

Object : to demonstrate reflex activity

## Reflex action

- It is defined as fast, unconscious, immediate, automatic and involuntary response of the body (through effectors) to a stimulus. It is monitored through spinal cord.

Examples of reflex actions:

- Closing eyes when bright light falls on the eyes.
- Knee-jerk
- Withdraw Hands when pricked by a pin.
- Choking stimulates cough reflex
- Withdraw hand or leg when it touches an hot object.
- Women knitting a sweater while watching TV (conditioned reflex).



