



INTRODUCING

Hoopsters'



Awareness • Intervention • Support

AN ECO SYSTEM TOWARDS BETTER MENTAL HEALTH AND WELLNESS

WHILE THE WHOLE WORLD IS TALKING ABOUT THE COVID-19 PANDEMIC, THERE IS ANOTHER SILENT PANDEMIC THAT HAS GRIPPED THE WORLD AND PEOPLE ARE NOT EVEN REALISING THE IMPACT THAT ALL THIS IS HAVING IN THEIR DAILY LIVES...OR WILL HAVE IN THE TIMES TO COME.....

DEPRESSION. ANXIETY. STRESS. SUICIDAL TENDENCIES. ADDICTIONS. BI POLAR DISORDERS. ISSUES AROUND SEX AND SEXUALITY. THE LIST OF ISSUES GOES ON...AND THEN THERE ARE OTHER DEVELOPMENTAL ISSUES LIKE THE AUTISM SPECTRUM, ADHD, DYSLEXIA ETC.

REMEMBER, THIS MENTAL HEALTH PANDEMIC HAS NO VACCINES.
BEING AWARE AND SEEKING HELP AT THE RIGHT TIME ARE THE ONLY SOLUTIONS

**AN UNDERSTANDING ABOUT MENTAL HEALTH CAN HELP AN INDIVIDUAL
PERFORM BETTER AT SCHOOL, COLLEGE, WORK AND AT HOME**

**WE AT HOOPSTERS HAVE DESIGNED AN INTEGRATED & MULTI DIMENSIONAL
APPROACH TO CREATING AWARENESS AROUND
MENTAL HEALTH WHICH WOULD HELP YOUR STUDENTS, TEACHERS,
MANAGEMENT AND YOUR PARENTS DEAL WITH ISSUES BOTH IN THEIR DAILY
LIVES**

BUILDING AN ECO SYSTEM

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COLLABORATION WITH SOME OF THE LEADING DOMAIN EXPERTS FOR KNOWLEDGE DISSEMINATION, INTERVENTION AND SUPPORT

AN INTERACTIVE WEBSITE TO DISSEMINATE INFORMATION AND COLLATE EXPERIENCES

BUILD A FIRST LEVEL OF PEER INTERVENTION THROUGH WORKSHOPS, COURSES AND ENGAGEMENTS

INTRODUCE COURSES AT SCHOOLS, COLLEGES & CORPORATES TO DEMYSTIFY MENTAL HEALTH & BREAK THE MYTHS AND STIGMA SURROUNDING MENTAL HEALTH ISSUES

CREATE ONLINE/OFFLINE PLATFORMS FOR PEOPLE TO SHARE EXPERIENCES

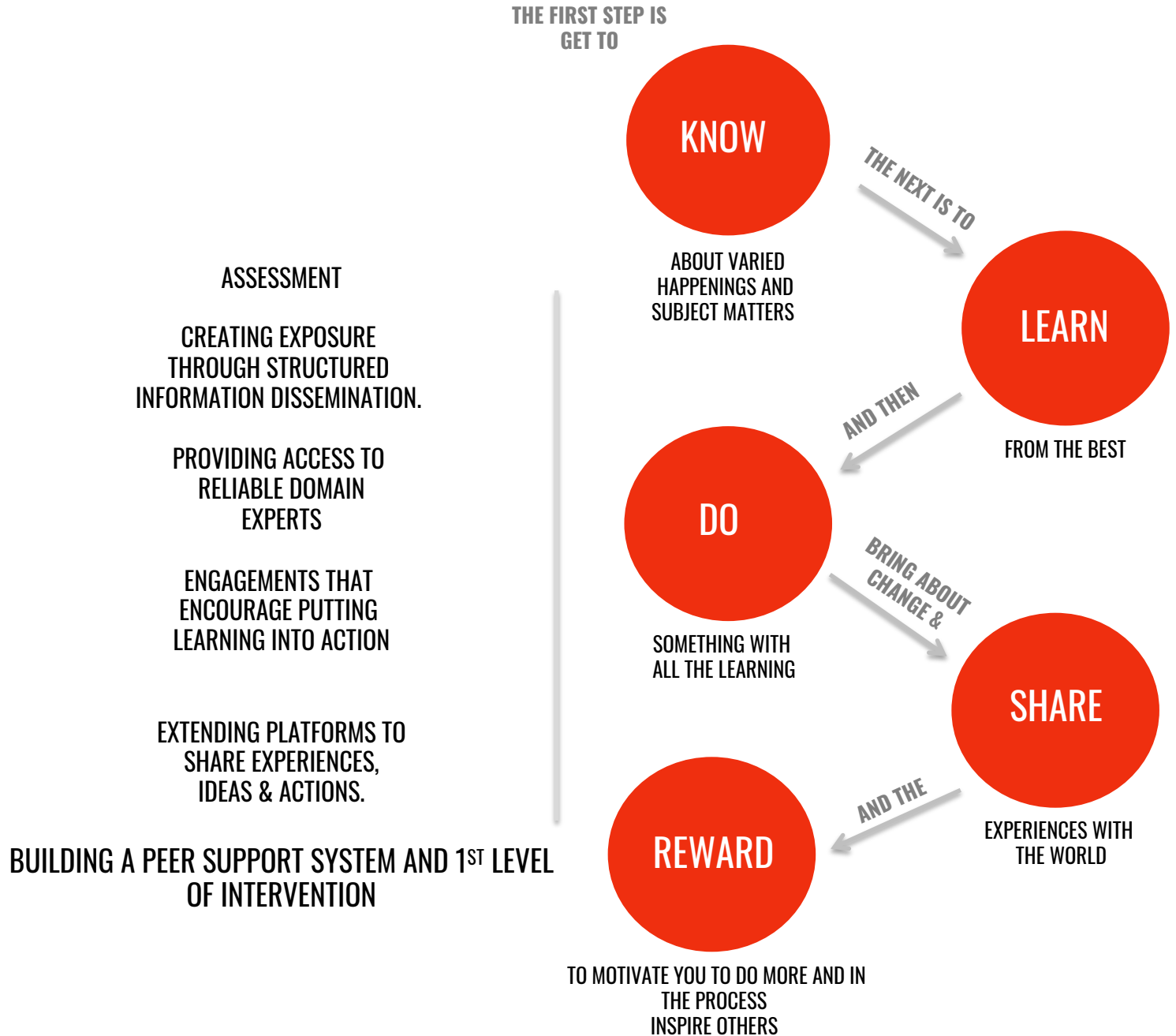
HOOPEX TV. HOOPEX TALKS

REGULAR ASSESSMENT AND DATA COLLECTION ON ISSUES.



A REVOLUTIONARY CONCEPT IN EXPERIENTIAL LEARNING

FOR THE FIRST TIME-
INTEGRATING
AWARENESS, INTERVENTION AND SUPPORT



SPECIALLY DESIGNED PROGRAMS

@ EDUCATIONAL INSTITUTIONS, CORPORATES AND GATED COMMUNITIES

SUBJECTS DISCUSSED

VALUE ADDS

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CERTIFICATION PROGRAMS*

APPRECIATION FOR THE
BRAIN & ITS FUNCTIONING

WHAT IS CONSIDERED NORMAL

WHY ARE SOME PEOPLE
DIFFERENT

WHAT IS MENTAL HEALTH

HOW TO BE AROUND THOSE
WHO ARE DIFFERENTLY ABLED

HOW AND WHOM TO TALK TO
IF SOMETHING/ SOMEONE IS
BOTHERING YOU

SAFETY & BOUNDARIES

BEING HEALTHY

INTERACTING WITH A SPECIAL CHILD

WHAT DO THE DIFFERENT
TERMINOLOGIES MEAN

THE MYTHS AND
MISCONCEPTIONS AROUND
MENTAL HEALTH

STRESS MANAGEMENT

UNDERSTANDING
RELATIONSHIPS, SEXUALITY
AND ABUSE

WHEN TO SEEK HELP OR HELP OTHERS
TO SEEK HELP

WHAT IS COUNSELING AND
WHAT HAPPENS DURING COUNSELING

SPECIAL PROGRAMS
PARENTING A SPECIAL NEEDS
CHILD

DEALING WITH A SPECIAL CHILD IN
THE CLASSROOM

INTRODUCE INDIVIDUALS TO THE
WORLD OF ART, HOBBIES
SPORTS & OUTDOORS

GET MANAGEMENT
INVOLVED

BUILD PEER SUPPORT GROUPS

WEBINARS WITH EXPERTS
AROUND THE SUBJECT
OF MENTAL HEALTH

INTERVIEWS/ INTERACTIONS
WITH THOSE WHO HAVE
OVERCOME CHALLENGES

VIDEOS/ ARTICLES/
REFERENCE MATERIALS ON
HOOPSTERS' PORTAL
TO LEARN MORE FROM



HOW OUR ENGAGEMENTS WORK

OFFLINE-ONLINE

15 HOURS OF OFFLINE PROGRAMS/WORKSHOPS

SUSTAINABLE ACTIVITIES ASSIGNED POST WORKSHOP - TO BE ENGAGED IN THROUGH THE YEAR

INDIVIDUALS ENGAGE IN ACTIVITIES

INTERVIEWS AND SHOWCASE OF ACTIONS ON



SHARE YOUR EXPERIENCES



YEAR LONG ENGAGEMENT

REGULAR INTERACTIONS WITH DOMAIN EXPERTS ONLINE

PARTICIPATE IN VARIOUS HOOPSTERS' CONTESTS AND ENGAGEMENTS THAT INVOLVE THE WHOLE FAMILY

INVITATIONS TO

WORKSHOPS CONDUCTED AT HOOPSTERS EVENTS AT HOOPSTERS
WEBINARS AT HOOPROOM
SPECIAL ACTIVITIES BY OUR COLLABORATORS

COMPETITIONS & HOOPEX TALKS

CONTRIBUTE ARTICLES AND VIDEOS

VOLUNTEER AT HOOPSTERS' ACTIVITIES

ALL UPLOADS ARE PUBLISHED ONLINE

INDIVIDUALS UPLOAD ACTIONS ONLINE ON HOOPSTERS' WEBSITE



MEMBERSHIP @ HOOPSTERS



DISCOUNTS AT SELECT OUTLETS, WORKSHOPS & EVENTS

YEAR LONG ONLINE ENGAGEMENT

INDIVIDUALS ENGAGE IN ACTIVITIES

ONLINE PLATFORMS TO HELP BREAK THE STIGMA



WEBINARS. INTERVIEWS. INSPIRATIONAL STORIES. AWARENESS SERIES. DOCUMENTARIES

ADOPTING A SIBLING FOR OUR CHILD

BALA GANDHEKAR IN CONVERSATION WITH

MR. SIVARAMAKRISHNAN ANANTHAKRISHNAN,
DIRECTOR BUSINESS DEVELOPMENT, 3DSPACE, DUBAI
 &
MRS. GEETHA DEVARAJAN,
INCLUSION LEARNING ASSISTANT, UPTOWN INTERNATIONAL SCHOOL, DUBAI

UNDERSTANDING ADDICTION

KEY TAKEAWAYS

- MOST COMMON TYPES OF ADDICTION
- WHAT ADDICTION DOES TO YOU
- MISCONCEPTIONS ABOUT ADDICTION
- OVERCOMING ADDICTION

DR. VIVEK BENEGAL
PROFESSOR OF PSYCHIATRY,
CENTRE FOR ADDICTION MEDICINE,
MUMBAI

SATURDAY
16TH MAY, 5PM-6PM
LOGIN DETAILS IN CAPTION

SCHOOL CHRONICLES OF A HOMOSEXUAL

MY JOURNEY OF REALIZATION AND ACCEPTANCE

NUPUR GANDHEKAR IN CONVERSATION WITH

KAUSHIK VAIDESWARAN
MATERIALS EXPERT, HERMÉS, PARIS

WEDNESDAY, 6TH JAN 2021 AT 3 PM IST
TO JOIN IN, CLICK ON THE ZOOM LINK IN THE CAPTIONS BELOW

RAISING A SPECIAL NEEDS CHILD TO BE SELF SUFFICIENT

WHAT PARENTS CAN DO

BALA GANDHEKAR IN CONVERSATION WITH

REKHA KANEMAR
YOGA PRANA UENY HEALTH AND HEALTH COORDINATOR

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

WATCH IT AGAIN ON



SUBSCRIBE ON YOUTUBE OR
LOG ON TO WWW.HOOPEX.TV

A-Z OF SEXUALITY EDUCATION

BALA GANDHEKAR IN CONVERSATION WITH

DR. SANGEETA SAKSENA
CO-FOUNDER ENFOLD PROACTIVE HEALTH TRUST,
GYNAECOLOGIST, AUTHOR, COUNSELLOR AND ACTIVIST

FRIDAY, 30TH JULY 2021 AT 5 PM
TO JOIN IN, CLICK ON THE ZOOM LINK IN THE CAPTIONS BELOW

WATCH IT AGAIN ON



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PRESENTS

AN INTIMATE DIARY OF A RECOVERING DRUG ADDICT

NUPUR GANDHEKAR IN CONVERSATION WITH

GAURANG CHANDARANA
YOGA EXPERT, IT CONSULTANT AND ROTARIAN

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



WEBINARS. INTERVIEWS. INSPIRATIONAL STORIES. AWARENESS SERIES. DOCUMENTARIES

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HOME VIDEOS **PLAYLISTS** COMMUNITY CHANNELS ABOUT

View full playlist

42 videos View full playlist	17 videos View full playlist	9 videos View full playlist	2 videos View full playlist	56 videos View full playlist
9 videos View full playlist	5 videos View full playlist	8 videos View full playlist	12 videos View full playlist	14 videos View full playlist
32 videos View full playlist	24 videos View full playlist	85 videos View full playlist	9 videos View full playlist	10 videos View full playlist

hoopex tv

HOME VIDEOS **PLAYLISTS** COMMUNITY CHANNELS ABOUT

13 videos View full playlist	12 videos View full playlist	4 videos View full playlist	10 videos View full playlist	6 videos View full playlist
6 videos View full playlist	12 videos View full playlist	11 videos View full playlist	33 videos View full playlist	7 videos View full playlist
20 videos View full playlist	4 videos View full playlist	21 videos View full playlist	11 videos View full playlist	6 videos View full playlist

OFFLINE PLATFORMS TO HELP BREAK THE STIGMA

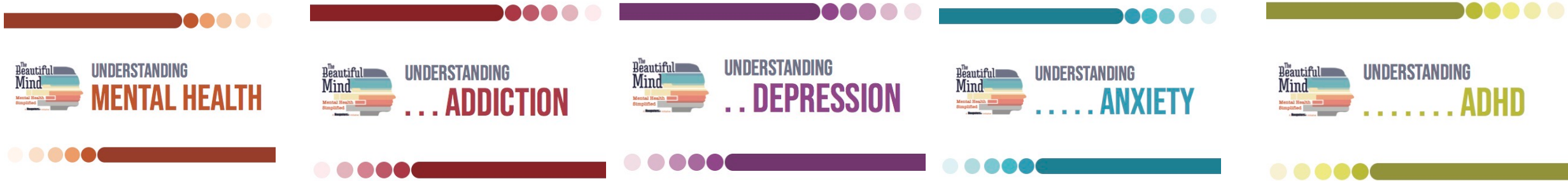


LEARN. EXCHANGE IDEAS. SHARE STORIES & EXPERIENCES..



INTERACTIVE WEBSITE WITH INDIVIDUAL SEGREGATION OF ISSUES

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



“ANXIETY IS REAL”

In this section we are trying to simplify the understanding of Anxiety and address the concerns and the myths & misconceptions. We have involved, apart from domain experts, people who have dealt with anxiety or dealing with it, to share their stories. We believe these stories around experiences are good motivators to those suffering with problem. So if you have a story to say, please feel free to share it.

[Seek Help](#) [Experiences](#) [Experts' Talk](#)

AND MORE...

ACCESS TO SUPPORT SYSTEM

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Awareness • Intervention • Support

A NETWORK OF RELIABLE AND QUALIFIED PSYCHIATRISTS, COUNSELORS & THERAPISTS

A COUNSELING CENTER NEAR YOUR HOME

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



*CONDITIONS APPLY

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THE INSPIRED COMMUNITY

LET'S HELP
BRING ABOUT
A
TANGIBLE
IMPACT

WHERE

THERE IS
EMPATHY AND NO ABUSE

INDIVIDUALS
KNOW
WHEN & WHERE TO SEEK HELP

INCLUSIVITY IS
EMBRACED

WHERE DAILY CHALLENGES
ARE MANGAGED WITHOUT STRESS

WHERE INDIVIDUALS LEAD A
HEALTHY LIFE
AWAY FROM ADDICTIONS

WHERE RELATIONSHIPS
ARE HEALTHY

WHERE THERE IS NO BODY
SHAMING AND BULLYING

WHERE THERE IS NO STIGMA
AROUND MENTAL HEALTH

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IT'S ALL ABOUT
CONTINUITY IN ENGAGEMENT

BE THE CHANGE CATALYST

CREATING AN AWARE & EMPATHETIC SOCIETY

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BUILDING AN ECO SYSTEM TOWARDS A BETTER MENTAL HEALTH

KNOW. LEARN. DO. SHARE.

ONLINE- OFFLINE

PROGRAMS. INTERACTIONS. ENGAGEMENTS

TAPPING INTO THE POTENTIAL OF THE INDIVIDUAL TO BRING ABOUT CHANGE