

“Mothers and their children are in a category of their own. There’s no bond so strong in the entire world. No love so instantaneous and forgiving.”  
- Gail Tsukiyama.

As a mother, have you ever suddenly woken up worried about your son/daughter who is miles away? Without a glance at the clock, impromptu goes a call; your fears get re-confirmed, your little one is really in pain. Well, that’s a mother’s intuition and it can never go wrong! Strange yet beautiful...a mother-child’s relationship is simply priceless and a poetry in itself!

- Ajuli Tulsyan

# Surrogacy- Renting a womb!



ADITI SRIVASTAVA

In its simplest definition, a surrogacy agreement is the carrying of a pregnancy for intended parents. When another woman carries and gives birth to a baby for the couple who wants to have a child, but cannot do so due to some medical reason, opt for surrogacy. One of the first Hindi movies to probably handle the taboo issue of ‘surrogate childbirth’ was the 2001 Salman Khan, Preity Zinta and Rani Mukherjee starrer, ‘Chori Chori Chupke Chupke’. Since then, the high and mighty of Bollywood have become more outspoken towards this subject.

Furthermore, in medical world ‘Sur-



rogacy’ is the latest addition to the battery of treatments available to our infertile couples today. “Whenever a woman has a problem of either a non-

functional uterus or an absent uterus (following hysterectomy or since birth), she can opt for surrogacy. So even though a woman has reached the age of 40 years and is minus a uterus, she can still have her own biological baby made from her own egg and husband’s sperm fertilized in the laboratory and implanted in a surrogate,” opines Dr. Shah.

Of course, it is not as simple as it sounds. It involves a highly skilled and technical process of aspirating the biological mother’s eggs from her ovaries, fertilizing them with the biological father’s sperm, creating an embryo within a very specialised lab, and transferring the embryo into the artificially

The science of human reproduction has progressed at a pace which is unimaginable. The health sector in India has kept abreast of all these advances and is able to offer the best health services which are available anywhere in the world! Infertility is a social problem in our country. Women who are childless have to face many social taboos besides being the target of harassment by their families. Dr. Duru Shah, Chairman of Gynaecworld and the Gynaecworld Assisted Fertility Center shares her inputs.



Dr. Duru Shah



prepared lining of the uterus of the surrogate which readily accepts the embryo.

**Couples who benefit:**

- Women who are born with an absent uterus
- Women who have lost their uterus due to surgery where the uterus could not be saved
- Women who have repeated miscarriages
- Women with repeated IVF failures
- Women who are medically not allowed to get pregnant. E.g., those suffering from severe cardiac problems, kidney disease etc.

**Surrogacy among Celebrity Couples**

By and by, surrogacy or the practice of renting out a womb for experiencing the joyful delight of parenthood has caught up as a trend among the celebrities too. Bollywood and Hollywood are replete with such examples. Let’s take a look:

**Aamir Khan and Kiran Rao:** When error met trial enroute to natural conception, the superstar duo opted for surrogacy. The result is their beloved

son ‘Azad’.

**Shahrukh Khan and Gauri Khan:** Even after being successful parents of two kids - Aryan and Suhana, the need for another one led the Badshah of Bollywood to go in for surrogacy. Son, ‘AbRam’ per se, is one of the most closely guarded celebrity surrogate child ever born!

**Celine Dion and Rene Angelil:** The famous singer, Celine Dion and his wife opted for renting a womb. Due to earlier miscarriage, Rene was unable to

conceive naturally and hence this measure was taken. The couple is blessed with fraternal twins today.

Thus, it can certainly be said that motherhood in any guise is a boon! Also, surrogacy is no sin or crime as it is a complex yet correct means to enjoy the bliss of parenthood for childless couples. This is one reason too, why people in India prefer surrogacy than adoption in most cases. Easy availability of surrogates is another cause of the same, says the Gynaecologist.



## Where there is a will, there is a way!

Will power is often described as the power to control our emotions and fears. The management of our weaknesses and apprehensions through some unknown, unseen authority within us is our will power. It makes us climb mountains and also venture into the unexplored territories of life. Dr. Sanju Gambhir - Psychotherapist & Counselor, Primus Super Specialty Hospital shares her views on how to improve will power.



ADITI SRIVASTAVA

To understand ‘Will power’ we need to know what is ‘will’. Will is a trait of human beings, animals have very little of it and other organisms do not have it at all. It is a conscious choice; that makes us do things willfully or follow the command of others, opines Dr. Sanju Gambhir.



Dr. Sanju Gambhir

**HOLISTIC YOU**

If we seek to achieve a goal and the will/desire to be successful is strong then we find a way to reach our goal somehow or the other; whereas if the desire is weak we find too many excuses to get out of the situation.

Will power is the other name for self discipline/ self control. A person with a strong will power will stand by their decision whereas a person with a weak willpower will succumb and give up easily.

**A person with a strong will power is:**

- Committed to achieving the goal
- Dedicated to following a certain routine
- Self disciplined to be on track
- Takes action regularly
- Is focused
- Does not give in to short lived pleasures and temptations.

On a further note, she tells, “There are some qualities or attributes com-

mon to people with a good will power like good focus, dedicated routine etc. Also, there are some activities, which when done regularly ensure a strong will power to individuals and groups alike. Some of them are a sound sleep, less stress, and deep breathing etc.”

**Things to do:**

**Sleep well:** Lack of sleep lowers self control. Blood glucose in the brain is much lower when we are tired, so resisting temptations becomes difficult.

Drink natural fruit juice and avoid alcohol and caffeinated drinks to improve the glucose levels in the brain.

Self control is short lived so do the tough, stressful work when you are comfortable, active and alert.

Do deep slow breathing, inhaling through the nose and exhaling with the mouth open, as this helps with self control, more so when you are feeling tempted to do something that would cause guilt later.

Forgive yourself, if you err. Move on with new motivation, determination and clarity of purpose

## Imparting meaningful education

A perfect blend of excellence, experience, leadership and intellectual accomplishments, Anjum Babukhan has to her credit an honors in Psychology from Loyola University of Chicago, Illinois in USA and also, a Masters degree in Education Administration and Instructional Leadership. Her identity as Director of Education, Glendale Academy International is only another facet of her multi-hued persona. Some excerpts from a tête-à-tête with the charming lady...



Anjum Babukhan

ADITI SRIVASTAVA

**SPOTLIGHT**

**Who is Anjum Babukhan as a person?** Aside from my profession, I am a person who likes to live life to the fullest. By nature, I have always had the “zest for life” and wanted to explore what the world has to offer. Intrinsically curious and free spirited but cautiously ethical and spiritually grounded.

**What are your hobbies?**

I love learning & learning, travelling, dabbling in creative pursuits, stimulating conversations, healthy habits, delicious cuisine and spending time with loved ones.

**Prior to joining the education sector, which field were you associated with?**

I was in the Honors Program at Loyola University of Chicago as a Psychology Major. I was president of Psi Chi – the international honors society in Psychology. I always wanted to do something that was meaningful and impactful to others. I wanted my career to be spiritually aligned to who I was as a person – I somehow always wanted to make the world a better place.

**Education system in India vis-à-vis education system abroad...**

India has witnessed a transition in education system in the last decade and half. Boards such as CBSE have

changed and international curriculums are now available. Earlier, critical thinking skills development (also known as HOTS higher order thinking skills) was absent. There was a predominant emphasis on rote learning and schools were definitely not brain-compatible in methodology or learning environment. I had introduced concepts such as life skills and other holistic features in our schools in the late 90s and early 2000s. It was only in 2005 that the NCF National Curriculum Framework introduced this.

**How do you ensure holistic development of children through education?**

We were pioneers in establishing Multiple Intelligence and Brain-compatible Learning in our region. The theory of Multiple Intelligence is the most holistic application to education in classrooms worldwide.

Teaching competency is essential in today’s Knowledge/Information age. These are creativity, critical thinking, communication and collaboration. In fact, we are starting a one of its kind school focused on these. The Glendale

Creative Arts Academy is all set to launch in Tellapur in a few months.

**What does success mean to you?**

Whether it is your personal or professional life being spiritually aligned to your life’s purpose is success.

Looking for something different to utilise time and hone your skills? Here are a few interesting events that you can participate in and bid adieu to boredom.



**The Samhaara Workshop**

A weekend-theatre workshop for all acting aspirants and enthusiasts...  
**When:** Ongoing till May 10, 2015  
**Where:** Lamakaan, lane adj CBay, opp GVK One, Banjara Hills, Road no-1  
**Timing:** 10:00am - 12:00pm.

**Decoupage**

A workshop on a Victorian art where the technique of decorating something with cut-outs of paper, linoleum, plastic, or other flat material over which varnish or lacquer is applied; to make it appear as an inlay work of art.  
**When:** Ongoing till March 28, 2015  
**Where:** Lamakaan, lane adj CBay, opp GVK One, Banjara hills Road no-1  
**Timing:** 10:30 am.



**Sex ka Side Effects**

A comedy play on Indian society’s view of sex...  
**When:** March 26, 2015  
**Where:** Lamakaan, lane adj. CBay, opp GVK One, Banjara hills Road no-1  
**Timing:** 8:00 pm

**Tai chi**

Tai chi classes will be held. Join in for a new learning experience!  
**When:** Tuesday and Thursday (5:30 - 6:30 pm), Saturday and Sunday (8:30 - 9:30 am).  
**Where:** Our Sacred Space, 9-1-84/1/C, Sardar Patel Road, Secunderabad.



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