

I'm not a robot



Once you start your pregnancy journey, you embark on the most challenging yet rewarding journey of your life of becoming a mother, your physical and mental wellbeing is of utmost priority. Reading books comes in handy, and books are considered the best companion during pregnancy. This blog talks about all the best books to read during pregnancy. Reading these books will help you prepare for the next nine months and beyond! This book, written by Nutan Lakhampal, gives you simple, scientific and reliable information to help you get away with irrational fears or unnecessary anxieties. The book explains everything about delivery, answers to questions about gaining weight, diet, exercise to be done, breathing patterns to be followed and the position you need to adopt during labour. It also talks about postnatal care to be taken by both you and the baby and offers invaluable time-tested home remedies too. This novel by Emily Giffin is a story about what happens to an ideal couple when they suddenly desire different things, and there is no compromise. This book is about a successful editor at a publishing house in Manhattan, Claudia Parr, who never wants to become a mother—which, according to her, is a significant hurdle to marriage. And then she meets Ben, who, miraculously, feels the same way and the two fall in love and marry. All's well until one of them has a change of heart and wants a baby. This is the first collection of poetry from Bunmi Laditan, and this collection of poems is about motherhood which offers plenty of humour, sweetness, and seriousness. Laditan beautifully captures the honesty, rawness, sheer joy and total madness of motherhood in this book. He is also the bestselling author of Confessions of a Domestic Failure and creator of The Honest Toddler. No other writer has ever portrayed the wonder of childbirth quite like Pamela Erens in her novel -Eleven Hours. The story is told from the perspectives of two female characters who are soon-to-be mothers. The story unfolds, as labour does, as a continuous experience, moving fluidly across time and point of view without chapter breaks, with barely a pause for air. This book is by Shaila Kulkarni-Mistri, a leading reproductive psychiatrist and a pioneer in women's mental health and reproductive issues. For many women, the joys of pregnancy are often dimmed by fear, sadness & confusion, causing depression. The book is the first to focus exclusively on depression during pregnancy. The book "Ayurvedic GarbhaSanskar" was originally written in Marathi by Dr Balaji Tambe and serves as a guide for couples looking forward to starting a family. The book is a comprehensive guide to people who want to know everything about conceiving, pregnancy, and delivery to nurturing the little one for up to 2 years. The book further elaborates on various ancient Ayurvedic practices that lead to the complete well-being of the mother and child's physical, spiritual, and psychological health. Bhagwad Gita - the ancient Indian text talks not only about the philosophical aspects of life but also helps to deal with the practical aspects of life. It helps to narrow down the gap between a mother and a parent. Further, it is also believed that narrating the Bhagwad Gita during pregnancy aids in the baby's overall development. Reading books during your pregnancy helps you have a good time and be better prepared for this new phase of your life. Books also help you in learning & rediscovering yourself as a person, a woman and of course, as a mother. The books recommended in this blog can thus prove to be valuable companions in your maternity time. One of the important components of our overall wellness is also being financially secured. Healthcare emergencies can happen any time, but a good medical insurance policy can protect you from such uncertain situations. To know more about Wellness and other health related tips, visit the wellness corner. Disclaimer: This blog provides general information and discussions about health and related subjects. The information and other content provided in this blog, website or in any linked materials are not intended and should not be considered, or used as a substitute for, medical advice, diagnosis or treatment. Kindly contact your Doctor before starting a new medicine or health regime. Related Articles Women Need To Follow These Diet Tips During Pregnancy Skip These Food Items When You Are Pregnant Pregnancy Care Tips For Healthy Baby And Mom-To-Be Published on February 11, 2022 BFSI Leadership Awards 2022 - Product Innovator of the Year (Optima Secure) ETBFSI Excellence Awards 2021 FICCI Insurance Industry Awards September 2021 ICAI Awards 2015-16 SKOCH Order-of-Merit Best Customer Experience Award of the Year ICAI Awards 2014-15 CMS Outstanding Affiliate World-Class Service Award 2015 IAA rating ISO Certification Best Insurance Company in Private Sector - General 2014 View all awards Flipkart Internet Private Limited, Buildings Alyssa, Begonia & Clove Embassy Tech Village, Outer Ring Road, Devarabeesanahalli Village, Bengaluru, 560103, Karnataka, India CIN : U51109KA2012PTC066107 Telephone: 044-45614700 / 044-67415800 Are you searching for the best books to read during pregnancy in India? Pregnancy is an exciting and transformative journey, and reading informative books can help you navigate through the various stages of this beautiful experience. Whether you're a first-time mom or have been through pregnancy before, having the right resources can make a world of difference in understanding the changes your body and mind undergo during this special time. In this blog post, we'll explore the best books to read during pregnancy that cater specifically to Indian expecting mothers, providing valuable insights, tips, and guidance to ensure a healthy and well-informed pregnancy journey. From comprehensive guides that cover all aspects of pregnancy to books focusing on emotional well-being, cultural practices, and post-delivery care, we've curated a list of the best books to read during pregnancy in India. These books are written by experts in the field, offering evidence-based information and practical advice to help you make informed decisions throughout your pregnancy. So, whether you're looking for a classic read like "What to Expect When You're Expecting" or a more culturally relevant title such as "Pregnancy: What the Indian Woman Always Wanted to Know But Was Afraid to Ask," you'll find a wealth of knowledge in this carefully selected collection of the best books to read during pregnancy. IN THIS ARTICLE [hide Image credit: Amazon "TALKING TO THE BABY IN THE WOMB - GARBHA VIDYA : ANCIENT WISDOM FOR MODERN MOTHERS" is a unique book that combines ancient Indian wisdom with modern scientific research to help expecting mothers communicate with their unborn babies. The book is based on the ancient Indian practice of Garbha Vidya, which emphasizes the importance of nurturing the baby in the womb through positive thoughts, emotions, and actions. Combines ancient Indian wisdom with modern scientific research Provides practical tips and techniques for communicating with the unborn baby Emphasizes the importance of positive thoughts, emotions, and actions during pregnancy Written in a simple and easy-to-understand language "TALKING TO THE BABY IN THE WOMB - GARBHA VIDYA : ANCIENT WISDOM FOR MODERN MOTHERS" is a must-read for all expecting mothers in India. The book offers a unique perspective on pregnancy that is rooted in ancient Indian wisdom and supported by modern scientific research. By following the tips and techniques provided in the book, expecting mothers can create a positive and nurturing environment for their unborn babies, which can have a lasting impact on their health and well-being. Image credit: Amazon "What to Expect When You're Expecting" is a classic pregnancy book that has been helping expecting mothers for over 30 years. Written by Heidi Murkoff, the book covers everything from the physical changes your body will go through to the emotional and mental challenges you may face. The book is divided into monthly sections, making it easy to follow along with your pregnancy. Covers all aspects of pregnancy, from physical changes to emotional and mental challenges Divided into monthly sections for easy reference Includes information on nutrition, exercise, and prenatal care Written in a friendly and approachable tone "What to Expect When You're Expecting" is a classic for a reason. The book is comprehensive, well-organized, and easy to follow. Heidi Murkoff's friendly and approachable writing style makes the book a pleasure to read, even when discussing potentially uncomfortable topics. The book is a must-have for any expecting mother, whether it's her first pregnancy or her fifth. Image credit: Amazon "PASSPORT TO A HEALTHY PREGNANCY (REVISED AND UPDATED)" is a comprehensive guide to a healthy pregnancy. The book covers everything from nutrition and exercise to prenatal care and childbirth. The revised and updated edition includes the latest research and recommendations for a healthy pregnancy. Comprehensive guide to a healthy pregnancy Covers nutrition, exercise, prenatal care, and childbirth Includes the latest research and recommendations Written by a team of medical experts "PASSPORT TO A HEALTHY PREGNANCY (REVISED AND UPDATED)" is an excellent resource for expecting mothers who want to ensure a healthy pregnancy. The book is written by a team of medical experts, which gives it a level of authority and credibility that other pregnancy books may lack. The revised and updated edition ensures that the information is current and relevant. If you want a comprehensive guide to a healthy pregnancy, this book is an excellent choice. Image credit: Amazon "The Book You Wish Your Parents Had Read: (And Your Children Will Be Glad That You Did)" is a parenting book that focuses on the emotional and psychological aspects of raising children. While not specifically about pregnancy, the book offers valuable insights into the importance of emotional intelligence and how to cultivate it in yourself and your children. Focuses on the emotional and psychological aspects of parenting Offers insights into the importance of emotional intelligence Provides practical tips and techniques for cultivating emotional intelligence in yourself and your children Written in an engaging and relatable style "The Book You Wish Your Parents Had Read: (And Your Children Will Be Glad That You Did)" is a valuable resource for any parent, including expecting mothers. The book offers a unique perspective on parenting that emphasizes the importance of emotional intelligence. By cultivating emotional intelligence in yourself and your children, you can create a more positive and nurturing environment for your family. While not specifically about pregnancy, the insights and techniques provided in the book can be applied to all stages of parenting. Image credit: Amazon "Pregnancy: What the Indian Woman Always Wanted to Know But Was Afraid to Ask" is a comprehensive guide to pregnancy for Indian women. The book covers everything from conception to childbirth, including the cultural and social aspects of pregnancy in India. Comprehensive guide to pregnancy for Indian women Covers cultural and social aspects of pregnancy in India Includes information on nutrition, exercise, and prenatal care Written by a team of medical experts "Pregnancy: What the Indian Woman Always Wanted to Know But Was Afraid to Ask" is an excellent resource for Indian women who want to ensure a healthy and informed pregnancy. The book is written by a team of medical experts who understand the unique cultural and social aspects of pregnancy in India. By addressing these aspects, the book provides a more comprehensive and relevant guide to pregnancy for Indian women. Image credit: Amazon "Mayo Clinic Guide to a Healthy Pregnancy: 2nd Edition: Fully Revised and Updated" is a comprehensive guide to pregnancy from one of the most trusted names in healthcare. The book covers everything from conception to childbirth, including information on nutrition, exercise, and prenatal care. Comprehensive guide to pregnancy from a trusted source Covers all aspects of pregnancy, from conception to childbirth Includes information on nutrition, exercise, and prenatal care Fully revised and updated with the latest research and recommendations "Mayo Clinic Guide to a Healthy Pregnancy: 2nd Edition: Fully Revised and Updated" is an excellent resource for any expecting mother. The book is written by a team of medical experts from one of the most trusted names in healthcare, which gives it a level of authority and credibility that other pregnancy books may lack. The fully revised and updated edition ensures that the information is current and relevant. If you want a comprehensive and trustworthy guide to pregnancy, this book is an excellent choice. Image credit: Amazon "IT'S YOUR BABY" is a pregnancy book that focuses on the emotional and psychological aspects of pregnancy. The book offers practical advice and support for expecting mothers. Covers topics such as stress management, self-care, and preparing for motherhood Written in a warm and supportive tone "IT'S YOUR BABY" is a valuable resource for expecting mothers who want to prioritize their emotional and psychological well-being during pregnancy. The book offers practical advice and support for navigating the challenges of pregnancy, from managing stress to preparing for motherhood. The warm and supportive tone of the book makes it a comforting read during a potentially stressful time. Image credit: Amazon "New Borns and New Moms: An Urban Indian Mother's Guide to Life after Childbirth" is a comprehensive guide to life after childbirth for urban Indian mothers. The book covers everything from caring for a newborn to managing the challenges of motherhood, including the cultural and social aspects of being a new mother in urban India. Comprehensive guide to life after childbirth for urban Indian mothers Covers caring for a newborn and managing the challenges of motherhood Addresses the cultural and social aspects of being a new mother in urban India Written by an experienced urban Indian mother "New Borns and New Moms: An Urban Indian Mother's Guide to Life after Childbirth" is an excellent resource for urban Indian mothers who want to ensure a smooth transition to motherhood. The book is written by an experienced urban Indian mother who understands the unique challenges and opportunities of being a new mother in urban India. By addressing these aspects, the book provides a more comprehensive and relevant guide to life after childbirth for urban Indian mothers. Image credit: Amazon "Pregnancy Journal Record Book for expecting Mothers | Pregnancy keepsake by The Happy Hippo (Hardcover, 9x12 inches, 80 pages)" is a pregnancy journal that allows expecting mothers to record their thoughts, feelings, and experiences throughout their pregnancy. The journal includes prompts and space for photos, making it a cherished keepsake for years to come. Allows expecting mothers to record their thoughts, feelings, and experiences throughout pregnancy Includes prompts and space for photos Hardcover design ensures durability Large size (9x12 inches) provides ample space for writing and photos "Pregnancy Journal Record Book for expecting Mothers | Pregnancy keepsake by The Happy Hippo (Hardcover, 9x12 inches, 80 pages)" is a wonderful way for expecting mothers to document their pregnancy journey. The journal includes prompts and space for photos, making it easy to capture all the special moments and milestones. The hardcover design ensures that the journal will last for years to come, making it a cherished keepsake for both mother and child. Image credit: Amazon "What To Expect When You're Expecting in Hindi (क्या आपको क्या होना चाहिए? : क्या आपको क्या होना चाहिए? : क्या आपको क्या होना चाहिए? : क्या आपको क्या होना चाहिए? : क्या आपको क्या होना चाहिए?) The Best Pregnancy Book in Hindi" is the Hindi translation of the classic pregnancy book "What to Expect When You're Expecting". The book covers everything from the physical changes to emotional and mental challenges you may face, all in Hindi. Hindi translation of the classic pregnancy book "What to Expect When You're Expecting" Covers all aspects of pregnancy, from physical changes to emotional and mental challenges Divided into monthly sections for easy reference Includes information on nutrition, exercise, and prenatal care "What To Expect When You're Expecting in Hindi (क्या आपको क्या होना चाहिए? : क्या आपको क्या होना चाहिए? : क्या आपको क्या होना चाहिए? : क्या आपको क्या होना चाहिए? : क्या आपको क्या होना चाहिए?) The Best Pregnancy Book in Hindi" is an excellent resource for Hindi-speaking expecting mothers. The book is comprehensive, well-organized, and easy to follow, even for those who may not be fluent in English. By providing the information in Hindi, the book makes the valuable insights and advice of "What to Expect When You're Expecting" accessible to a wider audience. 11. Story book Image credit: Amazon "Story book: 365 Stories from the Vedas, the Upanishads and the Puranas for Children (with colourful illustrations) (365 series)" is a collection of 365 stories from the Vedas, the Upanishads, and the Puranas, adapted for children. The stories are accompanied by colorful illustrations and are designed to introduce children to the rich cultural and spiritual heritage of India. Collection of 365 stories from the Vedas, the Upanishads, and the Puranas Accompanied by colorful illustrations Designed to introduce children to the rich cultural and spiritual heritage of India "Story book: 365 Stories from the Vedas, the Upanishads and the Puranas for Children (with colourful illustrations) (365 series)" is a wonderful way to introduce children to the rich cultural and spiritual heritage of India. The stories are adapted for children and are accompanied by colorful illustrations, making them engaging and accessible. While not specifically about pregnancy, the book can be a valuable resource for expecting mothers who want to introduce their children to Indian culture and spirituality from an early age. Image credit: Amazon "Best Guide on Pregnancy & Post-Delivery "Beginning of Motherhood" [Garbh Sanskar] A Graphic book for expecting Mother's Healthy Pregnancy & Natural Delivery | Delivery Planning | Father's guide | Mental Health | 2nd Version" is a comprehensive guide to pregnancy and post-delivery for expecting mothers in India. The book covers everything from Garbh Sanskar (prenatal care) to natural delivery and post-delivery care. Addresses mental health and the role of the father Presented in a graphic format for easy understanding "Best Guide on Pregnancy & Post-Delivery "Beginning of Motherhood" [Garbh Sanskar] A Graphic book for expecting Mother's Healthy Pregnancy & Natural Delivery | Delivery Planning | Father's guide | Mental Health | 2nd Version" is an excellent resource for expecting mothers in India who want a comprehensive guide to pregnancy and post-delivery. The book covers all aspects of pregnancy and post-delivery care, including Garbh Sanskar (prenatal care), natural delivery, and mental health. The graphic format makes the information easy to understand and engage with. The inclusion of the father's role is a valuable addition, as it recognizes the importance of both parents in the pregnancy and post-delivery journey. Image credit: Amazon "THE MINDFULNESS PUZZLE BOOK: RELAXING PUZZLES TO DE-STRESS AND UNWIND" is a collection of puzzles designed to help reduce stress and promote mindfulness. The book includes a variety of puzzles, from sudoku to coloring pages. Helps the reader relax and unwind Can be used throughout pregnancy and beyond "THE MINDFULNESS PUZZLE BOOK: RELAXING PUZZLES TO DE-STRESS AND UNWIND" is a valuable resource for expecting mothers who want to reduce stress and promote mindfulness during pregnancy. Pregnancy can be a stressful time, and taking time to relax and unwind is important for both mother and baby. The variety of puzzles in the book means that there is something for everyone, and the book can be used throughout pregnancy and beyond. Image credit: Amazon "My First Little Librarian: Boxset of 10 Best Board Books for Kids" is a collection of 10 board books designed to introduce young children to the joys of reading. The books are sturdy and durable, making them perfect for little hands, and the colorful illustrations and simple stories are sure to engage young readers. Collection of 10 board books for young children Sturdy and durable design, perfect for little hands Colorful illustrations and simple stories engage young readers Introduces young children to the joys of reading Can be enjoyed by both parent and child "My First Little Librarian: Boxset of 10 Best Board Books for Kids" is a wonderful way to introduce young children to the joys of reading. The sturdy and durable design of the books means that they can withstand the rough handling of little hands, and the colorful illustrations and simple stories are sure to engage young readers. Reading to your child is one of the best ways to bond and promote their cognitive development, and this boxset makes it easy and enjoyable for both parent and child. Product Name Features Highlights TALKING TO THE BABY IN THE WOMB - GARBHA VIDYA Ancient wisdom for modern mothers Combines ancient Indian wisdom with modern research What to Expect When You're Expecting Comprehensive guide to pregnancy Classic book, friendly and approachable tone PASSPORT TO A HEALTHY PREGNANCY Comprehensive guide to healthy pregnancy Latest research and recommendations The Book You Wish Your Parents Had Read Focuses on emotional and psychological aspects of parenting Insights into the importance of emotional intelligence Pregnancy: What the Indian Woman Always Wanted to Know But Was Afraid to Ask Comprehensive guide for Indian women Covers cultural and social aspects of pregnancy in India Mayo Clinic Guide to a Healthy Pregnancy Comprehensive guide from a trusted source Fully revised and updated with latest research IT'S YOUR BABY Focuses on emotional and psychological aspects of pregnancy Practical advice and support for expecting mothers New Borns and New Moms Guide to life after childbirth for urban Indian mothers Addresses cultural and social aspects of being a new mother in urban India Pregnancy Journal Record Book for expecting Mothers Allows mothers to record thoughts and experiences Includes prompts and space for photos What To Expect When You're Expecting in Hindi Hindi translation of the classic pregnancy book "What to Expect When You're Expecting" Covers all aspects of pregnancy, from physical changes to emotional and mental challenges Divided into monthly sections for easy understanding Best Guide on Pregnancy & Post-Delivery "Beginning of Motherhood" [Garbh Sanskar] A Graphic book for expecting Mother's Healthy Pregnancy & Natural Delivery | Delivery Planning | Father's guide | Mental Health | 2nd Version THE MINDFULNESS PUZZLE BOOK: RELAXING PUZZLES TO DE-STRESS AND UNWIND My First Little Librarian: Boxset of 10 Best Board Books for Kids These books cover various aspects of pregnancy, from comprehensive guides to specific topics like emotional well-being, cultural relevance, and post-delivery care. The best comprehensive guide to pregnancy is "What to Expect When You're Expecting" by Heidi Murkoff. This classic book covers all aspects of pregnancy, from conception to childbirth and beyond, in a friendly and approachable tone. It is well-organized and easy to follow, making it a must-have for any expecting mother. The best pregnancy book for emotional and mental well-being is "IT'S YOUR BABY" by Dr. Shefali Tsabary. This book focuses on the emotional and psychological aspects of pregnancy, offering practical advice and support for expecting mothers. It covers topics such as stress management, self-care, and preparing for motherhood in a warm and supportive tone. The best pregnancy book for Indian cultural aspects is "Pregnancy: What the Indian Woman Always Wanted to Know But Was Afraid to Ask" by Dr. Nutan Pandit. This comprehensive guide is specifically tailored for Indian women, covering the cultural and social aspects of pregnancy in India. It provides valuable insights and advice for navigating pregnancy within the Indian cultural context. The best pregnancy book for post-delivery care is "New Borns and New Moms: An Urban Indian Mother's Guide to Life after Childbirth" by Dr. Farah Adam Mukadam. This book is an excellent resource for urban Indian mothers, covering everything from caring for a newborn to managing the challenges of motherhood. It addresses the unique cultural and social aspects of being a new mother in urban India. The best pregnancy journal or workbook is the "Pregnancy Journal Record Book for expecting Mothers" by The Happy Hippo. This hardcover journal allows expecting mothers to record their thoughts, feelings, and experiences throughout their pregnancy. It includes prompts and space for photos, making it a cherished keepsake for years to come. The large size (9x12 inches) provides ample space for writing and photos. When choosing the best books to read during pregnancy, consider factors such as author credentials, comprehensive coverage of pregnancy topics, cultural relevance for Indian expecting mothers, format preferences (traditional book, journal, workbook), and personal preferences and values (e.g., natural childbirth, attachment parenting). Look for well-researched and evidence-based books that align with your needs and interests. There are several types of pregnancy books available, including: Comprehensive guides that cover all aspects of pregnancy from conception to childbirth and beyond. Trimester-specific books focusing on targeted information for each stage of pregnancy. Emotional and mental health books addressing the psychological challenges of pregnancy. Cultural and social books discussing traditional practices and beliefs related to pregnancy and childbirth in specific cultures. Interactive books such as journals and workbooks for a more personalized approach to pregnancy. To use, maintain, and care for your pregnancy books: Keep them in a safe and accessible place like your bedside table or purse. Use bookmarks or sticky notes to mark important pages or sections for easy reference. Write regularly in pregnancy journals or workbooks to get the most benefit. Protect hardcover books with dust jackets or book covers. Avoid bending the spine or pages of paperback books to prevent damage. Consider creating a "pregnancy library" to keep multiple books organized and easily accessible. No, pregnancy books should never replace medical advice from a qualified healthcare provider. While books can provide valuable information and support, they should be used in conjunction with regular prenatal care and consultation with your doctor or midwife. Always consult with your healthcare provider if you have any concerns or questions. It's never too early to start reading pregnancy books. Many women start reading them as soon as they find out they are pregnant, while others wait until later in their pregnancy. The important thing is to start reading them at a time that feels right for you. There is no set number of pregnancy books you should read. Some women read just one or two, while others read several. The important thing is to find books that resonate with you and provide the information and support you need. It's important to choose pregnancy books written by experts in the field, such as doctors, midwives, or experienced mothers. Look for books that are well-researched and evidence-based, and always consult with your healthcare provider if you have any concerns or questions. Yes, there are several pregnancy books specifically for fathers, such as "The Expectant Father" by Armin A. Brott and Jennifer Ash. These books provide information and support for fathers-to-be, helping them navigate the challenges and joys of pregnancy and fatherhood. No, pregnancy books should never replace medical advice from a qualified healthcare provider. While books can provide valuable information and support, they should be used in conjunction with regular prenatal care and consultation with your doctor or midwife. In conclusion, reading the best books during pregnancy can be an invaluable source of information, support, and guidance for expecting mothers in India. By choosing books that cater to your specific needs, preferences, and cultural background, you can gain a deeper understanding of the physical, emotional, and social aspects of pregnancy. Remember to always consult with your healthcare provider and use pregnancy books as a complement to, rather than a replacement for, medical advice. With the right resources and a positive mindset, you can embrace the joys and challenges of pregnancy and prepare yourself for the incredible journey of motherhood that lies ahead. Image not available for Colour: To view this video download Flash Player Wondering if it is a good idea to read during pregnancy? or what kind of books to read? Here we have answers to all your questions regarding the best books to read during pregnancy! Reading is a great thing, and trust me you may not really find the luxury of time to read post-delivery. So, savor each moment, and read on... Just when people come to know of a pregnant woman, they start with unsolicited advice. The books and websites are full of information, telling you what to eat, what not to eat, what kind of hospital to choose, how to write a birth plan; why water birth, why not a c-section! From birthing to breastfeeding to diapering to baby's food and potty training, welcome to a whole new world- a world of free advice! Yes, reading books during pregnancy does benefit. At around 18 weeks of pregnancy, the baby starts hearing their first sounds, and hearing rapidly develops from then on. The baby even starts recognizing voices. It is definitely a good idea to read and sing aloud to your baby during pregnancy. It is a great way to bond. How exciting that they will recognize your voice right when they are born. Reading during pregnancy can help you relax and de-stress. Checkout this TRENDING Article on >>> EASY PREGNANCY TIPS FOR NORMAL DELIVERY > Passport To a healthy Pregnancy> Mistakes to avoid during Pregnancy > Best books on Hindu Mythology for pregnant women > Ramayana Versus Mahabharata > Unique Indian baby names