



Dzongkar Choede Monastery

Healthcare Center

Published on: July 31, 2026 | **By:** Dzongkar Choede Monastery

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.

Tags:

COMMUNITY

HEALTHCARE

MONASTIC LIFE

Read the original page at: <https://dzongplum.netlify.app/en/community/healthcare-center>



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. Its purpose is simple and important: to make sure that monks have access to basic care, health guidance, and support when they are unwell.

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 — including the young monks living and studying in the [school]/(en/community/western-school).

Its work reflects a deeply practical understanding of compassion. Care is given not only in moments of serious illness, but also through ordinary, preventive, and daily support — the theme explored in the pillar of [compassion in practice]/(en/seven-pillars/compassion).

Daily Welfare and Hygiene

A central part of the clinic's work is daily welfare. Healthcare begins with cleanliness, hygiene, and the simple routines that protect health.

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.

These forms of care may seem small, but they are essential. They protect the health of the community, help young monks develop good habits, and preserve the dignity of daily monastic life.

At Dzongkar Choede, ordinary care matters. Clean surroundings, personal hygiene, and regular attention to health are all part of the discipline that supports the Sangha.

Minor Treatment and Medical Support

The Health Clinic provides minor treatment for monks when they are sick. This allows common health concerns to be addressed quickly within the monastery, without unnecessary delay.

The clinic's role includes practical assistance, first-line care, and deciding when outside medical help is needed. In this way, it serves as a bridge between daily monastic life and the wider healthcare system.

For many monks, especially younger members of the monastery, the clinic is the first place where health problems are noticed, discussed, and supported. Its presence ensures that illness is not ignored and that care is organized in a timely way.

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, where more advanced care is available.

This referral support is an important part of the clinic's responsibility. The monastery seeks to make sure that monks who need medical attention receive the appropriate level of care, whether inside the monastery, locally, or at a larger hospital.

Through this system, the Health Clinic connects the monastery's internal care structure with the wider medical facilities of the region.

Health Guidance and Prevention

The clinic's work is not limited to treatment after illness occurs. It also includes prevention and health education.

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.

This preventive approach is especially valuable in a residential monastic community. Good health habits protect not only individuals, but the whole community. Health guidance helps monks understand how daily routines, cleanliness, nutrition, rest, and timely treatment contribute to long-term wellbeing.

In this sense, the clinic supports both physical health and the discipline required for sustained study and practice.

Monastic Service and Responsibility

The Health Clinic has traditionally been served by monk staff from within the monastery. This reflects the monastery's own sense of responsibility for the welfare of its Sangha.

Serving in the clinic is a form of practical monastic service. It requires care, attention, reliability, and a willingness to help others in ordinary but meaningful ways.

The clinic therefore expresses an important aspect of monastic life: the Sangha is not only a community of study and prayer, but also a community of mutual responsibility. Monks care for one another so that the life of the monastery can continue in a healthy and disciplined way.

Healthcare Within the Wider Settlement

Dzongkar Choede is located in Rabgayling Tibetan Settlement in Gurupura, Hunsur, Karnataka. The monastery is part of a wider Tibetan settlement environment that includes other institutions and community facilities.

Healthcare for the monastery therefore exists in layers. The monastery clinic provides

daily care, hygiene support, minor treatment, and referral coordination. The wider settlement and nearby towns provide additional medical resources. For more serious cases, hospitals in Hunsur and Mysore are important referral points.

This layered approach allows the monastery to care for immediate needs while also connecting monks to broader medical services when necessary.

Supporting the Health Clinic

The Dzongkar Choede Health Clinic is part of the quiet practical infrastructure that sustains monastic life. It supports hygiene, minor treatment, health education, referrals, and medical assistance when needed.

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.

By supporting healthcare at Dzongkar Choede, donors help monks focus on what they came to the monastery to do: study, practice, preserve the Dharma, and serve the community. You can [\[support this work\]](#).

Healthcare is not separate from the monastery's spiritual mission. It is one of the foundations that makes that mission possible.