

# Sports Club

Keeping in mind the health and physical fitness of its employees, Emumba has established a sports club with the sole purpose of ensuring that our employees are not just mentally fit, but also physically adept.

The Emumba Sports committee is structured as follows

**Founding Members:** Fayzan Waseem, Abdul Moeez

**Sports Ambassador:** Rabiya Naz

The committee aspires to inculcate qualities such as sportsmanship, team spirit and bonding. There are multiple sports groups which have been setup under this committee; you can reach out to the concerned members listed below for any queries regarding the activities.

## 1. Physical Sports

- Cricket Club: Fayzan Waseem
- Football Club: Sameer Khawaja
- Table Tennis Club: Abdul Moeez
- Basketball Club: Mehroz Naqvi

## 2. E-Sports

- Tekken: Fayzan Waseem
- FIFA: Abdul Moeez

While most of the clubs meet regularly every week, these clubs also engage in tournaments which are conducted throughout the year at different frequencies.

Annual Tournaments: Cricket

Biannual Tournaments: Football

Quarterly Tournaments: E-Sports

# Emumba Toastmasters Club

Our company's success depends in large part on how well we communicate – with each other as well as with customers. Good communicators tend to be good leaders, and

every company needs people with leadership potential. This is where Emumba Toastmasters Club can help. The Toastmasters Club trains us to:

- Develop our leadership potential.
- Listen better.
- Sharpen our management skills.
- Organize productive teams and,
- Offer constructive criticism and present ideas more effectively.

Emumba has achieved its **Distinguished Club** status, owing to the efforts of its EC and the hard work of its members who achieve new milestones in their leadership pathways.

### **Club Meetings:**

Emumba's Toastmasters Club meets for a new session every **Thursday, from 5:00 pm to 6.30 pm**. Because of COVID-19, we've continued to hold our meetings online like all toastmasters clubs around the world. If you want to see how much we enjoy, feel free to join our next session as a guest [here](#).

### **How to Join?**

Emumba TMC inducts new members every 6 months or whenever there's space. If you're interested in joining, get in touch with the club **President Wardah Mudassir** or any other member of the Executive Committee

## **Football Club**

Emumba's Football Club is for the sporty and outdoorsy people in the company. It's a unique opportunity to exercise, build physical strength, hone skills, showcase talent and interact with other football enthusiasts. We believe that a good sportsman spirit is also required alongside with other skills. Playing football keeps you physically and mentally active.

## **Club Matches**

With 40+ club members, Emumba Football Club has permanent membership at the **ICAS Foolsal Ground** located in **G-11/3** where all the football enthusiasts gather **every Wednesday from 6:30 PM till 8:00 PM** to play friendly matches.

## **Emumba Football Tournament**

But it's not friendlies, always. To decide who's the best, every year, we have a football tournament where different teams in the office compete for the football championship trophy. This tournament portrays the enthusiasm and teamwork capabilities of the Emumba family.

## **How to Join?**

Emumba Football Club is always open for new players. If you want to join the club, all you have to do is to contact Sameer Khawaja at [sameer.khawaja@emumba.com](mailto:sameer.khawaja@emumba.com).

# **Fitness**

For all fitness freaks, we have a professional trainer who conducts a High Intensity Interval Training (HIIT) session to kick up the intensity of your cardio. A 60 minute session, with a guaranteed boost in your energy is the right way to start your day.

## **Hashmat Syed -Trainer**

Experienced group fitness instructor with the driving knowledge and enthusiasm to apply correct fitness techniques to help clients to achieve their goals.

He is a specialist in the area of personal fitness and nutrition, able to analyze the fitness, health levels of different clients and help them to create and stick to a specific training program.

Expertise:

- HIIT Group classes
- Strength and Conditioning
- Tabata classes
- Online group and personal training programmes

## Table Tennis

Table Tennis is genuinely one of the only few active indoor games that promote strategic thinking under the pretense of taking a break. It increases concentration and alertness, stimulates brain function and develops tactical thinking skills. It also improves hand-eye coordination, just like video games or table football.

Table Tennis at Emumba is open for all, all the time. All you have to do is to go to the playing area and start playing. Considering the interests of our members we have introduced a specific time slot **(2:30 PM - 4:00 PM) for girls**. During this time slot, girls are given preference to play.

To find the pro players, Emumba organises Table Tennis tournament every year. Anyone can participate as a single player or as a team of two.

## Team Activities

Team Building activities are essential to establish a culture where people enjoy coming to work, get to know their team members outside work and trust each other.

At Emumba, we encourage teams to be creative and plan activities that develop stronger ties among them.

Scavenger hunt, bowling, a day trip to an Adventure Club are just to name a few activities that our teams enjoy bonding over.

