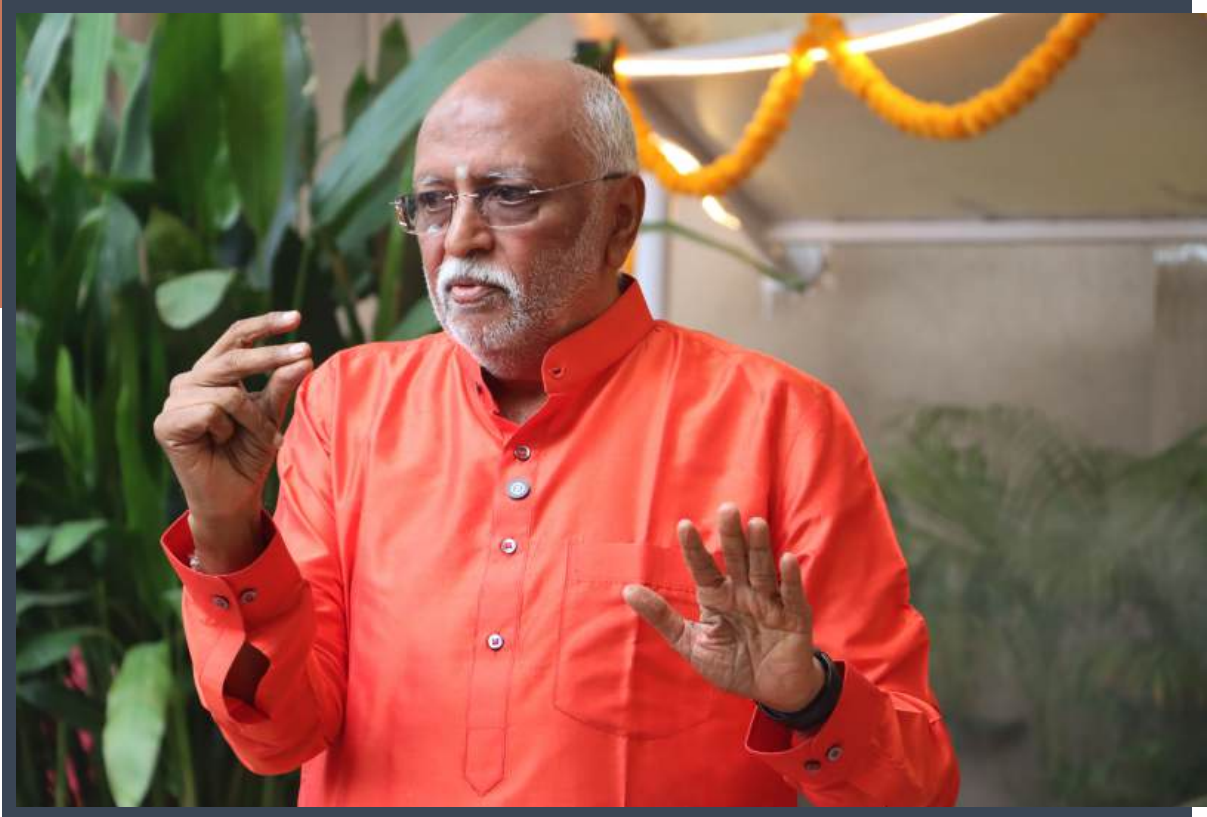




From Swamiji's Desk

Prayers and blessings from Swamiji

In the art of dance, a captivating phenomenon unfolds as the dancer transcends the stage, merging with music and movement until they embody the rhythm of life itself. In the dimming spotlight, they dissolve into the performance, leaving an essence of inspiration in the hearts of those who witness their grace.

The dancer becomes a vessel of expression, a conduit of emotion, and a beacon of creativity, reminding us of the boundless possibilities when passion unites with art.



**Find Joy In The Simplest of Moments; It's
The Masterpiece of Life's Canvas.**

- Swami Sukhabodhananda

Lakshmi's Journey: Weaving Hope, One Stitch at a Time



For years, Lakshmi's dreams were silenced by the weight of tradition. While her brothers went to school, she was confined to the walls of her home, bound by the duties of caring for them and tending to household chores. Her ambitions felt distant, almost unreachable, as society told her that girls had no place in the classroom. But deep inside her, a quiet fire burned—a desire to break free, to learn, to become more than what the world expected of her.

Then, a life-changing opportunity arrived. Lakshmi joined the vocational tailoring program offered by Prasanna Trust in collaboration with Shivanssh Foundation (Vikas Poddar family initiative). It was here, through the art of tailoring, that Lakshmi discovered not just a skill, but a new sense of purpose. As she learned, her confidence grew, and with each stitch, she crafted a new future for herself. Today, Lakshmi is a skilled tailor, proudly creating beautiful garments and supporting herself. Her story is a testament to the transformative power of opportunity, proving that with the right guidance and support, even the most silent dreams can soar.

**With each stitch, hope is sewn, dreams are crafted,
and futures are transformed.**

Monthly Service Updates

Anna Daana



Left image food distributed at Nimhans hospital, middle images serving food at Jayadeva Hospital, right last image food serving at Govt. high School at anekal.

"An act of kindness, offered with sincerity, not only fulfills a need but also nourishes the spirit, strengthening bonds and igniting hope in those it touches."

Proper nourishment is the cornerstone of growth, vitality, and empowerment. It fosters resilience, ignites hope, and builds the foundation for brighter tomorrows. By delivering balanced, wholesome meals, we tackle more than hunger—we create pathways to healthier, more fulfilling lives. Each day, over 10,000 individuals benefit from this effort as these meals reach rural schools, hospitals, and underserved communities. They are more than food; they are a source of hope, a step toward equality, and a promise of opportunity. This initiative helps children focus on learning, supports patients in their recovery, and empowers families to face challenges with renewed strength.

None of this would have been possible without you the driving force behind this mission. **Your dedication, kindness, and generosity have made the delivery of an incredible 99,44,997 meals a reality.** These figures tell a story of lives changed, souls uplifted, and communities strengthened. They remind us that through unity and compassion, we can create a world free from hunger and filled with hope.

"Through unity and compassion, we have the power to transform lives, replace hunger with hope, and build a brighter, more equitable world."

- Swami Sukhabodhananda

Lions Club's Generous Contribution to Prasanna Jyothi



The Lions Club recently visited and generously donated grocery essentials to support the girls at Prasanna Jyothi - Prasanna child care centre run by Prasanna Trust (orphanage). Along with these essential supplies, they also provided a sanitary pad vending machine, ensuring better health and hygiene for the girls. In recognition of the ongoing efforts of Prasanna Trust, the Lions Club presented us with a certificate of appreciation, honoring our commitment to uplifting the lives of those we serve.

Coinciding with the visit was our Christmas celebration, which made the occasion even more memorable. The holiday spirit of giving and togetherness filled the air as we celebrated the season with the girls. This thoughtful gesture by the Lions Club not only provided much-needed resources but also reminded us of the power of community support. We are incredibly thankful for their generosity and wish everyone a bright, hopeful New Year!

**Kindness is the spark that lights up lives
Thank you, Lions Club, for brightening ours.**

Welcoming the New Year with Warmth and Kindness



Left image blankets distributed in and around koramanagala, middle image Swamiji and Smt. Renuka Reddy distributing blankets at Thathaguni (prasanna goshala and farm), right last image swamiji with the staff, goshala and farm workers.

As the new year approached, Swamiji and team planned a special blanket distribution on December 29th to help those in need during the chilly season. However, with the new year just around the corner, it was decided it would be even more meaningful to begin 2025 on a note of service and compassion, it brought the new year by spreading warmth, both literally and figuratively, through this heartfelt initiative.

In total, more than 100 blankets were distributed , bringing comfort and hope to those facing the harsh winter nights.

Happiness grows when it is shared, and the true essence of celebration lies in uplifting others. Every act of kindness transforms not just the lives of those we help but also our own, filling us with a sense of purpose and gratitude.

Let us embrace the joy of giving, making service the very heart of our celebrations. By choosing to give back, we turn ordinary moments into extraordinary blessings.

This year, may we find happiness not only in the sparkle of festivities but in the warmth of our actions and the difference we make in the world.

Here's to a new year filled with kindness, generosity, and love!

**Let your spirit soar as you celebrate life,
For true joy lies in serving others with love and light.**

- Swami Sukhabodhananda

Thank you

For Your Support

I extend my heartfelt appreciation to the Trustees, the devoted members of Swamiji in India and abroad, our staff, passionate volunteers, and the esteemed disciples of Swamiji for their unwavering commitment and priceless support.

Shakila

COO, Prasanna Trust

Trustee, Prasanna Avatar Foundation, USA

I extend my deepest gratitude to our loyal supporters for their unwavering dedication to our cause. Your kindness and support have been pivotal to the achievements of the Cattle Welfare Initiative and our vocational training programs.

A special note of appreciation goes to the visionary leaders and advocates whose drive and commitment have fueled these endeavors. Your empathy and resolve inspire us all and leave a profound and lasting legacy.

We are truly thankful to everyone whose efforts have played a crucial role in realizing these initiatives. Together, we are driving meaningful change and paving the way for a brighter tomorrow.

“Charity is one way to awaken
the sleeping soul”

Swami Sukhabodhananda



Upcoming Events - In Person

In-Person Spiritual Retreat Mahabaleshwar Yatra (E-LAB) with Swamiji 2025

From February 6th to 8th, 2025 (Thursday to Saturday)



Swamiji warmly welcomes us to Mahabaleshwar from February 6th to 8th, 2025, for an enriching retreat set in the serene embrace of nature. This gathering is a rare chance to embark on a profound spiritual journey, strengthen your connection with the divine, and discover true inner harmony.

The retreat will feature transformative practices designed to guide you on a deep spiritual journey. Key processes such as:

- Atma Pooja
- Death Process
- Rebirth Process

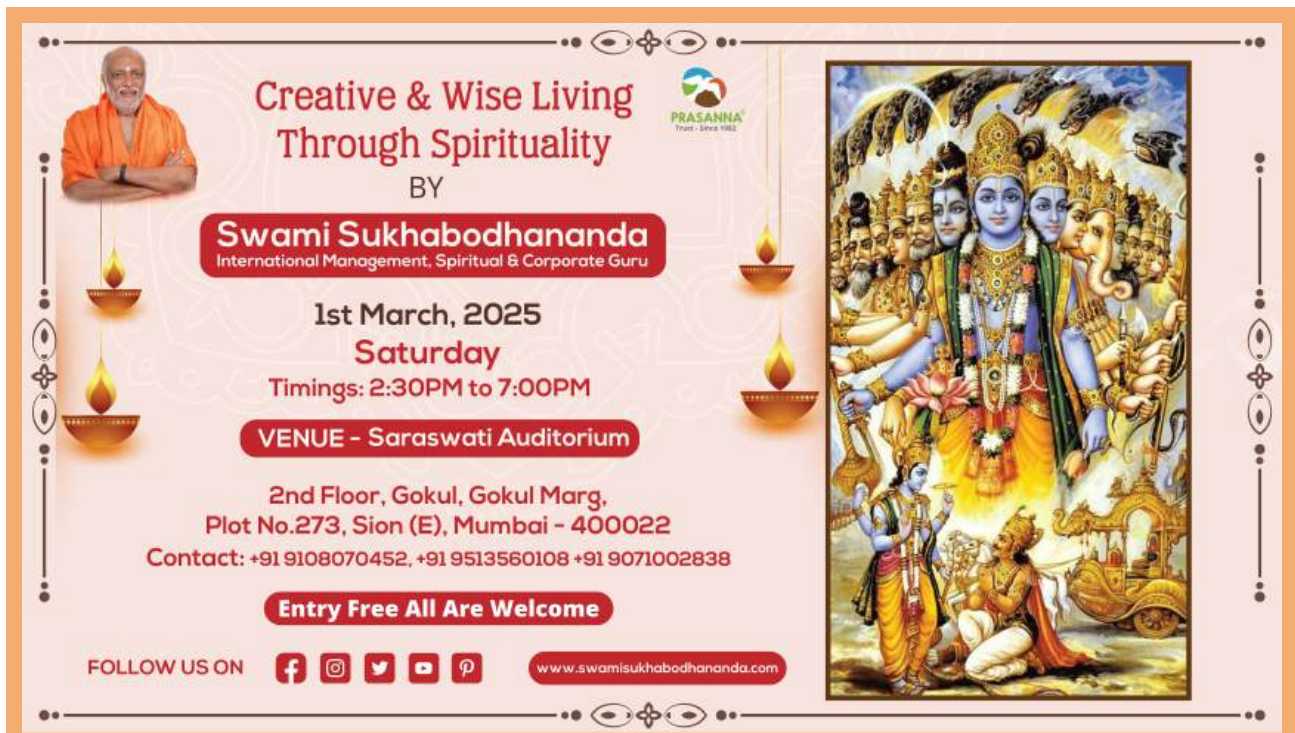
These practices will aid your growth, helping you heal, rediscover your true self, and find clarity and renewed purpose.

This retreat centers on Bhava Shuddhi and Atma Shuddhi, guiding you to release emotional blocks and embrace your true purpose. Amid Mahabaleshwar's serenity, join Swamiji for a journey to inner peace and spiritual harmony.

Creative & Wise Living Through Spirituality

Free In-Person workshop @ Mumbai

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 session and embark 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, 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 awaken your true potential and embrace a life filled with creativity, wisdom, and spiritual harmony!

"To awaken your true potential and embrace a life of creativity, wisdom, and spiritual harmony."

Creative Living with Bhagavad Gita Free In-Person Gita Talk@ Delhi 9th March 2025, Sunday from 4:00 PM to 7:00 PM



Creative Living with Bhagavad Gita
BY
Swami Sukhabodhananda
International Management, Spiritual & Corporate Guru

9th March 2025, Sunday
Timings: 4PM to 7PM

Sri Sathya Sai International Centre & School
(A Unit of Sri Sathya Sai Central Trust)
Bhishma Pitamah Marg Pragati Vihar
Lodhi Road, New Delhi 110003

Entry Free All Are Welcome

Contact: +91 9108070452, +91 9513560108 +91 9071002838

FOLLOW US ON      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."

Upcoming Events - Online

Shivaratri Online Utsav 2025

From 18th to 26th February



Shivaratri Online Utsav
with Swami Sukhabodhananda

Celebrate this shivaratri for 9 days with magic of Trataka Meditation, Shiva Lahari & Shiva Sutras

- Understand the real meaning of the 12 symbols of lord shiva & how it leads to the Path of Enlightenment.
- Get 9 Powers of Lord Shiva installed in your Mind, Body & Spirits in 9 Days with Ultimate Trio of Trataka Meditation, Shiva Lahari & Shiva Sutras.
- What is the true Foundation of life & how to achieve the state of Jnanam Annam.
- The secret of uniting with the Shakthi to create a New Body, Mind and Being.
- The true purpose of spiritual practices and learn to achieve harmony with the nature.
- The fresh relevant perspective of shiva's teachings for a fulfilled & successful life.

18th Feb, Tuesday, 25th Feb, Tuesday
Each day you receive 1 video
(45mins - 1hr) on Lord Shiva's Teachings

Shivaratri Online Zoom Live
Celebration with Swamiji
26th Feb, Wednesday, 2025
6.30AM to 8.00AM

+91 63666 01235
+91 91080 70452
+91 99017 77003

www.swamisukhabodhananda.com support@prasannatrust.com

Join Shivaratri online Utsav 2025, a 9-day spiritual celebration guided by Poojya Swami Sukhabodhananda Ji, from February 18th to February 26th. Begin your journey with 8 days of recorded sessions, offering profound insights into the significance of Shivaratri, guided meditations, and spiritual wisdom, accessible at your convenience. Conclude this sacred journey on February 26th with a live session where Swamiji will share transformative teachings to inspire devotion and self-discovery.

Experience the divine essence of Lord Shiva and the transformative power of Swamiji's wisdom during this sacred Utsav. Whether you are seeking spiritual guidance or a deeper connection with Shivaratri's significance, this event offers an opportunity to rejuvenate and awaken your spirit.

"Shivaratri is a journey within, guided by the essence of Lord Shiva and the wisdom of a master."

Swamiji's Online Courses

1:1 Mentoring / CXO

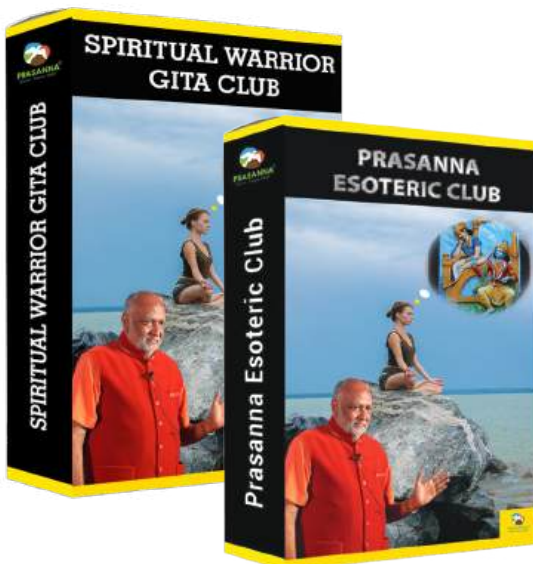
Age: 12+

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+

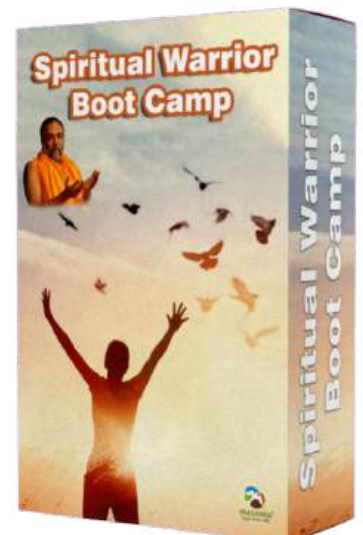
Swami Sukhabodhananda Ji's Gita sessions through PEC/SWGC provide deep wisdom from the Bhagavad Gita, equipping participants with practical tools to face life's challenges, improve decision-making, and nurture emotional and spiritual growth, instilling clarity, confidence, and a sense of purpose.

Spiritual warrior Bootcamp Age: 12+

Course starts in every 2 weeks

Next start date: 10th Feb 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.



Recent Events - online

Highlights from the Pan-India Zoom Live Session: Inspiring Transformation Through Volunteering



Swamiji's recent Pan-India Zoom session inspired positivity and transformation. Don't miss the chance to host Swamiji in your city!

Swamiji has also beautifully shared insights on how you can volunteer and support his transformative mission. To get started, we encourage you to watch the detailed video and take the first step by filling out the forms below to participate and contribute.

[Click here to watch the video and access the forms](#)

Suggestions for filling the Forms for Volunteering :
(Swamiji has already explained in the video—here's a quick recap)

Enrolment Form:

- Enroll yourself for the workshop.
- Encourage your Family, Friends, Colleagues, and Acquaintances to enroll.
- Suggest educational institutions like Colleges and Universities.
- Recommend companies, Rotary clubs, Lions clubs, and other communities.

Fundraising Form:

- Donate on special occasions or program days.
- Share details of potential donors in your circle.
- Suggest companies, professionals, shops, or others who may donate.
- Provide CSR contacts from companies you know.
- Recommend other non-profits or foundations for collaboration.