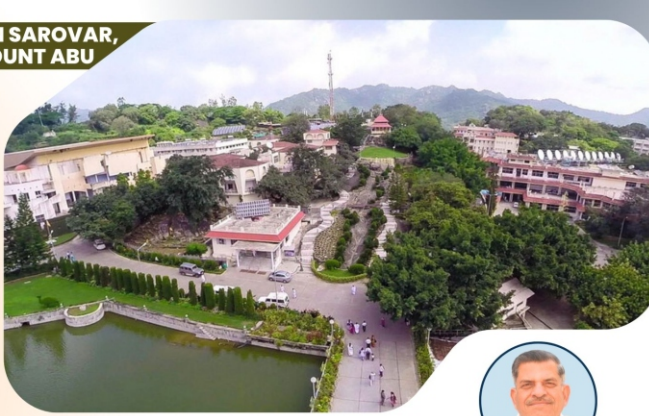


VENUE

**GYAN SAROVAR,
MOUNT ABU**

The unique academy is a perfect location to step away from the frantic pace of stress & anxiety located in a beautiful, nature-inspired campus of Gyan Sarovar nestled amidst the majestic Aravali Mountain ranges in Mount Abu (Raj).



PROGRAM SCHEDULE

20 June 2024 (Thursday)

1000 - 1100 hrs - Registration

1100 - 1300 hrs - Gyan Sarovar Visit

1630 - 1730 hrs - Session: Managing Challenges

1800 - 2000 hrs - Inaugural Session

21 June 2024 (Friday)

0700 - 0815 hrs - Session: Self-Empowerment

0930 - 1030 hrs - Session: Inspirational Leadership

1100 - 1200 hrs - Session: Positive Thinking

1200 - 1300 hrs - Team Building & Practical Experience

1630 - 1730 hrs - Session: Art of Happy Living

1800 - 1900 hrs - Session: Harmony in Relationship

1900 - 2000 hrs - Concept of Supreme Energy

22 June 2024 (Saturday)

0700 - 0815 hrs - Session: Meditation Technique

0930 - 1045 hrs - Session: Panel discussion (Practical Application of Meditation)

1115 - 1215 hrs - Session: Sleep Management

1215 - 1300 hrs - Guided Meditation to Experience Inner Peace

1630 - 1730 hrs - Session: Powers through Rajyoga

1800 - 1930 hrs - Session: Solutions of Day-to-Day challenges in Life

1930 - 2000 hrs - Guided Rajyoga Meditation (Dadi Janki Park)

23 June 2024 (Sunday)

0700 - 0815 hrs - Session: Karma Philosophy

0930 - 1030 hrs - Session: The Call of Time

1100 - 1220 hrs - Session: Rajyoga for Healthy Life & Sharing Experiences

1300 - 1830 hrs - Visit to Pandav Bhawan, Dilwara, Peace Park, Nakki Lake etc

2045 - 2145 hrs - Cultural Program

24 June 2024 (Monday)

0700 - 0815 hrs - Session: Source of Spiritual Knowledge

0930 - 1200 hrs - Session: Valedictory Session including Feedback

DELHI COORDINATING OFFICE : R-4, Hari Nagar, Opp. Pratap Nagar Market, New Delhi - 110064



Sqn Ldr Ashok Gaba (Retd)
CHAIRPERSON



BK Shukla
SR VICE CHAIRPERSON



Col BC Sati (Retd)
NATIONAL COORDINATOR

National Dialogue on INSPIRATIONAL LEADERSHIP & SELF EMPOWERMENT

for Security Forces' Personnel



VENUE

Academy for a Better World
Gyan Sarovar, Mt. Abu (Raj)

20 - 24 JUNE, 2024

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Website - www.bkssw.com

Registration link
bkssw.com/nd24



ORGANIZERS:

Security Services Wing
Rajyoga Education & Research Foundation



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



SECURITY SERVICES WING

THE PRIDE OF NATION

The "Personnel in Uniform" are the backbone of the nation. These Security Personnel are entrusted with the External & Internal Security of the Nation. If we turn the pages of history, it speaks about their Gallantry, Courage and Patriotism.

SSW INTRODUCTION

The Security Services Wing (SSW) of Rajyoga Education and Research Foundation (RERF) was set up in 2001 to organize Dialogues & Short Courses on Inspirational Leadership/ Self-Empowerment Programs for Senior Officers and JCOs/Inspectors of Military, Para Military, Police Forces including Defence Civilians.

SSW VISION

The purpose of SSW programs is to strengthen the Security Forces Personnel internally so as to enhance their efficiency as well as their capacity to cope with stress arising out of their hazardous life style & ever demanding job challenges.

DIALOGUE FOR SR OFFICERS & JCOs/INSPECTORS

- SSW is organising a National Dialogue on Inspirational Leadership & Self-Empowerment
- For Security Personnel including Defence Civillians.
- At Gyan Sarovar, Mount Abu (Raj) from 20 to 24 June 2024.
- Two parallel programs will be organized for Officers & JCOs/SOs groups respectively.
- important subjects related to work and life like are covered.

ELIGIBILITY

Following Personnel can take benefit of the Dialogue -

- Senior Officers & JCOs/ SOs of Armed Forces, CPOs, State Police Forces.
- Sr Officers & SOs of Indian Jails, Forest Services, Defence Civillians.



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

ACHIEVEMENTS/ HIGHLIGHTS

PROJECTS

- Regular field programs for Armed Forces, CAPFs, State Police since 2001.
- Special Projects done for Armed Forces - Indian Navy, Indian Army, Coast Guard.
- Special Projects done for CAPF's - CRPF, BSF, CISF, ITBP, NDRF, SSB, NSG, Assam Rifles
- More than 2.4 Lakh Troops & 8500 Officers have taken benefit.

PROGRAMS

- Online programmes during COVID for State Police (Kerala, UKD, MP, Rajasthan, Delhi, Assam, Gujarat, Haryana, Jharkhand etc) along with UN Mission Peace Keeping Forces in Sept 2023.
- At least 2 Residential Programs Annually.
- Six Car Rallies across India as part of "Azadi ka Amrit Mahotsav" celebrations by GOI conducting more than 450 programs benefitting 85000 security personnel.

RAJYOGA MEDITATION



Meditation enables an inward journey & gives a clear spiritual understanding of oneself, helps re-discover & use the positive qualities latent within, and develops one's own strength of character, creating new attitudes & responses to life.



Lt Gen S Mohan, Force Cdr, UN Peace Keeping Force Orgained Stress Mgt Sessions - Sep 23



Post discussion with Sh Atul Karwal, Director General, NDRF at N Delhi on 25 Aug 23



Sister Shivani with, Commissioner of Police, Delhi on 9th Aug 23 prior prog at Delhi Police HQ's



Sh Ajay Bhatt, MoS (Defence) Inaugurating National Dialogue of SSW Pgme at BK HQ, Abu Road on 15 Sep 23



Col BC Sati (R) briefing Lt Gen RP Kalita, GOC in C, about SSW Services during Program at Eastern Command on 15 May 23



Sister Shivani seen with Sh Rakesh Pal, DG Coast Guards, V Adm V Srinivas, FOC-in-C, SNC (the then IGNS), Sh Avinash Chandra, IPS, DG Fire Services (UP), V Adm SN Ghormade, Ex VCNS, LT Gen Om Prakash, Ex QMG & others during National Dialogue at ORC near Gurugram on 26 Nov 2023.