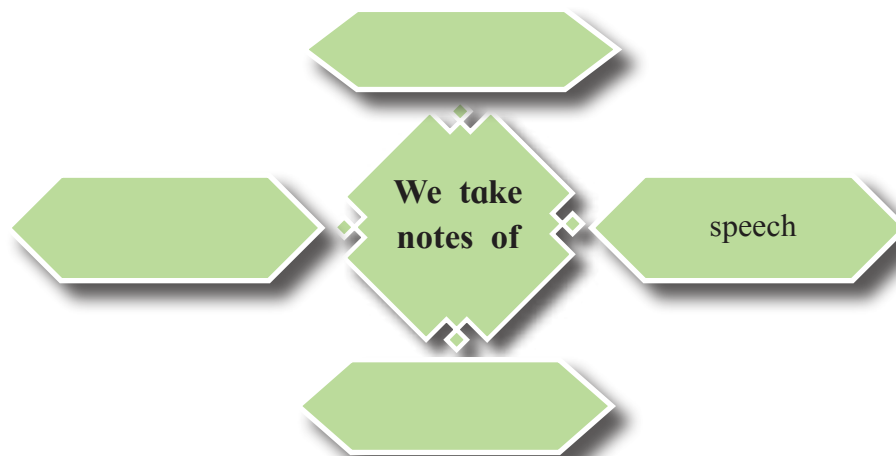


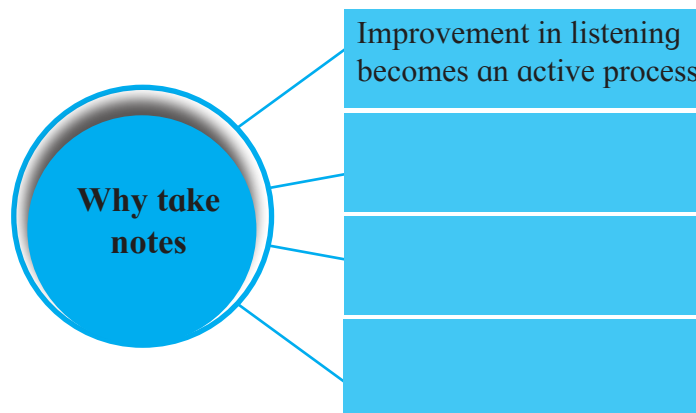
3.3 Note-Making

ICE BREAKERS

- Complete the web.



- Discuss in groups why you take notes.



- Better notes will help you remember concepts, develop meaningful learning skills and gain better understanding of a topic. Discuss in groups different styles or methods you use in your note-making/taking. For example, to underlining important facts.

Note-Making

Note-Taking and Note-Making

Both the skills are totally different.

- Note-taking is a passive process which is undertaken during lectures.
 - Note-taking at a glance gives a complete view of a paragraph or any content which contains the main points and supporting details of what is heard (during lectures or speech).
 - Taking notes while reading from different books and present for different purposes.
- Note-making is a more active and focused 'writing skill' where a concrete connection between all relevant concepts and words is drawn to infuse or connect all thoughts together by a method. (points, tree diagram or a table etc.)

Similarities between Note-taking and Note-making

- Both provide the students with material for easy reference, preparation and study during an examination.
- Both aid the students in remembering facts easier as it utilizes both reading and listening senses.
- Both have the same purpose, that is for the students to excel in their studies.
- Both help the students to concentrate better and effectively.

NOTE-TAKING AND NOTE-MAKING

Note -taking	Note- making
- Only jotting down points, involves no sight interpretation	- Helps student to see each point clearly along with its link or connection with each other
- Very little changes are required	- Easier to change the notes made
- Taking points from one source at a time	- Involves the taking of points from different sources.
- Less understanding	- More understanding
- Points or notes are written in full form. Points given by sources are taken directly.	- Note making is often in short form.
- Only gives the early configuration for the whole topic.	- Helps the students in capturing its main key.
- Notes are made from sources. They are hand-made since the time available is limited.	- Constructed by the learner themselves, in hand-made or in computer-typed form

Styles of Note-Making

- Tables, Charts (Bar Charts, Pie Charts, Flow Charts), Line Graph, Tree Diagrams, Pictograms, Maps and Plans

Ayurvedic Medicine Facts

Fundamentals of *Ayurvedic* Medicine

To understand *Ayurvedic* treatment, it is essential to have an idea of how the *Ayurvedic* system regards the human body. The basic life force in the body is *prana*, which is also found in the elements and is analogous to the Chinese notion of *chi*. As Swami Vishnudevananda, a *yogi* and expert, put it, “*Prana* is in the air, but is not the oxygen, nor any of its chemical constituents. It is in food, water, and in the sunlight, yet it is not vitamin, heat, or light-rays. Food, water, air, etc., are only the media through which the *prana* flows.”

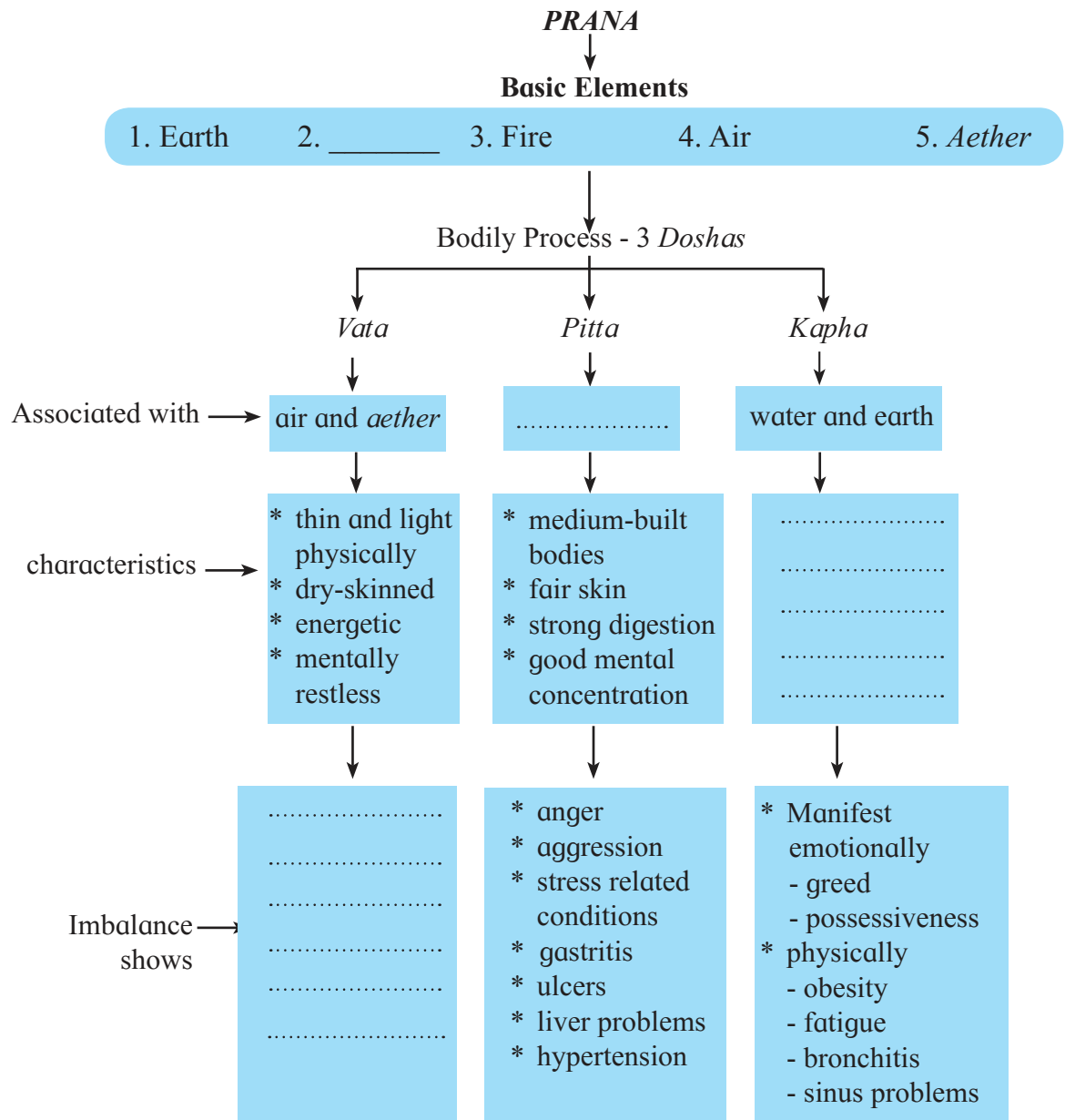
In *Ayurveda*, there are five basic elements that contain *prana*: earth, water, fire, air, and *aether*. These elements interact and are further organized in the human body as 3 primary categories or basic physiological principles in the body that govern all bodily process known as the *doshas*. The three *doshas* are *vata*, *pitta*, and *kapha*. Each individual has a unique blend of the three *doshas*, known as the person’s *prakriti*, which is the reason why *Ayurvedic* treatment is always personalized. In *Ayurveda*, illness is regarded as a state of imbalance in one or more of a person’s *doshas*, and an *Ayurvedic* physician works to adjust and balance them, via a variety of methods.

The *vata dosha* is associated with air and *aether*, and in the body, promotes movement agility. *Vata* people are typically thin and light physically, dry-skinned, very energetic and mentally restless. When *vata* is out of balance, there are often nervous problems, hyperactivity, sleeplessness, lower back pains, and headaches.

Pitta dosha is associated with fire and water. In the body, it is responsible for metabolic processes and digestion. *Pitta* characteristics are medium-built bodies, fair skin, strong digestion, and good mental concentration. *Pitta* imbalances show up as anger and aggression and stress-related conditions like gastritis, ulcers, liver problems, and hypertension.

The *kapha dosha* is associated with water and earth. People characterized as *kapha* are generally large or heavy with more oily complexions. They tend to be slow, calm, and peaceful. *Kapha* disorders manifest emotionally as greed and possessiveness, and physically as obesity, fatigue, bronchitis, and sinus problems.

- Now let's complete the following diagram that represents *Prana* and its elements :



- Example : Transfer the above information in the form of a table :

Bodily Process

<i>Doshas</i>	Associated with	Characteristics	Imbalance causes
<i>Vata</i>	air and <i>aether</i>		
<i>Pitta</i>		strong digestion	
<i>Kapha</i>			greed

BRAINSTORMING

(A1) Read the following passage carefully and complete the activities.

Occasional self-medication has always been part of normal living. The making and selling of drugs has a long history and is closely linked, like medical practice itself, with belief in magic. Only during the last hundred years or so, the development of scientific techniques made, diagnosis possible. The doctor is now able to follow up the correct diagnosis of many illnesses-with specific treatment of their causes. In many other illnesses of which the causes remain unknown, he is still limited, like the unqualified prescriber, to the treatment of symptoms. The doctor is trained to decide when to treat symptoms only and when to attack the cause. This is the essential difference between medical prescribing and self-medication.

The advancement in technology has brought about much progress in some fields of medicine, including the development of scientific drug therapy. In many countries public health organization is improving and people's nutritional standards have risen. Parallel with such beneficial trends are two which have an adverse effect. One is the use of high pressure advertising by the pharmaceutical industry which has tended to influence both patients and doctors and has led to the overuse of drugs generally. The other is emergence of eating, insufficient sleep, excessive smoking and drinking. People with disorders arising from faulty habits such as these, as well as from unhappy human relationships, often resort to self-medication and so add the taking of pharmaceuticals to the list. Advertisers go to great lengths to catch this market.

Clever advertising, aimed at chronic sufferers who will try anything because doctors have not been able to cure them, can induce such faith in a preparation, particularly if cheaply priced, that it will produce—by suggestion—a very real effect in some people. Advertisements are also aimed at people suffering from mild complaints such as simple cold and coughs which clear up by themselves within a short time.

These are the main reasons why laxatives, indigestion-remedies, painkillers, cough-mixtures, tonics, vitamin and iron tablets, nose drops, ointments and many other preparations are found in quantity in many households. It is doubtful whether taking these things ever improves a person's health, it may even make it worse. Worse, because the preparation may contain unsuitable ingredients; worse because the taker may become dependent on them; worse because they might be taken excess; worse because they may cause poisoning, and worst of all because symptoms of some serious underlying cause may be asked and therefore medical help may not be sought. Self-diagnosis is a greater danger than self-medication.

(A2) Complete the following points with the help of the above text. (Give a suitable title.)

1. Self-medication

- (a) part of normal living- last 100 years
- (b)
- (c)
- (d)

Medical prescribing
(diagnosis)

- (a)
- (b)
- (c)
- (d)

2. Technological advancement in medicine

- (a) drug therapy
- (b)
- (c)

3. Clever advertising by pharmaceutical companies

- (a) take advantage of people's need
- (b)
- (c)

