



## FEZANA Age-Appropriate Lesson Plan

**Subject Category** (circle one): Parsi Religion/Ceremony History Prayer  
Gathas Comparative Religion Shahnameh

**Age Group** (circle one): PreK-K **Grades 1-3** Grades 4-5 Grades 6-8 Grades 9-12

**Subject of the Lesson:** Calendar

### Background Knowledge for the Teacher:

The Zoroastrian Calendar is unique and has 30 days and 12 months in which each day has a name and not a number. Presently, there are three (3) calendars that are followed by the Zoroastrians depending upon their traditions:

- Shenshahi/Shahanshahi – The Imperial Calendar followed by Parsi Zoroastrians who moved from Iran to India. This Calendar takes its beginning from the start of the rule of the last Sassanian Zoroastrian King Yezdegard III.
- Kadmi - meaning ‘ancient one’ - formed in the early 18th century; the Kadmi calendar differs by one month from the Shehenshahi calendar, due to a difference in calculation.
- Fasli or the seasonal calendar - which was instituted in 1906 with the purpose of starting the new year on the Spring Equinox (21st March).

All 3 calendars have the same names of the days and months.

As with all calendars, the Zoroastrian Calendar has 12 months or *Mah* and each month has a name. They are: Fravadin, Ardibehesht, Khordad, Tir, Amardad, Shehrevan, Meher, Avan, Adar, Dae, Bahman, and Aspandarmad.

In the Zoroastrian Calendar the 30 days or *Roj* represents 30 Yazatas. Each day embodies an ethical concept for Zoroastrians to live by. The first seven days of the calendar and their Yazatas are linked to the seven Amesha Spentas representing the importance of ecology in Zoroastrianism:

- Hormazd (Humans) - is linked to Dae pa Adar, Dae pa Mehr, Dae pa Din
- Bahman (Animals) - is linked to Mohor, Gosh, Ram
- Ardibehesht (Fire) - is linked to Adar, Sarosh, Behram
- Shehrevan (Sky) - is linked to Khorshed, Mehr, Asman, Aneran
- Aspandarmad (Earth) - is linked to Ava, Din, Ashishvanh, Mahrespand
- Khordad (Water) - is linked to Tir, Fravadin and Govad
- Amardad (Plants) - is linked to Rashne, Ashtad, Zamyad



When the day and month coincide, it is known as a '*Parabh*' – Example:

- a. Adar roj (day), Adar mah (month) – Adaryan Parabh
- b. Avan roj (day), Avan mah (month) – Avan Yazad Parabh
- c. Tir roj (day), Tir mah (month) – Tirgan Parabh
- d. Meher (day), Meher mah (month) – Mehergan Parabh
- e. Spendarmad roj, Spendarmad mah – Spendarmad roj Parabh
- f. Fravardin roj, Fravardin mah

The Zoroastrian year consists of 12 months, or *mahs*, and each month has 30 days. 30 days x 12 months = 360 days, so at the end of the last month, there are 5 additional days known as the *Gathas* days that are added to the 12th month to make a 365 day year. The last 5 days of the 12<sup>th</sup> month (Spendarmad) together with the 5 Gatha days are collectively known as the 10 Muktaf days.

Special days on the calendar are known as 'Humkara' days - ex: Hormazd, Ardibehsht, Adar, Avan, Sarosh, Behram

Some Parsis do not eat meat on 'unrojo days' (meatless), ie days dedicated to Bahman, Mohor, Gosh and Ram roj, in respect to the creation of the animals.

A reminder - all days are good days in the Zoroastrian calendar

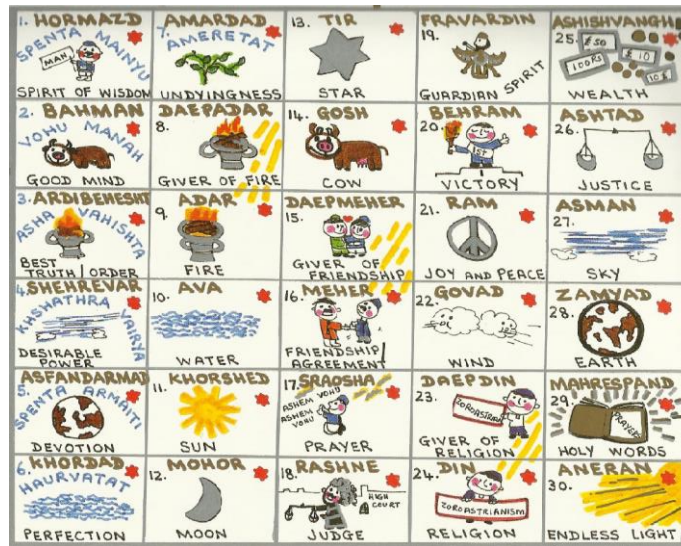
### **Suggested Material:**

1. 30 day Zoroastrian calendar

**Vocabulary:** Shenshahi/Shahanshahi, Kadmi, Fasli, Roj, Mah, Yazata; Humkar, Humakara, Parab (the day the roj and month coincide), Names of the Yazatas

### **Lesson for students:**

1. Introduce a pictorial calendar with names of 30 rojs (days) and meanings.
2. Introduce the calculation of the number of days in a year - A year consists of 12 months, or *mahs*, and each month has 30 days. Each of these days is known as a *roj*, and each roj has a name. As 30 days \* 12 months = 360 days, there are an additional 5 days (*gathas*) added to the 12th month to make a 365 day year.
3. Identify the first 7 days of the calendar that are dedicated to the 7 Amesha Spentas.



Ref: *The Story of our Religion Zoroastrianism by Ava Mehta*

### Activity for Students:

1. Match picture to meaning calendar (Peek-a-boo calendar)
2. Provide a blank calendar to the students and have them write or draw the 30 rojes.
3. Bingo with the rojes
4. Discussion: What roj are you born on? What is its meaning? What is your favorite roj and why? Here is a link that converts Gregorian calendar to Roj for birthdays.  
<https://zanc.org/zcal/zcal.html> - scroll down to Calendar Conversion section and insert the required information in the fields provided.

### Source:

1. The Story of Our Religion - Zoroastrianism by Ava Mehta
2. An Ethnic Perspective by Khojeste Mistree
3. Joyous Flame, Parzor
3. Good Life, ZAGNY

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