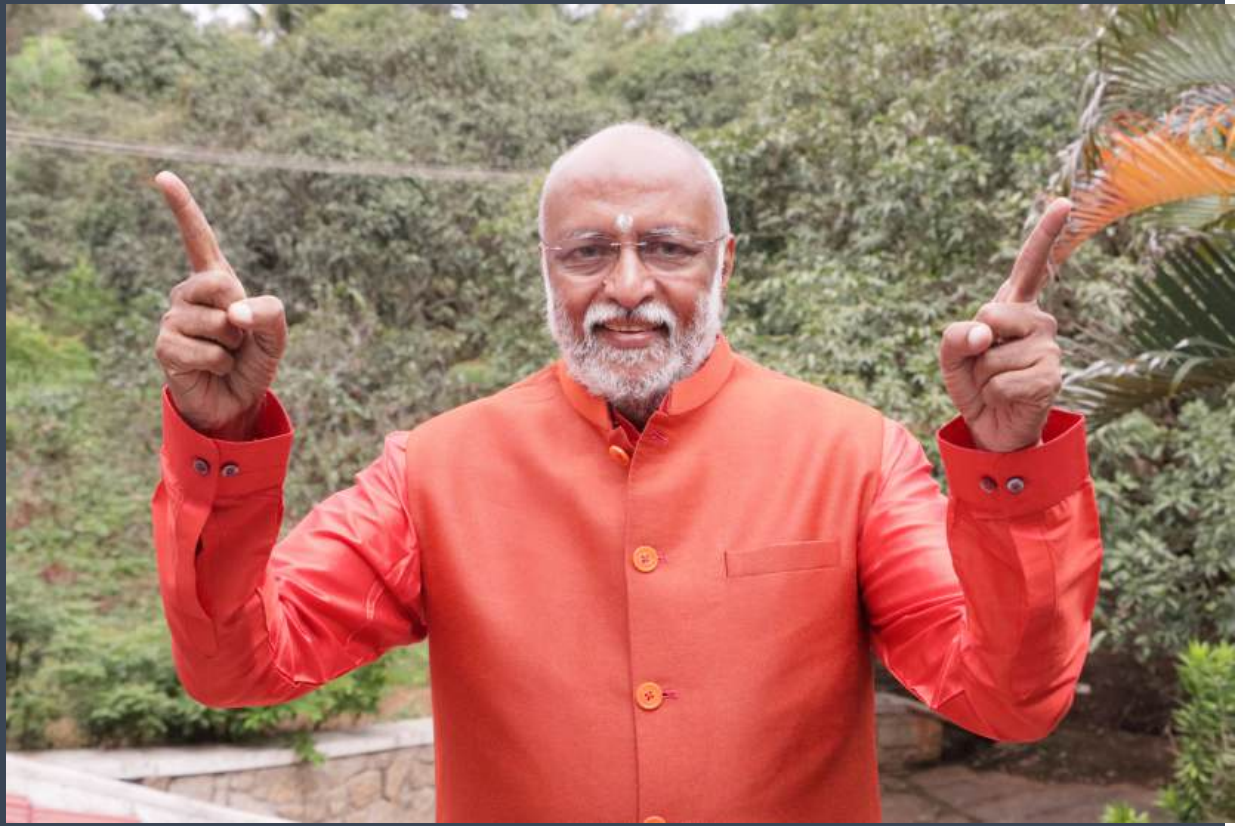


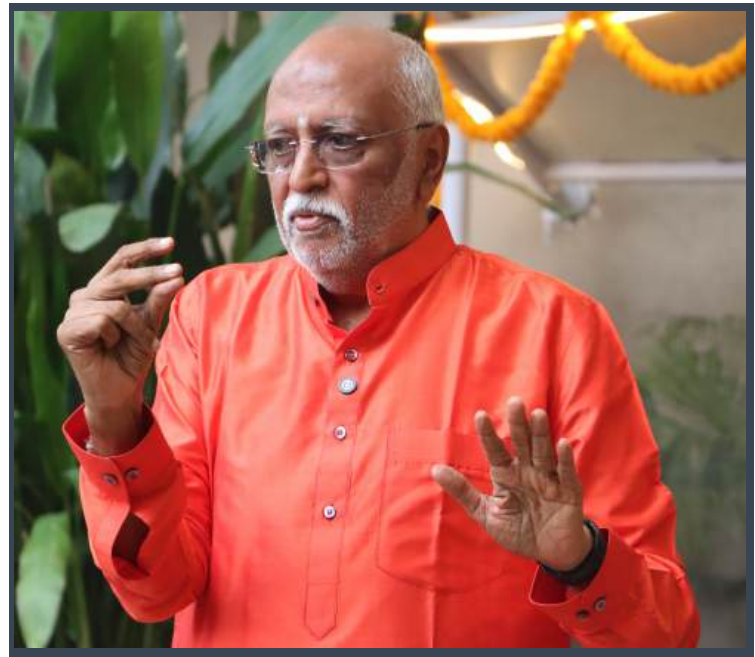


From Swamiji's Desk

Prayers and blessings from Swamiji

*T*True wisdom lies in making commitments and following through on them, rather than complaining about challenges or circumstances. In daily life, instead of focusing on what's wrong or difficult, choose to commit to positive actions and attitudes. By embracing commitment, you cultivate strength and resilience, leading to excellence in all aspects of life.

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.



**"Commitment is the language of the wise;
complaint is the language of the fools."**

- Swami Sukhabodhananda

A Grandmother's Hope, A Trust's Promise



In a small corner of our city live two young sisters whose lives were marked by loss far too early. Having lost their parents, they found their only refuge in the arms of their grandmother — a woman of immense courage, but with very little means. As a daily wage worker, her days were spent struggling just to put food on the table, let alone dream of sending her granddaughters to school.

Despite her love, the weight of survival was too heavy. She feared that her granddaughters' future would slip away into the same cycle of hardship she had endured. But fate had other plans. Prasanna Trust recognized the determination in these bright-eyed girls and stepped in to rewrite their story.

Today, with scholarships covering their education, these sisters no longer worry about school fees or dropped opportunities. Instead, they walk confidently towards their dreams — secure in the knowledge that their journey is supported, their potential is seen, and their goals are within reach.

The grandmother's tears of worry have turned into tears of relief and gratitude. And the girls, once bound by circumstance, now have wings to fly.

“Even in the darkest moments, a little support can turn silent struggle into unstoppable strength.”

Monthly Service Updates

Gyanadaana

This year, Prasanna Trust has awarded scholarships worth over ₹30 lakhs to more than 100+ deserving students among them number of medicine and engineering students are also benefiting— and the support continues to grow.

Our initiative is dedicated to removing financial obstacles and empowering young minds to pursue their education with confidence and determination.

We are deeply grateful to our donors for making this possible. At the same time, we invite more well-wishers to come forward and contribute — together, we can open doors to brighter futures and lasting opportunities.

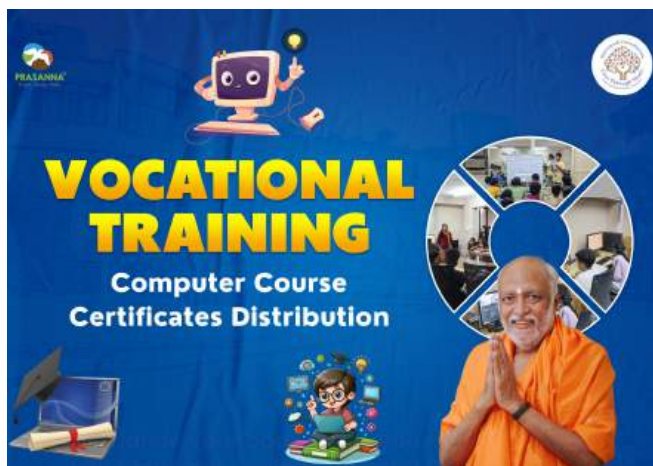
Anna Daana

Every meal we provide is more than just nourishment — it is a gift of hope, strength, and opportunity. Each day, over 10,000 lives are touched through this simple yet powerful act. For a child, it means being able to focus in school; for a patient, it supports recovery and healing; and for a family, it brings comfort and relief in difficult times. These meals do more than fill plates — they restore dignity, build resilience, and give people the courage to carry on. And it is your compassion that makes this transformation possible.



Left images food distributed in Jayadeva Hospital, middle image food distributed at Nimhans hospital, right images food distribution at slum area near Ejipura

Vocational Training



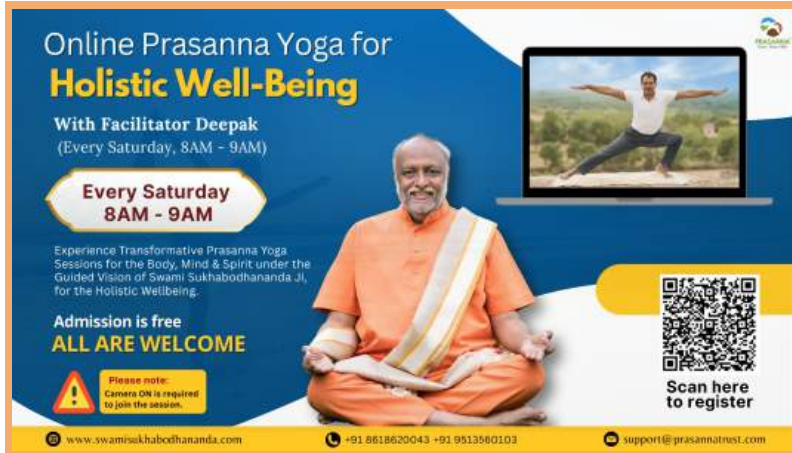
On 30th August, Prasanna Trust and Shivanssh Foundation will distribute certificates to 70+ students of the Vocational Training Computer Course, celebrating their achievement and empowering them with skills for a brighter future. This joint effort reflects the commitment to education and self-reliance, inspiring many more to pursue learning. Together, we build confidence and open pathways to opportunity.

"An investment in a child's education is an investment in the future of humanity."

– Swami Sukhabodhananda

Free Programs at Nirguna Mandir

Prasanna Yoga In-Person session



Online Prasanna Yoga for
Holistic Well-Being

With Facilitator Deepak
(Every Saturday, 8AM - 9AM)

**Every Saturday
8AM - 9AM**

Experience Transformative Prasanna Yoga Sessions for the Body, Mind & Spirit under the Guided Vision of Swami Sukhabodhananda Ji, for the Holistic Wellbeing.

**Admission is free
ALL ARE WELCOME**

Please note:
Camera ON is required to join the session.

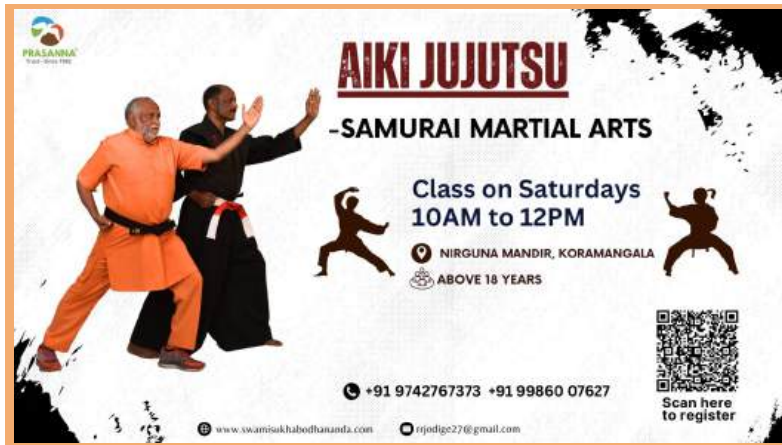
Scan here to register

www.swamisukhabodhananda.com +91 8618620043 +91 9813560103 support@prasannatrust.com

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

Other Programs at Nirguna Mandir

Aiki Jujutsu session



AIKI JUJUTSU
-SAMURAI MARTIAL ARTS

Class on Saturdays
10AM to 12PM

NIRGUNA MANDIR, KORAMANGALA
ABOVE 18 YEARS

+91 9742767373 +91 99860 07627

www.swamisukhabodhananda.com rjodige27@gmail.com

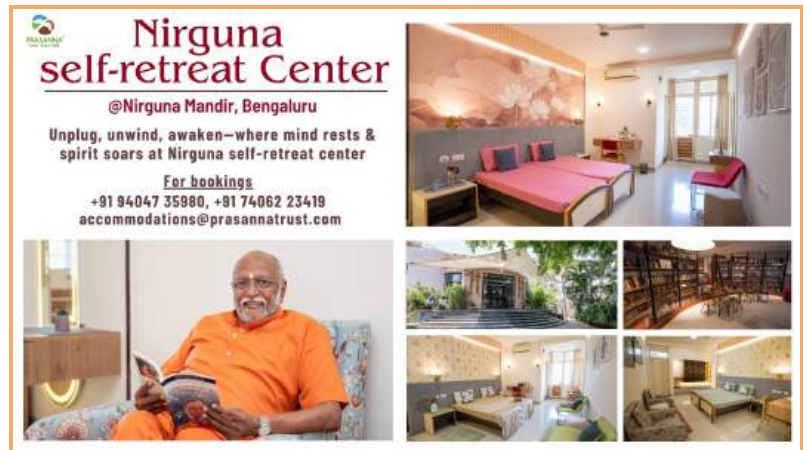
Scan here to register

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



Nirguna self-retreat Center
@Nirguna Mandir, Bengaluru

Unplug, unwind, awaken—where mind rests & spirit soars at Nirguna self-retreat center

For bookings
+91 94047 35980, +91 74062 23419
accommodations@prasannatrust.com

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

Thank You

I sincerely thank our Trustees, the dedicated members of Swamiji's community in India and abroad, our hardworking staff, selfless volunteers, and Swamiji's cherished disciples for their steadfast commitment and invaluable support.

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

I wish to convey my heartfelt gratitude to our dedicated supporters whose steadfast commitment has made a world of difference. Your generosity has been the driving force behind the success of our Cattle Welfare Initiative and vocational training programs.

A special acknowledgement goes to the visionary leaders whose determination and compassion have guided these efforts. Your leadership continues to inspire and leaves behind a legacy of hope and progress.

To every individual who has contributed in any way, we extend our deepest thanks. Together, we are shaping meaningful change and building a brighter future for all.



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

Swami Sukhabodhananda

VOL 2/ISSUE 2 PART 2/AUGUST 2025

Upcoming Events - In Person

Join Swamiji on 3 Day E-Lab Retreat with Mysuru Yatra
(Due to popular demand 6 more seats have opened up)



Swami Sukhabodhananda Ji's
A 3 Day E-Lab Retreat with Mysuru Yatra
11th September, Thursday to 13th September, Saturday
Jalmahal Resort and Spa
Mysuru
11th Sep, 12 pm check in resort
13th Sep, 11 am check out resort

Programme Highlights

- Tune into your true self—feel light, alive, and at peace from within.
- Introduction to Transformational Astrology
- Release toxic thoughts and emotions.
- Fill your inner space with clarity, love, and purpose.
- Reconnect with wonder, curiosity, and playfulness. Laugh freely and dream boldly
- Embrace each moment with joy, gratitude, and enthusiasm.
- Discover the significance of Navaratri on this sacred soil

Dedicated to
Late. Smt. Devki Jaipuria

+91 95135 60108, +91 99017 77003, +91 91080 70452, +91 63666 01235
support@prasannatrust.com www.swamisukhabodhananda.com

Scan here to register

Embark on a life-changing journey of self-discovery and inner transformation with Swami Sukhabodhananda Ji's 3-Day E-Lab Retreat with Mysuru Yatra, from 11th to 13th September 2025 at the serene Jalmahal Resort and Spa, Mysuru. Reconnect with your inner self, awaken the child within, and embrace life fully.

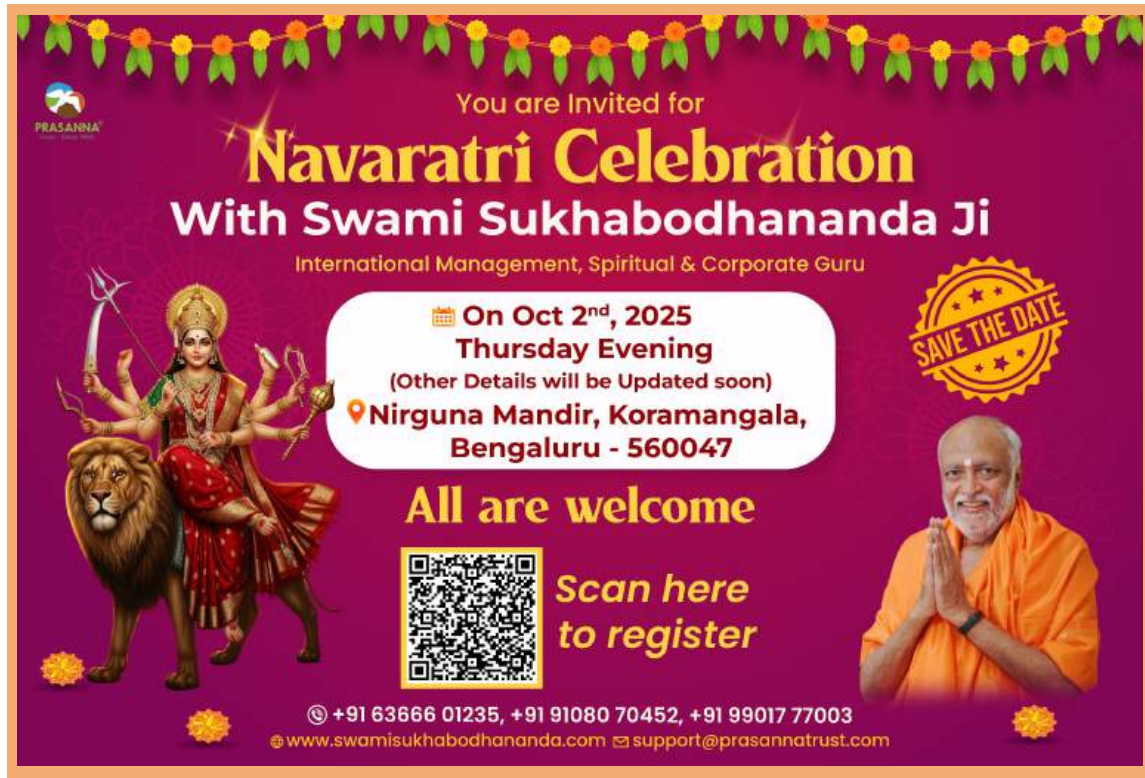
Highlights include transformative sessions, inner dialogue work, and Transformational Astrology—a spiritual guide to life patterns and purpose. Under Swami Sukhabodhananda Ji's guidance, find emotional renewal and deeper awareness.

This E-Lab is dedicated to the cherished memory of our trustee, Late Mrs. Devki Jaipuria, whose spirit continues to inspire.

To register, scan the QR code in the poster. For queries, write to support@prasannatrust.com or call +91 9108070452 / +91 9513560108.

“When the body is calm, the mind is clear, and the spirit is centered — true well-being begins”

Upcoming - On-site Programs
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 - In-Person Workshops

In-Person USA Workshop @Raleigh, North Carolina

The poster features a central circular portrait of Swami Sukhabodhananda Ji, a man with a white beard and orange robe, giving two thumbs up. Surrounding this central image are four smaller circular images: a cityscape, a temple, a person meditating, and a group of people. The background is a warm orange and red gradient. Text is arranged in a structured layout with various icons for date, time, venue, and outcome.

Grow spiritually & Glow professionally
By Swami Sukhabodhananda Ji

FREE WORKSHOP

**In Person Workshop
@ Raleigh, North Carolina**

DATE 18th Oct, Saturday 2025 **TIME** 02:30 PM to 07:00 PM

VENUE Learning Center 1 & 2 Hindu society of North Carolina (HSNC) 309 Aviation Parkway, Morrisville NC 27560

OUTCOME

- Stress to Serenity: Calm your mind, rise above pressure.
- Confusion to Clarity: End overthinking, choose with wisdom.
- Burnout to Brilliance: Recharge with energy and creativity.
- Chaos to Harmony: Balance life, family, and career with peace.
- Emptiness to Fulfillment: Find joy and purpose beyond success.
- Ineffectiveness to Effectiveness: Focus sharp, act disciplined, achieve what matters.

SCAN HERE TO REGISTER

919-592-7054, 408-613-1892, 408-205-7035
www.swamisukhabodhananda.com, www.prasannaavatarfoundation.org
support@prasannaavatarfoundation.org

Join Swamiji for a transformative in-person workshop in Raleigh, North Carolina on Saturday, 18th October 2025 from 2:30 PM to 7:00 PM at the Hindu Society of North Carolina, Morrisville. This free session will help you move from stress to serenity, confusion to clarity, and burnout to brilliance, while finding balance, joy, and purpose in life. Don't miss this chance to grow spiritually and glow professionally—scan the QR code to register!

Upcoming workshops will also be held in:

- Milpitas, CA – 11th October 2025 weekend
- Chantilly, VA – 25th October 2025 weekend
- Edison, NJ – 1st November 2025 weekend
- Dublin, CA – 8th November 2025 weekend

Venues and timings to be announced soon.

"Grow within, shine beyond—when the spirit is clear, life and career naturally glow."

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"

₹999
6 Weeks Access

With
Swami Sukhabodhananda Ji
International Management, Spiritual & Corporate Guru

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 & Bitterness.
- ❖ Transforming Addiction to Pleasure & also Expectation to Aspiration.
- ❖ Dealing with Negative Thoughts & Energies.

☎ +91 63666 01235, +91 91080 70452, +91 99017 77003
@ www.swamisukhabodhananda.com ✉ support@prasannatrust.com

Scan here to register

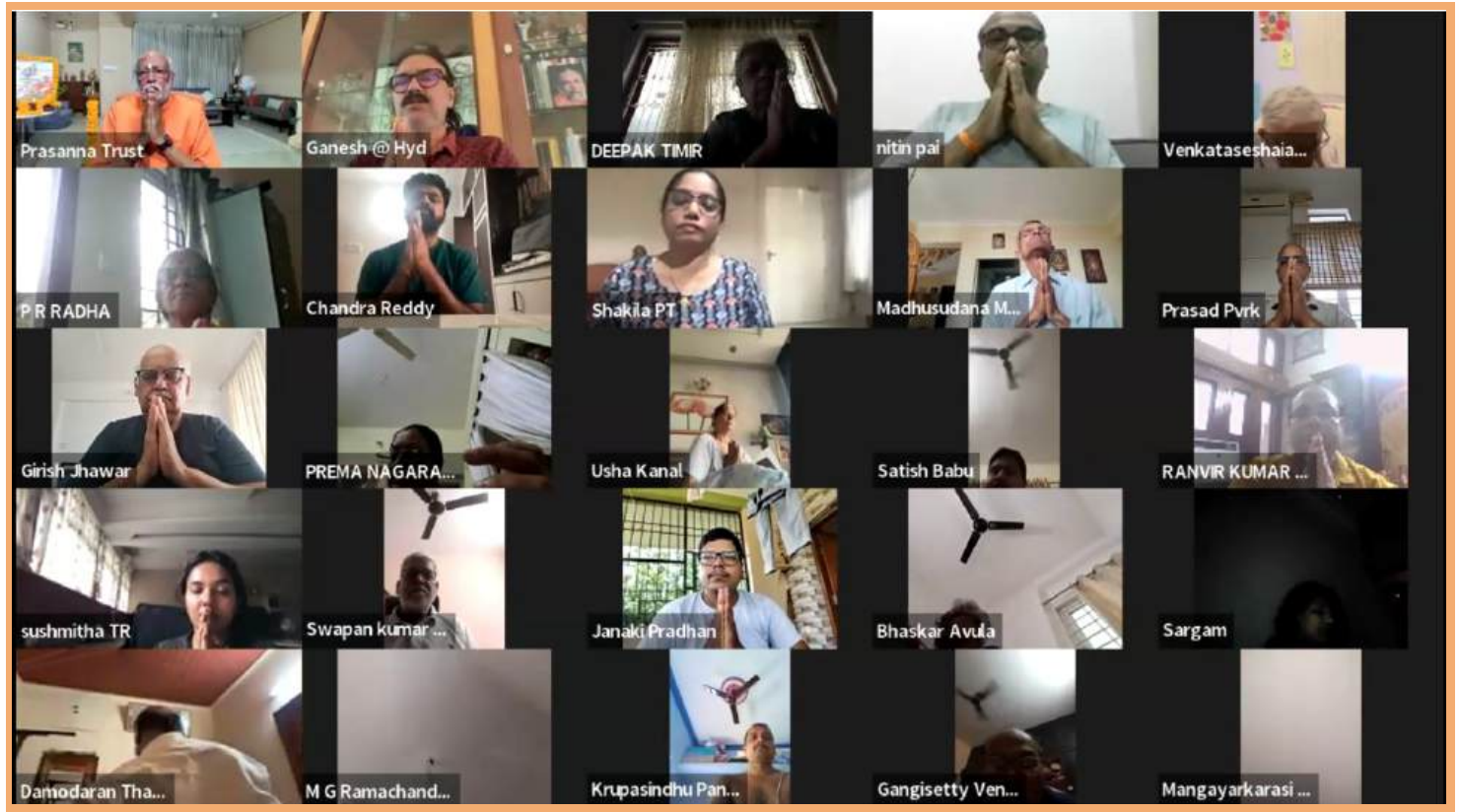
Swami Sukhabodhananda ji warmly invites you to join a 10-day online celebration of Navaratri — a time to honor the divine feminine energy, awaken inner strength, and embrace spiritual renewal. From 23rd September (Tuesday) to 2nd October (Thursday), journey through insights, reflections, and practices 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- online Program

Guru Poornima Online Utsav 2025 was a heartfelt success!



The Guru Poornima Online Utsav 2025 was a heartfelt success! From July 6th to 9th, participants immersed themselves in daily sessions filled with the wisdom of great masters — Adi Shankaracharya, Sant Kabir, Lord Buddha, Ramana Maharshi, Thiruvalluvar, and Swamiji himself. Each discourse touched hearts deeply, helping seekers move from confusion to clarity, from love to devotion, and from breakdowns to breakthroughs.

The Utsav culminated on July 10th with a powerful live Zoom session with Swamiji. Hundreds joined in from across the world, experiencing a morning of soulful reflection and spiritual upliftment. Many participants shared how they felt inspired, peaceful, and reconnected with the guiding light of the Guru within.

Truly, this celebration of Guru Poornima became a memorable journey of wisdom, devotion, and inner transformation.

**"The Guru's light turns confusion into
clarity and life into a celebration"**

Swamiji's Online Courses

1:1 Mentoring / CXO

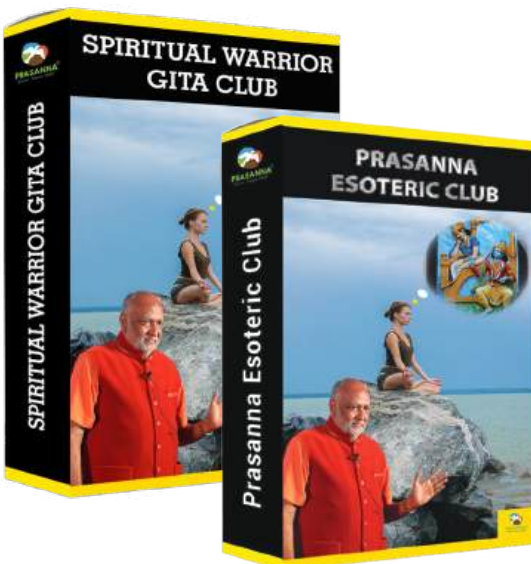
Age: 12+

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: 6th 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.

