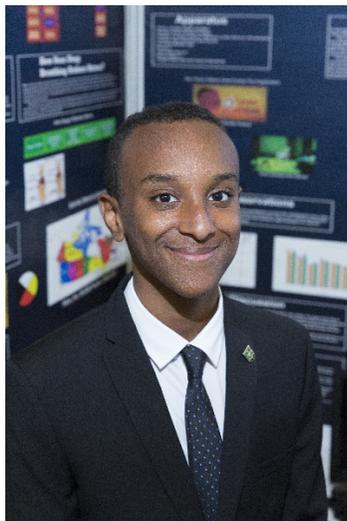


CWSF 2018 - Ottawa, Ontario



Nain Abdi

Don't Stress, Take a Breath

Challenge: Health

Category: Junior

Region: Toronto

City: Scarborough, ON

School: Eastview Public School

Abstract: This project identifies how the human body reacts to stress and how the brain triggers the cardiovascular system to increase the heart rate in response. Subjects exposed to videos produced an increased heart rate and used breathing techniques to show a marked decrease in overall heart rate/stress. Lastly, this project utilizes the knowledge gained to innovate an incentive spirometer to motivate people to breathe deeply.

Biography

My name is Nain Abdi and I attend Eastview Public School in grade 8. I partake in many school/community activities, such as Eco Club, Me To We, Ambassadors, Community Builders, Soccer, Track and Field, Safety Patrol, Office Helpers, and my school's production of The Little Mermaid. Some of my hobbies include reading, playing chess, running, programming, and public speaking. I am interested in astronomy, and hope to one day discover life on other planets. I am also interested in mechanics. After my secondary education, I would either be interested in pursuing a career in engineering or in astronomy, since I am highly interested in both topics. Some awards I've won include the literacy award, science award, top academic award, french award, all round student award, and social studies award. I got the inspiration for my project when learning of the depression and suicide rates of First Nations in Canada. For further investigations, I plan to find long-term stress relievers to help people reduce stress over a longer period of time. A piece of advice I would give to students planning to do a project is to be committed because it takes a lot of work to produce a worthwhile project.

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