

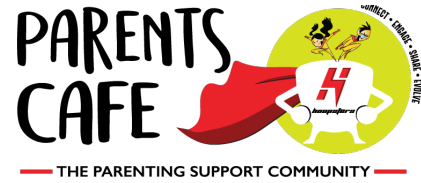


## CERTIFICATION PROGRAMS FOR PARENTS AT SCHOOLS

AN INTEGRATED APPROACH TOWARDS UNDERSTANDING MENTAL HEALTH, LIFE SKILLS AND PARENTING

WITH A FOCUS ON

**RE DISCOVERING THE “ME” IN THE PARENT**



CERTIFICATION PROGRAMS FOR PARENTS AT SCHOOLS

**WE AT HOOPSTERS BELIEVE THAT RE DISCOVERING THE “ME” IN  
THE PARENT IS THE KEY TO A BETTER FAMILY LIFE**

**OUR INTEGRATED PROGRAM WHICH INCLUDE LIFE SKILLS, MENTAL HEALTH & PARENTING WILL ENSURE**

**BOOST TO ONES SELF ESTEEM AND CONFIDENCE**

**BETTER INTERACTION WITH SPOUSE, CHILDREN AND SOCIETY**

**INSPIRE YOUR CHILD**

**A HEALTHY WORK- LIFE BALANCE**

**REDUCTION OF STRESS AND ANXIETY**

**EARLY INTERVENTION IN CASE OF ANY PROBLEM**

**AND MUCH MORE.....**

# INTEGRATED WORKSHOPS\*



INTEGRATED WORKSHOP

MENTAL HEALTH, PARENTING & LIFE SKILLS

COMMUNICATION & VARIED LIFE SKILLS

ETIQUETTES, MANNERS  
AND GROOMING

AWARENESS AROUND  
MENTAL HEALTH &  
CHILD DEVELOPMENT

RELATIONSHIPS/ SEXUALITY

RECOGNISING LATENT TALENT

PARENTING IN THE NEW AGE

SAFETY AND  
EMERGENCY RESPONSES

ART & HOBBY APPRECIATION

HEALTH AND WELLNESS

WHY, HOW AND WHEN TO  
SEEK COUNSELING

APPRECIATION TOWARDS  
INCLUSIVENESS

AND MORE....

HELPS IMPROVE SELF  
CONFIDENCE

HELPS RECOGNISE POTENTIAL  
IN YOUR CHILD

HELPS IN OVERCOMING STIGMAS  
AND ACCEPTANCE OF EARLY  
INTERVENTION IN REQUIRED  
SITUATIONS

HELPS BUILD BETTER RELATIONSHIPS  
WITH SPOUSE AND SOCIAL CIRCLES

IMPROVES PERFORMANCE AT  
WORKPLACE

BUILDS EMPATHY AND ACCEPTANCE  
TOWARDS INCLUSIVITY

AND MORE

\*CONDITIONS APPLY

\* SUBJECT TO CHANGE

# SPECIAL PROGRAMS FOR YOUNG PARENTS & PARENTS WITH SPECIAL NEEDS CHILDREN



**SIMPLIFYING MENTAL HEALTH**



- WHAT IS MENTAL HEALTH  
THE MYTHS AND MISCONCEPTIONS AROUND MENTAL HEALTH
- ALL ABOUT CHILD DEVELOPMENT
- WHEN AND HOW TO SEEK HELP
- UNDERSTANDING ADDICTIONS
- APPRECIATION OF  
NEURODIVERSITY & INCLUSIVENES
- UNDERSTANDING RELATIONSHIPS & SEXUALITY
- WHAT DO THE DIFFERENT  
TERMINOLOGIES MEAN
- SAFEGUARDING AGAINST ABUSE
- OVERCOMING STRESS

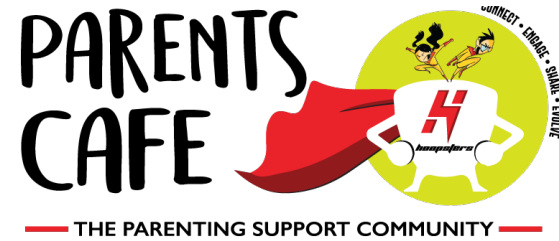
**HELPS IN**

SEEKING EARLY INTERVENTION

BUILDING BETTER INTERACTIONS WITH  
SPOUSE AND CHILDREN

OVERCOMING FEAR AND SOCIETAL STIGMA

AND MORE....



**SPECIAL WORKSHOPS FOR**  
**SINGLE PARENTS. ADOPTIVE PARENTS. GRAND PARENTS**



# A REVOLUTIONARY CONCEPT IN EXPERIENTIAL LEARNING

FOR THE FIRST TIME-  
INTEGRATING  
AWARENESS, INTERVENTION AND SUPPORT

**ASSESSMENT**  
CREATING EXPOSURE  
THROUGH STRUCTURED  
INFORMATION DISSEMINATION.

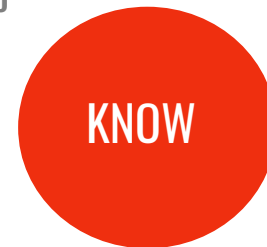
PROVIDING ACCESS TO  
RELIABLE DOMAIN  
EXPERTS

ENGAGEMENTS THAT  
ENCOURAGE PUTTING  
LEARNING INTO ACTION

EXTENDING PLATFORMS TO  
SHARE EXPERIENCES,  
IDEAS & ACTIONS.

**BUILDING A PEER SUPPORT SYSTEM AND 1<sup>ST</sup> LEVEL  
OF INTERVENTION**

THE FIRST STEP IS  
GET TO



ABOUT VARIED  
HAPPENINGS AND  
SUBJECT MATTERS

THE NEXT IS TO



FROM THE BEST

AND THEN



SOMETHING WITH  
ALL THE LEARNING

BRING ABOUT  
CHANGE &



EXPERIENCES WITH  
THE WORLD

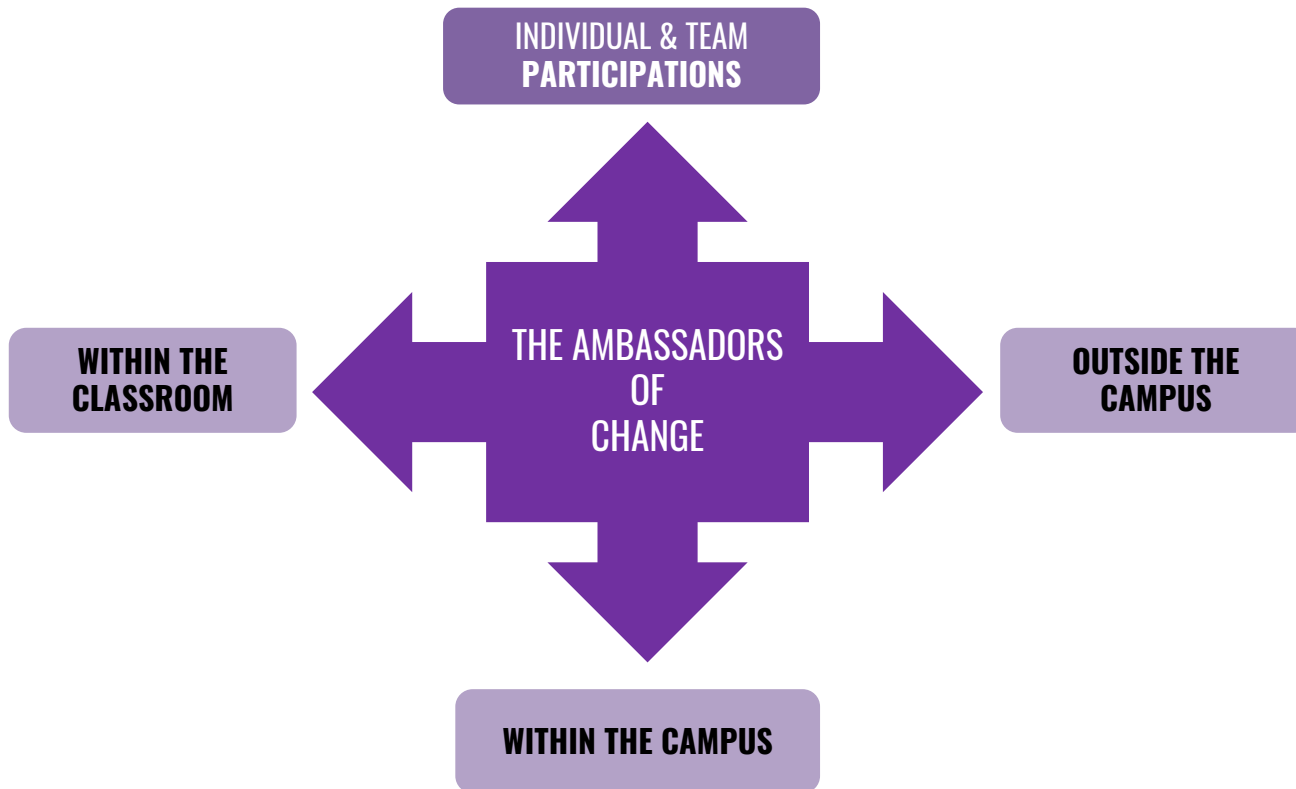
AND THE



TO MOTIVATE YOU TO DO MORE AND IN  
THE PROCESS  
INSPIRE OTHERS

# PUTTING LEARNING INTO ACTION

INVOLVING TEACHERS, PARENTS AND SUPPORT STAFF ALONG WITH THE STUDENTS



**ASSIGNED ACTIVITIES**  
(FOR THOSE ENGAGED IN OUR PROGRAMS)  
BASED ON SUBJECT OF THE DAY

**ENGAGE IN ACTIVITIES THROUGH THE YEAR**

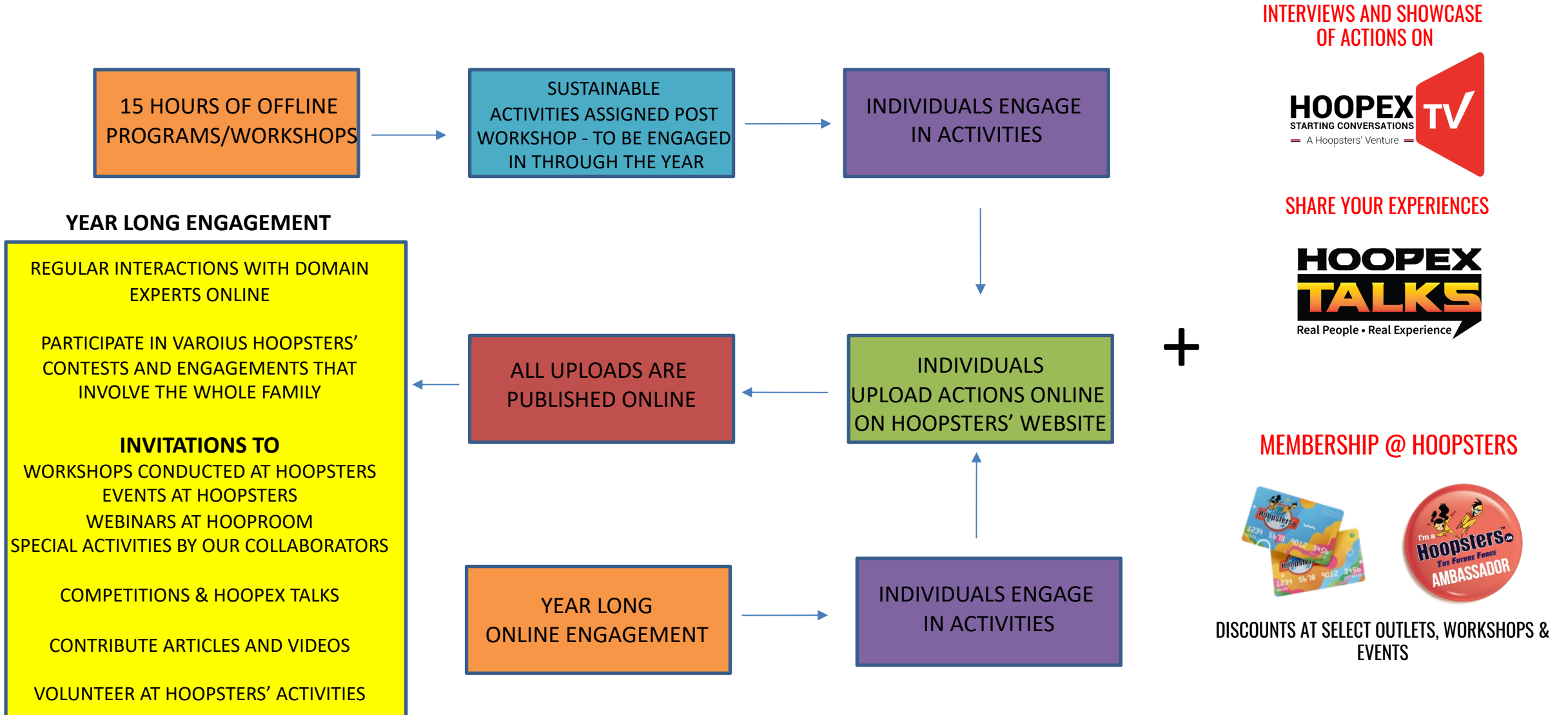
MONTHLY  
“WALL OF FAME” RECOGNITIONS

ANNUAL AWARDS AT SCHOOL DAY

RECOGNITION AT THE  
“HOOPSTERS’ LEAGUE OF ACTION HEROES”  
AWARDS

# HOW OUR ENGAGEMENTS WORK

## OFFLINE-ONLINE





# INVOLVING THE SPOUSE AND THE CHILD

## INSPIRING THE CHANGE AT HOME



**CONTESTS INVOLVING THE WHOLE FAMILY**

**HAVE FAMILY TO UNDERSTAND AND APPRECIATE THE IMPORTANCE OF THE PROGRAM**

**IMPROVE INTER RELATIONSHIPS WITHIN THE FAMILY**

**HELP EACH OTHER DISCOVER THEIR VARIOUS POTENTIALS AND HELP GROOM IT**

**MOTIVATE OTHER PARENTS TO TAKE UP THE PROGRAM**

**BRING ABOUT A CHANGE IN THE INDIVIDUALS AND A FAMILY AS A WHOLE**

\*CONDITIONS APPLY

# ONLINE PLATFORMS TO HELP BREAK THE STIGMA



WEBINARS. INTERVIEWS. INSPIRATIONAL STORIES. AWARENESS SERIES. DOCUMENTARIES

**RAISING A SPECIAL NEEDS CHILD TO BE SELF SUFFICIENT**  
WHAT PARENTS CAN DO

**BALA GANDHEKAR** IN CONVERSATION WITH  
**REKHA KANEMAR**  
YOGA PRANA HEYU HEALER AND HEALTH CONSULTANT

SATURDAY, 17TH APRIL, 2021 AT 5PM  
TO JOIN IN, CLICK ON THE ZOOM LINK IN THE CAPTIONS BELOW

WATCH IT AGAIN ON  
**HOOPEX TV**  
Online Parenting Channel  
an Hoopsters' Venture

SUBSCRIBE ON YOUTUBE OR  
LOG ON TO WWW.HOOPEXSTERS.IN

**THE SUPER MOMS & DADS CONTEST**

**HOOPEX TALKS**  
Real People • Real Stories

**THE BIG BOSSES TALK PARENTING**

MANOJ BALCHANDRAN  
HEAD - CSR IBM  
INDIA & SOUTH ASIA

PRIYA MALLYA  
LEADER, DEVELOPER  
COO/TEAM LEADER  
INDIA & SOUTH ASIA, IBM

RAJEEV PALANKI  
LEADER, EMPLOYEE EXPERIENCE  
IBM INDIA SOFTWARE LABS

FREE ONLINE WORKSHOP  
SUNDAY, 21ST JUNE 2020

**THE SUPER MOMS & DADS CONTEST**

**MOTHERHOOD AND CAREER**

IN CONVERSATION WITH  
**HIMA BINDU**  
GLOBAL ENABLEMENT LEADER - HYBRID CLOUD  
INFRASTRUCTURE SERVICES, IBM INDIA  
& SINGLE MOM

**PREGNANCY MYTHS & MISCONCEPTIONS**

WITH  
**DR. PRIYA HARSHINI**  
CONSULTANT OBSTETRICIAN & GYNECOLOGIST  
AT MOTHERHOOD HOSPITAL - INDIRANAGAR

FREE ONLINE WORKSHOP  
HOSTED BY  
**BALA GANDHEKAR**  
FILMMAKER/FOUNDER, HOOPEXSTERS

SUNDAY, 7TH JUNE 2020  
5PM TO 6PM  
LOGIN DETAILS IN THE CAPTION BELOW

**SINGLE PARENTING LOCKDOWN CONVERSATIONS**

THE SINGLE PARENTS' PANEL

HOSTED BY  
**BALA GANDHEKAR**  
FILMMAKER/FOUNDER, HOOPEXSTERS

LEARNINGS FROM REAL PEOPLE AND REAL EXPERIENCES

SUNDAY, 10TH MAY 2020  
4:30PM TO 5:30PM  
LOGIN DETAILS IN THE CAPTION BELOW

**THE SUPER MOMS & DADS CONTEST**

**ADOPTION BY CHOICE**

IN CONVERSATION WITH  
**YAMINI AYYAGARI** & **M.S. SRINIVAS**  
PROJECT MANAGER SENIOR MANAGER

**THE SUPER MOMS & DADS CONTEST**

**FAMILY ROADTRIP FROM BANGALORE TO PARIS**

IN CONVERSATION WITH  
**ANAND AND PUNITA**  
NATIVE PUPPETS ANIMATION STUDIO, BANGALORE

**ANXIETY DISORDER**  
COMMON MYTHS AND MISCONCEPTIONS

BALA GANDHEKAR IN CONVERSATION WITH  
**CHARLOTTE ROSLINE SOANS**  
COUNSELING PSYCHOLOGIST AND CERTIFIED HANDWRITING ANALYST

FRIDAY, 16TH APRIL, 2021 AT 5PM  
TO JOIN IN, CLICK ON THE ZOOM LINK IN THE CAPTIONS BELOW

WATCH IT AGAIN ON  
**HOOPEX TV**  
Online Parenting Channel  
an Hoopsters' Venture

SUBSCRIBE ON YOUTUBE OR  
LOG ON TO WWW.HOOPEXSTERS.IN

**IS YOUR PARTNER GASLIGHTING YOU?**

BALA GANDHEKAR IN CONVERSATION WITH  
**DR. ANANYA CHITALE**  
MULTIDISCIPINARY  
CERTIFIED PLAY THERAPIST, DBT AND DBT THERAPIST,  
CONSULTING PSYCHOTHERAPIST & HOMEOPATHIC PSYCHIATRIST, CHENNAI, INDIA

SATURDAY, 9TH OCTOBER 2021 AT 5PM  
TO JOIN IN, CLICK ON THE ZOOM LINK BELOW

WATCH MORE VIDEOS ON  
**HOOPEX TV**  
Online Parenting Channel  
an Hoopsters' Venture

SUBSCRIBE ON YOUTUBE OR  
LOG ON TO WWW.HOOPEXSTERS.IN

**THE FEARS I HAVE FOR MY CHILD'S FUTURE AND WHAT I AM DOING ABOUT THEM.**

IN CONVERSATION WITH  
**GARGI,**  
ONLINE PURCHASE MANAGER AT RPI DESIGNS, OHIO &  
PARENT TO A SPECIAL NEEDS CHILD



**WEBINARS. INTERVIEWS. INSPIRATIONAL STORIES. AWARENESS SERIES. DOCUMENTARIES**

hoopex tv

HOME VIDEOS **PLAYLISTS** COMMUNITY CHANNELS ABOUT

View full playlist

42 videos Sexuality and Relationships View full playlist	17 videos Mental health View full playlist	9 videos Addiction View full playlist	2 videos Mission Pawible View full playlist	56 videos Parenting View full playlist
9 videos Careers View full playlist	5 videos Special Needs Parenting View full playlist	8 videos Adoptive parenting View full playlist	12 videos Single Parenting View full playlist	14 videos Avinash's World - The diary of a paraplegic View full playlist
32 videos Father's Day Cooking Contest View full playlist	24 videos HoopEx Talks by Hoopsters   A Stage for Inspiring Stories View full playlist	85 videos Hoop Room by Hoopsters   Webinars, Hobby Workshops and... View full playlist	9 videos Schools, Students and Parents View full playlist	10 videos Dr.Sandip   Sex, Sexuality and Relationships View full playlist

hoopex tv

HOME VIDEOS **PLAYLISTS** COMMUNITY CHANNELS ABOUT

13 videos LGBT Community Speaks View full playlist	12 videos Experts talk - Mental Health View full playlist	4 videos Experts talk - Grooming View full playlist	10 videos Expert talk - Relationships View full playlist	6 videos Parents speak- Being Single View full playlist
6 videos Parents speak - Adoption View full playlist	12 videos Expert talk - Child matters View full playlist	11 videos What a Parent wants View full playlist	33 videos Parents speak - Parenting View full playlist	7 videos Experts talk - Menstruation View full playlist
20 videos Experts talk- Sexual desire View full playlist	4 videos Experts talk - Consent View full playlist	21 videos Experts talk - The LGBT community View full playlist	11 videos Experts talk- Pornography View full playlist	6 videos Experts talk- Going to a Counsellor View full playlist

# OFFLINE PLATFORMS TO HELP BREAK THE STIGMA

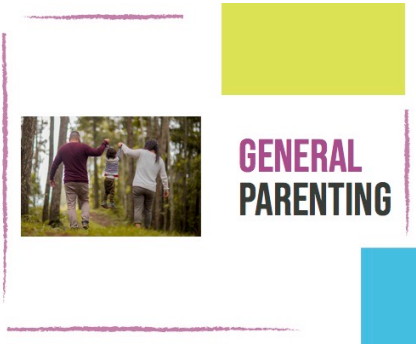


LEARN. EXCHANGE IDEAS. SHARE STORIES & EXPERIENCES..



# INTERACTIVE WEBSITE WITH INDIVIDUAL SEGREGATION OF ISSUES

READ ARTICLES. SHARE YOUR EXPERIENCES. SEEK HELP. CONNECT WITH EXPERTS. BE PART OF A COMMUNITY



GENERAL PARENTING

This card features a photograph of a family walking in a park. It includes a green rectangular bar at the top and a blue rectangular bar at the bottom.



SINGLE PARENTING

This card features a photograph of a child on a log in a wooded area. It includes a pink rectangular bar at the top and an orange rectangular bar at the bottom.



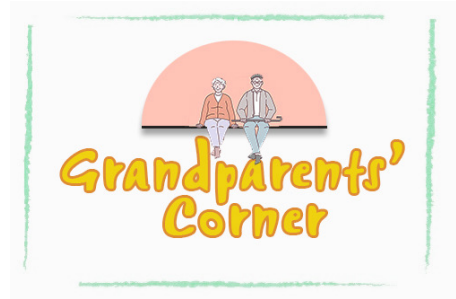
SPECIAL NEEDS PARENTING

This card features a photograph of a child being held. It includes a green rectangular bar at the top and a purple rectangular bar at the bottom.



ADOPTIVE PARENTING

This card features a photograph of a person holding a baby. It includes an orange rectangular bar at the top and a purple rectangular bar at the bottom.



Grandparents' Corner

This card features an illustration of two people sitting on a bench under a sun. The text "Grandparents' Corner" is written in a yellow, stylized font.



UNDERSTANDING CHILD DEVELOPMENT

The Beautiful Mind

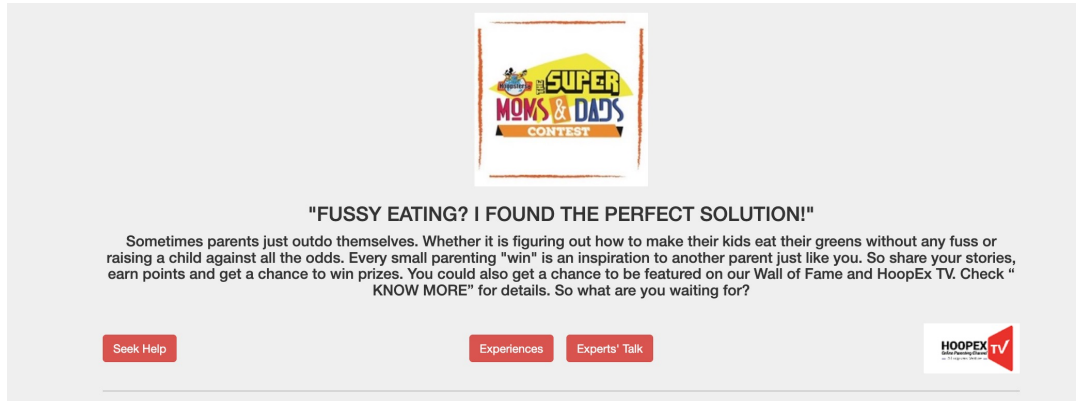
Mental Health Simplified

This banner includes a logo for "The Beautiful Mind" and a series of blue circles of varying sizes.



HOOPSTERS THE SUPER MOMS & DADS CONTEST

This banner features a logo with a basketball player and the text "THE SUPER MOMS & DADS CONTEST".



"FUSSY EATING? I FOUND THE PERFECT SOLUTION!"

Sometimes parents just outdo themselves. Whether it is figuring out how to make their kids eat their greens without any fuss or raising a child against all the odds. Every small parenting "win" is an inspiration to another parent just like you. So share your stories, earn points and get a chance to win prizes. You could also get a chance to be featured on our Wall of Fame and HoopEx TV. Check "KNOW MORE" for details. So what are you waiting for?

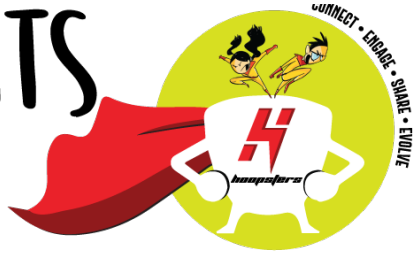
Seek Help Experiences Experts' Talk

HOOPEX TV

This article snippet includes a logo for "THE SUPER MOMS & DADS CONTEST", a paragraph of text, and three buttons: "Seek Help", "Experiences", and "Experts' Talk". It also features the "HOOPEX TV" logo.

# ACCESS TO SUPPORT SYSTEM

**PARENTS  
CAFE**



— THE PARENTING SUPPORT COMMUNITY —

A NETWORK OF RELIABLE AND  
QUALIFIED PSYCHIATRISTS,  
COUNSELORS & THERAPISTS

A COUNSELING CENTER NEAR  
YOUR HOME

WORKSHOPS ON LIFE SKILLS,  
ART AND HOBBIES FOR THE  
ENTIRE FAMILY

SPECIAL NEEDS SCHOOLS  
PLAY THERAPY CENTERS  
REHAB CENTERS  
SPECIAL NEEDS PLAY SCHOOLS &  
LEARNING CENTERS

YOGA, WELLNESS AND FITNESS  
EXPERTS

PEER SUPPORT FOR PARENTS OF  
SPECIAL NEEDS CHILDREN AND  
PARENTS WITH SPECIAL NEEDS

A FIRST LEVEL INTERVENTION IN  
CASES OF EMERGENCIES



# THE INSPIRED COMMUNITY

**LET'S HELP  
BRING ABOUT  
A  
TANGIBLE  
IMPACT**

**WHERE**

ONE DISCOVERS ONE'S  
INNATE POTENTIAL

INDIVIDUALS  
KNOW  
WHEN & WHERE TO SEEK HELP

THE FAMILY GROWS AS A UNIT

DAILY CHALLENGES  
ARE MANGAGED WITHOUT STRESS

NEW LEARNING IS A WAY OF LIFE

WHERE RELATIONSHIPS  
ARE HEALTHY

WHERE THERE IS NO BODY  
SHAMING AND BULLYING

WHERE THERE IS NO STIGMA  
AROUND MENTAL HEALTH



**CERTIFICATION PROGRAMS FOR PARENTS AT SCHOOLS**

AN INTEGRATED APPROACH TOWARDS UNDERSTANDING MENTAL HEALTH, LIFE SKILLS AND PARENTING

IT'S ALL ABOUT  
**CONTINUITY IN ENGAGEMENT**

**BE THE CHANGE CATALYST**

**PARENTS FOR CHANGE AND COMMUNITY OWNERSHIP**





RE DISCOVERING THE “ME” IN THE PARENT

**KNOW. LEARN. DO. SHARE.**

**ONLINE- OFFLINE**  
PROGRAMS. INTERACTIONS. ENGAGEMENTS

**TAPPING INTO THE POTENTIAL OF THE INDIVIDUAL TO BRING ABOUT CHANGE**