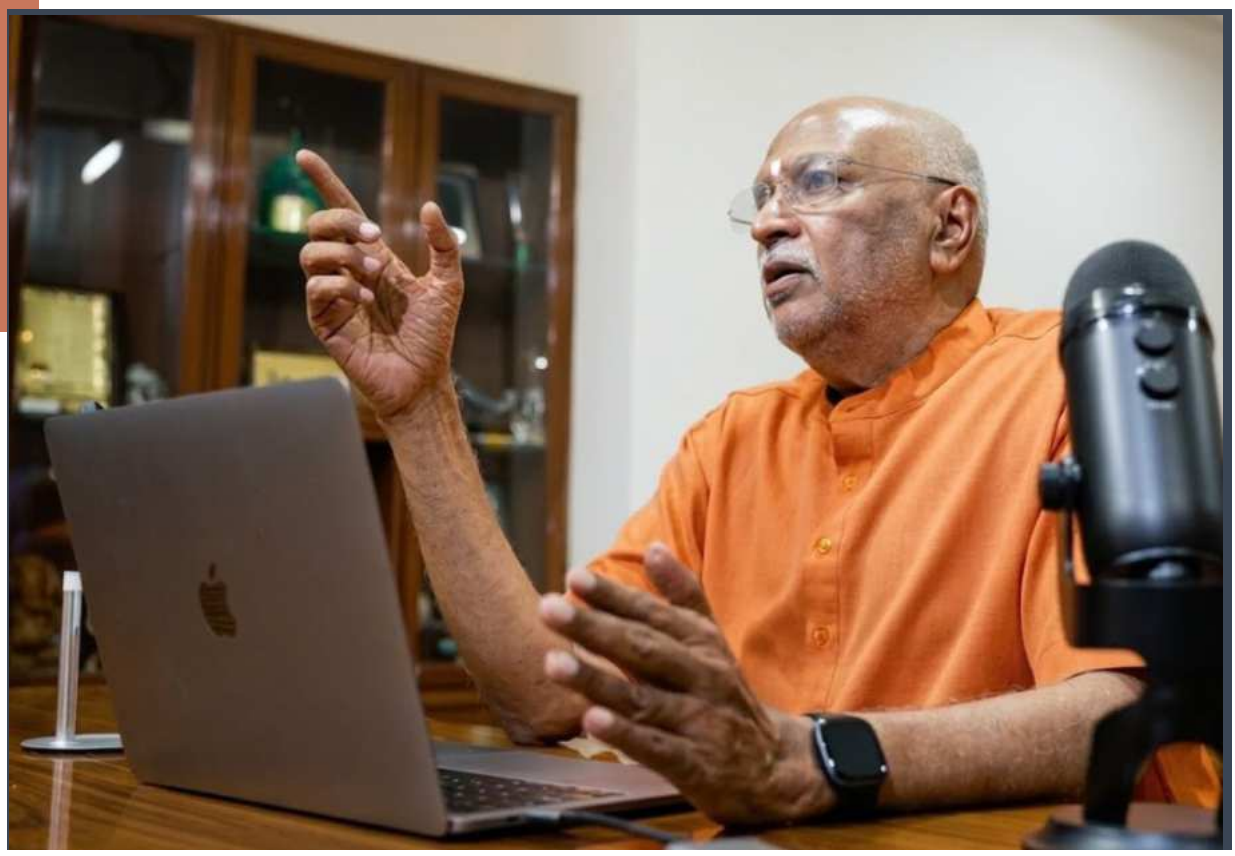
PRASANNA Trust - Since 1982

PRASANNA TRUST

MONTHLY NEWSLETTER

PRASANNA AVATAR FOUNDATION

VOL 2/ISSUE 16 PART 1 / OCTOBER 2026



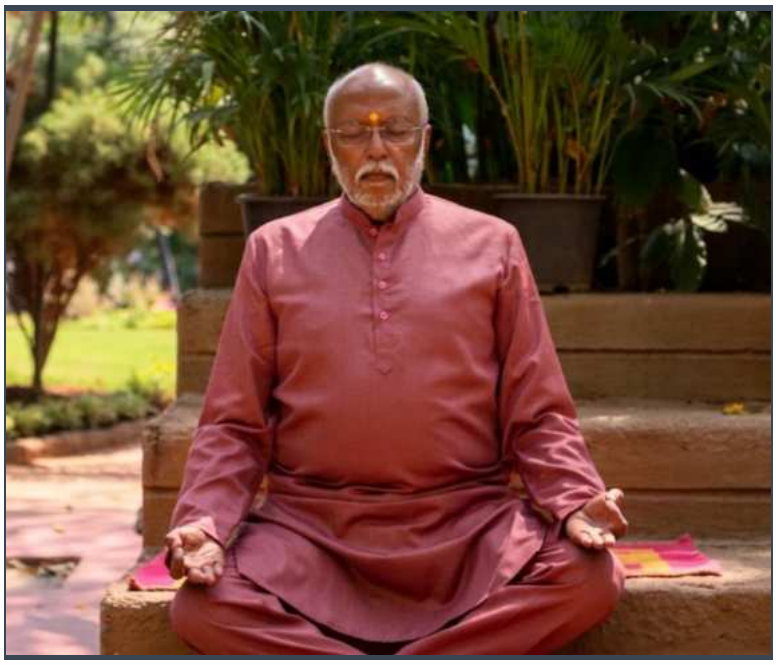
From Swamiji's Desk

Prayers and blessings from Swamiji

The deeper meaning of Satyanarayana is very powerful: Satya must become Narayana truth should not remain merely an idea; it should become a living presence in our thoughts, emotions and actions.

The Upanishads declare: "Satyam eva jayate" Truth alone triumphs.

Spirituality is not merely worshipping the Divine outside; it is awakening the Divine intelligence within.



"Let truth move beyond thought and become a living presence in your thoughts, words, and actions."

- Swami Sukhabodhananda

When Compassion Made a Difference



When the brain tumour that he had battled earlier returned, the family once again found themselves facing a deeply frightening and uncertain situation. The brother of one of our staff members needed timely medical attention and treatment, and the family was understandably overwhelmed. In this difficult hour, Prasanna Trust responded swiftly, making the necessary arrangements for his treatment and ensuring that he could receive the required medical care without delay.

What followed was a journey of treatment, strength, and hope. With timely medical care and the support of his family, he gradually moved towards recovery. For his loved ones, each positive step brought renewed confidence and relief. Today, he is doing well, and what began as a moment of fear has become a story of courage and gratitude.

His journey reminds us that compassion is not merely about offering help—it is about standing beside someone when they need it most. “When life brings us to our most difficult moments, compassion can become the strength that carries us through.”

> **“In the darkest moments, timely compassion can become a light of hope.”**

Monthly Service Updates

Anna Daana





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

A Helping Hand, A Brighter Tomorrow

Compassion often begins with a simple act of kindness. A little support at the right moment can ease someone's struggles, restore confidence, and open doors to opportunities they once thought were beyond their reach. Sometimes, what seems like a small gesture to us can become a life-changing moment for someone else.

Through its various initiatives, Prasanna Trust works to bring hope and opportunity to individuals and families facing difficult circumstances. Whether it is supporting a child's education, providing nutritious meals, or creating opportunities for a better future, every effort is guided by the belief that everyone deserves a chance to thrive. Together, through generosity and shared responsibility, we can turn compassion into meaningful action and help build a more caring, empowered, and hopeful society.

Empowering Young Minds Through Education

Vocational Training at Nirguna Mandir

Education opens doors to possibilities that can shape a person's future. When young people gain access to the right resources and guidance, they develop the confidence to explore their abilities, pursue their ambitions, and build a more independent life. Learning becomes more than acquiring knowledge—it becomes a foundation for lasting change.

Through its educational initiatives, Prasanna Trust strives to make learning accessible to those who need it most. By supporting students and providing opportunities to develop practical skills, the Trust helps individuals move closer to their goals and prepare for a world of changing opportunities. Every step towards education is a step towards greater self-reliance, stronger communities, and a future where potential is not limited by circumstances.





"A small act of kindness can spark hope, restore confidence, and create a world of possibilities for someone in need."

- Swami Sukhabodhananda

Monthly Service Updates

Gyana Daana





Gyana Daana: A Pathway to New Possibilities

Every young person deserves the opportunity to pursue an education and build a future shaped by their abilities, not limited by their circumstances. Yet, for many students, financial difficulties can stand in the way of their ambitions. Timely educational support can help them continue their studies, discover their strengths, and move closer to the life they aspire to lead.

Through Gyana Daana, Prasanna Trust helps deserving students overcome financial barriers to education. By supporting their learning journey, we aim to nurture confidence, encourage ambition, and create opportunities for lasting progress. Each student who receives support represents a future filled with potential—not just for themselves, but also for their families and communities. By investing in education, we help young minds build the knowledge and skills to shape a more promising tomorrow.

Prasanna Jyothi

Prasanna Jyothi: A Home for Hope and Growth

Prasanna Jyothi is a safe and nurturing home where girls are supported with care, education, and guidance as they work towards a brighter future. Every child is encouraged to discover her strengths, develop confidence, and pursue her aspirations in an environment where she feels valued and supported. With access to education and a stable home, the girls are given the opportunity to look beyond their present circumstances and imagine a future filled with possibilities.

Beyond providing shelter and education, Prasanna Jyothi strives to create a sense of belonging and stability for every girl. Through learning, shared experiences, daily routines, and personal guidance, the girls develop essential life skills and learn the importance of responsibility, kindness, and self-reliance. The home also encourages them to explore their interests, build meaningful relationships, and grow at their own pace. Every small achievement is a step towards greater independence, helping each girl move forward with confidence, dignity, and hope for the future.

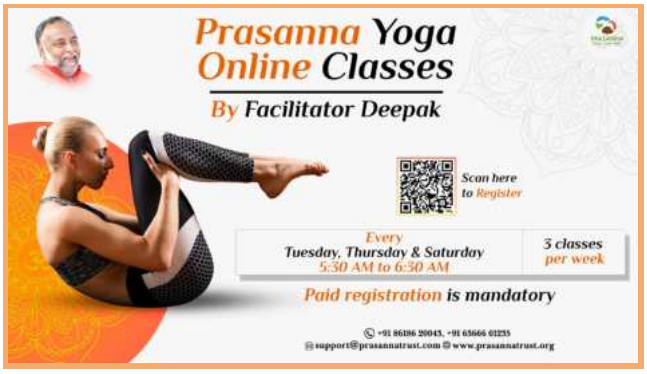




> **"Every child deserves a place to belong, the support to grow, and the opportunity to build a future filled with hope."**
>
> **- Swami Sukhabodhananda**

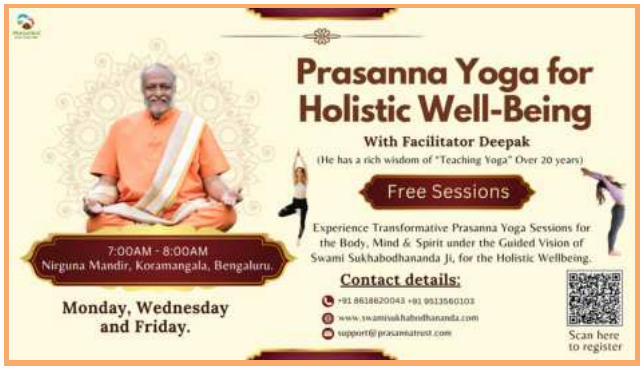
Programs at Nirguna Mandir

Prasanna Yoga Online Session



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

Prasanna Yoga In-Person Session



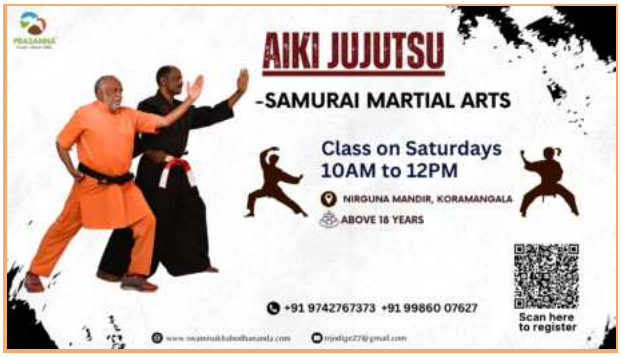
Every Monday, Wednesday & Friday
From 7:00 AM to 8:00 AM
@Nirguna Mandir

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.

PRASANNA®
Trust - Since 1982

Thankyou

PRASANNA
AVATAR FOUNDATION

For Your Support

With deep appreciation, I extend my heartfelt thanks to the Trustees, the devoted members of Swamiji's global and Indian family, Swamiji's devotees in the USA, our gracious hosts in the USA, our diligent staff, compassionate volunteers, and the esteemed disciples of Swamiji. Your unwavering support, tireless dedication, and profound commitment continue to inspire hope and transform countless lives every single day.

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

With deep gratitude, I honour the visionary leaders and devoted advocates whose unwavering commitment has guided these transformative efforts.

I also extend my heartfelt thanks to our steadfast supporters — including my beloved devotees in the USA and our gracious hosts whose faith, generosity, and encouragement have been the lifeblood of this mission. Your time, resources, and spirit have turned vision into reality.

To every soul who has contributed, directly or silently, I bow in gratitude. Together, through our collective seva, we are nurturing a more compassionate, empowered, and hope-filled world.



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

Swami Sukhabodhananda

PRASANNA TRUST
EVENTS NEWSLETTER
VOL 2/ISSUE 16 PART 2/OCTOBER 2026



Index of Events & Programs

A. Upcoming On-Site Workshops
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. Hyderabad Gita Talk
Sat & Sun 12 & 13th Dec 2026
6:30 PM - 8:30 PM

D. Recent On-Site Workshops
On-Site Workshops @ USA

E. Ongoing Online Live Workshops & Mentor-ship Programs

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Gita Sessions – PEC / SWGC

Direct Transmission: Life & Wealth Mastery with the Master

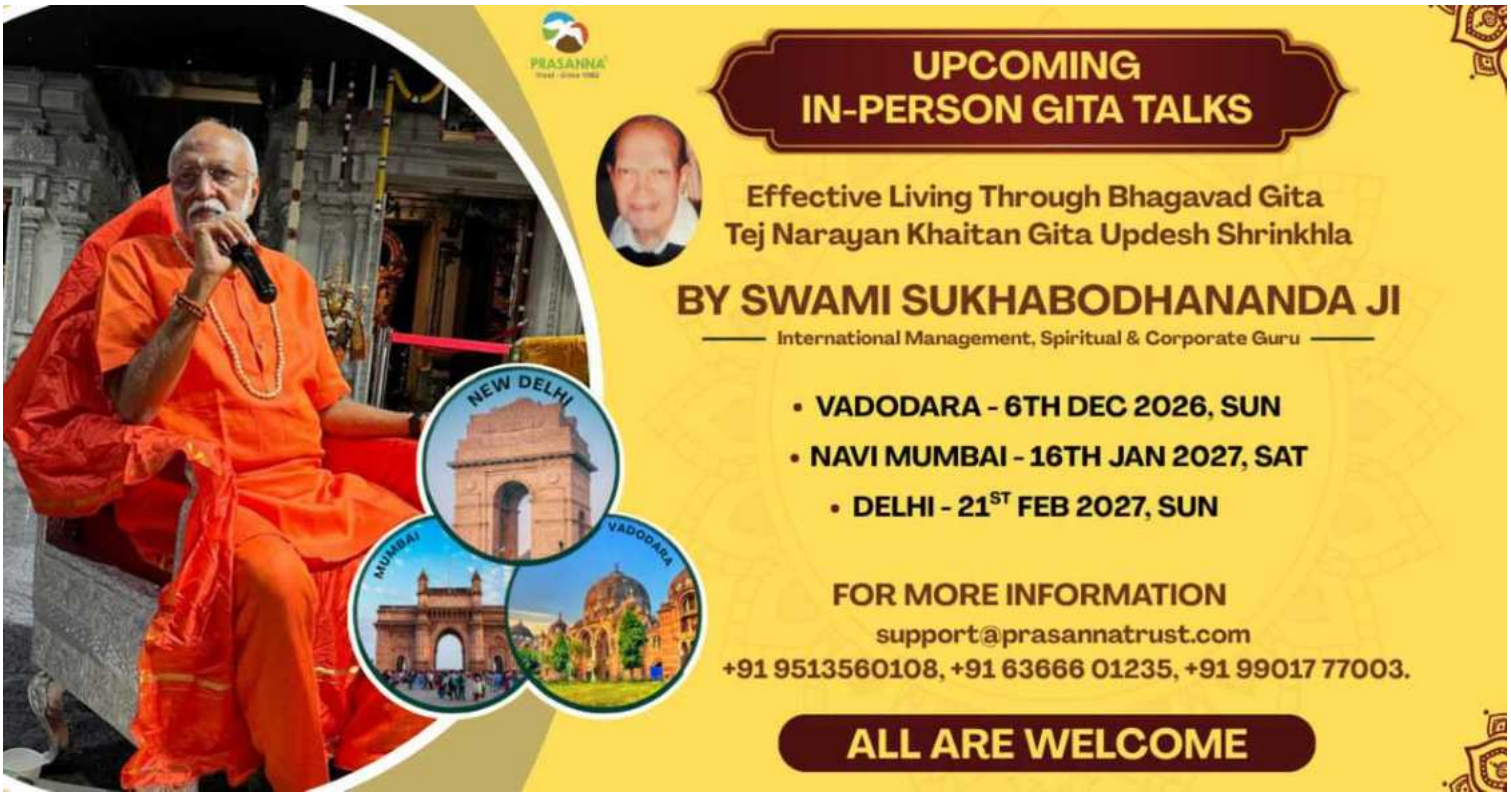
The Ultimate Guide to Inner Strength & High Performance

Spiritual Morning Retreat

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

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.

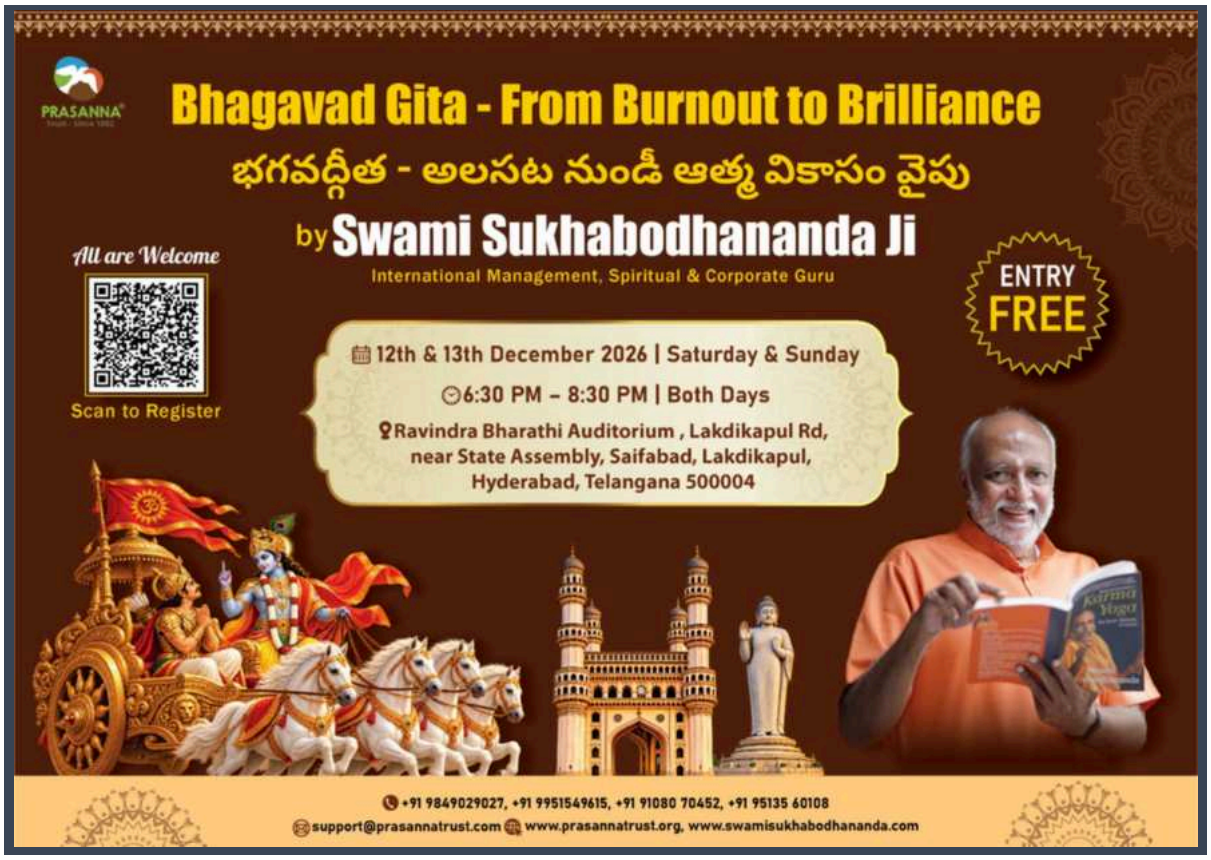
contact: support@prasannatrust.com or call +91 9513560108, +91 63666 01235, +91 99017 77003.

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

Upcoming In-Person Gita Talks

Bhagavad Gita - From Burnout to Brilliance

Hyderabad | 12–13 December 2026 | Ravindra Bharathi



The timeless wisdom of the Bhagavad Gita offers profound insights into navigating life's challenges with clarity, balance, and understanding. Bhagavad Gita - From Burnout to Brillance, Swami Sukhabodhananda Ji will share practical ways to bring these ancient teachings into our everyday lives.

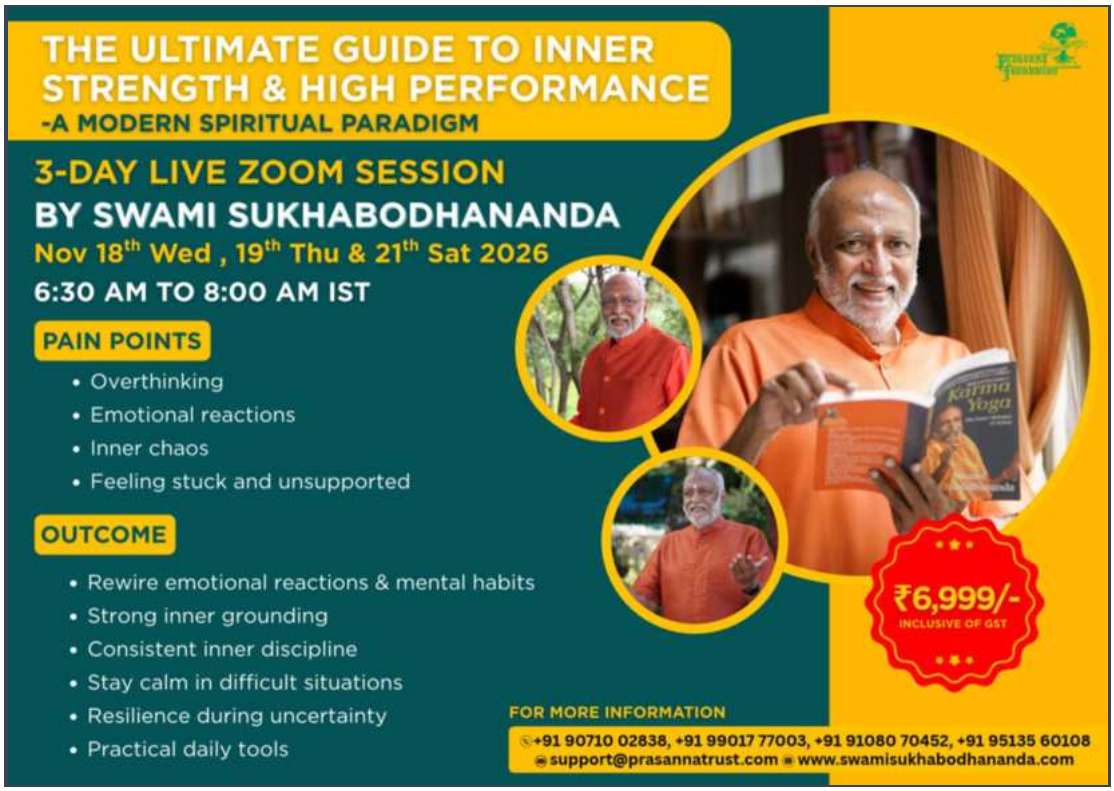
Organised by the Hyderabad chapter of Prasanna Trust, this two-day programme will explore how the Gita's wisdom can help us understand our emotions, respond to challenges thoughtfully, make wiser decisions, and cultivate inner peace amid the demands of modern life.

The programme offers participants an opportunity to look beyond habitual ways of thinking and discover fresh perspectives on life, relationships, and personal growth. By connecting timeless spiritual wisdom with everyday experiences, it aims to inspire greater self-awareness, resilience, and fulfilment.

This git talk 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 9849029027, +91 9951549615, +91 91080 70452, or +91 95135 60108.**

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+

Nov 18th Wed , 19th Thu and 21th Sat 2026

6:30 AM to 8:00 AM IST

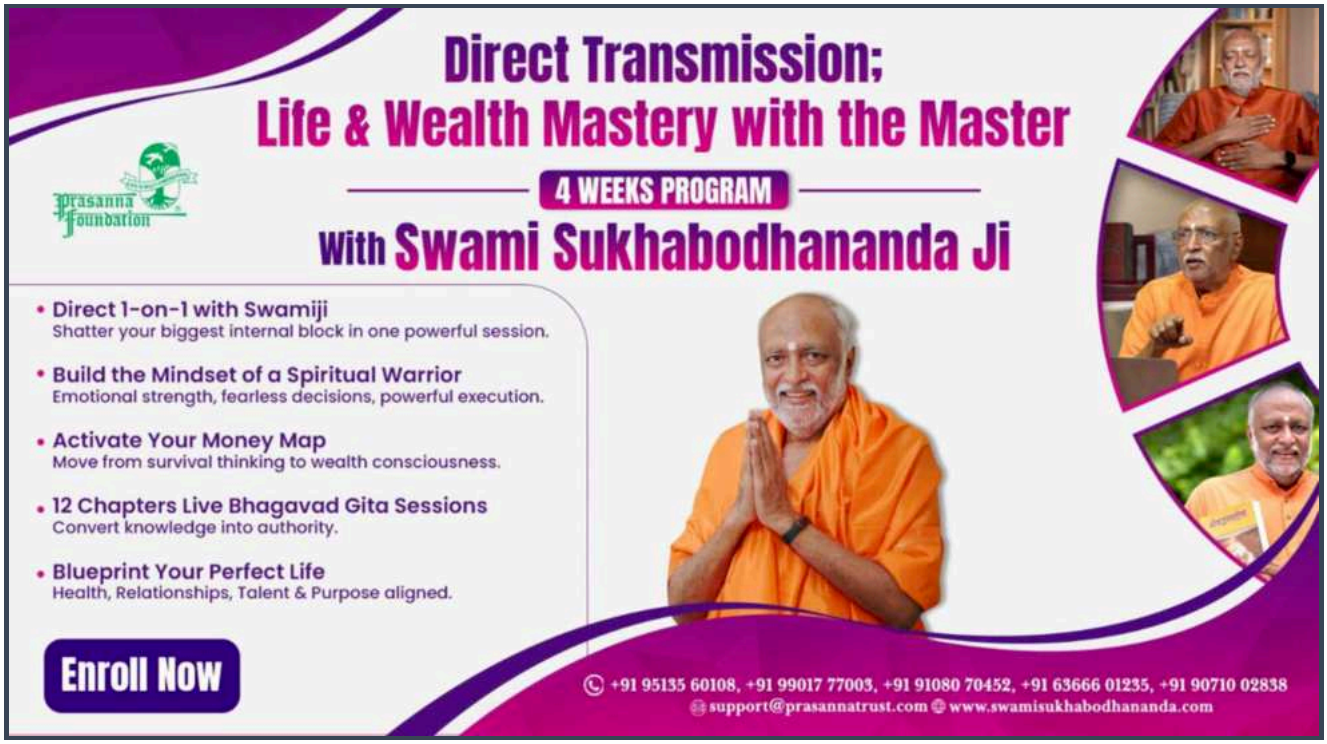
Mode: Live Zoom Session with Swamiji

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 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 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 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 RecentOn-Site Workshops




2nd October 2026 – San Marcos, CA




10th October 2026 – San Ramon, CA




4th October 2026 – Los Angeles, CA




24th October 2026 – Chantilly, VA

Swami Sukhabodhananda Ji recently conducted a series of workshops across San Marcos, Los Angeles, San Ramon, California, and Chantilly, Virginia, USA, exploring From Burnout to Brilliance: Ancient Wisdom for Modern Living. Inspired by the wisdom of Navaratri, the sessions offered participants an opportunity to discover how ancient spiritual teachings can help navigate the pressures of modern life, manage stress, and cultivate greater clarity, balance, and inner strength.

The workshops were warmly received, with participants actively engaging in Swamiji's sessions, asking questions, sharing reflections, and exploring practical ways to apply his insights in their daily lives. Swamiji's engaging teaching style, relatable examples, and thought-provoking perspectives made the sessions both enjoyable and meaningful. The interactive discussions encouraged participants to look at familiar challenges from new perspectives and recognise the importance of self-awareness in everyday living.

Across all four locations, the workshops created an atmosphere of connection, enthusiasm, and shared learning. Participants had the opportunity to reflect on their personal and professional lives, understand their responses to stress, and explore ways to approach challenges with greater calmness and confidence. The sessions also highlighted how small shifts in awareness and attitude can make a meaningful difference in the way we experience life.

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

Ongoing Online Live Workshops & Mentorship Programs

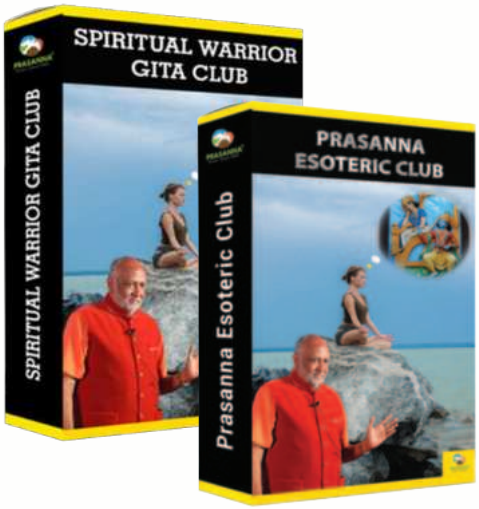
1:1 Mentoring / CXO
Age: 12+



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+

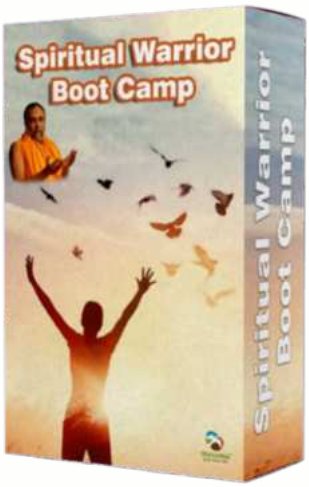
Swami Sukhabodhananda Ji's Gita sessions through PEC/SWGC provide deep wisdom from the Bhagavad Gita, equipping participants with practical tools to face life's challenges, improve decision-making, and nurture emotional and spiritual growth, instilling clarity, confidence, and a sense of purpose.

Spiritual Morning Retreat 2.0 | Age: 12+

Every saturday of the month

Next start date: 21st November 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 programme has transformed how I view challenges and apply insights in my corporate life.

— Mr. Senthil, Singapore

Gita sessions - PEC / SWGC

Every class is thought-provoking. What touched me most was addiction and our attachment to it, even though it will ruin our lives. Very, very thought-provoking. Once again Pranaqm at your holy feet.

— Mr. Abhani Kumar

Spiritual Morning Retreat 2.0

Very good experience in coping with modern problems like Loneliness, Effect on Mental Health thru Social Media etc

— Mr. Vijendra Paul

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

