

## April Newsletter



**Master Pradeep Vijay**

The month of April began with a free yet impactful **5-day Self-Transformation Online Series** conducted by **Master Pradeep Vijay** from **1st Apr to 5th Apr**.

The series focused on key aspects like energy management, decluttering, making home an ashram, detox diet, integrating yama's and niyama's into daily life, practical spirituality & much more.

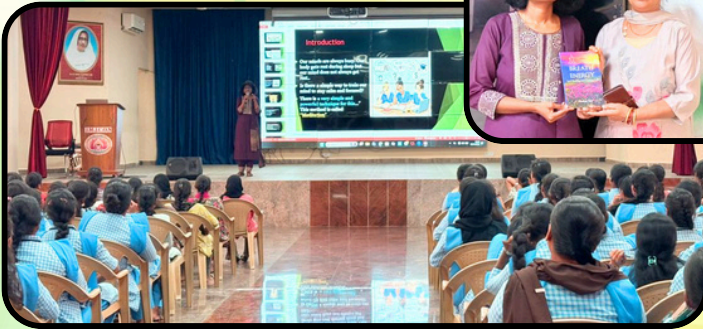
With this, our ever enthusiastic **BEHF Teachers** have contributed immensely spreading Meditation, Mindfulness and Spiritual Science to their communities inspiring many lives during this month.

### Let us look at the highlights of the events during this month

Master **Chandana Konda** conducted meditation sessions for students & teachers across multiple locations in **Hyderabad**, which is commendable.



#### JMJ Nursing College, Sanathnagar, Hyderabad (2nd Apr)



#### Buds n Blooms primary school, Hyderabad (11th Apr)





Master **Poonam Urankar** conducted meditation session for Yoga class participants in **Pune**, helping them integrate the benefits of both physical fitness & inner stillness.



Sharada Math Yoga class, Pune (2nd Apr)



Master **Madhavi B** conducted multiple meditation sessions for IT colleagues, friends & teens in **Germany**, guiding them into a state of very calm & soothing inner experience.



Leimen, Baden-Württemberg, Germany (4th Apr)



Waldorf Germany (12th Apr)





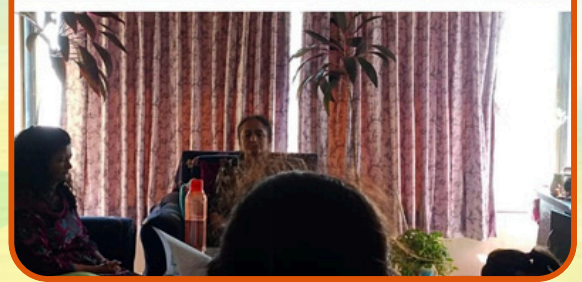
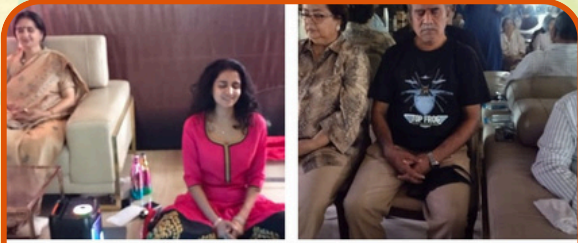
Master **Kaumudi Adani** conducted meditation sessions across multiple locations in **Mumbai**, with one session led by her daughter **Florence**, both contributing immensely to the community.



Master Kaumudi's residence in Malabar Hills (5th Apr)



Next to Raj Bhavan, Mumbai (18th Apr)



Master **Pooja Rochani** conducted group meditation in **Mumbai**, encouraging participants to embrace inner stillness & experience deep peace.



Group meditation in Mumbai (6th Apr)



Master **Anagha Maharoa** conducted meditation session for members of Akhil Mahila Parishad in **Mumbai**, where participants expressed a sincere interest in continuing such sessions in the future & invited her to conduct another session



Akhil Mahila Parishad, Dombivli, Mumbai. (7th Apr)



Masters **Bhuvaneshwari & Rajeswari R** conducted meditation sessions for local community & cancer patients in **Chennai**, helping them experience profound calmness, healing & inner strength.



Vallal illam near Adhambakkam, Chennai (7th Apr)



Sri Madha Trust, Chennai (21st & 25th Apr)



Master **Jothilakshmi** is regularly conducting multiple sessions for differently abled children & their caretakers in **Chennai**. Also, masters **Anitha**, **Ravikumar** & **Aishwarya** joined one of the sessions and led the session.



V-Excel Trust, Adyar, Chennai (7th Apr)



Youth Empowerment Services, Chennai (25th Apr)



Youth Empowerment Services, Chennai (28th Apr)





Master **Punitha** has been regularly conducting meditation sessions for senior citizens, along with monthly satsangs in **Singapore**, fostering inner peace & spiritual upliftment.



Active Aging Committee at Pasir Ris, Singapore (10th Apr)



April month Satsang, Singapore (25th Apr)



Masters **Sowjanya** and **Chandana** conducted meditation session for BBA 1st Year students in **Hyderabad**, helping them enhance focus, clarity and overall well-being.



Avinash College of Commerce, Hyderabad (13th Apr)



Master **Tanvi** conducted breath meditation session for a community in **Canada** guiding participants toward relaxation and inner peace.



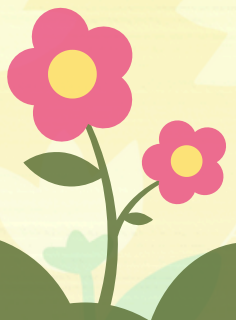
Waterloo, Ontario Canada (13th Apr)



Master **Anitha** has been regularly working with children of poor communities conducting meditation sessions & wisdom for children in **Karnataka**.



Tumakuru, Karnataka (19th Apr)



Master **Manisha Gharge** conducted meditation session for children in Bhandup, **Mumbai** helping them cultivate focus and joyful awareness.



Swami Samarth Kendra Bhandup, Mumbai (19th Apr)



Master **Usha Nandini** has been conducting the Meditation & Wisdom session in LANCOR community for senior citizens at **Kanchipuram** for their transformation which is highly appreciated - shared by Master **Jangal**.



Sriperumbudur, Kanchipuram District, Tamil Nadu (19th Apr)



Master **Neha Mirajgaonkar** conducted a three-day meditation session at **Solapur**, guiding young minds to cultivate a balanced & peaceful state of mind in their daily lives.



Solapur Sports Academy, Maharashtra (29th Apr)



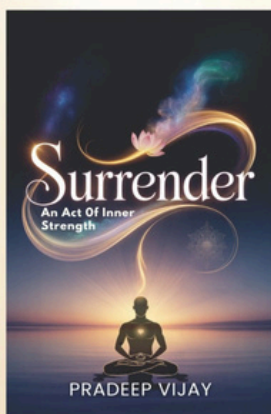
### **April Book Updates:**

April marked yet another important milestone in the book publication journey, with the successful completion of Kindle eBook publishing after a lengthy process.

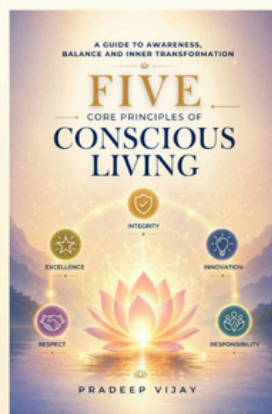
Heartfelt appreciation to Masters **Parvatham, Aniket, Revathi and Deepa** for their untiring efforts toward the publication process. Special thanks to Masters **Madhavi** and **Girija** for their valuable contribution throughout this journey.

This achievement reflects the Vision of Master Pradeep Vijay to make spiritual wisdom accessible to truth seekers across the globe.

**Along with the ebook publishing, two other books received ISBN this month.**



Surrender  
An act of Inner Strength  
- ISBN Received



Five Core Principles of  
Conscious Living  
- ISBN Received



Enlightenment  
- E-Book Released



Another special highlight of this month was the launch of the BEHF website - [www.behfglobal.org](http://www.behfglobal.org). We invite everyone to take some time to explore our newly launched website and learn more about our initiatives and programs.



We extend our sincere gratitude to each one of you for contributing immensely toward making the vision of BEHF a reality. Through your commitment and selfless involvement, you have become true instruments for transforming and enriching many lives.

Spreading this awareness across innumerable lives would not have been possible without your unwavering support. Thank you for being an integral part of this journey,

### 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.

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



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



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**Thank you**

