

**Syllabus for Postgraduate Diploma in Theravada Buddhist Psychology and
Psychotherapy**

(A course applicable to students of the University Department)

From the Academic Year 2020–2021

**Approved by the Ad-hoc Board of Studies in Pali Literature and Culture
Savitribai Phule Pune University**

Savitribai Phule Pune University

Postgraduate Diploma in Theravada Buddhist Psychology and Psychotherapy

General Instructions about the Course, the Pattern of Examination and the Syllabus

I. General Instructions

I.1 General Structure: Postgraduate Diploma in Theravada Buddhist Psychology and Psychotherapy is a two-semester course of sixteen credits offered by the Department of Pali and Buddhist Studies, Savitribai Phule Pune University. The course is to be completed within one year. It contains four courses of four credits each. Courses I.1, I.2, and II.1 are also available as elective courses for students doing any Master degree course in the university.

Students will be introduced to the theory and practice of Buddhist Psychology and research methodology through lectures, group discussions, practice sessions, and project work. Teaching of semesters, I and II will be sequential. Syllabus for each course will be discussed in sixty clock hours (approximately) during each semester. Attending at least one Buddhist meditation retreat of minimum ten days is mandatory. Students are expected to design and carry out a small research project on any chosen theme connecting Buddhism and Psychology as a part of course II.2.

Students' understanding will be assessed on the basis of their performance on things, such as assignments, debate on conceptual issues, group discussion, essay writing, seminar presentation, tutorial writing, dissertation, written, and oral examination, etc.

Students are expected to maintain at least 75% attendance and to ensure their active participation in the class.

I.2 Introduction: The Postgraduate Diploma in Theravada Buddhist Psychology and Psychotherapy would offer an opportunity to students particularly those of Buddhism and Psychology, to enter into dialogue with other streams of knowledge. It is in the scope of this course to introduce students to the basic concepts in Buddhism and Psychology and to encourage them to make comparison between the two. The scope of Buddhist concepts dealt with in this course is limited to the Theravāda or early Buddhist tradition. The basic concepts of Psychology introduced in this course are gathered from its entire history. It is well known that psychological principles are in fact an accumulation of research findings spread over a long period of time. The course will help students from Psychology background to appreciate the richness of Buddhism in providing naturalistic and analytical approach to subjective experience and acknowledging transcendental potential of human mind. It will encourage students from the background of Buddhist Studies to start exploring how the Buddhist knowledge can be applied to problems of human behaviour in the present time. It will be

helpful to students of any discipline to develop insight into psychological concepts and practices in Buddhism, through which they could enrich the quality of their day-to-day and professional life.

I.3 Objectives: The objectives of the Postgraduate Diploma in Theravada Buddhist Psychology and Psychotherapy are:

- To introduce students to the psychological aspects of Theravāda Buddhist tradition
- To help students to apply these theories for self-analysis and personal development
- To compare the perspectives of Buddhism and Psychology on core topics of mind, mental health, and research methodology
- To enable students of Psychology and Buddhism to do research in this field
- To encourage professionals working in the field of mental health to incorporate and apply Buddhist thoughts and practices in their profession

I.4 Eligibility: Graduation in any faculty from any recognized university

I.5 Duration: The duration of the Postgraduate Diploma in Theravada Buddhist Psychology and Psychotherapy will be one academic year consisting of two semesters of fifteen weeks each.

I.6 Course Fee: The Admission Fee for the course, Annual Tuition Fee, Examination Fee, Record Fee, Statement of Marks, and other essential fees will be as per the rules and regulations of the Savitribai Phule Pune University.

I.7 Teaching:

- Medium of instruction - English or Marathi
- Lectures - Four lectures and one tutorial/practical per course per week, i.e., ten hours per week for fifteen weeks in a semester
- Lectures of courses I.1 and I.2, and their evaluation will be done in the first semester.
- By the end of the first semester students will decide the topic of their research.
- Attending a Buddhist meditation retreat of minimum ten days between the two semesters and writing first person account based on it is necessary for internal assessment of course II.1.
- Lectures of course II.1 and its evaluation will be conducted in semester II.
- Students will have to carry out individual/group research project and submit a dissertation based on it by the end of semester II.

II. Pattern of Examination

II.1 Assessment and Evaluation:

- A Postgraduate Diploma student will be assessed for his/her performance at a written test of 300 marks, i.e., three courses of 100 marks each and dissertation + course work, viva voce, library work, field work, related training and pre-submission seminar of 100 marks.
- For each semester there will be an external examination of 50 marks and an internal examination of 50 marks per course.
- The external examination will be held at the end of each semester.
- The internal assessment will be carried out throughout the semester.
- The nature of the internal assessment will be varied. It will include at least three components out of written test, essay writing, group discussion, seminar presentation, tutorial writing, debate on conceptual issues, attendance in weekly practice session, and oral exam.
- For the course II.2, a dissertation based on a research project is to be submitted at the end of the second semester.
- There will be a pre-submission seminar on the theme of a research project, which will be considered as an internal exam.
- As an external examination of course II.2 there will be an evaluation of the dissertation by referees.
- Under the internal assessment for the course II.2 there will be a test on research methodology (course-work) and viva voce base on the dissertation submitted by the student.

II.2 Passing:

- To pass the Postgraduate Diploma in Theravada Buddhist Psychology and Psychotherapy examination a candidate must obtain 40% of the total marks in each of the external and internal examination (i.e., separate passing: 20 in external and 20 in internal examination)
- Or, aggregate 40% marks with at least 30% marks in either external or internal examination (i.e., 15 marks out of 50)
- In the case of course II.2 Dissertation, aggregate 50% marks in dissertation and internal assessment are necessary.
- Those of the successful candidates will be given appropriate grades in accordance with the grading pattern accepted by the university.

II.3 Question Pattern:

Semester I

Course I.1: Introduction to Buddhist Psychological Ideas and Course I.2: Modern Psychological Ideas Relevant to Buddhist Psychology (100 marks each)

- External written examination (50 marks): Long answer (30 marks), short answer (12 marks), and short note (8 marks)
- Internal examination (50 marks): Any three components out of written test, essay writing, group discussion, seminar presentation, tutorial writing, debate on conceptual issues, attendance in weekly practice session, and oral exam

Semester II

Course II.1: Methods of Mind Cultivation (100 marks)

- External written examination (50 marks): Long answer (30 marks), short answer (12 marks), and short note (8 marks)
- Internal examination (50 marks): Buddhist meditation retreat (10 marks), first person account (10 marks), any two components out of written test, essay writing, group discussion, seminar presentation, tutorial writing, debate on conceptual issues, attendance in weekly practice session, and oral exam (30 marks)

Course II.2: Dissertation (100 marks)

- External written examination (50 marks): Dissertation (50 marks)
- Internal examination (50 marks): Test on the course work (10 marks), viva voce (20 marks), any two components out of library work, field work, related training, and pre-submission seminar (20 marks)

III. Syllabus

III.1. Outline:

Semester I

Course I.1: Introduction to Buddhist Psychological Ideas

Course I.2: Modern Psychological Ideas Relevant to Buddhist Psychology

Semester II

Course II.1: Methods of Mind Cultivation

Course II.2: Dissertation

III.2 Detailed Syllabus:

Semester I

Course I.1: Introduction to Buddhist Psychological Ideas

Credit 1: Review of Buddhist ideas relevant to Psychology - Buddha's quest for the solution

of problem of suffering; causal analysis of suffering (Sammāsana and Paṭiccasamuppāda), primacy of mind; goal of Buddhism, the nature of Nibbāna; Paramatthadhamma (essential elements of reality): Citta (mind), Cetasika (mental factors), Rūpa (material factors), Nibbāna (liberation); allied issues: Kamma and rebirth, Abhiññā (psychic powers), stages of mental development, metaphysical and psychological nature of Nibbāna

Credit 2: Nature of human being according to Buddhism - Nāma (mind) and Rūpa (body), and their relation to each other; Pañcakkhandha (five aggregates): Rūpakkhandha (material aggregate) and Arūpakkhandha (immaterial aggregates); Rūpakkhandha (material aggregate): Material categories, origin of material properties (Samuṭṭhāna), material formation; Arūpakkhandha (immaterial aggregates): Vedanā (feeling), Saññā (perception), Saṅkhāra (volitional activity), Viññāṇa (cognition); Paṭiccasamuppāda (law of interdependent co-arising) with special reference to mind-matter relationship; Citta, Cetasika and Rūpa (mind, mental factors, and material aggregate); Āyatana (spheres); Dhātu (elements); allied issues: Khandha (aggregates), Puggala (individual) and Anattā (non-self); Carita (personality traits): Six personality traits; the concept of ideal person: Characteristics of Arhat, Bodhisatta, and Buddha

Credit 3: Mind and mental factors - Citta and Cetasika - Citta (mind): Levels of mind (Bhūmī: Kāmāvacara, Rūpāvacara, Arūpāvacara, and Lokuttara), types of mind (Jāti: Kusala, Akusala, Vipāka, and Kiriya); Cetasika (mental factors): Aññasamāna (ethically variable), Akusala (unwholesome), Sobhana (beautiful)

Credit 4: Cognition and emotion - Cognition: Cittavīthi (cognitive process); three levels of cognition: Saññā (perception), Viññāṇa (cognition) and Paññā (insight); speculative and non-speculative cognitive process: Papañca (proliferation of thought) and Yathābhūtañāḍassana (knowing and seeing things as they are); emotion: Buddhist model of emotion - Cetasika (mental factors): Sobhana (wholesome) and Akusala (unwholesome); emotional intelligence: Role of Manasikāra (mode of attention - Yoniso [proper] and Ayoniso [improper]); role of Sati (mindfulness) and Sampajañña (understanding)

Text books:

1. Jayasuriya, W. F. 2016(1963). *The Psychology and Philosophy of Buddhism: An Introduction to the Abhidhamma*. Kuala Lumpur: Priyatti.
2. Mahathera, Narada. 2013(1956). *A Manual of Abhidhamma (Abhidhammatthasaṅgaho: An Outline of Buddhist Philosophy)*. Kolkata: Maha Bodhi Book Agency.

3. Rhys Davids, C. A. F. 1924. *Buddhist Psychology: An Inquiry into the Analysis and Theory of Mind in Pali Literature*. London: Luzac and Co.

Reference books:

1. Boisvert, Matheiu. 1997. *Five Aggregates: Understanding Theravada Psychology and Soteriology*. Delhi: Sri Satguru Publications.
2. Dharmarakshita, Bhikkhu, trans. 2008. *Visuddhimagga Bhāga – 1 & 2*. New Delhi: Samyak Prakashan.
3. Güenther, Herbert V. 1999. *Philosophy and Psychology in the Abhidharama*. Delhi: Motilal Banarsidass Publishers Pvt. Ltd.
4. Karunadasa, Y. 2010. *The Theravada Abhidhamma: Its Inquiry into the Nature of Conditioned Reality*. Hong Kong: Centre of Buddhist Studies.
5. Rhys Davids, C. A. F. 2004. *Buddhist Manual of Psychological Ethics*. Oxford: The Pali Text Society.
6. Sangharakshita. 2012. *Know Your Mind: The Psychological Dimension of Ethics in Buddhism*. Cambridge: Windhorse Publications.
7. Sircar, Rina. 1999. *The Psycho-ethical Aspects of the Abhidhamma*. Lanham: University Press of America.
8. Thera, Nyanaponika. 1998. *Abhidhamma Studies: Buddhist Explorations of Consciousness and Time*. Kandy: Wisdom Publication.
9. Tripāṭhī, Rāmsāṅkara, ed. 1991–1992. *Abhidhammatthasaṅgaho (Paṭhamo- Dutiyo Bhāgo)*. Translated by Bhadanta Rewatadhamma and Rāmsāṅkara Tripāṭhī. Varanasi: Sampurnananda Sanskrit University.

E-Sources:

1. A Manual of Abhidhamma - Narada Maha Thera:
http://www.buddhanet.net/pdf_file/abhidhamma.pdf
2. Buddhist Dictionary (Manual of Buddhist Terms and Doctrines) - Venerable Nyanatiloka:
<http://ftp.budaedu.org/ebooks/pdf/EN012.pdf>
3. Five Aggregates: Understanding Theravada Psychology and Soteriology - Matheiu Boisvert:
http://www.ahandfulofleaves.org/documents/The%20Five%20Aggregates_Understanding%20Theravada%20Psychology%20and%20Soteriology_Boisvert.pdf
4. The Theravada Abhidhamma: Its Inquiry into the Nature of Conditioned Reality - Y. Karunadasa:

https://www.bps.lk/olib/bp/bp439s_Karunadasa_Theravada-Abhidharma.pdf

5. Visuddhimagga: Path of Purification - Bhikkhu Nanamoli:

<https://www.accesstoinsight.org/lib/authors/nanamoli/PathofPurification2011.pdf>

6. Buddhist Psychology – Andrew Olendzki:

<https://www.sunypress.edu/pdf/60757.pdf>

7. Buddhist Psychology – Ayukusala Thera:

http://www.ayurama.eu/pdf/buddh_psychology.pdf

8. Visuddhimagga Path of Purification – Bhikkhu Nanamoli:

<https://www.accesstoinsight.org/lib/authors/nanamoli/PathofPurification2011.pdf>

Course I.2: Modern Psychological Ideas Relevant to Buddhist Psychology

Credit 1: Historical review of Psychology - The beginning of Psychology; major milestones in the history of Psychology: Structuralism, functionalism, psychoanalysis, behaviourism, cognitive behaviourism, humanistic Psychology, positive Psychology; the methods and goals of Psychology; present turn towards mindfulness: Mindfulness as defined by psychologists; mindfulness and its various applications; critical analysis of mindfulness turn in Psychology

Credit 2: Review of major approaches to the study of personality in Psychology - Psychoanalytic theory, behaviouristic theory, humanistic theory (important points to be reviewed in each theory are: Bases of individual differences and the ideal personality to be achieved); trait approach to personality

Credit 3: Cognition and emotion - Cognition as studied in Psychology: Information processing model, cognitive errors as a source of distress; psychological theories of emotion: James Lange, Cannon-Bard, Schacter-Singer theory of emotion; emotional intelligence

Credit 4: Emergence of Buddhist Psychology - Contribution of Buddhist scholars: Mrs. Rhys Davids' dialogue with psychology; Anagarika Govinda: Creative meditation and multi-dimensional consciousness, the way of the white clouds, psycho-cosmic symbolism of the Buddhist stūpa; Herbert V. Günther: Mind in Buddhist Psychology, the levels of understanding in Buddhism; Bhikkhu Anālayo: Satipaṭṭhānasutta: The direct path to realization; His Holiness The 14th Dalai Lama: Initiatives in Buddhist Psychology; commonality between Buddhism and Psychology: Common goal to understand human mind for eradicating human suffering; possible clashes between Buddhism and Psychology: Extra sensory perception or Abhiññā (psychic power), concept of rebirth and Kammavipāka (fruition of action); future direction of Buddhist Psychology: Application, research methodology and theoretical advances

Text book:

Ciccarelli, Saundra K., and J. Noland White. 2009. *Psychology*. United State: Pearson.

Reference books:

1. Anagarika Govinda. 1969. *The Psychological Attitude of Early Buddhist Philosophy*. Delhi: Motilal Banarasidass
2. Anālayo. 2003. *Satipatṭhāna: The Direct Path to Realization*. Kandy: Buddhist Publication Society.
3. Chaplin, J. P., and T. S. Krawiec. 1968. *System and Theories of Psychology*. New York: Holt Rinehart and Winston.
4. Dreher, H. 1995. *Immune Power Personality: Seven Traits You Can Develop to Stay Healthy*. Canada: Dutton.
5. Friedman, H. S., and Mirium W. Schustack. 2003. *Personality: Classic Theories and Modern Research*. New Delhi: Pearson Education.
6. Gazzaniga, Michael, Todd Heatherton, and Diane Helpen. 2006. *Psychological Science*. New York and London: W. W. Norton.
7. Glassman, William E. 2000. *Approaches to Psychology*. Buckingham and Philadelphia: Open University Press.
8. Goleman, D. 2003. *Destructive Emotions: How Can We Overcome Them? A Scientific Dialogue with the Dalai Lama*. New York: Bantam books.
9. Güenther, Herbert V., and L. S. Kawamura. 1975. *Mind in Buddhist Psychology*. Berkeley: Dharma Publishing.
10. Lama, Dalai. 2012. *Beyond Religion*. New Delhi: Harper Collins Publishers India.
11. Morgan, Clifford T., Richard A. King, John R. Weisz, and John Schopler. 2001. *Introduction to Psychology*. New Delhi: Tata Mcgraw Hills Publishing Company.
12. Paranjpe, A. C. 1984. *Theoretical Psychology: Meeting of East and West*. New York: A division of Plenum Publishing Corporation.
13. Pickering, John, ed. 2017(1997). *The Authority of Experience: Essay on Buddhism and Psychology*. London and New York: Routledge.
14. Scroggs, James R. 1985. *Key Ideas in Personality Theory*. Minnesota: West Publishing Co.
15. Spiegelman, J. Marvin, and Mokusen Miyuki. 2004. *Buddhism and Jugian Psychology*. Delhi: New Age Books.
16. Zinn, Kabat Jon. 2013. *Full Catastrophe Living*. London: Piatkus.

E-sources:

1. Approaches to Psychology - William E. Glassman and Marilyn Hadad:
<http://www.yanchukvladimir.com/docs/Library/Approaches%20to%20Psychology%202009.pdf>
2. Between Buddhism and Science, between Mind and Body – Geoffrey Samuel:
<https://core.ac.uk/download/pdf/80851517.pdf>
3. Buddhist and Psychological Perspectives on Emotions and Well-beings - Paul Ekman, Richard J. Davidson, Matthieu Ricard, and B. Alan Wallace:
<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.504.5661&rep=rep1&type=pdf>
4. Mental Health in Classical Buddhist Psychology - Daniel Golman:
<http://www.atpweb.org/jtparchive/trps-07-75-02-176.pdf>
5. Psychological Science - Gazzaniga, Michael, Todd Heatherton and Diane Helpert:
<https://mog.dog/files/Psychological%20Science%20%282015%29%20-%20Michael%20Gazzaniga%20et%20Al.pdf>
6. Satipaṭṭhāna: The Direct Path to Realization – Anālayo:
<https://www.buddhismuskunde.uni-hamburg.de/pdf/5-personen/analayo/direct-path.pdf>

Semester II

Course II.1: Methods of Mind Cultivation

Credit 1: Nature of human distress - Psychological perspective: The 3D model of distress, development-distress-disorder; developmental hazards; stress-distress-eustress; normal and abnormal behaviour; Buddhist perspective - Nature of Dukkha; types of Dukkha: Dukkhadukkhatā (Dukkha caused by distress), Vipariṇāmadukkhatā (Dukkha caused by change), Saṅkhāradukkhatā (Dukkha caused by conditionality); factors obstructing the development of mind: Āsava (intoxicants), Nīvaraṇa (hindrances), Saṃyojana (fetters), Anusayakilesa (proclivities); behaviour: Kamma (ethical action): Kusala (wholesome), Akusala (unwholesome), Abyākata (undetermined), Cetanā (volition), Kammāpatha (course of action), Kammadvāra (door of action): Kāya (body), Vaci (speech), Mano (mind); Viññatti (communication): Kāyaviññatti (bodily communication) and Vaciviññatti (verbal communication); comparison between the psychological and the Buddhist concept of distress

Credit 2: Causes of human distress - Psychological perspective: Biological, psychological and social causes of mental illness; Buddhist perspective - Unwholesome roots of behaviour: Lobha (greed or passion), Dosa (hatred or malice), Moha (delusion or false belief); Taṇhā (craving), Māna (estimation), Diṭṭhi (wrong view); Vipallāsa (distortion); erroneous emotion

and cognition as a source of suffering; comparison between the psychological and the Buddhist perspectives on the causes of human distress

Credit 3: Ways out of distress - Psychological perspective: Major types of psychotherapy: Rational Emotive Behaviour Therapy (REBT), Behaviour Therapies, Humanistic Therapies, Psychoanalytic Therapies, Mindfulness Based Therapies; nature, process, mechanisms, and goals of psychotherapy; limitations of psychotherapy and support from drugs; Buddhist perspective - Factors supporting development of mind: Kusalamūla (wholesome roots of behaviour): Alobha (non-greed), Adosa (non-hatred), Amoha (non-delusion); Sammappadhāna (right exertion); Indriya (faculty); Bala (power); Bojjhaṅga (factors of enlightenment); Ti-sikkhā (remedy of threefold training) and Aṭṭhaṅgikamagga (eightfold path): Sīlasamādāna (undertaking precepts), Samādhi (concentration), Kammatṭhāna (object of concentration meditation), Vipassanāñāṇa (insight knowledge); sevenfold Visuddhi (purification)

Credit 4: Therapeutic aspects of Buddhist meditation - Sati meditation based on Satipaṭṭhānasutta, four foundations of mindfulness: Kāyānupassanā (contemplation of body), Vedanānupassanā (contemplation of feelings), Cittānupassanā (contemplation of mind), Dhammānupassanā (contemplation of phenomena); other techniques of mind cultivation: Seven-fold techniques of removing defilements based on Sabbāsavasutta; techniques of regulating thoughts based on Vitakkasaṅṭhānasutta; practice of Brahmavihāras, etc.; modern adaptations of Buddhist meditation: S. N. Goenka, Mahasi Sayadaw, Thich Nhat Hanh, and Sangharakshita; review of scientific studies assessing the mental health effect of Buddhist meditation; therapeutic mechanism in Samatha and Vipassanā meditation: Cognitive and emotional processes during meditation; ways of incorporating Buddhist meditation in psychotherapy and its limitations

Text books:

1. Anālayo. 2003. *Satipaṭṭhāna: The Direct Path to Realization*. Kandy: Buddhist Publication Society.
2. Ciccarelli, Saundra K., and J. Noland White. 2009. *Psychology*. United State: Pearson.
3. Dharmarakshita, Bhikshu, trans. 1957. *Visuddhi Mārga*. Varanasi: Mahabodhi Sabha.
4. Horner, I. B., trans. 2004. *The Collection of The Middle Length Sayings (Majjhima-Nikāya)*. 3 Vols. Delhi: Motilal Banarsidass Publishers Private Limited.
5. Moray, M. S., trans. 2007-2015(1978-1988). *Majjhimanikāya*. 3 Vols. Pune: Sugava Prakashan.

6. Ñanamoli, Bhikkhu. 2010(1956) *Visuddhimagga: The Path of Purification*. Colombo: Buddhist Publication Society.
7. Nissanka, H. S. S. 1993. *Buddhist Psychotherapy*. New Delhi: Vikas Publishing House.
8. Śāstrī, Swāmī Dwārikādās, ed. 1998. *Suttapiṭake Majjhimanikāyapāli (I. Mūlapaṇṇāsakaṃ)*. Vol. I-II. Translated by Swāmī Dwārikādās Śāstrī. Varanasi: Bauddha Bhāratī.
(Note: Only for *Sabbāsavasutta*, *Madhupiṇḍikasutta*, *Satipaṭṭhānasutta*, and *Vitakkasaṅṭhānasutta*)

Reference books:

1. Dalal, Ajit K., Anand Paranjpe, and K. Ramakrishna Rao. 2011(2008). *Handbook of Indian Psychology*. Foundation Books.
2. Kalupahana, J. David. 1987. *The Principles of Buddhist Psychology*. Albany: State University of New York Press.
3. Mahathera, Narada. 2013(1956). *A Manual of Abhidhamma*. Kolkata: Maha Bodhi Book Agency.
4. Nyanatiloka, Venerable. 1988. *Buddhist Dictionary, Manual of Buddhist Terms and Doctrines*. Kandy: Buddhist Publication Society.
5. Shāstrī, Swāmi Dwārikādāsa, trans. 2005. *Dīghanikāyapāli (Sīlakkhandhavaggo)*. Varanasi: Bauddha Bharati.
6. Tiwari, M. 1987. *Sīla, Samādhi and Prajñā (The Buddha's Path of Purification)*. Patna: K. P. Jayaswal Research Institute.
7. Upadhyaya, Tapasya, trans. 1995-1998. *Visuddhimaggo Paṭhamo-Dutiyo Bhāgo*. Edited by Swāmi Dwārikādāsā. Varanasi: Bauddha Bharati.
(Note: For the relevant portions of the course)

E-sources:

1. A Manual of Abhidhamma - Narada Maha Thera:
http://www.buddhanet.net/pdf_file/abhidhamma.pdf
2. Art of Living Vipassana Meditation – S. N. Goenka:
<http://www.cicp.org.kh/userfiles/file/Publications/Art%20of%20Living%20in%20English.pdf>
3. Basics of Psychotherapy – B. E. Wompold:
<https://www.apa.org/pubs/books/Basics-of-Psychotherapy-Second-Edition-Ch1-Sample.pdf>

4. Buddhist Dictionary (Manual of Buddhist Terms and Doctrines) - Venerable Nyanatiloka:
<http://ftp.budaedu.org/ebooks/pdf/EN012.pdf>
5. Insight-Meditation – Mahashi Sayadaw:
<https://holybooks-lichtenbergpress.netdna-ssl.com/content/uploads/InsightMeditation.pdf>
6. Practical Vipassana Exercise – Mahashi Sayadaw:
http://www.buddhanet.net/pdf_file/mahasit1.pdf
7. Test of Freedom – Sangharakshita:
https://www.sangharakshita.org/_books/taste-freedom.pdf
8. The Art of Dying - S. N. Goenka:
http://www.dhammadownloads.com.au/the_art_of_dying.pdf
9. The Principles of Buddhist Psychology - Kalupahana J. David:
http://www.ahandfulofleaves.org/documents/Principles%20of%20Buddhist%20Psychology_Kalupahana.pdf
10. The purpose and practice of Buddhist Meditation – Sangharakshita:
<https://www.windhorsepublications.com/product/the-purpose-and-practice-of-buddhist-meditation-a-source-book-of-teachings/>
11. Visuddhimagga Path of Purification - Bhikkhu Nanamoli:
<https://www.accesstoinsight.org/lib/authors/nanamoli/PathofPurification2011.pdf>

Course II.2: Dissertation

(This course will contain course-work equivalent to two credits and a dissertation based on a research project, which is equivalent to two credits. The research project will be conducted under the guidance of faculty of the department, subject to the approval by the Departmental Committee. The Dissertation will be evaluated by the guide and a referee appointed by the Departmental Committee. The final marks will be calculated as an average of their marks.)

Credit 1: Course – Work - Buddhist Way of Psychological Inquiry: The first person method - Non-judgemental awareness and observation; method of analysis: Four Truths as method of enquiry (Dukkha, Samudaya, Nirodha, and Mārga), three rounds (Tīparivaṭṭa) and twelve modes (Dvādasākāra); Interdependent Co-arising (Paṭiccasamuppāda): Inverse (Anuloma) and reverse (Paṭiloma); three levels of discernment (Pariññā): Discernment of phenomenon (Ñātapariññā), discernment through investigation (Tiraṇapariññā), discernment as overcoming (Pahānapariññā); three modes of knowledge: Knowledge based on learning

(Sutamayāpaññā), knowledge based on contemplation (Cintāmayāpaññā), and wisdom based on mental development (Bhāvanāmayāpaññā)

Credit 2: Course - Work - Methods of Inquiry in Psychology: Major steps in psychological research; overview of experimental/quantitative methods, qualitative methods; first, second, and third person research methods for Buddhist Psychology; kind of researches to be undertaken in Buddhist Psychology: Library research to find parallels between concepts of Psychology and Buddhism (e.g. emotions, temperament, etc.), experimental studies to assess various therapeutic modalities, survey research related to social effects of Buddhist identity, etc.

Credits 3 and 4: Dissertation based on research

References books:

1. Kohler, Elizabeth, and Matthew Davidson. 2015. *Methods of Inquiry in Psychology*. Buford: LAD Custom Publishing.
2. Mahathera, Narada. 2013(1956). *A Manual of Abhidhamma*. Kolkata: Maha Bodhi Book Agency.

E-sources:

1. Methods of Enquiry in Psychology:
<http://ncert.nic.in/textbook/pdf/kepy102.pdf>
 2. Research Methods in Psychology:
http://www.opentextbooks.org.hk/system/files/export/35/35300/pdf/Research_Methods_In_Psychology_35300.pdf
 3. Methods of Inquiry: Quantitative and Qualitative Approach:
https://uk.sagepub.com/sites/default/files/upm-assets/62674_book_item_62674.pdf
-