



Newsletter ~ Vallabh Vidya Mandir ~



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Volume Number 5

Issue Number 6

Date: Sept 2009

An Expression...

Long summer days, the backyard picnics and barbecues, trips to India and faraway places, weddings and graduation parties, visits to the pool and beaches, sand between the toes and meals full of fresh mangos, peaches and melons....Those lazy afternoons are over!!

Fall is here - back to school, routine life and the crispness in the air – all tell us that it is time to get grounded. With both parents working, or stay home mom's being pulled in many directions with volunteer work, keeping daily routine in a family is a hard task.

"Let's go! Let's go! Come on ... you're going to miss the bus! I don't know where your favorite jeans are; it's not my responsibility. What do you mean you still have homework? Did you brush your teeth yet? Let's go! I'm leaving... NOW!"

I am sure this sounds familiar to you. Many of the families with school going children can relate to this. But, there is a way out and methods available to avoid such

stress. If a household has a smooth bedtime routine they will have a stress free morning and will start their day in a pleasant way. Remember, a routine is something that is followed regularly with standard procedures. Without the consistency you will have an uphill battle.

How consistent your bedtime routine is, will determine how smooth your morning goes. It's important to have routines for bedtime as well as in the morning. In this fast paced world we live in, and with children's developing brains, someone will forget something. I believe if something simple at night can make my mornings go smoother, I'm all for it.

In ancient India, sunrise and dawn are considered to be the most auspicious time of the day. It is called the "*Brahm Muhurat*". This is the time one can energize themselves, get centered and be ready to face the day. Getting up just a few minutes early, can help set a better tone for the day. I firmly believe that the way you start your day determines its outcome and especially the mood or attitude with which you live and

relate. A 15-minute brisk walk, some breathing exercises, a time of silence and prayer can help anyone become energetic. This routine will help you remain calm, alert and positive throughout the day. As a believer it also helps me remember that there is a God in heaven who cares.

For some people, especially those who struggle to relax or to find time for leisure, mostly due to a hectic work schedule, these kinds of rituals or disciplines often sound eccentric and unnecessary, almost like an exclusive and excessive luxury. Others again are so caught up in the fancies and pleasures of society that they merely float along without even knowing or thinking about an alternative style of living.

New School Year

2009-2010 Academic Year
begins on **Sept 13, 2009**

Sunday at 9 AM

**ALL Parents must be present
with their child to meet the
teachers**



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Swami Tejomayananda says "The true art of living is to know how to live beautifully, so that the gift of life becomes a blessing for us and for the world around us. That is called Knowledge.

The sixteenth chapter of the Bhagvad Gita describes twenty-six qualities as the guideline to all who long for perfection .

Shri-bhagavan uvacha :

*"abhayam sattva-samsuddhir
jnana-yoga-vyavasthitih danam
damas cha yajnas cha svadhyayas
tapa arjavam*

*ahimsa satyam akrodhas tyagah
santir apaisunam daya bhutesv
aloluptvam mardavam hrir
acapalam*

*tejah ksama dhrtih saucham
adroho nati-manita bhavanti
sampadam daivim abhijatasya
bharata."*

To respect and to live these twenty-six values completely is to assure ourselves of the right way of living. They are:

Fearlessness	Peacefulness
Purity of heart	Non-deviuousness
Compassion	Charity
Un-covetousness	Gentleness
Sacrifice	Modesty
Study of scriptures	No fickleness
Austerity	Brilliance
Straightforwardness	Forbearance
Harmlessness	Fortitude
Truthfulness	Purity
Absence of anger	Renunciation
Absence of pride	

These transcendental qualities, O son of Bharat, belong to godly men endowed with divine nature."
(Bhagvad Gita – Ch 16:verse 1-3)

Phalguni Kikani

The March is On..

While we are at the threshold of the fifth Year for Vallabh Vidya Mandir there are still some issues needing our attention.

One is the Religion Classes being compulsory at VVM. Granted we are not a religious organization advocating any particular faith. However, we believe the religious education is vital for building a good value system. It teaches our students to recognize right from wrong and helps distinguish bad from good. It also brings a sense of humility and gratefulness and

helps destroy one's arrogance and false pride. If we fail, all else will be worthless. After much thought the classes are designed and have been made age appropriate. The students who join a higher age bracket can have speed lessons to catch up with others in the class. We urge you to review class contents and course objectives posted on VVM bulletin board and we hope you will agree with the administration and support its logic behind this requirement.

Another issue is that of discipline. Class room behavior, treating the fellow students with courtesy, greeting the teachers and staff politely and showing respect for physical property and not damage it, enjoying the mid-morning snack but disposing all the trash in

VVM Picnic

October 3rd 2009, Saturday
11 AM - 4 PM

At
Kitty Hollow Park
9555 Hwy 6 South – Missouri City

For details Call
Pragna Bhalara -
(832) 434-1693
e-mail: bhalara@gmail.com



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receptacle, resetting the furniture in the class, to arrive on time, are all part and parcel of good conduct. Studying books and getting good grades are necessary but without solid foundation of good values and disciplined behavior one will not be worthy of being called a "Former student of VVM"!

Support and understanding of all the parents will be very helpful.

Sureshbhai Patel

Thank You....

A big thanks to all the volunteers who helped during the 2009-2010 VVM registration in various capacities. The volunteers were Hina Gandhi, Abha Shah, Pragna Bhalara, Raveena Bhalara, Krishna Parikh, Hansini Vyas and Nisha Shah. Thanks are also due to our WebMaster Pranav Shah.

Phalguni Kikani

VVM Annual Show.

VVM Annual Show held in May 2009, was a great success. We

heard feedback from students, parents and teachers alike. Thank you for the support and help. Here are a few pictures for you to enjoy.



..No Classes
September 27
&
October 4th
**Navratri & Durga Pooja
Holidays**