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Social Innovation Initiatives

Volume.2

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Faculty of Education

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About The Book

This book is a compilation of summaries that describe the programmes that have been run by the academics and students at the Faculty of Education, Universiti Teknologi MARA. The main objective of the programmes is to create a platform for the faculty members to take part in social innovation projects in the local community. More importantly, the programmes also complement the students' regular class experience as they also can learn a range of skills that can make them more active socially and entrepreneurially.

Definition of social innovation:

Social innovations are new ideas that meet social needs, create social relationships and form new collaborations. These innovations can be products, services or models addressing unmet needs more effectively.

3. Walkathon De'Cendana

Contributor

Ani Mazlina Dewi Mohamed

What

Walkathon De Cendana is a family get-together that involves the ladies and the children of Cendana neighborhood in Puncak Alam. It involves an aerobic session featuring the Physical and Health Education students, who act as instructors for the one-hour aerobic workouts incorporating several dancing elements such as Zumba, Masala Bhangra, Bollywood and Irama Malaysia. In addition to aerobic session, there were also other fun and exciting activities for both children and adults such as Bola Beracun, Modified Volleyball, and Tic-Tac-Toe.

Who

The community of Cendana, Puncak Alam

When

16th March 2019

Where

Cendana Residence, Puncak Alam





Story

The program was designed to educate and create awareness on healthy lifestyle through an aerobic session and mini games. The event also offers prizes to winners competing for different categories and series of lucky draws to draw more participation and promote competitive spirit among the residents.

Beneficiaries/ Stakeholders

The programme has helped the undergraduates majoring in Physical and Health Education at UiTM to improve their communication skills. It has also become a platform to educate the community on the importance of exercising and involving themselves in physical activities.

Key lessons

Walkathon is a great way to get everyone on their feet. It has become increasingly popular as it is not only fun but also it can foster camaraderie among communities and neighborhoods. Moreover, those who choose not to take part in the activities can still attend and cheer on their family members and friends who participate.



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