

Nordic seminar and wellness networking:

On Tuesday March 8, 2011 Thai-Finnish Chamber of Commerce hosted a seminar and a wellness networking event at the Health and Sports Center of Suan Sunandha Rajabhat University (SSRU). An event was opened by the executive director of TFCC, Chumsri Sikaman, who welcomed all the participants and introduced our two guest speakers. After a warm welcome of our executive director, Dr. Raija Laukkanen (Ph.D., Docent, Research Director) and Dr. Paul Johnson (M.D. Oxford University) gave two presentations related to a main topic of the seminar: 'New concept & technology in wellness for aging population'.

Finland is a very well-known sports equipment manufacturer making use of the latest technological innovations. In the international sports equipment market, the share of Finnish companies is quite remarkable. And how about using technology of mobile phones as a tool for a healthy life? Well, Nokia sure has an answer for that with one of its recent phone applications called "Wellness Diary". For example, this application can track the number of steps you walk every day as well as your diet (e.g. alcohol and cigarettes intake, amount of sleep), and to create graphs towards your desired health targets.



General information about our guest speakers

Dr. Raija Laukkanen is a Finnish scholar who has studied physical education holding a Docent degree in 'health-enhanced physical activity' from the University of Oulu, Finland. She has been an active member of different associations throughout her career, such as, scientific committee in the Finnish Ministry of Education (1996-1999, 2004-2008). Dr. Laukkanen's studies are mainly in the field of exercise physiology and medicine, assessment of fitness, health and exercise promotion at work sites, hypertension and cardiovascular fitness. Currently, she is a director of Polar Electro Oy while her main tasks are global expertise and development of exercise science understanding. Dr. Paul Johnson is a retired English scientist who has a remarkable career behind him. Holding degrees from Bristol and Oxford, from year 1993 till 2005 he was a director of 'Maternal infant healthcare and telemonitoring research centre'. He has researched into maternal infant healthcare, effects of environmental factors fetal and postnatal development, and also established different research groups related to cardio-respiratory medicine. From 2007 onwards he has been researching into fusion of Eastern traditional and Western modern medical sciences and their practical application to global wellbeing.



After the two interesting presentations further questions could be asked directly from our guest speakers during the networking time. At the same time, there was a chance to have a look at the

latest technological fitness equipment of the SSRU sports centre, as well as to try the fitness devices and to take part in the health assessment.

We would like to thank all of our members and guests who attended this seminar making this a successful event!

We are looking forward to welcoming you at our up-coming events!

