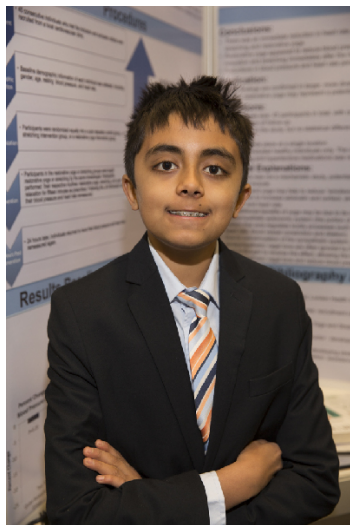


# CWSF 2016 - Montreal, Quebec



## Ashok Pandey

### The Impact of Restorative Yoga and Stretching on Blood Pressure and Heart Rate

**Challenge:** Health

**Category:** Junior

**Region:** Waterloo-Wellington

**City:** Waterloo, ON

**School:** Centennial P.S.

**Abstract:** Hypertension is a leading cause of heart disease. Lifestyle interventions may improve blood pressure. I compared the efficacy of stretching, restorative yoga and quiet relaxation on blood pressure. Restorative yoga was more effective at reducing blood pressure immediately after the intervention and was the only intervention to have persistent benefits twenty four hours later, suggesting it may be an effective treatment for hypertension.

#### Biography

My name is Ashok Pandey and I am a grade eight student at Centennial Public School in Waterloo, Ontario. My research this year is on the impacts of restorative yoga and stretching on blood pressure and heart rate. I interests include the pursuit of science and social justice as well as community involvement. I have participated in regional science fairs and competitions but this is my first time at the CWSF. Science has always been a passion for me, and I enjoy learning and exploring. I also believe in social engagement, and uplifting those in need. To try to help engage youth in my community with social justice, 4 years ago, my brothers and I created a charity called Child2child. We have done several fundraisers including a food drive for our local food bank, raising money for disaster relief after a typhoon in the Philippines, and raising money for Mother Theresa's Orphanage in India. We also travel to this orphanage in India each summer for a month to teach orphans and street children. To my fellow CWSF finalists, good luck!

#### Awards

#### Value

Excellence Award - Junior - Bronze Medal Sponsor: Youth Science Canada	
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
Total	\$1 000