

Project No: M-03 (Executive Summary)

Training for doctors of Men-Tsee-Khang, (Tibetan Medical & Astro. Institute of H.H. the Dalai Lama)

The vision of Men-Tsee-Khang is to improve the lives of people through 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. 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 Training for Doctors of Men-Tsee-Khang

Many of our doctors working in our branch clinics in India are lacking essential foreign language skills such as English and Chinese and other necessary skill such as Accupuncture, which is an essential technique needed for every traditional physicians for treatment of different ailments. Men-Tsee-Khang is looking forward to provide necessary training for almost 20 doctors of Men-Tsee-Khang in language skill, acupuncture and Buddhist Philosophy for a year. These trainings will help our doctors in such a way that they can communicate and address the problems of the clients up to the satisfaction of them.

- **Gaol of the project:** To Preserve and Promote Traditional Tibetan medical and astro.system.
- **Objectives of the project:** To properly communicate and address the problems of patients in a more satisfactory level.
- To enhance the educational level of the Doctors.
- To provide an additional technique or tool for the doctors in treatment of different ailments.
- To provide a platform for self development and determination in performing a particular task.
- 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:** Arrangement of necessary human resources, lodging rooms, teaching aids and other supporting facilities for such training for a period of 12 months or a year.
- **Final Beneficiaries:** The doctors of Men-Tsee-Khang through the training received from the course.
- Patient will also receive an additional source of treatment that is basically not available for them...
- **Estimated Result:** Immediate increase in number of doctors who received training in acupuncture, Buddhist philosophy, and English and Chinese language skill by 20.
- **Duration of project:** 12 month or 1 year.
- **location of the action :** Chauntra Men-Tsee-Khang, Himachal Pradesh, (HP) India
- **Budget for the Project:**

S.No	Particular	Amount
1	Rent 2500x9(Rooms)x12 Months	270,000.00
2	Fooding 85 Per day x 25 ppl x 30days x12 month	765,000.00
3	Honorarium for teaching faculties 10,000x4x12	480,000.00
4	Others	380,250.00
	Total	1,895,250.00

- **INR:** 1,895,250.00/ **USD:** 27,871.00/**EUR:** 21,294.00 Exchange Rates as on 4th September, 2013.

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Project No: M-03 (Expanded)

Training for doctors of Men-Tsee-Khang, (Tibetan Medical & Astro. Institute of H.H. the Dalai Lama)

SUMMARY OF ACTION

Title of the action:	Training for doctors and Medical Astrologers of Men-Tsee-Khang, (Tibetan Medical & Astro. Institute of H.H. the Dalai Lama)
Location of the action:	Chauntra, Men-Tsee-Khang, Himachal Pradesh, India.
Total duration of the action (months):	12 months or 1 year
Budget	<ul style="list-style-type: none"> • INR: 1,895,250.00 • USD: 27,871.00 • EUR: 21,294.00 Exchange Rates as on 4th September, 2013. • 1USD = 68 INR 1EUR = 89 INR
Objectives of the action	<p>Overall objective: To</p> <p>Specific objectives:</p> <ul style="list-style-type: none"> • To properly communicate and address the problems of patients in a more satisfactory level. • To enhance the educational level of the doctors. • To provide a platform for self development and determination in performing a particular task. • To provide an additional technique or tool for the doctors in treatment of different ailments. • 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"> • Doctors of Men-Tsee-Khang
Final beneficiaries	<ul style="list-style-type: none"> • Tibetan Community in exile through its cultural preservation, economic contribution, healthcare service, social welfare programs. • Doctors of Men-Tsee-Khang through the training received from the course in language skill, Buddhist philosophy and Acupuncture. • Patient through the additional source of treatment available for certain diseases where medicinal effects are not imminent. • International community through health care services provided by the traditional Tibetan doctors.
Estimated results	<ul style="list-style-type: none"> • Immediate increase in number of doctors who received training in acupuncture, Buddhist philosophy, and English and Chinese language skill by 20.
Main activities	<ul style="list-style-type: none"> • Arrangement of necessary human resources, lodging rooms, teaching aids and other supporting facilities for such training for a period of 12 months. • Procurement of Medical Equipments for Acupuncture training.

DESCRIPTION OF THE ACTION

Background to the preparation of the action

The vision of Men-Tsee-Khang is to improve the lives of people through 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 Organisations.

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, 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.”

Many of our doctors working in our branch clinics in India are lacking essential foreign language skills such as English and Chinese and other necessary skill such as Accupuncture, which is an essential technique needed for every traditional physicians for treatment of different ailments. Men-Tsee-Khang is looking forward to provide necessary training for almost 20 doctors of Men-Tsee-Khang in language skill, acupuncture and Buddhist Philosophy for a year. These trainings will help our doctors in such a way that they can communicate and address the problems of the clients up to the satisfaction of them.

Every year our doctors, medical astrologers and administrative staff frequently tours USA, Europe and Asian countries to provide traditional Tibetan medical and astrological services. The service includes, health consultation, lectures on Traditional Tibetan medicine & astrology, astro.consultation and supply of herbal products as an out-reach program of Men-Tsee-Khang. Such out-reach program is aimed to promote and preserve the rich tradition of Tibetan Medicine and Astrology. Hence our doctors should receive training in language and acupuncture skill to perform up to the satisfaction of the clients and to the standard mark.

We prefer volunteers to teach languages (English and Chinese) to our doctors and in turn we provide free accommodation and nominal meal from our staff and student’s mess.

Objectives of the action

- To properly communicate and address the problems of patients in a more satisfactory level.
- To enhance the educational level of the Doctors.
- To provide an additional technique or tool for the doctors in treatment of different ailments.
- To provide a platform for self development and determination in performing a particular task.
- 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 Chauntra, Men-Tsee-Khang, Chauntra Tibetan Settlement, Himachal Pradesh, India. It will include arrangement of necessary human resources, lodging rooms, teaching aids, medical equipments and other supporting facilities for such training for a period of 12 months or a year.

The expected outcome of the action will be an immediate increase in number of doctors who received training in acupuncture, Buddhist philosophy, and English and Chinese language skill by 20.

Time Frame

The primary time consideration will be the procurement of necessary equipments and arrangement of necessary lodging places and training for the doctors in acupuncture, Buddhist philosophy and language skills in Chinese and English

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.” Each year our healthcare service through our medical camp in India and out-reach programs in abroad benefitted thousands and thousands of people in this world and will continue to do so in the future also.

Thus such training for our traditional doctors is most needed to expand their capabilities to reach out more patients and to alleviate them from their sufferings.

The Doctors

As many as 20 doctors of Men-Tsee-Khang will be benefitted from the program and they will be acquainted with additional language skills and techniques of acupuncture to assist them in treatment.

Patients:

The consistent increase in the number of patients who were seeking treatment from our 54 national branch clinics through in India and the demands for health care products is on rise. From this training, the patients will also receive an additional source of treatment (acupuncture) from the trained doctors that is basically not available for them.

Budget for the project

S.No	Particular	Detail Expenses	Amount
1	Honorarium for teaching faculties	10,000x4x12	480,000.00
2	TA/DA for supporting faculties and staff	10,000x5 ppl	50,000.00
3	Rent	2500x9(Rooms)x12 Months	270,000.00
4	Fooding	85 Per day x 25 ppl x 30days x12 month	765,000.00
5	Participant's DA & TA	10,000x20 ppl	200,000.00
6	Printing /Stationeries	Printing Expenses/Stationeries 2000x20 (ppl) participants	40,000.00
	Total Amount		1,805,000.00
7	Contingencies@5%		90,250.00
	Grand Total Amount in INR		1,895,250.00
	Grand Total Amount in USD		27,871.00
	Grand Total Amount in EUR		21,294.00

Exchange rate as on 4th September, 2013 1USD = 68 INR 1EUR = 89 INR

Time line for the project.

S.No	Particular	M 1	M 2	M 3	M 4	M 5	M 6	M 7	M 8	M 9	M 10	M 11	M 12
1	Morning English, Buddhist philosophy Afternoon Acupuncture, Chinese language	do	do										
2	Morning English, Buddhist philosophy Afternoon Acupuncture, Chinese language			do	do								
3	Morning English, Buddhist philosophy Afternoon Acupuncture, Chinese language					do	do						
4	Morning English, Buddhist philosophy Afternoon Acupuncture, Chinese language							do	do				
5	Morning English, Buddhist philosophy Afternoon Acupuncture, Chinese language									do	do		
6	Morning English, Buddhist philosophy Afternoon Acupuncture, Chinese language											do	do

NOTE: M STANDS FOR MONTH

PLACES TO BE COVERED: 9 i.e. BILASA, GOYUL, KAKSHUNG, HANGLEY, NYIMA, SUMDHO, KHARNAK, SAMEH AND CHUMUR

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