

2020-2021 Sehat e Jismani Department Plan

Department: Sehat e Jismani

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

1.	International Sports Tournaments (if conditions permit): <ul style="list-style-type: none"> Centennial MIST in NYC
2.	Personal Health Challenges on a quarterly basis <ul style="list-style-type: none"> Running/walking/cycling/diet challenges with awards to top finishing individuals and top participating Majalis
3.	Regional Sports days (if national/international tournaments not possible and conditions permits)
4.	Increase Mental Health Awareness
5.	Monthly Health Discussion

GOALS IN DETAIL (This is from Local Majlis perspective)

Goal	Target <i>(to be used for Alme-e-Inami)</i>			National Target	Funding	Due Date
	Small	Medium	Large			
# of participants in Health Challenge	5	10	20	-	-	quarterly

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

1.	Was monthly health discussion addressed in meeting?
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Key Dates (add more as necessary)

01-Nov 2020	Start of MKA Year
Nov 1 2020	Update Nazimeen Isha'at Telegram Group: add new and remove old nazimeen.
Fall 2021	Possible international sports tournament

Communication Plan (add more as necessary)

Mohtamim to Local	Open communication between phone, dm, text, email
Local to Motamim	Call, Text, DM, Email
Motamid to RQ	Issues will be escalated when necessary: Call, Text, DM, Email

Success Factors (add more as necessary)

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| <ul style="list-style-type: none">• Promoting fitness challenges• Involving local nazimeen• Addressing relevant mental and physical health topics |
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Other References (websites, Quran, literature, etc.)