

NAMGYAL INSTITUTE OF TIBETOLOGY

DEORALI, GANGTOK, SIKKIM

SUBJECT : UMA ZHIGYAPA (BODHISATTAVA DEEDS)

LESSON PLAN FOR SIX WEEK SHORT COURSE

Day	1 st week	2 nd week	3 rd week	4 th week	5 th week	6 th week
Monday	Chapter 1 (Permanence) Stanza 1 to 7	Stanza 11 to 17	Stanza 21 to 25.1,2,	Chapter 5 (Bodhisattva Deeds) Stanza 5 to 11	Stanza 15 to 21	Chapter 8 Stanza 24 to 25.1 to 5
Tuesday	Stanza 8 to 14	Stanza 18 to 24	Chapter 4 (Pride) Stanza 3 to 9	Stanza 12 to 18	Stanza 22 to 25.1,2,3	Stanza 6 to 12
Wednesday	Stanza 15 to 21	Chapter 3 (Cleanliness) Stanza 25 to 6	Stanza 10 to 16	Stanza 19 to 25	Chapter 7 (Sense Objects) Stanza 4 to 10	Stanza 13 to 19
Thursday	Stanza 22 to 25. 1,2,3,	Stanza 7 to 13	Stanza 17 to 23	Chapter 6 (Disturbing Emotion) Stanza 1 to 7	Stanza 11 to 17	Stanza 20 to 25
Friday	Chapter 2 (Pleasure) Stanza 4 to 10	Stanza 14 to 20	Stanza 24 to 26. 1, 2, 3,4	Stanza 8 to 14	Stanza 18 to 23	Exam
Saturday	Group Discussion	Group Discussion	Group Discussion	Group Discussion	Group Discussion	

Reference books: UMA ZHIGYAPA

1. Writer : Aryadeva. Commentary by Gyel-Tsap. Translated by Ruth Sonam. Publisher: Snow Lion Publication Ithaca, New York.

2. Translator: Roger Jackson: Carleton Collage. Anne Klein: Rice University John Strong: Bates Collage.