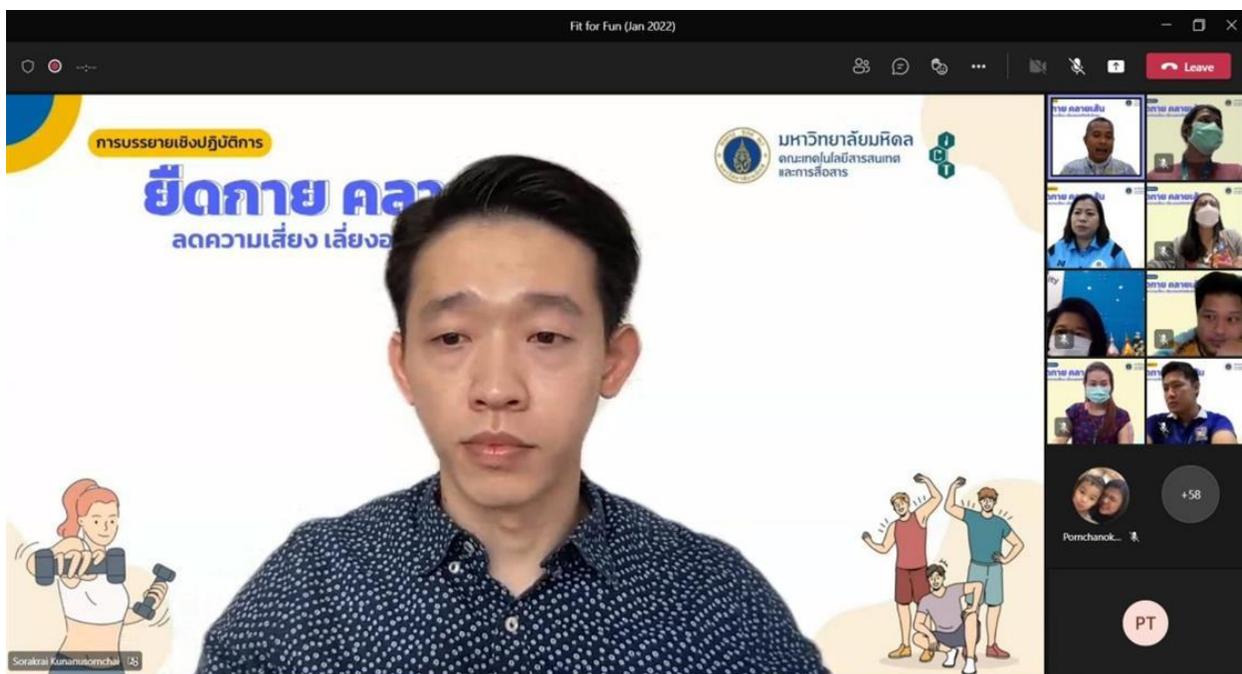




## Activity News

The Happiness-Enhancing Team organized an online activity, “Stretching Your Body, Preventing Office Syndrome”, under the theme “ICT – Fit for Fun” to support the Holistic Health Care Centre for Monks Project, Wangdong, Kanchanaburi



On 12 January 2022 - the Happiness-Enhancing team of the Faculty of Information and Communication Technology, Mahidol University (ICT Mahidol), organized an online activity, “Stretching Your Body, Preventing Office Syndrome”, under the theme “ICT – Fit for Fun”.

On this occasion, PT. Sorakrai Kunanusornchai (PT. Third), Faculty of Physical Therapy, Mahidol University served as a keynote speaker. In addition, ICT Mahidol staff: Dr. Wudhichart Sawangphol, Assistant Dean, Mrs. Thanaporn Sunprasert, Head of the Policy and Quality Development, Mr. Kittikhun Thongkanchorn, Computer Technical Officer (Senior Professional Level), and Miss Kuneekorn Inpapean, Audio-Visual Technical Officer (Publication Graphic Design), joined as special guests to share exercise tips and experience to all participants via Microsoft Teams.



The activity, “Stretching Your Body, Preventing Office Syndrome”, under the theme “ICT – Fit For Fun” is an activity for the month of January. Every participation in this activity will be converted to 20 THB / person. Furthermore, throughout the month of January, participants are encouraged to upload their exercising photos with a caption via MS Teams Channel. Each photo will be converted to 5 THB of donation amount to support the Holistic Health Care Centre for Monks Project, Wangdong, Kanchanaburi

Source: <https://www.ict.mahidol.ac.th/the-happiness-enhancing-team-organized-an-online-activity-stretching-your-body-preventing-office-syndrome-under-the-theme-ict-fit-for-fun-to-support-th/>