

Parenting

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Dr. Dad

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Dear Reader,

We thought of the idea of Dr Dad when I became dad. Even though being a doctor, whenever me and my wife would want to order few things or get the right information on internet, we would end up getting more confused. Hence the concept kept evolving.

We wanted Dr Dad to be purely a product company, but the whole lack of good and quality information on internet, led to the birth of the website www.drdad.in with our focus shifting towards quality content and getting the best content writers on board with us. We needed to make a panel of Paediatricians, OBGYNs, Psychologists and Parents. In Middle of all this, we pushed back our product line and Voila, Dr Dad Is Here.

The next big thing was to start this magazine. When we found out that the people believing what's printed in a publications more than what's just written on a website, we knew it, we have to start a magazine, comprising the best articles and centre around the core issues of Pregnancy, IVF and Parenting. And we did just that.

We made this magazine with lots of love, care and intelligence. We wanted it to be highly interactive and thus we employed few more IT people with us. And now we have one of the leading magazines on parenting and pregnancy in the country.

I really hope that you enjoy this edition of So Parenting and will look forward for more. We want to make this magazine for you. If you feel we are going wrong with anything, please write to us. If you feel you have a suggestion and we should add that thing, write to us. If you just want to say Hi, just write to us.

Write to us on our email address soparenting@drdad.in . We would love to hear from you. We might even feature you in our future editions.



EDITORS NOTE

FOR THE LOVE OF READING



SO PARENTING GLOBAL CONTRIBUTORS



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10 TIPS FOR WOMEN WHO ARE PLANNING FOR PREGNANCY

Hey Ladies! You have already taken the momentous decision for life, i.e., to start your motherhood journey; however, it is very crucial that you know your body and what to do and what not, especially if you are trying to get pregnant. Most people say that only being aware of the menstrual cycle is enough, but it is not so. Through this post, we are going to highlight some tips for women who are planning for pregnancy. So, keep reading.

1. Keep a check on your period cycle:

It is very important that you keep track of the time when your period happens every month. It might be after a fixed number of days or maybe irregular. Depending on this you may also understand when you are ovulating and try to conceive during that period. According to reports, a woman's egg remains fertile till twelve to twenty-four hours, and the sperm of a man can survive for about five days.

2. Ovulation Monitoring:

It is related to the first tip. Generally, the ovulation period happens around 15 days (average) before your periods or after 14 days of starting your periods. Now, this can be easily monitored during a regular menstrual cycle but becomes a bit difficult for an irregular cycle. But don't worry, there are various ovulation kits that you can use to check whether you are ovulating. You can easily find these kits in your nearby pharmacy store. The ovulation kits are used to test a hormone named luteinizing hormone, which generally increases during ovulation. So, after you see the test kit showing a positive result, within two days, you can

start conceiving. Another method is your cervical mucus. When you are ovulating, your mucus tends to be thinner, clearer and its proportion increases. So, by these, you can track your ovulation.

3. Maintain your intercourse routine:

There is often a misconception that having sexual intercourse every day increases your pregnancy chances during the fertility period. The window of fertility is generally five days before ovulation, so if you have your sexual intercourse during alternative days, it is sufficient to conceive.

4. Maintaining body weight:

Too fat or thin makes it difficult to conceive a body. So do ensure that you have a proper body weight in order to conceive. If you are obese or overweight, your body tends to produce an excess amount of estrogen, causing complications in ovulation. Similarly, if you are underweight, it may cause irregularity in your menstrual cycle. So, try and maintain an ideal weight.

5. Prenatal Vitamin:

Most gynecologists recommend that women who are planning to get pregnant should start consuming prenatal vitamins. You can also continue this during your pregnancy days as it helps in proper nourishment and growth. Multivitamins containing folic acid and Vitamin B are extremely important for fertility and help nourish the baby.

6. Nutritious foods:

When you are trying to conceive, it is extremely important that you take proper nutritious food. Your diet should consist of all macro and micronutrients like proteins, carbs, fats, vitamins, iron, and calcium. Try to eat a lot of leafy vegetables and fruits, lean meat, and dairy products. You can also have a lot of citrus fruits which are extremely good for fertility. Try to avoid fishes like mackerel, or high mercury fishes as it reduces the chance of getting pregnant.

7. Balanced Exercising:

Physical exercises and workouts are extremely good for a healthy body. But strenuous exercise or workout sessions can create complications for your ovulation. It is seen that heavy workout affects the menstrual cycle, so if you are trying to conceive try and exercise lightly, that can include yoga, stretching and light freehand exercise.

8. Complications due to age:

Generally, fertility tends to decline after 30 and more so after 40. This means that as your fertility reduces over time, it starts affecting the quality of your eggs. Also, after a certain age, a woman starts to acquire some health problems related to blockage of fallopian tubes, endometriosis which can also contribute to reduced fertility. Hence women who belong to such age bracket may take a longer time to conceive.

9. Smoking and drinking:

These are some habits that you must immediately stop if you are trying to conceive. Chemicals in cigarette-like nicotine and carbon monoxide are very harmful to the body and deplete women's eggs. Even if you are in a smoking environment, you should ask the other family members to curtail it. Similarly drinking alcohol should also be stopped when you are trying to conceive as it can reduce your chances.

10. Check your infertility test:

Before conceiving do check with your doctor and have an infertility test for both yourself and your partner so that you can begin with your pregnancy journey smoothly.



So, these are some tips that you should definitely consider while becoming pregnant. For any complications, always consult your gynecologist.

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When is the
right time
for a second
baby?

Pregnancy can be fun and challenging at the same time. A baby brings joy and happiness into the family. Are you thinking of a second baby? This article will help you decide whether you are ready for another baby or you should wait a little longer.

Make a decision

Before indulging in setting after plans on welcoming a new member into the family, let's first see that, "Are you ready for a second baby?"

The below-listed points will help you consider and confirm your second pregnancy.

Don't assume that if your first baby is calm and composed, your second baby would be the same. Every child is unique. You must prepare yourself for a 360° change in your experience with the second baby. Now, you won't be the mom of only one child there, will be a new one soon. The change will occur in your **family dynamics** and relationships with each other.

The second thing to consider is the **timing** or the age gap you want in your children. Some parents prefer to have children close together so that they can get along well or are in diapers at the same time. Other parents prefer to have a long gap, where the first child is slightly mature to handle his responsibility, and the newborn, which is about to enter. Let's remember one thing that every child is unique, and maybe the newborn turns out to be a little different from your expectations. Therefore, you must prepare for everything in advance. The timing won't be perfect depends on you, how you want to go about it. Yes, when you figure out your choice, you'll create, anyhow.

Don't forget to look into your **finances** before preparing for a second pregnancy. Keep the savings ready. Also, you can use the new stuff you barely touched at the first newborn's arrival. Remember, it's a long way to go, so you must be prepared with the essential things like finances in the list for better caring for your newborn.



Ways You Can Prepare

The listed ways will help you prepare in advance for the fun and madness that'll begin soon.

Make your **first child ready for the arrival** of a newborn. Read the books or play them cartoons defining their role as the big brother or sister in the house. Prepare them for the transitions they're counting on the arrival of their baby sister or brother. Don't plan to shock a newborn without giving them hints of the baby's arrival.

It's time to surround yourself with the people who love and care about you. You can't handle this alone. It is necessary for you to **ask for help** and be with people you know will care for you. Also, divide in the responsibilities for each person in the family so don't choke yourself with chores.

Keep **everything in place** beforehand, from a diaper on every floor to the necessary things, like medicines, frozen food, and other stuff you can require at the time.

Changes You'll Be Part Of

Second pregnancy means you will be countering new challenges and sweet moments. Some changes that you can experience while having a second baby are:

1. Your attention will get divided among your two kids despite trying hard to handle everything with perfection.
2. There might be jealous situations between the two kids, which is quite common because the first one can feel he isn't getting more attention than he used to.
3. You can face fewer sleeping hours because of the two running around and making nuisances over the place. Even your outings will have two kids to handle and focus on.

Changes in experience for the mom-to-be

The second pregnancy can be surprising for the mother because of the changes she will feel.

1. The baby bump will be visible sooner this time.
2. You will feel more tired, can experience more pains and aches.
3. You will feel the baby's movement in the womb early.
4. You will experience more contractions this time than you felt during your first pregnancy.
5. Don't worry, your labor will be shorter this time, but you will feel increased after pains.

Final Words

Plan well. We believe in you that you will handle everything at its best.



Raise your hand if you love falafel! I've gone back into the archives to highlight my all-time favorite homemade falafel recipe. Making falafel at home can be tricky, but this recipe is easy.

Crispy Falafel

INSTRUCTIONS

This homemade falafel recipe is absolutely delicious, and remarkably crispy! Be sure to allow 4 hours soaking time for the chickpeas, preferably overnight. Then, the falafel mixture is super easy to make in a food processor. Recipe yields 12 to 13 falafels

INGREDIENTS

¼ cup + 1 tablespoon extra-virgin olive oil

1 cup dried (uncooked/raw) chickpeas, rinsed, picked over and soaked for *at least* 4 hours and up to 24 hours in the refrigerator

½ cup roughly chopped red onion (about ½ small red onion)

½ cup packed fresh parsley (mostly leaves but small stems are ok)

½ cup packed fresh cilantro (mostly leaves but small stems are ok)

4 cloves garlic, quartered

1 teaspoon fine sea salt

½ teaspoon (about 25 twists) freshly ground black pepper

½ teaspoon ground cumin

¼ teaspoon ground cinnamon



With an oven rack in the middle position, preheat oven to 375 degrees Fahrenheit. Pour ¼ cup of the olive oil into a large, rimmed baking sheet and turn until the pan is evenly coated.

In a food processor, combine the soaked and drained chickpeas, onion, parsley, cilantro, garlic, salt, pepper, cumin, cinnamon, and the remaining 1 tablespoon of olive oil. Process until smooth, about 1 minute.

Using your hands, scoop out about 2 tablespoons of the mixture at a time. Shape the falafel into small patties, about 2 inches wide and ½ inch thick. Place each falafel on your oiled pan.

Bake for 25 to 30 minutes, carefully flipping the falafels halfway through baking, until the falafels are deeply golden on both sides. These falafels keep well in the refrigerator for up to 4 days, or in the freezer for several months.



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TRAVELS

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#3 on Dr Dad Travels

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We have listed this location on the basis of survey and we suggest you to follow covid guideline while planning your travels. Images has been taken from internet.

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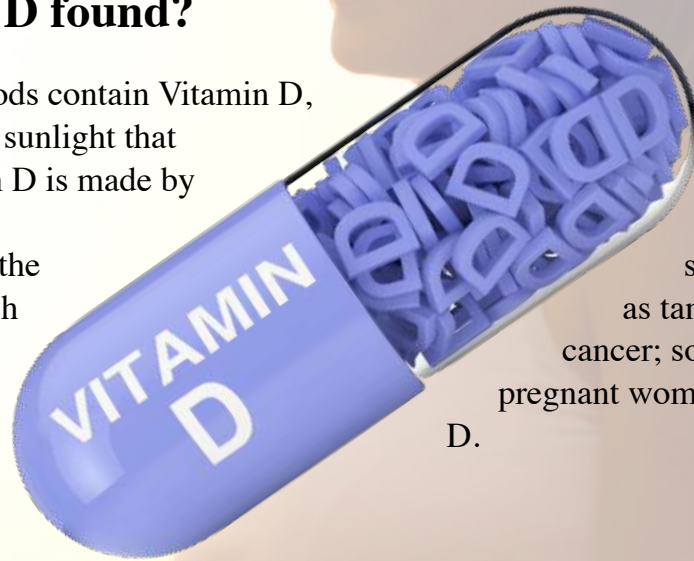
**How
Much
Vitamin D
Should
You Take
When
Pregnant?**



Vitamin D is very important and is a requirement for all. It helps us in the process of absorbing calcium and phosphate in our bodies. Vitamin D is even more important if you are pregnant. It not only helps you to absorb calcium and phosphate but also makes sure that your baby's bones, teeth, heart, kidneys, and nervous system is growing and developing properly.

Where is Vitamin D found?

- Generally, some foods contain Vitamin D, vitamin D from the sunlight that
- Most of the vitamin D is made by summer months.
- But since sitting in the other problems, such or even skin consumed by dose of Vitamin



but our body produces reaches our skin. our body during the

sun for a long time has as tanning, redness, skin burn, cancer; some foods can be pregnant women to receive their daily D.

How much Vitamin D should you take when pregnant?

- Pregnant women have been prescribed a vitamin D dosage of 10 micrograms daily.
- The above dosage is enough to give your baby the required Vitamin D for a couple of months after he or she is born.
- But excessive vitamin D is also harmful, anything over 100 micrograms is not advised at all.
- Pregnant women need to consume Vitamin D supplements daily to make sure their baby doesn't develop any soft and brittle bones.
- Pregnant women who have a BMI over 30 or higher quantity melanin pigment in the skin might require a higher Vitamin D dosage.
- Pregnant women who don't go out of the house that often would also require a higher dosage of Vitamin D.

Conclusion

Vitamin D is an essential vitamin that helps in the healthy growth of your baby. According to your medical history, BMI and lifestyle you will be prescribed the right dosage of Vitamin D by your doctor.



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A pregnant woman is shown from the waist down, wearing a white, sleeveless dress with a delicate lace trim at the neckline. She is sitting on a white, fluffy surface. Her right hand rests on her bare pregnant belly, while her left hand holds a small, white and light blue toy airplane against her abdomen. The background is a plain, light color.

CAN
TRAVELLING
LEAD TO
MISCARRIAGE?
HERE ARE
PRECAUTIONS
YOU NEED TO
TAKE WHILE
TRAVELLING.

Travelling can be tiresome at times and most women avoid travelling long distances during pregnancy. The safety of the baby is a constant concern for the expectant mother while she is travelling.

Travelling during pregnancy

It is absolutely safe to travel during pregnancy unless your doctor tells you otherwise. A complicated pregnancy can be risky. But expectant mothers must keep a few things in mind before they plan to travel.

- Pregnancy is safe inside the womb and gravity cannot affect it.
- The hormone progesterone keeps the pregnancy safe inside the uterus and tightens the mouth of the uterus.
- Simple jerks, climbing stairs, travel, driving and exercising cannot cause abortion.

Reasons behind abortions in early pregnancy

- Hormonal deficiency
- Chromosomal abnormality
- Infections
- An embryonic pregnancy
- Direct blow or trauma on the abdomen or accident
- In some cases, cervical incompetence (the mouth of the uterus is weak). This can cause abortion even in the second trimester. If you have any such complications, you might need a cervical stitch and bed rest. Urinary and vaginal infection can also cause bleeding in early pregnancy and lead to abortion, if not treated on time.

Tips to travel safely during pregnancy

Consult your doctor

Before making any travel plans, an expectant mother must consult her doctor who can give her the best advice and tell if she needs any medical precautions. Consult your doctor immediately if you face any difficulty at any time.

Eat a light and healthy meal

Eating light and healthy meal lowers the risk of nausea, vomiting and discomfort.

Prepare a travel kit

You must carry your pregnancy papers, doctor's prescription, medicines, healthy snacks and other utilities.

Keep yourself hydrated

Carry your water bottle with you or only drink bottled water from outside. Do not forget to hydrate yourself throughout the trip.

Wear comfy clothes

Wear something light and comfy. Choose clothes that you are comfortable sitting in.

Hygiene

Ensure proper hygiene before using public washrooms and toilets. You must carry hand sanitizer and disinfectant sprays while travelling.



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Garlicky Grilled Patty Pan Squash With Mint and Lemon

It's nearly impossible to miss the adorable, scallop-edged patty pan squash at the farmers' market. Resembling mini UFOs—or spinning tops, if you prefer—patty pan squash offer a creamy, buttery flavor with a firm texture that lends itself to crispy, caramelized edges when prepared on a grill or grill pan.

Ingredients

4 small patty pan squash

1/3 cup extra virgin olive oil

1 tablespoon lemon zest

1 lemon, juiced

1/3 cup fresh parsley, finely minced

2 tablespoons fresh mint, finely minced

6 garlic cloves, minced

1/4 teaspoon salt

1/8 teaspoon freshly ground black pepper

For this garlicky grilled patty pan squash recipe, choose the smallest flying discs available. Smaller squash won't require de-seeding or peeling, which leaves you more time to make my family's secret Lebanese sauce, *zeit wa toum*, which translates to "oil and garlic." A cross between chimichurri and chermoula, you can use this sauce on grilled meats, veggies, bread, eggs, or just about anything. I swear it will quickly become your new go-to condiment.

INSTRUCTIONS

Step 1 Remove the tops and bottoms of each squash. Cut crosswise into one-inch slices.

Step 2 In a small bowl, whisk together the extra virgin olive oil, lemon zest, lemon juice, parsley, mint, garlic, salt, and pepper. Set aside.

Step 3 Preheat the grill to medium-high (400°F to 450°F) or prepare a grill pan on the stove over medium-high heat.

Step 4 Brush each side of the squash with the mixture—reserving and setting aside any leftover sauce—and grill for two minutes on each side. To achieve perfect grill marks, resist the urge to disturb the squash while grilling. Remove from the grill and serve immediately with the extra sauce spooned overtop.





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THINGS YOU SHOULD NOT WEAR WHILE GROCERY SHOPPING WITH INFANTS

When you were alone, you could just venture out for your daily essentials without paying any heed to what you are wearing. But once you have an infant beside you now, you have to focus on every little thing. We hope that this checklist will definitely help you with that. Here in this post, we have highlighted some things that you should not wear while going grocery shopping with infants.

- **Jumpsuit Clothes:**

These are clothes that are quite body-hugging, and it isn't comfortable to sit or stand, especially with the baby in your lap or a carrier. So, make sure you avoid wearing such clothes. Since you will be out shopping for some hours, you may also need to breastfeed. Wearing such garments will make it difficult for you to breastfeed your child. However, if you really want to wear one, there are certain maternity jumpsuits available which you can try.

- **Skinny Jeans:**

Fashion is necessary but not at your discomfort. When you are shopping with your infant, you

have to not only carry them with you but also shop simultaneously. Wearing a pair of skinny jeans is super uncomfortable as it restricts your body movement. Instead of this, you can actually wear loose or regular fit designer jeans, which will be quite comfortable and make you look smart.

- **Underwire Bra:**

It's a bit of strict advice that you should definitely not wear such an underwire bra. Post-pregnancy, your breasts are quite huge and leaky. Pushing yourself in an underwire bra is super uncomfortable. Even if you have to wear a bra for the right outfit, try and wear nursing bras. These are a good option as they would make it quite comfortable and

help you concentrate on your essentials while shopping. Even if they want to breastfeed, you can easily do so with a nursing bra.

- **Close Neckline:**

It is better if you avoid wearing tight neckline clothes. It will unnecessarily make you feel suffocated. Since your body has changed after pregnancy, you should wear clothes that will make you comfortable. You can try wearing turtle necks but make sure you can quickly move here and there while wearing it.

- **Polyester clothes:**

Try and avoid wearing any synthetic or polyester clothes as it will make you sweat unnecessarily. Wear as much cotton fabric as possible. Light, breathable clothes are always a savior, so make sure you wear such clothes whenever you are shopping post-pregnancy. Ensuring to check the fabric before you buy such clothes will allow you to stay comfortable.

But now you will be quite in a fix that what to actually wear when you are going out with your infant. So, these are the following clothes you can try wearing when you are out grocery shopping with your infant.

- **Babywear:**

Baby wears are a must if you want to go grocery shopping with kids as it's much easier than carrying a pram. You can quickly wrap them up and continue with your shopping quite easily.

- **Nursing Tops:**

These are tops that you can quickly wear; they come in various designs and colors. They are super comfortable to wear and makes your breastfeeding easy. So definitely try this while you are venturing out.

- **Oversized Sweaters:**

Especially in winters, these are a perfect option. You may feel that you can buy a regular sweater in a larger size. But this won't look good as such sweaters may fit your lower body but won't fit your arms or shoulders properly as it will be quite

significant. It doesn't happen in the case of oversized garments as they are designed like that.

- **Leggings:**

Most mothers think that baggy leggings are a good option. But why wear that? You can actually wear leggings that are designed and also is quite stretchy. They come in different sizes and are not particularly suited for any size, so you will easily fit into them.

- **Flowy tops:**

You can go with flowy tops as they are super comfortable to wear. They are quite loose and quite comfortable. You can pair it with any loose jeans or leggings, and it would be quite a smart-looking wear.

- **Monochromatic clothes:**

Well, it is advisable that you wear monochromatic garments that are the same color tops and bottoms, which can hide certain extra bumps and milk stains less visible. Try wearing dark shades as it helps a lot to camouflage any extra rolls.

Bottom Line

These are some of the clothes that you can try, be comfortable as well as look stylish. You may feel it's quite a daunting task to take your infant while shopping. So, make sure you follow the above points while you are picking up your essentials with your infant. Apart from that, try avoiding any unnecessary items as it can become quite a hassle if you are out there shopping with your young one.

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10 things to do before getting your newborn home

The experience of bringing your baby home is one of the most precious feelings as a parent. But it does come with its own set of apprehensions and can be rather daunting if you're not well-prepared. I remember when I was bringing home our firstborn, Gracia, there was a sense of trepidation, and as I started preparing for her arrival I also realized that every experience is unique. So when we were bringing our son, Rio home I was armed with learnings from the last time and that really helped.

Talk to experienced mums

Experience is the best teacher. Start building your own circle, through fellow moms, friends from prenatal classes, or those with whom you share a doctor. Speaking to them will help you understand what to expect as their experiences are recent. I've always believed in the power of collective energy, and the beautiful thing about being a millennial parent is that we never need to feel alone as someone is always just a tap or click away. It is a beautiful mess we can never be fully prepared for, but one we can help each other conquer nonetheless.

Baby-proof the house

You never know what to expect with kids! My daughter didn't crawl at all, not one bit while on the other hand, my son started crawling at five months. Of course, I was thrilled but that also meant I had to unlearn and re-learn baby-proofing the house. Kids grow up really fast so I would say it is easier to prepare before you go into the delivery room rather than when you are sleep-deprived. Give your home a once-over with your partner, ask him to do another round of checks while you are at the hospital for reassurance. With hygiene being on top of our minds in the new normal, this is right on top of the list.

Baby care products

It can be quite tricky for new mothers to choose products as a baby's skin is really delicate. My strong recommendation here would be to understand how to read product labels and opt for products that are natural and organic. I personally choose those that have Ayurvedic ingredients but are backed by modern science. Choose ingredients such as saffron, which provides rich nourishment and a radiant glow, antibacterial marigold oil, and kokum butter that moisturizes and hydrates their gentle skin.

A sunlit corner dedicated to daily massages

Our grandmas were right, there's nothing as good as the morning sun for Vitamin D, and letting your baby soak up the sun leads to higher serotonin levels i.e. happy hormones and energy levels. Who wouldn't want a cheerful, gurgling baby? Find an east-facing open corner, stack some rich coconut or almond oil, and spend quality time as you massage the little one.

Always have a camera close by

As new-age parents, we have the convenience of capturing every special moment with a click and considering how fast babies grow, it's always best to be prepared. When my son started crawling, I was thrilled and I wanted to save that moment, luckily I had my phone with me. Make sure you keep a device handy to capture their every big-little milestone.

Don't let the first-born or other siblings feel neglected

If you have kids already, make sure to make time for them separately as well to ensure they don't feel deserted. Involve them by asking them to pick out new toys or clothes for their baby sibling. I was quite particular about this. We showed Gracia ultrasound pictures of Rio during the pregnancy and involved her in welcoming her baby brother home. She was excited to meet her baby brother and now happily teaches him all her naughty tricks.

Check your inner self and seek professional help with your mental health if you need one

You'll probably feel quite emotional for a while after you give birth. You'll have many beautiful moments with your baby, but even the easiest baby can be exhausting and messy. You will also still be recovering from giving birth, and you and your baby will be learning to breastfeed, in most cases. It can be a tough time and you may find that the smallest things upset you. Try not to worry because every new mum goes through this. Things will get better. Try to look after yourself as well as your new baby and don't be afraid to ask for help if you feel overwhelmed.

Baby in the time of work from home

None of us want to compromise on our careers along with motherhood, and I speak from experience here. If you haven't yet, it will be helpful to make decisions about your work life before the baby arrives. Are you taking maternity leave? Have you made decisions about daycare or child care plans? Do you have a support system that can help during emergencies? The more you can consider what your routine will look like once your baby is home, it's likely you'll feel a bit more controlled.

These days with remote working becoming more commonplace, ensure that your partner or other family members have a dedicated workspace where they can easily focus on their professional lives.

Get ready for visitors

Given the situation these days it is wise to not encourage visitors for the first few weeks. However, in India, it is likely that you will have one set of parents over to help you out. Get them to help you cope with the changes. Allow them to take over regular household chores so you can spend quality time with your newborn. Stock up on essentials, keep extra sheets, blankets, etc. ready so they don't have to rummage around the house in case they need anything.

Clear out the fridge

This is something that most of us always end up underestimating! It's true that babies start on an all-liquid diet, but you will still need space in the fridge if you want to supplement breastfeeding with formula or even want to store pumped milk. Always leave some space in case you need to chill towels or wipes to soothe any rashes or irritation.

Millennial parents believe in researching online and staying prepared. They do not necessarily fall back on advice from their previous generations. Despite being best prepared, remember that being overwhelmed with the changes, responsibilities, and decisions is completely natural and something every mother goes through. Be easy on yourself and don't be afraid to ask your support system to step in. Knowing what I know now about parenthood, I wouldn't change a thing about the path that led me here. It makes us wiser, more confident, and more aware.





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A stack of seven chocolate chip cookies, each with a golden-brown crust and visible chocolate chips. The stack is held together by a red and white striped string tied in a bow at the top. The background is a warm, blurred brown.

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*Indoor allergies
in kids:*

**Common
causes,
symptoms
and all you
need to
know.**

Both adults and kids are prone to allergies. However, indoor allergies are extremely common and quite prevalent in kids. Whether the monsoons have led to mold formations in your house or you're a lover of animals and have a lot of pets, many factors can lead to indoor allergens that cause a lot of problems for you and your children. So if you're wondering what the source of your kid's allergies are, then here's a guide to help you.

What causes Indoor allergies?

Indoor allergies are extremely common and can get your nose to twitch, your eyes to water and you to sneeze. They can be caused by allergens that are present everywhere. When a person comes in contact with these allergens, it triggers an immune response, leading to sniffing and sneezing. However, many things can cause these allergic reactions.

Mold - Mold or mildew is a type of fungi that grows in damp areas like bathrooms and basements. These fungi reproduce by releasing tiny spores in the air, which when breathed in by your kids can cause allergic reactions.

Dust mites - Dust mites are tiny microorganisms that live in the house dust. House dust in turn is a combination of indoor and outdoor dust particles. When inhaled, dust mites can cause episodes of sneezing. They are prevalent in warm, humid environments and can be found under carpets, mattresses, clothes, etc.

Pet danders - If you're a lover of pets, you should know that they have pet danders. Pet danders are tiny particles of skin that are shed from animals with fur or feathers. These can cause serious allergic reactions in kids.

How does it affect children?

Children, especially toddlers, touch everything that comes their way. Unlike adults, they do not think before coming in contact with an object, person or a pet. They might touch the walls that are laden with molds or sweep their hands under the carpet without realising it or may play with the pets, unknown to the perils of indoor

allergies. That said, children are the most vulnerable and prone to indoor allergies.

Associated symptoms

Indoor allergies, although caused by tiny spores, dust particles and microorganisms, can have multiple symptoms. The allergic reactions can lead to many physical symptoms in kids. Some of them are as follows.

- Runny and stuffy nose
- Cough
- Sneezing
- Itchy, watery eyes
- Rashes
- Shortness of breath

It is important to note that in case of severe allergic reactions, one must seek emergency medical help.

Diagnosis and treatment

Indoor allergies can be diagnosed through some tests. Either you can resort to a skin prick test, where the doctor or the nurse will situate the potential allergen on the skin, then prick it to push it inside. If there is a reaction, the doctor will confirm your condition. Or you can opt for an intradermal test which involves direct injection of a small amount of allergen into the skin. The doctor then examines the reaction. Finally, you can go for a patch test, where the allergen is attached to the skin for 48 hours. This type of test is usually used in detecting contact dermatitis.

In case your child is diagnosed with indoor allergies, you first need to identify the source of the allergy. In case of dust mites, you can start by reducing the presence of house dust. If it is the mold, hire professionals to remove it and set up dehumidifiers. Remember to groom your pets regularly and if your child is allergic to the pets, keep them away.



Travel Diaries

In a village, for the first time

I could call myself a city boy. My father being in a transferable job, I changed eight schools across as many major cities. I hadn't visited a village in India till last summer, I must admit. School kids today don't get to spend their summers as my parents' generation used to. My parents tell me stories of their summers being spent pampered by grandparents with glasses of milk and fresh ripe mangoes from nearby bagichas (orchards). On the contrary, I remember my summers being spent finishing tonnes of school projects between PlayStation breaks and Pokemon episodes. I don't have any fun Tom-Sawyer-summer-stories to bore my children with. Well, anyway they'll be busy with their school work and I with my office work, I believe.

Last summer, while my friends were interning in one institute or the other, I decided to spend my

some pleasant memories. The mornings there were beautiful. During a morning stroll, camels could be seen strutting on the fields. After the stroll, if you sit down for some tea in a rundown stall,.

Nestled 42 kms away from Jaipur in the state of Rajasthan in North India, Samode village is the right place to experience the life of Indian villagers, their rich culture and old traditions like agriculture farming, cattle miking, etc. The village is famous worldwide for its haveli, fort and skilled workers.

A visit to Samode village will give you a lifetime opportunity to feel the aura of Indian rural life and era old culture and traditions that are even today preserved by its locals. Also, it can give you an opportunity to explore rural tourism in



vacation as my parents had done long ago. In a small village in Rajasthan, Samode Village. Being a student of Development Economics, I felt compelled to actually experience the life I otherwise study sitting in air-conditioned classrooms.

I can't paint a rosy picture of village life because a developmental economist sees much scope for development in such a village. But I do have

India. Don't forget to take a long ride on the back of a camel, which can surely double your excitement and allow you to take a glimpse of the village in a far better manner.

Memories are what those lazy vacations at your grandma's leave you with. And that is irreplaceable. I have very few of these to cherish, and my children will probably have even fewer. Isn't it?



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Tickler

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Is there anything a kid loves more than jokes? Whether it is telling jokes or hearing jokes, kids love a good joke!

Why did the tomato blush?
Because it saw the salad dressing.
Ruhi, 4Yrs, New Delhi

2. Why didn't the duck pay for the lip balm?
He wanted to put it on his bill.
Saket, 7 Yr, Kolkata

3. What do you call an alligator in a vest?
An investigator!
Rita, 4.5 Yr, Delhi

4. Why did Darth Vader turn off one light?
He prefers it on the dark side.
Pihu, 5 Yrs, Bhopal

5. What do you call a fly without wings?
A walk.
Romit, 6.7 Yrs, Pune

6. How do you throw a party on Mars?
You planet.
Rajni, 7 Yrs, Pune

7. Do you have holes in your underwear?
No?
So how do you put your legs through?
Puneet, 8 Yrs, Mumbai

8. When is it time to go to the dentist?
Tooth hurty (2:30)
Ayush, 4.8 Yr, Delhi

9. What did the frog order at McDonald's?
French flies and Diet Croak.
Raman, 6 Yrs, Agra

10. Why did the girl throw a stick of butter out the window?
To see butter-fly.
Siya, 4 Yrs, Raipur



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The Book Bug

One of the best gifts you can give to your child is the love for reading. In due course of time if there's one thing that I have realised is that when you read a lot, you know a lot, but the real benefits of reading goes beyond the knowledge of the subject. You become a better person. You become articulate and my personal favourite reason: you know how to tell how you are feeling.

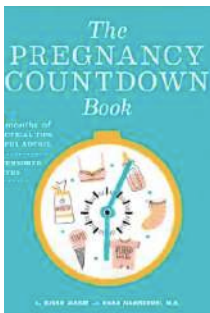
The Book Bug is an effort by Dr Dad's team to find out the best of best books for you. Our team comprises of authors, teachers, parents and children.

So, lets start with our this months list:

BEST BOOKS FOR PREGNANT MOTHERS

THE PREGNANCY COUNTDOWN BOOK:

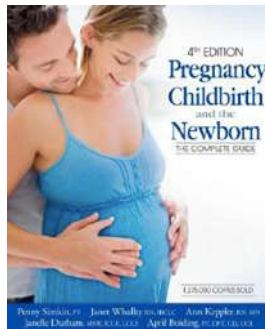
Depending on your experience, pregnancy can fly by, seem like it's taking forever, or both. "The Pregnancy Countdown Book" helps you keep track of it all with useful information for every day of your pregnancy.



In addition to the practical stuff, the book offers anecdotes from doctors and mothers. You'll likely get a laugh out of some of the candid daily one-liners, like "Expect your sex mojo to return!"

PREGNANCY, CHILDBIRTH, AND THE NEWBORN: THE COMPLETE GUIDE

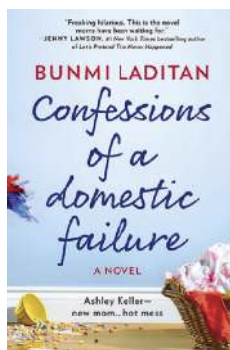
This guide covers pregnancy, childbirth, and life with your newborn. The book has been a popular seller and has gone through a few updates and redesigns, including new photos,



graphics, and statistics. Now in its fourth edition, it focuses on research-based information on all stages of pregnancy and childbirth. It has an added emphasis on informed decision-making and more details about complimentary medicine.

Best Books For New Parents

CONFESSIONS OF A DOMESTIC FAILURE: A HUMOROUS BOOK ABOUT A NOT SO PERFECT MOM



There are good mums and bad mums – and then there are hot-mess mums. Introducing Ashley Keller, career girl turned stay-at-home mum who's trying to navigate the world of Pinterest–

perfect, Facebook–fantastic and Instagram–impressive mummies but failing miserably. When Ashley gets the opportunity to participate in the Motherhood Better boot camp run by the mummy–blog–empire maven she idolises, she jumps at the chance to become the perfect mum she's always wanted to be. But will she fly high or flop?

A TALE OF TWO TITTIES: THE GLITZ AND GLAMOUR GUIDE TO BREASTFEEDING



Crystal Blanchette is a Mother of two beautiful children; Benjamin and Mia, and is a breastfeeding, formula advocate, private chef, and entrepreneur. Her children cultivated a love share her personal mommy experiences with others whether they be good or bad. This book was inspired by Crystals dear friend Demfis Fysscipulos who encouraged her to document all of her hilario breastfeeding journey with her young children.

BEST BOOKS FOR TODDLERS

DON'T LET THE PIGEON DRIVE THE BUS!

On the title page, the bus driver addresses the reader directly. He says that he has to be gone for a while and asks if the reader can watch things, but not to let the pigeon drive the bus. As the driver walks off one page, the pigeon walks on the next asking if he can drive the bus. He begs, makes deals, pretends, complains, cajoles, bribes, and then insists that he be allowed to drive the bus, but his wish is not granted; so he fumes. The bus driver returns, thanks the reader, and drives off. The pigeon then spies a truck and a new fantasy takes hold of his imagination.



GOODNIGHT, GOODNIGHT, CONSTRUCTION SITE

Parents need to know that Sherri Duskey Rinker's Goodnight, Goodnight, Construction Site, illustrated by Tom Lichtenheld, has the makings of a bedtime classic. It has just enough action to



satisfy kids who are crazy for trucks, but the gentle, rhyming text is soothing -- just right for bedtime. It was named an American Library Association Notable Book for Children.

BEST BOOK FOR BIG KIDS

FIVE ON A TREASURE ISLAND

Five On A Treasure Island begins when the children and Timmy are on their way to Kirrin Island.

While on their way there, they encounter a shipwreck and George explains to the others that her great-great-great-grandfather was on that ship, and that there was a lot of gold in it.

The ship was destroyed during a storm. George then explains how divers never found the treasure despite repeated attempts.

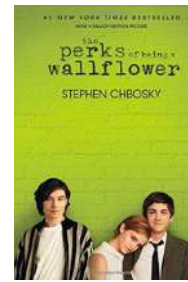
THE SECRET SEVEN COLLECTION 2:



novels, perfect for young fans of mystery, adventure or detective series. Best Book For Teens

THE PERKS OF BEING A WALLFLOWER BY STEPHEN CHBOSKY

Once, in my writing class, the teacher asked which book students read over and over again. Half the class said Perks of Being a Wallflower. The book captures the teenage experience so poignantly, it's a necessity for all



teens. Go along with Charlie as he struggles to find love, make friends, and recover from a traumatic past.

I AM NOT YOUR PERFECT MEXICAN DAUGHTER BY ERIKA L. SÁNCHEZ



After the tragic death of her sister, Julia attempts to keep her family together and live up to her sister's memory.

Follow along as she struggles to find herself and cope with the pressures and stereotypes of growing up in a Mexican-American household.

that's the story of childhood ambition!



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10 ways to deal with Whining Behaviour

If your kid whines about everything from the food you prepare to the color of their shoes, it is hard to listen to every time you say no. Not to mention, you start dreading going to public places with your kid, in case they have a public outburst.

Whining is a normal issue in children. Most children understand from an early age that whining will get them what they want. For them, it is an effective way

would hinder your efforts if one of them gives in to the whining and get the child what they want.

Also, be persistent, remind them from time to time about the rules. "What's our rule about how we ask for something?" or "What's an appropriate way to respond when someone tells you NO?" These answers make your child see that whining is a bad habit, not a tactic for them to use.

2. Keep reminding them not to whine.

Children do not realize that they are whining sometimes. Remind them when they start whining. Also tell them that, begging, pleading, and constantly asking both constitute whining.

Create a whining jar if this behavior persists. If you give your child an allowance, tell them they lose a



to bend adults into submission.

That is why it must be curbed as quickly as possible. Whining will get worse without adequate intervention, and a whiny kid can turn into a whiny adult. These steps will help you stop your kid's whiny outburst.

1. Establishing a “No whining” Rule

Establish a household rule, such as, "Ask for something nice and accept the answer politely." This makes children realize that their whining would not be successful. And you would not change your minds.

Be sure that the other guardian of the child, including your spouse and your in-laws are on the same page. It

portion of every time they whine. If not, then they lose out on their favorite dessert or activity every time they whine.

3. The key is to be patient and not giving in

Whining can be as musical as a cat screech. But adults must keep cool. If it helps you keep your composure, take deep breaths, leave the room, or put on some music. Do not give up, whatever you do. When you end up giving in, out of desperation, you are showing your kid that whining is a productive means of achieving what they want.

4. Ignore Whining

The attention in some way may cause the behavior to persist, especially though it is negative attention. A productive method of behavior management is to disregard attention-seeking behavior like whining.

You perpetuate the action if your kid keeps crying when you tell them to clean up their toys, then you keep talking to them as he whines. Paying attention to your child allows the crying to continue. Also, the more you involve them in a discussion, the more the toys will be picked up by your kids.

Chances are when they see that you are not responding, your child will start to complain louder. Keep ignoring it until it ends. They will realize that their whining will not work anymore.

5. Teach them other ways to express themselves.

Teach your child how they can express unpleasant feelings such as anger, disappointment, and sorrow. Teaching your child about emotions is vital so that they can understand how they feel and learn how to cope with disturbing feelings.

For starters, if your kid is upset because you told them that they cannot play video games, motivate them by involving them in coloring or jumping jacks to cope with those angry feelings. Coping skills will help your child cope properly with their emotions. Kids need to learn healthy ways to express themselves when they are upset.

6. Leave the room.

Simply leave the room as your child starts to cry or whine. Your child will likely follow or throw things,

ignore them until they calm down. After a while, they will stop whining and will get distracted.

7. Remove the cause.

In case they are whining because of an object, simply take it away. Your kid, for instance, is whining over an extra cookie, then hide the cookies. Every time this happens remove the object, out of sight, out of mind.



8. Time Out.

The Time Out technique works in case your child is small. When they start whining tell them that they are upset and go sit down somewhere and tell you why they are angry. After a while, they will be back to their usual self.

9. Change the subject.

Changing the subject is another effective way to stop the whining. Every time they start whining ask a random question, they will be caught off guard. Redirecting young children's attention can be a perfect tactic for many different scenarios.

10. Make sure your kids get enough sleep.

A lack of adequate rest is the number one cause a child typically gets whiny. Parents underestimate the amount of sleep their children need to work at their best. Sleep deprivation puts the brains of children in a mode of stress that creates a constant state of irritability. Make sure your child has a proper night's sleep and it can aid in every part of their lives.

Expert-approved ways to boost your **KID'S IMMUNITY**

Being a parent is not an easy job, in fact, to say it honestly, it is one of the most difficult jobs. And to make sure that your kids eat well is one challenge faced by parents on a daily basis.

Due to the risk of COVID-19 in kids, it's important to make sure that the kids eat well and have optimal immunity. A simple way to do this is by encouraging our kids to eat more of processed foods. But how exactly to do that? Here are some foods that you must feed your kids and how you can trick them into eating it.



easy job, in fact, to say it honestly, difficult jobs. And to make sure one challenge faced by parents

COVID-19 in kids, it's make sure that the kids eat optimal immunity. A is by encouraging our whole foods instead But how exactly to do foods that you must how you can trick

Eggs

Eggs are a powerhouse of nutrients, which keep the heart, muscle and skin healthy. Vitamin A and B2 (Riboflavin) in eggs are essential for the growth and development of kids. Calcium absorption and bone development are ensured by vitamin D present in it.

Best way and time to give your kids eggs

The best time to consume eggs is

breakfast, lunch and supper. To make eggs more interesting, you can add bell peppers, mushrooms and other vegetables to them. You can cook them using butter and ghee. You can use different shapes mould to cook eggs to make them look more attractive to the kids.



Vegetables

Locally grown green leafy vegetables like curry leaves, drumsticks, coriander and palak must be included in your kid's plate. These are rich in fibre, minerals, iron and zinc.

How to feed them to your kids

You can cut vegetables in different shapes and serve them to your kids. You can make bite-size snacks and serve them with hummus or homemade cheese dips.

Kids copy what they see, so make sure you include a variety of green vegetables on your plate too.

Curd

Rich in probiotics and vitamin B12, curd helps stop the colonisation of the bad bacteria in the stomach and thus boosts immunity.

How to feed your kids

Instead of serving plain curd, give your kids fruit yogurt, vegetables raita or boondi raita.

Turmeric

The curcumin in turmeric has anti-inflammatory properties. Studies have shown that daily consumption of turmeric is beneficial in treating asthma, allergies, and various other conditions.

How to feed it to your kids

You can add turmeric to their milk, curries, and subji, as we do for ourselves.

Dry fruit, Seeds & Nuts

Cashews, almonds, figs, raisins, walnuts, and apricots are rich in essential fatty acids, which boost immunity and aid brain development.

How to feed them to your kids

You can make nut powders and add them to soups and rice preparation.

Special Tips

- Do not feed your kids too much sugar as it can hamper immunity. Avoid sugar-based foods like sweets, sauces, fruit juices, packaged snacks, and chocolates.
- Maintain good sleep hygiene and inculcate sunlight exposure habits in them.



PARENTS WATCH OUT! 7 UNUSUAL WAYS BY WHICH TEENS TRY TO BUILD THEIR SELF-IDENTIFY

The adolescent years are beset with a variety of challenges due to various physical, emotional and hormonal changes in the teen's body. This is the time, when they experiment with numerous practices to figure out who they are, as a result parents may feel as if they are sharing a home with numerous individuals. The same individual who was polite and composed before might cause discomfort around. Hence here are some of the conducts teens exhibit that every parent should know in order to counsel and guide them rightly.

They take up unique hobbies to define themselves

Teenagers participate in various clubs or hobbies or activities that they believe "describe" them. They frequently join clubs where they're compatible and can fit in or where they can meet

other people who share similar interests. Some teens may become involved in things that they do not enjoy, in order to emulate those they adore.

Using different cosmetics or dressing in a different way

In an endeavour to identify their individuality, most youngsters alter their appearance. They might start dressing differently and acting differently. This is how they "test on" different identities to find what works best for them. They feel like a new person whenever they dress differently.

They make their own circle

Teens commonly develop or join groups at school, in tuition, or in hobby programmes with whom they wish to hang out or share interests. In this instance, they may exclude individuals they deem unacceptably different or unsightly in some way, and they are likely to be extremely intolerant of those they deem different or repulsive in some way. Teenagers describe themselves in terms of the people they aspire to be like. They try to reinforce their identities by keeping others out.

Participating in forbidden conduct

Several times if teens are not counselled properly or if the parents are not vigilant, teens might get into unlawful activity in the hopes of appearing more mature. They do develop habits that allow them to be accepted and recognised by their peers. They're lured to prohibited acts because they want to act like adults. Many turn to drugs, alcohol, smoking, and sex as a result of their experiences. What matters more to them than what their parents or authority figures say about what is right is what their classmates think.



They tend to be influenced by celebrities

Many times teens look up to celebrities as role models or experiment with numerous roles through thick and thin via their idols when they are trying to figure out who they are. In extreme cases they even follow a public figure blindly, sacrificing their own personality in the process of gaining prominence and fitting in.

They aspire to have luxuries, status symbols

Status symbols are used by youngsters to build their identity. They dress up or acquire possessions that help to establish them as members of elite groups, as having luxury items allows them to demonstrate their membership

and self-worth with specific groups. They can go to considerable lengths to get status symbols that aid in the establishment of a distinct identity.

They become disobedient and highly uncontrollable at times

In order to establish their decisions, many teenagers become rebellious. The rebellion is a means for them to prove that they are different from their parents and other authority figures, and that they are capable of making their own decisions. They oppose or defy their elders to show off their powers amongst their peer groups.

20 *FAQ'S that mother has before starting the IVF procedure?*

1. **What is IVF?**

IVF is short for In-Vitro Fertilization. It is a common fertility method in which the egg is fertilized outside the body in a petri-dish before being placed in the uterus. The procedure involves a series of steps and medications based on the reasons why IVF was chosen as a fertility option.

2. **Why will I need a donor?**

A donor may be required for eggs or sperms in case of same-sex couples opting for IVF or when the intended mother's ovaries are not producing enough eggs or are absent. A donor for the sperms may be required if the intended father is sterile.

3. **Will the donor be anonymous?**

The donor can be anonymous or may be a known person like a family member or a friend based on the couple's decision. In most cases, fertility centers run egg and sperm donation programs.

4. **Are the donors screened?**

Fertility centers running an egg or sperm donation program screen the donors for a wide range of parameters, including physical and mental health and family history.

5. **Is it safe to use anonymous donors for IVF?**

Yes, using the eggs or sperms from an anonymous donor is safe for IVF because the donors are screened.

6. **When is IVF used?**

IVF may be suggested as a solution by doctors when someone suffers from infertility. Reasons for infertility may be related to age, inability of ovaries to produce enough eggs, low sperm quality or quantity, fibroids, endometriosis, and sometimes, unexplained infertility. Your doctor will be the best person to tell you if you should opt for IVF or not.

7. **Should I try IUI before IVF?**

Intrauterine insemination is a procedure in which the sperm is transferred directly into the uterus allowing the egg to be fertilized within the body. On other hand, IVF is a procedure in which the egg is fertilized outside the body in a petri-dish. The viability of these two fertility methods and determining the best one for you will mostly depend on your doctor after conducting different tests.

8. **How do I choose an IVF clinic?**

To choose an IVF clinic, begin by looking for success rates of live births and not just at IVF successes. Other factors to consider are the cost of the treatment, the types of fertility procedures offered by the clinic, donor programs run by the clinic, and the overall attitude of the staff and doctors that you will be interacting with.

9. How do I prepare myself for an IVF procedure?

Prepare yourself by beginning healthy food habits and making positive lifestyle changes that give your body the best support needed during the procedure. Check with your doctor about medications that may interfere with fertility drugs, and avoid over-the-counter supplements when you begin your IVF cycle.

10. How many embryos will be transferred and why?

The healthiest eggs are fertilized in IVF using the healthiest sperms available. Once the fertilization is successful, doctors may consider transferring multiple embryos to increase the chances of pregnancy as well. A maximum of two or three embryos may be transferred based on the doctor's decision.

11. What is the success rate of IVF?

Success rate of IVF depends on several factors. One of the most common determinants is the age of the woman. In India, IVF success rate is usually between 30% and 35%.

12. If the first IVF fails, can I go for a second IVF?

Yes, you can go for a second IVF if the first procedure was not successful. Your doctor will advise you of the time needed for your body to recover before you can start a new IVF cycle.

13. What are the side effects of IVF?

An IVF cycle involves several steps starting from the first day of your period till your pregnancy test. The medications used during the procedure may cause the following side effects:

- mood swings
- headaches
- nausea
- mild cramping
- bloating
- constipation
- tenderness of breasts
- light bleeding

14. What are the risks of IVF?

Common risks related to the IVF procedure are:

- Multiple births, because multiple embryos may be placed in the uterus to increase the chances of pregnancy.
- Prematurity and low birth weight can be another risk which is usually linked with high stimulation IVF.
- Birth defects can also be a risk among older patients, but clinics try to detect this before the embryo transfer by conducting ICSI and testing the genetic material.

15. How soon can I find out if the IVF is successful or not?

Typically, it takes around 10 to 12 days from the day the embryo(s) is/are transferred to your uterus. A pregnancy test can be done after 10 days to find out if the embryo has implanted successfully.

16. My IVF was successful but I suffered a miscarriage. Should I try again?

Patients who undergo a successful IVF may miscarry. If you suffered a miscarriage then you must allow your body to recuperate and then try again. Your doctor will be able to advise you best on how long you should consider waiting before your health allows you to undergo the procedure again.

17. Should I avoid specific foods before IVF?

It is important to have a healthy diet when you are planning IVF, but it is best to avoid making major

changes in your eating habits at this time. For example, avoid going gluten-free if you weren't already or avoiding complete food groups like grains or fruits when you are preparing yourself and during the IVF cycle.

18. Is it okay to exercise when I am undergoing an IVF cycle?

If you follow an exercise regime, then unless your doctor specifically asks you not to exercise, you should be able to continue your workout routine. It is advised that you should limit your running routine to 15 miles a week because running tends to shift blood away from the womb to other organs and muscles.

19. Can IVF affect my mental health?

A lot of women who start an IVF cycle may experience stress and anxiety because of the impending outcomes of the procedure or because they are still trying to cope with infertility. It is crucial to have emotional support during this period. Discuss the stressors with your partner, friends, and family if you find yourself coping with mental health problems.

20. How many hours of sleep should I get during IVF?

A 2013 study showed a direct connection between sleep and IVF success rate. Since the hormone that regulates sleep, also regulates reproduction, it is always a good practice for anyone undergoing an IVF cycle to make healthy sleep a part of their routine.



Biography

SARVEPALLI RADHAKRISHNAN

Sarvepalli Radhakrishnan, was born into a middle class family at Tirutani in Tamil Nadu, a town in Madras Presidency, British India, 64 km to northwest of Madras (now Chennai). His early years were spent in Tirutani and Tirupati. His father was a subordinate revenue official in the service of a local Zamindar (landlord). His primary education was at Primary Board High School at Tirutani. In 1896, he was shifted to Hermansburg Evangelical Lutheran Mission School at Tirupati.

Sarvepalli Radhakrishnan went through most of his education on scholarships. He joined the Voorhee's College in Vellore but switched to the Madras Christian College at the age of 17. He graduated with a Master's degree in Philosophy from the Madras Christian College in 1906, being one of its most distinguished alumni. Sarvepalli Radhakrishnan wrote his thesis for the M.A. degree on "The Ethics of the Vedanta and its Metaphysical Presuppositions". He was afraid that his M.A. thesis, "The Ethics of the Vedanta" would offend his philosophy professor, Dr. A.G. Hogg. Instead, Dr. Hogg commended Sarvepalli Radhakrishnan on doing an excellent job. Sarvepalli Radhakrishnan's M.A. thesis was published when he was only 20. Philosophy was not his personal choice, but seemingly an accident. A cousin of his who had graduated from the same college handed over to him the textbooks in philosophy. As Radhakrishnan was poor at this juncture of his life, this incident decided his future career. Later on he felt deep interest in his subject and wrote many acclaimed works on philosophy, both eastern and western.

Radhakrishnan was married to Sivakamu, a distant cousin, in 1904 at the age of 16. His bride was then only 10 years old. The marriage was a traditional Indian arranged marriage. They had five daughters and a son, Sarvepalli Gopal.

In 1914, in a strange twist of fate, Radhakrishnan met Srinivasa Ramanujan, the mathematical genius. Srinivasa was leaving for Cambridge for studies and had come to seek Radhakrishnan's blessings because a goddess came in his dream and told him to do so before undertaking the trip. The two never met again.

In 1918, Radhakrishnan was selected as Professor of Philosophy by the University of Mysore. By that time, he had written many articles for journals of repute like The Quest, Journal of Philosophy and the International Journal of Ethics. He completed his first book "The Philosophy of Rabindranath Tagore". He believed Tagore's philosophy to be the "genuine manifestation of the Indian spirit". Radhakrishnan's second book, "The Reign of Religion in Contemporary Philosophy" was published in 1920.

In 1921, he was appointed as a professor in philosophy to occupy the King George V Chair of Mental and Moral Science at the University of Calcutta. Radhakrishnan represented the University of Calcutta at the Congress of the Universities of the British Empire in June 1926 and the International Congress of Philosophy at Harvard University in September 1926. In 1929, Radhakrishnan was invited to take the post vacated by Principal J. Estlin Carpenter in Manchester College, Oxford. This gave him the opportunity to lecture to the students of the University of Oxford on Comparative Religion. For his services to education, he was knighted by the British Government in 1931, but did not use the title in personal life preferring instead his academic title 'Doctor'. He was the Vice-Chancellor of Andhra University from 1931 to 1936. In 1936, Radhakrishnan was named Spalding Professor of Eastern Religions and Ethics at the University of Oxford, and was elected a Fellow of All Souls College. In 1939, Pt. Madan Mohan Malaviya invited him to become Vice-Chancellor of Banaras Hindu University. He continued as its Vice-Chancellor till January, 1948. When India became independent in 1947, Radhakrishnan represented India at UNESCO, and was later Ambassador of India to the Soviet Union, from 1949 to 1952. He was also elected to the Constituent Assembly of India.



Radhakrishnan was elected as the first Vice President of India in 1952. In 1956, his wife Sivakamma died. They were married for over 51 years. He was elected as the second President of India (1962-1967). When he became President, some of his students and friends requested him to allow them to celebrate his birthday, 5 September.

He replied, "Instead of celebrating my birthday, it would be my proud privilege if 5 September is observed as Teachers' Day".

His birthday has since been celebrated as Teachers Day in India. Radhakrishnan along with Ghanshyam Das Birla and a few other Social Workers in pre independence era formed Krishnarpan Charity Trust.

Sarvepalli Radhakrishnan: Philosophy

Radhakrishnan argued that Western philosophers, despite all claims to objectivity, were biased by theological influences of their own culture. He wrote books on Indian philosophy according to Western academic standards, and made Indian philosophy worthy of serious consideration in the West. In his book "Idealist View of Life" he has made a powerful case for the importance of intuitive thinking as opposed to purely intellectual forms of thought. He is well known for his commentaries on the Prasthanas, namely, the Bhagavad gita, the Upanishads and the Brahma Sutra.

He was elected as a Fellow of the British Academy in 1938. He was awarded the Bharat Ratna in 1954, and the Order of Merit in 1963. He received the Peace Prize of the German Book Trade in 1961, and the Templeton Prize in 1975, a few months before his death. He donated the entire Templeton Prize amount to Oxford University. The Oxford University instituted the Radhakrishnan Scholarships in 1989 which was later renamed the Radhakrishna Chevening Scholarships in his memory.

For recent biographies, see Robert Minor's: "Radhakrishnan, a religious biography" or Sarvepalli Gopal's: "Radhakrishnan; a biography".

"It is not God that is worshiped but the authority that claims to speak in His name. Sin becomes disobedience to authority not violation of integrity".

Sarvepalli Radhakrishnan: Summary

Radhakrishnan was one of India's most acclaimed scholars of comparative religion and philosophy. He is considered through his efforts to have built a bridge between East and West by having shown the philosophical systems of

each tradition to be comprehensible within the terms of the other. He wrote authoritative exegeses of India's religious and philosophical literature for the English speaking world. His academic appointments included the King George V Chair of Mental and Moral Science at the University of Calcutta and Spalding Professor of Eastern Religions and Ethics at Oxford University (1936-1952).

He was the first Vice President of India (1952-1962), and the second President of India (1962-1967). Among the many honors he received were a British knighthood (1931) and the Bharat Ratna (1954). His birthday is celebrated in India as Teacher's Day.



"Instead of celebrating my birthday, it would be my proud privilege if 5 September is observed as Teachers' Day."

– Sarvepalli Radhakrishnan



PREGNANCY



PARENTING



INVITRO FERTILIZATION (IVF)

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