Aster volunteers Herald

India Edition
Mar-Apr 2025
Issue no. 2025-02

March

DIVA 2025: Women of Today — Accelarting Ambition

#AsterVolunteersBelong

Diva 2025
Women Empowered

The 5th edition of **"Diva," Aster Volunteers' flagship Women's Empowerment program**, unfolded as a vibrant celebration of the strength, resilience, and inspiring spirit of women from all walks of life.

This year's edition continued the tradition of honoring the diverse roles women play in shaping society, reaffirming Aster Volunteers' commitment to empowering women and fostering inclusive progress.

Aster Medcity Kochi Promotes Women's Wellness

Aster Volunteers from Aster Medcity Kochi, in collaboration with Aster DM Foundation India, organized a Women's Health Awareness Session at **KMEA Arts & Science College, Kuzhivelipady, Ernakulam**. The event aimed to empower the academic community with essential health knowledge.

Led by Dr. Nila Surendran from Aster Medcity's Centre of Excellence in Women's Health, the session focused on key health topics relevant to young women. Coordinated by the college's Women's Cell, the initiative encouraged students to make informed and confident health choices.

Aster MIMS Calicut Celebrates Women Health

Aster Volunteers from Aster MIMS Calicut, hosted

a meaningful and impactful event honoring the contributions and well-being of women in the workplace.

Held at Lulu Mall, Kozhikode, the event featured a special awareness session on “Women’s Health in the Workplace,” led by Dr. Arshiya from Aster MIMS' Gynecology Department. Over **100 employees** attended the session, which spotlighted the importance of health, wellness, and supportive environments that enable women to reach their full potential.

Empowering Women in the Digital Age: Cybersecurity Workshop at Aster MIMS Kottakkal

Aster Volunteers from Aster MIMS Kottakkal took a forward-thinking approach to empowerment by hosting a Cybersecurity Training Workshop, equipping women with essential digital safety skills for the modern world.

Organised in collaboration with **Redteam Hacker Academy**, the session offered expert-led guidance and hands-on training, giving participants the tools and confidence to protect themselves in today’s increasingly connected environment.

From identifying online threats to practicing safe internet habits, the workshop emphasized the importance of digital literacy and helped empower women through knowledge, skills, and real-world readiness.

DIVA 2025 Wayanad: A Tribute to Resilience in the Wake of Tragedy

Aster Volunteers from **Dr. Moopen’s Medical College Wayanad**, in collaboration with **Eterna Student Union Thanal**, hosted DIVA 2025, honoring the courageous women survivors of the Chooralmala Mundakkai landslide. The event was inaugurated by Mr. U Basheer, Executive Trustee, alongside young survivor Kumari Avanthika, who lost her entire family in the tragedy. They lit the ceremonial lamp with Prof. Lida Antony, Principal, Dr. Moopen’s Nursing College and frontline medical heroes such as Dr. Aswathi Kani, Dr. Jenimol, Dr. Sona Vijay, and Dr. Paul, who played key roles in the rescue and recovery operations.

In a moving show of solidarity, Aster’s leadership team, Mr. Soopy Kallangodan, Dr. Shanavas, Mrs. Sangeetha Susan, and Mr. Usman stood with the survivors, reaffirming Aster's deep commitment to healing, empowerment, and community care.

Aster RV Hospital Bangalore Brings Wellness at the Workplaces

Aster Volunteers from Aster RV Hospital held an impactful on-site Health Talk at the **Bank of Baroda Regional Head Office**.

The session, led by Dr. Shivani and Ms. Palak, focused on women's health and well-being, providing practical, actionable guidance to help participants take charge of their health in everyday life. From preventive care to stress management, the talk emphasized the importance of self-care and proactive wellness.

With the enthusiastic participation of over **80 female employees**, the event proved to be a resounding success, fostering a supportive environment where knowledge, empowerment, and the celebration of womanhood came together meaningfully.

Spreading Joy & Brightening Lives of Underprivileged Children

#AsterVolunteersBelong

The Smile campaign has long been a heartfelt tradition: bringing underprivileged children together for a day filled with joy, celebration, and unforgettable experiences. Every year, dedicated volunteers pour their time and love into creating moments that leave a lasting impact on these young lives.

This year, we're thrilled to share a collection of touching stories from Smile events across India that beautifully capture the festive spirit and remarkable success of this cherished initiative.

Festive Outfits Bring Joy to 77 Children by Dr. Moopen's Medical College Wayanad

In a beautiful celebration of Eid, Vishu, and Easter,

Aster Volunteers from Dr. Moopen's Medical College, in collaboration with **Family Wedding Center, Meppadi**, gifted festive outfits to **77 children** as part of the Smile 2025 campaign.

The event was inaugurated by Dean Dr. A.P. Kammath and graced by the presence of Executive Trustee Mr. U. Basheer, Mr. Soopy Kallangodan, and Dr. Shanavas Palliyal, who all shared in the joy of the occasion.

A heartfelt thank you goes out to the dedicated staff and the NSS unit of Dr. Moopen's Nursing College, whose efforts made the day truly memorable for the children, filling it with smiles, celebration, and a sense of belonging.

Aster Sick Kids Foundation Spreads Eid Joy at Thrissur

This Eid was made truly unforgettable through a heartfelt joint effort by Aster Volunteers, Aster Sick Kids Foundation, and the **Vadanappilly Orphanage Committee** in Thrissur.

In a touching display of compassion, **102 orphaned children** were given the wonderful opportunity to choose their own Perunnal Kodi (Eid outfits) from a renowned textile showroom in Thriprayar. This simple yet meaningful tradition turned into a treasured memory for the young hearts, making their Eid celebration extra special.

The joy continued with a sumptuous Iftar feast for all **250 residents** of the Vadanappilly Orphanage, featuring a delicious spread crowned by a special mutton biryani, symbolizing the warmth of community and shared celebration.

VATANAPPALLY GROUP OF EDUCATIONAL INSTITUTIONS

New Phase of Clear Sight Project for KSRTC Drivers and Conductors

#AsterVolunteersAid

Clear Sight
Powered by Aster Volunteers

Aster Volunteers is proud to announce the latest phase of its Clear Sight project, now extending vital eye care support to **Kerala State Transport Corporation (KSRTC)** drivers and conductors.

The district-level inauguration took place at the North Paravoor KSRTC Depot and was graced by Adv. V D Satheesan, Opposition Leader of the Kerala Assembly, marking a significant milestone in the initiative's expansion.

Originally launched to provide eye care for students during midsummer vacations, Clear Sight now addresses the critical vision health needs of KSRTC personnel, who endure long hours on the road and face increased risks of vision-related issues.

Aster MIMS Calicut Bring Vital Healthcare to Tribal Communities in Nilambur

#AsterVolunteersAid

Aster Volunteers from Aster MIMS Calicut, with invaluable support from Aster Volunteers Mobile Medical Services Malabar, Aster MIMS Charitable Trust, and the Aster MIMS Nursing College NSS Unit, successfully conducted a three-day Tribal Mission Mode Medical Camp across various tribal regions in Nilambur, Malappuram district.

The camp reached remote communities including Patta Karimbu, Chingakallu, Chokkad, Kalakkunnu, and the 40 Cent Tribal regions of Chokkad and Amarambalam Grama Panchayath. These areas are home to diverse tribes such as the Kattunaykkar, Kurumbaas, Kurumar, Paniyans, and the rare Cholanaykkans, who face serious health challenges including sickle cell anaemia and oral submucous fibrosis.

The first day's camp took place at the Parambikulam Tiger Hall, in collaboration with the Kerala Forest Department and the Centre for Life Skill Learning. It was inaugurated by Sri K Babu, MLA of Nenmara constituency, and presided over by Sri Sujith R, Wildlife Warden, Parambikulam. The following two days saw medical services delivered deep inside tribal forest settlements.

Across the three days, **412 beneficiaries** received comprehensive healthcare services spanning gynaecology, ophthalmology, paediatrics, and general medicine, a testament to Aster Volunteers' steadfast commitment to ensuring quality healthcare access for underserved tribal populations.

Aster MIMS Calicut Spreads Festive Cheer with Iftar Kit Distribution

#AsterVolunteersAid

In the true spirit of Ramadan and Vishu, Aster Volunteers from Aster MIMS Calicut in collaboration with Aster MIMS Charitable Trust extended a hand of compassion through a special iftar kit distribution drive for the community.

The initiative reached **300 porters** and underprivileged families, providing essential supplies during this sacred and festive season.

Aster MIMS Kottakkal Celebrate Ramadan with a Heartwarming Iftar

#AsterVolunteersAid

In a beautiful celebration of Ramadan's spirit of generosity and togetherness, Aster Volunteers from Aster MIMS Kottakkal hosted a warm Iftar gathering at **Shanthi Bhavanam Orphanage** in Randathani.

The event brought volunteers and orphanage residents together, creating moments filled with joy, unity, and compassion. Sharing delicious food and heartfelt conversations, everyone experienced the true essence of Ramadan, kindness, community, and giving.

This gathering not only strengthened bonds but also reinforced Aster Volunteers' commitment to spreading hope and love through meaningful connection and service.

Dr. Moopen's Family Foundation Distributes Ramadan Food Kits

#AsterVolunteersAid

In a heartfelt initiative Aster Volunteers Wayanad supported by Dr. Moopen's Family Foundation proudly distributed **600 Ramadan food kits** to the region's most vulnerable residents, bringing relief and festive cheer during the holy month.

The event was inaugurated by Mr. U Basheer, Executive Trustee, who personally handed over kits to Mrs. Shaiban Sathalavi, Vice President of Mooppainad Panchayath Palliative Unit, alongside other beneficiaries. The occasion was honored by the presence of Mr. Soopy Kallangodan, DGM LSGD, local Panchayath members, and Mahallu committee representatives.

This noble initiative, sustained for over 12 years, stands as a testament to the generosity of our Chairman and his family, and the dedicated leadership of Mr. Basheer and Mr. Kallangodan.

"Periods Made Easier" to Promote Menstrual Health in Alappuzha Schools

#AsterVolunteersAid

In a landmark step towards improving menstrual health awareness, Aster Volunteers launched the "Periods Made Easier" project at **Govt. High School Mannanchery and Naluchira Govt. High School** in Alappuzha.

The initiative introduces sanitary napkin vending machines and incinerators to these schools, making menstrual hygiene products more accessible to adolescent girls and promoting safe, environmentally friendly disposal practices.

The project was inaugurated by Mr. P.P. Chitharanjan, MLA of Alappuzha, and Mr. Sudarshan, President of Purakkad Grama Panchayat, highlighting the crucial role of community support in dismantling menstrual stigma.

Inclusive Health Camp for the Differently-Abled Community in Bangalore

#AsterVolunteersAid

In a heartfelt effort to extend accessible healthcare to all, **Aster RV Hospital Bangalore**, through Aster Volunteers Mobile Medical Services, organized a comprehensive medical camp for members of the **National Association for the Blind, Deaf, and Dumb**.

A series of impactful health talks were delivered on critical topics including menstrual hygiene, hand hygiene, breast cancer awareness, and cervical cancer prevention, encouraging proactive health management and self-care.

The medical services provided were equally comprehensive, offering vitals checks (height, weight, BMI, blood pressure, and blood sugar), dental and eye screenings, audiometry tests, and consultations with a gynecologist and general physician. A total of **100 beneficiaries** received care and guidance during the camp.

Aster Narayanadri Hospital Tirupati Delivers Free Healthcare

#AsterVolunteersAid

In a strong show of commitment to accessible healthcare, Aster Volunteers from **Aster Narayanadri Hospital Tirupati** participated in the Vaidhya Jyothi Program, organized by **ABN Andhra Jyothi** at **Indira Maidanam, Tirupati**.

Aster Volunteers
ఉచిత మెగా వైద్య శిబిరం
Aster
ఆస్టర్ నారాయణాద్రి హాస్పిటల్

The medical camp was inaugurated by Dr. S. Venkateswar, District Collector, underscoring the significance of collaborative public health efforts in reaching underserved communities. During the event, attendees received free doctor consultations and vital health check-ups, including blood pressure, sugar, and BMI assessments. In addition, essential medications were provided at no cost, ensuring immediate support and continuity of care.

A total of **205 individuals** benefited from the initiative, walking away with valuable medical guidance, treatment, and a renewed sense of well-being. This initiative reflects Aster's continued dedication to community health, preventive care, and ensuring that quality healthcare remains within reach for everyone.

Life-Saving Training at the Toyota Plant in Bangalore

#AsterVolunteersCoach

Aster Volunteers from **Aster RV Hospital Bangalore** successfully conducted a Basic Life Support (BLS) and Active Bleeding Control (ABC) training session at the Toyota main plant in Bidadi, Bangalore. The session witnessed enthusiastic participation from over **280 staff and drivers**, who were trained in essential life-saving techniques. The initiative reflects Aster's ongoing commitment to community safety and emergency preparedness.

The training aimed to empower participants with the knowledge and confidence to respond effectively during emergencies, reinforcing community safety and well-being. Upon completion, all participants were recognized for their commitment to enhancing safety standards within their workplace and beyond

Livelihood Support Program by Aster DM Foundation India

#AsterVolunteersAid

Our Livelihood Support Program consistently makes a significant impact, benefiting individualsevery month through various initiatives. Each story reflects our commitment to fostering positive change in the lives of those in need.

Mrs. Geetha from Kannur, a woman of remarkable strength who has been living with bone deformities and bone loss since the age of three. To support her journey toward independence, Aster DM Foundation, in collaboration with a local NGO, helped Geetha **set up her own tailoring shop**. This initiative not only provides her with a sustainable source of income but also restores her sense of purpose and self-reliance.With every stitch she sews, Geetha is crafting a brighter and more hopeful future.

Vinod, a 39-year-old from Chottanikara, Ernakulam, lives with his wife, mother, and two daughters. Physically disabled due to polio, he is the sole breadwinner, supporting his family by making and selling home products like phenyl, soap, and washing powder.Seeing the potential in his efforts, Aster DM Foundation stepped in to help him scale up. We provided **essential raw materials, bottles, and supplies**, allowing Vinod to grow his business and move closer to a more secure and self-sufficient future for his family.

Mahesh P. P., a 36-year-old artist from Kannur, paints a world far beyond the limits of his wheelchair. Diagnosed with Muscular Dystrophy and wheelchair-bound since age eight, Mahesh's life has been shaped by resilience and a deep passion for art. Living with his elderly parents and a brother who shares his condition, he found strength in creativity.

Recognizing his talent and determination, Aster DM Foundation helped Mahesh **set up his own Art Gallery**, a dedicated space to showcase and sell his work. Each canvas sold brings him closer to self-sufficiency and a life of dignity through art.

April

Health for All: The Urgent Need for Accessible Healthcare

#AsterVolunteersAid

Health for All underscores the urgent need for accessible and affordable healthcare for everyone, everywhere. From underserved rural communities to overburdened urban health systems, the gaps in healthcare access must be addressed.

Community Health Drive in Wayanad to mark World Health Day

On World Health Day, as part of the Health for All initiative, Aster Volunteers from **Dr. Moopen's Medical College**, along with the Business Development Department and NSS Unit of Dr. Moopen's Nursing College, organized an awareness session and free BP and Blood Sugar check-up drive at the bus stands in **Meenangadi** and **Sulthan Bathery**.

The events were inaugurated by Mr. Vinayan K.E., Meenangadi Panchayath President, and Ms. Elsy Poulose, Municipal Deputy Chairperson at Sulthan Bathery, alongside Mrs. Shamila Junais, Health and Education Standing Committee Chairperson. Supported by Dr. Diya from Community Medicine and the Business Development Team, the initiative benefited around **200 community members**, promoting health awareness and early detection.

Aster Volunteers Donate Oxygen Units in Wayanad, Kerala

Aster Volunteers from Dr. Moopen's Medical College Wayanad donated **8 oxygen concentrators** to various NGOs and organizations, including the Panchayath Palliative Unit. The event was inaugurated by Executive Trustee Mr. U. Basheer, who handed over the first concentrator to Mrs. Shaiban Salam, Vice President of Mooppainad Panchayath.

The ceremony was graced by dignitaries including Dr. Lida Antony (Nursing College Principal), Dr. Lal Prasanth (Pharmacy College Principal), senior administrative and finance leaders, along with key representatives from Local Self Government and partner NGOs. This initiative reflects Aster's commitment to enhancing critical healthcare resources in the community.

Free Medical Screening and BLS Training in Mandya, Karnataka

Aster G Madegowda Hospital in collaboration with **Aster RV Hospital Bangalore** recently held a free medical screening camp at Malligere village, Mandya District, providing essential health check-ups to the local community.

In addition, they conducted a Basic Life Support (BLS) training session for **NSS students of Bharathi College**, empowering youth with crucial life-saving skills and emergency response knowledge. This dual initiative highlights Aster's commitment to enhancing community health and education.

Aster MIMS Calicut Organised Free Pediatric Cardiology Screening

Aster Volunteers from Aster MIMS Calicut in partnership with the **Rotary Club of Kozhikode** and the Pediatric Cardiac Department of Aster MIMS Calicut, conducted a free pediatric cardiology screening camp at **Edathody Krishnan Nair Hall, BC Road, Beypore**. The camp served **45 children under the age of 18**, including many with congenital heart disease and those facing financial barriers to treatment. After thorough screenings, about **30 children** were identified for free follow-up care and surgical interventions.

Special thanks to Dr. Renu P. Kurup, Dr. Girish Warrier, and the entire medical team whose dedication made this initiative possible.

Pediatric Cardiac Screening Camp at Alappuzha, Kerala

Aster Volunteers from **Aster Medcity Kochi** in collaboration with the District Administration and Kanivu Unit, TD Medical College, successfully conducted a pediatric cardiac screening camp at **Al Huda School**, Alappuzha.

The camp was inaugurated by District Collector Alex Varghese and presided over by Ms. Beena Sebastian, Principal of TD Medical College. Led by Dr. Bijesh and Dr. Nabeel, the team screened **36 children**, identifying **10 in need of further medical or surgical care** at Aster Medcity, Kochi. MBBS students from TD Medical College actively volunteered, reinforcing our mission to support children with congenital heart conditions. Special thanks to Dr. Abdul Salam and the entire team for their invaluable support.

Easter Celebration with Old Age Home Residents in Kolhapur, Maharashtra

#AsterVolunteersBelong

Aster Volunteers from **Aster Aadhar Kolhapur** spread joy and warmth at the **Matoshri Old Age Home, Kolhapur**. A total of **80 residents** benefited from this meaningful initiative, as we honored the wisdom and stories of our senior citizens, strengthening community bonds across generations.

Mega Life Support Training at Calicut, Kerala

#AsterVolunteersCoach

Aster Volunteers from **Aster MIMS Calicut** in collaboration with **Aster MIMS Emergency Department** and **Farook Training College NSS Unit**, successfully organized a Mega Life Support Training Camp for **1,000 student volunteers** from various colleges affiliated with Calicut University.

BER CITY
OLLEGE
HA
PPORT

The camp was inaugurated by Dr. Santhosh Sreedar, Rotary District Governor, with Dr. N. A. Shihab, NSS Coordinator, presiding over the event. This impactful initiative aimed to equip youth with vital Basic Life Support (BLS) skills, enabling them to respond effectively during emergencies and contribute to the health and safety of their communities.

Nature Study Camp for Kids by Aster MIMS Calicut

#AsterVolunteersCoach

Aster Volunteers of **Aster MIMS Calicut** along with **Aster MIMS Charitable Trust**, and **Vigil Kerala Foundation** jointly organized a district-level Nature Study Camp at **Chelannur Sree Narayana Vilasam AUP School**, aiming to cultivate a love for nature and biodiversity among children aged **10 to 15 from across Kozhikode district**.

NATURE STUDY CAMP

The camp featured interactive sessions including nature study classes, mangrove planting, environmental observation, educational tours, and a boat ride. The event was inaugurated by poet and District Panchayat member Rajeev Perumon, with mangrove saplings distributed by Dr. K.P. Manju, District Coordinator, State Biodiversity Board. The boat ride was flagged off by P.P. Nousheer, President, Chelannur Grama Panchayath. This initiative fosters a deeper environmental consciousness and sense of responsibility in young minds.

Care on Wheels

#AsterVolunteersMobileMedicalService

AVMMS Kochi

AVMMS Bangalore

AVMMS Barmer

AVMMS Hyderabad

AVMMS Kota

AVMMS Murshidabad

ImpactGuru Foundation
AVMMS Sitamarhi

AVMMS Katihar

AVMMS Indore

In the month of **March & April' 25**, Aster Volunteers Mobile Medical Services (AVMMS) organized **1516 camps across India** delivering free healthcare to **99,815 beneficiaries** to ensure quality healthcare is affordable and accessible at the doorstep of the people who are in need.

Health Beyond Barriers

#AsterVolunteersTreatmentAid

Bringing Hope,
ridging Gap
CARE BEYOND BOUNDARIES

In the month of **March & April' 25**, our contribution of **INR 11,007,477** to the Aster Volunteers Treatment Aid brought solace to **824 patients**, serving as a lifeline in their quest to regain a semblance of life.

In our ongoing mission to provide quality healthcare that is both affordable and accessible, Aster Volunteers tirelessly work to mend lives affected by the harsh reality of unaffordable advanced medical care.

Our Focus

Healthcare | Education | Social Empowerment | Enenvironmental Protection | Disaster Aid Support

Engage with Aster Volunteers

Together, we can accomplish a lot more and reach out to millions.