



KU
KASETSART
UNIVERSITY

80



KU HAPPY GUIDE

*Activities to promote sustainable relaxation from KU,
green space and fresh air by Section Student Development
Division of Kasetsart University ,Thailand*

KU HAPPY GUIDE

Activities to promote sustainable relaxation from KU green space and fresh air

Introduction

Student Mind Counseling Service, Student Wellbeing and Career Opportunities Section of Student Development Division of Kasetsart University has a mission to focus on organizing activities to promote well-being for students to lead a balanced and happy life.

During the past academic year 2022, It was found that many students were interested and asked for information about the place for rest and recreation in Kasetsart University.

For this purpose, Student Mind Counseling Service has organized the activity “KU Happy Guide” with the objective of recommending places that promote good health and mental readiness for students.





KU SDGs

SUSTAINABLE DEVELOPMENT GOALS



GREEN UNIVERSITY



HAPPINESS UNIVERSITY



GREEN UNIVERSITY

The Kasetsart University campus sprawls out over 1,400 rai, providing vibrant green URBAN TROPICAL and URBAN FARM environments.

HAPPY UNIVERSITY

KU provides not only opportunities for academic learning but also a wide variety of activities that help each student to discover new life experiences that will lead to a successful career and a happy life.

Sustainable Development Goal 3

Good Health and Well-being

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



KU HAPPY GUIDE

Activities to promote sustainable relaxation from KU green space and fresh air

objectives

1. Introducing students to places that enhance mental health and happiness.
2. Encouraging interactions between students from different faculties.
3. Students know ways to relieve stress and prepare their mind for studying in Kasetsart University.
4. Providing information about KU Happy Place Center's services.



“ Mental well-being activities promote awareness and understanding of the importance of green spaces, focusing on providing students with experiences of happiness in real locations at KU. ”

Operational Guidelines

Plan

to identify and analyze problems :
Discuss for organizing the activities between Student Mind Counseling Service and intern students which from both the bachelor and master degree.

Do

is following the plan:
Organizing internal activities by staffs from the Student Mind Counseling Service leading the activities, and interns are participants and learn from activity.

Check

which is to evaluate for suitability: Duration / Resting spots recommended for students / Walking routes / Weather conditions during the activity period / Sequence of activities.

Act

1. Implement an improved set of activities. Organize 8 rounds of the activities for students.
2. Use the evaluation form to develop and improve activities every round.
3. Plan to organize continuous activities in 2024.



START

1

KU Happy Place Center



HAPPY PLACE CENTER
Happy mind & Happy life



2

Luang Suwannawajakaksikij Park (100-Years Park)



3

KU Library's Garden



4

Loving Way (Pine Tree Road)



5

Rapee Sakharik Building's Garden



Finish



Taking 1 hour and 30 minutes

1

KU Happy Place Center

KU Happy Place Center has two units :
the Disability Support Services Unit and Student
Mind Counseling Service Unit. Their roles involve
caring for, assisting, and providing counseling to
students, both general students and those requiring
special assistance, enabling them to live happily in
the university environment.



2

Luang Suwannawajakaksikij Park (100-Year Park)

The mixed semi-wild plant park, located next to the Learning Hall 1, was created as a memorial to Professor Luang Suwannawajakaksikij in commemoration of the 100th anniversary. It serves as a green space for relaxation for staffs and students while waiting for classes or as a venue for outdoor activities.



3

KU Library's Garden

The Main Library of Kasetsart University is an agency that provides information resources, including databases, books, and journals in both electronic formats and other media, as well as creative works, to support the teaching and research activities of Kasetsart University. Additionally, it offers reading areas and spaces for relaxation and collaborative learning among students. There are also services for borrowing and returning laptops and tablets.



4

Loving Way *(Pine Tree Road)*

Loving Way is a short, popular path between the Faculty of Agriculture and KU Library. Legend has it that if a couple rides a bicycle together at midnight, they will become a couple. The area is well-known for photo opportunities, with shaded pine trees creating a relaxing atmosphere, making it a favorite spot for graduates to take graduation photos.



5

Rapee Sakharik Building's Garden

The garden behind the Rapee Sakharik Building is a popular relaxation spot, featuring lush greenery and a gentle breeze, perfect for chatting with friends in the evening. A large pond at the back houses various fish for students to feed, and the area is enhanced by soothing music from Humanities students practicing nearby.





in 2022

by KU Take Care Club Master's Degree Students, Faculty of Education, KU



in 2023

by KU Take Care Club Bachelor's Degree Students, Faculty of Social Sciences, KU



in 2024

by KU Take Care Club Bachelor's Degree Students, Faculty of Humanities, SWU

2022

• **Initiate Activities in Collaboration with:**



1. KU Happy Place's Staffs
2. Undergraduate Students
3. Graduate Students

• **Explore and Develop Activity Sets**

- **Conduct Activities:** 8 rounds
- **Reflect on the Lessons Learned**

2023

• **Transfer and Pass On**

The developed activity sets to internship students, from cohort to cohort, within Kasetsart University.

• **Further Develop Additional Activity Sets In green spaces**

- **Conduct Activities:** 8 rounds
- **Reflect on the Lessons Learned from the Activities**
- **Awards:** KU SDGs Student Project Competition 2023, Thailand



2024

• **Transfer and Pass On**

The developed activity sets to internship students, from cohort to cohort, outside Kasetsart University.

• **Further Develop Additional Activity Sets In green spaces.**

- **Conduct Activities:** 11 rounds with an increased number of participants for each session.
- **Awards:** Outstanding of Innovations for Student Development, from the Ministry of Higher Education, Science, Research and Innovation, Thailand
- **APSSA Conference 2024 @ Singapore.**



2025

Plan for continuous activity implementation.

- **Develop a Manual**
"Guidelines for Organizing Sustainable Relaxation Activities from KU: Green Spaces and Fresh Air."
- **Launch a Pilot Project**
For students and departments within Kasetsart University.



Quantitative Performance Results

- 2022: 8 rounds (15 participants/ round), total 120
- 2023: 8 rounds (15 participants/ round), total 120
- 2024: 11 rounds (30 participants/ round), total 330

Evaluation of Satisfaction from Participants:

1. Students became more familiar with happiness-promoting places at the university (average score: 4.82)
2. Students learned more about methods to relieve stress (average score: 4.63)
3. Students can apply the information received to their daily lives (average score: 4.64)
4. Overall satisfaction with the activities (average score: 4.76)



Highlights of Qualitative Performance / Impressions from Participants:

- I appreciated the leaders' friendliness and their recommendations for new relaxation spots.
- I learned about beautiful relaxation areas and enjoyed walking in the gardens with friends; it was a happy experience.
- I was impressed by the leaders taking us to see the spots and explaining them; they were friendly, and snacks were provided! 😊❤️
- This activity is great for first-year students as it helps them discover new places.
- I enjoyed the warm welcome from the leaders at the relaxation spots in Kasetsart University.
- The speakers were fun and friendly, and I learned a lot about various campus locations.
- The atmosphere was relaxed, filled with laughter after our walk. ^ ^
- I loved the card-opening activity; it brought me joy and positivity for the days ahead. The pond behind the Rapee Building was also lovely and peaceful.



Intern's Evaluation

8 Interns from 2022 – 2024 academic year



No.	Question	Average Before Participation	Average After Participation	Before-after comparison
1	Leadership Skills	2.38	4.00	Increased
2	Operational Planning Skills	2.88	4.38	Increased
3	Collaboration Skills	3.13	4.63	Increased
4	Relationship-Building Skills	2.88	4.25	Increased
5	Analytical Problem-Solving Skills	3.38	4.13	Increased
6	Creative Thinking Skills	3.38	4.38	Increased
7	Self-Expression	2.13	4.13	Increased
8	Self-Esteem	2.63	3.88	Increased
9	Practicing Unity in a Group	-	4.38	-
10	The Experience Gained Can Be Used for Future Development	-	4.50	-
11	Overall Satisfaction	-	4.63	-





Benefits and Highlights:

1. The "By Students, For Students" event was a collaboration between KU Happy Place Center and internship students, with thanks to all interns who participated.
2. Interns gained experience in organizing mental health promotion activities for their peers.
3. Students enjoyed joyful experiences, connecting with happiness and well-being in real locations.
4. Participants got to know seniors and peers from different faculties in a friendly atmosphere during the activities.
5. The event encouraged ongoing interactions and engagement in green spaces.
6. Lasting about 1.5 hours, the activity met students' needs well.
7. Paper usage was eliminated: 330 participants would typically use 330 sheets, but this event used zero, achieving 100% reduction and promoting a genuine connection with the natural beauty of Kasetsart University.

Alignment with Policy

3 GOOD HEALTH AND WELL-BEING



1. This initiative aligns with SDG Goal 3: Ensure healthy lives and promote well-being for all, focusing on sustainable relaxation in the green spaces and clean air of Kasetsart University.
2. It supports the 8 Dimensions of Happiness (Thai Health Promotion Foundation), emphasizing the importance of relaxation in various aspects of life.



Watch Video KU Happy Guide



<https://kassets.art/5pOX1z>



Students are the Heart of the University



KU Happy Guide

