



## Activity News

### ICT Mahidol's Happiness-Enhancing Team organized the “Stretch Your Body, Stretch Your Mind”



On September 27, 2023 – the Faculty of Information and Communication Technology, Mahidol University (ICT Mahidol), led by the Happiness-Enhancing Team, organized the “Stretch Your Body, Stretch Your Mind” for its instructors and staff at the Grand Auditorium, 4<sup>th</sup> floor, the Faculty of ICT, Mahidol University, Salaya. On this occasion, Dr. Pawitra Liamruk (completed Thai Massage for Health Course and Advanced Medical Thai Massage Course from Chetawan Traditional Massage School), Program Chair of B.Sc. in Information and Communication Technology (ICT International Program) and Advisor of the Happiness-Enhancing Team, provided knowledge and demonstrated body massage techniques for all participants.

The activity “Stretch Your Body, Stretch Your Mind”, was a part of the Faculty of ICT’s engagement project. It aimed at promoting organizational value, “ONE ICT: Go forward together as one”, as well as bringing joy and relieving work-related stress to instructors and staff.

Source: <https://www.ict.mahidol.ac.th/stretch-your-mind-and-body/>