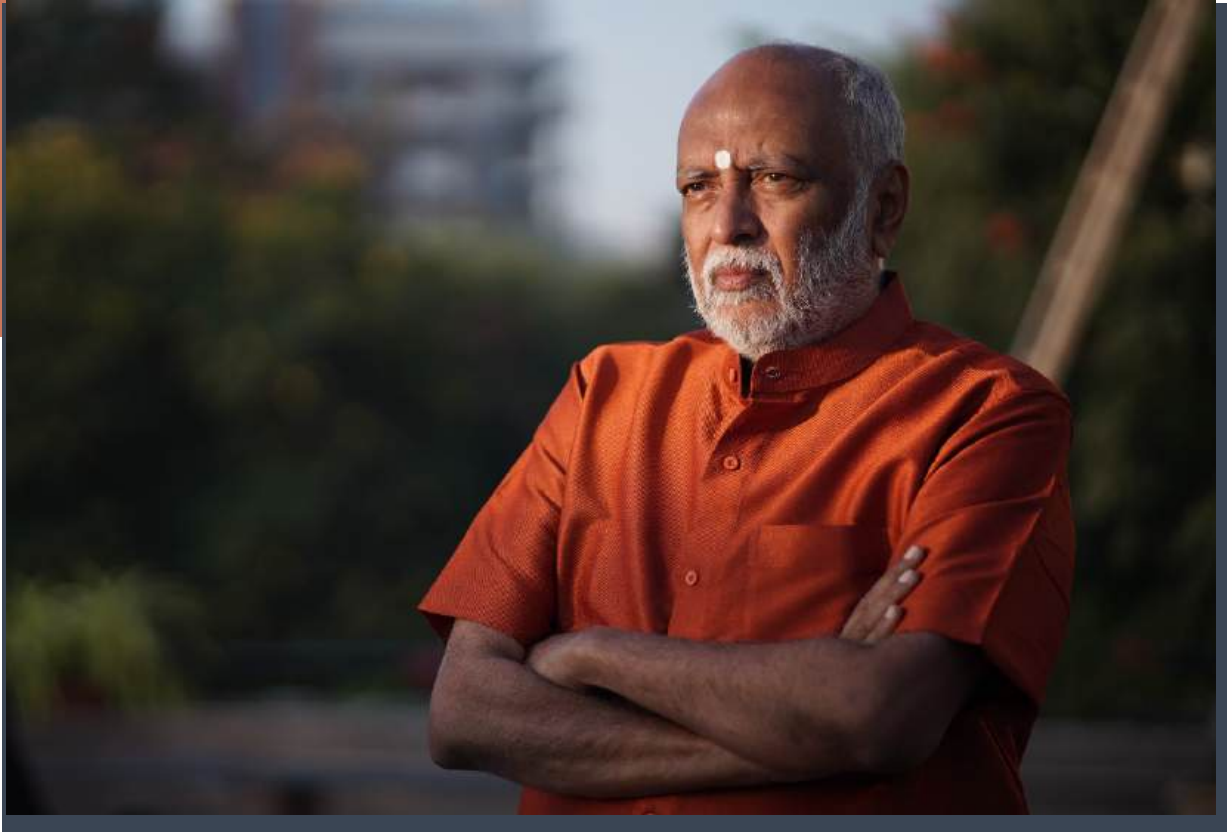


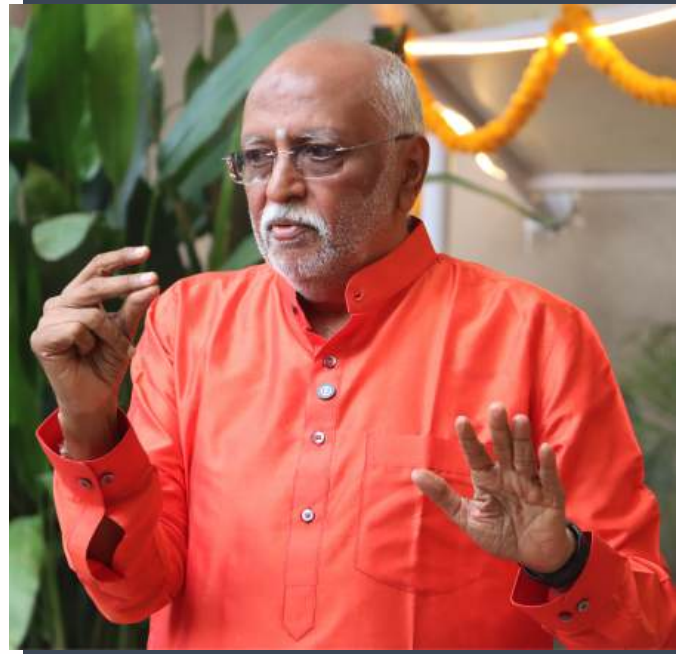


From Swamiji's Desk

Prayers and blessings from Swamiji

Love is expansive—it includes rather than excludes. From love, the next step is devotion, where love is no longer self-centered but becomes an offering. Devotion is pure, unwavering, and transcendent.

A person filled with bhakti (devotion) does not merely see the world but experiences the divine in every moment, every interaction, and every breath. Devotion makes the ordinary extraordinary, turning mundane tasks into sacred acts.



"Feel love in your daily life and discover the extraordinary in the ordinary."

- Swami Sukhabodhananda

Kavya Shree – From the Margins to the Spotlight



In the remote interior of Mangaluru , Kavya Shree, the eldest of three daughters, has grown up amidst the quiet struggles of a humble household. Her father works as a daily labourer, and her mother rolls tobacco leaves for beedis—both working tirelessly just to keep the family afloat. From a young age, Kavya knew that education was her only path forward. With no access to private tuition, limited resources, and the weight of responsibility on her young shoulders, she chose perseverance over despair. Two years ago, a ray of hope entered her life when Prasanna Trust extended a scholarship to her. That support became her turning point—it lifted not just a financial burden, but also ignited a deeper sense of purpose and confidence. With unwavering focus, Kavya poured herself into her studies, and this year, she achieved an outstanding milestone—scoring 575 out of 600 in her SSLC exams. Her achievement is a powerful testament to the strength of a determined spirit when given a chance.

We offer our deepest gratitude to the donors and well-wishers of Prasanna Trust who made this journey possible. Your kindness is not just helping educate a child—it is shaping a future, uplifting a family, and lighting a torch of hope in an entire community. Kavya now dreams of pursuing higher studies and one day giving back to society, just as society has given to her. Her story is a reminder that when compassion meets action, miracles unfold. Thank you for being part of this transformation—for believing in dreams born in silence and for turning them into voices of inspiration.

“When opportunity meets determination, even the quietest dreams rise and shine.”

Monthly Service Updates

Gyanadaana

Prasanna Trust is now inviting scholarship applications and has begun distributing support to deserving students. This initiative aims to remove financial barriers and empower young minds to thrive academically and pursue their goals with confidence.

We encourage all eligible students to apply and seize this opportunity for educational growth.

Our heartfelt thanks go out to our generous donors — your support makes a real difference. By standing with us, you're helping shape brighter futures and opening doors to endless possibilities. Let's keep investing in education, together.

Anna Daana



Left top, bottom, middle, middle corner images food distributed at Nimhans hospital and in the middle, top right, bottom right images food distribution at Jayadeva hospital

One thoughtful gesture can lighten someone's load and bring a moment of comfort, reminding us all of the power of empathy and connection.

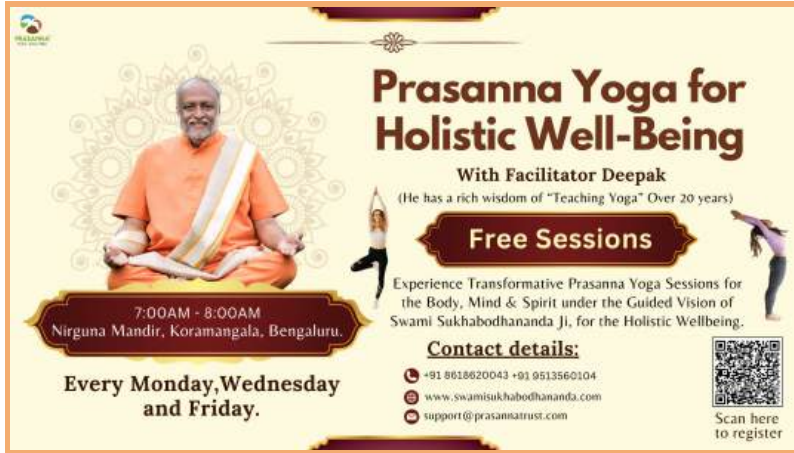
With every meal served, we do more than fill an empty stomach. We help someone move from hardship to hope, from merely surviving to truly living. Whether it's a child learning better because they're not hungry, a patient regaining strength in a hospital bed, or a struggling family finding relief — the impact is real and lasting. Each day, more than 10,000 people experience this support firsthand. These meals are a lifeline — restoring energy, lifting spirits, and creating opportunities where there once were none. And it's all possible because of you. Your kindness goes beyond feeding people — it uplifts them. It gives them dignity, resilience, and the strength to keep going.

"Education unlocks potential — your support helps turn ambition into achievement."

– 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.

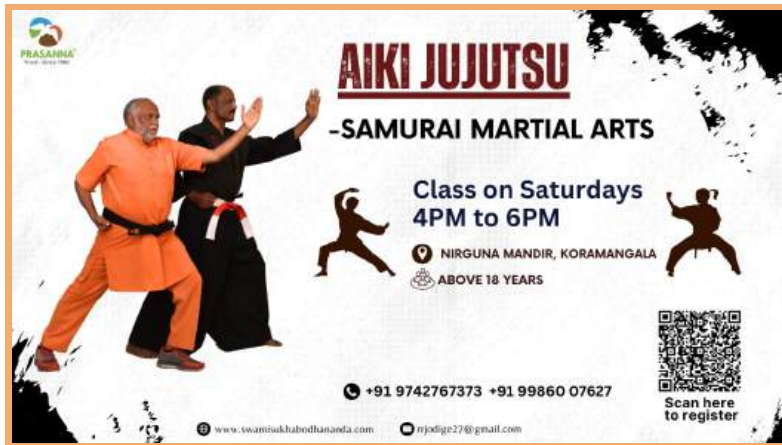
Contact details:
+91 8618620043 +91 9513560104
www.swamisukhabodhananda.com
support@prasannatrust.com

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

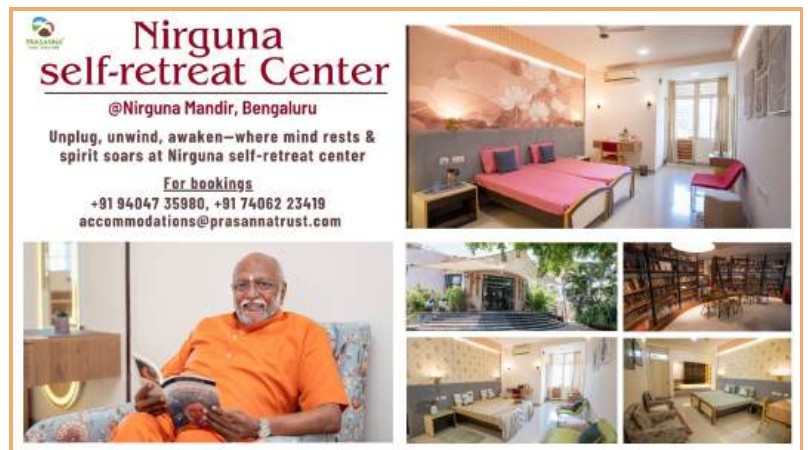
Scan here to register

Saturdays
From 4:00 PM to 6:00 PM
@Nirguna Mandir

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



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

Scan here to register

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

THANK YOU

With sincere gratitude, I offer my heartfelt thanks to the Trustees, the dedicated members of Swamiji's global and Indian family, His devotees in the USA, our kind hosts in the USA, our hardworking staff, selfless volunteers, and the revered disciples of Swamiji. Your steadfast support, relentless efforts, and deep devotion continue to uplift lives and bring hope to countless souls each day.

Shakila

COO, Prasanna Trust

Trustee, Prasanna Avatar Foundation, USA

With heartfelt appreciation, I salute the guiding visionaries and passionate champions whose steadfast dedication has shaped these life-changing initiatives. I also offer my sincere thanks to our loyal supporters — including my cherished devotees in the USA and our generous host — whose trust, kindness, and backing have fueled this mission's success. Your efforts, offerings, and devotion have brought dreams to life.

To each soul who has given, whether seen or unseen, I bow in reverence. Together, through our shared seva, we are building a kinder, stronger, and more hopeful world.

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

Swami Sukhabodhananda



VOL 1/ISSUE 13 PART 2/JUNE 2025

Upcoming Events - In Person

Manase Relax Please Workshop @ Chennai
July 12th, 2025, Saturday from 3:00 PM to 7:30 PM



70th Birthday Celebration of
SWAMI SUKHABODHANANDA JI
On this Eve - In Person Workshop @Chennai
MANASE RELAX PLEASE
(Oh Mind Relax Please)

July 12th Saturday, 2025 3:00 PM to 7:30 PM

OUTCOME

1. Clarity and Purposeful Living
2. Introduction to Transformational Astrology
3. Harmonised Relationships
4. Stress Resilience and Inner Balance
5. Enhanced Communication and Conflict Resolution
6. Cultivation of Creativity and Innovation

Vivekananda college hall
#70-72 P.S. Sivaswami Salai
Mylapore, Chennai 600004

FREE WORKSHOP ALL ARE WELCOME

SCAN HERE TO REGISTER

REGISTRATION IS MANDATORY

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

We are delighted to invite you to a very special in-person workshop titled "Manase Relax Please" (Oh Mind, Relax Please), led by none other than Swami Sukhabodhananda Ji, as part of his 70th Birthday Celebration. This transformative session will be held on Saturday, July 12th, 2025, from 3:00 PM to 7:30 PM at Vivekananda College Hall, Mylapore, Chennai. In this energizing and insightful gathering, participants will journey through themes like purposeful living, transformational astrology, stress resilience, harmonised relationships, creative innovation, and effective communication — all aimed at finding inner balance in a fast-paced world.

Join this inspiring workshop and celebrate the life and teachings of Swami Sukhabodhananda ji. Entry is completely free, but registration is mandatory. Let us come together for an evening of wisdom, joy, and celebration. If you are from Chennai and would like to volunteer for the workshop, **Please contact us at: +91 6366601235, +91 95135 60108, +91 9901777003.**

Wisdom is to live in tune with life. When we embrace acceptance and awareness, life unfolds with grace.

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.

From check-in at 12 PM on 11th Sept to check-out at 11 AM on 13th Sept, experience practical tools and deep insights for inner freedom, clarity, and peace—all in a spiritually charged setting.

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 our beloved 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.

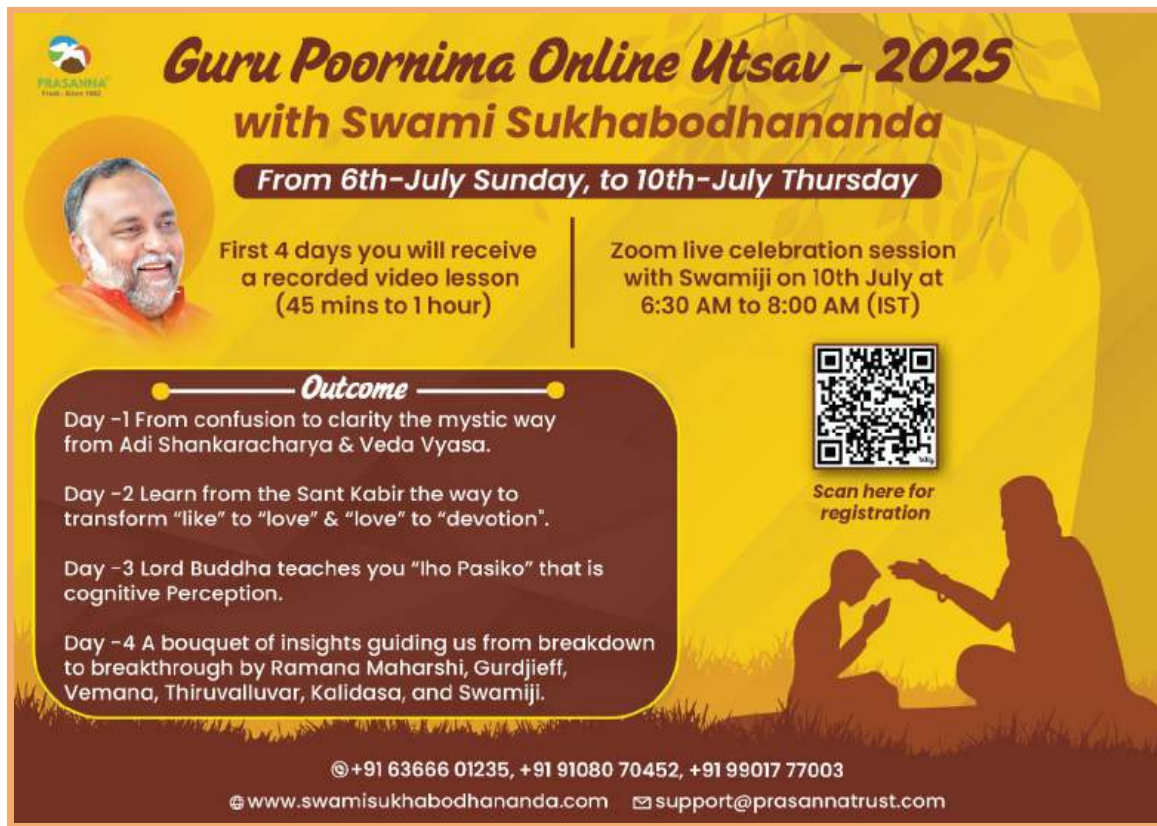
Join our E-Lab Info Session on Zoom with Swamiji – June 21st, 2025 | 7:00 PM to 8:00 PM

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

Upcoming - online Program

Guru Poornima Online Utsav 2025

From 6th to 10th July



Guru Poornima Online Utsav - 2025
with Swami Sukhabodhananda
From 6th-July Sunday, to 10th-July Thursday

First 4 days you will receive a recorded video lesson (45 mins to 1 hour)

Zoom live celebration session with Swamiji on 10th July at 6:30 AM to 8:00 AM (IST)

Outcome

- Day -1 From confusion to clarity the mystic way from Adi Shankaracharya & Veda Vyasa.
- Day -2 Learn from the Sant Kabir the way to transform "like" to "love" & "love" to "devotion".
- Day -3 Lord Buddha teaches you "Iho Pasiko" that is cognitive Perception.
- Day -4 A bouquet of insights guiding us from breakdown to breakthrough by Ramana Maharshi, Gurdjieff, Vemana, Thiruvalluvar, Kalidasa, and Swamiji.

Scan here for registration

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@ www.swamisukhabodhananda.com | support@prasannatrust.com

Swami Sukhabodhananda ji invites you to join the Guru Poornima Online Utsav 2025, a five-day spiritual celebration from July 6th to July 10th. From July 6th to 9th, you will receive daily pre-recorded video sessions (45–60 minutes) featuring timeless wisdom from great masters like Adi Shankaracharya, Sant Kabir, Lord Buddha, Ramana Maharshi, Thiruvalluvar, and Swamiji himself — guiding you from confusion to clarity, love to devotion, and breakdown to personal breakthrough.

The Utsav concludes on July 10th with a live Zoom session with Swamiji from 6:30 AM to 8:00 AM IST. Join this soulful journey and celebrate the guiding light of the Guru within. For more details or to register, scan the QR code in the flyer or visit www.swamisukhabodhananda.com. For assistance, **contact support@prasannatrust.com or call +91 63666 01235, +91 91080 70452, +91 99017 77003.**

"In the silence of wisdom, the Guru's voice becomes your own."

Recent Events - In Person

Oh Mind, Relax Please USA Workshop @Dublin CA, Denver CO



Dublin CA (May 24 -2025): A heartfelt session that inspired deep reflection.



Denver CO(May 26 -2025): heartfelt session that inspired deep reflection.

The “Oh Mind, Relax Please” workshop in Dublin, CA and Denver, CO was a soul-touching tribute to Swami Sukhabodhananda Ji’s 70th birthday. In both cities, attendees immersed themselves in his powerful teachings on mental clarity, resilience, and living with purpose — creating a space of inspiration and inner harmony.

Participants shared how Swamiji’s wisdom offered a breath of calm, renewed clarity, and tools for peaceful living. The enthusiastic response and heartfelt engagement reflected how deeply his message continues to resonate. The Prasanna Avatar Foundation extends heartfelt gratitude to everyone who helped make these events memorable

When the mind finds stillness, the soul begins to sing — and life transforms from noise to nectar.

Swamiji's Online Courses

1:1 Mentoring / CXO

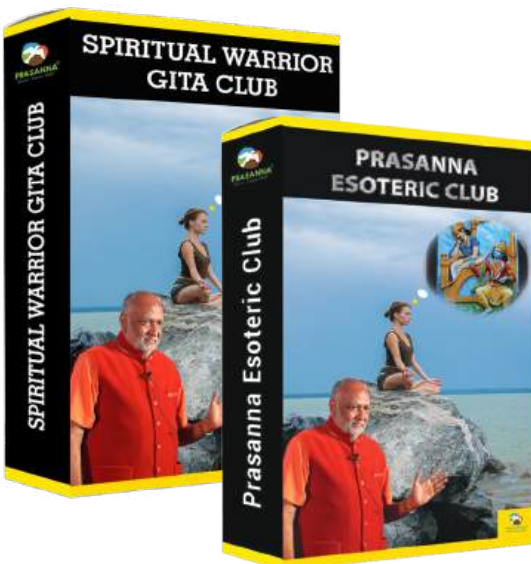
Age: 12+

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: 30th June 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.

