



Samrat Ashok Subharti School of Buddhist Studies

A Constituent College of

SWAMI VIVEKANAND SUBHARTI UNIVERSITY

Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut

- 250005 Website: www.subharti.org, E-



Certificate Course in Vipassanā Meditation (6 Months Certificate Course)

Courses Offered :

1. Evening Batch: 3.00 p.m. to 4.00 p.m. Monday, Tuesday, Wednesday, Friday).
2. The duration of the course is six months.
3. Theory Classes will be held on every Monday and Tuesday.
4. Meditation Practice Classes will be held on every Wednesday and Friday. Evening 3:00 P.M. to 3:30 P.M. at Meditation Hall, SASSBS, Subharti University, Meerut.
5. Bonus points will be given to students attending the maximum number of classes.
6. A vacation of 15 days will be there during the course duration; the dates for which will be conveyed to the students well in advance.
7. Participants should come for the classes in decent and comfortable clothing, appropriate for Vipassanā Meditation.
8. A Vipassanā Meditation retreat of 3-4 days can be arranged with the consent of the participants. The expenses for which will be borne by the participating candidates, in addition to the course fees. The retreat will be optional and not mandatory for all.
9. There will be a written test at the end of the course. Students must qualify to obtain their certificates, Pass Marks are 40 %. The total marks obtained will be mentioned on the certificate.
10. 6-month Certificate Course in Vipassanā Meditation comprises 6 months. Those who successfully clear the exams. (Practical & theory) of 6 months. After completing a 6-month Certificate in Vipassanā Meditation certification is given.
11. The subject papers and their respective marks will be thus:

PAPERS	SUBJECTS	FULL MARKS
One	Meditation Theory	70
Two	Meditation Practical	30
Total		100

12. Two photographs have to be submitted, one for the identity card and the other for office records.
13. Eligibility: High school with a minimum of 50% for Gen./OBCs and 45% for SCs/STs is required to be eligible to secure admission.
14. Scope: After completion of the Certificate in Vipassanā Meditation, one can work professionally too. But one should keep enhancing one's knowledge and skills.
15. On any issue concerning this course, the decision of Subharti University would be final and binding.



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16. Students should bring in note copy, pen and preferably white, for their practical classes. Meditation sessions will be held on the second floor, Meditation Hall. Kindly arrive 5 minutes before the class begins.

17. Age: No Bar

SYLLABUS

- Paper One: Meditation Theory
- Paper Two: Meditation Practical
- General Paper: Meditation Evaluation

Paper One: (Meditation Theory)

1. Chanting
2. Meditation (Meaning and Introduction of Meditation)
3. Types of Meditation (Ānāpānasati, Kāyānupassanā, Vedanānupassannā, Cittānupassanā and Dhammānupassanā)
4. Taking note of the mental problems of participants.
5. Distractions in the path of Meditation and its immeasurable benefits, if one keeps moving along the journey of Meditation.
6. Human Body and the Mind: Functioning, Concerning the Meditation.
7. Meditation in Tripitaka, Special References.
8. Satipaṭṭhāna-sutta

Recommended Books:

- Sutta-piṭaka by Pali Text Society
- The Buddha and his Dhamma by Dr. B.R. Ambedkar
- Art of Living by Satya Narayan Goyanka
- Satipaṭṭhāna by Satyanarayan Goyanka Guruji
- Aspect of Buddha-Dhamma by Angaraj Chaudhary
- Buddha: Life and Teaching by Angraj Chaudhary