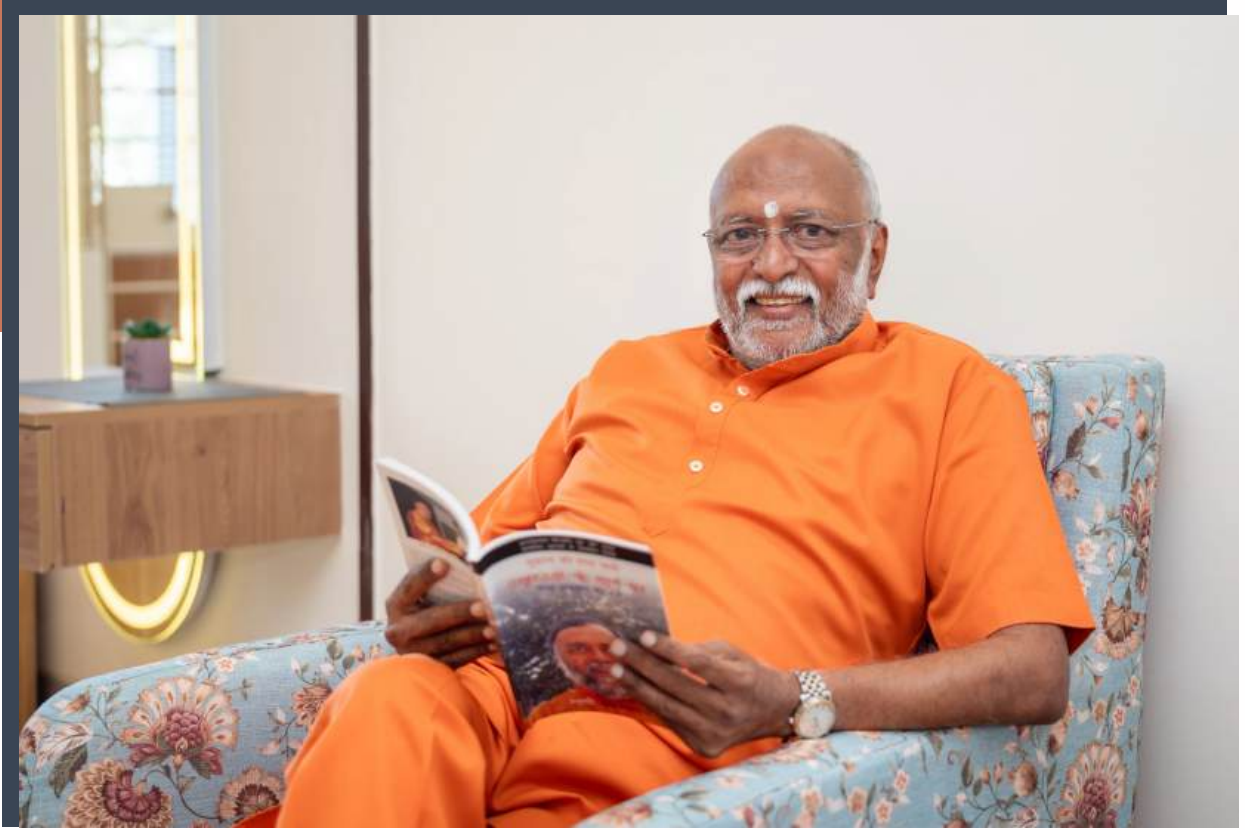


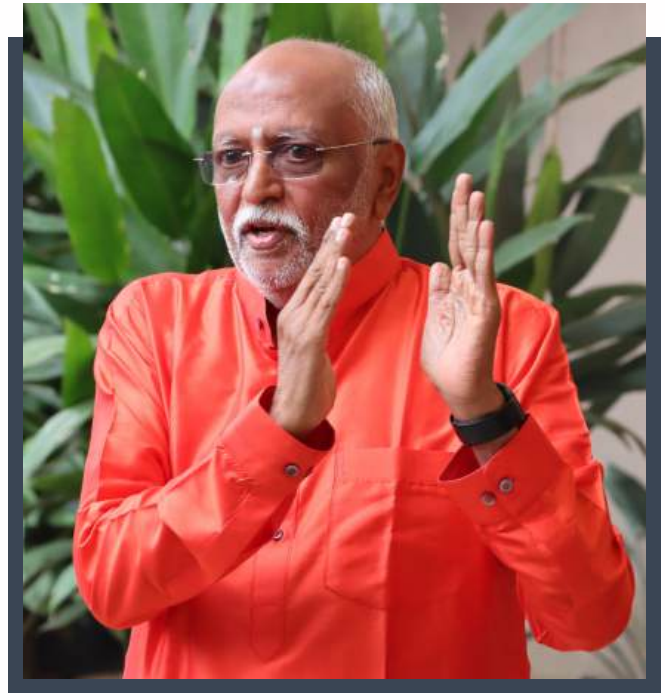


## From Swamiji's Desk

### Prayers and blessings from Swamiji

In the Mahabharata, Ashwatthama, consumed by rage after his father's death, unleashed destruction. But beneath his fury lay deep sorrow. Had he channeled his grief into wisdom, he would have found peace instead of ruin. Like Lord Shiva, who holds his wrath in balance, we too must transmute pain into purpose.

Observe anger, embrace joy, and free yourself from its chains. When sadness fades, anger disappears. Let each moment be a conscious dance of life.



**“Turn pain into purpose, and let life become a conscious dance”**

- Swami Sukhabodhananda

## From Humble Beginnings to Academic Excellence: Aswini's Inspiring Journey



Aswini, a bright young woman from Puttur, near Mangaluru, has always faced life with quiet determination. Born into a humble household, she lost her father at a young age. Since then, her mother—a resilient woman working in a local restaurant, washing vessels and cleaning floors—has been the family's sole provider.

Despite the financial and emotional hardships, Aswini remained focused on her education. Her dedication paid off as she consistently excelled in school. But when it came time to pursue higher studies, the financial burden seemed insurmountable.

That's where Prasanna Trust stepped in. Through our education scholarship program, Aswini received the support she needed to enroll in a Bachelor of Pharmacy (B.Pharm) program. Not only is she now pursuing her dream, but she has also emerged as a topper in her college, standing out for both her academic excellence and her commitment to creating change.

We are proud to support students like Aswini—young changemakers who are determined to make a difference.

**Thank you for being a part of this journey through your support for Prasanna Trust.**

**When given the right support, even the smallest spark of potential can light up the world.**

# Monthly Service Updates

## Anna Daana



Left images food distributed at a Govt. school in Attibele and in the middle food distribution at Jayadeva hospital, top right image serving food at slum areas of Vivek and bottom right image serving food at a rural slum Austin Town.

**Offering kindness to someone in need not only eases their struggle but also brings warmth to the heart, creating a ripple of compassion and humanity.**

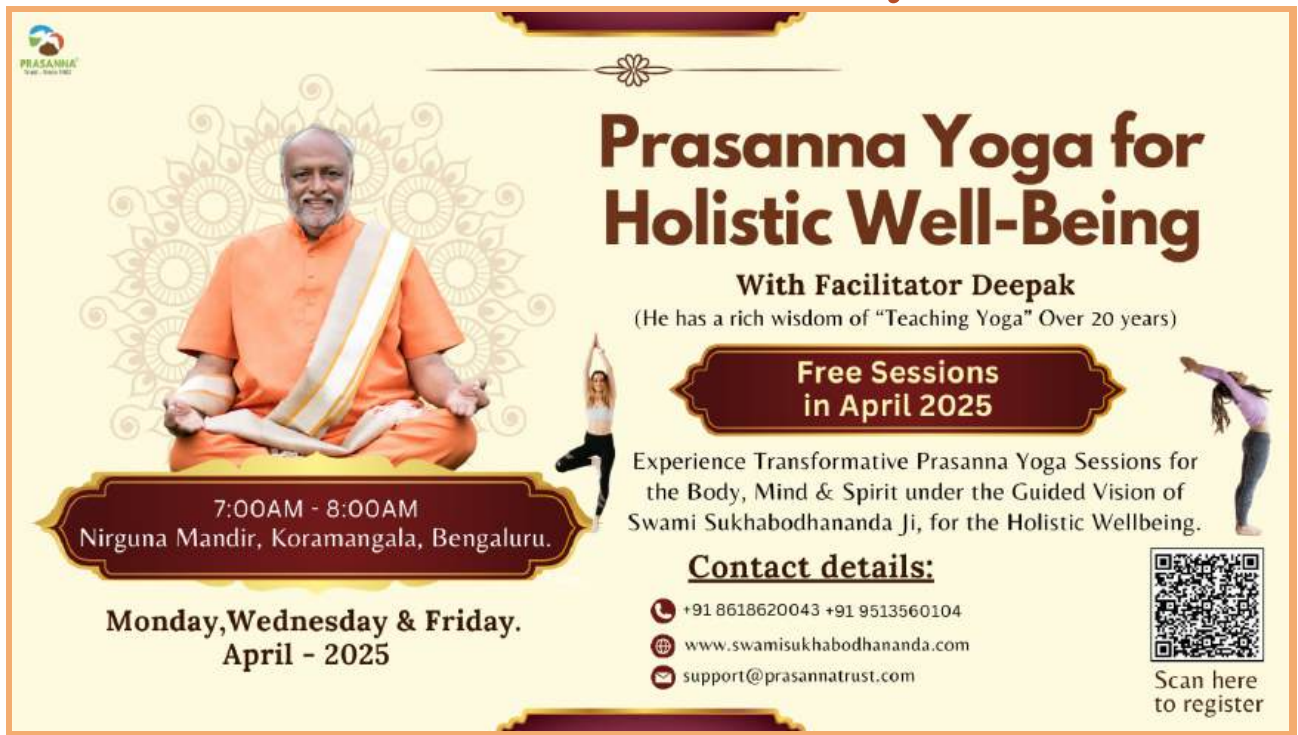
Nutrition is more than a basic need—it's a catalyst for change. It nurtures the body, fuels ambition, and lays the path to a better future. Through the simple act of providing healthy meals, we help individuals not just survive, but thrive. Every single day, over 10,000 people benefit from this mission, receiving meals in remote schools, hospitals, and areas where resources are scarce. These meals do more than ease hunger—they spark hope, reduce inequality, and give people the strength to pursue their goals. From helping students stay focused, to aiding recovery in the sick, and easing the burden on struggling families, this initiative is transforming lives one plate at a time.

This journey wouldn't be possible without you—the driving force behind our mission. Your selfless support and compassion have delivered more than just meals to those in need; you've shared hope, dignity, and strength. These meals allow children to concentrate in classrooms, help patients on their path to healing, and give families the courage to move forward. Your kindness is a powerful reminder of what we can achieve when we come together. We're not only nourishing bodies—we're inspiring change and creating a future filled with opportunity.

**“Because of you, a simple meal becomes a symbol of care, courage, and possibility.”**

- Swami Sukhabodhananda

# Prasanna Yoga for Holistic Well-Being A Transformative Journey Awaits!



The poster features a central image of Swami Sukhabodhananda Ji in a meditative pose, surrounded by a golden mandala. To the right, a woman is shown in a yoga pose. The text is arranged in a clean, professional layout with a mix of serif and sans-serif fonts. A QR code is located in the bottom right corner.

**Prasanna Yoga for Holistic Well-Being**

**With Facilitator Deepak**  
(He has a rich wisdom of "Teaching Yoga" Over 20 years)

**Free Sessions in April 2025**

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.

**Monday, Wednesday & Friday.**  
April - 2025

**Contact details:**

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

Scan here to register

Prasanna Trust invites you to embark on a rejuvenating journey through Prasanna Yoga for Holistic Well-Being, a specially curated yoga program designed to bring harmony to your body, mind, and spirit.

Step into a space of inner harmony and transformation with Prasanna Yoga for Holistic Well-Being, led by the experienced facilitator Deepak, who brings over 20 years of teaching wisdom. Under the inspirational guidance of Swami Sukhabodhananda Ji, these sessions are designed to revitalize your body, mind, and spirit. Whether you're new to yoga or a seasoned practitioner, this unique offering promises a deeply enriching experience focused on holistic wellness.

**Join us for free every Monday, Wednesday, and Friday throughout April 2025, from 7:00 AM to 8:00 AM at the serene Nirguna Mandir in Koramangala, Bengaluru.** These sessions are completely free for this month, making it a perfect opportunity to embrace a healthier lifestyle. For registration, scan the QR code or reach out through the contact details provided. Let this be the beginning of your journey toward balance and inner peace.

**Yoga is not just about flexibility of the body, but the expansion of consciousness and the harmony of the soul.**

# Awaken Your Inner Harmony: Join Free Online Prasanna Yoga for Holistic Well-Being

Online Prasanna Yoga for  
**Holistic Well-Being**

With Facilitator Deepak

1 Month free online sessions

Inauguration on 20<sup>th</sup> April,  
Sunday 8AM to 9AM  
Eve of Swamiji's birthday

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

Embark on a journey of inner peace and holistic health with Online Prasanna Yoga for Holistic Well-Being, a special initiative guided by the vision of Swami Sukhabodhananda Ji and facilitated by Deepak. This unique program offers one month of free online yoga sessions designed to nourish the body, mind, and spirit. **The inaugural session held on 20th April (Sunday) from 8:00 AM to 9:00 AM**, marking the eve of Swamiji's birthday—a meaningful occasion to begin this transformative practice. The sessions will continue every Saturday and Sunday from 8:00 AM to 9:00 AM, offering a perfect weekend routine to refresh and realign yourself.

Prasanna Yoga is not just a physical exercise but a complete practice aimed at holistic well-being. Whether you're a beginner or someone looking to deepen your spiritual and physical wellness, this program is an excellent opportunity to experience the benefits of a balanced lifestyle from the comfort of your home. The sessions are structured to help you release stress, build clarity, and restore energy. **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 8618620043 / +91 9513560104.** Visit [www.swamisukhabodhananda.com](http://www.swamisukhabodhananda.com) to learn more.

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

# Step Into Stillness: Experience the Peace of Nirguna Self-Retreat Center



## 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



Yearning for a meaningful pause from daily life?

Escape to the Nirguna Self-Retreat Center, nestled in the peaceful surroundings of Nirguna Mandir, Bengaluru. This serene sanctuary invites you to unplug from distractions, unwind from stress, and reconnect with the calm within.

With tranquil green spaces, a serene meditation hall, thoughtfully designed accommodations, and a beautiful Krishna Mandir at its heart, the retreat is designed for rest, reflection, and spiritual clarity.

By booking your stay, you also support our charitable initiatives—every retreat directly funds the education, nutrition, and empowerment programs run by Prasanna Trust.

A special thanks to Mrs. Anjali Poddar for giving her elegant touch to the Nirguna Self-Retreat Center, enriching the space with beauty and grace.

**To begin your inward journey, call +91 94047 35980 / +91 74062 23419 or email: accommodations@prasannatrust.com.**

**“Peace is not something you find outside  
it blooms when you come home to yourself.”**

# Thank you

For Your Support



With heartfelt gratitude, I extend my thanks to the Trustees, the devoted members of Swamiji's global and Indian community, our hardworking staff, selfless volunteers, and the respected disciples of Swamiji. Your constant support, tireless efforts, and deep commitment serve as a beacon of hope, touching and transforming countless lives every day.

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

I wish to honor the visionary leaders and devoted advocates whose unwavering determination and inspiring leadership have been the driving force behind these transformative projects.

Equally, I extend my deepest and most sincere gratitude to our loyal and steadfast supporters. Your continued faith in our mission, your generous contributions, and your constant encouragement have been the lifeblood of our work. Whether through time, resources, or spirit, your involvement has been instrumental in transforming our vision into reality.

We are truly grateful to every individual who has played a part — directly or indirectly — in bringing these efforts to life. It is through our collective commitment that we are able to make a tangible, lasting difference in the lives of those we serve. Together, we are building not just projects, but a more compassionate, empowered, and hopeful future for all.



**“Charity is one way to awaken the sleeping soul”**

*Swami Sukhabodhananda*

## EVENTS NEWSLETTER

VOL 1/ISSUE 11 PART 2/APRIL 2025

### Swamiji's USA In-Person Workshops Schedule



#### **MILPITAS, CA**

##### LOCATION

**SEWA International Bay Area,  
691 S Milpitas Blvd,  
Milpitas, CA 95035**

##### DATE & TIME

**26th April, Saturday 2025  
2:30PM to 7:00PM**

#### **EDISON, NJ**

##### LOCATION

**Radha Hall (2nd Floor),  
Shree Umiya Dham Hindu Temple,  
1697 Oak Tree Rd, Edison, NJ 08820**

##### DATE & TIME

**May 03rd Saturday, 2025  
02.30 PM to 7:00 PM**



#### **CHANTILLY, VA**

##### LOCATION

**Sant Nirankari Mission 4501  
Pleasant Valley Rd,  
Chantilly, VA 20151.  
Lower Level  
(2 mins from Rajdhani Mandir)**

##### DATE & TIME

**May 10th Saturday, 2025  
02.30 PM to 7:00 PM**

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

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

## Swamiji's USA In-Person Workshops Schedule

### MORRISVILLE, NC

#### LOCATION

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

#### DATE & TIME

17th May, Saturday 2025  
03:30 PM to 08:00 PM



### 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



## SWAMIJI'S DENVAR, COLORADO WORKSHOP ON 26TH MAY VENUE & TIME YET TO BE CONFIRMED

#### 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**

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

**Swami Sukhabodhananda Ji's**  
**A 3 Day E-Lab Retreat with Mysuru Yatra**  
 11<sup>th</sup> September, Thursday to 13<sup>th</sup> September, Saturday  
 Jalmahal Resort and Spa  
 #118/1, Bugathagalli Village, Varuna Hobli,  
 off. Bannur Road, Mysuru -570011  
 11<sup>th</sup> Sep, 12 pm check in resort  
 13<sup>th</sup> 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.

Let life's beauty fill your heart.

Dedicated to  
Late. Smt. Devki Jalsuria

+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

### **A Grand Celebration of Wisdom and Life Swami Sukhabodhananda Ji's 70th Birthday**



On April 19th, 2025, the serene setting of Nirguna Mandir, Koramangala, Bengaluru came alive with celebration and spiritual energy as we marked the 70th birthday of Swami Sukhabodhananda Ji. The day began with a free 4-hour workshop titled “Creative & Wise Living Through Spirituality”, led by Swamiji himself. The workshop, as always, was powerful and impactful—offering practical tools for purposeful living, harmonised relationships, stress resilience, effective communication, and creative thinking. The session was inaugurated by Padma Shri Dr. Mayilvahanan Natarajan along with our trustee Shri Vikas Poddar, adding to the grace and significance of the occasion.

The event was received with heartfelt appreciation and enthusiasm. Attendees described the experience as uplifting, insightful, and deeply enriching. Many shared how the session gave them fresh clarity and a renewed sense of peace, inspiring them to live more mindfully and meaningfully. The overall atmosphere was one of warmth, reflection, and collective joy, making it a memorable milestone in honour of Swamiji's extraordinary journey and lifelong dedication to inner transformation.

**“Are you adding years to life?  
or adding life to your years?”**

# Creative Living With Bhagavad Gita

## A Soulful Gathering: Reflections on a Transformative Evening



On Sunday, March 9th, 2025, the Mahendra and Lakshmi Jhawar Annual Gita Lecture was held at the Sri Sathya Sai International Centre & School, New Delhi, and it turned out to be a truly uplifting and transformative evening.

Renowned International Management, Spiritual & Corporate Guru, Swami Sukhabodhananda, delivered a powerful and enlightening talk on the theme “Creative Living with Bhagavad Gita.” His unique blend of ancient wisdom and modern-day practicality resonated deeply with the audience. Swamiji's engaging style, relatable anecdotes, and thought-provoking perspectives inspired many to view challenges with new clarity and confidence.

The event received an overwhelmingly positive response from attendees across all walks of life. Students, professionals, families, and spiritual seekers appreciated the clear and insightful presentation of the Gita's teachings.

We extend our heartfelt gratitude to **Shri Sanjay & Smt. Sadhana Khaitan**, whose generous sponsorship made this event possible. Their support played a vital role in bringing this spiritually enriching experience to so many.

**“When the heart unites in the pursuit  
of truth, transformation begins”**

# Swamiji's Online Courses

## 1:1 Mentoring / CXO

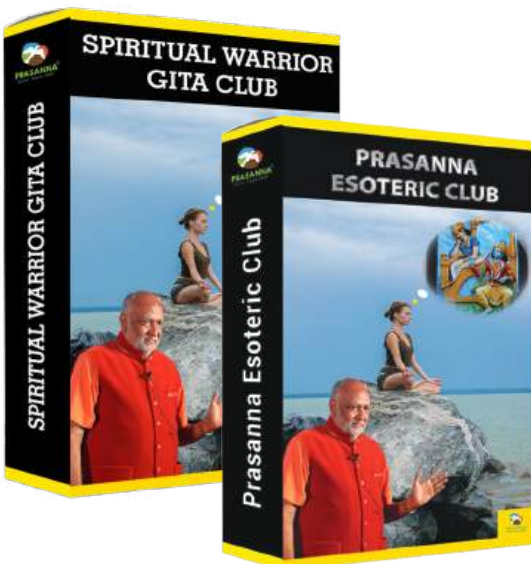
Age: 12+

### 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+

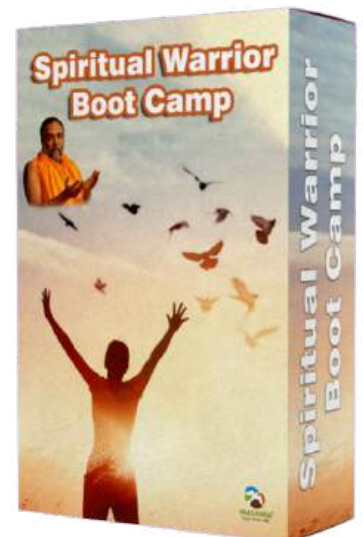
Swami Sukhabodhananda Ji's Gita sessions through PEC/SWGC provide deep wisdom from the Bhagavad Gita, equipping participants with practical tools to face life's challenges, improve decision-making, and nurture emotional and spiritual growth, instilling clarity, confidence, and a sense of purpose.

## Spiritual warrior Bootcamp Age: 12+

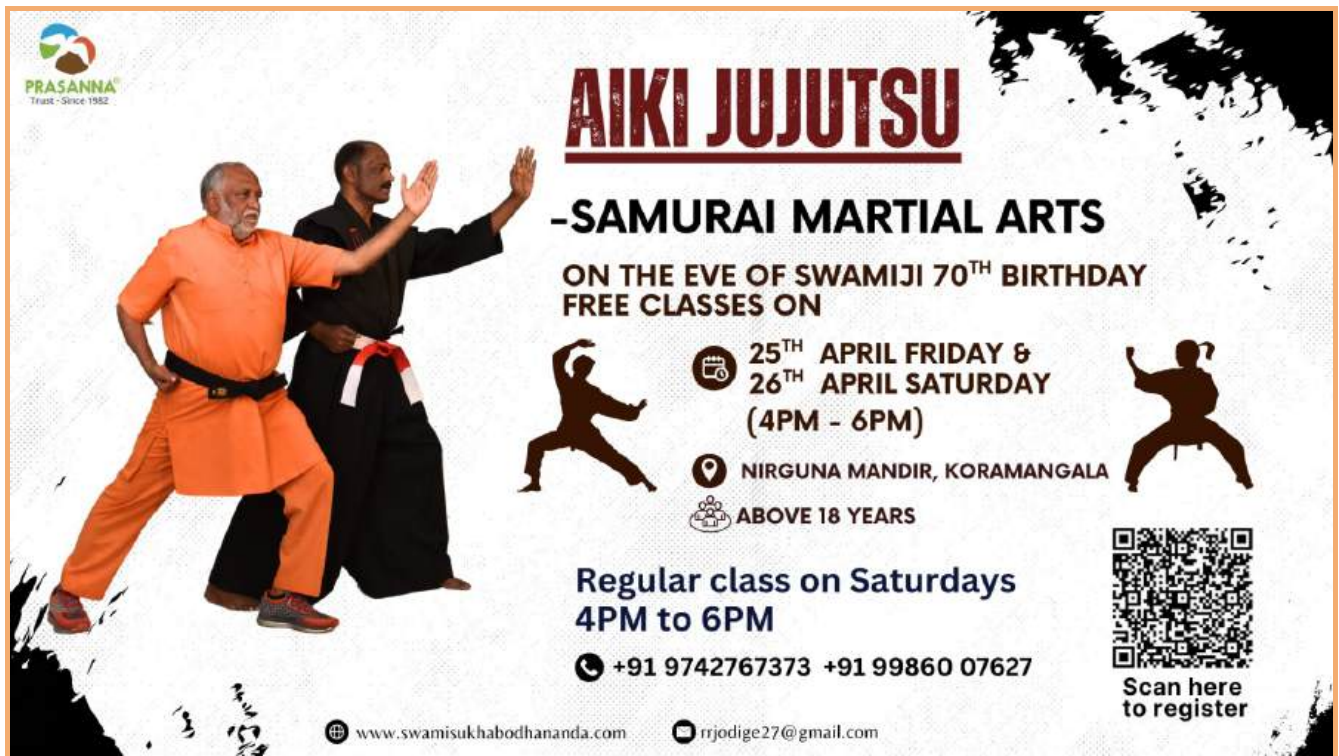
Course starts in every 2 weeks

Next start date: 5<sup>th</sup> May 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.



## Discover the Warrior Within Free Aiki Jujutsu Classes @Nirguna Mandir



The poster features a black and white photograph of two men practicing Aiki Jujutsu. One man is in an orange uniform, and the other is in a black uniform. They are in a dynamic pose, with the man in orange having his arm extended towards the man in black. The background is a light, textured surface.

**AIKI JUJUTSU**  
-SAMURAI MARTIAL ARTS

ON THE EVE OF SWAMIJI 70<sup>TH</sup> BIRTHDAY  
FREE CLASSES ON

25<sup>TH</sup> APRIL FRIDAY &  
26<sup>TH</sup> APRIL SATURDAY  
(4PM - 6PM)

NIRGUNA MANDIR, KORAMANGALA

ABOVE 18 YEARS

Regular class on Saturdays  
4PM to 6PM

+91 9742767373 +91 99860 07627

www.swamisukhabodhananda.com rrjodige27@gmail.com

Scan here to register

On the special occasion of Swamiji's 70th birthday, we warmly invite you to experience the power and grace of Aiki Jujutsu – Samurai Martial Arts. Join us for free classes on 25th April (Friday) and 26th April (Saturday) from 4 PM to 6 PM at Nirguna Mandir. Open to participants above 18 years, these sessions are designed to introduce you to a dynamic blend of physical strength, mindful movement, and inner clarity rooted in the ancient samurai tradition.

Led by a skilled and dedicated instructor Mr. Ramesh Jodige, the practice of Aiki Jujutsu offers more than just self-defense—it fosters balance, focus, and emotional resilience. This is a rare opportunity to step into a legacy of discipline and harmony, aligning body, mind, and spirit. Whether you're a beginner or curious explorer, you'll find this art form both empowering and enlightening. Regular weekly classes continue every Saturday from 4 PM to 6 PM for those who wish to deepen their journey.

Reignite your inner warrior—start your martial path with us and celebrate Swamiji's vision of holistic living. **For queries, reach out at +91 9742767373 / +91 9986007627 or email rrjodige27@gmail.com.**

**"The true warrior conquers not others, but himself—through discipline, balance, and inner peace."**