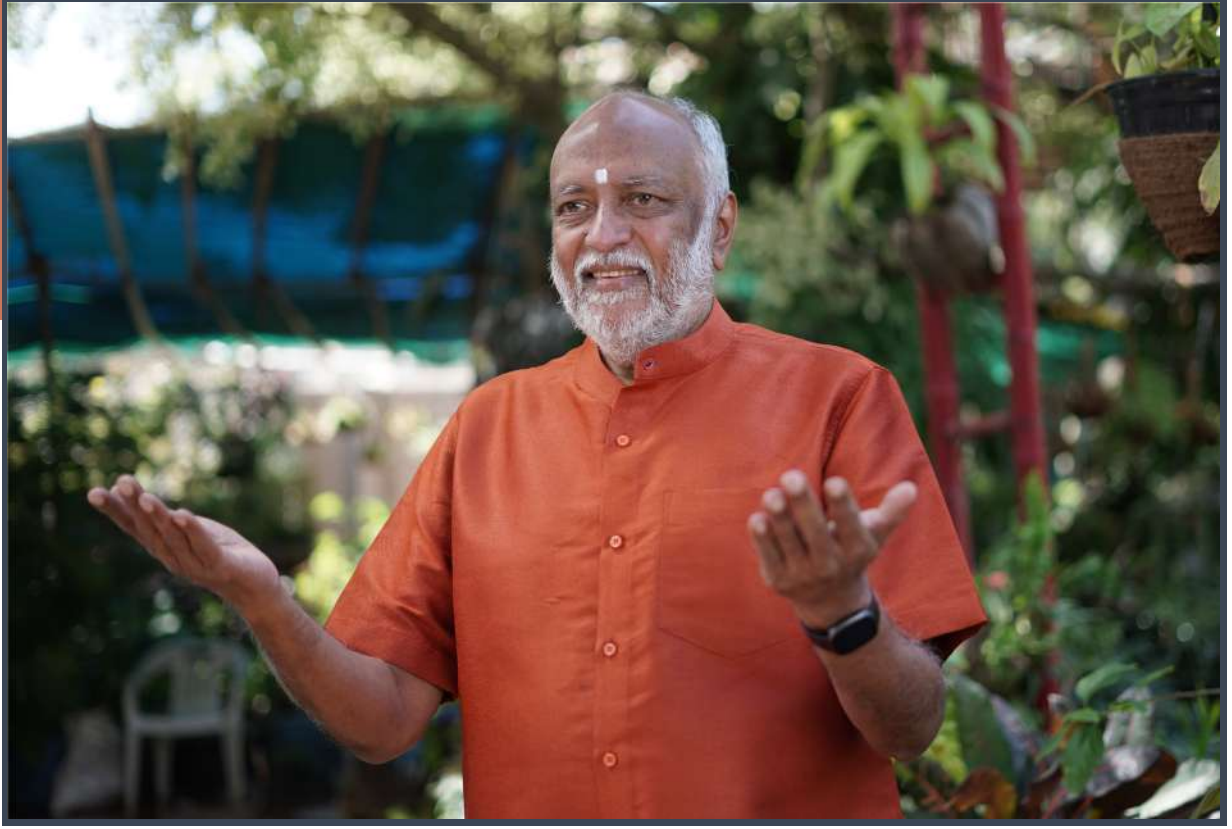




From Swamiji's Desk

Prayers and blessings from Swamiji

As this year gently comes to a close, it invites us to pause, reflect, and realign. To look honestly at the quality of our life – not with regret, but with wisdom. To learn from our mistakes, rejoice in our wins, and convert every experience into growth.

The coming year should not be left to chance. When planning is aligned with energy, direction, and timing, life flows with less resistance and more grace.

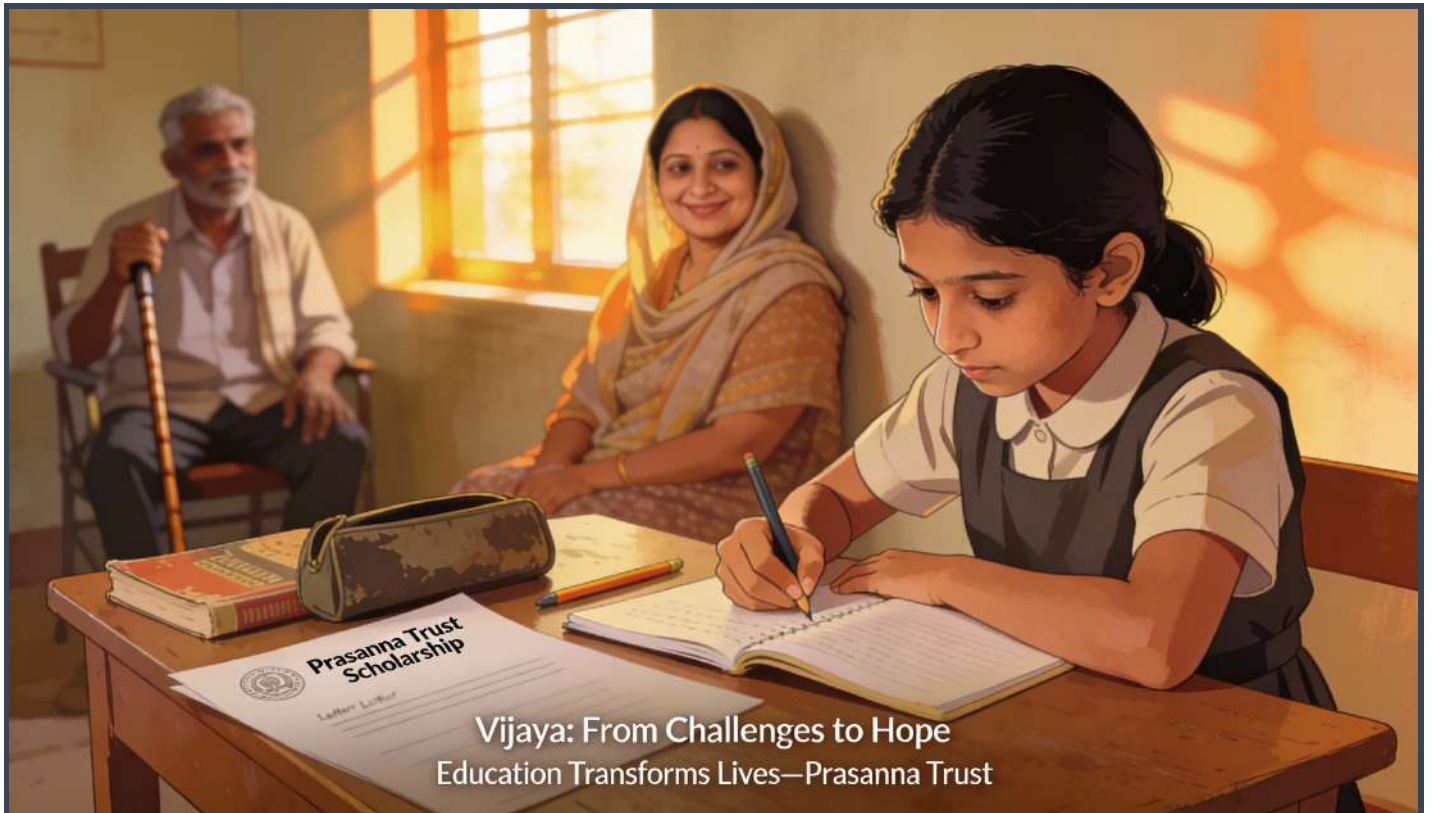
Swami Sukhabodhananda ji wishes you a Merry Christmas and a Prosperous New Year.



**“In every struggle lies a lesson, and
in every lesson, a step toward clarity”.**

- Swami Sukhabodhananda

Vijaya's Journey of Courage and Hope



Vijaya, a young student from Mangalore, has grown up facing challenges far beyond her years. With a father who is physically challenged and a mother bravely battling cancer, life demanded strength and maturity from her early on. Despite the emotional and financial strain at home, Vijaya chose not to let circumstances define her future. Instead, she held on to her determination to study, learn, and build a life of dignity for herself and her family.

Balancing responsibilities at home with her education was never easy, yet Vijaya remained focused and resilient. At a time when continuing her studies seemed uncertain, Prasanna Trust stepped in to support her education, easing the burden and giving her the confidence to move forward. This support became more than financial assistance—it became reassurance that her efforts and dreams mattered.

Today, Vijaya continues her studies with renewed hope and quiet determination. Her journey is a reminder that when courage meets timely support, even the most difficult paths can lead forward. Vijaya's story reflects the belief that education, when nurtured with compassion, has the power to transform lives—one step, one student, and one future at a time.

When courage meets compassion, even the hardest journeys find a way forward.

Monthly Service Updates

Anna Daana



Left food distributed at Jayadeva hospitals and in the middle food distributed in slums of Vivek Nagar, right image.

When we choose kindness, we ease another's journey and create ripples of compassion all around us.

Every act of nourishment is an act of transformation. When a warm meal reaches a hungry child or a struggling family, it carries more than food – it carries faith, comfort, and the spark of a new beginning. At Prasanna Trust, every plate we serve is a promise that no one will be left behind. Nutrition, to us, is not just about survival – it's about giving strength to dream, to heal, and to rise beyond hardship. Across schools, hospitals, and underserved communities, over 10,000 lives are touched every single day through this simple yet powerful mission. These meals awaken minds in classrooms, bring ease to weary patients, and restore dignity where despair once lived.

Prasanna Jyothi

Prasanna Jyothi Children Celebrate Musical and Artistic Excellence

The children of Prasanna Jyothi showcased their talent with a soulful bhajan performance at Vimala Sangeetha Vidyalaya, National College, Bengaluru, earning heartfelt appreciation from the audience and organizers. Their devotion, discipline, and confidence on stage reflected the values and training they continue to imbibe through consistent guidance and encouragement.

Adding to this proud moment, Palak A. Pawar brought further laurels by securing 1st Prize in an Inter-School Dance Competition. Her graceful performance stood out among many participants, highlighting not only artistic skill but also dedication and perseverance.

These achievements reaffirm our belief that when children are nurtured with care, opportunity, and values, they rise with confidence and express their potential across every platform. Each success is a step forward in their journey of growth and self-belief.

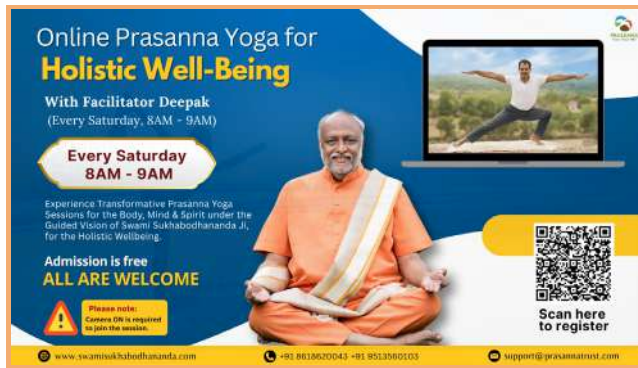


“When compassion leads the cause, even the smallest act becomes a source of light..”

- Swami Sukhabodhananda

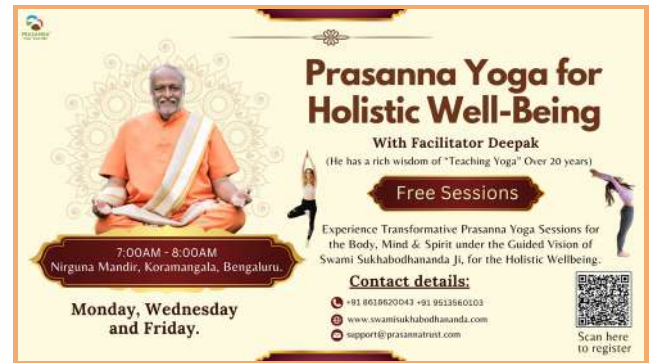
Free Programs at Nirguna Mandir

Prasanna Yoga Online session



Every Saturday
From 8:00 AM to 9:00 AM
@Zoom Live

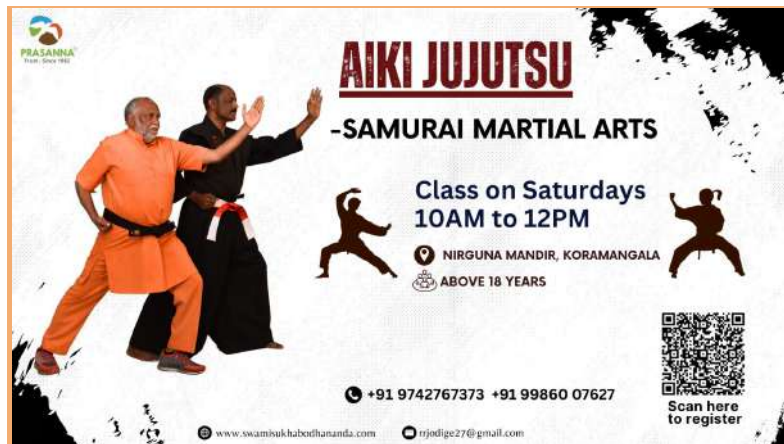
Prasanna Yoga In-Person session



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

Other Programs at Nirguna Mandir

Aiki Jujutsu session



Saturdays
From 10:00 AM to 12:00 PM
@Nirguna Mandir

One free Aiki Jujutsu session for newcomers – Last Saturday of every month.

Nirguna Self-Retreat Center

- Unplug from distractions and stress
- Reconnect with inner peace and calm
- Experience deep rest and reflection
- Opportunity to stay at Nirguna Mandir, a possible chance to meet Swamiji himself



True wellness is not just physical strength, but the quiet alignment of thought, emotion, and spirit.

THANK YOU

For Your Support

Wishing you a Merry Christmas and a Happy and Prosperous New Year. I am deeply grateful to the Trustees, the committed team at Prasanna Trust, the enthusiastic volunteers, and the respected students of Swamiji for their steadfast dedication and invaluable contributions.

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

I extend my sincere gratitude to our committed supporters for their unwavering dedication to our shared mission. Your generous support has been fundamental to the success of the Cattle Welfare Initiative and our vocational training programs.

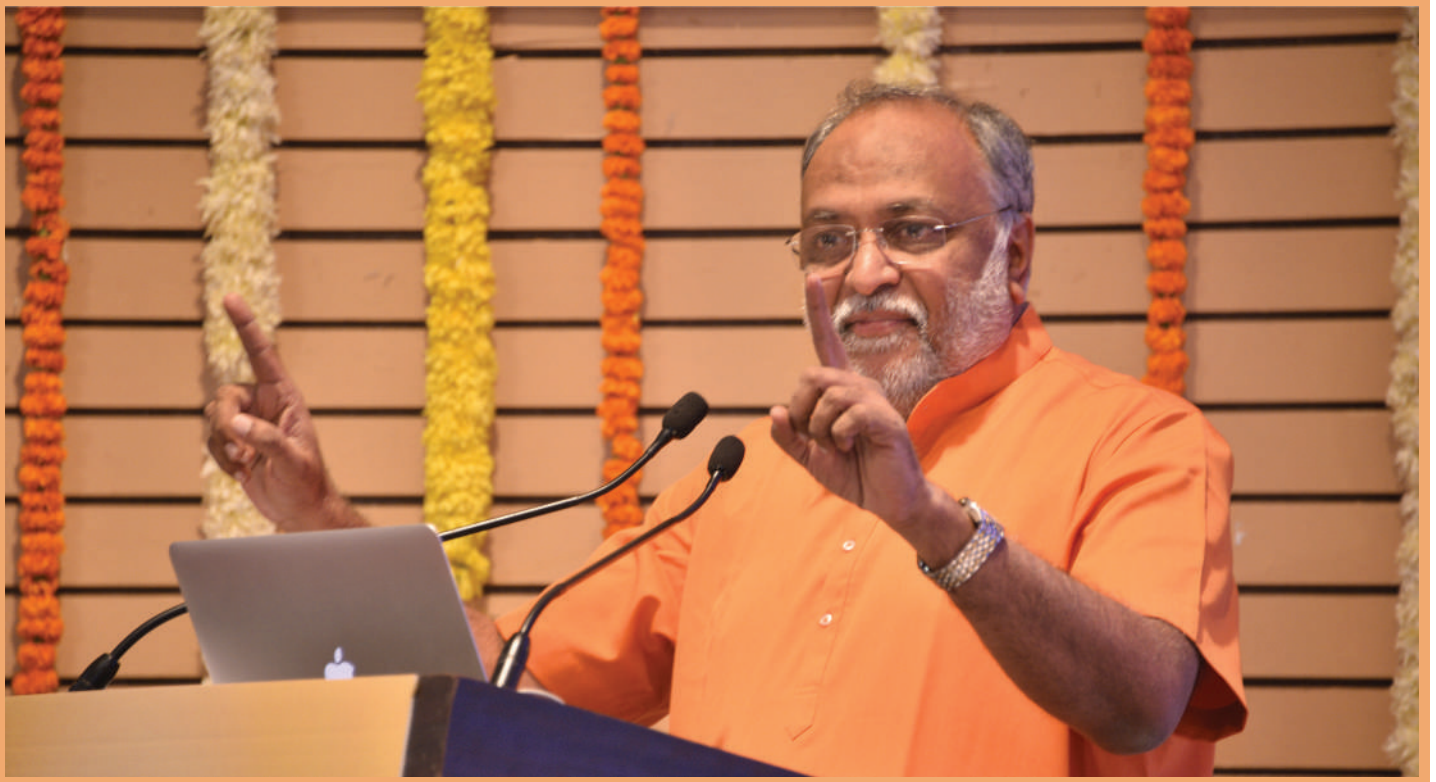
My heartfelt appreciation goes to the leaders and changemakers whose vision and commitment continue to drive these initiatives forward. Your compassion, guidance, and resolve remain a constant source of inspiration and lasting impact.

We are deeply thankful to everyone whose contributions have helped bring these efforts to life. Together, we are fostering meaningful change and working toward a stronger, more hopeful future for all.

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

Swami Sukhabodhananda





Index of Events & Programs

A. Upcoming Temple Event

Auspicious Vaikunta Ekadashi & Kalasha Pooja
– Nirguna Mandir | 30th Dec 2025, 6 AM

B. Upcoming On-Site Retreat

3-Day E-Lab Retreat with Puri Jagannath Yatra
– Puri, Odisha | 26th–28th Feb 2026

C. Upcoming Online Workshop

Goal Setting 2026 – With a Spiritual Perspective
– Live Zoom Session | 10th Jan 2026, 6:30 PM

D. Recent On-Site Workshops

Swamiji's In-Person Workshops – USA Fall 2025
– Edison, NJ & San Ramon, CA

Joyful Living in a Digital Age through Bhagavad
Gita Talk

– Hyderabad | 29th & 30th Nov 2025

E. Ongoing Learning & Mentorship Programs

1:1 Mentoring / CXO Program

Gita Sessions – PEC / SWGC

Spiritual Morning Retreat

“Each gathering is an opportunity to listen deeply,
serve sincerely, and return inward with clarity.”

Upcoming - Temple Event

Auspicious Vaikunta Ekadashi & Kalasha Pooja @Nirguna mandir 30th December 2025



Sri Krishna Temple

NIRGUNA MANDIR

Vaikunta Ekadashi

&

Kalasha Pooja

Celebrations with
Swami Sukhabodhananda Ji

— 30 DEC 2025 —
From 6 AM onwards
(Priest available from 6 AM - 10 AM & 5 PM to 8PM)

ALL ARE WELCOME!

*Participate and receive the blessings
on this auspicious day.*

Scan here
to register

+91 9108070452, 6366601235, 9901777003
support@prasannatrust.com www.prasannatrust.org

Nirguna Mandir warmly invites all devotees to participate in the sacred celebrations of Vaikunta Ekadashi and Kalasha Pooja at the Sri Krishna Temple, held in the divine presence of Swami Sukhabodhananda Ji. Observed on 30th December 2025, this auspicious day is a time for prayer, surrender, and spiritual renewal, marking a powerful opportunity to seek grace and inner upliftment.

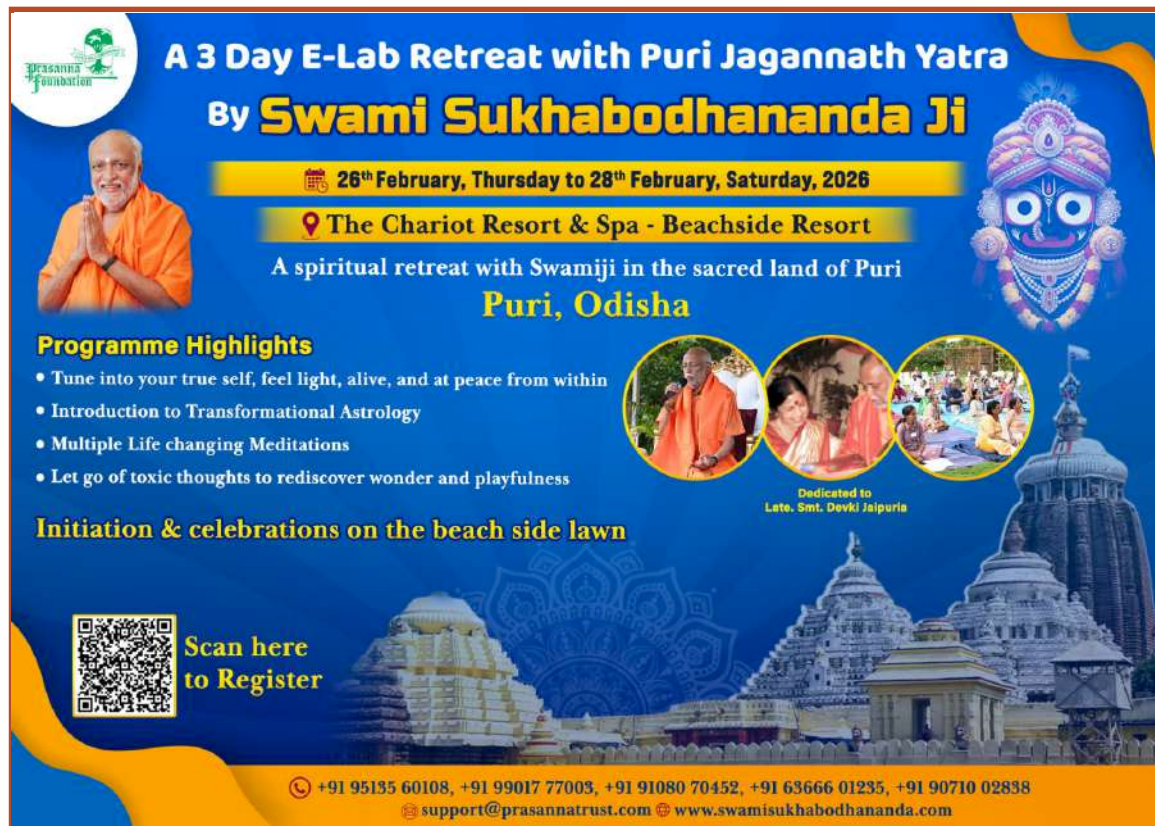
The celebrations will commence from 6:00 AM onwards, with priests available for seva and rituals during the morning and evening hours. Devotees are welcome to join, offer prayers, and receive blessings on this sacred occasion. May this Vaikunta Ekadashi open the doors to clarity, devotion, and peace, guiding us forward with faith and gratitude.

**On Vaikunta Ekadashi, devotion opens
the doors to divine grace.**

Upcoming Onsite Retreat

3-Day E-Lab Retreat with Puri Jagannath Yatra

26th February, Thursday to 28th February, Saturday 2026



The poster features a blue background with orange and yellow accents. At the top left is the Prasanna Foundation logo. The main title is 'A 3 Day E-Lab Retreat with Puri Jagannath Yatra' in white, followed by 'By Swami Sukhabodhananda Ji' in yellow. Below this, the dates '26th February, Thursday to 28th February, Saturday, 2026' are listed in white. The location 'The Chariot Resort & Spa - Beachside Resort' is highlighted in a yellow box. A quote from Swami Sukhabodhananda Ji is in white: 'A spiritual retreat with Swamiji in the sacred land of Puri'. The location 'Puri, Odisha' is in yellow. The 'Programme Highlights' section lists four bullet points in white. To the right are three circular images: Swami Sukhabodhananda Ji, a couple, and a group of people. Below them is a dedication to 'Late. Smt. Devki Jaipuria'. The bottom section is titled 'Initiation & celebrations on the beach side lawn' in yellow. A QR code is on the left with the text 'Scan here to Register'. The bottom of the poster shows a temple and contact information in white.

A 3 Day E-Lab Retreat with Puri Jagannath Yatra
By Swami Sukhabodhananda Ji
26th February, Thursday to 28th February, Saturday, 2026
The Chariot Resort & Spa - Beachside Resort
A spiritual retreat with Swamiji in the sacred land of Puri
Puri, Odisha

Programme Highlights

- Tune into your true self, feel light, alive, and at peace from within
- Introduction to Transformational Astrology
- Multiple Life changing Meditations
- Let go of toxic thoughts to rediscover wonder and playfulness

Initiation & celebrations on the beach side lawn

Scan here to Register

+91 95135 60108, +91 99017 77003, +91 91080 70452, +91 63666 01235, +91 90710 02838
support@prasannatrust.com www.swamisukhabodhananda.com

Info sessions on Jan 3rd, 17th and 24th 7:00 PM IST

We warmly invite you to a deeply immersive 3-Day E-Lab Retreat with the Puri Jagannath Yatra, guided by Swami Sukhabodhananda Ji, from 26th to 28th February 2026, in the sacred land of Puri, Odisha. Set at The Chariot Resort & Spa, a serene beachside retreat, this program offers a rare opportunity to reconnect with your inner self while being held in the powerful spiritual energy of Lord Jagannath's abode.

To help you understand the program in depth, we will be hosting online information sessions on 3rd, 17th and 24th January 2026, where details about the retreat, journey, and participation will be shared. These sessions will also provide space for questions and reflection. Do not miss the opportunity to attend one of these sessions and gain deeper insight before embarking on this transformative retreat. **contact: support@prasannatrust.com or call +91 9513560108, +91 63666 01235, +91 9901777003.**

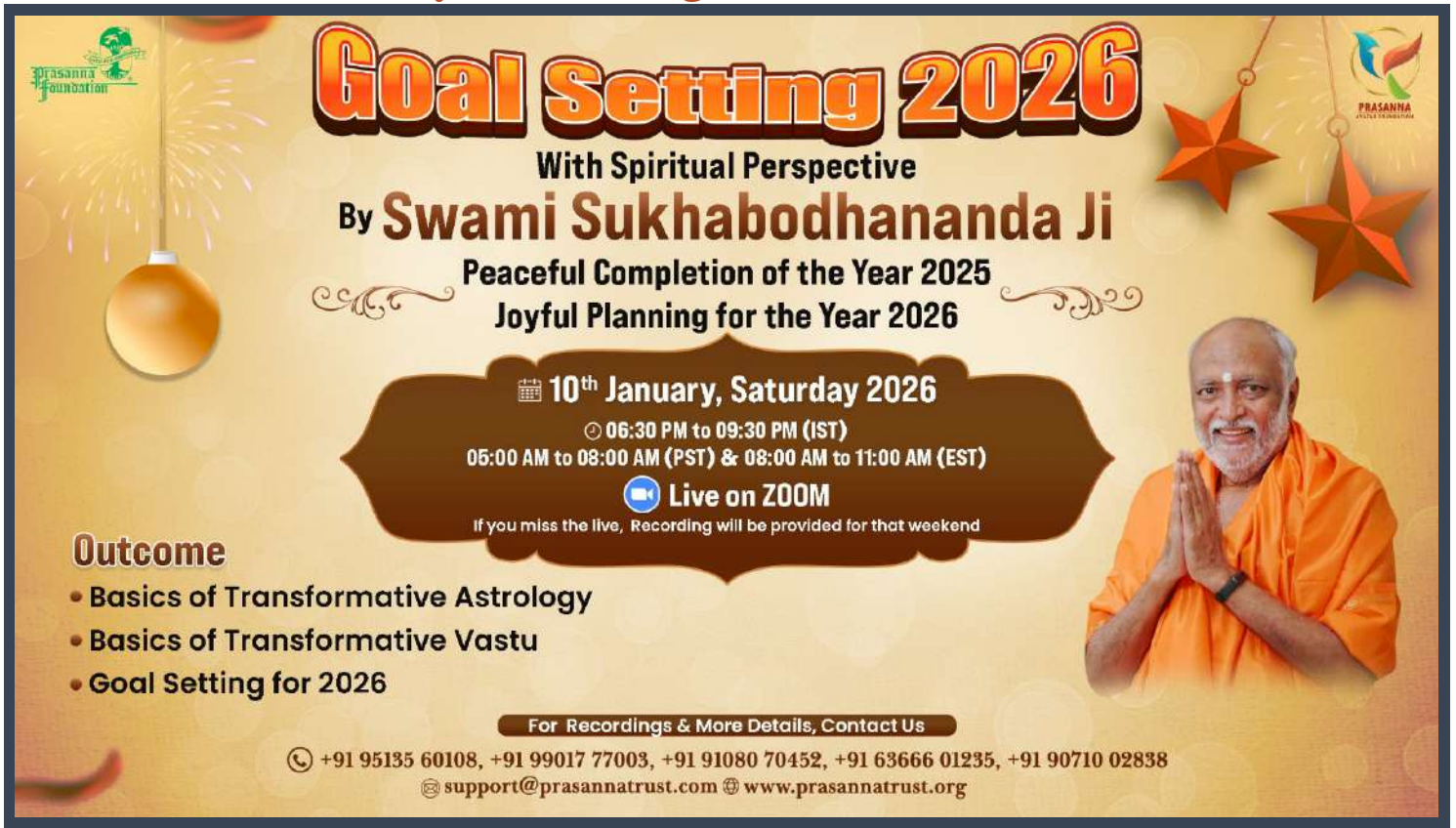
"Transformation begins when we turn inward with awareness and trust."

Upcoming - Online Workshop

Goal Setting 2026 workshop

Peaceful Completion of the Year 2025

Joyful Planning for the Year 2026

The poster is for a 'Goal Setting 2026' workshop. It features a warm, golden-yellow background with decorative elements like stars and a hanging lantern. The title 'Goal Setting 2026' is in large, bold, orange letters with a black outline. Below it, the subtitle 'With Spiritual Perspective' is in black. The speaker's name, 'By Swami Sukhabodhananda Ji', is in large, bold, black letters. The topics 'Peaceful Completion of the Year 2025' and 'Joyful Planning for the Year 2026' are listed below. The date and time are highlighted in a dark brown cloud-like shape: '10th January, Saturday 2026' from '06:30 PM to 09:30 PM (IST)' and '05:00 AM to 08:00 AM (PST) & 08:00 AM to 11:00 AM (EST)'. It mentions 'Live on ZOOM' and that recordings will be provided. A list of outcomes is on the left, and a photo of Swami Sukhabodhananda Ji in orange robes with hands in a prayer position is on the right. Contact information is at the bottom.

Goal Setting 2026
With Spiritual Perspective
By **Swami Sukhabodhananda Ji**
Peaceful Completion of the Year 2025
Joyful Planning for the Year 2026

10th January, Saturday 2026
06:30 PM to 09:30 PM (IST)
05:00 AM to 08:00 AM (PST) & 08:00 AM to 11:00 AM (EST)
Live on ZOOM
If you miss the live, Recording will be provided for that weekend

Outcome

- Basics of Transformative Astrology
- Basics of Transformative Vastu
- Goal Setting for 2026

For Recordings & More Details, Contact Us
☎ +91 95135 60108, +91 99017 77003, +91 91080 70452, +91 63666 01235, +91 90710 02838
✉ support@prasannatrust.com 🌐 www.prasannatrust.org

As we approach the close of the year, we invite you to a special online session, “Goal Setting 2026 – With a Spiritual Perspective,” led by Swami Sukhabodhananda Ji. This live Zoom program on Saturday, 10th January 2026 (6:30 PM – 9:30 PM IST) offers a valuable opportunity to pause, reflect on the year gone by, and bring a sense of peaceful completion to 2025 before stepping into the new year.

The session will introduce participants to the basics of transformative astrology and vastu, while guiding them through a conscious and structured approach to goal setting for 2026. By blending spiritual wisdom with practical insights, the program helps align intentions with actions, enabling participants to plan the year ahead with clarity, balance, and joyful purpose.

Whether your focus is personal well-being, professional aspirations, or overall life direction, the guidance offered will support you in moving forward with confidence, awareness, and calm as you welcomed the year 2026.

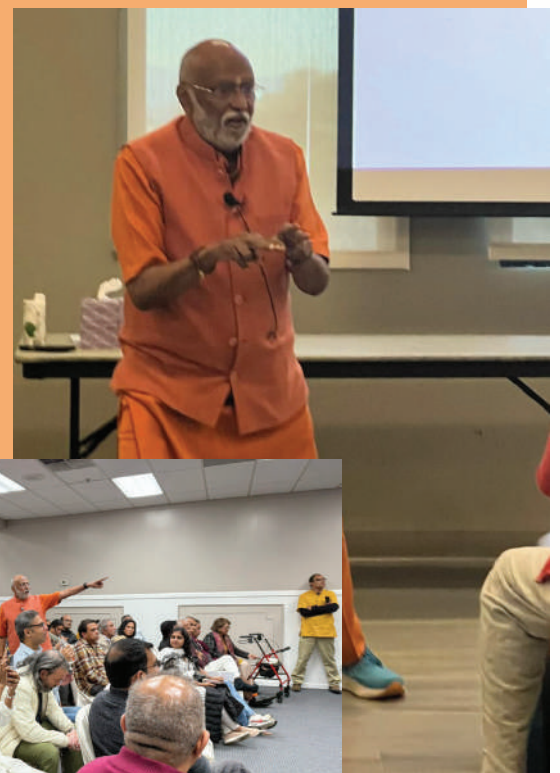
True goal setting begins within and reflects outward

Recent USA Workshop

Swamiji's In-Person Workshop, USA Fall 2025



San Ramon, CA



Edison, NJ



The USA workshops by Swami Sukhabodhananda Ji held in Edison, NJ and San Ramon, CA concluded with heartfelt

appreciation and strong positive response. Participants shared that the sessions left them feeling lighter, clearer, and deeply inspired, reflecting a rare balance of spiritual depth and practical wisdom.

The USA Fall 2025 workshops stood as a powerful reminder that true transformation begins within and unfolds naturally in everyday life.

Venues Where Swamiji's In-Person Workshops Happened This 2025

- Milpitas, CA
- Chantilly, VA
- San Ramon, CA
- Morrisville, NC
- Edison, NJ

Highlights of Swamiji's In-Person Workshops – USA Fall 2025

- Deep spiritual insights with practical relevance
- Attentive, fully engaged audiences
- Participants felt lighter, clearer, and inwardly aligned
- A shared atmosphere of gratitude and inner growth

"Swamiji's in-person workshops inspired growth and left a lasting impact."

Recent - On-Site Programs

Joyful Living in a Digital Age Through Bhagavad Gita Talk



The two-day Gita Talk, “Joyful Living in a Digital Age through the Bhagavad Gita,” by Swami Sukhabodhananda, held on 29th and 30th November 2025 at the Sardar Patel Auditorium, Narayanguda, Hyderabad, received an enthusiastic and heartfelt response.

In an age where the mind is pulled by POP (Pervasive Over-thinking Pattern), unsettled by FOMO (Fear of Missing Out), and navigating a TUNA world—Turbulent, Uncertain, Novel, and Ambiguous—the Bhagavad Gītā stands as a timeless compass.

It does not ask us to withdraw from life, but teaches us how to live with balance, awareness, and inner mastery amid digital overload and constant noise.

When wisdom meets openness, transformation unfolds naturally.

When hearts are open, grace flows silently—seen in smiles, service, and shared stillness. The Gītā speaks softly, yet powerfully, to receptive minds.

May this wisdom move beyond words—awakening clarity in thought, steadiness in action, and compassion in living. This is the Gītā’s quiet revolution: from inner chaos to conscious harmony.

**The Gita teaches us not to escape the world,
but to live in it with unshakable joy**

Swamiji's Online Courses

1:1 Mentoring / CXO

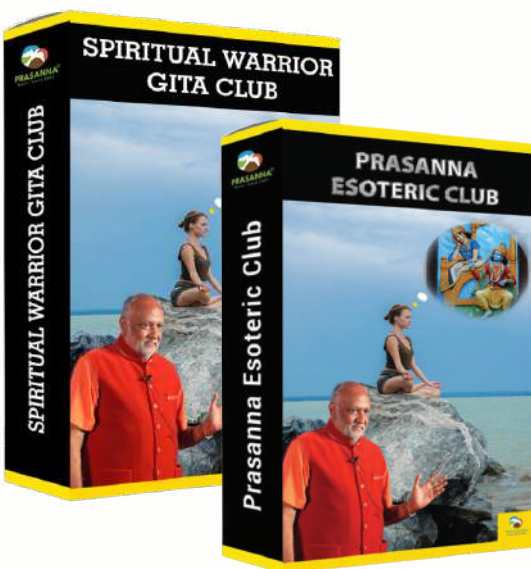
Age: 12+

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 Morning Retreat Age: 12+

On Every 1st and 3rd Saturdays

Next start date: 3rd Jan 2026

Swami Sukhabodhananda Ji's Spiritual Morning Retreat 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.

