



**Samrat Ashok
Subharti School of Buddhist Studies**



A Constituent College of
SWAMI VIVEKANAND SUBHARTI UNIVERSITY
Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut - 250005
Website: www.subharti.org, E-mail: buddhiststudies@subharti.org, Ph: 0121-3055000

Office of the Head Department

Ref. No. SVSU/SASSBS/2021/

Notice

This is to inform that Samrat Ashok Subharti School of Buddhist Studies is organizing a ten days value added course on *UPANISADS, VISUDDHIMAGGA AND THE CONTEMPORARY SAMATHA-VIPASSANA* from 2/08/2021 to 11/08/2021. Interested candidates can get their names registered latest by 26/07/2021.

HEAD
(Dr. Nilima Chawan)

Subharti School of Buddhist Studies
SWAMI VIVEKANAND SUBHARTI UNIVERSITY
Subhartipuram, Meerut



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REPORT OF VALUE ADDED COURSE

on

UPANISADS, VISUDDHIMAGGA AND THE CONTEMPORARY SAMATHA-VIPASSANA TRADITIONS

1. **NAME OF DEPARTMENT:** Samrat Ashok Subharti School of Buddhist Studies
2. **TITLE OF VALUE ADDED COURSES:** *Upanisads, Visuddhimagga And The Contemporary Samatha-Vipassana Traditions*
3. **CURRICULUM OF COURSE:**
 - a. Bridge Course: Origin and Development of the Early Indian Meditative Practices Before the Buddha Period, with Special Reference to the Texts of Upanisads.
 - b. Module A: Visuddhimagga and the Contemporary Shamatha Traditions.
 - c. Module B: Visuddhimagga and Contemporary Vipassana Traditions.
4. **LIST OF EXPERTS :**
 - a. Dr. Chapalal Mandrele
 - b. Dr. Rakesh Anand
 - c. Dr. Nilima Chauhan
5. **COURSE DURATION:** 16 hours
6. **NO. OF PARTICIPANTS:** 4 Students
7. **OBJECTIVES OF COURSE COURSE:**
 - To introduce candidates to selected Buddhist texts from the Pali Canon (such as Satipatthana Sutta, Anapanasati Sutta and Kayagatasati Sutta) and meditation manuals (such as Visuddhimagga and Vimuttimagga).
 - To introduce candidates to various methods and traditions of Shamatha meditation.
 - To introduce candidates to various traditions of vipassana, as practised in Theravadan South-East Asian countries.

Abhay
HEAD

Department of Buddhist and Pali Studies
SUBHARTI SCHOOL OF BUDDHIST STUDIES
Swami Vivekanand Subharti University, Meerut



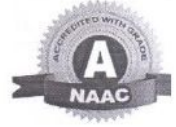
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COURSE DESIGN

Entire coursework is of 10 days is divided in two modules (A and B).

Module A: The initial phase shall be dedicated, firstly, to laying foundation by teaching the meditative practices of the early India, i.e. before the advent of the Buddha period. And later, secondly, the forty techniques of shamatha meditation, as discussed in the visuddhimagga, with simultaneous shamatha practices, as taught by contemporary Theravada masters, will be discussed in the classroom.

(Proposed Title for 'Module A': Visuddhimagga and the Contemporary Shamatha Traditions)

(Duration: 5 days)

Module B: The last phase shall be dedicated to introducing candidates to the philosophy and technique of vipassana meditation as taught by contemporary meditation masters from the Theravada South-East Asian countries, followed by the practical sessions at the end of each week.

(Proposed Title for 'Module B': Visuddhimagga and the Contemporary Vipassana Traditions)

(Duration: 5 days)

Course Plan

Module A: Course will have a minimum of 6 contact hours for theory and 2 hours for practical meditation sessions.

Module B: Course will have a minimum of 6 contact hours for theory and 2 hours for practical meditation sessions.

Assessment

Module A:

- (i) Submission of written assignment related to a topic taught during Module A.

(Total Marks – 50)

- (ii) Viva-voce.

(Total Marks -30)

- (iii) Attendance and performance in the classroom, such as display of conduct, enthusiasm, maintenance of class work portfolio etc.

(Total Marks – 20)

Module B:

- (i) Attending vipassana meditation.

(Total Marks – 50)

- (ii) Submission of the report on the meditation.

(Total Marks – 20)

- (iii) Presentation of oral lecture to the class on the experiences gained during meditation.

(Total Marks – 20)

- (iv) Attendance and performance in the classroom, such as display of conduct, enthusiasm, maintenance of class work portfolio etc.

(Total Marks – 10)

Certification and Grades

Those candidates who obtains minimum 60% (aggregate) in their assessment only they will be offered passed certificate.

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References

Visuddhimagga
Vimuttimagga
Anapanasati Sutta
Satipatthan Sutta
Kayagatasati Sutta

Chakravarty
HEAD

Department of Buddhist and Pali Studies
SUBHARTI SCHOOL OF BUDDHIST STUDIES
Swami Vivekanand Subharti University

TEN DAYS VALUE ADDED COURSE
ON
UPANISADS, VISUDDHIMAGGA AND THE
CONTEMPORARY SAMATHA-VIPASSANA TRADITIONS

Starting 02.08.2021 to 11.08.2021


Admission Open for All

Venue

Meditation Hall, Samrat Ashok Subharti School of Buddhist Studies

Course Offered:

1. Meditation practice will be held on every day from 2:30 PM to 4:00 PM.
2. The duration of the course is 10 days.
3. We have very excellent Meditation teachers.
4. The Vipassana Meditation course will be free for all, and there is no age limit.
5. All students must come to practice in comfortable clothes.
6. Arrive in the meditation hall 10 minutes before the commencement of practice.


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Office of the Head of Department

Ref. No. SVSU/SASSBS/2021

Date: 11/08/2021

CERTIFICATE OF COMPLETION

THIS IS AWARDED TO

**in recognition of completing 10 Days Special Course
(Meditation-02) on**

**UPANISADS, VISUDDHIMAGGA AND THE
CONTEMPORARY SAMATHA-VIPASSANA TRADITIONS**

D. (Nilima Chawhan) Studies
SUBHARTI SCHOOL OF BUDDHIST STUDIES
H.O.D.
Swami Vivekananda Subharti University