



## Venue

Gyan Sarovar - The unique academy is a perfect location to step away from the fast paced life of stress & anxiety located in a beautiful, nature-inspired campus nestled amidst the majestic Aravali Mountain ranges in Mount Abu (Raj).

## PROGRAM SCHEDULE

### 17 April 2025 (Thursday)

1000 - 1100 hrs - Registration  
 1100 - 1300 hrs - Gyan Sarovar Visit  
 1630 - 1730 hrs - Session: Managing Challenges  
 1800 - 2000 hrs - Inaugural Session

### 18 April 2025 (Friday)

0700 - 0815 hrs - Session: Self-Empowerment  
 0930 - 1030 hrs - Session: Mastering the Mind  
 1100 - 1200 hrs - Session: Inner Awakening  
 1200 - 1300 hrs - Team Building & Practical Experience  
 1630 - 1730 hrs - Session: Science of Meditation  
 1800 - 1900 hrs - Session: Harmony in Relationship  
 1900 - 2000 hrs - Concept of Supreme Energy

### 19 April 2025 (Saturday)

0700 - 0815 hrs - Session: Meditation Technique  
 0930 - 1045 hrs - Session: Panel (Practical Application of Meditation)  
 1115 - 1215 hrs - Session: Sleep Management  
 1215 - 1300 hrs - Guided Meditation to Experience Inner Peace  
 1630 - 1730 hrs - Session: Powers through Rajyoga  
 1800 - 1930 hrs - Session: Solutions of Day-to-Day Challenges in Life  
 1930 - 2000 hrs - Guided Rajyoga Meditation (Dadi Janki Park)

### 20 April 2025 (Sunday)

0700 - 0815 hrs - Session: Karma Philosophy  
 0930 - 1030 hrs - Session: The Call of Time  
 1100 - 1220 hrs - Session: Rajyoga for Healthy Life  
 1300 - 1830 hrs - Mount Abu Sightseeing  
 2045 - 2145 hrs - Cultural Program

### 21 April 2025 (Monday)

0700 - 0815 hrs - Session: Source of Spiritual Knowledge  
 0930 - 1200 hrs - Session: Valedictory Session including Feedback

DELHI COORDINATING OFFICE : R-4, Hari Nagar, Opp. Pratap Nagar Market, New Delhi



Watch Awakening & Peace of Mind TV Channel for informative & Enlightening Programs



Spl Sessions by  
**BK Shivani**  
 Inspirational Speaker



Sqn Ldr Ashok Gaba (Retd)  
 CHAIRPERSON



BK Shukla  
 SR VICE CHAIRPERSON



Col BC Sati (Retd)  
 NATIONAL COORDINATOR



## National Dialogue for Security Forces' Personnel

# Self-Empowerment

through



# Inner Awakening



17-21 April, 2025



## VENUE

Academy for a Better World  
 Gyan Sarovar, Mt. Abu (Raj)



## Phone Numbers

9414330967, 9414154611  
 9711688704, 9958816163



## REGISTER HERE

[www.bkssw.com/gs25](http://www.bkssw.com/gs25)



## Organizers:

**Security Services Wing**

Rajyoga Education & Research Foundation



# "Quarter Century of Commitment: Empowering India's Guardians"

## "25th Year of Dedicated Service: Strengthening India's Security Forces"



### Security Services Wing (SSW)

- Established in 2001 at Gyan Sarovar Academy, Mount Abu.
- Fostering Internal Strength, Resilience & Leadership within Security Personnel through tailored programs and initiatives for the past 25 years.

### Self Empowerment Dialogue

- SSW is organising a National Dialogue on "Self-Empowerment through Inner Awakening" from 17-21 April 2025 for Security Forces' Personnel and Defence Civillians.
- 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.
- Parallel program for Senior Officers and JCOs/Inspectors of Military, Para Military, Police Forces including Defence Civilians.



SSW Team after briefing Hon'ble President of India Smt. Droupadi Murmu at Rashtrapati Bhawan on 29 Aug 23

Limited Vacancies

## Achievement / Highlights



Session by BK Shivani 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.

### Annual Training

At least two residential programs conducted every year, strengthening leadership and soft skills.

### Campaign

Organized 7 car rallies across India under "Azadi ka Amrit Mahotsav." Profound Impact: Over 275 programs benefiting 1.5 lakh security personnel across the Nation.



### International Outreach

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

### Rajyoga Meditation

Rajyoga Meditation enhances self-awareness, unlocking inner positivity & strength to build character & transform attitudes.



Program for Force One, Mumbai Police on 29 Aug 24



Program for Telangana Police at PTC on 05 Jul 2024



Post meeting with DG BSF on 11 Nov 24



Program at NDA Khadakwasla on 06 Oct 2024



Chief Guest DG BR Lt Gen Raghu Srinivasan with participants during National Dialogue at ORC near Gurugram on 24 Nov 2024



SSW Faculty conducting Meditation session for IAF Personnel at Air Force Academy, Hyderabad on 01 May 2024