

UGM Library and Archive Provide Sports Facilities for UGM Community to Support Good Health and Well-Being



(stationary bikes)



(treadmills)



(table tennis)

Yogyakarta, January 26, 2024 - UGM Library and Archive has held various innovative activities such as education, research, and community services. This is to demonstrate the commitment of UGM Library and Archive in realizing Sustainable Development Goals (SDGs) through concrete steps.

In a broader effort to support SDGs, UGM Library and Archive has taken an extraordinary initiative by providing sports facilities. Being healthy physically will support our well-being. To acknowledge Health Promoting University here at UGM, these sports facilities can be utilized by all UGM citizens, including lecturers, staff, and students. They can be used for free and without specific conditions. The current available sports facilities include treadmills, stationary bikes, and table tennis. They are located on the 3rd floor of building L5 of UGM Library and Archive.

This is a tangible manifestation of UGM Library and Archive's commitment to ensuring a healthy life by strengthening sports facilities. Health issues can be influenced by a lack of healthy activities and inadequate facilities. Therefore, our Library provides sports facilities to support well-being.

Thus, UGM citizens can engage in sports activities regularly and systematically. In the long run, this can improve the health and productivity of UGM citizens. Besides maintaining physical health, sports can also contribute to mental well-being. Through sports, the body can become healthy and strong, and the mind can become calm and clear. Sports can trigger the production of endorphins that reduce stress and enhance the immune system. This can make life happier and more productive.

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