



PAAMA NATIONAL IJTEMA 2024

4th May 2024

Programme – Men and Boys				
Time*	Boys 7-10 Age Group	Boys 11-15 Age Group	Men Under 30	Men Over 30
04:00-04:30	Tahajjud Prayers			
05:00-05:15	Fajr Prayers			
05:15-05:30	Dars-ul-Qur'an			
07:30-09:00	Breakfast			
09:00-10:00	Registration			
10:00-10:30	OPENING SESSION			
10:30-11:00	Tilawat Competition	Tilawat Competition	Prepared Speech Competition	Prepared Speech Competition
11:00-11:30	Adhan Competition	Adhan Competition	Extempore Speech Competition	Extempore Speech Competition
11:30-12:00	Prepared Speech Competition	Prepared Speech Competition	Tilawat Competition	Tilawat Competition
12:00-12:45	Team Quiz	Team Quiz	Team Quiz	Team Quiz
13:00-14:00	Zuhr & Asr Prayers & Lunch			
	SPORTS			
14:00-14:30	100 Metres Race	100 Metres Race	--	--
14:30-14:50	3-Legged Race	4 x 100 Metres Relay	100 Metres Race	100 Metres Race
14:50-15:10	Obstacle Course	Obstacle Course	4 x 100 Metres Relay	Arm Wrestling
15:10-15:40	Football	Football	Shot Put	Shot Put
15:40-16:10	Penalty Shoot Out	Penalty Shoot Out	Football	Penalty Shoot Out
16:10-16:40	---	---	Tug of War	Tug of War
16:40-17:00	Preparation for Final Session			
17:00-18:00	FINAL SESSION			

* Approximate times only and may be subject to change



PAAMA NATIONAL IJTEMA 2024

4th May 2024

Programme – Ladies and Girls				
Time*	Girls 7-10 Age Group	Girls 11-14 Age Group	Ladies 30 & Under	Ladies Over 30's
04:00-04:30	Tahajjud Prayers			
05:00-05:15	Fajr Prayers			
05:15-05:30	Dars-ul-Qur'an			
07:30-09:00	Breakfast			
09:00-10:00	Registration			
10:00-10:30	OPENING SESSION			
10:30-11:00	Tilawat Competition	Tilawat Competition	Prepared Speech Competition	Prepared Speech Competition
11:00-11:30	Nazm/Qaseedah Competition	Nazm/Qaseedah Competition	Tilawat Competition	Tilawat Competition
11:30-12:00	Prepared Speech Competition	Prepared Speech Competition	Nazm/Qaseedah Competition	Nazm/Qaseedah Competition
12:00-12:45	Team Quiz	Team Quiz	Team Quiz	Team Quiz
13:00-14:00	Zuhr & Asr Prayers & Lunch			
	SPORTS			
14:00-14:45	Egg and Spoon Race	Egg and Spoon Race	100 Metres Race	100 Metres Race
14:45-15:15	3-Legged Race	3-Legged Race	100 Metres Race	Colour Ball Picking
15:15-16:00	Sack Race	Sack Race	Colour Ball Picking	Awale
16:00-16:30	50 Metres Race	50 Metres Race	Egg and Spoon Race	Egg and Spoon Race
16:30-17:00	Preparation for Final Session			
17:00-18:00	FINAL SESSION			

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