The University Chaplaincy is a dynamic hub supporting religious, spiritual, ethical, and cultural life for all members of the Tufts community. We provide a safe and welcoming space for people of all faiths and backgrounds to engage in spiritual and ethical discussions, and promote multifaith engagement. We offer a variety of programs and services, including weekly gatherings and student group meetings, to support the spiritual and religious needs of the Tufts community.

Our chaplains and advisors are here for you, no matter where you are in the world or how you are doing in this time. We are committed to fostering a sense of community and belonging, and to helping students and faculty to navigate the challenges of their lives.

In these times, let us remember that our roots are interrelated. May the lights that illuminate the physical dimension also illuminate the spiritual. And may our actions be guided by the virtues that help us to live a life of integrity and compassion.

Hindu Advisor

While considered a world religion, Hinduism does not have a single scriptural text nor a single religious practice. Instead, it is a collection of many different practices and beliefs that have evolved over thousands of years. It is based on a set of ten spiritual disciplines that are important for the journey to enlightenment. These are 1) Ahimsa (Non-violence), 2) Satya (Truth), 3) Asteya (Non-stealing), 4) Brahmacharya (Behavior as God), and 5) Swadhyaya (Self-study).

The journey to enlightenment needs to undergo to overcome ten steps to Self-Realization. I interpret these ten steps to correspond with the principles of Hinduism, as follows:

1. Ahimsa (Non-violence) - love and non-harm
2. Satya (Truth) - truthfulness
3. Asteya (Non-stealing) - non-stealing
4. Brahmacharya (Behavior as God) - consecrated life
5. Swadhyaya (Self-study) - personal study
6. Tapas (Austerities) - self-discipline
7. Vairagya (Renunciation) - renunciation of material possessions
8. Dhyana (Meditation) - contemplation
9. Japa (Repetition) - repetition of mantras
10. Samadhi (Concentration) - concentration of the mind

These steps help us to overcome our ego and achieve Self-Realization, which is the ultimate goal of Hinduism.

We celebrate the Festival of Lights, Diwali, on November 24th. This festival is a time to let the light of knowledge and good deeds shine over all. Diwali is known as the festival of lights, and is a time to celebrate the victory of light over darkness, knowledge over ignorance, good over evil, and spirituality over materialism.

We will celebrate Diwali with a virtual Aarti ceremony on November 24th. Aarti is a special ritual where oil lamps are offered to a deity as a symbol of devotion. We will light clay lamps known as diyas. Here, at Tufts, we sent Diwali kits to students containing Rangoli powders, a paper stencil, and an electronic tealight. To celebrate, we met for online Aarti, discussed the Rama Amar Chitra Katha, and shared stories of the festival.

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