

# Joint Exercise with the UPN "Veteran" Jakarta Family: A Healthy, Enthusiastic Routine

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UPNVJ Public Relations – National Development University (UPN) "Veteran" Jakarta once again held a group exercise program as part of its healthy academic routine. The event, held every Friday morning, took place on August 8, 2025, at the Flag Field, Wahidin Soediro Hoesodo Building, Faculty of Medicine, Pondok Labu Campus, South Jakarta.

This joint exercise was attended by all elements of the university, including leaders, lecturers, educational staff, and staff. Guided by energetic gymnastics instructors, the atmosphere was lively and full of enthusiasm. One moment that stole the attention was the Maumere gymnastics, which, according to UPNVJ Rector, Prof. Anter Venus, was able to inspire a sense of nationalism and solidarity among the participants. "Maumere gymnastics is always a favorite because of its dynamic movements and fostering a spirit of togetherness. This activity strengthens solidarity among us," said Anter Venus in his remarks.

Besides being a way to maintain fitness, this activity also served as a platform to convey important information. In his closing remarks, the rector outlined several upcoming agenda items, including plans for the August 17th Independence Day commemoration, which will feature various competitions throughout the university. The event concluded with the UPN "Veteran" Jakarta chant, led by the rector, and enthusiastically participated by all participants.

This group exercise activity demonstrates UPN "Veteran" Jakarta's commitment to promoting healthy lifestyles and strengthening camaraderie among its academic community. By regularly holding morning exercise, UPNVJ hopes to maintain health and a spirit of national defense within the university.

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