

Universal Knowledge®

MONTHLY ACTIVITIES REPORT

July - August 2026





Athma Namaste to everyone.

Journey with Universal Knowledge Trust (UKT) has been a truly inspiring, enriching, and transformational experience. It has given me a wonderful opportunity to understand the deeper importance of spiritual growth, self-discipline, physical well-being, inner peace, and selfless service to society.

I had a health issue, and doctor advised me to take medicine for life time. Naturally, I was worried and concerned about my health. During this time, Shri. Jagadish Naik Sir and Hlr. Ashwini Madam suggested me that to take healing from **Master Rohan Shiri and Shammy Madam**. I followed their advice and received healing from them. I am very happy to share that I am now feeling completely well and all right also I became healer and healed more than 100+ subjects in various health issues. I would like to express my heartfelt gratitude to Master Rohan Shiri and Shammy Shiri Madam for giving us this beautiful opportunity to build positive karma in our lives. I am also deeply grateful to **Shri. Jagadish Naik Sir and Ashwini Naik Madam** for introducing me to Universal Knowledge Trust to build positive karma in life. My sincere thanks to all the healers and the entire UKT family for their constant guidance, support, and positive energy.

The various activities and practices conducted by UKT have brought meaningful and positive changes into our daily lives. The **21-Day Spiritual Upliftment Programme, 45-Day Inner Growth Programme, and regular morning practice sessions** have been wonderful experiences.

The morning sessions, which include breathing exercises, brain-balancing practices, physical exercises, meditation, and beautiful mantras, create a positive, peaceful, and energetic beginning to the day. These practices help us improve concentration, develop better control over our mind and body, experience inner peace, and gradually awaken the hidden potential within each of us.

The experience of going through the Spiritual Upliftment Programme, Inner Growth Programme, and weekly classes conducted by Master has helped me understand spirituality at a much deeper level. Each session has given me an opportunity to look within myself, understand my thoughts and emotions, and experience personal

transformation.

One of the most beautiful experiences has been the **Blessing Day**. It was truly amazing to experience the blessings, guidance, and positive energy received on that special day. The understanding that we should seek what is truly needed in life and, at the same time, serve society unconditionally has brought a deeper sense of purpose and fulfillment.

The spiritual practices taught through UKT remind us that true strength does not come only from external achievements. Real strength comes from having **a balanced mind, a healthy body, a peaceful heart, positive thoughts, and a strong inner connection**.

Regular practice encourages us to become more disciplined, energetic, confident, self-aware, and positive in our approach towards life. It teaches us to pause, look within, understand ourselves better, and respond to life's situations with greater awareness and calmness.

What makes **Universal Knowledge Trust** even more special is its strong commitment to **service to society**. Meaningful initiatives such as **Food on Wheels, Food on Wall, tree plantation drives**, and many other social activities inspire us to contribute towards the welfare of people and the protection of our environment.

These initiatives teach us the true values of kindness, compassion, sharing, responsibility, gratitude, and selfless service. They remind us that spirituality is not limited to meditation and personal growth. True spirituality is also about extending our hands and hearts to help others.

UKT beautifully connects **spirituality with social responsibility**. It encourages us not only to transform ourselves but also to become instruments of positive change in society. When we help others, protect nature, spread happiness, and serve without expectations, we begin to experience a deeper meaning and purpose in life.

I feel truly grateful and blessed to be a part of this wonderful journey with Universal Knowledge Trust. Every session, every practice, every mantra, and every social activity gives us an opportunity to **learn, grow, heal, and become better human beings**.

My journey with UKT continues to inspire me to look within, discover my inner strength, live with greater awareness, and contribute positively to the world around me.

I believe that the real transformation begins within us. When we transform ourselves, our thoughts and actions naturally begin to influence the people and society around us in a positive way.

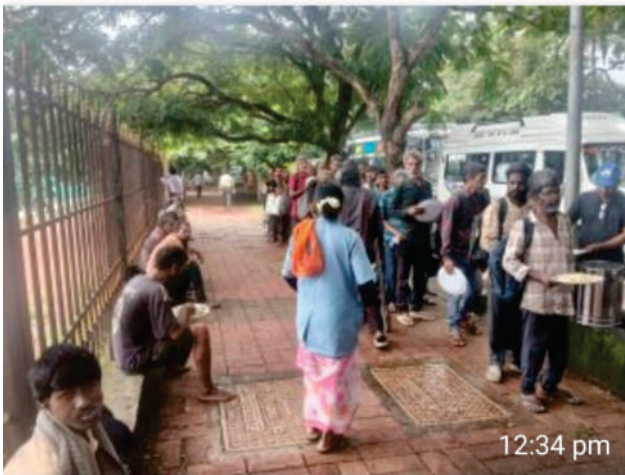
Let us continue this beautiful journey of **self-transformation, spiritual awakening, and selfless service**, creating a healthier, happier, peaceful, and more compassionate world for everyone.

“Transform Yourself, Empower Others, and Serve Society.”

Regards,

Adivappa Patil

Food on wall Mangalore



Food on wall Mysore





120 Meals Served today at Gavishrinagar Nagar 3 volunteers participated



Food on wall Koppala



Tree plantation activity at Mysore











Tree plantation activity at Belgaum





Tree plantation activity at Belgaum







Tree plantation activity at Belgaum





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