

**UNIVERSITY OF MUMBAI**

No. UG/49 of 2018-19

**CIRCULAR:-**

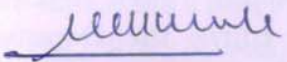
Attention of the Principals of the Affiliated Colleges, the Head University Departments and Directors of the recognized Institutions in Humanities Faculty is invited to this office circular No. UG/47 of 2015-16, dated 4<sup>th</sup> August, 2015 relating to syllabus of One Year Advanced Diploma Course.

They are hereby informed that the recommendations made by the Board of Studies in Sanskrit, Pali and Prakrit at its meeting held on 26<sup>th</sup> April, 2018 have been accepted by the Academic Council at its meeting held on 5<sup>th</sup> May, 2018 **vide** item No. 4.67 and that in accordance therewith, the revised syllabus of One Year Advanced Diploma Course in Buddhist Studies : Vipassana Theory and Practice has been brought into force with effect from the academic year 2018-19, accordingly. (The same is available on the University's website [www.mu.ac.in](http://www.mu.ac.in)).

MUMBAI – 400 032

26<sup>th</sup> June, 2018

To

  
(Dr. Dinesh Kamble)  
I/c REGISTRAR

The Principals of the affiliated Colleges, the Head University Departments and Directors of the recognized Institutions in Humanities Faculty. (Circular No. UG/334 of 2017-18 dated 9<sup>th</sup> January, 2018.)

**A.C/4.67/05/05/2018**

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No. UG/49 -A of 2018

MUMBAI-400 032 26<sup>th</sup> June, 2018

Copy forwarded with Compliments for information to:-

- 1) The I/c Dean, Faculty of Humanities,
- 2) The Chairman, Board of Studies in Sanskrit, Pali and Prakrit,
- 3) The Director, Board of Examinations and Evaluation,
- 4) The Director, Board of Students Development,
- 5) The Co-Ordinator, University Computerization Centre,

  
(Dr. Dinesh Kamble)  
I/c REGISTRAR

**Cover Page**

AC \_\_\_\_\_

Item No. \_\_\_\_\_

**UNIVERSITY OF MUMBAI**



**Syllabus for Approval**

<b>Sr. No.</b>	<b>Heading</b>	<b>Particulars</b>
1	Title of the Course	One Year Advance Diploma Course in Buddhistic Studies: Vipassana Theory & Practice (Based on Pali Literary Sources)
2	Eligibility for Admission	S.S.C. Passed /H.S.C. Passed
3	Passing Marks	40%
4	Ordinances / Regulations ( if any)	-
5	No. of Years / Semesters	One Year
6	Level	P.G. / U.G./ Diploma / Certificate ( <b>Strike out which is not applicable</b> )
7	Pattern	Yearly / Semester ( <b>Strike out which is not applicable</b> )
8	Status	New / Revised ( <b>Strike out which is not applicable</b> )
9	To be implemented from Academic Year	From Academic Year 2018-2019

Date:

Signature :

Name of BOS Chairperson / Dean : \_\_\_\_\_

**UNIVERSITY OF MUMBAI**  
**FACULTY OF HUMANITIES**  
**DEPARTMENT OF PALI**

**REVISED SYLLABUS FOR**  
ONE YEAR ADVANCE DIPLOMA IN  
**BUDDHISTIC STUDIES: VIPASSANA THEORY AND PRACTICE**  
[Based on Pali Literary Sources]

**[TO BE IMPLEMENTED FROM YEAR 2018 JUNE ONWARDS]**

**2018-2019**

SYLLABUS REVISED FOR THE  
ONE YEAR ADVANCE DIPLOMA IN  
**BUDDHISTIC STUDIES: VIPASSANA THEORY AND PRACTICE**  
[Based on Pali Literary Sources]

**PREAMBLE**

Buddhist Studies encompasses many aspects of teachings of Buddha, amongst which the practical training of the mind to see the reality as it is- that is vipassana - is very important.

Many suttas in Pali talks directly about the training of the mind for concentration (samatha) and purification (vipassana). Because that is the only way to liberation (Nibbana).

The course designed is to clarify the practical queries seen in the revival of vipassana meditation technique of the Ledi sayadaw tradition as taught by Goenka guruji in the 10 days vipassana course.

**Ordinances, Regulations and Syllabus for the One Year Advance Diploma in  
Buddhistic studies: Vipassana Theory and Practice** [Based on Pali Literary Sources]

**Title of the Course:-**

**Advance Diploma in Buddhistic Studies: Vipassana Theory and  
Practice** [Based on Pali Literary Sources]

**Eligibility:-**

1) 10<sup>th</sup> or 12<sup>th</sup> Pass

**Duration of the Course:-**

**One Year – Part time basis**

**Lectures (4 lectures of 60 minutes each per week)**

**Fee Structure:-**

**Rs. 2500/- tuition fees**

**Rs. 50/- registration fees**

**Teachers Qualification:-**

Department staff and guest faculty drawn from affiliated  
Colleges/Universities

**Intake Capacity:-**

50 students.

**Scheme of papers:-**

**PAPER-I      Buddhistic Studies**  
[80 Marks paper + 20 Marks assignment]

**PAPER-II      Vipassana Theory and Practice**  
[ As found in Pali Literature]  
[80 Marks paper + 20 Marks assignment]

**Minimum Number of Marks for passing:40 Marks in each paper individually**

**Examination Pattern:-**

Final examinations- Theory papers I and II  
[80 marks each & 20 Marks Assignment each].

Detail Paper Pattern attached.

**Payment of Resource Persons**

Honorarium Rs.500/- per Lecture of 60 minutes

Detailed Syllabus attached.

# **DETAIL SYLLABUS**

## **PAPER-I BUDDHISTIC STUDIES**

[80 Marks paper + 20 Marks assignment]

- UNIT-I**      **HISTORY OF BUDDHISM**
- Sources of Buddhist history
  - Life of Buddha from Pali sources
  - Kings and patrons of Buddhism
  - Six Buddhist councils
  - Decline and revival of Buddhism in India with reference to Vipassana
- UNIT-II**      **BUDDHIST CULTURE**
- Pilgrim and Pilgrimages till date
  - Buddhist Art: Painting and Sculpture
  - Buddhist Architecture: Stupa, Chaityagraha, Vihara
  - Role of Sangha
  - Pali Text and Scholars

**PAPER-II**  
**VIPASSANA THEORY AND PRACTICE**  
[AS FOUND IN PALI LITERATURE]  
[80 Marks paper + 20 Marks assignment]

**UNIT-I**                      **THEORY AND PRACTICE OF VIPASSANA MEDITATION**

1. Kammatthanagaha according to cariya / sila.
2. Samatha practice: understanding Jhanas.
3. Vipassana – Role of vedana.
4. Three characteristics of existence: Dukkha, Anicca & Anatta.
5. 10 days vipassana course -Discourse summary.
6. Practice of Sila, Dana, Metta, Sati & sampajana.
7. Suttas in Pali – Mangala Sutta / Metta Sutta / Ratana Sutta.

**UNIT-II**                      **VIPASSANA PRACTICE THROUGH PALI LITERATURE**

1. Why Vipassana?
2. Citta and Cetasika: Mind and Mental factors.
3. Kamma, Vipaka and Rebirth.
4. Cattariyasaccani : Four Noble truths & Vipassana.
5. Paticasamuppada and Vipassana.
6. Practice of Brahmavihara-s.
7. Practice of Four Satipatthana-s.
8. Practice of Ten Anussati-s.

# **PAPER PATTERN FOR**

## **PAPER-I**

### **BUDDHISTIC STUDIES**

[80 Marks paper + 20 Marks assignment]

**Q.1. Answer the following (Any two out of three) [20 MARKS]**

- a)
- b)
- c)

**Q.2. Answer the following (Any two out of three) [20 MARKS]**

- a)
- b)
- c)

**Q.3. Answer the following (Any two out of three) [20 MARKS]**

- a)
- b)
- c)

**Q.4. Answer the following (Any two out of three) [20 MARKS]**

- a)
- b)
- c)

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**PAPER-II**

**VIPASSANA THEORY AND PRACTICE**

[AS FOUND IN PALI LITERATURE]

[80 Marks paper + 20 Marks assignment]

**Q.1. Answer the following (Any two out of three)**

**[20 MARKS]**

- a)
- b)
- c)

**Q.2. Answer the following (Any two out of three)**

**[20 MARKS]**

- a)
- b)
- c)

**Q.3. Answer the following (Any two out of three)**

**[20 MARKS]**

- a)
- b)
- c)

**Q.4. Answer the following (Any two out of three)**

**[20 MARKS]**

- a)
- b)
- c)

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### BOOKS FOR REFERENCES—

1. PaliSahityakaitihasa- RahulaSankrityayan
2. PaliSahityanakaitihas – Dharmarakkhita
3. History of Pali Literature – B.C. Law
4. PaliSahityakaitihasa – BharatsihaUpadhyaya
5. The Essence of Tipitaka- U Ko lay
6. Gotama the Buddha : His Life His Teaching- V.R.I. Publication
7. Tipitaka Mein SamyakaSambuddhaVol 1- S.N. Goenka, V.R.I. publication
8. Tipitaka Mein SamyakaSambuddhaVol 2- S.N. Goenka, V.R.I. publication
9. Asoka keShilalekha – P.V. Bapat
10. 2500 years of Buddhism – P.V. Bapat
11. Buddhist India- Rhys Davids
12. DhammaVandana – V.R.I. Publication

### BOOKS FOR REFERENCES--

1. The discourse Summaries- S.N. Goenka, V.R.I.Publication
2. PravachanSaransh – V.R.I. Publication
3. Sayagi U Ba Khin Journal, – V.R.I. Publication
4. The Manuals of Dhamma – LediSayadaw, – V.R.I. Publication
5. PaliSahityakaitihasa- RahulaSankrityayan
6. PaliSahityanakaitihas – Dharmarakkhita
7. History of Pali Literature – B.C. Law
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13. Asoka keShilalekha – V.R.I. publication
14. 2500 years of Buddhism – P.V. Bapat
15. Buddhist India- Rhys Davids
16. MahasatipatthanaSutta – In Hindi/ English/Marathi - S.N. Goenka, V.R.I. publication
17. Dharma – Its True Nature- S.N. Goenka, V.R.I. publication