



Dubai Police (Positive Spirit Council) in association with SmartLife celebrated **International Yoga Day** on June 21, 2024

At Dulsco Events Arena, celebrations featured awareness sessions on the dos and don'ts for UAE residents, safe driving, and various health-related topics. Many prizes were awarded to winners of quizzes and other competitions. The Dubai Police Band delivered an impressive performance, accompanied by their friendly K9 companions, providing entertainment for the audience.

A free raffle draw was held, offering attractive prizes to the lucky winners.

The entire event was conducted under the guidance and supervision of Fatema Ahmed, Manager of the Positive Spirit Council. Speaking at the event, Fatema Ahmed emphasized the importance of incorporating yoga into daily life for a healthier lifestyle. She also reiterated the Positive Spirit Council's commitment to the Dubai Communities Happiness Programme as part of the Dubai Police initiative.

The event began with a welcome address by Arun Kumar Krishanan, President of Smart Life.

The Yoga Day celebration was organized in association with Smart Life and supported by Dulsco, The Art of Living Dubai, Hotpack Packaging LLC and. SS Events Sports and Advertising LLC.

Major Akheel from the Al Quoz Police Station attended the occasion along with the entire team of the Positive Spirit Council of the Dubai Police. A large number of Dulsco residents attended and enjoyed the yoga session.



Awards Ceremony (H1 2024) & smart-jobs.org launch

An awards ceremony was held at Sobha Construction Accommodation, Al Quoz, on June 9, 2024, to honor the top achievers and attendees who completed training in English, computer skills, yoga, mental health, alcohol and smoking withdrawal, and stress management.

Students from Sobha Construction, Al Ghurair, GEMS (Ladies Camp), Al Naboodah, and numerous other labor camps attended, along with volunteers, teachers, and supporters.

The event was graced by Mr. Abdullah Lashkari, General Coordinator of the Permanent Committee of Labor Affairs in Dubai and Director of the Labor Relations Department in the GDRFA, Dubai.

During the event, we launched the web portal smart-jobs.org, a new project aimed at assisting currently unemployed blue-collar workers by sharing their CVs with potential employers.



Smart Senior Citizens & Single Mums

The project in its infancy had the very first meeting end June, bringing together 10 senior citizens, who came bearing their rich life experiences. After a brief self-introduction, they were requested to elucidate their expectations from the project. While most of them spoke about wanting peer group company, there were also requests for interactive meetings, activities, games and general bonding.

Since it is a new project and one that comes with a good deal of flexibility, evolving project objectives and end goals can precisely take care of requirements of the participating senior citizens. The oldest participant who is 85 years old was also the one to win two prizes in a game of lemon and spoon and Bingo. The enthusiasm with which the 60, 70 and 80 year old's participated was heartwarming to say the least, the cherry atop the proverbial pie being the excellent start it gave the project launch.

Contact: for senior citizen and single mum / dad registrations: 050-4507946 (Whatsapp only)



SmartRelaxation

Smart Relaxation played a pivotal role in two remarkable activities that promoted wellness and relaxation in celebration of International Yoga Day.

In the first event on June 21, SmartRelaxation was a coordinating partner the International Yoga Day Celebration organized by the Positive Spirit Council in partnership with Dubai Police. This event aimed to spread positivity and well-being through yoga practices. SmartRelaxation also held a second event at Al Ghurair camp, conducting a rejuvenating session led by skilled teachers. More than 50 participants gathered to experience the calming effects of yoga, breathing exercises, and meditation techniques during the one-hour session.



Launch of a New Project: SmartConsul

In June 2024, SmartLife proudly introduced a groundbreaking new initiative, Smart Consul, aimed at providing essential consular support to blue-collar workers. Spearheaded by the experienced Mr. Lenin Balan, whose wealth of expertise spans many years, this initiative has received approval from the Community Development Authority (CDA), Indian Consulate, and SmartLife's Board.

Smart Consul focuses on assisting blue-collar workers with vital consular services, including passport renewals, attestations, power of attorney, and other consulate-related needs. As of now, we have secured approval from the Indian Consulate and the Bangladesh Consulate to facilitate services for their respective nationals. Plans are underway to extend these services to individuals of other nationalities in the near future. While still in its initial stages, Smart Consul is poised to be a vital resource for blue-collar workers seeking essential consular assistance. Stay tuned for updates as we work towards establishing this invaluable service for the benefit of our community.

SmartFinance

SmartFinance conducted a transformative session at Schuderia Motors in Al Quoz for its dedicated workers in June 2024. Led by the esteemed Dr. Nilay Ranjan, CEO of SBI UAE, the session focused on imparting crucial awareness sessions on financial management. Through a wealth of information, practical tips, valuable knowledge, and essential skills, the aim was to positively influence behaviors related to financial well-being and income. By equipping the blue-collar community with the necessary knowledge and resources, SmartFinance aims to uplift and support individuals in making sound financial choices, paving the way for a more secure and prosperous future.



SmartBuddy (UAE Kids)

SmartBuddy kicked off a pilot project in June 2024 in a bid to foster a positive approach towards learning and the English language. The delightful project welcomed 33 children between the ages of 5 to 15, who alongside a team of passionate teachers and support staff, partook in spoken English sessions five days a week via Zoom. These young minds are embarking on a transformative journey towards enhancing their spoken English skills and embracing a love for language.



SmartWoman

SmartWoman delivered a total of six inspiring sessions in June 2024 as part of its Summer Camp.

Four sessions were held with the residents at Emrill Services in Dubai. The month began with a dynamic personal grooming session by Nisrine Douma of Rotaract Dubai, sparking enthusiasm among 36 attendees. The next session dove into a rejuvenating personal fitness lessons led by Dragica Illieva from Chanel. Through calming exercises, participants experienced a positive shift in their attitudes towards work and life. Empowerment took center stage at the third session as Irene Fenart, from Rotaract Dubai, guided participants in mastering self-defense techniques to navigate challenging situations with confidence. Lastly, Ms. Amee Agnihotri of Lions Club (DELC) highlighted the importance of maintaining correct posture for holistic body health, captivating an audience of 30 enthusiastic women.

Not stopping there, SmartWoman honored International Yoga Day with two remarkable sessions. The yoga and sound healing session, presented by Nisarg Ved, Twinkle Shah, Anish Shah and Jigna Doshi, drew a record-breaking turnout of 90 individuals at Al Ghurair Facilities in Sonapur. Moreover, Raminder Kaur and Lina Rathod led a blissful yoga and wellness session at the Transguard camp, attracting 45 eager participants.



SmartDistribution

The month of June 2024 was extremely rewarding for SmartDistribution projec as we touched the lives of 5,350 blue-collar workers, extending essential support through basic food and hygiene products.

A thank you to our esteemed sponsor, Emirates NBD Bank, for generously contributing 2,666 grocery packs filled with staples like rice, lentils, oil, spices, and other necessities. These packs were thoughtfully distributed to deserving camps spanning Dubai, Sharjah, and Ajman, ensuring that those in need received vital support. Additionally, two other corporates joined hands to provide 550 grocery kits, benefiting camps in Dubai and spreading kindness in the community. The spirit of giving was further exemplified by a school that encouraged children to donate food items, resulting in a generous collection that brought smiles to over 50 families in need of support. Lastly, over 2,000 hygiene items consisting of shampoo, conditioner, body lotion, hand crema and such other useful self-care products were contributed by another company. These items were distributed among hard-working cleaners at a cleaning company camp in Dubai, bringing a sense of appreciation and joy to these dedicated women. Witnessing the gratitude and happiness on their faces upon receiving these thoughtful gifts was truly heartening, affirming that their efforts are valued and recognized.

SmartMedic

June 2024 has been an eventful month for SmartMedic through its endeavours in leading various health and awareness initiatives. The month saw a series of successful events focused on health screenings, enlightening awareness sessions, and active community engagement.

A standout event was the Medical Camp and Dental Screening held at Al Ghurair Mall (AGFS) which witnessed the active participation of 120 workers comprising security guards, cleaners, and janitors. In collaboration with Right Health Medical Care, the camp provided various health screenings tailored to the workers' needs. Moreover, the event featured a special health awareness session led by Dr. Vyapti Joshi.

SmartMedic conducted an engaging session at Gems Our Own Indian School to inspire students to volunteer and support blue-collar workers. The session titled "Ill Effects of Vaping"; was led by Dr. Syed A Husain and addressed the harmful impacts of vaping to an audience of 750 students. It aimed to foster a sense of community service among the students, encouraging them to find rewarding volunteering opportunities.

Lastly, in collaboration with Lions Club International Middle East, SmartMedic launched the Emrill Diabetic Screening Campaign aimed at raising awareness and providing screenings for type-2 diabetes. The campaign took place in Al Quoz South and Main Village, with volunteers rallied together to support the event, showcasing a collective commitment to community health and well-being.

