

2018-2019 Department Plan

Department: Sehat e Jismani

Name: Rahman Nasir

Email: rahman.nasir@mkausa.org

Phone: 713-591-7139

Department Goals (This is from a Muhtamim's perspective)

1.	Hold 3 National Sports tournaments with increased attendance
2.	Implement weekly "Pray and Play Sports Night" locally
3.	Implement Regional Sports days and assist in organizing
4.	Put out health and fitness related videos quarterly (aim for monthly) and get 1000 views on each+health tip of the month
5.	Partner with Tarbiyyat/PAAMA on large sports events to implement tarbiyyat sessions
6.	Ultimate goal is to form personal connections with fringe khuddam and to show them the beauty of ahmadiyyat
7.	Implement various challenges and activities to promote healthy living amongst khuddam (every khadim should be exercising 3-5 times a week)

GOALS IN DETAIL (This is from Local Majlis perspective)

Goal	Target (to be used for Alme-e-Inami)			National Target	Funding	Due Date
	Small	Medium	Large			
Weekly pray and play sports night	7	12	20	100% Majlis	Use local funds for food if needed	weekly
National sports tournaments				600 total attendance	National Sports tournaments	End of year

2018-2019 Department Plan

Regional Sports days	10	20	30	1000 total attendance+Every majlis represented	Use local/regional funds	By Q2
----------------------	----	----	----	--	--------------------------	-------

Local Implementation (Monthly Reporting Questions - questions cannot change throughout the year)

1.	How many pray and play Weekly sports nights held?
2.	How many khuddam participated in weekly pray and play sports night?
3.	Was health tip of the month or video presented at local meeting?

Key Dates

Nov 1st, 18	Start of MKA Year
Q1, 19	Regional Sports Days
April, 19	MIST Soccer/flag football/volleyball/badminton
Spring/Summer, 19	Ahmadiyya Basketball Camps
Summer, 19	MKA National Hike
Fall, 19	Nasir T20 cricket tournament
Fall, 19	MIST Basketball

Communication Plan (add more as necessary)

Muhtatmim to Local	Telegram group/communicate 1 on 1/ regional nazim to local nazim
Local to Muhtatmim	Can call/message/email anytime needed
Muhtatmim to RQ	Issues will be escalated when necessary

Success Factors (add more as necessary)

What should a Local Nazim do to contribute toward the National Goals?	<p>Hold weekly sporting events, cater to local Majlis and it's preferred sports;</p> <p>Present and share Quarterly video to all local khuddam</p> <p>Promote and encourage khuddam to attend regional sports day, national sports tournaments and national ijtema</p>
---	--

2018-2019 Department Plan

How can a Local Nazim obtain the “How-To” Guide for the dept goals?	Every majlis is unique; contact national team, can figure out what plan suits each majlis together
What other Local Majalis have done to be successful?	Join local rec leagues, support student athletes, work with khuddam to rent facilities. Ultimate goal is to form personal connections with fringe khuddam
Who should a Local Nazim call for help?	Mohtamim Sej/ Naib Mohtamimeen/Regional Nazimeen

Other References (websites, Quran, literature, etc.)

PT. 30	AL-TĪN	CH. 95
5. Surely, We have created man in the best make. ⁴⁷⁷⁹		لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ
<p>يُؤْمِنُونَ بِاللَّهِ وَالْيَوْمِ الْآخِرِ وَ يُؤْمِرُونَ بِالْمَعْرُوفِ وَيَنْهَوْنَ عَنِ الْمُنْكَرِ وَ يُسَارِعُونَ فِي الْخَيْرَاتِ وَأُولَئِكَ مِنَ الصَّالِحِينَ (١١٥)</p>		
ENGLISH		
They believe in Allah and the Last Day, and enjoin what is good and forbid . evil, and hasten, vying with one another, in good works. And these are among the righteous.		
<p>يٰٓبَنِي آدَمَ خُذُوا زِينَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ وَ كُلُوا وَ اشْرَبُوا وَ لَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ (٣٢٪)</p>		
ENGLISH		
O children of Adam! look to your adornment at every <i>time and</i> place of ..worship, and eat and drink but exceed not the bounds; surely, He does not ..love those who exceed the bounds.		
https://www.alislam.org/library/books/Steps-to-Exercise.pdf		
https://hafiz.mkausa.org/ilm/may-11-2018-sehat-e-jismani/		

2018-2019 Department Plan

Hazrat Mirza Masroor Ahmad said:

“I have received good reports about the previous graduates of Jamia Ahmadiyya UK that they are reaching out to disaffected youths and bringing them back towards the true teachings of Islam and strengthening their bond with the Ahmadiyya Muslim Community. One of the ways they are doing this is through sports and outdoor activities.”

Hazrat Mirza Masroor Ahmad continued:

“All of you should also join in with other youths in their sports and outdoor activities as this will enable you to set a positive example for them and to be a role model. This is one of the reasons that I encourage all the students in Jamia Ahmadiyya to regularly participate in sports and to do exercise.”

(Jamia Sports day, 2015)