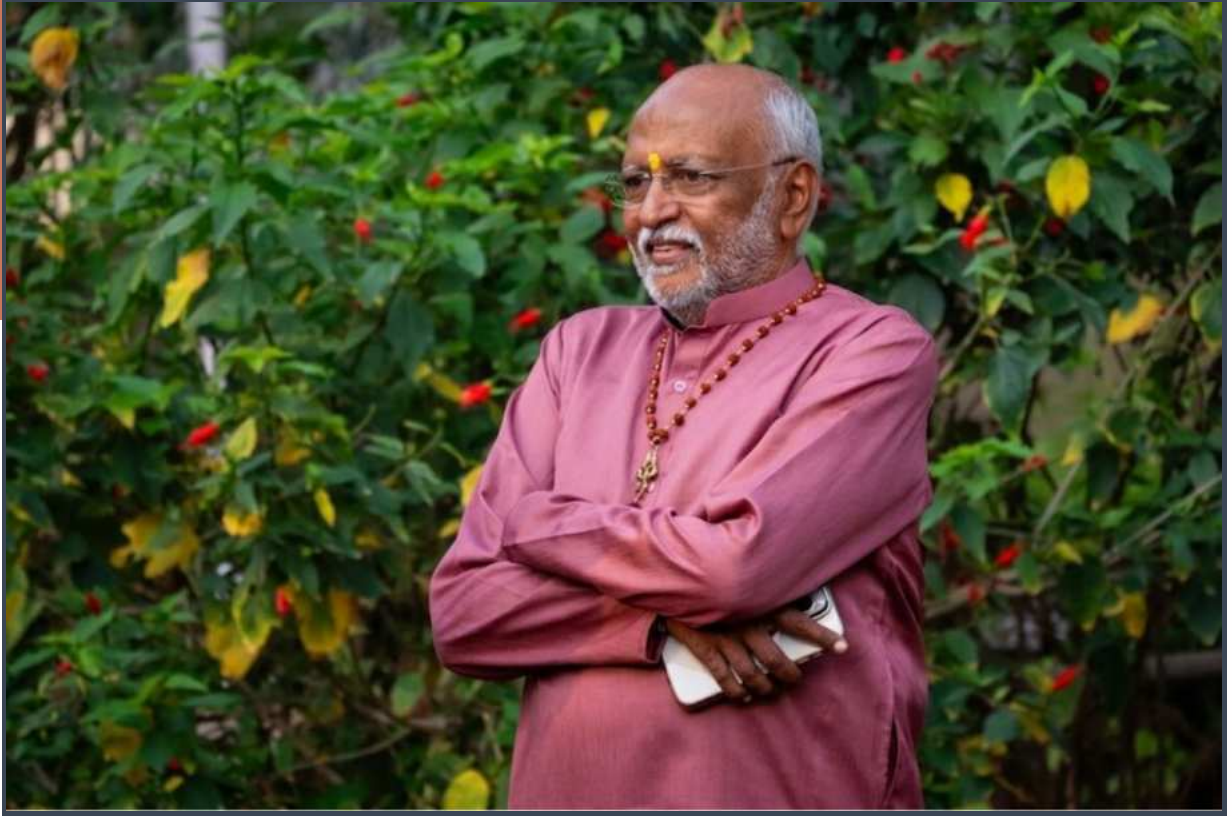


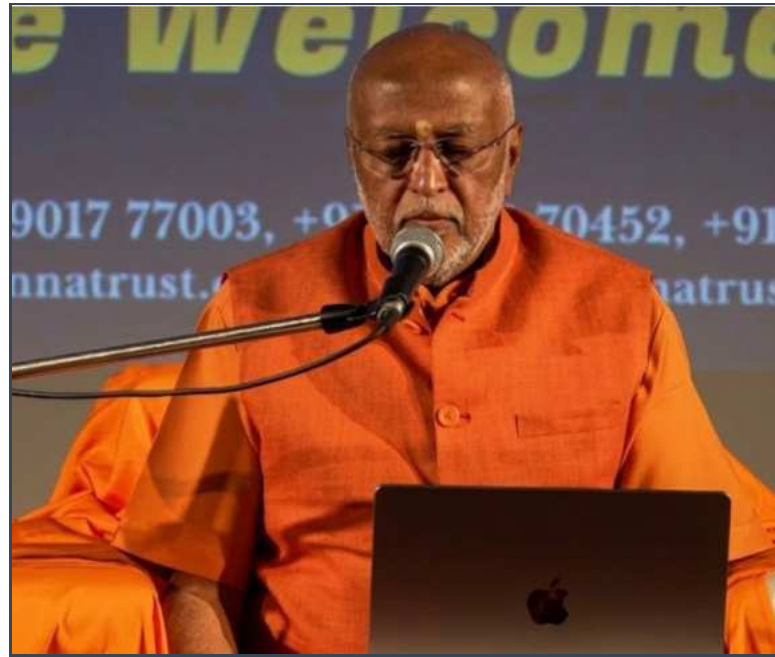


From Swamiji's Desk

Prayers and blessings from Swamiji

A true musafir (traveler) enjoys every moment without clinging to it, appreciates every relationship without possessing it, and performs every action without becoming bound by it.

Observe life deeply, remain inwardly detached, and keep adding value wherever you go. When attachment decreases, gratitude increases; when gratitude increases, life itself becomes a pilgrimage.



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

- Swami Sukhabodhananda

When Hope Found Varsha



For an auto-rickshaw driver from Mangaluru, educating his three daughters has always been his life's greatest aspiration. Through years of hard work and sacrifice, he saw his eldest daughter become an engineer and get married, while his second daughter is pursuing a course in Medical Laboratory Technology. But when it came to his youngest daughter, Varsha, the family's financial struggles became overwhelming. Unable to pay her college tuition fees, she was on the verge of discontinuing her studies despite being a sincere and academically gifted student. At this crucial moment, a friend introduced the family to Prasanna Trust, and through the Gyana Daana initiative, Varsha's fees were sponsored, allowing her to continue her studies without interruption.

Today, Varsha is pursuing her education with renewed confidence and determination. Her dedication has already borne fruit—she secured first rank in her college in her previous year's examinations, proving that talent only needs the right opportunity to shine. Her story is a powerful reminder that timely support can change the course of a young life. Every contribution towards education does more than pay a fee—it restores hope, preserves dreams, and empowers deserving students to build a brighter future.

“Behind every successful student is someone who chose to believe in their future.”

Monthly Service Updates

Anna Daana



Left: Food distributed at Jayadeva Government Hospital; Right: Food distributed at Maya Bazar.

A Meal that Nourishes Hope and Humanity

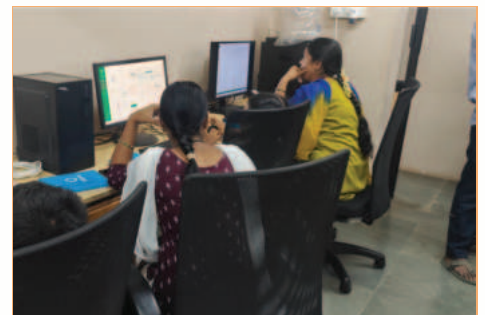
A wholesome meal does far more than satisfy hunger—it restores dignity, inspires hope, and reminds someone that they are not forgotten. In life's most challenging moments, a simple plate of food becomes a powerful expression of compassion, care, and human connection.

Through Anna Daana, Prasanna Trust serves nutritious meals every day to children, patients, families, and individuals from underserved communities. For a child, it fuels learning and dreams. For a patient, it offers comfort and strength during recovery. For families facing hardship, it brings relief, reassurance, and the confidence that someone truly cares. Every meal we serve is a step towards building healthier lives, stronger communities, and a more compassionate society.

Vocational Training at Nirguna Mandir Empowering Futures Through Digital Literacy

Digital literacy is no longer a choice—it is a necessity. The ability to confidently use technology opens doors to education, employment, entrepreneurship, and lifelong learning, empowering individuals to thrive in an increasingly digital world.

In collaboration with Shivanssh Foundation, Prasanna Trust is proud to have successfully completed the 27th Batch of its Basic Computer Training Program at Nirguna Mandir. Over the years, hundreds of students and aspiring professionals have gained practical skills in computer fundamentals, MS Office, internet usage, digital communication, and essential workplace applications. As we celebrate this milestone, registrations are now open for the 28th Batch, commencing from 10th August. More than just a computer course, this initiative continues to bridge the digital divide, build confidence, and equip participants with the skills needed for brighter careers and a better future.

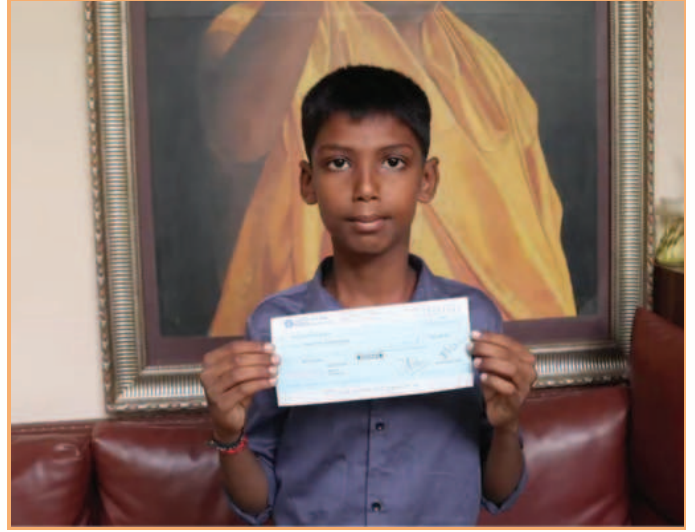


**“Every click, every lesson, every skill
is a step towards a brighter tomorrow.”**

- Swami Sukhabodhananda

Monthly Service Updates

Gyana Daana



Transforming Lives Through Gyana Daana

Education is one of the greatest gifts we can offer—it nurtures confidence, unlocks potential, and creates opportunities that last a lifetime. With the right support, every student can rise above challenges and pursue a future filled with purpose and possibility.

Through Gyana Daana, Prasanna Trust provides educational assistance to deserving students, ensuring that financial limitations never become barriers to learning. By investing in their education today, we empower young minds to achieve their aspirations, strengthen their families, and contribute meaningfully to society. Every scholarship is more than support—it is an investment in a brighter, more compassionate future.

Prasanna Jyothi

A Place Where Every Child Can Thrive

At Prasanna Jyothi, every child is welcomed into a safe, loving, and nurturing home where they are encouraged to dream, learn, and grow with confidence. Inspired by the vision of Swami Sukhabodhananda Ji and made possible through the generosity of compassionate supporters, we create an environment where every child feels valued, protected, and empowered.

Behind every smile, every achievement, and every dream fulfilled is the kindness of our donors, whose support provides not only shelter and nourishment but also education, care, and hope for a brighter future.

Together, we are shaping confident, compassionate individuals and building a home where every child has the opportunity to discover their potential and lead a life of dignity and purpose.

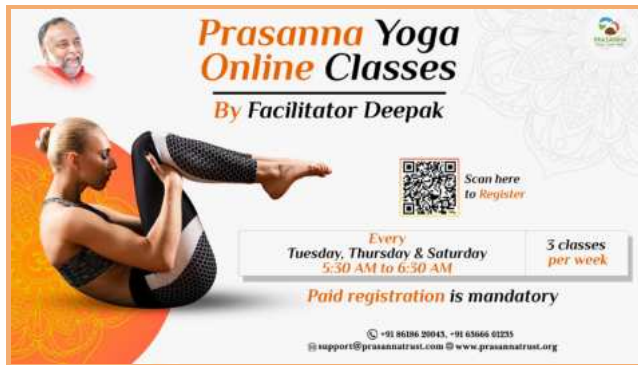


“A loving home is where every child discovers hope, belonging, and the courage to dream.”

- Swami Sukhabodhananda

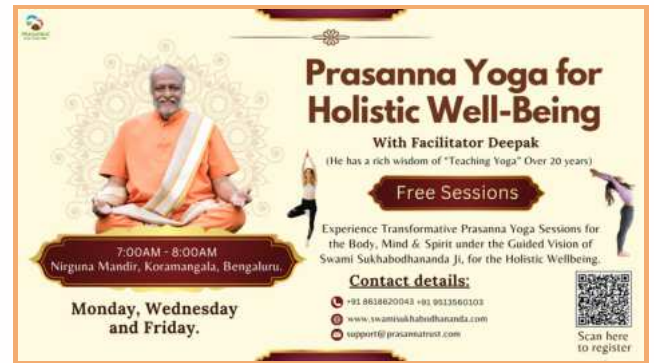
Programs at Nirguna Mandir

Prasanna Yoga Online Session



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

Prasanna Yoga In-Person Session



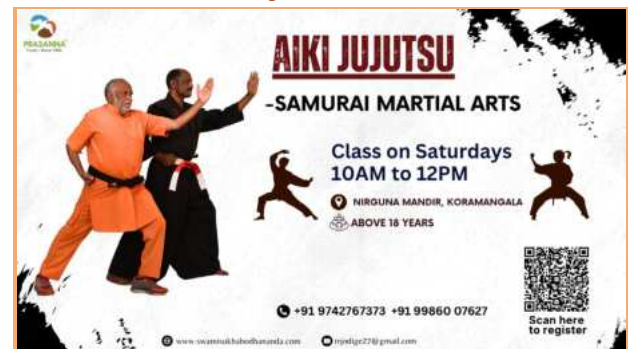
Every Monday, Wednesday and Friday,
from 7:00 AM to 8:00 AM
@Nirguna Mandir

Other Programs at Nirguna Mandir



To book or participate in a Satyanarayana Pooja,
kindly contact us at:
+91 9513560108, +91 9108070452

Aiki Jujutsu Session



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

Our heartfelt gratitude goes to all the organizers, hosts, donors, participants, volunteers, and students of Swami Sukhabodhananda Ji in the USA whose wholehearted support and involvement made the recent journey truly special. Your generosity, warmth, and dedication played an important role in bringing these gatherings to life and creating a meaningful experience for everyone involved.

Shakila

COO, Prasanna Trust

Trustee, Prasanna Avatar Foundation, USA

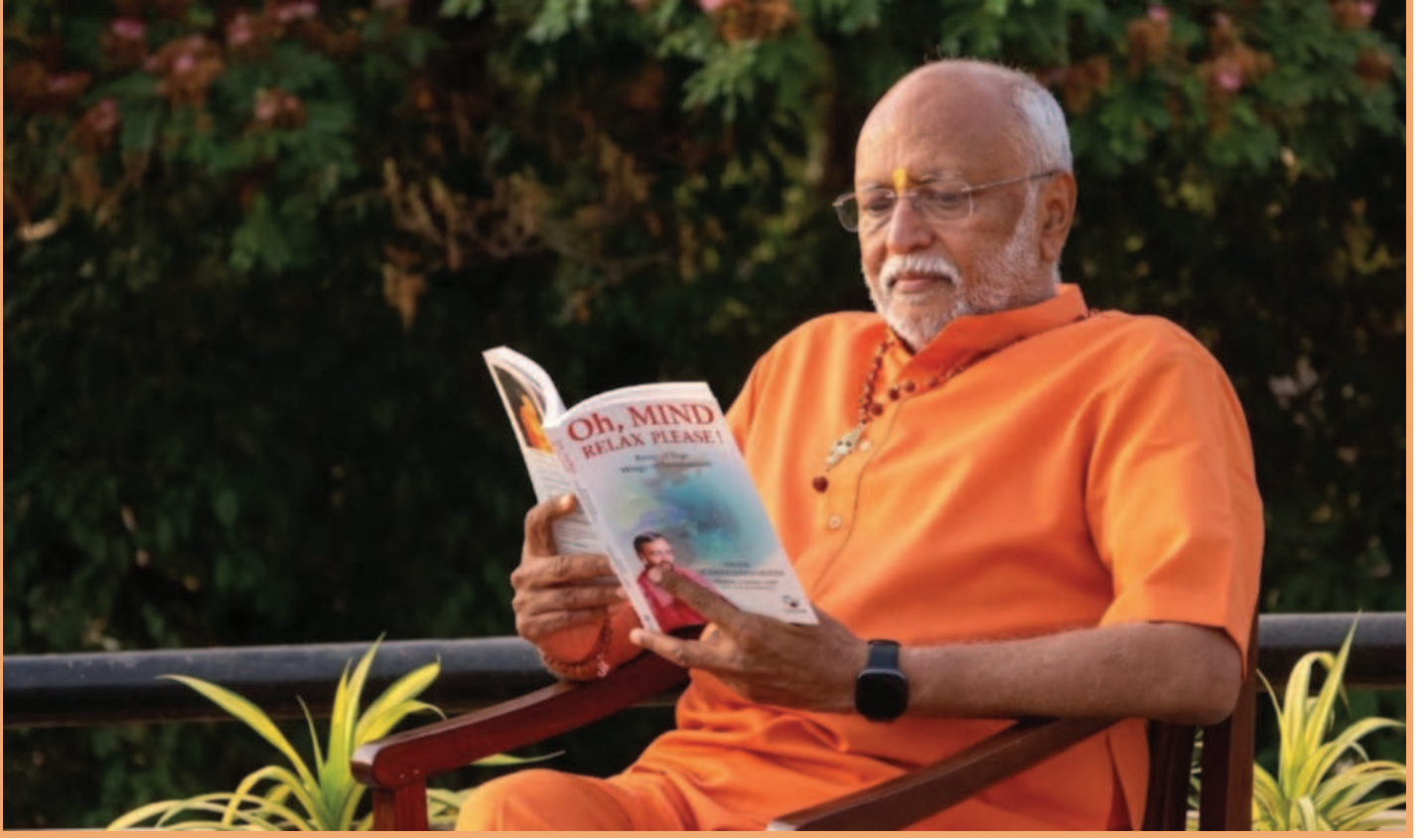
I am deeply grateful to all our wonderful hosts, supporters, volunteers, and students for your warmth, generosity, and wholehearted involvement. Your dedication and support have added immense value to this journey and helped Swamiji's wisdom reach and inspire many more people.

My heartfelt thanks to everyone who contributed in their own way. Your trust, love, and continued support strengthen our shared commitment to serving the community and creating a meaningful impact.

“Charity is one way to awaken the sleeping soul”

Swami Sukhabodhananda





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On-Site Workshops @ USA

B. Upcoming In-Person Workshops
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C. Upcoming On-Site Utsav Celebration
Janmashtami Bhagavatam Utsav Celebration
2026 5th September @ Nirguna Mandir

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Dec 2026, Navi Mumbai - Sat 16th Jan 2027 &
Delhi – date to be announced soon.

E. Upcoming Online Utsav
Janmashtami Bhagavatam Online Utsav 2026
From 28th August - 3rd September

F. Recent On-Site USA Workshops

USA workshops in Atlanta, Georgia & Detroit,
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**G. Ongoing Online Live Workshops & Mentor-
ship 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 On-Site Workshops Schedule

**Workshop Topic: From Burnout to Brilliance-Ancient Wisdom for Modern Living
(Inspired by Navaratri)**



LOS ANGELES, CA

LOCATION

Irvine Hindu Mandir
8 Autry,
Irvine, CA 92618.

DATE & TIME

Sunday, 4 October 2026
2:00 PM - 6:30 PM

SAN RAMON, CA

LOCATION

Bella Vista AB Room,
Amador Rancho Community Center,
1998 Rancho Park Loop Road,
San Ramon, CA 94582

DATE & TIME

Saturday, 10 October 2026
2:30 PM - 7:00 PM



PISCATAWAY, NJ

LOCATION

The YMCA at the Piscataway
Community Center,
MultiPurpose Hall,
520 Hoes Ln,
Piscataway, NJ 08854.

DATE & TIME

Sunday, 18 October 2026
2:00 PM - 6:30 PM



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

Swamiji's USA On-Site Workshops Schedule

**Workshop Topic: From Burnout to Brilliance-Ancient Wisdom for Modern Living
(Inspired by Navaratri)**



CHANTILLY, VA **LOCATION**

**Rajdhani Mandir
(Auditorium - Lower Level)
4525 Pleasant Valley Rd,
Chantilly, VA 20151**

DATE & TIME

**Saturday, 24 October 2026
2:30 PM - 7:00 PM**

MORRISVILLE, NC

LOCATION

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

DATE & TIME

**Saturday, 31 October 2026
2:00 PM - 6:30 PM**



CUPERTINO, CA

LOCATION

**Cupertino Community Hall
10350 Torre Ave,
Cupertino, CA 95014.**

DATE & TIME

**Sunday, 8 November 2026
2:00 PM - 6:30 PM**

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

Upcoming On-site 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. This retreat is especially meaningful as it is being hosted in Bengaluru, our Mother Sthana, where the Prasanna Ashram is located.

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 and personal interaction**
- **Visit to the sacred Nirguna Mandir**

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

Upcoming On-Site Celebration

Krishna Janmashtami Celebration

With Swami Sukhabodhananda Ji

On 5th September, Saturday 2026 @ Nirguna Mandir



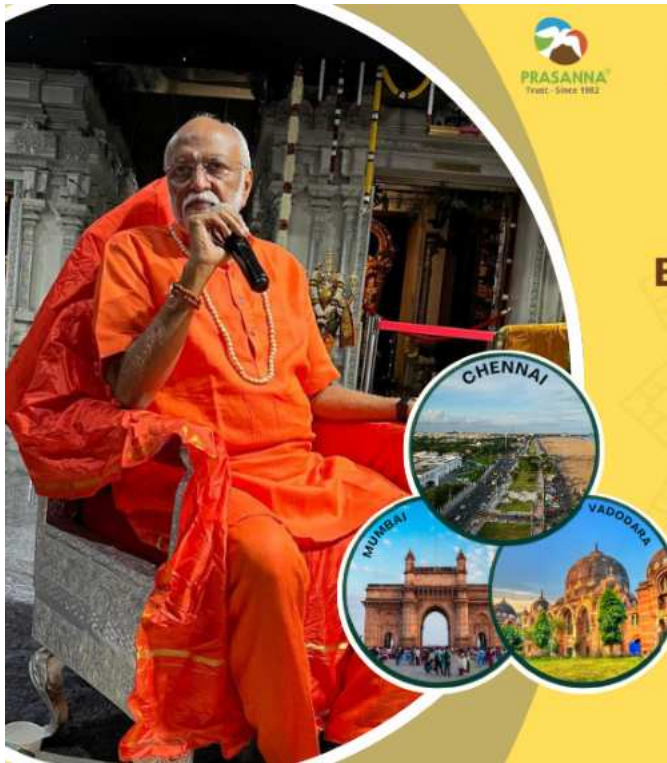
Krishna Janmashtami is a beautiful occasion to celebrate the divine presence of Lord Krishna and reflect on the timeless wisdom, joy and love that He represents. This special celebration brings together bhajans, cultural presentations and spiritual insights, creating a meaningful evening of devotion and togetherness. It is an opportunity to step away from the busyness of everyday life and reconnect with the deeper values of faith, joy and inner awareness.

The celebration will take place on Saturday, 5th September 2026, at Nirguna Mandir, Koramangala, Bengaluru. The evening begins at 6:00 PM with bhajans and cultural performances, followed by Swami Sukhabodhananda Ji's talk from 6:45 PM and Prasada Bhojanam thereafter. With the spirit of "Celebrate the Divine, Embrace the Joy of Krishna," the celebration offers a warm and uplifting experience for everyone. All are welcome to be part of this special evening.

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 SEP 2026, SAT
- HYDERABAD - 28TH & 29TH NOV 2026, SAT & SUN
- VADODARA - 6TH DEC 2026, SUN
- NAVI MUMBAI - 16TH JAN 2027, SAT
- DELHI - DATE WILL BE ANNOUNCED SOON

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 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 Sep 2026, Sat**
- **Hyderabad - 28th & 29th Nov 2026, Sat & Sun**
- **Vadodara - 6th Dec 2026, Sun**
- **Navi Mumbai - 16th Jan 2027, Sat**
- **Delhi - Date will 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."**

Upcoming Online Utsav

Janmashtami Bhagavatam Online Utsav 2026

From 28th August - 3rd September



The banner features a purple background with decorative elements. On the left is a colorful illustration of Lord Krishna playing a flute. On the right is a photograph of Swami Sukhabodhananda Ji with his hands in a prayer position. The central text reads: 'Janmashtami Bhagavatam Online Utsav 2026 With Swami Sukhabodhananda Ji A True Celebration with Lord Krishna'. Below this, it states '28th Aug (Friday) - 3rd Sept (Thursday) Each Day- 1 Video Lesson & Bhajan'. A list of topics includes: 'Learn how to convert breakdowns into breakthroughs', 'Know the true meaning of Devotion, Dharma and Liberation', and 'How to become a Spiritual HERO'. At the bottom, it says 'Begin Your Journey with Krishna Join the Utsav Today!' and provides contact information: '+91 95135 60108, +91 99017 77003, +91 91080 70452, +91 63666 01235' and email 'support@prasannatrust.com'.

Janmashtami Bhagavatam Online Utsav 2026
With **Swami Sukhabodhananda Ji**
A True Celebration with Lord Krishna

28th Aug (Friday) – 3rd Sept (Thursday)
Each Day- 1 Video Lesson & Bhajan

- ❖ Learn how to convert breakdowns into breakthroughs
- ❖ Know the true meaning of Devotion, Dharma and Liberation
- ❖ How to become a Spiritual HERO

*Begin Your Journey with Krishna
Join the Utsav Today!*

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support@prasannatrust.com | www.swamisukhabodhananda.com

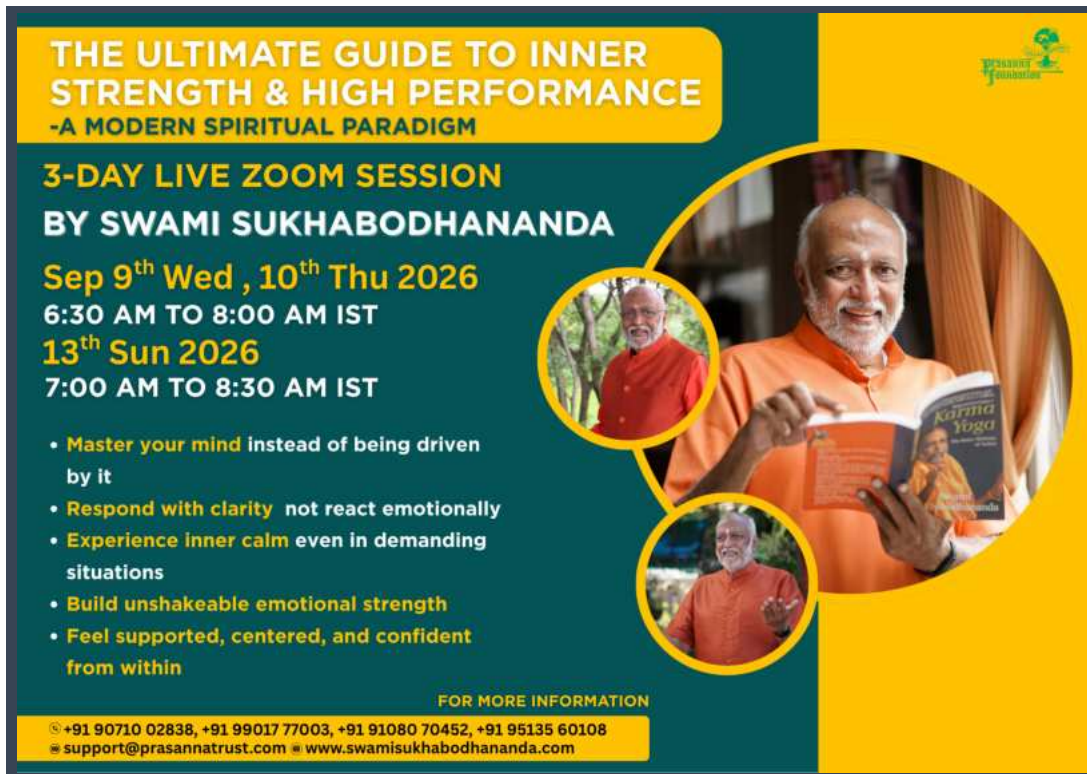
Janmashtami Bhagavatam Online Utsav 2026 offers a beautiful opportunity to experience the timeless wisdom of Lord Krishna through a special online journey with Swami Sukhabodhananda Ji. **From 28th August to 3rd September**, participants can access one video lesson and bhajan each day, exploring the deeper meaning of devotion, dharma and liberation. The teachings offer practical insights into handling life's challenges with greater clarity, transforming breakdowns into breakthroughs and discovering the qualities of a true spiritual hero.

Janmashtami is not only a celebration of the birth of Lord Krishna, but also a reminder of the wisdom, compassion and inner strength that Krishna represents. In today's fast-paced world, taking time to reflect on these teachings can bring greater peace, perspective and purpose to everyday life. This special online Utsav provides an opportunity to pause, reflect and connect with the timeless wisdom of Krishna in a meaningful way. Begin Your Journey with Krishna and be part of the Utsav.

For More Info: support@prasannatrust.com | +91 95135 60108
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The Ultimate Guide to Inner Strength & High Performance

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

Sep 9th Wed , 10th Thu 2026
6:30 AM TO 8:00 AM IST
13th Sun 2026
7:00 AM TO 8:30 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

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✉ 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 the 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 rather than reacting with 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

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.**

Program Details: Age 12+

Sep 9th Wed , 10th Thu 2026

6:30 AM to 8:00 AM IST

13th Sun 2026

7:00 AM to 8:30 AM IST

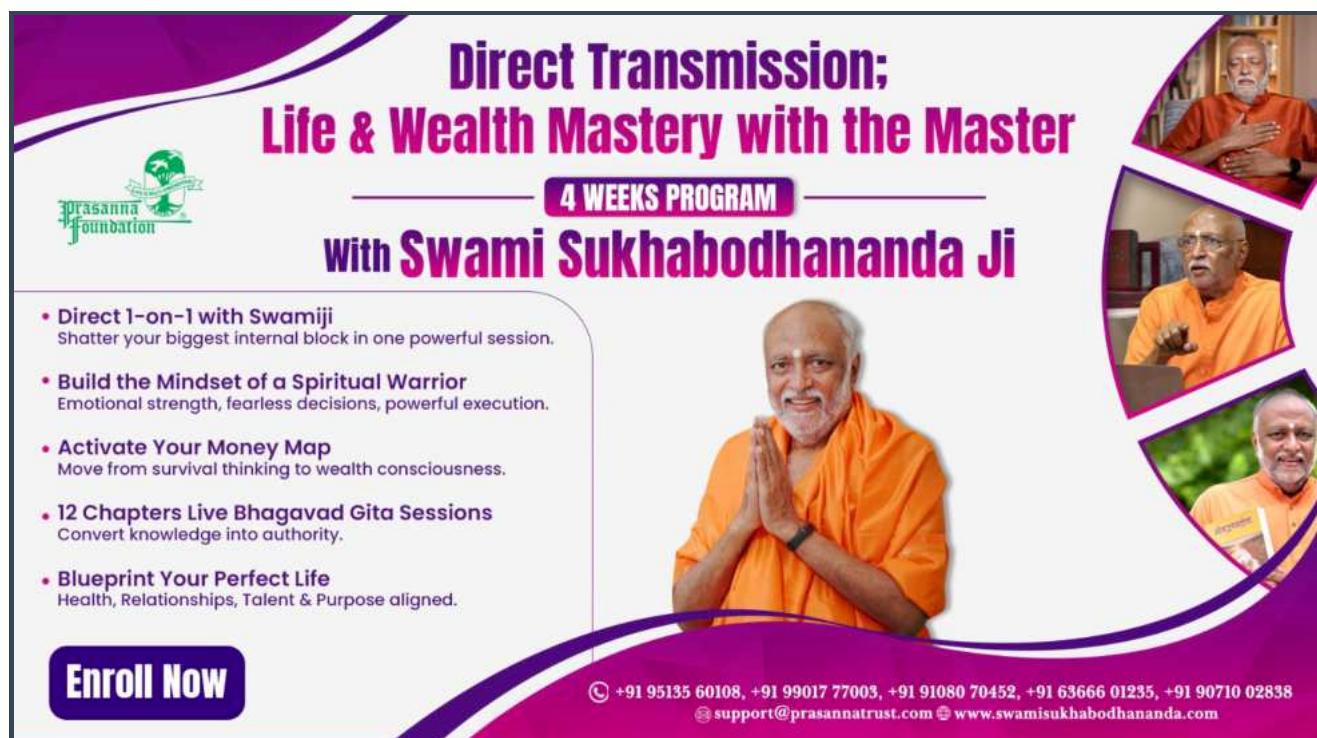
Mode: Live Zoom Session with Swamiji



Scan here to join

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 about learning – it is a direct transmission for inner and outer transformation.

Week 1 – Break Your Inner Barriers

- A 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

Recent On-Site USA Workshops 2026

Two Cities, One Journey of Wisdom – Atlanta & Detroit



1st August 2026 – Atlanta, GA



8th August 2026 – Detroit, MI

The recent USA workshops with Swami Sukhabodhananda Ji in Atlanta, Georgia, on 1st August 2026 and Detroit, Michigan, on 8th August 2026 received a warm and enthusiastic response. Participants came together to experience Swamiji's practical wisdom and insights for living with greater clarity, balance, and inner joy.

The workshops created a meaningful space for reflection, learning, and transformation, with participants engaging deeply with Swamiji's teachings. Through relatable examples and profound insights, Swamiji explored ways to navigate everyday challenges with greater awareness, wisdom, and inner strength.

The heartfelt participation and encouraging response from both cities made these gatherings truly special. As Swamiji continues to connect with seekers across the USA, these workshops reflect the growing interest in bringing timeless wisdom into contemporary life and making spiritual understanding practical, relevant, and accessible to all.

The journey continues, with more opportunities for seekers across the USA to connect with Swamiji's teachings and discover deeper perspectives for a more meaningful and fulfilling life.

Ongoing Online Live Workshops & Mentorship Programs

1:1 Mentoring / CXO

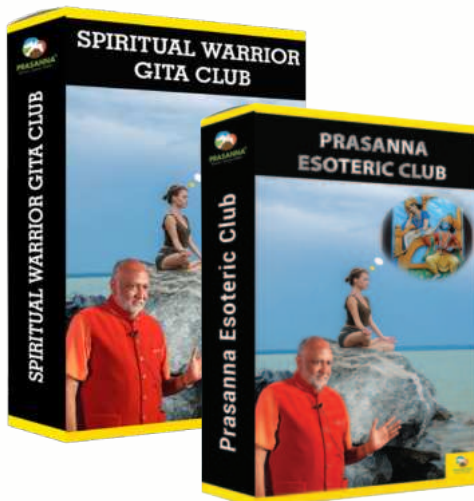
Age: 12+

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

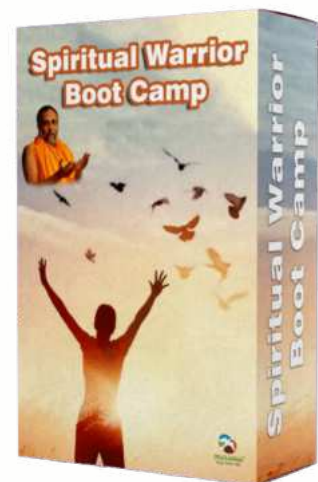
Age: 16+

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: 5th September 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

The CXO program has transformed the way I look at life through powerful insights. The tools and techniques have been directly applicable in my corporate life, Developing my own frameworks has brought about an amazing change in the way I think and approach challenges.

— Mr. Senthil, Singapore

Gita sessions - PEC / SWGC

Every word you speak gives us immense energy. Your daily message inspires us and allows us to live with energy throughout the day

— Dr Dasari Srinivasa Rao

Spiritual Morning Retreat 2.0

This course completely changed my perspective on life — physically, emotionally, intellectually and spiritually. Swamiji explains everything in such a simple and crisp manner that anyone can understand. It has truly transformed the way I see life.

— Mr. Rajat, Lucknow

**ONLINE LIVE WORKSHOPS &
MENTORSHIP PROGRAMS**



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

