Dr. McLaughlin to release Dr. Sibal's book on parenting

The Pinewood Lions Club, in cooperation with the Department of Health and the Ministry of Education, is proud to announce the release of Dr. Shradhib Sibal's book, "Parenting: The Journey of a Lifetime." The book, which has been eagerly anticipated by parents and educators alike, provides valuable insights and practical advice on the complex and rewarding field of parenting.

The launch event will be held on Saturday, 20th February, at the Pinewood Lions Club Hall. Dr. Sibal, a renowned psychiatrist and parenting expert, will be in attendance to share his wisdom and answer questions from the audience.

This is a must-read for all parents looking to navigate the challenges and joys of raising children. The book covers a wide range of topics, from the importance of setting boundaries to the complexities of managing children's emotions.

Don't miss this opportunity to gain valuable insights and practical tools to enhance your parenting skills. Purchase your copy at the launch event or order it online today.
the Group Director of the Apollo Hospitals Group. In each chapter, he quotes famous authors and politicians to underscore a particular virtue. In the chapter on “Beating the Odds”, he cites Orison Swett Marden, the famous American author of motivational books, as saying that “Success is not measured by what you accomplish, but by the opposition you have encountered, and the courage with which you have maintained the struggle against overwhelming odds.” In the same vein, Dr. Sibal quotes Maria Robinson in “It’s Never Too Late” chapter, “Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”

Every chapter is replete with examples from the lives of people who started life small and went on to become great men and women. In the chapter on “Courage”, Sibal gives the example of Dr. Christian Barnard – the legendary South African surgeon who had performed the first human-to-human heart transplant—in showing infinite courage by undertaking a procedure that had never been undertaken before; yet he had gone ahead and performed the world’s first transplant of its kind. Likewise, Sibal gives the example of another doctor Thomas Starzl who pioneered the first successful liver transplant in a human after repeated experiments on animals and humans; he failed on a few occasions yet never gave up. Likewise, other chapters such as on “Handling Pressure”, “Be a Dreamer”, “Compassion”, “Making others Happy”, “Find your Calling”, “Never give up Hope”, “Determination”, “GIVING”, “Be the Change” have been written with great passion with examples that touch one’s heart. Some of the examples even bring tears to those like me with fragile emotions.

What is ‘parenting’ then? It essentially means the act of bringing up of a child from infancy to adulthood in such a way that his emotional and intellectual development is properly nurtured. However, it is easier said than done. Many parents find themselves inadequate in discharging such an onerous responsibility. In the process, they not only fall as parents but also leave the child to its own devices. Not everyone is as happily placed in this respect as Dr. Sibal was. He is the only child of his parents and they had bestowed upon him much care and love while bringing him up. Similarly, Devaang is the only son of Anupam and Nandini, and he too has been brought up tenderly and affectionately. More importantly, Anupam as a paediatrician has had the rare opportunity of interacting every day with children and teenagers over a period of 20 years. He had carefully observed how those children behaved with their parents and developed an effective method or technique to communicate with his own son.

In the Chapter on “Honesty”, Dr. Sibal talks about Hippocratic Oath that every doctor takes on graduating. Here he underlines the importance of honesty in professional relationships with colleagues and honesty in the doctor-patient relationship.

How Dr. Sibal has been able to develop a lifelong relationship not only with his patients but also with their parents is something to be marveled at? He treats his patients with utmost compassion and empathy. Many of his fellow professionals who have taken the same Hippocratic Oath can say with a clear conscience that they strictly observed their Oath? It is a book that every doctor should also read.

In the foreword to the book, Amitabh Bachchan is all praise for the manner in which Prof. Anupam Sibal has created with great wisdom, compassion and experience a comprehensive and practical Guide that farsighted parents could practice. He calls the book timeless. Several cricketers and celebrities such like Kapil Dev, Navjot Singh Sidhu, Gautam Gambhir and the AMITY founder Dr. Ashok K. Chauhan and authors Pranay Gupta and Prakash Jyer have also showered advance praise on the book.

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In his introduction, Dr. Sibal makes a telling point when he says that a father is a father irrespective of the fact whether he is a CEO of a Fortune 500 corporation or a sports celebrity, or even the President of the United States; he is a father first and father last as far as his child is concerned. He concedes nevertheless that “the very thought of shoulder the huge responsibility of fatherhood can be daunting”. The bare task of providing the material needs of their children is challenging enough a task for many fathers. And beyond this, there is also “a deep-rooted worry of failing as a father”.

The main theme that runs through the book is “how does one prepare his child to face the world?”. “Talking to one’s child about the good and the bad is one way. However, most conversations end up being perceived as sermons. How does then one communicate with a generation that just does not have the time to hear anyone, leave alone listen to them? Why children, especially teenagers, just don’t want to talk to their parents,” wonders Dr. Sibal. Yes, then how does one prepare a child to face the world? That is exactly what this book is all about. Its USP is that it does not sermonize or lecture. Dr. Sibal tellingly cites instances from the lives of extraordinary and even ordinary men in order to underscore the importance of being a father or underscore a particular virtue or highlight a point. His prose is simple without verbosity and easily understood.

An unusual feature of the book is that Dr. Sibal uses his young son Devaang as a springboard in order to elucidate his ideas and philosophy about the diverse dimensions of the art of parenting. Happily, Dr. Sibal shared a few interests and pastimes with his son and made it a point to daily get at least 15 minutes of Devaang’s ‘undivided attention’ that had to be impromptu. Thus Anupam found many opportunities to interact with his son and talk about the people they both admired. Thankfully, internet helped a lot in such discourses with Devaang taking the initiative and quite often spending as much as an hour on internet. How Dr. Sibal went about this task of spending some quality time with his son and how he steered the interaction to the numerous virtues that he needed to bring home to his son is the book’s running thread.

The father in Dr. Sibal sincerely wished his son to inculcate such values that would reasonably turn ordinary individuals into extraordinary men and women. In each of the 18 chapters, Dr. Sibal talks about virtues that a child must acquire as he grows up. Scores of well-known writers before Dr. Sibal have dwelt on these subjects in their own characteristic way, but Dr. Sibal’s approach has been refreshingly different and endearing, as if he is conversing with the reader, a la Dastangoi – that was the fine art of storytelling in city squares and other public places in ancient times. The conversational mode of his book is very much like a fireside chat, something akin to Prime Minister Modi’s “Mann ki Baat” that comes from heart and makes a touching impact on the reader.

Dr. Anupam Sibal’s parents, Padma and Prem Sibal, are Dehradun’s most respected and popular residents. The Sibals’ quaint house on Old Mussoorie Road is constructed into a rock in three levels, and is an architectural marvel.

He writes about virtues such as Humility, Courage, Handling Pressure, Compassion, Determination, Gratitude, Goals, Honesty, Forgiveness and some more. When he discusses a virtue, say like humility, he buttresses it with inspiring examples from living legends such like Ratan Tata, Dr. Prathap Reddy, Sachin Tendulkar, Kapil Dev, Gautam Gambhir et al – an effective way of driving home the message. Gandhi believed that humility was the mother of all virtues and that it must precede any other virtue. “Humility is not thinking less of yourself, it’s thinking of yourself less,” Sibal approvingly quotes CS Lewis, the legendary Irish author.

It is amazing how Dr. Sibal could find time or even inclination to acquire a storehouse of knowledge about celebrity authors and philosophers of the past centuries what with his preoccupation as a renowned paediatrician and
BOOK REVIEW

Is your child ready to face the world? A virtual primer on parenting

RAJ KANWAR

As a celebrated paediatrician, Dr. Anupam Sibal has no peers in India. He enjoys the unique distinction of having been part of the team that had performed in 1988 the first paediatric liver transplant in India at Delhi's Apollo Hospital; he has not since then looked back. Over all these years, he has written numerous highly appreciative treatises on subjects medical, but it is his first non-medical book “Is your child ready to face the world?” that has received critical acclaim and rave reviews. The book is a virtual primer on the fine art of parenting and is a must for all young and not so young parents. It is equally a worthwhile read for children who have stepped into their teenage years.
Upasana Kamineni releases *Is Your Child Ready to Face the World* by author Dr Anupam Sibal

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"Conventional parenting needs to be adapted to meet the expectations of the present generation," said Upasana Kamineni, speaking after releasing the book, "Is Your Child Ready to Face the World?".

Authored by Dr Anupam Sibal, Group Medical Director, Apollo Hospitals and published by Penguin, the book has blurbs received from across the globe that includes names like Verne Harnish, CEO, Gazelles; Jim Clifton, Chairman and CEO, Gallup; Madhuri Dixit Nene and Shriram Nene; Navjot Singh Sidhu; Kapil Dev and Brahma Kumari Sister Shivani among others.

Amitabh Bachchan has written the foreword. In his words, "Ever so rarely, you come upon a book that is timeless."

Speaking at the book release programme in Hyderabad, Upasana said, "We need to engage with children more than ever before as our society has changed so much. To communicate with today's generation one needs to understand how they think, how they relate and this book will help parents understand the key to communicating with this generation."

"The world has changed; since we were children, baby's have FB accounts and are on social media; today's kids are born stars. You should know what you are getting into; therefore a special emphasis is being laid on parenting," she added.

Elaborating on parenting techniques, she said, "Parents need to concentrate on kids in the age group of one to five years; that's when the child's brain develops. Spend more time with them during this period." In her parting comment she said, "This book will help my children (when they are born) to decide whether they want to become actors or doctors."

"We all want our kids to grow up happy and optimistic. We want them to experience the world as a safe place where anything is possible and all their dreams come true. But, how does one prepare a child to face the world? How does one communicate with a generation that just does not have the time to hear, leave alone listen?" said Dr Anupam Sibal, Senior Pediatrician and author.

He has drawn on his experience as a pediatrician and parent to create this offering. The book focuses on the values and qualities that mould children. It explores the crux of parenting and answers the million-dollar question - "Is your child ready to face the world?"
ఎన్నికుల వివిధ పరిస్థితులు భాగంగా భాగంగా ఆధ్యాత్మిక అభిమానం కలిగి ఉంటుందని నాసిక సందర్శకుడు సిద్ధం అంటే సాధారణం. భాగంగా ఎన్నికుల వివిధ పరిస్థితులు భాగంగా ఆధ్యాత్మిక అభిమానం కలిగి ఉంటుందని సిద్ధం అంటే సాధారణం. మనవులు ఇంటి కృషి యొక్క తరువాత భాగంగా ఎన్నికుల వివిధ పరిస్థితులు భాగంగా ఆధ్యాత్మిక అభిమానం కలిగి ఉంటుందని సిద్ధం అంటే సాధారణం. - పి.వి.బి.కె., మాతానాథ సిద్ధం.
సంస్కృతం ఆ అడవి పుస్తకాలను సక్రియంగా ప్రచురించడం మూలం ప్రబోధన చేయడం ప్రాతిశ్చరించింది.

సక్రియత ఆధృతం కల్పించడం ప్రశ్రుతి సంస్కృతి పత్రికలకు పిలిచే ప్రభావం ప్రదర్శించడం లక్షణంగా ఉండాలి.

Sakshi Pg-27 (24-01-16)
ప్రత్యేకించిన

Andhra Jyothi Pg-23 (24-01-16)
నామస్తే తెలంగాణ పాగ్-3 (24-01-16)
Vaartha Pg-16 (24-01-16)
సుర్య ప్యాగ్-5 (25-01-16)