


## PRACTITIONER'S PROFILE

<b>Name</b>	<b>Dr. Namgyal Qusar</b> 
<b>CCTM Registration No.</b>	CCTM/QMP/3069/2006
<b>Postal Address</b>	Qusar Tibetan Healing Centre P.O. Sidhpur, Dharamsala Distt Kangra (H.P.) INDIA
<b>E-Mail</b>	<a href="mailto:qusarheal@yahoo.com">qusarheal@yahoo.com</a>
<b>Phone Number</b>	0091-1892-246356/9816088732
<b>Qualification</b>	Men-Ram-Pa
<b>Brief Bio-Data</b>	<p><b>Post Held:</b></p> <ul style="list-style-type: none"> <li>• Researcher at Research and Development Department of Mentseekhang from 1987-1999.</li> <li>• Deputy Director of Research &amp; Development Department, Mentseekhang 1994-1999</li> <li>• General Secretary of the Central Council of Tibetan Medicine, Dharamsala (2004-2006)</li> <li>• Visiting professor of Tibetan medicine at Norubulingka Academy of Tibetan Culture from 2001.</li> <li>• Founder Director of Qusar Tibetan Healing Centre, P.O.Sidhpur Dharamsala (H.P.)</li> </ul> <p><b>Research activities:</b></p> <p>1988: Survey of Hypertension among Tibetan community in Dharamsala  1989: Research Paper on Preliminary Pilot Study in the treatment of Hypertension.  1994-1995: Project coordinator between Tibetan Austrian joint research project on Tibetan medicinal plants  1997-1998: Designing of study protocol and chief investigator of Clinical Trial of Tibetan Medicine in the treatment of newly diagnosed Non-Insulin Dependent Diabetes Mellitus, Research and Development Department, Dharamsala (H.P.)  2012: Upcoming Research Paper on Traditional Tibetan Medicine Body Weight loss diet for Coronary Artery Diseases and Metabolic Syndrome.  2012: Presentation on Research Methodology and its Importance on Tibetan Medicine during upcoming 2<sup>nd</sup> International Conference on Tibetan Medicine to be held in Dharamsala from 27-29October, 2012.</p> <p><b>Herbal Plant Expedition:</b></p> <p>1983: Srinagar and Ladakh  1982-1987: Rohtang Pass and Marhi in Himachal Pradesh  1991: Siberia and Vladivostok region in Far East part of former USSR  1991: Plant Expedition to nomadic region of Mongolia  1994: to Marhi and Rohtang Pass for Tibetan-Autrian joint research project.  1994: Chamba and Pangi District</p> <p><b>Conferences, Seminars and Workshops Attended:</b></p> <p>1989: International Conference on Biochemistry, Seoul.  1990: Seminar cum Workshop on “Medical Systems with a Holistic Approach”, New Delhi  1997: Conference on Clinical Research on Tibetan Medicine, Dharamsala  1998: International conference on Healing, Berlin, Germany.</p>

1998 1<sup>st</sup> International Conference on Tibetan Medicine, Washington DC

2010: National Conference on Tibetan Medicine, Dharamsala

**Events organized:**

1996: Conference on Clinical Research in Tibetan Medicine, Dharamsala 1997

2004: Workshop on Tibetan Medicine at Central Institute of Higher Tibetan Studies, Sarnath, U.P.

**AYUSH Continued Medical Education Program:**

Resource Person on Management of Diabetes Mellitus, Management of Cancer, future prospect and challenges of Tibetan Medicine and Research methodology and Tibetan Medicine,

**Miami University Study Program:**

Lectures on Tibetan Medicine to Miami University students, USA during fall 2009, 2010 and 2011

**Editorship:**

Mentseekhang News Letter 1994

sMan-rtsis Journal of Men-Tsee-khang, Dharamsala 1994-1996

**Books:**

“Tibetan Medicine and Nutrition”, first published in French by Calmann Levy Publication, Paris and translated into German, Italian and Bulgarian language.

**Translation works in Tibetan Language:**

“Where there is no doctor”, published by Department of Health, Central Tibetan Administration, Dharamsala (H.P.)

“Mental Health Care Manual for Community Health Worker”, published by Department of Health, Central Tibetan Administration, Dharamsala (H.P.)

**New Development and Production:**

Main Initiator and Development of Mentseekhang Sorig Health Products from 1994-1999

**Countries visited for Tibetan Medicine lectures, Seminars and Consultations from 1987 to 2011.**

Norway, Sweden, Denmark, Holland, England, France, Portugal, South Korea, Germany, Switzerland, Austria, Finland, Russia, Belgium, USA, Thailand and Kazakhstan

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