



The MEC 7 Aziziya Community Iftar attracted widespread attention

Description

Jeddah Aziziya Park became a symbol of unity and inclusivity recently as MEC 7 hosted a vibrant community Iftar event. People of all backgrounds, both Muslim and non-Muslim, came together to celebrate, learn, and show mutual respect.

MEC 7, short for Multi Exercise Combination, is a groundbreaking fitness system developed by ex-military officer Salahuddin. It integrates various exercise techniques to promote holistic health and well-being. With over a thousand MEC 7 units operating in Kerala and beyond, it is spearheading a global fitness revolution.

Masjid Firdaus Imam Abdullah Yousuf Al Hashimi inaugurated the event, emphasizing the significance of MEC 7 in fostering brotherhood and friendship. He stated, "MEC 7 is a symbol of unity and camaraderie. Such exercise programs are essential in addressing the health challenges faced by mankind, today, initiatives like these will contribute to a healthier society."

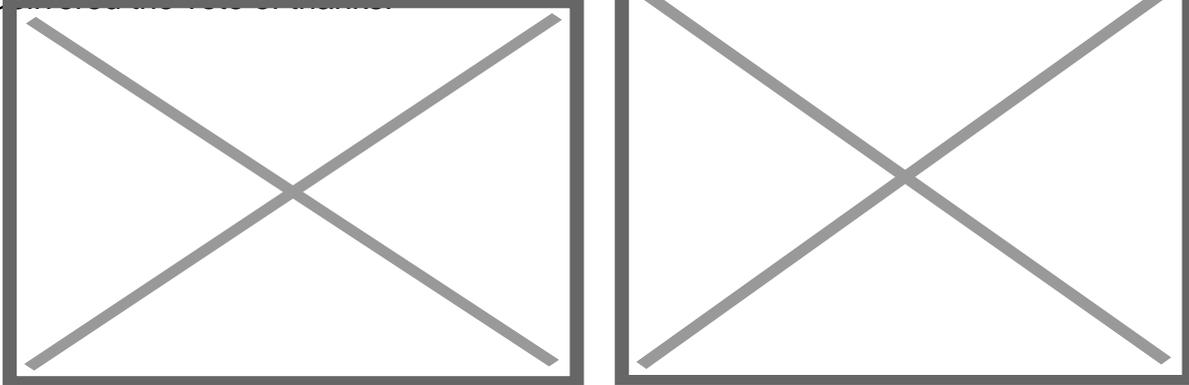
The formal inauguration of the program commenced with a Qirat recitation by Abdul Razak. Salah Karadan, MEC 7 Saudi Promoter, presided over the function, while Aziziya Promoter Sadiq Pandikkad delivered the Ramadan message. MEC 7 Saudi Chief Coordinator Mohammed Mustafa provided insights into the project, and Jeddah Chief Trainer Ahmed Kuttur elaborated on the exercise routine.

Key local figures, including Khlaf Naffe Al-Sullami, Baby Neelambra, Kabeer Kondotty, Najeeb Kalappadan, Nizam Mambad, Baiju Kollam, Hifzurahman, Shakir, K. M. A. Latheef, and Abbas Chemban, shared their thoughts on the event. They praised MEC 7 Aziziya's community Iftar program as an exemplary initiative that seamlessly combined health and friendship. They expressed hope that this approach would set a new direction in the fitness field by integrating exercise and social gatherings on the same platform.

The event was attended by Arshad, Yunus Ahmed, Akram Sir, Dr. Jasheer Ahmed, Vilas Kurup, Ayoob Koolath, Hassan Arippra, Mohammed Koya, Ashraf Komu, Salim Mambad, Ayoob Musliarakath, Siraj, Al Aman, Ramana, Faslin, Shajeer, as well as by most of the Media people.

The program was led by Naushad Kodur (Aziziya MEC 7 Chief Trainer), along with Rasheed, Dastagir, Muhammad Yunus (Trainers), Abdul Latheef, Zubair Arimbra, Yusuf Karulai, Sabil Mambad, Majeed, Ashraf Palayatt, Riyas, Adnan, Nadeem, Yunus, Sayyid Abdullah, and others.

Aziziya MEC 7 Coordinator Muhammadali Kunnummal welcomed the gathering, and Trainer Arif delivered the vote of thanks.



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