



Security Services Wing
RERF, Gyan Sarovar, Mount Abu (Raj), E-mail: ssw.rerf@gmail.com
Celebrating 25 years of Dedicated Service to the Nation – 2001 to 2025

SSW/ 2025/ORC

Date: 5th Aug 25

To

Sh Piyush Anand Ji, IPS
Director General, NDRF
6th Floor, NDCC-II Building, Jai Singh Road,
New Delhi – 110001, Email id - dg.ndrf@nic.in

**CORDIAL INVITATION FOR NATIONAL DIALOGUE ON “SELF EMPOWERMENT FOR
MANAGING CHALLENGES” ARRANGED AT OUR ACADEMY NAMED ORC, DIST
GURUGRAM FROM 14 TO 16 NOV 2025 AS OUR SPL GUEST OF HONOUR & REQUEST FOR
NOMINATION
(INAUGURAL FUNCTION ON 14 NOV AT 1800 HRS)**

Respected Sir,

Please Accept Greetings of Peace.

1. The Security Services Wing (SSW) of Rajyoga Education & Research Foundation (RERF) is located at Gyan Sarovar Academy Mount Abu and conducts programs for **Armed Forces, CPOs & State Police Forces**. The courses are aimed at inducing co-relation between Management Science and Spirituality so as to empower the participants internally to cope with stressful situations and enhance their performance for optimal potential realization.
2. Since 2001, the Security Services Wing (SSW) of RERF has been organizing various programs at our Academy as well as at field formations to Enhance Efficiency & Achieve Excellent Performance. **More than 3 lakh troops and about 13000 officers have taken benefit of our programs**. We are also proud to have conducted several programs over the years for all NDRF Bns & Academy. The yeoman service being done by SSW for Security personnel has also found appreciation from MHA and MoD, GOI. On the 25th year of SSW, we were honored to have Honorable Home Minister Sh Amit Shah Ji as Chief Guest for the Inaugural Function of the Annual 4 days Dialogue on 17 Apr 25 at our Abu HQ & Honorable Defence Minister Sh Rajnath Singh Ji as Chief Guest for the Valedictory Function on 21 Apr 25. The Defence Minister also launched a yearlong campaign for the mental wellbeing of our Security Forces Personnel.
3. **We are organizing our next residential program for Officers of Armed Forces, CPOs & State Police Forces on “Self Empowerment for Managing Challenges” from 14 to 16 Nov 2025 at our Academy named Om Shanti Retreat Centre, located on NH 8, near Bilaspur Chowk, Patoudi Road, Dist Gurugram (Pgme Brochure enclosed). A parallel program is also being organised for Inspectors/ORs of Security Forces on the same dates. The medium of programs is mixed Hindi & English.**

4. Some of the topics included in the program are as follows: -

- | | |
|-----------------------------|------------------------------------|
| (a) Self-Empowerment | (b) Mastering the Mind |
| (c) Science of Meditation | (d) Self Concept & Decision Making |
| (e) Harmonious Relationship | (f) Sleep Management |
| (g) Art of Happy Living | (h) Managing Challenges |

5. The participants will be provided Boarding/ Lodging facilities at the Academy Complex. The traveling expenses will however be borne by the participants. As the aim of the program is to internally strengthen our security forces, the courses are not designed on commercial lines and hence **we don't charge any course fee**. Pure vegetarian food will be served during stay at the academy. Participants are requested to refrain from smoking & drinking to maintain the serenity of the complex. The participants should bring a track suit for morning yoga and may wear informal dress during other classes. The participants should also bring one pair of uniform for the Group Photo and the Inaugural/ Valedictory session. The participants can reach by 1030 hrs on 14 Nov 2025 & leave by 1500 hrs on 16 Nov 2025. **Voluntary contribution as per individual choice is accepted** towards partially offsetting the expenditure towards Lodging and food.

Registration links (for planning accommodation & food arrangements) –
www.bkssw.com/registration

6. **We extend our heartiest invitation for your good self to join us as our Spl Guest of Honour for the National Dialogue on "Self Empowerment for Managing Challenges". The Inaugural Function is planned on 14 Nov 25 at 1800 hrs.**

7. **Your good self is also requested to nominate about 06 Officers & 12 SOs to attend the National Dialogue from 14 to 16 Nov 2025 at our Academy named ORC.**

With Warm Regards,

Sincerely Yours,



(Ashok Gaba) Sqn Ldr (Retd)
Chairperson, SSW

Encl: As Above

Note – Point of Contacts for coordination –
BK Sarika Behn, Delhi (Mob No – 9711688704)
BK Deepak, Mt Abu (Mob Nos – 7014986570, 9414330967).



Ideally located on Pataudi Road, Dist. Gurugram, Delhi NCR, it is a sprawling 30 acres complex built in peaceful and serene surroundings. The centre aims at developing a holistic personality of individuals by empowering them to inculcate higher order values of life.

Experiencing & Learning Rajyoga Meditation

Rajyoga Meditation enhances self-awareness by connecting the mind with inner peace and clarity. It helps unlock positivity and inner strength leading to stronger character, improved attitude, a more balanced & purposeful life.



PROGRAM SCHEDULE

14 Nov 2025 (Friday)

- 1000 - 1100 hrs - Registration & Tea
- 1100 - 1145 hrs - Reception Session
- 1145 - 1300 hrs - Session - Managing Challenges
- 1630 - 1730 hrs - Session - Self Empowerment
- 1800 - 2000 hrs - Inaugural Session
- 2100 - 2135 hrs - Who am I

15 Nov 2025 (Saturday)

- 0700 - 0815 hrs - Session - Concept of Supreme
- 0930 - 1045 hrs - Session - Mental Health & Well Being
- 1115 - 1230 hrs - Session - Harmonious Relationship
- 1230 - 1300 hrs - Experiencing Inner Peace
- 1630 - 1730 hrs - Session - Sleep Management
- 1800 - 1900 hrs - Session - Art of Happy Living
- 1900 - 2000 hrs - Meditation Techniques & Experience
- 2045 - 2145 hrs - Cultural Program

16 Nov 2025 (Sunday)

- 0700 - 0815 hrs - Session - Prayers & Bhajans
- 1030 - 1145 hrs - Session - Inspiring Stories
- 1200 - 1330 hrs - Experiencing the Power of Mind



Sen Ldr Ashok Gaba (Retd)
CHAIRPERSON



BIC Shikha
SPEAKER



Col BC Sati (Retd)
NATIONAL COORDINATOR

Watch Awakening & Power of Mind Channel for informative & training Programs

National Dialogue on Self Empowerment for Managing Challenges

for Security Forces' Personnel

14 to 16 Nov 2025 (Friday - Sunday)

Venue - Om Shanti Retreat Centre (ORC)
Bilaspur Chowk, Pataudi Road Dist -Gurugram, Delhi NCR

BK Shivani
Inspirational Speaker



9711688704, 9414330967
9958816163, 9414154611

Email - ssw.erf@gmail.com

Website - www.bkssw.com



Organizers:
Security Services Wing
Rajyoga Education & Research Foundation



Register here
www.bkssw.com/orc25



Security Services Wing (SSW)

- Established in 2001 at Gyan Sarovar Academy, Mount Abu.
- Fostering Internal Strength, Resilience & Leadership in Security Personnel through tailored programs & initiatives.
- 25 years of selfless service, reflects a remarkable journey of dedication, growth, and impact. From a small initiative to a nationwide movement, it continues to uplift and empower security forces across India.

Self Empowerment Dialogue

- SSW is organising a National Dialogue on "Self Empowerment for Managing Challenges" from 14-16 Nov 2025 for Security Forces' Personnel and Defence Civilians at Omshanti Retreat Centre, Dist Gurugram.
- Dialogue emphasises to empower security forces with practical tools for effective leadership & managing challenges.
- Focus on self-empowerment to build confidence, resilience, and decision-making skills.



Union Home Minister Shri Amit Shah Inaugurates SSW Silver Jubilee program on 'Self-Empowerment through Inner Awakening' for security forces personnel at BK HQ, Abu, Rajasthan on 17 April 25



MOU signed between the ECHS & SSW and also Launching of Nationwide "Mental Wellness" Campaign for Security Personnel by Shri Rajnath Singh Ji, Hon'ble Defence Minister at BK HQ, Abu on 21 April 25

- Parallel program for Senior Officers & JCOs of Military, Para Military & Security Forces including Defence Civilians



SSW Team with Hon'ble President of India Smt. Droupadi Murmu at Rashtrapati Bhawan, New Delhi on 29 Aug 23

25 YEARS OF DEDICATED SERVICE



Achievement / Highlights



Session by BK Shivan for Senior Leadership & Staff at NHQ as part of 60-Day Resilience Prog of Navy on 07 Jan 25



SSW Sr Vice Chairperson Dr Shukla Didi with Gen Upendra Dwivedi, COAS on 16 Aug 24

Field Engagement

Regular field programs and special projects for Armed Forces, CAPFs, and State Police since 2001.

Campaign

Organized 8 nationwide car rallies under "Azadi ka Amrit Mahotsav," impacting 1.5 lakh security personnel through 275+ programs—and counting.

Mental Well-Being

MoU with the Defence Ministry by SSW for promoting holistic mental health in polyclinics, reducing reliance on medication.

Annual Dialogues

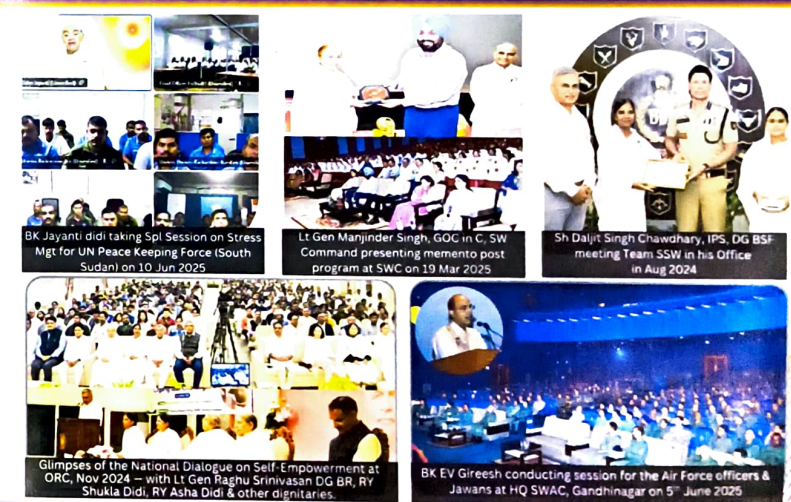
At least two residential programs conducted every year, for enhancing inner strength and soft skills.

International Outreach

Continuous online programs for Security Personnel including UN Peacekeeping Forces during & after COVID.

Cover Vital Subjects

Empowering programs for security forces covering Topics like Self-Empowerment, Stress Management, Mental Well-being, Harmony in Relationship, Sleep Management, Digital Detox etc.



BK Jayanti did taking Spl Session on Stress Mgt for UN Peace Keeping Force (South Sudan) on 10 Jun 2025

Lt Gen Manjinder Singh, GOC in C, SW Command presenting memento post program at SWC on 19 Mar 2025

Sh Daljit Singh Chawdhary, IPS, DG BSF meeting Team SSW in his Office in Aug 2024

Glances of the National Dialogue on Self-Empowerment at ORC, Nov 2024 – with Lt Gen Ragnu Srinivasan DG BR, Ry Shukla Didi, Ry Asha Didi & other dignitaries.

BK EV Gireesh conducting session for the Air Force officers & Jawans at HQ SWAC, Gandhinagar on 5th June 2025