



ONGC PUBLIC SCHOOL NERAVY - KARAIKAL



On February 16, 2024 We celebrated Ratha Saptami, festival that falls on the seventh day in bright half Shukla Paksha, symbolically represents Sun God Surya turning his Ratha drawn by seven horses towards the northern hemisphere, in a north-eastern direction.



Students from classes VI to IX, performed Yoga Asanas in our school premises as a dedication to Lord Surya. Our Yoga master Shri. Subhash directed students in doing Pranayama and especially Surya Namaskar. He described the importance of Surya Namaskar which gives hectic benefits to our body.

