THESIS OUTLINE/ ABSTRACT

This is the matter of fact that the well defined presentation of a thesis has a great significance for stating efficient research subjective contents discussion and optimal knowledge transfer. The structured contents and research oriented discussion enables reader to understand subject matter efficiently. Hence, taking into consideration of the requirements of the optimal thesis presentation, in this thesis the overall contents have been divided into six individual sections. The overall thesis outlines defined are given as follows:

Chapter-1 Introduction

The introductory of any research initiatives and respective subjective introduction is of great significance. This chapter primarily discusses the introduction of the proposed research work, research motivations, objectives and contributions. In addition, the thesis outline has also been discussed in this section of the presented thesis.

In any research work, the discussion of the key aspects of the research domain, and its significant theoretical discussion are of great significance. Thus, taking into consideration of these significances, in this section, the brief discussion of Brahma Kumaris, including its history, organizational structure, objective of the organization and its practices, meditation and its types, benefits of meditation, Raja Yoga meditation and its significances etc are discussed in this chapter. In addition, a brief of the concept of motivation is also discussed in this chapter.

Chapter-2 Literature Survey

The literature survey or the study and analysis of the existing researches and literatures have great significance towards defining certain foundation for innovation or optimization. Considering these significances, in this thesis, various literatures discussing psychological, physiological and spiritual significances of Raja Yoga meditation are discussed. In addition, some of the relevant literatures discussing Brahma Kumaris and its novel practices are also discussed. A brief of the motivational constructs as suggested by other researchers are also discussed in this section.

Chapter-3 Research Methodology
In this section of the presented thesis or dissertation, the research methodology considered is discussed. Various significant components, such as data collection, questionnaire preparation, population definition, sampling process, tools implementation, statistical analysis paradigms etc and other methodological approaches are discussed in this Chapter.

**Chapter-4 Data Analysis and Interpretation**
In this section, the statistical analysis of the collected responses from the respondents at Brahma Kumaris International headquarter are discussed. Data analysis using different statistical approaches, such as reliability test, mean, standard deviation, Chronbach Alpha values estimation, correlation estimation etc, have been done so as to examine the proposed hypothesis. The discussion of the responses and respective significances towards motivating people to join BKRM are also discussed in this section of the presented thesis.

**Chapter-5 Conclusion and Recommendation**
This chapter predominantly discusses the conclusion of the proposed research work and overall novel efforts made. In fact, the conclusion derived throughout the proposed research, research methodology, overall research outcome and its significances etc are discussed. Furthermore, the future scope, recommendation, limitation and delimitations are also discussed in this section.

**Reference**
In this section of the presented thesis, the references considered throughout the research work and thesis preparation are presented.