



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.

Rajyoga Meditation & Mental Well-being

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



13 Nov 2026 (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

14 Nov 2026 (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 - Session - Experiencing Inner Peace
1630 - 1730 hrs - Session - Sleep Management
1800 - 1900 hrs - Session - Art of Happy Living
1900 - 2000 hrs - Meditation Technique & Experience
2045 - 2145 hrs - Cultural Program

15 Nov 2026 (Sunday)

0700 - 0815 hrs - Session - Powers through Rajyoga
1000 - 1145 hrs - Session - Inner Transformation
1200 - 1330 hrs - Experience Sharing & Valedictory Session

NATIONAL COORDINATING OFFICE - DELHI:
R-4, Hari Nagar, Opp. Pratap Nagar Market, New Delhi
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Sqn Ldr Ashok Gaba (Retd)
CHAIRPERSON



BK Shukla
SR VICE CHAIRPERSON



Col BC Sati (Retd)
SR NATIONAL COORDINATOR



BK Shivani
International Personnel
Speaker

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



National Dialogue on

Self Empowerment & Mental Well Being

for Security Forces' Personnel

13-15 Nov, 2026



Venue:

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



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Organizers:

Security Services Wing

Rajyoga Education & Research Foundation



bkssw.com/orc26





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



Union Home Minister Sh Amit Shah Ji inaugurating SSW Silver Jubilee program for Security Forces' Personnel at BK HQ, Abu, Rajasthan on 17 April 25



MoU signed b/w ECHS & SSW and also Launching of Nationwide "Mental Wellness" Campaign for Security Personnel by Sh Rajnath Singh Ji, Hon'ble Defence Minister at BK HQ, Abu on 21 April 25



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

SECURITY SERVICES WING (SSW)

- Established in 2001 at Gyan Sarovar, Mount Abu.
- 25 Years of Dedicated Service to India's Security Forces.
- Empowering Minds • Building Resilience • Inspiring Leadership
- Nationwide initiatives for Armed Forces, CAPFs & State Police.
- Committed to Inner Strength, Mental Well-being & Value-based Leadership.

SELF EMPOWERMENT DIALOGUE

- SSW is organising a National Dialogue on "Self-Empowerment & Mental Well Being" from 13-15 Nov 2026 for Security Forces' Personnel and Defence Civilians at Omshanti Retreat Centre, Dist Gurugram.
- It aims to empower Security Forces and Defence Civilians with practical tools for leadership, resilience, confidence, and effective decision-making.
- Parallel sessions are specially designed for Senior Officers & JCOs/Inspectors of the Armed Forces, CAPFs, State Police & Defence Civilians.

25 YEARS OF DEDICATED SERVICE /ACHIEVEMENT



Lt Gen KT Parnaik, Governor AR addressing Dialogue at Mt Abu on 16 April 26



Dr Kiran Bedi, Former LG of Puducherry inaugurating Delhi Campaign at Harinagar, Delhi on 5 July 26



Sh Arun Dev Gautam, IPS, DGP Chhattisgarh inaugurating CG MP Campaign at Raipur on 7 June 26



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



Prog at Northern Command - Nov 25



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

Field Engagement

Continuous outreach programmes and special initiatives for the Armed Forces, CAPFs, State Police & Defence Civilians since 2001.

Campaigns

17 nationwide car rallies 875+ programs, impacting 2.5 lakh+ Security Personnel across India.

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

Mental Well-being

MoU with the Ministry of Defence to promote holistic mental well-being through ECHS Polyclinics, supporting preventive mental healthcare.

Annual Dialogues

At least two residential leadership programs every year, fostering inner strength, resilience & essential life skills



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

UN Peacekeeping Forces

Online well-being & self-empowerment programs for Security Personnel, including UN Peacekeeping Forces, during & after COVID 19.



Sh Sanjay Singhal, IPS, DG SSB meeting SSW Team in 2025

Core Focus Areas

Programs on Self-Empowerment, Inspirational Leadership, Mental Well-being, Stress Management, Harmonious Relationships, Sleep Management, Digital Wellness, and Positive Living.



Sh G P Singh, IPS, DG CRPF meeting SSW Team in 2025