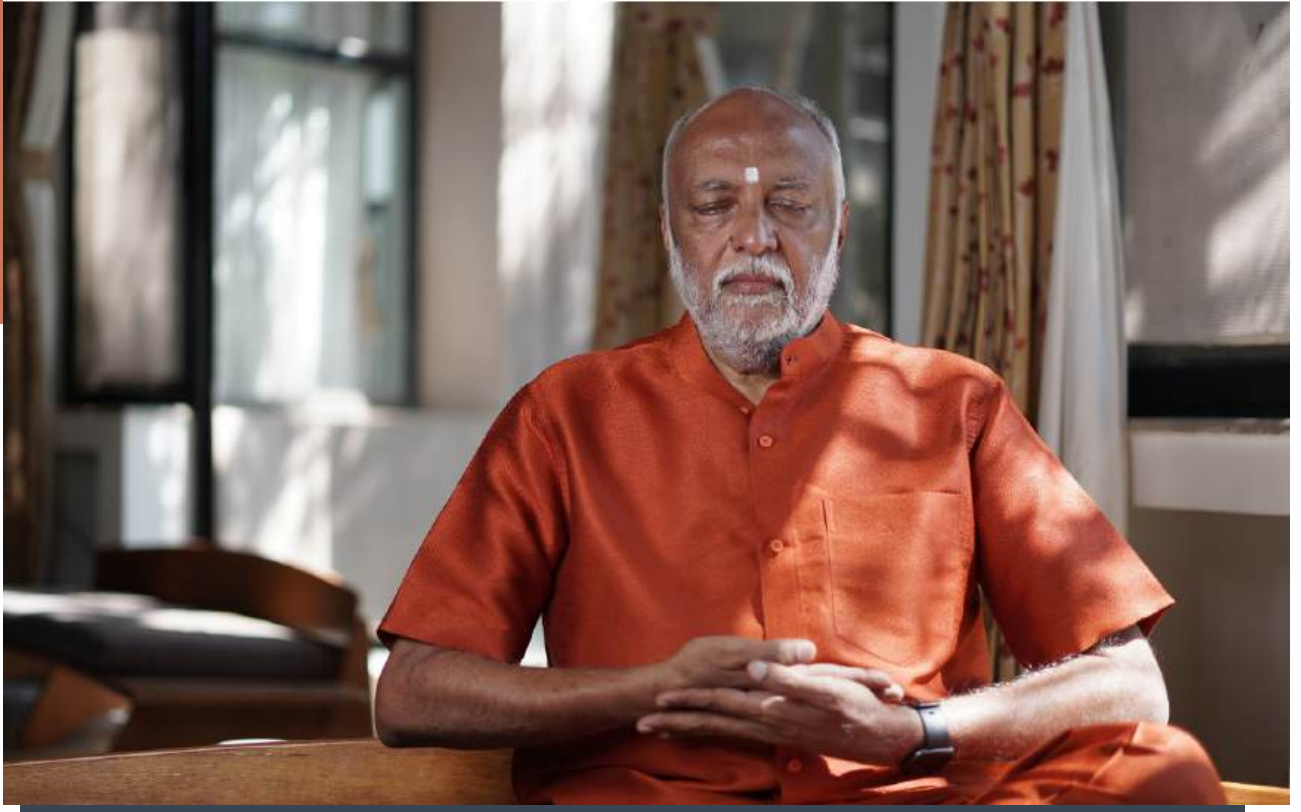




From Swamiji's Desk

Prayers and blessings from Swamiji

To serve the needy is true prayer. Nara Seva is Narayana Seva. When we serve with love, we touch the Divine in every soul. Prayer without service is mere ritual, and service without prayer is dry duty. When the heart bows in compassion and the hands move in action, true spirituality unfolds.

Let us come together—serve a meal, lift a soul, offer your time. Every act counts. Support this noble cause and be the light someone prays for.



**Gratitude is the wealth of the heart;
greed is the poverty of the soul**

- Swami Sukhabodhananda

Lighting the Path of Possibility



Harshitha, a bright young girl from Tumkur, has been an inspiring story of determination and grit. Coming from a single-parent household with very modest means, her journey was never easy. Her mother, who works tirelessly to make ends meet, could barely afford to keep her daughters in school. Yet, with the steady support of Prasanna Trust over the past three years, Harshitha not only rose above her circumstances but went on to create history by securing the first rank in Karnataka state. Today, she stands tall as a first-year engineering student, continuing to excel with the same brilliance, scoring full marks in her exams. Every achievement of hers is a testament to how courage and opportunity, when joined together, can change the course of a life.

Her success has sparked a chain of hope within her family. Harshitha's younger sister, Brindha, is now following closely in her footsteps. With the encouragement and backing of Prasanna Trust, Brindha has been consistently scoring above 90%, proving that the cycle of brilliance continues when opportunities are nurtured. These sisters remind us that education is not just about textbooks, but about opening doors to a future once thought unreachable. Their story reflects the very mission of Prasanna Trust—to light the path for children who only need a chance to shine.

"If it were not for the helping hand of Prasanna Trust, I might have never dreamed this big. Today, I believe my future is limitless"

says Harshitha with a smile that carries both gratitude and hope.

Monthly Service Updates

Anna Daana



Left top , bottom,middle corner images 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.

Nutrition is not merely a basic need — it is a catalyst for transformation. It empowers the body, fuels dreams, and lays the foundation for a brighter, stronger future. With every nourishing meal we provide, we are not just helping people survive — we are enabling them to rise, to thrive, and to break free from the chains of scarcity. Every single day, over 10,000 lives are uplifted by this mission — meals reaching forgotten schools, overstretched hospitals, and the most vulnerable corners where help is scarce. These meals do more than silence hunger — they ignite hope, shatter barriers, and give people the power to chase their ambitions. From sharpening young minds in classrooms, to accelerating healing in the sick, and easing the crushing weight on struggling families, this initiative is rewriting destinies — one powerful plate at a time.

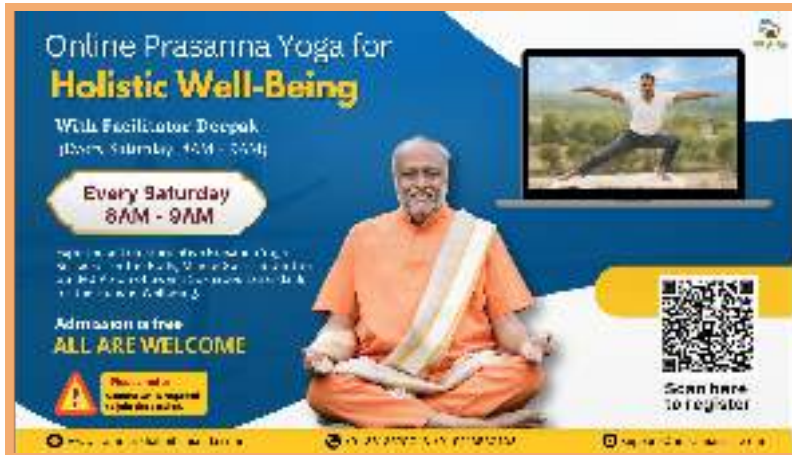
But this revolution would not be possible without you — the heart and soul of our mission. Your unwavering support and boundless compassion have delivered more than food — you have delivered hope, restored dignity, and infused strength where it was fading. Your generosity keeps children focused on their dreams, lifts patients on their path to recovery, and gives families the courage to stand tall again. Your kindness is a beacon, proving the unstoppable force we become when we unite. Together, we are not just feeding bodies — we are igniting change, empowering futures, and building a world brimming with possibility.

**“A plate of food is more than a meal
it's dignity served with love”**

- Swami Sukhabodhananda

Free Programs at Nirguna Mandir

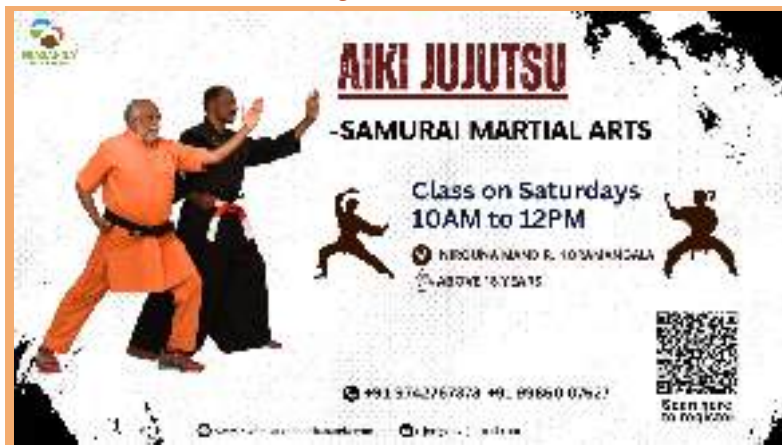
Prasanna Yoga In-Person session



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

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 practice goes beyond the body — it's about inner balance and harmony of mind, body, and soul.

Thank You!

I am deeply grateful to the Trustees, the committed team at Prasanna Trust, the enthusiastic volunteers, and the respected students of Swamiji for their steadfast dedication and invaluable contributions.

Shakila
COO, Prasanna Trust
Trustee, Prasanna Avatar Foundation, USA

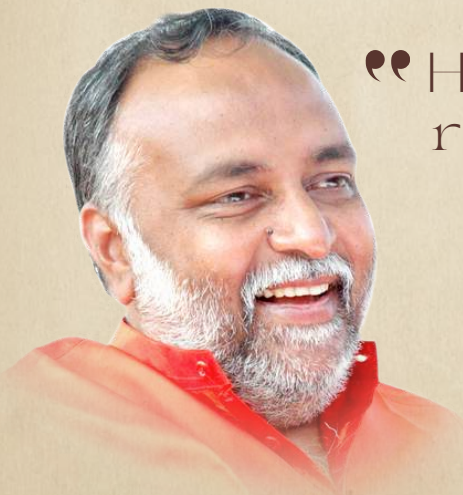
I sincerely thank our devoted supporters for their steadfast dedication to our mission. Your generosity has been the cornerstone of the success of the Cattle Welfare Initiative and our vocational training programs.

A heartfelt acknowledgement goes to the leaders and champions whose vision and commitment have propelled these efforts forward. Your compassion and determination serve as a beacon of inspiration and create a lasting impact.

We deeply appreciate everyone whose contributions have been instrumental in bringing these projects to fruition. Together, we are creating positive change and building a brighter future for all.

“Happiness is not something ready-made. It comes from your own actions.”

Swami Sukhabodhananda



VOL 2/ISSUE 3 PART 2/SEPTEMBER 2025

Upcoming Events - In Person

Navaratri Celebration 2025 2nd October 2025 @Nirguna Mandir



We are delighted to invite you to the Navaratri Celebration with Swami Sukhabodhananda Ji on Thursday, October 2nd, 2025, at Nirguna Mandir, Koramangala, Bengaluru. This special evening promises to be a time of devotion, reflection, and joy as we come together in the divine presence of the Goddess and under the guidance of Swamiji, who has touched countless lives across the globe as an International Management, Spiritual, and Corporate Guru.

Navaratri is a festival of inner awakening, celebrating the triumph of light over darkness and strength over fear. Under the inspiration of Swami Sukhabodhananda Ji, this event will offer an enriching spiritual experience filled with insights, prayers, and the uplifting energy of the sacred Navaratri. We warmly welcome you and your family to join this celebration of devotion and wisdom. Please save the date and register at the earliest using the QR code in the invitation.

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

UPCOMING SWAMIJI'S USA IN-PERSON WORKSHOPS SCHEDULE



MILPITAS, CA

LOCATION

SEWA INTERNATIONAL BAY AREA,
691 S MILPITAS BLVD,
MILPITAS, CA 9503

DATE & TIME

11TH OCT, SATURDAY 2025
2:30PM TO 7:00PM (PST)

NORTH CAROLINA, HSNC

LOCATION

LEARNING CENTER 1 & 2
HINDU SOCIETY OF NORTH
CAROLINA (HSNC) 309 AVIATION
PARKWAY, MORRISVILLE NC 27560

DATE & TIME

18TH OCT, SATURDAY 2025
2:30PM TO 7:00PM (EST)



CHANTILLY, VA

LOCATION

RAJDHANI MANDIR
(AUDITORIUM - LOWER LEVEL)
4525 PLEASANT VALLEY RD,
CHANTILLY, VA 20151

DATE & TIME

25TH OCT, SATURDAY 2025
2:30PM TO 7:00PM (EST)



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

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, CA



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
CLICK HERE TO JOIN

Upcoming - online Programs

Navaratri Online Utsav - Online Utsav 2025

From September 23rd to 2nd October



NAVARATRI ONLINE UTSAV - 2025
 "Celebrate This Navaratri With Joy & Clarity"
 With **Swami Sukhabodhananda Ji**
 International Management, Spiritual & Corporate Guru

₹999
 6 Weeks Access

23rd Sep, Tuesday to 1st Oct, Wednesday

Each Day You will Receive A Recorded Video (60 Mins) & Day-Specific Meditation on All 9 Days (20 Mins.)
 Navaratri Upasana Meditation.

10th Day, Oct 02nd Thursday Live Celebration with Swamiji on Zoom 6:30 AM to 8:00 AM (IST)

Outcome:

- ◊ Invoking Divine Blessings for Wisdom, Wealth, Strength & Courage.
- ◊ Creating the Armour to Protect oneself from Hurt & Distress.
- ◊ Transforming Addiction to Pleasure & also Expectation to Aspiration.
- ◊ Dealing with Negative Thoughts & Energies.

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 > www.swamisukhabodhananda.com < support@prasannatrust.com

Scan here to register

Swami Sukhabodhananda ji warmly invites you to join a 10-day online celebration of Navaratri — a time to honor the divine feminine energy, awaken inner strength, and embrace spiritual renewal. From 23rd September (Tuesday) to 2nd October (Thursday), journey through insights, reflections, and practices that uplift the mind and heart. This is an opportunity to step away from the noise of daily life and reconnect with your inner self in a space of wisdom and joy.

As Swamiji beautifully shares, “Navaratri is not just a ritual; it is a reminder that within us lies a reservoir of courage, creativity, and compassion — waiting to be awakened.” The program features 9 recorded lessons from 23rd September to 1st October, culminating in a Live Celebration with Swamiji on ZOOM on 2nd October (Thursday) from 6:30 AM to 8:00 AM (IST). Let this Navaratri be a festival not just of lamps and colors, but of inner light and self-discovery. Together, let us celebrate the victory of light over darkness and the blossoming of the spirit within.

**"When the light within awakens,
 every day becomes a festival."**

Recent Events- On-Site Programs

Janmashtami Bhagavatam Utsav 2025

A Celebration to Remember



The Krishna Janmashtami celebration on 15th August 2025 at Nirguna Mandir, Koramangala, was an evening filled with devotion, joy, and inspiration. The program began with soulful bhajans and cultural performances, where devotees and participants rejoiced in the spirit of Krishna. The atmosphere was vibrant, with music, chanting, and togetherness creating a divine energy that touched every heart.

The highlight of the evening was Swami Sukhabodhananda Ji's talk, which left the audience deeply inspired. His words on devotion, Dharma, and the art of turning challenges into breakthroughs brought new insights to everyone present. The celebration concluded with a heartfelt Prasada Bhojanam, where all shared a meal in unity and gratitude. Many participants expressed how the evening not only celebrated Krishna's birth but also awakened a renewed sense of inner joy and spiritual clarity.

**"True devotion is when the mind finds peace,
the heart finds joy, and the soul finds freedom."**

Swamiji's Online Courses

1:1 Mentoring / CXO

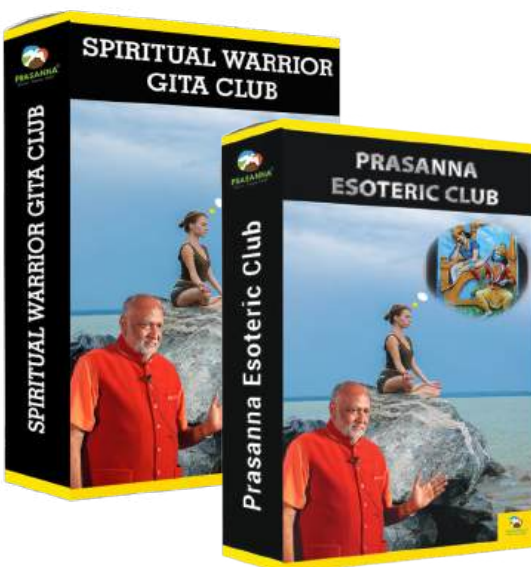
Age: 12+

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 warrior Bootcamp Age: 12+

Course starts in every 2 weeks

Next start date: 27th September 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.

