

BEM FH UPNVJ Holds Mental Health Day Campaign

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Public Relations UPNVJ - Student Advocacy and Welfare Sector, Student Executive Board (BEM) Faculty of Public Relations, National Development University "Veteran" Jakarta held an event entitled Mental Health Day Campaign at the FH UPNVJ Hall on Tuesday, October 10 2023.

The Mental Health Day Campaign is a work program carried out by the Student Advocacy and Welfare Division to celebrate World Mental Health Day.

The implementation of the Mental Health Day Campaign is aimed at the UPN Veteran Jakarta Law Faculty Student Family (KBMFH) with the aim of increasing awareness of the importance of mental health for students as a form of student welfare promoted by the Student Advocacy and Welfare Division.



In its implementation, the Student Advocacy and Welfare Division provides sticky notes which can be filled in with a series of words by KBMFH, and they can stick them on the board provided.

Apart from that, the Student Advocacy and Welfare Division also gave candy and stickers to the students who took part as a form of appreciation and thanks for their participation.

Mental Health Seminar

Previously, at the end of last September, the Department of Physiotherapy, Faculty of Health Sciences, UPNVJ, held an international seminar entitled "The Effect of Exercise for Improving Mental Health" on Wednesday, September 27 2023.

The resource person in this international seminar was Associate Professor Simon Rosenbaum from the University of New South Wales, one of the universities in Australia which is ranked in the top 50 in the world based on the QS World University Rankings.

The theme raised by Rosenbaum in his material is "Realizing the Potential of Physiotherapy for Mental Illness," which discusses the true potential of physiotherapy for individuals with mental illness.



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