

KSR PMI UPNVJ, Give Health Counseling in Lio Village, Depok

Friday, 30 September 2022 15:38 WIB





HumasUPNVJ - KSR PMI Unit UPN "Veteran" Batch 1 and 2 Jakarta 2022 Assisted Village activities have been held offline by the PMI KSR Student Activity Unit UPN "Veteran" Jakarta Unit offline which is located at RT 02 RW 19 Kampung Lio, Depok. The activity will be held on Saturday, 17 and 24 September 2022.

Batch 1 Foster Village activities take place on Saturday, September 17 2022 starting at 08.00 – 12.00 WIB with the theme "Building Smart Communities with a Healthy Environment". Representatives of the Regional Officials of Kampung Lio, namely the Head of RT 02 and RW 19 Representative of the Advisory Council, and Residents of RT 02 RW 19 Kampung Lio, Depok. The aim of this activity is to prepare the community to have good knowledge and understanding of health.

In this activity the residents were given a *pre-test* about knowledge about hypertension, cholesterol. and diabetes. After *the pre-test* was carried out, the presentation of material about hypertension and cholesterol began. and diabetes, participants were given the opportunity to ask questions about the material that had been presented. Ice breaking was carried out to refresh the participants' minds, then a *post test* was held to evaluate the knowledge of the participants after being given a presentation of the material, for closing a health screening was provided to residents such as checking blood pressure, checking cholesterol, and checking blood sugar.

Batch 2 Foster Village activities take place on Saturday, September 24, 2022 starting at 08.00-12.00 WIB with the theme "Increasing Understanding of Disaster Management and Mitigation among the Community". The *Batch 2* Foster Village activity was attended by UPN "Veteran" Jakarta student representatives, Regional Officials of Kampung Lio, namely the Head of RT 02, and Residents of RT 02 RW 19 Kampung Lio, Depok. The purpose of this activity is knowledge and a good understanding of disaster among the community.

The *Batch 2* Binan Village activity began with registration, opening by the MC, presentation of the first material on a clean and healthy lifestyle. Then, the participants demonstrated how to wash their hands. After that, the presentation of the second material about flooding and garbage began. Games were held to lighten the mood and refresh the minds of the participants, then prizes were distributed to the participants who won the games session. Followed by a joint photo session, closing, distribution of souvenirs, and symbolic handover of trash bins from KSR PMI UPN "Veteran" Jakarta unit at the 2022 Assisted Village activity. After closing and handing over the trash cans, representatives of KSR PMI UPN "Veteran" Jakarta unit helping the head of RT 02 RW 19 put trash bins at several points in the local environment.

Through *the Batch 1* and *2* Foster Village activities, it is hoped that all residents of RT 02 RW 19 Kampung Lio, Depok can understand the definition of the disease described, its causes, risk factors, management, and are able to carry out disaster prevention management.

