

CURRICULUM VITAE

Title (Mr/Dr/Prof)	Dr. Tsering Punchok		Photograph
Designation	Assistant Professor		
Department	History		
Address (Official)	Department of History, Kalindi College, East Patel Nagar, University of Delhi. 110008		
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Education			
Subject	Institution/University	Year	Details
B.A (Program)	CSJM University, Kanpur.	2008	52.2% Second Division
M.A (History of Buddhism)	Buddhist Department, University of Delhi	2011	60.9% First Division
M.A. History	Indra Gandhi National Open University	2021	Second Division
M.phil. (History of Buddhism)	Buddhist Department, University of Delhi	2013	63.4 First Division
Ph.D	University of Delhi	2019	Awarded
UGC –NET		2011	

Research Interests/Specialization

History of Buddhism in Kashmir Valley: Special Reference to Archaeological Evidence

The introduction of Buddha's image in Gandhāra (modern-day North-West Pakistan) during the early Kushana period marked a significant development in Buddhist art. The followers of Buddhism in Gandhāra and the wider north-western region of the Indian subcontinent, who were closely in touch with Hellenistic civilization, were profoundly influenced by it. The resulting fusion led to the creation of Buddha's images that reflected both Buddhist ideals and Hellenistic aesthetics. During this period, vihāras (monasteries) emerged as central institutions in the Buddhist world, with monks enjoying a distinct social status. The people, already inspired by the narrative stories of Buddha's life depicted in sculpture, must have found great meaning in seeing the Buddha personified in the statues, portrayed with Olympian grace and dignity. It is evident that these statues quickly spread across Buddhist monasteries and shrines, including those in the Kashmir valley.

Archaeological evidence now confirms that the north-western region of the Indian subcontinent, specifically Gandhāra and Kashmir, was the cradle of this artistic revolution. Over time, the Gandhāra style of sculpture and architecture extended its influence, particularly in the Kashmir valley, and eventually throughout the subcontinent.

The discovery of various Buddhist remnants in Kashmir valley, such as those at Harwan (Srinagar), Ushkar (Baramulla), Semthan (Anantnag), and the stupa base at Parihaspura, further underscores the significance of Kashmir as a major center of Buddhist culture. These findings provide valuable insight into the region's pivotal role in the spread and development of Buddhism.

Teaching Experiences (Subject/Courses taught)

Organization / Institution	Designation	Duration	Role
Kalindi College, University of Delhi.	Assistant Professor	14 Feb. 2017 - continuing	Paper taught
		Approx. 10-Years	●Rise of Modern West, ●History of Modern Europe, ●Delhi through the Ages, ●History of Southeast Asia: colonial to the Post colonial' ●Cultural

			Transformation in Early Modern Europe ●Negotiation and Leadership Museum and Museology
Administrative Assignments / Contribution to corporate life			
Member and Co-convener in various committees and activities at college and departmental level, such as: ●Teacher-Incharge of the department ●Consultancy and Internship Cell (Convener) ● Teachers' Feedback ● MIS (Management Information System) ● North-East Cell (Co-convener) ● Co-convener departmental Website. ● Member in The English Creative Writing Club 'Sagacious Scribblers'. ● Member in Placement Cell (Placement and Career Counseling 2023)			
Research Guidance			
●Supervisor for 2-PhD scholars, Delhi University (Ongoing) ●Guided as Primary Investigator (PIs) in History Project entitled: 'Slave and Early Modern Europe' in 2022.			
Publications (Year)	Title	Journal (Name of the journal. Vol Issue ISSN)	Co-Author
2026	Revisiting the Archaeological Site at Harwan	International Research Journal of Commerce, Arts and Science. (Volume 17, ISSN 2319 - 9202)	
2024	Iconographic Interaction between Ladakh and Kashmir in the Remote Antiquity	International Journal of History. (E-ISSN: 2706-9117 P-ISSN: 2706-9109)	
2015	Ashoka's Missionaries And Spread of Buddhism	ISSN : 2348-0118	
2015	The Historical Background and Its	ISSN : 2348-876X	

	Masters of Drukpa Lineage In Tibetan Buddhism		
Seminar/Workshop/Conferences Presentation/Organisation			
► Convener, One-Day Seminar on “Cultivating Compassionate Leadership: A Pathway to Sustainable Peace” organized at Kalindi college, University of Delhi, (11 February 2026). ► .Teacher-Incharge, One-Day Seminar on “Chinese Historical Threats and Confucianism” organized at Kalindi College, University of Delhi (3 September 2026). ► Co-Convenor, Two-Days National Conference on “Punyashloka Ahilyabai Holkar: Empowering Society through Values, Virtues, Compassion and Leadership” organized at Kalindi College, University of Delhi, on 3rd and 4th February 2025. (Sponsored by ICHR). ► 4-Week Faculty Induction Programme, from 27 March – 23 April, 2024, organized by Ramanujan College, University of Delhi and Malaviya Mission Teacher Training Programme. ► Refresher Course on “Changing Trends in Historical Research and History Writing” under Malaviya Mission Teacher Training Programme of UGC. Organised by UGC-MMTTC, Guru Ghasidas Vishwavidyalaya, Bilaspur, from 09-09-204 to 23-09 2024. ► Two-week Refresher Course in Humanities on “Contemporary Trends in Teaching, Learning and Research” organized by Mahatma Hansraj Malaviya Mission Teacher Training Centre, Hansraj College, University of Delhi and Daulat Ram College, University of Delhi, from 10th July to 23rd July 2026. ► Presentation in the international seminar on ‘Himalayan Buddhism: continuity and Change’ ► International Webinar on “Role of Library in Archiving and Dissemination of knowledge in unprecedented times of Covid-19. Organized by Dharohar society, Department of History Kalindi college, University of Delhi. ► Participated in National Seminar On ‘Contribution of Dr. Ambedkar’, Organized by Rajiv Gandhi Study Circle, New Delhi. ► Participated in National Seminar On ‘Journey of Modern India’, Organized by Rajiv Gandhi Study Circle, New Delhi.			
Public Service/ University Service/ Consulting Activity			
● Working as Vice President in Help2humanity.org NGO ● Member of MIS committee in Kalindi college, University of Delhi ● Certified as Volunteer in ‘Global Buddhist Congregation 2011, New Delhi’ organized by Ashoka Mission. Joint Secretary of NLM (New Ladakh Movement), All Ladakh Student’s Organization.			
Other Details			
1) One Year Diploma Course in Pali. 2) One Year Diploma Course in Tibetan Language.			

