



Bio Data: Sqn Ldr (Retd) Ashok Gaba

Squadron Leader (Retd) Ashok Gaba is a Graduate Engineer from Delhi University. He was born in a spiritual family in 1947 and joined Rajyoga Meditation Classes when he was serving as Pilot Officer at Delhi in Jan, 1972.

In 1974-75, during his posting in Assam, as a Flight Lieutenant, he became instrumental in serving & opening Meditation Centers in Upper Assam, Manipur, Nagaland & Arunachal Pradesh. Later he was instrumental in opening Meditation Centers in UP & MP as well

In 1977, Flight Lieutenant Gaba made a world record of driving the first motor cycle to Khardungla, the highest point on the highest road of the world.

He has special love for both inner & outer nature and likes to work for sustainable development. In 1999, he made presentation on Eco Friendly Gyan Sarover Project at Vigyan Bhawan, New Delhi.

The first program for Security Services Group was organized by his team at Mt Abu in the year 2000. *Since April 2002, he has been instrumental in organizing Self Empowerment Programs and Courses on Inspirational Leadership for Military & Para Military Forces at Mt Abu & other places. His favorite subjects are Self Orientation & Power of Meditation, Enhancing Inner Strength, Mental Empowerment and Sleep-Stress Management etc.*

As a Visiting Faculty, he has been to BSF Academy, Internal Security Academy, Army War College, MCTE Mhow, Indian Naval Academy, NISA, CISF, State Police Academies as well as field formations of Military & Para Military Forces.

During 2012-13, about one hundred Programs under SSW Mega Project were conducted including the ones at Siachen (J&K), the Highest Warfield in the World, for Army, INS Kattabomman (near Kanya Kumari) for Navy, at Moreh (Burma Border) for Manipur Rifles, at Koteshwar, Bhuj for Marine BSF, at Port Blair for Coast Guards, near Srinagar for CRPF, at Kakching for AR, at Pattan for RR and many other places. **Again in Sep 2012, a rare program was conducted** for Border Roads at Khardung La at a height of 18350 feet.

In June 2014, DG Border Security Force empanelled SSW for conducting Stress Management Programs at their Frontiers/ STCs. All the Frontiers were covered in a period of five months. Based on encouraging feed back, HQ BSF asked us to conduct SM Programs at all the Sectors in 2015. A special program was held at NISA, CISF, Hyderabad from 9 to 11 Feb 15. DG CISF appreciated the activities of SSW and asked SSW faculties to conduct Stress Management Programs for field formations at CISF Sectors & Major Airports.

In April 2015, a historical program was conducted at Mt Abu in which more than 100 Military as well as Para Military Officers and 200 Sub officers participated. A parallel program on "Life Skills" was also conducted for their lady wives. *The Union Minister of State for Home Affairs Shri Kiren Rijju inaugurated the historical program and promised to put a central mechanism in place so that all the Forces can benefit from SSW Training.*

The year 2016 started with a special program arranged for Indian Navy by Flag Officer Maharashtra Area. **In April 2016, National Dialogue for Senior Officers conducted at Mt Abu was inaugurated by Air Marshal RK Dhir, AVSM, VM, ADC, AOC-in-C, SWAC, IAF.**

Presently, he is serving as Manager of Gyan Sarover Academy, located in the Serene Hills of Mt Abu & also looks after the communication facilities at the Academy. **As Chairperson SSW, he co-ordinates National level programs of Security Services Wing.**