

पुलिस प्रशिक्षण निदेशालय, उत्तर प्रदेश

पुलिस मुख्यालय(सिग्नेचर बिल्डिंग), प्रथम/द्वितीय तल, (टावर-1), शहीद पथ, गोमतीनगर विस्तार, लखनऊ 226002
पत्र संख्या प्रनि-प- 118/2025 दिनांक नवम्बर 6, 2025
सेवा में,

1. पुलिस महानिदेशक
सीबीसीआईडी/अभिसूचना/भर्ती एवं प्रोन्नति बोर्ड/विशेष जॉच/विशेष अनुसंधान दल / मानवाधिकार
आयोग/सतर्कता अधिष्ठान/रूल्स एण्ड मैनुअल फायर सर्विस, उ0प्र0 ।
2. अपर पुलिस महानिदेशक,
/अभियोजन /साइबर काइम/अपराध/रेलवे, ईओडब्लू/ पीएसी /महिला एवं बाल सुरक्षा
/ए0सी0ओ0/सुरक्षा/यूपी-112/यातायात एवं सडक सुरक्षा/ एसटीएफ /तकनीकी सेवायें/
लाजिस्टिक्स/एटीएस/यूपी एसएसएफ लखनऊ ।
3. अपर पुलिस महानिदेशक, समस्त जोन, उ0प्र0 ।
4. संस्था प्रमुख, समस्त पुलिस प्रशिक्षण संस्थान उ0प्र0 ।
5. पुलिस आयुक्त, लखनऊ नगर/गौतमबुद्धनगर/वाराणसी नगर/कानपुर नगर/गाजियाबाद/आगरा/प्रयागराज ।
6. पुलिस महानिरीक्षक, ए0एन0टी0एफ0 लखनऊ ।
7. अपर पुलिस अधीक्षक, सोशल मीडिया,मुख्यालय पुलिस महानिदेशक, उ0प्र0 लखनऊ ।

महोदय

कृपया पुलिस अधीक्षक, कानून एवं व्यवस्था, मुख्यालय पुलिस महानिदेशक उ0प्र0 लखनऊ के पत्र का अवलोकन करने का कष्ट करें जिसके द्वारा ओम शान्ति रिट्रीट एडसेन्टर जिला गुरुग्राम मे दिनांक 14-11-2025 से 16-11-2025 तक आयोजित होने वाले **SELF EMPOWERMENT FOR MANAGING CHALLENGES** नामक कार्यक्रम मे प्रतिभाग करने हेतु 07 वरिष्ठ अधिकारीगण व 14 विशेष अधिकारीगण को नामित किये जाने का अनुरोध किया गया है ।

क्र0 सं0	कोर्स का नाम	अवधि	पदस्तर	आयोजन स्थल
1	2	3	4	5
1	"SELF EMPOWERMENT FOR MANAGING CHALLENGES "	14-11-2025 से 16-11-2025	उपनिरीक्षक से पुलिस महानिरीक्षक	ओम शान्ति रिट्रीट एडसेन्टर जिला गुरुग्राम

निदेशानुसार अनुरोध है कि उपरोक्त कोर्स हेतु प्रत्येक जोन/कमिश्नरेट/इकाई से कालम-4 मे अंकित पद स्तर के उपयुक्त अधिकारियों का कम से कम 01-01 नामांकन अवश्य निम्नलिखित प्रारूप में दिनांक 09.11.2025 तक निम्नलिखित प्रारूप मे साफ्ट कापी भी इस निदेशालय को उपलब्ध कराने कर कष्ट करें।

संलग्न-यथोपरि।

Sl. No	Name and Designation of the Officer	Present posting and date of posting	Mob./ WhatsApp No.	e-mail id Personal/ Official	CUG and Email ID of officer Incharge	Training done in last six months
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भवदीय,

06/11/25

(चन्द्र प्रकाश)

पुलिस महानिरीक्षक, प्रशिक्षण
उ0प्र0 लखनऊ ।

प्रतिलिपि:—पुलिस अधीक्षक, कानून एवं व्यवस्था, मुख्यालय पुलिस महानिदेशक, उ0प्र0 को सूचनार्थ ।

मुख्यालय

पुलिस

महानिदेशक,

उत्तर

प्रदेश।

सप्तम तल/टॉवर-2, पुलिस भवन, गोमतीनगर, लखनऊ।

संख्या-डीजी-आठ-92(16)2025/2933

दिनांक: लखनऊ: अक्टूबर 29, 2025

सेवा में,

पुलिस उपमहानिरीक्षक, प्रशिक्षण निदेशालय,
उ0प्र0 लखनऊ।

विषय:-

CORDIAL INVITATION FOR NATIONAL DIALOGUE ON "SELF EMPOWERMENT FOR MANAGING CHALLENGES" ORGANISED AT OUR COMPLEX "OMSILANTI RETREAT CENTRE, DIST GURUGRAM" FROM 14 TO 16 NOV 2025 AS OUR SPL GUEST OF HONOUR & REQUEST FOR NOMINATION.

कृपया उपर्युक्त विषयक पुलिस महानिदेशक, उ0प्र0 को सम्बोधित श्री अशोक गाबा, स्क्वाड्रन लीडर (सेवानिवृत्त) अध्यक्ष, एसएसडब्ल्यू, सुरक्षा सेवा विंग, आरईआरएफ, ज्ञान सरोवर माउंट आबू राजस्थान के पत्र संख्या:एसएसडब्ल्यू/2025/ओआरसी, के पत्र दिनांक 17.10.2025 (छायाप्रति संलग्न) का अवलोकन करने का कष्ट करें, जिसके द्वारा पुलिस महानिदेशक, उ0प्र0 महोदय को CORDIAL INVITATION FOR NATIONAL DIALOGUE ON "SELF EMPOWERMENT FOR MANAGING CHALLENGES" नामक कार्यक्रम में पुलिस महानिदेशक उ0प्र0 को विशिष्ट अतिथि के रूप में आमंत्रित करते हुये उक्त कार्यक्रम में प्रतिभाग करने हेतु 07 वरिष्ठ अधिकारीगण व 14 विशेष अधिकारीगण को नामित करने का अनुरोध किया गया है।

2- अतः निदेशानुसार अनुरोध है कि उक्त संदर्भित पत्र पर नियमानुसार आवश्यक कार्यवाही कराने का कष्ट करें।

संलग्नक:-यथोपरि।

He

(ओम प्रकाश सिंह)

पुलिस अधीक्षक, कानून एवं व्यवस्था,
उत्तर प्रदेश।

21 Oct 2025

Dis(T)
30/10



Security Services Wing

RERF, Gyan Sarovar, Mount Abu (Raj), E-mail: ssw.rerf@gmail.com
Celebrating 25 years of Dedicated Service to the Nation – 2001 to 2025

SSW/ 2025/ ORC

Date: 17th Oct 25

To

Sh Rajeev Krishna Ji, IPS

- Director General of Police, Uttar Pradesh,
Police Hqrs, 9th Floor, Tower 2, Gomti Nagar Extension, Shahid Path,
Lucknow – 226001, Email id - dgpcontrol-up@nic.in

**CORDIAL INVITATION FOR NATIONAL DIALOGUE ON "SELF EMPOWERMENT FOR
MANAGING CHALLENGES" ORGANISED AT OUR COMPLEX "OMSHANTI RETREAT
CENTRE, DIST GURUGRAM" FROM 14 TO 16 NOV 2025 AS OUR SPL GUEST OF
HONOUR & REQUEST FOR NOMINATION**

Respected Sir,

Please Accept Greetings of Peace.

1. The Security Services Wing (SSW) of Rajyoga Education & Research Foundation (RERF) is located at Gyan Sarovar Academy Mount Abu and conducts programs for **Armed Forces, CPOs & State Police Forces**. The courses are aimed at inducing co-relation between Management Science and Spirituality so as to empower the participants internally to cope with stressful situations and enhance their performance for optimal potential realization.

2. Since 2001, the Security Services Wing (SSW) of RERF has been organizing various programs at our Academy as well as at field formations to Enhance Efficiency & Achieve Excellent Performance. **More than 3 lakh troops and about 13000 officers have taken benefit of our programs.** The yeoman service being done by SSW for Security personnel has also found appreciation from MHA and MoD, GOI. On the 25th year of SSW, we were honored to have Honorable Home Minister Sh Amit Shah Ji as Chief Guest for the Inaugural Function of the Annual 4 days Dialogue on 17 Apr 25 at our Abu HQ & Honorable Defence Minister Sh Rajnath Singh Ji as Chief Guest for the Valedictory Function on 21 Apr 25. The Defence Minister also launched a yearlong campaign for the mental wellbeing of our Security Forces' Personnel.

3. We are organizing our next residential program for Sr Officers of Armed Forces, CPOs & State Police Forces on "Self Empowerment for Managing Challenges" from 14 to 16 Nov 2025 at our Academy named Om Shanti Retreat Centre, located on NH 8, near Bilaspur Chowk, Patoudi Road, Dist Gurugram (Pgme Brochure enclosed). A parallel program is also being organised for Inspectors/JCOs of Security Forces on the same dates. *The medium of programs is mixed Hindi & English.* The purpose of the training is to enlighten the personnel about self concept so as to enhance values and perceptions which decide the quality, intensity and directivity of their thoughts.

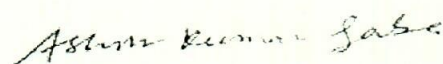
4. Some of the topics included in the program are as follows:-

- | | |
|-----------------------------|------------------------------------|
| (a) Self Empowerment | (b) Mastering the Mind |
| (c) Science of Meditation | (d) Self Concept & Decision Making |
| (e) Harmonious Relationship | (f) Sleep Management |
| (g) Art of Happy Living | (h) Managing Challenges |

5. On achieving this unique milestone of 25 years of serving the servers of Nation, we extend our heartiest invitation for your good self to join us as our Spl Guest of Honour for the National Dialogue on "Self Empowerment for Managing Challenges". The Inaugural Function is planned on Friday, 14 Nov 25 at 1800 hrs while the Valedictory Function is planned on Sunday, 16 Nov 25 after session by Sister Shivani 1000-1130 hrs. Time permitting you are requested to join for any duration of the programme also.

With Warm Regards,

Sincerely Yours,



(Ashok Gaba) Sqn Ldr (Retd)
Chairperson, SSW

Encl: As Above

Note –

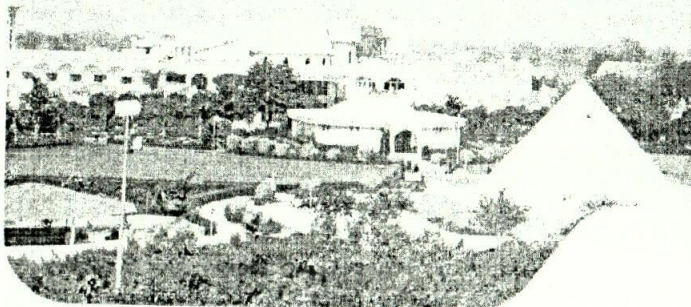
- Your good self is also requested to nominate about 7 Sr Officers and 14 SOs to attend the National Dialogue from 14 to 16 Nov 2025 at ORC Dist Gurugram
- The participants will be provided Boarding/ Lodging facilities at our Complex. The traveling expenses will however be borne by the participants. As the aim of the program is to internally strengthen our security forces, the courses are not designed on commercial lines and hence **we don't charge any course fee**. Pure vegetarian food will be served during stay at the academy. Participants are requested to refrain from smoking & drinking to maintain the serenity of the complex. The participants should bring a track suit for morning yoga and may wear informal dress during other classes. The participants should also bring one pair of uniform for the Group Photo and the Inaugural/ Valedictory session. The participants can reach by 1030 hrs on 14th Nov 2025 & leave by 1500 hrs on 16th Nov 2025. **Voluntary contribution as per individual choice is accepted** towards partially offsetting the expenditure towards Lodging and food.

Registration link (for planning accommodation & food arrangements) –
bkssw.com/orc25

- Point of Contact for coordination –

BK Deepak (Mob Nos – 7014986570, 9414330967)

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

NATIONAL COORDINATING OFFICE - DELHI

R-4, Hari Nagar, Opp. Pratap Nagar Market, New Delhi - 110064
Mob. 9650692131 / 9711688704 Email: ssw.harinagar@gmail.com



Sri Ldr Ashok Gaba (Retd)
Om Shanti



BK Shukla
Om Shanti



Col BC Sati (Retd)
Om Shanti

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

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



9711688704, 9414330967

9958816163, 9414154611

Email - ssw.rerf@gmail.com

Website - www.bkssw.com



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.
- 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



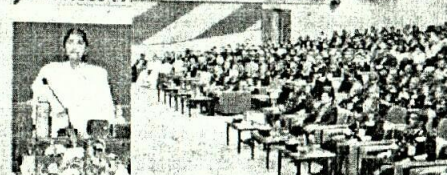
Union Home Minister Shri Amit Shah Inaugurates SSW Silver Jubilee program on 'Self-Empowerment through Inner Awakening' for security forces personnel at BK HQ, Abu, Rajasthan on 17 April 25



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

Achievement / Highlights

y Services W



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

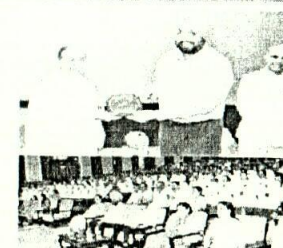
Continuous online programs for Security Personnel including UN Peacekeeping Forces during & after COVID.

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.



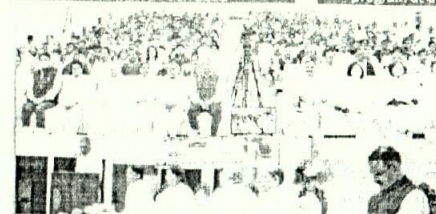
BK Jayanti did taking Spt Session on Stress Mgt for UN Peace Keeping Forces (South Sudan) on 10 Jun 2025



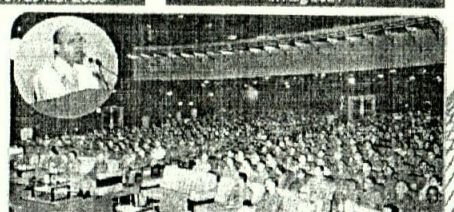
Lt Gen Manjinder Singh, GOC in C, SW Command presenting memento post program at SWC on 19 Mar 2025



Sh Daljit Singh Chawdhary, 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 & Jawaris at HQ SWAC, Gandhinagar on 5th June 2025