



From Swamiji's Desk

Prayers and blessings from Swamiji

Diwali is not just a festival of lights — it is a reminder to remove the darkness of ignorance and ego within us. When we light a lamp, let it symbolize the light of awareness, love, and inner joy. May this Diwali bring clarity to your mind, peace to your heart, and prosperity to your life.

*Wishing you and your family
a very Happy Dīwalī!*



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

- Swami Sukhabodhananda

A Ray of Hope: Nischal's Journey to Determination



Nischal, a bright engineering student from Mysuru, always dreamed of lifting his family out of hardship. His father, a humble private bus conductor, toiled day and night so his son could chase that dream. But fate took a cruel turn—an unexpected road accident left his father with a severe spinal injury, unable to walk or work again. Overnight, the family's only source of income vanished. The weight of uncertainty loomed large—his dreams, once within reach, now seemed to crumble before his eyes. Just when hope seemed lost, Prasanna Trust stepped in like a guiding light. Through its Gnana Daana scholarship initiative, the Trust ensured Nischal could continue his engineering studies without interruption. This support not only eased his family's financial burden but also restored their faith in humanity.

Today, Nischal studies with renewed determination—driven not only by ambition but by deep gratitude. His journey has taught him that strength isn't about what life gives you, but how you rise after a fall. With the Trust's support, he is now on his way to becoming an engineer who can stand tall again for his family, transforming his pain into purpose and his struggle into strength. His dream now extends beyond personal success—he hopes one day to give back, helping other students like him rewrite their stories of despair into stories of hope.

**"A helping hand today can shape a future
that uplifts many tomorrow."**

Monthly Service Updates

Anna Daana



Left top, bottom food distributed at Nimhans hospital 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 another'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.

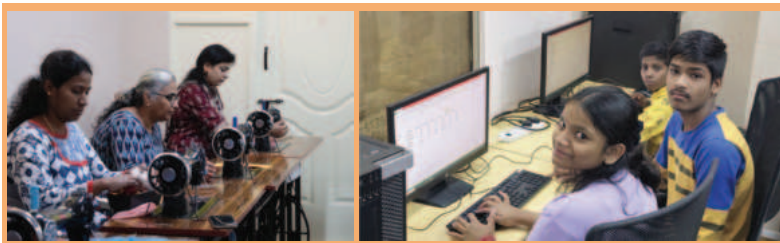
Gyanadaana

Through our Gyanadaana initiative, we provide education scholarships to deserving students. This year alone, Prasanna Trust has awarded scholarships worth over ₹10 lakhs, and cumulatively, more than ₹50–75 lakhs have been contributed toward supporting bright, aspiring students — including many in medicine and engineering. Each scholarship is a step toward transforming lives through knowledge. We invite you to join hands with us in empowering young minds to build a brighter, more educated future.



Vocational Training

Through our Vocational Training programs in tailoring, computer basics, and tutoring, we equip individuals with skills to become self-reliant and confident. **We're delighted to share that the Basic Computer Course Certification Ceremony will be held on 30th October 2025 at Nirgunam Mandir, where over 100 students will receive their certificates. Join us in empowering lives through skill development and self-sufficiency.**



“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

Prasanna Jyothi

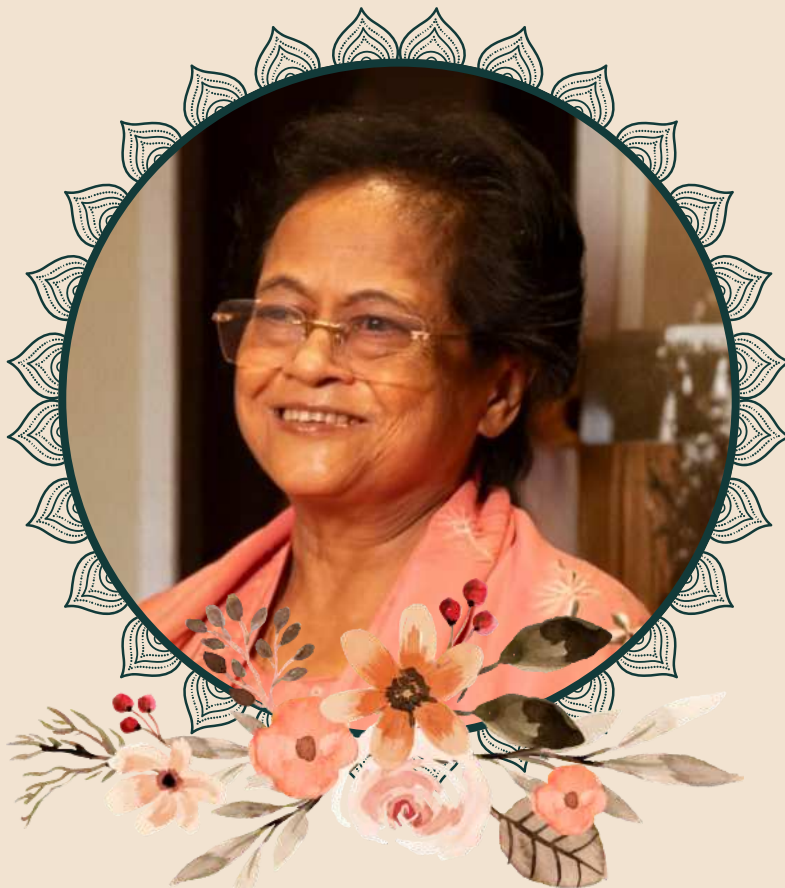


At Prasanna Jyothi, we nurture and support girl children with education, care, and values that help them grow into confident, independent individuals. Every child deserves love, safety, and opportunity – and your support makes this possible. This Navaratri, the children themselves took the lead in arranging and celebrating the Kolu, showcasing their creativity, devotion, and teamwork. Their joy and enthusiasm filled the space with divine energy and togetherness. Moments like these remind us that with the right care and encouragement, every child can blossom beautifully. Join us in lighting up young lives and giving them the strength to dream beyond boundaries.

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

- Swami Sukhabodhananda

In honor of the life of



Akhand Saubhagyavati
Shrimati Sadhana Khaitan

May 5, 1966 – August 9, 2025

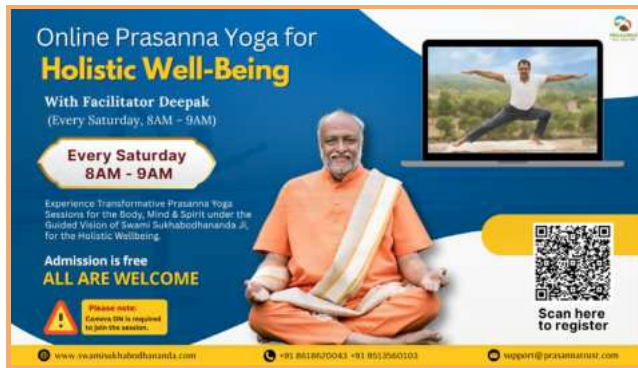
Smt. Sadhana Khaitan, a devoted and long-time student of Poojya Swamiji, recently left her mortal body. A sincere seeker and steadfast supporter, she played a key role in organizing Swamiji's talks and programs in Delhi.

Along with her husband, she actively supported several social service initiatives under Swamiji's guidance. Her quiet dedication, selfless service, and deep spiritual values will always be remembered with gratitude and affection.

**MAY HER SOUL ATTAIN PEACE
IN THE DIVINE PRESENCE**

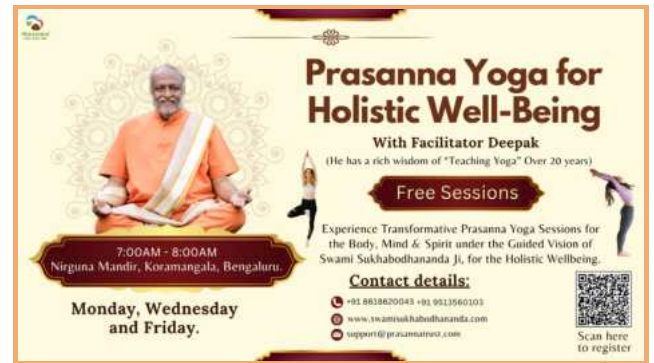
Free Programs at Nirguna Mandir

Prasanna Yoga Online session



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

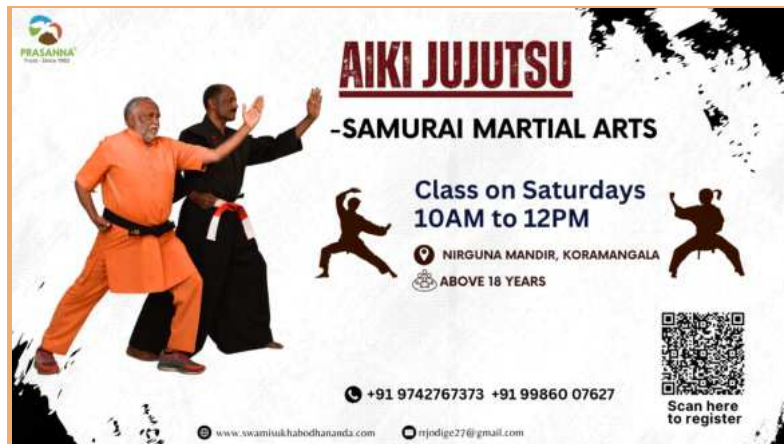
Prasanna Yoga In-Person session



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 would like to express my deepest gratitude from the bottom of my heart to the Trustees, dedicated members of Swamiji's community in India and abroad, our hardworking staff, passionate volunteers, and the esteemed disciples of Swamiji for their unwavering commitment and invaluable support.

Wishing everyone a very Happy Diwali — may this festival of lights bring joy, peace, and spiritual brightness to all.

Shakila

COO, Prasanna Trust

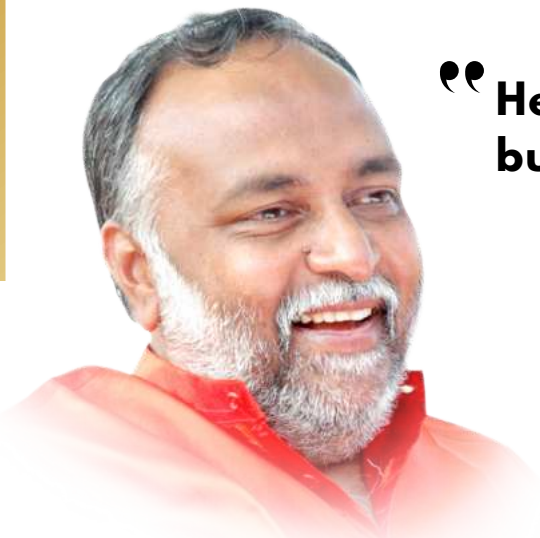
Trustee, Prasanna Avatar Foundation, USA

I would like to recognize the visionary leaders and passionate advocates whose determination and leadership have driven these projects forward. Your compassion and perseverance inspire us all, leaving an enduring impact.

I also extend my heartfelt gratitude to our loyal supporters for their steadfast commitment to our mission. Your generosity and encouragement have been instrumental in the success of all our charity activities. We are truly grateful to everyone whose contributions have been vital in bringing these initiatives to life. Together, we are making a meaningful difference and building a brighter future.

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

Swami Sukhabodhananda



VOL 2/ISSUE 4 PART 2/OCTOBER 2025

EVENT - SWAMIJI'S USA IN-PERSON WORKSHOPS SCHEDULE

NEW JERSEY, NJ

LOCATION

LAXMI HALL (FIRST FLOOR)
SHREE UMIYA DHAM HINDU
TEMPLE, 1697 OAK TREE RD,
EDISON, NJ 08820

DATE & TIME

1ST NOV, SATURDAY 2025
2:30PM TO 7:00PM (EST)



SAN RAMON, CA

LOCATION

BELLA VISTA AB ROOM,
AMADOR RANCHO COMMUNITY CENTER,
1998 RANCHO PARK LOOP ROAD,
SAN RAMON, CA 94582

DATE & TIME

9TH NOV, SUNDAY 2025
2:30PM TO 7:00PM (PST)

SWAMIJI'S PREVIOUS VISIT TO USA



NEW JERSEY, NJ



BAY AREA, CA



DALLAS, TX



STERLING, VA



BAY AREA, CA



MEMPHIS, TN



NEW JERSEY, NJ



MARLBORO, NJ

ALL ARE WELCOME TO JOIN SWAMIJI'S IN-PERSON WORKSHOP

Upcoming - On-site Programs

Joyful Living in a Digital Age Through bhagavad Gita Talk @Hyderabad 29th & 30th Novemeber 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**

Scan here to
Register

Entry Free. All Are Welcome

9849350477, 6309287142, 9849029027, 6366601235, 9108070452

FOLLOW US www.swamisukhabodhananda.com

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**

Upcoming Online Programs

Gita Jayanti Online Utsav 2025

From 18th Novemeber to 1st December

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

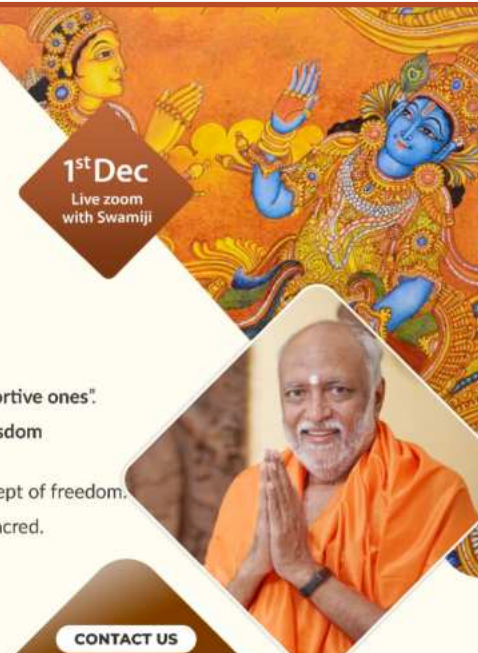
- Understand, Release & Transform Sorrow in all walks of Life.
- How to Find oneself rather than getting lost in the activities.
- Mastering your thoughts - Transforming "Interfering ones to the Supportive ones".
- Creating Psychological lightness by applying knowledge & creating wisdom in all walks 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

+91 95135 60108 | 63666 01235 | 99017 77003

support@prasannatrust.com

www.swamisukhabodhananda.com



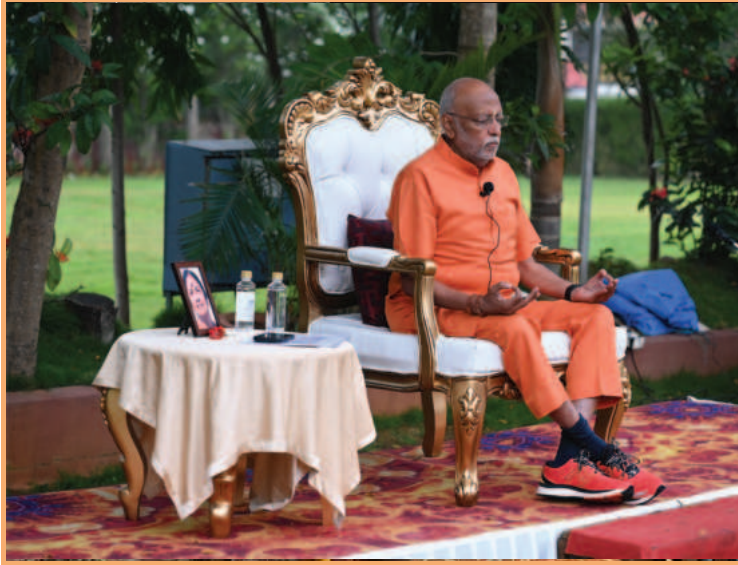
Experience a two-week online spiritual journey with Swami Sukhabodhananda Ji, celebrating the timeless wisdom of the Bhagavad Gita. This year's Gita Jayanti Online Utsav offers a profound exploration of Chapters 1 to 12, guiding participants to understand, release, and transform sorrow in all walks of 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.

From 18th November (Tuesday) to 30th November (Sunday), 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 deeper connection with the teachings.

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

Recent events

In-Person 3 Day E-Lab Spiritual Retreat with Swami Sukhabodhananda ji @Mysuru 2025 Held from 11th to 13th September 2025 (Thursday to Saturday)



The E-Lab Mysore Retreat went beautifully, filled with joy, reflection, and transformation. Participants experienced deep inner renewal through powerful sessions, heartfelt interactions, and moments of silence that touched the soul.

Dedicated to the cherished memory of our trustee, Late Mrs. Devki Jai-puria, the retreat truly embodied her spirit of compassion and inspiration. Under the loving guidance of Swami Sukhabodhananda Ji, attendees explored Transformational Astrology, inner dialogue work, and self-discovery sessions that opened new dimensions of awareness and emotional well-being.

The retreat was held on 11-13th September 2025 at the serene Jalmahal Resort and Spa, Mysuru. The 3-day journey was both rejuvenating and enlightening. Everyone left with smiles, lighter hearts, and a renewed sense of purpose—ready to embrace life more fully.

It was truly a memorable and uplifting experience for all.

**"Release blockages, align with your purpose,
and embrace inner peace."**

Swamiji's Online Courses

1:1 Mentoring / CXO

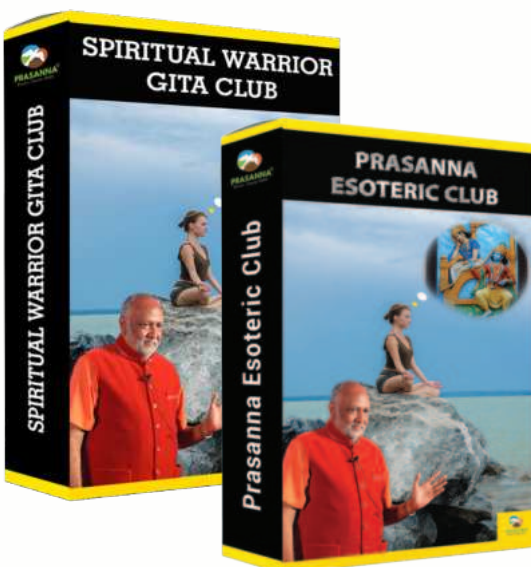
Age: 12+

what you get:

- Swamiji's 1 on 1 mentoring session.
- Monthly group session.
- Introduction to tranformational 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: 25th October 2025

Swami Sukhabodhananda Ji's Spiritual Warrior Bootcamp 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.

