



# Micchami Dukkadam!

## Paryushan

Jain

[Paryushan](#) 

Paryushana is an eight-to-ten day Jain festival of coming together when lay adherents fast and pray, reciting their sacred texts and emphasizing their five ethical duties or vows. They also make an effort to stop cruelty to other life forms, freeing captive animals and preventing their slaughter. The festival ends with Samvatsari, a day of focused prayer and meditation, when forgiveness is asked for offenses committed during the previous year.

### Date

- Follows the lunisolar Indian calendar and typically falls in August or September.
- Check the [Calendar Index](#) for Religious Holidays during the current academic year for the exact date.

### Greetings

On the last day of the festival, known as Samvatsari, people greet each other with "Micchami Dukkadam," forgiveness for offenses committed.

### Common Practices and Celebrations

- Prayer and meditation.
- Jains study religious books and scriptures which are based on principles of Jainism.

### Common Dietary Restrictions

- Jain cuisine is lacto-vegetarian but also excludes root vegetables.
- Jain do not consume eggs but eat dairy if humanely produced.

### 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

- [Udaipurblog](#)

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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).