



3 GOOD HEALTH AND WELL-BEING



3.2 Number graduating in health professions

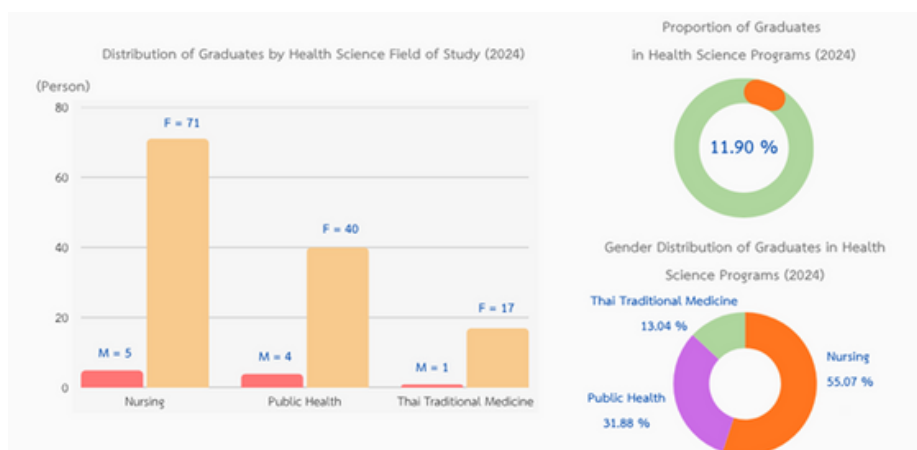


3.2.1 Proportion of graduates in health professions

In the academic year 2024, Phetchaburi Rajabhat University offered a total of 59 degree programmes, with 1,160 graduates across all disciplines. Among these, 138 graduates completed programmes in the Health Sciences, accounting for 11.90% of all graduates.

The details of graduates in Health Science Programmes by field of study are shown below:

Field of Study	Male graduate (Person)	Female graduate (Person)	Total (Person)	Percentage
Nursing	5	71	76	55.07
Public Health	4	40	44	31.88
Thai Traditional Medicine	1	17	18	13.04
Total (Person)	10	128	138	100.00



The majority of graduates in the Health Science Programmes were female, totaling 128 persons (92.75%). This reflects Phetchaburi Rajabhat University's success in promoting gender equality and empowering women in health-related professions fields that play a crucial role in social and community development in the long term.

In addition, the university's health science curricula emphasize practical learning, community engagement, and the development of holistic health competencies. These approaches ensure that graduates not only possess professional expertise but also a strong sense of social responsibility and volunteer spirit, enabling them to contribute effectively to public health and community well-being.

3.3 Collaborations and health services

3.3.1 Current collaborations with health institutions

Phetchaburi Rajabhat University recognizes the importance of promoting public health and improving the quality of life of people. The university has therefore established collaborations and provided health-related services to communities at the international, national, and local levels, aiming to enhance health outcomes and foster a sustainable well-being society. In the academic year 2024, Phetchaburi Rajabhat University implemented several key projects and activities to strengthen healthcare services and public health cooperation.

Global cooperation

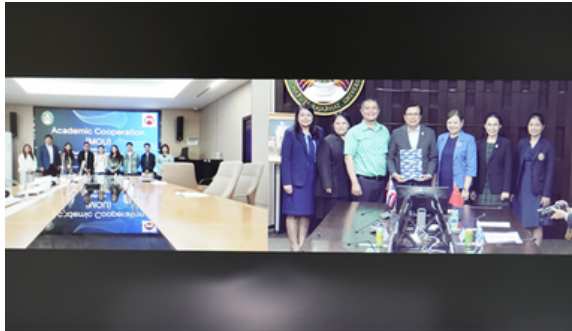
1. Memorandum of Understanding (MOU) between Phetchaburi Rajabhat University and the Slovak University of Technology in Bratislava, Slovakia

The Memorandum of Understanding aims to promote the development of academic knowledge, foster research collaboration, and enhance academic exchange between the two institutions in areas related to the Faculty of Nursing and Health Sciences. This cooperation represents an important step toward establishing a sustainable international academic collaboration network.



2. Memorandum of Understanding (MOU) between Phetchaburi Rajabhat University and Yunnan Technology and Business University, People's Republic of China

This collaboration focuses on the development and advancement of academic qualifications for lecturers and staff at the graduate level (Master's and Doctoral degrees), particularly in disciplines related to the Faculty of Nursing and Health Sciences. It also aims to strengthen academic capacity, research potential, and the establishment of international academic networks, thereby enhancing opportunities for access to global knowledge and resources.



3. International Conference on "Simulation Evolved: Integrating Immersive Tech & Foundational Skills for Healthcare's Next Leap"

The conference was organized as part of the Visiting Professor Program (2nd Edition) and the SIRCOP International Annual Conference, alongside the MOU Signing Ceremony between the Faculty of Nursing and Health Sciences, Phetchaburi Rajabhat University, and the College of Nursing and Allied Health, St. Paul University Manila. The collaboration aims to strengthen international academic and research partnerships in health sciences.

The conference served as a global platform for knowledge exchange and professional dialogue to advance the quality of health education. Distinguished speakers from leading international universities included:

- Dr. Pinthusorn Pattayakorn, California State University, San Bernardino, USA
- Dr. Suzan Kardong-Edgren, MGH Institute of Health Professions, USA
- Dr. Rosalind Siah Chiew Jiat, National University of Singapore

This international forum provided opportunities for sharing perspectives, fostering academic collaboration, and elevating health education through innovation and experiential learning. Key sessions covered topics such as *"Driving the Future: Elevating Global Nursing Education through Transformative Simulation"* and *"Writing for Publication: Getting Your Simulation Work Published."*



National collaboration

The Faculty of Nursing and Health Sciences, Phetchaburi Rajabhat University, signed a Memorandum of Understanding (MOU) with the Faculty of Nursing, Burapha University to jointly enhance the quality of nursing education, research, and academic services. The collaboration aims to elevate professional nursing standards and improve the overall health and well-being of people at the national level.



Local collaboration

1. Establishment of the “Warm Community Health Care and Promotion Center”

The Faculty of Nursing and Health Sciences, in collaboration with local administrative organizations and Subdistrict Health Promoting Hospitals, established the “Warm Community Health Care and Promotion Center” to provide comprehensive health services to residents of Nong Sano Subdistrict, Mueang Phetchaburi District. This initiative is part of the project titled “Enhancing Quality of Life and Strengthening the Grassroots Economy through Health Innovation.”

The center provides integrated health care services for all age groups, serves as a practical training site for nursing students, and functions as a hub for community health research and innovation development, thereby promoting sustainable well-being and community empowerment.



2. Workshop on “Enhancing the Capacity of Child and Elderly Caregivers”

The Faculty of Nursing and Health Sciences, Phetchaburi Rajabhat University, in collaboration with Village Health Volunteers (VHVs) of Ton Mamuang Subdistrict, organized a workshop aimed at strengthening the knowledge and practical skills of caregivers responsible for children and the elderly.

The training covered essential caregiving techniques such as urinary catheter insertion, nasogastric feeding, wound care, sponging to reduce fever, and child developmental assessment using the DSPM tool (Developmental Surveillance and Promotion Manual).

The program sought to promote health and improve the quality of life for individuals across all age groups, while empowering caregivers to provide safe, effective, and compassionate care within their communities.



3.3.2 Health outreach programmes

Phetchaburi Rajabhat University actively promotes public health and community well-being through a wide range of outreach programs, workshops, and collaborative initiatives. These programs aim to strengthen local health systems, reduce health disparities, and foster sustainable community development.

1. Local communities

Phetchaburi Rajabhat University places great importance on promoting health and well-being for people of all ages, particularly within local communities, underprivileged groups, and migrant workers. The university has implemented community health service projects, training workshops, and knowledge transfer activities to strengthen community capacity and support sustainable health development.

1.1 “Social Engineer” Project, Na Wung Subdistrict, Phetchaburi Province

The Faculty of Nursing and Health Sciences implemented the “Social Engineer Project” in Na Wung Subdistrict to develop community product business models and organize health information feedback activities through the “Community Development Timeline” tool. Sub-activities under this project included:

- Development of a herbal balm business model
- Development of a Kalamae (traditional Thai caramel candy) business model
- Development of a Khao Krieb Waow (traditional rice cracker) business model

These initiatives enhanced the value of local products while empowering students to become “thinkers, communicators, coordinators, and innovators for the community.” The project integrated health science knowledge with local development, serving as a model for academic collaboration that promotes community well-being and sustainable local economic growth.



1.2 “From Local Roots to Global Impact (NPT-PBRU)” Project

The Faculty of Nursing and Health Sciences organized the “From Local Roots to Global Impact (NPT-PBRU)” project to promote health and well-being for people of all ages through the development of the NPT-PBRU Learning Center. The project featured a series of activities, including:

- A training workshop on phytopharmacy and Thai traditional medicine, utilizing local herbal resources and identity herbs from the Pong Salod Forest;
- Extraction of active compounds from aloe vera and the development of herbal products such as soaps, shampoos, lotions, and Plai (Zingiber cassumunar) balms.

More than 100 participants took part in this initiative, including local government executives from four subdistricts, community members, Village Health Volunteers (VHVs), nursing students, and students from Rovuma University, Republic of Mozambique.

This project reflects the university’s commitment to integrating local wisdom with global collaboration, while advancing community health promotion and sustainable knowledge exchange at both local and international levels.



1.3 "First Aid Contest"

The Faculty of Nursing and Health Sciences organized the "First Aid Contest", an inter-university competition aimed at promoting and sharing nursing and health science knowledge. A total of 22 teams from various institutions nationwide participated in the event, providing students with opportunities to enhance their first aid skills and apply practical knowledge in real-life scenarios.



1.4 Community Wellness and Health Promotion Center

The Faculty of Nursing and Health Sciences, Phetchaburi Rajabhat University, established the Warm Community Health Promotion and Care Center to provide accessible and holistic healthcare services for students, university personnel, and local residents. The center focuses on health promotion, disease prevention, and primary healthcare for individuals across all age groups. The key services offered include:

- Health consultation and primary medical care
- Wound dressing and chronic wound management
- Family planning and midwifery services
- Health promotion and disease prevention programs

This initiative reflects the university's commitment to advancing community well-being through inclusive, preventive, and sustainable healthcare practices.

1.5 Thai Traditional Medicine Clinic

The Thai Traditional Medicine Clinic, operated by the Faculty of Nursing and Health Sciences, Phetchaburi Rajabhat University, provides holistic healthcare services under the supervision of certified Thai traditional medicine specialists. The clinic offers the following services:

- Traditional Thai massage for health and relaxation
- Application of herbal compresses, inhaled herbal remedies, balms, and massage oils

All treatments are administered and supervised by experienced Thai traditional medicine practitioners to ensure safety, efficacy, and adherence to authentic therapeutic principles.

ศูนย์ดูแลและส่งเสริมสุขภาพชุมชนอบอุ่น
คณะพยาบาลศาสตร์และวิทยาการสุขภาพ

เวลาเปิดทำการ จันทร์ - ศุกร์ 8.30 - 16.30 น.

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- ✓ ทำความสะอาดบาดแผล
- ✓ รักษาโรคเบื้องต้น
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อาคารจุฬานามิทีฝั่งถนน ชั้น 1 มหาวิทยาลัยราชภัฏเพชรบุรี

1.6 “Simple Fitness for Seniors – Stay Active Every Day” Workshop

The Faculty of Education, Phetchaburi Rajabhat University, organized a community service activity to promote the well-being of local residents, particularly the elderly, through a workshop titled “Simple Fitness for Seniors – Stay Active Every Day.”

The workshop focused on proper and age-appropriate exercise techniques to strengthen both physical and mental health, reduce the risk of non-communicable diseases (NCDs), and improve the overall quality of life for the elderly in the local community.



2. Disadvantaged people

The Faculty of Nursing and Health Sciences, Phetchaburi Rajabhat University, organized the project “Holistic Elderly Quality of Life Development and Integrated Local Economic Empowerment toward Commercial Expansion” in Sam Krathai Subdistrict, Prachuap Khiri Khan Province, under the theme “Age Well Boost: Empowering the Triple-All for an Aging Society.” The project aimed to:

- Promote health and prevent diseases among the elderly;
- Preserve and transfer local health wisdom;
- Conduct skill development workshops on traditional woven handicrafts with distinctive local patterns to generate income.

The initiative was carried out in collaboration with multiple local partners, including the Sam Krathai Subdistrict Administrative Organization, Ban Don Klang Health Promoting Hospital, Ban Don Klang School, Tharnthip Elderly Club, and the Prachuap Khiri Khan Provincial Office of Social Development and Human Security.



3. Refugee/immigrant communities

The Faculty of Nursing and Health Sciences, Phetchaburi Rajabhat University, in collaboration with the Nurses' Association of Thailand, organized the activity "Smart Service, Smart Emergency Aid" under the project "In Honor of Her Royal Highness the Princess Mother's 125th Birthday - 125 Border Patrol Police Schools." The objectives of this initiative were to:

- Provide training on Basic Life Support (BLS) techniques;
- Enhance survival rates in emergency situations;
- Instill a sense of compassion and public responsibility in young students.

The activity included hands-on practice sessions in emergency assessment, cardiopulmonary resuscitation (CPR), and the use of automated external defibrillators (AEDs).

A total of 120 primary school students (Grades 4-6) from Ban Khao Chao Border Patrol Police School and Ban Phraek Takroh Border Patrol Police School participated in the training.

This outreach program played a vital role in building life-saving skills, promoting safety awareness, and empowering children in remote and border communities many of whom belong to migrant and underprivileged families to respond effectively during emergency situations.



3.3.3 Shared sports facilities

Phetchaburi Rajabhat University places great emphasis on promoting both physical and mental well-being among its staff, students, and surrounding communities. The university provides equal access to its sports and recreational facilities as shared spaces that encourage exercise, social interaction, and overall health promotion. The Sports and Recreation Center serves as the main unit responsible for maintaining and managing all sports facilities to ensure they are safe, inclusive, and ready for use. These facilities are open to:

- University staff and students
- External organizations, both public and private
- The general public in Phetchaburi Province and nearby areas

The university offers a wide range of indoor and outdoor exercise areas equipped with standard sports equipment and amenities, including:

- “Chulanon Stadium” (A multipurpose standard sports complex used for university-level and provincial-level sports competitions.)



- Standard Swimming Pool (Used for teaching, competitive sports, and health-promoting exercise.)



- Gymnasiums 1 and 2 (Indoor facilities for sports such as basketball, badminton, volleyball, and futsal.)
- Indoor and Outdoor Futsal Courts (Open for team training and recreational matches.)
- Beach Volleyball Court (Designed to support outdoor and competitive play.)
- Petanque Court (Used for leisure and local competitions.)
- Multipurpose Sports Field (For various athletic and recreational activities.)
- Basketball Court (Available for training, practice, and competitions.)
- Boxing Ring (for martial arts and boxing practice.)
- Takraw Court (for the traditional Southeast Asian sport of Sepak Takraw.)



In addition, the university operates a fully equipped and modern Fitness Center, open Monday to Friday from 5:00 p.m. to 8:00 p.m. The center provides exercise equipment for cardio, strength training, and rehabilitation activities. Access is open equally to all users university personnel, students, and the general public reflecting the university's commitment to promoting inclusive, community-based health and fitness opportunities.



3.3.4 Sexual and reproductive health care services for students

Phetchaburi Rajabhat University places great importance on promoting sexual and reproductive health among students. The university aims to enhance knowledge, understanding, and appropriate behavior to ensure students' holistic well-being physically, mentally, and socially enabling them to take care of themselves and become positive role models within their communities.

1. Promoting Knowledge and Skills for Breast Self-Examination (BSE)

The Phet Thanyarak Club, under the Faculty of Nursing and Health Sciences, Phetchaburi Rajabhat University, organized the activity "Freshmen Care: Awareness and Prevention of Breast Cancer."

The objective was to raise awareness about breast cancer and promote the ability of young women to perform breast self-examinations (BSE) correctly. The activity included:

- A Breast Self-Examination Video Contest, designed to encourage creative learning through digital media.
- Educational sessions on breast cancer risk factors and prevention guidelines.
- Live demonstrations and practical workshops on proper and regular breast self-examination techniques.

This initiative enhanced students' understanding of personal health care, encouraged proactive health practices, and empowered them to share their knowledge with their families and communities. It aligns with the concept of "Proactive Health Promotion in Educational Institutions."



2. Promoting Reproductive Health and Safe Contraception

The Faculty of Humanities and Social Sciences, Phetchaburi Rajabhat University, organized an activity on "Reproductive Health, Contraception, and Prevention of Sexually Transmitted Infections (STIs)" aimed at enhancing students' understanding of the reproductive system, bodily functions, and the consequences of unsafe sexual behavior. The program also provided knowledge about proper and safe contraceptive methods. The main contents of the activity included:

- Fundamental knowledge of reproductive health
- Prevention of unplanned pregnancy
- Prevention of sexually transmitted infections (STIs)
- Promoting positive attitudes toward self-respect and respect for others'

This activity played an important role in fostering a positive understanding of sexual and reproductive health, equipping students with essential life skills for self-care, and encouraging responsible sexual behavior.



3.3.5 Mental health support for students

Phetchaburi Rajabhat University places great importance on promoting students' mental well-being through an accessible, friendly, and effective support system. The university aims to ensure that students are emotionally resilient, psychologically healthy, and well-prepared for learning and personal development.

1. PBRU Wellness Mind Clinic

The university established the PBRU Wellness Mind Clinic under the Student Development Division to provide mental health counseling and life guidance services for students and staff. The clinic is staffed by trained psychologists and certified counselors who offer both in-person and online consultations, helping students develop self-awareness, emotional understanding, and effective coping strategies for life challenges.

The clinic provides services through various channels, including:

- Individual appointments with psychologists for one-on-one counseling
- Online consultations through the Facebook page "PBRU Wellness Mind Clinic"
- Group activities and workshops focused on emotional development and life skills enhancement

This initiative demonstrates the university's commitment to fostering a supportive learning environment that promotes holistic well-being and empowers students to thrive both academically and personally



The PBRU Wellness Mind Clinic received the "Outstanding University Network for Student Mental Health Care Award 2024" from the Department of Mental Health, Ministry of Public Health, in recognition of its excellence in providing mental health support services for university students.

The award was presented during the National Seminar on Mental Health Operations and Knowledge Exchange: Towards Excellence in Mental Health within the Primary Health System, highlighting the university's commitment to promoting comprehensive and sustainable mental health care for its students.



2. "Mental Health of PBRU: Building Hope and Strength Together" Project

The Student Development Division organized the project "Mental Health of PBRU: Building Hope and Strength Together" under the Young Counselor (YC) Program to enhance students' understanding of mental health and equip them with the basic counseling skills needed to support their peers.

The project activities included:

1. Training on the current situation and importance of mental health in modern society
2. Workshops on stress management techniques and fostering positive thinking
3. Skill development sessions on empathic listening and appropriate counseling approaches
4. Interactive learning stations covering four key areas:
 - Personality Dimensions
 - Sources of Encouragement
 - Coloring for Mindfulness
 - Drug Awareness and Prevention

Over 100 student leaders from eight faculties participated in the program. Participants gained knowledge and practical skills to provide emotional support and peer counseling effectively, contributing to a caring and mentally healthy campus community.



3.3.6 Smoke - free policy

Phetchaburi Rajabhat University recognizes the harmful effects of smoking and electronic cigarettes on the health of students, staff, and the wider community. To promote a safe and healthy environment, the university has implemented a comprehensive "Smoke-Free University Policy", reinforcing its commitment to creating a supportive and wellness-oriented campus.

1. Smoke-Free Campaigns and Activities

The university organized various activities under the concept "Doing Good with Heart: PBRU Against E-Cigarettes on Campus", as part of the broader initiative "Healthy PBRU: Moving Toward a Well-Being Society."

The campaign's objectives were to:

- Raise awareness about the dangers of smoking and electronic cigarettes.
- Encourage students and staff to recognize the impact of tobacco use on health and the environment.
- Instill a sense of personal responsibility and commitment to a healthy, smoke-free lifestyle.

These activities were conducted in collaboration with the Phetchaburi Provincial Public Health Office and the Smoke-Free University Network, aiming to establish smoke-free zones and promote Phetchaburi Rajabhat University as a Healthy University.



2. Designation of Smoke-Free Areas on Campus

Phetchaburi Rajabhat University has issued an official “Smoke-Free and E-Cigarette-Free Campus Announcement”, declaring all areas within the university premises as non-smoking zones, including the prohibition of e-cigarettes and all types of tobacco products, in compliance with the Tobacco Products Control Act B.E. (2017).

The implementation measures include:

- Installing “Smoke-Free Zone” signage throughout the campus to promote awareness and compliance.
- Conducting educational campaigns and student-led activities to raise awareness about the harmful effects of smoking.
- Organizing training programs for “Youth Volunteers Against Tobacco” to empower students as advocates for a smoke-free lifestyle.
- Collaborating with local hospitals and public health agencies to provide counseling and support services for individuals who wish to quit smoking.



3. Meeting of the Smoke-Free University Steering Committee

The Student Development Division of Phetchaburi Rajabhat University organized a meeting of the Smoke-Free University Steering Committee to deliberate on the following agenda items:

- The draft of the “Smoke-Free Phetchaburi Rajabhat University Policy B.E. 2567 (2024)”
- The implementation plan for the Smoke-Free Higher Education Institution Project

During the meeting, the committee discussed systematic approaches to addressing student smoking behaviors, emphasizing that tobacco use is a gateway drug that can lead to other forms of substance addiction.

The committee unanimously approved the draft policy in principle and resolved to actively promote and enforce the smoke-free initiative across the campus. This effort aims to establish and strengthen a Healthy University Culture, fostering a safe, smoke-free, and health-conscious learning environment for all members of the university community.



3.3.7 Mental health support for staff

Phetchaburi Rajabhat University places great importance on promoting the mental health and overall well-being of all staff members. The university aims to foster a positive and supportive working environment that enhances psychological resilience, encourages continuous personal and professional growth, and cultivates an empathetic and caring organizational culture.

1. Advisor Seminar: “Empowerment Hub – Counseling for Mental Strength”

The Student Development Division organized a seminar for academic advisors titled “Empowerment Hub: Counseling for Mental Strength”, with the objective of enhancing advisors’ knowledge and counseling skills. The program aimed to equip faculty members with the ability to provide emotional support and effective guidance to students, thereby strengthening the advisor-student relationship.

The seminar covered key topics such as:

- Empowerment and positive psychology to enhance motivation and well-being among advisors.
- Psychological counseling techniques and positive communication skills for effective student support.
- Stress management strategies and appropriate methods for assisting students facing personal or academic challenges.

This training empowered academic advisors to serve as a vital source of encouragement and emotional support for students, helping them adjust to university life, manage stress, and foster happiness in their learning journey.



2. PBRU Wellness Mind Clinic

Phetchaburi Rajabhat University has established the PBRU Wellness Mind Clinic under the supervision of the Student Development Division to provide comprehensive mental health and life counseling services for both students and staff.

The clinic offers counseling sessions conducted by trained psychologists and certified mental health professionals, available in both face-to-face and online formats, ensuring that all members of the university community can conveniently and confidentially access mental health support.

In recognition of its outstanding performance, the PBRU Wellness Mind Clinic received the "Outstanding University Mental Health Network Award 2024" from the Department of Mental Health, Ministry of Public Health, for its excellence in promoting mental well-being within higher education institutions. This award underscores the university's strong commitment to developing a sustainable and inclusive mental health care system that supports emotional wellness for all staff and students.

