



smartlifefoundation.org





instagram.com/smartlifeorg

SmartReading

After a break of a few weeks, we started screening new students end July. This process will continue through entire August with the last week of the month reserved for preparing the very vital attendance register and teacher's orientation. Once done, we would be in a state of readiness for starting the H2 term early September.

A total of 143 students were screened in July over a single Sunday. Numbers are bound to swell once news of enrolment spreads through word of mouth. If any company wishes to send their blue collar employees to learn simple spoken English, now would be the right time to contact the number in the poster attached.

SMART **READING**



To help blue collar men & women

LEARN SIMPLE SPOKEN ENGLISH

अंग्रेजी में बोलना सीखें

ইংরেজিতে কথা বলতে শিখুন

ഇംഗലീഷിൽ പഠിക്കുക

ஆங்கிலத்தில் பேச *கற்றுக்கொ*ள்ளு*ங்க*ள்







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SmartWoman

July has been a busy month for SmartWoman. Nearly 100 ladies from MBM, Ejadah and Transguard Security participated in Chair Yoga and Breathing sessions.

Hema Laxman conducted two sessions on Chair Yoga and demonstrated to the ladies the benefits of stretching as a way to manage stress and anxiety. As the session went on, the attendees felt their stress melt away, feeling completely relaxed. The ladies walked away learning simple asanas to improve flexibility, build balance and strength, and ease aches and pains.

In her session on Breathing, Nisrine Douma taught participants easy-to-follow techniques to reduce stress and create a positive state of mind. The ladies learnt different types of breathing and stretching exercises all of which could be practiced daily by themselves.

In all three sessions, the women blue-collar workers were eager to learn, asking questions to make sure they understood what was being taught. The joyful enthusiasm and smiles from the ladies showed how much they learnt from and enjoyed each session.









SmartDistribution

The month of July was filled with community engagement for SmartDistribution, with over 650 workers having benefitted from the generosity of our sponsors.

A group of community members, who believe in sustainable solutions for all our basic needs, used scraps to hand-make bedsheets, pillows and bags. A total of 275 handmade, environmentally-friendly items were distributed amongst construction workers at a men's camp in Al Quoz.

Moreover, 235 hygiene packs and 150 dry food packs were distributed to men and women residents of two camps in Al Quoz. They were happy to receive these care packs which not only supports them financially but also makes them feel appreciated.

A big thank you to our generous sponsors for helping us spread warmth in our











SmartCamp

SmartCamp continued its extensive work with the Al Nabooda Camp in July 2023.

We continued to successfully run 5 projects simultaneously, once every weekend, using webinars to make sure we reached the maximum possible number of attendees. While session speakers were online, we were supported hugely by college volunteers and interns who were onsite coordinating with camp management.

Projects at the camp include SmartRelaxation/SmartWellness, SmartComputer, SmartReading and SmartElder. Each of these projects has 20-30 attendees each week, all of whom enthusiastically engage to maximize their learning.

We look forward to conducting the final sessions at Al Nabooda in August, during which we will celebrate the achievements of the past 12 weeks and reward those who have had an exceptional leading journey.



















