

Buddhist and Pali University of Sri Lanka
Faculty of Graduate Studies and Centre for External Examinations
Diploma in Buddhism
Detailed Curriculum - (2026 Onwards)

Field of Study: Buddhism			
1.	<table border="1" style="width: 100%;"> <tr> <td style="width: 50%;">Title of the Course Unit</td> <td>Early Buddhism: Fundamental Teachings</td> </tr> </table>	Title of the Course Unit	Early Buddhism: Fundamental Teachings
Title of the Course Unit	Early Buddhism: Fundamental Teachings		
2.	<p>Objective/s of the Course</p> <p>To study the specific characteristics of early Buddhism and its teaching with reference to the <i>Tipiṭaka</i>.</p>		
3.	<p>Intended Learning Outcomes</p> <ol style="list-style-type: none"> 1. Define the meaning of Early Buddhism. 2. A study on the life of the Buddha, Buddhist Ethics, Buddhist meditation 3. Study the basic doctrines of Buddhism with emphasis on Causality, Four Noble Truths and Three Signs. 4. A study on two truths and examine the Aggregates, Faculties and Elements. 5. Clarify the relationship between <i>Kamma</i> and Rebirth. 6. Recognise the nature of wholesome and unwholesome actions. 7. Understand the concept of the Noble Saṅgha. 8. Realize the nature of <i>Nibbāna</i>. 		
4.	<p>Recommended Reading:</p> <ul style="list-style-type: none"> ○ Dhammadassi, Nayimbala. (2010). <i>What is Reality</i>. Colombo: Author Publication. ○ Gnanarama, Pategama. (2000). <i>Essential of Buddhism</i>. Singapore: Corporate Body of Buddha Education Foundation. ○ Jayetilaka K.N. (1969). <i>The Message of the Buddha</i>. Kandy: Buddhist Publication Society. ○ Kalupahana, D.J. (2007). <i>A Source Book of Early Buddhist Philosophy</i>. Dehiwala: Buddhist Cultural Center. ○ Kalupahana, D.J. (1976). <i>Causality; The Central Philosophy of Buddhism</i>. Honolulu: The University Press of Hawaii. ○ Kalupahana, D.J. (1977). <i>Buddhist Philosophy: A Historical Analysis</i>. Honolulu: The University Press of Hawaii. ○ Narada. (2010). <i>The Buddha and His Teachings</i>. Kandy: Buddhist Publication Society. ○ Rahula, Walpola. (1999). <i>What the Buddha Taught</i>. Colombo: Gadage Publication. ○ Somaratne G.A. (2022). <i>An Introduction to Early Buddhist Soteriology</i>. London: Palgrave Macmillan. ○ Thomas, E.J. (1993). <i>History of Buddhist Thought</i>. Delhi: Asian Education Services. 		

Field of Study: Buddhism			
1.	<table border="1" style="width: 100%;"> <tr> <td style="width: 50%;">Title of the Course Unit</td> <td>Buddhist Social Dimension</td> </tr> </table>	Title of the Course Unit	Buddhist Social Dimension
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2.	<p>Objective/s of the Course</p> <p>To explore the sociological principles inherent in Buddhist teachings and their relevance to contemporary society.</p>		
3.	<p>Intended Learning Outcomes</p> <ol style="list-style-type: none"> 1. A study of foundational concepts of Buddhist social dimension and their sociological implications, origin of society according to Buddhist sources. 2. Buddhist ethics and Buddhist social norms as reflected in the organization of the Buddhist monastic order. 3. Study Buddhist teachings in relation to social structures and relationships, oneness of mankind, state and government, economics and the use of economic resources. 4. Assess the role of Buddhism in addressing modern societal challenges such as social justice, gender equality, and environmental ethics. 5. Apply Buddhist sociological principles to real-world contexts. 6. Scrutinize Buddhist methods and skills while discussing Buddhist sociological themes. 7. Apply Buddhist philosophical applications to bring peace to the society. 		
4.	<p>Recommended Reading:</p> <ul style="list-style-type: none"> ○ Bond, G.D. (1988). <i>The Buddhist Revival in Sri Lanka: Religious Tradition, Reinterpretation, and Response</i>. Columbia: University of South Carolina Press. ○ Gombrich, R.F. (1988). <i>Theravāda Buddhism: A Social History from Ancient Benares to Modern Colombo</i>. London: Routledge. ○ Harvey, P. (2000). <i>An Introduction to Buddhist Ethics: Foundations, Values, and Issues</i>. Cambridge: Cambridge University Press. ○ Queen, C.S. and King, S.B. (1996). <i>Engaged Buddhism: Buddhist Liberation Movements in Asia</i>. Albany: State University of New York Press ○ Sivaraksa, S. (2005). <i>The Wisdom of Sustainability: Buddhist Economics for the 21st Century</i>. Berkeley: Parallax Press. ○ Wanarathana, Rideegama & Rathnayaka, Rathnasiri (2016). <i>Ethical and Philosophical Teachings in Buddhism</i>. Puwakpitiya: Publication Institute of Pali and Buddhist Studies. 		

Field of Study: Buddhism	
1.	Title of the Course Unit Geographical Expansion of Buddhism
2.	Objective/s of the Course A Study of the inception and spread of Theravada Buddhism in the countries of South and South East Asia.
3.	Intended Learning Outcomes (ILOs) <ol style="list-style-type: none"> 1. Study the Pre- Buddhist religions in each country. 2. Examine the assimilation of Buddhism with indigenous beliefs. 3. Buddha's 45 years of missionary service, synopsis of the 1st, 2nd & 3rd Buddhist Council. 4. Expansion of Buddhism in South Asia and South East Asia. 5. Pinpoint the historical background of the Theravada Buddhist Countries. 6. Elucidate the origin of Buddhism in individual countries. 7. Describe the impact of Buddhism on the culture of those countries 8. Discuss the new trends of Buddhist activities.
12.	Recommended Reading: <ul style="list-style-type: none"> ○ Adikaram, E.W. (1946) <i>History of Buddhism in Ceylon</i>. Colombo: M.D. Gunasena & Co. LTD. ○ Banerjee, A.C. (1973) <i>Buddhism in India and Abroad</i>. Calcutta: Munshiram Manoharlal Publishers. ○ Bapat, P.V. (1956) <i>2500 Years of Buddhism</i>. Delhi: Ministry of Information and Broadcasting. ○ Dutt, S. (1978) <i>The Buddha and five after Centuries</i>. Calcutta: Munshiram Manoharlal Publishers. ○ Dutt, N. (1987) <i>Buddhist Sects in India</i>. Delhi: Motilal Banarsidas Publishers. ○ Guruge, Ananda W.P (1984) <i>Buddhism The Religion and Its Culture, The World Fellowship of Buddhism Dharmadura Activities Committee "Vision House"</i>, Colombo: Mahindra Senanayake Sridevi Printings Works. ○ Hazra, K.L. (1986) <i>History of Theravada Buddhism in South-East Asia</i>. New Delhi: Munshiram Manoharlal Publishers. ○ Rahula, W. (1956) <i>History of Buddhism in Ceylon</i>. Colombo: M.D. Gunasena & Co. LTD.

Field of Study: Buddhism	
1.	<p>Title of the Course Unit</p> <p>Introduction to Buddhist Psychology and Counselling</p>
2.	<p>- Objective/s of the Course</p> <ul style="list-style-type: none"> - To introduce the fundamental principles of Buddhist philosophy and their relevance to counselling. - To explore the core teachings of Buddhism, including the Four Noble Truths and the Eightfold Path. - To develop an understanding of Buddhist psychology and its practical application in counselling. - To highlight the role of mindfulness and meditation in Buddhist-based counselling practices. - To explain the therapeutic benefits of applying Buddhist principles in addressing mental health challenges. - To provide insights into the connection between suffering, attachment, and the healing process.
3.	<p>Intended Learning Outcomes (ILOs)</p> <ol style="list-style-type: none"> 1. Have an overview on the nature and scope of Buddhist Psychology. 2. Understand the core teachings of Buddhism and their application in counselling practice. 3. Analyze the concept of suffering and its significance in Buddhist counselling. 4. Demonstrate knowledge of the Eightfold Path as a framework for mental health. 5. Apply mindfulness techniques to enhance the effectiveness of counselling sessions. 6. Integrate principles of Buddhist psychology into counselling interventions. 7. Evaluate the role of the Buddhist counsellor in fostering mental well-being.
4.	<p>Recommended Reading:</p> <ul style="list-style-type: none"> ○ Bindra, D. (1959) <i>Motivation: A Systematic Reinterpretation</i>. New York: The Ronald Press Company. ○ Davis, C. R. (2018) <i>Buddhist Psychology: An Inquiry into the Analysis and Theory of Mind in Pali Literature</i>. London: Forgotten Books. ○ De Silva, P. (2005) <i>An Introduction to Buddhist Psychology</i>. (4th Ed.) United Kingdom: Library of Philosophy and Religion. ○ De Silva, P. (2007) <i>The Psychology of Emotions in Buddhist Perspective - Sir D. B. Jayatilleke Commemoration Lecture</i>. Kandy: Buddhist Publication Society. http://www.accesstoinight.org/lib/authors/desilva-p/wheel237.html ○ Jacobs, B. (2017) <i>The Original Buddhist Psychology: What the Abhidharma Tells Us about How We Think, Feel, and Experience Life</i>. New York: Amazon. ○ Keen, E. (2001) <i>A History of Ideas in American Psychology</i>. Westport: Praeger Publishers/Greenwood Publishing Group.

<ul style="list-style-type: none"> ○ Schultz, D. P. & Schultz, S. E. (2004) <i>A History of Modern Psychology</i>. (8th Ed.). Belmont: Wadsworth and Thomson Learning. ○ Silva, P. D. L. (1977) <i>Buddhist and Freudian Psychology</i>. London: The Macmillan Press. ○ Stevenson, A. (2001) <i>Studying Psychology</i>. New York: Palgrave.

Field of Study: Buddhism	
1.	<p>Title of the Course Unit</p> <p>Pali Language and Literature</p>
2.	<p>Objective of the Course</p> <ul style="list-style-type: none"> - To understand the basic Pali Grammar, - To identify the Pali Texts, - To write the Pali sentences and verses - To chant the Pali correctly.
3.	<p>Intended Learning Outcomes</p> <ol style="list-style-type: none"> 1. Understanding the Pali Canon 2. Study the precepts and the qualities of the Buddha, Dhamma and Saṅgha 3. Learn the alphabet of the Pali 4. Learn the Vandana Gathas & Metta Sutta and recite the Pali process correctly 5. Chant the Pali Verses Correctly 6. Write the Pali sentences 7. Explain the Pali literary factors
4.	<p>Recommended Reading:</p> <ul style="list-style-type: none"> ○ Adikaram E.W (1947) <i>Pali Reader</i>. Colombo. ○ Buddhadatta Thera P (1997) <i>New Pali course Part I</i>. Colombo. ○ Law, B.C (1933) <i>A History of Pali Literature Vol. 1</i>. London: TS ○ Warder A.K (1963) <i>Introduction to Pali</i>. London: PTS ○ Winternit, M (1933) <i>A history of Indian literature Vol. 2</i>. Calcutta.

The “Diploma in Buddhism” takes on a new exciting learning format consisting of lectures, assignments, presentations, class activities such as meditation, case studies, role play, temple visits, etc...

The Final Course Evaluation will be based on exam, written assignments as well as participation and contributions in class activities.