

## 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),

(1<sup>st</sup> class honor)

### **(2) Position**

Director of Master of Arts of Peace Studies 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 Report**

1. **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) (Ongoing Research)

2. **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) (Ongoing Research)

3. **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 Mahachulalongkornrajavidyalaya University, Thailand. (Co-Researcher)

4. **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)

5. **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. Nadnapang Phophichit, *Enhancing Emotional Resilience Through Vipassana Meditation Practice*, **the 4<sup>th</sup> Buddhist Forum of Exchange Between Theravada & Mahayana: SINO-THAI Buddhist Friendship**, (December 2023): 192-212.

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. Patcharee Boonin, Phra Debvajracarya 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.

2. 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.

3. 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.

4. K. Boonpen, P. Kowitwarangkul, P. Ninpetch, N. Phophichit, P. Chuchuyay, 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.

5. 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.

6. 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.

7. 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.

8. 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.

9. 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.