

# Verina Lutfiah FIKES Student Wins Gold Medal at PORSIMNAS 2022 Badminton Sport

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HumasUPNVJ - The gold medal for UPN Veterans Jakarta was again obtained from the PORSIMNAS 2022 sporting event in the individual badminton sport. Precisely in the women's singles category, represented by Verina Lutfiah Rahmayanti, has succeeded in obtaining gold after facing the flagship of UPN Veterans Yogyakarta (UPNVYK).

The final which took place on Friday 15 July 2022, took place at the Sahabat Badminton Court, Surabaya, East Java. In the final, Verina had no difficulty in getting a score, as evidenced in the match in the first set Verina was immediately ahead with a score of 21-10, then in the second set Verina was again ahead with a score of 21-6.

Verina said she was happy with the Gold medal she won at the championship. "Definitely very happy, especially since this is a match in which there are three UPNs competing and only held once a year," said Verina.

His achievements are of course the result of hard work from various exercises that he undergoes. "There are also preparations such as routine exercises that are programmed every day in the form of physical exercises such as running for 30-50 minutes, running sprints, training the strength of the legs and arms. And technique for the match," said Verina.

The Health Science student advised the young generation of UPNVJ to always be enthusiastic and optimistic in achieving achievements in the academic field or outside the academic field. "Behind success there is a long process, so just enjoy the process, there will be results. Continue to be enthusiastic about participating in activities that can bring the good name of the university, "concluded Verina Lutfiah.

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