



The Prem Rawat Foundation

You are warmly invited to attend  
**THE PREM RAWAT FOUNDATION'S  
ONLINE PEACE EDUCATION PROGRAMME**

In COLLABORATION WITH  
**CENTRE FOR WOMEN'S STUDIES & RESEARCH**  
University of Kashmir

**INAUGURAL  
SESSION**

**25<sup>th</sup> January, 2022**

The purpose of the programme is to help participants explore the possibility of personal peace and to discover inner resources and tools for living, such as inner strength, choice, appreciation and hope.

**There will be 1.5 hour sessions held twice a week covering the following 10 topics:**

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**SELF-AWARENESS | CLARITY | UNDERSTANDING  
DIGNITY | CHOICE | HOPE | CONTENTMENT**

**SESSION TIMING**  
**3:30 PM to 5:00 PM**

**SESSION DAYS**

**JANUARY, 2022 : 27<sup>th</sup>, 29<sup>th</sup>, 31<sup>st</sup>**

**FEBRUARY, 2022 : 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>**



**ZOOM LINK: [HTTPS://US02WEB.ZOOM.US/J/82854181797?PWD=ZLK2NXU1V24YMU9YWWJZYTJBSNBKUT09](https://us02web.zoom.us/j/82854181797?pwd=ZLK2NXU1V24YMU9YWWJZYTJBSNBKUT09)**

**FOR MORE DETAILS PLEASE CALL**

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