

3.3 Noto Making

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Ice Breakers

complete the web.

Musical

lecture/
Exam

We take
notes of

Speech

why take
notes

Improvement in listening
becomes an active process

useful life - skills

helps understanding

Might not be in the
textbook

★ Now let's complete the following diagram that represents prana and its elements.

~~PRANA~~
PRANA
↓
Basic elements

(1. Earth 2. Water 3. Fire 4. Air 5. Aether)

Bodily process - 3 Doshas

