



**EMPOWERMENT THROUGH  
RE DISCOVERING THE 'ME' IN THE PARENT**



THE SOCIAL SCENARIO IS CHANGING. NUCLEAR FAMILIES ARE THE NORM. SINGLE PARENTING IS ON THE RISE. . RELATIONSHIPS ARE GETTING VERY FRAGILE.

THE PEER PRESSURE BOTH AT WORK FRONT AND PERSONAL IS SOMETHING EVERYONE IS DEALING WITH. THE LIST GOES ON.

BRINGING A CHILD IN TODAY'S SCENARIO IS COMPLICATED ENOUGH. ADD TO THIS THE PROBLEMS PARENTS ARE FACING AS INDIVIDUALS OR AS A COUPLE.

SIMPLY SAID, THE PARENTS ARE CONFUSED AND VERY STRESSED.

BUT THE MOST IMPORTANT ELEMENT IS THAT MOST PARENTS HAVE LOST THEIR INDIVIDUALITY. THEY ARE NO LONGER THE PERSON THEY WERE BEFORE MARRIAGE OR BEFORE BECOMING A PARENT. AND THIS HAS A TREMENDOUS IMPACT ON HOW THEY DEAL WITH THEIR SPOUSE, THEIR CHILDREN AND THE SOCIETY AT LARGE.

ALL PROGRAMS AND ENGAGEMENTS ARE DESIGNED TOWARDS BUILDING THIS COMMUNITY AND CATERS TO THE VARIOUS NEEDS OF THE PARENTS. WE FOCUS ON MENTAL HEALTH, CHILD DEVELOPMENT, LIFE SKILLS AND SUSTAINABILITY.

IT IS THE FIRST OF ITS KIND INITIATIVE THAT TARGETS ON NOT JUST GENERAL PARENTING BUT HAS SEPARATE SEGMENTS FOR SINGLE PARENTING, ADOPTIVE PARENTING, SPECIAL NEEDS PARENTING AND GRAND PARENTING.

COME, BE PART OF THIS COMMUNITY. MEET LIKE MINDED PEOPLE. RE DISCOVER YOURSELF.

# BUILDING AN ECO SYSTEM



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

**AN INTERACTIVE WEBISTE TO  
DISSEMINATE INFORMATION AND  
COLLATE EXPERIENCES**

**SPECIAL COMMUNITIES FOR  
SINGLE PARENTS  
SPECIAL NEEDS PARENTS  
ADOPTIVE PARENTS  
GRAND PARENTS**

**INTRODUCE COURSES AT SCHOOLS,  
COLLEGES & CORPORATES TO  
CREATE AWARENESS ON CHILD  
DEVELOPMENT, MENTAL HEALTH,  
LIFE SKILLS AND MORE....**

**CREATE ONLINE/OFFLINE  
PLATFORMS FOR PEOPLE TO  
SHARE EXPERIENCES**

**HOOPEX TV. HOOPEX TALKS**

**CREATE A PEER SUPPORT  
SYSTEM**

## OUR SPECIAL PROGRAMS FOR PARENTS

PREPARING THE INDIVIDUAL FOR THE DEMANDS OF TOMORROW  
EVEN AS IT HELPS IN DEALING WITH EVERYDAY ISSUES



### **CERTIFICATION PROGRAM**

EMPOWERMENT  
THROUGH LIFE SKILLS



### **CERTIFICATION PROGRAM**

EMPOWERMENT  
THROUGH AWARENESS



### **CERTIFICATION PROGRAM**

RE DISCOVER THE “ME”  
IN THE PARENT

**TALENT HUNT. HOBBY CLUBS. PARENTING COMMUNITIES. MENTAL HEALTH WATCH CLUB...AND LOTS MORE**  
SPECIAL FOCUS ON SINGLE PARENTING, ADOPTIVE PARENTING & PARENTING THE SPECIAL NEEDS CHILD  
CHECK OUT OUR EXCLUSIVE PROGRAMS FOR YOUR CHILDREN

# SPECIALLY DESIGNED PROGRAMS

@ EDUCATIONAL INSTITUTIONS, CORPORATES AND GATED COMMUNITIES

## SUBJECT RELATED

## VALUE ADDS



LEADERSHIP/ DECISION MAKING

COMMUNICATION

ETIQUETTES, MANNERS AND GROOMING

AWARENESS AROUND MENTAL HEALTH

CHILD DEVELOPMENT

ART APPRECIATION

RECOGNISING LATENT TALENT

PARENTING IN THE NEW AGE

SAFETY AND EMERGENCY RESPONSES

CLIMATE/ENVIRONMENT

RELATIONSHIPS/ SEXUALITY

LEARNING FROM HOBBIES

APPRECIATION TOWARDS INCLUSIVENES

EMPATHY TOWARDS LESS PRIVILEGED AND ANIMALS

CAREERS & OPPORTUNITIES

VALUES FROM DIFFERENT CULTURES

WELLNESS/ SPORTS/NUTRITION

SPECIAL PROGRAMS FOR SINGLE, ADOPTIVE AND PARENTS OF CHILDREN WITH SPECIAL NEEDS AND FOR PARENTS WHO HAVE SPECIAL NEEDS THEMSELVES

WEBINARS WITH EXPERTS AROUND RELATED AND ASSOCIATED SUBJECTS

CONTESTS AND ENGAGEMENTS TO PUT KNOWLEDGE INTO ACTION

INTERVIEWS/ INTERACTIONS WITH ACHIEVERS

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

## CERTIFICATION PROGRAMS



# A REVOLUTIONARY CONCEPT IN EXPERIENTIAL LEARNING

FOR THE FIRST TIME-  
INTEGRATING  
AWARENESS, INTERVENTION AND SUPPORT

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

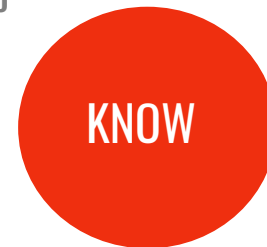
PROVIDING ACCESS TO  
RELIABLE DOMAIN  
EXPERTS

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 VARIOUS  
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

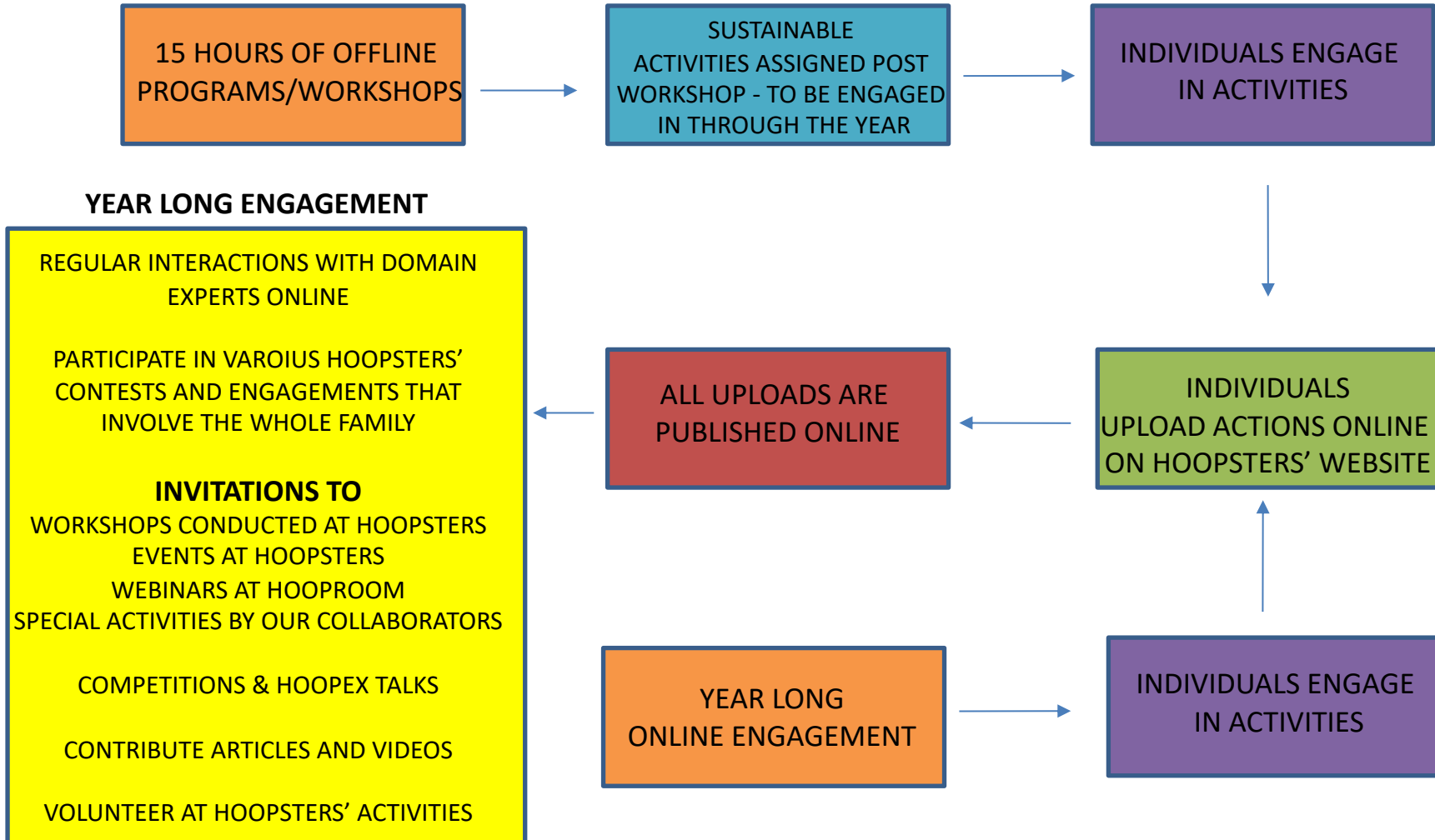
AND THE



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

# HOW OUR ENGAGEMENTS WORK

## OFFLINE-ONLINE



INTERVIEWS AND SHOWCASE OF ACTIONS ON



SHARE YOUR EXPERIENCES



+

MEMBERSHIP @ HOOPSTERS



DISCOUNTS AT SELECT OUTLETS, WORKSHOPS & EVENTS

# 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  
a Hoopsters' Venture

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

**THE SUPER MOMS & DADS CONTEST**

**HOOPEX TALKS**  
Real People • Real Stories

**THE BIG BOSSES TALK PARENTING**

MANDI 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 HAROHINI**  
CONSULTANT OBSTETRICIAN & GYNECOLOGIST  
AT MOTHERHOOD HOSPITAL - INDIRANAGAR

FREE ONLINE WORKSHOP  
HOSTED BY  
BALA GANDHEKAR  
FILMMAKER/FOUNDER, HOOPEX.TV

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

**SINGLE PARENTING LOCKDOWN CONVERSATIONS**

THE SINGLE PARENTS' PANEL

HOSTED BY  
FILMMAKER/FOUNDER, HOOPEX.TV

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

**IS YOUR PARTNER GASLIGHTING YOU?**

BALA GANDHEKAR IN CONVERSATION WITH  
**DR. ANANYA CHITALE**  
MULTIDOMAIN PSYCHIATRY  
CERTIFIED PLAY THERAPIST, DBT AND DBT THERAPIST  
CONSULTING PSYCHIATRIST & 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  
a Hoopsters' Venture

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

**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**

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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

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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**

**SINGLE PARENTING**

**SPECIAL NEEDS PARENTING**

**ADOPTIVE PARENTING**

**Grandparents' Corner**

**The Beautiful Mind**  
Mental Health Simplified

**UNDERSTANDING CHILD DEVELOPMENT**

**Hoopsters THE SUPER MOMS & DADS CONTEST**

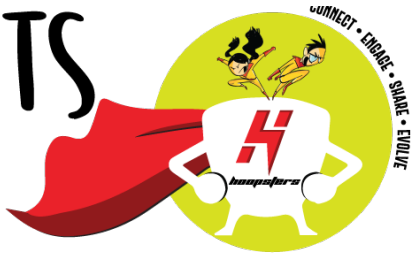
**"FUSSY EATING? I FOUND THE PERFECT SOLUTION!"**

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](#)

# 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

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Awareness • Intervention • Support

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

**BE THE CHANGE CATALYST**

**PARENTS FOR CHANGE AND COMMUNITY OWNERSHIP**

**Hoopsters'**



**Awareness • Intervention • Support**

**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**