

National Dialogue on Self Empowerment for Managing Challenges

for Security Forces' Personnel

14 to 16 Nov 2025 (Friday - Sunday)

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



BK Shivani
Inspirational Speaker



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Organizers:
Security Services Wing
Rajyoga Education & Research Foundation



Register here
www.bkssw.com/orc25



Security Services Wing (SSW)

- Established in 2001 at Gyan Sarovar Academy, Mount Abu.
- Fostering Internal Strength, Resilience & Leadership in Security Personnel through tailored programs & initiatives.
- 25 years of selfless service, reflects a remarkable journey of dedication, growth, and impact. From a small initiative to a nationwide movement, it continues to uplift and empower security forces across India.

Self Empowerment Dialogue

- SSW is organising a National Dialogue on “Self Empowerment for Managing Challenges” from 14-16 Nov 2025 for Security Forces’ Personnel and Defence Civilians at Omshanti Retreat Centre, Dist Gurugram.
- 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.

**25 YEARS OF
DEDICATED SERVICE**

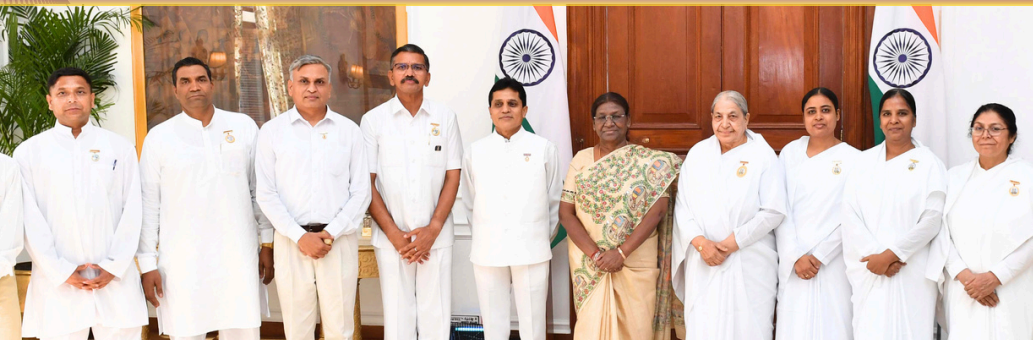


Union Home Minister Shri Amit Shah inaugurates SSW Silver Jubilee program on ‘Self-Empowerment through Inner Awakening’ for security forces personnel at BK HQ, Abu, Rajasthan on 17 April 25



MoU signed between the ECHS & SSW and also Launching of Nationwide “Mental Wellness” Campaign for Security Personnel by Shri Rajnath Singh Ji, Hon’ble Defence Minister at BK HQ, Abu on 21 April 25

- Parallel program for Senior Officers & JCOs/Inspectors of Military, Para Military, Police Forces including Defence Civilians.



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

Achievement / Highlights

y Services WI



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.

Campaign

Organized 8 nationwide car rallies under "Azadi ka Amrit Mahotsav," impacting 1.5 lakh security personnel through 275+ programs—and counting.

Mental Well-Being

MoU with the Defence Ministry by SSW for promoting holistic mental health in polyclinics, reducing reliance on medication.

Annual Dialogues

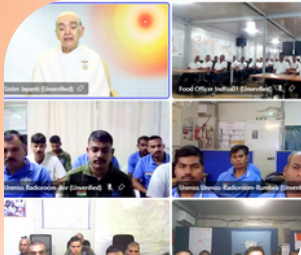
At least two residential programs conducted every year, for enhancing inner strength and soft skills.

International Outreach

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

Cover Vital Subjects

Empowering programs for security forces covering Topics like Self-Empowerment, Stress Management, Mental Well-being, Harmony in Relationship, Sleep Management, Digital Detox etc.



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



Lt Gen Manjinder Singh, GOC in C, SW Command presenting memento post program at SWC on 19 Mar 2025



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



Glimpses of the National Dialogue on Self-Empowerment at ORC, Nov 2024 — with Lt Gen Raghu Srinivasan DG BR, RY Shukla Didi, RY Asha Didi & other dignitaries.



BK EV Gireesh conducting session for the Air Force officers & Jawans at HQ SWAC, Gandhinagar on 5th June 2025

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 order values of life.

Experiencing & Learning Rajyoga Meditation

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

14 Nov 2025 (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

15 Nov 2025 (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 - 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

16 Nov 2025 (Sunday)

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



Sqn Ldr Ashok Gaba (Retd)
CHAIRPERSON



BK Shukla
SR VICE CHAIRPERSON



Col BC Sati (Retd)
NATIONAL COORDINATOR

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

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