

# DWP UPNVJ Holds Community Service: Brain Gymnastics Education and Pain Relief Injections for the Elderly in Depok

Thursday, 04 December 2025 18:36 WIB



**UPNVJ Public Relations** - The Dharma Wanita Persatuan (DWP) of the Veteran National Development University (UPNVJ) held a community service event in the form of brain gymnastics education and training, as well as pain relief injections for the elderly. The event took place on Wednesday, December 3, 2025, at the Rumah Oma Muslim Nursing Home in Cilodong, Depok City, West Java. The program involved UPNVJ DWP administrators, nursing home caregivers, and 25 elderly residents, with the goal of improving mental and physical health to prevent dementia.

This activity is part of the UPNVJ DWP work program for the 2022-2026 term. The series of events began with an opening and remarks from the Chair of the UPNVJ DWP, Rena Nantia Venus, and the Head of the Home's Caregivers. Next, participants participated in brain gymnastics education, interactive games, and pain relief injection health services. The event concluded with a group prayer, in which the elderly enthusiastically participated.

This community service program emphasizes dementia prevention through simple, easy-to-implement daily activities. Brain gymnastics is designed to train cognitive function, while pain relief injections help reduce chronic pain in the elderly. The activities also strengthen the DWP UPNVJ's partnership with the surrounding community, particularly on the increasingly relevant issue of elderly health in Indonesia.

Rena Nantia Venus, Chair of the UPNVJ DWP, stated that this initiative aligns with the vision of a national defense campus. "UPNVJ is committed to supporting humanity through concrete actions, such as this community service, which not only improves the quality of life for seniors but also strengthens public health policies. We hope this kind of activity will serve as a model for other communities," she said.

Export tanggal : Friday, 05 December 2025 Pukul 16:10:18 WIB.

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