

To Support Human Resource Performance, UPNVJ Holds Medical Check-Ups with KiSA Depok Regional Hospital

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UPNVJ Public Relations - The National Development University "Veteran" Jakarta (UPNVJ) held a Medical Check Up (MCU) activity for employees and leadership elements within the university on Wednesday, June 24, 2026. This activity took place from 08.00 WIB until finished at the Bhinneka Tunggal Ika Auditorium, 4th Floor of the UPNVJ Rectorate Building. This health check program is part of UPNVJ's efforts to maintain the fitness of human resources so that they can work optimally in supporting higher education services.

This activity was attended by 102 participants consisting of faculty leaders, heads of departments, heads of study programs, heads of units, heads of sections, heads of subsections, and heads of work teams from various units within UPNVJ.

The Vice Chancellor for Student Affairs, Cooperation, and Information Systems of UPNVJ, Dr. dr. Ria Maria Theresa, SpKJ, MH, said that this activity was the result of collaboration between UPNVJ and Khidmat Sehat Afiat (KiSA) Depok Regional General Hospital.

"This medical check-up is the result of a collaboration between UPNVJ and the Khidmat Sehat Afiat Regional Hospital (KiSA Depok). The goal is to support the health of leaders so they can perform optimally in carrying out their duties. Hopefully, we can expand this collaboration in the future," said Ria.

According to Ria, regular health check-ups are important because leaders and employees have a significant responsibility to ensure the smooth running of academic, administrative, student services, and institutional collaboration. Monitoring health conditions is expected to enhance institutional performance and sustainability.

During the MCU, participants are asked to adhere to several technical requirements prior to the examination. These include bringing an ID card, fasting for 8-10 hours before the examination, avoiding alcohol consumption, not smoking for at least two hours before the examination, and refraining from

strenuous physical activity the day before.

Participants are also encouraged to get sufficient rest and adhere to medication instructions before blood draws or urine tests. For EKGs or cardiac imaging, participants are asked to wear comfortable clothing and refrain from wearing any metal accessories to ensure a smooth examination.

This MCU activity not only serves as a health checkup but also reflects UPNVJ's commitment to building a healthy, productive, and responsive work culture to employee needs. Through collaboration with RSUD KiSA Depok, UPNVJ is strengthening its network of partnerships with public healthcare institutions that play a vital role in the community.

From an institutional perspective, this program aligns with the leadership direction of UPNVJ Rector, Prof. Dr. Anter Venus, MA, Comm., who places strengthening governance, service quality, and human resource capacity as crucial components of university development. With the support of healthy and work-ready human resources, UPNVJ continues to strengthen its role as an adaptive, collaborative, and service-oriented state university.

Work Relatives

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