



THE LEAGUE OF  
**ACTION HEROES**  
— AN INSPIRED COMMUNITY —

# CERTIFICATION PROGRAMS @ SCHOOLS

INTRODUCING

**Hoopsters'**



Awareness • Intervention • Support

CERTIFICATION PROGRAM

SPECIALLY DESIGNED FOR STUDENTS, TEACHERS, MANAGEMENT & PARENTS

**DID YOU KNOW THAT MOST STUDENTS, TEACHERS AND PARENTS ARE SUFFERING FROM ONE FORM OF ANXIETY OR STRESS THAT IS AFFECTING THEIR LIVES.**

**AND TO TOP IT ALL THERE ARE A LOT OF OF MYTHS AND MISCONCEPTIONS SURROUNDING MENTAL HEALTH ISSUES. ADD TO THIS THE STIGMA AROUND THE SUBJECT IN OUR SOCIETY.**

**MENTAL HEALTH IS MOST OFTEN MISTAKEN FOR MENTAL HEALTH ISSUES AND MANY OF US ARE NEVER TOLD THIS.**

**WE AT HOOPSTERS BELIEVE THAT EVERYONE INCLUDING THE STUDENTS, THE PARENTS, THE TEACHERS AND THE MANAGEMENT SHOULD UNDERSTAND THE BASICS OF MENTAL HEALTH WHICH IN TURN WOULD HELP THEM LEAD A HAPPY LIFE.**

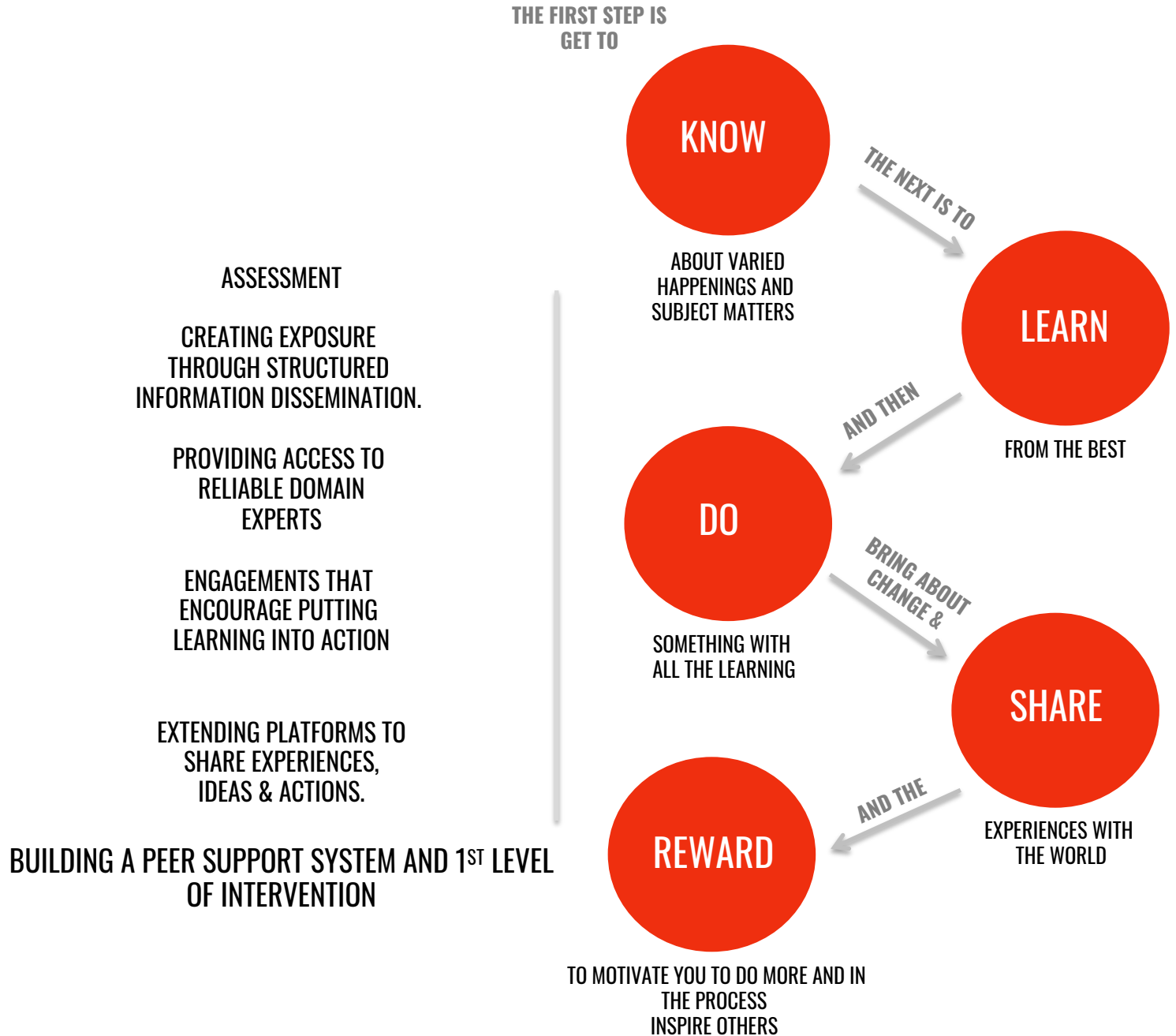
WHEN WE CAN GIVE SO MUCH IMPORTANCE TO OUR  
PHYSICAL HEALTH, DON'T YOU THINK IT IS TIME WE  
THOUGHT ABOUT OUR MENTAL HEALTH TOO

**IT IS TIME TO START YOUNG**



# A REVOLUTIONARY CONCEPT IN EXPERIENTIAL LEARNING

FOR THE FIRST TIME-  
INTEGRATING  
AWARENESS, INTERVENTION AND SUPPORT



# PROGRAM CUSTOMISED TO ADDRESS SPECIFIC AGE GROUPS OF STUDENTS AND PARENTS

## SUBJECTS DISCUSSED

## VALUE ADDS

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**CERTIFICATION PROGRAM\***

**MAXIMUM OF 60 STUDENTS/CLASS**

**DURATION OF CLASS- 45 – 60 MINUTES**

**PRE SCHEDULED TIME TABLE AS PART OF  
CO CURRICULUM ACTIVITY OR  
CREDIT COURSE**

**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**

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# VALUE ADD TO PARTICIPANTS OF THE PROGRAM

## ACCESS TO RELIABLE PROFESSIONALS

COUNSELORS & PSYCHIATRISTS

YOGA EXPERTS

SPECIALIZING IN WEIGHT LOSS AND PRE & POST NATAL WELLNESS

LIFE COACHES AND HOBBYISTS

“SPECIAL NEEDS” SUPPORT

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# HOW OUR ENGAGEMENTS WORK

OFFLINE-ONLINE

15 HOURS OF OFFLINE PROGRAMS/WORKSHOPS

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

STUDENTS ENGAGE IN ACTIVITIES

## YEAR LONG ENGAGEMENT

PUTTING UP MENTAL HEALTH RELATED CONTENT ON THE DISPLAY BOARD EVERY MONTH

CREATING A "MENTAL HEALTH WATCH" BOX FOR MEMBERS TO SEND IN QUERIES OR TO TALK ABOUT ANY ISSUES THEY ARE FACING

COLLECT THE CONTENTS OF THE "MENTAL HEALTH WATCH" BOX AND DELIVER TO THE HOOPSTERS' TEAM WHO THEN WILL ADDRESS THEM\*

KEEP AN EYE ON ANY CHANGE IN BEHAVIOUR PATTERN AMONGST FRIENDS AND PEERS AND REPORT TO A PRE-DESIGNATED INDIVIDUAL

ONE OR MORE TALK ON MENTAL HEALTH SUBJECTS AT THE SCHOOL ASSEMBLY/TEAM MEETINGS EACH WEEK

ALL UPLOADS ARE PUBLISHED ONLINE

STUDENTS UPLOAD ACTIONS ONLINE ON HOOPSTERS' WEBSITE

YEAR LONG ONLINE ENGAGEMENT

STUDENTS ENGAGE IN ACTIVITIES

INTERVIEWS AND SHOWCASE OF ACTIONS ON



SHARE YOUR EXPERIENCES



@ SCHOOLS

MEMBERSHIP @ HOOPSTERS



DISCOUNTS AT SELECT OUTLETS, WORKSHOPS & EVENTS

# ASSESSMENT

## CERTIFICATION PROCESS

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**CERTIFICATION PROGRAMS  
FOR STUDENTS**

IDEAS IMPLEMENTED TO  
PROMOTE AWARENESS

PRO ACTIVNESS

VOLUNTEERING & HELPING  
BUILD A COMMUNITY

TEAM WORK

CONTRIBUTION IN TERMS OF  
CONTENT AT HOOPSTERS

IMPACT

+

\*CONDITIONS APPLY



# INVOLVING THE TEACHERS AND THE PARENTS

## INSPIRING THE CHANGE AT HOME

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**CERTIFICATION PROGRAMS  
FOR STUDENTS**

HELP TEACHERS AND PARENTS  
TO UNDERSTAND THE ISSUES AND  
HELP IN EARLY INTERVENTION

HAVE FAMILY TO UNDERSTAND  
AND  
APPRECIATE THE IMPORTANCE  
OF THE PROGRAM

IMPROVE INTER RELATIONSHIPS  
WITHIN THE FAMILY AND AT THE  
SCHOOL

CONTESTS INVOLVING THE  
WHOLE FAMILY

MOTIVATE OTHER PARENTS TO  
TAKE UP THE PROGRAM

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



# THE INSPIRED CLASSROOM

LET'S HELP  
BRING ABOUT  
A  
TANGIBLE  
IMPACT

WHERE

THERE IS  
EMPATHY AND NO ABUSE

STUDENTS/PARENTS/TEACHERS  
KNOW  
WHEN & WHERE TO SEEK HELP

INCLUSIVITY IS  
EMBRACED

WHERE ACADEMICS  
ARE MANGAGED WITHOUT STRESS

WHERE CHILDREN 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**

GIVE YOUR STUDENTS, TEACHERS AND PARENTS  
THE HOOPSTERS' ADVANTAGE

**LET'S BUILD A COMMUNITY OF HAPPY INDIVIDUALS**

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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**