

① What do you mean by control and coordination?

ans → Control is the power of restraining and regulation by which something can be started, slowed down or stopped.

→ Coordination is the working together of various organs of an body in a proper manner.

② How nervous and endocrine system control and coordinates our body system?

ans → The endocrine system works together with nervous system to influence many aspects like growth, behaviour and also both play a vital role in emotions.

→ Endocrine glands release hormones into the bloodstream which controls mood, growth and development ~~while~~ nervous system release neurons through ^{and} which our body, ~~our~~ muscles and joints move.