



Presents

Art of Dating and Postnatal Caring

by

Dr. P.R. Subas Chandran, Ph.D.,

17



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Published by

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Plot no.146, G6 -22, Swaminarayana Nagar Colony,
B. N. Reddy Nagar, Gurramguda, Hyderabad – 501510.
Telangana, India.

Price - Rs. 20/-

Printed by: J. Vincent Suresh Kumar at John Printograph,
5/2780, Muneeswaran Colony, Sivakasi - 626189.

☎ 99413 93851 / 98412 14934 ✉ vincentjprint83@yahoo.co.in



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This book is for those who.....

Are yet to write...

Wish to write...

Have been writing...

Continue writing... success stories

Life changing audios! Resolutions of rescheduling your humdrum routine life atleast an iota after reading this book? Confronting starting trouble like everyone does how to induce those thoughts into your memory system? The scientifically contrived technique, the 'Art of Altering Attitude through audio files', once listened to before hitting the bed (at the alpha hour) just for 18 days shows the way magical spell charms on you working miracles.

The pudding is in the eating. Don't have to believe your eyes or ears. For any guidance (for instance to get up on time with a smile or how to eliminate irritation, etc.) contact the undersigned; we will attune the content and facilitate you record; in fact, the tips are free of cost; the readily available piece, indeed. Service to humanity is service to Mother Nature.

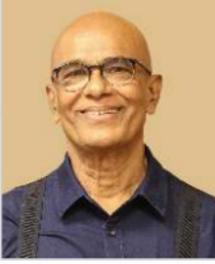
Dr. P.R. Subas Chandran,Ph.D.,

Journalist,
Motivational Speaker,
Social Activist,
Psychologist,
Short Film Maker,
Biographer,

Fulfledged Scribe for Inspirational writing to students,
employees and every other individual of all age group.

Dedicated to

the victims of marital failures.



FROM THE AUTHOR

Art of Dating and Postnatal Caring (AODPC)

“உணலினும் உண்டது அறல்இனிது காமம்
புணர்தலின் ஊடல் இனிது.”

[Digesting diet is more delighting than the diet itself;
love feigned detest is far superior to intercourse.]

Procreation is one of the cornerstones of all living beings and we, Indians, have produced nearly 1.4 billion of lives...very casually... struggling for survival... undernourished, skinny bony, long-faced and finally, counting days to die... Is it a conscious or unconscious production of these supreme creatures? India was the epitome of happy beings, creative minds, artists, artisans, mathematicians, geniuses, and many more faculties of intelligence are now suffering from an identity crisis. Where and how have these intelligentsias and academic bowers disappeared? Painful introspection... million reasons... Some justified... some, not.

It is high time, no more delay, not even a day, we must link up the threadbare to bring back the forgotten past magniloquent glory. Is it possible? Yes, very much, provided, we plan (Don't we browse hours to buy a shoe online? It is a shame that we don't plan our future citizens) to create a new generation of citizens crafted with scientific temperament else all these suggestions go into dust. Just 45 minutes skimming of the pages could open your eyes how we have been missing these rudimental knowledge costing irreparable damage to parents, children, and the nation. This book guides you to beget the best product of your choice on this earth by following a simple homework, strategised yet scientific that could be a renewed trace of Indian Intelligence. Should you find anything need to be amended or mended post your feedback to the following email ID to update the content. Come on, excavate new possibilities of better moments.

All the best

(Dr. P.R. Subas Chandran)





FOREWORD

Major General Surender Mohan, VSM (Retd.)

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Foreword

Art of Dating and Postnatal Caring

This is another masterpiece written by the prolific writer who has penned unusual deep rooted wisdom needed in The "ART" of daily life, encompassing everyday situations and problems.

Procreation is indeed one of the laws of nature and we, Indians, have produced nearly 1.4 billion of lives, very ordinary, struggling for survival, undernourished, skinny. One must ponder, is it a conscious or unconscious creation of these supreme creatures? India has been the epitome of happy beings, creative minds, artists, artisans, mathematicians, genius, and many more, but present day generation is now suffering from an identity crisis. Where and how these intellectual and intelligence facets of human life disappeared? We must do a very painful introspection and the author has produced a brilliant analysis into this aspect.

Do we want to procreate just children or do we want to create the next generation of exceptional qualities? If the answer is 'yes' then, as per author one needs to plan different stages right from dating, pre-pregnancy, pregnancy, and post-pregnancy stages to realise our dream project.

What the author is trying to emphasise, is the importance of knowing each other for compatibility in the dating stage itself. It is better to be compatible first before committing for marriage than later. The second issue he is convinced about is, the importance of environment/ambience while going through a pregnancy and how the all good qualities of parents, pass on to the child in a loving and nurturing environment, which is completely free from conflict.

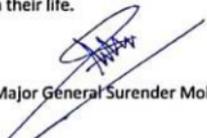
Befittingly he has brought out the examples of Shivaji Maharaj and Singer Balamuralikrishna, to highlight the role of environment and energy transmission from mother to child.

Kudos to Dr. Subas Chandran, who has brought a handy book with good examples and scientific references in support of the contents. His advice to youngsters- don't be in a hurry to marry. Understand the nuances of life and then plan your marital life. This book guides you to beget the best prodigy of your choice on this earth by understanding the simplified yet scientific logic, which could be a transformation process of Indian Intelligence.

I wish the readers to reap some wisdom to enrich their life.

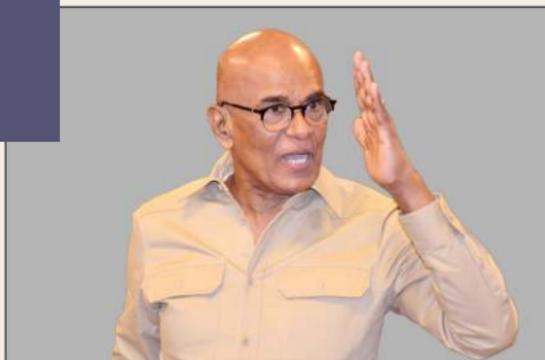
New Delhi

29 Aug 2020


Major General Surender Mohan, VSM (Retd)



About the Author



Dr. P.R. Subas Chandran is a non-clinical psychologist, biographer, social activist, short-film maker and live-wire-motivational speaker. He has penned '**Aakaasameehaddu**', a compilation of interviews with 72 women officers in Swati, a Telugu weekly. 'Why Modi should become the Prime Minister', a pre-poll book (2015) with **Mr. Modi's** message was a well received publication. The author of 'Who Wrote My Destiny?', the authorized biography of former Union Home Minister, **Shri. Sushil Kumar Shinde**. People from all streams approach the author for counselling. His favourite theme is Inclusive Life, where he wants to serve the communities by unlocking the hidden potential of executives, students, and the working class. The Art series by the Life Style Dynamics – from Art of Beginning the Day to Art of Ending the Day- is his latest venture.

He is one of the Senate members of the 104-year-old SNTD Women's University, Mumbai and a visiting faculty for National Forensic Sciences University, Gujarat. He is also a resource person for Meenakshi Mission Hospital and Research Centre, Madurai and Meenakshi Hospital, Thanjavur.

ACKNOWLEDGEMENTS

This presentation reflects the Master who has sent a messenger to disseminate the message. A repository of creative people interspersed with worldly wisdom from mundane to spiritual fields is incorporated.

The author owes his accolades to **Major General Shri. Surender Mohan, VSM (Retd.)**, Professor (Obst. & Gynae), Ex. HOD Army Hospital (Research & Referral), Dean - Army college of Medical Sciences, Delhi Cantt to have foreworded the Art of Managing Time vouchsafing the contents shared.

Of course, **Dr. S. Gurushankar**, Chairman Meenakshi Mission Hospital & Research Centre deserves a more than thanks for the all round support.

The author extends his due accreditations to **Mr. Sam Rajappa** and remains in gratitude to **Mrs. Latha Sharma**, Associate Editor, for making this book a possibility.

Also, applauds Google.com, Wikipedia, the team members **Mr. Sam Arackal, Mr. S. Manikanda Raja** & Designing Team of MMHRC whose contribution is immeasurable in publishing the pocket-sized book.

Special adulations to the first reviewer

The author and his team gratefully acknowledges the angel's (name not to be revealed) immaculate appraisal, correcting, editing as well as amending, to have the book rendered nearly error-free.



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NOTE

This book is a compilation of wisdom from myriad sources intended to benefit the general readers, certainly not experts. Most of them are suggestive, self-experienced that readers may consult health care specialist, should they find information not in rhythm with their expectation. Moreover, the write-up is governed by the British English Language/Grammar rules. Any reconciliation with the computer language be kindly overlooked. The author and the publisher bear no responsibility for abusing or misusing the indicative measures.

Art of Dating and Postnatal Caring

Marriage, Pregnancy & Post Natal Care /
Marriage and pre-pregnancy stage

Marriages are made in heaven

Have you considered a formal union between a strange man and woman lifelong where their life is bound legally, economically, and emotionally?

Indians go by arranged marriages since ages. Marrying cousins or the kindred of the kith and kin has been the conservative norm of the Indian society. It is written in the will either when the child is born or even before child's parents are married; the customary practice of the traditional Indian society. The family lineage stood by either end to promote understanding. Education awakened the understanding levels of the people.

The widened age gap, paved the way for mutual trust; understanding adaptability and in fact there had been a greater honour for women that although the betterhalf had been younger and less educated or rather illiterate also, men consulted women in important decisions. 'Illaalu/ illatharasi' is the name given to the homemaker.

The classical sage Yagnyavalkia had his wife Maitheyi beside him while imparting justice. William Shakespeare's Merchant of Venice also promulgates the ideology of justice seasoned with mercy, i.e., rash masculinise with the



tender warmth of concern be judicious. Thiru Valluvar ‘the Alexander Pope of India’ reiterates the same in his ‘Ulaga Podhumarai’ The Universal Decree:

"அன்பும் அறனும் உடைத்தாயின் இவ்வாழ்க்கை
பண்பும் பயனும் அது". - திருக்குறள்

A home of empathy and righteousness
is the abode of qualitative culture.

But this got distorted when man started misusing women out of lust....with its own consequences, of course.

The secret of a happy marriage is finding the right person. You know they are right if you love to be with them all the time. Julia Child, American author, TV personality.

Humans marry with a specific purpose like having a lasting companion who can support economically and emotionally. Yet, there is a challenge in finding the right person who should meet all the above parameters. For those who are raised in a family, marriage is a must. As people age there arises a biological urge to love, be loved, and procreate. If you decide to marry consider:

- Why should you marry?
- What should it account for? A wise man uses the teething period to understand gap between him and his spouse, and his children. Don't beget children immediately. Sudhakar IPS says once in a while husband and wife should separate to strengthen the subtlety of love.
- Whom to marry? "See many; befriend some; love a few; marry one" goes a famous English saying.
- How you marry?
- Is it arranged or self-made marriage?

Thiru. V. Kalayana Sundaranar and 'Raja Thanthri' Rajagopalachari both reformists from Tamil Nadu initiated cross culture marriage. Selfmade marriages emerged. But the present trend is quite impressive. The boy and the girl working in the same work place similar work stress, working conditions fall in love then get it arranged it with the parents so that the Hindu Marriage Act of property owning and lineage does not fall off hands. Parents who have female heirs gradually started accepting the trend and now it has become the dictum of the society.

I am of the view that dating is a pre-requisite for marriage. Now the question may arise, 'why dating?'

Why dating?

The reason 'why dating?' is to know the real person you intend to marry. You meet a person and have some idea or impression about the person. Let us call it the first impression. Our initial impressions are mere masks as all don't reveal their true colours in the beginning. Some aspects of the personality surface over a period of time. We often hear a saying, 'Circumstances change a person'. One scholar negated the philosophy remarking the quote, "Circumstances actually reveal the true nature of a person". You meet the person again and another time and you realise your impression has come down. Unless we familiarise with him/her, we cannot understand the real nature of the person. As dating goes on, the mask falls and the camouflage fades showing forth varying degrees of incompatibility. Your relation becomes healthy when you understand the incompatibility and make an effort to compromise with what you like or dislike. In the event of incompatibility, you need to think, what sort of compromise you should make and how. That is why it is important to date for a period of six months to know the real nature of a person.

Preetha Suseelan views:

My viewpoint about dating before marriage should be an average of twenty-five months. The basic ingredients to emotional involvement are sown during dating. Emotional involvement is not for sexual intercourse, which really disrupts the process of building emotional concern. The importance of communication is obvious in dating. As many experience the consequences of poor communication with their spouse. Poor communication will almost always lead to mismanaged expectations, which in turn lead to disappointment. These negative feelings will surely pull you apart later in life.

Dating also facilitates to unravel the hidden personality that everyone tries to hide in the very first meeting or initial encounters; sophisticated language; well mannered behaviour; beef eating; dress code; dining etiquettes and style; and, manners are the visible mask of male or female when they meet for the first time and in due course the Mask falls. One after another in 3 or 4 months the true personality surfaces by the time you understand whether he should be your man or woman. Dating must be frequent at different locations on different subjects and different ‘-isms’ of philosophy what not for you to find out his opinion of others so that you are not taken a back all of a sudden after the marriage. The powered details of dating is expressed exclusively in a different sexual relationship. During pre pregnancy the course of medication, care and concern, cheerful mind and pleasant environment are a must. The pregnancy period is the most crucial since it is almost a rebirth to every woman wherein sexual relationship should be healthy creating in ambience for a healthy mind in a sound body eases the labor pain.



The postures, even of intercourse the diet medication and the time of fooding and sleeping are contributory factors in addition to neat and tidy appearance, listening to pleasant music as well as good vibration. Incase of vagaries and anxiety one has to consult the sexologist. It is also medically proved that one can have sexual relationship till the convenience of both the paring partners is feasible.

“*The irony is only when they started dating and self marriage system the number of divorce cases in the Law courts in India have been on the increase, bitter truth though. But *The budding teens of thirteen and fifteen end up in misery because of this prime attraction to opposite sex, called infatuation. On the contrary, the oldies quarrel for petty reasons but hidden in it is the lingering love that how much each has given into the other. This is true love. ”

a. To settle incompatibilities



Linearly, humans are all same; what differs from one to the other is the habits. Some want to be clean, whereas others not. Some are disciplined like early rising, the other does not, as he/she prefers to get up late. So, in the event of late rising, how it is going to affect daily chores, work-life, or child grooming. One should discuss this with the other person and reach an understanding.

Some have habits like smoking and they find it difficult to quit. If the other person doesn't like smoking, then where the smoker should smoke without disturbing the partner? Discuss this before committing for marriage.

Some are habitual drinkers whereas the other may be a social drinker. As drinking involves cost, how it affects the family budget or how much one can spend on liquor consumption? Doesn't it require discussion? I feel, there should be a discussion.

Yes, these are the crucial issues that tantalize the harmony of a sweet home. In certain areas, we should accept a person for what he or she is. If you feel you are not compatible with your partner on the above mentioned concerns, close the chapter. Or, if you still feel can pull along you prepare a platform for that is what 'DATING' is. [the author comes up with a separate edition on the psychological issues to be addressed how conservative bride/bridegroom should mentally, physically & physiologically prepare for union and childbearing & upbringing enhanced perspectives from a psychoanalyst's point of view].

b. To learn the biology of the spouse



Imagine that you have ironed out differences through dialogues. You have agreed for compromises. Now you have cleared the decks to get married. Herein comes the crucial point to know the biology of your spouse. In the next few paragraphs, you will learn more.

Never, ever have sex before marriage. There must be sanctity in the marriage relation. It is in marriage; a woman gives herself to her man.

Enter pre-pregnancy stage

Some have issues like pre-marital sex. If you already had pre-marital sex with your girlfriend or boyfriend, then marry that person with whom you had sex.

“Once you have understood the real person after studying for a few months, marriage is the next option”.

One enters marriage with lots of expectations, for men it is the time to have sex. Women too will be passionate in the initial stages to mate and produce children. This is a pre-pregnancy stage where couples have the question -how shall we produce children? To produce children, one should have physical relationships that satisfy both parties. It is at this point, issues like premature ejaculation crop up. Some have innate fears like ‘can I?’ What one needs to understand is the body metabolism that creates a thought process where one ejaculates early. I have one case to present before you.

Satisfy her?’

To have fulfilling sex it is important to have hygiene, to be specific, hygiene of private parts. Lack of hygiene can be a huge turn off to sexual life.



a. Sexual compatibility



Let us also check compatibility in sex. Never feel bad to approach a non-clinical psychologist with whom you can share your facts and failures. My experience with counselling taught me sexual problems like premature ejaculation are mostly psychological not therapeutic. Due to fears and anxiety, many have different concepts with sex-life leading to annulling of the marriage.

Once a couple shared their experience to me. The man has the problem of premature ejaculation and his wife was upset over this. While examining the case, I found the problem is more psychological than medical. I told them to meet me again to take natural medicine from me.

When the couple met me again, I introduced a bunch of roots to them telling it has special powers. I put the dry roots in 10 boxes and advised them to take the juice of the roots that will boost the sexual power. I warned them not to expose the roots to air or chemicals to get the maximum power. The medication process includes chewing the root 99 times and consume the juice.

Two weeks passed. A miracle happened after the prescription. The man followed my instructions religiously and claimed that his premature ejaculation is solved from no minutes to three and a half minutes. His wife was also happy about the development and gifted me chocolates and sweets.

He asked me for another set of roots to increase his potency. I smiled at them and suggested him to consume the roots of neem tree or banyan tree for that he doesn't need to come to me.

The point of the matter here is, I gave him a psychological treatment rather than clinical treatment. One can try this method for other

failure areas like work, agenda, goal setting, etc. We need to divert our minds from a fixed fear. Once you banish your fear and anxiety, it will be easier for you to get rid of your sexual weakness. Certain psychological tips can engender relationships. Try once.

Another man complained to me that his wife is a nymphomaniac who wants to have sex four times a day. After counselling his wife, I suggested her to use a sex toy to fulfil her lust and leave the poor husband tension free. It did work and the couple lives with a settled heart.

Another prominent issue among family is satisfying the partner. In the West, it is not a taboo to indulge in oral sex. But in India, not everyone does this. The crux here is, in sex-life women are not satisfied because men get faster orgasm leaving the woman unsatisfied.

b. Vaginal hygiene

Since women orgasm is slower, it is important for a man to do foreplay like oral sex to stimulate the partner. This will enliven the sex life. Vaginal hygiene

is vital to perform such acts; therefore, women should take care of this by waxing their vaginal hairs and wash the surface before sex.

A few tips on vaginal hygiene by Preetha Suseelan:

- Keep the undergarments dry
- Change the sanitary pads between 4-6 hrs. interval
- "Practise safe sex
- Avoid douching
- Clean the vagina after intercourse without fail



Many modern gynaecologists have conservative world views and reaching them for problem-solving may not be of much help to you. The right approach is to find a consultant who has vast experience in solving sexual problems.

c. Create an environment for sex

The environment also plays a role in shaping the mind of the baby. According to historian Jan Plamper, every family is asked

to place Stalin's portrait in the house. We don't have documented evidence whether a man and woman had a physical relationship before the image. But I firmly believe that personality cult was too strong and parents who had physical relationship before the image of the dictator beget more Stalin like characters in Soviet Union.

To test the validity of this concept, a man conducted an experiment keeping the images of monkeys of different types in the room where the man and his wife would have sex. He created monkey sound artificially. During the physical relationship, the wife saw the photo and heard monkey sounds.

Later, it turned out that the woman created children appearing more or less like monkeys. What we understand from this is how thoughts linked with the ambience play a big role in shaping the child.

Many logical thinking intellectuals dispute over the very idea of ambience influence in procreating babies without defects. But we can see an instance in Mahabharata that substantiates the theory of how ambience, thought process influence childbearing during the pre-pregnancy stage.



Role of mating environment from Mahabharata

The episode from the Mahabharata is illustrative enough to depict the significance of environment, temperament, attitude and mutual consensus of the sexual partners. It was at a crucial juncture when the Kuru dynasty was on the verge of extinct after the death of Kuru patriarchs, Chitrangada and Vijithraveerya, sage vyasa being the crucifix and veteran guide had to take a firm line resolve the royal heir. He had use his spiritual prowess to impregnate the widowed wives of Chitrangada and Vijithraveerya, Amba and Ambicka. In Hindu ideology it is believed that if a married woman looks eye to eye at a male, she is prone to lose her virginity/chastity. The sage emanating his spiritual radiation certainly seduces the royal princesses. But the concept here is, they should be able to reciprocate it. Unfortunately, the sisters could not withstand the vibration. One, was jolted out of fright and the other convulsed in restraint with a glare. Hence, Dhritharashtra was born deprived eye sight and Pandu, the former's son was born impotent. Still the problem remained unresolved, rather got aggravated. Hence the ante chamber-concubine, Ambalika was called and she reciprocated it positively and hence, the most intellectual, erudite Vidhur was born. Since Ambalika acknowledged the consummation with optimism her child became an able administrator.

Sage Vyasa



Nathalie Trouveroy describes about the Chinese concept of Shanshui, meaning “Mountain Water” going vertically towards heaven, which is supposed to be high, warm, dry and masculine while water represents yin- the horizontal, flowing fluid, calm, cool and feminine. The space where the confluence takes place is the landscape and human appertained called landscape of the soul. Indian metaphysics refers it to as the mergence of the Prakruthi in Purusha/individual soul merges in the universal or nature mingles with the universe. Indian jargon bears relevance to the yoga exercise of Pranayama, “AUM” A-inhalation (2secs.); U-under sustenance (8secs) and M-exhalation (4secs)* (for further reference read the other Art series by the author). The void or stillness entertains the state of trance or bliss devoid of all mortal intervention. This concentrated moment lasts only for a maximal of 20 secs. where procreation is made possible. This unlocks the barriers replicating the formation of progeny (fusion). The subtle spiritual concept is vulgarized in the reek parlance of sexology. The same 10-20 secs.is repeated in the child birth when the Mother Nature breathes life anew weaning off from the mother’s life (fission). This is also well explained in the nuclear fusion- fission principle. Conversely the principles of magnetic induction, electrostatics, etc too reiterate the same. Why, Einstein’s Theory of Relativity $E=mc^2$ is all about it. In ancient times mothers lost life during child birth to the distortion caused in the process-Violation of Law of Nature. This could also be a reason why elders fixed up a particular time for nuptials. The genetic exchange is not feasible unless there is a unity, consensus, mutual understanding.

PRACTISE WITH PROPER GUIDANCE. To practise the principle of AUM or the scientific process of Pranayama the yogic process of inhalation, holding the breath and exhalation. (Refer: “**Art of Beginning the day**”)

Bible on environment during mating

An illustration from the Bible is also cited below. In Genesis 30: 25-43, we find Jacob had a strange experiment with sheep mating to settle scores with his uncle Laban where he wanted to claim all spotted sheep. For that, Jacob separated the lambs, and made the flocks face toward the striped and all the black in the flock of Laban; and he put his own herds apart, and did not put them with Laban's flock.

Moreover, whenever the stronger of the flock were mating, Jacob would place the rods in the sight of the flock in the gutters, so that they might mate by the rods.

But when the flock was feeble, he did not put them in; so, the feebler were Laban's and the stronger Jacob's. Other than the work of manufactured ambience what else we can attribute to this?

Many might be confused about the process. To explicate the process scientifically in a layman's language, Jacob said goats with black stripes and white dots will be his. And those without with spots or stripes must be Laban's. But Jacob was intelligent to play a trick on his uncle. His uncle found only fewer spotted ones and did not feel he would lose more sheep.

Jacob understood the role of the environment that can shape kids. He chose visual impact as a medium to communicate certain message to the gene of the goat.



Whenever the male and female goats came to drink water Jacob separated his fewer goats and allowed them to consume water separately.

He cut those tree branches; removed the bark and exposed the white patterns to the goats while they were drinking water.

The black sheep could see the white rods and their eyes would be focused on the rods during the intercourse. Jacob showed the rods to the sheep. This visual impact went into the metabolism of the male goats and the energy passing from male to female goats carried the visual impact. As a result, spotted goats were produced more simply outwitting the uncle.

DNA has all the information on the characteristic traits for seven generations of ancestral heredity about the biological, physical, physiological and psychological features.

Osho understood this science brought out the relevance of sex with spiritualism. According to him during mating before ejaculation, he asked them to hold it, which is beyond anybody's possibility. But a few could hold it and Osho communicated the message of enlightenment with this process. Mehir baba has had simulation ideological belief in the realisation of the truth.



Case of Toxic Environment

We saw the good effects of a positive environment. At this stage, we need to understand the perils of toxic environment may havoc right from pregnancy to raising children.

What constitutes a toxic environment? I know the case of an educated lady working in a government sector says how the marital life ended abruptly. She was subjected to constant abuse by her cruel husband. During pregnancy she underwent physical shattering hair pulling,.... and that phase she underwent physical shattering, scolding, pulling hair, kicking, being famished, insulted by the husband.

The wife consumed emotional poison administered by the husband for 9 long months unknowingly. Then she delivered a female baby. Then the husband ran away leaving her in a married widow status. After undergoing all mental and emotional torture, she was mentally wrecked. And, what about the baby?

The mother who underwent all insults passed the same to her daughter. The girl child though average in studies was good-looking



but adamant, proud, and never listened to mom although the mother provided her daughter with all comforts. The mother thought she could develop the child through single parenting.

But the girl didn't have a normal upbringing, was poor at studies, and finally, she eloped with a boy.

The mother didn't know what had happened to the girl whether she was alive or not. It is nothing but a collection of negative thoughts pumped into the child that made her choose a different way.

Through a toxic pregnancy environment within and outside, many children face a gloomy future. According to 2019 data our population is 1.37 billion. With no intervention of the government about how the child is born or raised, where is today's generation heading to? I mean to say, poor upbringing has taken a toll where we have unfit talent or uncreative ones who find it difficult to compete with studies, jobs, sports, arts, etc.

The don't care attitude we extend towards pregnant women brings shame to the country. We can see how mothers are made to suffer and children raised with poor talent. Now, what is the way out?

One way proved worth is what the Westerners follow. Begetting children is not a sexual affair. On the contrary, an important agenda for the nation.



Herein lies the importance of creating an environment for procreation so that we can create Fit-Indians or talented children who surpass every expectations.

The postpartum period begins immediately after the birth of a child. It is commonly defined six weeks after childbirth. This is a very important time for both, mother and child to adjust each other. In the first few hours and days after childbirth, mother will experience many changes, both physically and emotionally. The World Health Organization (WHO) describes the postnatal period as the most critical and yet the most neglected phase in the lives of mothers and babies; most maternal and newborn deaths occur during the postnatal period.

A postpartum (or postnatal) period begins immediately after the birth of a child as the mother's body, including hormone levels and uterus size, return to a non-pregnant state. The terms puerperium or puerperal period, or immediate postpartum period are commonly used to refer to the first six weeks following childbirth. The World Health Organization (WHO) describes the postnatal period as the most critical and yet the most neglected phase in the lives of mothers and babies; most maternal and newborn deaths occur during the postnatal period.^[3]



Procreate model children

Now the question is through artificial ambience can mothers procreate model children. I believe, it is possible. Begetting children is an art. You can beget the best children on this earth who are virtuous, polite, having empathy by creating an environment naturally or artificially.

Many are regular sexmongers and beget children. Why not experiment with a planned sex session meditatively in an artificial ambience where the parents can create children of exceptional qualities.

To get such species, you need to craft your mind properly. Before getting physical conditioning of the mindset comes first to facilitate the birth of special babies. One should know the basic anatomy of male female and their functions Let us have a process first. As a first step, free the mind from all distractions. Find a good place for physical association. Create an adaptive environment to mentally prepare the partner. Also, talk it out as how both can create special children on this earth.

I learnt how environment helps in foetal learning from late M.Balamuralikrishna the Indian Carnatic vocalist, musician,



multi-instrumentalist, playback singer and a composer who shared an episode while I was interviewing him for Swathi Magazine, Hyderabad. He heard it told by his mother at a later stage.



His mother Suryakanthamma being a Veena player, used to play 6-7 hours a day during pregnancy. Many well-wishers, friends found it odd and criticised her saying it is not correct spending more time on Veena even forgetting about food. In their opinion, spending time likewise will be detrimental to the growth of the child.

Suryakanthamma was stubborn and continued to play the Veena for seven hours for seven months. Finally, a family elder compelled her to stop it otherwise they felt the child may die due to her Veena nuisance.

We don't know where from she conceived the idea of filling her child's mind with music. Can it be from Abhimanyu's foetal learning from Subhadra's womb? All mystery. But, when her stubbornness angered her in-laws, she brought down the time spent on the Veena from seven hours to four hours a day. People around her were wondering what would be the outcome of this Veena session during pregnancy; only time could tell.

Let aside the critics. It seemed what turned out was as per the expectation of the mother the child became a renowned carnatic legend, M. Balamurali krishna. The prediction of the mother's in-laws proved wrong although they predicted the foetal child would be badly affected.

It seemed the mother had deep insights on the influence of environment during stages like pre-pregnancy, pregnancy,

and post-pregnancy. That is why she delivered not an ordinary boy but a music icon. But we don't know whether M Balamurali Krishna as a father or his wife Annapurna tried to emulate their mother's foetal learning tips. Because all the three sons and three daughters grew up to become doctors, not musicians.

From this, we understand how music is one of the ingredients that generates positive chemicals like dopamine, serotonin and norepinephrine supporting the foetal brain as well as the mother. Beyond doubt it is proved pregnant mother needs psychological counselling*, nutritionally healthy food, a green environment, humming voice (read music) at home not to pamper, but to beget a talented child. That version could be like Alexander, Ramanujan, Einstein, etc. because the results reveal the role of environment and its impact on the foetus. Both are listening, and both get benefited.

Western countries promote a set up where there should be dating, understanding each other well. Once they are compatible with equal wavelength, they go-ahead to get married and produce babies.

It can be a reason where you find most of the innovative ideas, inventions to the extent of 90% of all creative paintings, music arise from Western countries. See chart source: babelniche.com.

Switzerland is the world's most-innovative country followed by Sweden, the United States of America (U.S.), the Netherlands and the United Kingdom (U.K.), according to the 2019 edition of the Global Innovation Index (GII). Source: www.wipo.int

The inventor countries are scientifically moulded. So, begetting child should be well planned and strategised right from the meeting,



mating and finally begetting children stages. There is a link between innovation and economic growth and in my view that link is extended to foetal learning, IQ imparting during pregnancy and breastfeeding stages. So, why not experiment?



Create an amicable ambience, aroma, the liking, the arrangements of having food during your relations. Workout these factors to create future geniuses like Ramanujan, Sir C V Raman, Subas Chandra Bose, Sarojini Naidu, etc.

Such ideas are not prevalent, but it is possible and research is going on in India and abroad. I feel, producing a child should be planned systematically with the backup of naturally or artificially set ambience.

In the pre-pregnancy stage ask a few questions:

- Why should there be a baby?
- What is the purpose of begetting a baby?
- How to raise the baby?

Despite many disputes, the acclaims of certain researches prove that there is an influence. According to Beth Skwarecki, babies learn to recognise words in the womb.

Let us research on this. A 1988 study suggested that new-borns recognise the theme song from their mother's favourite soap opera. More studies on the idea of foetal learning post-pregnancy indicate that new-borns familiarise themselves with sounds of their parents' native language. The sound-processing parts of their brain become active in the last trimester of pregnancy, and sound carries fairly well through the mother's abdomen. **Source:** <https://www.sciencemag.org>

Post-pregnancy stage

A mother especially the rural folk should know the importance of colostrum, a fluid produced when breast milk is released. Breastfeeding is a scientific process to mould good human species. According to a research, the resistance power or immunity of those children having breastfed and those who



were not breastfed vary. Science has one more dimension to demonstrate the growth of a child. The number of times the child goes for suckling the brain growth would be faster. While breastfeeding the mother's role is not just giving food for the child. Therefore, mothers should have a clear understanding of how thoughts, positive vibes make or mar the child's holistic growth.

It is a scientifically proved fact that thought alone makes or mars a child's mental growth. Since the mother is carrying a baby on her shoulder, she shares her thought process with her baby while breastfeeding.

Mother's milk is not simply milk, it is the part of her blood, feelings, and her vibrations. So, it is important for mothers to create a positive ambience while feeding the child. Sit in a cool atmosphere like a garden, or create a garden-like atmosphere. Ensure the thought should not scatter.

Breast feeding plays a key role in a child's holistic development. All depends on positive energy emanated from the mother to the child making the child virtuous, or courageous, self-confident, self-assuring or imbuing similar optimistic attributes. On the contrary, if the environment is negative where the mother has full of negativity

towards self, society, or surroundings, then it will have its bearing on the child's psychological development too.

****An individual in Salem,TN is running breastmilk bank.***

If mating takes place in such an ambience, there is every likelihood that the child will become a virtuous creature on this earth; so much so, what you feed your child during post-pregnancy will shape the child or create innate talent in the child. While feeding mothers have to be beware of keeping the breast feeding area hygienic. The Mother can listen to music of her choice preferably instrumental.



The magical power of lullaby

One more illustration is Chhatrapati Shivaji who received virtues and positive qualities from his mother Rajmata Jijabai along with the milk she fed her son. How she groomed a man of virtue, valour, and empathy has a direct connection with breastfeeding. She fed him positive thoughts, kindness, gentleness, forgiveness, etc. through lullaby.

The best melody that a child could have ever heard must be lullaby sung by its mother: Aaro, aararo. She needn't have to be the nightingale for that, even a croak or a groan does well. Whether the child gets bored and falls asleep or lulled to sleep is upto its recepticle. Be it good nature or bad nature, it passes from mother to the child. If you are angry, the child tends to be angry. If the mother shows patience or kindness the same virtues are passed on from the mother to the child.

Most of the modern 5G mothers are not aware of lullaby that a child needs when he/she rests in the lap of the mother. Gone are the days' moms used to sing a lullaby with different notes but today they know aaraaro aariraaro... else jo jo jo jo jo beyond..? and the child expects the next line to come... but the mother repeats aaraaro aariraaro... else jo jo jo jo jo..the child blinks.. blinks.. expecting the next few lines with different notes. but alas mother knows only these two lines and expects the child to sleep...the child with full of frustration closes the eyes and goes to sleep. Is it because of the lullaby ...no because of the monotony? In the event, such mother can use an alternative mechanism of a sound music system loaded with instrumental music that could be placed nearby the child. Be it good nature or bad nature, it passes from mother to the child. If you are angry, the child tends to be angry. If the mother shows patience or kindness the same virtues are passed on from the mother to the child.



The mindset of the mother should be composed, happy, positive energy flowing mechanism, relaxed mind, no negativity, creating a thought that is going through the bloodstream. The research says, when mothers compose their meditative state, positive attitude could give not just breast milk but vibes like courage, self-confidence, and character. Yes, I am harnessing married couples the grass root levels to that scenario. Aren't you ready? Bon Voyage!

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