

Curriculum Vitae



Personal Information:

- **Name:** Ven. Dr. Weerasak Abhinandavedi (Sangphong)
 - **Current Position:** Program Director, Ph.D. in Mindfulness Innovation and Peace Studies, International Program), International Buddhist Studies College (IBSC), Mahachulalongkornrajavidyalaya University (MCU)
 - **Affiliation:** International Buddhist Studies College, Mahachulalongkornrajavidyalaya University
 - **Expertise:** Buddhism, Vipassana Meditation, Pali Language, Peace Studies
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Education

- **Ph.D. (Buddhist Studies), 2019**
Mahachulalongkornrajavidyalaya University, Thailand
 - **M.A. (Linguistics), 2015**
Mahachulalongkornrajavidyalaya University, Thailand
 - **B.A. (English), First Class Honours, 2012**
Mahachulalongkornrajavidyalaya University, Thailand
 - **Pali Studies, Grade 7, 2014**
Royal Pali Studies Office, Thailand
-

Teaching Experience (Past Five Years: 2019-2025)

Certificate in Mindfulness Master Program:

- Satipatthana Bhavana
- Practice for Mindfulness Master Training

Undergraduate Courses:

- Mindfulness and Meditation I-VIII
- Peace Studies
- Buddhism and Brain
- Sciences and Arts of Life
- Multiculturalism Social Studies for Human Development
- Introduction to Thai

Graduate (Master's) Courses:

- Buddhist Meditation
- Mindfulness and Meditation
- Mindfulness Practice for Peace
- Advanced Mindfulness and Meditation
- Multi-cultural Society
- Mindful Dialogue for Peace
- Process of Mediation in the Integrated Buddhist Perspective
- History and Development of War and Peace in the Modern World
- Pali Language I & II
- Aesthetics for Peace

Doctoral Courses:

- Introduction to Mindfulness and Meditation
- Advanced Mindfulness and Meditation
- Insight Meditation
- Insight Dialogue Meditation
- Buddhist Peaceful Means for Innovative Mindfulness and Peace Studies Development
- Seminar on Buddhist University and Thai Society
- Practice of Innovative Mindfulness and Strengthening for Peace Society
- Awakened Leadership for Strengthening for Peace Society

- Pali Language I & II
 - Multicultural Society
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Academic Research and Publications (Past Five Years: 2021-2025)

Research Papers:

1. **Abhinandavedi, P. W.**, Neminda, V., Nguyen Anh Tuan, V., Ugyen Tshering, V., Ampan, N., & Phophichit, N. (2025). *The model of mindfulness practices on well-being of students in International Buddhist Studies College, Mahachulalongkornrajavidyalaya University. Journal of Peace Studies.*

Role: First Author

Index: TCI Tier 1

<https://so03.tci-thaijo.org/index.php/journal-peace/article/view/293200>

2. Medhivajarpundit (Hansa Dhammhaso), P., Piyabhani, P. N., **Abhinandavedi, P. W.**, Mahatthanadull, S., Srithong, K., Jiwattanasuk, N., & Tongsupachok, S. (2025). *The development of mindfulness, wisdom, and virtue indicators according to Buddhist-based principles. Thammasat Review.*

Role: Third Author

Index: Scopus Q1 (Arts & Humanities – Religious Studies), TCI Tier 1, ASEAN Citation Index (ACI)

<https://sc01.tci->

[thaijo.org/index.php/tureview/article/view/241607/164192](https://sc01.tci-thaijo.org/index.php/tureview/article/view/241607/164192)

3. Phophichit, N., Kittisobhano, P., **Abhinandavedi, W.**, Dhirabhaddo, N., & Penprachoom, N. (2025). *SabaiJai: A Buddhist AI chatbot innovation for stress resilience in Thailand's working-aged population. Thammasat Review.*

Role: Third Author

Index: Scopus Q1 (Arts & Humanities – Religious Studies), TCI Tier 1, ASEAN Citation Index (ACI)

<https://sc01.tci-thaijo.org/index.php/tureview/article/view/241008>

4. Medhivajarpundit (Hansa Dhammhaso), P., Piyabhani, P. N., **Abhinandavedi, P. W.**, Mahatthanadull, S., Jiwattanasuk, N., Srithong, K., & Tongsupachok, S. (2025). *Mindfulness, wisdom, and virtue: A documentary analysis of canonical and contemporary sources. Journal of the International Buddhist Studies College (IBSC).*

Role: Third Author

Index: TCI Tier 2

<https://so03.tci-thaijo.org/index.php/ibsc/article/view/290193>

5. Sama-ae, S., Damrongwattana, J., Chairaksa, S., Muhamad, C., **Abhinandavedi, W.**, et al. (2023). *Marketing strategies for traditional rice crackers in Datoh Community, Pattani Province. Journal of Social Development, 6(2), 53–54.*

Role: Fifth Author

Index: TCI Tier 2

<https://so07.tci-thaijo.org/index.php/JSSD/article/view/4470/2925>

6. Thitayano, P., **Abhinandavedi, W.**, & Wattanapradit, K. (2021). *Local leadership characteristics contributing to community peacebuilding. Graduate Studies Review, 17(2), 1–15.*

Role: Second Author

Index: TCI Tier 1

<https://so02.tci-thaijo.org/index.php/JGSR/article/view/247208/169255>

Research Publication Profile (Past Five Years: 2021-2025)

- **Total Publications:** 6 Journal Articles
- **Scopus Q1:** 2
- **TCI Tier 1:** 4
- **TCI Tier 2:** 2
- **Lead Author (First Author):** 1
- **Co-author:** 5

Academic Articles

1. Ven. Dr. Weerasak Abhinandavedi (Saengphong). (2023). *Buddhist perspectives on karma in Thai society*. *Journal of Peace Studies, MCU*, 11(1), 391–400.
<https://so03.tci-thaijo.org/index.php/journal-peace/article/view/261663>

Languages: Thai (Native) / English (Fluent) / Pali (Advanced)

Professional Engagements & Academic Activities

- **International Vipassana Meditation Teacher / Facilitator (IBSC Annual Meditation Retreat)**

International Buddhist Studies College (IBSC),
Mahachulalongkornrajavidyalaya University, Thailand *Served as a Vipassana meditation instructor in the Annual International Meditation Retreat, guiding mindfulness and insight meditation practice for international participants.*

- **Lecturer & Workshop Facilitator in Vipassana Meditation Retreats**

Delivered guided meditation sessions and experiential mindfulness training in both national and international retreat programs, focusing on insight meditation (Vipassana), mental training, and applied Buddhist psychology.

- **Organizer, International Day of Peace 2024**

Theme: *“Innovative Mindfulness for World Peace”*

Responsible for academic coordination, mindfulness program design, and facilitation of international participation activities.

- **Speaker, International Buddhist Conferences**

Presented academic papers and participated as invited speaker in international Buddhist academic conferences, focusing on mindfulness, peace studies, and applied Buddhist practices in modern society.

Contact Information:

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- Phone: 065-495-6553