

What factors influence practicing yoga?

Section A

Gender Age (in years)

Annual income of your family (Rs)..... Family size

Education (in years) Your height in cm..... Your weight in kg.....

Occupation (Please tick one only): Salaried job ... Business ... Other job...Unemployed ...

Do you smoke?

Do you drink alcoholic beverages?

Do any member in your family and/or close relatives have attended formal health related education?

Are you a member of any social groups or organizations?

Do you have internet access at home?.....

Please rate your overall health status (in a scale of 1 to 10 where 10 means very healthy and 1 means very unhealthy)

Section B

Have you ever participated in yoga training?

Do you do/practice yoga?

If yes, how many types of yoga do you practice?

Since how many years are you practicing yoga?

Section C

What are the benefits you have achieved by practicing yoga?
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Have you experienced any problems associated with yoga practicing?
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(For those not practicing yoga) Could you please tell me why you are not practicing yoga?
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(For those who practice yoga) What motivates you to practice yoga?
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Thank you for participating in this survey