

Zehanat & Sehat-e-Jismani 2016



MAJLIS ANSARULLAH
UNITED KINGDOM



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A Guide and plan for all secretaries regarding roles responsibilities and reporting Events and Activities for the year ahead

Presented by
The National Zehanat & Sehat-e-Jismani team



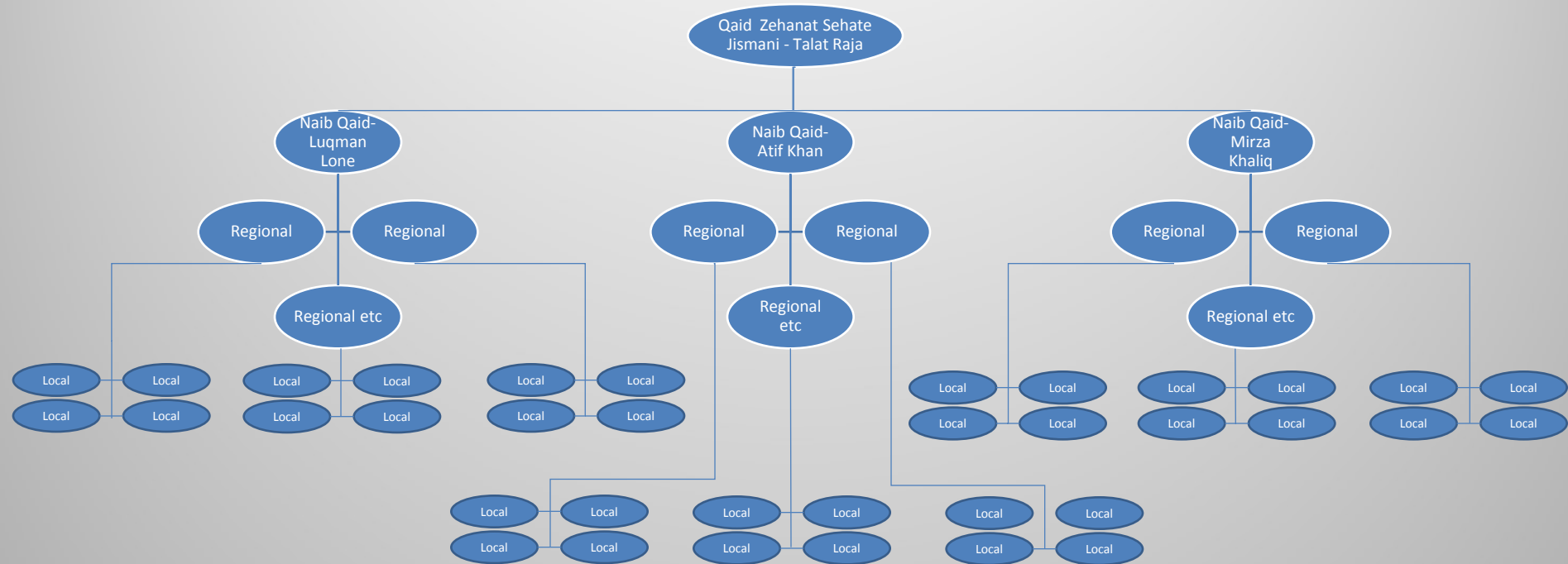
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The National Team

Qaid Zehanat Sehate Jismani	Talat Raja	07960 131 672
Naib Qaid Zehanat Sehate Jismani	Luqman Lone	07734 258 660
Naib Qaid Zehanat Sehate Jismani	Atif Khan	07833 985 058
Naib Qaid Zehanat Sehate Jismani	Mirza Khaliq	07884 012 857



National Structure



Regular Weekly Activities – Local & Regional

Fajr Fit

(A week or Fortnightly group walk/cycle after Fajr Namaz at regional Mosques)

Ansar Fit Programme

A weekly exercise club for ALL fitness level to help mobility and cardiovascular function - Starting at BUF every Wednesday prior to Isha Namaz, then rolling out to other Mosques Nationally. Must include as many local Doctors and Healthcare professionals to assist with the initiative to give advice as well as talks on specific health topics.

Weekly Sports activities

Football / Badminton / Volleyball



National Activities & Events

Annual Master's football tournament

Centrally located in maybe Birmingham. 4 teams of 5 or 7 aside in a 1 day tournament to become an Annual Cup competition.

Annual Master Blasters Cricket day

Centrally located in maybe Birmingham. A 1 day tournament to become an Annual Cup competition.

AAA

Annual Ansar Athletics day to cover track and field events.

Charity 10k Run

To be combined with the national Ansar 10k charity walk.
Runners will wear specific 'runners' t-shirts



National Activities & Events

Clay Pigeon Shooting & Archery

A day out to learn and enjoy the sport

Cycling – Introduce it as a sponsored charity event or activity to be introduced at various Regions.

Number of Ansar have there own bicycle, ride regularly

National health awareness road-show programme,

which sees us hold Talks from specialists on topics such as Diabetes, Stroke, Dementia, Smoking, High Blood pressure etc.

This should be a programme hosted in various Mission houses and Mosques around the UK.



National and Regional Ijtema Events

• Team Events

- Football
- Tug of War
- Volleyball

• Single Events

- 50,100 metres race
- Shot Putt
- Wrist Lock/ Arm Wrestling

Zehanat & Sehat-e- Jismani

No	Particulars	Marks
1	Sports rally one each year	40
2	Ansar participating in sports %	60

