

UDAAN

A pair of large, golden, feathered wings is positioned behind the word 'UDAAN'.

2026

LIFE PROCESSES

BIOLOGY

LECTURE-1

BY - SAMRIDHI MA'AM



Topics to be covered

1 Introduction to Life Processes

2. Strategy for Biology

CLASS X – SCIENCE

- PHYSICS – 25 ✓
- CHEMISTRY – 25 ✓
- BIOLOGY – 30 ✓

Theory Total – 80

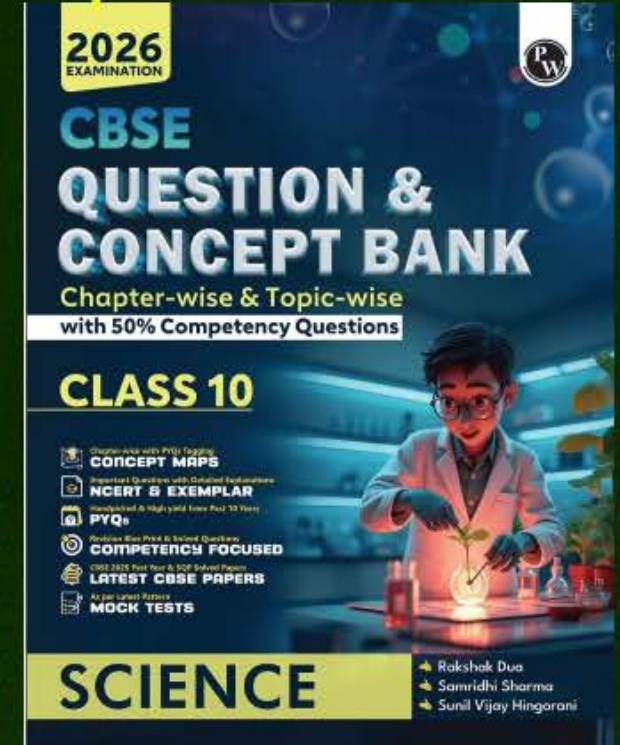
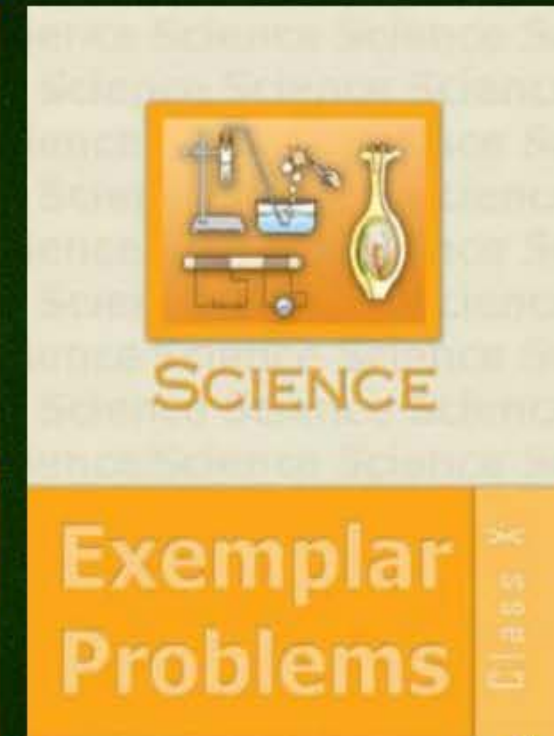
Internal assessment – 20 ✓

GRAND TOTAL – 100 MARKS ✓

- Notes + }
- NCERT }

BOOKS

{Question practice}



<https://ncert.nic.in/textbook.php>

free ✓

Class X – Biology

- Life Processes
- Control and Coordination
- How do Organisms Reproduce?
- Heredity
- Our Environment

} → 05 marks

} → 25 marks

30 marks

Flow of Studies

1. Attend regular lectures ✓ + Notes
 2. Read that topic in NCERT ✓
 3. Make your handwritten notes ✓
 4. Practice questions (DHA, NCERT & NCERT Exemplar) ✓ + PYQ's + Sample paper
 5. Revision ✓
- PDF → Question

पढ़ाई

कैसे करें

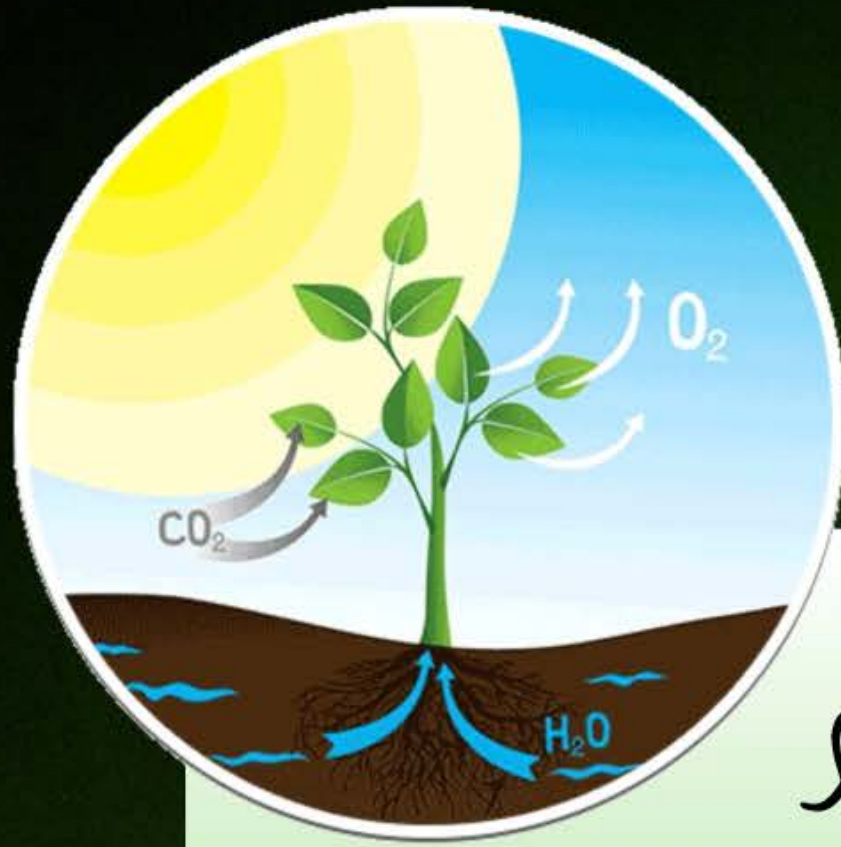
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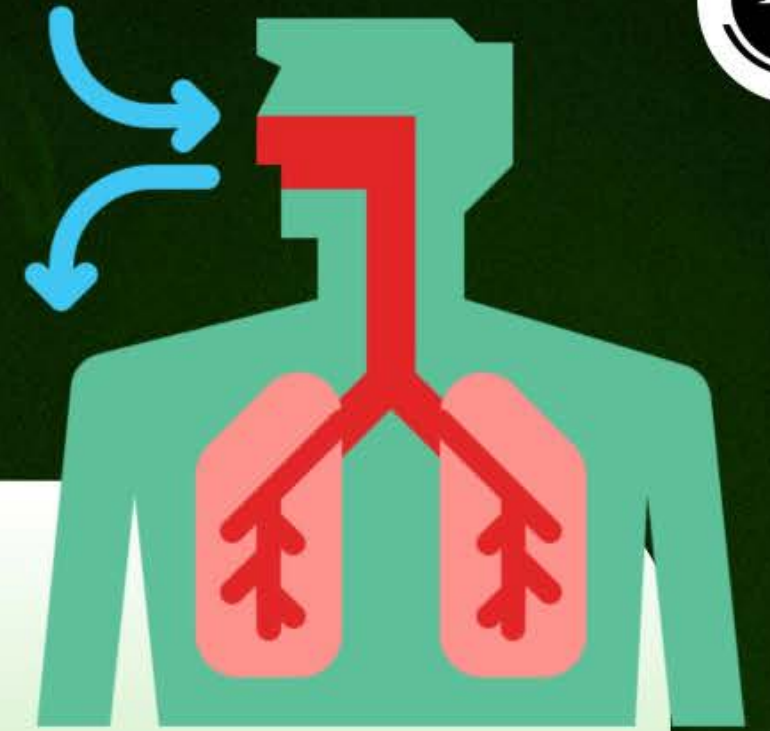
Kya Nahi Karna hai

- No Backlogs ✓
- No Extra books ✓
- No Collecting of notes ✓
- No Procrastination (टालमटोल) ✓
- No Distractions ✓
- ✓ • **RATTA nahi marna hai**
- ✓ • **Test skip nahi Karna**





#Ch {Clear hai}

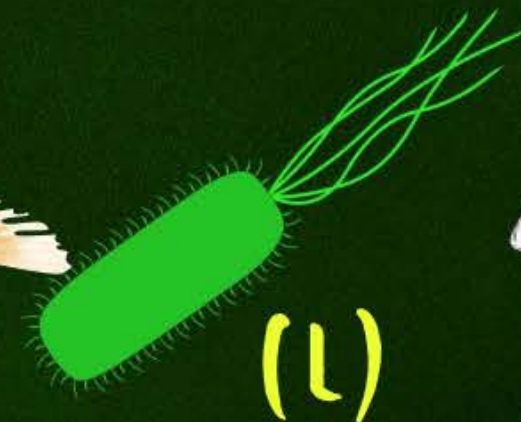
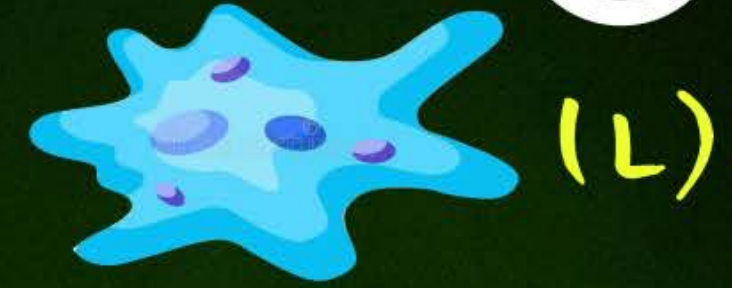
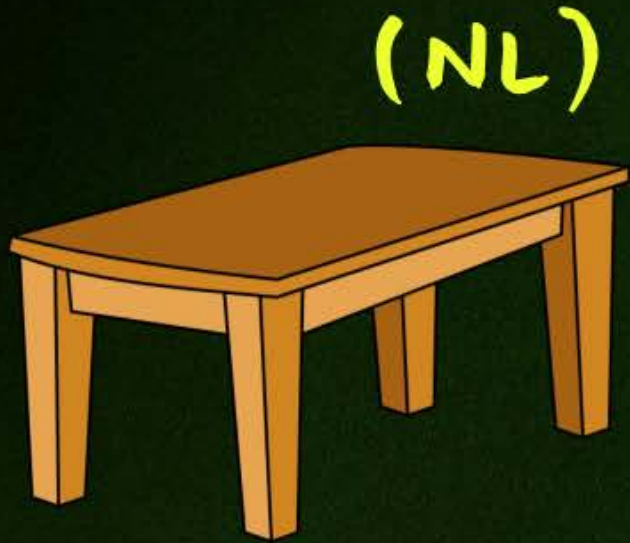


living
↑
LIFE

Class - X BIOLOGY

LIFE PROCESSES

What is Meant by Living?



Characters of Living Organisms



Mrs. Green



#ch1

M
R
S

G
R
E
N

Movement ✓

Respiration ✓

Sensitivity

→ Can sense various changes in the environment

G

Growth ✓

R

Reproduction ✓

E

Excretion ✓

N

Nutrition ✓

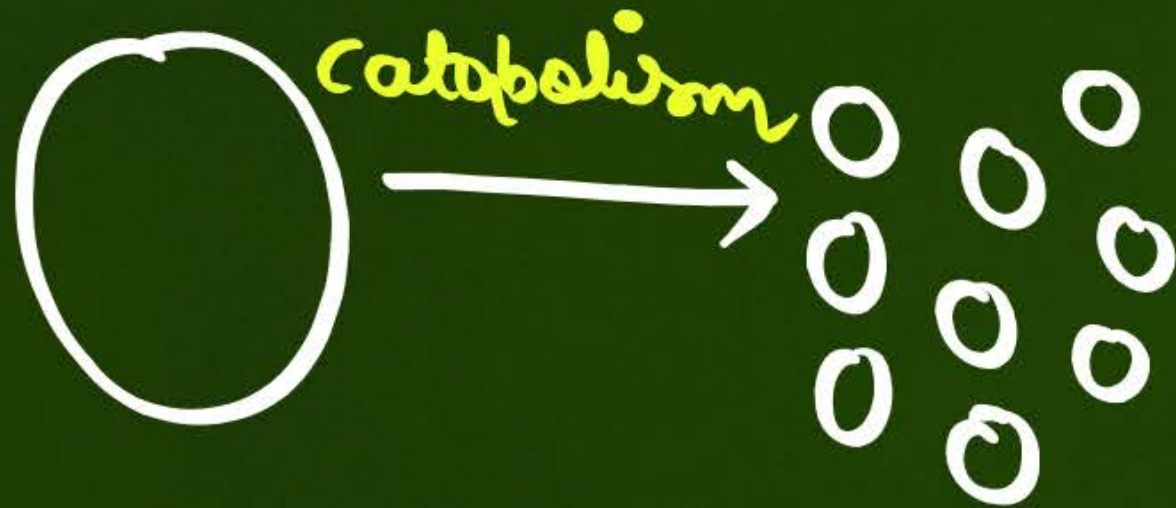
Metabolism (Metabolic Reactions)



Sum total of all chemical reactions taking place in a cell/ living organism

Catabolism

Breakdown of large/complex molecules into simpler molecules



EX-Digestion

Anabolism

formation of large/complex molecule with the help of simple/ small molecules



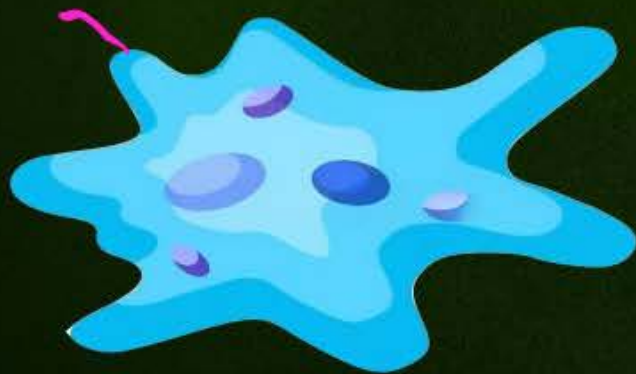
EX-Photosynthesis

Life Processes

The basic and essential activities performed by a living organism to sustain and maintain life.

Nutrition

Process of obtaining and utilisation of Food



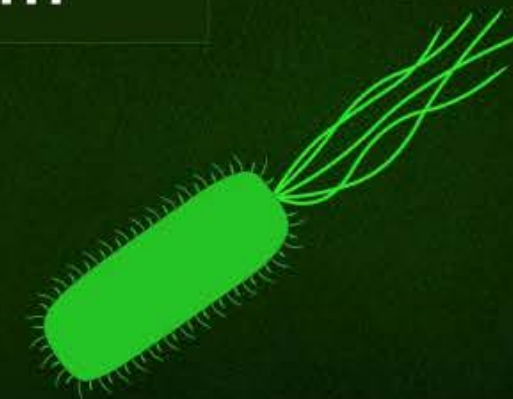
Respiration

Process of Breaking down the food to produces energy



Transportation

Process of transporting useful and non useful substances from part to another part of the organism

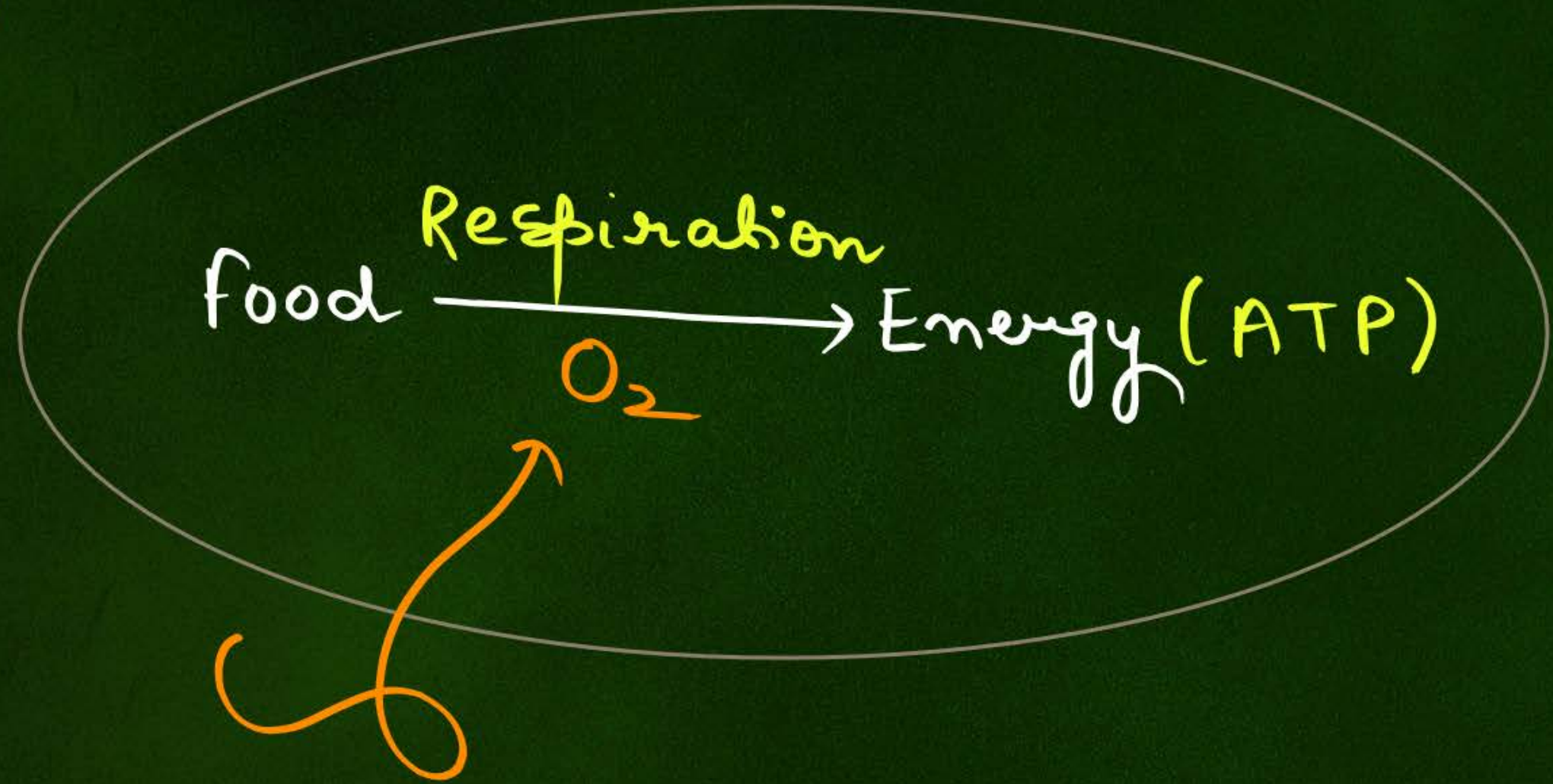


Excretion

Process of removal of metabolic waste



Respiration



QUESTIONS

Removal of solid waste (Poop) is known as ~~excretion~~ ✗

- ☐ A True ☒ B False ☐ C Abhi sochna padega

Egestion

Egestion

- Removal of undigested & unabsorbed food.

Excretion

- Removal of harmful metabolic waste from body.

(Metabolic Reaction)



Metabolic waste

Removal of this Metabolic Waste is known as
"Excretion"

QUESTIONS



#Q. Which of the following is a life process ?

A Respiration ✓

B Nutrition ✓

C Excretion ✓

☒ D All of these

Joke/Meme of the Day

- When somebody in biology class says :



POOPING



EGESTION

Topper Wali Taiyaari Shuruat Se Karne Ki Baari



Latest 2025
Solved PYQ

Chapter-wise
Concept Maps

NCERT & Exemplar

Competency-Based
Questions

Mock Tests As Per
The Latest Pattern

• Rakshak Dua
• Samridhi Sharma
• Sunil Vijay Hingarani

Available on :- **amazon** | **Flipkart** | **PW** Store

THANK
You

#Ch!



Face it
Fix it
Make a
difference

Meta AI