
3763 Z
2025-2026
MAZDAYASNI
CALENDAR

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3763 z (2025-2026)

THE ANCIENT ZARATHUSHTI CALENDAR

THE ONLY CALENDAR THAT NEEDS NO ADJUSTMENT FOR 110,000 YEARS

"I learn about and work with the solar year, the righteous period". Yasna Ha1.9, Ha 3.11, Ha 4.14

The 'vehizaki' month Farwardin, the month Ardiwahisht, and Khordad compose the season of Spring.
The month Tir, the month Amordad, and the month Shahrewar are of Summer.
The month Mehr, the month Aban, and the month Adar are of Autumn;
and the month Dey, the month Vohuman, and the month Spandarmad are of Winter. AVESTA - Bundahishn 25:25:



THE ANCIENT MAZDAYASNI CALENDAR is the most accurate calendar that has ever existed in the civilized world to this day. It is a blueprint of the events in Nature. It highlights the significant occurrences in Nature and celebrates them as festivals. In comparison, the universally used Gregorian calendar is a political patchwork to add the names of Julia Caesar (July) and Augustus (August), evident from the 12th month being called December, which means the 10th and the 9th month, September (7th). The 10th month is October, which means the 8th. This also proves that the Gregorian year originally started in Spring.

In the MazdaYasni calendar, the year always starts on the Vernal Equinox, so the leap year is automatically determined by nature. The calendar's accuracy is further enhanced by dividing the days of each season. Thus, each season starts on the first of every fourth month and is celebrated as a festival. Seasons are marked by the position of the Earth in its orbit around the Sun, so the calendar's accuracy is guaranteed by nature. The four seasons are celebrated as follows:

1. Vernal Equinox the beginning of Spring as New Year	**Now Ruz**	**1 Farvardin**
2- Summer Solstice, the beginning of Summer as	**Tirgan**	**1 Tir**
3- Autumnal Equinox, the beginning of Fall as	**Mehregan**	**1 Mehr**
4- Winter Solstice, the beginning of Winter as	**Zayesh (Yalda)**	**1 Dey**

THIS SHOWS THE IRANIANS KNEW OF THE MOVEMENT OF THE EARTH AROUND THE SUN OVER 2000 YEARS BEFORE GALILEO

The four positions of the sun and the four seasons, although they may seem to be of equal length, are not equal in reality. The path of the Earth around the Sun is such that it DOES NOT divide the time taken to travel, from one position to another, into four equal parts, as one would ordinarily believe. None of the four parts are equal. Spring has **92.8** days, Summer **93.6** days, Autumn **89.9** days, and winter is the shortest with **88.9** days. Each season individually divided works out to 31 days each for the first six months, the next 5 months of 30 days each and the last month of the balance of the days before the Vernal Equinox, which is 29 or 30 determined by the Vernal Equinox.

The MazdaYasni calendar has been designed based on this premise and incorporates other traditions. The traditional 30 names of the days of the Sasanian era are used, and the 31st day of the first 6 months has been named "Avardad," the Pahlavi word meaning "extra day." See Philosophy of naming days.

The Seven Days of the Week have been named after the Haft Amesha Spentas, The Seven Eternal Laws, to remind us constantly of the path to progress.

SOME FACTS: Professor Martin Haug discovered the Gathas from among the Yasnas in 1859, so the five Gatha days were named thereafter. This means the Zoroastrian Shehanshahi and Kadmi calendars are of recent origin, while the Fasli calendar was introduced in 1906 in India and accepted by the Iranian Zarathushties after the 1960s. It is based on the Roman calendar and emulates the 360 degrees of the circle.

For details, please visit http://zarathushticalendar.com/. Also, read about the Perfect calendar: https://www.timeanddate.com/date/perfect-calendar.html

NAMES OF THE DAY/A SUBJECT FOR DAILY REVERENCE

Avestan	Pahlavi (Middle-Persian)	New-Persian	English
Ahura Mazda	Ohrmazd	Ormazd	Ahura Mazda
Vohu Manah	Vahman	Bahman	Good Thought
Asha Vahista	Ardvahisht	Ardibehesht	Ultimate Truth
Khshatra Vairya	Shahrevar	Sharivar	Good Laws
Spenta Armaiti	Spendarmad	Espand	Lawful Desire
Haurvatat	Hordad	Khordad	Perfection
Amertat	Amurdad	Amordad	Immortality
Ahura Mazda	Dai-pad-Adar	Dey-be-Azar	Creator of Fire
Atar	Adar	Azar	Fire
Apo	Aban	Aban	Waters
Hvar Khshaeta	Khvarshed	Khor/Khir	Sun
Mah	Mah	Mah	Moon
Tishtrya	Tir	Tir	Rain Star
Gaush Urvan	Gosh	Gush / Gaush	Life
Ahura Mazda	Dai-Pad-Mihr	Dey-be-Mehr	Creator of Mehr
Mithra	Mihr	Mehr	Contract, Love
Sraosha	Srosh	Soroush	Hearkening
Rashnu	Rashn	Rashn	Justice
Fravashyo	Fravardin	Farvardin	Progresive force
Verthraghna	Vrahram	Verahram	Victory
Raman	Ram	Ram	Peace, Happiness
Vata	Vad	Baad	Wind
Ahura Mazda	Dai-pad-Din	Dey-be-Din	Creator of Conscience
Daena	Din	Din	Conscience
Ashi	Ard	Ard (Ashi)	Recompense
Arshtat	Ashtat	Ashtad	Justice, Truth
Aseman	Aseman	Aseman	Sky
Zam	Zamyad	Zamyad	Earth
Mantra Spenda	Mahraspand	Mantraspand	Divine Words
Anagranam Raochangha	Angran	Anaram	Endless Light



PHILOSOPHY BEHIND NAMING THE DAYS IN THE MONTH

The National Science Foundation in the US has concluded that a regular person has about 70 thousand thoughts in a day. The result is a waste of brain power. None of the thoughts can mature because the mind has less than one second to delve into each thought. Recently, science has realised that if a group of people, over a period, collectively think about a single subject, single problem or a single project, they can find solutions and advance in their research at a faster pace. Many hi-tech companies have started to put this into practice.

The MazdaYasni Zarathushtis were aware of this mental downside and had a solution; they named the days to promote a unified thought and action during each day. For example, on days named Peace, Life, Moon, and Good Thoughts, "Life" is revered by not slaughtering animals or eating meat. The collective action of not killing and not eating meat on four specified days had a dual effect on the population's health and helped preserve animal species.

Naming the day's Water, Wind, Fire, Justice, Victory, and Love was not to ask for boon and blessings from them but to work towards preserving and promoting them. Today, we have Earth Day, Mother's Day, Father's Day, Independence Day, Labor Day, Veteran's Day, etc. Of course, the names were not chosen haphazardly. We see a pattern: the first part is the AmeshaSpanta. The second is life-related, which refers to all the elements that support life. The third is feelings-related, including wind, which is felt, not seen. The last group is conscience-related.

These are related to TRUTH and should not be turned into Superstition.

NOW RUZ

Now Ruz, the New Year is the celebration of the Vernal Equinox and the Rejuvenation in nature. All the people who once formed the great Persian Empire celebrate it. (44 per cent of the world population was part of the Persian Empire). Now Ruz comprises two Persian words, Now meaning New and Ruz meaning Day. According to Persian mythology, King Jamshid celebrated the first spring after the great ice age, which science proves happened 10,000 years ago. Since then, it has been part of the Iranian culture, and they have shared it with all they came in contact with. As for the coining of the word Now Ruz, meaning New Day, it goes back to 1725 BCE and was coined by Zarathushtra, the great Sage of Ancient Iran, who also calculated the Earth's Natural Meridian at 63 degrees longitude, which he named Nim Ruz meaning Mid-Day.

When the sun is at mid-day (Nim Ruz) over 63 degrees longitude, the entire hemisphere from Japan and Australia to Europe and Africa has sunlight. (Mehr Yasht 103-4). Zarathushtra also calculated that in the year 1725 BCE, the Vernal Equinox would coincide with the Sunrise in the kingdom of Balkh, where he lived. Thereby, the New Year and the New Day would start simultaneously. To record this rare phenomenon, he named that particular New Year, Now Ruz - the New Day. Thus, NOW RUZ happens where the sunrise coincides with the Vernal Equinox. As archaeologically recorded in history, in 487 BCE, once again, Now Ruz was celebrated, this time at Persepolis where the First Rays of the rising sun lighted the specially erected stone pillar in the Apadana palace, at precisely the exact moment as the Vernal Equinox.

CELEBRATION: The highlight of the Now Ruz celebration is the arrangement of the symbolic Now Ruz Table, which consists of seven items. The ancient Persians, all followers of Zarathushtra, decorated their table with Seven Trays (HAFT SEENIE) filled with numerous symbolic items. The Seven Trays represented the SEVEN ETERNAL LAWS OF NATURE as derived from the "Gathas," the songs of Zarathushtra (Ha28.3). It was a way of renewing their bond and reminding them of the path they needed to follow.

SEVEN ETERNAL LAWS SYMBOLISED ON THE NOW RUZ TABLE "HAFT SEENEE" "SEVEN TRAYS"



1- BAH MAN - **Good Mind**– your Good Mind to inquire and learn the

2- ARDIBESHT - **Ultimate Truth**- the Laws of Nature- Use them to make

3- SHAHRIVAR- **Good Rules** – Good Laws- Good Products – Which will lead to

4- ESFAND- **Lawful Desire** – Righteousness – that will pave the way toward

5- KHORDAD- **Perfection** – Mental, Physical and Spiritual – which will lead to

6- AMORDAD- **Immortality**

(a) In Death, being remembered for your good work for generations

(b) In Life by losing the fear of Death –resulting **in oneness with**

7- AHURA-MAZDA – **Creator of Wisdom** – **Khod Ah - through Self Realization**KHOD=Self AH = to come

ZARATHUSHTRA'S BIRTH ANNIVERSARY

Zarathushtra, the Sage of ancient Iran, was born on the 6th day after the Vernal Equinox. As for his birth, 1768 BCE is calculated based on the astronomical indication in the Avesta and published for the first time by Prof. Zabih Behrooz. Western scholars in this field have been confused and have given varying and misleading dates. The coinciding of the Sun Rise with the Equinox in 1725 in Balkh and the coining of the word Nim Ruz by Zarathushtra is proof. FOR MORE INFO:

http://ahura.homestead.com/files/ARTICLES/ZARATHUSHTRA_DATE_OF_BIRTH.pdf

Farvardin 3763 — March-April 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BAHMAN	ARDIBEHEST	SHAHRIVAR	ESPAND	KHORDAD	AMORDAD	ORMAZD
				1 ORMAZD March 21. NOW RUZ	**2** BAHMAN 22 GOOD MIND	**3** ARDIBEHESHT 23 ULTIMATE
4 SHARIVAR 24 GOOD LAWS	**5** ESPAND 25 LAWFUL DESIRE	**6** KHORDAD 26 PERFECTION	**7** AMORDAD 27 IMMORTALITY	**8** DEY BE AZAR 28 CREATION-ELEMENTS	**9** AZAR 29 FIRE	**10** ABAN 30 WATER
11 KHOR 31 SUN	**12** MAH APRIL MOON	**13** TIR 2 RAIN STAR	**14** GUSH 3 LIFE	**15** DEY BE MEHR 4 CREATION-FEELINGS	**16** MEHR 5 LOVE	**17** SOROUSH 6 HEARKENING
18 RASHN 7 JUSTICE	**19** FARVARDIN 8 PROGRESSIVE FORCE	**20** VERAHRAM 9 VICTORY	**21** RAM 10 PEACE	**22** BAD 11 WIND	**23** DEY BE DIN 12 CREATION-MENTAL	**24** DIN 13 CONSCIENSE
25 ERD 14 RECOMPENSE	**26** ASHTAD 15 JUSTICE	**27** ASEMAN 16 SKY	**28** ZAMYAD 17 EARTH	**29** MANTRASPAND 18 HOLY WORD	**30** ANARAM 19 ENDLESS LIGHT	**31** AVARDAD 20 FREE DAY



1 Farvardin

NOW ROOZ
Vernal equinox-new year

6 Farvardin

ZARATHUSHTRA'S BIRTHDAY

19 Farvardin

FARVARDIN GAN
Rejuvenation day – Remembrance day

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ARDIBEHEST GAN

Life is meant to be enjoyed, and for that, any reason is a good reason to enjoy

For that reason, when the name of the Day and the Month is the same, that day is celebrated as a Festival

3rd Ardibehest -22/ 23 April is the Ardibehest day in Ardibehest Month and is celebrated as Nature Day.

Asha Vahista -The Ultimate Truth – The Truth found in nature.

GAHANBARS (Celebrating Nature)

Gahanbars are seasonal festivals of Thanksgiving. It is when people celebrate their collaboration with nature by respecting nature. There are 4 seasons, but there are 6 Gahanbars. Out of respect for history, tradition, and the enjoyment of life with festivity, the celebration of the two seasonal festivals of the ancestral homeland in the Arctic was preserved by the migrating Zarathushtis. At the same time, they introduced four new Gahanbars for the four seasons of their new temperate homeland. The names of the Gahanbars point to The Exact Day of the celebration and leave no doubt.



ARCTIC Gahanbars

Maidhyo-Shahem (Mid-Summer) Gahanbars. Arctic Summer lasts 7 months (Farvardin to Mehr) and 216 days, so mid-summer falls on the 108th day, which is 15 of Tir, corresponding to July 6.

Ayeh-Threm (Saarem) (Coming of Winter). The Arctic winter lasts five months. (Aban to Espand) The Coming of Winter is celebrated just before the Arctic winter starts in Aban. So (30 Mehr) (21/22 October).



TEMPERATE Gahanbars

Maidhyo-Zarem (mid-Spring): Spring has 92.8 days, so mid-Spring falls on the 46th day (15 Ardibesht 4/5 May).

Paiti-Shahem (End of Summer): Summer ends on the 186th day (31 Shahrivar 21/22 Sept.).

Maidh-Yarem (Mid-winter): 320.75th day. When farmers, shepherds and their animals are resting. (14 Bahman 2 Feb).

Hamas-Path-Maedem (Equality of heat and cold, day and night): preparation for the revival of Nature. (28/ 29 Espand) (March 19/20). Gahanbars were a social gathering of fun and festivity with dance and music. After the Arab invasion, the Gahanbars were forced underground and became solemn events in memory of the millions who were massacred. Under those conditions, there was no room for fun and festivity, and atrocities were committed daily to the extent that the population was reduced to just 7,711 heads in Iran when Maneckji Limji Hataria came to their rescue in 1854.

FOR DETAIL VISIT www.ancientiran.com Genocide of the Zarathushtis

Ardibehest 3763 — April-May 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BAHMAN	ARDIBEHEST	SHAHRIVAR	ESPAND	KHORDAD	AMORDAD	ORMAZD
1 ORMAZD 21 KHOD AH	**2** BAHMAN 22 GOOD MIND	**3** **ARDIBEHESHT** 23 **ULTIMATE TRUTH**	**4** SHARIVAR 24 GOOD LAWS	**5** ESPAND 25 LAWFUL DESIRE	**6** KHORDAD 26 PERFECTION	**7** AMORDAD 27 IMMORTALITY
8 DEY BE AZAR 28 CREATION-ELEMENTS	**9** AZAR 29 FIRE	**10** ABAN 30 WATER	**11** KHOR MAY SUN	**12** MAH 2 MOON	**13** TIR 3 RAIN STAR	**14** GUSH 4 LIFE
15 **DEY BE MEHR** 5 **CREATION-FEELINGS**	**16** MEHR 6 LOVE	**17** SOROUSH 7 HEARKENING	**18** RASHN 8 JUSTICE	**19** FARVARDIN 9 PROGRESSIVE FORCE	**20** VERAHRAM 10 VICTORY	**21** RAM 11 PEACE
22 BAD 12 WIND	**23** DEY BE DIN 13 CREATION-MENTAL	**24** DIN 14 CONSCIENSE	**25** ERD 15 RECOMPENSE	**26** ASHTAD 16 JUSTICE	**27** ASEMAN 17 SKY	**28** ZAMYAD 18 EARTH
29 MANTRASPAND 19 HOLY WORD	**30** ANARAM 20 ENDLESS LIGHT	**31** AVARDAD 21 FREE DAY				



3 Ardibehest

ARDIBEHESTGAN 3rd
Nature's Day

15 Ardibehest

MAIDHYO ZAREM GAHANBAR- MID – SPRING
Spring has 92.8 days. Thus, Mid-Spring is on the 46th day. (Farvardin 31 days +Ardibehest 15 = 46)

KHORDAD GAN

PERFECTION DAY

6 Khordad

Everyone should aim for perfection in their chosen profession

Truly, the **Asha** (Ulitmate Truth) derived	براسی، آن اشا که سرچشمه گرفته
By the **Good Mind**	از منش نیک
Never before known	و پیش از این شناخته نشده
Among the wise and all creation	میان دانایان و در هسی
With it, make **Good Rules** and never waning	از آن است که راهنمایی خوب پدید می‌آید که هرگز به کاسی نمیرود
Increasing **Righteousness**	و می افزاید پارسایی را
Leading us towards **PERFECTION**	و ما را بسوی رسایی راهنمایی میکند
Zarathushtra – Gatha -Yasna Ha 28.3 (FR)	*زرتشت – گات ها – یسنا - هات ۲۸ بند ۳ (ف ر)*



NAMES OF THE DAYS OF THE WEEK

The division of the month and year into weeks is well established in the modern international culture, and all activities are closely integrated with them. All three Zarathushti Calendars have borrowed the names of the days of the week from the dominant cultures. The Shahenshahi calendar has borrowed the names of the Indian weeks -Som, Magal, Budh, Guru, .etc. The Kadmi and Fasli borrowed from the Semitic calendar Shanbeh, Ek Shanbeh, DoShanbeh SayShanbeh, etc.

In the Mazdayasni Calendar, the days of the week are named after the Amesha Spentas. They will be a weekly reminder of the Gathic path, in the right order, to Perfection, Immortality, and Spirituality, as mentioned above.

Zarathushti culture promotes happiness and believes in enjoying life on earth. All the festivals and holidays are for happy occasions, and even festivals that have lost their original significance have not been discarded, like the two Arctic Gahanbars. Thus, adding a few more festivals to celebrate the coinciding of the week's names with the names of the days would not be out of place. That is when the names of the Amesha Spentas in the week coincide with that of the day. This can happen one or two times a year. In addition, when the names of the day, the week, and the month coincide, a super festivity can be held.

1- VOHU MANA - **Good Mind**– Use your Good Mind to inquire and learn the
2- ASHA VAHISTA - **Ultimate Truth**- the Laws of Nature- Use them to make
3- KHASH ATRA VAIRYA **Good Rules** – Good Laws- Good Products – Which will lead to
4- SPANTA ARMAITI **Lawful Desire** – Righteousness – that will pave the way toward
5- HURVATATA **Perfection** – Mental, Physical and Spiritual – which will lead to
6- AMERETATA **Immortality** –(a) In Death, being remembered for your good work for generations
(b) In Life by losing the fear of Death –resulting in oneness with
7- AHURA-MAZDA – **The Creation of Wisdom – Khod Ah** through **Self Realization**- KHOD = Self AH = to come.

And those who are righteous are known for
Good creations and use of the wise mind
In harmony with Wisdom in Existence
Their aim achieved
Their desire assuredly Happiness
Their reward, knowledge and being known as righteous,
Faithful and Praiseworthy. (6)

Zarathushtra - Gatha - Yasna HA 28.10 (FR)

Khordad 3763 — May-June 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BAHMAN	ARDIBEHEST	SHAHRIVAR	ESPAND	KHORDAD	AMORDAD	ORMAZD
			1 ORMAZD 22 KHOD-AH	**2** BAHMAN 23 GOOD MIND	**3** ARDIBEHESHT 24 ULTIMATE TRUTH	**4** SHARIVAR 25 GOOD LAWS
5 ESPAND 26 LAWFUL DESIRE	**6** **KHORDAD** 27 **PERFECTION**	**7** AMORDAD 28 IMMORTALITY	**8** DEY BE AZAR 29 CREATION-ELEMENTS	**9** AZAR 30 FIRE	**10** ABAN 31 WATER	**11** KHOR **JUNE** SUN
12 MAH 2 MOON	**13** TIR 3 RAIN STAR	**14** GUSH 4 LIFE	**15** DEY BE MEHR 5 CREATION-FEELINGS	**16** MEHR 6 LOVE	**17** SOROUSH 7 HEARKENING	**18** RASHN 8 JUSTICE
19 FARVARDIN 9 PROGRESSIVE FORCE	**20** VERAHRAM 10 VICTORY	**21** RAM 11 PEACE	**22** BAD 12 WIND	**23** DEY BE DIN 13 CREATION-MENTAL	**24** DIN 14 CONSCIENSE	**25** ERD 15 RECOMPENSE
26 ASHTAD 16 JUSTICE	**27** ASEMAN 17 SKY	**28** ZAMYAD 18 EARTH	**29** MANTRASPAND 19 HOLY WORD	**30** ANARAM 20 ENDLESS LIGHT	**31** AVARDAD 21 FREE DAY	



6 Khordad

KHORDADGAN
Perfection day

TIRGAN - 1 TIR - 21/22 JUNE

All ancient MazdaYasni festivals celebrated landmarks in the earth's journey around the sun and seasonal events in nature. This shows the Iranians had precise knowledge about the Earth and its movement around the sun thousands of years before Galileo and the Western World accepted the truth.

Tirgan is the celebration of the **Summer Solstice**. On this day, the sun reaches the northernmost position on the earth, and as a result, the Northern Hemisphere has the longest day. People spend this day outdoors, and because it is hot, they spray water on each other; thus, it has become the festival of water.

Simultaneously, the Southern Hemisphere has the Shortest Day, the Winter Solstice. So the whole world can celebrate, although for different events.



Arash-e-Kamangir is an Iranian mythological character who shoots an arrow from Mount Damavand to the banks of River Jehun to demarcate the border between Iran and its arch-enemy, Turan. The festival of Tirgan is supposed to celebrate this feat.

The real story is in the Tir Yasht of the Avesta, originally a cosmological paper on Tishtarya, the brightest star in the sky. The archer and his bow and arrow are Asterisms formed by seven stars. The arrow's flight from Mount Khshaotha to Mount Hvanvant shows the path of Tishtarya in the sky. It became a prayer by adding a few devotional sentences at some point in history. Later, under Greek influence, the Pahlavi text on Tishtarya converted facts into fiction by personifying the constellations. After that, in the Islamic era, each writer presented a different version of the Pahlavi folklore. In the last century, this myth was further developed by nationalists. The latest and most popular version of Arash-e-Kamangir is a poem by the politician poet Siavash Kasrai written in 1959.

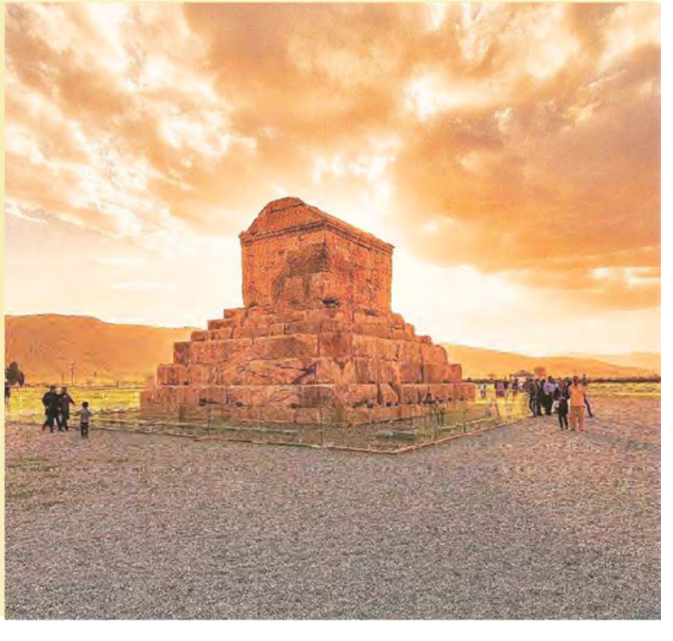
The Chinese, the Indians and the Iranians saw this Asterism as an archer with a bow and arrow; the Greeks changed it to the Canis Major, the Big Dog. http://ahura.homestead.com/files/FESTIVALS/ARASH_e_KAMANGIR_.pdf



ARCTIC GAHANBAR

Maidhyo-Shahem (Mid-Summer) Gahanbars. 15 Tir / 6 July

Arctic Summer lasts 7 months (Farvardin to Mehr) or 216 days, so mid-summer falls on the 108th day, which is 15 of Tir, corresponding to July 6.



Tir 3763 June-July 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BAHMAN	ARDIBEHEST	SHAHRIVAR	ESPAND	KHORDAD	AMORDAD	ORMAZD
30 ANARAM 21 ENDLESS LIGHT	**31** AVARDAD 22 FREE DAY					**1** **ORMAZD** 22 **TIRGAN**
2 BAHMAN 23 GOOD MIND	**3** ARDIBEHESHT 24 ULTIMATE TRUTH	**4** SHARIVAR 25 GOOD LAWS	**5** ESPAND 26 LAWFUL DESIRE	**6** KHORDAD 27 PERFECTION	**7** AMORDAD 28 IMMORTALITY	**8** DEY BE AZAR 29 CREATION-ELEMENTS
9 AZAR 30 FIRE	**10** ABAN **JULY** WATER	**11** KHOR 2 SUN	**12** MAH 3 MOON	**13** TIR 4 RAIN STAR	**14** GUSH 5 LIFE	**15** **DEY BE MEHR** 6 **CREATION-FEELINGS**
16 MEHR 7 LOVE	**17** SOROUSH 8 HEARKENING	**18** RASHN 9 JUSTICE	**19** FARVARDIN 10 PROGRESSIVE FORCE	**20** VERAHRAM 11 VICTORY	**21** RAM 12 PEACE	**22** BAD 13 WIND
23 DEY BE DIN 14 CREATION-MENTAL	**24** DIN 15 CONSCIENCE	**25** ERD 16 RECOMPENSE	**26** ASHTAD 17 JUSTICE	**27** ASEMAN 18 SKY	**28** ZAMYAD 19 EARTH	**29** MANTRASPAND 20 HOLY WORD



1 Tir

TIRGAN
Summer Solstice, the longest day

15 Tir

MAIDYHO SHEM, GAHANBAR, MID-SUMMER
This is a celebration of the Mid-Arctic Summer. The Arctic Summer is from Farvardin to Mehr, 7 months or 216 days. Thus, Mid-Arctic Summer will be the 108th Day or 15 TIR / 6 July.

AMORDAD GAN

REMEMBRANCE DAY

Remember all the Righteous people of (Haft Keshwar Zamin) the Seven Continents.
Who have done good and progressed towards wholeness - perfection





And those who are righteous are known for	**و کسانی که،درستکار هستند را می شناسی**
Good creations and use of the wise mind	**برای کارهای نیک و روشن بینی**
In harmony with Wisdom in Existence	**و اندیشه هماهنگ با،خرد در هسی**
Their aim achieved	**آنها هدفشان برآورده**
Their desire assuredly Happiness	**خواسته شان بیگمان خشنودی**
Their reward, knowledge and	**و پاداش شان دانش،**
being known as righteous, Faithful and praiseworthy. (6)	**نیک نامی، وفادار و قابل ستایش است**
Zarathushtra - Gatha - Yasna HA 28.10 (FR)	***زرتشت – گات ها – یسنا - هات ۲۸ بند ۱۰ (ف ر)***

That you ask	**این که شما می پرسی**
Truly I say	**براسی من میگویم**
In Existence	**در هسی**
How do you gain knowledge from Asha?	**چگونه از اشا دانش به دست آوریم؟**
By using the Ten senses rightly	**با استفاده،درست از حس دهگانه**
Leading to illumination	**به روشنائی می رسیم**
And through Wisdom	**و از طریق،خرد**
Understanding Wholeness and Immortality	**کمال و جاودانگی را درک می کنیم**
That Wisdom brings to humankind	**که برای بسر می آورد**
Zarathushtra – Gatha -Yasna Ha 44.18 (FR)	*زرتشت – گات ها – یسنا - هات ۴۴ بند ۱۸ (ف ر)*

Amordad 3763 July-August 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BAHMAN	ARDIBEHEST	SHAHRIVAR	ESPAND	KHORDAD	AMORDAD	ORMAZD
		1 ORMAZD 23 KHOD AH	**2** BAHMAN 24 GOOD MIND	**3** ARDIBEHESHT 25 ULTIMATE TRUTH	**4** SHARIVAR 26 GOOD LAWS	**5** ESPAND 27 LAWFUL DESIRE
6 KHORDAD 28 PERFECTION	**7** **AMORDAD** 29 **IMMORTALITY**	**8** DEY BE AZAR 30 CREATION-ELEMENTS	**9** AZAR 31 FIRE	**10** ABAN **AUGUST** WATER	**11** KHOR 2 SUN	**12** MAH 3 MOON
13 TIR 4 RAIN STAR	**14** GUSH 5 LIFE	**15** DEY BE MEHR 6 CREATION-FEELINGS	**16** MEHR 7 LOVE	**17** SOROUSH 8 HEARKENING	**18** RASHN 9 JUSTICE	**19** FARVARDIN 10 PROGRESSIVE FORCE
20 VERAHRAM 11 VICTORY	**21** RAM 12 PEACE	**22** BAD 13 WIND	**23** DEY BE DIN 14 CREATION-MENTAL	**24** **DIN** 15 **CONSCIENCE**	**25** ERD 16 RECOMPENSE	**26** ASHTAD 17 JUSTICE
27 ASEMAN 18 SKY	**28** ZAMYAD 19 EARTH	**29** MANTRASPAND 20 HOLY WORD	**30** ANARAM 21 ENDLESS LIGHT	**31** AVARDAD 22 FREE DAY		



7 Amordad

AMORDAD GAN
Remembrance day

15 August

PATETI -NEW YEAR
Shenshai Parsi New Year (15 Aug)

SHAHRIVAR GAN

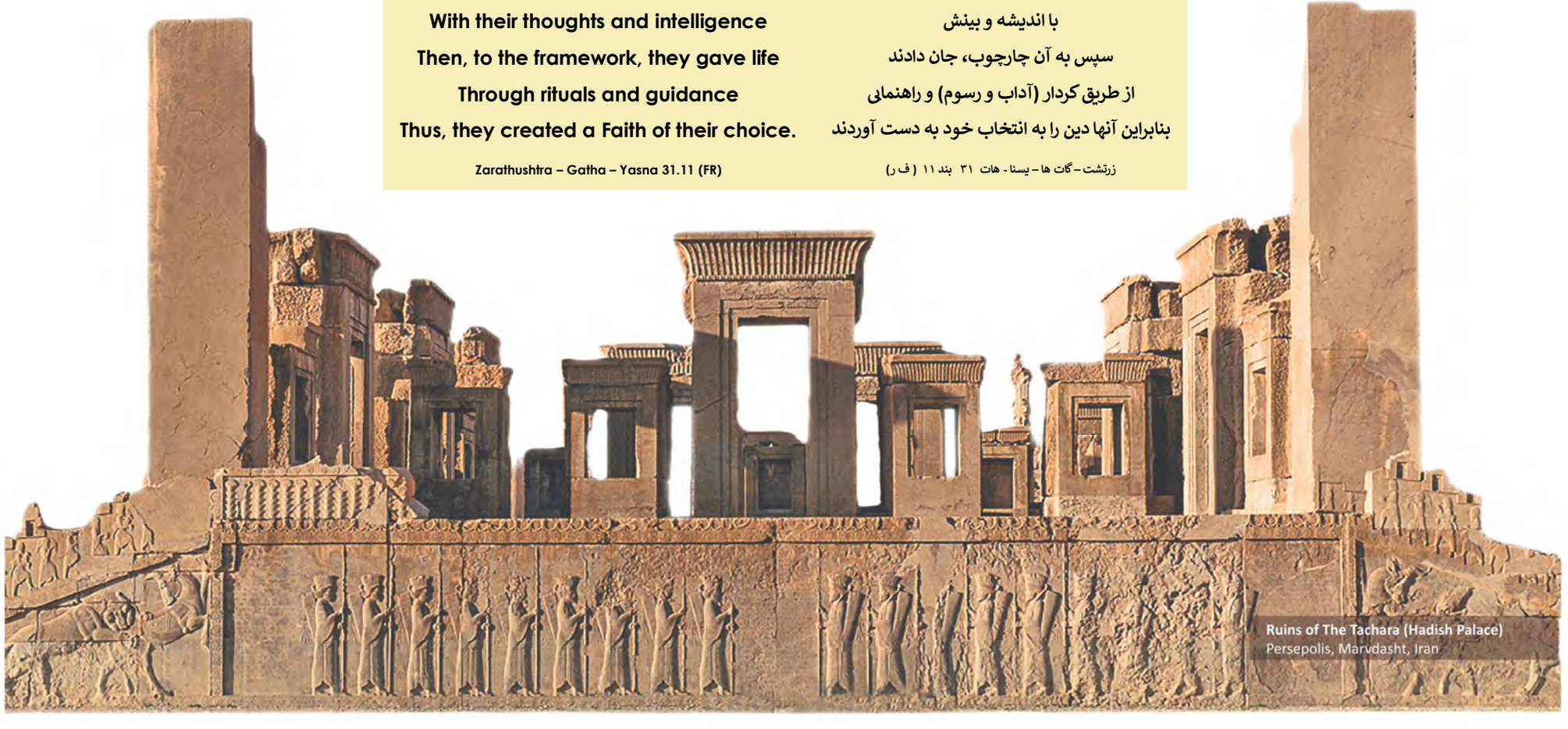
GOOD LAWS & GOOD PRODUCT - DAY

4th of Shahrivar

GOOD LAWS - Laws that are derived from Nature and are in harmony with Nature

GOOD PRODUCTS -Products that are in harmony with nature / Environment

With Wisdom in the beginning	**باِخود در آغاز**
Communities created Laws	**جوامع قوانیی را ایجاد کردند**
With their thoughts and intelligence	**با اندیشه و بینش**
Then, to the framework, they gave life	**سپس به آن چارچوب، جان دادند**
Through rituals and guidance	**از طریق کردار (آداب و رسوم) و راهنمایی**
Thus, they created a Faith of their choice.	**بنابراین آنها دین را به انتخاب خود به دست آوردند**
Zarathushtra – Gatha – Yasna 31.11 (FR)	**زرتشت – گات ها – یسنا - هات ۳۱ بند ۱۱ (ف ر)**



Ruins of The Tachara (Hadish Palace)
Persepolis, Marvdasht, Iran

Shahrivar 3763 August-September 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BAHMAN	ARDIBEHEST	SHAHRIVAR	ESPAND	KHORDAD	AMORDAD	ORMAZD
31 **AVARDAD** **22** **FREE DAY**					**1** ORMAZD **23** KHOD-AH	**2** BAHMAN **24** GOOD MIND
3 ARDIBEHESHT **25** ULTIMATE TRUTH	**4** **SHARIVAR** **26** **GOOD LAWS**	**5** ESPAND **27** LAWFUL DESIRE	**6** KHORDAD **28** PERFECTION	**7** AMORDAD **29** IMMORTALITY	**8** DEY BE AZAR **30** CREATION-ELEMENTS	**9** AZAR **31** FIRE
10 ABAN **SEPT** WATER	**11** KHOR **2** SUN	**12** MAH **3** MOON	**13** TIR **4** RAIN STAR	**14** GUSH **5** LIFE	**15** DEY BE MEHR **6** CREATION-FEELINGS	**16** MEHR **7** LOVE
17 SOROUSH **8** HEARKENING	**18** RASHN **9** JUSTICE	**19** FARVARDIN **10** PROGRESSIVE FORCE	**20** VERAHRAM **11** VICTORY	**21** RAM **12** PEACE	**22** BAD **13** WIND	**23** DEY BE DIN **14** CREATION-MENTAL
24 DIN **15** CONSCIENCE	**25** ERD **16** RECOMPENSE	**26** ASHTAD **17** JUSTICE	**27** ASEMAN **18** SKY	**28** ZAMYAD **19** EARTH	**29** MANTRASPAND **20** HOLY WORD	**30** ANARAM **21** ENDLESS LIGHT



4 Shahrivar

SHAHRIVAR GAN

Good laws - good products day

31 Shahrivar

END OF SUMMER, GAHANBAR, PAITI SHEM

Tropical Summer ends on the 186th day, which is 31 Shahrivar / 21-22 September

MEHREGAN

1st Mehr (Sept 22/23)



Mehregan is the celebration of the Autumnal Equinox.

Just like Now Ruz on Mehregan, the day and night are equal.

The Earth, in its revolution around the sun, goes through two equinoxes; it is a moment in time when the sun crosses the equator, one around 20 March First of Farvardin (Now Ruz) and the second around 22 September First of Mehr (Mehregan). Ancient Iranians have celebrated both of these occasions with great fanfare. Recognising such precise moments in the revolution of the Earth around the Sun and celebrating it shows the knowledge of the ancient Iranians in comparison with the belief of the rest of the world, who, in 1633 CE, punished Galileo for simply mentioning that the Earth went around the sun. No doubt, the Bible calls the Persians Wise.

ARCTIC Gahanbars

Ayeh-Threm (Saarem) (Coming of Winter)

It is one of the two Gahanbars celebrated when the Zarathushtis' ancestors lived in the Arctic. As the name says, it celebrates the coming of winter and is celebrated on 30 Mehr (Oct 21/22), just before the Arctic winter starts from the First of Aban.

Thus, they truly will destroy	به این ترتیب براسی نابود خواهد کرد
These Clerics and Statesmen	**این روحانیون و دولتمردان**
Through those who decree	از طریق کسانی که حکومت می کنند
Not allow life to proceed freely	اجازه نمی دهید زندگی آزادانه پیش برود
They shall take the good life	**آنها زندگی خوب را می برند**
Truly to the realm of dreams	**راسی به قلمرو رویاها**
Zarathushtra – Gatha – Yasna 32.15 (FR)	*زرتشت – گات ها – یسنا - هات ۳۲ بند ۱۵ (ف ر)*



Mehr 3763 September-October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BAHMAN	ARDIBEHEST	SHAHRIVAR	ESPAND	KHORDAD	AMORDAD	ORMAZD
	1 **ORMAZD** **23** **MEHREGAN**	**2** BAHMAN **24** GOOD MIND	**3** ARDIBEHESHT **25** ULTIMATE TRUTH	**4** SHARIVAR **26** GOOD LAWS	**5** ESPAND **27** LAWFUL DESIRE	**6** KHORDAD **28** PERFECTION
7 AMORDAD **29** IMMORTALITY	**8** DEY BE AZAR **30** CREATION-ELEMENTS	**9** AZAR **OCTOBER** FIRE	**10** ABAN **2** WATER	**11** KHOR **3** SUN	**12** MAH **4** MOON	**13** TIR **5** RAIN STAR
14 GUSH **6** LIFE	**15** DEY BE MEHR **7** CREATION-FEELINGS	**16** MEHR **8** LOVE	**17** SOROUSH **9** HEARKENING	**18** RASHN **10** JUSTICE	**19** FARVARDIN **11** PROGRESSIVE FORCE	**20** VERAHRAM **12** VICTORY
21 RAM **13** PEACE	**22** BAD **14** WIND	**23** DEY BE DIN **15** CREATION-MENTAL	**24** DIN **16** CONSCIENSE	**25** ERD **17** RECOMPENSE	**26** ASHTAD **18** JUSTICE	**27** ASEMAN **19** SKY
28 ZAMYAD **20** EARTH	**29** MANTRASPAND **21** HOLY WORD	**30** **ANARAM** **22** **ENDLESS LIGHT**				



1 Mehr

MEHREGAN
Autumnal Equinox

30 Mehr

GAHANBAR, AYA SAAREM, COMING OF WINTER
This is the celebration of the coming of the Arctic Winter, which starts on the 1st of Aban. A day before the winter starts on 30 Mehr /22 October.

ABAN GAN

Water Reverence Day

ABAN 10 / OCTOBER 31

ENDEAVOUR TO KEEP OUR WATER CLEAN

Even though modern-day pollutants did not exist in ancient times, the Zarathushtis endeavoured to keep their water clean and contaminant-free.

The combined power of Religion and Government	**ترکیب قدرت دین و حکومت**
(Lead to) Evil acts that destroy people's lives	**با کردار بد زندگی مردم را نابود می کند**
They, with their inner self and disturbed conscience	**آنها با درون خود و خودآگاهی آشفته**
When they approach the end of the journey (life)	**هنگامی که به پایان سفر (زندگی) نزدیک می شوند**
Reflect before death	**با خود یابی قبل از مرگ**
They all dwelt in the abode of Evil	**متوجه می شوند در سرای بدان ساکن بودند.**
Zarathushtra – Gatha -Yasna Ha 46.11 (FR)	*زرتشت – گات ها – یسنا - هات ۴۶ بند ۱۱ (ف ر)*



When my soul counts on someone for help.
They who know what my people do not know
Other than the Truth in Wisdom in Existence.
Reality appeals, so does the best thoughts.

Zarathushtra – Gatha -Yasna Ha 50.1 (FR)

چون روان من به یاری کسی چشم دارد،
به آنان که دانند آنچه یارانم ندانند،
جز راسی در خرد هسی،
راسی فرا میخواند، هم چنین کنند اندیشه‌های برتر

زرتشت – گات ها – یسنا - هات ۵۰ بند ۱ (ف ر)



Aban 3763 October-November 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BAHMAN	ARDIBEHEST	SHAHRIVAR	ESPAND	KHORDAD	AMORDAD	ORMAZD
			1 ORMAZD **23** KHOD-AH	**2** BAHMAN **24** GOOD MIND	**3** ARDIBEHESHT **25** ULTIMATE TRUTH	**4** SHARIVAR **26** GOOD LAWS
5 ESPAND **27** LAWFUL DESIRE	**6** KHORDAD **28** PERFECTION	**7** AMORDAD **29** IMMORTALITY	**8** DEY BE AZAR **30** CREATION-ELEMENTS	**9** AZAR **31** FIRE	**10** **ABAN** **NOVEMBER** **WATER**	**11** KHOR **2** SUN
12 MAH **3** MOON	**13** TIR **4** RAIN STAR	**14** GUSH **5** LIFE	**15** DEY BE MEHR **6** CREATION-FEELINGS	**16** MEHR **7** LOVE	**17** SOROUSH **8** HEARKENING	**18** RASHN **9** JUSTICE
19 FARVARDIN **10** PROGRESSIVE FORCE	**20** VERAHRAM **11** VICTORY	**21** RAM **12** PEACE	**22** BAD **13** WIND	**23** DEY BE DIN **14** CREATION-MENTAL	**24** DIN **15** CONSCIENSE	**25** ERD **16** RECOMPENSE
26 ASHTAD **17** JUSTICE	**27** ASEMAN **18** SKY	**28** ZAMYAD **19** EARTH	**29** MANTRASPAND **20** HOLY WORD	**30** ANARAM **21** ENDLESS LIGHT		



10 Aban

ABANGAN
Water Reverence day

AZAR GAN

FIRE REVERENCE DAY

Azar 9 / November 29



In the Gathic concept, fire pertains to the heat of internal zeal for creating progress and making the world a better place.

The teachings of Zarathushtra, the sage of ancient Iran, have nothing to do with physical fire. The Gathas of Zarathushtra are a recipe for progress towards perfection. It is not about worship; it is about doing and achieving. It is not about asking for a boon but about dreaming and converting the right dreams into reality. The followers of the teachings of Zarathushtra have chosen fire as a medium, as a facilitator of their path towards perfection, and in their quest for self-realisation - Khod-Ah, realising the God within. Fire is never considered to be a god of any sort. Fire has a mystical effect compared to air, water, and earth. It gives one the feeling of spiritual elevation. Concentrating on the flickering flames mesmerises and relaxes the mind. It helps the mind enter the Alpha stage, where the mind works at its best—solving problems and decoding the mysteries of the universe. This is seen as worshipping to the superstitious mind and the opponents.

In the Gathas, Fire is mentioned 8 times, and none pertain to the physical Fire

Ha.31.03 "Maino Athra" "Mental blaze"	**آتش ذهن**
Ha.31.19 "Athra Sukhra Mazda" "Radiant fire of Wisdom"	**آتش تابناک خرد**
Ha.34.04 "Athram Ahura" "Fire of Creation"	**آتش آفرینش**
Ha.43.04 "Garma Athrav Asha" "Warmth of the Fire of Asha"	**گرمای آتش اشا**
Ha.43.09 "Thwahmai Athre" "Your Inner Flame"	**آتش دروی**
Ha.46.07 "Thwamat Athras cha Managhas" "The Fire of your thoughts"	**آتش اندیشه**
Ha.47.06 "Athra Vangha ranoibya" "Fire benefits all"	**آتش سود رسان به همه**
Ha.51.09 "Athra Sukhra Mazda" "Radiant Fire of Wisdom"	**آتش تابناک خرد**

Azar 3763 November-December 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BAHMAN	ARDIBEHEST	SHAHRIVAR	ESPAND	KHORDAD	AMORDAD	ORMAZD
					1 ORMAZD 22 KHOD-AH	**2** BAHMAN 23 GOOD MIND
3 ARDIBEHESHT 24 ULTIMATE TRUTH	**4** SHARIVAR 25 GOOD LAWS	**5** ESPAND 26 LAWFUL DESIRE	**6** KHORDAD 27 PERFECTION	**7** AMORDAD 28 IMMORTALITY	**8** DEY BE AZAR 29 CREATION-ELEMENTS	**9** **AZAR** 30 **FIRE**
10 ABAN **DECEMBER** WATER	**11** KHOR 2 SUN	**12** MAH 3 MOON	**13** TIR 4 RAIN STAR	**14** GUSH 5 LIFE	**15** DEY BE MEHR 6 CREATION-FEELINGS	**16** MEHR 7 LOVE
17 SOROUSH 8 HEARKENING	**18** RASHN 9 JUSTICE	**19** FARVARDIN 10 PROGRESSIVE FORCE	**20** VERAHRAM 11 VICTORY	**21** RAM 12 PEACE	**22** BAD 13 WIND	**23** DEY BE DIN 14 CREATION-MENTAL
24 DIN 15 CONSCIENSE	**25** ERD 16 RECOMPENSE	**26** ASHTAD 17 JUSTICE	**27** ASEMAN 18 SKY	**28** ZAMYAD 19 EARTH	**29** MANTRASPAND 20 HOLY WORD	**30** ANARAM 21 ENDLESS LIGHT



9 Azar

AZARGAN

Fire reverence day

YALDA / ZAYESH-E-MEHR

1st Dey /Dec 21/ 22

Yalda, or Zayesh-e-Mehr, celebrates the Winter Solstice; its highlight is the longest night. It is the start of the winter season, which lasts 88.9 days and is the shortest. In Mithraism, this day was celebrated as the birth of the Sun because from the next day, the days get longer, and the sun is growing according to them. They called this day "Zayesh e Mehr" - Birth of Mehr-the Sun. Yalda is a Syriac translation coined by the Assyrian Christians who replaced the Sun God with the Son of God. The celebration of Deygan's long winter night involved the recitation and discussion of the Gathas, which, on the revival of the festival by the Iranians, was replaced by the recitation of the 14-century poems of Hafez; today, Zarathushtis, unaware of their past, do the same.

And your reward for the adoration of Creation And righteousness,	و پاداش شما برای ستایش هسی و ،درستکاری،
Gives society good passion,	به جامعه اشتیاق خوبی می دهد،
When goodness influences the mind	وقتی خوبی بر ذهن تأثیر می گذارد
It drives away the Truth-Seer	غیب گو را می راند
Thereafter, Wisdom happily progresses	پس از آن،خرد به خوشحالی پیسرفت می کند.
Zarathushtra – Gatha -Yasna Ha 34.3 (FR)	زرتشت – گات ها – یسنا - هات ۳۴ بند ۳ (ف ر)



CELEBRATION OF THE LIFE OF ZARATHUSHTRA

Dey 5 / December 25

Zarathushtra, the Sage of ancient Iran, was born on the 6th day after the Vernal Equinox in 1768 BCE. Zarathushtra, at a young age, was in quest of knowledge. He wanted to find out the purpose of life on earth. He found his answer in nature, but when he proclaimed it, he met with opposition in the country of his birth. So, he left and searched for someone who would understand him. He found that person in King Vistasp of Balkh and his wise ministers, Jamasp and Frashaoshtra. It is said he was 30 years of age when his teachings were accepted. Thus, 1738 BCE is considered the first year of establishing his school of thought, named the 'Mazda Yasni' (Reverence unto Wisdom, those who respect and pursue Wisdom). In the Avesta, it is repeatedly mentioned as 'Mazdayasno Ahmi Mazdayasno Zarathushtrish'. In the first verse of his Gathas, he seeks and wants everyone to seek WISDOM.

He passed away at the age of 77. He practised what he preached and achieved immortality with his Gathas, which throughout history have influenced civilizations and will continue to influence them to progress towards Perfection in harmony with Nature.

Dey 3763 December 2025-January 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BAHMAN	ARDIBEHEST	SHAHRIVAR	ESPAND	KHORDAD	AMORDAD	ORMAZD
1 **ORMAZD** **22** **YALDA**	**2** BAHMAN **23** GOOD MIND	**3** ARDIBEHESHT **24** ULTIMATE TRUTH	**4** SHARIVAR **25** GOOD LAWS	**5** **ESPAND** **26** **LAWFUL DESIRE**	**6** KHORDAD **27** PERFECTION	**7** AMORDAD **28** IMMORTALITY
8 DEY BE AZAR **29** CREATION-ELEMENTS	**9** AZAR **30** FIRE	**10** ABAN **31** WATER	**11** KHOR **JANUARY** SUN	**12** MAH **2** MOON	**13** TIR **3** RAIN STAR	**14** GUSH **4** LIFE
15 DEY BE MEHR **5** CREATION-FEELINGS	**16** MEHR **6** LOVE	**17** SOROUSH **7** HEARKENING	**18** RASHN **8** JUSTICE	**19** FARVARDIN **9** PROGRESSIVE FORCE	**20** VERAHRAM **10** VICTORY	**21** RAM **11** PEACE
22 BAD **12** WIND	**23** DEY BE DIN **13** CREATION-MENTAL	**24** DIN **14** CONSCIENCE	**25** ERD **15** RECOMPENSE	**26** ASHTAD **16** JUSTICE	**27** ASEMAN **17** SKY	**28** ZAMYAD **18** EARTH
29 MANTRASPAND **19** HOLY WORD	**30** ANARAM **20** ENDLESS LIGHT					



1 Dey

YALDA

Winter solstice - Yalda is a Syrianic word meaning the birth

5 Dey

ZARATHUSHTRA CELEBRATION OF LIFE

SAADEH



Bahman 10 / January 30

Saadeh is a festival that originated in Aryana Vaejah, the Arctic home of the Zarathushtis' ancestors. Saad means hundred, and Saadeh celebrates the hundredth day of Arctic winter, which falls on the 10th of Bahman (30 January). Winter in the Arctic begins 30 days after the Autumnal Equinox, marked with the celebration of Ayeh Threm (Coming of Winter) Gahanbar. The severity of the Arctic winter reduces after 100 days, and people start preparing for the Arctic summer.

(Aban30 days+Azar30+Dey30+10 Bahaman=100)

MISCONCEPTIONS

Some count the hundred as fifty nights and fifty days to Now Ruz; this concept fails every four years when there are 51 days and 51 nights to Now Ruz due to a leap year. It is an attempt to distance the festival from its ancient scientific origin. Many repeat it without thinking.



That you ask	و این که شما می پرسی
Truly I say	براسی من میگویم
(In) Creation **Nobody** holds	در هسی **کس نه** نگهدارنده
The Earth down, and the Sky from falling down	زمیں پائیں و آسمان از افتادن
Who water and plants,	کی آب و گیاه
Who to wind and dark clouds, imparts swiftness,	کی باد و ابر تیره را بخشیده تندی
No One	**کس نه**
Good creation Wisdom brings about through thoughts	آفرینش نیک راخرد از طریق اندیشه پدید می آورد
Zarathushtra – Gatha -Yasna Ha 44.4 (FR)	زرتشت – گات ها – یسنا - هات ۴۴ بند ۴ (ف ر)



Detail of a Relief of The eastern Stairs of The Apadana, Persepolis, Iran

Bahman 3763 January-February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bahman	Ardibehest	Shahrivar	Espand	Khordad	Amordad	Ormazd
		1 ORMAZD 21 KHOD AH	**2** **BAHMAN** 22 **GOOD MIND**	**3** ARDIBEHESHT 23 ULTIMATE TRUTH	**4** SHARIVAR 24 GOOD LAWS	**5** ESPAND 25 LAWFUL DESIRE
6 KHORDAD 26 PERFECTION	**7** AMORDAD 27 IMMORTALITY	**8** DEY BE AZAR 28 CREATION-ELEMENTS	**9** AZAR 29 FIRE	**10** **ABAN** 30 **WATER**	**11** KHOR 31 SUN	**12** MAH **FEBUARY** MOON
13 TIR 2 RAIN STAR	**14** **GUSH** 3 **LIFE**	**15** DEY BE MEHR 4 CREATION-FEELINGS	**16** MEHR 5 LOVE	**17** SOROUSH 6 HEARKENING	**18** RASHN 7 JUSTICE	**19** FARVARDIN 8 PROGRESSIVE FORCE
20 VERAHRAM 9 VICTORY	**21** RAM 10 PEACE	**22** BAD 11 WIND	**23** DEY BE DIN 12 CREATION-MENTAL	**24** DIN 13 CONSCIENSE	**25** ERD 14 RECOMPENSE	**26** ASHTAD 15 JUSTICE
27 ASEMAN 16 SKY	**28** ZAMYAD 17 EARTH	**29** MANTRASPAND 18 HOLY WORD	**30** ANARAM 19 ENDLESS LIGHT			



2 Bahman

BAHMAN GAN
Good thoughts day

10 Bahman

SADEH
100th day from the start of Arctic winter, which starts from the 1st of ABAN

14 Bahman

GHANBAR MAIDH YAREM, MID WINTER
The middle of the tropical winter. Winter is 88.9 days, so mid-winter is the 44.45th day. (Dey =30 + Bahman 14 =44)

ESPAND GAN

5 Espand

SPENTA ARMAITY

WOMEN & EARTH DAY

Ashem Vohu	*Vahistem Asti*	*وهیشتم اسی*	*اشم وهو*
Good Ashem	**is the Best**	**بهرین است**	**اشم نیک**
Ushta Asti	*Ushta Ahmai*	*اوشتا اهمای*	*اوشتا اسی*
It is happiness	**Happiness for all**	**خوشبخی برای همه کسای که**	**خوشبخی است**
Hyat Ashaie	*Vehistaie Ashem*	*وهیشتای اشم*	*هیت اشای*
Who are Ashaie	**for the betterment of Ashem**	**برای برتری اشم**	**هستند اشای**

It is truly our safe refuge; it is for our progress

It gives strength to good creation of the mind as a gift

And through Asha's Wisdom, vegetation grows

In Creation originally, life was thus truly born

Zarathushtra – Gatha -Yasna Ha 48.6 (FR)

Through you, not Ahura Mazda

Ashem also brings fury

And Mind is the best

That which strives to give good guidance

For you to be worthy

Mighty, satisfied, also worthy of praise

Zarathushtra - Gatha - Yasna HA 28.9 (FR)



این واقعاپناهگاه امن ماست، برای پیسرفت ماست

نیرو می دهد به آفرینش خوب ذهن، به عنوان یک هدیه

و از طریق خرد اشا گیاهان رشد می کنند

در هسی زندگی بدین ترتیب در اصل، زاده شد

زرتشت – گات ها – یسنا - هات ۴۸ بند ۶ (ف ر)

از شما ، نه اهورا مزدا

اشم نیز. میتواند زیان آور باشد

منش بهرین است

زمانی که تلاش میکند بیافریند راهنمایی خوب را

تا شما شایسته ، توانا ، رازی و نیز.

شایسته ستایش باسی

زرتشت – گات ها – یسنا - هات ۲۸ بند ۹ (ف ر)

Esfand 3763 February-March 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BAHMAN	ARDIBEHEST	SHAHRIVAR	ESPAND	KHORDAD	AMORDAD	ORMAZD
				1 ORMAZD 20 KHOD AH	**2** BAHMAN 21 GOOD MIND	**3** ARDIBEHESHT 22 ULTIMATE TRUTH
4 SHARIVAR 23 GOOD LAWS	**5** **ESPAND** 24 **LAWFUL DESIRE**	**6** KHORDAD 25 PERFECTION	**7** AMORDAD 26 IMMORTALITY	**8** DEY BE AZAR 27 CREATION-ELEMENTS	**9** AZAR 28 FIRE	**10** ABAN **MARCH** WATER
11 KHOR 2 SUN	**12** MAH 3 MOON	**13** TIR 4 RAIN STAR	**14** GUSH 5 LIFE	**15** DEY BE MEHR 6 CREATION-FEELINGS	**16** MEHR 7 LOVE	**17** SOROUSH 8 HEARKENING
18 RASHN 9 JUSTICE	**19** FARVARDIN 10 PROGRESSIVE FORCE	**20** VERAHRAM 11 VICTORY	**21** RAM 12 PEACE	**22** BAD 13 WIND	**23** DEY BE DIN 14 CREATION-MENTAL	**24** DIN 15 CONSCIENSE
25 ERD 16 RECOMPENSE	**26** ASHTAD 17 JUSTICE	**27** ASEMAN 18 SKY	**28** ZAMYAD 19 EARTH	**29** **MANTRASPAND** 20 **HOLY WORD**		



5 Esfand

ESPAND GAN
Women & Earth Day

29 Esfand

HAMAS PATH MAEDEM, GAHANBAR, MIDDLE OF COLD & HEAT, EQUALITY OF COLD AND HEAT
Just when winter is ending, and spring is starting

NATURE'S CALENDAR MAZDAYASNI CALENDAR



3763 Z
2025-2026

COMPILED BY: FARIBORZ RAHNAMOON • WWW.ZARATHUSHTICALENDAR.COM • DESIGNED BY: IDESIGNAPPAREL.CA