

# BEHF - BREATH ENERGY HEALTH FOUNDATION

Monthly updates - January & February 2026

## Mission of the BEHF Founder, Master Pradeep Vijay:

- Reaching to Schools, Universities, and other Educational institutions to raise awareness about Mental and Emotional health for Stress-free and Joyful Living.
- Training program on team development, boosting work productivity and stress management through mindfulness and meditation.
- Workshops and Retreats to impart life skills and to inculcate Holistic Health.



With this mission, the BEHF Founder and core members of Breath Energy Health Foundation (BEHF) actively led workshops and guided sessions across schools, colleges, universities, and various community spaces in the month of January and February. Through their continued leadership and commitment, meaningful platforms were created for meditation, mindfulness, spiritual science, self-healing, and inner growth.

Building on this strong foundation, our dedicated TOT participants further expanded the outreach across different cities. Stepping forward with confidence and clarity, they carried these teachings into diverse institutions & communities, transforming their training into purposeful service.



Below are glimpses of events categorized city-wise during the months of January and February 2026.



## 1. Events organized in Various cities across Tamil Nadu and Karnataka

Year 2026 started with Master Pradeep Vijay's two back to back 10 days signature retreats in the month of January (2nd and 16th) at Agathiyar Pyramid Dhyana Ashram, Tamilnadu.



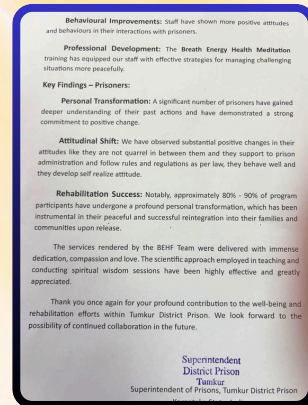
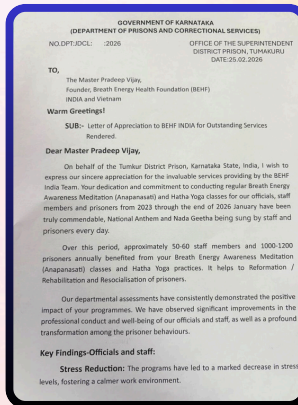
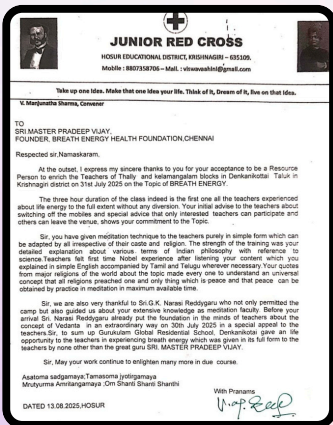


Empowering Life...

A noble initiative of 5 minutes Breath Energy Mindfulness Meditation was introduced at the beginning of every period (Grades 1 to 10) at Gurukulam Global Residential School, Krishnagiri Dist., which is actively followed up by BEHF Core Member - Master Jangal J.



A letter of appreciation is received from Junior Redcross for training teachers at Krishnagiri Dist., and also from Superintendent, Tumkur Prison for conducting Breath Energy Awareness Meditation to Officials & prisoners and the positive impact it has made on them.



Master R. Bhuvaneswari taught meditation & distributed books to the cancer patients in a nonprofit organization, Sri Matha Trust., offering them strength and emotional support during their healing journey (27th Feb).





Meditation session conducted by Master Jangal J to the staff team of Sanghamithra Rural Financial Services at Domlur, Bangalore., promoting resilience & efficiency (9th Jan).

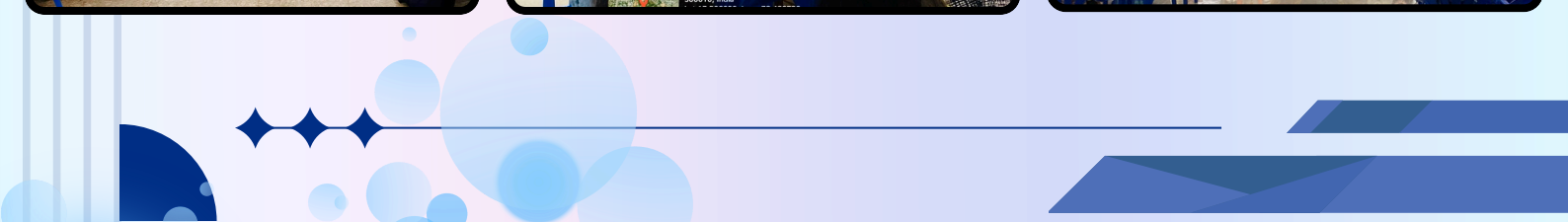


Master Nalini Prakash conducted meditation session to Divya Jyoti Team, at Manovathi, Bangalore., strengthening mindfulness and inner balance (1st Feb).



## 2. Events organized in Various cities across Telangana

Master Chandana Konda & Master Madhavi B, took meditation session at Loyola Academy, Secunderabad., empowering students with focus and inner balance (7th Jan).



Master Chandana Konda conducted meditation session at Gowtham model school, Hyderabad., positively impacting many students (7th Feb).



Master Chandana Konda & Master Sowjanya, took meditation session at Leela Concept School, Hyderabad., encouraging children to build confidence (28th Feb).



### 3. Events organized in Various cities across Maharashtra and Odisha

3-Days silence retreat was conducted in Manas Mandir, Mumbai (from 6th to 8th Feb).





Empowering Life...

### Glimpses of session at SNDT Women's University, Mumbai (9th Feb).



### Business Community Gathering – Orient Club, Mumbai (11th Feb).



### Mindfulness and Well-being Workshop for SNDT Gujrati faculty and Admin Staff, Mumbai (11th Feb).





Empowering Life...

Since 2026, Master Kaumudi Adani is conducting regular fortnight meditation sessions from January at her residence Malabar Hills, Mumbai, touching many people's life.



Master Neha Mirajgaonkar conducted meditation sessions at Urdu High School (4th Feb) and Modern School (12th Feb) at Solapur impacting many children's life.



Master Deepali Sagade took meditation session for a community at Ram Mula Confluence Baner, Pune (7th Feb).



Masters Anusha & Manisha Gharge conducted session "The Power of Breath for Stress and Energy management" for teachers at Sahyadri Vidya Mandir school (19<sup>th</sup> Feb), Bhandup, Mumbai.



Master Rushabh Jariwala inspired by the teachings of various masters, including Master Pradeep Vijay, has authored & published the book "Turning Vision into Bullseye Success" to influence young generation towards meditation. He has conducted meditation session for 125 corporate employees of FEV India & also workshop (creating your own reality) at DIAT Defense Institute of Advance Technology, Pune (9th Jan).



Master Sujata Dhanuka conducted a meditation session in Cuttack, Odisha for the elderly community uplifting hearts and nurturing inner strength (27th Feb).



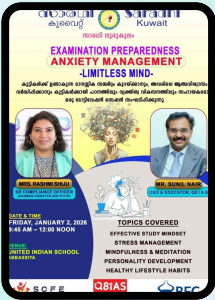


Empowering Life...



#### 4. Below are highlights of sessions led by our overseas participants worldwide

In Kuwait, Master Rashmi Shiju conducted an empowering session for teenagers focusing on examination preparedness and managing anxiety (2nd Jan).

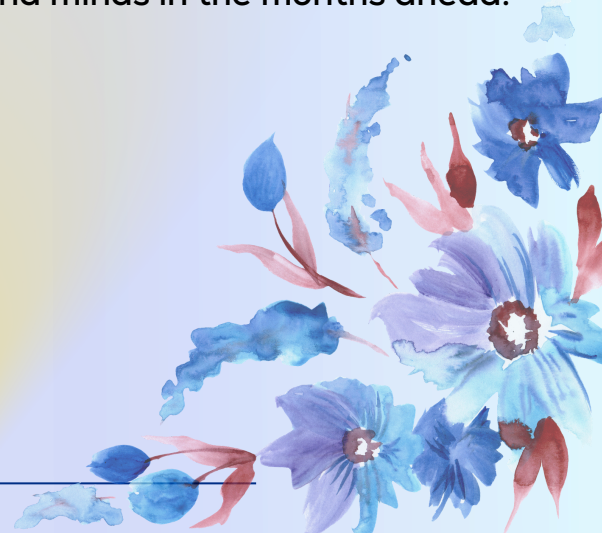


Master Punitha along with Master Naushad teaching meditation to senior citizens through the Singapore government Organization (6th and 27th Feb), while also spreading meditation across other places in Singapore, inspiring many.



In addition to the offline events, our TOT participants have conducted online sessions via Zoom and similar platforms, reaching audiences far and wide.

As we reflect on these months of dedicated service, we feel deeply grateful for every step taken towards spreading of Breath Energy. Each session conducted is a seed planted for a more mindful and compassionate society. May this collective effort continue to grow, inspiring many more hearts and minds in the months ahead.



## How You Can Contribute:

- ✨ **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.

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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



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*Thank you*

