

BioSpect

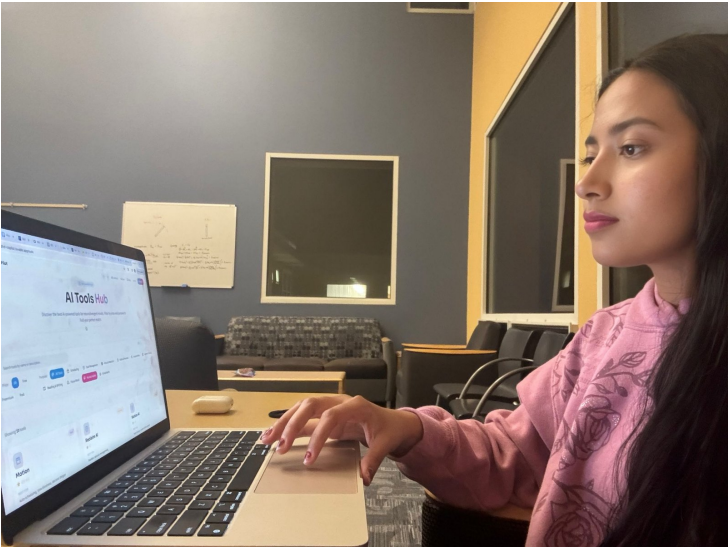
the business of Bio

24 years of leveraging the business of Bio
www.biospectrumindia.com

Teen neuroscience researcher Adya Anubhuti turns ADHD struggles into startup innovation

01 June 2026 | News

Launches ADHD Copilot, an AI-powered platform designed to reduce stress and mental overload



University of California, Davis, freshman Adya Anubhuti is balancing neuroscience research, community advocacy, and startup leadership. Her latest AI startup venture, ADHD Copilot, is an AI-powered platform designed to reduce stress and mental overload for people with Attention Deficit Hyperactivity Disorder (ADHD).

Within months of launch, the free to sign-up ADHD Copilot gained strong traction with 3,500+ followers and a curated platform of 50+ top-rated AI tools for the ADHD community. The platform is designed to redefine how technology supports and interacts with non-linear minds.

ADHD Copilot is a centralised hub that integrates more than 50 AI applications and productivity resources into one interface. At its center is a conversational Artificial Intelligence (AI) system that helps users categorise tools, structure workflows, and receive personalised support for executive functioning challenges such as task paralysis, overwhelm, and focus.

ADHD is a neurodevelopmental condition most often diagnosed in childhood, though symptoms frequently persist into adulthood. It combines challenges with attention such as distractibility, forgetfulness, and difficulty focusing with hyperactivity and impulsivity, including restlessness, fidgeting, and acting without thinking.

“What’s been most validating is the response,” Adya noted. “We have built a community of over 3,500 people who connect with our blend of humor, honesty, and actionable systems that reflect real ADHD experiences.”