

PsyKapoor

Empowering the next generation of Indian children to thrive in the modern world requires more than traditional schooling; it requires expert, research-backed developmental support. Led by Tania Kapoor, an RCI-registered licensed psychologist with over 10 years of experience, PsyKapoor provides the comprehensive care your child needs to reach their full potential.

Message from Dr. Vinod Kapoor:

“In an era of digital distractions and academic pressure, every child deserves a roadmap to success. We don’t just treat concerns; we prevent them. Join India’s first comprehensive mental health prevention and child development program.”

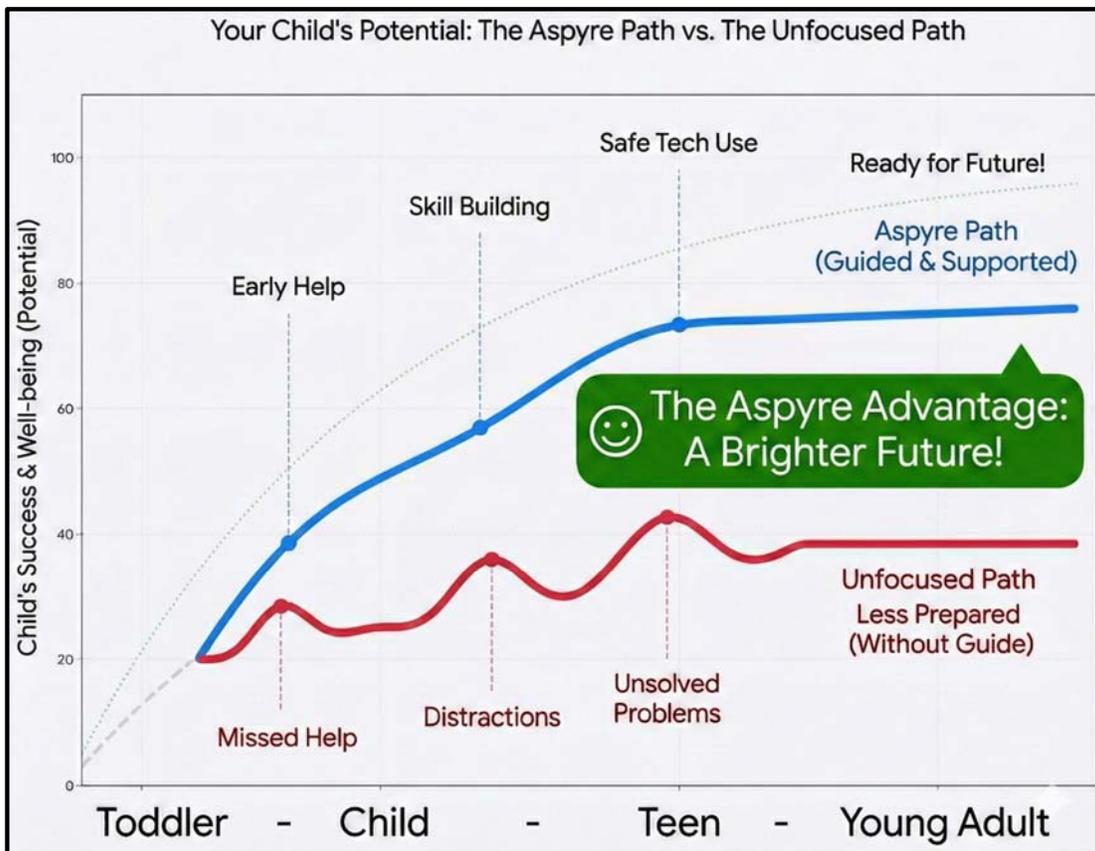
1. The ASPYRE Programme: Proactive Parenting

A proactive journey to ensure your child doesn't just grow—but thrives.

Designed for children and teens aged 3–16, Aspyre is a research-backed program that helps nurture future leaders by tracking developmental milestones and equipping families with the tools to navigate a rapidly changing world.

A dedicated counselor tracks your child's developmental milestones and uses scientific strategies to optimize their life trajectory, minimize parental stress, and prevent loss of time and money in battling future mental health issues.

We take the guess work out of parenting.



- **For Early Years:** We use *play as a medium* to track the child's milestones and promptly address any concerns, if they arise, so that their impact is minimal.

To parents, we offer the right support and “hacks” for effective child rearing, especially in this AI age. With age, we also teach positive practices such as good touch/bad touch, independent activities of daily living, etc. The primary aim here to build a solid foundation so that the teenage years are stress and regret free.

- **For Older Kids & Teens:** We first create a life plan for the child and teach critical life skills often missed in school, such as:
 - Interpersonal & decision-making skills, personal finance & nutrition basics, social etiquettes, public speaking, effective communication, confidence projection, etc.
 - We include specific exercises to counteract the impact of social media, short-form video addiction, and the "outsourcing of intelligence" through AI.
 - Children are given a safe space to talk to (the counsellor), so they feel secure and can share their side of the story with things they can't discuss with their parents directly.
 - For parents, we offer the right support to these handle tumultuous, yet critical teenage years. We provide the right tools to support your child's unique journey, providing guidance on effective child rearing, avoiding common parenting issues/pitfalls, and navigating the AI-driven future.

Choose Your Plan:

- **Online Only (₹999/mo)**
 - Monthly online check-in with a dedicated counselor.
 - Creation of a child development plan unique to you and the child.
 - Tracking of development, nutrition checks, and prompt addressing of concerns.
- **Full Package (₹2,999/mo)**
 - Includes all Standard Plan features.
 - Direct counselor access for parents and adolescents.

- Discounted rates for psychometric assessments.
- Exclusive resources (e.g., Summer Holiday Guides).

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2. Trained Nanny & Shadow Teacher Services

Professional developmental support for home and school.

We bridge the gap between basic help and expert care. Available in Delhi-NCR, our staff are trained partners who understand the Indian school ecosystem and child psychology. We can also offer professional training and guidance to your existing nannies.

- **Developmentally Trained Nannies:** Beyond basic care, our nannies focus on cognitive growth through “active play,” behavioral modeling, and screen-free engagement.
- **Shadow Teachers:** Shadow Teachers assist children with special needs in integrating with mainstream Indian curricula, aligning with NEP 2020 guidelines for inclusive education.
- **The PsyKapoor Difference:** We offer “Zero-Gap Care”—if your nanny takes leave, a replacement is provided for free automatically.

3. Specialized Therapy Our "Special Rockstars"

World-class therapy services tailored for developmental disorders.

We provide a holistic support system for children with developmental challenges, helping them with developmentally appropriate skills, communication, play, managing emotions, and replacing negative behaviors with socially appropriate ones.

- **Core Therapies:** Occupational Therapy, Speech Therapy, Behavioral Therapy, Special Education, and Play Therapy.
- **Social Equity:** We believe every child deserves a chance; subsidized rates are available for underprivileged families and groups.

4. Clinical Clarity: Assessments & Screening

The first step to effective support is an accurate understanding.

We provide clinical clarity through comprehensive testing to identify a child's strengths and areas for growth. We also offer assessments needed to address the following:

- **Diagnostic assessments:** ADHD, Autism (ASD), Dyslexia, Dyscalculia, and other childhood and adolescence concerns.
- **Exploratory:** Professional screening and tests to understand underlying conditions and school-related challenges.

But Why Choose Aspyre?

- **Future leaders are nurtured, not born:** By professionally tracking your child's overall development over years, unlock your child's mental strength potential so that they get the right foundation for their future.
- **Prevent mental health issues:** The Aspyre programme helps prevent mental health issues later in life by equipping teens with appropriate coping tools to navigate through challenges.
- **Future-Ready:** While schools focus on the past (learnt knowledge), we focus on the future—preparing kids for an AI-integrated world.

Get In Touch

- **Let's Talk:** +91 9958866865
- **Visit Us:** Clinics in New Delhi and Faridabad (by prior appointment only)
- **Website:** www.psykapoor.com
- **Say Hi:** hello@psykapoor.com

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