



**PKP TENDER HEARTS
FOUNDATION**



Manassas, Virginia, July 6, 2026 -- PKP Tender Hearts Foundation ("Tender Hearts") with Star Scholars Network Co-Sponsors the Leadership and Inner Wisdom Transformative Three-Day Program Organized by Jeevan Vigyan Yoga and Meditation School

A three-day meditation retreat was held over Independence Day weekend at the Wyndham Garden Hotel in Manassas, VA. The event was organized by Jeevan Vigyan Yoga and Meditation School with Star Scholars Network and PKP Tender Hearts Foundation.

The retreat brought together professors, educators, healthcare professionals, first responders, community leaders, students, emerging scholars from across our region and enthusiasts from over six countries. We were honored to welcome Gurudev L. P. Bhanu Sharma (Bhanu Gurudev), an internationally respected spiritual teacher whose work focuses on leadership development, personal resilience, and human consciousness as well as Dr.

Ruth Zaplin, Senior Executive-in-Residence at American University's School of Public Affairs. The event also welcomed distinguished guests, including Virginia State Senator Kannan Srinivasan and Counselor Aruna Ghising from the Embassy of Nepal

At the closing ceremony Dr. Keith Wright, Chair of the Global Connections Awards at the Star Scholars Network, shared that The Star Scholars Network honored Sadguru Shri L.P. Bhanu Sharma, the founder of Jeevan Vigyan and a spiritual leader from Nepal, with the International Star Humanitarian Award 2026. This honor was conferred in recognition of Sadguru Shri Sharma's visionary leadership in continuously guiding the global community toward happiness, peace, and prosperity through Jeevan Vigyan—utilizing self-awakening, mindfulness, and meditation. It also recognizes his enduring contributions to holistic well-being, human dignity, and personal inner transformation. Highlighting the significance of the award, Chair Wright presented the criteria and reasons for selecting the revered Bhanu Gurudev for this honor.



In a structured, supportive space and through guided meditation, breathwork, and intentional practices aligned with the seven chakras, attendees learned to regulate their nervous systems, clear mental noise and left with a clearer mind, a steadier body, and practical tools to sustain their energy.

Prabha Bhattarai, President of PKP Tender Hearts Foundation says “The strongest leaders are those who lead with wisdom, compassion, and inner peace. This program reminded us that true transformation begins within. As we strengthen ourselves through mindfulness and self-awareness, we gain the ability to uplift others and build communities rooted in kindness, resilience, and hope”

About Jeevan Vigyan

Jeevan Vigyan was established in the United States in 2020 as an educational institution focused on health, mindfulness, and wellness. Our primary objective is to provide practical education in Yoga, Pranayama, and Dhyan (Meditation) based on ancient Eastern philosophy. Our vision at Jeevan Vigyan USA is to foster happiness, peace, and prosperity within individuals through the daily practice of Yoga, Pranayama, and Dhyan (Meditation), and by promoting positive feelings and expressions in their daily lives. Our mission is to extend proven programs developed over a decade of practice by the Jeevan Vigyan Foundation in Nepal to people around the world, facilitated by talented and experienced instructors, in the absence of revered Guruvras.

About PKP Tender Hearts Foundation:

PKP Tender Hearts Foundation is a 501(c)(3) non-profit based in Centreville, Virginia. Their mission is to preserve Nepali culture within children in the United States to remind them where their true roots lie, spread education in Nepal to those who do not get the opportunity to learn, and unite everyone of all ages, from the younger generation to the elderly. See <https://www.thfva.org> to learn more



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