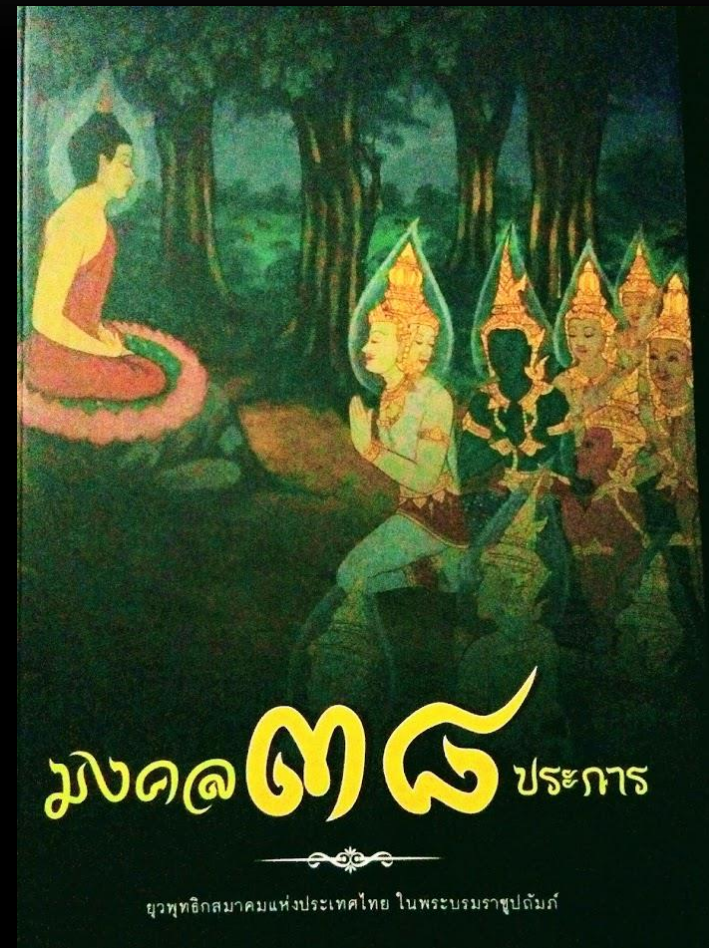
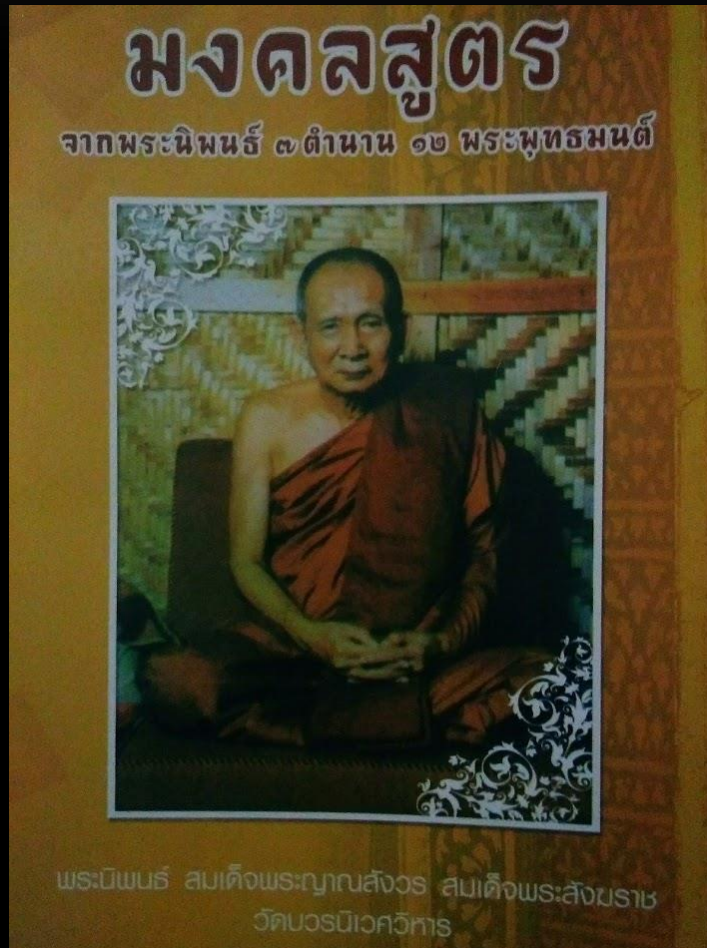


สนุกกับภาษา

มงคลชีวิต ๑๑

มงคลชีวิต ๑๑

Highest Blessings



มงคลชีวิต (คาถาที่ ๖)

อารตี วิตติ ปาปา	เว้นจากความชั่ว
มชชปาณา จ สลฺยโม	เว้นจากการดื่มน้ำเมา
อปฺปมาโท จ ธมฺเมสุ	ไม่ประมาทในธรรมทั้งหลาย
เอตมฺมงฺคฺลมุตฺตมํ	นี้เป็นมงคลอันอุดม

Highest Blessings

- **Abstaining from evils and avoiding them**
 - **Abstinence from intoxicants**
 - **Diligence in virtue; perseverance in virtuous acts**
-

- **abstain** (v.) not do
 - **abstinence** (n.) withdrawal from taking alcohol or addictive drugs
 - **abstaining and refraining**
 - **intoxicant** (n.) a substance such as alcohol that produces feelings of pleasure or happiness in a person
-

earnestness diligence heedfulness

ความไม่ประมาท คือ ความเป็นอยู่อย่างไม่ขาดสติ หรือ
ความเพียรที่มีสติเป็นเครื่องเร่งเร้าและควบคุม ได้แก่ การดำเนินชีวิตโดยมี
สติเป็นเครื่องกำกับความประพฤติปฏิบัติและการกระทำทุกอย่าง
ระมัดระวังตัว ไม่ยอมถล่มลงไปในทางเสื่อม แต่ไม่ยอมพลาดโอกาสสำหรับ
ความดีงามและความเจริญก้าวหน้า ตระหนักในสิ่งที่พึงทำและพึงละเว้น
ใส่ใจสำนึกอยู่เสมอในหน้าที่อันจะต้องรับผิดชอบ ไม่ยอมปล่อยปละละเลย
กระทำการด้วยความจริงจัง รอบคอบ และรุดหน้าเรื่อยไป

earnestness diligence heedfulness

- **Internal factor; personal factor**
- **A factor belonging to the category of concentration**

systematic attention / analytical thinking

- **A factor belonging to the category of insight or wisdom**

- Having good friends; good company;
favorable social environment
- **External factor; environmental factor**



This Organic Juice Company Helps Unemployed Find Jobs



- **The sweet taste of altruism**

- While creating less waste was a main priority, the founder saw another opportunity to help people through his juices. He would **employ** residents down on their luck, who were unable to find work.
 - **altruism** = willingness to do things that bring advantages to others
-

This Organic Juice Company Helps Unemployed Find Jobs

- The sweet taste of **altruism**
 - Schierhorn took his vision to the Körber Foundation - an organization that addresses current challenges in **innovation** - and they **donated** 10,000 euros to help him **kick off** his business.
 - **kick off** = start, begin
-

This Organic Juice Company Helps Unemployed Find Jobs

- Keeping with their **social activism** roots, the company **organized** days where kindergartens and companies could **volunteer** and pick the produce, interacting and connecting with people all over the city.
-

This Organic Juice Company Helps Unemployed Find Jobs

- The sweet taste of **altruism**
 - While the end result of the production process is organic, **sustainable** juice, customers can also feel good that their favorite juice has helped people find **steady work** and **integrate** into society.
 - www.goodnet.org
-

- **integrate** (v.) to mix with and join society or a group of people, often changing to suit their way of life, habits, and customs
 - The idea with young children is to **integrate** learning with play.
-

How One Person's Kind Words Can Impact an Entire Life

- **Encouragement is a powerful tool.**
 - **encouragement** (n.) words or behaviour that give someone confidence to do something
 - **powerful** (adj.) strong, having a lot of power to control people and events
-

Thousands of people danced and handed out gifts to inspire their community to do good deeds for a better society.

Mar 25, 2018

204
SHARES



Tags: Vietnam, Hanoi, Good Deeds Day, Doing Good, Vietnam National Volunteer Centre



Thousands of people danced and handed out gifts to inspire their community to do good deeds for a better society.

- She **inspired** her students to do the best they could.
- Every single person **can do something good**, be it large or small, to improve the lives of others and positively change the world.
- www.goodnet.org

Thousands of people danced and handed out gifts to inspire their community to do good deeds for a better society.

- On March 11, over 5,000 youths, including famous Vietnamese artists and even part of the Vietnamese U23 soccer team, joined forces for a massive fund-raising walk around the Hoan Kiem Lake.
- **deed** (n.) an act, something done

- The special event by the Vietnam Youth Federation, the Vietnam National Volunteer Centre (VVC), and the FPT Corporation (a large Vietnamese IT firm) **was organized** as part of International **Good Deeds Day** and Youth Month 2018. Good Deeds Day will be held on April 15 in over 90 countries around the world, while Youth Month will be celebrated all of April.
 - www.goodnet.org
-



**ทำดีเอาหน้า...
ผมกลัวคำๆ นี้มาตลอด
แต่เราต้องก้าวข้ามความกลัว
และมองที่ผลลัพธ์ปลายทาง**

อาทิตย์วราห์ คงมาลัย

ขนมปังเทวดา รับฝากเพื่อแผ้วคนยาก

โดย ไทยรัฐฉบับพิมพ์ 6 ม.ค. 2561 05:01



Health

Does alcohol cause PMS? Researchers report a link



Does alcohol cause PMS? Researchers report a link

- **premenstrual syndrome (PMS)** a condition in which some women experience pain and swelling in particular parts of their bodies, and feelings such as anxiety, anger, or unhappiness for a few days before their **period** (= flow of blood each month)

- We have six **periods** of English a week.
 - This house was built during the King Rama V **period**.
 - If your **period** doesn't come, consult your doctor to see if you're pregnant or have an underlying condition.
 - **I'm on my period.**
-

Caffeine in pregnancy tied to childhood weight gain



Caffeine in pregnancy tied to childhood weight gain

- **caffeine** = something that makes people more active
 - **pregnancy** (n.) the state of being pregnant
 - Most women feel sick in the mornings during their first months of **pregnancy**.
 - **childhood** (n.) the time when someone is a child
 - My **childhood** was a time of happiness.
-

Lifestyle

Do fathers who exercise have smarter babies?

Exercise changes the brains and sperm of male mice in ways that later boost the thinking skills of their offspring. Could the same be true of men?

- **NEW YORK:** Exercise changes the brains and sperm of male animals in ways that later affect the brains and thinking skills of their **offspring**, according to a fascinating new study involving mice.
- The findings indicate that some of the brain benefits of physical activity may be passed along to children, even if a father does not begin to exercise until **adulthood**.
- Read more at <https://www.channelnewsasia.com/news/lifestyle/men-exercise-smarter-babies-father-10223246>

มงคลชีวิต (คาถาที่ ๖)

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Highest Blessings

- **What are the Highest Blessings in life?**
- **Abstaining from evils and avoiding them**
 - **Abstinence from intoxicants**
- **Diligence in virtue; perseverance in virtuous acts**

This Backpack Is Giving Under-Privileged Kids a Better Life

- The upcycled Repurpose Schoolbags are saving both the planet and our children's future



- **The upcycled Repurpose Schoolbags are saving both the planet and our children's future**
- The Repurpose Schoolbags is much more than just your average backpack. The **upcycled, waterproof,** and **solar-powered** backpack, has the potential to keep children safe on their way to school and gives them an important tool to succeed in their studies and earn a better life.
- www.goodnet.org

- **The upcycled Repurpose Schoolbags are saving both the planet and our children's future**
- The **impressive** project is part of the South Africa-based Rethaka Foundation, which helps ensure access to education for underprivileged children.
- The organization, founded by Thato Kgathanye and Rea Ngwane, also aims to **reduce** plastic waste, **utilize** solar energy, and **empower** children to realize their **ambitions**.
- www.goodnet.org

- **impressive** (adj.) **impression** (n.) **impress** (v.)

She is a very **impressive** public speaker.

First **impression** is very important, please try to be punctual.

Everyone **was impressed** by her good manners.

Her good manners made a great **impression** on me.

- **manner** = polite behaviour

- **upcycle** = to make new furniture, objects, etc. out of old or used things or waste material
- **waterproof** = not allowing water to go through
- **solar-powered** = using the energy from the sun
- **environmentally friendly** = not harmful to the environment
- **environmentally-friendly products**



- **utilize** = to use something in an effective way
- **empower** = to give someone official authority or the freedom to do something
- **ambition** = a strong wish to be successful
- **ambitious** (adj.)

Health

New guidelines for healthier food donations



- SINGAPORE: The Health Promotion Board (HPB) has released its first set of guidelines for charities, **voluntary welfare** organisations and individual donors to choose healthier products when making food donations meant for **low-income** families.
- Read more at <https://www.channelnewsasia.com/news/health/new-guidelines-for-healthier-food-donations-10167788>

- She does **voluntary** work for the Red Cross.
- He's a **volunteer** on the child care project.
- **welfare** = physical and mental health and happiness
- **income** = money that is earned from doing work or received from investments
 - The fund helps **low-income** countries to increase their renewable energy use.

แนะนำติชมรายการได้ที่

ผู้ช่วยศาสตราจารย์ภาวิณี อุ๋นวัฒนา

คณะศิลปศาสตร์ มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร

เลขที่ ๘๖ ถนนพิษณุโลก แขวงสวนจิตรลดา เขตดุสิต

กรุงเทพฯ ๑๐๓๐๐

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มงคลสูตรคำฉันท์ (พระบาทสมเด็จพระมงกุฎเกล้าเจ้าอยู่หัว)

ความงดประพฤติบาป

อกุศลบ่ให้มี

สำรวมวินนทริย์

และสุราบ่เมามล

ความไม่ประมาทใน

พหุธรรมะโกศล

ข้อนี้แหละมงคล

อดีเรกอุดมดี