





## “Dharma and how to survive in the 5G technology period”,

set by the Information Studies program, the Faculty of Humanities and Social Sciences.



คณะมนุษยศาสตร์และสังคมศาสตร์  
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On Wednesday 28<sup>th</sup>, October 2020, the Information Studies program, the Faculty of Humanities and Social Sciences, Suan Sunandha Rajabhat University held the Dhamma and the survivor of life in the 5G technology period seminar. At Nibha Nabhadol Conference Room, the Faculty of Humanities and Social Sciences, Suan Sunandha Rajabhat University. The guest speaker was Phrakrupalatkaweewathtana ( Teerawit Sukontavaranon) , the Assistant Abbot from Wat Rajathiwatwihan, to preach how to use the Dharma and adapt to daily life. Then open the clip video about meditation for at least 66 days for increasing their concentration and success in their life, which shows the patience and attempt.