

1. *Layout of outer Cover of Thesis*

*(Paper Margin: Top, left, bottom 1.5 inches & right 1 inch.)*

**TITLE OF THE THESIS** (18-20 pt.)

Thesis submitted to Central Institute of Higher Tibetan Studies  
(Deemed to be University)

For the award of the degree of (14-16 pt.)

**DOCTOR OF PHILOSOPHY** (18 pt.)

**NAME OF THE CANDIDATE** (18 pt.)



**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES**  
**SARNATH, VARANASI**

**YEAR** (14)

EXAMPLE 1

༄༅། བོད་དང་ཉི་མུ་ལ་ཡའི་ཚོས་དང་། ལེགས་བྱང་། ལྷན་ཡིག་ལོ་རྒྱུས་  
ཞིབ་འཇུག་ཐོག་རྒྱལ་སྤྱིའི་བསྐོ་སྤོང་ཚོགས་འདུ་ཐེངས་གསུམ་པའི་དབྱུང་ཚོམ་  
ཕྱོགས་བསྐྱེབས་བཞུགས་སོ།

International Conference of  
Central Institute of Higher Tibetan Studies' Alumni  
on Tibetan & Himalayan Studies

Thesis submitted to Central Institute of Higher Tibetan Studies  
(Deemed to be University)  
For the award of the degree of

**DOCTOR OF PHILOSOPHY**

**TSERING TASHI**



CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES  
SARNATH, VARANASI  
2023

2. *Layout of Inner Title page*

*See Example 2*

## **TITLE OF THE THESIS**

Thesis submitted to Central Institute of Higher Tibetan Studies  
(Deemed to be University)  
For the award of the degree of

## **DOCTOR OF PHILOSOPHY**

NAME OF THE CANDIDATE



Under the guidance and Supervision of

Supervisor  
Designation & Name  
Affiliation of Supervisor

Co-Supervisor  
Designation & Name  
Affiliation of Co-Supervisor

Name of Department

CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES  
SARNATH, VARANASI  
YEAR

ཉུམ། ། བོད་དང་ཉི་མུ་ལ་ཡའི་ཚོས་དང་། ལེགས་བྱང་། ལྷན་ཡིག་ལོ་རྒྱུས་ཞིབ་འཇུག་ཐོག་  
རྒྱལ་སྤྱིའི་བསྐོ་སྐོང་ཚོགས་འདུ་ཐེངས་གསུམ་པའི་དབྱེད་རྩོམ་སྤྲོད་པའི་བསྐོ་སྐོང་བཞུགས་སོ།

International Conference of  
Central Institute of Higher Tibetan Studies' Alumni on Tibetan  
& Himalayan Studies

Thesis submitted to Central Institute of Higher Tibetan Studies  
(Deemed to be University)  
For the award of the degree of

**DOCTOR OF PHILOSOPHY**

**TSERING TASHI**



Under the guidance and Supervision of

Supervisor  
Prof. Tashi Shastri  
Mool Shastra, CIHTS

Co-Supervisor  
Prof. Nyima Acharya  
Sampradaya Shastra, CIHTS

Mool Shastra Department

CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES  
SARNATH, VARANASI

2023

**DECLARATION**

I declare that the thesis entitled

submitted by me for the Award of the Degree of Doctor of Philosophy of Central Institute of Higher Tibetan Studies, (Deemed to be University) Sarnath, Varanasi is my own original work without plagiarism. I also assure that the thesis has not been submitted prior to this date for any Degree/Diploma of CIHTS or any other University.

Place:

Name of the Candidate & Signature

Date

4. Declaration by the Supervisor

Example 4

### DECLARATION

I declare that the thesis entitled...

submitted by Sri/Smt. \_\_\_\_\_ for the Award of  
the Degree of Doctor of Philosophy of Central Institute of Higher Tibetan Studies  
(Deemed to be University) Sarnath, Varanasi has not been submitted for any  
Degree/Diploma of the CIHTS or any other University.

Name & Signature of Supervisor

Place:

Date:

5. *Certificate for Evaluation of the thesis*

**Example 5**

We recommend that the Thesis entitled ...

...submitted by Sri/smt. ..

be placed before the examiners for evaluation.

Name & Signature

HOD cum Chairman DRC

Place:

Date:

Name & Signature

Supervisor

## *7. Layout, font and structure of Thesis Main texts*

### **1. Paper size and Margin:**

- The Thesis should be printed on both side of **A4 size paper**, with **margin of 1.5 inches** on the **left-side** of each page and **1 inch** on the **right, top** and **bottom** of each page.
- The main **Tibetan** text shall be in **Monlam Uni OuChan2 Font, 14 point**, Footnotes & Header Font, **12 point**, and texts **1.00 (single) line spacing**.
- The main **Roman** text shall be in **Times New Roman Font, 12 point**, texts **1.5 line spacing** and Footnotes & Header **10 point**,
- The main **Devnagari script** text shall be in **Arial Unicode MS, 14 point** or **Kokila Font, 16 point**, texts **1.5 line spacing** and Footnotes & Header **Font 12 point**.

### **II. Pagination:**

- The page numbering from the Declaration by the candidate to the List of Abbreviations shall be in **Roman** numerical.
- The page numbering shall start from the beginning of the first chapter upto the end of the References.

### **III. The thesis shall have the following sequence of items;**

1. Cover Page (Example 1)
2. Title Page (Example 2)
3. Declaration by the candidate (Example 3)
4. Declaration by the research supervisor (Example 4)
5. Certificate for evaluation of the thesis (Example 5)
6. Acknowledgements
7. Table of Contents (Chapter 1 should be called 'INTRODUCTION' containing a clear exposition of the context and rationale of the study, the research questions(s), the hypotheses, scope of the study, the methodology and an outline of the structure of the thesis.  
The final chapter should be called 'CONCLUSIONS' and must briefly restate the research problem and summarize the main findings and implications of the study.
8. List of Figures, Tables and Illustrations (if any)
9. List of Abbreviations (optional) (if any)



10. **References or works-cited** (References or works-cited list is a list of sources that were *included* in the author's writing/thesis)
11. **Bibliographies.** (Bibliography is a list of sources that the author have consulted, but not cited in the author's writing/thesis or recommends for further reading)

## 8. References Format

### REFERENCING STYLES FOR CITATIONS & QUOTATIONS.

#### Style for different types of references:

#### 1. Books (English, Sanskrit and Hindi)

Citation format are of two types: in-text citations or Parenthetical Citation and full citations.

##### i) In-Text Citation or Parenthetical Citation format

**Format:** in-text citation or Parenthetical Citation as follows:

"Direct quote or paraphrase" (Author's last name and page number).

Author's Surname and page No. in Parenthesis

**Example:** "Powers 20"

##### ii) Full citations through Footnotes Format

Surname, First Name. *Title* in italics, Place: Publisher. Year. p. or. pp.

**Example:** Powers, John. *Introduction to Buddhism*, New York, Snow Lion Publication. 1995. p.50 or pp.50-55.

#### 2. Books (Tibetan)

Surname, first Name, Second Name. *Title* in italics, Place: Publisher. Year

**Example:** Shakabpa, Wangchuk Deden. *Political History of Tibet*, Delhi, T.T.Taikhang, 1976.

#### 3. Article or chapter in an edited volume

Surname, First name. "Title of the article or chapter", in Name(s) of Editors (ed/eds.) Title of the edited volume in *italics* Place: Publisher, Year. page No..

**Example:** Per Kvaerne. "Daulism in Tibetan Cosmogonic Myths and question of Iranian Influence", in Christopher I. Beckwith (ed.) *Silver on Lapis: Tibetan Literary Culture and History*, Bloomington, The Tibet Society, 1987. P.163

#### 4. Works/Title in an Collected works or Anthologies (Tibetan) (གསུང་འབུམ།)

བཀའ་འབུམ། བསྟན་འབུམ། སོགས་ཕྱོགས་བསྡེབས་དཔེ་དེབ་ནས་ལུང་འདེན་བྱ་རྒྱུའ།

##### i. གསུང་འབུམ།

Surname, First name Second Name. "Title of the work", Title of the Collection or Anthologies in *italics*, Vol No. Place: Publisher, Year. page/folio No..

**Example:** རྫོན་ལྷ་མོ་ལྷ་མོ། "དམ་པའི་ཚེས་རིན་པོ་འཕགས་པའི་ཡུལ་དུ་རི་ལྷོ་དར་རྒྱལ་གསལ་བར་སྟོན་པ་དགོས་འདོན་གྱི་འགྲུལ་" ལྷ་ལྷ་མོ་ལྷ་མོ་གསལ་བཤུན་ལྷ་མོ། Sarnath, Guru Dev, 1964. རོག་/ལྷེ་བ་ ༡༠༠

ii. **བཀའ་འགྲུལ།**

"Title of the work or Sutra", *བཀའ་འགྲུལ།* in *italics*, Edition of Kagyur (བཀའ་འགྲུལ་སྐར་མའི་མཚན།, Section Name, (བཀའ་འགྲུལ་གྱི་སྡེ་ཚན།) རོད་ཨང་། (Vol No.) page/folio no.

**Example:** "རྒྱ་ཆེར་རོལ་པའི་མདོ།" *བཀའ་འགྲུལ།* ལྷོ་དགོ། མདོ་སྡེ། ༡༧ རོག་/ལྷེ་བ་ ༡༠༥༩

iii **བསྟན་འགྲུལ།**

Author's Name. "Title of the work ", *བསྟན་འགྲུལ།* in *italics*, Edition of Tangyur (བསྟན་འགྲུལ་སྐར་མའི་མཚན།), Section Name (བསྟན་འགྲུལ་གྱི་སྡེ་ཚན།), རོད་ཨང་། (Vol No.) page/folio no.

**Example:** སློབ་དཔོན་ལྷ་སྐྱེ། "དབུ་མ་རྩ་བའི་ཚིག་ལེན་གྱི་སྐབས་ལོ་རྒྱུས་ལ་བཞུགས་པའི་ཕྱི་ལོ་བཤུན་ལྷ་སྐྱེ།" *བསྟན་འགྲུལ།* ལྷོ་དགོ། དབུ་མ། ༩། རོག་/ལྷེ་བ་ ༣༠༠བ

5. **Articles or other work in a journal**

Surname, First Name. "Title of the article". *Name of Journal* in *italics*, vol. No. (Issue. No): page numbers.

**Example I.** Kumar, Arvind. "Impact of Tibetan Ecological Disequilibrium on Lower Riparian Regions of Asia". *The Tibet Journal*, XLII (1): 7-16.

6. **Articles or other work in a Tibetan journal**

Surname, First & Second Name. "Title of the article". *Name of Journal* in *italics*, Year ( Issue. No.): page numbers

**Example II.** ཆབ་སྐྱེལ་ཚེ་བརྟན་ལུན་ཚོགས། “ཀོང་པོ་དེ་མིའི་དོ་བཞོས་ཡི་གཤེན་སྐོར་གྲེང་བ།” བོད་  
སྐད་སྲིད་ཞིབ་འཇུག་ ༡༩༧༥ འདོན་ཐེངས་ ༡ རོག་ ༧-༡༩

**7. Unpublished dissertation or paper**

Surname, First & Second Name. *Title of thesis* in italics, Ph.D Thesis, Place:  
University. Date of Submission of Thesis.

**Example:** Tenzin Donyo, *rNam bshad rig pa: Chapter I & II*, Ph.D. Thesis,  
Varanasi: Central Institute of Higher Tibetan Studies. 1993

**8. Citations for Translated Books:**

If the translation is the focus of your project, include the translator's name at the  
beginning of the citation, like this: (ལོ་རྒྱ་བའི་མཚན་ཐོག་ནས་ལུང་འདེན་བྱེད་ལུགས།)

Translator's Last name, First name, translator. *Title*. By Original Author's First  
name Last name, Publisher, Year published.

Example: Singh, Ram, translator. *Megadhuta* by Kalidasa, Motilal, 1950

Example: ལུ་སྟོན་རིན་ཆེན་གྲུབ། ལོ་རྒྱ་བ། ལྷིན་གྱི་སོ་ཉ། རྒྱ་མོ་ཁོལ་གྱིས་མཛད་པ། རྒྱ་ས་དབེ་མཛོད།  
༡༩༥༠

If it's not the actual translation that is the focus, but the text itself, include the  
translator's name in the "other contributors" position, like this: (རྩོམ་བ་པོ་དངོས་གྱི་

མཚན་ཐོག་ནས་ལུང་འདེན་བྱེད་ལུགས།)

Original Author's Last name, First name. *Title*. Translated by First Name Last  
name. Publisher, Year published.

Example: Kalidasa. *Megadhuta*. Translated by Ram Singh, Motilal, 1950

Example: རྒྱ་མོ་ཁོལ། ལྷིན་གྱི་སོ་ཉ། ལུ་སྟོན་རིན་ཆེན་གྲུབ་གྱིས་བསྐྱུར། རྒྱ་ས་དབེ་མཛོད། ༡༩༥༠

**9. Citations for Translated books or papers published in Bound Volumes. (འགྱུར་**

**ཚུལ་སྐོར་འགྱུར་རྩོམ་དབེ་དེབ་བཅས་རྩོམ་སྤྱོད་སྐོར་བཞེས་ནང་བར་བསྐྱུན་ཞུས་རིགས་ལུང་འདེན་བྱེད་  
ལུགས།)**

Author's Surname, First & Second Name. *Title of the Translated work* in italics,  
Name of Editor/s (ed/eds) if any. Translated by Names of the Translators, Place:  
Publisher, Year.



**Example:** Singh, Ram. *White Crane*, Elliot Weinberger (ed), Translated by Rajendra Verma, New York, Penguin, 1980.

**For Citation in Tibetan:**

Author's First & Second Surname Name, *Title of the Translated work* in italics, Name of Editor/s (ed/eds) if any. Translated by Names of the Translators, Place: Publisher, Year.

Example: རྣམ་སེལ། ངང་ས་དཀར་པོ། ཨེལིཌ་ ཟིམ་བར་གར་གྲིས་ལུས་སྒྲིག་ར་ཇིཌ་ཨམས་བསྐྱར། ར་ས་དཔེ་མཛོད། 1980

**10. Government, International Organizations and NGO publications**

Name of the Government/ International Organization, *Title* in italics, Publication Details (number etc) if any, Place. Year.

**Example:** Government of India, *Economic Survey 2021-2022*, Ministry of Finance, New Delhi. 2022.

**11. Reprinted book**

Surname, First Name. *Title* in italics, Place: Publisher. Year. Year of Reprinted. Cunningham, *Alexander. Mahabodhi: The Great Temple*, New York, Oxford University Press, 1890. Reprinted 1976.

**12. Personal interview, letter or e-mail**

Surname, First & Second Name of Author. Personal Interview/letter to the author/e-mail to the author, date (d/m/y)

Swami, Ram Dev. personal interview, 28 April 2000.

Swami, Ram Dev. letter to the author, 28 April 2000.

Swami, Ram Dev. e-mail to the author, 28 April 2000.

སྤམི་རྣམ་དེབ། བཅར་འདྲི། 2000 ལྷ་ཡེ་ཚེས་ 28

སྤམི་རྣམ་དེབ། ཡིག་འབྲེལ། 2000 ལྷ་ཡེ་ཚེས་ 28

སྤམི་རྣམ་དེབ། འཕྲི་ཐོག་ཡིག་འབྲེལ། 2000 ལྷ་ཡེ་ཚེས་ 28

**13. Format for References or works-cited** (References or works-cited list is a list of sources that were *included* in the author's writing/thesis. References རྟེན་ལྗངས་ལུང་དཔེ་དེབ་ནི་དབྱེད་ཚོམ་ནང་དངོས་སུ་

ལུང་འདྲེན་ལུས་པའི་དཔེ་ལྗངས་ཐོ་གཞུང་ཡིན།)

And

**Bibliographies** (Bibliography is a list of sources that the author have consulted, but not cited in the author's writing/thesis or recommended for further reading. Bibliographies ཟླ་དཔེ་ཐོ་ནི། དབྱུང་ཚོམ་ནང་དངོས་སུ་ལྷུང་འབྲེན་མེད་ཀྱང་དཔེ་རྒྱུ་དང་ཁྱད་སྲངས་གཏུགས་བྱས་ཟིན་པའམ་བྱིས་དཔེ་རྒྱུ་དགོས་པེས་ཀྱི་དཔེ་དེབ་ཀྱི་ཐོ་གཞུང་ཡིན།) to be appended at the end of the Thesis.

**Note:**

1. Format for References & Bibliographies is same as the Format or Style for different types of references described above from items 1-12 except the exclusion of page Number.

For example: **Books** (in all languages including Tibetan)

Surname, First Name. *Title* in italics, Place: Publisher, Year.

- i. **Example:** Powers, John. *Introduction to Buddhism*, New York, Snow Lion Publication. 1995.

གསུང་འབྲུམ།

- ii. **Example:** རྫོན་ཏུ་ར་རྒྱ་མ། “དམ་པའི་ཚུལ་རིན་པོ་འཕགས་པའི་ཡུལ་དུ་རྗེ་ལྷ་ར་དར་ཚུལ་གསལ་བར་སྟོན་པ་དགོས་འདོན་གུན་འབྲུང་།” ཏུ་ར་རྒྱ་མའི་གསུང་འབྲུམ། མ། Sarnath, Guru Dev, 1964

བཀའ་འགྲུལ།

- iii. **Example:** “རྒྱ་ཆེར་རོལ་པའི་མདོ།” བཀའ་འགྲུལ། ལྗེ་དགོ། མདོ་ལྗེ། ལ།

བསྟན་འགྲུལ།

- Iv **Example:** ལྗོ་བ་དཔོན་ལྷ་སྐུལ། “དབྱུང་མ་རྩ་པའི་ཚིག་ལེའུར་བྱས་པ་ཤེས་རབ་ཅེས་བྲ་བ།” བསྟན་འགྲུལ། ལྗེ་དགོ། དབྱུང་མ། ཅ།

2. All the entries of References & Bibliographies must be arranged alphabetically by authors' surname.