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Dr McLaughlin to release Dr Sibal's book on parenting

By OUR STAFF
REPORTER

DEHRADUN, 19 Feb: The book "Is your child ready to face the world" by Dr Anupam Sibal will have its Dehradun launch on Sunday at Hotel Madhuban. Headmaster of The Doon School, Dr Peter McLaughlin will be the Chief Guest on the occasion. The event is being organised jointly by SP Kochhar, Chairman of Madhuban Group of Hotels, and veteran journalist Raj Kanwar.



A celebrated paediatrician and a Dehradun native, Dr Sibal is the Group Medical Director of Apollo Group of Hospitals. He has had the distinction of being part of the team that had performed in 1988 the first paediatric liver transplant in India at Delhi's Apollo Hospital. He has written extensively on numerous medical subjects, but this is his first book on a non-medical subject of crucial interest. The book is a virtual primer on the difficult task 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.

The book has already had successful launches at the Jaipur Literature Festival, Apeejay Kolkata Literary Festival and in Hyderabad. Interestingly, it has been widely reviewed and highly acclaimed. In his foreword, movie icon Amritabh Bachchan has called the book "Timeless that will help one's whole family grow

together through the ages". A special feature will be Dr Sibal's exposition on why he felt the dire necessity of writing such a book.

An important feature of the event will be a panel discussion on what exactly parenting is and why it is the most difficult job in the world. The panelists will include former Director General of Police Alok Lal, Principal of the Hopetown Girls' School, Maya Norula, and author Jaskiran Chopra.

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. Christiaan 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 fail 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 marvelled at? He treats his patients with utmost compassion and empathy. How 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 Gupte and Prakash Iyer have also showered advance praise on the book.

Paperback: 240 pages
Publisher: Penguin Books Ltd (8 December 2015)
Language: English
Price: Rs. 250/-

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 shouldering 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 has 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

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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

Deccan Chronicle Pg-18 (25-01-16)

For happy and optimistic childhood

Upasana Kamineni releases book on parenting

OUR BUREAU

“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?’.

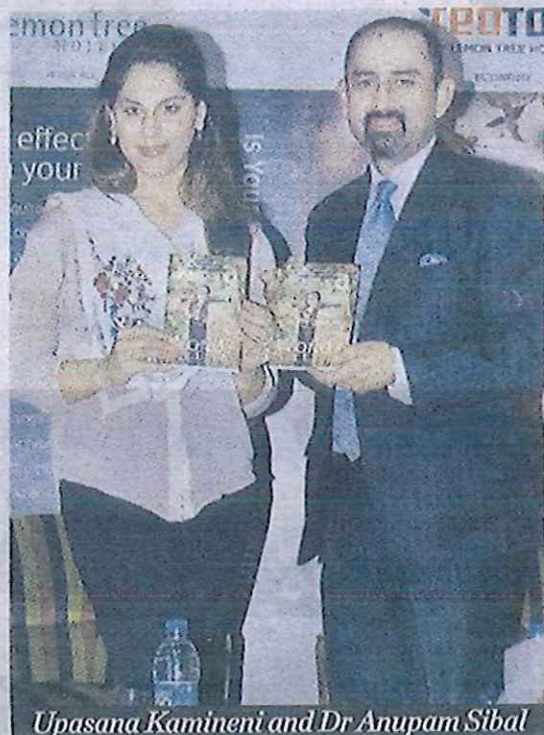
Authored by Dr Anupam Sibal, Group Medical Director, Apollo Hospitals and published by Penguin, the book has blurbs received from across the globe that includes names like Verne Harnish, CEO, Gazelles; Jim Clifton, Chairman and CEO, Gallup; Madhuri Dixit Nene and Shriram Nene; Navjot Singh Sidhu; Kapil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



Upasana Kamineni and Dr Anupam Sibal

“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 is ready to face the world?”



అపోలో గ్రూప్ మెడికల్ డైరెక్టర్ అనుపమ్ సిబల్ రాసిన 'ఈజ్ యువర్ చైల్డ్ రెడీ టు ఫేస్ ది వరల్డ్' పుస్తకాన్ని శనివారం అపోలో ఆసుపత్రి వైస్ చైర్మన్ ర్జన్ ఉపాసన రాంచరణ్ ఆవిష్కరించారు. మాదాపూర్లోని లెమన్ ట్రీ హోటల్లో ఈ కార్యక్రమం జరిగింది. - స్యూస్ టుడే, మాదాపూర్

Eenadu Pg-13 (24-01-16)

పుస్తకావిష్కరణ

మాదాపూర్:

నేటి తరం

పిల్లల నడవడి

కను అర్థం

చేసుకోవడం

కష్టమని కామి

నేని హాస్పి

టల్ వైస్

చైర్మన్ ఉపా

సన అన్నారు.



పుస్తకాన్ని ఆవిష్కరిస్తున్న దృశ్యం

మాదాపూర్లోని లెమన్ ట్రీ హోటల్ శనివారం ఈజ్ యువర్ చైల్డ్ రెడీ టూ ఫెజ్ ది వరల్డ్ పుస్తకాన్ని ఆవిష్కరించారు. ఈ సందర్భంగా ఆమె మాట్లాడుతూ పిల్లల పెంపకంపై పిడిట్రీషియన్ డాక్టర్ అనుపమా సిబాల్ రచించిన పుస్తకం పలువురి ప్రశంసలను పొందిందన్నారు. పిల్లల నడవడిక, తల్లిదండ్రులు అర్థం చేసుకునే విధానం, నేటి తరం పిల్లలపై పుస్తకంలో పొందుపరిచారన్నారు.

Sakshi Pg-27 (24-01-16)

పుస్తకావిష్కరణ..



సుప్రసిద్ధ పెడియాట్రిషియన్ డాక్టర్ అనుపమ్ సిబల్ రచించిన 'ఈజ్ యువర్ చైల్డ్ రెడీ ఫేస్ ద వరల్డ్ పుస్తకావిష్కరణ కార్యక్రమం మాదాపూర్లోని ఓ హోటల్లో జరిగింది. సినీ నటుడు రామ్చరణ్ సతీమణి, అపోలో హాస్పిటల్స్ గ్రూప్ డైరెక్టర్లలో ఒకరైన ఉపాసన ఈ పుస్తకాన్ని ఆవిష్కరించారు. ప్రస్తుత తరం అంచనాలను సంప్రదాయ పేరెంటింగ్ తెలుసుకోవాల్సిన అవశ్యకత ఉందని ఈ సందర్భంగా అన్నారు.

Andhra Jyothi Pg-23 (24-01-16)

పిల్లల కోసం పెద్దలు మారాలి

సిబీబ్యూరో, నమస్తే తెలంగాణ : పిల్లలతో సంతోషంగా గడిపేందుకు పెద్దల సామాజిక జీవితంలో మార్పు రావాల్సిన అవసరం ఉందని ఉపాసన కామినేని అన్నారు. పిల్లల వైద్యులు అనుపమ్ సిబాల్ రచించిన 'ఈజ్ యువర్ చైల్డ్ రెడి ఫేజ్ ద వరల్డ్' పుస్తకాన్ని హైటెక్ సిటీలోని లెమన్ ట్రీ హోటల్లో శనివారం ఆమె ఆవిష్కరించారు. ఈ సందర్భంగా ఉపాసన మాట్లాడుతూ ఈ కాలం పిల్లల సామాజిక జీవితాన్ని దృష్టిలో ఉంచుకుని పిల్లల పెంపకంలోనూ మార్పులు రావాలన్నారు.



Namaste Telangana Pg-3 (24-01-16)

చిన్నపిల్లలంటే ఎంతో ఇష్టం : ఉపాసనా రాంచరణ్



మాదాపూర్, జనవరి 23 ప్రభాత వార్త : చిన్న పిల్లలంటే తనకెంతో ఇష్టమని ఆపోలోహాస్పిటల్స్ విసి ఉపాసనా రామ్చరణ్ పేర్కొన్నారు. శనివారం మాదాపూర్ లోని ఓ హోటల్లో డాక్టర్ అనుపమ్ సిబాల్ రాసిన ఈస్యువర్చైల్డ్రెడి ఫేస్ డి వరల్డ్ పుస్తకాన్ని ఉపాసనా ముఖ్య అతిథిగా విచ్చేసి పుస్తకాన్ని విష్కరణ చేశారు. ఈ

పుస్తకాన్ని ప్రదర్శిస్తున్న ఉపాసనారాంచరణ్

సందర్భంగా ఆమె మాట్లాడుతూ తనకు, చరణ్ కు పిల్లలంటే ఎంతో ఇష్టమని చరణ్ సోదరి సుష్మిత పిల్లలను చాలా బాగా చూసుకుంటుందని ఆమె అన్నారు. చిన్నారుల తల్లిదండ్రులు ఏడు సంవత్సరాలలోపు వయస్సు గల పిల్లలను ప్రేమతో చూసుకోవాలని, న్ననాటి జ్ఞాపకాలు ఇప్పటికీ మరవలేకపోతున్నారన్నారు. ఈ పుస్తకం ద్వారా చిన్నారులను ఎలా పెంచాలి అనే విషయాలతోపాటు రోబోయేరోజుల్లో వారు ఎదుర్కొనే సమస్యల గురించి డాక్టర్ అనుపమ్ బాగా రాసారని ఉపాసనాచరణ్ కితాబిచ్చారు.

డాక్టర్ అనుపమ్ సిబాల్ రచన ఆవిష్కరణ

ఘోడరాబాద్: అపోలో హాస్పిటల్స్ కు చెందిన వైద్యులు డాక్టర్ అనుపమ్ సిబాల్ రచించిన ఈజ్ యువర్ చైల్డ్ రెడీ ఫేస్ ది వరల్డ్ పుస్తకాన్ని ఉపాసన కామినేని విడుదల చేశారు. ఈ సందర్భంగా ఉపాసన మాట్లాడుతూ పిల్లలు ఈ సమాజంలోకి ప్రవేశించక ముందే మనం వారికి మంచి బాటను ఏర్పాటుచేయాలన్నారు. ప్రస్తుత కాలంలో పిల్లల సంరక్షణపై తల్లిదండ్రులు మరింత శ్రద్ధ వహించాలన్నారు. ఈ పుస్తకంలో ఈ తరం చిన్నారులు ఎలా వ్యవహరిస్తున్నారు? వారిని సంరక్షించడం ఎలా అనే అంశాలున్నాయన్నారు. తాను ఇంకా తల్లిని కాకపోయినప్పటికీ, తన భర్త రామ్ చరణ్ కు పిల్లలు అంటే ఎంతో ఇష్టమన్నారు. తన ఆడపడుచు సుస్మిత ఉత్తమ తల్లిగా అనిపించిందని, ఆమె తనకు స్ఫూర్తి అని ఉపాసన పేర్కొన్నారు.

Surya Pg-5 (25-01-16)

కష్టపడి పనిచేస్తేనే ఉన్నత స్థానాలు

మనతెలంగాణ/మాదాపూర్ : కష్టపడి పని చేస్తే ఉన్నత స్థానాలను అధిరోహించవచ్చని సినహీరో రవితేజ అన్నారు. శనివారం మాదాపూర్లోని లెమన్ ట్రీ హోటల్లో డాక్టర్ అనుపమ్ సిజుల్ వ్రాసిన ఈజ్ యువర్ చైల్డ్ రెడీ టు ఫేస్ ది వరల్డ్ పుస్తక ఆవిష్కరణకు సినీ హీరో రామ్ చరణ్ సతీమణితో కలిసి ఆవిష్కరించారు. అనంతరం ఆయన మాట్లాడుతూ కష్టపడి పని చేస్తే విజయం తప్పకుండా సొంతమవుతుందన్నారు. అనంతరం ఉపాసన మాట్లాడుతూ చిన్న పిల్లలంటే తనకు చాలా ఇష్టమని అన్నారు. చరణ్ సోదరి సుష్మిత పిల్లలను చాలా బాగా చూసుకుంటానని తెలిపారు. ఐదు సంవత్సరాల వయస్సులోపలి పిల్లల ఆలన పాలనకు తల్లిదండ్రులు తగిన సమయం కేటాయించాలని తెలిపారు. ఈ పుస్తకం ద్వారా చిన్న పిల్లల పెంపకం, రాబోయే రోజులలో వారు ఎదుర్కొనే సమస్యలను గురించి వివరించారని తెలిపారు.



Mana Telangana
Pg-3 (24-01-16)