



Kick off Every Season  
**with Better Health**



# 2026 CALENDAR

**Aster**  
**MIMS HOSPITAL**  
We'll Treat You Well  
CALICUT





01



Set the goals, play hard, **stay in action**  
Let this new year be a season of success

# JANUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

■ 2 Mannam Jayanthi ■ 26 Republic Day



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02



Guard your goal  
Guard your health

# FEBRUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	24	26	27	28

■ 15 Maha Shivratri ■ 19 Ramadan



03



World Kidney Day (March 13)



**Red card your unhealthy habits**  
Stay in the game

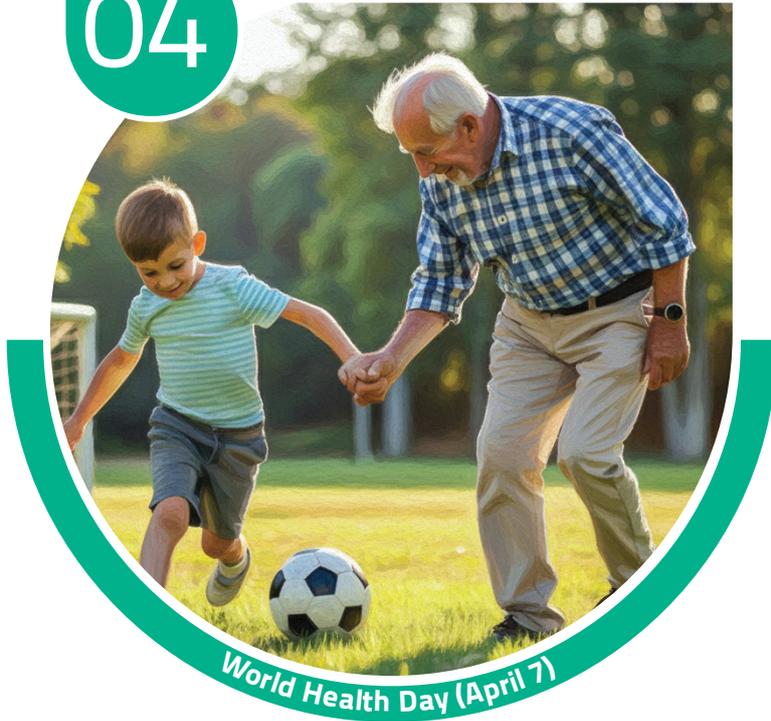
# MARCH 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	24	26	27	28
29	30	31				

■ 20 Eid ul fitr



04



World Health Day (April 7)



Stay healthy for every chapters of life

APRIL

2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

■ 2 Maudy Thursday ■ 3 Good Friday ■ 5 Easter ■ 14 Ambedkar Jayanti ■ 15 Vishu



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05



Call it early on the field  
Catch it early in health

MAY

2026

SUN	MON	TUE	WED	THU	FRI	SAT
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

■ 1 Labour Day ■ 27 Eid al-Adha

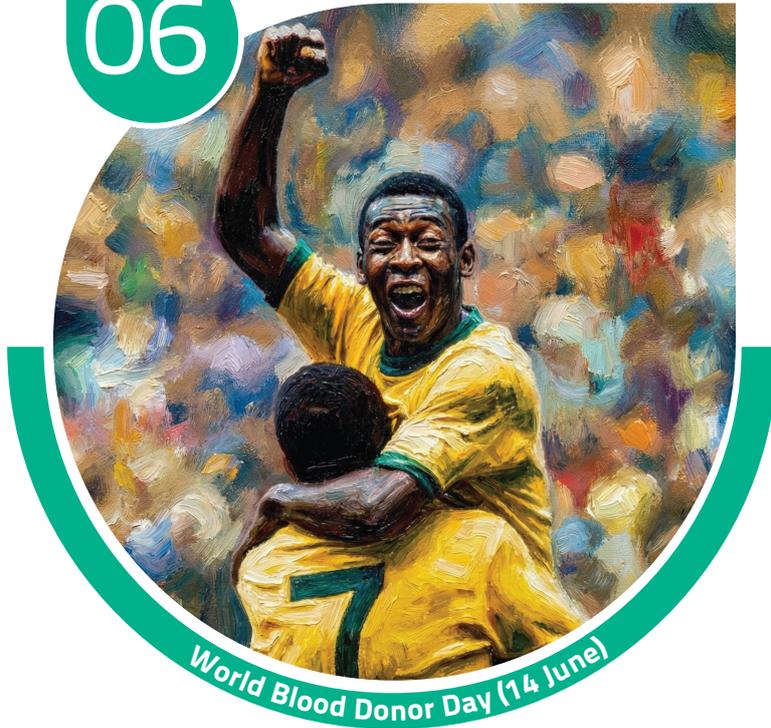
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06



Be a hero in someone's story  
Donate blood, give life

JUNE

2026

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11		13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

■ 12 FIFA World Cup 2026 - Kick off ■ 25 Muharram



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07



Doctors' Day (1 July)



One moment, one decision, one life  
Doctors play the toughest game of all

JULY

2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19		21	22	23	24	25
26	27	28	29	30	31	

■ 20 FIFA World Cup 2026 - Final

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08



Pass a life forward  
**Donate organs**

# AUGUST

# 2026

SUN	MON	TUE	WED	THU	FRI	SAT
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

■ 15 Independence Day ■ 25 Miladi Sharif ■ 26 Onam ■ 28 Sree Narayana Guru Jayanthi



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09



World Heart Day (August 1)



One save can change the game  
A healthy heart can change a life

# SEPTEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

■ 4 Sreekrishna Jayanthi ■ 21 Sree Narayana Guru Samadhi



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10



Early action is the strongest defense against breast cancer

# OCTOBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

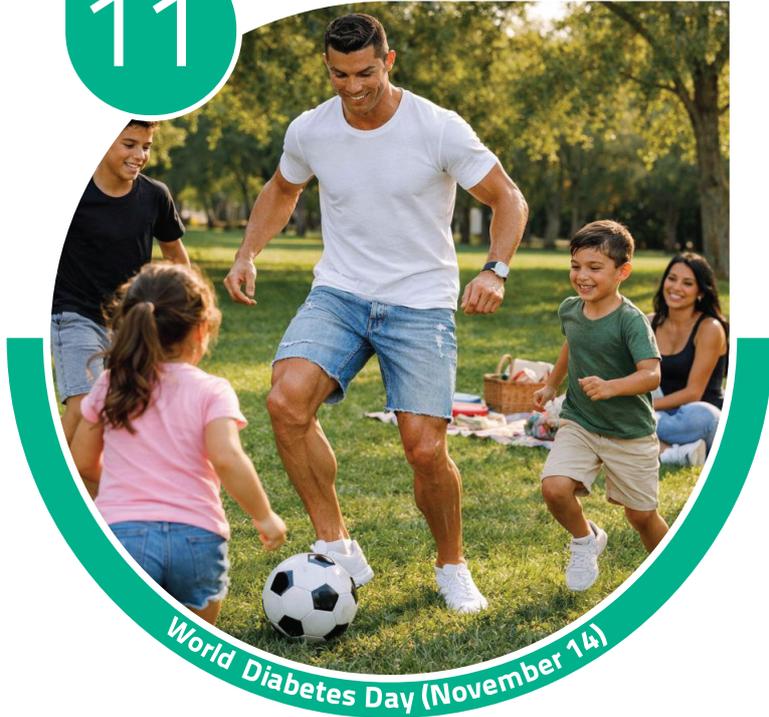
■ 2 Gandhi Jayanti ■ 20 Mahanavami ■ 21 Vijayadashami



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11



World Diabetes Day (November 14)



Healthy choices, healthy life  
Celebrate well-being

# NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

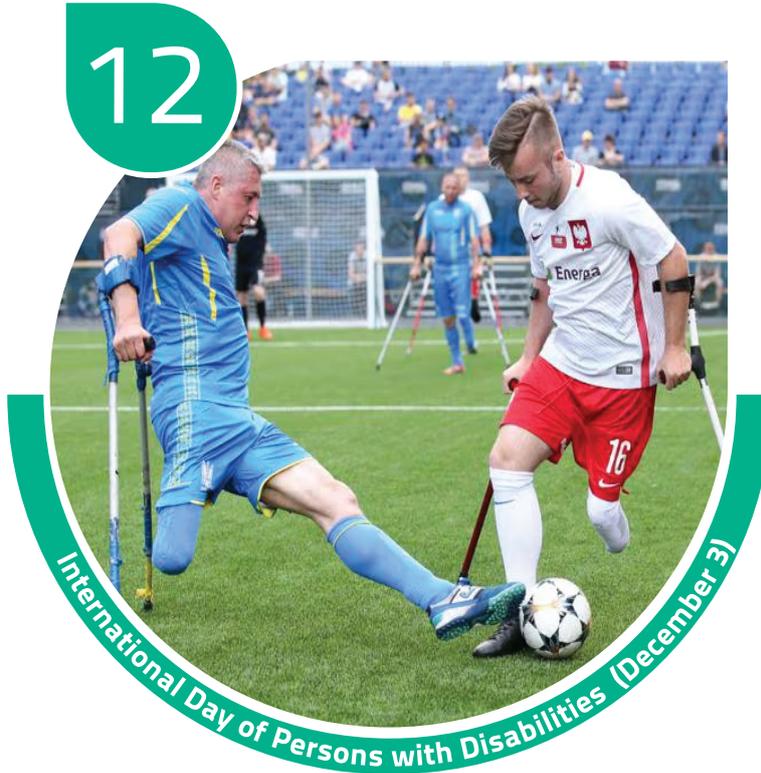
■ 8 Diwali ■ 14 Children's Day



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12



Strength in every step  
Success in every story

# DECEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10		12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

■ 11 Aster DM Healthcare Foundation Day ■ 25 Christmas

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# MATCH SCHEDULE - WORLD CUP 2026

# JUNE 12 - JULY 20

**Friday 12 June 2026**  
 Mexico **V/S** South Africa **00:30**  
 First Stage Group A

Korea Republic **V/S** DEN/MKD/CZE/IRL **07:30**  
 First Stage Group A

**Saturday 13 June 2026**  
 Canada **V/S** ITA/NIR/WAL/BIH **00:30**  
 First Stage Group B

USA **V/S** Paraguay **06:30**  
 First Stage Group D

**Sunday 14 June 2026**  
 Qatar **V/S** Switzerland **00:30**  
 First Stage Group B

Brazil **V/S** Morocco **03:30**  
 First Stage Group C

Haiti **V/S** Scotland **06:30**  
 First Stage Group C

Australia **V/S** TUR/ROU/SVK/KOS **09:30**  
 First Stage Group D

Germany **V/S** Curaçao **22:30**  
 First Stage Group E

**Monday 15 June 2026**  
 Netherlands **V/S** Japan **01:30**  
 First Stage Group F

Côte d'Ivoire **V/S** Ecuador **04:30**  
 First Stage Group E

UKR/SWE/POL/ALB **V/S** Tunisia **07:30**  
 First Stage Group F

Spain **V/S** Cabo Verde **21:30**  
 First Stage Group H

**Tuesday 16 June 2026**  
 Belgium **V/S** Egypt **00:30**  
 First Stage Group G

**Saturday 27 June 2026**  
 Norway **V/S** France **00:30**  
 First Stage Group I

Senegal **V/S** BOL/SUR/IRQ **00:30**  
 First Stage Group I

Cabo Verde **V/S** Saudi Arabia **05:30**  
 First Stage Group H

Uruguay **V/S** Spain **05:30**  
 First Stage Group H

Egypt **V/S** IR Iran **08:30**  
 First Stage Group G

New Zealand **V/S** Belgium **08:30**  
 First Stage Group G

**Sunday 28 June 2026**  
 Panama **V/S** England **02:30**  
 First Stage Group L

Croatia **V/S** Ghana **02:30**  
 First Stage Group L

Colombia **V/S** Portugal **05:00**  
 First Stage Group K

NCL/JAM/COD **V/S** Uzbekistan **05:00**  
 First Stage Group K

Algeria **V/S** Austria **07:30**  
 First Stage Group J

Jordan **V/S** Argentina **07:30**  
 First Stage Group J

**Monday 29 June 2026**  
 2A **V/S** 2B **00:30**  
 Round of 32

1C **V/S** 2F **22:30**  
 Round of 32

Saudi Arabia **V/S** Uruguay **03:30**  
 First Stage Group H

IR Iran **V/S** New Zealand **06:30**  
 First Stage Group G

**Wednesday 17 June 2026**  
 France **V/S** Senegal **00:30**  
 First Stage Group I

BOL/SUR/IRQ **V/S** Norway **03:30**  
 First Stage Group I

Argentina **V/S** Algeria **06:30**  
 First Stage Group J

Austria **V/S** Jordan **09:30**  
 First Stage Group J

Portugal **V/S** NCL/JAM/COD **22:30**  
 First Stage Group K

**Thursday 18 June 2026**  
 England **V/S** Croatia **01:30**  
 First Stage Group L

Ghana **V/S** Panama **04:30**  
 First Stage Group L

Uzbekistan **V/S** Colombia **07:30**  
 First Stage Group K

DEN/MKD/CZE/IRL **V/S** South Africa **21:30**  
 First Stage Group A

**Friday 19 June 2026**  
 Switzerland **V/S** ITA/NIR/WAL/BIH **00:30**  
 First Stage Group B

Canada **V/S** Qatar **03:30**  
 First Stage Group B

Mexico **V/S** Korea Republic **06:30**  
 First Stage Group A

**Tuesday 30 June 2026**  
 1E **V/S** 3ABCD **02:00**  
 Round of 32

1F **V/S** 2C **06:30**  
 Round of 32

2E **V/S** 2I **22:30**  
 Round of 32

**Wednesday 01 July 2026**  
 1I **V/S** 3CDFGH **02:30**  
 Round of 32

1A **V/S** 3EFHI **06:30**  
 Round of 32

1L **V/S** 3EHIJK **21:30**  
 Round of 32

**Thursday 02 July 2026**  
 1G **V/S** 3AEHJI **01:30**  
 Round of 32

1D **V/S** 3BEFJI **05:30**  
 Round of 32

**Friday 03 July 2026**  
 1H **V/S** 2J **00:30**  
 Round of 32

2K **V/S** 2L **04:30**  
 Round of 32

1B **V/S** 3EFGIJ **08:30**  
 Round of 32

2D **V/S** 2G **23:30**  
 Round of 32

**Saturday 04 July 2026**  
 1J **V/S** 2H **03:30**  
 Round of 32

**Saturday 20 June 2026**  
 USA **V/S** Australia **00:30**  
 First Stage Group D

Scotland **V/S** Morocco **03:30**  
 First Stage Group C

Brazil **V/S** Haiti **06:30**  
 First Stage Group C

TUR/ROU/SVK/KOS **V/S** Paraguay **09:30**  
 First Stage Group D

Netherlands **V/S** UKR/SWE/POL/ALB **22:30**  
 First Stage Group F

**Sunday 21 June 2026**  
 Germany **V/S** Côte d'Ivoire **01:30**  
 First Stage Group E

Ecuador **V/S** Curaçao **05:30**  
 First Stage Group E

Tunisia **V/S** Japan **09:30**  
 First Stage Group F

Spain **V/S** Saudi Arabia **21:30**  
 First Stage Group H

**Monday 22 June 2026**  
 Belgium **V/S** IR Iran **00:30**  
 First Stage Group G

Uruguay **V/S** Cabo Verde **03:30**  
 First Stage Group H

New Zealand **V/S** Egypt **06:30**  
 First Stage Group G

Argentina **V/S** Austria **22:30**  
 First Stage Group J

**Tuesday 23 June 2026**  
 France **V/S** BOL/SUR/IRQ **02:30**  
 First Stage Group I

Norway **V/S** Senegal **05:30**  
 First Stage Group I

Jordan **V/S** Algeria **08:30**  
 First Stage Group J

1K **V/S** 3DEIIL **07:00**  
 Round of 32

W73 **V/S** W75 **22:30**  
 Round of 16

**Sunday 05 July 2026**  
 W74 **V/S** W77 **02:30**  
 Round of 16

**Monday 06 July 2026**  
 W76 **V/S** W78 **01:30**  
 Round of 16

W79 **V/S** W80 **05:30**  
 Round of 16

**Tuesday 07 July 2026**  
 W83 **V/S** W84 **00:30**  
 Round of 16

W81 **V/S** W82 **05:30**  
 Round of 16

W86 **V/S** W88 **21:30**  
 Round of 16

**Wednesday 08 July 2026**  
 W85 **V/S** W87 **01:30**  
 Round of 16

**Friday 10 July 2026**  
 W89 **V/S** W90 **01:30**  
 Quarter-final

**Saturday 11 July 2026**  
 W93 **V/S** W94 **00:30**  
 Quarter-final

Portugal **V/S** Uzbekistan **22:30**  
 First Stage Group K

**Wednesday 24 June 2026**  
 England **V/S** Ghana **01:30**  
 First Stage Group L

Panama **V/S** Croatia **04:30**  
 First Stage Group L

Colombia **V/S** NCL/JAM/COD **07:30**  
 First Stage Group K

**Thursday 25 June 2026**  
 Switzerland **V/S** Canada **00:30**  
 First Stage Group B

ITA/NIR/WAL/BIH **V/S** Qatar **00:30**  
 First Stage Group B

Scotland **V/S** Brazil **03:30**  
 First Stage Group C

Morocco **V/S** Haiti **03:30**  
 First Stage Group C

DEN/MKD/CZE/IRL **V/S** Mexico **06:30**  
 First Stage Group A

South Africa **V/S** Korea Republic **06:30**  
 First Stage Group A

**Friday 26 June 2026**  
 Curaçao **V/S** Côte d'Ivoire **01:30**  
 First Stage Group E

Ecuador **V/S** Germany **01:30**  
 First Stage Group E

Japan **V/S** UKR/SWE/POL/ALB **04:30**  
 First Stage Group F

Tunisia **V/S** Netherlands **04:30**  
 First Stage Group F

TUR/ROU/SVK/KOS **V/S** USA **07:30**  
 First Stage Group D

Paraguay **V/S** Australia **07:30**  
 First Stage Group D

**Sunday 12 July 2026**  
 W91 **V/S** W92 **02:30**  
 Quarter-final

W95 **V/S** W96 **06:30**  
 Quarter-final

**Wednesday 15 July 2026**  
 W97 **V/S** W98 **00:30**  
 Semi-final

**Thursday 16 July 2026**  
 W99 **V/S** W100 **00:30**  
 Semi-final

**Sunday 19 July 2026**  
 RU101 **V/S** RU102 **02:30**  
 Play-off for third place

**Monday 20 July 2026**  
 W101 **V/S** W102 **00:30**  
 Final



2026  
**FIFA WORLD CUP**  
 UNITED STATES | CANADA | MÉXICO

