

Free, Open Digital Tools for Mental Health & Neurodivergence

Three companions — for ADHD, autism & bipolar disorder; for everyday mindfulness; and for healing from narcissistic & emotional abuse. Built from 30 years in healthcare technology and lived neurodivergent experience.

Dr. Sharada Rao

Founder, Svayam

30 yrs Healthcare Technology · Reiki Master

Doctorate — AI & Healthcare

970M

people live with a mental health disorder — 1 in 8 worldwide

197M

people in India need mental health care; 1 psychiatrist per 100,000

76%

in low & middle-income countries receive no treatment at all



BAAJIT



SCAN

"The app I needed and couldn't find."

FOR ADHD · AUTISM · BIPOLAR DISORDER

Free & open source · MIT licence · Android & macOS · Local-first, no cloud

- **Energy-aware suggestions** — tasks matched to today's actual capacity, not a fixed plan.
- **Rabbit companion** — a growing mascot across 5 stages that reflects mood and progress.
- **Task breakdown assistant** — turns an overwhelming task into small, doable steps.
- **Sensory grounding** — box breathing, 5-4-3-2-1, and body-scan exercises.
- **Gentle transition prompts** — support for the hardest ADHD moment: switching tasks.

NIMHANS-ICMR submitted (MARS-evaluated) · envisioned by Sharada, built with Kaafihai.



Manas मनस



SCAN

"Show up as you are. The rest is small doors in."

FOR EVERYDAY MINDFULNESS & REFLECTION

Free · browser-based, no signup · private (stays on device) · 5 Indian languages

- **Talk to Manas** — a warm, grounded companion conversation, anytime.
- **Guided breathwork** — box, 4-7-8, and calming rhythms with a breathing orb.
- **Fresh meditation scripts** — personalised, 1 to 15 minutes, written on the spot.
- **Journal & gratitude** — a daily prompt and an evening three-thanks ritual.
- **Care at Home** — gentle, herbal guidance for inflammation, digestion, PCOS & pain.

EN · HI · TA · TE · KN · envisioned & built solely by Dr. Sharada Rao.



Homeward



SCAN

"Anchor. Re-Root. Come Home."

FOR THOSE HEALING FROM NARCISSISTIC & EMOTIONAL ABUSE

Free · no signup · no download · a way home to yourself, not a lookout tower

- **CRAFT** — a five-step daily ritual: Care, Rejuvenate, Autonomy, Fun, Today-you-learn.
- **Language for holding your ground** — sayable words for partners, parents, adult children.
- **Body & Call** — grounding practices plus a private, tap-to-dial trusted-friends list.
- **Reality Check — witness yourself** — a mirror pointed at you, not diagnosis of them.
- **Safety & Exit guide** — a downloadable PDF plus a curated crisis-line directory.

Eleven tabs, built around every stage of recovery · envisioned & built solely by Dr. Sharada Rao.

Dr. Sharada Rao — 30 years in healthcare technology leadership (Microsoft, Cognizant, Birlasoft); CIO for India's 108 national ambulance & 104 telemedicine launch; certified Reiki Master of 15 years; Doctorate in AI & Healthcare. Diagnosed AuDHD as an adult — she builds the tools she needed and couldn't find. All three products are **MIT-licensed** and free to use.

svayam.reachsharu.com · github.com/kaafihai/baajit · narcsafe.netlify.app

Crisis support (India): iCall 9152987821 · Vandrevale 1860-2662-345 · AASRA 9820466726