

FACULTY OF INDIGENOUS MEDICINE

26<sup>TH</sup> BATCH

PHYSIOLOGY - ANEMIA

(CAT II)



GROUP 08

SUPERVICED BY:

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# GROUP MEMBERS

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## I. Introduction

Our group selected Anemia as the topic for our presentation because it is a common yet serious medical condition that affects millions worldwide. Anemia occurs when the body does not have enough healthy red blood cells to carry adequate oxygen to tissues. This activity was not just about learning concepts but also about working as a team, managing our time, and balancing other academic responsibilities. The purpose of this report is to reflect on our group's experience while researching, preparing, and presenting on this topic.

## II. Group Experience

Working on the anemia presentation was a collaborative and enriching experience. Each group member took responsibility for specific sections such as classification, clinical features, diagnosis, and management. We shared information, exchanged ideas, and supported each other in understanding complex medical concepts. The teamwork enabled us to create clear, concise, and well-organized presentation slides.

## III. Challenges Faced

During our preparation, we encountered several challenges:

- Understanding and simplifying complex medical terminology
- Differentiating between similar concepts such as symptoms and clinical features
- Time management, as we had to balance the project with other academic work
- Ensuring the slides were visually engaging and easy to follow
- Overload of information: Since Anemia has many types and mechanisms, it was hard to condense everything into a short presentation.
- Nervousness: Since all of us were speaking, some members were worried about public speaking.
- Preparing for another subject's viva: At the same time, we had a viva for a different subject, which made the workload even heavier and required us to divide our focus.
- Time pressure: It was not easy to manage this along with our regular assignments and classes.

## IV. Overcoming Challenges

We addressed these challenges by dividing tasks clearly and using reliable medical resources such as textbooks, lecture notes, and research articles. To simplify concepts, we discussed them together and rephrased in simple, clear language. We also used charts and diagrams to make the presentation more effective. Time management was improved by setting deadlines and meeting regularly to track progress. We created a group chat to share slides, resources, and progress updates. We practiced as a team, where everyone rehearsed their own part but also listened to others and gave feedback. By dividing the presentation equally, everyone felt involved and responsible, and the nervousness reduced after multiple rehearsals.

## V. Lessons Learned

Through this project, we learned valuable lessons:

- The importance of teamwork and effective communication
- How to break down medical information into simplified points for better understanding
- The significance of visual aids in making medical presentations more effective
- Improved skills in research, summarizing, and presentation design

## VI. Conclusion

In conclusion, this presentation helped us learn anemia in depth, but more importantly, it taught us teamwork. Everyone in the group contributed, both in research and in presenting, which made the

workload fair and the presentation stronger. Using both textbooks and internet sources gave us accurate yet simple explanations and practicing together helped us gain confidence. Even though preparing for another subject's viva at the same time was challenging, good teamwork and communication helped us balance both. Overall, the experience not only improved our knowledge but also our communication, time management, and collaboration skills. For future projects, we recommend starting early, dividing responsibilities clearly, and incorporating interactive elements into presentations to increase audience engagement.

## VII. References

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