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GOOD HEALTH AND WELL-BEING: ENSURE HEALTHY LIVES
AND PROMOTE WELL-BEING FOR ALL AT ALL AGES



SNRU COLLABORATIONS WITH HEALTH INSTITUTIONS



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จัดกิจกรรมฝึกอบรม การปฐมพยาบาลเบื้องต้น
การช่วยฟื้นคืนชีพ และสาธิตการช่วยฟื้นคืนชีพ
ณ มหาวิทยาลัยราชภัฏสกลนคร



Prince Hospital and SNRU Partner to Provide Emergency Life-Saving Skills Training

On July 5, 2024, Prince Hospital Sakon Nakhon (part of Principal Healthcare Group) and Principal Capital Public Company Limited (PRINC) collaborated with Sakon Nakhon Rajabhat University (SNRU) to host an essential public health training event at the university campus. The activity focused on equipping teachers and students with the knowledge and practical skills necessary to respond effectively to emergencies. The primary goal was to ensure participants could apply these skills immediately in daily life during critical incidents, thereby helping to reduce loss of life. The training curriculum included lectures and demonstrations on basic first aid and Cardiopulmonary Resuscitation (CPR), followed by practical group sessions for students to practice CPR. Additionally, a session was provided on the "Act on Protection for Motor Vehicle Accident Victims".

Sakon Nakhon PAO and SNRU Collaborate to Upgrade Local Healthcare Workforce, Focusing on Elderly Care



On Wednesday, June 12, 2024, Dr. Choopong Khamchuang, Chief Executive of the Sakon Nakhon Provincial Administration Organization (PAO), along with PAO executives, held a consultation meeting with representatives from Sakon Nakhon Rajabhat University (SNRU). The meeting's primary objective was to discuss a collaborative framework for developing and upgrading the potential of the local healthcare workforce in Sakon Nakhon Province. The focus was placed on developing new short-term courses that directly address the needs of local organizations, particularly those programs related to elderly care, aligning with the university's policy to develop short-term courses.

SNRU, ThaiHealth, and Rajabhat Network Launch Organizational Road Safety Measures



Sakon Nakhon Rajabhat University (SNRU) participated in signing a Memorandum of Action (MOA) to drive the "Organizational Measures Project for Road Safety in Universities". This initiative is a collaborative effort between Rajabhat Universities nationwide and the Thai Health Promotion Foundation (ThaiHealth). The primary goal of the MOA is to establish a cooperative network among all Rajabhat Universities across the country to jointly enforce organizational road safety measures on campus and exchange implementation data.

HEALTH OUTREACH PROGRAMMES



SNRU Public Health Students Launch 'Eat Well, Cut Down on Sugar, Fat, Salt' Campaign



On Monday, February 5, 2024, third-year Public Health students from Sakon Nakhon Rajabhat University's (SNRU) Faculty of Science and Technology organized the "Good Health Without Starving: Just Reduce Sugar, Fat, and Salt" project. This community initiative took place at Ban Dong Ma Fai, Dong Ma Fai Sub-district, Mueang District, Sakon Nakhon. The project represents a crucial effort by the students to integrate and apply knowledge gained from various courses within their Public Health curriculum into real-world practice. By focusing on reducing the intake of sugar, fat, and salt, the students actively promoted better health outcomes and sustainable nutritional habits among the local residents.

Public Health Outreach: SNRU Students Partner with Municipality for Food Safety Inspection

Sakon Nakhon Rajabhat University (SNRU) conducted a vital Health Outreach Programme by collaborating between the Campus Health and Sanitation Unit, the Sakon Nakhon Municipality, and the Public



Health Science program. As part of this initiative to enhance practical skills and volunteerism, the partnership performed a comprehensive food sanitation inspection for all food vendors and restaurants operating within the SNRU campus. This annual assessment, carried out for the year 2024, allows Public Health students to apply their curriculum knowledge in a real-world setting, ensuring that food provided to the university community meets rigorous safety and hygiene standards. This practical volunteer effort directly contributes to promoting public health and building a safer environment for students and personnel.

SNRU Students Mentor Nursery Kids on Health and Teamwork

On September 24, 2024, second-year Public Health students from SNRU ran a practical health promotion activity with Nursery 1-3 students at Wittayalai School. The initiative focused on enhancing the university students' professional skills in health communication, creating suitable educational media, and organizing cooperative health activities. This successfully integrated academic learning with real-world community health promotion.



SNRU Students Mobilize Community for Health and Exercise



On August 5, 2024, students from the Public Health Science program at Sakon Nakhon Rajabhat University (SNRU) successfully organized a community-based health promotion event titled "Aerobics to Drive Away Disease." The activity took place in the Sa-Khom Pom community, Tha Chueak Sub-district, Mueang district, Sakon Nakhon, and focused on promoting physical activity and wellness according to local health practices. By mobilizing the community to participate in group exercise, the public health students not only encouraged healthier lifestyles among local residents but also gained valuable real-world experience in organizing and leading community health interventions, which is essential for their professional skill development.

SNRU Students Combat Knee Issues with Community Health Promotion



Third-year students from the Public Health Science program at Sakon Nakhon Rajabhat University (SNRU) organized a community health promotion project titled "Promoting Public Health in Ban Muang Kloy to Build Muscle Strength and Prevent Knee Joint Issues". Held in Ban Muang Kloy, Dong Ma Fai Sub-district, Mueang District, Sakon Nakhon, the event involved residents in various health activities and exercises. The project represents a crucial effort to integrate knowledge from multiple subjects within the curriculum, allowing students to gain real-world practical experience in health education and community mobilization. The municipality leader also participated, highlighting the project's importance in promoting better health outcomes for the community.

MENTAL HEALTH SUPPORT



SNRU and Department of Mental Health, Region 8, Plan Student Mental Health Support

The Student Development Division (SDD) at Sakon Nakhon Rajabhat University (SNRU) hosted a workshop focused on planning student mental health care and support.

- Collaboration: Ms. Wassana Chaksri, Director of the SDD, welcomed the working team from the Department of Mental Health, Mental Health Center Region 8, Udon Thani.
- Objective: The workshop was held to jointly plan and establish guidelines for providing mental health care and support students.
- Key Participants: The planning session involved a multi-stakeholder group including heads of the SDD sub-units, academic representatives from the Health Science program, and representatives from Sakon Nakhon Hospital, aiming to create a comprehensive and effective student care strategy.

Trains Advisors on Student Mental Health Care

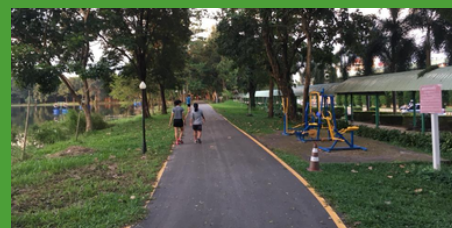
On May 27, 2024, the Faculty of Management Science (FMS) at Sakon Nakhon Rajabhat University (SNRU) hosted a training workshop for academic advisors on "Student Mental Health Care" delivered via Zoom online. Objective: The training aimed to raise awareness among faculty advisors about the importance of student mental health issues and provided comprehensive knowledge, including:

- Understanding the seven emotional states.
- The function of brain chemicals (e.g., dopamine, oxytocin, serotonin, and endorphins).
- Basic mental health screening tools, different forms of depression, and warning signs in adolescents facing academic, social, and future career pressures.

Sakon Nakhon Rajabhat University (SNRU) is actively integrating academic programs with community service to foster regional development. Public Health students routinely apply their knowledge through outreach projects like managing nutrition awareness campaigns and organizing aerobics for disease prevention. Concurrently, the university supports the local economy by providing essential training and technological innovation to OTOP entrepreneurs, notably in processing goods like Mak Mao berries and developing product standards. Furthermore, SNRU promotes holistic welfare by offering a free, confidential "SNRU Mental Health Counseling Clinic" for all students and sharing its modern sports facilities with the local community for public health and recreational use.

In addition, we have "You are ready to share; we are ready to listen". The clinic provides free, easy-to-access counseling services. Students can conveniently book appointments by scanning the provided QR code. The clinic is located on the first floor of Building 20, and inquiries can be made to the Health and Sanitation Unit, Student Development Division. This initiative reinforces SNRU's commitment to ensuring all students have the right to mental comfort and support.

SHARE SPORTS FACILITIES WITH THE LOCAL COMMUNITY



SMOKE-FREE POLICY



Policy Towards a Smoke-Free Campus: SNRU's Commitment to Well-being

Sakon Nakhon Rajabhat University (SNRU) has made a clear, public commitment to fostering a healthy and safe environment by actively pursuing a smoke-free campus policy. This initiative is not merely a local regulation but a unified movement aligning SNRU with national health goals and institutional networks. On July 18, 2024, SNRU formally participated in the nationwide campaign, “Doing Good with a Rajabhat Heart: Resisting E-Cigarette Threats within the University Fence”.

- **Unified Stance:** Led by the university president, faculty, staff, and students, SNRU joined 38 Rajabhat Universities across Thailand in declaring a collective stance to oppose the threat of e-cigarettes and nicotine products within university boundaries.
- **Royal Dedication:** The activity was held to honor the occasion of His Majesty the King's 6th Cycle Birthday Anniversary (July 28, 2024), underscoring the dedication to public health as a form of royal service.

This anti-smoking initiative is central to SNRU's broader welfare strategy, known as the "Build, Strengthen, Be Happy" project. The commitment serves multiple strategic goals:

- **Happy University Framework:** It aligns with the Thai Health Promotion Foundation (ThaiHealth)'s mission to create Happy Universities.

By enforcing this policy and participating in national movements, SNRU demonstrates its dedication to providing a clean, safe, and health-conscious academic environment free from the dangers of tobacco and e-cigarettes.

