

VIDYADHARA HEALING CENTRE (VHC)

A new clinic at Dzogchen Monastery, Dhondenling, South India

Introduction:

Dhondenling Refugee Settlement was established in 1974 within Karnataka State, Southern India as the home for one of thirty exiled Tibetan Communities. Being one of the largest settlements, 3000 acres in size and the most remote, the settlement is continuously challenged in meeting the daily needs of its people, particularly in the areas of healthcare and education. The precious Tibetan cultural heritage is also threatened.

With scarce medical facilities and medical professionals the needs of the **5,500** (officially) – **7000** (unofficial count) **refugees** are truly not met.

It has therefore been the wish of **His Eminence Dzogchen Rinpoche**, president of the **Dzogchen Shri Senha Charitable Society (DSSCS)** which has planned and managed many charitable projects in the settlement in the past, to establish a clinic within Dzogchen Monastery, which will offer **western medicine practiced by general practitioners and dentists, with the assistance of nurses**, as well as treatment from **visiting specialist such as pediatricians**. As in other Vidyadhara healing projects, this will be **complemented by** short or long-term volunteers offering **holistic medicine such as acupuncture, homeopathy and osteopathy**. It will thus provide comprehensive health care to both the Tibetan and Indian Communities.

In the longer term, the clinic will be staffed by a doctor and nurses from the settlement who have been training on scholarships, supported by visiting short – or long-term voluntary medical professionals / specialists. It is also planned to train a student from the settlement in dentistry to take over the dental unit of the clinic.

The project and the ongoing management of the clinic shall be planned and run by **Tara Health Section of the DSSCS**. A **VHC manager** will have a central role: He or she will be in charge of running the clinic, reordering supplies, selecting and training health representatives in each of the 22 villages and will be the contact person for the international health coordinator.

The clinic:

In a large G.P. **treatment and examination** room (25 m²) patients presenting with **emergencies and acute illnesses** such as chest pain, acute asthma attacks, infections, wounds and cuts requiring suturing, sprains, fractures and dislocations **and ongoing medical conditions found in general practice** will be cared for. There will be an **ECG** and a **small laboratory** in order to examine essential blood and urine parameters. In the longer term, there is the additional option to provide **ultrasound** scans in this room if the budget allows purchase of an ultrasound machine and if staff with experience in ultrasound diagnosis is available. The present budget for 2006 does not include this option.

A second **treatment** room (15 m²) will have a **dental unit** complete with **dental X-ray** and **suction**. A small **special equipment room** for sterilizing equipment will be adjacent to it.

The clinic will have a separate **X-ray room** with all the required **X-ray processing facilities/darkroom**, a **pharmacy**, a spacious **reception** (24 m²) with a **patient waiting area**, a **staffroom that can also be used for massage therapy** and **wash rooms/WCs**. Due to limitation in funds, it is planned that the clinic will be built in 2006 first without X-Ray equipment which will then be added in a second phase (except dental X-Ray which will be part of the dental unit from the start).

Budget for Vidyadhara Healing Centre (as planned to be built in 2006)

Summary:

Total Construction	533.473 RS
Total Medical Equipment without X-Ray	527.251 RS
Total Other Fit-Out:	212.300 RS
Budget Grand Total	1.273.024 RS
In Euro (52 RS per €) ca.	24.480 €

Construction:

(quotes including taxes)

Foundation	15.125 RS
Concrete works	94.200 RS
Brick walls	34.000 RS
Plastering	30.400 RS
X-Ray protection walls between X-Ray room and reception, staffroom and pharmacy	80.000 RS
Electric wiring and fittings	35.000 RS
Plumbing	31.250 RS
Aluminium windows and doors	37.500 RS
Metal work	22.500 RS
Lead door between X-Ray room and reception	25.000 RS
Painting	15.000 RS
Tiled Floors and Walls	65.000 RS

Sub-total	484.975 RS
+ 10 % Contingency	48.498 RS
Total Construction	533.473 RS

In Euro (52 RS per €) 10.260 €

Fit-Out:

Medical Equipment (without equipment for dental unit)

(Autoclave will be used by dentist and G.P. together)

X-ray unit (Siemens):	385.000 RS
3 X-ray gowns (5 mm lead), 4.800 RS each	14.400 RS
X-ray partition screen	5.400 RS
Supply of X-ray films	8.000 RS
Single channel ECG machine (6 leads)	28.000 RS
10 rolls of ECG paper (50x30 meters), 65 RS per roll	650 RS
Clamp electrode set:	560 RS
Chest bulb electrodes (set of 6):	540 RS
Hb-meter	25.000 RS
[blood glucose meter is available already]	

Autoclave (European standard) prize in Germany incl. tax: 3440 €	178.880 RS
2 sterilizing boxes (European standard; for sterilizing using cotton cloth); prize in Germany incl. tax: 220 € each	22.880 RS
10 x cloth/pouches for wrapping instruments during sterilization, 25 RS each	250 RS
1 large Oxygen cylinder with flow meter	8.500 RS
10 Oxygen cylinder refills, 170 RS each	1.700 RS
1 mobile operating lamp	6.000 RS
Mobile nebuliser machine	2.000 RS
Portable suction machine	8.400 RS
1 IV stand, stainless steel	1.200 RS
2 wheel frames with removable stretcher, 3.800 RS each	7.600 RS
2 stainless steel metal tables on wheels, 4.200 each	8.400 RS
2 surgeons' stools on wheels, 3.800 RS each	7.600 RS
3 Suturing sets, 3.500 RS each	10.500 RS
Delivery instruments	8.000 RS
Additional surgical instruments:	1.500 RS
Baby scale	10.000 RS

Subtotal	750.960 RS
+ 13,8 % tax (or customs if imported)	103.632 RS
Total	854.592 RS
+ 10 % Contingency	85.459 RS

Total Medical Equipment	940.051 RS
Medical equipment without X-Ray equipment (which would cost 412.800 RS):	527.251 RS

In Euro without X-Ray (52 RS per €)	10.140 €
[In Euro with X-Ray (52 RS per €)	18.078 €

Other Fit-Out:

Computers, printer and telephones for pharmacy and reception	124.000 RS
Furniture	24.000 RS
Generator	45.000 RS

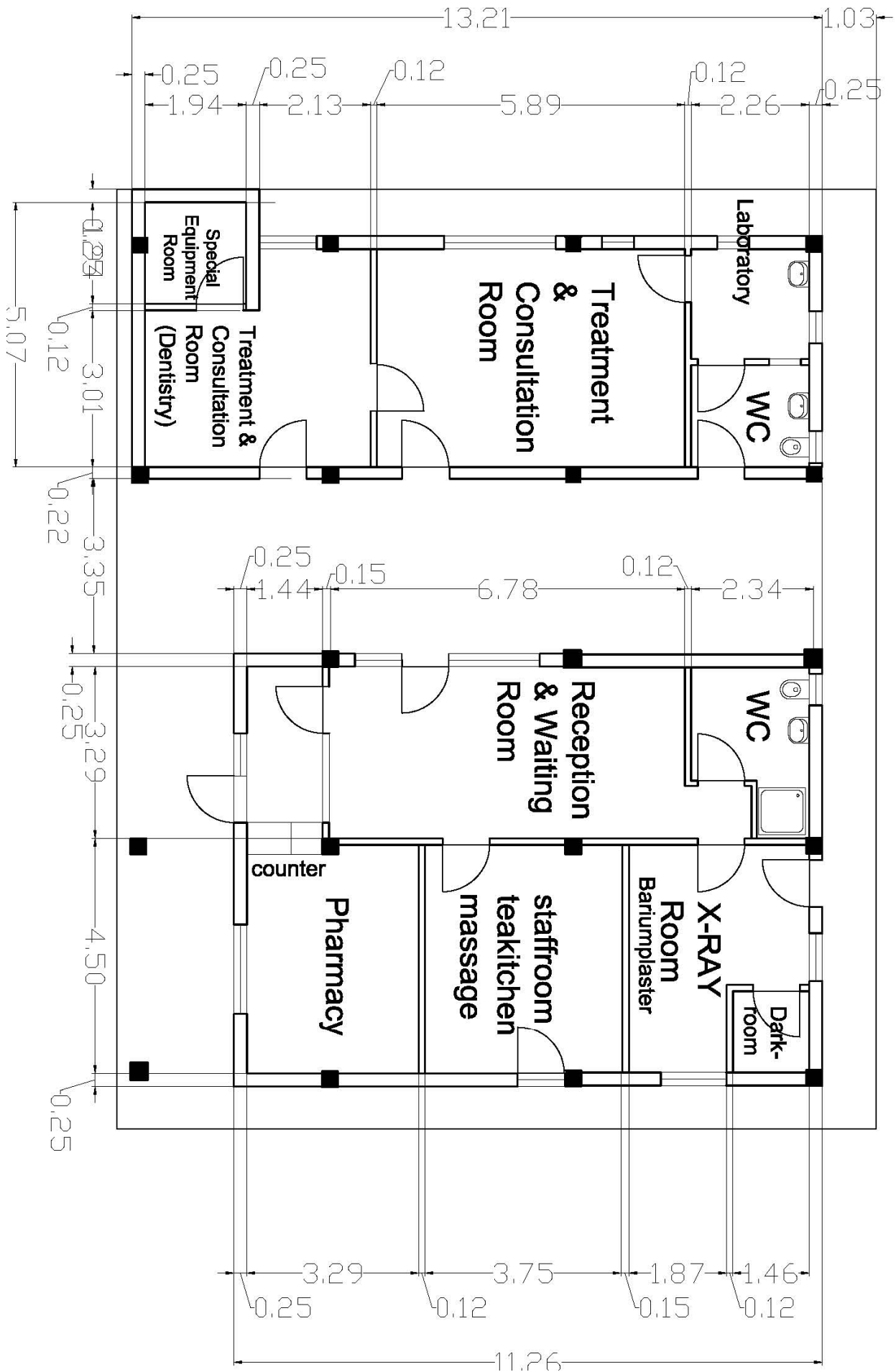
Subtotal	193.000 RS
+ 10 % Contingency	19.300 RS

Total Other Fit-Out:	212.300 RS
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In Euro (52 RS per €)	4.083 €
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Vidyadhara Healing Centre Construction Plan

7/7/2005



Further information about Dzogchen Rinpoche, Dzogchen Monastery and Dhondenling Tibetan Settlement: www.dzogchen.org.in or contact Henriette Müller, MD, E-Mail: healthcare@shenpen.de