



Celebrating World Mental Health Day 2023
3rd - 10th October 2023



#SkillSwap

Celebrate World Mental Health Day with #SkillSwap

In the spirit of World Mental Health Day, we're thrilled to launch "The Teach Campaign" at Aster DM Healthcare. This October, in line with the 'Kindness is a Habit' campaign, our theme revolves around 'Teach,' where employees are encouraged to connect, exchange skills, foster connections and learn from one another which can significantly contribute to our overall well-being.

Here's how you can participate:

- **Choose a Skill:** Pick a skill or knowledge you'd like to share with your co-workers. It could be a soft skill, a hobby, a recipe, or anything you're passionate about.
- **Connect and Teach:** Reach out to a colleague and teach them something new. It's not just about imparting knowledge; it's also about fostering connections and supporting mental well-being.
- **Share the Experience:** Post a picture or share on Viva Engage about what you learned from your peer and how this skill swap enriched your well-being.
- **Don't forget to use the campaign hashtag: #SkillSwap.**

Let's celebrate **World Mental Health Day** by fostering connections, exchanging skills, and supporting each other's well-being. #SkillSwap

[Click Here to Participate!](#)

This Campaign is valid from 9th & 10th October Only.
Stay tuned to know more about our upcoming campaign.