

SmartWoman

In February 2024, SmartWoman conducted a relaxation and wellbeing session at Transguard Group's camp.

Held by Nisrine Douma, from the Rotaract Club of Dubai, the session focused on teaching techniques of stretching, light physical exercises, deep breathing and meditation. Nisrine explained the benefits of practicing simple relaxation techniques daily and their importance in alleviating stress, anxiety and fatigue.

Attended by 42 camp residents, all of whom eagerly participated, the session ended with big, broad smiles and lighter hearts round the room.



SmartRelaxation

In February, SmartRelaxation kicked-off a 13 week virtual program for 3 locations of Lamprell Group. The program aims to assist blue-collar workers to reduce stress, improve their health and drive productivity through relaxation techniques.

Sessions are held every Sunday for 1 hour each with 30-40 participants across 3 accommodations joining in for a combination of stretching, yoga, breathing and meditation exercises. The first of the webinars was held in late February; initial feedback has been extremely positive with appreciation from both participants and management at Lamprell Group.

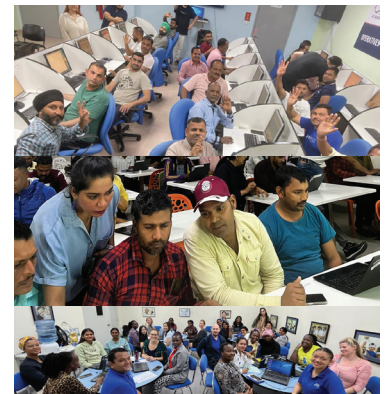
SmartRelaxation is designed so that techniques learned during the webinars can be easily practiced by attendees during their own time, hence driving longer term benefits.



SmartComputer

Starting in February, SmartComputer has updated and enhanced their curriculum to better support students learning journey.

During the month, students, from three accommodations of GEMS Education, Sobha Group and Al Naboodah Group, learned how to use Gmail to communicate and Google Drive to collaborate. Components such as Google Docs, Google Sheets, and Google Slides will also be taught during the course of the program. With support from our regular volunteers and our corporate volunteers at Hilton, HP and Gucci, the students have been thriving already. They are sure to be experts on the Google Drive system by the end of the semester!



SmartElder

SmartElder began a new program in February 2024 at Sobha Group's camp in Al Quoz. Anusuya Sundar, a renowned psychotherapist and holistic healer, shared information on physical and mental health with the 17 elder attendees. The session was very well received with participants thanking the speaker and organizers.



SmartMedic

SmartMedic had a busy February with four medical screening and health awareness programs being run during the month with over 500 blue-collar workers. A medical camp was organized with our health partner, Pakistan Medical Centre (PMC), at Berkeley Services womens accommodation in Al Quoz. A total of 110 residents received a general medical checkup by a large team of doctors, nursing staff and medical students. SmartLife volunteers also provided support to ensure the day ran smoothly and efficiently. 57 patients were recommended for further follow-ups, treatments and procedures. The day also saw a general wellness session being held by Dr. Vyapti Joshi who raised awareness on personal hygiene, nutritional food and common women's health problems.

Another medical camp was held at Sobha Group's camp in collaboration with our health partner, King's College Hospital. This time 128 patients were screened with the help of doctors, nurses and volunteers. All patients were given multi-vitamins and calcium supplements by the health providers; patients who were prescribed medication during screening were also provided with the same. As part of the program, a health awareness session on personal hygiene and harmful effects of smoking was conducted by Dr. Shamrez, an Internal Medicine expert.

Similarly, a medical camp was organized at Dulsco's camp in Muhaisanah with health providers, Signa HealthCare and Right Health Track. 220 residents received health checks, by a team of 2 General Practitioners and a dentist. The patients were given vitamin-C supplements along with a voucher for discounted dental procedures. A general health awareness session was also conducted by Dr. Vyapti Joshi who also spoke on benefits of abstaining from alcohol and smoking. The program also had a stress management workshop by the LVL Team.

Lastly, SmartMedic ran a health awareness session for Al Ghurair, at their site office in Bytawir, for 140 people including laborers, workers, engineers, and support staff. The talk aimed to raise awareness on person hygiene, nutritional food, benefits of avoiding smoking, and diabetes.



SmartReading

SmartReading launched its H1 2024 intake this February. While returning students (H2-2023 Graduates) showed their enthusiasm to progress on their learning path, we also have new students registered from STS.

SmartReading has revamped its format and curriculum with the introduction of 4 levels of learning – Basic, Junior, Senior and Advanced. Students (returning and new) are mapped into these levels based on their competencies and our dedicated volunteers/teachers are now gearing up for the new format. An initial ice-breaking and goal setting session was held in February, and we will continue our lessons in March. We look forward to seeing our students progress on their learning journey's during the first half of the year!

Similarly, an exclusive Sobha Group SmartReading program was also held onsite in February. The programs, open to all residents, has a primary focus on giving students an opportunity to build on their basic English knowledge, build their confidence and make them more comfortable with the language. The program provides students with a platform to read, ask questions, speak and meet people from different backgrounds. The program kicked off with an icebreaker event, where 22 enthusiastic students played multiple competitive games and even danced. Classes for the program are held once every week, with an active WhatsApp group for any queries as well as weekly homework to encourage students to continue to practice the language during their daily life. As we move on with the program in the upcoming months, we hope to see our students grow and excel with English in their careers and in life.

