



**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.



### Rajyoga Meditation & Mental Well-being

Rajyoga Meditation is a scientifically recognized mind-body practice that enhances mental well-being by improving self-awareness, emotional regulation, and cognitive clarity. It helps reduce stress, build psychological resilience, and activate positive mental states, leading to stronger character, improved attitude, better decision-making, and a balanced, purposeful, and productive life.



### PROGRAM SCHEDULE



16 April 2026 (Thursday)

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

17 April 2026 (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  
1615 - 1730 hrs - Session: Science of Meditation  
1745 - 1845 hrs - Session: Harmony in Relationship  
1900 - 2000 hrs - Experiencing Inner Peace (Dadi Janki Park)

18 April 2026 (Saturday)

0700 - 0815 hrs - Session: Concept of Supreme  
0930 - 1045 hrs - Session: Applied Spirituality  
1115 - 1215 hrs - Session: Sleep Management  
1215 - 1300 hrs - Guided Meditation to Experience Inner Power  
1615 - 1730 hrs - Session: Meditation Technique  
1745 - 1900 hrs - Session: Solutions of Day-to-Day Challenges in Life  
1910 - 2000 hrs - Connecting with Self & Nature (Dadi Janki Nature Park)

19 April 2026 (Sunday)

0700 - 0815 hrs - Session: Powers through Rajyoga  
0930 - 1030 hrs - Session: Karma Philosophy  
1100 - 1220 hrs - Session: Art of Happy Living  
1300 - 1830 hrs - Mount Abu Sightseeing  
2045 - 2145 hrs - Cultural Program

20 April 2026 (Monday)

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



**BK Shivani      BK Jayanti Didi**  
Inspirations and Motivation Sessions by  
RENNED SPEAKERS



Sqn Ldr Ashok Gaba (Retd)      BK Shukla      Col BC Sati (Retd)  
CHAIRPERSON      SR VICE CHAIRPERSON      SR NATIONAL COORDINATOR

**NATIONAL COORDINATING OFFICE - DELHI:**  
R-4, Hari Nagar, Opp. Pratap Nagar Market, New Delhi  
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Watch Awakening & Peace of Mind TV Channel for informative & Enlightening Programs



National Dialogue on

# Self Empowerment & Mental Wellness

for Security Forces' Personnel

16 - 20 April, 2026



**REGISTER HERE**

[www.bkssw.com/gs26](http://www.bkssw.com/gs26)



**Venue:**

**Academy for a Better World,  
Gyan Sarovar, Mount Abu (Raj)**

**Phone Numbers**  
7014986570, 9414154611  
9958816163, 9711688704

**Organizers:**



**Security Services Wing**  
Rajyoga Education & Research Foundation



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

## SECURITY SERVICES WING (SSW)

Established in 2001 at Gyan Sarovar Academy, Mount Abu Fostering inner strength, innate values, resilience & inspirational leadership among security personnel through well-designed programs both at our Residential Campuses & Field Formations

### SELF-EMPOWERMENT & MENTAL WELL-BEING DIALOGUE

- SSW is organising a National Dialogue on "Self-Empowerment & Mental Wellness" from 16 to 20 April 2026 for Security Forces' Personnel and Defence Civilians at Gyan Sarovar, Mount Abu.
- Dialogue emphasises to empower security forces with practical tools for enhancing inner strength & managing challenges.
- Dialogue part of Nationwide Campaign on "Mental Health & Wellness", launched by Hon'ble Raksha Mantri Sh Rajnath Singh Ji.
- Parallel program for Senior Officers & JCOs/Inspectors of Military, Para Military, Police Forces including Defence Civilians.

### SILVER JUBILEE YEAR (2025-26) – KEY HIGHLIGHTS



Hon'ble Home Minister Sh Amit Shah Ji addressing at Abu Road (Raj) on 17 Apr 25



Hon'ble Defence Minister Sh Rajnath Singh Ji launching Campaign at Abu on 21 Apr 25



With Lt Gen KT Parnaik (Retd), Governor of Arunachal Pradesh during NE Campaign

### INSPIRATION

The Silver Jubilee Celebrations of SSW began with a historic National Conference for Security Personnel, inaugurated by Hon'ble Union Home Minister Shri Amit Shah Ji.

### EMPOWERMENT

A Nation wide campaign on "Mental Health & Well Being" was launched by Hon'ble Defence Minister Sh Rajnath Singh ji at Shantivan, Abu Road (Raj) on 21<sup>st</sup> Apr 25 .

### SERVICES

In the Silver Jubilee Year 2025-26, SSW has conducted over 450 programs across the Nation for Security personnel, focusing on Self-Empowerment and Mental well-being.

## Achievements / Highlights



BK Shivani meeting with DGNO, Addl Secy NSCS, Ex CinC, SFC, Ex VCNS on 16 Nov 25 at ORC, Gurugram



SSW Sr Vice Chairperson Dr Shukla Didi with Gen Upendra Dwivedi, COAS at South Block in Aug 25

### Field Engagement

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

### Mental Well being Campaign

Organized 11 nationwide car rallies under "Azadi ka Amrit Mahotsav," & "Mental Wellness Campaigns" impacting 1.9 lakh security personnel through 725+ programs.

### Serving the Veterans

MoU with ECHS (Defence Ministry) by SSW for promoting holistic health of Veterans 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.

### Covering Vital Subjects

Programs to Empower security forces covering Topics like Self-Empowerment, Stress Management, Mental Wellness, Harmony in Relationship, Sleep Management, Digital Detox etc.



Programs for BSF at Samba & CISF at Jammu Airport during Campaign in Nov 25



Lt Gen Manjinder Singh, GOC in C, SW Command presenting memento to SSW Team on 19 Mar 25



Sh Gyanendra Pratap Singh, IPS, DG CRPF & Sh Sanjay Singh, IPS, DG SSB meeting SSW Team in 2025



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



BK EV Gireesh conducting session for the Air Force Officers & Airmen at HQ SWAC, Gandhinagar on 05 June 25