6) How are the lungs designed in human beings to maximize the area for exchange of gases?

There are millions of alveoli in the lungs. The presence of millions of alveoli in the lungs provide a very large area for the exchanges of gases. And the availability of large surface area maximizes the exchange of gases.

a) what are the functions of ~~respiration~~ lymph in our body?

i) Supplies nutrition and oxygen
ii) Drains away excess tissue fluids
iii) Fats are absorbed by the lymph.
iv) Returns proteins to the blood from the tissue spaces.

a) How is haemoglobin associated with respiration

Haemoglobin is found in red blood cells which has the principal function of transferring $O_2$ from lungs to the needy tissues.
Haemoglobin binds well with the $O_2$ which permits efficient movement of RBCs to reach to the tissues.