

## LAB CHRONICLES

### **ACTIVITY: Exploring Mitosis - Onion Root Tip Activity**

**DATE: 22 July 2025**

**CONDUCTED BY:**

Students took a deep dive into the fascinating world of **cell division** by preparing a **temporary mount of an onion root tip** to observe the stages of **mitosis**. The process involved softening the root tips, staining them, and gently squashing them onto slides to make the dividing cells visible under the microscope.

Under careful observation, students were able to identify and distinguish between the different stages of mitosis—**prophase**, **metaphase**, **anaphase**, and **telophase**—bringing textbook diagrams to life through direct experience.

This hands-on activity not only strengthened their understanding of the **cell cycle** but also honed their **lab skills**, **observation techniques**, and **scientific thinking**. It was a highly enriching session that connected theoretical biology with real-world application in a memorable way.

