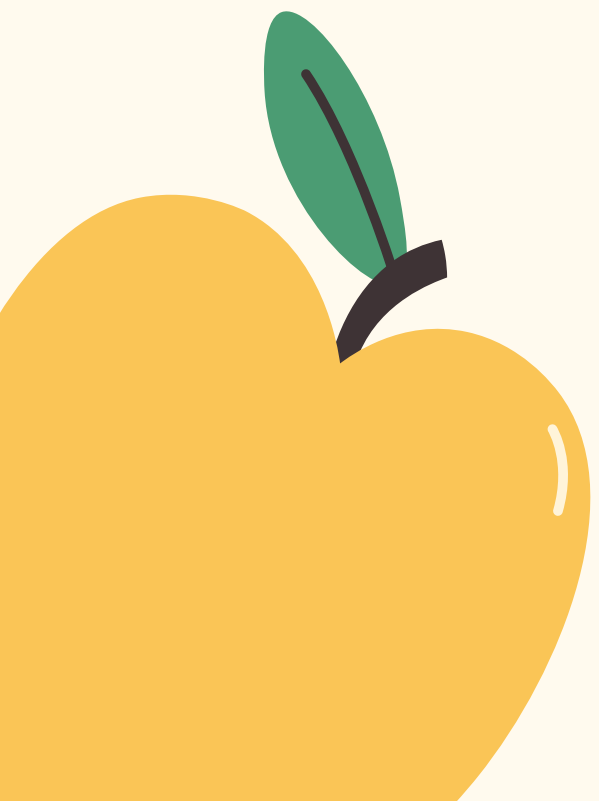




SEHAT-E JISMANI
HEALTH AND FITNESS
SYLLABUS 2025-2026



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.

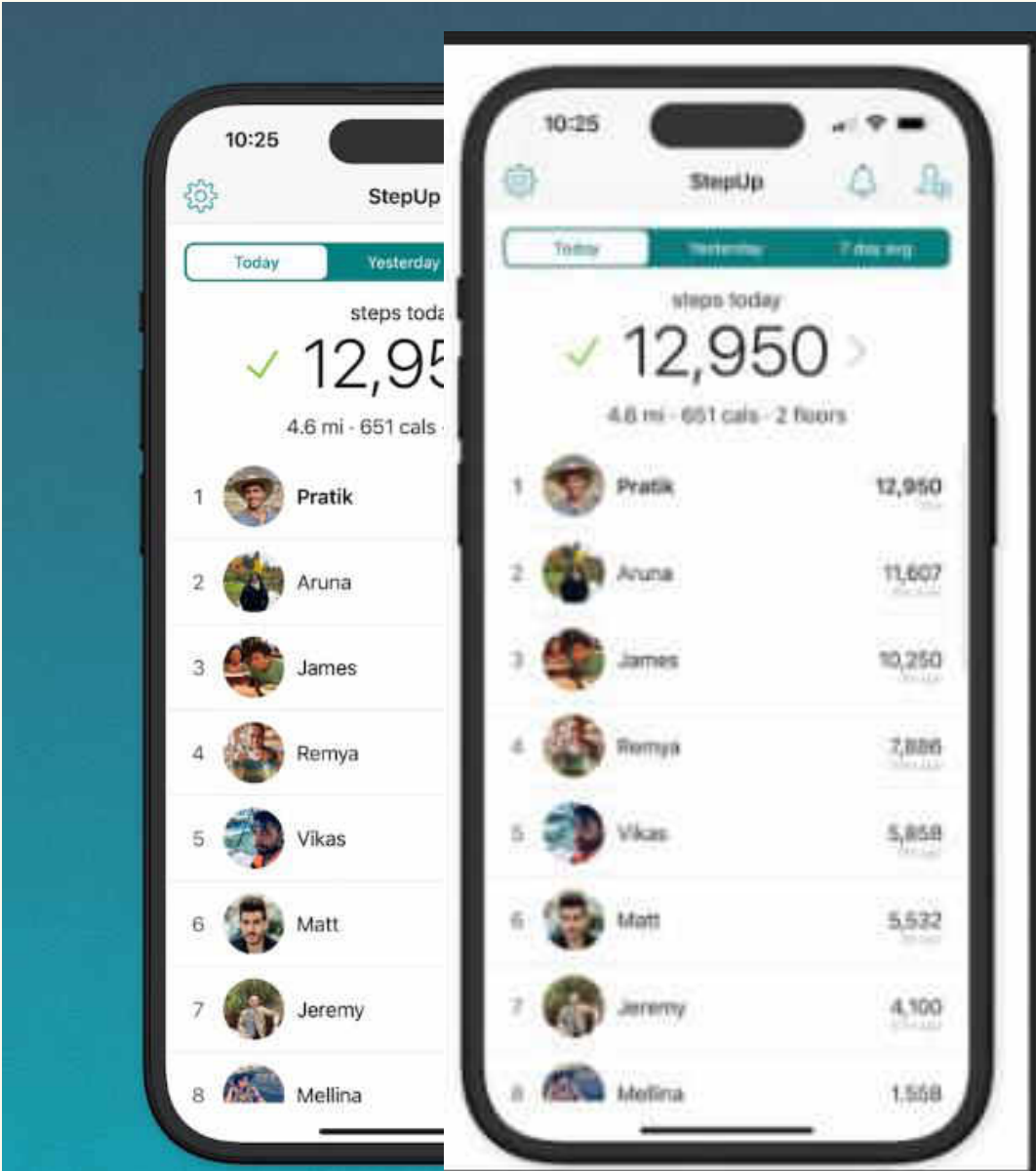
To make arrangements for holding competitions of individual games and tournaments.

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



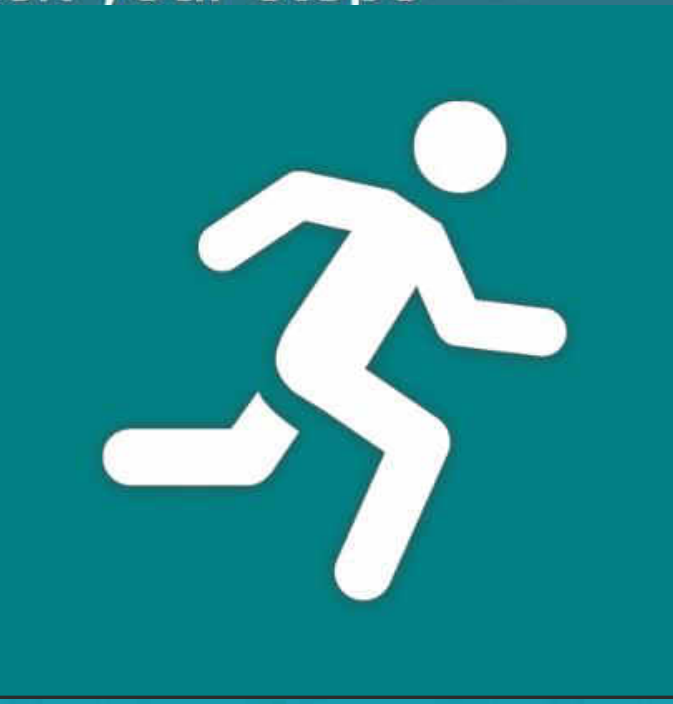
STEPUP APP

Majalis have formed their own stepup app groups. Last Our rate of Lajna exercising is around 32%. This has not changed during the year. The focus will be in getting more members to join the group.



Track your steps

Com
Be



★★★★



views

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

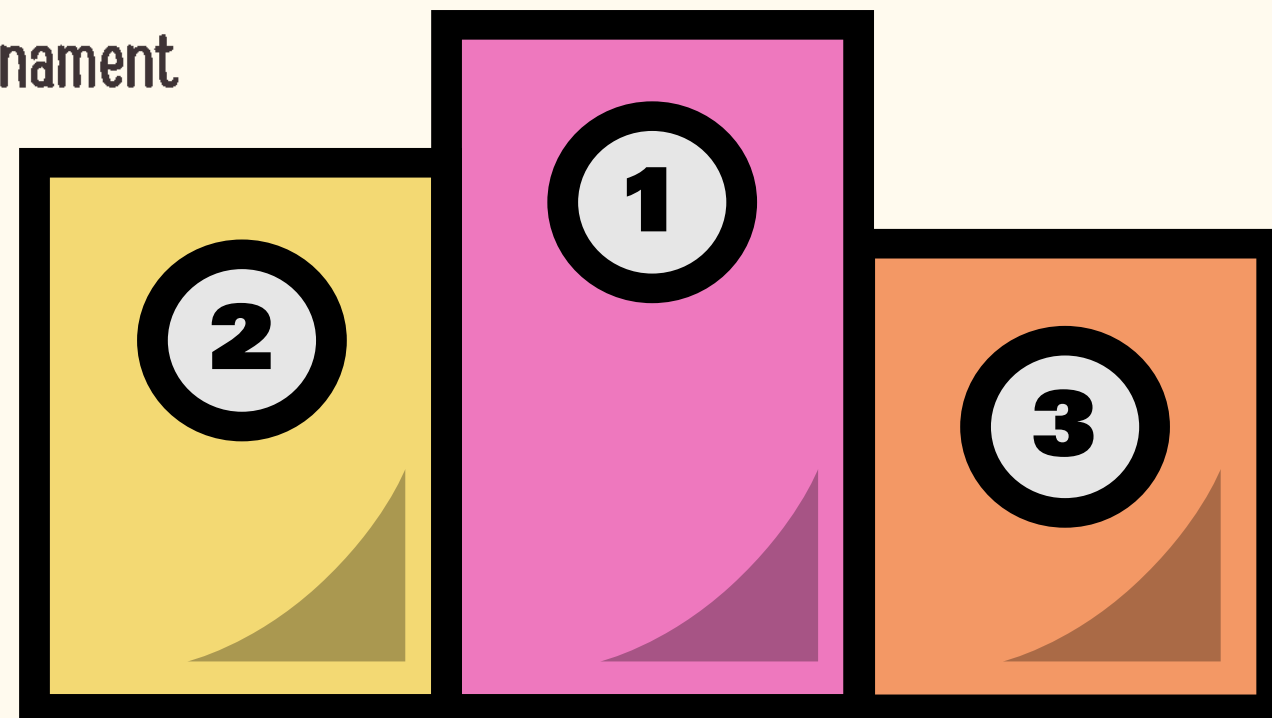
Friday 13/02/2026 Tournament dinner

Saturday 14/02/2026 Lajna Volleyball Tournament

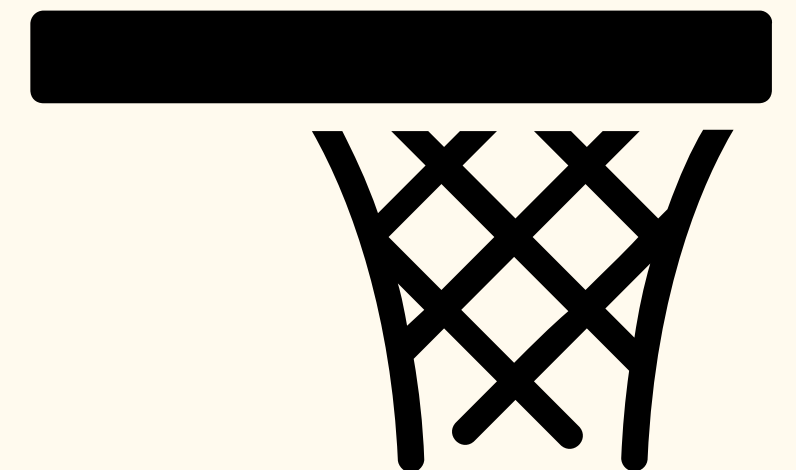
Sunday 15/02/2026 Lajna Volleyball Tournament

semi finals and finals

Monday 16th February Nasirat Netball Tournament



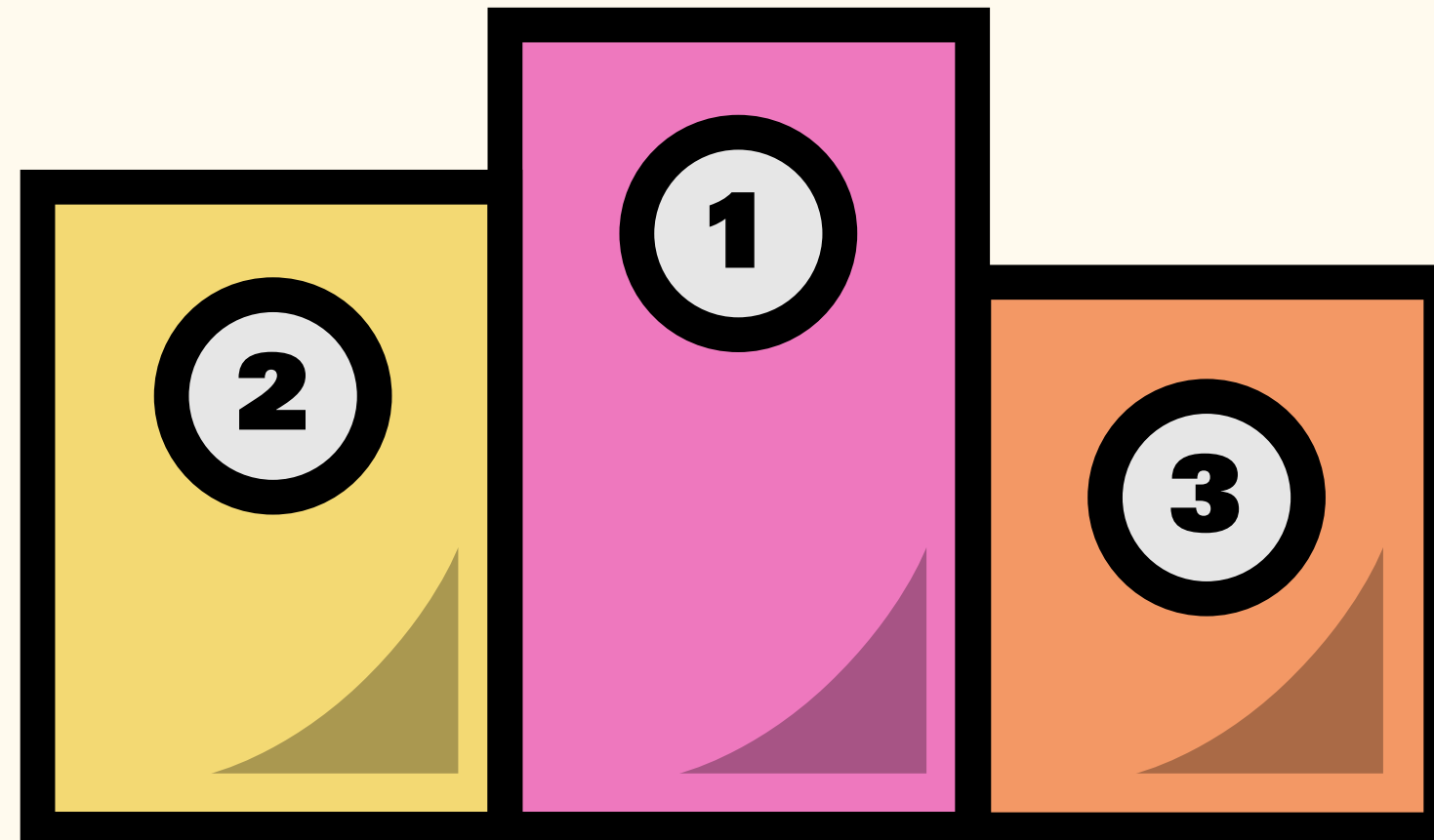
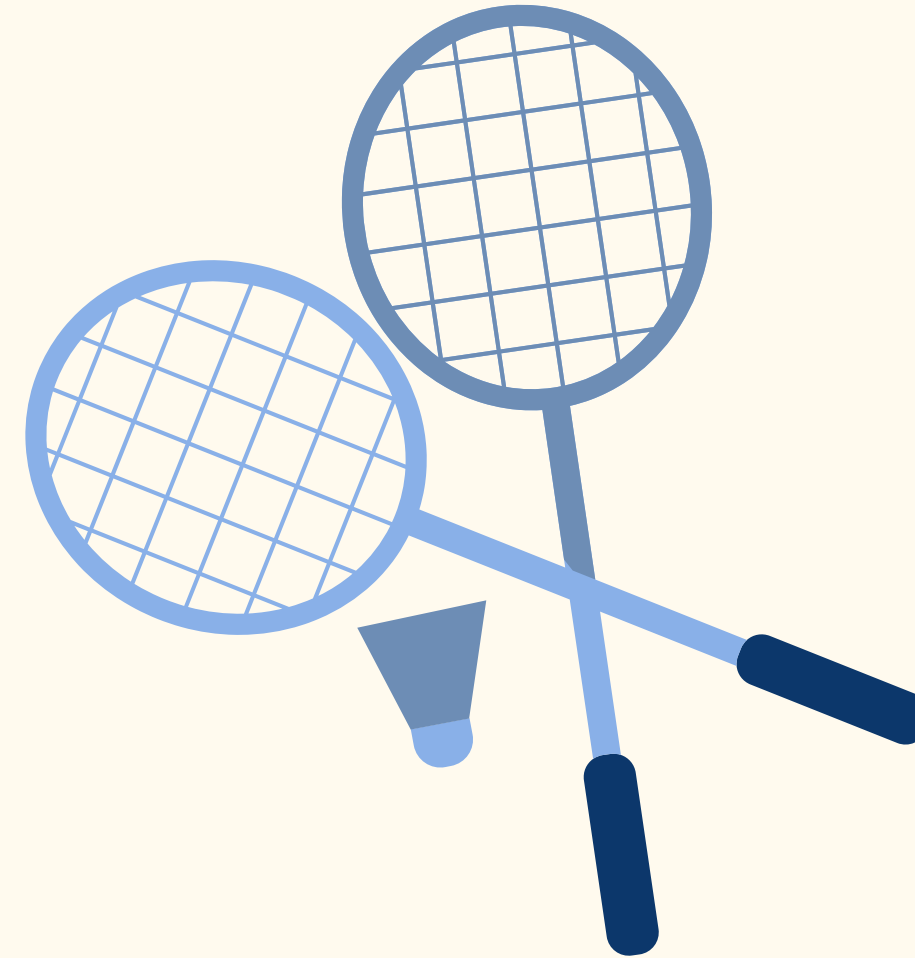
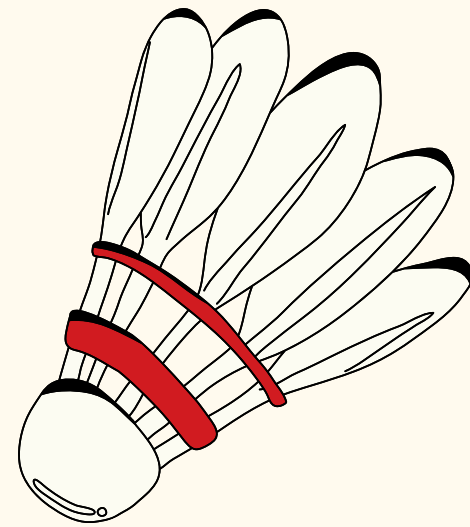
NASIRAT-UL AHMADIYYA NETBALL TOURNAMENT



LAJNA IMAILLAH AND NASIRAT NATIONAL BADMINTON TOURNAMENT

MONDAY 4TH MAY
2026

LOUGHBOROUGH
UNIVERSITY
SIR DAVID WALLACE
SPORTS HALL
10:00AM-5:00PM

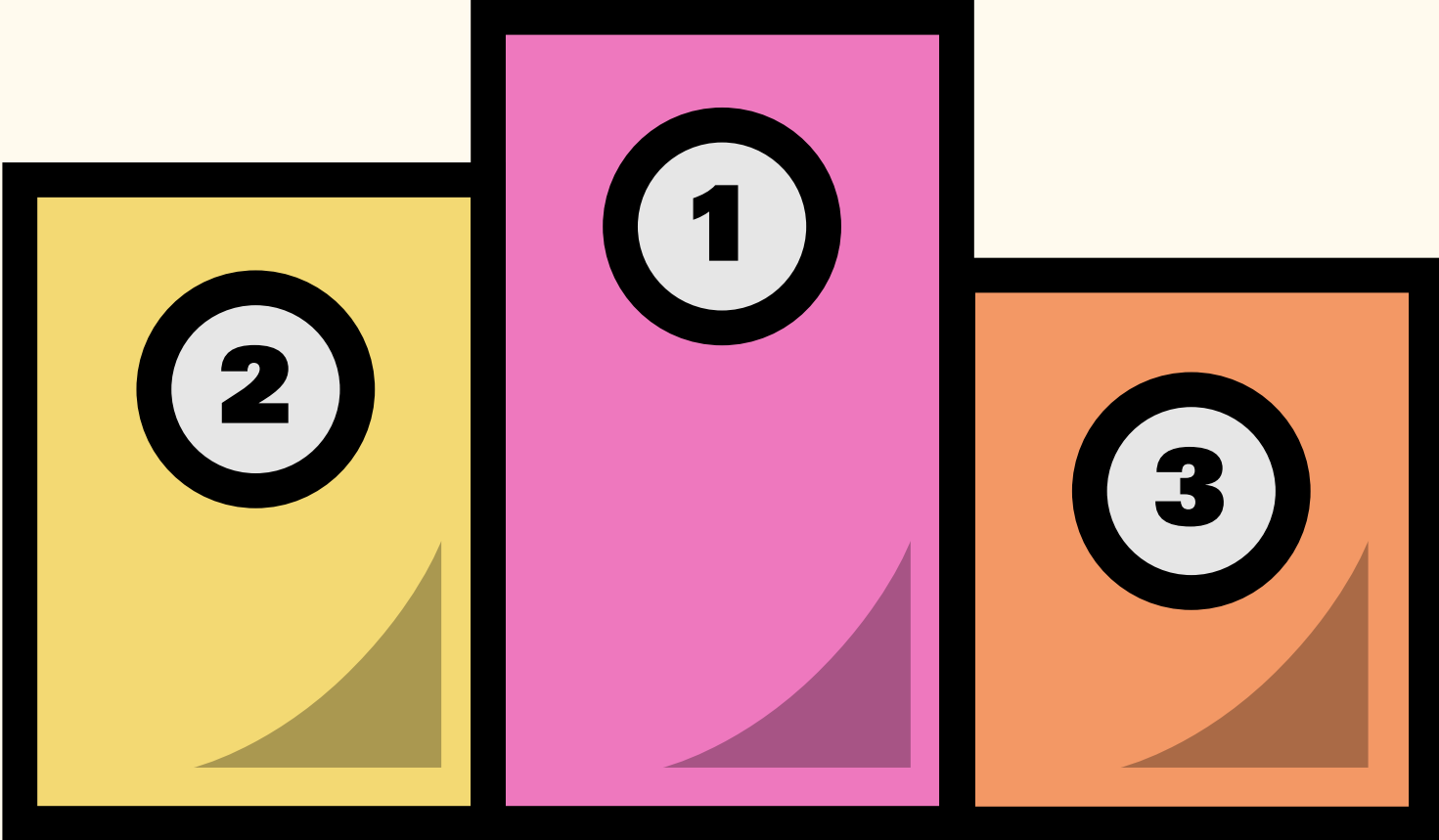


NATIONAL SPORTS DAY

Weir Athletics Track

May 26th 2025

9:00AM- 4:30 PM



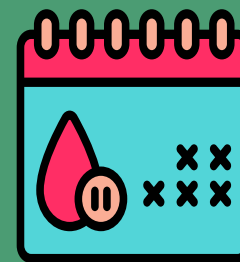
HEALTH WEBINARS FOLLOWED BY A NUTRITIONAL WEBINAR

Headaches, types of headaches, common causes & management



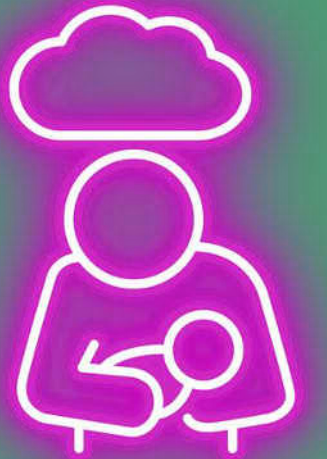
-
Nov/early December
25

Management of Hypertension including lifestyle changes

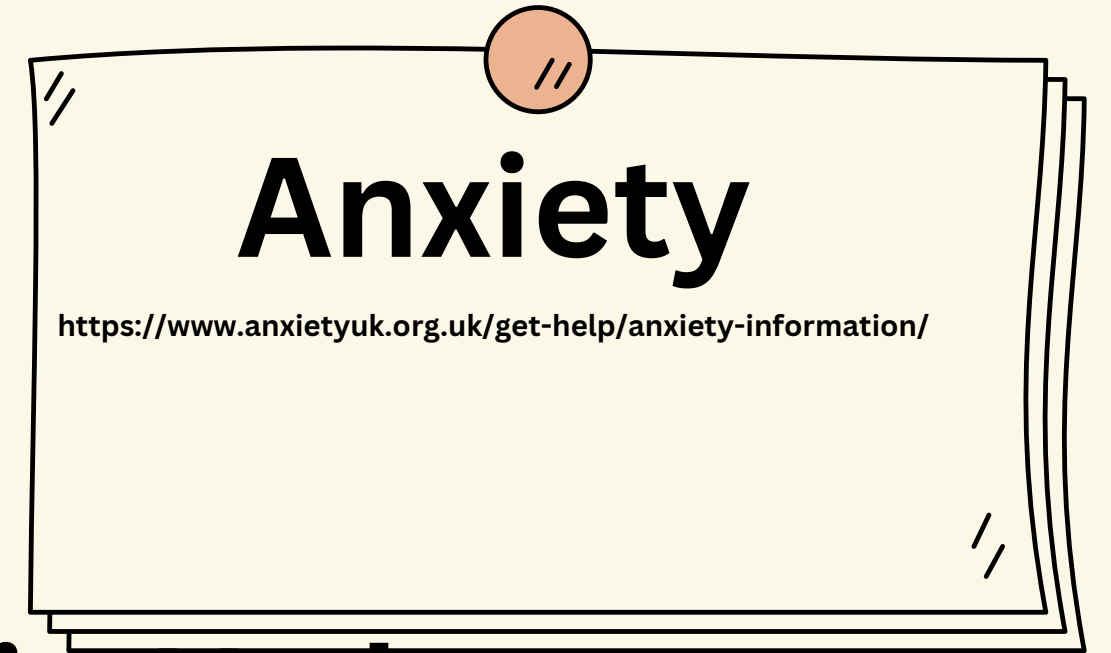
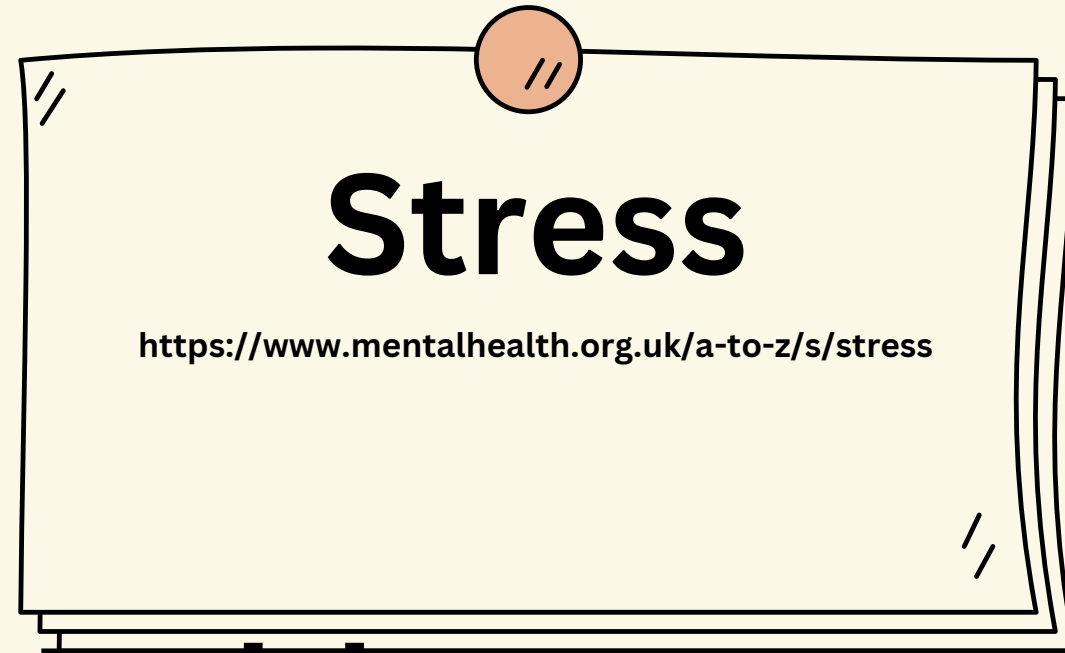


- Mid Jan 26

Period disorders and Endometriosis
March/April 2026



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.



Walton Firs Lajna Student trip

Friday 10th May : Arrival 4:00pm

Sunday 12th May Departure 3:00pm

Age range 12-30 years old

Location: **Walton Firs Activity Centre**
Convent Lane Elmbridge KT11 1HB

Cost:£95



Breast Cancer Group - Safeenatul Aafia

You are warmly invited to join Safeenatul Aafia, a friendly and supportive space for women who have survived breast cancer, are currently undergoing treatment or are supporting others with breast cancer. This group is led by consultant Oncoplastic breast cancer surgeon, Professor Amtul Razzaq Carmichael.

This group offers a safe and compassionate environment where you can: ✨ Share your experiences ✨ Ask questions freely ✨ Discuss any challenges you may face ✨ Find comfort, encouragement, and strength together

We will be meeting on Zoom, once a month making it easy for you to join from the comfort of your home. You are not alone— together, we can support one another, uplift each other, and walk this journey with hope and strength.



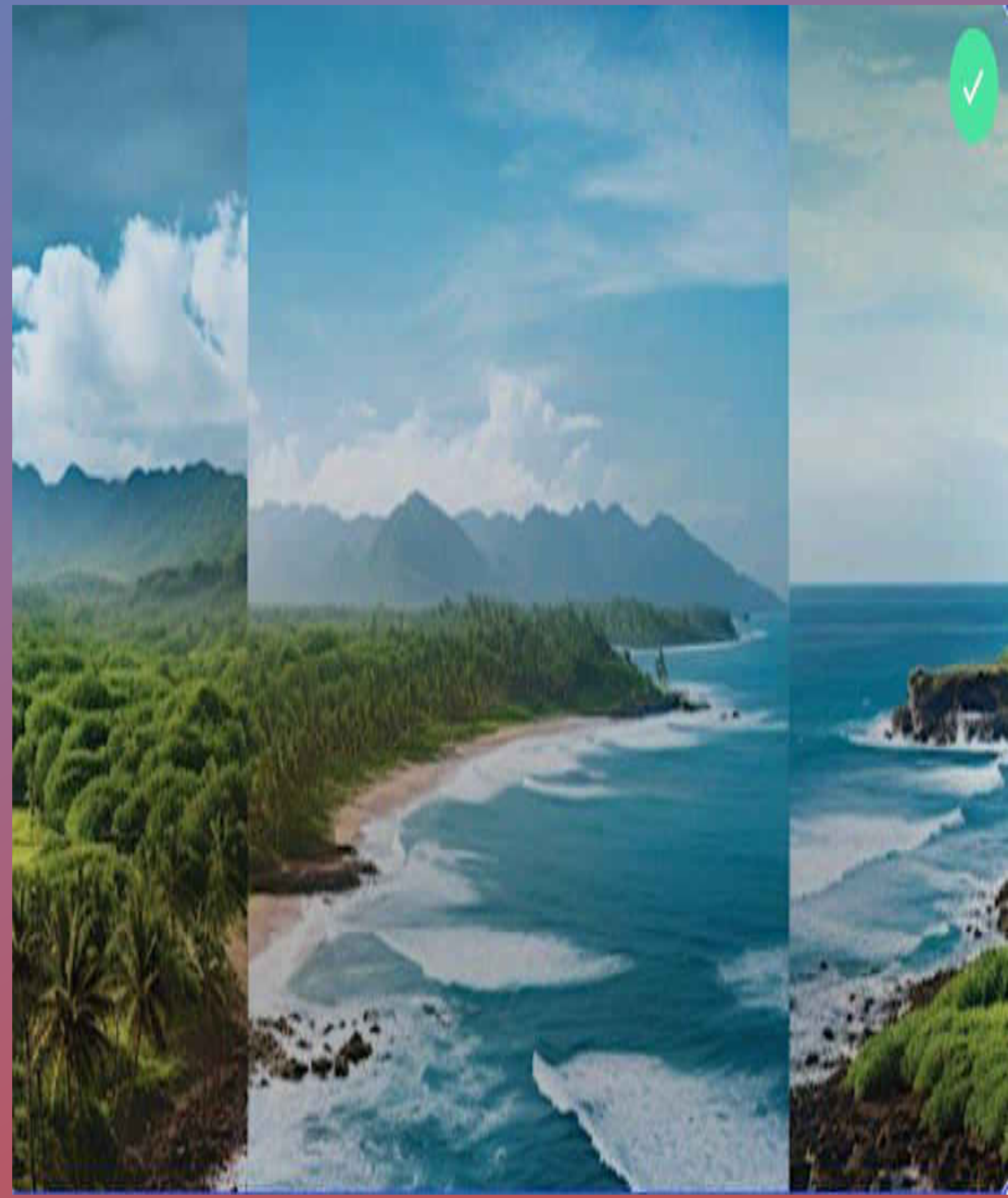
Isle of Wight Trip

▲ Senior Isle of Wight Trip May 29th
– May 31st, 2026

We're excited

to invite you to a weekend residential
trip to Island Riding Centre, Isle of Wight
for our senior ladies age 55+ For older
lajna:

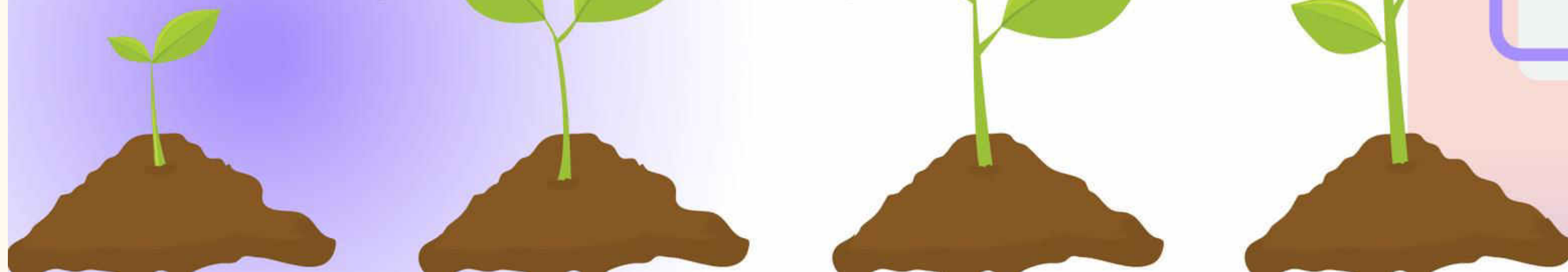
£230 PER PERSON



- 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

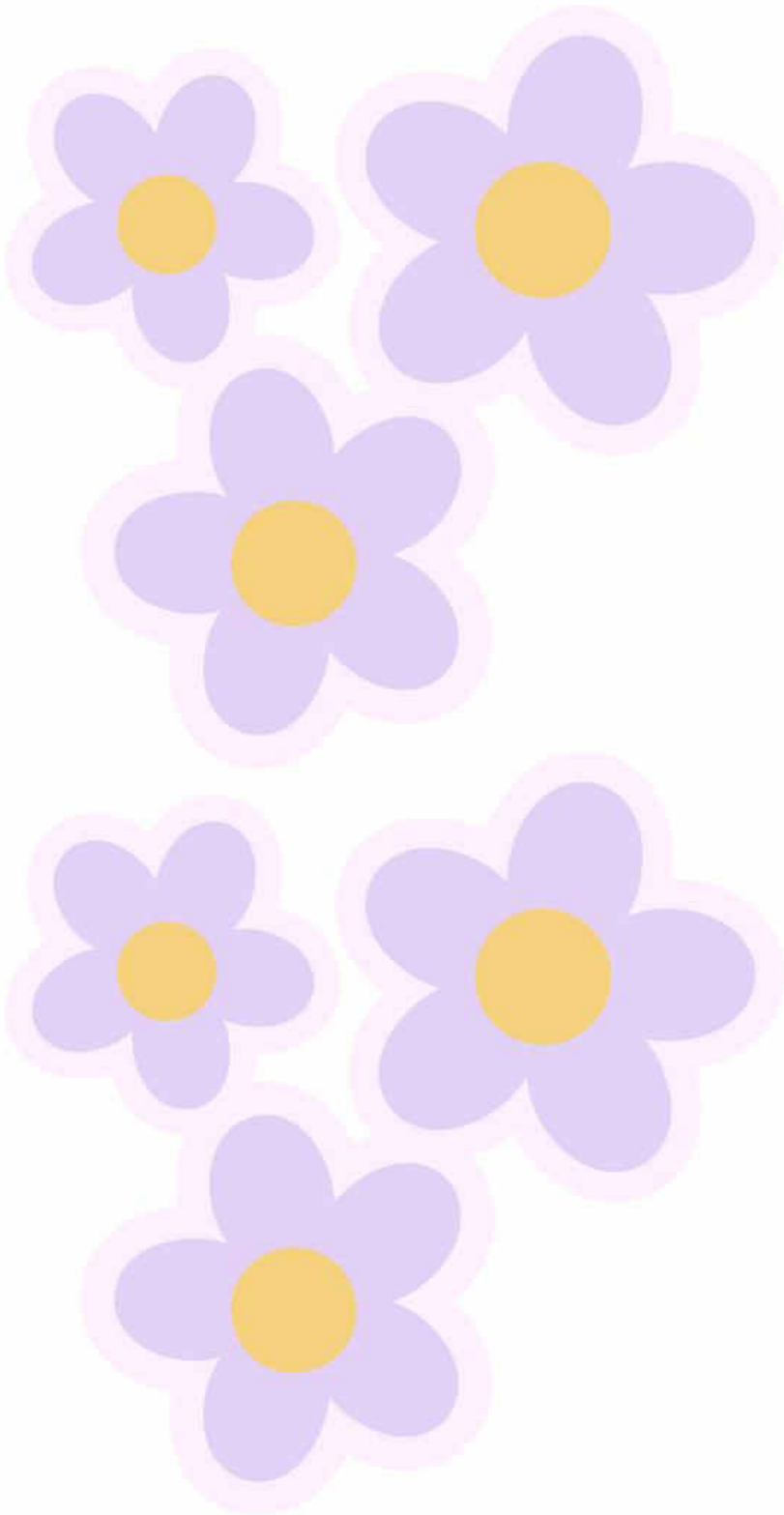
“
Lajna Imaillah
Protecting Our
Earth Our Home
”



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
-


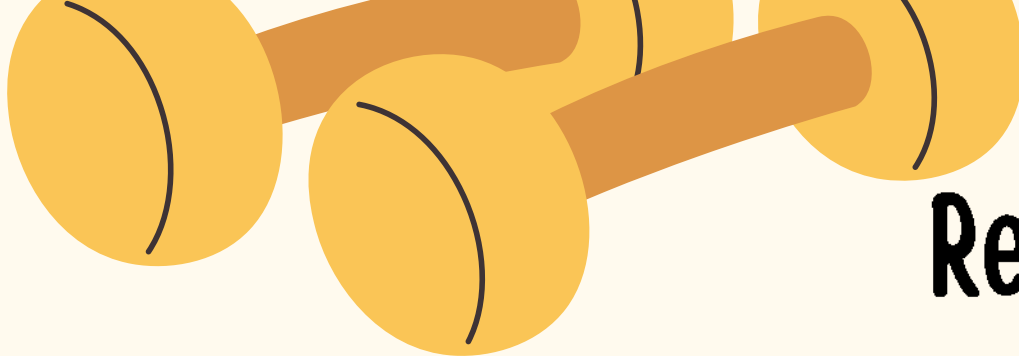



What can we do in our Local Community?


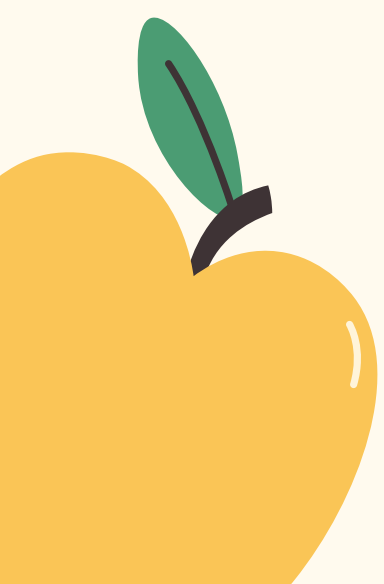
- **Olio app – offering unwanted/collecting items to your neighbors**
- **Sign up to become food waste heroes- collect food from local supermarkets and share with neighbors**

- **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 2025/2026

- 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 exercise 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)**
- 
- 
- 