

Child development - Vol. 3 : Your child - 3

# Caring for the Mother and Baby after delivery

(With the delivery process explained)

(English)

## Authors

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('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level,  
'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Paratpar Guru'  
denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

**Dr Kamlesh Vasant Athavale**

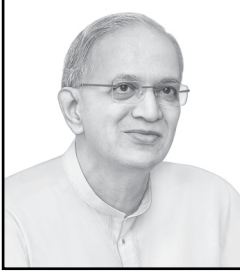
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**Sanatan Sanstha**

Over 9.38 million copies of 362 Sanatan's Texts published  
as of June 2023 in Marathi, Hindi, Gujarati, Kannada, Telugu, Tamil,  
Malayalam, Bengali, Odia, Assamese, Gurmukhi, English, Nepali,  
Serbian, French, German and Spanish.

## Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale, Founder of Sanatan Sanstha

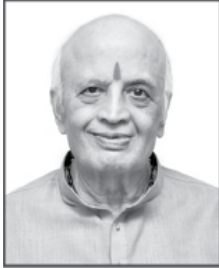


1. Established 'Sanatan Sanstha' to propagate Spirituality.
2. Proponent of 'Hindu Rashtra' (Divine Rule) <sup>(Note)</sup> and commencement of its mission (Year 1998).
3. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 124 seekers have become Saints and 1,093 seekers are progressing towards Sainthood as of 11.6.2023.
4. Creation of unique Spiritual texts on various topics.
5. Research on spiritual remedies for physical, psychological distress and that caused by negative energies.
6. Research using scientific instruments on religious rituals and events that are beyond the comprehension of the intellect.
7. Presenting the research conducted on sattvik Art-forms.
8. Founder-Editor of fiery Hindu Periodical 'Sanatan Prabhat'.
9. Uniting and guiding Saints, Sects, devout Hindus, etc. so as to establish the 'Hindu Rashtra'.
10. Recognising the coming dreadful times, guiding and preparing Texts to protect lives.

**(Note :** हीनञ्च दूषयत्येव हिन्दुरित्युच्यते प्रिये ।, meaning - One who eliminates the inferior *Raja-Tama* components in himself is a Hindu. A Nation of such *sattvik* people is called 'Hindu Rashtra'.)

**(For complete introduction, visit - [www.Sanatan.org](http://www.Sanatan.org))**

## Introduction to Authors



### **Sanatan Sanstha's Sadguru, Doctor & Vaidyacharya Vasant Balaji Athavale**

[M.D. (Paediatrics), D.C.H., F.A.M.S.]

Sadguru (Dr) Vasant Balaji Athavale was a renowned Paediatrician. He founded the Paediatrics Department in 1959 in Lokmanya Tilak Mahanagarpalika Hospital, Mumbai. He was Professor and Head of this Department from 1960 to 1990. He was the Chairman of the 'International Conference on Alternative Medicine' in Bangkok in 1980. In 1996, He received the international honour for the 'Best author of books on Ayurveda'. In 2001 and in 2012 respectively, He was honoured with the 'Lifetime Achievement Award' in an International conference on 'Ayurveda and Hepatic Disorders' and by the Indian Academy of Paediatrics.

#### **1. The journey from being a seeker to becoming a disciple**

**A. Selflessness and the attitude of sacrifice, which are essential for spiritual practice :** He started noting down higher level philosophical thoughts on Spirituality in 1980. He toiled day and night to create a vast treasure of knowledge on Spirituality. Very altruistically, He donated this treasure to Sanatan Sanstha in 1990, soon after it was established. This sacrifice, before He became a Saint, indicates the level of His spiritual practice and seekership. Due to His writings, Sanatan's Texts are now becoming inclusive in the true sense.

**B.** In 2004, He became a disciple of Sachchidananda Parabrahman (Dr) Athavale (A great Saint who is also His younger brother and the Founder of Sanatan Sanstha, the world-renowned spiritual organisation).

## 2. Attaining Sainthood

On 16.12.2012, He reached Sainthood due to His spiritual emotion, intense yearning, inquisitive nature and humility.

**A. He attained Sainthood by performing spiritual practice through various Paths of Spirituality :** Every person performs spiritual practice as per some path of Spirituality, becomes introverted, progresses spiritually and thus moves towards Sainthood. However, Dr Vasant Athavale attained Sainthood by performing spiritual practice as per Karmayoga (Path of action) by serving His patients, Jnanyoga (Path of knowledge) by writing Texts, Bhaktiyoga (Path of devotion) and Gurukrupayoga (Path of Guru's grace).

## 3. Active in seva for Sanatan's mission until His last breath

He kept performing satseva for Sanatan's mission until His last breath. When He came to know of Divine particles found in Sanatan's Ashram, He inquisitively studied the subject, contemplated on how to conduct research on this topic from a scientific perspective and gave His own suggestions.

He renounced His body on 9.11.2013 at the age of 80.

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### Dr Kamlesh Vasant Athavale

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The co-author, Dr Kamlesh V Athavale, is the son of Sadguru (Dr) VB Athavale. He has achieved success in examinations of M.D. (Paediatrics), D.N.B., M.N.A.M.S. (India) and F.A.A.P. (Paediatrics and Neonatology, USA). He is working as a Neonatologist at the Duke University Medical Centre (USA). He is also Director of Neonatology at Nash General Hospital.

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## Preface



Every parent naturally desires that their baby should be healthy, chubby and intelligent. To enjoy good fruits, one has to plan and work hard. The parents must plan to equip themselves with sound knowledge about normal babies and infant care in general. A woman who is pregnant for the first time is curious and has many doubts and fears. Therefore, the process of delivery has been discussed in detail in this Text. Exercises necessary for a pregnant woman have been listed along with illustrations. This Text also provides analysis on the characteristics of the new-born, its daily routine and how to take care of it. The society has various traditions associated with the new-born. Answers to questions such as - Is it correct to follow these traditions, is there any underlying science in the traditions, etc. - are provided in this Text. I am sure that with adequate knowledge and good care, you will help your baby to grow and develop in the best possible manner in the crucial and tender period from birth to one year. Apart from parents, this text will also be useful to grand-parents, nurses, medical students and doctors. - **Authors**



### **The reason for the honorific Sachchidananda Parabrahman for Dr Jayant Athavale**

As per the instructions of Saptarshi through Saptarshi Jeevanadipatti, Paratpar Guru (Dr) Athavale is being addressed as Sachchidananda Parabrahman (Dr) Athavale since 13.6.2022. The intent in the instruction is that everyone benefits from the Divine Principle in Him. - **H.H. Sandeep Alshi, Compiler of Sanatan's Texts (24.7.2022)**