

Post Graduate Certificate Course in Applied Mahayana Buddhist Psychology & Ethics

Understanding & Applying Buddhist Psychology, Philosophy & Analytical approaches to problems of modern daily life.....

ABOUT THE COURSE

Teachers and scholars of Nalanda Tradition not only strove to understand philosophy and psychology; but they strove to implement their theories in the perfect laboratory – their own mind. This pragmatic approach of studying the mind, taming it, training it or recognizing it's essence, has enabled many dharma practitioners to arrive at perfect enlightenment.

This course aims to deliver introductory level understanding of the Buddhist Philosophy and Psychology, thereby helping students to understand the 'view' held by enlightened masters.

At the practical level, the course aims to introduce students to the various meditation techniques and ethical actions available in the Buddhist Nalanda Tradition, so that the grand view can be realized on a day-to-day level.



H.H. Dalai Lama has frequently mentioned in his teachings that the Nalanda teachers have been a major influence on the great lineage-holders of Tibetan Buddhism, and it is time that Indians get re-introduced to the vast heritage that was lost.

Students Speak:

"A journey that has served as a catalyst for framing thought & action." (Dipti Sapatnekar, Head - Solutions Consulting, RapidEffect (P) Ltd)

"Siddhartha's (Gautama Buddha) priority was to get down to the root of the (human) problem. Buddhism is not culturally bound. Its benefits are not limited to any particular society and have no place in government and politics. Siddhartha was not interested in academic treatises and scientifically provable theories. Whether the world is flat or round did not concern him. He had a different kind of practicality. His teachings are not a grandiose intellectual philosophy to be read, and then shelved, but a functional, logical view that can be practiced by each and every individual." - Dzongsar Khyentse Rinpoche,

What makes you Not a Buddhist, Shambhala Publications, 2007

CREATIVE & CONTEMPLATIVE

CONTENT WILL BE TAUGHT USING LECTURES, MOVIES, DISCUSSIONS, SEMINARS BY VISITING FACULTY, MUSIC, ART & STORIES.



SHANTIDEVA



NAGARJUNA



CHANDRAKIRTI

WHO CAN ATTEND THIS COURSE?

- 1. University Students:** M.A. Students of Pali & Buddhist studies, Philosophy or Psychology and genuinely interested PG students from other fields
- 2. Persons who work towards mental & physical health:** Psychologists, Psychiatrists, Psychiatric nurses, MSWs, Healthcare workers, Counselors, and other such allied service providers
- 3. Individuals interested in Leadership & Ethics:** Future Business Leaders, Entrepreneurs, Artists, Scientists, Economists, Political Scientists, Educators, Administrative Officers, Environmentalists, and other key personnel whose choices can impact many people.

COURSE-WORK & ASSIGNMENTS

The course will combine *Theory, Contemplation and Action*.

Theory will be taught using audio-visual aids and creative arts-based approaches. Tibetan Buddhist Teachers & Scholars will serve as visiting faculty.

Contemplation will be practiced using assignments like creative writing (essays), Mandala & Zen Painting, Poetry Reading, Photography, Book Reviews & Movie Reviews.

Action will be encouraged by engaging in practical projects - Silent Retreats, Helping others, Practicing generosity, discipline, Patience & other such ethics. Each of the above will be assessed by teachers for authenticity & sincerity

FOR REAL BENEFIT, WHAT IS REQUIRED?

- 1. Regular attendance** - practicing how to keep commitments & fulfill ethical action.
- 2. Sincere Daily practice** - bringing theory into day-to-day life
- 3. Diligent Project Work** - being mindful in relationships

SYLLABUS

Semester I: Applied Buddhist Psychology

Objectives:

Students will be able to:

- Gain an introductory level understanding of Buddhist Psychology & its applications for balanced mental health
- Understand concepts in the study of Mind from Eastern perspective supported by advances in modern psychology & neuroscience.

Note: The course does not aim to provide a formal pedagogy of western psychology.

Unit 1:

- a. Overview of Buddhist thought (Lineages & Vehicles) & its relevance to mental health
- b. Introduction to 4 Noble Truths - Defining suffering & Contemplating the source of mental problems, Benefits of applying Buddhist View, Meditation & Action.
- c. Advances in Cognitive Neuropsychology supporting the Buddhist Perspective: Neurological studies corroborating Buddhist Perspectives, Dialogues between Psychologists, Scientists & Buddhist Thinkers - agreements & disagreements

Unit 2:

- a. Impermanence: change as inevitable and useful, and seeing this in daily life thereby looking at what we hold on to.
- b. Mental afflictions: Understanding Emotions & Relationships, Affect & Mood.
- c. Dependent origination: what is compounded phenomenon? Cause-condition-effect.
- d. Beyond Suffering: Duality & Non-Duality, Relative Truth & Ultimate Truth

Unit 3:

- a. Mind & Cognition (Awareness & Knowing) - Psychology & Epistemology of Mind in Buddhism
 - What is mind?
 - Seven levels of cognition
 - Five aggregates
 - 51 mental factors

Unit 4: Guest Seminar & Term Assignments

The Six day lecture series on the text: Madhyamakavatara composed by Acharya Chandrakirti

Semester II: Applied Ethics in Buddhism

Objectives:

- Studying the ethical framework of Bodhichitta, Paramitas & Mindfulness
- Developing a context for ethics in daily life thereby, improving inter-personal skills, social skills & achieve purpose of life.
- To elaborate & contemplate on a secular system of Ethics as proposed by H.H. Dalai Lama in his book "Ethics for new Millenium".

Unit 5:

- a. Bodhichitta - the foundation of ethics
- b. The Six Paramitas
- c. Case studies- the biological basis of compassion, Motivation & Altruism, Empathy & mirror Neurons

Unit 6:

- a. The ethic of restraint - Cultivating a habit of inner discipline, Ordinary Vs. Negative Emotions, Recognizing afflictive emotions and their triggers, gain insight & act with ethical restraint.
- b. The ethic of virtue - Cultivating and reinforcing our positive qualities, cultivating antidotes to afflictive emotions.
- c. The ethic of compassion - Practicing equanimity, compassion towards self & others, compassion as a fundamental evolutionary tool for survival.

Unit 7:

- a. The need for discernment - Ethical discipline, conduct, discernment. Basic ethical precepts, responding to the conduct of others, Ethical dilemmas of science & technology
- b. Universal responsibility - Cultivating contentment, Honesty & Justice, Working Together.
- c. Levels of commitment - True Help, Start where we are, Voluntary & in moderation
- d. Mindfulness - developing skills/practices required for ethical living

Unit 8: Guest Seminar/s & Term Assignments

- a. Seven day lecture series on text - Bodhicharyavatara composed by Acharya Shantideva

Students Speak:

"This course has been life changing for me, connecting so many dots for me and pointing toward clarity and expansiveness." (Deborah Dunn - Certified Holistic Health Counselor)

Part-time course structure, suitable for working professionals & students!

****SAMPLE CALENDAR**** (Actual schedule will be posted later)

SEMESTER 1				
<ul style="list-style-type: none"> • Buddhist Psychology & Ethics - the Indian Context • Different Philosophical Schools • Buddhist View & Psychology 				
AUG 4 days	SEP 2019 4 Days	OCT 2019 4 Days	NOV 2019 1 Day	NOV 2019 1 Day (Exam)
(Sat-Sun 1/2-Day) workshops	(Sat-Sun 1/2-Day) workshops	(Sat-Sun 1/2-Day) workshops	(Sun 1/2-Day) workshops	Paper & Assignments Submission
TIME: 9:00 A.M. to 12:00 Noon	TIME: 9:00 A.M. to 12:00 Noon	TIME: 9:00 A.M. to 12:00 Noon	TIME: 9:00 A.M. to 12:00 Noon	TIME: Paper submission during office hours
12 hours	12 hours	12 hours	3 hours	3 hours

SEMESTER 2				
DEC 2019 1 Day	DEC 2019 4 Days Master Class	JAN 2020 3 Days Master Class	FEB 2020 2 Days	MAR 2020 2 Days & Exam/submission in APR
(Sun 1/2-Day) workshops	Lecture Series by Tibetan Buddhist Monks-Scholars workshop (Fri-Sat-Sun-Mon Full-Day)	Lecture Series by Tibetan Buddhist Monks-Scholars workshop (Sat-Sun-Mon Full-Day)	(Sun 1/2-Day) workshops	(Sun 1/2-Day) workshops. Paper & Assignments Submission
TIME: 9:00 A.M. to 12:00 Noon	TIME: 9:00 to 12:00 & 2:00 to 5:00	TIME: 9:00 to 12:00 & 2:00 to 5:00	TIME: 9:00 A.M. to 12:00 Noon	TIME: Regular time classes and Paper submission during office hours
3 hours	24 hours	18 hours	6 hours	9 Hours

Approximate Fees for the whole Year. (Actual Fees will be announced later)

Tuition Fees	Rs. 4,724 (for general), Rs. 7,974 (for outside Maharashtra state), Rs. 11,124 (for SAARC national) and Rs. 17,524 (for Foreign national)
Study Material and Art Material Kit - to be paid along with the fees.	<i>3 Manuals, 2 reference books, bag, and Handouts Rs. 2,000/- (to be paid after admission is confirmed)</i>
Approximate Total	Fees + Study Material - Rs. 6,724/-

* Fee subject to the decision of the University taken from time to time.

* Students from SC/ST Categories are eligible for freeship/scholarship on Tuition, Eligibility, and Exam Fees subject to submission of relevant documents. For further information, please contact dept. office.

ELIGIBILITY CRITERIA

Minimum Eligibility is graduation from any faculty (Arts, Science, Commerce)

Students must be able to understand spoken English. Written work can be submitted in English/ Marathi.

Merit list will be created on the basis of the marks obtained by candidate in the **Entrance Exam**.

Ability to commit to 100% attendance as per schedule on page 5.

A Sincere interest in Understanding theory & Applying the teachings of the Buddha is most important.

Admission will be subject to the reservations policy of the State Government.

VENUE FOR CLASSES

Old Library - Dept. Of Pali (not the main office of Dept. Of Pali), YC- NISDA Building, Terrace Floor, Ambedkar Bhavan, Savitri Bai Phule Pune University, Pune 411007. Ph: 020 – 25601344 / 020-25601389

The course will begin in August each Year.

ADMISSION PROCEDURE OVERVIEW (Just for Reference. Actual process may change from time to time)

1. Fill online application form online, Upload documents & pay form fee of Rs. 500 for Open Category & Rs. 350 for Reserved Category
2. Appear for the Entrance Exam at Dept. Of Pali (Usually in June. Exact dates to be announced), and after the Merit List is announced, visit dept. of Pali to pay fees

Details as below:**1. Fill ONLINE APPLICATION FORM**

- A) REGISTER ONLINE
- B) Go to Profile and fill 1) Personal Info 2) Academic Info 3) Upload Documents.

2. ENTRANCE EXAM & ADMISSION

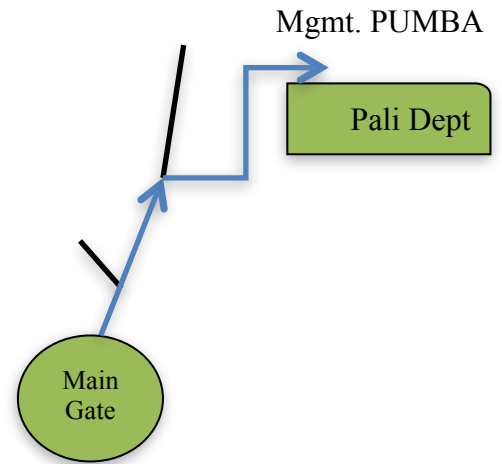
- After Exam, the Merit List will be put up on the department board, and an email will be sent to all candidates. Kindly be in touch with the department by phone or email.
- Successful Applicants must pay course fees and secure their admission by the given date.
- Depending on availability of seats, a second/third merit list may be created.

If you need any assistance.....

Directions to reach:

From the Main gate of Pune University, follow the right hand side at the first fork. Take the first right turn (at the corner, you will spot the sign 'Department of Pali'), follow the road, which turns left, and on the right hand side, (adjacent to Department of Microbiology and opposite PUMBA – Management Department) is the Department of Pali.

Department's phone: 020 – 25601344 / 25601389.



For any assistance please contact us:

Telephones: Dept of Pali: 020-25601389 (Mr. Gunthal)
 Dept of Pali: 020-25601344 Open line
 Dept. of Pali: (0) 9421053372 Prof. Mahesh Deokar, HoD, Department of Pali, UoP.

Email: wcclfoundation@gmail.com (WCCL Foundation Faculty, Ms. Asha Pillai)
hodpali@unipune.ac.in (Prof. Mahesh Deokar)



http://www.unipune.ac.in/dept/fine_arts/pali/default.htm
<https://www.facebook.com/uopdepartmentofpaliandbuddhiststudies>



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