Responsible Gaming & Player Welfare (जिम्मेदारी से खेलें)

OVERVIEW

Responsible gaming guidelines from yonogames.co.in. Budget controls, self-exclusion advice, habit prevention rules, and Tele-MANAS 14416 national helpline support.

1. Our Commitment to Player Welfare

At yonogames.co.in , we believe that card games should always remain a source of casual entertainment—never a way to earn a living, recover debts, or escape personal difficulties. Real-money games carry inherent financial risk and can become habit-forming if played without discipline.

2. The 5 Golden Rules of Responsible Play

- Rule 1: Set a Strict Session Budget: Never play with money needed for rent, groceries, school coaching, or family essentials. Treat any money spent as entertainment cost.
- Rule 2: Never Chase Losses: If you lose your session budget, log out immediately. Chasing losses with bigger stakes always leads to worse outcomes.
- Rule 3: Set Time Limits: Set an alarm on your phone for 30 minutes. Step away, drink a glass of water, and never play when tired or stressed.
- Rule 4: Never Borrow to Play: Playing with borrowed money or credit is the biggest warning sign of unhealthy gaming behavior.
- Rule 5: Keep Entertainment First: Card games are a test of skill and patience. If playing stops being fun and causes anxiety, pause permanently.

3. National Helpline & Professional Support

If you or a family member are experiencing distress related to gaming habits, help is available 24/7 across India completely free of cost:

Tele-MANAS is the Government of India's toll-free 24/7 mental health and psychological counseling helpline operated by NIMHANS. Toll-free number: 14416 or 1800-891-4416 (Available in 20+ Indian languages).

You may also reach out to Gamblers Anonymous India at www.gamblersanonymous.org for peer support groups.

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