

## ESPC 2009 - Winnipeg (Manitoba)



### Anita Pandey

#### Cognition = Improved Immunity and Mobility

**Division:** Sciences physiques et des mathématiques / Aucun

**Catégorie:** Junior

**Région:** Northern Manitoba

**Ville:** Thompson, MB

**École:** Burntwood School

**Sommaire:** I tested whether cognition improves a middle-aged individual's cellular immunity and hemoglobin count by cognitively stimulating twelve participants for one hour through a game of chess. Twelve subjects sat idly during this time. A blood sample was taken from each subject's arm before and after the hour. Cognitively stimulated participants experienced a rise in these blood component levels. The idle participants, experienced no significant change.

#### Biographie

My name is Anita Pandey. I go to Burntwood school, I am in grade eight, in Thompson Manitoba. My hobbies include singing, reading, and playing with friends and siblings. Over the years I have won awards concerning science fair, vocal and speech activities. My heritage is from India, but I was born in Winnipeg. I am generally a friendly and outgoing person and hope to have a career in medicine in the future.