

RESPIRATORY SYSTEM

SUBJECT TEACHER-SONI KUMARI

Simple processes of deep breathing .

Sit in a comfortable and quiet position keeping your back straight in a quiet . Close your eyes .

Take a deep breath slowly through your nose .

This will make your stomach swell and expand a little .

Now , hold your breath for a few seconds and slowly breathe out through your mouth . You will notice that your stomach goes in when you breathe out .

Repeat these processes several times until you feel your body and mind relax .

Deep breathing exercises result in better supply of air in to the lungs . They can be done several times in a day for a few minutes . This improves our overall health .

Don't write only read it .

Answer the following questions :

1 . What are the main organs of the respiratory system ?

Ans :- These are the main organs of the respiratory system nose , windpipe , lungs .

2 . What is the main function of the respiratory system ?

Ans :- The main function of the respiratory system is to breathe and help in digestion .

HOME WORK

Do CW in HW .

To remember CW