





## Structure of the Course

The four-year Buddhist Studies Programme at Tribhuvan University consists of seven Papers and one elective course (optional elective for non-Buddhist Studies majors).

Year	Paper	Code No.	Title	Full Marks	Teaching Hours	Remarks
1 <sup>st</sup>	I	BS 421	History of Buddhism	100	150	Major
1 <sup>st</sup>	II	BS 422	Buddha and His Teachings	100	150	Major
2 <sup>nd</sup>	III	BS 423	Buddhist Literatures	100	150	Major
2 <sup>nd</sup>	IV	BS 424	Buddhist Philosophy and Logics	100	150	Major
3 <sup>rd</sup>	V	BS 425	Buddhist arts, Architecture and Archaeology	100	150	Major
3 <sup>rd</sup>	VI	BS 410	Introduction to Buddha and Buddhism	100	150	Optional Elective for Non-Buddhist Studies Majors
4 <sup>th</sup>	VII	BS 426	Buddhist Cultures and Traditions in Nepal	100	150	Major
4 <sup>th</sup>	VIII	BS 427	Research Methodology, Academic Writing and Art of Translation	100	150	Major

## Eligibility

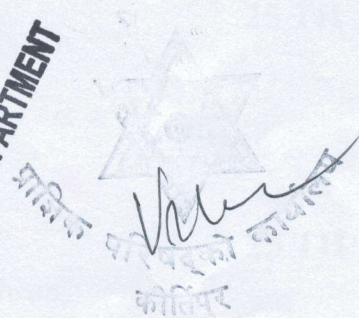
To be eligible for admission to four-year BA Buddhist Studies, student should have completed and received a higher secondary certificate (10 + 2) or equivalent degree in any discipline or stream from any institution recognized by Tribhuvan University.

## Evaluation Scheme

Each Course carries 100 full marks. Students have to score at least 40 marks to pass the course. Of the total 100 marks, 30 marks will be based on Continuous/internal evaluation and rest 70 marks will be awarded based on the students' performance in the final examination taken at the end of academic year. Student must pass both internal and final Examinations separately.



HEAD OF THE DEPARTMENT





# History of Buddhism

**Level: BA, Buddhist Studies**

**Year: 1<sup>st</sup>**

**Paper: I**

**Course Code: BS 421**

**Full Marks: 100 (30+70)**

**Teaching Hours: 150**

## **Objective:**

1. To acquaint the knowledge on history of Buddha and Buddhism with its Sources, Major events in Buddha's time and historicity in Nepal.
2. To impart the knowledge on Buddhist historical sites, with mythology, and sacred perception followed by religious activities in Nepal.

## **Unit 1 Sources for the History**

**25 TH**

- 1.1 Archaeological sources: Inscriptions, Coins, Art objects, Architectural Remains from the historical monuments/sites.
- 1.2 Literary sources: Manuscripts, Colophons, Buddhist canons in different languages, Translated texts, other published materials.
- 1.3 Travel Accounts: of Pilgrims- Chinese, Indian and Other Countries.

## **Unit 2 Buddhist Historical Sites**

**25 TH**

- 2.1 Sixteen Mahajanapada
- 2.2 Kapilavastu (Sakyas)
- 2.3 Devadaha or Ramagrama (Koliyas)
- 2.4 Pawa and Kushinagara (Mallas)
- 2.5 Lumbini
- 2.6 Sagarhawa
- 2.7 Nighihawa
- 2.8 Gotihawa

## **Unit 3 Spread of Buddhism during Buddha's Time**

**25 TH**

- 3.1 Buddha's peripatetic movement
- 3.2 Development of retreat (Varsavassa) tradition
- 3.3 Coenobitic settlement
- 3.4 Footing of Buddhism in Nepal and Indian subcontinents

## **Unit 4 Spread of Buddhism after Buddha's Age**

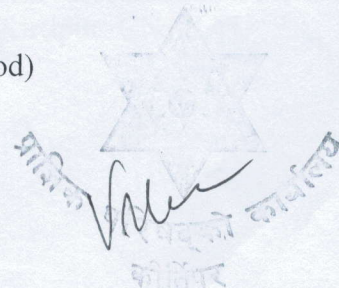
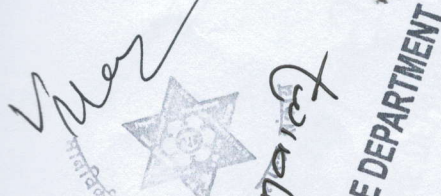
**25 TH**

- 4.1 Distribution of relics and its impact on Diffusion of Buddhism
- 4.2 Convention of Buddhist councils for the propagation of Buddhism: First, Second and Third
- 4.3 Asokan Mission

## **Unit 5 History of Buddhism in Nepal**

**25 TH**

- 5.1 Mythological Accounts
- 5.2 Buddhism during Pre-Lichhavi period (Kirant Period)





- 5.3 Buddhism during Lichhavi Period  
5.4 Buddhism during Medieval Period

## Unit 6 Buddhism of Nepal during Modern Period and Current Situation

25 TH

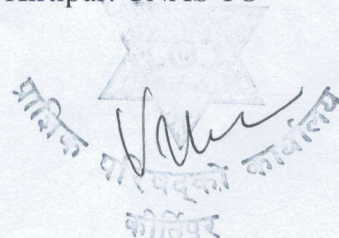
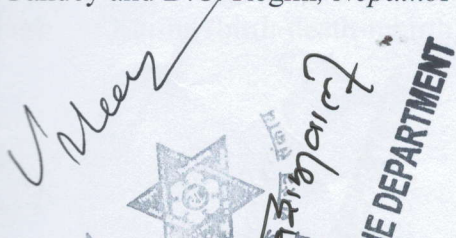
- 6.2 Revival of Theravada  
6.2 Spread of Himalayan Buddhism  
6.1 Prevalence of Distinctive Three forms of Buddhism

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- Bajracharya, Surendra Man, *Buddhist Heritage of Northern Nepal*, Kathmandu: Lotus Research Centre, 2008
- Douglas-Tuladhar, Will, *Remaking Buddhism for Medieval Nepal: The Fifteenth Century Reformation of Newar Buddhism*, London: Routledge, 2006.
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- Levine, Sarah and David Gellner, *Rebuilding Buddhism: The Theravada Movement in Twentieth Century Nepal*, Cambridge Mass.: Harvard University, 2005.
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## Buddha and His Teachings

Level: BA, Buddhist Studies

Year: 1<sup>st</sup>

Paper: II

Course Code: BS 422

Full Marks: 100 (30+70)

Teaching Hours: 150

### Objectives

- 1 To impart the students with knowledge on Buddhism, Buddha's life and his enlightenment teachings
- 2 To acknowledge Buddha's time for educational episodes and philosophical discourses in establishment of the monastic order to monks and laities distinctively with vehicles as Sravakyaana, Mahayana and Vajrayana.
- 3 To give a picture of current Buddhist situation in Nepal.

### Unit 1 Buddha and Buddhahood

20 TH

- 1.1 Etymology of Term "Buddha"
- 1.2 Characteristics of Buddha
- 1.3 Samyaksambuddha
- 1.4 Pratyekabuddha
- 1.5 Srāvakabuddha

### Unit 2 Life of Shakyamuni Buddha

25 TH

- 2.1 Life of Siddhartha: Birth, Childhood,
- 2.2 Four events, Renunciation,
- 2.3 Penance (Duskarcarya)
- 2.4 Sambodhi Labha (Enlightenment)
- 2.5 After Sambodhi Labha up to Mahaparinirvana

### Unit 3 Buddha's Basic Teachings

25 TH

- 3.1 Four Noble Truths
- 3.2 Pratityasamutpada (Dependent-Origination)
- 3.3 Trilaksana (Three Universal Characteristic)

### Unit 4 Specific Teachings

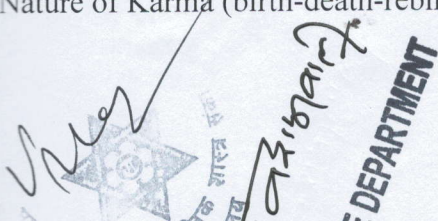
20 TH

- 4.1 Teachings for monks and nuns (Vinaya)
- 4.2 Laity or lay followers (Grihi Vinaya)
- 4.4 Pancasila (five precepts)
- 4.5 Higher Practitioners Abhidhammic reasoning

### Unit 5 Teachings Related to Sravakyaana

20 TH

- 5.1 Introduction
- 5.2 First Discourse (Prathama Dharmacakra Pravartana)
- 5.3 Arhat Idealism
- 5.4 Nature of Karma (birth-death-rebirth)





5.5 Concept of Nibbana

## Unit 6 Teachings Related to Mahayana

20 TH

6.1 Introduction

6.2 Second Discourse (Dvitiya Dharmacakra Pravartana)

6.3 Bodhisattva Idealism

6.4 Stages of Bodhisattva Perfections

6.5 Concept of Nirvana

## Unit 7 Teachings related to Vajrayana

20 TH

7.1 Introduction

7.2 Third Discourse (Tritiya Dharmacakra Pravartana)

7.3 Concept of Adi-Buddha

7.4 Four Means of Tantric Perfections (Kriya, Caryā, Yoga and Anuttara Yoga Tantra)

7.5 Concept of Nirvana

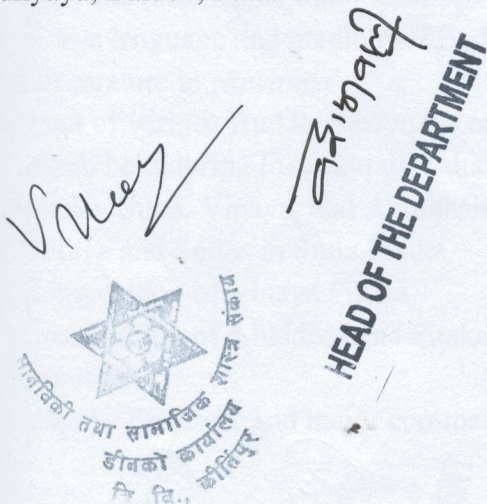
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Upadhyaya, Baldev, *Buddha DarsanMimamsa*, Varanasi: ChaukhambaVidyabhawan, 1999





# Buddhist Literature

**Level: BA, Buddhist Studies**  
**Year: 2<sup>nd</sup>**  
**Paper: III**

**Course Code: BS 423**  
**Full Marks: 100 (30+70)**  
**Teaching Hours: 150**

## Objectives:

### General

The course has an objective of imparting basic knowledge on various aspects and types of Buddhist literature.

### Specific

1. To introduce students with origin and development of Pali and Sanskrit Buddhist literature
2. To familiarize students with types, nature and domains of Buddhist literature
3. To acquaint students textually with the selected scriptures from Pali and Sanskrit literary sources

## Unit 1 Introduction to Buddhist Literature

20 TH

- 1.1 Meaning, History and Types of Literature
- 1.2 Domain of Literature: History, Philosophy, Art, Religions and others
- 1.3 Mediums and materials of writings
- 1.4 Literature during Buddha's time
- 1.5 Buddhist literature: records of words of Buddha
- 1.6 Teachings of Buddha: *Dhamma* as Buddhist Literature
- 1.7 Types of Buddhist Canons
  - 1.7.1 *Pali Tipitaka* and *Sanskrit Tripitaka*
  - 1.7.2 Chinese Tripitaka and Tibetan Kanjur
- 1.8 Classification of Buddha's teachings: *Navanga* and *Dvadasanga*
- 1.9 *Baudha Tantra*

## Unit 2 Origin and Development of Pali Buddhist Literature

20 TH

- 2.1 Origin and meaning of Pali
- 2.2 Pali as a language and medium of Buddhist literature
- 2.3 Pali literature in *Nawanga*
- 2.4 Impact of various Buddhist councils on Pali Buddhist literature
- 2.5 Council held during the reign of Vattagamini Avaya in Srilanka and Pali literature
- 2.6 Tipitaka: Sutta, Vinaya, and Abhidhamma Pitaka
  - 2.6.1 Nikaya and Suttas in Sutta Pitaka
  - 2.6.2 Composition of Vinaya Pitaka
  - 2.6.3 Composition of Abhidhamma Pitaka
- 2.7 Anupitaka
- 2.8 Attakatha literature and major commentators: Buddhaghosa and Dhammapala



2.9 Vamsa, Niti and other Pali literatures

### Unit 3 Selected Textual Study of Pali Literature

16 TH

3.1 Dhammapada: Introduction

3.1.1 Appamada Vagga: Introduction, Stanzas No 21 and 22

3.1.2 Citta Vagga: Introduction, Stanzas No 33 and 37

3.1.3 Brahmana Vagga: Introduction, Stanzas No 391 and 393

3.2 Sutta Nipata: Introduction

3.2.1 Mangala Sutta: Introduction, Stanzas No 4 and 9

3.2.2 Parabhava Sutta: Introduction, Stanzas No 14 and 16

3.2.3 Vasala Sutta: Introduction, Stanzas No 9 and 21

3.3 Jataka Pali: Introduction

3.3.1 Nigrodha Mriga Jataka

3.4 Thera Gatha: Introduction,

3.4.1 Vappa Thera Gatha, Introduction, Stanza No 61

3.5 Theri Gatha: Introduction,

3.5.1 Tissa Theri Gatha: Introduction, Stanza No 4

### Unit 4 Origin and Development of Sanskrit Buddhist Literature 17 TH

4.1 Sanskrit language during Buddha's time

4.2 Use of Sanskrit language in Buddhist literature

4.3 *Buddha Vacana* in Sanskrit Buddhist literature

4.4 *Dwadasanga* of *Buddhavadana*

4.5 Buddhist council held during Kaniska's period and Sanskrit Buddhist Literature

4.6 Tripitaka in Sanskrit: Sutra Pitaka, Vinaya Pitaka and Abhidharma Pitaka

4.7 Contribution of *Acaryas* in Sanskrit Buddhist literature

4.8 Types and development of Sanskrit Buddhist literature

4.9 Preservation of Sanskrit Buddhist literature in Nepal

### Unit 5 Sanskrit Buddhist Literature of Sravakayana

20 TH

5.1 Introduction to *Sravakayana* and its literature

5.2 Introduction to *Astadasha Nikaya* and its literature

5.3 Introduction to *Mahasanghika* and its literature

5.4 Textual introduction of *Mahavastu*, *Sariputraparipeccha* and *Lokanuvartana Sutra*

5.5 Textual introduction of *Mulasarvastivadavinayavastu* and *Buddhacarita*

5.6 Textual introduction of *Vibhashashastra*

### Unit 6 Sanskrit Buddhist Literature of Mahayana

20 TH

6.1 Origin and development of Mahayana and its literature

6.2 Proliferation of *Buddhavadana* with additional interpretation of *Acaryas*

6.3 Sutra literature: Vaipulya sutra, Raksasutra, vinayasutra

6.3.1 Navagrantha

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- 6.3.2 Gandavyuhasutra: Samantabhadracarya, Introduction, Stanza no 12  
6.4 Avadana literature: Introduction  
6.5 Jataka Mala: Introduction, Vyaghri Jataka, Stanza no 31  
6.6 Miscellaneous: *Dharani*, *Stotra*, and *Mantra*  
6.7 Textual introduction to Bodhicaryavatara, Stanza no 56  
6.8 Lalitavistara Sutra: Introduction

### Unit 7 Sanskrit Buddhist Literature of Vajrayana

17 TH

- 7.1 Origin and development of *Tantra* literature  
7.2 Nature of Tanta literature  
7.3 Introduction of Guhyasamaj, Kalacakra, Hevajra, Chakrasamvara tantra and Namasangiti.  
7.4 Introduction to Mandala literature: NispannaYogavali  
7.5 Introduction to Sadhana literature: Sadhanamala  
7.6 Introduction to Ritual texts: Gurumandalarchan  
7.7 Introduction to Carya songs: Caryagita-

### Unit 8 Sanskrit Buddhist Literature of Philosophical Schools and Logics 20 TH

- 8.1 Philosophy and logics as domain of Buddhist Sanskrit literature  
8.2 Survey of literature of Major Buddhist philosophical schools  
8.3 Abhidharmakosha (Sarvastivada): Introduction  
8.4 Sautrantikadarshanam (Sautrantika): Introduction  
8.5 Mulamadhyamakakarika (Madhyamaka): Introduction  
8.6 Vijnaptimatratasiddhi (Vijnanavada): Introduction  
8.7 Survey of literature of Buddhist Logics  
8.8 Nyayabindu (Buddhist Logics): Introduction

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# Buddhist Philosophy and Logics

Level: BA, Buddhist Studies  
Year: 2<sup>nd</sup>  
Paper: IV

Course Code: BS 424  
Full Marks: 100 (30+70)  
Teaching Hours: 150

## Objectives

### General:

The course has an objective of imparting knowledge on Buddhist Philosophy that exists in various forms embracing logics, ethical values and meditation in practice.

### Specific:

1. To introduce students with philosophy of four Buddhist philosophical schools
2. To familiarize students with Buddhist logics as a means of establishing philosophy
3. To acquaint students with the importance of ethical values and meditation in Buddhist practice

## Unit 1 Introduction to Buddhist Philosophy and Logics

20 TH

- 1.1 Definition, concept and meaning of Philosophy and Logic
- 1.2 Relation of philosophy with religion
- 1.3 Theistic and Atheistic Philosophy
- 1.4 Buddhism as philosophy
- 1.5 Nature of Buddhist philosophy, ethical values and meditation
- 1.6 Ontology and Phenomenology in Buddhist philosophy
- 1.7 Philosophical debate and exercise in Buddhism
- 1.8 Proliferation of different views/vada or shastra based on Buddha's teachings
- 1.9 Development of Buddhist Philosophical Schools and Logic

## Unit 2 Vaibhasika School of Buddhist Philosophy

20 TH

- 2.1 Historical Background of Vaibhasika School
- 2.2 Sarvastivada: Etymological meaning and concept
- 2.3 Key features
- 2.4 Meaning and categories of dharmas
- 2.5 Theory of dharma: Sanskrit and Asanskrit dharma
- 2.6 Paramanuvada (Atomism)
- 2.7 Sub-schools
- 2.8 Eminent masters: Vasumitra, Vashubandhu and others

## Unit 3 Sautrantrika School of Buddhist Philosophy

17 TH

- 3.1 Historical background of *Sautāntrika* School
- 3.2 *Sautāntrika*: Etymological meaning and concept
- 3.3 Key features
- 3.4 Meaning and categories of dharmas

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- 3.5 Concept of Kshanabhaangavada (Momentary-ness)
- 3.6 Concept of Pratyaksha and Svasamvedan (Perception and Apperception)
- 3.7 Logical trend
- 3.8 Eminent masters: Acarya Bhadanta, Kumarlat and others

#### **Unit 4 Madhyamaka School of Buddhist Philosophy**

**20 TH**

- 4.1 Historical Background of *Midhyamaka* School
- 4.2 *Madhyamaka*: Etymological meaning and concept
- 4.3 Key features
- 4.4 Concept of Sunyata
- 4.5 Anutpada
- 4.6 Catuskoti (Fourfold analysis)
- 4.7 Samvritti Satya and Parmartha Satya
- 4.8 Sub-schools
- 4.9 Eminent masters: Nagarjuna, Chandrakirti and others

#### **Unit 5 Vijnanavada School of Buddhist Philosophy**

**20 TH**

- 5.1 Historical Background of Vijnanavada School
- 5.2 Vijnanavada : Etymological meaning and concept
- 5.3 Key features
- 5.4 Cittamatrata (Theory of Mind only)
- 5.5 Three *Vijnana*: Pravritivijnana, Klistamanovijnana and Alayavijnana
- 5.6 Three nature of objects: Parikalpita, Paratantra and Parinispanna
- 5.7 Tathagatagarva
- 5.8 Sub-schools
- 5.9 Eminent masters: Asanga, Vasubandhu and others

#### **Unit 6 Buddhist Logics**

**20 TH**

- 6.1 Historical aackground of Buddhist Logics
- 6.2 Definition, scope and purpose of Buddhist logics
- 6.3 Types of Buddhist *Paramana*
- 6.4 Prataksa and Anumamana Pramana in Buddhism
- 6.5 Process and types of Prataksa (perception)
- 6.6 Anumana Pramana: Swarthanumana and Pararthanumana (Syllogism)
- 6.7 Buddhist epistemology
- 6.8 Eminent masters: Dignaga, Dharmakirti and others

#### **Unit 7 Buddhist Ethics**

**17 TH**

- 7.1 Concept of Buddhist ethics
- 7.2 Ethics in Buddhist practice for *punya-samvar*
- 7.3 Abstinence from *Dasha akushal karma*
- 7.4 General ethical values

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- 7.4.1 *Pancasila, Astasila, and Dashasila, Dana and Kshanti*
- 7.4.2 Bodhisattvasamvara (Astadashamulapati)
- 7.4.3 *Grihivinaya* (Duties of Householders)
- 7.5 Ethics for monks/nuns
- 7.6 Concept of monasticism
- 7.7 Monastic *vinaya* (rules)
- 7.8 Linkage among ethical values, *karma* and *rebirth*

## Unit 8 Buddhist Meditation

16 TH

- 8.1 Meaning and objectives of Meditation
- 8.2 Basic types: Samatha and Vipassana
- 8.3 Samatha meditation
- 8.4 Forty *Karmasthan* of Samatha meditation
- 8.5 *Chaturbrambahavihara*
- 8.6 Benefits of Samatha meditation
- 8.7 Vipassana: meaning and purpose
- 8.8 Types and Techniques of Vipassana

## References

- Acharya Narendra Dev, *Bauddha Dharmadarshana*, Delhi: MLBP, 1956
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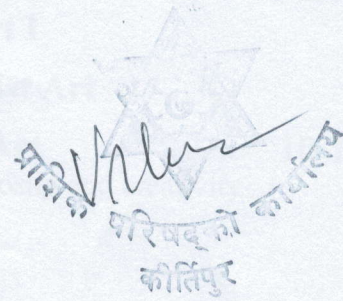
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## Buddhist Art, Architecture and Archaeology

Level: BA, Buddhist Studies

Code: BS 425

Year: 3<sup>rd</sup>

Full Marks 100 (30+70)

Paper: V

Teaching Hours: 150

### Objectives

The course aims to impart elementary knowledge on Buddhist art, architecture and Archaeological forms emphasizing upon the main features developed during different historic periods. The course provides knowledge highlighting their significance in Nepalese context.

### Part I

#### Buddhist Art

##### Unit 1 Introductory Background to Art

10 TH

1.1 Origin of Art as reflection of Human Curiosity and creativity

1.1.1 Stone Age

1.1.2 Bronze Age

1.1.3 Iron Age

1.2 Art in Sumerian, Babylon, Hittite, Assyrian and Greek civilization

1.3 Types of Art

##### Unit 2 Origin and development of Buddhist Art

15 TH

2.1 Sources for the studies on Buddhist Art and Architecture

2.2 Representation of Buddha in Symbolic Art in Mourya and Sung period

2.3 Representation of Buddha in Iconic forms in Kushana period (Gandhara and Mathura)  
with reference to Gupta Art

2.4 General Introduction to Tantric Buddhist art and its types

2.4.1 Images

2.4.2 Caryatid and Dance

2.4.3 Musical Instrument

##### Unit 3 Buddhist Art in Nepal

25 TH

3.1 Introduction to Buddhist Sculptures

3.1.1 Ancient stone, Wood and Clay/Terracotta Buddhist Sculptures

3.1.2 Chief features of medieval Stone, Wood and Clay/Terracotta and metal Buddhist  
Sculptures

3.1.3 Buddhist Metal Art with repousse and casting methods in Nepal mandala

3.2 Introduction to Buddhist Paintings of Nepal Mandal

3.2.1 Manuscript painting with reference to Gata and Grantha citra

3.2.2 Features of Wall painting

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## Unit 8 Famous Buddhist Monuments and its Archaeological Importance

20 TH

- 8.1 Ajanta, Sanchi, Mahabodhi Temple of India,
- 8.2 Borobudur of Indonesia,
- 8.3 Dambula of Sri Lanka,
- 8.4 Swedagon Temple of Myanmar,
- 8.5 Emerald Buddha in Thailand,
- 8.6 Dunhang of China
- 8.7 Boudha of Nepal

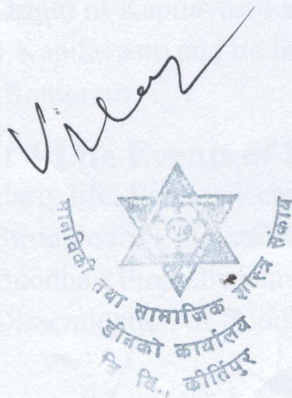
## Unit 9 Buddhist Archaeological sites of Nepal

15 TH

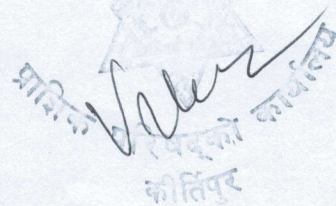
- 9.1 Lumbini, Ramgram, Devadaha and Panditpur
- 9.2 Kapilvastu: Kudan, Gotihawa, Niglihawa, Tilaurakot, Sagarhawa
- 9.3 Kakre Vihar in Surkhet

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# Introduction to Buddha and Buddhism

Level: BA, Buddhist Studies

Year: 3<sup>rd</sup>

Paper: VI

Course Code: BS 410

Full Marks 100 (30+70)

Teaching Hours: 150

## Objectives

The objective of the course is to give comprehensive knowledge to students about knowing Buddha and Buddhism concerning mainly Sakyamuni Buddha's biography, his teachings, prevalent Buddhist traditions, Buddhism in Nepal and current new approaches in Buddhism

### Unit 1. Introductory Background

10 TH

- 1.1 Bodhisattva and Buddhahood
- 1.2 Situation leading to the rise of Buddhism
- 1.3 Significance of Buddha's teachings
- 1.4 Prominent Buddhist traditions
- 1.6 Buddhism of Nepal
- 1.7 Status of Nepal concerning Buddhism
- 1.8 Current trends of New Approaches in Buddhism

### Unit 2 Introduction of Buddha

20 TH

- 2.1 Meaning and Concept of Buddha
- 2.2 Types of Buddha: Human Buddhas and Celestial Buddhas
- 2.3 Well known Human Buddhas: Dipankar, Saptatathagata and Sakyamuni Buddha
- 2.4 Celestial Buddhas: Panca Buddha
- 2.5 Similarities and Difference between Bodhisattva and Buddha
- 2.6 Qualities of Buddha

### Unit 3. Nepal: the Homeland of Buddhas

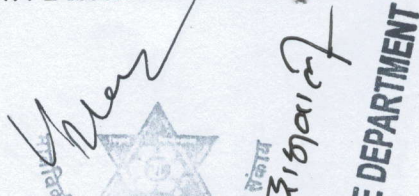
10 TH

- 3.1 Niglihawa-the birthplace of Kanakmuni
- 3.2 Gotihawa-the birthplace of Krakuchanda
- 3.3 Lumbini- the birthplace of Shakyamuni
- 3.4 Origin of Kapilavastu as the Shakya Kingdom
- 3.4.1 Kapilavastu and its Interstate relation between, Devadaha and Ramgram

### Unit 4 Life Events of Sakyamuni Buddha

25 TH

- 4.1 Early life, Birth to Renunciation
- 4.2 Struggle for Enlightenment
- 4.3 Buddha's First Discourse
- 4.4 Dissemination of Buddha's Teachings





- 4.5 Buddha Visits to his Birth Place
- 4.6. Buddha's chief Supporters/Patrons
- 4.7 Buddha's chief Opponent
- 4.8 Buddha's Daily Routine
- 4.9 Formation of the Order: Male and Female
- 4.10 The Framing of the rules and regulations
- 4.11 Buddha's Mahaparinirvana

### **Unit 5 Basic Buddhist Teachings**

**25 TH**

- 5.1 Four Noble Truths
- 5.2 Noble Eightfold Path
- 5.3 Law of dependent origination
- 5.4 World with Three Characteristics
- 5.5 Buddhist Ethics and Practice
  - 5.5.1 Panchasila, Astasila, Dasasila
  - 5.5.2 Route of three virtuous deeds
  - 5.5.3 Alova, Amoha, Adevsha
- 5.6 Buddhist Meditation

### **Unit 6 Prominent Buddhist Traditions**

**15 TH**

- 6.1 Sravakayana: meaning, concept, goal and features
- 6.2 Mahayana: meaning, concept, goal and features
- 6.3 Vajrayana: meaning, concept, goal and features

### **Unit 7 Karuna (Altruism) in Buddhism**

**15 TH**

- 7.1 Buddha's Great Compassion: sharing his Dhamma
- 7.2 Catubrahma vihara: Loving kindness, compassion, Appreciative joy  
And Equanimity
- 7.3 Bodhisattva Idealism and Bodhicitta (Awaken mind)
- 7.4 Bodhicitta Generation
- 7.5 Bodhisattvacarya
- 7.6 Monastery: as the centre of altruistic activities

### **Unit 8 Buddhist Traditions of Nepal**

**20 TH**

- 8.1 Concept of Tri-Ratna in Nepalese (Newar) Buddhist Tradition
- 8.2 Recitation of Texts, Sutras, Dharanis,
- 8.3 Viharas and its Sangha Tradition in Nepal Mandal
- 8.4 Practice of charity: Panca dan, Samyak dan
- 8.5 Monastic Ritual of Theravada Tradition
- 8.6 Ritual Practices of Paritrana, Astaparikkhara, Catuparikkhara Dana,  
Kathina Dana,
- 8.7 rNying-ma pa, bKa'Gyud-pa, Sa-skyapa, dGe-lugs-pa Tradition
- 8.8 Ritual from womb to Death in Northern Nepal

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## Unit 9 New Approaches of Buddhism

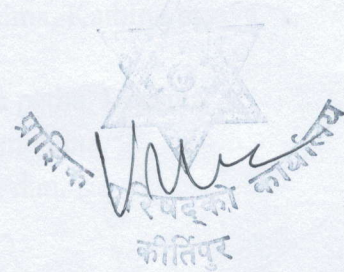
- 9.1 Current Buddhist movements and approaches
- 9.2 Buddhist Modernism
- 9.3 Engaged Buddhism
- 9.4 Applied Buddhism
- 9.5 Interdisciplinary Approaches in Buddhist studies
- 9.6 Buddhism in modern world in context of world peace

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# Buddhist Cultures and Traditions in Nepal

Level: BA, Buddhist Studies

Year: 4<sup>th</sup> Year

Paper: VII

Course Code: BS 426

Full Marks 100 (30+70)

Teaching Hours: 150

## Objective

The objective of this paper is to impart introductory knowledge of three Buddhist traditions: Buddhist tradition in Nepal mandala, Buddhist tradition in Northern Nepal and Theravada Buddhist tradition in Nepal and their cultural practices.

## Unit 1 Introduction to Culture and Tradition

5 TH

- 1.1 Meaning, definition and origin of culture and tradition
- 1.2 Origin of three Buddhist traditions
- 1.3 Buddhist Culture: Introduction, objectives and scope
- 1.4 Spiritual objectives of the three Buddhist traditions

## Part I

### Buddhist Culture and Tradition in Theravada

## Unit 2 Renaissance of Theravada in Nepal

10 TH

- 2.1 Theravada elements in Nepalese Buddhist traditions in Nepal
- 2.2 Theravada Buddhism in global context
- 2.3 Situation contributing to revival of Theravada in Nepal
- 2.4 Main contributors
- 2.5 Theravada monasteries and their significance

## Unit 3 Theravada Buddhist Tradition in Nepal

15 TH

- 3.1 *Tri-ratna* and *Tri-ratna saran*
- 3.2 Buddha-guna, Dharma-guna and Sangha-guna
- 3.3 Theravada Buddhism in present context
- 3.4 Monastic Culture: Prabajjya (temporary and permanent), *upasampada* procedure, *bhikshyatan* (taking alms), hierarchy of the sangha members
- 3.5 Monastic vinaya: Dasa sila and Patimokkha
- 3.6 Dharma School: Pariyati Sikshya

## Unit 4 Theravada Practices

20 TH

- 4.1 Theravada festivals: Vaisakha Purnima, Asadha Purnima, Kathina utsava
- 4.2 Meditation Practices
- 4.3 Monastic Practices: Buddha-puja, Barsavas, Paritrana patha, Dharma preaching, facilitating household rituals and Punyanumodana
- 4.4 Lay followers' activities: Sangha bhojan, Astapariskar dan,

4.5 Vinaya to lay Buddhists: Pancasila, Asta sila, and rules according to Grihi Vinaya



## Part II

### Buddhist Culture and Tradition in Nepal Mandala

#### Unit 5 Buddhism in Nepal Mandala

20 TH

- 5.1 Origin and concept of Nepal Mandala
- 5.2 Mythological account of Buddhism from Svayambhu Purana
- 5.3 Historical account of Buddhism in Kirat, Lichhavi, Medieval and Modern Nepal in Nepal Mandala
- 5.4 Introduction to Newar Buddhism as linking source to historical and current world Buddhist traditions.
- 5.5 Concept of Buddha, Dharma and Sangha Mandala
- 5.6 Prominent Acaryas contributing to Newar Buddhism

#### Unit 6 Monastic Features in Nepal Mandala

15 TH

- 6.1 Classification of Viharas
- 6.2 Monastic order: Sakya Sangha, Vajracharya sangha, Cailaka Bhiksu Sangha
- 6.3 Monastic functions: Pravajyasamvar, Acaryaviseka, Sangha bhela and Bhojan
- 6.4 Buddhist communities and their contribution for the promotion of Buddhism

#### Unit 7 Buddhist Sacred Sites and Practices in Nepal Mandala

15 TH

- 7.1 Buddhist Sacred Sites in Nepal Mandala: Svayambhu Maha-caitya, Namobuddha, Four Karunamaya, Four Yogini
- 7.2 Dana: Panca dana, samyaka dana, yechhik (optional) dana
- 7.3 Practices: Nhikan, Vrata: Basundhara ( Dhalan), Matya and Temple visit
- 7.4 Sanskar Karma: Dasakarma, Junko and Mrityu sanskar

## Part III

### Buddhist Culture and Tradition in the Himalayan Region of Nepal

#### Unit 8 Buddhism in Northern Nepal

20 TH

- 8.1 Introduction to Himalayan region and ethnic groups
- 8.2 Introduction to Buddhism in Himalayan region
- 8.3 Introduction to Nyingma, Kagyu, Sakya and Geluk Sects
- 8.4 Common features of the four sects
- 8.5 Concept of Tulku (incarnate) lamas

#### Unit 9 Buddhist Festivals and Practices in the Himalayan Region of Nepal

20 TH

- 9.1 Community Festivals: Losar, Yartong, Mitha
- 9.2 Buddhist Festivals: Saka Dava (Vaisakha Purnima), Lhabab Duchan (Deva Avatirna Divas), Chokor Duchan (Dharmacakra Pravartana Divas)

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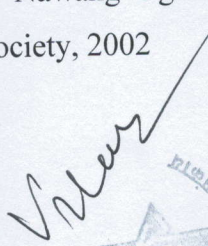
- 9.3 Buddhsit Practices: Hierarchy of the sangha members, Study of Buddhist scripture, Terma preparation, playing religious musical instruments, dharma preaching, Buddha and Bodhisattva puja, Tara Puja, Offering seven bowls of water, Mahakala Puja, Mantra recitation, Wang, Meditation (lhasum Dhasum Cham), circumambulation (koro), prostration, mantra recitation, offering prayer-flags/Lungta and Nyune Vrata.
- 9.4 Pilgrimage: Maratika, Muktinath, Shey Mountain

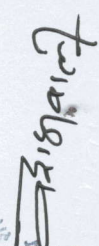
### Unit 10 Buddhist Religious Objects and their uses in Himalayan Region of Nepal 10 TH

- 10.1 Prayer beads  
10.2 Eight types of chorten  
10.3 Mani-wall  
10.4 Prayer Wheel  
10.5 Khatag

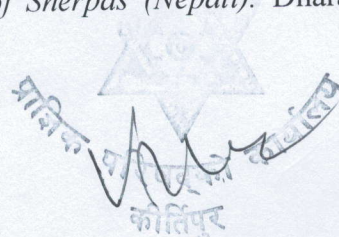
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# Research Methodology, Academic Writings and Art of Translation

**Level: BA, Buddhist Studies**  
**Year: 4<sup>th</sup>**  
**Paper: VIII**

**Course Code: BS 427**  
**Full Marks 100 (30+70)**  
**Teaching Hours: 150**

## Objectives

This course has an objective of imparting knowledge on Research methodology and translation techniques to enable students to carry out academic research and writings in fields of historical, cultural, religious, philosophical, artistic and applied branches of Buddhism and other academic studies.

## Unit 1 Introductory Background

20 TH

- 1.1 Meaning, Concepts and Importance of Research
- 1.2 Scientific writings and Research work
- 1.3 Scope of Research
- 1.4 Types of research: Basic and Applied; Qualitative and Quantitative, Descriptive, Analytical etc.
- 1.5 Research Problem: Definition and identification of problem, understanding problem, criteria of a good problem, guidelines for selection of problem, statement of problem, Research questions
- 1.6 Research Objective: Definition, general and specific objectives,
- 1.7 Delimiting a Problem
- 1.8 Research Design: Introduction, Purposes, Features and importance, Principles of designing a research, conceptual framework, Research methods for research designing, Similarities and differences between Research design and research method
- 1.9 Textual analysis in research
- 1.10 Academic exercise: Academic writings and Art of Translation

## Unit 2 Literature Review

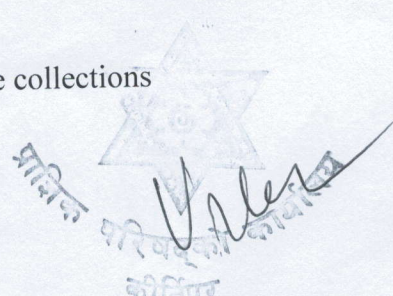
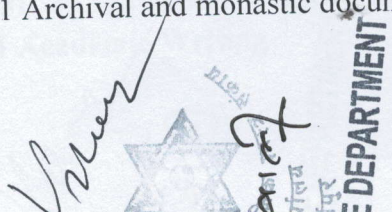
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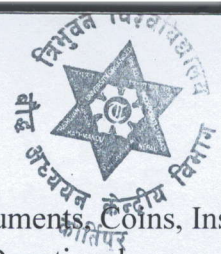
- 2.1 Meaning, Concept and Importance
- 2.3 Objective
- 2.4 Sources
- 2.5 Evaluating literature,
- 2.5 Reporting Review of Literature
- 2.6 Identification of Research gap

## Unit 3 Research Evidences

20 TH

- 3.1 Meaning and Importance
- 3.2 Types: Verbal and Mute
- 3.3 Sources: Primary and Secondary
- 3.3.1 Archival and monastic documents and private collections





3.3.2 Literary, Archaeological (monumental), Archival, Documents, Coins, Inscriptions, Art objects, Contemporary records: Papers, Periodicals, Devotional songs, lore and legends, Manuscripts, Dairy.

#### **Unit 4 Methods of Data Collection**

**20 TH**

- 4.1 Techniques of sample survey, sampling design
- 4.2 Questionnaires
- 4.3 Interviews
- 4.4 Observation
- 4.5 Developing Research Tools

Data Presentation and Analysis: Data editing, coding and processing, Statistical Tools and techniques (Graphical, tabulation, charts, figures, photographs.)

#### **Unit 5 Research Proposal Writing**

**25 TH**

- 5.1 Research Proposal: Meaning, Concept, Purpose and Significance
- 5.2 Conceptualizing and conducting a research proposal
- 5.3 Steps of writing
- 5.4 Components of research proposal
- 5.5 Structure of Research Proposal
- 5.6 Proposal writing (to be given as assignment)

#### **Unit 6 Research Report Preparation**

**25 TH**

- 6.1 Meaning and Importance of Research report/Thesis
- 6.2 Structure and Essentials of a good report
- 6.3 Documentation of a Thesis and Chapter formation
- 6.4 Processing of data used
- 6.5 Citation and Referencing: foot notes and reference/bibliography
- 6.6 Use of abbreviation, glossary, index
- 6.7 Arrangement of appendices, maps, photographs, tables, charts
- 6.8 Layout: Page setting/formatting

#### **Unit 7 Research Ethics**

**10 TH**

- 7.1 Meaning and Concept of Ethics, Ethics and Morality.
- 7.2 Ethical theories: Deontology, Utilitarian consequentialism
- 7.3 Research Misconduct: Fabricating Data and Falsification, Ethical dilemmas, inclination to one's faith, conflicts of interest, Publishing research: Plagiarism in Scientific Writing
- 7.4 Ethical frameworks for research: Ethical regulation and Ethics committees, Declaration of sincerity, Data protection principles. Internet Research Ethics
- 7.5 Risk and safety of research: Types of risk- Physical, emotional risks, Assessing and minimizing risks of harm
- 7.6 Ethical parameters/standards in research

#### **Unit 8 Academic Writing and Art of Translation**

**20 TH**

- 8.1 Academic Writing

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8.1.1 Writings demanded in academic curricula: Assignment paper, Term paper, Synthesis paper, Seminar paper, Review paper, Thesis paper

8.1.2 Writing exercise for scholarship development: Scientific papers, Research papers

## 8.2 Art of Translation

8.2.1 Definition, Meaning and Significance

8.2.2 Scope of translation

8.2.3 Translation types: Literary, Professional, Technical, Administrative, Communicative, Semantic translation

8.2.4 Techniques of Translation:

8.2.4.1 Direct Translation: Borrowing, Loan Translation (Calque), Literal translation

8.2.4.2 Indirect Translation: Transposition, Modulation, Reformulation, Adaptation, Compensation, Reduction, Expansion

8.2.5 Translation process: Translating, Editing, Proof reading

8.2.6 Translators in modern age (Interpreting, Sworn translation, Telephone, Internet, computer assisted Machine translator)

8.2.7 Importance of Translation in Buddhist studies in context of Nepal

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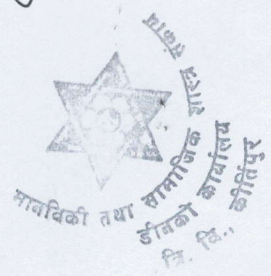
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