

Rector Facilitates Sports Facilities in UPNVJ Environment

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HumasUPNVJ - The Chancellor of UPN "Veteran" Jakarta (UPNVJ) recently tried out the newly built outdoor gym facility on campus. On that occasion, the Chancellor of UPNVJ, Dr. Anter Venus, MA, Comm showed his enthusiasm in supporting a healthy lifestyle for the entire academic community.

This outdoor gym facility is one of the campus initiatives to improve the health and well-being of students, lecturers, and education staff. The Chancellor started the activity by trying out several fitness equipment such as pull-up bars, parallel bars, and push-up stations that were available. "I am very happy with this facility. Hopefully it can be utilized well by all campus residents to maintain fitness and health because basically learning capacity is also influenced by our bodies," said Venus.

In addition to trying out various fitness equipment directly, the Chancellor also invited all students and staff to make exercise a part of their daily routine. According to him, this facility not only functions as a means of exercise, but also as a place to interact and strengthen the sense of togetherness among the UPNVJ academic community.

This outdoor gym facility was built as part of the UPNVJ program that focuses on improving campus infrastructure to support academic and non-academic activities. It is hoped that with this facility, the campus environment can become a more dynamic place and support a healthy lifestyle for all its residents.

In his interview, the Chancellor also explained that the campus has built a Multifunction Sports Field (LOM) that can be used for various types of sports such as tennis, basketball, and futsal. Interestingly, this LOM is also designed to function as a parking lot for cars with engine capacities below 1200 cc, making it more flexible in its use.

In the lower area of the Limo campus, there will be a resurfacing of the currently unused land. The Chancellor also added that road access to the lower area will be opened, which will later be filled with various new facilities, including volleyball, futsal, basketball, and outdoor gym fields after the presence of an indoor gym on the 7th floor of the MERCe Building, Limo Campus.

In addition, a park and small stalls will be built to beautify and complement the area.

Not to be missed, the badminton court located in the Wahidin Sudirohusodo Building, Pondok Labu Campus is planned to be repaired to meet badminton court standards.

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