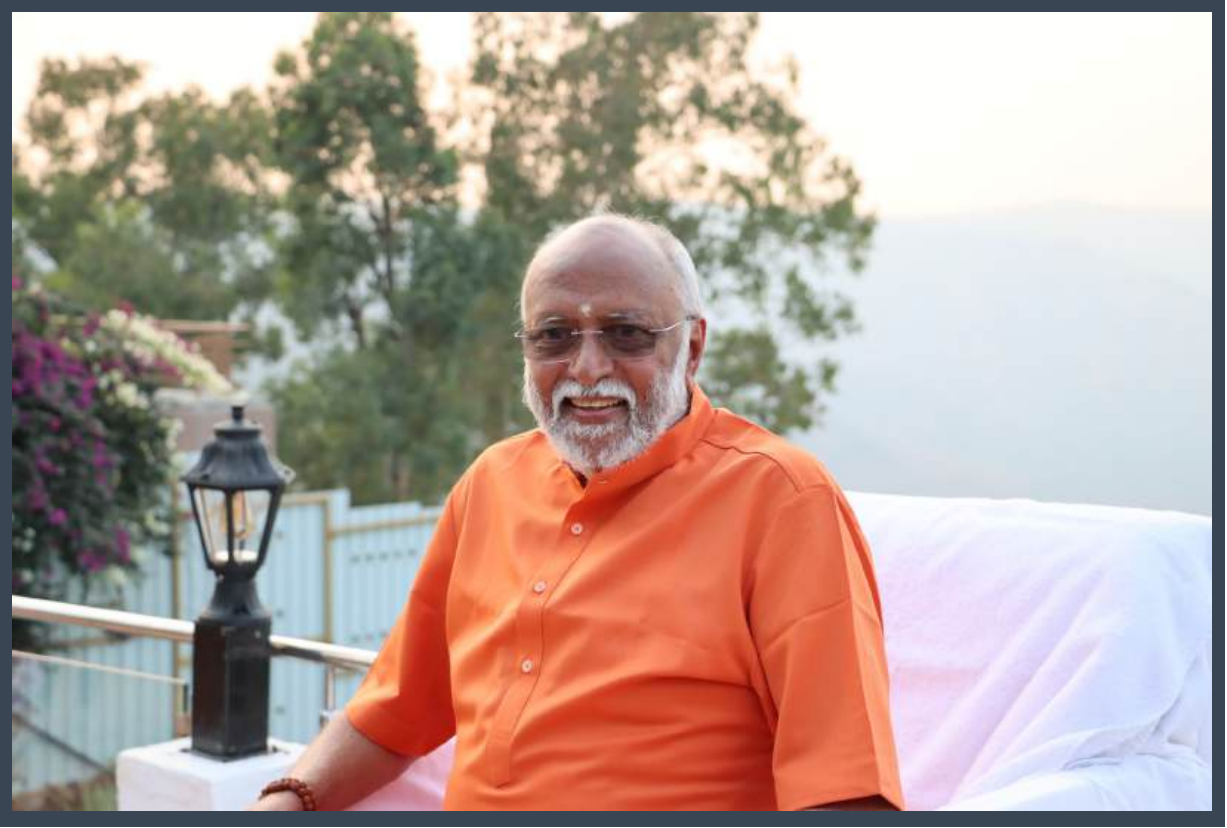




From Swamiji's Desk

Prayers and blessings from Swamiji

Work-life balance is often a struggle, but let us strive for work-life integration. When you blend work with life seamlessly, every action becomes meaningful.

Work ceases to feel like a burden, and life becomes a joyful expression of purpose. Integration is the art of harmonizing your duties and desires, where neither overpowers the other. Let your work reflect the joy of living, and let your life embody the excellence of your work.



**Integrate work and life—let purpose fuel
your work and joy fill your life.**

- Swami Sukhabodhananda

A Celebration of Dreams and New Beginnings at Prasanna Jyothi



In the humble presence of Swami Sukhabodhananda ji, Prasanna Jyothi of - Prasanna child care centre run by Prasanna Trust (orphanage) recently witnessed a heartwarming celebration—the engagement ceremony of our beloved Chandana. Under the dedicated leadership of Smt. Rathna, the event was steeped in tradition, symbolizing the beginning of a beautiful new chapter in Chandana's life.

Amidst the joyous celebrations, a touching moment unfolded when the groom, an ISRO employee who humbly bowed before Swamiji and shared, “It was my dream to meet you after reading your book. I feel truly blessed to take a photo with you.” His words were a poignant reminder of the deep inspiration and impact that Swami ji continues to impart.

Looking ahead, we are filled with joy and gratitude as we prepare for another cherished occasion. On March 3rd, we will celebrate the wedding of Chandana. Her journey with us began when she was just 2.5 years old, and it has been an honor to support her education up to an MBA. Today, as we stand by her side to bless this new chapter, we are reminded of the power of love, nurturing, and your support.

From nurturing dreams to celebrating new beginnings, love and guidance light the path to a brighter future.

Monthly Service Updates

Anna Daana



Left image food distributed in and around slums of vivek nagar, right top image serving food at school in sarjapur road, top right image food serving at Jayadeva hospital, bottom left image food serving at a school in anekal, bottom right corner food serving at NIMHANS hospital.

A gesture of compassion, given with a genuine heart, not only eases a burden but also uplifts the soul, fostering connections and inspiring courage in those who receive it.

Balanced nourishment is the seed of strength, vitality, and opportunity. It nurtures dreams, fuels ambition, and lays the groundwork for a better future. By providing nutritious meals, we address more than hunger—we empower lives to flourish. Each day, over 10,000 people benefit from this mission, as meals reach rural schools, hospitals, and communities in need. These meals are more than sustenance; they symbolize hope, bridge inequalities, and unlock potential. This initiative enables children to learn without hunger, aids patients in healing, and equips families to confront challenges with resilience.

None of this would have been achievable without you—**the heart and soul of this journey. Your unwavering support, compassion, and generosity have brought to life the delivery of an astounding 1 crore meals.** This achievement goes beyond numbers; it represents nourishment for the body and hope for the soul. These meals empower children to learn without hunger, aid patients in healing, and give families the strength to face tomorrow. They remind us of the profound impact of compassion and unity. Together, we are not just fighting hunger—we are nurturing dreams and building a future filled with promise.

"One crore meals are more than food—they are hope, strength, and a step toward a brighter tomorrow."

- Swami Sukhabodhananda

*Thank
you*

For Your Support

I would like to express my deepest gratitude from the bottom of my heart to the Trustees, dedicated members of Swamiji's community in India and abroad, our hardworking staff, passionate volunteers, and the esteemed disciples of Swamiji for their unwavering commitment and invaluable support.

Shakila

COO, Prasanna Trust

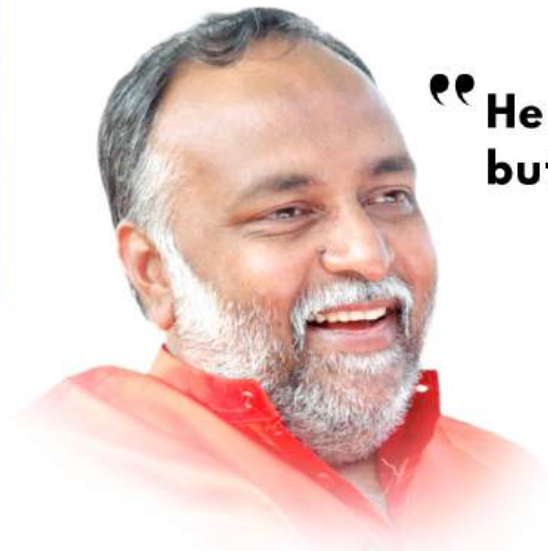
Trustee, Prasanna Avatar Foundation, USA

I would like to recognize the visionary leaders and passionate advocates whose determination and leadership have driven these projects forward. Your compassion and perseverance inspire us all, leaving an enduring impact.

I also extend my heartfelt gratitude to our loyal supporters for their steadfast commitment to our mission. Your generosity and encouragement have been instrumental in the success of all our charity activities. We are truly grateful to everyone whose contributions have been vital in bringing these initiatives to life. Together, we are making a meaningful difference and building a brighter future.

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

Swami Sukhabodhananda



Upcoming Events - In Person

Mission & Vision for Prasanna Bharath - 70th Birthday Celebration of Swami Sukhabodhananda Ji



The image is a promotional graphic for the 70th birthday celebration of Swami Sukhabodhananda Ji. It features a portrait of Swamiji on the left, with his hands in a prayer position. To the right, a vertical timeline titled "Milestones" lists several achievements: "1 Crore Annadana Meals", "100th CXO Session", "Mumbai Free Workshop", "Bengaluru Free Workshop", "USA (CA, NJ, VA, NC) Free Workshops", "Hyderabad Free Workshop", "Chennai Free Workshop", and "Nashik Free Workshop". At the bottom left, there is a QR code and the text "Please Support Our Charities". At the bottom right, there is a contact number "+91 91080 70452" and a website "www.swamisukhabodhananda.com". The background is blue with a subtle pattern.

On the eve of Swamiji's 70th birthday celebration, we are proud to share our remarkable achievements

100th CXO Group Session:

This month we will be completing our 100th CXO Group Session under the guidance of Swamiji, empowering industry leaders and housewives equally with

guidance, and strategic insights for personal and professional growth.

1 Crore Meals of Annadaana:

Through our dedicated efforts, we have reached the incredible milestone of 1 crore meals served, ensuring nourishment and care for those in need through the sacred act of Annadaana.

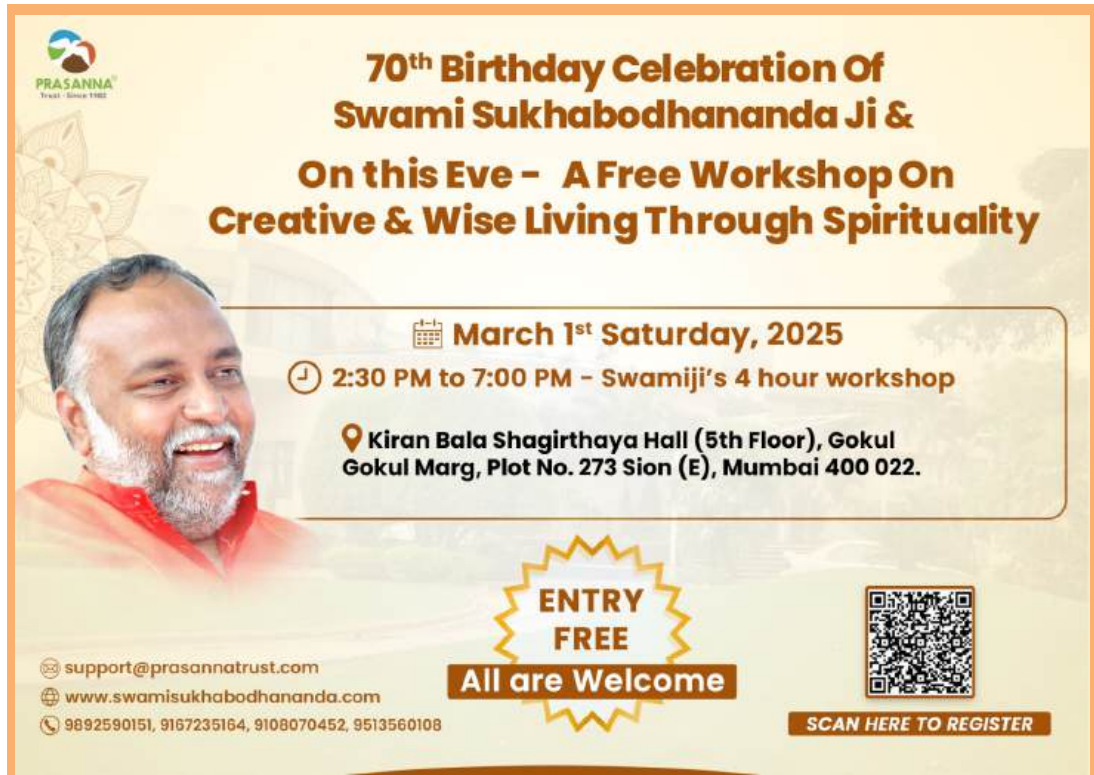
4-Hour Free Workshops in India

We are committed to organizing 4-hour free workshops in Mumbai, Delhi, Bangalore, Chennai, and Nashik, spreading knowledge and inspiration to uplift individuals from all walks of life.

4-Hour Free Workshops in the USA

Expanding our mission globally, we will be hosting "Oh Mind, Relax Please"—a 4-hour free workshop across multiple locations in the USA, including the Bay Area (California), New Jersey, Virginia, North Carolina, and East Bay (California). These workshops aim to provide profound insights, practical wisdom, and transformative experiences to individuals seeking growth and enlightenment.

70th Birthday Celebration Of Swami Sukhabodhananda Ji & On this Eve - A Free Workshop On Creative & Wise Living Through Spirituality 1st March 2025 - Saturday, from 2:30 PM to 7:00 PM



Join Swami Sukhabodhananda ji upcoming workshop, **"Creative & Wise Living Through Spirituality," to be held in Mumbai on Saturday, 1st March 2025, from 2:30 PM to 7:00 PM.** This transformative embarks on a journey of self-discovery and mindful living, where you will learn to align creativity with wisdom through the power of spirituality.

Spend an afternoon with Swamiji, gaining enriching insights and practical tools to help you navigate life with clarity, balance, and purpose. Whether you're seeking personal growth, inner peace, or a deeper connection with your spiritual self.

If you are from Mumbai and would like to volunteer for the workshop, **Please contact us at: +91 91080 70452, +91 95135 60108, +91 90710 02838.**

Don't miss this opportunity to awaken your true potential and embrace a life filled with creativity, wisdom, and spiritual harmony!

Experience the power of creativity, wisdom, and spirituality for a balanced and fulfilling life.

Creative Living with Bhagavad Gita

Free In-Person Gita Talk@ Delhi

9th March 2025, Sunday from 4:00 PM to 7:00 PM



The poster is for a Gita talk event. On the left is a colorful illustration of Lord Krishna playing a flute. In the center, the title 'Creative Living with Bhagavad Gita' is written in large orange letters. Below it, in smaller black text, is 'Mahendra and Lakshmi Jhawar Annual Gita Lecture by'. Below that, in a white box with an orange border, is 'Swami Sukhabodhananda' in orange text, followed by 'International Management, Spiritual & Corporate Guru' in black. To the right of the title is a blue starburst with 'ENTRY FREE' in white, and below it, 'All are Welcome' in black. At the bottom left, in an orange box, are the date 'March 9th Sunday, 2025', time '4 PM to 7 PM', and location 'Sri Sathya Sai International Centre & School (A Unit of Sri Sathya Sai Central Trust), Bhishma Pitamah Marg, Pragati Vihar, Lodhi Road, New Delhi - 110003'. In the center bottom is a QR code with the text 'SCAN HERE TO REGISTER' below it. At the bottom right is a photo of Swami Sukhabodhananda in an orange robe with hands in a prayer position. At the very bottom, in a small orange box, are the phone numbers '+91 91080 70452, 95135 60108' and the website 'www.swamisukhabodhananda.com'.

Join Swami Sukhabodhananda ji for the upcoming Gita Talks on "**Creative Living with Bhagavad Gita**" in Delhi, to be held on Sunday, 9th March 2025, from 4:00 PM to 7:00 PM. In this enlightening session, Swamiji will guide you on how to live creatively and wisely by embracing the timeless teachings of the Bhagavad Gita.

Immerse yourself in the profound wisdom of the Gita, as Swamiji shares insights that can help you align your actions with purpose, creativity, and inner peace. This workshop will provide you with the tools to bring balance and wisdom into your daily routine.

If you're from Delhi and would like to volunteer for the event, we would love to hear from you! **Please contact us at: +91 91080 70452, +91 95135 60108, +91 90710 02838.**

Don't miss this opportunity to unlock the creative potential within you through the teachings of the Bhagavad Gita!

"Embrace the wisdom of the Bhagavad Gita to live with purpose, peace, and creativity."

70th Birthday Celebration Of Swami Sukhabodhananda Ji & On this Eve - A Free Workshop On Creative & Wise Living Through Spirituality 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**

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

**ENTRY
FREE**
All are Welcome

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 program 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.

The upcoming sessions will be held in Hyderabad, Chennai, and Nashik in June, July, and August, respectively.

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

Recent Events - In-Person

Honoring a Legacy – A Spiritual Tribute to Late Mrs. Devki Jaipuria



With the revered presence of Swami Sukhabodhananda ji and the loving company of family, friends, fellow students, and followers of Swamiji, a heartfelt gathering was held at Nirguna Mandir, Prasanna Trust, to celebrate the life and legacy of our beloved trustee, Late Mrs. Devki Jaipuria.

Swamiji's insightful words brought a deep spiritual essence to the occasion, it reflected on the beauty of life and the transcendence of death. Through his wisdom, the gathering found solace and inspiration, embracing eternal bond of love that continues beyond this earthly journey.

The event was a touching tribute to Mrs. Devki Jaipuria's remarkable journey and profound impact she left on all who knew her. Her legacy lives on in the hearts of those she touched, inspiring us to carry forward her values, love and dedication.

Celebration of Life & Death of Sampath Uchil

In loving memory of Sampath Uchil, beloved husband of Srikala, we came together to honor his remarkable life. With gratitude and remembrance, we celebrated the love, wisdom, and joy he shared with us all.

A life of love and wisdom never truly ends; it echoes in the hearts it touches and the legacy it leaves behind.

Vaikunta Ekadashi – A Divine Experience



The Vaikunta Ekadashi celebration at Sri Krishna Temple, Nirguna Mandir was a truly divine experience, graced by the presence of Swami Sukhabodhananda ji.

The day began with Homas & Poojas, filling the temple with sacred chants and a serene spiritual ambiance. The Vaikunta Dwara Pravesham was a moment of deep devotion, as devotees walked through the symbolic gateway with reverence and faith.

the Maha Mangala Aarti became a profoundly moving experience. The spiritual guidance uplifted the hearts of all present, leaving everyone with a deep sense of peace and joy. Many devotees shared how they felt inspired and blessed to be a part of such a sacred celebration.

The gathering was not just an event but a spiritual journey that brought the community together in devotion and harmony. The distribution of Prasadam added to the joy of the occasion, as smiles and blessings were shared among all.

Swamiji for his presence and to all the devotees who joined us, making this Vaikunta Ekadashi an unforgettable and divine experience.

Vaikunta Ekadashi's light ignited the divine spark in every heart, guiding us on a journey of eternal devotion and bliss.

A Divine Celebration: Honoring Amma's 93rd Birthday with Swamiji



The sacred Nirguna Mandir recently witnessed a momentous occasion as devotees gathered to celebrate the 93rd birthday of the revered Amma. The event was graced by the presence of Swamiji, along with his close followers, dedicated students, and beloved family members. It was a day filled with joy, reflection, and deep spiritual connection.

The celebrations commenced with soulful prayers and devotional bhajans, enveloping the mandir in divine vibrations. She also expressed her heartfelt feelings about Swamiji, regarding him as her son and sharing the deep bond of love and respect they share. Swamiji, in turn, shared heartfelt words about Amma's wisdom and boundless compassion, emphasizing the spiritual legacy she continues to inspire in all.

A special lunch was arranged for all, bringing everyone together in a spirit of unity and gratitude. It was a moment of shared joy and communal harmony, reinforcing Amma's message of love and togetherness. The event left everyone uplifted, renewed in faith, and deeply connected to the divine path exemplified by Amma and Swamiji.

**Amma's wisdom lights our path, her love strengthens our hearts,
and her teachings inspire a life of devotion and selfless service.**

Swamiji's Online Courses

1:1 Mentoring / CXO

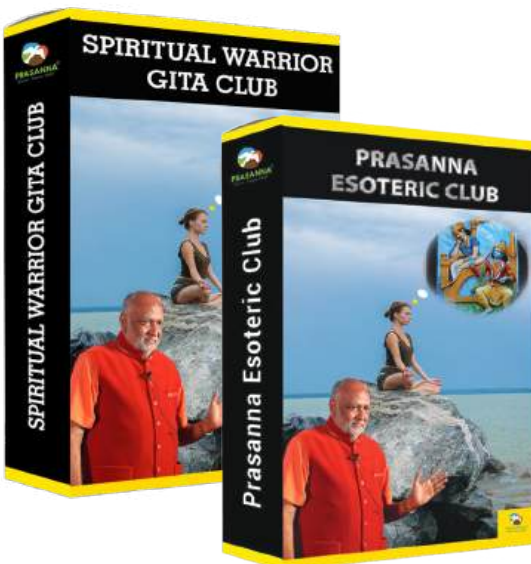
Age: 12+

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: 10th March 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.

