



Happy
Guru Purnima!

Guru Purnima

Hinduism/Buddhism/Jainsim

[goo-roo pur-nee-mah](#)



In Sanskrit, Guru means, “The one who removes the darkness of our ignorance.” Guru Purnima is a traditional holy day in India, Nepal, and the larger diaspora for students, both academic and spiritual, to honor teachers and scholars. It is a time to pay respects and receive blessings from your chosen teacher or mentor. Students will often offer gifts of sweet delicacies, clothes, fruit, or money to honor their gurus.

Date

- It takes place on the full moon (purnima) of Ashadha on the Hindu lunar calendar. This usually falls between the months of June and July on the Gregorian calendar.
- Check the [Calendar Index](#) for Religious Holidays during the current academic year for the exact date.

Greetings

Wishing a teacher or mentor a “Happy Guru Purnima” is welcome.

Common Practices and Celebrations

- Visiting your teacher or mentor to pay respect
- Offering small gifts to honor your teachers

Common Dietary Restrictions

- Some Hindu practitioners adhere to a lacto-vegetarian diet which excludes meat, fish, and eggs.

Impact to U-M Community

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

U-M Campus Resources

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

Information Sources

- [Wikipedia](#)
- [Guru Purnima](#), pujayagna.com

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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.