

MUPY's Happiness Maker committee organized a special lecture "Fat Down Firm Up"



May 31, 2022

On Tuesday, May 31, 2022 from 01.30 pm. – 03.30 pm. Happiness Maker committee, Faculty of Pharmacy, Mahidol University organized the special lecture "Fat Down Firm Up" at lecture room 202, Thepparat Building and also broadcasted via online Cisco Webex Program. In this regard, Dr. Thavaree Thilavech and Dr. Yingrak boondam Chuayboon from the Department of Physiology were the speakers. □□□□The purposes of this lecture, which initiated under the project of "MUPY Efficient Work, Brilliant Life," were to support all staff to have a healthy, happy, and inspired life as well as to bring about the success of institution as a result of happier and healthier life of MUPY's members. Furthermore, this project also has individual dietary control challenge with variety of rewards for the successful people. □□□□Moreover, this activity also aligned with the third Goals of Sustainable Development Goals which are to ensure healthy lives and promote well-being for all at all ages.