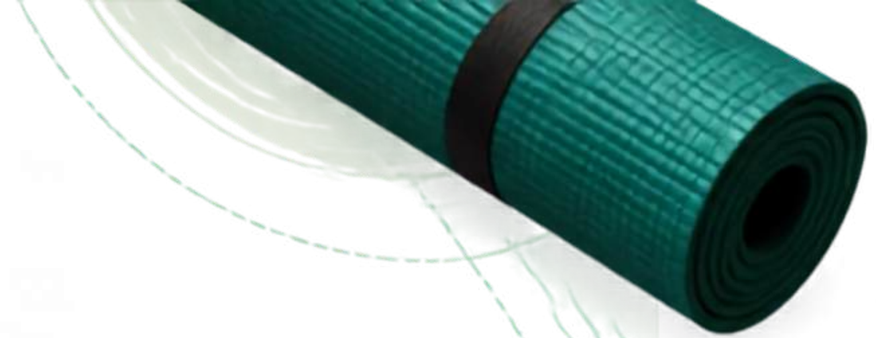






SEHAT-E JISMANI
HEALTH AND FITNESS

SYLLABUS 2026-2027











يَا أَيُّهَا الَّذِينَ - آمَنُوا كُلُوا مِنْ طَيِّبَاتِ

مَا رَزَقْنَابَكُمْ وَاشْكُرُوا لِلَّهِ إِنَ كُنْتُمْ

إِيَّاهُ تَعْبُدُونَ ١٣

[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.

PRAYER- THE MOST POWERFUL HEALTH REMEDY

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

أَذْهِبِ الْبَأْسَ، رَبَّ 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 CONSTITUITION

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.

DIET GOALS FOR OPTIMUM HEALTH



Eat More

Whole grains, lentils vegetables, fruit, yoghurt, nuts, seeds, lean protein, and plenty of water.



Limit

Fried foods, sugary drinks, excess salt, refined flour snacks, and very sweet desserts.



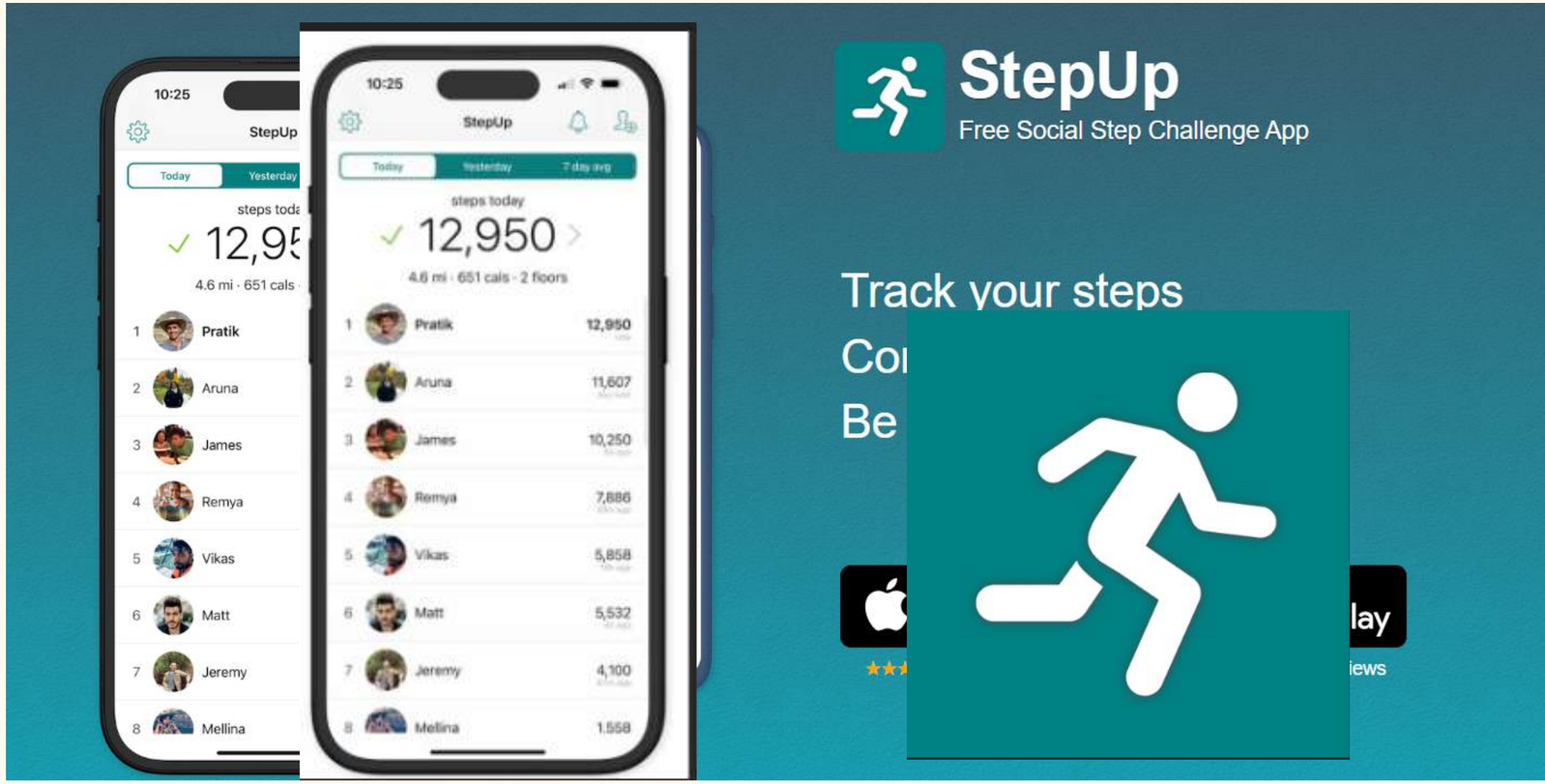
Daily Habits

Balanced portions, regular meal times, mindful eating, and a simple walk or activity after meals when possible.

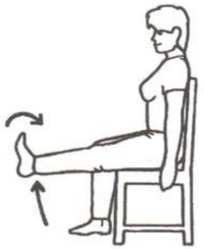
Small, consistent changes lead to lasting health improvements.

STEPUP APP

Sign up to the app and motivate yourself and others in your majalis to increase your daily steps



Chair Knee Exercises



Full range quads
Sitting on the edge of the bed or in a chair, Pull up the toes of your leg, tense the muscles at the front of the thigh and straighten the knee.
Hold for a slow count of 10 then relax. Repeat 10 times.
Switch legs and do the same exercise



Assisted knee bend in sitting
Sit in a chair, bend right leg as far as you can. Cross the left leg over the front of the right leg. Give a gentle push with the left leg to increase the bend. Hold for 8-10 seconds and Relax, repeat 5-10 times. Switching legs once the set is complete



Resisted exercises in sitting
In sitting, cross your legs at the ankle with the one leg underneath. Use the top leg to resist as you straighten your bottom knee. Once the knee is straight, Repeat 5-10 times. Swap legs and repeat



Using block in front of foot
Sit in a chair, bend your knee as far as possible. Have someone block your foot with theirs or use something solid i.e. bottom stair or wall. Gently slide forward in the chair to increase the bend in the knee. Hold for 8-10 seconds. Repeat 10 times.



Passive hyperextension
This exercise is very good if your knee does not straighten fully because the muscles behind the knee are too tight. Sit in a chair, place the heel of your leg on a stool or chair with the knee unsupported. Push down gently with your hand on the knee. Hold for as long as tolerated.



Heel raises in standing
Standing, holding onto something solid. Rise up on your toes, lifting your heels off the ground. Relax. Repeat 5-10 times.



Half squats
Standing, holding onto something solid, bend both knees. Go as far as you can comfortably then stand upright again. Repeat 5-10 times.



Knee flexion in standing
Hold onto a support. Bend the knee behind you, lifting the foot off the floor as far as you can. Hold for 2-3 seconds then relax. Repeat 5-10 times. Switch legs and the same exercise

HEALTH AND FITNESS PLAN – EXERCISES TO DO AT HOME

Circuit exercises	Frequency	
Bodyweight squat *This targets the thighs, hips, and gluteus.*	10-20	
Tricep dip *This generally works the chest, triceps, and front shoulders.*	10-15	
Walking lunges *This targets the gluteus,hamstrings and quadriceps in your thighs.*	10-20	
Plank *This works your core. It also can help to elongate the spine, strengthen the arms and wrists, and increase balance.*	15-30 seconds	
Jumping jacks *This targets you calf, thigh, core, chest and shoulder muscles.*	15-30 seconds	
Side-lying leg lifts	10-15 each side	
This targets the hips and outer thighs.		
Pelvic floor lift *This targets the muscles around the bladder.*	10-15 times	

This workout is designed to work all the major muscle groups.

Guidance notes

Warm up – Always do at least a **5 minutes** warm up before any exercise routine.



Make sure you raise your heart rate and get your muscles warm to prevent injury. You can jog on the spot, skip, pedal on a stationary bike or jog up and down stairs.

Cool down – After any exercise you must perform some basic stretches to reduce your heart rate gradually and to stretch out and rebuild used muscles, for approximately **10 minutes**.

EASY WEIGHTS WORKOUT FOR BEGINNERS

DURATION
45-60 minutes

FREQUENCY
2-3 times per week

REST
60-90 sec between sets

FOCUS
Form, Consistency, Progress

WARM UP (5-10 MINUTES)

- Light cardio (march in place, step touch, or treadmill)
- Arm circles, leg swings, bodyweight squats
- Dynamic stretches

TIP: Always warn up to prepare your body and prevent injury.

THE WORKOUT

1 GOBLET SQUAT



3 SETS OF 10-12 REPS

Target: Legs, Glues

2 DUMBBELL DEADLIFT



3 SETS OF 10-12 REPS

Targets: Hamstrings, Glutes, Lower Back

3 DUMBBELL CHEST PRESS



3 SETS OF 10-12 REPS

Targets: Chest, Shoulders, Trips

4 ONE ARM DUMBBELL ROW



3 SETS OF 10-12 REPS

Targets: Back, Crips

5 DUMBBELL SHOULDER PRESS



3 SETS OF 10-12 REPS

Target: Shoulders, Trips

6 DUMBBELL LUNGE



3 SETS OF 10-12 REPS

Targets: Glues, Gluteps

7 BICEP CURL

3 SETS OF 10-12 REPS

Targets: Biceps

8 TRICEP KICKBACK

3 SETS OF 10-12 REPS

Targets: Triceps

COOL DOWN (5-10 MINUTES)

- Easy wiking
- Static stretches (legs, arms, back)
- Deep breathing

IMPORTANT NOTES

- Stay with tight weights and focus on form.
- Increase weight gradually as you get stronger.
- Listen to your body and rest when needed.
- Fuel your body with healthy meals and stay hydrated.

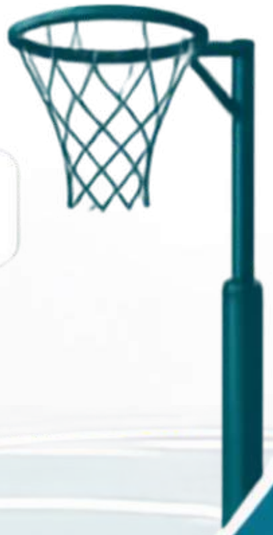
LAJNA IMAILLAH NATIONAL VOLLEYBALL TOURNAMENT—BAIT-UL-FUTUH:

Lajna Imaillah National Volleyball Tournament—Bait-Ul-Futuh:

Monday 21st Dec	Tournament dinner
Tuesday 22nd Dec	Lajna Volleyball Tournament
Wednesday 23rd Dec	Lajna Volleyball Tournament

Nasirat-ul Ahmadiyya Netball Tournament

Thursday 24th Dec	Nasirat Netball Tournament





LAJNA IMAILLAH AND NASIRAT

NATIONAL BADMINTON TOURNAMENT



JULY 2027

LOUGHBOROUGH UNIVERSITY

BADMINTON AND NETBALL CENTRE

9:00AM–5:00PM

LAJNA IMAILLAH AND NASIRAT FOOTBALL LEAGUE



- 5 a side football
- regional teams for both Lajna and nasirat
- Matches to be played throughout the year and finals to be held on National sports day

LAJNA IMAILLAH

NATIONAL SPORTS DAY

Weir Archer Athletics Track- Kingsmeadow

May 2027

9:00am- 4:00pm



HEALTH WEBINARS

Expert-led sessions by doctors to support your wellbeing



Asthma and Allergies

Sep - Oct 2026

Mental Health- Depression, Why diagnosis and treatment is important-

Nov-December2026

Endometriosis . Signs & symptoms and management

January- February 2027

Ask the midwife



1st workshop: Pregnancy September 2026

- Nutrition & diet, physical activity, oral health
- Pregnancy care in NHS (appointments, scans)
- Immunisations
- Medications and supplements
- Grants (free dental care, Sure Start grant, Little Village)
- Tracking baby's movements
- Bonding with baby in pregnancy
- Antenatal breastfeeding prep (colostrum harvesting)



2nd workshop: Labour January 2027

- Preparing for birth
- Creating a birth plan
- Hypnobirthing
- Birth options

Lajna Trip 18-30 years

Hiking in Mam Tor

Departing Friday 2nd October
5:00pm from Bait-ul Futuh

Returning Sunday 4th October at
5:00pm



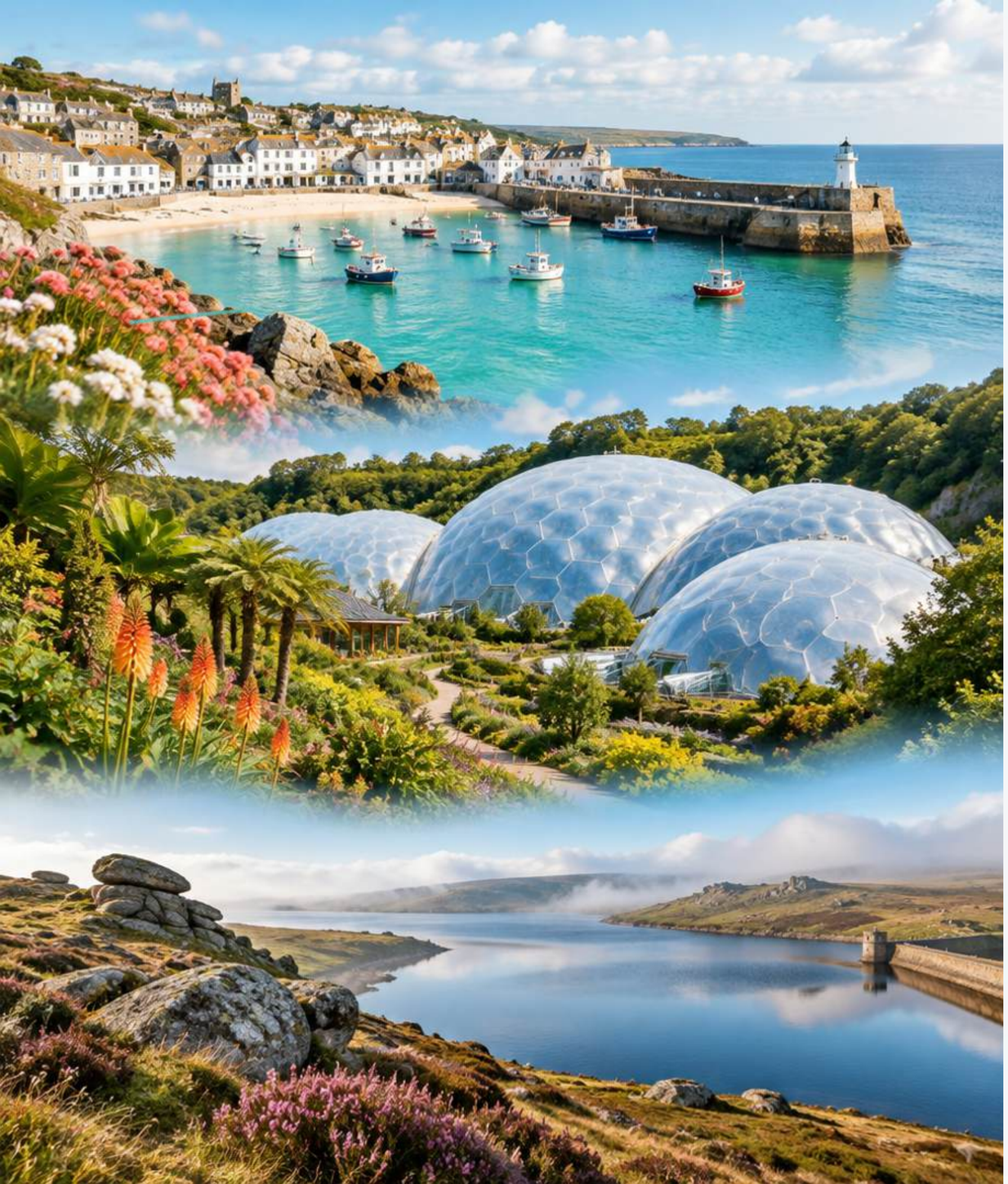
MARCHANTS HILL PGL TRIP



Friday 23rd October- Sunday 25th October

2026

- Open to Year 6- Year 8 Nasirat girls
- Residential activity weekend
- Cost £129.42 per person



LAJNA TRIP

DEVON

DARTMOOR -ST IVES • EDEN • CHARLESTOWN PADSTOW

Join us for a memorable journey through Devon’s coast, gardens and moorland.

ST IVES

Coastal views, harbour charm and creative energy

EDEN PROJECT

Immersive gardens and extraordinary biomes

MELDON RESERVOIR

Dartmoor landscapes, water and fresh-air adventure

APRIL 2027

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.

For our Lajna.

Feeling anxious, worried, or struggling with your mental health?

Lajna Imaillish is offering support from trained Mental Health Champions for our Lajna.

Speak to your local Sadr
They can guide you to the support available.

Contact your Health & Fitness Secretary
They are there to help and support you.

Contact us directly
lajna@lajna.org.uk

Mental Health Awareness Resources

Depression

https://www.time-to-change.org.uk/category/blog/depression

Stress

https://www.mentalhealth.org.uk/a-to-z/s/stress

Anxiety

https://www.anxietyuk.org.uk/get-help/anxiety-information/

Mental Health resources in Urdu

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

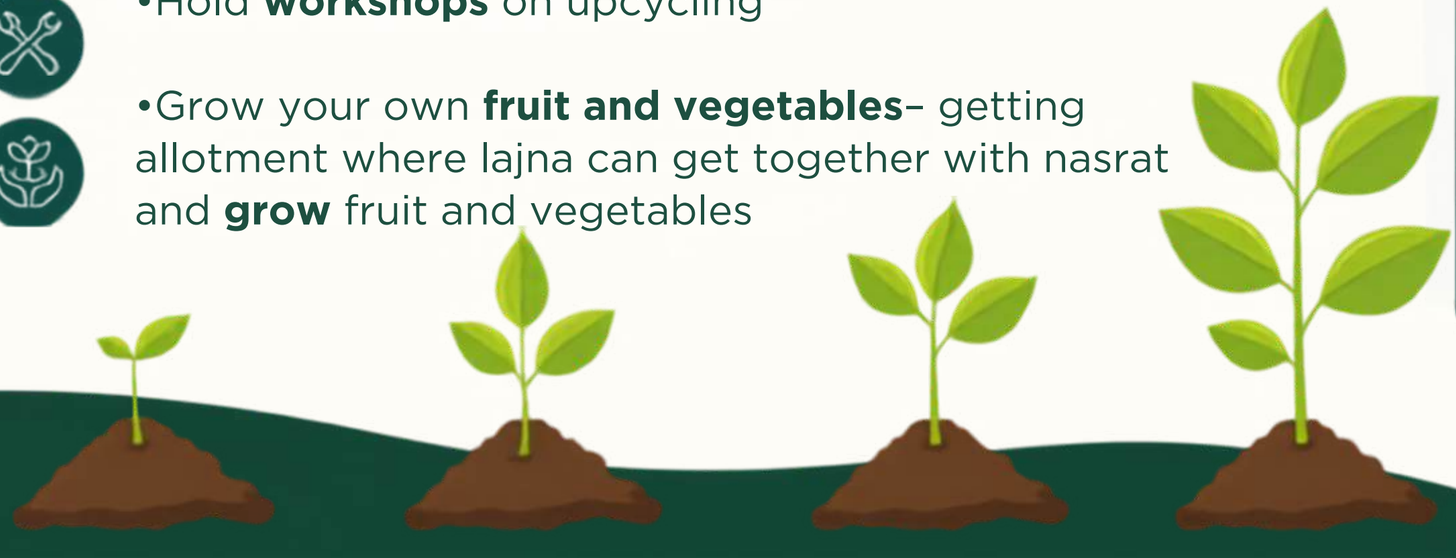






How Lajna can Help at Events

- 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 recyced 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 nasrat and **grow** fruit and vegetables



> **Lajna Imaallah 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 2026 2027

Total number of Lajna who are exercising for 30 minutes 5 times a week or 150 minutes a week

10 points

Total number of Lajna on Step up App
Average number of steps taken on Step Up group by majalis

10 points

Has your majalis participated in a sports tournament this month?
What sports and exercise programmes have taken place this month?

10 points

What health and fitness topics were discussed this month?

10 points

Please make additional notes about any activity the health and fitness sec has delivered including number of Lajna/nasirat who took part in the activity

10 points