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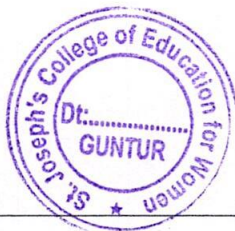
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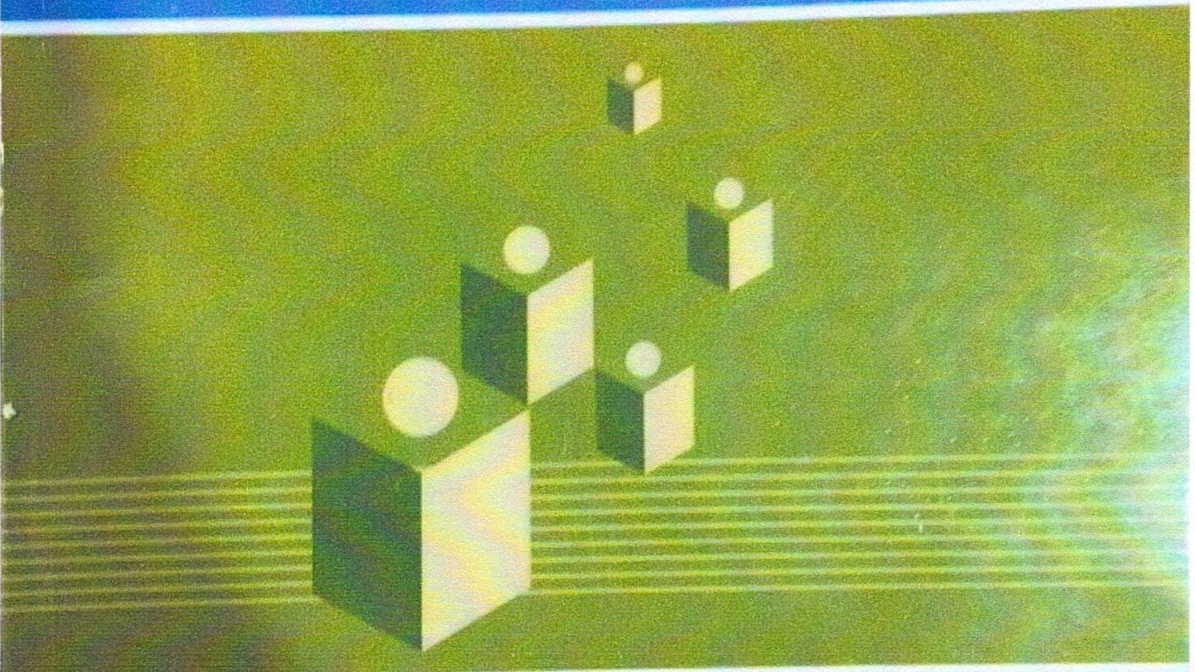


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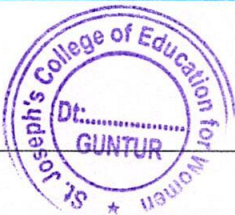
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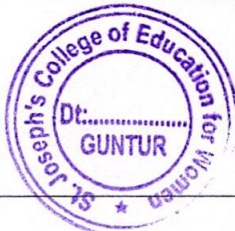
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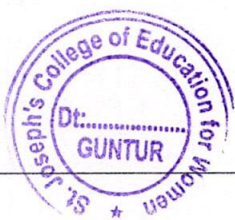


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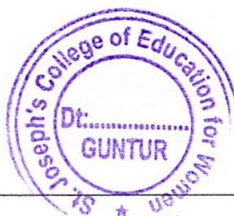
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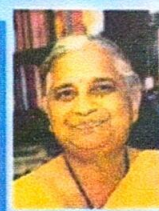
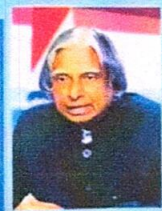
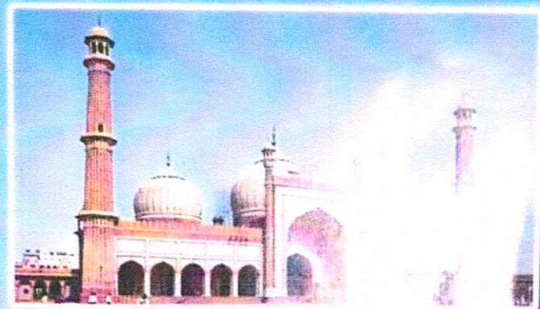
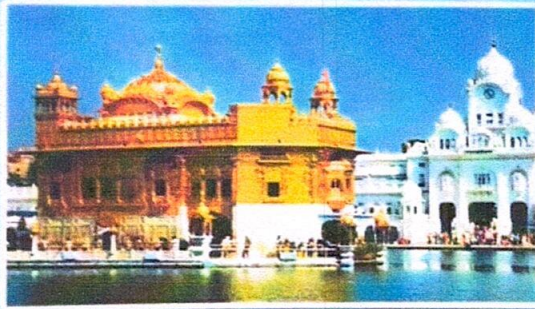
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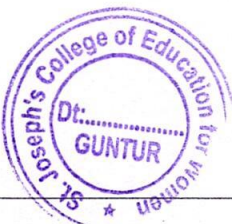
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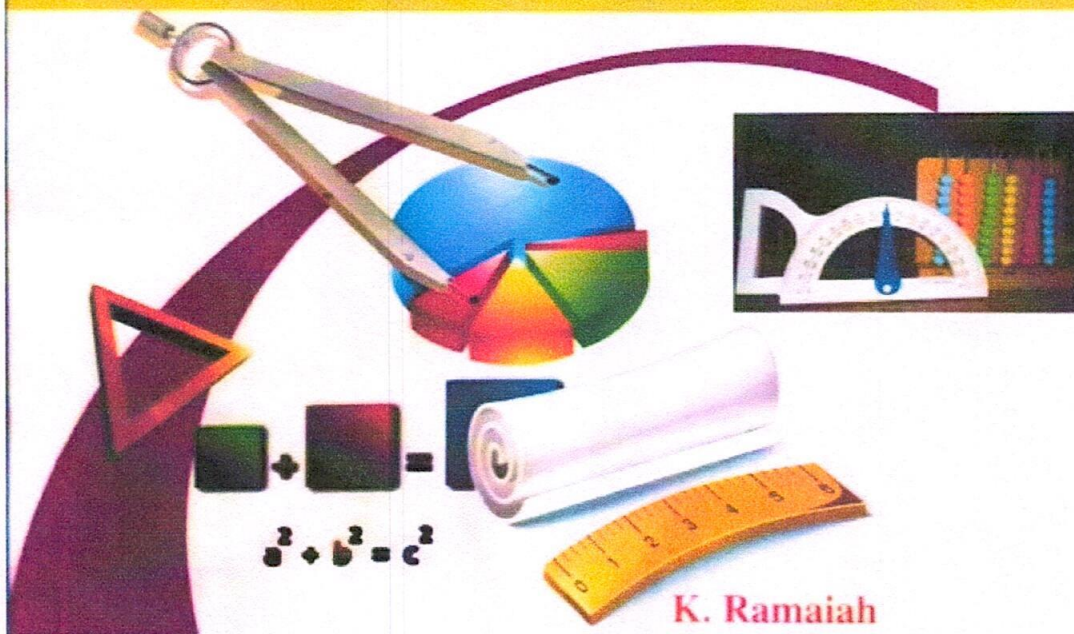


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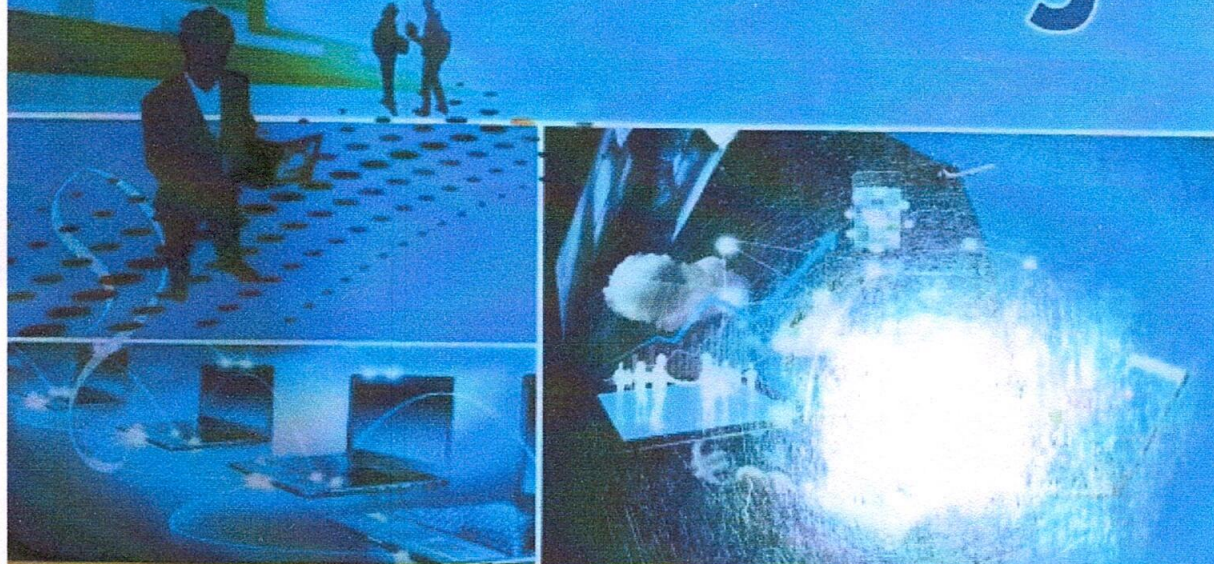


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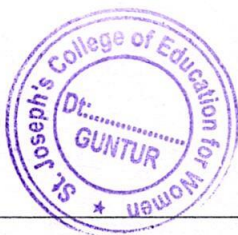
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Edited by

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## ENHANCEMENT OF ACHIEVEMENT LEVELS OF STUDENTS BY ADOPTING YOGA TECHNIQUES AT SECONDARY LEVEL

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### Abstract

Children should achieve all-round development, and that schools should take responsibility for this. Children should develop physically, mentally, morally and emotionally. For this, children's interests, attitudes and values should be developed along with school subjects. The curriculum gives equal importance to teaching learning experiences and the evaluation of the achievement of children. If the evaluation conducted in schools, evaluate not only the children's ability to construct knowledge, but also their personality development. The Teaching Learning Process should be made comprehensive by including it in arts and crafts, games, health and hygiene, values, and work education. Children's progress should be assessed in curricular as well as co-curricular areas. Since school education is linked with the growing age of children, they should have age-appropriate height, weight and health. This means to say that teaching of co-curricular activities like Yoga and Physical Education should be integrated in the school curriculum. Yoga is the single most area of learning, which is capable for effecting total development of human personality. Yoga has its roots in Indian culture and traditions, and it is scientific in method and content like any other academic discipline. Its claims are verifiable in the sameway as those of physics or medicine. This paper discusses about the merits of various Yoga techniques and strategies to enhance the academic achievements of students of at secondary level and the role and impact of yoga on education.

Yoga is a healthy way of life, originated in India. Now, it is believed to be a form of science accepted all over the world. The word 'Yoga' is derived from Sanskrit root yuj which means 'join' or 'unite'. This may be taken as the union of body, mind and soul, and is used in the literature both as an end as well as means. As an end, yoga signifies 'integration of personality' at the highest level. Yoga for a common person contains the practices of yama, niyama, asana, pranayama, pratyahara, kriya and meditation, which are helpful to keep oneself physically fit, mentally alert and emotionally balanced.



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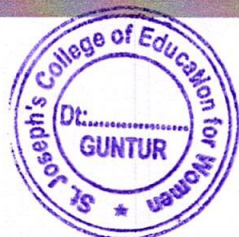
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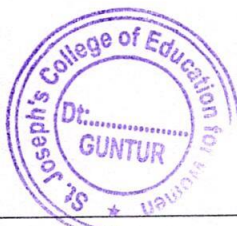
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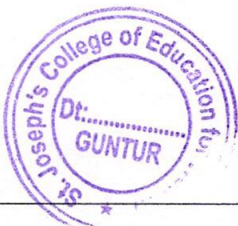
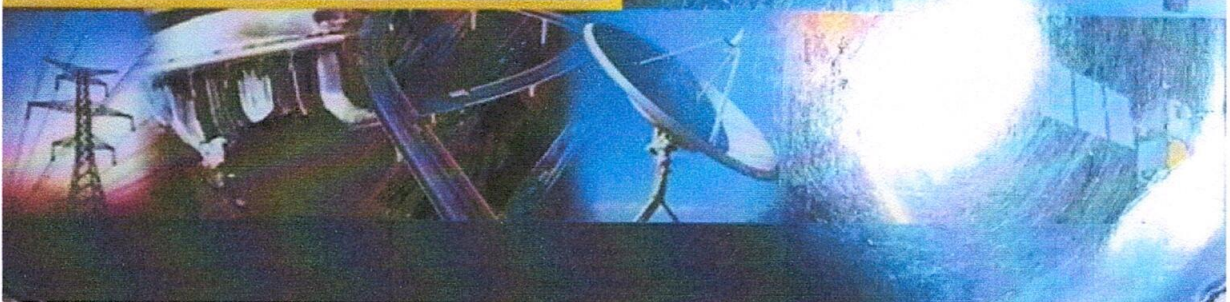
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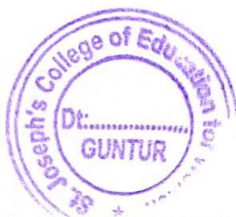
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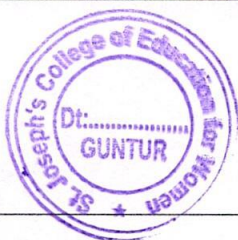
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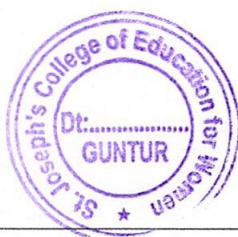
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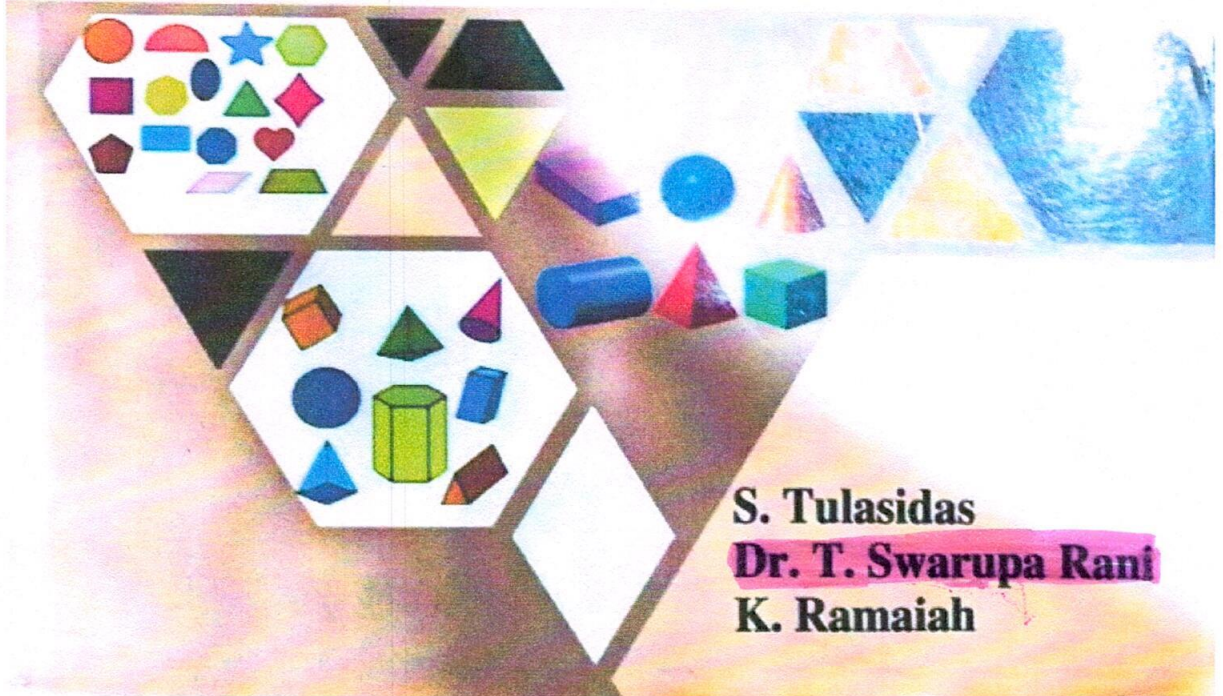
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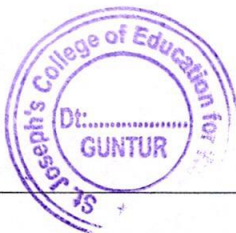
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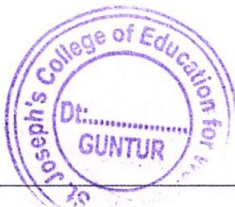
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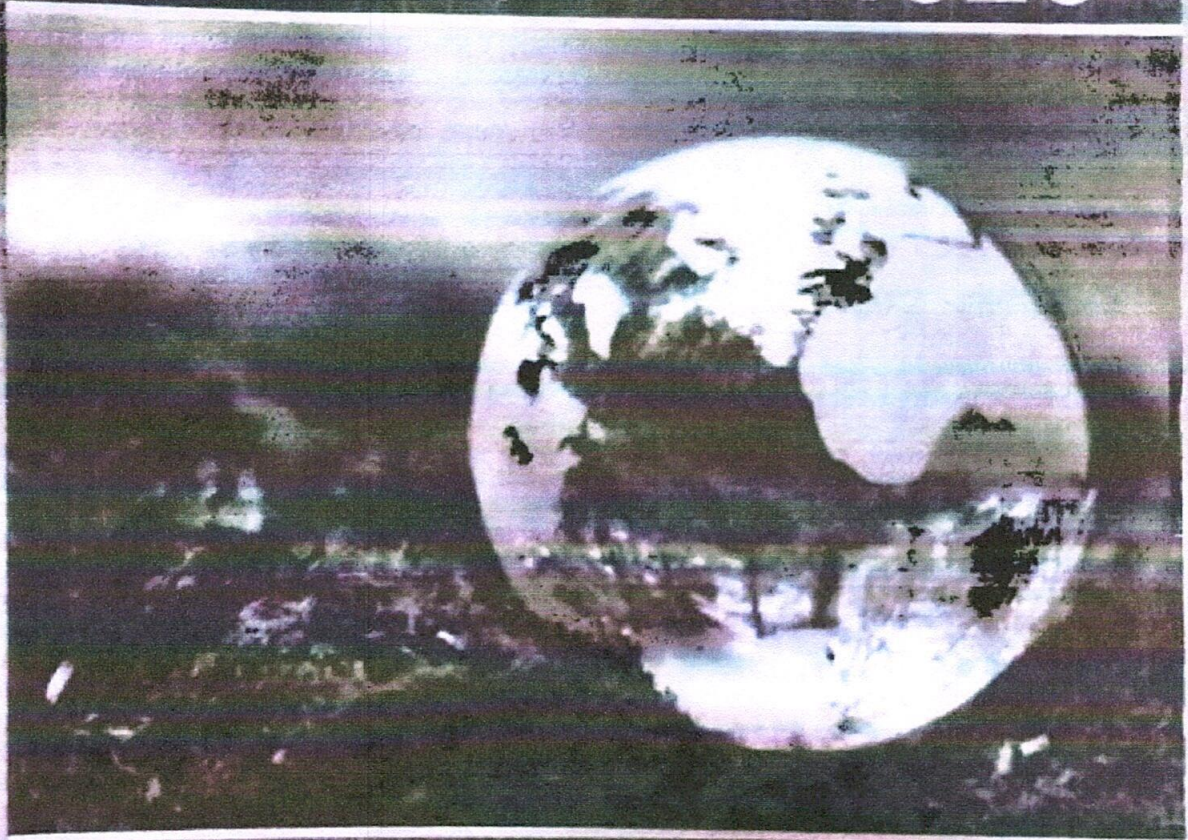
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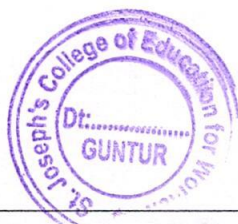
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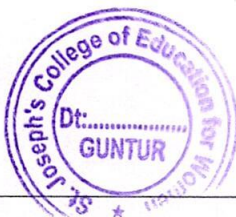
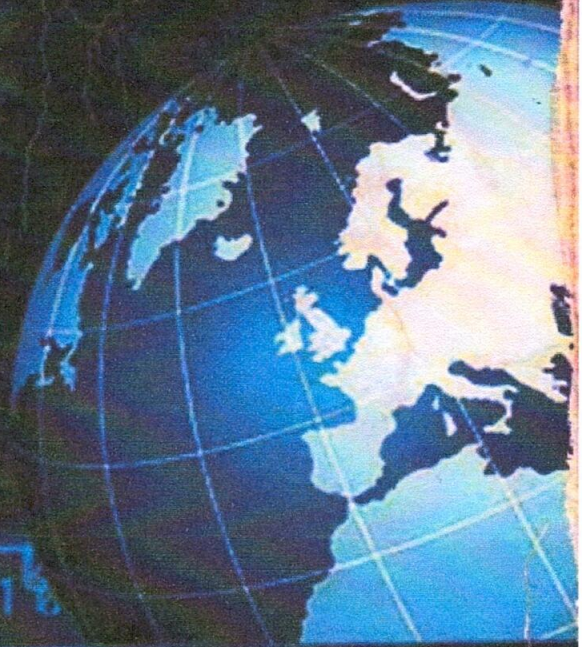


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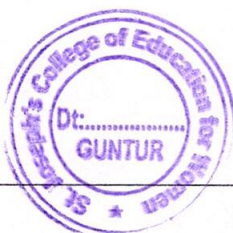
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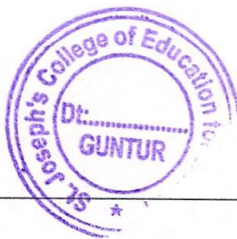
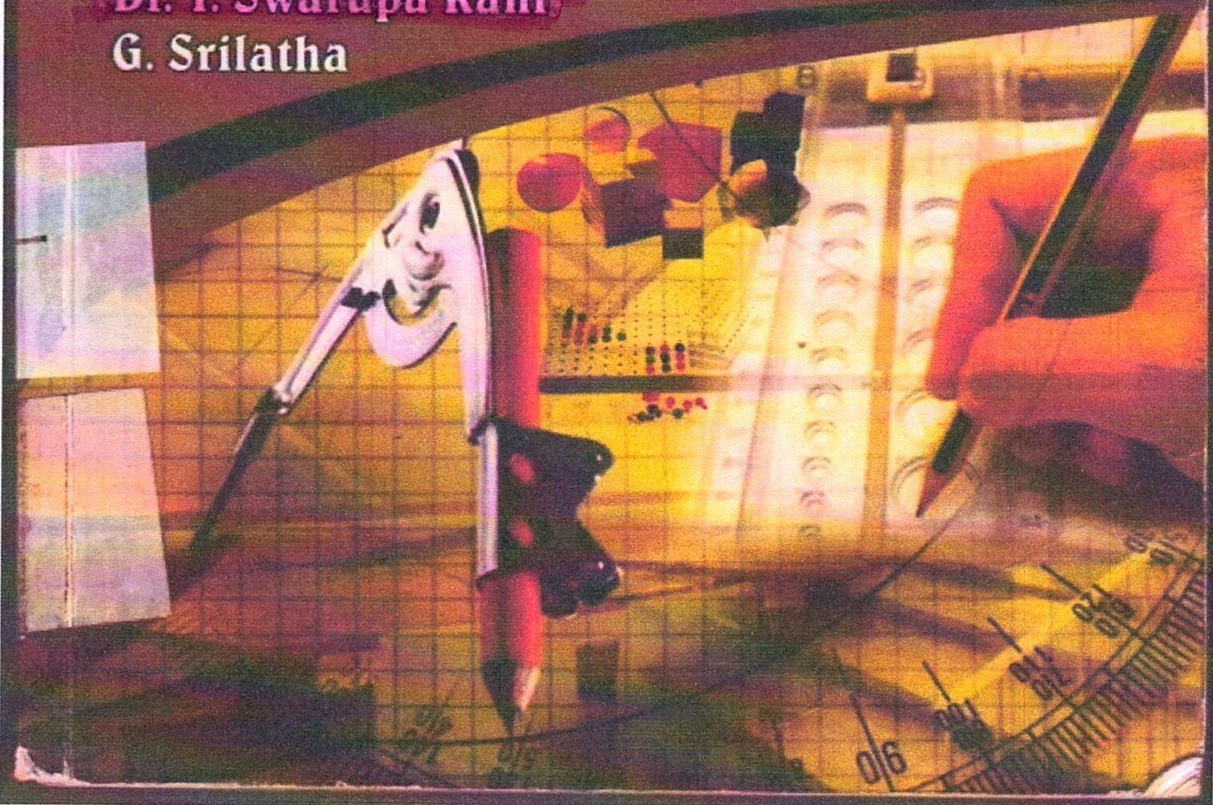
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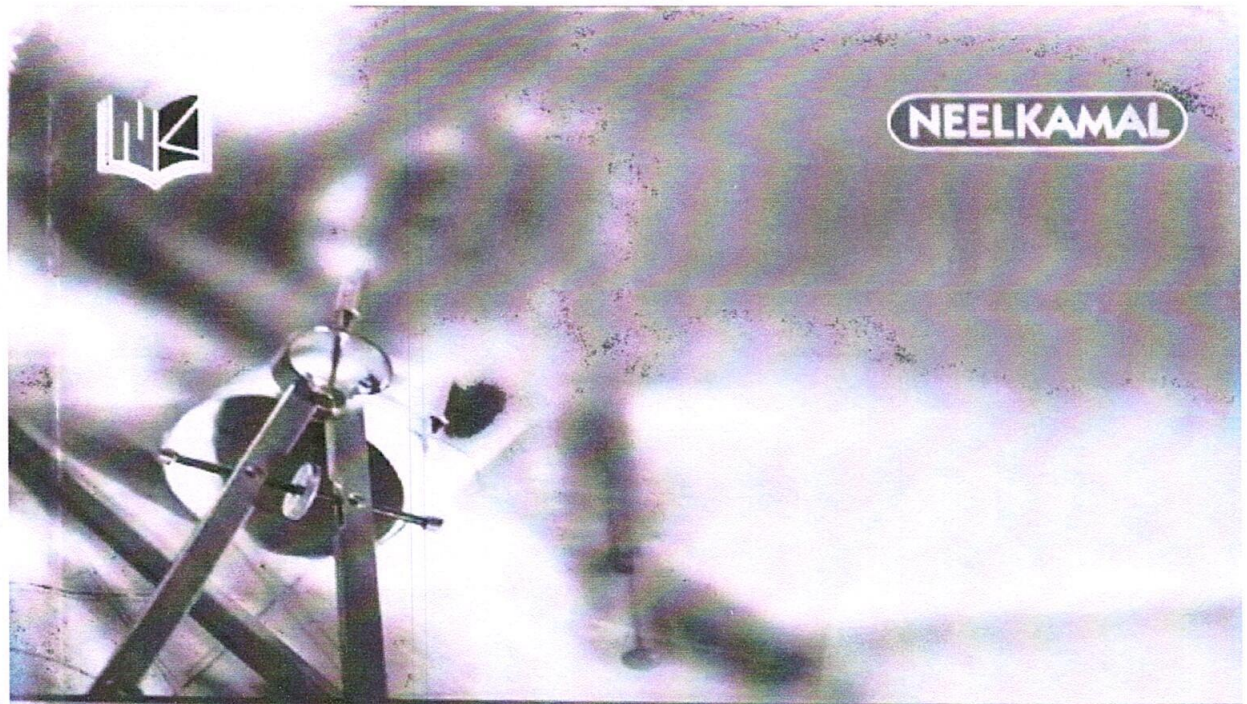
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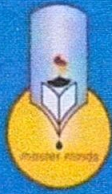
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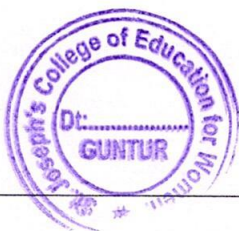
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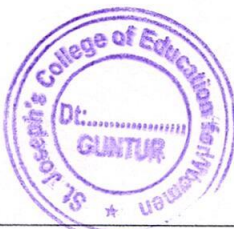
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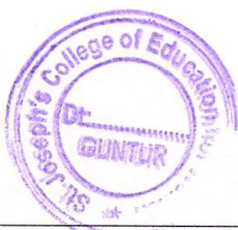
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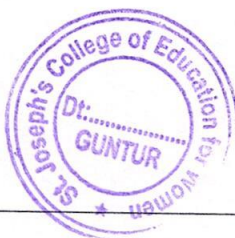
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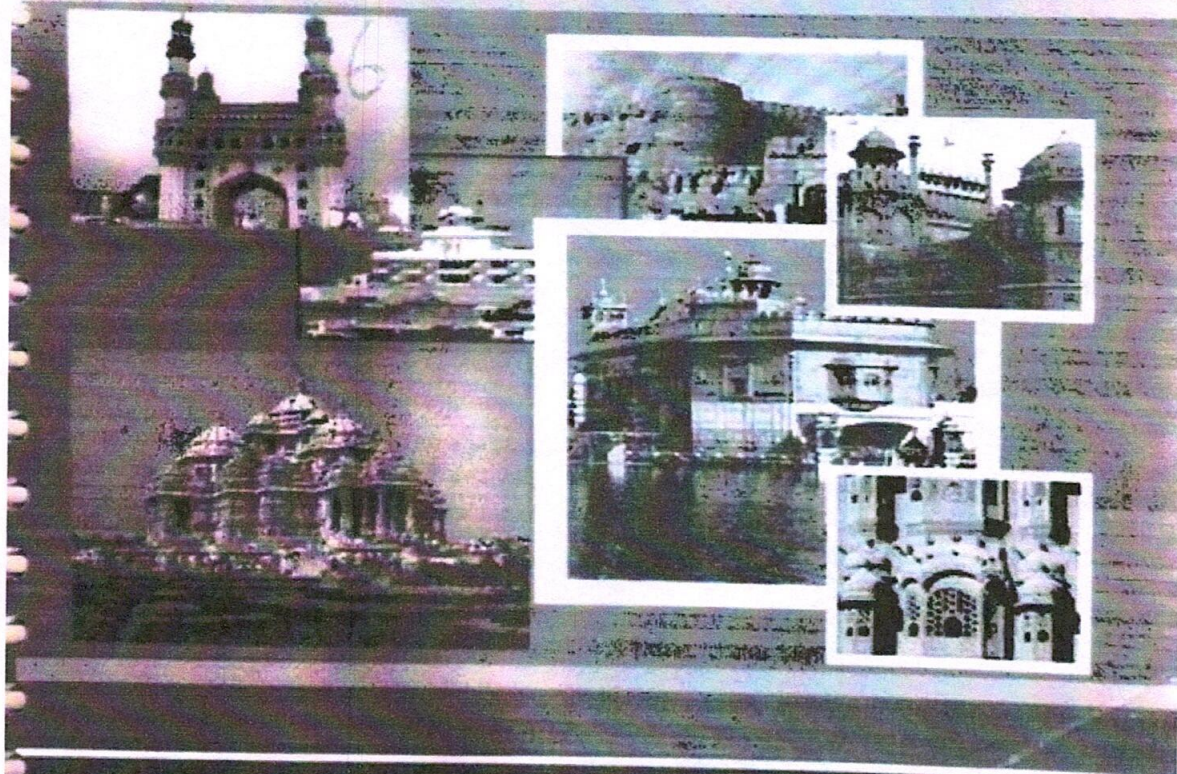


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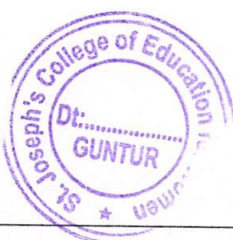
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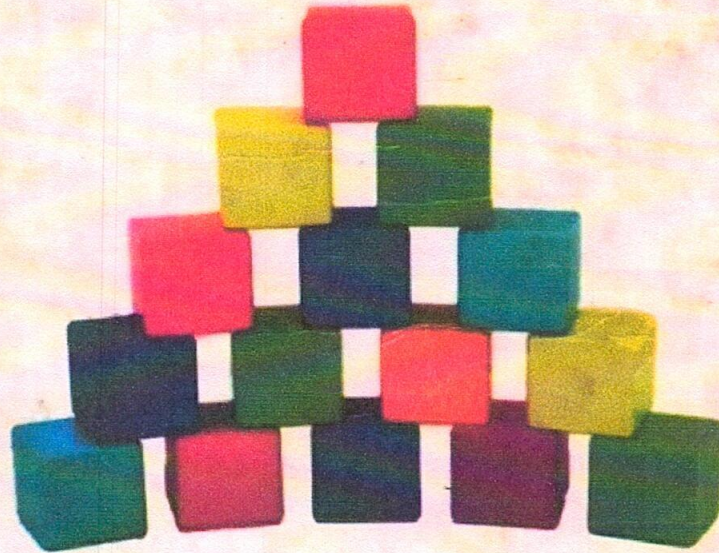


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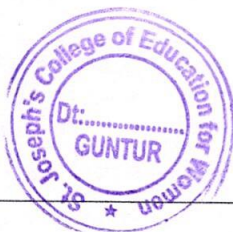
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# PEDAGOGY OF MATHEMATICS

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Dr. J.R. PRIYADARSINI  
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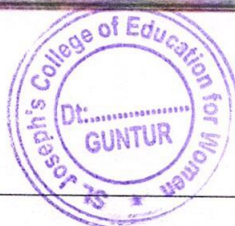
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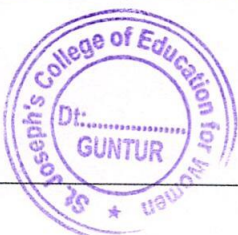
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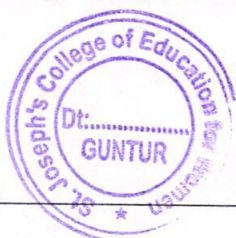
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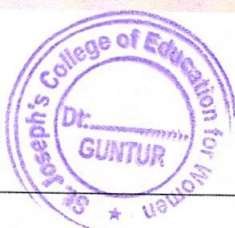
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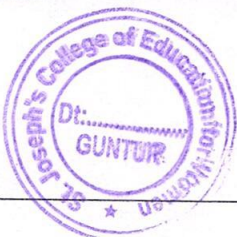
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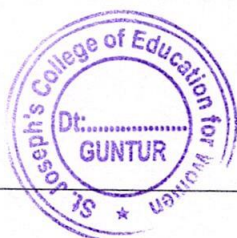
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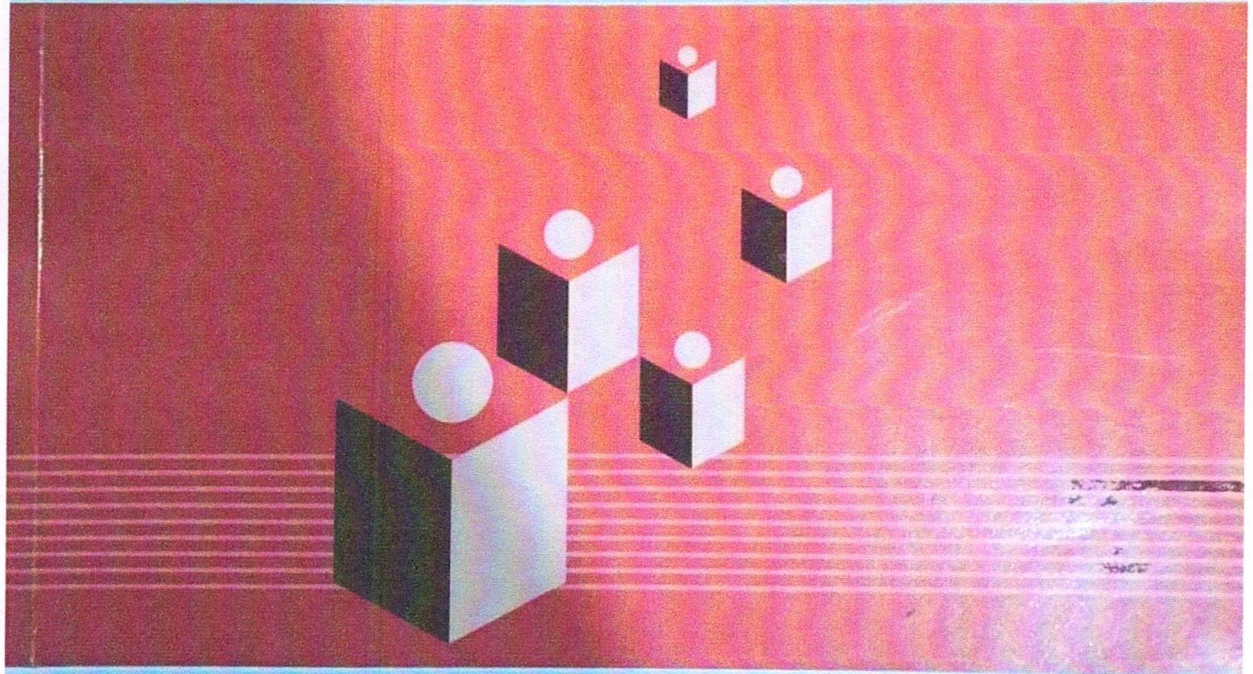


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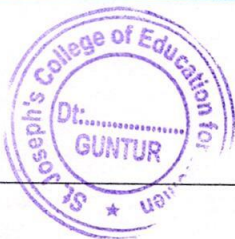
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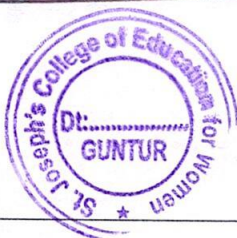
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