

**PROPOSED DATES AND TIME-TABLE FOR THE CONDUCT OF FIRST SEMESTER  
MA (PALI AND BUDDHIST STUDIES): FIRST BATCH 2023-25**

**Examination Mode: Online Descriptive**

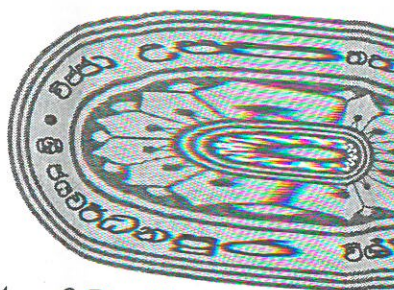
DATE & TIME	Title of the Paper	Duration	Paper Code
08-07-2024, 2.00 to 5.00 pm	Introduction to Buddhist Literature	3 hrs.	MAB-113
10-07-2024, 2.00 to 5.00 pm	Philosophical Analysis of Buddhist Taught	3 hrs.	MAB-123
12-07-2024, 2.00 to 5.00 pm	Buddhist Psychology and Counselling	3 hrs.	MAB-133
15-07-2024, 2.00 to 5.00 pm	Buddhism and Modern Social Dimensions	3 hrs.	MAB-143
17-07-2024, 2.00 to 5.00 pm	Buddhist Meditation and Character Development	3 hrs.	MAB-153

**Please Note:**

- (1) The mode of examination is online and the pattern of the Examination can be found in the model question papers submitted.
- (2) It may be circulated as per the procedure at Andhra University and arrange to display in university website for information to the students and the faculty concerned.
- (3) It may be considered for approval and certified copy may be sent to me for necessary further action.

*K. K. S. S. S.*  
HEAD OF THE DEPARTMENT  
DEPT. OF YOGA & CONSCIOUSNESS  
ANDHRA UNIVERSITY  
WISAKHAPATNAM

*S. W. N. Thakshila*  
Dr. S.W.N. THAKSHILA., Ph.D  
PROFESSOR OF PRACTICE  
DEPARTMENT OF YOGA AND CONSCIOUSNESS  
CO-ORDINATOR  
PALI AND BUDDHIST STUDIES  
ANDHRA UNIVERSITY, A.P - INDIA



University of Sri Jayewardenepura  
Faculty of Graduate Studies  
Department of Pali and Buddhist Studies

## MA in Buddhist Studies

### Programme Details:

#### Programme Objectives (POs):

To prepare experts on Buddhism who would excel in knowledge of Buddhist thought of peace and non-violence with high ethical standards. Keeping pace with the disciplinary advances, the programme covers psychological, historical, philosophical, economic, and social aspects, functioning at individual, social, national and international levels. It provides specialized knowledge in Buddhist History, Philosophy, and Sanskrit languages and their literature. The course shall instill relevant attitudes, values, and a sense of empowerment. It provides means of knowledge creation and its application. To this end, the programme shall embrace plurality in perspectives, pedagogy, and their implications. The programme shall focus on specialized domains of Buddhist Studies, along with the quest for

#### Programme Specific Outcomes (PSOs):

After having completed a Master's degree in Buddhist Studies, graduates shall become experts in different fields of Buddhist Studies. Those of these experts shall be employed in a research-based course; would become specialists in classical languages such as Pali, Sanskrit, and Hindi. These specialists would be capable of translating the sūtras from their original languages into Hindi. Those who specialize in the history of Buddhism shall be employed in the field of Buddhist archaeology and history. All these experts shall be employed as do the work of interpreters, and translators or even go for further research. They shall act as teachers. Above all, these specialists will be able to utilize their knowledge for the benefit of the community, especially in social work, environmental protection, and many issues related to the present-day globalizing world.

Dr. S.W.N. THAKSHILA., Ph.D.  
PROFESSOR OF PRACTICE  
DEPARTMENT OF YOGA AND CONSCIOUSNESS  
CO-ORDINATOR  
PALI AND BUDDHIST STUDIES  
ANDHRA PRADESH UNIVERSITY, A.P. - INDIA.



University of Sri Jayewardenepura,  
Faculty of Graduate Studies,  
Department of Pali and Buddhist Studies

### MA in Buddhist Studies

#### Programme Details:

##### Programme Objectives (POs):

To prepare experts on Buddhism who would excel in knowledge, orientation, and application of Buddhist thought of peace and non-violence with high ethical standards and social relevance. Keeping pace with the disciplinary advances, the programme would address learning about ethical, psychological, historical, philosophical, economic, transnational, cultural, and linguistic functioning at individual, social, national and international levels. It would facilitate the acquisition of specialized knowledge in Buddhist History, Philosophy, and Literature available in Pali, Sinhala and Sanskrit languages and their literature. The course shall also facilitate the inculcation of relevant attitudes, values, and a sense of empowerment. It recognizes multiplicity in ways and means of knowledge creation and its application. To this end, the students will be familiarized with plurality in perspectives, pedagogy, and their implications. The course shall allow students in specialized domains of Buddhist Studies, along with the quest for personal growth and citizenship.

##### Programme Specific Outcomes (PSOs):

After having completed a Master's degree in **Buddhist Studies**, the candidates will become experts in different fields of Buddhist Studies. Those of these experts who specialize in language-based course; would become specialists in classical languages such as Sinhala Pali and Sanskrit. These specialists would be capable of translating the sūtras from their originals into English and/or Hindi. Those who specialize in the history of Buddhism shall be able to work as experts in the field of Buddhist archaeology and history. All these experts shall be able to work as tour specialists, do the work of interpreters, and translators or even go for further research in Buddhism and become teachers. Above all, these specialists will be able to utilize their skills in the field of social engagement, especially in social work, environmental protection, human and animal rights, and many issues related to the present-day globalizing world.

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### Programme Structure

The MA in Buddhist Studies programme is a two-year course divided into four semesters. A student is required to complete 78 credits for the completion of course and the award of the degree.

		Semester	Semester
Part-I	First Year	Semester I	Semester II
Part-II	Second Year	Semester III	Semester IV

### Course Credit Scheme

	Semester I	Credit
MAB 113	Introduction to Buddhist Literature	3
MAB 123	Philosophical Analysis of Buddhist Thought	3
MAB 133	Buddhist Psychology and Counselling	3
MAB 143	Buddhism and Modern Social Dimension	3
MAB 153	Buddhist Meditation and Character Development	3
	Semester II	
MAB 213	Buddhist Principles of Management	3
MAB 223	Buddhist Communication and Human Relationships	3
MAB 233	Buddhist Heritage and Spiritual Tourism	3
MAB 243	Research Methodology	3
MAB 253	Buddhist Social Work and Sustainable Development	3
	Semester III	
MAB 313	History of Indian Buddhism	3
MAB 323	Theravada Abhidhamma: Origins and Development	3
MAB 333	Study of Suttas	3
MAB 343	Theravada Vinaya	3
MAB 353	Buddhist Art and Architecture - I (Indian subcontinent)	3
	Semester IV	
MAB 413	Buddhist Art and Architecture - II (Sri Lanka)	3
MAB 423	Buddhist Health Conservation Practices	3
MAB 433	Usage of Pali Language	3
MAB 443	Dissertation and Viva-voce	6
MAB 453		

### **Evaluation Method**

- i. Two Assignments for each course unit: 10 marks per assignment
- ii. Three-hour final year examination for each course unit: 80 marks per course unit
- i. Dissertation: 200 marks

### **Grades**

- 75 - 100: A - Distinction
- 65 - 74: B - Credit
- 50 - 64: C - Pass
- 00 - 49: W - Weak

### **Merit Pass**

Requires an average of 75 marks for all units with not less than 50 marks for any unit.

### **Pass**

- 50 marks for each course unit.
- Between 45 - 49 for one course unit with an average of 50 for all units.

### **Course Fee**

1500USD

### Programme Content

Semester	01		
Course Code:	MAB 113		
Course Name:	Introduction to Buddhist Literature		
Credit Value:	03		
Core/Optional	Core		
Hourly Breakdown	Theory	Practical	Independent Learning
	100	-	50

Course Aim/Intended Learning Outcomes:

**At the end of this course unit students will be able to:**

1. Identify the origin and development of Buddhist Literature.
2. Analyse the contents of the texts belonged to this literature.
3. Evaluate the significant facts of these literary texts.

Course Content: (main topics, sub topics)

Introduction to Buddhist Literature	Origin and Development Classification
Collection of Tripitaka (Saṃgāyanā)	The First Buddhist Council The Second Buddhist Council The Third Buddhist Council
Organization and Structure of Pali Literature	Desanā Pāli Attakathā Pāli Tīka Pāli Pakarana Pāli
Organization and Structure of Pāli Tripitaka	Introduction to Sutta Pitaka Digha Nikāya Mjjhima Nikāya
Organization and Structure of Pāli Sutta Pitaka	Saṃyutta Nikāya Anguttara Nikāya

Organization and Structure of Pāli Sutta Pitaka	Kuddhaka Nikāya
Organization and Structure of Pāli Vinaya Pitaka	Sutta Vibhanga Khandhaka Parivāra
Organization and Structure of Pāli Abhidhamma Pitaka	Introduction to Pāli Abhidhamma Pitaka Structure of Pāli Abhidhamma Pitaka Organization
Pāli Commentaries	Origin Development Authorship Classification
Sub-commentaries	Origin Development Authorship Classification
Pāli Pakarana Literature I	Pali Compendiums on the Dhamma Visuddhimagga Vimuttimagga Saddhammopāyana
Pali Pakarana Literature II	Pāli Manuals on Stories Sahassavatthu Sihalavatthu Rasavāhini Sotabbamālini
Pāli Pakarana Literature III	Pāli Chronicle Literature I Chronicles on the history of the country Chronicles on the history of Buddhism Chronicles on history of the individuals Buddhacarita poems written in Pāli Dharmakāvya written in Pāli
Nettipakarana and Petakopadesa	Authorship and chronology Nature of the texts Significances

Milindapañha

Authorship and Chronology  
Nature of the Text  
Significances

Teaching /Learning Methods:

- Lectures
- PPT
- Discussions
- Recommender
- Further Readings
- Group Discussions
- Observations
- Collaborating Classroom Discussion
- Video Documentary
- Literature Survey
- Flipped Class
- Quiz
- Think-pair-share
- Brainstorming

Assessment Strategy:

Continuous Assessment  
20%

Final Assessment  
80%

Details: In class test 10, Presentation 10,  
20

Theory (%)  
80

Practical  
(%)

Other (%)  
(specify)

-

References/Reading Materials:

- ❖ Hazra, K.L., Pali Language and Literature, Vol. I & II, D.K. Print World Pvt. Ltd., 1994.
- ❖ Hinuber, Oskar, Von., A Hand Book of Pali Literature, Munshiram Manoharalal Publishers, 2008.
- ❖ Jayawardhana, Somapala, A Hand Book of Pali Literature, Karunaratne Publishers, 1994.



Semester	01		
Course Code:	MAB 123		
Course Name:	Philosophical Analysis of Buddhist Thought		
Credit Value:	03		
Core/Optional	Core		
Hourly Breakdown	Theory	Practical	Independent Learning
	100	-	50
<b>Course Aim/Intended Learning Outcomes:</b> <b>At the end of this course unit students will be able to:</b> <ol style="list-style-type: none"> <li>1. Explain the early Buddhism.</li> <li>2. Understand the fundamentals of Buddhist teachings.</li> <li>3. Elucidate the utility of fundamental Buddhist concepts in achieving the mundane and supra - mundane goals.</li> </ol>			
<b>Course Content: (Main topics, Sub topics)</b>			
Problems and Interpretations of Early Buddhism	Chronology of Early Buddhism Vibhajjavāda Problems and Interpretations		
Four Noble truths	Introduction Problems and Interpretations		
Four Noble truths	Universal value of four noble truths		
The Middle path	Two extremes to be avoided Eight limbs of the Middle path		
Dependent Origination - (Paticcasamuppada)	Introduction Problems and Interpretations Cause and Effect theory and the Identity of Buddhism		
Three characteristics of Existence (Tilakkhana)	Introduction Problems and Interpretations Utility of Tilakkhana for the realization of truth		

Thirty seven factors of enlightenment	Introduction Problems and Interpretations Utility of above factors for attaining Enlightenment
Kamma	Contemporary teachings on kamma Buddhist Conception of kamma
Punabbhava (Re-becoming)	Sansāric life and punabbhava Different between Rebirth and Re becoming Problems and Interpretations
Threefold Training	Morality (śīla) Concentration (Samādhi) Wisdom (Paññā)
The concept of Nirvana	Contemporary views Buddhist theory of Emancipation
Analysis of the Individual	Five aggregates Six elements Six bases
Buddhism view on Cosmology	Origin of the Universe Cosmology in Buddhism
Contemporary Views on Buddhist thoughts	Eastern scholarly views Western Scholarly views
Early Buddhism and Mahayana	Problems and Interpretations of Mahayana

Teaching /Learning Methods:

- Lectures
- PPT
- Discussions
- Recommender
- Further Readings
- Group Discussions
- Observations
- Collaborating Classroom Discussion

- Video Documentary
- Literature Survey
- Flipped Class
- Quiz
- Think-pair-share
- Brainstorming

Assessment Strategy:

Continuous Assessment 20%	Final Assessment 80.0%		
Details: quizzes 10, mid-term 10 20	Theory (%)  80	Practical (%)	Other (%)(specify)  -

References/Reading Materials:

- Frauwallner, Erich. (1984). **History of Indian Philosophy**. New Delhi, Motilal Banarsirdass Publishers.
- Grimm, George. (1929). **The Doctrines of the Buddha**. Leipzig.
- Jayatilake, KN. (1969). **The Message of the Buddha**. Kandy, Buddhist Publication.
- Kalupahana, DJ. (1975). **Causality: The Central Philosophy of Buddhism**. Hawaii, Honolulu press.
- Pande, G.C. (1999). **Studies in the Origins of Buddhism**. New Delhi, Motilal Banarsidass.
- Tachibana, S. (1943). **Ethics of Buddhism**. Colombo, Baudha Sahitya Sabha.

Semester	01		
Course Code:	MAB 133		
Course Name:	Buddhist Psychology and Counseling		
Credit Value:	03		
Core/Optional	Core		
Hourly Breakdown	Theory	Practical	Independent Learning
	80	20	50

Course Aim/Intended Learning Outcomes:

**At the end of this course unit students will be able to:**

1. Define Buddhist Psychology.
2. Enhance the general Knowledge of modern psychology.
3. Recognize fundamental teachings in Buddhist psychology and counselling.
4. Comparatively explain the western and Buddhist theory of counselling.

Course Content: (Main topics, Sub topics)

Introduction to Psychology	Introduction Definitions History of Psychology Basic Concepts of Psychology
Schools of Psychology	Structuralism Functionalism Psycho Analysis Behaviorism and other
Introduction to Buddhist Psychology	Introduction Nature of Buddhist Psychology Characteristics of Buddhist Psychology
The Buddhist Concept of Mind	Citta Mano Viññāna

The Concept of Personality	Definitions Western Theories Buddhist View
Perception, Sensation and Attention	Western View Buddhist View
Motivation	Definitions Classification Buddhist Perspective
Buddhist Analysis of Emotions	Introduction to Emotions Types of Emotions Arising of Emotions Status of the Emotions Control of Emotions
Analysis of Characters	Six Characters Fundamental Characteristics of the Characters
Mental Health and Disorders	Neurosis Psychosis Psychosomatic and other
Buddhist View on Mental Disorders	Nature of Mental Disorders Causes and Consequences Classifications
Introduction to Counseling	Definitions Nature of Counselling Types of Counselling Counselling Approaches
Principles of Buddhist Counseling	Role of the Effective Counsellor Ethics in Buddhist Counselling

Methods of Buddhist Counselling	Introduction Western Psychological Methods Buddhist Methods
Psychotherapeutic Aspect of Buddhism	Theoretical Approach Practical Approach

Teaching /Learning Methods:

- Lectures
- PPT
- Discussions
- Recommender
- Further Readings
- Group Discussions
- Observations
- Collaborating Classroom Discussion
- Video Documentary
- Literature Survey
- Flipped Class
- Quiz
- Think-pair-share
- Brainstorming

Assessment Strategy:

Continuous Assessment 20%	Final Assessment 80.%		
Details: Practical Sessions 10, mid-term 10, 20	Theory (%) 80	Practical (%)	Other (%) (specify) -

References/Reading Materials:

Bhikkhu Bodhi' (2001). **The Middle Length Discourse of the Buddha. Translation of the Majjhima Nikaya.** Boston" Wisdom Publications.  
 Brahmavanmso' (2004). **The Basic Method of Meditation.** Malaysia" Buddhist Gem Fellowship'

- De Silva, Padmasiri' ^1978&. **Buddhist and Freudian Psychology'** Colombo, Lake House Investments Ltd.
- Harischandara, D. V. J. ^1998&. **Psychiatric Aspects of Jataka Stories'** Galle, Upuli Offset Printers'
- Hart, W. (1987). **The Art of Living: Vipassana Meditation as taught by S N Goenka,** USA" Harper and Row'
- Kawai, Hayao' ^1996&. **Buddhism and the Art of Psychotherapy.** USA, Texas A & M University Press'
- Nanamoli' (1991). **The Path of Purification (Visuddhimagga)** by Bhadantacariya Buddhaghosa' Kandy" Buddhist Publication Society'
- Nissanka, H. S. S. (2002). **Buddhist Psychotherapy'** Dehiwala" Buddhist Cultural Centre'
- Nyanaponika' (2008). **Contemplation of Feelings.** Kandy, Sri Lanka: Buddhist Publication Society.

#### **Journals**

- American Psychiatric Association' (1994). **Diagnostic and Statistical Manual of Mental Disorders.**
- Bishop, S. R., Lau, M., Shapiro, S., Carlson, L., Anderson, N. D., Carmody, J., Segal, Z. V., Abbey, S., Speca, M., Velting, D., Devins, G. (2004). **Mindfulness: A Proposed Operational Definition. Clinical Psychology: Science & Practice,** 11, 230–241.
- Kabat-Zinn, J., Lipworth, L., Burney, R. (1985). **The Clinical Use of Mindfulness Meditation for the Self-Regulation of Chronic Pain.** Journal of Behavioral Medicine.
- Leaity, S., Hennessey, S. (2006). **Outcomes of a Pilot Mindfulness-based Cognitive Therapy (MBCT) Group for People with HIV and Recurrent Depression.** Proceedings of the Annual Conference of the Division of Clinical Psychology.

<b>Semester</b>	<b>01</b>		
Course Code:	<b>MAB 143</b>		
Course Name:	<b>Buddhism and Modern Social Dimension</b>		
Credit Value:	<b>03</b>		
Core/Optional	Core		
Hourly Breakdown	Theory	Practical	Independent Learning
	100	-	50

Course Aim/Intended Learning Outcomes:

**At the end of this course unit students will be able to:**

1. Define the social dimension.
2. Identify the causes for the origin of social issues.
3. Explain the Buddhist responses to solve social issues.

Course Content: (Main topics, Sub topics)

Introduction to Society	Definitions of Society Social Structure Origin of Society; Religious View
Origin of Social Problems	Introduction to Social Problems Expansion of Society and Emergence of Problems Buddhist Perspective on the Origin of Social Problems
Population Growth	Problems Related to Population Growth Abortion Current Strategies in Searching of Solutions Buddhist Responses to Population Growth
Industrialization	Industrial Revolution and Modern Development Industrialization and Social Issues Buddhist Responses
Gender	Introduction to Gender Gender-Based Issues Buddhist Response to Gender Issues
Feminism	Introduction to Feminism Buddhist View on Feminism



	Infants and Their World
Child Problems and Child Rights	Child Problems Protection of Child Rights Buddhist Response
Problems of Youth	Adolescence Buddhist Solutions for Youth Problems
Unemployment	Introduction Issues Related to Unemployment Buddhist Response
Problems of Elders	Identification of the Elder Problems Buddhist Response to Elder Problems
Human Rights	Violation of Human Rights Buddhist View on Human Rights
Poverty and Malnutrition	Courses for Poverty Current Social Issues Buddhist View
Social Stratification	Sociological Perspective Oneness of Mankind Buddhist Response
Secularism	Western View Secularism and Related Issues Buddhist Perspective
Ethical degradation	Human Behavior and Ethics Bribery and Corruption Courses for the Ethical Degradation Buddhist Response to Uplift Social Ethics
<p>Teaching /Learning Methods:</p> <ul style="list-style-type: none"> <li>● Lectures</li> <li>● PPT</li> <li>● Discussions</li> <li>● Recommender</li> <li>● Further Readings</li> <li>● Group Discussions</li> <li>● Observations</li> <li>● Collaborating Classroom Discussion</li> <li>● Video Documentary</li> <li>● Literature Survey</li> </ul>	