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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.

### 16. Sehari Bersama Garaj Belia MBSA

#### Contributor

Zarizi Ab. Rahman

#### What

The Office of Industry Community, Alumni, & Network (ICAN) Universiti Teknologi MARA, Shah Alam, in collaboration with Majlis Bandaraya Shah Alam (MBSA), had organised a one-day event as a Corporate Social Responsibility (CSR) effort to address the youth from a poor urban community in Shah Alam. Sport and recreational activities were conducted to enhance a healthy lifestyle and to introduce traditional games to the participants.

#### Who

A total of 25 Physical and Health Education students under a lecturer's supervision has conducted sports and recreational activities. This activity has attracted nearly 50 youth from ADAB Youth Garage, Shah Alam.

#### When

The programme was held on 19 October 2019.

#### Where

The programme was conducted at Taman Arca Antarabangsa, Shah Alam.





#### Story

This programme aimed to provide a platform for the students of the Faculty of Education to practice their skills in sport event management. Limited urban open green space in the community is among the youth's barriers to be actively involved in sport and recreation activities. Therefore, this event was a platform for them to enjoy participating in fun physical activities with peers. The modification games, traditional games such as sepak raga bulu ayam, galah panjang, baling selipar, and futsal have contributed to the enjoyment and social skills enhancement among the participants.

#### Beneficiaries/ Stakeholders

The activity has contributed to the students of the Faculty of Education in learning how to organise sports events. As future physical education teachers, they need to have experience in organizing sport events. Apart from that, this event is one of the CSR activities conducted by the Faculty of Education to promote the community's well-being, especially among the youth.

#### **Key lessons**

The programme has provided an opportunity for the students to conduct the sport and recreational activities among youth. Experience through this programme is useful for the students to strengthen and improve their skills in conducting sports events. It is also part of the learning process as a future physical education teacher. The event also provides a platform for students to improve in volunteer work and society engagement.



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