

DEAPRTMENT OF BUDDHIST STUDIES

B.A.(Prog.) with Buddhist Studies as Minor-1

CATEGORY - IV

**DISCIPLINE SPECIFIC CORE COURSE – 4 (DSC-4)
CREDIT DISTRIBUTION ELGIBILITY AND PRE-REQUISITE
OF THE COURSE**

Course Title & Code	Total Credits	Credit distribution of the course			Eligibility Criteria/	Pre-requisite of the course, if any
		Lecture	Tutorial	Practical	Prerequisite	
Principal Elements of Theravāda Buddhists Thought DSC-4-A4	4	3	1	0	Class XII Pass	Nil

COURSE NAME: Principal Elements of Theravāda Buddhist Thoughts (DSC-4-A4)

Objective:-The primary objective of this course is to make students aware of the Principal Elements of Theravāda Buddhist Thought.

Learning Outcome: - Upon the completion of this course, students would able to have a clear understanding of Principal Elements of Theravāda Buddhist Thought along with their relevance in the Theravāda Buddhist Philosophy.



SYLLABUS OF DSC -4 -A4

Unit- I

***Theravāda* Etymology**

8 Hours

- Emergence of the term *Theravāda*
- *Theravāda* as *Vibhajjavāda*
- *Theravāda* Language, Literature and Region.

Unit- II

Basic Concepts of *Theravāda*

15 Hours

- *Ratanattayaṃ* and *Pañcasīla* and *Dasasikkhāpadam*
- Nibbāna and its stages (Sotāpanna, Sakadāgāmi, Anāgāmi and Arahata)
- *Buddha*, *Pacceka Buddha* and *Arahata*

Unit- III

The Four Satipaṭṭhāna

12 Hours

- Kāyānupassanā – Ānāpāna
- Vedanānupassanā
- Cittānupassanā
- Dhammānupassanā

Unit-IV

Concept of *Brahmavihāra* in *Theravāda* Buddhism

10 Hours

- Meaning of *Brahmavihāra* (Superior state of mind)
- Four supreme states of mind: *Mettā*, *Karunā*, *Muditā*, *Upekkhā*

Essential Readings:

- Gethin, R.M.L. 2001. *The Buddhist Path to Awakening*. Oxford: One world Publications.
- Maurice, Walshe. 1995. *The Long Discourses of the Buddha*. Boston: Wisdom Publications.
- Narada, Ven. 1998. *The Buddha and His Teachings*. Taipei: Buddha Educational Foundation.
- Śāstrī, Dvārikādāsa. 2009. *Dīghanikāyapāli. Bhāga-2. Vārāṇasī: Bauddhabhārati*.
- Sharmā, Brahmadeva Nārāyaṇa. 2004. *Vibhajjavāda*. Vārāṇasī: Sampūrṇānanda Sanskrit Vishvavidyalaya.

Suggested Readings:

- Dutt, N. 1956. *Development of Buddhism in Uttara Pradesh*. Lucknow: Publication Bureau.
- Dutt, N. 1997. *Buddhist Sects*. Calcutta: Firma KLM (Pvt.) Ltd.
- Sangharakshita. 2006. *A Survey of Buddhism*. Delhi: Motilal Banarsidass.
- Shukla, H. S. (Ed.). 2001. *Aspects of Buddhism*. Varanasi: Banaras Hindu University.
- Walpola, Rahula. 2009. *What the Buddha Taught*. Taipei: The Corporate Body of the Buddha Educational Foundation. 1st Pub. 1978.