

Rani was running a high fever for two days. Today, her grandmother took her to a doctor. Doctor examined Rani with his stethoscope and prescribed some medicines. Rani asked his grandmother “What does the doctor hear from the stethoscope?” Her grandmother answered “Doctor listens to the heart beat with stethoscope”. She diagnoses the diseases by listening to the sounds of the chest and the stomach.

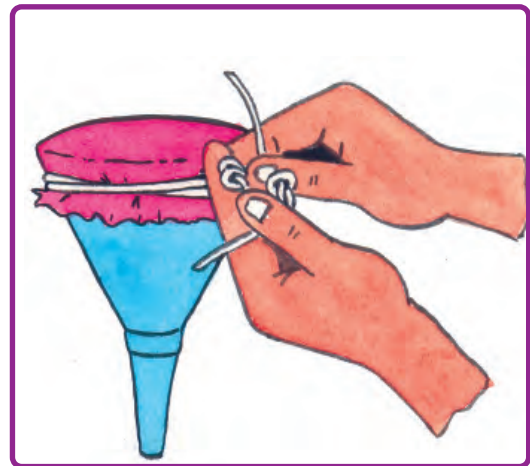
Rani was well now. One day Rani asked her grandmother to listen to some sounds with a stethoscope. Her grandmother told her, “Let’s make a stethoscope-like instrument. Rani collected some materials for this.”

- | | |
|---------------|------------------|
| 1. One funnel | 2. A rubber tube |
| 3. A balloon | 4. Cord |

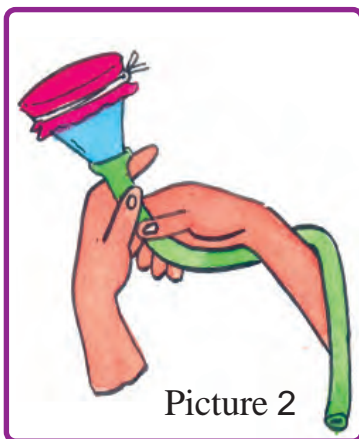
Rani put one end of the rubber tube on the end of the funnel tightly. She tied the balloon to the wide mouth of the funnel.

Her grandmother said, “Now your stethoscope is ready.

Her grandmother told her, “Now press the funnel end of the stethoscope to the left side of my chest and put the other end to your ear.”



Picture 1



Picture 2

Make your own stethoscope

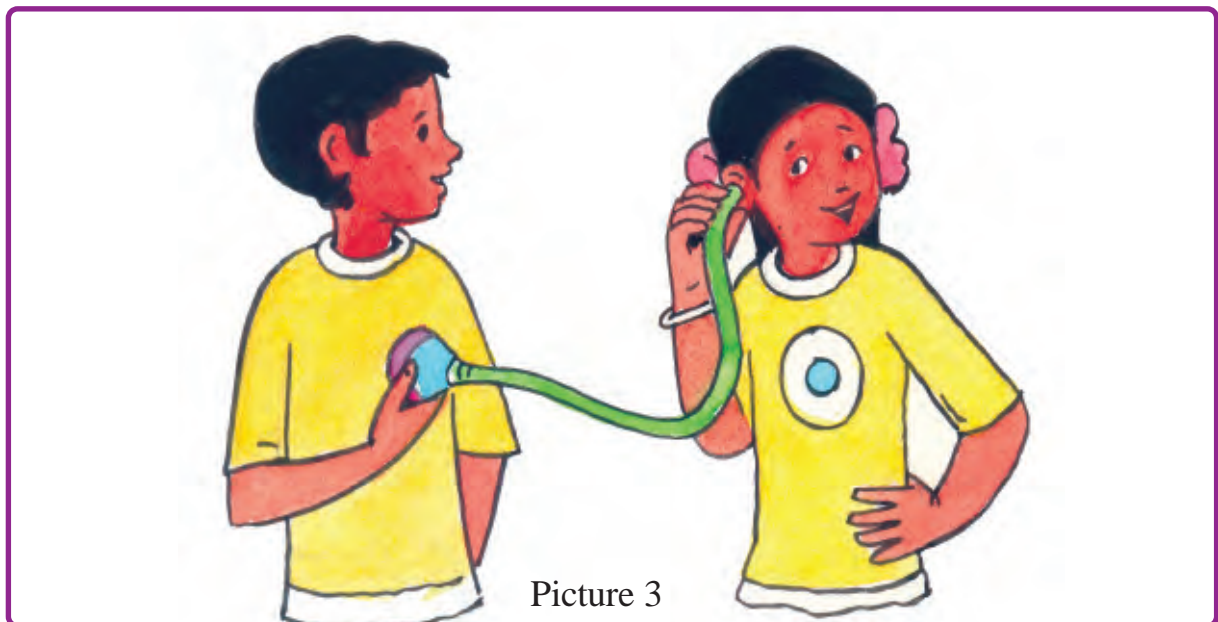
Make your own stethoscope as Rani and her grandmother made. Put the stethoscope’s funnel end on your friend’s chest and the tube-end to your ear.

Did you hear any sound ?

What was that sound like ?

Now keep stethoscope on the different parts of your friend's chest and listen to the sound.

On which side is the beating heard clearly?



Put this stethoscope on your chest and listen to your heart beating.

Now, skip or run for sometime. After doing this, put the stethoscope on your chest and listen to the sound.

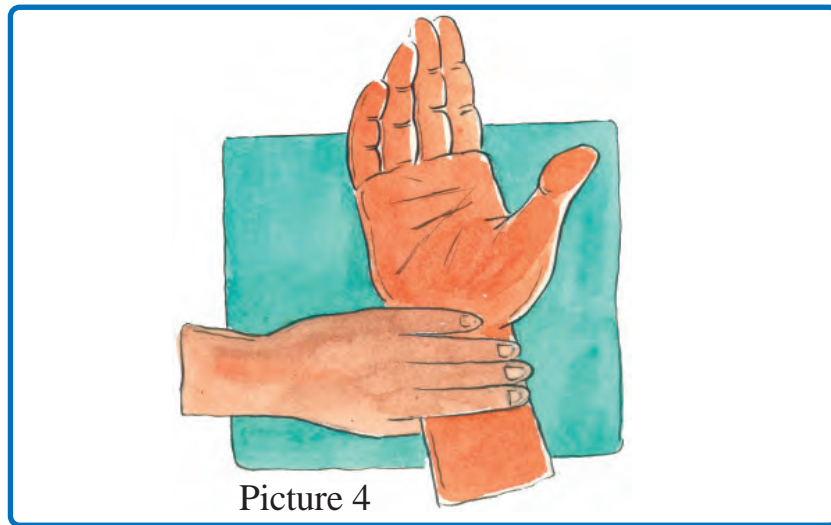
Was the beating faster or slower?

Pulse rate

You listened to the heart beating with your stethoscope. Now let's feel the pulse rate.

The doctors look for the pulse in the patient's wrist.

Find out your own pulse in your wrist and feel it beating.



Picture 4

Put your right hand on the table or ground and press the wrist with the fingers of the left hand as shown in the picture.

Did you feel any beating?

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How many times does your pulse beat in one minute ? Count and write.

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In your body, where do you find the pulse rate elsewhere? Look at different parts of your body. For example on the skull, below the ear, behind the knee etc.

Write the names of the parts of body where you feel the pulse.

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What did we learn?

Oral

1. In the body, on which side can you feel the heart beat ?
2. What do the doctors look for in a patient's wrist ?

Written

Objectives :-

1. Write true or false :-
 1. The heart always beat. ()
 2. While running heart beat become slow . ()
 3. With the help of stethoscope pulse rate cannot be checked. ()
2. In your body, where do we find the pulse?
3. There is a list of activities/instances in the table given below. Think and tell which activity/instance makes the beating faster or slower? Write in the table.

S.No.	Activity/Instance	Beating: fast/slow/normal
1.	After cycling	
2.	After reading	
3.	when afraid	
4.	while sleeping	
5.	while eating	
6.	while watching T.V.	

Find out and do

1. Listen to your heart beating with the help of your stethoscope in normal condition. Now take one round of your school and count the beating immediately. Is there any difference in the beating?