

# 1. Project Overview

**Project Title:**

**Bhameshwari Counselling Centre® – Professional Counselling & Mental Health Services**

**Location:**

**Yamuna Vihar 102, Near, THDC Colony, Dehrakhas, Patel Nagar, Dehradun, Uttarakhand 248001**

**GSTIN : 05AJZPD8704C1Z7**

**Sector:**

Mental Health | Psychological Counselling | Behavioural Therapy | Guidance & Wellness

**Registration:**

- MSME Registered – Government of India
- Recognized & Approved Counselling Centre

**Founding Director:**

**Dr. Devinder Dhalla (hc)**

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## 2. Introduction & Background

Bhameshwari Counselling Centre® (BCC®) operates under the Bhameshwari Group, a professionally registered organization working in the domains of **Psychology, Counselling, Social Welfare, and Mental Health Guidance**.

The centre was established with a clear vision:

👉 **To provide authentic, ethical, confidential, and result-oriented psychological counselling services** to individuals, families, couples, students, and institutions.

BCC® has grown into one of the **most trusted counselling centres in Uttarakhand**, serving thousands of clients with evidence-based and holistic counselling practices.

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## 3. Founder & Director Profile

**Dr. Devinder Dhalla (hc)**

## Counselling Psychologist | Behaviour Therapist | Wellness Facilitator

### Professional Recognition:

- RCI Licensed Professional
- Registered & Approved Counsellor – Govt. of India
- Registered Medical & Therapy Assistant – Govt. of India
- IPHM (UK) Accredited Practitioner
- APA International Affiliate

### Specialization Areas:

- Counselling Psychology
- Behaviour Therapy
- Anxiety, Stress & Depression Management
- Intrusive Thoughts & Emotional Regulation
- Relationship & Marital Counselling
- Career & Life Coaching
- Addiction Counselling (Mobile / Gaming)

Dr. Dhalla is widely known as “**Asha Ki Kiran**”, having transformed the lives of individuals who had lost hope and direction.

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## 4. Vision & Mission

### Vision

To create a mentally healthy society by delivering **ethical, practical, and life-transforming counselling services** rooted in compassion and professionalism.

### Mission

- To guide individuals from confusion to clarity
  - To promote emotional resilience and mental stability
  - To provide confidential, judgment-free counselling
  - To simplify psychological healing using real-life approaches
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## 5. Counselling Services Offered

BCC® provides **structured, confidential, and evidence-based counselling services**, including:

- Individual Counselling (100% Confidential)
- Stress, Anxiety & Depression Counselling

- Couple & Relationship Counselling
  - Pre & Post Marital Counselling
  - Parent–Child Counselling
  - Career Counselling & Guidance
  - Anger Management
  - Intrusive Thoughts Management
  - Mobile & Gaming Addiction Counselling
  - Family Partnership Support
  - Specialized Therapies (CBT, MBCT, ACT, NLP)
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## 6. Professional Credentials & Memberships

### Key Certifications

- International NLP Practitioner Associate
- International Mental Health Ambassador
- Innovator of **GERT© & ® Therapy**

### Professional Memberships

- Counsellors Council of India (CCI)
  - American Psychological Association (APA) – International Affiliate
  - Minnesota Psychological Association
  - Uttarakhand Psychological Association
  - Indian Counselling Association
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## 7. Research & Academic Contributions

Dr. Dhalla has authored and co-authored **multiple international research papers**, including:

- *Generation Gap & Personality Profiles – IJISRT*
- *Learning without Mistakes – Action Research Study*
- *Anxiety Healing & Integrated Therapeutic Interventions*
- *Impact of Social Media on Teen Behaviour*

These publications reinforce BCC®'s **scientific credibility and academic authority**.

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## 8. Awards & Recognition

- Uttarakhand Ratna Award – 2019

- **Achiever's Award – 2019** (By Hon. CM, Uttarakhand)
  - **Swarnajyoti Mahasamman – 2021**
  - **Youth Icon – 40 Leaders Under 40 (2023)**
  - **Gold Medalist – Uttarakhand Psychological Association**
  - Honored as **Corona Warrior** for pandemic service
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## 9. Service Delivery Model

- Advance appointment-based counselling
  - Offline & Online sessions available
  - Confidential and ethical practice
  - Structured session duration & fee transparency
  - Family-friendly and non-judgmental environment
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## 10. Impact & Client Trust

- ★ **4.8 Rating from 60+ Verified Reviews**
  - Recognized as **3 Best Rated™ Counselling Centre in Dehradun**
  - Verified, inspected, and quality-checked
  - Trusted by individuals, families, students, and professionals
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## 11. Compliance & Ethical Disclaimer

Bhameshwari Counselling Centre® is **not a suicide prevention helpline**.

In emergency or high-risk cases, clients are advised to contact authorized medical or suicide prevention services immediately.

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## 12. Contact & Appointment Information

 **Location:** Dehradun, Uttarakhand  
 **Reception Desk:** +91 89233 01425

 **Email:** [helpdesk.drdhalla@gmail.com](mailto:helpdesk.drdhalla@gmail.com)

**Linkedin :-**

[https://www.linkedin.com/in/drdevenderdhalla/?original\\_referer=https%3A%2F%2Fwww%2Egoogle%2Ecom%2F&originalSubdomain=in](https://www.linkedin.com/in/drdevenderdhalla/?original_referer=https%3A%2F%2Fwww%2Egoogle%2Ecom%2F&originalSubdomain=in)

**Important Notes:**

- Call before booking online appointments
  - Session fees are non-refundable once booked
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## Conclusion

Bhameshwari Counselling Centre® stands as a **benchmark institution in professional counselling and mental health services in Uttarakhand**. Under the leadership of **Dr. Devinder Dhalla (hc)**, the centre continues to deliver **ethical healing, psychological clarity, and life transformation** with unwavering dedication.

**Color Code :-** Primary: #196761

Secondary :- #f59f89