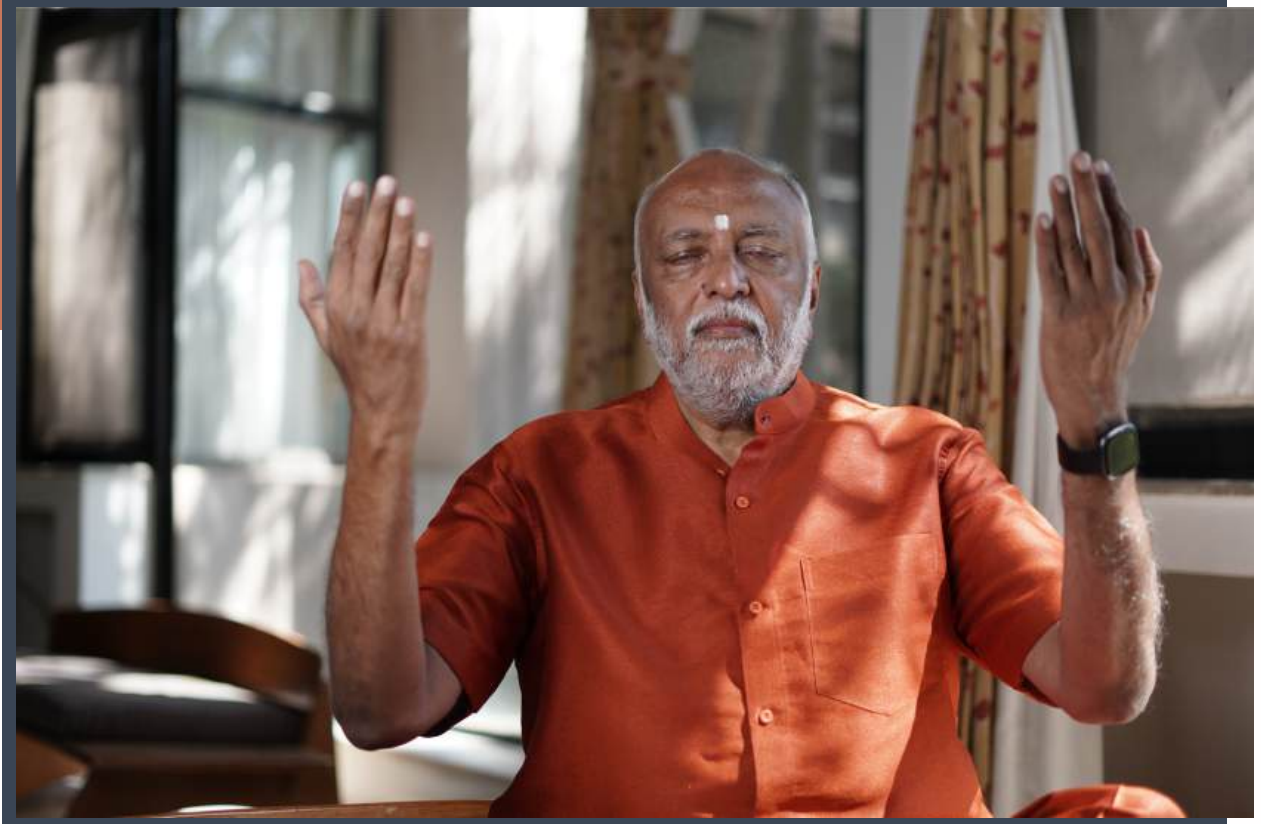




From Swamiji's Desk

Prayers and blessings from Swamiji

Life is both complex and simple. If one fails to uncover the root cause of conflict, they remain lost in an endless ocean of confusion and struggle. However, when one identifies the core issue, life becomes simple and manageable.

This principle applies to all relationships—be it between a mother-in-law and a daughter-in-law, a boss and a subordinate, or any human connection. Instead of focusing on points of disharmony, one must strive to discover the point of harmony, for true wisdom lies in uniting rather than dividing.



"Wisdom is not in finding faults, but in discovering the harmony that unites."

- Swami Sukhabodhananda

From Nepal's Hills to Bengaluru's Classrooms Biraj Bhatt's 91% Triumph!



Three years ago, Biraj Bhatt, a bright young boy from Nepal, dreamed of studying in Bengaluru to build a better future. But his parents were hesitant — unsure about sending their son so far away to a different country. It was his cousin, seeing Biraj's deep passion and dedication to his studies, who took the bold step and brought him to Bengaluru.

The change was not easy. A new city, unfamiliar language, tougher subjects, and a completely different environment. But Biraj's determination stood strong. And with the support of Prasanna Trust, who believed in his potential and provided the help he needed, Biraj turned every challenge into a stepping stone.

Today, we are proud to celebrate his incredible success — scoring 91% in his SSLC (Class 10) board exams! From a small village in Nepal to excelling in Bengaluru, Biraj's journey is a powerful reminder that when hard work meets the right support, dreams turn into reality.

At Prasanna Trust, we are committed to creating more such success stories. Let's continue to empower children like Biraj — because every child deserves the chance to shine.

“When courage crosses borders and hard work meets opportunity, success has no limits.”

Monthly Service Updates

Anna Daana



Left top , bottom,middle corner images food distributed at Nimhans hospital and in the middle, 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 more than a basic need — it's a powerful force for transformation. Every nourishing meal we provide helps people rise beyond survival, fueling dreams and laying the groundwork for a stronger future. Each day, over 10,000 lives are touched — from children in remote schools to patients in crowded hospitals and families in need. These meals do more than ease hunger — they spark hope, restore strength, and open doors to opportunity. None of this would be possible without you. Your compassion delivers more than food; it brings dignity, healing, and the courage to keep going. Together, we're not just feeding bodies — we're igniting change and building a future full of possibility.

Gyanadaana

Prasanna Trust is now accepting scholarship requests and preparing for the next round of scholarship distributions. This initiative supports deserving students in their academic journey by easing financial challenges and encouraging educational growth. Eligible students are encouraged to apply and take advantage of this meaningful opportunity.

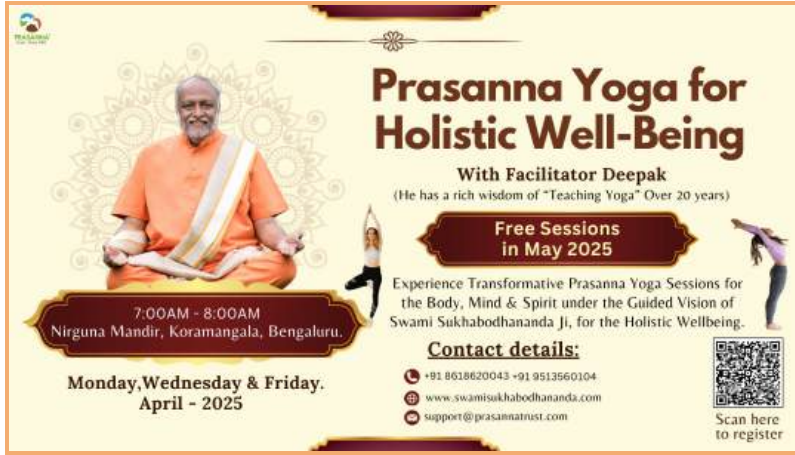
We sincerely thank our generous donors and invite continued support for this noble cause. Your contributions directly impact students' lives, helping them pursue their dreams with confidence. Together, let's continue to invest in education and shape a brighter future.

"Each meal is not just food — it's hope, dignity, and the fuel for dreams."

– 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 in May 2025

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

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

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

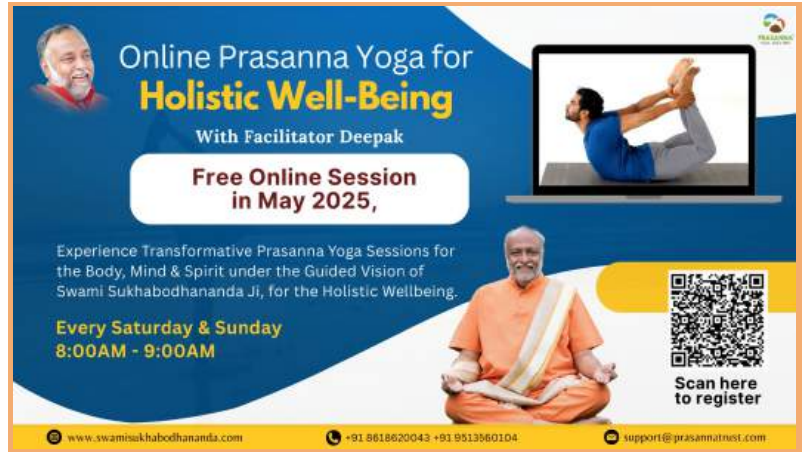
Monday, Wednesday & Friday.
April - 2025

Scan here to register

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

Prasanna Yoga online session

Saturday & Sunday
From 8:00 AM to 9:00 AM
Zoom Online



Online Prasanna Yoga for Holistic Well-Being
With Facilitator Deepak

Free Online Session in May 2025,

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

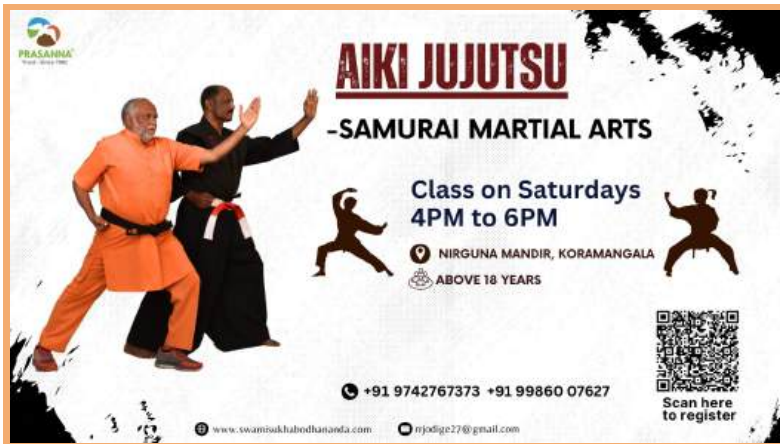
**Every Saturday & Sunday
8:00AM - 9:00AM**

Scan here to register

www.swamisukhabodhananda.com +91 8618620043 +91 9513560104 support@prasannatrust.com

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 mjdodge27@gmail.com

Scan here to register

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

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



Thank you!

For Your Support



With deep appreciation, I extend my heartfelt thanks to the Trustees, the devoted members of Swamiji's global and Indian family, Swamiji's devotees in the USA, our gracious host in the USA, our diligent staff, compassionate volunteers, and the esteemed disciples of Swamiji. Your unwavering support, tireless dedication, and profound commitment continue to inspire hope and transform countless lives every single day.

Shakila

COO, Prasanna Trust

Trustee, Prasanna Avatar Foundation, USA

With deep gratitude, I honour the visionary leaders and devoted advocates whose unwavering commitment has guided these transformative efforts.

I also extend my heartfelt thanks to our steadfast supporters — including my beloved devotees in the USA and our gracious host there — whose faith, generosity, and encouragement have been the lifeblood of this mission. Your time, resources, and spirit have turned vision into reality. To every soul who has contributed, directly or silently, I bow in gratitude. Together, through our collective seva, we are nurturing a more compassionate, empowered, and hope-filled world.

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

Swami Sukhabodhananda



Swamiji's Oh Mind Relax Please USA In-Person Workshop Schedule



DUBLIN, CA

LOCATION

**Dublin Library Community Room,
200 Civic Plaza, Dublin, CA 94568**

DATE & TIME

**May 24th Saturday, 2025
02.30 PM to 7:00 PM**

DENVER, CO

LOCATION

**Shri Shirdi Saibaba Temple of Rockies
10250 E Easter Ave,
Centennial, CO 80112**

DATE & TIME

**May 26th Monday, 2025
02.30 PM to 6:00 PM**



SWAMIJI'S PREVIOUS VISIT TO USA



STERLING, VA



BAY AREA, CA



MARLBORO, NJ



NEW JERSEY, NJ



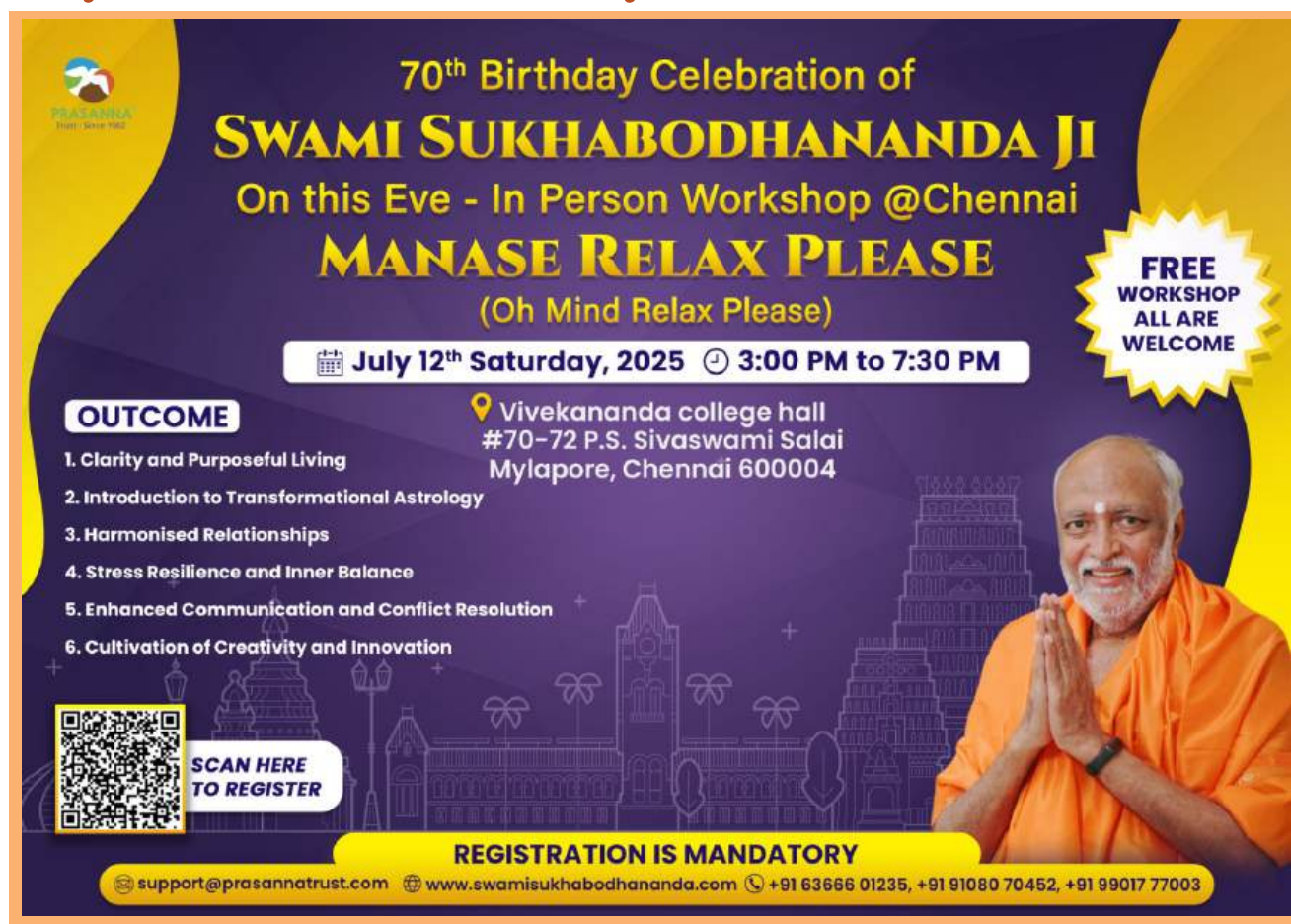
FRISCO / DALLAS, TX

All the events are listed in swamiji's website for more information

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

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**

FREE WORKSHOP ALL ARE WELCOME

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

SCAN HERE TO REGISTER

REGISTRATION IS MANDATORY

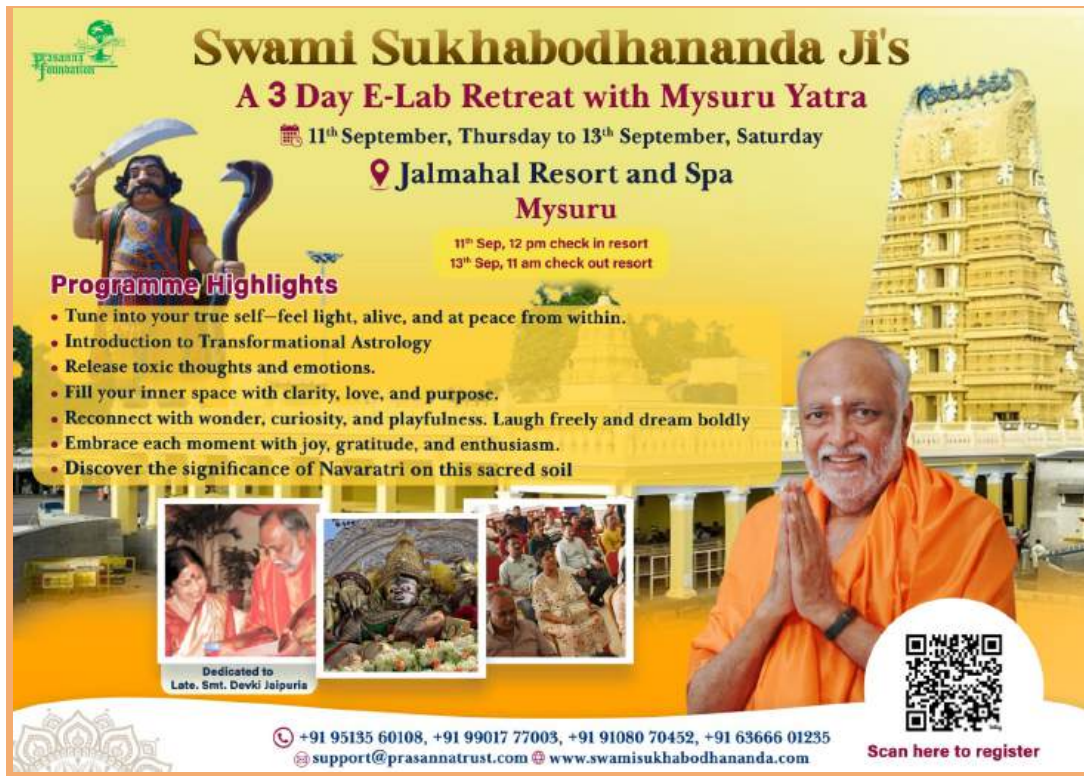
📧 support@prasannatrust.com 🌐 www.swamisukhabodhananda.com 📞 +91 63666 01235, +91 91080 70452, +91 99017 77003

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 Jalpuria

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

Scan here to register

Immerse yourself in a life-changing journey of self-discovery and inner transformation with Swami Sukhabodhananda Ji's 3-Day E-Lab Retreat with Mysuru Yatra, taking place from 11th to 13th September 2025 at the serene Jalmahal Resort and Spa, Mysuru. This special retreat is designed to help you reconnect with your inner self, awaken the child within, and embrace life in its fullness. From check-in at 12 PM on 11th Sept to check-out at 11 AM on 13th Sept, participants will experience profound insights and tools for inner freedom, clarity, and peace, all in a peaceful and spiritually charged setting.

The retreat Highlights include transformative sessions, inner dialogue work, and the special addition of Transformative Astrology—a spiritual path to understanding life patterns and unlocking purpose. Under the loving guidance of Swami Sukhabodhananda Ji, you'll experience deep emotional and mental rejuvenation. Whether you are looking to relieve stress, rediscover purpose, or simply explore a deeper path of mindfulness, this retreat is a unique opportunity to grow. **To register, scan the QR code in the poster. For more information, you can reach out via email at 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”

Recent Events - In Person

Oh Mind, Relax Please USA Workshop @Milpitas CA, Edison NJ, Chantilly VA & Morrisville NC



Milpitas, CA (Apr 26-2025): A powerful start to the series, filled with clarity and calm.



Edison, NJ (May 3-2025): A vibrant gathering with overwhelming participation.



Chantilly, VA (May 10-2025): A heartfelt session that inspired deep reflection.



Morrisville, NC (May 17-2025): The first NC workshop, warmly received and well attended.



The "Oh Mind, Relax Please" workshop held in Milpitas, Edison, Chantilly, and Morrisville were heartfelt celebrations of Swami Sukhabodhananda Ji's 70th birthday. Across all four cities, participants experienced his timeless teachings on stress relief, clarity, and purposeful living, creating an atmosphere of positivity and deep reflection.

Attendees shared how Swamiji's insights brought calm, focus, and practical tools for daily life. With strong participation and growing interest, the events highlighted the continued relevance of his message. The Prasanna Avatar Foundation sincerely thanks all who made these gatherings a meaningful success.

"When the mind relaxes, the heart awakens and life begins to flow with purpose and peace."

Swamiji's Online Courses

1:1 Mentoring / CXO

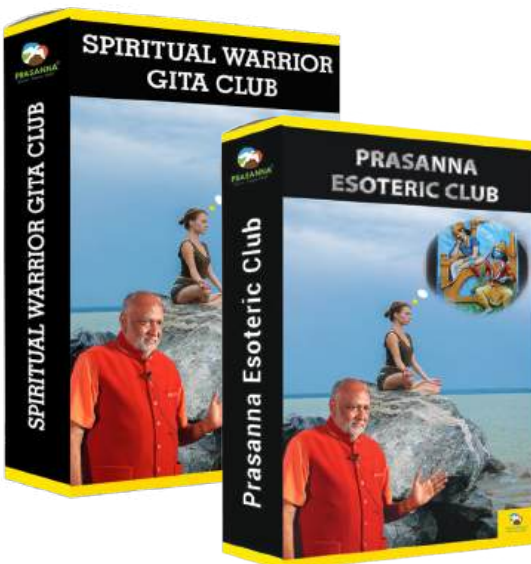
Age: 12+

what you get:

- Swamiji's 1 on 1 mentoring session.
- Monthly group session.
- Introduction to 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: 16th 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.

