

## BERMASA 2025: BEM UPNVJ Provides Mental Health Education to Children in Orphanages

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HumasUPNVJ - The Student Executive Board (BEM) of the National Development University "Veteran" Jakarta (UPNVJ), Community Environment Division, Department of Social Affairs is once again presenting an event to share warmth and togetherness through the BERMASA (Together Building Hope) work program.



Carrying the theme 'Forging Sense, Growing Hope,' this social service activity was held with a number of children at the Al-Mubarakah Orphanage, Lebak Bulus, South Jakarta, March 25, 2025.

This work program is a means and real action for students to show their concern for community groups who really need their presence and psychological support.

"Through this program, we strive to present concrete steps in community service by prioritizing collaboration between parties and synergy between the values of togetherness, knowledge, and service," said Head of the Community Environment Division of BEM UPNVJ Jodhy Farrel Budiman.

"We hope that this initiative can provide a positive impact and real benefits for the surrounding community," he continued.

This social service activity includes mental health assistance, painting tote bags, breaking the fast together, and various support actions related to the various needs of children in orphanages.

#### \*Real Action Through Mental Health Assistance\*

As a form of concern for mental health issues in the community, BEM UPNVJ held a mental health awareness mentoring session that was designed interactively and easily understood by the children in the orphanage.

This activity was guided by Dra. Rosnalisa Z., M.Psi., CHt, a psychologist who provides education with a fun approach using puppets as the media.

Innovative approaches were used in delivering the material, such as the use of interactive puppets and psychological games, which aimed to create a more interesting atmosphere for children. The interaction between the speakers, the committee, and the children of the orphanage took place meaningfully, creating a safe space for them to understand the importance of mental health.

In addition, the orphanage children are also directed to write down their dreams for the future as a form of motivation to dare to dream and have hope for a better future.

"We hope that through this activity, they can become more confident and optimistic in achieving their dreams. Moreover, through interactions with them we see that they have great potential to develop," said Alifah Jasmine Kallista Remanu, Project Officer BERMASA 2025.

#### \*Expressing Yourself Through Painting Activities\*

As a form of emotional therapy and creativity development, children in orphanages are given the opportunity to express their feelings through painting activities. This program not only serves as a means of recreation, but also a medium to help children manage their emotions positively.

Through painting activities, children can express themselves as a form of positive expression as well as a means of developing creativity.

Not only does this activity reduce stress and anxiety, it can also be a tool to help children who have experienced trauma express their feelings in a safer and more comfortable way.

"I myself hope that this activity will not only be a means of expression for the children at the Al-Mubarakah Orphanage, but also help them manage their emotions and build self-confidence," said Head of the Social Community Department of BEM UPNVJ Muhammad Zidan Asy Syakur.

Through the interactions that have been established, we see that they have great potential that needs to be continuously supported so that they can develop optimally in the future," he continued.

Painting activities also play an important role in developing creativity, increasing imagination, and building self-confidence. This program is not just a recreational activity, but also a medium for emotional and intellectual learning that can help children grow and develop optimally.

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