

SmartReading

Just like that, there dawned the day of exam, with 181 students taking the exam, some nervous, some for who it was a walk in the park, but every single student emerging from the exam, a more confident individual, armed with pride and faith in themselves.

Results were soon announced in order not to prolong the suspense and the 2023 H2 intake that ended 21st January came out with 37 toppers, 28 toppers but with 2nd place, 44 walking away with best attendance prizes and another 42 under 2nd best attendance category. The whole intake and meticulous exercise were thanks to a team of 45 teachers, not to forget the 3 student interns who did their bit every Sunday.

The journey continues, for there are miles to go before we sleep and our 2024 H1 intake of SmartReading will commence early March.

SmartMedic

During the Berkeley Women's Camp in Al Quoz, a medical camp included a health awareness session conducted by Dr. Vyapti Joshi. Topics such as personal hygiene, safe sex practices, maintaining proper body posture, identifying vitamin deficiencies, and more were covered. Over 60 women participated in the event, and several personal hygiene kits were distributed during the interactive session, generously sponsored by the Pakistan Medical Association.



SmartCamp

The SmartCamp at Sobha Construction has come to a close, with the Sobha management announcing the following:



- Individuals who excel in the computer programs provided by SmartLife will have the chance to assist with administrative tasks related to computers.
- The awards ceremony, graced by Mr. Lashkari from The Permanent Committee of Labour Affairs, has strengthened their desire to participate in these educational initiatives.
- Word of mouth internally has sparked considerable interest, with many expressing a desire to learn at least one skill, and several aiming to acquire proficiency in both English and computer literacy.

SmartWoman

SmartWoman commenced the year 2024 with a laughter yoga session led by Gomathi Seetharaman at the Transguard ladies' camp. Gomathi initiated the session with a series of movement and breathing exercises, highlighting the therapeutic effects of laughter. She elaborated on its stress-reducing benefits, mood-enhancing qualities, and its positive impact on blood pressure and energy levels. A total of 35 women eagerly participated, leaving the session with radiant smiles and a renewed sense of positivity.

In another event, 37 women from Ejadah attended a stress management session facilitated by Dr. Vyapti Joshi. Dr. Joshi discussed the adverse effects of stress on health and provided practical techniques for its management. Participants learned about deep breathing exercises, the importance of healthy dietary habits, personal hygiene practices, proper sitting and standing postures, and the significance of limiting social media usage. Dr. Joshi also emphasized the importance of adequate sleep, fostering a positive mindset, and prioritizing self-care activities.

