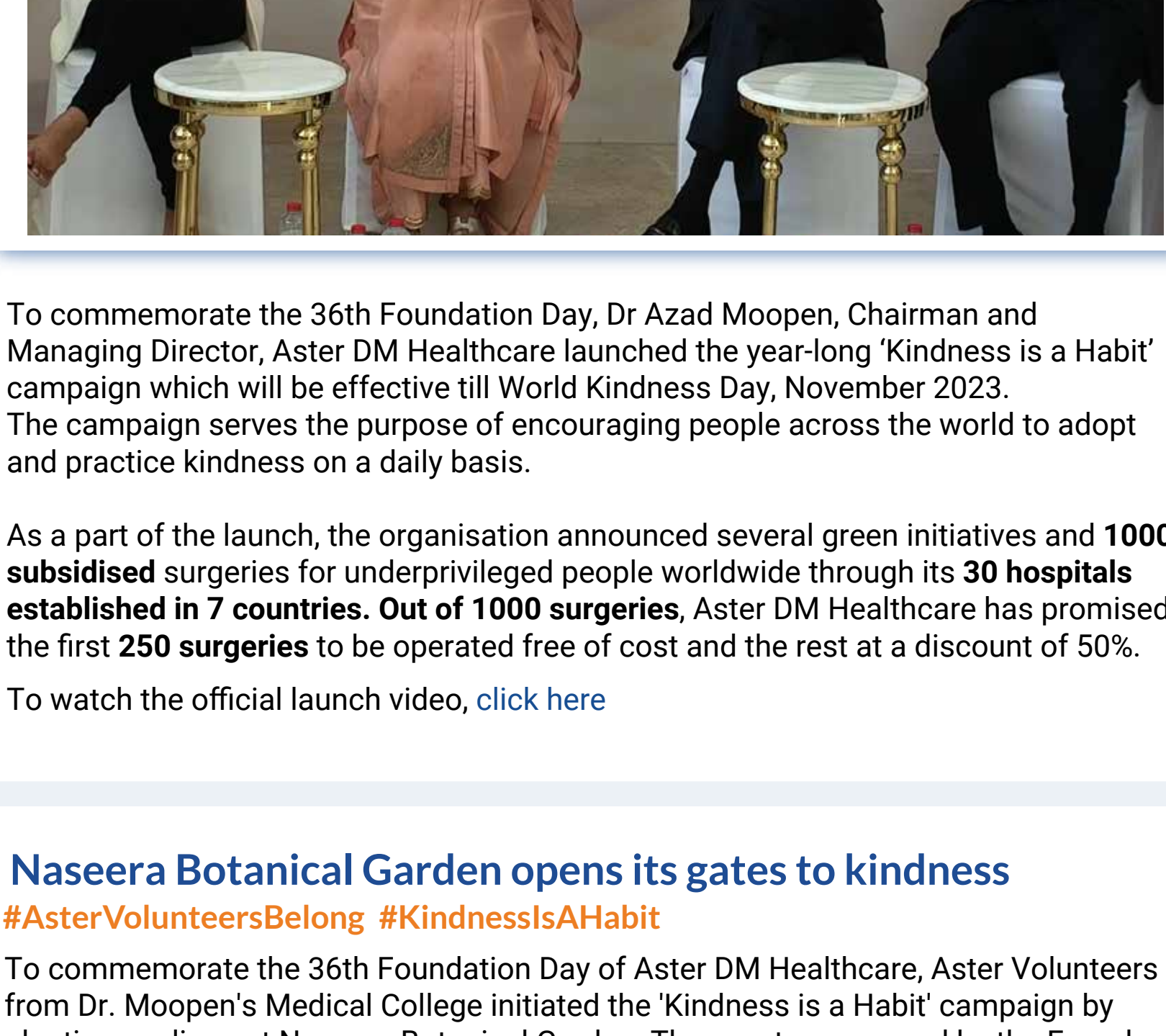


The 'Kindness is a Habit' campaign gets its official launch

#AsterVolunteersBelong #KindnessIsAHabit



To commemorate the 36th Foundation Day, Dr Azad Moopen, Chairman and Managing Director, Aster DM Healthcare launched the year-long 'Kindness is a Habit' campaign which will be effective till World Kindness Day, November 2023. The campaign serves the purpose of encouraging people across the world to adopt and practice kindness on a daily basis.

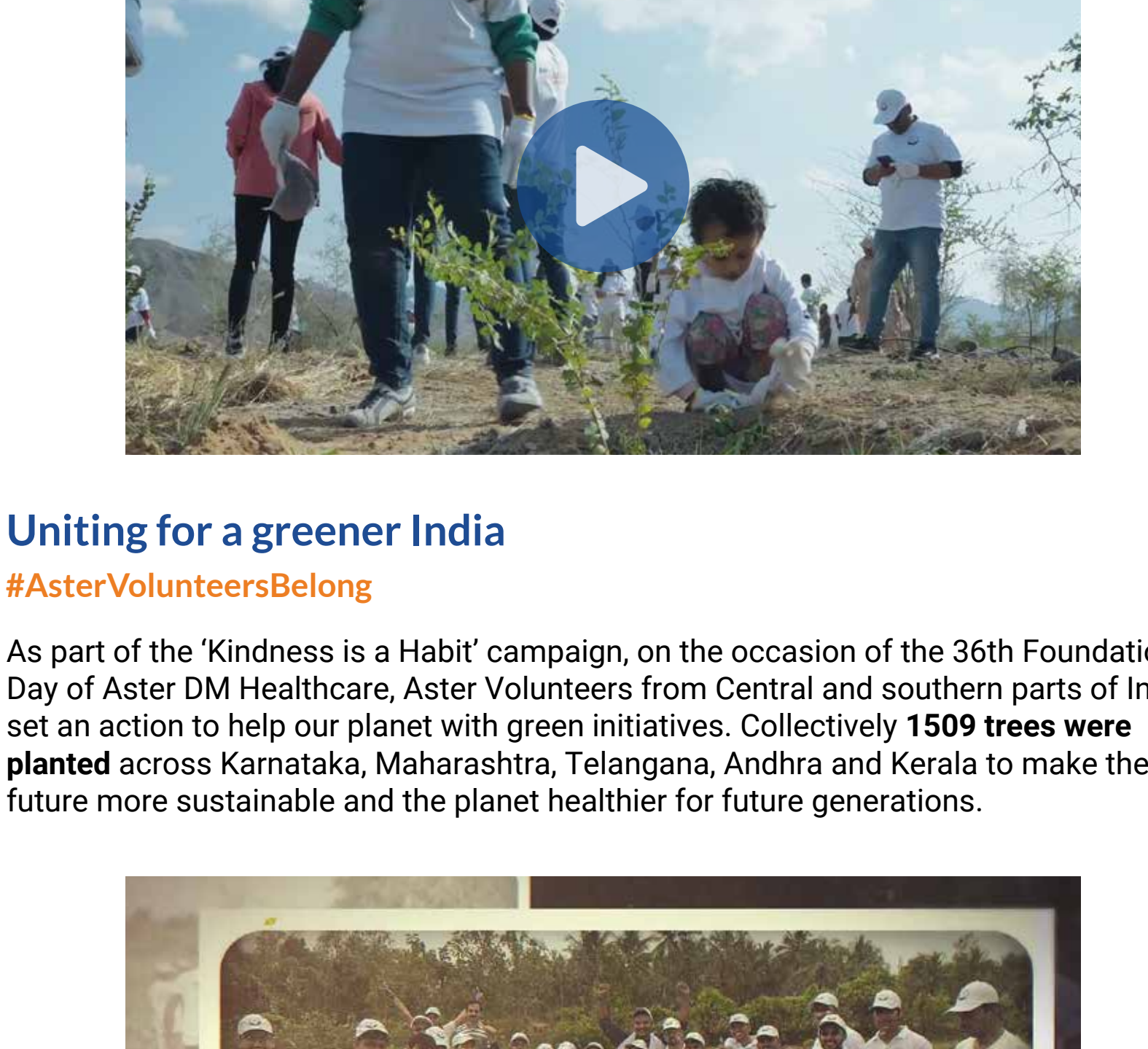
As a part of the launch, the organisation announced several green initiatives and **1000 subsidised surgeries** for underprivileged people worldwide through its **30 hospitals established in 7 countries**. **Out of 1000 surgeries**, Aster DM Healthcare has promised the first **250 surgeries** to be operated free of cost and the rest at a discount of 50%.

To watch the official launch video, [click here](#)

Naseera Botanical Garden opens its gates to kindness

#AsterVolunteersBelong #KindnessIsAHabit

To commemorate the 36th Foundation Day of Aster DM Healthcare, Aster Volunteers from Dr. Moopen's Medical College initiated the 'Kindness is a Habit' campaign by planting saplings at Naseera Botanical Garden. The event was graced by the Founder and Chairman of the Aster DM Healthcare, Dr. Azad Moopen and his family. The students from the college and other neighbouring schools made the event successful by planting a greener and more sustainable future.

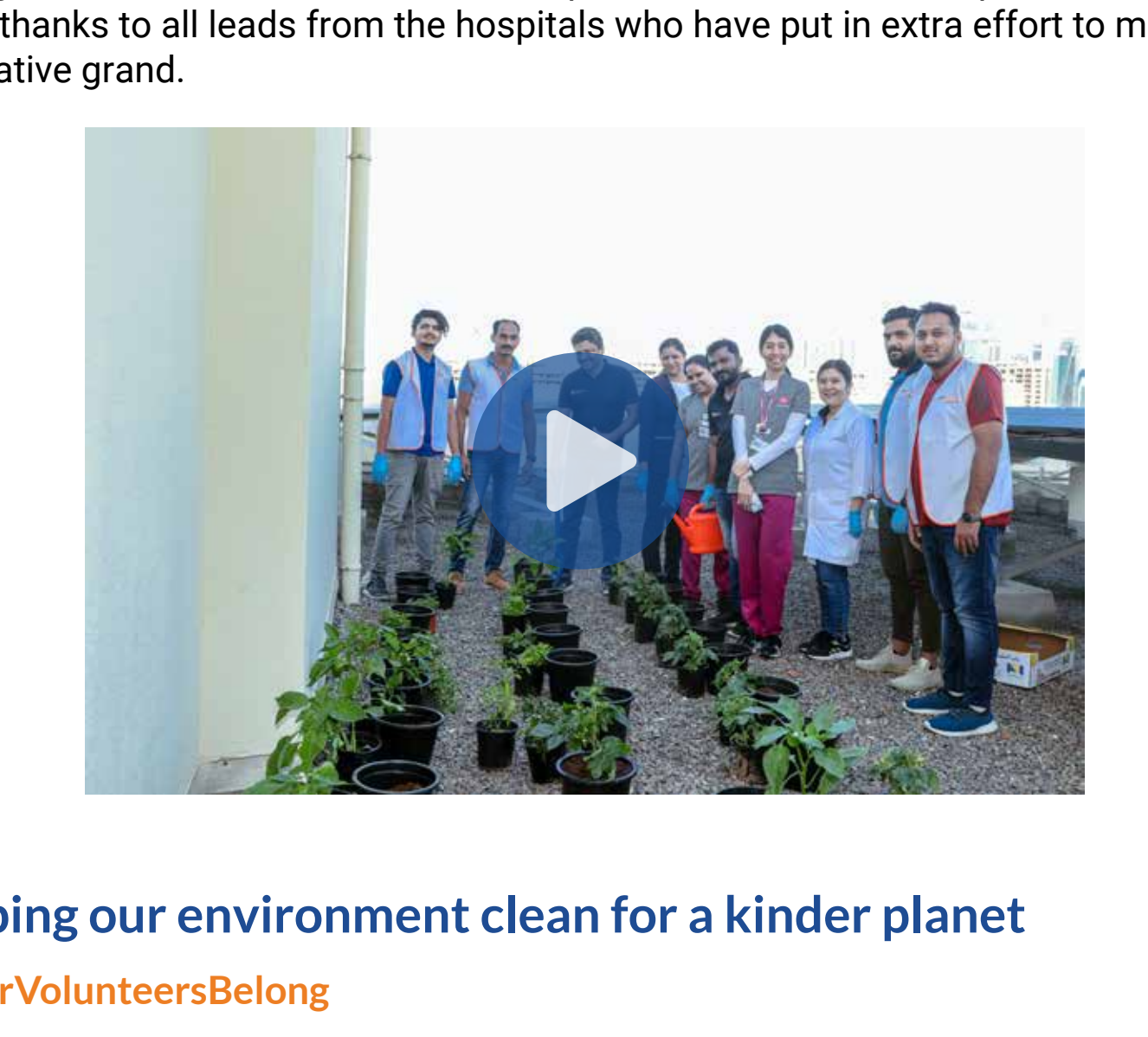


Planting the seeds of a greener future

#AsterVolunteersBelong

As a part of the 'Kindness is a Habit' campaign, The Aster Volunteers UAE in association with Emirates Environmental Group organized a tree plantation drive at Ras Al Khaima - Hatta Border (UAE) to commemorate the 36th Foundation Day of Aster DM Healthcare. **More than 350 volunteers** from different units joined the initiative to plant **500 Sidr saplings**.

These saplings will grow in the next 3-5 years to mitigate CO2 emissions, increase carbon sinks and enhance bee habitats. The program was graced by H. E. Engr. Sheikh Salim Bin Sultan Bin Saqir Al Qasimi (Chairman of Ras Al Khaimah Civil Aviation Authority & Member of Executive council of RAK Govt.) Senior Management of Aster DM Healthcare and Aster Volunteers and their family members.



Uniting for a greener India

#AsterVolunteersBelong

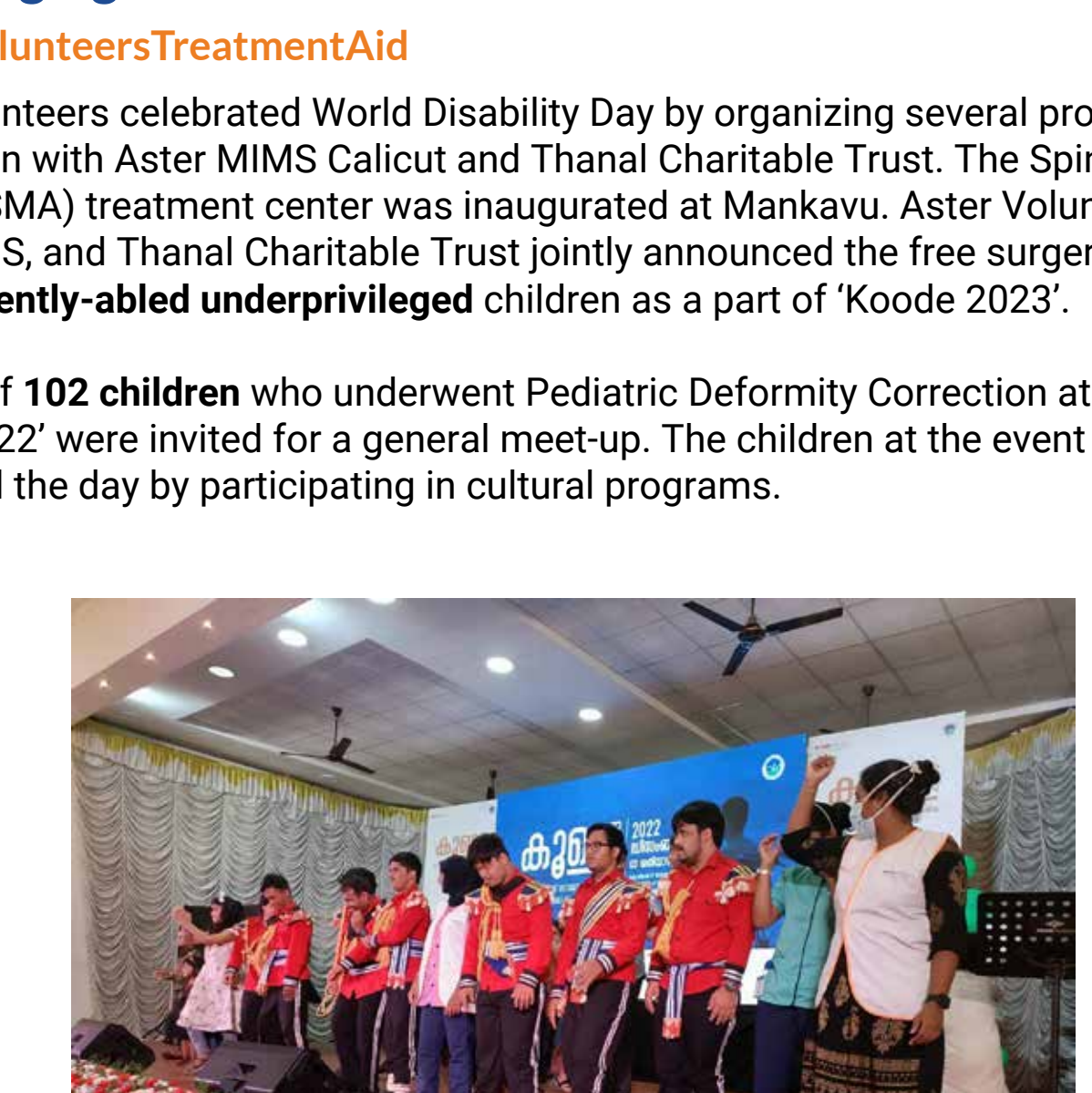
As part of the 'Kindness is a Habit' campaign, on the occasion of the 36th Foundation Day of Aster DM Healthcare, Aster Volunteers from Central and southern parts of India set an action to help our planet with green initiatives. Collectively **1509 trees were planted** across Karnataka, Maharashtra, Telangana, Andhra and Kerala to make the future more sustainable and the planet healthier for future generations.



Aster and Medcare Hospitals cultivate kindness on their rooftops

#AsterVolunteersBelong

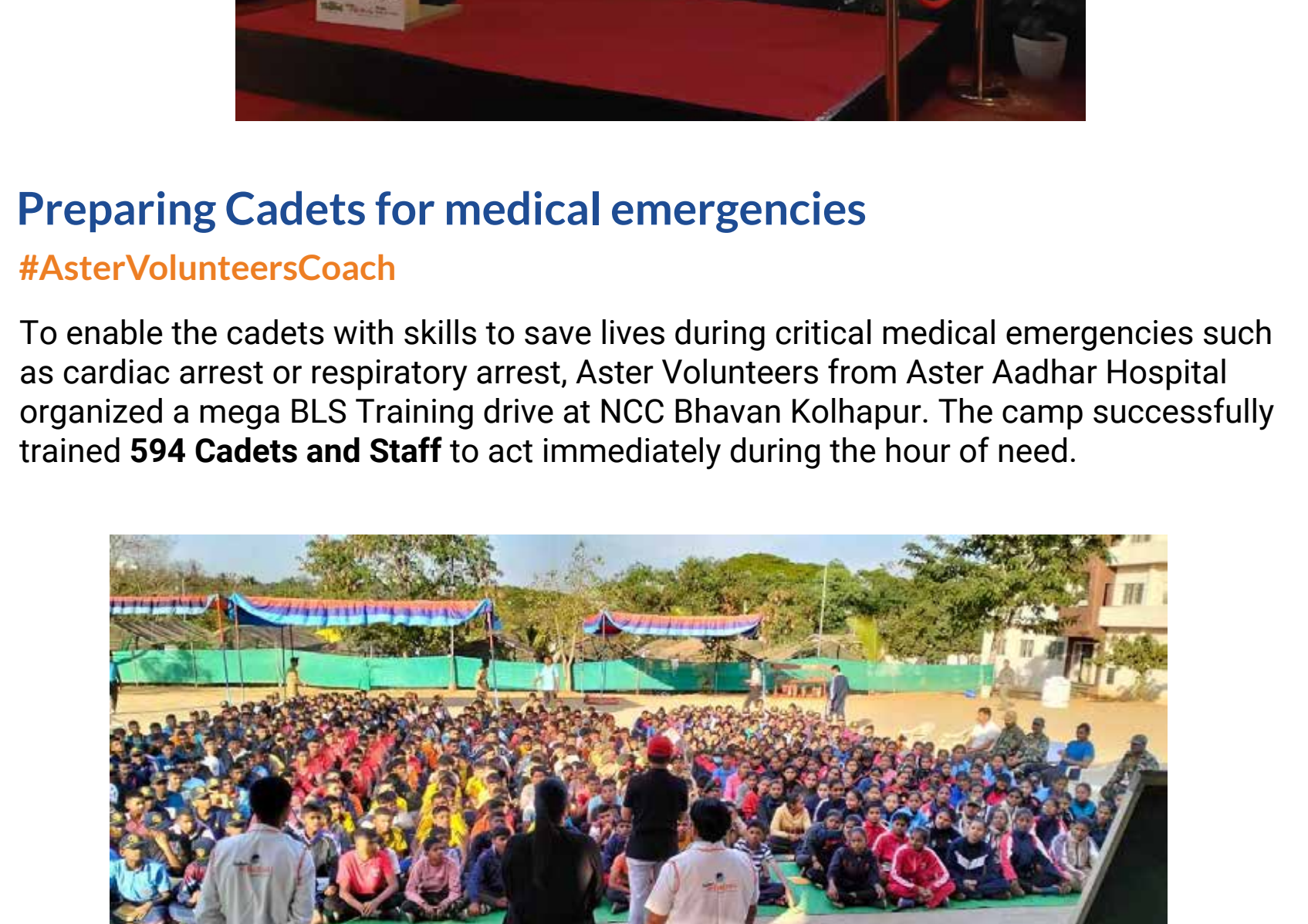
Aster Volunteers from Aster Hospital Cedar, Aster Hospital Sharjah, Aster Hospital Muhaisnah, Aster Hospital Mankhool, Aster Hospital Qusais, Aster MIMS Calicut and Aster Volunteers from Medcare Hospital Safa, and Medcare Orthopedics and Spine Hospital jointly supported the 'Kindness is a Habit' campaign by starting Organic Vegetable Farming on the hospitals' rooftops. The staff and officials thanked and reciprocated the planet's kindness by planting saplings. When compared to Conventional Farming, Organic Farming is more natural and sustainable as it carries the weight of social and environmental responsibilities towards the planet. We offer special thanks to all leads from the hospitals who have put in extra effort to make the initiative grand.



Keeping our environment clean for a kinder planet

#AsterVolunteersBelong

Aster Volunteers from Aster Medcity Kochi and Aster DM Foundation partnered to support the 'Kindness is a Habit' campaign by organizing a mega beach cleaning drive at Cherai. In the presence of Mr. Soopy Kallangodan DGM, Dr. Shanavas AGM, Mr. Usman Head of Finance, Mr. Joy CSO, Mrs. Shymol Manager (Billing), and Mr. Justin Manager (Housekeeping), event was initiated by Mr. U Basheer (Executive Trustee).



Making our choices green with the road cleanup drive

#AsterVolunteersBelong

Aster Volunteers from Dr. Moopen's Medical College organised a road cleaning drive to support the 'Kindness is a Habit' campaign. More than 200 MBBS students and college staff participated in the event to collect more than **15 huge bags of plastic waste** and pet bottles. In the presence of Mr. Soopy Kallangodan DGM, Dr. Shanavas AGM, Mr. Usman Head of Finance, Mr. Joy CSO, Mrs. Shymol Manager (Billing), and Mr. Justin Manager (Housekeeping), event was initiated by Mr. U Basheer (Executive Trustee)



Encouraging the little ones to be limitless

#AsterVolunteersTreatmentAid

Aster Volunteers celebrated World Disability Day by organizing several programs in association with Aster MIMS Calicut and Thanal Charitable Trust. The Spinal Muscular Atrophy (SMA) treatment center was inaugurated at Mankavu. Aster Volunteers, Aster MIMS, and Thanal Charitable Trust jointly announced the free surgery for **250 differently-abled underprivileged** children as a part of 'Kooode 2023'.

Families of **102 children** who underwent Pediatric Deformity Correction at the 'Kooode 2022' were invited for a general meet-up. The children at the event also celebrated the day by participating in cultural programs.



Preparing Cadets for medical emergencies

#AsterVolunteersCoach

To enable the cadets with skills to save lives during critical medical emergencies such as cardiac arrest or respiratory arrest, Aster Bhuvan from Aster Aadhar Hospital organized a mega BLS Training drive at NCC Bhavan Kolhapur. The camp successfully trained **594 Cadets and Staff** to act immediately during the hour of need.

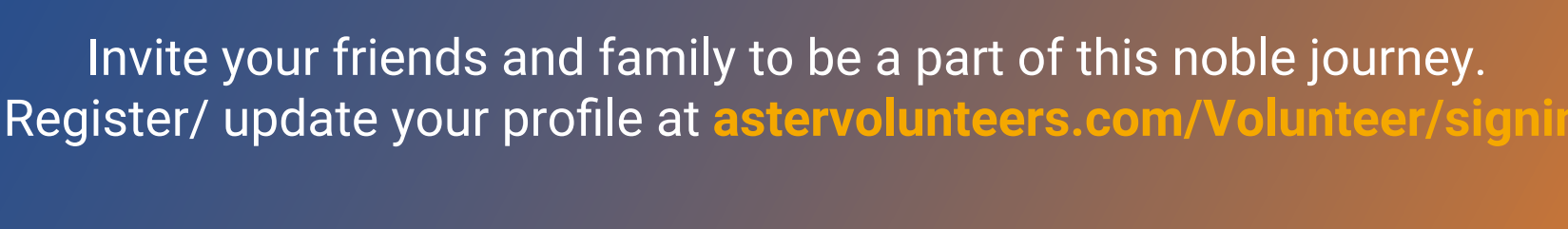


Care on Wheels

#AsterVolunteersTreatmentAid

Aster Volunteers Mobile Medical Services (AVMMS) set up **48 camps** across countries and helped **35,349 beneficiaries** in December 2022.

The service aims to reach underserved sections of society with quality healthcare and bring happiness into their lives.



Making Miracles Happen

#AsterVolunteersTreatmentAid

In the month of December, **INR 11,393,496 worth of aid** was contributed towards the treatment of **541 patients**, which supported the beneficiaries back to healthy living.

Through our Treatment Aid program, we offer our services to those who can't afford advanced medical help as we believe every human deserves quality healthcare.

Awards & Recognitions

#AsterVolunteersTreatmentAid #AsterVolunteersDisasterAid

Aster DM Healthcare was awarded twice for its earnest CSR and Sustainability activities at the 9th CSR Awards and Summit held in New Delhi, India on 8th Dec 22. **Aster Volunteers Treatment Aid** was presented with a Gold Award under the Healthcare category.

Aster Homes - the Aster Volunteers Disaster Aid was conferred with Silver Award under the Rural Development Program Category. The awards only strengthen our belief and determination, encouraging us to strive for selfless activities.

Reaching thousands of miles and serving millions of smiles

#AsterVolunteers4Million+Lives

Under the leadership of our Honorable Chairman, Dr. Azad Moopen, we made a decision five years ago. Since then, we have walked miles to make this world a better place with sincere and selfless efforts. In this journey of compassion, we have fortified the same dream by **impacting 4 million+ people** with over **53,000+ volunteers**. We dream of a world that is served only smiles to offer and we continue our journey until it is served.

Every act of kindness counts #KindnessIsAHabit

Invite your friends and family to be a part of this noble journey. Register/ update your profile at astervolunteers.com/Volunteer/signin