



From Swamiji's Desk

Prayers and blessings from Swamiji

Shiva reminds us: "Chittam mantrah" let the mind itself become a mantra, pure, silent, and a living vibration of awareness.

True renunciation is not merely leaving the world; it is the courage to drop our false images, our borrowed identities, and our inner pretenses and to stand naked in truth, like Shiva himself.

May Mahādeva bless us with simplicity in living, purity in thinking, and fearlessness in being who we truly are.



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

- Swami Sukhabodhananda

A Dream Nurtured by Care



One of the quiet joys of the Prasanna Trust family is witnessing the growth of children whose dreams slowly take shape with the support of the community around them. A touching example is the daughter of one of our team members who works at the Prasanna Trust office. From a young age, she was passionate about pursuing her studies and building a meaningful career. While her father always believed in her potential, financial limitations made it difficult for him to imagine how far she could go. With the support and encouragement of Prasanna Trust, which has supported her education from kindergarten onwards, she was able to continue her studies through school and into college, steadily moving forward with confidence and determination.

Recently, as part of her academic journey, she came to the Prasanna Trust office itself to complete her internship. It was a deeply emotional and proud moment for her father to see his daughter step into the very place where he had been working for years—now as a young professional beginning her own journey. For the entire Prasanna Trust family, it was a beautiful reminder of how collective support, faith, and opportunity can transform lives and help dreams blossom into reality.

“When a community believes in a child’s dream, that dream begins to believe in itself.”

Monthly Service Updates

Anna Daana



Left food distributed at Jayadeva hospitals and in middle image food distributed Sri Jaya Bharathi Educational Co-Operative Society, right image slums of Vivek Nagar.

A Simple Act of Kindness Can Light Up Many Lives

Every meal shared carries more than nourishment—it carries compassion. When a warm, wholesome meal reaches someone who needs it most, it does more than satisfy hunger. It restores dignity, eases worry, and reminds people that they are not alone in their journey.

Through the Anna Daana initiative of Prasanna Trust, thousands of individuals are supported every day across schools, hospitals, and underserved communities. By providing nourishing meals, the Trust helps students stay focused on learning, offers comfort to patients and their families, and supports those facing challenging circumstances. What begins as a simple plate of food becomes a quiet yet powerful expression of care, hope, and human connection.

Vocational Training

Empowering Young Minds Through Skill Development

The vocational training program at **Prasanna Trust**, supported by the **Shivanssh Foundation**, continues to create a meaningful impact in the lives of children by equipping them with practical and essential skills. Students are actively learning basic computer skills, spoken English, and tailoring, helping them build confidence and gain knowledge that opens doors to future opportunities.

With growing enthusiasm from children in nearby communities, the program continues to expand to support more young learners. The summer camps have already begun, offering engaging sessions where students can explore new skills, strengthen their learning, and spend their vacation in a productive and inspiring environment. These camps aim to nurture creativity, confidence, and practical abilities while empowering children to build a brighter future.



For more details please contact Archana: +91 90084 73003 .

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

- Swami Sukhabodhananda

Monthly Service Updates

Gnana Daana



Spreading the Light of Education

Through the Gnana Daana initiative, the gift of education continues to reach many deserving students. Last year alone, more than 250 students received support to pursue their education with confidence and continuity. With the generous contributions of well-wishers, these students have been able to continue their academic journey and build a stronger foundation for their future.

Each act of support becomes a stepping stone in shaping young lives and opening doors to new opportunities. With your continued encouragement and generosity, the initiative hopes to reach even more students in the coming year, ensuring that many more young minds receive the opportunity to learn, grow, and achieve their aspirations.

Prasanna Jyothi

Guiding Young Lives Towards Confidence and Success

Prasanna Jyothi, the girls' home run by Prasanna Trust, continues to provide a safe, nurturing, and supportive environment for the children. With improved infrastructure, comfortable living facilities, and a caring atmosphere, the girls are able to focus on their education and overall development with confidence and enthusiasm.

It is heartening to see the children excelling in their academics while also actively participating in various extracurricular activities. With your contribution and support as a true hero behind these initiatives, these young girls are steadily moving closer to their dreams and aspirations. Your encouragement is helping them grow into confident, capable individuals who believe in their potential.

Every step they take in their education, every new skill they learn, and every achievement they celebrate is made possible through the kindness and support of people like you. Together, we are helping create a foundation of hope, opportunity, and self-confidence that will guide them toward a brighter and more independent future.



“Education is the most powerful gift we can offer — it lights a mind today and brightens countless tomorrows.”

- Swami Sukhabodhananda

Satyanarayana Pooja @Nirguna mandir

A Sacred Monthly Offering



The Satyanarayana Pooja, based on the sacred teachings of the Skanda Purana and blessed by Swami Sukhabodhananda Ji, is conducted every month on a designated sacred day, bringing devotees together in devotion and prayer.

The pooja is conducted by Sri Gururaj and Sri Jitendra Joshi, senior students of Swamiji, who guide the ritual with sincerity and devotion, creating a spiritually uplifting space for participants to seek divine blessings and offer their prayers with gratitude.

In the month of February, the pooja was performed online by Haritha from New Jersey, USA, and Ramalakshmi Amma, allowing them to participate in this sacred ritual from afar while remaining spiritually connected to the ceremony. Through the online format, devotees from different parts of the world are able to join and experience the grace and blessings of the Satyanarayana Pooja, reminding us that devotion transcends distance and unites hearts in faith and prayer.

“When a community believes in a child’s dream, that dream begins to believe in itself.”

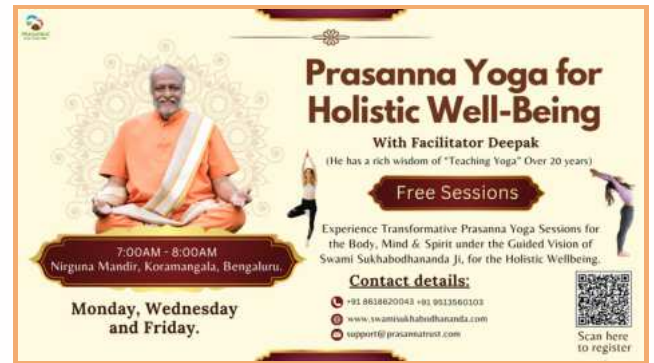
Programs at Nirguna Mandir

Prasanna Yoga Online session



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

Prasanna Yoga In-Person session



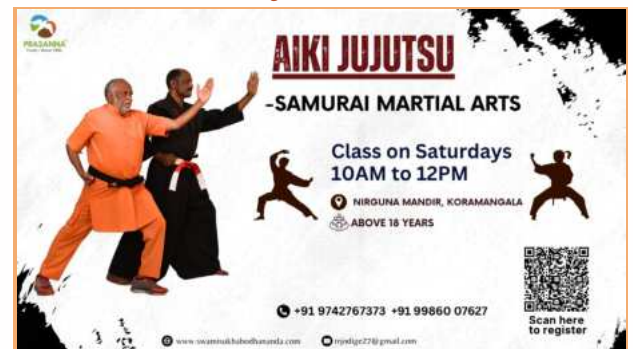
Every Monday, Wednesday & Friday
From 7:00 AM to 8:00 AM
@Nirguna Mandir

Other Programs at Nirguna Mandir

Aiki Jujutsu session



For performing Satyanarayana Pooja,
kindly reach us at the contact details below
+91 9513560108, +91 9108070452



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 extend my heartfelt appreciation to the Trustees, the committed team at Prasanna Trust, our passionate volunteers, and the devoted students of Swamiji for their constant support and selfless service. Their dedication, sincerity, and collective effort continue to strengthen every initiative and help us reach more lives with care and purpose.

Shakila

COO, Prasanna Trust

Trustee, Prasanna Avatar Foundation, USA

The work of Prasanna Trust continues to grow through the goodwill and encouragement of many individuals who believe in the spirit of service. Their generous support and thoughtful guidance have strengthened our initiatives, including the Cattle Welfare program and our expanding vocational training efforts. With every act of support, these initiatives are able to reach more lives and create opportunities for meaningful change..

We are deeply thankful to the leaders and well-wishers whose vision and encouragement continue to guide these efforts. Their belief in compassionate action has helped turn ideas into initiatives that benefit communities in lasting ways.

I also extend my sincere gratitude to the Trustees, the dedicated team at Prasanna Trust, our enthusiastic volunteers, and the devoted students of Swamiji. Their collective commitment, spirit of service, and tireless efforts ensure that these initiatives continue to grow and touch many lives with hope and possibility.

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

Swami Sukhabodhananda





Index of Events & Programs

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Shivaratri Online Utsav 2026, From 21st to 29th April

B. Upcoming - In-Person Workshops

upcoming in-person workshop @ USA

C. Recent On-site Yatra

Elab Retreat with Jagannath Puri Yatra

D. Recent On-Site workshop

Delhi Gita Talk

D. Ongoing Online Live Workshops & Mentorship Programs

1:1 Mentoring / CXO Program

Gita Sessions – PEC / SWGC

Direct Transmission: Life & Wealth Mastery with the Master

The Ultimate Guide to Inner Strength & High Performance

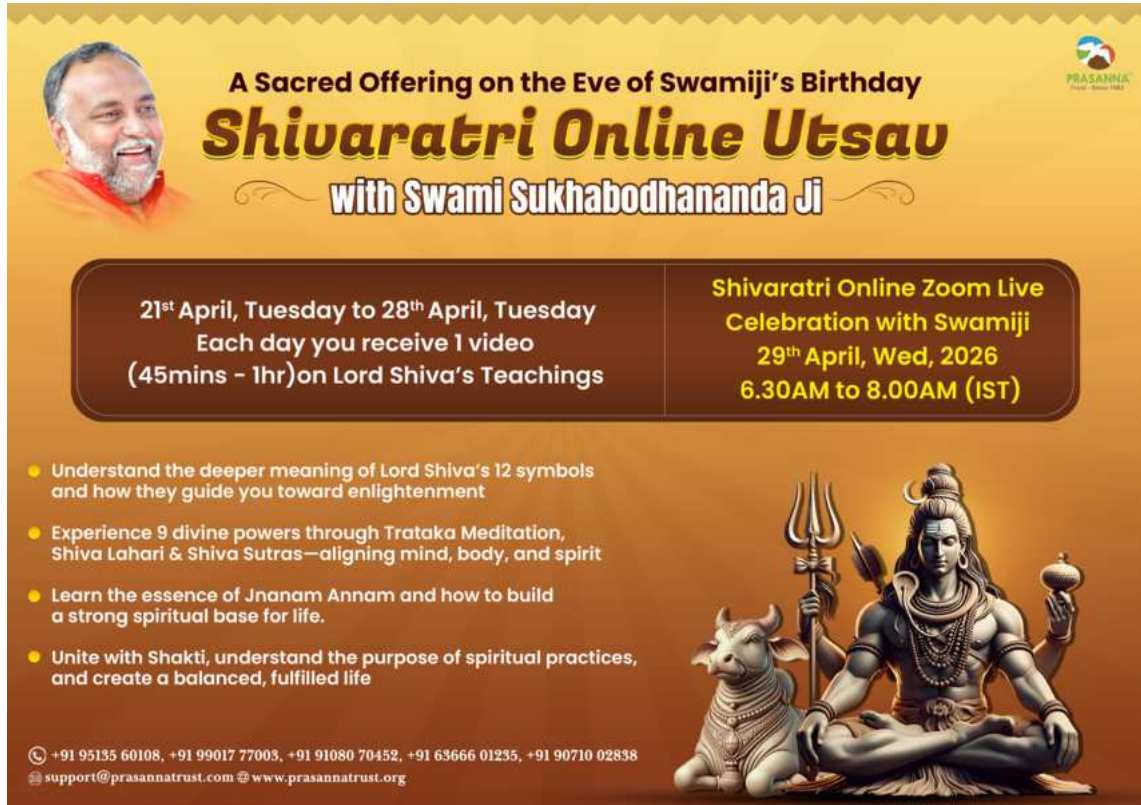
Spiritual Morning Retreat

“When we listen deeply, serve selflessly, and rest in stillness, life reveals its deepest harmony.”

Upcoming - Online Utsav

Shivaratri Online Utsav 2026

From 21st to 29th April



A Sacred Offering on the Eve of Swamiji's Birthday

Shivaratri Online Utsav

with Swami Sukhabodhananda Ji

21st April, Tuesday to 28th April, Tuesday
Each day you receive 1 video
(45mins - 1hr) on Lord Shiva's Teachings

**Shivaratri Online Zoom Live
Celebration with Swamiji**
29th April, Wed, 2026
6.30AM to 8.00AM (IST)

- Understand the deeper meaning of Lord Shiva's 12 symbols and how they guide you toward enlightenment
- Experience 9 divine powers through Trataka Meditation, Shiva Lahari & Shiva Sutras—aligning mind, body, and spirit
- Learn the essence of Jnanam Annam and how to build a strong spiritual base for life.
- Unite with Shakti, understand the purpose of spiritual practices, and create a balanced, fulfilled life

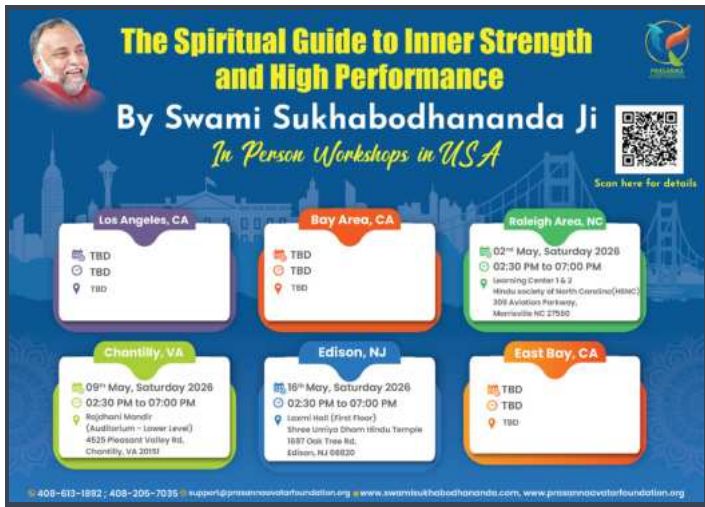
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support@prasannatrust.com www.prasannatrust.org

On the eve of **Swami Sukhabodhananda Ji's birthday**, a special **Shivaratri Online Utsav** is being offered from **21st April (Tuesday) to 28th April (Tuesday), 2026**. During these nine days, participants will receive one daily video session of about 45 minutes to 1 hour exploring the deeper teachings of Lord Shiva. Through Swamiji's guidance, seekers will reflect on the profound symbolism of Shiva, understand the deeper foundation of life, and discover how these timeless insights can help cultivate clarity, inner strength, and spiritual awareness in modern living.

The nine-day journey will culminate in a **Shivaratri Online Zoom Live Celebration with Swamiji on 29th April, Wednesday, 2026, from 6:30 AM to 8:00 AM (IST)**. Through transformative practices such as Trataka Meditation, Shiva Lahari, and Shiva Sutras, participants will experience a deeper connection with the energies of Lord Shiva while learning practical ways to bring harmony, balance, and purpose into everyday life. This sacred offering provides a beautiful opportunity for devotees and seekers across the world to celebrate Shivaratri in a deeply meaningful and transformative way.

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

Swamiji's USA In-Person Workshops Schedule



LOS ANGELES, CA

LOCATION

TBD

DATE & TIME

April 18th weekend

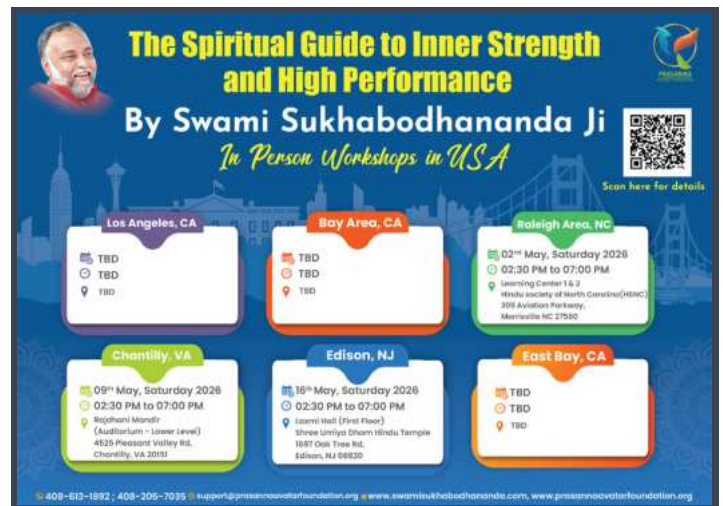
SFO BAY AREA, CA

LOCATION

TBD

DATE & TIME

April 25th weekend



RALEIGH AREA, NC

LOCATION

**Learning Center 1 & 2
Hindu society of North Carolina (HSNC),
309 Aviation Parkway,
Morrisville NC 27560**

DATE & TIME

**2nd May, Saturday 2026
02:30 PM to 07:00 PM (EST)**



ALL ARE WELCOME TO JOIN SWAMIJI'S IN-PERSON WORKSHOP

Swamiji's USA In-Person Workshops Schedule



CHANTILLY, VA

LOCATION

**RAJDHANI MANDIR
(AUDITORIUM - LOWER LEVEL)
4525 PLEASANT VALLEY RD,
CHANTILLY, VA 20151**

DATE & TIME

**May 9th Saturday, 2026
02.30 PM to 7:00 PM**

EDISON, NJ

LOCATION

**LAXMI HALL (FIRST FLOOR)
SHREE UMIYA DHAM HINDU TEMPLE,
1697 OAK TREE RD,
EDISON, NJ 08820**

DATE & TIME

**May 16th Saturday, 2026
02.30 PM to 7:00 PM**



The Spiritual Guide to Inner Strength and High Performance
By Swami Sukhabodhananda Ji
In Person Workshops in USA

Los Angeles, CA: TBD
Bay Area, CA: TBD
Raleigh Area, NC: 02nd May, Saturday 2026, 02:30 PM to 07:00 PM
Chantilly, VA: 09th May, Saturday 2026, 02:30 PM to 07:00 PM
Edison, NJ: 16th May, Saturday 2026, 02:30 PM to 07:00 PM
East Bay, CA: TBD

EAST BAY, CA

LOCATION

TBD

DATE & TIME

May 23rd weekend

SWAMIJI'S PREVIOUS VISIT TO USA



STERLING, VA



BAY AREA, CA



NEW JERSEY, NJ



MARLBORO, NJ

ALL ARE WELCOME TO JOIN SWAMIJI'S IN-PERSON WORKSHOP

Recent- On-site Delhi Gita Talk

DEVOTIONAL LIVING THROUGH THE BHAGAVAD GITA **The Way of Transforming Life**



The Mahendra and Lakshmi Jhawar Annual Gita Lecture on Devotional Living through the Bhagavad Gita was a deeply inspiring evening for all who attended. Swami Sukhabodhananda Ji beautifully unfolded the timeless wisdom of the Bhagavad Gita and connected it with the realities of modern life. Participants shared that the talk helped them see devotion not as a ritual, but as a way of living with clarity, balance, and inner strength. Many felt a renewed sense of purpose as Swamiji explained how spiritual understanding can transform everyday challenges into opportunities for growth.

Attendees expressed that the session left them with practical insights they could apply immediately in their personal and professional lives. Through Swamiji's simple yet powerful explanations, the teachings of the Gita became relatable and deeply relevant. The evening created a space for reflection, inspiration, and inner connection, leaving participants feeling uplifted, peaceful, and motivated to live with greater awareness and devotion.

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

Recent - Odisha On-site Retreat

3-Day E-Lab Retreat with Puri Jagannath Yatra



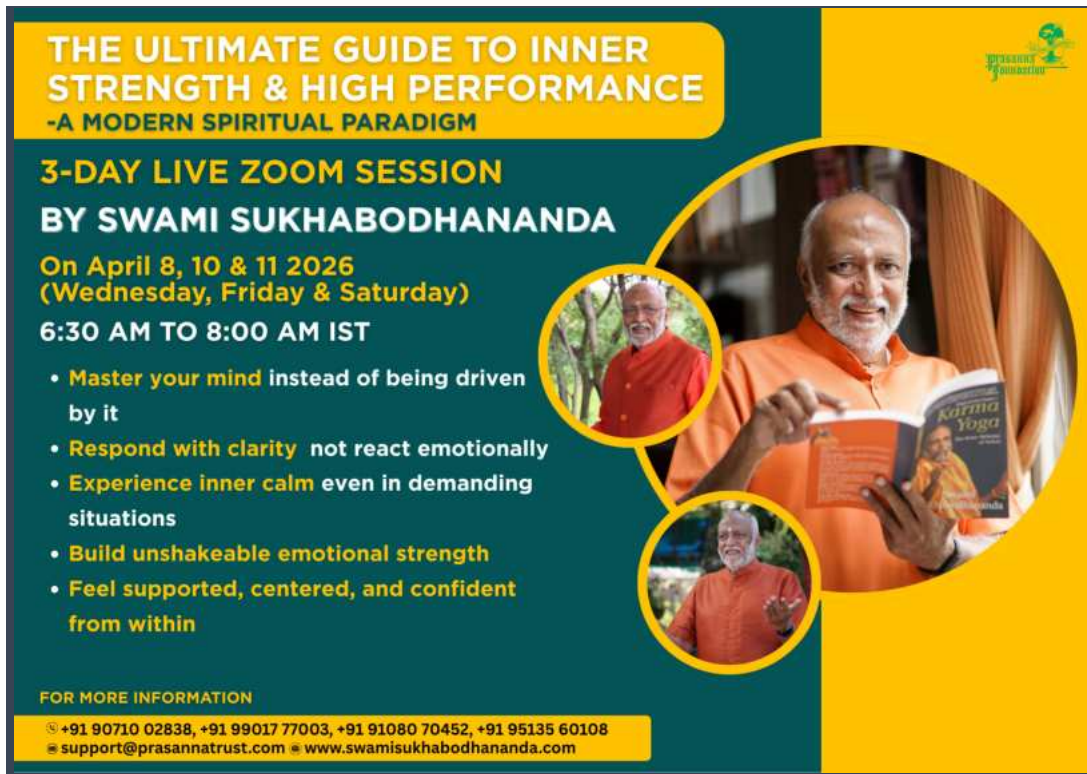
The 3-Day E-Lab Retreat with Puri Jagannath Yatra in the sacred city of Puri offered participants a deeply transformative spiritual experience with Swami Sukhabodhananda Ji. Surrounded by the serene presence of the ocean and the spiritual energy of Lord Jagannath's land, attendees immersed themselves in powerful sessions on self-discovery, meditation, and inner transformation. Swamiji's teachings helped participants reconnect with their true selves, encouraging them to let go of limiting thoughts and rediscover a sense of lightness, clarity, and inner peace.

Many participants shared that the retreat created a rare space for reflection and renewal. Through life-changing meditations, insights into transformational astrology, and joyful celebrations by the beachside, the retreat blended spiritual learning with a sense of community and celebration. Participants returned feeling refreshed, inspired, and better equipped to live with awareness, balance, and a deeper connection to life.

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

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 April 8, 10 & 11 2026
(Wednesday, Friday & Saturday)
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

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: April 8, 10 & 11, 2026
(Wednesday, Friday & Saturday)

Time: 6:30 AM – 8:00 AM IST

Mode: Live Zoom Session with Swamiji

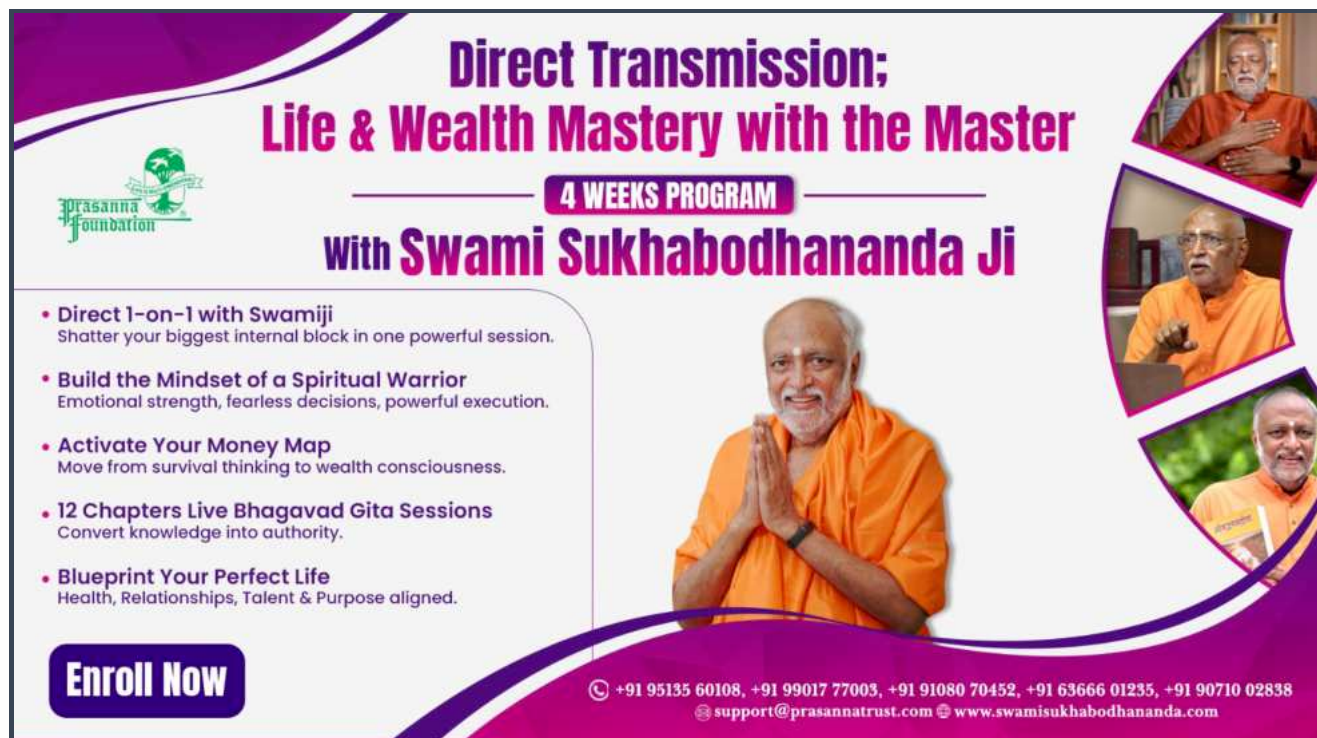


Scan here to join

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.

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



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.**

Scan here to join

Ongoing Online Live Workshops & Mentorship Programs

1:1 Mentoring / CXO

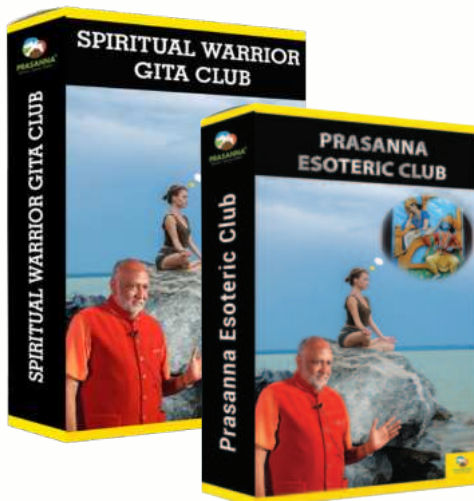
Age: 12+

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



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

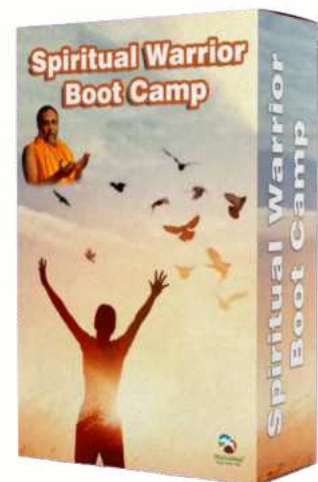
Age: 16+

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: 21st 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.



**TO ENROLL IN THESE COURSE PLEASE SCAN
THE QR CODE**