

**Jamshedi Navroz**  
**Narrated by**  
**Darayus Kermani**  
**At**  
**Prayer class March 2004**

**Navroz table celebrated at the Kermani residence**

On the Navroz table we have the following:

A Ses for “Sagan” with a diva. In the Pigani we have rose water for sprinkling on family and friends when they visit. The rose water is sprinkled on the person as they look in the mirror.

There are seven candles and flowers, and a mirror to show the people their smiling faces. The Navroz table is supposed to be set with seven things beginning with “S”.

SIB: meaning apples and other fruits.

SABZI: meaning green vegetables like lettuce, spring onion, beets and other vegetables.

SIRKEY: meaning wine or vinegar

SIR: meaning garlic or chives

SENJED: meaning olives

SIKKE: meaning silver coins for good luck

SOOMAC: a fragrant powder.

We also put candy, nuts, dry fruits, naan and paneer.

Everyone has to be bathed and ready just before the vernal equinox occurs. At the time of the vernal equinox, we light the DIVA, and candles and do the Kusti. Then we show each other the mirror and sprinkle each other with rose water.

The first bite taken from the Navroz table is a piece of naan and paneer. It is supposed to signify the poor man’s food.

After that you can feast on any thing from the table.

Friends and family come to visit and are usually served falooda.