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AssalamualaikumWr. Wb.

First of all, let's thank to Allah who has been giving us blessing and mercy until now, so we can meet each other and gather as one whole FMUP family. Peace and salutation, let's bestow to the greatest human being ever in the world, our prophet Muhammad SAW who has brought us from the ignorance condition to erudition era.

Wilujeungsumping, welcome to our beloved campus, Faculty of Medicine UniversitasPadjadjaran, also to the next stage of your life as a college student. On this occasion, I would like to congratulate you for being one of the members of FMUP family. It was a pride for you all for being the champion of other thousands FMUP entry test participants.

Passing to FMUP was not the last destiny, but it was just the beginning of the new session in your life. The campus' life will teach you how to prepare yourself prior to the profession life. As freshmen, you have to know and adapt with this new condition, so you can cope with FMUP's life in undergraduate program. This way, you can have your way to be the great profession that you will be. That is why OPPEK 2013 exists, to prepare and facilitate newbies to know more about medical school's life.

Hopefully, OPPEK 2013 can boost your spirit to earn your 3.5 years life here and it can benefit through providing the knowledge and values. Also, I expect more from you to gain the advantage in OPPEK 2013 and be the part of it heartedly and take a part in OPPEK 2013 wholly.

So, please enjoy your new life as freshmen of FMUP and be grateful to be a part of FMUP family.

Wassalamualaikum Wr. Wb.

Hafdzi Maulana
Chief of Student Council



AssalamualaikumWr. Wb.

There is no better word than praising due to Allah for all the things that has been given to us which are good health, chances , and faith. Then, may peace be upon our prophet, Muhammad SAW who has given us many teachings to live in this world and hereafter.

First of all I would like to congratulate all of you to be a family of FMUP. Please be mind that you are the choosen which means you have passed the test to eliminate a thousands of competitors for being here. However, this is not the end of your adventure. This just only the beginning for a new life as a college student of FMUP

As new college student , an adaptation is needed to face new life in FMUP, interms of environments, academics, and values in FMUP. That is why OPPEK is formed As a gate that lead you grabing the future together with us. Oppek will open up your mind about FKUP as a preparation for you living here.

It is known that our future is related to the dedication to the society. It is not talking about pride being a medical student, it is only about dedication. the main theme of the Oppek this year is about dedication. being rich is not measured by how much money they have, but it is measured by how many things that we can give. Thats why it is our obligation to give all we've got to the world wholeheartedly.

Therefore, in this campus of dedication, I hope you can take all the opportunity to give all the things you've got as dedication.

Wassalamualaikum Wr. Wb.

Muhammad Ridwan Dwi Putra
Chief of OPPEK 2013



AssalamualaikumWr. Wb.

We, humans should be the most grateful amongst all creatures that walks on the surface on the earth. Why you may ask? That is because we are blessed with something that no other creatures are blessed with. That one gift that allows us to decipher the message from our ancestors and deliver our culture to our successor. It allows us to spread our thought and wisdom all across the civilization in this world. That one gift, that without it our civilization will be held back exponentially, to the level that we would still struggle to light our night with fire by colliding stone to produce sparks. Do you know what is it that I am talking about? Yes. Literacy.

For over ten thousand years, a literate human civilization proves to be the most advanced civilization amongst the other civilization. From Ancient Egypt, Helladic Greek, Islamic Caliph, to this modern society, all of them won't raise above the others without the vital contribution of characters that symbolize their wisdom and culture. And today, it has been proven that reading and writing is the core of the culture of the most successful civilization around the globe. Word has proven itself to be sharper than even the sharpest of swords.

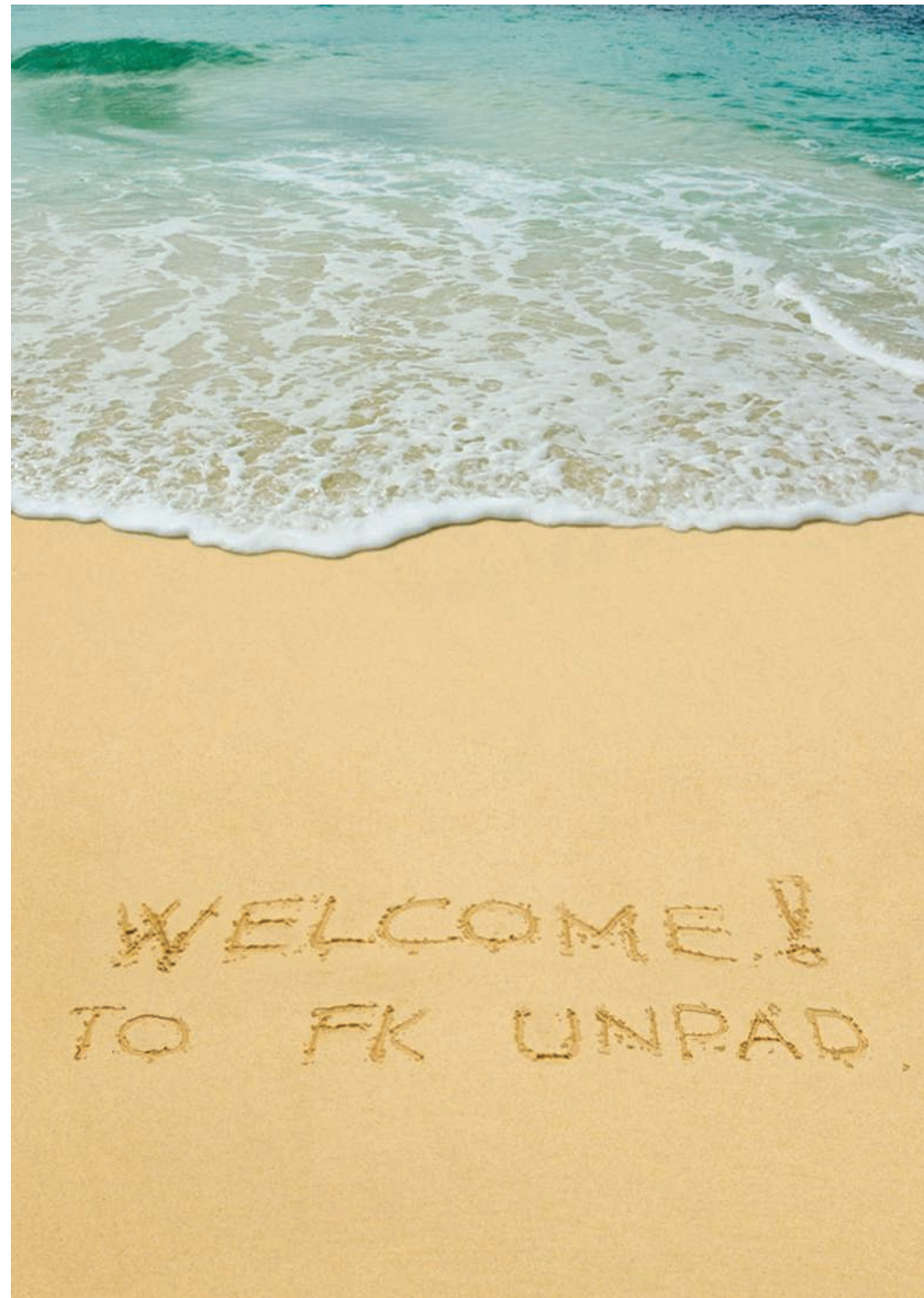
And to relate a bit to our faculty today, it is literacy too that bring the medical science to this day, where the medical advancement already reaches the level possible only in science fictions in some years ago.

This book, the guidebook of OPPEK 2013, is our present to you. Just like how the ancient civilization carve stone tablets to deliver their experience, knowledge, and wisdom, to their successors. The book in your hand now contains some knowledge that we deem important for your adventure here in the wilderness of your new life. Our sincere hope is that, this book would deliver you plenty of provisions for you to not just survive FK Unpad, but also inspire you to do more than what we have done before you. This gift is a symbol of progress, and we sincerely hope that it is towards the greater good.

So take your seat for a while, and read.
It's good for your health.



Mukhsin Kurnia
Chief of OPPEK Guidebook



YOUR SENIORS & DOCTORS GOT **SOME WORDS** FOR YOU

Dokter M .Ersyad Hamda

Selamat datang!

Layaknya kalian, saya juga dahulu pernah menikmati proses PBL. Paling tidak ada 3 hal penting untuk melewati proses ini;

1. Adaptabilitas (karena tiap fase seperti SMA ke kuliah atau sistem A ke sistem B, ada transisi yang menuntut kemampuan penyesuaian diri yang baik)
2. Kemampuan mengukur diri (bahasa mudahnya mengenal + & - diri)
3. Motivasi adalah modal penting agar proses belajar dapat dinikmati. Dan sangat mempengaruhi dua poin di atas.



Dokter Julia



Untuk menjadi mahasiswa FK itu diperlukan suatu ketelatenan dan kesabaran. Jadi, kalau belajar itu harus setiap hari, karena tidak hanya logika saja yang jalan, tapi hafal juga harus bisa. Semuanya merupakan suatu kontinuitas. Dan yang tidak kalah penting juga tidak boleh putus asa, karena menjadi mahasiswa FK jelas berbeda dengan sewaktu SMA dan teman2 dari bagian teknik, tidak bisa hanya kebut semalam.

Poundra Adhisatya Pratama, S.Ked. | 2010

Bila dijalani dengan baik, FK Unpad akan menjadi sebuah proses yang sangat baik bagi pengembangan intelektualitas, keterampilan, dan kepemimpinan :) Selalu, mulai dari akhir; bayangkan diri yang teman-teman inginkan 3,5 tahun dari sekarang, lalu pilih jalan yang efisien menuju kesana. Kampus ini punya semuanya, teman-teman hanya harus cukup cerdas memanfaatkannya. Selamat datang di kampus terbaik!



Shely Karma Astuti | 2011

wilujeng sumping kanggo angkatan 2013. Mugi sumangetna bakalan terus aya nepi ka akhir. Sumanget! Jadi dinikmati nya perjalanan suci menuju dokter ieu :)

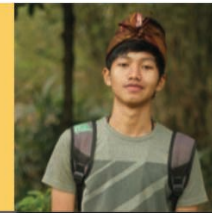
Puteri Fadhilah Zahra | 2012

Tranformasi peran dari siswa menjadi mahasiswa adalah bentukan akselerasi amanah sebagai the REAL *agent of change*. Hai kalian, mahasiswa-mahasiswa terpilih-untuk-'hidup', calon dokter berkarakter, FK Unpad 2013! Selamat datang dan selamat bergabung di keluarga fkunpad unite! Yey! Enjoy!



Agus Bosnia | 2011

Yang terpenting bukan seberapa indah awal usaha yang kita lakukan, tapi bagaimana menjaga usaha indah itu sampai pada akhirnya



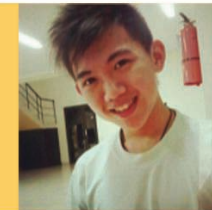
M. Akbar Wicaksana | 2012

Alhamdulillah, keluarga FK Unpad bertambah lagi, selamat datang 2013! Selamat berjuang di kampus yang penuh dengan pengabdian, penuh dengan tanggung jawab. Sekali lagi, selamat datang :D



Jia Sheng Seet | 2011

"Bersatu kita teguh, bercerai kita runtuh" make your senior batches as your role model, be a compact and tolerate team. All the best, Jiayou!



OPPEK 2013

Kontributif

Inisiatif

Kolegaisme

Ikhlas

Empati

Religi

Life long learning

Solutif

7 Stars doctor

At first, WHO develops the concept of 5 stars doctors, which are:

Care provider. Besides giving individual treatment doctor must take into account the total (physical, mental and social) needs of the patient.

Decision maker. Doctor will have to take decisions that can be justified in terms of efficacy and cost. From all the possible ways of treating a given health condition, the one that seems most appropriate in the given situation must be chosen.

Communicator. Doctor promotes healthy lifestyles by effectively communicating with individuals and groups and empowering them for their own health protection and well-being.

Community leader. By understanding the determinants of health inherent in the physical and social environment and the health risk doctor will take a positive interest in community health activities which will benefit large numbers of people.

Manager. Five-Star Doctor works and functions efficiently and effectively in teams, it is essential for a doctor to acquire managerial skills that enable them to initiate exchanges of information in order to make better decisions, and work within a multidisciplinary team in close association with other partners.

But in Indonesia, we used the concept of **7 stars doctor**, plus :

Researcher. Every second, we are mostly unaware of the world development in every field. For example, overtime new viruses and diseases emerging one after another. Can you imagine if there is no such thing as a research?

Faith & Piety. Believe in the creator of all that is created, therefore a doctor will not pass the border and remember that becoming a doctor do not make us Gods, and sometimes we can hope or even believe in extraordinary measure.

9 Kompetensi Bidan

- (1) Bidan mempunyai persyaratan pengetahuan dan keterampilan dalam ilmu-ilmu sosial, kesehatan masyarakat, dan etika yang membentuk dasar dari asuhan yang bermutu tinggi sesuai dengan budaya, untuk wanita, bayi baru lahir, dan keluarganya.
- (2) Bidan memberikan asuhan yang bermutu tinggi, pendidikan kesehatan yang tanggap terhadap budaya, dan memberikan pelayanan yang menyeluruh di masyarakat dalam rangka untuk meningkatkan kehidupan keluarga yang sehat, perencanaan kehamilan, dan kesiapan untuk menjadi orang tua.
- (3) Bidan memberikan asuhan antenatal yang bermutu tinggi untuk mengoptimalkan kesehatan ibu selama kehamilan yang meliputi deteksi dini, pengobatan, dan rujukan.
- (4) Bidan memberikan asuhan yang bermutu tinggi, tanggap terhadap budaya setempat selama persalinan, memimpin suatu persalinan yang bersih dan aman, menangani situasi kegawatdaruratan tertentu untuk mengoptimalkan kesehatan wanita dan bayi baru lahir.
- (5) Bidan dapat memberikan asuhan pada ibu nifas dan menyusui yang bermutu tinggi serta tanggap terhadap budaya setempat.
- (6) Bidan memberikan asuhan yang bermutu tinggi dan komprehensif pada bayi baru lahir (BBL) sehat sampai usia 1 bulan.
- (7) Bidan memberikan asuhan yang bermutu tinggi dan komprehensif pada bayi dan balita sehat.
- (8) Bidan memberikan asuhan yang bermutu tinggi dan komprehensif pada keluarga dan kelompok.
- (9) Bidan mampu melaksanakan asuhan kebidanan pada wanita/ibu dengan gangguan sistem reproduksi.



**UNIVERSITAS
PADJADJARAN**



UNIVERSITAS PADJADJARAN

Brief History

A Universitas Padjadjaran (Unpad) was established based on the initiative of prominent society members of West Java who are eager to have a higher institution at which young generation of West Java would be prepared for serving as future leaders.

After long and tiring processes, on the 11th of September 1957, Unpad was established through the Government Regulation No. 37 of 1957 and officially opened by the President Soekarno on the 24th of September 1957.

At the time of its establishment, Unpad had only four faculties, but now it has developed to be one of the leading higher educational institutions in Indonesia with 16 faculties and a Postgraduate Program. The programs offered are Doctoral Programs consists of 9 study programs, Master Programs consists of 19 study programs, 2 Specialist Programs, 5 Professional Programs, and Undergraduate Programs consists of 44 study programs, 32 study programs of Diploma (D III) and one Diploma IV study

program. In addition, Unpad also has the Research and Community Service Institute to facilitate research and community service activities.

Vision

“To be an excellent university in providing world class education”

Missions

- To carry out education (teaching, research, and development of sciences and community services) that able to fulfil stakeholders needs.
- To carry out higher education that internationally competitive and relevant to the needs of stakeholders in order to advance intellectual development and community prosperity.
- To carry out professional and accountable management of education to elevate the institution image.
- To produce academic individual who concern to the greatness of local and national cultural values in the diversity of world cultures.

Faculties

1. Fakultas Ekonomi dan Bisnis (FEB)
2. Fakultas Farmasi
3. Fakultas Hukum (FH)
4. Fakultas Ilmu Budaya (FIB)
5. Fakultas Ilmu Keperawatan (FIK)
6. Fakultas Ilmu Komunikasi (Fikom)
7. Fakultas Ilmu Sosial dan Ilmu Politik (FISIP)
8. Fakultas Kedokteran (FK)
9. Fakultas Kedokteran Gigi (FKG)
10. Fakultas Matematika dan Ilmu Pengetahuan Alam (FMIPA)
11. Fakultas Perikanan dan Ilmu Kelautan (FPIK)
12. Fakultas Pertanian (Faperta)
13. Fakultas Peternakan (Fapet)
14. Fakultas Psikologi (FPsi)
15. Fakultas Teknik Geologi (FTG)
16. Fakultas Teknologi Industri Pangan (FTIP)

❖ Tri Dharma Perguruan Tinggi

Tri Dharma Perguruan Tinggi is three values that drive all of the activities in universities in Indonesia. These values interrelate themselves, and can never be separated.

Education and Teaching

The educations and teachings in university are the means for the purpose of knowledge transfer amongst the scholars. This knowledge comes from researches by scholars all around the world. In Indonesia, the phase of education in university is divided into strata, which are S-1, S-2 (magister), and S-3 (doctor), and vocational/diploma.

Research and Development

These activities are of high importance for the advancements of science, culture, and technology. Without research, the advancement of science will undoubtedly be halted. The research itself does not stand by itself alone, but it must be interconnected with development. This means the researches are devoted not only for present goals that can directly be applied to the society, but also for future goals. This is why the research is directed not only to applicable sciences, but also to basic sciences which importance is realized by us in the future.

Community Service

This is where the sciences and technologies that have been developed in the university is applied. Community service of the University usually refer to the non-profit, short-to-medium-termed, concrete and direct contribution by the elements of the university, or the university as a whole to the society which benefits can be felt directly by them. One of the aims of this activity is to receive feedbacks from the society, which will be used for further development of science and technology.

❖ Rectorate



Rector

Prof. Dr. Ir. Ganjar Kurnia, DEA.



**Wakil Rektor Bidang
Pembelajaran dan Kemahasiswaan**
Prof. Dr. H. Engkus Kuswarno, MS



**Wakil Rektor Bidang PPM, Kerja
Sama, dan Sumber Daya Manusia**
Dr. dr. med. Setiawan



**Wakil Rektor Bidang Perencanaan
dan Keuangan**
Prof. Dr. Rina Indriastuti, SE., MSIE



**Wakil Rektor Bidang
Sarana/Prasarana, Sistem Informasi
dan Komunikasi**
Prof. Dr. Ir. H. Roni Kastaman, MSIE

❖ Songs

Hymne Unpad

(Iwan R Abdurrachman)

Universitas kita
Padjadjaran tempat bernaung
Insan Abdi Masyarakat
Pembina nusa bangsa
Padjadjaran lambing suci
Almamater yang tercinta
Tempat ilmu dan cita
Almamaterku tercinta

Gaudeamus Igitur

(Vers. C.W. Kindeleben, 1781)

Gaudeamus igitur
Juvenes dum sumus
Gaudeamus igitur
Juvenes dum sumus
Post jucundam juventutem
Post molestam senectutem
Nos habebit humus
Nos habebit humus
Vivat academia!
Vivant professors!
Vivat academia!
Vivant professors!
Vivat membrum quodlibet
Vivant membra qualibet
Vivat senators
Vivat senators

Almamater

(Iwan R Abdurrachman)

Kan kutunjukkan padamu
Kan kubuktikan padamu
Rasa bangga dan baktimu
Almamater
Jangankan keringatmu
Darahpun kurelakan
Guna baktiku padamu
Almamater
Meski kutinggalkanmu
Meski jauh darimu
Hatiku selalu padamu
Almamater

❖ Songs

Totalitas Perjuangan

Kepada para mahasiswa
Yang merindukan kejayaan
Kepada rakyat yang kebingungan
Di persimpangan jalan

Kepada pewaris peradaban
Yang telah menggoreskan
Sebuah catatan kebanggaan
Di lembar sejarah manusia

Wahai kalian yang rindu
kemenangan
Wahai kalian yang turun ke jalan
Demi mempersembahkan jiwa dan
raga
untuk negeri tercinta

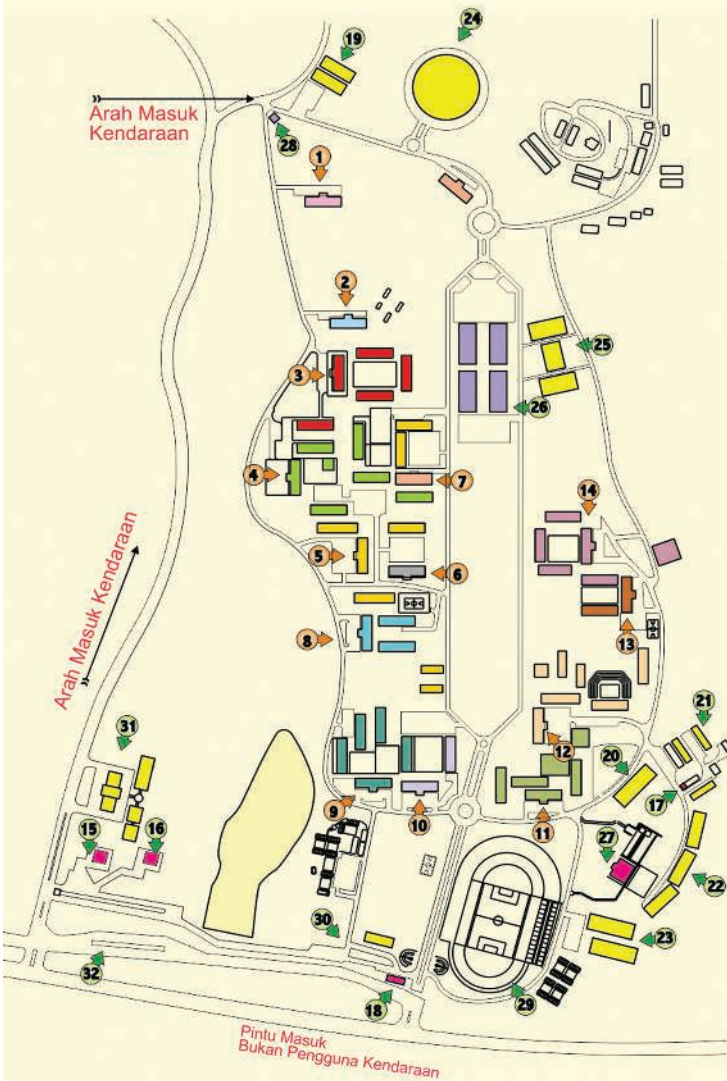
Hymne FK Unpad

Sembah bakti tuk almamaterku
Segala cita dan ilmu
Syukur puji tuk almamaterku
Memerah semangat kita

Tatap, harap
Mata mereka nantikan kerja, karya,
dan baktimu
Bersama panjatkan doa
pada Tuhan
Untukmu FK Unpadku
Dilarut asa yang makin tua
Bersatu
Terus maju

Tegar
Tanpa gemetar
Dan tiada gentar
FK Unpadku
Lanjutkan karya
Berjuta jasa
Bagi persada
Dan aku bangga jadi wargamu

DENAH KAMPUS UNPAD JATINANGOR



- FAKULTAS**
1. Perikanan & Ilmu Kelautan
 2. Teknologi Industri Pertanian
 3. Peternakan
 4. Pertanian
 5. MIPA
 6. Teknik Geologi
 7. Farmasi
 8. Psikologi
 9. Kedokteran
 10. Kedokteran Gigi
 11. Ilmu Sosial & Ilmu Politik
 12. Sastra
 13. Keperawatan
 14. Ilmu Komunikasi
- BANK**
15. BNI
 16. Mandiri
 17. BRI
 18. ATM Center
- ASRAMA**
19. Asrama Padjadjaran 2
 20. Bale Padjadjaran 1
 21. Asrama ex PEDCA
 22. Bale Padjadjaran 2, 3, 4
 23. Asrama Padjadjaran 3
24. Rektorat
 25. Bale Santika
 26. PPBS
 27. Mesjid
 28. Pos Satpam
 29. Stadion Jati Pajajaran
 30. Pangkalan Angkutan Kampus
 31. Klinik Padjadjaran
 32. Pangkalan Damri

Fakultas Kedokteran Unpad



“The Jungle”

Your campus

Your almamater



FACULTY OF MEDICINE UNIVERSITAS PADJADJARAN

Brief History

The Faculty of Medicine Universitas Padjadjaran was officially established on 11 September 1957. The establishment was based on Government Regulation or Peraturan Pemerintah No.37/1957 (Lembaran Negara No. 9 Tahun 1957). The Faculty of Medicine was founded concurrently with three others faculties in UNPAD: Faculty of Economics, Faculty of Law and Faculty of Education.

The establishment of the faculty was started from a pragmatic idea, to fulfill local and national needs for health professionals. Then the former Minister of Health, dr. Lie Kiat Teng, was the key person of the idea in 1957 when the Indonesian Medical Association (IDI) Congress was held in Surabaya. Villa Isola (Bumi Siliwangi) was supposed to be the site of the new Faculty of Medicine, but it was an unfinished plan. When Rancabadak General Hospital built three new buildings inside its complex for the Internal Medicine and Pediatric Departments, new laboratories, lecture halls, a new hope was arose for the establishment of the faculty of

medicine in Bandung. The government administration developments including dr. Lie Kiat Teng replacement as the minister of health made some changes, including the plan for the faculty of medicine establishment. Then some West Java prominent persons founded a Foundation for the Establishment of Bandung Faculty of Medicine. Members of the Foundation were dr. H.A. Patah (chairman), Prof. Dr. Moch. Djuhana Wiradikarta (Vice Chairman), dr. Chasan Boesoerie (Secretary), dr. Djunjuran Setiakusumah, drg. R. Soeriasoemantri, R. H. Enoch (Mayor of Bandung), and dr. Moch. Kurdi. In the year 1957, the Faculty of Medicine Universitas Padjadjaran had only 26 staffs and 65 students. It was located in Pasir Kaliki, a new building given by Rancabadak Hospital. In the next year, there were 199 students in FMUP. And in the year 1966, by the students hardwork, Masjid Asy-Syifaa' was built.

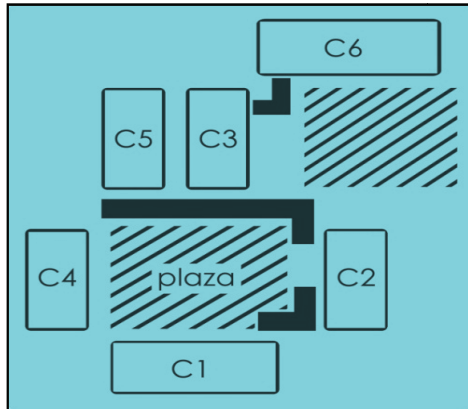
Vision

"To become a self-reliant institution that conducts high quality society-oriented medical education and research."

Missions

1. To provide high quality basic and advanced medical education
2. To undertake high quality society-oriented research
3. To run an organizational and administrative system leading the way to independency

❖ Map of FK Unpad



Building	Utilization
C1	<ul style="list-style-type: none"> Academic administration
C2	<ul style="list-style-type: none"> 10 tutorial rooms (Twinning Program UNPAD-UKM) Staff rooms and laboratories for Physiology, Pharmacology, Biochemistry, Chemistry, Biology, Medical and Clinical Pathology Departments
C3	<ul style="list-style-type: none"> Lecturer Hall (capacity: 300 students) 2 interactive tutorial rooms Computer Laboratory 2 rooms Skills Laboratories
C4	<ul style="list-style-type: none"> 30 tutorial rooms for Regular Program Library Staff room Anatomy, Parasitology, Microbiology, Pathology and Histology
C5	<ul style="list-style-type: none"> 30 tutorial rooms for International class Computer Laboratory 2 Skills Laboratory General tutorial room
C6	<ul style="list-style-type: none"> Canteen Moslem Praying room (Musholla) Student Activities Room Sports Fields

❖ Executive Board



Dean

Prof. Dr. med. Tri Hanggono Achmad, dr.



Vice Dean I for Academic Affairs
Dr. Oki Suwarsa, dr., SpKK., MKes



Vice Dean II for General Affairs and Finance
Dr. Gaga Irawan N, dr., SpGK., M. Gizi



Vice Dean III for Student Affairs
A. Hussein S. Kartamihadja, dr., Sp.KN, MH.Kes.

❖ Achievements

1. Dalam bidang akademik, Fakultas Kedokteran Unpad merupakan pelopor dalam sistem pembelajaran pendidikan kedokteran, terutama pada aspek pengembangan pendidikan kedokteran berbasis kompetensi. Fakultas kedokteran Unpad merupakan salah satu fakultas kedokteran pertama di Indonesia yang menerapkan metode PBL (Problem-based Learning) dengan konsep SPICES (Student centered, Problem-based Learning, Community Oriented, Early Clinical Exposure, Systematic).
2. Fakultas Kedokteran Unpad memelopori sistem assessment dalam pendidikan kedokteran berupa sistem ujian yang kemudian diadaptasi secara nasional dalam bentuk Uji Kompetensi Dokter Indonesia (UKDI).
3. Penghargaan sebagai "Best Paper" Dalam kegiatan Konferensi Internasional "Green Economy for Sustainable Development in Indonesia: Challenges and opportunities from Multidisciplinary Approach" yang diselenggarakan oleh ISISC di London pada November 2012, diberikan kepada Sri Hudaya Widiastha (Prodi S1, angkatan 2010)
4. "Best Of The Section" Youth Organizations: Problems & Cooperation Perspectives, dalam kegiatan: Konferensi International "Altai-Asia Students Forum-Russia diselenggarakan oleh Altai State University Russia, pada bulan Juni 2012 di Altai Mountain Russia, diraih oleh R. Muhammad Tanri A
5. Juara Umum III dalam kegiatan lomba MTQ tingkat Universitas Padjadjaran. Diselenggarakan oleh Rektorat Universitas Padjadjaran (27-29 September 2012) di Graha Sanusi Unpad Bandung
6. Kontes Pemilihan Duta Budaya dan Pariwisata Jawa Barat 2012, Dinas Pariwisata dan Kebudayaan Provinsi Jabar (15-28 Nopember 2012) di Gedung Sasana Budaya Ganesha Bandung. Prestasi yang diperoleh adalah :
 - Muhammad Marikar Arsy (Prodi S1 angkatan 2009) sebagai Juara Harapan III Mojang Jajaka JABAR 2012
 - Suci Nurhadhiah (Prodi Diploma angkatan 2012) sebagai Mojang JABAR 2012 untuk Lingkungan Hidup
7. Prestasi yang diraih oleh Unit Kegiatan Mahasiswa di FK Unpad adalah:

Senat Mahasiswa FK Unpad Periode 2012

 - Mendapatkan penghargaan dari BEM Unpad dalam kategori:
 - i. Pengabdian Kepada Masyarakat
 - ii. Kaderisasi
8. UKM Paduan Suara Mahasiswa Senat Mahasiswa FK Unpad menjadi Juara II, Bass Terbaik dan Konduktor Terbaik tingkat Universitas Padjadjaran Tahun 2012, dalam kegiatan Harmoni Suara MAYDRASIA-Lomba Paduan Suara Antar Fakultas (LPSMAF) Unpad
9. Paduan Suara Mahasiswa Kema Kebidanan, sebagai Juara I Tingkat Provinsi Jawa Barat tahun 2012, dalam kegiatan Lomba Paduan Suara Mahasiswa Institusi Pendidikan Kesehatan se-Jawa Barat.

❖ Departemen

The list of Departement in FK UNPAD :

1. Departemen Anatomi
2. Departemen Biologi Sel
3. Departemen Biokimia
4. Departemen Ilmu Faal
5. Departemen Parasitologi
6. Departemen Mikrobiologi
7. Departemen Patologi Anatomi
8. Departemen Patologi Klinik
9. Departemen Farmakologi & Terapi
10. Departemen Ilmu Penyakit Dalam
11. Departemen Ilmu Penyakit Saraf
12. Departemen Radiologi
13. Departemen Ilmu Kedokteran Nuklir
14. Departemen Ilmu Kesehatan Kulit dan Kelamin
15. Departemen Anestesiologi dan Reanimasi
16. Departemen Ilmu Bedah
17. Departemen Ilmu Bedah Saraf
18. Departemen Ilmu Kebidanan & Penyakit Kandungan
19. Departemen Ilmu Kesehatan Mata
20. Departemen Ilmu Kesehatan THT-KL
21. Departemen Ilmu Penyakit Gigi dan Mulut
22. Departemen Ilmu Kedokteran Forensik & Medikolegal
23. Departemen Ilmu Kesehatan Masyarakat
24. Departemen Ilmu Gizi
25. Departemen Epidemiologi dan Biostatistika
26. Departemen Ilmu Kedokteran Fisik & Rehabilitasi
27. Departemen Kardiologi dan Kedokteran Vaskular
28. Departemen Ilmu Bedah Orthopedi
29. Departemen Ilmu Kesehatan Anak
30. Departemen Ilmu Kedokteran Jiwa

❖ Teaching Hospital

The Center of Integrated Health Education and Service Building (P3KT) - Eyckman, Bandung

To increase the quality and integrity of education, research and health care service, on 18 May 2010 The Centre of Integrated Health Education and Service – Universitas Padjadjaran was officially opened at Jalan Eijkman 38 Bandung.

The building is an education facility for postgraduate program as well as the specialist program. It is also functioned as health care service facility which is facilitated with modern research facilities. As a reflection of education and healthcare service institutions integrity, the building and Hasan Sadikin Hospital are connected by an annex bridge that provide any possibilities for education staffs and healthcare staffs exchanges between both institutions. The Building which is more popular as UNPAD Teaching Hospital was built by government fund since 2007.

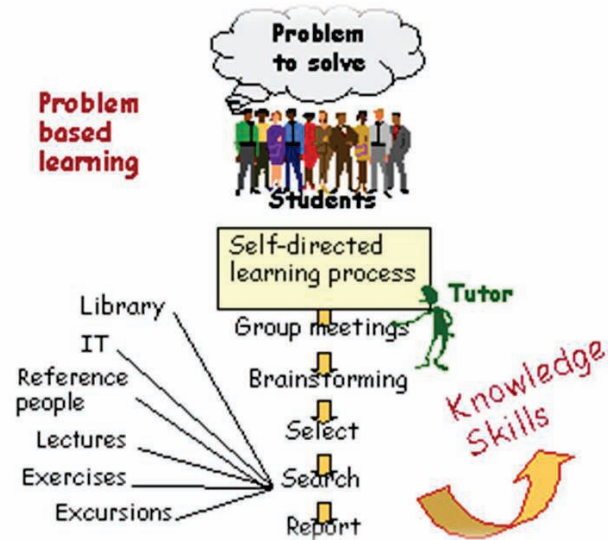
Rumah Sakit Dr. Hasan Sadikin



Rumah Sakit Dr. Hasan Sadikin was officially established on 15 October 1923. This hospital was a military hospital during the time of Japan colonization. After the proclamation of Indonesia independence, the hospital was managed by local government and known as “*Rumah Sakit Ranca Badak*” by the people. On 1954, the hospital was set as a provincial hospital and was under the supervision of Departemen Kesehatan. The hospital was set as public hospital on 1956 at the same time with the establishment of Faculty of Medicine Universitas Padjadjaran and has been used as teaching hospital since then. On 8 October 1967, the hospital name was changed to *Rumah Sakit Hasan Sadikin*. Nowadays, after 89 years established, RSUP Hasan Sadikin has had a qualification as international hospital and become major hospital in West Java.

ACADEMIC Stuff

PROBLEM BASED LEARNING



Problem Based Learning, the process of.

What is the most essential part of being a student in FKUP? Of course...study! All of you come here to study, don't you? Then let's explore the academic things that you must know.

In FKUP to get your bachelor degree, you will spend 3, 5 years or 7 semesters. The Learning system is Problem Based Learning (PBL). For further understanding about PBL, take a look for the elaboration below.

What is PBL?

PBL is the system used by most faculty of medicine in Indonesia. FYI, Unpad is one of the initiator. PBL is a learning method based on the principle of using problems as a starting point for the acquisition and integration of new knowledge

(H. S. Barows, 1982). PBL is both a curriculum and a process. The curriculum consists of carefully selected and designed problems that demand critical knowledge, problem solving proficiency, self-directed learning strategies, and team participation skills from a student.

Why PBL?

PBL has been proved as the most effective and efficient way to study about medicine because PBL:

1. Develops critical and creative thinking;
2. Creates effective problem-solvers;
3. Increases motivation;
4. Encourages lateral thinking;
5. Improves communication and networking skills;
6. Is based on real-life situations.

How does PBL works?

In PBL we will have small group tutorials. portion of class time will be allocated to "Resource Sessions," which may include simulations, case studies, and brief discussions to explore further concepts and issues which arise out of the PBL projects.

The Learning Strategic is *SPICES*

Student centered
 Problem-based
 Integrated
 Community-oriented
 Early clinical exposure
 Systematic

WHAT YOU WILL LEARN FOR THREE AND A HALF YEARS

Freshmen Year Program (FYP)

- Fundamental of biomedical science (FBS)
- Helps student to acquire the basic science and preclinical knowledge
- To know basic science aspect of human body, structural, and functional.
- To introduce the pathological process, its causal agent, and the basic treatment.

Biomedical Program (BMP)

- Primary implementation of PBL method.
- An integrated vertical and horizontal clinical approach
- Divided into eleven block starting the second semester

Bioethics and Humanities Programs (BHP)

Support student to study and apply a variety

of basic principles related with ethics and medical law and other humanity aspects in medical profession. Integrated in every tutorial case

Public Health Oriented Programs (PHOP)

Support student to study and apply a variety of basic principles in public health, environment health, health behavior, health science management, occupational health and family medicine.

Community Research Programs (CRP)

Support student to study and apply a variety of basic principles in research methodology, epidemiology, biostatistics, biological & physical sciences, social sciences, and demographic science in medical practice

SEMESTER

I	II	III	IV	V	VI	VII
FBS I (4)	RPS I (5)	EMS (7)	DMS (8)	CVS (8)	GUS (7)	TM (7)
FBS II (4)						
FBS III (4)	RPS II (5)	NBSS (10)	HIS (8)	RS (7)	GIS (7)	FM (7)
FBS IV (4)						
PHOP I (1)	PHOP II (2)	PHOP III (1)	PHOP IV (1)	PHOP V (1)	PHOP VI (2)	PHOP VII (2)
CRP I (1)	CRP II (2)	CRP III (1)	CRP IV (1)	CRP V (1)	CRP VI (2)	CRP VII (2)
BHP +MKU (2)	BHP II + MKU (2)	BHP III (1)	BHP IV (1)	BHP V (1)	BHP VI (1)	BHP VII (1)
CSP I (1)	CSP II (2)	CSP III (2)	CSP IV (2)	CSP V (2)	CSP VI (2)	CSP VII (2)
21*	18*	22*	21*	20*	21*	21*

() means credit
*means SKS

KIND OF STUDY YOU WILL FACE FOR YOUR SCHEDULE

There are basically five kinds of study in this faculty. Each has its own unique way to make us understand what is going on this year study program. So, here there are:

Tutorial

This kind of study uses PBL system. It involves a small group consist of 8-11 peoples. Two or three times (depends on the semester) in a week with three hours each.

Mini Lecture

As a complements for the tutorial process for every system block and usually related to the tutorial cases.

Consist of freshmen year program (FYP), Bioethics and Humanities Programs (BHP), Public Health Oriented Programs (PHOP), Community Research Programs (CRP), and MKU (*Mata Kuliah Umum*) for first year.

It will be hold in a big class (one batch will have the lecture together)

Lab Activity

There are 3 kinds:

- Preclinical laboratory
 - We called it "Lab Act(vity)". Study about anatomy, physiology by doing any

practicum that related to the case.

- There are pretest and post test. So study before.
 - Once a week for 150 minutes.
- Clinical laboratory in Clinical Skills Program (CSP)
 - We called it "Skill's Lab". The purpose is to train the students. So they have clinical skills competencies in line biomedical program.
 - Once a week for 3 hours.
 - Computer laboratory in CRP.
 - The activity is around 150 minutes once a week.

Kerja Lapangan (KKN)

Implementation of community-based principles. One of methods used in PHOP

Extra Mural

Visits a hospital or other relevant places to see how to use BHP principles at work. One of methods used in BHP

Penelitian Akhir (minor thesis)

We called *skripsi*. Appear as application of the elective principle. Individual in nature.



EXAMINATIONS

A. Prerequisite to undergo exam (attendance)

- Tutorial 100%
- All of lab: skill's lab and lab act 100%.
- Mini lectures 80% and 20% absent with acceptable reason.

B. The time of Examination

The examination will be held on:

1. Mid Semester : MDE only except in first semester MDE and SOOCA
2. End Semester or Final Exam : MDE, SOOCA and OSCE
3. After Final Exam: Comprehensive test.
4. After Judisium I: MDE Remedial, but SOOCA and OSCE remedial in the next day after exam.

C. Kinds of Examinations

Multidisciplinary Examination (MDE)

- It is multiple choice questions and uses English.
- One minute for one question.
- Integrated from various disciplines in medicines. Students will undergo MDE every system block and every two FBS blocks for FYP.
- Attendance 80% mini lecture and 100% lab act

Student's Objective Oral Case Analysis (SOOCA)

- It is oral exam. In 20 minutes verbal presentation test and prepare the presentation 20 or 30 minutes.
- Mostly uses cases which explored during tutorial process to measure the clinical reasoning skills of the student.
- Students will undergo SOOCA at the end of semester except in first semester, each two FBS student get SOOCA.
- Generally the cases used are single or combination of two systems.

Objective Structured Clinical Examination (OSCE)

- It is clinical skills test and consists of 10-12 station. Each station is 10 minutes.
- Students will undergo OSCE at the end of semester.
- The cases used are from all blocks in a semester.
- Students must get A in each station to pass OSCE.
- Attendance 100% skills lab.

Objective Structured Practical Examination (OSPE)

- It is lab exam. Basic lab test (anatomy, histology, etc.) in

Biomedical Programs and computer test (SPSS, Epi Info, Microsoft Exel, etc.) in CRP.

D. Evaluation of Students Achievement

First year student are eligible and can be promoted for second year study if:

1. IPK minimal 2,00
2. There is no E score
3. D score no more than 20% of total SKS in each semester
4. Institutional TOEFL minimal 550

2nd, 3rd, and 4th year students are eligible for advancement to a more senior year if:

1. OSCE A
2. SOOCA minimal C
3. Minimal one MDE C

E. Rules apply for repetition of subjects

Students that are declared not fit for advancement after Judisium II must repeat and attend ALL the tutorial, Labs, and lectures of the subjects of the failed year including the ones student passed and also is forbidden to take ANY subjects of the following year.

SCORE	GRADE	NUMERICAL QUALITY
80-100	A	4.00
76-79	B++	3.50
72-75	B+	3.25
68-71	B	3.00
64-67	C++	2.75
60-63	C+	2.50
56-59	C	2.00
45-55	D	1.00
<45	E	0

FIRST SEMESTER LECTURERS

Fundamental Basic Science 1

Biochemistry

Prof. Dr. M. Nurhalim S., dr.
Prof. Dr. med. Tri Hanggono Achmad,
dr.

Medical Chemistry - Dr. Dhiah Dhanawati

Nutrition - Gaga Irawan N., dr. M. Gizi
Siti Nur Fatimah, dr. M. Gizi

Biomed

Edhyana Kusumastuti Sahiratmadja, dr., PhD.
Dr. Sarifudin, drs. MS
Prof. Dr. M. Nurhalim S., dr.

Embryology

RB. Soeherman Hadiningrat, dr., M.
Kes
Dr. Sarifudin, drs. MS

Physiology - Prof. Dr. Leva B. Akbar, dr., AIFO
Dr. Adjat Sedjati Rasjad, dr., M. Kes

Anatomy - Zakaria jacob Manoe, dr. & Arifin Soenggono, dr.

Fundamental Basic Science 2

Fundamental Basic Science 3

Microbiology

-Dr. H. Sadeli Masria, dr., SMM
Sp. MK
-Inne Kuswardiah, Dra. Ms. Apt.

Parasitology - Silvita Fitri Riswari, dr., M. Kes.
- Tini Rusmartini, dr. SpPar-K

Anatomy Pathology - Anglita Yantisetiasti, dr., SpPA
Hj. Betty Suryawathy Hemowo, dr., SpPA-K, Ph.D
Ismet M. Nur, dr., SpPA-K

Clinical Pathology

Nadjwa Zamalek, dr., SpPK
Dr. Noormatany, dr. SpPK-K., M. Si

Pharmacology

Truly sitorus, dr., M.Si., SpFK
Siti Supartini, dr.
Prof. Dr. R. Muchtan Sujatno, dr. SpFK-K

Fundamental Basic Science 4

REFERENCE BOOKS FOR FIRST SEMESTER

FBS I

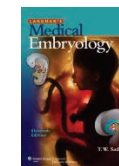
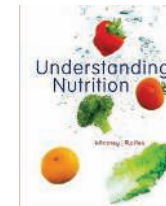
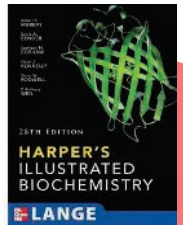
Biochemistry

Harper's Illustrated Biochemistry by Robbert K. Murray
Price : Rp. 490.000

Lippincott's Illustrated Reviews by Pamela C. Champe
Price : Rp. 420.000

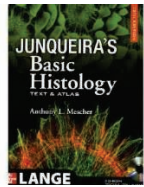
Nutrition

Understanding Clinical and Normal Nutrition by Sharon Rady Rolfes
Price : Rp. 330.000



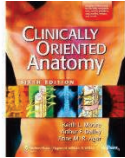
FBS II
Biomed
Genetic Information by Prof. Dr. M. Nurhalim S., dr.
Medical Cell Biology by Steven R. Goodman
Price : Rp. 200.000

Embryology
Langman's Medical Embryology by T. W. Sadler
Price : Rp. 450.000



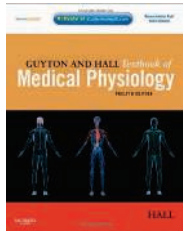
Histology

Junqueira's Basic Histology by Steven R. Goodman
Price : Rp. 220.000



Anatomy

Clinically Oriented Anatomy by Keith L. Moore
Price : Rp. 550.000



Physiology

Medical Physiology by Guyton & Hall
Price : Rp. 1.010.000

Anatomy and Physiology

Principle of Anatomy and Physiology by Gerrad J. Tortora
Price : Rp. 1.500.000

FBS III

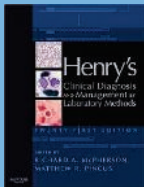
Microbiology

Medical Microbiology by Jawetz, Melnick, and Adelberg
Price : RP. 380.000



Anatomical Pathology

Robbins and Cotran Pathologic Basis of Disease by Kumar, Abbas, and Fausto
Price : Rp. 700.000



FBS IV
Clinical Pathology

Henry's Clinical Diagnosis & management by Laboratory Methods
Price : Rp. 1.200.000

Pharmacology



Basic and Clinical Pharmacology by Bertram G. Katzung
Price : Rp. 350.000

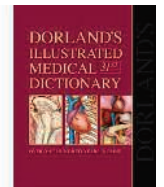
Lippincott's Illustrated Reviews by Richard C. Harvey
Price : Rp. 400.000

Dictionary

Dorland's Medical Dictionary (English-English)	Rp. 550.000
Kamus Dorland (English-Indonesia)	Rp. 450.000
Kamus Pocket Dorland (English-Indonesia)	Rp. 170.000

These books can be found here:

Bandung	: Palasari Street, Bookstore in Togamas, Gramedia.
Jatinangor	: Crenata Bookstore and Togamas
Jakarta	: Sagung Seto Bookstore at Pramuka Street
Malaysia	: Kamal Bookstore



TIPS! How you buy the books!

- Students can buy in campus because PH KEMA FK Unpad (DANUS) sell these books.
- If you do not have much money to buy all original books, you can photocopy those books or ask the senior for advice on which books better photocopy and buy for original.
- Any option you can borrow the senior's book which is not used again.

SKDI FOR A GOOD DOCTOR

Every medical student wants to be a good doctor, cure the patient and so on. Hence, we need an indicator or competence standard for medical student to study becomes a good doctor. In Indonesia we called "Standard Kompetensi Dokter Indonesia (SKDI). SKDI for FYP in first semester:

Fundamental of Biomedical Science (FBS)

Genetics/Congenital Disorder					
Down's syndrome	1	2	3A	3B	4
Turner's syndrome	1	2	3A	3B	4
Klinefelter's syndrome	1	2	3A	3B	4
Gonadal xy-dysgenesis	1	2	3A	3B	4
Testicular feminization	1	2	3A	3B	4
Fragile x syndrome	1	2	3A	3B	4
PKU (Phenyl Ketonuria)	1	2	3A	3B	4
Galactosemia	1	2	3A	3B	4
Glycogen storage disease	1	2	3A	3B	4
Other storage diseases	1	2	3A	3B	4
Spina bifida	1	2	3A	3B	4
Anencephaly	1	2	3A	3B	4
Hydrocephalus	1	2	3A	3B	4
Cleft palate and/or lip	1	2	3A	3B	4
Marfan's syndrome	1	2	3A	3B	4
Disorders of newborns					
Hypothermia	1	2	3A	3B	4
Bacteraemia and septicemia	1	2	3A	3B	4
Respiratory stress syndrome	1	2	3A	3B	4
Bronchopulmonary dysplasia	1	2	3A	3B	4
Aspiration pneumonia	1	2	3A	3B	4
Pneumo thorax	1	2	3A	3B	4
Apnea attacks	1	2	3A	3B	4
Jaundice of newborn	1	2	3A	3B	4
Severel neonatal jaundice (kem icterus)	1	2	3A	3B	4
Hypoglycemia	1	2	3A	3B	4
Child of diabetic mother	1	2	3A	3B	4
Neonatal convulsion	1	2	3A	3B	4
Necrotizing enterocolitis	1	2	3A	3B	4
Retinopathy of prematurity	1	2	3A	3B	4
Anemia	1	2	3A	3B	4

Rhesus incompatibility	1	2	3A	3B	4
Blood group incompatibility	1	2	3A	3B	4
Vitamine k deficiency	1	2	3A	3B	4
Cerebral hemorrhage	1	2	3A	3B	4
Conjunctivitis	1	2	3A	3B	4
Infectin of umbilicus	1	2	3A	3B	4
Sudden infant death syndrome (SIDS)	1	2	3A	3B	4

Index		
1	Mengelahu <i>gambaran-gambaran klinik</i> suatu penyakit dan tahu bagaimana mendapat informasi lebih lanjut (tempat merujuk pasien)	Knowing the clinical descriptions of disease and know how to get more information (where to refer the patients)
2	Mampu <i>membuat diagnosis</i> berdasarkan pemeriksaan fisik maupun pemeriksaan lain dan <i>merujuk pasien ke dokter spesialis</i> yang relevan	Able to make a diagnosis based on physical examination and other tests and refer patients to a relevant specialist
3A	Mampu <i>membuat diagnosis</i> berdasarkan pemeriksaan fisik maupun pemeriksaan lain dan dokter mampu memberi <i>terapi pendahuluan</i> . Kondisi pasien <i>bukan kasus gawat darurat</i> .	Able to make a diagnosis based on physical examination and other tests and the doctors are able to provide preliminary treatment. The patient's condition is not an emergency case.
3B	Mampu <i>membuat diagnosis</i> berdasarkan pemeriksaan fisik maupun pemeriksaan lain dan dokter mampu memberi terapi pendahuluan. Kondisi pasien merupakan <i>kasus gawat darurat</i> .	Able to make a diagnosis based on physical examination and other tests and the doctors are able to provide preliminary treatment. The patient's condition is an emergency case.
4	Mampu <i>membuat diagnosis</i> berdasarkan pemeriksaan fisik maupun pemeriksaan lain. Dokter dapat memutuskan dan mampu <i>menangani problem itu secara mandiri hingga tuntas</i> .	Able to make a diagnosis based on physical examination or other examination. The doctor can decide and able to handle the problem independently.

1 Skimming – Find the main idea as a whole.

2 Noting (from textbook) – Paraphrase (write again with your own word and make outline or mind mapping)

3 Reviewing
Discuss after tutorial
Evaluate the knowledge
Read some books for comparison
Remember again knowledge that you get at class
Do any task or learning issue by yourself

4 Evaluating
Evaluation result of exam such as MDE, SOCCA, and OSCE.
If fail or not satisfied with your result, don't feel down. It is not the end of the world but a part of study.

TIPS!

Surviving Faculty of Medicine

Where studying is asked for more! – How to Study?

Do anything maximally and let God finish it



ACADEMIC PROGRAMS IN FMUP

A **Diploma Program**
Diploma III (D3) Obstetrics
Diploma IV (D4) Obstetrics

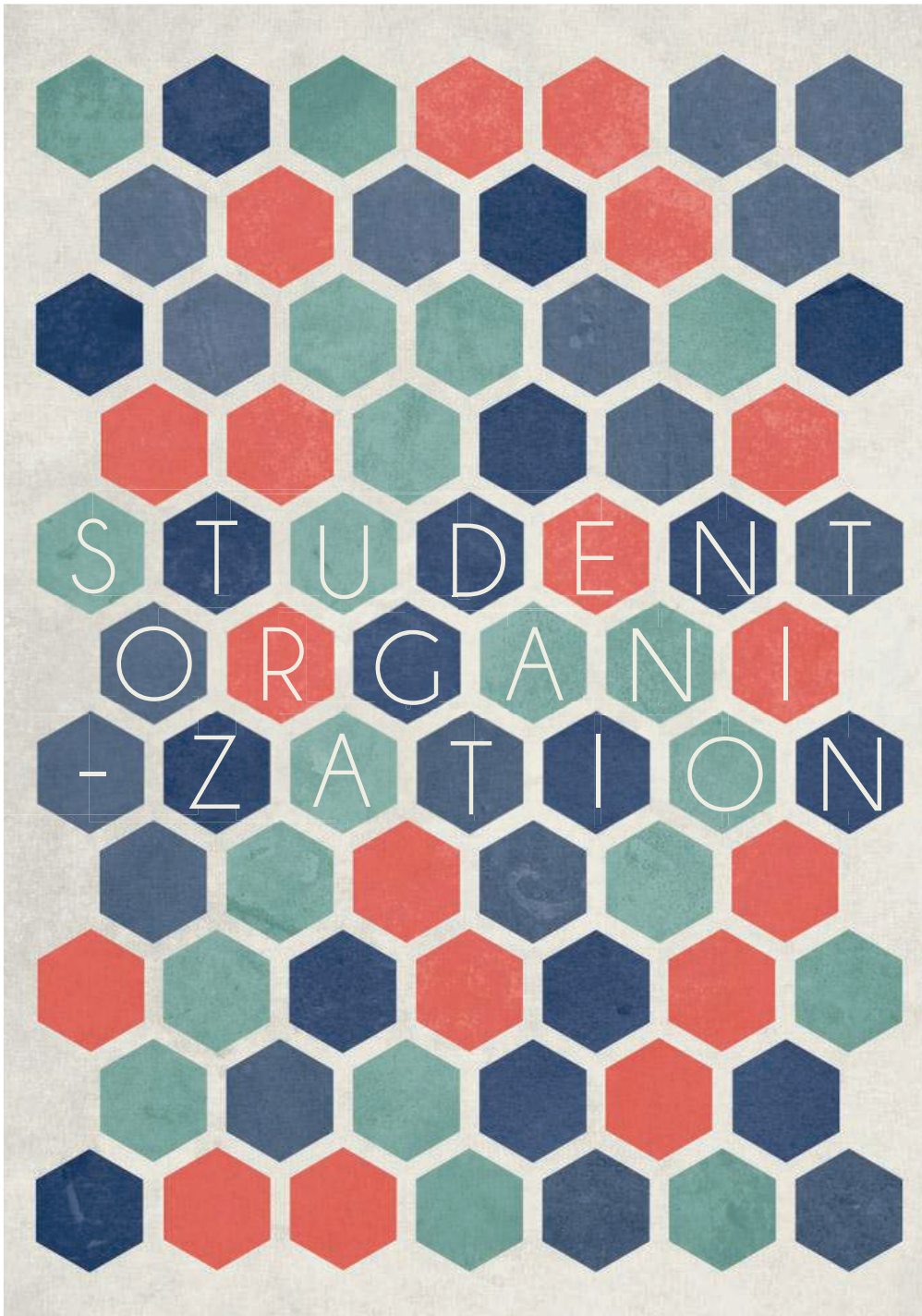
B **Undergraduate Program (S1)**
Medicine (Accreditation "A")
Twinning Program

C **Professional Program**
Doctor (Accreditation "A")

Specialist Program

- Anesthesiology and Reanimation
- Surgery
- Neurosurgery
- Orthopedics and Traumatology
- Forensic Medicine
- Psychiatry
- Pediatrics
- Internal Medicine
- Ophthalmology
- Dermatology and Venereal Diseases
- Neurology
- Ear, Nose, and Throat Diseases
- Obstetrics and Gynecology
- Pathology Anatomy
- Clinical Pathology
- Radiology
- Nuclear Medicine

- Urology Surgery
- Kid Surgery
- Medical Rehabilitation
- Cardiology and Vascular Medicine
- Clinical Microbiology



Introduction to Student Organization

Every year Padjadjaran University graduates about 300 medical bachelors. In DKI Jakarta and West Java, there are 16 institutions. So, if we calculate it, there will be more than 4800 fresh graduates medical bachelor each year ready to give their service to the community and looking for a job. Wow what a number! How am i going to survive then? Hold on guys, keep the spirit up!

Remember what our great dean, Prof. Tri, said, "be a distinguish doctor." Being a doctor will contribute a great deal to Indonesia, but being a distinguish doctor who is also capable of doing other things than healing people can contribute a greater deal to Indonesia.

So how to become a distinguish doctor? Don't forget to study hard, and then raise our leadership skill, organizational skill, and other potentials we have. We can raise it by learning in organization, seminar, or committees that we joined.

Life is not
about finding
yourself, life is
about
creating
yourself

Thus, don't just go to lecture, laboratory activity, skills lab, and doing learning issues. Raise your potential! Also, don't forget to have fun!

STUDENT IDEALISM

How Students Have To Be

One time, there was a student who did research in the area of Riau to investigate deforestation. Surprisingly, the student is treated very special by the people around. Food, drink, and shelter are provided specially. Then the young man asked the residents, "Why am I treated so special in this place?" One resident said, "Because you're STUDENTS! Our only hope to you as a student deforestation in this region is so intense, we lost our livelihoods, if left unchecked, then it is probably the place where we will also be lost, therefore, we expect students to be able to move, save us!"

Agent of change

Students (like us who go to university) are viewed as lucky people who get better education than other. We are young and more educated. Problems in our beloved country are trusted to be solved by us. People trust us. Moreover two third of our education fee in Universitas Padjadjaran is paid by the tax of Indonesian society, while we only pay a third of it. Then we as students have no reason to keep sitting in a nice way when the society put their trust on us.

Iron stock

As time goes by, one generation will be replaced by the younger generation. Old leaders will be replaced by younger leaders. This is the time when student are expected to become the "iron stock" for the replacement.

Therefore student should prepare them self. Good regeneration (kaderisasi) should be done.

You may think: "Why must iron?" There is one good philosopher said that iron is oxidized and get rusted. It symbolized the idealism that get broken and needed to be replaced.

Social control

The role of students as social control occurs when something is wrong or odd in a society and government. Students with ideas and knowledge have a role to maintain and improve the social norms and values in society. When something happens in inappropriate way, students must be the first subjects that fix it. This kind of inappropriate could be neighbor habit or even government regulation.

So, are you ready
to become an
Ideal Student?
Proof It.

ORGANIZATIONS

Based on its membership, there are lot organizations and we would love to divide it into:

A

Intra-university Level

1. Badan Eksekutif Mahasiswa (BEM) Kema Unpad
2. Badan Perwakilan Mahasiswa (BPM) Kema Unpad
3. UKM (Unit Kegiatan Mahasiswa)

B

Faculty Level

1. Keluarga Mahasiswa FK Unpad
2. Dewan Perwakilan Mahasiswa (DPM) FK Unpad
3. UKM (Unit Kegiatan Mahasiswa)

C

Religion

KAMI Asy-Syifaa' (Muslim students)
 KMK (Catholic students)
 PMK (Christian students)
 KMBD (Buddhist students)
 KMH (Hindu students)

Sports

Soccer
 Volley ball
 Tennis
 Basket ball
 Chess

Inter-university level

1. ISMKI
2. IKAMABI

Others

SRC (Science and Research Center)
 AMP (Atlas Medical Pioneer)
 Medicinus (Journalism)
 AMSA (Asian Medical Student Association)
 CIMSA (Center for Indonesian Medical Students Activities)

Arts

PSM (Students choir)
 MMS (Medical Music Symphony)
 OBSCURA (Photography)
 Rinangga Gumiwang

KELUARGA MAHASISWA UNPAD (KEMA UNPAD)

Kema Unpad is the home for students activities in the university level. In Kema Unpad, you will meet more friends from another faculty.

The structure is more less the same. There are the executive body called Badan Eksekutif Mahasiswa, legislative body called Badan Perwakilan Mahasiswa, and students activity units, or Unit Kegiatan Mahasiswa.



Badan Perwakilan Mahasiswa Unpad

Badan Perwakilan Mahasiswa Unpad is the legislative body of Kema Unpad. Similar with the legislative body in FMUP, BPM Kema Unpad also had these functions:

- Advisory and Supervisory
- Aspiration and Advocation
- Legislation

BPM Kema Unpad consist of representatives which called Senator, from all the faculty in University of Padjadjaran.

Badan Eksekutif Mahasiswa Unpad



Wildan Ghiffary
President of BEM
KEMA Universitas
Padjadjaran



Rendi Ermansyah
Vice President of BEM
KEMA Universitas
Padjadjaran



Similar with Kema FK Unpad, the students president and vice president of Kema Unpad is elected yearly. This year's president is Wildan Ghiffary from the Faculty of Marine Sciences and Fisheries, while the vice president, Rendi Ermansyah, from the Faculty of Geological Engineering. Both of them are from the batch 2009.

Fun fact : 2012 students president was R. M. Tanri Arizasyifaa, from the Faculty of Medicine. In addition, in this year's cabinet, 3 of the ministers also from the Faculty of Medicine. Who says becoming a medical/midwifery students is an obstacle to be active in university-level organization?

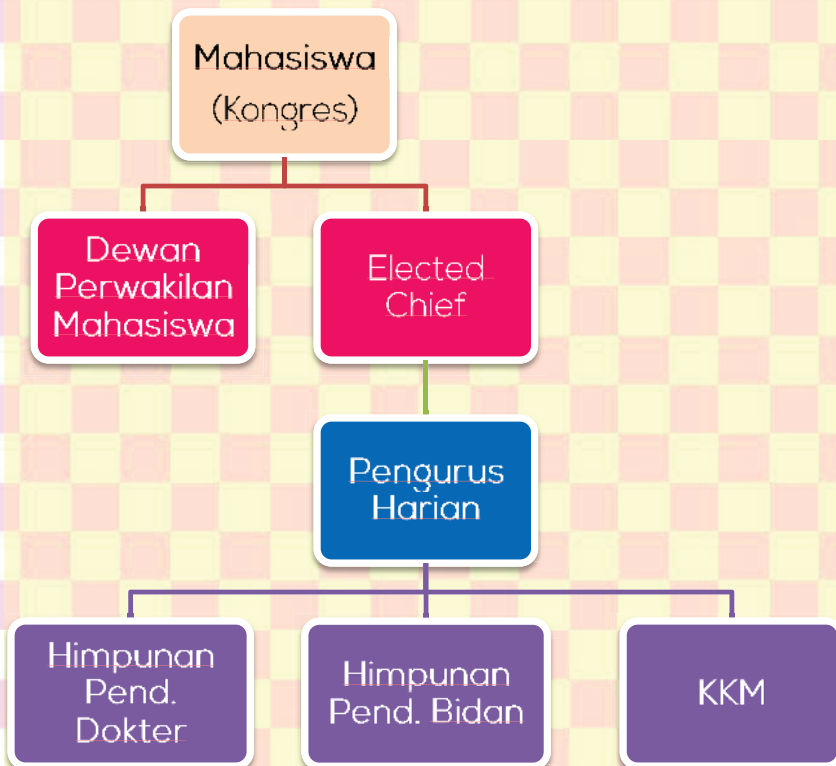
KELUARGA MAHASISWA FK UNPAD

Keluarga Mahasiswa FK Unpad or Kema FMUP is the home of every students registered in FMUP for extracurricular activities. Every students registered in FK Unpad will become an official members of Kema FMUP after they passed the Masa Bimbingan process.

As we use a democratic system in Kema FMUP, every students has a right to contribute and criticize, whether on Students Congress which held once a year or more, and during the year through the representative in DPM.

There are a lot activities in Kema. The organization includes Dewan Perwakilan Mahasiswa (DPM) as the legislative body, Pengurus Harian (PH) Kema, Himpunan Mahasiswa Pendidikan Dokter, and Himpunan Mahasiswa Kebidanan as the executive body, and 21 Kelompok Kegiatan Mahasiswa (KKM) to facilitate various student's interest, which will be explained later.

#FKUNPADUNITE



DEWAN PERWAKILAN MAHASISWA

DPM FMUP, or in English would be known as Student Representative Council, is a part of Student Government Family FMUP which has right and obligation in legislative sector. The council consists of a number of representative which are elected from every batch, both medical and midwifery program.

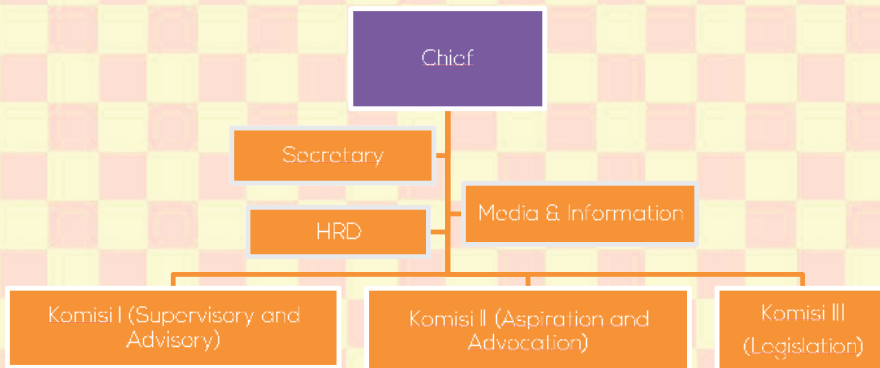
As an Analogy, DPM FMUP is considered as House of Representative/House of Common, and PH Kema is considered as President and his Ministers. Thus, DPM FM UP's functions are like House of Representative/ House of Common, which consist of:

Advisory and Supervisory - DPM FM UP has obligation to examine, criticize or support, give advices and critics, give general comment and score, and determine quality development years to years towards Executive Body (PH Kema).

Aspiration and Advocation - DPM FM UP has obligation to representate their quorum (40 students each) for their opinions, critics, and suggestions with status quo/policies on FM UP (whether issued by Dean, PH Kema or DPM).

With this obligation, DPM FK UP has a function to make sure that every students' need are fulfilled, and every policies are going to be suitable.

Legislation - DPM FM UP has responsibility to make good policy for students government's betterment, whether permanently as Bill of Foundation and Bill of Execution (AD ART) or in such of time as Bill of General Election (UU Pemilu).



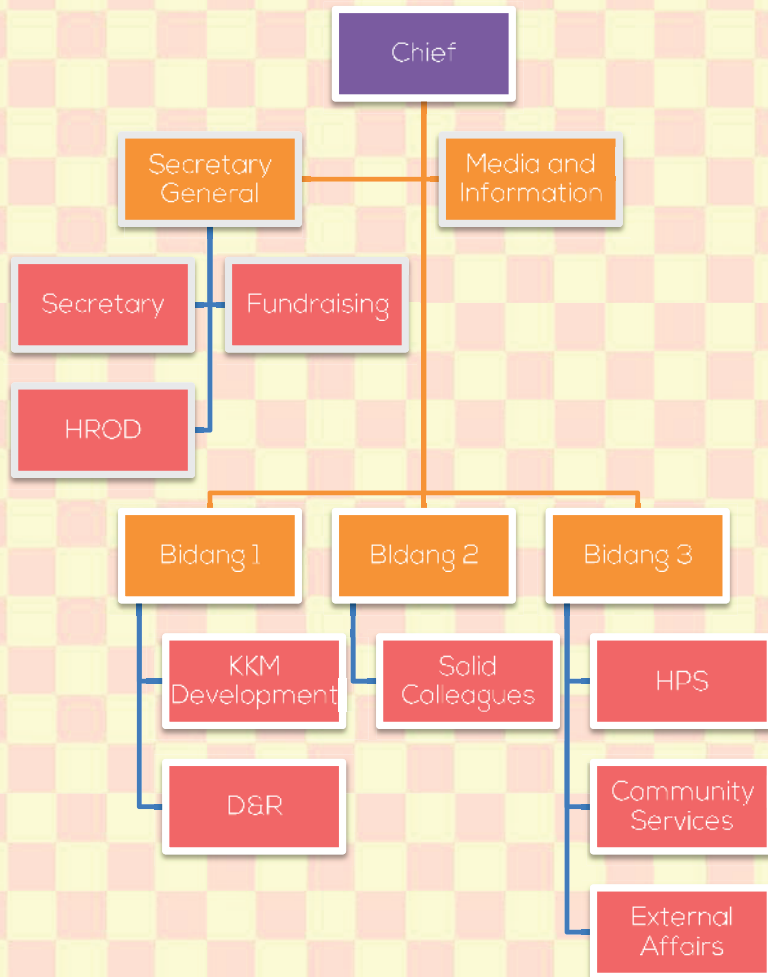
PENGURUS HARIAN KEMA FK UNPAD

Pengurus Harian Kema FK Unpad or PH Kema FMUP is the executive body on the faculty level. The chief of PH Kema is elected by the whole students every year. Then, the elected chief would establish a cabinet, recruit staffs, and construct the yearly program and activities.

This year, PH Kema FMUP consists of 11 bureau and divisions, those are:

1. Kesekretariatan (Secretariat)
2. Dana Usaha (Fundraising)
3. PSDMO (Human Resource and Organization Development)
4. Media Informasi (Media & Information)
5. Pengembangan KKM (KKM Development)
6. Pembinaan dan Kaderisasi (Development and Regeneration or D&R)
7. Solid Kolega (Solid Colleague)
8. Kajian Strategis Ilmiah (Health Policy Studies)
9. Pengabdian Kepada Masyarakat (Community Service)
10. Hubungan Luar (External Affairs)

This organization is open for all Kema FMUP members.



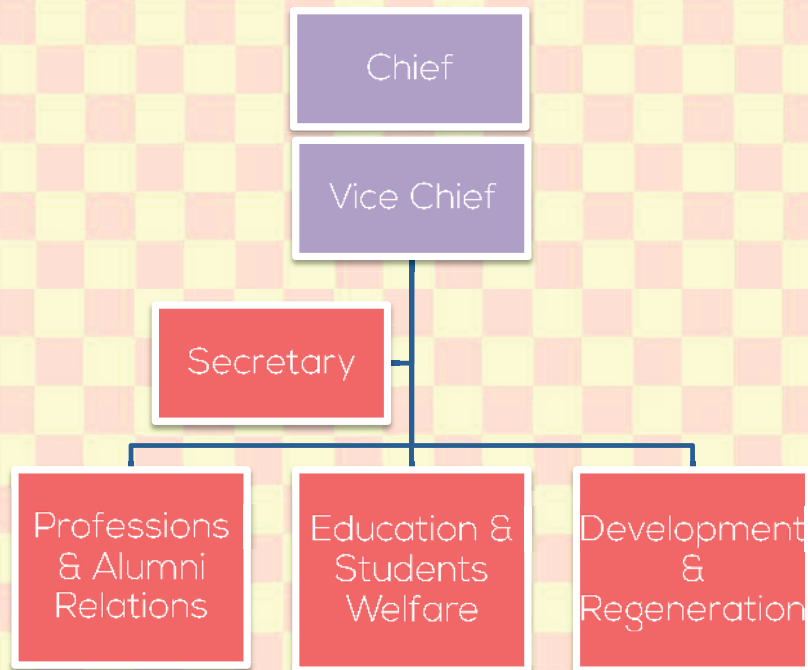
HIMPUNAN MAHASISWA PENDIDIKAN DOKTER

Himpunan Mahasiswa Pendidikan Dokter FK Unpad or Hima PD FMUP is an executive body for medical students undergraduate for activities supporting the academic and profession development. Unlike DPM nd PH, Hima PD is only for medical students.

Hima PD focuses in facilitating students to become a competent seven stars doctor. The organizations consist of 3 divisions :

1. Pembinaan dan Kaderisasi (Development and Regeneration or D&R)
2. Education and Students Welfare
3. Profession and Alumni Relations

Every year the chief of Hima PD is elected through students assembly. Then the elected chief will establish the cabinet, recruit staffs, and plan the yearly programs and activities. The 2013 structure as follows:



HIMPUNAN MAHASISWA KEBIDANAN

Himpunan Mahasiswa Kebidanan FK Unpad or Himabi FMUP is an executive body for midwifery students for activities supporting the academic and profession development. If Hima PD only opens for medical students, Himabi also only open for midwifery students

The organizations consist of 3 divisions :

1. Pembinaan dan Kaderisasi (Development and Regeneration or D&R)
2. Pendidikan dan Profesi (Education and Profession)
3. Hubungan Masyarakat (External Affairs)
4. Solid Kolega (Solid Colleague)
5. Secretary and Treasurer

Every year the chief of Hima is elected through students assembly. Then the elected chief will establish the cabinet, recruit staffs, and plan the yearly programs and activities.

UNIT Kegiatan Mahasiswa

As many of us really needs something other than studying

We already know that many organizations are acceptable for medical students. One of those is UKM. UKM is an organization to promote your interest and making you not only become great doctor but also become a superb doctor who can do something special.



KAMI ASY-SYIFAA – MUSLIM STUDENTS)

KAMI (*Keluarga Muslim*) *Asy-syifaa'*, established in 1962, is a *dakwah* organization that consist of all muslim students in FMUP. Celebrating its 50 years of presence, KAMI *Asy-syifaa'* had successfully organized many events such as the host of National Muslim Managerial and Leadership Camp II (MMLC Nasional 2) which is participated by medical students around Indonesia, Social services, and many more. *Asy-syifaa'* is came from an arabic word that means healer. Together learn islamic knowledge that related to medical and nonmedical subjects, strengthen muslim relation, and get medical skills education by further joining *Tim Medis Asy-syifaa'* (TMA)



KMK –(CATHOLIC STUDENTS)

Keluarga Mahasiswa Katolikus a family of Catholic students in FMUP. At the beginning of academic year, there will be *TEKA (Temu Kenal)*, a welcoming event for freshmen. There are also celebrating Christmas together, social services, and a thanksgiving party with doctors who just declared the doctor's oath.

PMK –(CHRISTIAN STUDENTS)

Persatuan Mahasiswa Kristen is a new family for christian students in FMUP. All the christian students are the member of this organization. A family with various characters, cultures & habits and who love God. The activities including helping each other, supporting each other, and other kind of things. Grow to get to know God more, be a better person, and love others.



KMBD –(BUDDHIST STUDENTS)

All the buddhist student are the member of this organization. *Keluarga Mahasiswa Buddha Dharmavira* is family of buddhist student in FMUP. The activities are travel together, worship together, and organizing social service.

KMHB – (HINDU STUDENTS)

Keluarga Mahasiswa Hindu Brahmachari consists of Hindu students in FMUP. All the Hindu students are the member of this organization. The activity including *sembahyang bersama*.

PSM – (STUDENTS CHOIR)



Singing is their last name. Student Choir is a Student Activity Unit under the auspices of the Student Senate Faculty of Medicine, University of Padjadjaran, which is engaged in the art of choral and vocal music, as a vessel to channel the interests and talents of students in the field. General purpose unit of activity is the Student Choir grow and accommodate the interests and talents of music students of the Faculty of Medicine, University of Padjadjaran and increase non-academic skills in the arts and organizations so as to produce individuals who are expected to be useful for the future and have the capability of good cooperation and interaction. PSM (*Paduan Suara Mahasiswa*) FMUP has performed in many event held inside and outside FMUP, such as at the inauguration of professors, *Konser Terra Symphonia 2009*, and many more.

MMS – (MEDICAL MUSIC SYMPHONY)

Medical Music Symphony is a FMUP student activity unit which is a place for doctors musicians. Every type of instruments is played. This UKM has performed in many events in FMUP. Everyone is welcomed to join this UKM by first pass the audition.



OBSCURA – (PHOTOGRAPHY)

Obscura is an UKM which focuses on the arts photography, a media for developing the students interest and talent in photography by expanding skills, producing achievements, and service offerings. The activities are picture hunting, picture exhibition, joining competition and many more.



RINENGA GUMIWANG – (TRADITIONAL DANCE)

Rinengga Gumiwang or usually be called RG was established in order to conserve Indonesia's traditional culture, to accomodate student's interest in traditional dance, and to sharpen student's skills in art. RG consist of two kinds of traditional dance, Sundanesse dance and tari saman. This 3 years old UKM has perform in almost all of event organized by FMUP and also participate in some competitions such as FORSI and OOTRAD.

BADMINTON

UKM Badminton is a place to accomodate student's interest and talent in sports especially badminton. Not only creating the atmosphere of sportmanship and togetherness to make one family of FMUP, this UKM has won some competitions including FORSI in 2009.

VOLI – (VOLLEY)

Medical students who have interest in Volley is the member of this UKM. This UKM was established long time ago, but the management is not quite good yet. Just this year, UKM Voli gets its new management, ready to chases more achievements. One of the achievements is the girl team once been in runner-up at FORSI. Volley is also one of all the sports that included in olymphiart and the only competition which flooded with supporter.

BASKET –(BASKETBALL)

A sport UKM which can be a media for maintaining solidity and togetherness between and inside the batches in FMUP. UKM Basket can also be a fun place for students who just want to go in for sports, like to play basketball, or maybe want to get achievements as a basketball player. For some reasons, this UKM had been vacuum until the management of 2007, then raised again, eager to win in more competitions. Some of the achievements of UKM Basket are the winner in battle against FKUI in Liga Medika 2011, the winner in battle against FK Ukrida & FK Yarsi in Liga Medika 2012, and been in the top 10 of Liga Medika 2012.

FUTSAL –(FOOTBALL)

Every UKM that formed inside the faculty varies, one of them is UKM Futsal. Benefits, functions and purposes of the presence of UKM Futsal is to be a place for students of FMUP to enjoy their hobby, interest & talent positively and also to sharpen skills, gain creativity, train sportmanship and grow confidence. Doctors are encouraged to not only smart and skillful, but also have healthy body and soul. Moreover, after all the benefits that it can give to its member, it can also contribute achievements to faculty such as the winner of Liga Kesehatan, been in top 16 Liga Medika (Nationals), and many more.

CATUR –(CHESS)

UKM Catur was established 4 years ago, with activities such as routine practices for beginner, intermediate, and expert players. This UKM is also the organizer of chess tournament that been held inside the faculty. Some of the achievements of this UKM are the gold medalist at FORSI and the bronze medalist at the UCMU chess competition.



SRC –(SCIENCE AND RESEARCH CENTER)

SRC is an UKM which accommodate student's interest, needs, and curiosity in research. One of the all activities in SRC is research and scientific paper basic education for new members. The accepted members will then be appointed as permanent members and will get further education to enrich and develop their skills. The latest achievements of this UKM are the winner of Liga medika Science 2011 Literature Review (Hafdzi Maulana, Rika Haeriyah, Hanny Rosyida Arisna) and Liga Medika Science 2012 Literature Review (hafdzi Maulana, Aang Setiawan, Todia Peditama)



AMP –(ATLAS MEDICAL PIONEER)

Atlas Medical Pioneer, or commonly abbreviated AMP, is an organization of nature lovers from FK Unpad standing since 16 April 1973. Its members consist of students, koass, physicians, residents, consultants and professors who numbered more than 900 people and spread all over Indonesia and abroad. To become an AMP, the absolute requirement is to be registered as a student of FK Unpad. In addition, every person who wants to be an AMP must follow the basic education for 6 months. During this study, a *siswa*, a term for someone who is educated, trained and nurtured physically, as well as equipped with the sciences of medical practice, to be a tough AMP and has a strong mental.



MEDICINUS –(JOURNALISM)

Medicinus the Student Activity Unit under the auspices of the Student Senate Faculty of Medicine, University of Padjadjaran. Medicinus is engaged in journalism, which was established as a forum to channel the interests and talents of students in the fields of writing, graphic design, and photography. This UKM publish a magazine called Medicinus every two months and weekly bulletin called "We Don't Know" that given freely to the students of FMUP. Its new member also get journalism basic educatio



AMSA – (ASIAN MEDICAL STUDENT ASSOCIATION)



AMSA-Unpad is a scientific, nonpolitics, nonsectoral, nonprofit, open, free, and independent organization. Their principles are friendship, knowledge, and action which lead them in every movement. AMSA has three division since it was first established in 2001, there are society welfare, academic research, and english academy. Its member has grown to 500% in number from when it was established, with 25-35 students in each division, which make AMSA Unpad become one of the biggest organization in FMUP. They have great progress since 2006 and have many achievements such as 2nd winner of poster competition in EAMSC (East Asian Medical Students Conference), First runner-up English debate anecdote FK UGM, and many more.

CIMSA – (CENTER FOR INDONESIAN MEDICAL STUDENTS ACTIVITIES)

Center for Indonesian Medical Students' Activities (CIMSA) is the central organization of activities of medical students in Indonesia, which is independent, inclusive, nationalist, non-profit and non partisan. CIMSA emergence is an individual-based organization which is a form of awareness of medical students to be active in Indonesia as a doctor who possess more competence, particularly for the community.



Founded in 2001, with approximately 2500 individual members. CIMSA aims to become a place of activity of medical students in Indonesia to develop themselves and express their idealism so every students in this country could have the same opportunity to work in the health field as early as possible and provide tangible results for the development of this nation.

Indonesian Medical Student Executive Boards' Association (ISMKI)



ISMKI
Indonesian Medical Student
Executive Boards' Association

Was established through Declaration Cimacan 1969 as an organization called IMK (Indonesian Medical Student

Association) and then changed its name into SMKI from on September 20th, 1981 until now. ISMKI is an inter-executive boards' organization of medical students in Indonesia and serves as a non-government

and non-political organization for medical students to actualize themselves for drumming up medical education, developing medical scientific discourse, implementing social dedication functions especially in health,

developing journalistic and press abilities, also in the other fields in local, regional, national and international level.

Recently, SMKI member consists of 51 executive boards of medical student that means the

members of ISMKI are about 9000 medical students from East to West of Indonesia. Since its establishment, ISMKI has already done many activities and cooperated with national doctors' association, government and NGO, etc. in the national or international.

In the national level, ISMKI has conducted National Management and Leadership Practical Center, National Scientific Congress, National research

Exchange, World No tobacco Control, Medical Student based Curriculum, National Medical Journals, Hasarudin Declaration, etc. In the international level, ISMKI

collaborates with ASEAN NGO in the field of drugs control, takes part in the IFMSA GA and exchanges, and joins international medical education exchange, seminars and trainings.

Ikatan Mahasiswa Kebidanan Indonesia (IKAMABI)

IKAMABI (*Ikatan Mahasiswa Kebidanan Indonesia*) atau *Association of Indonesian Midwifery Student* adalah organisasi yang terbentuk guna mempersatukan mahasiswa bidan seluruh Indonesia, meliputi mahasiswa bidan Diploma 3(D3), Diploma 4 (D4), strata 1(S1).

Misi

1. Menanamkan nilai-nilai keimanan dan ketakwaan pada diri mahasiswa kebidanan
2. Menumbuhkan motivasi organisasi mahasiswa kebidanan Indonesia
3. Berperan serta dalam kegiatan sosial sebagai wujud pengabdian masyarakat
4. Menumbuhkan jiwa kepemimpinan mahasiswa kebidanan Indonesia
5. Membina kerjasama antar mahasiswa kebidanan Indonesia



Visi

Terwujudnya persatuan dan kesatuan mahasiswa kebidanan yang memiliki integritas dan idealisme tinggi berlandaskan keimanan dan ketakwaan kepada Tuhan Yang Maha Esa

Tujuan

1. Menyatukan mahasiswa kebidanan bergerak dalam satu irama
2. Membina mahasiswa kebidanan menuju terwujudnya bidan yang beriman dan bertaqwa
3. Memadukan segenap kompetensi mahasiswa kebidanan sehingga dapat maju bersama membangun bangsa



Midwifery Section



Ikatan Bidan Indonesia

Tanggal 24 Juni 1951 dipandang sebagai hari lahir IBI. Pengukuhan hari lahirnya IBI tersebut didasarkan atas hasil konferensi bidan pertama yang diselenggarakan di Jakarta 24 Juni 1951, yang merupakan prakarsa bidan-bidan senior yang berdomisili di Jakarta.

IBI yang seluruh anggotanya terdiri dari wanita telah diterima menjadi anggota Kongres Wanita Indonesia (KOWANI) pada tahun 1951, hingga saat ini IBI tetap aktif mendukung program-program KOWANI bersama organisasi wanita lainnya dalam meningkatkan derajat kaum wanita Indonesia. Selain itu sesuai dengan Undang-undang RI No.8 tahun 1985 tentang organisasi kemasyarakatan, maka IBI dengan nomor 133 terdaftar sebagai salah satu Lembaga Sosial Masyarakat di Indonesia.

Gerak dan langkah IBI di semua tingkatan dapat dikatakan semakin maju dan berkembang dengan baik. Sampai dengan tahun 2003, IBI telah memiliki 30 pengurus daerah, 342 cabang IBI (di tingkat Kabupaten / Kodya) dan 1,703 ranting IBI (di tingkat kecamatan) dengan jumlah anggota sebanyak 68,772 orang. Jumlah anggota ini meningkat dengan pesat setelah dilaksanakannya kebijakan Pemerintah tentang



Crash Program Pendidikan Bidan dalam kurun waktu medio Pelita IV sampai dengan medio Pelita VI hingga rantingnya mencapai 1944 di 33 provinsi.

VISI

Yaitu Mewujudkan bidan professional berstandar global

MISI

1. Meningkatkan kekuatan organisasi
2. Meningkatkan peran IBI dalam meningkatkan mutu Pendidikan Bidan
3. Meningkatkan peran IBI dalam meningkatkan mutu pelayanan
4. Meningkatkan kesejahteraan anggota
5. Mewujudkan kerjasama dengan jejaring kerja

SUMPAH-JANJI BIDAN

Para lulusan pendidikan bidan diberikan ijabah Bidan sebagai tanda lulus dan diwajibkan mengucapkan sumpah atau janji Bidan sesuai dengan ketentuan yang berlaku. Lafal sumpah atau janji Bidan adalah sabagai berikut :

" Saya bersumpah atau berjanji bahwa saya :

1. Akan mengabdikan ilmu saya dengan jujur dan adil sejalan dengan profesi kebidanan
2. Akan mengabdikan diri saya dalam pelayan kebidanan dan kesehatan tanpa membedakan agama, pangkat, suku, dan bangsa
3. Akan menghormati kehidupan manusia sejak pembuahan
4. Akan membela hak dan menghargai tradisi budaya dan spiritual pasien yang saya layani
5. Tidak akan menceritakan kepada siapapun dan menjaga segala rahasia yang berhubungan dengan tugas saya kecuali jika diminta pengadilan untuk keperluan kaesaksian.
6. Akan menghormati, membina kerjasama,keutuhan dan kesetiakawanan dengan teman sejawat
7. Akan menjaga martabat dan mengormati keluhuran profesi dengan terus – menerus mengembangkan ilmu kabidanan

Sumpah / Janji ini saya ikrarkan Dengan sungguh – sungguh dengan mempertaruhkan kehormatan saya sebagai bidan. Semoga Tuhan yang maha Esa memberikan kekuatan kepada saya."

Hymne Kebidanan UNPAD

Terimalah semua persembahan kami
Terimalah apa yang kami lakukan
Terimalah walau mungkin tak sempurna
Tetap kami kan perjuangkan
Bersama kami kebidanan unpad
Bersama kami dalam satu langkah
Tuk mewujudkan suatu pengabdian
Tuk selamatkan seluruh wanita
Terima kasih kepada-Mu Tuhan
Kesempatan untuk kami
Ingatlah sumpah dan janji setia
Tuk wanita dan negara

Jangan biarkan kami melemah
Jangan izinkan kami tuk menyerah
Berikanlah kami limpahan doa
Tuk selamatkan seluruh wanita
Terima kasih kepada-Mu Tuhan
Kesempatan untuk kami
Ingatlah sumpah dan janji setia
Tuk wanita dan negara

Dengan tekat kuat keyakinan
Terimalah persembahan kami
Bersama kebidanan unpad
Tuk wanita dan negara

SCL dan CTJ

SCL

Student-centered learning (SCL) merupakan pendekatan pembelajaran yang menempatkan peserta didik di pusat kegiatan pembelajaran. Di dalam SCL para peserta didik memiliki dan memanfaatkan peluang dan / atau keleluasaan untuk mengembangkan segenap kapasitas dan kemampuannya.

Aktivitas peserta didik mencakup pembelajaran aktif dan interaktif yang dikemas dalam pembelajaran kolaboratif dan kooperatif. Aktivitas pembelajaran seperti ini mendorong peserta didik untuk mengeksplorasi bidang ilmu yang diminatinya dan kemudian membangun pengetahuannya secara bertanggung jawab yang pada akhirnya mencapai kompetensi sebagaimana ditetapkan di dalam kurikulum.


Selain itu, dengan SCL maka para peserta didik berlatih untuk belajar *beyond the classroom* dan *thinking outside the box* (berpikir di luar pakem yang ada, berpikir secara berbeda atau dengan menggunakan perspektif baru), serta berlatih memecahkan masalah.

CTJ

Pembelajaran yang berpusat pada dosen

1. Metode Ceramah, Cara penyajian pelajaran oleh dosen dengan cara memberikan penjelasan secara lisan kepada mahasiswa

Tujuan metode ceramah adalah menyampaikan materi pelajaran yang bersifat informasi, yaitu konsep, pengertian, prinsip-prinsip yang banyak dan luas serta hasil penemuan-penemuan baru yang belum terpublikasikan secara meluas.

- 
2. Metode tanya jawab adalah cara penyajian pelajaran dalam proses belajar mengajar melalui interaksi dua arah atau "two way traffic" dari pendidik bertanya kepada peserta didik atau sebaliknya peserta didik bertanya pada pendidik agar diperoleh jawaban kepastian materi melalui jawaban lisan pendidik atau peserta didik.

Adapun tujuan dari metode tanya jawab ini, adalah :

- a. Mengecek dan mengetahui sampai sejauhmana kemampuan peserta didik terhadap pelajaran yang dikuasainya.
- b. Memberikan kesempatan kepada peserta didik mengembangkan untuk mengajukan pertanyaan kepada pendidik tentang suatu masalah yang belum dipahami.
- c. Memotivasi dan menimbulkan kompetisi belajar yaitu peserta didik yang aktif dan tepat menjawab lebih percaya diri dan berusaha untuk selalu lebih baik dan peserta didik yang belum aktif atau tidak dapat menjawab dapat mempersiapkan diri dalam kesempatan lain.
- d. Melatih peserta didik untuk berfikir dan berbicara secara sistematis dan sistemik serta berdasarkan pemikiran yang orisinal.
- e. Metode tanya jawab tidak dimaksudkan untuk mengetes kemampuan peserta didik tapi diarahkan sebagai upaya pengajar membuat peserta didik mengerti, memahami dan berinteraksi aktif dalam KBM sehingga tujuan dapat dicapai baik.



Metode Belajar

1. Lecture
 - a. Metode SCL CTJ
 - b. SCL: Dibagi 4-5 orang per kelompok
 - c. 1 SKS: 50 menit dalam lecture
2. Lab Act
 - a. Preclinical Lab (anatomy, biochemical, etc)
 - b. Clinical Lab (Skill's Lab KDPK, PKK)
 - c. Computer Lab
3. Praktik Lapangan
 - a. Praktik lapangan: akhir semester II
 - b. Rumah sakit jejaring: Rumah Sakit Hasan Sadikin, Rumah Sakit Muhammadiyah, RSUD Kota Bandung, Rumah Sakit Cibabat, RSUD Soreang

Prerequisites to undergo exams

Lecture min 80%

Skill's Lab 100%



Seragam Kebidanan



2 Stel Pakaian Seragam Putih Biru

2 Stel Pakaian Praktik

1 Stel Pakaian OSCE

1 Pasang Sepatu Hitam

1 Pasang Sepatu Putih

Dosen Kebidanan

SEMESTER 1

Fifi Veronica, dr. / Hari E. S. dr. & Tim **Anatomi dan Fisiologi**

Biologi Reproduksi Fe Soehernani, dr., M.Kes. & Tim

Dra. Abta Abrani, M.Kes. & Tim **Biokimia**

Fisika Kesehatan Drs. Wahyu A. Soemardi, M.S. & Tim

Kuswandewi Mutyara, dr., M. Sc., M. Kes. & Tim **Humaniora**

KDPK Ima Kurnia Aprillani, SST. & Tim

Kresna Resminingrum, SST. & Tim **Konsep Kebidanan**

PKN Dra. Hj. Anna Martiana, M.Kes. & Tim

Aam M. Saadah, S.Ag & Tim **Agama**

Bahasa Indonesia Mahmud Pasya, MA. & Tim

Adhia Nugraha, S.Pd. & Tim **Bahasa Inggris**

Dosen Kebidanan

SEMESTER 2

Anita Bachmawati, dr., SpOG (K) & Tim **Obstetri Fisiologi**

Cizi Kesehatan Reproduksi Abdullah Firmasari, dr., Dr.CK, M.Kes & Tim

Ledy A. Dinto, dr., SpD & Tim **Ilmu Penyakit Dalam**

Kesehatan Reproduksi Edwin Darmawan, dr., SpOG (K), SpM & Tim

Kesni Rasmihardjani, SST **Konsep Kebidanan II**

Ilmu Kesehatan Anak Eddy Fadlyana, dr., SpA (K), M.Kes

Fredrick Darmawan Purba, M.Psi & Tim **Psikologi**

KDPK Ima Kurnia Aprillani, SST. & Tim

Prof. Dr. Dr. Herri S. Sastramiharja, SpFK (K) & Tim **Farmakologi**

Buku Kebidanan



Asuhan Kebidanan 1 dan 2
Helen Varney
EGC



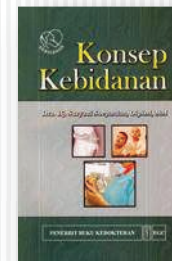
Sobotta
R. Putz
J.R. Pabst



Ilmu Kebidanan dan Ilmu
Bedah Kebidanan
Sarwono Prawirohardjo



KDPK
Nurul Eko W
Pustaka Rihana



Konsep Kebidanan
Sarwono Prawirohardjo
EGC



Kebidanan Oxford
Janet Medforth, dkk
Lippincot Williams



Introduction to...

Lifestyle

Hi! It's me, Rainey Ahmad. You can call me Abi. Am I Popular? The answer is simple: YES.I.AM. and she is Herza Fadlinda. Her nickname is Herza. Other students usually call us malignant and they told us that we have an extremely narcissistic behavior.

But, it is NOT TRUE AT ALL! Well, it is true (a little)... But, it doesn't matter right? It's not hard to be a popular student like me and her. You can simply follow our advices, tips, and tricks about our lifestyle in Jatinangor to be the popular one.

HAVE A tour de UNPAD



ODONG-ODONG



WAAAAH, WE ARE SOOOO UNSURE ABOUT THIS ONE. THIS IS ONE OF IN-CAMPUS TRANSPORTATIONS BUT MANY OF US USE THIS AS AN AMUSEMENT RIDE - LIKE ROLLER COASTER (REALLY, YOU MUST TRY THIS ONE ESPECIALLY THE BLUE ONE - DRIVING BRUTALLY IN A HILL-LIKE UNPAD'S ROAD) EVEN A POPULAR GUYS LIKE US HAVE TRIED IT (SEVERAL TIMES, UPS). DON'T FORGET TO CLOSE YOUR NOSE WHEN IT DRIVES THRU FAPERTA WHERE COW'S FRAGRANCE IS EVERYWHERE. ALL IN-CAMPUS TRANSPORTATIONS ARE OPERATED UNTIL 4 PM AND IN 12.00-13.00 THEY NOT OPERATED BECAUSE THE DRIVER IS RESTING. THE ROUTE IS LIKE BLUE-COLORED IN-CAMPUS ANGKOT (DESCRIBED BELOW).

ANGKUTAN DALAM KAMPUS // angkot



ANGKOT IS A KIND OF TRANSPORTATION, NOT ONLY INSIDE CAMPUS, BUT ALSO OUTSIDE CAMPUS. FOR IN-CAMPUS ANGKOT WE USUALLY CALL IT ANGKOT KAMPUS. SEEN AS LOW-CLASS TRANSPORTATION BUT IT IS ABSOLUTELY NOT, I, A HIGH-CLASS STUDENT, HAVE TRIED IT AND IT IS FUN ALTHOUGH IT IS RATHER HOT - BUT IT'S OK. FIT FOR A LAZY-TO-WALK PERSON LIKE ME HOHOHO.

THERE ARE TWO TYPES OF IN-CAMPUS ANGKOT - DIFFER FROM THE ROUTE.



BLUE START AT ATM CENTER - FISIP - BALE - SASRA - FAPERTA - RECTORATE'S ROUNDABOUT - RECTORATE - PERIKANAN - FAPET - FMIPA - FRONT GATE OF PSYCHOLOGY - A5 OF FK - ATM CENTER

OTHER COLORS: START AT ATM CENTER - FISIP - BALE - SASRA - FAPERTA - RECTORATE'S ROUNDABOUT - PHARMACY - GEOLOGY - BACK GATE OF PSYCHOLOGY - A6 OF FK - ATM CENTER

ATM CENTER



LOCATED RIGHT AT THE OPPOSITE OF THE PANGKALAN ANGKOT (YOU KNOW, THE PLACE WHERE THE PUBLIC TRANSPORTATION GATHERS), AND RIGHT BESIDE THE OLD GATE YOU CAN FIND THE ATMS OF MANY KINDS OF BANKS, LIKE BNI, MANDIRI BANK, BCA, OCBC, BANK JABAR, BRI, AND OTHERS.

THE SERVICE IS FOR 24 HOURS, SO WHEN YOU DON'T HAVE MONEY IN YOUR POCKET, OR NEED SOME MONEY FROM YOUR BANK ACCOUNT, DON'T BE SHY AND COME HERE!

PLACES arboretum



THE PARK INSIDE UNPAD, AND YOU CAN FIND THE LAKE HERE. IF YOU HAVE THE MISCHIEVOUS NATURE INSIDE YOU AND YOUR FRIENDS HAVE THEIR BIRTHDAYS, JUST COME HERE AND CELEBRATE THE PARTIES IN MISCHIEVOUS WAY, LIKE PUSHING YOUR FRIENDS INTO THE LAKE, FOR EXAMPLE (DON'T EVEN DARE TO TELL THAT THE IDEA COMES FROM US =P)

YOU CAN SPEND YOUR TIME ENJOYING PICTURESQUE VIEW, ESPECIALLY WHEN THE FOUNTAIN IS ACTIVATED. JUST, DON'T SPEND YOUR TIME TOO MUCH HERE OR YOU'LL SLOWLY LOSE YOUR MIND (IN INDONESIAN, KNOWN AS GALAU) (KIDDING)

UKM complex

FOR THIS MATTER, DON'T WORRY, BECAUSE YOU'LL BE INTRODUCED



IN OSPEK FROM UNIVERSITY. SO, JUST WAIT PATIENTLY! HOWEVER, FYI, FOR UKM IN UNIVERSITY, THERE ARE 2 COMPLEXES, THE ONE AT THE OPPOSITE OF A1 BUILDING (BESIDE THE LAKE IN ARBORETUM) AND THE OTHER ONE CLOSE TO DORM FOR PHARMACY AND MALAYSIAN DENTISTRY STUDENTS. FOR UKM IN FK, JUST WAIT PATIENTLY (AGAIN) BECAUSE WE'LL INTRODUCE TO YOU IN OPPEK.

faculty canteen

THE MOST FREQUENTLY VISITED CANTEENS ARE, THE CANTEEN IN FK ITSELF AND THE CANTEENS IN NEIGHBORHOOD (CANTEEN IN FKG AND PSIKOLOGI IN OUR CASE). WHEN YOU FEEL WORN OUT HAVING LUNCH IN A6, DON'T BE AN ANTI-SOCIAL AND TRY SOME MENU IN OTHER CANTEENS. THE CLOSEST CANTEEN IS IN FKG, AND YOU MAY FIND SOME NEW MENU HERE OR, IN PSIKOLOGI, YOU'LL FIND MORE THAN ENOUGH MENU HERE TO GO THERE, FROM A6, TURN LEFT AND GOES STRAIGHT UNTIL YOU FIND BASKETBALL COURT. RIGHT BESIDE THE COURT, YOU CAN FIND THE CANTEEN OF PSIKOLOGI AND MIPA FACULTIES. WELL, YOU'LL HAVE MORE KINDS OF MENU HERE!

rektorat

HM, THE MOST MAGNIFICENT BUILDING IN OUR BELOVED CAMPUS, IF WE HAVE TO SAY ABOUT THIS BUILDING. ANYWAY, YOU CAN EASILY FIND THIS BUILDING SINCE IT'S MORE LUXURIOUS THAN THE OTHER BUILDINGS AROUND IT.

THE SHAPE IS OVAL THE EASIEST WAY TO REACH HERE IS THROUGH THE MAIN GATE (THE UPPER GATE, OKAY?), AND THEN TAKES THE LEFT ROUTE JUST GO STRAIGHT AND YOU'LL FIND RECTORATE BUILDING AT THE LEFT BEFORE RECTORATE'S ROUNDABOUT =>

FAPERTA'S fresh milk

ANYONE LIKES FRESH MILK? THIS PLACE IS MUST-TO-VISIT FOR YOU WHO LIKE FRESH MILK, BECAUSE IT'S GOT DIRECTLY FROM THE FARM OF FAKULTAS PERTANIAN. THE PLACE IS AT THE OPPOSITE OF BALE SANTIKA.

SO, MARK MY WORDS, THIS PLACE IS MUST-TO-VISIT.

ARTICLE *abi + herza*
LAYOUT *zaragita*



GO and DISCOVER!!

article: ABI+HERZA layout: ZARAGITA

Do you think I only eat during my whole life time here in Jatinangor? Of course not. I do love going somewhere randomly. Jatinangor has its exotic charm with its very own way. Mainly consists of rice field here and there, but there's also few Netherlands constructions, and a forest. These things made Jatinangor suits me – who love natural and of course beautiful scenery. This city also has complete facility of sports and health. Here are some places that I love to go in Jatinangor!



MENARA LOJI

This tower is located inside Unwim (now ITB), you can spot it on your way to Unpad, on your left side. The tower is built in the 1800s. It has romantic ♥ style building with decoration at its four sides.



JEMBATAN CINCIN

Jembatan Cincin (Ring Bridge) – styled Djembatan Tjintjin is located in Cikuda. It was meant to accommodate the rubber industry that once existed. The bridge was built by Dutch railway company Staat Verenigde Spoorwegbedrijf in 1918. But, nowadays, the bridge is just as a connectors between each hill. I really love the scenery there, soooo regal – terasering rice fields were everywhere as the eyes can see, and the mountain is also can be seen. We can go there from a small entrance from Unpad.



BGG

Do you like playing golf? I DO! An elegant and really a high-class sport is in Jatinangor, too! Needless to say, but Jatinangor has almost every aspects I need outside this city. A rich-elegant student really needs a resort for take a nap – and BGG HAS IT TOO! OH GOD, this is what I called heaven on earth. This place is located before Unpad's top gate. Try to go to there although you're not going to golfing or spend your night in the resort – its scenery is very refreshing actually.

EAT AND DRINK

You know, at this village-like city (Jatinangor), people have very low expectation about where to eat and drink nicely. But, do you know? Jatinangor is far more developed than the city of Sumedang itself. I thought it's because of the popular people (including me, of course) who live here. Jatinangor foods vary from Indonesian traditional foods to European modern foods. Just eat what I eat and you'll be very proud of yourself :)

WANNA KNOW MORE? SO, I EAT AND DRINK AT:

CHE.CO

Yup, it is the most popular restaurant in Jatinangor. Once, it was the best place to eat with warm and nice waiters and waitresses, cozy place, and variety of foods can be found, but nowadays... You can fill the blank with your own comment after you go there. But this place allows their costumers to smoke, and it really makes me not pleased. Try Nasi Goreng Ayam Kalasan for main course and Choco Lava for dessert. For drink, I recommend you Milk Tea. Oh yes, there is also a promo: it is 15% off if we eat there before 11 am!

GUSTO

This mini-restaurant has a high potential to be the best restaurant in Jatinangor. The cost is friendly and so does the atmosphere. Very nice service and lot variety of foods are the plus points. Tori Saitame is the food I recommend for sour and sweet lovers.

KEDAI SEMUT: Selami Ayu

LOCATED IN JALAN SAYANG, FAMOUS FOR ITS FRIED RICE. YOU CAN EAT THERE FOR A "WARUNG" MOMENT OR YOU CAN SIMPLY TAKE IT AWAY TO BE EATEN IN BALE. IT IS OPEN FROM 6PM UNTIL 1 AM.

ngeumong

CAFÉ AND LIBRARY

THE FOUNDERS OF NGEUMONG ARE STUDENTS FROM FACULTY OF COMMUNICATION. DESIGNED TO BE A PLACE FOR STUDY AND EXCHANGE THE IDEA AND ALSO INSPIRATION. IT IS VERY COZY AND BECOME MY PERSONAL FAVORITE RESTAURANT. THIS PLACE COURSES ARE MAINLY CHOCOLATE. THE RECOMMENDED FOODS ARE WRITTEN IN THE MENU, BUT I LOVE CHICKEN CORDON BLEU FOR FOOD AND "BY THE RIVER PIEDRA I SAT DOWN AND WEPT" FOR THE DRINK.

JATOS

Lots of modern foods are here. In the basement floor there is Hoka Hoka Bento while in the first floor there is Richeese Factory, Bakso Lapangan Tembak, Kentucky Fried Chicken, J2J-Sushi Place. Food Court is located in the second floor and filled with low-cost but tasty foods as many of them are originally generated from Jatinangor. I love Takoyaki and Juice there.



NEXT PAGE!

MADTARI

Then we move on to... the specialist of toasts! The best time to eat there is night, between 22.00-01.00. This place also allowed costumers to smoke – which I really hate. But, tell me, what's more relieving than eating Chocolate and Cheese Toast with Bajigur? Nothing.

P * A * U * N

pasar unpad

It is located on the way to Kiarapayung, open every Sunday. For me, it is the final destination of Sunday Morning Run or Sunday Morning Lovely Walk. Many foods located there, for example Chicken Porridge, Soto, Lontong Sayur, and Fresh Milk. Beside foods, it is the place for cheap clothes and toys. Don't forget to take part in aerobics, only 2000 rupiahs! :)

BALE CAFE

THE EASIEST PLACE FOR BALE-ERS TO EAT. THIS CANTEN-LIKE PLACE (THIS PLACE ACTUALLY IS NOT A CAFÉ) GIVES US BROAD SPECTRUM OF MENU. I REALLY LOVE NASI GORENG KARI, THE ONE YOU MUST TRY. BUT THE BEST AND WORST PART IS IN THE SAME ASPECT, THE PRASMANAN STYLE OF FOODS. SO, WE GET OUR FOODS BY OURSELVES AND GIVE IT TO THE CASHIER TO BE COUNTED. THE FOODS ARE GREAT BUT THE COST IS LABILE JUST TRY.

FOODS IN FRONT OF THE OLD GATE OF UNPAD

MANY VARIATIONS OF FOODS CAN BE FOUND HERE. I USUALLY GO HERE SATURDAY MORNING TO EAT NASI CORNED WITH SCRAMBLED EGG, SAUSAGE, CHEESE, KECAP (SOY SAUCE), AND KERUPUK (CRACKERS). THERE IS ALSO CIWAWA BREAD WHO GIVES DISCOUNT IF YOU HAVE CUM LAUDE GPA. THERE IS ALSO NASI GILA (CRAZY RICE), CHICKEN PORRIDGE, LONTONG SAYUR, AND LUMPIA BASAH (BEAN SPROUT + EGG + KECAP SAUCE + CHILI BENEATH SPRING ROLL SKIN).

Warung Gemas

This is a warteg. Do you know warteg? Warteg is Warung Tegal, maybe because it is from Tegal, I don't know exactly. Actually, we hate warteg because usually it is not a clean place, but warung gemas is different. It is clean after a renovation in 2012. I recommend you to give a try on Nasi Goreng and Ayam Bakar. One portion is large, SO LARGE, doesn't fit with my small stomach :(.

SAY cheese

This amazing place is the house of obesity. Their pastas are delicious, and so do their mashed potatoes. Their menus are unique, we can choose our own menus by choosing cheese, pastas, and sauces separately. It is located at T-junction of Jatinangor, near Jatots. The promos are exceptionally DOUBLE U-O-DOUBLE U, they give 50% discount if we eat there! For 10-11 am. Try their lasagna!

D'WISCAR

LOVELIEST JUICE AND FRUIT SOUP IN JATINANGOR OR MAYBE AROUND THE WORLD HAHHA. MANY SECRETS OF JUICE-MAKING ARE HIDDEN IN THIS PLACE. FRUIT SOUP WITH LEMON SAUCE VERY FRESHEN ME, ESPECIALLY AFTER DAZING-LECTURES. ALL DRINKS ARE HIGHLY RECOMMENDED.

martabak! Spektakuler

Notable for its sweet pandan martabak. Its topping is varied, from cheese, chocolate, peanut, or combination of the three. It is very delicious but unfortunately oily. Usually I order it from Bale and eat it with my friends, one of my ways to become popular. The outlet is across Caringin alley.

NEXT PAGE!

kedai INDRA

The menu mainly consists of seafood, located in front of GRIYA Jatinangor. The place is small, so do the portion of foods. But the foods are quite delicious. :9

B.E.B.E.K f e g e g

Both located in the basement place, beside the Gym and Favorite Stationary. Bebek Jegeg is famous for its duck menus. The tastes of foods in the restaurant is unforgettably delicious – makes me and my friends want to eat there more and more. My advices: If you don't like spicy foods, tell them to separate chili sauce because it is way toooo HOT!

KAKI LIMA

SOMETIME, MY BELLY IS ABLE TO EAT ANY KIND OF FOOD, INCLUDING KAKI LIMA FOODS. MANY OF THEM ARE SCATTERED ALONG JATINANGOR STREET, JUST TRY TO FIND IT. BUT HERE'S THE CHEAPEST PRICE LIST OF FOODS YOU CAN BUY FROM THE KAKI LIMA.

PRICES:

- lumpiah basah @ RP 3.500,00
- pisang karamel @ RP 1.000,00
- martabak mini @ RP 1.000,00 - RP 4.000,00
- cireng isi @ RP 1.500,00
- cilok @ RP 100
- batagor @ RP 3.000,00
- tahu bulet @ RP 500
- gehu pedas @ RP 1.000,00
- pukis @ RP 600
- siomay @ RP 600
- amug @ RP 3.000,00
- pisang ijo @ RP 4.000,00

OTHERS YOU CAN find it YOURSELF

and don't forget to tell us once you've found great ones!

layout ZARAGITA



SHOPPING IS VERY CRUCIAL FOR ME SINCE THEY LABELED ME AS A RICH-POPULAR STUDENT. NO, NOT ONLY FASHION, I'M TALKING ABOUT SHOPPING IN THE SUPERMARKET TO FILL MY SUPPLY FOR FOODS AND DRINKS TOO. I LOVE TO SHOP IN THESE PLACES – JUST FOLLOW ME AND DON'T FORGET TO READ AND UNDERSTAND TIPS AND TRICKS FROM ME!

***** griya



Who didn't know Griya? Only those who are really anti-social, never-hang-out people who didn't know this place. But, for my unique and also beloved junior I will give the information about it. So, this Griya is located on the roadside of the road back to Bandung, the same street with Jatros, you know la. You can buy almost anything for your loveliest Bale room ;) For the prices, this place is cheaper than any place in nangor – just try. Oh and you can buy cardboard in Griya for only 2000 rupiahs.

***** alfamart

Alfamart

Belanja puas, harga pas

Alfamart is similar to Griya but smallerrrrrrr. At Jatinangor, there are three

Alfamart. The first one, you can go outside of old gate of Unpad, have a small

straight walk and TADAA Alfamart is seen! Second, if you want to have a little jog, you can jog on the way to Jatros and VOILA! The second Alfamart beside Favorite Stationary and Rabbani (Fashion store for Moslem). The last one is across IKOPIN, still one way with Jatros, cape deh.. (So tiring). BUT guys, this Alfa has BCA ATM inside – ones that we can't find in Unpad. Yah, if you only have BCA ATM be patient, build an ATM la hahahaha.

***** indomaret



One is located across Dunkin Donut and beside Jatinangor Townsquare, and the other is on Jalan Sayang – the rival-store of Alfamart. You can simply choose which one do you want to shop to, as we know how do you expect when shopping in this city? You must genuinely spend your money even although there is only Alfamart or Indomart :)

***** superindo jatos



We don't have much to say, but the point is, this store is in Jatros A.K.A Jatinangor Townsquare. You do not know Jatros? Called an Ojek (motorcycle services), just say "Jatros" and TADAAAA like a magic spell – you're teleported to Jatros ;) Use the escalator to go down one level aaaaaand welcome to Superindo – beside it there is Guardian that sells many meant for health items. Superindo is quite complete also.

***** bale mart



Bale Mart – the closest store you can find while you are in Bale. The shopkeepers are really friendly – you can simply just chat, gossip, and even confide with them. The price is similar to Alfamart. It is very helpful when you are in your difficult times.

delivery SERVICE

ARTICLE abi+herza

LAYOUT zaragita

For popular medical student like us, time is very precious. I personally use most of my times to popularize myself or have lectures and study. Unlike me, Herza uses most of her times to increase her beauty by doing manicure, pedicure, hair spa, shopping, and of course **STUDYING**. Because of that, we usually prefer to have a delivery service when we are starving and craving for foods.

DELIVERY LISTS! – POPULAR DELIVERY ORDER IN BALE PADJADJARAN 2011-2012

refresh //

082117355125

ONE OF THE MOST POPULAR DELIVERY ORDERS THROUGHOUT HISTORY OF DELIVERY IN BALE PADJADJARAN. IT IS POPULAR BY ITS WIDE RANGE AND VARIATIONS OF DISHES. I LOVE SPINACH WITH BEEF AND RICE FROM THEM. BUT, THE ORDER MUST BE HALF HOUR EARLIER FROM THE TIME YOU'LL EAT. OH YES, YOU CAN CONTACT THEM VIA LINE TOO! COOL RIGHT?

BKI mandiri jaya //

085294892999

THIS DELIVERY IS NOTABLE FOR ITS 24 HOURS DELIVERY ORDER, BECOME MY FRIEND IN MY EXAMINATION TIME IT'S ALSO FAMOUS FOR ITS PRASMANAN STYLE OF FOODS. TIPS: THIS IS HOW YOU SHOULD TEXT THEM:

"MAU PESAN TELUR 2+NASI+JAMUR CRISPY+KORNET"

DON'T USE THIS KIND OF TEXT:

"MAU PESAN 2 TELUR NASI JAMUR CRISPY 3 KORNET"

kantineung //

082118467430

DELICIOUS HOMEMADE MEALS CAN BE ACQUIRED FROM 7AM UNTIL 9PM. IT IS SIMILAR TO BKI BUT THE DELIVERY TIME IS SUPERFAST. IT ONLY TAKES 10-20 MINUTES TO GET THE MEAL DELIVERED TO BALE. THE FRIED RICE IS VERY HOMOY AND I USUALLY COMBINE IT WITH CRISPY MUSHROOMS.

d'ullary //

08128235422 / 085221750040

IT IS THE KIND OF STANDARD DELIVERY ORDER FROM THE BACKSIDE OF BALE PADJADJARAN. I USUALLY EAT THEIR "BISTIK AYAM" – BUT IT IS NOT REALLY A "BISTIK AYAM" THOUGH. YOU CAN TRY IF YOU'RE BORED WITH THE OTHER.

syambaladoc //

EVERYONE'S FAVORITE PADANG DISHES DELIVERY. THE DISHES MAINLY CONSIST OF FOODS OF PADANG. THE PORTION IS VERY-VERY BIG AND SPICY – A TYPICAL OF PADANG DISHES. DELIVERY TIME IS QUITE FAST, SO DON'T WORRY IF YOU'RE REALLY HUNGRY.

kantin mama //

085722615390

BESIDE DELIVERY, KANTIN MAMA IS ALSO RENOWNED FOR ITS CATERING, FIT FOR THE ONE WHO WANTS TO SKIMP. IF YOU TEXT THE NUMBER OF KANTIN MAMA, YOU WILL GET THE REPLY FROM A MOTHER-LIKE OPERATOR SUCH AS "TYA SAYANG, NANTI MAMA KIRIM MAKANAN KE KAMU, KAMU DIBALE BERAPA NAK?"

J2J //

08996908008

WHAT DO YOU EXPECT MORE FROM JATINANGOR? THE POPULAR AND STAR INDICATOR DISH, SUSHI? YES, YOU CAN ORDER IT RIGHT AWAY. THIS SEXY DISH IS MY DAILY ORDER TO MAINTAIN MY POPULARITY AMONG PEOPLE. EEL DRAGON ROLL IS MY PERSONAL FAVORITE. BY THE WAY, J2J IS THE ABBREVIATION OF FROM JAPAN TO JATINANGOR. THIS RESTAURANT IS THE SPECIALIST OF SUSHI AND SASHIMI.

bakmi padjadjaran //

08122077247

I REALLY LOVE THEIR "BAKMI GORENG" :9 IT IS ONLY 10.000 RUPIAHS. BUT, YOU MUST ORDER AT LEAST TWO DISHES IF YOU WANT IT TO BE DELIVERED TO YOU, OHI AND ALSO IT MUST BE BEFORE 6PM.

jawara //

IT IS WELL-KNOWN FOR ITS SEAFOOD-BASED MEAL. ITS "KAKAP GORENG" IS VERY DELICIOUS. THEY ALSO GIVE US OPTION FOR GROUP OF FOODS + DRINKS CALLED "PAKET".

MD tom yam //

085314533565

MAYBE, GO INTERNATIONAL IS THEIR MOTTO. TOM YAM GOONG AND FRIED RICE ARE THEIR SPECIALTY. THERE IS NASI GORENG TOM YAM, NASI GORENG USA, NASI GORENG PATAYA, NASI GORENG THAILAND, AND MANY MORE. SOUNDS INTERNATIONAL, RIGHT? BY THE WAY, I LOVE THEIR NASI AYAM SINGAPUR OR WE USUALLY CALLED IT HAINAN CHICKEN RICE, IT IS VERY DELICIOUS DESPITE THE SEMI-FAST DELIVERY TIME.

laperbanget.com //

THIS IS SOOOOO IMPORTANT! ALL YOU HAVE TO DO IS OPEN LAPERBANGET.COM ON YOUR BROWSER, AND THEN LOG-IN (OR REGISTER) FIRST. OK, AND THEN YOU CAN CHOOSE WHICH FOODS AND DRINKS THAT YOU WANT. VERY CONVENIENCE, AND PERFECTLY MATCH WITH HERZA AND ME AFTER YOU CHECK OUT, THEY, FROM LAPERBANGET.COM, WILL TEXT YOU. OH YES, LAPERBANGET.COM IS ASSOCIATED WITH THESE RESTAURANTS: CHECO, D'WISCAR, SHAFI YOGHURT, RUMAH MAKAN PADANG IKONYO, AYAM GORENG LAOS, AND UNI APUAK. IF YOU WONDER, WHAT ARE THEY? JUST SIMPLE OPEN YOUR BROWSER AND TYPE LAPERBANGET.COM ON THE ADDRESS!

others//

kedai indra // HOKA HOKA BENTO // Richeese // MANY MORE ! FIND IT BY YOURSELF ;)

staying A B A L E padjadjaran

★ about ★

Waaaaah, an (ULTRA RARE) wise advice from us: You must explore Bale by yourself. But, it's OK lah ya, we will give some info about it. Bale Padjadjaran is your home for the first year. The mosque is very close to you – for moslem, do not waste your opportunity!

If we talk about bale – you will found that room facility between Bale 2 and Bale 3 and 4 is different, for space, Bale 3 and 4 is the clear winner, but for facility Bale 2 is superior. Last year, Bale 2 and Bale 3 were meant for female student while Bale 4 was meant for boys.

If you want to study with your group, Bale 2 has it because of many chairs and tables. But, you should minimize your sound and it has limit hour (max: 10 pm) because there is a room in the Ground Floor Bale 2 – give them some respect 0:) ✉ Ms. Fadlinda's experience.

The point is Bale is the incredible place where we can study, rest, fell in love, or fell (for real) It is sooo fun, with the facilities: Karaoke, Music Room, Gym, Games at Bale 4 and Bale Café 2 and Bale Mart at Bale 3, group discussion is very easy to do or simply having fun with our friends together.

“Do not ever miss your incredible experience in Bale Padjadjaran – You will craving for that moment when you're going out of Bale”

★ matrons ★

Matrons are very crucial in a dorm – act as your parent as well as your friend. You can tell your stories to them and don't forget to celebrate their birthday. They are really a great caretaker of you, friendly (of course), and lovable. Always listen what you said and give they opinion about it.

ARTICLE *abi + herga*
LAYOUT *zaragita*

Meet The Keepers



Teh Neng

Teh Ussy

Teh Rilla

The colors in their name indicate their favorite color and their name order, is the same with the photo order. They are super nice, friendly, and act as a gossip machines. For your information, Teh Neng is very active and... what's the word? hm.. lebay. Teh Ussy is the calm and reserved one, And Teh Rilla is in the middle of them. OH! And if you want some info, anything, ask them

TIPS!



How to Survive In Bale Padjadjaran

Just in case you can't survive there #truestory

1 Respect



Be Acquainted with your neighbor 2



3 Don't find enemies!



Routinely tidy up your room 4



5 Be Acquainted with Bale Mart Keepers



Tell your problems to your matrons 6



TIPS!

How to Delivery Foods



From Abi & Herza

1 Look for the price – compare between each delivery service



Ask for opinion 2

3 Always ask for confirmation in the text – and use Bahasa Indonesia please



Phone the delivery number if the food is not forthcoming 4

5 Be nice to delivery man if it is late or wrong – actually it is not his fault

TIPS!

How to Shop Better #SAVEYOURMONEY



1 Write a shopping list



Compare shopping places – price and distance aspects.
Don't forget to take your own shopping bag.

2

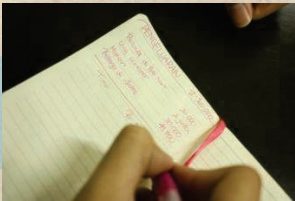
3 Choose brand – compare the price and ingredients
and don't forget to ask opinion from your friend



Only shop what you wrote on the list

4

5 Don't forget to take a photo of PROMO label (this will
help you to save your money)



Write your daily expenditure on special
book.

6

BANDUNG

IT'S BANDUNG. BRO!

Bandung is the capital of West Java province in Indonesia, and also the second largest metropolitan area in the country. Located approximately 140 km south east of Jakarta, this city is Indonesia's third largest city, after Jakarta and Surabaya based on its population.

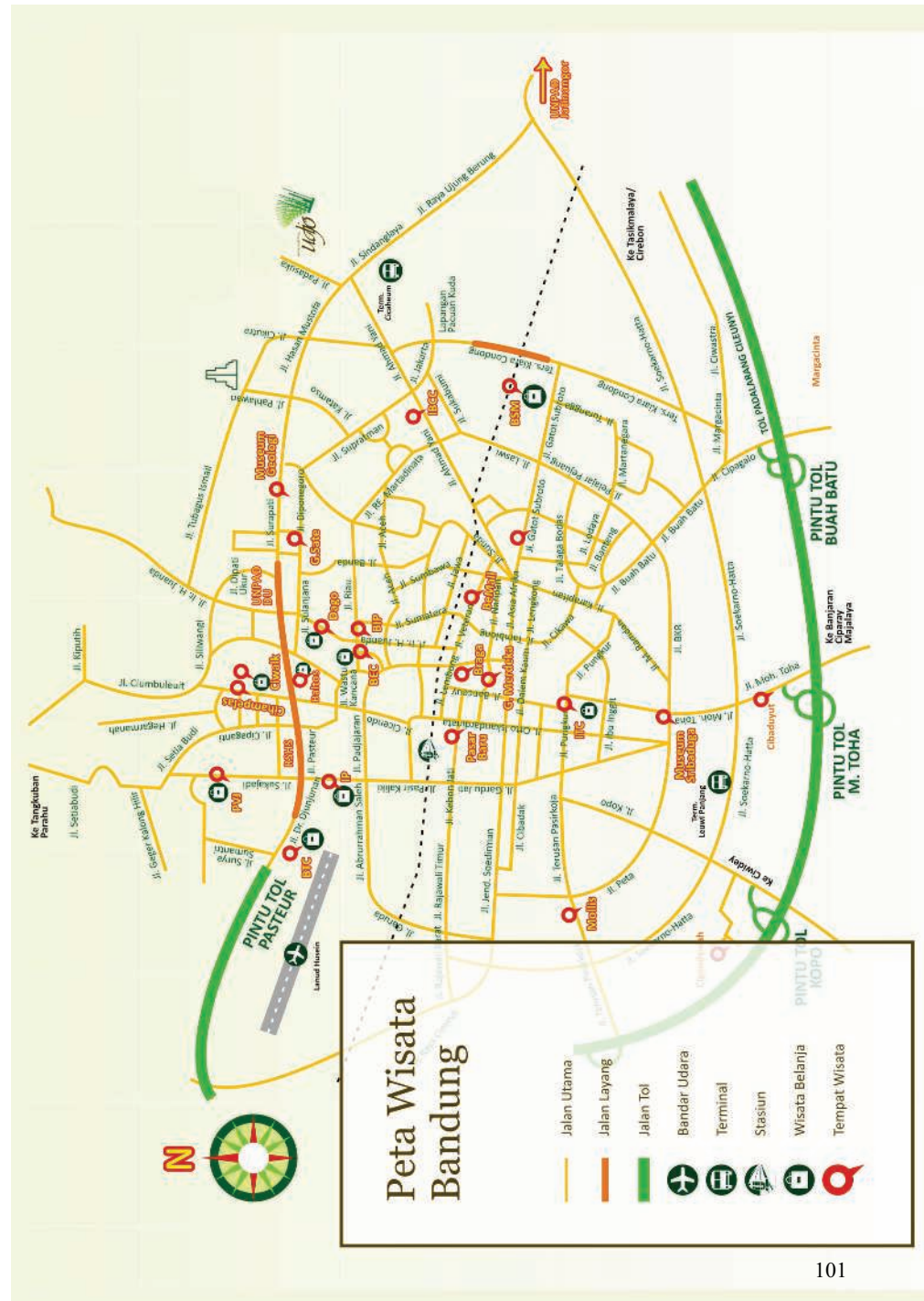
City of Flowers (Kota Kembang) is one of the nicknames for the city, because the city was renowned with its abundant amount of trees and flowers. What's more, Bandung was also called Parijs van Java because of its famous magnificence. On top of that, Bandung is also widely known as shopping destination, by means of the cheaper fashion shops located in factory outlets and distros all over the city.

At the present time, Bandung is a popular weekend destination of residents of the cities around Bandung. The cooler climate of the highland plantation area, the varieties of food, and many of the shopping spots, golf courses, and the zoo, are some of the attractions of the city. Here is a number of favored tour destination around Bandung:

- White Crater (Kawah Putih)
- Trans Studio Bandung
- Gedung Sate
- Bandung Zoo
- Pemandian Air Panas in Ciwidey and Ciater
- Strawberry Picking Tour in Ciwidey
- Situ Lembang
- Saung Angklung Mang Udjo
- Braga Street
- Jalak Harupat Stadium

In addition, many people advance to Bandung to earn literacy because there are several universities located in Bandung that are considered among the best universities in the respective fields of specialty in Indonesia. Some of the universities are Padjadjaran University, Bandung Institute of Technology, Parahyangan Catholic University, Bandung Islam University, Maranatha Christian University, and Indonesia University of Education.

Anyway, you can go to Bandung from Jatiningor via Arnes Shuttle or Geulis Shuttle 15k rupiahs or via Damri 5k rupiahs.



Crosswords



Mendatar

Menurun

- | | |
|--|---|
| <ul style="list-style-type: none"> 1 Official Twitter Account Ketua PH KEMA FK UNPAD 3 Tete Bale Mart ter-lebay 7 Senandung Kelulusan 10 2010 11 Mencakup 40% SKS (dibalik) 12 "Beyond the classroom & thinking outside the box" 13 Ada di UNWIM, pernah masuk Dua Dunia 16 2012 18 Staf Khusus Kemahasiswaan 19 IBI merupakan anggota | <ul style="list-style-type: none"> 2 Organisasi penyatu seluruh mahasiswa FK di Indonesia 4 Bapak antara mahasiswa dan rektorat 5 Medium Shuttle Bus oleh PT Pupuk Kaltim 6 Small group discussion + PBL 8 Salah satu fungsi DPM (dalam Bahasa Inggris) 9 2011 14 "Iya sayang, kamu di bale mana? Biar nanti mama antar." 15 Tiga yang tak terpisahkan, bekerja sebagai landasan 16 Nama gaul tempat tinggal kamu 3,5 tahun kedepan 17 Tampan dan bersahaja, paling berpengaruh di FK UNPAD |
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**WHO IS
BEHIND
THE SCENE . . ?**

#closing

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This OPPEK book is a collaboration between 2012 & 2013 OPPEK book team as last year OPPEK book wasn't published.



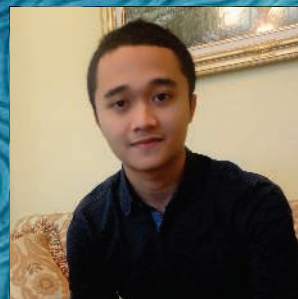
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