

Prospectus

Post Graduate Diploma in Mindfulness and Wellbeing (PGD-MW)

Institute for Mindfulness and Wellbeing

Aksheswor Mahavihara, Lalitpur

In association with Lumbini Buddhist University, Lumbini

Academic Year: 2026

Introduction to the Program

The Post Graduate Diploma in Mindfulness and Wellbeing (PGD-MW) is a one-year postgraduate program offered by Lumbini Buddhist University. The program integrates foundational principles of contemporary psychology with Buddhist psychology and contemplative practices to promote mindfulness, emotional resilience, and overall wellbeing.

The program is structured around three core pillars:

1. **Conceptual understanding** (Contemporary psychology and Buddhist wisdom)
2. **Personal transformation** (Reflective and experiential practice)
3. **Development of helping skills** (basic counseling/communication/mindfulness skills)

Designed for individuals seeking to deepen their understanding of the mind and wellbeing, the PGD-MW emphasizes practical application of mindfulness and meditation in daily life, professional settings, and community contexts. The program supports personal growth while equipping participants with skills to support others.

The curriculum combines theoretical learning, experiential practice, supervised skill development, meditation retreats, and field-based project work, fostering compassion, awareness, ethical communication, and reflective professionalism.

Program Objectives

The objectives of the PGD-MW are:

- To provide a basic foundation in contemporary psychology and Buddhist psychology
- To develop practical understanding of mindfulness principles and meditation practices
- To enhance basic counseling and communication skills for wellbeing and psychosocial support
- To introduce mindfulness-based approaches for positive mental health and wellbeing
- To provide experiential learning through practicums, retreats, and field-based projects

Duration and Structure

- **Duration:** One year (Two semesters)
- **Total Credits:** 30 credit hours (15 credits per semester)
- **Teaching–Learning Methods:** Lectures, seminars, workshops, meditation practice, retreats, supervision, and field studies
- **Credit Structure:** Each 3-credit course typically includes 48 teaching hours, with strong practical components

Eligibility and Admission

Applicants must hold a **Bachelor’s degree in any discipline** from a recognized university. Admission procedures, including application submission, entrance examination, and interview, are announced by the Institute for Mindfulness and Wellbeing.

Career Pathways and Application of Learning

Graduates of the PGD-MW are prepared to apply mindfulness and wellbeing skills within their **existing professional or contemplative roles**, including:

- Mindfulness and wellbeing facilitation
- Psychosocial support and community wellbeing work
- Educational, organizational, and healthcare wellbeing programs
- Bridge for further academic or professional training in psychology, counseling, or Buddhist studies

Course Structure

First Semester (15 Credits)

- Foundations of Psychology
- Foundations of Buddhist Psychology
- Principles of Mindfulness and Meditation
- Counselling and Communication Skills
- Introduction to Mental Health and Wellbeing

Second Semester (15 Credits)

- Mindfulness-Based Interventions
- Meditation Practices and Applications
- Emotional Wellbeing and Positive Mental Health
- Counselling Skills Practicum
- Meditation Retreat
- Practicum / Field Study / Project Work