

# Morality Education Program

(For children, youth and the old age)

I, bhikkhu **Paññāvaro Suy Sovann**, the Director of the Khmer Buddhist Student-Monks' Association in Myanmar and a Buddhist monk born and ordained in Ambavanārāma Monastery called Wat Kraya in Kraya commune, Santuk district, Kampong Thom province, Kingdom of Cambodia, would like to inform all senior monks in general and generous people both in Cambodia and abroad that during my one-month vocation in Cambodia starting from November 3<sup>rd</sup> 2010, I will conduct *a three-day morality education course for children, youth and the old age* in the compound of Wat Ambavanārāma (Wat Kraya).

## ➤ **Vision:**

A wish to see Cambodian Children, Youth, Parents and the Old Age understand the benefits of education, live with rights and freedom, righteous ways of life, non-violence, harmony, peace and happiness with full support from society (provided) without discrimination or exploitation, with health and welfare, with warmth and sufficient opportunity and access to education and a balance between knowledge and social morality.

## ➤ **Mission:**

To promote rights, freedom, dignity, morality education, the righteous way of living, meditation education, and equal opportunities for children, youth, parents, and the old age in their daily lives in order to learn how to live with present moment, non-violence, harmony, peace and happiness in their own family as well as in the modern societies.





## ➤ **Goals:**

For unlimited-standing goals, KSMA will provide the Buddhist monks, novices, children, youth, and the old age as target group with knowledge about morality, spiritual education and development, religions, customs and traditions, rights and freedom and distribute the words of universal teacher for building peace and non-violence to Cambodian family and society. And also to bring the technique of spiritual development for children, youth, and the old age in order to reduce their greed, hatred and delusion which are the root causes of violence in family and society.



To succeed vision, mission and goals as mentioned above, we will run the schedule of the program as the followings:


**Morality Education Short Course for Children**  
**on "Good Children, Good Students"**  
(Friday, November 19<sup>th</sup> 2010)

**Morning**

-  08:00 a.m.      - Children gathering (opening the course)
- Reciting Namu tassa three times
  - Five precepts observing
  - Keep silence (15 minutes)
  - Instructing about how to pay homage to the Buddha and how to pay respect
  - A talk on "Good Children and Parents"
-  09:00 a.m.      - Meditating (15 minutes)
- A talk on "Good Children and Study"
  - A talk on "Value of Study"
  - A talk on "Good Students and Good Teachers"
-  10:00 a.m.      - Questions and Answers
-  11:00 a.m.      - Lunch Breaking

**Afternoon**

-  01:00 p.m.      - A talk on 'How to be good children and good students'
- A talk on 'How to study smarter (Su, Ci, Pu, Li)'
  - Meditating (15 minutes)
  - Relaxing
-  02:00 p.m.      - Reviewing (five precepts in poem)
- Reviewing how to pay homage and respect
  - Poem reciting (I have to do good, to be good children and good students)


 03:00 p.m.

- Questions and Answers
- Distributing notebooks, pencils and pens to children
- Closing the course by reciting "Buddha Jaya Mangala" and "Buddha sasanam ciram titthatu" three times.


**(End the course for children)**

**Morality Education Short Course for Youth  
on "Living with Right Understanding"  
(Saturday, November 20<sup>th</sup> 2010)**


**Morning**

 08:00 a.m.


- Youth gathering (opening the course)
- Reciting Namō Tassa three times
- Five precepts observing
- Guiding how to pay homage to the Buddha and how to pay respect
- Meditating on the breath-in and breath-out (15 minutes)

 09:00 a.m.

- A talk on 'Five Precepts'
- A talk on "Good Parents, Good Citizens"
- A talk on "Right Understanding"
- A talk on "Happy Family Life"
- A talk on "Non-violence"


 10:00 a.m.

- Questions and Answers

 11:00 a.m.

- Lunch Breaking

**Afternoon**

 01:00 p.m.

- A talk on "Duties of Parents"
- A talk on "Sublime Dhammas of Parents"
- A talk on "Forgiveness and Forgettingness"
- Knowing weakness and strongness

- Relaxing (5 minutes)
- 🕒 02:00 p.m. - Meditating (15 minutes)
- A talk on “Responsibility”
- A talk on “How to be good Citizens”
- Conducting good example for Children
- 🕒 03:00 p.m. - Questions and Answers
- 🕒 04:00 - End the Course for Youth by reciting Metta Sutta, Jayamangalagatha

**(End the course for youth)**

**Morality Education Short Course for the Old Age  
on "Living with Present Moment"  
(Sunday, November 21, 2010)**

**Morning:**

- 🕒 07:00 a.m. - The old Laymen & women gathering (Opening the course)
- Pay homage to Triple Gems
- Observing Five & Eight Precepts
- Meditating (15 minutes)
- 🕒 08:00 a.m. - A talk on Morality
- Knowing oneself
- Living with present moment
- Knowing the time
- Meditating on Loving-kindness
- 🕒 09:00 a.m. - Questions & Answers
- 🕒 10:00 a.m. - Inviting 100 monks to accept arm-offering
- 🕒 11:00 a.m. - Lunch Offering

**Afternoon:**

- 🕒 01:00 p.m. - A talk on ‘Buddhist Concept on Kamma’  
 - Living without Problems  
 - Resolution with evil doers  
 - Living with Patience  
 (Time breaking for 10 minutes)
- 🕒 02:00 p.m. - Meditating on Death  
 - A talk on Reflection of Death  
 - A talk on Blind Beliefs  
 - A talk on Middle Way
- 🕒 03:00 p.m. - Questions and Answers
- 🕒 04:00 p.m. - Conclusion a three day-course of Morality Education

*End of Morality Education Program based on Buddhism for Children, Youth, Parents, and the Old Age for B.E. 2554, C.E. 2010 in Wat Kraya.*

**Program Organizing Committee:**

- 1- Bhikkhu **Paññāvaro Suy Sovann**, the director of KSMA and a master student of ITBMU, Yangon, Myanmar together with all Khmer Buddhist student-monks in Myanmar,
- 2- Bhikkhu **Try Kimloun**, a student of Sihanou Rāja Buddhist University, Phnom Penh, Kingdom of Cambodia,
- 3- Bhikkhu **Um Satha**, the former director of KSMA, and also a master student of ITBMU, Yangon, Myanmar,
- 4- Bhikkhu **Muon Vicheth**, a former secretary of KSMA, and a master student of ITBMU, Yangon, Myanmar, and
- 5- Bhikkhu **Sin Kong**, a lecturer of Sihanou Rāja Buddhist University, Battambang Branch.

**Program Cooperating Committee:**

- 1- **The Most Venerable Seang Sok**, the chief monk of Kampong Thom Province, and the Abbot of Wat Indriyasamvara,
- 2- **The Most Venerable Khemakamo Sin Sophorn**, the deputy monk of Kampong Thom Province, and the Abbot of Wat Chinit,

- 3- **Venerable Ly Sa Em**, the Abbot of Wat Ambavanarama (Wat Kraya),
- 4- **Mr. Keo Chheng**, the Chief of Kraya Commune,
- 5- All Chief Villagers and people in Kraya Commune.

I, of behalf of Khmer Buddhist Student-Monks in Myanmar, all Program Organizing Committee, and Program Co-operating Committee, would like to take this great opportunity to inform the Most Venerable Monks, Generous Persons, Nation and International that the Buddhist Morality Education Program for Children, Youth, Parents, and the Old Age, will be successfully achieved with the generous support and donations from the Most Venerable Monks, Excellencies, Lady and Gentlemen, National and International.

Therefore, I, on behalf of Organizing Committee, wish to launch an appeal to the Most Venerable Monks, Generous Persons, National and International for kind Support and donation to Buddhist Morality Education Program for the benefits of Buddhism and Society Development and Human Resource Exploration in Kingdom of Cambodia. I do expect that the Most Venerable Monks, Excellencies, Ladies and Gentlemen, and all Generous Persons, Nation and International, out of Compassion and Loving-kindness, will kindly support and donate to this Morality Education Program as much as possible.

**Contact Address:(In Myanmar)**

**Venerable Pannavaro Suy Sovann (Cambodian Monk)**

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**Note:**

I will arrive Cambodia on Wednesday, 3<sup>rd</sup> November 2010, so, dear most venerable monks, Excellencies, Ladies and Gentlemen, generous persons, National and International can contact me with phone number above started from Wednesday evening at 5 or 6 o'clock.

*For more information or if you still have doubts about Program, please send me email.*

*Things will be spent on:*

- **Meals and Soft Drinks for Venerable Monks, children, youth, the old age and all participants during three day-courses.**
- **Notebooks, pens, pencils, and other study-materials for students from 5 elementary schools and one high school.**

HELP WAT KRAYA TO ACHIEVE THIS PROGRAM, HELP YOUR PEOPLE TO LIVE WITH  
HARMONY, PEACE AND HAPPINESS!

HELP WAT KRAYA TO SUCCEED THIS IMPORTANT PROGRAM, HELP YOUNG  
GENERATIONS TO LIVE WITH THE LIGHT OF DHAMMA!

IF NOT NOW, WHEN?  
THANK YOU SO MUCH FOR YOUR KIND CONSIDERATION!  
WITH METTA

Bhikkhu **Paññāvaro Suy Sovann**

ITBMU, Yangon, Myanmar

October 17, 2010