

Curriculum Vitae



Dr. TENZIN SONAM

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Address: Village Lari, PO Tabo, District Lahaul and Spiti, Himachal Pradesh-172113

EDUCATION

- 2023 – PhD (Buddhist Studies), Delhi University – 75.2%

Degree awarded on 25/02/2023. Thesis Title: The Buchen Tradition of the Fourteenth Century: A Study of Its Remaining Remnants in Spiti

- 2018 – M.Phil. (Buddhist Studies), Delhi University – 75.2%
- 2016 – M.A. (Buddhist Studies), Delhi University – 74.5% (Gold Medalist)
- 2014 – B.Sc. (Life Sciences), Delhi University – 57%

OBJECTIVES

- Organizing special debates on science and Buddhism at college and department levels to advance the University's vision.
- To conduct high-quality research in the field of Buddhism.
- To contribute to academia as a Professor in Buddhist Studies.
- To produce impactful research for the benefit of society.
- Trained in both Tibetan and English, having studied in Tibetan schools from kindergarten up to 12th standard.
- Conducting field visits throughout the Himalayan region to aid in promoting and teaching.
- Monthly virtual sessions led by experts in Buddhism and scientists on spirituality would be excellent.

WORK EXPERIENCE

1. Research Assistant (RA) at CIHTS, Varanasi:

University: Central Institute of Higher Tibetan Studies (CIHTS), Varanasi

February 17, 2024 – July 22, 2027

- Assisted in academic and field research projects on Buddhist Studies.
- Contributed to documentation, analysis, and preservation of Buddhist traditions through Dictionary Department.

2. Senior Research Fellow at FURHDL

Organisation: Foundation for Universal Responsibility of His Holiness the Dalai Lama

September 2024 – July 2025

- Looked after the Senior Dalai Lama Fellowships
- Engaged in academic collaborations, publications, seminars and conferences

SEMINARS & WORKSHOPS

- Seminar conducted by Indian Himalayan Council of Nalanda Buddhist Tradition at Kalimpong city of West Bengal for two days
Paper Presented: Revitalising Nalanda Buddhism in the Himalayas: Adapting Ancient Wisdom and Contemporary Challenges
- Workshop: The strategic Academic Collaboration Meeting hosted by Ahmedabad University at Ahmedabad for two days on 25th and 56th August 2025

ACHIEVEMENTS

- UGC NET & JRF Qualified.
- Four Research Publications in UGC peer-reviewed journals.
- Awarded University Gold Medal in M.A. (Buddhist Studies), Delhi University from the President of India

▪ My research papers are as follows:

- I. Disciples of a Saint Engineer (The Buchen of Spiti) published under Bodhi-Path Year 2020 January Issue Volume 18 Page No 5-12
<https://bodhi-path.com/index.php/Journal/article/view/42>
- II. Guru Padmasambhava and Nyingma school of Tibetan Buddhism published under Bodhi-Path Year 2022 January Issue Volume 22 Page No 90-97
<https://bodhi-path.com/index.php/Journal/article/view/93>
- III. Socio-Economic study of Buddhist Community in Spiti valley published under International I.J.S.S.M.S Journal Peer Reviewed-Refereed Research Journal,

Indexing & Impact Factor-5.2, Ex-UGC S.N. 5351, Vol-8, No.3, April-2022

IV. Revitalizing Nalanda Buddhism in the Himalayas: Adapting Ancient Wisdom and Contemporary Challenges

V. A Historical study of the Spiti Valley: Tracing the footprints of Tibetan Buddhism and its early dissemination. Published under Bodhi-Path Year 2024 July Volume-27

<https://bodhi-path.com/index.php/Journal>