



# Surya Namaskar Mandatory in All Rajasthan Schools

## Why in News?

The state government has made **Surya Namaskar** mandatory **for 10 minutes** during the prayer meeting or assembly in the morning **at all government and private schools across Rajasthan.**

## Key Points

- This was made official by the education minister while speaking at an event organised by the education department on the occasion of **Surya Saptami**.
  - During the event, 1.33 crore people from across the state performed Surya Namaskar.
  - A record of the event has been submitted to the World Book of Records, London.

## Surya Saptami

- It is also known as **Ratha Saptami**. It is an annual Hindu festival that is **dedicated to Surya, the sun god**.
- It is made of two words- **'Ratha' means Chariot and 'Saptami' means seventh.**
- A one-day **Brahmotsavam is held in Tirumala** (Andhra Pradesh) on this day.
- It marks the **birth of Surya** and is referred to as Magha Saptami as it falls on the seventh day (Saptami) of the Hindu month Magha.
- Surya Saptami also marks the change of season to spring and the start of the harvesting season.

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