

darpan चवानी

A sneak peek into 2021-22 activities at Darpan

"Where there are no alternatives available in your consciousness real choosing happens there."

Guruji Shri Nandkishore Tiwari



FOREWORD FROM GURUJI

CHOOSING IS BECOMING

Be it in spoken or written form, words as a means of communication face limitations in the field of higher consciousness

In common perception choosing is understood as an act of picking one thing over other. For example, you are hungry and you have mangoes, bananas, oranges guavas...kept in front of you and you pick one of these according to your taste and need. You think you have apparently made a choice.

Spiritually, choosing goes much beyond appearance. Where there are no alternatives available in your consciousness real choosing happens there. That's the field of values, virtues, will and humility... Are these all not alternatives? No, these are not, as by choosing any of these, all others are also chosen automatically. Choose one and manifest it, stay awake in it through your behaviour and you find that all others also begin to manifest spontaneously.

The higher you go in consciousness, the clearer it keeps becoming that. There is indivisible oneness among all higher phenomena. You may have often heard the saying 'all great men think alike'. It is the aforesaid singular reality beneath, which make people deduce this oneness from their independent and individual observations while they move in higher realms of rarefied thoughts. But, how to convey it through words in every situation?

Be it in spoken or written form, words as a means of communication face limitations in the field of higher consciousness.

There are limitations in conveying as well as in deciphering that which is received. Moreover, the realisation that both these limitations are not two shores of the same river of consciousness makes it more complex. For example, it is commonly perceivable to all of us that all words have myriad meanings in different contexts. But, even in the same context, one can see one word carrying many meanings.

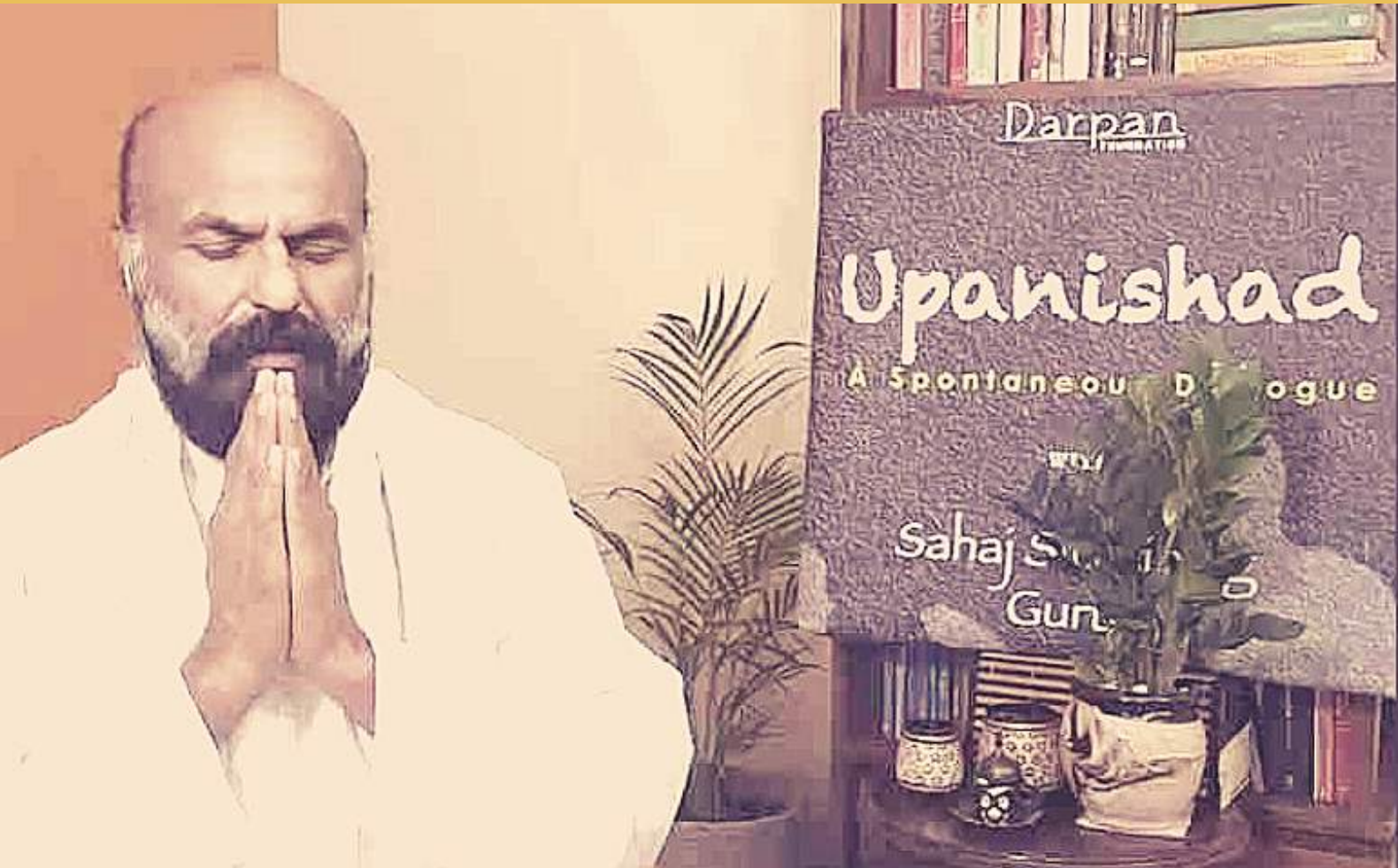
It is not polysemy that we are referring to here. As, polysemy, homophony and homonymy all three are qualities of the word in the horizontal spread of common consciousness. Even what we commonly term as synonyms, if we look closely and trace their etymological roots, we find that all the names indicate a specific quality.

Meditating over it one may wonder, what is the reality of that thing, which no word is capable of conveying or receiving as it really is?

The stage at which difference and unity both cease to create a difference that is the field where real choices are made.

Brihadaranyak Upanishad's 'single syllable parable' catches it well.

MANN DARPAN



***This is designed to serve as Pure
Food for Mind.***

***When individual self-understanding
is combined with Sahaj Smriti Yog
meditation, intense changes begin
to happen.***

UPANISHAD- 26

"Spirituality is joy, happiness and bliss, because the soul is able to expand and get on the way to the source where it comes from."

-Guruji Shri Nandkishore Tiwari

Darpan Foundation's Upanishad series aims at asserting the eternal tradition of seeking and realising the same relationship through which seers transmit and enunciate this immortal knowledge in the present times.

On the occasion of Ugadi, Darpan Foundation organised Upanishad where renowned Sanskrit scholar Dr. Sampadananda Mishra engaged Guruji in a conversation on the topic "**Life Beautiful**" which was apt for current times when most of humanity is still reeling under the effects of the pandemic.

4 राष्ट्रीय/दक्षिणांचल



दर्पण फाउंडेशन का उपनिषद सम्पन्न

संपन्न/दक्षिण भारत

सहज रम्यता योग प्रणेता गुरुजी नंदकिशोर तिवारी और संस्कृत व्याकरण के प्रकांड विद्वान डा. सम्पदानंद मिश्र के बीच सुंदरता और जीवन विषय पर आयोजित उपनिषद सम्पन्न हुआ। यह ऑनलाइन संवाद, कोरोना महामारी से दूर रहने के उपक्रम में धर्म प्रेम होम मित्रागुओं द्वारा सुखद चर्चा के रूप में देखा गया। भव और असुरक्षा की भावना पर व्यवहारिक रूप से कैसे विजय प्राप्त की जाए और जीवन के अन्तर्गत

सौंदर्य की अनुभूति से इस महामारी के समय भी कैसे संतुलित न रहना पड़े, श्रोताओं के इस आश्चर्य के तमाम प्रश्नों के समाधान इस उपनिषद में सुझाए गए। सुंदरता, जीवन और जीवन का लक्ष्य या ध्येय क्या है ? इस तरह के अस्तित्वीय प्रश्नों पर भी प्रकाश डाला गया। विषय वस्तु की पर्याप्तता में रहते हुए उपनिषद का नाद , व्यवहारिक रूप से आज का मानव आत्म-ताप की व्यवहारिक अनुभव व अनुभूति कैसे पाए इसी बिंदु पर केंद्रित रहा।

Sun, 11 April 2021
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APRIL 2021



Dr Sampadananda Mishra

Professor, Rashtram School of Public Leadership, Rishihood University



TOPIC

Life is Beautiful

UPANISHAD- 27

"Peace in real terms is possible only in a world governed by spiritual values."

-Guruji Shri Nandkishore Tiwari

Guruji commenced this Upanishad saying it is commendable that we are here thinking about our eternal existence and about upholding eternal values when most of humanity is perturbed due to the pandemic.



TOPIC

Sanatan and Universal Values



UPANISHAD- 28

"Heart of itihaas looks at the eternal aspect of consciousness in each and every mundane event it describes, while history doesn't budge from the mundane aspect of an event even if it is of eternal importance."

-Guruji Shri Nandkishore Tiwari

In conversation with Indic Researcher Shri Nilesh Oak expounding on the relation between Itihaas and spirituality, Guruji explained that Itihaas always takes completeness into cognizance and in transmitting this completeness (whole), the role that spirituality plays is paramount.



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MAY 2021

Shri Nilesh Oak

Author & Researcher



TOPIC

Itihaas and History

UPANISHAD- 29



"बर्फ़, बादल, वर्षा, नदी, सागर और वाष्प पानी के ही भिन्न रूप हैं पर उनके एक होने की अनुभूति कैसे हो। मति और मत का रिश्ता भी कुछ ऐसा ही है!"
- गुरुजी नंदकिशोर तिवारी



On the occasion of Environment Day, Darpan Foundation organised its 29th Upanishad online where Padma Shri awardee scientist and scholar Dr Subhash Kak was in conversation with Gurujee. Emphasizing on importance of living the right way, Gurujee explained that as per Sanatan drishti, material and spiritual go hand-in-hand like the 2 wings of a swan.



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JUNE 2021

Dr Subhash Kak

Padma Shri, Scientist, Author



TOPIC

Opinion & Wisdom

UPANISHAD- 30

“On the vast canvas of eternity who decides where is the purva (east) and where is the west (paschim)? Moreover, should you overlook the best just because it emanated in the East or the West?
-Guruji Shri Nandkishore Tiwari

Explaining the meaning of word 'Purva', Guruji said its translation as 'East' is limited to the context of directions which is far from complete, even translating it as orient doesn't do justice to it.

Guruji said 'Purva' according to Vedic hymns is just an indication towards the infiniteness of antecedence and from aforesaid reference word 'paschimi' would mean not western or occidental alone but that which is seen as preceding. And, when we look at purva and paschim from Vedic vision (e.g. devaa bhaage yathaa purve...) then we transcend to higher level of consciousness and our context and examples both move one step ahead in the domain of free enquiry(pure meemaansaa/jigyaasaa) instead of struggling or jostling in terms of eastern or western narratives.



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JUNE 2021

Sh. Vibhuti Jha

Entrepreneur & Consultant.



TOPIC

East & West

UPANISHAD- 31

"Existence is eternally present. But, does present exist eternally ?
That may be known by realising eternal existence ."

-Guruji Shri Nandkishore Tiwari

Answering Shri Easley ji's question on lack of spirituality in education, Guruji emphasized that when eminent people talk and discuss openly in various fora about the values they uphold in their life, it will help in re-establishing these values. He also added that creative endeavours should be encouraged so that the future generation is inspired to explore and attain to the goal of life.

दक्षिण भारत राष्ट्रमत



**दर्पण फ़ाउंडेशन का
31 वाँ उपनिषद सम्पन्न**

बैंगलूरु/दक्षिण भारत

सहज स्मृति योग संस्थापक गुरुजी नंदकिशोर तिवारी एडम डिस्कोवरी अमेरिकी लेखक, चित्रकार टॉमस ऐज़ले के मध्य एनालाइजिंग प्रेजेंट विषय पर ऑनलाइन आयोजित दर्पण फ़ाउंडेशन का 31 वाँ उपनिषद शनिवार को सम्पन्न हुआ। संवेदनशील मानस के धनी टॉमस ऐज़ले ने वर्तमान वैश्विक परिदृश्य में सभी देशों के पाठ्यक्रमों में आध्यात्मिकता के अभाव पर चिंता व्यक्त करते हुए इसे मानवीयता के भविष्य के लिए दुर्भाग्यपूर्ण बताया। गुरुजी नंदकिशोर तिवारी ने कहा कि जिन मूल्यों की कोई भी प्रतिष्ठा व्यक्ति अपने व्यक्तिगत जीवन में हितवास्तु करते हैं वे उसकी महत्ता को सुलभ समाज में सर्वत्र स्वीकार करें और उसकी निरंतर बर्बाद करें, ऐसा करने से ही उन मूल्यों की प्रतिष्ठा होती है। ऐसा नहीं करने पर अंततः मूल्यों के स्थान पर उनकी नकल करने वाले छद्म की बहुतायत हो जाती है। संवेदनशील और अच्छे व्यक्तियों का यह अपने तक सीमित रहने का संकोच उचित नहीं है। उदाहरण की लिए समाज में यदि सृजनत्मकता की प्रतिष्ठा हो तो अगली पीढ़ी उस ओर प्रवृत्त होकर जीवन का अर्थ खोजेगी अन्यथा उनके जीवन की मूल्यहीनता अर्थहीनता में परिवर्तित होकर उसे उन कुप्रवृत्तियों के गत में घकेल देती है जो अक्सर धर्म के माध्यम से हर समाज, हर देश, हर काल में विद्यमान रहती है। केवल उसका परिभाषा ही न्यूनाधिक होता रहता है। इसलिए अच्छे लोगों को अच्छाई की बहुतायत पर जोर देना चाहिए। संकोच नहीं करना चाहिए। केइ घंटे घले उपनिषद के अंतिम आधे घंटे में श्रोताओं के प्रश्न लिए गए। जो लोग शामिल नहीं हो पाए पर जिनकी रुचि इस तरह के कंटेंट में हो वे इसे यूट्यूब पर सर्च कर अभी भी देख सुन सकते हैं।

Mon, 02 August 2021
epaper.dakshinbharat.com/c/

31
JULY 2021

Sh. Thomas Easley
Artist and Painter



TOPIC

Analysing the Present

UPANISHAD- 32

"Have you ever wondered! Beyond biologically evolving being, who you really are? And, who decides it, the essence of our histories of education or wisdom?"

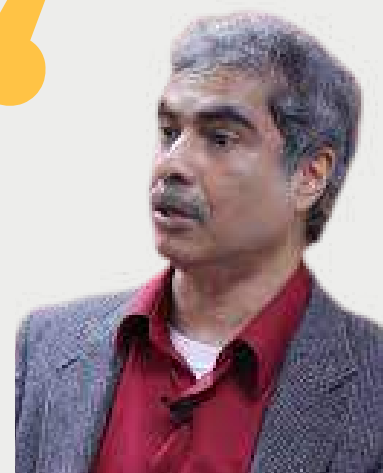
-Guruji Shri Nandkishore Tiwari

As India celebrated 75 years of its Independence, Darpan Foundation organised Upanishad with Guruji Shri Nandkishore Tiwari and Dr Raj Vedam to explore & discover our real identity and move towards real and everlasting freedom.



Dr Raj Vedam

Co-founder,
Indian History Awareness and
Research, Houston



TOPIC

**Identity, Indian History,
Education**

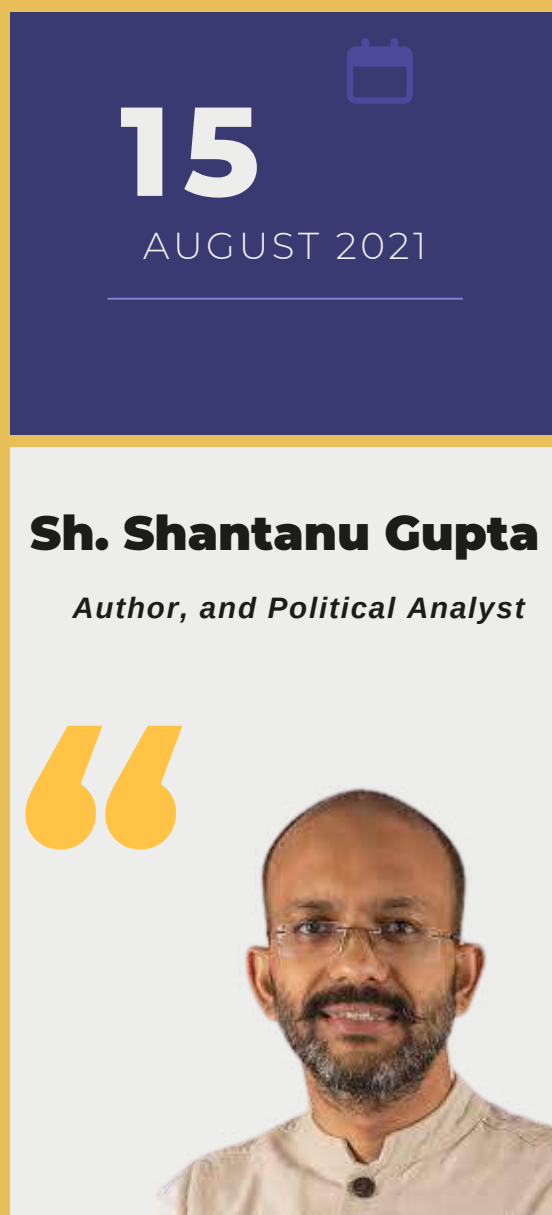
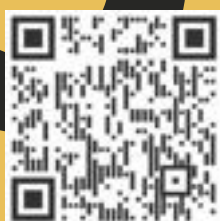


UPANISHAD- 33

“जन हितार्थ और जन-मन के अनुकूल शासन राज-धर्म है। जन-तंत्र में शासक का इसके विपरीत व्यवहार अधार्मिक (theocratic) है।”

-Guruji Shri Nandkishore Tiwari

Conversing with Shri Shantanu Gupta, Guruji emphasised the pressing need of transforming the education system such that it creates conscious and fearless leaders who will keep the welfare of the citizens foremost.



Sh. Shantanu Gupta

Author, and Political Analyst

TOPIC

Dharma and Raj Dharma

UPANISHAD- 34

"In human experience divine is synonymous with Ras & Raas. Dance delivers Ras in the heart of rasik and leads to raas."

-Guruji Shri Nandkishore Tiwari

दक्षिण भारत राष्ट्रमत



दर्पण फ़ाउंडेशन का 34 वाँ उपनिषद सम्पन्न

दक्षिण भारत राष्ट्रमत
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केंपलूर। सहज स्मृति योग मार्ग प्रवर्तक गुरुजी नंदकिशोर तिवारी एवं सुप्रसिद्ध भक्त नाट्यम नृपांगना सिंदुरी रमा वैद्यनाथन के मध्य 'नृत्य और संत' विषय पर आयोजित दर्पण फ़ाउंडेशन का वार्षिक उपनिषद शनिवार को सम्पन्न हुआ। प्रशस्तार का आरम्भ करते हुए रमा वैद्यनाथन ने अभ्युदय की शुद्धा में नृत्य करते नटराज स्वरूप की व्याख्या प्रस्तुत कर प्रश्न किया कि आज के समय में नटराज को कैसे देखना चाहिए?

गुरुजी ने संत और सत्य तथा नृत्य और निरव्यय, य नार्त्त और नर-रत्न की एकता को दर्शाते हुए कहा कि नटराज की प्रतिमूर्ति को आज से सोलह-सत्रह वर्ष पहले रिचर्डरलैंड के वैज्ञानिक शोध संस्थान सार्न में खोजा गया और साथ ही क्रिस्टोफर कस्मरा के शब्दों में नटराज की अनुपमता समय में प्राप्त वैज्ञानिक दृष्टि से व्याख्या भी उस युति के साथ बड़ी अक्षिप्त की गई है। यह व्याख्या भारतीय आध्यात्मिक दृष्टि में सनातन-

पूर्णत्व, चिर-नवीनता एवं निरव्यय परिवर्तनशीलता को एक साथ अपने में समेटे हुए होने का प्रमाण प्रस्तुत करती है। गुरुजी ने कहा कि 'देखना' व्यक्तिगत चेतन्य की अवस्था से होता है इसलिए रिचर्डरलैंड से चरे निकल आध्यात्मिक साधकों को वैज्ञानिक दृष्टि मिले तो वे रिचर्डरलैंड आडम्बरों से मुक्त हो जाएं और वैज्ञानिकों को दृष्टि मिले तो वे आध्यात्मिक हुए बिना न रहें, क्योंकि अपनी पूर्णता में वैज्ञानिक दृष्टि और आध्यात्मिक दर्शन दोनों क्रमशः एकत्र का ही संकेत दर्शन कराते हैं। और पूर्णता की प्राप्ति पूर्णतः खुलेपन की अवस्था में ही फलीभूत होती है।

डेढ़ घंटे की अवधि तक चले इस संवाद में आध्यात्मिक अनुभूति और कलात्मक अनुभव के अंतर व समता, रस निष्पत्ति और नृत्य-सुक्ति कौशल में सम्बंध, रस और रास, चेतना, गॉड (परमात्मा) और अधिव्यक्ति की सीमा जैसे अनेकों बिंदुओं पर कुछ नवीन परिभाषाएँ भी रेखांकित हुईं। उत्तरार्ध का आधा घंटा श्रोतारों के प्रश्नोत्तर का रहा।

दक्षिण भारत

Tue, 02 November 2021

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OCTOBER 2021

Rama Vaidyanathan

*Director, Ganesa Natyalaya
Bharatanatyam exponent*



TOPIC

Dancing Saints

UPANISHAD- 35

"Satsang & Sangeet are visibly intertwined in oneness and invisibly enshrined in One."

-Guruji Shri Nandkishore Tiwari



आध्यात्म और संगीत पर दर्पण फाउंडेशन का उपनिषद सम्पन्न

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बैंगलूर। दर्पण फाउंडेशन का संस्थापक अध्यक्ष गुरुजी श्री नंदकिशोर तिवारी एक बलवान भाषा व विषयों में संगीत निर्देशन व साधन के लिए प्रसिद्ध कलात्मक श्रीकृष्ण के भक्त रसिकों को सम्मिलित हुआ। जिस में अनेकों जगह वहु मूर्त प्रकाश की अवधि थी। प्रत्येक काल में साधन से अधिक अनुकरणीय कुछ और नहीं माना जाता। कलात्मक पद्य भूषण सम्मान से पुरस्कृत कवि, गायककार स्व. गायन पतिवार के पुत्र हेमचन्द्रिका का विषय 'संगीत और आध्यात्म के बीच सम्बंध' था।

संस्थापक विषय का तात्त्विक असाध्य स्थापित करने हुए गुरुजी ने कहा कि आध्यात्म और संगीत के बीच द्वय और अद्वय दोनों वस्तु पर एकत्र प्रयुक्तता से सम्बंध हुआ है। यह एकता ही उनके बीच का संबंध है। साधन रूप की प्रकृति के लिए हम कह सकते हैं कि संगीत आध्यात्म के ठीक नीचे का संगीत है। सिद्ध की दृष्टि से देखें तो आध्यात्म के जिस 'विंदु' से सम्बंधित होता है वहीं से 'नाद' या संगीत आरंभ होता है और साधक की दृष्टि से देखें तो

उसी 'नाद' या संगीत की साधना से रसर-सौमल पर चढ़ते हुए ईश्वर का सौम नाद या 'विंदु' तक अन्त सम्भव है।

एकत्र में 'अंतर' 'बीज' व साधक-विद्वत् के संकेत सौम के अंतर्गत की तरह केवल आध्यात्मिक पर होते हैं, वस्तु तो एक ही है। जैसे पदम सत का संग आध्यात्म है। जैसे ही पदम सत के संग या साधना से 'धर्म' साधनभूति का आध्यात्मिक से बाहर आकर अपनी दायी से गुणम सत साधना है। संगीत है। वेद, उपनिषद्, गीता, रामायणसक लय में ही स्थित हैं क्योंकि, गुरु साधन अपनी भाषावी अध्यात्मिक में अधिवाहक साध से कुछ न कुछ मात्रा में लयात्मक होकर ही प्रकट होता है। यह सत्य और नाद या संगीत और आध्यात्म के एकत्र का प्रमाण नहीं तो और क्या है? श्रीकृष्ण ने साधन जीवन से जुड़े अनेक सामाजिक प्रश्न उत्तर। वे प्रश्न लक्ष्य लय में उत्तर तो हैं ही किंतु सब शिक्षक का पूरा नहीं पता। गुरुजी ने सत्य उत्तरदाता देकर सम्मान प्रस्तुत किए। श्रीकृष्ण के सत्य साधन की झलकियाँ व श्रोताओं के कुछ उत्तरित प्रश्न व सत्य की स्फूर्ति रखते हुए कुछ अनुसूचित प्रश्नों के सत्य उपनिषद् केड सते में पूर्ण हुआ।

Mon, 06 December 2021
epaper.dakshinbharat.com/c/



4

DECEMBER 2021

Shri Kavalam Srikumar

Carnatic Musician, Composer & Playback Singer



TOPIC

**Music and Spirituality,
Exploring the Relationship**



UPANISHAD- 36



“Life is temporary, yet its significance is eternal”
-Guruji Shri Nandkishore Tiwari

Guruji Shri Nandkishore Tiwari commenced the Upanishad with Kalaimamani Dr Nithyasree by saying “being human” is something all of us, irrespective of whether we consider ourselves atheist or spiritual, agree upon. He also added that the fact that we can experience immortality while being in this mortal coil is unique only to human beings. Hence, choice and practice is of utmost importance.

ವಿಜಯವಾಣಿ ನಂ 1

ನಮ್ಮತೆ, ಏಕತೆಯೇ ಮಾನವತೆಗೆ ಅವಶ್ಯಕತೆ

ಬೆಂಗಳೂರು: ಮಾನವನಾಗಬೇಕು ಎಂದರೆ ಆಲೋಚನೆ, ಮಾತು ಹಾಗೂ ಕ್ರಿಯೆಗಳಲ್ಲಿ ನಮ್ಮತೆ ಹಾಗೂ ಎಲ್ಲರೂ ಒಂದೇ ಎನ್ನುವ ಏಕತೆಯ ಮನೋಭಾವ ಅತ್ಯಾವಶ್ಯಕ ಎಂದು ಸಹಜಸ್ವತ್ತಿ ಯೋಗ ಗುರುಜಿ ನಂದಕಿಶೋರ್ ತಿವಾರಿ ಹೇಳಿದ್ದಾರೆ.

ದರ್ಜಾ ಫೌಂಡೇಷನ್ ವತಿಯಿಂದ ಆಯೋಜಿಸುತ್ತಿರುವ ಉಪನಿಷತ್ ಸಂವಾದ ಸರಣಿಯ 35ನೇ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಕರ್ನಾಟಕ ಶಾಸ್ತ್ರೀಯ ಸಂಗೀತ ಗಾರ್ತಿ ಡಾ. ನಿತ್ಯಶ್ರೀ ಅವರೊಂದಿಗೆ ಸಂವಾದದಲ್ಲಿ ಮಾತನಾಡಿದರು. ಮಾನವರಾಗಬೇಕು ಎಂಬುದಕ್ಕೆ ನಾವು ಅಧ್ಯಾತ್ಮವಾದಿಗಳೇ ಅಥವಾ ನಿರೀಕ್ಷರವಾದಿಗಳೇ ಎನ್ನುವುದು ಮುಖ್ಯವಲ್ಲ. ಮಾನವೀಯತೆ ರೂಢಿಸಿಕೊಳ್ಳಬೇಕು, ನಶ್ವರವಾದ ದೇಹದ ಮೂಲಕ ಶಾಶ್ವತವಾದ ಮುಕ್ತಿ ಪಡೆಯಬಹುದು ಎನ್ನುವುದು ಮನುಷ್ಯರಲ್ಲಿ ಮಾತ್ರ ವಿಶೇಷವಾಗಿದೆ. ಆದರೆ ನಮ್ಮ ಆಯ್ಕೆಗಳು ಹಾಗೂ ಅವುಗಳ ಅನುಪಾಲನೆ ಮುಖ್ಯ. ಈ ಮಾರ್ಗದಲ್ಲಿ ಸಾಗಲು ಗುರುವೊಬ್ಬರ ಅವಶ್ಯಕತೆ ಅನಿವಾರ್ಯ ಎಂದರು.

ಉಪನಿಷತ್ ಸಂವಾದದಲ್ಲಿ ನಂದಕಿಶೋರ್ ತಿವಾರಿ ಮತ್ತು ಡಾ. ನಿತ್ಯಶ್ರೀ.

ವಿಜಯವಾಣಿ ಚಿತ್ರ



29
JANUARY 2022

Dr Nithyasree Mahadevan
Carnatic musician and playback singer

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TOPIC

Choice & Practice

UPANISHAD- 37

"Lives of Gurus are evidence of invisible divinity while lives of Artists are visible proof of same."

-Guruji Shri Nandkishore Tiwari

Guruji commenced the Upanishad with Mohiniyattom artiste Dr Deepti saying that the topic "Bhakti" was widest topic he has ever covered in any Upanishad. Elaborating further on Bhakti, he said it is indescribable and that it can only be experienced. Guruji reiterated that there is only "One", from whom we somehow got separated and that Bhakti is the way to reach back to this union or yog.



TOPIC

Bhakti

VIDYA DARPAN



Vidya Darpan is an endeavour to ensure that children learn to earn while living in tune with nature.

*Ensuring holistic education
for children that nurtures
character and develops
human values - Living and
Livelihood*

DARPAN & LIFERAY

Smartphone Distribution at Hunsanahalli Rural Govt School

With the blessings of Guruji and Guruma, Darpan Foundation in association with Liferay India distributed smartphones along with data packs to empower **58 students** of **class 8** of Hunsanahalli Model Government Higher Primary School which is around 80 kms from Bangalore. This is part of Darpan's STEM program to develop scientific temper and instill curiosity in children. Additionally, it will help promote uninterrupted learning and bridge the digital divide by providing access to technology-aided learning content for these aspiring children.

While addressing the children, Guruji asked the students why they study to which a young girl spontaneously replied that it is for learning. Guruji asked everyone to clap for the girl who gave the correct answer without any hesitation.

“

Guruji emphasized that learning means asking questions and getting answers to those questions. He also said that the role of knowledge is to make others happy.

Among the guests, BEO, Kanakpura, Ms Jayalakshmi graced this event. The BEO, HM Shri Heerappa and other dignitaries were very grateful and appreciative of Darpan's initiative to make technology-aided learning accessible to the rural students.

The event was followed by variety of cultural performances by the talented students.

A big thank you to Sarvesh Soni, Madhu Yadav and the entire Liferay team for their continuous support for Darpan's educational initiatives.



DARPAN & LIFERAY

Furniture Distribution to Government School, Urigam Village



Darpan has been a strong pillar of support in the growth of the Government Primary school at Urigam village.

Right from tackling the teacher shortage at this rural school, conducting regular Yoga classes through a Darpan-appointed teacher, providing sports uniforms, conducting daily out-of-campus classes during school closures because of Corona, Darpan has provided all-round support to the village children studying in this school

During the inauguration of Tarangini and Souparnika, multi-colour tables and chairs were provided for the children from younger classes

DARPAN & LIFERAY

STEM module Sessions at Hunsanahalli Rural Govt School

Darpan Foundation in association with Liferay India distributed smartphones and conducted online STEM classes for the class 8 students of Hunsanahalli Government school, a school in rural Karnataka located close to Darpan Ashram. This program aims to instill scientific temperament in these young minds. In addition to the STEM sessions, this opens the door to the ocean of digital learning resources.

The students from Hunsanahalli government school are very new to smartphones. Darpan had taken an online session on the basics of smartphone usage and how to join online sessions. With our experience of online classes for new users, we realized that they needed more personal attention and hand-holding to understand the etiquette and nuances of online education.

With the schools resuming offline classes, Darpan team conducted an offline session at Hunsanahalli school. The session started with HM Heerappa profusely thanking Darpan Foundation for all the support extended to the school. It was an immersive 2-hour session by the Darpan Team for the 8th-grade students of Hunsanahalli govt school. The HM, staff, and students were very happy to see the individual attention given to each and every kid to ensure every student became aware of the nuances of smartphone usage. It was heartwarming to see the enthusiastic students exploring their new connections to the world of digital learning.



DARPAN & LIFERAY

Furniture Distribution to Government School, Thagetty Village



Thagetty is a village located 8 kms from Darpan Ashram. The children studying in the Government senior school of this village had participated in the Walk-n-Run conducted by Darpan in Feb-2020. The 2-day 100-kms Walk-n-Run from Bangalore to Darpan Ashram was organized to raise awareness about the state of education in rural schools as well as to raise funds to support the infrastructural and other needs of some selected schools.

The Government Primary school was one such needy school. Delightfully colourful child-friendly furniture was provided to the students of this school.

DARPAN'S IMPACT



Government School, Thagetty Village

DARPAN & LIFERAY

Library Inauguration at Doddakannelli Government School

Darpan Foundation, in association with Liferay India, our longstanding patron, inaugurated its first library at Doddakannelli Government School. Stocked with close to 750 books, thoughtfully curated by Darpan's team, the library intends to introduce students to the magical world of book reading and storytelling. The library includes books across genres and includes books in Kannada, English, and Hindi. Darpan Foundation has been associated with this school since 2015 wherein a much-needed toilet complex was constructed for the students, smartphones (in association with Liferay), were distributed during the lockdown, several online and offline workshops were conducted and NMMS coaching programs is carried out every year. All these initiatives are in line with Darpan's vision of providing adequate resources to underserved students to enable them to realize their full potential.

Addressing the students at the event, **Guruji Nandkishore Tiwari spoke about the importance of libraries for unlimited learning and how ours was a land of great knowledge centers like Nalanda, Takshashila etc. He added that when there is knowledge among people, it will lead to peace and harmony in the world.**

Guruji handed over the library with blessings for all the students to meet their aspirations. The excited reactions among the students on seeing the books were priceless! Right from before the commencement of the event to after the event, groups of students were flipping through the books that were on display. It was indeed heartening to see their keen interest and we knew for sure that this is the first of many Darpan libraries. Our heartfelt gratitude is extended to Bharath Bhatta ji for all the support in curating the list of books.



Furniture Distribution to Government School, Bilikal Village



Bilikal village is located 4 kms away from Darpan Ashram on top of a hill. Approaching the school itself is a challenge as only heavy vehicles or 4-wheel drives can traverse the unmotorable mud roads with innumerable potholes. Situated in a remote area covered by thick forests, there are numerous hamlets and smaller settlements that dot the hills.

Darpan has been a long-standing partner in the growth of this rural school. In addition to our previous support of educational aids, brightly coloured study tables were provided to the primary school students. For these kids, who were used to studying in a drab temporary building with grey unpainted walls, the bright colours added that much-needed excitement of looking forward to coming to school everyday.



LIFERAY & DARPAN

Smart TV to Government School, Biranapalli Village



Biranapalli village is almost the last inhabited village right on the periphery of the Kaveri wildlife sanctuary. The nearest town is almost 30 kms away and people find it very difficult to reach this remote village.

The educational aspirations of the village children has not been limited by the remoteness or lack of basic facilities in the area. Considering the acute lack of teachers in such far-flung areas, Darpan had appointed a local educated engineer since the year 2019. The presence of this Darpan-appointed teacher ensured continuity in education of these children even when Government schools were closed during the Corona pandemic.

To augment the immense support already extended by Darpan, a Smart TV was provided to the school during inauguration of Tarangini & Souparnika. This will not felicitate in multi-media learning but will also help in online classes.



DARPAN & LIFERAY

Story telling session at Doddakannelli Government School



A unique story telling session was conducted by Smt. Priyadarshini Balasubramanian, who is an educationist and works with children across age groups. The students enjoyed the storytelling session which was followed by a reading session by the students. There are various advantages of story telling session including-

- Helping them to enhance their Imaginative Skills
- Making Learning more Fun, Easy and Practical
- Exposure to an Advance Level Vocabulary
- Helping them to reflect their own self and others in the society



VIDYA DARPAN

Furniture Distribution at Bilekahalli Government School

On 26th Feb 2022, Guruji Nandkishore Tiwari, along with team members from Darpan Foundation visited the Bilekahalli Govt. Primary School, to hand over customized child-friendly furniture for students of Nali Kali



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At the event, Guruji said, “Nothing should deter a child’s education except the limit of his/her own fulfillment”.

Guruji explained how imperative it is to educate children and overcome impediments, collectively, by the synergetic efforts of the government, teachers, society, corporates and NGO’s. The sparkle in the eyes of these exuberant children holds many dreams, aspirations and it is our collective responsibility to ensure that these children get all resources to realize them.

Keeping in mind the ongoing Covid pandemic, Darpan Foundation contributed face masks and sanitizers to safeguard the students. Stationery kits were also distributed among the students.

At the event, Darpan Foundation also felicitated the teachers who contributed towards coaching the students of Doddakanelli Govt. School and Hombegowda Govt. School, for the NMMS (National Means cum Merit Scholarship) exam.

The coming together of Darpan Foundation and Bilekahalli Govt. School was an affirmation that every student deserves all opportunities to excel in education and together we all will ensure that.



VIDYA DARPAN

Setu Bandha Program, Arekere & Hulimavu Government School

As part of our Vidya Darpan program, Darpan Foundation has been supporting numerous Government schools in the remote villages around Darpan Ashram (Urigam village, Tamil Nadu) as well as in Karnataka. When schools have been closed since March 2020, we have taken education to these children with offline classes as well as regular distribution and assessment of worksheets.

With no signs of schools starting for this academic year as well, Darpan has started implementing the Setu Bandha (bridge course) program that was highly appreciated by children, teachers as well as parents last year. In this program worksheets in different subjects are prepared based on the syllabus for different grades helping the students refresh what they have studied in the previous year.

Similar to last year where we had formed Whatsapp groups of the students & teachers, this program is being continued this year too. Regular videos, course material, notes/assignments are sent in these grade-wise groups. Keeping in mind the safety of children and teachers, Darpan has also provided the Arekere & Hulimavu Govt schools with N95 masks, sanitizer dispensers and 5 ltr sanitizers.

We would like to express our heartfelt gratitude to Carolyn daniel, Vinodraj Daniel & the residents of Lakeshore Homes for coming forward and enabling Darpan to support the education of these children.



DARPAN'S CORONA RELIEF WORK



Covid had a devastating effect on the entire World. It was a chance for humanity to come together, transcending boundaries in the service of mankind



Darpan's impactful Covid relief work that spanned across physical, mental and spiritual health.

OUR INITIATIVES

"Evidence of universal love is witnessed by only the ones who assume universal responsibility"

-Guruji Shri Nandkishore Tiwari

While the first wave of the COVID-19 pandemic in India had seemingly spared rural populations, the second surge severely impacted districts and villages nationwide. The COVID-19 pandemic had presented an unprecedented challenge to public health, food systems and the world of work.

The pandemic had decimated jobs, placed millions of livelihoods at risk and thrown people into extreme poverty, overnight. As breadwinners lost jobs or succumbed to corona, the food security and nutrition of millions of women, men and children were under threat. Without the means to earn an income during lockdowns, many were unable to feed themselves and their families. For most, no income meant no food, or, at best, less food and less nutritious food.

Apart from the medical staff, there were other unsung frontline workers who had been heroically playing the part of foot soldiers in the war against COVID-19. These were the ASHA and Anganwadi workers, the police force and the teachers, who, amid the pandemic, had been risking their lives by stepping out, often with inadequate protective gear, training or resources.

A public health emergency like this one created unique challenges for frontline workers and called out for a humanitarian response from the community at large. With the gracious and generous help of financial and material support from both individuals and corporates like Riverbed, Darpan could reach out to frontline workers and underserved, equipping them with food security, protective gear and ensuring their holistic wellbeing.



PRIMARY HEALTH CENTER SUPPORT



These PHCs are located in Kakkadasam, Urigam, Gummalapuram, Madhagondapalli and Balathotanapalli villages of Krishnagiri district, Tamil Nadu.



The PHC at Urigam village, where Darpan Ashram is located, caters to 56 villages in 4 panchayats. Masks were also handed over to Panchayat President for distribution to the villagers. The Medical Officers and Panchayat President were appreciative of the timely intervention. Located around 50 kms from Darpan Ashram, the Kakkadasam PHC serves a population of around 55,000 living in 78 villages of 10 Panchayats.

OXYGEN CONCENTRATORS FOR RURAL PHCS



Darpan Foundation provided Oxygen Concentrators, oximeters, PPE gear and personal protective equipment including N95 masks, sanitizers, dispensers etc to rural Primary Health Center (PHC) at 5 of the 7 PHCs located in Thally Block where Darpan Ashram is located.

In this endeavour, Darpan would like to express our heartfelt gratitude to Youth for Seva, UNITED SIKHS, Bhumi, United Way, Project SMILE for providing these materials and enabling us to support these remote PHCs.





NUTRITION KIT DISTRIBUTION

FOR ECONOMICALLY IMPACTED FAMILIES

Nutrition kits were distributed to 125+ needy families in Ramesh Nagar whose livelihood had been severely impacted due to the Covid-19 pandemic. Consisting of mostly daily wagers, house maids, construction workers, their earnings were severely impacted because of the extended lockdowns.

The nutrition kit was meticulously planned under the guidance of a professional nutritionist and it included seasonal fruits and vegetables in addition to nutrient rich grains, lentils, jaggery and ghee.



HOME-COOKED NUTRITIOUS FOOD FOR FRONT-LINE MEDICAL WARRIORS



"Keep health workers safe to keep patients safe"

Frontline health workers were integral to the response to COVID-19. In hospitals, clinics and homes around the world, health workers were taking on significant personal risk and too often working without adequate equipment to ensure all of us can receive the care we need. The Medical Officer at Arekere Primary Health Centre (PHC) explained to Darpan team about the high risks her staff is exposed to due to short supply of proper personal protection gear like PPE kits, masks, gloves etc.

Nutrition



Given how severe the second wave has been, they had been staying away from family so as not to risk them. As requested by the Medical Officers, Darpan provided them with supplied freshly-cooked, hygienic, home-made nutritious food for our front-line health workers so that they don't have to depend on outside food. This was possible because of the untiring and sincere efforts of numerous volunteers who came together for this cause.



HEALTH & WELLNESS SUPPORT

MEDITATION SESSION FOR FRONTLINE MEDICAL STAFF



Considering how stressed our medical staff have been fighting the pandemic, Darpan Foundation conducted regular sessions on guided relaxation and breathing techniques to energise them & alleviate their stress.

Health



PRIMARY HEALTH CENTER SUPPORT



Protective Gear
provided to PHCs

PPE Kits, N95 Masks,
Gloves, Face Shields,
Oximeters, IR
Thermometers etc

Health



Frontline health workers were at the fore-front of the battle against COVID-19 facing significant personal risks as well as long extended working hours. They were confronting the humongous challenge of unprecedented volume of cases as best as they could with the available resources.

Supporting corona warriors in such trying times in terms of their mental wellness, safety and nutrition was everyone's duty and responsibility. Darpan Foundation launched an all-out effort towards the cause of frontline health workers. In addition to providing Oxygen Concentrators, Darpan also provided personal protective gear especially N95 Masks, PPE kits, face shields, goggles, gloves etc to Arekere, Begur and Bommanahalli Triage Centers.

PROTECTIVE GEAR FOR SANITATION WORKERS



Support of Frontline
Warriors in Lockdown

Sanitation

Protective gear for
sanitation workers
bleaching powder for
Urigam Panchayat

Our public sanitation workers form the backbone of our waste management system & the COVID-19 pandemic had only magnified the considerable occupational and health hazards they already faced.

Keeping in mind the safety and well being of these frontline workers, Darpan Foundation extended a supporting hand to the sanitation workers of Urigam village where Darpan Ashram is located. Guruji & the Panchayat President handed over safety gear such as N95 & 4-layered masks, face shields, gloves, boots to these workers.

As requested by the Panchayat President & Secretary, 500 kgs of bleaching powder were also provided to the Panchayat to help with effective disinfection operations of public places across the village.



NUTRITION KIT DISTRIBUTION FOR ASHA & ANGANWADI WORKERS

Darpan Foundation & Riverbed stood in solidarity with ASHA & Anganwadi workers who had been at the forefront of the fight against coronavirus. In the gracious presence of Guruji Shri Nandkishore Tiwari, ASHA & Anganwadi workers in Kaggalipura were provided with Covid Care Kits which included N95 Masks, face shields, sanitisers, mini sanitizer bottles & nutrition kits so as to ensure health and nutrition security for 30 days. As a token of our appreciation & gratitude for their selfless contributions towards the ongoing battle against Corona, monetary rewards were given to all 25 ASHA & Anganwadi workers.





PHYSICAL & MENTAL WELLNESS

WELLNESS SESSIONS FOR KAGGALIPURA POLICE FORCE

Shri Keshavamurthy, Police Inspector & head of Kaggalipura Police station, was all appreciative of Darpan's initiative to ensure physical and mental health of the Police force. Leading by example, he had arrived at the school ground ahead of time and actively participated in the Yoga session. Delivering the "Thank you" note at the end of the session, Keshavamurthyji shared how relaxed he felt after the guided relaxation session and reiterated how the daily practice of Yoga, Pranayama and meditation is essential for the overall well-being of the Police force which has to serve the citizens in such trying conditions.





PHYSICAL & MENTAL WELLNESS

WELLNESS SESSIONS FOR KARNATAK POLICE FORCE

Shri Prakash is an army veteran and joined the Karnataka Police after retiring from the Indian Army. Suffering from a cardiac ailment, Prakash ji was very appreciative of the individual attention and customised Asanas he received during the daily Yoga sessions conducted by Darpan.



Prakash ji and Girshji never missed a single class and always used to arrive at the venue well before the session commenced. Girish ji went a step further and even brought along his 10-year old daughter every day as he understood the importance of starting Yoga sadhanana from a young age.





PHYSICAL & MENTAL WELLNESS

WELLNESS SESSIONS FOR ASHA & ANGANWADI WORKERS

Poongodi, Asha worker at Kaggalipura Panchayat, talked in detail about all the immense benefits of Yoga that she learnt during the sessions conducted by Darpan and was eagerly looking forward to sharing this precious knowledge with the villagers that she interacts with on a daily basis. She has been suffering from dust allergy for many years now and happily shared how her symptoms considerably reduced with the Pranayama techniques she learnt from Darpan's Yoga classes.



SAFETY & HYGIENE FOR FRONTLINE MEDICAL STAFF

SUPPORT FOR COMMUNITY HEALTH CENTRE (CHC)



Dr. Radha, the Administrative Officer at Kaggalipura Community Healthcare Centre, has close to 2 decades of experience as a medical professional but never had she experienced a health crisis like this one in her entire career. She was very appreciative of the medical supplies provided by Darpan Foundation to both the CHC as well as her staff.



Infrastructre provided to the CHC:
Oximeters, IR thermometers, Glucometer, Contactless sanitizer dispenser, sanitizer, dispensers, bio-medical waste bags

Protective gear given to the medical staff:
PPE kits, N95 masks, face shields, gloves, head covers, shoe covers.



SAFETY & HYGIENE FOR FRONTLINE WARRIORS

FOR POLICE STAFF & GOVT SCHOOLS

The 3 Govt schools located in Kaggalipura, viz, Karnataka public school, PUC school & college and Somanahalli Government school together serve around 710 students.

These schools had reopened from July 2021 for book and ration distribution and board exams are scheduled from July 17th at the Karnataka Public school.

The schools had expressed dire need of Corona care kits and Darpan Foundation promptly handed over IR thermometers, foot operated sanitizer dispensers, N95 masks, sanitizers, face shields, gloves, mini sanitizer bottles to enable 45 staff members of these schools to adhere to Covid protocol to not only protect themselves but also increase awareness of covid mitigation among students and their families.





ENABLING SOCIAL DISTANCING

During our initial visit to the Community Health Centre (CHC) at Kaggalipura, we had observed that there was crowding at the Covid test counters, vaccination counters and at the main entrance of the hospital by patients with general ailments. Based on CHC's request, we commenced the program with a small yet significant step of creating social distancing enclosures. As can be seen from the pictures, this had an immediate impact in creating awareness as well as adhering to social distancing.



ACTIVITY & ENGAGEMENT PACKAGE



With schools closed because of lock down, children were forced to be at home day in and day out. Darpan Foundation set up Sports infrastructure at the Kaggalipura Anganwadi to provide children with the much-needed physical recreation and respite from being confined at home. This included a variety of indoor and outdoor games to stimulate and revitalize the neighbourhood children.



JEEVAN DARPAN



- *Programs to promote Sustainable Living*
- *Home for Elderly that provides an opportunity for our elders to constructively contribute to the society*

TARANGINI INAUGURATION



26th March 2022 was no ordinary day for Darpan Foundation. It was a day that marked a significant milestone in Darpan Foundation's journey towards universal wellbeing and universal happiness.

Around 250 well-wishers came from near and afar, to witness the inauguration of Tarangini (Multipurpose Hall) and Souparnika (Dhyan Mantap) at Darpan Ashram. Both these structures have been named by Guruji and declared open by him to serve as hubs for societal transformation.

For the construction of these 2 beautiful edifices, Darpan Foundation employed populace from nearby villages and trained them in the traditional methods of construction whereby raw materials were sourced locally like the watergrass that has been used for the unique roof of Souparnika and the indigenous boulders that have been used to create the distinctive walls of Tarangini.

After the lighting of the lamp by Guruji, Guruma and the dignitaries, there was the melodious invocation song by Meera ji. Later, Guruji addressed the gathering, expressing his immense happiness and reiterating that Darpan Ashram is open to anyone and everyone who is willing to explore inherent integral oneness and become the apparent conduit of same vibration of oneness that encompasses boundless openness.

Amidst the chaos that the world is presently witnessing, here is a humble abode, created for all, where one can come anytime, with family, to pause, rethink, to realign oneself with the source, to recharge oneself with clarity and discernment.

TARANGINI INAUGURATION



दर्पण आश्रम में हुआ उमंग,
तरंगिणि और सौपर्णिका का
लोकार्पण

गूँजा विश्व-गुरु और पुत्रोह पृथिव्या का नाद

April 4, 2022



32

कर्नाटक : हम संग-संग चलें, हम संतुलित बोलें, सबको अपने मन में समान जानें, यह दिव्य मानव होने की अपूर्व परम्परा है जिसका 'संज्ञान' ध्यानस्थ होकर ही प्राप्त होता है। ध्यानस्थ या सहज समाधिस्थ होने से पूर्व प्राप्त नहीं होता। साधना या तपस्या से सभी मनःस्थिति उस अवस्था को एक ही जन्म के कुछ समय में ही प्राप्त हो



SOUPARNIKA INAUGURATION



SOUPARNIKA INAUGURATION

FELICITATION OF ARCHITECTS & DIGNITARIES



Shri Sathya Prakash Varanashi ji, Shrimati Jaya Rayaprolu ji and Shrimati Rekha Srichandan ji were among the dignitaries present during the inauguration of Tarangini and Souparnika . They are the triad of architects behind the sublime structural design and construction of Tarangini and Souparnika. Shri Mahadevaiah ji was also present as the prominent representative of the Panchayat.



Granite collection!!

Guruji's vision of Darpan Ashram and the transformation of the surrounding villagers has given interested individuals, corporates and business communities ample scope for meaningful long term sustained partnerships.

A fine example is the flooring of Tarangini - multi purpose yoga and training hall. Just one call from Guruji and discussions with factory owners soon snowballed into a full fledged collection drive from factories in Hosur, Jigani and Haragadde.

Darpan requested for waste rubble but they seemed to be mentally assessing our unstated need for matching colors and stone qualities. Quietly, without fuss and no obvious planning or elaborate discussion and seemingly effortlessly, they loaded the choicest colors and most useful pieces they could.

They would not allow us to hire workers, offering their own staff and subtly reducing our costs. All this whilst freely sharing their hospitality and expertise as well as their life journey.

Thanks for your DONATIONS



“

Dhanyavad to

- Shri Paras Seervi ji & team of Paras Granites
- Shri Devendra Soni ji & team of Prestige Stones
- Shri Ramniwas ji & team of Neelakanth Exports
- Shri Sandesh ji & Lokesh ji of PSI Stones

”

Thanks for your DONATIONS



“

- Shri Hazarilal ji & team from HS Granite
- Shri Mahendra ji & team from Panchamukhi Balaji Ltd
- Shri Ramswaroop ji, Shri Kundan ji & team from National Granites
 - Shri Anil ji & team of Maa Exports
 - Shri Mohan ji & team from Teja Granites
 - Shri Vinod Somani ji of Shree Shyam Stones

”

You too can choose to be a part of Darpan Foundation's journey to transform lives with funds, effort or time.

ONAM CELEBRATIONS @ ASHRAM



Mahabali is known as one among the most virtuous king who ever ruled the 3 worlds & Onam is celebrated to welcome the annual visit of this virtuous king who loves his people most. When we read in English language 'demon king Mahabali', we feel little awkward as word 'demon/devil' leaves no scope for virtue. Indic languages have no such bias.

-Guruji Nandkishore Tiwari



GIFT OF EYESIGHT



As a part of the Darpan Foundation's support to government schools, we met Vaishnavi, a student of class 5 at Arekere Government school during one of our regular visits to the school.

This is when Vaishnavi's grandfather emotionally narrated the story of how she lost her parents as well as her eye condition which was severely affecting her day-to-day life. Vaishnavi has been suffering from pathological myopia since birth. This is a condition of high near-sightedness which may even lead to blindness.



Since her grandfather could not afford to continue paying the fees of the private school with the pandemic affecting their livelihood, she had to be shifted from the private school to a government school this year.

Just like us, Vaishnavi too has dreams and aspirations. She aspires to be a teacher and is determined to fulfill it, in spite of the debilitating eye ailment she has.

Seeing her resilience and the positive spark in her eyes, Darpan Foundation spontaneously embraced Vaishnavi's cause and is making sure she gets a rewarding education and the qualifications she desires. We first took her to a reputed Ophthalmologist Dr. Solanki Eye Hospital as well as bought spectacles so that her vision is corrected to the extent possible. We enrolled her in Shree Ramana Maharshi Academy For The Blind, an institution dedicated to educating and empowering visually challenged students. We are very happy that she has got a new family where she can excel in learning and blossom to realize her dreams and aspirations.





INTERNATIONAL WOMEN'S DAY

Indic wisdom finds feminine principle eternally empowered. Women are natural inheritors of femininity that makes spiritual inclination their normal tendency. India's real identity being eternally spiritual made it our essential cultural trait to see women on higher pedestal.

शक्ति शुद्ध स्त्रैण आध्यात्मिक तत्व है जिसका साक्षात् समाधिस्थ चैतन्य को होता है। नारियों में स्त्रैण तत्व होना नैसर्गिक और आध्यात्मिक झुकाव की प्रवृत्ति सहज स्वाभाविक है। भारत की मूल अस्मिता आध्यात्मिक होने से नारी के प्रति उच्च भाव इस संस्कृति-वृक्ष का मूल बना। आओ हम सब मूल सींचे।

- Guruji Nandkishore Tiwari.

KSHETRA DARPAN



CENTER FOR NATURAL FARMING, ENVIRONMENT CONSERVATION AND REJUVENATION

Pure food for body - a journey to bring
together like-minded people towards
conserving and nurturing the environment

NATURAL FARMING



As part of our Kshetra Darpan program, chemical-free natural farming is being practised at Darpan Ashram.



Visitors to Darpan Ashram learn the importance of consuming natural produce as well as the techniques and science behind growing food the natural way. While guests immensely appreciate the knowledge shared during these sessions, the joy of practically preparing the natural fertilisers like Jeevamrutha drives home the crucial point of how easy and sustainable it is to not depend on harmful chemical-based agricultural inputs from outside.

PEANUT HARVEST FESTIVAL

Natural farming at Darpan Ashram

It is always heart-warming to see families coming together for a BIGGER cause and having fun at the same time. As we heard Guruji tell the gathering, *the individual choices we make are very crucial for both personal growth as well as universal welfare*. When there are various forms of entertainment available at the comfort of our homes and the city, it was wonderful to see families take part in Darpan Ashram's annual Peanut Harvest Festival and be in the lap of nature.



“

Darpan Ashram is always open for all to relive these memories and build new ones with more of your friends and family members.





FAMILIES COMING TOGETHER!





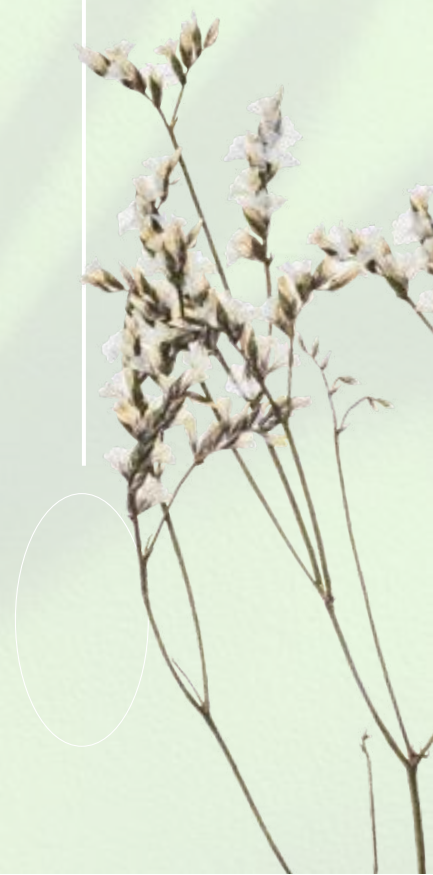
Peanut harvesting at Ashram



**Chemical-free Horse
gram at Darpan Ashram**

Ashram visitors with the cows





LIFE TOUCHING LIFE

Connecting children to nature and promoting values of nature conservation and the importance of diversity is at the core of Darpan's unique "Life touching Life" workshop.

The practical activities and games are aimed at demonstrating the interdependence in nature and the importance of nurturing it. It is an encouraging sign for our future when kids enthusiastically participate in such nature-oriented activities.





CANVA STORIES

0917



CANVA STORIES

0917



▶



LIFE TOUCHING LIFE



DARPAN GAUSHALA

Darpan Ashram warmly welcomes Yamuna to the Ashram Gaushala. Yamuna is around 2 years 9 months old and is of the native Hallikar breed. She will be a valuable addition to our Kshetra Darpan (Centre for Natural Farming & Environment Rejuvation) initiative.

Thanks
Venkataragavan
Naranyanswamy for
the Gau-daan!
Saraswati, Ashram's
first cow, can be
seen with her first
kid Ganga (on the
left) and Yamuna
(on the right)



SANKRANTI CELEBRATIONS AT ASHRAM

"Kranti is change, and Sankranti is realizing oneness with the real change. May you resolve for the ascension of your consciousness on its real path of enlightenment on this festive occasion of Makar-jyoti/ Sankranti"

- Guruji

Ganga, Yamuna, and Saraswati are decked up before Sankranti celebrations at Ashram.

Cattle used to be the wealth of farmers when natural farming was the common and only kind of farming before the advent of modern-day harmful, chemical-based farming. The tradition of seeking their blessings continues to this day in this beautiful culture.

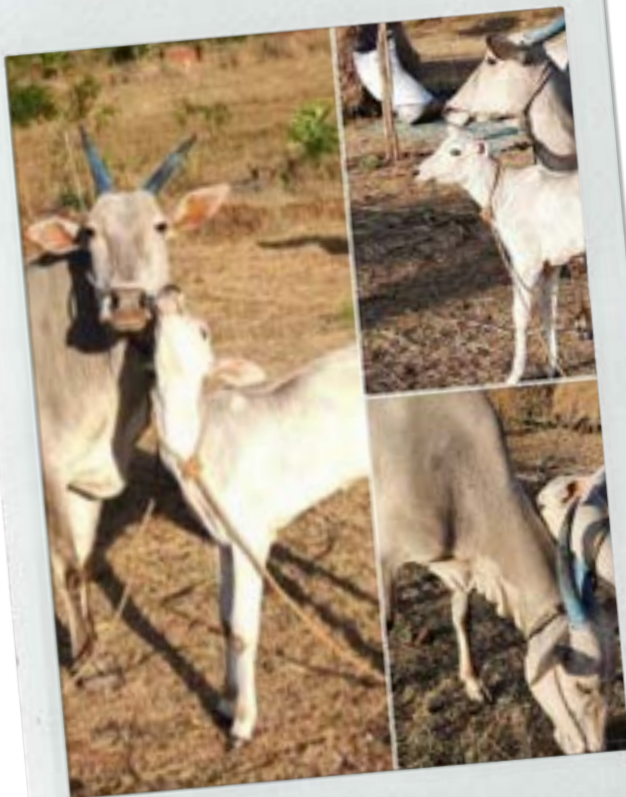




Darpan Ashram's first cow
Saraswati delivered a healthy
female calf in Jan 2022. Guruma
has named her Kaveri and she has
taken birth on Pausha Poornima.

Kaveri was welcomed with
immense joy to our family that
also includes Ganga and Yamuna.
Ganga was Saraswati's first calf
and was born in June 2020.





Darpan Ashram's newest kid Kaveri is growing up fast and is inseparable from Ma Saraswati. The affection between Mother & daughter is so nice to watch

Srinivas (seen in this pic) is from Urigam village and was studying in Class 4 in 2017. He was among the students who had come to plant the trees at Ashram



Now



Its been 4 years when the children from Govt Primary school at Urigam village planted around 100 trees at Darpan Ashram along with the volunteers from NTTdata.

The tiny saplings were just a few inches tall and they were planted in one of the rockiest parts of the Ashram. With the tender love and care of our Ashram staff, it is a heart warming sight to see these trees flourishing in the once-barren land.

With climate change and large scale deforestation threatening the future of life on Earth, we are happy to play our part by taking care of hundreds of such trees at Darpan Ashram.

2017

Now



DARPAN & NTTDATA



Heart-warming to see the growth of tiny saplings planted by NTTdata. Those tiny saplings have now grown tall enough to provide shelter to numerous birds and butterflies and shade to humans.

Attracting butterflies @ Ashram



Bed of pink Rain Lillies that attracted the Indian Lily Moth

Butterflies and moths contribute to thriving ecosystems and the presence or absence of these is commonly used by scientists to predict the state of an ecosystem's health. They are very sensitive to climate change and use of chemicals. We are happy that we have seen significant changes in the ecosystem at Darpan Ashram with the 2000+ trees of 56 different varieties we have planted and the chemical-free natural farming we have practised since beginning.

The most recent change is the new species of caterpillars that have not been seen before. We had planted numerous butterfly friendly plants like the Rain Lillies and Nandiarvattam (Carnation of India) and these have acted as magnets for the Indian Lily moth & Oleander hawk moth.

Caterpillar stage of Oleander hawk moth



Caterpillar phase of India Lily moth

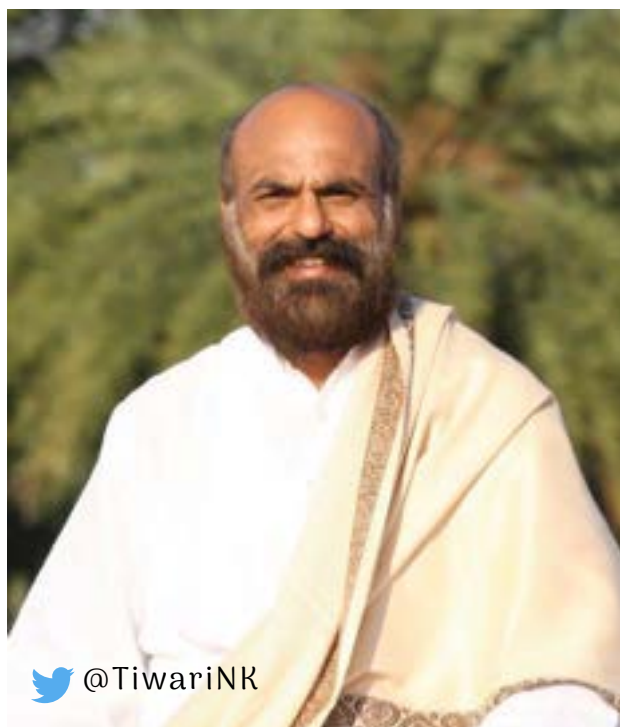
Our Guruji

Guruji Nandkishore Tiwari is a humanitarian leader and a spiritual master. He has devised Sahaj Smriti Yog meditation, an absolutely effortless method to explore unexplored dimensions of one's existence.

Guruji founded all India NGO, Universal Forum for Human Dignity in Delhi in 2002. Sustainable Living with Spiritual awakening, Dignity of life and, rural urban continuum is at its core. In 2012, Guruji Founded Sahaj Smriti Yog system of spiritual realisation which householders from all across professions and nations find most suitable to follow.

In 2018 Guruji was honoured with Acharya Chanakya Samman for his Spiritual Contribution to the mankind. In 2018 Guruji established Darpan Ashram in the foothills of Noorundumalai, Krishnagiri Tamilnadu.

Guruji has delivered more than 300 weekly Discourses on various spiritual queries.



About Darpan Ashram

Conceived and designed by Guruji, Darpan Ashram is a place where reasoning is encouraged and blind belief is replaced by inclining seekers towards seeking their highest potential by looking within. It is based on universal principle of offering pure food for body, mind, self and soul. Through various life style activities devised at ashram, all may imbibe this principle in their lives. Conditioned identities of religions, genders, race, ethnicities etc are obviously left behind as soon as one realises one's 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.



Our Programs

Sunday Satsangs

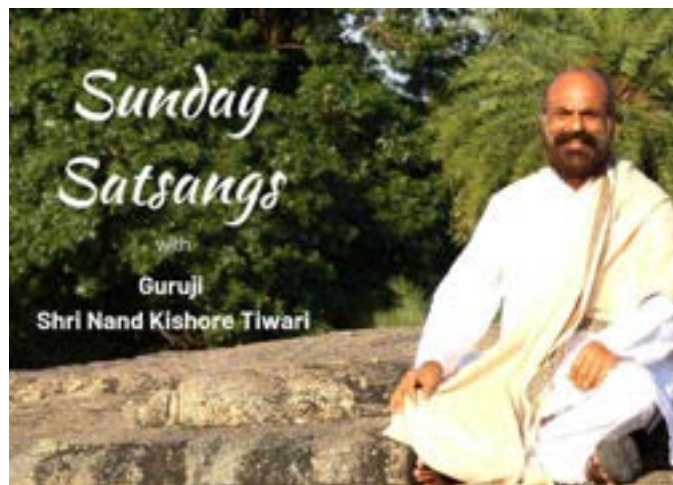
Satsang means “Being in company of truth”.

Satsangs are conducted at Guruji’s Bengaluru home every Sunday. Group meditation is followed by an hour of an interactive session with Guruji where seekers clarify their queries and deepen their experiences.

Door is open for all known and unknown seekers to sneak in the known Unknown Home.

Schedule: Every Sunday at 5:45 pm

Location: F2, Phase-2, Meenakshi Residency,
2nd Main Road, Arekere, Bengaluru



Ignite Self

A program designed to take you through an experiential journey of

(1) Understanding self. (2) Helping your mind to encourage self-transformation. (3) Understand meditation in its deeper sense. (4) Helping you to create a positive shift in the quality of life.

As an individual, people have various identities in their different aspects of life. When people live their daily life, its quality is affected by their thoughts, words and actions. If they are not in unison experiencing peace will be difficult. Through this program, we help people understand what drives their thoughts, words and actions and help them to bring in evenness in them.

This program introduces people to the need of Saadhana (practice). It is popularly perceived that saadhnaa is an act of propitiating some higher entity to the exclusion of all other mundane affairs.

Practically and basically, saadhana is a name given to heart-driven balanced efforts of any individual who is engaged in seeking meaning and trying to understand purpose of life.

We human beings have innate urge (original craving) to go beyond our social self. And, way to cross over beyond our social self (beyond doubt) goes through meditation that helps in self realization.



Volunteer with us

If you have a passion to contribute towards doing something for greater good, you can associate with us. Great changes are achieved by series of small sincere efforts brought together.

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New Delhi

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