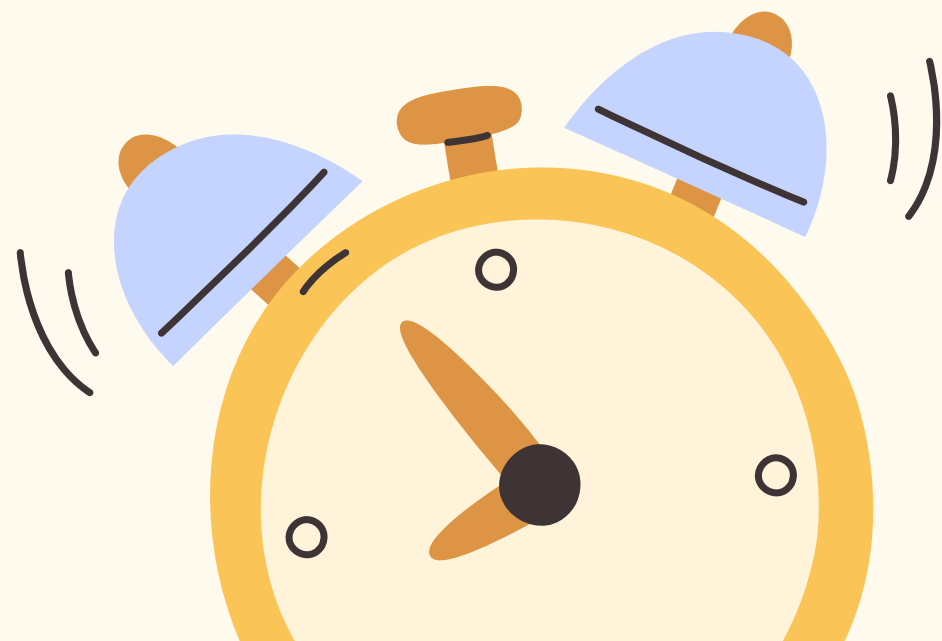
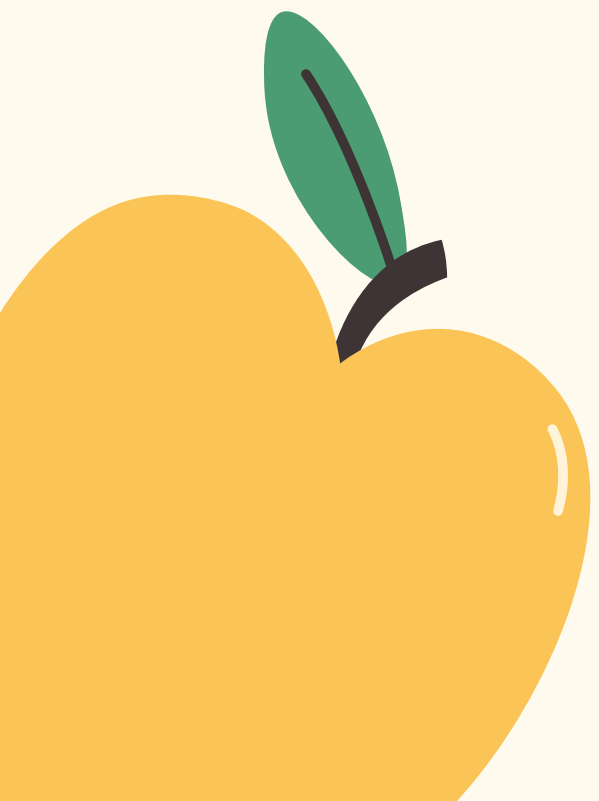


**SEHAT-E JISMANI**  
**HEALTH AND FITNESS**  
**SYLLABUS 2024-2025**



يَا أَيُّهَا الَّذِينَ آمَنُوا كُلُوا مِن طَيِّبَاتِ

مَا رَزَقْنَاكُمْ وَاشْكُرُوا لِلَّهِ إِن كُنتُمْ

إِيَّاهُ تَعْبُدُونَ ﴿١٧٣﴾

**[2:173]** O ye who believe! eat of the good things We have provided for you, and render thanks to Allah, if it is He Whom you worship.

# REFERENCES TO HEALTH IN THE HOLY QURAN

◦ <https://readquran.app/26:81>

- وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ ﴿٨١﴾
- 'And when I am ill, it is He Who restores me to health;
- اور جب میں بیمار ہوتا ہوں تو وہی ہے جو مجھے شفا دیتا ہے۔

◦ <https://readquran.app/23:20>

- فَأَنْشَأْنَا لَكُمْ بِهِ جَنَّاتٍ مِّنْ نَّجِيلٍ وَأَعْنَابٍ ۚ لَكُمْ فِيهَا فَوَاكِهُ كَثِيرَةٌ وَمِنْهَا تَأْكُلُونَ ﴿٢٠﴾
- And We produced for you thereby gardens of date-palms and vines; for you therein are abundant fruits; and of them you eat.
- پھر ہم نے اس کے ذریعے تمہارے لئے کھجوروں اور انگوروں کے باغات پروان چڑھائے۔ ان میں تمہارے لئے بہت پھل (لگنے) ہیں اور ان میں سے تم کھاتے بھی ہو۔
- In this verse God gives another illustration of the various boons and favours which He has bestowed on man. It also contains a subtle allusion to the fact that the garden of Islam will, forever, remain full of fruit-bearing trees of various kinds which will yield fresh fruits in plenty in every season.

◦ <https://readquran.app/16:12>

- يُنْبِتُ لَكُمْ بِهِ الزَّرْعَ وَالزَّيْتُونَ وَالنَّجِيلَ وَالْأَعْنَابَ وَمِنْ كُلِّ الثَّمَرَاتِ ۚ إِنَّ فِي ذَٰلِكَ لَآيَةً لِّقَوْمٍ يَتَفَكَّرُونَ ﴿١٢﴾
- Therewith He grows corn for you, and the olive and the datepalm, and the grapes, and all kinds of fruits. Surely, in that is a Sign for a people who reflect.
- وہ تمہارے لئے اس کے ذریعے سے کھیتی نکالتا ہے اور زیتون اور کھجور اور انگور اور ہر قسم کے پھل۔ یقیناً اس میں ایسی قوم کے لئے جو غور کرتی ہے بہت بڑا نشان ہے۔
- Another point worthy of note in this verse is the order observed in the description of the advantages derived by man from animals and plants. In the case of animals mention was made first of those animals which are used as human food and next of those which serve other purposes (vv. 6, 9). Similarly, speaking of the plants mention has been made in the present verse, first of plants which serve as staple food and then of plants which serve only as condiments and dessert.

# REFERENCES TO HEALTH FROM AHADITH

- It is narrated by Abu Hurairah (radi Allahu anhu) that the Prophet Sallallahu Alahi Wasalam said:
- "There is no disease that Allah has sent down except that He also has sent down its treatment." (**Sahih** Bukhari)

- **Narrated Ibn `Abbas:**
- The Prophet (ﷺ) said: "There are two blessings that many people are deceived into losing: health and free time."

**Reference** : Sahih al-Bukhari 6412  
In-book reference : Book 81, Hadith 1  
USC-MSA web (English) reference : Vol. 8, Book 76, Hadith 421  
(*deprecated numbering scheme*)

- Abu Bakr said that God's messenger mounted the pulpit, then wept and said,
- "Ask God for forgiveness and health, for after being granted certainty, one is given nothing better than health."
- Tirmidhi and Ibn Majah transmitted it, Tirmidhi saying this is a *hasan* tradition whose *isnad* is *gharib*.

**Reference** : Mishkat al-Masabih 2489  
In-book reference : Book 9, Hadith 257



# PRAYER- THE MOST POWERFUL HEALTH REMEDY

**PRAYERS OF THE HOLY PROPHET FOR GOOD HEALTH AND RECOVERY FROM DISEASE**

أَذْهِبِ الْبَاسَ، رَبِّ النَّاسِ، وَاشْفِ أَنْتَ الشَّافِي لَا شِفَاءَ  
إِلَّا شِفَاؤُكَ شِفَاءً لَا يُغَادِرُ سَقَمًا

O Lord of people! Grant relief from this illness for You are the healer. There is no healing except that which comes from You. So, grant complete healing without leaving a trace of illness. (Bukhari, Muslim)

# ROLE OF SECRETARY SIHAT E JISMANI ACCORDING TO THE LAJNA CONSTITUTION

To provide members with necessary information about hygiene, healthcare and first aid

To promote participation of members in various games and sport.

To make arrangements for holding competitions of individual games and tournaments.

Special lectures are delivered in the Lajna meetings on the maintenance of good health.

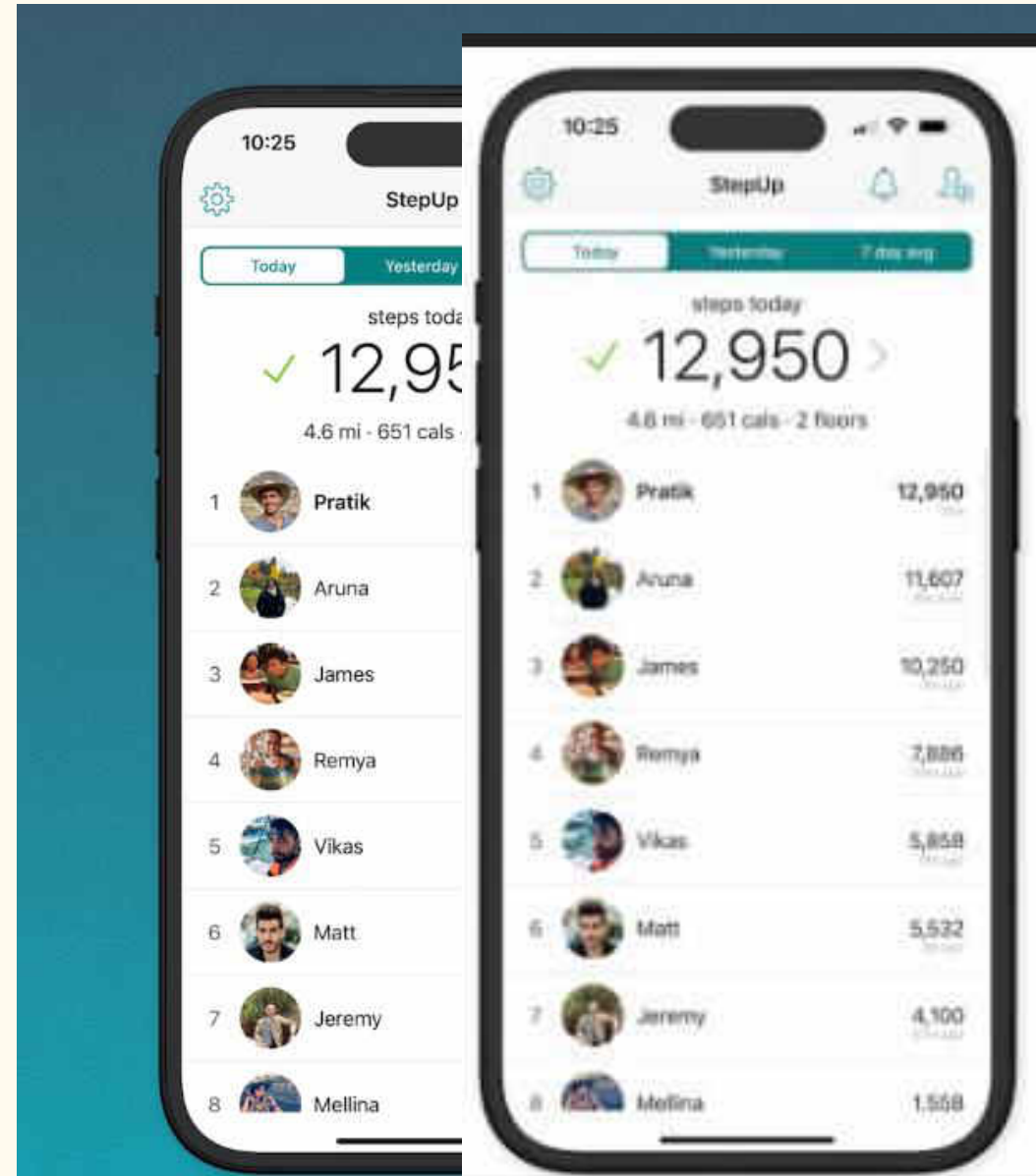


# STEPUP APP

In order to increase level of physical exercise within Lajna we are asking Local Amla members to download the Stepup app and join via a link sent by the National Health and Fitness Team

November- January- we will be holding a competition between all Majalis

Only Amla members are invited to join using the link  
From February onwards we will asking all majalis to create their own groups with Lajna



Track your steps

Com  
Be



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# LAJNA IMAILLAH NATIONAL VOLLEYBALL TOURNAMENT-BAIT-UL- FUTUH:

Friday 14/02/2025 Tournament dinner

Saturday 15/02/2025 Nasirat Netball Tournament

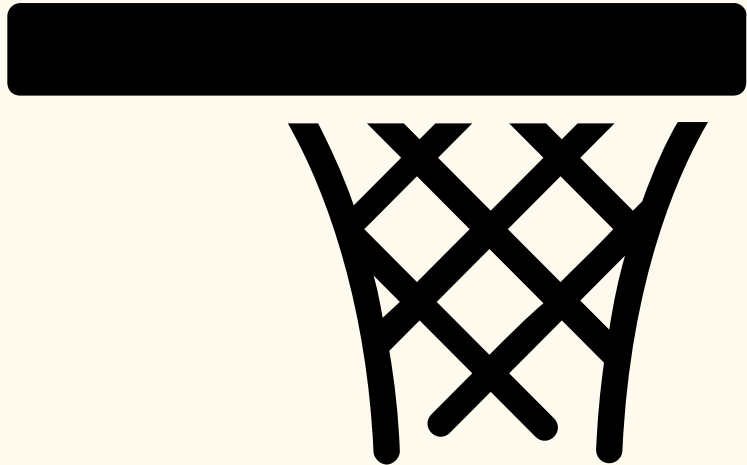
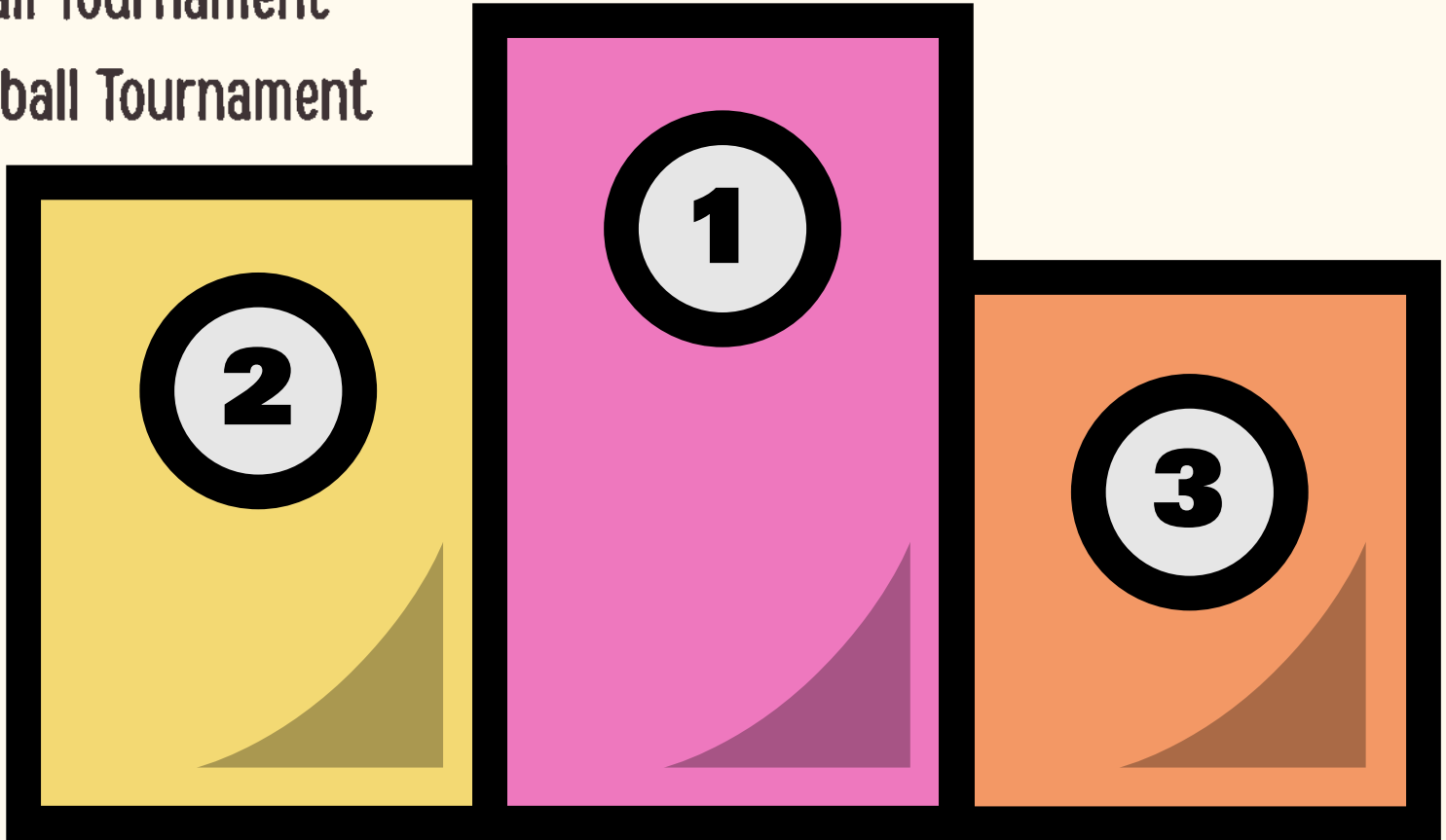
Sunday 16/02/2025 Lajna Volleyball Tournament

Monday 17th February Lajna Volleyball Tournament

semi finals and finals



# NASIRAT-UL AHMADIYYA NETBALL TOURNAMENT

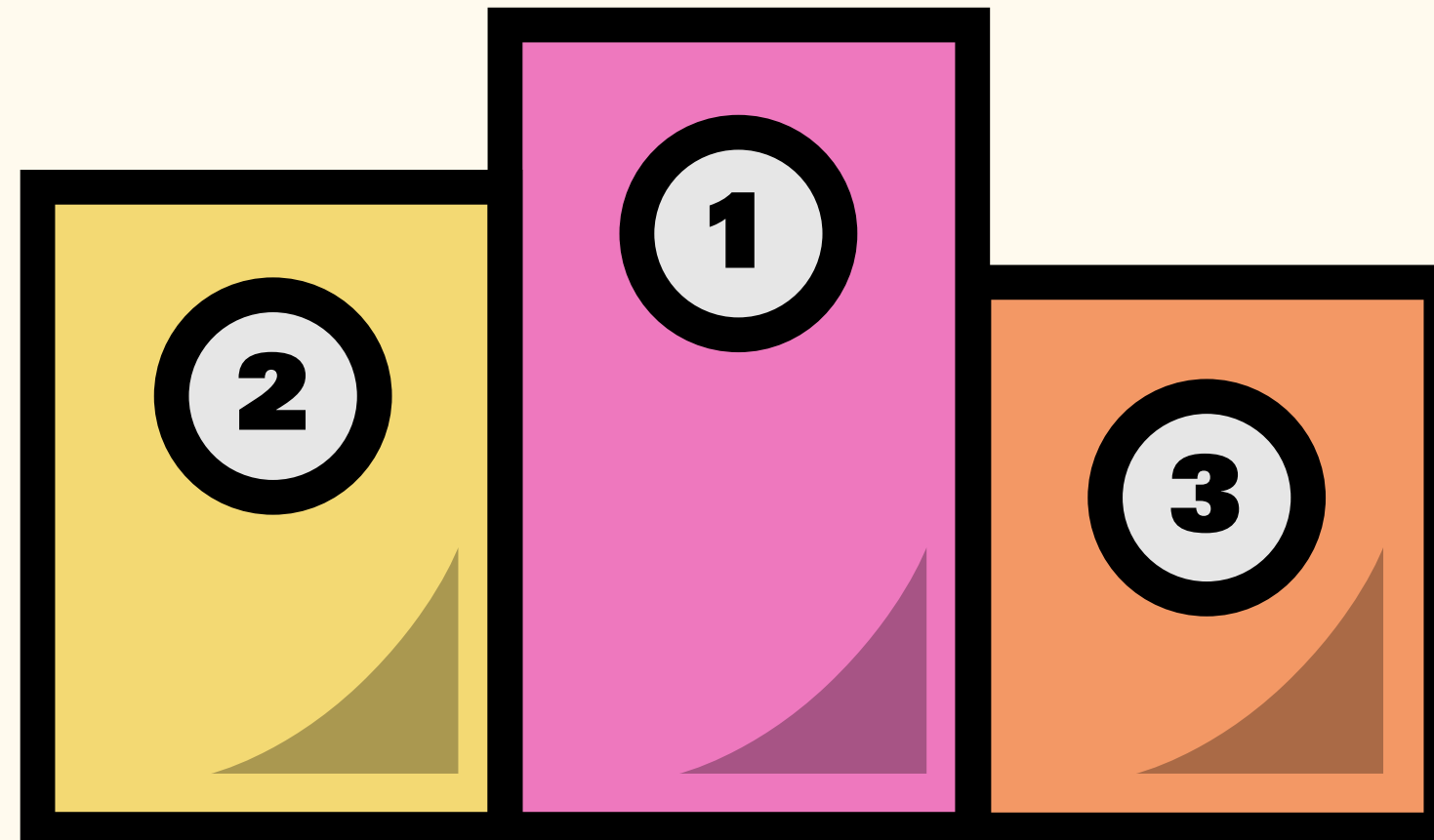
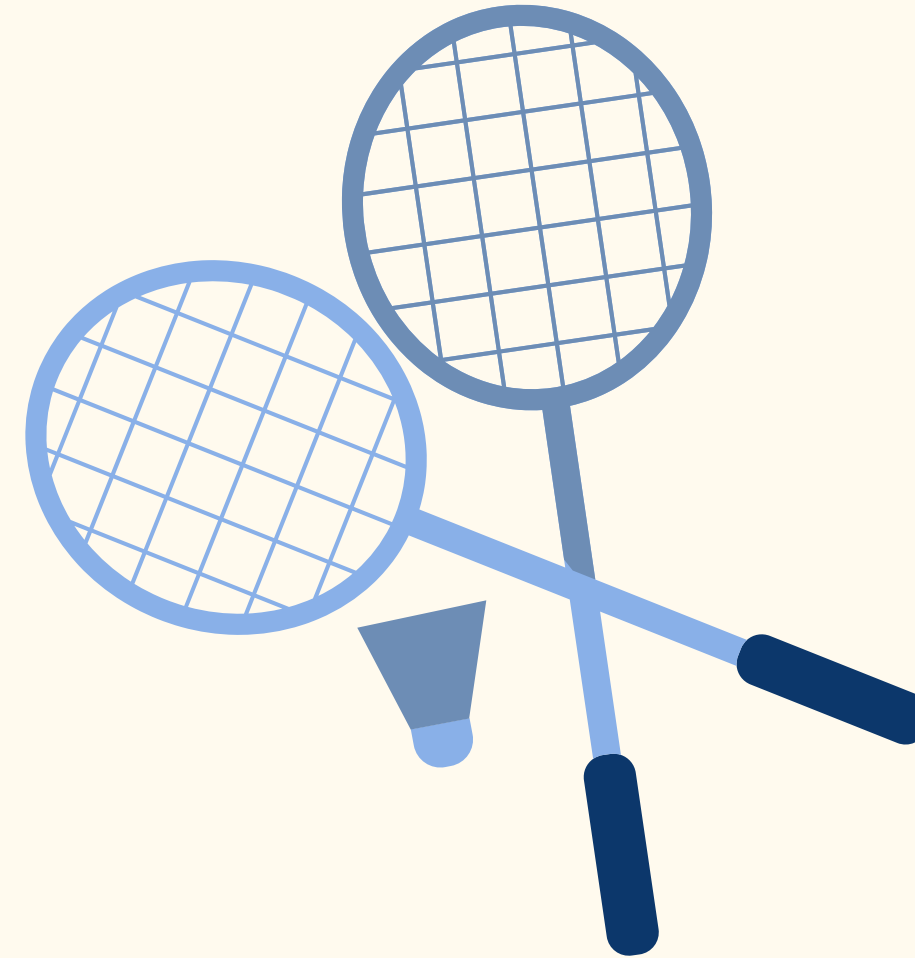
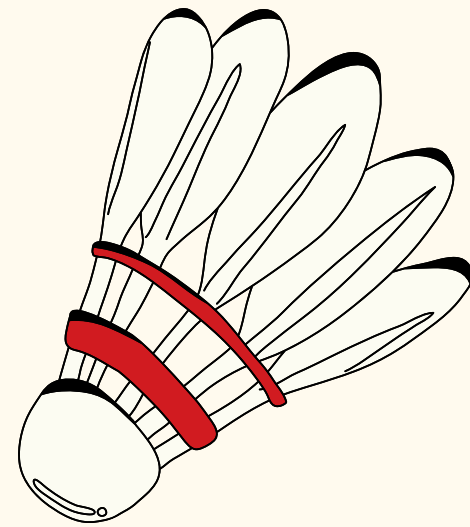




# LAJNA IMAILLAH AND NASIRAT NATIONAL BADMINTON TOURNAMENT

MONDAY 26TH MAY  
2025

LOUGHBOROUGH  
UNIVERSITY  
SIR DAVID WALLACE  
SPORTS HALL  
10:00AM-4:00PM



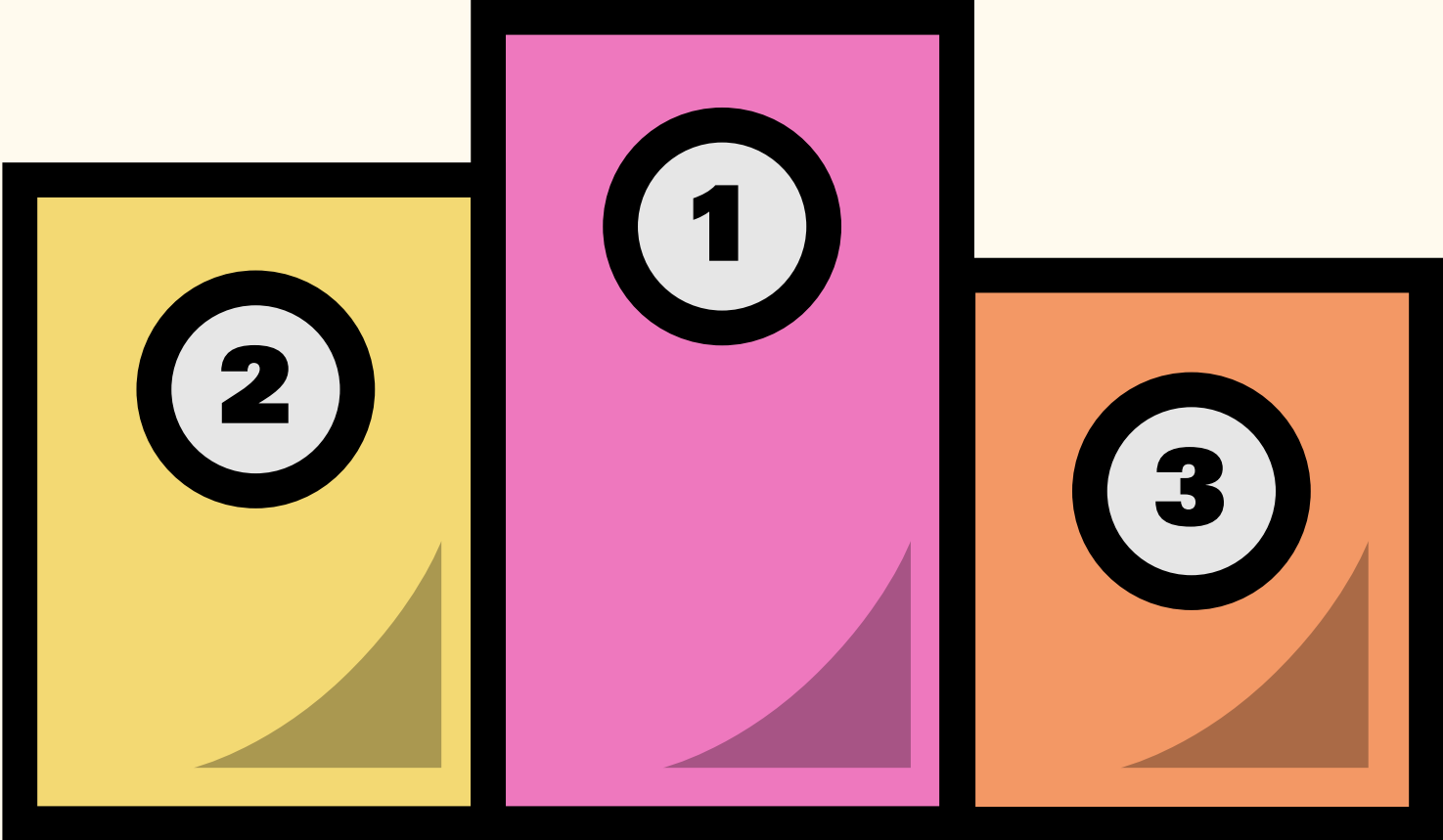
# NATIONAL SPORTS DAY

Wimbledon Park Athletics


Track

May 31ST 2025

1:00PM- 7:00pm

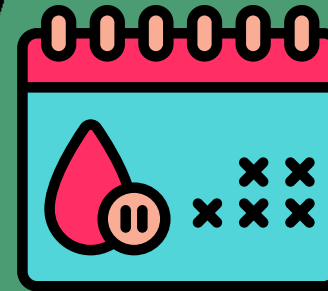


# HEALTH WEBINARS FOLLOWED BY A NUTRITIONAL WEBINAR

prevention of heart  
disease   
including lifestyle  
changes

Oct- Dec 2024

menopause-  
symptoms and  
management



Jan- March

Postnatal  
depression



April- June



# WEBINARS ON SUSTAINABILITY

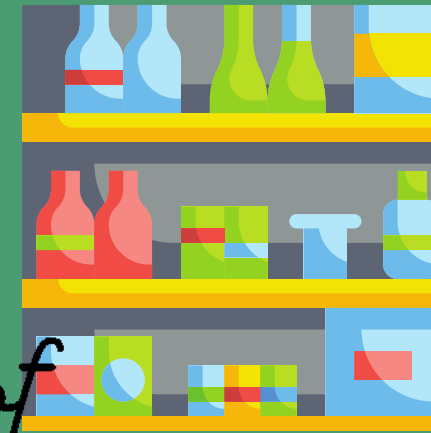
*Growing your  
own food*

*Oct- Dec 2024*



*Effective  
Stockpiling of  
food*

*Jan- March*



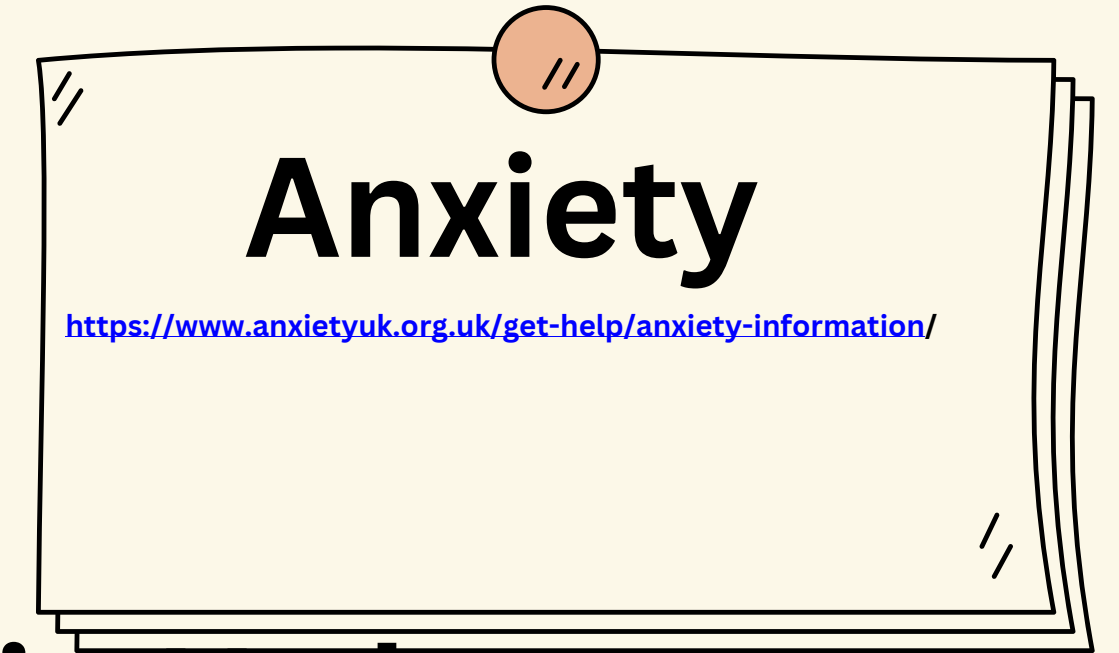
*Preparing the home in  
case of an emergency  
scenario*

*April- June*





# Mental Health Awareness Resources



## Mental Health resources in Urdu

<https://www.wellbeing-glasgow.org.uk/urdu>



# Mental Health Champion

- As a result of our mental health awareness campaigns, more Lajna are coming forward via the Lajna Helpline and through their regional Mental Health Champions for support
- Our Mental Health Champions support Lajna in their region, signposting ladies to mental health support and receiving further training in supporting with Mental Health.
- There are a number of resources listed on the next slides which can be used by local Health and Fitness Secretaries to share with their Lajna.

**SIGN UP TO BE A MENTAL HEALTH CHAMPION BY FILLING IN THE GOOGLE FORM. TRAINING WILL BE GIVEN THROUGHOUT THE YEAR  
1ST SESSION FEB 8TH 2025 (ALL TRAINING WILL BE ONLINE)**



# MERCHANTS HILL PGL TRIP

Friday 24th October– Sunday 26th October

2025

Open to Year 6– Year 9 Nasirat girls

Residential activity weekend

Cost £157 per person





# STUDENT ACTIVITY TRIP



£85





For older lajna:

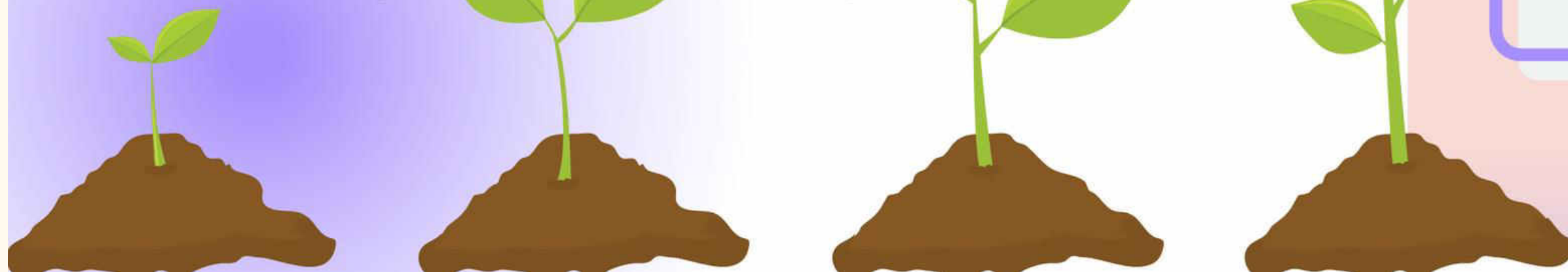
**TRIP TO GREGYNOG HOTEL- 10TH- 11TH  
AUGUST 2025 ONE NIGHT STAY**



- Reduce use of **water bottles**- bring your own
- Reduce use of **disposable team cups** -lajna bring their own travel mugs
- Buy **reusable crockery** made from recycled waste
- Ask lajna to **bring their own cutlery** and plates
- Carpool** – share lifts or walk as a group and have fun!
- Hold **car boot sales**-swap shops
- Hold **workshops** on upcycling
- Grow your own **fruit and vegetables** – getting allotment where lajna can get together with nasirat and **grow** fruit and vegetables

## How Lajna can Help at Events

“  
Lajna Imaillah  
Protecting Our  
Earth Our Home  
”

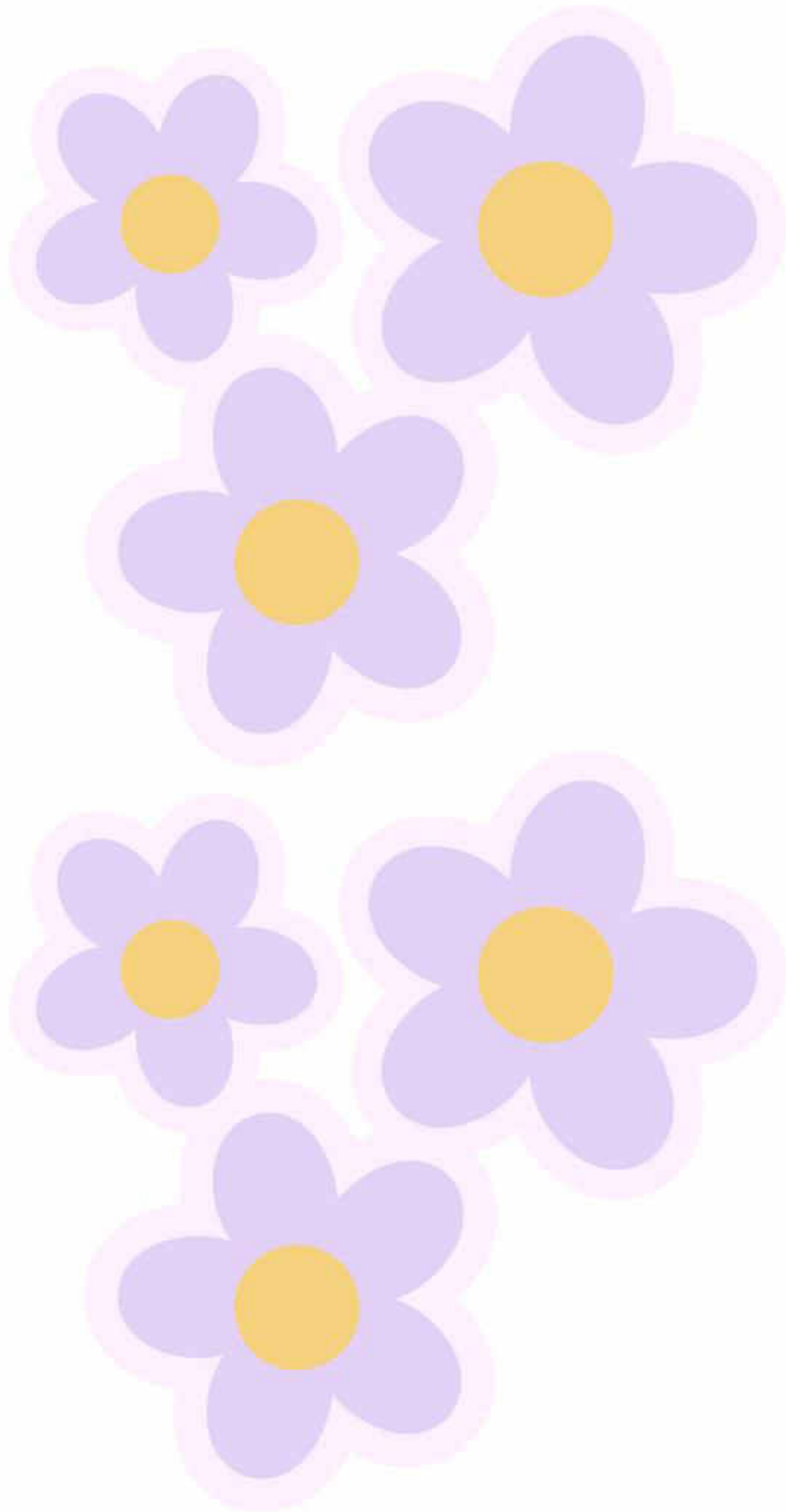




# Pledge: Fix One Non-Ecofriendly Habit Monthly

## I pledge to.....

- Sort and recycle waste correctly
- Avoid single use plastics
- Walk more
- Turn off lights
- Upcycle furniture and clothes instead of buying new
- Donate used items instead of throwing in general rubbish
- Take a reusable water bottle when I am out of the house
- Make use of a travel mug
- Take time to plan meals before going shopping to avoid food waste
- Buy ecofriendly products- detergents/ hygiene products/clothing
- Reduce water use – whilst showering and washing
- Reduce the temperature on my thermostat by 1 degree
- Wash clothes on a lower temperature
- Only fill the kettle to how much water is needed
- Have one day a week which is meat free
- 





# What can we do in our Local Community?

- **Olio app – offering unwanted/collecting items to your neighbors**
- **Sign up to become food waste heroes- collect food from local supermarkets and share with neighbors**


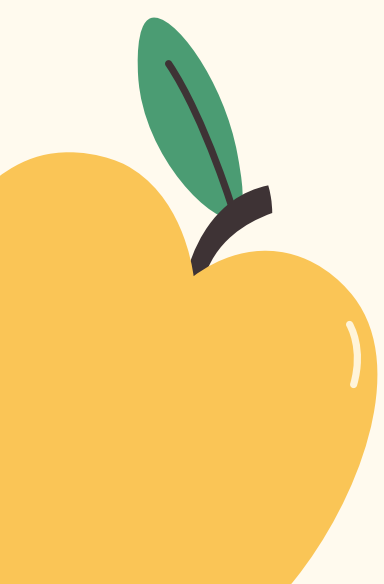
- **Plant trees, flowers, fruit and vegetables**
- **A healthy way to ensure we still have green spaces in our local area**
- **Join Lajna Whatsapp gardening group-ideas&tips**
- **join local gardening group, learn from experts, become community champions.**







# Report form 2024

- Total number of Lajna wh are exercising for 30 minutes 5 times a week or 150 minutes a week **10 points for data entered**
  - Has your majalis participated in a sports tournament this month?
  - If yes please provide details **10 points exercise**
  - What sports and excercise programmes have taken place this month?
  - What Health and Fitness topics were discussed this month? **(max 20 points)**  
**10 points mental health/ nutritional topic**    **10 points health topic**
  - **PLEASE MAKE ADDITIONAL BRIEF NOTES ON ANY ACTIVITIES CARRIED OUT IN YOUR MAJALIS UNDER HEALTH AND FITNESS (10 POINTS)**
- 
- 
- 