

Our Brand story

We are not just a product of what happened to us, but we have fought to become who we are.
- Inspired by Carl Jung

We are four women with a diverse set of skills, experience and expertise. Despite being based in different geographical regions, we have come together, driven by a common purpose of Extending Mental Well-being .

Our Vision

"Creating a community that embraces mental well-being for self and others and has the growth mindset to take necessary actions"



Contact Us

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Registered Office

Carpediem EdPsych Consultancy LLP
Premises - Namma Startups
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Founding Partners



Archana Sharma (Ph.D)
Founding Partner
Regional Head - North & East



Tanvi Auradkar
Founding Partner
Regional Head - Central & West I



Debarati Basak (Psy.D)
Founding Partner
Regional Head
South I (Karnataka ,Kerala and
Tamil nadu)



Vasundhara Kaul
Founding Partner
Regional Head - South II (Andhra
Pradesh and Telangana) & West II
(Mumbai ,Gujarat and Goa)



Extending Well-being

Call Us for Help,
Support and Enquiries

7506098856

Our Mission

To empower people by providing opportunities for extending well-being.

With this mission in mind Carpediem adopts a holistic approach:

Advocacy

We advocate embracing mental well-being and foster an environment conducive for a growth mindset

Acceptability

We help to destigmatize Mental Health Care

Accessibility

We create awareness to make Mental Health Care accessible for all

Adaptability

We adapt to the dynamic nature of human behavior and the environment as a whole

Ability

We focus on continuous professional development to enhance ability in self and others

Accountability

We believe in providing customised intervention and continuous monitoring for progress



What we do

our online/offline services

Acceptance of all is key to Carpediem, inspiring it to design services that cater to the needs of individuals across the age span and stakeholders involved .



Therapeutic Intervention

With the objective of making clients self-reliant our intervention aims to foster a realistic understanding of concerns, design individualised plans and monitor progress. Services include Psychotherapy, Counseling, Career Counseling and Creative Therapy.



Capacity Building

Our multifaceted online/offline capacity-building programs covers the mental well-being and education domains. Our objective is to bridge the gap between theory and practice.



Special Education Needs

Our objective through the Special Education Needs Program -**Adhyāpana** is to support students in coping with the regular school curriculum and help them grow into future ready citizens. Additionally, the Parent Support Program will partner with parents who actively want to support children at home.



Thought Leadership & Consultancy

Being thought leader in the Education & Mental Well-being space we offer guidance and insight through our specially designed and curated Consultancy Services to Educational Institutions, Corporates, NGOs and other organizations.



Assessment

We believe early identification is the key to formulate effective intervention plans/ IEP development /instructional content. Thus we use standardized tests to offer Psychoeducational, Psychological, Career & Psychometric Assessments.

Whom we serve



Children



Educators
Administrators
Institutions



Bachelor
& Master
Students



Parents



Professionals



Corporates



Caregivers