



Swami Ramchandra Das - Nepal

Sri Aurobindo Yoga Mandir

Yogi, Founder of the Sri Aurobindo Yoga Mandir (SAYM).

Born in a small remote village in the Himalayas, he spent many months in the mountains, alone with the cows, from the age of 7, despite the tigers, leopards and incessant rain in the summer. At the age of 12, he decides to leave everything: his family, his village, his mountains and his country. He left on foot, without saying anything, with a few young men to reach India. There, he thinks that he can earn money. He wants to help his parents and his family. From one adventure to another, he became a soldier at the age of 12 and a half, then a mendicant monk at 15 and a yogi at 21.

Returning to his native country after 20 years, he founded the SAYM and a first ashram-school. The community welcomes children from the most disadvantaged backgrounds in Nepal, free of charge, from kindergarten to university and beyond. It develops a holistic education based on integral yoga, the joy of serving and working for others, the community and the world.

Each child, at his or her own pace, discovers little by little what motivates him or her and what he or she wishes to dedicate his or her life to.

Integral Education

«All life is yoga».

Yoga is fundamentally a discipline for living that encompasses all the dimensions of the human being and of daily life. Far more than a physical activity, it invites us to experience every action as a profound, regenerative, unifying, multidimensional and spiritual act, whatever that act may be.

It is on this basis that Ramchandra has been educating the children of SAYM for 30 years, a practical education, anchored in everyday life, which touches on all situations of everyday life, including school... an education founded on sincerity, coherence, depth, self-giving and simplicity of being, following the example of Ramchandra Das.

“Delivered to myself and to the Divine since my childhood, my life has been an uninterrupted series of trials, experiences and various initiations, sometimes extreme, sometimes extraordinary and magical, which have gradually forged this incredible adventure of an educational ashram essentially made up of children and young people, a true school of Joy and Self-giving.”

Swami Ramchandra Das related links:

- IDEC:
- IDEC 2023 YouTube Channel: <https://www.youtube.com/@IDEC-2023>
 - Web IDEC 2020 YouTube Channel: <https://www.youtube.com/@webidec2020>
 - Web Site: <https://www.idecnepal.org>
 - Program Web Site: <https://program.idecnepal.org>
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