



## From Swamiji's Desk

### Prayers and blessings from swamiji

Your generosity, time, and unwavering faith enable us to spread light, uplift spirits, and foster compassion. Together, we are not only preserving and sharing our rich cultural heritage but also empowering lives, supporting the underprivileged, and fostering a world of love and healing.

May this journey of service inspire, and may we all continue to grow together with divine blessings and purpose. Thank you



**"Appreciating the small moments can transform your perspective on life."**

- Swami Sukhabodhananda

## From Silence to Success: Anusha's Journey



Anusha's story is a testament to the power of perseverance and support. Until the age of 10, Anusha had never set foot in a school, held back by the challenges and circumstances within her family. Yet, hope arrived through the continued encouragement of our dedicated team. Their belief in her potential inspired Anusha to break through her limitations, and she courageously joined school, directly enrolling in the 6th standard. Despite her late start, Anusha's determination shone brightly, and she quickly began to excel, particularly in English—a subject she once struggled to comprehend.

Today, Anusha's journey has taken yet another leap. She is now part of the spoken English vocational training class conducted by Prasanna Trust and the Shivansh Foundation (Vikas Poddar family initiative). This program empowers her with the skills and confidence she needs to articulate her thoughts and dreams. Anusha's story is not just about learning to read and write; it's about finding her voice, building resilience, and paving her path toward a brighter future. It is a story of how a young girl, once bound by circumstance, is now breaking barriers and striving to become someone who will inspire others.

**"Perseverance took Anusha from no school to mastering English and pursuing her dreams."**

# Monthly Service Updates

## Anna daana



Left image food distribution at Jayadeva Hospital, top right NIMHANS, bottom right Govt. school at Anekal

**"A meal served with love not only satisfies hunger but also brings comfort, building bridges and inspiring gratitude in the hearts of all who receive it."**

Proper nutrition is essential for boosting stamina and ensuring overall well-being. It plays a critical role in maintaining energy levels, improving focus, and supporting long-term health. By providing balanced and wholesome meals, we help individuals thrive physically and mentally, laying the foundation for a healthier future.

Every day, we serve nutritious meals to over 10,000 people across rural government schools, hospitals, and underprivileged communities. This initiative not only addresses hunger but also empowers these individuals to lead healthier, more productive lives. Through this effort, we are making a meaningful impact on the well-being of those who need it the most.

**You are the champion behind the delivery of 9,632,217 meals, a remarkable achievement that has brought nourishment and hope to countless lives. Through your generous efforts, individuals are able to experience the joy of healthy living and embrace life with renewed energy and strength.**

**"Giving is a divine gift, nurturing the spirit, uplifting the heart, and radiating joy and compassion wherever it touches."**

**- Swami Sukhabodhananda**

## Deepavali Celebration at Prasanna Trust



At Prasanna Jyothi, children celebrated Diwali with immense enthusiasm and joy. The children lit lamps that beautifully adorned the premises, symbolizing the victory of light over darkness. They participated in the festivities with excitement, sharing sweets and expressing their gratitude for the blessings they have. Their laughter and cheer created an atmosphere of warmth and positivity, reflecting the true essence of the festival.



The vocational training students also participated in the celebrations, adding to the vibrancy of the occasion. Mrs. Anjali Poddar graced the event and distributed sweets to the children and students, making the day even more special with her kind gesture. A small get-together followed, where the children and students showcased their talents through songs, dances. The celebration fostered a sense of belonging, hope, and happiness, leaving everyone with cherished memories of this radiant festival of lights.



**"Happiness is multiplied and hope is kindled when lights of love and togetherness brighten every heart this Diwali."**

# Thank You

## OUR REAL-LIFE HEROES

I sincerely thank the organizers, hosts, donors, and participants in the USA, whose invaluable support made the 2024 Fall Wisdom Trip with Swamiji truly complete. I also thank our Trustees, dedicated volunteers, and the esteemed students of Swamiji for their unwavering contributions and steadfast support.

### Shakila

COO, Prasanna Trust

Trustee, Prasanna Avatar Foundation, USA

I extend my heartfelt gratitude to the wonderful hosts, organizers, donors, and participants in the USA for their invaluable contributions. A special thanks to those who joined my 1-on-1 mentoring sessions—your enthusiasm and commitment have been truly inspiring.

I am deeply grateful to our dedicated supporters for their steadfast commitment to our initiatives. Your leadership and dedication have been pivotal in driving our efforts forward.

Finally, I sincerely appreciate everyone whose support and contributions have played a vital role in uplifting our community. Thank you for being part of this meaningful journey.

**“ He gives not the best who gives the most but he gives the most who gives the best. ”**

*Swami Sukhabodhananda*

