

# MINISTRY OF PUBLIC HEALTH OF THAILAND NONG KHAI BRANCH



## HIGHLIGHT

**POSITION:** HEALTH PROMOTIONS PROJECT MANAGEMENT (INTERNSHIP)

**EXPERIENCES:** SUCCESSFULLY CONTRIBUTED TO THE PLANNING, MONITORING, AND EVALUATION OF PROJECTS FOCUSED ON EXERCISE PROMOTION AND HEALTH LITERACY IN ADULTS. DEMONSTRATED EXPERTISE IN UTILIZING EXCEL AND PIVOT TABLES FOR METICULOUS KPI TRACKING AND ANALYSIS. DEVELOPED IMPACTFUL DATA VISUALIZATIONS TO COMMUNICATE PROJECT OUTCOMES AND FACILITATE DATA-DRIVEN DECISIONS. SKILLED IN COORDINATING WITH DIVERSE STAKEHOLDERS AND PROVIDING HEALTH EDUCATION, EXERCISE GUIDANCE, AND FITNESS ASSESSMENTS ACROSS VARIOUS AGE GROUPS, INCLUDING MATERNAL AND CHILD HEALTH, ELDERLY CARE, AND MONKS.

**ADVANTAGES:**

- **RACTICAL APPLICATION OF EXERCISE SCIENCE:** APPLIED KNOWLEDGE OF EXERCISE PROMOTION, GUIDANCE, AND FITNESS ASSESSMENT ACROSS DIVERSE POPULATIONS (MATERNAL/CHILD, ELDERLY, MONKS).
- **HEALTH PROMOTION PROGRAM DELIVERY:** GAINED HANDS-ON EXPERIENCE IN DELIVERING HEALTH EDUCATION AND EXERCISE PROGRAMS IN REAL-WORLD SETTINGS.
- **PROJECT MANAGEMENT IN HEALTH & FITNESS:** SUCCESSFULLY CONTRIBUTED TO MANAGING PROJECTS SPECIFICALLY FOCUSED ON EXERCISE PROMOTION AND HEALTH LITERACY.
- **DATA-DRIVEN HEALTH INTERVENTIONS:** UTILIZED DATA ANALYSIS (EXCEL, PIVOT TABLES) TO TRACK THE EFFECTIVENESS OF EXERCISE AND HEALTH PROMOTION INITIATIVES.
- **STAKEHOLDER COLLABORATION FOR HEALTH OUTCOMES:** COORDINATED WITH VARIOUS GROUPS TO FACILITATE THE DELIVERY OF HEALTH AND EXERCISE GUIDANCE.

**SUGGESTIONS:** DON'T HESITATE TO ASK QUESTIONS AND LEARN BY DOING AND BUILD RELATIONSHIPS AND COMMUNICATE EFFECTIVELY WITH THE DIVERSE GROUPS YOU WORK WITH.



## NOTABLE ACHIEVEMENTS



## NKPH INFORMATION

**Location:** 229, Government Center, Nong Kom Koh Sub-district, Mueang District, Nong Khai 43000

**Email:** healthpromotionnk@gmail.com

**Tel:** 042-413-354

**Advisor:** Raweewan Maphong

6330085639

MANTIDA SAENSUK