

Dr. Vedica Podar

Founder – Kangaroo Minds | Mental Health Changemaker | Social Entrepreneur

Dr. Vedica Podar is a passionate mental health advocate and social entrepreneur committed to empowering young leaders and breaking the stigma around mental health. As the Founder of Kangaroo Minds and Sport Beats Stigma, she has been instrumental in driving mental health awareness through training, workshops, events, and community initiatives—impacting over 900,000 lives globally.

A psychologist and certified Adult & Youth Mental Health First Aider, Vedica also serves as a Suicide Gatekeeper, Active Listener, and soft-skills trainer. Her work has earned her multiple honors including the Diana Award, Mental Health Leadership Award, BW 40 Under 40 (Wellbeing), and Outstanding Mental Health Changemaker Award, along with government recognitions in Rajasthan.

Vedica serves as the Mental Health Ambassador for Richmond University, UK, and has contributed as a columnist to RAYS, a digital mental health magazine.