

Healthcare Center

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Summary: The Dzongkar Choede Health Clinic was established in 2001 for the welfare of the Sangha, supporting monks in their daily health, hygiene, treatment and access to medical care. It maintains a clean environment, supplies basic hygiene needs, provides minor treatment, arranges hospital referrals in Hunsur and Mysore, and offers health guidance and prevention. Traditionally served by monk staff, the clinic is a practical expression of compassion and mutual responsibility — one of the quiet foundations that allows study, prayer, debate and ritual to continue.

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Healthcare at Dzongkar Choede

At Dzongkar Choede, healthcare is part of the quiet foundation that allows monastic life to continue with dignity, discipline, and care. The monastery's Health Clinic was established in 2001 for the welfare of the Sangha, supporting monks in their daily health, hygiene, treatment, and access to medical care when needed.

The clinic is not only a place for illness. It is a practical expression of responsibility within the monastery: keeping the environment clean, helping monks maintain good health, arranging basic treatment, supporting younger monks with ordinary hygiene needs, and ensuring that those who require outside medical attention are taken for proper care.

In this way, healthcare at Dzongkar Choede forms part of the monastery's wider commitment to education, spiritual practice, daily discipline, and community life. Study, prayer, debate, ritual, and service all depend on the simple but essential conditions of health, cleanliness, and practical support.

Care for the Sangha

The Dzongkar Choede Health Clinic was founded to serve the welfare of the Sangha. Within a monastery, health is not separate from spiritual and educational life. A monk who is ill, without basic hygiene, or without access to timely care cannot fully participate in study, prayer, debate, or ritual practice. The clinic therefore helps sustain the daily rhythm of the monastery.

Daily Welfare and Hygiene

A central part of the clinic's work is daily welfare. The clinic helps maintain a clean environment within and around the monastery. It also supports monks with basic hygiene needs such as toothbrushes, toothpaste, soap, and regular hair cutting for younger monks.

Minor Treatment and Medical Support

The Health Clinic provides minor treatment for monks when they are sick, allowing common health concerns to be addressed quickly within the monastery. Its role includes practical assistance, first-line care, and deciding when outside medical help is needed.

Hospital Referrals

When monks require treatment beyond what can be provided at the monastery clinic, the Health Clinic helps arrange care at outside hospitals. For local medical needs, monks can be taken to a nearby hospital. For more serious treatment, patients may be referred to hospitals in Mysore.

Health Guidance and Prevention

The clinic's work is not limited to treatment after illness occurs. Monks are regularly encouraged to maintain good health, personal hygiene, and awareness of basic wellbeing. Doctors are also invited to give advice and health talks to the Sangha.

Monastic Service and Responsibility

The Health Clinic has traditionally been served by monk staff from within the monastery. Serving in the clinic is a form of practical monastic service, expressing that the Sangha is not only a community of study and prayer, but also a community of mutual responsibility.

Healthcare Within the Wider Settlement

Dzongkar Choede is located in Rabgayling Tibetan Settlement in Gurupura, Hunsur, Karnataka. Healthcare exists in layers: the monastery clinic provides daily care, hygiene support, minor treatment, and referral coordination, while the wider settlement and nearby towns provide additional medical resources.

Supporting the Health Clinic

Support for the clinic helps maintain these essential forms of care. Contributions may assist with hygiene supplies, basic medicines, medical visits, health talks, referral costs, transport, and emergency medical needs.