

# MENTAL HEALTH WATCH

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CREATING AWARENESS AND HELPING BREAK STIGMA AND TABOOS

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MENTAL HEALTH WATCH

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BUILDING A COMMUNITY OF AWARE CITIZENS

FOCUS ON AWARENESS, INTERVENTION AND POST CARE SUPPORT

ONE STOP ZONE FOR AWARENESS ON MENTAL HEALTH AND  
THE VARIOUS ISSUES

HELPING PEOPLE FIND RELIABLE HELP

PLATFORMS FOR SHARING EXPERIENCES

CONNECTS TO INTERESTING WORKSHOPS BY RENOWNED  
EXPERTS

SPECIAL PROGRAMS AT SCHOOLS, COLLEGES, CORPORATES AND  
COMMUNITIES

# HIGHLIGHTS

OPEN TO CHILDREN, PARENTS,  
YOUNG ADULTS, SCHOOLS, COLLEGES,  
CORPORATES AND COMMUNITIES

Understanding Autism ▶ PLAY



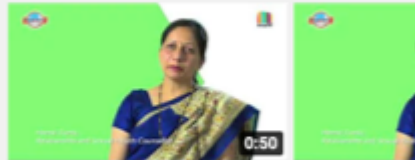
Dr. Ananya Chitale on Autism - Why the series? ▶ Dr. Ananya Chitale on Autism - Under

Expert talk - Child matters ▶ PLAY ALL



Child Matters | Dr. Ramya Mohan | Episode 1 | Commo... ▶ Child Matters | Dr. Ramya Mohan | Episode 2 | Commo... ▶

Experts talk- Going to a Counsellor ▶



What is Counselling ▶ When should you go to a Counsellor ▶

Dr. Sandip | Sex, Sexuality and Relationships ▶



Sexual Disfunction in women ▶ Orgasm in women - Misconceptions ▶

## A-Z OF SEXUALITY EDUCATION

BALA GANDEKHAR IN CONVERSATION WITH

**DR. SANDEETA SAKSEMA**  
 CO-FOUNDER OF FOLD-PROGRESSIVE HEALTH TRUST, DYNAMOLOGIST, 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 **HOOPEX TV**  
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### SIMPLIFYING THE UNDERSTANDING OF MENTAL HEALTH

A FIRST OF ITS KIND MENTAL HEALTH APPRECIATION PROGRAM

**ADVANTAGES**

- ABILITY TO COPE WITH ISSUES
- IMPROVED WORK OUTPUT
- CULTIVATE EMPATHY
- BETTER AWARENESS

GET THE **ADVANTAGE**

**PROGRAM DETAILS**

- ANNUAL ENGAGEMENT ONLINE
- 12 SUBJECT SPECIFIC CLASSES
- ACTIVITY DRIVEN
- INTERACTIONS WITH EXPERTS
- ASSESSMENT AND CERTIFICATION
- FREE ANNUAL MEMBERSHIP TO HOOPEX TV

**SUBJECTS COVERED**

- ABOUT THE BRAIN
- THE VARIOUS ISSUES
- EMOTIONS
- ADDICTION
- RELATIONSHIPS & SEXUALITY
- BULLYING
- BODY CONFIDENCE
- AGEING
- EMERGENCY RESPONSE
- MENTAL HEALTH RESOURCES
- AND MORE...

FOR DETAILS CALL: 9845040278 / WRITE TO US AT [info@hoopsters.in](mailto:info@hoopsters.in)

## RAISING A SPECIAL NEEDS CHILD TO BE SELF SUFFICIENT

WHAT PARENTS CAN DO

BALA GANDEKHAR IN CONVERSATION WITH

**REKHA KANEMAR**  
 YOGA PRANA KIRYA HEALER AND HEALTH CONSULTANT

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

WATCH IT AGAIN ON **HOOPEX TV**  
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## AN INTIMATE DIARY OF A RECOVERING DRUG ADDICT

BALA GANDEKHAR IN CONVERSATION WITH

**GAURANG CHANDARANA**  
 YOGA EXPERT, IT CONSULTANT AND ROTARIAN

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

## UNDERSTANDING MENTAL HEALTH

" I DID NOT KNOW I NEEDED TO SEEK HELP"

In this series of " BEAUTIFUL MINDS" we are trying to simplify the understanding of mental health and address the concerns and the myths & misconceptions. We have involved, apart from domain experts, people who have overcome challenges or dealing with it, to share their stories. We believe these stories around experiences are good motivators to those suffering with an issue. So if you have a story to say, please feel free to share it. Check " KNOW MORE" for details on this section. If you have any queries please click " Seek Help"

[SUBMIT YOUR ENTRY](#) [SEEK HELP](#) [CONTACT US](#)

[ARTICLES](#) [VIDEOS](#) [THE MENTAL HEALTH WATCH CLUB](#)

# THE BIG PICTURE



- SPECIALLY DESIGNED CURRICULUM MODEL PROGRAMS AT SCHOOLS, CORPORATES AND COMMUNITIES
- PLATFORMS TO HELP SHARE PERSONAL EXPERIENCES/ AND ISSUES AND PROVIDE ACCESS TO SUPPORT
- HELP BREAK THE STIGMA AND MISCONCEPTIONS  
SPECIAL PROGRAMS FOR PARENTS
- COLLABORATING WITH GENUINE ORGANISATIONS TO INITIATE PROGRAMS IN TIER 1, 2 & 3 CITIES

AN ECO SYSTEM  
TOWARDS  
MENTAL HEALTH  
WELLNESS

- EASY ACCESS TO GENUINE AND QUALIFIED DOMAIN EXPERTS & SUPPORT SYSTEMS.  
RELIABLE EMERGENCY HELP LINES
- COLLABORATIONS AND ASSOCIATIONS WITH THE BEST OF DOMAIN EXPERTS
- BUILDING INTERVENTION & SUPPORT RESOURCES THROUGH SPECIALLY DESIGNED TRAINING PROGRAMS & ASSOCIATIONS
- CREATING & DESSIMINATING RELIABLE CONTENT/ INVOLVING MEDIA TO SPREAD AWARENESS

COLLABORATIONS  
VALUE AUGMENTATION  
DISRUPTIONS

ONLINE. ONGROUND. HYBRID

IN SHORT,  
WE ARE ALL ABOUT  
EMPOWERING  
EACH ONE OF US  
TO BE THE  
CHANGE CATALYST  
AND  
IT ALL BEGINS WITH  
THE CHANGE IN THE  
INDIVIDUAL

INSPIRED PRO ACTIVNESS

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IT IS TIME WE **STARTED DOING** SOMETHING ABOUT  
LEAVING BEHIND BETTER CHILDREN FOR THE PLANET  
INSTEAD OF **JUST TALKING** ABOUT  
LEAVING BEHIND A BETTER PLANET FOR OUR CHILDREN ...

THIS IS THE NEED OF THE  
HOUR

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IN ALL OUR ARROGANCE AND IGNORANCE, WE FORGET THAT IT IS WE WHO NEED THE  
PLANET AND NOT THE OTHER WAY AROUND...  
AND ONLY AN AWARE, EMPATHETIC AND RESPONSIBLE GENERATION CAN HELP RESOLVE  
ISSUES THAT PLAGUE THE SOCIETY TODAY



# THE CHANGE CATALYSTS

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**INFLUENCING**  
A CHANGE IN PERCEPTIONS  
A CHANGE IN ATTITUDES  
A CHANGE IN THE ENVIRONMENT AT LARGE