

“Life’s Essentials”: Podcast Highlights Prem Rawat Foundation



...from [Prem Rawat](#), [Life's Essentials with Prem Rawat](#), which aims to highlight the work of The Prem Rawat Foundation (TPRF) to advance dignity, peace, and prosperity across the globe.

The inaugural episode features TPRF Founder [Prem Rawat](#) in a lively conversation with the hosts, a trio of self-proclaimed “Wild Wise Women” broadcasting from Cape Town, South Africa. They discuss everything from how to live a joyous life, to the vision behind TPRF and the nonprofit’s initiatives to address fundamental human needs.

Prem explains how the [Peace Education Program](#) first gained recognition for its positive impact on incarcerated individuals and how it has grown to become popular with diverse groups of people, including students, veterans, police, and those recovering from substance abuse.

“Just about every facet of society is being touched by the Peace Education Program. It’s really empowering people,” says Prem. “Most importantly, people just really enjoy it.”



The [Peace Education Program](#) is

an innovative series of video-based workshops that help people discover their own strength and personal peace. TPRF provides access to the course materials to organizations and volunteers free of charge, making the workshops readily available to people in more than 70 countries in 30 languages

The podcast hosts also ask Prem about TPRF's [Food for People](#) program, which has served more than 3 million meals to people living in disadvantaged communities in India, Nepal, and Ghana. Prem reflects on how the program got its start in the rural village of Bantoli, India and how it is reducing crime and improving health, scholastic achievement, and local economies.

Prem emphasizes that treating people with dignity is paramount in everything TPRF does. "Even when people are down and out, their dignity needs to be preserved," he says.

"Your foundation is doing absolutely amazing things," says Lumpka Ngxoli, one of the hosts.

Listen to the "Life's Essentials with Prem Rawat" podcast on [Apple Podcasts here](#) or listen to it on [Spotify here](#).