

HES - Volunteering Program Verification Form

This form is to be used to document volunteering hours. If a student volunteers for multiple organizations, a separate form must be used for each organization. **This form must be turned in by the 28th of each month, the latest.**

I certify that the scholar reem houssam bou orm completed a total of 10 hours of service at InnovaThrive.

The hours were completed hours as per the below:

Hours # 5 (date) _2/12 – 6/12_ (initials of supervisor) __A.K.__

Hours # 5 (date) _9/12 – 13/12_ (initials of supervisor) __A.K.__

Hours # 0 date) _16/12 – 20/12 (initials of supervisor) __A.K.__

Hours # 0 date) _23/12 - 27/12 (initials of supervisor) __A.K.__

Brief description of the activities the scholar performed or participated in:

task 1: AI in Personalized Fitness Plans for Elderly

Definition: Exploring AI to design custom fitness routines that cater to the elderly's unique needs.

Technologies: AI-powered fitness apps that track mobility and health metrics; Personalized AI coaches for elderly fitness.

Applications: Customized workout programs for seniors with mobility issues; AI-driven fall detection and injury prevention systems.

Statistics: 50% improvement in physical activity adherence with AI-assisted fitness programs for seniors.

Advantages: Health improvements and increased quality of life for the elderly.

Disadvantages: Limited access to technology in older demographics.

Challenges: Ensuring privacy and data security for senior citizens.

Future Research: AI integration with wearable health monitoring for elderly care; AI-driven support for mental well-being alongside physical fitness.

task 2: AI in Monitoring and Preventing Air Pollution

Definition: Using AI to monitor, predict, and reduce air pollution in urban areas.

Technologies: Real-time environmental sensors integrated with AI models; Machine learning for predicting pollution spikes.

Applications: Smart city systems to optimize traffic and industrial emissions; AI tools for government policy adjustments based on air quality data.

Statistics: AI models reduce urban air pollution levels by 15%.
Advantages: Improved public health outcomes with cleaner air.
Disadvantages: Data accuracy issues in densely populated areas.
Challenges: Ensuring widespread deployment of sensor networks.
Future Research: AI in reducing CO2 emissions from transportation; Integrating AI into long-term climate change policies

Written feedback about the scholar's performance:

Reem Houssam Bou Orm's dual research on AI in personalized fitness plans for the elderly and air pollution monitoring reflected impressive depth, covering applications, statistics, and future directions for AI in improving health and environmental sustainability.

Please rate the overall performance of the scholar at your organization:

	Mastery (5)	Proficient (3)	Emerging (1)
Problem solver	X		
Engaged & Committed	X		
Open-minded & multicultural	X		

Signature & stamp Andrew El Kahwaji

Printed Name Andrew El Kahwaji

Date 26/12/2024

Email andrew.lifesculptor.coo@gmail.com

Phone +961 71 914 378



CEO of InnovaThrive