

Nadnapang Phophichit, Ph.D.



(1) Educational Background

Abhidhamma Studies, Chula Abhidhamika Tri

Ph.D. in Buddhist Studies

M.A. in Buddhist Psychology

B.Sc. in Clinical and Community Psychology

B.A. in Tourism Industry (International Program),

(1st class honor)

(2) Position

Director of Certificate Program in Mindfulness Master
(International Program),

International Buddhist Studies College (IBSC),

Mahachulalongkornrajavidyalaya University (MCU)

Lecturer, IBSC, MCU

(3) Address

International Buddhist Studies College (IBSC)

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(4) Research Experience

(4.1) Research

1. **Effects of Four Foundations of Mindfulness-Based Intervention (FFMBI) on the Mindfulness Levels of International Practitioners**, 2025, Research funded by Mahachulalongkornrajavidyalaya University, Thailand. (Head of Research Project)

2. **Sabajai Pro: Advanced Buddhist Innovative AI Chatbot based on Buddhist Psychology for Enhancing Stress Resilience in Undergraduate Students**, 2025, Research funded by Mahachulalongkornrajavidyalaya University, Thailand. (Head of Research Project)

3. **Quality Estimation of AI-Driven Translations of Ancient Buddhist Scriptures: A Multi-Model Automated Translation and Evaluation Framework**, 2025, Research funded by Mahachulalongkornrajavidyalaya University, Thailand. (Head of Research Project)

4. **Effects of Four Foundations of Mindfulness-Based Intervention (FFMBI) on the Mental Well-being of Hungarian Practitioners: A Case Study of Hungarian Students at Dharma Gate Buddhist College, Budapest, Hungary**, 2025, Research funded by Mahachulalongkornrajavidyalaya University, Thailand. (Co-Researcher)

5. **Effects of Four Foundations of Mindfulness-Based Intervention (FFMBI) on Salivary Cortisol Levels, Body Composition, Blood Pressure and Pulse Rate, and Brain Waves of Practitioners**, 2024, Research funded by Mahachulalongkornrajavidyalaya University, Thailand. (Head of Research Project)

6. **Chatbot Innovation for Enhancing Stress Resilience based on Buddhist Psychology in Working-Aged People**, 2024, Research funded by Science Research and Innovation Promotion Fund. (Head of Research Project)

7. **A Model of Vipassana Meditation Practice for Psychological Well-being Empowerment in Elderly Women**, 2024, Research funded by International Buddhist Studies College, Mahachulalongkornrajavidyalaya University, Thailand. (Co-Researcher)

8. **The Model of Mindfulness Practice on Well-Being of Students in International Buddhist Studies College**, Mahachulalongkornrajavidyalaya University, 2024, Research funded by International Buddhist Studies College, Mahachulalongkornrajavidyalaya University, Thailand. (Co-Researcher)

9. **New Generation Back to Hometown: Creating a Network of Local Innovators for Local Hometown Community Development**, 2024, Research funded by Science Research and Innovation Promotion Fund. (Co-Researcher)

10. **A Model of the ‘Khok Nong Na’ Buddhist Agriculture Development by Peace Studies Model for Sustainable Development: A Case Study of Sisaket Province**, 2022, Research funded by Mahachulalongkorn-rajavidyalaya University, Thailand. (Co-Researcher)

11. **Motivation and Practical Guidance for People towards the Royal Cremation Ceremony of the Late King Bhumibol Adulyadej (Rama IX)**, 2018, A Research funded by BPCPG Public Company Limited. (Co-Researcher)

12. **Creating Buddhist Ecological Balance and Maintaining Natural Capital of the Community Forest Networks in the Northeast of Thailand**, 2018, A Research funded by Mahachulalongkornrajavidyalaya University, Thailand. (Co-Researcher)

(4.2) Research Findings/Publication/Application of Research

Publication of Academic Articles

1. **Nadnaphang Phophichit**, *Enhancing Emotional Resilience Through Vipassana Meditation Practice*, **Journal of Buddhist Psychology**, Vol 10, No. 3 (July-September 2025).

2. Phrakhupalhad Adisak Vajirapañño, Phramaha Hansa Dhammhaso, Sakchai Sakabucha, **Nadnaphang Phophichit**, *Concept of ‘Khok Nong Na Model’ for Sustainable Development*, **Journal of Arts Management**, Vol 6, No. 1 (January-March 2022): 419-434.

Publication of Research Articles

1. **Nadnaphang Phophichit**, *The Development of Four Foundations of Mindfulness- Based Intervention (FFMBI) for Enhancing Psychological and Mental Wellbeing*, **Journal of Buddhist Psychology**, Vol 10, No. 3 (July-September 2025).
2. Patcharee Boonin, Phra Devvajracarya Thiab Siriñāṇo, Phramaha Adidej Sativaro, **Nadnaphang Phophichit**, Banjob Bannaruji, *The Study of the Principle of Cultivating Loving Kindness in Metta Sutta*, **Journal of MCU Buddhist Review**, Vol 6, No. 1 (January-April 2022): 127-141.
3. Phrakhupalhad Adisak Vajirapañño, Phramaha Hansa Dhammhaso, Sakchai Sakabucha, **Nadnaphang Phophichit**, *A Model of the 'Khok Nong Na' Buddhist Agriculture Development by Peace Studies Model for Sustainable Development: A Case Study of Sisaket Province*, **Journal of MCU Peace studies**, Vol 10, No. 1 (January-February 2022): 48-64.
4. Phramaha Phuen Kittisobhano, Sakchai Sakabucha, Phrakhrusang kharakekapatra Apihichando, **Nadnaphang Phophichit**, *The Causal Model of Family Strength in Thai Society*, **Journal of MCU Peace Studies**, Vol 10. No. 1 (January-February 2022): 351-364.
5. K, Boonpen, P. Kowitwarangkul, P. Ninpetch, **N. Phophichit**, P. Chuchuaiy, T. Threrujirapapong, S. Otarawanna, *Numerical Study of Influence of Casting Speed on Fluid Flow Characteristics in the Four Strand Tundish*, **Materials Today: Proceedings** (2021): 1-7. DOI: 10.1016/j.matpr. 2021.03.465.
6. S. Lakkum, P. Ninpetch, **N. Phophichit**, P. Kowitwarangkul, A. Tawai, S. Otarawanna, *Numerical and Physical Investigation of the Mixing Process in Gas Stirred Ladle System*, **Applied Science and Engineering Progress** (2020): 1-13. DOI:10.14416/j.asep.2020.07.001.
7. Phramaha Yothin Yodhiko, Thaksina Krairach, Ruedee Saengduenchay, **Nadnaphang Phophichit**, *Creating Buddhist Ecological Balance and Maintaining Natural Capital of the Community Forest Networks in the Northeast of Thailand*, **Journal of Social Science and Buddhistic Anthropology**, Vol. 5 No. 12 (December 2020): 30-43.

8. Phra N. Udomphol, K. Khaw-ngern, S. Techapalokul, **N. Phophichit**, C. Changcharoen, *Motivation of Volunteers towards Monk Ordination Ceremony for Dedicating a Merit to the Late King in the Royal Cremation Ceremony*, **Journal of SaenKhomKham Buddhist Studies**, Vol. 4 No. 1 (January-June 2019): 30-41.

9. **N. Phophichit**, *The Effects of Buddhist Psychological Factors on the Resilience of Adolescents in Bangkok*, **Journal of International Association of Buddhist Universities**, Vol. 12 No. 1 (January-June 2019): 353-368.

10. **N. Phophichit**, *Buddhism and Human Development: Buddhist Influenced Factors Enable Resilience in Adolescents*, **Journal of International Association of Buddhist Universities**, Edition on the 15th United Nations Day of Vesak (May 2018): 154-164.