



Welcome to Vaishalya Wellness

A Volunteer's Guide to Your Time Here

A Note Before You Begin

Welcome to Vaishalya Wellness. We are glad you chose to be here.

This space is currently in its building phase. Our mental health awareness and rehabilitation programmes are upcoming, and you are joining us at the very beginning of something meaningful. We manage everything here ourselves, and that is exactly the spirit we ask you to bring.

Please come with openness. With patience. And with realistic expectations.

Vaishalya Wellness is an upcoming initiative under Vaishalya Healing and the Asha Bhupender Charitable Trust. This is not yet a fully operational rehabilitation or clinical facility. Volunteers are here to contribute to its growth, not to receive structured training or therapeutic services.



Daily Rhythm

Breakfast	8:00 AM to 9.30 AM
Lunch	1.00 PM to 2:00 PM
Dinner	8:00 PM to 9.30 PM

Timing is flexible. If you need to eat earlier, later, or have any dietary requirement, just let us know in advance. We will sort it out together. We only ask for a heads-up.





*Return to The Centre
by 9:30 PM*

*The area around us is home to
wildlife. This is not a restriction,
it is simply being sensible about
where we are. Explore freely
during the day.*



Your Work, Your Way

Set your own hours. Whether you are here for cooking, gardening, housekeeping, or any other work, just tell us when you plan to work and stick to it. If something changes, let us know ahead of time.

Photographers and videographers. We know light does not follow a schedule, and rain happens in the hills. If you need to shift your planned hours based on conditions, that is completely fine. Just keep the team in the loop.

You are free here. Want to cook something? Go ahead. Want to explore the area? Please do. We are a community, and we guide each other. No one is here to watch over you.

Respect the local culture. Palampur is a quiet, close-knit place. Please be mindful of local customs, people, and spaces around the centre.



No smoking

No alcohol

No substances of any kind

Return by 9:30 PM

Notify before any change in plans

Respect the space, the culture, and each other

What to Pack

July, August, September

Palampur in the monsoon months is beautiful but very wet. Pack light, pack smart.

Clothing

Light cotton clothes for indoors (it's humid, not cold)

A good windbreaker or waterproof shell jacket (essential, not optional)

One or two full-sleeve tops for evenings and mosquito protection

Comfortable footwear that can get muddy, sandals are not enough

A pair of flip-flops for indoors

Extra socks (they stay wet longer than you expect)

Rain Essentials

A compact umbrella, always in your bag

Waterproof dry bag or cover for your backpack

Ziplock bags for your documents, phone, and chargers



Health and Protection

Odomos or any mosquito repellent cream or roll-on

Basic personal first aid: band-aids, antiseptic, any prescription medication you take regularly (bring enough for your full stay)

Sunscreen for the days when the sun does come out

Other Useful Things

Torch (power cuts happen)

A reusable water bottle

Small personal toiletries (basics are available in Palampur town but it saves a trip)

Any specialty food or snacks you depend on

Leave these behind

Heavy jackets, formal wear, anything you would mind getting muddy or wet.



What's Available Here

WiFi is available at the centre. The connection is generally reliable but can slow down during heavy rain. Please be considerate with heavy downloads or streaming if others are working.

A washing machine is available for shared use. Please coordinate with the team on timings so it doesn't become a bottleneck. Detergent is available but bringing your own is welcome.

Meals are provided three times a day as per the daily rhythm. The kitchen is also open for personal use outside meal times. If you like to cook, please go ahead. Just clean up after yourself.

What's nearby

The Palampur town market is about 20 to 25 minutes by local bus. Bus fare is roughly Rs. 20 to 25. ATMs, a government hospital, a pharmacy, and general stores are all accessible from there. The local map at the back of this guide shows you exactly what's where.

Medical needs

If you take prescription medication, please carry your full supply. Let the team know on arrival if you have any medical condition we should be aware of.

How to Get Here (Delhi to Palampur)



Getting Here

The journey from Delhi to Palampur takes roughly 10 to 14 hours depending on how you travel. Both routes are well-connected and fairly straightforward.

By Bus (Easiest Option)

All HRTC buses depart from Delhi ISBT Kashmiri Gate. This is the simplest door-to-door option since buses drop you directly in Palampur.

HRTC runs various types of buses including Ordinary Non-AC, Himsuta Volvo AC Seater, Himdhara AC Seater, and Volvo AC Semi-Sleeper. The first bus leaves at 06:00 and the last around 21:05. The overnight Volvo is the most comfortable choice if you want to sleep through the journey and arrive in the morning.

Fares start from around Rs. 788 and go up to Rs. 5,999 for a Volvo multi-axle AC sleeper. You can book online via HRTC's website, RedBus, or AbhiBus.

By Train + Bus

The fastest train from New Delhi to Pathankot Cantt is the Vande Bharat Express (22439), which takes about 5 hours 15 minutes. It departs New Delhi at 06:00 and arrives at Pathankot Cantt at 11:15. It runs most days except Wednesday.

The Jhelum Express (11077) is the most affordable option, departing New Delhi at 21:35 and arriving at Pathankot at 07:30. It runs daily and fares start around Rs. 300.

From Pathankot, take a local bus or shared taxi to Palampur. That leg takes roughly 2.5 to 3 hours.

Once you arrive in Palampur, share your location with us on WhatsApp and we will help you get to the centre. The local map in this guide will also help.

POSTCARD FROM
PALAMPUR,
HIMACHAL PRADESH

HELLO VOLUNTEER!

THE NEXT PAGES WILL HELP
YOU EXPLORE PLACES NEAR
PALAMPUR.

DISCOVER HIGHLY REVIEWED &
HIGHLY RATED FOOD PLACES

PERFECT SPOTS TO EAT,
RELAX & ENJOY!

GO OUT. EXPLORE. ENJOY.
MAKE MEMORIES!





Palampur

Himachal Pradesh



32.0994°N, 76.5333°E



वैद्यलया

Palampur is a peaceful town in Himachal Pradesh, known for its tea gardens, art, culture, and stunning mountain views.

It's a place to slow down, explore nature, and enjoy the simple joys of life.

This is not a checklist.
It's a way to live the place.



Things to explore

- Visit ancient temples
- Walk through tea gardens
- Explore Bir Billing
- Discover art in Andretta
- Relax in nature
- Shop in local markets



What to taste

- Himachali Dham
- Siddu with ghee
- Chana Madra
- Babru with chutney
- Local tea & baked treats



32.0994°N, 76.5333°E



*Sobha Singh Art Gallery,
Andretta*



*Wah Tea Estate,
Deogran*



Dorzong monastery, Jia



*Dalai Lama Temple ,
Mcleodganj*



*Shri Shiv Baijnath Temple,
Baijnath*



*Gopalpur Zoo,
Gopalpur*



*Saurabh Kalia Van Vihar,
Palampur*

*Chinmaya Tapovan,
Tapovan, Sidhbari*



Good Food, Better Views

NEUGAL CAFE, Palampur

3.9 ★ (20) · ₹200–400 · Bar

Overview



NEUGAL CAFE, Palampur

Perched beside the Neugal Khad with the Dhauladhar range as your backdrop, this is Palampur's most iconic place to sit, eat, and slow down. Order the chai, let the river do the rest.

Takri Natives' Kitchen & Caf 

4.4 ★ (1.5K) · ₹200–600 · Restaurant · Open

Overview



Takri Natives' Kitchen & Cafe

The only place you'll get an authentic Kangri Dham without a wedding invite, served on leaf pattals exactly the way it's meant to be. Real Pahari flavors, no shortcuts.

Darjeeling Fast Food

4.5 ★ (184) · ₹1–200 · Fast food restaurant · Closed

Overview



Darjeeling Fast Food

The chicken and mutton momos here are genuinely hard to stop eating, and the Chinese menu holds its own too. Exactly what you want after a long day in the hills.

Cliffy's Cafe

4.4 ★ (1.9K) · ₹200–1,000 · Open
Cafe, American, Asian Fusion

Overview



Cliffy's Cafe

Founded by a Chennai pastry chef who moved here for the love of the Himalayas, Cliffy's brings Italian and South Indian food to a Dhauladhar backdrop. The outdoor seating at sunset alone is worth the trip

Sood Fast Food

4.2 ★ (407) · ₹1–200 · Open
Fast food, Biryani

Overview



Sood Fast Food

Sood's veg and mutton momos have built a quiet cult following in Palampur, and one bite tells you exactly why. Come hungry, leave very happy.

Guleria Fast Food Corner

3.3 ★ (29) · ₹1–200 · Closed
Veg-only · Fast food

Overview



Guleria Fast Food Corner

Their Siddu is the stuff locals swear by, soft, steamed, and packed with Himachali soul. A fast food corner that punches well above its weight.

Joy Restaurant

4.0 ★ (2.1K) · ₹200–400 · Open
Veg-only · Fast food, Chinese, South Indian

Overview



Joy Restaurant

The Papdi Chaat here is the reason people keep coming back, but the rest of the menu earns its keep just as well. A solid, no-fuss spot with food that hits every time.

GI TAGS IN HIMACHAL



Kullu Shawl



Lahaul Socks
& Gloves



Chamba Chappal



Himachali Cap



Basmati



Kullu Shawl Logo



Kangra Tea



Himachali
Kaala Jeera



Kangra Paintings



Kinnauri Shawl



Himachali
Chulli Oil



Reach us

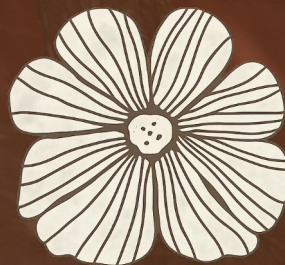
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An initiative of the Asha Bhupender Charitable Trust ·
ashabhupendertrust.org





Local Map of Palampur

For Volunteer Use.



EMERGENCY CONTACTS

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