

# THE RIGHT GUIDANCE AT RIGHT TIME ENABLES AN INDIVIDUAL TO

- choose academics/career which suits the most
- secure career
- enjoy one's work
- develop appropriate skills & attitude for life
- establish professional relationship
- achieve their goals
- score high marks & grades
- develop confidence
- develop/improve communication skills
- improve ability to deal with issues



## LET'S TAKE THAT CONFIDENT LEAP!

For a safe living  
**VISIT US TODAY**  
at your district stadium!

### CONTACT US

**YUVA SPANDANA KENDRA**  
Department of Youth Empowerment and Sports  
Sri Kanteerava Indoor Stadium  
Kasthurba Road, Bengaluru - 560 001

 Phone  
**080-2699 5744**

 Email  
**yuvaspandana.blr@gmail.com**

 Timings  
**10.00 am to 5.00 pm**  
on all working days

## ALL OUR SERVICES ARE FREE

Contact us, if you wish to be part of our sensitization programs!



# EDUCATION AND CAREER GUIDANCE

**BY YUVA SPANDANA**

A program by the Youth, for the Youth



An initiative by

**The Department of Youth Empowerment and Sports**  
Government of Karnataka



in collaboration with  
**Centre for Public Health**  
Department of Epidemiology, NIMHANS





## I want to..

- know which subject/s to choose
- improve my grades/marks
- improve my confidence
- improve my communication
- reduce my exam related fear
- set goals for my life
- improve relationship with my classmates/colleagues
- learn being assertive
- get a job
- improve my memory & concentration
- manage my stress
- lead a happy life
- know "what next?"



# WHAT DO YOU NEED TO GET THE EDUCATION & CAREER YOU WANT?



The support providers will help in inculcating following desirable qualities and skills for education & career you want

- **Ability to work in a team**
- **Inquisitiveness**
- **Creativity**
- **Ability to convey ideas**

**YUVA SPANDANA IS A ONE STOP FOR ALL YOUTH NEEDS!**

## HOW DOES YUVA SPANDANA FACILITATE TO RESOLVE YOUR ACADEMIC/CAREER CONCERNS?



Helps you to find solutions by you



Helps you to identify your strengths and build on them



Helps you to identify your weaknesses and overcome them



Helps you to connect with resources available within your reach



Helps you to overcome anxiety and stress involved in education & career