

# SIH'HEE UDHARES

AEH NEWSLETTER | MONTHLY EDITION

**STAFF  
SPOTLIGHT**

**Patient  
Pulse**

**Ramadan Fasting and  
Pregnancy**

Essential Tips for a Safe and Healthy Fast

How fasting train the mind:  
**self-control and  
discipline**

**A CALL FOR COLLECTIVE RESPONSIBILITY**

Preventing Road Traffic Accidents in Addu City

## EMBRACING SELF-LEARNING DURING RAMAZAN

Ramazan is a time of reflection, devotion, and self-discipline, that not only fosters spiritual growth but also offers a unique opportunity for personal development through self-learning. In my message this month I want to highlight the harmonious blend of self-learning and Ramazan, highlighting how the two can complement each other to enhance our lives.

Ramazan is a time of reflection, devotion, and self-discipline, that not only fosters spiritual growth but also offers a unique opportunity for personal development through self-learning. In my message this month I want to highlight the harmonious blend of self-learning and Ramazan, highlighting how the two can complement each other to enhance our lives.

The benefits of self-learning are manifold. It promotes lifelong learning, enhances critical thinking, and encourages adaptability. By taking charge of our learning journeys, we can tailor our education to our unique needs and passions. Ramazan provides a conducive environment for self-learning. The discipline and focus cultivated during this holy month can be channeled into acquiring new knowledge and skills.

Health education is paramount, and this edition includes an article by Dr. Moustafa, our gynecologist, titled "Ramadan Fasting and Pregnancy: Essential Tips for a Safe and Healthy Fast." This article offers guidance for pregnant women considering fasting during Ramazan, covering health risks, benefits, and conditions when fasting may be unsafe. It emphasizes the importance of consulting a healthcare provider and provides practical nutrition tips and warning signs to ensure the safety of both mother and baby.



**DR. IBRAHIM YASIR AHMED**  
CEO, ADDU EQUATORIAL HOSPITAL

Naja, our assistant counselor, contributes an article on "How Fasting Trains the Mind: Self-Control and Discipline." This piece explains how fasting during Ramazan trains the mind in self-control, discipline, and emotional regulation, helping individuals manage cravings, resist impulsive behaviors, and improve decision-making. The lessons learned during Ramazan, such as resilience and emotional balance, can lead to lasting personal growth and healthier habits beyond the holy month.

This month's public awareness article is "Preventing Road Traffic Accidents in Addu City: A Call for Collective Responsibility." This article highlights the rising number of road traffic accidents in Addu City and calls for a comprehensive approach to prevention, including better road infrastructure, stricter law enforcement, and enhanced public awareness. Preventing accidents is a shared responsibility, requiring collaboration from government, law enforcement, healthcare providers, and the community, along with effective emergency medical care.

Finally, we include articles on the importance of regular health check-ups, monthly event highlights, and upcoming events such as the AEH Mahefun and staff workshop on proactive decision-making.

By embracing self-learning during Ramazan and acknowledging the efforts of our dedicated staff and departments, we can enrich our spiritual journey and foster personal growth. It's a holistic approach that nurtures the mind, body, and soul, creating a harmonious balance in our lives. May this Ramazan be a time of profound learning and spiritual fulfillment for us all.

Happy learning and Ramazan Mubarak!

A handwritten signature in blue ink that reads "Dr. Yasir". The signature is fluid and cursive.

# Staff Spotlight

## AISHATH RASHEEDHA

Aishath Rasheedha dedicated four decades of her life to Maradhoo Health Centre and the civil service, leaving an indelible mark on both the institution and the countless individuals she inspired. Starting her career in 1984, Aishath Rasheedha quickly established herself as a passionate and committed professional, known for her exceptional skills in public health services. Over the years, she took on various roles, showcasing her versatility and leadership qualities.

Throughout her tenure, Aishath Rasheedha was instrumental in the formation of the Public Health Unit, which not only raised health awareness in Maradhoo Town but also led to the establishment of the Maradhoo Health Centre. Her mentorship and guidance have shaped the careers of many, leaving a lasting legacy that will endure long after her retirement.

Aishath Rasheedha also expanded her contributions to other departments within Maradhoo Health Centre. Her eagerness to learn beyond her core responsibilities has been truly remarkable. She has been a great asset, not only to the Public Health Unit but to the entire Health Centre.

As Aishath Rasheedha embarks on this new chapter, she looks forward to spending more time with her family, pursuing personal interests, and reflecting on a remarkable career filled with achievements and cherished memories.

Her contributions will always be remembered, and she will be greatly missed by her colleagues and friends alike.



# Patient Pulse:

*Voices from the Heart of Our Hospital*

I am deeply grateful to all the doctors and medical team who successfully performed my surgery with constant care and support. A special and heartfelt thanks to the nurses and staff for their kindness, excellent treatment, and warm hospitality. You all made me feel like family.

Asking almighty (Allah) to protect and support to all and to grant good health for All. Aameen

-Shaana, Bed-39





At Club AEH, our commitment is to create a space where fun, relaxation, and community come together. The newly appointed Executive Committee is dedicated to ensuring every event and activity is organized with care, creativity, and enthusiasm. Our goal is to offer a welcoming space where members can build lasting bonds in a supportive and inclusive environment. We are dedicated to make every moment enjoyable and unforgettable.

**-EXECUTIVE COMMITTEE OF CLUB AEH-**

# Preventing Road Traffic Accidents in Addu City: A Call for Collective Responsibility

Addu City, with its burgeoning population and the increasing number of vehicles on its roads, has witnessed a worrying trend of rising road traffic accidents. The statistics are concerning. In 2024, Addu City reported 277 accidents. While the number of fatalities remained relatively low, the sheer frequency of accidents underscores the urgent need for comprehensive preventative measures. Each accident, regardless of severity, carries the potential for injury, trauma, and long-term consequences for individuals and families.

## Unraveling the Contributing Factors

Several interconnected factors contribute to the prevalence of road accidents in Addu City. These include:

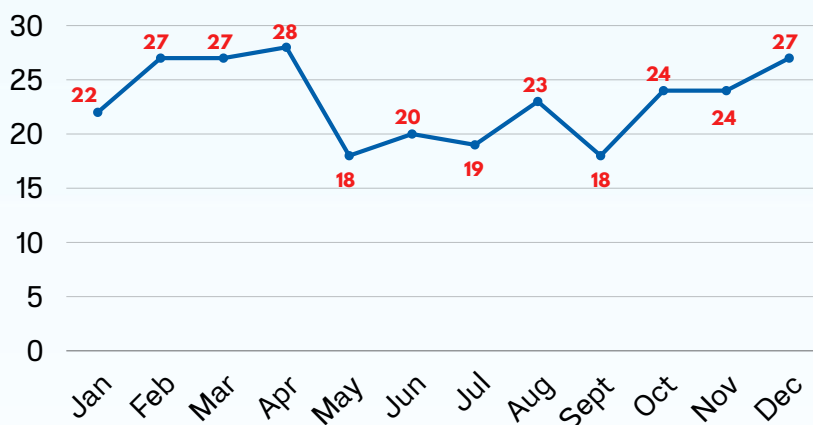
- **Speeding:** Exceeding posted speed limits significantly reduce reaction time and increases the severity of collisions.
- **Reckless Driving:** Dangerous maneuvers, such as overtaking in unsafe conditions, driving under the influence of alcohol or drugs, and distracted driving (especially mobile phone use), pose significant risks.
- **Non-Adherence to Traffic Rules:** Ignoring traffic signals, failing to yield right of way, and neglecting basic road etiquette contribute to chaotic and dangerous road conditions.
- **Inadequate Road Infrastructure:** Poorly maintained roads, lack of clear signage, insufficient street lighting, and the absence of pedestrian crossings and designated bicycle lanes create hazardous environments, especially for vulnerable road users.
- **Lack of Awareness and Education:** Insufficient public awareness campaigns and a lack of focus on road safety education in schools contribute to a general disregard for traffic rules and safe road practices.

## A Multi-Pronged Approach to Prevention

Addressing this complex issue requires a multi-faceted approach:

- **Enhancing Road Safety Awareness:** Sustained and targeted public awareness campaigns can educate drivers, pedestrians, and cyclists about road safety rules, the critical importance of wearing helmets and seatbelts, and the potentially devastating consequences of distracted driving. Schools and Addu City Council can play a pivotal role in instilling road safety awareness in young children, shaping future generations of responsible road users.
- **Improving Road Infrastructure:** Investing in well-maintained roads, clear and visible signage, and adequate street lighting is crucial. Prioritizing the construction of pedestrian crossings, designated bicycle lanes, and safe public transportation options can significantly enhance the safety of vulnerable road users.
- **Strict Enforcement of Traffic Laws:** Increased police presence, regular patrols, and rigorous enforcement of traffic laws can act as a deterrent to reckless driving and ensure compliance with speed limits and traffic signals. Consistent penalties for traffic violations are essential.
- **Enhancing Road Safety Awareness:** Sustained and targeted public awareness campaigns can educate drivers, pedestrians, and cyclists about road safety rules, the critical importance of wearing helmets and seatbelts, and the potentially devastating consequences of distracted driving. Schools and Addu City Council can play a pivotal role in instilling road safety awareness in young children, shaping future generations of responsible road users.
- **Improving Road Infrastructure:** Investing in well-maintained roads, clear and visible signage, and adequate street lighting is crucial. Prioritizing the construction of pedestrian crossings, designated bicycle lanes, and safe public transportation options can significantly enhance the safety of vulnerable road users.
- **Strict Enforcement of Traffic Laws:** Increased police presence, regular patrols, and rigorous enforcement of traffic laws can act as a deterrent to reckless driving and ensure compliance with speed limits and traffic signals. Consistent penalties for traffic violations are essential.

Reported number of Road Traffic Accidents in 2024



## Emergency Treatment at Addu Equatorial Hospital

In the event of a road traffic accident, prompt and efficient emergency medical care is crucial. Addu Equatorial Hospital plays a vital role in providing this care. The hospital's emergency department is equipped to handle trauma cases, offering immediate stabilization, diagnostic services, and treatment for injuries sustained in road accidents. The hospital should ensure:

- **Trained Personnel:** Sufficient numbers of medical professionals trained in trauma care and emergency medicine are available 24/7.
- **Adequate Resources:** The hospital has the necessary medical equipment, including ambulances, diagnostic tools (X-ray, CT scan), and surgical facilities, to handle a range of injuries.
- **Efficient Triage System:** A well-defined triage system is in place to prioritize patients based on the severity of their injuries, ensuring that the most critical cases receive immediate attention.
- **Post-Accident Care:** The hospital provides comprehensive post-accident care, including rehabilitation services, to support patients in their recovery.

## A Shared Responsibility for Safer Roads

Preventing road traffic accidents is a shared responsibility. By implementing these measures, fostering a culture of road safety, and ensuring access to timely emergency medical care, Addu City can create safer roads for all its residents and visitors.

It requires a concerted effort from government agencies, law enforcement, healthcare providers, educational institutions, and the community as a whole.

## FOR AMBULANCE

# 102



# HOW FASTING TRAIN THE MIND: SELF-CONTROL AND DISCIPLINE

By: Aminath Naja Abdul Maushoog (Assistant Counsellor of AEH)

Ramadan is a month-long journey of shaping behaviors and patterns of Muslims in a way that helps them become ideal human beings. Ramadan is more about refining self-control, emotions regulation and personal growth rather than just skipping meals.

**Self-control is the ability to regulate one's thoughts, emotions and behaviors.**

Studies suggest that regular practice of self-control and self-discipline strengthens the prefrontal cortex which governs decision-making, impulse control and emotional stability. Fasting teaches self-control by avoiding lies, bad language, fights, arguments and impure thoughts that helps to develop self-discipline.

In a world of instant gratification, through fasting we train our minds to handle challenges with discipline and resilience. The fasting conditions our brain to manage cravings and resist automatic urges because of the dopamine system in our brain, which is responsible for craving and pleasure-seeking. Consistently practicing self-control reduces impulsive behaviors. Research shows that individuals who practice self-control have better decision-making skills and are able to resist temptations in different areas of life.

The practice of fasting also improves emotion regulation. On moral levels, when faced with hunger and fatigue during fasting, Muslims gracefully deal with the feelings of frustration, irritability and impatience. Ultimately, learning to manage these difficult emotions and developing resilience, making it easier to manage stress and resolve conflicts.

**The self-control and discipline practiced in this holy month has potential to become a lifelong practice.**

Individuals who master restraint and manages impulses and emotions throughout the fasting period are often able to extend it beyond Ramadan. Continuing discipline and self-control even after Ramadan help to develop nutritious eating practices, stay calm and manage anger better and keep focused on spiritual growth as well. As the discipline from Ramadan becomes a part of our daily life, our lifestyle becomes intentional, helping us to stay grounded and focused throughout the year.

To bring it all together, fasting is more than a spiritual ritual. It is a transformative journey that hones self-discipline, boosts self-control and supports emotional well-being.





# RAMADAN FASTING AND PREGNANCY: ESSENTIAL TIPS FOR A SAFE AND HEALTHY FAST

By: Dr. Mostafa Ibrahim (MSC | Obs -Gynea Consultant of AEH)

Fasting during Ramadan is a deeply meaningful spiritual practice for Muslims. While pregnant women are exempt from fasting, some may choose to fast. However, it's crucial to understand the potential health risks and follow proper guidelines to ensure safety. In this article, we'll explore the effects of fasting on pregnancy, who should avoid fasting, essential nutrition tips during Ramadan, and warning signs or symptoms that might require a pregnant woman to break the fast.

## Effects of Fasting on Pregnant Women:

- **Possible Benefits:** Some studies suggest that, with proper care, fasting may not always pose harm to a healthy pregnancy. However, individual health factors should always be considered.
- **Potential Risks:** Fasting during pregnancy can carry some risks, such as dehydration, which may lead to dizziness, headaches, or preterm contractions. Nutrient deficiencies could impact fetal growth and development, while low blood sugar (hypoglycemia) may cause fatigue, confusion, or fainting. It's important to stay mindful of these potential effects when fasting.

## Who Should Avoid Fasting?

Pregnant women should NOT fast if they have certain health conditions that could affect the mother or the fetus. These include: Gestational diabetes, Gestational hypertension or other metabolic disorders, High-risk pregnancies (e.g., twins, history of preterm labor), Severe nausea and vomiting, low blood pressure or anemia

## Nutrition guidelines for fasting in pregnant women:

Fasting during pregnancy is a complex decision that should be made in consultation with a healthcare provider, as it can impact both maternal and fetal health. If fasting is permitted, here are key nutrition guidelines to follow:

### 1. Pre-Fast Meal (Suhoor or Pre-Dawn Meal)

- **Protein:** Include high-protein foods like eggs, yogurt, cottage cheese, or lean meats to support muscle maintenance and satiety.
- **Complex Carbs:** Opt for whole grains, oats, and brown rice for sustained energy release.
- **Healthy Fats:** Add nuts, seeds, or avocado to help maintain energy levels.
- **Hydration:** Drink plenty of water and consume hydrating foods like cucumbers and watermelon.
- **Electrolytes:** Include a small amount of salt to maintain fluid balance.

### 2. During the Fast

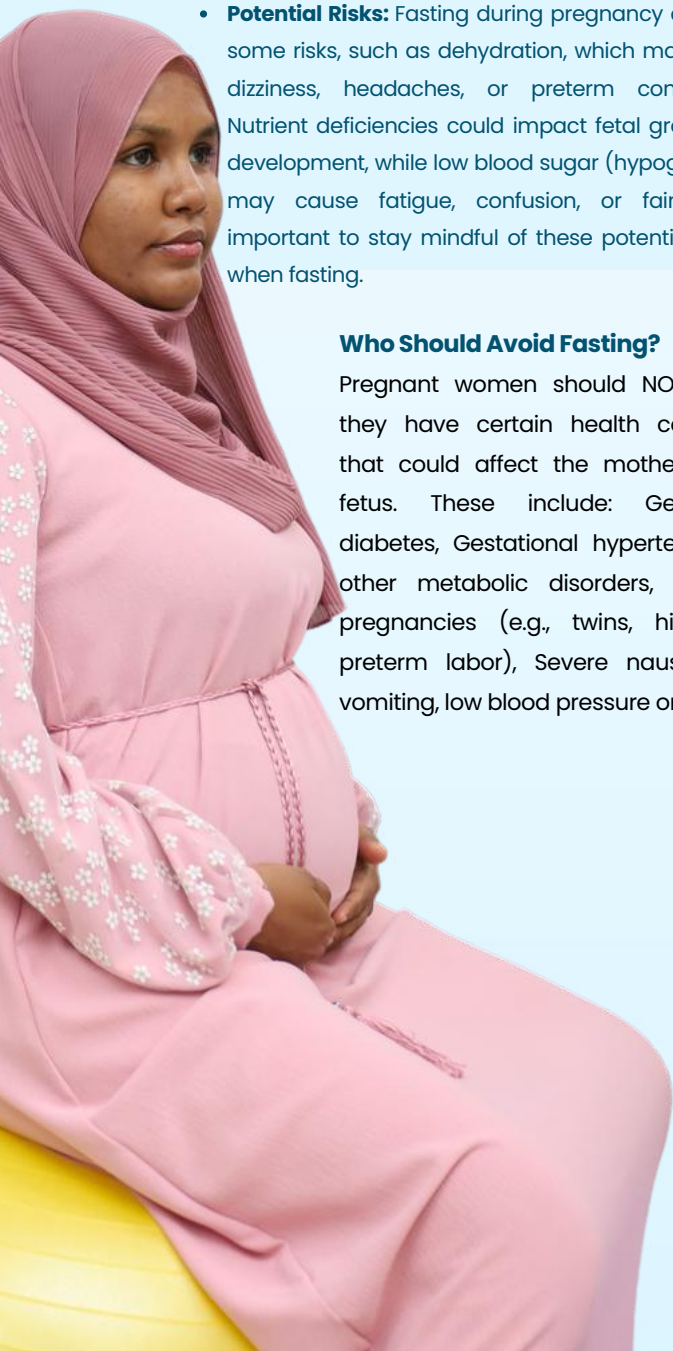
- **Monitor Symptoms:** If you feel dizzy, excessively fatigued, or have reduced fetal movements, break your fast and consult a doctor.
- **Avoid Dehydration:** Reduce physical exertion and stay in a cool environment.

### 3. Breaking the Fast (Iftar or Sunset Meal)

- **Rehydrate First:** Start with water, coconut water, or fresh fruit juices.
- **Balanced Nutrition:** Break the fast with dates, fruits, whole grains, lean proteins, and vegetables.
- **Avoid Heavy, Greasy Foods:** Limit spicy and salty foods.
- **Frequent, Small Meals:** Eat smaller portions throughout the evening to ensure adequate nutrient intake.

### 4. General Tips

- **Monitor Weight Gain:** Ensure you're gaining an appropriate amount of weight for your pregnancy stage.
- **Iron & Folic Acid:** Continue prenatal vitamins and iron-rich foods (e.g., spinach, lentils, lean meats).
- **Calcium & Vitamin D:** Maintain strong bones with dairy, fortified plant-based milk, and sunlight exposure.
- **Listen to Your Body:** If fasting leads to excessive weakness, headaches, or dehydration, consider alternative ways to observe your faith while prioritizing health.



## Warning Symptoms: When to Break the Fast

If a pregnant woman experience any of the following warning symptoms while fasting, she must break her fast immediately and seek medical attention if necessary:

### 1. Signs of Dehydration

- Dark-colored urine or infrequent urination (less than 3–4 times a day)
- Dizziness, fainting, or extreme weakness
- Dry mouth, lips, or skin
- Persistent headache

### 2. Symptoms of Low Blood Sugar (Hypoglycemia)

- Shakiness, excessive sweating, or palpitations
- Blurred vision or confusion
- Severe fatigue or irritability
- Feeling lightheaded or about to faint

### 3. Reduced Fetal Movements

- If the baby moves significantly less than usual or stops moving altogether

### 4. Severe Nausea or Vomiting

- Repeated vomiting leading to dehydration and nutrient loss
- Inability to keep food or fluids down

### 5. Strong Uterine Contractions or Preterm Labor Signs

- Painful contractions
- Abdominal cramping
- Lower back pain or pelvic pressure
- Vaginal bleeding or fluid leakage

### 6. Severe Weakness or Fatigue

- Extreme tiredness that makes it difficult to function
- Feeling like you might collapse

**If any of these symptoms occur, it is essential to break the fast with water and easily digestible food, rest, and seek medical advice promptly.**

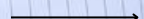
In conclusion, fasting during pregnancy is a deeply personal decision that should be made in collaboration with a healthcare provider. By carefully considering the health needs of both mother and baby, and following medical guidance, women can ensure a safe and healthy pregnancy while honoring their spiritual practices.

**Stay safe and Happy Ramadan.**



## DR. MOUSTAFA IBRAHIM MOHAMED ABOUELATTA

CONSULTANT IN OBSTETRICS & GYNECOLOGY OF AEH



# TOWARDS A SUCCESSFUL RAMADAN: A RAMADAN FOR EVERYONE!

By: Azlifa Abdul Azeez (Senior Accounts Officer of AEH)

Ramadan is almost here! This sacred month is a special time for Muslims, a period of spiritual reflection, self-discipline, and devotion.

Whether you're a houseworker, office worker, fieldworker, or on-call for emergencies, balancing your responsibilities during Ramadan can be tough. The added responsibility of physical and spiritual commitments may feel overwhelming at times.

However, with support from those around us, we can all make the most of this Ramadan. Small acts of understanding—like adjusting meeting schedules around prayer times or offering support to a fasting colleague, family member, or friend—can make a significant difference. These gestures can help reduce stress and improve focus.

Ramadan naturally shifts our daily schedules, requiring adjustments to normal routines. The first few days may be challenging, but adapting to the new rhythm becomes easier with time. For office workers, if you need adjustments to your schedule, such as modified break times, don't hesitate to communicate your needs with colleagues and supervisors in advance. Planning ahead ensures a balanced and productive month.

To achieve the best of Ramadan, while staying productive in our work and worship, we need dedication, honesty, and effort—qualities that hold immense value in our lives.

## For a start...

- **Prayer and Quran:** Begin your day with Fajr prayer and reading a few verses of the Quran. Apps like Muslim Pro, Tarteel AI, and Islamic Finder can help track prayers and offer daily Quranic reflections.
- **Intentions Matter:** Every action done with sincerity is rewarded. Approach your work with dedication and a positive mindset.
- **Use Prayer as a Natural Break:** Plan work sessions around prayer times for a structured day.
- **Share Responsibilities:** Practice gratitude and patience by helping each other out—whether it's covering shifts, lending a hand to a colleague, or lightening the load. Don't be afraid to ask for help when you need it!
- **Community Engagement:** Get involved by organizing or contributing to iftar meals for those in need, or volunteering at local mosques. It's a great way to give back during this blessed month.

- **Eat Well:** Fuel your body with nutritious foods for Suhoor and Iftar. Avoid heavy, greasy meals that can leave you feeling sluggish. And remember to drink plenty of water between Iftar and Suhoor to stay energized throughout the day!
- **Move and Rest:** Take short walks, stretch, and listen to your body's needs. Sleep well to support energy levels.
- **Prioritize Wisely:** Focus on your most urgent tasks first and delegate when you can to lighten your workload. If you're looking to boost productivity, try time management techniques like the Pomodoro Technique—work in 25-minute blocks with short breaks. Apps like Pomodone ([Pomodone](#)) or Focus Booster ([Focus Booster](#)) can help too.
- **Use Technology Smartly:** Apps like Google Calendar, Todoist, and Notion can help you track tasks and set reminders. But, try to limit distractions and reduce screen time on social media so you can stay focused.
- **Continuous Dhikr (Remembrance of Allah):** Keep your heart connected to Allah throughout the day with short prayers and supplications. Apps like Dhikr & Dua, Hisnul Muslim, and Tasbeeh Counter can help track your daily supplications and support consistent remembrance of Allah.

Ramadan is more than just fasting—it's about strengthening our faith, cultivating patience, and showing kindness to those around us. It's an opportunity to reflect, improve, and uplift each other. Small acts of understanding can make a significant impact on someone's Ramadan experience.

**Let's make this Ramadan a month of unity, productivity, and personal growth. May our efforts be accepted and blessed.**

**Ramadan Mubarak!**

# UNDERSTANDING THE SIGNIFICANCE OF REGULAR HEALTH CHECK-UPS: MONITORING KEY HEALTH METRICS FOR PREVENTIVE CARE

By: Fariyyath Mohamed (MNA MSc, BSc, RM, RN of AEH)

Staying on top of health is not just about feeling well day-to-day; it is also about preventing serious conditions before they start. Regular health check-ups, which monitor essential health indicators such as blood pressure, cholesterol, blood sugar, and body weight, play a vital role in the early detection and management of chronic diseases.

## Why Are Regular Check-Ups Important?

Routine health screenings provide a snapshot of current health status and help detect potential problems before they become serious. Regular monitoring can prevent or manage chronic diseases, reduce healthcare costs, and improve overall quality of life.

A recent systematic review and meta-analysis published in The Journal of the American Medical Association (JAMA) analyzed data from over 300,000 participants across various countries. The study found that routine health check-ups are associated with a 15% reduction in overall mortality, largely due to early detection and management of chronic conditions such as cardiovascular disease and diabetes (Lin et al., 2018).

## What Should Be Checked?

Knowing key health metrics, or “numbers,” involves monitoring:

- **Blood Pressure:** High blood pressure increases the risk of heart disease and stroke. Regular monitoring helps manage this risk effectively.
- **Cholesterol Levels:** High cholesterol can lead to clogged arteries, heart disease, and other serious conditions. Early detection through blood tests can prompt lifestyle changes and medication if necessary.
- **Blood Sugar:** Regular glucose checks can help prevent or manage diabetes. Early intervention can drastically reduce complications associated with this condition.
- **Body Weight and Body Mass Index (BMI):** Maintaining a healthy weight can lower the risk of various health problems, including heart disease, stroke, and certain cancers.

## References

1. Lin, J. S., O'Connor, E., Evans, C. V., Senger, C. A., Rowland, M. G., & Groom, H. C. (2018). Screening for cardiovascular disease risk with resting or exercise electrocardiography: A systematic review for the U.S. Preventive Services Task Force. *JAMA*, 319(22), 2308–2316. <https://doi.org/10.1001/jama.2018.6848>
2. Krogsbøll, L. T., Jørgensen, K. J., Grønhoj Larsen, C., & Gøtzsche, P. C. (2019). General health checks in adults for reducing morbidity and mortality from disease. *Cochrane Database of Systematic Reviews*, (1). <https://doi.org/10.1002/14651858.CD009009.pub3>
3. Muller, D., Streicher, P., & Krause, M. (2020). The impact of routine health checks on long-term health outcomes: A systematic review. *BMC Medicine*, 18(1), 56. <https://doi.org/10.1186/s12916-020-01559-y>

## Evidence from Research: Routine Check-Ups Reduce Risks

A meta-analysis published in The Cochrane Database of Systematic Reviews further supports these findings, indicating that general health check-ups help reduce mortality from cardiovascular diseases by around 20%. The research included data from more than 25 studies and demonstrated that individuals who received regular screenings had a significant reduction in the likelihood of undiagnosed high blood pressure and elevated cholesterol (Krogsbøll et al., 2019).

Another study published in *BMC Medicine* highlighted that individual undergoing regular health screenings had better long-term outcomes, including reduced instances of severe complications and hospitalizations. This research underlines the importance of early intervention and regular health maintenance as part of a proactive approach to personal health (Muller et al., 2020).

## Making Regular Health Check-Ups a Priority

Integrating regular health screenings into a routine can lead to substantial health benefits. A personalized screening schedule based on age, gender, family history, and risk factors should be developed in consultation with healthcare providers.

## Key Takeaways

- **Regular check-ups help detect health issues early, making treatment more effective.**
- **Knowing key health metrics blood pressure, cholesterol, blood sugar, and BMI empowers individuals to take control of their health.**
- **Systematic reviews and meta-analyses show that routine check-ups are associated with reduced mortality and improved management of chronic diseases.**
- **Encouraging families and communities to prioritize regular health screenings is a critical step toward creating a healthier society.**



# OPERATIONAL AWARENESS WORKSHOP: HOSPITAL HARMONY





## OPERATIONAL AWARENESS WORKSHOP: HOSPITAL HARMONY



# Receive Purchase Request

## Initiation

The procurement process begins with a purchase request from either the administrative department or the store.

## Request Details

The request should include specific details such as the item, quantity, delivery date, justification and budget.



## OPERATIONAL AWARENESS WORKSHOP: HOSPITAL HARMONY





**INAUGURATION OF EXECUTIVE COMMITTEE  
OF CLUB AEH**







# INAUGURATION OF EXECUTIVE COMMITTEE



## INAUGURATION OF EXECUTIVE COMMITTEE OF CLUB AEH



# UPCOMING EVENTS

---

**Staff workshop: Mastering Proactive Decision-Making & Environmental Awareness in Hospital Operations.  
February 2025**



**FOR AMBULANCE**

**102**



aeh\_mv



Addu Equatorial Hospital-AEH



7379951



info@aeh.gov.mv

## CONTENT

Azlifa Abdul Azeez

Maradhoo Health Centre

Dr. Moustafa Ibrahim Mohamed Abouelatta

Aminath Naja Abdul Maushoog

Hawwa Zulfa

Fariyyath Mohamed

## EDITOR

Fathimath Abdulla Rasheed

## PHOTOGRAPHY

Nishaaza Abdulla

## DESIGN & ART DIRECTION

Nishaaza Abdulla



**FOLLOW OUR JOURNEY!**