



From Swamiji's Desk

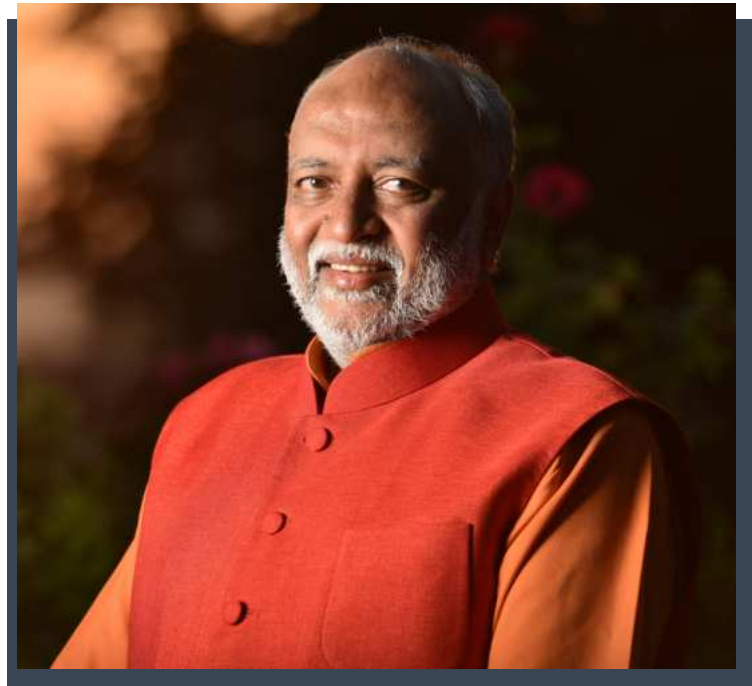
Prayers and blessings from Swamiji

May this year be a gentle upgrade of the mind, not just an upgrade of material life.

Love refines the heart, Bhakti softens the ego, and silence reveals wisdom. Without inner growth, outer success always feels incomplete.

A reminder that inner refinement precedes outer abundance.

Swami Sukhabodhananda ji wishes you a abundant New Year.



**“From knowledge comes humility;
from righteousness, true happiness.”**

- Swami Sukhabodhananda

A Quiet Offering of Remembrance



On her son's birth anniversary, a long-time participant of Swamiji's programs revisited Prasanna Jyothi as a gesture of remembrance and service. She offered daily essential items with quiet devotion, continuing a practice she has lovingly upheld year after year. For her, this annual visit has become a meaningful way to express gratitude, compassion, and connection through selfless giving. Such simple acts of seva gently remind us that remembrance can find its deepest expression through service.

She fondly remembers that it was her son who first introduced her to Prasanna Jyothi before the pandemic, surprising her on her birthday and creating a memory that remains close to her heart. While life has since taken a different course, the essence of that moment continues to guide her path of giving and reflection. The photographs being shared capture glimpses of this continuing journey, reflecting sincerity, humility, and quiet strength. She intends to continue visiting Prasanna Jyothi in the times ahead, carrying forward this quiet tradition of remembrance and service.

Moments like these quietly remind us that true devotion often expresses itself through simple, consistent acts of care and service. When remembrance is carried with humility and compassion, it becomes a living offering that uplifts both the giver and those who receive.

**“When love flows into service,
remembrance becomes a living prayer.”**

Monthly Service Updates

Anna Daana



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

When we choose kindness, we lighten another's path and send waves of compassion into the world.

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 promise of a new beginning. At Prasanna Trust

Across schools, hospitals, and underserved communities, more than 10,000 lives are touched every day through this simple yet powerful mission. These meals awaken young minds in classrooms, bring relief to weary patients, and restore dignity where uncertainty once prevailed. Through Anna Daana, we continue to serve not just food, but hope, strength, and lasting transformation

Blanket Distribution

Because no one should face the cold without comfort, dignity, and hope.

As part of our ongoing commitment to serve with compassion, Prasanna Trust conducted a blanket distribution drive to support those in need during the colder days. Each blanket carried not just warmth, but a message of care, dignity, and hope.

Through this meaningful initiative, we were able to bring comfort and reassurance to many individuals and families facing challenging conditions. The smiles and gratitude we witnessed reaffirmed our belief that even simple acts of service can create profound impact.

Guided by the blessings of Swami Sukhabodhananda ji and the collective efforts of our dedicated team and volunteers, this initiative reflects our shared responsibility to uplift lives with kindness and humanity. Together, we continue to extend warmth not only through blankets, but through compassion, connection, and unwavering service to society.



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

- Swami Sukhabodhananda

Partners in Compassion: Ashirvad Pipes at Prasanna Jyothi



We extend our heartfelt gratitude, on behalf of Swami Sukhabodhananda ji and the entire Prasanna Trust team, to Dr. Jay Surya, Ms. Malini (Senior HR), Ms. Deepthi, Mr. Anith Kumar Singh, the HR team, and the staff of Ashirvad Pipes for once again visiting Prasanna Jyothi and showering the children with such generosity and care. Your thoughtful contribution of daily essentials, study materials, groceries, and other necessities continues to make a meaningful difference in the lives of the children.

Your consistent compassion and commitment bring immense joy and encouragement, helping us nurture a safe, supportive, and empowering environment for their growth. Your continued association reflects a deep sense of social responsibility and genuine care for the community.

On behalf of Swami Sukhabodhananda ji, the children, and everyone at Prasanna Trust, we sincerely thank you for your generosity, time, and unwavering support. It is through such sustained acts of kindness that we are able to uplift young lives and build a brighter future together.

**"When compassion meets commitment,
meaningful change becomes inevitable."**

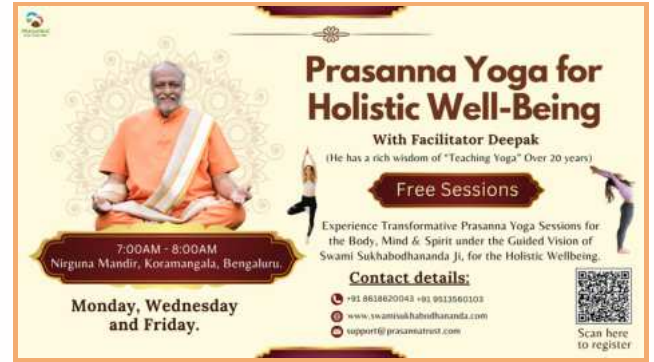
Free Programs at Nirguna Mandir

Prasanna Yoga Online session



Free Trial Classes
24th Jan & 31st Jan
Saturdays
5:30 AM to 6:30 AM

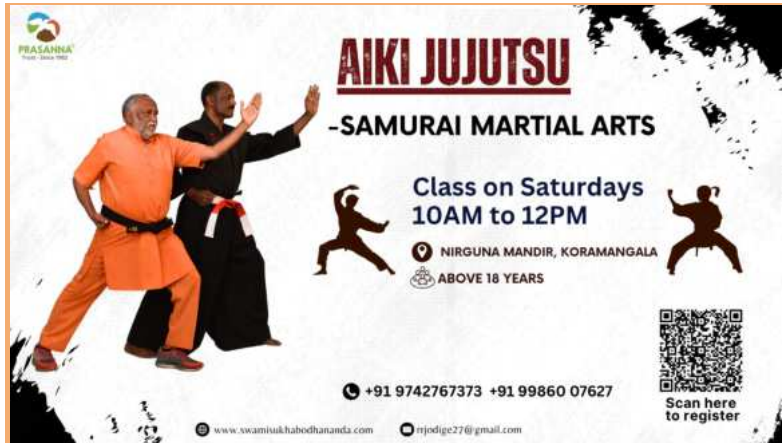
Prasanna Yoga In-Person session



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

I am truly grateful to the Trustees, devoted members of Swamiji's community in India, our dedicated staff, passionate volunteers, and esteemed disciples of Swamiji for their unwavering support and commitment. Your dedication continues to inspire and uplift countless lives. Wishing you all a blessed, prosperous, and fulfilling New Year.

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

I extend my heartfelt appreciation to the visionary leaders and committed changemakers whose clarity of purpose, tireless dedication, and inspiring leadership have made these initiatives possible. Their steadfast resolve continues to shape meaningful and lasting transformation.

I also express my sincere gratitude to our unwavering supporters, whose trust, generosity, and encouragement form the foundation of everything we do. Your contributions — whether of time, resources, or guidance — have been vital in turning intention into action and dreams into reality.

Every individual who has contributed, seen or unseen, has played a valuable role in this collective journey. It is through our shared responsibility and compassion that we continue to create positive impact, nurturing stronger communities and a brighter, more hopeful future for those we serve.



“Charity is one way to awaken the sleeping soul”

Swami Sukhabodhananda



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Amma's Birthday Celebration with Swamiji

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**Devotional Living Through The Bhagavad Gita
The Way of Transforming Life | 22 February 2026**

C. Upcoming Puri, Odisha On-site Retreat

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

D. Recent Temple Events

Vaikunta Ekadashi & Kalasha Pooja

E. Ongoing Online Live Workshops & Mentorship Programs

The Ultimate Guide to Inner Strength & High Performance

1:1 Mentoring / CXO Program

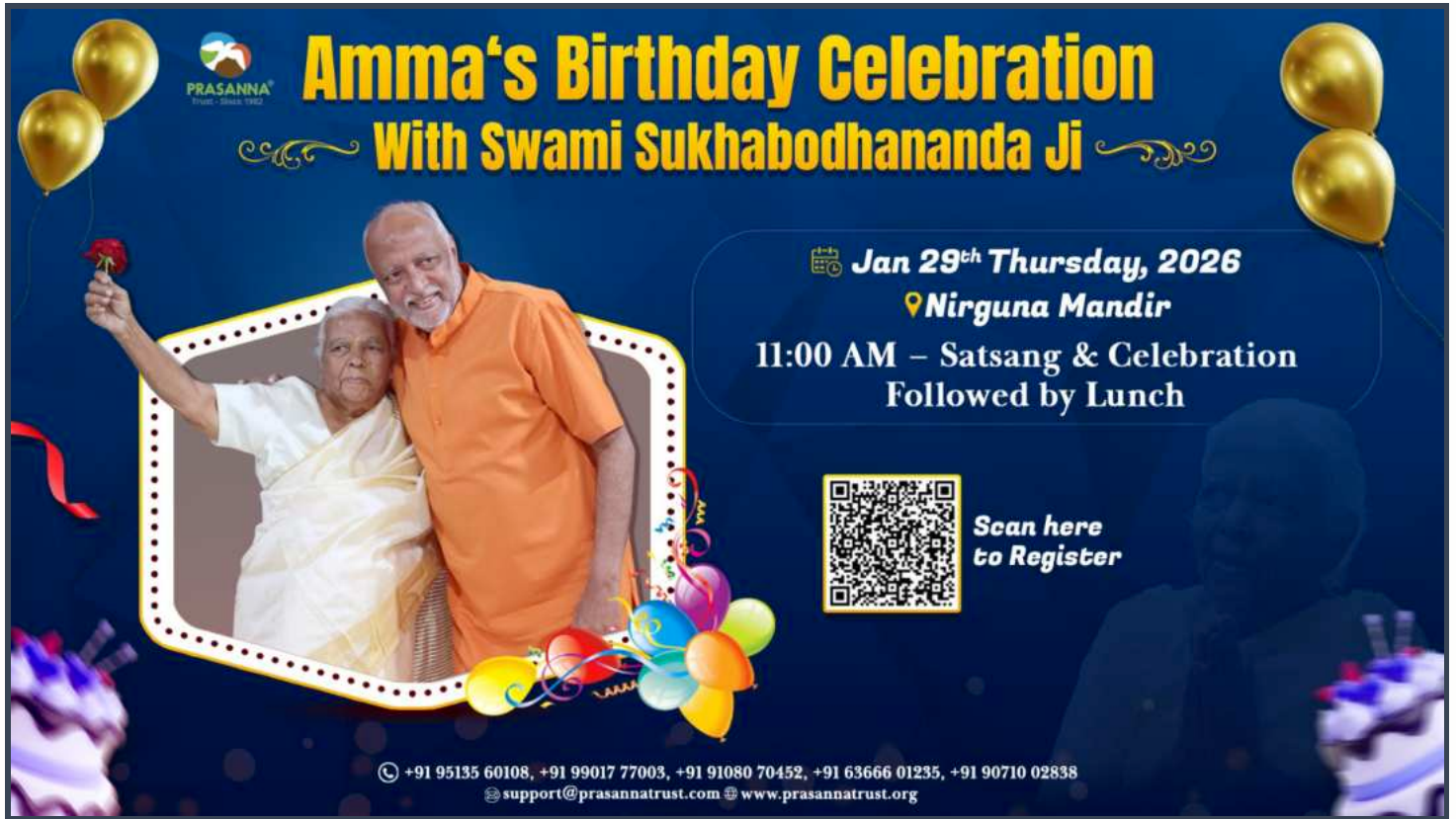
Gita Sessions – PEC / SWGC

Spiritual Morning Retreat

**“A gathering becomes sacred when we listen deeply,
serve selflessly, and return inward with renewed clarity.”**

Upcoming - On-site celebration

Amma's Birthday Celebration with Swamiji



Amma's Birthday Celebration
With Swami Sukhabodhananda Ji

Jan 29th Thursday, 2026
Nirguna Mandir
11:00 AM – Satsang & Celebration
Followed by Lunch

Scan here to Register

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support@prasannatrust.com www.prasannatrust.org

Prasanna Trust joyfully invites all devotees and well-wishers to celebrate Amma's Birthday in the divine presence of Swami Sukhabodhananda Ji on Thursday, January 29, 2026, at Nirguna Mandir. This special occasion is a heartfelt expression of gratitude, love, and reverence, honoring Amma's life of compassion, simplicity, and spiritual strength. The celebration will begin at 11:00 AM with Satsang and collective prayers, creating a sacred space for reflection, blessings, and inner renewal.

The gathering will continue with a joyful celebration, followed by lunch, offering an opportunity for fellowship and shared devotion. Devotees are warmly encouraged to participate and be part of this meaningful day that nurtures both spiritual connection and community bonding. Kindly register in advance using the QR code provided on the poster. We look forward to welcoming you to this auspicious celebration filled with grace, gratitude, and togetherness. Your presence will add warmth and meaning to the celebration, strengthening the bonds of our spiritual family and shared purpose. **Please contact us at: +91 6366601235, +91 95135 60108, +91 9901777003.**

“Amma's life reminds us that the simplest acts of love create the deepest spiritual impact”

Upcoming - On-site Delhi Gita Talk

DEVOTIONAL LIVING THROUGH THE BHAGAVAD GITA

The Way of Transforming Life



DEVOTIONAL LIVING THROUGH THE BHAGAVAD GITA
The Way of Transforming Life
Mahendra and Lakshmi Jhawar
Annual Gita Lecture by
Swami Sukhabodhananda Ji
International Management, Spiritual & Corporate Guru

ENTRY FREE

February 22nd Sunday, 2026
4:00 PM to 7:00 PM

India International Centre
D. Deshmukh Auditorium
40, Max Mueller Marg,
New Delhi 110003

All are Welcome

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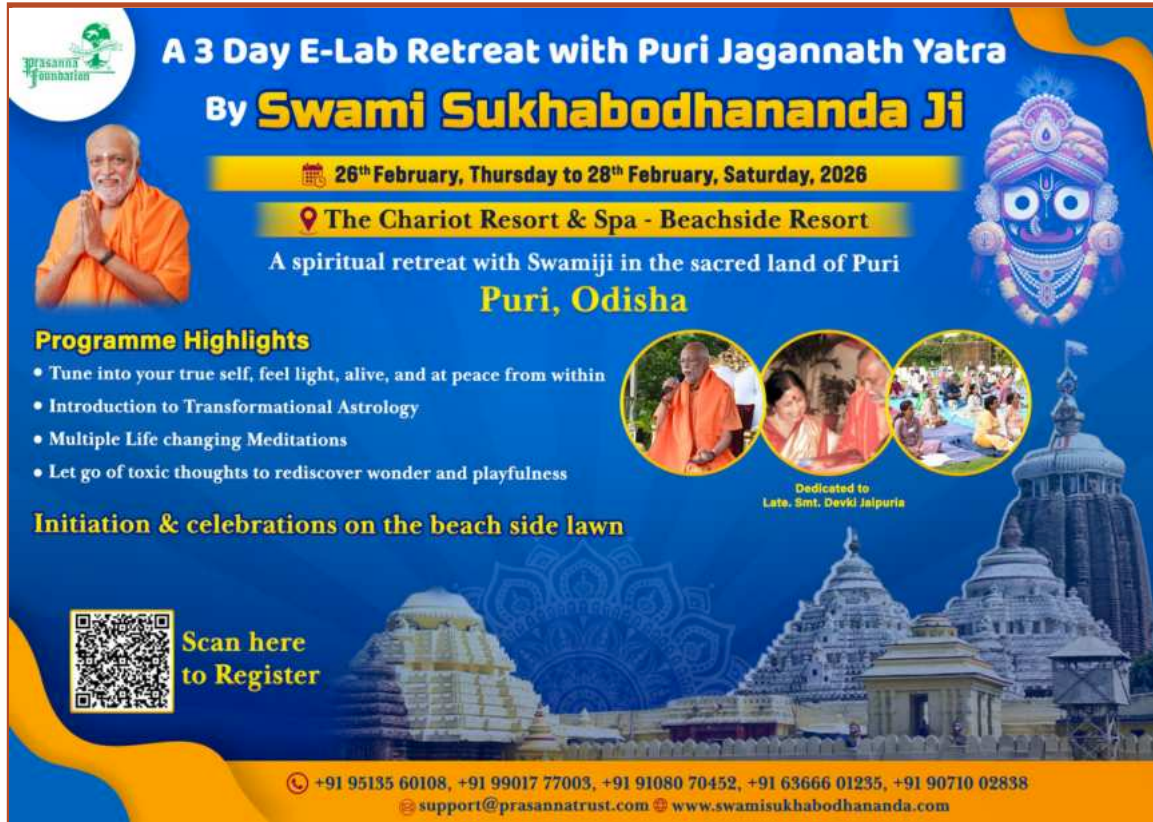
Prasanna Trust warmly invites you to a spiritually enriching evening, “Devotional Living Through the Bhagavad Gita – The Way of Transforming Life,” part of the prestigious Mahendra and Lakshmi Jhawar Annual Gita Lecture. This special discourse will be delivered by Swami Sukhabodhananda Ji, internationally renowned spiritual and corporate guru, whose teachings beautifully integrate wisdom, clarity, and practical living. Through timeless insights from the Bhagavad Gita, this session aims to inspire inner transformation, mindful action, and deeper devotion in everyday life.

The program will be held on Sunday, February 22, 2026, from 4:00 PM to 7:00 PM at the India International Centre, D. Deshmukh Auditorium, New Delhi. Entry is free and open to all seekers, families, professionals, and students who wish to reconnect with higher purpose and inner harmony. Join us for an uplifting experience of reflection, learning, and spiritual growth, and take home practical guidance for living with balance, clarity, and joy. **Please contact us at: +91 6366601235, +91 95135 60108, +91 9901777003.**

**“Devotion in living transforms ordinary life
into extraordinary consciousness.”**

Upcoming Puri, Odisha On-site Retreat

3-Day E-Lab Retreat with Puri Jagannath Yatra 26th February, Thursday to 28th February, Saturday 2026



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

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support@prasannatrust.com www.swamisukhabodhananda.com

Dedicated to Late. Smt. Devki Jalpuria

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.

Designed as a journey of inner renewal and transformation, the retreat includes life-changing meditations, an introduction to transformational astrology, and guided processes to release toxic thought patterns and rediscover joy, wonder, and inner freedom. With special initiations and celebrations on the beachside lawn, this retreat promises not just learning, but lived experience—helping participants return lighter, clearer, and deeply aligned with their true nature. **contact: support@prasanna-trust.com or call +91 9513560108, +91 63666 01235, +91 99017 77003.**

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

Recent- Temple Event

Auspicious Vaikunta Ekadashi & Kalasha Pooja A Sacred Day of Grace at Nirguna Mandir



Nirguna Mandir was blessed with a spiritually uplifting atmosphere as devotees gathered to observe the sacred celebrations of Vaikunta Ekadashi and Kalasha Pooja at the Sri Krishna Temple, in the divine presence of Swami Sukhabodhananda ji. The day unfolded with deep devotion, collective prayer, and serene spiritual energy, offering all participants a meaningful opportunity for inner renewal and reflection.

From the early morning hours, priests conducted sacred sevas and rituals, allowing devotees to participate wholeheartedly and receive blessings. The chants, offerings, and moments of quiet surrender created a powerful sense of unity and grace throughout the temple. Many devotees expressed a deep sense of peace, clarity, and gratitude, carrying the spiritual vibrations into their daily lives. The celebration reaffirmed Nirguna Mandir's role as a sacred space for collective devotion, spiritual growth, and inner transformation.

**"When devotion deepens, grace unfolds and
the heart awakens to divine peace."**

The Ultimate Guide to Inner Strength & High Performance

A 3-Day Live Zoom Program with Swami Sukhabodhananda

THE ULTIMATE GUIDE TO INNER STRENGTH & HIGH PERFORMANCE
-A MODERN SPIRITUAL PARADIGM

3-DAY LIVE ZOOM SESSION
BY SWAMI SUKHABODHANANDA

On Feb 13, 14 & 15 2026
6:30 AM TO 8:00 AM IST

- **Master your mind** instead of being driven by it
- **Respond with clarity** not react emotionally
- **Experience inner calm** even in demanding situations
- **Build unshakeable emotional strength**
- **Feel supported, centered, and confident from within**

FOR MORE INFORMATION

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✉ support@prasannatrust.com • www.swamisukhabodhananda.com

SCAN HERE TO REGISTER AND PAY

Swami Sukhabodhananda Ji invites you to a transformative **3-Day Live** Zoom Session designed to help you build emotional strength, mental clarity, and inner calm through a modern spiritual approach that integrates wisdom with practical living.

Day 1 – Master Your Mind

- Understand why mind doesn't listen to logic
- Recognise the patterns behind overthinking and anxiety
- Learn 2 to 3 simple tools one can use immediately when the mind spirals

Day 2 – Emotional Strength Under Pressure

- Identify your emotional triggers and reaction patterns
- Learn how to pause before reacting in difficult moments
- Handle pressure with confidence instead of stress, anger, or regret

Day 3 – Stability in Relationships, Work & Health

- Build healthy boundaries in relationships without guilt
- Reduce work and money stress through better energy management
- Create daily rituals for long-term emotional balance and clarity

Program Details Age: 12+

Dates: February 13, 14 & 15, 2026

Time: 6:30 AM – 8:00 AM IST

Mode: Live Zoom Session with Swamiji

Click here to join



Scan here to join

This program is ideal for professionals, leaders, homemakers, students, and anyone seeking inner balance, focus, and sustained high performance in daily life. **For registrations and enquiries, please contact +91 90710 02838, +91 99017 77003, +91 91080 70452, or +91 95135 60108.**

Swamiji's Online Courses

1:1 Mentoring / CXO

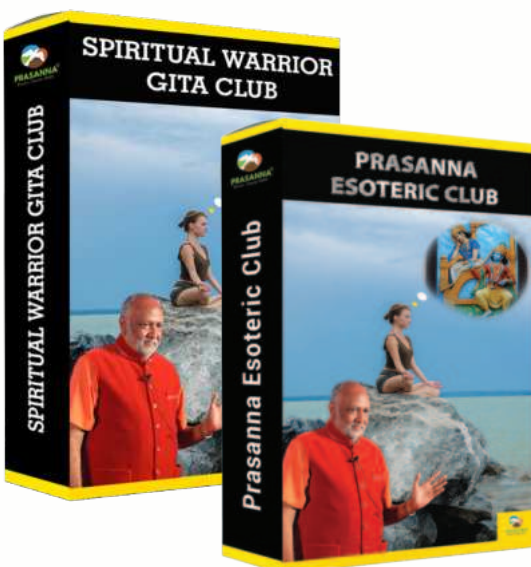
Age: 12+

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+

Course starts in every 2 weeks

Next start date: 7th February 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.

