



## Majlis BF South Monthly Report – October 2025 Zehanat & Sehat Jismani



**Event:** Ansar Get-Together

**Date:** Wednesday, 22nd October 2025

**Venue:** Nasir Hall, Baitul Futuh Mosque

**Time:** After Maghrib Prayers (6:15 PM)

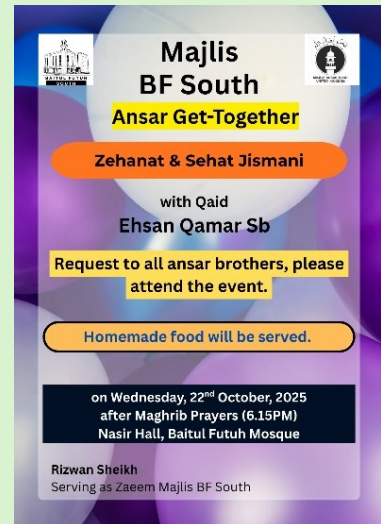
### Report Summary:

By the Grace of Allah Almighty, Majlis Ansarullah Baitul Futuh South successfully organised an **Ansar Get-Together** under the **Zehanat & Sehat Jismani Department** on **22nd October 2025**.

The event was attended by a good number of Ansar brothers and honoured with the presence of **Qaid Zehanat & Sehat Jismani, respected Ehsan Qamar Sahib**. During the programme, various indoor games were arranged, including **Chess, Ludo, Carrom Board, and Dart Board**, which created a lively and engaging atmosphere among the members.




Qaid Sahib addressed the Ansar and delivered an inspiring talk on the importance of maintaining both **mental sharpness and physical fitness** in the life of a Momin. He reminded everyone that Islam encourages a balanced lifestyle—strengthening both the body and the mind to serve the Faith and humanity effectively.

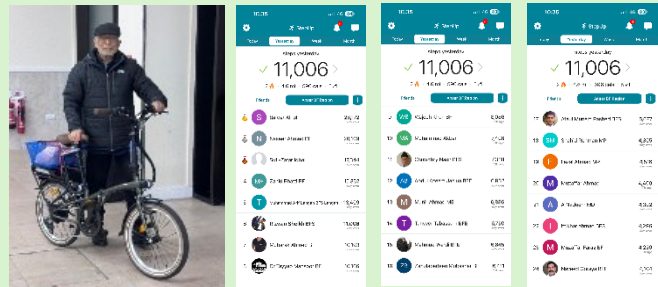
The program was concluded with the silent prayers, followed by the **homemade food**, and members enjoyed the warm brotherly environment. Alhamdulillah, the event successfully promoted health, brotherhood, and spiritual motivation among the Ansar.





### Regular Physical Activities:

- Throughout the month, several members of our majlis engaged in personal physical routines such as.
  -  Walking
  -  Cycling
  -  Jogging



This has promoted a healthy lifestyle and served as a motivation for others.

### Outcome & Reflections:

- Members benefitted both physically and mentally through interactive games.
- The motivational address by **Qaid Sahib** left a lasting impression, encouraging regular exercise and healthy living.

### Conclusion:

Alhamdulillah, with Allah's blessings, the programme concluded successfully. **JazakAllah to Qaid Ehsan Qamar Sahib** for attending the event, motivating our members, and sharing valuable guidance.

**JazakAllah to all Ansar brothers** who attended and helped make the event successful.

We humbly request for prayers for the continued success of our Majlis and the health and strength of all Ansar brothers. May Allah enable us to serve the Jama'at with full zeal and devotion. **Ameen.**

### Wassalam

Rizwan Sheikh  
Serving as Zaeem Majlis BF South