



MEXT

MINISTRY OF EDUCATION,
CULTURE, SPORTS,
SCIENCE AND TECHNOLOGY-JAPAN

SEAMEO-Japan ESD Award

Theme for 2012: Education for Disaster Risk Reduction

Supporting Partners:



Bangkok Office
Asia and Pacific Regional
Bureau for Education



Bank of Tokyo-Mitsubishi UFJ

Submission Form of SEAMEO-Japan ESD Award

The last day for submission of entries: **25 August 2012**

PART I: Details of Your School

1. Name of your school: KM38 Dhamma Centre
2. Full address: Km38 Route13 South, Parkgneum District, Vientiane, Lao PDR.
3. Postcode: 021
4. Country: LAO PDR
5. Telephone number (country code+city code+telephone number): +856 20 22228489, 22211140
6. Fax number (country code+city code+fax number): NIL
7. Name of the Head Master/ Principal/ School Director: Ms.Thongkeo Khamvongsa
8. Name of Teacher Coordinator: Mr.Sinlasone Soumpholphakdy
9. Email address: sinlasone@gmail.com
10. School website (if available): www.laodhammacenter.org
11. Educational level (Such as Kindergarten 1 to Grade/Year 9): Community Education
12. Number of teachers in your school: 13
13. Number of students in your school: average 200 persons/day
14. Please provide the name of teachers and students who were/have been involved in the planning and implementation of this school activity/programme on Education for Disaster Risk Reduction.

Teachers:

- a) Venerable Thongdee
- b) Ms Maikham Sisalath
- c) Ms Phuthavanh Thongsamout
- d) Ms Manila Ratsavong
- e) Ms Viengmone Saipangna
- f) Nun On
- g) Nun Souk
- h) Nun Sone
- i) Nun Mee

- j) Nun Aikeo
- k) Nun La
- l) Nun Thip
- m) Nun Phimpha

Students: various

PART II: Information about the School's Activity/Programme on Education for Disaster Risk Reduction

The information of part II from no.1 to 11 should be no longer than **eight** pages long (A4 type, Arial font, size 11 point). A half to one page A4 of the project summary should be included.

1. Title of the school's activity/programme on Education for Disaster Risk Reduction

How to help one self and the world from catastrophe.

2. Summary of the activity/programme (a half to one page A4)

1. The Dhamma Centre was built to help and to develop the community, to accumulate energy to prevent the disasters in the human body and the world outside.
2. To expand the prevention of diseases and to have spaces for treating the human Bodies for the better health by preventing and eliminating the chemical poisons and other wastes.
3. The main purpose and mutual benefits are for the locals and foreigners to know the real truth of the nature.
4. The overall aim of the Dhamma Centre is particularly to encourage every genders and all ages to know themselves righteously and to appreciate their lives and to sway their thoughts more to the natural environment so that the nature won't punish them.

5. Background information or reasons why the school initiated this activity/programme

1. The Dhamma Centre used to be farms and rice fields which owned by locals of Sangsai Village, Parkgneum District, in the outskirts of Vientiane. It was purchased and later built as the Centre in 2009.
2. Initially, the Principal and the Committee members developed the property as their own residences.
3. Thereafter, the main pavilion for the practice, bungalows for monks and nuns, staff and guest houses, a large kitchen and dining room, public toilets. All the buildings were built within the 5 hectares of land along the perimeters with local standards and low costs. At this moment, the central of the land is mainly gardens, parkings and the main pavilion.
4. The Centre comes as is due to the overall readiness of various parties, authorities, donors and their supports.
5. The Sangha Community is our main supporters.

- 1) Objectives/goals of the activity/programme

All the teachers, staffs and the management are pleased and willing to help anyone to cease one's sufferings, to develop righteousness, to assist one to help oneself and others. Our highest goal is to overcome all the problems.

2) Period of time when this activity/programme was/has been implemented

Our project has been implemented since 2009.

3) Activities (Short-term actions and strategies of implementation of the short-term actions)

The daily programme of practice as follows:

1. Chanting to homage the Lord Buddha, his Teachings and the Sangha Community.
2. Four sessions of practice in the morning, the afternoon and the evening with 2 hours and 30 minutes per session.
3. Insight or full awareness meditations are the Principles of Practice includes standing, walking, sitting and laying down, recollection and homage meditations, physical exercises and waist rotating meditations.
4. Dhamma discourses and how to develop consciousness to being watchful and to have self-control in every situations are the main subject of studies.
5. There are 2 types of general practice as follows:
 - i) Strict training which does not allow one to talk.
 - ii) Normal training is free to talk.
6. Basic activity is to protect the environments and surroundings to better our thoughts and energies.
7. Our true activity is to create good environments until there is full assurance and no further mistakes.

i) Resources used for implementing the activity/programme

Our resources are mainly from the following:

1. Generous founders and the committee members.
2. Donors with mutual understandings and results including those who learned about our achievements and our righteousness.
3. Individuals who are fully committed in helping the community wholeheartedly in the Centre with full their energy and wealth.

ii) Monitoring and evaluation mechanism and results

Our observation and evaluation are based on the achievement of excellent works and good appraisals from the communities.

We have actually received 80% of our goals due to our harmonized environment and good surroundings, food free of chemicals, the training and practicing are intensive and committal with pleasing results.

Having more participants than expected in the period of just over 2 years.
The Centre is capable to help the communities in thousands of people mainly locals and including foreigners.

- iii) List of partners, local government bodies, companies or development agencies who participated in the planning and implementation, including their roles in the activity/programme.

Name of Partners	Roles or contributions
a)	
b)	
c)	
d) NIL	NIL
e)	
f)	
.....	

- iv) Benefits/impacts of the activity/programme to teaches, students and the community

Our activities promote harmony, enhance well being, mutual benefits to everyone inside and outside the Centre and, including teachers, chefs, engineers, guards participants, practitioners etc...

Evaluations are based on the actual and facts, both positive and negative effects between people in general.

There is only positive impact in our Centre!

- v) Plan for sustainability and plan for the future

1. Self-sufficiency is our sustainability.
2. Expenditures must be controlled with efficiency.
3. Keeping life more balanced and acceptable.
4. Funds must be managed with budgets and moderations in order to have sufficiencies, savings to guarantee the future.
5. Must have full co-operations and understandings with concerned parties and individuals for mutual confidence.

Plan for the future:

1. Our immediate projects are schools, health treating and practice facilities and educations for the paralytics, youngsters, monks and novices in 5 sites. Developing funds will be raised by individuals and groups who believe that the above projects are benefited to the communities.
2. Management, operation and expenditures are basics, unsupported by other organizations, members and assistants are mainly volunteers with no salaries. The Centre has not yet called for neither locals nor overseas assistance

excepts our generous donors. We're in a process of establishing the foundation for global recognitions.

- Plans for preventing disasters are mainly the uses of natural energy and its coolness, the wholesomeness and the sacrifice to eliminate the confusions and selfishness.

- vi) List of attachments such as a copy of learning/ teaching materials, samples of student worksheet, manual, etc.

Attachment 1)
Attachment 2)
Attachment 3)
Attachment 4) ... NIL.....
Attachment 5)
Attachment 6)

- vii) Photos related to the activity/programme (The school can provide the related photos as many as you can)



1.Humans are the integrated parts of the world and both the same elements: earth, water, wind and fire.



2.We need harmony, green environment and peaceful surrounding to survive.



3.Who are we? How did we get here and by what means? How did we begin?



4.Where are going? Will we return here again or going somewhere else?



5. Let's build the energy to help our weakling world and ourselves against the disasters.



6. Insight meditation is the answer by practicing seriously and intensively with right guides.



7. Meditation has many positions like standing,



8. Walking, sitting, laying down, rotating waist.



9. Recollecting meditation



10. Hommage meditation.



11. We should live in harmony, loving-kindness and peace.



12. Help those in needs and give sincerely and wholeheartedly.