



ONGC PUBLIC SCHOOL NERAVY - KARAIKAL



RATHA SAPTAMI DAY CELEBRATION

Ratha saptami day was celebrated on 28.01.23 at School campus. Mrs.K.Muthuletchumie welcomes the gathering. Academic Director Shree K.Ponramam Ji addressed the gathering and given more information about Ratha saptami.

Ratha saptami means Surya Jayanti. This day is celebrated on the Saptami day of Shukla paksha of Magha month. This day (28.01.23) marks Lord Surya's journey to the Northern hemisphere in his chariot, signalling the arrival of summer and a change in weather patterns in Southern India.



On this auspicious day our school NCC, Scouts and guides students were participated in this occasion and they were did Surya Namaskar with the guidance of our Yoga master Mr.E.Subash and PET Master Mr.Selva Durai.



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.