

SmartBuddy

Empowering Young Minds: Success of Smart Buddy's Pilot Program

In a bid to foster a positive approach toward learning English language, Smart Buddy launched a pilot project in June 2024. Thirty-three students were enrolled and allocated into 6 classes, supported by 12 dedicated teachers, backup teachers, and enthusiastic volunteers. The primary aim was to provide spoken English training to students who had limited exposure to traditional teaching methods. Following a physical meeting and assessment of each student's proficiency level, sessions were conducted online via Zoom. A tailored curriculum was introduced, accommodating the varying levels of competencies. At the end of the program, a comprehensive exam saw over 80% of the students scoring above 70%.

The culmination of the one-month Pilot Program was a joyous graduation ceremony held on July 20th, 2024. During the event, small gifts, books, and study materials were distributed to all students. The ceremony featured welcome speeches in English by the students, marking a moment of emotional pride for all involved and appreciation certificates for the exam toppers,

Building on the success of the pilot, Smart Buddy is excited to announce the initiation of a Bridge Class in August, extending the English language training and introducing basic mathematics sessions will be introduced. In parallel, we are also preparing for a comprehensive four-month long-term project that will cover a number of subjects.



SmartWoman

Empowering Women in Ejadah and Al Ghurair Communities

Focusing on supporting the women at Ejadah, SmartWoman ran a number of impactful sessions focused on wellness, financial literacy, and creativity. We kicked off the month with an engaging workshop led by Ms. Nisrine from the Rotary Club, where 25 ladies learned the importance of deep breathing and daily stretches for fitness. This session emphasized that just 15 minutes of focused breathing can lead to a more stable mind. In another session, Dr. Nilay Ranjan provided valuable financial planning insights to 35 staff members, helping them understand sustainable investing and empowering them to take charge of their financial futures. Moreover, collaborating with Dr. Amee Agnihotri, from the Dubai Emerald Lions Club, a session was held on postural awareness teaching participants practical skills to maintain spinal health and reinforcing the importance of physical wellness. Additionally, a meditation session facilitated by the Power of Purity group allowed attendees to experience deep relaxation and mindfulness.

In the Al Ghurair camp, SmartWoman's crochet project has gathered around 15 enthusiastic participants, meeting weekly to develop their skills. With over 80 instructional videos on our YouTube channel, the women have successfully completed their first crochet dolls and are now working on their second. The project is fully sponsored, ensuring its sustainability and ongoing success.



Introducing the new “**Volunteer Spotlight**” section, where we’ll highlight one volunteer at a time.

With so many heroes at SmartLife, please note that the spotlight isn’t in any particular order - we select someone at random for each feature.

Volunteer Spotlight

Kaveri Arun, SmartWoman Project Lead

In July 2024, SmartLife proudly recognizes Kaveri Arun, an ACCA student, for her incredible contribution to serving the blue-collar community. Earlier this week, we had the pleasure of sitting down with Kaveri to learn more about her:

Can you tell us about yourself and your interest in SmartLife?

I am a Tamilian, brought up here in Dubai. I have seen my grandfather involved in charity his whole life; his compassion and empathy have served as an inspiration for me to get involved in social service myself.

What is the most rewarding part of volunteering?

I think the most rewarding thing for me is engaging in community service while also learning about the complexities of running a successful organization.

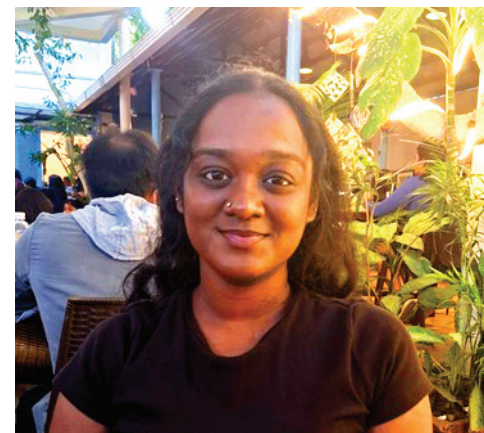
Can you share a memorable experience from your time with SmartLife?

The first time I visited the Transguard, Jebel Ali camp was an eye-opener. Seeing the women respond positively to a medical awareness session filled my heart with joy, and made me understand my purpose.

What advice would you give someone considering volunteering for the first time?

Volunteer with the intention to give and distribute love endlessly, without any expectation in return.

Kaveri Arun’s dedication has been inspirational and we are extremely grateful for her contributions.



SmartMedic

A Month of Promoting Health and Awareness

July 2024 has been a remarkable month for health and well-being in our community, driven by the impactful initiatives of SmartMedic.

The month began with SmartMedic's Diabetes Screening Campaign in collaboration with Al Ghurair. This initiative focused on early detection of diabetes, successfully screening hundreds of workers across camps in Abu Dhabi, Al Ain, and Dubai. Participants enjoyed complimentary food and water and will each receive a certificate from SmartLife and Lions Club International (LCIME) recognizing their involvement.

Also in July, in honor of "No Tobacco Day," SmartMedic hosted an engaging session for front-desk staff at the Al Ghurair Corporate Office. Led by Dr. Nishi Singh and focusing on the dangers of smoking and vaping, the session inspired attendees to consider quitting and provided practical support resources. A touching success story from a participant about renouncing smoking after becoming a father resonated deeply with the audience. Moreover, with support from Dr. Amee Agnihotri, SmartMedic also held an informative session on the harmful effects of smoking at the HRM camp in Sonapur, Dubai.

Lastly, SmartMedic facilitated several alcohol abuse awareness sessions throughout July, featuring Dr. Anu as our keynote speaker. These sessions fostered open discussions about the dangers of alcohol abuse, providing valuable education and strategies for overcoming addiction. The positive response and significant participation from workers underscored the importance of these discussions.

As we look forward, we are eager to continue building the momentum serving an even healthier and happier community.



SmartLiving

Summer Camp Fosters Financial, Mental, and Legal Awareness

This July, SmartLiving Summer Camp achieved significant milestones in empowering individuals through education on personal finance, mental health, legal awareness, and wellness practices. Led by project lead Ms. Farhana, these impactful weekly sessions were held at the Berkeley Ladies Camp, Al Quoz, Dubai. The multi-cultural group of participants from diverse backgrounds, including Indian, Pakistani, Bangladeshi, Sri Lankan, Nepalese, Ugandan, Ghanaian, and Filipino communities, were provided with sessions conducted in Hindi and English.

The camp launched with Mr. Abhijeet and Ms. Bhargavi's session on personal finance management, equipping attendees with essential budgeting and investment strategies. Following this, Ms. Laxmi and Mr. Abdullah addressed mental health and alcohol abuse awareness, fostering open discussions and encouraging well-being. Mr. Mahadevan and his team provided crucial insights into legal awareness, focusing on individual rights and responsibilities, while Ms. Reshmi, Mr. Fadi, and Mr. Rahul introduced pranic healing and fitness practices, emphasizing holistic health.

The sessions have been well-received so far by the women at the Berkeley camp and we are extremely eager to continue our engagement with them.

