Nowruz 1405

The tahvil: the moment of the March equinox, when the new year begins

The tahvil in Tehran

18:16

Friday · 20 March 2026

20 March 2026, 14:46 UTC

1 Farvardin 1405

Saturday · 21 March 2026

1 Farvardin is the tahvil's day when it comes before true noon on the 52.5° E meridian, Iran's clock; otherwise the day after.

The moment of the March equinox, from NASA JPL's DE440 ephemeris, as the Calendar Center at the University of Tehran sets the year.

The tahvil around the world

Auckland	Saturday · 21 March 2026	**03:46**
Sydney	Saturday · 21 March 2026	**01:46**
Mumbai	Friday · 20 March 2026	**20:16**
Karachi	Friday · 20 March 2026	**19:46**
Dubai	Friday · 20 March 2026	**18:46**
Berlin	Friday · 20 March 2026	**15:46**
London	Friday · 20 March 2026	**14:46**
Toronto	Friday · 20 March 2026	**10:46**
New York	Friday · 20 March 2026	**10:46**
Houston	Friday · 20 March 2026	**09:46**
Los Angeles	Friday · 20 March 2026	**07:46**
Vancouver	Friday · 20 March 2026	**07:46**

Local times, summer time included where it has begun.

© 2026 Zubin Khavarian · Free to print and share

Get Mahbanou free on the App Store: apps.apple.com/app/id6815880718

Mahbanou

Scan to get the app

Farvardin 1405

March – April 2026

Fravardin – Ardibehesht 3764 Z.R.E.

Iranian (Bastani)

SAT	SUN	MON	TUE	WED	THU	FRI
Hormazd **1** ◆ Nowruz (Persian New... 21	Bahman **2** ◆ Nowruz holiday 22	Ardibehesht **3** ◆ Nowruz holiday 23	Shehrevar **4** ◆ Nowruz holiday 24	Aspandad **5** 25	Khordad **6** ◆ Khordad Sal (birthda... 26	Amardad **7** ◆ Pilgrimage of Pir-e H... 27
Dae-pa-Adar **8** ◆ Pilgrimage of Pir-e H... 28	Adar **9** ◆ 29	Avan **10** ◆ 30	Khorshed **11** ◆ 31	Mohor **12** 1	Tir **13** ◆ Nature Day (Sizdah B... 2	Gosh **14** 3
Dae-pa-Meher **15** 4	Meher **16** 5	Srosh **17** 6	Rashne **18** 7	Fravardin **19** ◆ Farvardingan 8	Behram **20** 9	Ram **21** 10
Govad **22** 11	Dae-pa-Din **23** 12	Din **24** 13	Ashishvangh **25** 14	Ashtad **26** 15	Asman **27** 16	Zamyad **28** 17
Mahrespand **29** 18	Aneran **30** 19	Hormazd **31** 20				

◆ Nowruz holidays ◆ Zoroastrian observances 1 Holiday Nabor (meat-free)

© 2026 Zubin Khavarian · Free to print and share

Get Mahbanou free on the App Store: apps.apple.com/app/id6815880718

Mahbanou

Scan to get the app

Ordibehesht 1405

April – May 2026

Ardibehesht – Khordad 3764 Z.R.E.

Iranian (Bastani)

SAT	SUN	MON	TUE	WED	THU	FRI
			Bahman 1 21	Ardibehesht 2 ◆ Ordibeheshtgan 22	Shehrevar 3 23	Aspandad 4 24
Khordad 5 25	Amardad 6 26	Dae-pa-Adar 7 27	Adar 8 28	Avan 9 29	Khorshed 10 ◆ Maidyozarem Gaham... 30	Mohor 11 ◆ 1
Tir 12 ◆ Maidyozarem Gaham... 2	Gosh 13 ◆ 3	Dae-pa-Meher 14 ◆ 4	Meher 15 5	Srosh 16 6	Rashne 17 7	Fravardin 18 8
Behram 19 ◆ Panjah Bedar 9	Ram 20 10	Govad 21 11	Dae-pa-Din 22 12	Din 23 13	Ashishvangh 24 14	Ashtad 25 ◆ Ferdowsi Commemor... 15
Asman 26 16	Zamyad 27 17	Mahrespand 28 18	Aneran 29 19	Hormazd 30 20	Bahman 31 21	

◆ Iranian festivals ◆ Zoroastrian observances 1 Holiday Nabor (meat-free)

© 2026 Zubin Khavarian · Free to print and share

Get Mahbanou free on the App Store: apps.apple.com/app/id6815880718

Mahbanou

Scan to get the app

Khordad 1405

May – June 2026

Khordad – Tir 3764 Z.R.E.

Iranian (Bastani)

SAT	SUN	MON	TUE	WED	THU	FRI
						Ardibehesht **1** 22
Shehrevar **2** 23	Aspandad **3** 24	Khordad **4** ◆ Khordadgan 25	Amardad **5** 26	Dae-pa-Adar **6** 27	Adar **7** 28	Avan **8** 29
Khorshed **9** 30	Mohor **10** 31	Tir **11** 1	Gosh **12** 2	Dae-pa-Meher **13** 3	Meher **14** 4	Srosh **15** 5
Rashne **16** 6	Fravardin **17** 7	Behram **18** 8	Ram **19** 9	Govad **20** 10	Dae-pa-Din **21** 11	Din **22** 12
Ashishvangh **23** 13	Ashtad **24** ◆ Pilgrimage of Pir-e Sabz... ◆ Pilgrimage of Seti Pir 14	Asman **25** ◆ 15	Zamyad **26** ◆ 16	Mahrespand **27** ◆ 17	Aneran **28** ◆ 18	Hormazd **29** ◆ Communal remembranc... 19
Bahman **30** 20	Ardibehesht **31** 21					

◆ Zoroastrian observances 1 Holiday Nabor (meat-free)

© 2026 Zubin Khavarian · Free to print and share
Get Mahbanou free on the App Store: apps.apple.com/app/id6815880718

Mahbanou
Scan to get the app

Tir 1405

June – July 2026

Tir – Amardad 3764 Z.R.E.

Iranian (Bastani)

SAT	SUN	MON	TUE	WED	THU	FRI
		Shehrevar 1 22	Aspandad 2 ◆ Pilgrimage of Pir-e N... 23	Khordad 3 ◆ 24	Amardad 4 ◆ 25	Dae-pa-Adar 5 ◆ 26
Adar 6 ◆ Pilgrimage of Pir-e N... 27	Avan 7 28	Khorshed 8 ◆ Maidyoshahem Gaha... 29	Mohor 9 ◆ 30	Tir 10 ◆ ◆ Tirgan 1	Gosh 11 ◆ 2	Dae-pa-Meher 12 ◆ 3
Meher 13 ◆ Tirgan (popular date) ◆ Pilgrimage of Pars B... 4	Srosh 14 ◆ 5	Rashne 15 ◆ 6	Fravardin 16 ◆ 7	Behram 17 ◆ 8	Ram 18 9	Govad 19 10
Dae-pa-Din 20 11	Din 21 12	Ashishvangh 22 13	Ashtad 23 14	Asman 24 15	Zamyad 25 16	Mahrespand 26 17
Aneran 27 18	Hormazd 28 19	Bahman 29 20	Ardibehesht 30 21	Shehrevar 31 22		

◆ Iranian festivals ◆ Zoroastrian observances 1 Holiday Nabor (meat-free)

© 2026 Zubin Khavarian · Free to print and share

Get Mahbanou free on the App Store: apps.apple.com/app/id6815880718

Mahbanou

Scan to get the app

Mordad 1405

July – August 2026

Amardad – Shehrevar 3764 Z.R.E.

Iranian (Bastani)

SAT	SUN	MON	TUE	WED	THU	FRI
					Aspandad 1 23	Khordad 2 24
Amardad 3 ◆ Amordadgan 25	Dae-pa-Adar 4 26	Adar 5 27	Avan 6 28	Khorshed 7 29	Mohor 8 30	Tir 9 31
Gosh 10 1	Dae-pa-Meher 11 2	Meher 12 ◆ Pilgrimage of Pir-e Naraki 3	Srosh 13 ◆ 4	Rashne 14 ◆ 5	Fravardin 15 ◆ 6	Behram 16 ◆ 7
Ram 17 8	Govad 18 9	Dae-pa-Din 19 10	Din 20 11	Ashishvangh 21 12	Ashtad 22 13	Asman 23 14
Zamyad 24 15	Mahrespand 25 16	Aneran 26 17	Hormazd 27 18	Bahman 28 19	Ardibehesht 29 20	Shehrevar 30 ◆ Shahrivargan 21
Aspandad 31 22						

◆ Zoroastrian observances 1 Holiday Nabor (meat-free)

© 2026 Zubin Khavarian · Free to print and share

Get Mahbanou free on the App Store: apps.apple.com/app/id6815880718

Mahbanou

Scan to get the app

Shahrivar 1405

August – September 2026

Shehrevar – Meher 3764 Z.R.E.

Iranian (Bastani)

SAT	SUN	MON	TUE	WED	THU	FRI
	Khordad **1** 23	Amardad **2** 24	Dae-pa-Adar **3** 25	Adar **4** 26	Avan **5** 27	Khorshed **6** 28
Mohor **7** 29	Tir **8** 30	Gosh **9** 31	Dae-pa-Meher **10** 1	Meher **11** 2	Srosh **12** 3	Rashne **13** 4
Fravardin **14** 5	Behram **15** 6	Ram **16** 7	Govad **17** 8	Dae-pa-Din **18** 9	Din **19** 10	Ashishvangh **20** 11
Ashtad **21** ◆ Paitishahem Gaham... 12	Asman **22** ◆ 13	Zamyad **23** ◆ 14	Mahrespand **24** ◆ 15	Aneran **25** ◆ 16	Hormazd **26** 17	Bahman **27** 18
Ardibehesht **28** 19	Shehrevar **29** 20	Aspandad **30** 21	Khordad **31** 22			

◆ Zoroastrian observances 1 Holiday Nabor (meat-free)

© 2026 Zubin Khavarian · Free to print and share
Get Mahbanou free on the App Store: apps.apple.com/app/id6815880718

Mahbanou
Scan to get the app

Mehr 1405

September – October 2026

Meher – Avan 3764 Z.R.E.

Iranian (Bastani)

SAT	SUN	MON	TUE	WED	THU	FRI
				Amardad 1 23	Dae-pa-Adar 2 24	Adar 3 25
Avan 4 26	Khorshed 5 27	Mohor 6 28	Tir 7 29	Gosh 8 30	Dae-pa-Meher 9 1	Meher 10 ◆ Mehregan 2
Srosh 11 3	Rashne 12 4	Fravardin 13 5	Behram 14 6	Ram 15 7	Govad 16 ◆ Mehregan (popular d... 8	Dae-pa-Din 17 9
Din 18 10	Ashishvangh 19 11	Ashtad 20 ◆ Ayathrem Gahambar 12	Asman 21 ◆ 13	Zamyad 22 ◆ 14	Mahrespand 23 ◆ 15	Aneran 24 ◆ 16
Hormazd 25 17	Bahman 26 18	Ardibehesht 27 19	Shehrevar 28 20	Aspandad 29 21	Khordad 30 22	

◆ Iranian festivals ◆ Zoroastrian observances 1 Holiday Nabor (meat-free)

© 2026 Zubin Khavarian · Free to print and share

Get Mahbanou free on the App Store: apps.apple.com/app/id6815880718

Mahbanou

Scan to get the app

Aban 1405

October – November 2026

Avan – Adar 3764 Z.R.E.

Iranian (Bastani)

SAT	SUN	MON	TUE	WED	THU	FRI
						Amardad **1** 23
Dae-pa-Adar **2** 24	Adar **3** 25	Avan **4** ◆ Abangan 26	Khorshed **5** 27	Mohor **6** 28	Tir **7** ◆ Cyrus the Great Day 29	Gosh **8** 30
Dae-pa-Meher **9** 31	Meher **10** 1	Srosh **11** 2	Rashne **12** 3	Fravardin **13** 4	Behram **14** 5	Ram **15** 6
Govad **16** 7	Dae-pa-Din **17** 8	Din **18** 9	Ashishvangh **19** 10	Ashtad **20** 11	Asman **21** 12	Zamyad **22** 13
Mahrespand **23** 14	Aneran **24** 15	Hormazd **25** 16	Bahman **26** 17	Ardibehesht **27** 18	Shehrevar **28** 19	Aspandad **29** 20
Khordad **30** 21						

◆ Iranian festivals ◆ Zoroastrian observances 1 Holiday Nabor (meat-free)

© 2026 Zubin Khavarian · Free to print and share

Get Mahbanou free on the App Store: apps.apple.com/app/id6815880718

Mahbanou

Scan to get the app

Azar 1405

November – December 2026

Adar – Dae 3764 Z.R.E.

Iranian (Bastani)

SAT	SUN	MON	TUE	WED	THU	FRI
	Amardad 1 22	Dae-pa-Adar 2 23	Adar 3 ◆ Azargan 24	Avan 4 25	Khorshed 5 26	Mohor 6 27
Tir 7 28	Gosh 8 29	Dae-pa-Meher 9 30	Meher 10 1	Srosh 11 2	Rashne 12 3	Fravardin 13 4
Behram 14 5	Ram 15 6	Govad 16 7	Dae-pa-Din 17 8	Din 18 9	Ashishvangh 19 10	Ashtad 20 11
Asman 21 12	Zamyad 22 13	Mahrespand 23 14	Aneran 24 15	Hormazd 25 ◆ Deygan 16	Bahman 26 17	Ardibehesht 27 18
Shehrevar 28 19	Aspandad 29 20	Khordad 30 ◆ Yalda Night (Shab-e... 21				

◆ Iranian festivals ◆ Zoroastrian observances 1 Holiday Nabor (meat-free)

© 2026 Zubin Khavarian · Free to print and share

Get Mahbanou free on the App Store: apps.apple.com/app/id6815880718

Mahbanou

Scan to get the app

Dey 1405

December 2026 – January 2027

Dae – Bahman 3764 Z.R.E.

Iranian (Bastani)

SAT	SUN	MON	TUE	WED	THU	FRI
			Amardad **1** 22	Dae-pa-Adar **2** ◆ Deygan 23	Adar **3** 24	Avan **4** 25
Khorshed **5** ◆ Zarthost-no-Diso (de... 26	Mohor **6** 27	Tir **7** 28	Gosh **8** ◆ Sir-o-Sur festival 29	Dae-pa-Meher **9** ◆ Deygan 30	Meher **10** ◆ Maidyarem Gahambar 31	Srosh **11** ◆ 1
Rashne **12** ◆ Maidyarem Gahambar 2	Fravardin **13** ◆ 3	Behram **14** ◆ 4	Ram **15** 5	Govad **16** 6	Dae-pa-Din **17** ◆ Deygan 7	Din **18** 8
Ashishvangh **19** 9	Ashtad **20** 10	Asman **21** 11	Zamyad **22** 12	Mahrespand **23** 13	Aneran **24** 14	Hormazd **25** 15
Bahman **26** ◆ Bahmangan 16	Ardibehesht **27** 17	Shehrevar **28** 18	Aspandad **29** 19	Khordad **30** 20		

◆ Iranian festivals ◆ Zoroastrian observances 1 Holiday Nabor (meat-free)

© 2026 Zubin Khavarian · Free to print and share

Get Mahbanou free on the App Store: apps.apple.com/app/id6815880718

Mahbanou

Scan to get the app

Bahman 1405

January – February 2027

Bahman – Aspandad 3764 Z.R.E.

Iranian (Bastani)

SAT	SUN	MON	TUE	WED	THU	FRI
					Amardad 1 21	Dae-pa-Adar 2 22
Adar 3 23	Avan 4 24	Khorshed 5 ◆ Nowsareh festival 25	Mohor 6 26	Tir 7 27	Gosh 8 28	Dae-pa-Meher 9 29
Meher 10 ◆ Sadeh 30	Srosh 11 31	Rashne 12 1	Fravardin 13 2	Behram 14 3	Ram 15 4	Govad 16 5
Dae-pa-Din 17 6	Din 18 7	Ashishvangh 19 8	Ashtad 20 9	Asman 21 10	Zamyad 22 11	Mahrespand 23 12
Aneran 24 13	Hormazd 25 ◆ Communal remembr… 14	Bahman 26 15	Ardibehesht 27 16	Shehrevar 28 17	Aspandad 29 ◆ Sepandarmazgan 18	Khordad 30 19

◆ Iranian festivals ◆ Zoroastrian observances 1 Holiday Nabor (meat-free)

© 2026 Zubin Khavarian · Free to print and share

Get Mahbanou free on the App Store: apps.apple.com/app/id6815880718

Mahbanou

Scan to get the app

Esfand 1405

February – March 2027

Aspandad – Gatha days 3764 Z.R.E.

Iranian (Bastani)

SAT	SUN	MON	TUE	WED	THU	FRI
Amardad **1** 20	Dae-pa-Adar **2** 21	Adar **3** 22	Avan **4** 23	Khorshed **5** ◆ Esfandgan (popular d... 24	Mohor **6** 25	Tir **7** 26
Gosh **8** 27	Dae-pa-Meher **9** 28	Meher **10** 1	Srosh **11** 2	Rashne **12** 3	Fravardin **13** 4	Behram **14** 5
Ram **15** 6	Govad **16** 7	Dae-pa-Din **17** 8	Din **18** 9	Ashishvangh **19** 10	Ashtad **20** ◆ Muktad (Farvardegan... 11	Asman **21** ◆ 12
Zamyad **22** ◆ Muktad (Farvardegan... 13	Mahrespand **23** ◆ 14	Aneran **24** ◆ 15	Ahunavad **25** ◆ Chaharshanbe Suri ◆ Hamaspathmaidyem... 16	Ushtavad **26** ◆◆ 17	Spentomad **27** ◆◆ 18	Vohukhshathra **28** ◆◆ 19
Vahishtoisht **29** ◆ Hamaspathmaidyem... ◆ Muktad (Farvardegan... 20						

◆ Iranian festivals ◆ Zoroastrian observances 1 Holiday Nabor (meat-free)

© 2026 Zubin Khavarian · Free to print and share

Get Mahbanou free on the App Store: apps.apple.com/app/id6815880718

Mahbanou

Scan to get the app