

SmartLife has had a gratifying month in October with activities across a variety of our projects.

SmartWoman celebrated Breast Cancer Awareness month with multiple seminars spreading the message on symptoms and prevention methods related to the disease. SmartDistribution organized giveaways for 1000+ workers. SmartReading and SmartComputer teams worked assiduously to continue teaching their current batch of students.

Moreover, SmartLife was invited by the Consulate General of India, Dubai to celebrate National Unity Day on 31 October, 2022. Our board members, Arun Kumar (President), Abhijeet Oak (Vice President) & Raju Bulchand (Treasurer) were delighted to be invited and thoroughly enjoyed the event.



SmartWoman

SmartWoman marked Breast Cancer Awareness Month in October 2022 through a number of webinars designed to educate about the disease, early identification methods and prevention practices.

One such webinar was sponsored by the Chalhoub Group for 40+ ladies at the GEMS and Infracare camps. During the session, the expert speaker, Dr Dhanashri Patil (Aster Clinic/Healthhub), spoke widely on removing the fear and stigma associated with breast cancer, learning the importance of early detection through self-examination and screening, and practices that reduce the risks of the disease. The session was very well received with the audience asking many questions further helping dispel myths and wrongful perceptions about breast cancer. Moreover, the Chalhoub Group sponsored a set of cosmetic giveaways that brought a smile on attendees faces.

Similarly, Dr. Amala Khopkar Nazareth (Prime Healthcare Group) conducted an informative webinar for female staff of Transguard Group. She explained in an easy-to-understand manner about the growing incidence of breast cancer, risk factors, the importance of monthly self-examination and the need to visit a gynecologist for screening where applicable. She also briefly touched upon cervical cancer and the availability of a preventative vaccine for it.

Lastly, a one-of-a-kind event, including free physical exams for women, was organized by SmartWoman, sponsored by Mondalez and Pink Caravan. As part of the event, 85 women from MBM received breast cancer examinations followed by a talk on breast cancer and the importance of regular examinations as a preventative measure.



SmartDistribution

The month of October was rewarding for SmartDistribution as the generosity of our sponsors touched the lives of 1000+ blue collar workers.

Personalized hygiene packs, with special handwritten messages from the sponsor, were distributed to 200 ladies at a camp. The thoughtfulness behind the messages was greatly appreciated by the recipients, making them feel very special.

SmartDistribution also organized the handing out of 500 hygiene kits at two other camps. Similarly, 500 packs filled with dry food were distributed to two mens' camps.

As an act of beneficence on the occasion of Diwali, one of our sponsors donated a large Smart TV, alongside chocolates and sweets, to a camp in Sonapur, Dubai. The TV has been installed in the camp's dining hall where residents enjoy well-deserved entertainment after a hard day's work.

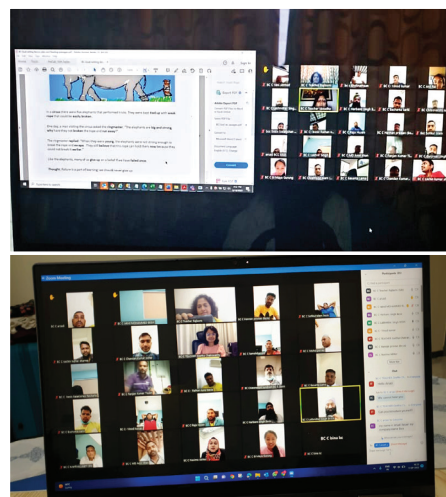


SmartReading

SmartReading had another month of exceptional learning during the month of October 2022 with engaged students making exemplary progress.

In addition to the weekly classes held every Sunday, the student-teacher WhatsApp groups have been buzzing with a healthy exchange of knowledge - questions being posed by students being answered in numerous languages, students competing with each other to complete their homework to the best of their ability - all in the name of learning to read better.

Student Mohamed Waqar Khan from Sobha Constructions asked his teachers, "What is the difference between fast food and junk food?", starting a vigorous discussion amongst the students and teachers. Student Mohamed Kurshid from Besix asked, "What is the meaning of 'nature of my job?', starting another discussion on jobs. The questions and debates get more intense as the levels go up, with senior students delving deep into the nuances of the English language.



SmartWellness

SmartWellness held a virtual session for the workers at Al Ghurair's Jebel Ali camp in October 2022.

Attended by 30+ residents, speaker Krishna Kumar Sarda, held an eye-opening, informative webinar on everyday eating, sleeping and exercise practices that have a positive impact on one's health. The second half of the meeting was demonstrative in nature with attendees following along breathing and meditation exercises.

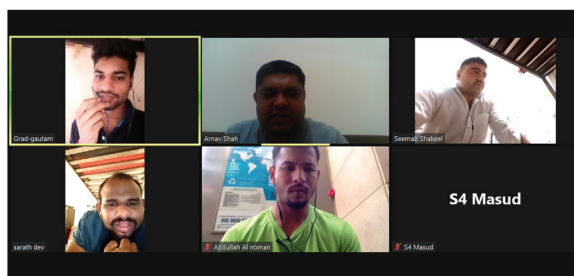
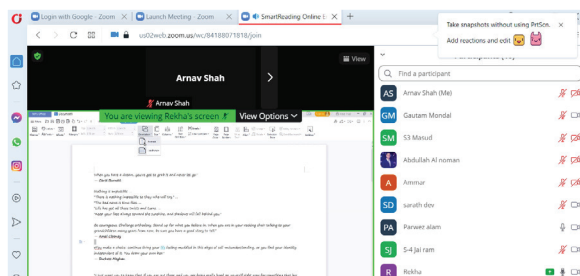
The webinar went extremely well with participants experiencing a boost in their mood.



SmartComputer

Our students continued their learning journey in October 2022, with the introduction to more advanced features and functions of Microsoft Word and WPS Office. SmartComputers worked with the students on key topics such as creating/modifying tables and spell checking documents. Moreover, a review of earlier lessons was held, which will be continued in the month of November.

November will bring the end to the course for the current batch of students - there will be a final exam after which certificates and prizes will be awarded. We wish all our students the best of luck for the exam!



SmartElder

After a few months we delivered a talk on the importance of savings at Lucy Switchgear FZE Staff Accommodation in DIP. It was a generic talk, and we did not go in depth into the Pensions scheme.

Once the Blue Collar Workers register an interest with their camp boss, we will then go and explain the pension scheme and help them start saving for the future.

