

Invite Australian Professor, Fikes UPNVJ to Hold International Seminar on Mental Health

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Public RelationsUPNVJ - The Department of Physiotherapy, Faculty of Health Sciences, National Development University "Veteran" Jakarta (UPNVJ) held an international seminar entitled "The Effect of Exercise for Improving Mental Health" on Wednesday, September 27 2023.

Located in the Auditorium on the 8th Floor of the Merce Building, UPNVJ Limo Campus, the seminar participants consisted of Diploma Three and Bachelor of Physiotherapy program students.

Also present at the event were the Deputy Dean for Student Affairs and Cooperation, Mr. Agustiyawan, SST.FT, M.Fis, Ftr, AIFO, Head of the Physiotherapy Department, Mrs. Farahdina Bachtiar, S.Ft, Physio, M.Sc, AIFO; and UPNVJ Physiotherapy lecturers.

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.

Rosenbaum is an exercise physiologist and academic in the disciplines of Psychiatry and Mental Health. Simon's research focuses on physical activity, trauma, and mental illness, including physical health comorbidities. So far, Rosenbaum has published 250 publications.

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.

Apart from presenting the material, Rosenbaum has also signed an Implementation Agreement (IA) with the Deputy Dean for Student Affairs and Cooperation and the Head of the Physiotherapy Department.

The event closed with the presentation of certificates and plaques as a form of appreciation to Rosenbaum who was willing to share knowledge, insight and new perspectives with UPNVJ.

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