

IMPACT OF MOTIVATIONAL MESSAGES OF PREM RAWAT IN STRESS MANAGEMENT IN THE YOUTH: A STUDY DURING THE LIVE SPEECH AT RANCHI

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Received: 25 Mar 2019

Accepted: 29 Mar 2019

Published: 09 Apr 2019

ABSTRACT

There are over dozens of globally acclaimed personalities who have devoted their lives in search of peace, knowledge, happiness, love, god and the purpose and meaning of life. They have been called as philosophers and saints. Their philosophies and searches, knowledge, life experiences and speeches have transformed people's way of thinking and life. They have given different dimensions to the values and thoughts that people hold that have led to a better life and too much extent, the world. These people are Martin Luther, Dalai Lama, Gautam Buddha, Mahavira, Kabir, Guru Nanak, Sri Aurobindo, Swami Vivekananda, Mother Teresa, Adi Shankara, Sri Sri Ravi Shankar, Jiddu Krishnamurti, Osho Rajneesh, and Prem Rawat. Due to creativity and use of cutting edge technology to supplement his work – Researcher has chosen Prem Rawat. Prem has devoted his life speaking about the fundamental requirement of every human being i.e. peace. His perspective on peace is beyond words which are both tangible and practical. He says, "Peace is possible; it needs to be felt. When people are in peace, the world will be in peace".

KEYWORDS: *Prem Rawat, Inspirational Communication, Stress Management, Youngster*