

# Zahanat wa Sehat-e-Jismani



MAJLIS ANSARULLAH  
UNITED KINGDOM

# Meet The Team

**Inamullah Khan**

**Waqas Ahmad Anwar sahib (North)**

**Lukman Lone sahib**

**Farid Do-gar sahib**

**Raja Talat Waseem sahib**

**Anjum Zeeshan Khan sahib**

**Muhammad Azfar sahib (Midlands)**

**Muhammad Kashif sahib (Manchester)**

**Ataul-Ala Zafar sahib**

**Rana Arfan Shahzad Gul sahib**

**Rana Masood sahib**

**Imran Noori sahib**

# Role as per Constitution



**Qaid Zahanat wa Sehat-e-Jismani shall chalk out programmes for maintaining intellectual and physical health of members.**

# AIMS



- Encourage Ansār to exercise regularly (for at least 30 mins 3 to 4 times a week); including walking, cycling, running and swimming etc.
- Raise awareness of factors affecting Men's Health
- Organise regular sports activities that members of the Majlis can participate in.
- Organise Quarterly Sports Days (competitions) at local / regional level
- Ensure individual and team sports activities take place as part of the Annual Ijtema
- Arrange trips / picnics (1 to 7 days) where members can bond and unwind

# Some examples..(post lockdown)



- **Badminton / table tennis / pool etc – sessions before or after salat at mission houses or halls within mosque compounds.**
- **Walk or cycle to salat (no running!)**
- **Hire suitable halls or outdoor space for football, volleyball, badminton etc**
- **Encourage members to participate in activities arranged by National cycling & Hiking clubs etc**



# Target for each Nasir

- 1. Walk / Run / Cycle / Swim - 30 minutes  
(3-4 times a week)**
- 2. Use all muscle groups regularly**
- 3. Avoid long periods of inactivity**
- 4. Watch what you eat**

# Deliverables - Local Majlis



- 1. Number of Ansar who exercise regularly (for at least 30 mins 3 to 4 times a week)**
- 2. Was an Awareness Session\* held / Attendance**
- 3. Number of sports activities organised by Majlis / Attendance**
- 4. No of Regional Sports Events attended / Attendance (from Majlis)**
- 5. Sports at Local Ijtema - please provide separate report**

# Monthly Awareness Session

Month	Topic
January	Benefits of physical exercise
February	Heart Disease – Causes & Prevention
March	Benefits of walking
April	Diabetes
May	Mental health*
June	Diet / Nutrition
July	High Blood pressure
August	Benefits of cycling
September	Cholesterol
October	Obesity
November	Stress Management
December	Dangers of Smoking

\*Mental Health Awareness Week is 10<sup>th</sup> to 16<sup>th</sup> May 2021



# **Deliverables - Regions**



- 1. Monthly meeting with local Muntazimeen**
- 2. Produce material (articles / short videos) to compliment the monthly awareness topic**
- 3. No of regional sports events held / Attendance**
- 4. No of regional sports competitions held / Attendance**
- 5. Regional Ijtema - sports events (please provide separate report)**


# National Events

- **10<sup>th</sup> July 2021 National Sports Day at Baitul Futuh**
- **Sports Day specifically for Northern regions – Details TBC**
- **Tape ball Cricket tournament - Details TBC**
- **National Outdoor Football Tournament - Details TBC**
- **Quarterly Hikes – Details TBC**
- **Regular Cycling Events – Details TBC**

# Some Ideas...

1. **Utilise Mosques / Mission houses**
2. **Is there a park / green space that you can use?**
3. **Leisure centres**
4. **Picnics**
5. **Kalai pakarna during General Meeting**
6. **Quiz / memory exercises during meetings**
7. **Competitions with other Majalis**
8. **Work with Jama'at & other Auxiliary organisations**





Majlis Ansarullah Slough

# Active Ansar

A 30 Minute Workout Session to keep Ansar Active



Join us on Zoom every day at 5pm

Meeting ID: 524 054 2093

Password: 282509

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

## Zahānat Wa Sehat Jismāni Event West Midlands

Intellectual and Physical event

- Memory exercise 1:Picture memory
- Memory exercise 2:Urdu/ English sentences
- Memory exercise 3: Video clip quiz

Zoom meeting ID will be  
sent soon



January 31st 5:00PM - 6:00PM  
Majlis Ansarullah West Midlands

Contact your local Muntazim for more information





# Workouts on MA UK website



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**HEALTH & FITNESS  
(SEHATE JASMANI)** 

MAJLIS ANSARULLAH  
UNITED KINGDOM

**Come and join us for a  
fun, short home-exercise  
session!**

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Starting this Thursday (7th May) @ 6pm  
then every Sunday, Tuesday and Thursday

- Low to Medium intensity levels
- All fitness levels welcome
- Special seated exercises for the elderly
- No equipment needed

**TO JOIN IN SIMPLY GO TO:  
[HTTPS://ANSAR.ORG.UK/WORKOUT/](https://ansar.org.uk/workout/)**

**GET FIT.  
STAY FIT.**



# **National & Regional Ijtema'at**

## **Team Events**

- **Football – 8 a side**
- **Volleyball**
- **Tug of war**

# **National & Regional Ijtema'at**

## **Individual / Pair (doubles) Events**

- **Badminton**
- **Table Tennis**
- **Sprint - 50/100 meters (distance to be confirmed)**
- **Relay - 4 x 50/100 meters**
- **Shot put**
- **Wrist Lock (kalai pakarna) / Arm wrestling**



**Any Questions?**



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