



**CALIFORNIA SCIENCE & ENGINEERING FAIR
2019 PROJECT SUMMARY**

Name(s) Varun Salwan	Project Number J1222
Project Title How Does Mindful Meditation Affect the Blood Pressure and Heart Rate?	
<p style="text-align: center;">Abstract</p> <p>Objectives How Does Weight Affect Blood Pressure?</p> <p>Abstract</p> <p>Objectives/ Goals: My project was to determine how weight affects blood pressure in adults. I believe that as our weight or BMI (body mass index) increases, our blood pressure will go up as well.</p> <p>Methods Methods and Materials: I measured the BMI (derived from the weight and height of the individual) and checked the average blood pressures of 30 people (15 men, 15 women) with a blood pressure cuff. I checked the blood pressure on 3 separate occasions over 3 weeks. I excluded people who had a preexisting condition of high blood pressure or on any medications that would lower blood pressure.</p> <p>Results Results: The experimental results supported my hypothesis by showing that as the BMI increased, so did both systolic and diastolic pressures. In people who are underweight (BMI <18.5) the average blood pressure was 110/68, 118/74 in people with a normal BMI (18.5-24.9), 132/82 in overweight individuals (BMI 25-29.9) and 138/88 in the obese (BMI>30).</p> <p>Conclusions Conclusions: My conclusion is that as our weight (BMI) increases, so does our blood pressure.</p>	
Summary Statement My project is about how mindful meditation can effect your blood pressure and heart rate in a positive way.	
Help Received My dad who is a doctor, Arvind Salwan, M.D.	