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Mother & Baby

India's No.1 pregnancy & parenting magazine

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real mums share exciting stories of their pregnancy and babies!

Farah Khan tells her triplet tale



'Parenting has been a wonderful and deeply humbling journey'

- Shefali Vaidya Ganesh, mum to triplets



A SPECIAL GIFT IF YOUR LETTER MADE IT TO OUR PAGES THIS MONTH!

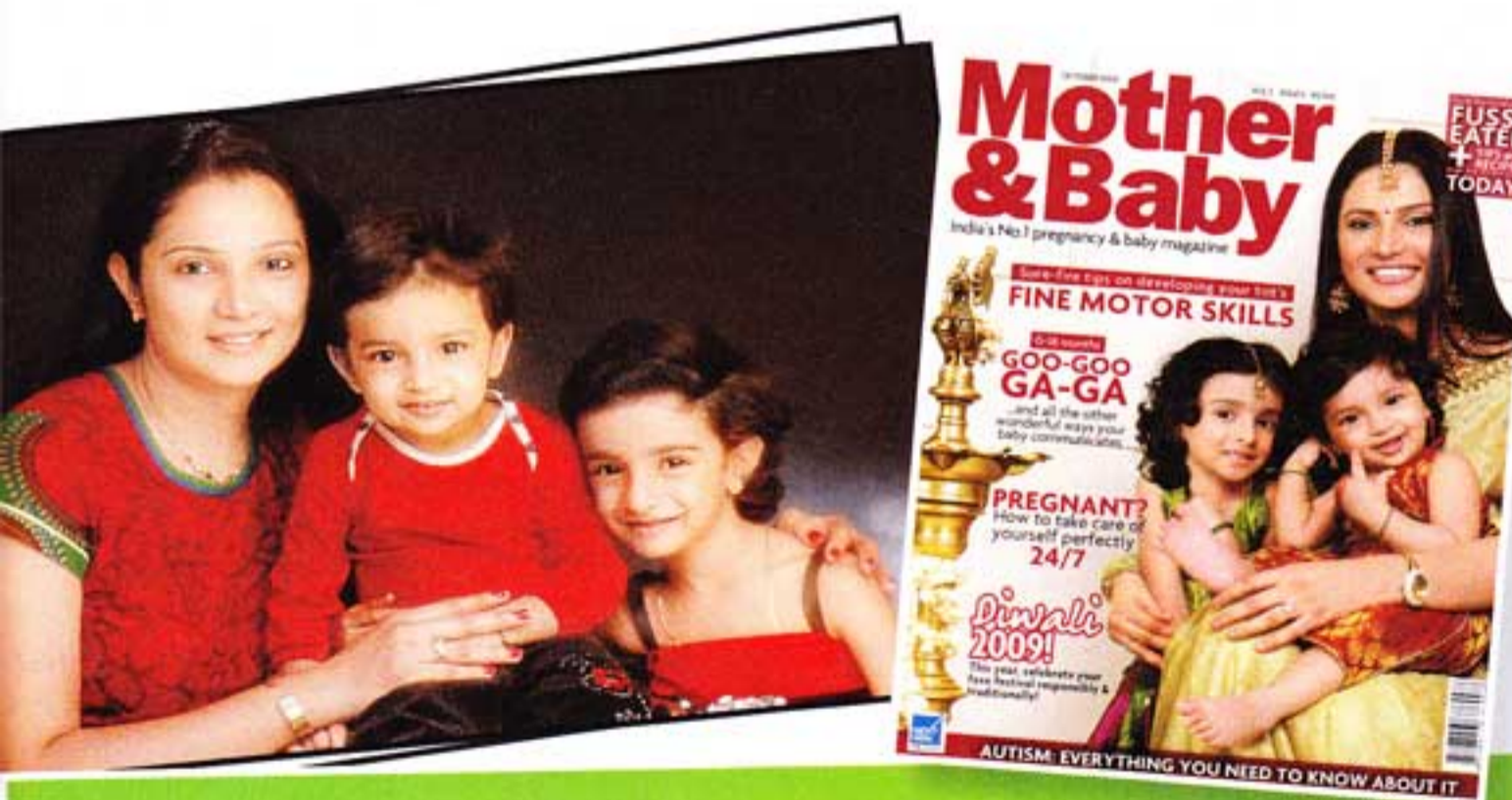
Truly speaking, being on the cover of M&B made me feel like a celebrity. It added an extra value to the achievement of being a successful VBAC mum. My relatives and friends were very proud of me, and they enjoyed reading the birth story of my daughter, which was so beautifully presented. M&B helped me in realising my self-worth!

My make-up and shoot both were an amazing experience. The make-up was adjusted according to the colour of my attire and also considering the indoor and outdoor shots. It was definitely not overdone, but enhanced my facial features.

I am a working mum now, having completed my certification in HypnoBirthing and Hypnotherapy, when Tiara was nine months old. I started working immediately after that. I have regular batches for pregnant couples taking HypnoBirthing and Yoga sessions and clients coming for Hypnotherapy. Tiara will start with Nursery this June. She talks a lot and is smart enough to use different languages with different people. She loves to dance and is quite expressive.

Devoting quality time is the most difficult part of being a mother while feeling the overwhelming love for each other and the bond we share, is the most beautiful part of being a mother. **M&B**

From practising HypnoBirthing for the delivery of her second child to becoming a teacher of the technique, **Jaypali Shetty** has come a long way since posing on the cover of M&B in October 2009, with daughters **Deeva** and **Tiara**, now six and two, respectively



‘Being on the cover of M&B made me feel like a celebrity’

Jaypali Shetty