



SDG 3

Good Health and Well-being

- 1 Current collaborations with health institutions
- 2 Health outreach programmes and projects in the local community
- 3 Mental health support for students
- 4 Mental health support for staff

SDG 3

GOOD HEALTH AND WELL-BEING

Current collaborations with health institutions Year: 2024

Nakhon Si Thammarat Rajabhat University prioritizes management of non-communicable diseases (NCDs) through a sustainable, comprehensive health-promotion strategy combining prevention, early detection, and continuity of care. The initiative is led through the Tanyarak Club of Nakhon Si Thammarat Rajabhat University in collaboration with the Tanyarak Foundation under the Royal Patronage of Her Royal Highness Princess Srinagarindra. The foundation provides support through an electronic data management system, including an application and website used to record and track activities.



The university also works closely with 23 Subdistrict Health Promoting Hospitals to coordinate and implement community-based activities. Consequently, 260 student health leaders were trained and mobilized to conduct breast self-examination campaigns within the university and surrounding communities. To date, a total of 2,212 individuals have participated in screening activities, contributing to early detection and more effective treatment. The achievement received national recognition when the Tanyarak Foundation awarded the project first runner-up among Rajabhat universities across the country.

SDG 3

GOOD HEALTH AND WELL-BEING

Current collaborations with health institutions Year: 2024

The TO BE NUMBER ONE Club

at Nakhon Si Thammarat Rajabhat University implements comprehensive initiatives on campus and in surrounding areas. The program aims to strengthen resilience and provide safe environments for students, while cultivating partnerships with communities, schools, government agencies, and prisons to extend outreach and build a sustainable drug-free society. Such efforts play a crucial role in advancing the physical and mental well-being of youth and local residents. An example is the International Day Against Drug Abuse and Illicit Trafficking campaign.



100 club members joined a march with the Nakhon Si Thammarat Provincial Public Health Office and provincial agencies to build a public movement against drugs. In other news, the club worked with the Department of Corrections to deliver drug education for inmates and youth in detention, serving more than 200 participants. The program aimed to deepen understanding of the risks and harms linked to drugs. In other news, the club partnered with community-level agencies to run drug education sessions on the dangers of drugs for 300 residents across three communities, raising awareness and encouraging public participation in prevention efforts. In other news, the club partnered with high schools to conduct drug education sessions on the dangers of drugs for 100 students, helping prevent substance use among secondary school youth.



SDG 3

GOOD HEALTH AND WELL-BEING

Health outreach programmes Year: 2024

Health outreach programmes and projects in the local community to improve or promote health and well-being

Nakhon Si Thammarat Rajabhat University places strong importance on advancing the health and well-being of vulnerable community members, particularly young children and older adults, who serve as essential pillars for future human capital development. To achieve that goal, the university runs ongoing community-centered elderly health care initiatives that integrate academic expertise and student learning with practical field experience.



One of the key activities involves home-visit programs conducted in collaboration with Ban Mamuang Song Ton Subdistrict Health Promoting Hospital, engaging 10 older adults. The visits cover screening and risk assessment, medication management counseling, and fall prevention for older adults living with non-communicable diseases (NCDs). In parallel, at Ban Payang Subdistrict Health Promoting Hospital, 40 older adults underwent screening and risk assessments for complications at the chronic disease clinic.

The university has expanded its proactive approach through the project “Enhancing Community Innovation through Social Engineering:

Healthy, Happy, and Dignified Aging.” Under the initiative, students and faculty collaborate with the Elderly Club in Phrom Lok Subdistrict, Phrom Khiri District, engaging 46 older adults in activities designed to promote physical and mental well-being. The project also focuses on developing students’ life skills and soft skills through direct community engagement. Through work with older adults to preserve and extend local wisdom, the initiative cultivates innovative community products that build pride, social value, and sustainable development.

SDG 3

GOOD HEALTH AND WELL-BEING

Mental health support for students Year: 2024

Mental health support for students

Nakhon Si Thammarat Rajabhat University places strong emphasis on cultivating students who embody the four qualities prescribed under the Royal Educational Policy. Implementation occurs through key initiatives on and off campus, including faculty-led programs; the “New Student Relations, 2024-2025” event; the Faculty of Science and Technology’s “Good Seedlings Camp” for first-year students to develop ethical, high-caliber future teachers; volunteer service on various occasions; and resilience training to strengthen mental well-being. The Faculty of Education has also conducted a project to enhance student teachers’ competencies aligned with professional standards.



The TO BE NUMBER ONE

Friendship Center Leader Training is organized for 50 student leaders to deepen knowledge and understanding of the center’s operations, with a focus on guidance skills, peer counseling, and strengthening emotional resilience within the university.



Student award recipients are honored at University Council meetings and through activities under the “To be number one” project. Collaboration with 38 Rajabhat Universities nationwide includes the Rajabhat University Student Union of Thailand seminar project, the “Create and Promote Happiness” project, “Rajabhat Universities toward a Healthy Society,” and the “Happy New Gen U” initiative, where Mr. Nantawat Phum-iam of Nakhon Si Thammarat Rajabhat University earned first runner-up—an important milestone in advancing an organizational ecosystem oriented toward a healthy society.

SDG 3

GOOD HEALTH AND WELL-BEING

Mental health support for staff Year: 2024

Mental health support for staff

Nakhon Si Thammarat Rajabhat University recognizes the value of supporting the mental health of personnel, including academic and support staff. The institution backs initiatives that strengthen happiness, unity, cooperation, organizational commitment, and transparent welfare grounded in good-governance principles at university, faculty, and unit levels to cultivate a sense of shared ownership within the institution. Examples include 67th anniversary celebration on January 9, 2024, with 1,000 participants, featuring the “Fire Offering Ceremony,” a traditional winter practice of offering morning food to monks. Further important occasions include Rajabhat Day held every February 14, meaning “People of the King, Servants of the Land,” with 3,000 participants; faculty organized merit-making activities for the Thai New Year (Songkran); and an annual health check-up arranged through Maharaj Hospital.



The university routinely shares updates and recognizes personnel who have earned academic ranks, promotions, and distinctions for outstanding innovations across multiple categories. Obituaries for faculty, staff, and immediate family members of faculty and staff are communicated through the corporate LINE application. Joint worship of Phra Buddha Sihing, a revered image of auspiciousness, marks the start of work for faculty and support staff. Regular volunteer programs are organized on various occasions. Participation in annual merit-making ceremonies forms part of the “Mahachai Strengthens Relations, New Year’s Party” sports day.

