



Project No: M-05 (Executive Summary)

Intensive Training in Cultivation of Medicinal Plant for Tibetan Youth by Men-Tsee-Khang (Tibetan Medical & Astro. Institute of His Holiness the Dalai Lama)

The vision of Men-Tsee-Khang is to improve the lives of 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. Men-Tsee-Khang in its endeavor of 54 years in India has produced 287 Physicians and 52 Astro-Science Practitioners from its headquarters in Dharamsala, delivering 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 and social welfare programs. Our 55 dedicated branch clinics deliver low-cost traditional healthcare to over 600,000 people in local communities throughout India every year. In our commitment to the vulnerable and disadvantaged, we provide free health consultations and medicines to those most in need. Our headquarters house various academic departments developed to preserve and promote Tibetan Medicine and Astro. Science, 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.

ABOUT THE PROJECT.

Men-Tsee-Khang has initiated its cultivation of medicinal plant or herbal gardening in 2001 at several locations in India such as Ladakh, Chauntra, Sonada and Dharamsala. Though our growers have carried out the cultivation trait till now but still they are lacking essential techniques and skills in mass cultivation and nursing of the medicinal herb or plant up to the standard potency. It is extremely important to impart necessary skill and technique of mass cultivation of medicinal plant and such skill can be provided by experts available in our institute. Our doctors from Materia Medica Department (MMD), Men-Tsee-Khang will provide the necessary trainings in mass cultivation, nursing of the medicinal plant or herb up to the standard potency to 10 of our cultivators over a period of ten months and later they will be send to visit other reputed institute of cultivation for a period of two months for training and to equipped with all necessary techniques to carry out the cultivation of medicinal plant in a more professional manner. Thus, intensive training in cultivation of medicinal plant for the cultivators of our institute is must to enhance production capacity of our herbal supplies to the international community.

Our doctors from Materia Medica department will provide the necessary training in mass cultivation, nursing of the medicinal plant up to the standard potency to 10 of our cultivators over a period of ten months and later they will be send to visit other institute for a period of two months at Dehradun and palampur, to further equipped with required techniques to carry out the cultivation of medicinal plant in a more professional manner.

Thus, intensive training in cultivation of medicinal plant for the cultivators of our institute is must in order to enhance production capacity of our herbal supplies to the international community.

- **Gaol of the project:** To Preserve and Promote Traditional system of Tibetan medicine and Astro. Science.

- **Objectives of the project:** To provide an on the job training in medicinal plant cultivation in order to enhance the skills and techniques of the medicinal plant or herb growers of Men-Tsee-Khang.
- To provide a platform for self development and determination in medicinal plant cultivation in a more professional way.
- **Main Activities:** Arrangement of necessary technical personnel, training-aids and other supporting facilities for the training.
- **Final Beneficiaries:** Tibetan Community in exile through its cultural preservation, economic contribution, healthcare service, social welfare programs.
- International community through increased herbal supplies for patients from our Production Unit at Men-Tsee-Khang.
- **Estimated Result:** Immediate increase in number of trained herbs growers by ten.
- **Duration of the project:** 12 month or 1 year.
- **Location of the action:** Chauntra MTK and 1-2 other institute of cultivation at Dehradun and Palampur.

- **Budget for the Project:**

S. NO	Particular	Rate	No of Month	Qty	Amount
1.	Stationeries	100.00	-	15	1,500.00
2..	Room Rent @ chauntra per month	2,500.00	10	4	100,000.00
3.	Fooding	2,550.00	10	13	331,500.00
	Honorarium for Chief Teaching faculty	29,784.00	10	1	279,839.00
4.	Honorarium for Teaching Faculties	27,970.00	10	1	279,700.00
5.	TA (Dharamsala to Chaauntra)	2,000.00	-	2	4,000.00
6.	DA for Teaching faculties	10,500.00	1	2	21,000.00
7.	DA for Supporting Staff	7500.00	1	1	7,500.00
8.	Honorarium for Supporting Staff.	17,000.00	10	1	170,000.00
9.	Stipend for Participants	10,000.00	10	12	1,200,000.00
10.	TA for participant to visit other institute for training.	1,250.00	2	12	30,000.00
11.	DA to visit other institute of cultivation	7,500.00	2	12	180,000.00
12.	Room Rent at other institute for training	3,000.00	2	5	30,000.00
13.	Expert fee at other institute for training	20,000.00	2	1	40,000.00
14.	Total Amount in INR				2,675,039.00
	Contingencies@5%				133,752.00
	Grand Total Amount in INR				2,808,791.00
	Grand Total Amount in USD				42,092.00
	Grand Total Amount in EURO				37,596.00

Exchange Rate as on 08th Sept, 2015. 1 USD = 66.73 INR, 1 EUR = 74.71 INR

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Project No: M-05 (Expanded)

Intensive Training in Cultivation of Medicinal Plant for Tibetan youths by Men-Tsee-Khang (Tibetan Medical & Astro. Institute of His Holiness the Dalai Lama)

SUMMARY OF ACTION

Title of the action:	Intensive Training in Cultivation of Medicinal Plant for Tibetan youth by Men-Tsee-Khang (Tibetan Medical & Astro. Institute of His Holiness the Dalai Lama)
Location of the action:	Chauntra MTK and 1-2 other institute of cultivation at Dehradun and palampur.
Total duration of the action (months):	12 months or 1 year
Budget	<ul style="list-style-type: none"> • INR: 2,808,791.00, USD:42,092.00,EUR:37,596.00 • Exchange Rate as on 08th Sept, 2015. 1 USD = 66.73 INR, 1 EUR = 74.71 INR
Objectives of the action	<p>Overall objective: To</p> <p>Specific objectives:</p> <ul style="list-style-type: none"> • To provide an on the job training in medicinal plant cultivation in order to enhance the skills and techniques of the medicinal plant cultivators of Men-Tsee-Khang. • To provide a platform for self development and determination in medicinal plant cultivation in a more professional way. • To contribute to the economic growth of the Tibetan community through increased employment, social welfare programs and ongoing contributions to other Tibetan Organizations • 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"> • Medicinal plant cultivators 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 • International community through increased production capacity in the long run.
Estimated results	<ul style="list-style-type: none"> • Immediate increase in number of trained medicinal plant cultivators by ten.
Main activities	<ul style="list-style-type: none"> • Arrangement of necessary Technical Personnel (experts in medicinal plant cultivation), seedlings, transportation, training-aid and other supporting facilities for such 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 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. Men-Tsee-Khang in its endeavor of 54 years in India has produced 287 Physicians and 52 Astro-Science Practitioners from its headquarters in Dharamsala, delivering 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 and social welfare programs. Our 55 dedicated branch clinics deliver low-cost traditional healthcare to over 600,000 people in local communities throughout India every year. In our commitment to the vulnerable and disadvantaged, we provide free health consultations and medicines to those most in need. Our headquarters house various academic departments developed to preserve and promote Tibetan Medicine and Astro. Science, 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."

As time goes on, society changes with rapid advancement in science and technology. Industrial revolution and modern science has brought materialistic advancement in the life of the common people to a certain extent by exploiting natural resources that are not exploited for millions of years. Though, the industrial revolution has brought many changes in our life, it has also brought great impact to our environment such as global warming through mass deforestation, industrial effluents being discharged in the air, soil, water bodies and our life have never been better. Environmentalist and right groups in the wake of mass deforestation and global warming, encourages the cultivation of trees and plants from every nook and corner of the world. It is also an essential part and parcel of our life to preserve and protect our environment for many future generations to come. The preservation and cultivation of medicinal plant will help us to preserve our rich medical values at one side and environmental conservation at the other. Men-Tsee-Khang has initiated herbal cultivation or gardening in several locations in India such as Ladakh, Chaurtra, Sonada and Dharamsala since 2001 onwards. Though our growers have carried out the cultivation trait but still they are lacking essential techniques and skills in mass cultivation and nursing of the medicinal plant up to the standard potency. It is extremely important to impart necessary skills and techniques for mass cultivation of medicinal plant for cultivators and such training can be provided by expert available in our institute.

Our doctors from Materia Medica department will provide the necessary training in mass cultivation, nursing of the medicinal plant up to the standard potency to 10 of our cultivators over a period of ten months and later they will be send to visit other institute for a period of two months at Dehradun and palampur, to further equipped with required techniques to carry out the cultivation of medicinal plant in a more professional manner.

Thus, intensive training in cultivation of medicinal plant for the cultivators of our institute is must to enhance production capacity of our herbal supplies to the international community.

Objectives of the action

- To provide an on the job training in medicinal plant cultivation in order to enhance the skills and techniques of the medicinal plant cultivators of Men-Tsee-Khang.
- To provide a platform for self development and determination in medicinal plant cultivation in a more professional way.
- To contribute to the economic growth of the Tibetan community through increased employment, social welfare programs and ongoing contributions to other Tibetan Organizations
- 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

Project Activities and Output.

The project will be undertaken in Chauntra, Dehradun and Palampur India. It will include arrangement of technical personnel (expert in medicinal plant and herb cultivation), seedlings, transportation, training-aids 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 trained medicinal plant growers by ten.

Time Frame

The primary time consideration will be the arrangement of technical personnel (experts in medicinal plant), seedling, transportation, training-aid and other supporting facilities for such training.

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 services through our national clinics in India and out-reach programs in abroad benefitted thousands of people in this world. In wee hours of demand for traditional Tibetan

remedies, it is must for us to extend our herbal gardening practices and reduces rely on environment for medicinal plant.

The Herb Growers:

The consistent increase in the number of patients who were seeking treatment from our 55 national branch clinics in India and demands for health care products from private sectors is on the rising note. The more needs of herbs to fulfill the demands from our national clinics, private sectors and individuals will ultimately benefits the herb growers and their family in the long run.

The Private Sector:

The local Private Sector has consistently expressed interest in procuring products through Men-Tsee-Khang. This group includes Private Tibetan Medical Practitioners both nationally (of which nearly 80 have registered their interest in Men-Tsee-Khang supply) and throughout 55 countries internationally.

Budget for the project

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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: Identification of Tibetan Medicinal plants, importance of Seven Essential Limbs of Tibetan Medicine. Afternoon: Studies of significance of ecology balance and its consequents of Trans-Himalaya regions.	d o	d o										
2	Morning: The studies of Trans-Himalayan belt and its environments, the studies of pastoral-land of Trans-Himalaya and it's in habitants. Afternoon: The studies of the Tibetan Medicine and its conservation.			d o	d o								
3	Morning: Studies of the endangered medicinal plants and how to conserve it. Afternoon: How to cultivate and conserve Endangered Medicinal Plants through In-situ and Ex-situ.					d o	d o						
4	Morning: The studies of medicinal plants that is unique to tibetan medicine. Afternoon: The studies of nursery managements and its networking.							d o	d o				
5	Morning: The studies of the rare and needed medicinal in Tibetan medicine and its propagation and management while in the nursery. Afternoon: The studies of how to conserve the endangered plant in the initial format Acupuncture, Chinese language									d o	do		
6	Morning: The studies of how to store the seeds in cold frame and its viability. Afternoon: The studies of how to transplant or transfer the medicinal plants from the nursery to fields in which favorable seasons.											do	do

NOTE: M STAND FOR MONTH**CONTACTS:**

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