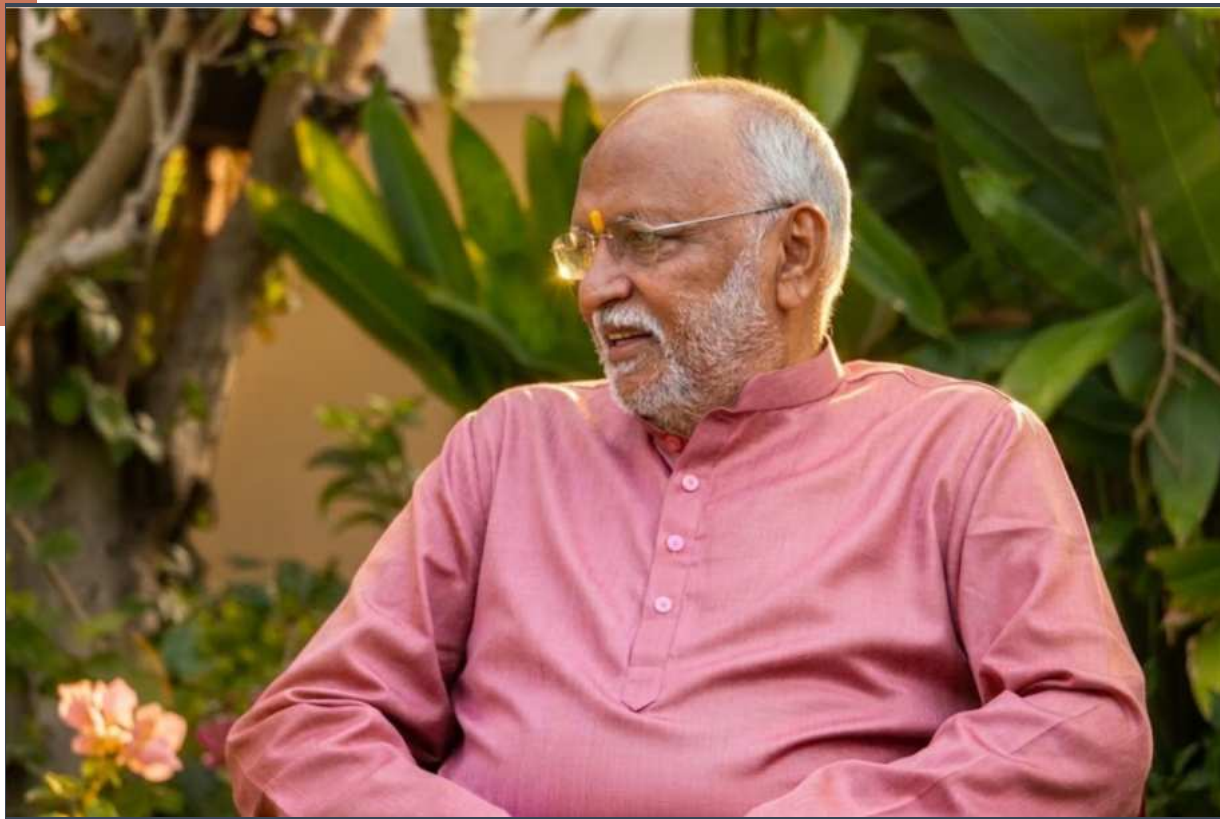




From Swamiji's Desk

Prayers and blessings from Swamiji

In our tradition, this is called “kona su-chita”—clarity from every angle—and “prayoga”—the art of applying knowledge in life. Learning is incomplete until it touches our thinking, feeling, and action. Let every idea you hear become a living experience in your daily life—whether in relationships, work, or inner growth.

Do not collect knowledge; convert it into consciousness.

Do not admire ideas; embody them.



“Knowledge becomes transformative only when it flows from the mind into everyday living.”

- Swami Sukhabodhananda

When Hope Needs a Helping Hand



Life took an unexpected and heartbreaking turn for a young mother battling the final stages of cancer, left to care for her two young daughters after being abandoned by her husband during her most difficult days. With no steady support and growing uncertainty about her children's future, her greatest fear was not for herself, but for the education and wellbeing of her daughters. Amidst pain and helplessness, she approached Prasanna Trust with hope that her children would not be forced to give up their dreams because of circumstances beyond their control.

Moved by her situation, Prasanna Trust has stepped forward to support the education of the two girls, ensuring that they continue their studies with dignity, care, and hope for a brighter future. While the mother continues her courageous battle, this support brings her comfort and peace, knowing that her daughters will have the opportunity to learn, grow, and build a better life ahead. Through the kindness of compassionate wellwishers, the Trust continues to stand beside families facing difficult times, bringing light where there is uncertainty and hope where it is needed most.

In moments when life feels darkest, even a small act of kindness can become the reason a child continues to dream.

**"Sometimes the greatest gift we can give a child
is the chance to keep believing in tomorrow."**

Monthly Service Updates

Anna Daana



Left food distributed at at Jayanagar govt hospital, right top image food distributed at CV Raman hospital, and in right bottom image food distributed at Maya bazar,

Nourishing Lives, One Meal at a Time

A wholesome meal is more than just food on a plate—it is a source of comfort, dignity, and hope. For many individuals facing hardship, a warm meal offers reassurance that someone cares and that they are not forgotten. Beyond satisfying hunger, it brings strength, peace of mind, and the confidence to face another day.

Through the Anna Daana initiative of Prasanna Trust, nutritious meals reach children, patients, families, and underserved communities every single day. Whether supporting students in their education, comforting families during medical challenges, or serving those in difficult circumstances, each meal becomes an expression of compassion and humanity. What may appear to be a simple act of giving often creates a lasting impact in the lives it touches.

Vocational Training

Summer Classes at Nirguna Mandir

Prasanna Trust, in collaboration with SHIVANSSH Foundation, is conducting engaging Summer Classes at Nirguna Mandir focused on English communication and basic computer education for children and youth.

The sessions are designed to create a joyful and interactive learning environment where students can develop confidence, improve communication skills, and gain essential digital knowledge. Through activities, group interaction, and practical learning, the children are encouraged to explore their potential and build important life skills for the future.

The classrooms are filled with enthusiasm, laughter, and eager participation as students come together every day to learn and grow. These summer classes are not just about education, but about empowering young minds with confidence, creativity, and opportunity.

Prasanna Trust sincerely thanks SHIVANSSH Foundation for their valuable collaboration and continued support in creating meaningful impact in the lives of children through education and skill development.



**“Through education, confidence grows,
dreams awaken, and futures begin to shine.”**

- Swami Sukhabodhananda

Monthly Service Updates

Gnana Daana



Nurturing Dreams Through Gnana Daana

Education has the power to transform lives, and through the Gnana Daana initiative, many students have been given the opportunity to continue their studies with dignity and hope. In the past year, over 250 deserving students received educational assistance, helping them pursue their dreams without interruption. The kindness and generosity of compassionate wellwishers have played a vital role in supporting these young minds on their academic journey.

Every contribution made towards education creates a lasting impact, empowering students to build brighter futures for themselves and their families. With continued support and encouragement, the initiative aims to extend its reach to many more deserving children in the coming year, ensuring that the light of learning continues to inspire confidence, growth, and new possibilities.

Prasanna Jyothi

A Memorable Educational & Joyful Trip to Mysuru

Prasanna Jyothi Children's Excursion – April 22nd to 24th, 2026

With the blessings of Swami Sukhabodhananda and the generous support of wellwishers, the children of Prasanna Jyothi enjoyed a joyful and memorable excursion to Mysuru and nearby places from 22nd to 24th April 2026. The children visited Ranganathittu Bird Sanctuary, enjoyed boating amidst nature, and explored the grandeur of Mysore Palace, where free entry and a guide were kindly arranged through wellwishers. They also received the blessings of visiting Chamundeshwari Temple and spent happy moments at Karanji Lake Nature Park, along with visits to the Mysuru Zoo and Aquarium.

On the final day, the children enjoyed playing in the shallow backwaters of the sacred Cauvery River and sought the blessings of Venugopalaswamy Temple. The trip was filled with learning, laughter, joy, and unforgettable memories. Heartfelt gratitude to Poojya Swamiji and all the wellwishers whose kindness and support made this beautiful experience possible for the children of Prasanna Jyothi.

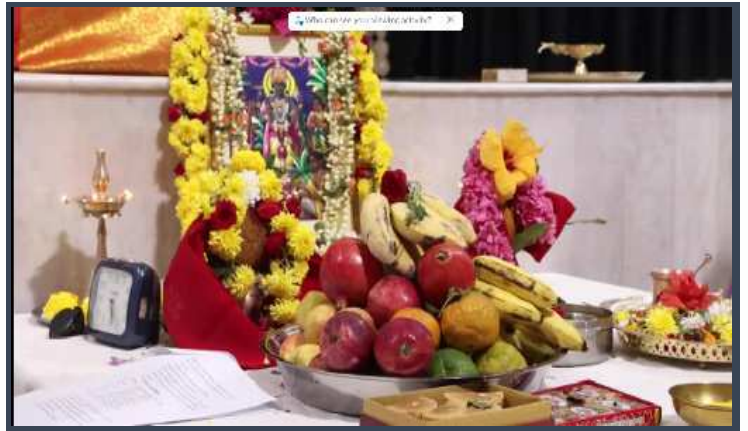


**“Every journey opens a new window
of learning, joy, and hope in a child’s heart.”**

- Swami Sukhabodhananda

Devotion Beyond Borders – Satyanarayana Pooja

A Sacred Monthly Offering



Top Left: Satyanarayana Pooja in Los Angeles, USA | Top Right: Satyanarayana Pooja in San Jose, USA | Bottom Images: Satyanarayana Pooja at Nirguna Mandir, Bengaluru, India.

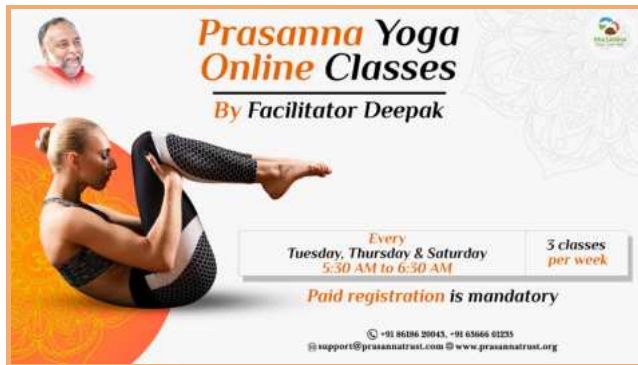
The sacred vibrations of the Satyanarayana Pooja beautifully touched devotees across India and the United States, bringing families together in devotion, prayer, and gratitude. In the United States, the pooja was lovingly conducted at the homes of Kavi and Venkat in Los Angeles and Subbu and Chitra in San Jose, where devotees gathered in an atmosphere of peace and togetherness. In India, the sacred pooja was conducted at Nirguna Mandir, Bengaluru, while also enabling devotees like Mrs. Nirmala Nair to participate online with devotion and faith from the comfort of their homes.

The ritual was lovingly conducted by Sri Gururaj and Sri Jitendra Joshi, senior students of Swamiji, whose sincerity and spiritual dedication created a deeply meaningful experience for everyone. As the sacred chants resonated through every home and sacred space, the pooja reminded all that devotion is not about outer perfection, but inner sincerity – and when the heart is filled with humility and faith, the Divine naturally finds its place within.

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

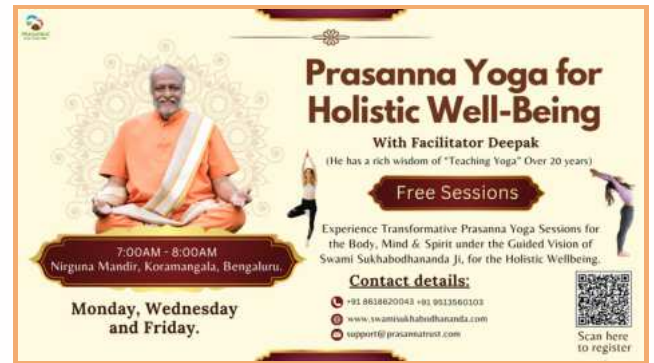
Programs at Nirguna Mandir

Prasanna Yoga Online session



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

Prasanna Yoga In-Person session



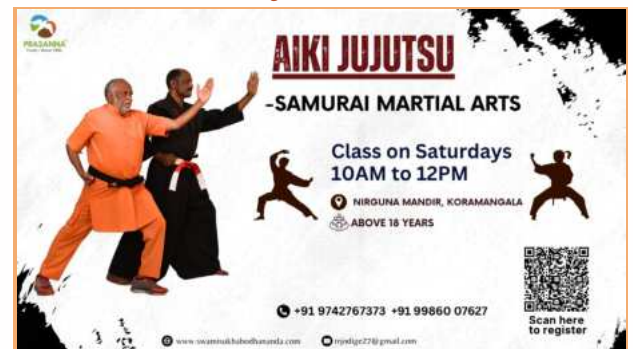
Every Monday, Wednesday & Friday
From 7:00 AM to 8:00 AM
@Nirguna Mandir

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 would like to express my heartfelt gratitude to the Trustees, volunteers, dedicated team members of Prasanna Trust, and the devoted students of Swami Sukhabodhananda for their unwavering support and selfless service. Their commitment, sincerity, and willingness to serve with compassion continue to strengthen every initiative undertaken by the Trust. It is through their collective efforts and shared sense of purpose that we are able to reach and support so many lives with care, hope, and positivity.

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

The ongoing growth and impact of the initiatives at Prasanna Trust have been made possible through the continued encouragement, goodwill, and support of many compassionate individuals. Their guidance and involvement have played an important role in strengthening initiatives such as the Cattle Welfare program and the expanding vocational training activities, helping these efforts reach more individuals and communities with meaningful support and care. Each contribution, whether through time, resources, or encouragement, continues to create opportunities for positive and lasting transformation.

I would like to wholeheartedly acknowledge and appreciate the Trustees, dedicated team members, volunteers, our gracious hosts in the USA, and the devoted students of Swami Sukhabodhananda whose sincere efforts and spirit of selfless service continue to carry these initiatives forward. Their commitment, unity, and compassion form the foundation of every activity undertaken, enabling the Trust to touch many lives with hope, dignity, and a sense of possibility for a brighter future.

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

Swami Sukhabodhananda





Index of Events & Programs

A. Upcoming - In-Person Workshops

upcoming In-person workshop @ USA

B. Recent Events - In-Person Workshops

Recent 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.”

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)

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

In-Person USA Spring Workshops 2026

Spreading Wisdom Across Continents



18th April 2026 - Los Angeles, CA



25th April 2026 - East Bay, CA



2nd May 2026 - Raleigh Area, NC



9th May 2026 - Chantilly, VA

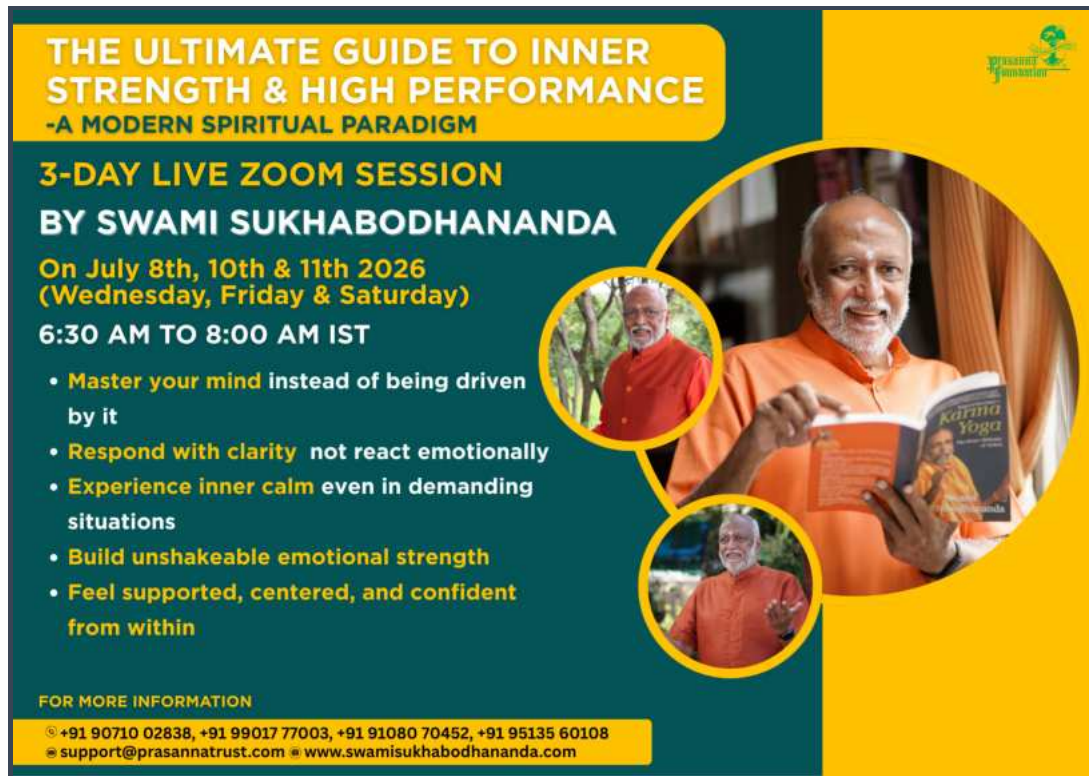


16th May 2026 - Edison, NJ

With the blessings of Swami Sukhabodhananda Ji, the recent programs across Los Angeles, East Bay, Raleigh, Chantilly, and Edison, NJ received heartfelt participation and overwhelming response. Each gathering created a beautiful space for learning, reflection, and meaningful connection, helping participants experience greater clarity, inner peace, motivation, and balance in life.

People from all walks of life came together with joy and enthusiasm, making every event vibrant and memorable. The programs stood as a beautiful reminder of the power of wisdom, devotion, and community coming together to inspire positive transformation. These programs reflected Swamiji's vision of creating inner transformation through practical wisdom, compassion, and conscious living.

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 July 8th, 10th & 11th 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: July 8th, 10th and 11th 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

+91 95135 60108, +91 99017 77003, +91 91080 70452, +91 63666 01235, +91 90710 02838
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

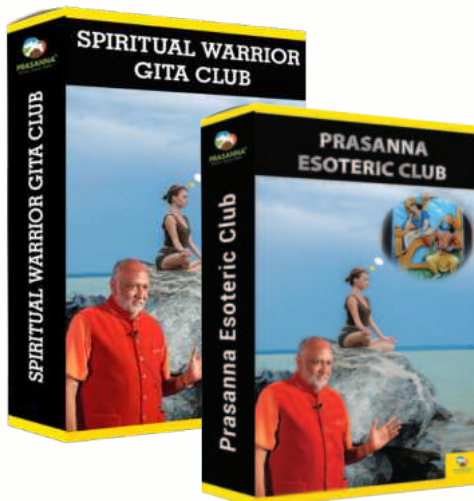
Age: 12+

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

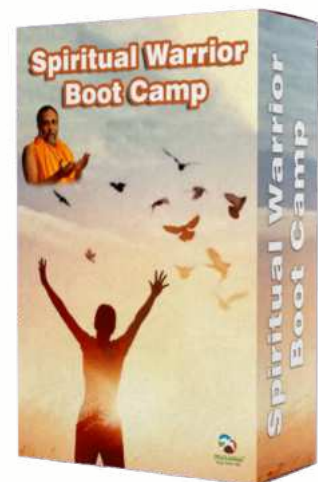
Age: 16+

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: 6th June 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**