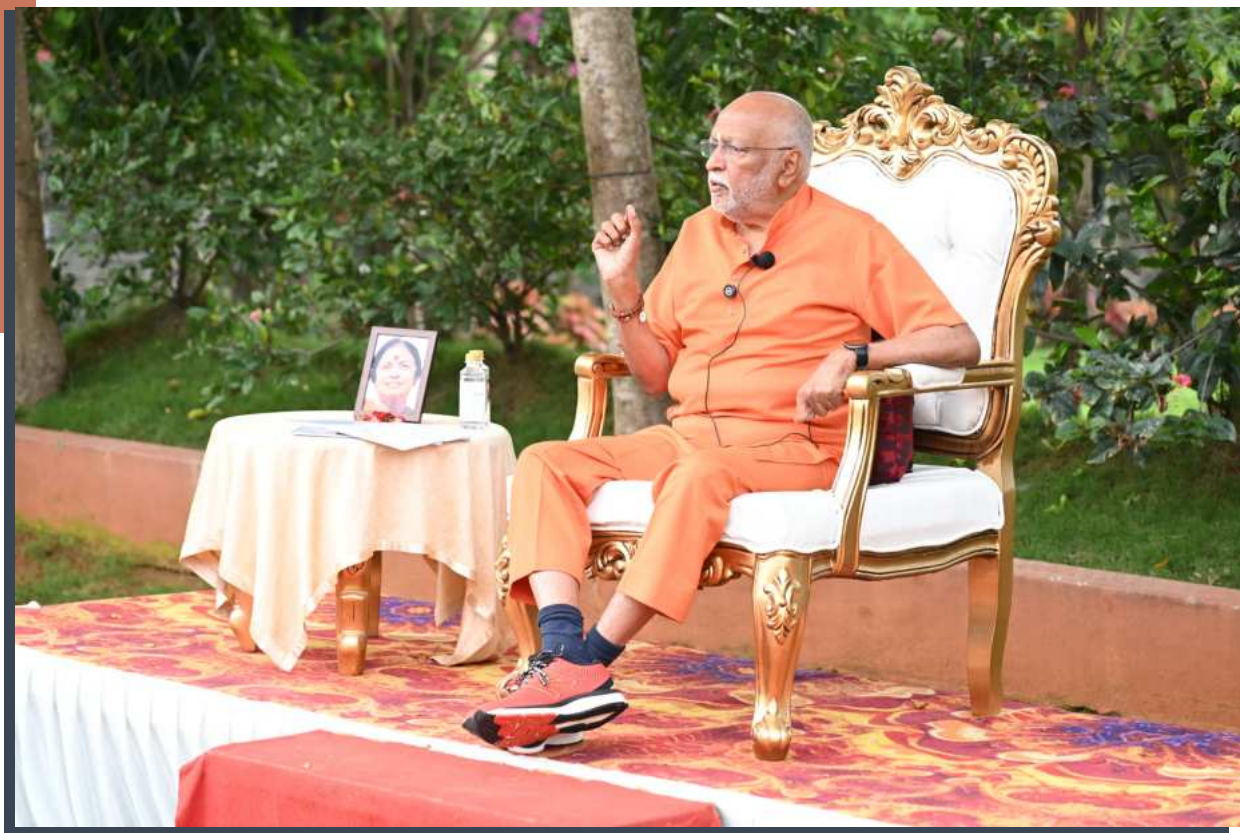




From Swamiji's Desk

Prayers and blessings from Swamiji

Parents giving to children is natural; children giving back to parents is a divine effort. It uplifts not only the parents but also the soul of the child.

In our Hindu tradition, when a river turns back towards its source, it is called a Ghat, a sacred point where we take a purifying dip. In the same way, when children consciously serve and honour their parents, that act itself becomes a sacred Ghat



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

- Swami Sukhabodhananda

A Quiet Turn Towards Hope



For a long time, home was a place of uncertainty for a young boy whose parents were on the brink of separation. With his father unable to take responsibility and his mother suddenly carrying the weight of raising him alone, daily life became a struggle. As a single parent with limited financial means, she found it difficult to provide the stability and educational support her child needed. Concerned about his future, she approached Prasanna Trust with hope that her son would receive the guidance and care she could not fully manage during such a challenging phase.

Over the past two years, the child has been consistently supported through the Trust's educational scholarship initiative. With regular academic assistance, a structured environment, and emotional encouragement, he has shown steady improvement in his studies and confidence.

Seeing this transformation, his mother met Swamiji to express her gratitude. With folded hands and tears of happiness in her eyes, she thanked him for giving her son not just education, but a renewed direction in life. Today, the boy attends school regularly, participates actively, and moves forward with quiet confidence about his future.

**“A little support at the right time
can quietly change a child's future”**

Monthly Service Updates

Anna Daana



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

Choosing kindness gently illuminates another's path and spreads warmth into the world around us.

Every meal we serve is more than nourishment — it is a quiet step toward change. When wholesome food reaches a child in need or a family facing hardship, it brings along care, reassurance, and the strength to move forward.

At Prasanna Trust, this spirit of Anna Daana touches over 10,000 lives each day across schools, hospitals, and underserved communities. These meals energize young learners, offer comfort to patients, and bring dignity and relief to those navigating difficult times. Through this simple act of giving, we are not just feeding hunger, but nurturing hope, resilience, and a brighter path ahead.

Vocational Training

Empowering Young Minds Through Skill Development

The vocational training program at **Prasanna Trust**, supported by the **Shivansh Foundation**, is progressing steadily and creating meaningful impact in the lives of children. Students are actively learning basic computer skills, spoken English, and tailoring — equipping themselves with practical knowledge that builds confidence and opens doors to future opportunities.

With the increasing interest in computer training from children in nearby areas, additional PCs have been installed to support expansion and ensure uninterrupted learning. More classes are being planned in the coming weeks to accommodate growing participation. Keeping the upcoming summer break in mind, the Trust is preparing to introduce extended sessions and new batches, allowing more students to benefit from this transformative initiative.

Together, we continue to nurture skills, confidence, and hope for a brighter tomorrow.



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

- Swami Sukhabodhananda

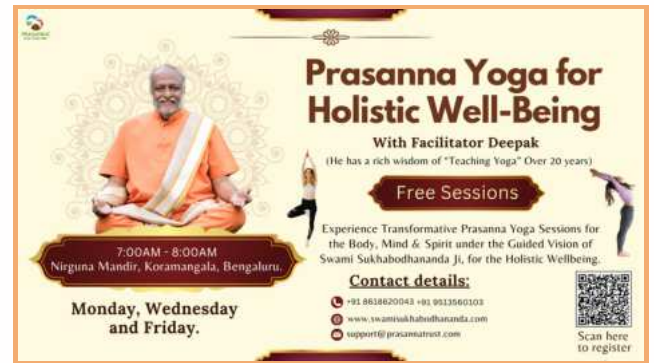
Programs at Nirguna Mandir

Prasanna Yoga Online session



Every Tuesday &
Saturday
5:30 AM to 6:30 AM

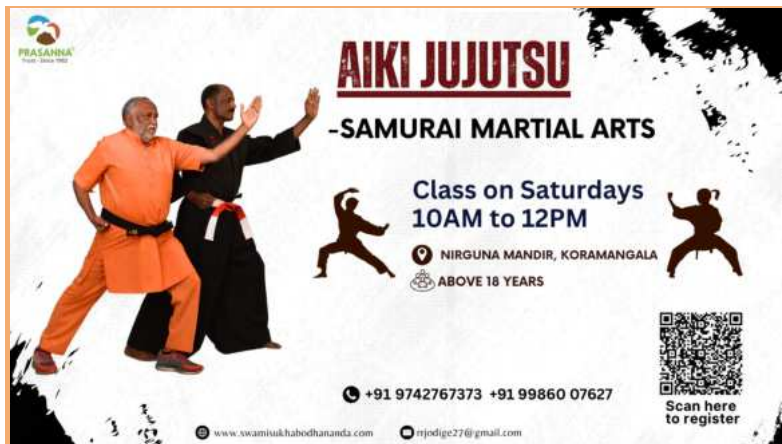
Prasanna Yoga In-Person session



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!

I sincerely express my deepest gratitude to the Trustees, the dedicated team at Prasanna Trust, the enthusiastic volunteers, and the devoted students of Swamiji for their unwavering commitment and invaluable service.

Shakila

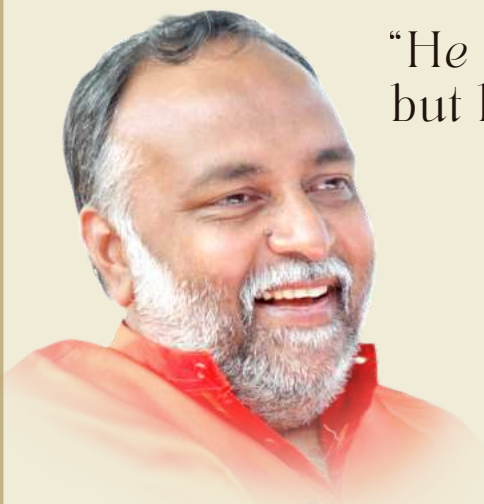
COO, Prasanna Trust

Trustee, Prasanna Avatar Foundation, USA

Our journey has been strengthened by the unwavering support of those who believe in our mission. Your continued encouragement and generosity have played a vital role in advancing the Cattle Welfare Initiative and expanding our vocational training programs.

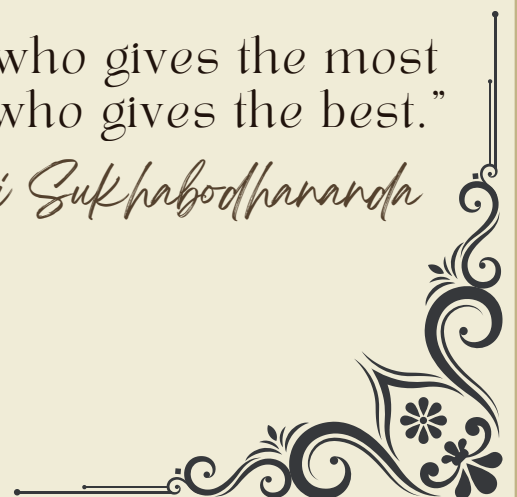
We are especially grateful to the guiding leaders and dedicated well-wishers whose clarity of purpose and steadfast commitment have shaped these efforts. Your belief in meaningful action has helped turn vision into reality and aspiration into impact.

To every individual who has stood beside us — through support, service, or silent encouragement — we extend our sincere appreciation. Together, we are nurturing sustainable change and shaping a future filled with opportunity and hope.



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

Swami Sukhabodhananda





Index of Events & Programs

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upcoming in-person workshop @ USA

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1:1 Mentoring / CXO Program

Gita Sessions – PEC / SWGC

Spiritual Morning Retreat

“True communion begins with deep listening, blossoms through selfless action, and completes itself in inner stillness”

Upcoming - In-Person Workshops

In-Person USA Workshop

By Swami Sukhabodhananda ji



UPCOMING IN-PERSON WORKSHOP @ USA
BY SWAMI SUKHABODHANANDA JI

UPCOMING WORKSHOPS:

- BAY AREA, CA – APRIL 25TH WEEKEND & MAY 23RD WEEKEND
- NORTH CAROLINA, NC – MAY 2ND WEEKEND
- VIRGINIA, VA – MAY 9TH WEEKEND
- NEW JERSEY, NJ – MAY 16TH WEEKEND

FURTHER DETAILS REGARDING VENUES AND TIMINGS WILL BE SHARED SOON

☎ 919-592-7054, 408-613-1892, 408-205-7035
🌐 www.swamisukhabodhananda.com, www.prosonnoavatarfoundation.org
✉ support@prasannaavatarfoundation.org

This Spring, Swamiji will be conducting a series of transformative in-person workshops across the United States. These thoughtfully curated sessions are designed to guide participants from stress to serenity, confusion to clarity, and burnout to brilliance. In today's fast-paced world, such pauses for reflection and inner alignment become not just helpful—but essential.

Upcoming workshops:

- Bay Area, CA – April 25th weekend & May 23rd weekend
- North Carolina, NC – May 2nd weekend
- Virginia, VA – May 9th weekend
- New Jersey, NJ – May 16th weekend

Further details regarding venues and timings will be shared soon.

"Grow within, shine beyond—when the spirit is clear, life and career naturally glow."

Recent - Online Workshop

Goal Setting 2026 workshop

Awakening Purpose: A Conscious Beginning for 2026



Goal Setting 2026 – With a Spiritual Perspective,” led by Swami Sukhabodhananda ji, was a deeply enriching and transformative session that allowed participants to consciously reflect on the year gone by and step into 2026 with clarity and inner balance. The program created a powerful space for emotional completion, self-awareness, and purposeful intention-setting, helping attendees move beyond routine resolutions into meaningful life alignment. Many participants expressed how the session touched their hearts and gave them a renewed sense of confidence, calm, and direction for the year ahead.

Through Swamiji’s guidance, participants were introduced to the foundational principles of astrology and vastu, seamlessly integrated with a structured and conscious goal-setting framework. This blend of spiritual wisdom and practical insight enabled them to align their intentions with daily actions and long-term purpose. The session inspired individuals to see goal setting as a journey of inner transformation, empowering them to embrace 2026 with clarity, balance, and joyful commitment.

"When clarity meets consciousness, goals transform into meaningful life journeys."

Recent- On-site celebration

Amma's Birthday Celebration – A Day of Grace & Gratitude



Amma's Birthday was celebrated with deep devotion and joy at Nirguna Mandir in the divine presence of Swami Sukhabodhananda Ji. The gathering was filled with warmth, reverence, and heartfelt gratitude as devotees, well-wishers, and members of the Prasanna family came together to honor Amma's life and blessings.

The morning began with a soulful satsang, where Swamiji shared inspiring insights that touched every heart. Devotees offered their respects with prayers, flowers, and expressions of love. The atmosphere was serene yet celebratory – a beautiful blend of devotion and togetherness. Laughter, memories, and moments of reflection made the occasion deeply meaningful for all present.

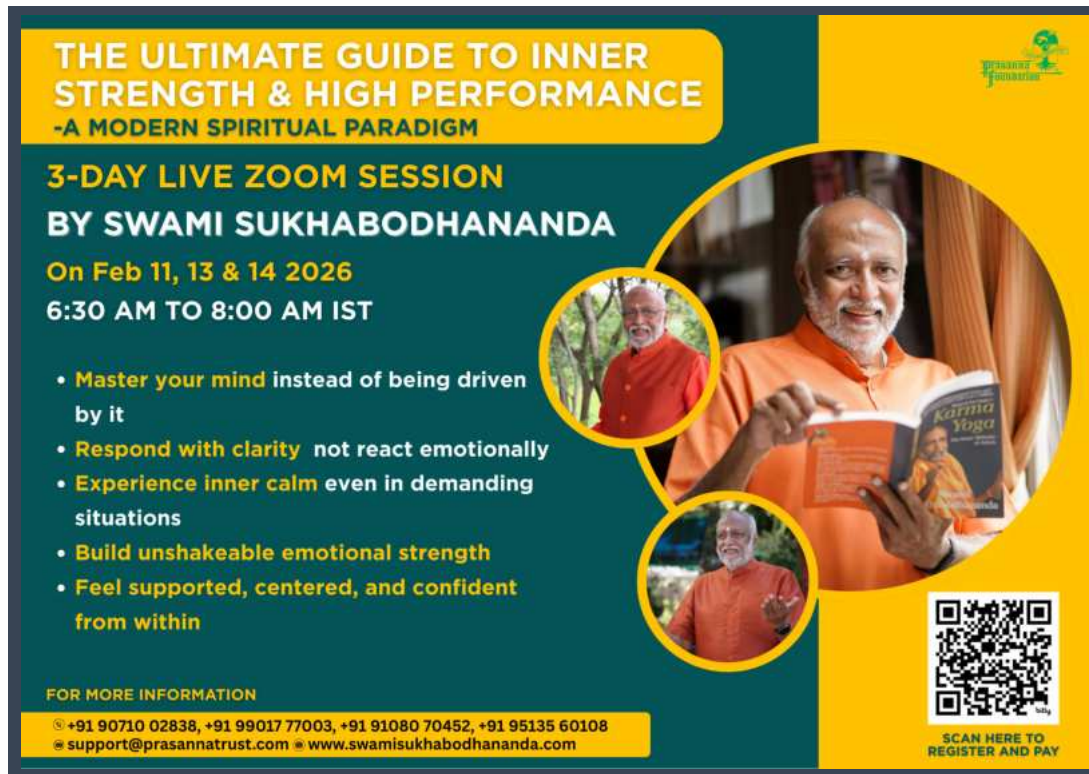
Following the satsang, everyone joined for a simple and joyful lunch, sharing not just food but connection and gratitude. The celebration was not merely an event, but a reminder of Amma's compassion, strength, and the values she continues to inspire within the Prasanna family.

It was truly a day of blessings, unity, and inner celebration.

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

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 11, 13 & 14 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

☎ +91 90710 02838, +91 99017 77003, +91 91080 70452, +91 95135 60108
✉ 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: March 11, 13 & 14, 2026

Time: 6:30 AM – 8:00 AM IST

Mode: Live Zoom Session with Swamiji

Click here to join

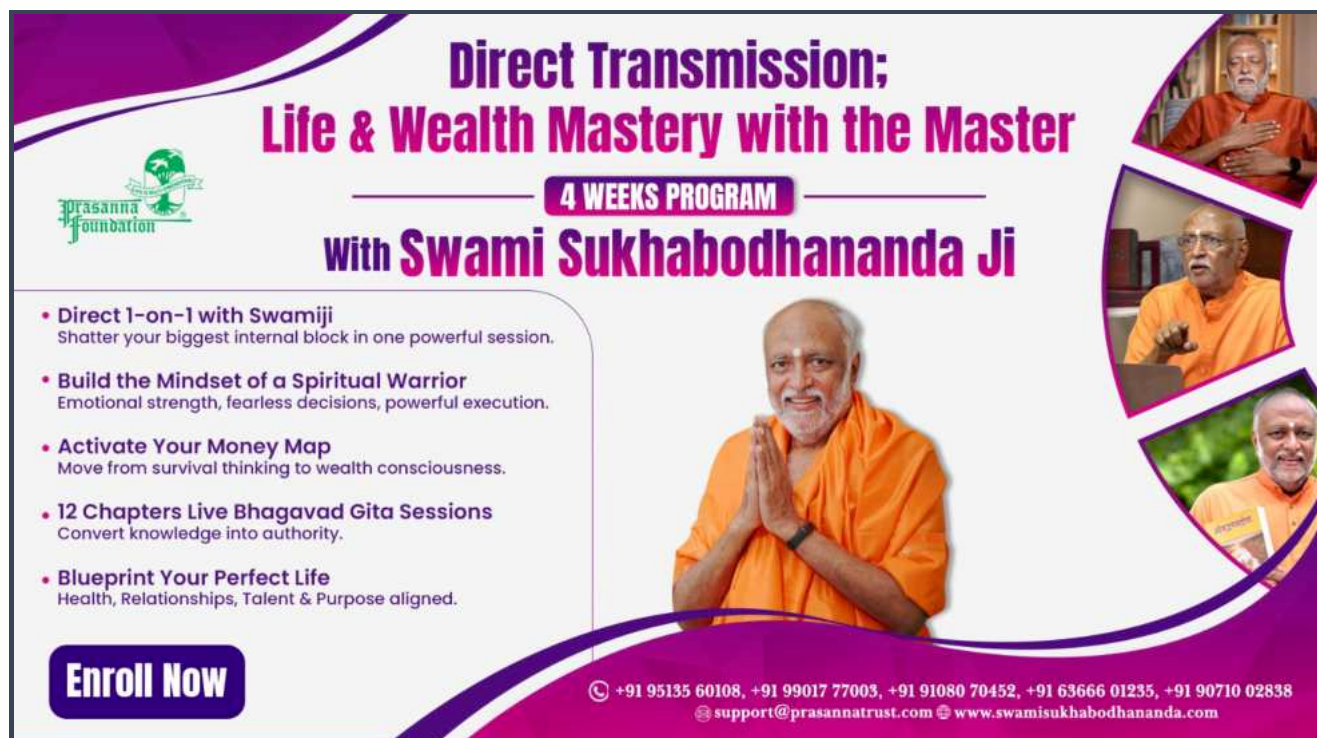


Scan here to join

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.**

Direct Transmission: Life & Wealth Mastery with the Master

A 4-Week Transformational Program with Swami Sukhabodhananda Ji



Direct Transmission;
Life & Wealth Mastery with the Master

4 WEEKS PROGRAM

With Swami Sukhabodhananda Ji

- **Direct 1-on-1 with Swamiji**
Shatter your biggest internal block in one powerful session.
- **Build the Mindset of a Spiritual Warrior**
Emotional strength, fearless decisions, powerful execution.
- **Activate Your Money Map**
Move from survival thinking to wealth consciousness.
- **12 Chapters Live Bhagavad Gita Sessions**
Convert knowledge into authority.
- **Blueprint Your Perfect Life**
Health, Relationships, Talent & Purpose aligned.

Enroll Now

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support@prasannatrust.com www.swamisukhabodhananda.com

Swami Sukhabodhananda Ji invites you to a powerful 4-Week immersive journey designed to help you break internal limitations, build emotional mastery, activate wealth consciousness, and align your life with clarity and purpose. This is not just learning — it is direct transmission for inner and outer transformation.

Exclusive Direct 1-on-1 Session with Swamiji: A powerful personal breakthrough session designed to help you identify and shatter your deepest internal block with direct guidance from the Master.

Week 1 – Break Your Inner Barriers

- Direct 1-on-1 session with Swamiji
- Identify and shatter your biggest internal block
- Gain clarity on decisions you have been postponing
- Shift from confusion to confident action

Week 3 – Activate Your Money Map

- Move from survival thinking to wealth consciousness
- Understand your hidden money patterns
- Reframe scarcity into abundance awareness
- Align purpose with prosperity

Week 2 – Build the Spiritual Warrior Mindset

- Strengthen emotional resilience
- Make fearless decisions without overthinking
- Respond with maturity instead of reacting
- Develop execution power with calm confidence

Week 4 – Blueprint Your Perfect Life

- Move from survival thinking to wealth consciousness
- Understand your hidden money patterns
- Reframe scarcity into abundance awareness
- Align purpose with prosperity

Program Details Age: 12+

Starts on : March 19 2026

Time: 6:30 AM – 8:00 AM IST

Mode: Live Broadcast



Scan here to join

This program is ideal for entrepreneurs, professionals, leaders, students, and anyone ready to upgrade their inner operating system and step into warrior mode. **For registrations and enquiries, please contact +91 90710 02838, +91 99017 77003, +91 91080 70452, or +91 95135 60108.**

Ongoing Online Live Workshops & Mentorship Programs

1:1 Mentoring / CXO

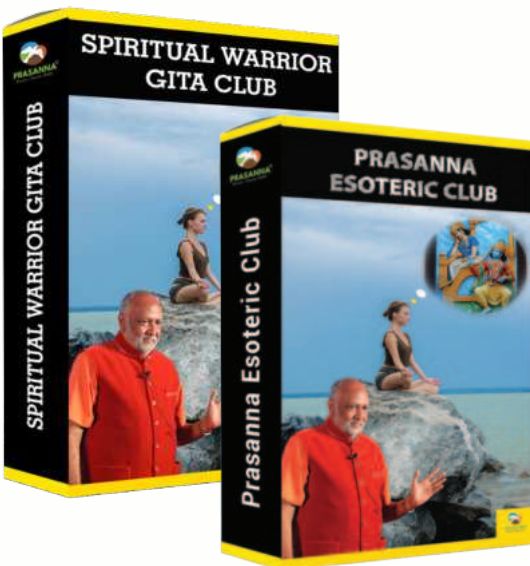
Age: 12+

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+

Next start date: 7th March 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.

