



## From Swamiji's Desk

### Prayers and blessings from Swamiji

I have always explored into new ways to deepen God's gift to me either by studying Gita, Vedas, martial art, music or learning multiple languages apart from serving our mother land.

In Hindu mythology, Lord Krishna's journey offers profound insight. As a child, he faced Kamsa's constant threats but embraced every moment with playfulness, courage, and wisdom.

From being the mischievous Makan Chor to guiding Arjuna in the Bhagavad Gita, Krishna exemplified that life, when lived with purpose, becomes an enriching adventure.



**“Life is an adventure or a void”  
invites you for deep reflection.**

- Swami Sukhabodhananda

## Breaking Barriers: A Ray of Hope for Three Girls from Coastal Karnataka



In the quiet, remote villages along the coastal belt of Karnataka, near Mudbidri, three young girls—Ananya, Deepika, and Kavya—stood at the crossroads of despair and hope. With dreams as vast as the ocean that surrounds their homeland, they longed for higher education. But financial hardship cast a dark shadow over their aspirations, as their families struggled to afford their college fees.

Just as their hopes began to fade, a guiding light emerged. A close student of Swamiji, deeply moved by their plight, brought their story to the attention of Prasanna Trust. Without hesitation, Prasanna Trust stepped in, ensuring that these bright young women were not denied the opportunity to chase their dreams. Today, with the timely intervention, Ananya, Deepika, and Kavya are proudly pursuing their college education, proving that kindness and support can change the course of a life.

Their story is not just one of financial aid but of faith restored, dreams rekindled, and a future reclaimed. As they continue their journey, they stand as living proof that when compassion meets action, miracles happen

**When compassion meets action, dreams are no longer distant—they become reality.**

# Monthly Service Updates

## Anna Daana



Left and middle images food distributed at NIMHANS hospital, top right image serving food at slum areas of Vivek and bottom right image serving food at a school in anekal.

**A sincere act of kindness not only lightens a load but also nourishes the spirit, strengthening bonds and instilling hope in those who receive it.**

Proper nutrition is the foundation of strength, energy, and opportunity. It fuels aspirations, supports growth, and paves the way for a brighter tomorrow. By offering wholesome meals, we do more than satisfy hunger—we empower lives to thrive. Every day, over 10,000 people benefit from this initiative, with meals reaching rural schools, hospitals, and underserved communities. These meals go beyond nourishment; they represent hope, bridge disparities, and unlock potential. This effort helps children focus on learning, aids patients in recovery, and strengthens families to face life's challenges with determination.

None of this would have been possible without you—the heart of this mission. **Your generosity, kindness, and unwavering support have brought nourishment to those in need, offering more than just food but also hope and strength.** These meals help children focus on learning, aid patients in recovery, and empower families to face each day with resilience. They are a testament to the power of compassion and unity. Together, we are not just feeding lives—we are uplifting spirits and building a future filled with promise.

**“Compassion in action transforms lives—not just by easing hunger, but by igniting hope and strength.”**

- Swami Sukhabodhananda

# Empowering Futures

## Basic Computer Training Certification Ceremony at Nirguna Mandir



Prasanna Trust, in collaboration with the Shivanssh Foundation, Vikas Poddar family initiative, proudly celebrated the Basic Computer Training Certification Ceremony at Nirguna Mandir.

The event was graced by Mrs. Anjali Poddar and Mr. Vikas Poddar, who personally distributed certificates to the students, recognizing their dedication and hard work. Their words of encouragement motivated the graduates to continue their journey of learning and self-improvement.

This event was more than just a certification ceremony; it was a testament to the power of education and the collective effort to create a positive impact in society. We extend our heartfelt gratitude to the Shivanssh Foundation and the Vikas Poddar family for their steadfast support and commitment to nurturing young minds.

As we celebrate this achievement, we look ahead with hope and determination, striving to empower even more students in the future. This certification marks the beginning of new opportunities, greater possibilities, and a journey toward self-reliance and success!

**SKILLS ARE THE KEY TO SUCCESS AND THE  
GATEWAY TO REACHING ONE'S FULL POTENTIAL.**

# Thank You

## For Your Support

I am truly grateful to the Trustees, devoted members of Swamiji's community in India and abroad, our dedicated staff, passionate volunteers, and esteemed disciples of Swamiji for their unwavering support and commitment. Your dedication and efforts continue to inspire and uplift countless lives.

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

I want to take a moment to acknowledge the incredible visionaries and dedicated advocates who have been the backbone of these projects.

A special note of gratitude to Mr. and Mrs. Vikas Poddar for their generous contribution through SHIVANSSH Foundation, a Vikas Poddar family initiative, to our vocational training program, enabling the distribution of completion certificates for the Basic Computer Training Course.

We also extend our sincere appreciation to the Prasanna Trust's Mumbai chapter for organizing a remarkable workshop. Your efforts have made a significant difference, and we are grateful for your partnership in this journey. A heartfelt thank you to all the PT staff for their dedication and hard work in making this event a success.

Together, we are creating meaningful change and building a brighter future for all.

“ **Money can't truly change people but wisdom changes people** ”

*Swami Sukhabodhananda*

