



# Newsletter ~ Vallabh Vidya Mandir ~



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## An Expression...

*Friendship is the inexpressible comfort of feeling safe with a person having neither to weigh thoughts nor measure words, but pouring all right out just as they are, chaff and grain together - certain that a faithful friendly hand will take and sift them, keep what is worth keeping and, with a breath of comfort, blow the rest away.*

(Source: *A Life for a Life*)

A British newspaper once offered a prize for the best definition of a friend. There were thousands of entries. The winning definition read: "A friend is the one who comes in when the whole world has gone out."

Friends are important at all ages. Humans are social beings and each one wants to be a special friend. The magic of friendship has many positive social, emotional and physical results. In one nationwide study from University of North Carolina, 91% of people over 65 with close friends said that they see their friends almost everyday. This is only, slightly lower than the 94% of adolescents

who try to see their friends everyday.

Friendship takes a new role when a child starts identifying him or herself with their peers. By the time a child gets to about 11 or 12, we know from our own experiences and various studies that their friends (the peers), take over in the "training and raising". This is true however relationships with parents determine, in large measure, our longer-term preferences, attitudes and values. During adolescence, it is often the relationships with friends that cause most concern and pre-occupy the thoughts of young people as they grow up.

Peers provide an opportunity for teens to meet their needs, to feel capable, to belong, to be respected, and to have fun. While young people often experience these needs being met within the family, the peer group provides unique and different opportunities. The peer group encourages autonomy, mutuality, and experimentation with self guided roles. While many families assist teens to find out who they really are and to help teens feel proud

and confident of their unique traits, backgrounds, and abilities - the peer group may often be more accepting of the feelings, thoughts, and actions associated with this search for self- *identity*. Peers can have a positive influence and sometimes a negative influence on age group.

## VVM Annual Show...

Please show your support to our children.

The show will be held on

**April 21<sup>st</sup>**

Saturday (3 – 5 pm)

Vallabh Hall

The difference between good peer pressure and bad peer pressure can be summed up with a simple comparison - **when it is good, you are a member of the crowd; when it is bad, you are part of a mob.** Although there is a common perception that "peer pressure" is the reason for many negative behaviors of adolescents, in reality, peers are necessary and crucial in helping adolescents make successful transitions. Peers can and do act as positive role models. Peers can and do demonstrate appropriate social



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behaviors. Peers often listen to, accept, and understand the frustrations, challenges, and concerns associated with being a teenager.

Some people give in to peer pressure because they want to be liked, to fit in, or because they worry that other people may make fun of them if they don't go along with the group. Others may go along because they are curious to try something new that others are doing. The idea that "everyone's doing it" may influence some kids to leave their better judgment, or their common sense, behind.

Parents have a role in helping their teen develop healthy social friendship. The first is to remain close to your adolescent. Probably the most important thing a parent can do is to keep a strong bond with their teen through the teen years. A close relationship with parents is the best insurance that the young person will choose friends, which parents like. It also helps the teen resist negative peer pressure. Even if they say otherwise, these young adults want and need the security that parents are there for them.

Parents often believe that their children do not value their opinions. In reality, studies suggest that parents have tremendous influence over their children, especially teenagers. No matter the age of their children, parents and caregivers should never feel helpless about countering the negative effects of peer pressure. Here's what parents and caregivers can do:

- **Teach young people how to refuse offers for cigarettes, alcohol and drugs.**
- **Talk to young people about how to avoid undesirable situations or people who break the rules.**
- **Remind children that there is strength in numbers.**
- **Let young people know that it is okay to seek an adult's advice.**
- **Nurture strong self-esteem.**

*Phalguni Kikani*

## Special Thanks

Dr. Manish Dhutia  
For a successful seminar on

**"Ortho & Dental Care"**

## Free Seminar...

*Course Selections & Graduating Requirements*

*For*

***Middle & High School***  
***(April 15<sup>th</sup> 10 AM)***

*By*

**Ms. Anuradha Nigam**  
**Counselor, Fort Bend ISD**

## Kids Corner...

VVM - Indian history teacher, *Ms. Mona Mehta* had given her students an assignment on Peer Pressure. Here is what two kids had to say:

Utsav Baxi wrote: "There are many ways to stand up to pressure. Some examples are just say NO, avoid the scene, give a reason, stand up to pressure, give an alternative, leave the scene. If you say no, your friends will probably follow. If your friends don't follow and they make fun of you then you don't want them as friends. Always remember you are who you are and no one can change that!"

Nevel Shah said: "Choosing the right peer pressure is important.



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Ways to choose which ones is good peer pressure are to think if this could help me now, in the present, or later, in the future. If it can improve a personality trait about myself, or if it makes me a better person.”

## Important....

**Parents !** – Pls Cooperate with Teachers for extra practices and costumes in preparation for the VVM Show.

## March Goes On...

End of another academic year for Vallabh Vidya Mandir is near. At Diwali time we started our drive to raise \$60,000 for complete playground. To date we have raised almost \$50,000. We are so near our goal and yet it seems so far. I once again appeal to all the parents, teachers and the staff members to consider contributing if you have not done so already. I

am embarrassed to badger you with repeated appeals but those who have contributed are convinced of the necessity of the playground and would appreciate if you will stand by them and help push the drive to conclusion. If we do this before our academic year is over, we will inaugurate it when we start our third academic year.

Please give this a serious consideration. Our children and grand children will appreciate it. It is not to pamper them. It is to bring them closer to the temple, which will benefit us all in the long run.

If anyone of the readers wants to be a part of the playground selection team, please contact me at 832-603-1850 or e-mail me at [ssp1940@gmail.com](mailto:ssp1940@gmail.com). You will be contacted shortly for your input.

*Sureshbhai Patel*

## VVM Youth Group...

### Meeting

April 13<sup>th</sup>, Friday  
At  
7 PM

## ...VVM Classes

Last Day of Classes

**May 20<sup>th</sup>, 2007**

Summer Schedule will be out soon

## Free Seminar...

*K-1/3 Visas, Family Based  
Petitions and Citizenship*

By

**DR. PRAVEENA SINGH-KAW**

PhD., MBA, MA, JD

**(May 6<sup>th</sup>, 10 AM)**