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The Santri SEJATI Program (Santri Sehat Jasmani dan Sehat Hati) As A Space For Physical Activities in Islamic Boarding School

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One of the most important components for children and adolescents to maintain their health and well-being is physical activity. Based on observations at the Rijalul Qur'an Islamic Boarding School, physical activity among students is relatively neglected, as they spend most of their time praying and studying religious knowledge. However, a lack of physical activity has negative impacts on students' physical and mental health and social development. Some of the issues identified include: the absence of dedicated spaces or areas for students to engage in physical activity, limited understanding among teachers/instructors about the importance of physical activity for students, and the lack of a specialized physical activity program for students. The proposed solution is to establish the Santri SEJATI Program (Healthy Body and Healthy Mind), a physical activity program for students at the Rijalul Qur'an Islamic Boarding School aimed at fostering students who are physically healthy and mentally/emotionally well-balanced. The implementation methods include conducting discussions and assessments with teachers at the boarding school regarding the students' physical activity needs. After mapping the needs, the next step is to procure goods and equipment funded by the community service grant received. The supply of goods is carried out at the boarding school and directly received by the foundation's management.

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