



*Have a great  
Makar Sankranti!*

# Sankranti

Hindu

[Sankranti](#) 

Sankranti is the passage of the sun from one zodiac constellation to the next in Indian astronomy and marks the change from one month to the next. Makar Sankranti celebrates the winter solstice, when the sun enters Makar rashi (Capricorn), starting its southern journey, and marking the beginning of longer days.

In India and Nepal it is considered a spiritually important event, since we move away from darkness into light.



This collection of information sheets on major holidays and cultural events is a joint partnership of the School of Information staff, the Office of Diversity, Equity, and Inclusion, and the Office of the Provost. Facts have been vetted by U-M's Association of Religious Counselors (ARC), and other campus groups. Public feedback is welcome; please email [DEIHolidayFacts@umich.edu](mailto:DEIHolidayFacts@umich.edu).

## Date

- January 14 or occasionally January 15
- Consult a Hindu or link to the [Interfaith Calendar](#) for the exact date in any given year.

## Greetings

Wish the celebrant a great Makar Sankranti and a great positivity throughout the year.

## Common Practices and Celebrations

- Celebratory practices and the number of days for the holiday varies across the subcontinent.
- Food plays a major role in the festivities and might include til ladoo, puran poli and Makara chaula.
- Feasts, colorful decorations, kite flying and sharing sweets are often part of the holiday.
- Children go house to house, singing and asking for treats in some areas.

## Common Dietary Restrictions

- Hindu practitioners are often lacto-vegetarian.

## Impact to U-M Community

- Link to [U-M Guidance Regarding Conflicts](#).

## U-M Campus Resources

- [Maize Pages - Hindu](#), U-M
- [Association of Religious Counselors](#), U-M

## Information Sources

- [Wikipedia](#)

## Photo credit:

"File:A night lit up on Makar Sankranti Uttarayana Festival with Kites and Lights India.jpg" by Bhavishya Goel from Gothenburg, Sweden is licensed under CC BY 2.0

Edited 12/15/2020