

**CAREER COUNSELING
BY
AHMADIYYA MUSLIM MEDICAL
ASSOCIATION**

**Is your son or daughter considering a
career in medicine or the sciences but
you don't know what advice to give?**

The Ahmadiyya Muslim Medical Association, USA (AMMA) invites anyone to join our conference call series where we are providing free school and career counseling to anyone interested in the field of medicine. This monthly call features different AMMA members who describe their experiences relating to medicine followed by an open discussion. Students of all ages are especially invited as these are designed to foster and stimulate their interest. This also allows them to interact with other students who are ahead and behind them. Alhamdulillah, we have already been providing individually tailored advice for all the participants who have been calling in. Jazakamullah & please remember this effort in your prayers.

Upcoming calls:

Time: 8:00 PM Eastern

Dial-in Number: (641) 696 6600

Access Code: D-O-C-T-O-R

Dates:

March 6, 2006

April 3, 2006

May 1, 2006

June 5, 2006

July 3, 2006

August 7, 2006

September 4, 2006

October 2, 2006

November 6, 2006

December 4, 2006

January 1, 2007

Healthy bodies, healthy minds

Physical activity amongst young people is becoming increasingly important in the e-revolution through which we are all passing these days. Some recent independent surveys and observations have noted a marked increase in the number of hours that children and young adults spend glued to computers and video games. Such a trend not only leads to a gradual social decline but also affects the physical health at a very tender age.

Majlis Khuddam ul Ahmadiyya's department of sports - Sehat e Jismani (physical health) discourages such trends by attracting Khuddam towards healthy sports competitions like the Annual Masroor Basketball Tournament. This year, the event was held over the Presidents' Day weekend - Feb. 17-19 - and carried international flavor. Teams from England and Canada had the opportunity to display their talents alongside the regional teams from the USA. The games were played at a local school in Queens, New York. Quite naturally the level of enthusiasm was high, leading to top-notch competition. With over 150 members participating, the tournament provided yet another opportunity for Khuddam to meet with members of other Majalis and spend quality time with them.

Events such as the Masroor Basketball Tournament are essential to balance the lives of Khuddam today. And as you read this publication electronically, gazing at your computer, take some time today to walk around, jog or play a sport to get that heart pumping and blood flowing for a healthy body and a healthier mind.

Nasir Bukhari

**Majlis Khuddam ul Ahmadiyya
28th Annual National Ijtema 2006
Pouch Camp, Staten Island - New York
July 14 - 16, 2006 (details to follow)**

**A Publication of the
Ishaat Department, MKA USA
For comments and feedback,
write to
publication@mkausa.org**

**Naseem A Waseem
Sadr MKA, USA**

**There is none worthy of
worship except Allah and
Muhammad is the Messenger
of Allah**



**Healthy Bodies
Healthy Minds**

**LOVE FOR ALL
HATRED FOR NONE**



Mohtaram Sadr Sahib MKA, USA,
Naseem A Waseem

3rd Annual Masroor Basketball Tournament, Feb. 17-19, 2006
Queens, New York
By Kashif Choudhry
Mohtamim Sehat Jismani (Sports)MKA USA

By the Grace of Allah, twelve teams from all over the US, Canada and United Kingdom participated in the 3rd annual Masroor Basketball Tournament held in Queens, New York. Mohtaram Sadr Sahib presided over the opening session and welcomed all participants to the event. Local President, Mohtaram Nazir Ayaz Sahib and Br. Irfan Alladin also addressed the gathering. Later, Khuddam proceeded to gymnasium where the competitions were held.

The Five Pillars Team dominated the tournament this year. This team consisted of Khuddam belonging to various Majalis in Virginia. Not only did they remain undefeated throughout the tournament, they won every match by a considerable margin (at least 20 points or more). The Canadian team competed well and met with The Five Pillars in the finals. After a tough battle, The Five Pillars emerged victorious.

This time around a separate competition was held for the four teams who did not make the play-offs. In this tournament, Maryland defeated the team from United Kingdom in over-time and later went on to beat New Jersey in the final match. Chicago Majlis faced a big upset and were placed 8th as opposed to their regular rank of 2nd or 3rd. In comparison to previous years, this year Khuddam were better prepared for the tournament. Most of the 150 participants were hosted in Ahmadi homes and at the mosque. We are thankful to all volunteers for their hard work and cooperation. May Allah bless all of them abundantly. Ameen.

Glossary of terms

Ishaat - Publications

Jama'at - Jama'at e Ahmadiyya - Ahmadiyya Movement in Islam, Ahmadiyya Muslim Community.

Majalis - Plural of Majlis - Constituencies within the organization of Majlis Khuddam ul Ahmadiyya.

Majlis Khuddam ul Ahmadiyya - The youth wing of Jama'at e Ahmadiyya comprising of members between the ages of 15 - 40.

Sehat e Jismani - Physical Health

Sadr - President - Administrative head of Majlis Khuddam ul Ahmadiyya.

Khuddam - Plural of Khadim - Servants. Generally referred to as members of the youth wing of the Ahmadiyya Muslim Community.



Opening Session Presenters



Masroor Basketball Tournament in Pictures



Masroor Basketball Tournament in Pictures