

BEHF - BREATH ENERGY HEALTH FOUNDATION

ANNUAL REPORT 2025



EMPOWERING LIVES THROUGH MINDFULNESS,
MEDITATION AND SPIRITUAL SCIENCE



FOUNDER'S NOTE

Dear Friends,

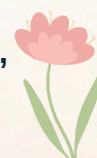
India is a vibrant nation with immense potential, yet we face a tough reality, rising suicide rates among youngsters due to depression, anxiety, and stress. This moved me to start Breath Energy Health Foundation, a science-based organization focused on holistic health and happiness.

Over the past year, we have reached schools, colleges, and universities, equipping young minds with powerful practices of meditation and mindfulness. These evidence-based tools have sparked profound transformations, helping participants stay calm, find inner peace and build resilience amidst life's challenges. The positive response and stories of empowered spirits fills me with deep gratitude and joy.

This mission is my deepest commitment to empower India's youth through meditation and mindfulness, securing a brighter, healthier future. Breath Energy Health Foundation stands as a testament to science-driven meditation and mindfulness, and I extend my sincere thanks to every well-wisher, supporter and dedicated soul who has walked with us.

As we embark on our second year, let us carry this momentum forward with even greater passion.

With heartfelt appreciation & unwavering optimism,
Master Pradeep Vijay
Founder, Breath Energy Health Foundation.



HIGHLIGHTS

INSTITUTIONAL
OUTREACH

WORKSHOPS FOR
PUBLIC

SPIRITUAL TOURS

DIGITAL & NATIONAL
OUTREACH

INTERNATIONAL
EXPANSION

OFFLINE RETREATS

DISTRIBUTION OF
BOOKS

NEWSLETTER

INSTITUTIONAL OUTREACH

Breath Energy Health Foundation (BEHF) expanded its educational outreach in 2025 by conducting meditation, mindfulness, and spiritual science programs across schools, colleges, and universities, helping students and educators cultivate focus, emotional balance, and holistic well-being.

Institutions reached (2025):

- * Venkateswara Vedic University, Tirupati – March
- * Padmavathi Mahila University, Tirupati – March
- * Sri Venkateswara Veterinary University, Tirupati – March
- * Gurukulam Global Residential School, Hosur – May
- * Dr. Vaishampayan Govt. Medical College, Solapur – June
- * Ashwini Rural Medical College, Solapur – June
- * Symbiosis College of Arts and Commerce, Pune – June
- * Avinashilingam Deemed University, Coimbatore – July
- * United College of Arts and Science, Coimbatore – July
- * Anikethana Vidya Mandira, Tumkur – August
- * JSPM University, Pune – September
- * ISBM Engineering College, Pune – September
- * Bangalore Integrated Management Academy, B'lore – October
- * Government First Grade College, Magadi – October



Impact:

In today's demanding world, students face academic pressure and digital distractions that leave them overwhelmed. These programs offer inner stability, sharper concentration, emotional balance, self-discipline, better memory, creativity, and reduced anxiety. Most importantly, students realize their worth is not defined by marks and that inner balance is possible even under pressure.



Students not only perform better - they grow stronger from within. Because education is not only about information... it is about transformation.

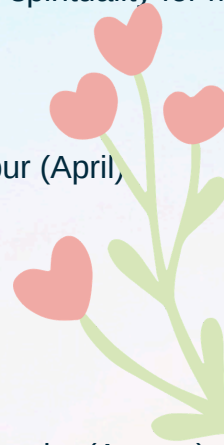


WORKSHOPS FOR PUBLIC

In 2025, Breath Energy Health Foundation (BEHF) reached out to various sectors of society, including business community and working professionals through transformative workshops such as Chakra Science & Energy Management, The Science of Happiness, Stress to Strength, Meditation, Mindfulness and Spiritual Science programs across cities, offering practical spirituality for modern life.

Workshops and Events for Public (2025):

- Self-Realization Workshop – Mumbai (February)
- Coimbatore & Tirupur Programs – Coimbatore & Tirupur (April)
- Self-Realization Workshop – Mumbai (April)
- Thinking and Destiny Workshop – Chennai (April)
- LUGI CBE Regional Seminar – Coimbatore (July)
- Vanam India Foundation – Coimbatore (July)
- Tapovana Visit – Tumkur, Karnataka (August)
- Crystal Meditation & Wisdom Session – Tumkur, Karnataka (August)
- KMF Workshop – Tumkur, Karnataka (August)
- “Stress to Strength” Session – Pune (September)
- “Chakra & Energy Management” Workshop – Solapur (September)
- “Science of Happiness” Workshop – Coimbatore (October)



Key Message:

Meditation and mindfulness are not merely practices, they are pathways to balanced and harmonious living. In a time of rapid external progress, cultivating inner stability is essential for individual wellbeing and social harmony. Real social change begins not through force, but through awareness. Meditation does not withdraw us from life - it helps us engage with it more wisely.



SPIRITUAL TOURS

In 2025, spiritual tours were organized to enhance greater awareness and inner connection through visits to powerful energy sites.

- Egypt (January): A tour to Egypt offered an enriching experience. Visiting places like the Great Pyramid of Giza and spending quiet moments in the Nile River Cruise allowed seekers to connect with a deeper sense of awareness. It provided an opportunity to explore ancient wisdom and gain new perspectives.



- Mahavatar Babaji Cave (March): The journey to Himalayas provided a transformative experience. The Guru Sangathya and walking to the cave of Mahavatar Babaji offered calm and grounding experience surrounded by mountains and fresh air. It created a lasting sense of inner stillness and balance.









DIGITAL AND NATIONAL OUTREACH

Digital & National Outreach (2025):

In 2025, Breath Energy Health Foundation (BEHF) expanded its Digital & National Outreach, making meditation, mindfulness, and spiritual science accessible to a wider audience across India and globally through online platforms and structured programs.

Initiatives:

- **Launch of the following Digital platforms**, making meditation and spiritual science accessible globally.

- | | |
|--|--|
|  @BEHFIndia |  @pradeepvijayspiritual |
|  @Gnana_Tamil (Relaunch) |  @pradeepvijay_tamil |
|  @PradeepVijayTelugu |  @pradeepvijay_telugu |



- **Launch of the Training of Teachers (TOT) Program** – A transformative journey began across the globe with registration of over two hundred participants, guiding them through meditation, mindfulness, spiritual wisdom, a 10-day Intense Silence Retreat, and practical life applications, empowering them to share holistic education in institutions and communities (June).
- **Free 4-Day Online Workshop, “Upgrade Your Mindset”** – A national well-being initiative for professionals, students, homemakers, and youth, blending science, spirituality, and practical tools for life (July).
- **Launch of Meditation & Mindfulness Guidance Service** – Initiated in November 2025 to provide personalized support for stress management, emotional balance, and holistic well-being. The service can be accessed via Phone/WhatsApp at +91-9986071742.

INTERNATIONAL EXPANSION

In 2025, Breath Energy Health Foundation (BEHF) took meaningful steps toward global outreach, extending its mission of meditation, mindfulness, and spiritual science at a global level through international collaborations and programs.

Malaysia:

- BEHF Malaysia launch initiated (July)



Vietnam:

- 26th February – Master Pradeep Vijay, Founder of BEHF, conducted a session at the United Nations Office in Vietnam (February).
- Public Workshop, “A Better Self in the Busy World” – Vietnam (August).
- Candles Kids Kindergarten, Vietnam – “Happy Teacher, Happy Children” Workshop for preschool teachers and parents (August).
- 4-Day Mindfulness & Silence Retreat – Medihome, Hanoi, Vietnam (August).



OFFLINE RETREATS

The Power of Silence – A Journey Within

In today's fast-moving world filled with constant noise and endless thoughts, we gradually lose touch with our inner self. Through silence, the mind settles, awareness deepens, and clarity begins to emerge.

With this intention, Silence Retreats were organized to create a quiet and supportive space for inner reflection. Through mindfulness and meditation practices, participants gently shifted from outer distraction to inner peace enabling self-healing at all levels, experiencing reduced stress, greater mental clarity, emotional stability, and a deeper connection with their true nature.

Retreats Conducted:

- Chakra Science Retreat – Pune (February)
- Self-Realization Retreat – Coimbatore (April)
- 3-days Silence Retreat – Khopoli (June)
- Master Pradeep Vijay's Signature Retreats (Silence and Self-Realization retreats) – Agathiyar Pyramid Dhyana Ashram, Tamilnadu (October to December 2025)



Testimonials:



Chandralosini, Bachelor in Microelectronic Engineering, Reliability Test Management Seremban, Malaysia

What I appreciated most about the TOT program was how it helped me grow in awareness and live with greater clarity. The assignments supported me in letting go of old layers of myself and understanding myself better. Through sincere mindfulness practice, I became aware of my autopilot inner chatter that was draining my energy and learned to quiet it, discovering a peaceful inner world. The retreat deepened this journey and taught me to live in alignment with myself and with nature. In that quietness, I understood how my mind operates and gained greater inner confidence. I am deeply grateful to Master Pradeep and the entire TOT team for this transformative experience.

In silence, I discovered the divine self within me. A new version of myself was born in that stillness. It was innocent, delicate, courageous and free. This inner awakening reshaped and expanded my sense of self. Through silence, I healed hidden pain from loss, past hurts, fear, childhood trauma, and long-held resentment. This retreat transformed me deeply. Today, I stand as a witness to my life's journey, cherishing each step with grace and love. My heart overflows with compassion, while my mind rests in calm and serenity.



Madhavi Beemanpally, Master in Business Management & Economics. Manager in Test and Audits Germany - Horrenberg



Attending the 10-day Silent Retreat organized by Master Pradeep Vijay at Agathiyar Ashram was a deeply transformative experience. Surrounded by nature, I gradually experienced a profound sense of stillness. Prolonged meditation for 7 to 8 hours daily brought noticeable healing, particularly for my stomach and thyroid concerns, and the crystal meditation sessions allowed me to access deeper states of awareness and gain greater clarity. The simple, nourishing satvik food supported sustained focus, while the daily fire meditation felt both cleansing and uplifting. Journaling further helped me recognize and refine recurring thought patterns.

Since returning, I have consciously integrated mindfulness, satvik food, and regular connection with nature into my daily life. My self-transformation journey now feels more grounded, focused, and purposeful. My heartfelt gratitude to Master Pradeep Vijay and the team for this profound experience.

Nirmala Sellathurai, MBBS, MRCPCH, FRCPCH & Diploma in Paediatric Neurodisability. Consultant Paediatrician Noth West London, England

Participating in this 10-day Signature Retreat was a deeply healing experience in the serene embrace of nature. In today's fast-paced world, stepping away from responsibilities and digital distractions to reconnect with oneself felt truly invaluable. Through breath-awareness meditation, mindful pauses, silent nature walks, light detox meals, and complete silence, I experienced profound intuition, deep realizations, and inner joy. As my mind grew quieter, I became aware of long-held belief patterns and emotional blocks. Pradeep Sir's spiritual guidance on self-acceptance, gratitude, and releasing conditioned patterns brought clarity and deeper meaning to the journey. This retreat was not merely a break, but a soulful inner transformation.



Rashmi Gala, Chartered Financial Analyst. Finance Professional London, United Kingdom



The Signature Retreat helped me in my spiritual growth. I gained a deeper understanding of the eternal nature of the soul and realized that death is only temporary. The daily meditation and mindfulness practices, silence and the profound wisdom shared by the Mr. Pradeep helped me understand life better; I now have a clear understanding of what truly matters to me and what I need to let go of. I discovered that peace isn't something I have to chase; it already exists within me. I also understand that spiritual health is deeply connected to physical well-being. I learned to consciously release what no longer serves me, creating space for new energy and opportunities. Today, I live with renewed faith in the process of life. I have developed self-compassion and nature has taught me how to live life effortlessly without constant striving.

N Ramesh Kumar, M.A., M.phil. Meditation Coach Visakhapatnam, Andhra Pradesh.

I feel grateful to have been part of the 10-Day Signature Silent Retreat at Agathiyar Ashram. This journey was a turning point in my life. Ten days of complete silence, without gadgets or distractions, helped me face myself honestly. Writing down my fears and offering them into the fire during meditation felt like releasing a heavy burden, bringing calmness, courage, and inner strength. Writing my life story helped me see that every challenge shaped my growth. I stopped labeling my past as good or bad and began viewing it as a meaningful journey. Professionally, I gained emotional balance in my trading. Profits and losses no longer control my state of mind. Meditation did not change the market; it changed me.



Sushma Jain, M.Phil. in Sociology. Stock Trader Greater Noida, Uttar Pradesh



The retreat venue, surrounded by mountains and lush greenery, helped me connect deeply with nature and experience inner stillness. This Signature Retreat became a powerful space for introspection and helped me accept and overcome life's challenges with greater clarity.

The retreat highlighted the importance of a detox diet, supporting my physical well-being and improving food intolerances. I experienced growth in self-love and inner balance, along with deep, blissful meditative states. Crystal meditation enhanced my intuition and brought many inner answers. This retreat clarified my life's core purpose and improved my overall health and well-being. I am sincerely grateful to Master Pradeep Vijay and the entire BEHF team.

Prathyusha Gandra, Masters in Information Science.
Senior manager @ IT company
Dallas, TX

We tidy our houses daily, but it is the "spring cleaning" before a festival that truly refreshes a home. In the same way, while my daily meditation clears my mind, the Signature Retreat and TOT program organized by Pradeep Vijay Sir felt like a deep spring cleaning for the soul.

Being in a space of silence helped to heal deep-seated wounds I did not realize I was carrying, leaving me refreshed and renewed. I realized that attending retreats with great masters is essential for true self-care and growth. I am returning to my students and my life with a renewed heart.



Punitha Mohan, MBA.
Tuition Teacher (Primary Math and Science)
Singapore



This retreat and the TOT program were truly transformative for me. I realized that much of our suffering comes from dependency on people, situations, and outcomes, and that true freedom begins with inner independence. Through meditation, silence, and group energy, I experienced emotional healing, felt calm and clear. I learned that we are not our thoughts or emotions, but the witness of them.

The program reinforced self-love, present-moment living, and fulfilling one's duties with discipline and purpose. Today, I lead a weekly meditation group in my community and also teach meditation online. I am deeply grateful to Pradeep Sir and the BEHF team for their guidance.

Tanvi Shah, M.com.
Retail Merchandiser
Ontario Canada

A Closing Note:

The Silence Retreat created a space to reconnect with oneself.

We sincerely thank all those who joined this 10-day Signature Retreat and experienced positive shifts in their health and holistic well-being.



DISTRIBUTION OF BOOKS

Breath Energy Health Foundation (BEHF) has been distributing its books free of cost to schools, colleges, universities, and the wider public. We gift books with the intention of self reflection, individual growth and development.

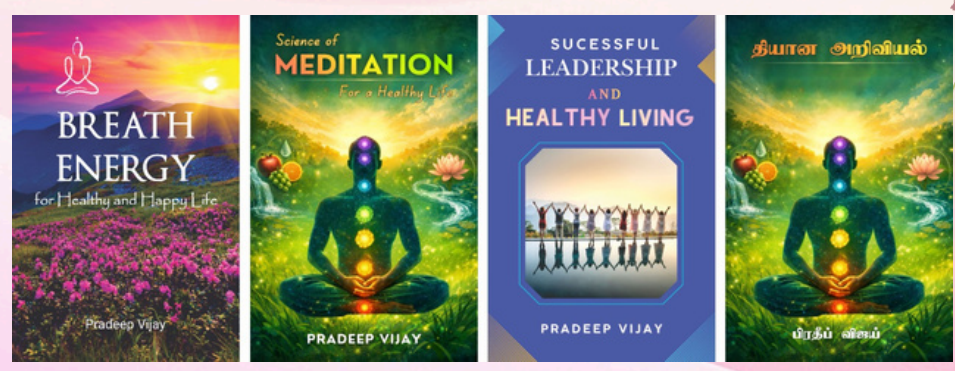


“Every gift comes with a responsibility” – We encourage readers to benefit from the knowledge shared in the books and, in turn, pass on the benefit to others in their communities.

So far, we have printed and distributed around 5000 copies of the below list of books.



Also, we are pleased to announce that below mentioned books have received ISBN (International Standard Book Number) numbers which provides a formal recognition and enables the book to be globally identified, catalogued and distributed. We have also applied for copyright of the book “BREATH ENERGY - for Healthy and Happy life”.



Those who are interested in receiving a copy may reach out our team for further details.



How You Can Help

- ✨ **Spread the Word** – Share our mission with friends, family, and networks.
- ✨ **Volunteer** – Facilitate sessions, assist in event organization, offer your unique skills in book publications, social media platform, etc. Those who are interested can reach us at Email: contact@behfglobal.org.
- ✨ **Donate** – Your generous contribution will help us to reach out more people and expand our service in every possible way.

Name: BREATH ENERGY HEALTH FOUNDATION

Account No: 50100790893542

IFSC code: HDFC0000390

Branch: Porur


UPI ID - 9840323449@pz


UPI No - 984033542





Breath Energy Health Foundation is a registered non-profit organization in India. Donations are covered under 80G-exempt under Income Tax Act, 1961.

Stay Connected

 **Website:** www.behfglobal.org (Website launching soon)

 **Instagram:** 1. Pradeepvijayspiritual
2. pradeepvijay_tamil
3. pradeepvijay_telugu

 **YouTube:** 1. Pradeep Vijay Spiritual Academy
2. BEHF – India
3. Gnana Tamil
4. Pradeep Vijay Telugu

 **Email:** contact@behfglobal.org

 **Phone/WhatsApp:** +91-9986071742 OR



Every individual we guide, every soul we reach, every shift in awareness, happens because of you. Thank you for being part of our community and joining with us for our mission for empowering more people's life. With deep appreciation, The Breath Energy Health Foundation Team.

🙏 **Thank You** 🙏

