

# Improving Healthy Lifestyles in Villages, UPNVJ Students Conduct National KKN in Kalimantan

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**HumasUPNVJ** - As of three days from 5 â€" 7 August 2022, the Institute for Research and Community Service (LPPM) conducted Monitoring and Evaluation (Monev) directly to several villages which were the locations for the National KKN. This Monev activity was carried out to check the condition of 10 UPN "Veteran" Jakarta students who took part in the National Real Work Lecture (KKN). Central Kalimantan is the location of the National KKN for all state universities in Indonesia. There are two main locations for the placement of National KKN students in Central Kalimantan, namely Kapuas and Pulang Pisau districts.

Based on the results of the three days of Monev activities carried out by the LPPM team, the participants were in good health both physically and spiritually. This can be seen from the real contribution made by each student to the local community. There are various programs carried out by 10 National KKN students. One of them is health education regarding stunting prevention to the community, "In Anjir Serapat Timur village, I from the Faculty of Health Sciences (FIKES) conduct health-related counseling programs. Starting from stunting prevention, as well as other health," said Fathiya Andara, FIKES student.



Apart from stunting, several KKN students also provided counseling related to a clean and healthy lifestyle at several elementary schools in each village. As was done by a student at the Faculty of Medicine, Rida Sophiatul Khofifah, "I also conducted counseling on a clean and healthy lifestyle to elementary school children in Kalumpang village. We teach them, starting from how to brush their teeth properly, wash their hands properly, to healthy food to consume,"

said Rida Sophiatul Khofifah.

Not only that, UPNVJ National KKN students also provided innovation and helped develop Micro, Small and Medium Enterprises (MSMEs). My friends and I helped come up with ideas for developing MSMEs," explained Ahmad Suhendar, a student at the Faculty of Engineering. Overall, National KKN students carry out programs that have been adapted to the needs of the community in each village. Through these programs, students are expected to be able to contribute directly in helping the community.

Interestingly, the National Community Service students were also welcomed warmly and openly by the people in each village. In fact, the local community often provides KKN students with food and other necessities, "We are very well received by the community here. Apart from being friendly, they also often provide us with food and other needs," concluded Andrew Valentino, student of the Faculty of Social and Political Sciences.



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