



From Swamiji's Desk

Prayers and blessings from Swamiji

I have always explored into new ways to deepen God's gift to me either by studying Gita, Vedas, martial art, music or learning multiple languages apart from serving our mother land.

In Hindu mythology, Lord Krishna's journey offers profound insight. As a child, he faced Kamsa's constant threats but embraced every moment with playfulness, courage, and wisdom

From being the mischievous Makan Chor to guiding Arjuna in the Bhagavad Gita, Krishna exemplified that life, when lived with purpose, becomes an enriching adventure.



**“Life is an adventure or a void”
invites you for deep reflection.**

- Swami Sukhabodhananda

Breaking Barriers: A Ray of Hope for Three Girls from Coastal Karnataka



In the quiet, remote villages along the coastal belt of Karnataka, near Mudbidri, three young girls—Ananya, Deepika, and Kavya—stood at the crossroads of despair and hope. With dreams as vast as the ocean that surrounds their homeland, they longed for higher education. But financial hardship cast a dark shadow over their aspirations, as their families struggled to afford their college fees.

Just as their hopes began to fade, a guiding light emerged. A close student of Swamiji, deeply moved by their plight, brought their story to the attention of Prasanna Trust. Without hesitation, Prasanna Trust stepped in, ensuring that these bright young women were not denied the opportunity to chase their dreams. Today, with the timely intervention, Ananya, Deepika, and Kavya are proudly pursuing their college education, proving that kindness and support can change the course of a life.

Their story is not just one of financial aid but of faith restored, dreams rekindled, and a future reclaimed. As they continue their journey, they stand as living proof that when compassion meets action, miracles happen.

When compassion meets action, dreams are no longer distant—they become reality.

Monthly Service Updates

Anna Daana



Left and middle images food distributed at NIMHANS hospital, top right image serving food at slum areas of Vivek and bottom right image serving food at a school in anekal.

A sincere act of kindness not only lightens a load but also nourishes the spirit, strengthening bonds and instilling hope in those who receive it.

Proper nutrition is the foundation of strength, energy, and opportunity. It fuels aspirations, supports growth, and paves the way for a brighter tomorrow. By offering wholesome meals, we do more than satisfy hunger—we empower lives to thrive. Every day, over 10,000 people benefit from this initiative, with meals reaching rural schools, hospitals, and underserved communities. These meals go beyond nourishment; they represent hope, bridge disparities, and unlock potential. This effort helps children focus on learning, aids patients in recovery, and strengthens families to face life's challenges with determination.

None of this would have been possible without you—the heart of this mission. **Your generosity, kindness, and unwavering support have brought nourishment to those in need, offering more than just food but also hope and strength.** These meals help children focus on learning, aid patients in recovery, and empower families to face each day with resilience. They are a testament to the power of compassion and unity. Together, we are not just feeding lives—we are uplifting spirits and building a future filled with promise.

“Compassion in action transforms lives—not just by easing hunger, but by igniting hope and strength.”

- Swami Sukhabodhananda

Empowering Futures

Basic Computer Training Certification Ceremony at Nirguna Mandir



Prasanna Trust, in collaboration with the Shivanssh Foundation, Vikas Poddar family initiative, proudly celebrated the Basic Computer Training Certification Ceremony at Nirguna Mandir.

The event was graced by Mrs. Anjali Poddar and Mr. Vikas Poddar, who personally distributed certificates to the students, recognizing their dedication and hard work. Their words of encouragement motivated the graduates to continue their journey of learning and self-improvement.

This event was more than just a certification ceremony; it was a testament to the power of education and the collective effort to create a positive impact in society. We extend our heartfelt gratitude to the Shivanssh Foundation and the Vikas Poddar family for their steadfast support and commitment to nurturing young minds.

As we celebrate this achievement, we look ahead with hope and determination, striving to empower even more students in the future. This certification marks the beginning of new opportunities, greater possibilities, and a journey toward self-reliance and success!

**SKILLS ARE THE KEY TO SUCCESS AND THE
GATEWAY TO REACHING ONE'S FULL POTENTIAL.**

Thank You

For Your Support

I am truly grateful to the Trustees, devoted members of Swamiji's community in India and abroad, our dedicated staff, passionate volunteers, and esteemed disciples of Swamiji for their unwavering support and commitment. Your dedication and efforts continue to inspire and uplift countless lives.

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

I want to take a moment to acknowledge the incredible visionaries and dedicated advocates who have been the backbone of these projects.

A special note of gratitude to Mr. and Mrs. Vikas Poddar for their generous contribution through SHIVANSSH Foundation, a Vikas Poddar family initiative, to our vocational training program, enabling the distribution of completion certificates for the Basic Computer Training Course.

We also extend our sincere appreciation to the Prasanna Trust's Mumbai chapter for organizing a remarkable workshop. Your efforts have made a significant difference, and we are grateful for your partnership in this journey. A heartfelt thank you to all the PT staff for their dedication and hard work in making this event a success.

Together, we are creating meaningful change and building a brighter future for all.

“Money can't truly change people but
wisdom changes people”

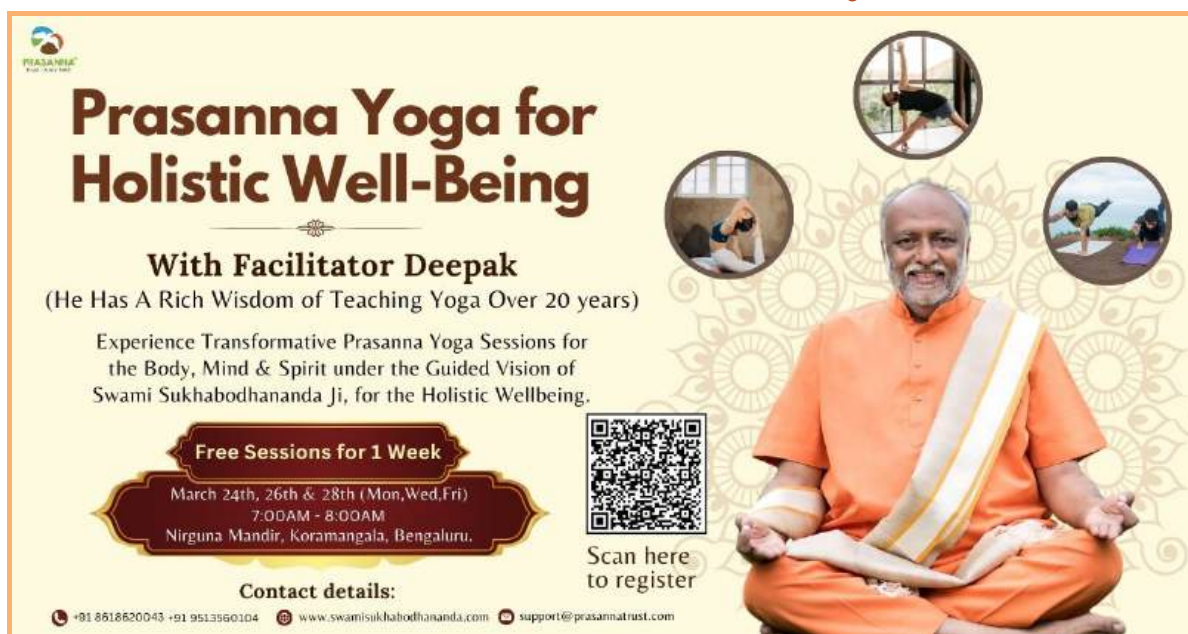
Swami Sukhabodhananda



VOL 1/ISSUE 10 PART 2/MARCH 2025

Upcoming Events - In Person

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



Prasanna Yoga for Holistic Well-Being

With Facilitator Deepak
(He Has A Rich Wisdom of Teaching Yoga Over 20 years)

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

Free Sessions for 1 Week
March 24th, 26th & 28th (Mon, Wed, Fri)
7:00AM - 8:00AM
Nirguna Mandir, Koramangala, Bengaluru.

Contact details:
☎ +91 8818620043 +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.

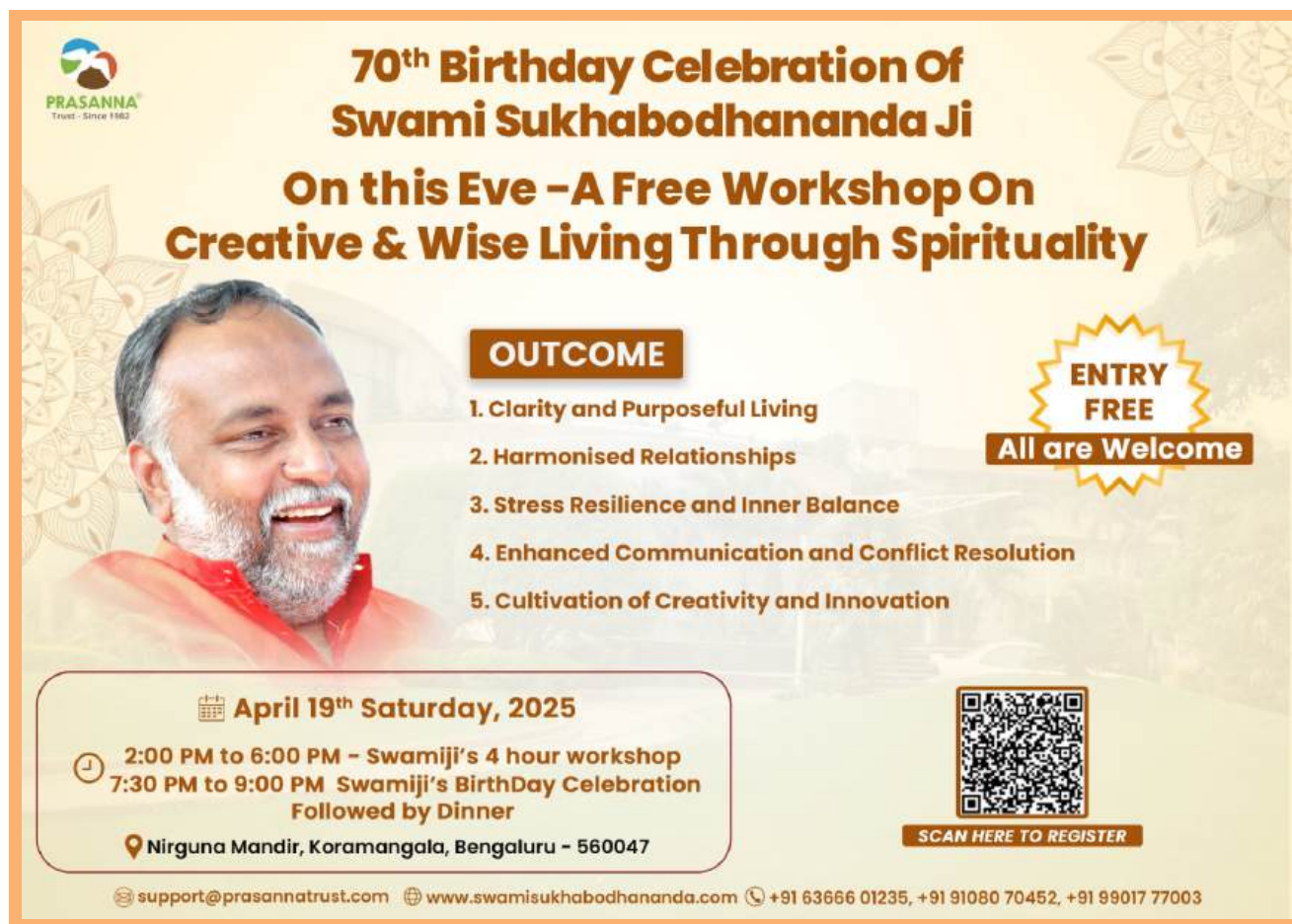
Guided by Facilitator Deepak, a yoga expert with over 20 years of teaching experience, and inspired by the vision of Swami Sukhabodhananda Ji, these sessions will help you cultivate inner peace, balance, and vitality. Whether you are a beginner or an experienced practitioner, this program will provide valuable insights and techniques to enhance your well-being.

The free yoga sessions will take place on March 24th, 26th, and 28th at Nirguna Mandir, Koramangala, Bengaluru, from 7:00 AM to 8:00 AM.

Join us and immerse yourself in the transformative power of yoga, strengthen your connection with yourself, and awaken a sense of holistic well-being.

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

Free In-Person Workshop @ Nirguna Mandir 19th April 2025, Saturday from 2:00 PM to 6:00 PM



70th Birthday Celebration Of Swami Sukhabodhananda Ji

On this Eve – A Free Workshop On Creative & Wise Living Through Spirituality

OUTCOME

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

ENTRY FREE
All are Welcome

April 19th Saturday, 2025

2:00 PM to 6:00 PM – Swamiji's 4 hour workshop
7:30 PM to 9:00 PM Swamiji's Birthday Celebration Followed by Dinner

Nirguna Mandir, Koramangala, Bengaluru – 560047

SCAN HERE TO REGISTER

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

We are delighted to invite you to a special occasion—the 70th Birthday Celebration of Swami Sukhabodhananda ji! To mark this milestone, a free workshop on "Creative & Wise Living Through Spirituality" will be conducted, offering valuable insights into leading a balanced and fulfilling life. This event will take place on April 19th, 2025 (Saturday), at Nirguna Mandir, Koramangala, Bengaluru. The workshop will run from 2:00 PM to 6:00 PM, followed by Swamiji's birthday celebration and dinner from 7:30 PM to 9:00 PM.

Join this inspiring workshop and celebrate the life and teachings of Swami Sukhabodhananda ji. Entry is completely free, and all are encouraged to participate. Let us come together for an evening of wisdom, joy, and celebration.

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

Swamiji's USA In-Person Workshops Schedule



BAY AREA, CA

LOCATION

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

DATE & TIME

26th April, Saturday 2025
2:30PM to 7:00PM (PST)

MORRISVILLE, NC

LOCATION

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

DATE & TIME

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



SWAMIJI'S PREVIOUS VISIT TO USA



STERLING, VA



BAY AREA, CA



BRIDGEWATER, NJ



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

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

Recent Events - In Person

A Transformative Retreat at Mahabaleshwar: A Resounding Success!



Swamiji recently led a deeply enriching Elab retreat in the serene embrace of Mahabaleshwar from February 6th to 8th, 2025. This sacred gathering provided a rare opportunity for participants to embark on a profound spiritual journey, strengthen their connection with the divine, and discover true inner harmony.

Surrounded by nature's tranquility, attendees immersed themselves in a journey of self-discovery and spiritual awakening. Through Swamiji's insightful discourses, guided meditation sessions, and reflective practices, the retreat created a space for deep healing and inner transformation. Each session was designed to help participants cultivate clarity, inner peace, and a profound sense of harmony with the divine.

The retreat was a resounding success, leaving everyone uplifted and inspired. Many participants shared that the experience brought them a newfound sense of balance, emotional freedom, and spiritual connection. The serene atmosphere of Mahabaleshwar further enhanced the journey, making it a truly unforgettable experience.

"Creative & Wise Living Through Spirituality" – A Transformative Workshop in Mumbai



On 1st March 2025, Mumbai hosted an inspiring and insightful workshop by Swami Sukhabodhananda ji, "Creative & Wise Living Through Spirituality." This transformative session guided participants on how to align creativity with wisdom through the power of spirituality, helping them navigate life with greater clarity, balance, and purpose.

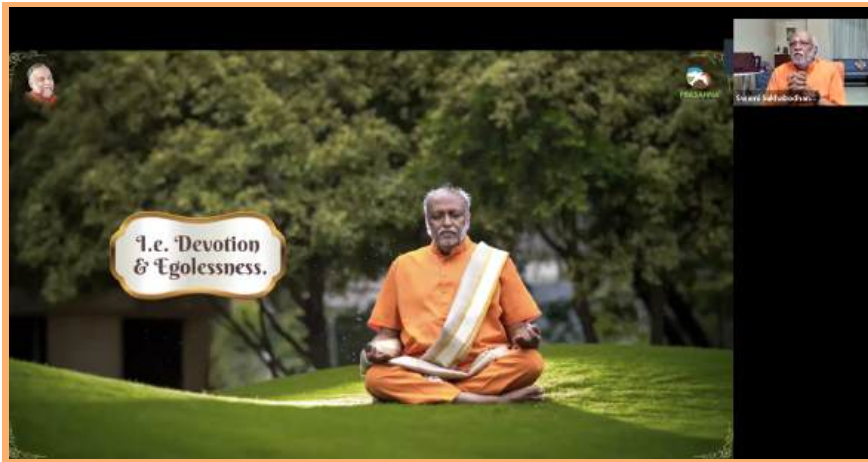
Attendees embarked on a journey of self-discovery, gaining valuable insights and practical tools for mindful living. Swamiji's profound wisdom, engaging discussions, and interactive sessions created a deeply enriching experience, leaving participants feeling uplifted and empowered.

The overwhelming response and enthusiastic participation made the event a grand success. A special thanks to all attendees and dedicated volunteers who contributed to making this gathering truly memorable. We look forward to welcoming you to more such enlightening experiences in the future!

**Creativity guided by wisdom and spirituality
leads to clarity, balance, and inner harmony.**

Recent Events - Online

Celebrating a Landmark Event: The 100th CXO Group Session with Swamiji



On 28th February, we reached a significant milestone with the 100th CXO Group Session, a gathering that has continuously inspired and empowered individuals on their journey toward excellence. Under the guidance of Swamiji, this session brought together industry leaders and homemakers alike, fostering an environment of wisdom, strategic insights, and deep reflection on both personal and professional growth.

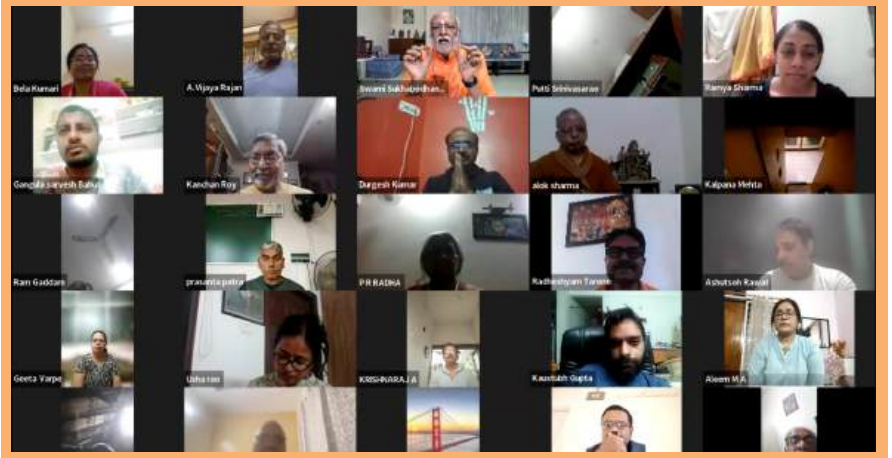
This landmark session was more than just a meeting—it was a transformative experience that encouraged participants to embrace clarity, purpose, and balance in their lives. With Swamiji's teachings at the heart of the discussions, attendees gained invaluable perspectives on leadership, decision-making, and the power of mindfulness in today's fast-paced world.

As we celebrate this incredible achievement, we express our heartfelt gratitude to everyone who has been a part of this journey. Your dedication and participation have made these sessions a beacon of growth and transformation. With renewed enthusiasm, we look forward to many more such enlightening gatherings, continuing to inspire, empower, and uplift countless lives!

**“True leadership is built on wisdom, balance,
and the power to uplift others.”**

Shivaratri Online Utsav 2025

A Divine Celebration of Wisdom and Devotion



Seekers from around the world participated in the Shivaratri Online Utsav 2025, a profound 9-day spiritual journey guided by Poojya Swami Sukhabodhananda Ji. This sacred celebration offered deep insights into the significance of Shivaratri, blending spiritual wisdom, guided meditations, and transformative teachings.

For the first eight days, participants engaged with recorded sessions, allowing them to explore the essence of Lord Shiva at their own pace. These sessions provided an opportunity for reflection, devotion, and inner awakening. The Utsav culminated on February 26th with a live session, where Swamiji shared powerful teachings, inspiring all to embrace devotion, self-discovery, and spiritual rejuvenation.

This divine gathering was a deeply enriching experience, bringing together seekers in a shared journey of wisdom and inner transformation. We extend our heartfelt gratitude to everyone who joined this sacred celebration. May the blessings of Lord Shiva continue to guide us on the path of truth, peace, and spiritual awakening.

Shivaratri is not just a night of worship but where devotion meets wisdom and the soul finds its true light

Swamiji's Online Courses

1:1 Mentoring / CXO

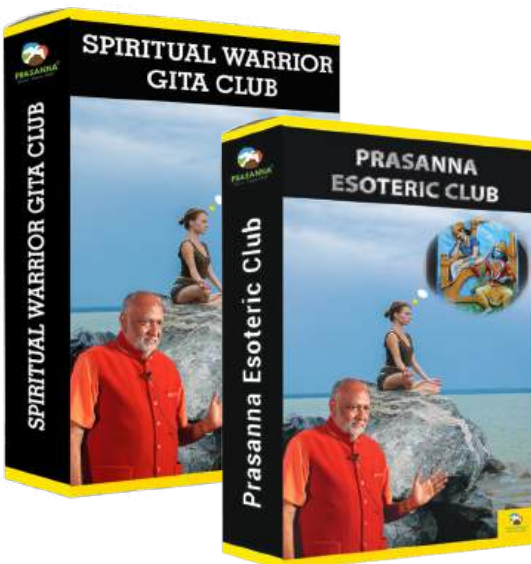
Age: 12+

what you get:

- Swamiji's 1 on 1 mentoring session.
- Monthly group session.
- 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: 7th April 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.

