RUTS | SDG 2025

SDG 3

GOOD HEALTH AND WELL-BEING

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Ensure healthy lives and promote well-being for all at all ages



https://sdgs.rmutsv.ac.th/evidence-2025/sdgs-3

Advancing Health and Well-being Through Campus and Community Initiatives

Rajamangala University of Technology Srivijaya (RUTS) strengthened its commitment to Good Health and Well-being in 2025 through a wide range of activities for students, staff and surrounding communities. Working with the Department of Mental Health, Songkhla Hospital, Songkhla City Municipality, regional public-health agencies and other partners, the university combined health promotion, disease prevention, community services, reproductive-health support, emergency preparedness and tobacco control.

Mental Health Support for Students and Staff

Mental health was a major focus of RUTS's 2025 activities. The university's work is supported by a 10-year memorandum of understanding (2022–2032) between the Department of Mental Health and the nine Rajamangala Universities of Technology, strengthening mental-health promotion, prevention, care and follow-up across the universities.



Throughout the year, RUTS provided counselling and mental-health capacity-building activities for students and staff in collaboration with Mental Health Center 12. These included individual student counselling, mental-health crisis-response training, the RUTS Care Mental Health workshop, and trainer development for university personnel. Staff and student leaders developed skills in basic counselling, Mental Health First Aid, crisis management and referral to medical specialists.

RUTS and Mental Health Center 12 also provided biofeedback health checks for 51 students and staff, together with relaxation training. The university used the Department of Mental Health's Mental Health Check-in tool and an online appointment system to support access to counselling. In addition, the "Heart Care: Teachers Caring for Students" project trained 60 staff members and student leaders in listening, emotional awareness and counselling skills.









Disease Prevention and Emergency Readiness

RUTS worked with local health agencies to reduce health risks and strengthen emergency-response skills. In collaboration with Songkhla City Municipality, the university carried out mosquito-control measures on campus to reduce the risk of dengue fever. The “New Gen Healthy” programme, organised with Songkhla Hospital’s Primary Care Network, also provided students with practical Basic Life Support training for unconsciousness, cardiac arrest and breathing emergencies.

RUTS also worked with the Office of Disease Prevention and Control Region 12 on a World Hepatitis Day campaign promoting prevention, screening and timely treatment for hepatitis B and C.







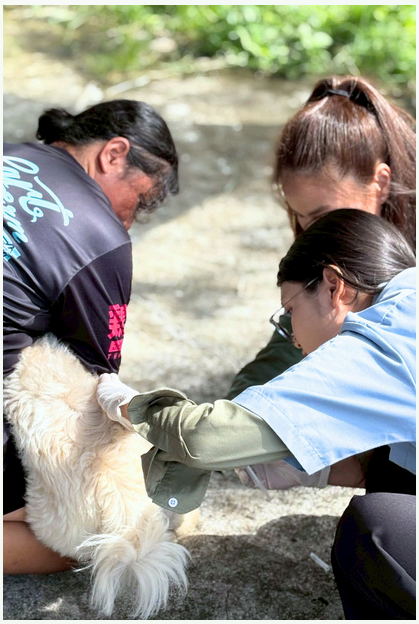
Proactive Health Services for Local Communities

Beyond campus-based activities, RUTS extended health knowledge and services to local communities. The Thai Traditional Medicine programme provided a mobile community service focused on respiratory and lung health, with demonstrations of herbal steam and inhalation, herbal drinks, Thai massage and herbal compresses. Participants also received information on tuberculosis prevention and community hygiene.

The Rajamangala Srivijaya Veterinary Volunteer Club extended animal-health services to local communities, providing vaccinations and care for 241 ruminants in Surat Thani and rabies vaccinations for 573 animals across 10 villages in Songkhla.











Opening Sports Facilities to the Community

RUTS supported youth physical activity by making university sports facilities and equipment available to community groups. On 26 April, the university provided a futsal court, tables and chairs for an under-13 youth futsal competition organised by the Ko Taeo Youth Football Club. On 18–19 August, its standard football field hosted the 2025 Government Savings Bank School Sports Festival, helping create opportunities for youth sports participation and cooperation.





Sexual and Reproductive Health



RUTS worked with public-health partners to improve access to cervical-cancer prevention. Female staff members were offered HPV DNA self-sampling kits, together with guidance from health personnel on sample collection and result interpretation, providing a more accessible approach to cervical-cancer screening.



In collaboration with Songkhla Hospital, RUTS also provided HPV vaccination to 100 students, with medical personnel providing consultations and post-vaccination monitoring.

Tobacco and E-cigarette Control

RUTS implemented a Smoke-Free Educational Institution Policy in line with Thailand's Tobacco Products Control Act B.E. 2560 (2017) and relevant ministry guidance. The policy designates university buildings, educational facilities and dormitories as smoke-free areas and reinforces monitoring and prevention measures, particularly concerning e-cigarettes.

Student engagement supported the policy through the "Young Communicators" project, which trained student leaders to communicate accurate information about the risks of tobacco and e-cigarettes and recognise misleading marketing. RUTS representatives also participated in World No Tobacco Day activities and a southern higher-education network programme on drug and e-cigarette prevention.





