



MAKARA SANKRĀNTI
BRINGING SUNSHINE INTO OUR LIVES!

FESTIVAL: MAKARA SANKRĀNTI

- **From “Hindu Festivals and Celebration” by Smt. Anasuya Sastry (Dr. Prasad Shastry’s mother)**
- **"Sankranti or Sankramana is a sanskrit word which means 'to begin to move.'"**
- **Makara Sankramana marks the commencement of the sun's northern course (Uttarayana).**

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- **This changing of the sun's course takes place at the point of time when it enters the sign of Makara (Capricorn).**
- **Therefore the name "Makara Sankramana"**

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- **"Makara Sankranti" falls usually in the month of Pushya on January 14th or 15th**
- **From this day onwards, the duration of the day increases and the night decreases gradually in the northern hemisphere.**

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- **Makara Sankramana marks the commencement of the sun's northern course (Uttarayana). This changing of the sun's course takes place at the point of time when it enters the sign of Makara (Capricorn). Therefore the name 'Makara Sankramana.'**

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- **Makara Sankranti has a special significance because it marks a “new beginning”**
- **It is celebrated in different parts of India through different traditions and customs**
- **What are some customs you have seen or observed? (question to children)**

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- *Uttarayana* – Northward trek of the Sun through the sky
- *Makara Sankranti* in Western India
- *Pongal* in South India
- *Lohri* in North India
- *Maghi* – in Punjab

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- **Marks the beginning of the world-famous Kumbh-Mela in Uttar Pradesh**



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- Marks the end of a sacred pilgrimage in South India – the pilgrimage to Śabari Malai



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- **Makara Sankranti is an occasion for us to recognize the “newness” of our being**
- **We cannot control what happened in the past or what will happen in the future**
- **We can, however, live with fully awareness in the present**
- **When we live with full awareness in the present, then we can experience the newness of our being or our true nature (Sat-Cit-Ananda)**



**WISH YOU ALL A
WONDERFUL
MAKARA SANKRĀNTI**

**May we remember to bring the sunshine into our
lives and constantly brighten the world around us!**