



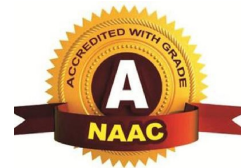
Samrat Ashok Subharti School of Buddhist Studies

A Constituent College of

SWAMI VIVEKANAND SUBHARTI UNIVERSITY

Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut - 250005

Website: www.subharti.org, E-mail: buddhiststudies@subharti.org, Ph: 0121-3055000



Certificate Course in Vipassana Meditation (6 Months Certificate Course)

Courses Offered :

1. Evening Batch: 3.00 p.m. to 4.00 p.m. Monday, Tuesday, Wednesday, Friday).
2. 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 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 Vipassana Meditation.
8. A Vipassana 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 is 40 %. Total marks obtained will be mentioned on the certificate.
10. 6 month Certificate Course in Vipassana Meditation comprises of 6 months. Those who successfully clear the exams. (Practical & theory) of 6 month. After completing 6 Months Certificate in Vipassana 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 record.
13. Eligibility :
14. Scope: After completion of Certificate in Vipassana Meditation, one can work professionally too. But one should keep enhancing one's knowledge and skill.
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 second floor, Meditation hall. Kindly reach 5 minutes before the class begins.
17. Age : - No Bar

Syllabus for the Six Months Course:

Certificate in Vipassana Meditation.

- Paper One (Meditation Theory)
- Paper Three : (Meditation Practical)
- Journal Paper: (Meditation evaluation)

Paper One : (Meditation Theory)

1. Chanting
2. Meditation (Meaning and Introduction of Meditation)
3. Types of Meditation (Anapanasati, Kayanupassana, Vedananupassanna, Chitanupassana and Dhammanupassana)
4. Taking note of mental problem 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 its mind functioning, with reference to the Meditation.
7. Meditation in Tripitaka, Special References.
8. Satipatthana Sutta

Recommended Books:

- Suttapitak
- The Buddha and his dhamma by Dr. B.R Ambedkar
- Art of living By Satya Narayan Goyanka.
- Development of Mind
- Satipathana by SatyanarayanGoyanka
- Aspect of Buddhadhamma by Angaraj Chaudhary
- Buddha life and teaching by Angraj Chaudhary