



## UDAAN 2025

### Foundation Batch for Class-10th

#### Biology Lecture Planner

S.NO.	Chapter Name	Sub Topics	Lecture No.	Date	Day
1	Life Processes	Strategy for biology, Introduction to Life Processes and Types of Nutrition	1	4/12/2024	Friday
2	Life Processes	Autotrophic Nutrition in Plants, Stomata	2	4/15/2024	Monday
3	Life Processes	Types of heterotrophic Nutrition, Nutrition in Amoeba and paramecium	3	4/19/2024	Friday
4	Life Processes	Nutrition in Human Beings	4	4/22/2024	Monday
5	Life Processes	Respiration vs Breathing, Types of Respiration, Exchange of Gases in Plants	5	4/26/2024	Friday
6	Life Processes	Human Respiratory System, Mechanism of Breathing In Humans and Fishes	6	4/29/2024	Monday
7	Life Processes	Human Circulatory System Blood and Blood Vessels, Lymph, blood pressure,	7	5/3/2024	Friday
8	Life Processes	Structure and Working of Heart, Mechanism of Double Circulation	8	5/7/2024	Tuesday
9	Life Processes	Transportation of Water and Minerals, Transportation of Food	9	5/9/2024	Thursday
10	Life Processes	Human Excretory System, Excretion in Plants	10	5/14/2024	Tuesday
11	Life Processes	Question practice and live doubt session	11	5/16/2024	Thursday
12	Control and Coordination	Introduction to Control and Coordination in Animals, Nervous System	1	5/21/2024	Tuesday
13	Control and Coordination	Reflex Action and reflex arc	2	5/23/2024	Thursday
14	Control and Coordination	Human Brain and Spinal Cord	3	5/28/2024	Tuesday
15	Control and Coordination	Human endocrine system (Animal hormones)	4	5/30/2024	Thursday
16	Control and Coordination	Plant movements and plant hormones	5	6/4/2024	Tuesday
17	Control and Coordination	Question practice and live doubt session	6	6/6/2024	Thursday
18	How do Organisms Reproduce	Introduction to Reproduction and variations	1	6/18/2024	Tuesday
19	How do Organisms Reproduce	Types of Asexual Reproduction-1 ( fission, fragmentation budding, regeneration )	2	6/20/2024	Thursday
20	How do Organisms Reproduce	Types of Asexual Reproduction -2 (spore formation and Vegetative propagation )	3	6/25/2024	Tuesday
21	How do Organisms Reproduce	Basics of sexual reproduction	4	6/27/2024	Thursday
22	How do Organisms Reproduce	Sexual reproduction in flowering plants	5	7/2/2024	Tuesday
23	How do Organisms Reproduce	sexual reproduction in human beings	6	7/4/2024	Thursday
24	How do Organisms Reproduce	Reproductive health	7	7/9/2024	Tuesday
25	How do Organisms Reproduce	Question practice and live doubt session	8	7/16/2024	Tuesday
26	Heredity	Introduction to Heredity and Variation, Acquired traits and Inherited traits	1	7/23/2024	Tuesday
27	Heredity	Rules for the Inheritance of Traits , contribution of Mendel	2	7/30/2024	Tuesday
28	Heredity	Mono hybrid Cross	3	8/6/2024	Tuesday
29	Heredity	Dihybrid cross & Sex Determination	4	8/13/2024	Tuesday
30	Heredity	Question practice and live doubt session	5	8/20/2024	Tuesday
31	Our Environment	Introduction to Ecosystem , Components and Types of Ecosystem	1	8/27/2024	Tuesday
32	Our Environment	Food Chains and Food Web	2	9/3/2024	Tuesday
33	Our Environment	Ozone Depletion and Waste Management	3	9/24/2024	Tuesday
34	Our Environment	Question practice and live doubt session	4	10/1/2024	Tuesday
35	Sustainable Management of Natural resources	One shot	1	10/8/2024	Tuesday