



Vaishalya *Wellness*

A women-only rehabilitation and wellness centre in the hills of Palampur,
Himachal Pradesh

SAFE · PRIVATE · STRUCTURED

ASHA BHUPENDER CHARITABLE TRUST



*“Sometimes healing requires stepping away from everything, not
just talking about it.”*

VAISHALYA WELLNESS



A SANCTUARY FOR HER

A place to step away, and come *back to yourself.*

Not every woman who comes here is in crisis. Vaishalya Wellness is a residential centre created for women who need more than an hour a week. Some arrive for addiction. Some arrive exhausted, anxious, or carrying something they have never said aloud. All of them arrive somewhere quiet.

The setting is deliberate. The centre sits on open ground in the Dhauladhar foothills, an hour from Dharamshala. Nine acres, one low building, trees on three sides and no traffic. Stays run from a fortnight to six months and are shaped around the woman rather than a package.

Women only

Every resident, and the staff who care for them

15 days to 6 months

Stays are shaped around the person, not a package

Palampur, Kangra

Nine acres of open ground in the Dhauladhar foothills

Open all hours

Someone from the team answers the phone, day or night

THE CENTRE

Nine acres, and very little noise

A single low building holds the whole centre: bedrooms, counselling rooms, a medical wing and a hall.
Everything else is grass, trees and sky.

VAISHALYA
A HIMALAYAN CENTRE FOR
PSYCHOLOGICAL WELL-BEING
Address:
Himal Hwy, 1A, V.P.O. Gurga Sahah, Palampur
Distt. Kangra (H.P.), Pin Code - 176003
Liaison Officer:
Counselling Psychologist
Dr. A. SHARMA, CC-00000

Rooms made for resting, not for waiting



COMMON ROOM



THE CORRIDOR



COUNSELLING ROOM



READING CORNER



THE HALL



THE WAY IN

HOW IT WORKS

The Vaishalya *Journey*

Six steps from the first phone call to a life you can hold on to.

01 Reaching out

It begins with one honest conversation, on your terms, at any hour. We listen first, explain how things work, and help you take the next step without any pressure.

02 Assessment

A doctor and counsellor meet you face to face to understand your body, your mind, and your patterns of use. From that conversation we shape a plan that belongs to you alone.

03 Medical detox

Where detox is needed it happens in a quiet, women-only wing with nurses present around the clock and doctor-supervised medication to soften withdrawal.

04 Residential care

Group circles, private therapy, yoga on the lawn, nutrition, art and movement. Days here are full but never rushed, and family sessions bring the people you love into the work.

05 Stepping back

Before you leave we map the triggers, the people and the places that once pulled you under, and build a set of responses for each one.

06 Staying well

Leaving does not mean leaving. Counsellor check-ins, an online circle and gatherings back at the centre keep a hand within reach in those first fragile months.

One day at a time, and every day the same

Structure is not a rule here, it is the treatment. A body that has been running on chaos settles once it knows what comes next.

6:00	Wake up
6:00	Freshen up, lukewarm water, tea <i>Sitting in the sunlight</i>
7:00	Warm-up exercise, yoga asana <i>Pranayama and meditation</i>
7:40	Work therapy
8:20	Bathing
8:40	Prayer, breakfast, medicine
9:30	Daily awareness session <i>Free on Saturday and Sunday</i>
10:30	Activity session, indoor games
11:00	Ek Vichar, Ek Sankalp <i>One thought, one resolution</i>
12:00	Counselling session <i>Kitchen help</i>

1:00	Lunch, then work therapy
2:00	Rest
3:00	Tea
3:20	Group counselling and sharing <i>Art, music, painting or writing on Tuesday and Thursday</i>
4:00	Reflection writing and sharing
5:00	Daily query session <i>Activity session on Tuesday, Thursday and Saturday</i>
6:00	Pranayama and meditation <i>Kitchen help</i>
7:00	Dinner, then work therapy
8:00	Brain-relaxing and music session <i>Medicine distribution</i>
9:30	Bed

SATURDAY AND SUNDAY

Wake is an hour later, at seven. The morning awareness session is free time, and counselling moves to eleven. Everything else holds.

Dal, roti, and no surprises

Food is part of the treatment, not a hotel service. A body coming off alcohol or opioids is usually depleted, and it recovers on plain, regular, familiar meals rather than on anything clever.

- Vegetarian throughout. No meat, no fish, no egg.
- Plain home cooking. Dal, roti, rice, seasonal sabzi and curd.
- Cooked fresh on site each day, three meals and two teas.
- Low salt and low sugar plates prepared separately for residents with hypertension or diabetes.
- No tea or coffee after the three o'clock round.
- Smaller, more frequent portions for anyone in withdrawal, on medical advice.



THE DINING HALL

A DAY'S MEALS

6:00	Morning tea 150 ml milk tea, two biscuits	115 cal
8:40	Breakfast Daliya with milk and dry fruit, or idli with sambar	420 cal
11:00	Mid morning 150 g seasonal fruit	80 cal
1:00	Lunch 250 g rice, 3 roti, 200 g dal, 150 g sabzi, 150 ml curd	1,150 cal
3:00	Tea 150 ml milk tea, rusk	115 cal
7:00	Dinner 3 roti, 200 g dal, 200 g sabzi, salad	890 cal

THROUGH THE WEEK

		DINNER
Monday	Chana dal, lauki	Moong dal, aloo matar
Tuesday	Toor dal, bhindi masala	Masoor dal, cabbage
Wednesday	Rajma, jeera aloo	Moong dal, palak
Thursday	Urad dal, mixed veg	Chana dal, aloo gobhi
Friday	Kadhi, jeera rice	Arhar dal, baingan bharta
Saturday	Chole, seasonal saag	Khichdi with kadhi
Sunday	Paneer curry, veg pulao	Moong dal, mixed veg

WHAT WE TREAT

The cause, not only the symptom

Anxiety, trauma and depression often sit beneath a dependence. Our clinical team is trained to find them and treat them alongside.

Alcohol dependence

Medically supervised withdrawal followed by the therapy that keeps it from returning.

Drug de-addiction

Chitta, opioids and prescription reliance, treated as dependence rather than failure.

Synthetic drugs

MDMA, ice and methamphetamine, increasingly common among young women in India.

Anxiety and depression

Treated alongside the addiction, because one rarely arrives without the other.

Bipolar and schizophrenia

Dual diagnosis care, coordinated with psychiatric medication.

Trauma and grief

The things that sit underneath, given the time they actually need.

DUAL DIAGNOSIS CARE, COORDINATED WITH PSYCHIATRIC MEDICATION

Medical excellence, in house

A psychiatrist, two physicians, a counselling psychologist, nursing staff and a medical social worker. They live and work on site.
Nobody here visits once a fortnight.



Dr. Devasheesh
Psychiatrist



Leena Mehta
Counselling Psychologist



Nidhi Sharma
Nurse



Madhu Bala
Nurse



Dr. Nikhil Sharma
Physician, MBBS



Dr. Nitin Sharma
Physician, MBBS



Jyoti
MSW

Every member of the residential care team is a woman. Male clinicians attend by appointment and never enter the residential wing unaccompanied.



INTERNS, 2026

Placements run through the Asha Bhupender Charitable Trust and are open to students from any university.

LEARN WITH US

Come and work alongside us

The centre trains as well as treats. Most of what we know about addiction in these valleys was learned in the field, and we would rather pass it on than keep it.

Psychology internship

A structured placement in counselling psychology for students and recent graduates. Interns sit in on group work, observe assessment, help run awareness programmes in the surrounding villages, and are supervised throughout by our counselling psychologist.

Volunteering

Open to anyone willing to give time. Volunteers support awareness camps, the kitchen garden, art and music sessions, and the practical work of keeping a residential centre running.

What we ask

Discretion above everything. Residents are here in confidence and nothing seen or heard inside the centre leaves it. Beyond that, patience, and a willingness to be useful rather than important.

APPLY AT [VAISHALYAHEALING.COM](https://vaishalyahealing.com) · [INFO@VAISHALYAWELLNESS.COM](mailto:info@vaishalyawellness.com)

LEARN WITH US

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The work does not stop at the boundary wall

Through the Asha Bhupender Charitable Trust we run free awareness programmes in schools, colleges and villages across Kangra, because most families here still meet addiction with silence.



COLLEGE OUTREACH, KANGRA



WOMEN'S SESSION



PLANTING DAY



AWARENESS TALK



SCHOOL PROGRAMME



AFTER A SESSION



Ready to come home to yourself?

Call any hour, any day. A woman from our team will answer, and nothing you say goes further than that call.

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ADDRESS	Mohal Gugga Saloh, Tehsil Palampur, District Kangra, Himachal Pradesh 176102
TRUST	Asha Bhupender Charitable Trust ashabhupendertrust.org

Prefer to visit first? You are welcome any day.

OPEN 24 HOURS · WOMEN ONLY · VISITS WELCOME

