



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

# CERTIFICATION PROGRAMS @ CORPORATES

INTRODUCING

**Hoopsters'**



Awareness • Intervention • Support

SPECIALLY DESIGNED FOR MANAGEMENT AND EMPLOYEES AT CORPORATES

**DID YOU KNOW THAT MOST EMPLOYEES AND THE MANAGEMENT OF ORGANISATIONS ARE SUFFERING FROM ONE FORM OF ANXIETY OR STRESS THAT IS AFFECTING THEIR LIVES.**

**AND TO TOP IT ALL THERE ARE A LOT 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 SHOULD UNDERSTAND THE BASICS OF MENTAL HEALTH WHICH IN TURN WOULD HELP THEM LEAD A HAPPY LIFE AND IN THE PROCESS IMPROVE THE PRODUCTIVITY AT THE WORKPLACE.**

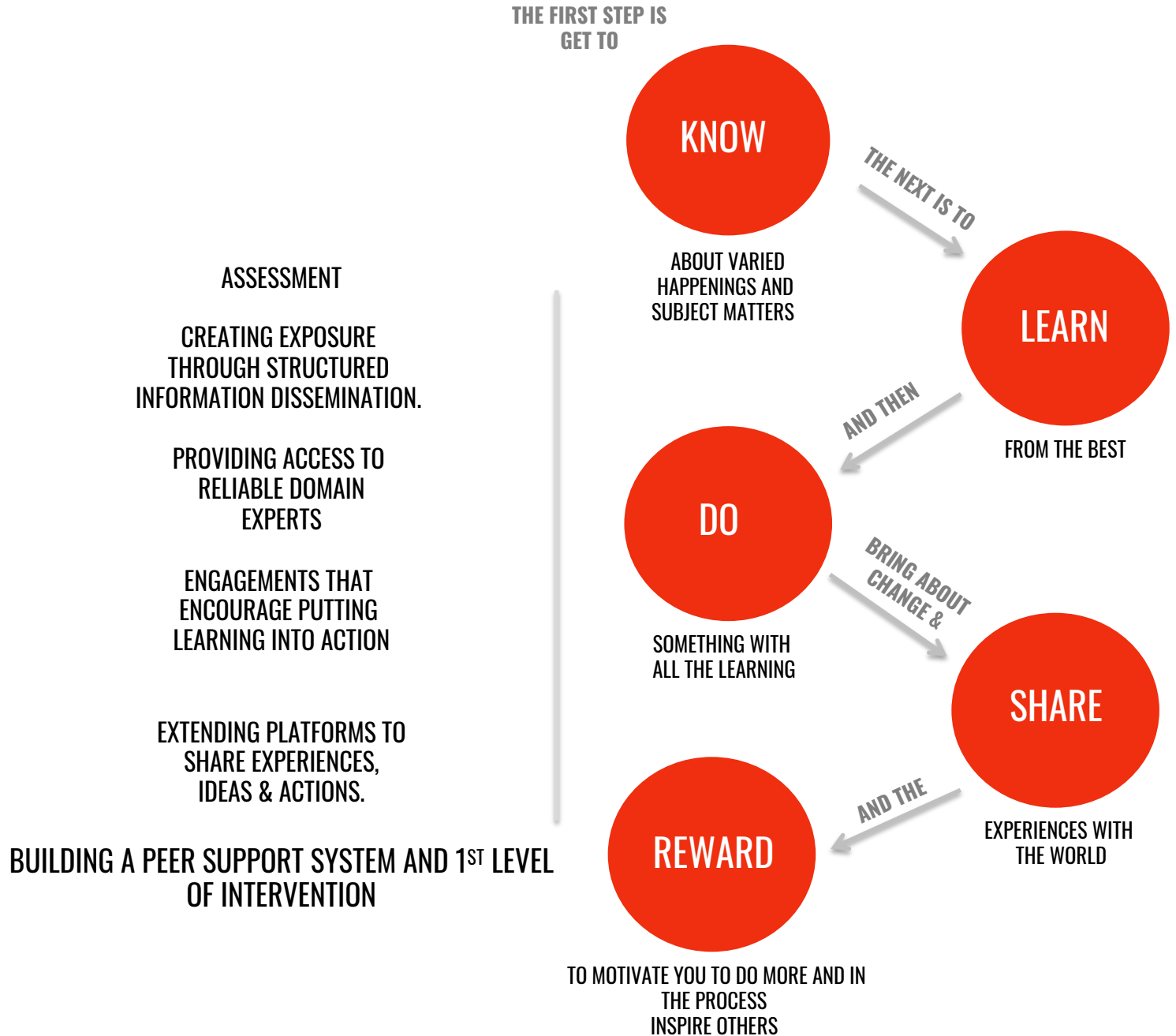
WHEN WE CAN GIVE SO MUCH IMPORTANCE TO OUR  
PHYSICAL HEALTH, DON'T YOU THINK IT IS TIME WE  
THOUGHT ABOUT OUR MENTAL HEALTH TOO

**IT IS TIME TO START YOUNG**



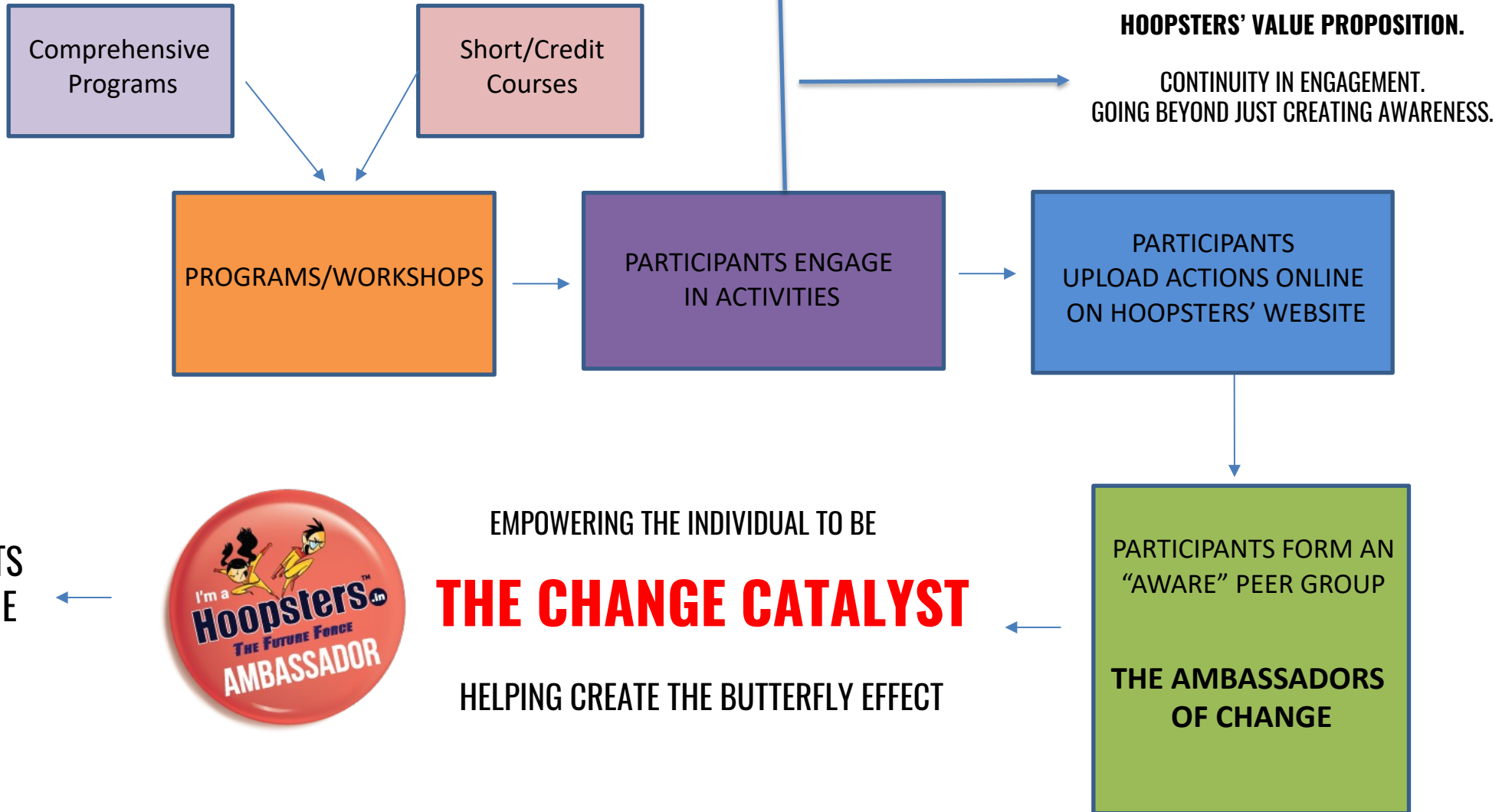
# A REVOLUTIONARY CONCEPT IN EXPERIENTIAL LEARNING

FOR THE FIRST TIME-  
INTEGRATING  
AWARENESS, INTERVENTION AND SUPPORT





MOST OF WORKSHOPS THAT YOU CONDUCT END HERE WITH NO TANGIBLE BENEFIT TO THE PARTICIPANTS. THE QUESTION THAT NEEDS TO BE ANSWERED IS....WHAT NEXT?



# STRUCTURE OF OUR WORKSHOPS

OFFLINE-ONLINE



# CONTINUITY OF ENGAGEMENT THROUGH THE YEAR

OFFLINE-ONLINE

## YEAR LONG ENGAGEMENT\*

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

### INVITATIONS TO

WEBINARS ON RELEVANT TOPICS

EVENTS AT HOOPSTERS

PEER NETWORK MEETS

SPECIAL ACTIVITIES BY OUR COLLABORATORS

INTER-INSTITUTION COMPETITIONS

OTHER ONLINE/OFFLINE WORKSHOPS/PROGRAMS

ACCESS TO OUR DOMAIN EXPERTS FOR INTERVENTION & SUPPORT

VOLUNTEER AT HOOPSTERS' ACTIVITIES

INTERVIEWS AND SHOWCASE OF ACTIONS ON



SHARING EXPERIENCES



ACCESS TO



HOOPSTERS' MEMBERSHIP PRIVILEGES

\*CONDITIONS APPLY

# PROGRAM CUSTOMISED TO ADDRESS THE EMPLOYEES AT THE CORPORATES

## SUBJECTS DISCUSSED

## VALUE ADDS

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**CERTIFICATION PROGRAM\***

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

# ASSESSMENT

## CERTIFICATION PROCESS

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IDEAS IMPLEMENTED TO  
PROMOTE AWARENESS

PRO ACTIVNESS

VOLUNTEERING & HELPING  
BUILD A COMMUNITY

TEAM WORK

CONTRIBUTION IN TERMS OF  
CONTENT AT HOOPSTERS

IMPACT



# INVOLVING THE FAMILY

## INSPIRING THE CHANGE AT HOME

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HELP BREAK THE STIGMA

HAVE FAMILY TO UNDERSTAND  
AND  
APPRECIATE THE IMPORTANCE  
OF THE PROGRAM

IMPROVE INTER RELATIONSHIPS  
WITHIN THE FAMILY AND AT THE  
WORKPLACE

CONTESTS INVOLVING THE  
WHOLE FAMILY

MOTIVATE FAMILY MEMBERS TO  
TAKE UP THE PROGRAM

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

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# THE INSPIRED WORKPLACE

LET'S HELP  
BRING ABOUT  
A  
TANGIBLE  
IMPACT

WHERE

THERE IS  
EMPATHY AND NO ABUSE

EMPLOYEES  
KNOW  
WHEN & WHERE TO SEEK HELP

INCLUSIVITY IS  
EMBRACED

WHERE WORK  
IS MANGAGED WITHOUT STRESS

WHERE EMPLOYEES 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 EMPLOYEES  
THE HOOPSTERS' ADVANTAGE**

**HAPPY INDIVIDUALS. BETTER PRODUCTIVITY.**

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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**