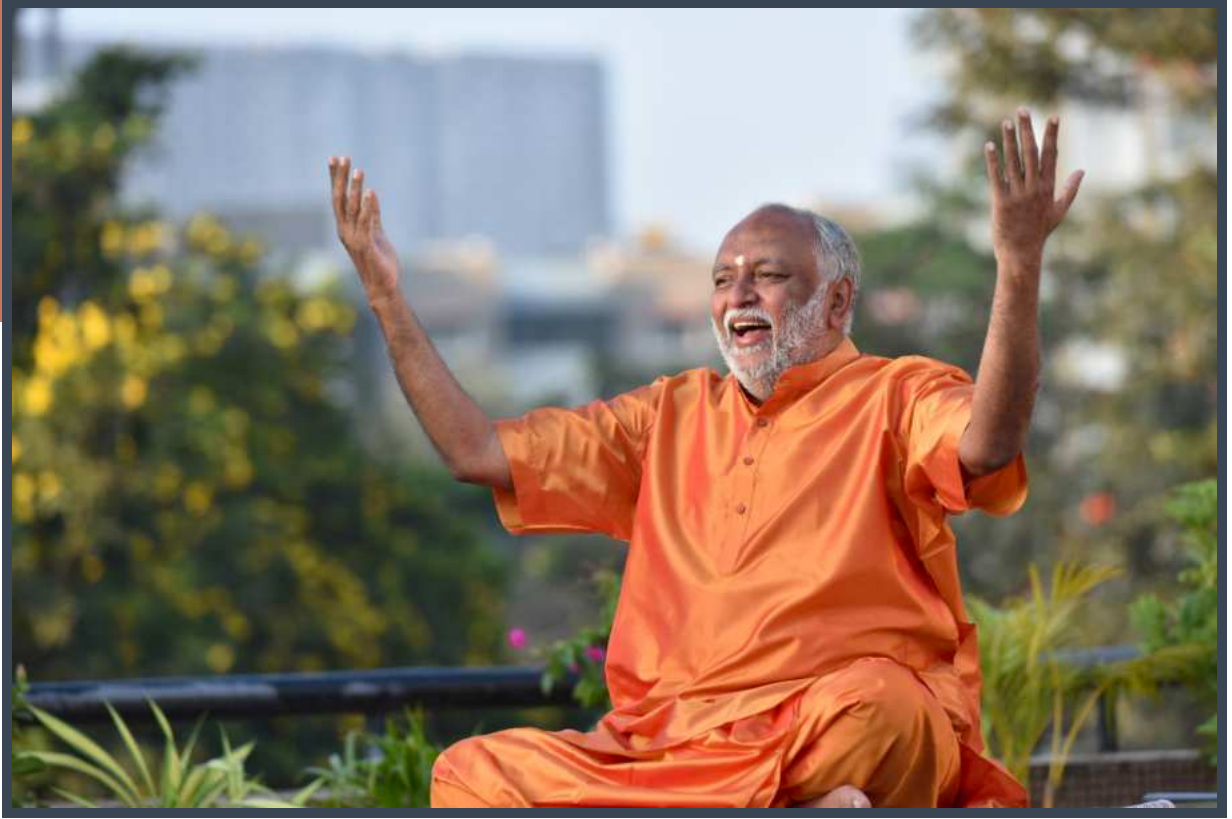




From Swamiji's Desk

Prayers and blessings from Swamiji

Motivation is temporary, but inspiration that touches the inner being becomes a guiding light. I felt that many did not just listen—they connected, reflected, and resolved to live more consciously.

May this enthusiasm turn into clarity, and clarity into right action. When understanding deepens, life naturally rises to a higher level of harmony and purpose.



“When understanding deepens, life naturally moves toward harmony and purpose.”

- Swami Sukhabodhananda

From Uncertainty to Inspiration: Manoj's Journey of Hope



Life tested Manoj at a very young age. Growing up without the support of his father, he was raised by his mother, who became his sole source of strength and encouragement. But fate had another challenge in store. With the untimely loss of his mother, Manoj found himself alone, moving between relatives' homes and facing an uncertain future. For many, such circumstances would have brought an end to dreams. For Manoj, however, they became the beginning of a remarkable journey.

Determined not to let adversity define his life, Manoj continued his education with unwavering dedication. Recognizing his potential and his desire to build a better future, Prasanna Trust extended support through the Gnana Daana initiative, enabling him to pursue and complete his M.Com degree.

Years of perseverance, hard work, and hope have borne fruit. Today, Manoj is employed at a prestigious college, inspiring countless young people with his story. Manoj's success is not merely a personal achievement—it is a testament to the life-changing impact of education and the compassion of those who believe that no dream should be abandoned for lack of support. His story continues to shine as a beacon of hope for many young minds who dare to dream despite life's challenges.

**“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 Jayadeva Government Hospital. Right: Food distributed at Maya Bazaar.

A Meal that Brings Comfort, Care, and Hope

Food is more than nourishment—it is a reminder that no one is alone. A simple, wholesome meal can bring warmth, restore dignity, and offer hope to people facing difficult circumstances. Beyond easing hunger, it provides reassurance, emotional strength, and the encouragement needed to face life with renewed confidence.

Through Anna Daana, Prasanna Trust serves nutritious meals every day to children, patients, families, and individuals from underserved communities. Whether it is helping students continue their education without worrying about their next meal, supporting families during challenging times, or extending care to those in need, each meal reflects compassion in action. What may appear to be a modest act of giving often creates a ripple effect of kindness, touching lives and nurturing a healthier, more hopeful future.

Vocational Training

Tailoring Classes at Nirguna Mandir

Prasanna Trust, in collaboration with SHIVANSSH Foundation, is conducting skill-based Tailoring Classes at Nirguna Mandir to empower women and youth with practical sewing and garment-making techniques. The program focuses on developing employable skills while nurturing creativity and self-reliance.

The training sessions introduce participants to a variety of modern stitching methods, pattern cutting techniques, fabric handling, and finishing styles used in contemporary tailoring. Through hands-on practice and guided instruction, learners gain confidence in creating garments with improved precision, quality, and design. The classes encourage innovation and help participants acquire skills that can open doors to self-employment and income generation.

Filled with enthusiasm and a spirit of learning, the training centre has become a vibrant space where participants share ideas, master new techniques, and support one another's growth. Beyond teaching tailoring, the initiative aims to foster confidence, independence, and opportunities for a better future.



“Learning a craft is more than acquiring a skill—it is stitching confidence into every step of life.”

– Swami Sukhabodhananda

Monthly Service Updates

Gnana Daana



Nurturing Dreams Through Gnana Daana

The smiles and achievements of these students reflect the enduring impact of Gnana Daana. Having received educational support in previous years, they stand as inspiring examples of how timely assistance can nurture confidence, sustain aspirations, and help young minds continue their journey of learning with hope and determination.

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 New Academic Year, New Dreams, New Beginnings

With the blessings of Swami Sukhabodhananda and the loving support of generous donors, the children of Prasanna Jyothi have stepped into the new academic year with joy and excitement. Dressed in new uniforms and equipped with books, bags, and learning materials, they have begun another year of growth, discovery, and hope.

More than supporters, our donors are silent heroes who lovingly nurture these young minds. Their kindness ensures that every child receives not only quality education, nutritious meals, and healthcare, but also the confidence to dream bigger and aspire higher. Like tender buds receiving sunlight and care, these children continue to blossom into bright, responsible, and compassionate individuals.

Every smile in the classroom and every lesson learned is a reflection of the generosity of those who stand behind them. Together, we are nurturing dreams today and shaping confident leaders for tomorrow.

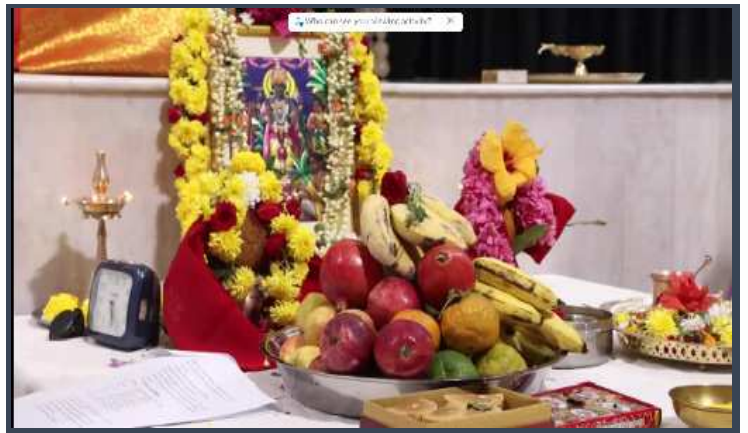


**“Every journey opens a new window
of learning, joy, and hope in a child’s heart.”**

- Swami Sukhabodhananda

Devotion Beyond Borders – Satyanarayana Pooja

A Sacred Monthly Offering



Top Left: Satyanarayana Pooja in North Carolina, USA | Top Right: Satyanarayana Pooja in Chantilly, Virginia, USA | Bottom left Satyanarayana Pooja at Edison, New Jersey | bottom right Image: Satyanarayana Pooja at Nirguna Mandir, Bengaluru, India.

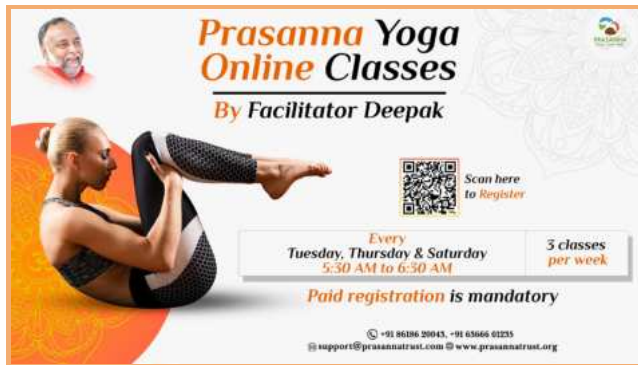
The sacred vibrations of the Satyanarayana Pooja beautifully touched devotees across the United States and India, bringing families together in devotion, prayer, and gratitude. Under the loving guidance of Swami Sukhabodhananda, the pooja was conducted in Raleigh, North Carolina; Chantilly, Virginia; and Edison, New Jersey, where devotees experienced an atmosphere of peace, togetherness, and spiritual upliftment. In India, the sacred celebrations continued at Nirguna Mandir, Bengaluru, allowing devotees to participate with reverence and faith.

As Swamiji led the pooja and shared profound insights on devotion and inner transformation, many devotees experienced a deep sense of peace, clarity, and gratitude. The gatherings became more than rituals—they became moments of healing, connection, and renewed faith. As sacred chants resonated and prayers were offered with sincerity, devotees were reminded that true prosperity lies not merely in material abundance, but in cultivating love, harmony, and devotion within the heart.

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

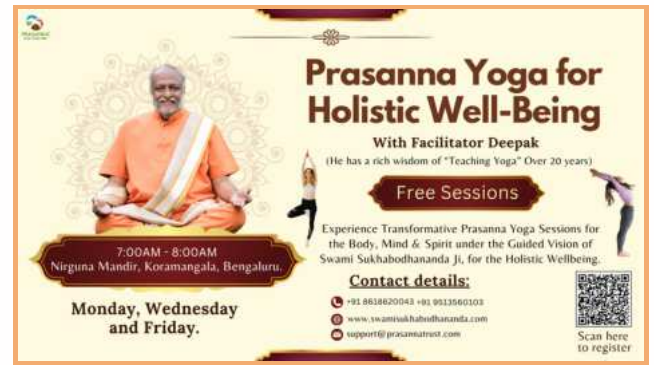
Programs at Nirguna Mandir

Prasanna Yoga Online Session



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

Prasanna Yoga In-Person Session

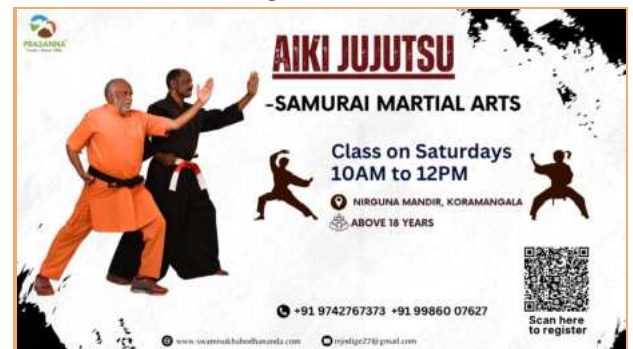


Every Monday, Wednesday & Friday
From 7:00 AM to 8:00 AM
@Nirguna Mandir

Other Programs at Nirguna Mandir



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 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.

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



Index of Events & Programs

A. Upcoming In-Person Workshops

In-person workshop @ USA

B. Upcoming In-Person Workshops

upcoming E-lab 3-Day E-Lab @ Bengaluru

C. Upcoming - Online Utsav

Guru Poornima Online Utsav 2026

From 25th to 28th July, followed by a live Zoom session with Swamiji on 29th July.

D. Recent Events - In-Person Workshops

In-person workshop @ USA

E. 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 pause, listen within, and give without expectation, life reveals its hidden grace.”

Swamiji's USA In-Person Workshops Schedule

Public Talk by Swamiji & Alumni Meet 2026 @ SV Temple, Pittsburgh, PA



Join an inspiring public talk by Swamiji at SV Temple, Pittsburgh, PA, followed by a special interaction with alumni and devotees. As part of the Summer Youth Camp 2026, attendees will have the opportunity to gain valuable life insights, participate in discussions, and engage with the wider community.

Contact: support@prasannatrust.com or call +1 (408) 613-1892



ATLANTA, GA

LOCATION

Community Building,
Midway Park
5100 Post Road,
Cumming, GA 30040

DATE & TIME

1st August, Saturday 2026
2:30PM to 7:00PM

DETROIT, MI

LOCATION

Costick Activities Center
28600 W 11 Mile Rd
Farmington Hills
MI 48336

DATE & TIME

8th August, Saturday 2026
2:30PM to 7:00PM



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

Upcoming Onsite Workshop

3-Day E-Lab Retreat @ Bengaluru

By Swami Sukhabodhananda Ji

A 3 Day E-Lab Retreat @ Bengaluru
by **Swami Sukhabodhananda Ji**

📅 17th Sep, Thu to 19th Sep, Sat, 2026
📍 Soul Nest at Pyramid Valley International, Bengaluru

Program Highlights

- Greater self-awareness and emotional mastery
- Discovery of life's deeper purpose
- Practical meditation for daily life
- Joyful living beyond fear and anxiety

A spiritual retreat with Swamiji

Scan here to Register

+91 95135 60108, +91 99017 77003, +91 91080 70452, +91 63666 01235, +91 90710 02838
support@prasannatrust.com www.swamisukhabodhananda.com

With the blessings of Swami Sukhabodhananda Ji, registrations are now open for the 3-Day E-Lab Retreat at Soul Nest Resort, Bengaluru. This retreat is especially meaningful as it is being hosted in Bengaluru, our Mother Sthana, where the Prasanna Ashram is located. Along with the transformative E-Lab sessions, participants will have the rare opportunity to spend additional time with Swamiji and experience the spiritual ambience that has inspired seekers for decades.

The retreat also includes a visit to the Nirguna Mandir and our farm, home to our Goshala, along with a special satsang in these serene surroundings. With Bengaluru being easily accessible by air, rail, and road, seekers from across the country can conveniently participate in this unique retreat. We warmly invite you to join us for this special edition of E-Lab and experience transformation at the very heart of Prasanna.

For enquiries, contact: support@prasannatrust.com | +91 95135 60108, +91 99017 77003, +91 91080 70452, +91 63666 01235, +91 90710 02838.

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

Upcoming Online Programs

Guru Poornima Online Utsav 2026

From 25th to 29th July



Guru Poornima
ONLINE UTSAV 2026

With Swami Sukhabodhananda Ji
(From 25th July Sat to 28th July Tue)

First 4 days you will receive recorded video lessons (45 min to 1 hour)

Zoom Live Celebration with Swamiji on 29th July at 6:30AM to 8:00 AM (IST)

Outcomes:

Day 1 : From confusion to clarity the mystic way from Adi Shankaracharya & Veda Vyasa.

Day 2 : Learn from the Sant Kabir the way to transform "like" to "love" & "love" to "devotion."

Day 3 : Lord Buddha teaches you "Iho Pasiko" that is cognitive Perception.

Day 4 : A bouquet of insights guiding us from breakdown to breakthrough by Ramana Maharshi, Gurdjieff, Vemana, Thiruvalluvar, Kalidasa, and Swamiji.

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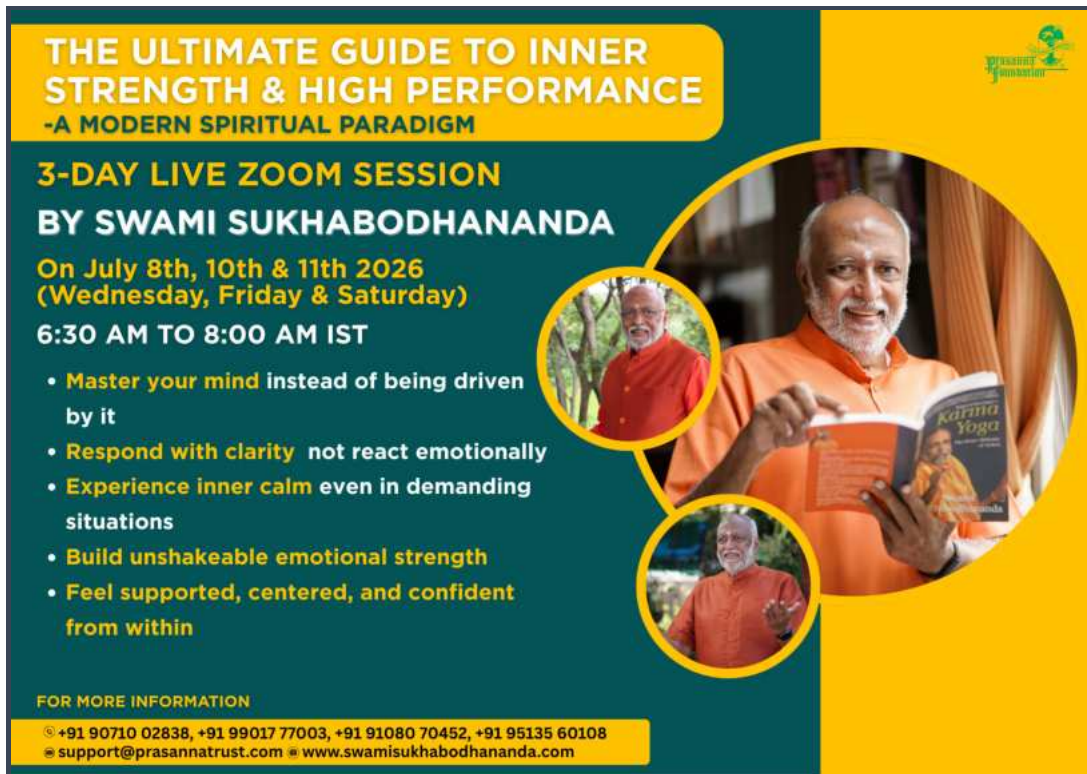
Guru Poornima Online Utsav 2026 offers a unique opportunity to celebrate the sacred Guru principle with Swami Sukhabodhananda Ji from 25th to 29th July 2026. Through four days of specially curated video sessions, participants will journey through the timeless wisdom of great masters such as Adi Shankaracharya, Veda Vyasa, Sant Kabir, Lord Buddha, Ramana Maharshi, Thiruvalluvar, Kalidasa, and others, discovering insights that lead from confusion to clarity, attachment to devotion, and challenges to breakthroughs.

The celebrations culminate with a special live Zoom session with Swamiji on 29th July, from 6:30 AM to 8:00 AM (IST). More than an event, Guru Poornima is an invitation to pause, reflect, and reconnect with the wisdom that guides and transforms our lives. Join devotees and seekers across the world in this sacred online celebration and experience the grace and inspiration of the masters from the comfort of your home.

Contact: support@prasannatrust.com or call +91 9513560108, +91 63666 01235, +91 99017 77003.

**"Walk the Gita way — from confusion to clarity,
from sorrow to serenity, from knowing to being."**

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 two or three simple tools you can use immediately when your 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

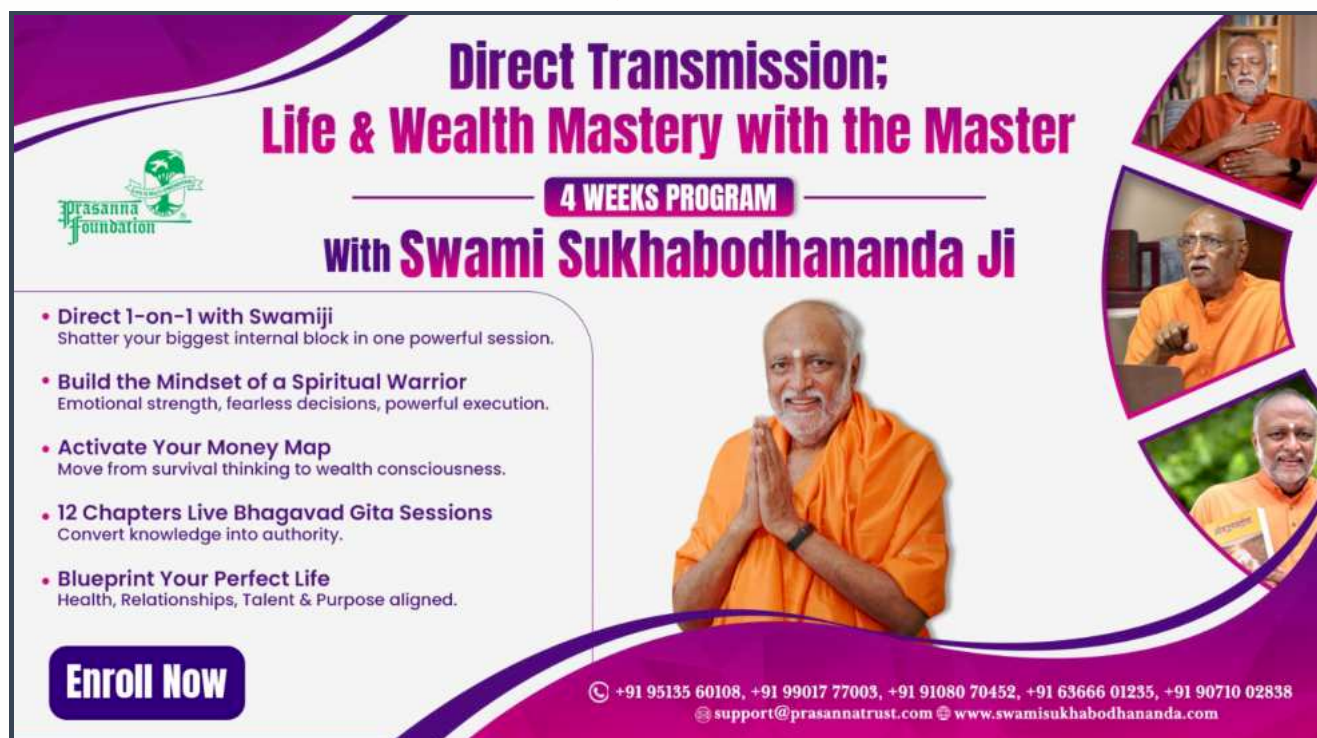


Scan here to join

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

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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

- Align your health with a balanced lifestyle
- Strengthen meaningful and fulfilling relationships
- Discover and maximize your unique talents
- Live with purpose, clarity, and direction



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

Swamiji's USA In-Person Workshops

Recent In-Person USA Spring Workshops 2026

Spreading Wisdom Across Continents



18th April 2026 - Los Angeles, CA



25th April 2026 - East Bay, CA



16th May 2026- Edison, NJ



2nd May 2026 - Raleigh Area, NC



9th May 2026- Chantilly, VA



24th May 2026- Cupertino, CA

With the blessings of Swami Sukhabodhananda Ji, the recent workshops and satsangs across Los Angeles, East Bay, Cupertino, Raleigh, Chantilly, and Edison, NJ received heartfelt participation and an overwhelming response. People from all walks of life came together with joy and enthusiasm, creating beautiful spaces for learning, reflection, and meaningful connection. Through practical wisdom, meditation, and interactive sessions, participants experienced greater clarity, inner peace, motivation, and balance in their daily lives.

Each event carried its own unique spirit while reflecting a common aspiration for conscious living and self-transformation. Families, professionals, youth, and seekers actively participated, making every gathering vibrant and memorable. The warmth, devotion, and sincere engagement witnessed across all locations stood as a beautiful reminder of the power of wisdom and community coming together.

These programs reflected Swamiji's vision of inspiring inner transformation through practical spirituality, compassion, and self-awareness. The enthusiastic response across Los Angeles, East Bay, Cupertino, Raleigh, Chantilly, and Edison, NJ, highlighted the growing impact of these teachings and the collective commitment to living with greater peace, purpose, and harmony.

Ongoing Online Live Workshops & Mentorship Programs

1:1 Mentoring / CXO

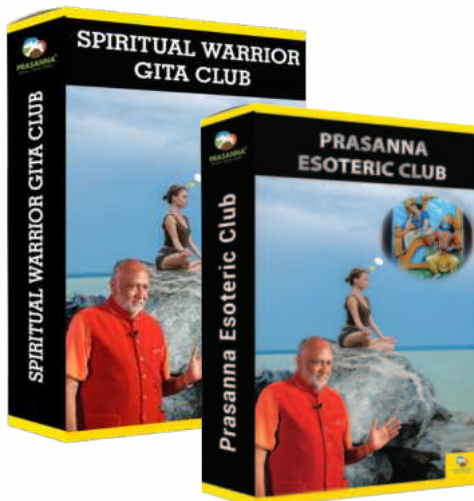
Age: 12+

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

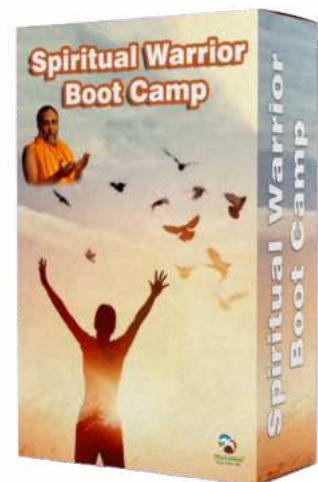
Age: 16+

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: 20th 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 COURSES PLEASE SCAN
THE QR CODE**

Online Live Workshops & Mentorship Programs

Participant Reflection

1:1 Mentoring / CXO

“Wow! It was a wonderful session, and I was truly blown away by the concept of the Panchabhootas and their profound relevance in managing oneself and nurturing relationships. Dhanyosmi, Swamiji, for enlightening us with such timeless wisdom and insights.”

— Mrs. Nirmala Nair

Gita sessions - PEC / SWGC

“Dhanyosmi, Swamiji. When we learn to see the world through your eyes, life itself becomes a beautiful Soundarya Lahari. We are truly blessed to have you as our Guruji.”

— Mr. Sudhakar Rao

Spiritual Morning Retreat 2.0

“Everyone should experience this retreat at least once in their lifetime. It is truly a game changer. Swamiji’s positive attitude and boundless energy are deeply inspiring.”

— Mrs. Shobha Prasad

**ONLINE LIVE WORKSHOPS &
MENTORSHIP PROGRAMS**



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