Siam University
Healthy University Policy

In accordance to the "leading university creating innovation for sustainable future" vision of Siam University, the following revised policies were approved by the University Council on October 30, 2024.

Healthy University Policy

Siam University recognizes that health and well-being of the university is one of our priorities. Policies have been endorsed to enhance activities leading to healthy university for both physical and mental health of our staff and students. We also envision that the University will become a safe, green, and clean campus by implementing safety policy, green and clean campus policy, waste management policy, water management policy, as well as ethical sourcing of food and supplies policy.

1. Health and Well-being Policy

Siam University is committed to promote physical, mental, and emotional well-being of all members of the University. A healthy campus will support academic success, enhance quality of life, and foster reliance among students, faculty, and staff. The key policies are:

1) Physical Health
   - Access to Health Service: ensure on campus health services, including preventive care, medical consultation, and vaccination
   - Campus Fitness Facilities: provide and maintain accessible fitness and recreation facilities to promote physical health of all members of the university.
2) Mental Health and Emotional Well-Being
   - Access to Counseling Services: Offer confidential counseling, crisis intervention, and referral services to students, faculty, and staff, with an emphasis on accessible and affordability.
   - Education and Awareness: Conduct mental health awareness campaigns, workshops, and training sessions to promote resilience and support-seeking behaviors.
3) Nutrition and Food security
   - Nutritious Food Options: Ensure campus dining facilities provide a variety of nutritious, affordable, and inclusive food options that meet dietary needs.
   - Healthy Eating Education: Offer workshops, resources, and counseling on healthy eating habits and food literacy.
4) Social Well-Being
   - Community Engagement: Facilitate opportunities for social interaction, and community service that enhance social connections and belonging.
   - Diversity and Inclusion: Foster a campus environment that respects and celebrates diversity, ensuring that health and well-being initiatives are inclusive of all identities and backgrounds.

2. Safety Policy

Siam University aims to become a learning organization for safety management system and implement the safety management system for all staff students, and communities surrounding. Safety policy, safety rule

and safety best practice information shall be promoted and distributed to all students, staff and adjunct staff who work for SU. We are committed to develop:

- Safety management system which complies to national safety standard and Safety Act and implement to all in our university and make them ensure for security, safety and health in workplace with safety audit and continual improvement.
- Hazardous waste treatment or disposal system within SU to use fewer toxic chemicals in all activities.
- Decrease on hazardous waste usage to ensure safety for all in SU and communities surrounding.
- Safety in workplace for all staff and students by integrating safety in workplace to all activities.

3. Green and Clean Campus Policy

Siam University is committed to develop a "Green and Clean Campus". Safety and healthy space within the university shall be promoted for a better quality of life for all students, faculty members, and staff. Our commitments are:

- Implement the "Green Office" initiatives in the campus.
- Encourage "No Smoking" campaign and advice as well as disseminate knowledge about the harmfulness of smoking including electric cigarettes to our students and staff, school students, and the general public.
- Encourage initiatives and campaign to refuse the use of single-use plastic products in all canteens, restaurants, coffee shops, food centers and minimarts in the university.
- Encourage to use biodegradable materials and containers for food usage in all canteens, restaurants, coffee shops, food centers and minimarts in the university.
- Reduce disposal items and encourage to use personal or reused /recycled food and drink packaging within the university.
- Less paper and less printing to reduce paper usage within the university:
  - Paper usage reduction by using two-sided printer, less printing, and electronic office.
  - Encourage the use of visualizing and digital imaging program.
  - Encourage to use electronic meeting with paperless campaign.
  - Encourage to use electronic learning to reduce paper sheets and papers in teaching media.

4. Waste Management Policy

Siam University is committed to develop waste management system for both municipal solid waste and hazardous waste in standard practices and meet regulations. Students and staffs shall be encouraged to reduce reuse recycle and proper management on treatment and disposal. We are committed that:

- Campaign to clean and manage waste separation using waste sorting bins to separate types of waste including measurement amount of waste sent to landfill or recycled within the university.
- Solid waste and hazardous waste shall be managed according to the waste hierarchy of 3R programs (reduction, reuse, and recycle), treatment and responsible disposal.
- Products that can be reused or recycled shall be encouraged.
- Efficient use of equipment, materials or chemicals shall be promoted.

5. Water Management Policy

Siam University is committed to water management to serve as a driver to reduce water consumption at the University, to raise awareness of the University's environmental responsibility in terms of water conservation, and to reduce the University's environmental impact. Siam University is committed to drive sustainability of all dimensions. Because of the fact that the university is situated in Thonburi area where canals and rivers are the heart of our living, water conservation and managements is thus one of the main goals that we aim to pursue with hope that it will be beneficial not only the University but also society-at-

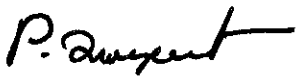
large. With this recognition, Siam University has revised our water management policy and intend to follow these strategies.

- Surveying areas in the campus to collect more water from nature.
- Pursuing water conservation program within the campus by increasing green areas.
- Operating efficient water treatment and water quality control program.
- Enhancing water recycling program in order to utilize the recycled water.
- Increasing the installation of water-efficient appliances usage.
- Campaigning water conservation program in canals around the campus for the benefit and wellbeing of communities on both banks of the canals.

6. Ethical Sourcing of Food and Supplies Policy

Sustainability is one of the main values of Siam University. Siam University is committed to the United Nations Sustainable Development Goals (SDGs) through its Ethical sourcing of food and supplies Policy, which makes a sustainable and environment friendly green campus. The University recognizes the importance of meeting legal requirements to manage the ethical sourcing of food and supplies. The food suppliers at Siam University must follow the policy, which is ensuring better human health and protecting the environment. This Policy applies to all the operations and activities of the University including responsible production, consumption and waste management and all its operations and activities undertaken by the university. With this recognition, Siam University has announced policy on ethical sourcing of food and supplies to follow these strategies.

- ensure that sustainability standards are followed by the suppliers before awarding contracts.
- suppliers must give priorities to services and products that are manufactured, used and can be disposed of in a socially and an environmental responsible way. They must also be aware and aligned with our sustainability values and our environmental commitment, which is an essential part of our business philosophy.
- food service providers at Siam University must use only fresh and locally sourced meat, milk, and eggs in all meal preparations and are encouraged to use biodegradable or recyclable food packaging for food prepared on site. Siam University will work closely with our food suppliers to ensure that its sustainable food agenda is followed.
- free drinking water is provided to students, staff, and visitors, where the water dispensers or water coolers are distributed inside all buildings at the campus to allow refilling of water bottles.
- waste on campus is normally separated as well as plastic recycling and a strategy will be applied through an agreement with a third-party.



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