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

I, Ms Poovitha Shruthi P, Lecturer, Division of Yoga, CIMR doing Ph.D. on Impact of Yoga on the central and peripheral vascular function and cognitive functions among the desk-based workers. Following is the questionnaire to evaluate the yoga practices to improve the vascular function and cognitive functions among the desk-based workers. I seek your support to get the content validation of the yoga practices.
Many thanks for your co-operation. Answer by tick your option.

Department: _____

Designation: _____ **Experiences: _____**

Sl.no	YOGA Postures	Not necessary	Useful but not essential	Essential
1.	Surya namaskar	☐	☐	☐
2.	Swastikasana	☐	☐	☐
3.	Vajrasana	☐	☐	☐
4.	Tadasana	☐	☐	☐
5.	Padangusthasana	☐	☐	☐
6.	Trikonasana	☐	☐	☐
7.	Prasarita Padottanasana	☐	☐	☐
8.	Paschimottasana	☐	☐	☐
9.	Purvottanasana	☐	☐	☐

Sl.no	YOGA Postures	Not necessary	Useful but not essential	Essential
10.	Janu Sirsasana	☐	☐	☐
11.	Navasana	☐	☐	☐
12.	Ardha Matsyendrasana	☐	☐	☐
13.	Pavanamuktasana	☐	☐	☐
14.	Makarasana	☐	☐	☐
15.	Dhanurasana	☐	☐	☐
16.	Sarvangasana	☐	☐	☐
17.	Uttana padasana	☐	☐	☐
18.	Anulomaviloma Pranayama	☐	☐	☐
19.	Suryabedhana Pranayama	☐	☐	☐
20.	Bhramari Pranayama	☐	☐	☐
21.	Shavasana	☐	☐	☐
22.	Meditation	☐	☐	☐

Comments/suggestions if any:

Signature: