PRASANNA Trust - Since 1982

PRASANNA TRUST
MONTHLY NEWSLETTER

PRASANNA AVATAR FOUNDATION

VOL 2/ISSUE 15 PART 1 / SEPTEMBER 2026

From Swamiji's Desk

Prayers and blessings from Swamiji

Every conscious movement creates fresh energy. But movement becomes transformative when our three centres participate together the intellectual centre knows, the emotional centre feels, and the moving centre acts.

The mind thinks one thing, the heart feels another, and the body mechanically does something else. Martial arts teaches me to bring all three into one harmonious movement.

> **"Life flourishes when understanding replaces reaction."**
>
> **- Swami Sukhabodhananda**

A Mother's Struggle, A Daughter's Dream

In Chennai, Darshini grew up in a family where life was never easy. Her father, struggling with alcoholism, often stayed away from home, leaving her mother to carry the responsibility of the family. Working as a daily-wage labourer and also doing sweeping work in temples, her mother worked tirelessly to educate her two children. Despite these hardships, Darshini remained determined and earned a merit seat in a Physiotherapy college. But when it was time to join, her family could not afford the college fees, and the dream she had worked so hard for was suddenly at risk of being abandoned.

We came to know about Darshini's situation through one of our sources and stepped in at a crucial moment. Her college fees for the entire academic year were paid, allowing her to begin her Physiotherapy journey without the financial burden standing in her way. Today, Darshini is back in the classroom, pursuing the career she dreamed of and worked hard to earn. "Sometimes, all a dream needs is someone to stand beside it when circumstances threaten to end it." Darshini's story reminds us that timely support can turn a moment of despair into a new beginning.

"Sometimes, the greatest gift we can give a child is not a shortcut to success, but the chance to keep walking toward their dream."

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 meal is more than food on a plate. For someone going through a difficult time, it can bring comfort, restore hope, and offer a quiet reminder that they are cared for. A nutritious meal can give a child the energy to learn, a patient the strength to recover, and a family facing hardship one less worry to carry.

Through Anna Daana, Prasanna Trust provides nutritious meals every day to children, patients, families, and individuals from underserved communities. Behind every meal is a simple belief—that no one should have to face hunger while trying to learn, heal, work, or rebuild their life. Each plate we serve is an expression of care and solidarity, helping create healthier children, stronger families, and communities where compassion reaches those who need it most.

Building Skills, Creating Opportunities

Vocational Training at Nirguna Mandir

In today's world, digital literacy is an essential skill for education, employment, and personal growth. Knowing how to use a computer and navigate digital tools can open doors to opportunities that may otherwise remain out of reach. With the right skills and confidence, individuals can take their first steps towards better careers and greater independence.

In collaboration with Shivanssh Foundation, Prasanna Trust conducts its Basic Computer Training Programme at Nirguna Mandir, helping young people and aspiring professionals develop practical digital skills. Participants are introduced to computer fundamentals, MS Office, internet usage, digital communication, and essential workplace applications. With the 27th batch successfully completed and registrations now open for the 28th batch, the programme continues to bridge the digital divide—turning learning into confidence, skills into opportunities, and aspirations into a pathway towards a brighter future.

> **"Every lesson learned, every skill gained, opens a door to new possibilities."**
>
> **- Swami Sukhabodhananda**

Monthly Service Updates

Gyana Daana

Opening Doors Through Gyana Daana

For many young people, the desire to study is strong, but circumstances can make the path difficult. A scholarship or educational support can be the difference between putting a dream on hold and taking the next step towards it. It gives students the opportunity to continue learning, develop their abilities, and work towards a future they have imagined for themselves.

Through Gyana Daana, Prasanna Trust reaches out to students who have the determination to learn but need financial support to continue their education. By helping them meet their educational needs, we hope to ensure that financial hardship does not become a barrier to their aspirations. Each student supported is given more than financial assistance—they are given encouragement to keep going, the confidence to dream bigger, and an opportunity to shape their own future.

Prasanna Jyothi

Celebrating Ganesh Chaturthi at Prasanna Jyothi

Festivals become especially meaningful when celebrated together. At Prasanna Jyothi, the children came together with devotion and enthusiasm to celebrate Ganesh Pooja, filling the space with prayers, traditional rituals, and the joy of being together. With the beautifully decorated Ganesha idol, offerings, flowers, and lamps, the celebration created a warm and festive atmosphere for everyone.

Beyond the rituals, occasions like these give the children an opportunity to experience the beauty of tradition, participate in cultural celebrations, and create memories together. Their smiles, prayers, and eager participation made the celebration truly special. At Prasanna Jyothi, every festival is not just a celebration—it is an opportunity to nurture faith, togetherness, culture, and a sense of belonging.

> **"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

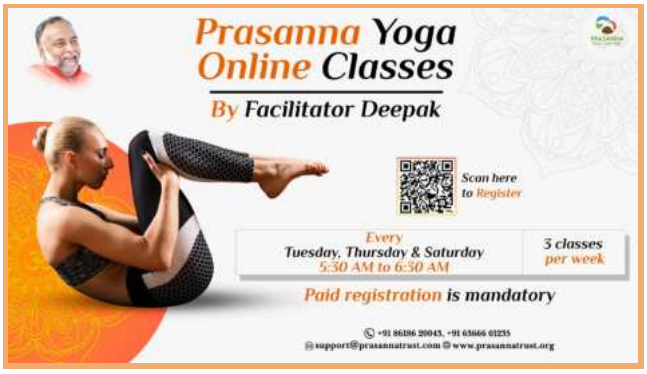
The sacred Sri Satyanarayana Pūjā was performed for dear Renuka Reddy, along with Vimala Reddy, in a beautiful gathering filled with prayer, gratitude, and grace. The ceremony offered a meaningful opportunity to pause, reflect, and reconnect with the deeper values that guide our lives. It was a heartfelt occasion where devotion brought everyone together in an atmosphere of peace and reverence.

The deeper meaning of Satyanarayana carries a profound message: Satya must become Narayana—truth should not remain merely an idea, but become a living presence in our thoughts, emotions, and actions. As the Upanishads remind us, “Satyam eva jayate” — Truth alone triumphs. To truly live by truth, we must first become aware of the unconscious patterns that influence how we see and respond to life. Spirituality, therefore, is not only about worshipping the Divine outside, but also about awakening the Divine intelligence within. For Renuka and Vimala, the pooja became a beautiful moment to experience this spirit of devotion, reflection, and inner grace.

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

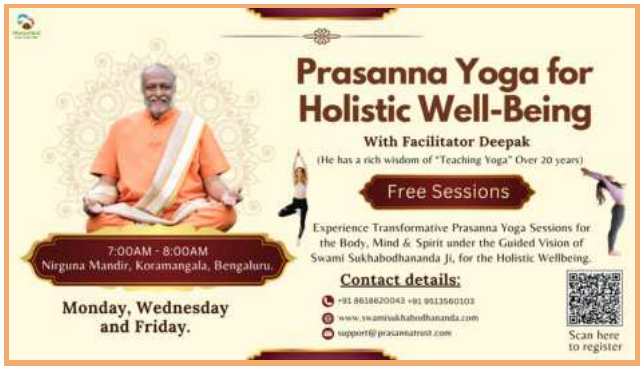
Programs at Nirguna Mandir

Prasanna Yoga Online Session



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

Prasanna Yoga In-Person Session

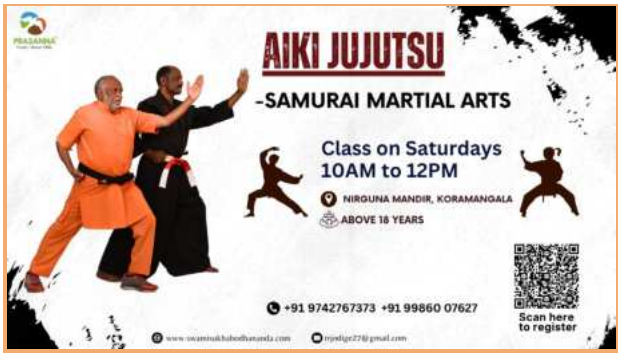


Every Monday, Wednesday & Friday
From 7:00 AM to 8:00 AM
@Nirguna Mandir

Other Programs at Nirguna Mandir

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

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

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 sincere gratitude to the dedicated leaders, compassionate changemakers, and everyone whose vision and commitment continue to turn meaningful ideas into action. Their guidance, perseverance, and belief in creating a positive difference have been instrumental in making these initiatives possible.

My heartfelt thanks also go to our supporters, whose continued trust, generosity, and encouragement strengthen everything we do. Whether through contributions, time, expertise, or simply standing with us, your support has helped transform aspirations into tangible opportunities and lasting impact.

Behind every initiative is a collective effort, and every contribution—big or small, visible or behind the scenes—matters. Together, through compassion, responsibility, and a shared commitment to serve, we continue to build stronger communities and create a more hopeful future for those whose lives we touch.

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

– Swami Sukhabodhananda

PRASANNA Trust - Since 1982

PRASANNA TRUST

EVENTS NEWSLETTER

VOL 2/ISSUE 15 PART 2/SEPTEMBER 2026

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On-Site Workshops @ USA

B. Upcoming In-Person Gita Talks
Vadodara - Sun 6th Dec 2026, Navi Mumbai - Sat 16th Jan 2027 & Delhi – 21st Feb 2027

C. Upcoming Online Utsav
Navaratri Online Utsav 2026
Oct 11th - Oct 19th 2026.

D. Recent On-Site Celebrations
Janmashtami Bhagavatham Celebration @ Nirguna Mandir

E. Recent On-Site Gita Talk
Chennai Gita Talk held on 12th September 2026

F. Recent On-Site Workshop
E-Lab Retreat: Moments of Learning, Joy & Discovery

G. Ongoing Online Live Workshops & Mentorship Programs

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Direct Transmission: Life & Wealth Mastery with the Master

The Ultimate Guide to Inner Strength & High Performance

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To explore Swamiji's programs & events, visit
www.swamisukhabodhananda.com/events
or scan the QR Code

Swamiji's USA On-Site Workshops Schedule

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

SAN MARCOS, CA

LOCATION

Sri Sakti Peetham
813 W San Marcos Blvd,
San Marcos, CA 92078

DATE & TIME

Friday, 2 October 2026
7:30 PM - 8:30 PM

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

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)

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

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
1:00 PM - 5:00 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)

CUPERTINO, CA

LOCATION

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

DATE & TIME

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

SWAMIJI'S RECENT USA IN-PERSON WORKSHOPS

1st August 2026 – Atlanta, GA

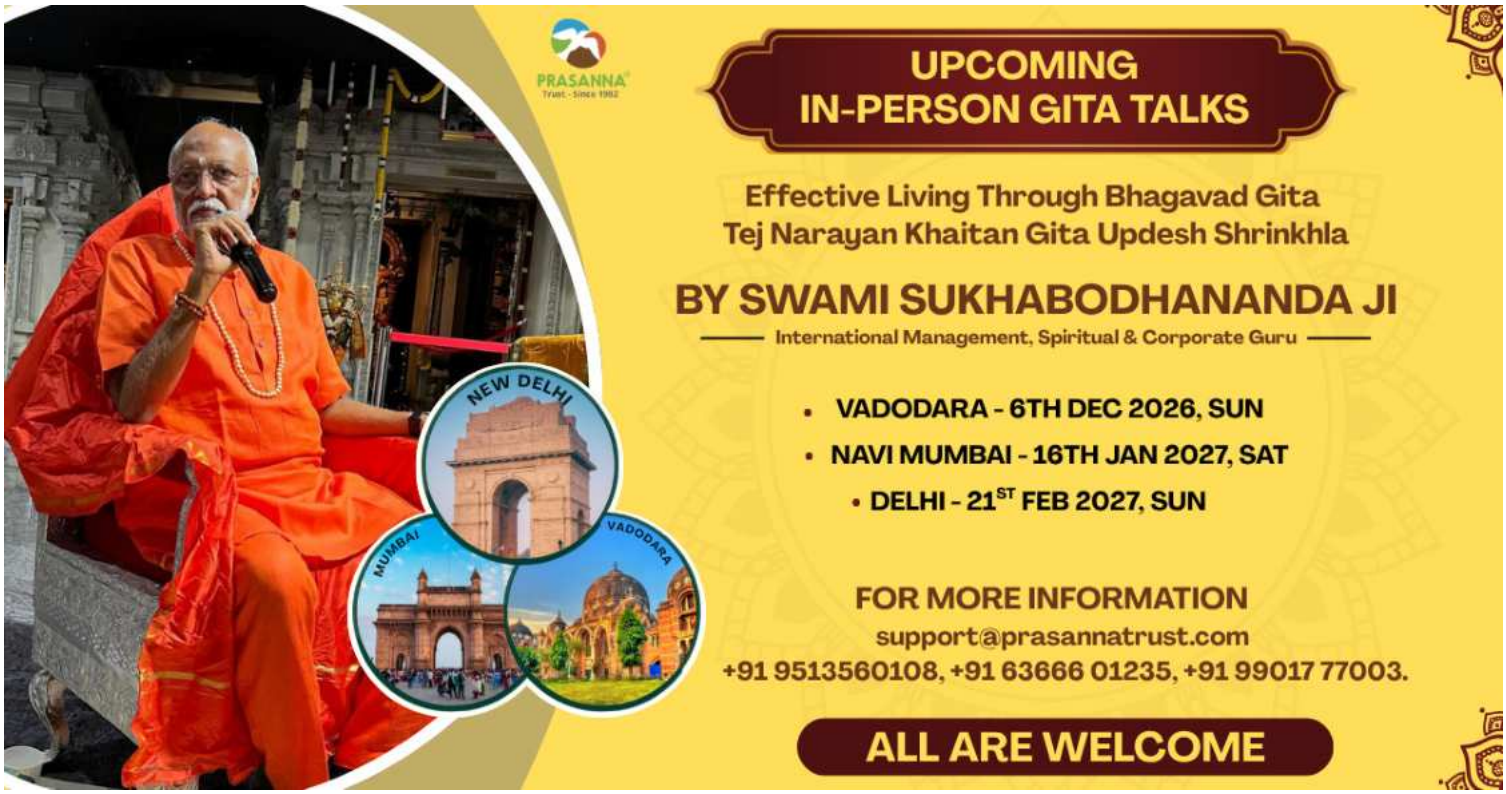
8th August 2026 – Detroit, MI

SCAN THE QR TO KNOW MORE OF SWAMIJI'S EVENTS & PROGRAMS

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

Upcoming In-Person Gita Talks

Effective Living Through Bhagavad Gita



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.

- **Vadodara - 6th Dec 2026, Sun**
- **Navi Mumbai - 16th Jan 2027, Sat**
- **Delhi - 21st Feb 2027, Sun**

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

Navaratri Online Utsav 2026

Nine Days of Devotion, Reflection & Inner Transformation
From 11th to 19th October 2026

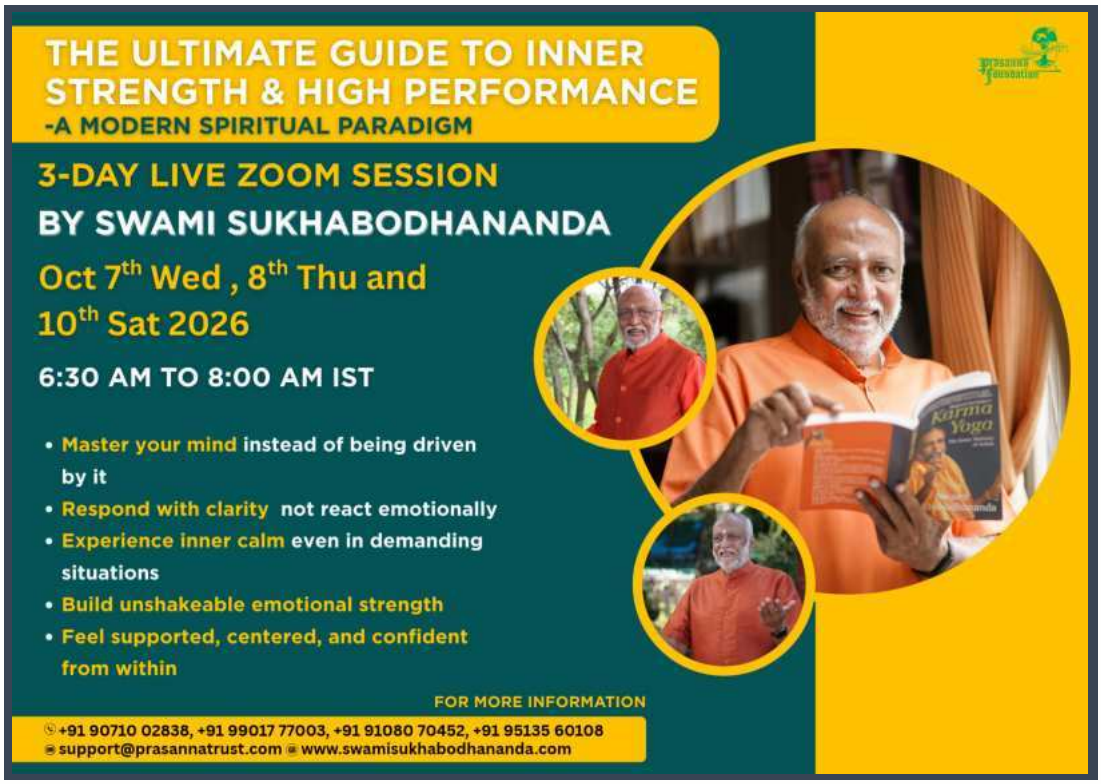
The Navaratri Online Utsav 2026, led by Swami Sukhabodhananda Ji, offers a nine-day spiritual journey from 11th to 19th October 2026. Participants can experience the essence of Navaratri through daily recorded teachings and a day-specific Navaratri Upasana Meditation, allowing them to connect with the festival in a meaningful way from wherever they are.

Each day brings an opportunity to explore themes of wisdom, strength, courage, and inner transformation. The sessions encourage participants to work with negative thoughts and emotions, develop the inner strength to face life's challenges, and move from dependence on pleasure towards deeper aspiration and fulfilment.

With six weeks of access, participants can revisit the teachings and meditations even after the nine-day celebration concludes, allowing the experience to continue beyond Navaratri. The Utsav is an invitation to pause, reflect, and discover the divine strength that already exists within.

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

The Ultimate Guide to Inner Strength & High Performance
3-Day Live Zoom Program with Swami Sukhabodhananda



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

Program Details: Age 12+

Oct 7th Wed , 8th Thu and 10th Sat 2026

6:30 AM to 8:00 AM IST

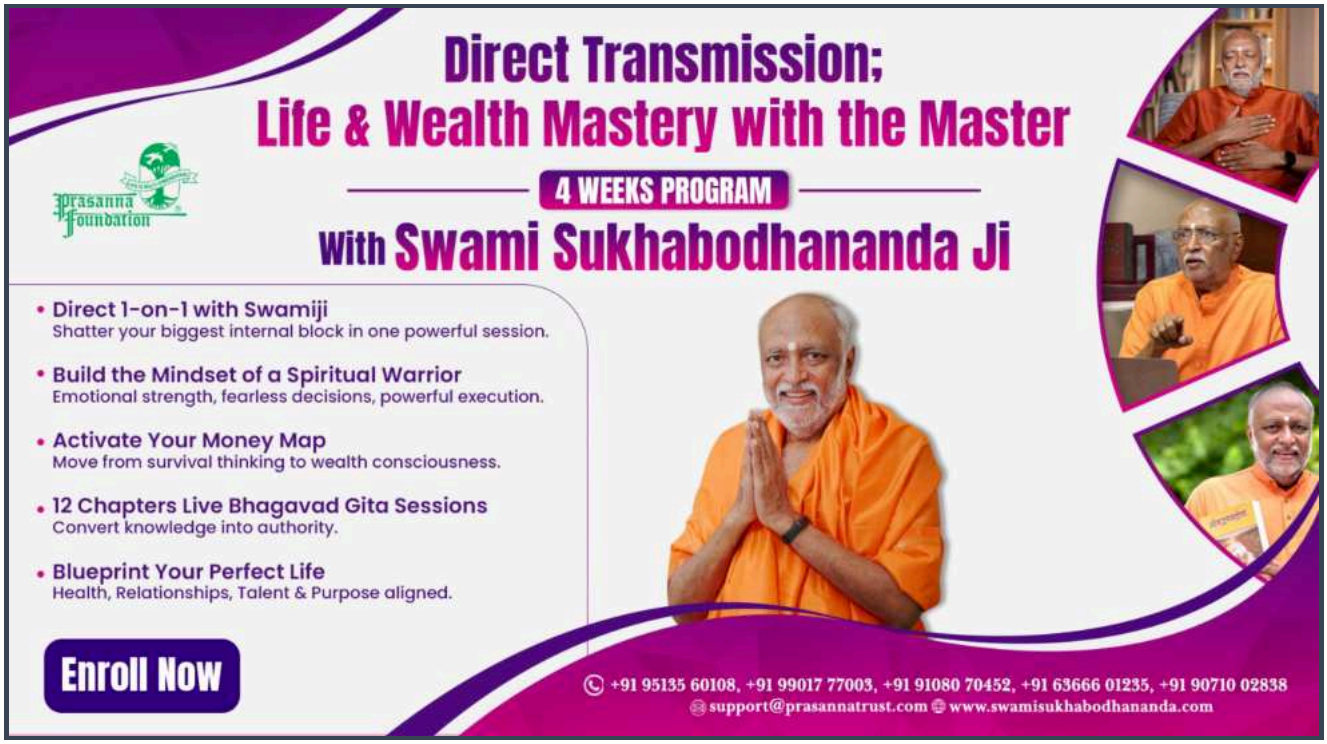
Mode: Live Zoom Session with Swamiji

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



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 Celebration

Krishna Janmashtami Celebration With Swami Sukhabodhananda Ji Celebrating the Joy and Spirit of Krishna

Prasanna Trust recently celebrated Krishna Janmashtami with an evening filled with devotion, music, and joy at Nirguna Mandir, Koramangala, Bengaluru. The celebration featured beautiful bhajans and cultural performances, bringing devotees and well-wishers together in the festive spirit of Lord Krishna.

The evening also included a talk by Swami Sukhabodhananda Ji, offering participants an opportunity to reflect on the deeper significance of Krishna's teachings and their relevance in everyday life. The atmosphere was filled with devotion and togetherness as everyone came together to celebrate the birth of Lord Krishna.

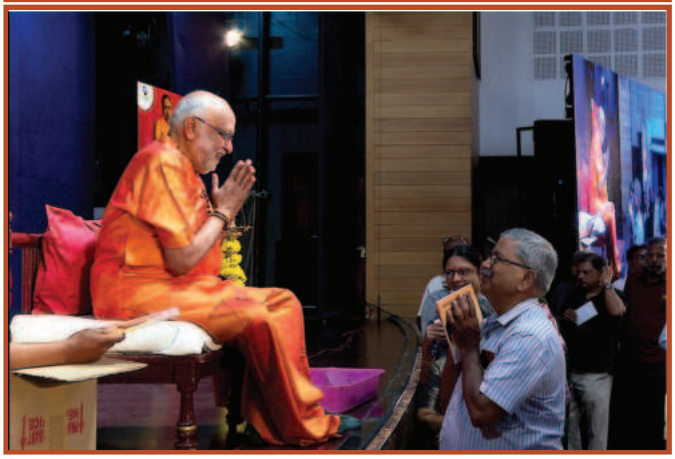
The celebration concluded with Prasada Bhojanam, allowing everyone to share in the joy and blessings of the occasion. It was a beautiful evening of prayer, music, wisdom, and community, creating cherished memories for everyone who participated.

"When a community believes in a child's dream, that dream begins to believe in itself."

Recent On-Site Gita Talk

Effective Living Through Bhagavad Gita

An Evening of Wisdom, Reflection & Inspiration



The Tej Narayan Khaitan Gita Upadesh ShrinKhla, presented by Swami Sukhabodhananda Ji, was successfully conducted at Sri Thyaga Brahma Gana Sabha (Vani Mahal), T. Nagar, Chennai. The session brought the timeless wisdom of the Bhagavad Gita into the context of everyday life, offering participants practical insights into living with greater awareness, clarity, and purpose.

The talk was very well received by the audience, who participated with enthusiasm and keen interest throughout the session. Swamiji's engaging and relatable approach made the profound teachings of the Gita easy to connect with, leaving participants with meaningful reflections and fresh perspectives.

The evening concluded on a joyful and inspiring note, with many participants expressing their appreciation for the experience. The gathering was a beautiful blend of wisdom, reflection, devotion, and practical learning, making the Tej Narayan Khaitan Gita Upadesh ShrinKhla a memorable experience for everyone present.

"When the timeless wisdom of the Gita meets everyday life, understanding becomes insight, and insight becomes transformation."

Recent On-site Workshop

E-Lab Retreat: Moments of Learning, Joy & Discovery

The 3-Day E-Lab Retreat, led by Swami Sukhabodhananda Ji, was held from 17th to 19th September 2026 at Soul Nest, Pyramid Valley International, Bengaluru. The retreat offered participants a meaningful space to step away from their everyday routines and explore deeper dimensions of self-awareness, emotional mastery, practical meditation, and the purpose of life.

Throughout the retreat, participants engaged with the sessions with enthusiasm and openness, exploring deeper questions about life, spirituality, and self-awareness. Their positive feedback and heartfelt appreciation made the experience especially meaningful, and the happiness shared by the participants reflected the impact of this journey of inner exploration.

The retreat also created a space for participants to connect, share experiences, and learn from one another. The warmth and enthusiasm within the group made each session more engaging and memorable, leaving participants with meaningful insights and experiences to carry forward into their everyday lives.

> **"When we turn inward with awareness, we discover the clarity and joy to live life more fully."**

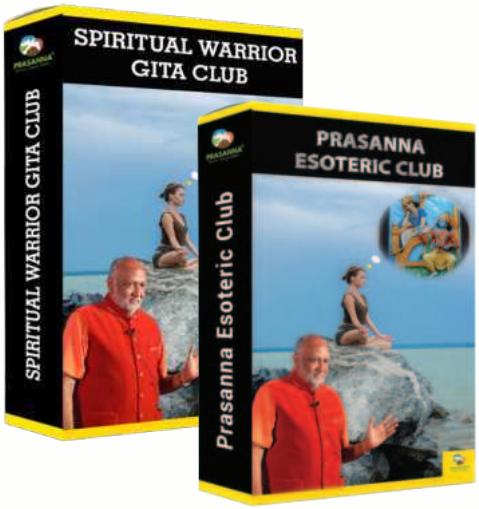
Ongoing Online Live Workshops & Mentorship Programs

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.



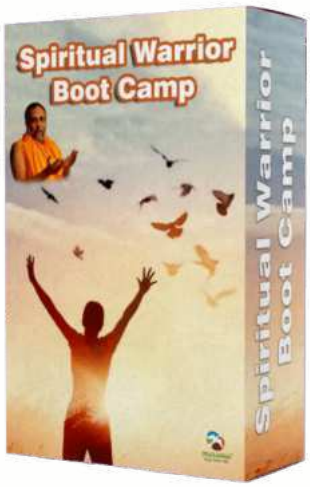
Gita Sessions – PEC / SWGC
Age: 16+

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: 3rd October 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 one-on-one mentoring and 1% refinement have made a profound difference in my journey. I feel truly blessed to be associated with Swamiji

— Mr. Manjunath Badigar

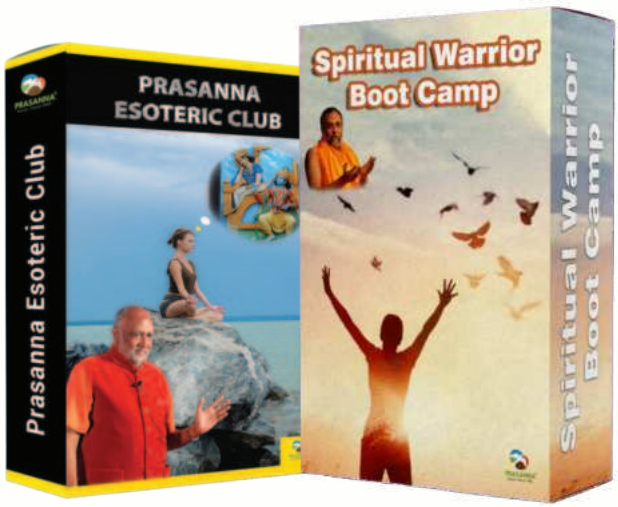
Gita sessions - PEC / SWGC

PEC has given me practical tools that have created real breakthroughs in both my personal and professional life—from getting a new job to earning a technical certification. Guruji's ability to simplify the profound teachings of the Bhagavad Gita, along with his incredible energy and humour, makes every session truly inspiring.

— Mrs. Vani Shailaja

Spiritual Morning Retreat 2.0

A wonderful way to begin the morning with positive energy and practical insights. I have been following Swamiji for several years, and every programme brings a fresh perspective, new possibilities, and those special 'wow' moments.

— Mr. Pradeepk Kumar A

To explore Swamiji's programs & events, visit
www.swamisukhabodhananda.com/events
or scan the QR Code