



Darpan Ashram

A place for Self-Transformation



Ashram: Sustaining Life As It Is

Ever enhancing means of communication are flooding us with information inflow and out flow. Though, we are empowered to receive and send information from anyone and anywhere almost at the speed of light yet, sustainability in terms of meaningful work, health, peace and happiness is eluding most of the humanity today. Why is it so? Because our priorities in life have got misplaced. While engaging ourselves intensely in earning to live we have forgotten how to live. An education that has been created and designed with a price tag to it as a priority, will create a society that value money over the inviolability of human values.

Darpan Ashram is a place where reasoning is encouraged and blind belief is replaced by inclining seekers towards seeking potentially their highest by looking within. It is based on universal principal of offering pure food for body, mind, self and soul. Through various life style activities devised at ashram, all may imbibe this principal in their lives. Conditioned identities of religions, genders, race, ethnicities etc are obviously left behind as soon as one realises ones true self. All identities are mind borne, not Self sustaining. Self sustains only real identity.

Darpan is a place, prototype, model and module all rolled in one, that mirrors individual transformation from consumer being to divine being. And, this is possible by reordering our misplaced priorities in the right order. Sahaj Smriti Yog brings about this possibility in everyone's life.

Garaji Nandkishore Tiwari





Atma Darpan

Meditation Hall

A place to experience and feel your self mirroring in mind and, soul mirroring in Self.

Meditation is a state that every human being experiences beyond their segregative identities of genders, ethnicities, religions, nations, cultures and civilizations. Only the extent, depth and duration of that differs and makes some of us not even to recognize the same, while for some others it becomes a medium to recognize the purpose of their lives.

Individually **Sahaj Smriti Yog** meditation is a means to explore unexplored dimensions of one's existence while as a collective activity it becomes an example of selfless service and mutual cooperation in humanity's march towards attaining its real potential. Meditation hall serves this need.

Atma Darpan provides an opportunity to realize one's true self and become a master of one's destiny.



Kshetra Darpan

Natural Farming

The importance of pure food is highlighted by one and all. Most of the health issues we witness across the world today, share a common root: chemical and pesticide laden food.

The greed for higher produce and worsening economic conditions have compelled many farmers into using chemical fertilizers, lab grown seeds and adapt to methods which destroy the fertility of the soil, deteriorate the quality of produce and disrupt the natural cycle ultimately resulting in a huge loss for us.

Darpan's natural farming module is an initiative and a movement to bring back purity in food by growing chemical free grains, pulses, fruits, vegetables naturally. A deft handedly prepared mixture of basic natural ingredients namely local soil, Indigenous cow-dung and urine, Neem leaves and Jaggery provide sufficient fertility to soil.

Our ***Each One Reach One*** campaign provides a platform for city families and urban societies to support our farm activities and also sponsor a family or a field of their choice.

Sponsors are free to visit the fields and to participate in sowing, weeding, and harvesting activities. They will also receive complimentary packages of grains and or pulses that are grown on these fields.

You can join hands with us to conduct workshops, support farm activities or sponsor a field.



Jeevan Darpan

First Kutir at Ashram

Hermitage: Home for Hermits

All of us strive to fulfill the needs of our family and create a balance between work and family however not all of us are able to sustain it all through the span of life. They must get an opportunity to reclaim it.



Home for hermits presents an opportunity for such ones who after having played their role as a Gruhastha reach to that stage of spiritual maturity when they choose to live in ashram to serve albeit at their own pace.

They may do it by offering their professional expertise as volunteers through which they earned their living and served their immediate families. Remembrance gets firmly established in serving, which in turn facilitates one's spiritual journey.

Sponsor a Kuteer, ashram will maintain the same for you



Kaushal Darpan

Skilling to Evolve

"If your village learn to live better way then, your compulsion of leaving for cities to earn a livelihood will leave your village." -UNIFOHD

Isn't it ironic that cities literally live off what villagers produce yet these days we see that village people have to leave for cities to seek livelihood. Few of them succeed in becoming citizens but most end up either in slums or they become nowhere-men.

Mass media keep mirroring this spectre of migration in myriad ways and through so many accoladed stories. Art offers catharsis. Voluminous profits earned by regional language films speaks volumes about the pain that this uprooting creates.

Darpan Ashram facilitates skilling people in such innovative ways that inspire individuals to become part of creating such sustainable ecosystems of entrepreneurial activities which on the one hand make their skills individually remunerative while on the other hand ashram's all such endeavours and initiatives end up as good examples to further similar trends for surroundings and communities.

If you would like to be a volunteer to impart skills, please reach out to us!!!



Vidya Darpan

Gurukul

Isn't it surprising how academic infrastructure and progress are at an all time high today, but environmental, global and economic problems are worsening like never before?

It has been emphasised by several world icons and leaders who conclude that education cannot be restricted to six hours and four walls and that we must strive to create a system that facilitates complete growth of every child and nurtures their potential.

How can we expect education to impart values when it is sold? When only the highest bidders can be the recipients of it, displacing deserving ones mostly?

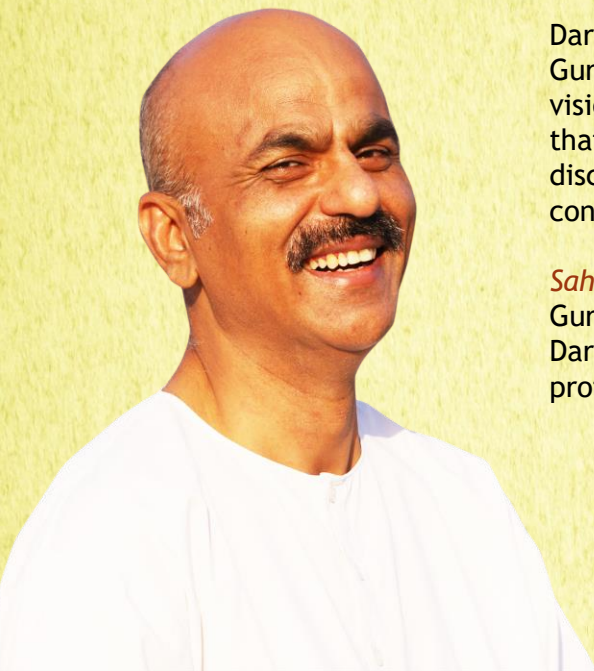
The tradition of valuing education survived in India because of the purity of the Guru and Disciple relationship. Gurukuls are our hope to re establish such a system that brings back the lost glory of education upon humanity.

Vidya Darpan is an effort, an attempt to ensure that children learn to live in tune with nature.

Gurus imparted education to students on the principal that they be willing to learn what is taught with the right attitude and not by demanding a hefty fee from their parents.

Darpan Gurukul is devised to bring back this balance in tradition.

Be a part of Vidya Darpan, volunteer, sponsor



Darpan ashram is conceived and designed by Guruji Nandkishore Tiwari, a yogi and visionary whose life serves as an example that spirituality is not an outdated discipline from the past, but a contemporary living need.

Sahaj Smriti Yog: the path envisioned by Guruji is a path for house holders. Darpan Foundation is a volunteer run non profit organisation.



Youtube.com/darpan



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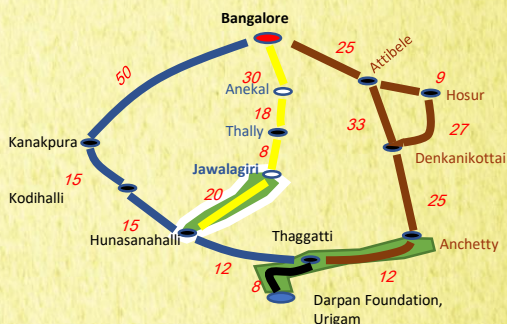
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<http://darpanfoundation.com>

How to Reach

- Private Taxis
- Bus from Kalasipalayam bustand, Bangalore



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