

Topic: The Human Nervous System

1. Central Nervous System (CNS)

The CNS includes the brain and spinal cord. It is responsible for processing information and controlling most functions of the body and mind. The brain interprets sensory input and sends out instructions, while the spinal cord transmits signals to and from the brain.

2. Peripheral Nervous System (PNS)

The PNS consists of all the nerves that lie outside the CNS. It connects the CNS to limbs and organs. It is further divided into the somatic nervous system, which controls voluntary movements, and the autonomic nervous system, which regulates involuntary functions like heartbeat and digestion.

3. Neurons and Nerve Impulses

Neurons are the fundamental units of the brain and nervous system. They are responsible for receiving sensory input and sending motor commands. Electrical impulses travel through neurons, allowing communication within the body.