

Safety affects one's physical, emotional, and social well-being.

Safety is crucial and sensitive, yet most individuals suppress their safety concerns.

The Confidence to approach or tackle the situation is seldom present.

However, they yearn to seek help.

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

**A ONE STOP FOR ALL YOUTH NEEDS**

**ALL OUR SERVICES  
ARE FREE**



— GUIDANCE ON —  
**SAFETY**

BY **YUVA SPANDANA**  
A program by the Youth, for the Youth



Right guidance, at the right time, with respect to safety, supports a person to

- appropriately handle the issue
- understand whom to approach to share the concerns with
- understand whom to approach to share your concerns with

AND MUCH MORE!!

Proper Guidance ensures Appropriate management of safety issues. It's time to keep you and your family safe.

### 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

**CONTACT US IF YOU WISH TO BE PART  
OF OUR SENSITIZATION PROGRAMS!**



An initiative by

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



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



## Do YOU feel

- **abused?**
- **intimidated** by anyone?
- emotionally **harassed?**
- that your personal boundaries are **not respected?**
- that you are **bullied?**
- that you are **unable to emotionally connect** to people?
- like talking to someone, about **being safe?**



We, at YUVA SPANDANA KENDRA,  
work to ensure your safety.

**“SAFETY ISN'T  
EXPENSIVE;  
IT'S JUST  
PRICELESS”**

## Why is Safety Important?



Identifying one's own safety concerns help individuals to seek appropriate guidance/counseling



Feeling safe is as important as being safe, especially to avoid accidents & feelings of guilt, anxiety, and depression.



The feeling of being safe and living a Safe life leads to a healthy and productive life.



Managing safety is important for both physical as well as mental well being



Safety promotes discipline, responsibility and awareness to ensure safe communities as well

Safety is a collaborative effort of an individual, family, environment and society.

**Yuva Spandana Kendra guides you to be being safe.**

## How does guidance from Yuva Spandana facilitate Your Safety?

- Our Yuva Parivarthakas and Yuva Samalochakas are trained to facilitate the understanding of one's safety.
- They provide guidance on individual as well as familial safety practices.
- We also Provide guidance on how to avoid/cope with/protect oneself from self harm, violence, injury and abuse.



## Why Yuva Spandana?

- ☑ Exclusive guidance for the youth!
- ☑ Ensures confidentiality in managing the situations
- ☑ A network of over 15,000 organizations and individuals all around the state!
- ☑ A one-on-one guidance to understand every possible solution to any of your issues.
- ☑ For anyone to live a better quality of life.

**Yuva Spandana is a one stop for all your youth needs!**