

No.: PMEB-1/Spl./02/2024-25

Date: 06-07-2024

NOTIFICATION

Sub.: Syllabus and Examination pattern of **B.A.- Hons. (Ancient Tibetan Language), B.A.- Hons. (Ancient Philosophy), B.A.- Hons. (Ancient Psychology)** course under Specialized Programmes from the academic year 2024-25-reg.

- Ref.: 1. Decision of the BOS Meetings held on 25-01-2024 and 08-04-2024 respectively.
2. Decision of the Faculty of Arts Meeting held on 18-06-2024.
3. Decision of the Academic Council meeting held on 28-06-2024.

The Board of Studies in **B.A.- Hons. (Ancient Tibetan Language), B.A.- Hons. (Ancient Philosophy), B.A.- Hons. (Ancient Psychology) (UG)** at its meetings held on 25-01-2024 and 08-04-2024 respectively, has recommended the approval of the 3rd year Syllabus of **B.A.- Hons. (Ancient Tibetan Language), B.A.- Hons.(Ancient Philosophy) and B.A.- Hons. (Ancient Psychology)** courses in the University of Mysore under specialized programs. The Syllabus and Scheme of Examination are approved from the academic year 2024-25.

The Faculty of Arts and the Academic Council at their meetings held on 18-06-2024 and 28-06-2024 respectively, have also approved the above proposal and the same is hereby notified.

The 3rd year Syllabus and Scheme of Examination of **B.A.- Hons. (Ancient Tibetan Language), B.A.- Hons.(Ancient Philosophy) and B.A.- Hons. (Ancient Psychology)** courses may be downloaded from the University website <https://uni-mysore.ac.in/PMEB/>.


REGISTRAR
REGISTRAR

University of Mysore
MYSURU - 570 005

To,

1. The Registrar (Evaluation), University of Mysore, Mysuru.
2. The Dean, Faculty of Arts, KIKS, Manasagangotri, Mysuru.
3. Dr. Daniel M., Chairperson, BOS in B.A.- Hons. (Ancient Tibetan Language), B.A.- Hons.(Ancient Philosophy), B.A.- Hons. (Ancient Psychology)(UG), DOS in Philosophy, Manasagangotri, Mysuru.
4. The Principal, Sera Jey Monastic Institute, Bylakuppe Post-571104, Mysuru District.
5. The Deputy Registrar/ Asst. Registrar/ Superintendent, Examination Branch, UOM, Mysuru.
6. The PA to Vice-Chancellor/Registrar/Registrar (Evaluation), University of Mysore, Mysuru.
7. Office Copy.

29 April 2024
Dept. of Philosophy, UoM

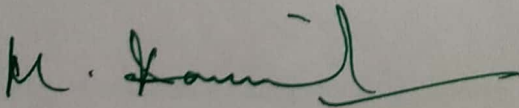
To,
The Registrar
University of Mysore

Dear Sir:

Re: Finalisation of the Program Structure and Syllabi for BA (Hons.) Programs in Ancient Philosophy, Ancient Psychology and Ancient Tibetan Language under the SJMI - UoM Specialised Program

Following extensive discussions in person and through conference calls amongst the Members of the Board of Studies (BoS) under the Chairmanship of **Dr. M. Daniel - Head of Dept. of Philosophy (UoM)** and on the advice that we have received through consultation with other members of the UoM faculty, the BoS has finalised the Program Structures and Syllabi for the Third Year of the three BA (Hons.) Programs in Ancient Philosophy, Ancient Psychology and Ancient Tibetan Language under the SJMI - UoM Specialised Program. Copies of the same are attached with this letter for your kind consideration.

Sincerely,



Dr. M. Daniel

Head, Dept. of Philosophy
Chairman - BoS (SJMI - UoM Specialised Program)
and Research in Philosophy
University of Mysore
Manasagangotri, Mysuru-570 006

Attch:

- 1) Syllabi for the three BA (Hons.) Programs for the 3rd Year
- 2) Program Structures for the three BA (Hons.) Programs for the 3rd Year
- 3) Proceedings of the BoS Meetings
- 4) Rules and Regulations, SJMI-UoM UG Programme
- 5) Proposed Question Paper Pattern for the three years

29 April 2024

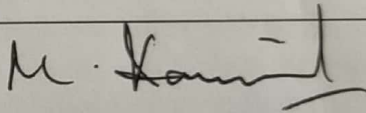
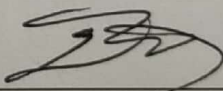
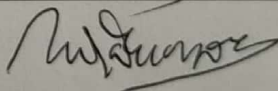
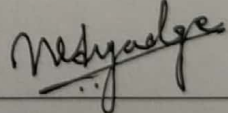
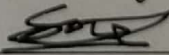
Dept. of Philosophy, Univ. of Mysore, Mysuru

Proceedings of the Special Meeting of BoS for the Undergraduate Program under the Sera Jey Monastic Institute - University of Mysore (SJMI-UoM) Specialised Program for the BA (Hons.) in Ancient Philosophy, BA (Hons.) in Ancient Psychology and BA (Hons.) in Ancient Tibetan Language.

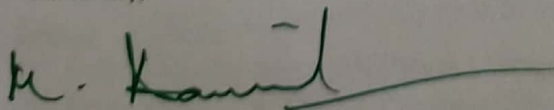
The BoS had detailed discussions on the Syllabi for the three BA (Hons.) programs on 29th April 2024 in the Office of Dr. M. Daniel - Head, Dept. of Philosophy, UoM. BoS also met for discussion on the 3rd year syllabi of the 3 programs on:

- 1) 8th April 2024 at the premises of Dept. of Philosophy, UoM
 - 2) 5th April 2024 through a Conference Call
 - 3) 25th January 2024 at the premises of Dept. of Philosophy, UoM
- The BoS has finalized the syllabi for the 5th and 6th Semester and the same is being submitted for approval by the academic council of UoM
 - The BoS has finalized the syllabi for the first 4 semesters and the same has been approved by the academic council of UoM. The BoS has decided to retain the same syllabi for the first 4 semesters.
 - The BoS has decided to make slight modifications to the Question Paper Pattern for the three years. A copy of the same has been attached with the finalized syllabi for the three years submitted for approval by the academic council of UoM

The following members attended these sessions:

Sr. No.	Member	Designation	Signature
1	Dr. M. Daniel Head, Dept. of Philosophy, UoM	Chairman	
2	Dr. Tenzin Sherab SJMI	Member	Absent
3	Geshe Jampa Choewang Head, Dept. of Philosophy, SJMI	Member	
4	Geshe Sonam Wangden Head, Dept. of Tibetan Culture, SJMI	Member	
5	Ven. Ujwal Tamgadge Head, Dept. of Psychology, SJMI	Member	
6	Ven. Sonam Phuntsok, SJMI	Member	

Sincerely,



Dr. M. Daniel
Head, Dept. of Philosophy, UoM
Chairman - BoS (SJMI-UoM Specialised Program)

The Chairman
Department of Post-Graduate Studies
and Research in Philosophy
University of Mysore
Manasagangotri, Mysuru-570 006



RULES & REGULATIONS

BA (HONS.) PROGRAMMES

SJMI-UoM Specialised Programme

CBCS and CAGP Regulations for BA (Honors) Courses under the SJMI-UoM Specialised Programme Initiative

1. Title and Commencement.

These Regulations shall be called the SJMI-UoM (Sera Jey Monastic Institute-University of Mysore) regulations for Choice Based Credit System (CBCS) and Continuous Assessment Grading Pattern (CAGP) for BA Honors under the regulations of Specialized Programmes of University of Mysore. These Regulations shall be in force for the academic year 2022-2023.

2. Specialized Programs

- i. BA Honors (4 Years – 8 Semesters) Courses in Ancient Philosophy, Ancient Psychology and Tibetan Language.
- ii. A candidate gets awarded with a BA Honors degree if he/she earns a minimum of 180 credits in 8 Semesters. He/she can exercise the option of exiting with a BA degree by earning a minimum of 136 credits as stipulated for the first six semesters of the BA Honors Program.

3. Definitions

Course: Every Course offered will have three components associated with the teaching learning process. These are:

- i) **Lecture – L**
- ii) **Tutorial – T**
- iii) **Practical – P**

where

L stands for a Lecture session

T stands for a Tutorial session consisting of participatory discussions/ self-study/ desk work/ brief seminar presentations by the students and such other novel methods that make a student absorb and assimilate more effectively the contents delivered in the Lectures.

P stands for Practical session and it consists of Hands-on experience/ Laboratory Experiments/ Field Studies/ Case studies/ Intensive practice exercise / Career Counseling / Seminars / Interactive Discussions that equip students with the ability to acquire much required skill components. SJMI's pedagogy includes debate sessions – both individual and group – to help the students refine their interpretations of concepts that they learn during the lectures.

In terms of credits, a one-hour session per week of L amounts to 1 credit per semester and a minimum of two hours per session per week of T or P amount to 1 credit per semester, over a period of one semester or 18 weeks for the teaching - learning process. The total duration of a semester is 20 weeks inclusive of semester – end examinations.

A course shall have either one or two or all of the three components mentioned above. That means a course may have only a lecture component, or only a practical component or a combination of any two or all the three components.

The total credits earned by a student at the end of the semester upon successfully completing the course is L+T+P. The credit pattern of the course is indicated as L:T:P.

If a course is of 3 credits then the different credit distribution patterns in L:T:P format could be

3:0:0,	1:2:0,	1:1:1,	1:0:2
2:1:0,	0:1:2,	2:0:1,	
0:2:1,	0:3:0,	0:0:3,	

The concerned BoS will choose a suitable credit pattern for a course based on the requirements of the course.

Different courses of studies are labeled and defined in the scheme of instruction for the three specialized BA Honors Programmes.

4. Eligibility for admission

A candidate who has completed 10+2 or equivalent is eligible to apply. Other candidates who come through alternative education systems including through traditional systems like those followed by Sera Jey Monastic Institute will be required to take an entrance examination conducted by the Institute. Such candidates will also be required to have successfully completed a grade that is deemed to be the equivalent of 10+2.

Annual intake shall be as approved by the University from time to time.

5. Scheme of Instructions

5.1 A B.A. Honors degree program will cover 8 semesters – 4 years of studies. Students will have to take a minimum of 180 credits to be eligible for a B.A. (HONS.) Degree. A candidate can avail a maximum of 16 semesters – 8 years as per double duration norm, in one stretch to complete B.A. Honors degree, including blank semesters, if any. Whenever a candidate opts for blank semesters, he/she has to study the prevailing courses offered by the department when he/she resumes his/her studies.

A candidate can exercise the option of exiting with a B.A. degree by completing a minimum of 136 credits as stipulated in the corresponding first six semesters of B.A. Honors.

A candidate can avail in one stretch at most 12 semesters to exit with a B.A. degree subject to fulfillment of conditions mentioned above.

5.2 A candidate has to earn a minimum of 180 credits for successful completion of B.A. Honors degree. The distribution of credits for different courses over different semesters is as given in **Table 1** for B.A. Honors in Ancient Philosophy with minor in Ancient Psychology, **Table 2** for B.A. Honors in Ancient Psychology with minor in Ancient Philosophy, and **Table 3** for B.A. Honors in Ancient Tibetan Language with minor in Ancient Psychology. Please refer the Appendix section for these tables.

The candidate shall complete a minimum of 48 credits for the first year, 96 for the second year, 136 for the third year and 180 for the last year.

5.3 A candidate can enroll for a maximum of 25 credits per semester including dropped courses from the previous semester, if any. However, a candidate may not successfully earn a maximum of 25 credits per semester.

5.4 Only such candidates who register for a minimum of 16 credits per semester and complete successfully 180 credits in 8 successive semesters shall be considered for declaration of ranks; medals and are eligible to apply for student fellowship, scholarship, free ships and hostel facilities.

5.5 Generally a full-time candidate may register for 20 credits per semesters and may register for additional 5 credits to cover the dropped course of previous semester(s) if any.

6. Continuous Assessment, Earning of Credits and Award of Grades

The evaluation of the candidate shall be based on continuous assessment. The structure for evaluation is as follows:

- 6.1** Assessment and evaluation processes happen in a continuous mode. However, for reporting purpose, a semester is divided into 3 discrete components identified as C1, C2, and C3.
- 6.2** The performance of a candidate in a course will be assessed for a maximum of 100 marks as explained below.
 - 6.2.1** The first component (C1) of assessment is for 20 marks. This will be based on test, assignment, and seminar. During the first half of the semester, the first 50% of the syllabus will be completed. This shall be consolidated during the 9th week of the semester. Beyond 9th week, making changes in C1 is not permitted.
 - 6.2.2** The second component (C2), of assessment is for 20 marks. This will be based on test, assignment and seminar. The continuous assessment and scores of second half of the semester will be consolidated during the 18th week of the semester. During the second half of the semester, the remaining units of the syllabus will be completed.
 - 6.2.3** The outline for continuous assessment activities for Component – I (C1) and Component – II (C2) will be proposed by the concerned teacher(s) before the commencement of the semester and will be discussed and decided in the respective Departmental Council. The students should be informed about the modalities well in advance. The evaluated course/assignments during Component – I (C1) and Component – II (C2) of assessment are immediately returned to the candidates after obtaining acknowledgement in the register maintained by the concerned teacher for this purpose.
 - 6.2.4** During the 19th–20th week of the semester, a semester-end examination of 3 hours duration shall be conducted for each course. This forms the third/final component of assessment (C3) and the maximum marks for the final component will be 60.
 - 6.2.5** In case of a course with only practical component a practical examination will be conducted with both internal and external examiners. A candidate will be assessed on the basis of a) knowledge of relevant processes b) Skills and operations involved c) Results/products including calculation and reporting. If external examiner does

not turn up then both the examiners will be internal examiners. The duration for semester-end practical examination shall be decided by the departmental council.

6.2.6 The details of continuous assessment are summarized in the following Table:

Component	Syllabus in a course	Weightage	Period of Continuous assessment
C1	First 50% by 9 th week	20%	First half of the semester. To be consolidated by 9 th week.
C2	Remaining 50%	20%	Second half of the semester. To be consolidated by 18 th week.
C3	Semester-end examination	60%	To be consolidated during 18 th -20 th week.

Final grades to be announced latest by 24th week.

6.2.6 A candidate's performance from all 3 components will be in terms of scores, and the sum of all three scores will be for a maximum of 100 marks. (20+20+60)

6.2.7 Final award of grades should be completed by 24th week of the semester.

6.3 Evaluation of Project/Thesis/Dissertation/Internship

Right from the initial stage of defining the problem, the candidate has to submit the progress reports periodically and also present his/her progress in the form of seminars in addition to regular discussion with the guide. Components of evaluation are as follows:

Component – I (C1): 20%

Component – II (C2): 20%

Component – III (C3): 60%

6.4 In case a candidate secures less than 30% in C1 and C2 put together in a course, the candidate is said to have DROPPED that course, and such a candidate is not allowed to appear for C3 in that course.

In case a candidate's class attendance in a course is less than 75% or as stipulated by the University, the candidate is said to have DROPPED that course, and such a candidate is not allowed to appear for C3 in that course.

A candidate who does not satisfy the minimum attendance percentage (75%) shall rejoin the course unless producing medical certificates and paying required fees by obtaining prior permission from the University if needed.

Teachers offering the course will place the above details in the Department Council meeting during the last week of the semester, before the commencement of C3, and subsequently a notification pertaining to the above will be brought out by the Principal of the Institute before the commencement of C3 examination. A copy of this notification shall also be sent to the office of the Registrar and Registrar (Evaluation).

- 6.5** In case a candidate secures more than 30% in C1+C2 but less than 30% in C3, such a candidate may opt to appear for C3 examination during the subsequent examination. In case he/she opts to appear for just C3 examination, then the marks scored in C1+C2 shall get continued. Repeat C3 examination will be conducted in every semester.
- 6.6** A candidate has to re-register for the DROPPED course when the course is offered again by the department. A candidate who is said to have DROPPED project or internship work has to re-register for the same subsequently within the stipulated period. The details of any DROPPED course will not appear in the grade mark.
- 6.7** The tentative/ provisional grade card will be issued by the Registrar (Evaluation) at the end of every semester indicating the courses completed successfully. This statement will not contain the list of DROPPED courses.
- 6.8** Upon successful completion of Bachelors Honors Degree, a final grade card consisting of grades of all courses successfully completed by the candidate will be issued by the Registrar (Evaluation).
- 6.9** The grade and the grade point earned by the candidate in the subject will be as given below.

Marks P	Grade G	Grade Point (GP=VxG)
30-39	4	Vx4
40-49	5	Vx5
50-59	6	Vx6
60-69	7	Vx7
70-74	7.5	Vx7.5
75-79	8	Vx8
80-84	8.5	Vx8.5
85-89	9	Vx9
90-94	9.5	Vx9.5
95-100	10	Vx10

Here, **P** is the percentage of marks $P = [(C1+C2) + C3]$ secured by a candidate in a course which is rounded to nearest integer. **V** is the credit value of course. **G** is the grade and **GP** is the grade point.

6.10 A candidate can DROP any course within ten days from the date of notification of final results. Whenever a candidate drops a paper, he/she has to register for the DROPPED course as stated in 6.6

6.11 Overall cumulative grade point average (CGPA) of a candidate after successful completion of the required number of credits (180 for B.A. Honors and 136 for B.A) is given by

$$CGPA = \frac{\sum GP}{\text{Total number of credits}}$$

7. Setting question papers and evaluation of answer scripts.

7.1 Question paper (for C3) in three sets shall be set by the internal examiner(s) for a course. Whenever there are insufficient internal examiners, the chairman of BoE shall get the question papers set by external examiners.

7.2 The Board of Examiners shall scrutinize and approve the question papers and scheme of valuation.

7.3 i) There shall be single valuation for all theory papers by internal examiners.

ii) The examination for Practical Work/ Field Work/ Project Work/ Internship will be conducted by internal examiners.

iii) If a course is fully (L=0): T:(P=0) type, then the examination for C3 component will be as decided by the BoS concerned.

7.4 Challenge Valuation

A student who desires to apply for challenge valuation shall obtain a photo copy of the answer script by paying the prescribed fee within 10 days after the announcement of the results. He/she can challenge the grade awarded to him/her by surrendering the grade card and by submitting an application along with the prescribed fee to the Registrar (Evaluation) within 15 days after the

announcement of the results. This challenge valuation is only for the C3 component.

The answer scripts for which challenge valuation is sought for shall be sent to another examiner. The highest of two marks from first valuation and challenge value shall be the final.

8. Classification of Results

The final grade point (FGP) to be awarded to the student is based on CGPA secured by the candidate and is given as follows.

CGPA	FGP	
	Numerical Index	Qualitative Index
$4 \leq \text{CGPA} < 5$	5	PASS CLASS
$5 \leq \text{CGPA} < 6$	6	SECOND CLASS
$6 \leq \text{CGPA} < 7$	7	FIRST CLASS
$7 \leq \text{CGPA} < 8$	8	
$8 \leq \text{CGPA} < 9$	9	DISTINCTION
$10 \leq \text{CGPA} < 10$	10	

Overall percentage = $10 \times \text{CGPA}$

9. Provision for Appeal

If a candidate is not satisfied with the evaluation of C1 and C2 components, he/she can approach the grievance cell, with the written submission together with all facts, the assignments, test papers etc. which were evaluated. He/she can do so before the commencement of semester-end examination. The grievance cell is empowered to revise the marks if the case is genuine and is also empowered to levy penalty as prescribed by the university on the candidate if his/her submission is found to be baseless and unduly motivated. This cell may recommend taking disciplinary/corrective action on an evaluator if he/she is found guilty. The decision taken by the grievance cell is final.

For every program, there will be one grievance cell. The composition of the grievance cell is as follows:

- i) The Registrar (Evaluation) ex-officio Chairman/ Convener
- ii) One Senior Faculty member (other than those concerned with the evaluation of the course concerned) drawn from the department/ discipline and/or from the sister departments/sister disciplines.
- iii) One senior faculty member/subject-expert drawn from outside the department.

Appendix

Model Program Structures for the Under-Graduate Specialized Programs in
Sera Jey Monastic Institute
Bachelor of Arts (Hons.) in ANCIENT PHILOSOPHY [3rd YEAR]

Sem.	Discipline Core (DSC) (Credits) (L+T+P)	Discipline Elective (DSE) (Credits) (L+T+P)	Vocational and Skill Enhancement Courses (SEC)		Total credits
			Skill Based (Credits) (L+T+P)	Value Based (Credits) (L+T+P)	
V	<p><u>Philosophy A9, A10, A11 & A12</u> A9: The Aspects of the Path Wisdom 4 Credits A10: Contaminated & Uncontaminated Path of Meditation 4 Credits A11: Non-Abidance in the Extremes of Existence and Peace 4 Credits A12: Distant and Close to the Mother Effect 4 Credits</p>	<p>DSE-1 The Eight Consciousnesses 3 Credits</p>	<p>VOC-1 Training in Mindfulness of Body 3 Credits</p>	<p>SEC-9 Buddhist Cosmology 2 Credits</p>	24
VI	<p><u>Philosophy A13, A14, A15 & A16</u> A13: Aspects as Object of Three Exalted Knowers 4 Credits A14: The Signs of Irreversible from Complete Enlightenment 4 Credits A15: The Peak Training 4 Credits A16: The Four Bodies of Buddhahood 4 Credits</p>	<p>DSE-2 The Serial and Momentary Training 3 Credits</p>	<p>VOC-2 Training in Mindfulness of Feelings 3 Credits</p>	<p>SEC-10 Yoga and Meditation in Bhavanakrama (Intermediate) 2 Credits</p>	24

Model Program Structure for the Under-Graduate Specialized Programs in
Sera Jey Monastic Institute
Bachelor of Arts (Hons.) in ANCIENT PSYCHOLOGY [3rd YEAR]

Sem.	Discipline Core (DSC) (Credits) (L+T+P)	Discipline Elective (DSE) (Credits) (L+T+P)	Vocational and Skill Enhancement Courses (SEC)		Total credits
			Skill Based (Credits) (L+T+P)	Value Based (Credits) (L+T+P)	
V	<u>Psychology A9, A10, A11 & A12</u> A9: All-Basis Foundational Consciousness 4 Credits A10: The Afflicted Mind 4 Credits A11: The Three Path-Knowers 4 Credits A12: Difference between Tainted and Untainted Paths 4 Credits	DSE-1 Conventional and Ultimate Mind-Training 3 Credits	VOC-1 Training in Mindfulness of Body 3 Credits	SEC-9 Buddhist Cosmology 2 Credits	24
VI	<u>Psychology A13, A14, A15 & A16</u> A13: Meditation on the Aspects of the Three Exalted Knowers 4 Credits. A14: Absorption of Cessation 4 Credits A15: The Latter Three <i>Prayoga</i> 4 Credits A16: The Subtle Mind-Body in Vajrayana 4 Credits	DSE-2 Exchanging Self and Others 3 Credits	VOC-2 Training in Mindfulness of Feelings 3 Credits	SEC-10 Yoga and Meditation in Bhavanakrama (Intermediate) 2 Credits	24

Model Program Structures for the Under-Graduate Specialized Programs in
Sera Jey Monastic Institute
Bachelor of Arts (Hons.) in ANCIENT TIBETAN LANGUAGE [3rd YEAR]

Sem.	Discipline Core (DSC) (Credits) (L+T+P)	Discipline Elective (DSE) (Credits) (L+T+P)	Vocational and Skill Enhancement Courses (SEC)		Total credits
			Skill Based (Credits) (L+T+P)	Value Based (Credits) (L+T+P)	
V	<p><u>Tibetan Language A9, A10, A11 & A12</u> A9: Tagjug-I and Lishigurkhang-III 4 credits A10: Tagjug-II and Lishigurkhang-IV 4 Credits A11: Ngonjod-III and Verses 4 Credits A12: Ngonjod-IV and Prose 4 Credits</p>	<p>DSE-1 Source and Activators of Letters 3 Credits</p>	<p>VOC-1 Training in Mindfulness of Body 3 Credits</p>	<p>SEC-9 Buddhist Cosmology 2 Credits</p>	24
VI	<p><u>Tibetan Language A13, A14, A15 & A16</u> A13: Natural Expressions, Similies and Composition of Namthar 4 Credits A14: Metaphors, Composition of Tokjod and Ngonjod-V 4 Credits A15: Illuminating, Circling and Negating Aesthetics 4 Credits A16: Critical Writings and Ngonjod-VI 4 Credits.</p>	<p>DSE-2 Internal and External Exertions of Letters 3 Credits.</p>	<p>VOC-2 Training in Mindfulness of Feelings 3 Credits</p>	<p>SEC-10 Yoga and Meditation in Bhavanakrama (Intermediate) 2 Credits</p>	24

PATTERN OF QUESTION PAPER

TIME: 2:30 HOURS

MAX. MARKS: 60

Instruction: Answer all the parts

PART – A

Answer any EIGHT questions. (1 x 8 = 8)

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....
- 9.....
- 10.....

PART-B

Answer any EIGHT questions. (3 x 8 = 24)

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....
- 9.....
- 10.....

PART-C

Answer any TWO questions. (5x2 = 10)

- 1.....
- 2.....
- 3.....

PART-D

Answer any THREE questions. (6 x 3 = 18)

- 1.....
- 2.....
- 3.....
- 4.....

Model Program Structures for the Under-Graduate Specialized Programs in Sera Jey Monastic Institute

Bachelor of Arts (Hons.) in ANCIENT PHILOSOPHY [3rd YEAR]

Sem.	Discipline Core (DSC) (Credits) (L+T+P)	Discipline Elective (DSE) (Credits) (L+T+P)	Vocational and Skill Enhancement Courses (SEC)		Total credits
			Skill Based (Credits) (L+T+P)	Value Based (Credits) (L+T+P)	
V	<p><u>Philosophy A9, A10, A11 & A12</u> A9: The Aspects of the Path Wisdom 4 Credits A10: Contaminated & Uncontaminated Path of Meditation 4 Credits A11: Non-Abidance in the Extremes of Existence and Peace 4 Credits A12: Distant and Close to the Mother Effect 4 Credits</p>	<p>DSE-1 The Eight Consciousnesses 3 Credits</p>	<p>VOC-1 Training in Mindfulness of Body 3 Credits</p>	<p>SEC-9 Buddhist Cosmology 2 Credits</p>	24
VI	<p><u>Philosophy A13, A14, A15 & A16</u> A13: Aspects as Object of Three Exalted Knowers 4 Credits A14: The Signs of Irreversible from Complete Enlightenment 4 Credits A15: The Peak Training 4 Credits A16: The Four Bodies of Buddhahood 4 Credits</p>	<p>DSE-2 The Serial and Momentary Training 3 Credits</p>	<p>VOC-2 Training in Mindfulness of Feelings 3 Credits</p>	<p>SEC-10 Yoga and Meditation in Bhavanakrama (Intermediate) 2 Credits</p>	24

Model Program Structures for the Under-Graduate Specialized Programs in Sera Jey Monastic Institute

Bachelor of Arts (Hons.) in ANCIENT PSYCHOLOGY [3rd YEAR]

Sem.	Discipline Core (DSC) (Credits) (L+T+P)	Discipline Elective (DSE) (Credits) (L+T+P)	Vocational and Skill Enhancement Courses (SEC)		Total credits
			Skill Based (Credits) (L+T+P)	Value Based (Credits) (L+T+P)	
V	<p><u>Psychology A9, A10, A11 & A12</u> A9: All-Basis Foundational Consciousness 4 Credits A10: The Afflicted Mind 4 Credits A11: The Three Path-Knowers 4 Credits A12: Difference between Tainted and Untainted Paths 4 Credits</p>	<p>DSE-1 Conventional and Ultimate Mind-Training 3 Credits</p>	<p>VOC-1 Training in Mindfulness of Body 3 Credits</p>	<p>SEC-9 Buddhist Cosmology 2 Credits</p>	24
VI	<p><u>Psychology A13, A14, A15 & A16</u> A13: Meditation on the Aspects of the Three Exalted Knowers 4 Credits. A14: Absorption of Cessation 4 Credits A15: The Latter Three <i>Prayoga</i> 4 Credits A16: The Subtle Mind-Body in Vajrayana 4 Credits</p>	<p>DSE-2 Exchanging Self and Others 3 Credits</p>	<p>VOC-2 Training in Mindfulness of Feelings 3 Credits</p>	<p>SEC-10 Yoga and Meditation in Bhavanakrama (Intermediate) 2 Credits</p>	24

Model Program Structures for the Under-Graduate Specialized Programs in Sera Jey Monastic Institute

Bachelor of Arts (Hons.) in ANCIENT TIBETAN LANGUAGE [3rd YEAR]

Sem.	Discipline Core (DSC) (Credits) (L+T+P)	Discipline Elective (DSE) (Credits) (L+T+P)	Vocational and Skill Enhancement Courses (SEC)		Total credits
			Skill Based (Credits) (L+T+P)	Value Based (Credits) (L+T+P)	
V	<p><u>Tibetan Language A9, A10, A11 & A12</u> A9: Tagjug-I and Lishigurkhang-III 4 credits A10: Tagjug-II and Lishigurkhang-IV 4 Credits A11: Ngonjod-III and Verses 4 Credits A12: Ngonjod-IV and Prose 4 Credits</p>	<p>DSE-1 Source and Activators of Letters 3 Credits</p>	<p>VOC-1 Training in Mindfulness of Body 3 Credits</p>	<p>SEC-9 Buddhist Cosmology 2 Credits</p>	24
VI	<p><u>Tibetan Language A13, A14, A15 & A16</u> A13: Natural Expressions, Similies and Composition of Namthar 4 Credits A14: Metaphors, Composition of Tokjod and Ngonjod-V 4 Credits A15: Illuminating, Circling and Negating Aesthetics 4 Credits A16: Critical Writings and Ngonjod-VI 4 Credits.</p>	<p>DSE-2 Internal and External Exertions of Letters 3 Credits.</p>	<p>VOC-2 Training in Mindfulness of Feelings 3 Credits</p>	<p>SEC-10 Yoga and Meditation in Bhavanakrama (Intermediate) 2 Credits</p>	24



Department of Ancient Philosophy

Sera Jey Monastic Institute

BA (HONS.) - 3rd YEAR

Table of Contents

1.3RD YEAR, SEMESTER V	3
1.1 CREDIT DISTRIBUTION: BA – ANCIENT PHILOSOPHY, SEMESTER 5, 3 RD YEAR.....	4
1.2 CURRICULUM: SEM. 5, 3 RD YEAR	5
1.3 CORE COURSE – 1: THE ASPECTS OF THE PATH WISDOM	6
1.4 CORE COURSE – 2: CONTAMINATED AND UNCONTAMINATED PATH OF MEDITATION.....	8
1.5 CORE COURSE – 3: NON-ABIDANCE IN THE EXTREMES OF EXISTENCE AND PEACE	9
1.6 CORE COURSE – 4: DISTANT AND CLOSE TO THE MOTHER EFFECT	10
1.7 DSE – 1: THE EIGHT CONSCIOUSNESSES.....	11
1.8 VOC - 1: TRAINING IN THE MINDFULNESS OF BODY	12
1.9 SEC – 9: BUDDHIST COSMOLOGY	13
2.3RD YEAR, SEMESTER VI	14
2.1. CREDIT DISTRIBUTION: BA– ANCIENT PHILOSOPHY, SEMESTER 6, 3 RD YEAR	15
2.2. CURRICULUM: SEM. 6, 3 RD YEAR	16
2.3. CORE COURSE – 1: ASPECT AS OBJECT OF THREE EXALTED KNOWERS.....	17
2.4. CORE COURSE – 2: THE SIGNS OF IRREVERSABLE FROM COMPLETE ENLIGHTENMENT.....	19
2.5. CORE COURSE – 3: PEAK TRAINING	21
2.6. CORE COURSE – 4: THE FOUR BODIES OF BUDDHAHOOD	22
2.7. DSE – 2: SERIAL AND MOMENTARY TRAINING	23
2.8. VOC -2: TRAINING IN MINDFULNESS OF FEELINGS.....	24
2.9. SEC -10:YOGA AND MEDITATION IN BHAVANAKRAMA (INTERMEDIATE).....	25

1. 3rd Year, Semester V

1.1 Credit Distribution: BA – Ancient Philosophy, Semester 5, 3rd Year

Sr. No.	Type of Course	No. of Credits
	DSC	
1	DSC Compulsory Core Course – A9	4
2	DSC Compulsory Core Course – A10	4
3	DSC Compulsory Core Course – A11	4
4	DSC Compulsory Core Course – A12	4
	DSE	
5	Discipline Specific Elective – 1	3
	Vocational and SEC	
6	Vocational -1	3
7	SEC-9	2
	Total	24

1.2 Curriculum: Sem. 5, 3rd Year

Sr. No.	Type of Course	Name of the Paper	Name of Dept. Offering the Course	No. of Credits
<i>DSC-Compulsory Courses - Ancient Philosophy</i>				
1	Core Course – A9	The Aspects of the Path Wisdom	Dept. of Ancient Philosophy	4
2	Core Course – A10	Contaminated and Uncontaminated Path of Meditation	Dept. of Ancient Philosophy	4
3	Core Course – A11	Non-Abidance in the Extremes of Existence and Peace	Dept. of Ancient Philosophy	4
4	Core Course – A12	Distant and Close to the Mother Effect	Dept. of Ancient Philosophy	4
<i>DSE - Ancient Philosophy</i>				
5	DSE – 1	The Eight Consciousnesses	Dept. of Ancient Philosophy	3
<i>Vocational and Skill Enhancement Courses</i>				
6	Voc -1	Training in Mindfulness of Body		3
7	SEC-9	Buddhist Cosmology		2
		Total		24

1.3 Core Course – 1: The Aspects of the Path Wisdom

Objective and Course Outcomes:

In third year, you will begin to learn on the Second Chapter of Maitreya's Ornament for Clear Realization *Abhisamayālaṅkāra*. The students will get acquaintance with the knowledge of path [skt *mārgajñāna*, Tib *lam shes*], which means the wisdom of realization on sunyata within the continuum of noble bodhisattva beings. They will also gain the knowledge on the five division of path.

The course will also cover the two assertions regarding the count of the spiritual vehicles. Some schools assert that there is a singular vehicle to the ultimate realm while some others assert that there are three. The course will also explore in detail the presentation of the vehicle of the on Solitary Realizers.

Credits: 4

(Contact Hours: 60)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Presentation on factors of Path Wisdom	12
Unit 2	The five aspects of the path wisdom, mārgajñatāngāni	18
Unit 3	Mundane World (Samsara)	12
Unit 4	The Different Spiritual Vehicles	18

Course Contents:

- There are five aspects or limbs of the Path Wisdom, like Freedom from manifest pride impeding the generation of path wisdom, and so forth.
- The path wisdom that understands the Hearer (śrāvaka) path like impermanence, and four noble truths.
- The path wisdom that understands the Solitary Realizer (pratyekabuddha) path like non-duality phenomena ubhayaśūnyatā.
- Saṃsāra is the beginningless cycle of repeated birth, mundane existence and dying again.
- There is no beginning of *saṃsāra*, because saṃsāra is perpetuated by karma. Karma or 'action' results from an intentional physical or mental act, which causes a future consequence. The other reason is that rebirth occurs through the transfer of vijñana (consciousness) from one life to another. When this consciousness ceases, then liberation is attained.
- There are two modes of interpretation on the cessation of saṃsāra. One asserts that there is end to it, but other refutes it. If we consider upon that particular being, saṃsāra ends if a person attains nirvana, the "blowing out" of the desires and the gaining of true insight into non-self reality.

- The ancient epistemology text of Dharmakirti's *Pramāṇavārttika*, especially the second chapter talks broadly on the existence of next life and continuance of consciousness from previous life to the next, with the number of provable reasonings.
- The assertion of the existence of three ultimate vehicles in some sutras like 'The Sutra Unravelling the Thought (*Samdhinirmocana sūtra*)'. This assertion is accepted literally by the Yogacara School, but is refuted by Madhyamikas. Yogacarins assert that three vehicles such as Hearer (*śrāvaka*), the Solitary Realizer (*pratyekabuddha*), and Great Vehicle of the Bodhisattvas are all ultimate vehicles. But Madhyamaka school asserts that the Bodhisattva vehicle is the only ultimate and complete vehicle.
- Sutras like Lankavatara Sutra and the White Lotus Sutra (*Saddharma-pundarika Sutra*) that assert that ultimately there is only one vehicle.

Texts and References

1. Lord Buddha: *Prajñāpāramitā Sūtra* (Extensive, Middling and Concise)
2. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
3. Acharya Haribhadra: Commentary on the *Abhisamayalankara* called "Illumination of *Abhisamayalamkara*" ..
4. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib. legs bshadgserphreng) Commentary on Haribhadra's text'.
5. Lord Buddha: *Sutra Unravelling the Thought (Samdhinirmocana Sūtra)*
6. Lord Buddha: *The White Lotus Sutra (Saddharma-pundarika sutra)*
7. Lord Buddha: *Lankavatara sutra*.
8. Acharya Dharmakirti: *Pramāṇavārttika*- Root text on Valid Cognition (*Pramana*).
9. Gyaltsab Je: Commentary on *Abhisamayalankara* text.
10. Jetsun Choekyi Gyaltsen: Commentary on *Prajnaparamita* Root Text.

1.4 Core Course – 2: Contaminated and Uncontaminated Path of Meditation

Course Objectives:

To offer the course on the three categories of Contaminated Path of Meditation, their definition, their parts, and benefits of attainment of these paths. And also on the two Uncontaminated paths of meditation.

Credits: 4

(Contact Hours: 60)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	The Difference Between Contaminated and Uncontaminated Paths in General.	18
Unit 2	Three Contaminated Paths of Meditation	16
Unit 3	Two Uncontaminated Paths of Meditation	16
Unit 4	Distinctive Path of Meditation	10

Course Contents:

- Six benefits of the path of meditation (Tib. sgom lam gyibyed pa), such as peaceful mind and so forth.
- The path of meditation can be classified into two: Contaminated and Uncontaminated path of meditation. The contaminated one can be also divided into three: 1. Path of meditation of belief. 2. Path of meditation of dedication. 3. Path of meditation of rejoice. The uncontaminated path of meditation can be divided into two: 1. Path of meditation of achieving. 2. Path of meditation of complete pure.

Texts and References

1. Lord Buddha: PrajñāpāramitāSūtra (Extensive, Middling and Concise)
2. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
3. Acharya Haribhadra: Commentary on the Abhisamayalankaracalled "Illumination of Abhisamayalamkara"..
4. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib.legs bshadgserphreng) Commentary on Haribhadra's text'.
5. Gyaltsab Je: Commentary on Abhisamayalankara text.
6. Jetsun Choekyi Gyaltsen: Commentary on Prajnaparamita Root Text.

1.5 Core Course – 3: Non-Abidance in the Extremes of Existence and Peace

Course Description:

This course mainly talks about the third and fourth factors of Knowledge of Basis: Distant from the Mother Effect and Close in the Mother Effect.

Credits: 4

(Contact Hours: 60)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Distant and Close to the Mother Effect.	18
Unit 2	Discordant and Antidotes factors.	16
Unit 3	The meaning of bound by Conception of True Existence	12
Unit 4	Analysis on the above Knowledge of Basis	14

Texts and References

1. Lord Buddha: PrajñāpāramitāSūtra (Extensive, Middling and Concise)
2. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
3. Arya vimuktisena's "Illumination of the 25000 stanzas perfection of wisdom" *abhisamayalamkaravrttivimzatialoka*.
4. Acharya Haribhadra: Commentary on the *Abhisamayalankara* called "Illumination of *Abhisamayalamkara*"..
5. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib.legs bshadgserphreng) Commentary on Haribhadra's text'.
6. Gyaltsab Je: Commentary on *Abhisamayalankara* text.
7. Jetsun Choekyi Gyaltsen: Commentary on *Prajnaparamita* Root Text.

1.6 Core Course – 4: Distant and Close to the Mother Effect

Course Description:

This course mainly talks about the third and fourth factors of Knowledge of Basis: Distant from the Mother Effect and Close in the Mother Effect.

Credits: 4

(Contact Hours: 60)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Distant and Close to the Mother Effect.	18
Unit 2	Discordant and Antidotes factors.	16
Unit 3	The meaning of bound by Conception of True Existence	12
Unit 4	Analysis on the above Knowledge of Basis	14

Texts and References

1. Lord Buddha: PrajñāpāramitāSūtra (Extensive, Middling and Concise)
2. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
3. Arya vimuktisena's "Illumination of the 25000 stanzas perfection of wisdom" *abhisamayalamkaravrttivimzatialoka*.
4. Acharya Haribhadra: Commentary on the *Abhisamayalankara* called "Illumination of *Abhisamayalamkara*"..
5. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib.legs bshadgserphreng) Commentary on Haribhadra's text'.
6. Gyaltsab Je: Commentary on *Abhisamayalankara* text.
7. Jetsun Choekyi Gyaltsen: Commentary on Prajnaparamita Root Text.

1.7 DSE – 1: The Eight Consciousnesses

Course Description:

The course will cover the following topics:

- Different assertions pertaining to the number of consciousnesses
- Systems that assert more than 6 consciousnesses
- The nature of the All-basis foundational mind (*AlayaVijnana*) and its function

Objective

This course will help the student to understand:

- The difference in Tenet systems pertaining to their respective assertions about the number of consciousnesses.
- The nature and functions of the all-basis foundational consciousness.

Credits: 3

(Contact Hours: 45)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Introduction to the difference in systems pertaining to their assertion about the number of consciousnesses	10
Unit 2	The aspect and nature of the All-basis foundational consciousness	13
Unit 3	All-Basis Foundational Consciousness vs All-Basis Foundational Seed.	22

Texts and References

1. Lama Tsongkhapa: 'The Afflicted-Mind and the All-Basis Foundational Consciousness' (Root Text and Commentary)
2. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tiblegs bshadgserphreng) Commentary on Haribhadra's text'
3. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
4. JetsunChokyiGyaltsen: 'The General Essence of the Abhisamayalamkara' and 'Critical Examination of the Essential Points of the Abhisamayalamkara'
5. Acharya Vasubandhu: 'The Thirty Verses' (Root Text and Commentary)
6. Acharya Asanga: 'Compendium of the Superior Spiritual Approach' (Root Text and Commentary)
7. Keu-Tsang Jamyang Monlam: Explanation on Tsongkhapa's Work on All-Basis Foundational.

1.8 Voc - 1: Training in the Mindfulness of Body

Objective

To introduce the student to the method of training in Insight that provides an understanding of true fundamental nature of phenomena, in particular the fundamental nature of our body and transforms the mental perspective of the trainee.

Credits: 3

(Contact Hours: 45)

Sr. No.	Description	No. of Hours(Lectures + Practical)
Unit 1	Mindfulness of Breathing and the postures of the Body	15
Unit 2	Reflection on repulsiveness of the body and on material elements	15
Unit 3	The Nine Cemetery Contemplations	15

Texts and References

1. Buddha Shakyamuni: 'Smrtyapasthana Sutra – the Foundations of Mindfulness'
2. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
3. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
4. Arya Asanga: Compendium of Abhidharma

1.9 SEC – 9: Buddhist Cosmology

Objective

This paper deals with Cosmology from the Buddhist viewpoint as explained in texts like Abhidharma and Kalachakra-Tantra. The four phases of cycles like Formation, Abiding, Destruction and Emptiness are well explained here.

Credits: 2

(Contact Hours: 30)

Sr. No.	Description	No. of Hours (Lectures + Practical)
Unit 1	The Cosmos and Its Inhabitants in Abhidharma	15
Unit 2	The Development of the Cosmos in Kalachakra Texts	15

Texts and References

1. Acharya Vasubandhu: Root Text called Treasury of Knowledge Abhidharmakosa
2. Acharya Vasubandhu: Self Commentary on Treasury of Knowledge.
3. Khedup Norsang Gyatso: Ornament of Stainless Light
4. Arya Asanga: Compendium of Abhidharma
5. H.H The 14th Dalai Lama: Universe in a Single Atom

2. 3rd Year, Semester VI

2.1. Credit Distribution: BA– Ancient Philosophy, Semester 6, 3rd Year

Sr. No.	Type of Course	No. of Credits
	DSC	
1	DSC Compulsory Core Course – A13	4
2	DSC Compulsory Core Course – A14	4
3	DSC Compulsory Core Course – A15	4
4	DSC Compulsory Core Course – A16	4
	DSE	
5	Discipline Specific Elective – 2	3
	Vocational and SEC	
6	Vocational - 2	3
7	SEC-10	2
	Total	24

2.2. Curriculum: Sem. 6, 3rdYear

Sr. No.	Type of Course	Name of the Paper	Name of Dept. Offering the Course	No. of Credits
Major: Ancient Philosophy (DSC- Compulsory Courses)				
1	Core Course - A13	Aspect as Object of Three Exalted Knowers	Dept. of Ancient Philosophy	4
2	Core Course – A14	The Signs of Irreversible from Complete Enlightenment	Dept. of Ancient Philosophy	4
3	Core Course – A15	Peak Training	Dept. of Ancient Philosophy	4
4	Core Course – A16	The Four Bodies of Buddhahood	Dept. of Ancient Philosophy	4
Discipline Specific Elective				
5	DSE-2	Serial and Momentary Training	Dept. of Ancient Philosophy	3
Vocational and Skill Enhancement Courses				
6	Voc-2	Training in Mindfulness of Feelings		3
7	SEC-10	Yoga and Meditation (Bhavanakrama – Intermediate)		2
		Total		24

2.3. Core Course – 1: Aspect as Object of Three Exalted Knowers

Objective:

To offer the platform for learning the Aspect as Object of Three Exalted Knowers [Tib mkhyen gsum gyi don rnam] in general, and especially the objective aspects of Basic Wisdom and Path of Wisdom.

Course Outcomes (COs):

At the end of the Semester, the students will be able to know the training aspects of buddhahood sarvākārābhisambhodha and its eleven aspects; the students will gain the detail understanding on the 173 aspects of three exalted knowers, such as 27 aspects of the basic wisdom, 36 aspects of the path wisdom, and 110 aspects of omniscient mind.

Credits: 4

(Contact Hours: 60)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	27 Aspect as Object of Basic Wisdom	15
Unit 2	36 Aspect as Object of Path Wisdom	15
Unit 3	Two Obscurations	10
Unit 4	Fourteen Unspecified Views caturdaśāvyākṛta mūlāni	20

Course Contents:

- Origin source in Buddha's sutta.
- The aspect of Knowledge of Basis constitutes twenty seven. The aspect of wisdom of path constitutes thirty six. The aspect of wisdom of Omniscient Mind constitutes one hundred and ten. So in total, there are 173 Aspects of three knowers.
- Twenty-seven aspects of the basic wisdom.
1-12. Twelve aspects of the first three noble truths.
13-27. Fifteen aspects of the noble truth of the path.
- Thirty-six aspects of the path wisdom; thirty-six aspects of the knowledge of the paths.
1-8. Eight aspects of the noble truth of the origin of suffering.
9-15. Seven aspects of the noble truth of the path.
16-20. Five aspects of the noble truth of suffering.
21-36. Sixteen aspects of the noble truth of cessation.

The Classifications of Unspecified Views; Included into which sections; The meaning of these views; Who possess these views.

Texts and References

1. Lord Buddha: Prajñāpāramitā sūtra of Large, Medium and Short.
2. Maitreya: Abhisamayalankara, Ornament for Clear Realization
3. Acharya Asanga: Compendium of Knowledge abhidharma samuccaya.
4. Vasubhandu: Abhidharmakosa, Treasury of Knowledge
5. Haribhadra: Commentary on Maitreya's Abhisamayalankara Root Text.
6. Tsongkhapa: Golden Rosary of Good Explanation, Commentary on Haribhadra's text.
7. Gyaltsab Je: Commentary on Abhisamayalankara text.
8. Jetsun Choekyi Gyaltzen: Commentary on Prajnaparamita Root Text.

2.4. Core Course – 2: The Signs of Irreversible from Complete Enlightenment

Objective:

1. To offer the course on the three signs of Irreversible from Complete Enlightenment [Tib phyir mi ladog pa'l rtags]
2. To benefit the students to learn about the Buddhist philosophical view on the sense organs [Tib. dbang po].
3. To provide the platform for those interested students to gain the knowledge on the four demons or evil forces [Tib. bdud bzxi].

Credits: 4

(Contact Hours: 60)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Paraphrasing the stanzas of Three Signs of Irreversible.	15
Unit 2	Analysis on The Three Signs of Irreversible.	15
Unit 3	Buddhist philosophical view on the sense organ <i>indriya</i> .	14
Unit 4	The Four Evil Forces <i>catvāri mārāh</i> .	16

Course Contents:

Unit 1 and 2: THE THREE SIGNS OF IRREVERSIBLE PATHS.

- These signs are the faultless reasons that made others to believe that he could be considered as an irreversible one from the supreme complete enlightenment.
- Classification: 1. Twenty signs of irreversible path of preparation.
2. Sixteen signs of irreversible path of seeing.
3. Eight signs of irreversible path of meditation.
- These signs are mainly constituted into two: Attitude and Behavior.
- Based upon the root text of Maitreya's Abhisamayalankara Ornament for Clear Realization, and Haribhadra's commentary, the students have to learn each signs extensively with the special monastic analysis methods.

Unit 3: BUDDHIST PHILOSOPHICAL VIEW ON THE SENSE ORGAN *indriya*.

- Definition of sense organ/ faculty.
- Classification: There are twenty two faculties.
 1. The seven faculties of reliance.
 2. The two faculties of basis or sex.
 3. The five faculties of feeling.
 4. The five purified faculties.
 5. The three uncontaminated faculties.
- The definition and function of each twenty two faculties.

- These twenty two faculties are also included into two parts: 1. Fourteen faculties of the ever-afflicted phenomena. 2. Eight faculties of the purified phenomena.
- The reasons of classification of these two parts.

Unit 4: THE FOUR EVIL FORCES *catvāri mārāh*.

- Training in skillful means *upāyakaṣṣalaprāyogah*, the special qualities of a Bodhisattva on the three pure grounds – the eighth, ninth and tenth ground.
- There are ten trainings in skillful means: 1. Victorious from the four demons. So forth.
- The four devils or evil forces *catvāri mārāh* are: 1. The evil of the aggregates *skandhamāra*. 2. The evil of afflictions *kleśamāra* 3. The evil of death *mṛtyupatimāra* 4. The evil of the son of god *devaputramāra*.
- The definitions of these four evil forces. Etymology.
- What are those boundary paths at which one could be able to control the evil force?

Texts and References

1. Lord Buddha: Prajñāpāramitā sūtra of Large, Medium and Short.
2. Maitreya: Abhisamayalankara, Ornament for Clear Realization
3. Haribhadra: Commentary on Maitreya's Abhisamayalankara Root Text.
4. Tsongkhapa: Golden Rosary of Good Explanation, Commentary on Haribhadra's text.
5. Gyalsab Je: Commentary on Abhisamayalankara text
6. Jetsun Choekyi Gyaltsen: Commentary on Prajnaparamita Root Text.

2.5. Core Course – 3: Peak Training

Objective:

To offer the platform for learning the definition of Peak Training and its eight classifications, which illustrate this training.

Credits: 4

(Contact Hours: 60)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Peak Training (mūdhra prayoga) and its eight classifications	12
Unit 2	Analysis on related with Peak Training	18
Unit 3	Eradication of object of abandonment through Madhyamika View.	12
Unit 4	Wrong achievements to be eliminated [Tib bsal bya log sgrub]	18

Course Contents:

- The Source Texts for the Peak Training; Definition, Classification and 8 Aspects of Peak Training.
- Details on the Wrong Achievements to be Eliminated [Tib bsal bya log sgrub] like Definition, 16 Classifications, Definitions of each types.

Texts and References

1. Lord Buddha: Prajñāpāramitā sūtra of Large, Medium and Short.
2. Maitreya: Abhisamayalankara, Ornament for Clear Realization
3. Haribhadra: Commentary on Maitreya's Abhisamayalankara Root Text.
4. Tsongkhapa: Golden Rosary of Good Explanation, Commentary on Haribhadra's text.
5. Gyaltsab Je: Commentary on Abhisamayalankara text.
6. Jetsun Choekyi Gyaltsen: Commentary on Prajnaparamita Root Text.

2.6. Core Course – 4: The Four Bodies of Buddhahood

Objective and Course Outcomes:

To get the knowledge on the four Bodies or kayas of Buddhahood and 37 Deeds of Buddha.

Credits: 4

(Contact Hours: 60)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Dharmakāya: The Natural Truth body and Wisdom Body	12
Unit 2	Rupakāya: Complete Enjoyment body and Emanation Body	18
Unit 3	32 Major and 80 Minor Marks of Buddha.	12
Unit 4	27 Types of virtuous activities of Dharma Kaya.	18

Course Contents:

- The definition, Classifications and Subsections, Features or Aspects of four bodies of Buddhahood: svabhavikakaya, jñānakāya, sambhogakaya and nirmanakaya.
- Twenty-one sets of immaculate qualities, the qualities of the buddha's dharmakaya, [Tib zag med ye shes sde tsan nyi shu rtsa gcig] are extensively explained in this course.
- The 32 Major Signs and 80 Minor Marks of Complete Enjoyment Body are also explained.
- The definition and classifications of Virtuous Activities of Dharma Kaya [Tib ye shes chos sku'i 'phrin las] like 27 Deeds.

Texts and References

1. Lord Buddha: Prajñāpāramitā sūtra of Large, Medium and Short.
2. Maitreya: Abhisamayalankara, Ornament for Clear Realization
3. Haribhadra: Commentary on Maitreya's Abhisamayalankara Root Text.
4. Tsongkhapa: Golden Rosary of Good Explanation, Commentary on Haribhadra's text.
5. Gyaltsab Je: Commentary on Abhisamayalankara text.
6. Jetsun Choekyi Gyaltsen: Commentary on Prajnaparamita Root Text.

2.7. DSE – 2: Serial and Momentary Training

Course Description and Objective:

The course explains about the definition, classifications, etymology and analysis on the 6th and 7th Topic of the Ornament of Clear Realization: Serial Training [Tib mthar gyis sbyor ba and skad cig ma'i sbyor ba].

Credits: 3

(Contact Hours: 45)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Serial Training	15
Unit 2	Ripened and Unripened Momentary Training	15
Unit 3	Signless and Non-Dual Momentary Training	15

Texts and References

1. Lord Buddha: Prajñāpāramitā sūtra of Large, Medium and Short.
2. Maitreya: Abhisamayalankara, Ornament for Clear Realization
3. Haribhadra: Commentary on Maitreya's Abhisamayalankara Root Text.
4. Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.
5. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of Abhisamayalankara, Commentary on Maitreya's Abhisamayālaṅkāra'
6. Jetsun Choekyi Gyaltzen: 'The General Essence of the Abhisamayalamkara' and 'Critical Examination of the Essential Points of the Abhisamayalamkara'

2.8. Voc -2: Training in Mindfulness of Feelings

Objective

To introduce the student to the method of training in Insight that provides an understanding of true fundamental nature of phenomena; in particular the fundamental nature of our feelings and transforms the mental perspective of the trainee.

Credits: 3

(Contact Hours: 45)

Sr. No.	Description	No. of Hours (Lectures + Practical)
Unit 1	Pleasant and painful worldly feelings	15
Unit 2	Pleasant and painful spiritual feelings	15
Unit 3	Neither-pleasant-nor-painful worldly and spiritual feelings	15

Texts and References

1. Buddha Shakyamuni: 'Smrtyapasthana Sutra – the Foundations of Mindfulness'
2. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
3. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
4. Arya Asanga: Compendium of Abhidharma

2.9. SEC -10:Yoga and Meditation in Bhavanakrama (Intermediate)

Objective

To help the student understand the sequence of meditations one has to practice to enter the path of Mahayana and to attain the state of 'Sarvajnata'.

Credits: 2

(Contact Hours: 30)

Sr. No.	Description	No. of Hours (Lectures + Practical)
Unit 1	<ul style="list-style-type: none">The three hetu-pratyayas for attaining the fruit of SarvajnataCompassion – the root of Sarvajnata	14
Unit 2	<ul style="list-style-type: none">Bodhicitta – the hetu of SarvajnataUpayaya – the practice for attaining Sarvajnata	16

Texts and References

1. Acharya Kamalshila: Bhavanakrama – Stages of Meditation
2. Parmananda Sharma: Bhavanakrama of Kamalasila
3. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
4. Geshe Chekawa: 'Seven Point Mind Training' (Root Text and Commentary)
5. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
6. Gyalsey Thogme Sangpo: 'The Thirty-Seven Practices of a Bodhisattva.'



Department of Ancient Psychology

Sera Jey Monastic Institute

BA (HONS.) - 3rd YEAR

Table of Contents

1.3RD YEAR, SEMESTER V	3
1.1 CREDIT DISTRIBUTION: BA – ANCIENT PSYCHOLOGY, SEMESTER 5, 3 RD YEAR	4
1.2 CURRICULUM: SEM. 5, 3 RD YEAR	5
1.3 CORE COURSE – 1: ALL-BASIS FOUNDATIONAL CONSCIOUSNESS	6
1.4 CORE COURSE – 2: THE AFFLICTED MIND	7
1.5 CORE COURSE – 3: THE THREE PATH-KNOWERS	8
1.6 CORE COURSE – 4: DIFFERENCE BETWEEN TAINTED AND UNTAINTED PATHS	9
1.7 DSE – 1: CONVENTIONAL AND ULTIMATE MIND-TRAINING	10
1.8 VOC - 1: TRAINING IN THE MINDFULNESS OF BODY	11
1.9 SEC – 9: BUDDHIST COSMOLOGY	12
2.3RD YEAR, SEMESTER VI	13
2.1. CREDIT DISTRIBUTION: BA – ANCIENT PSYCHOLOGY, SEMESTER 6, 3 RD YEAR.....	14
2.2. CURRICULUM: SEM. 6, 3 RD YEAR.....	15
2.3. CORE COURSE – 1: MEDITATION ON THE ASPECTS OF THE THREE EXALTED KNOWERS.....	16
2.4. CORE COURSE – 2: ABSORPTION OF CESSATION	17
2.5. CORE COURSE – 3: THE LATTER THREE PRAYOGA	18
2.6. CORE COURSE – 4: THE SUBTLE MIND-BODY IN VAJRAYANA	19
2.7. DSE – 2: EXCHANGING SELF AND OTHERS	20
2.8. VOC -2: TRAINING IN MINDFULNESS OF FEELINGS.....	21
2.9. SEC -10: YOGA AND MEDITATION IN BHAVANAKRAMA (INTERMEDIATE).....	22

1. 3rd Year, Semester V

1.1 Credit Distribution: BA – Ancient Psychology, Semester 5, 3rd Year

Sr. No.	Type of Course	No. of Credits
	DSC	
1	DSC Compulsory Core Course – A9	4
2	DSC Compulsory Core Course – A10	4
3	DSC Compulsory Core Course – A11	4
4	DSC Compulsory Core Course – A12	4
	DSE	
5	Discipline Specific Elective – 1	3
	Vocational and SEC	
6	Vocational - 1	3
7	SEC-9	2
	Total	24

1.2 Curriculum: Sem. 5, 3rd Year

Sr. No.	Type of Course	Name of the Paper	Name of Dept. Offering the Course	No. of Credits
<i>DSC-Compulsory Courses - Ancient Psychology</i>				
1	Core Course – A9	All-Basis Foundational Consciousness	Dept. of Ancient Psychology	4
2	Core Course – A10	The Afflicted Mind	Dept. of Ancient Psychology	4
3	Core Course – A11	The Three Path-Knowers	Dept. of Ancient Psychology	4
4	Core Course – A12	Difference between Tainted and Untainted Paths	Dept. of Ancient Psychology	4
<i>DSE - Ancient Psychology</i>				
5	DSE – 1	Conventional and Ultimate Mind-Training	Dept. of Ancient Psychology	3
<i>Vocational and Skill Enhancement Courses</i>				
6	Voc -1	Training in Mindfulness of Body		3
7	SEC-9	Buddhist Cosmology		2
		Total		24

1.3 Core Course – 1: All-Basis Foundational Consciousness

Course Description:

The course will cover the following topics:

- The nature of the All-Basis Foundational Consciousness (*Alaya Vijnana*) according to Tenet Systems that assert that there are more than six consciousnesses.
- The function of the All-Basis Foundational Consciousness (*Alaya Vijnana*)
- Patience as an essential practice for the cultivation of Bodhicitta
- Patience as a protector against the danger of erosion of merit through anger

Objective

This course will help the student to understand:

- The various presentations by different Tenet Systems regarding the number of consciousnesses that exist in our mindstreams
- The nature and functions of these different consciousnesses in particular the All-basis foundational consciousness.

Credits: 4

(Contact Hours: 60)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	The Essence of the All-Basis Foundational Consciousness (<i>Alaya-Vijnana</i>)	12
Unit 2	Proofs establishing the existence of the All-Basis Foundational Consciousness (<i>Alaya Vijnana</i>)	18
Unit 3	The flaws of anger and its ability to destroy merit	12
Unit 4	The Benefits of cultivating patience	18

Texts and References

1. Lama Tsongkhapa: 'The Afflicted-Mind and the All-Basis Foundational Consciousness' (Root Text and Commentary)
2. Acharya Vasubandhu: 'The Thirty Verses' (Root Text and Commentary)
3. Acharya Asanga: 'Compendium of the Superior Spiritual Approach' (Root Text and Commentary)
4. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
5. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.
6. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of *Abhisamayālaṅkāra*, Commentary on Maitreya's *Abhisamayālaṅkāra*'
7. Jetsun Chokyi Gyaltsen: 'The General Essence of the *Abhisamayālaṅkāra*' and 'Critical Examination of the Essential Points of the *Abhisamayālaṅkāra*'

1.4 Core Course – 2: The Afflicted Mind

Course Description:

The course will cover the following topics:

- The nature of the Afflicted-mind (*Klishta-Manas*)
- Proofs establishing the existence of the Afflicted-mind (*Klishta-Manas*)
- The seven points of mind training.

Objective

This course will help the student to understand:

- The nature and functions of the afflicted-mind
- The general aspects of training one's mind and the seven-point mind training

Credits: 4

(Contact Hours: 60)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	The Essence of the Afflicted-Mind (<i>Klishta-Manas</i>)	12
Unit 2	Proofs establishing the existence of the Afflicted-mind (<i>Klishta-Manas</i>)	16
Unit 3	The seven points of mind training	14
Unit 4	The 37 practices of a Bodhisattva	18

Texts and References

1. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
2. Gyalsey Thogme Sangpo: 'The Thirty-Seven Practices of a Bodhisattva.'
3. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
4. Geshe Chekawa: 'Seven Point Mind Training' (Root Text and Commentary)
5. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
6. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.
7. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of *Abhisamayalankara*, Commentary on Maitreya's *Abhisamayālaṅkāra*'
8. Jetsun Chokyi Gyaltsen: 'The General Essence of the *Abhisamayalamkara*' and 'Critical Examination of the Essential Points of the *Abhisamayalamkara*'

1.5 Core Course – 3: The Three Path-Knowers

Course Description:

This course will cover the three types of exalted knowers that have to be cultivated by a trainee on the Bodhisattva path. The trainee has to train in and realize the exalted knowers that a Hearer (Shravaka) and Solitary-realizer (Pratyekabuddha) has to cultivate as they progress on their respective spiritual paths. The course will also discuss the benefits of perseverance as an antidote to the different kinds of laziness.

Objective

To introduce the student to the second type of the exalted knowers that a trainee on the Bodhisattva path has to realize. The course will also help the student recognize the drawbacks of laziness and the short-term and long-term antidotes to it. It will introduce the student to the virtues of perseverance.

Credits: 4

(Contact Hours: 60)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	The Path-knowers that know the Hearer (Sravaka) Paths	18
Unit 2	The Path-knower that knows the Bodhisattva Paths	16
Unit 3	The Faults of the three kinds of laziness	12
Unit 4	The benefits of Perseverance	14

Texts and References

1. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of Abhisamayalankara, Commentary on Maitreya's Abhisamayālaṅkāra'
2. Jetsun Chokyi Gyaltsen: 'The General Essence of the Abhisamayalamkara' and 'Critical Examination of the Essential Points of the Abhisamayalamkara'
3. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.
4. Geshe Chekawa: 'Seven Point Mind Training' (Root Text and Commentary)
5. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
6. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
7. Gyalsey Thogme Sangpo: 'The Thirty-Seven Practices of a Bodhisattva.'
8. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)

1.6 Core Course – 4: Difference between Tainted and Untainted Paths

Course Description:

The course covers a detailed presentation of the Paths that know the basis-knowers and the paths that can be qualified as being either tainted or untainted.

Objective

To introduce the student to Basis-knowers and the difference between tainted and untainted paths and also about the entity of rejoicing.

Credits: 4

(Contact Hours: 60)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Nature of Tainted and Untainted Paths	14
Unit 2	Difference between Tainted and Untainted Paths	10
Unit 3	The Nature of Rejoicing	10
Unit 4	The Essence of Basis-knowers	26

Texts and References

1. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
2. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib: legs bshad gser phreng) Commentary on Haribhadra's text'.
3. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of *Abhisamayalankara*, Commentary on Maitreya's *Abhisamayālaṅkāra*'
4. Jetsun Chokyi Gyaltsen: 'The General Essence of the *Abhisamayalamkara*' and 'Critical Examination of the Essential Points of the *Abhisamayalamkara*'
5. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
6. Geshe Chekawa: 'Seven Point Mind Training' (Root Text and Commentary)
7. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
8. Gyalsey Thogme Sangpo: 'The Thirty-Seven Practices of a Bodhisattva.'

1.7 DSE – 1: Conventional and Ultimate Mind-Training

Course Description:

The course will cover the following topics:

- Conventional and Ultimate Mind-training techniques
- How to cultivate the various kinds of minds as instructed in the Mind-training techniques in particular the 7-points of mind training
- The 37 practices of a Bodhisattva

Objective

This course will help the student to understand:

- Different mind-training techniques and the instructions that they offer

Credits: 3

(Contact Hours: 45)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Conventional and Ultimate Mind Training	12
Unit 2	The seven points of mind training	18
Unit 3	The 37 practices of a Bodhisattva	15

Texts and References

1. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
2. Gyalsey Thogme Sangpo: 'The Thirty-Seven Practices of a Bodhisattva.'
3. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
4. Geshe Chekawa: 'Seven Point Mind Training' (Root Text and Commentary)
5. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
6. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.
7. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of Abhisamayalankara, Commentary on Maitreya's Abhisamayālaṅkāra'
8. Jetsun Chokyi Gyaltsen: 'The General Essence of the Abhisamayalamkara' and 'Critical Examination of the Essential Points of the Abhisamayalamkara'

1.8 Voc - 1: Training in the Mindfulness of Body

Objective

To introduce the student to the method of training in Insight that provides an understanding of true fundamental nature of phenomena, in particular the fundamental nature of our body and transforms the mental perspective of the trainee.

Credits: 3

(Contact Hours: 45)

Sr. No.	Description	No. of Hours (Lectures + Practical)
Unit 1	Mindfulness of Breathing and the postures of the Body	15
Unit 2	Reflection on repulsiveness of the body and on material elements	15
Unit 3	The Nine Cemetery Contemplations	15

Texts and References

1. Buddha Shakyamuni: 'Smrtyapasthana Sutra – the Foundations of Mindfulness'
2. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
3. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
4. Arya Asanga: Compendium of Abhidharma

1.9 SEC – 9: Buddhist Cosmology

Objective

This paper deals with Cosmology from the Buddhist viewpoint as explained in texts like Abhidharma and Kalachakra-Tantra. The four phases of cycles like Formation, Abiding, Destruction and Emptiness are well explained here.

Credits: 2

(Contact Hours: 30)

Sr. No.	Description	No. of Hours (Lectures + Practical)
Unit 1	The Cosmos and Its Inhabitants in Abhidharma	15
Unit 2	The Development of the Cosmos in Kalachakra Texts	15

Texts and References

1. Acharya Vasubandhu: Root Text called Treasury of Knowledge Abhidharmakosa
2. Acharya Vasubandhu: Self Commentary on Treasury of Knowledge.
3. Khedup Norsang Gyatso: Ornament of Stainless Light
4. Arya Asanga: Compendium of Abhidharma
5. H.H The 14th Dalai Lama: Universe in a Single Atom

2. 3rd Year, Semester VI

2.1. Credit Distribution: BA – Ancient Psychology, Semester 6, 3rd Year

Sr. No.	Type of Course	No. of Credits
	DSC	
1	DSC Compulsory Core Course – A13	4
2	DSC Compulsory Core Course – A14	4
3	DSC Compulsory Core Course – A15	4
4	DSC Compulsory Core Course – A16	4
	DSE	
5	Discipline Specific Elective – 2	3
	Vocational and SEC	
6	Vocational - 2	3
7	SEC-10	2
	Total	24

2.2. Curriculum: Sem. 6, 3rd Year

Sr. No.	Type of Course	Name of the Paper	Name of Dept. Offering the Course	No. of Credits
Major: Ancient Psychology (DSC- Compulsory Courses)				
1	Core Course - A13	Meditation on the Aspects of the Three Exalted Knowers	Dept. of Ancient Psychology	4
2	Core Course – A14	Absorption of Cessation	Dept. of Ancient Psychology	4
3	Core Course – A15	The Latter Three <i>Prayoga</i>	Dept. of Ancient Psychology	4
4	Core Course – A16	The Subtle Mind-Body in Vajrayana	Dept. of Ancient Psychology	4
Discipline Specific Elective				
5	DSE-2	Exchanging Self and Others	Dept. of Ancient Psychology	3
Vocational and Skill Enhancement Courses				
6	Voc-2	Training in Mindfulness of Feelings		3
7	SEC-10	Yoga and Meditation (Bhavanakrama – Intermediate)		2
		Total		24

2.3. Core Course – 1: Meditation on the Aspects of the Three Exalted Knowers

Course Description:

This course will cover the process of meditating on all aspects of the three exalted-knowers through aggregation. It will also cover other methods of meditation including devoted-intent and metal-engagement meditation and meditation through generation in the nature of the path. It will also cover the remaining divisions of 37 factors of enlightenment.

Objective

To introduce the student to the variety of meditation processes including the process of meditating on all aspects of the three exalted-knowers through aggregation and also to introduce the student to the qualities that characterise a Buddha.

Credits: 4

(Contact Hours: 60)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Meditating on all aspects of the three exalted-knowers through aggregation	16
Unit 2	Various other Meditations Processes	16
Unit 3	Extensive presentation of Mindfulness	14
Unit 4	The Eight-fold Noble Path	14

Texts and References

1. Jetsun Chokyi Gyaltsen: 'The General Essence of the Abhisamayalamkara' and 'Critical Examination of the Essential Points of the Abhisamayalamkara - Chapters 5-8''
2. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
3. Gyaltzab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of Abhisamayalamkara, Commentary on Maitreya's *Abhisamayālaṅkāra*'
4. Jetsun Chokyi Gyaltsen: 'The Conclusive Examination of the Abhisamayalamkara- Chapters 5-8'
5. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.

2.4. Core Course – 2: Absorption of Cessation

Objective

To introduce the student to a detailed presentation of the three Paths of emanation, the absorptions in the state of cessation and the perfection of wisdom in the sense of the path.

Credits: 4

(Contact Hours: 60)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	The three Paths of emanation	16
Unit 2	Absorption of cessation	14
Unit 3	Perfection of wisdom in the sense of the path	12
Unit 4	The four characteristics	18

Texts and References

1. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
2. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.
3. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of *Abhisamayālaṅkāra*, Commentary on Maitreya's *Abhisamayālaṅkāra*'
4. Jetsun Chokyi Gyaltsen: 'The Conclusive Examination of the *Abhisamayālaṅkāra*- Chapters 5-8'
5. Jetsun Chokyi Gyaltsen: 'The General Essence of the *Abhisamayālaṅkāra*' and 'Critical Examination of the Essential Points of the *Abhisamayālaṅkāra* - Chapters 5-8''

2.5. Core Course – 3: The Latter Three Prayoga

Course Description:

There are four Prayogas

- The Process of Contemplation of all aspects of the three exalted-knowers
- The Culminating Degrees of the Process of Illumination
- The Clear Realization as Progressive Form of Contemplation
- The Final Momentary Clear Realization

This course will focus on the final three prayogas. It will also address the two types of minds – the mind that realizes the suchness of things/ultimate reality and that which realizes the empirical reality. It introduces the divisions of uncontaminated exalted wisdom.

Objective

To introduce the student to the final three prayogas and the minds that cognise ultimate and empirical reality.

Credits: 4

(Contact Hours: 60)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	The final three Prayoga	12
Unit 2	Minds realizing Ultimate and Empirical reality	14
Unit 3	Divisions of uncontaminated exalted wisdom	16
Unit 4	The five types of fruition awarenesses	18

Texts and References

1. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
2. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.
3. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of *Abhisamayalankara*, Commentary on Maitreya's *Abhisamayālaṅkāra*'
4. Jetsun Chokyi Gyaltsen: 'The Conclusive Examination of the *Abhisamayalamkara*- Chapters 5-8'
5. Jetsun Chokyi Gyaltsen: 'The General Essence of the *Abhisamayalamkara*' and 'Critical Examination of the Essential Points of the *Abhisamayalamkara* - Chapters 5-8''

2.6. Core Course – 4: The Subtle Mind-Body in Vajrayana

Course Description:

This course explores the presentation of coarse and subtle minds according to the secret-mantra vehicle. It explores the relationship between the mind and the body and the nature of the subtle-most mind at the time of death.

Objective

To introduce the student mind-body relationship and coarse-subtle minds as presented in Vajrayana and acquaint the student with the sequence of dissolution of subtle energies at the time of death.

Credits: 4

(Contact Hours: 60)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	General Presentation of Coarse and Subtle Minds	12
Unit 2	Appearance, amplification and attainment – the three subtle cognitions	16
Unit 3	Difference between subtle and extremely subtle minds	14
Unit 4	Sequence of dissolution of Pranas at the time of death	18

Texts and References

1. HH the Dalai Lama: 'Science and Philosophy in the Indian Buddhist Classics'
2. A Compilation of the Grounds and Paths of the Secret-Mantra Vehicle
3. Lama Tsongkhapa: 'A Lamp to Illuminate the Five Stages (Root Text and Commentary)'
4. Lama Tsong Khapa: 'The Great Treatise on the Stages of Tantra'
5. HH the Dalai Lama: 'Kindness, Clarity and Insight'

2.7. DSE – 2: Exchanging Self and Others

Course Description:

The course covers an important method to develop the mind of enlightenment. This method involves exchanging self for others. It discusses ways to cultivate an attitude of cherishing others' welfare over one's own welfare. The course also discusses methods to cultivate meditative stabilization.

Objective

To introduce the student to different methods to cultivate Bodhicitta (Mind of Enlightenment) and the practices to cultivate Dhyana.

Credits: 3

(Contact Hours: 45)

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Cultivation of Meditative Stabilization & Cultivating Other-cherishing	12
Unit 2	The Seven-fold Cause and Effect Method to cultivate Bodhicitta	16
Unit 3	Cultivating Bodhicitta using the Exchanging Self and Others Method	17

Texts and References

1. Gyalsey Thogme Sangpo: 'The Thirty-Seven Practices of a Bodhisattva.'
2. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
3. Geshe Chekawa: 'Seven Point Mind Training' (Root Text and Commentary)
4. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
5. Arya Maitreya: 'Ornament of Clear Realisations - *Abhisamayālaṅkāra*' (Root Text and Commentary)
6. Lama Tsongkhapa: 'Golden Rosary of Good Explanation (Tib legs bshad gser phreng) Commentary on Haribhadra's text'.
7. Gyaltsab Je: 'Ornament of Essence of Explanation Clarifying the Meaning of Abhisamayalankara, Commentary on Maitreya's Abhisamayālaṅkāra'
8. Jetsun Chokyi Gyaltsen: 'The General Essence of the Abhisamayalamkara' and 'Critical Examination of the Essential Points of the Abhisamayalamkara'

2.8. Voc -2: Training in Mindfulness of Feelings

Objective

To introduce the student to the method of training in Insight that provides an understanding of true fundamental nature of phenomena; in particular the fundamental nature of our feelings and transforms the mental perspective of the trainee.

Credits: 3

(Contact Hours: 45)

Sr. No.	Description	No. of Hours (Lectures + Practical)
Unit 1	Pleasant and painful worldly feelings	15
Unit 2	Pleasant and painful spiritual feelings	15
Unit 3	Neither-pleasant-nor-painful worldly and spiritual feelings	15

Texts and References

1. Buddha Shakyamuni: 'Smrtyapasthana Sutra – the Foundations of Mindfulness'
2. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
3. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
4. Arya Asanga: Compendium of Abhidharma

2.9. SEC -10: Yoga and Meditation in Bhavanakrama (Intermediate)

Objective

To help the student understand the sequence of meditations one has to practice to enter the path of Mahayana and to attain the state of 'Sarvajnata'.

Credits: 2

(Contact Hours: 30)

Sr. No.	Description	No. of Hours (Lectures + Practical)
Unit 1	<ul style="list-style-type: none">The three hetu-pratyayas for attaining the fruit of SarvajnataCompassion – the root of Sarvajnata	14
Unit 2	<ul style="list-style-type: none">Bodhicitta – the hetu of SarvajnataUpaya – the practice for attaining Sarvajnata	16

Texts and References

1. Acharya Kamalshila: Bhavanakrama – Stages of Meditation
2. Parmananda Sharma: Bhavanakrama of Kamalasila
3. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
4. Geshe Chekawa: 'Seven Point Mind Training' (Root Text and Commentary)
5. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
6. Gyalsey Thogme Sangpo: 'The Thirty-Seven Practices of a Bodhisattva.'



Department of Ancient Tibetan Language

Sera Jey Monastic Institute

BA (HONS.) 3rd YEAR

Table of Contents

1.3RD YEAR, SEMESTER V	3
1.1 CREDIT DISTRIBUTION: BA (HONS.) – ANCIENT TIBETAN LANGUAGE, SEMESTER 5, 3 RD YEAR	4
1.2 CURRICULUM: SEM. 5, 3 RD YEAR	5
1.3 CORE COURSE – 1: TAGJUG-I AND LISHIGURKHANG-III	6
1.4 CORE COURSE – 2: TAGJUG-II AND LISHIGURKHANG-IV	7
1.5 CORE COURSE – 3: NGONJOD-III AND VERSES.....	8
1.6 CORE COURSE – 4: NGONJOD-IV AND PROSE.....	9
1.7 DISCIPLINE SPECIFIC ELECTIVES	10
1.7.1 DSE -1: SOURCE AND ACTIVATORS OF LETTERS	10
1.8 VOCATIONAL-1: TRAINING IN THE MINDFULNESS OF BODY	11
1.9 SEC – 9: BUDDHIST COSMOLOGY	12
2.3RD YEAR, SEMESTER VI	13
2.1. CREDIT DISTRIBUTION: BA (HONS.) – ANCIENT TIBETAN LANGUAGE, SEMESTER 6, 3 RD YEAR	14
2.2. CURRICULUM: SEM. 6, 3 RD YEAR.....	15
2.3. CORE COURSE – 1: NATURAL EXPRESSIONS, SIMILES AND COMPOSITION OF NAMTHAR	16
2.4. CORE COURSE – 2: METAPHORS, COMPOSITION OF TOKJOD AND NGONJOD-V.....	17
2.5. CORE COURSE –3: ILLUMINATING, CIRCLING AND NEGATING AESTHETICS.	18
2.6. CORE COURSE –4: CRITICAL WRITINGS AND NGONJOD-VI	19
2.7. DISCIPLINE SPECIFIC ELECTIVES.....	20
2.7.1. DSE-2: INTERNAL AND EXTERNAL EXERTIONS OF LETTERS	20
2.8. VOCATIONAL-2: TRAINING IN MINDFULNESS OF FEELINGS.....	21
2.9. SEC -10: YOGA AND MEDITATION IN BHAVANAKRAMA (INTERMEDIATE)	22

1. 3rd Year, Semester V

1.1 Credit Distribution: BA (Hons.) – Ancient Tibetan Language, Semester 5, 3rd Year

Sr. No.	Type of Course	No. of Credits
	DSC	
1	Compulsory Core Course – A9	4
2	Compulsory Core Course – A10	4
3	Compulsory Core Course – A11	4
4	Compulsory Core Course – A12	4
	DSE	
5	Discipline Specific Elective – 1	3
	SEC	
6	Vocational	3
7	SEC-9	2
	Total	24

1.2 Curriculum: Sem. 5, 3rd Year

Sr. No.	Type of Course	Name of the Paper	Name of Dept. Offering the Course	No. of Credits
Major: Ancient Tibetan Language (DSC- Compulsory Courses)				
1	Core Course – A9	Tagjug-I and Lishigurkhang-III	Dept. of Ancient Tibetan Language	4
2	Core Course – A10	Tagjug-II and Lishigurkhang-IV	Dept. of Ancient Tibetan Language	4
3	Core Course – A11	Ngonjod-III and Verses	Dept. of Ancient Tibetan Language	4
4	Core Course – A12	Ngonjod-IV and Prose	Dept. of Ancient Tibetan Language	4
Discipline Specific Elective				
5	DSE – 1	Source and Activators of Letters	Dept. of Ancient Tibetan Language	3
Vocational and Skill Enhancement Courses				
6	Vocational-1	Training in Mindfulness of Body		3
7	SEC – 9	Buddhist Cosmology		2
		Total		24

1.3 Core Course – 1: Tagjug-I and Lishigurkhang-III

Course Description:

The course will cover the following topics:

- Types of Signs of Letters, Four Applications of 5 Prefixes.
- Self and Other Entities, 3 Tenses with their Classifications.
- Precise exposition of the first 2 Applications of 10 Suffixes.
- Many knowledges of orthography

Objective

This course will help the student to understand:

- The various applications of all prefixes
- Important usage of self and other entities of Grammatical use
- Different Tenses with their usage and improve the spelling

Credits: 4

Contact Hours: 60 hrs

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	(Grammar) Tagjug: Homeage - Four Applications of 5 Prefixes	18
Unit 2	Self and Other Entities - first 2 Applications of 10 Suffixes	18
Unit 3	(Orthography) Dhagyig Lishigurkhang (མདུན་པ་ནི་ཚོགས་པ། ཞེས་པ་ ནས། རྒྱུ་ལྷོ་ནི་ཉམ་ལྷོ་ཞེས་པའི་བར།)	12
Unit 4	(Orthography) Dhagyig Lishigurkhang (བརྟགས་པ་ནི་གུས་པའམ་རྒྱུན་ པ། ཞེས་པ་ནས། བོད་ཀྱི་བཟང་མཚན་པ་དང། ཞེས་པའི་བར།)	12

Texts and References

1. Acharya Thonmi Sambhota: '*The Application of Signs*'
2. Yangchen Dubai Dorje: '*The Mirror Illuminating the Important Problems- a Commentary on the Application of Signs*'.
3. Drati Geshe Rinchen Dhondup: '*(Drati Takjug) The Illuminating Commentary of the Application of Signs*'.
4. Situ Panchen Choekyi Jungney: '*(Situ Drelchen) The Beautiful Rosary of Pearls - a commentary on the Application of Signs*'.
5. Ngulchu Dharma Bhadra: '*(Situ Shallung) The Oral Instruction of Situ - a commentary on the Application of Signs*'.
6. Tsetan Shabdung: '*(Thonmi Shallung) The Oral Instruction of Thonmi - a commentary on the Application of Signs*'.
7. Kyogton Lotsava Ngawang Rinchen: '*Dhagyig Lishigurkhang*'
8. Ngulchu Dharma Bhadra: '*Synonyms - Drop of Ocean*'
9. '*The Compositional Discipline of Tibetan Literature*'
10. The 6th Dalai Lama: '*The Poems*'
11. Gedun Choephel: '*Literary works*'

1.4 Core Course – 2: Tagjug-II and Lishigurkhang-IV

Course Description:

This course will cover the 3rd and 4th Applications of 10 Suffixes, 8 different types of Cases, and so many names and words with their definitions.

Objective

To introduce the student to these topics and make them eligible for using these different applications in their writings and to empower them with rich vocabularies and etymologies.

Credits: 4

Contact Hours: 60 hrs

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	(Grammar) Tagjug: 3 rd and 4 th Applications of Suffixes	18
Unit 2	(Grammar) Tagjug: 8 Cases - Colophon	16
Unit 3	(Orthography) Dhagyig Lishigurkhang (ལམ་གྱི་གྲ་ཞེས་པ་དཔལ་མཛད་དེ། ཞེས་པ་ནས། རྩ་མ་དག་གིས་བཀག་པ་ལྟར་རྟོ་ཞེས་པའི་བར།)	12
Unit 4	(Orthography) Dhagyig Lishigurkhang (ལ་ཅིག་ཏུ་རྒྱ་ནག་ཞེས་པ་ནས། རེག་ཟེག་ཏུ་བཀོད་པའོ། ཞེས་པའི་བར།)	14

Texts and References

1. Acharya Thonmi Sambhota: *'The Application of Signs'*
2. Yangchen Dubai Dorje: *'The Mirror Illuminating the Important Problems- a Commentary on the Application of Signs'*.
3. Drati Geshe Rinchen Dhondup: *'(Drati Takjug) The Illuminating Commentary of the Application of Signs'*.
4. Situ Panchen Choekyi Jungney: *'(Situ Drelchen) The Beautiful Rosary of Pearls - a commentary on the Application of Signs'*.
5. Ngulchu Dharma Bhadra: *'(Situ Shallung) The Oral Instruction of Situ - a commentary on the Application of Signs'*.
6. Tsetan Shabdung: *'(Thonmi Shallung) The Oral Instruction of Thonmi - a commentary on the Application of Signs'*.
7. Kyogton Lotsava Ngawang Rinchen: *'Dhagyig Lishigurkhang'*
8. Ngulchu Dharma Bhadra: *'Synonyms - Drop of Ocean'*
9. *'The Compositional Discipline of Tibetan Literature'*
10. The 6th Dalai Lama: *'The Poems'*
11. Gedun Choephel: *'Literary works'*

1.5 Core Course – 3: Ngonjod-III and Verses

Course Description:

The course will cover the following topics:

- Vast knowledge of synonyms
- Types of composition of Verses

Objective

This course will help the student to understand:

- usage of different words and names
- Skilled in composition of Verses.

Credits: 4

Contact Hours: 60 hrs

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	(Synonymics) Ngonjod Gyatsoi Chuthik Part III: Underneath of Earth Group	18
Unit 2	(Synonymics) Ngonjod Gyatsoi Chuthik Part III: Earth, Mountain, and Villages	16
Unit 3	(Literature) Composition of Verses	14
Unit 4	Classifications of Verses	12

Texts and References

1. Kyogton Lotsava Ngawang Rinchen: *'Dhagyig Lishigurkhang'*
2. Ngulchu Dharma Bhadra. *'Synonyms - Drop of Ocean'*
3. Sakya Pandit: *'Jipa Dhagyig – The Orthography of Child'*
4. Tendhar Lharampa: *'The Ornament of Expert Mouth- Exposition of Letter'*
5. *'The Compositional Discipline of Tibetan Literature'*
6. The 6th Dalai Lama: *'The Poems'*
7. Gedun Choephel: *'Literary works'*
8. Archarya Dandi: *'Mirror of Poetry'*
9. Bod Khepa: *'The Heart Ornament of Dandi'*
10. Khamtul Choekyi Nyima: *'The Commentary on Mirror of Poetry'*

1.6 Core Course – 4: Ngonjod-IV and Prose

Course Description:

The course covers a detailed presentation of the Synonyms and a disciplined system of the Construction of Prose in Tibetan Literature.

Objective

To introduce the student to the Synonyms and Composition of Prose is to make them comprehensive of multi names of things that are so popular to use in the Tibetan Literature and to gain a good understanding of composing the Prose and different types of Prose that are used in daily life.

Credits: 4

Contact Hours: 60 hrs

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	(Synonymics) Ngonjod Gyatsoi Chuthik Part IV: On Forest and Medicine	14
Unit 2	(Synonymics) Ngonjod Gyatsoi Chuthik Part IV: On Wild Animals and Birds	14
Unit 3	(Literature) Composition of Prose	18
Unit 4	(Literature) Classifications of Prose	14

Texts and References

1. Kyogton Lotsava Ngawang Rinchen: '*Dhagyig Lishigurkhang*'
2. Ngulchu Dharma Bhadra. '*Synonyms - Drop of Ocean*'
3. Sakya Pandit: '*Jipa Dhagyig – The Orthography of Child*'
4. Tendhar Lharampa: '*The Ornament of Expert Mouth- Exposition of Letter*'
5. '*The Compositional Discipline of Tibetan Literature*'
6. The 6th Dalai Lama: '*The Poems*'
7. Gedun Choephel: '*Literary works*'
8. Archarya Dandi: '*Mirror of Poetry*'
9. Bod Khepa: '*The Heart Ornament of Dandi*'
10. Khamtul Choekyi Nyima: '*The Commentary on Mirror of Poetry*'

1.7 Discipline Specific Electives

1.7.1 DSE -1: Source and Activators of Letters

Course Description:

The course covers a detailed presentation of the Sources and Activators of each Tibetan letter.

Objective

To introduce the student to the sources and activators of each Tibetan letter, this can benefit the student differentiate the subtle differences between letters and make them pronounce so well that any other language can be easily learnt with no difficulty in pronouncing.

Credits: 3

Contact Hours: 45 hrs

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Sources of letters	15
Unit 2	Activators of letters	15
Unit 3	Their applications	15

Texts and References

1. Acharya Chandra Gomi: '*Akkyar Sutra*'
2. Situ Panchen Choekyi Jungney. '*(Situ Drelchen) The Beautiful Rosary of Pearls - a commentary on Sumchupa*'
3. Jampal Tsultrim: '*Phonology – A global phonetics through Tibetan tongue*'

1.8 Vocational-1: Training in the Mindfulness of Body

Objective

To introduce the student to the method of training in Insight that provides an understanding of true fundamental nature of phenomena, in particular the fundamental nature of our body and transforms the mental perspective of the trainee.

Credits: 3

(Contact Hours: 45)

Sr. No.	Description	No. of Hours (Lectures + Practical)
Unit 1	Mindfulness of Breathing and the postures of the Body	15
Unit 2	Reflection on repulsiveness of the body and on material elements	15
Unit 3	The Nine Cemetery Contemplations	15

Texts and References

1. Buddha Shakyamuni: 'Smrtyapasthana Sutra – the Foundations of Mindfulness'
2. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
3. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
4. Arya Asanga: Compendium of Abhidharma

1.9 SEC – 9: Buddhist Cosmology

Objective

This paper deals with Cosmology from the Buddhist viewpoint as explained in texts like Abhidharma and Kalachakra-Tantra. The four phases of cycles like Formation, Abiding, Destruction and Emptiness are well explained here.

Credits: 2

(Contact Hours: 30)

Sr. No.	Description	No. of Hours (Lectures + Practical)
Unit 1	The Cosmos and Its Inhabitants in Abhidharma	15
Unit 2	The Development of the Cosmos in Kalachakra Texts	15

Texts and References

1. Acharya Vasubandhu: Root Text called Treasury of Knowledge Abhidharmakosa
2. Acharya Vasubandhu: Self Commentary on Treasury of Knowledge.
3. Khedup Norsang Gyatso: Ornament of Stainless Light
4. Arya Asanga: Compendium of Abhidharma
5. H.H The 14th Dalai Lama: Universe in a Single Atom

2. 3rd Year, Semester VI

2.1. Credit Distribution: BA (Hons.) – Ancient Tibetan Language, Semester 6, 3rd Year

Sr. No.	Type of Course	No. of Credits
	DSC	
1	Compulsory Core Course - A13	4
2	Compulsory Core Course – A14	4
3	Compulsory Core Course – A15	4
4	Compulsory Core Course – A16	4
	DSE	
5	Discipline Specific Elective – 2	3
Vocational and SEC		
6	Vocational - 2	3
7	SEC-10	2
	Total	24

2.2. Curriculum: Sem. 6, 3rd Year

Sr. No.	Type of Course	Name of the Paper	Name of Dept. Offering the Course	No. of Credits
<i>Ancient Tibetan Language (DSC- Compulsory Courses)</i>				
1	Core Course - A13	Natural Expressions, Similes and Composition of Namthar	Dept. of Ancient Tibetan Language	4
2	Core Course – A14	Metaphors, Composition of Tokjod and Ngonjod-V	Dept. of Ancient Tibetan Language	4
3	Core Course – A15	Illuminating, Circling and Negating Aesthetics.	Dept. of Ancient Tibetan Language	4
4	Core Course – A16	Critical writings and Ngonjod-VI	Dept. of Ancient Tibetan Language	4
<i>Discipline Specific Elective</i>				
5	DSE-2	Internal and External Exertions of Letters	Dept. of Ancient Tibetan Language	3
<i>Vocational and Skill Enhancement Courses</i>				
6	Vocational - 2	Training in Mindfulness of Feelings		3
7	SEC-10	Yoga and Meditation (Bhavanakrama – Intermediate)		2
		Total		24

2.3. Core Course – 1: Natural Expressions, Similes and Composition of Namthar

Course Description:

This course will cover the following:

- Four different types of Natural Expressions of Aesthetics
- Thirty-two types of Similes with their usages
- Traditional way of composing Namthar or the Biographies of great Lamas etc.

Objective

To introduce the students to some of the Aesthetic writings which can lead them to understand the classical and modern writings as well as to enable them to write by themselves. There is a unique way of composing Namthar which encourages the students in many ways like spiritual progress and style of writings too.

Credits: 4

Contact Hours: 60 hrs

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	(Poetry) Aesthetics of Natural Expressions	10
Unit 2	Aesthetics of Similes 1 - 16.	19
Unit 3	Aesthetics of Similes 17 – 32 with poetical corrections	19
Unit 4	(Literature) Composition of Namthar	12

Texts and References

1. Archarya Dandi: *'Mirror of Poetry'*
2. *'The Compositional Discipline of Tibetan Literature'*
3. 5th Dalai Lama: *'Delightful Song of Saraswati - The Commentary on Mirror of Poetry'*
4. Bod Khepa: *'The Heart Ornament of Dandi'*
5. Khamtul Choekyi Nyima: *'The Commentary on Mirror of Poetry'*
6. Dhungkar Tulku: *'The Opening Door of Aesthetics'*
7. Setsang Lobsang Palden: *'The Laughing Lyrics of Brahman Princess'*

2.4. Core Course – 2: Metaphors, Composition of Tokjod and Ngonjod-V

Course Description:

This course will cover the following:

- Twenty different types of Metaphor of Aesthetics
- Traditional way of composing Tokjod or the Spiritual Progress of great Lamas etc.
- Presentation of names with etymologies.

Objective

Introducing these Aesthetic writings, students can have a comprehension over the classical and modern writings as well as to enable them to write by themselves. The unique way of composing Tokjod can encourage the students in many ways like spiritual progress and style of writings too.

Credits: 4

Contact Hours: 60 hrs

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	(Poetry) Metaphors 1 - 10	18
Unit 2	(Poetry) Metaphors 11 - 20	18
Unit 3	(Literature) Composition of Tokjod (Expression of Realization).	10
Unit 4	(Synonymics) Ngonjod Gyatsoi Chuthik Part V	14

Texts and References

1. Archarya Dandi: *'Mirror of Poetry'*
2. 5th Dalai Lama: *'Delightful Song of Saraswati - The Commentary on Mirror of Poetry'*
3. Bod Khepa: *'The Heart Ornament of Dandi'*
4. Pundit Amara Sinha: *'Amara Kosha'*
5. Palkhang Lotsawa: *'Synonyms – Rosary of White Lotus'*
6. Situ Panchen: *'Commentary on Amara Kosha – Key to Hundred Doors of Eloquent Speech'*
7. Ngulchu Dharma Bhadra. *'Synonyms - Drop of Ocean'*
8. Paltul Ogyen Jigmed: *'Synonyms of Kavya Adharsha – The Flute of Ear'*
9. DragKar Pundit Lobsang Palden: *'Brief Synonyms – The House of Intelligent Entrance'*

2.5. Core Course –3: Illuminating, Circling and Negating Aesthetics.

Course Description:

This course will cover the following:

- Sixteen different types of illuminating aesthetics with their usage
- Three types of Circling aesthetics
- Twenty-three types of Negating aesthetics

Objective

Introducing these Aesthetic writings, students can have a comprehension over the classical and modern writings as well as to enable them to write by themselves.

Credits: 4

Contact Hours: 60 hrs

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Illuminating Aesthetics	18
Unit 2	Circling Aesthetics	10
Unit 3	Negating Aesthetics 1-12	16
Unit 4	Negating Aesthetics 13-23	16

Texts and References

1. Archarya Dandi: *'Mirror of Poetry'*
2. 5th Dalai Lama: *'Delightful Song of Saraswati - The Commentary on Mirror of Poetry'*
3. Bod Khepa: *'The Heart Ornament of Dandi'*
4. Pundit Amara Sinha: *'Amara Kosha'*
5. Palkhang Lotsawa: *'Synonyms – Rosary of White Lotus'*
6. Situ Panchen: *'Commentary on Amara Kosha – Key to Hundred Doors of Eloquent Speech'*
7. Ngulchu Dharma Bhadra. *'Synonyms - Drop of Ocean'*
8. Paltul Ogyen Jigmed: *'Synonyms of Kavya Adharsha – The Flute of Ear'*
9. DragKar Pundit Lobsang Palden: *'Brief Synonyms – The House of Intelligent Entrance'*

2.6. Core Course –4: Critical writings and Ngonjod-VI

Course Description:

This course will cover the following:

- History of Critical writings, composition and classifications of it.
- Causes and conditions for this writing.
- More vocabulary practices, usage of synonyms etc.

Objective

Introducing the critical writing in detail with its classifications and methods, key points for skilled writings to the students will enhance them to have skill in writing.

Credits: 4

Contact Hours: 60 hrs

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Compositions of Critical writings	18
Unit 2	Its Classifications, and Methodology	18
Unit 3	Causes and Conditions for Critical Writings	10
Unit 4	Ngonjod-VI, Usage of Synonyms	14

Texts and References

1. Redho Senge: *'Ideas on method of Critical Writings'*
2. Pundit Amara Sinha: *'Amara Kosha'*
3. Palkhang Lotsawa: *'Synonyms – Rosary of White Lotus'*
4. Situ Panchen: *'Commentary on Amara Kosha – Key to Hundred Doors of Eloquent Speech'*
5. Ngulchu Dharma Bhadra. *'Synonyms - Drop of Ocean'*
6. Paltul Ogyen Jigmed: *'Synonyms of Kavya Adharsha – The Flute of Ear'*
7. DragKar Pundit Lobsang Palden: *'Brief Synonyms – The House of Intelligent Entrance'*

2.7. DISCIPLINE SPECIFIC ELECTIVES

2.7.1. DSE-2: Internal and External Exertions of Letters

Course Description:

The course covers a detailed presentation of the internal and external exertions of each Tibetan letter.

Objective

To introduce the student to the internal and external exertions of each Tibetan letter, this can benefit the student differentiate the subtle differences between letters and make them pronounce so well that any other language can be easily learnt with no difficulty in pronouncing.

Credits: 3

Contact Hours: 45 hrs

Sr. No.	Description	No. of Hours (Lectures + Debate)
Unit 1	Internal Exertions of Letters	15
Unit 2	External Exertions of Letters	15
Unit 3	Their applications	15

Texts and References

1. Acharya Chandra Gomi: 'Akkyar Sutra'
2. Situ Panchen Choekyi Jungney. '(Situ Drelchen) *The Beautiful Rosary of Pearls - a commentary on Sumchupa*'
3. Jampal Tsultrim: '*Phonology – A global phonetics through Tibetan tongue*'

2.8. Vocational-2: Training in Mindfulness of Feelings

Objective

To introduce the student to the method of training in Insight that provides an understanding of true fundamental nature of phenomena; in particular the fundamental nature of our feelings and transforms the mental perspective of the trainee.

Credits: 3

(Contact Hours: 45)

Sr. No.	Description	No. of Hours (Lectures + Practical)
Unit 1	Pleasant and painful worldly feelings	15
Unit 2	Pleasant and painful spiritual feelings	15
Unit 3	Neither-pleasant-nor-painful worldly and spiritual feelings	15

Texts and References

1. Buddha Shakyamuni: 'Smrtyapasthana Sutra – the Foundations of Mindfulness'
2. Lama Tsong Khapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
3. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
4. Arya Asanga: Compendium of Abhidharma

2.9. SEC -10: Yoga and Meditation in Bhavanakrama (Intermediate)

Objective

To help the student understand the sequence of meditations, one has to practice to enter the path of Mahayana and to attain the state of 'Sarvajnata'.

Credits: 2

(Contact Hours: 30)

Sr. No.	Description	No. of Hours (Lectures + Practical)
Unit 1	<ul style="list-style-type: none">The three hetu-pratyayas for attaining the fruit of SarvajnataCompassion – the root of Sarvajnata	14
Unit 2	<ul style="list-style-type: none">Bodhicitta – the hetu of SarvajnataUpayaya – the practice for attaining Sarvajnata	16

Texts and References

1. Acharya Kamalshila: Bhavanakrama – Stages of Meditation
2. Parmananda Sharma: Bhavanakrama of Kamalsila
3. Lama TsongKhapa: 'The Great Treatise on the Stages of the Path to Enlightenment.'
4. Geshe Chekawa: 'Seven Point Mind Training' (Root Text and Commentary)
5. Acharya Shantideva: 'Guide to the Bodhisattva's Way of Life – *Bodhicaryavatara*' (Root Text and Commentary)
6. Gyalsey Thogme Sangpo: 'The Thirty-Seven Practices of a Bodhisattva.'