



Nakhon Si Thammarat
Rajabhat University



3

GOOD HEALTH AND WELL-BEING



Number of health professional graduates



Deliver outreach programmes and projects in the local community (which can include student volunteering programmes) to improve or promote health and well-being including hygiene, nutrition, family planning, sports, exercise, aging well, and other health and well-being related topics. This can also include outreach programmes to displaced or refugee communities local to the institution.



Mental health support for students



3 GOOD HEALTH AND WELL-BEING



Number of health professional graduates

Proportion of health professional graduates in 2023

Nakhon Si Thammarat Rajabhat University has focused on presenting graduates with a mindset on contributing to society in both government and private sectors continuously. There are students who graduate every year. In the academic year 2023, there were a total of 2,177 graduates. Of this total, 70 students (accounting for 0.032 of all graduates) were health professionals graduated from Public Health Programme, Faculty of Science and Technology, including 67 standard course graduates and 3 personnel continuing education course graduates. Details are shown in Table 3.2.1. Table 3.2.1 Proportion of health profession graduates in Year: 2021 - 2023

| Year | Total number of graduates | Public health programme | | Percentage of health profession graduates |
|------|---------------------------|-------------------------|---------------------------------------|---|
| | | Standard course | Personnel continuing education course | |
| 2023 | 2,177 | 67 | 3 | 3.22 |
| 2022 | 1,652 | 56 | 3 | 3.57 |
| 2021 | 2,003 | 54 | 16 | 3.49 |



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Nakhon Si Thammarat Rajabhat University has implemented a project aimed at enhancing health care skills, vocational abilities, and life skills for people with disabilities and their caregivers. The project targets 80 people with disabilities and 40 caregivers and community health personnel. The project is carried out through the following activities:

1. Development of Physical and Mental Health Care Skills

This activity focuses on enhancing holistic health care skills for people with disabilities, their caregivers, and community health workers. The target groups include Village Health Volunteers (VHV), public health professionals, and caregivers living in nearby areas. The objective is to upskill and reskill them in promoting and managing health, so they can serve as role models in supporting people with disabilities within their communities. This is achieved through workshops and the extraction of lessons learned, which will be compiled into a practical manual for use in the community.

2. Enhancing Vocational Skills and Food Preparation

This activity focuses on improving vocational skills, including food processing and non-food-related skills for people with disabilities and their caregivers. The program involves practical training workshops and knowledge transfer through Tech Transfer, where learners engage in real-world case studies of successful models. The training also emphasizes building competencies for becoming successful entrepreneurs.

3. Enhancing Learning Skills in the Modern World for People with Disabilities and Caregivers

This activity aims to equip people with disabilities and their caregivers with the skills to use information technology systems in their daily lives. The project is delivered through interactive workshops and training sessions focused on integrating technology into basic daily activities.

4. Enhancing Life Skills and Basic Personal Development for People with Disabilities and Caregivers

This activity aims to improve life skills and personal development for people with disabilities and their caregivers, enabling them to lead more independent and fulfilling lives. The program includes practical workshops, study tours focusing on tourism and recreation, and design thinking exercises where learners are encouraged to actively participate in designing solutions. The focus is to empower caregiver trainers (Facilitators) to effectively create and share best practices for supporting people with disabilities. These approaches are then intended to be shared with other local centers dedicated to the development of disability skills and vocational training.





Nakhon Si Thammarat Rajabhat University continuously supports the mental health of its students throughout their academic programs. The university conducts mental health assessments for incoming students, particularly for those in the Faculty of Education and the Faculty of Science (Public Health Program). The university has a policy of closely monitoring students through academic advisors, requiring meetings with students at least twice a month. Additionally, online consultations are available 24/7. Every faculty also has a counseling center, where faculty members provide

The university also organizes activities to promote mental health among students through orientation programs at the university, faculty, and department levels, providing guidance on adaptation to university life and strategies for well-being. Furthermore, the Public Health Program has plans to organize activities focused on mental health management within the university. Additionally, the university offers recreational activities aimed at improving physical health, mental well-being, emotional health, and personal development. These activities also foster teamwork, unity, responsibility, positive mindset, adaptability, and problem-solving skills. Some of the activities promoting and supporting students' mental health include:

Mental Health Strengthening and Anti-Drug Activities were conducted through the "To Be Number One" program. Due to the successful implementation of this program, the university received a royal award and was recognized as a silver-level model institution in its first year.

