

UNIVERSITY OF MUMBAI

No. UG/126 of 2017-18

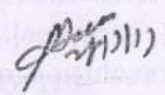
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CIRCULAR:-

A reference is invited to the syllabi relating to the Arts Programme vide this office Circular No.UG/498 of 1999, dated 6th October, 1999 and the Principals of the affiliated Colleges in Arts and the Heads of recognized Institutions concerned are hereby informed that the recommendation made by the Ad-hoc Board of Studies in Logic and Philosophy at its meeting held on 27th February, 2017 has been accepted by the Academic Council at its meeting held on 11th May, 2017 vide item No.4.158 and that in accordance therewith, the revised syllabus as per the Syllabus of Diploma in Buddhist Studies and Vipassana, which is available on the University's web site (www.mu.ac.in) and that the same has been brought into force with effect from the academic year 2017-18.

MUMBAI - 400 032

24th July, 2017


REGISTRAR

To

The Head, University Department of Philosophy and the Principals of the affiliated Colleges in Arts.

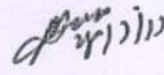
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No. UG/126 -A of 2017

MUMBAI-400 032 24th July, 2017

Copy forwarded with Compliments for information to:-

- 1) The Co-ordinator, Faculty of Arts,
- 2) The Chairman, Ad-hoc Board of Studies in Logic and Philosophy,
- 3) The Offg. Director, Board of Examinations and Evaluation,
- 4) The Director, Board of Studies Development,
- 5) The Professor-cum-Director, Institute of Distance and Open Learning (IDOL),
- 6) The Co-Ordinator, University Computerization Centre,


REGISTRAR

....PTO

‘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 12th 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 Piṭaka
- Sutta Piṭaka
- Abhidhamma Piṭaka

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
- Maṅgala 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)
- Pañiccasamuppāda

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
