

# Proud! UPNVJ Student Wins First Place at POMNAS 2025

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**UPNVJ Public Relations** - Lovia Gindha Puspita, a student at the National Development University "Veteran" Jakarta (UPNVJ), won a gold medal in the senior women's team karate event at the 2025 National Student Sports Week (POMNAS). The competition, which took place at the Diponegoro University Sports Hall, Semarang, Central Java, on September 22-27, 2025, was attended by around 50-100 athletes from various regions, including Central Java, East Java, Bali, and Riau.

Lovia, representing the Public Health Study Program at the UPNVJ Faculty of Health Sciences and the Jakarta Province, successfully led Jakarta to first place in the karate event. In total, the Jakarta contingent won 6 gold medals, 4 silver medals, and 4 bronze medals. Twenty athletes from various provinces participated in the karate event.

In an online interview with UPNVJ Public Relations, Lovia revealed that this victory has been a dream of hers since she began coaching athletes. "This competition is my goal. This is the first step before participating in the upcoming National Sports Week (PON)," she said on Monday (September 29, 2025).

To face POMNAS 2025, Lovia underwent intensive preparation. "I regularly exercise, maintain a healthy diet, and get enough rest. I also focus on technical training, develop strategies with my coach and team, and spar to familiarize myself with match situations," she said. She added that mental training, such as maintaining focus and self-confidence, is key to her success.

Lovia hopes to continue her consistent training to achieve even greater success. She also encouraged her teammates to remain united and work hard. "Hard work never betrays results. We can do it if we work together," she said.

The success of Lovia and the Jakarta contingent at POMNAS 2025 is a testament to their dedication and strong teamwork. This achievement is expected to motivate other students to continue striving for excellence in sports.

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