

## Sun Sankranti – its relevance

Sun is the only living God visible daily to us. When Sun transits into a new rashi then time of its in-grace in the new sign is called Sankranti. Transit of sun in twelve rashis creates twelve months of the year. The two halves of a year Uttarayan and Dakshinayan are also classified on the basis of Sun's transit in 12 signs.

Sun enters Capricorn sign on 14<sup>th</sup> January every year and it is called makar Sankranti. This day is celebrated in India as a festival as this is the day of commencement of better half of the year called Uttarayan, a period of six months considered very auspicious by Hindus for performing various important events of life. Sun covers six signs in six months from Capricorn to Gemini from 14<sup>th</sup> January to 14<sup>th</sup> July.

Similarly, Sun's transit from Gemini to Capricorn makes the second half of the year called Dakshinayan. Hindus believe that all auspicious and important events should be planned preferably in Uttarayan. There is a story in "Mahabharat" where an important character, namely, "Bheeshma Pitamah" though severely injured in war, awaits for the commencement of Uttarayan for leaving his astral body.

The six seasons each comprising of two months are also based on Sun's transit hence Sun's transit is very important in the calculation of seasons and months.

As all the planets rotate around the Sun and get the energy and light from it, hindus have the tradition of giving Parikrama to their Gods for getting blessings in the form of power and prosperity. Without Sun there won't be any biological life on the earth hence worshipping Sun as God is considered very sacred in Hindu shastras. It is believed that Sun God gets pleased if anyone worships him on the day of its ingrace in the new sign or rashi called Sankranti.

The best time (PunyaKaal) to workshop is 6 hours prior and after the Sankranti time. Taking bath in holy rivers, doing path or mantra jaap and donations to poor and needy people is believed to give lot of "Punya" (good deed results) in turn resulting in saving the person from bad health and also adverse incidents of life. It also gives wealth and prosperity. Some Hindu Shastras also mention the best time for doing donations and chanting of mantras, is eight hours after Sankranti of Sun in a new sign. It is also mentioned that if Sun enters its sign after Sun set then all this donations and mantra chanting should be done next day after sun rise.