



**UTM**  
UNIVERSITI TEKNOLOGI MALAYSIA

## **ExCEL Prerequisite**

Name: Jeggean A/L Rajendran

Matrix Number: A19EC0059

Academic Advisor : Prof. Madya. Dr. Haza Nuzly Bin Abdull  
Hamed

### ***Activities information***

Date: 7 December 2019

Venue: Kompleks Sukan, Universiti Sains Malaysia

Organizer: Persatuan Kebudayaan India (PKI), Universiti Sains Malaysia.

### ***Graduate Attributes***

- Communication Skills
- Leadership
- Team Working Skills
- Adaptability

### ***Position/Role in the activities***

My role was to be a member of the squad that was chosen through tryouts to be the official team that will be representing UTM. I was one of ten members that took part in the tournament. The team's "Centre" was me.

### ***Mini Report***

#### **Justification in joining the activities:**

I've always been fascinated by "Kabaddi," a sport played without the use of any equipment that emphasizes teamwork as well as physical activity. Kabaddi is a traditional Indian sport that attracted my interest and was one of the reasons I decided to join the UTM Kabaddi squad. I had played this game before when I was studying Matriculations. I joined the team in order to broaden my horizons and compete on a university level with other skilled and enthusiastic players.

**The Graduate Attributes that are focused on:**

Kabaddi is a team sport that necessitates excellent communication skills in order to coordinate raids and defense. As a result, communication skills are crucial in winning games. While playing and practicing this activity, I believe my communication abilities have improved. Teamwork abilities are crucial in all team-based sport games since no single player can win in a team-based sport. We assisted each other on the field as well as off the field with the game. My seniors provided excellent guidance on the sport itself. We only had three months to prepare for the event, so we had to be train hard and smart. We had to swiftly adjust to the rigorous training as well as the necessary skills to compete in the tournaments.

**Content of the activities:**

Tryouts were the beginning of the activity. Some of my friends and I attended the tryouts, and we were fortunate enough to be selected to compete in the competition held at USM Penang. Before the competition, we had three months to prepare. For the next three months, we exercised every weekend with breaks in between. A handful of practice games with different Kabaddi teams were organised by our coach/captain. We boarded the UTM bus to Penang with 20 fans the day before the competition. This inter-university competition drew a total of 32 teams. We were able to make it all the way to the tournament's quarterfinals.

## ***Self-reflection***

Because there were ten members and each individual is unique, participating in this tournament has greatly aided my collaboration and communication abilities. Working together with everyone in the team is essential. My self-strength that I gained from participating in this activity was that no matter how difficult the competition becomes, if we work together, no hurdle is insurmountable. Despite the fact that half of my team was made up of first-year students, we made it to the tournament's quarterfinals, and I am confident that in future events, we will be able to go further and eventually win. The demanding training circumstances, which were physically draining and difficult to keep up with, were one of the hurdles I faced. I was able to conquer this obstacle thanks to the encouragement of my friends and my strong mental resilience.

*Certificate/Photo/Video*





