



INTERNATIONAL BUDDHIST STUDIES COLLEGE (IBSC),
MAHACHULALONGKORNRAJAVIDYALAYA UNIVERSITY (MCU), THAILAND

**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**

Nadnapang Phophichit, et al.



Mahidol University
Faculty of Medical Technology

You are invited to be a part of the research project

To Foster Mindfulness and Concentration to Deliver Wisdom and Morality to Enhance Peaceful Societies

Research Project Titled:

“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”

Research Objectives

1. To develop FFMBI.
2. To implement the FFMBI and test the hypothesis.
3. To evaluate the effects of the FFMBI.





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Research Project
"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"

In-depth Interviews with Vipassana Meditation Masters



PHRA BRAHMAWATCHARAVIMONMUNI VI., ASSOC. PROF. DR. (PALI IX)
DIRECTOR VIPASSANADHURA INSTITUTE, MAHACULALONGKORNRAJAVIDYALAYA UNIVERSITY



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PHRA AJAHN SOMPARN SOMPHARO
VIPASSANA MEDITATION MASTER , WAT MAHATHAT YUWARATRANGSARIT, BANGKOK, THAILAND



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PHRA AJAHN AMNAJ KHANTIKO, VIPASSANA MEDITATION MASTER,
VICE ABBOT OF WAT BHANDDANTA ASABHARAM



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PROF. DR. PHRA MEDHIVAJARAPUNDIT,
DIRECTOR OF INTERNATIONAL BUDDHIST STUDIES COLLEGE, MAHACULALONGKORNRAJAVIDYALAYA UNIVERSITY



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PHRAKRU BHAVANASARAPUNDIT, DR.
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PHRAMAHA PAIROD NYANAKUSAL (PALI IX),
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In-depth Interviews with Buddhist Scholars



DR. GÁBOR KARSAI, RECTOR,
DHARMA GATE BUDDHIST COLLEGE, BUDAPEST, HUNGARY



PÉTER GYŐRI, STUDY DIRECTOR,
DHARMA GATE BUDDHIST COLLEGE, BUDAPEST, HUNGARY



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In-depth Interviews with Buddhist Scholars



ASST. PROF. ZOLTÁN CSÉR, LECTURER
DHARMA GATE BUDDHIST COLLEGE, BUDAPEST, HUNGARY



ASST. PROF. DR. NORBERT NÉMETH, LECTURER
DHARMA GATE BUDDHIST COLLEGE, BUDAPEST, HUNGARY



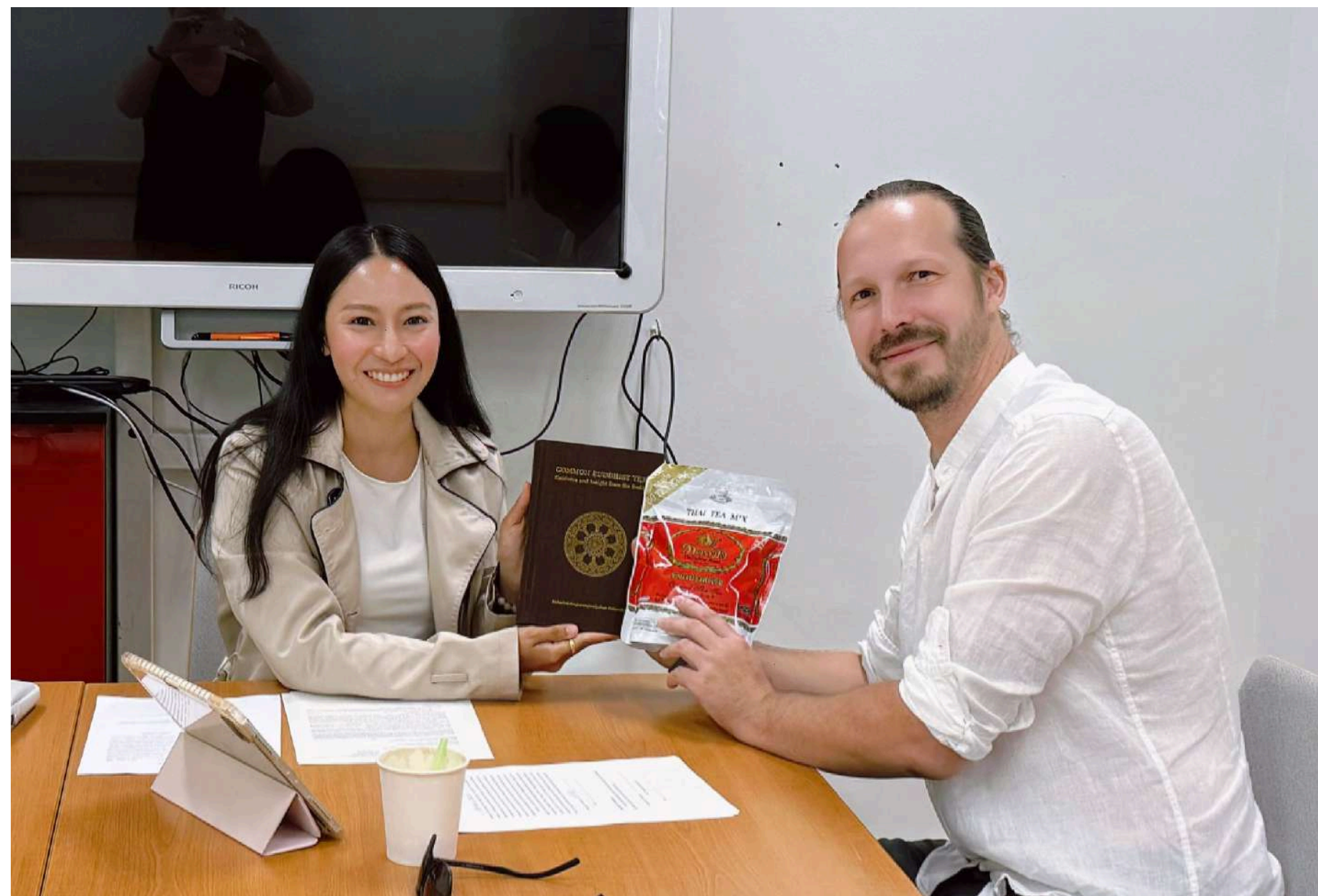
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MELINDA FÖLDINÉ IRTL, LECTURER,
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FERENC BODÓ, LECTURER,
DHARMA GATE BUDDHIST COLLEGE, BUDAPEST, HUNGARY



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**Meditation Practice Schedule for the Research Project
To Foster Mindfulness and Concentration to
Deliver Wisdom and Morality to Enhance Peaceful Societies**

Research Project Titled:

**“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”**

Date: 8-15 July 2024 (7 days)

Location: Wat Bhaddanta Asabharam, Nong Phai Kaeo,
Ban Bueng Chonburi, Thailand

Time	Activities
03.30 hrs.	Morning wake-up bell / do personal missions with mindfulness
04.30 hrs.	Walking / Sitting Meditation
06.30 hrs.	Breakfast / Contemplation of minor activities
08.30 hrs.	Walking / Sitting Meditation
10.30 hrs.	Lunch / Contemplation of minor activities
12.00 hrs.	Leisure Time / Contemplation of minor activities
13.00 hrs.	Walking / Sitting Meditation / Meditation interview
16.00 hrs.	Shower / Personal missions with mindfulness / Contemplation of minor activities
16.30 hrs.	Mindful drinking
17.30 hrs.	Evening Chanting / Listening to Dhamma Talks
20.00 hrs.	Walking / Sitting Meditation
21.00 hrs.	Sleep with mindfulness / Contemplation of minor activities

Four Foundations of Mindfulness-Based Intervention (FFMBI)

7-DAY MEDITAION RETREAT PROGRAM

Time

03.30 hrs.

04.30 hrs.

06.30 hrs.

08.30 hrs.

10.30 hrs.

12.00 hrs.

13.00 hrs.

16.00 hrs.

16.30 hrs.

17.30 hrs.

20.00 hrs.

21.00 hrs.

Activities

Morning wake-up bell / do personal missions with mindfulness

Walking / Sitting Meditation

Breakfast / Contemplation of minor activities

Walking / Sitting Meditation

Lunch / Contemplation of minor activities

Leisure Time / Contemplation of minor activities

Walking / Sitting Meditation / Meditation interview

Shower / Personal missions with mindfulness /

Contemplation of minor activities

Mindful drinking

Evening Chanting / Listening to Dhamma Talks

Walking / Sitting Meditation

Sleep with mindfulness / Contemplation of minor activities



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You are invited to be a part of the research project

To Foster Mindfulness and Concentration to Deliver Wisdom and Morality to Enhance Peaceful Societies

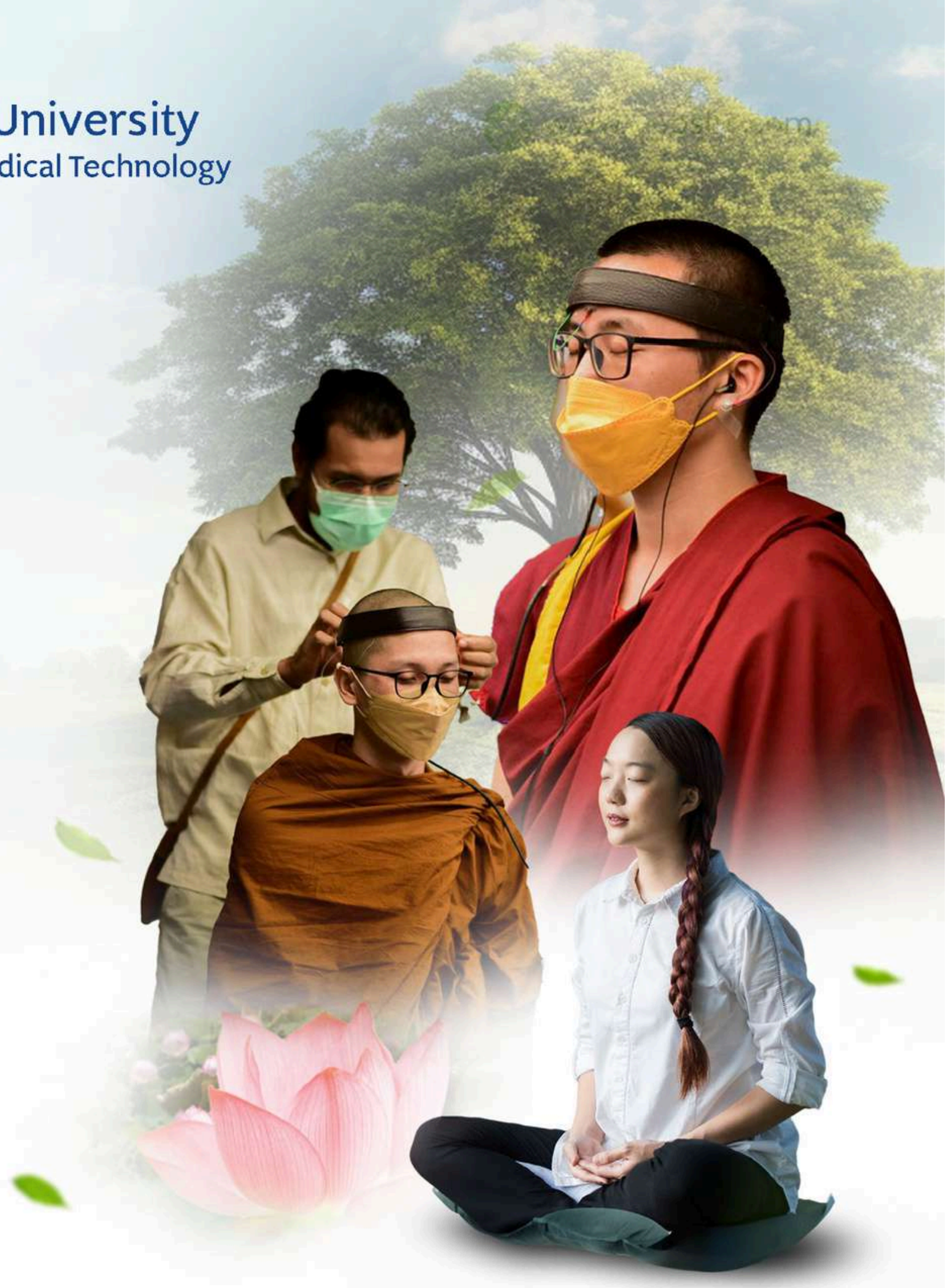
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Date:

8th – 15th July 2024 (7 days)

Location: Wat Bhaddanta Asabharam,
Nong Phai Kaeo , Ban Bueng Chonburi, Thailand



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Date:

8th – 15th July 2024 (7 days)

Location: Wat Bhaddanta Asabharam,
Nong Phai Kaeo , Ban Bueng Chonburi, Thailand

Inclusion Criteria

- ✓ Age of 20 years or older.
- ✓ Voluntary participation in the project and signing a consent form after a thorough understanding of the experiment.
- ✓ Thai nationality
- ✓ Can participate in the entire retreat, scheduled from 8-15 July 2024 at Wat Bhaddanta Asabharam, Nong Phai Kaeo, Ban Bueng, Chonburi Province, Thailand.
- ✓ Having experience in practicing mindfulness according to the Four Foundations of Mindfulness at least once.
- ✓ Ability to practice Walking and Sitting Meditation according to the Four Foundations of Mindfulness for a minimum of 30 minutes per session.
- ✓ No chronic illnesses; good health.
- ✓ No mental health issues.
- ✓ No significant loss of a family member or changes affecting physical and mental health in the past 6 months.

What participants will receive:

- ✓ Free physical and mental health check-ups, consisting of 5 tests, conducted twice before and after engaging in the research project, valued at 1,800 THB per person, provided by the Holistic Health and Wellness Centre, Faculty of Medical Technology, Mahidol University
- ✓ Saliva Cortisol Test
- ✓ Body Composition Analysis
- ✓ Blood Pressure and Heart Rate Measurement
- ✓ Brainwave Measurement: Electroencephalogram: EEG
- ✓ Suanprung Stress Test; SPST
- ✓ Certificate of Participation in the Research Project
- ✓ Souvenirs from the Research Project
- ✓ Contribution to the Meditation and Mindfulness Cultivation Research Project for Delivering Wisdom and Virtue, Enhancing Peaceful Society

This research project is funded by the research grant from the International Buddhist Studies College (IBSC), Mahachulalongkornrajavidyalaya University (MCU) for fiscal year 2024, conducted by the research team of lecturers from IBSC, MCU and the Faculty of Medical Technology, Mahidol University (MUMT).

www.ibsc.mcu.ac.th

We are now accepting applications starting from today.
Limited to only 30 participants!

This project has been certified by the Research Ethics Committee at the Buddhist Research Institute, Mahachulalongkornrajavidyalaya University, approval code R.263/2024, approved on May 9, 2024.



Contact for more information

Register to participate

Research Project "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"



30 RESEARCH PARTICIPANTS



Mahidol University
Faculty of Medical Technology

Research Project

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Faculty of Medical Technology



Schedule for Participating in the Research Project

Date

7 July 2024

Activities

From 8:30 AM onwards, participants will engage in an Orientation activity and undergo a Pre-Meditation Health Checkup comprising 5 tests (valued at 1,800 THB per person) conducted by the MUMT Holistic Health and Wellness Centre, Faculty of Medical Technology, Mahidol University. The event will take place at the Samma Panya Room, 4th Floor, Phra Prombundit Building, International Buddhist Studies College (IBSC), Mahachulalongkornrajavidyalaya University, Lam Sai Subdistrict, Wang Noi District, Phra Nakhon Si Ayutthaya Province, Thailand

- ✓ Saliva Cortisol Test
- ✓ Body Composition Analysis
- ✓ Blood Pressure and Heart Rate Measurement
- ✓ Brainwave Measurement: Electroencephalogram; EEG
- ✓ Suanprung Stress Test; SPST

8 July 2024

Opening Ceremony of the Meditation Retreat for the Research Project at Wat Bhaddanta Asabharam

8-15 July 2024

Participate the Meditation Retreat for the Research Project at Wat Bhaddanta Asabharam

15 July 2024

Closing Ceremony of the Meditation Retreat for the Research Project and Post-Meditation Health Checkup Comprising 5 Tests (valued at 1,800 THB per person) conducted by the MUMT Holistic Health and Wellness Centre, Faculty of Medical Technology, Mahidol University at Wat Bhaddanta Asabharam



Contact for More Information



Scan QR Code to Confirm
Participation in the Research Project

Research Project

"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"

Medical Health Check Up By Holistic Health and Wellness Center Faculty of Medical Technology, Mahidol University

- ✓ Saliva Cortisol Test
- ✓ Body Composition Analysis
- ✓ Blood Pressure and Heart Rate Measurement
- ✓ Brainwave Measurement: Electroencephalogram; EEG
- ✓ Suanprung Stress Test; SPST

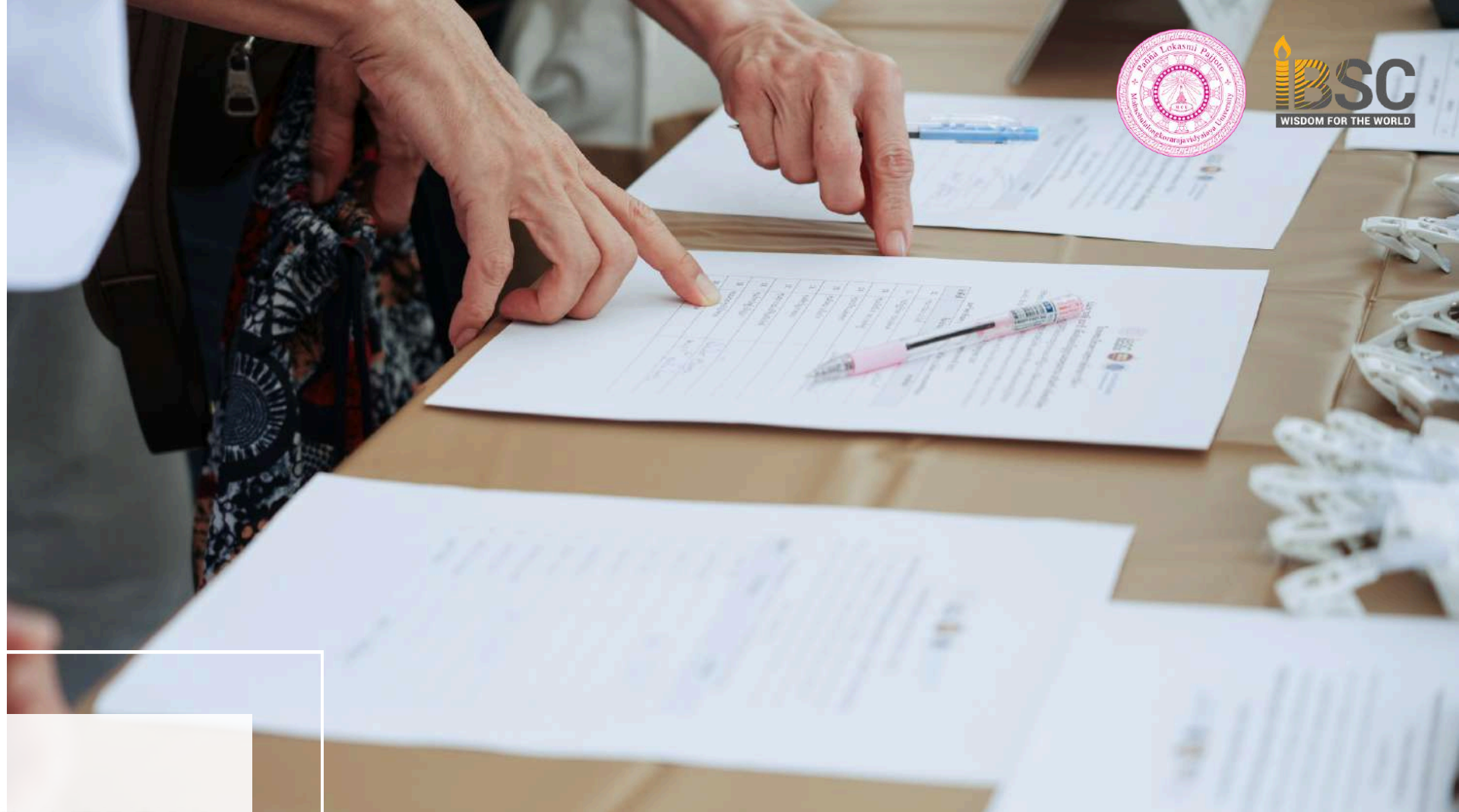
Total Time Measurement
25-30 minutes/person

1.
Pre-Meditation
(Before)
7 July 2024

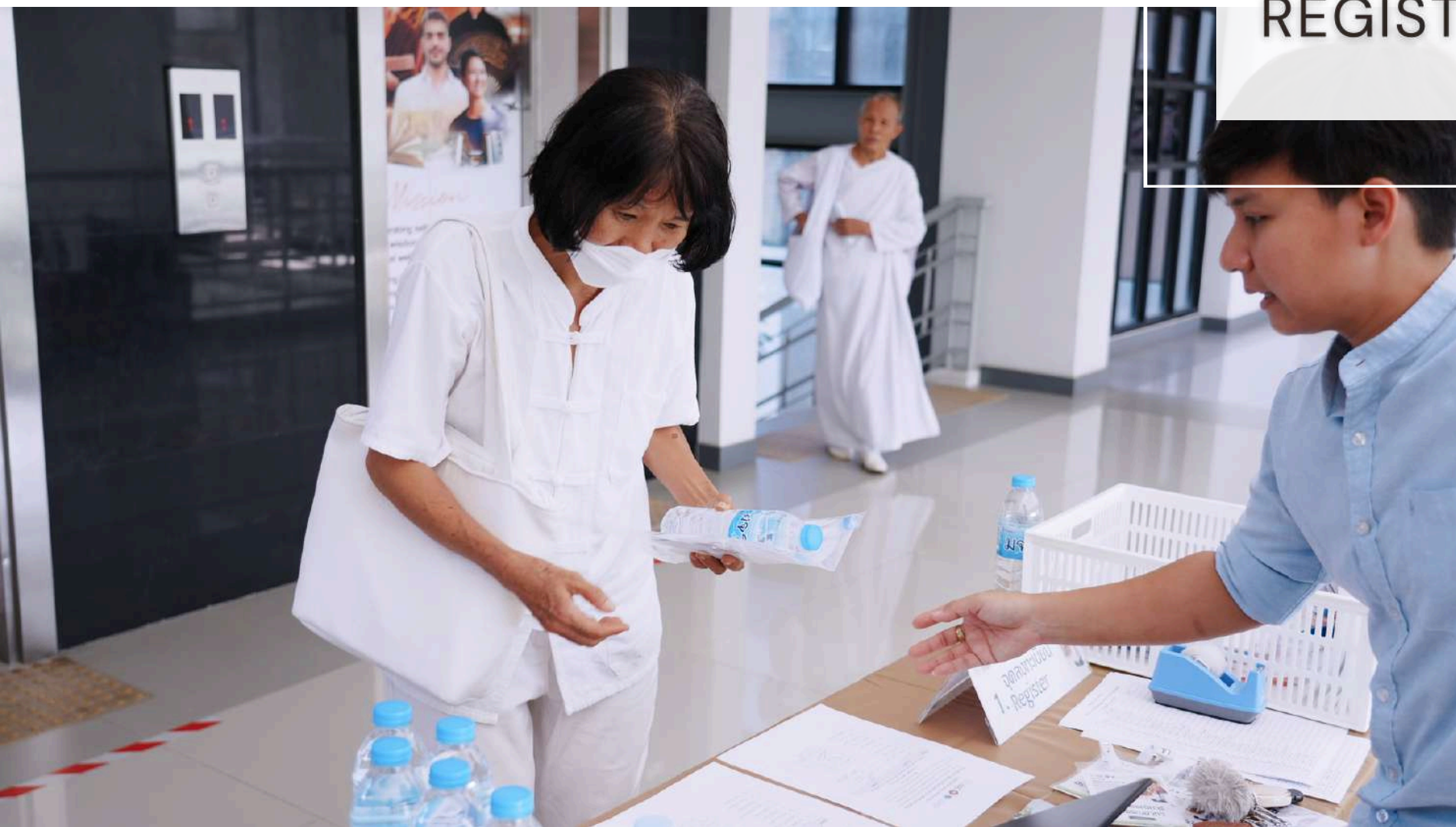
2.
Post-Meditation
(After)
15 July 2024



- ✓ **Station 1 Registration**
- ✓ **Station 2 Saliva Collection (Salivary Cortisol Test)**
- ✓ **Station 3 Blood Pressure and Heart Rate Measurement**
- ✓ **Station 4 Body Composition**
- ✓ **Station 5 Brain Wave Measurement (*Wisdom Cafe room*)
(Electroencephalography: EEG)**



REGISTRATION



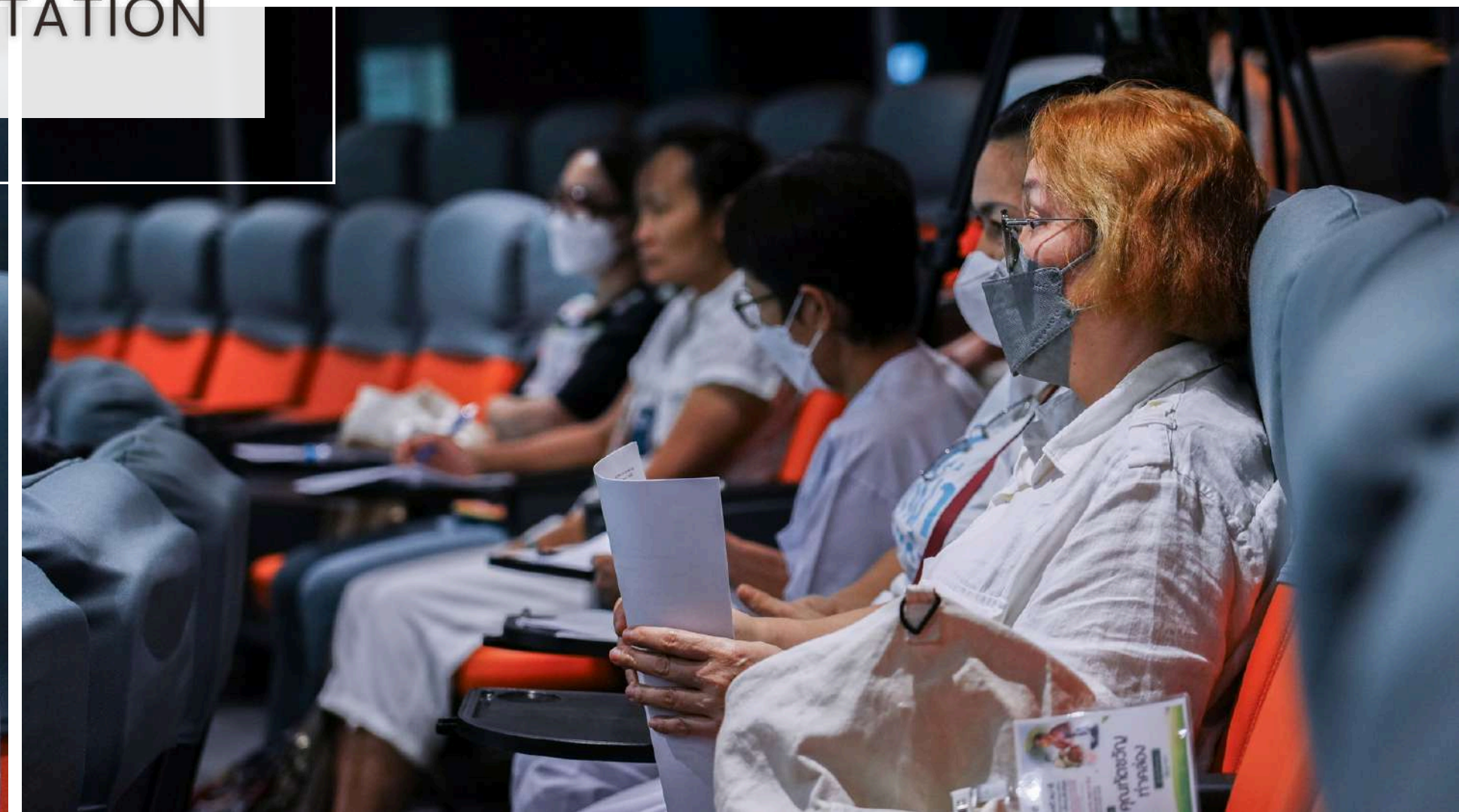


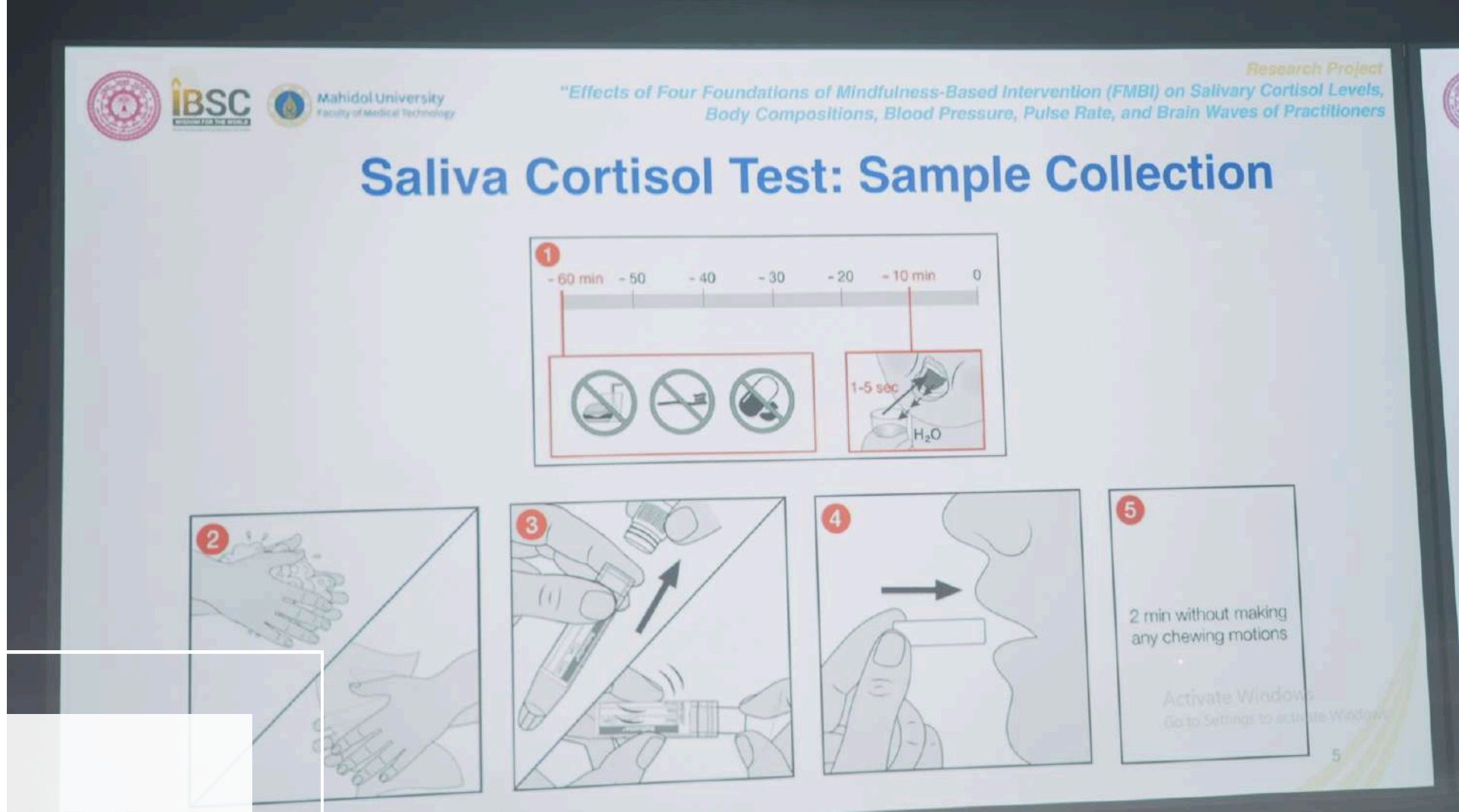
ORIENTATION





ORIENTATION





ORIENTATION





Mahidol University
Faculty of Medical Technology

Consent Form

Informed Consent Form for Research Participants

Date..... /...../.....

I,.....age....., residing
at..... Sub-district.....District.....
Province..... Postal Code..... Phone Number.....

Hereby express my willingness to participate in the research project “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”

I have been fully informed of the details of the research project, its benefits, and the potential risks involved. I understand everything clearly and agree to participate in the project mentioned above. I am aware that I can inquire about any questions or concerns from the researcher at any time and can withdraw from the research project without any consequences. Furthermore, the researcher will keep my personal data confidential and disclose it only in a summarized form for research outcomes. The disclosure of personal information to related agencies will be done only when necessary for academic reasons.

Therefore, I give my consent to Dr. Nadnapang Phophichit, Director of the Master of Arts in Peace Studies Program (International Program) and a lecturer at the International Buddhist Studies College (IBSC), Mahachulalongkornrajavidyalaya University (MCU), to collect data for the research project titled ‘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’.

Participant’s Signature

Date..... /...../.....

Researcher’s Explanation

I have clearly explained all aspects of the research project to the participant, including its purpose, benefits, and any potential risks.

Researcher’s Signature

(Dr. Nadnapang Phophichit)

Date..... /...../.....

Research Project

“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”

Stress Test (SPST-20)

By Department of Mental Health, Ministry of Public Health

Stress Assessment Form (SPST-20)

Department of Mental Health

Instructions: In the past 6 months, which of the following events have occurred in your life, and how did you feel about them? Please mark / in the stress level column. If an event didn't occur, skip it.

Questions for the past 6 months	Stress Level				
	Not Stress 1	Slightly 2	Moderate 3	High 4	Highest 5
1. Fear of making mistakes at work					
2. Not reaching set goals					
3. Family conflicts about money or housework					
4. Worry about toxins or pollution in air, water, noise, and soil					
5. Feeling the need to compete or compare oneself					
6. Not having enough money					
7. Muscle tension or pain					
8. Tension headaches					
9. Back pain					
10. Changes in appetite					
11. Migraine					
12. Feeling anxious					
13. Feeling frustrated					
14. Feeling angry or irritable					
15. Feeling sad					
16. Poor memory					
17. Feeling confused					
18. Difficulty concentrating					
19. Feeling tired easily					
20. Frequent colds					

Score interpretation:

0 - 23 points:

24 - 41 points:

42 - 61 points:

62 points or higher:

You have low stress that usually passes quickly.

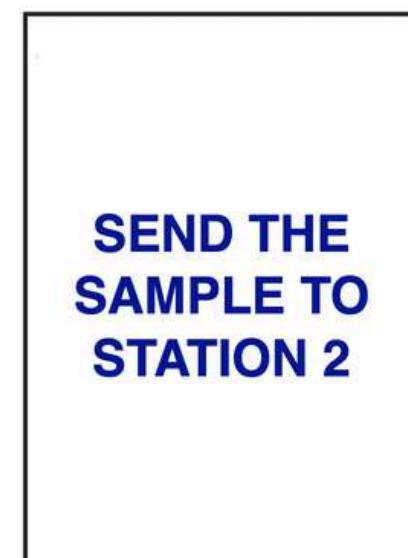
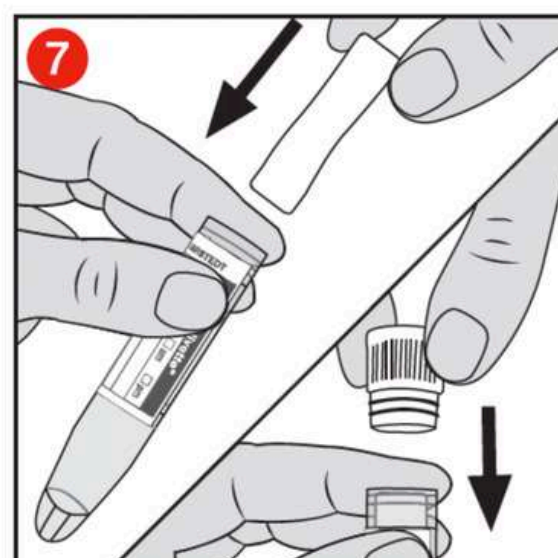
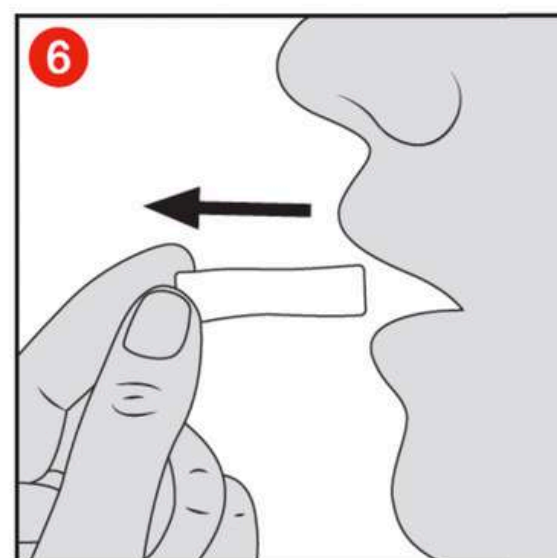
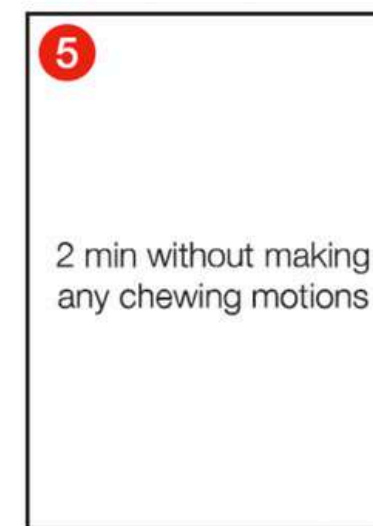
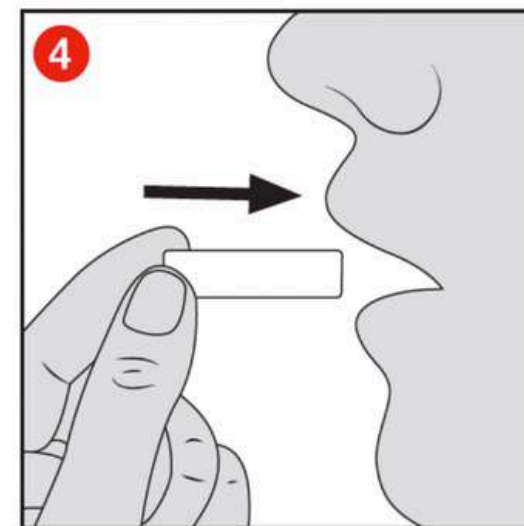
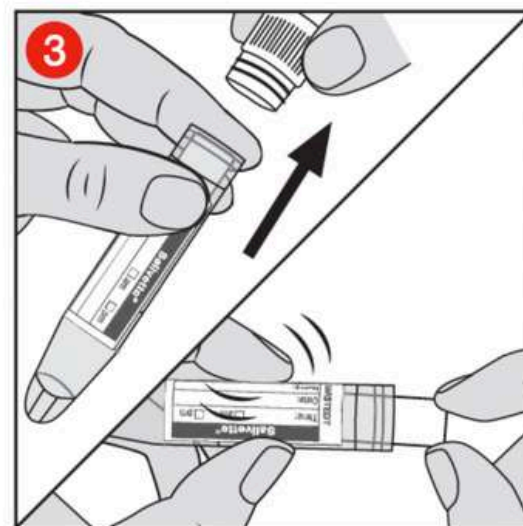
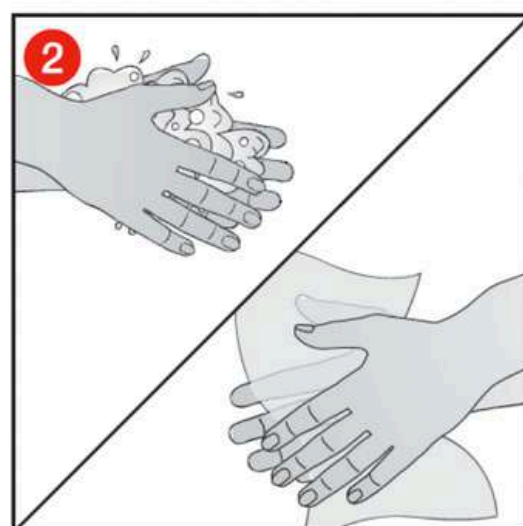
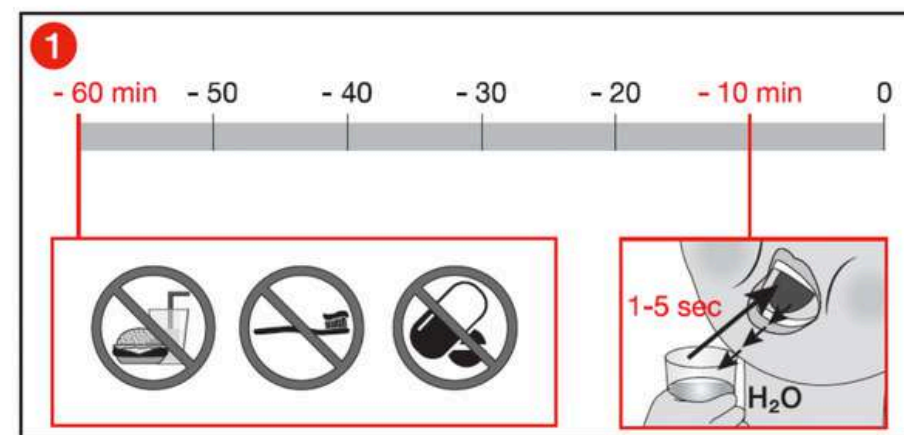
You have moderate stress (normal range). You can relax by doing activities like exercising, listening to music, reading, etc.

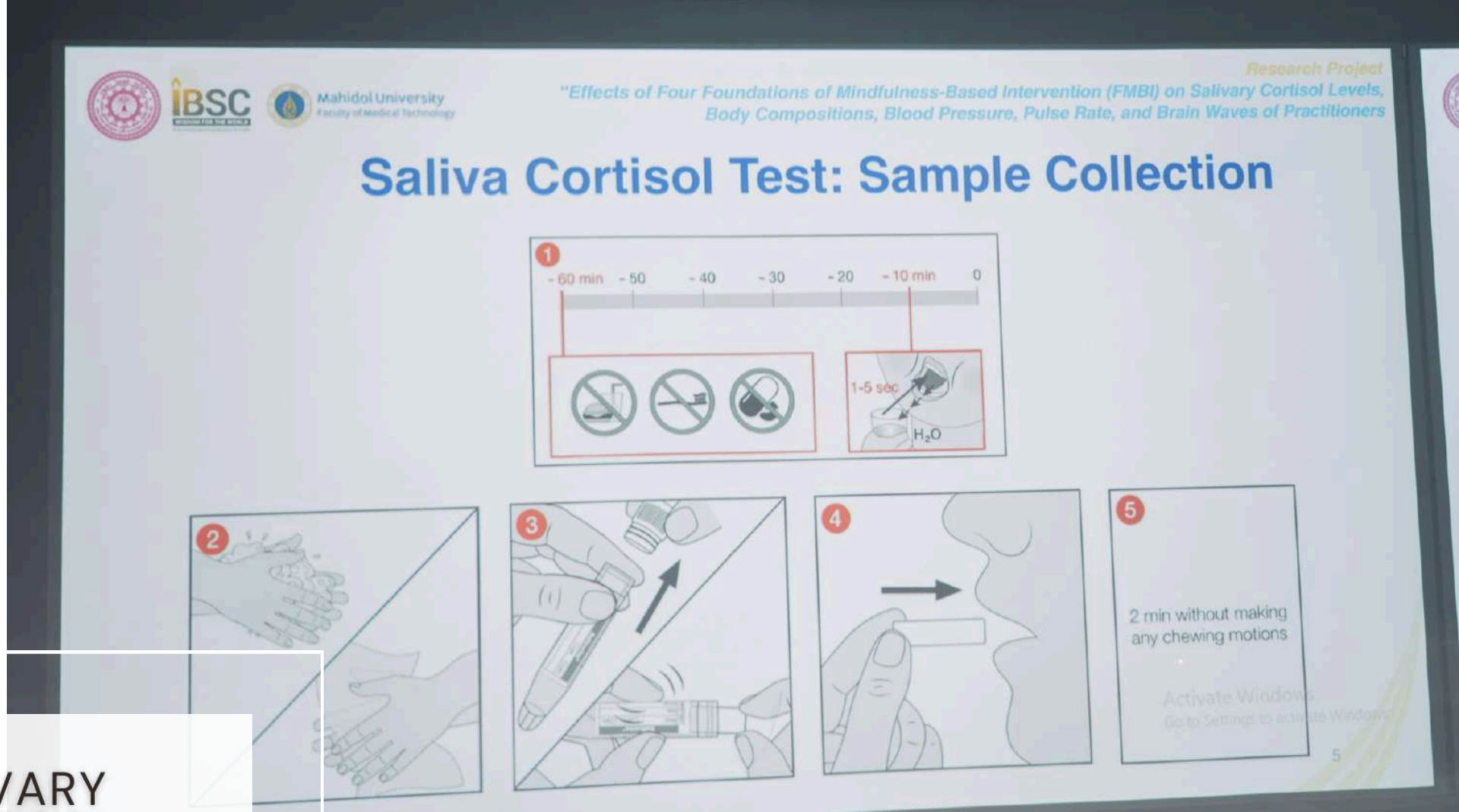
You have high stress. You can relieve stress by practicing breathing exercises, talking to someone you trust to find causes or solutions.

You have severe stress. You should seek help from a counselor or specialist quickly.

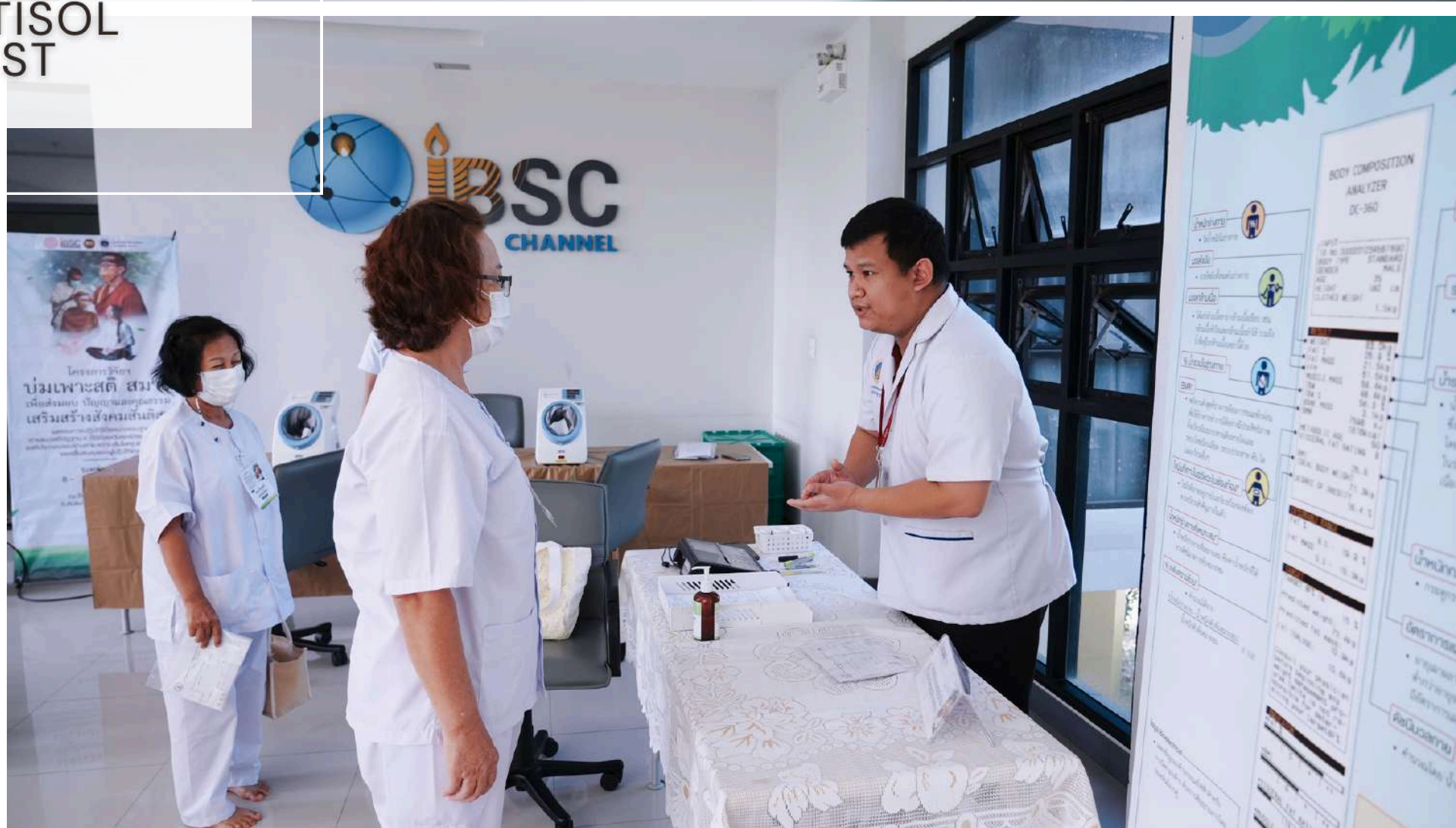


Saliva Cortisol Test: Sample Collection





SALIVARY CORTISOL TEST



Blood Pressure and Heart Rate Measurement

Before Reading

- ♥ Do not eat or drink anything before 30 minutes
- ♥ No smoking
- ♥ Empty the bladder
- ♥ Rest for 3-5 minutes before BP measurement



During Reading

- ♥ No talking
- ♥ Rest your arm with the cuff on a table at chest height
- ♥ Sit upright with back straight
- ♥ Do not cross over the legs & put both feet flat on the floor

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Station 3

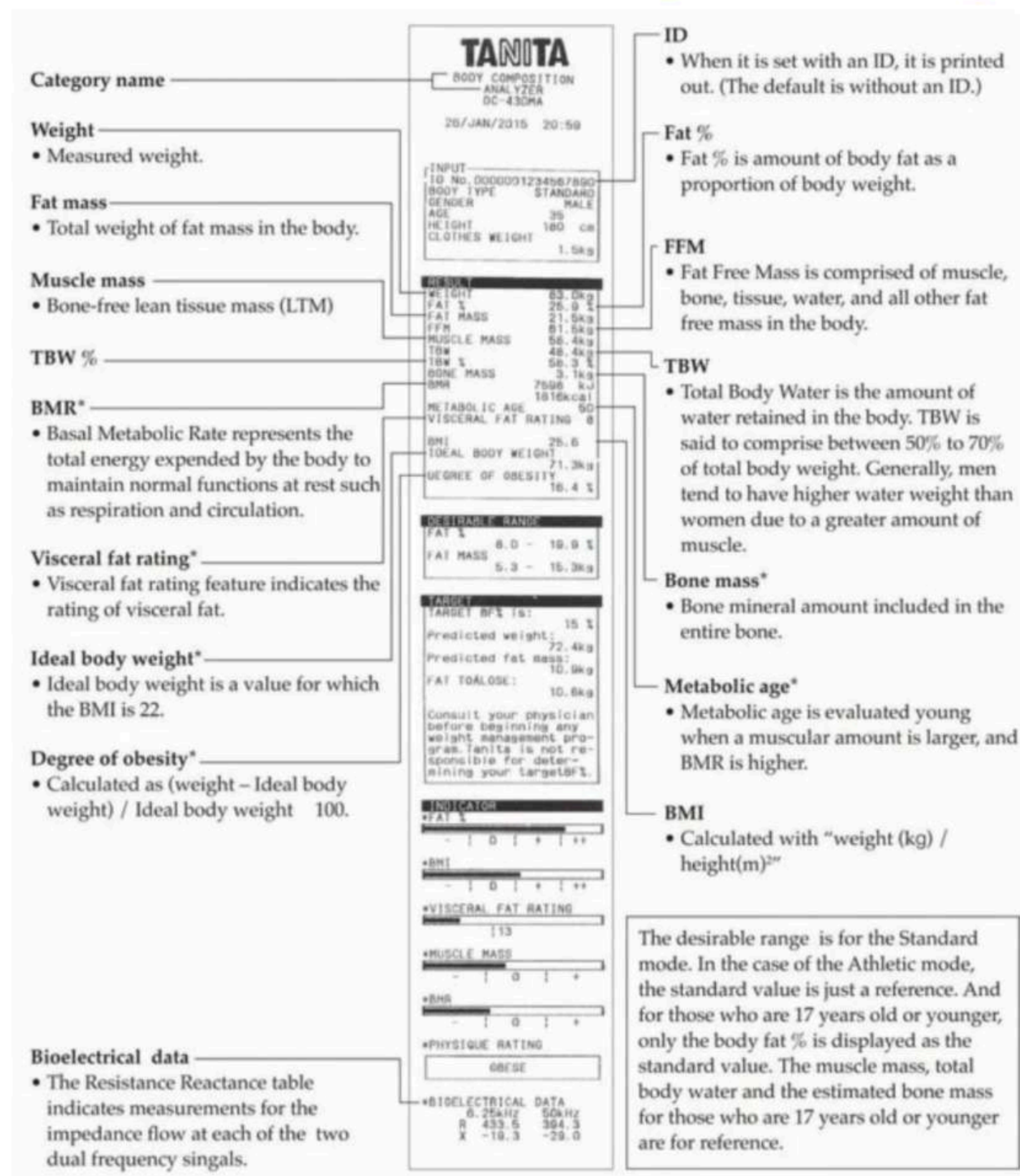


BLOOD PRESSURE
AND PULSE RATE





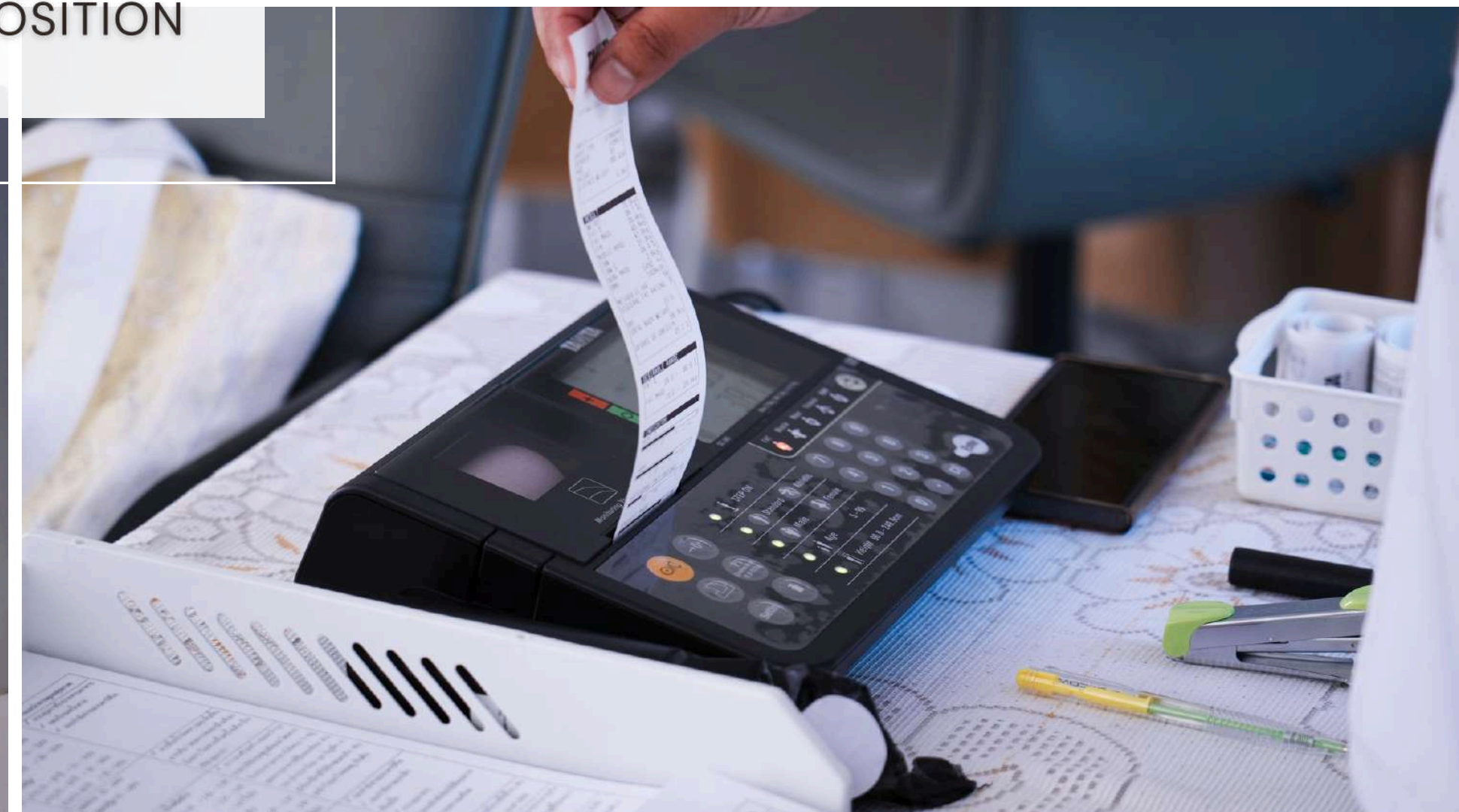
Body Composition Measurement



Station 4



BODY COMPOSITION





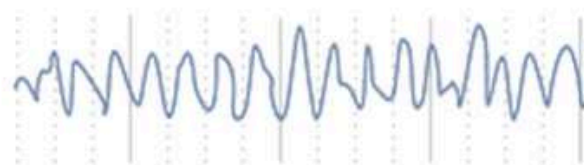
Brain Wave Measurement: Electroencephalography: EEG

Four Categories of Brain Wave Patterns



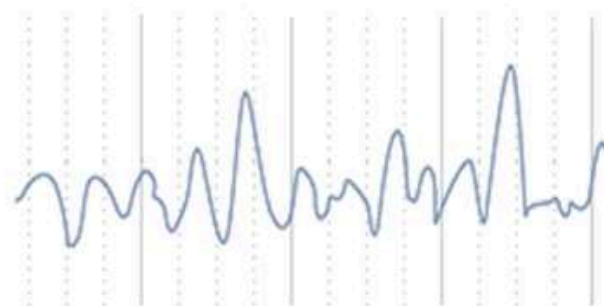
Beta (14-30 Hz)

Concentration, arousal, alertness, cognition
Higher levels associated with anxiety, disease, feelings of spation, fight or flight



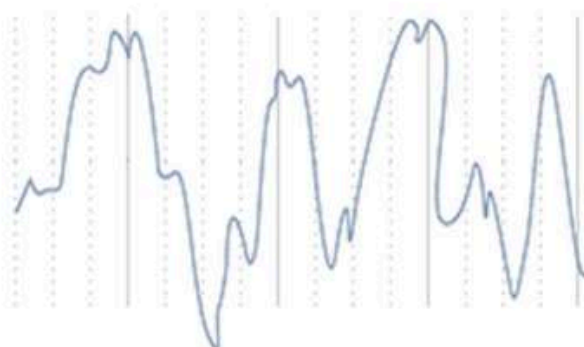
Alpha (8-13.9 Hz)

Relaxation, superlearning, relaxed focus, light trance, increased serotonin production
Pre-sleep, pre-waking drowsiness, mediation, beginning of access to unconscious mind



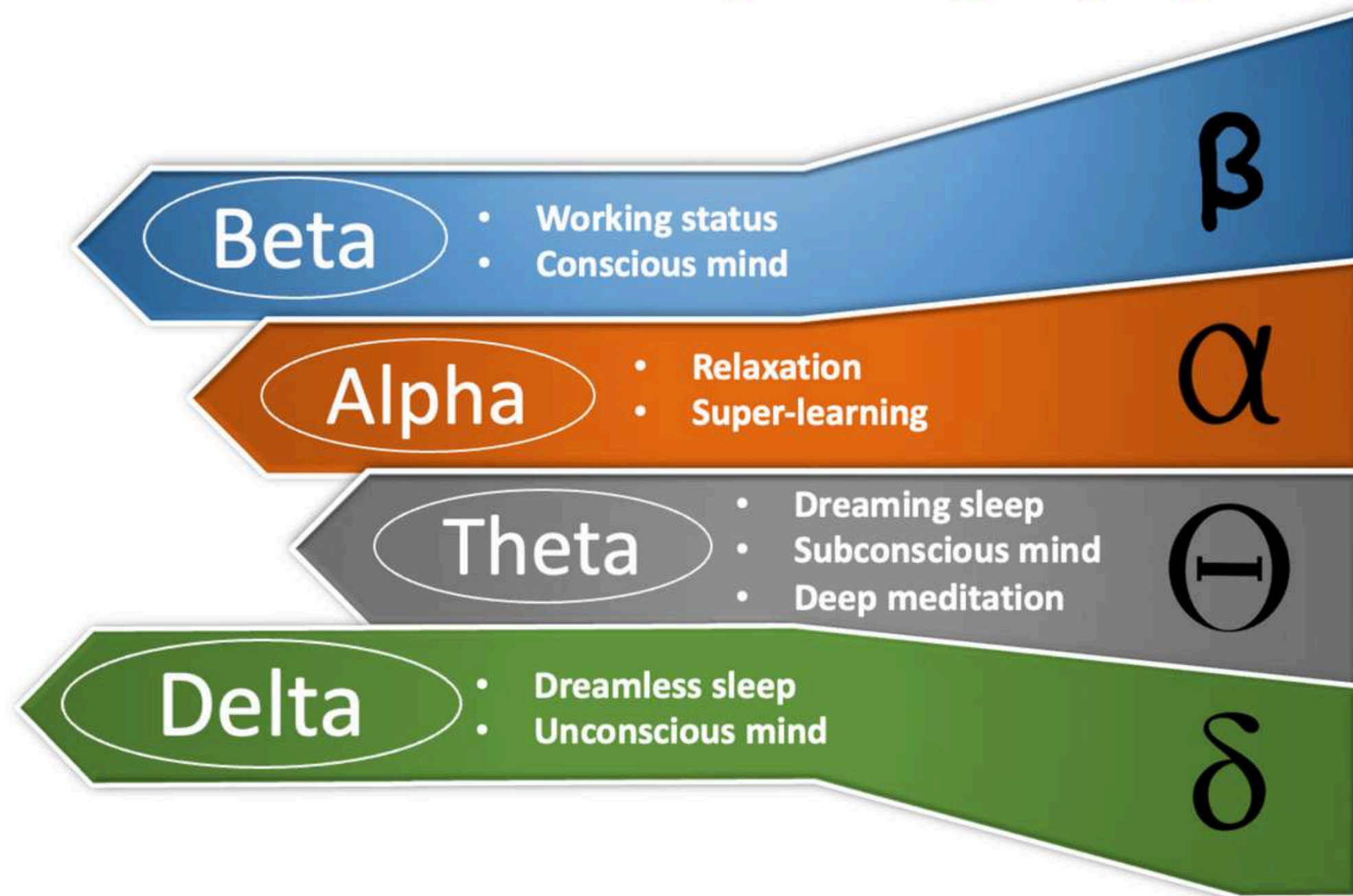
Theta (4-7.9 Hz)

Dreaming sleep (REM sleep)
Increased production of catecholamines (vital for learning and memory), increased creativity
Integrative, emotional experiences, potential change in behavior, increased retention of learned material
Hypnagogic imagery, trance, deep meditation, access to unconscious mind
Access to unconscious mind
Access to unconscious mind



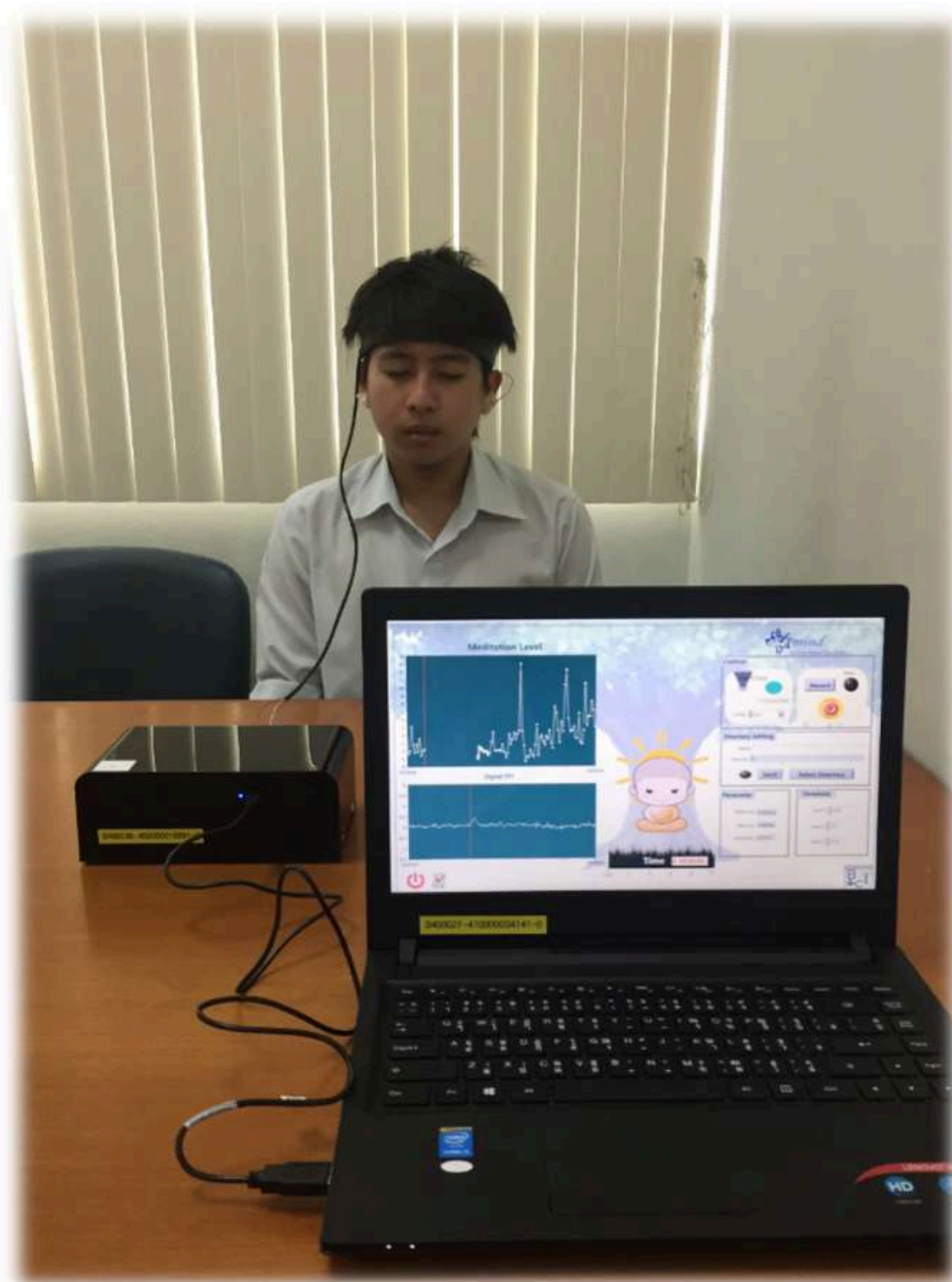
Delta (1-3.9 Hz)

Dreamless sleep
Human growth hormone released
Deep, trance-like, non-physical state, loss of body awareness
Access to unconscious and "collective unconscious" mind, greatest "push" to brain when induced with Holosync®
Induced with Holosync®, access to unconscious mind, greatest "push" to brain when induced with Holosync®
Access to unconscious and "collective unconscious" mind



Station 5 Wisdom Cafe


Brain Wave Measurement: Electroencephalography: EEG



Brain Wave Measurement: Electroencephalography: EEG

Method

How to use Se Mind Hardware



**Right earlobe
(Ground site)**

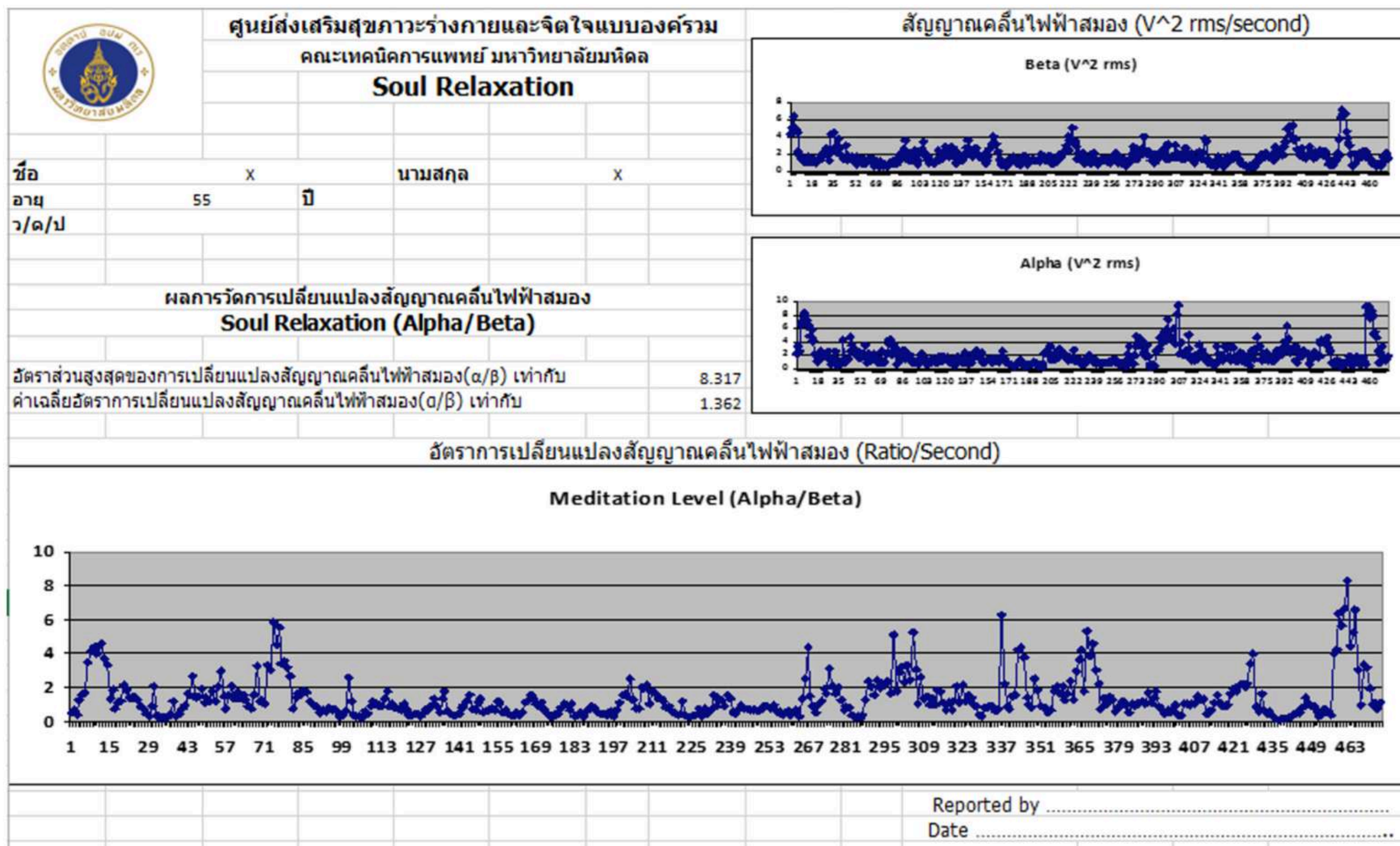
**Forehead
(Measuring site)**

**Left earlobe
(Ground site)**

**6Stick electrode to forehead (Differential measuring site)
and 2 earlobes (Ground site)**



Brain Wave Measurement: Electroencephalography: EEG





BRAIN WAVE





BRAIN WAVE





DURING FFMBI
7-DAY MEDITATION
PRACTICE





DURING FFMBI
7-DAY MEDITATION
PRACTICE





DURING FFMBI
7-DAY MEDITATION
PRACTICE





DURING FFMBI
7-DAY MEDITATION
PRACTICE





DURING FFMBI
7-DAY MEDITATION
PRACTICE





DURING FFMBI
7-DAY MEDITATION
PRACTICE



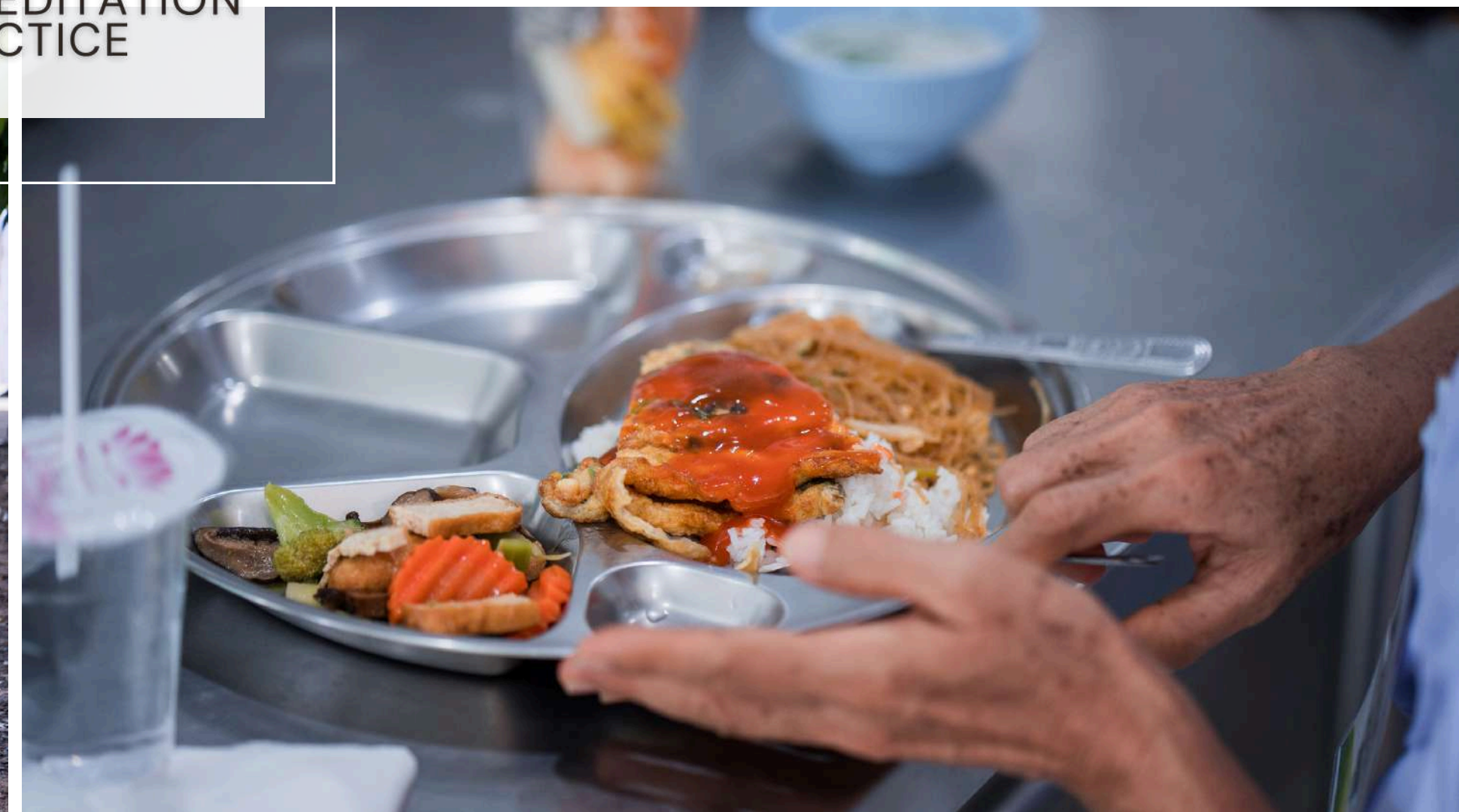


DURING FFMBI
7-DAY MEDITATION
PRACTICE



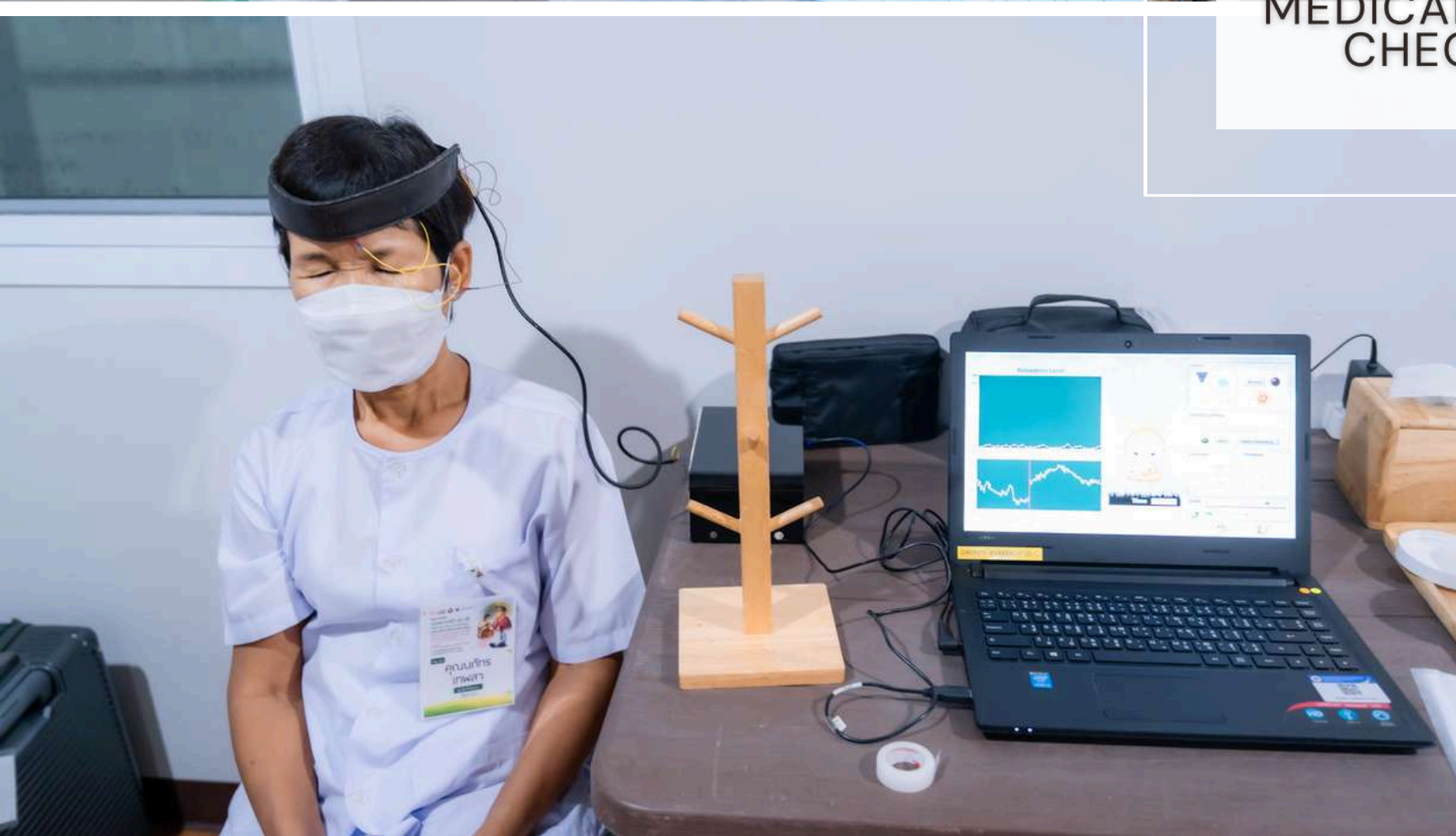


DURING FFMBI
7-DAY MEDITATION
PRACTICE



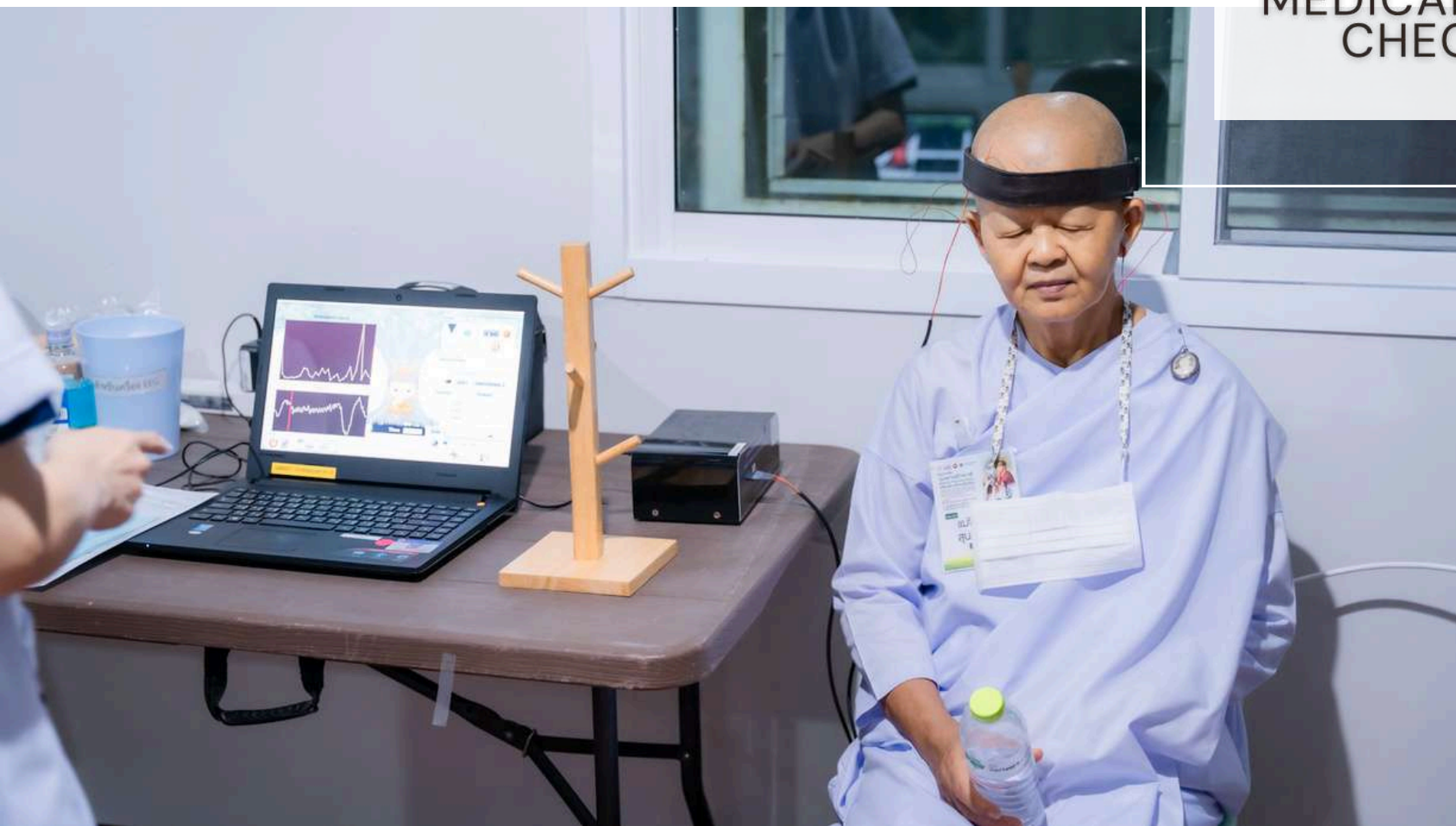


POST-MEDITATION
MEDICAL HEALTH
CHECKUPS



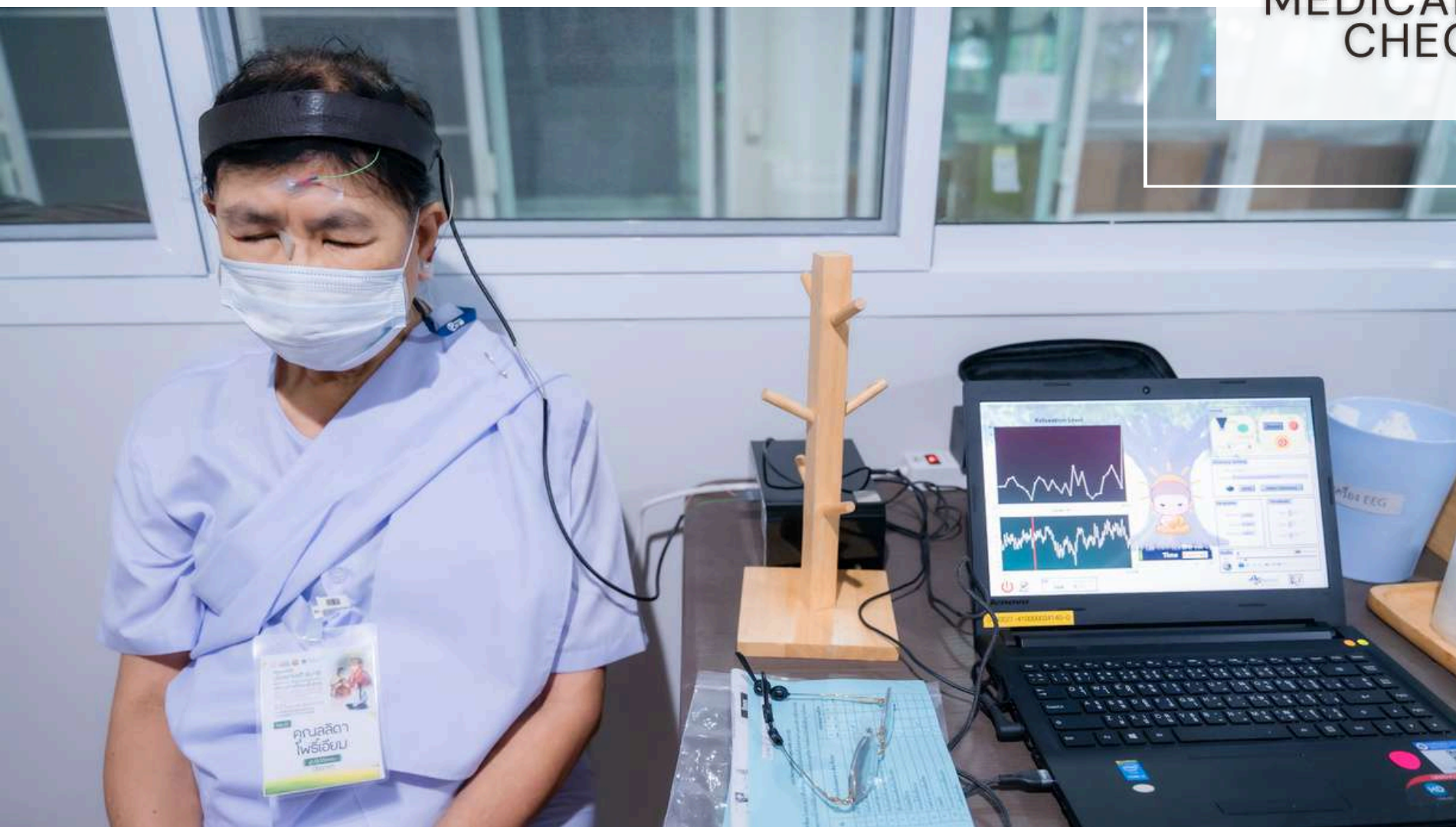


POST-MEDITATION
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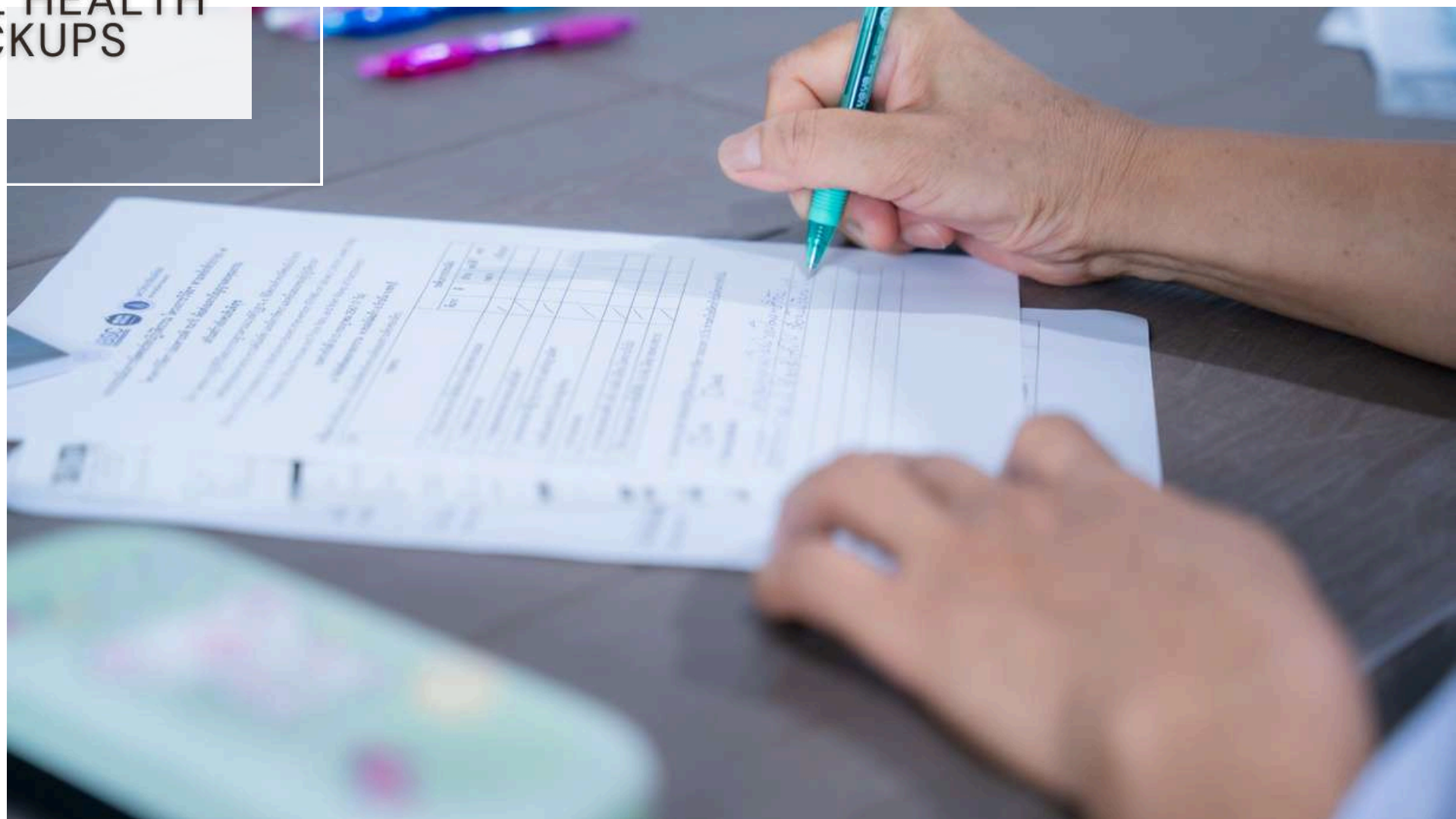
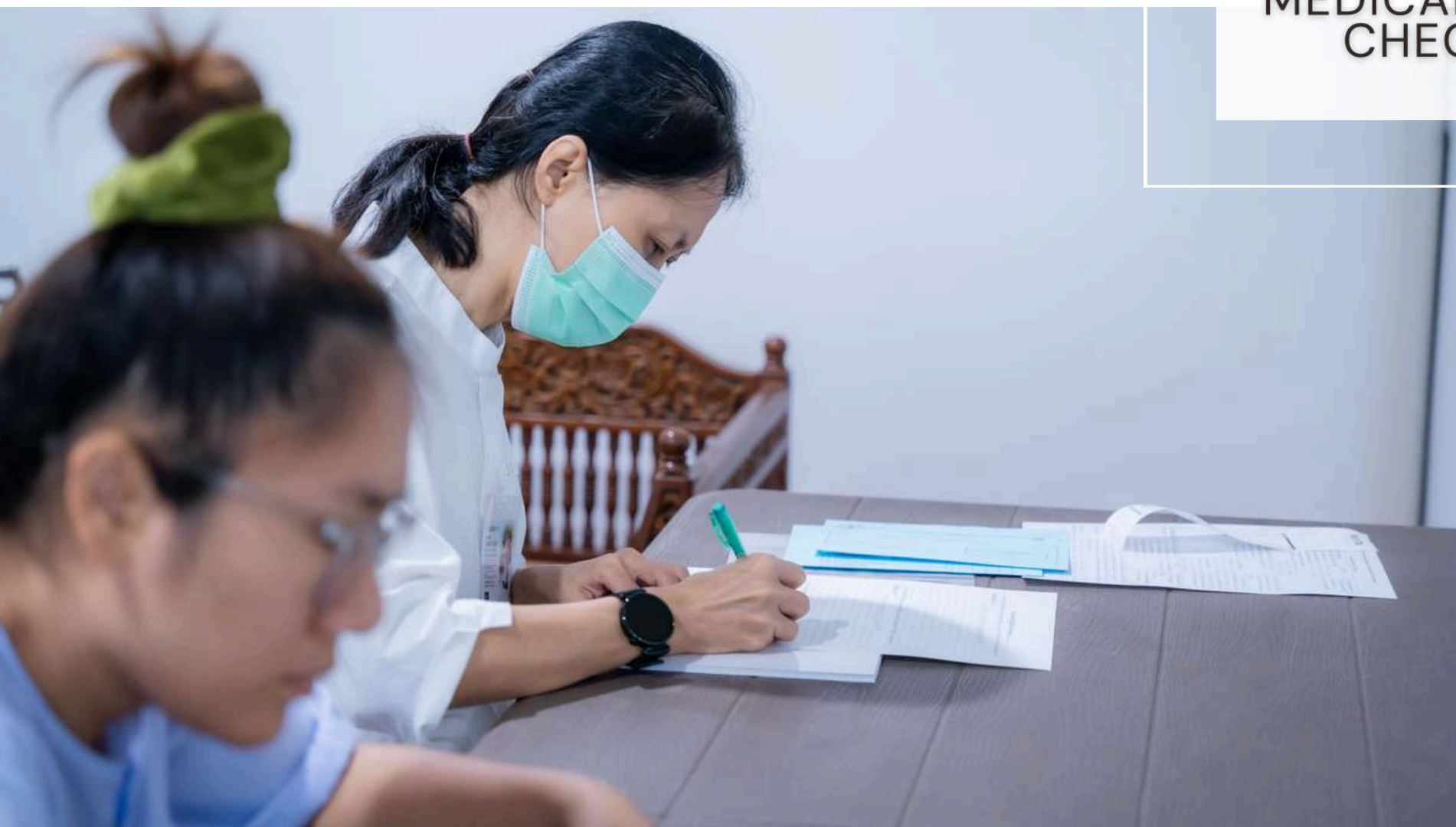


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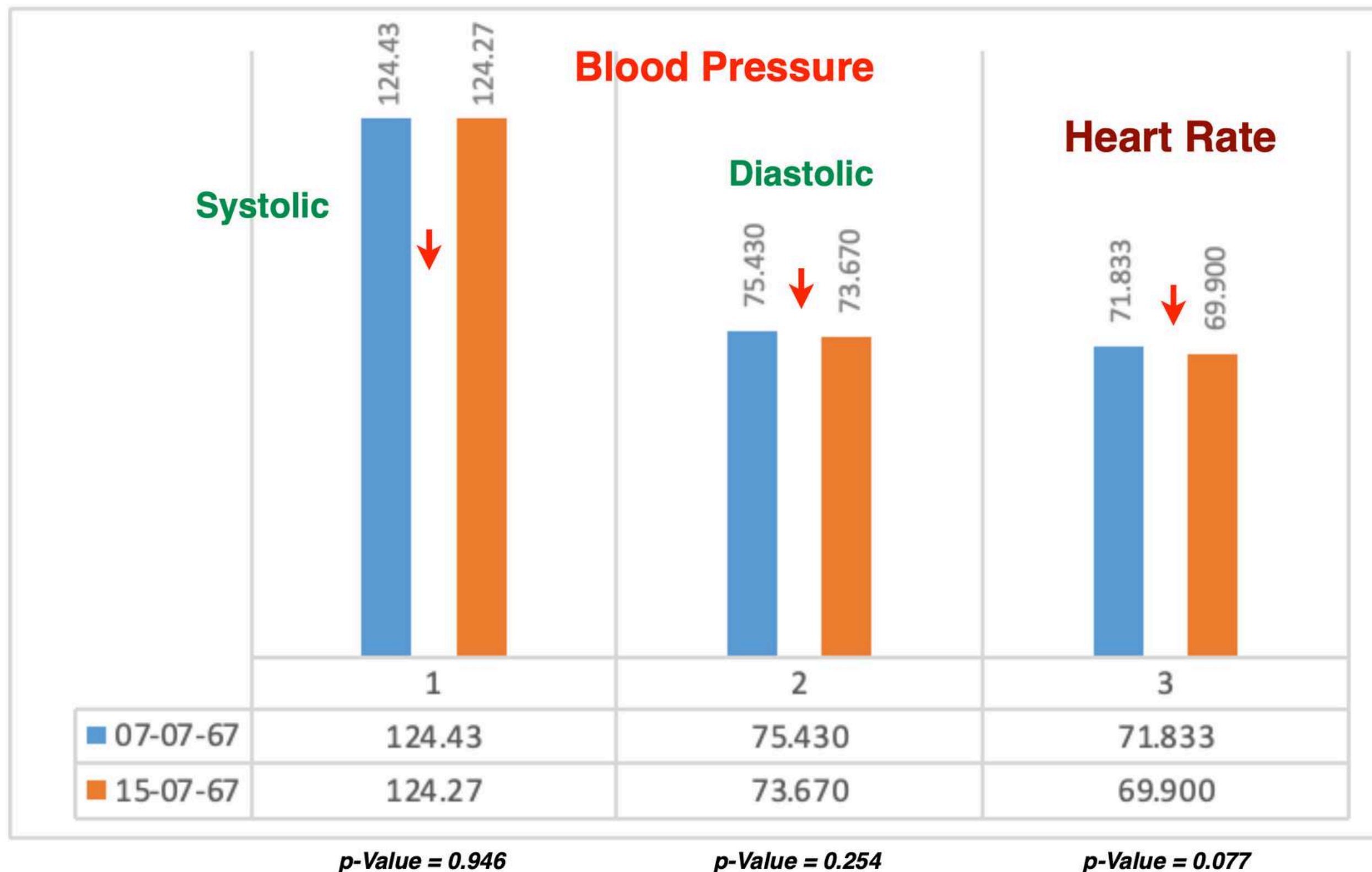
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Results: Blood Pressure and Heart Rate Measurement

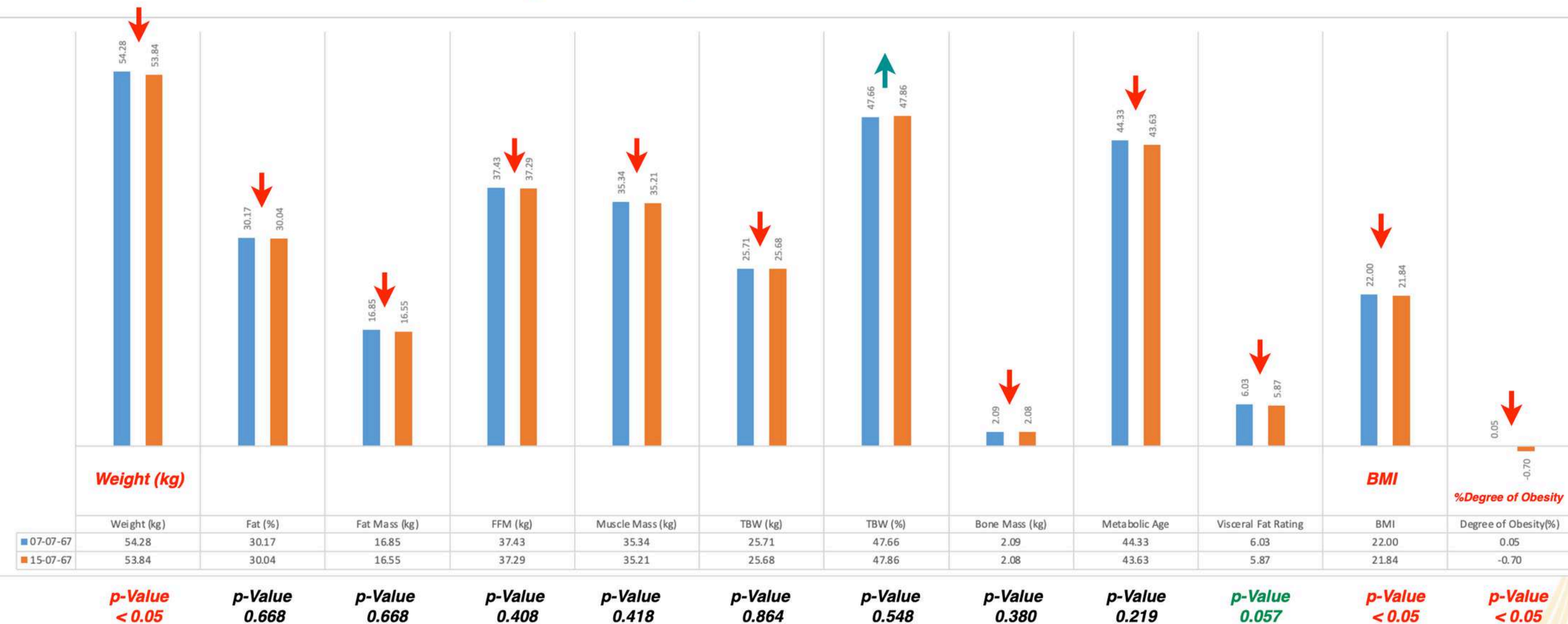
Statistical Significance: $p\text{-Value} < 0.05$





Results: Body Composition Measurement

Statistical Significance: $p\text{-Value} < 0.05$

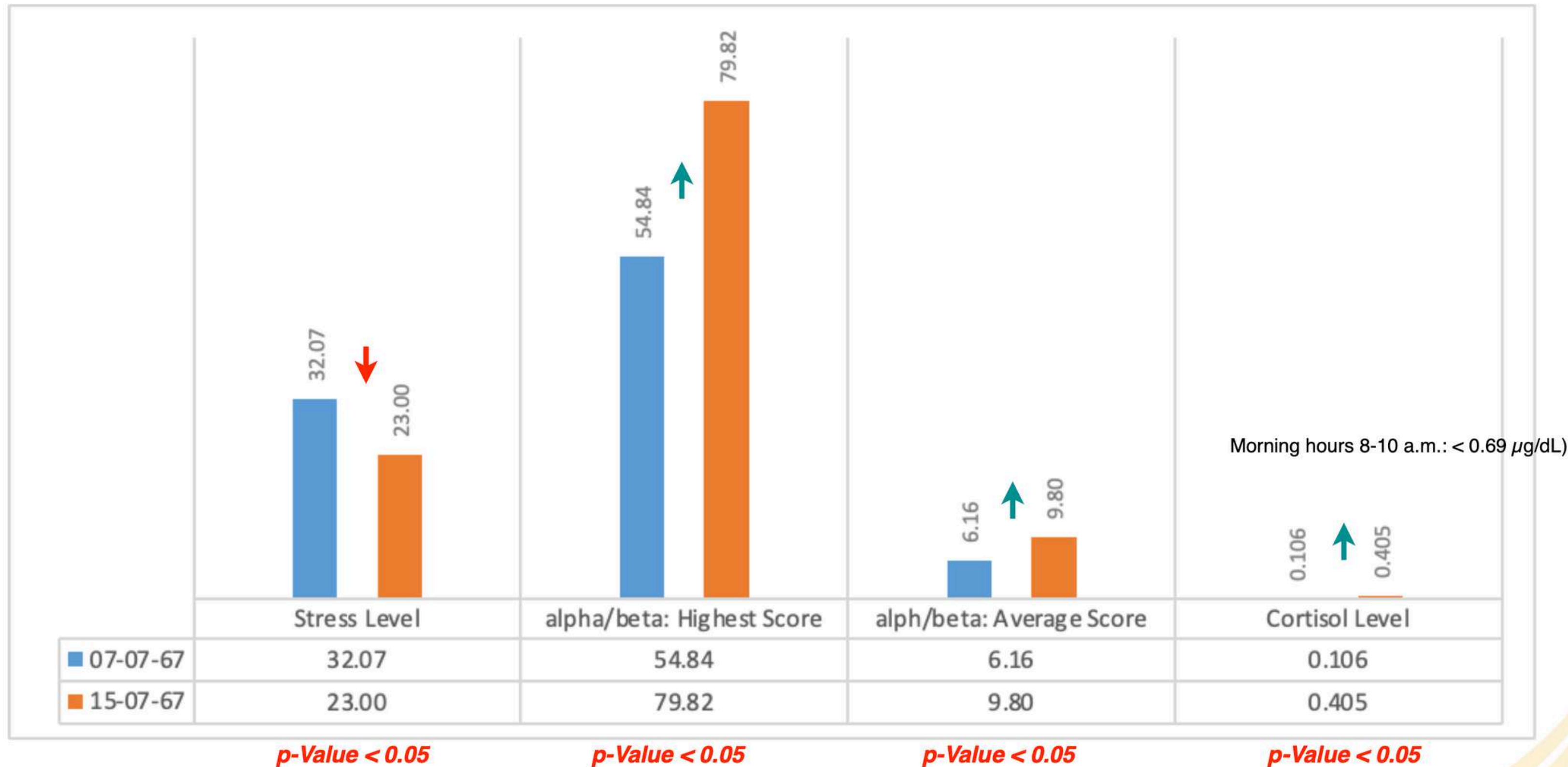




Results:

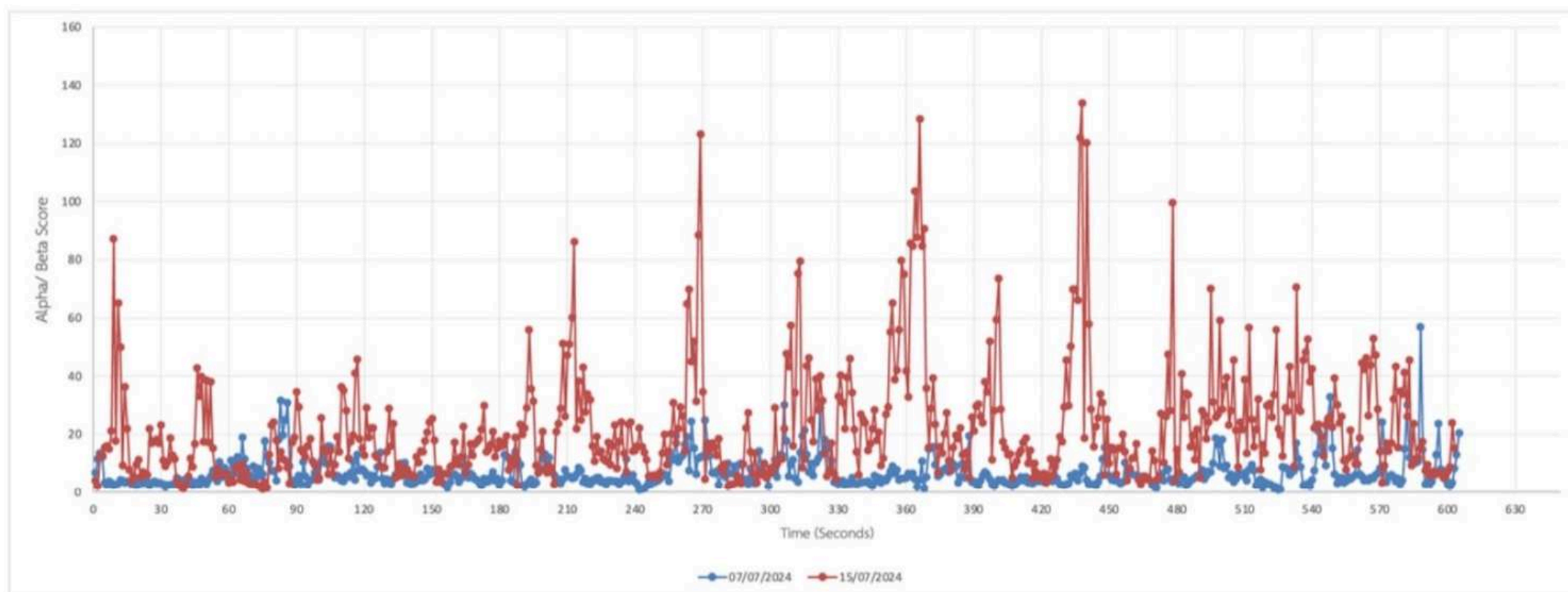
Statistical Significance: $p\text{-Value} < 0.05$

Stress Assessment, Brainwave Measurement and Cortisol Levels





BrainWave Measurement: Alpha/ Beta Score vs Time (Seconds)



Example Case of Brain Wave Analysis

Analysis Results of Brain Wave "the Alpha/ Beta Ratio Score"
Brain wave measurements taken pre- and post-activity, 10 minutes/ session

The Alpha/ Beta Ratio Score	Pre 7/7/2024	Post 15/7/2024
The <u>Highest</u> Alpha/ Beta Ratio Score	56.837	133.738
The <u>Average</u> Alpha/ Beta Ratio Score	6.870	22.068



Interpretation (Focus primarily on the average Alpha/Beta ratio scores)

The Alpha/Beta ratio score refers to calculating a score by dividing the electrical potential of Alpha by Beta brain waves

The blue graph/ blue numbers represent the Alpha/Beta ratio score pre-activity (on 7/7/2024)

The red graph/ red numbers represent the Alpha/Beta ratio score post-activity (on 15/7/2024)

If A high score means calmness and relaxation

A low score means less relaxation, or being focused on a particular matter, or using a lot of mental effort

The difference in the 'positive direction' or a 'green arrow pointing up' means increased relaxation post the activity

The difference in the 'negative direction' or a 'red arrow pointing down' means decreased relaxation post the activity



Overall of Results

No.	Parameter	Sub-parameter	07-07-67	15-07-67	p-Value
1	Blood Pressure	Systolic	124.433	124.270	0.946
2		Diastolic	75.433	73.667	0.254
3	Heart Rate		71.833	69.900	0.078
4	Body Composition (3/12)	Weight (kg)	54.280	53.840	0.001
5		Fat (%)	30.170	30.043	0.668
6		Fat Mass (kg)	16.850	16.550	0.128
7		FFM (kg)	37.430	37.290	0.409
8		Muscle Mass (kg)	35.340	35.213	0.418
9		TBW (kg)	25.710	25.680	0.864
10		TBW (%)	47.663	47.863	0.548
11		Bone Mass (kg)	2.090	2.077	0.380
12		Metabolic Age	44.333	43.633	0.219
13		Visceral Fat Rating	6.033	5.867	0.057
14		BMI	22.003	21.840	0.008
15		Degree of Obesity (%)	0.050	-0.700	0.008
16	Brain Wave Measurement	alpha/beta: Highest Score	54.845	79.821	0.008
17		alpha/beta: Average Score	6.161	9.802	0.002
18	Stress Level		32.067	23.000	0.001
19	Cortisol Level		0.106	0.405	0.000



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Research Team



DR. NADNAPANG
PHOPHICHIT

PRINCIPAL INVESTIGATOR (PI)
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Research Presentation at the International Conference 2024



The research study was presented at the PsyCon Budapest – International Conference on Psychology & Psychiatry, held on 25-26 September 2024 at Óbuda University, Budapest, Hungary. This conference, organized by the Healthcare and Biological Sciences Research Association (HBSRA), provided an international platform to share insights from the research with a global audience.



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Dr. Nadnapang Phophichit, Head of the Research Project, was invited to deliver a lecture and present the research findings to master's students and faculty members at Dharma Gate Buddhist College (DGBC), Budapest, Hungary, on 23-24 September 2024.



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Research Contribution at the Rotary Club of Bangkok



Dr. Nadnapang Phophichit, Head of the Research Project, was invited to present the research findings at the Rotary Club of Bangkok on 10 January 2025. This presentation was delivered to an audience of professionals, academics, and community leaders, providing a valuable opportunity to share insights from the research project and promote the application of mindfulness-based interventions within diverse societal contexts.



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

Nadnapang Phophichit et al.

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Sakchai Sakabucha
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Tararat Khaokhiew*

This study examines the effects of the *Four Foundations of Mindfulness-Based Intervention (FFMBI)* on physiological and psychological markers, including salivary cortisol, body composition, blood pressure, pulse rate, and brain waves. A mixed-methods approach involved interviews with 12 Vipassanā meditation masters and Buddhist scholars to develop the FFMBI program, followed by a 7-day retreat with 30 volunteers. Results showed significant reductions in self-reported stress (SPST-20 scores from 32.07 to 23.00) and improvements in brainwave alpha/beta ratios (highest scores from 54.84 to 79.82; average scores from 6.16 to 9.80), indicating enhanced mental relaxation. Body weight, BMI, and obesity levels improved, though heart rate and blood pressure changes were not significant. Unexpectedly, salivary cortisol levels increased, suggesting the need for further investigation. Overall, the findings highlight the positive impacts of FFMBI on both physical and mental well-being.

← Photography by Martin Dojčár, 2025.



Nadnapang Phophichit, PhD, is the Director of the Certificate in Mindfulness Master Program (International Program) at the International Buddhist Studies College, Mahachulalongkornrajavidyalaya University, Thailand. She lectures on Buddhist Studies, Buddhist Psychology, Innovative Mindfulness, and Peace Studies. Her research integrates the Four Foundations of Mindfulness-Based Interventions (FFMBI), Buddhist teachings, Vipassana meditation, well-being, and stress resilience. Dr. Nadnapang has led several significant research projects in these fields and collaborated internationally, delivering lectures combined with meditation sessions. She has been invited to speak on mindfulness and its effects on mental and physical health at universities and Rotary Clubs. Her research aims to integrate the wisdom of the Buddha's teachings with contemporary science, promoting mindfulness and Vipassana meditation as tools for inner and outer peace in individuals and communities worldwide. She can be reached at nadnapang@ibsc.mcu.ac.th.

Received January 21, 2025
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Keywords

Vipassana meditation, Mindfulness-Based Intervention, body composition, stress reduction, brainwave

Congratulations! Publication of IBSC, MCU

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Keywords:

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- ✓ Body Composition
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First Author

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Journal:

Spirituality Studies (Scopus Q2)

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Research Paper Publication

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NADNAPANG PHOPHICHIT

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SPIRITUALITY STUDIES 11-1 SPRING 2025 19

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Research Paper Publication

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Research Project
"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"



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CERTIFICATE OF RECOGNITION

This certificate is awarded to

Dr. Nadnapang Phophichit

In recognition of your outstanding contributions in research, creative work, and academic achievements for the year 2025, particularly for your published work in a *Scopus-indexed journal (Q2)*.

Your dedication to advancing the field of Buddhist studies and mindfulness is greatly appreciated.

Given on 13th February 2025

Phra Medhivajarpundit, Prof. Dr.
Director of International Buddhist Studies College



INTERNATIONAL BUDDHIST STUDIES COLLEGE (IBSC), MCU

Joint Research Project between IBSC, MCU & DGBC, Hungary

"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"*

7-day Meditation Retreat
(17-24 June 2025)



Phra Medhivajjarapundit
Prof. Dr.
IBSC, MCU, Thailand



Dr. Sakchai Sakabucha
IBSC, MCU, Thailand



Dr. Nadnapang Phophichit
IBSC, MCU, Thailand



Gábor Karsai
DGBC, Hungary



Cser Zoltán
DGBC, Hungary



Melinda Irtl Földiné
DGBC, Hungary



A 3 day-meditation retreat project

At the Dhamma Gate Buddhist College, Budapest, Hungary

Duing 5-7 November 2024





JOINT RESEARCH PROJECT BETWEEN IBSC, MCU & DGBC, HUNGARY, 2025





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17-24 June 2025 (7 days)

Mánfai Elvonulási Központ és Alkotóház, Hungary



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