

As Per NEP 2020

University of Mumbai



Syllabus for	
Basket of (AEC) -Ability Enhancement Course	
Board of Studies in Sanskrit, Pali &Prakrit.	
UG Second Year Programme	
Semester	III
Title of Paper	Credits 2
I) Buddhist Meditation - I	2
From the Academic Year	2025-2026

Syllabus

B.A. (Pali) (AEC) Ability Enhancement Course

NAME OF THE COURSE: (AEC): Buddhist Meditation - I

Sr. No.	Heading	Particulars
1	Description the course : Including but Not limited to :	According to NEP 2020, Second Year students who are studying in various disciplines, they are required to study the subject under Ability Enhancement Course (AEC). This subject will introduce students to the foundational principles and practices of Buddhist meditation, focusing on Buddhist Meditation the Role of Meditation: Sīla, Samādhi, Paññā and Ānāpānasati Meditation: Theory and Guided Practice. Drawing from early Buddhist texts and contemporary interpretations, the course explores the philosophical context, ethical foundations, and psychological insights of meditation. Students will engage in both theoretical study and guided meditation practice, fostering personal insight, emotional regulation, and enhanced cognitive clarity. The course aims to integrate experiential learning with reflective understanding, suitable for students across disciplines. This course is specifically designed to introduce the Pali Language at an early age and should be taught for a longer period, so that the impact can be measured clearly- as the changes in the personality and the attitude towards life and society and higher studies. Pali is a store house of knowledge and thus is in demand in the youth.

2	Vertical :	Ability Enhancement Course (AEC)
3	Type :	Theory
4	Credit:	2 credits (1 credit = 15 Hours for in a semester)
5	Hours Allotted :	30 Hours
6	Marks Allotted:	50 Marks
7	Course Objectives: (List some of the course objectives) 1. To introduce students to the foundational principles and practices of Buddhist meditation. 2. To cultivate mindfulness and awareness through the practice of meditation techniques such as <i>Ānāpānasati</i> (Mindfulness of Breathing). 3. To promote mental well-being, self-discipline, and ethical conduct among students. 4. To explore the role of meditation in Buddhist soteriology and mental health. 5. To encourage experiential learning through regular practice and reflection.	
8	Course Outcomes: Students will be able to, 1. Understand and explain the theoretical foundations of Theravāda Buddhist meditation. 2. Practice basic meditation techniques and reflect on personal experiences. 3. Analyze the role of mindfulness in ethical conduct and psychological well-being. 4. Demonstrate practical skills in foundational meditation techniques. 5. Reflect on personal experiences of meditation with increased self-awareness.	
9	Modules:- Per credit One module can be created Syllabus: 30 hrs (15+15) Theory + Tutorials Buddhist Meditation - I	
	Module 1:	
	1. Introduction to Buddhist Meditation The Role of Meditation: Sīla, Samādhi, Paññā (60 Munities of 15 Lectures) =1 Credits	
	Module 2:	
	1.Ānāpānasati Meditation: Theory and Guided Practice Daily Practice, Reflections, and Meditation Diaries (60 Munities of 15 Lectures) = 1 Credits	

10	Text Books: NA	
11	Reference Books: 1. Bhikkhu Ñāṇamoli and Bhikkhu Bodhi – <i>The Middle Length Discourses of the Buddha</i> (Majjhima Nikāya), Wisdom Publications. 2. Bhikkhu Analayo – <i>Satipaṭṭhāna: The Direct Path to Realization</i>, Windhorse Publications. 3. Henepola Gunaratana – <i>Mindfulness in Plain English</i>, Wisdom Publications. 4. Nyanaponika Thera – <i>The Heart of Buddhist Meditation</i>, Rider Books. 5. Sayadaw U Pandita – <i>In This Very Life: Liberation Teachings of the Buddha</i>, Wisdom Publications. 6. Richard Davidson and Daniel Goleman – <i>Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body</i>, Penguin.	
12	Internal Continuous Assessment: 40%	External, Semester End Examination Individual Passing in Internal and External Examination : 60%
13	Continuous Evaluation through: Quizzes, Class Tests, presentation, project, role play, creative writing, assignment etc.(at least 3)	1. Assignment ... Class Room Presentation ... Recitation, Quizzes. ... 10 2. Presentation in Departmental 10 Activities / Field Visit Report/ Recitation, Quizzes.
14	Format of Question Paper: for the final examination NOTE: ALL QUESTIONS ARE COMPULSORY PAPER: (AEC): Buddhist Meditation - I [1.00 HOUR] [30 MARKS] NOTE: ALL QUESTIONS ARE COMPULSORY Q.1 GENERAL QUESTION (ANY TWO OF THREE) [10 MARKS] A. B. C. Q.2 SHORT NOTES ON: (ANY TWO OF THREE) [10 MARKS] A. B. C. Q.3 OBJECTIVE QUESTION (ANY TWO OF THREE) [10 MARKS] A. B. C.	

Letter Grades and Grade Points:

Semester GPA/ Programme CGPA Semester/ Programme	% of Marks	Alpha-Sign/ Letter Grade Result	Grading Point
9.00 - 10.00	90.0 - 100	O (Outstanding)	10
8.00 - < 9.00	80.0 - < 90.0	A+ (Excellent)	9
7.00 - < 8.00	70.0 - < 80.0	A (Very Good)	8
6.00 - < 7.00	60.0 - < 70.0	B+ (Good)	7
5.50 - < 6.00	55.0 - < 60.0	B (Above Average)	6
5.00 - < 5.50	50.0 - < 55.0	C (Average)	5
4.00 - < 5.00	40.0 - < 50.0	P (Pass)	4
Below 4.00	Below 40.0	F (Fail)	0
Ab (Absent)	-	Ab (Absent)	0

Sd/-

**Sign of the BOS
Co-ordinator
Dr. Madhavi Narsalay
Board of Studies in
Sanskrit, Pali &
Prakrit**

Sd/-

**Sign of the
Offg. Associate Dean
Dr. Suchitra Naik
Faculty of Humanities**

Sd/-

**Sign of the
Offg. Associate Dean
Prof. Manisha
Karne
Faculty of Humanities**

Sd/-

**Sign of the
Offg. Dean
Prof. Anil Singh
Faculty of
Humanities**