



GOA BOARD OF SECONDARY AND HIGHER SECONDARY EDUCATION
(A Corporate Statutory Body Constituted by an Act of State Legislature)
ALTO BETIM – GOA 403 521

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GBSHSE/ACAD/PHY.EDU/2016/

Date:- 12/09/2016
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CIRCULAR No. **41**

To,
The Heads of all recognised
Secondary & Higher Secondary Schools,
within the jurisdiction of this Board.

Sub: Yoga Asanas for class IX to XII in Physical Education is to be implemented from the
Academic Year 2016-17.

Sir/Madam,

With reference to the above cited subject, following Yoga Asanas for class IX to XII in Physical
Education is to be implemented from the Academic Year 2016-17 onwards

STD IX

1. Suryanamaskara
2. Tadasana
3. Padmasana
4. Bhujangasana
5. Chakrasana
6. Savasana

STD X

1. Vakrasana (The spinal Twist Posture)
2. Vazrasana
3. Salabhasana
4. Halasana
5. Savasana

STD XI

1. Bhujangasana
2. Sarvangasana
3. Ardhakati Chakrasana
4. Trikonasana
5. Savasana

STD XII

1. Parivrtta Trikonasana
2. Vajrasana
3. Dhanurasana
4. Ardha Chakrasana
5. Padmasana
6. Savasana

sd/-

(Shivakumar D. Jangam)
Secretary.

Copy to :

1. The Director of Education, Porvorim– Goa.
2. The Director of SCERT, Alto Betim – Goa.
3. Asst. Director of Education North/ South / Central Edu. Zones – Mapusa / Margao / Panaji.
4. Heads of Sections of this Office.