

University of Mumbai



Revised Syllabus for Diploma course in BUDDHIST STUDIES - VIPASSANA THEORY & PRACTICE

**(As per credit Based Semester and Grading System with
effect from the academic year 2012-2013)**

Revised Syllabus for the

‘BUDDHIST STUDIES - VIPASSANA THEORY & PRACTICE’ Part – Time One Year Diploma Course

As per Credit Based Semester & Grading System With Effect From The Academic Year 2012-13

Paper I: History and Philosophy of the Teachings of the Buddha

UNIT I:

- Introduction to pali language and literature
- Definition of term pali- home of pali- development of pali as a language
- Definition of ‘Tipitaka’, What it contains in general - in particular
- Origin and development of non-canonical pali literature
- Advantages of learning pali

UNIT II:

- Introduction to life and teachings of the Buddha
- Concept of paramitas
- Life of the Buddha as per Pali scriptures
- Teachings of the Buddha as per Theravada perspective
- Four noble truths
- The law of dependent origination

UNIT III:

- Various historical Theravada Councils and spread of Dhamma after Asoka.
- Royals and merchant patrons of the Sāsana at Buddha’s time
- Historical places connected with the life of Buddha

UNIT IV:

- Learning of Pali suttas through translation
- Mangala Sutta
- Parabhava Sutta
- Mittanisamsa Sutta
- Mahaparinibbana Sutta.
- Citta Vagga

BOOKS FOR REFERENCES — Published by VRI, Dhamma Giri

1. Gotama the Buddha: His Life and His Teaching.
2. Discourses on Satipatthana.
3. Dharma Its True Nature
4. The Importance of Vedana.
5. Manual of Vipassana Meditation.
6. [The Discourse Summaries](#).
7. Pravachan Saransh
8. Dhamma Vandana
9. Tipitaka mein Samyaka Sambuddha vol 1 & 2
10. Asokan Inscriptions.
11. 2500 yrs of Buddhism by Bapat.
12. Buddhist India by Rhys Davis.
13. Rajdharma (kuch aitihasic prasang) by Shri. S.N.Goenka
14. [The Essence of Tipitaka](#)
15. Pali sahitya ka itihaas by Bharat Singh Upadhyay
16. Vipassana ka Udagam aur Vikas

Paper II — Vipassana Theory And Practice

Total Marks: 100

UNIT 1:

- Sīla (Morality)- sila as a necessary condition for achievement of samadhi
- Samādhi (concentration)- Samadhi as a necessary condition for achievement of insight
- Paññā (insight, wisdom)-Insight as a necessary condition for Achievement of final liberation

UNIT II:

- Role of anapana sati in Vipassana meditation
- Role of awareness and equanimity in Vipassana meditation
- Role of sensations in Vipassana meditation
- Metta Bhavana as a concluding part of Vipassana meditation & in general

UNIT III:

- Vipassana Meditation through Mahasatipatthana Sutta
- References of Vipassana as found in Tipitaka
- Dhamma & Secterianism

UNIT IV:

- Practical application of Vipassanā as found in
- Utility of Vipassanā in managing affairs
- Role of Vipassanā in controlling stress and emotions
- Vipassanā & physical health
- Similarities between Vipassanā and Ayurveda
- Modern psychology and Vipassanā
- Vipassanā in Government.
- Ānāpāna in school children

BOOK LIST: Book for reference

1. [The Art of Living – by William Hart](#)
2. Dhamma its true nature
3. Vipassana its relevance to present world
4. Vipassana meditation healing the healer by Dr. T.T. Fleischman
5. [Vipassana – An Art of Corporate Management](#)
6. [Vipassana & Health](#)
7. [Vipassana in Government](#)
8. [Drug Addiction And Therapy: A Vipassana Perspective](#)
