



SOMAIYA
VIDYAVIHAR UNIVERSITY

K J Somaiya Institute of Dharma Studies

Syllabus

Diploma in Buddhist Analysis of Mind

From
Academic Year 2023-24

Revision 02 - A1

Approved by
Board of Studies on 23.03.2023

Faculty of Dharma Studies on 31.03.2023

Academic Council on 05.04.2023

Centre for Buddhist Studies
K J Somaiya Institute of Dharma Studies
Somaiya Vidyavihar University,
Vidyavihar (E), Mumbai - 400077
(Constituent College of Somaiya Vidyavihar University)

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It is notified for the information of all concerned that the Board of Studies of Pali and Buddhist Studies, at its meeting held on 23rd March 2023, amended the examination scheme of all the courses and workshops in the Diploma in Buddhist Analysis of Mind. This was further approved by the Faculty of Dharma Studies in its meeting held on 31st March 2023 and by the Academic Council in the meeting held on 5th April 2023. These changes are to be brought into force from the academic year 2023-24. The amended syllabus is uploaded on the website.

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Date: 5th April 2023

HOD (Centre for Buddhist Studies)

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Preamble:

The K J Somaiya Institute of Dharma Studies was constituted by a resolution of the Governing Body of Somaiya Vidyavihar University, on 1st July 2020. It brings together three institutions that have been working independently in the field of Sanskrit and Yoga; Pali and Buddhist Studies and Jain Studies.

Of these, the Centre for Buddhist Studies, under which this programme is currently offered, was inaugurated on 6th Dec. 1993 by His Holiness the Dalai Lama. The Centre was tasked with facilitating the study of Buddhist texts and heritage in a multidisciplinary context, covering 2500 years of history of the tradition across Asia. Until the Somaiya Vidyavihar University was constituted in Aug. 2019, the Centre was affiliated to the University of Mumbai and commenced activities by offering Diploma programmes in Buddhist Studies and Pali. Upon receiving the necessary permissions, PhD programmes were offered in Ancient Indian History, Culture and Archaeology, Pali, Sanskrit and Philosophy, in keeping with the interdisciplinary nature of Buddhist Studies. The institution also made a significant contribution by organising regular national and international conferences that exposed faculty to the best scholars in the field. The diverse interests and capacity of our faculty were reflected in the first MA Buddhist Studies syllabus that was developed for the University of Mumbai in 2013.

Today, the Centre for Buddhist Studies offers language courses in Pali, Buddhist Sanskrit and Tibetan, facilitating the study and research of original texts and to also underscore the language-intensive of the domain. In addition to MA Buddhist Studies, the Centre also offers MA Pali, MA Ancient Indian History, Culture and Archaeology. These were possible because our strength as an institution is the diverse range of interests of our faculty.

Programme Objectives:

The Buddha's teachings focus on the resolution of a cognitive error he says we make, when we perceive the world. This view emerged from an analysis of mental processes that is preserved in a vast corpus of texts, the third basket of the Tipitaka, known as the Abhidhamma Pitaka. Often considered a difficult and dense body of work, this corpus is nevertheless critical for anyone interested in the psychological dimensions of Buddhism.

This programme is designed to

- 1) Introduce students to the foundational teachings of Buddhism in ways that draw out the philosophical essence;
- 2) Facilitate an understanding of Abhidhamma analysis as an outcome of meditation practice;
- 3) Explain the Buddhist view of reality, primarily based on Theravada texts but also give students an overview of the debates about this that led to starkly different views within the tradition.
- 4) The pedagogy will incorporate discussions and workshops on the relevance of these teachings to our lives in modern times.

Programme Outcomes:

- 1) Students will understand Buddhist teachings from philosophical and psychological approaches;
- 2) They will appreciate the centrality of meditation practice to developing those analyses that lead to wisdom and insight;
- 3) Students will study the Abhidhamma method and the different categories in the light of Ultimate and Conventional truths;
- 4) Students will be equipped with foundational knowledge for further study in areas of philosophy, comparative study of schools within the Buddhist tradition or with Yoga, as also interdisciplinary exploration with Western psychology.

Duration: The course will be conducted over two semesters and will engage students for 4 hours each week.

Eligibility: HSC or equivalent.
Knowledge about the principal teachings of the Buddha is a must.

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Credit and Examination Schemes of Courses in Semester I and II

Credit Scheme

Course Code	Course Name	Teaching Scheme (Hrs.) TH – W – TUT	Total Hrs.	Credits Assigned TH – W – TUT	Total Credits
Semester I					
232N54C101	Introduction to Buddhism	04 – 00 – 00	04	04 – 00 – 00	04
232N54W101	Workshop	00 – 01 – 00	01	00 – 01 – 00	01
Semester II					
232N54C201	Dharmas in Abhidharma	04 – 00 – 00	04	04 – 00 – 00	04
232N54W201	Workshop	00 – 01 – 00	01	00 – 01 – 00	01
Total		08 – 02 – 00	10	08 – 02 – 00	10

Examination Scheme

Course Code	Course Name	Marks		
		CA	ESE	Total
Semester I				
232N54C101	Introduction to Buddhism	60	40	100
232N54W101	Workshop	25	-	25
Semester II				
232N54C201	Dharmas in Abhidharma	60	40	100
232N54W201	Workshop	25	-	25
Total		170	80	250

Semester I: Course 1: Introduction to Buddhism

Paper / Course Code	Paper / Course Title			
232N54C101	Introduction to Buddhism			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	04	–	–	04
Credits Assigned	04	–	–	04
Examination Scheme	Marks			
	CA	TW	ESE	Total
	60	–	40	100

Course Objectives:

This course will introduce the principal teachings of the Buddha, largely based on Pali sources. Philosophical aspects will be taught through literary sources; students will also be introduced to Buddhist meditation practice and the Buddhist view of reality in the early tradition.

Course Outcomes:

At the end of successful completion of the course, the student will

CO. 1. Have a strong foundational knowledge of the principle Buddhist tenets

CO.2. Have an understanding of Buddhist view of reality

CO.3: Have an insight into Buddhist meditation practice and its role in transforming the mind.

Module No.	Unit No.	Topics	Hours	CO
1.0		Life and Teachings_1	15	CO.1
	1.1	Life of the Buddha : with a focus on key insights that he developed at various times.		
	1.2	Four Noble Truths		
		Dhammacakkappavattana Sutta		
		Dukkhatā Sutta		
2.0		Life and Teachings_2	15	CO.1 CO.2
	2.1	Dependent Origination		
		Mahānidāna Sutta		

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	2.2	The Philosophical Middle Path		
	2.3	Karma and Rebirth		
3.0		Abhidhamma	15	CO.2
	3.1	Overview of Theravada Abhidhamma		
	3.2	Dhamma Theory		
	3.3	Introduction to Sarvastivada Abhidharma		
4.0		Buddhist Meditation	15	CO.3
	4.1	Samatha		
	4.2	Vipassanā		
	4.3	Path to Nibbāna		
		Total Hours	60	

Recommended Text Book:

Sr. No.	Name/s of Author/s	Title of Book	Name of Publisher with Country	Edition and Year of Publication
1.	Peter Harvey	An Introduction to Buddhism: Teachings, History and Practices	Cambridge University Press India Pvt. Ltd.	2005

Recommended books:

Sr. No.	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1.	Prebish, Charles	Buddhism: A Modern Perspective	Sri Satguru Publications	1995
2.	Karunadasa, Y.	The Dhamma Theory: Philosophical Cornerstone of the Abhidhamma	Wheel Publication, Buddhist Publication Society	1996
3.	Karunadasa, Y.	The Theravada Abhidhamma: Its Inquiry into the Nature of Conditioned Reality	Centre for Buddhist Studies, University of Hong Kong	Hong Kong, 2010
4.	Ronkin, Noa	Early Buddhist Metaphysics: The Making of a Philosophical Tradition	Routledge	London, 2005

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5.	Sumedho, Ajahn	Four Noble Truths	Amaravati Publications	1992
6.	Williams, Paul	Mahayana Buddhism: The Doctrinal Foundations	Routledge	London and New York, 2009
7.	Kalupahana, David	Causality: The Central Philosophy of Buddhism	University Press of Hawai'i	Honolulu, 1975
8.	Kalupahana, David	Buddhist Philosophy: A Historical Analysis	University Press of Hawai'i	Honolulu, 1976
9.	Bodhi, Bhikkhu	The Numerical Discourses of the Buddha: A Translation of the Anguttara Nikaya	Wisdom Publications	Boston, 2012
10.	Shaw, Sarah	Buddhist meditation: An Anthology of Texts from the Pali canon	Routledge	2006

Semester I: Course 2: Workshop

Course Code	Course Title			
232N54W101	Workshop			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	--	01	--	01
Credits Assigned	--	01	-	01
Examination Scheme	Marks			
	CA	TW	ESE	Total
	25	--	--	25

Semester II: Course 1: Dharmas in Abhidharma

Paper / Course Code	Paper / Course Title			
232N54C101	Dharmas in Abhidharma			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	04	–	–	04
Credits Assigned	04	–	–	04
Examination Scheme	Marks			
	CA	TW	ESE	Total
	60	–	40	100

Course Objectives:

The Buddha's quest for the resolution of the human condition led him to analyse the mind and its functioning and Buddhist practice is geared, as a result, towards correcting a fundamentally cognitive error the Buddha says we make when we perceive the world.

This course introduces students to the Buddhist model of the mind and analysis of human experience as preserved in the Pali tradition, primarily through the text Abhidhammattha Sangaho. To ensure awareness that the tradition is not united in this view, students will also be introduced to developments in other schools, particularly the Sarvastivada; the Sautrantika theory of inferability of external objects; the emptiness of dharmas posited by Nagarjuna and the Yogacara definition of storehouse consciousness, with the eventual conclusion that the human experience of the external world is mind-only.

Students will have an opportunity to experience the analytical process in a meditation workshop.

Course Outcomes:

- CO.1** Students will investigate the Buddha's teachings as psychological method, based particularly on the approach in the Abhidhamma Pitaka and the analysis of experience into irreducible components called dhammas.
- CO.2** Students will be introduced to the development of the path and understand the relevance of this analysis for the final breakthrough.
- CO.3** They will appreciate the different views Buddhist schools held about the nature of reality and the debates within the tradition that added immensely to Indian philosophical discourse.
- CO.4** They will also get an introduction to the critique of the Abhidhamma method by the Madhyamikas and the development of the Abhidharma ideas in the Yogacara school.

Module No.	Unit No.	Topics	Hours	CO
1.0		Abhidhamma Method	15	CO.1
	1.1	Ways of Knowing		
	1.2	Method in the Suttas and Abhidhamma		
	1.3	Dhamma Categories: Citta & Cetasikas		
	1.4	The Cognitive Process		
	1.5	Dhamma Categories: Rupa		
2.1		The Path to Liberation	15	CO.2
	2.1	Vimokkha Mukha;		
	2.2	Paths and Fruits		
	2.3	Nirvana and the Two Truths		
3.0		Other Abhidharma Analyses	15	CO.3
	3.1	Categories in Sarvastivada Abhidharma		
	3.2	Sautrantika: Inferability of External Reality		

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4.0		Mahayana		
	4.1	Nagarjuna: Emptiness of Dharmas	15	CO.3 CO.4
	4.2	Yogacara: Alayavijnana		
		Total Hours	60	

Recommended Text book:

Sr. No.	Name/s of Author/s	Title of Book	Name of Publisher with Country	Edition and Year of Publication
1.	Bodhi, Bhikku ed.	Comprehensive Manual of Abhidhamma	BPS Pariyatti Editions	2012

Bibliography:

Sr. No.	Name/s of Author/s	Title of Book	Name of Publisher with Country	Edition and Year of Publication
1.	Bodhi, Bhikkhu (ed)	A Comprehensive Manual of Abhidhamma	BPS Pariyatti Editions, WA, USA	2010
2.	de la Vallee Poussin, L (tr French) Prudens, L (tr Eng)	Abhidharmakosabhasyam	Asian Humanities Press	1988
3.	Dhammajoti, Bhikkhu	Sarvastivada Abhidharma	The Buddha-Dharma Centre of Hong Kong	2015
4.	Dhammajoti, Bhikkhu	Abhidharma Doctrines and Controversies on Perception	The Buddha-Dharma Centre of Hong Kong	2018
5.	Garfield, J	The Fundamental Wisdom of the Middle Way	Oxford University Press, UK	1995
6.	Karunadasa, Y.	The Dhamma Theory: Philosophical Cornerstone of the Abhidhamma	Wheel Publications No. 412/413, Kandy: Buddhist Publication Society	1996
7.	Karunadasa, Y.	Theravāda Abhidhamma: Its Inquiry into the Nature of Conditioned Reality	Centre for Buddhist Studies, University of Hong Kong	2010

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8.	Shun'ei, T, Muller, C.	Living Yogacara: An Introduction to Consciousness Only Buddhism	Wisdom Publications, Boston.	2009
9.	Waldron, W	The Buddhist Unconscious: the ālaya-vijñāna in the Context of Indian Buddhist Thought	Routledge-Curzon, London, New York	2003
10.	Willemsen, C., B. Dessein, and C. Cox	Sarvāstivāda Buddhist Scholasticism	Brill, Leiden	1998

Semester II: Course 2: Workshop

Course Code	Paper / Course Title			
232N54W201	Workshop			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	--	01	--	01
Credits Assigned	--	01	--	01
Examination Scheme	Marks			
	CA	TW	ESE	Total
	25	--	--	25
