

RESPIRATORY SYSTEM

SUBJECT TEACHER-SONI KUMARI

We have already discussed about two steps :

INHALATION

Inhalation means taking in air . During inhalation , the ribs move up and outwards the diaphragm moves down on contracts . These movements increase the volume of the chest cavity and the lungs expand . As a result , fresh air goes in to the lungs .

EXHALATION

Exhalation means giving out air . During exhalation , the ribs move down and inwards and the diaphragm moves up or relaxes . These movements decrease volume of the chest cavity and the lungs contracts .

As a result , the fresh air is pushed out of the lungs .

DEEP BREATHING

Deep breathing is a simple method of breathing in a lot of oxygen - rich air . It is a type of pranayam and is practiced during yoga or meditation to relax both our body and mind . It involves deep inhalation and holds the breathe for a few seconds before exhalation .

Don't write only read it .

C . Define the following terms .

- 1 . Inhalation : - Taking in air .
- 2 . Exhalation : - Giving out air .
- 3 . Deep breathing : - It is a simple method of breathing in a lot of oxygen – rich air .
- 4 . Global warming : - The levels of carbon – dioxide increase in the air and so ,it causes global warming.
- 5 . Diaphragm : - The muscular organ is called the diaphragm .

HOME WORK

Do CW in HW .