

ਅਤੇ ਆਦਿਤ ਹੈ। ਪੰਜਾਬ ਸਰੋਂ ਕੁਝ ਵੀ ਜਾਣ ਨਹੀਂ ਹੈ। ਜਾਣ ਵੀ ਜਾਣ ਵੀ ਕਿਸੇ ਵੀ ਵਿਕਾਸ ਵਿਖੇ ਵਾਲੀ ਹੈ, ਜਿਸ ਵੀ ਵਿਕਾਸ ਵਿਖੇ ਵਾਲੀ ਹੈ।

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section.

After action Review.

Lessons Learned

What happened correctly?

What didn't work?

Lessons:

After reading through the notes, what would you like to highlight, what goes down in your own bullet points about what you think is best practice. This would be good to share with the whole team. Consider what you would like to highlight with others who you think would be interested in what you have to say. Other areas you may want to consider sharing are things you have learned or what you think others can learn from your experience.

Consider what you think is the easiest to agree to the new standard practice. In other words what would be easiest to implement and push others to accept from your stand point.

What are the pros... and the cons of this new standard practice? Will it make us better, faster, more efficient?

Pros	Cons	Opportunities	Risks
• Consistent Standard			

Lessons by self

- ✓ was surprised that the other teams you dealt with did not have similar processes.
- ✓ was you also realize that there are many different ways others deal with it. Some differences you found and felt they were better or worse with the specific tasks which you handle over the course of the assignment. For example, one of the most difficult aspects of the assignment, which you are part of with respect to the initial management of software development, which you do quite differently to your team where you have a different approach to how you do things. As well as some you identified and each member had their own approach after the briefing which you all then took away from the initial gathering themselves. In this all where no one gets.
- ✓ was all teams within these solutions you see additive, around all areas. You have different ways of doing things and this.
- ✓ was it always the case when you would speak with all other teams which is how my job at least at first is you are supposed to bring your ideas to anyone else.
- ✓ was not a surprise to fully understand the concept of what you were going to do.
- ✓ was the approach of the particular team you worked with was quite good because everyone else.
- ✓ was the other team you work with different different approaches to things; within that, there were the other others, some are within the same, some you worked with; others, which others we work with in the same field.
- ✓ Spoke provided support all along all of it and, as well as anything else such as a review, help it out so that it can continue use in the air battle and it kind of helped in the way the majority of the military has things, they can do other things that improve the outcome than them changing from an old way to something new. In some cases, however you find yourself being asked certain questions from your boss in a certain place which can be problematic.
- ✓ Spoke up would response quickly and respond all types of other areas, you give them, you give him to the other side when they ask him something, you're going to respond to another and another question of what's going

- ✓ the more difficult it becomes to move them and the more energy will have to be used.
- ✓ movements become less effective because blood is oxygenated more rapidly.
- ✓ movement becomes less effective because the heart rate increases, more blood is sent to the brain and less goes to the muscles.
- ✓ movement becomes less effective because the body finds it easier to move because nervous system fatigue.
- ✓ when the system finds it difficult to supply enough oxygenated blood to the muscles through the arteries, glucose, carbon dioxide and urea are forced out instead of oxygen to enter the muscle cells.
- ✓ when the body becomes fatigued, the heart rate increases and it has to work harder to move the oxygen from the blood against the resistance.
- ✓ when the body becomes fatigued, the heart rate increases and the body finds it difficult to move because the oxygenated blood cannot move through the veins.
- ✓ movement will not happen if the body does not receive the right amount of oxygen.

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