



Empowering Life...



BREATH ENERGY HEALTH FOUNDATION
BEHF - INDIA
(NON-PROFIT ORGANIZATION)

BEHF envisions a world where Individual, families and communities live a healthy and happy life, through the scientific practice of Mindfulness and Meditation.

MEET THE FOUNDER PRADEEP VIJAY



Master Pradeep Vijay is a renowned Meditation and Spiritual Science Teacher, the founder of the **Breath Energy Health Foundation**, an organization based in India, Vietnam and expanding to more countries.

His academic background includes a Bachelor of Engineering (Information Technology) from Chennai, India. Followed by a master's degree in information systems from Melbourne, Australia.

He began his journey in Meditation at a young age, inspired by the transformative power of **Meditation** and **Mindfulness**. Over the past 16 years, Master Pradeep has travelled more than 30 countries, shared his wisdom & insights with thousands of individuals across the world by conducting **Meditation Workshops, Self-Healing Retreats, and Self-Realization Programs**. He inspired countless individuals by his deep spiritual insights, making his teachings both accessible and impactful.

Master Pradeep's mission is simple- to inspire and empower individuals around the world to live with peace, joy, and compassion through Meditation, Mindfulness, and Spiritual Science. With unwavering dedication, he empowers seekers to unlock their true potential, embrace self-realization, and lead a purposeful, Happy and Healthy Lives.

Mission of BEHF:

- 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.



On 26-02-2025, Master Pradeep Vijay conducted a workshop on Meditation, Mindfulness and Stress Management at the United Nations in Vietnam.

PROGRAMS FOR STUDENTS

University life is a whirlwind of opportunities, challenges, and constant change. With so much happening, it's easy to feel overwhelmed or disconnected. What if you could discover a way to not only thrive academically, but also achieve peace, clarity, and emotional resilience in the process? Our practices are more than just techniques—they are tools that help students to navigate complexities with calmness, focus, and a deeper sense of purpose.

▶▶▶ Here's what BEHF brings to students:



Stress-Free Success

Learn practical techniques to manage stress and stay calm, so you approach exams, and life with calmness and confidence.



Enhanced Focus and Concentration

Harness the power of mindfulness to improve the academic performance and stay present in the moment.



Promote Emotional Well-Being

Develop emotional strength, enhance your mental well-being, and cultivate a positive mindset.



Find Purpose and Clarity

Explore the spiritual side and find purpose & clarity with your core values by understanding the life beyond.



Our workshops are tailored to meet the needs of university students, providing accessible and flexible sessions that fit into your busy schedule. Whether you are new to meditation or looking to deepen your practice, **BEHF** is here to guide you in every step.

We look forward to supporting the individual in experiencing the **balanced, successful, fulfilling, and joyous life.**

PROGRAMS FOR CORPORATES & PROFESSIONALS

➤ Workplace Stress Management

➤ Emotional Intelligence in the Workplace



➤ Mindfulness for Focus & Productivity

➤ Personal Development and Leadership Awareness Programs
Work-Life Balance & Resilience



Mindfulness Workshop



Corporate wellness Workshop



Stress Management Workshop

**Programs can be delivered online or in-person.
Programs can be customized to suit the needs of
different organizations and leadership teams.**



PROGRAMS FOR INDIVIDUALS & FAMILIES

With the rise of hustle culture, it's easy to feel disconnected, overwhelmed by stress, and unsure where to find personal clarity. While families strive to build deeper connections and a harmonious home, they also seek to nurture well-being without losing their sense of self.

BEHF programs support parents in fostering deeper connections with their children, help individuals manage stress, anxiety & depression and provide guidance on navigating relationship challenges. We also offer strategies for effective time management, empowering individuals to cultivate inner peace and unlock their full potential

▶▶▶ **Here's what BEHF brings to individuals and families:**



Improve Emotional Well-Being

By embracing spirituality, one can nurture emotional well-being, manage stress with mindfulness, and navigate relationship challenges with compassion and inner peace.



Nurturing a Life of Purpose

Align with the actions of one's deeper values, allowing to live a life full of intention and meaning.



Spiritual Parenting

Learn to guide the children with love, patience, and understanding. Discover tools to create an environment that nurtures emotional and spiritual growth, teaching children mindfulness, kindness, and self-love.



Create a Harmonious Home

Discover how incorporating mindfulness and spiritual practices can create a home full of love, calm, and understanding.

Our programs are designed with easy-to-implement techniques and practices that can be adapted to both individual and family needs.

"BEHF aims to introduce a wide range of programs in future to address diverse needs and promote holistic well-being."



“Inspiring growth with sincerity, compassion, and mindfulness...”

I have known Pradeep Vijay since 2012 and over the years, we’ve conducted numerous Spiritual workshops and travelled the world together. Pradeep has become a globally recognized teacher of meditation and mindfulness, helping with thousands of individuals at workshops around the world and with large organizations. His work helps people unlock their unique potential, which is imperative if humankind is to become empowered to co-create a new era of peace and plenty for all. The quality that I most admire and respect in Pradeep is that he has the ability to relate to and inspire people from all walks of life, with true sincerity, compassion and love. He is empathetic, but powerful, generous and kind. He would be an asset to any organization that is fortunate enough to obtain his services as a teacher and speaker.

- Judy Satori (New Zealand)

**The author of the book *Sunshine Before the Dawn*
International Spiritual Teacher**

“Guided by Wisdom, Empowered by Change...”

I’m Chan Seow Hong from Malaysia. Since meeting Master Pradeep in December 2016, I embraced meditation and a vegetarian lifestyle, leading to profound personal growth. Master Pradeep’s teachings have made me calmer, more focused, and self-aware, improving my relationships and career. I’ve learned to trust intuition, embrace life’s flow, and take responsibility for my actions. Despite losing my business during the pandemic, I started anew, and within two years, my new company reached the success I had taken a decade to achieve. His guidance has transformed me personally and professionally, making me a stronger, wiser, and more resilient person.

**- Mr. Chan Seow Hong (Malaysia)
CEO of Qaler Pavilion Sdn. Bhd**

“A Life-Changing Meditation Experience...”

I have been practicing meditation for years, but my experience deepened when I learned from Pradeep Vijay in Cairo, Egypt. His simple, breath-focused approach, free from tantra, yantra, or mantra, was transformative. A key practice, interlocking my fingers before meditation, led to deeper concentration, a cooling of my body, and a balanced flow of energy. I also became more aware of my senses and felt physical balance, with regulated skin temperature and stable blood pressure. Most notably, I gained better control over my emotions, which improved my relationships, productivity, and well-being in both my personal and professional life. I’m truly grateful for this life-changing practice that has brought me peace, balance, and clarity.

**- Dr. D. Ramanathan, DAM, FRAV (Kerala, India)
General Secretary & Founder of AMMOI
(Ayurvedic Medicine Manufacturers Organization of India)**



TESTIMONIALS



“Experience driven, Cultivating Calm, and Deepening Universal Connection...”



I've had a great pleasure to meet and get to know spiritual teacher Pradeep Vijay during our retreats and conferences in Singapore, India, Germany, Bosnia-Herzegovina, and Egypt. He has great organizational skills managing many people. As meditation helps train the mind to stay present and manage distractions, Pradeep deeply understands notable outcome of meditation: improved focus and mental clarity. Over time, it allows individuals to respond to stress, anxiety and anger in a calmer, more controlled manner. It leads to overall well-being. Practicing meditation for the long time, Pradeep has become aware of a deeper sense of connection with the universe, a higher power and his own inner spirit.

- Dr. Sam Osmanagich, Ph.D (USA)
Discoverer of the Bosnia Pyramids

“Replacing reactive stress with intentional calm.

BEHF's 'Stress-Free Success' session provided a vital roadmap for navigating academic pressures. Master Pradeep Vijay's practical mindfulness techniques have noticeably enhanced student focus and emotional well-being. By effectively addressing the 'whole student,' this rare program has empowered us to handle challenges with resilience and replace stress with lasting calm.



-Dr Parikshit N Mahalle, Ph.D
Dean At Vishwakarma Institute of Information Technology.
(Pune, Maharashtra, India)

“Illuminating the Path to Self-Realization and Inner Harmony

I am forever grateful for the profound impact Mr. Pradeep Vijay has had on my journey to knowing self. His gentle guidance enriched with personal experience and profound wisdom have illuminated my path toward inner peace and self-realization. Through his teachings, I discovered a deeper understanding of myself and the interconnectedness of all beings. His authentic presence and compassionate approach have empowered me to overcome personal challenges and embrace life with renewed hope and purpose. His discourses might sound generic but has an element of personalization to draw a deeper understanding of my personal journey. Every interaction with my guru Pradeep Vijay has been a transformative experience, filled with insights that have reshaped my perspective on life. His ability to connect with the deepest parts of our souls and inspire positive change is truly remarkable. I feel blessed to have been touched by his light and wholeheartedly recommend his teachings to anyone seeking spiritual growth and a more meaningful, balanced life.



- Padmashri Mahendra Bhandari MD, MBA, D.Sc. (Hon.)
CEO Vattikuti Foundation (Lucknow, India)
Vice Chancellor, King George Medical University

TESTIMONIALS



“ *Meditate and dive deeper into self...* ”

I am Commander Shirish Deshpande, retired from Indian Navy after 20 years of service. Later I joined Merchant Navy and sailed as a Captain till June 2021. In 2017, First time I met Master Pradeep Vijay in Meditation Retreat which was life changing. I regularly attend online/ offline retreats and seminars conducted by Master Pradeep Vijay which helps me to understand life and dive deeper into self while meditating. Best wishes to Pradeep Sir to inspire more and more people on Self- Realization path.

- Shirish Deshpande,
Indian Navy Commander (Retd)
(Goa, India)



“ *Achieving academic goals while maintaining internal mental peace.* ”

"In our fast-paced college environment, Master Pradeep Vijay's workshop was a breath of fresh air. By introducing mindfulness, he gave us a clear roadmap for emotional well-being and enhanced focus. Learning to stay present has shifted our perspective from 'surviving' the semester to thriving within it, empowering us to achieve our ambitions while maintaining mental peace."

-Dr. P.K.Srivastava, Ph.D
Principal, ISBM College of Engineering
(Pune, Maharashtra, India)



“ *The Cop's Secret to Peace...* ”

After years in the police force, you get used to carrying a heavy load of stress. The constant high-pressure environment takes a toll on your mind that doesn't just disappear when you retire. I knew I needed a way to quiet the noise, and the ToT(Training of teachers) Program and Silence Retreats with BEHF gave me exactly that. The ToT sessions didn't just teach me how to facilitate; they gave me a practical, grounded way to lead others with genuine purpose. But the real shift happened during the Silence Retreat. After a career filled with sirens, chaos, and tension, the space BEHF provided gave me something rare: absolute clarity. Through their meditation and mindfulness guidance, the silence wasn't just 'quiet' it was healing. I walked away not only with a new set of teaching skills but with the mental peace I had been missing for years. If you are carrying the weight of your career and need to find your inner anchor, these programs are an absolute must.

-Ravindra Badgujar
Retired ACP, Mumbai Police. (Maharashtra, India)



TESTIMONIALS





***“Meditation: The Gentle Power to Healing, Resilience and Vibrant Living*”**



While medical science cures disease, meditation nurtures true health. As a practitioner, I’ve seen how mindfulness restores balance and reduces stress where technology cannot. It was an incredible experience having Sri Pradeep Vijay and the BEHF team conduct a mindfulness workshop at our institution, providing us with these life-changing tools. Meditation isn't just a personal refuge; it’s a tool that enhances empathy and clarity in clinical decisions. In a rushed world, meditation proves that silence is strength. It is the essential companion to modern medicine for a truly vibrant life

**-Dr. Ritvik Jaikar,
MBBS, MS (General Surgery),
Dean At Dr. V. M. Government Medical College Solapur.
(Maharashtra, India)**

TESTIMONIALS

***“Bridging the gap between academic pressure and mental peace*”**

"Master Pradeep Vijay’s session went beyond relaxation, helping us find true purpose and clarity. Our campus now enjoys a calmer atmosphere where students feel empowered to handle emotional challenges. We are better equipped to balance high-performance demands with a peaceful mindset. It was an inspiring reminder that clarity of mind is the greatest foundation for achievement."



**-Prem Gehani, B.E
Co-Founder Colours Innovation Academy, India.
(Pune, Maharashtra, India)**

***“How Mindfulness Transforms Schools*”**

Since partnering with BEHF in July 2025 to introduce the Breath Energy Awareness and Mindfulness (BEAM) program, we have witnessed a remarkable transformation at Gurukulam Global Residential School. Our teachers report significantly reduced stress and greater mental clarity, while our students have shown incredible improvements in focus and emotional regulation. Guided by Sri Pradeep Vijay, the BEHF team hasn't just provided workshops; they have fundamentally enriched our school's culture. We highly recommend BEHF's programs to any institution seeking to prioritize mental and spiritual well-being alongside academic excellence.



**-Prof. GK Narasi Reddy
Vice Chairman, Gurukulam Group of Institutions
Editor, STAYFIT Health & Lifestyle Magazine.
(Bengaluru, India)**

INSTITUTIONAL'S OUTREACH



Workshop at Sri Padmavati Mahila Visvavidyalayam, Tirupati.



Sri Venkateswara Vedic University, Tirupati.



JSPM College, Pune.



Anikethana High School Tumkur, Karnataka.



Workshop At SNTD Women's University (Gujarat Faculty) Churchgate, Mumbai.



Ashwini Rural Medical College, Solapur, Maharashtra.



Sri Venkateswara Vedic University, Tirupati.

INSTITUTIONAL'S OUTREACH



GGRS School,
Denkanikottai, Tamil Nadu.



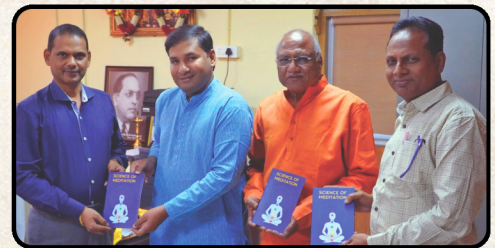
Govt College Magadi,
Karnataka.



Vishwakarma Institute Of Techology, Pune



Colours Innovation
Academy, Pune



Sri Venkateswara Veterinary
University, Tirupati.



Mindfulness And Well-Being Workshop
At SNDT Women's University, Mumbai.

INSTITUTIONAL'S OUTREACH



Dr Vaishampayan Memorial Govt
Medical College, Solapur Maharashtra.



Candles Kids Kindergarten
School, Vietnam.



SNDT Women's University
Juhu, Mumbai.



Teachers Training Workshop At Gurukulam Global
Residential School, Denkanikottai, Tamil Nadu.

PUBLIC WORKSHOPS



“Stress To Strength” Workshop in Pune.



4-Day Mindfulness & Silence Retreat, Medihome, Hanoi, Vietnam.



Chakras and Energy Management Workshop In Solapur, Maharashtra.



Workshop For Business Community At Orient Club, Mumbai.



Vanam India Foundation, Coimbatore, India.



Workshop at Raipur, Chhattisgarh.



Workshop In Malaysia

PUBLIC OUTREACH BY BEHF TEAM



Poonam - Odisha, India.



Thuy Nguyen - Ho Chi Minh, Vietnam.



Shalini - Seattle, USA.



Shubhangi - Pune, India.



Padma - Santa Clara, California.



Akansha - Ezdan Oasis, Qatar.



Gunalan - Kuala Lumpur, Malaysia.

PUBLIC OUTREACH BY BEHF TEAM



Madhavi - Germany.



Vanaja - New Jersey, USA.



Ramesh -
Visakhapatnam, India.



Asha -
Rajasthan, India.



Nirmala - London, UK.



Kalyani - Sugarland, USA.



Rashmi - Kuwait.



Krishnapal & Ravindra - Pune, India.



LET'S EMPOWER TOGETHER

"Spiritual Health is the Root, Physical Health is the Fruit"



Empowering Life...

Contact  +91 99860 71742

Website  www.behfglobal.org

Email  contact@behfglobal.org

Instagram  [pradeepvijayspiritual](https://www.instagram.com/pradeepvijayspiritual)

Youtube  [Pradeep Vijay Spiritual Academy](https://www.youtube.com/PradeepVijaySpiritualAcademy)