

Sehat-e-Jismani

Constitutional Objective

109) Mohtamim Sehat-e-Jismani will adopt plans concerning general health, and impart important information in this respect to the members of the Jamaat.
110) He will endeavour to introduce different sports and physical exercises among the Jamaat.

National Implementation

- Assess and improve health (fitness & wellbeing) across the Majlis starting with Amila members
- Improve Tarbiyyat & discipline at sports events internally & externally
- Deliver the usual portfolio of leagues and tournaments with maximum participation levels
- Strengthen grassroots by engaging not just Regions but also Qiadats
- Offer fitness & wellbeing services to Khuddam
- Secure a cricket ground which would become an asset of the Majlis in the future
- Enforce service of healthier meals and refreshments (compared to recent years) at national events
- Establish a periodical talk show with current internal & external content
- Organise a trip to Europe for football & cricket club members (best national side) to play against other national MKA teams
- Streamline all the sports club under the department and define reporting criteria to report on activity as part of monthly report

Regional Implementation

- Organise (as a minimum) one monthly event or some sort of SEJ activity (see examples in the Nazimeen handbook) for all local Qiadats
- Send participating individuals or regional teams to national tournaments and events
- Take part in the national leagues (KFL & KCL) by entering local teams
- If not already done so, establish branches of the national sports club in the region (Football, Cricket, Hiking, Running, Cycling)
- Maximise Khuddam participation in fitness & wellbeing campaigns and activities to improve health of Khuddam across the region
- Perform health assessments and record data of each Regional Amila member and submit to central department
- Ongoing training, development & engagement of Local Nazimeen and future leadership of the regional department

Qiadat Implementation

- Organise (as a minimum) 2 monthly events or some sort of SEJ activity (see examples in the Nazimeen handbook)
- Maximise participation of Khuddam from the Qiadat in any national or regional events, campaigns or competitions
- Perform health assessments and record data of each Local Amila member and submit to central department