



**Diploma in Buddhist Studies  
in collaboration with  
University of Kelaniya Sri Lanka**



**Syllabus as per UoK Prospectus**

**Course code – DBSF 03045**

**Title – Buddhist Ethics and Meditation**

**Status – Optional**

**Course Content:**

Religious and philosophical definitions to ethics; Buddhist discourses leading to ethics; freewill and morality; *kusala- akusala*; criteria of ethical judgment ; duty and obligation; ethics and social welfare; Buddhist ethics related to religion, politics, economics and society; teacher-pupil ethics; psycho- physical disorders; worry and fear; *citta, mano* and *vinnana*; mind culture; mind development and peace; insight meditation leading to self control; *sila, samadhi* and *pannā*; *nibbana* - the supreme bliss;

**Method of teaching and learning Assessment:**

Lectures, classroom discussions and case studies. Presentations and end of course examination.

**Class Schedule shall be posted in Google Classroom  
on commencement of course!**