

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

## **Part – Time One Year 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 TEACHING 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.** One Ten day Vipassanā course at any Vipassanā centre acknowledged by Vipassanā 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 of **100 marks Theory paper** will be conducted.

**6.2.** Paper II is on Vipassana theory & practice for which an examination of **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 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

10. Lectures structure: Once a week for 4 Hours

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

**Total Marks: 100**

**UNIT I: Introduction to Life and Teachings of the Buddha**

- Life & Spiritual Quest of the Buddha
- Four Noble Truths & Eight-fold Path
- Concept of Paramitas

**UNIT II: Introduction to Pali Literature**

- Vinaya Piṭṭaka
- Sutta Piṭṭaka
- Abhidhamma Piṭṭaka

**UNIT III: Historical Aspects**

- Six Historical Theravada Councils
- Royals and Merchant Patrons
- Places of Buddhist Interest

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

- Ariyapariyesanā Sutta
- Cittavagga
- Mañgala Sutta

**BOOKS FOR REFERENCES —**

1. Gotama the Buddha: His Life and His Teaching - V.R.I. Publication
2. Mahasatipatthana Sutta - In Hindi/English/Marathi - S.N. Goenka, V.R.I. Publication
3. Dharma - Its True Nature- S.N. Goenka, V.R.I. Publication
4. Importance of Vedana & Sampajanna - S. N. Goenka, V.R.I. Publication
5. Manual of Vipassana Meditation. – U Ko Lay
6. The Discourse Summaries - S.N. Goenka, V.R.I. Publication

7. Pravachan Saransh - V.R.I. Publication
8. Dhamma Vandana - V.R.I. Publication
9. Tipitaka Men Samyaka Sambuddha Vol 1 - S. N. Goenka, V.R.I. Publication
10. Tipitaka Men Samyaka Sambuddha Vol 2 - S. N. Goenka, V.R.I. Publication
11. Asoka ke Shilalekha - V.R.I. Publication
12. 2500 years of Buddhism - P. V. Bapat
13. Buddhist India - Rhys Davis.
14. Rajdharma (kuch aitihasic prasang) - Shri. S.N.Goenka
15. The Essence of Tipitaka - U Ko lay
16. Pali sahitya ka itihaas - Bharatsingh Upadhyaya
17. Vipassana ka Udagam aur Vikas

## **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: Foundations for the development of Vipassana technique**

- Sīla (Morality)
- Samādhi (Concentration)
- Paññā (Insight, Wisdom)

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

- Anāpāna
- Vedanā (Sensations)
- Paṭ iccasamuppāda

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

- Ti-Sarana (Refuge in triple gems)
- Five Friends and Five Enemies
- Brahmavihāra

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

- Vipassana & Ayurveda
- Vipassana & Management
- Vipassana & Mental Health
- Vipassana & Physical Health
- Vipassana & Yoga
- Vipassana & Government
- Brahmi Script

**BOOKS FOR REFERENCES** —

1. **The Art of Living: Vipassana Meditation: As Taught by S. N. Goenka - William Hart**
2. Dharma - Its True Nature- S.N. Goenka, V.R.I. Publication
3. Vipassana its relevance to present world, V.R.I. Publication
4. Vipassana meditation healing the healer by Dr. T.T. Fleischman
5. [Vipassana – An Art of Corporate Management](#), V.R.I. Publication
6. [Vipassana & Health](#), V.R.I. Publication
7. [Vipassana in Government](#), V.R.I. Publication
8. [Drug Addiction And Therapy: A Vipassana Perspective](#), V.R.I. Publication

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