



Om Shanti Retreat Centre



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 values in life.

Rajyoga Meditation & Mental Well-being

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



PROGRAM SCHEDULE

13 Nov 2026 (Friday)

- 1000 - 1030 hrs - Registration
- 1030 - 1115 hrs - Reception Session
- 1130 - 1230 hrs - Session - Managing Challenges
- 1615 - 1715 hrs - Session - Self Empowerment
- 1800 - 2000 hrs - Inaugural Session
- 2100 - 2135 hrs - Who am I (Video Film)

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
- 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



Sign Ldr Ashok Gaba (Retd)
CHAIRPERSON



BK Shukla
SR VICE CHAIRPERSON



Col BC Sati (Retd)
SR NATIONAL COORDINATOR



BK Shivani
International Renowned Speaker

NATIONAL COORDINATING OFFICE - DELHI:

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AWAKENING



Peace of Mind

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



REGISTER

bkssw.com/orc26

Organizer:

Security Services Wing

Rajyoga Education & Research Foundation



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Website - www.bkssw.com



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



Insightful Session on 'Mental Health & Wellbeing' by Sister Shivani at National Defence College, New Delhi on 27 July 26



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 22 June 2026

SECURITY SERVICES WING (SSW)

- Established in 2001 at Gyan Sarovar, Mount Abu.
- 25 Years of Dedicated Service to Indian 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, Self-Mastery and effective decision-making.
- Two Parallel Programs will be conducted 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 Arunachal Pradesh addressing Dialogue at Mt Abu on 16 April 26



Dr Kiran Bedi, Ex LG, 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



Mental Well-Being Program for Senior Officers & Staff at CISF HQ, New Delhi on 09 July 26



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 Campaigns, 875+ programs, impacting 2.5 lakh+ Security Personnel across India.



Session for Delhi Police by Dr EV Swaminathan at Delhi Police Academy, Jharoda Kalan on 08 July 26

UN Peacekeeping Forces

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

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

Mental Well-being

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



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