

# THE CHANGE CATALYST

Helping create the Butterfly effect



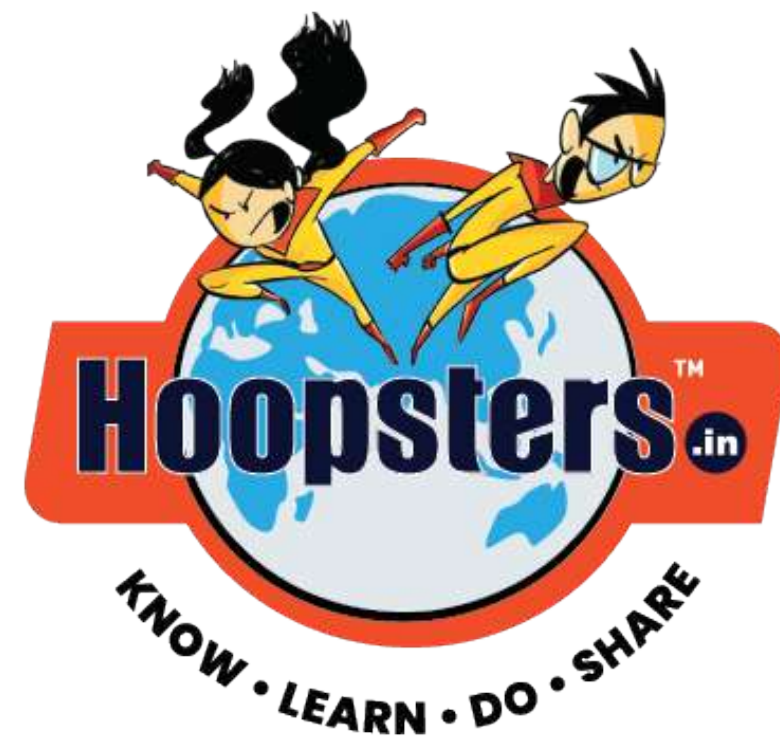
# THE LEAGUE OF **ACTION HEROES**

— AN INSPIRED COMMUNITY —

**Unlocking potential. Fostering Leadership. Inspiring Change.**  
Focus on mental health, parenting, life skills and sustainability

**A platform for purpose. A movement for transformation.**  
Transforming mindsets through activities, interactions and support.

Bengaluru/Pune



# THE LEAGUE OF **ACTION HEROES**

— AN INSPIRED COMMUNITY —

Hoopsters is a movement to build thriving communities- where children, parents, educators, youth and citizens grow together through shared experience, purposeful engagement and everyday acts of empathy.

In a world being reshaped by AI, fractured attention, and emotional disconnect, Hoopsters helps rediscover what truly matters: connection, character, and contribution.

Through workshops, challenges, storytelling, and real-world action, we nurture not just skills — but self-awareness, resilience, and kindness.

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We're not just preparing people for the future.  
We're helping shape **better human beings** — together, as a community.

# OUR TARGET GROUPS

Transformation begins in everyday spaces.

Hoopsters is designed to blend into real-life environments—where people are most likely to engage, connect, and grow.



## **Schools**

Students, teachers,  
management



## **Corporates**

Employees, working  
parents, HR leaders



## **Gated Communities**

Families, senior  
citizens, children



## **Hoopsters Activity Centres**

Action hubs for interactive  
learning

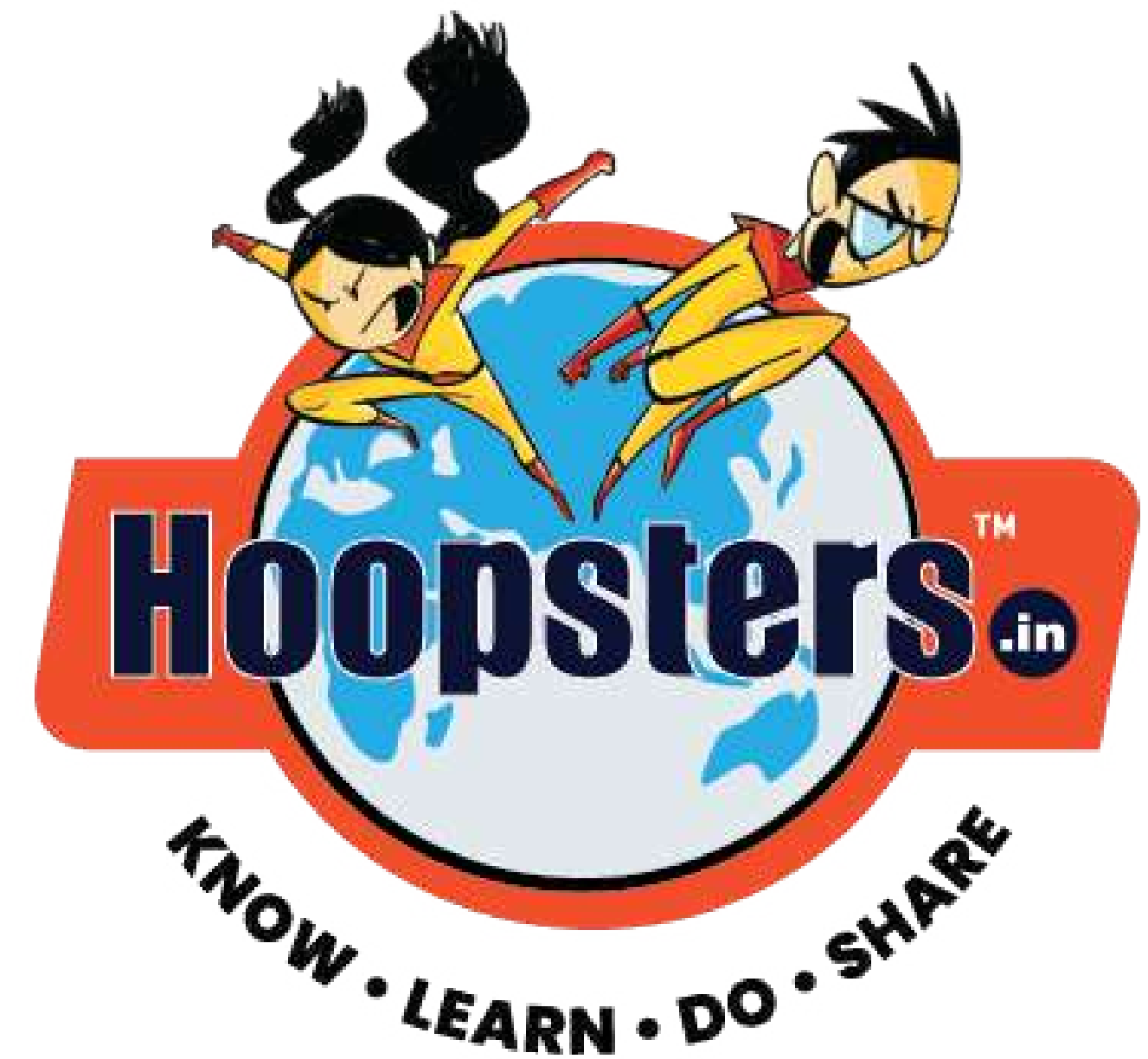
Each space becomes a micro-lab for change.

# WHY THE WORLD NEEDS HOOPSTERS — NOW MORE THAN EVER

**We're taught to make a living. Not to live well.**

In today's world, there's a growing crisis of disconnection. Between individuals and purpose. Between education and real-life readiness. Between parenting and emotional understanding.

Hoopsters exists to bridge that gap.

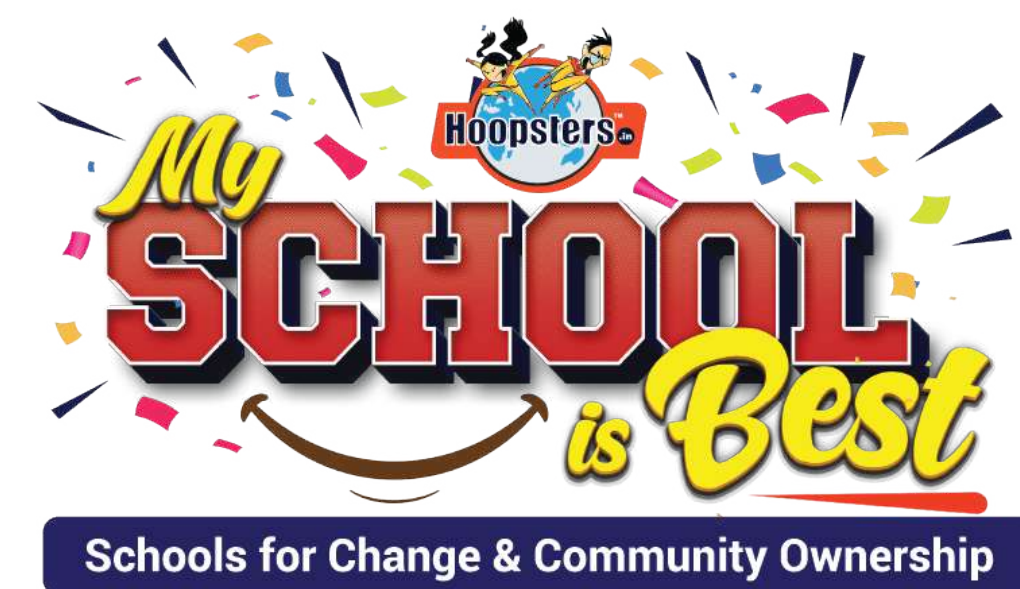




# FOUR STRONG ROOTS. ONE POWERFUL TREE.

We bring transformation through our four core communities—each one focused on a specific stakeholder group but connected by the shared philosophy of the **League of Action Heroes**.

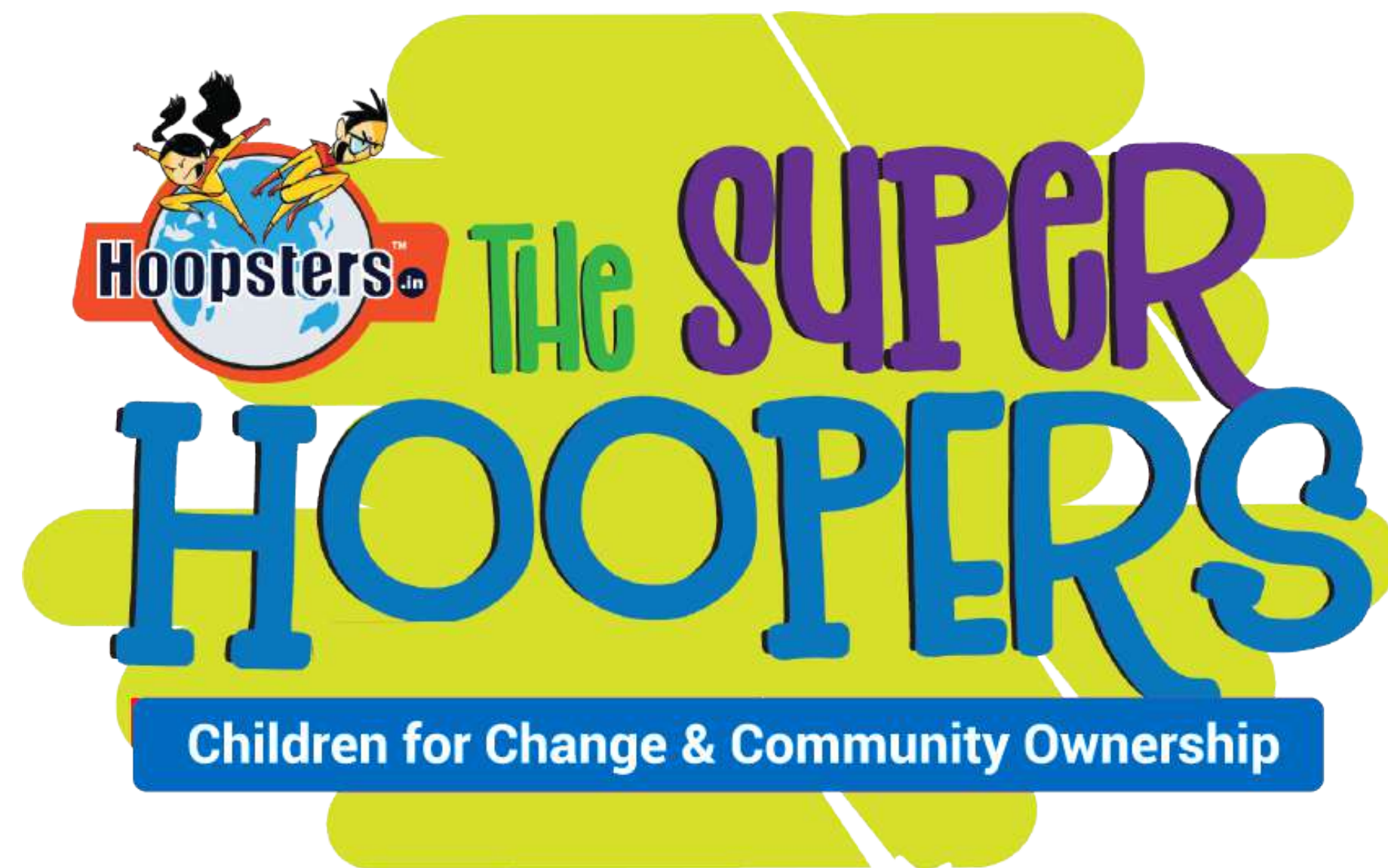
Each community has structured programs and powerful engagement tools that blend knowledge, action, and empathy.





# SUPER HOOPERS – BUILDING YOUNG CHANGE-MAKERS

They're not just the future. They're the now.



- Our children's community (ages 6–18) is built around the idea of cultivating self-aware, socially conscious, emotionally intelligent young leaders
- Engagements focused on resilience, empathy, creativity, environmental & civic responsibilities
- Programs delivered through gamified workshops, team challenges, and reflective storytelling
- Participation in challenges that create real-world change

# ACTION @ SUPER HOOPERS – BUILDING YOUNG CHANGE-MAKERS



**THE LEAGUE OF ACTION HEROES**  
AN INSPIRED COMMUNITY  
CHILDREN • PARENTS • SCHOOLS

PRESENTS

**THAT JOB ROCKS!**



**WHAT NOBODY WILL TELL YOU ABOUT ENTREPRENEURSHIP**

**MR. ANANDA RAO,**  
FOUNDER AND GLOBAL CEO, INFOMO GLOBAL, AUSTRALIA

**SUNDAY, 3RD JAN 2021 AT 12 NOON**  
TO JOIN IN, CLICK ON THE ZOOM LINK IN THE CAPTIONS BELOW





# PARENTS' CAFÉ – SUPPORT FOR CONSCIOUS PARENTING

Empowered parents raise empowered children.

A **safe, engaging forum** for parents to share insights, concerns, and best practices

Expert-led discussions on self-growth, parenting techniques, child psychology, and family dynamics

Special programs for:

- Single parents – Building strong emotional foundations and support networks
- Parents with special needs children – Guidance on therapy, education, and inclusive parenting
- Adoptive parents – Navigating emotional connections, identity- building, and adaptive family dynamics



# ACTION @ PARENTS' CAFÉ - SUPPORT FOR CONSCIOUS PARENTING



A 10-Day Series Discussing Moms, Mental Health and More!
   
 EPISODE 2

**BREAKING THE MYTH OF THE PERFECT MOM**

LIVE ON INSTAGRAM

HOST: NUPUR GANDHEKAR
   
 FRIDAY | 02 MAY 2025
   
 6 PM
   
 FOLLOW @HOOPSTERS.IN

WITH DR. ANANYA CHITALE,
   
CONSULTING HOMOEOPATHIC PSYCHIATRIST,
   
 PSYCHOTHERAPIST, SOCIAL SKILLS TRAINER,
   
 EDUCATOR & AUTHOR

REDISCOVER "me" CHALLENGE

**Tell us how you stayed you, even after becoming a mom**

CLICK ON THE LINK IN THE DESCRIPTION TO PARTICIPATE

WIN EXCITING PRIZES FROM

Conditions apply

**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, CHD & PARENT TO A SPECIAL NEEDS CHILD



# THE MENTAL HEALTH WATCH CLUB – EMOTIONAL FITNESS FOR ALL

A world where emotional well-being is a right, not a privilege.

**Hoopsters'**



**Awareness • Intervention • Support**

Our mental health community goes beyond awareness to build a supportive, stigma-free ecosystem.

- Early intervention workshops and resilience tools
- Access to expert insights from our 100+ member panel
- Lived-experience stories and practical support circles
- Peer-driven empathy campaigns and first responder tools

# ACTION @ THE MENTAL HEALTH WATCH CLUB – EMOTIONAL FITNESS FOR ALL



**FREE ONLINE WORKSHOP**

**THE LEAGUE OF ACTION HEROES**

MENTAL HEALTH AWARENESS MONTH SPECIAL - 15TH MAY 2020 - 18TH MAY 2020

### 3 MOST COMMON MENTAL HEALTH ISSUES IN ADULTS

**KEY TAKEAWAYS**

- CLINICAL DEPRESSION V/S SADNESS
- CLINICAL ANXIETY V/S WORRYING
- SPOTTING RED FLAGS IN RELATIONSHIPS
- DEMYSIFYING THERAPY

FRIDAY, 15TH MAY 5PM-6PM  
LOGIN DETAILS IN CAPTION

**ANNA CHANDY**

**MS.KOMAL NARANG**  
COUNSELLOR,  
ANNA CHANDY & ASSOCIATES

addiction survey

**STOP BEING IN DENIAL! DIGITAL ADDICTION IN CHILDREN IS REAL**

STAY AHEAD WITH THE HOOPSTER'S DIGITAL ADDICTION SURVEY

**IS DIGITAL ADDICTION AFFECTING YOUR STUDENTS?** Hoopsters brings to you, for the first time ever, a **FREE digital addiction survey** so that you can assess whether your students are at risk

**Hoopsters'**

**Mental Health Watch Club**

Awareness • Intervention • Support

**A SPACE WITHIN YOUR WORKPLACE TO LEARN, LISTEN, AND LOOK OUT FOR YOURSELF AND FOR OTHERS.**

Workshops | Webinars | Mental Health Support

# MY SCHOOL IS BEST – BUILDING INSTITUTIONAL PRIDE

A school community with a heart and a purpose.

A community that helps students, teachers, and leaders rediscover pride, participation, and partnership in school life.

- Brings students, teachers, management & parents into leadership & service
- Celebrates school values and voices
- Builds teamwork and community initiatives
- Creates a sense of belonging through collaboration
- Inter-school initiatives, contests, and thought-leadership programs



Schools for Change & Community Ownership

# ACTION @ MY SCHOOL IS BEST – BUILDING INSTITUTIONAL PRIDE



**My SCHOOL is Best**

IN CONVERSATION WITH:

**MRS. SUMA ATHRI**  
PRINCIPAL,  
JAIN PUBLIC SCHOOL

**MON  
8 MAR  
5PM**

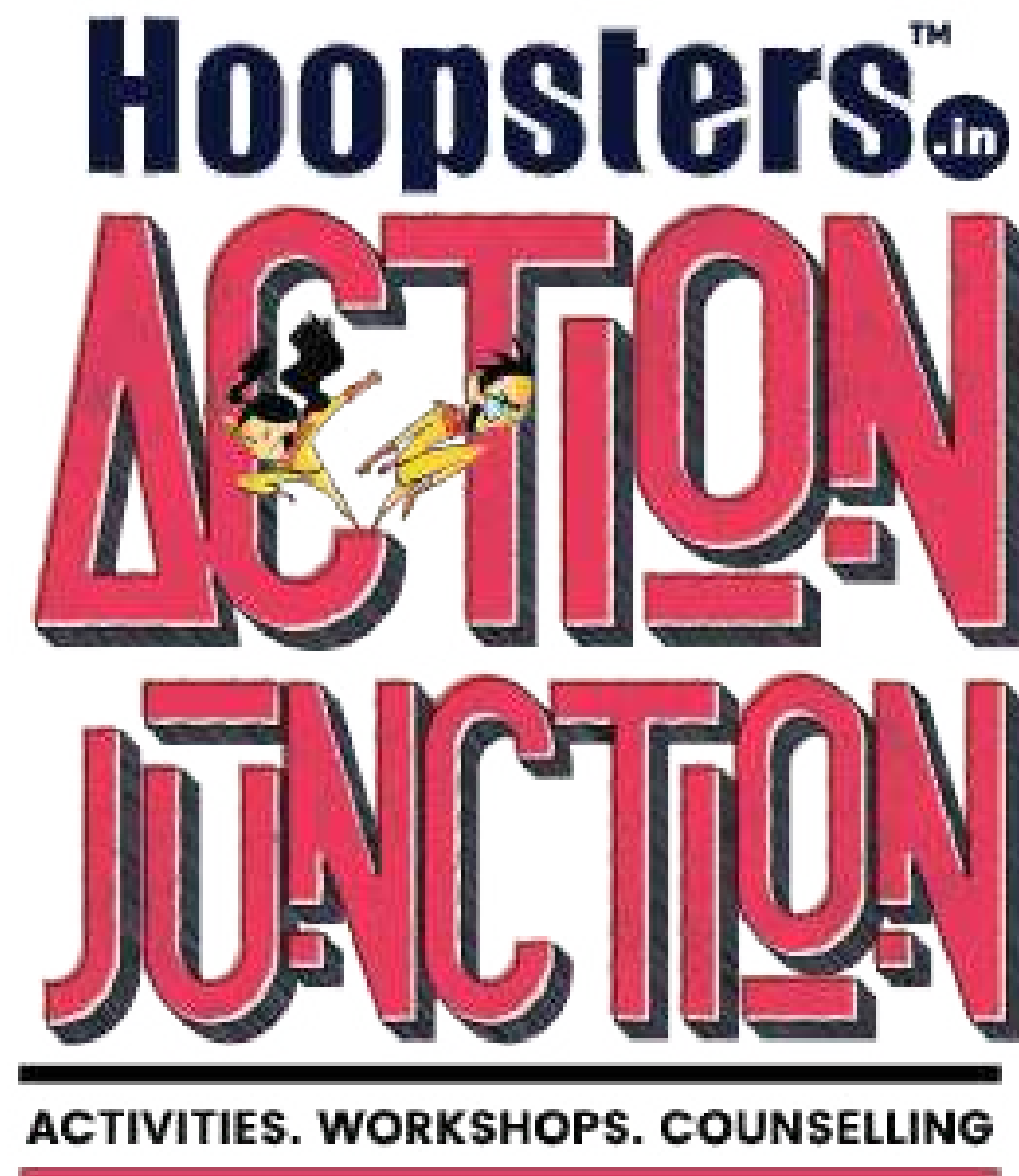
**TO JOIN IN CLICK ON THE  
ZOOM LINK BELOW**





# PLATFORMS TO KNOW, LEARN, DO & SHARE

Where programs come alive.

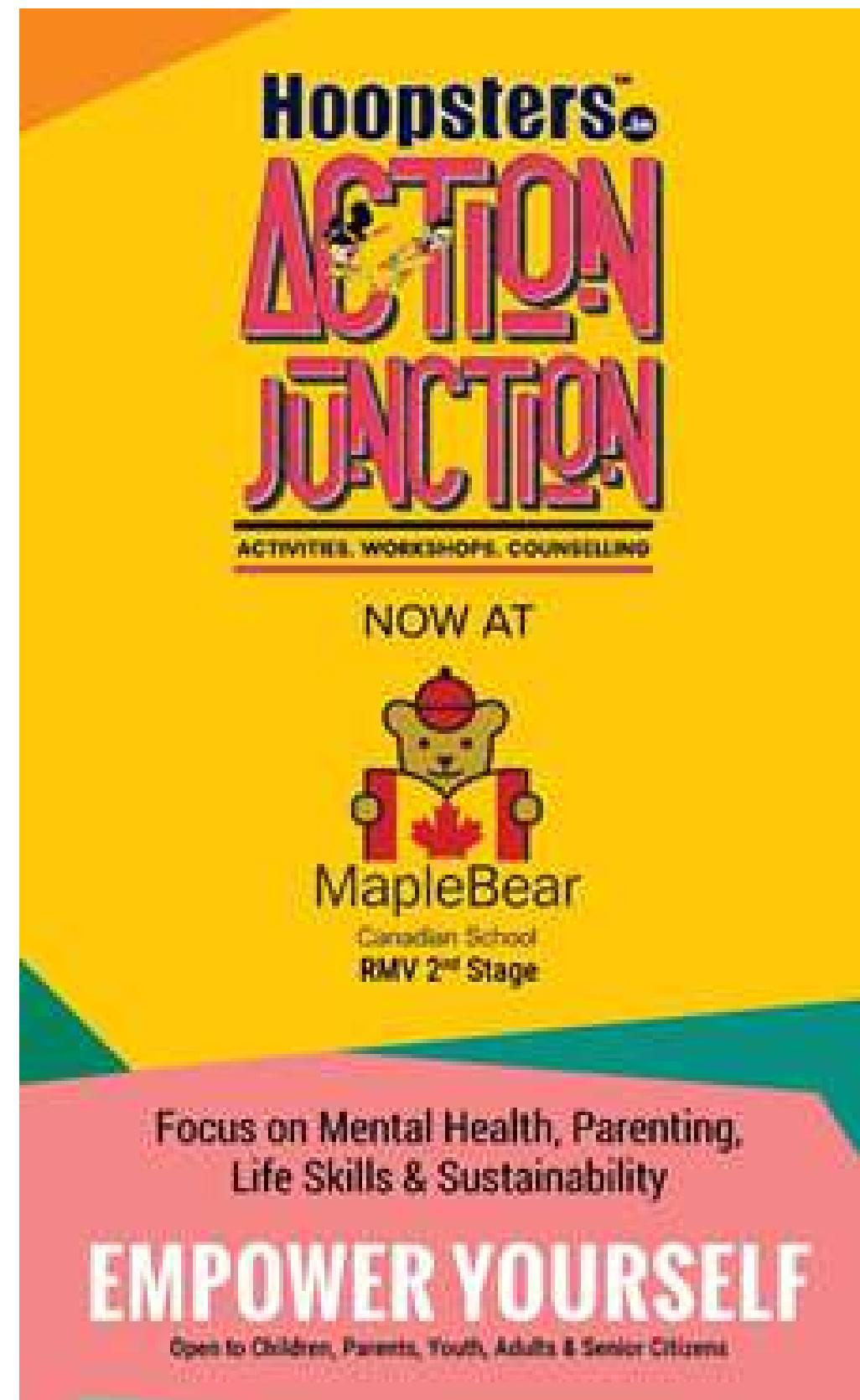


[www.hoopsters.in](http://www.hoopsters.in)

Hoopsters uses multiple in-person and digital touchpoints close to your homes to ensure consistent and deep engagement.


- Action Junctions in pre-schools, offices, apartments, cafes and activity centres
- Regular workshops, pop-ups, and micro-events
- A calendar of contests and community-led activities
- Consistent reinforcement through fun and reflection
- Engagement designed to be immersive, interactive, and impactful

# ACTIVITIES AT HOOPSTERS' ACTION JUNCTIONS TO KNOW, LEARN, DO & SHARE



**Hoopsters<sup>in</sup>**  
**ACTION JUNCTION**  
ACTIVITIES, WORKSHOPS, COUNSELLING

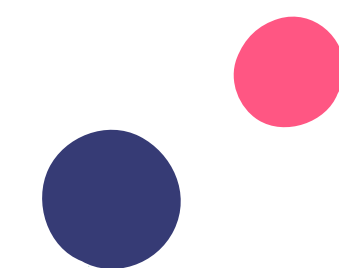
NOW AT



**MapleBear**  
Canadian School  
RMV 2<sup>nd</sup> Stage

Focus on Mental Health, Parenting,  
Life Skills & Sustainability

**EMPOWER YOURSELF**  
Open to Children, Parents, Youth, Adults & Senior Citizens



# PLATFORMS TO KNOW, LEARN, DO & SHARE

Stories inspire action. We amplify both.



- A video-driven knowledge platform showcasing stories of resilience, breakthroughs, and inspiration
- Original content featuring mental health discussions, parenting insights, and societal change



- A live interactive on-ground platform for individuals to share achievements and experiences
- Guest speakers and thought leaders discuss innovation, challenges, and real-world impact

# ACTION @ PLATFORMS TO KNOW, LEARN, DO & SHARE

**LIVING WITH AUTISM**

**LAKSHITA**  
STUDENT OF CHARTERED ACCOUNTANCY

TUESDAY, 14TH SEPTEMBER 2025 AT 7 PM  
TO JOIN IN CLICK ON THE ZOOM LINK BELOW

**HOOPEX TV**  
HOPEFUL IN HEARTS  
HOPEFUL IN HEARTS  
HOPEFUL IN HEARTS

hoopes tv

HOME VIDEOS PLAYLISTS COMMUNITY CHANNELS ABOUT

- LGBT Community Speaks
- Experts talk - Mental Health
- Experts talk - Grooming
- Expert talk - Relationships
- Parents speak - Being Single
- Parents speak - Adoption
- Expert talk - Child matters
- What a Parent wants
- Parents speak - Parenting
- Experts talk - Menstruation
- Experts talk - Sexual desire
- Experts talk - Consent
- Experts talk - The LGBT community
- Experts talk - Pornography
- Experts talk - Going to a Counsellor

Single Parenting - Lockdown Conversations

HOOPSTERS.IN Posts

hoopsters.in and 2 others

**HOOPEX TALKS**  
Real People • Real Experience

A STAGE TO HEAR AND INSPIRE

**AKSHITHA**

**HOOPSTERS THE SUPER HOOPERS**  
Children for Change & Community Ownership

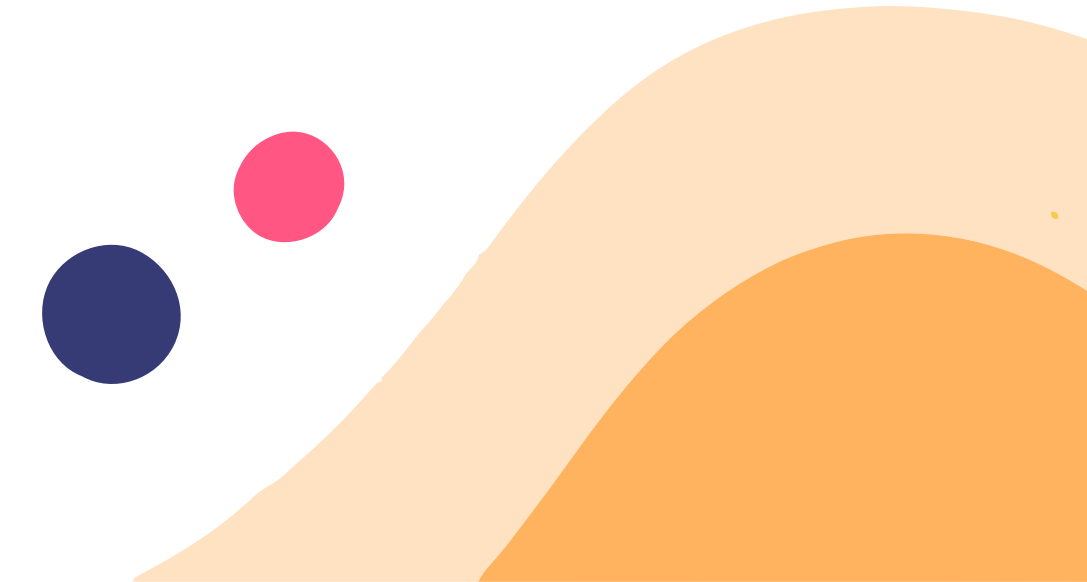
**HOOPEX TALKS**  
Real People • Real Experience

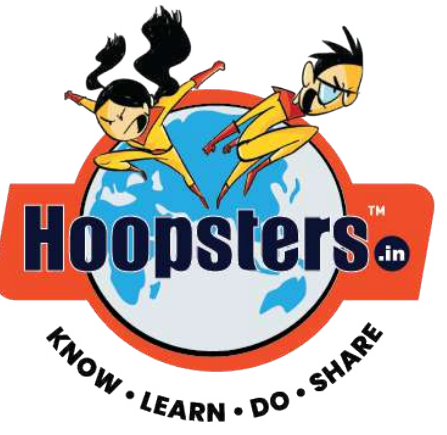
CHILDREN FOR CHANGE AND COMMUNITY OWNERSHIP

**HOOPSTERS THE SUPER MOMS & DADS**  
Parents for Change & Ownership

**HOOPEX TALKS**  
Real People • Real Experience

CHANGE AND COMMUNITY OWNERSHIP





# HOOPSTERS CHALLENGES: TURNING SMALL ACTS INTO BIG IMPACTS.

Inspire others through your pro activeness



Fun, purpose-driven challenges that inspire action, empathy, creativity, and responsibility across age groups.

Our curated challenges for children, parents, and schools are designed to ignite inner transformation and outward impact—fostering leadership, compassion, innovation, and civic pride through everyday actions that matter.

# HOOPSTERS' CHALLENGES: TURNING SMALL ACTS INTO BIG IMPACTS.

SCAN FOR MORE DETAILS

OR

LOG ON TO  
[WWW.HOOPSTERS.IN](http://WWW.HOOPSTERS.IN)

CONDITIONS APPLY

**OPEN TO AGES 4-18 YEARS**

Follow us on @hoopster.in

Be a Change Catalyst.  
Share. Make Aware.

ARTICLES    VIDEOS    CONTACT US

# MORE ACTION @ HOOPSTERS : HELPING BREAK THE STIGMA

**SUPER MOMS & DADS**

## ADOPTING A SIBLING FOR OUR CHILD

**BALA GANDHEKAR IN CONVERSATION WITH**

**MR. SIVARAMAKRISHNAN ANANTHAKRISHNAN,**  
DIRECTOR BUSINESS DEVELOPMENT, SOSPACE, DUBAI

**&**

**MRS. GEETHA DEVARAJAN,**  
INCLUSION LEARNING ASSISTANT, UPTOWN INTERNATIONAL SCHOOL, DUBAI

## RAISING A SPECIAL NEEDS CHILD TO BE SELF SUFFICIENT

WHAT PARENTS CAN DO

**BALA GANDHEKAR IN CONVERSATION WITH**

**REKHA KANEMAR**  
YOGA/PRANA HEATH HEALTH AND HEALTH CONSULTANT

**SATURDAY, 17TH APRIL 2021 AT 6PM**  
TO JOIN IN, CLICK ON THE ZOOM LINK IN THE CAPTIONS BELOW

WATCH IT AGAIN ON **HOOPEX TV**

SUBSCRIBE ON YOUTUBE OR LOG ON TO [WWW.HOOPSTERS.IN](http://WWW.HOOPSTERS.IN)

## UNDERSTANDING ADDICTION

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

**SATURDAY 16TH MAY - 5PM-8PM**  
LOGIN DETAILS IN CAPTION

**KEY TAKEAWAYS**

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

## A-Z OF SEXUALITY EDUCATION

**BALA GANDHEKAR IN CONVERSATION WITH**

**DR. SANGEETA SAXENA**  
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 **HOOPEX TV**

SUBSCRIBE ON YOUTUBE OR LOG ON TO [WWW.HOOPSTERS.IN](http://WWW.HOOPSTERS.IN)

**Beautiful Mind**

## SCHOOL CHRONICLES OF A HOMOSEXUAL

MY JOURNEY OF REALIZATION AND ACCEPTANCE

**NUPUR GANDHEKAR IN CONVERSATION WITH**

**KAUSHIK VAIDESWARAN**  
MATERIALS EXPERT, HERMES, PARIS

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

PRESENTS **Beautiful Mind**

## 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

# MORE ACTION @ HOOPSTERS : EXTENDING THE REACH



# REWARDS AT HOOPSTERS

## Recognising Empathy. Celebrating Action. Inspiring Change.

At Hoopsters, we believe that every act of kindness, courage, and creativity deserves to be seen and celebrated — no matter your age.

- **Open to All Ages:** Children, youth, parents, teachers, professionals—everyone is welcome to be part of the movement.
- **How it works:** Share your actions, stories, and experiences on the Hoopsters website under respective links.
- **Every published submission earns points:** Collect points and win gifts and prizes and **select participants will get an opportunity to feature on Hoopex TV or present at Hoopex Talks.**

Receive a **certificate of participation** for every submission.



# WHAT MAKES HOOPSTERS DIFFERENT

A movement with continuity, depth, and reach.



We don't just deliver programs. We build eco-systems of engagement, reflection, and transformation.

- **Continuity** – Not a one-off event; ongoing multi-layered engagement
- **Access to 100+ Reliable Experts** – Spanning mental health, parenting, child development, wellness, sustainability and life skills
- **Integrated Design** – All communities and topics interlinked with a unified purpose
- **Discovery of Potential** – Programs built to surface and amplify inner strengths
- **Real Impact** – Visible, measurable outcomes in behaviour, attitude, and community transformation

# A REVOLUTIONARY 5-PILLAR ENGAGEMENT STRUCTURE

## KNOW

Access rich knowledge resources and expert insights

01

## LEARN

Engage in structured learning and workshops

02

## DO

Apply learning through impactful activities

03

## SHARE

Inspire others by sharing experiences and success stories

04

## REWARD

Celebrate contributions through recognition and incentives

05

# THE POWER OF COMMUNITY: WHY HOOPSTERS' ECOSYSTEM MATTERS

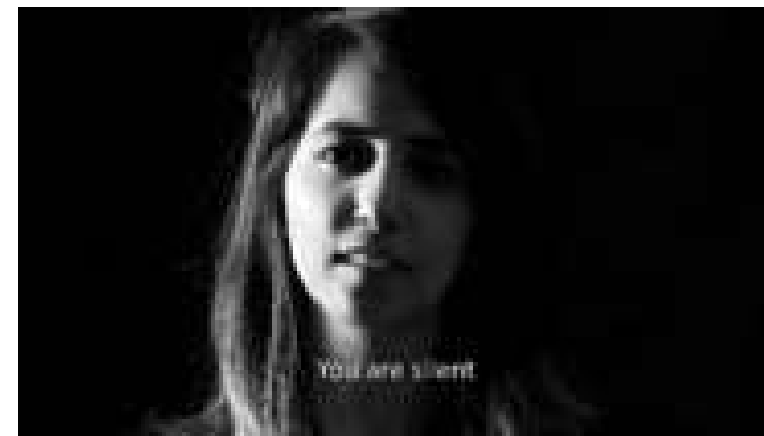
- ✓ **Shared learning and experiences** foster personal and group transformation
- ✓ Drives **tangible, lasting change** by keeping participants engaged and motivated
- ✓ Diverse communities allow for **cross-disciplinary insights and holistic development**
- ✓ Drives **grassroots action** through collective participation, activism, and mentorship
- ✓ Provides **recognition, encouragement, and rewards** for those driving positive impact
- ✓ Adaptability ensures **programs evolve** with new societal needs and insights



## FILMS & MULTIMEDIA PRODUCTIONS (OVER 3 DECADES OF EXPERIENCE)



**MALICE IN WONDERLAND**  
A documentary on women and drug abuse



**CAT ON HOT BRICKS**  
A film on anxiety

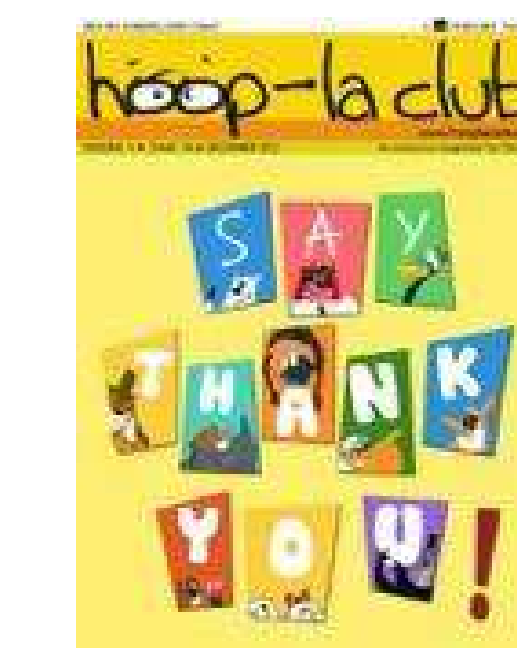
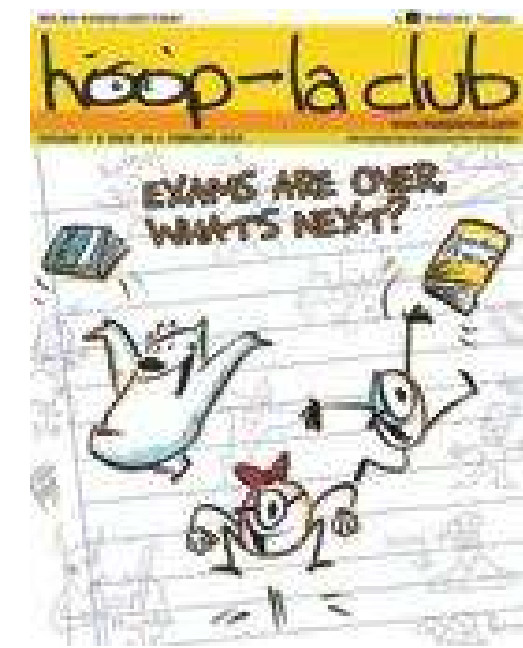
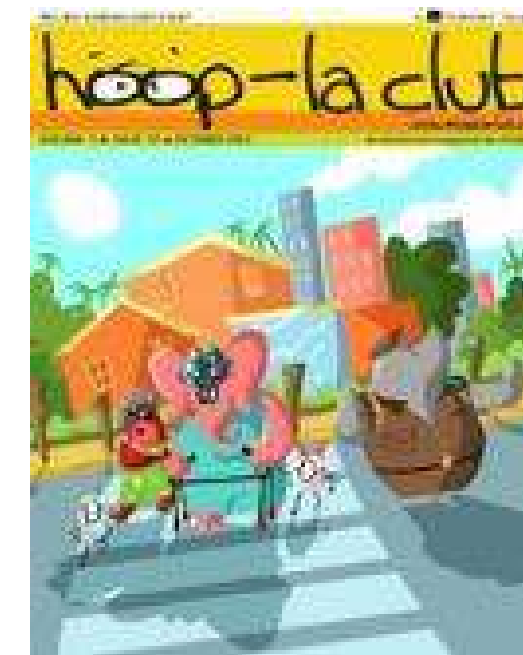


**SILHOUTTE CONFESSIONS**  
Intimate stories of people

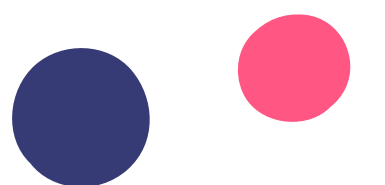


**THE A FACTOR**  
A film on alcohol abuse in the young audience

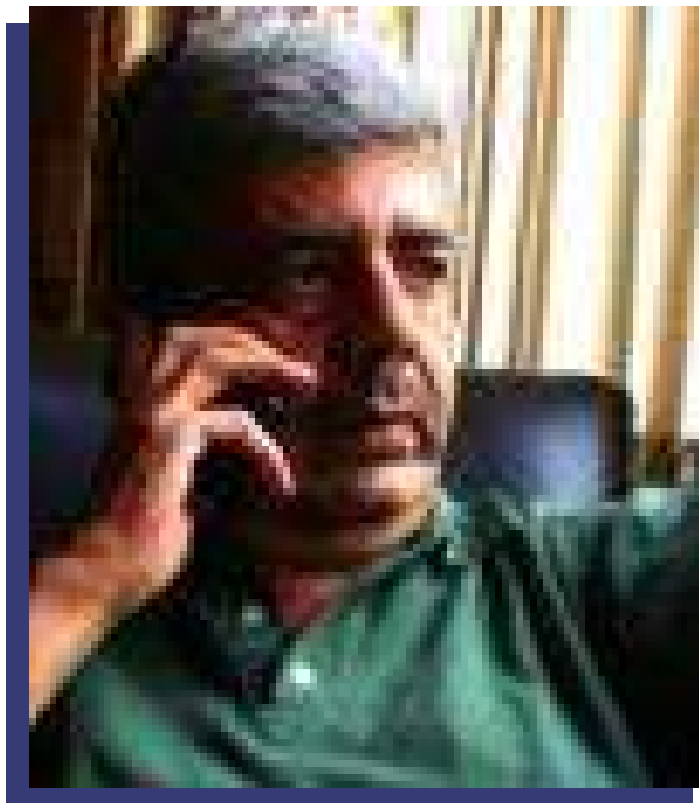
## CHILDREN'S MAGAZINE PUBLISHER (OVER 12000 SUBSCRIBERS)



Hoopsters is an initiative that has evolved by our understanding of the “ground realities” as a film production house and as publishers of a children’s magazine



# CORE TEAM



## **BALCHANDER GANDHEKAR**

FOUNDER, HOOPSTERS.  
FORESEE MULTIMEDIA

ALUMNUS, FILM & TELEVISION INSTITUTE OF INDIA

FILM MAKER, WRITER, PHOTOGRAPHER AND PUBLISHER  
PRODUCER OF OVER 2000 FILMS ACROSS GENRES  
(documentaries, ad films, corporate films etc.)  
AND 5 COFFEE TABLE BOOKS



## **NUPUR B GANDHEKAR**

CO-FOUNDER, HOOPSTERS.

GRADUATE-JOURNALISM.

CONTENT MANAGER & STRATEGIST

Supported by an experienced team of Life Coaches, Counselors, Therapists, Psychiatrists, Educationists, Hobbyists and Specialized Domain experts

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All this is a result of 3 decades of learning through  
interactions & experiences  
with individuals, corporates and educational institutions

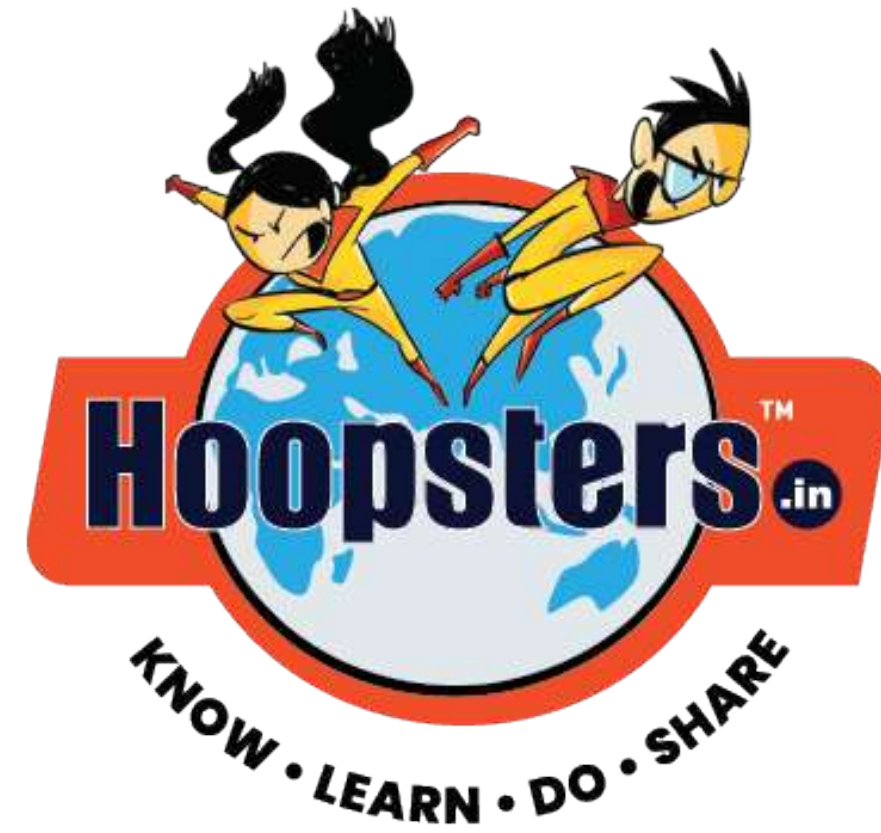


**THE LEAGUE OF**  
**ACTION HEROES**  
**== AN INSPIRED COMMUNITY ==**

**THE BIG PICTURE**  
**PEOPLE FOR CHANGE AND COMMUNITY OWNERSHIP**

BUILDING ECO SYSTEMS AND COMMUNITIES THAT INFLUENCE A LARGER  
AUDIENCE & CREATE AN INSPIRED SOCIETY

TAPPING INTO THE UNEXPLORED POTENTIAL OF THE  
INDIVIDUAL TO BRING ABOUT CHANGE



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

**JOIN THE MOVEMENT. CREATE IMPACT. BE AN ACTION HERO.**

At **Hoopsters**, we don't just talk about change—we make it happen.  
**This is your opportunity to be part of something bigger**—a community that uplifts, supports, and empowers individuals across all walks of life.

**For more details:**

Email: [bala@hoopsters.in](mailto:bala@hoopsters.in)

Website: [www.hoopsters.in](http://www.hoopsters.in)

Call: [Bala @ +91 9845040278](tel:+919845040278)