



smartlifefoundation.org



facebook.com/smartlifefoundation



instagram.com/smartlifeorg

SmartCup 2023

SmartCup, our annual cricket tournament, recently concluded its 11th edition on October 29, 2023, at Insportz Club in Al Qouz. Under the banner of 'Cricket for a Cause,' this exceptional tournament witnessed a record turnout of 28 teams and 250+ players with a mix of whitecollar and blue-collar players from various companies. Of special mention this year was the participation of two women's teams further supporting our emphasis on diversity. The matches commenced at 9 am and continued until 6 pm, followed by a prize distribution ceremony. In between, a variety of games and carnival activities created a festive atmosphere, entertaining the gathered crowd.

We would like to extend our sincere gratitude for our special Chief guests His Excellency B. M. Jamal Hossain, Consul General of Bangladesh in Dubai, Mr. Abdullah Lashkari, The General Secretary - The Permanent Committee of Labor Affairs in Dubai, Ms. Fatma Ahmed, Head of the Cultural Diversity Department in Dubai Police and Mr. Anil Lakhina - Indian Civil Servant and a former IAS Officer / Advisory - Smartlife Foundation.

We would also like to thank all the government bodies that supported us in getting timely approvals for the event. The success of 2023 SmartCup would not have been possible without our sponsors Baseline Sports Academy, Proleed, LG Business Solutions and Fin Power.

After a tough finals, Alec Engineering and Contracting Company won the Trophy. First runner- up was the General Electric team and the second runner-up was won by Elite Co. The prestigious trophy for Played for the Cause (an award for the team that demonstrates the ethos of the event) was also bagged by General Flectric.

Beyond the love for the game, SmartCup's true aim is to fulfill the dreams of laborers by providing funding and mentorship for their children in their home countries.

SmartCup stands as a testament to the power of sports in breaking down societal barriers, fostering inclusivity, and making a meaningful difference in the lives of those who work tirelessly to support their families both here and abroad.

28 **Teams** **250+**

Players

Edition

SPONSORS













TEAMS



































More pictures of SmartCup in the last page.











SmartWoman

Pink October brings the opportunity to spread awareness and educate women on breast cancer and, as a project designed to empower and support women, SmartWoman is aligned with this mission. The month saw two sessions conducted; one session each at MBM - Al Ghurair and Ejadah for their female blue-collar employees. Each of these sessions was generously sponsored by organizations committed and determined to driving breast cancer awareness.

Dubai Emerald Lions Club (DELC) partnered with Dr. Asiya Nabi of Prime Health and EWINGS LLC (Mahzooz) partnered with Dr. Jasbir Chhatwal of Zulekha Hospital to educate the ladies about the importance of early detection, monthly self-examinations, regular screenings, and understanding the risk factors (family history, genetic mutation, reproductive history, obesity, poor diet). The ladies were advised on simple yet effective measures they could adopt to reduce the risk of breast cancer. They also received gifts as well as a voucher for free registration, specialist consultation, x-rays and mammogram (if recommended by the specialist).



SmartDistribution

October was another fruitful month for SmartDistribution; the team, sponsors and volunteers reached out to 600 blue-collar workers in total. Groceries, that could be used to prepare wholesome and healthy meals, were distributed amongst 500 of our blue-collar friends in the construction industry.

SmartMedic

One of our generous sponsors organized a basic health test (included vision-checks) for over 100 men. The doctors carried out blood sugar and blood pressure checks, in addition to which a eye-test was also conducted. To top this, vouchers to subsidize the cost of contact lenses were also provided to people needing vision support.



SmartReading

While we initiated the students gently into the H2 intake in September, month of October found the students gaining slightly greater confidence and being able to adapt to the gradual progression of the lessons. Unknowing to them, regional languages Hindi, Malayalam or Tamil were slowly being phased out and there was more of English in delivery of the lessons. While difficult words and phrases are still explained in their native language, at least for the senior levels, entire sessions are almost fully in English. In October, the student-teacher Whatsapp groups were formed, weekly lessons are being uploaded here, homework given, corrections done and a forum for healthy interactions between Sundays has thus been established.

SmartBuddy (IELTS)

After a brief break, the second edition of SmartLife IELTS program is slated to launch soon.

Over the month of October, our volunteer teachers screened 56 potential students from Nehru College in Tamil Nadu. A foundation-level program will soon commence in our first college from Bangladesh - AKM Sarwarjan Biswas College – under the auspicious of the Consulate of Bangladesh in India. St. Joseph's College in Trichy, Tamil Nadu, the sole participant of the pilot IELTS program, has also expressed their interest to continue in the second edition. With the participation of Anna University soon to be finalized, the second edition will educate over 100 students, employ 10 volunteer teachers and rely on nearly 40 volunteer buddies.







SmartElder

In October 2023, SmartElder worked closely with workers over the age of 50, at Sobha Group, to guide them on financial planning, physical and mental wellness, post-retirement engagement and housing plans once they move back to their home countries.

The introductory session, conducted by Abhijeet, saw 30 participants with whom we shared insights on all the four verticals. Later in the month, the elder blue-collar workers were treated to a Hindi movie at Vox cinema. Popcorn and soft drinks were provided and the group had a very enjoyable time; most of them were even watching a movie in a Dubai cinema for the very first time!



SmartRelaxation

The 12-week SmartRelaxation program for Sobha Group, that was initiated in September 2023, moved from a virtual one to a physical one in the month of October.

The weekly, one-hour sessions, typically see participation from 15-20 camp residents. Our expert yoga professionals lead the attendees on various breathing, meditation and yoga techniques; all aimed at reducing stress and improving health. And, of course, all this is executed with support from the management team at Sobha Group, who are essential for the success of the program.

As we move into November 2023, we enthusiastically look forward to continuing our work in the Sobha Group camps.



SmartComputer

SmartLife's Al Ghurair camp brought together blue collar workers from across various camps in Dubai and Ajman.

The camp continued to get constant support in the form of volunteers and teachers from the corporates like KPMG.

In the month of October, SmartLife continued to train 16 workers in basic computer skills and around 20 workers in conversational English with the goal of upskilling and career advancement.

By end of the month, we managed to get all our computer students online and able to access soft copies of the lessons. We witness tremendous improvement in the confidence of students from our English class.









More picture of SmartCup





