



## FEZANA Age-Appropriate Lesson Plan

**Subject Category (circle one):** 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

**Lesson # (if applicable):**

**Subject of the Lesson:**

Yasna 43.1-Ushta

**Background Knowledge for the Teacher:**

Yasna 43.1

ushtâ ahmâi ýahmâi ushtâ kahmâicît  
vasê-xshayâs mazdâ dâyat ahurô  
utayûitî tevîshîm gat tôi vasemî  
ashem deryâyî tat môi dâ ârmaitî  
râyô ashîsh vanghêush gaêm mananghô

(Gathas: Song 43.1)

**Translated Text:**

By Dr. Jafarey

May the Wise, Ruling-at-will God  
grant radiant happiness to the person  
who radiates happiness to any other person at large.  
I pray for steadfast strength and courage  
in order to uphold righteousness.  
Grant me through serenity  
the blessings of a rich life of good mind.

By Dinshaw J. Irani

Happiness be the lot of him who works for the happiness of others. May the Lord grant him health and endurance. For the effort to uphold Truth, I beseech these very gifts from Thee! Mayest Thou, through Armaity, the Spirit of Right Mindedness, Bless me with the perfection of a life guided by the Good Mind!



## **Learning target**

Ushta is defined as Radiant Happiness. In the Gathas those who can radiate happiness to others are praised and admired. If one lives a joyful life by righteous acts and deeds that impact others positively, that joy can be shared by others which is an accomplishment. So, one reason to do good deeds is to achieve happiness by bringing joy to others.

## **Lesson for students:**

Share the following story with students:

There was a man named Khush who lived in a small town in India with his wife and daughter. One day his mother got ill and had to be taken to the hospital. Doctors told the son that his mother needed an immediate blood transfusion. He needed to find the blood (in their town donated blood was not readily available and many patients died if they could not find the needed blood). In his search to help his mother he observed that there was a serious shortage of blood donation in his community. It was not because people didn't want to donate but because they were unaware of the need. He got an idea, after consulting with a few friends, he started an online service and called it indianbloondonors.com

Through this web service a patient needing blood would post a message stating their blood type, which hospital they were at and their phone number. Those who had a matching blood type would contact the patient and donate for them. Khush was very insistent that this service not cost any money and be free of charge to all who needed it. Everyone who helped put this together volunteered their time. He was also adamant that he didn't want to make money from this service. This service has now been in business for 10 years and widely spread over the entire country in every city. He gets thank you and blessing emails every day from all the patients whose lives have been saved.

## **Activity for Students:**

Encourage students to share out loud their thoughts on the following questions:

- What does Khush get out of this?
  - How do all these well-wishers impact him?
- What lessons could we learn from his observations and his actions?

## **Take away lesson:**

When you see the power, you have with your good mind in bringing joy to a person or group or providing a service that could save a life you feel your life has become richer and has more meaning and that makes you happier. That happiness can be contagious and radiate to others.



**Sources:**

1. The Gathas Our Guide Translated by AA Jafarey
2. Hymns of Zarathusthra Translated by DJ Irani

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