

## **Self introduction**

about me

I am a student of 33<sup>rd</sup> batch of faculty of medicine, university of Kelaniya. I got selected to this university by my 1<sup>st</sup> attempt of A/L examination. I live in Udugampola in Gampaha. I have no siblings. My mother was a science teacher and my father was a supervisor in airforce; Rathmalana. I think I'm a very obedient girl cause my parents are little bit strict since I was small. They always try to guide me through educational side and always put my safety as their number 1. Because of that I become a clever student as they wished.

In my view I'm more likely an introvert person but I always care about people around me. I prefer to enjoy myself most of time by reading books, listening to music,. Whenever I get bored I call one of my friends and chill with chattering like other girls do. There are so many people that I consider as my friends but I share my private details only with a small bunch of friends who are always there to help me when I'm in a danger. I'm a girl who doesn't like to see anyone suffer from anything. I try to cheer up every person around me because I love to see their smiles. Sometimes I become a little bit insecure about myself but luckily since I got good friends I find a solution in every problem. I have a best friend and I still sharing every struggle and my sorrows with her. I feel better after a small chat with her.

So considering my future plans I had so many dreams from time to time like to be a teacher, a pilot, an engineer but finally I could be able to find my own pathway that I'm really good at. It is being a healer curing so many patients giving them new hopes and dreams of their lives. In my view we all should be able to become a noble person and provide our full service to the people because we are parts of this society who's getting maximum benefit from the free education that is provided by the innocent citizens from their credits. I choose this healthcare service cause I think that I can earn my highest satisfaction and my happiness instead of only earning money. Also I would be like to be financially stable to take care of my parents and my family members. So, since then to now I'm so proud of myself that I've reached everything that I have determined.

## **Reflective account including leadership/teamwork activity with PATS**

teamwork activity

Under the reflective activity on leadership and teamwork skills our purpose was to provide a noble deed to needed people. So, I and my team members decided to arrange a treat for patients in a hospital. We chose leprosy hospital in Waththala for our activity. All the costs were found by selling bookmarks that were made by us. Everyone in the team participated to make bookmarks and we tried our best to make those in low costs. So we used natural stuffs like flowers, leaves and then painted them and pasted them. So we sold these to our batchmates, our friends, relations and neighbors. Some of them donated extra money after hearing about the activity we were gonna do.

As the result we could collect money more than we thought. So we decided to buy some essential items such as soap, milk powder to the patients by this extra money we've collected.

I was a team member and I helped in every single activity we've organized. Our team leader was the only boy in our team who has a strong leadership unless we won't be able to finish our project by due date. He organized everything very well and split up duties among the group members and make it happen on time. He was a huge backbone for all the members. Considering about the team members they were very friendly and and worked together as a group well. Even though we had to face some barriers we were always together. Whenever there was a doubt we discussed about it and collected each one's opinion and got the best solution. We were very close during that time and by time passing we could be able to make a really good team

On the day we have decided we arrived our destination at 9 am. There were about 50-60 patients and a small number of staff with 2 doctors, 4 nurses and about 8 attendances. Most of patients were around their 50-60 ages and few were very old like around their 80-90 ages. They warmly welcomed us and we introduced ourselves and had a small chats with them. That was so emotional moment while they were sharing their stories and we felt so pity of them. Some patients had not seen their families for a long time and some are abandoned by their children. Then we gave them our small treats with sandwiches, pastries, fish rolls, bananas and nestamalt. They were very pleased. At the end we gifted them other necessary items and had fun time with them singing songs and joking around.

At the presentation day we presented about our project we did to the entire batch. Considering the peer feedback everyone gave me best ratings which means that my team members are aware of my contribution to this activity. That was so pleased to understand that how beautiful people are around me to give their valuable ratings for me. As a team member I think I have put my maximum effort in to our group project to become it beyond the perfection. I'm so satisfied with my contribution to the teamwork. If we had more time and money we could have buy some clothes and bedsheets for the patients. But as overall I think we have completed our deed as our best.

As a future doctor I think teamworking is a good quality to improve because while saving a patient not only one person but also a huge group with several doctors, nurses, attendances are contributed to work together. So we should be able to respect others decisions and always take the best decision as a team not by own. So by engaging in such an activity we were able to get experienced how that kind of hospital is worked out and we could improve the qualities as a healthcare providers.

If I face a similar situation again I would probably visit there and see what are the things I can do. Also I'll try to be more effective while time managing and I'll find some donations and get things ready within the correct time.

PATS – 05 uploads

## **reflective account on attitudes and ethical / moral dilemma**

ethical/ moral dilemma

Description-

When I'm doing my A/Ls I have so many friends not only in bio classes but also in maths classes too. But most of my closest friends were doing maths stream while I'm the only one doing bio among my friends gang. During the A/L new students were entered to the school according to their O/L results for A/L studies. So, one of my closest friend became a part of another girls gang. In this group some were old students from grade 6 and some were new students. But my friend never forgot our old friendship and whenever she got free time she hung out with us and had fun together. So, nothing changes happens to our friendship. I'll address my old friend as Dinithi and new girl as Susini. By time passing both of them were sharing their private details and were together all of the time but we never bother them or interrupt their friendship. But after a while we noticed that there were some changes happens with Dinithi. Normally she is very funny and talkative person but we noticed that she was upset for no reason. Also she had fought with Susini but we really didn't know the exact reason for that. After all we could be able to realize both Dinithi and Susini have similar personalities. They get angry for small things, never let others to win, never accept that they are wrong after doing a mistake, difficulty of controlling their feelings as well both of them are stubborn people. So, due to some issues they got angry with each other and do not like to accept their faults and try to prove that they are right. Therefore they had so many quarrels frequently. I always stand by Dinithi's side as our long old friendship. Even Susini was one of my friends, Dinithi was there whenever I need help and she never let me fail. So, I didn't need to lose our old relationship. After this problem occurred me and my other friends advised Dinithi to avoid Susini and not to be that much close to her. So, it went better to both of them otherwise it could be affected our A/L studies too. So, both of them understood that this problem is mainly due to their similar attitudes and decided to relate Susini with only with a limit. Since now Dinithi and Susini are friends still but not so close as before. Therefore they do not fight just like in the past.

### Feelings

First when Dinithi is changing, being rude, aggressive. So, we were so sad and felt that she is suffering from some issues. Also it would be so hard because at first Dinithi didn't tell us anything and just stopped talking to us too. During that time, considering that issue it was really hard to take anyone's side because both of them were wrong. But when we search further about the reason for their quarrel I could understand that most of the faults were done by Susini. In other hand standing against Susini would be ended our friendship but thinking about Dinithi's side I realized that she's innocent in some ways. Also she's my oldest friend who knows me better. So, for both I advised both of them to not to be so close and I tried my best to make them realized the reason for their toxic friendship.

### Evaluation

After looking back I'm little satisfied with the decision I made. But it made me sad because I really didn't care on Susini's side that much. So, their separation could help both of them to realize their real characters. Also they were able to continue their studies without any distraction. They have chosen their own pathways. Also, friendship between me and Susini didn't even damaged and it

is still remained. Me and Dinithi are still best friends and sharing everything of each other. Finally I'm glad to see they have become themselves.

### Analysis

This experience taught me how to take the best decision when we are stucking between 2 closest people. So, we should look at the issue in both sides and the solution should be fair to both of them. It can help to protect our old friendships and avoiding toxic relationships can be assisted our stress level too.

### Conclusion

I think I should be more focused on my friend and the people who's try to be friend with her. Also, I think if I would recognized their toxic relationship at first things never gonna worst and they would never fight. If those things happens like that I could become a better friend by trying to understand their incompatibilities.

## **Activity on developing emotional intelligence**

### emotional intelligence

Emotional intelligence is one of the most important and necessary qualities in the modern world. In general, emotional intelligence is defined s the ability to recognize and regulate one's own emotions and others emotions. At the same time people with a high level of emotional intelligence are valued in almost any field of activity since the interaction between leaders and subordinators or employees and clients requires attentiveness to others needs. People who hold ruling positions and manage a team espetially need this skill as their effective leadership depends on it.

In my view a student with high emotional intelligence can communicate better , lessen their anxiety and stress, resolve conflicts, improve relationships, empathies with others and overcome life's challenges. Studants with higher levels of emotional intelligence can check on their emotions better and empathetic to others around them.

Emotional intelligence is essential for all the human interaction including doctor- patient, doctor- doctor or doctor- othe HCPs. Empathy improves levels of clinical care and patient outcome. It's also key to managing all the relationships involved in providing treatments. Showing compassion can help speed a patient's recovery and increase rate of adherence to prescribed treatments.

I assessed my emotional intelligence using a test via a link

and I got 60 out of 75 and based on the mark it's assessed that I'm an emotionally intelligence person.

I think it would be better to try improving my emotional intelligence furthermore. For that I can reflect my own emotions, asking others for perspective, being observant, taking a moment to think before speaking

## **reflective activity on attitudes and beliefs about gender and sexuality**

gender and sexuality

### Discription

Most people think that both gender and sexuality mean the same thing but they have some differences though. Sex refers to a set of biological attributes in human and animals. It is primarily associated with physical and physiological features including chromosomes, gene expression, hormone levels and function. Sex is usually categorized as male or female but there is variation in the biological attributes that comprise sex and how those attributes are expressed. Gender refers to the socially constructed roles, behaviours, expressions and identities of girls, women, boys, men and gender diverse people. It influences how people perceive themselves and each other, how they act and interact and the distribution of power and resources in society. Also there is a specific term called LGBTQA+, standing respectively lesbian, gay, bisexual, transgender, queer, intersex, and asexual. So, no matter which part that a person is included as a citizen we do not claim to question about their sex because they have chosen that by themselves. Also we should respect them and consider them as others. They all are normal people in the society and we don't have any right to discriminate them. All we should do just avoid the negativity attitudes and concepts like gender discrimination. Just try to be kind and sympathy for all of them.

### Feelings

So we did a group project based on gender and sexuality and it proved that my attitudes to treat all the genders as same is right. So in my opinion equality should be brought out into the society and encourage the people to avoid those cultural based negative ideas about gender. As we know there are some rejections of some gender types in several cultures including Sri Lanka. So I think I would be proud of myself for not accepting every cultural details and believe only the things those have accurate reasons.

### Evaluation

Social conflict rises from social change. It explains the common resistance across cultures to progress of lesbian and gay rights. Gender equality assist to develop a country with a people with rich attitudes.

### Analysis

People are always believe that gender expresses by the person's behaviour mostly the way they talk, walk, dress. Also some of them linked this wrong concept with their religion and promote this type of discrimination using the religion.

## Conclusion

As a future doctor we need to see every thing in a wide range even in the title of gender. Gender is chosen by the person So we cannot force people to change them cause they would be inappropriate to the culture and society. So, we need to respect them, do not bully them or ignore them, treat them as equal as other males and females. Also we should be able to direct the people with negative minds to think widely and inform them about those genders basically.

## **discussssion and future activity plan**

### future activity plan

Looking back I'm so proud about myself for holding everything and never let anything to change even at the worst storm. It's good to see that how I'm become stronger and never let anything to change my good qualities. I think I have become more sympathetic, sociable, helpful and cheerful person . I think I would be able to spread those qualities to my closest people also. So, I have a lot of future plans. But, first of all I hope to become a kind doctor who spares her valuable time and energy to cure innocent patients without hoping only money . Also, I want to be a good daughter and make my parents as well as myself proud about me. I hope to take care of my parents and my family as well. I never hope to wind up my studies after pssing out from the university. So, I have planned to get my higher education and continue my studies to become a specialist. Finally I hope to become a person who cheer up the people and make them believe their hopes and dreams.

## **Documentary evidence including professionalism index**

## **References**