



From Swamiji's Desk

Prayers and blessings from Swamiji

Even the greatest souls have faced the storms of destiny. Think of Arjuna, gripped by doubt on the battlefield, or Draupadi, who endured humiliation yet rose with unshakable faith. Their journeys remind us that life is a dance of opposites or complementaries- gain and loss, praise and pain, rise and fall. Like the river that flows around rocks yet never stops its course, we too must move with life's rhythm. Obstacle is the way!



“What seems like an ending is often the divine way of beginning anew”.

- Swami Sukhabodhananda

From Being Uplifted to Uplifting Others: Anusha's Inspiring Journey



Anusha's journey with Prasanna Jyothi began when she was just a little girl, full of potential and quiet determination. Over the years, with consistent guidance, a nurturing environment, and her own unwavering dedication, she blossomed into a confident young woman. Today, she stands proudly as a working professional, having secured a position in a reputed organization—an achievement that reflects both her hard work and the support extended to her throughout her upbringing.

In a deeply touching moment, Anusha chose to offer her very first month's salary back to Prasanna Trust, presenting it personally to Swamiji as a gesture of gratitude and love. This heartfelt act beautifully symbolizes the bond she shares with the Prasanna family and the values instilled in her. Her story is a reminder of the transformative power of education, care, and encouragement. Just as she was uplifted by the support of this community, she has now chosen to give back to the very cause that shaped her life—continuing the circle of kindness, responsibility, and hope for future children who will follow in her footsteps.

**When a child is nurtured with love and opportunity,
she grows not only to rise—but to lift others with her.**

Monthly Service Updates

Anna Daana



Left food distributed at Jayadeva hospitals and in the middle food distributed in slums of Vivek Nagar, top right, bottom right images food distribution at Jayadeva hospital

A simple act of kindness eases other's burden and warms the heart, spreading compassion and humanity all around.

Every act of nourishment is an act of transformation. When a warm meal reaches a hungry child or a struggling family, it carries more than food — it carries faith, comfort, and the spark of a new beginning. At Prasanna Trust, every plate we serve is a promise that no one will be left behind. Nutrition, to us, is not just about survival — it's about giving strength to dream, to heal, and to rise beyond hardship. Across schools, hospitals, and underserved communities, over 10,000 lives are touched every single day through this simple yet powerful mission. These meals awaken minds in classrooms, bring ease to weary patients, and restore dignity where despair once lived.

Gyanadaana

Through our Gyanadaana initiative, Prasanna Trust is committed to ensuring that no deserving student is held back due to financial limitations. Every year, we extend education scholarships to young learners with potential, passion, and the determination to rise above their circumstances.

a large number of deserving students have received scholarships—opening new doors of opportunity across various fields of study. Over the years, the Trust has continued to support countless bright minds, including aspiring doctors, engineers, and dedicated young professionals who are working hard to shape their futures.

For many of these students, Gyanadaana has been more than financial support—it has been a turning point, a bridge between dreams and reality. With every scholarship, we are helping shape confident individuals who will contribute meaningfully to society.

We warmly invite you to join us in this transformative journey. Together, let us uplift young minds, nurture talent, and build a future where education becomes every child's right, not a privilege.



“When we give with love — be it knowledge, care, or skill we don't just change lives, we help humanity rise together.”

- Swami Sukhabodhananda

Monthly Service Updates

Vocational Training



Through our Vocational Training programs in tailoring, computer basics, and tutoring—jointly conducted by Prasanna Trust and the Shivanssh Foundation—we equip individuals with practical skills that help them become confident and self-reliant.

The Basic Computer Course Certification Ceremony was successfully held on 30th October 2025 at Nirgunam Mandir, where over 100 students proudly received their certificates. The event was graced by Mr. Vikas Poddar, Mrs. Anjali Poddar, and Mr. Adithya Jaipuria, whose presence added great encouragement to the celebration.

The evening was filled with joy and energy as students also showcased their talents through dance and music, creating a vibrant and memorable atmosphere.

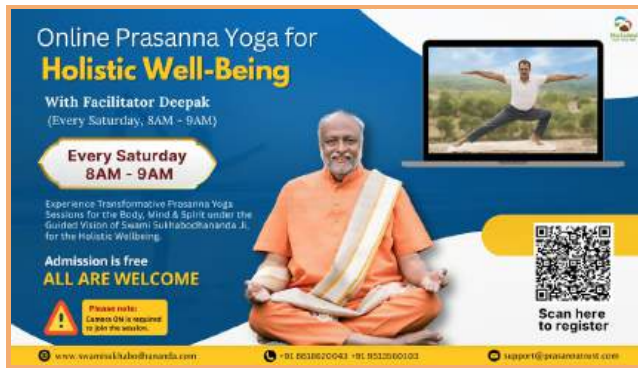
Together, we continue to empower lives through skill development, opportunity, and community-driven growth.

**“Every act of giving plants a seed of hope
and hope is the most powerful food of all.”**

- Swami Sukhabodhananda

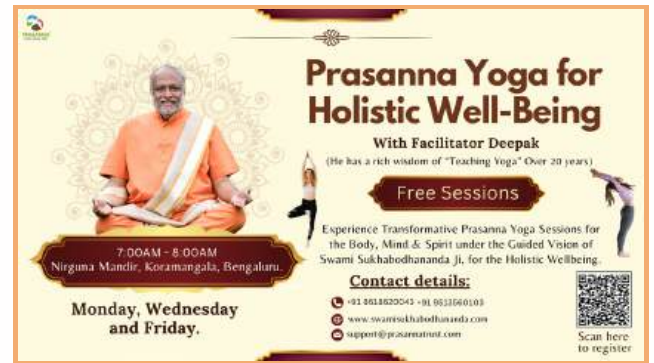
Free Programs at Nirguna Mandir

Prasanna Yoga Online session



Every Saturday
From 8:00 AM to 9:00 AM
@Zoom Live

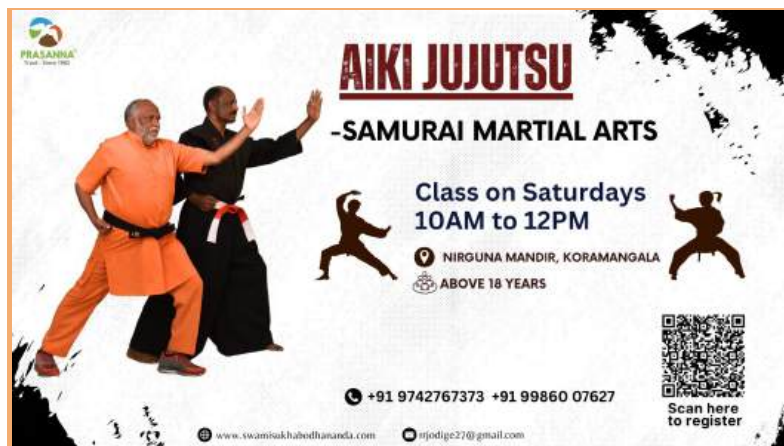
Prasanna Yoga In-Person session



Every Monday, Wednesday & Friday
From 7:00 AM to 8:00 AM
@Nirguna Mandir

Other Programs at Nirguna Mandir

Aiki Jujutsu session

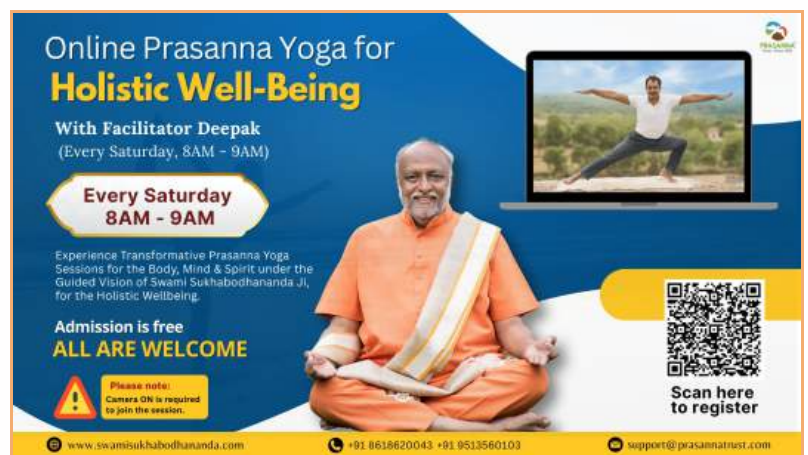


Saturdays
From 10:00 AM to 12:00 PM
@Nirguna Mandir

One free Aiki Jujutsu session for newcomers – Last Saturday of every month.

Nirguna Self-Retreat Center

- Unplug from distractions and stress
- Reconnect with inner peace and calm
- Experience deep rest and reflection
- Opportunity to stay at Nirguna Mandir, a possible chance to meet Swamiji himself



True wellness is not just physical strength, but the quiet alignment of thought, emotion, and spirit.

THANK YOU

For Your Support

I extend my heartfelt gratitude to the organizers, hosts, donors, and participants in the USA whose invaluable support made the 2025 Fall Wisdom Trip with Swamiji truly meaningful and complete. My sincere thanks also go to our devoted volunteers, and the committed students of Swamiji for their unwavering dedication and steadfast contributions. Their collective efforts and support were instrumental in making this journey a resounding success.

Shakila

COO, Prasanna Trust

Trustee, Prasanna Avatar Foundation, USA

My heartfelt thanks to the wonderful hosts, organizers, donors, and participants in the USA for their generous support. Your warmth, hospitality, and wholehearted involvement added immense value to the entire journey.

I also deeply appreciate our committed supporters, whose consistent encouragement continues to strengthen our work. Your leadership and involvement have been invaluable. To all who have contributed in any way, thank you for helping us uplift the community. Your presence and support made this journey truly meaningful.



**“ He gives not the best who gives
the most but he
gives the most who gives the best. ”**

Swami Sukhabodhananda

VOL 2/ISSUE 5 PART 2/NOVEMBER 2025

Upcoming - On-site Programs

Joyful Living in a Digital Age Through Bhagavad Gita Talk @Hyderabad 29th & 30th November 2025



**Joyful living in a Digital age through
Bhagavad Gita**

By
Swami Sukhabodhananda
International Management, Spiritual & Corporate Guru

29th November & 30th November 2025
Saturday & Sunday
6:30 PM to 8:30 PM


**Sardar Patel Auditorium,
Keshav Memorial Educational
Society, Narayanguda,
Hyderabad**

Entry Free. All Are Welcome

☎ 9849350477, 6309287142, 9849029027, 6366601235, 9108070452

FOLLOW US     

www.swamisukhabodhananda.com

Scan here to Register




In a world constantly buzzing with screens, deadlines, and digital distractions, finding true peace has become a rare art. The timeless wisdom of the Bhagavad Gita offers profound insights on how to live with clarity, purpose, and inner joy amidst modern chaos. Through this talk, Swami Sukhabodhananda beautifully bridges ancient teachings with today's challenges — showing us how to stay centered, mindful, and joyful in every moment.

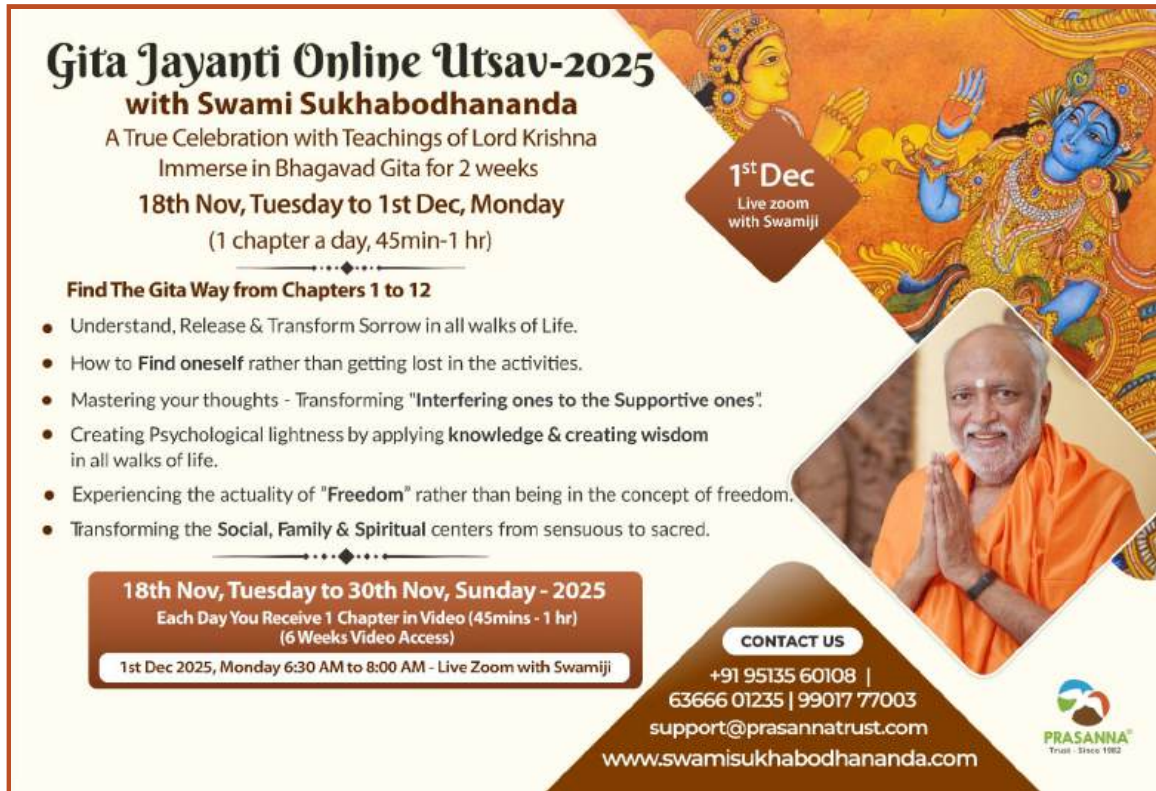
Don't miss this opportunity to reconnect with timeless truth and rediscover harmony within yourself. Scan the QR code to register and be part of this life-enriching experience — where spirituality meets practical living, and wisdom becomes a way of life.

Let this be the weekend you gift yourself deeper understanding, calmness, and clarity. Because when the mind is steady, even the digital world becomes a space of peace.

**The Gita teaches us not to escape the world,
but to live in it with unshakable joy**

On-going Online Programs

Gita Jayanti Online Utsav 2025



Gita Jayanti Online Utsav-2025
with Swami Sukhabodhananda
 A True Celebration with Teachings of Lord Krishna
 Immerse in Bhagavad Gita for 2 weeks
18th Nov, Tuesday to 1st Dec, Monday
 (1 chapter a day, 45min-1 hr)

Find The Gita Way from Chapters 1 to 12

- Understand, Release & Transform Sorrow in all walks of Life.
- How to **Find oneself** rather than getting lost in the activities.
- Mastering your thoughts - Transforming "Interfering ones to the Supportive ones".
- Creating Psychological lightness by applying knowledge & creating wisdom in all walks of life.
- Experiencing the actuality of "Freedom" rather than being in the concept of freedom.
- Transforming the Social, Family & Spiritual centers from sensuous to sacred.

18th Nov, Tuesday to 30th Nov, Sunday - 2025
 Each Day You Receive 1 Chapter in Video (45mins - 1 hr)
 (6 Weeks Video Access)

1st Dec 2025, Monday 6:30 AM to 8:00 AM - Live Zoom with Swamiji

1st Dec
 Live zoom with Swamiji

CONTACT US
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PRASANNA
 Trust - Since 1982

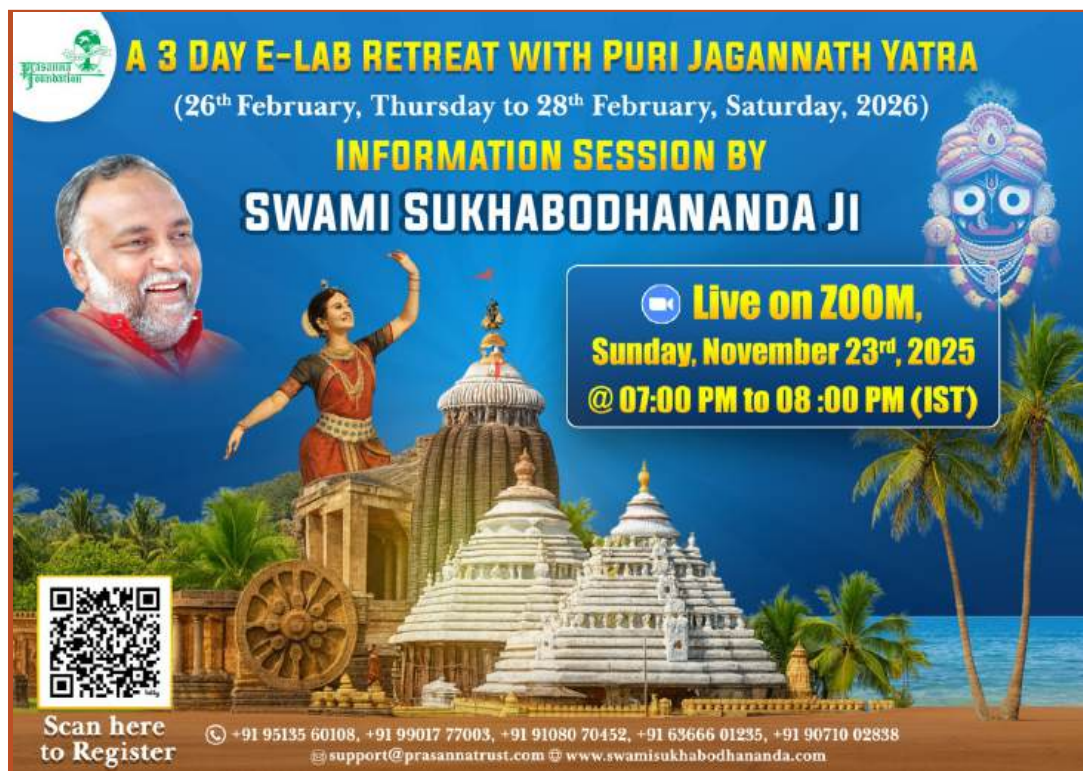
Experience a two-week online spiritual journey with Swami Sukhabodhananda Ji, celebrating the timeless wisdom of the Bhagavad Gita. This year's Gita Jayanti Online Utsav offers a profound exploration of Chapters 1 to 12, guiding participants to understand, release, and transform sorrow in all walks of life. Learn how to find yourself amid daily activities, master your thoughts by turning interfering ones into supportive allies, and cultivate psychological lightness through knowledge and wisdom.

Participants can access 13 recorded lessons—one chapter a day, with each session lasting 45 minutes to 1 hour. The journey culminates on 1st December (Monday) with a special live Zoom session with Swamiji, offering an opportunity for direct guidance, reflection, and a deeper connection with the teachings. **And it's not too late to join the online Utsav! simply scan the QR code or contact us through the details provided below. contact support@prasannatrust.com or call +91 9513560108, +91 63666 01235, +91 99017 77003.**

"Walk the Gita way — from confusion to clarity, from sorrow to serenity, from knowing to being."

Upcoming Online Programs

3-Day E-Lab Retreat with Puri Jagannath Yatra Information Session with Swamiji



Prasanna Trust is pleased to announce a special live Information Session with Swamiji, dedicated to offering a deep and clear understanding of the upcoming 3-Day E-Lab Retreat with Puri Jagannath Yatra (26th to 28th February 2026). During this session, Swamiji will personally explain the vision behind the E-Lab, the transformative inner-work process, and how the sacred Yatra has been integrated into the program to elevate the participant's spiritual experience.

This live Zoom session—scheduled for Sunday, November 23rd, 2025, from 7:00 PM to 8:00 PM IST—will give participants a rare opportunity to hear directly from Swamiji about what will be covered each day, the unique techniques used in the E-Lab, and how this retreat can bring clarity, joy, and deeper self-awareness. Those interested can easily register by scanning the QR code provided or contacting the support numbers listed below. **contact: support@prasannatrust.com or call +91 9513560108, +91 63666 01235, +91 99017 77003.**

**"Walk the Gita way — from confusion to clarity,
from sorrow to serenity, from knowing to being."**

Upcoming Online Programs

Gita Jayanti Online Celebration with Swamiji
Monday, 1st December 2025, from 7:00 PM to 8:30 PM (IST)



The banner features a portrait of Swami Sukhabodhananda Ji on the left. The main text reads 'Gita Jayanti Online Celebration with Swami Sukhabodhananda Ji'. Below this, it states 'On Monday, 1st Dec 2025, 7:00 PM to 8:30 PM (IST)' and 'On Zoom Live' with a Zoom icon. A QR code is provided with the text 'Scan here to Register'. The phrase 'All are welcome' is written in a stylized font. On the right, there is an illustration of Lord Krishna and Arjuna in a chariot, with Krishna holding a bow and arrow. The background is dark purple with a peacock feather on the right. At the bottom, contact information is listed: '+91 95135 60108 | 63666 01235 | 99017 77003 support@prasannatrust.com www.swamisukhabodhananda.com'.

Gita Jayanti Online Celebration
with Swami Sukhabodhananda Ji

On Monday, 1st Dec 2025,
7:00 PM to 8:30 PM (IST)
On Zoom Live

All are welcome

Scan here to Register

CONTACT US

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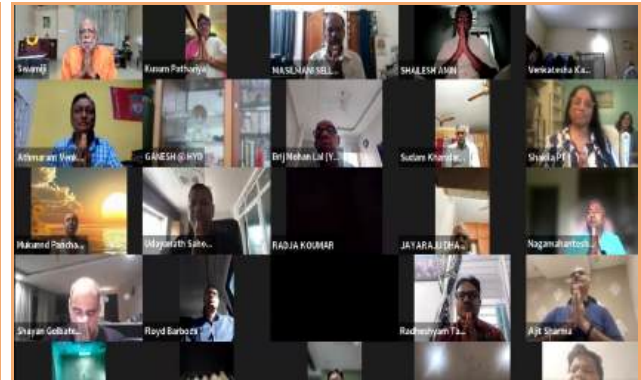
We are delighted to invite you to our Gita Jayanti Online Celebration with Swami Sukhabodhananda Ji on Monday, 1st December 2025, from 7:00 PM to 8:30 PM (IST). This special session on Zoom brings together devotees, seekers, and learners from across the world to reflect on the timeless wisdom of the Bhagavad Gita. Swamiji's insightful explanations, delivered with clarity and compassion, offer practical guidance for leading a balanced, purposeful, and joyful life.

As we celebrate the day Lord Krishna revealed the sacred teachings of the Gita to Arjuna, this online satsang provides a beautiful opportunity to reconnect with inner strength, wisdom, and harmony. We warmly welcome everyone to join us for this uplifting event and experience the transformative power of the Gita's message. All are welcome! **contact support@prasannatrust.com or call +91 9513560108, +91 63666 01235, +91 99017 77003.**

**"Walk the Gita way — from confusion to clarity,
from sorrow to serenity, from knowing to being."**

Recent Events- Online Utsav

Navaratri Online Celebration 2025 with Swamiji



The Navaratri Online Celebration with Swami Sukhabodhananda Ji, held on 2nd October 2025, was a truly uplifting and devotional experience for all who joined. The early morning session, from 6:30 AM to 8:00 AM (IST), brought together participants from around the world to invoke the powerful grace of the Divine Mother. Swamiji's inspiring guidance, combined with the spirit of Navaratri, created a serene and energizing atmosphere that touched the hearts of every attendee.

Filled with reflection, devotion, and spiritual joy, the celebration helped participants begin the day with renewed clarity and inner strength. Many shared their gratitude for the peaceful start and the wisdom they gained. The event concluded on a beautiful note, leaving everyone enriched and inspired as they carried the blessings of Navaratri into their daily lives.

**"Navaratri is a journey from darkness
to light, from fear to courage."**

Recent Events- On-site Programs

Navaratri Celebration 2025

@Nirguna Mandir



The Navaratri Celebration with Swami Sukhabodhananda Ji, held on October 2nd at Nirguna Mandir, was conducted beautifully and with great devotion. The evening began with soulful bhajans and vibrant cultural performances, creating a warm and festive atmosphere for all who attended. The presence of devotees, volunteers, and well-wishers added to the spiritual energy of the celebration, making the entire ambience truly divine and uplifting.

Swamiji's enlightening talk that followed was deeply inspiring, offering clarity, wisdom, and practical insights that touched every heart. His words resonated with people of all ages, reminding everyone of the power of inner strength and devotion during Navaratri. The event concluded with Prasada Bhojanam, enjoyed with gratitude, joy, and a sense of togetherness. Overall, the celebration became a memorable experience—filled with devotion, learning, spiritual nourishment, and the warmth of a united community.

"Navaratri is a journey from darkness to light, from fear to courage."

Recent Event

Swamiji's In-Person Workshop, USA Fall 2025



Milpitas, CA



Edison, NJ



Morrisville, NC



San Ramon, CA



Chantilly, VA

The USA workshops by Swami Sukhabodhananda Ji concluded with overwhelming positivity and heartfelt appreciation. Participants shared that the sessions left them lighter, clearer, and deeply inspired—a rare blend of spiritual insight and practical wisdom. Each venue saw full engagement, with many staying back to reflect and express gratitude. The workshops were not only well-attended but truly impactful, creating an atmosphere of inner growth and renewed purpose. Overall, the tour was a great success, leaving everyone eager for more such transformative programs.

Venues Where Swamiji's In-Person Workshops Happened

- Milpitas, CA
- Morrisville, NC
- Chantilly, VA
- Edison, NJ
- San Ramon, CA

"Swamiji's in-person workshops inspired growth and left a lasting impact."

Swamiji's Online Courses

1:1 Mentoring / CXO

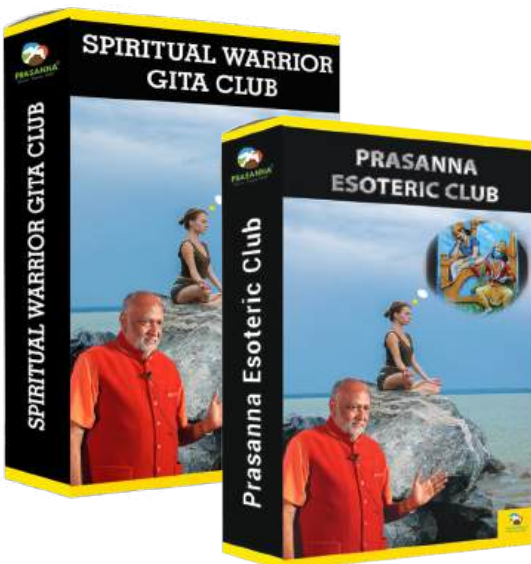
Age: 12+

what you get:

- Swamiji's 1 on 1 mentoring session.
- Monthly group session.
- Introduction to transformational astrology
- Every 2 to 3 months Swamiji's 1 on 1 phone call.



Many corporate companies are currently a part of this mentoring session, and the program is open to everyone, not just corporates.



Gita sessions - PEC / SWGC

Age: 16+

Swami Sukhabodhananda Ji's Gita sessions through PEC/SWGC provide deep wisdom from the Bhagavad Gita, equipping participants with practical tools to face life's challenges, improve decision-making, and nurture emotional and spiritual growth, instilling clarity, confidence, and a sense of purpose.

Spiritual Morning Retreat Age: 12+

Course starts in every 2 weeks

Next start date: 22nd November 2025

Swami Sukhabodhananda Ji's Spiritual Morning Retreat delivers transformative teachings and practical tools, enabling participants to tackle life's challenges with courage, resilience, and inner strength. It promotes personal growth, emotional balance, and spiritual wellness, empowering them with clarity, confidence, and purpose.

