

# **ADD ON COURSE**

## **OFFERED BY PHILOSOPHY DEPARTMENT OF**

### **BAPUJEE COLLEGE, SARUKSHETRI**

**THE  
TEACHING  
OF  
BUDDHA IN  
PRACTICAL  
LIFE**

**CONTACT**



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## **ADD ON COURSE SYLLABUS**

### **DEPARTMENT: PHILOSOPHY**

#### **TOPIC: "THE TEACHING OF BUDDHA IN PRACTICAL LIFE"**

**COURSE OBJECTIVE:** Lord Buddha attained "Enlightenment" under the Bodhi tree. After attaining nirvana Buddha became a figure proving the wisdom he attained and helped billions of people to end their suffering and attaining the state of Nirvana.

The objective of the course is spiritual upliftment of the students by way of Yoga and Meditation as well as following the middle path of Lord Buddha.

**COURSE OUTCOMES:** The present society is more and more competitive time. Specially students are running the race to attain highest marks. Some students are suffering from depression. Most of students have lack of confidence and have no proper knowledge how to live their life, how to love themselves. Love yourself is the beginning of knowledge. But when we follow teaching of Buddha intuitively specially four noble truths, eight-fold path helps us to control things and get attached to them, that freedom from suffering is nirvana. Nirvana is state in life of letting go all desire and that this is attained through the eightfold path. The eight aspects in which one must practice are right views, right intention to free oneself from attachment, ignorance and hatefulness, right speech not be harmful and abstaining from lying gossiping. Right mindfulness to overcome every negativity effect, and right concentration to achieve a higher state of consciousness.

#### **COURSE CONTENT: Part-A**

**CHAPTER 1:** Meaning of the term BUDDHA. Significance of Buddha Purnima. Buddhism and Upanisha. Buddhism and other school of Indian Philosophy .

**CHAPTER 2:** Buddha as a practical philosopher.

**CHAPTER 3:** The three universal truths and basic teaching of Buddha. Four-Noble Truth . Noble-Eight path or Middle path. The Triple Jewel. The Five percepts.

#### **PART –B**

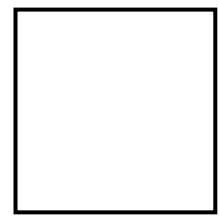
Impact of Buddhist Teaching on Society

**Meditation**

**Yoga**

**Bapujee College  
Sarukshetri**

Admission form  
Add-on course: The Teaching Of Buddha In Practical Life  
(Offered by Philosophy Department)



SR. NO. ....

**PART-A- TO BE FILLED IN BY THE STUDENTS**  
(Please fill the form in BLOCK CAPITALS)

1. Name of the Students .....
2. Date of Birth ..... Nationality ..... Mother Tongue .....
3. Name of Mother .....
4. Name of Father .....
5. a) Postal Address ..  
.....  
b) Email Address ..  
c) Phone No(s) .....
6. Permanent Address ..  
.....
7. Semester .....
8. Roll No .....

Signature .....

Date .....

**PART-B-FOR OFFICIAL USE ONLY**

1. Name of the Students .....
2. SR.No.Alloted ..... Semester .....

**Principal's Signature .....**

Sl No	Year	Name
1	2021	Anjuma Barman
2	2021	Ashim Sarkar
3	2021	Babita Mandal
4	2021	Bhanushree Das
5	2021	Jonali Mazumdar
6	2021	Kakoli Deka
7	2021	Mamata Mandal
8	2021	Munmi Barman
9	2021	Pallabi Roy
10	2021	Purnima Deka
11	2021	Ranju Rani Baro
12	2021	Sipra Sarkar
13	2021	Sunita Roy
14	2021	Tapan Sarkar
15	2021	Tillottoma Das
16	2021	Babul Baro
17	2022	Aditi Roy
18	2022	Anuja Talukdar
19	2022	Bhaswati Mandal
20	2022	Prasenjit Mandal
21	2022	Ajoy Barman
22	2022	Sumi Deka
23	2022	Karismita Barman
24	2022	Pinki Mandal
25	2022	Pratima Bhuyan
26	2022	Dipanjali Talukdar
27	2022	Indra Begum
28	2022	Mandira Baro
29	2022	Swapnamani Deka
30	2022	Urmila Barman
31	2022	Pritam Barman
32	2023	Mouchumi Medhi
33	2023	Lipika Choudhury
34	2023	Joyoshri Barman
35	2023	Chandana Bhuyan
36	2023	Nikita Bhuyan
37	2023	Krishna Deka
38	2023	Pritirekha Deka
39	2023	Janakimoni deka
40	2023	Bhitali Talukdar
41	2023	Bandana Pathak
42	2023	Sumita Roy
43	2023	Bidyut Deka
44	2023	Pinku Barman

45	2023	Sudarsana Deka
46	2023	Nilakshi Barman
47	2023	Rima Deka
48	2023	Krishnamani Barman
49	2023	Hiramani Barman
50	2023	Himakshi Deka
51	2023	Barasha Baruah
52	2023	Amisha Yasmin
53	2023	Ehayaniva Begum
54	2023	Supriya Talukdar
55	2023	Rimpi nath
56	2023	Bhanita Bharali
57	2023	Pallabi Roy
58	2023	Sweety Baishya
59	2023	Smriti Baishya
60	2023	Beauty Deka