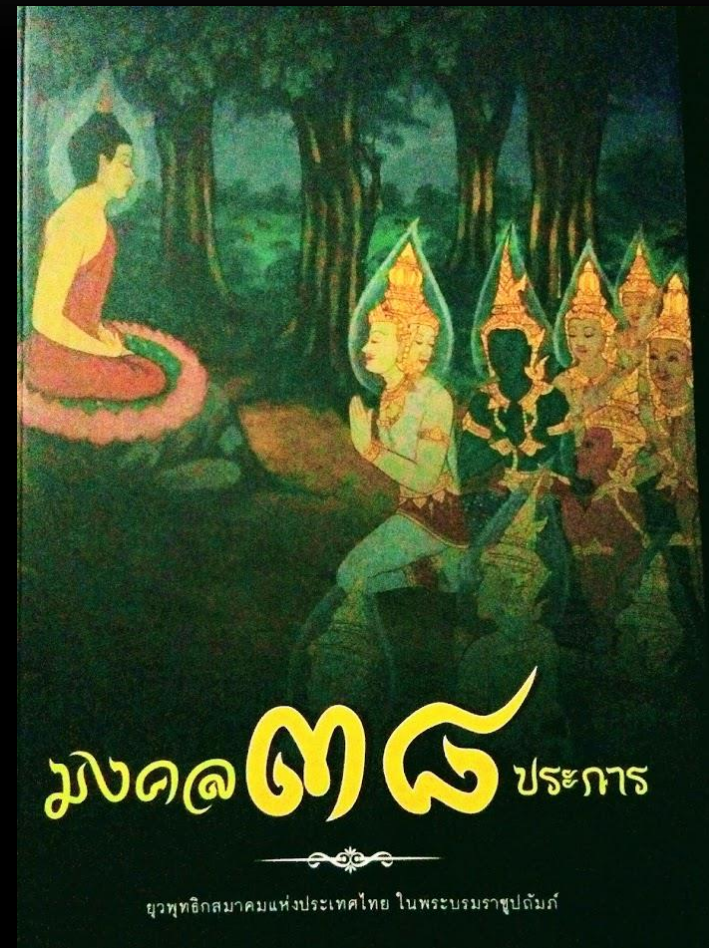
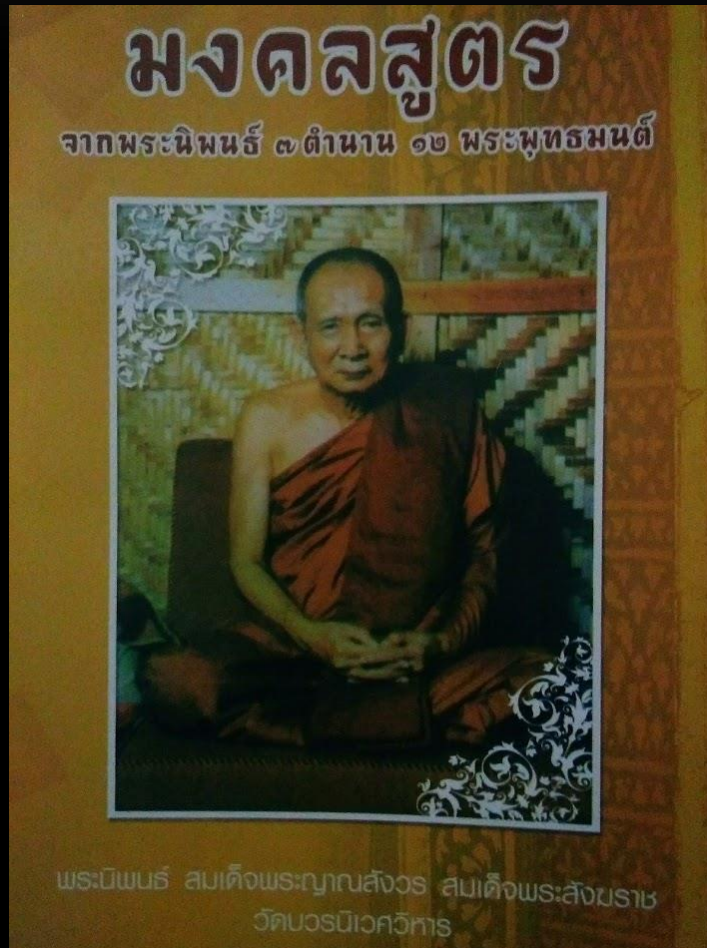


สนุกกับภาษา

มงคลชีวิต ๑๒

มงคลชีวิต ๑๒

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
-

Highest Blessings

- Diligence in virtue; perseverance in virtuous acts
 - อุตสาหะ สมปะทาเถถ
 - จงทำประโยชน์ให้สำเร็จด้วยความไม่ประมาท
 - *Accomplish your benefit through diligence.*
-

สพฺพปาปสฺส อกรรมํ

สจิตฺตปริโยทปนํ

กุสลสฺสุปฺสมุปฺทา

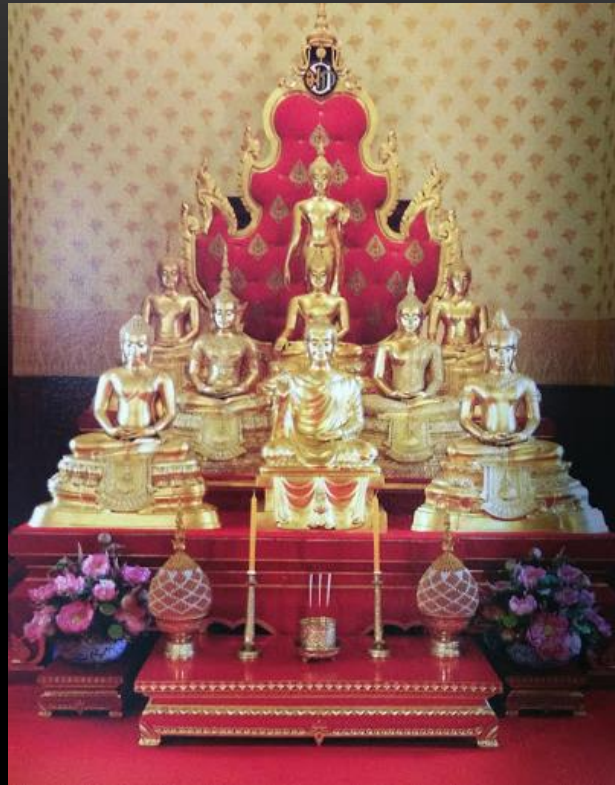
เอตํ พุทฺธาน สาสนํ

การไม่ทำความชั่วทั้งปวง ๑

การบำเพ็ญความดีให้เทียบพร้อม ๑

การชำระจิตใจให้ผ่องใส ๑

นี่คือคำสอนของพระพุทธเจ้าทั้งหลาย



- **To avoid all evil, to cultivate good, and to cleanse one's own mind – this is the teaching of the Buddhas.**

Health

Even a little exercise – any exercise – might make us happier

People who work out even once a week or for as little as 10 minutes a day tend to be more cheerful than those who never exercise.

- People who **work out** even once a week or for as little as 10 minutes a day tend to be more cheerful than those who never exercise.
 - Jane **works out** in the gym twice a week.
 - You should **take** more **exercise**.
 - A **sound** mind is in a **sound** body.
 - **sound** (adj.) strong or in good condition
-

- Being kind to yourself means taking good care of your health. Make sure you **eat healthy food**, **stay active** and **get enough sleep** each night.
 - If you feel tired or sick, take time to get enough rest and recover. You'll feel better mentally by taking good care of your physical health.
 - Walking is a good **exercise**.
-

Asia

United, they feed Malaysia's hungry: The kitchen where race and creed don't matter

From struggling single parents to wealthy datuks, this group of CNA Insider InspirAsians – who come from across the country – all have something to offer when the call for help goes out.

- **race** = a group of people who share the same language, history, characteristics, etc.: **race discrimination / racial discrimination** = unfair treatment of someone because of their race
 - **creed / credo** = a set of beliefs that influences the way you live
 - **opinions / beliefs / points of view**
-

Police resume search of Talat Mai Don Muang market

4 May 2018 at 12:15  1,394 viewed  1 comments

WRITER: ONLINE REPORTERS



- Police and officials **resumed** the search of Talat Mai Don Muang market in Bangkok for **unlicensed cosmetics and food supplement products** on Friday morning.

<https://www.bangkokpost.com/lifestyle/family-and-health/1458133/police-resume-search-of-talat-mai-don-muang-market>

Not just a cosmetic problem

BACKGROUND REPORT: Internet has led to a surge in dodgy beauty, weight loss products, with few FDA controls

- **surge** (n./v.) a sudden and great increase / to move suddenly forward
- **dodgy** (adj.) not reliable, dishonest, illegal
- **FDA** = Food and Drug Administration

- They **were arrested** for selling products which contain **illegal** and **sub-standard** materials. Police also found their products used **fake** FDA certificates.
- The FDA is responsible for granting licences and inspecting products' quality.
- At least 3 people died this month after taking weight loss pills.
- <https://www.bangkokpost.com/news/special-reports/1459805/not-just-a-cosmetic-problem>

Lifestyle

With 'unforgettable' bag, Malaysian shoppers paid to cut plastic waste

EACH OF THE BAGS REPRESENT
THE OCEAN ANIMALS MOST AT RISK



Scientists accidentally created a 'plastic-eating' enzyme

This happy lab-accident led to a great discovery

Tags: Science, Plastic, Plastic Waste, Recycling, University Of Portsmouth





- Plastic has been generating a lot of discussion lately, and rightly so. With 1,000,000 plastic bottles produced every minute, concerned individuals, governments, and companies have been exploring ways to **minimize** its **production, consumption, and impact.**

- www.goodnet.org
-

Zero Waste School

- **Reduce**
 - **Reuse**
 - **Recycle**
 - **Upcycle**
-

The long learning curve: Bringing school up to date

A non-profit organisation is pushing a full STEM ahead approach to education in an effort to bring school into the 21st century By Chaiyot Yongcharoenchai

13 May 2018 at 08:33  65 viewed  0 comments

NEWSPAPER SECTION: SPECTRUM | WRITER: CHAIYOT YONGCHAROENCHAI



- **Education** is one of the key ways to help today's **children** develop into tomorrow's success stories.
 - But for millions of **Thai youth**, access to the best tools to take on the future falls out of reach.
 - <https://www.bangkokpost.com/news/special-reports/1464250/the-long-learning-curve-bringing-school-up-to-date>.
-

- Not everyone can afford access to **quality education**.
 - Fixing this problem is the focus of one Thai **non-profit** organisation, which offers **alternative** courses to supplement the standard curriculum.
 - Its goal is to bring education **up to date**, and **prepare kids for work in the 21st century**.
-

- The way the organisation seeks to achieve this is through **STEAM**, an applied and interdisciplinary curriculum, integrating **science, technology, engineering, arts** and **mathematics**.
- STEAM is a multi-disciplinary pedagogy approach focused on **applying knowledge to solve real-life problems**.

- By 2020, the top 10 must-have skills for the labour force are expected to be *complex problem solving, critical thinking, creativity, people management, coordinating with others, emotional intelligence, judgment and decision making, service orientation, negotiation, and cognitive flexibility*.
- <https://www.bangkokpost.com/news/special-reports/1464250/the-long-learning-curve-bringing-school-up-to-date>.

London bans junk food ads on public transport to fight child obesity

- LONDON: London plans **to ban** junk food advertising on its entire public transport network **to tackle** child **obesity**, which is among the highest in Europe, Mayor Sadiq Kahn said on Friday.
- Read more at <https://www.channelnewsasia.com/news/health/london-bans-junk-food-ads-on-public-transport-to-fight-child-obesity-10226540>

Meaningful mindfulness: How it could help you be happier, healthier and more successful



By **Jen Christensen**, CNN

🕒 Updated 1146 GMT (1946 HKT) February 15, 2017

JUST WATCHED

Life tips from the Dalai Lama

🔄 Replay

- **How to end violence and inequality in American cities.**

Their solution: create more kindness and compassion.

In other words, **to create peace, find inner peace.**

Mindfulness means not letting your emotions hijack your brain. It is a form of **meditation**, and it is a mindset.

- **A simple mindfulness exercise could involve only 10 minutes of your day.** Eliminate distractions like your phone, quieting your mind and focusing on your breathing: how it goes into and out of your body.
 - If your mind starts to wander, bring your focus back to your breathing.
 - Focusing gets easier the more you do it.
-

- To remain mindful, the Dalai Lama said, he sleeps a lot: about nine hours a night. He also gets up at 3 a.m. **to meditate**. He has another session in the afternoon and one more right before bed.
 - In total, His Holiness spends about five hours meditating each day.
-

- “**These meditations** not just chanting or something,” the Dalai Lama told CNN Chief Medical Correspondent Dr. Sanjay Gupta.
 - He engages in “**analytical meditation:** thinking, analyze, analyze.”
-

แนะนำติชมรายการได้ที่

ผู้ช่วยศาสตราจารย์ภาวิณี อุ๋นวัฒนา

คณะศิลปศาสตร์ มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร

เลขที่ ๘๖ ถนนพิษณุโลก แขวงสวนจิตรลดา เขตดุสิต

กรุงเทพฯ ๑๐๓๐๐

E-mail: pawinee.o@rmutp.ac.th

มงคลชีวิต (คาถาที่ ๖)

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

อมฤตพจนานาม พุทธศาสนสุภาษิต

อปฺปมาโท อมตํ ปทํ	ความไม่ประมาทเป็นทางไม่ตาย
ปมาโท มจฺจุโน ปทํ	ความประมาท เป็นเหตุแห่งความตาย
อปฺปมตฺตา น มียนฺตึ	ผู้ไม่ประมาท ย่อมไม่ตาย
เย ปมตฺตา ยถา มตา	คนประมาท เหมือนคนตายแล้ว

The Nectar of Truth: A Selection of Buddhist Aphorisms

- **Heedfulness is the deathless path.**
- **Heedlessness is the path of death.**
 - **The heedful do not die.**
- **The heedless are as if already dead.**