

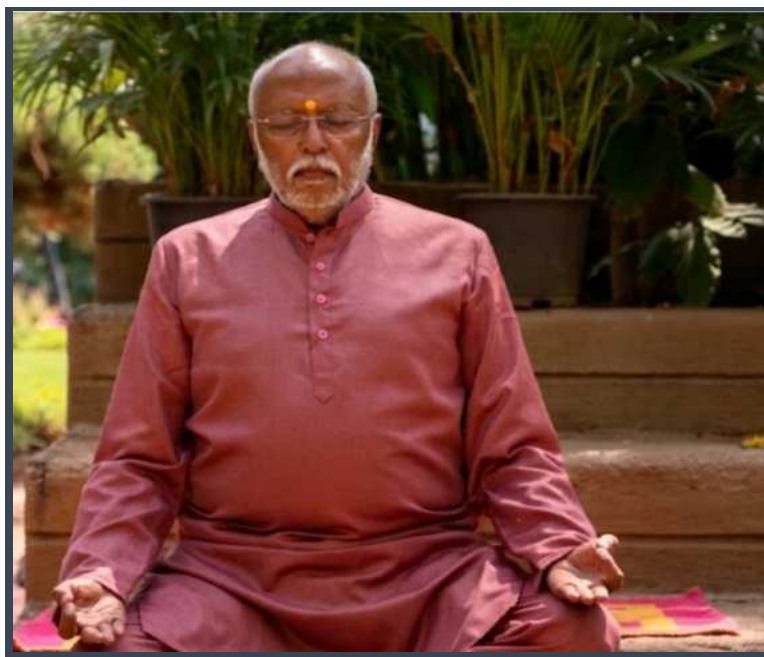


From Swamiji's Desk

Prayers and blessings from Swamiji

Life is not just a journey of challenges, but a vast field of exploration. When approached with awareness, every challenge becomes a doorway, and every experience becomes a blessing.

Life is not to be merely lived, but to be deeply experienced, where every meeting becomes meaningful and every moment becomes meditation.



**“Life flourishes when
understanding replaces reaction.”**

- Swami Sukhabodhananda

A Dream Saved, A Future Restored



The COVID-19 pandemic turned Sowmya's family's life upside down. Her father, once a successful businessman, lost everything as his business collapsed under mounting debts. Years of hard work disappeared, leaving the family struggling to meet even their basic needs. The most painful moment came when they could no longer afford the school fees of Sowmya, a bright student studying in Grade 4. Though she loved going to school, the fear of unpaid fees made her feel anxious and hesitant.

When Prasanna Trust learned about their situation, the family was assured that Sowmya's education would continue without interruption. Through the Gyana Daana initiative, her school fees were fully supported, lifting a heavy burden from the family's shoulders. With this support, Sowmya returned to school with renewed confidence, free to focus on what she loved most—learning.

Today, Sowmya is flourishing in her academics, consistently earning straight As and dreaming of a bright future. Her smile reflects the confidence she has regained, while her parents have found renewed hope during one of the most difficult phases of their lives. Her journey is a powerful reminder that a timely act of kindness can do far more than pay a school fees—it can restore dignity, protect dreams, and transform the future of an entire family.

“A helping hand today can become the foundation of a brighter 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

A single meal has the power to change more than a day—it can change a life. It can ease hunger, restore dignity, inspire hope, and remind someone that they are seen, valued, and cared for. In moments of uncertainty, the warmth of a wholesome meal becomes a symbol of compassion and human connection.

Through Anna Daana, Prasanna Trust serves nutritious meals every day to children, patients, families, and individuals from underserved communities. For a child, it means the ability to focus on learning instead of hunger. For a patient or caregiver, it brings comfort during difficult times. For families facing financial hardship, it offers relief and the assurance that they are not alone.

Vocational Training

Basic Computer Classes at Nirguna Mandir

Digital skills are the gateway to opportunity in today's world. Learning to use technology with confidence equips individuals with the knowledge and abilities needed to thrive in education, employment, and everyday life.

In collaboration with SHIVANSSH Foundation, Prasanna Trust conducts Basic Computer Classes at Nirguna Mandir, providing students and aspiring professionals with hands-on training in computer fundamentals, MS Office applications, internet usage, digital communication, and essential workplace skills. Through practical learning and guided instruction, participants build the confidence to navigate the digital world with ease.

More than a computer course, this initiative bridges the digital divide, empowers individuals with future-ready skills, and opens doors to higher education, better career opportunities, and lifelong learning.



“When hands learn a skill, lives are transformed with confidence and opportunity.”

- Swami Sukhabodhananda

Monthly Service Updates

Gyana Daana



Nurturing Dreams Through Gyana Daana

Education is the key to opportunity, confidence, and a brighter future. A helping hand at the right time can empower a child to pursue dreams, overcome challenges, and build a life filled with possibilities.

Through Gyana Daana, Prasanna Trust provides educational support to deserving students, enabling them to continue their learning without financial barriers. The achievements of students who have benefited from this initiative stand as inspiring reminders of the lasting impact of timely support.

Every contribution towards education is an investment in a better tomorrow, empowering young minds, uplifting families, and creating stronger communities for generations to come.

Prasanna Jyothi

A Home Where Dreams Blossom

With the blessings of Swami Sukhabodhananda and the generous support of compassionate donors, the children of Prasanna Jyothi continue to grow in a safe, loving, and nurturing environment. Every day is filled with opportunities to learn, explore, and develop the confidence to embrace a brighter future.

More than benefactors, our donors are silent pillars of hope who make it possible for every child to receive the care, nourishment, education, and emotional support they deserve. Their kindness creates a foundation where young minds can flourish, discover their potential, and grow into confident, compassionate individuals.

Every smile, every milestone, and every dream nurtured at Prasanna Jyothi reflects the power of collective compassion. Together, we are creating a home filled with hope, dignity, and opportunities, empowering every child to build a future filled with purpose and possibility.



“A loving home is where every child discovers hope, belonging, and the courage to dream.”

- Swami Sukhabodhananda

Satyanarayana Pooja at Nirguna Mandir

A Sacred Monthly Offering



Every month, the sacred Satyanarayana Pooja brings devotees together in an atmosphere of faith, gratitude, and devotion. Inspired by the teachings of the Skanda Purana and offered with the blessings of Swami Sukhabodhananda Ji, the pooja provides an opportunity for individuals and families to seek divine grace, inner peace, and prosperity.

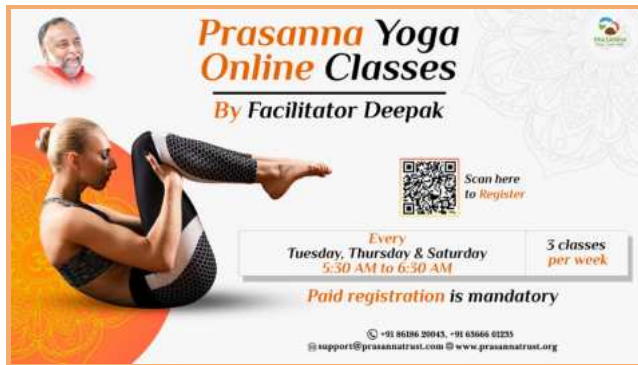
The ceremony is reverently conducted by Sri Gururaj and Sri Jitendra Joshi, senior students of Swamiji, whose heartfelt dedication and spiritual discipline make each pooja a deeply uplifting experience for all who participate.

On 13th June 2026, Mrs. Indu Kale and her family from Mumbai participated in the Satyanarayana Pooja, which was conducted online via Zoom. Though separated by distance, the virtual gathering allowed the family to take part in the sacred rituals with devotion and joy from their home. The online format continues to make it possible for devotees across India and around the world to remain connected to timeless spiritual traditions, reinforcing that sincere devotion knows no boundaries.

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

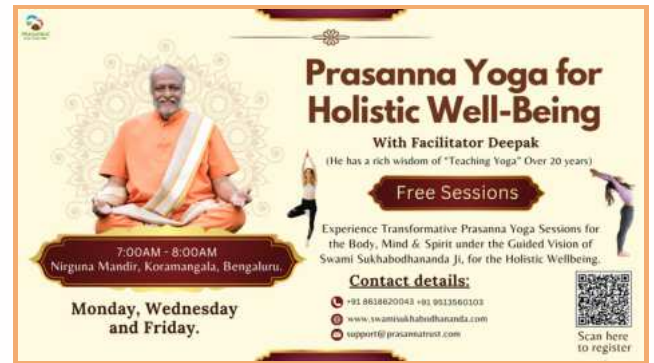
Programs at Nirguna Mandir

Prasanna Yoga Online Session



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

Prasanna Yoga In-Person Session

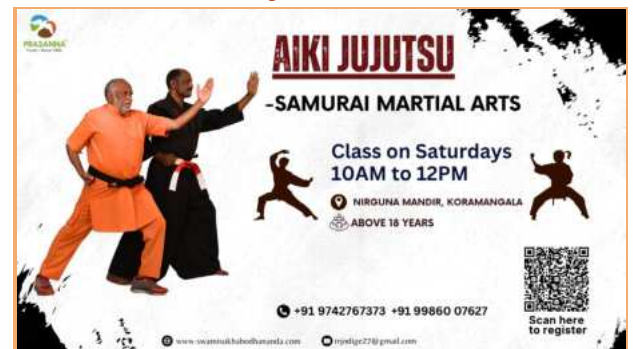


Every Monday, Wednesday & Friday
From 7:00 AM to 8:00 AM
@Nirguna Mandir

Other Programs at Nirguna Mandir



To book or participate in a Satyanarayana Pooja,
kindly contact us at:
+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, with a chance to meet Swamiji.



True wellness is not just physical strength, but the quiet alignment of thought, emotion, and spirit.

Thank you!

For Your Support



With profound gratitude, I extend my heartfelt thanks to our Trustees, the devoted members of Swamiji's global and Indian community, our dedicated staff, selfless volunteers, and Swamiji's cherished disciples. Your unwavering support, compassionate service, and steadfast commitment have become a source of hope and strength for countless individuals. Together, you continue to transform lives, inspire positive change, and make our shared vision of service a living reality.

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

I extend my heartfelt gratitude to the visionary leaders and dedicated advocates whose unwavering commitment and inspiring leadership continue to drive these transformative initiatives forward.

My sincere thanks also go to our generous supporters, whose trust, encouragement, and contributions have made our mission possible. Whether through your time, resources, or goodwill, your support has played a vital role in turning our vision into meaningful action.

To everyone who has contributed—directly or indirectly—thank you for being part of this journey. Together, we are creating lasting change, empowering lives, and building a future filled with compassion, hope, and opportunity.



“Behind every transformed life is a community that chose to care.”

Swami Sukhabodhananda



Index of Events & Programs

A. Upcoming In-Person Workshops

In-person workshop @ USA

B. Upcoming In-Person Workshops

upcoming 3-Day E-Lab Retreat @ Bengaluru

C. Upcoming In-Person Gita Talks

Chennai (12th September 2026), Vadodara (6th December 2026), and Navi Mumbai (16th January 2027), Delhi Bhagavad Gita Talk – Venue & date to be announced soon.

D. Ongoing- Online Utsav

Guru Poornima Online Utsav 2026

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 serve with awareness and love,
every action becomes an expression of grace.”**

Swamiji's USA In-Person Workshops Schedule

Workshop Topic: The Spiritual Guide to Inner Strength & High Performance



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



SWAMIJI'S THIS YEAR SPRING VISIT TO USA



Los Angeles, CA



East Bay, CA



Raleigh Area, NC



Chantilly, VA



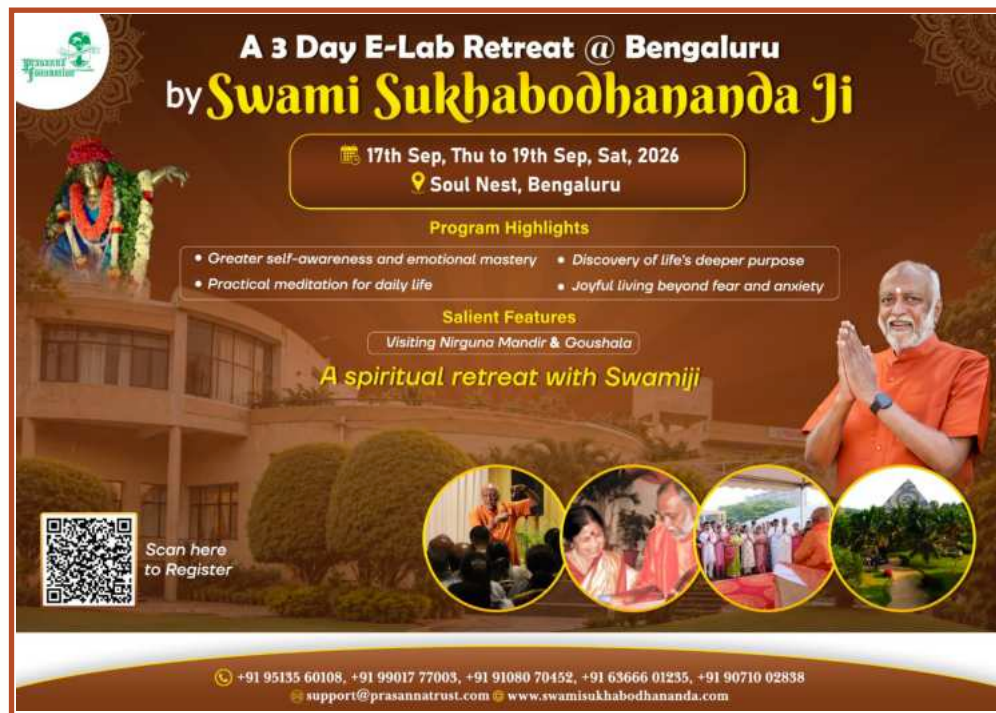
Edison, NJ

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

Upcoming Onsite Workshop

3-Day E-Lab Retreat @ Bengaluru

By Swami Sukhabodhananda Ji



With the blessings of Swami Sukhabodhananda Ji, registrations are now open for the **3-Day E-Lab Retreat (17th–19th September 2026) at Soul Nest Resort, Bengaluru**. Hosted in our Mother Sthana, the home of Prasanna Ashram, This retreat offers a rare opportunity for deep inner transformation through E-Lab, meaningful time with Swamiji, and an immersive spiritual ambience that nurtures lasting personal growth.

The retreat will feature transformative experiences designed to guide you on a journey of deep inner transformation. Key processes include:

- **Atma Pooja – A sacred journey of self-honouring and inner connection**
- **Death Process – Releasing fears, limitations, and old patterns**
- **Rebirth Process – Awakening to renewed purpose, clarity, and freedom**

Along with these profound processes, participants will also experience:

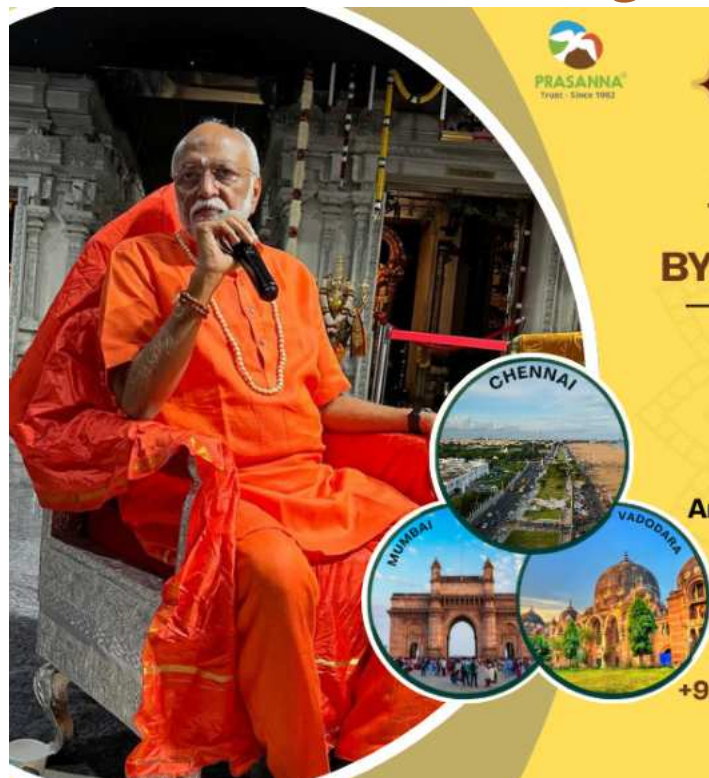
- **Transformative E-Lab sessions with Swamiji & personal interaction**
- **Visit to the sacred Nirguna Mandir, Prasanna Farm & Goushala**

Learn more about the transformative 3-Day E-Lab Retreat at Bengaluru by attending the Online Information Session on Saturday, 1 August 2026, 1 PM – 2 PM

**For More Info : support@prasannatrust.com | +91 95135 60108
|+91 63666 01235 | +91 99017 77003**

Upcoming In-Person Gita Talks

Effective Living Through Bhagavad Gita



**UPCOMING
IN-PERSON GITA TALKS**

Effective Living Through Bhagavad Gita
Tej Narayan Khaitan Gita Updesh Shrinkhla
BY SWAMI SUKHABODHANANDA JI
— International Management, Spiritual & Corporate Guru —

- **CHENNAI (12TH SEPTEMBER 2026)**
- **VADODARA (6TH DECEMBER 2026)**
- **NAVI MUMBAI (16TH JANUARY 2027)**

An additional Bhagavad Gita Talk in Delhi is coming soon. Stay tuned for the venue and date.

FOR MORE INFORMATION
support@prasannatrust.com
+91 9513560108, +91 63666 01235, +91 99017 77003.

ALL ARE WELCOME

Effective Living Through Bhagavad Gita continues its inspiring journey across India through the Tej Narayan Khaitan Gita Updesh Shrinkhla, with Swami Sukhabodhananda Ji. These free-entry events make the timeless wisdom of the Bhagavad Gita accessible and relevant to people from all walks of life. Blending spiritual depth with practical insights, Swamiji will share how the Bhagavad Gita offers practical guidance for navigating life's challenges with clarity, balance, and inner strength.

- **Chennai (12th September 2026)**
- **Vadodara (6th December 2026)**
- **Navi Mumbai (16th January 2027)**

A Bhagavad Gita Talk in Delhi is also being planned. Venue & date to be announced soon.

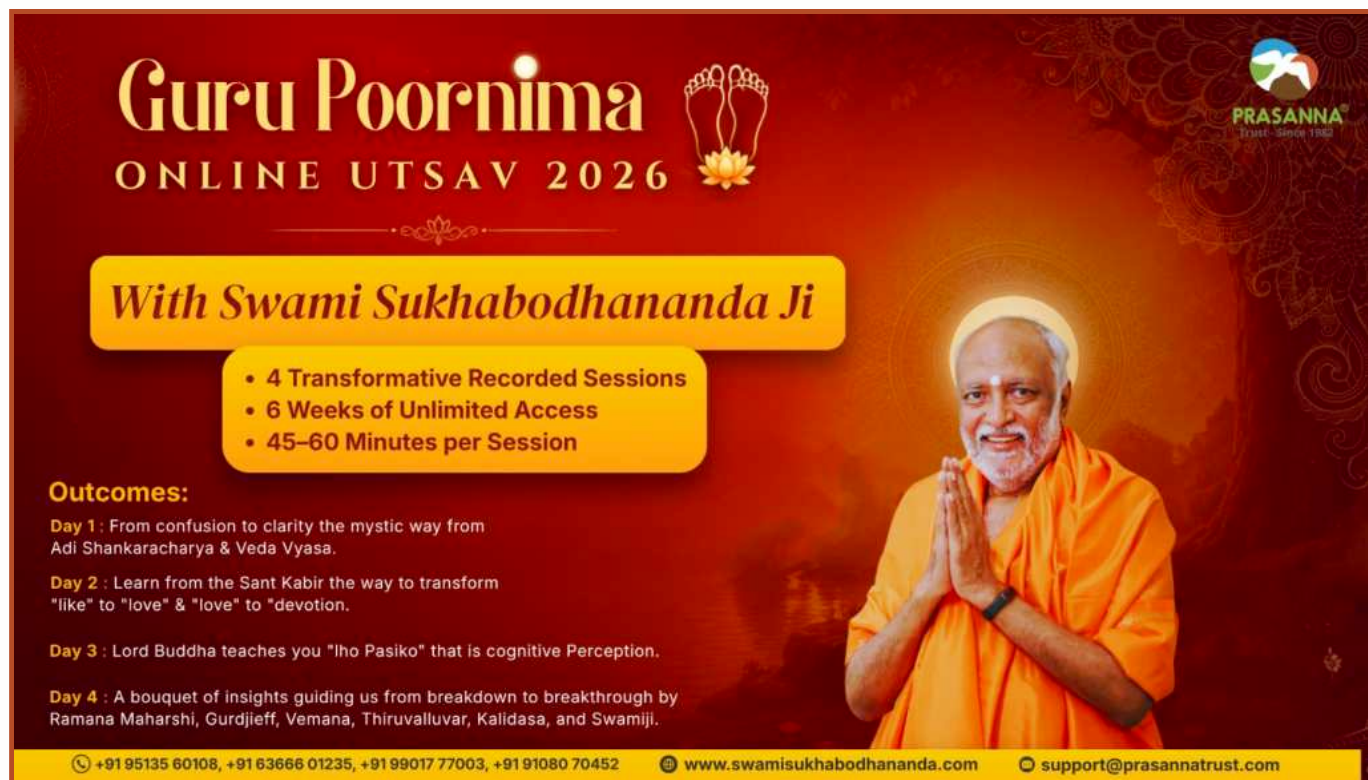
We warmly invite you and your family to join us in your nearest city and experience an evening of inspiration, wisdom, and joyful living.

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

"The Bhagavad Gita is not merely a scripture to be read—it is a wisdom to be lived."

Ongoing Online Programs

Guru Poornima Online Utsav 2026



Guru Poornima
ONLINE UTSAV 2026

With Swami Sukhabodhananda Ji

- 4 Transformative Recorded Sessions
- 6 Weeks of Unlimited Access
- 45-60 Minutes per Session

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.

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

Guru Poornima Online Utsav 2026 has commenced, offering seekers a unique opportunity to immerse themselves in the timeless wisdom of India's great spiritual masters. Participants who register will receive 6 weeks of access to the complete recorded sessions by Swami Sukhabodhananda Ji, enabling them to experience the entire programme at their own pace, anytime and from anywhere. Through four inspiring sessions, Swamiji unfolds the profound teachings of Adi Shankaracharya, Veda Vyasa, Sant Kabir, Lord Buddha, Ramana Maharshi, Thiruvalluvar, Kalidasa, and other revered masters.

Each session presents practical insights that help transform confusion into clarity, attachment into devotion, and life's challenges into opportunities for growth. Whether you are beginning your spiritual journey or seeking to deepen your understanding, Guru Poornima Online Utsav 2026 offers a meaningful path to self-discovery, inner peace, and lasting transformation through the wisdom and guidance of Swami Sukhabodhananda Ji.

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
August 5th Wed , 6th Thu & 8th Sat 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

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: Aug 5th, 6th, and 8th, 2026
(Wednesday, Thursday & Saturday)

Time: 6:30 AM – 8:00 AM IST

Mode: Live Zoom Session with Swamiji

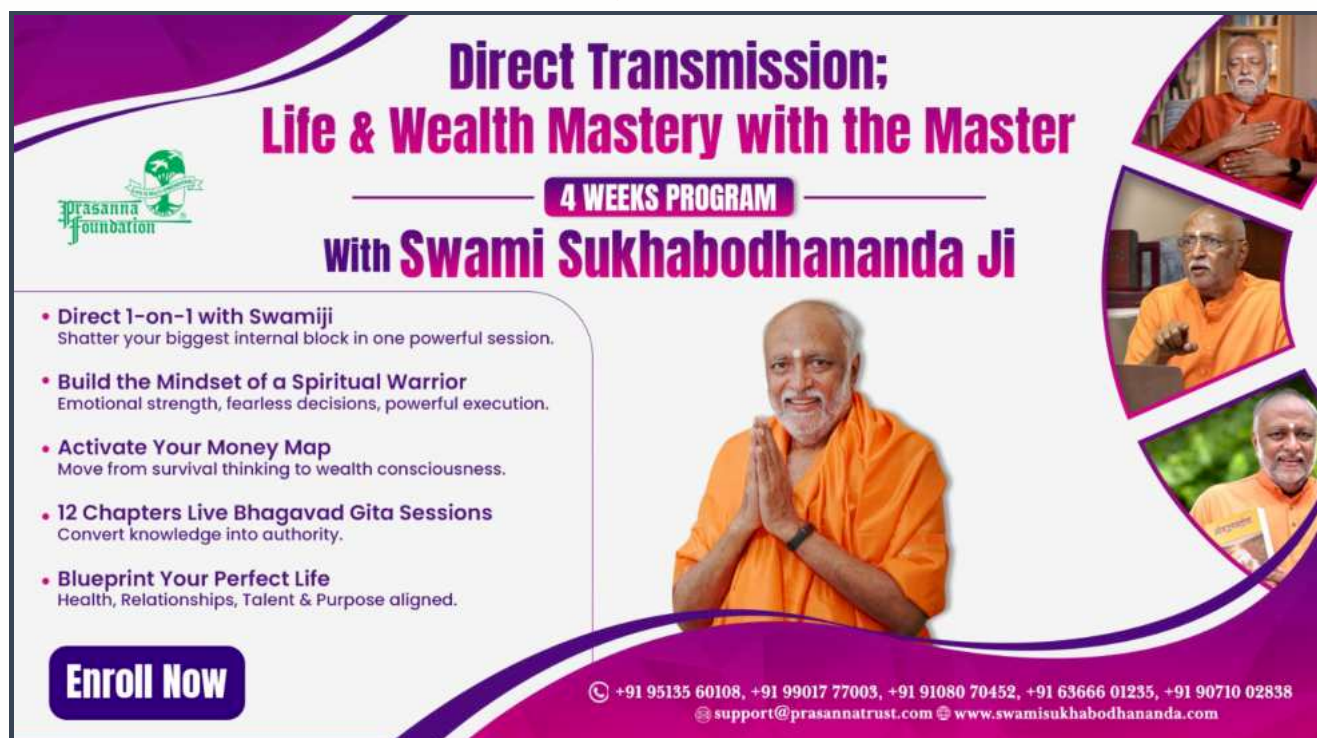


Scan here to join

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

- 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

Ongoing Online Live Workshops & Mentorship Programs

1:1 Mentoring / CXO

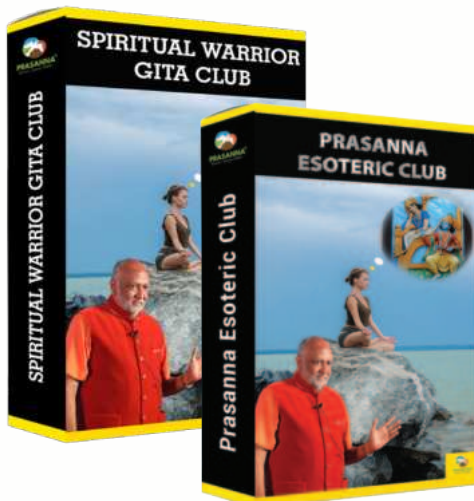
Age: 12+

What You Get

- Swamiji's 1 on 1 mentoring session.
- Monthly group session.
- Introduction to transformational astrology
- A one-on-one phone call with Swamiji every 2 to 3 months.



Many leading companies are already part of this mentoring program, and it is open to everyone—not just corporate professionals.



Gita Sessions - PEC / SWGC

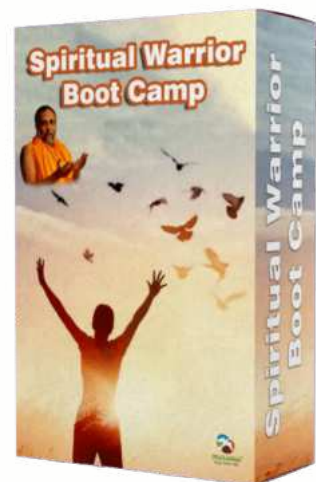
Age: 16+

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: 16th August 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

Harvard sharpens the mind with strategic business tools, but Swamiji's teachings awaken the spirit to manage oneself. Together, they combine intellect and inner clarity to help steer both life and enterprise toward true, profitable growth.

— Mr. K S Rao

Gita sessions - PEC / SWGC

Over the past two years, following Guruji and applying his practical teachings have helped me earn a technical certification, secure a new job, and grow both personally and professionally. I love his high-energy, humorous teaching style and how simply he explains profound Bhagavad Gita concepts!

— Mrs. Vani Sailaja Palepu

Spiritual Morning Retreat 2.0

Great service in educating people that "Everyone Has Potential, and the Mind Is the Key.

— Mrs. Vijaya Bhanu

**ONLINE LIVE WORKSHOPS &
MENTORSHIP PROGRAMS**



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

