

## CWSF 2018 - Ottawa, Ontario



### Ashok Pandey

#### The Effects of Yoga on Global Cardiovascular Risk: A 3-Month Intervention

**Challenge:** Health

**Category:** Intermediate

**Region:** Waterloo-Wellington

**City:** Waterloo, ON

**School:** Waterloo Collegiate Institute

**Abstract:** Cardiovascular events are the leading cause of death worldwide. Exercise can improve heart health. I looked at the efficacy of yoga incorporated into an exercise program on global cardiovascular risk. I found that the yoga intervention was significantly more effective than the standard exercise program. If these results are validated, yoga may represent an opportunity to enhance the efficacy of standard cardiovascular rehabilitation/prevention programs.

#### Biography

My name is Ashok Pandey. I am a grade ten student from Waterloo Ontario. This is my second time competing at the national fair. I believe the event in Montreal was one of the most impactful and enjoyable days of my life. My interests include both playing the piano and the violin, and doing volunteer work through an NGO called Child2child.ca which I founded with my brothers 6 years ago. With this charity, we raised funds for disaster relief in Fort McMurray, Syrian refugees, and Mother Teresa's Orphanage in India. We do a month of volunteer work each summer at this orphanage mentoring disabled orphans and street children that come to this facility for care and support. This volunteer work has motivated me to do my part to help meet the needs of the less privileged and those in need. My science fair research is looking at the cardiovascular effects of incorporating yoga into an exercise program over three months. In the future I hope to further validate this research and promote the incorporation of yogic exercises in cardiovascular rehabilitation programs. To my fellow competitors: meet new people, make new friends, have fun and best of luck!

#### Awards

#### Value

Excellence Award - Intermediate - Silver Medal Sponsor: Youth Science Canada	
Western University Scholarship Silver Medallist - \$2000 Entrance Scholarship Sponsor: Western University	\$2 000
Total	\$2 000