Std : 12th
Year : 2020-21
Subject : English
Chapter : Note-Making
NOTE MAKING

- Complete the web.
- Discuss in groups why you take notes.

**ICE BREAKERS**

- book
- article
- lecture
- speech

Why take notes:

- Improvement in listening becomes an active process
- Reduces study time and helpful during revision.
- Helps in presenting impressive assignments quickly.
- It offers convenience instead of carrying bulky books.

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.
**INTRODUCTION**

**NOTE TAKING**

- It is a passive process undertaken during lectures.
- Note Taking at a glance gives a complete view about main points & supporting details of what is heard.
- Taking Notes while reading from different books & present for different purposes.

**NOTE MAKING**

- It is a more active and focused ‘writing skill’.
- It gives concrete connection between all relevant concepts and words.
- It connects all thoughts together by a method like points, tree diagram or a table.
Both provide material for easy reference, preparation & study during an exam.

Both aid the students in remembering facts, as it utilizes reading & listening senses.

Both help students to excel in their studies.

Both help to concentrate better & effectively.
**DIFFERENCES**

**NOTE TAKING**
- Only jotting down points, involves no sight interpretation.
- Very little changes are required.
- Taking points from one source at a time.
- Less Understanding.
- Points given by sources are taken directly & written in full form.
- Only gives the early configuration for the whole topic.
- Notes are made from sources & are hand-made due to limited time.

**NOTE MAKING**
- Helps student to see each point with its link or connection with each other.
- Easier to change the notes made.
- Involves the taking of points from different sources.
- More Understanding.
- Note Making is often in short form.
- Helps the students in capturing its main key.
- Constructed by learner themselves, in hand-made or in computer-typed form.
• Tables

<table>
<thead>
<tr>
<th>Method</th>
<th>Description</th>
<th>When to use</th>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outline</td>
<td></td>
<td></td>
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<tr>
<td>Cornell</td>
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<tr>
<td>Boxing</td>
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</tr>
<tr>
<td>Charting</td>
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<td></td>
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<td></td>
</tr>
</tbody>
</table>
Notes

Heading / Title of the Topic

1. Sub - heading 1
   1. i. Point 1
   2. ii. Sub sub-heading
      1. ii. a. Sub point 1
      2. ii. b. sub point 2
   3. iii. Point 2

2. Sub - heading 2
   1. i. Point 1
   2. ii. Sub sub-heading
      1. ii. a. Sub point 1
      2. ii. b. sub point 2
   3. iii. Point 2

Key
Gov. – government
Info. – Information
OTHERS:-

1) Line Gragh.
2) Pictograms.
3) Maps and Plans.
4) Charts [Bar diagram, Pie diagram, Flow chart]
The Procedure of Note Making

• Read the passage provided
• Underline the important sentences. It helps to make headings and subheadings
• Make a rough note first so as to get an idea
• Organize them in logical order or sequence for the final note
• Use the appropriate note making format
• Do not change the idea or the message of the passage

Points to Remember for Note Making Format

• Avoid using long sentences as heading or title
• Never lose the main idea of the passage
• Ignore information which is less important
• Be brief, clear, and specific
• Use logical sequencing
• Use proper indentation
• Leave no spaces to avoid confusion
• Do not include your own version or understandings
• Use abbreviations
• Make your note more memorable by adding colors, drawings, and symbols
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 Vijnanabhikshu, 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 complexities. 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:

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PRANA
  Basic Elements

Bodily Process - 3 Doshas
Vata  Pitta  Kapha

Associated with:
- air and aether
- fire and water
- water and earth

characteristics:
- thin and light physically
- dry-skinned
- energetic
- mentally restless
- medium-built bodies
- fair skin
- strong digestion
- good mental concentration

Imbalance shows:
Hyperactivity
Nervous problem
Sleeplessness
Headaches
Lower back pains

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

<table>
<thead>
<tr>
<th>Doshas</th>
<th>Associated with</th>
<th>Characteristics</th>
<th>Imbalance causes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vata</td>
<td>air and aether</td>
<td>Very energetic</td>
<td>Sleeplessness</td>
</tr>
<tr>
<td>Pitta</td>
<td>fire and water</td>
<td>strong digestion</td>
<td>hypertonetion</td>
</tr>
<tr>
<td>Kapha</td>
<td>water and earth</td>
<td>Slow calm and</td>
<td>peacefull</td>
</tr>
</tbody>
</table>
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HOMEWORK ACTIVITY

(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 faultly 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 excessive; worse because they may cause poisoning, and worst of all because symptoms of some serious underlying cause may be masked 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

(b) ____________________________
(c) ____________________________

3. Clever advertising by pharmaceutical companies

(a) ____________________________
(b) ____________________________
(c) ____________________________

Scheme of marks:

- Covering important points as per instruction- 2 Marks
- Presentation - 1 Mark
- Total= 3 Marks
Thank you

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