

Man is a social being. Relationships are an integral part of every day living. It is important to have a healthy, safe relationship.

Managing relationships is very important. Getting into and managing relationships might require guidance at times.

### The right guidance facilitates a healthy relationship by:

- creating awareness of personal boundaries
- relieving stress associated with strained relationships
- improves self confidence in being around with people
- inculcates respect and understanding of people
- instills new values, principles and much more

**“Learning how to develop and maintain relationships can do more for your career, personal life, healthy living and overall happiness”**

## to improve on YOUR Relationships

### VISIT US TODAY

at your district stadium!

#### A ONE STOP FOR ALL YOUTH NEEDS

#### CONTACT US

**YUVA SPANDANA KENDRA**  
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Sri Kanteerava Indoor Stadium  
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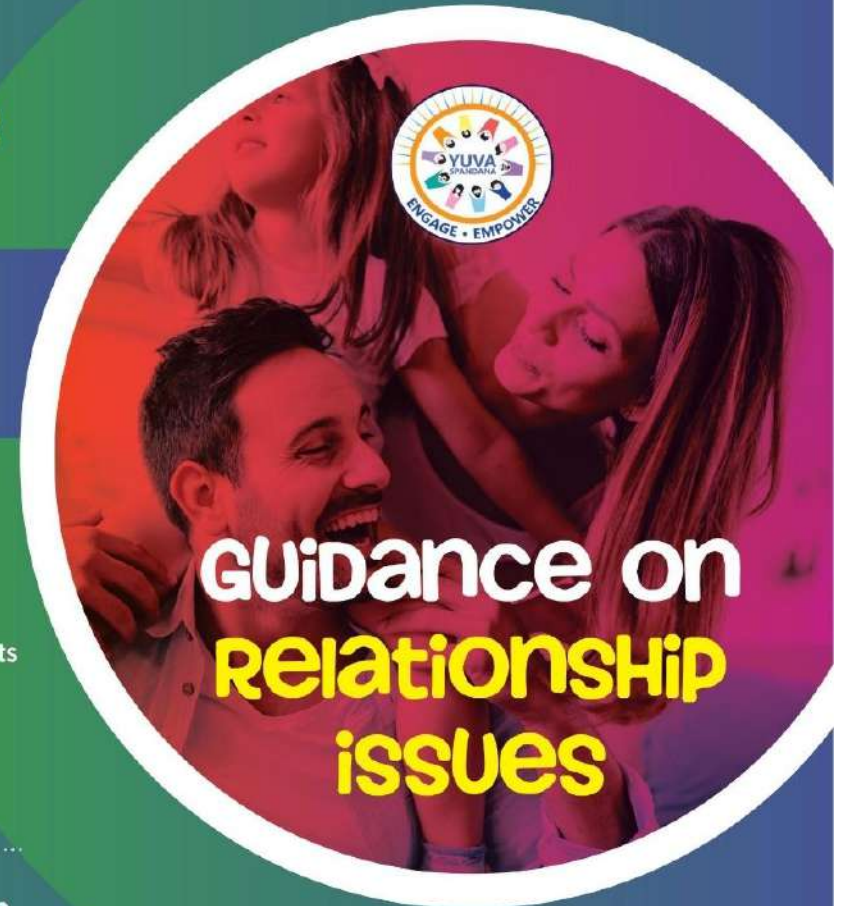
 Phone  
**080-2699 5744**

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**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!



## Guidance on Relationship issues

#### 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







# HOW DOES yUVA SPANDANA impact YOUR

## Relationships?

- ☑ Want a meaningful relationship with your spouse?
- ☑ Want to manage conflicts with family or friends?
- ☑ Want to improve your friendship or social circle?
- ☑ Want a cordial relationship with colleagues/peers/boss?

Yuva Parivarthakas and yuva samalochakas facilitate your way towards recognizing the need and walking the path towards building a healthy relationship, be it with family, friends, colleagues, peers, boss, mentors, or anybody

## HOW DOES GUIDANCE Benefit YOUR Relationships?

By understanding the need to resolve a conflict, trust gets renewed, respect grows, and we learn.

**Guidance is a ray of light that supports**

- identifying healthy and worthy relationships
- understanding the need to resolve relationship issues
- trust building and improve relationships