

201

Faculty of Humanities & Social Sciences

Post-Graduate Diploma  
in  
Buddhist Studies  
P.G. Diploma, Buddhist Studies  
*Curriculum*  
1999



Curriculum Development Centre  
Tribhuvan University  
Kirtipur, Kathmandu  
Nepal

Curriculum Development Centre  
Tribhuvan University  
Kirtipur, Kathmandu  
Nepal

**Post-Graduate Diploma in Buddhist Studies**  
*P.G. Diploma, Buddhist Studies*

Tribhuvan University  
Curriculum Development Centre  
**LIBRARY**

*Effective from 1999*

*Office of the Dean*  
**Faculty of Humanities & Social Sciences**  
**Tribhuvan University**  
Kathmandu, Nepal

**Publisher:**  
Curriculum Development Centre  
Tribhuvan University  
Kirtipur, Kathmandu,  
Nepal  
Tel. No. 330856

© 1999 by CDC, TU. All rights reserved.

**First Edition:**  
300 Copies  
Kartik, 2056  
October, 1999

**Price:**

**Funded by:**  
Higher Education Project  
T.U.

**Printers:**  
T.U. Press  
Kirtipur,  
Kathmandu

**General Objectives**  
The main objective of this course is to provide a comprehensive knowledge of the origin and development of Buddhism in general with special reference to the introduction and evolution of Buddhism in Nepal and its development into a complex religious system during the medieval period, particularly after the inception of *Mahayana* and *Vajrayana* Schools in the country.

People of Nepal widely practised Buddhism in ancient and medieval periods. They have developed a vast literature, social, cultural and ritual traditions and have preserved the social norms and moral values. These values and educational patterns have firmly preserved their distinctive religious-cultural traditions of this country, thus forming a very potential heritage of Nepal. All such traditions will be areas to be studied under the course of the "Post-Graduate Diploma in Buddhist Studies" (P.G. Diploma in Buddhist Studies) to popularize these traditions for a better future of Buddhist academic tradition in the Kingdom of Nepal. The Buddhists of Nepal have over the ages made laudable contributions by making *stupas*, wood-works, stone-works, painting, etc. which are the exceptional repositories of Nepal. They reflect the artistic genius of the Buddhist architects, craftsmen, painters, woodcarvers, which is the visible document of highest - standard cultural and religious tradition of Nepal. They have even today become the prima-facie cause of the development of tourism in the Kingdom. Education about these splendid traditions will be given to the students by acquainting them with various aspects of Nepalese Buddhism and help preserve the Buddhist cultural traditions of the country. This course will help to have deeper interactions with the Buddhist countries of the world for a better academic exchange in the days ahead.

This course has been divided into five papers, each paper of 10 units, 100 marks, and 150 teaching hrs. Where the paper has been divided into two groups containing heterogeneous course contents, separate papers and copies will be given to the students at the time of examination and the students will have to write answers on the two groups in two separate answerbooks. In the fifth paper group B provision has been made for writing thesis, which will be of 50 full marks. The students will have to submit their thesis as per the rules of Tribhuvan University.

Course Structure

Paper	Code No.	Subject	Full Marks
I	BS. 501	Buddhist Religion and Philosophy	100
II	BS. 502	History of Buddhism and Buddhist Literature	100
III	BS. 503	Buddhist Art and Architecture	100
IV	BS. 504	Buddhism of Nepal	100
V	BS. 505	a) Buddhist Heritage of Northern Nepal	50
		b) Thesis	
			100

Entrance Qualification

A candidate having a degree of graduation in any subject from Tribhuvan University (T.U.) or from any university recognized by Tribhuvan University, Nepal, can apply for entry into "P.G. Diploma in Buddhist Studies" programme of T.U. one has to appear in the entrance examination and the selection is made on the basis of merit.

**Duration and Grading**  
The Post-graduate Diploma in Buddhist Studies is completed in one academic year, and the grading is as follows:

75 % or above	-	Distinction
60 % or above	-	First Division
50 % or above	-	Second Division
40 % or above	-	Third Division

Buddhist Religion and Philosophy

BS. 501

Paper: I  
F.M.: 100  
Teach. Hrs.: 150

**Course Objectives**  
The main objectives of this course is to provide a comprehensive knowledge of Buddhist Religion and Philosophy in the context of the religion and philosophy of the world. Special emphasis will be placed on the Buddha's basic principles and doctrines and the development of Buddhist Philosophy in the subsequent phases.

Course Contents

Units

- I Religion** 15  
Teach. Hrs.
- Definition : Nature and Concepts
  - General Introduction to World Religions: Hinduism, Islam, Confuciousism, Christianity and Judaism
  - Buddhism as a Religion
  - A brief introduction to Jainism
- II Philosophy** 15
- Definition : Nature and Concepts
  - General Introduction of Upanisadic, Nyaya, Sankhya, Yoga, Vaisesika, Purvamimamsa, Utaramimamsa Carvaka and Jain
  - Buddhist Philosophy: The Middle Path (madhyamapratipada)
  - Significance of the Buddha's Silence
- III Basic Philosophical Teachings of the Buddha** 15
- Four Noble Truths**
    - Suffering (dukkha)
    - Arising of Suffering (dukkhasamudaya)
    - The Cessation of Suffering (dukkhanirodha)
    - The Path Leading to the Cessation of Suffering (dukkhanirodhagamini pratipada)
  - Law of Dependent Origination**
    - Ignorance (avidya)
    - Karmic Propensities (samskara)
    - Consciousness (vijana)
    - Name and Form (nama-rupa)
    - The Six Sense Spheres (sadayatana)
    - Contact (sparsha)

VII	Four Philosophical Schools of Buddhism	15
VIII	Religio-philosophical Interpretation of Mahayana	15
IX	Religions - Philosophical Interpretation of Vajrayana	15

**a. Religious Practices**  
 i. Vajrayana:- Meaning Definition, Objectives  
 ii. Vajrayana Sadhana: Bijaksara, Devata, Mandala, Puja, Lasya-Nrtya, Giti, Stuti, Dharani, Mantra  
 iii. Abhiseka-s:-  
 - Position of the Guru, Required qualification of a disciple  
 - Pancabhiseka

**b. Philosophy**  
 i. Avarana-s: Meaning, types- klesavarana - jneyavarana  
 ii. Nairtmya-s: Meaning, types- pudgala nairtmya - dharna nairtmya  
 iii. Satya-s : Meaning, types - sambritisatya - paramartha Satya  
 iv. Svabhava-s: Meaning, types- parikatapta - paratantra  
 v. Sunyata : Meaning, types  
**Religions - Philosophical Interpretation of Vajrayana**  
 v. Sunyata : Meaning, types  
 - parimispanna  
 - paratantra  
 iv. Svabhava-s: Meaning, types- parikatapta - paramartha Satya  
 iii. Satya-s : Meaning, types - sambritisatya  
 - dharna nairtmya  
 ii. Nairtmya-s: Meaning, types- pudgala nairtmya - jneyavarana  
 i. Avarana-s: Meaning, types- klesavarana - jneyavarana

IV	Buddhist Liberation	15
V	Buddhist Ethics and Perfections	15
VI	Buddhist Meditation	15

**a. Arahata and Nirvana**  
 i. Stream Enterer (srotapanna)  
 ii. Once-returner (sakradagamin)  
 iii. Non-returner (anagamin)  
 iv. Arahata  
**b. Bodhisattva and Buddhata**  
 i. Concept of Bodhisattva in Theravada Buddhism  
 ii. Concept of Bodhisattva in Mahayana Buddhism  
 iii. Bodhisattva Bhumi-s:  
 a. pramudita  
 b. vimala  
 c. prabhakarī  
 d. arcismati  
 e. sudrajaya  
 f. abhimukhi  
 g. durangama  
 h. acala  
 i. sadhumati  
 j. dharmamegha  
 iv. Buddhata (Buddhahood)

**a) Precepts:** i) pancasila ii) astasila, iii) dasasila  
 b) pratimoksa: i) parajika ii) sanghadisesa iii) pacitteya  
 c) Bodhisattva - samvara: i) astadasa mulapatti (18), ii) 46 bodhisattva pracita  
 d) paramita-s: i) Theravada approach, ii) Mahayana approach  
**Buddhist Meditation**  
 A General Introduction of Samadhi or Dhyanā  
 a. Samatha Meditation  
 b. Vipasyana Meditation

- b. Philosophy**
- i. Prajna - Upaya; Male - Female and Sunyata-Karuna
  - ii. Advaya, Mahasukha
  - iii. Philosophical concept of Pancabuddha, Sriheruka
  - iv. The concept of citamatra and its implication in Hevajra and Kalacakra
- c. An Outline of the Religious Concepts and Philosophical Doctrines of the following Lamastic Buddhism**
- i. Rmin-ma-pa
  - ii. Sa-ska-pa
  - iii. Bkah-rgyud-pa
  - iv. Dge-lugs-pa
- Some Important Concepts of Buddhism**
- i. pancaskandha-s
  - ii. dhātu-s and ayātana-s
  - iii. Four brahmanavahara-s
  - iv. tri-sarana
  - v. tri-yaṇa
  - vi. bodhicitta
  - vii. śīla-samādhi-prajña
  - viii. hetu-pratyay
  - ix. pudgalanairatmya and dharmanairatmya
  - x. klesavarāna and jñeyavarāna
  - xi. punyasambhara and jñanasambhara
- Recommended Readings:**
1. Acharya, Baladeva Upadhyaya, *Buddha Darśan Mimamsa*, Third Edition, Varanasi: Chaukhamba Vidya Bhawan, 1978.
  2. Acharya, Narendra Dev, *Boudha Dharma-Darshan (Hindi)*, Reprint, Delhi: Motilal Banarasidas, 1994.
  3. Bapat, P.V. *2500 Years of Buddhism*, Fifth Reprint, Delhi: Publication Division, Ministry of Information and Broadcasting Government of India, 1987.
  4. Bhattacharya, B., *Buddhist Exoterism*, Reprint, Delhi: Motilal Banarasidas, 1980.
  5. Buddhagosā, Bhadantacariya, (Tr. Bhikṣu Nanamoli), *The Path of Purification*, Singapore Buddhist Meditation Center, 1956.
  6. Chatterjee, A.K., *The Yogacara Idealism*, Delhi: Motilal Banarasidas, 1962.

X

7. Dasgupta, S.B., *An Introduction to Tantric Buddhism*, Third Edition, Calcutta: University of Calcutta, 1974.
8. Dutt, Nalinakṣha, *Mahayana Buddhism*, Delhi: Motilal Banarasida, 1978.
9. Geshe, Lhundup Sopa & Jeffrey Hopkins, *Practice and Theory of Tibetan Buddhism*, India: B.I. Publication, 1976.
10. Gyaltzen Sakya Drappa, (Tr. Dr. Mark Tatz), *Chandrakomī's Twenty Verses on Bodhisattva Vow*, India: Library of Tibetan Works and Archive, 1982.
11. Gutchow, Neil, *The Nepalese Chaiyas*, London: Axel Menges, 1997.
12. Jaidev Singh, *An Introduction to Madhyamaka Philosophy*, Delhi: Motilal Banarasida, 1968.
13. Mittal, K.K., *Sunyavada - The Madhyamika Thought*, Delhi: Department of Buddhist Studies, University of Delhi, 1993.
14. Murti, T.R.V., *The Central Philosophy of Buddhism*, London: Unwin Paperbacks, 1955.
15. Pande, G.C., *Studies in Mahayana*, Saranath: Central Institute of Higher Tibetan Studies, 1993.
16. Piyadassi, Thera, *The Buddha's Ancient Path*, London: Rider and Company, 1964.
17. Radhakrishnan, S. *Indian Philosophy* Vol.1, Oxford University Press, 1929.
18. Shastri, Acarya Shanti Bhikṣu, *Bodhicaryavatara (Hindi)*, Lucknow: Buddha Vihara, 1983.
19. Singh, Amar, *The Saurantika Analytical Philosophy*, Delhi: Dharmacakra Publications, 1995.
20. Soma Thera, *The Way of Mindfulness*, Reprinted by Singapore Buddhist Meditation Center, First Revised Ed. 1981.
21. Suzuki, Beatrice Lane, *Mahayana Buddhism - A Brief Outline*, New York: Macmillan Company, 1969.
22. Upadhyaya, Bharatsimha, *Buddhadarsana Taha Anya Bharatīyadarsana*, Vols.2, Reprint, Delhi: Motilal Banarasidas, 1996.

History of Buddhism and Buddhist Literature

BS. 502

Paper: II  
F.M.: 100  
Teach. Hrs.: 150

Course Description

This course consists of two groups, namely, Group A: History of Buddhism and Group B: History of Buddhist Literature. Group A will deal with the origin of Buddhism, emergence of various Buddhist sects, schools and expansion of Buddhism in South-East Asia and North-East Asia. This group is divided into five units. Group B will deal basically with the Buddhist Pali and Sanskrit literature. Tibetan Buddhist literature will also be studied in brief.

The main objectives of this course is to provide a historical account of Buddhism and a chronological as well as descriptive account of Buddhist Literature.

Course Contents  
Group A: History of Buddhism 50  
Group B: History of Buddhist Literature 50

Group A: History of Buddhism  
Teach. Hrs. 15

- I Units**
1. Life of the Buddha
  - ii. Buddha's First Sermon
  - iii. Formation of Buddhist Order and its Role in the Propagation of Buddhism
  - iv. Mahaparinirvana and Distribution of Buddha's relics
- II**
- Buddhist Canons** 15
1. The First Council
  - ii. The Second Council including the Great Council of Mahasamighika
  - iii. The Third Council
  - iv. The Fourth Council
- III The Development of Different Schools in Buddhism** 15
1. Development of Eighteen Buddhist Schools
  - ii. Development of Mahayana Buddhist School
  - iii. Development of Vajrayana Buddhist School

Expansion of Buddhism in Asia

- i. Buddhism in South East Asian Countries (Sri Lanka, Myanmar, Thailand and Indo-China)
- ii. Buddhism in the North-East Asian Countries (Tibet-China, Mongolia, Japan, Korea)

V An Introduction to Buddhist Monastic Universities 15

- i. Nalanda
- ii. Vallabhi
- iii. Vikramasila
- iv. Jagadala
- v. Odantapuri

Group B. History of Buddhist Literature 50

(a) Buddhist Pali Literature

- VI A General Introduction to the Pali Tipitaka-s 30
- VII A General Introduction to the Anupitaka-s
- VIII A General Introduction to the Pali Commentary works

(b) Buddhist Sanskrit Literature

- IX A General Introduction to the Mahasanghika and Sarvastivadi Literature Mahavastu, Sarvastivada Tripitaka-s
- X A General Introduction to the Nava-Vaipulyasutra-s
- XI A General Introduction to the Tantra Literature (astahasrika).

(c) Tibetan Buddhist Literature

- (a) Bkah - hgyur 15
- (b) Bstan - hgyur

Recommended Readings

- Group A : History of Buddhism
1. Bapat P.V. (ed.), *2500 Years of Buddhism*, Fifth Edition, Delhi: Publication Division, Ministry of Information and Broadcasting, Govt. of India, 1987.
  2. Dutt, Nalinaksha, *Buddhist Sects in India*, Second Edition, Delhi: Motilal Banarasidass, 1978.
  3. Hazra, Kanai Lal, *The Rise and Decline of Buddhism in India*, Delhi: Munshiram Manoharlal, 1995.
  4. Mukharji, Radhakumud, *Asoka*, Delhi: Motilal Banarasidass, 1972.
  5. Pande, G.C., *Studies in the Origins of Buddhism*, Fourth Edition, Delhi: Motilal Banarasidass, 1995.
- Group B: History of Buddhist Literature
1. Banerjee, A.C., *Sarvastivada Literature*, Reprint, Calcutta: The World Press Pvt. Ltd., 1979.
  2. Banerjee, Biswanath, *Sri Kalacakratantra-Raja*, Calcutta: The Asiatic Society, 1985.
  3. Bapat P.V. (ed.), *2500 Years of Buddhism*, Fifth Edition, Delhi: Publication Division, Ministry of Information and Broadcasting, Govt. of India, 1987.
  4. Csoma De Koros, Alexander, *Analysis of Kanjur*, Second Edition, Delhi: Sri Satguru Publishers, 1982.
  5. Farrow, G.W. and I. Menon, *The Concealed Essence of the Hevajra Tantra*, Delhi: Motilal Banarasidass, 1992.
  6. Law, B.C., *A History of Pali Literature*, 2 Vols., Delhi: Indological Book House, 1983.
  7. Snellgrove, D.L., *The Hevajra Tantra*, Part I, Reprinted, London: Oxford University Press, 1980.
  8. Wayman, Alex., *Yoga of the Guhyasamaja Tantra*, Delhi: Motilal Banarasidass, 1977.
  9. Winternitz, Maurice, *History of Indian Literature*, Vol. II, Reprint, Delhi: Motilal Banarasidass, 1993.

Buddhist Art and Architecture

BS. 503

Paper: II  
F.M.: 100  
Teach. Hrs.: 150

Course Objectives

The main objectives of this course is to provide a comprehensive knowledge of Buddhist Art and Architecture from the beginning to the present time emphasizing the basic features of its development in different historical periods. Special emphasis will be laid on the various forms and patterns of Nepalese Buddhist Art and Architecture and their role in the development of the Buddhism in the Kingdom of Nepal.

Course Content

Units

- I  
Literary and Archaeological Sources for the Study of the Buddhist Art and Architecture. 15
- i. Literary
  - ii. Archaeological : Rock-cuts, Cave Stones, Stucco, Clay, Terracotta, Metal, Wood, Cloth and Paper

Group A: Buddhist Art

- II 15  
Origin and Development of Buddhist Art
- i. Symbolic representation of the Buddha
  - ii. Contributions of Gandhara, Mouryan, Sunga, Kushana, Gupta and Pala-Sena arts to the development of Buddhist Art in India and Nepal
  - iii. Study of the canons of early Buddha and Bodhisattva images and sculptural art representing Buddhism

The Study of Nepalese Buddhist Images

- 15  
1. stone, stucco, clay and terracotta  
ii. metal  
iii. wood  
iv. painting

Comparative Study of the Buddhist Art-traditions of

- 15  
India and Nepal

The Study of Nepalese Paintings

- 15  
i. Manuscript Paintings  
ii. Wall Paintings  
iii. Painting Traditions of Northern Nepal  
iv. Miscellaneous



Group B: Buddhist Architecture

- VI Origin and Development of Buddhist Architecture in Nepal 15
- VII Stupa Architecture of Nepal 15
- i. Comprehensive study and salient features of the stupas of India and Nepal
- ii. Chief features of Svayambhu, Baudha, Namo-Buddha, Tukan-Bahal, Srigaha-bahal and Cilanco-chaitiyas
- VIII Vihara Architecture of Nepal 15
- i. Comparative study and stylistic features of Vihara architecture of India and Nepal
- ii. A brief study of the historical Viharas of Nepal - Gum Vihara, Mana Vihara, Raj Vihara,
- iii. A survey study of the existing Viharas - Rudravarna Vihara, Hiranyavarna Vihara, Bhaskaravarna Vihara, Mayuravarna Vihara, Keshachandra Paravarta Vihara, Gunakar Mahavihara, Tengboche Gumba
- IX An Outline Study of the Famous Buddhist Temples of Nepal 15
- i. The Red Matsyendra Temples of Bungmati and Patan
- ii. Seto Matsyendra Temple of Jana Bahal, Kathmandu
- iii. Adinath Temple of Chobhar
- iv. The Karunamaya Temple of Nala
- X A Comprehensive Study of Buddhist Art and Existing Remains of the Following Sites 15
- i. Surkhet
- ii. Ramnigama, Lumbini, Kapilvastu
- iii. Mustanga, Western Nepal
- iv. Kathmandu Valley
- v. Solukhumbu

1. Agrawal V.S., *Indian Art, Varanasi: Prithvi Prakashan, 1965.*
2. Ananda, K. Coomarswami, *History of Indian and Indonesian Art, London: 1927.*
3. Ariand K. Coomarswami, *The Origin of the Buddha Image* Delhi: Munshiram Monoharlal Publisher Pvt. Ltd., 1972.
4. Bajracharya, M.B., *Nepaliko Madhyakalin Kala* Prakashan, 1980.
5. Banerjee, N.R., *Nepalese Architecture*, Delhi: Agam Kala Prakashan, 1980.
6. Banerjee, N.R., *Nepalese Architecture*, Delhi: Agam Kala Prakashan, 1980.
7. Bangdel, Lain S. *Inventory of Stone Sculptures of the Kathmandu Valley*, Kathmandu: Royal Nepal Academy, 1995.
8. Battacharya, B. *The Indian Buddhist Iconography*, Delhi: Asian Educational Services, 1993.
9. Battacharya, D.C. *Studies in Buddhist Iconography*. Delhi: Manohar, 1978.
10. Bendall, Cecil, *A Journey of Literary and Archeological Research in Nepal and Northern India During the Winter of 1884-85*. Reprint Bibliotheca Himalayica Series 3, Vol. 2. Kathmandu: Ratna Pustak Bhandar, 1974.
11. Bernier, Ronald M. *The Temples of Nepal: An Introductory Survey*. Kathmandu: Voice of Nepal, 1970.
12. Bernier, Ronald M., *The Nepalese Pagoda: Origins and Style*, Delhi: S Chand & Company Ltd., 1979.
13. Bernier, Ronald M., *The Temples of Nepal*, Second Edition, Delhi: S Chand & Company Ltd., 1978.
14. Bhattacharya B.ed. *Sadhnamala* Baroda: Oriental Institute, 1925, Vol. II.
15. Bhattacharya, Benoytosh, *The Indian Buddhist Iconography* 2<sup>nd</sup> revised ed. Calcutta: Firma K.L. Mukhopadhyay, 1968.
16. Bhattacharya, Benoytosh, ed. *Nispamnyogavali* Gaekwad's Oriental Series No. 109. Baroda: Oriental Institute, 1949.
17. Bhattacharya, Benoytosh, ed. *Sadhnamala* 2 vols. 2<sup>nd</sup> ed. Gaekwad's Oriental Series No. 26, Baroda: Oriental Institute, 1929.
18. Bhattacharya, Deepak Candra, *Tantric Buddhist Iconographic Sources*, New Delhi: Munshiram Manoharlal, 1974.
19. Bhattasali, Nalini Kanta, *Iconography of Buddhist and Brahmanical Sculptures in the Dacca Museum*. Varanasi: Indological Book House, 1972.

42. Korn, Wolfgang, "The Traditional Architecture of the Kathmandu Valley". *Bibliotheca Himalayica*, Series 2, Vol. 2, Kathmandu: Ratna Pustak Bhandar, 1976.
43. Korn, Wolfgang, *The Traditional Architecture of Kathmandu Valley*, Kathmandu: Ratna Pustak Bhandar, 1972.
44. Kramrish, Stella, *The Art of Nepal*. New York: Asia Society, 1964.
45. Lock, John K. *Buddhist Monasteries of Nepal*, Kathmandu: Sahayogi Press Pvt. Ltd, 1985.
46. Lock, John K. "Rato Matsyendranath of Patan and Bungamati", Kathmandu: T.U. INAS Historical Series No.5, 1973.
47. Lokesh Chandra, *Buddhist Iconography* Macdonald A.W. & A.V. Stahl, *Newar Art*, Delhi: Bikash Publishing House, 1979.
49. Murthy, K. Krishna, *Sculptures of Vajrayana Buddhism*, Delhi: Classics India Publications, 1989.
50. Murthy, Krishna K. *Sculptures of Vajrayana Buddhism*, Delhi: Classiss India Pub., 1989.
51. Murthy, Krishna K., *Iconography of Buddhist Deity Heruka*, Delhi: Sundep Prakashan, 1988.
52. Niels Gutschow, *The Nepalese Catya*, London: Axel Menges, 1997.
53. Pal, P. *The Arts of Nepal*, Vol. I & II, Leiden: E.J. Brill, 1974.
54. R. Bernier, *The Nepalese Pagoda*.
55. Regmi, D.R. *Ancient Nepal*, Calcutta: Firma K.L.M., 1965.
56. Regmi, D.R. *Medieval Nepal I & II*, Calcutta: Firma K.L.M., 1965-66.
57. Roerich, George, *Tibetan Paintings*, Delhi: Gian Publishing House, 1985.
58. Deo, *Glimpses of Nepalese woodwork*.
59. Sarasvati, *A Survey of Indian Art*.
60. Shakya, H.R. *Catya Thagu Atmakatha (Nepal Bhasa)*, Patan: Byakharaj Bajracharya, 1993.
61. Shakya, Min Bahadur, *The Iconography of Nepalese Buddhism*. Lalitpur: Handicraft Association of Nepal, 1994.
62. Sharma, P.R. *An Introduction to the Art and Architecture of Karnali Basin*.
63. Sharma, R.C., *The Splendour of Mahura Art and Museum*, Delhi: D.K. Printworld Pvt. Ltd., 1994.
64. Singh, Madanjeet, *Himalayan Art*, UNESCO Art Books, New York: Grafic Society, 1968.

20. Bhikshu Sudarshan, *Nepali Vihara ka Visheshaharu*, Kathmandu, 1997.
21. Bhiksu Sudarsan, *Padmapani Bodhisatva*, ..... Ratmanan Asokaman Shakya.
22. Bronz, P. *Indian Architecture (Buddhist and Hindu Period)* 3<sup>rd</sup> Ed. India, 1956.
23. Brown, P. *Indian Architecture (Hindu and Buddhist Period)*. Brown, Percy, *Indian Architecture (Buddhist and Hindu)*. Seventh Reprint, Bombay: Taraporwala Son & Company Pvt. Ltd, 1976.
25. Brown, Percy, *Indian Paintings Under the Mughal*, Delhi: Cosmo Publications, 1981.
26. Burnier, Ronald M. *The Temple of Nepal*. Kathmandu: 1970.
27. Coomar Swami, Anand K. *The Origin of the Buddha Images*. Delhi: Munshiram Manohar Lall, Pub., 1972.
28. Coomaraswami, Ananda Kumar, *Elements of Buddhist Iconography*, Cambridge: Mass, 1935.
29. Das, Gupta, *Nepalese Miniatures*.
30. Dasgupta, R., *Nepalese Miniatures*, Varansi: Bharatiya Bidya Prakashan, 1968.
31. Deva Krishna, *Buddhist Art of India and Nepal*, Saranath: Central Institute of Higher Tibetan Studies, 1987.
32. Dietrich Seeckal, *The Art of Buddhism* Trans. By Ann. E. Keep. London: Methnew, 1965.
33. Dobbins, K. Walton, *The Stupa and Vihara of Kaniska I*, Calcutta: The Asiatic Society, 1971.
34. Hawell, E.B., *Indian Sculpture and Painting*, Third Edition, Delhi: Cosmo Publications, 1980.
35. Hawell, E.B., *The Ancient and Medieval Architecture of India*. London: John Murray, 1913.
36. History of Indian & Indonosian Art.
37. Jass, Burgess, *Buddhist Art in India*, Reprint, Delhi: S. Chand & Company Pvt. Ltd.,
38. John K. Locke, *Buddhist Monasteries of Nepal*, Kathmandu: Sahyogi Press, 1985.
39. Josi, Satya Mohan, *Nepal Baudha Kala*, Kathmandu: Dharmodaya Sabha, 2500 Buddha Samvat.
40. Walton Doffins, "The Stupa and Vihara of Kaniska" I, Kathmandu: *The Asiatic Society*.
41. Kern, H. *Manual of Indian Buddhism*, Delhi: Motilal Banarasisdas, 1974, 1989.

Course Objectives

This course introduces the students to the unique Buddhist Tradition and Culture, which have been practised by the Buddhist societies of Nepal since the beginning of Buddhism in the country. The main objective of this course is to impart basic knowledge about Buddhist societies and their sacraments, festivals, cultural values and practices, philosophy, literature and scholars of Nepal.

Course content:

Units

I Introduction and Development of Buddhism in Nepal. 15  
Teach. Hrs.

i. Mythological accounts as depicted in the Svayambhu Purana

ii. Literary sources: Buddhist literature, chronicles and foreign accounts

iii. Historical accounts of Buddhism with special reference to archaeological evidences from the Licchavi and Malla periods

II Buddhist Societies of Nepal 15

i. Buddhist Societies of Kathmandu Valley: their occupations and their contributions

III Buddhist Sacraments of Nepal 15

i. An Introduction to Samskara karma

ii. The Theravadin rites: birth, entry to monkhood, vivaha, pamsakula (death rites) in Nepal

iii. The ten Vajrayana rites (dasakarma): the garbhadhana, pumsavana, simantopaneyana, jatakarma, namakarana-upanayana, annaprasana, cudakarma, bratabandha, vratamokhsana and panigrahana,

iv. The other rites: brhmapaneyana, and sacraments after death.

v. An outline study in the sacraments of other Buddhist community: Tamang, Gurung and Thakali

IV

a. Buddhist festivals and pilgrimage sites of Nepal 15

Buddhist festivals

65. Slusser, Mary, *Nepal Mandala*. Second Edition. Kathmandu: Mandala Book Point, 1998.

66. Slusser, Mary Shepherd, *Nepal Mandala*. New Jersey: Princeton University Press, 1982.

67. Stella, Kramrisch, *Note on the Bodhisatva Image in the Standford Museum*. Artibus Asiae, 1964.

68. Stella, Kramrisch, *Temples of India*.

69. Stella, Kramrisch, *Art of Nepal*. New York: Asia Society, 1964.

70. Stella Kramrisch, *The Art of Nepal*.

71. Susan, L. Huntington, *The Art of Ancient India*. New York: Weatherhill, 1985.

72. Swasti Ratna Shakya (ed.), *Buddhist Art and Culture*, Kathmandu: 1991.

73. Vajracarya, Manavajra, *Nepalko Madhyakalin kala*, Kathmandu: HMG Ministry of Information and Broadcasting, n.d.

74. Winstedt, Richard, *Indian Art*. London: Sidgwick and Jackson, 1966.

75. Wolfgang Korn, *The Traditional Architecture of the Kathmandu Valley*, Kathmandu: Ratna Pustak Bhandar, 1979.

Journals:

1. Deo, Shantaram Bhaleandra, "Glimpses of Nepal Woodwork", *The Journal of the Indian Society of Oriental Art* n.s. 3 (1968-9), entire volume.

2. Kooij, Karel Kujik van. "The Iconography of the Buddhist Wood Carvings in a Newar Monastery in Kathmandu (Chusyabaha)", *Journal of the Nepal Research Centre* 1:39-82.

3. Slusser, Mary, and Gautamvajra Vajracarya, "Early Nepalese Sculptures", *The Illustrated London News*, 160:68-73.

4. "Some Nepalese Stone Sculptures: A Reappraisal within Their Cultural and Historical Context", *Artibus Asiae* 35: 1-2, 79-138.

5. "Some Nepalese Stone Sculptures: Further Notes", *Artibus Asiae*, 35:3, 269-70.

- ii. Importance and position of Pancaraksha sutra, Mahapratyangira sutra, Aparimityu sutra, and Grahmatrika patha  
 iii. A general introduction to Buddhist tantra  
 literature: Durgati parisodhana tantra, Karaviratanttra, samarodaya tantra, and Vajravarakhikalpa.
- b. Prominent Nepalese Buddhist Acharya-s  
 Buddhahadra, Silamanju, Bandhudatta, Bagisvarakirti, Advayavajra, Samantastri Punyakarabhadra
- X Recent Awakening of Buddhism in Nepal 15  
 i. The Theravada movement in Nepal after 1940 A.D.  
 ii. The Mahayana development with special reference to the  
 Scholarly contributions of Pt. Amritananda,  
 Dharmadiya and Nisthananda  
 iv. Advent of Northern Buddhist schools in Kathmandu Valley.
- Recommended Readings  
 1. Amritananda, Bhiksu, *A Short History of Theravada Buddhism in Modern Nepal*, Third Edition, Kathmandu: Anandakuti Vihara Trust, 1986.  
 2. Anderson, Mary M. *The Festivals of Nepal*. London: Geo. Allen and Unwin Ltd., 1971.  
 3. Aryal, Mukund, ed. *Dharmakosha Sangraha*. Kathmandu: Royal Nepal Academy, 1999.  
 4. Bajracharya, B.R. *Buddhism of Nepal*, Kathmandu: Aanakukuti Vihara Trust, 1986.  
 5. Bajracharya, Badritama and Ratnakaji, *Nepal Jana-Jivana Kritya Paddhati*, Kathmandu: Authors, 1963.  
 6. Bajracharya, Mana Bajra, *Mythological History of the Nepal Valley from Swayambhu Purana*, Kathmandu: Avalok Publishers, 1978.  
 7. Bajracharya, N.M., *Buddhism in Nepal (455 B.C. to 1199 A.D.)*. Delhi: Eastern Book Linkers, 1998.  
 8. Banerjee, B. Ed. *Srikalacakratantara*. Calcutta: The Asiatic Society, 1985.  
 9. Banerjee, Biswanath, *Srikalacakratantara-Raja*, Calcutta: The Asiatic Society, 1985.

- i. Significance of festivals in Buddhist society.  
 ii. Historical review of the Buddhist festivals in Nepal  
 iii. Important Buddhist festivals of Nepal- Buddha Jayanti, vihara puja, samyakbhoya, pancadana, gunla dharna and nalaseva, rato and seto Matsyendranatha rathajatra
- b. Buddhist Pilgrimage Sites of Nepal  
 i. Concepts of pilgrimage in Buddhism  
 ii. History of Buddhist pilgrimage  
 iii. Buddhist pilgrimage sites of Nepal- Lumbini, Ramgram, Swayambhu, Baudha, Four Kurunamaya-s of Valley, Four Yogini-s of Valley, Dadasatirtha-s and AstavaitaragaTirtha-s
- V Moral practices in Nepalese Buddhism 15  
 i. Buddhist Ordination  
 ii. Vajracharya Initiation  
 iii. Vratas : types, objectives  
 Spiritual Practices in Nepalese Buddhism 15  
 i. Samadhi: threefold-samadhi: the ritualistic aspect  
 ii. Threefold-samadhi: the practical aspect  
 iii. Yoga-sadangayoga: pratyahara, dhyanana, pranayama, dharana, anusmrti, samadhi.
- VII Conceptual Framework of Nepalese Buddhism 15  
 i. The Mahayana theory  
 ii. The Vajrayana theory  
 iii. The Four Philosophical Schools of Buddhism: Vaibhasika, Sautantrika, Madhyamika and Yogacara
- VIII Buddhist Order and Monasteries of Nepal 15  
 a) Buddhist order (sangha) and monasteries in ancient period  
 b) Traditional Buddhist orders and monasteries of Nepal  
 7 Traditional Orders: Sakya-Bhikshu-sangha, and Acharya (Vajracharya)-*Sangha*  
 ii. The baha-s and bahi-s-of Kathmandu Valley  
 iii. Sacred order in the Gompas of Northern Nepal
- IX Buddhist Literature of Nepal and Prominent Nepalese Buddhist Acharya-s of ancient period  
 a. Buddhist Literature of Nepal  
 i. Importance and Position of Navasutra-s in Nepalese Buddhism

- 21
28. Ram, Rajendra, *A History of Buddhism in Nepal (A.D. 704-1396)*, Delhi: Motilal Banarasisdas, 1978.
  29. Roerich, George, ed. and tr. *The Blue Annals* 2 vols. Calcutta: The Royal Asiatic Society of Bengal, 1949.
  30. Sakya, Hemraj, *Sanyak Mahadan Guthi*. Kathmandu: Jagadhar Tuladhar, 2036 V.S.
  31. Sakya, Min Bahadur, *A Short History of Buddhism in Nepal*. YBP English Series 1. Patan: Young Buddhist Publication, 1984.
  32. Shrestha, Candra Bahadur, *Buddhist Geography of Ancient Nepal*. Kathmandu: Dharmodaya Sabha, 1956.
  33. Singh, Amar, *The Saurantika Analytical Philosophy*. Delhi: Dharna Cakra Publications, 1995.
  34. Singh, H.L., *Buddhism in Nepal*. Lalitpur: Satish Singh, 1990.
  35. Singh, Madanjeet, *Nepal Mandala: A Cultural Study of the Kathmandu Valley*. Vols. 2. Princeton: Princeton University Press, 1982.
  36. Skorupski, Tadeusz, *The Sarvadurgatiparisodhana Tantra*. Delhi: Motilal Banarasisdas, 1983.
  37. Snellgrove, D.L., *Buddhist Himalaya*. Oxford: Bruno Cassirer, 1957.
  38. *Travels of Fah-hian and Sung-yun, Buddhist Pilgrims from China to India (400 A.D. and 518 A.D.)*. Trans. Samuel Beal, Delhi: Sushil Gupta, 1964.
  39. Vajracarya, Manavajra, *Hamro Cad Parvahaniko Vivecana*, Kathmandu: Ratna Pustak Bhandar, 2025 V.S.
  40. Vajracarya, Nhucheraj, *Mannaikko Vamsavali*, Lalitpur: Ratnaraj Vajracarya, 2029 V.S.
  41. Vajracarya, Ratnakaji and Vijaya Ratna Vajracarya, *Nepa Deya Viharaya Taca*, (Key to Viharas in Nepal). Kathmandu: Authors, 1983.
  42. Vajracarya, Dhanavajra, *Licchavikalaka Abhilekh*, Second Edition, Kirtipur: CNAS, 1997.
  43. Wright, Daniel ed. *History of Nepal* Translated from the Parbatiya by Munshi Shew Shunker Singh and Pandit Sri Gunanand. 1958. Reprint. Kathmandu: Nepal Antiquated Book Publishers, 1972.
  1. Allen, Michael, "Buddhism Without Monks: The Vajrayana Religion of the Newars of Kathmandu Valley," *South Asia* 3 (1973):1-4.

10. Bapat, P.V. ed. *2500 Years of Buddhism*, Fifth Reprint, Delhi: Division of Publication, Ministry of Information and Broadcasting, Gov. of India, 1987.
11. Bu-ston, *The History of Buddhism in India and Tibet*, Delhi: Sri Satguru Publication, 1986.
12. Chatterjee, A.K., *The Yogacara Idealism*, Delhi: Motilal Banarasisdas, 1962.
13. Farrow, G.W. and I. Menon, *The Concealed Essence of the Hevajra Tantra*, Delhi: Motilal Banarasisdas, 1992.
14. *Gopalarajvamsavali*, Edited and translated by Dhanavajra Vajracarya and Kamal P. Malla, Nepal Research Centre Publication No. 9. Wiesbaden: Franz Steiner Verlag, 1985.
15. Gyawali, Surya Bikram, *Nepal Upayyakako Madhyakalin Lihasa*, Kathmandu, Royal Nepal Academy, 2019 V.S.
16. Hasrat, Bikramajit, ed. *History of Nepal*. As told by its own and contemporary chroniclers. Hosiarpur: Author, 1970.
17. Joshi, S.L., *Nepal Under Amisvarna*, Delhi: Anmol Publications, 1993.
18. Lama, Taranath, *History of Buddhism in India*. Trans. Lama, Rigzin, Lundup (Hindi), Patna: K.P. Jayaswal Research Institute, 1971.
19. Lock, John K., *Kato Matsyendranth of Patan and Bungamati*. Tribhuvan University, Institute of Nepal and Asian Studies, Historical Series no. 5. Kathmandu: 1973.
20. --- *Karyamananya, The Cult of Avalokitesvara-Matsyendranth in the Valley of Nepal*. Kathmandu: Sahayogi Prakashan/CNAS, 1980.
21. Mitra, Rajendral, *Sanskrit Buddhist Literature of Nepal*, 1982. Reprint, Calcutta: Sanskrit Pustak Bhandar, 1971.
22. Mittal, K. K., *Sunyavada - The Madhyamika Thought*, Delhi: Department of Buddhist Studies, University of Delhi, 1993.
23. Mukharji, Radhakumud, *Asoka*, Delhi: Motilal Manarasisdas, 1972.
24. Nepali, Gopal Singh, *The Newars*. Bombay: United Asia Publications, 1965.
25. Oldfield, Henry Ambrose, *Sketches from Nipal*, 2 vols, 1880, Reprint, Delhi: Cosmo Publications, 1974.
26. *On Yuan Chwang's Travels in India*, Trans. Thomas Walters, Delhi: Munshi Ram Manohar Lal, 1961.
27. Pradhan, B.L., *Buddhism in Nepal (Nepali)*. Kathmandu: Royal Nepal Academy, 1990.

**Buddhist Heritage of Northern Nepal  
and  
Thesis**

**BS. 505**

**Paper: V**  
**F.M.: 50**  
**Teach. Hrs.: 75**

**Group A: Buddhist Heritage of Northern Nepal**

**Course Objectives**

The Nepal Himalaya presents distinct religious values. The main objectives of teaching this course is to provide general knowledge of Himalayan Buddhist heritage in terms of sacred-secular concept, cosmology, aesthetic values, peace, spiritual and source of inspiration.

**Course Contents**

**Units**

**I Land, People and Cosmology**

- a. Land and People**
- i. Geography, ecology and environment
  - ii. Buddhist communities of the Nepal Himalayas
  - iii. Their occupations
- b. Prayers, Sermons, death and demons in Northern Buddhist cosmology**

**II History of Buddhism in Northern Nepal**

- a) Introduction of Bon religion
- b) Historical development of Lamaistic Buddhism in Tibet and Nepal Himalayas
- c) Buddhism in Laddakh, Sikkim and Bhutan
- d) Schools of Lamaistic Buddhism

**III Monastic Institutions**

- i. Organization of monastic institutions
- ii. Hierarchy of the Lamas
- iii. Religious calendar of Gompa
- iv. Altar worship and ritual objects
- v. Relationship between Animism and Buddhism

2. Brough, John, "Nepalese Buddhist Rituals," *Bulletin of the School of Oriental and African Studies* 3 & 4 (1948): 668-76.
3. Chattopadhyaya, K.P. "An Essay on the History of Newar Culture," *Journal and Proceedings, Asiatic Society of Bengal*, n.s. Vol. 19, 10: 465-560.
4. Dip, Dhruva Krsna, "panc Dhyani Buddha", *Prajna* 9:36-44.
5. Gutschow, Niels and Hemraj Sakya, "The Monasteries (baha and bahi) of Patan-- A Contribution Towards the Cultural Topography of a Newar Town," *Journal of the Nepal Research Centre* 161-174.
6. Joseph, Marietta B. "The Viharas of the Kahmandu Valley: Reliquaries of Buddhist Culture", *Oriental Art*, Vol. XVII, 2: 1-23.
7. Leinhard, Siegfried, "Nepal: the Survival of Indian Buddhism in a Himalayan Kingdom," in Heinz Becher and Richard Gombrich eds., *The World of Buddhism*, buddhist Monks and Nuns in Society and Culture (London: Thames and Hudson, 1984), p. 108-14.
8. Lock, John K. "Newar Buddhist Initiation Rites". *Contributions to Nepalese Studies* Vol. II, 1: 1-23.
9. Macdonald, Alexander W. "A Little-read Guide to the Holy Places of Nepal." *Kailash* Vo. 3 2:89-19.
10. Pant, Mahesh Raj, "Newara Kingdom and Brahman, Regarding Rajviharas", *Purnima*, Kathmandu: No. 85.
11. Pant, Mahesh Raj, "Two Manuscripts of Prajnapararnita", *Purnima*, Kathmandu: No. 73.
12. Pant, Mahesh Raj, "Two Manuscripts of Prajnapararnita", *Purnima*, Kathmandu: No. 74.
13. Riccardi, Theodore, Jr. "Buddhism in Ancient and Early Medieval Nepal", in A.K. Narain, ed., *Studies in History of Buddhism* (Delhi: B.R. Publishing Corp, 1980), p.265-281.
14. Shastri, G. C. "Hinduism and Buddhism in Nepal." *Ancient Nepal* 4:48-51.
15. Vajracarya, Dhanavajra, "Cumvihara", *Madhuparka*, Baisakh, 2029 V.S. 22-25.
16. -----, "Samsuddhiko Akraman", *Purnima* 8:6-13.
17. Vajracarya, Kabiraj Dhanarata, "Kasi Svayambhu Nepalma Agama," *Gorkhapatra*, 8 Kartik 2032, p.8.

8. Snellgrove, D.L. *Buddhist Himalaya*. London: Bruno Cassirer (Publishers) Ltd, 1957.  
9. Stein, R. A., *Tibetan Civilization*. London: Faber & Faber Ltd, 1972.

IV Buddhist Pilgrimage and Festivals 15

- a. Pilgrimage  
i. Religious significance of four major pilgrimages and eight minor pilgrimages  
Kailasha-Manasarovara, Kathmandu Valley, Lapchi in Dolakha, Chari in Sikkim, Lumbini, Bodhagaya, Saranath, Muktinath
- b. Buddhist Festivals  
i. Lo Sar  
ii. Nyungne  
iii. Var tong  
iv. Tyiji  
v. Dumji  
vi. Mami Rimdu  
vii. Nara

V Study of Important Buddhist Centers of the Nepal 15

- i. A general Survey of Himalayan Buddhist monasteries in Nepal.  
ii. Limi Gompa in Humla  
iii. Bon Gompa in Dolpa  
iv. Tsarang Gompa in Mustang  
v. Tashi Gompa (Nunnery) in Dolakha  
vi. Thubten Chhyo Ling Gompa and Tengboche Gompa in Solukhumbu.

Recommended Readings:

1. Bell, Sir Charles, *Religions of Tibet*, reproduced, Delhi: Low price Publications, 1997  
2. Donald, S. Lopez, *Religion of Tibet*, Revised Edition. Delhi: Munshiram Manoharlal, 1997.  
3. Giuspe, Tucci, *The Religion of Tibet*, Delhi: Allied Publishers, 1980.  
4. Kunwar, Ramesh Raj, *Five of Himal : An Anthropological Study of the Sherpas of Nepal HimalayanRegion*. Delhi: Nirala Publications, 1989.  
5. ...., *Tourism and Development (Only Pilgrimage Chapter)*, Kathmandu: Laxmi Kunwar, 1997.  
6. ...., *Himalayan Heritage, A Study of Society, Culture and Nepal*, Kathmandu: Laxmi Kunwar, 1999.  
7. Samuel Geoffrey, *Civilized Shaman*, Nepal Edition, Kathmandu: Mandala Book Point, 1995.

In this paper (Paper V, Group B), provision has been made for writing a thesis, which will be of 50 marks. The students will prepare and submit their thesis proposals to the Head of the Department before the end of the academic session. The Department will provide supervision during the field work and writing of the thesis. The students shall have to submit the thesis as per the rule of the University.

Group B: Thesis

LIBRARY  
UNIVERSITY OF DELHI  
DELHI