



## THE10 - YOUTH EXCELLENCE CENTER

[JOIN OUR PROGRAMS](#)

### Our Partners

### Why The 10YEC Exists

We are addressing the three critical challenges facing today's youth through ancient wisdom and modern application.



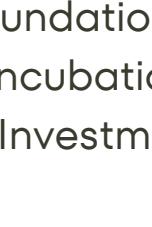
#### 1. Mind Control

Harness the Power of Mind (Samayma). We restore the 'human' superpower with Samyama. Achieve Total Mind Control for excellence in every endeavour.



#### 2. Social Consciousness

Conscious entrepreneurship (Yama and Niyama). In a world of growing inequality & divisiveness, we need socially conscious 'youth entrepreneurs' grounded in Yama & Niyama.

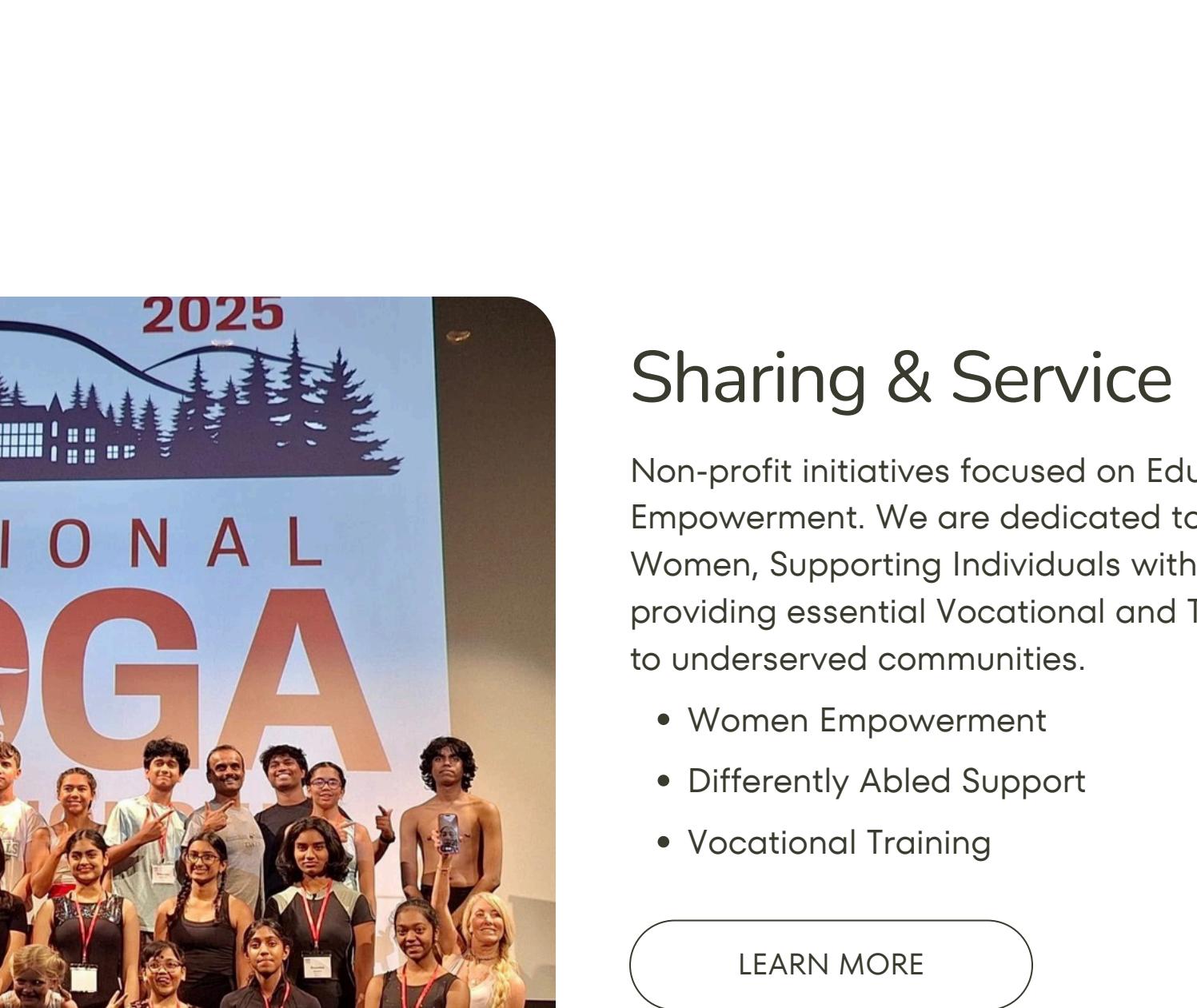


#### 3. Connected Learning

Unify science, spirituality, entrepreneurship, faith and holistic wellness. We offer canonical & freedom learning to connect the dots. There are infinite ways to get to Infinity!

TRIAD OF 3 PILLARS

### THE 10YEC SOLUTION



#### Tech & Entrepreneurship

Building the next generation of innovators through comprehensive Entrepreneurship Foundation & Leadership Camps. We facilitate Hackathons, Incubation programs, and connect promising ideas with Seed Investments.

- Leadership Camps
- Hackathons & Incubation
- Seed Investment Access

[LEARN MORE](#)

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2025 NATIONAL YOGA USA YOGA

2025 NATIONAL YOGA USA

# VISION & PURPOSE

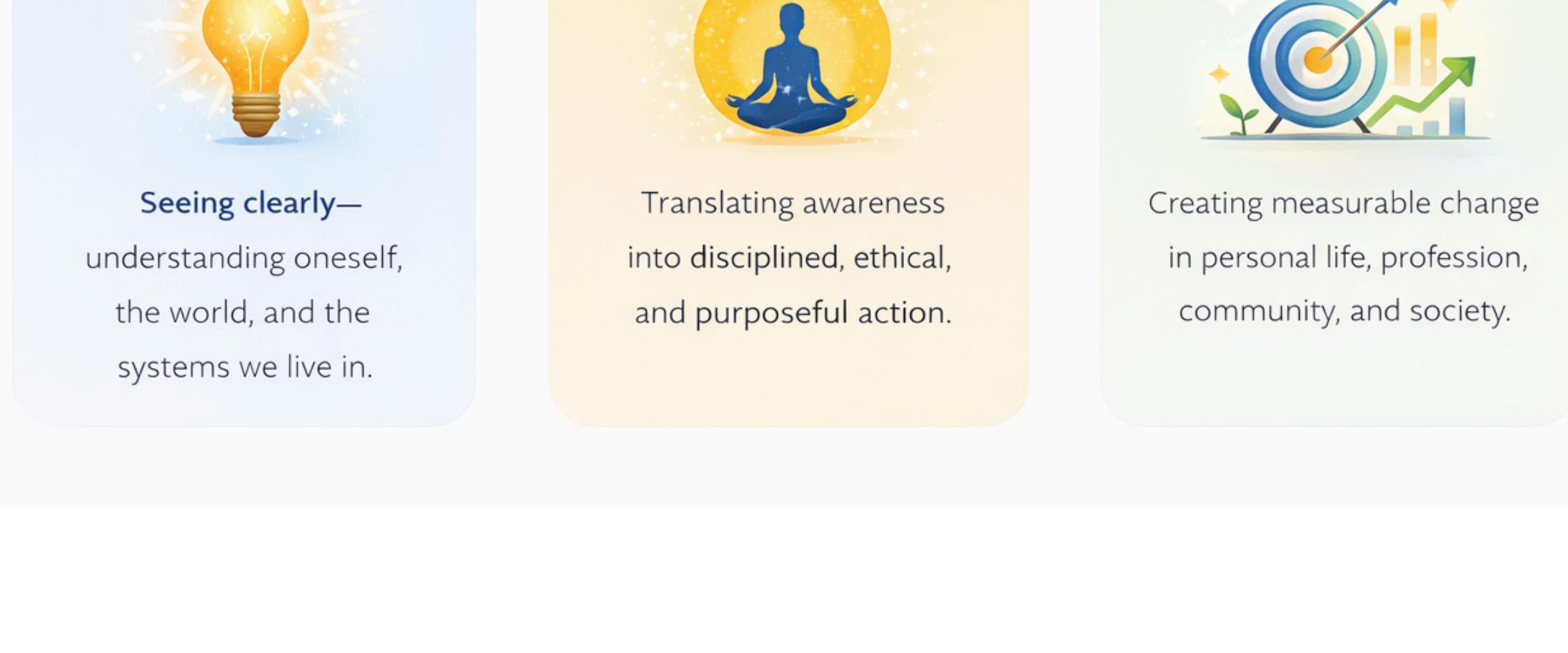
## Designing Excellence in You and the World Around You

The 10 Youth Excellence Center envisions a world where young individuals master their minds, act with clarity, and design lives and enterprises rooted in excellence, purpose, and oneness.



## Our Philosophy of Growth

At The 10 Youth Excellence Center, we believe in a holistic approach to growth—rooted in deep inner mastery and mindful action. Our philosophy is structured into three interconnected steps:



## THE10 PHILOSOPHY

We have to become zero to become “The One”....



## MEET THE TEAM

### FOUNDER



Srini Gurrapu

An entrepreneur, leader, and mentor dedicated to empowering the next generation through holistic excellence. With extensive experience in technology, product strategy, and leadership across global organisations, he brings a strong foundation of innovation and real-world insight to youth development. As the founder of the 10YEC (Youth Excellence Centre) program, Srini integrates entrepreneurship, leadership, yoga, and values-based learning to help young individuals build clarity, confidence, resilience, and purpose. His vision is to create future-ready leaders who are not only skilled and innovative but also grounded, self-aware, and committed to creating positive impact in society.



Member 2

## **Yoga: Harmonizing Mind & Body**

At 10YEC, our yoga program blends the timeless teachings of Patanjali with modern practices to create a holistic approach to harmonizing the mind and body. Through guided classes and workshops, students of all levels embark on a journey of self-discovery, mindfulness, and inner strength.

- Foundations of Patanjali's Eight Limbs of Yoga
- Asana practice including Sun Salutations and various postures
- Breathwork, meditation, and practical philosophy

[Explore the Yoga program](#)



## **Entrepreneurship: Innovating for Impact**

At 10YEC, we empower youth to become innovative social entrepreneurs who are equipped to tackle global and local challenges. Our program focuses on developing the entrepreneurial mindset and skills, needed to design sustainable, impactful businesses.

- Developing an entrepreneurial mindset and problem-solving skills:
- Project-based learning with mentors and real-world challenges
- Pitching ideas, business model development, and social impact.

[Explore the Entrepreneurship Program](#)



## **Technology: Innovating the Future**

At 10YEC, we prepare youth for the future by providing hands-on experiences in cutting-edge technologies. Our technology program empowers participants with critical thinking and problem-solving skills to innovate for a better world.

- Robotics and AI hackathons
- Startup accelerators and coding workshops
- Integrating technology with social entrepreneurship

[Explore the Technology Program](#)



## **Sharing: Fostering Community & Impact**

At 10YEC, we emphasize the spirit of sharing and giving back to the community. Our Sharing program encourages youth to become compassionate leaders who engage in impactful projects for social good.

- Community service and outreach initiatives
- Building partnerships for positive change
- Social impact and volunteer projects

[Explore the Sharing Program](#)



# Sutras & Teachings

Discover ancient yogic wisdom that serves as the foundation for personal growth, entrepreneurship, and inner awareness in the modern world.



## Yoga Sutras of Patanjali

Yogaś citta-vṛtti-nirodhah  
(Sutra 1.2)



Yoga is the stilling of the mind's fluctuations.  
Learn to master the mind to find clarity  
and focus amidst distractions.

### Why it matters today:

A calm mind is essential for wise action  
and inner peace.

## Bhagavad Gita

Yogasthah kuru karmani  
(Chapter 2.48)



Establish yourself in the state of Yoga,  
then perform your duties without  
attachment to the outcomes.

### Why it matters today:

Act with skill and balance for effective  
leadership and purposeful action.

## Upanishads

Tat Tvam Asi – “You Are That”  
(Chandogya Upanishad)



Recognize the oneness between oneself  
and the universe by seeking truth within.

### Why it matters today:

Self-awareness is the gateway to  
oneness and harmony.



## Excellence vs Perfection

Embracing progress over perfection...



## Inner Peace & Outer Dynamism (IPOD)



## Daily Reflection Prompts

Questions to inspire insight and  
growth...

# Practices & Tools

Explore resources to cultivate mind-body mastery and conscious action in your daily life.



## Yoga & Meditation Practices

Guided meditations and  
mindful yoga sequences  
calm, energize, and center  
yourself.

**Why it matters today:**  
A calm mind is essential on  
wise of action.



## Mental Fitness Tools

Exercises for focus,  
emotional regulation, and  
managing thoughts and  
habits.

**Why it matters today:**  
Actions speak louder than words.



## Leadership & Life Tools

Frameworks for decision  
making, ethical action, and  
purpose-driven living.

**Why it matters today:**  
Frameworks for decision  
making, ethical actions, and  
purpose-driven living.



## Daily Integration

Simple practices to set  
intentions and reflect on  
your day with clarity and  
gratitude.

**Why it matters today:**  
Grounding and aligning  
with your intentions.



Step-by-step Guides



Audio Practices



Video Tutorials



Printable Templates

# JOIN US