



సత్య శాధన - శక్తి సాధన



“Empowerment through Self Education”

Book and Seminars

Must for those who want to develop a

Powerful, Playful, Positive Attitude.

మెలుకో నిలుపుకో

నలోని

నేనే సత్యము

సత్యమే శక్తి

You are the creator



World of
Love & Peace

Swaartha Bharathi SPEL-G CT

Mission:

సత్యశోధన ద్వారా శక్తిసాధన

“Empowerment through Self-Education”

Transforming People to be Real Leaders

by making them realize their

True Nature of Learning and Giving

Vision:

World full of Healthy and Enthusiastic People, living entire life experiencing Peace, Power, Fullness, Freedom, Creativity, Courage, Confidence, Contributing nature with Compassion, love and liveliness and maintaining Harmony within the family, society, Animals, Birds, Plants and with the Nature as a whole.

Conducted more than 3000 workshops in the name of

“Empowerment through Self Education.”

Contact for Training Classes & Books : 9246542602, 9246216860

www.ymrssss.com, sbspelg1@gmail.com

Mission Statement

Working for transforming people of the country, so that they can lead a peaceful, powerful, courageous, whole and complete life through self-education by breaking their self-imposed, self-limiting shackles.

The main emphasis is to educate Students, Teachers and Professionals to bring out their inherent but dormant capabilities with a Vision to Transform them as **statesmen**.

We aim to make everyone realize the ultimate truth that the **absolute true nature of human beings(SP)** is

Learning and Giving (LG)



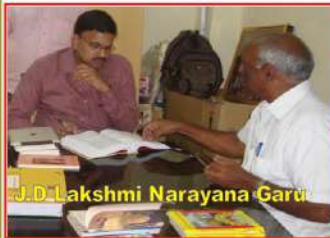
The Highest National Award in small scale sector for the year in 1987 by the Hon'ble President of India Sri P. Venkat Raman



Justice Chandraiah Garu H.C



Justice Chandra Kumar Garu H.C



J.D. Lakshmi Narayana Garu



Judges & VCs



Ministers, Judges, Distinguished Poets
Chairman Legislative Council



CSR Award from Mrs Kavita M.P
and Nayini, Home Minister



EXECUTIVES of
JOHNSON and JOHNSON'S Company

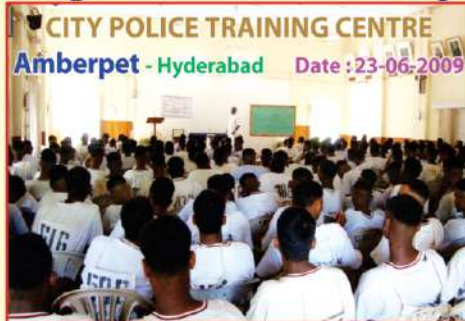


H.C Judges

Training in Police & Forest Department



DSP Office Amberpet Police Head Constables & Training Officers



CITY POLICE TRAINING CENTRE
Amberpet - Hyderabad Date : 23-06-2009



DSP OFFICE AMBERPET
Sathya Sodhana Sakthi Sadhana DATE:30-06:2009



FOREST ACADEMY
DULAPALLI 17-08-12



Collectorate office,
Nizambad



Forest officials
Nelapattu (Sulurpeta) 24-02-13



A.P. POLICE TRAINING DEPARTMENT
23-02-13



Forest Academy
Kottagudem 16-12-2011



BALOTSHYAM-2014



SWAARTHA BHARATHI SPEL-G meaning

Swaartha means **Swaprayojanam: The highest benefit for one's self**
Obtaining the ultimate self-satisfaction that everyone craves for

BHARATHI

Bha means **Light symbolizing Wisdom;**

Rathi means **Deepest Happiness;**

Experiencing Deepest Happiness with Wisdom

That is Living Entire Life Experiencing Peace, Power, Fullness etc..

SPEL-G CT

For a Sportive Person Entire Life is a Game .

A natural Game of Learning and Giving.

Giving as an Expression of Love and Gratitude,
Particularly to Parents and Secondly to Spouse,

and in turn the entire society there by

Experiencing Ever Lasting Growth.

**CT-Choosing Continuous Transformation instead of
Temporary Change**



Workshops in Junior College



GitaChaarya.Ln. Dr. YADLAPALLI MOHAN RAO

Brief Introduction

- GitaChaarya.Dr. Y. Mohan Rao is B.E. (E &CE) Graduate with distinction from Andhra University in 1972.
- He started his own Electronic industry in 1982 after having 9 years R&D experience in ECIL, Hyd.
- Developed and supplied many import substitutes to Indian Railways and received many Awards
- Highest National Award in small scale sector in 1989 from the Hon'ble President of India Sri P. Venkat Raman.
- **Nacosi-autolec** AWARD For Outstanding Leadership in the entire small scale sector in the country for the year 1990-91.
- **Best Entrepreneurship Award:** All India Industrial Exhibition 1987, from Hon'ble Governor of A.P.
- **"Honorary Doctorate &life Time Achievement Award"** I.V University, Bangalore - 2016
- **"Aatma Jnaana Pradhatha"** (Title) Sir C. V. Raman Academy – 2016
- **"Telugu Book Of Records"** **Life Time Achievement Award -2017**

He is the:-

- Author of "Satya Sodhana Sakthi Sadhana" book.
- Founder and Chairman of Swartha Bharathi SPEL - G C TRUST.
- Chairman & Director of Sirveen Control Systems Pvt Ltd.
- Director M/s Medha Servo Drives(P)Ltd.(1992-2012).
- Director Sirveen Software Systems Pvt. Ltd. (1992-2014).
- M. D., Sirveen Print Pack Pvt. Ltd.
- MJF member in "LIONS CLUB INTERNATIONAL"
- Patron member of "RED CROSS" Society.



Training Programs in Schools



“Satya Sodhana-Sakthi Sadhana”

BOOK REVIEWS BY EMINENT PERSONALITIES

A few extracts from the book reviews by many eminent personalities including High Court Judges, I.A.S, I.P.S officers, Vice Chancellors, Educationalists, Personality Development Experts, Poets, and Teachers are given below.....



H.C.Judge A.P & TS

- An exceptional analysis of the human behaviour based on fundamental evaluation on the distinction between “I” (the true self) and “Mine”.



Director SITA, A.P

- The book has tremendous insights into functioning of the human mind (Conscious Mind and Sub-Conscious Mind).

- Dr. Yadlapalli’s evaluation about the roots of fear, Desire, inferiority, ego and many other human traits which cause to a person’s downfall are absolutely spot on.



President, B.Ed College Lecturers Association

- In the present climate of intense competition, where many students are resorting to extreme steps due to depression and fear of failure, the methods suggested in the book to overcome fear and anxiety about the future, jealousy and to develop sporting spirit inculcating leadership qualities right from childhood and many other topics are of utmost importance to a student’s success in life.



H.C.Judge

(Contd...)

Seminars in Higher Educational Institutes & Govt. Depts.



“Satya Sodhana - Sakthi Sadhana”

Book Reviews By Eminent Personalities

- Very Delicate Knowledge of the Highest order, is simply yet effectively explained.
- This book should be provided to all the Teachers as a handbook so that they can pass this knowledge to the students on a regular basis.
- The true and in-depth meaning of quotes of Swami Vivekananda like “All power is within you” and “You can do anything and everything” will be understood and never be forgotten by anyone who reads this book.
- Chapters like “Leader-Follower”, “Stage Fear”, “Memory Technique” “Desire vs. Expectation”, “Reasons vs. Performance”, will tremendously help the students in their career.
- The concepts in the chapters ”Ok! What Next?”, “Watch- Self Observation”, “Natural Hero”, “విగ్రహోదధన” - Right Understanding” , will definitely help in building the character of students and help them remain steady even when they face failure.



4s book Riview in Hotel Ilapuram,
BZA org by Malletegalu Magazine



MLC, A.P.
Teachers's Constancy

“Satya Sodhana-Sakthi Sadhana” Training Programs



RECOGNITION FOR SOCIAL SERVICE:



HONORARY DOCTORATE & LIFETIME ACHIEVEMENT AWARD :By the **Indian Virtual University in 2016** for deep research on Personality development aspects of Bhagavad-Gita brought out through his **“Satya Sodhana-Sakthi Sadhana”**book

“AATMA GNANA PRADAATHA” Title & “Suvarna Ghanta Kankanam” bestowed upon Dr. Yadlapalli Mohan Rao by **Sir C. V. Raman Academy in 2016**



Receiving: Life Time Achievement Award(2017) from TELUGU BOOK of RECORDS Geeta Charya(Title)

Sir C. V. Raman Academy- 2017

Other Honours



By lecturers in colleges★Gold star of India award, Guntur★SVETA, TTD



Sathya Sodhana Sakthi Sadhana
Education Minister Kadiyann Srihari
Book Inauguration



7 High Court Judges, I.A.S Officers and Others
Gita Session in the Presence...



J.D.Lakshmi narayana garu
Bhagavadgita Satsangam
22-06-2013



C.R.Baddy women's Degree College
Guru



Sri C.R. Baddy College, P.E. Events
Guru



Keerthi Academy
Keerthi Arts Academy



Sreejaya Women's Degree College

Remantapur 10-08-2017



State Resource Centre

Habsiguda

Sathya Sodhana – Sakthi Sadhana Empowerment through Self-Education

conducted more than 3 thousand
free sessions all over A.P & Telangana, and have created awareness in lakhs of people regarding their **True Nature of Learning and Giving.**

Some of them are :

- SVETA, TTD
- Subhadrachandram - (HDPP)
- Saraswati Sishu Mandirs
- Vedic University
- Sanskrit Vidhya Peetham
- Vedapathashalas including Tirumala A.P, T.S Residential schools
- Police & Forest Department
- Government Teachers
- D.R.D.O schools
- Rajiv Yuva Kiranalu
- CA & Civil Service aspirants
- Dr. Reddy's Foundation
- HIV Patients & Counselors

As a first priority, we have concentrated on **B.Ed, D.Ed, M.Ed, etc..T.T Colleges** so that the teachers can in turn pass on this knowledge to large number of students on a regular basis. In addition, we are conducting workshops in many government and Non government organizations, tribal areas, schools and colleges.

SESSIONS INCLUDE:

3500 students in Pratibha Junior College, Ongole 6000 B.Ed holders in Avanigadda, **500 teachers in Saraswatisishumandir, Bandlaguda, Hyderabad,** **600 members of Police trainees, Tirupati & Hyderabad,** 300 Archakas in SVETA, TTD 600 Vedapatashala students in Tirumala 175 Principals of Residential College in Gunture, 170 Head Masters of Yadadri Dist in Bhuvanagiri, and many many more.

Seminars in B.Ed & D.Ed College of Education




Contents of Book SatyaSodhana-SakthiSadhana-Book

01. సంపూర్ణ శక్తితో జీవించడం అంటే?
02. భయానికి మూలం -Origin of Fear
03. కోరికలకు మూలం - Origin of Desire
04. ఆత్మనూనతకు మూలం - Origin of Inferiority
05. అహంకారానికి మూలం - Origin of Ego
06. సత్వ, రజః, తమో గుణాలకి మూలం
07. a. మనస్సు, బుద్ధి, చిత్తం, అహంకారం
- 07 b. మనస్సు, చిత్తం - వాసనలు
08. సామర్థ్యాలకు మూలం-Source of Capabilities
09. Creating Self Image - Identities
10. a. అవకాశం-Possibility b. ప్రవృత్తి-నివృత్తి c. క్రియ-కర్మ
11. ఆటలాగా స్వేచ్ఛతో పని Ok! What Next?
12. WATCH- Self Observation: తనను తాను పరిశీలించుకోవడం
13. a. ధర్మం-అధర్మం.. 13 b. స్వధర్మం-పరధర్మం
14. జ్ఞాపకశక్తి - సృజనాత్మకత
15. సహజ నాయకుడు-Natural Hero



(Contd...)

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16. హింసకు మూలం
 17. ప్రేమ, సఖ్యతకు మూలం
 18. సఖ్యత-సంబంధాలు
 19. విగ్రహారాధన - Right Understanding
 - 20 జ్యోతి ప్రకాశనం 21d. భారతీయత
 - 21 c. జ్యోతి ప్రకాశనం 21d. భారతీయత
 22. ఎవరైనా ఆత్మను హత్యచేయగలరా !
 23. కోరిక vs ఆశించడం:
 24. దృక్పథం-Vision
 25. PRESENT= PAST? or FUTURE?
 26. కథలతో యదార్థానికి దూరం
 27. ఊహజనిత యమపాశము
 28. ఆనందం
 29. Leader - Follower

- 
30. Stage Fear
 31. a. Reasons vs Performance
 31. b. Encouragement vs Discouragement
 32. Integrity - త్రికరణశుద్ధి: WIN Works
 33. భారతీయులు vs AIDS Patients
 34. దేనికి బాధపడాలి... దేనికి భయపడాలి?
 35. Memory Technique
 36. a. ప్రాణాయామం vs ధ్యానము
 - 36b. ఆసనాలు vs వ్యాయామం
 37. a. ప్రాణాయామము 37b. ధ్యానము
 38. a. మౌనం 38b. ఆహారం-ఆరోగ్యం
 39. స్వార్థభారతి SPEL-G CT
 40. సాధన-Practice Diary Writing

The Essence of all the chapters is to Guide you to Understand, Reach and be with your Highest Self = Eternal BLISS

SVETA, TTD & HDPP

Vedic University, Sanskrit Vidhya peetham, Vedapathashalas



Seminars in TTD Subhapradam Program



“Satya Sodhana-Sakthi Sadhana” Training Programs-2016

S.V.C.C Degree College



Sri Padmavathi medical College



S.V.University Maths Departments



SGS Arts College of Tirupati



Siddardha Engg College Tirupathi



MBA Students in Putturu
Sathya Sodhana-Sakthi Sadhana



Swetha Institute of Technology



“Satya Sodhana-Sakthi Sadhana” Training Programs - 2017



సత్యశోధన-శక్తిసాధన కార్యక్రమముపై ఉన్నతాధికారుల ప్రతిస్పందనలు

మనసులో ఎటువంటి లోతైన భావాలు పడకముందే విద్యార్థులకి ఈ సత్యశోధన - శక్తిసాధన లోని విషయాలని తెలియజేయడం ద్వారా వారిలో ఆత్మశ్చైర్యం పెరిగి జీవితంలో ఒడిదుడుకులు ఎదురైనా నిలదొక్కుకుని, గొప్పవారుగా ఎదిగే అవకాశం ఉంటుంది. దీనిని ఉపాధ్యాయులు కూడా అధ్యయనం చేసి విద్యార్థులకి అందించాల్సిన అవసరం ఎంతగానో వుంది.



- **కె.వి. రమణాచారి గారు, Retd. IAS**
తెలంగాణ రాష్ట్ర సలహాదారులు



అనంతమైన శక్తి నీలోనే ఉంది అని వివేకానందుడు అందించిన సూక్తిని సత్యశోధన-శక్తిసాధన కార్యక్రమం ద్వారా విద్యార్థులకు చక్కగా అవగాహన కలిగించే విధంగా వివరించడం జరిగింది. భయాలకు, కోరికలకు, ఆత్మన్యూనతకు మూలాల్ని తెలుసుకోవటం ద్వారా విద్యార్థులు శక్తివంతంగా తయారవటానికి వీలు కలుగుతుంది. సున్నితమైన ఈ జ్ఞానాన్ని ప్రతిస్కూలు, కాలేజీల్లో ఉపాధ్యాయులు వారం వారం విద్యార్థులకు అందిస్తుంటే వివేకానందుడు కోరుకున్న గొప్ప యువత తయారవుతుంది.

- **వి. లక్ష్మీనారాయణగారు, IPS - (former JD - CBI)**

లక్షలాది మంది విద్యార్థులకు, ఉపాధ్యాయులకు, ప్రభుత్వ ఉద్యోగులకు వివిధ శాఖల అధికారులకు, పూజారులకు, వేదపాఠశాల విద్యార్థులకు “సత్యశోధన-శక్తిసాధన” పై ప్రత్యేక శిక్షణా తరగతులు నిర్వహించారు. ఆయన ఎవరివద్ద నుండి ఒక్క రూపాయి రుసుం కూడా తీసుకోకుండా సాంతకారులో 3 లక్షల కిలోమీటర్లకు పైగా ప్రయాణించి వేలాది శిక్షణా తరగతులు నిర్వహించారు.



- **జస్టిస్ బి.చంద్రకుమార్**
(విశ్రాంత) హైకోర్టు న్యాయమూర్తి



టిచర్స్ గా, పోలీస్ ట్రైనింగ్ పొందుతున్న వారికి ఇది ఎంతో అవసరం. అంతే కాకుండా సీనియర్స్, ప్రొఫెసర్స్, ఇంజనీర్స్, డాక్టర్స్ ఇలా ఎంతో మందికి మానసిక ఆందోళనలు లేకుండా ధైర్యాన్ని పెంచేవిధంగా ఈ కార్యక్రమం ఉన్నది. ఇలా ఎందరికో స్ఫూర్తినిందించే మోహన్ రావుగారి కృషి ఎంతో అభినందనీయం.

Prof. T. Tirupathirao,
Former Vice Chancellor, OU.