

UNIVERSITY OF MUMBAI

No. UG/48 of 2015-16

CIRCULAR:-

The Head, University Department of Sanskrit, Pali and Prakrit 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 Faculty of Arts at its meeting held on 20th February, 2015 has been accepted by the Academic Council at its meeting held on 26th February, 2015 vide item No. 4.53 and subsequently approved by the Management Council at its meeting held on 28th May, 2015 vide item No.16 and that in accordance therewith, in exercise of the powers conferred upon the Management Council under Section 54 (1) and 55 (1) of the Maharashtra Universities Act, 1994 and the Ordinances 6167 and 6168 and Regulations 8861, 8862, 8863 and 8864 and the syllabus for Short Term Courses in (A) Introduction to Vipassana Meditation (B) Abhidhamma in daily life has been introduced, 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 2015-16.

MUMBAI – 400 032

4th August, 2015

REGISTRAR

To,

The Head, University Department of Sanskrit, Pali and Prakrit and the Principals of the affiliated Colleges in Arts and the Heads of recognized Institutions concerned.

A.C/4.53/26.02.2015

M.C/16/28.05.2015

No. UG/ 48 -A of 2015

MUMBAI-400 032

4th August, 2015

Copy forwarded with Compliments for information to:-

- 1) The Dean, faculty of Arts,
- 2) The Professor-cum-Director, Institute of Distance & Open Learning (IDOL)
- 3) The Director, Board of College and University Development,
- 4) The Co-Ordinator, University Computerization Centre,
- 5) The Controller of Examinations.

Handwritten signature
4/8/15
REGISTRAR

....PTO

AC 26/2/2015

Item 4.53

UNIVERSITY OF MUMBAI



Department of Sanskrit, Pali and Prakrit

Short term Courses

- A. Introduction to Vipassana Meditation**
- B. Abhidhamma in daily life**

(Introduced with effect from the academic year 2015-16)

FOA 20/2/2015

UNIVERSITY OF MUMBAI



Syllabus of VRI (Vipassana Research Institute)

Course: Short Term Courses

**(A) Introduction to Vipassana
Meditation**

(B) Abhidhamma in daily life

(Introduced with effect from the academic year 2015)

Syllabus for the SHORT TERM COURSES

From The Year 2015 onwards

O 6167

Short-term courses:

- A. 'Introduction to Vipassana meditation'
- B. 'Abhidhamma in daily life'

O 6168

Admission Requirements:

A candidate for being eligible for admission to the Short Term Courses must have passed the SSC (State) examination conducted by the Maharashtra State board of Secondary Education or an examination of any other educational body recognized as equivalent there to or HSC (std. XII) examination conducted by the Higher Secondary Education, Pune/ Mumbai/Aurangabad/ Nagpur Kolhapur Divisional Board or an examination recognized by University of equivalent there to.

Registration:

Every student admitted to the Short Term Courses shall first register oneself as such with the University. Each student shall pay a Registration admission fee of Rs. 50.

Terms:

The course of study for the short-term courses shall be a non-residential part-time course.

R 8861

Duration, Period, Fee structure and Exam fees:

The following shall be the respective Duration, Period and Fees structure of the short term courses.

Sr. No.	Short-term course name	Duration	Period	Tuition Fees (Rs.)	Exam Fees (Rs.)
A.	'Introduction to Vipassana meditation'	3 months	June to August	950/--	250/--
B.	'Abhidhamma in daily life'	3 months	November to December	950/--	250/--

R 8862

Examination:

The examination for each of the short course shall be held at the end of the respective course, with a paper of 100 marks for 3 hours duration.

The exam fees would be retained by the Institute for conducting examination and issuing certificates.

The examination would be conducted by the Institute at Pariyatti Bhavan, Global Pagoda Campus, Gorai, Mumbai.

On successful completion of the course, a certificate will be issued.

R 8863

Standard of passing examination:

In order to qualify for the Certificate, candidate must obtain 40% of the full marks.

Venue of Lectures and Examination:

The lectures will be held at Pariyatti Bhavan, Global Pagoda Campus, Gorai- Mumbai for the duration of 3 hours once a week.

Examination will be conducted by the institute at the Pariyatti Bhavan, Global Pagoda Campus only.

R 8864

Qualification of Teachers:

M.A. in Pali (NET cleared)

Senior Vipassana Meditators

SYLLABUS OF SHORT TERM COURSES

Syllabus of Course A. - 'Introduction to Vipassana meditation' (3 - months)

- (1) Spiritual quest of the Buddha
- (2) Introduction to Anapana meditation & Vipassana meditation
- (3) Introduction to ten day course
- (4) Sila, Samādhi & panna
- (5) References of Vipassana as found in Tipitaka
- (6) Metta bhavana as a concluding part of Vipassana meditation
- (7) Concept of Paramita
- (8) Applicability of Vipassana meditation for Children & Teenagers
- (9) Applicability of Vipassana meditation for Householders
- (10) Applicability of Vipassana meditation for Professionals

Books Recommended:

- The Essence of Tipitaka - U Ko lay
- Gotama the Buddha: His Life and His Teaching - V.R.I. Publication

- Tipitaka Men Samyaka Sambuddha Vol 1 - S. N. Goenka, V.R.I. Publication
- Tipitaka Men Samyaka Sambuddha Vol 2 - S. N. Goenka, V.R.I. Publication
- The Path of Purification: Viṣuddhimagga - by Bhāṇḍantacariya Buddhaghosa, Bhikkhu Nanamoli (Tr.)
- The Discourse Summaries - S.N. Goenka, V.R.I. Publication
- Pravachan Saransh - V.R.I. Publication
- Sayagyi U Ba Khin Journal, V.R.I. Publication
- The Manuals of Dhamma - Ledi Sayadaw, V.R.I. Publication
- Mahasatipatthana Sutta - In Hindi/English/Marathi - S.N. Goenka, V.R.I. Publication
- Dharma - Its True Nature- S.N. Goenka, V.R.I. Publication
- Dhamma-Vandana, Pali-Hindi - by S N Goenka, V.R.I. Publication

Syllabus of Course B.- 'Abhidhamma in daily life' (3- months)

- (1) Introduction to Abhidhamma concepts as found Pali literature
- (2) Concept of Abhidhamma with respect to Vipassana Meditation
- (3) Qualities of mind as found in Tipitaka
- (4) Methods adopted to purify the mind in canonical literature
- (5) Qualities of purified mind in relation with Brahmavihara
- (6) Application of Abhidhamma in daily life

Books Recommended:

- Abhidhammattha Sangaha - by Narada Mahathera
- A Comprehensive Manual of Abhidhamma - by Bhikkhu Bodhi
- Abhidhamma in Daily Life - by Nina Van Gorkom
- Pali sahitya ka itihasa- by Bharatsingh Upadhyaya
- History of Pali literature - by B. C. Law
- The Essence of Tipitaka - by U Ko lay

PAPER PATTERN

Essay type questions (any five out of six) (20 marks each)
