

## Why Yuva Spandana?

- A program FOR THE YOUTH, BY THE YOUTH
- Has a strong referral network of over 15,000 organizations...
- Provides one-on-one guidance and referrals for any of the youth or youth-related issues or concerns
- Has made a difference to thousands of Youth across the state
- Exclusive guidance for youth
- Group or family guidance sessions are also available

## Any Additional Services?

### DEFINITELY! We also provide

- Personality Development Workshops
- Sensitization programs
- Training
- Special camps
- Life Skills Training Workshops
  - Stress Management
  - Critical Thinking
  - Creative Thinking
  - Communications
  - Decision Making
  - Problem Solving etc..
- Referrals

Visit us today and check out  
how our guidance can help you

## OUR SERVICES ARE FREE

### Contact Us

To know, how you can participate in  
our sensitization programs !!

At Yuva Spandana YOU CAN

1. be a volunteer
2. be an intern
3. also deliver sensitization/awareness programs
4. also be part of our referral network if you are an expert

### YUVA SPANDANA KENDRA

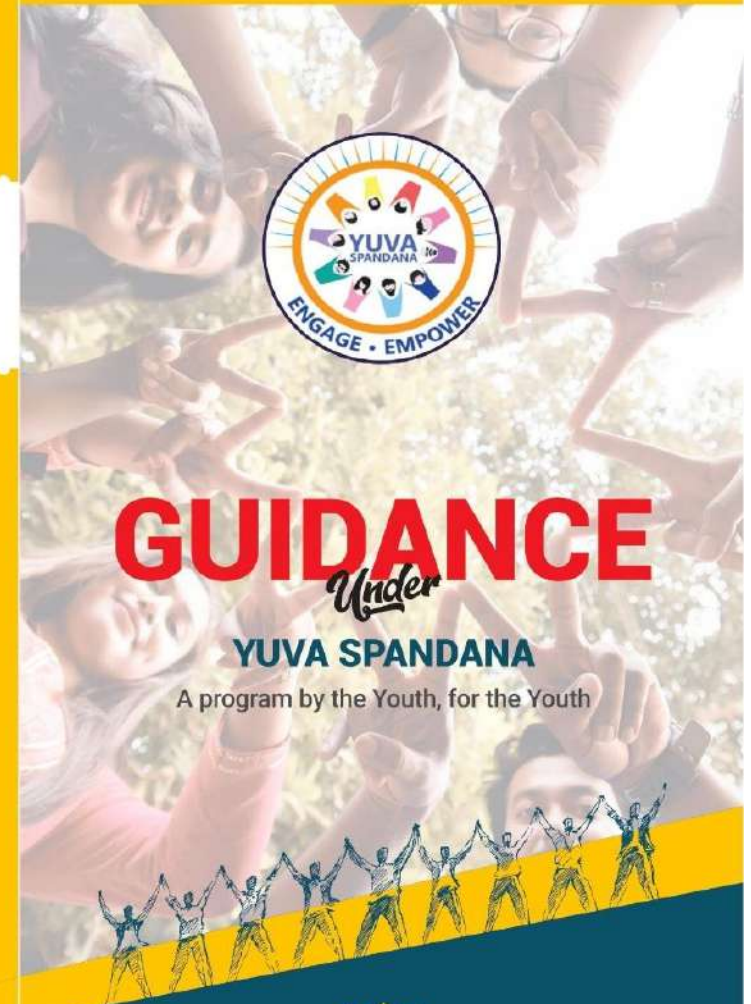
Department of Youth Empowerment and Sports  
Sri Kanteerava Indoor Stadium  
Kasthurba Road, Bengaluru - 560 001

Phone : 080-2699 5744

Email : yuvaspandana.blr@gmail.com

Timings : 10.00 am to 5.00 pm  
on all working days

VISIT YOUR NEAREST  
YUVA SPANDANA KENDRA TODAY!  
AT ALL DISTRICT STADIUMS



# GUIDANCE

Under  
**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



# About Guidance

Guidance helps individuals discover and develop their potential for a life of happiness and peace.

Some are lucky to have friends and family for guidance, for others?

Right guidance at the right time can make a BIG difference to reach their **GOALS** in **LIFE, CAREER, PERSONALITY, RELATIONSHIPS** and much more...

Overall, guidance makes life meaningful.

Receive guidance, in the right place (at Yuva Spandana Kendras at every district Stadium), by the right people (by Yuva Samalochakas who are well trained to provide guidance) **"NOW"**

All information shared will be kept confidential

	Discuss stress management
	Want to Improve on your relationships? (Eg: Parents, Peers, Love etc.)
	Discuss fears (includes exam fear, fear of broken relationships, fear of any origin)
	Guidance for better decision making and problem-solving
	Discuss addictions (includes smoking, alcohol, other substance use and media addictions)
	Any other concern or issue, not mentioned above, that needs your time & attention?

One-stop for all youth needs !!

Our goal is to help you discover your true potential and lead a life that is worth celebrating

## About guidance in Yuva Spandana

Trained youth, Yuva Samalochakas or Yuva Parivarthakas, employ techniques, which have been proven effective in building the resilience of youth. We support your needs at the LOCAL DISTRICT STADIUM !!

### Avail guidance related to issues like:

- Academic and Education
- Health and Lifestyle
- Relationship
- Career
- Emotional support
- Personality Development
- Safety and Gender Issues
- Crisis Management
- Any other issue you are having

