

## TPRF Forums with Prem Rawat Garner Press Coverage in South Africa



The Prem Rawat Foundation recently sponsored two forums in South Africa which featured the nonprofit's Founder Prem Rawat speaking to thousands of people about topics such as reconciliation, hope, forgiveness, and peace.

The events attracted coverage from several local media outlets, including *SA Positive News*. An excerpt from the [SA Positive News report](#):

*One of the points that Rawat emphasizes is self-awareness. "Knowing yourself begins with a simple introspection and then there is a very beautiful way to be able to do this introspection through a programme that I'm offering called the [Peace Education Programme](#). It has benefited so many people – in prisons, in military, in the police force; everybody is discovering that they are not limited by their own imagination but there is a whole dimension to understand that there is courage in you. When you understand the courage within, you start to understand who you are. You understand that the components*

*that are within you are powerful - kindness is in you all the time of course so is anger and hatred but joy is in you, love, understanding, forgiveness and we have only used one spectrum of ourselves – hate. People are convinced that attaining peace is not possible. Without peace the fabric of society is going to fall apart. Nothing is gluing us together.”*

See more coverage in the press clips below from the *Diepkloof Urban News* and follow ongoing news from [South Africa here](#).

Page 4 Diepkloof Urban News, Friday, 16 December, 2016 For up to the minute news, log onto our website : [sowetourban.co.za](http://sowetourban.co.za)

## Global Figure Prem Rawat changing South African lives

**Mandlakayise Hlatshwayo**  
To mark 16 days of activism this year, Prem Rawat, an international peace ambassador spoke at the Regina Mundi Church on Wednesday December 7.

The event marked Prem's fourth visit to Soweto in two years and forms part of an effort to help the communities reduce violence, heal past injustices and ignorantly inflicted wounds while bringing hope.

Through Prem Rawat's unique Peace Education Programme, which has been running for two years now, thousands of people have benefited in Soweto and surrounding areas.

Addressing and exploring key soft skill subjects relevant to reducing violence, like inner strength, contentment, peace and hope, the programme aims to improve the quality of life for individuals and bring Healing and resilience to those who are interested.

The event and the programme roll out is collaboration with the Johannesburg City Council and specifically the Youth Development department.

Ernest Leketi of the Johannesburg City Council from Diepkloof has been using the peace programme to take into troubled areas and help all members of the community.

Ernest Leketi said, "It is a programme that helps people find themselves and re-connect with their inner beings and humanity."

Leketi said, "The programme is having profound effects on those who take part in it, and brings a sense of a better future. It is improving the quality of life here."

Sindi Mnisi who attended the programme said, "Since I've started attending the programme, I have noticed that it is a need also in Zola."

The programme has had much success internationally and is now in 70 countries and is part of a roll out to all of the prisons in South Africa.

Prem Rawat will address the audience on the themes of eliminating violence through reconciliation, hope and forgiveness.

Thandazo Ngwenya said, "This is an inspiration to the youth to take initiatives without complaining."

The event included the Soweto Youth Choir, an orchestra, praise poet and an opera singer who closed off the event.

**Tumi Mahashe, a programme facilitator in Soweto.**



**Soweto Youth Choir.**



**Sindi Mnisi, Thandazo Ngwenya and Sizakele Sithole.**



## An international figure Pram Rawat preaches real success



Prem Rawat receives an award from a correctional service officer.

Prem Rawat is an internationally renowned speaker who presents a practical perspective about the "Business of life". Asking the question, "What does real success, prosperity and happiness

actually look like?"

Rawat provides a uniquely challenging view to the status quo.

As the world advances globally in every sphere Rawat asks, "Are human beings really thriving, achieving their true potential, or are we just surviving?"

Addressing the Young President's Organization (YPO) in Europe on the subject, "How do we become better Leaders?" Rawat said, "We talk about the need for prosperity. In my formula, prosperity without human contentment is chaos."

Rawat sees human happiness as not just a possibility but a critical need for everyone. Without happiness, however good we become in business and our careers, we will remain unfulfilled.

Rawat said, "What we are now seeing in the world is the result of the lack of human contentment, including wars, environmental destruction, greed, violence and social ills, all of which can be avoided provided humanity is in touch with itself."

He has recently published a book titled,

"Splitting the Arrow

-Understanding the

Business of Life."

The book addresses key aspects of understanding life better and using the

Desmond Tutu and Prem

powerful medium of story-telling.

The honorary title of the Ambassador of Peace has been granted to Prem Rawat by a number of governmental and academic institutions because of his ability to inspire global audiences. He receives hundreds of invitations every year to speak internationally.

These include prestigious forums like the European Parliament, United Nations, UK, Australian, Italian Parliaments and universities including Harvard, Oxford, California, IIT Delhi and ISB Hyderabad.

He has also spoken at many prisons including Tihar Jail and New Delhi to help improve the quality of life for inmates and reduce re-offending.

Rawat started The Prem Rawat Foundation (TRPF) with a mission to address the fundamental human needs of food, water and peace.

The TRPF's -Food for People, is an innovative program that provides nutritious meals for children and ailing adults in India, Nepal and Ghana.

The Foundation's signature Peace Education Program is a unique soft skills based training program providing practical steps by which individuals can experience personal contentment. The program is used in 70 countries.

Prem has received keys to over 20 cities around the world and numerous awards in recognition of his work.

In 2012, he was awarded the Asia Pacific Brand Lifetime Achievement Award, and joined the illustrious company of the late Nelson Mandela and Hillary Clinton as the 4th recipient of the award.

Prem Rawat embraces creativity and technology. He is an inventor, musician, artist, photographer and an accomplished pilot with over 14000 hours flying time. He is married with

From left: Bongani Molapi, Molefi Mahlase, Kopano Zwane, Koliswa Busakwe, Rapasha siblings, Batsi Ralake, Councillor George Basopane, Lesego Lamula. Kneeling from left: Tshoio Rasekgale, Romeo Motlhose.

## The Prem Rawart Foundation helps ex offenders flourish

Mandlakayise Hlatshwayo

The Prem Rawat Foundation (PRF) facilitates peace education programmes in Soweto help ex-offenders reintegrate into society. The aim of the programmes is to help people find themselves and how to use inner resources to develop. People and ex-offenders who attend the PRF Programmes learn techniques of how to develop inner strength and endurance.

The programme tours around Soweto to encourage and help ex in-mates grow back into society, on November 11 the programme was taken to Zola, where ex offenders often get motivated

and helped to start up their own businesses so they do not return to crime because of poverty and desperation.

One of the facilitators of these programmes, Kabelo Padi said, "The programme's intention is to develop ex offenders so they can grow back into society."

Padi explained that ex offenders are often neglected even after serving their sentences and being judged at the court of law, so the programme is to train and teach them how society might treat them at first and how to endure and get in sync with society.

The programme was even adapted by

Johannesburg Correctional Services and Zonderwater Correctional Centre to help inmates begin the 10 week long multimedia course which should help them discover their inner resources, innate strength, and hope to achieve personal peace.

Padi said, "To see and experience a criminal change into a law abiding and positive citizen is very motivational."

If you want to take part in the programme that helps ex convicts de-integrate back into their communities or have a family member who needs such expertise, you may contact Mothobi Thale on 081 320 9614 and Kabelo Padi on 076 982 7870.

