

**St. Mira's College for Girls**  
**Autonomous Affiliated to Savitribai Phule Pune University**

**Syllabus- Foundation Course in Buddhist Psychology**

**Course Syllabus**

- No. of Modules – 5
- 50 Hours of Teaching (5\*10)
- 10 Hours of Assignments (20marks per unit\* 5 = 100 marks)
- Timings- 12- 2 pm & 3- 6 pm (2- 3pm- Lunch break)

**Course Outcomes:**

At the end of the course, the learner will be able to

- Describe the basic concepts and theories of Buddhist psychology
- Recognize the motivation of an awakened mind- Bodhichitta
- Integrating mindful movement with breath
- Providing introduction to Buddhist meditation

**Module 1- Introduction to Expressive Arts, Mindful Movement & Breathing**

**Date-** 29th & 30th January 2022

**Teachers-**AnubhaDoshi, PallaviDeshmukh, KarishmaHarlalka

- Intention Setting & Merit dedication
- A tribute to Gautama Buddha - the source of the 2600-year wisdom legacy
- Cultivating the motivation of an awakened mind- Bodhichitta
- Introduction of the participants & Sacred circle with object
- Practicing Mindful movement with Breath
- Introduction to Buddhist meditation

**Module 2- The 4 Immeasurables**

**Date-** 5th & 6th February 2022

**Teachers-**Tripura Kashyap, Anubha Doshi

- Introduction to Brahmaviharas
  - Metta (loving Kindness)
  - Mudita (Sympathetic Joy)
  - Karuna (Compassion)
  - Upekha (Equanimity)
- Theory of Brahmaviharas
- Experiencing seated meditation practices
- Embodied practices through therapeutic movement



### Module 3- Neuroscience, Wellbeing & Resilience (Theory and Practice)

**Date-** 26th & 27th February 2022

**Teachers-** Anubha Doshi, Tripura Kashyap, Karishma Harlalka

- Nature-Based Expressive Arts
- The science of Well-being
- Knowing the Richard Davidson's model: 4 pillars of wellbeing (Awareness, Connection, Insight and purpose)
- Practicing Mindful Movement with Breath
- Embodying the Paramitas (Generosity, Discipline, Patience, Exertion, Meditation and Wisdom)

### Module 4- Buddhist Philosophy and its growing relevance in the Modern Age

**Date-** 12th & 13th March 2022

**Teachers-** Pallavi Deshmukh


- Understanding the Interdependence/Interconnectedness (through the lens of Dependent Origination and Emptiness)
- Knowing the idea of Impermanence
- Awareness of emotions in everyday life
- Studying The Path of the Sacred Warrior - Part 1 & Part 2
- Feeling Harmony and Joy

### Module 5- Mindful awareness and its practice through Art

**Date-** 26th, 27th March 2022

**Teachers-** Avantika Malhautra

- Artistic inquiry through meditative experiences
- Exploring the quality of presence
- Understanding Self-reflection as a resource in daily life

  
Ms. Sharmin Palsetia  
Course Coordinator



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**Name of Course: Foundation Course in Buddhist Psychology**

**No. of Credits : 4**

**Period From : May-Jun 2023**

**Name of the Teacher Incharge: Ms. Anubha Doshi**

Sr.No.	Name of the Student	Marks Obtained	Out of	Credits	% of Attendance
1	Mansee Kulkarni	0	100	0	20%
2	Mimansa Popat	0	100	0	70%
3	Rupa Sen	85	100	4	60%
4	Kanika Mangal	75	100	4	80%
5	Manisha Mahaldar	0	100	0	80%
6	Monzia Mushtaq	0	100	0	40%
7	Sucheta Baidya	88	100	4	90%
8	Pushpanjali Sharma	90	100	4	90%
9	Punya Ahuja	88	100	4	90%

*Anubha Doshi*

**Ms. Anubha Doshi**  
**Course Instructor**

*Sharmin Palsetia*

**Ms. Sharmin Palsetia**  
**Course Co-ordinator**

*Jaya Rajagopalan*

**Dr Jaya Rajagopalan**  
**Principal Incharge**

*Shalini Eyer*  
*Dr. Shalini Eyer*  
*Coordinator*

