

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

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



NATIONAL COORDINATING OFFICE - DELHI:
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National Dialogue on

Self Empowerment & Mental Wellness

for Security Forces' Personnel

16 - 20 April, 2026

REGISTER HERE
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 21st 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 Singhal, 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