



IPB University  
— Bogor Indonesia —



SUSTAINABLE  
DEVELOPMENT  
GOALS



IPB UNIVERSITY  
**SUSTAINABILITY DEVELOPMENT GOALS**

SDGs Report 2023

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SDGs Report 2023

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Published by Directorate of Strategic Studies and Academic Reputation, IPB  
University, Bogor - Indonesia 2023

# GLOSSARY



## G

GHA-OHCC

: Global Health Agromaritim-One Health Collaborating Center



### 3 GOOD HEALTH AND WELL-BEING



Ensure healthy lives and promote well-being for all at all ages

#### 1 Learning Program

Health and well-being of students, faculty, and educational staff at IPB is one of the important aspects considered in campus activities. IPB offers several learning programs for students. Among the learning programs accessible to students through courses are **Social and Emotional Learning** and **Sports Nutrition and Fitness**. These courses support students in managing their emotions and motivation, as well as understanding the concepts of energy and nutrients in relation to physical activity and exercise. Aside from courses, there are activities held by the university on the topic of **Forgiveness Therapy Webinar** and **Training on Livestock Disease Control and Prevention for Future Veterinarians**. These activities enrich the learning program on good health and well being in IPB University.

In 2023, **IPB opened its first cohort for the Faculty of Medicine**. Of the total number of new students accepted into the Faculty of Medicine, 20% were allocated for students from underprivileged economic backgrounds who meet the required academic standards.



**30 – 50**

Pack/day Milk & Fruits

#### 2 Research and Innovation

IPB lecturers consistently demonstrate outstanding achievements in research and innovation. Some health and well-being research includes work by **Prof. Irmanida Batubara**, who achieved second place in the 2023 Academic Leaders Award in the Health category. She earned this award by promoting innovations in Indonesian natural resources as raw materials for health and cosmetic products.

**Prof. Katrin Roosita** scientifically demonstrated the efficacy of galohgor (a traditional herbal medicine) and has developed it into a nutraceutical product aimed at improving the nutritional status and health of mothers and babies. In collaboration with PT Biolife Indonesia, **IPB has also produced the Bioluric product**, an herbal anti-gout medicine that lowers uric acid levels. Bioluric has received a distribution permit and is ready for commercialization

Team of students also developed innovative products by research in terms of health and well being. For example, team from the Faculty of Agriculture developed **Teh Anteng**, a unique tea that helps stress relief and cholesterol prevention, not using a tea bag but simply using an Effervescent tablet. Other team makes **SWEET'O**, the low-calorie, low-sugar chocolate innovation. This chocolate uses stevia extract powder as a natural sweetener.



## Research in number

 **652** scholarly output in 2019–2023

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 **3715** citation count in 2019–2023

**1.60%** of all Indonesian citation count

**2.06%** of all Indonesian scholarly output

### 3 Campus Operation

IPB University has initiated joint sports activities to promote a healthy lifestyle, enhance employee productivity, and achieve work-life balance. The **"Healthy Lifestyles for Work-Life Balance"** program takes place every Friday from 07:00 to 09:30. There is also **The Nutrition and Fitness Club**, a collaboration with the Erasmus Program at IPB University. The gym facilities within the club are open to all members of the IPB University community.

Activities in health and well being for example The **Indonesia Animal Hospital and Clinic Expo** (INAHEX 2023), offer programs like international seminars, a veterinary services expo, CPD training, scientific meetings, and public activities such as free rabies vaccination. IPB University is also actively pursuing research collaborations to enhance campus capacity, the **GHA-OHCC** is a research center that integrates human health, animal health, and environmental studies. IPB University has established strong connections in the medical field, highlighted by various research projects aimed at improving public health.

**University plays a crucial role in raising awareness and understanding**

**of mental health among students.** Since 1974, IPB University, as one of Indonesia's public universities, has facilitated student mental health support through its Guidance and Counseling Team (TBK). TBK is a platform for counselors from various faculties at IPB University. These counselors are active lecturers who are trained to provide counseling services. They are also assisted by peer counselors, who are trained students from different academic levels.



### 4 Community Engagement

Community service engagement by the IPB University is carried out through various activities, both within the campus area and in other regions of Indonesia. For example, IPB University conducted **Family Education Training to Prevent Stunting**. Studies indicate that families play a crucial role in addressing societal issues, including the problem of stunting. This training was attended by 80 participants from 20 villages across 12 districts in Bogor Regency. **IPB University also held PSIKOGA**, a psychological support service program for the families of Cianjur earthquake victims, in collaboration with the Ministry of Health of the Republic of Indonesia, the Cianjur District Health Office, Polmas Kota Bogor, and PT Tirta Pakuan Bogor. Additionally, as part of the School of People's Livestock **(SPR)-1111** declaration in Lampung Province, IPB School of

Veterinary Medicine and Biomedical Sciences (SKHB) also organized a veterinary and livestock health clinic consultation for local farmers in Central Lampung.

**Through the Healthy Morning Walk (JAPAS)**, IPB engages with the community around the campus. The public showed great enthusiasm in participating in this healthy walk around the IPB University campus. JAPAS is held annually to promote a healthy and environmentally friendly green lifestyle.



## 5 Student Activities

**A total of 78 students from IPB University's Nutrition Student Association** (Himagizi) supported 131 delegates from 35 nutrition study programs across Indonesia in a community service activity through the Gizi Peduli Indonesia (GPI) program. Held in Purwasari Village, Dramaga District, Bogor Regency, the event focused on "Diversification of Local Food for the Optimization of Community Health and Nutrition".

**Students also conducted counseling sessions for pregnant women and mothers in Pabangbon Village.** They learned about the factors contributing to stunting, including economic conditions, recurrent illnesses, environmental factors, and limited access to nutritious food. **Another team of Students** also participated in assisting Posyandu activities in Dusun Krajan and Dusun Wirayasa, Pasurenan Village, Banjarnegara, Central Java. One of the activities of IPB University

students in Krajan Hamlet was recording data on infant growth and development.

In activities facilitated by the Ministry of Research, Technology, and Higher Education, teams of students conduct Pelipur: One Step Ahead as a Generation Aware of Mental Health and The ArtVenture. Pelipur initiative aims to enhance children's emotional management and ensure their mental health rights through six activities in Jakarta. **The ArtVenture** emphasizes counseling and support to help participants manage their emotions through art group therapy, a method that is still rarely used for emotional management.

