



ONGC PUBLIC SCHOOL NERAVY - KARAIKAL



RATHA SAPTAMI DAY CELEBRATION

On January 23, the school's grounds held Ratha Saptami Day. Mrs. K. Muthuleetchumie greets everyone present. In his address to the group, Academic Director Shree K. Ponramam Ji provided more details about Rathasaptami. It is Surya Jayanti on Rathasaptami. On the Saptami of Shukla Paksha, which falls in the month of Magha, this day is observed. Lord Surya's trip to the northern hemisphere in his chariot on this day (28.01.23) heralds the start of summer and a change in the weather patterns in southern India. Our school's NSS, NCC, Scouts, and Guides members attended on this auspicious day, and they performed Surya Namaskar under the instruction of our yoga master Mr. E. Subash and PET master Mr. Selva Durai. The principal gave his thoughts on the significance of the day as he concluded the observation.





BENEFITS OF SURYA NAMASKAR

- Helps with weight loss.
- Strengthens muscles and joints.
- Improved complexion.
- Ensures a better functioning digestive system.
- Helps combat insomnia.
- Ensures regular menstrual cycle.
- Useful in treatment of frozen shoulders.
- Spinal cord and abdominal muscles are stretched.