



Activity News

ICT Mahidol's Happiness-Enhancing Team organized the “Fit & Fun for Fin Health Season 2”



On August 30, 2023 – the Faculty of Information and Communication Technology, Mahidol University (ICT Mahidol) led by the Happiness-Enhancing Team, organized the “Fit & Fun for Fin Health Season 2” for its instructors and staff at the Bits & Bytes Hall, 4th floor, the Faculty of ICT, Mahidol University, Salaya. The event featured 9 exercise stations, including Push-ups, Sit-ups, Planking, Arm Swings, Hula Hoop, Stair Climbing, Dumbbell Lifting, Shuttle Run, and Squats. Participants accumulated points by participating in each station and recorded their exercise achievements. Prizes were awarded to those who achieved the highest scores in each station.

The activity “Fit & Fun for Fin Health Season 2”, was a part of the Faculty of ICT’s engagement project. It aimed at promoting organizational value, “ONE ICT: Go forward together as one”, as well as bringing joy and relieving work-related stress to instructors and staff.

Source: <https://www.ict.mahidol.ac.th/fit-fun-fin-for-health-s2/>