

Psychology Internship Orientation Programme

A supervised, real-world supervised training for B.A., M.A. & M.Sc. Psychology students – in the healing landscapes of Palampur, Himachal Pradesh.

TRUST CERTIFIED

LIVE CLIENT EXPOSURE

INTEGRATIVE METHODS

PROGRAMME LOCATION

Palampur & Dharamshala, Himachal Pradesh
Under Vaishalya Healing

B.A., M.A., M.Sc. Psychology & MSW students. Beginners warmly welcomed.

What Makes This Training Different

01 Rooted in Indian Tradition

Bridging India's ancient psychological wisdom with contemporary evidence-based practices – culturally grounded and globally relevant.

02 Modern Counselling Foundations

Mental State Examination, detailed case history taking, and professional ethical guidelines form the core curriculum.

03 Yoga-Based Interventions

Integration of yoga-informed counselling tools with modern approaches, a holistic framework addressing mental wellness from the inside out.

04 Hands-On Practical Exposure

Real experience via direct observation, assisted practice, and community awareness at schools and rehab centres.

LOGISTICS & DAILY SCHEDULE

Accommodation & Daily Routine

ACCOMMODATION

₹7,000 / month

- Fully equipped kitchen (gas cylinder, fridge, etc.)
- Washing machine access included
- Internship undertaking forms sent prior to joining
- Official certificate upon successful completion

DAILY ROUTINE

- 10:00 AM - 12:00 PM → Internship Sessions
- Lunch break immediately after sessions
- Handwritten Reflection Report post-lunch (daily)
- Morning → Yoga / Pranayama / Meditation
- Evening → Walk / Games & recreational activities
- Full routine sheet provided on arrival

Week-by-Week Learning Journey

WEEK 1 & 2	Orientation & Foundations SELF AWARENESS - Self Awareness sessions: understanding the self as a counselling tool - Reflection reports on different topics discussed throughout the week (daily basis) - Introduction to Practical Approaches and Theoretical Approaches in Psychology - Holistic coverage of the programme's goals and overall learning objectives
WEEK 2 & 3	Counselling Skills & Eastern Psychology MODERN + ANCIENT - Introduction to modern counselling techniques and frameworks - Mental State Examination (MSE) and Case Intake procedures - Assessment techniques and tools used in psychology - Different Psychological Approaches: CBT, psychodynamic, humanistic & more - Introduction to basics of Eastern Psychology: → Yoga & Pranayama as counselling modalities → Ayurveda and its role in mental wellness → Meditation techniques and mindfulness-based practices → Role of healthy eating habits in psychological wellbeing
WEEK 4 & 5	De-addiction Centre Exposure DE-ADDICTION - Addiction disorders: relapse, preventive measures, triggers, and initiation of substance abuse - Role of different regions of the brain and gut in preventing addiction and in causing it - Student assessment for independent sessions. Only those who qualify the assessment criteria are permitted to take client sessions
WEEK 6 & 7	Supervised Practice & Outreach LIVE PRACTICE - Practical sessions in real settings under direct supervision - Observation at the setting, decoding live counselling interactions - Taking sessions independently after formal approval from authority or supervisor - Awareness sessions at schools, rehab centres, or any location suitable for the trainees
WEEK 8	Report Writing & Submission FINAL WEEK - Compilation of case notes, session reflections, and key learnings - Final internship report: all handwritten, original work; no AI assistance permitted - Report submission, evaluation, and certificate processing by the Trust
INSTRUCTIONS FOR ALL INTERNS - Carry a notebook & pen every day (mandatory) - Write daily handwritten reflection/report of sessions - No use of ChatGPT, Gemini, or any AI platform - Routine to be followed strictly and properly - Stage-by-stage awareness provided throughout - Submit Aadhar card + University Roll No. before joining	
DOCUMENTS REQUIRED	Aadhar Card / Valid ID University Roll No. Enrolment Proof Signed Undertaking Form Advance Fee Receipt

PROGRAMME STRUCTURE

Flexible Formats & Duration Options

Offline In-person at Palampur. Full immersion experience.	Online Remote via supervised video-based sessions.	Hybrid Blend of online theory & in-person sessions.
4 Weeks Intensive	8 Weeks Comprehensive	3 Months Immersive

⚠️ ACADEMIC INTEGRITY – NO AI TOOLS PERMITTED

- All case notes, reflection reports, and submissions must be original, handwritten, and in your own words.
- Use of ChatGPT, Gemini, or any generative AI / LLM is strictly prohibited throughout the programme.
- AI-generated work will be invalidated and may lead to cancellation of your certificate.
- Your growth as a counsellor depends on authentic engagement. We trust you to honour that commitment.

ADVANCE REGISTRATION FEE

₹5,000 /-

Submit ₹5,000 on the Trust website (ashabhupendertrust.org) to confirm your seat. Remaining fee is payable at the start of each month's first week. Scan the QR to pay instantly via Google Pay / any UPI app.

1. Scan QR with any UPI app: GPay, PhonePe, Paytm
2. Enter ₹5,000 as the registration advance
3. Add your name + university in the payment note
4. Share screenshot via WhatsApp / email to confirm



SCAN TO PAY · UPI/GPAY

Apply & Get in Touch

Website: vaishalyahealing.com

Trust: ashabhupendertrust.org

Location: Palampur, Himachal Pradesh

Certificate by: Asha Bhupender Charitable Trust

Pay Online: ashabhupendertrust.org

Before You Arrive

- ✦ Send Aadhar card + University Roll No.
- ✦ Submit ₹5,000 registration advance
- ✦ Sign & return the undertaking form
- ✦ Pack a notebook, pen, comfortable clothes
- ✦ Arrive with full commitment & an open mind

📍 Find Us



SCAN FOR DIRECTIONS

Vaishalya Healing
by Leena Mehta

HEALING ISN'T A DESTINATION.
IT'S A JOURNEY WE WALK TOGETHER.