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AWARDEE REPORT FORM

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| NAME | | Shaz Raja | | |
| TWITTER HANDLE\* *optional* | |  | | |
| UNIVERSITY | | Trinity College Dublin | | |
| NAME OF AWARD | | Barclay Smith | | |
| PURPOSE OF AWARD *conference/event attended/organised (full name) with city and dates.* | | | | |
| Anatomical Society Winter Meeting 2025 at UCLan in Preston, from 6th of January to 8th of January. | | | | |
| REPORT: What were your anticipated benefits?  *Minimum number of words between 200-400. Please write in coherent paragraphs.* | | | | |
| I anticipated many benefits from the conference, especially the opportunity to attend the offered workshops. From a medical point of view, I expect the workshop by Maryam Rajid and Elena Patera will allow me to gain a more contemporary perspective on anatomy teaching compared to my traditional cadaveric dissection experience. Likewise, I am excited about the workshops on CT imaging and Trauma Resuscitation, which are clinically relevant to my career aspirations in reconstructive surgery.  As a medical student, I am also excited to attend lectures given by leading researchers in the field, especially the prize talks for the best journal articles. Furthermore, the chance to present my undergraduate summer research vacation scholarship project at the conference is something I believe will help build my CV. Similarly, I hope to meet new people and form new connections.  Overall, I anticipate that the conference will provide me with a new perspective that I can take forward in my career. I hope that exposure to new types of research will help me to develop new ideas of my own that I may pursue and return to future conferences with. This is a unique opportunity that I otherwise would not have had at such an early stage within my career as an undergraduate student. | | | | |
| COMMENTS: Describe your experience at the conference / lab visit / course / seminar/ event.  *Minimum number of words between 200-400. Please write in coherent paragraphs.* | | | | |
| For me, the conference started with the pre-conference workshop by Maryam Rajid and Elena Patera, which was enlightening. It gave me a fresh perspective on anatomical education and how cadavers may not be the most suitable for all students, particularly those neurodivergent. Afterwards, we were provided with a lovely complimentary lunch, before the later anatomical educational session of talks and conference workshops. The invited talks by Dr Lauder and Prof Border were well received and changed my appreciation for how educators tailor their resources for students, and how we, as students, can use them most effectively. The final workshop by Prof Driscoll was also complementary to my medical background and provided me with a framework I can use to interpret X-rays as I move into my clinical years of medical school. The day ended with the early career social, which was a great way to meet new people and form friendships.  The second day was packed with talks about imaging methods and their application for anatomical research. In particular, I was to present my own research on tendinous junctions in canines, in a "Pecha Kucha" format (20 seconds per slide for 20 slides). A novel format, but something that I thoroughly enjoyed presenting as well as listening to others. In particular, the Aging Cell Best Paper Prize 2023 was presented on antiretroviral protease inhibitors and their relationship to cellular senescence. It was a longer day, with a late talk session on educational imaging. On the whole, it was very enjoyable – albeit a chilly evening. It ended with the complimentary gala dinner at Bistrot Pierre, which was well received.  The conference ended with a half-day, with another set of interesting talks. Notably, the Journal of Anatomy Best Paper Prize 2023 was also presented as well as an interesting invited presentation by Prof. Matuszewski on AI in medicine and where we may be heading. The brief discussion of the ethics of superhuman artificial intelligence was thought-provoking, and it was helpful to receive clarification on the relationship between deep learning, machine learning and artificial intelligence. Finally, there was awarding of prizes, and I was pleasantly surprised to receive the best oral presentation prize as a young investigator.  Overall, my experience at the Anatomical Society Winter Meeting 2025 at the University of Central Lancashire was enriching. Although an unfamiliar city, Kris and Liam created a welcoming environment, well supported and organised with student ambassadors. From the moment I arrived, I felt well-oriented with a structured schedule and maps for guidance. The conference allowed me to network with people and present my research, an opportunity I would otherwise not have had. The Anatomical Society's support of my research endeavours and travel to the conference has allowed me to leave inspired to carry out further anatomical research and participate in the society. | | | | |
| REPORT: In relation to skills, what were the most important things you gained? *(does not apply to equipment grant.* For public engagement/outreach awards what did your audience gain and how did you evaluate success?  *Minimum number of words between 200-400. Please write in coherent paragraphs.* | | | | |
| The first thing I gained was the chance to refine my presentation skills in front of a crowd. I was allocated the unique Pecha Kucha format, where you spend 20 seconds per slide and present 20 slides. Although initially daunting, rehearsing and practising to make the presentation as cohesive as possible allowed me to appreciate the true skill that presenting involves. It required me to think critically about how I should convey my research on tendinous junctions in a concise but engaging manner. Moreover, this culminated in me receiving the Young Investigator Oral Presentation Prize for the best oral presentation. This changed my perspective on presenting, and it gave me a confidence boost that my skills were improving, and my research was impactful.  The second thing I gained was the ability to refine my anatomical knowledge using different anatomical educational tools and imaging modalities. The workshops on using anatomy in Trauma Scenarios, as well as familiarity with CT imaging, allowed me to learn myself as well as understand how to teach others using such formats. It was novel for me to experience the concept of digital cadavers and how these can represent real anatomy, even individual variation, by virtue of thorough scanning. It was my first experience interpreting scans for trauma as well as navigating scans in all three dimensions.  The final thing I gained was the ability to network with individuals at various points in their career. Engaging with early-career researchers as well as established professionals during the conference broadened my perspective of issues and burgeoning research topics in the anatomical societies. From wound healing in fish to using FISH for mapping brain pathways, I felt it was not only contemporary but a multidisciplinary experience. The social events were aptly organised and interspersed in a supportive environment to build professional relationships. Overall, I gained confidence in discussing unfamiliar ideas, seeking advice and establishing connections that could lead to future collaborations. | | | | |
| REPORT: How do you think you will put this learning experience into practice in the future? For public engagement/outreach awards how with the materials/knowledge generated by this activity be used in the future?  *Minimum number of words between 200-400. Please write in coherent paragraphs.* | | | | |
| I hold that I will put this learning experience into practice by continuing to carry out and present research. I am inspired to take a scientific route in my clinical training, perhaps aiming for a clinical doctoral research fellowship in the future.  Refining my presentation skills during the Pecha Kucha session has given me a new level of confidence in communicating research. I plan to continue attending conferences, especially those by the Anatomical Society, and utilise every opportunity to present where possible. Likewise, the insights into imaging modalities and digital tools for education are relevant to my current learning as well as future clinical practice. The familiarity with interpreting scans, understanding how they are formed and how they may be used for education has been helpful in guiding my own research. As I move into clinical years, I will be building upon these foundations laid down by the conference for anatomical imaging.  Finally, meeting professionals at various stages of their careers allowed me to broaden my perspective on research and collaboration. It has motivated me to seek out more opportunities that align with my interests as well as anatomical education. I gained an appreciation of different institutions and their own expertise in areas of anatomy. Moreover, I had discussions with professors who shared their ideas of where anatomical research is heading and what avenues may be useful to explore. In summary, I plan to use this experience to continue to develop my clinical, academic and professional competencies with the aim of future research as a clinician scientist. | | | | |
| Data Protection/GDPR: I consent to the data included in this submission being collected, processed and stored by the Anatomical Society. Answer YES or NO in the Box below | | | | |
| YES | | | | |
| Graphical Images: If you include graphical images you must obtain consent from people appearing in any photos and confirm that you have consent. A consent statement from you must accompany each report if relevant. A short narrative should accompany the image. Answer N/A not applicable, YES or NO in the box below | | | | |
| N/A | | | | |
| Copyright: If you submit images you must either own the copyright to the image or have gained the explicit permission of the copyright holder for the image to be submitted as part of the report for upload to the Society’s website, Newsletter, social media and so forth. A copyright statement must accompany each report if relevant. Answer N/A not applicable, YES or NO in the box below | | | | |
| N/A | | | | |
| SIGNATURE | Shaz Raja | | DATE | 20/01/25 |

*If submitted electronically, a type-written name is acceptable in place of a hand-written signature*

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