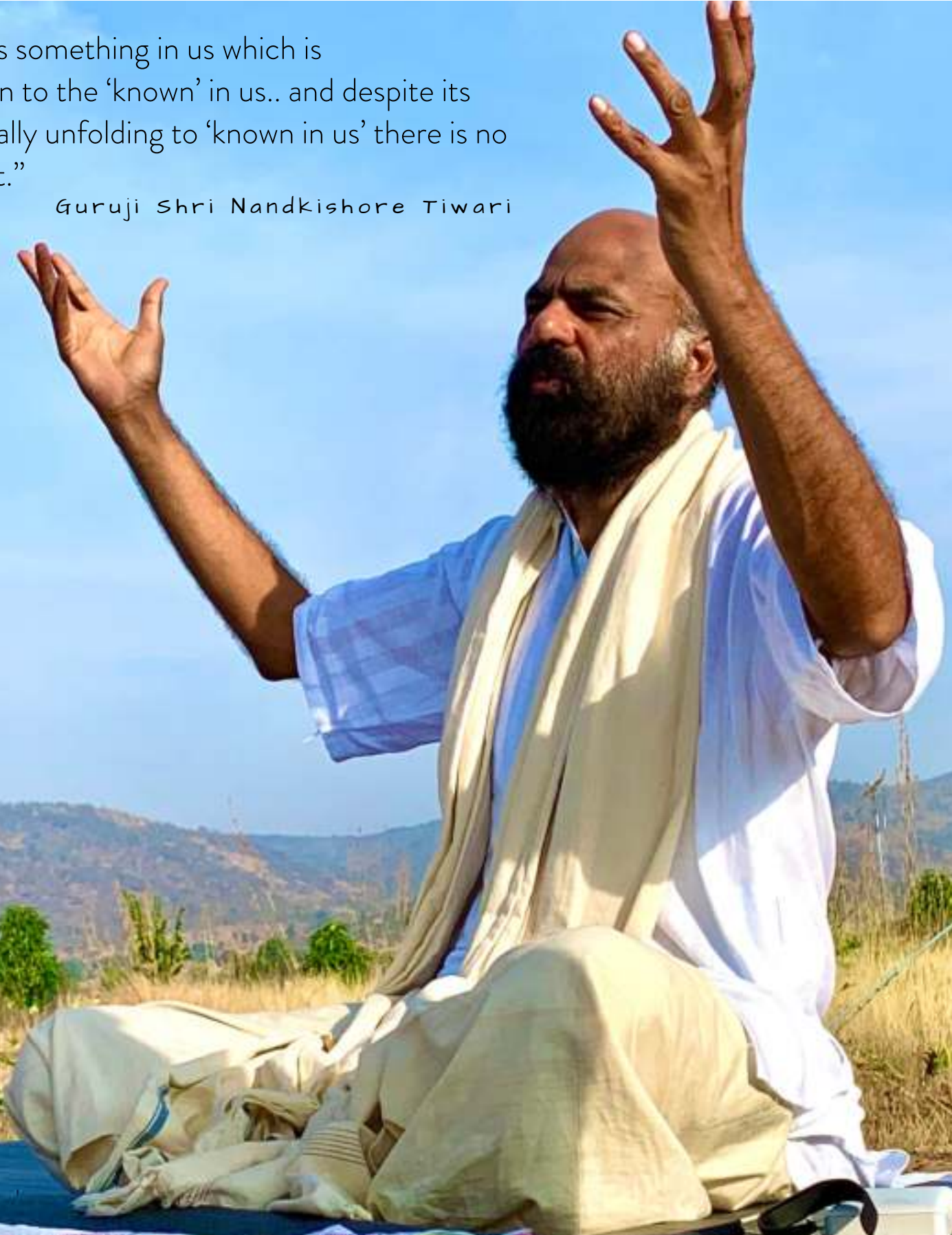


darpan vachani

A sneak peek into 2020-21 activities at Darpan

"There is something in us which is unknown to the 'known' in us.. and despite its perennially unfolding to 'known in us' there is no end to it."

Guruji Shri Nandkishore Tiwari



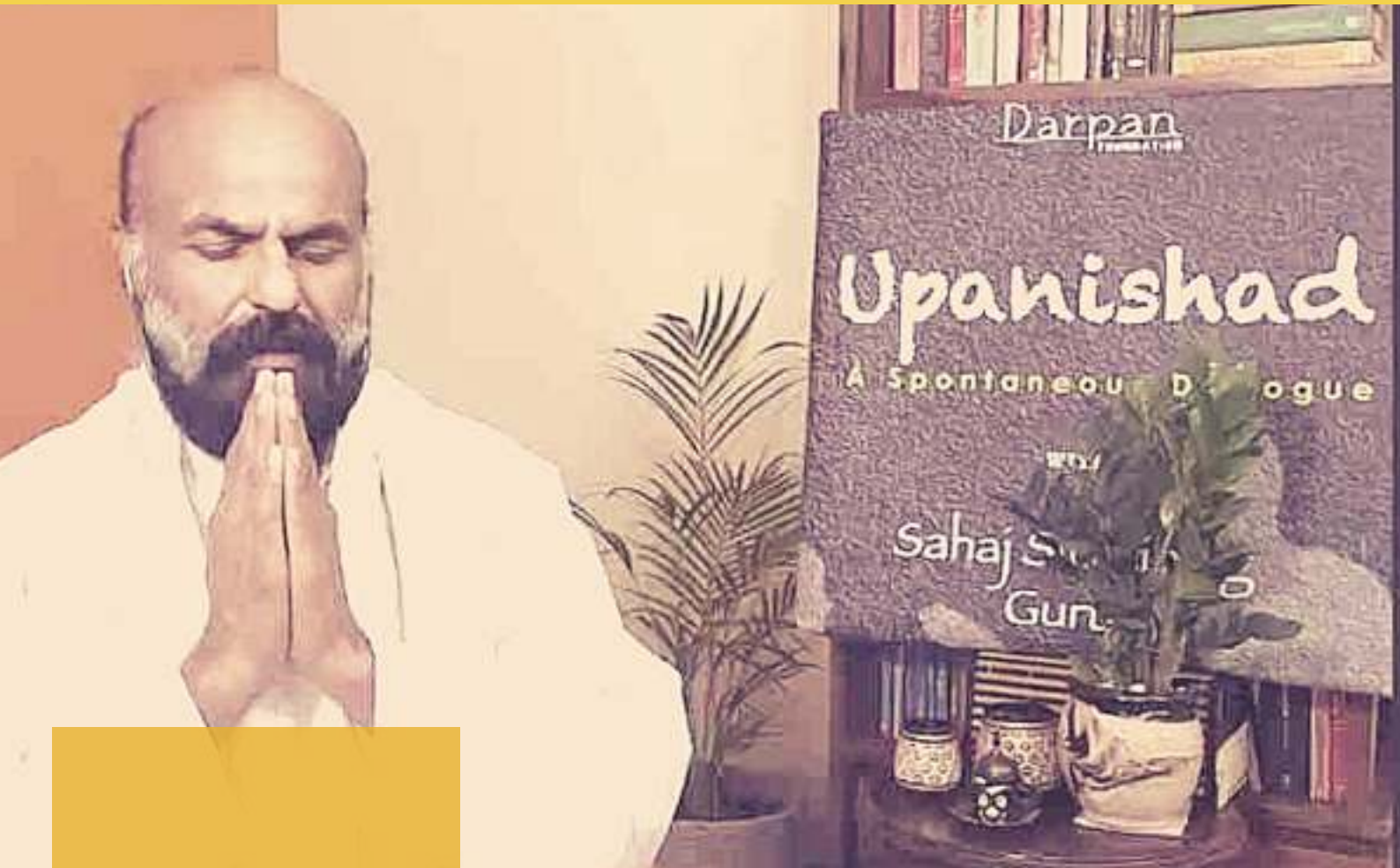
Foreword from Guruji

We human beings are best creation known to human beings in whole existence to the extent we as human beings have discovered existence so far. It's our consciousness, vision and character that makes us see ourselves as best creation. Our consciousness inspires us to choose to serve selflessly. Our vision gives us courage to seek help and cooperation from all others in the universal cause of helping all those who are in need of help. Our character enthuses us to love all unconditionally. Can we imagine to keep our happiness, common sense and humour intact without upholding aforesaid 'limited virtues'? Why limited?

Because, we all earthlings irrespective of our disciplines (e.g. astronomers, quantum physicists, spiritual seekers neuroscientists etc.) are humble enough to admit that we have not explored whole. Neither within nor without. Humility keeps our potential to know infinitely and discipleship keeps the possibility to realise the known.

Science and spirituality meet at this point of humility seamlessly. And, that is the very spirit blooming, flowering and fructifying in Darpan Ashram. Activities and initiatives undertaken by Darpan to change the way we live and see life is bound to make it an earth wide movement ushering in wellness and wellbeing of all. Many of you getting connected as volunteers every day, your selfless commitment is mirroring evidence of the movement in the making. This newsletter gives a glimpse.

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.*

INDIAN HERITAGE

New Year 2021 Special Upanishad - 01 Jan 2021



PADAMSHRI - KK MUHAMMED

FORMER REGIONAL DIRECTOR, ASI.

On the occasion of New Year, Darpan Foundation organised its 24th Upanishad online where Shri K.K. Muhammed, Padma Shri awardee and distinguished archaeologist, was in conversation with Guruji.

Guruji commenced the session by appreciating Muhammed ji on his vast knowledge and invaluable work that renders him a Karma Yogi. Guruji said that Karma is the ground where Bhakti & Gyaan meet and that Karma Yog relies on Truth. He added that by preserving the truth and what is beautiful creates the situations where human heart can experience the ultimate and that is the beauty of being human.

“—

“Sanskrit is very helpful for an archaeologists; it helps them to explore and excavate if they have basic knowledge of Sanskrit”

– KK Muhammed



"Real Self alone is capable of choosing truth.
Swa-dharma is living one's chosen truth through
one's life."

EXPLORING SWADHARMA

With Amish Tripathi | Columnist & Director, The Nehru Centre, London

Darpan Foundation organised its 23rd Upanishad online where acclaimed writer and Director of Nehru Centre, London, Shri Amish Tripathi, engaged Guruji Nandkishore Tiwari in conversation. The topic aptly selected by Amish ji was "Exploring Swadharma".

Guruji commenced the Upanishad by explaining various dimensions of Upanishadic tradition. Guruji stated that dialogue has limitations, our tools for dialogue are mind, intellect and word which are limited. With these, let us explore the unlimited, as much as possible.

Answering Amish ji's question on how to know one's Swadharma, Guruji enlightened the audience by explaining that Swadharma is one's Swabhaav itself and whatever is done in one's swabhaav will not incur any blemish. He further added that Swabhaav is essentially Adhyatma.

Watch the full Upanishad : <https://tinyurl.com/tfkuu9p>

The Shiva Trilogy was the fastest-selling book series in Indian publishing history, followed by the Ram Chandra series.



**the Shiva
Trilogy**

BY AMISH

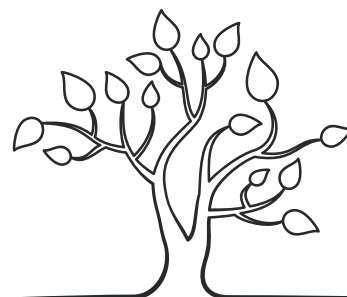


REAL VICTORY AND VIJAYADASHAMI

DR. MELISSA KAPOOR

On the occasion of Vijayadashami, 24th October 2020, Darpan Foundation organised its twenty second Upanishad (online) where Guruji Nandkishore Tiwari (Propounder Sahaj Smriti Yog) was in conversation with Scientist & CEO Dr. Melissa Kapoor. The topic was aptly named "Real Victory and Vijayadashami".

Guruji started the session by explaining the significance of the 8th day of Navaratri, i.e. Mahagaur and that Ma Gauri is known for her evenness. Answering the question from Dr. Melissa on women empowerment, Guruji said that one must see Divinity in the feminine form as women have more capacity to undergo pain, to forgive and they are also known for nurturing life. He added that one should value women for the divine values they uphold. Guruji also emphasized that a female frame is more suited to experience Divinity.



Online Zoom/YouTube Event: https://www.youtube.com/watch?v=o_I4lQr1kwQ

GANESHCHATURTHI SPECIAL AUG 22ND 2020

मेरी दृष्टि में वैश्विक मानव के १० प्रश्न

VIVEK AGNIHOTRI

On the occasion of Ganesh Chaturthi, Darpan Foundation organised its 19th Upanishad online where distinguished filmmaker and writer Shri Vivek Agnihotri engaged Guruji Nandakishore Tiwari in conversation. Topic was aptly named "Ten most relevant questions from contemporary enlightened individual."

Watch the full Upanishad
: https://youtu.be/qbd_qxaZkUE



TEACHER'S DAY SPECIAL

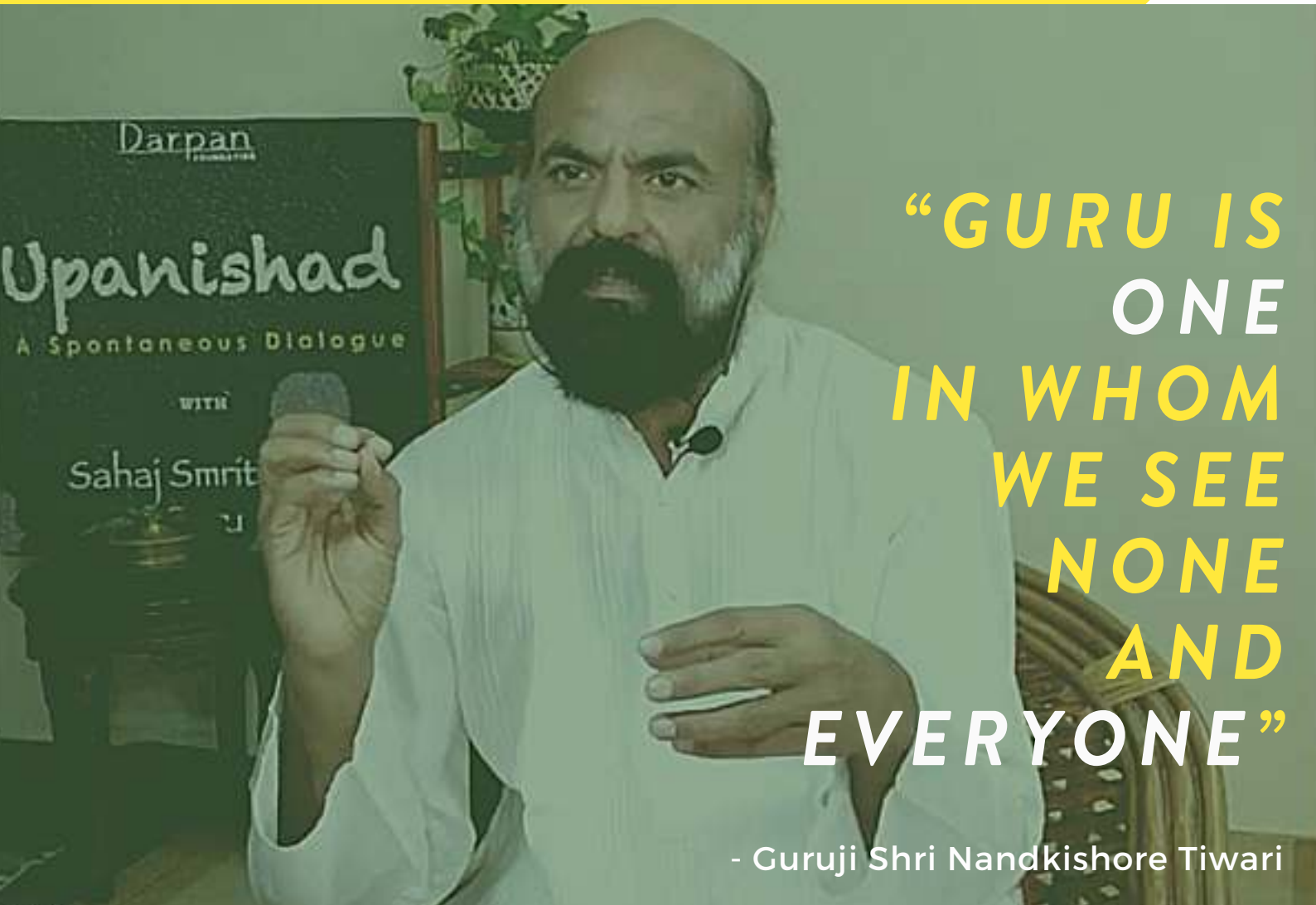
PRAFULLA KETKAR

On the occasion of Teacher's Day, Darpan Foundation organised its 20th Upanishad between Guruji Nandkishore Tiwari and Editor of Organiser Weekly Shri Prafulla Ketkar on topic of "Education, Environment and Empowerment". Elaborating on the 3 types of vidya as per Bharatiya tradition - avidya, vidya and paravidya, Guruji explained that ;

"Education through its avidya form becomes means of our material prosperity, through its vidya form it builds our character to uphold values and through its para-vidya aspect makes us embodiment of happiness, bliss and peace", says Guruji Shri Nandkishore Tiwari in the Teacher's Day special Upanishad hosted by Shri Prafulla Ketkar.

You can watch the entire Upanishad at
<https://youtu.be/6Gf5b0HSElg>





**“GURU IS
ONE
IN WHOM
WE SEE
NONE
AND
EVERYONE”**

- Guruji Shri Nandkishore Tiwari

GURU PURNIMA SPECIAL

With Dr. David Frawley
Founder, American Institute of Vedic Studies

On the auspicious day of #GuruPurnima, Darpan Foundation organised a Special online Upanishad on 5th July 2020 with Guruji Shri Nandkishore Tiwari, Propounder, Sahaj Smriti Yog system of self-realization and Dr. David Frawley, (Pandit Vamadeva Shastri), Founder, American Institute of Vedic Studies. Acharya Dr. David Frawley has written numerous books on topics spanning the Vedas, Yoga, Ayurveda, and Vedic astrology.

When Guruji and Acharya ji came together in conversation, it most definitely ushered in the light of wisdom. That Guru Purnima day most definitely became a therapeutic and spiritually liberating experience, uplifting our spirits further in braving the pandemic.



WORLD ENVIRONMENT DAY

SATHYA PRAKASH VARANASHI JI

"Our life becomes Yagna the moment we realize, it is Nature that sustains us, not the other way round."

-Guruji Shri Nandkishore Tiwari

The World Environment Day called for a revised human consciousness to our natural surroundings, in the absence of which, even the idea of sustainability is unsustainable.

Darpan Foundation organised online Upanishad on "Survival to Sustainability: Spiritual Dimensions" with Guruji Shri Nandkishore Tiwari and Eco Architect Prof. Sathya Prakash Varanashi ji.



ECOLOGY & SPIRITUALITY

ACTOR KISHORE KUMAR

Darpan Foundation's online Upanishad "Ecology and Spirituality" was held on Saturday 13th June 2020 with Guruji Shri Nandkishore Tiwari (Propounder Sahaj Smriti Yog) and Shri Kishore Kumar ji (Actor, Natural farmer and Eco activist). The Upanishad was inspiring and illustrative of how people can transform their own lives and that of others by taking charge of themselves and making choices that lead them to living in tune with nature.



Darpan Foundation's zoom Upanishad "Can Volunteering be a Spiritual Sadhana?" held on Saturday 18th April 2020 with Guruji Shri Nandkishore Tiwari (Propounder: Sahaj Smriti Yog) and hosted by Shri Venkatesh Murthy, Founder Director of Youth for Seva.

This Upanishad traversed how Volunteerism strongly correlates with Spirituality.



Shri Venkatesh Murthy
Founder Director of Youth for Seva (YFS)



Dr Rajdeep Manwani
JAIN UNIVERSITY

Education – A Paradigm Shift - Dr Rajdeep Manwani
Apr 25

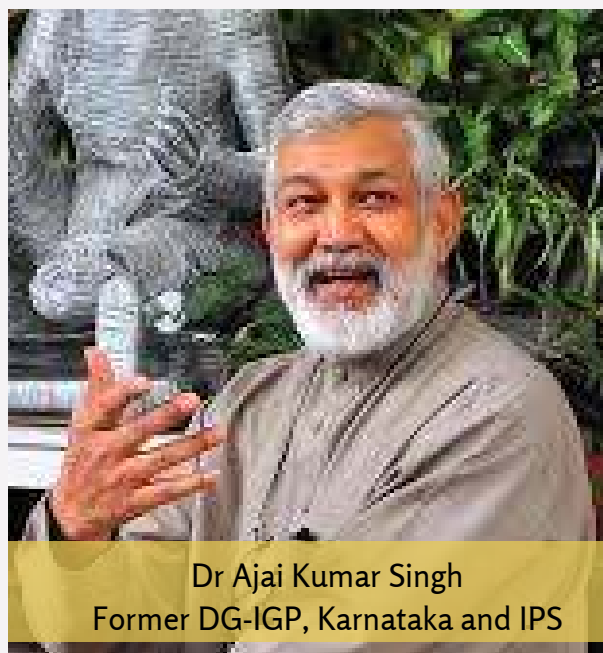
Dr. Rajdeep Manwani, Coordinator, Dept. of
Commerce at Jain University
topic "Teacher Student Relationship – A Paradigm
Shift"

As parents, teachers and students, education impacts us most. And, knowing nature, quality and importance of teacher-student relationship is to know the nature, quality and importance of education. And, Education shapes life so it's verily knowing nature, quality and importance of life itself.

"यथार्थ की चेतना और चेतना का यथार्थ"

On the occasion of Gandhi Jayanti, Darpan Foundation conducted its 21st Upanishad (online) with Guruji Nandkishore Tiwari and former DG-IGP Karnataka, Dr. Ajai Kumar Singh (IPS).

Guruji commenced the session by explaining the aim of Upanishad series - to establish the purity and sanctity of Sanatan Guru Parampara and along with that, revive the tradition of asking questions which has been in our country for eons. Guruji also said that real questions lead us towards universal well-being.



Dr Ajai Kumar Singh
Former DG-IGP, Karnataka and IPS

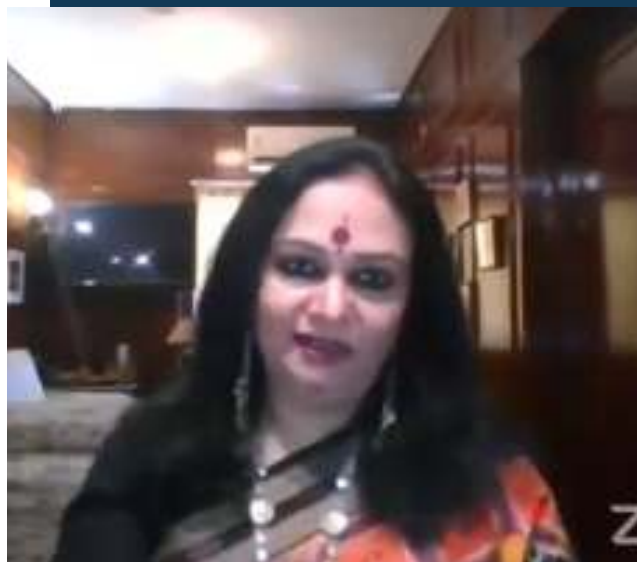
The relation between Art and Spirituality

Upanishad - 16 May '2020

Darpan Foundation's zoom Upanishad "The relation between Art and Spirituality" held on Saturday, 16th May 2020 was an extremely insightful one where Guruji Shri Nandkishore Tiwari and Padma Shri Awardee artiste Prathibha Prahlad ji beautifully unravelled the interconnectedness between Art and Spirituality.

The conversation ignited many questions among the audience and each question was addressed beautifully and thoroughly.

<https://www.facebook.com/darpanmirroringlife/videos/628269201102000>



PRATHIBHA PRAHLAD

(177) Art & Spirituality | Padma Shri Prathibha Prahlad in Upanishad with Guruji [2020] - YouTube



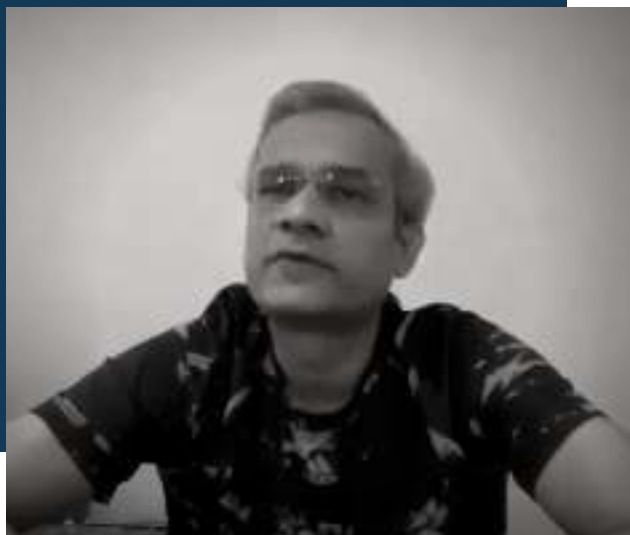
Role of Unknown

Upanishad - 11 April '2020

Darpan Foundation's zoom Upanishad "Role of the Unknown" was held on Saturday 11th April 2020 with Guruji Shri Nandkishore Tiwari (Propounder: Sahaj Smriti Yog) and hosted by Shri Pankaj Rai (a management professional with over 25 years of experience).

This Upanishad examined the ambivalent relationship we have with the unknown and the conversation was very thought provoking and engaging.

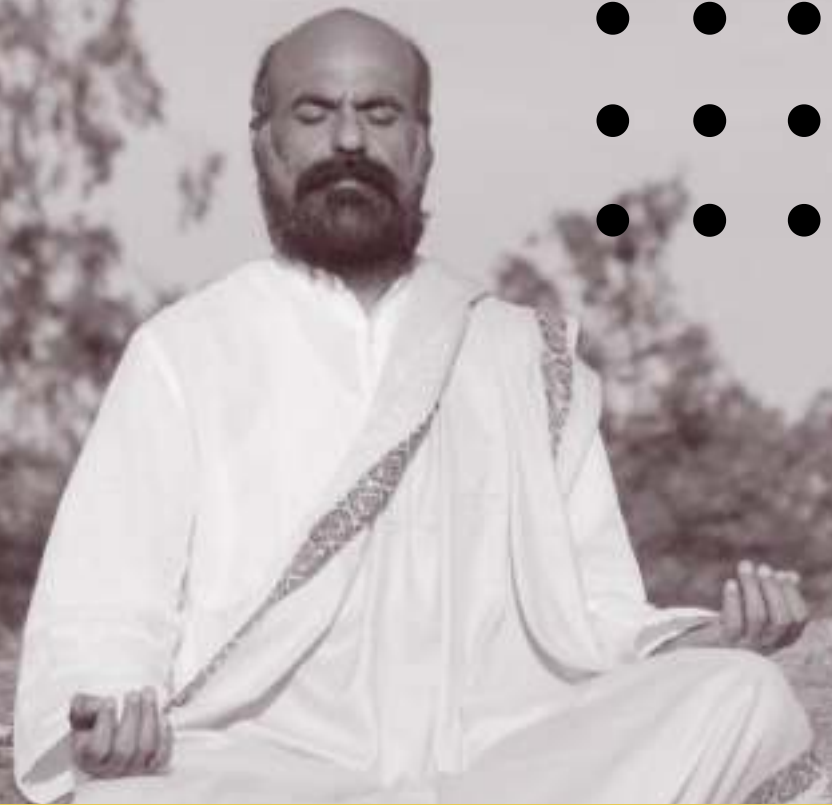
<https://youtu.be/WhrrUhDKpfY>



PANKAJ RAI



***"Real
value of
life is
realised
through
yoga"***

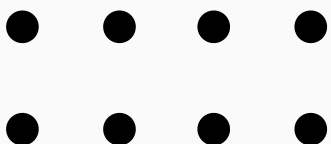


INTERNATIONAL YOGA DAY

21st June is International Day of Yoga and every year, the month of June is celebrated by Darpan Foundation via Conversations and Workshops to encourage Rejuvenation of our Environment.

“Yoga” essentially is the union of Individual consciousness with Universal consciousness and such a union empowers one to live a virtuous life with mindfulness and compassion.

Darpan Foundation organises conversation series called Sahaj Samvad with Guruji Shri Nandkishore Tiwari wherein you have the unique opportunity of conversing with Guruji and having your “real” questions answered by Guruji himself.



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.

A STEP TOWARDS SUSTAINABILITY

Natural farming at Darpan ashram

- Promote sustainable farming practices by creating prototypes at ashram
- Utilise the natural harmony amongst various species
- Multi-cropping - Peanuts, Toor Dal, Castor, cowpea, til and Avarakkai (Broad beans)
- Gau krishi - integrating the Indian native gau in agriculture through usage of Jeevamritha, bijamrita etc
- Desi cow

Guruji relived his childhood days being behind the plough (Figures 3).



VARIOUS CROPS @ASHRAM

This year saw a bountiful harvest of :

- Horse gram (Hurali)
- Little millet (Saamai)
- Cowpea (Alasande)
- Peanuts (Kadale Kai)
- Til (Ellu)
- Green gram (Hesaru Kalu)
- Avarekkai
- Castor (Haral)
- Turmeric (Arishina)

With the remarkable harvest of horse gram, there was sufficient fodder left for our much loved ashram cow Saraswati and her mischievous daughter Ganga. The hay from little millet has been preserved to make the thatched roof for the in-progress Dhyana mantap. This is being constructed completely with locally sourced eco-friendly materials and local labour.

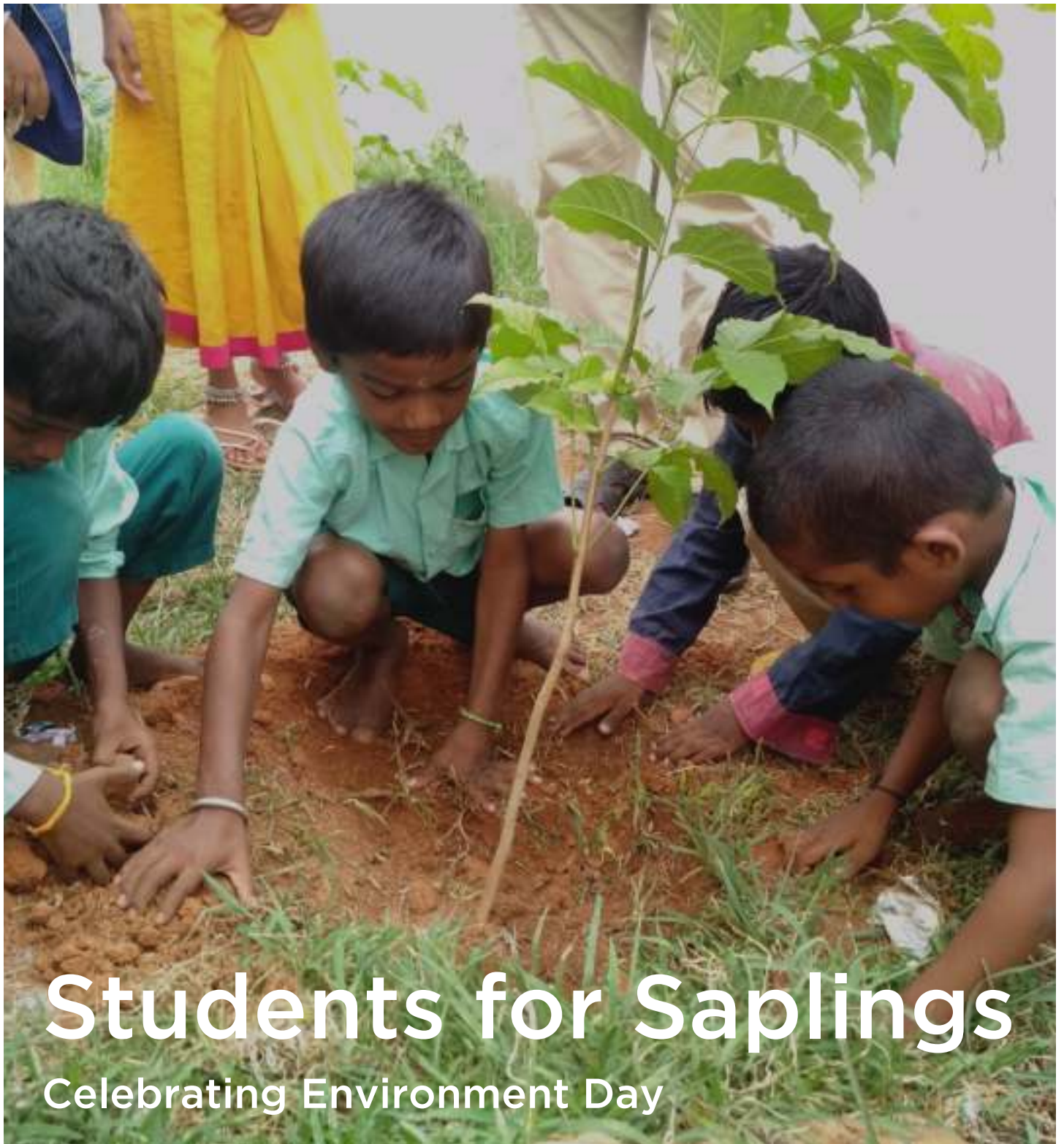


Multicropping

In order to promote multicropping and utilize the natural harmony present amongst diverse plant species in nature, Darpan Ashram has grown diverse varieties of vegetables completely the natural way without the use of a single drop of harmful chemical-based fertilisers and pesticides.



Rain water Harvesting - Pond



Students for Saplings

Celebrating Environment Day

Go the green way

- 1 Students showing us the way
- 2 Reconnecting to our roots

Nurturing Nature

Ecological restoration by planting right species of appropriate diversity at the right time.



Children from the Government Primary Schools located in the villages of Mattiyur, Bilikal, Athinatham, Panchalthunai and Pandurangandoddi joined us to make a determined effort to make a difference to life on Earth.

With the help of their teachers, they planted the tree saplings provided by Darpan Foundation and have been nurturing these saplings.



Annadaanam



Aligning with Guruji's vision for providing pure food for body, daily Annadaanam at Darpan Ashram provides freshly cooked, nutritious food to the villagers working at ashram as well as visitors.



“

Gowramma, a daily wager working at Darpan Ashram, going beyond her prescribed work, she often contributes her time and skills in cooking and cleaning. With extraordinary large-hearted generosity, she regularly donates provisions for Annadana at ashram.





A gathering of around 150 villagers, predominantly women, visited the Ashram and were spellbound listening to Guruji. Guruji asked them to consider Darpan Ashram as their very own and to consider Guruji as the newest member of their family. Guruji explained that the ashram is there for the villagers and they should treat it as a place which would open up solutions for them.

The villagers felt at home, had lunch with reverence considering it as prasadam. Before leaving, they met with Guruji sharing their joy at having found a place where they are always welcome.



Spontaneous visit by 200+ villagers

Villagers interact with Guruji



Visit by Villagers

More than 200 happy villagers visited Darpan Ashram, met Guruji and learnt about Guruji's vision and the activities undertaken by Darpan Ashram to improve quality of life for all.



Guruji welcomed them and explained to them that together, with dialogue, we can make steady progress and improve the overall well-being in the surrounding villages.



“

DARPAN FOUNDATION, THROUGH ITS MULTI-PRONGED INITIATIVES SPANNING ACROSS EDUCATION, NATURAL FARMING, SKILL DEVELOPMENT, PROVIDING LIVELIHOOD, ENVIRONMENTAL REJUVENATION, HAS BEEN STEADILY WORKING TO MAKE A DIFFERENCE IN THE LIVES OF VILLAGERS STAYING AROUND DARPAN ASHRAM.





URIGAM VILLAGE TREE PLANTING

As a part of Kshetra Darpan- Darpan Foundation's Centre for Natural Farming, Environment Conservation and Rejuvenation, the Tree Planting initiative was flagged off where children, village youth, women and MNREGA workers gathered, determined to make a difference to life on Earth.



Glimpses



VIDYA DARPAN



Vidya Darpan

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*



1500+ **STUDENTS**



SCHOOLS **15+**



12,000+ **LEARNING HOURS**



VILLAGES

42+

AND COUNTING



TOUCHING KID'S LIVES

Bridging the Gap during Covid Times

Darpan Foundation under the Mentor-a-Million initiative has endeavoured to bridge the gap in learning. Even during these challenging times where Covid-19 has put unexpected pause in the lives of children, Darpan Foundation has been at the forefront of providing education to these under-served children





Mentor-a-Million

Right Education for Young Minds

Enabled the students of 15 government schools in Karnataka & Tamil Nadu to continue their education during the pandemic when schools were shut.

Conscientiously curated subject content is distributed on a regular basis as videos and notes

Assignments are regularly sent to assess the child's understanding of the concepts

Local unemployed youth appointed by Darpan assisted with the distribution of worksheets and study materials.

Content in Tamil and Kannada was curated exclusively by Darpan's team of volunteers.

Regular offline classes were conducted by the teachers appointed by Darpan Foundation in various schools.



VIDYAGAMA

Help continue Education during Corona





Offline Classes



LIFE RAY & DARPAN



BRIDGING THE DIGITAL-DIVIDE

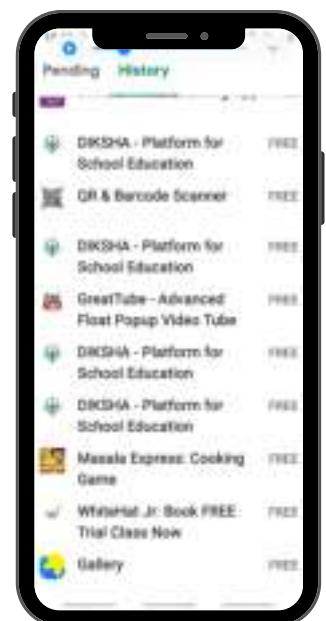
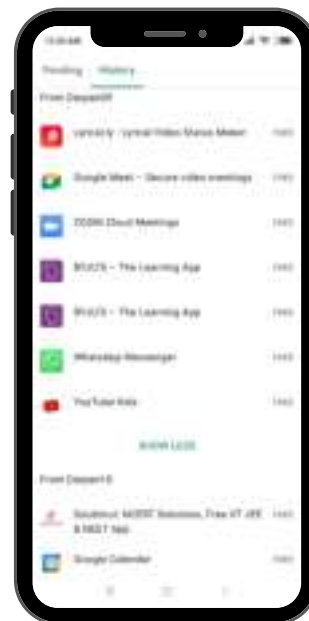
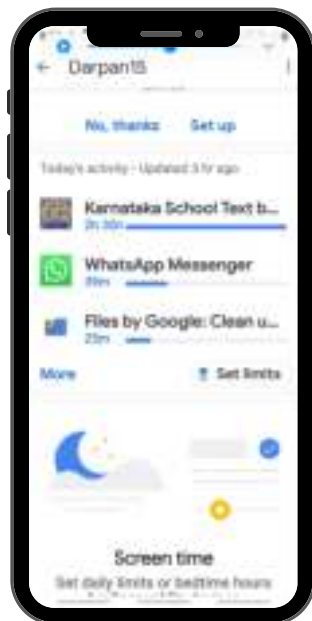
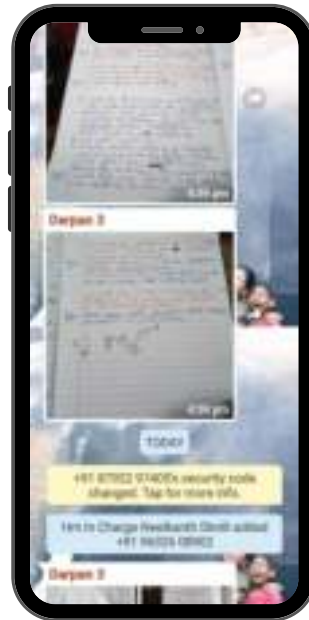
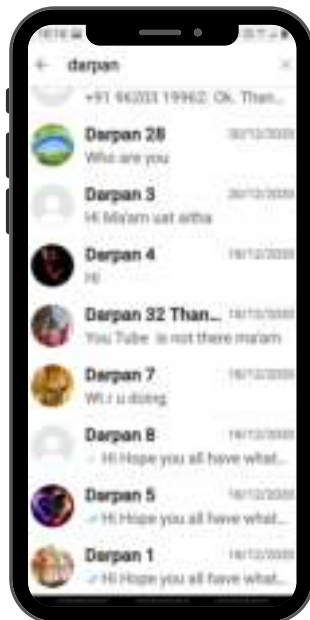
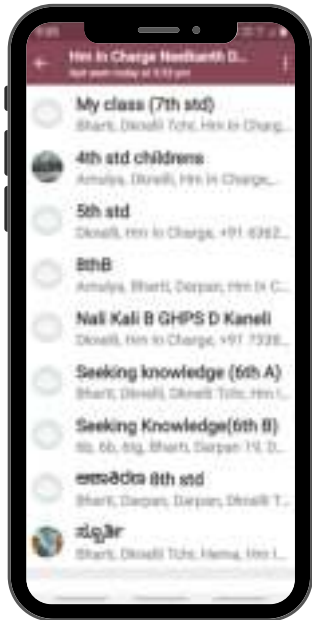
Darpan Foundation in association with Liferay India distributed devices to the high school students of Government Higher Primary School, Doddakannelli.

In his address the founder of Darpan Foundation, Guruji Shri Nandkishore Tiwari spoke about the need for continuity of education and how many generous spirited individuals along with volunteers and the administration have come together to create this continuity in their education.





DIGITAL LEARNING





COACHING FOR NATIONAL MEANS AND MERIT SCHOLARSHIP (NMMS)

NMMS is one of the early scholarship programs available to students of middle/high school. Four students of the school were nominated for this scholarship. Darpan Foundation was involved in every aspect of this scholarship examination.

All four students did exceedingly well in the NMMS exam. One among the four students missed the GMAT score just by one mark. For Darpan Foundation, all four students are winners and this was the beginning of their journey.



YOUTH FOR SEVA & DARPAN



DIWALI GIFTS

As part of Joy of Giving, Darpan Foundation in collaboration with Youth for Seva distributed toys and learning aids at Primary school in Birenapalli, Tamil Nadu. This was based on the aspirational wish list from the children. Birenapalli school is one among the several government schools supported



TShirt Distribution





FURNITURE DISTRIBUTION

Colourful & child-friendly furniture was given to the little tots of Malahalli Primary School in association with Liferay



DISTRIBUTION DRIVE



TEACHERS DAY SPECIAL



“
Darpan Foundation felicitated
teachers on Teachers Day

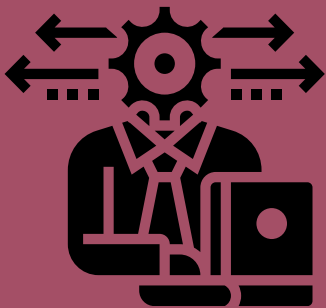
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COVID CARE AT SCHOOLS



KAUSHAL DARPAN



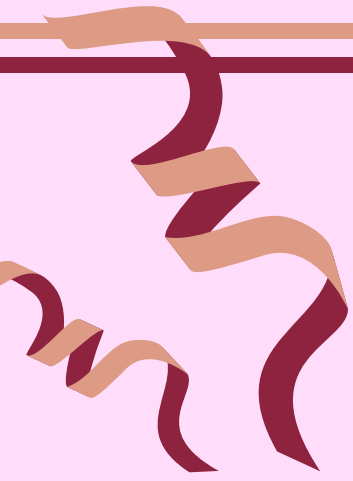
Provide skill development to the villagers and give them means to livelihood in the village itself, thereby preventing their migration to cities.

“If your village learns to live better, then the compulsion of leaving for cities to earn a livelihood will leave your village”

- Guruji



Reviving traditional eco-friendly construction using locally sourced materials & local artisans

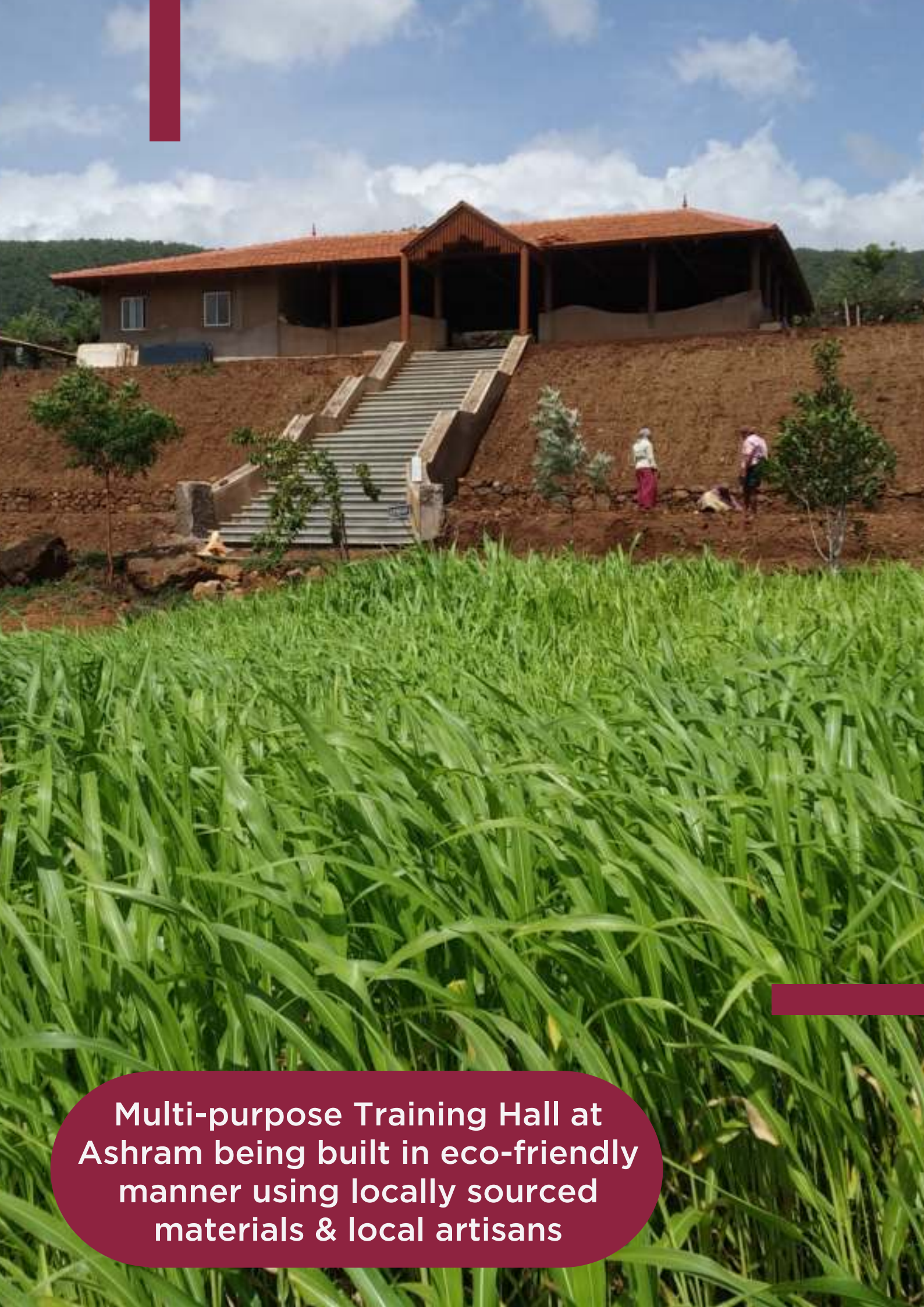


DHYAAN MANTAP

The Dhyaan Mantap at Darpan Ashram is being built using traditional construction methodologies using locally available stones, bamboo.

Coconut leaves & grass are being used for the thatch roof.





**Multi-purpose Training Hall at
Ashram being built in eco-friendly
manner using locally sourced
materials & local artisans**



MULTI-PURPOSE TRAINING HALL

The multi-purpose training hall is built with the tonnes of rocks at Ashram with minimal use of cement. The villagers not only learnt a new skill but were happy how they could use a natural resource lying around them to construct beautiful spaces. And all this while providing them jobs & a meaningful way of livelihood in their village itself





Natural Stone Wall Making!

SUSTAINABLE CONSTRUCTION

Using local materials is a cornerstone of sustainable construction and we found innovative ways of using the tonnes of rocks there. Right from building the boundary wall and gathering spaces around the few existing trees, local villagers were trained to work with the rocks.





HANDMADE NATURAL SOAP

We are living in a world where artificial is valued more than the natural. Darpan Foundation aims to revive the use of natural products for personal hygiene.

Darpan's Natural handmade soaps are

- made with pure ingredients that are skin-friendly and nature-friendly
- Creative & customized with minimalist packaging using recycled materials



Clay Ganesha Workshop

It is very difficult to put into words the joy one experiences when we sit together as a family, use our own hands and put all our bhakti (devotion) into creating our own Ganesha. We, at Darpan Foundation), are happy to have provided this opportunity to 80+ families.

The Clay Seed Ganesha workshop designed by us to experience the joy of making your own Ganesha went online this year. Guruji Shri Nandkishore Tiwari's special address followed by the puppet show at the start that narrated lesser known stories from Ganesha's life provided the perfect start to the event and was a super-hit with kids and adults.

Able guided by our core team member and expert artist Ranjani Ramesh, it was gratifying to see families come together and create their own unique Ganeshas from scratch and beautifully decorating them with seeds and pulses.

The overwhelming positive response from the participants with kids refusing to log off well after the event was over, made all the many days of effort well worth it.



GLIMPSES





Waste Upskilling workshop for Doddakanelli Govt School

Darpan Foundation conducted separate online workshops on the theme Best out of Waste for the students of classes 6, 7 & 8.

Keeping in mind the absence of collective school activities during lockdown, the objective of this workshop is to bring the children together for co-curricular activities that is fun and at the same time there is learning of new skills.



Through such workshops, we are looking at nurturing the entrepreneurial spirit in these young minds.



**Learning to
utilize our
creativity to
recycle
materials is a
great way to
take care of
our Earth.**



CREATIVITY UNLEASHED

It was heartening to see the enthusiasm and excitement of the children as they crafted their own beautiful artifacts from newspaper. After the session, the kids started posting pictures of the beautiful crafts they made using their newly learnt skills like a magnificent paper peacock, paper garlands, wardrobe with paper boxes, roses, paper frogs, aeroplanes etc. Not only did they send photos of these, but also short videos showcasing their products.



KOKEDAMA

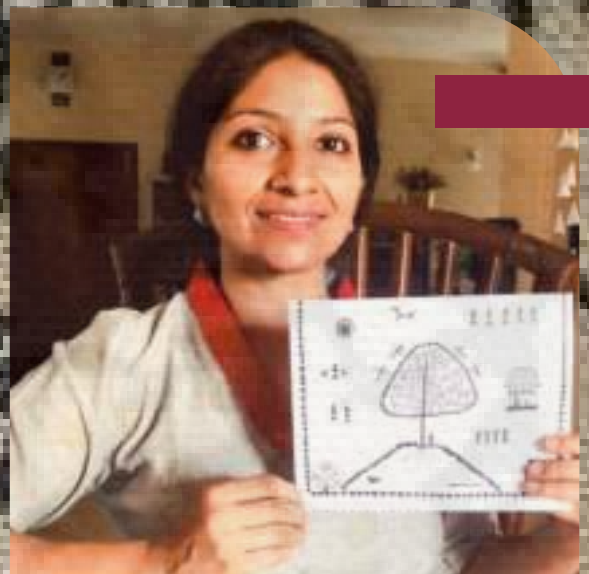
In line with the World Environment Month celebration, Darpan Foundation organised a series of workshops to encourage Sustainable Living. Kokedama workshop was the first of the 3 workshops organised where participants learnt the Japanese art of container-free gardening.



Simply Arty–Warli Workshop

THE TREE OF LIFE

The Tree of Life is an ancient mystical symbol appearing in various cultures around the World including India. Since this art form is centred around Mother Nature, the enthusiastic participants in this workshop learnt how this tribal art symbolizes harmony in nature, simplicity, continuation and immortality.



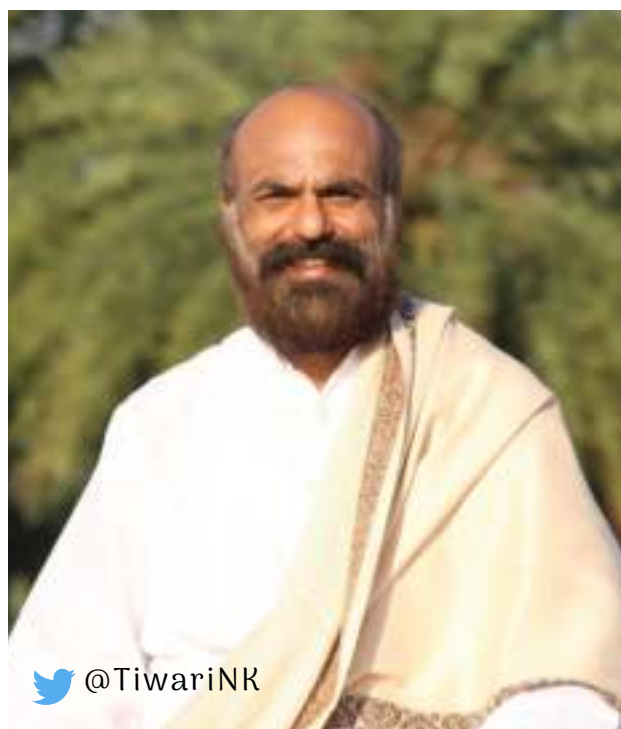
Our Guruji

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.



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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