

"Suggi Sambhrama"

Makar Sankranti is an important festival with cultural and mythological importance in Hindu mythology. 'Makara' refers to Capricorn. The movement of Sun into 'Makara Rashi' or the 'Zodiac of Capricorn' is called Makar Sankranti. This festival marks the end of long, cold winter months and the onset of Spring. This festival is celebrated in honor of Sun God to pay tribute for the grace of his energy that has enabled life and food on earth.

Makar Sankranti is celebrated by several states of India around mid-January. True to India's diverse traditions and customs to celebrate the harvest of farmers, Karnataka and Andhra Pradesh celebrate Sankranti while Tamil Nadu celebrates Pongal and Punjab celebrates Lohri at this time.

Sri Chamundeshwari Medical College and Hospital celebrated Makar Sankranti on the 12th of January 2024 with lots of fervour and ecstasy. The theme was 'Suggi Sambhrama'. The entire premises was decorated with rangolis and flowers. The students and the staff were beautifully dressed up for the celebration.

The event was extensively supported by beloved chairman sir/ founder chancellor Dr.A.C.Shanmugam and Srimathi S. Lalitha Lakshmi, Chairperson of Sri Ranga Education Trust., President, Sri A C S Arun Kumar and Executive director Dr. S Vijayanand. Principal Dr. Pravin G U, Vice Principal Dr Nanja Raju and the Medical Superintendent Dr. Roshan were graced and added the colours to the event. Graced the occasion Advisor Dr. Naveen S on that day.

The other dignitaries invited to grace the event included eminent doctors and staff from prestigious RajaRajeshwari Medical College, notably Dr. B Satyamurthy - Dean, Dr. Basavaraj Bhandare-Vice Principal, and Dr. Praveen Kumar- Medical Superintendent.

The program started with a devotional Gouu- Puja(praying the most divine animal in Hindu mythology, the Cow). Cow is considered as a very important domestic animal and is prayed beyond doubt in Hindu culture. It is believed that all Gods reside in a Cows body and it was apt to start the Sankranti festival by performing Gouu-Puja. During winter months, our body needs more of moisture and healthy oils.

Our ancestors, in order to promote this decided to distribute Thill-Jaggery- Groundnut mixture and that formed the scientific basis of eating "Yellu- Bella" on Sankranti Day. The same was emphasized to the general

population and yellu Bella was distributed with great zeal and interest by MBBS Students to people of nearby villages. And also, during this time, our body needs more amount of Vitamin D. In order to promote this our elders encouraged us to do activities in Sunlight like Kite flying and various outdoor games, which were successfully organised by Sri Chamundeshwari Medical College & Hospital team.

The main centre of attraction was the amazing human skeleton made out of Sugarcane by our 1st year MBBS Students as per the guidance from Anatomy Department, SCMCH& RI. It was highly creative and drew the attention of all the audience. The first half of the programme included a number of games which were enjoyed both by the students and teachers. The games started with Musical chair played by all the teaching and non-teaching staffs including the students followed by Breaking of the clay pot where the game's organizers would blindfold the participants and make them stand a distance away from the pot. The blindfolded competitors must approach the pot and break it with the provided long sticks. Kite flying was one of the major attractions enjoyed by everyone. A warm breezy morning made the experience even more enjoyable.

Our skillful students made beautiful rangolis based on the mentioned theme. There were also a number of colorfully painted pots designed by the students. Face painting and pot making were also organised at the venue. The staff and students participated actively in Face painting (given the name as Cheluvina Chittara) and Pot making with immense enthusiasm and won several prizes. After the Pooja of Goddess Chamundeshwari, the traditional recipe of the festival Sweet / Khara pongal was prepared by hospital staff and were distributed to all.

The games and activities were followed by the Cultural programme in the afternoon. Our talented students embraced the stage with their graceful performances. There were a number of folk dances depicting different states of India thus symbolising the cultural diversity that exists in our country. There were enthralling dance performances by FMGE Interns too. A group song was sung by a bunch of students depicting the language diversities in India. The program was concluded with a Fashion show by the UG students and FMGE Interns. Overall, it was a joyful day filled with passion and enthusiasm.