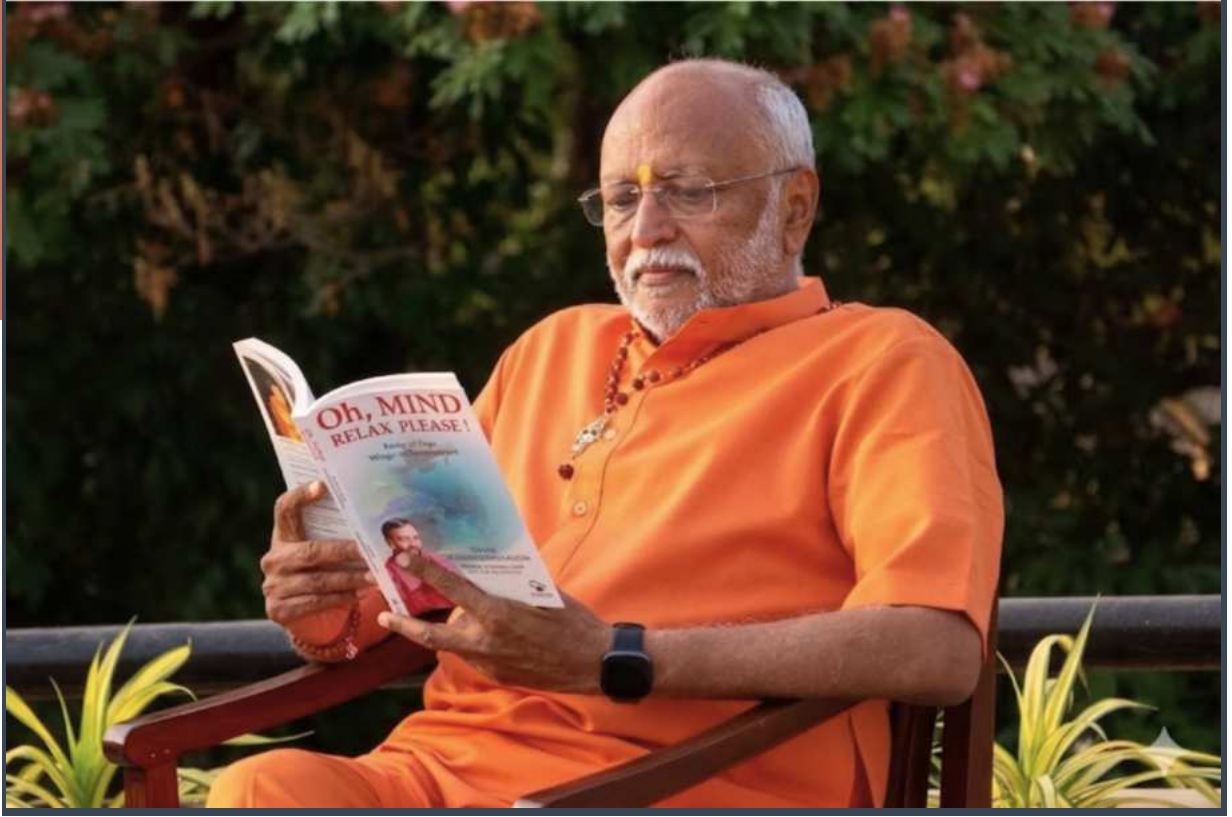


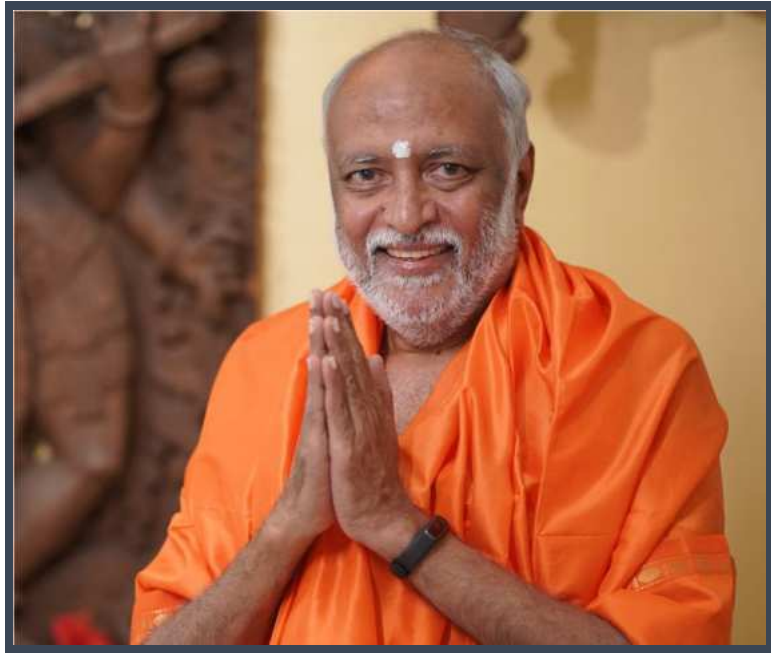


From Swamiji's Desk

Prayers and blessings from Swamiji

To read inspiring words is not merely to gather thoughts; it is to allow higher vibrations to enter the mind. A good sentence, when read deeply, becomes like a lamp in the inner room of consciousness. Many read quickly, but very few receive what they read. Spiritual reading is not information it is inner formation.

Just as the body needs food every day, the mind needs noble reflection every morning. One inspiring idea, held with silence, can guide an entire day



“One inspiring thought, held quietly within, can illuminate the whole day.”

- Swami Sukhabodhananda

Uncertainty to Achievement



Coming from a small village, Dhanya's dream of becoming an engineer carried both hope and uncertainty. While she had the determination to pursue higher education, the financial burden of engineering studies weighed heavily on her family. Meeting tuition expenses alongside daily responsibilities became increasingly difficult, and continuing her education seemed uncertain. At this crucial juncture, support from Prasanna Trust became a turning point. During the second, third, and fourth years of her engineering course, the Trust stepped in to cover half of her educational expenses, easing the strain on her parents and giving Dhanya the confidence to continue her journey.

Freed from constant financial worry, Dhanya focused wholeheartedly on her studies and personal growth. She actively participated in extracurricular activities, especially sports, while maintaining strong academic performance. Her consistent effort and balanced achievements earned her the All-Rounder Award for her entire batch—an accomplishment that reflected both her perseverance and the opportunity she received. As she now steps into her professional career, Dhanya's journey stands as a reminder that timely support and belief in a student's potential can transform uncertainty into confidence and dreams into meaningful achievements.

“When opportunity meets determination, even the most distant dreams begin to feel within reach.”

Monthly Service Updates

Anna Daana



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

A Simple Meal, A Meaningful Impact

A shared meal is more than nourishment—it is a gesture of care and reassurance. When a warm, wholesome plate of food reaches someone in need, it brings comfort beyond hunger. It restores a sense of dignity, reduces worry, and reminds individuals that they are supported and not alone in their journey.

Through the Anna Daana initiative of Prasanna Trust, many individuals are supported each day across schools, hospitals, and underserved communities. By serving nutritious meals, the Trust helps students remain focused on learning, offers relief to patients and their families, and extends care to those facing difficult circumstances. What begins as a simple act of giving becomes a quiet yet powerful expression of compassion and shared humanity.

Vocational Training

Building Confidence Through Practical Skills

The program began with a medical camp conducted by Sandhar Hanshin and supported by Prasanna Trust, focusing on the well-being of children enrolled in the vocational training initiative. As part of the camp, eye check-ups were carried out and spectacles were handed over to students who required vision support. This thoughtful step ensured that children could participate in learning activities more comfortably and with improved focus.

The vocational training initiative at Prasanna Trust, with the support of Shivansh Foundation, continues to make a meaningful difference by equipping children with practical life skills. Students are learning basic computer knowledge, spoken English, and tailoring, helping them develop confidence and gain abilities that support their academic and personal growth. With growing participation from nearby communities, the program is expanding to reach more young learners, nurturing creativity, building confidence, and empowering children with skills for a brighter future.



“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

Academic Achievement Celebrating the Success of Our Students

We are delighted to share that two of our students have successfully passed their 2nd year PUC examinations with commendable results. Palak A. Pawar secured a Distinction, and Rajeshwari achieved First Class. Their hard work, discipline, and consistent efforts throughout the academic year have led to this proud accomplishment. This milestone not only reflects their dedication to studies but also their determination to overcome challenges and continue progressing toward their future aspirations.

These achievements bring great encouragement to the students and serve as inspiration for others pursuing their education. With the right guidance, support, and a nurturing environment, they have been able to focus on their studies with confidence and clarity. We extend our heartfelt gratitude to all our donors and well-wishers for supporting this initiative of empowering the girl child through education. Your generosity continues to make a meaningful difference, helping students like Palak and Rajeshwari move forward with hope, confidence, and the opportunity to build a brighter and more independent future.

2 nd PUC EXAM - 1 NOV 2024				
Name: PALAK A. PAWAR				
Reg. No. 2025VTS6342				
Part A				
Subject	Theory Marks	Practical/Internal Marks	Total Marks	
ENGLISH	72	20	92 P	
SANSKRIT	80	20	100 P	
Part A - TOTAL			192	
Part B				
Subject	Theory Marks	Practical/Internal Marks	Total Marks	
ECONOMICS	72	20	92 P	
BUSINESS STUDIES	79	20	99 P	
ACCOUNTANCY	71	20	91 P	
BASIC MATHS	62	18	80 P	
Part B - TOTAL			362	
TOTAL MAXIMUM MARKS	600			
TOTAL OBTAINED MARKS	554			
FINAL RESULT	Distinction			

Part A				
Subject	Theory Marks	Practical/Internal Marks	Total Marks	
ENGLISH	54	17	71 P	
SANSKRIT	66	19	85 P	
Part A - TOTAL			156	
Part B				
Subject	Theory Marks	Practical/Internal Marks	Total Marks	
BUSINESS STUDIES	52	15	67 P	
ACCOUNTANCY	43	19	62 P	
STATISTICS	64	17	81 P	
BASIC MATHS	45	14	59 P	
Part B - TOTAL			269	
TOTAL MAXIMUM MARKS	600			
TOTAL OBTAINED MARKS	425			
FINAL RESULT	First Class			

“Every milestone achieved by a girl through education becomes a step toward a stronger, brighter future.”

- Swami Sukhabodhananda

Health Camp at Nirguna Mandir



On 22nd March, a health camp was conducted at Nirguna Mandir for the underprivileged as a CSR activity by Sandhar Hanshin, supported by Prasanna Trust. The initiative aimed to provide accessible healthcare and create awareness about overall well-being. Children from the Prasanna Jyothi initiative and the vocational training program actively took part and benefited from the services offered.

General health, eye, and dental check-ups were conducted during the camp, ensuring comprehensive care for the participants. The camp witnessed good participation and addressed basic health concerns with attention and dignity. The screenings helped identify early health issues and provided guidance for better care and follow-up where required.

Sanitary kits were also distributed to the girl children, along with basic awareness on hygiene and well-being. The camp created a supportive environment where participants could interact with medical professionals and understand the importance of preventive healthcare. This thoughtful initiative made a meaningful difference, reflecting a collective effort to support the well-being of children and the community with care, compassion, and dignity.

“Care that protects health today builds confidence for a stronger tomorrow.”

Satyanarayana Pooja @Nirguna mandir Devotion Beyond Distance



On 14th March, the sacred Satyanarayan Pooja was performed at Nirguna Mandir for Mrs. Poornima and Sreeja Bhaskaran from Thane, who joined the ceremony with devotion through Zoom. Even though they participated remotely, the pooja was conducted in a serene and spiritual atmosphere, bringing a sense of connection and reverence.

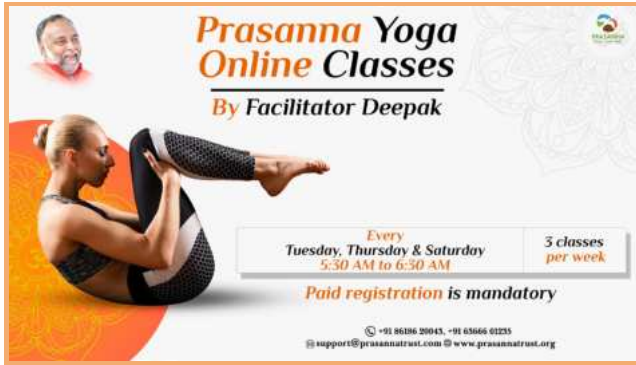
The rituals were carried out by Mr. Joshi with deep sincerity and sacred attention, ensuring that each step of the pooja was performed with care and tradition. The calm surroundings of Nirguna Mandir added to the devotional experience, making the occasion meaningful for all those involved.

At the conclusion of the ceremony, Āsīrvāda Vachanam and blessings were offered, marking the completion of the sacred observance. The gathering reflected how faith and devotion can transcend distance, allowing participants to be spiritually present and connected in a shared moment of prayer. The prayers were offered for well-being, harmony, and prosperity, bringing a sense of peace and gratitude to the occasion.

**“Where devotion is sincere, distance
dissolves and blessings reach the heart”**

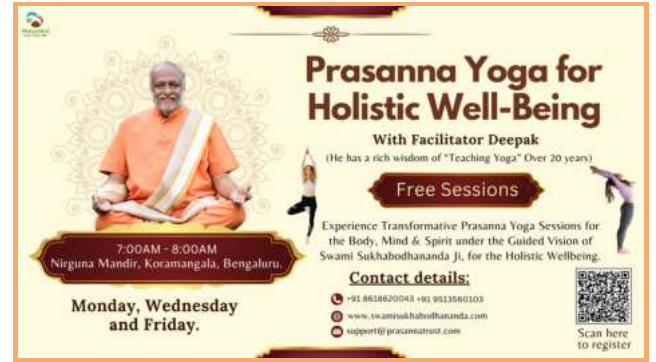
Programs at Nirguna Mandir

Prasanna Yoga Online session



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

Prasanna Yoga In-Person session



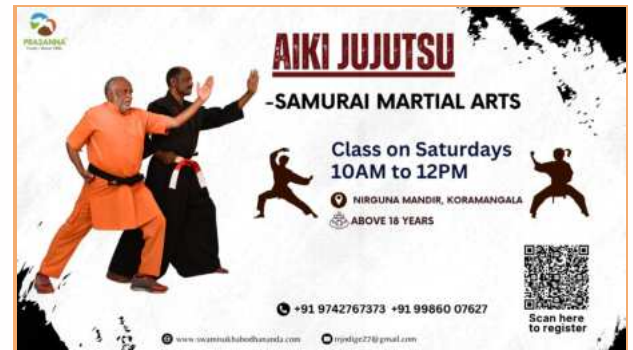
Every Monday, Wednesday & Friday
From 7:00 AM to 8:00 AM
@Nirguna Mandir

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 sincere appreciation to the Trustees, the dedicated team at Prasanna Trust, our enthusiastic volunteers, and the devoted students of Swamiji for their continued support and selfless service. Their commitment, sincerity, and collective efforts play a vital role in strengthening every initiative and enabling us to reach more lives with care, compassion, and purpose.

Shakila

COO, Prasanna Trust

Trustee, Prasanna Avatar Foundation, USA

With the continued goodwill and encouragement of many individuals, the initiatives of Prasanna Trust are steadily growing in reach and impact. Their generous support and thoughtful guidance have strengthened key efforts such as the Cattle Welfare program and the expanding vocational training initiatives. Each act of support helps extend these services to more beneficiaries, creating opportunities for meaningful and lasting change.

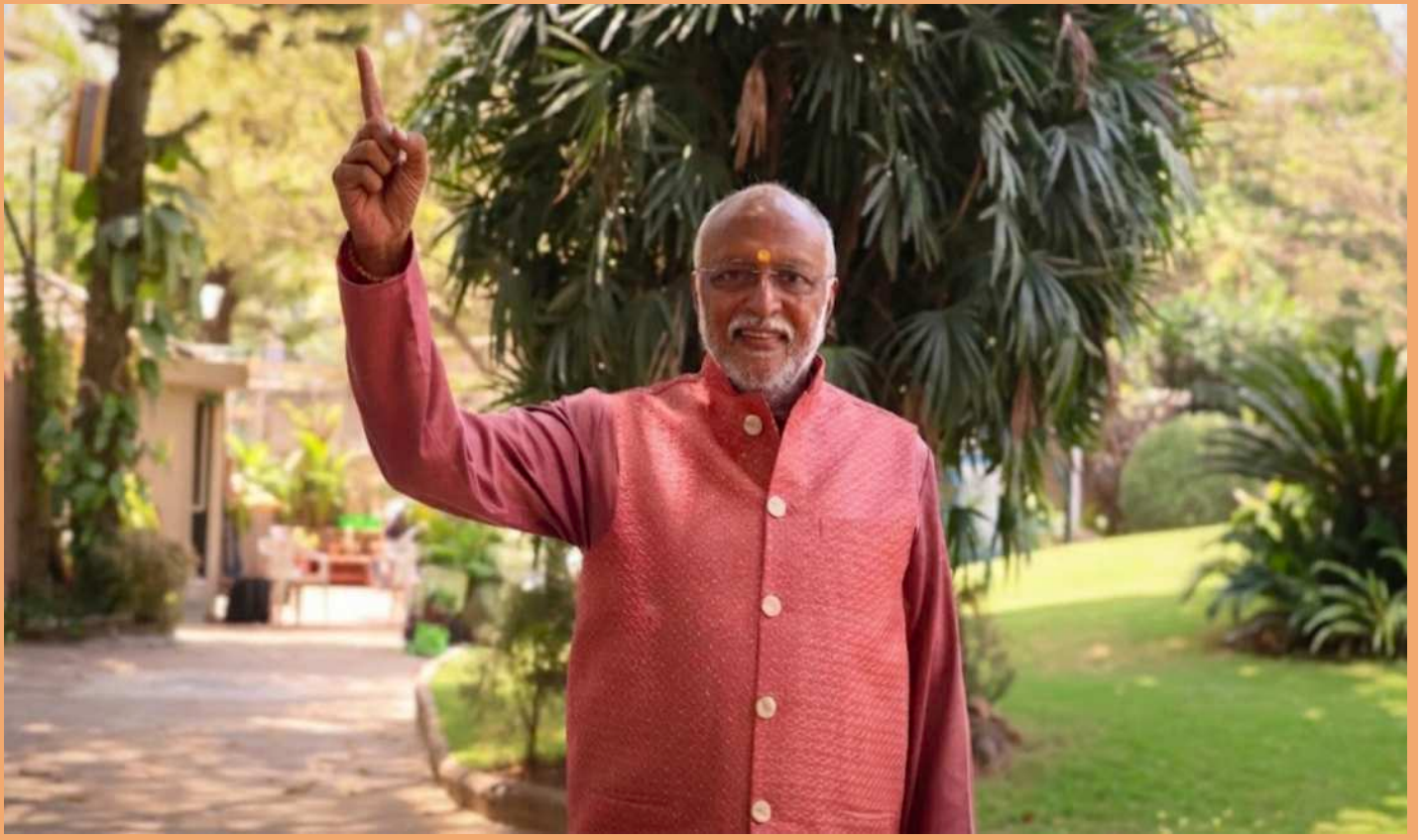
We are deeply grateful to the leaders and well-wishers whose vision and encouragement continue to guide these efforts. Their belief in compassionate action enables these initiatives to evolve and benefit communities in a sustainable and meaningful way.

I also extend my sincere appreciation 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, care, and possibility.



“Money can't truly change people but wisdom changes people”

Swami Sukhabodhananda



Index of Events & Programs

A. Upcoming - Online Utsav

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

B. Upcoming - In-Person Workshops

upcoming in-person workshop @ USA

C. 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



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)

CHANTILLY, VA

LOCATION

Rajdhani Mandir

(Auditorium - Lower Level)

4225 Pleasant Valley RD,
Chantilly, VA 20151

DATE & TIME

May 9th Saturday, 2026

02.30 PM to 7:00 PM (EST)



EDISON, NJ

LOCATION

Laxmi Hall (First Floor)

Shree Umiya Dham Hindu Temple,
1697 Oak Tree RD,
Edison, NK 08820

DATE & TIME

May 16th Saturday, 2026

02.30 PM to 7:00 PM (EST)

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

Swamiji's USA In-Person Workshops Schedule



SFO BAY AREA, CA

LOCATION

Cupertino Community Center
10350 Torre Ave
Cupertino, CA 95014

DATE & TIME

23rd May, Saturday 2026
2:30PM to 7:00PM (PST)

SWAMIJI'S PREVIOUS VISIT TO USA



STERLING, VA



BAY AREA, CA



NEW JERSEY, NJ

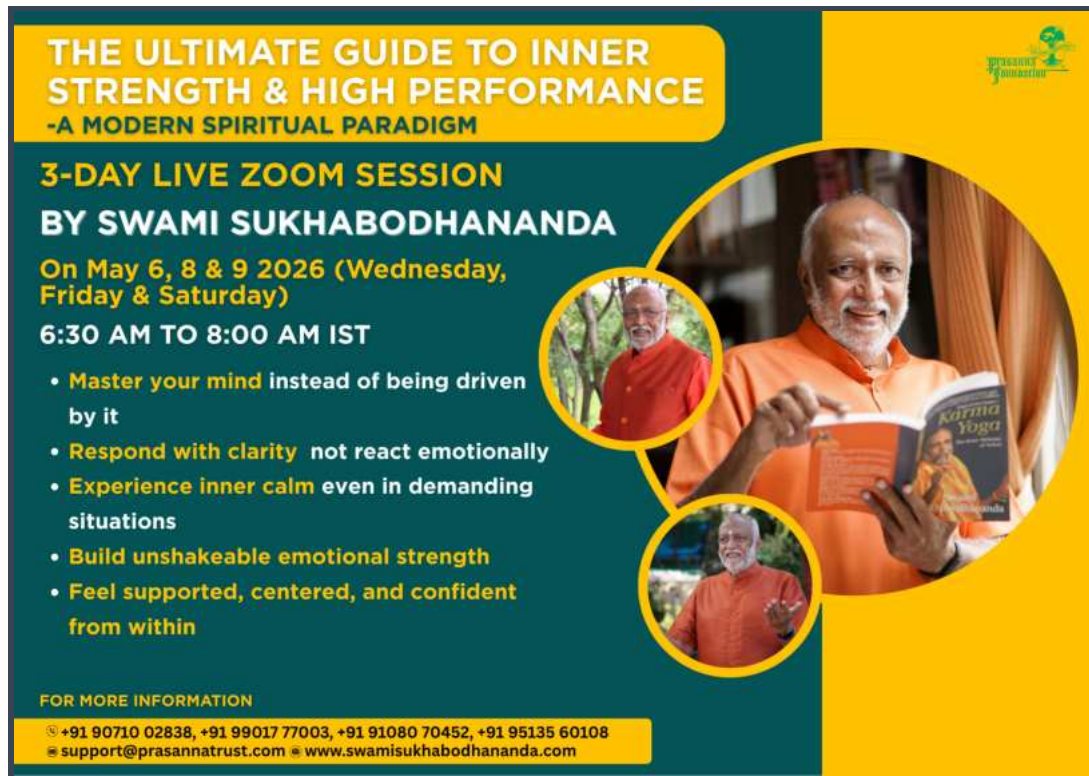


MORRISVILLE, NC

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

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 May 6, 8 & 9 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: May 6, 8 & 9, 2026
(Wednesday, Friday & Saturday)

Time: 6:30 AM – 8:00 AM IST

Mode: Live Zoom Session with Swamiji

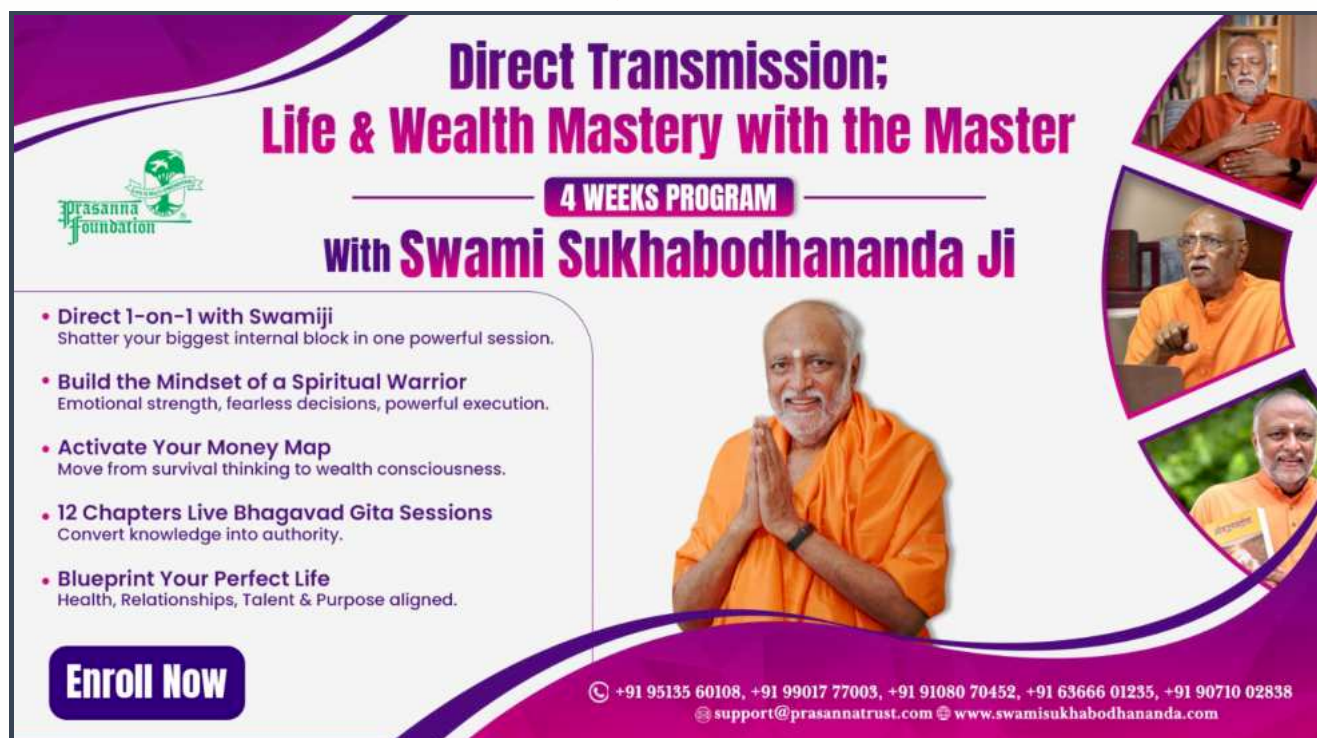


Scan here to join

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

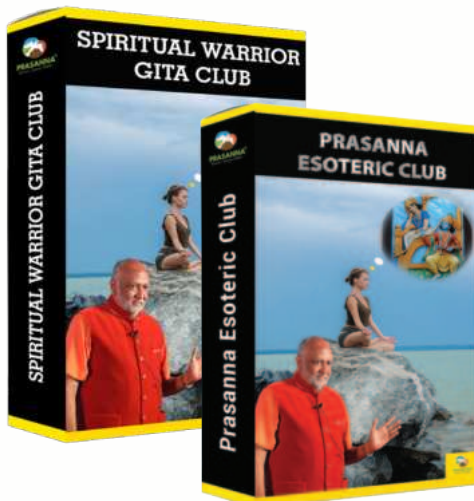
Age: 12+

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

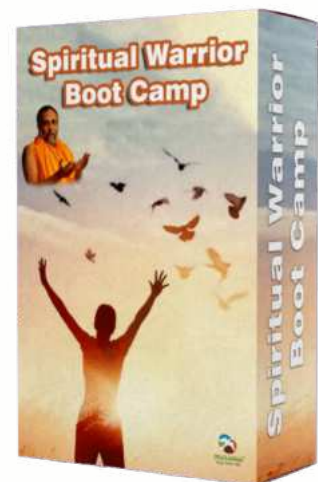
Age: 16+

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 2.0 Age: 12+

Next start date: 2nd May 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**