

THUPTEN TENDHAR

PROFESSIONAL PROFILE

- ✓ 10+ years of teaching university students, high school students, and diverse older adults
- ✓ 10+ years of administrative and coordinating services at university and monastic institutions
- ✓ Recognized organizational and communication skills with the ability to lead, work independently, follow directions, and build respectful relationships
- ✓ Value community building and service, having volunteered within disaster recovery, food insecurity, education, community health, and cultural benefits for over a dozen organizations
- ✓ Computer and technological skills in Microsoft Office, SurveyMonkey, Social Media, SPSS, etc.
- ✓ Trilingual with fluency in English and Tibetan, and conversational skill in Hindi
- ✓ Continually recognized by colleagues and students for positivity, flexibility, and dedication

EDUCATION

The University of Rhode Island, Kingston, RI

Ph.D. in Education GPA: 3.96/4.00, August 2019

Dissertation title: “Compassion and Well-being: The Effects of an Online Film-mediated Compassion Education on Undergraduate Students.”

M.A. in Adult and Higher Education GPA: 3.97/4.00, May 2014

Thesis title: Inner-Peace and Physical Health: Peace of Mind and Physical Health Among Rhode Island Older Adults.”

Drepung Monastic University, Tibetan Settlement, Mundgod, Karnataka State, India

- Ph.D. Equivalent (Geshe Degree) in Buddhist Studies & Philosophy, 2010
- B.A. (Pharchin-Rabjampa Degree) in Buddhist Studies, 1999

PROFESSIONAL EXPERIENCE

The Honors Program, University of Rhode Island, Kingston, RI

Instructor/Adjunct Professor

2012 to Present

- Teaching Honors Seminar in *Diversity, Inclusion, and Humanities* each semester since 2017
- Modified the three credits wisdom traditions course to qualify as a General Education class for multidisciplinary purposes
- Developed and taught Honors Seminar: *Tibetan Buddhism: Journey to Nirvana* from 2012 to 2017
- Consistently rated 4.9 out of 5 on IDEA Center’s Instructor Evaluation each semester since 2012

Department of Political Science, University of Rhode Island, Kingston, RI

Instructor/Adjunct Professor

2020 to Present

- Teaching Nonviolence Theory and Research Seminar for International Relations M.A. students
- The graduate-level course focused on global peace and peaceful movements
- Experienced in teaching online and in-person classes

URI Center for Nonviolence and Peace Studies, Kingston, RI

Director-International Nonviolence Summer Institute

2021 to Present

- Directed the 22nd annual International Nonviolence Summer Institute
- Worked on the budget and managed accounting
- Created and managed the online registration system
- Communicated with the US national and international applicants
- Created social media ads and circulated them
- Led the training team in planning and delivering the intensive training

URI Center for Nonviolence and Peace Studies, Kingston, RI

Coordinator

2011 to 2021

- Coordinated the annual two-week International Nonviolence Summer Institute
- Advised international participants on travel and visa issues by email and telephone
- Arranged on-campus accommodation with easy check-in and check-out system
- Created and managed online registrations, accounts, and training records for each year
- Coordinating weekly meetings for the Inner Peace Healthy Minds Program
- Facilitating students with their research projects on Inner Peace Healthy Minds topics
- Invited renowned scholars from the U.S. and abroad to speak on innovative ideas
- Arranged lectures venues and travel itineraries for the speakers
- Writing new content for the Center's website, Peace Post, Blog, and social media
- Created event flyers and distributed them through social media and handouts
- Took photos and videos to document the Center's special events like the Day of Peace
- Represented the Center at URI departments and other campuses to promote its peaceful missions

Radio Free Asia, Washington, DC

Outside Evaluator

2021

- Served as an outside evaluator for Radio Free Asia's Tibetan Khamkay dialect programs
- Reviewed videos, radio, and social medial contents and accuracy
- Recommended needful changes and future directions

Drepung Loseling Monastery Inc, Atlanta, GA

Office Administrator

2009 - 2011

- Assisted the monastery director, administrators, and collogues with multiple projects
- Served as a coordinating member for H.H. the Dalai Lama's 2010 visit to Atlanta, GA
- Coordinated and participated in many interfaith programs for harmonious coexistence
- Assisted with the Educational Fund project, translations, and Tibetan language classes

Mystical Arts of Tibet, Inc. Atlanta, GA

Tour Spokesperson

2005 - 2007

- Led as a master of ceremonies and moderator for the *Sacred Music, Sacred Dance* performances at U.S. colleges, museums, and performing arts centers attended by hundreds
- Conducted television, radio, and newspaper interviews in many U.S. states
- Served as a liaison between the company and organizers
- Explained the Mandala Sand painting and its procedures to audiences of different ages
- Guided a group of ten monk-artists (2005-2007) across the U.S. to promote World Peace and Healing

Drepung Loseling Library Society, Mundgod, Karnataka State, India

Editor

2003-2005

- Served as the editor of Drepung Loseling Magazine (DRELOMA), a bi-annual publication of Drepung Loseling Library Society
- Wrote and edited articles on Buddhist philosophy and psychology
- Conducted interviews, transcribed audio recordings, designed covers, and supervised the printing process

Loseling Altruistic Medical Association, Mundgod, Karnataka State, India

Chairperson

2002 - 2005

- Served as elected chairperson of the Loseling Altruistic Medical Association (LAMA), a nonprofit organization providing charitable medical services for the community with a 30-bed clinic and other medical facilities
- Responsible for annual operation budget worth over USD 175,000
- Presided executive board, supervised meetings, and budgets for clinical and health services
- Invited and hosted international medical practitioners for voluntary medical services
- Hired and managed 35 staffs, planned outreach programs, and supported community health

Instituto Loseling de Mexico, Mexico City, Mexico

Resident Teacher

2001-2002

- Served as the resident teacher/master of Instituto Loseling de Mexico
- Taught Buddhist philosophy, psychology, and meditation classes
- Participated in interfaith dialogues and discussions representing the institute
- Gave multiple T.V. and radio interviews on meditation, lifestyles, and well-being
- Hired staff, planned outreach programs, and supported the medical needs of the community

Gujarat Rehabilitation Project, Bhuj, Gujarat, India

Project Director

2000-2001

- Served as director of the joint project by Drepung Loseling Monastery and Tseinshey organization, Taiwan for Gujarat Earthquake rehabilitation

- Supervised rebuilding of over 85 families in Baukha and Makhanbar villages in Bhuj
- Responsible for construction and rehabilitation budget worth about USD 200,000
- Managed hiring and payroll for 100 employees for the village rehabilitation project

Drepung Loseling Monastery, Karnataka State, India

Parttime Teacher

1998 - 2000

- Taught Tibetan reading and writing classes for junior monks
- Instructed Tibetan grammar and literature courses for different grades
- Imparted Buddhist logic and philosophy classes
- Facilitated debates and discussions among monk students

CERTIFICATIONS

***US Institute of Diplomacy and Human Rights*, Washington DC**

- Human Rights Consultant Certification, 2021

***Center for Nonviolence and Peace Studies*, The University of Rhode Island**

- Nonviolence Trainer for Institutionalizing & Globalizing Peacebuilding, Level III Certification, 2019
- Advanced Nonviolence Leadership, Organization and Mobilization, Level II Trainer Certification, 2010
- Kingian Nonviolence and Conflict Reconciliation, Level I Trainer Certification, 2008

***Collaborative Institutional Training Initiative (CITI)*, The University of Miami**

- Certification for Human Subject Research for Social Behavior, 2016
- Certification for CITI Conflicts of Interest, 2015
- Certification for Responsible Conduct of Research for Social, Behavioral, and Educational Studies, 2015

AWARDS AND PROFESSIONAL MEMBERSHIPS

Excellence in General Education Award (nominated), URI Office of Innovation in Gen. Ed; 2021

Living Peace Award, The Peace Flag Project, Providence, Rhode Island, September 2015

American Educational Research Association (AERA) Membership, December 2015

The Dalai Lama Trust Scholarship Award, Washington, D.C., 2014; 2015; July 2016

Diversity Awards for Graduate Student Excellence in Leadership & Service, URI, 2014

Big Thinker, University of Rhode Island, March 2014

Golden Key International Honor Society Membership, November 2013

Association of Rhode Island Authors Membership, October 2013

Kappa Delta Pi International Honor Society in Education Membership, April 2013

Outstanding Student Awards, Drepung Loseling School, 1995

PUBLICATIONS AND PRESENTATIONS

- Tendhar, T., Saikia, M. J., & Bueno de Mesquita, P. (2021). *Online Film-Mediated Program Increases Compassion and Sense of Well-being in College Students*. Manuscript submitted for publication.
- Tendhar, T., Marcotte, M. A., Saikia, M. J., & Bueno de Mesquita, P. (2021). *Relationship of Compassion for Self and Others to Sense of Well-being of College Students*. Manuscript under review for publication.
- Saikia, M. J., Kuanar, S., Borthakur, D., Vinti, M., & Tendhar, T. (2021). A machine learning approach to classify working memory load from optical neuroimaging data. In *Optical Techniques in Neurosurgery, Neurophotonics, and Optogenetics* (Vol. 11629, p. 116292L). International Society for Optics and Photonics
- Tendhar, T., & Bueno de Mesquita, P. (2020). Compassion Education for Prosocial Behavior and Well-Being Among College Students. *Journal of Mental Health and Social Behavior*, 2(1):115
- Tendhar, T., Bueno de Mesquita, P., & Bueno de Mesquita, J. (2020, October). Online film-mediated compassion increases compassion and sense of well-being among undergraduate college students. Poster session presented at the 2020 Virtual Annual Meeting & Expo of the American Public Health Association, San Francisco, CA
- Tendhar, T. (2020). *LOVE Beating of My Heart*, a collection of my poetry and photography. Kingston, RI: Tibetan Education Alliance
- Tendhar, T. (2017). Teaching with Technology: The University Classroom in the Digital Age. Paper presented at the Annual Graduate Student Conference of the University of Rhode Island, Kingston, RI
- Tendhar, T. (2013). *PEACE Rhythm of My Heart*, a collection of my poetry. Kingston, RI: The University of Rhode Island's Center for Nonviolence & Peace Studies

PROGRAM DEVELOPMENT

- Eight Steps to Great Compassion Program, 2018: An online compassion program with eight brief video lessons to teach Great Compassion for college students. This resulted in significant positive effects for the ninety-two college student participants
- Inner Peace Program, 2013: A peace of mind program with six hour-long lessons to teach Inner Peace for adults. Received appreciation and positive feedbacks from more than one hundred older adult participants

PROFESSIONAL TRAINING

Co-Trainer

- *Inner Peace, Advanced Nonviolence Training* at International Nonviolence Summer Institute, URI Center for Nonviolence & Peace Studies (*One Week*), 2019
- *Kingian Nonviolence Conflict Reconciliation Training* at International Nonviolence Summer Institute, Center for Nonviolence & Peace Studies (*Two Weeks*), 2011- 2020
- *Nonviolence Training* at Rhode Island Youth Juvenile Center, Providence, RI, 2012

Meditation Guide

- Conducting meditation sessions (in-person and online) for students, faculty, and staff, 2019-2021
- Led Mindfulness Meditation class at the Quest Middle School, Narragansett, RI, 2018
- Guided Breathing Meditation at the Middlebridge School, Narragansett, RI, 2018
- Led meditation and chanting at Emmanuel Episcopal Church, Newport, RI, 2017
- Guided meditation sessions at URI Graduate Village, 2016
- Instructed Compassion Meditation during URI Diversity Week, 2015
- Facilitated an online meditation session for stress reduction, URI Health Clinic, 2013

Workshop Leader

- *Tibetan Children's Summer Camp*, Norwich, CT (*One Week*), 2018-2019
- *Inner Peace Program* for URI Osher Lifelong Learning Institute (*Six Week*), 2017
- *Culture of Peace and Compassion Meditation*, URI Annual LGBTQ Symposium, 2016
- *Meditation Workshop* at URI Annual MLK Week, 2015-2016
- *Nonviolence Workshop* at Nagarkot, Nepal (*Three-Day*), 2015
- *Kingian Nonviolence Workshop* at St. Anselm College, NH (*Two-Day*), 2015
- *Break up or Makeup: Peacemaking in a Post-Holocaust World*, URI Hillel Center, 2014
- *Kingian Nonviolence Workshop* at Middlebury College (*Two-Day*), 2011

Guest Speaker and Presentations

- *Mindful Communication*, Harrington School of Communication, URI, 2018, 2019, 2020, 2021
- *Nonviolence and Mindfulness*, Columbia College Chicago, Chicago, IL, 2020
- *Promoting Compassion for Individual and Universal Peace*, Beneficent Church, Providence, RI, 2020
- *Global Peace and Personal Happiness*, URI International Center, Kingston, RI, 2019
- *Modern Education with Traditional Wisdom*, Loseling Monastic School, India, 2019
- *Ethics and Technology*, New England Institute of Technology, East Greenwich, RI, 2018
- *What is Compassion?* Middlebridge School, Narragansett, RI, 2018
- *Wisdom and Compassion*, Unitarian-Universalist Congregation, Peace Dale, RI, 2017
- *What is Education?* URI Graduate Student Conference, Kingston, RI, 2016
- *Students' Contribution for a Peaceful World*, Greene School, RI, 2015
- *Nonviolent Conflict Reconciliation*, National Center for Reconciliation, Providence, 2015
- *Peace and Mindfulness*, URI Child Development Center, Kingston, RI, 2014
- *Inner Peace for a Better World*, URI Osher Lifelong Learning Institute (OLLI), 2014
- *Asian Philosophies and Religion*, Department of Philosophy, URI, 2012.