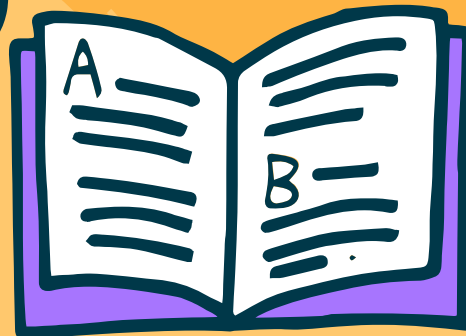


สนุกกับภาษา

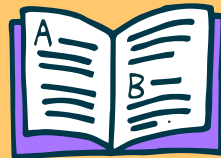
Lifelong Learning (3)





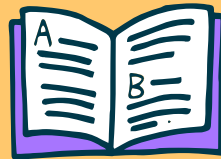
# What is lifelong learning and why is it important?

Lifelong learning can enhance our understanding of the world around us, provide us with more and better opportunities and improve our quality of life.





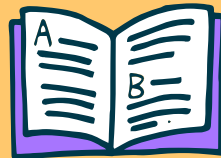
Learning happens all the time.  
Active learners    Self-directed  
Self-motivated    Self-sustainability  
Personal and Professional Development





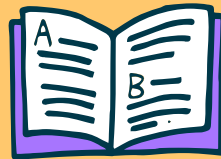
## Path of Accomplishment

1. will; aspiration; intention
2. energy; effort; exertion; perseverance
3. active thought; thoughtfulness
4. investigation; examination





**“Live as if you were to die tomorrow.  
Learn as if you were to live forever.”  
Mahatama Gandhi**

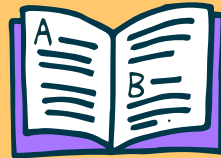




“Education is the most powerful weapon  
which you can use to change the world.”

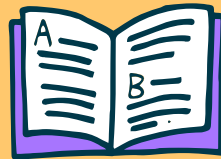
Nelson Mandela

- Set learning goals.
- Do the things you love.
- Don't give up.





- Things you can do to help you learn better: work out; meditate; sleep; eat; drink water.
- Learning is fun and enjoyable.
- Learning a new language, a new sport or activity.
- Food for Brain













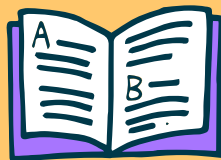




## • How To Buy Happiness

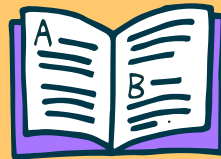
“May be the reason that money doesn't make us happy is that we're always spending it on the wrong things.”

- Michael Norton





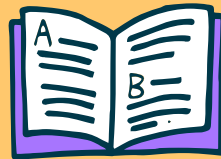
- **How To Buy Happiness**
- Michael Norton is a business school professor. He is interested in the effects of money on how people feel.





## • How To Buy Happiness

- Michael Norton's idea worth spreading is that money can buy happiness! What matters isn't how much you have, but how you spend it.
- Watch Norton's full TED Talk on [TED.com](https://www.ted.com/talks/michael_norton_how_to_buy_happiness).

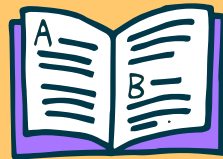








- Food for Brain
- New Normal
- It takes courage to stand up to a bully.
- Management makes the impossible possible.





• Management makes the impossible possible.

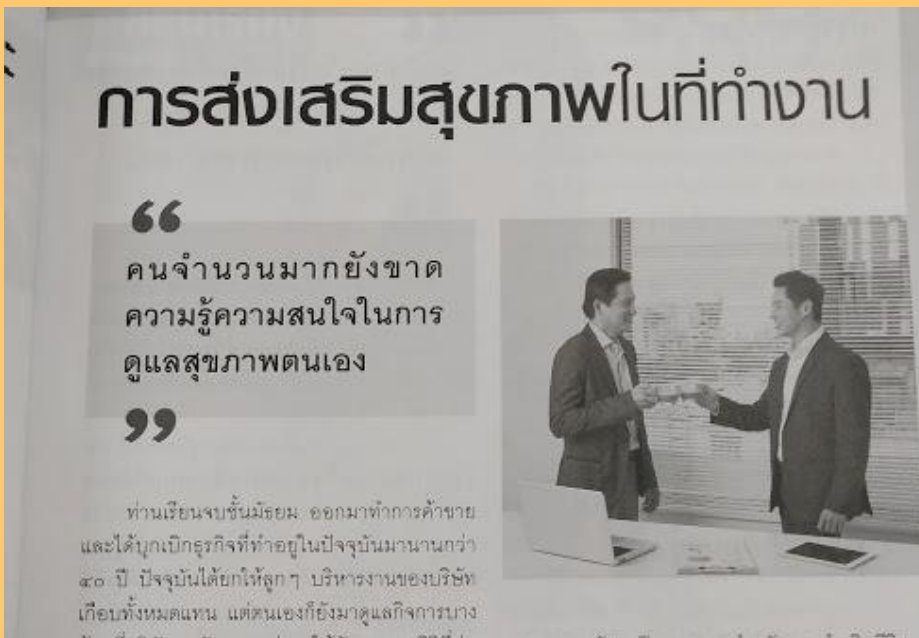
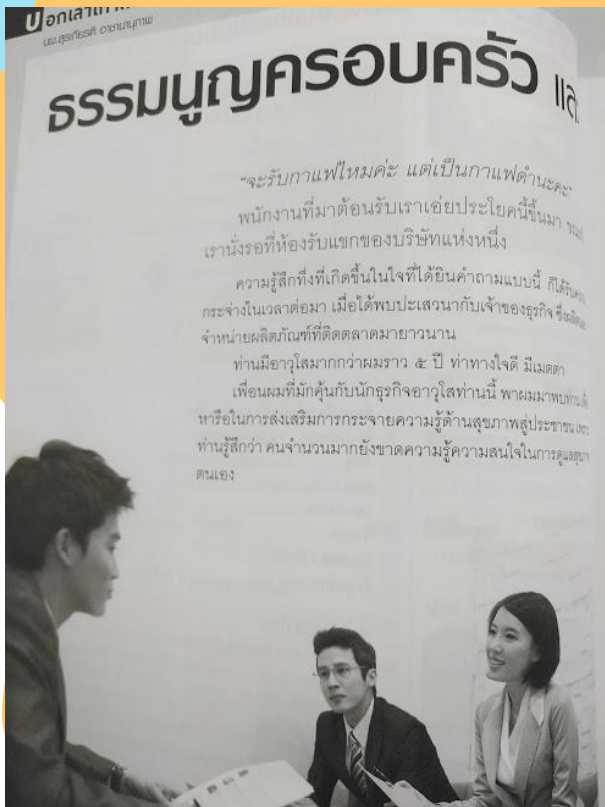
“คิดแบบองค์รวมและทำแบบบูรณาการ”

“คิดเชิงระบบและการจัดการ”

“สังคมศานติสุข โลกมีสันติภาพ”

นพ.ประเวศ วะสี







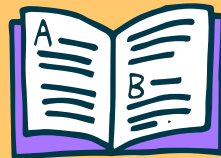
“ช่วงไม่มีให้คิดถึงตัวเอง แต่ต้องยึดมั่นในความซื่อสัตย์ ช่วงมีให้คิดถึง  
คนอื่น และรู้จักตอบแทนคุณแผ่นดิน”

“ชีวิตพึงมุ่งทำความดี มากกว่ามุ่งแต่แสวงหาเงิน และมุ่งสั่งสมบารมี  
มากกว่าอิทธิพล เพราะความดีและบารมีมีความยั่งยืน ส่วนเงินทอง  
และอิทธิพลนั้นเป็นสิ่งไม่จีรัง”





- NCDs ย่อมาจาก Non-communicable diseases คือโรคกลุ่มที่ไม่ติดต่อ เป็นโรคที่ไม่ได้เกิดจากเชื้อโรค ไม่ติดต่อแม้มีการสัมผัส คลุกคลี หรือมีการสัมผัสกับสารคัดหลั่งต่างๆ
- “โรคที่เราสร้างเอง”





“ไม่ทำให้ตนเองและผู้อื่นเดือดเนื้อร้อนใจ”

ส ว ย

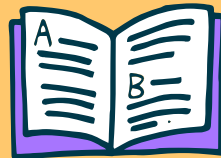
คนไทยเสียชีวิตจากโรคเ็นซีดีมากกว่าโควิด19

นิตยสาร หมอชาวบ้าน ฉบับที่ 502 กุมภาพันธ์ 2564





- The Power of Communication
  - Sending love, kindness, and goodwill to yourself and all beings
- “You get more flies with honey than with vinegar.”  
You can win over people more easily by being polite and kind.

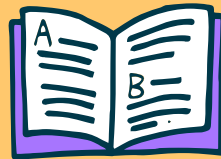




## • The Power of Communication

“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward.”

**Martin Luther King, Jr**







ME

PEOPLE

PLANET

INNOVATION

GOOD NEWS

HOME • PLANET • ENVIRONMENT

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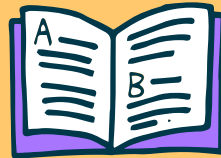
# This Indian Man Recycles Disposable Face Masks Into Building Bricks

Brick 2.0 is ready to use for building,  
Jan 25, 2021



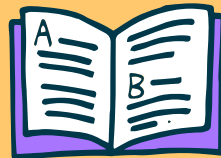


- Everyone knows that face masks and protective gear save lives. But what happens to all of them after people are done using them?
- That's a question that many people are asking. Binish Desai, 27, the founder of Eco-Eclectic Technologies, in Western India is one of them.
- <https://www.goodnet.org/articles/this-indian-man-recycles-disposable-face-masks-into-building-bricks>



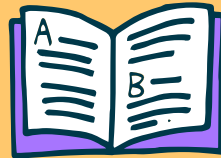


- When Desai saw the collateral impact of the coronavirus pandemic due to the rising use and demand for single-use masks and gear, he decided he had to do something.
- <https://www.goodnet.org/articles/this-indian-man-recycles-disposable-face-masks-into-building-bricks>





- So, he created a way to prevent tons of disposable Personal Protective Equipment (PPE) from being discarded and ending up in landfills or water streams. He calls it Brick 2.0.
- They are also waterproof and fire-resistant and cost just Rs. 2.8 per piece.
- <https://www.goodnet.org/articles/this-indian-man-recycles-disposable-face-masks-into-building-bricks>





BUSINESS

# Hemp goes from zero to economic hero

*A slew of Thai companies have identified opportunities and are planning to ride the wave*

PUBLISHED : 1 MAR 2021 AT 07:00

NEWSPAPER SECTION: BUSINESS

WRITER: PITSINEE JITPLEECHEEP

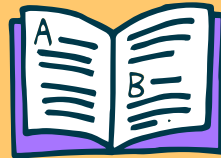
LINE 1





. Ten categories of goods or products ranging from mouth spray, food supplements, skincare products and energy drinks to painkillers and spa products are cashing in on hemp's hype after the government legalised commercial growing in the country last year to promote hemp and cannabis as new cash crops.

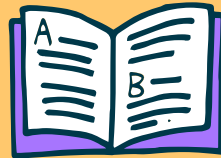
- <https://www.bangkokpost.com/business/2076111/hemp-goes-from-zero-to-economic-hero>





From Jan 29, the Food and Drug Administration (FDA) has allowed individuals, legal entities, government offices, community enterprises and companies to register to use the legal parts of cannabis and hemp for medical purposes, as well as in the textile, pharmaceutical and cosmetics industries.

- <https://www.bangkokpost.com/business/2076111/hemp-goes-from-zero-to-economic-hero>



brand  
STUDIO

By Brand Studio

Advertorial

# Bringing others along, as she progresses through learning

17 Feb 2021 10:43AM



Bookmark



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Fellowships

As a workplace leader and mentor, senior principal occupational therapist Florence Cheong aims to create continuous learning opportunities for all.

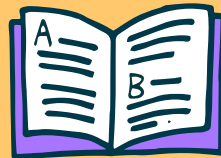






As head of the Occupational Therapy Department at Tan Tock Seng Hospital (TTSH) and an award-winning occupational therapist, Ms Florence Cheong is an inspiring figure to her peers and junior colleagues in healthcare.

- <https://www.channelnewsasia.com/news/advertorial/bringing-others-along-as-she-progresses-through-learning-14095726>

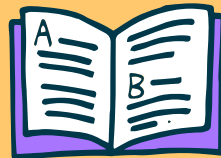


CONTRIBUTING TO THE PROFESSIONAL COMMUNITY





- Occupational therapists use activities with specific goals to help people gain the ability to perform everyday activities, like going to school or work, leisure or self-care pursuits.
- <https://www.channelnewsasia.com/news/advertorial/bringing-others-along-as-she-progresses-through-learning-14095726>



# Lifelong Learning Beyond Her Own



## BUILDING A RAPPORT, AND MORE



The field of occupational therapy gave Ms Cheong the opportunity to work with people and build connections with patients and colleagues.





Advertorial

## Giving every employee a seat at the (digital) table

In the midst of a digital transformation, Fei Siong Food Management made sure employees at all levels were upskilled and ready for change.



# Workforce needs to upgrade digital skills



# Singapore needs a new Smart Nation vision that doesn't leave any citizen behind



By Carol Soon



By Shawn Goh

17 Jan 2021 06:01AM  
(Updated: 09 Feb 2021 08:41AM)



Bookmark



A student helping an elderly woman use a computer at an IDA workshop. (File photo: IDA)





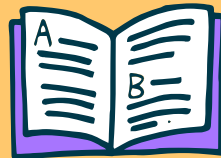
**Build On Your Gratitude Habit**  
**I'm grateful for your kindness.**  
**Today I'm grateful for.....**  
**I'm grateful for your love and support.**  
**Someone Something Yourself**







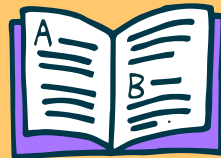
- Numerous studies show that people who have a daily gratitude practice, in which they consciously count their blessings, tend to be happier, have lower stress levels, sleep better and are less likely to experience depression.
- <https://cnalifestyle.channelnewsasia.com/wellness/7-day-well-challenge-practise-gratitude-2021-13879166>





“May all readers be blessed with pure perseverance, sharp wisdom and complete physical health.”

energy, effort, exertion, perseverance,  
Right Effort (สัมมาวายามะ)





มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร

คณะศิลปศาสตร์

เลขที่ 86 ถนนพิษณุโลก แขวงสวนจิตรลดา เขตดุสิต

กรุงเทพฯ 10300

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**E-mail: [pawinee.o@rmutp.ac.th](mailto:pawinee.o@rmutp.ac.th)**

