

BA (PROG.) WITH BUDDHIST STUDIES AS NON-MAJOR- DSC

DISCIPLINE SPECIFIC CORE COURSE -3 (DSC-3A)

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Distribution of Total Hours of Teaching							
NON-MAJOR COURSE -3 (DSC-3) : INTRODUCTION TO TIBETAN BUDDHISM							
Total Credits	Lectures (Credits)	Tutorial (Credits)	Practical(Credits)	No. of Hours of Lecture	No. of Hours of Tutorial	No. of Hours of Practical	Total hours of teaching
4	3	1	-	45	15	0	60

Learning Objectives

The primary objective of this course is to make students aware of the history of the introduction and development of Buddhism in Tibet along with Tibetan Buddhist literature.

Learning Outcomes

By studying this course, students would be able to have a clear understanding of the Buddhism that flourished and developed in Tibet. It would also make the students acquainted with the Buddhist sects, and literature that developed in Tibet.

Course content [DSC-3]

Unit	Content	Duration in hours	
		Lecture	Tutorial
I	1. Introduction of Buddhism in Tibet	06	02
II	2. History of Buddhism in Tibet. 3. Role of Tibetan Dharma-rajās in propagation of Buddhism in Tibet	12	04
III	4. Indian Scholars visited Tibet – Padmasambhav, Shantarakshit and Atish Dipankar	09	03
IV	5. Tibetan Buddhist sects 6. Origin and Growth of the Institution of Dalai Lama.	12	04
V	7. Buddhist Literature developed in Tibet 8. Pilgrimage in Tibet	06	02
Total		45	15

Essential Readings:

- Bapat, P.V. (ed.), *2500 Years of Buddhism*, Publications Division, Ministry of Information and Broadcasting, Government of India, New Delhi: 1964.
- McKay, Alex (ed). *History of Tibet*, Richmond Surrey: Curzon Press. 2003.
- Tulku Dondub, bod skad slob deb (Tibbati Piṭaka), Sarnath: CIHTS, 1976.
- Sarao, K..T.S., *Pilgrimage to Kailash: The Indian Route*, Delhi, 2009.

Suggested Readings

- Alex McKay, *History of Tibet*, 3 vols, London: Routledge, 1996.
- Chattopadhyaya Alaka, *Atisa and Tibet: Life and Works of Dipamkara Srijnana in relation to the History and Religion of Tibet*, Delhi: Motilal Banarasi Das, 1981.
- Francke, A.H., *Antiquities of Indian Tibet*, 2 vols., New Delhi: S.Chand, 1972.
- Khosla Sarla, *History of Buddhism in Kashmir*, New Delhi: Sagar, 1972.
- Norbu Namkhai, *The Necklace of gzi: A Cultural History of Tibet*, Dharamsala: Information Office of H.H., The Dalai Lama, 1984.
- Bruce Newman, *A Beginner's Guide to Tibetan Buddhism*, Snow Lion Publication, 1996.
- Thubten Chodron, *Buddhism for Beginners*, Snow Lion Publication, 1972.
- Wallace, B. Alan (October 25, 1993). *Tibetan Buddhism from the Ground up: A Practical Approach for Modern Life*. Wisdom Publications.
- Yeshe, Lama Thubten (2001). *The Essence of Tibetan Buddhism*, Lama Yeshe Wisdom Archive.
- John Power (2007), *Introduction to Tibetan Buddhism*, Snow Lion Publication.
- Waddell, D. *The Buddhism of Tibet*, W. Heffer & Sons Ltd. Cambridge, 1985
- Sherburne, Richard, *A Lamp of the Path and Commentary by Atisha*, London: 1983.