



From Swamiji's Desk

Prayers and blessings from Swamiji

In Hindu mythology, even mighty beings were not exempt. Consider Lord Rama—exiled from his kingdom on the very day of his coronation. Or King Harishchandra, who lost everything to uphold truth. These stories echo life's ever-changing nature, where joy and sorrow alternate like day and night.

Just as the churning of the ocean brought both poison and nectar, life offers its mix of trials and blessings. What matters is our inner poise and trust in divine flow.



**"Life churns both nectar and poison
grace lies in trusting the divine flow."**

- Swami Sukhabodhananda

Swetha's Story: A Spark in the Darkness



Swetha, a bright 10th standard student and consistent school topper, carries a strength far beyond her age. Her life at home is anything but easy — her father, lost in alcoholism, offers no support, while her mother, physically handicapped, works as a maid to raise Swetha and her younger sister with dignity and love.

Every day is a battle for this family — not just for survival, but for hope. Swetha helps with household chores, supports her younger sibling, and still finds time to study late into the night. Her books are more than subjects — they are her escape, her promise, her silent revolution against the life she was born into.

Her hard work didn't go unnoticed. Today, with the timely support of Prasanna Trust, Swetha has received financial assistance for her education — covering school fees, study materials, and more. She no longer carries the burden of choosing between dreams and survival.

Swetha is not just a student. She is a symbol of resilience. A reminder that even in the harshest conditions, a spark of support can ignite a future full of light and limitless potential.

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

Monthly Service Updates

Gyanadaana

Prasanna Trust is now inviting scholarship applications and has begun distributing support to deserving students. So far, over ₹30 lakhs have already been disbursed – and the support continues to grow.

This initiative is focused on removing financial obstacles and empowering young minds to pursue their education with confidence and determination.

Our heartfelt thanks to our generous donors – your unwavering support is making a real impact. By standing with us, you're helping shape brighter futures and open doors to new possibilities. Let's continue this journey of investing in education, together.

Anna Daana



Left images food distributed in Govt. school at Anekal, middle image food distributed at Nimhans hospital, right images food distribution at slum area near Ejipura

A single act of kindness can ease someone's burden and offer a moment of peace, reminding us of the profound impact empathy and human connection

Every meal we provide is more than just food on a plate – it's a step toward hope and healing. It transforms struggle into strength and survival into possibility. Whether it's a child who can now focus in school, a patient regaining their health, or a family feeling a moment of relief, the effect is deep and lasting.

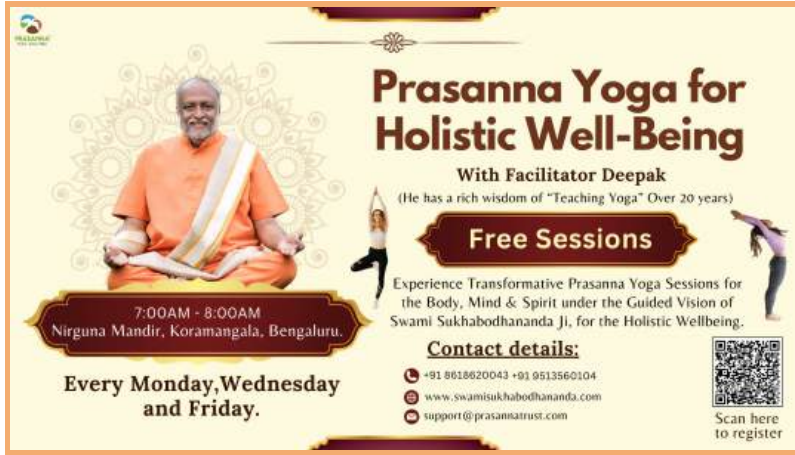
Over 10,000 lives are touched by this support each day. These meals are not just nourishment – they are a source of energy, encouragement, and opportunity. And it's all because of you. Your compassion feeds more than bodies – it nourishes dignity, builds resilience, and empowers people to carry on.

"Supporting education is planting the seed for a brighter tomorrow."

- Swami Sukhabodhananda

Free Programs at Nirguna Mandir

Prasanna Yoga In-Person session



Prasanna Yoga for Holistic Well-Being
 With Facilitator Deepak
 (He has a rich wisdom of "Teaching Yoga" Over 20 years)

Free Sessions

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

7:00AM - 8:00AM
 Nirguna Mandir, Koramangala, Bengaluru.

Every Monday, Wednesday and Friday.

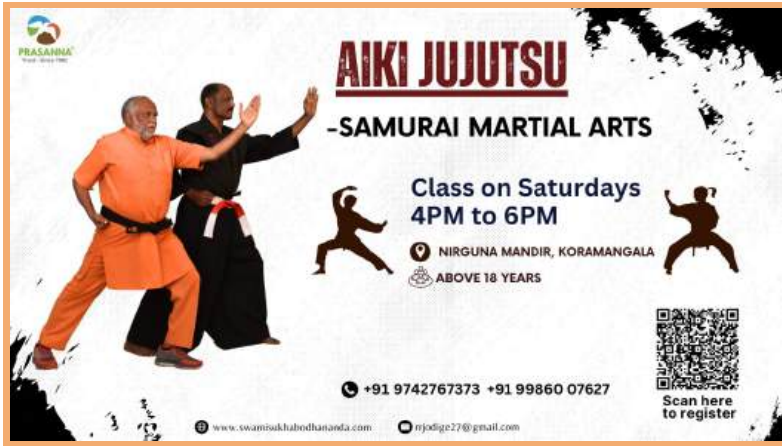
Contact details:
 +91 8618620043 +91 9513560104
 www.swamisukhabodhananda.com
 support@prasannatrust.com

Scan here to register

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

Other Programs at Nirguna Mandir

Aiki Jujutsu session



AIKI JUJUTSU
 -SAMURAI MARTIAL ARTS

Class on Saturdays
 4PM to 6PM

NIRGUNA MANDIR, KORAMANGALA
 ABOVE 18 YEARS

+91 9742767373 +91 99860 07627

www.swamisukhabodhananda.com njdige27@gmail.com

Scan here to register

Saturdays
 From 4:00 PM to 6:00 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.

1 Year of Prasanna Trust Newsletter



We are filled with immense joy and gratitude as we celebrate one year of Prasanna Trust's newsletter! What started as a humble effort to stay connected with our well-wishers and supporters has now grown into a meaningful platform that shares stories of hope, compassion, and transformation. Over the past year, this newsletter has become a bridge — bringing you closer to the lives you've helped touch and the values we all stand for.

Each edition has been crafted with care, sharing the impact of your kindness through our various initiatives — from Annadaana and educational scholarships to vocational training and the nurturing of girl children at Prasanna Jyothi. It has been a journey of purpose and inspiration, and none of it would have been possible without you.

To every reader, donor, volunteer, and supporter — thank you. Your encouragement, feedback, and unwavering belief in our mission have been the driving force behind this success. You've helped us not just sustain this communication, but enrich it with meaning and connection.

As we step into the second year, we look forward to continuing this journey together — sharing more stories that uplift the spirit and celebrate the beauty of giving. Together, let's keep spreading light, one story at a time.

“Together, we've turned compassion into connection.”



THANK YOU

I extend my heartfelt appreciation to the Trustees, the devoted members of Swamiji in India and abroad, our staff, passionate volunteers, and the esteemed disciples of Swamiji for their unwavering commitment and priceless support.

Shakila

COO, Prasanna Trust

Trustee, Prasanna Avatar Foundation, USA

I extend my deepest gratitude to our loyal supporters for their unwavering dedication to our cause. Your kindness and support have been pivotal to the achievements of the Cattle Welfare Initiative and our vocational training programs.

A special note of appreciation goes to the visionary leaders and advocates whose drive and commitment have fueled these endeavors. Your empathy and resolve inspire us all and leave a profound and lasting legacy.

We are truly thankful to everyone whose efforts have played a crucial role in realizing these initiatives. Together, we are driving meaningful change and paving the way for a brighter tomorrow.



“Charity is one way to awaken the sleeping soul”

Swami Sukhabodhananda

EVENTS NEWSLETTER

VOL 2/ISSUE 1 PART 2/JULY 2025

Upcoming Events - In Person

Join Swamiji on 3-Day E-Lab Retreat with Mysuru Yatra



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”

Janmashtami Bhagavatam Utsav Celebration

15th August 2025 6:00 PM to 7:30 PM, @Nirguna Mandir



This Janmashtami, Prasanna Trust invites you to a soul-stirring in-person celebration with Swami Sukhabodhananda Ji at Nirguna Mandir. Immerse yourself in the divine essence of Lord Krishna through the timeless wisdom of the Bhagavatam. Learn how to transform breakdowns into breakthroughs, uncover the true meaning of devotion, dharma, and liberation, and awaken the spiritual hero within you.

Join us on 15th August from 6:00 PM to 7:30 PM for this special satsang, followed by Prasad Bhojan. This uplifting evening will be filled with bhajans, deep insights, spiritual reflection, and the joyous energy of Krishna's divine play. Whether you're seeking guidance, healing, or simply a sacred space to celebrate, this gathering will leave you renewed and inspired.

Let this Janmashtami not just be a ritual, but a true inner celebration. Bring your family, invite your friends, and be a part of an evening where the sacred meets the joyful, where wisdom meets celebration.

"In the presence of Krishna's wisdom, every challenge becomes a chance for inner growth."

Upcoming - online Programs

Janmashtami Bhagavatam Online Utsav 2025 From 8th to 14th August, 6:30 AM to 8:00 AM



Janmashtami Bhagavatam Online Utsav-2025

With Swami Sukhabodhananda
A True Celebration with Lord Krishna

- » Learn how to convert breakdowns into breakthroughs.
- » Know the true meaning of Devotion, Dharma and Liberation.
- » How to become a Spiritual HERO.

8th to 14th Aug - 2025
Each Day- 1 Video Lesson & Bhajan
15th Aug - Live Zoom Celebration
6:30 am to 8:00 am(IST)

+91 63666 01235 | 91080 70452 | 99017 77003
support@prasannatrust.com

www.swamisukhabodhananda.com

This Janmashtami, Prasanna Trust invites you to a deeply meaningful online celebration with Swami Sukhabodhananda — a spiritual journey into the heart of Lord Krishna's wisdom. From 8th to 14th August, participants will receive a powerful daily video lesson and bhajan, guiding them on how to transform breakdowns into breakthroughs and uncover the essence of devotion, dharma, and liberation. The series offers a unique opportunity to grow spiritually and discover what it truly means to be a Spiritual HERO.

The grand finale will be held on 15th August with a special Live Zoom Celebration, bringing everyone together in a moment of joy, devotion, and inner connection. Whether you're seeking inner clarity, renewed purpose, or simply wish to celebrate Janmashtami in a soulful way, this Utsav is for you. Come, celebrate the divine presence of Krishna not just through rituals, but through self-transformation.

Please contact us at: +91 6366601235, +91 95135 60108, +91 9901777003.

"Celebrate Janmashtami by awakening the Krishna within with devotion, courage, and wisdom."

Recent - In-Person Workshops

Manase Relax Please Workshop @ Chennai



The Manase Relax Please workshop in Chennai was a truly uplifting experience. With a packed hall and vibrant participation, many attendees shared that they felt they had reached a peak of clarity and calm during the session. It was a joy to reconnect with former students, and heartening to see the growing popularity of the book among Chennai readers.

The event was inaugurated by Swami Dhyangamayananda of the Ramakrishna Ashram, who appreciated the session deeply. After listening to the talk, he remarked that “this must have been how Swami Vivekananda himself would have spoken.” His words were both humbling and inspiring.

A heartfelt thank you to Ms. Sucharita and the ever-reliable backend team in Bengaluru, whose quiet dedication and seamless coordination made everything possible. From the thoughtful arrangements to the engaged audience, everything felt aligned with the deeper purpose of the workshop. The warmth, discipline, and spiritual hunger of the Chennai audience stood out beautifully.

Many participants stayed back to share their reflections—some spoke of healing, some of clarity, and others of rediscovering forgotten inner strength.

"When the mind is calm, the heart opens. And when the heart opens, true transformation begins."

Swamiji's Online Courses

1:1 Mentoring / CXO

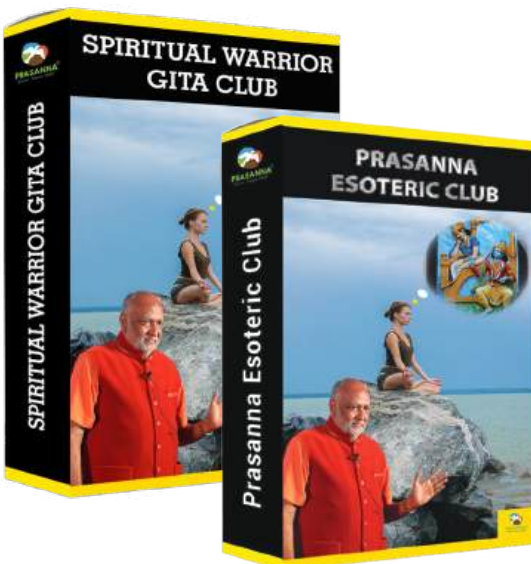
Age: 12+

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: 9th August 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.

