



Happy Maha Shivaratri!

Maha Shivaratri

Hinduism

[maa-haa shiv-uh-rah-tree](#) 

An annual celebration of the god Shiva. Every month in the Hindu calendar on the day before the new moon there is a *Shivaratri* or “Night of Shiva” with the most spiritually significant one being the Maha Shivaratri or “Great Night of Shiva” occurring in late winter before the arrival of summer. It is a solemn and introspective festival marked with an all-night vigil at temples and meditation, fasting, and prayer to remember the importance of overcoming ignorance and darkness in the world.



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.

Date

- Maha Shivaratri takes place on the thirteenth night (waning phase of the moon) and fourteenth day of the month of Phalguna of the Hindu lunar calendar. This is usually in February or March on the Gregorian calendar.
- Check the [Calendar Index](#) for Religious Holidays during the current academic year for the exact date.

Greetings

Wishing a celebrant a “Happy Maha Shivaratri” is welcome.

Common Practices and Celebrations

- All day fasting
- Offerings of fruit, sweets, and milk are made to Shiva.
- An all night vigil called a “jaagaran”
- Meditative yoga

Common Dietary Restrictions

- Some Hindu practitioners may be observing all day fasting.
- 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
- [Association of Religious Counselors](#), U-M

Information Sources

- [Why Mahashivratri](#), isha.sadhguru.org
- [Wikipedia](#)

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