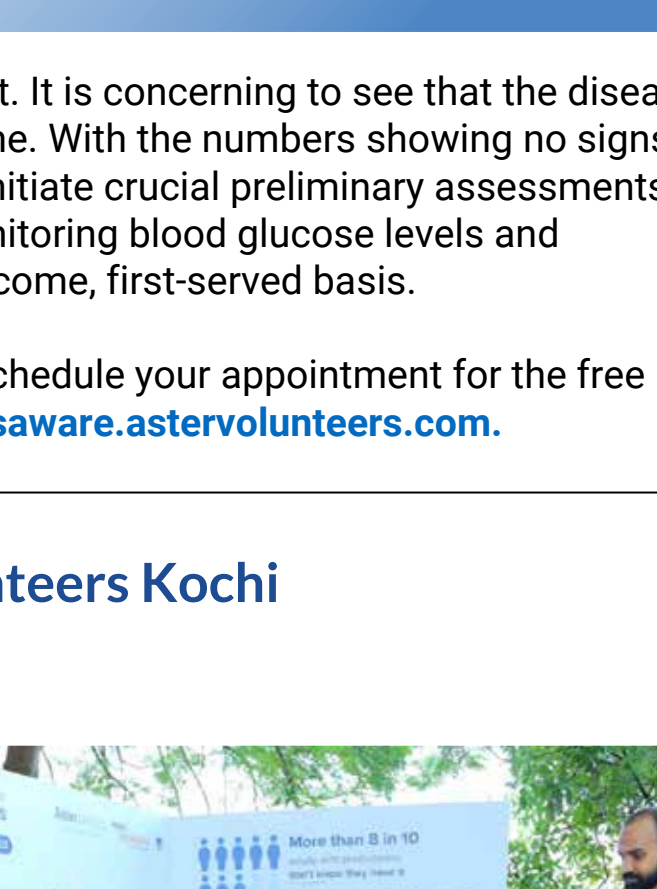


# Age is no longer a determinant for diabetes

## Early detection makes cure easier



Take a Free HbA1c Test  
14th Nov 23 - 31st Jan 24  
becomediabetsaware.astervolunteers.com



Diabetes knows no bounds and can be a lonely fight. It is concerning to see that the disease had affected around **6.7 million people** in 2021 alone. With the numbers showing no signs of decreasing, Aster Volunteers are doing their bit to initiate crucial preliminary assessments by providing the **free HbA1c Test**: A blood test for monitoring blood glucose levels and diagnosing type 2 diabetes is conducted, on a first-come, first-served basis.

Join us in the fight against Diabetes. register and schedule your appointment for the free HbA1c test by visiting the website: [becomediabetsaware.astervolunteers.com](http://becomediabetsaware.astervolunteers.com).

### Free HbA1c test drive by Aster Volunteers Kochi

#AsterVolunteersBelong

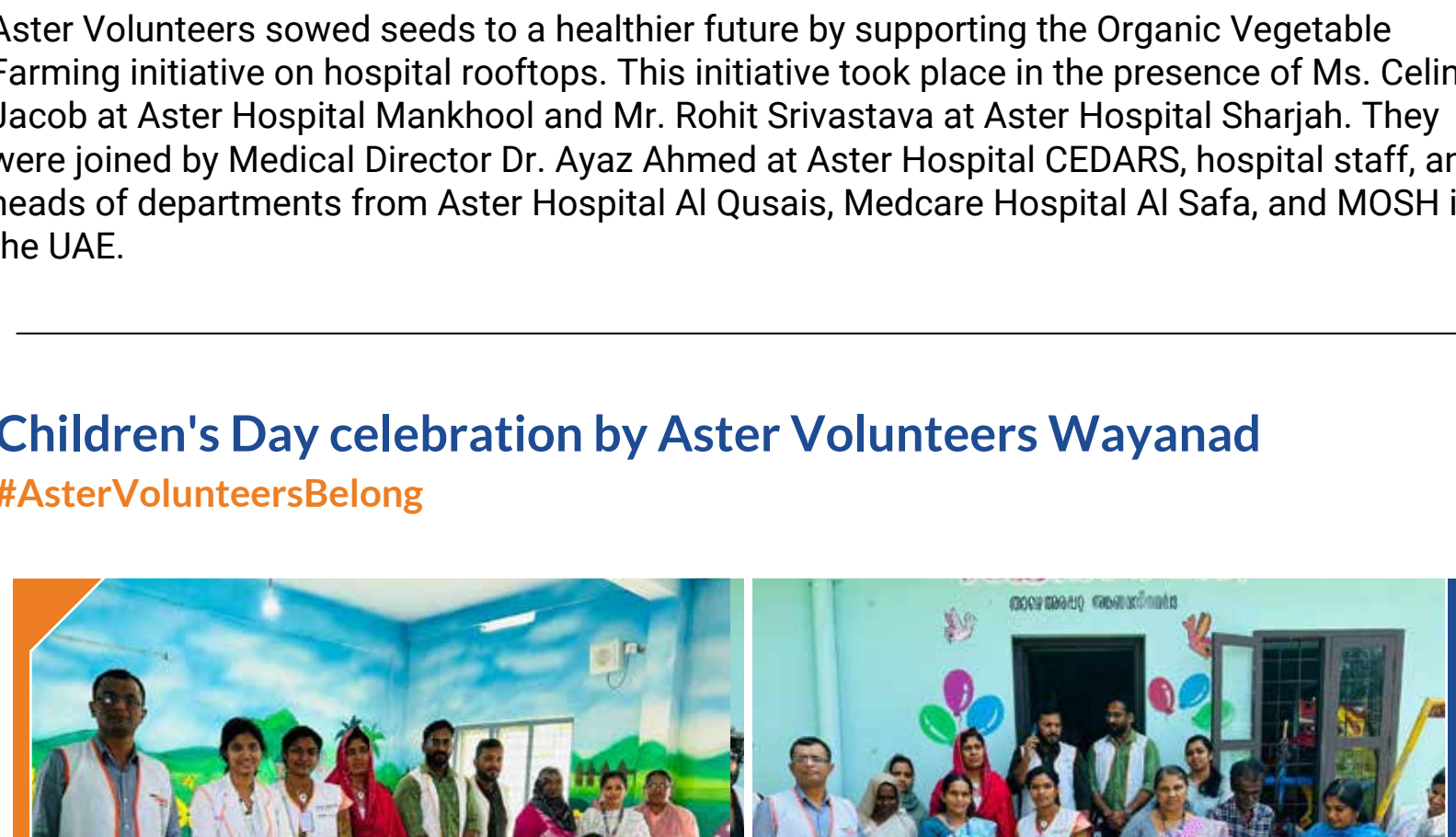


To commemorate **World Diabetes Day 2023**, Aster DM Foundation along with Aster Volunteers, and Aster Medcity Kochi jointly conducted a Free HbA1c Test Drive at Marine Drive, Kochi.

**Sri. Farhan Yasin, Vice President, Aster India** inaugurated the drive. Dr. Vipin V.P, Senior Consultant in Endocrinology, spoke about the importance of early diabetes screening to the public who were present at the venue.

### 200 Mangrove saplings planted by Aster Volunteers Kochi

#AsterVolunteersBelong



Mangroves play an active role in mitigating storm impacts, and their dense roots bind the soil tightly, reducing erosion amid accelerating rise in sea levels. On **Kerala State Formation Day, 200 mangrove saplings** were planted at Puthuvyppe Backwater Beach as part of the Aster Green Choices initiative by the Aster Volunteers Team from Kochi.

**50 students from St. Xavier's College for Women, Aluva**, planted the saplings along with renowned Environmentalist Mr. Manoj Kumar from Ernakulam, and Mr. Chandra Bhanu, Sr. Manager, Food & Beverages, Aster Medcity who jointly inaugurated the drive.

### Organic Vegetables Farming Initiative on Aster Hospital Rooftops in the UAE

#AsterVolunteersBelong



Aster Volunteers sowed seeds to a healthier future by supporting the Organic Vegetable Farming initiative on hospital rooftops. This initiative took place in the presence of Ms. Celin Jacob at Aster Hospital Mankhool and Mr. Rohit Srivastava at Aster Hospital Sharjah. They were joined by Medical Director Dr. Ayaz Ahmed at Aster Hospital CEDARS, hospital staff, and heads of departments from Aster Hospital Al Qusais, Medcare Hospital Al Safa, and MOSH in the UAE.

### Children's Day celebration by Aster Volunteers Wayanad

#AsterVolunteersBelong



Aster Volunteers from Dr. Moopen's Medical College Wayanad, orchestrated a heartwarming celebration on the occasion of Children's Day, curating a special program at two nearby Anganwadis.

Infusing joy and sweetness, the volunteers distributed sweets and delightful toys sponsored by the renowned cartoonist **Pencilashan** to the children, making their day extra special. But, it wasn't just about gifts as beautiful moments were cherished as the volunteers spent quality time with the little ones at both the Anganwadis.

The volunteers along with the Pediatric Department at Dr. Moopen's Nursing College, Child Health Department, and the Social Work Department came together to make the Children's Day in the pediatric ward extra special. The event was a blast with children's programs, painting competition, exciting prize distributions, and a delightful cake cutting. A day that was well spent with joy, creativity, and laughter echoing through the halls as we celebrated the happiness and spirit of our wonderful children.

Dr. Cherian, Head of the Pediatric Department, inaugurated the festivities, joined by the esteemed guests- Dr. Manoj Narayanan, Medical Superintendent; Dr. Shanavas Palliyal, DGM-Operations, and Prof. Ramudevi, Head of Child Health Nursing Dept, Dr. Moopen's Nursing College.

### Mega Medical Screening Camp by Aster Volunteers Kochi

#AsterVolunteersTreatmentAid

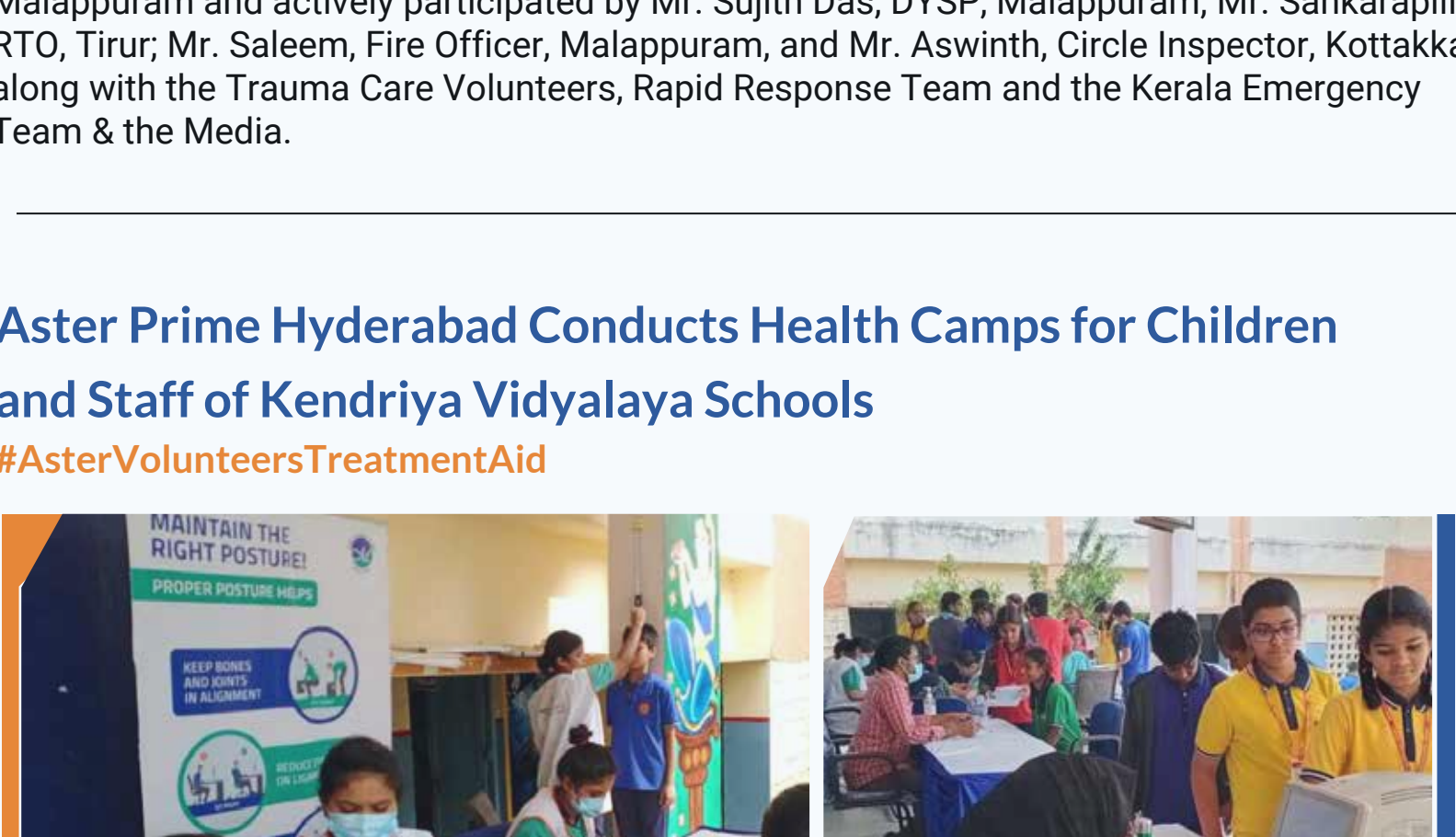


Aster Volunteers along with Peace Valley, in association with Thanal, jointly conducted a special medical screening camp for children and the general public at **Dhanya Auditorium, Panayikulam, Ernakulam District**.

Dr. Aarathi, Specialist in Pediatrics, and Dr. Evina Benny, a Resident in General Medicine from Aster Hospital led the medical team. External volunteers from the Thanal Palliative and Paraplegic Care Society also actively supported the event. A total of **125 beneficiaries** were treated including pediatric and adult patients.

### BLS training for ambulance pilots and heavy vehicle drivers

#AsterVolunteersCoach



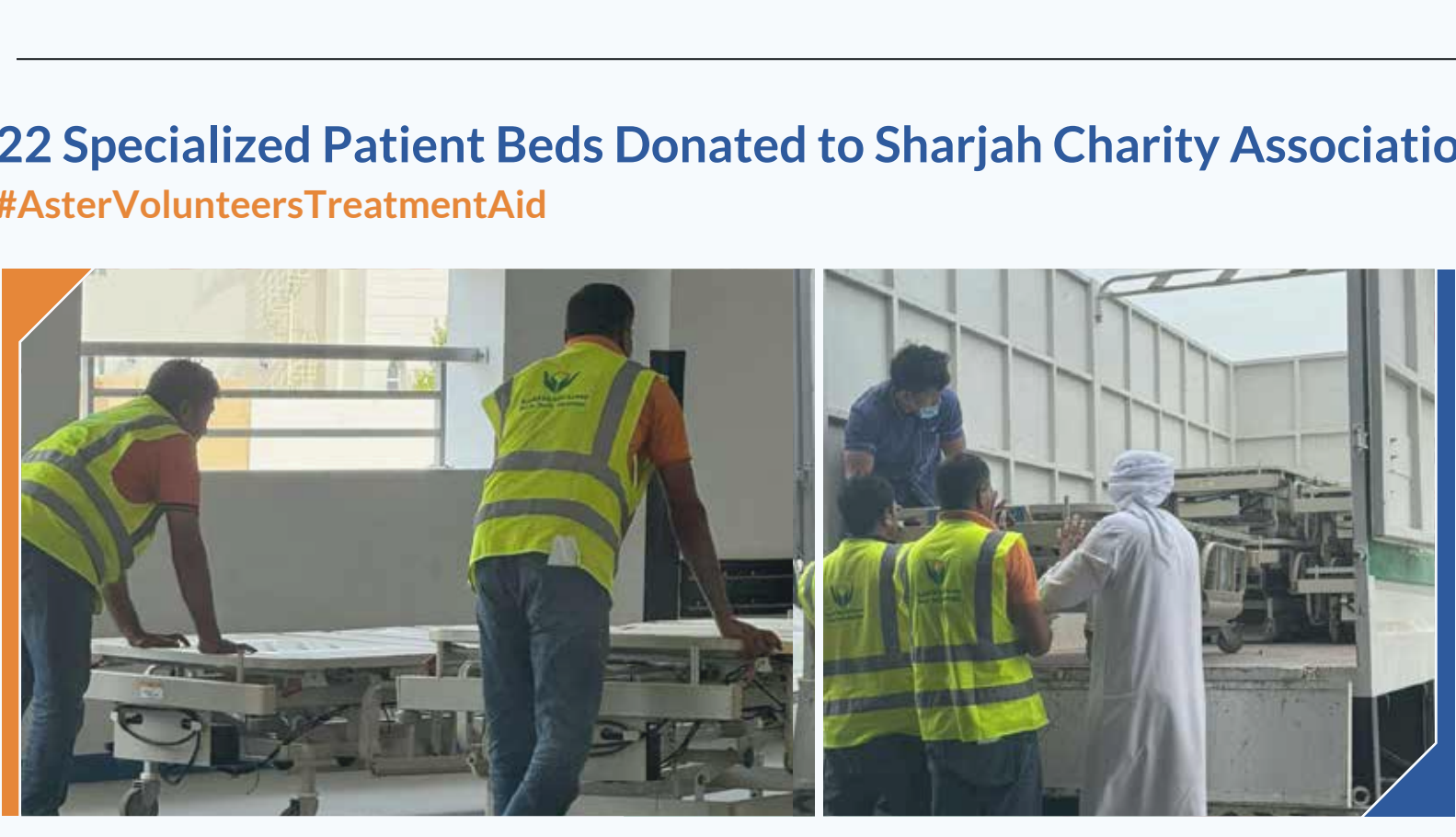
Aster CMI Hospital Bangalore organized a Basic Life Support (BLS) training session for ambulance pilots in Tumkur. Around **90 pilots** attended the training, which was conducted by Dr. Harish Kumar, Clinical Lead in the Department of Pediatrics.

During the session, Dr. Chetan G, Lead Consultant and Program Director in the Department of Paediatrics, Aster Hospitals, Bangalore provided a brief overview of safety measures and protocols, specifically related to pediatric cases. Ensuring the safety and well-being of small children during emergencies is crucial, the doctors provided the drivers with the necessary training to effectively handle emergencies.

Aster CMI Hospital Bangalore also organized a successful BLS Training session at **Ashok Leyland Ltd. Heavy Vehicle Driver Training Institute**. The primary objective was to impart crucial life-saving skills to both employees and truck drivers. With an enthusiastic turnout of around **70 participants**, the session not only saw active engagement but also demonstrated a commitment to learning. The training, facilitated by an ACLS Provider, ensured the highest level of expertise and effective knowledge transfer.

### Entrepreneurship Development Program for the Women from the Fisherman Community

#AsterVolunteersCoach

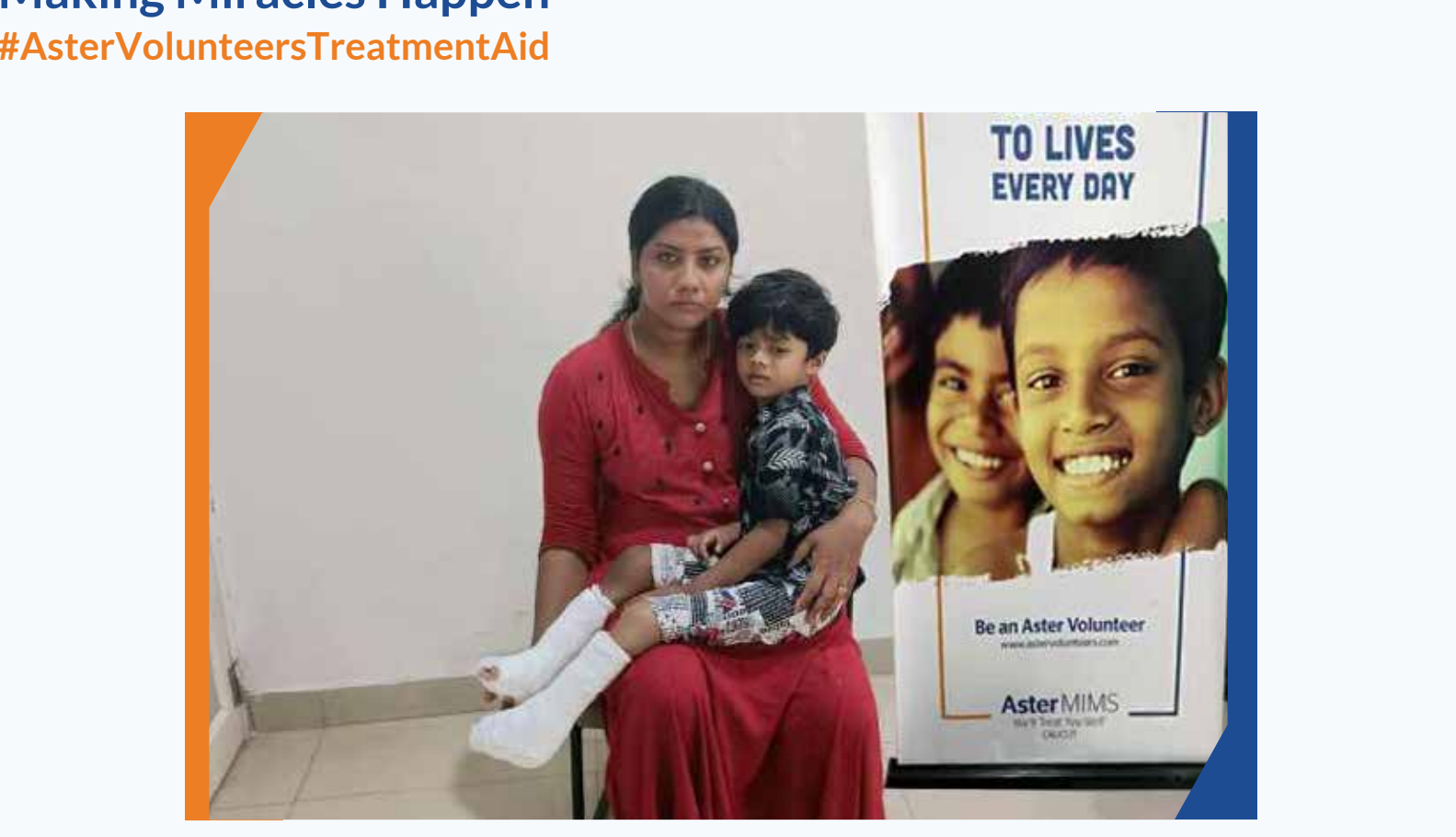


Aster Volunteers along with Moopen Institute for Local Employment and with the support of NABARD started a **Fish Processing Entrepreneurship Development Program** for the women from the fishing community in Parappanangadi Municipality. The objective of the training was to train women in coastal areas in fish processing and ensure support for starting their own business enterprises. **30 women from various coastal wards** are currently undergoing the training. Mr. K.P.A. Majeed, MLA from the Tirurangadi Constituency inaugurated the program.

The project is being implemented in collaboration with the Kudumbashree District Mission and Parappanangadi Municipality. Mr. Usman A, Chairman of Parappanangadi Municipality, presided over the program. Notable speakers at the event were Mr. Ashkar Ali Kokaratil, MILES Administrator; Mr. Muhammad Riaz, NABARD DDM; Mr. Aswath, Circle Inspector, Kottakkal along with the Trauma Care Volunteers, Rapid Response Team and the Kerala Emergency Team & the Media.

### Sudden Cardiac Arrest Awareness Program conducted by Aster Volunteers Guntur

#AsterVolunteersCoach



Aster Ramesh Hospital Guntur, in collaboration with VIGNAN Pharmacy College at Vadlamudi, led an impactful awareness program on Sudden Cardiac Arrest in young individuals. Dr. P N S Haritha headed the program, which drew active participation from **210 members**.

### Aster MIMS Kottakkal oversees Disaster Preparedness Workshop

#AsterVolunteersDisasterAid



Aster Volunteers Kottakkal organized a Disaster Preparedness Workshop in the wake of the disastrous Tanur boat accident. It was a significant event aimed at addressing and managing the aftermath of the tragic incident that sadly resulted in loss of lives. The primary purpose of the workshop was to address the aftermath and consequences of all disasters. It discussed topics such as **disaster management protocols, medical response, relief operations, psychological support for the survivors and community mobilisation**.

The workshop was inaugurated by Dr. Sarin IAS, Deputy Collector - Disaster Management, Malappuram and actively participated by Mr. Sujith Das, DYSP, Malappuram; Mr. Sankarapillai RTO, Tirur, Mr. Saleem, Fire Officer, Malappuram, and Mr. Aswath, Circle Inspector, Kottakkal along with the Trauma Care Volunteers, Rapid Response Team and the Kerala Emergency Team & the Media.

### Aster Prime Hyderabad Conducts Health Camps for Children and Staff of Kendriya Vidyalaya Schools

#AsterVolunteersTreatmentAid



Aster Volunteers from Aster Prime Hyderabad successfully conducted **4 Health camps** for School Children and Staff members of Kendriya Vidyalaya Schools, Hyderabad. The chief guests of the program were the principal Mr. Roopindra Singh, staff Anurag Singh & Dr. Amita Sharma from the Corporate Office of Kendriya Vidyalaya School. The camp featured consulting doctors in general medicine and dental care. Over **four days, 1345 participants** took part in the camp.

### Aster Aadhar Kolhapur Offer Health Services at a Government Centre

#AsterVolunteersTreatmentAid



Aster Volunteers from Aster Aadhar Kolhapur identified a Government Centre with a short supply of healthcare services in a densely populated region. Through our team of volunteers and doctors, we engaged with government authorities to provide health services and screenings of various issues in **ENT, Cardiology, Oncology, and Ophthalmology** to **112 beneficiaries**. Those requiring further intervention were guided to our hospital for free treatment.

### 22 Specialized Patient Beds Donated to Sharjah Charity Association

#AsterVolunteersTreatmentAid



As part of the community development project, Aster Volunteers and Medcare Hospitals UAE, donated **22 specialized patient beds** to their trusted CSR associate, **Sharjah Charity Association**, enhancing the patient bedding facilities.

### Care on Wheels

#AsterVolunteersMobileMedicalServices

In **November '23**, Aster Volunteers Mobile Medical Services (AVMMS) organized **406 camps** across India, the Middle East and Africa delivering free healthcare to **38,568 beneficiaries**. The service strives to bring quality healthcare to those in need.



### Making Miracles Happen

#AsterVolunteersTreatmentAid



In our continued quest to make quality healthcare affordable and accessible to all, Aster Volunteers go out of its way to mend lives of those who faces the harsh reality of unaffordable medical care.

In **November '23**, our contribution of **INR 83,45,241** towards the Aster Volunteers Treatment Aid offered solace to **676 patients**, becoming a lifeline as they sought to regain a semblance of life.



## Every act of kindness counts #KindnessIsAHabit

With a 72,000+ strong volunteering forces (as on 29th Oct 23), we have made a meaningful impact on over 4.8 million people. Together we can achieve a lot more and reach millions more...Join us with your friends and family to bring everlasting smiles to deserving faces.