅgha. *Pāli-Prākṛita-Anuśīlana*. Ed. by V. K. Jain and G. S. Negi. PP. 60-65. Lucknow: Pāli Study Centre, Rashtriya Sanskrit Sansthana.
6. Lamotte, É. (1958). *History of Indian Buddhism: From the Origins to the Śaka Era*. Original in French, Eng. tr. by S. W. Boin. Louvain-La-Neuve: Institut Orientaliste.

7. Masuda, Jiryo.(N.D.). *Origin and Doctrines of Early Indian Buddhist Schools: A Translation of the Hsuang-Chwang Version of Vasumitra's Treatise*. Publication info. missing.
8. Panabokke, G. (1993). *History of Buddhist Sangha in India and Sri Lanka*. Colombo: The Postgraduate Institute of Pali and Buddhist Studies, University of Kelaniya.
9. Sarao, K. T. S. (2012). *The Decline of Buddhism in India: A Fresh Perspective*. New Delhi: Munshiram Manoharlal Publishers Pvt. Ltd.
10. Silk, J. A. (2002). What, If Anything, Is Mahāyāna Buddhism? Problems of Definitions and Classifications. *Numen*, 49.4, 355-405.
11. Sujato, B. (2006). *Sects and Sectarianism: The Origin of Buddhist Schools*. Santi Forest Monastery.
12. Vidyābhūṣaṇa, S. C. (1900). Mahāyāna and Hīnayāna. *Journal of the Royal Asiatic Society of Great Britain and Ireland*, 29-42.
13. दुबे, प्रद्युम्न. (2016). बौद्ध निकायों का उद्भव एवं विकास. पृ. 179-199. *श्रमणधर्म-विमर्श*. सम्पादक धर्म चन्द्र जैन और लालजी 'श्रावक'. दिल्ली: बी.आर. पब्लिसिंग कॉरपोरेशन.
14. नेगी, वङ्गुगदोर्जे. (1998). *वज्रयानदर्शन एवं साधना*. सारनाथ- वाराणसी: केन्द्रीय उच्च तिब्बती संस्थान.
15. पाण्डेय गोविन्दचन्द्र, 1976, *बौद्धधर्म के विकास का इतिहास, द्वितीयसंस्करण*, लखनऊ: हिन्दी समिति सूचना विभाग.
16. लाल, बनारसी, (2016), बौद्ध-तन्त्र: एक संक्षिप्त परिचय, *Dharmadoot (धर्मदूत)*, Vol. 82, PP. 183-198, Ed. By, Bimalendra Kumar.
17. त्रिपाठी, र. (1997). *बौद्धदर्शनप्रस्थान*. सारनाथ-वाराणसी: केन्द्रीय उच्च तिब्बती शिक्षा संस्थान.
18. त्रिपाठी, र. (2008). *सौत्रान्तिकदर्शन*. सारनाथ-वाराणसी: केन्द्रीय उच्च तिब्बती संस्थान.



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DEPARTMENT OF BUDDHIST STUDIES
BA (Prog.) with Buddhist Studies as DSE-1
SEMESTER-VII

Discipline Specific Elective Course-
CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course Title & Code	Total Credits	Credit distribution of the Course			Eligibility Criteria/ Prerequisite	Pre-requisite of the course, if any
		Lecture	Tutorial	Practical		
Research Methodology in Buddhist Studies	4	3	1	0	Class XII Passed	Nil

Learning Objective: -

- To develop a comprehensive understanding of research fundamentals including its meaning, objectives, and motivation.
- To distinguish between various research methods and methodologies, and recognize the significance of different research types.
- To enhance the ability to write literature review, bibliographies and references accurately.
- To develop critical thinking.

Course Learning Outcome

Upon completing this course, students will be able to effectively design and conduct research in Buddhist studies, identifying research problems, formulating objectives, and selecting appropriate methodologies. They will gain the skills to collect, analyze, and interpret primary and secondary data related to Buddhist texts.


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SYLLABUS OF DSE-I, SEMESTER-VII

Research Methodology in Buddhist Studies	45 Hours
Unit-I: Meaning and Components of research	10 hours
a) Definition and types of research.	
b) Sources of Research.	
c) Research in the context of Buddhist studies.	
d) Identification of the problem, hypothesis, and objectives.	
e) Research questions and their relevance to Buddhist studies.	
Unit-II: Research Method, Methodology	12 hours
a) Qualitative vs. quantitative research	
b) Descriptive, analytical, and comparative research in the context of Buddhist studies	
c) Research Methods: Surveys, Case Study, Field Studies, interview method	
Unit-III Research Ethics	13 hours
a) Ethics in research.	
b) Citing sources and avoiding plagiarism.	
c) Method of Citations and Bibliography/Reference.	
d) Understanding various citation styles and their applications.	
Unit-IV Research Design:	10 hours
a) Choose a relevant and meaningful research topic in Buddhist studies.	
b) Reviewing the literature.	
c) Identifying the research problem and formulating objectives.	
d) Structure of a research paper: Introduction, methodology, findings, conclusion.	

Suggested Reading: -

1. Kothari, C. R. 2004. *Research Methodology: Methods & Techniques*. New Delhi: New Age International (P) Limited, Publishers.
2. Singh, Shashi Bhushana. 2012. *Śodha Pravidhi*. New Delhi: Arjun Publishing House.
3. Dash, Keshab Chandra. 1992. *Elements of research methodology in Sanskrit*. Varanasi: Chaukhambha Sanskrit Sansthan.
4. Bhattacharyya, D.K., 2006, *Research Methodology*, Excel Books India.
5. Bell, Judith, 2010, *Doing Your Research Project*, Open University Press.
6. Babbie, Earl R. 2020, *The Practice of Social Research*, Cengage Learning.
7. द्विवेदी, सुरेशचन्द्र. 2014. संस्कृत शोध-प्रविधि. शारदा संस्कृत संस्थान, वाराणसी.
8. शर्मा, विनयमोहन, 2018, शोध प्रविधि, नेशनल पब्लिशिंग हाउस, दिल्ली।
9. गणेशन, एस. एन, 2021, अनुसंधान प्रविधि सिद्धान्त और प्रक्रिया, लोकभारती प्रकाशन।

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DEPARTMENT OF BUDDHIST STUDIES
BA (Prog.) with Buddhist Studies as DSE-II
SEMESTER-VII

Discipline Specific Elective Course

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course Title & Code	Total Credits	Credit distribution of the course			Eligibility Criteria/ Prerequisite	Pre-requisite of the course, if any
		Lecture	Tutorial	Practical		
Buddhist Theory of Cognition	4	3	1	0	Class XII Passed	Nil

Learning Objective: -

This paper aims to equip students with a comprehensive understanding of how humans think, learn, and process information. This includes knowledge of key theories, research methods, and applications of cognitive psychology, as well as the ability to critically evaluate information and communicate findings effectively.

Course Learning Outcome

By the end of this course, students will be able to:

1. Explain core concepts and theories of cognitive psychology, including perception, attention, memory, language, problem-solving, and decision-making.
2. Analyze and evaluate cognitive research using appropriate methods and critical thinking skills.
3. Apply cognitive principles to real-world contexts, such as education, workplace performance, or everyday decision-making.



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SYLLABUS OF DSE-II, SEMESTER- VII
Course of Cognition

Unit-I Concept and Classification of Mind	45 hours
a. Citta (mind): Definition and characteristics	10 hours
b. Bhūmī: The Classification of the Minds: Kāmāvacara, Rūpāvacara, Arūpāvacara, and Lokuttara	
c. Origin of mind: Kusala, Akusala, Vipāka, and Kiriya.	
Unit-II Cetasika: the mental factors	12 hours
a. Aññasamāna (ethically variable),	
b. Akusala (unwholesome),	
c. Sobhana (beautiful).	
Unit-III Cittavīthi: Process of Cognition:	13 hours
a. Three levels of cognition: Saññā (perception), Viññāṇa (cognition) and Paññā (insight);	
b. Speculative and Non-speculative cognitive process: Papañca (proliferation of thought) and Yathābhūtañānadassana (knowing and seeing things as they are).	
Unit-IV Cognitive process	10 hours
a. Pancadvāra vīthi: Five door Cognitive process	
b. Manodvāra vīthi: Mind door cognitive process.	

Reference Books

1. Tripāṭhī, Rāmsāṅkara, ed. 1991–1992. Abhidhammatthasaṅgaho (Paṭhamo- Dutiyo Bhāgo). Translated by Bhadanta Rewatadhamma and Rāmsāṅkara Tripāṭhī. Varanasi: Sampurnananda Sanskrit University.
2. Davids, Rhys, C. A. F. 2004. Buddhist Manual of Psychological Ethics. Oxford: The Pali Text Society.
3. Sangharakshita. 2012. Know Your Mind: The Psychological Dimension of Ethics in Buddhism. Cambridge: Windhorse Publications.
4. Sircar, Rina. 1999. The Psycho-ethical Aspects of the Abhidhamma. Lanham: University Press of America.
5. Thera, Nyanaponika. 1998. Abhidhamma Studies: Buddhist Explorations of Consciousness and Time. Kandy: Wisdom Publication.
6. Bukatko Danuta, 1985, Cognitive development. New York: Knopf.
7. *Caroline Brazier*. 2003, Buddhism on the Couch: From Analysis to Awakening using Buddhist Psychology. Ulysses Press, 2003.
8. Colman, Andrew, 2015, Dictionary of Psychology. Oxford Paperback Reference (4 Ed.). Oxford: Oxford University Press (published).
9. J Kashyap, Bhikkhu, 1996, Abhidhamma Philosophy, Bharatiya Vidya Prakashan, Delhi.
10. कौसल्यायन, भदन्त आनन्द, 2020, अभिधम्मत्थसंगहो, गौतम बुक सेंटर, दिल्ली।
11. शर्मा, ब्रह्मदेव नारायण, 1988, विभज्यवाद, अरुण प्रकाशन, वाराणसी।



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DEPARTMENT OF BUDDHIST STUDIES
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SEMESTER-VII

Discipline Specific Elective Course -

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course Title & Code	Total Credits	Credit distribution of the course			Eligibility Criteria/ Prerequisite	Pre-requisite of the course, if any
		Lecture	Tutorial	Practical		
Elementary Pali Grammar	4	3	1	0	Class XII Passed	Nil

Learning Objective: -

1. Students will become familiar with the Pāli alphabet and its correct pronunciation.
2. Understand Basic Grammar Rules.
3. Learn present, past, and future tense conjugations of regular verbs.

Course Learning Outcome

1. Upon completion of this course, the student will become familiar with the Recognize and write the Pāli alphabet and understand pronunciation conventions.
2. Identify and use basic grammatical components of Pāli, including nouns, pronouns, verbs, adjectives, and particles.
3. Understand and apply fundamental rules of Pāli sentence structure, including cases (nominative, accusative, etc.), gender, and number.


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SYLLABUS OF DSE-3, SEMESTER- VII

Elementary Pāli Grammar

Unit-I Basic Concepts	45 hours 10 hours
a. Alphabets b. Rules of phonetic change c. Sandhi rules (basic)	
Unit-II Gender, Number and Cases	12 hours
a. Introduction to the genders: Masculine, Feminine, Neuter b. Introduction to the cases and their functions c. Number, Person. d. Case endings overview.	
Unit-III Verb Roots and forms	13 hours
a. Verb roots in Present, Past, Future Tense: - Paṭh, Gam, Likh, bhū, dis, b. Word Forms: - Buddha, Phala, Latā.	
Unit-IV Translations	10 hours
a. Simple Translation from Pāli to Hindi/English. b. Simple Translation from Hindi/English to Pāli.	

Reference Books

1. Ven. Narada Thera: ed. 1953. An Elementary Pali Course, The Associated Newspapers of Ceylon limited, Lake House Colombo.
2. Collins, Steven. 2006. A Pali Grammar for Students. Thailand: Silkworm Books.
3. Geiger, Wilhelm. 2000. A Pāli Grammar. Edited by K. R. Norman. Translated by Batakrihna Ghosh. Oxford: The Pali Text Society.
4. de Silva, Lily. 1999. Pāli Primer. Igatpuri: Vipassana Research Institute.
5. Vidyabhushan, N. C., and M. K. Ghose. 1982. A Pali Grammar. Varanasi: Indological Book House.
6. भिभु, धर्मरक्षित, संवत् 2066, पालि व्याकरण, ज्ञानमण्डल लिमिटेड, वाराणसी।
7. भिक्षु, जगदीश काश्यप, 2008, पालि-महाव्याकरण, मोतीलाल बनारसीदास, दिल्ली।
8. भदंत, आनन्द कौसल्यायन, 2013, 31 दिन में पालि, संपादक- डॉ. विमलकीर्ति, सम्यक प्रकाशन, नई दिल्ली।


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DEPARTMENT OF BUDDHIST STUDIES
BA (Prog.) with Buddhist Studies as DSE-IV
SEMESTER-VII

Discipline Specific Elective Course-

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course Title & Code	Total Credits	Credit distribution of the course			Eligibility Criteria/ Prerequisite	Pre-requisite of the course, if any
		Lecture	Tutorial	Practical		
Buddhist Meditation & Practices	4	3	1	0	Class XII Passed	Nil

Learning Objective:

1. To enable the students, know about the practical aspects of Buddha's teachings.
2. To enable students to understand and use the Meditation practices.
3. To make students aware of importance of Vipassana and other Meditations in modern age.
4. To enable students to compare and comprehend the relevance of Meditation practices to have strong psycho-physics and a productive individual in society.

Course Learning Outcome:

1. Students appreciate the practical aspects of the Buddha's teachings.
2. Students take Meditation course and try to practice it in daily life.
3. Students help in propagation of Mindfulness and its various relevant ways.
4. Students show strong psychic health and contributes to healthy and peaceful society.


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**SYLLABUS OF DSE-IV,
SEMESTER-VII
Buddhist Meditations & Practices**

45 Hours

Unit-I Introduction to Buddhist Meditation

10 hours

- a) Sīla, Samādhi, Paññā: The Threefold Teachings of the Buddha and their relations.
- b) Sīla: Pañcasīla, Uposathasīla, Pātimokkha Saṃvara Sīla
- c) Samādhi: Āāpāna meditation and its importance
- d) Paññā: Vipassanā Meditation
- e) Mettā Bhāvanā: Loving-kindness

Unit-II Vipassanā Meditation in the Contemporary World

12 hours

- a) Saya Thetgyi and Tradition of Vipassanā Teachers
- b) Modernization of Vipassanā by Sayagi U Ba Khin
- c) Satya Narayan Goenka and Vipassanā in India and abroad

Unit-III Vipassanā and its impact on Society

13 hours

- a) Vipassanā and Students: MITRA project of Govt. of Maharashtra
- b) Vipassanā in Higher Education: Symbiosis Pune, IIT Delhi.
- c) Vipassanā in Administration, Governance and corporate.
- d) Vipassanā in Jails: Tihar, Jaipur.

Unit-IV Other Buddhist meditation Teachers and their Practices

10 hours

- a) Vietnamese Zen master Thich Nhat Hanh and *The Fourteen Mindfulness Trainings*
- b) Dalai Lama: The spiritual leader of Tibetan Buddhism and his compassion and non-violence
- c) Ajahn Chah: A Thai forest monk and Meditation of Direct Experience
- d) Pema Chödrön: An American Buddhist Nun and her Shambhala International.

Suggested Reading:

1. Satyanarayan Goenka, Vipassana - Inner Peace for World Peace, Vipassana Research Institute, Igatpuri, 2024
2. Vipassana—Its Relevance to the Present World, Vipassana Research Institute, Igatpuri, 1994
3. Sayagi U Ba Khin Journal, Vipassana Research Institute, Igatpuri, 1991
4. Let Us Walk the Path of Dhamma, Vipassana Research Institute, Igatpuri
5. Prof. P. L. Dhar, Value Inculcation Through Self-Observation, Vipassana Research Institute, Igatpuri, 2007
6. Dr. Kishore Chandiramani, Mr. S. K. Verma and Prof. P. L. Dhar, Psychological Effects of Vipassana On Tihar Jail Inmates, Vipassana Research Institute, Igatpuri, 1995

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7. S. N. Goenka, Origin & Spread Of Vipassana , Vipassana Research Institute, Igatpuri, 2011
8. Lindsay Kyte, The Life of Thich Nhat Hanh, *Lion's Roar*, 2024
9. The Teachings of Ajahn Chah, The Sangha, Wat Nong Pah Pong 2007
10. सत्यनारायण गोयन्का, बुद्ध की महान शिक्षा : विपश्यना की उत्पत्ति और प्रसार, 2009
11. सत्यनारायण गोयन्का चलें धर्म के पंथ - विपश्यना विशोधन विन्यास , धम्मगिरि, इगतपुरी, 2024
12. सत्यनारायण गोयन्का, तिपिटक में सम्यक सम्बुद्ध, विपश्यना विशोधन विन्यास, धम्मगिरि, इगतपुरी, 2008

E Resources:

1. https://www.accesstoinsight.org/ati/lib/thai/chah/the_teachings_of_ajahn_chah_web.pdf
2. <https://mudita.dhamma.org/about-vipassana/vipassana-in-prisons/#:~:text=To%20live%20an%20ethical%20and,key%20focus%20of%20this%20work.>
3. <https://plumvillage.org/about/thich-nhat-hanh/biography>
4. <https://www.lionsroar.com/the-life-of-thich-nhat-hanh/>


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DEPARTMENT OF BUDDHIST STUDIES
BA (Prog.) with Buddhist Studies as GE
SEMESTER-VII

Generic Elective Course-

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course Title & Code	Total Credits	Credit distribution of the Course			Eligibility Criteria/ Prerequisite	Pre-requisite of the course, if any
		Lecture	Tutorial	Practical		
Buddhism in Asia	4	3	1	0	Class XII Passed	Nil

Learning Objective:

1. To introduce students, the place of Buddhism in the diverse cultures of Asia.
2. To make students acquainted with introduction and of Buddhism to Asia.
3. To make students aware of role of Buddhism in religious and political life in Asia.

Course Learning Outcome:

1. Students appreciate the existence of Buddhism in Asia and comprehends its role in dynamic sphere.
2. Students apprehend the historical spread of Buddhism to the north and south of India and compare the development with the current religious and linguistic scenario.
3. Students appraise the ability of Buddhism to cut across the regional and cultural boundaries and co-exist with harmony through a long span of history.
4. Students comprehend the linguistic and philosophical patterns of Buddhism in various parts of Asia and relate the same with its arrival and spread among the various regions of Asia.


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SYLLABUS OF GE-VII, SEMESTER-VII
Buddhism in Asia

45 Hours

Unit-Introduction Buddhism to the South and the Southeast Asia

10 hours

- a) Despatchment of Dhammadutas to various countries by the Emperor Ashoka.
- b) The role of Thera Mahindra and Their Sanghamitra in Sri Lanka
- c) Buddhism to Suvarnabhoomi and Burma: Tapassau-Bhallika and Sona and Uttara to V and VI Sangayana.

Unit-II Introduction of Buddhism to the Northern Asia

12 hours

- a) Emperor Ashoka and his Empire.
- b) Thera Majjhantika sent by Emperor Ashoka to Gandhar (Afghanistan)
- c) Buddhism to China: Silk route and Han Dynasty.

Unit-III Himalayan Buddhism

13 hours

- a) Buddhist introduction to Tibet King Trisong Detsen and Yuan Dynasty
- b) Buddhist Masters and Monasteries: Padmasambhava and Shantirakshita, Samye and Sera monasteries.
- c) Nepal: Birthplace of the Bodhisattva and Ashokan pillars and Buddhist culture and practices.

Unit-IV Buddhist Movements and Key Personalities in Contemporary Asia

10 hours

- a) His Holiness Dalai Lama; Life and works
- b) Revival of Buddhism in India: Dr B. R Ambedkar and Vipassana by S.N. Goenka
- c) United Nations Day of Vesak

Suggested Readings:

- Buddhism in South Asia by Bechert & Gombrich (Oxford University Press, 1991).
- Pain and Its Ending: The Four Noble Truths in the Theravada Buddhist by Carol S. Anderson (Curzon, 1999).
- Women in the Footsteps of the Buddha: Struggles for Liberation in the Therigatha by Kathryn R. Blackstone (Curzon, 1998).
- Buddhism in Southeast Asia by Donald K. Swearer (State University of New York Press, 2003).
- World Conqueror and World Renouncer: A Study of Buddhism and Polity in Thailand Against a Historical Background by Stanley J. Tambiah (Cambridge University Press, 1976).
- New Buddhist Movements in Thailand by Rory Mackenzie (Routledge, 2007).
- Buddhism in Mongolian History, Culture, and Society Vesna A. Wallace (ed.), 2015, Oxford University Press
- Buddhism in Tibetan Societies by Samuel, Geoffrey. Civilized Shamans: Washington: Smithsonian Institution Press, 1993.
- Religions of Tibet in Practice by Lopez, Donald (ed.) Princeton University Press, 1997.
- Buddhism in India by Gail Omvedt, Sage Publication, 2009
- LET US WALK THE PATH OF DHAMMA: S.N. Goenka Autobiographical Writings (S.N. Goenka Centenary Compendium), Vipassana Research Institute, Igatpuri, 2024.
- चले धर्म के पंथ : स.ना. गोयंका आत्म कथन संकलन, विपश्यना विशोधन विन्यास, 2024।


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