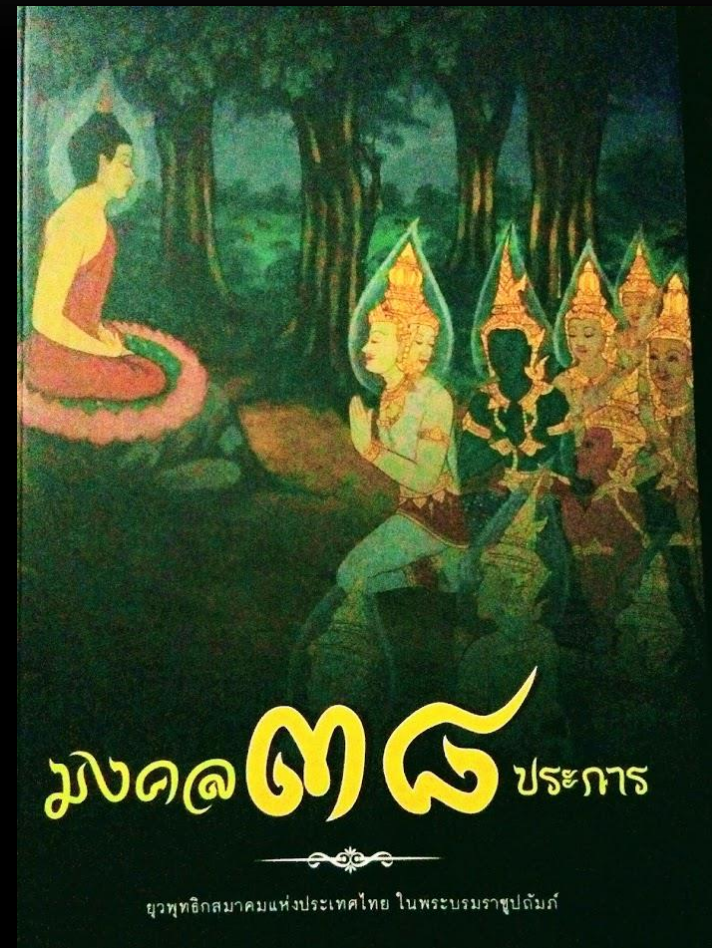
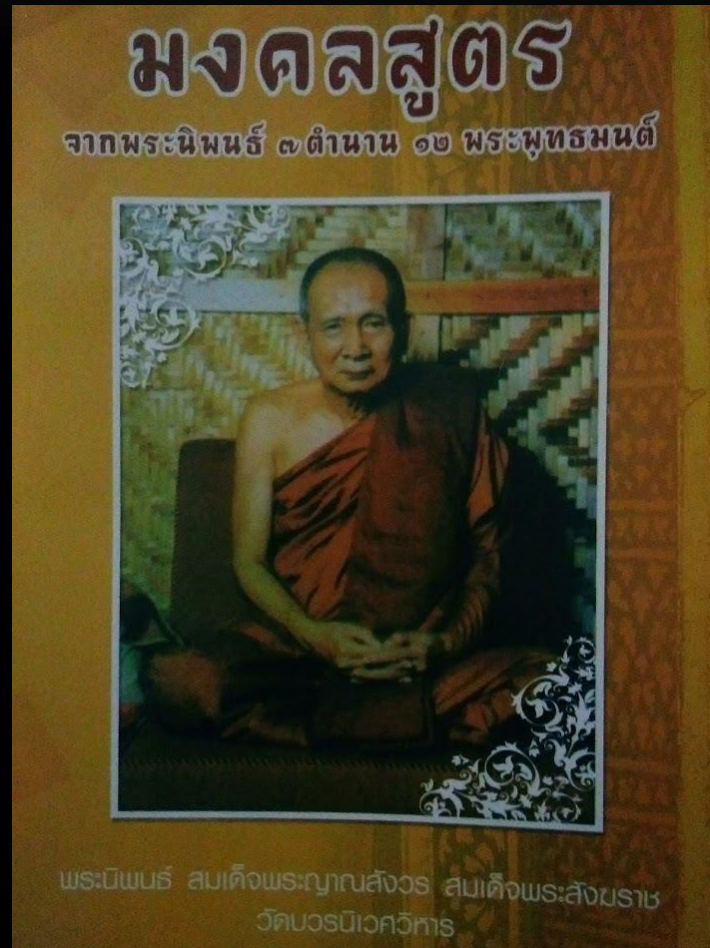


สนุกกับภาษา

มงคลชีวิต ๕

มงคลชีวิต ๕

Highest Blessings



มงคลชีวิต ๕

Highest Blessings

- อุดมมงคล มงคลอันสูงสุด

พาสุขจฺจณฺจ

สิปฺปณฺจ

วินโย จ สุตฺตํ

สุภาสิตา จ ยาวาจา

เล่าเรียนศึกษามาก

มีศิลปวิทยา

มีระเบียบวินัยดี

รู้จักใช้วาจาพูดให้เป็นผลดี

Highest Blessings

- Great learning through hearing
- Proficiency in some art or handicraft
 - Highly trained discipline
 - Well-spoken speech

Highest Blessings

- **Highly trained discipline**
 - **Laying a firm foundation for life**
 - **Refraining from 4 kinds of evil deeds**
 - **One does not do bodily harm or take life.**
 - **One does not steal or violate property rights.**
-

Highest Blessings

- **Highly trained discipline**
 - **Laying a firm foundation for life**
 - **Refraining from 4 kinds of evil deeds**
 - **One does not commit sexual misconduct.**
 - **One does not speak falsely, lie, or deceive.**
-

Highest Blessings

- **Highly trained discipline**
 - **Laying a firm foundation for life**
 - **Refraining from the four kinds of agati**
 - **One is not biased on account of affection.**
 - **One is not biased on account of hatred.**
-

Highest Blessings

- **Highly trained discipline**
 - **Laying a firm foundation for life**
 - **Refraining from the four kinds of agati**
 - **One is not biased on account of delusion.**
 - **One is not biased on account of fear.**
-

Highest Blessings

- **Highly trained discipline**
 - **Laying a firm foundation for life**
 - **Refraining from the six kinds of apayamukha**
 - **One is not addicted to drink or drugs.**
 - **One does not revel, oblivious of time.**
-

Highest Blessings

- **Highly trained discipline**
 - **Laying a firm foundation for life**
 - **Refraining from the six kinds of apayamukha**
 - **One is not bent only on entertainment.**
 - **One does not indulge in gambling.**
-

Highest Blessings

- **Highly trained discipline**
 - **Laying a firm foundation for life**
 - **Refraining from the six kinds of apayamukha**
 - **One does not consort with evil friends.**
 - **One does not constantly laze around.**
-

Highest Blessings

- **Highly trained discipline**
 - **Vinayo ca susikkhito: “well-learned discipline”**
 - **To abstain from the ten courses of unwholesome action**
 - **Kamma by way of body: killing living beings, taking what is not given, wrong conduct in sexual desires**
-

Highest Blessings

- **Highly trained discipline**
 - **Vinayo ca susikkhito: “well-learned discipline”**
 - **To abstain from the ten courses of unwholesome action**
 - **Kamma by way of speech: false speech, malicious speech, harsh speech, gossip**
-

Highest Blessings

- **Highly trained discipline**
 - **Vinayo ca susikkhito: “well-learned discipline”**
 - **To abstain from the ten courses of unwholesome action**
 - **Kamma by way of mind: covetousness, ill will and wrong view**
-

Highest Blessings

- **Highly trained discipline**
 - **Vinayo ca susikkhito: “well-learned discipline”**
 - **Discipline = Self-control**
 - **Self-restraint**
 - **Self-esteem Self-respect**
 - **Self-control and moderation**
-

Singapore

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Pacific

World

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UBER

 REUTERS

Technology

Toyota, Uber in talks on self-driving tech: Report

2 hours ago



Commentary: Sexual harassment in South Korea exposes hypocrisy and culture of intimidation

- **expose** = make public
- **hypocrisy** = a situation in which someone pretends to believe something that they do not really believe
- **intimidation** = dangers and threats
- Read more at <https://www.channelnewsasia.com/news/asiapacific/sexual-harassment-south-korea-exposes-hypocrisy-intimidation-10039994>

Commentary: Sexual harassment in South Korea exposes hypocrisy and culture of intimidation

- The epidemic of sexual harassment in South Korea has reached fever peaks this week. One commentator discusses the sexual misconduct allegations and the culture of misogyny in South Korea.
- Read more at <https://www.channelnewsasia.com/news/asiapacific/sexual-harassment-south-korea-exposes-hypocrisy-intimidation-10039994>

Commentary: Sexual harassment in South Korea exposes hypocrisy and culture of intimidation

- **epidemic** = problem
 - **fever peaks** = highest points
 - **misconduct** = bad behaviour
 - **allegation** = a statement, made without giving proof
 - **misogyny** = feeling of hating women
-

Highest Blessings

- **Highly trained discipline**
 - **Vinayo ca susikkhito: “well-learned discipline”**
 - **Discipline = Self-control**
 - **Self-restraint**
 - **Self-awareness**
-

Living the plastic life: Experts say straw usage in Singapore “excessive”

- excessive = too much
- anti-plastic straw single-use plastics
- consumer consumption
- reusable cups
- <https://www.channelnewsasia.com/news/singapore/plastic-straw-usage-in-singapore-excessive-experts-10046966>

Living the plastic life: Experts say straw usage in Singapore “excessive”

- Environmental experts said that straws are damaging both to animals that end up eating them, to people, and to the environment. They are often eaten by seabirds and sea turtles, causing starvation and death. In the ocean, plastic straws break down gradually into microplastics.
 - gradually = slowly
-

Highest Blessings

- **Growth, Cultivation, Training, Development**
 - 1. Physical development**
 - 2. Moral development**
 - 3. Emotional development**
 - 4. Intellectual development**
-

Physical development

17 Mar 2018 02:35AM
(Updated: 18 Mar 2018
02:02AM)

Exercise improves asthma in obese adults



Bookmark



Exercise improves asthma in obese adults

- Patients who exercised had improvements in physical activity, asthma-symptom-free days, depression symptoms and sleep apnea, researchers found.
- Read more at <https://www.channelnewsasia.com/news/health/exercise-improves-asthma-in-obese-adults-10051898>

Exercise improves asthma in obese adults

*“We believe exercise altogether improves **self-esteem**, which helps with less depressive symptoms and also sleeping better.”*

- Read more at <https://www.channelnewsasia.com/news/health/exercise-improves-asthma-in-obese-adults-10051898>

Intellectual development

19 Mar 2018 11:43AM
(Updated: 19 Mar 2018
12:49PM)

World

Latin America's 'magic tree' slowly coming back to life



Bookmark



World

Latin America's 'magic tree' slowly coming back to life

- Widely adaptable, the tree is resistant to drought - though not, sadly, to man. Deforestation has decimated the bountiful tree, whose leaves and fruit have for centuries sustained animals and humans alike.

Read more at <https://www.channelnewsasia.com/news/world/latin-america-s--magic-tree--slowly-coming-back-to-life-10055478>

- **adaptable** (adj.) able or willing to change in order to suit different conditions
 - **deforestation** (n.) the cutting down of trees in a large area, or the destruction of forests by people
 - **decimate** (v.) to kill a large number of something, or to reduce something severely
-

มงคลชีวิต ๕

Highest Blessings

- Great learning through hearing
 - Proficiency in some art or handicraft
 - Highly trained discipline
 - Well-spoken speech
-

แนะนำติชมรายการได้ที่

- ผู้ช่วยศาสตราจารย์ภาวิณี อุ๋นวัฒนา
- คณะศิลปศาสตร์ มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร
- เลขที่ ๘๖ ถนนพิษณุโลก แขวงสวนจิตรลดา เขตดุสิต กรุงเทพฯ ๑๐๓๐๐
- **E-mail: pawinee.o@rmutp.ac.th**