



# BEHF - BREATH ENERGY HEALTH FOUNDATION

## HIGHLIGHTS OF MARCH 2026

March has been a month of heartfelt initiatives & continued inspiration for BEHF, as our dedicated BEHF Trained Teachers (2025 - TOT Batch participants) stepped forward with great enthusiasm, carrying the light of meditation to many and creating ripples of positive transformation.

Together, this ever growing community continues to carry forward the true essence of meditation, empowering lives, deepening awareness and nurturing a more balanced, harmonious and conscious society.

All of this unfolded under the wisdom and compassionate guidance of the BEHF founder, Master Pradeep Vijay.



Before we begin, let's revisit some missed moments

GREAT JOB!

Master Vanaja had conducted meditation sessions across 9 schools and colleges in Karnataka in the month of Jan & Feb, reaching over 2000 students creating a profound impact.

Siddaganga Composite High School & PU Science College, Davangere.



Edu Asia School, Davangere.





Sarkari Hiriya Prathamika Shale, Harihara.



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Mandara School and PUC College, Harihara.



Sarkari Hiriya Prathamika Patashala, Harihara.





B. E. H. S School, Davangere.



Carrying forward the momentum... let us take a glimpse at the events of March 2026.



At her clinic, Master Shrivarthinee offers meditation sessions, sowing the seeds of meditation in her patients while building greater health awareness in them.



Master Shrivarthinee's clinic in Coimbatore (1st Mar & 16th Mar).



Master Nalini Prakash & team conducted session at Higher Primary school in Karnataka with around 90 students. Meditation techniques and its benefits were taught encouraging teachers to begin each class with 5 minutes of meditation.



Kushal Good Shepherd Higher Primary School, Madduru, Mandya District (2nd Mar).





Master Jothilakshmi has conducted multiple sessions in Chennai throughout March, reaching and inspiring diverse community groups on various occasions.



Master Jothi's DharpanaYoga Center (3rd & 7th Mar)



Tholkaapiya Poonga (9th Mar)



Youth Employment Services for autistic men & women (8th Mar)



Wisdom session at Master Shrivarthinee's clinic in Coimbatore (25th Mar)



Sound bath followed by Breath awareness at V-Excel Trust, Adyar (27th Mar)





Master Pooja Rochani has conducted various sessions in Mumbai during March, positively impacting many lives.



At Yoga class in Surat (3rd Mar)



Stress Management Session on Women's day at Chembur, Mumbai (8th Mar)



Group Meditation & Special Navaratri Dhyani at Chembur, Mumbai (15th & 22nd Mar)





Master Tanvi conducted meditation sessions for a community and a local retirement home in Canada, inspiring participants to embrace inner peace and well-being.



Kitchener Ontario (3rd Mar) & Local retirement home, waterloo (21st Mar)



Have received letter of appreciation from Gurukulam Global Residential School, Krishnagiri District for the BEHF initiative of training teachers & introducing 5 minutes of Breath Awareness Meditation at the beginning of each class - Shared by Master Jangal.



Masters Poonam Modi & Sujata Dhanuka conducted a session in Odisha on the occasion of Women's Day and distributed books, spreading knowledge and encouraging inner transformation.



ABC Activity Centre for Kids and Ladies, Cuttack (8th Mar)





Master Neha Mirajgaonkar has conducted 3 days Yoga and Meditation sessions for Female Prisoners in Maharashtra which is commendable.



Solapur District Jail (11th and 29th Mar)



Masters Shubhangi and Rajesh Managolikar represented BEHF and conducted their first corporate session, "Science of Meditation" in Pune, Maharashtra creating awareness about the value of meditation.



CMR India Private Ltd., Pune (12th Mar)



Master R. Bhuvanewari conducted a meditation session and distributed books for a small group in Chennai, helping them experience peace and deeper inner connection.



Near by Sakkarai Amman Siddar temple (13th Mar)





Master Punitha regularly conducts meditation sessions in Singapore for senior citizens, along with monthly satsangs that keep participants inspired, connected and consistently motivated on their inner journey.



Active Aging Committee at Pasir Ris (13th, 20th & 27th Mar)



Monthly Satsang on the topic "Babaji Caves Experience Sharing" in Singapore (29th Mar)



Master Madhavi B hosted a meditation session at her home and in another gathering, gently introduced meditation to a small family in Germany, creating meaningful beginnings in their journey towards inner awareness and well-being.

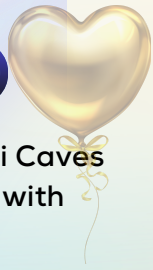


Master Madhavi's Home (15<sup>th</sup> Mar) & at Village Ostringen in Germany (23<sup>th</sup> Mar)





## Mahavatar Babaji Caves Tour, Uttarakhand (15th Mar to 20th Mar)



One more Highlight of this month is a spiritual tour & retreat to the Mahavatar Babaji Caves which was deeply enriching and fulfilling experience, blending serene natural beauty with powerful moments of reflection.

The wisdom sessions by Master Pradeep Vijay at this high-energy sacred space offered profound insights, making the journey truly transformative. Also, BEHF books "Silence" & "Enlightenment" were distributed to the participants to enhance the spiritual knowledge.

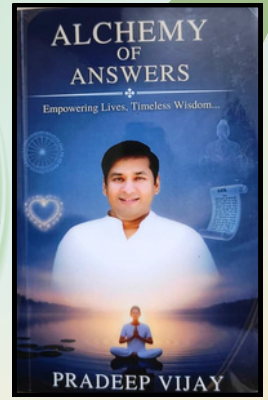
**SPIRITUAL  
TOUR**





The group had the privilege of celebrating Master Pradeep Vijay's birthday on the auspicious occasion of Ugadi this March (19th). It was a joyful, fun-filled celebration.

As a special surprise, Master Parvatham presented the book "Alchemy of Answers", featuring key insights from Master Pradeep Vijay in Q&A format. Around 50 copies were printed of which several copies were personally signed & distributed to the group by Master Pradeep.



Master Padma Mandalaparthi led a meditation session for around 100 participants during the Ugadi celebrations, fostering peace and harmony.



Mountain House community in California (21st Mar)





Master Kaumudi Adani conducted various meditation sessions throughout this month in Mumbai, reaching diverse groups across all age groups, including school children, senior citizens and regular sadhaks,



Rajasthani Mahila Mandal School run by NGO invited BEHF for Meditation Session (1st week of Mar)



At a family residence in Malabar Hills (7th Mar)



At Master Kaumudi's residence in Malabar Hills (7th Mar)



Master Anagha Maharao conducted a meditation session for students at their training institute in Mumbai, where participants responded with great enthusiasm, expressing their openness to the meditation practice.



Institute of Pharmaceutical Management (22nd Mar)





On the occasion of Ram Navami, the District Jail Department in Tumakuru organized meditation and wisdom sessions for hundreds of inmates. Over the past four months, yoga and meditation have been conducted regularly. With the support of Mr. Mallikarjuna, KSPS, BEHF team member Master Anitha co-led these sessions.



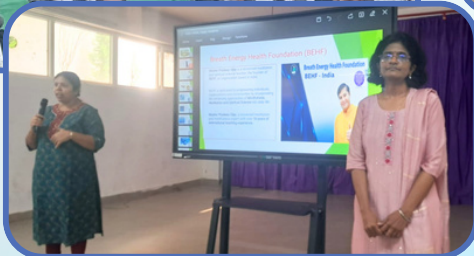
**District Prison in Tumakuru (27th Mar)**



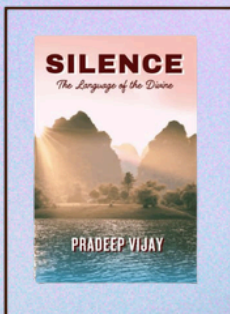
Masters Chandana Konda & Sowjanya conducted a meditation session for nearly 100 students at a CBSE school in Hyderabad, highlighting the importance of incorporating meditation into daily life for improved focus, calmness and overall well-being.



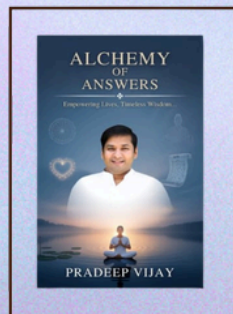
**St. Francis De Sales School (28th Mar)**



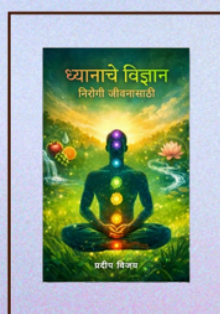
Master Parvatham and the Book Team have been consistently working on literary works, book development & releases and obtaining ISBN registration for several books so far. Here is the March updates for the same.



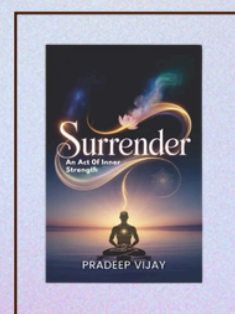
E-Book Designing completed



Prepared the Book



ISBN Number for Science of Meditation Marathi Edition Obtained



Submitted for ISBN Registration





Kudos to all the dedicated TOT participants for tirelessly spreading breath awareness within your communities. Your sincere efforts are creating positive transformations and greater awareness across many hearts and minds. Thank you for being an integral part of BEHF and empowering countless lives.

### 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](mailto: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:



**Website:** [www.behfglobal.org](http://www.behfglobal.org)



**YouTube:** 1. Pradeep Vijay Spiritual Academy  
2. BEHF - India  
3. Gnana Tamil  
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**Thank you**

