

**Subject card**

<b>Subject name and code</b>	Far Eastern Religions. Buddhism - Lecture, PG_00200643						
<b>Field of study</b>	Religious Studies						
<b>Date of commencement of studies</b>	October 2026	<b>Academic year of realisation of subject</b>			2026/2027		
<b>Education level</b>	Bachelor's studies	<b>Subject group</b>			Obligatory subject group in the field of study Optional subject group Subject group related to scientific research in the field of study		
<b>Mode of study</b>	full-time studies	<b>Mode of delivery</b>			at the university		
<b>Year of study</b>	1	<b>Language of instruction</b>			Polish		
<b>Semester of study</b>	1	<b>ECTS credits</b>			2.0		
<b>Learning profile</b>	academic	<b>Assessment form</b>			credit		
<b>Conducting unit</b>							
<b>Name and surname of lecturer (lecturers)</b>	<b>Subject supervisor</b>		dr hab. Robert Czyżykowski				
	<b>Teachers</b>						
<b>Lesson types</b>	<b>Lesson type</b>	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	<b>Number of study hours</b>	15.0	0.0	0.0	0.0	0.0	15
	E-learning hours included: 0.0						
<b>Learning activity and number of study hours</b>	<b>Learning activity</b>	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	<b>Number of study hours</b>	15		2.0		33.0	50
<b>Subject objectives</b>	<p>The aim of the course is to familiarize students with the basic issues of Buddhism as a philosophical system and a universalist religion of most Asian cultures. The subject is to familiarize students with the history of the origins of Buddhism, basic information on the organization, doctrine and philosophy of Buddhism, and the contemporary connections between Buddhism and Western science - mainly psychology. The aim of the lecture is also to show the diversity of Buddhism depending on the culture; therefore, the lecture content will be supplemented with original film and photo material brought from Buddhist temples in Tibet, China, India, Nepal, Vietnam, Laos, Cambodia, Japan. The theoretical content discussed during the lecture will be deepened and discussed during exercises, where various meditation techniques will be presented within the framework of the Buddhist trends presented during the lecture. During the exercises, students will learn about and experience various forms of meditation and meditation techniques.</p>						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[RELL3_W04] Has advanced, structured knowledge of the history of various religions, understands the historical conditions of their development	The student demonstrates a comprehensive knowledge of Buddhism and the place of Buddhism among world religions. Understands the historical conditions for the development of Buddhism in the world.	[SW1] oral statement/ conversation/discussion
	[RELL3_K03] Is willing to acknowledge and respect different points of view determined by different religious, national and cultural backgrounds	The student demonstrates openness and tolerance towards cultural and religious differences.	[SK1] oral statement/conversation/ discussion
	[RELL3_W08] He knows the dangers of religious conflicts, understands the importance of consensus-oriented action and the search for solutions based on mutual respect and the rejection of all forms of discrimination	The student is ready to recognize and respect different points of view determined by different religious, national and cultural backgrounds.	[SW1] oral statement/ conversation/discussion
	[RELL3_U02] Be able to recognise different types of ancient and contemporary cultural artefacts and to critically analyse and interpret them in order to determine their meanings, social impact and place in the historical-cultural process	The student understands contemporary processes taking place in regions where Buddhism dominates.	[SU1] oral statement/conversation/ discussion
[RELL3_W03] Has advanced, structured detailed knowledge of cultural and religious studies	Has knowledge about Buddhism and its place among the world's religions.	[SW2] presentation/project/paper/ report	
Subject contents	<p>HISTORY AND PHILOSOPHY OF BUDDHISM History of Buddhism and Directions of Development in the World Hindu Roots of Buddhism Contemporary Branches of Buddhism: Mahayana Great Vehicle (Tibet, Vietnam, China, Japan, Korea) and Hinayana Small Vehicle (India, Ceylon, Burma, Indochina), Vajrayana, Lamaism (Powers, pp. 103-120) Life of Prince Siddhartha Gautama and His Path to Enlightenment (Powers, pp. 25-58) Basic Buddhist Philosophy and Terminology; Theory of Reincarnation as Exemplified by the Tibetan Wheel of Life and Death; Buddha's Teachings: Four Noble Truths (On Suffering, On the Origin of Suffering, On the Annihilation of Suffering, On the Path to the Annihilation of Suffering); The Eightfold Path (View, Attitude, Life, Aspiration, Meditation, Absorption, Awakening, Knowledge); The Five Prohibitions and Precepts; The Establishment of the Canon of Texts (Basket of Discipline, Basket of Sermons, Basket of Higher Doctrine) (Powers, pp.63-73) TIBETAN BUDDHISM (Lamaism): Schools of Tibetan Buddhism (Nyingma, Kagya, Sakya, Geluk) (Powers, pp.387-517) Tibetan Buddhist Doctrines and Practices, Bon Tradition, Tantric Practices (Tibet, China) (Powers, pp.271-346, pp.535-539) The Bardo Process (film); The Tibetan Book of the Dead (Bard-do Tos-grol) with Jungs Commentary (Powers, pp. 351-379) Shambala on Mount Kailash: The Mystical Realm of Enlightened Beings. A Travelogue. Buddhist Monasteries in Little Tibet (Laddhak, India). A Travelogue NATIONAL BUDDHISM, VIETNAMESE ZEN: Main Canons and Zen Philosophy Zen Meditation Techniques A Travelogue of a Visit to the Vietnamese Zen Monastery of Truc Lam BUDDHISM IN THE WORLD: Buddhism in China Buddhism in Japan Buddhism in Korea Buddhism in India</p>		
Prerequisites and co-requisites	lack		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	exam	51.0%	70.0%
	participation in classes	51.0%	30.0%

Recommended reading	Basic literature	<p>Powers, J. (1995). <i>Wprowadzenie do buddyzmu tybetańskiego</i>. Kraków: Wyd A</p> <p>Kalmus, M. (2008). <i>Tybet, legenda i rzeczywistość</i>. Kraków: Wydawnictwo Bezdroża</p> <p>Różycka-Tran, J. (2015). W kole życia i śmierci. W: Boski, P., Różycka-Tran, J., Sorokowski, P., <i>Podróże psychologiczne przez kultury świata</i>. s. 91-182. Poznań: Sorus.</p> <p>Trilok Chandra Majupuria, Rohit Kumar (2005). <i>Gods, Goddesses and religious symbols of hinduizm, buddhism and tantrism</i>. Kathmandu: Modern Printing Press</p> <p>Zen Master Thich Thanh Tu z klasztoru Truc Lam: <i>At the Zen Gate, The Carefree Leaves, Open the door to self emancipation, The source of Buddhist Dharmas, Buddhism for beginners</i></p> <p>Fromm, E., Suzuki, D.T., De Martino, R. (2000). <i>Buddyzm ZEN i psychoanaliza</i>. Poznań: Dom wydawniczy Rebis.</p> <p>Drabina, J. (red.), (2004), <i>Buddyzm</i>. Kraków: Zeszyty Naukowe Uniwersytetu Jagiellońskiego</p> <p>Przybysławski, A. (red., 2005) <i>Forma i pustka. Od buddyzmu do nauki i z powrotem</i>. Opole: Wyd. Hung.</p>
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	Supplementary literature	<p>Artykuły:</p> <p>Różycka-Tran., J., Tran, A.Q. (2021). Historia i specyfika buddyzmu wietnamskiego: zen Trúc Lâm, W: <i>Buddyzm - tradycje i idee</i> (Krzysztof Jakubczyk, red.), Kraków: Księgarnia Akademicka, 6 tom serii "Studia buddyjskie", w druku</p> <p>Różycka-Tran, J. (2020). Nie ma buddy bez Buddy. <i>Przegląd Religioznawczy</i>, 4, 59-69, doi: 10.34813/ptr4.2020.6; <a href="https://journal.ptr.edu.pl/index.php/ptr/article/view/190">https://journal.ptr.edu.pl/index.php/ptr/article/view/190</a></p> <p>Różycka-Tran, J., Tran A. Q. (2014). Self-regulation techniques in Vietnamese Zen Truc Lam monastery. <i>Gdańskie Studia Azji Wschodniej</i>, 6, 123-133.</p> <p>Różycka, J., Tran A. Q. (2012). Wpływ technik samoregulacyjnych na procesy psychofizyczne. Badania w grupie sztuk walki Thien Mon Dao. <i>Gdańskie Studia Azji Wschodniej</i>, 1, 69-83. doi: 10.4467/23538724GS.12.006.2029</p> <p>Davidson, R. (2005). Emotion Regulation, Happiness, and the Neuroplasticity of the Brain. <i>Advances in Mind-body Medicine</i> 21,(3-4), 25-28.</p> <p>Ekman, P., Davidson, R. J., Ricard, M., &amp; Alan Wallace, B. (2005). Buddhist and Psychological Perspectives on Emotions and Well-Being. <i>Current Directions in Psychological Science</i>, 14(2), 5963. <a href="https://doi.org/10.1111/j.0963-7214.2005.00335.x">https://doi.org/10.1111/j.0963-7214.2005.00335.x</a></p> <p>Kato H. (2005). Zen and Psychology. <i>Japanese Psychological Research</i>, 47,2,125-136.</p>
Example issues/ example questions/ tasks being completed	eResources addresses	
Work placement	brak	
	Not applicable	

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