

Project No: B-07

Establishment of Jaipur Branch Clinic of Men-Tsee-Khang, (Tibetan Medical & Astro. Institute of H.H. the Dalai Lama) at the heart of the city.

Executive Summary

The vision of Men-Tsee-Khang is to provide health care services in our traditional system of medicine, and to preserve this element of our rich and ancient culture. Since being re-established in 1961, following the occupation of Tibet and subsequent exile of His Holiness the 14th Dalai Lama and the Tibetan Government, Men-Tsee-Khang has preserved and promoted this ancient form of medicine that is inherently intertwined in Tibetan culture. Since its re-establishment, Men-Tsee-Khang has produced 263 physicians and 47 astrologers from its headquarters in Dharamsala, delivered health services throughout India and has become an integral economic contributor to the Tibetan community in exile through its employment of nearly five hundred people nationally, social welfare programs. Our 55 dedicated branch clinics deliver low-cost traditional healthcare to over 500,000 people in local communities throughout India every year. In our commitment to the vulnerable and disadvantaged, we provide free health consultations and medicine to those most in need. In addition to the valuable health services provided, our headquarters house various academic departments developed to preserve and promote Tibetan Medicine and Astrology.

About the Project

Each year hundreds of patients from the Rajasthan visiting our branch clinics in Delhi, Ahmedabad and Dharamsala is on rise and many of them wish to continue to avail the traditional Tibetan medical treatment but in doing so, it adds a lot of cost to those patients visiting our clinics for re-consultations and checkups. Thus establishing a permanent branch clinic of Men-Tsee-Khang in Jaipur, Rajasthan would enable us to provide the much needed health care services and to reduce the burden of common people visiting our clinics in other cities and states.

Each year more and more Traditional Tibetan medical and astro students are graduating from our medical and astro college here in Dharamsala. A clinic in Jaipur will also provide us an environment to use the services of our medical professionals (doctors) and astrologers that had been trained in our institute.

Currently Men-Tsee-Khang has 54 branch clinics and out of which many of them were operational with the unconditional support and funding (full & partial) from the state & local government, institutions, NGOs and many individuals. Clinics with full funding and support are as follow:

1. Bangalore branch clinic was operational with the help of Bagaria Education Trust,
2. Jispa branch clinic was operational with support of Mr.Ravi Thakur,
3. Ahmedabad branch clinic was operational with support of Shri. Manoj bhai,
4. Bhubaneshwar branch clinic was operational with state government of Orrisa.

Clinics with partial funding and support are as follow:

1. Mumbai Malad branch clinic was operational with partial support from shree Jain Yuvak Mandal.
2. Chennai branch clinic was operational with partial support from Ramaswami Aiyer Foundation.

Hence such project would result in a win win situation for the both communities, benefiting ailing humanity at one side, preservation and promotion of the Traditional Tibetan medical & astro sciences at the other side.

- **Goal of the project:** To provide health services through Tibetan medicine to the people of Rajasthan.
- **Objectives of the project:** To establish a public health care system through Traditional Tibetan Medical system and to provide best possible alternative health care services for all those who are devoid of it.
- To sustain Men-Tsee-Khang activities that seek to preserve this valuable component of our culture including the training of new practitioners and its various academic departments
- **Main Activities:** Construction of a new branch clinic of Men-Tsee-Khang at Jaipur, Rajasthan, consisting of a 3 consultation rooms, 1 dispensary, Cashier's Room, staff mess, patient's waiting hall, wash room and staff quarter
- Procurement of necessary equipment and furniture & fixtures for clinic and staff quarter.
- **Final Beneficiaries:** People of Rajasthan.
- The local Indian community in neighbouring states.
- **Project Start:** From the day when we get the land and other required sanctions from the state government.
- **Duration of the project:** 11 calendar months.
- **Location of the project:** Heart of the city or closer to a transportation system for the convenience of the patients.
- **Budget for the Project:** INR: 8,434,000.00/USD: 142,950.00 /EUR: 108,129.00 Exchange Rates as on 25th June 2013.
- **Size of Land Requirement for the Project:** 2000-2500 Square Meter

Contact:

1. Director
Men-Tsee-Khang
Gangchen Kyishong Dharamsala
Distt Kangra H.P India-176215
E-Mail: director@men-tsee-khang.org

2. Development Manager
Men-Tsee-Khang
Gangchen Kyishong, Dharamsala
Distt Kangra, H.P India-176215
E-Mail: developmentmanager@men-tsee-khang.org



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SUMMARY OF ACTION

Title of the action:	Establishment of Jaipur Branch Clinic of Men-Tsee-Khang, (Tibetan Medical & Asto. Institute of H.H. the Dalai Lama) at the heart of the city.
Location of the action:	Heart of Jaipur City, Rajasthan or closer to a public transportation system for the convenience of the patient.
Total duration of the action (months):	11 calendar months
Budget	<ul style="list-style-type: none"> • INR: 8,434,000.00 • USD: 142,950.00 • EURO: 108,129.00 Exchange Rates as on 25th June 2013.
Objectives of the action	<p>Overall objective: To</p> <p>Specific objectives:</p> <ul style="list-style-type: none"> • To contribute to the economic growth of the Tibetan community through increased employment, social welfare programs and ongoing contributions to other Tibetan Organizations • To continue to meet the needs of patients receiving traditional Tibetan medication and to provide best possible health care services to them who are devoid of such health care services. • To create awareness, promote and preserve the Tibetan medical tradition, which is now accepted as one of the most well integrated healing systems. • To sustain Men-Tsee-Khang activities that seek to preserve this valuable component of our culture including the training of new practitioners and its various academic departments
Target group(s)	<ul style="list-style-type: none"> • Local Indian community for its health care services.
Final beneficiaries	<ul style="list-style-type: none"> • Tibetan Community in exile through its cultural preservation, economic contribution, healthcare service, social welfare programs • The local Indian community of Jaipur city, Rajasthan.
Estimated results	<ul style="list-style-type: none"> • Immediate increase in the number of patient receiving Traditional Tibetan Medical Treatment in Jaipur city by 100%.
Main activities	<ul style="list-style-type: none"> • Construction of a new branch clinic of Men-Tsee-Khang at Jaipur, Rajasthan, consisting of a 3 consultation rooms, 1 dispensary, Cashier's Room , staff mess, patient's waiting hall, wash room and staff quarter • Procurement of necessary equipment and furniture & fixtures for clinic and staff quarter. • Procurement of necessary equipment, furniture & fixtures for clinic and staff quarter.

DESCRIPTION OF THE ACTION

Background to the preparation of the action

The vision of Men-Tsee-Khang is to improve the lives of vulnerable people by promoting and delivering our traditional system of medicine, and to preserve this element of our rich and ancient culture. Since being re-established in 1961, following the occupation of Tibet and subsequent exile of His Holiness the 14th Dalai Lama and the Tibetan Government, Men Tsee Khang has preserved and promoted this ancient form of medicine that is inherently intertwined in Tibetan culture. Since its re-establishment, Men-Tsee-Khang has produced 263 physicians and 47 astrologers from its headquarters in Dharamsala, delivered health services throughout India and has become an integral economic contributor to the Tibetan community in exile through its employment of nearly five hundred people nationally, social welfare programs, and through the financial assistance provided to many other Tibetan Organizations.

Our 54 dedicated branch clinics deliver low-cost traditional healthcare to over 500,000 people in local communities throughout India every year. In our commitment to the vulnerable and disadvantaged, we provide free health consultations and medicine to those most in need. In addition to the valuable health services provided, our headquarters house various academic departments developed to preserve and promote Tibetan Medicine, manufacture a range of medicinal and astrological products, conduct Clinical Research on disorders like diabetes, cancer, hepatitis and hypertension and are

developing a Materia Medica by identifying and documenting traditionally used herbs, preserving pressed specimens and through the cultivation of rare species for research, amongst many other projects.

Federico Mayor, Director General, UNESCO states “The indigenous people of the world possess an immense knowledge of their environments, based on centuries of living close to nature. Living in and from the richness and variety of complex ecosystems, they have an understanding of the properties of plants and animals, the functioning of ecosystems and techniques for using and managing them that is particular and often detailed. In rural communities in developing countries, locally occurring species are relied on for many – sometimes all – foods, medicines, fuel, building materials and other products. Equally, people’s knowledge and perceptions of the environment, and their relationships with it, are often important elements of cultural identity.”

Jaipur is the capital of Rajasthan, a state in North Western region of India. Rajasthan is the biggest state in the country and the name means the Land of Kings (*Raja = King & Sthan = Place*). Jaipur is named after the **King Sawai Jai Singh**, the founder of the city. It is said that there is a temple at every 100 meters in Jaipur and it is second only to Varanasi in the number of temples in any city. Jaipur had various colleges and the artisans and craftsmen were given special protection. The city boasts of a state of the art astronomy centre, **Jantar Mantar**, built with the city in the 18th century, with a sun-dial that is still accurate. Jaipur is also known as the Pink City. The city today has a population of 3.1 million.

Each year hundreds of patients from the Rajasthan visiting our branch clinics in Delhi, Ahmedabad and Dharamsala is on rise and many of them wish to continue to avail the traditional Tibetan medical treatment but in doing so it adds a lot of cost to those patients visiting our clinics for re-consultations and checkups in other cities and states. Thus establishing a permanent branch clinic of Men-Tsee-Khang in Jaipur, Rajasthan would enable us to provide the much needed health care services and to reduce the burden of common people visiting our clinics in other cities and states. This would also enable us to provide additional employment to eight more people.

Each year more and more Traditional Tibetan medical and astro students are graduating from our medical and astro college here in Dharamsala. A clinic in Jaipur will also provide us an environment to use the services of our medical professionals (doctors) and astrologers that had been trained in our institute.

Currently Men-Tsee-Khang has 54 existing branch clinics and out of which many of them were operational with the unconditional support and funding (full & partial) from the state & local government, institutions, NGOs and many individuals. Clinics with full funding and support are as follow

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Hence such project would result in a win win situation for the both communities, benefiting ailing humanity at one side and preservation and promotion of the Traditional Tibetan medical and astro sciences at the other side.

Objectives of the action

- To provide the best possible health-care services to local Indians who continue to seek Tibetan medicine as the source of treatment.
- To create awareness, promote and preserve Traditional Tibetan Medicine
- To sustain Men-Tsee-Khang activities that seek to preserve this valuable component of our culture including the training of new practitioners and its various academic departments.

Project Activities and Output.

The project will be undertaken in the Heart of Jaipur city or closer to a public transportation system for the convenience of the patients. It will include the construction of a clinic, staff quarter, and procurement of equipments, furniture & fixture. The expected outcome of the action will be an 100% immediate increase in the number of patients and improving the lives of local Indians..

Time Frame

The primary time consideration will be the procurement of legal necessary documents, construction of the clinic & its wings, procurement of equipments, furniture & fixtures for clinic and staff quarter. A detailed timeline and list of requirements is included in the appendix. A

Target groups and beneficiaries

Approximately 80% of people living in developing countries depend on traditional medicine for primary health care. The World Health Organization recognizes the contribution and importance of traditional medicine and the need to preserve it as expressed by the Director General Dr Chen, who states “These are historical assets that have become all the more relevant given the three main ills of life in the 21st century: the globalization of unhealthy lifestyles, rapid unplanned urbanization,

and demographic ageing. The time has never been better, and the reasons never greater, for giving traditional medicine its proper place in addressing the many ills that face all our modern – and our traditional – societies.”

Local Indian community:

Each year thousands of patients from the Rajasthan visiting our branch clinics in Delhi, Ahemdabad and Dharamsala is on rise and many of them wish to continue to avail the traditional Tibetan medical treatment. But in doing so it adds a lot of cost to those patients visiting our clinics for re-consultation and so on in other cities and state. Thus establishing a branch clinic of us in Jaipur, Rajasthan would enable us to provide the much needed health care services and to reduce the burden of common people visiting our clinics in other cities and states.

The Herb Growers:

The consistent increase in the number of patients who were seeking treatment from our 54 national branch clinics in India and the demands for health care products from private sectors is on rise. The more needs of herbs to fulfill the demands of our national clinics, private sectors and individuals will ultimately results in benefitting the herb growers in the long run.

Project requirements

S.No	Particulars	Quantity
1	Consultation Room	3
2	Patient’s Waiting Hall (Large in Size)	1
3	Cashier’s Office	1
4	Dispensary	1
5	Medicine Store Room	1
6	General Store Room	1
7	Exhibition Cum Education Room	1
8	Staff Mess	1
9	Kitchen	1
10	Wash Room	1
11	Toilet	3
12	Staff Quarter	6

No of Staff Required for the Jaipur Branch Clinic of Men-Tsee-Khang

S.No	Particulars	Quantity
1	Doctors	3
2	Cashier	1
3	Dispenser	1
4	Museum Curator	1
5	Cook Cum Peon	1
6	Driver	1
Total No of Staff Required for Bodh Gaya Clinic		8

Appendix A: Timeline for project

S.No	Project activities	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10	M-11
1	Site cleaning and earth excavation of foundation											
2	Stone masonry work, tor-steel work, R.C.C work and suttering work up to plinth level.											
3	R.C.C cloumns, R.C.C beams, R.C.C slab, tor-steel work, shuttering work up to first floor roof slab											
4	Brick masonry work, plaster work and flooring work up to first floor roof slab.											
5	Internal and external electricity and plumbing work.											
6	Inner and outer paint works.											
7	Cleaning construction site and final finishing work.											
	Note: M stand for month											

The project will be completed within eleven calendar months.

Appendix B: Project budget

Project: Proposed Jaipur Branch Clinic Project of Men-Tsee-Khang Preliminary Project cost and Estimation

Part A: Clinic and Staff Quarter:

S. No	Particulars	Amount in Rs
1	Civil work of (6204.00) Sqft @ Rs(1025.00) per Sqft.	6,359,100.00
2.	Internal and external plumbing work including overhead tanks @ 4% of civil cost.	254,364.00
3.	Internal and external electrifications with complete finishing @3% of civil cost.	190,773.00
4.	Land development, storm water drains, yard lighting, paving, and boundary wall etc. @9% of Civil cost.	572,319.00
	Total Building Cost	7,376,556.00
5.	Add for Consultant's fees @2% of the total cost of the building.	147,531.00
	Total Amount	7,524,087.00
6.	Contingencies @5%	376,204.00
	Grant Total Amount	7,900,291.00

Part B: Furniture

S.No	Particulars	Amount in Rupees (INR)
1	Furnitures for clinic & Staff Quarter	532,980.00

C=	The total cost for project (A)+(B)	8,433,271.00
	Amount In USD	142,950.00
	Amount In EUR	108,129.00

Note: Exchange rate as on 25th June 2013

NOTE: THE ABOVE AMOUNT INCLUDES ALL COST OF METERIALS, COST OF LABOURS, TRANSPORTATIONS, WASTAGE, OVERHEAD PLUS CONTRACTOR'S PROFIT, CONSULTANT FEES, LAND DEVELOPMENT, STORM WATER DRAINS, YARD LIGHTING, BOUNDARY WAL, PAVING AND CONTINEGENCIES.

PART -B

Furniture & fixtures Requirements for Jaipur branch Clinic and Staff Quarter of Men-Tsee-Khang

A-Clinic

S.No	Particulars	Qty	Rate	Amount in INR
1	Examination Bed	3	1,750.00	5,250.00
2	Mattress	3	2,650.00	7,950.00
3	Pillow & cover	3	475.00	1,425.00
4	Urine Analysis bowl	3	100.00	300.00
5	B.P Manometer	3	2,500.00	7,500.00
6	Stethoscope	3	1,000.00	3,000.00
7	Weighing Scale Machine	3	1,000.00	3,000.00
8	Golden Needle	3	5,250.00	15,750.00
9	Golden Hammer	3	5,000.00	15,000.00
10	Copper Cupping	3	750.00	2,250.00
11	Table with Drawer	3	4,750.00	14,250.00
12	Doctor's Chair	3	5,650.00	16,950.00
13	Almirah	3	8,450.00	25,350.00
14	Stool	6	1,250.00	7,500.00
	Total Amount in INR			125,475.00

B-Dispensary

S.No	Particulars	Qty	Rate	Amount in INR
1	Table with Drawer	1	4,750.00	4,750.00
2	Chair	2	2,850.00	5,700.00
3	Shelves	8	2,300.00	18,400.00
4	Steel Almirah	1	8,900.00	8,900.00
5	Plastic Pill containers	70	35.00	2,450.00
6	Basin for Medicine counting	3	475.00	1,425.00
7	Pill counting Tray	2	850.00	1,700.00
	Total Amount in INR			43,325.00

C- Cashier's Room

S.No	Particulars	Qty	Rate	Amount in INR
1	Table with Drawer	1	4,750.00	4,750.00
2	Chair	1	2,850.00	2,850.00
3	Shelves	1	2,300.00	2,300.00
4	Safe locker	1	3,250.00	3,250.00
5	Steel Almirah	1	8,900.00	8,900.00
Total Amount in INR				22,050.00

D-Patients waiting Hall

S.No	Particular	Qty	Rate	Amount in INR
1	Table	1	3,500.00	3,500.00
2	Bench	3	5,750.00	5,750.00
3	Show case for ME Products	1	3,500.00	3,500.00
4	Donation Box	1	450.00	450.00
5	Notice Board	1	750.00	750.00
Total Amount in INR				13,950.00

E-Staff Mess and Kitchen Requirements

S.No	Particular	Amount in INR
1	Utensil and Crokery	90,000.00
2	TV, Fridge, dinning set, Table, Chair, Water filter	85,000.00
Total Amount in INR		175,000.00

F-Staff Quarter Requirements

S.No	Particulars	Qty	Rate	Amount in INR
1	Chair	12	575.00	6,900.00
2	Table	6	2,700.00	16,200.00
3	Mattress	12	3,250.00	39,000.00
4	Iron Bed	12	1,350.00	16,200.00
5	Cupboard	6	3,750.00	22,500.00
Total Amount in INR				100,800.00

G- Stationeries

S.No	Particulars	Amount in INR
1	Stationeries	15,000.00
2	Miscellaneous Expenses	12,000.00
Total Amount in INR		27,000.00

H- Grand Total Amount

S.No	Particular	Amount in INR
1.	Total Sum (A)+(B)+(C)+(D)+(E)+(F)+(H)	507,600.00
2.	Contingencies @ 5%	25,380.00
Grand Total Amount in INR		532,980.00

CONTACTS

Director
Men-Tsee-Khang,
Gangchen Kyishong
Dharamsala, Distt Kangra
Pin-176215 H.P, India
E-mail: director@men-tsee-khang.org

Kalsang Dawa
Development Manager
Men-Tsee-Khang,
Gangchen Kyishong
Dharamsala, Distt Kangra
Pin-176215 H.P, India
E-mail: developmentmanager@men-tsee-khang.org