

May 2026 Newsletter



Master Pradeep Vijay

The month of May unfolded with impactful programs and events that promoted Meditation, Mindful living, and Spiritual growth, while BEHF Teachers continued creating spaces for learning, self-discovery, and inner transformation, helping more individuals connect with the practice of meditation and mindful living.

Let us have a glimpse of the events throughout this month

The month began with **Master Pradeep Vijay** addressing at an annual celebration organized by **Masters Shanthi & Kruthimala** for children and young students in **Mannivakkam, Chennai on 1st May**, sharing insights on spiritual parenting and the benefits of meditation from a young age.



On **2nd May**, a highly energetic and transformative one-day workshop was conducted on Meditation & Stress Management at **Le Royal Méri dien, Chennai**, offering practical insights into managing stress, enhancing well-being and integrating meditation into daily life.



Another highlight of this month was the launch of the **Teacher Training Program (TTP) 2026 on 2nd May**. Building on the foundation laid by TOT 2025, this online program, initiated by **Master Pradeep Vijay**, has enrolled around 135 participants and aims to develop teachers who can effectively share Meditation, Mindfulness, Spiritual Science, and Conscious Living through a scientific and experimental approach.

The following are glimpses of events conducted by BEHF Teachers



Master Kaumudi conducted a series of meditation sessions in **Mumbai**, including a gathering for 16 senior citizens at **Malabar Hill (1st May)**, a **Full Moon meditation session (2nd May)**, an **Amavasya meditation at the Worli office (16th May)**, and a **Purnima meditation (31st May) at her residence**, each accompanied by annadanam. Regular sessions are held every month at her place, with both in-person participation and online Zoom access.



Master Usha Nandini facilitated Purnima meditation session to Lancor communities at **Sriperumpudur, Tamil Nadu (1st May)**.





Master Punitha conducted meditation sessions in **Singapore** for diverse age groups, including a **Buddha Purnima meditation for teenagers (1st May)** and a meditation session for senior citizens at **Pasir Ris (15th May)**.



Master Tanvi conducted Breath Meditation at a **Community Country Hills Library, Kitchener, Canada (22nd May)**.



Master Neha Mirajgaonkar conducted **Buddha Purnima meditation** at **Ganesh Pyramid, Solapur (2nd May)**. The event was attended by 120 participants & visited by Shri Vinayak Kondyal, Mayor of SMC, followed by Mahaprasad.





Masters Shrivarthinee & Lakshmi Kumaresh conducted a Stress management program for faculties at **United College of Arts and Science, Periyanaickenpalayam, Coimbatore (6Th May).**



A **5-Day workshop** on Breath Energy Mindfulness Meditation was conducted at **Gurukulam Global Residential School, Krishnagiri District** from **6th May** featuring yoga, pranayama practices, online wisdom Sessions on Awareness, Stress Management, Soul Science & Soul Journey by BEHF speakers - **Masters Jothilakshmi, Shubhangi, Chandana & Jyothi C.** Program concluded with a session led by **Master Girija M** on **11th May** along with separate training session for the non-teaching support staff. Also, teachers were guided on the student research questionnaire & program feedback process.

The program was coordinated with the support of **Master Jangal**, who facilitated the speaker sessions and assisted in the overall organization of the training.





Master Deepika Ravuri conducted a meditation session for doctors at a Leadership & Well-being Workshop at **Stoke in Trent, UK (9th May)**. She participated as a speaker at a Full Moon Meditation & Wisdom Session in **Manchester (31st May)**.



Master Chandana Konda conducted sessions for residents of **Jawahar Nagar Colony (10th May)**, first-year MBBS students at **ESIC Medical College (13th May)**, & residents of **Prashanthi Old Age Home (20th May)** in **Hyderabad** sharing the benefits of meditation, mindfulness & stress management.





Master Madhavi B conducted a meditation session for SAP employees and their families at the SAP Hub Colony in **Walldorf, Germany (10th May)** and another meditation & wisdom-sharing session at a **home gathering (31st May)**.



Master Jothi Lakshmi conducted meditation & breath awareness sessions for youth at **Youth Empowerment Services, Chennai (11th May)**, encouraging daily practice through student leadership. She led a 4-hour workshop on Yoga, Mindfulness & Breath Awareness at **Arichuvadi Library, Pondicherry (12th May)**. Conducted a short meditation at **Nandalala Trust (29th May)** before Deepa Pooja .





Master Girija M led Stress Management session for the Sanghamithra Rural Micro Finance Head Office team in **Domlur, Bangalore (13th May)**.



Masters Lossiny, Gunalan, Sharmila & Revathi conducted meditation sessions for 110 students and 20 teachers at **Jasin Melaka Tamil Primary School**, followed by a public meditation session at **Paya Rumpit Temple (15th May)**. **Masters Gunalan & Revathi** conducted a session for 60 students at **Bukit Lintang Tamil School, Melaka (20th May)** in **Malaysia** encouraged the school to introduce a short daily meditation practice for students.





Master Rajeswari R conducted a meditation session for silambam students in Tiruvottriyur poonthottappalli ground, Chennai (17th May).



Master Lakshmi Kumaresh conducted a meditation session at an old age home in Kothamangalam, Erode (17th May). She also incorporates short meditation for students at the beginning of her **Spoken English classes**.



Master Bhuvaneswari conducted a meditation session for cancer patients at Sri Matha trust, Chennai (18th May).





Master Shrivarthinee conducted Meditation and Wellness program for faculties in **UCAS Collage, Coimbatore (25th May)**.



Master Parvatham conducted a meditation session, clarified participants' doubts & led a Satsang at **Master Shalini's residence in Seattle, USA (26th May)**. During the gathering, she also Shared BEHF profile & few books with them.



Master Anuja Kulkarni gave a small introduction to meditation at **Yashwantrao Chavan Art Gallery, Pune (29th May)** On the occasion of the inauguration of the Panchatatva Art Exhibition.





Master Pooja Rochani conducted a full moon meditation session at **Chembur, Mumbai (31st May)**.



Master Rashmi Shiju conducted First emotional intelligence workshop along with meditation for age group 14-21 years as a part of Eid holidays in **Kuwait (17th May)**.



Master Prema is conducting regular weekly meditation session focussing on meditation, self-transformation, and inner well-being at **Maiden Community Centre, Berkshire, UK**.





May Book Updates:

During this month, ISBN registrations were obtained for three books, and e-book editions of four books were released.



Interested in learning Meditation, exploring Spiritual Science or connecting with BEHF? Reach out to the BEHF Facilitators in your city using the contact details below:

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Our heartfelt thanks to all BEHF teachers, volunteers and participants for their dedicated efforts in spreading the awareness of Spiritual Science and Meditation.

Through both offline and online sessions, you continue to reach and inspire people across diverse locations, helping the vision of BEHF touch more lives each day.

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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Thank you

