

Bird Singing Enlivens Happy Friday at the UPNVJ Limo Campus

Friday, 05 June 2026 10:34 WIB



UPNVJ Public Relations — An atmosphere full of enthusiasm and togetherness colored the Gymnastics Kicau Mania activity within the framework of the Happy Friday program held at the National Development University “Veteran” Jakarta (UPNVJ) Field, Limo Campus, Depok, Friday (5/6/2026).

The activities participated by UPNVJ employees are part of the university's efforts to encourage healthy lifestyles, strengthen relationships, and build a positive, healthy, and productive work culture.

Since morning, the participants enthusiastically participated in various exercise movements led by instructors. The energetic music and sunny weather added to the excitement of the event. This group exercise also served as a refreshing way for employees to unwind amidst their busy activities and services within the university.

Beyond sporting activities, the Happy Friday series also featured the UPNVJ Limo MSME Bazaar. Various booths offered food, beverages, and creative products from campus residents. The bazaar served as a promotional platform for MSMEs and provided an engaging shopping experience for participants.

UPNVJ Rector, Prof. Anter Venus, also visited the MSME bazaar area. During his visit, the Rector inspected various booths, engaged in dialogue with bazaar participants, and expressed his appreciation for the creativity and entrepreneurial spirit demonstrated by the UPNVJ academic community.

One of the exercise participants, Wanti, said she enjoyed the entire series of Happy Friday activities. She noted that the activities not only provided health benefits but also fostered a sense of togetherness in the workplace.

"This morning's exercise was really fun and made me feel refreshed. Besides being able to exercise with my coworkers, I was also happy because afterward, I could wander around and enjoy the UPNVJ MSME bazaar," said Wanti.

He added that the various products offered at the bazaar looked attractive and deserved support from the entire campus community.

"The products on offer are very diverse and attractive. Activities like this are excellent for strengthening camaraderie and supporting MSMEs within the UPNVJ community," he added.

Export tanggal : Sunday, 07 June 2026 Pukul 09:26:15 WIB.

Exported dari [<https://www.upnvj.ac.id/en/berita/2026/06/singing-mania-exercise-enlivens-happy-Friday-at-UPNVJ-Limo-campus.html>
(<https://www.upnvj.ac.id/en/berita/2026/06/singing-mania-exercise-enlivens-happy-Friday-at-UPNVJ-Limo-campus.html>)]
