

# **‘BUDDHISTIC STUDIES - VIPASSANA THEORY & PRACTICE’**

## **Part – Time One Year Advanced Diploma Course**

Ordinances and Regulations relating to the above course:

**1. Title of the Course:** BUDDHISTIC STUDIES VIPASSANA THEORY & PRACTICE’

**2. Eligibility:** A candidate for being eligible for admission to the course must have passed matriculation, (Std. X) of the Maharashtra State Board of Secondary Education, Pune, or H.S.C. that is should be 12<sup>th</sup> pass.

**3. Duration for the course:** It shall be a part-time course and its duration shall be one academic year i.e. June – April.

**4. Scheme of Papers:**

**Paper - I — (100 Marks) – HISTORY AND PHILOSOPHY OF TEACHINGS OF THE  
BUDDHA**

**Paper - II— (100 Marks) – VIPASSANA THEORY AND PRACTICE**

**5. Examination - Eligibility:** A candidate for being eligible for admission to the examination shall satisfy the following requirements: -

**5.1.** He/She shall have attended the course of instruction and practice sessions for at least three-fourths of the total number of hours during each term.

**5.2.** Diploma in Buddhist Studies Vipassana Theory & Practice is compulsory condition for admission to Advanced Diploma in Buddhist Studies Vipassana Theory & Practice.

**5.3.** One Ten day Vipassana course at any Vipassana centre acknowledged by Vipassana Research Institute is compulsory condition for eligibility for appearing in final examination.

**6. Exam Structure:**

**6.1.** Paper I is on teachings of the Buddha and his philosophy for which examination **100 marks Theory paper** will be conducted.

**6.2.** Paper II is on Vipassana theory & practice for which an examination **100 marks Theory paper** will be conducted.

**7. Fee Structure:**

**7.1.** The fee prescribed for registration shall be Rs. 100/-

**7.2.** The fee prescribed as tuition fee shall be Rs. 1500/-

7.3. Examination fee prescribed shall be Rs 700/-

8. **Passing Criteria:** Minimum marks for passing is 40 marks out of 100 in each paper

9. **Qualification for Teachers:**

9.1. Postgraduates in Pali & Buddhistic Studies

9.2. Authorized Teachers / Old Meditators of Vipassana Meditation Technique

10. **Lectures structure:** Once a week for 4 Hours

**Paper I — History and Philosophy of Teaching of the Buddha**

**Total Marks: 100**

**UNIT I: Pāli Literature**

- Verses of Dhammapada (Magga Vagga)
- Similes of Milinda Pañha (Lakkha Pañha)
- Personalities of Puggalapaññati (Chapter-3)

**UNIT II: Core Teachings through Pāli Suttas**

- Mahāsatipaṭṭhāna Sutta
- Dvedhāvītakka Sutta
- Nivāpa Sutta

**UNIT III: Historical Aspects**

- Last Days of the Buddha (Māhāparinibbāna Sutta)
- Spread of Teachings of the Buddha in other Countries
- Art and Architecture

**UNIT IV: Learning of Pāli Suttas through Translation**

- Dhammacakkapavattana Sutta
- Ratana Sutta
- Girimānanda Sutta

**BOOKS FOR REFERENCES** —

1. Pali sahitya ka itihasa- Rahula Sankrityayan
2. Pali sahitya ka itihasa- Dharmaraskhita
3. Pali sahitya ka itihasa- Bharatsingh Upadhyaya
4. History of Pali literature - B. C. Law
5. The Essence of Tipitaka - U Ko lay
6. Gotama the Buddha: His Life and His Teaching - V.R.I. Publication
7. Tipitaka Men Samyaka Sambuddha Vol 1 - S. N. Goenka, V.R.I. Publication

8. Tipitaka Men Samyaka Sambuddha Vol 2 - S. N. Goenka, V.R.I. Publication
9. Asoka ke Shilalekha - V.R.I. Publication
10. 2500 years of Buddhism - P. V. Bapat
11. Buddhist India - Rhys Davids
12. Dhamma Vandana - V.R.I. Publication
13. Dhammapada Pali-English - V.R.I. Publication
14. Dhammapada Pali-English – Narada
15. Abhidhammatha Sangaho – Narada
16. The Debate of King Milinda - Bhikkhu Pesala

## **Paper II — Vipassana Theory and Practice**

**Total Marks: 100**

**Lectures per Week:** Once a Week for Four Hours (Three hours for theory and one hour for meditation session).

### **UNIT I: Essentials of Vipassana Practice**

- References of Vipassana as found in scriptures
- Sati Sampajañña
- Bodhipakkhiya Dhamma – (37 factors of Enlightenment)

### **UNIT II: Important aspects of Vipassana technique**

- Sāmaññaphala Sutta
- Sabbāsava Sutta
- Mahāhatthipadopama Sutta

### **UNIT III: Foundation for development of Vipassana**

- Paramattha Sacca (Ultimate Truths)
- Ti-Lakkhaṇa (Three Characteristics)
- Ariya Puggala (Fruits of Sanctification)

#### **UNIT IV: Practical application of Vipassana as found in: (selected few)**

- Vipassana & Psychology
- Vipassana & Prison
- Vipassana & Interpersonal relationship
- Vipassana & Tourism
- Vipassana & World Peace
- Vipassana & Personality Development
- Vipassana & Education

#### **BOOKS FOR REFERENCES —**

1. The Discourse Summaries - S.N. Goenka, V.R.I. Publication
2. Pravachan Saransh - V.R.I. Publication
3. Sayagi U Ba Khin Journal, V.R.I. Publication
4. The Manuals of Dhamma - Ledi Sayadaw, V.R.I. Publication
5. Pali sahitya ka itihasa- Rahula Sankrityayan
6. Pali sahityana ka itihasa- Dharmarakkhita
7. Pali sahitya ka itihasa- Bharatsingh Upadhyaya
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11. Tipitaka Men Samyaka Sambuddha Vol 1 - S. N. Goenka, V.R.I. Publication
12. Tipitaka Men Samyaka Sambuddha Vol 2 - S. N. Goenka, V.R.I. Publication
13. Asoka ke Shilalekha - V.R.I. Publication
14. 2500 years of Buddhism - P. V. Bapat
15. Buddhist India - Rhys Davids
16. Mahasatipatthana Sutta - In Hindi/English/Marathi - S.N. Goenka, V.R.I. Publication
17. Dharma - Its True Nature- S.N. Goenka, V.R.I. Publication

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