

September has been an exciting and fruitful month for SmartLife, with the appointment of newly elected Board of Directors and activities across many of our projects.

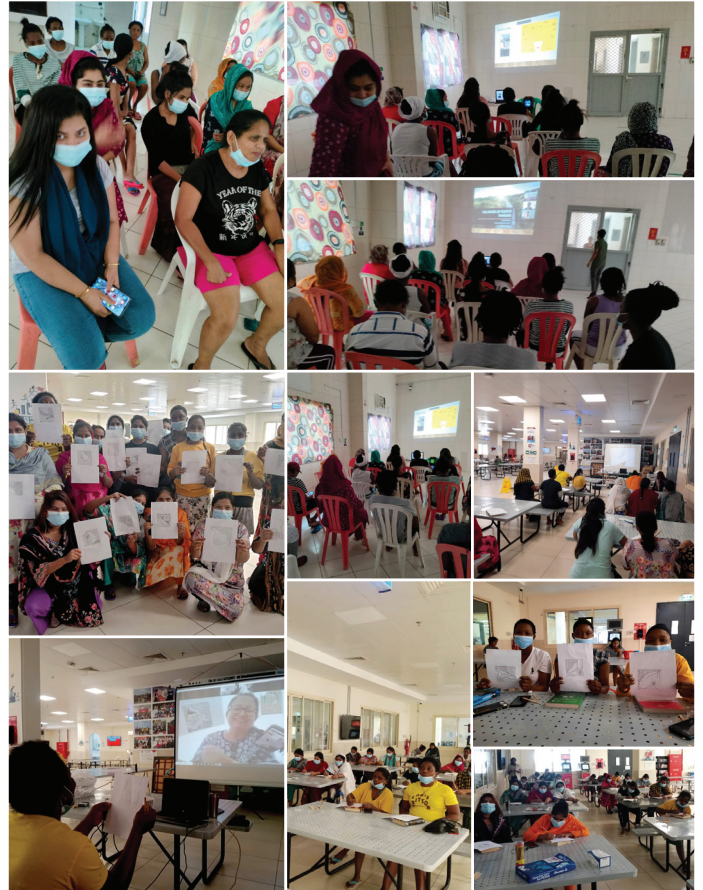
SmartWoman

SmartWoman worked with the wonderful ladies at the MBM and Transguard Group camps in September 2022.

For the attendees from MBM, a session was held on the **"Power of Positive Thinking"**. The speakers acknowledged the multiple roles participants play as women - from family members to earners - and the impact of staying positive as they navigate these roles. The **webinar also aimed to build women's confidence** and gave attendees tools on maintaining a **healthy work-life balance**.

The second webinar was a fun-filled **Zentangle** themed one, held for the ladies from Transguard Group. Zentangle is a form of drawing that **promotes relaxation, focus, and creativity** - we could see all of this coming through as the participants took on the challenge of creating beautiful images.

We look forward to continuing our work with women in October 2022.



SmartWellness

SmartWellness held a webinar focused on **women's health and well-being** in September 2022.

The online session, held by experienced volunteers, provided the ladies from MBM with insights on habits to maintain a healthy lifestyle. The speakers also led attendees through simple yet effective meditation techniques to **help reduce stress** and encouraged them to continue practicing these on a regular basis.



SmartDistribution

In September, SmartDistribution touched the lives of **250 blue-collar community members**, bringing smiles across their faces.

Thanks to an individual sponsor, **100 packs of ready meals** (including biryani and fruit) were donated within a camp for construction workers. A corporate sponsor graciously provided **110 boxes of food and hygiene products** to residents at another construction company camp. Lastly, 40 hard-working women of a cleaning company were pampered with gift bags containing flowers and beauty products.



SmartRelaxation

Continuing to work with the construction company, Sobha Group, SmartRelaxation conducted weekly webinars for 20+ attendees in September 2022.

Led by experts, the sessions focus on teaching participants **relaxing yoga and meditation techniques**. In the long run, the aim is to give the workers tools that they can use anytime to relax, better their health and improve their productivity.

The webinars have been received positively by the participants, many of whom have started practicing the techniques outside of the sessions.



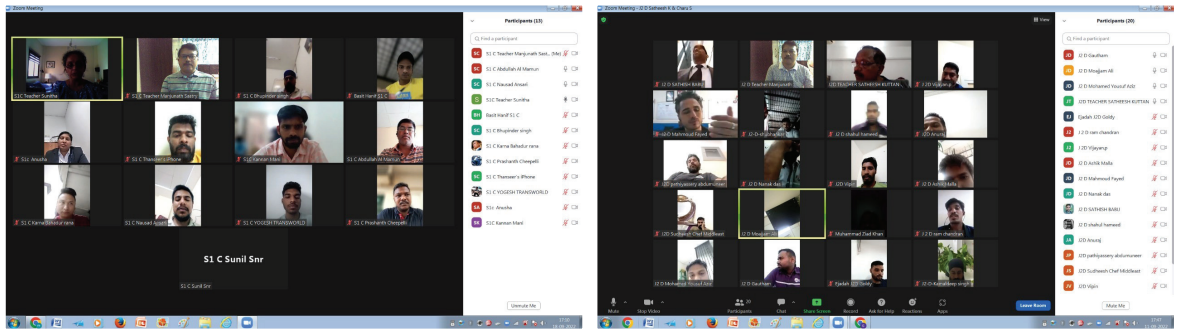


SmartReading

A massive program like SmartReading - that teaches spoken English to blue collar beneficiaries – being run on the virtual platform is no mean task. So with each intake, we always start week 1 with teaching them Zoom etiquette and Zoom tools: raising hand to ask a doubt or answer a question, mute and unmute, having camera on, how to use chat meaningfully in class and so on and so forth.

Then come weeks 2 and 3 which are icebreaking / orientation and goal setting, followed by serious learning from week 4. Each class, each week follows unique themes such as family, jobs, health and fitness, going to the bank, airport and travel, shopping, seeing a doctor to name just a few from an interesting mix of topics. Simple conversation is taught, confidence is built and self-esteem levels going up are but a natural corollary.

While the Fresher's start with simple words and Beginners with elementary sentences, the course becomes progressively intense as they move from junior to senior level. The 2022 H2 intake had a new addition called the 'Graduates Program,' for our Senior 4 level students refused to leave our fold. Personality Development and Financial literacy are their subjects as chosen by this small but serious group of students. And so we march on with each week more exciting than the other.



General Highlights

In line with guidelines from the Community Development Authority (CDA), SmartLife held board elections earlier last month. We would like to congratulate all the newly elected board members wishing them the best of luck in their new role.

We would also like to take this opportunity to extend our gratitude to the previous board, whose commitment and dedication played a large role in furthering SmartLife's achievements. The new board definitely has big shoes to fill!

The new SmartLife Board is as follows:

President: Arun Kumar Krishnan
Vice President: Chintamani Yashodhar Oak (Abhijeet)
Treasurer: Rajan Bulchand
General Secretary: Mahejabin Kamruddin Baldiwalla
Executive Director (Advisory): Adel Edris Mohamed Sharif Al Awadhi
Executive Director (Advisory): Abdulrahman Y. Al Raeesi
Executive Director (Advisory): Laila Al Suwaidi
Executive Director (Legal & Humanitarian Support): Yasmin Ahmed Nasir
Executive Director (Corporate Communications): Manjula Ramakrishnan
Executive Director (Project Audit, Volunteer Management): Rex Prakash Emmanuel
Director (Blue Collar Representation, Logistics): Manju Rahaman Mondal
Director (Finance): Stephen Allwyn Moras
Director (Welfare, IT): Suresh Kumar
Director (Procurement, Social Media): Swaroopa Josephine

