



PERTAMINA

energia

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MELINDUNGI PENERUS NEGERI

PROTECTING THE NATION'S SUCCESSORS



6 ESG INSIGHT

CARBON CAPTURE UTILIZATION & STORAGE (CCUS), MEMPERKUAT KOMITMEN ESG PERTAMINA CARBON CAPTURE UTILIZATION & STORAGE (CCUS), STRENGTHENING PERTAMINA'S ESG COMMITMENT

PERTAMINA PEDULI

DWIBAHASA
BILINGUAL

IHC TELEMED

"Sehat dalam Genggaman"



CARA MELAKUKAN TELEKONSULTASI IHC TELEMED KHUSUS COVID

1. Download aplikasi IHC Telemed melalui tautan:
<https://bit.ly/aplikasiihctelemed> atau scan barcode
2. Pilih layanan di aplikasi IHC Telemed.
3. Pilih salah satu Rumah Sakit IHC Grup di bawah ini :
 - Rumah Sakit Pusat Pertamina
 - Rumah Sakit Pertamina Jaya
 - Rumah Sakit Pelabuhan Jakarta
 - Rumah Sakit PELNI
4. Silahkan konsultasikan keluhan Anda dengan Dokter Umum* kami **secara cuma-cuma**, dengan memilih menu Klinik Covid-19.
5. Anda wajib menunjukkan hasil PCR positif/SWAB antigen reaktif** dari laboratorium setempat pada saat melakukan konsultasi.
6. Bila dari hasil pemeriksaan, Anda masuk dalam kategori ISOMAN dan mendapatkan resep obat, maka obat dapat diambil pada loket farmasi Telemedicine di seluruh Rumah Sakit BUMN***
7. Anda diharapkan kembali melakukan telekonsultasi pada hari ke-5 setelah pengobatan.
8. Bila mengalami penurunan atau perburukan kondisi, segera kunjungi Faskes terdekat.



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Keterangan :

* Apabila Dokter Umum memberi rujukan untuk melanjutkan pengobatan ke Dokter Spesialis, maka akan dikenakan biaya

** Pasien terkonfirmasi positif adalah pasien yang memiliki hasil PCR positif 7 hari terakhir atau tes SWAB antigen reaktif 2 hari terakhir

*** Obat dan pengiriman dikenakan biaya

FROM THE EDITOR **energía**

Setiap 23 Juli, kita memperingati Hari Anak Nasional. Tanggal tersebut ditetapkan oleh pemerintah karena bertepatan dengan pengesahan Undang-Undang tentang Kesejahteraan Anak, pada 23 Juli 1979. Pemerintah berharap penetapan itu dapat dimaknai sebagai kepedulian seluruh komponen bangsa terhadap perlindungan anak agar tumbuh dan berkembang secara optimal. Untuk tahun ini, tema yang diusung pemerintah dalam peringatan Hari Anak Nasional adalah Anak Terlindungi, Indonesia Maju.

Bagaimana kepedulian Pertamina terhadap anak-anak Indonesia? Sebagai Badan Usaha Milik Negara, Pertamina pun mengimplementasikan kepeduliannya dalam melindungi anak-anak Indonesia melalui beragam program Corporate Social Responsibility, di antaranya bidang kesehatan dan pendidikan.

Karena itu, selaras dengan peringatan Hari Anak Nasional, pada edisi Juli 2021 kami mengulas kiprah Pertamina dalam melindungi penerus negeri tersebut sebagai bahasan utama. Tentunya kami juga menyajikan beragam artikel menarik lainnya agar dapat dinikmati para pembaca untuk mengisi waktu di tengah situasi pandemi COVID-19 saat ini. ■

Every 23 July, we commemorate the National Children's Day. The date was set by the government because it coincided with the ratification of the Law on Child Welfare, on 23 July 1979. The government hopes that the stipulation can be interpreted as a concern for all components of the nation to protect children so that they can grow and develop optimally. For this year, the theme set by the government in commemoration of the National Children's Day is Protected Children, Advanced Indonesia.

How does Pertamina show its concern for Indonesian children? As a State-Owned Enterprise, Pertamina also implements its concern to protect Indonesian children through various Corporate Social Responsibility programs, among others in the fields of health and education.

Therefore, in line with the commemoration of the National Children's Day, in the July 2021 edition we review Pertamina's works in protecting the nation's successors in the main issue. Of course, we also present a variety of other interesting articles so that readers can enjoy reading them in the midst of the current COVID-19 pandemic situation. ■

DISCLAIMER !

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The photos without masks in the JULY 2021 issue were taken before the COVID-19 pandemic.



Cover Story

MELINDUNGI PENERUS NEGERI PROTECTING THE NATION'S SUCCESSORS

PERTAMINA MOR VII

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CONTENTS

JULI - JULY 2021



Ray Jordan
Managing Editor
Jakarta, Indonesia



Rianti Octavia
Editor
Jakarta, Indonesia



Indah Dwi Kartika
Writer
Main Issue
Jakarta, Indonesia



Indah Nurbaeti
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Community Development, Review,
Innovation
Jakarta, Indonesia



Septian Tri Kusuma
Writer
Figure, Environment
Jakarta, Indonesia



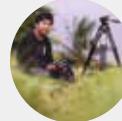
Hari Maulana
Writer & Editor
Healthy Lifestyle, Meet Up,
Culinary, Destination
Jakarta, Indonesia



Priyo Widiyanto
Photographer
Jakarta, Indonesia



Adityo Pratomo
Photographer & Writer
The Day in Pictures
Jakarta, Indonesia



Trisno Ardi
Photographer
Jakarta, Indonesia



Andrianto Abdurrahman
Photographer
Jakarta, Indonesia

06 ESG Insight

**CARBON CAPTURE
UTILIZATION & STORAGE
(CCUS), MEMPERKUAT
KOMITMEN ESG PERTAMINA**
CARBON CAPTURE UTILIZATION
& STORAGE (CCUS),
STRENGTHENING PERTAMINA'S
ESG COMMITMENT

10 Main Issue

- KOLABORASI DEMI MASA
DEPAN ANAK NEGERI**
COLLABORATION FOR THE FUTURE OF
THE NATION'S CHILDREN
- MEMBENTUK GENERASI
UNGGUL**
CREATING A SUPERIOR GENERATION
- BUTUH BANYAK PIHAK SEPERTI
PERTAMINA**
BUILDING GREATER YOUNG
GENERATION WITH COLLABORATIONS



30 Community Development

**GETUK NYLEKITHO NAIK
KELAS BERSAMA PERTAMINA**
GETUK NYLEKITHO: GROWING
WITH PERTAMINA

36 Figure

**MENUNTUN MANTAN
PENCANDU MERAIH
MASA DEPAN**
*LEADING FORMER DRUG
ADDICTS TO A BETTER FUTURE*

42 Meet Up



44

44 Innovation

**NOZZLE GAMBUT :
INOVASI CEGAH
KEBAKARAN LAHAN
GAMBUT**
*PEAT NOZZLES:
AN INNOVATION TO
PREVENT PEATLAND FIRES*

50 Review

**PENCARIAN MAKNA
SEBUAH KELUARGA**
*THE SEARCH FOR THE
MEANING OF A FAMILY*

54 Healthy Lifestyle

**GAGAL GINJAL BUKAN
BERARTI GAGAL HIDUP**
*KIDNEY FAILURE DOESN'T MEAN
A FAILURE TO LIVE*

58 Environment

**HALAU POLUSI
DENGAN UJI EMISI**
*MITIGATING POLLUTION
WITH EMISSION TESTS*

64 Culinary

**DOCANG, KULINER
LEGENDARIS KESUKAAN
WALI SONGO**
*THE LEGENDARY DOCANG, WALI
SONGO'S FAVORITE FOOD*



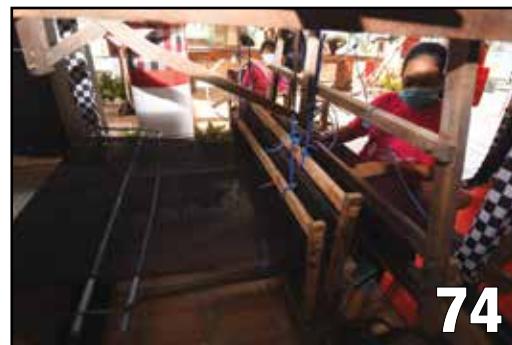
68

68 Destination

**MENILIK KERATON
KASEPUHAN CIREBON**
*VISITING CIREBON
KASEPUHAN PALACE*

74 The Day in Pictures

BERKARYA TANPA BATAS
LIFE WITHOUT LIMITS



74

CARBON CAPTURE UTILIZATION & STORAGE (CCUS), MEMPERKUAT KOMITMEN ESG PERTAMINA

CARBON CAPTURE UTILIZATION & STORAGE (CCUS), STRENGTHENING PERTAMINA'S ESG COMMITMENT

Sejalan dengan komitmen keberlanjutan/ESG Pertamina dan dalam rangka mendukung target Indonesia menurunkan emisi GHG sebesar minimal 29% pada 2030 yang dinyatakan dalam Intended Nationally Determined Contribution (INDCs) untuk Perjanjian Paris, Pertamina melakukan berbagai penelitian dan inovasi seperti EBT, Solar PV, Electric Vehicle (EV), Biofuel, Green Hydrogen dan pemanfaatan emisi CO₂ melalui pengembangan Carbon Capture, Utilization & Storage (CCUS).

CCUS merupakan teknologi penangkapan, penyimpanan dan pemanfaatan emisi karbon untuk peningkatan produksi minyak dan gas yang menjanjikan untuk mengurangi emisi karbon sehingga perlu diterapkan di setiap negara termasuk di Indonesia. Metode ini merupakan bagian dari Circular Carbon Economy sebuah inisiatif meliputi aktivitas 4R (*reuse, recycle, reduce, and remove carbon emission*).

In line with Pertamina's ESG/sustainable commitment and to support Indonesia's GHG emission reduction target min

29% by 2030 which stated in the Intended Nationally Determined Contribution (INDCs) for the Paris Agreement, Pertamina conducted various researches and innovations such as NRE, Solar PV, Electric Vehicle, Biofuel, Green Hydrogen, utilization CO₂ emission within development of CCUS (Carbon Capture Utilization &Storage).

CCUS is a carbon emission capture, storage and utilization technology to increase oil and gas production that promises to reduce carbon emissions so that it needs to be applied in every country including in Indonesia. This method is part of circular carbon economy initiative covering 4R activities (*reuse, recycle, reduce, and remove carbon emission*).





CCUS di Pertamina

Emisi CO₂ yang dihasilkan dari lapangan migas dikumpulkan dan diinjeksi ke dalam lapisan subsurface sumur-sumur Pertamina untuk meningkatkan kembali produktivitasnya.

Saat ini Pertamina telah menginisiasi dua proyek CCUS dengan potensi reduksi CO₂ mencapai 18 juta ton, yang pertama CCUS Enhanced Gas Recovery (EGR) lapangan Gundih yang berpotensi mengurangi ± 3 juta tCO₂ dalam 10 tahun, direncanakan akan beroperasi pada Q4 2026. Kedua, CCUS Enhanced Oil Recovery (EOR) lapangan Sukowati yang berpotensi mengurangi sebesar ± 15 juta tCO₂ dalam 25 tahun yang direncanakan akan beroperasi pada Q4 2030.

Kedua proyek CCUS tersebut direncanakan akan bermitra dengan pihak Jepang melalui skema *Joint Crediting Mechanism* (JCM) yang merupakan kerja sama strategis penurunan emisi antara pemerintah Indonesia dan pemerintah Jepang.

DIVERSIFIKASI PRODUK

Pertamina telah menginisiasi riset & pengembangan untuk menciptakan produk bernilai tambah berbasis CO₂.

- **Konversi CO₂ menjadi Metanol**

Menggunakan metode elektrolisis langsung antara CO₂ dan air menjadi metanol dengan sumber listrik panel surya dan katalis berbasis tembaga pada Membrane Electrode Assembly (MEA).

- **Konversi CO₂ menjadi Bahan Bakar Sintetis**

Pengembangan Katalis berbasis kobalt-nikel dan tembaga untuk mengubah CO₂ menjadi syngas dan sintesis DME langsung.

CCUS in Pertamina

CO₂ emissions generated from oil and gas fields are collected and injected into the subsurface layer of Pertamina's wells to increase productivity.

Currently Pertamina has initiated two CCUS projects with the potential for CO₂ reduction reaching 18 million tons, the first CCUS Enhanced Gas Recovery (EGR) Gundih field which has the potential to reduce ± 3 million tCO₂ in 10 years, is planned to be operational in Q4 2026. Second, CCUS Enhanced Oil Recovery (EOR) Sukowati field which has the potential to reduce by ± 15 million tCO₂ in 25 years is planned to operate in Q4 2030.

The two CCUS projects are planned to partner with the Japanese through the Joint Crediting Mechanism (JCM) scheme which is a strategic cooperation on reducing emissions between the Indonesian government and the Japanese government.

PRODUCT DIVERSIFICATION

Pertamina has initiated basic research & development to create CO₂-based value-added products.

- **Conversion of CO₂ to Methanol**

Using electrolysis method direct CO₂ into methanol using platinum, palladium and copper-zinc based catalysts with Membrane Electrode Assembly (MEA).

- **Conversion of CO₂ into Synthetic Fuels**

Development of cobalt-nickel and copper based catalysts to convert CO₂ into syngas and direct DME synthesis.

- Karbonasi Mineral Menggunakan CO₂ menjadi PCC**
 Konversi CO₂ menjadi produksi Precipitated Calcium Carbonate (PCC) dengan kapasitas 2 kg/jam yang saat ini telah memperoleh 4 paten proses dan sedang dalam tahap pilot plant untuk persiapan uji lapangan dan uji coba pasar.
 - Fiksasi CO₂ Menggunakan Mikroalga**
 Pengembangan strain mikroalga dengan metode fiksasi CO₂, menggunakan injeksi langsung dan penangkapan karbon menjadi bikarbonat sebagai nutrien untuk diolah menghasilkan produk biofuel, foodgrade ataupun feedgrade.
 - Konversi CO₂ menjadi Produk Polimer**
 Pengembangan Katalis untuk konversi CO₂ menjadi poliuretan melalui proses non isosianat menggunakan katalis berbasis cerium.
 Sebagai wujud kontribusi terhadap perusahaan dalam menjalankan riset strategis pemanfaatan emisi CO₂. Atas inisiatif tersebut, Pertamina mendapatkan super tax deduction dari kementerian keuangan RI sehingga biaya riset tersebut berpotensi sebagai pengurang pajak perusahaan. Selain itu, pemanfaatan CO₂ ini berpotensi mendapatkan benefit pengurangan karbon melalui beberapa skema seperti Clean Development Mechanism (CDM), Verified Carbon Standard (VCS) dan Joint Crediting Mechanism (JCM). Untuk selanjutnya skema ini akan diatur dalam bentuk Nilai Ekonomi Karbon (NEK) yang dituangkan dalam Peraturan Presiden RI.
- **Mineral Carbonation Using CO₂ to PCC**
 Conversion of CO₂ into precipitated Calcium Carbonate (PCC) production with a capacity of 2 kg /h, currently under field test and market trials.
- **Fixation of CO₂ Using Microalgae**
 Development of Algae Strains with CO₂ fixation method by direct injection and carbon capture into bicarbonate as nutrients to be processed to produce biofuel, food-grade or feed-grade products.
- **Conversion of CO₂ into Polymer Products**
 Development of Catalysts for the conversion of CO₂ into polyurethane through a non-isosianate process using the development of cerium-based catalysts.
- As a form of contribution to the company in carrying out strategic research on the utilization of CO₂ emissions. For this initiative, Pertamina obtained a super tax deduction from the Ministry of Finance of the Republic of Indonesia so that the research costs have the potential to reduce corporate taxes.*

The utilization of CO₂ has the potential to benefit carbon reduction through several schemes such as Clean Development Mechanism (CDM), Verified Carbon Standard (VCS) and Joint Crediting Mechanism (JCM). Furthermore, this scheme will be regulated in the form of Carbon Economy Value (NEK) as stated in the Presidential Regulation of the Republic of Indonesia.

**Other CCUS-related information can be read in the PEI Bulletin 2nd Edition of 2021.*

*informasi terkait CCUS lainnya dapat dibaca di Buletin PEI edisi 2 Tahun 2021.

CARBON CAPTURE UTILIZATION & STORAGE (CCUS), STRENGTHENING PERTAMINA'S ESG COMMITMENT

CARBON CAPTURE, UTILISATION AND STORAGE (CCUS) IN PERTAMINA OPERATING AREA

CO₂ emissions generated in oil and gas fields are collected and injected into the subsurface layer of Pertamina's wells to increase productivity.

POTENTIAL OF CO₂ REDUCTION FROM CCUS PROCESS IN UPSTREAM FIELD:

CCUS EGR Gundih
± 3 Million tCO₂
in 10 years

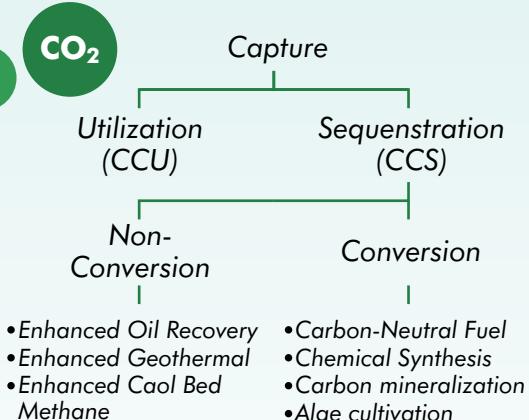
18 Million tCO₂
CCUS EOR Sukowati
± 15 Million tCO₂
in 25 years

Enhanced Gas Recovery in Gundih Field Enhanced Oil Recovery in Sukowati Field



The utilization of CO₂ has the potential to benefit carbon reduction through several schemes such as Clean Development Mechanism (CDM), Verified Carbon Standard (VCS) and Joint Crediting Mechanism (JCM). Furthermore, this scheme will be regulated in the form of Carbon Economy Value (NEK) as stated in the Presidential Regulation of the Republic of Indonesia

CCUS CONCEPT (Integrated CO₂ Network)



PRODUCT DIVERSIFICATION USING CO₂ AS FEEDSTOCK

Pertamina has initiated basic research & development to create value-added products based on CO₂.

- 1 Conversion of CO₂ to Methanol
- 2 Conversion of CO₂ into Synthetic Fuels
- 3 Mineral Carbonation Using CO₂ to PCC
- 4 Conversion of CO₂ into Polymer Products
- 5 Fixation of CO₂ Using Microalgae

KOLABORASI DEMI MASA DEPAN ANAK NEGERI

COLLABORATION FOR THE FUTURE OF THE NATION'S CHILDREN

Sejumlah anak melintasi area persawahan saat menuju sekolah di Banten, Jawa Barat.



Anak merupakan aset suatu bangsa. Untuk mempersiapkan generasi penerus bangsa, negara membutuhkan anak-anak yang nantinya mampu membangun negeri. Mereka memiliki posisi strategis untuk menentukan masa depan bangsa Indonesia. Karena itu, anak perlu mendapat perlindungan dan perhatian agar tumbuh kembangnya berkualitas.

Menurut laporan UNICEF, salah satu lembaga Perserikatan Bangsa-Bangsa (PBB) yang diamanatkan memantau perkembangan anak-anak di berbagai belahan dunia, pada 2020, dua per tiga populasi Indonesia berada dalam rentang usia produktif (15–64 tahun). Populasi usia produktif yang berjumlah besar ini dapat menjadi mesin pembangunan yang luar biasa, suatu “bonus” yang dapat diinvestasikan untuk masa depan bangsa. Hal tersebut memperkuat laporan Badan Pusat Statistik (BPS) 2018 yang menyatakan bahwa populasi anak di Indonesia berada di urutan keempat terbesar di dunia, yaitu sekitar 80 juta jiwa.

Children are a nation's greatest asset. To prepare the next generation of the nation, a country needs children who will be able to build the country. They have a strategic position to determine the future of Indonesia. Therefore, children need protection and attention so that they can have high quality growth and development.

According to a report by UNICEF, a United Nations (UN) agency mandated to monitor the development of children in various parts of the world, by 2020, two thirds of Indonesia's population will be in the productive age range (15–64 years). This large working age population can act as an incredible engine for development, a “bonus” that can be invested in for the nation's future. This strengthens the 2018 Central Statistics Agency (BPS) report which stated that the population of children in Indonesia was the fourth largest in the world, which was around 80 million people.



Seorang anak membawa bendera merah putih di Atambua, Nusa Tenggara Timur.

Kepala Perwakilan UNICEF untuk Indonesia, Debora Comini menyampaikan, Indonesia berhasil melakukan lompatan yang berarti dengan penurunan angka kematian bayi lebih dari separuh dan kematian anak sebesar dua per tiga antara tahun 1990 dan 2017. Selain itu, angka tamat sekolah meningkat untuk semua jenjang; kini, 95 persen anak menamatkan pendidikan dasar.

Bahkan keberhasilan Indonesia dalam membangun kualitas SDM-nya membuatnya masuk ke dalam jajaran negara berpendapatan menengah dan siap untuk menuai yang disebut para ekonom sebagai 'dividen demografis' dari populasi usia kerja yang besar. Namun, UNICEF menegaskan, untuk memanfaatkan potensi ini secara penuh, Indonesia harus berupaya dua kali lebih keras untuk memperkecil kesenjangan pembangunan di bidang kesehatan, pendidikan, dan kesejahteraan generasi muda secara umum. Jika negara ini tidak berinvestasi pada anak dan generasi mudanya, mereka tidak bisa tumbuh sebagai generasi sehat dan cerdas yang siap berkompetisi di tatanan ekonomi global masa depan.

UNICEF Representative for Indonesia, Debora Comini said that Indonesia had managed to make a significant leap by reducing infant mortality rate by more than half and child mortality rate by two-thirds between 1990 and 2017. In addition, completion rate for all levels of education also increased, where currently 95 percent of children complete primary education.

In fact, Indonesia's success in building the quality of its human resources has put it in the ranks of middle-income countries and has made it ready to reap what economists call the 'demographic dividend' from a large working age population. However, UNICEF emphasized that to take full advantage of this potential, Indonesia must work twice as hard to narrow development gaps in the areas of health, education, and the welfare of the younger generation in general. If this country does not invest in its children and young generation, they cannot grow up as a healthy and intelligent generation that is ready to compete in the future global economic order.

Tentu pemerintah Indonesia tidak menginginkan hal tersebut terjadi. Karena itu, pemerintah memberikan komitmen besar pada tataran global dan nasional untuk kesejahteraan anak, termasuk komitmen untuk mewujudkan Agenda Pembangunan Berkelanjutan 2030. Kondisi kesejahteraan anak saat ini adalah penanda penting bagi kemajuan Indonesia dalam mewujudkan Tujuan Pembangunan Berkelanjutan (SDGs) pada 2030 kelak.

UNICEF menilai, SDGs dan kerangka aksi internasional lain untuk hak-hak anak telah tercermin di dalam rencana pembangunan nasional Indonesia. Rencana Pembangunan Jangka Menengah Nasional (RPJMN) 2020–2024 memprioritaskan investasi untuk pembangunan manusia, termasuk penyediaan pelayanan kesehatan, pencatatan kelahiran, perlindungan sosial, pendidikan, dan perlindungan anak. Presiden Republik Indonesia juga telah memprioritaskan agenda penghapusan *stunting* dan perlindungan untuk perempuan, anak, dan kelompok rentan lain dari kekerasan.

Sebagai Badan Usaha Milik Negara (BUMN), Pertamina pun mendukung penuh langkah pemerintah tersebut. BUMN ini melaksanakan berbagai program tanggung jawab sosial yang mendukung anak-anak untuk mencapai mimpi mereka melalui pilar Pertamina Cerdas dan Pertamina Sehat. Hal ini sejalan dengan nilai ESG (*Environment, Social & Government*) dan pencapaian Tujuan Pembangunan

Of course, the Indonesian government does not want this to happen. Therefore, the government has made a major commitment at the global and national levels for child welfare, including a commitment to realize the 2030 Sustainable Development Agenda. The current state of child welfare is an important marker for Indonesia's progress in realizing the Sustainable Development Goals (SDGs) in the upcoming 2030.

According to UNICEF, the SDGs and other international action frameworks for children's rights have been reflected in Indonesia's national development plans. The 2020–2024 National Medium Term Development Plan (RPJMN) prioritizes investments for human development, including the provision of health services, birth registration, social protection, education, and child protection. The President of the Republic of Indonesia has also prioritized the agenda for eliminating stunting and protecting women, children and other vulnerable groups from violence.

As a State-Owned Enterprise (SOE), Pertamina fully supports the steps that the government has taken. This SOE implements various social responsibility programs that support children to achieve their dreams through the pillars of Pertamina Cerdas (Smart Pertamina) and Pertamina Sehat (Healthy Pertamina). This is in line with the value of ESG

Rencana Pembangunan Jangka Menengah Nasional (RPJMN) 2020–2024 memprioritaskan investasi untuk pembangunan manusia, termasuk penyediaan pelayanan kesehatan, pencatatan kelahiran, perlindungan sosial, pendidikan, dan perlindungan anak. Presiden Republik Indonesia juga telah memprioritaskan agenda penghapusan stunting dan perlindungan untuk perempuan, anak, dan kelompok rentan lain dari kekerasan.

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DOKUMENTASI PERTAMINA

Arya Dwi Paramita
VP CSR & SMEPP



“Pertamina melakukan sesuatu tidak bisa bekerja sendirian. Strateginya berkolaborasi dengan banyak pihak, seperti yayasan, sekolah, lembaga swadaya masyarakat, instansi pemerintah, atau entitas bisnis lainnya. Bahkan kami berkolaborasi dengan staf khusus Presiden, Angkie Yudistia untuk peningkatan softskill anak disabilitas.”

In doing something, Pertamina can't work alone. The strategy is to collaborate with many parties, such as foundations, schools, non-governmental organizations, government agencies, or other business entities. We even collaborated with the special staff to the President, Angkie Yudistia, to improve the soft skills of children with disabilities.

Berkelanjutan poin 3 yaitu memastikan kehidupan yang sehat dan mendukung kesejahteraan bagi semua usia, dan poin 4 yaitu memastikan pendidikan yang inklusif dan berkualitas.

Vice President CSR & SMEPP Management Pertamina, Arya Dwi Paramita mengatakan, strategi yang dilakukan Pertamina untuk mendukung langkah tersebut serta menjalankan program-program tanggung jawab sosial kepada anak-anak Indonesia adalah dengan cara berkolaborasi.

“Pertamina melakukan sesuatu tidak bisa bekerja sendirian. Strateginya berkolaborasi dengan banyak pihak, seperti yayasan, sekolah, lembaga swadaya masyarakat, instansi pemerintah, atau entitas bisnis lainnya. Bahkan kami berkolaborasi dengan staf khusus Presiden, Angkie Yudistia untuk peningkatan softskill anak disabilitas,” ujarnya kepada Energia di Bali, Minggu, 20 Juni 2021.

Selain itu, di masa pandemi COVID-19 pun Pertamina terus menunjukkan kepedulian terhadap kesehatan dan pendidikan anak Indonesia. Salah satu contohnya melalui program Kampung Cerdas (KACER)

(*Environment, Social & Government) and the achievement of the 3rd Sustainable Development Goal, which is to ensure healthy lives and promote well-being for all at all ages, and the 4th goal which is to ensure inclusive and equitable quality education.*

Pertamina’s Vice President of CSR & SMEPP Management, Arya Dwi Paramita, said that Pertamina’s strategy to support this step and carry out social responsibility programs for Indonesian children was by collaborating.

“In doing something, Pertamina can't work alone. The strategy is to collaborate with many parties, such as foundations, schools, non-governmental organizations, government agencies, or other business entities. We even collaborated with the special staff to the President, Angkie Yudistia, to improve the soft skills of children with disabilities,” he told Energia in Bali, Sunday, June 20, 2021.

In addition, during the COVID-19 pandemic, Pertamina continues to show concern for the health and education of Indonesian children. One example is through the



© PERTAMINA MOR V

Program Kampung Cerdas (KACER) Patra yang dilaksanakan oleh Terminal BBM Boyolali di area kerja Pemasaran Regional Jawa Bagian Tengah, menjadi salah satu contoh kepedulian perwira Pertamina kepada anak-anak di masa pandemi COVID-19 saat ini.

Patra yang dilaksanakan oleh Terminal BBM Boyolali yang berada di area kerja Pemasaran Regional Jawa Bagian Tengah.

Dalam program tersebut, Pertamina menyediakan dua rumah belajar dan akses internet untuk anak-anak yang mengalami kendala dalam kegiatan belajar jarak jauh. Dengan menerapkan protokol kesehatan yang sangat ketat, Pertamina memberdayakan karang taruna dan relawan pengajar sebagai mentor belajar. Sekitar 236 anak SD-SMP di Desa Mojolegi mendapatkan pembelajaran selama pandemi. Selain itu, anak-anak juga diberikan pengetahuan terkait kepedulian lingkungan.

“Teman-teman perwira sangat aktif di lapangan untuk memberikan edukasi dari tingkat SD sampai SMA dengan mekanisme belajar online,” katanya.

Arya berharap upaya Pertamina bersinergi dengan banyak pihak untuk meningkatkan kualitas anak Indonesia bisa berjalan dengan baik sehingga ke depannya mereka bisa berkarya dan menjadi energi bagi negeri. ■

program of Patra Smart Village (KACER) implemented by the Boyolali Fuel Terminal in the Central Java Regional Marketing work area.

In the program, Pertamina provides two study houses and internet access for children who experience problems in distance learning activities. By implementing very strict health protocols, Pertamina works with youth groups and teaching volunteers who take the role as learning mentors. Around 236 elementary-lower secondary school children in Mojolegi Village has received lessons during the pandemic. In addition, children are also given knowledge related to environmental care.

“The perwira friends are very active in the field to provide education from elementary to upper secondary levels with online learning mechanism,” he said.

Paramita hopes that Pertamina’s efforts to synergize with many parties in improving the quality of Indonesian children can run well so that in the future they can work and become the energy of the country. ■

MEMBENTUK GENERASI UNGGUL

CREATING A SUPERIOR GENERATION



Tiga anak mendapatkan pengajaran menulis dan membaca bersama pekerja pertamina di Sekolah Tapal Batas, Desa Sungai Limau, Pulau Sebatik, Kalimantan Utara.

Pertamina memegang teguh komitmen untuk menjaga prospek bisnis yang berkelanjutan dengan memprioritaskan keseimbangan dan kelestarian alam, perlindungan terhadap lingkungan hidup serta kontribusinya terhadap terwujudnya kemandirian masyarakat. Untuk mewujudkan komitmen tersebut, Pertamina telah menetapkan sejumlah inisiatif, salah satunya membentuk generasi unggul sebagai penggerak bangsa dengan menggulirkan dua program besar, yaitu Pertamina Sehat dan Pertamina Cerdas.

Menurut Vice President CSR & SMEPP Management, Arya Dwi Paramita, aspek kesehatan merupakan salah satu perhatian utama Pertamina dalam melaksanakan kegiatan CSR dan dalam mewujudkan Tujuan ke-3 SDGs, yakni Kehidupan Sehat dan Sejahtera. Pertamina menunjukkan kepeduliannya terhadap aspek kesehatan melalui Program Pertamina Sehat yang memayungi program-program di bidang kesehatan, khususnya kesehatan ibu dan anak.

Pertamina menjalankan tiga program unggulan kesehatan ibu dan anak, yakni Pos Pelayanan Terpadu (Posyandu/Polindes/Pusban), Penanganan Gizi Buruk, dan Perilaku Hidup Bersih dan Sehat (PHBS).

Pertamina upholds its commitment to maintain sustainable business prospects by prioritizing the balance and conservation of nature, protection of the environment and its contribution to the realization of community independence. To realize this commitment, Pertamina has set a number of initiatives, one of which is creating a superior generation to drive the nation by launching two major programs, which are Pertamina Sehat (Healthy Pertamina) and Pertamina Cerdas (Smart Pertamina).

According to the Vice President of CSR & SMEPP Management, Arya Dwi Paramita, the health aspect is one of Pertamina's main focuses in carrying out CSR activities and realizing the 3rd Goal of the SDGs, which is Good Health and Well-being. Pertamina shows its concern for the health aspect through the program of Pertamina Sehat, which is the umbrella for programs in the health sector, especially maternal and child health.

Pertamina runs three main programs for maternal and child health, which are the Integrated Health Services Posts (posyandu/village delivery facilities/secondary community health centers), Handling of Malnutrition, and Clean and Healthy Living Behaviors (PHBS).



Seorang bidan melakukan pengecekan kesehatan kepada anak yang merupakan program CSR Sehati.



NAT GEO INDONESIA

Program Ojek Makanan Balita (Omaba) menjadi salah satu cara Pertamina bersama Ketua Komite Kesehatan Cisaranten Kidul, Vita Fatimah menggerakkan ibu-ibu di Kecamatan Gedebage, Kota Bandung untuk mengentaskan masalah stunting di daerah tersebut.

Pada program Pos Pelayanan Terpadu (Posyandu), Pertamina hadir memberikan dukungan pada pelayanan kesehatan tingkat dasar yang dikelola secara swadaya oleh masyarakat dan dibantu oleh petugas kesehatan Puskesmas. Selama program Sehati digulirkan, Pertamina telah membina ratusan posyandu. Bahkan pada periode tahun 2018 dan 2019, Pertamina juga telah membina 430 posyandu Polindes/Pusban dengan jumlah penerima manfaat 9.099 orang.

Sepanjang tahun 2020, Pertamina menjalankan 41 program Sehati dengan kepedulian terhadap balita yang memiliki keterlambatan dalam tumbuh kembang (*stunting*) dengan secara rutin memberikan bantuan berupa paket sembako pemberian makanan tambahan, serta pemeriksaan kesehatan bagi balita di 41 titik di Indonesia. Pada tahun sebelumnya, Pertamina memberikan fasilitas kesehatan yang memadai, pemberian makanan tambahan dan pengolahannya, penyuluhan ibu hamil dan menyusui kepada 255 penerima manfaat.

In the Integrated Health Services Posts (Posyandu) program, Pertamina is present to provide support for basic health services which are managed independently by the community and assisted by community health center workers. During the Sehati program, Pertamina has built hundreds of Integrated Health Services Posts. Even in the period of 2018 and 2019, Pertamina had also fostered 430 integrated health services posts/village delivery facilities/secondary community health centers with a total of 9,099 beneficiaries.

Throughout 2020, Pertamina had carried out 41 Sehati programs with focus on stunted toddlers, in which they regularly provided assistance in the form of basic food packages, additional food aid, as well as health checks for toddlers at 41 points in Indonesia. In the previous year, Pertamina had provided adequate health facilities, additional food aid and its processing, and counseling for pregnant and lactating women to 255 beneficiaries.



BUMN ini juga memberikan pendidikan kesehatan, pemberdayaan kader kesehatan dan pemberian makanan tambahan guna mengurangi kasus gizi buruk. BUMN ini juga mendorong PHBS untuk membangun Indonesia sehat.

Program kedua yang digulirkan Pertamina untuk membentuk generasi unggul adalah Pertamina Cerdas. Melalui program ini, Pertamina melaksanakan sejumlah program pendidikan bersinergi dengan banyak pihak, mulai dari pendidikan anak usia dini, sekolah dasar dan lanjutan hingga pendidikan tinggi.

Salah satu contohnya adalah Program Sikeula Anak Nanggroe yang digulirkan Pertamina EP Asset 1 Rantau Field sejak 2016. Anak-anak yang bermukim di desa dengan akses jauh dan sulit dari Kabupaten Aceh Timur memperoleh bantuan fasilitas pendidikan. Bersinergi dengan Yayasan Anak Merdeka, Pertamina berupaya untuk meningkatkan kualitas pendidikan melalui berbagai bantuan bagi Sekolah Anak

The SOE also provides health education, empowers health cadres and provides additional food aid to reduce cases of malnutrition. The SOE also encourages Clean and Healthy Living Behaviors to build a healthy Indonesia.

The second program launched by Pertamina to create a superior generation is Pertamina Cerdas. Through this program, Pertamina implements a number of educational programs in synergy with many parties, ranging from early childhood education, primary and secondary schools to higher education.

One example is the Sikeula Anak Nanggroe Program which was launched by Pertamina EP Asset 1 Rantau Field in 2016. Children living in remote villages with difficult access to the East Aceh Regency receive assistance in the form of educational facilities. In synergy with Yayasan Anak Merdeka (Independent Children Foundation), Pertamina seeks to improve the quality of education by providing various assistance to Sekolah Anak Merdeka in Tampur

Merdeka di Desa Tampur Paloh, seperti pembangunan kelas, asrama, perpustakaan, serta infrastruktur penunjang lainnya.

Contoh lain, Sekolah Mangrove yang digagas Kilang Pertamina Balongan. Dalam program tersebut, Pertamina bersinergi dengan Dinas Pendidikan Indramayu untuk mengembangkan kurikulum pendidikan lingkungan hidup tematik mangrove di 41 SD sejak 2016 hingga saat ini.

Bukan hanya peningkatan kualitas pendidikan untuk sekolah umum, Pertamina juga peduli pada peningkatan kemampuan anak-anak difabel. Yang terbaru, Pertamina Pertamina menggandeng Staf Khusus Kepresidenan Angkie Yudistia dalam meningkatkan kemampuan dan keterampilan mereka untuk terus berdaya dan berkarya.

"Programnya bukan sekadar mengedukasi, tapi juga membimbing agar mereka bisa mendapatkan ilmu dan keluar dari keterbatasan sehingga mampu mendapatkan pendidikan yang layak, dan berkembang dengan menggali potensi yang dimiliki," kata Arya.

Sejumlah siswa melihat keanekaragaman mangrove di Karangsong, Indramayu.

Paloh Village, such as the construction of classrooms, dormitories, libraries, and other supporting infrastructures.

Another example is the Mangrove School initiated by Pertamina Balongan Refinery. In this program, Pertamina has synergized with Indramayu Education Office to develop a mangrove thematic environmental education curriculum in 41 elementary schools since 2016 until now.

Aside from improving the quality of education for public schools, Pertamina also focuses on improving the skills of children with disabilities. Recently, Pertamina has cooperated with Special Staff to the President Angkie Yudistia in improving their abilities and skills so that they can continue to be empowered and work.

"The program is not only educating, but also guiding them so that they can gain knowledge and get out of their limitations, therefore enabling them to get proper education and develop by exploring their potential," said Paramita.





SEAD JAMBI

Anak-anak Suku Anak Dalam Desa Muara Medak, Dusun 7, Kabupaten Musi Banyuasin, Sumatera Selatan antusias mendengarkan dongeng dari relawan Sekolah Apung yang digagas oleh PHE Jambi Merang.

Sebelumnya, Pertamina memberikan kesempatan kepada para difabel yang memiliki kompetensi untuk mengabdi di Pertamina.

Pertamina juga memiliki kepedulian untuk menyelenggarakan beragam pendidikan nonformal, antara lain Sekolah Anak Percaya Diri di Makassar, Sekolah Apung Suku Anak Dalam di Jambi, Natsir's English Nature School di Palopo, dan Program Rumah Pintar di Palembang.

Selain itu, BUMN ini mengupayakan pendidikan vokasi dalam rangka mendukung terciptanya peserta didik yang kompeten. Contohnya, pada 2019, pendidikan vokasi yang dijalankan berupa pelatihan Safetyman & Welder untuk pemuda yang tinggal di ring 1 operasional kilang Pertamina.

Pertamina juga menggulirkan beasiswa untuk

Previously, Pertamina has provided opportunities for people with disabilities who have the competence to serve at Pertamina.

Pertamina also provides a variety of non-formal education, including Sekolah Anak Percaya Diri (Confident Children's School) in Makassar, Anak Dalam Tribe Floating School in Jambi, Natsir's English Nature School in Palopo, and Smart Home Program in Palembang.

In addition, the SOE strives to provide vocational education to support the creation of competent students. For example, in 2019, it carried out a vocational education in the form of Safetyman & Welder training for youths living in ring 1 of Pertamina's refinery operations.

Pertamina has also provided scholarships for the younger generation of Indonesia, such as

Pertamina juga menggulirkan beasiswa untuk generasi muda Indonesia, seperti yang digulirkan melalui PFprestasi dari Pertamina Foundation. Pada tahun ini, sebanyak 350 mahasiswa diberikan bantuan berupa biaya SPP, biaya hidup bulanan mahasiswa, dan tentunya juga kesempatan mengikuti rangkaian kegiatan pembelajaran serta pembentukan karakter melalui kegiatan peningkatan kapasitas dan Aksi Sobat Bumi.

Pertamina has also provided scholarships for the younger generation of Indonesia, such as the ones that were granted through PFprestasi from the Pertamina Foundation. This year, as many as 350 students were given assistance in the form of tuition fees, monthly living costs for the students, and also the opportunities to take part in a series of learning activities and character building through capacity building activities and Aksi Sobat Bumi (Friends of the Earth).

generasi muda Indonesia, seperti yang digulirkan melalui PFprestasi dari Pertamina Foundation. Pada tahun ini, sebanyak 350 mahasiswa diberikan bantuan berupa biaya SPP, biaya hidup bulanan mahasiswa, dan tentunya juga kesempatan mengikuti rangkaian kegiatan pembelajaran serta pembentukan karakter melalui kegiatan peningkatan kapasitas dan Aksi Sobat Bumi.

Dari 36 kampus mitra, Pertamina Foundation memberikan beragam bantuan pendidikan, yaitu beasiswa S1 reguler, beasiswa S1 Afirmasi Daerah Operasi, dan Beasiswa Vokasi untuk diploma. Sejak awal digulirkan pada 2011, telah terdapat 2.547 penerima beasiswa yang juga tergabung dalam Komunitas Sobat Bumi Indonesia dengan jaringan tersebar dari Sumatera hingga Papua.

Ada juga program Beasiswa Ujung Negeri yang digulirkan Universitas Pertamina. Kampus energi dan bisnis besutan Pertamina tersebut tahun ini menyiapkan dana sebesar Rp1,5 miliar bagi generasi muda yang berasal dari wilayah 3T (Terdepan, Terpencil, Tertinggal). Siswa dari daerah 3T yang terpilih dibebaskan 100 persen dari uang gedung dan SPP, memperoleh uang saku bulanan, penggantian transportasi ke Jakarta dan biaya premi asuransi kecelakaan. Melalui Beasiswa Ujung Negeri, diharapkan para lulusan Universitas Pertamina akan kembali ke wilayah asal untuk mendukung pembangunan daerah.■

the ones that were granted through PFprestasi from the Pertamina Foundation. This year, as many as 350 students were given assistance in the form of tuition fees, monthly living costs for the students, and also the opportunities to take part in a series of learning activities and character building through capacity building activities and Aksi Sobat Bumi (Friends of the Earth).

Through 36 partner campuses, Pertamina Foundation provides a variety of educational assistance, namely regular bachelor's degree scholarships, Regional Affirmation Scholarships, and Vocational Scholarships for diplomas. Since its launch in 2011, there have been 2,547 scholarship recipients who are also members of the Indonesian Sobat Bumi (Friends of the Earth) Community with a network spread from Sumatra to Papua.

There is also the Ujung Negeri Scholarship program launched by Pertamina University. This year, Pertamina's energy and business campus has prepared Rp1.5 billion for the younger generation coming from the 3T (Frontier, Outermost, Least Developed) areas. Students from 3T areas who are selected are freed 100 percent from the building and tuition fees, and receive monthly allowances and reimbursement for transportation to Jakarta and the cost of accident insurance premiums. Through the Ujung Negeri Scholarship, it is hoped that Pertamina University graduates will return to their home areas to support the regional development.■

PERTAMINA CREATING A SUPERIOR GENERATION THAT DRIVES THE NATION



Creating a healthy generation through Pertamina Sehat (Healthy Pertamina) program

- Counseling on Clean and Healthy Living Behaviors and provision of health facilities.
- Development of **255** Integrated Health Services Posts until end of 2019 through Pertamina Sehat Anak dan Ibu Tercinta (SEHATI).



Pertamina Energi Negeri (PEN)

- Volunteer activities by Pertamina workers who were spread in **50** locations across Indonesia and involved **346** Pertamina workers until 2019.



Developing quality education through Pertamina Cerdas (Smart Pertamina) program

- Development of learning facilities through Setapak program for **10,230** students since 2017-2019.
- Green Schools program in RU II Dumai, MOR III, and MOR IV.
- Pertamina Sobat Bumi (Friends of the Earth) Scholarships for **1,668** university students until 2019.
- **41** elementary schools and **3,578** students applied the mangrove thematic environmental education local content curriculum.
- Literacy education for Anak Dalam Tribe in Jambi.



Connecting industrial needs with competence



- Employee development plans were carried out through Online Individual Development Plan (IDP).
- Recruitment of **31** persons with disabilities as employees in 2019.
- Vocational education to support employment opportunities for **610** local residents until 2019.
- Achievement of 1.8 million learning hours in 2019



BUTUH BANYAK PIHAK SEPERTI PERTAMINA

BUILDING GREATER YOUNG GENERATION WITH COLLABORATIONS

Tak dapat dipungkiri kehadiran program Pertamina Sehat dan Pertamina Cerdas di tengah masyarakat, khususnya di pedalaman, layaknya sebuah oase di padang pasir. Salah satunya seperti yang dirasakan Bidan Santi, tenaga kesehatan yang telah mengabdi lebih dari 25 tahun di Desa Pompa Air, Kecamatan Bajubang, Kabupaten Batanghari, Jambi. Kehadiran Pertamina EP (PEP) Field Jambi dengan program *Monitoring Perkembangan Kesehatan Anak Stunting* di desa tersebut membantunya merangkul keluarga Suku Anak Dalam yang masih memandang tabu kegiatan kesehatan modern.

*I*t is undeniable that the presence of Pertamina Sehat (Healthy Pertamina) and Pertamina Cerdas (Smart Pertamina) programs in the community, especially in remote areas, is like an oasis in the desert. It is, among others, also experienced by Midwife Santi, a health worker who has served for more than 25 years in the Pompa Air Village, Bajubang District, Batanghari Regency, Jambi. The presence of Pertamina EP (PEP) Jambi Field with the Stunted Child Health Development Monitoring Program in the village has helped her embrace the families of Anak Dalam Tribe who still view modern health activities as taboo.

Pekerja Pertamina bermain bersama anak-anak saat kegiatan Pertamina mengajar di Kuningan, Jakarta.

Bersama anak perusahaan Pertamina tersebut, ia beserta beberapa bidan dari Puskesmas Pembantu Desa Pompa Air seminggu sekali melakukan penimbangan berat badan, pengukuran tinggi badan, dan pembagian makanan bergizi seperti telur rebus, bubur kacang hijau, biskuit, dan vitamin. "Alhamdulillah dengan didukung Pertamina EP sekarang masyarakat menjadi aktif mengikuti Posyandu. Semoga kita semua mampu mewujudkan masyarakat Desa Pompa Air yang sehat dan berdaya," tukasnya.

Hal senada disampaikan Yohanis Pakereng, Direktur Yayasan Jaringan Peduli Masyarakat yang diajak Pertamina untuk memerangi *stunting* di Pulau Semau, Nusa Tenggara Timur melalui Program Bernas (Bersama Sehatkan Anak Semau). "Dengan dukungan dari Pertamina, kami berharap kelak para bayi dan balita dapat tumbuh dengan baik, melalui pemberian makanan tambahan gizi yang cukup semenjak di dalam kandungan," ujar Yohanis.

“ Alhamdulillah dengan didukung Pertamina EP sekarang masyarakat menjadi aktif mengikuti Posyandu. Semoga kita semua mampu mewujudkan masyarakat Desa Pompa Air yang sehat dan berdaya.

Alhamdulillah, with the support of Pertamina EP, now the residents are actively participating in Integrated Health Services Posts. Hopefully we will all be able to create a healthy and empowered community in the Pompa Air Village.

Bidan Santi
Bidan di Desa Pompa Air
Midwife on Pompa Air village

Together with the Pertamina subsidiary, once a week, she and several midwives from the Pompa Air Village's secondary community health center measure body weight and height of the residents, and distribute nutritious foods such as boiled eggs, mung bean porridge, biscuits, and vitamins. "Alhamdulillah, with the support of Pertamina EP, now the residents are actively participating in Integrated Health Services Posts. Hopefully we will all be able to create a healthy and empowered community in the Pompa Air Village," she said.

The same thing was conveyed by Yohanis Pakereng, Director of the Jaringan Peduli Masyarakat Foundation, who was invited by Pertamina to combat stunting on Semau Island, East Nusa Tenggara through the Bernas (Bersama Sehatkan Anak Semau/Creating Healthy Semau Children Together) Program. "With the support from Pertamina, we hope that in the future babies and toddlers can grow well through the provision of adequate nutritional food from when they are still in the womb," said Pakereng.

“ Dengan dukungan dari Pertamina, kami berharap kelak para bayi dan balita dapat tumbuh dengan baik, melalui pemberian makanan tambahan gizi yang cukup semenjak di dalam kandungan.

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Yohanis Pakereng
Direktur Yayasan Jaringan
Peduli Masyarakat
*Director of the Jaringan Peduli
Masyarakat Foundation*



Di bidang pendidikan, berbagai program yang digulirkan Pertamina Group juga memberikan dampak positif bagi perkembangan kecerdasan anak, seperti yang disampaikan Ali Muda Tinadung yang menjadi penggerak Sekolah Anak Merdeka di pelosok Desa Tampur Paloh, Aceh Timur. "Terima kasih sudah dibangun tiga ruangan belajar sehingga dapat mengurai kelas I-III, selama ini mereka belajar hanya di satu ruangan. Pertamina juga membuatkan kami perpustakaan dan MCK. Ini betul-betul bermanfaat bagi kami," ucapan Ali.

Pimpinan Pondok Pesantren Miftahul Falah Ash Shiddiqie, Ustaz Dadun Abdul Qohar juga menyampaikan hal yang sama. Ia mengucapkan terima kasih kepada Pertamina dan Balai Pustaka karena telah memberikan bantuan berupa perpustakaan digital untuk pendidikan.

"Dengan adanya perpustakaan digital yang memuat pelajaran SD, SMP, SMA lengkap kurikulum 2013, sangat membantu para santri kami yang kebanyakan kesulitan membeli buku-buku pelajaran karena keterbatasan ekonomi," tutur Ustaz Dadun di Bandung.

“ Terima kasih sudah dibangun tiga ruangan belajar sehingga dapat mengurai kelas I-III, selama ini mereka belajar hanya di satu ruangan. Pertamina juga membuatkan kami perpustakaan dan MCK. Ini betul-betul bermanfaat bagi kami.

Thank you for building three study rooms for us so that we can separate the classes for grade I-III, because previously, they all have been studying in the same room. Pertamina also made us a library and toilets. This is really useful for us.

Ali Muda Tinadung

Penggerak Sekolah Anak Merdeka di pelosok Desa Tampur Paloh, Aceh Timur
Operates Sekolah Anak Merdeka (Independent Children School) in the remote area of Tampur Paloh Village

In the field of education, various programs launched by Pertamina Group also have a positive impact on the development of children's intelligence, as stated by Ali Muda Tinadung who operates Sekolah Anak Merdeka (Independent Children School) in the remote area of Tampur Paloh Village, East Aceh. "Thank you for building three study rooms for us so that we can separate the classes for grade I-III, because previously, they all have been studying in the same room. Pertamina also made us a library and toilets. This is really useful for us," said Tinadung.

The head of Miftahul Falah Ash Shiddiqie Islamic Boarding School, Ustaz Dadun Abdul Qohar also expressed the same thing. He thanked Pertamina and Balai Pustaka for providing assistance in the form of a digital library for education purposes.

"The existence of a digital library, which contains complete elementary, middle and high school lessons from the 2013 curriculum, has been very helpful for our students, who mostly have difficulty buying textbooks due to economic limitations," said Ustad Qohar in Bandung.

“ Dengan adanya perpustakaan digital yang memuat pelajaran SD, SMP, SMA lengkap kurikulum 2013, sangat membantu para santri kami yang kebanyakan kesulitan membeli buku-buku pelajaran karena keterbatasan ekonomi.

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Ustaz Dadun Abdul Qohar

Pimpinan Pondok Pesantren Miftahul Falah Ash Shiddiqie
The head of Miftahul Falah Ash Shiddiqie Islamic Boarding School



Camat Plaju Ahmad Furqon yang menerima langsung perangkat perpustakaan digital di Plaju juga mengucapkan terima kasih. Ia berpesan kepada anak-anak penerima fasilitas tersebut agar bisa menambah pengetahuan dan wawasan melalui program Pertamina Cerdas.

“Semoga bisa menambah khazanah pengetahuan anak-anak kami dalam mendukung gerakan literasi,” tutur Furqon.

Kepala Balai Rehabilitasi Sosial Penyandang Disabilitas Sensorik Netra Wyata Ghuna, Sudarsono pun bersyukur Pertamina sangat peduli kepada anak-anak difabel sehingga bisa meningkatkan *soft skill* mereka melalui pelatihan dan ilmu yang bisa diterapkan untuk meningkatkan perekonomian keluarganya nantinya.

“Saya harap kita semua bisa hidup yang layak. Karena itu, pengembangan diri dan kapasitas menuju kemandirian bagi difabel sangat penting,” ujar Sudarsono.

Sementara itu, Ketua Komisi Perlindungan Anak Indonesia (KPAI), Susanto yang dihubungi melalui seluler berharap ke depannya makin banyak pihak seperti Pertamina yang ikut berperan aktif dalam penyelenggaraan perlindungan anak sehingga anak-anak Indonesia dapat tumbuh dan berkembang dengan baik.

“ Semoga bisa menambah khazanah pengetahuan anak-anak kami dalam mendukung gerakan literasi.

Hopefully it can improve our children's knowledge, therefore supporting the literacy movement.

Ahmad Furqon

Camat Plaju

Plaju sub-district head

Plaju sub-district head Ahmad Furqon who directly received digital library equipment in Plaju also expressed his gratitude. He advised the children who received the facility to increase their knowledge and insights through the Pertamina Smart program.

“Hopefully it can improve our children's knowledge, therefore supporting the literacy movement,” said Furqon.

Head of the Social Rehabilitation Center for Persons with Sensory Disabilities Netra Wyata Ghuna, Sudarsono, expressed his appreciation for Pertamina who really cares for children with disabilities so that they can improve their soft skills through training and knowledge that can be applied to improve the family economic condition in the future.

“I hope we can all live a decent life. Therefore, self-development and capacity towards independence for persons with disabilities are very important,” said Sudarsono.

Meanwhile, Chairman of the Indonesian Child Protection Commission (KPAI), Susanto, who was contacted by phone, hopes that in the future more parties such as Pertamina would take an active role in the implementation of child protection so that Indonesian children can grow and develop well.

“ Saya harap kita semua bisa hidup yang layak. Karena itu, pengembangan diri dan kapasitas menuju kemandirian bagi difabel sangat penting.

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Head of the Social Rehabilitation Center for Persons with Sensory Disabilities Netra Wyata Ghuna



"Untuk meningkatkan kualitas anak Indonesia, ibaratnya dibutuhkan orang sekampung. Maksudnya, diperlukan sinergi dan kerja sama berbagai pihak. Dengan naiknya indeks kualitas anak, maka kualitas SDM Indonesia semakin baik. Jika semakin baik, ke depan Indonesia akan menjadi negara yang berpengaruh bagi dunia," ujarnya.

Wakil Rektor 1 Universitas Diponegoro Prof. Budi Setiyono PhD, juga menyampaikan rasa terima kasih atas program beasiswa yang bukan hanya membuat mahasiswa terbantu secara perekonomian, namun juga memberikan pengalaman menarik.

"Apa yang diinisiasi oleh Pertamina Foundation ini sungguh hal yang mulia. Semoga ini bisa memberi *impact* yang dapat dirasakan oleh masyarakat luas. Terlebih bila ada klasterisasi program yang dilakukan oleh para penerima beasiswa itu. Misalnya, kelompok penyelamat sungai, penyelamat hutan, penyelamat satwa langka, penyelemat spesies tanaman langka dan kelompok peduli sampah. Besar harapan ke depannya program ini mampu menghasilkan *global leaders* yang dapat membawa perubahan masyarakat dan lingkungan di Indonesia," tutur Budi.■

"We can say that it takes a village to improve the quality of Indonesian children. It means that it requires synergies and collaborations between various parties. With the increase in the children's quality index, the quality of Indonesian human resources also gets better. If it gets better, in the future Indonesia will become an influential country for the world," he said.

Vice Chancellor 1 of Diponegoro University Prof. Budi Setiyono PhD, also expressed his gratitude for the scholarship program which not only helps students economically, but also provides interesting experiences.

"What was initiated by the Pertamina Foundation is truly a noble thing. Hopefully this can have an impact that can be experienced by the wider community. Especially if there is a program clustering carried out by the scholarship recipients. For example, river rescue groups, forest rescuers, endangered animal rescuers, endangered plant species rescuers and waste care groups. We hope that in the future this program will be able to produce global leaders who can bring changes to society and the environment in Indonesia," said Setiyono.■

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Prof. Budi Setiyono PhD

Wakil Rektor 1 Universitas Diponegoro
Vice Chancellor 1 of Diponegoro University





TO PERTAMINA RU IV

GETUK NYLEKITHO NAIK KELAS BERSAMA PERTAMINA

GETUK NYLEKITHO: GROWING WITH PERTAMINA

Bariyah tidak menyangka, upayanya meneruskan usaha getuk dari sang nenek berbuah manis di masa pandemi. Bersama sang suami, Suwaryan dan didukung oleh Pertamina, pengangan tradisional yang berasal dari olahan singkong ini berhasil naik kelas hingga Bariyah bisa meraup omzet puluhan juta per bulan.

Wadah besar berisi singkong rebusan itu baru saja diangkat oleh Suwaryan, lalu dipindahkan ke dalam wadah lain untuk ditumbuk (dihancurkan). Sembari menambahkan gula pasir secukupnya, pria yang akrab disapa Waryan itu dengan cekatan menumbuk singkong sampai hancur. “Jangan terlalu lembut, agar tekstur singkongnya masih berasa,” kata Bariyah.

Di bagian lain, Bariyah tak kalah sibuk memarut kelapa yang diberi garam secukupnya hingga tercampur rata. “Ampas ini sebagai taburan di atas singkong yang sudah menjadi getuk. Jangan lupa menikmati getuknya ditemani secangkir teh atau kopi, biar rasanya lebih mantap,” tambahnya.



Baariyah memarut kelapa yang akan ditaburkan di atas getuk Nylekitho.

Bariyah did not expect that her efforts to continue her grandmother's gethuk business would pay off during the pandemic. Together with her husband, Suwaryan and supported by Pertamina, she has managed to grow her business of traditional cassava snack until Bariyah can earn tens of millions of sales per month.

The large container that is filled with boiled cassava is just carried by Suwaryan and then moved to another container to be pounded (crushed). While adding sugar, the man who is better known as Waryan pounds the cassava swiftly until it is crushed. “Don't make it too soft, so that you can still feel the texture of the cassava,” says Bariyah.

At the other corner, Bariyah is no less busy grating coconut, which is added and mixed with salt. “The pulp is used as sprinkles on top of the cassava that has become gethuk. Don't forget to enjoy the gethuk with a cup of tea or coffee, so that it will taste even better,” she adds.



Begitulah rutinitas keseharian di rumah pasangan suami istri pengusaha getuk singkong merk 'Nylekitho' di Jalan Wahidin, Gang Buntu, Kelurahan Sidakaya, Kecamatan Cilacap Selatan. "Saya meneruskan usaha Mbah Sawinem, nenek saya sejak 1980. *Eman-eman* (sayang) kalau tidak dilanjutkan karena sudah banyak pelanggannya," ujar Bariyah membuka cerita.

Mbah Sawinem awalnya berjualan di lapak jajanan di area Pasar Buntu, Kabupaten Banyumas. "Dagangannya nyaris tidak pernah sepi. Waktu itu tidak hanya gethuk, namun juga jajanan tradisional lain seperti cethil, gatot, klepon, sawud, cingkik, kepok, mata roda dan lain-lain," tuturnya.

Pada 2018, Bariyah mantap melanjutkan usaha sang nenek. Ia memilih produk getuk tumbuk berbahan dasar singkong yang dipatenkan dengan merk khas jajanan Banyumas, 'Nylekitho'. "Saya buat kemasan dan label yang menarik, sehingga merasa lebih optimis dan percaya diri. Untuk menjaga rasa, produksi getuk tetap dilakukan manual," tegasnya.

Untuk kualitas, Bariyah juga tidak sembarangan. Ia rela mencari bahan baku singkong yang berkualitas untuk getuk

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In 2018, Bariyah was determined to continue her grandmother's business. She patented her mashed gethuk made from cassava as the signature snack of Banyumas under the brand 'Nylekitho'.

That is pretty much the daily routine at the home of the husband-and-wife entrepreneurs behind cassava gethuk brand 'Nylekitho' on Wahidin Street, Gang Buntu, Sidakaya Village, South Cilacap District. "I have continued the business of Mbah Sawinem, my grandmother, since 1980. It's such a waste if it is not continued because we already have many customers," says Bariyah as she begins her story.

Mbah Sawinem initially sold it at a hawker stall in the Buntu Market area, Banyumas Regency. "It was almost never empty. At that time, there were not only gethuk, but also other traditional snacks such as cethil, gatot, klepon, sawud, cingkik, kepok, mata roda and others," she says.

In 2018, Bariyah was determined to continue her grandmother's business. She patented her mashed gethuk made from cassava as the signature snack of Banyumas under the brand 'Nylekitho'. "I use attractive packaging and labels, so I feel more optimistic and confident. To maintain the taste, the production of gethuk is still done manually," she says.

In terms of quality, Bariyah also takes it seriously. She is willing to look for high

olahannya. Tak hanya memanfaatkan sumber daya lokal, sebagian bahan baku ia peroleh dari daerah lain. "Karena singkongnya harus memiliki kandungan ari rendah dan gula merahnya harus murni dari nira," lanjut Bariyah.

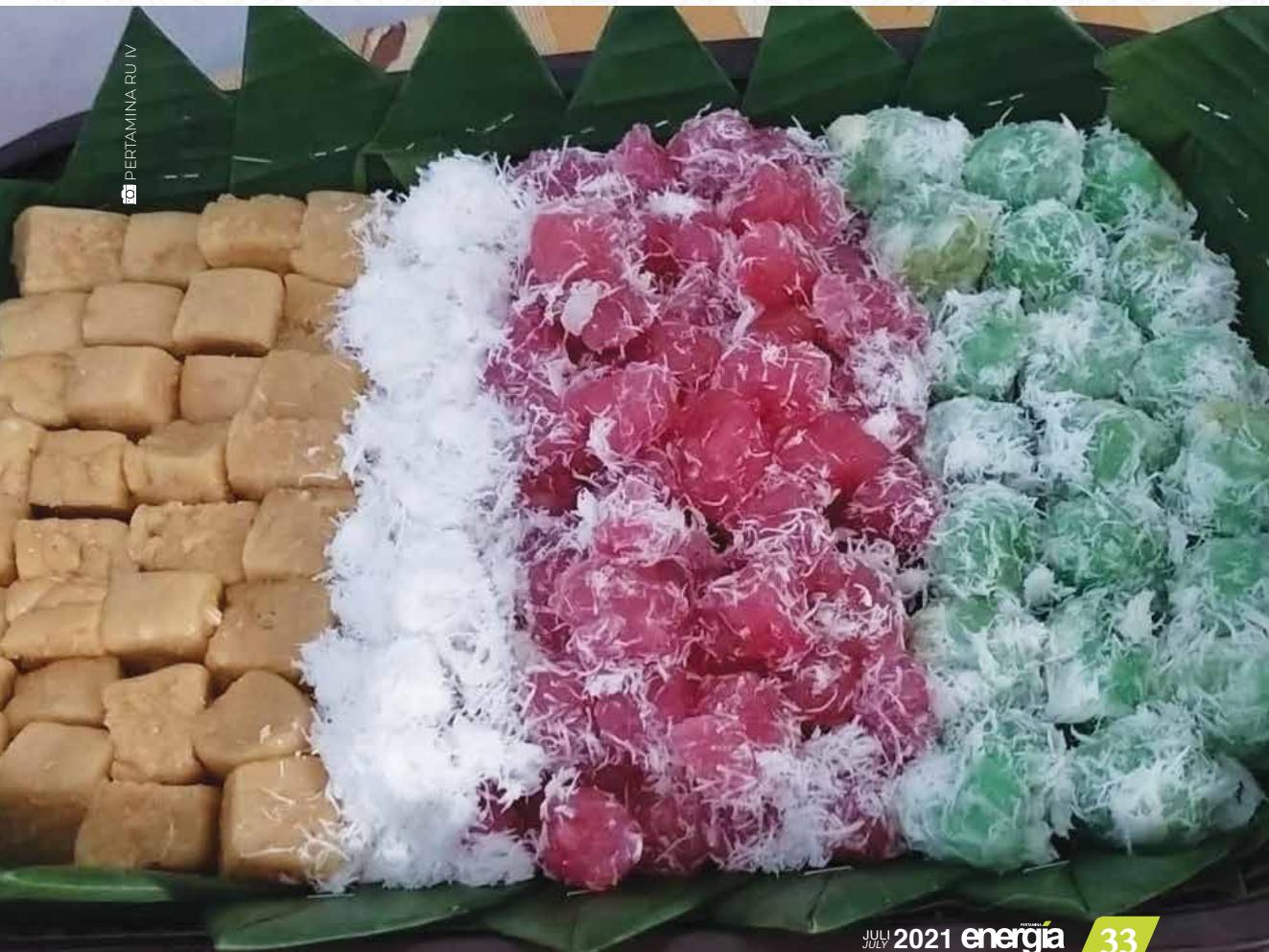
Bariyah lalu memberanikan diri berjualan di pasar kuliner Cilacap, Cia-cia, dan membuka kios di ajang Sunday Morning stadion Wijayakusuma Cilacap. Tak lama berselang ia juga membuka satu lapak di area *food court* sebuah supermarket ternama di Cilacap. "Kami juga ikut meramaikan pasar kuliner Car Free Day (CFD) di alun-alun Kota Cilacap," tambahnya.

Getuk tumbuk Nylekitho kini sudah dikenal di kalangan pencinta jajanan tradisional. Pesanan juga datang dari berbagai instansi, untuk rapat, arisan maupun hajatan.

quality cassava raw materials for her getuk. Aside from local resources, some of the raw materials are also obtained from other regions. "Because the cassava must have a low content of starch and the brown sugar must be free from sap," Bariyah continues.

Bariyah then ventured to sell her products at the Cilacap culinary market, Cia-cia, and opened a kiosk at the Sunday Morning event at Wijayakusuma Cilacap Stadium. Not long after, she also opened a stall at a food court in a well-known supermarket in Cilacap. "We also participate in the Car Free Day (CFD) culinary market in Cilacap City square," she adds.

Nylekitho mashed getuk is now well known among fans of traditional snacks. Orders are also coming from various institutions, for meetings, social gatherings and celebrations.





Bariyah mengakui, usahanya naik kelas setelah menjadi mitra binaan Kilang Pertamina Cilacap. Ia kini memiliki lima pekerja dengan upah harian, ditambah tenaga pemasaran.

Bariyah admits that her business grew after becoming a fostered partner of the Pertamina Cilacap Refinery. She now has five workers with daily wages, and a marketing staff.

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Suwaryan menimpali, meski awal pandemi COVID-19 sempat memukul usaha mereka, namun Getuk Nylekitho bisa bertahan bahkan meningkatkan penghasilannya. "Alhamdulillah, berkat program kemitraan Pertamina kami merasa sangat terbantu," ucapnya.

Bariyah admits that her business grew after becoming a fostered partner of the Pertamina Cilacap Refinery. She now has five workers with daily wages, and a marketing staff.

Suwaryan adds that even though the beginning of the COVID-19 pandemic hit their business, Getuk Nylekitho was able to survive and the income has even increased since then. "Alhamdulillah, we are really helped by the partnership program of Pertamina," he says.

Sejak menjadi mitra Pertamina, Suwaryan dan Bariyah mendapat banyak pelatihan tentang strategi pemasaran, terutama pemasaran di saat pandemi dan cara mengenali karakteristik pelanggan.

Since becoming Pertamina's partners, Suwaryan and Bariyah have received a lot of training on marketing strategies, especially marketing during a pandemic and how to recognize customer characteristics. As a result, the sales of Getuk Nylekitho increased sharply.

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Waryan terus melakukan inovasi dengan mengembangkan varian produk dan penyajian agar bisa memenuhi keinginan pelanggan.

"Berkat dukungan Pertamina pula kami bisa membuat inovasi pengemasan sesuai tren dengan teknik marketing media sosial. Selain itu menerapkan sistem titip jual ke beberapa kantin atau toko makanan di Cilacap," katanya.

Selain itu, Lebaran kemarin juga berdampak positif bagi usahanya. Tradisi masyarakat Cilacap merayakan lebaran bersama keluarga menjadi peluang menyajikan menu jajanan tradisional. "Pas Lebaran tahun ini, pesanan getuk Nylekitho mampu menaikkan usaha kami," ucap Waryan.

Since becoming Pertamina's partners, Suwaryan and Bariyah have received a lot of training on marketing strategies, especially marketing during a pandemic and how to recognize customer characteristics. As a result, the sales of Getuk Nylekitho increased sharply. "Now our sales have reached 30 to 40 million (US\$2078.04-US\$2770.72) from what was originally only 4 million (US\$277.07) per month," he says gratefully.



Waryan continues to innovate by developing product variants and focusing on presentations in order to meet customer demands. "Thanks to Pertamina's support, we are also able to make packaging innovations according to the trends with social media marketing techniques. In addition, we apply a consignment system to several canteens or food shops in Cilacap," he says.

In addition, last Eid also had a positive impact on his business. Cilacap residents' tradition of celebrating Eid with family became an opportunity for them to serve traditional snacks. "During this year's Eid celebration, the orders of Getuk Nylekitho were able to grow our business," says Waryan.

MENUNTUN MANTAN PENCANDU MERAIH MASA DEPAN

**LEADING
FORMER DRUG
ADDICTS TO
A BETTER
FUTURE**





Tak sedikit orang yang memandang sebelah mata para mantan pencandu narkoba. Namun tidak demikian halnya dengan dr. Aisah Dahlalan, CHt, CM. NNLP. Ia justru mendedikasikan hampir seluruh waktunya untuk memberikan pendampingan bagi mereka yang menjadi korban narkotika, psikotropika, dan obat terlarang. Kini dr. Aisah dikenal sebagai salah satu wanita inspiratif di Indonesia.

TITIK BALIK DR. AISAH

Menjadi seorang konselor adiksi, bukanlah cita-cita dr. Aisah. Wanita yang menempuh pendidikan Program Profesi Dokter di Fakultas Kedokteran Universitas Gajah Mada (UGM) Yogyakarta justru ingin menjadi seorang dokter spesialis anak. Tapi pada 1997, ada satu kejadian yang mengubah cara pandangnya.

Saat itu, sang adik terdeteksi sebagai pengguna narkoba. Dari hasil pemeriksaan yang dilakukan di Rumah Sakit (RS) Fatmawati, diketahui adiknya positif mengonsumsi morfin dan heroin selama sembilan tahun.

Tak tinggal diam, dr. Aisah pun berupaya membantunya untuk bisa keluar dari jeratan narkoba. Namun sayang, saat itu Indonesia belum memiliki pusat rehabilitasi bagi pencandu narkoba. Agar bisa segera sembuh, Prayitno, suami Aisah yang juga seorang dokter lantas membawa sang adik ke Kuala Lumpur, Malaysia untuk segera menjalani program pengobatan.

Momen tersebut menjadi titik balik bagi karier dr. Aisah. "Suami menyarankan sebaiknya saya belajar tentang narkotika dan tidak usah mengambil spesialis anak," tuturnya, seperti dikutip dari www.idntimes.com.

Not a few people underestimate former drug addicts. However, dr. Aisah Dahlalan, CHt, CM.

NNLP is not one of them. Instead, she dedicates almost all of her time to providing assistance to those who are victims of narcotics, psychotropic substances, and illegal drugs. Now dr. Dahlalan is known as one of the inspirational women in Indonesia.

DR. DAHLAN'S TURNING POINT

Becoming an addiction counselor was not the dream of dr. Dahlalan. The woman who studied Medicine at the Faculty of Medicine, Gadjah Mada University (UGM) Yogyakarta actually wanted to become a pediatrician. But in 1997, there was one incident that changed her perspective.

At the time, her little brother was detected as an illegal drug user. From the results of the examination conducted at the Fatmawati Hospital, it was known that her brother had been tested positive for consuming morphine and heroin for nine years.

Not wanting to stay silent, dr. Dahlalan also tried to help him get out of his drug addiction. Unfortunately, at that time Indonesia did not have a rehabilitation center for drug addicts. In order for him to recover, Prayitno, Dahlalan's husband who's also a doctor, then brought her little brother to Kuala Lumpur, Malaysia to immediately undergo a treatment program.

That moment became a turning point for dr. Dahlalan. "My husband suggested that I should learn about narcotics instead of taking pediatrics," she said, as quoted from www.idntimes.com.

“Ada tiga tahap yang harus dilalui para pecandu, yaitu detoksifikasi, rehabilitasi, dan fase after care.

There are three stages that addicts have to go through, namely detoxification, rehabilitation, and the after-care phase.

”



MEMBUAT YAYASAN

Tak lama berselang, Aisah pun memutuskan untuk terbang ke Malaysia untuk menjalankan pelatihan sebagai konselor penyalahgunaan narkoba. Sekembalinya ke Indonesia, ia bertugas di salah satu rumah sakit swasta yang berada di bilangan Jakarta Timur.

Di sana, Aisah mulai bergaul dengan para pencandu sekaligus mengetahui bagaimana mereka tersiksa untuk bisa keluar dari jeratan narkoba. "Ada tiga tahap yang harus dilalui para pecandu, yaitu detoksifikasi, rehabilitasi, dan fase *after care*," terang Aisah seperti dikutip dari www.kontan.co.id.

Namun tak semuanya berjalan manis. Saat itu, fasilitas rehabilitasi belum tersedia di Indonesia sehingga pasien yang telah menempuh program detoksifikasi harus menjalankan program rehabilitasi di Malaysia. Hal ini menjadi masalah, lantaran tidak semua orang mampu mengikuti anjuran tersebut.

Dari sana muncul keinginan Aisah untuk membentuk sebuah yayasan yang membantu mantan pencandu narkoba untuk sembuh dan bisa beraktivitas normal seperti sebelumnya. Pada 2008, Aisah berhasil mewujudkan mimpiya untuk membentuk sebuah yayasan yang diberi nama Sahabat Rekan Sebaya (SRS).

Melalui SRS, Aisah berharap tak hanya menjadi tempat untuk proses penyembuhan, tapi juga agar mantan pecandu narkoba itu bisa kembali berkarya

BUILDING A FOUNDATION

Not long after, Dahlан decided to fly to Malaysia to train as a substance abuse counselor. Upon her return to Indonesia, she served in a private hospital located in East Jakarta.

There, Dahlان started making friends with addicts and found out how tortured they were to get out of the drug addiction. "There are three stages that addicts have to go through, namely detoxification, rehabilitation, and the after-care phase," said Dahlان as quoted from www.kontan.co.id.

But not everything went smoothly. At that time, rehabilitation facilities were not yet available in Indonesia, so patients who had undergone a detoxification program had to undergo a rehabilitation program in Malaysia. This is a problem, because not everyone is able and privileged to follow the advice.

That was when Dahlان began to have the desire to build a foundation that helps former drug addicts to recover and be able to carry out normal activities as before. In 2008, Dahlان succeeded in realizing her dream to establish a foundation called Sahabat Rekan Sebaya (SRS).

Through SRS, Dahlان hopes that it is able to not only become a place for the addicts' healing process, but also empower former drug addicts so that they can return to work and be

Dari sana muncul ide dan keinginan Aisah untuk membantuk sebuah yayasan yang membantu para mantan pecandu narkoba untuk sembuh, dan bisa beraktifitas seperti dulu kala. Hingga pada tahun 2008, Aisah berhasil mewujudkan mimpiya untuk membentuk sebuah yayasan yang diberinama Sahabat Rekan Sebaya (SRS).

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dan mandiri untuk membangun kembali masa depan mereka. Menurut Aisah, meskipun bisa disembuhkan, mereka masih memiliki potensi untuk kembali menjadi pengguna jika mengalami depresi ataupun merasa dikucilkan oleh lingkungannya.

MEREHABILITASI RIBUAN ORANG TERMASUK SLANKERS

Sejak berdiri hingga kini, Yayasan SRS sudah berhasil merehabilitasi ribuan pecandu, termasuk di dalamnya slankers, para penggemar band Slank, tepatnya di tahun 2003 hingga 2008. "Waktu itu Mas Bimbim (drummer Slank) tanya, ngobatin pencandu itu, bisa murah nggak sih? Rupanya setelah Slank sembuh, banyak penggemar mereka juga ingin sembuh," tutur dr Aisah kepada detikHealth, www.detik.com.

Setelah itu, Aisah, Bimbim dan Manajer Slank, Bunda Ifet segera menyiapkan sarana

independent to rebuild their future. According to Dahlan, even though they can be cured, they still have the potential to become drug users again if they are depressed or feel ostracized by their environment.

REHABILITATING THOUSANDS OF PEOPLE INCLUDING SLANKERS

Since its establishment until now, the SRS Foundation has managed to rehabilitate thousands of addicts, including slankers, fans of the band Slank, from 2003 to 2008. "At that time, Mas Bimbim (the drummer for Slank) asked if treating the addicts could be affordable. Apparently after Slank recovered, many of their fans also wanted to recover," said Dr. Dahlan to detikHealth, www.detik.com.

After that, Dahlan, Bimbim and Slank's Manager, Bunda Ifet immediately prepared supporting facilities for the slankers

pendukung program rehabilitasi slankers. Hingga pada akhirnya sekitar 100 slankers menjalani proses penyembuhan dari ketergantungan narkoba. Program ini pun terus berlanjut di tahun-tahun berikutnya. Atas tindakan tersebut, Aisah juga mendapat julukan 'Dokter Peace' dari para slankers.

Tak hanya fokus pada penyembuhan, Aisah mengatakan bahwa Yayasan SRS juga mengembangkan pelatihan kewirausahaan, seperti usaha bisnis multimedia, entertainment, *event organizer*, laundry, perbengkelan, hingga peternakan kelinci.

Aisah juga mengajak mantan pecandu menjadi *peer counselor* bagi para pecandu lainnya. Yayasan SRS juga terbuka bagi siapa saja yang ingin lepas dari ketergantungan narkoba. "Silakan datang saja ke mari. Kami akan berusaha sekutu tenaga untuk membantu," pungkasnya kepada www.detik.com.

Atas semua dedikasi dan kisah inspiratifnya, Aisah mendapatkan banyak perhargaan, di antaranya: "Indihome Inspiring Woman Award" dari Telkom Indonesia sebagai Woman Health Activist (2014), SHE CAN AWARD – TUPPERWARE sebagai salah satu WANITA INSPIRATIF di Indonesia (2013), "Sang Teladan" Penghargaan Kesehatan dari Tempo Media & Decolgen (2012), "Prestasi Insan Anti Narkotika (PITA)", dari Gerakan Rakyat Anti Madat (GERAM) serta penghargaan dari Presiden Republik Indonesia, dengan nama "WARGA UTAMA" dalam bidang Terapi & Rehabilitasi Narkoba yang difaihnya pada 2009. ■

rehabilitation program. In the end, about 100 slankers underwent the healing process from drug abuse. This program continued in the following years. For these efforts, Dahlal also got the nickname 'Doctor Peace' from the slankers.

Not only focuses on healing, Dahlal said that the SRS Foundation also develops entrepreneurship training for various businesses such as multimedia, entertainment, event organizer, laundry, automobile repair shop, to rabbit farming.

Dahlal also invites former addicts to become peer counselors for other addicts. The SRS Foundation is also open to anyone who wants to be free from drug addiction. "Please just come here. We will try our best to help," she told www.detik.com.

For her dedication and inspiring stories, Dahlal has received many awards, including: "Indihome Inspiring Woman Award" from Telkom Indonesia as Woman Health Activist (2014), SHE CAN AWARD – TUPPERWARE as one of the INSPIRING WOMEN in Indonesia (2013), "Sang Teladan" (The Great Example) Health award from Tempo Media & Decolgen (2012), "Prestasi Insan Anti Narkotika (PITA)" (Achievement of Anti-Narcotics Persons), from Gerakan Rakyat Anti Madat (GERAM/ People's Movement for Anti-Addiction) and an award from the President of the Republic of Indonesia, under the name "WARGA UTAMA" (Main Resident) in the field of Drug Therapy & Rehabilitation which she won in 2009.



FACEBOOK GRUP DR AISAH DAHLAN

MUSICOO^L

Hematnya Energi, Hijaunya Bumi

HEMAT
20%



HEMAT ENERGI



HEMAT BIAYA
LISTRIK



RAMAH LINGKUNGAN



MOTOGP MANDALIKA PROMOSI TERBAIK PERTAMINA

MOTOGP MANDALIKA: THE BEST PROMOTIONAL EVENT FOR PERTAMINA

Siapa tak kenal Moreno Soeprapto, pembalap terkenal di zamannya yang membawa nama harum nama Indonesia di berbagai ajang otomotif nasional dan internasional. Pria yang kini sibuk menjadi wakil rakyat itu mengaku bangga ajang MotoGP akan diselenggarakan di Sirkuit Mandalika, Nusa Tenggara Barat. Apalagi Pertamina sebagai BUMN turut andil dalam pembangunan sirkuitnya.

“Ini merupakan suatu bentuk komitmen, kolaborasi, dan prestasi yang luar biasa bagi Pertamina karena menjadi salah satu ajang promosi terbaik dalam event balap motor skala dunia,” ucap pria yang pernah menjadi juara 1 Formula BMW Asia di Shanghai tahun 2004.

Tak hanya menyuplai aspal terbaik, Pertamina juga menjadi sponsor tim balap motor, yakni Pertamina Mandalika SAG Team untuk Moto2. “Meskipun belum memiliki tim sendiri, kehadiran pertamina sebagai sponsor menjadi langkah awal untuk memperkuat posisi di panggung dunia,” ujarnya. ■



Who does not know Moreno Soeprapto, a famous racer back in his days who brought the name of Indonesia to various national and international automotive events. The man who is currently busy as the people's representative said that he was proud that the MotoGP event would be held at the Mandalika Circuit, West Nusa Tenggara, especially since Pertamina, as a state-owned enterprise, also took part in the construction of the circuit.

“This is a form of commitment, collaboration and extraordinary achievement for Pertamina because a world-scale motorcycle racing event like this becomes one of the best promotional events,” said the man who had won Formula 1 BMW Asia in Shanghai in 2004.

Not only supplying the best asphalt, Pertamina is also a sponsor of a motorcycle racing team, which is Pertamina Mandalika SAG Team for Moto2. “Even though it hasn't had its own team yet, Pertamina's presence as a sponsor becomes the first step to strengthen its position on the world stage,” he said. ■

KEINGINAN KUAT DAN SOLIDITAS TIM ADALAH KUNCI KEMENANGAN

A STRONG DESIRE AND A SOLID TEAM ARE THE KEYS TO VICTORY

Kiprah Kapten Satria Muda Pertamina Jakarta, Arki Dikania Wisnu memang tidak perlu diragukan. Sebagai team leader, ia mampu membawa skuad basket binaan Pertamina tersebut meraih gelar juara Indonesian Basket League (IBL) Pertamax 2021 setelah mengalahkan Pelita Jaya Bakrie.

Menurutnya, kemenangan yang diraih timnya merupakan hasil kerja keras dan tekad seluruh tim yang bermain solid selama kompetisi tersebut.

"Kalau dulu itu ada mitos jika menang di gim pertama maka dapat dipastikan akan keluar sebagai juara, tapi saya nggak percaya. Saya lebih percaya bahwa siapa yang punya keinginan lebih kuat buat menang, dia yang bakal jadi juara," kata Arki.

Karena itu, sejak awal pertandingan ia mengingatkan teman-temannya untuk bermain tanpa beban. "Saya bilang, kita main senyaman mungkin. Karena saya percaya di tim ini pemainnya bagus-bagus," ucapnya.

Dia juga mengatakan bahwa kemenangan yang diraih timnya dipersembahkan juga untuk Pertamina.◆

The role of the captain of Satria Muda Pertamina Jakarta, Arki Dikania Wisnu, is indeed beyond doubt. As a team leader, he was able to lead Pertamina's basketball squad in achieving the title of Indonesian Basket League (IBL) Pertamax 2021 after defeating Pelita Jaya Bakrie. According to him, his team's victory was the result of hard work and determination of the entire team who played solidly during the competition.

"There used to be a myth that says if you win in the first game, you will surely come out as the champion, but I don't believe it. More than that, I believe that whoever has a stronger desire to win will be the champion," said Wisnu.

Therefore, from the beginning of the championship, he kept reminding his friends to play without carrying any burden. "I said, let's play as comfortably as possible. Because I believe the team has great players," he said. He also said that his team's victory was also dedicated to Pertamina.◆

INSTAGRAM/ARKIWISU33

Innovation

TEKS Indah Nurbaeti



OTIM PROVE NOZZCAM

NOZZLE GAMBUT: INOVASI CEGAH KEBAKARAN LAHAN GAMBUT

PEAT NOZZLES: AN INNOVATION TO PREVENT PEATLAND FIRES

Isu kebakaran lahan gambut menjadi masalah yang penting untuk ditemukan solusinya. Seperti kita ketahui kebakaran lahan gambut membutuhkan durasi yang lama saat melakukan pemadamannya. Hal tersebut disebabkan karakteristik lahan gambut yang terbakar tidak hanya di permukaan tanah saja (*surface fire*) melainkan terdapat pada dalam tanah gambut tersebut (*underground fire*).

Tak hanya itu, *underground fire* berpotensi mengakibatkan kebakaran ulang (*re-fire*) akibat menjalar ke permukaan serta dapat merambat dan membakar tajuk pohon (*crown fire*) dan menjadikan api yang lebih besar lagi.

Dalam mengoptimalkan pemadaman kebakaran lahan gambut, Kilang Pertamina Sei Pakning menemukan sebuah inovasi yang diberi nama Nozzle Gambut. Nozzle Gambut merupakan salah satu inovasi unggulan PROPER dalam upaya penguatan di program CSR Masyarakat Peduli Api dan Kilang Sei Pakning. Inovasi ini mengantarkan Kilang Pertamina Sei Pakning mendapatkan predikat PROPER Emas ketiga kalinya pada 2020.

The issue of peatland fires is an important problem to find a solution for. As we all know, peatland fires take a long time to extinguish. This is due to the characteristics of the peatland that burns not only on the surface of the soil (*surface fires*) but also in the peat (*underground fires*).

Not only that, underground fires may cause re-fire due to the spread of fire to the surface, and can spread and burn tree crowns (*crown fires*) and create an even bigger fire.

In optimizing the peatland fire suppression, Pertamina Sei Pakning Refinery invented an innovation called Peat Nozzles. The Peat Nozzles is one of PROPER's main innovations in an effort to strengthen the CSR program of Masyarakat Peduli Api (Fire Care Community) and the Sei Pakning Refinery. This innovation led the Pertamina Sei Pakning Refinery to get the Gold PROPER title for the third time in 2020.



TIM I PROVE NOZZAM



Nozzle Gambut merupakan salah satu inovasi unggulan PROPER dalam upaya penguatan di program CSR Masyarakat Peduli Api dan Kilang Sei Pakning. Inovasi ini mengantarkan Kilang Pertamina Sei Pakning mendapatkan predikat PROPER Emas ketiga kalinya pada 2020.

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Nozzle Gambut Pakning merupakan sebuah inovasi modifikasi variable nozzle dengan adanya sumber aliran air bertekanan yang diinjeksikan ke dalam tanah gambut. Terdapat penambahan berupa stick nozzle yang berfungsi untuk mengalirkan air ke dalam tanah saat ditancapkan ke tanah gambut melalui lubang pori-pori yang terdapat di ujung stick Nozzle Gambut. Untuk fleksibilitas pemadaman, stick Nozzle

The Pakning Peat Nozzles is an innovation to modify the nozzle variable with a source of compressed water injected into the peat soil. There is an addition in the form of a nozzle stick which functions to drain water into the soil when it is plugged into peat soil through the pore holes located at the end of the Peat Nozzle stick. For the flexibility of fire suppression, the Peat Nozzle stick can be removed from



Terdapat penambahan berupa stick nozzle yang berfungsi untuk mengalirkan air ke dalam tanah saat ditancapkan ke tanah gambut melalui lubang pori-pori yang terdapat di ujung stick Nozzle Gambut. Untuk fleksibilitas pemadaman, stick Nozzle Gambut bisa dilepas dari rangkaian sehingga bisa menjadi variable nozzle biasa yang bisa digunakan untuk pemadaman biasa.

There is an addition in the form of a nozzle stick which functions to drain water into the soil when it is plugged into peat soil through the pore holes located at the end of the Peat Nozzle stick. For the flexibility of fire suppression, the Peat Nozzle stick can be removed from the circuit so that it can become a regular variable nozzle that can be used for ordinary fires.

M. Syahlan Dwi Putra S

Jr. Ast II Fire Support Sei Pakning HSSE RU II

Gambut bisa dilepas dari rangkaian sehingga bisa menjadi variable nozzle biasa yang bisa digunakan untuk pemadaman biasa,” ujar M. Syahlan Dwi Putra S Jr. Ast II Fire Support Sei Pakning HSSE RU II saat diwawancara Energia secara daring.

Syahlan bercerita, proses pembuatan nozzle ini dilakukan sendiri di Internal Workshop Kilang Sei Pakning. Dari mulai dari pembuatan ulir, penyambungan antar komponen, pengelasan stick Nozzle Gambut Pakning hingga proses *finishing*. Pengujian Nozzle Gambut Pakning juga dilakukan di beberapa area lahan gambut di lingkungan Kilang Sei Pakning untuk menguji jarak efektivitas penyerapan air di bawah tanah gambut. Dari hasil pengetesan, aliran bawah tanah bisa menjangkau jarak hingga 4,5 meter radial.

the circuit so that it can become a regular variable nozzle that can be used for ordinary fires,” said M. Syahlan Dwi Putra S Jr. Ast II Fire Support of Sei Pakning HSSE RU II during an online interview with Energia.

Putra said that the process of making this nozzle was carried out by himself at the Internal Workshop of the Sei Pakning Refinery, starting from the manufacture of screws, the connecting of components, the welding of the Pakning Peat Nozzle stick, to the finishing process. The testing of Pakning Peat Nozzle was also carried out in several peatland areas within the Sei Pakning refinery to test the effectiveness of water absorption under the peat soil. From the test results, underground flow can reach a distance of up to 4.5 meters radially.



TIM | PROVE NOZGAM

Jr Officer Occupational Health HSSE RU II, David Marchelino Haryanto juga menambahkan, prototype pertama Nozzle Gambut ini dibuat pada bulan Agustus 2020. Selain itu, seluruh komponen Nozzle Gambut Pakning menggunakan material yang sudah tidak digunakan seperti Coupling selang, Variable Nozzle, Pipa Stainless Steel dan Ball Valve.

"Karena ada perbedaan material dari komponen tersebut, proses penyambungan antar komponen dilakukan dengan sistem ulir," katanya.

Dengan inovasi ini, pemadaman bara api di bawah gambut menjadi lebih cepat. "Semoga inovasi Pertamina dapat mengurangi kebakaran hutan dan lahan di masa pandemi ini serta meningkatkan citra Pertamina di dalam program sharing Core Competency pemadaman api kepada masyarakat sekitar," harap David.

Jr. Officer of Occupational Health of HSSE RU II, David Marchelino Haryanto also added that the first prototype of this Peat Nozzle was made in August 2020. In addition, all components of the Pakning Peat Nozzle use materials that are no longer used such as Hose Couplings, Variable Nozzles, Stainless Steel Pipes and Ball Valves.

"Because there are differences in the material of these components, the process of connecting the components is carried out with a screw system," he said.

With this innovation, extinguishing peatland fires becomes faster. "Hopefully Pertamina's innovation can reduce forest and land fires during this pandemic and improve Pertamina's image in the Core Competency sharing program for fire suppression in the surrounding community," Haryanto said hopefully.



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David Marchelino Haryanto

Jr Officer Occupational Health HSSE RU II

Setelah berhasil dengan inovasi tersebut, Tim I Prove NozGam sedang membuat inovasi baru, yaitu pengembangan pompa portable untuk lahan gambut yang bisa mengambil air langsung dari bawah tanah di lokasi kebakaran. Pompa portable yang praktis dan bisa dipindah sesuai dengan lokasi kebakaran juga diharapkan dapat menanggulangi kebakaran lahan gambut dengan cepat dan mudah sehingga terhindar dari bencana kabut asap. ■

After succeeding with this innovation, Team I Prove NozGam is creating a new innovation, which is the development of portable pumps for peatlands that can take water directly from underground at the fire site. Portable pumps that are practical and can be moved according to the location of the fire are also expected to be able to suppress fires quickly and easily to avoid the haze disaster. ■



TIM I PROVE NOZGAM



PENCARIAN MAKNA SEBUAH KELUARGA

THE SEARCH FOR THE MEANING OF A FAMILY

Hangat dan menghibur. Dua kata ini cocok menggambarkan film terbaru yang dibintangi oleh Iqbaal Ramadhan ini. Film berjudul Ali & Ratu-Ratu Queens tayang sejak 17 Juni 2021 di layanan streaming Netflix.

Film yang digarap oleh Sutradara Lucky Kuswandi dan ditulis oleh Gina S. Noer ini bercerita tentang perjalanan seorang anak bernama Ali (Iqbaal Ramadhan) berusia 19 tahun untuk mencari ibu kandungnya Mia (Marissa Anita), yang pindah ke New York saat Ali masih kecil.

Dengan modal foto dan surat yang pernah dikirim Mia, Ali berangkat ke New York. Di kota Big Apple tersebut, Ali bertemu dengan empat imigran Indonesia yang kenal dengan Mia. Mereka adalah Party (Nirina Zubir) seorang *cleaning lady* yang ramah, keibuan, dan perhatian. Biyah (Asri Welas) seorang perempuan bonek dengan akses jawanya yang kental. Ada juga Ance (Tika Pangabean) single mom dengan karakter yang galak dan Chinta (Happy Salma) yang jauh-jauh datang ke New York untuk mengejar cinta namun kandas dan berakhir menjadi seorang tukang pijat. Mereka berempat tinggal dalam satu apartemen.

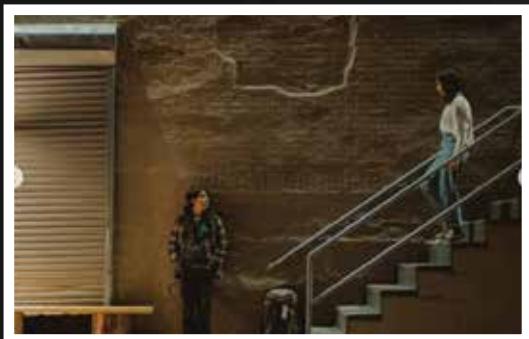
Dari karakter empat imigran tersebut, Anda akan dibuat tertawa terpingkal-pingkal karena tingkahnya. Keempat ibu-ibu ini mengizinkan Ali untuk tinggal di apartemen mereka dan

Heartwarming and comforting. There are the two words that best describe the latest movie of Iqbaal Ramadhan. The movie titled *Ali & Ratu-Ratu Queens* premiered on 17 June 2021 on Netflix streaming service.

The movie, directed by Lucky Kuswandi and written by Gina S. Noer, tells the story of a 19-year-old boy named Ali (Iqbaal Ramadhan) who is searching for his biological mother Mia (Marissa Anita), who moved to New York when Ali was a child.

With a photo and a letter that Mia has sent, Ali leaves for New York. In the city of Big Apple, Ali meets four Indonesian immigrants who know Mia. They are Party (Nirina Zubir), a cleaning lady who is friendly, motherly, and caring; Biyah (Asri Welas), a bold woman with a thick Javanese accent; Ance (Tika Pangabean), a single mom with a fierce character; and Chinta (Happy Salma) who came all the way to New York to pursue love, which eventually went south, and ended up becoming a massage therapist. The four of them live at the same apartment.

The behaviors of the four immigrant characters will make you laugh out loud. These four mothers allow Ali to stay



membantu Ali mencari ibunya. Ali juga membantu mereka untuk mendirikan sebuah restoran. Tak hanya itu, Ali juga bertemu dengan anak Ance yaitu Eva (Aurora Ribero) yang berlakon romantis. Interaksi keduanya yang gemas menambah dera tarik film tersebut.

Singkatnya, Anda akan terasa ikut berpetualang dalam perjalanan Ali menemukan ibunya. Bagaimana Ali menemukan makna sebuah keluarga dan perjuangan Ali mengejar mimpiya di New York.

Meski lucu, film ini juga mengandung bawang apalagi saat adegan Ali bertemu dengan ibunya. Pasti Anda tersentuh bahkan mungkin menangis. Film ini memiliki makna yang sangat dalam bahwa arti sebuah keluarga

in their apartment and help Ali find his mother. Ali also helps them set up a restaurant. Not only that, Ali also meets Ance's daughter, Eva (Aurora Ribero), who plays a romantic role. The sweet interaction between the two adds to the appeal of the movie.

In short, you will experience the adventure of Ali's journey in finding his mother, from how Ali finds the meaning of a family, to Ali's struggles to pursue his dreams in New York.

Not only funny, this movie will also make you cry, especially when Ali meets his mother. You will surely be touched or even cry at this scene. This movie has a very deep meaning that a family is not



bukan hanya berkaitan dengan ikatan darah saja. Orang-orang yang selalu ada ketika sulit maupun senang juga bisa dimaknai sebagai keluarga.

Dalam film ini, Anda disuguhkan visualisasi Kota New York secara autentik dan nyata, sesuai dengan realita kehidupan sehari-hari, seperti pemandangan kantor, sekolah, pusat perbelanjaan, dan lainnya.

Tak hanya itu, film ini juga dipenuhi dengan *soundtrack* yang nyaman di telinga, mulai dari Honne, Billie Eilish, hingga The Groove. Setiap adegan yang ada menjadi semakin kuat dan dramatis berkat pemilihan *soundtrack* yang pas. Dijamin gak rugi nonton film Ali & Ratu-Ratu Queens di tengah pandemi bersama keluarga. ■

only related to blood ties. People who are always there when it is difficult or happy can also be interpreted as family.

In this movie, you are presented with an authentic and real visualization of New York City, in accordance with the realities of everyday life, such as the views of offices, schools, shopping centers, and others.

Not only that, this movie also features great soundtracks by Honne, Billie Eilish, to The Groove. Each scene becomes more powerful and dramatic thanks to the selection of the right soundtracks. You will surely enjoy watching the movie Ali & Ratu-Ratu Queens in the midst of the pandemic with your family. ■

GAGAL GINJAL BUKAN BERARTI GAGAL HIDUP

*KIDNEY FAILURE DOESN'T
MEAN A FAILURE TO LIVE*



Dwi Saputro tak menyangka sesak nafas yang menyerangnya ternyata salah satu tanda ia mengidap gagal ginjal kronis. Gagal ginjal kronis merupakan kondisi saat fungsi ginjal menurun secara bertahap karena kerusakan ginjal. Secara medis, gagal ginjal kronis didefinisikan sebagai penurunan laju penyaringan atau filtrasi ginjal selama tiga bulan atau lebih.

Mendengar hal itu, ia hanya terdiam. Perasaan kalut, stres, dan bingung hinggap di dirinya, sembari dihantui pertanyaan, apakah umur saya cuma sampai di sini?

Namun sudah lima tahun belakangan ini, ia berdamai dengan penyakit yang dideritanya. Baginya, gagal ginjal bukan berarti gagal hidup, selama tertib menjalankan cuci darah serta rajin minum obat dan vitamin setiap hari.

“Cuci darah seminggu dua kali, tiap Senin dan Kamis. Sekali cuci darah itu durasinya sekitar 4-5 jam tergantung kuat atau tidaknya badan kita. Sedangkan obat dan vitaminnya juga harus diminum setiap hari,” ujar Dwi semangat.

Pria yang berprofesi sebagai driver ojek online itu berpesan kepada para pasien gagal ginjal untuk tetap optimistis menjalani hidup. “Sebagai penyintas gagal ginjal, kita harus tetap semangat dan berusaha membuat hidup menjadi lebih berguna dan bermanfaat untuk orang lain,” ucap pria 37 tahun itu.

JANGAN TERLAMBAT

Sementara itu, dr. Hery Emria, Sp.PD, KGH (spesialis penyakit dalam konsultan ginjal dan hipertensi) dari Rumah Sakit Pusat Pertamina mengatakan, kebanyakan pasien gagal ginjal itu datang apabila sudah mengalami gejala seperti sesak nafas, kaki Bengkak, mual, bahkan muntah-muntah.

Menurutnya hal itu merupakan tahap lanjutan dari fungsi ginjal yang memiliki kinerja di bawah 40 persen.

Dwi Saputro did not expect that the shortness of breath that attacked him turned out to be a sign that he had chronic kidney failure. Chronic kidney failure is a condition in which kidney function gradually declines due to kidney damage. Medically, chronic kidney failure is defined as a decrease in the filtration rate or renal filtration for three months or more.

Hearing this, he was silent. Feelings of restlessness, stress, and confusion overtook him, while being haunted by the question, is this where my life ends?

But for the past five years, he has come to terms with his illness. For him, kidney failure does not mean a failure to live, as long as you are regularly doing dialysis and taking medicine and vitamins every day.

“Dialysis twice a week, every Monday and Thursday. The duration of each session of dialysis is about 4-5 hours depending on the strength of our body. Meanwhile, the medicine and vitamins have to be taken every day,” says Dwi enthusiastically.

The man who works as an online motorcycle taxi driver advised kidney failure patients to remain optimistic about life. “As kidney failure survivors, we must keep our spirits up and try to make life more useful and beneficial for others,” says the 37-year-old man.

DO NOT BE LATE

Meanwhile, dr. Hery Emria, Internist, KGH (kidney disease and hypertension consultant) from Pertamina Central Hospital says that most patients with kidney failure come to consult when they experience symptoms such as shortness of breath, swollen legs, nausea, and even vomiting.

According to him, it is an advanced stage of kidney function which has performance below 40 percent.

"Karena ginjal yang memiliki fungsi di bawah 40 persen baru akan memberikan respon pada tubuh. Maka saya sarankan pasien harus melakukan *check-up* minimal setahun sekali untuk melihat anatomi dan fungsi ginjal," ujar Hery.

Dia juga berupaya pasiennya tidak harus menjalani pengobatan melalui cuci darah. "Cuci darah merupakan salah satu pengobatan terakhir dari obat-obatan yang kami berikan. Jika tidak ada perubahan, terpaksa harus cuci darah," ucapnya.

Baginya, pengobatan gagal ginjal yang terbaik ialah dengan mengobati sumber penyakit yang mempengaruhi kinerja ginjal, seperti diabetes, hipertensi, kencing batu, atau jantung.

"Jika penyakit ginjalnya dikarenakan diabetes berarti yang harus diperbaiki adalah diabetesnya, begitupun dengan hipertensi dan kencing batu. Jadi penyebab-penyebabnya yang harus disembuhkan terlebih dahulu, bukan ginjalnya," kata Hery.

Hery mengatakan banyak pasien yang sudah menjalani cuci darah sekarang sudah berhenti karena penyebabnya sudah ditangani dengan baik. "Cuci darah bukan akhir dari segalanya. Jika pasien koperatif dan mau menjalankan berbagai anjuran yang kami berikan dan dengan tertib menjalankannya, insyaallah, pasien bisa berhenti cuci darah," tuturnya.

“ Karena ginjal yang memiliki fungsi di bawah 40 persen baru akan memberikan respon pada tubuh. Maka saya sarankan pasien harus melakukan *check-up* minimal setahun sekali untuk melihat anatomi dan fungsi ginjal.

Because the kidney that will respond to the body is the one that already has a function below 40 percent. So I suggest patients to have regular check-ups at least once a year to see the anatomy and function of the kidneys.

dr. Hery Emria, Sp.PD, KGH

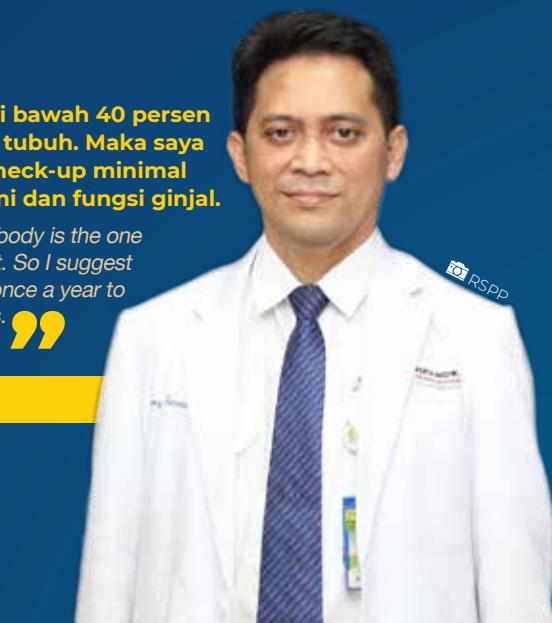
"Because the kidney that will respond to the body is the one that already has a function below 40 percent. So I suggest patients to have regular check-ups at least once a year to see the anatomy and function of the kidneys," says Emria.

He also hopes that his patients can avoid treatment through dialysis. "Dialysis is one of the last resorts of treatments, if there is no change after consuming the drugs that we give, we will then do the dialysis," he says.

For him, the best treatment for kidney failure is to treat the source of the disease that affects kidney performance, such as diabetes, hypertension, urinary stones, or heart disease.

"If the kidney disease is due to diabetes, it means that the diabetes must be corrected, such is also the case for hypertension and urinary stones. So the causes must be cured first, not the kidneys," says Emria.

Emria says that many patients who have undergone dialysis have now stopped because the cause has been treated properly. "Dialysis is not the end of everything. If the patient is cooperative and willing to carry out the various recommendations we have given and in an orderly manner, insyaallah, the patient can stop doing dialysis," he says.



MEDICAL CHECK GINJAL



- Usia di atas 60 tahun.
- Orang yang memiliki penyakit diabetes harus dilakukan skrining ginjal, karena sebagian orang gagal ginjal diakibatkan oleh diabetes.
- Orang yang punya hipertensi.
- Memiliki keluarga yang pernah punya sakit ginjal.
- Obesitas.
- Orang yang memiliki riwayat penyakit jantung.
- Orang-orang yang sering minum obat penghilang rasa nyeri.
- Orang yang pernah terkena penyakit ginjal lalu sembuh.

Ia menyampaikan agar semua orang melakukan *medical check-up*, termasuk *medical checkup* ginjal. Lantas, siapa saja yang harus melakukan medical check-up ginjal?

"Pertama, usia di atas 60 tahun. Kedua, orang yang memiliki penyakit diabetes harus dilakukan skrining ginjal, karena sebagian orang gagal ginjal diakibatkan oleh diabetes. Ketiga, orang yang punya penyakit hipertensi. Keempat, memiliki keluarga yang pernah punya sakit ginjal. Obesitas dan yang memiliki riwayat penyakit jantung juga perlu diskrining. Orang yang sering minum obat penghilang rasa nyeri, serta orang yang pernah terkena penyakit ginjal lalu sembuh, Itu juga harus diskrining," ucap Hery menyebutkan.

Satu hal yang sangat membantu dalam proses penyembuhan yakni dukungan dari keluarga maupun kerabat dekat. Karena orang yang menjalani cuci darah itu akan jenuh dan memiliki tingkat stres yang cukup tinggi.

"Peran keluarga atau kerabat dalam penyakit gagal ginjal itu sangat penting untuk meningkatkan motivasi pasien. Seminggu dua kali cuci darah itu menjadi kewajiban rutin yang harus dijalani, tentu akan menjemuhan, ditambah lagi dengan pantangan makan dan minum pun dibatasi," tutur Hery. ■

He says that everyone should do a medical check-up, including a kidney medical check-up. So, who should do a kidney medical check-up?

"First, those above the age of 60 years. Second, people who have diabetes should do kidney screenings, because some people have kidney failure caused by diabetes. Third, people who have hypertension. Fourth, people who have families who have had kidney disease. Those with obesity and a history of heart disease also need to be screened. People who often take painkillers, as well as people who have been recovered from kidney disease, should also be screened," said Emria.

One thing that really helps in the healing process is the support from family and close relatives. Because people who undergo dialysis will be tired and have a high stress level.

"The role of family or relatives for people with kidney failure is very important to increase the patient's motivation. Doing dialysis twice a week becomes an obligation that must be done regularly, of course it will be tiring, especially since there will also be some eating and drinking restrictions," says Emria. ■

Environment

TEKS Septian Tri Kusuma



Seorang Petugas sedang melaksanakan cek uji emisi disalah satu kendaraan roda empat.

HALAU POLUSI DENGAN UJI EMISI

MITIGATING POLLUTION WITH EMISSION TESTS

Banyak cara dilakukan pemerintah untuk mengurangi polusi udara. Salah satu cara jitu yang digulirkan adalah menggencarkan uji emisi kendaraan. Selain mengedukasi masyarakat untuk bertanggung jawab terhadap pemeliharaan kendaraannya, kedisiplinan pengujian emisi ini juga berdampak pada kualitas udara yang semakin bersih.

Pernahkah Anda melihat kendaraan mengeluarkan asap hitam dari knalpotnya? Ya, itu adalah emisi gas buang yang merupakan sisa pembakaran yang terjadi di mesin pembakaran dalam atau *internal combustion engine* dan dikeluarkan melalui *exhaust system*, yakni knalpot. Gas buang sisa pembakaran tersebut mengandung zat beracun yang berbahaya bagi manusia dan lingkungan, seperti Karbon Monoksida (CO), Karbon Dioksida (CO₂), Nitrogen Oksida (NO_X) dan Hydrocarbon (HC).

Karena itu, pemerintah mengambil langkah tegas dengan menerbitkan sejumlah aturan yang mengatur ambang batas emisi gas buang kendaraan. Aturan tersebut antara lain Peraturan Menteri Negara Lingkungan Hidup Nomor 05 Tahun 2006 Tentang Ambang Batas Emisi Gas Buang Kendaraan Bermotor Lama, Peraturan Menteri Lingkungan Hidup Republik Indonesia Nomor 23 Tahun 2012 Tentang Perubahan Atas Peraturan Menteri Negara Lingkungan Hidup Nomor 10 tahun 2012 Tentang Baku Mutu Emisi Gas Buang Kendaraan Bermotor Tipe Baru Kategori L3,

Various measures are taken by the government to reduce air pollution. One of the effective ways that are carried out is intensifying vehicle emission tests. In addition to educating the public to be responsible for the maintenance of their vehicles, doing emission test regularly also has an impact on cleaner air quality.

Have you ever seen a vehicle emitting black smoke from its exhaust? Yes, it is exhaust gas emissions which are the remnants of combustion that occur in the internal combustion engine and are released through the exhaust system, which is the exhaust. The exhaust gases from the combustion contain toxic substances that are harmful to humans and the environment, such as Carbon Monoxide (CO), Carbon Dioxide (CO₂), Nitrogen Oxide (NO_X) and Hydrocarbon (HC).

Therefore, the government has taken firm steps by issuing a number of regulations governing vehicle exhaust emission threshold. These rules include the Regulation of the Minister of Environment Number 05 of 2006 concerning the threshold for exhaust emissions of old type motorized vehicles, Regulation of the Minister of Environment of the Republic of Indonesia Number 23 of 2012 concerning Amendments to the Regulation of the Minister of Environment Number 10 of 2012 concerning the threshold for exhaust



Peraturan Direktur Jenderal Perhubungan Darat Nomor: SK. 4963/AJ.402/DRJD/2018 Tentang Pelaksanaan Uji Emisi Gas Buang Pada Pengujian Tipe Kendaraan Bermotor, serta Peraturan Menteri Lingkungan Hidup dan Kehutanan Republik Indonesia Nomor p.20/menlhk/setjen/kum.1/3/2017 Tentang Baku Mutu Emisi Gas Buang Kendaraan Bermotor Tipe Baru Kategori M, Kategori N, dan Kategori O.

Peraturan-peraturan tersebut mengharuskan pemilik kendaraan secara rutin melakukan pengecekan emisi kendaraan. Bahkan di kota metropolitan, tahun lalu Gubernur DKI Jakarta Anies Baswedan mengeluarkan kebijakan mewajibkan kendaraan bermotor untuk melakukan uji emisi. Hal itu tertuang dalam Peraturan Gubernur (Pergub) 66 tahun 2020 tentang pelaksanaan uji emisi gas buang kendaraan pasal 3, yang berbunyi, "Setiap pemilik kendaraan Bermotor wajib melakukan uji emisi gas buang dan memenuhi Ambang Batas Emisi".

BAGAIMANA JIKA PENGENDARA TIDAK PATUH?

Pemilik kendaraan yang kedapatan melanggar aturan dikenakan sanksi ataupun denda berupa tilang Rp250 ribu untuk sepeda motor dan Rp500 ribu untuk mobil. Hal tersebut mengacu pada UU No. 22 tahun 2019 tentang Lalu Lintas dan Angkutan Jalan.

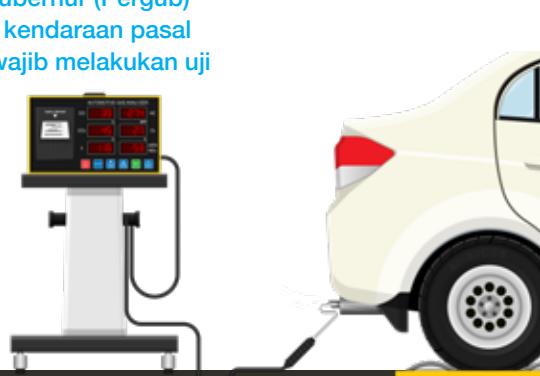
Bahkan di kota metropolitan, tahun lalu Gubernur DKI Jakarta Anies Baswedan mengeluarkan kebijakan mewajibkan kendaraan bermotor untuk melakukan uji emisi. Hal itu tertuang dalam Peraturan Gubernur (Pergub) 66 tahun 2020 tentang pelaksanaan uji emisi gas buang kendaraan pasal 3, yang berbunyi, "Setiap pemilik kendaraan Bermotor wajib melakukan uji emisi gas buang dan memenuhi Ambang Batas Emisi".

Even in the metropolitan city, last year, the Governor of DKI Jakarta Anies Baswedan issued a policy requiring motorized vehicles to carry out emission tests. This is stated in Governor Regulation (Pergub) 66 of 2020 concerning the implementation of vehicle exhaust emission tests, article 3, which reads, "Every owner of a motorized vehicle is obliged to do exhaust emission tests and meet the Emission Threshold".

emissions of new type motorized vehicles category L3, Regulation of the Director General of Land Transportation Number: SK. 4963/AJ.402/DRJD/2018 concerning the Implementation of Exhaust Emission Tests for Motorized Vehicles, as well as Regulation of the Minister of Environment and Forestry of the Republic of Indonesia Number p.20/menlhk/setjen/kum.1/3/2017 concerning the threshold for exhaust emissions of new type motorized vehicles Category M, Category N, and Category O.

These regulations require vehicle owners to regularly check vehicle emissions. Even in the metropolitan city, last year, the Governor of DKI Jakarta Anies Baswedan issued a policy requiring motorized vehicles to carry out emission tests. This is stated in Governor Regulation (Pergub) 66 of 2020 concerning the implementation of vehicle exhaust emission tests, article 3, which reads, "Every owner of a motorized vehicle is obliged to do exhaust emission tests and meet the Emission Threshold".

What if the driver disobeys? Vehicle owners who are found violating the rules are subject to sanctions or fines in the form of a ticket worth Rp250,000 for motorbikes and Rp500,000 for cars. This refers to Law no. 22 of 2019 concerning Road Traffic and Transportation.





Seorang petugas memberikan hasil cek uji emisi kepada salah satu pengendaran roda empat.

Hadirnya aturan ini merupakan salah satu keseriusan pemerintah dalam memperbaiki kualitas udara di kota besar, seperti Jakarta. Menurut Humas Dinas Lingkungan Hidup DKI Jakarta, Yogi Ikhwan, 75 persen penyebab pencemaran udara disumbang dari kendaraan bermotor.

Tak hanya pemerintah, Pertamina sebagai BUMN yang mengelola energi nasional pun menaruh perhatian penting terhadap kualitas udara perkotaan. Beragam cara juga dilakukan entitas bisnis ini, mulai dari mengedukasi masyarakat tentang BBM ramah lingkungan, memproduksi produk BBM kualitas tinggi, hingga turut berperan aktif dengan mengadakan uji emisi kendaraan, baik di lingkup internal maupun eksternal.

Satu di antaranya seperti yang dilakukan Pertamina pada pertengahan tahun lalu. Bekerja sama dengan Dinas Lingkungan Hidup & Kehutanan DKI Jakarta, BUMN ini memberikan uji emisi gratis bagi pelanggan

The presence of this regulation is one of the seriousness of the government in improving air quality in big cities, such as Jakarta. According to the Public Relations Officer of DKI Jakarta Environmental Agency, Yogi Ikhwan, 75 percent of the cause of air pollution is contributed by motorized vehicles.

Not only the government, Pertamina as an SOE that manages national energy also pays important attention to urban air quality. Various measures are also carried out by this business entity, ranging from educating the public about environmentally friendly fuel, producing high quality fuel products, to taking an active role in conducting vehicle emission tests, both internally and externally.

One of them was done by Pertamina in the middle of last year. In collaboration with the DKI Jakarta Environmental & Forestry Service, the SOE provides free emission tests for gas station customers.

SPBU. Uji emisi gratis diadakan di SPBU 3110701, di Jalan Industri Raya Kemayoran, Jakarta. Pada uji emisi tersebut, enam unsur dalam gas buang kendaraan yang diukur, yaitu senyawa HC (Hidrokarbon), CO (Karbon Monoksida), CO₂ (Karbon Dioksida), O₂ (Oksigen), senyawa NO (Nitrogen Oksida), dan Lambda.

"Semoga kolaborasi ini bisa terus berkesinambungan, dalam bentuk uji emisi secara periodik di SPBU. Sehingga, lebih banyak masyarakat yang mengetahui pentingnya melaksanakan uji emisi," harap Yusisono, Kepala Bidang Pengendalian Dampak Lingkungan, Dinas Lingkungan Hidup Provinsi DKI Jakarta.

Pertamina juga rutin melakukan uji emisi untuk kendaraan dinas perusahaan. Salah satunya seperti yang dilakukan Pertamina Kilang Balikpapan pada pertengahan tahun ini. "Tujuan dari pemantauan emisi ini adalah agar gas buang kendaraan operasional Pertamina tidak melanggar ambang batas yang ditetapkan pemerintah. Karena itu, enam bulan sekali kami mengadakan kegiatan ini," ujar Area Manager Communication, Relation & CSR Kilang Pertamina Balikpapan, Ely Chandra Peranganingin. ■

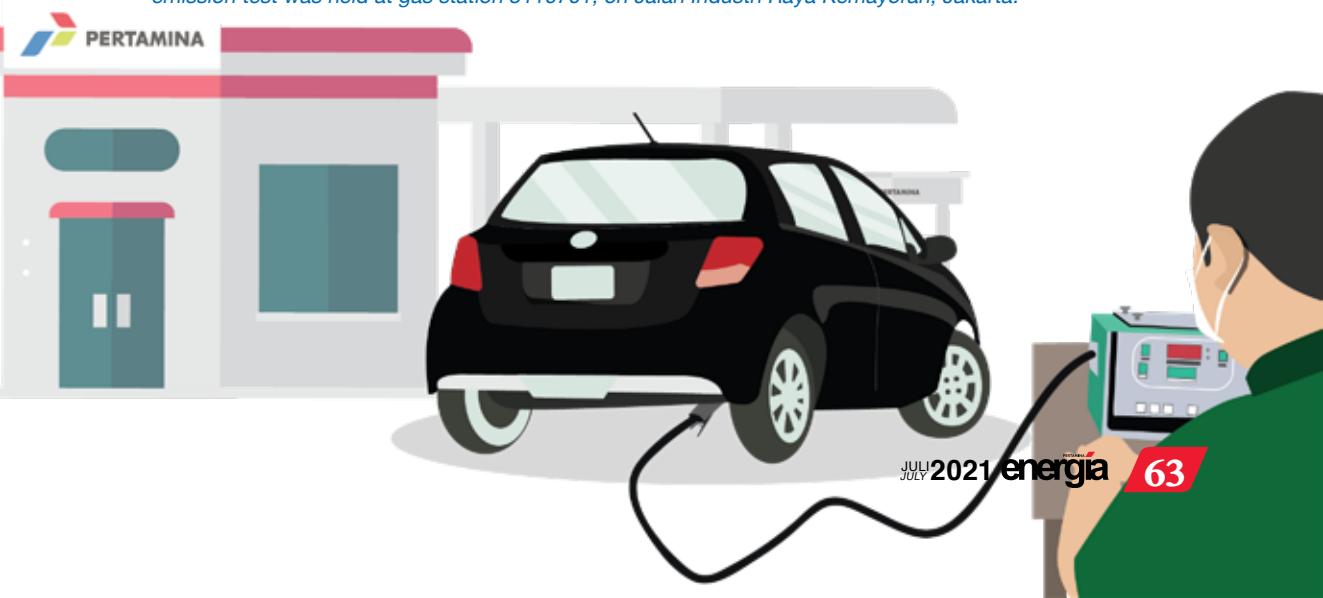
Satu di antaranya seperti yang dilakukan Pertamina pada pertengahan tahun lalu. Bekerja sama dengan Dinas Lingkungan Hidup & Kehutanan DKI Jakarta, BUMN ini memberikan uji emisi gratis bagi pelanggan SPBU. Uji emisi gratis diadakan di SPBU 3110701, di Jalan Industri Raya Kemayoran, Jakarta.

One of them was done by Pertamina in the middle of last year. In collaboration with the DKI Jakarta Environmental & Forestry Service, the SOE provides free emission tests for gas station customers. The free emission test was held at gas station 3110701, on Jalan Industri Raya Kemayoran, Jakarta.

The free emission test was held at gas station 3110701, on Jalan Industri Raya Kemayoran, Jakarta. The emission test measured six elements in vehicle exhaust gases, namely HC (Hydrocarbon), CO (Carbon Monoxide), CO₂ (Carbon Dioxide), O₂ (Oxygen), NO (Nitrogen Oxide) compounds, and Lambda.

"Hopefully this collaboration can continue to be sustainable, in the form of periodic emission tests at gas stations. So, more people will know the importance of carrying out emission tests," said Yusisono, Head of Environmental Impact Control of DKI Jakarta Environmental Service.

Pertamina also regularly conducts emission tests for vehicles of company officials. One of them was done by Pertamina Balikpapan Refinery in the middle of this year. "The purpose of this emission monitoring is so that the exhaust gases of Pertamina's operational vehicles do not violate the threshold set by the government. Therefore, we hold this activity every six months," said the Area Manager of Communication, Relations & CSR of Pertamina Balikpapan Refinery, Ely Chandra Peranganingin. ■



DOCANG, KULINER LEGENDARIS KESUKAAN WALI SONGO

THE LEGENDARY DOCANG, WALI SONGO'S FAVORITE FOOD



Berkunjung ke Cirebon tak lengkap rasanya jika tidak menikmati kuliner yang satu ini. Bukan empal gentong ataupun nasi jamblang, melainkan kuliner yang memiliki rasa unik dan khas, yakni docang. Tak hanya rasa, docang juga memiliki cerita tersendiri.

Docang merupakan kuliner khas yang hanya bisa ditemui di Cirebon, bahkan di setiap sudut jalan mudah ditemukan. Karenanya jika ingin menikmati uniknya kuliner tersebut silakan berkunjung ke kota udang tersebut.

Docang terdiri atas dua kata, yakni do singkatan dari bodo yang artinya baceman dage atau sejenis oncom dan cang singkatan dari kacang hijau yang telah berubah menjadi toge. Kedua bahan tersebut merupakan bahan utama pembuatan docang.

Sekilas masakan yang satu ini mirip dengan lontong sayur. Paduan lontong diiris kecil-kecil, ditaburi parutan kelapa muda, irisan daun singkong, dan dicampur dengan toge yang telah direbus. Kemudian paduan itu disiram kuah panas yang berisi dage (sejenis oncom yang dihancurkan).

Sebelum disajikan, docang ditaburi kerupuk kecil-kecil berwarna putih yang dibuat khusus untuk menambah cita rasa kuliner kesukaan para wali songo itu. Varian dalam docang tersebut membuat rasa gurih semakin terasa di lidah.

Docang terdiri atas dua kata, yakni do singkatan dari bodo yang artinya baceman dage atau sejenis oncom dan cang singkatan dari kacang hijau yang telah berubah menjadi toge. Kedua bahan tersebut merupakan bahan utama pembuatan docang.

Docang consists of two words, which are do which stands for bodo that means baceman dage or a kind of oncom, and cang which stands for green beans that have turned into sprouts. These two are the main ingredients for the making of docang.

A visit to Cirebon is incomplete if you haven't enjoyed this one particular food. Neither empal gentong nor jamblang rice, it's a dish with a unique and distinctive taste, called docang. Not only famous for its taste, docang also has its own story.

Docang is a dish that can only be found in Cirebon. It can easily be found on every street corner. Therefore, if you want to enjoy the unique dish, you should visit the 'shrimp city'.

Docang consists of two words, which are do which stands for bodo that means baceman dage or a kind of oncom, and cang which stands for green beans that have turned into sprouts. These two are the main ingredients for the making of docang.

At first glance, this dish is similar to vegetable lontong. The lontong is sliced into small pieces, sprinkled with grated young coconut, sliced cassava leaves, and mixed with boiled bean sprouts. Then, the mixture is poured with a hot broth containing dage (a type of crushed oncom).

Before it is served, docang is sprinkled with small white crackers that are specially made to enhance the taste of Wali Songo's favorite dish. The mixture of ingredients in the docang makes it even more tasty.





ENERGIA/HARI MAULANA

Rasanya memang tak terlalu pedas. Tetapi rasa segar tetap timbul di lidah karena menggunakan kuah dage yang panas. Docang termasuk kuliner kaki lima, jadi sepiring docang hangat bisa dinikmati di tempat-tempat keramaian seperti Alun-alun Kota Cirebon, Alun-alun Keraton Kasepuhan, Jalan Kesambi, hingga dekat pusat perbelanjaan, seperti Cirebon Super Block Mall dan Grage City Mall.

Sajian Docang yang hangat ini menjadi salah satu menu populer pilihan warga di pagi hari maupun malam hari. Selain hangat, hidangan ini juga terbilang sehat karena sayuran yang berada di dalam docang.

Salah satu penjual docang adalah Wiwi yang membuka usahanya di jalan Kesambi Raya. "Sebagian besar penjual Docang merupakan usaha turun temurun, artinya usaha ini sudah banyak menghidupi kami dari dulu hingga sekarang," ujarnya.

Wiwi yang dibantu oleh anaknya itu mengungkapkan, docang merupakan makanan khas Cirebon yang tidak ada di mana pun. "Ini aslinya dari Cirebon. Di luar Cirebon itu nggak ada. Jadi, kalau ada orang Cirebon yang rindu sama docang pasti dia pulang, kembali ke asalnya menikmati makanan di kota kelahiran," ucap Wiwi menggunakan Bahasa Cirebon.

Indeed, it doesn't taste too spicy. But the fresh taste can still be felt because it uses hot dage broth. Docang is a street food, so a plate of warm docang can be enjoyed in popular places such as Cirebon City Square, Kasepuhan Palace City Square, Kesambi Street, and near shopping centers such as Cirebon Super Block Mall and Grage City Mall.

This warm Docang dish is one of the popular choices of menu to be eaten in the morning and evening among local residents. Not only warm, this dish is also fairly healthy because of the vegetables used in the docang.

One of the docang sellers is Mrs. Wiwi who opened her business on Kesambi Raya Street. "Most of the Docang sellers have been doing this business from generation to generation, which means that this business has supported us from the past until now," she says.

Wiwi, who is assisted by his son, reveals that docang is a dish that is signature to Cirebon and doesn't exist anywhere else. "This is originally from Cirebon. It is not available outside Cirebon. So, if there are Cirebon residents who miss docang, they will definitely go home, go back to where they came from and enjoy the food in their hometown," says Wiwi using Cirebon language.





ENERGIA/HARI MAULANA

ENERGIA/HARI MAULANA

CERITA DI BALIK DOCANG

Selain rasa, docang juga memiliki cerita unik. Masakan ini sudah ada sejak zaman Wali Songo menyiarkan Agama Islam di kawasan Cirebon dan sekitarnya.

Menurut cerita yang beredar di masyarakat, seorang pangeran bernama Rengganis yang tidak suka dengan keberadaan Wali Songo memutuskan untuk meracuni mereka dengan membuat sebuah masakan baru dari sisa makanan sultan yang tidak habis.

Setelah disajikan, Wali Songo pun lahap menyantap masakan ini saat berkumpul di Masjid Sang Cipta Rasa. Keajaiban muncul, bukannya keracunan, para Wali Songo pun ketagihan dengan masakan dari Pangeran Rengganis. Sejak itulah, docang dikenal oleh masyarakat sebagai kuliner khas Cirebon.

Tapi tenang, docang sama sekali tidak beracun kok! Hanya saja rasa gurih yang tercipta dari perpaduan kuah dan isiannya bikin ketagihan layaknya Wali Songo.

Soal harga, nggak usah diragukan lagi. Cocok disajikan untuk sarapan pagi maupun jajan malam, docang bisa kamu nikmati dengan harga Rp7-15 ribu per porsi. Murah kan? Tertarik mencoba? Yuk jalan-jalan ke Cirebon!

THE STORY BEHIND DOCANG

Not only famous for its taste, docang also has its own story. This dish has existed since the time Wali Songo introduced the religion of Islam in the Cirebon area and its surroundings.

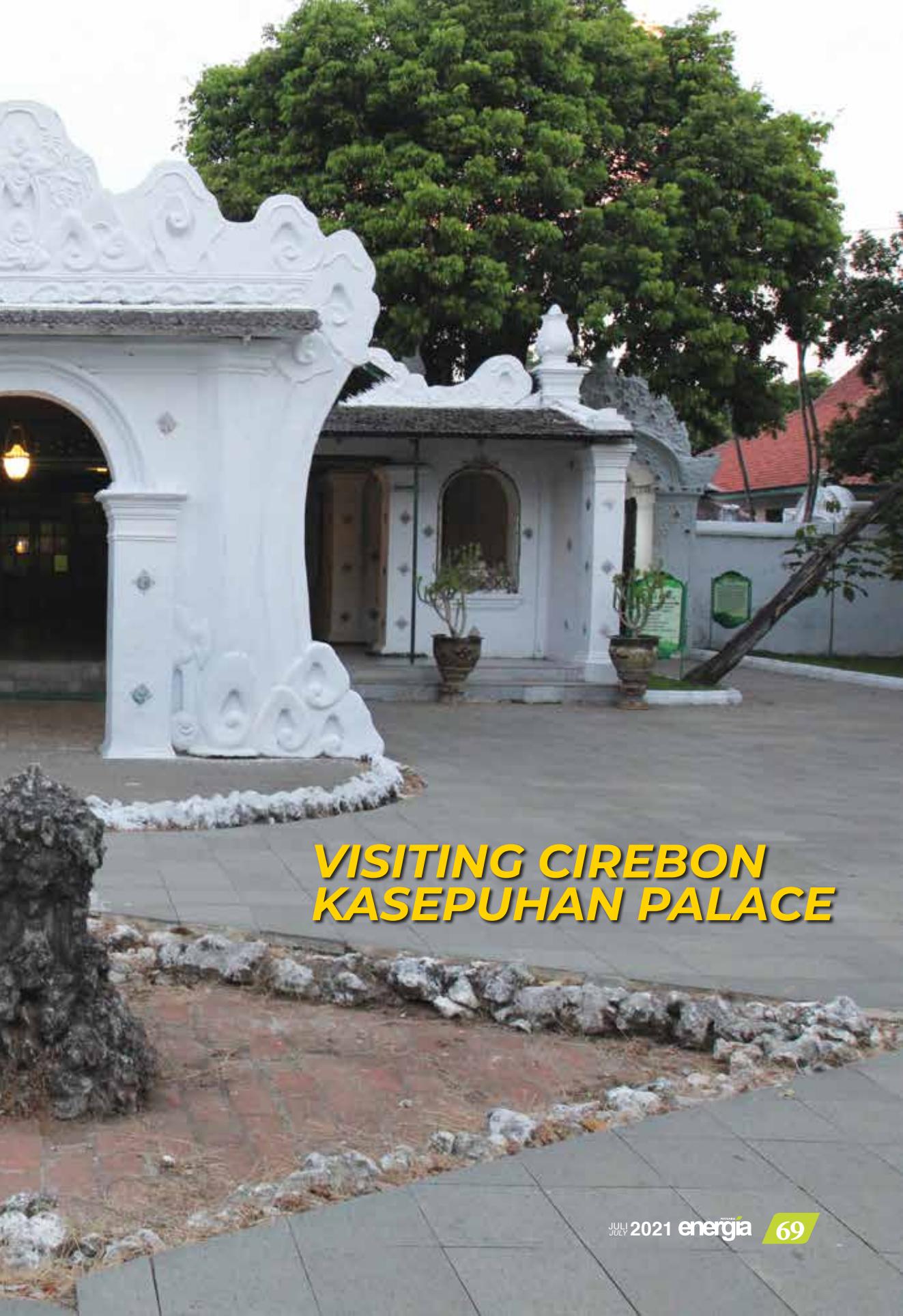
According to a story circulating in the community, a prince named Rengganis who did not like the existence of Wali Songo decided to poison them by making a new dish from the sultan's leftover food.

After it was served, Wali Songo instead devoured the dish when they gathered at the Sang Cipta Rasa Mosque. Miracles happened, so instead of getting poisoned, Wali Songo became addicted to the dish given by Prince Rengganis. Since then, docang is known by the public as Cirebon's signature food.

But don't worry, docang is not poisonous at all! It's just that the savory taste created from the combination of the broth and the filling can make you addicted to it like Wali Songo were.

In terms of the price, you should not worry about it. Suitable for breakfast or dinner, you can enjoy docang at a price of Rp7.000-Rp15.000 (US\$0.49-US\$1.04) per serving. Cheap, isn't it? Interested in trying it out? Let's go to Cirebon! ■

MENILIK KERATON KASEPUHAN CIREBON



VISITING CIREBON KASEPUHAN PALACE

Berada di atas lahan seluas 25 hektare, Keraton Kasepuhan Cirebon masih berdiri megah hingga kini.

Keraton yang memiliki sejarah panjang kebudayaan islam tersebut, memiliki dua kompleks bangunan, yaitu Dalem Agung Pakungwati yang didirikan pada 1430 oleh Pangeran Cakrabuana dan kompleks Keraton Pakungwati yang didirikan oleh Pangeran Mas Zainul Arifin pada 1529.

Pada halaman depan komplek keraton yang berlokasi di Jalan Keraton Kasepuhan No.43, Kelurahan Kasepuhan, Lemahwungkuk, Cirebon ini terdapat bangunan Siti Inggil yang merupakan bangunan terdepan saat pengunjung memasuki kawasan keraton.

Siti Inggil yang berarti tanah yang tinggi disebut juga lemah duwur dalam bahasa Cirebon. Siti Inggil dikelilingi tembok bata merah dengan pasangan piring keramik dan pintu masuk bergaya Majapahit yang mengikuti perkembangan zaman pada saat itu.

Located on an area of 25 hectares, the Cirebon Kasepuhan Palace is still standing majestically until today. The palace, which has a long history of Islamic culture, has two building complexes, namely Dalem Agung Pakungwati, which was founded in 1430 by Prince Cakrabuana, and the Pakungwati Palace complex, which was founded by Prince Mas Zainul Arifin in 1529.

On the front yard of the palace complex, which is located at Jalan Keraton Kasepuhan No.43, Kasepuhan Village, Lemahwungkuk, Cirebon, there is the Siti Inggil building which is the outermost building that visitors will see upon entering the palace area.

Siti Inggil which means high land is also called lemah duwur in Cirebon language. Siti Inggil is surrounded by red brick walls with a pair of ceramic plates and a Majapahit-style entrance that follows the times of the past.



SHUTTERSTOCK.COM/JULIUS BRAMANTO



ENERGIA/HARI MAULANA

Selanjutnya masuk lebih ke dalam kompleks keraton, pengunjung akan disambut dengan Pintu Buk Bacem yang dibingkai dengan gapura berciri khas kebudayaan Gujarat dari India, yaitu berupa lekungan.

Ada juga piring atau cawan yang ditempelkan sebagai ornamen, mengadopsi kebudayaan Cina. Perpaduan berbagai unsur ini menunjukkan bahwa arsitektur Keraton Kasepuhan Cirebon merupakan akulturasi dari budaya Jawa/Hindu, Gujarat (India), hingga Cina.

Sementara pada bagian paling belakang Keraton Kasepuhan terdapat Keraton Pangkuwati. Keraton ini merupakan bangunan pertama. Di dalam kompleks Keraton Pangkuwati, pengunjung bisa melihat dan merasakan petilasan peninggalan Pangeran Cakrabuana dan Sunan Gunung Jati. Namun, hanya kaum lelaki yang boleh masuk ke dalam area petilasan tersebut.

Next, going deeper into the palace complex, visitors will be greeted with the Buk Bacem Door which is framed by a gate that is characteristic of Gujarat culture from India, which is in the form of an arch.

There are also plates or cups attached as ornaments, adopting Chinese culture. The combination of these various elements shows that the architecture of the Cirebon Kasepuhan Palace is an acculturation of Javanese/Hindu culture, Gujarat (India), and China.

Meanwhile, at the very back of the Kasepuhan Palace, there is the Pangkuwati Palace. This palace was the first building. Inside the Pangkuwati Palace complex, visitors can see and walk on the trails that are the remains of Prince Cakrabuana and Sunan Gunung Jati. However, only men are allowed to enter the trail area.



Cirebon - Museum Pusaka Keraton Kasepuhan menjadi salah satu yang menarik dikunjungi di dalam kompleks Keraton Kasepuhan, di museum tersebut terdapat benda-benda pusaka milik Keraton Kesepuhan yang memiliki nilai sejarah yang tinggi. Museum tersebut dapat dikunjungi dari pukul 09.00-17.00 WIB, sedangkan untuk dapat memasukinya pengunjung akan dikenakan biaya masuk sebesar Rp20.000.

Selain itu, pengunjung juga bisa menyaksikan kereta keraton dan benda-benda pusaka di museum yang terdapat di dalam kompleks Kasepuhan. Salah satu yang terkenal adalah Kereta Singa Barong, kereta kencana Sunan Gunung Jati yang hanya dikeluarkan setiap 1 Syawal untuk dimandikan.

Selain koleksi kendaraan pusaka, Keraton Kasepuhan Cirebon ini juga memiliki lukisan Prabu Siliwangi yang diketahui dalam sejarah merupakan kakek dari Sunan Gunung Jati. Keunikan lukisan ini adalah ketika ketika kita berdiri di manapun, mata dari lukisan Prabu Siliwangi seperti terlihat mengikuti kita.

In addition, visitors can also see the palace train and heirlooms in the museum located in the Kasepuhan complex. One of the famous ones is the Singa Barong Train, Sunan Gunung Jati's golden train which is only taken out every 1 Shawwal to be washed.

In addition to the collection of heirloom vehicles, the Cirebon Kasepuhan Palace also has a painting of Prabu Siliwangi who is known in history as the grandfather of Sunan Gunung Jati. The uniqueness of this painting is that the eyes of Prabu Siliwangi in the painting seem to follow us anywhere we stand.

Selain menjadi tempat pelestarian budaya, Keraton Kasepuhan juga masih mengadakan berbagai acara tradisi yang diselenggarakan setiap tahun. Acara Panjang Jimat salah satunya. Panjang Jimat adalah acara yang diselenggarakan untuk memperingati hari kelahiran Nabi Muhammad SAW.

Sayangnya, tempat wisata ini ditutup sementara selama pemberlakuan pembatasan kegiatan masyarakat (PPKM). "Ini adalah instruksi pemerintah. Kita harus patuh," kata Direktur Badan Pengelola Keraton Kasepuhan (BPKK) Cirebon, Ratu Raja Alexandra Wuryaningrat, seperti dikutip dari www.detik.com.

In addition to being a place of cultural preservation, the Kasepuhan Palace also still holds various traditional events which are held every year. The Panjang Jimat (Long Talisman) event is one of them. Panjang Jimat is an event held to commemorate the birthday of Prophet Muhammad SAW.

Unfortunately, this tourist attraction is temporarily closed during the implementation of public activity restrictions (PPKM).

"This is the government's instruction. We must obey," said the Director of the Cirebon Kasepuhan Palace Management (BPKK), Ratu Raja Alexandra Wuryaningrat, as quoted from www.detik.com.

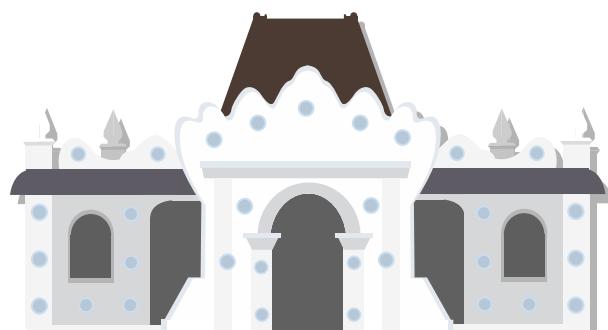
TIPS FOR VISITING THE KASEPUHAN PALACE

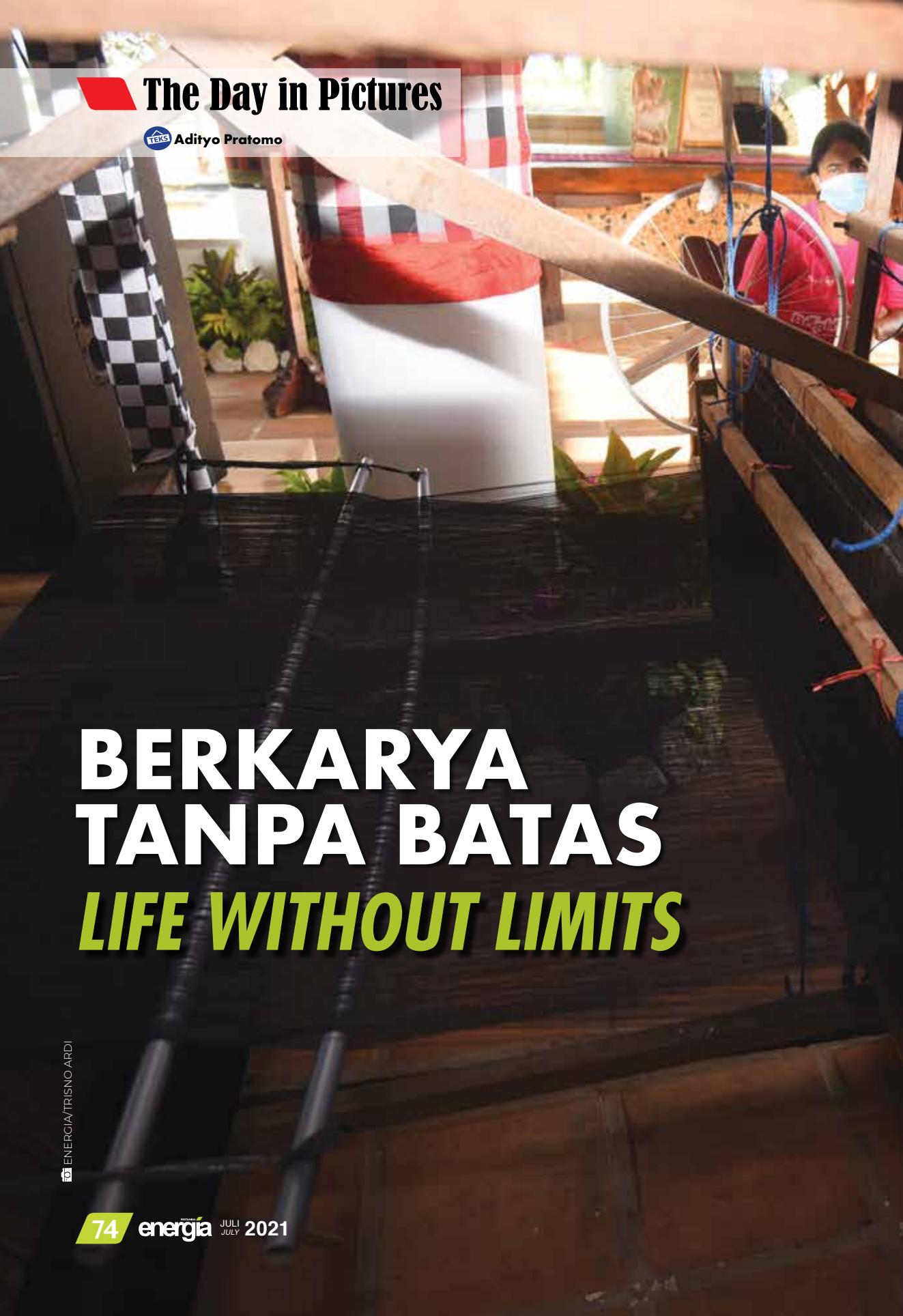
1. Take care of your every word and behavior while in the palace area to respect historical sites.

2. Wear polite clothes when visiting the palace. The palace is a historical tourist attraction and it is recommended to dress modestly.

3. Do not climb and damage the historical heritage objects in the palace museum. The heirlooms are very well preserved and maintained, only to be displayed and not to be tried on due to the very old age of the object.

4. Obey any prohibitions on warning boards in the palace area.





The Day in Pictures

TEKS Adityo Pratomo

BERKARYA TANPA BATAS

LIFE WITHOUT LIMITS

ENERGIA/TRISNO ARDI



Sejak awal Juni 2021, PT Pertamina (Persero) melakukan roadshow ke empat kota di Indonesia untuk meningkatkan keterampilan sahabat disabilitas, yaitu Bandung, Boyolali, Banyuwangi, dan Bali.

Upaya tersebut bertujuan untuk meningkatkan kemandirian ekonomi penyandang disabilitas. Melalui program Sahabat Disabilitas, Pertamina hadir untuk berbagi kepedulian agar mereka terus bisa tumbuh dan berkembang lebih maju lagi.

Selain pelatihan peningkatan *soft skill* penyandang disabilitas, Pertamina juga memberikan bantuan untuk program Sahabat Disabilitas berupa Workshop Mental Health dan 10.000 Masker. ■

Since early June 2021, PT Pertamina (Persero) has been doing roadshows to four cities in Indonesia to improve the skills of our friends with disabilities, which are Bandung, Boyolali, Banyuwangi, and Bali.

These efforts aim to improve the economic independence of persons with disabilities. Through the Friends of Disabilities program, Pertamina is here to support so that they can continue to grow and develop further.

In addition to soft skill improvement training for persons with disabilities, Pertamina also provides assistance for the Friends with Disabilities program in the form of a Mental Health Workshop and 10,000 Masks. ■

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1. Seorang warga difabel dari Kolok Bengkala membuat kain tenun di acara Peningkatan Soft Skill Bagi Sahabat Disabilitas yang diselenggarakan di Patra Bali Resort and Villas, Bali, Sabtu, 19 Juni 2021.
A disabled resident from Kolok Bengkala was making a woven cloth at the Soft Skill Improvement for Friends with Disabilities event held at Patra Bali Resort and Villas, Bali, Saturday, 19 June 2021.
 2. Manager CSR Pertamina, Dian Hapsari Firasati (kiri kedua) bersama Staf Khusus Presiden RI, Angkie Yudistia (kiri ketiga) dan Kepala Balai Rehabilitasi Sosial Penyandang Disabilitas Sensorik Netra Wyata Guna, Sudarsono (kiri) berbincang dengan salah satu barista penyandang disabilitas di Cafe More Wyata Guna, Bandung, Sabtu, 29 Mei 2021.
Pertamina CSR Manager, Dian Hapsari Firasati (second from the left) together with Special Staff to the President of the Republic of Indonesia, Angkie Yudistia (third from the left) and Head of the Social Rehabilitation Center for Persons with Sensory Disabilities Netra Wyata Guna, Sudarsono (left) were seen talking to one of the baristas with disabilities at the Cafe More Wyata Guna, Bandung, Saturday, 29 May 2021.
 3. Manager CSR Pertamina, Dian Hapsari Firasati berinteraksi menggunakan bahasa isyarat dengan salah satu sahabat disabilitas saat acara Peningkatan Soft Skill Bagi Sahabat Disabilitas yang diselenggarakan di Gedung BRSPDSN Wyata Guna, Bandung, Sabtu, 29 Mei 2021.
Pertamina CSR Manager, Dian Hapsari Firasati was interacting using sign language with one of the friends with disabilities during the Soft Skill Improvement for Friends with Disabilities event, which was held at the BRSPDSN Wyata Guna Building, Bandung, Saturday, 29 May 2021.





4.



5.

4. CEO Thisable, Nicki Clara memberikan sambutan pada acara Peningkatan Soft Skill Bagi Sahabat Disabilitas, di Gedung BRSPDSN Wyata Guna, Bandung. Sabtu, 29 Mei 2021.
CEO of Thisable, Nicki Clara was giving a speech at Soft Skill Improvement for Friends with Disabilities event, at BRSPDSN Wyata Guna Building, Bandung. Saturday, 29 May 2021.
5. VP CSR & SMEPP Management Pertamina, Arya Dwi Paramita (ketiga kanan) bersama Staf Khusus Presiden RI & Juru Bicara Bidang Sosial Angkie Yudistia (ketiga kiri bawah) berbincang dengan peserta disabilitas di Workshop Sriekandi Patra, Boyolali, Jawa Tengah, Jumat, 4 Juni 2021.
Pertamina's VP of CSR & SMEPP Management, Arya Dwi Paramita (third from the right) and Special Staff of the President of the Republic of Indonesia & Spokesperson for Social Affairs Angkie Yudistia (third from bottom left) were talking to the disabled participants at the Sriekandi Patra Workshop, Boyolali, Central Java, Friday, 4 June 2021.



- 6.** VP CSR & SMEPP Pertamina, Arya Dwi Paramita berfoto bersama dengan peserta Peningkatan Soft Skill Bagi Sahabat Disabilitas di Rehabilitasi Panti Sosial Penyandang Disabilitas Sensorik Netra Bhakti Chandrasa, Surakarta, Jawa Tengah, Jumat, 4 Juni 2021.
Pertamina's VP of CSR & SMEPP, Arya Dwi Paramita, was taking a picture with the participants of the Soft Skill Improvement for Friends with Disabilities event at the Social Rehabilitation Center for Persons with Sensory Disabilities Netra Bhakti Chandrasa, Surakarta, Central Java, Friday, 4 June 2021.
- 7.** Seorang anak difabel memeragakan fashion show di Dreamwork Laundry dan Omah Terapi, Bojongsoang, Bandung, Sabtu, 29 Mei 2021.
A disabled child was demonstrating a fashion show at Dreamwork Laundry and Omah Terapi, Bojongsoang, Bandung, Saturday, 29 May 2021.

8.



- 8.** Direktur Utama Pertamina, Nicke Widyawati (tengah) bersama Staf Khusus Presiden RI, Angkie Yudistia (kanan) mengunjungi salah satu booth dari Rumah Disabilitas yang ada di Patra Bali Resort and Villas, Bali, Sabtu, 19 Juni 2021.

Pertamina President Director, Nicke Widyawati (center) and Special Staff to the President of the Republic of Indonesia, Angkie Yudistia (right) were visiting one of the booths of the Disability Home at Patra Bali Resort and Villas, Bali, Saturday, 19 June 2021.

- 9.** Difabel dari Rumah Disabilitas Bali asyik membatik pada acara Peningkatan Soft Skill Bagi Sahabat Disabilitas yang diselenggarakan di Patra Bali Resort and Villas, Bali, Sabtu, 19 Juni 2021.

People with disabilities from the Bali Disability Home were making batik at the Soft Skill Improvement for Friends of Disabilities event held at Patra Bali Resort and Villas, Bali, Saturday, 19 June 2021.

- 10.** Para difabel mengikuti pelatihan pada acara Peningkatan Soft Skill Bagi Sahabat Disabilitas yang diselenggarakan di Patra Bali Resort and Villas, Bali, Sabtu, 19 Juni 2021.

The people with disabilities were attending the training at the Soft Skill Improvement for Friends of Disabilities event held at Patra Bali Resort and Villas, Bali, Saturday, 19 June 2021.





11.

11. VP CSR & SMEPP Pertamina, Arya Dwi Paramita (kiri) bersama Staf Khusus Presiden RI, Angkie Yudistia (kanan) berbincang dengan peserta workshop di Srikandi Patra, Boyolali, Jawa Tengah, Jumat, 4 Juni 2021.

Pertamina's VP of CSR & SMEPP, Arya Dwi Paramita (left) and Special Staff to the President of the Republic of Indonesia, Angkie Yudistia (right) were talking to the workshop participants in Srikandi Patra, Boyolali, Central Java, Friday, 4 June 2021.



- 12.** Dua penari difabel dari Desa Kolok Bengkala menari Jalak Anguci sebelum tampil di Patra Bali Resort and Villas, Bali, Sabtu, 19 Juni 2021.

Two disabled dancers from Kolok Bengkala Village were dancing the Anguci Starling Dance before performing at Patra Bali Resort and Villas, Bali, Saturday, 19 June 2021.

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FUEL, LPG, LUBRICANT AVAILABILITY INFO



PESAN ANTAR BBM, LPG, PELUMAS
DELIVERY SERVICE FOR FUEL, LPG, LUBRICANTS



UNTUK LAYANAN LEBIH BAIK
FOR BETTER SERVICES



INFORMASI PENANGANAN COVID PERTAMINA
PERTAMINA'S COVID HANDLING INFORMATION



PERTAMAX TURBO **PERFECTION IN PERFORMANCE**



ECO-FRIENDLY

Pertamax Turbo has reached the EURO 4 standard with lower sulfur content (Max 50ppm). This specification can reduce particles causing health risks such as heart disease, lung disease, impotence, and autism.



IGNITION BOOST FORMULA (IBF)

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RON 98

Pertamax Turbo is suitable for engine compression 12:1 and the latest technology vehicle



EXCELLENT PERFORMANCE

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