Aster volunteers Herald

Middle East & Africa
May-June 2026
Issue no. 2026-03

Aster Volunteers COSMOS Strengthens UAE Cancer Support Network.

#AsterVolunteersBelong

Astrer Volunteers UAE conducted COSMOS orientation program at the Amity University Campus, Dubai International Academic City.

Aster Volunteers COSMOS has strengthened its community-based cancer support network in the UAE with the successful completion of its first Orientation Programme. This event brought together more than **400 cancer survivors**, volunteers, caregivers, healthcare professionals and community members at **Amity University, Dubai International Academic City.**

The programme featured **12 cancer survivors** representing **six nationalities**, who shared powerful stories of courage, resilience and hope through the "Walk of Courage.

Their journeys, spanning **cancer stages from 0 to 4**, highlighted the importance of timely care, emotional support and the strength found in shared experiences.

The orientation marked an important milestone in the development of the UAE chapter of COSMOS : "**Circle of Strength, Master of Self,**" a specialised community initiative focused on providing emotional, psychosocial and peer support to people affected by cancer. Through survivor buddy programmes, peer engagement, group sessions, counselling, workshops and resource sharing, COSMOS complements clinical care by supporting patients, survivors and families throughout the cancer journey.

Key highlights of the programme included the "**Story of Resilience & Love**" session narrated by **Mr. Iqbal Ahmad Khan**, Chief Executive Officer, Fajr Capital, and Member of the Board of

Directors, Aster DM Healthcare (GCC) the chief guest of the day, which explored a father's journey alongside his daughter during her cancer treatment and the impact created by her in the society.

A multidisciplinary panel discussion featuring healthcare professionals and cancer survivors from Aster and Medcare was the key attraction of the orientation. The panel consists of **Dr. Malathi Arshanapalai**,Group Chief Medical & Quality Officer, Aster DM Healthcare, **Ms. Celin Jacob**,Chief Operating Officer, Aster Hospital, Qusais & Muhaisnah, **Dr. Pranay Taori**, Consultant & Specialist, Medical Oncology, Aster Hospital, Qusais, **Dr. Afsal Muhammed**, Consultant & Specialist Oncology Surgeon, Aster Hospital, Qusais; **Dr. Mohamad Azzam Ziade**, Consultant & Specialist, Hematology & Oncology, Medcare Hospitals UAE; **Dr. Annu Susan George**, Consultant & Specialist, Medical Oncology, Medcare Hospitals UAE; **Dr. Ramanathan V**, Cancer Survivor & Group Medical Director, Aster Hospitals & Clinics UAE; **Dr. Alka Kalra**, Psychologist.

The event was moderated by **Ms. Sarah Ilyas** Chief Nursing Officer, Aster Hospitals & Clinics UAE, Bahrain & Oman, who also serves as the Project Owner of COSMOS. The panel addressed the cancer journey from diagnosis onwards, including advances in treatment, compassionate communication, emotional wellbeing, caregiver support and the importance of a multidisciplinary approach to cancer care.

The programme also marked the establishment of the Aster Volunteers COSMOS Advisory Group and a Structured Leadership framework for the COSMOS Programme Committee. The new structure will support the next phase of the initiative by strengthening survivor engagement, expanding volunteer participation, building community partnerships and enabling more structured emotional and psychosocial support.

The UAE chapter is supported by a growing network of **more than 400 registered Volunteers** . The programme also featured a **Basic Life Support Awareness Session, interactive activities, and cultural and entertainment performances**, creating an atmosphere of learning, connection and celebration with cultural entertainment. Initiated during the COVID-19 pandemic, in response to the emotional and mental health challenges faced by cancer patients, Aster Volunteers COSMOS has evolved into a structured community support programme guided by the principles of Care, Compassion and Community. As it continues to grow, COSMOS aims to expand its reach through volunteer engagement, peer mentoring, survivor-led initiatives and community partnerships, with a simple but powerful belief at its heart: **No one should fight cancer alone**.

Click here to know more about Aster Volunteer COSMOS events.

Promoting Wellness on International Yoga Day 2026

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On the occasion of International Yoga Day 2026, Aster Volunteers UAE and MyAster in association with BAPS Hindu Mandir, Abu Dhabi organized a special yoga session along with a health awareness session and medical camp.

Aster Volunteers UAE and **MyAster**, in association with **BAPS Hindu Mandir, Abu Dhabi**, organized a special yoga session on the occasion of International Yoga Day 2026 to promote physical, mental, and emotional well-being.

The program was led by **Pujya Shri Brahmaviharidas Swamiji**, who shared inspiring insights on mindfulness, inner balance and holistic wellness. More than **200 participants** came together for a morning dedicated to yoga, wellness, and meaningful community engagement.

Reinforcing the focus on holistic well-being, **Aster Volunteers Mobile Medical Services UAE** conducted a Health Awareness Session and Medical Camp led by **Dr. Muhammed Saleem**, General Practitioner, Aster Volunteers Mobile Medical Services UAE. The session encouraged participants to adopt healthy lifestyle practices and highlighted the importance of preventive healthcare, while the medical camp provided accessible health services to the community.

Through programs like these, Aster Volunteers aims to promote wellness, preventive healthcare, and a culture of care.

Empowering Health Through Meaningful Conversations: Mediaverse 2026 at Amity University

#AsterVolunteersBelong

Aster Volunteers UAE as part of Mediaverse 2026 conducted an awareness session on Type II Diabetes among Gen Z and the importance of early awareness and prevention.

Aster Volunteers UAE is proud to be part of **Mediaverse 2026**, an inspiring event by **Amity University Dubai** that brings together storytelling, creativity, social impact, wellness, and meaningful conversations on a single platform.

Dr. Bijumon Varkey, Specialist, Internal Medicine, Aster Clinics Dubai and **Dr. Satish Kosuri**, General Practitioner, Aster Volunteers Mobile Medical Services UAE, participated in an engaging panel discussion on one of the most pressing public health challenges: **Type II Diabetes among Gen Z, and the importance of early awareness and prevention**, reflecting our continued commitment to community well-being and preventive healthcare.

The discussion was grounded in primary research conducted among **150 individuals** including students and faculty, highlighting the urgent attention demanded by rising diabetes cases, while also emphasizing the need to communicate health-awareness in ways that truly resonate with younger generations.

As part of the engagement, **Dr. Seema Sangra** also expressed support for the initiative by distributing free HbA1c test coupons provided by Aster Hospitals & Clinics, to participants and their family members, further strengthening preventive health outreach. This collaboration reinforces a shared belief: when academia, healthcare, and media come together with purpose, they create powerful pathways for awareness and impact.

We extend our sincere appreciation to the **Media Studies Department of Amity University Dubai**, the program coordinator **Dr. Seema Sangra**, participating students, and our doctors for contributing to this meaningful initiative.

Driving Change Through Sustainable Choices

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Aster Volunteers drive environmental responsibility through **Green Choices activities**. These encompass tree planting, e-waste collection, plastic reduction, and clean-up drives towards a healthier, more sustainable planet. Across the region, these environmental efforts have collectively gathered over **1,083 kgs of e-waste** and **planting 72 trees** in recent drives to divert hazardous waste from landfills and enhance green spaces for local communities.

UAE

From Greener Spaces to Cleaner Futures

Aster Volunteers from **Medcare Hospitals & Medical Centres, UAE**, in association with the **Agricultural Department of Dubai Municipality**, planted **67 trees at Al Khawaneej Park, Dubai**. The initiative was led by **Mr. T. J. Wilson**, Executive, Director & Group Head – Governance & Corporate Affairs, Aster DM Healthcare, whose leadership has inspired meaningful environmental action across the region. The plantation drive included a diverse range of native and ornamental species, contributing to cleaner air, enhanced biodiversity, climate resilience, and healthier communities.

Aster Volunteers from Medcare Hospitals & Medical Centres UAE on the occasion of World Environment Day 2026 conducted a tree plantation drive at Al Khawaneej Park,

Aster Volunteers from Aster Hospital Cedars, Jebel Ali, planted five mango trees within the hospital premises.

Aster Volunteers UAE conducted the 5th edition of the e-waste collection drive across Aster and Medcare facilities.

Aster Volunteers UAE successfully concluded the **5th edition of the E-Waste Collection Drive** under the Aster Green Choices initiative, reaffirming our commitment to responsible waste management and environmental sustainability. The drive witnessed active participation across **Aster and Medcare facilities** in the UAE, with **1,043 kgs of e-waste** collected through dedicated collection points established across these facilities. With the continued support of our volunteers and recycling partner, Clear Earth, the campaign has now facilitated the responsible recycling of **4,821 kgs of e-waste** over the past **5 years**, contributing to a cleaner and more sustainable environment.

Aligned with the **UN Sustainable Development Goals** and our broader ESG commitments, the drive continues to raise awareness about responsible e-waste disposal and inspire communities to make sustainable choices.

Qatar

World Environment Day: Turning E-waste into green action

Aster Volunteers Qatar conducted an E-waste collection drive marking the World Environment Day.

Aster Volunteers Qatar conducted an e-waste collection drive marking the World Environment Day. The initiative was led by **Mr. Sajith Pillai**, Head of Business Development, whose leadership has inspired meaningful ecological action across the region. The drive gathered **40kg** of discarded electronics, including obsolete cables and old mobile devices, contributing to the diversion of hazardous materials away from local landfills and directing them toward responsible recycling networks.

Further advancing the initiative, the dedicated volunteers reinforced their long-term commitment to environmental stewardship, climate resilience, and creating cleaner, greener, and healthier spaces for future generations.

Uniting for the Lifesaving Cause of Donating Blood

Drops of hope

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Aster Volunteers drives life-saving community support through its **Drop of Hope blood donation drives**, dedicated to strengthening access to safe blood and raising awareness across regions. Uniting communities in a shared mission to save lives, these collective efforts successfully gathered a **over 535 blood donors** across the **UAE, Saudi Arabia, and Yemen.**

UAE

Mega blood donation drive at Al Jadaf

Aster Volunteers UAE in celebration of World Blood Donors day 2026 organized a mega blood donation drive in association with the Blood Donation Centre at Al Jadaf.

Aster Volunteers UAE organized a Mega Blood Donation Drive in association with the **Blood Donation Centre, Dubai Health, at Al Jadaf** to mark World Blood Donor Day on 14 June 2026. The drive received an overwhelming response, with **278 registrations leading to 230 successful blood donations**.

We extend our heartfelt gratitude to the **Dubai Health Authority (DHA)** for their unwavering support and to every donor who stepped forward to give the gift of life.

Saudi Arabia

Blood donation camp at Riyadh

Aster Volunteers UAE in celebration of World Blood Donors day 2026 organized a mega blood donation drive in association with the Blood Donation Centre at Al Jadaf.

Aster Volunteers at **Aster Sanad Hospital, Saudi Arabia**, in association with **Joyalukkas Jewellery**, successfully conducted a blood donation camp to promote voluntary blood donation and support the growing need for safe blood across healthcare facilities.

Over 22 donors generously donated blood, making a valuable contribution towards strengthening the blood bank's reserves and ensuring the availability of lifesaving blood for patients in need.

Yemen

Blood donation drive in Seiyun

Aster Volunteers UAE in celebration of World Blood Donors day 2026 organized a mega blood donation drive in association with the Blood Donation Centre at Al Jadaf.

Aster Volunteers Mobile Medical Services (AVMMS) Yemen, in association with **Hadramout Blood Bank and Altabari Medical Institute**, organised a Blood Donation Drive in Seiyun, Yemen.

Bringing together the spirit of compassion and community service, the drive witnessed the participation of **283 generous donors** who stepped forward to contribute towards life saving efforts and strengthen healthcare initiatives within the community.

Aster Volunteers UAE	230 Donors
Aster Volunteers Saudi Arabia	22 Donors
Aster Volunteers Mobile Medical Services Yemen	283 Donors

The Drop of Hope initiative reflects Aster Volunteers' commitment to saving lives through meaningful action. Join us in making a difference, register at the Aster Volunteers Blood Donors Forum to participate in upcoming drives and help save lives.

Aster Volunteers bridges healthcare accessibility gaps through its **Health for All** medical support activities, dedicated to delivering free and subsidized medical services to underserved communities. Combining preventive screenings, health awareness, and emergency training, these collective regional efforts reached **over 2,600 beneficiaries** across the **UAE, Qatar, Oman, and Saudi Arabia**.

UAE

Aster Volunteers UAE, aligned with our **annual theme: "Joy of Giving"**, conducted various community health screening camps reaching **382 individuals** with preventive health screenings, specialist consultations, health awareness services and providing free HbA1c screening vouchers during the months of May and June 2026.

AVMMS UAE, in association with Blue Dunes Lions Club, and LOAMS, conducted a health screening camp for the residents of DAMAC Hills.

Aster Volunteers UAE in association with Aster Clinics Sharjah conducted a health screening Camp for the employees of Malabar Gold & Diamonds.

Aster Volunteers in association with Aster Clinics, successfully conducted a health screening camp for the All Kerala College Alumni Forum (AKCAF).

On the occasion of World Health Day 2026, **Aster Volunteers UAE**, in association with **Blue Dunes Lions Club**, and **LOAMS**, conducted a health screening camp for the residents of DAMAC Hills on 6 June 2026 at Picnic Park, DAMAC Hills 2, Dubai.

The camp provided a comprehensive range of services, including GP, specialist, and dental consultations, alongside eye screenings by **Aster Opticals** and vitamin testing by **Aster Pharmacy**. Attendees also benefited from BLS awareness training, essential vital checks (ECG, RBS, BP, and BMI), and complimentary HbA1c vouchers redeemable at Aster Clinics, successfully reaching all **215 community attendees**.

The camp was supported with a dedicated team of Specialists and General Practitioners who contributed their time and expertise to the success of the initiative. Adding to the experience, the event also featured engaging activities for children, including face painting and painting workshop, creating a fun and family-friendly environment for attendees.

Aster Volunteers UAE, in association with **Aster Clinics**, also conducted health screening camps for the **All Kerala College Alumni Forum (AKCAF)** and employees of **Malabar Gold & Diamonds.** The camps offered a wide range of healthcare services, including consultations, Basic Life Support (BLS) training, and essential health screenings such as BMI, blood pressure, random blood sugar (RBS), and ECG tests. Complimentary HbA1c vouchers were also distributed. The initiative benefited over **61 individuals** at the AKCAF Events Office, Dubai and **106 employees** at Malabar Gold & Diamonds, Sharjah.

Qatar

Aster Volunteers Qatar conducted a diverse series of health screening camps, educational workshops, and medical support initiatives in partnership with key corporate, governmental, and community entities, including the **Ministry of Interior (MOI), Qatar Shipyard, Gulf Exchange, Sudan Association**, and various cultural community groups across Qatar, collectively reaching **1,839 beneficiaries** during the months of May and June 2026.

Aster Volunteers Qatar conducted a series of community health screening camps along with Ministry of Interior (MOI) during Eid.

Aster Volunteers Qatar conducted health awareness and medical assistance initiatives for the Qatar Tamizhalar Sangam-Music Melody 2026 at DPS Monarch at the ICC Asoka Hall, Bu Hamour.

Aster Volunteers Qatar in association with Qatar Shipyard in Ras Laffan delivered a comprehensive two-day annual health check-up program.

Aster Volunteers Qatar, in collaboration with the **Ministry of Interior (MOI)**, conducted community health screening activities during the Eid festival at the **Industrial Area, Al Khor** and **Asian Town**, providing blood pressure, BMI, and General Random Blood Sugar (GRBS) screenings to **388 beneficiaries**.

The team also supported the **Qatar Tamizhalar Sangam's "Music Melody 2026"** at **DPS Monarch, Al Wukair**, and the **Telugu Samithi Father's Day event** at **ICC Asoka Hall, Bu Hamour**, offering first aid, medical assistance, and health screenings (BP, BMI, and GRBS) to **750 beneficiaries**.

Through workplace wellness initiatives, Aster Volunteers Qatar partnered with **Qatar Shipyard**, **Ras Laffan**, to conduct a two-day Annual Health Check-Up programme benefiting **168 industrial workers** with GP consultations, dental and vision screenings, and vital health assessments. In addition, **40 employees at Gulf Exchange, Shahaneeya** received First Aid training, while health screenings at **Falcon Fitness Center, Madinat Khalifa**, benefited **46 individuals**.

To promote preventive healthcare and community education, Aster Volunteers Qatar organized a virtual Adolescence Awareness Workshop for students in Grades 9–12, a Women's Wellness Programme for **80 participants** in Al Khor featuring gynecology awareness sessions, and a Hydration & Personal Hygiene awareness session that educated **60 residents** on healthy daily practices.

Oman

Aster Volunteers Oman conducted a diverse series of medical education programs, workplace wellness screenings, and health awareness sessions. Partnering with key corporate and industrial entities, these initiatives collectively reached **445 beneficiaries**.

Aster Volunteers Oman provided medical check-up for the Unilever employees.

Aster Volunteers Oman conducted a health awareness session with Al Naba Integrated Facility Sohar Management.

Aster Volunteers Oman conducted a Continuing Medical Education (CME) in Advanced Robotic Rehabilitation.

Aster Volunteers Oman organised a **Continuing Medical Education (CME)** programme in **Advanced Robotic Rehabilitation**, bringing together **75 healthcare professionals** to enhance knowledge and expertise in advanced rehabilitation practices.

The team actively promoted preventive healthcare, mental well-being, and workplace safety across corporate and industrial sectors, collectively supporting **370 beneficiaries**. This initiative included a dedicated medical check-up camp, which provided **100 Unilever employees** with vital on-the-spot clinical assessments, including blood pressure (BP) and random blood sugar (RBS) tracking for early detection and preventive care.

Aster Volunteers Oman also in collaboration with the **Al Naba Integrated Facility Management** in **Sohar**, hosted a corporate health awareness session for **150 staff members**, reinforcing the importance of everyday wellness habits.

Addressing psychological well-being, a targeted stress management session was conducted at **Aster Al Raffah Hospital,** equipping **120 industrial workers** with practical tools and proactive strategies to manage workplace stress and foster healthier daily routines.

Saudi Arabia

Promoting Preventive Healthcare and Emergency Preparedness

Aster Volunteers UAE in celebration of World Blood Donors day 2026 organized a mega blood donation drive in association with the Blood Donation Centre at Al Jadaf.

Aster Volunteers Saudi Arabia, in collaboration with **Aster Sanad Hospital,** organized a

World Hand Hygiene Day 2026 awareness event to promote the importance of proper hand hygiene in preventing infections and improving overall health. The initiative included free medical consultations, health education, and the distribution of hand sanitizers, benefiting **40 participants** while encouraging preventive healthcare practices.

Aster Volunteers Saudi Arabia also conducted a Basic Life Support (BLS) Training session at the **Rawdha Dawa Centre** to equip participants with essential life-saving skills. The training covered Cardiopulmonary Resuscitation (CPR), the use of Automated External Defibrillators (AEDs), and other emergency response techniques, enhancing preparedness for cardiac and respiratory emergencies. A total of **60 participants** benefited from the programme, gaining the knowledge and confidence to respond effectively in emergency situations.

Through these collaborative efforts, Aster Volunteers UAE continues to advance its commitment to Health for All, making quality healthcare more accessible, affordable, and community-centred.

Celebrating a Mission of Care and Compassion

Aster Volunteers conducted a special appreciation ceremony for the doctors and volunteers who were part of the Aster Volunteers Healthcare Mission Syria 2025.

Aster Volunteers UAE held a special appreciation ceremony at the **Aster Corporate Office** to honor the profound dedication and humanitarian efforts of volunteer doctors from **Medcare Hospitals & Medical Centres**. In collaboration with the **Ministry of Health Syria and**

Atlantic Humanitarian Relief (AHR), this courageous medical team participated in the critical **Aster Volunteers Healthcare Mission Syria**.

The ceremony celebrated the invaluable contributions and selfless service of the mission's clinical leaders:

- **Dr. Hussam Mohamad Al Trabulsi**, Consultant, General Surgery, Medcare Hospital Al Safa
- **Dr. Naima Fellak,** Specialist, Internal Medicine, Medcare Hospital Al Safa
- **Dr. Tala Muassess,** General Practitioner, General Surgery, Medcare Hospital Al Safa
- **Dr. Jamil Al Jamali,** Consultant, Plastic Surgery, Medcare Hospital Al Safa & Medcare Medical Centre Jumeirah

This recognition event underscored the vital importance of international relief partnerships and celebrated the medical heroes who truly embody the spirit of care, compassion, and global community welfare.

Extending Care to the Underserved Communities

Aster volunteers
Mobile Medical Services
Delivering healthcare to the last mile

#AsterVolunteersMobileMedicalService

AVMMS UAE

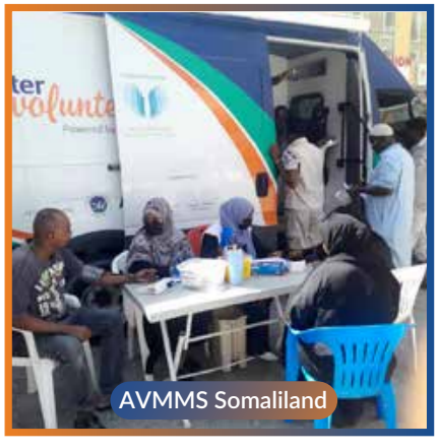
AVMMS Ethiopia

AVMMS Iraq

AVMMS Qatar

AVMMS Sudan

AVMMS Zanzibar



In the month of **May & June' 26,** Aster Volunteers Mobile Medical Services (AVMMS) organized **488 camps across Middle East & Africa (MEA)** delivering free healthcare to **69,282 beneficiaries** to ensure quality healthcare is affordable and accessible at the doorstep of the are in need.

Become a volunteer today, join us at **astervolunteers.org.**
Let us make a difference in the society.

Our Global Impact

9 YEARS
SINCE 11th DEC 2016

8 MILLION +
LIVES TOUCHED

100,000+ VOLUNTEERS
ACTIVE AS ON 31ST MAR 2026

SERVING **22** COUNTRIES

ENGAGED IN **70** REGIONS

GLOBAL **80** MOBILE CLINICS

AVG. IP CARE INR **10** Cr. PER ANNUM IN 9 YEARS

FLOOD DISASTER AID **255** ASTER HOMES

Our Focus

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