



Session: 2023-24

Report on Surya Saptami (Surya Namaskar Programme)

On February 15, 2024, Birla Public School Ganganagar marked the auspicious occasion of Surya Saptami with great enthusiasm and reverence. The day began with a special assembly attended by students and staff members, where the importance of Surya, the Sun God was highlighted. The highlight of the event was the Surya Namaskar programme, where students and staff participated in the ancient practice of saluting the sun. Led by experienced physical educators, the rhythmic movements of Surya Namaskar brought a sense of serenity and vitality.

The Principal in his address, emphasized the significance of Surya Namaskar in promoting physical fitness, mental clarity and spiritual well-being. His words inspired all present to embrace the ancient practice. The celebration of Surya Saptami reaffirmed the school's commitment to holistic education, emphasizing the importance of cultural traditions and spiritual practices in nurturing well-rounded individuals.



ESTD. 2019