

Talk about Healthy Lifestyle on Kartini Day Commemoration

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What does high income mean if you are not in a good health ? Vice Rector of IPB for Resources and Development Prof. Dr. Herman Siregar raised the question in his speech in the Seminar on "Healthy Lifestyle for a Healthy Heart (Understanding, Preventing and Dealing with Heart Disease)", Tuesday (23/4), in the Auditorium of IPB Dramaga campus, Bogor.

"Along with the economic progress, lifestyle changes. There is a good change, but there is also inappropriate change. Moreover, too much workload and stress not accompanied spiritual qualities eventually end up with diseases. I therefore welcome this health seminar to commemorate Kartini's Day. Hopefully women will learn better ways of taking care of their husbands," said Prof. Hermanto.

This activity, organized by IPB Agrineta in collaboration with the Directorate of Human Resources IPB, invited the keynote speaker Dr. Hananto Andriantoro, Director of Harapan Kita Heart Hospital Jakarta. Dr Hananto in front of hundreds of participants said that there should be reasons in judging complaints or health disorders.

At the same time, on the breezeway of Rector Building a competition was held on cooking analogous rice, the contest juries: Dr Sri Anna Marliyati, Dr Diah Krisnatuti, and Dr. Tiurma Sinaga. (Mtd)