Aster volunteers Herald

GCC Edition
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Aster Volunteers Mobile Medical Services (AVMMS) extends to Republic of Chad

#AsterVolunteersAid

Access to quality healthcare remains a significant challenge for marginalized and remote communities in the **Republic of Chad**, where distance, affordability, and limited medical infrastructure often prevent people from receiving essential medical services. **Aster Volunteers,** in collaboration with the **Ministry of Health (MoH) Chad**, and with support from **The Big Heart Foundation, The University Hospital Center for Mother and Child**, and the extensive network of **Aster hospitals, clinics, and pharmacies**, has proudly launched its **67th Aster Volunteers Mobile Medical Unit**. This unit is dedicated to expanding free, quality healthcare access for underserved populations in the country.

The mobile unit was officially flagged off by **Dr. Azad Moopen**, Founder Chairman of Aster DM Healthcare, in the presence of **H. E. Oumar Teguen Idibei Berde**, Ambassador of the Republic of Chad to the UAE; **Mr. Yousif Mohammed Elnour Shata**, Adviser to the Health Minister, Ministry of Health, Chad; **Dr. Ismail Barh Bachar**, Inspector General of the Ministry of Health, Chad; and **Dr. Mahamat Nour Abakar Djibrine**, Director General of the University Hospital Center for Mother and Child of N'Djamena. **Mr. T. J. Wilson**, Executive Director and Group Head of Governance & Corporate Affairs, Aster DM Healthcare, and **Dr. SherbazBichu,** Chief Executive Officer, Aster Hospitals & Clinics, UAE & Oman, along with delegates from the Ministry of Health, Chad, and the leadership team from

Aster DM Healthcare.

The mobile medical unit, powered by solar energy, features IoT-enabled telehealth, consultation and diagnostic facilities, medicine dispensing, and health education services, ensuring accessible care for underserved communities.

Watch the video to learn more!

Winning Big at Gulf Sustainability and Global ESG Awards 2025

#AsterVolunteersBelong

AWARD WINNER
Aster
We'll Treat You Well
D WINNER
ALTHCARE

Aster Volunteers and **Aster DM Healthcare** proudly celebrate multiple prestigious honors at '**The Gulf Sustainability Awards 2025**'and '**The Global ESG Awards 2025**'. These awards reaffirm our strong commitment to sustainability, social responsibility, and purpose driven impact across regions.

- **Aster GCC earned the Platinum Award for Sustainability/CSR Team of the Year at the Global ESG Awards 2025**.
- **Aster GCC also received the Bronze Award for Social Impact (More than 25 Years in Business) at the Gulf Sustainability Awards 2025, recognizing our longstanding contributions to community welfare.**

These recognitions add to the recent successes at the International Best Practice Competition (IBPC) New Zealand – Awards 2025

Aster Volunteers achieved the coveted 7 Star Award (Role Model for International Best Practice).	★★★★★★★
Aster DM Healthcare was honored with the 5 Star Award (Excellence – International Best Practice) for pioneering ESG and sustainability practices.	★★★★★

As we celebrate these accomplishments, we continue to move forward with a shared purpose, to create lasting impact and touch lives with compassion, while build a healthier,

greener, and more sustainable future for generations to come.

Aster Volunteers returns with the 5th successful edition of Heart to Heart Cares

Heart to Heart Cares 2025
FOR YOUR HEART AND A LITTLE ONE'S

#AsterVolunteersBelong

Aster Volunteers Heart to Heart Cares 2025 is a month long campaign that has been promoting heart health for several years, while sponsoring free paediatric cardiac surgeries for underprivileged children. Continuing its impactful format, every 10,000 steps taken or the equivalent calories burned through their daily fitness activities contribute toward funding life saving cardiac surgeries of atleast 50 underprevilededeged children, while participants, also earn two hours of volunteering. Individuals have the opportunity to directly nominate a child in need of cardiac surgery.

Here are some of the kickoff events of Heart to Heart across GCC

UAE

Aster Volunteers from **Medcare Hospitals & Medical Centres UAE** proudly flagged off the **"Heart2Heart Cares 2025"** initiative, at **Medcare Royal Specialty Hospital, Al Qusais**.

The event was officially inaugurated by **Dr. Brian Mtemererwa** Medical Director & Consultant, Endocrinology & Internal Medicine; **Dr. Yogeeswari Sathya Narayanan,** Specialist Cardiologist, Medcare Royal Specialty Hospital, along with **Ms. Akanksha Dicholkar,** Chief Nursing Officer and **Ms. Sanitha Ron,** Head, Human Resources, Medcare Hospitals & Medical Centres UAE; **Shahed Abdul Rahiman** Head HR Corporate & AsterDigital Health UAE in the presence of the Medcare leadership team.

A special appreciation to our dedicated Aster Volunteer Leads: **Ms. Afneetha Thaha, Mr. Sukheesh Nair, Mr. Bharatharaj,** and **Mr. Noufal Hamza,** for their exceptional coordination and for hosting the event seamlessly at **Medcare Royal, Al Qusais**.

Aster Volunteers from **Aster Hospitals, Clinics, Pharmacy**, **UAE** and **MyAster** proudly flagged off the **"Aster Volunteers Heart2Heart Cares 2025"** campaign at **Aster Hospital Mankhool, Dubai**.

The initiative was officially launched by **Dr. Ramanathan V**, Medical Director, Aster Hospitals & Clinics UAE, along with **Dr. Junaid Bin Ahmed**, COO, Aster Hospital Mankhool, and the senior leadership team of Aster. A special appreciation to all Aster Volunteer Leads from Aster Hospitals for their seamless coordination and successful execution of the event.

Qatar

Aster Volunteers from **Aster Hospital Qatar** launched the **"Heart to Heart Cares"** campaign in celebration of **World Heart Day 2025** in collaboration with the **Qatar Series Running Program**, engaging over **200 participants at Oxygen Park, Education City**.

Throughout the event, our cardiology experts offered essential guidance on heart health, sharing insights on preventive care and everyday habits that support long term well-being.

The event was launched in the presence of our leadership team: **Mr. Kapil Chib**, COO, Aster Qatar; **Mr. Sumeet Batra**, Senior Manager, Marketing & Brand Communication; **Mr. Siddhartha**, Operations Head; **Ms. Regina Pinto**, Chief Nursing Officer; and our esteemed cardiologists **Dr. Monica Kher, Dr. Khaled Yousef,** and **Dr. Joji Mathews** all from **Aster Hospital Qatar**.

Qatar Running Series
Aster

Oman

Aster Volunteers from **Aster Hospitals, Oman** proudly organized a vibrant **World Heart Day Walkathon** at the **Al Nahda Walking Track** in **Ibri**, bringing the community together for a revitalizing **3 KM walk** to champion heart health and wellness. We extend our sincere appreciation to **Dr. Jamal T M**, Medical Superintendent, our dedicated doctors and staff, and the **Royal Oman Police** for their invaluable support and collaboration.

The event was flagged off by **Mr. Nasser Bin Saif Bin Saeed Al Jassasi,** Municipal Council in Al Dhahirah Governorate & Representative of the Wilayat, Ibri whose presence added great significance to the occasion. With around **75 enthusiastic** participants, the walkathon became a powerful reminder of the importance of staying active and prioritizing heart health.

Aster Volunteers from **Aster Royal Al Raffah Hospital, Muscat**, officially launched the **"Aster Volunteers Heart2Heart Cares 2025** on the occasion of **World Heart Day**.

The event was ceremonially flagged off by **Dr. Meher Ali**, Senior Consultant Cardiologist; **Dr. Paul Kiran Ganthala**, Specialist Cardiologist; and **Dr. Dilip Abdul Khadar**, Medical Director, all from Aster Royal Al Raffah Hospital. They were joined by **Ms. Dhanya P. Syamalan**, Chief Operating Officer of Aster Royal Hospital, Muscat; **Dr. Hemanth Hardikar**, Specialist Urologist; **Dr. Santosh Kumar**, Urologist; **Dr. Maisa Abdelhamid**, Marketing Communication & Business Development Assistant Manager, along with other team members from various departments including Sales, Marketing, HR, and Operations from **Aster Royal Al Raffah Hospital**.

Aster ROYAL AL RAFFAH HOSPITAL

Our sincere thanks to all Aster Volunteers, participants, and teams across Qatar, Oman, and the UAE for their dedication and collaboration. The successful opening of the Heart2Heart Care Campaign 2025 marked a strong beginning to this meaningful initiative. Your commitment has already contributed to creating a real and lasting impact for children in need.

Watch our Heart to Heart launch film 2025

Heart to Heart Cares 2025 Mega Walk and Closing Ceremony

#AsterVolunteersBelong

Dr. Azad Moopen, Founder Chairman, Aster DM Healthcare, addressing the gathering in the presence of Mrs. Nazeera Azad, Director, Aster DM Healthcare, India & GCC; Mr. Shamshudeen Bin Mohidheen, Director, Aster DM Healthcare, India; and Mr. Jim Jimeno, Vice Consul, Consulate General of the Philippines in Dubai.

The fifth edition of Aster Volunteers Heart to Heart Cares concluded on **Sunday, November 2, 2025**, with a successful closing ceremony and mega walk at **Zabeel Park, Dubai**, marking the end of a month-long global campaign promoting heart health and supporting underprivileged children in need of life-saving cardiac surgeries.

This year's initiative, held from **September 29 to October 28, 2025**, engaged nearly **32,000 registered volunteers** across the GCC and India, all united in the shared mission of taking every step for healthier hearts and brighter futures.

The closing ceremony was held in the presence of **Dr. Azad Moopen**, Founder Chairman of Aster DM Healthcare; **Mrs. Nazeera Azad; Mr. Jim Jimeno**, Vice Consulate at the Philippines Consulate General in Dubai; and **Mr. Shamshudeen Bin Mohidheen**, Director of Aster DM Healthcare (India), along with senior leadership, dignitaries, and community members.

The Mega Walk was flagged off by **Mr. T J Wilson**, Executive Director and Group Head of Governance & Corporate Affairs, Aster DM Healthcare, which brought together more than **2,500 attendees**. The celebration featured vibrant cultural performances, and activities marking **UAE National Day 2025**, reflecting the spirit of unity and compassion.

Through this year's campaign, Aster DM Foundation and its associated hospitals pledged support for at least 50 additional free pediatric cardiac surgeries. With **164 surgeries** already completed, this brings the cumulative total to at least **214 life-saving surgerie**s.

We extend our heartfelt gratitude to our volunteers, partners, and participants worldwide for making Heart to Heart Cares a resounding success. Together, we continue to walk towards a healthier tomorrow, one step at a time.

Watch the film to witness the mega walk and the closing ceremony

Aster volunteers
Basic Life Support Program

Emergency Preparedness and BLS Awareness Training

#AsterVolunteersCoach

Aster Volunteers continue to strengthen community resilience by spreading awareness and training individuals in Emergency Preparedness and Basic Life Support (BLS) Awareness Training.

UAE

Training session at Aster DM Healthcare Corporate Headquarters in Dubai

Aster volunteers
Basic Life Support Progr

Aster Volunteers UAE conducted a comprehensive Basic Life Support (BLS) Awareness Training session for employees at the **Aster DM Healthcare Corporate Headquarters, Business Bay, Dubai**, to strengthen emergency preparedness and to help empower more than **60 staff members** from diverse departments with essential life-saving skills,

The training comprised a structured video-based online module, followed by an interactive Q&A assessment and hands-on practical sessions.

Participants who successfully completed all stages received official online certificates, equipping them with the confidence and competence to respond effectively during real-life medical emergencies.

Awareness training to School Students at Garhoud

Aster Volunteers from Aster Hospital UAE conducted a Basic Life Support (BLS) Awareness Training session for the faculty of **The Indian High School**, **Garhoud, Dubai**, emphasizing the importance of early preparedness and timely response during medical emergencies, with more than **50 faculty members** taking part in the training.

The session aimed to empower teachers with essential life-saving skills that can make a critical difference when every second counts. We extend our sincere gratitude to **Dr. Sherly Wilson**, Medical Coordinator at The Indian High School, Garhoud, for her invaluable support in organizing and coordinating this impactful session.

Qatar

Health Awareness Session for Ideal Indian School Students in Doha

Aster Volunteers in collaboration with I**deal Indian School, Doha, Qatar**, conducted a program to raise awareness on patient safety and immediate actions in emergency situations.

The session was led by **Dr. Mohit Kaul**, Associate Specialist, Head of Department of Emergency Medicine, Aster Hospital in Doha, Qatar. An emergency Expert with practical demonstrations and real life examples, guiding over **250 students** on how to act swiftly and responsibly in case of any incidents around them. The session was also attended by the school's faculties, who supported and encouraged students throughout the program.

The session concluded with an encouraging display of attentiveness and participation from the students, reflecting their genuine interest in learning vital life saving skills.

Oman

BLS Awareness session for employees of Jindal Shadeed Co

Aster Volunteers from **Aster Royal Al Raffah Hospital**, conducted a Basic Life Support (BLS) awareness training session for **120 employees** of **Jindal Shadeed Co, Sohar**.

The session aimed to equip participants with essential life-saving skills and emergency response techniques, empowering them to act confidently and effectively during critical situations. This initiative reflects Aster Volunteers continued commitment to fostering safety and preparedness in workplaces and communities.

Through these hands-on life support programs, Aster Volunteers reaffirm their dedication to spreading awareness, promoting preparedness, and nurturing confidence in emergency response and Basic Life Support (BLS) Awareness Training.

Spreading Wellness Across the GCC

#AsterVolunteersAid

Health For All

Aster Volunteers continues to bridge healthcare gaps by delivering essential healthcare services to the communities that need them most through the Health for All initiative. From preventive screenings to specialized consultations, each camp reflects the commitment to making quality healthcare accessible, inclusive, and compassionate for all.

Qatar

Multi-specialty community health camp in Doha

Aster Volunteers from **Aster Hospital Qatar** organized a multi-specialty health camp at **Ezdan Hotel Towers**, bringing quality healthcare services directly to the community. With **104 beneficiaries**, the camp featured consultations across three key specialties: **Dr. Rimon Tharwat Louis Kassdallah**, associate

Cardiologist, **Dr. Shagir Alam**, General Practitione & Healthcare, and **Dr. Salama H. El Soukkary**, Specialist - General Dentist all from **Aster Hospital Qatar**, along with free health screenings for blood pressure, BMI, and blood sugar levels to promote early detection and prevention of health issues.

Health check-up to nursery staff in Al Waab

Aster Volunteers Qatar, in collaboration with **Redwood Nursery Al Waab**, successfully conducted a comprehensive medical health check-up for the **nursery's employees.**

The initiative aimed to support workplace well-being by offering essential health assessments including blood pressure monitoring, BMI evaluation, GRBS testing, and GP consultations.

Through this effort, AV Qatar continues to promote preventive healthcare and encourage healthier, more informed lifestyle choices among working professionals.

World Mental Health Day Awareness Camp Al Khor

Aster Volunteers Qatar with the **Ministry of Interior**, organized a special awareness session and medical check-up camp for **World Mental Health Day, at Al Khor Sports Club, Qatar**.

Alongside the awareness talk, participants received essential health screenings including BP, BMI, GRBS, and GP consultations, ensuring a holistic approach to both physical and mental wellness.

The session was led by **Dr. Shagir Alam**, General Practitione & Healthcare, Aster DM Healthcare, an insightful provider and engaging session on mental health, emphasizing early recognition, emotional well-being, and the importance of seeking timely support.

First Aid assistance for Qatar running Series

Aster Volunteers Qatar, in collaboration with the **Qatar Running Series** and in partnership with **Qatar Sports for All Federation (QSFA) Sports Ministry**, provided comprehensive first aid and medical assistance during the race events.

Our on-ground medical team ensured the safety of all participants by offering prompt first aid support and essential medical care throughout the event.

Throughout the event, Aster Volunteers Mobile Medical Services Qatar, continues to promote community well-being and support, safe active lifestyles across the nation.

Free medical check-up for Telenghana Welfare Association

Aster Volunteers Qatar, along with the **Telangana Welfare Association Qatar**, successfully organized a health check-up camp at **Aster Medical Centre, Industrial Area, Doha**.

Community members received free basic health screenings, including BP, BMI, and GRBS assessments, helping them stay informed about their health and well-being.

This initiative reflects our continued commitment to supporting diverse communities in Qatar through accessible and preventive healthcare services.

Oman

Medical Screening Camp at Royal Oman Police School

Aster Volunteers from **Aster Royal Al Raffah Hospital**, Muscat, organized a two-day dental and wellness camp at the Royal Oman Police School for **140 students**. The initiative combined free dental consultations with engaging healthy food workshops, aiming to promote oral hygiene and overall wellness among children.

The program was led by **Dr. Neha Babulnath Raut,** General Dentist & Orthodontics from Aster Royal Al Raffah Hospital and supported by the Aster team, the camp encouraged students to adopt healthier habits for a brighter, healthier future.

Dental Camp and Hand Hygiene Awareness Session in Muscat

Aster Volunteers from **Aster Royal Al Raffah Hospital**, conducted a dental check-up camp at **Planet International School, Muscat**. In addition to this, the camp also provided hand hygiene awareness sessions for a total of **130 students** aged 7 to 10 and helped them gain valuable knowledge on maintaining oral hygiene and preventing infections through simple daily routines.

Through such school outreach activities, Aster volunteers continues to promote preventive healthcare and empower children with lifelong healthy habits.

Spreading Aid to the Sudanese Community

Aster Volunteers from **Aster Royal Al Raffah Hospital**, conducted a dedicated health camp for the Sudanese community at the **Sudanese Community Social Club, Muscat**.

The camp had over **157 beneficiaries**, the camp provided accessible healthcare to families and

individuals, reinforcing our commitment to community well-being and inclusive medical support.

The initiative aimed to benefit the Sudanese community by offering free basic check-ups, complimentary pediatric consultations, and special discounted packages for hypertension and kidney clinic services.

Aster Volunteers bring healthcare closer to communities across GCC, reflecting our unwavering dedication to ensuring accessible and compassionate care for all.

Care on Wheels

#AsterVolunteersMobileMedicalService

Aster volunteers
Mobile Medical Services
Delivering healthcare to the last mile

AVMMS UAE

AVMMS Lebanon

AVMMS Sudan

AVMMS Iraq

AVMMS Oman

AVMMS Morocco

AVMMS Zanzibar

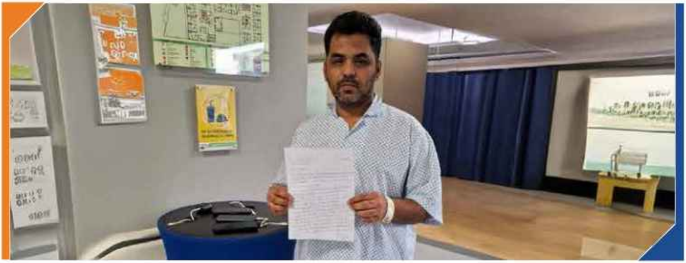
AVMMS Tanzania

AVMMS Somaliland

In the month of **September & October' 25,** Aster Volunteers Mobile Medical Services (AVMMS) organized **549 camps across Middle East & Africa (MEA)** delivering free healthcare to **76, 923 beneficiaries** to ensure quality healthcare is affordable and accessible at the doorstep of the are in need.

#AsterVolunteersTreatmentAid

Aster volunteers Treatment Aid
Quality care made accessible



Aster Volunteers contributed **AED 19,275** in Treatment Aid during the months of **September** and **October**, offering hope and vital support to **2 patients** rebuilding their lives.

Through our mission of affordable and accessible healthcare, we remain committed to mending lives impacted by the burden of costly medical care.

Our Focus

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