STUDY INFORMATION SHEET

Project title: Impact of Yoga on the central and peripheral vascular function and cognitive functions among the desk-based workers

Principal Investigator: Mrs. Poovitha Shruthi P
Designation: Lecturer Division of Yoga, CIMR, MAHE, ManipalMobile number: 9845761767

Please read this form carefully. If you don't understand the language or any information in this document, please do not hesitate.
This is to inform that you are requested to finalize the yoga module yoga as an expert. I seek your support to get the content validation of the yoga practices.
The questionnaire to evaluate the yoga practices is attached with the mail. The sample population is Desk-based(sedentary) workers aged between 25 to 45 years. Yoga practices included in the module aimed at improving vascular function (central and peripheral circulation) and cognitive function.

1. Introduction to the research study:

You are invited as an expert for the validation of the yoga module as a part of phase 1 for the study titled "Influence of scheduled yoga on vascular physiology and executive functions - A signal group interventional study design".

Purpose of the study:

- *Primary :* To determine the long-term effect of Yoga on the Velocity and artery diameter of the Superficial Femoral Artery and Carotid artery.
- *Secondary:* To determine the long-term effect of Yoga on the cognitive function (computer-based cognitive tests) among the desk-based workers .

2. Who can take part as the expert:

Trained and certified yoga professionals with a minimum of five years' experience in teaching and clinical yoga. The experts should have an understanding of yoga, its uses and relevance for the current study. The experts should have be holding a postgraduation in yoga and currently be working as a teaching professional in reputed universities which constitutes as a teaching hospital.

3. Information about the study (as a whole):

The study is based for desk based workers who will be undergoing a day long (four hours) office-based tasks such as typing, writing, thinking and editing processes. In between the tasks the test doctor will be measuring the cognitive performance by simple computer-based tests and measure thigh blood flow and brain blood flow by ultrasound equipment. After initial data collection the study participants will be asked to perform the yoga for one year. Follow-up data collection will be performed at 6^{th} month and 12^{th} month.

4. Voluntary participation:

Your participation in this content validation as an expert is voluntary; you may decline to participate at any time and you need not give any reason for the same, and such withdrawal shall be without penalty and without loss of benefits to which you are otherwise entitled.

5. Whom to contact in case of any questions:

If you have any enquires or questions regarding your participation in this study, you may contact the Principal Investigator Mrs. Poovitha Shruthi P as detailed above.

If you have any questions about the informed consent process or your rights as a expert in content validation of the manual, you may contact the Member Secretary of the Kasturba Medical College and KasturbaHospital - Institutional Ethics Committee at Room 22, Ground floor, KMC Faculty Rooms, adjacent to KMC Administrative Block, Kasturba Medical College, Manipal - 576104. Phone: 0820 29 33522. Timings: 9: 00 AM to 5: 00 PM.

If you have any questions about this form or any study related issue, you may also contact the following person.

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