

**3** GOOD HEALTH  
AND WELL-BEING



**SDG 3 GOOD HEALTH AND WELL-BEING**



# Public Health Preventive Action

Muban Chombueng Rajabhat University is prepared to promote well-being and improve the quality of life for all age groups. The university offers programs in Thai traditional medicine, public health, Thai boxing studies, and occupational health and safety, which equip students, staff, and the public with knowledge on health and well-being.

## 1. Project You can view the College of Muay Thai Studies and Thai Traditional Medicine to Promote Community Health, Ratchaburi Province

**Activity 1: Community-Based Elderly Wellness School Using the Philosophy of Sufficiency Economy and Thai Wisdom (Batch 5)**  
This activity aims to improve the quality of life for elderly individuals by incorporating hands-on training and demonstrations. The program emphasizes active participation and practical exercises, focusing on the holistic development of the elderly across four key





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**Activity 2: Capacity Building for Village Health Volunteers (VHVs)**  
This activity focuses on enhancing the knowledge and capabilities of Village Health Volunteers (VHVs) in public health to improve their competencies in community healthcare services. The target participants include VHVs from the Khao Raeng Health Promoting Hospital (HPH) and VHVs from the Ban Krok Singkhon Health Center.





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## Activity 3: Enhancing Local Herbal Wisdom for Health Services and Tourism

This activity aims to transform local herbal knowledge into value-added health services and tourism initiatives. The goal is to increase household income for participating families and boost social returns on investment. The program integrates practical, hands-on activities that utilize local herbal wisdom for wellness and therapeutic practices.





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**Activity 4: "Ton Kla Muay Thai" – Thai Boxing Grassroots Development**  
This activity focuses on organizing Muay Thai competitions to promote and develop Muay Thai as a Soft Power, leveraging it as a cultural asset to attract and inspire interest. The aim is to preserve the spirit of Muay Thai and pass it on to Thai youth while fostering a sense of pride in this national cultural heritage. The event will include participation from the general public, boxing camps, students, teachers, and eight communities: Wang Maduea, Ban Lang Khao, Ban Koh, Ban Thamnian, Nong Bua, Talumpuk, Ban Saeng Kaba, and Ban Talad Kwai.





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## Activity 5: Elevating Boxing Camps in Communities

This activity focuses on improving the management and efficiency of Muay Thai camps within local communities by providing knowledge and training on camp management and addressing the challenges and needs specific to community-based Muay Thai camps. The goal is to enhance the operations of these camps, ensuring they can effectively contribute to both the development of Muay Thai as a sport and the overall welfare of the community. This will involve training key personnel, including camp managers, camp leaders, trainers, and boxers.





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2. The "Do Good with Heart" activity is a campaign by the Rajabhat community to oppose the use of e-cigarettes within the university premises.

Muban Chombueng Rajabhat University organized the "Do Good with Heart" activity, where the Rajabhat community joined in opposing the dangers of e-cigarettes on campus. They also expressed loyalty and gratitude by performing a royal tribute song in honor of His Majesty the King's 6th Cycle Birthday Anniversary. This took place under the "Create, Enhance, Health" project, which aims to promote wellness in society. The event was conducted in an online format, alongside 38 Rajabhat Universities, with a hybrid onsite and online setup at the Rattana Apha Conference Room, 1st floor, Kamphaeng Phet Rajabhat University.

