

# Newborns and New Moms: An Urban Indian Mother's Guide to Life after Childbirth

AUTHOR Dr Farah Adam Mukadam

## PAPERBACK

978-93-89109-62-7  
288 pages  
129 × 198 × 18 mm  
July 2020  
₹399  
80g

## EBOOK

978-93-89109-63-4  
288 pages  
Kindle  
July 2020  
₹399

## MARKET

General/trade

## SUBJECT

VFXB: Pregnancy, birth & baby care  
JHBF: Sociology - birth

## IMPRINT

Pan

'A useful guide for new mothers' - Dr Nirmala Krishnan, Founder of The 20's and Art to Connect

'A candid eye-opener' - Naiyya Saggi, Founder of Babychakra

**If you are struggling to cope with the anxieties of being a new mother, this is the book you need!**

As soon as a baby is born, a woman's life is engulfed by inevitable chaos. *Newborns and New Moms* dispels the confusion new mothers in urban India often go through.

Drawing from her own experience as a mother and her years as an accomplished and empathetic family physician, Dr Farah Adam Mukadam offers valuable tips and advice tailored for Indian parents through a book that:

- Prepares a mother for her new life once the baby comes home
- Validates Indian traditions surrounding childcare from a scientific and modern perspective
- Provides insights about what to expect from family members and how to handle complex domestic circumstances after childbirth
- Covers pertinent topics like mastering breastfeeding, accepting your changed body, postpartum mental and sexual well-being and readjusting to work after maternity leave
- Contains useful tips for expecting couples in the age of Covid-19

Packed with wisdom and strengthened by real-life examples, this accessible how-to is the inspiration you need to embrace and enjoy motherhood.

## AUTHOR DETAILS

Dr Farah Adam Mukadam is a family physician from Bengaluru, India. She completed her MBBS from Kasturba Medical College, Manipal and holds a

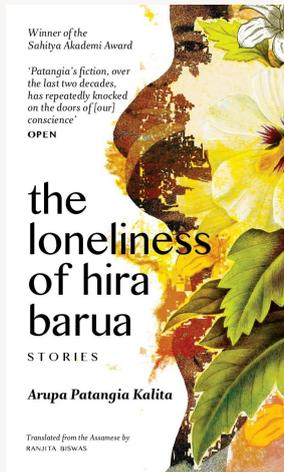
---

**To place your order please contact Vijay Sharma on [v.sharma@macmillan.co.in](mailto:v.sharma@macmillan.co.in)**

Diploma in Family Medicine. She is a mother of two kids, a six-year-old son and a three-year-old daughter. She is a consulting physician at Narayana Hrudalaya Multispecialty Clinic, Bengaluru and has a special interest in providing breastfeeding and postpartum support to new mothers. She has a YouTube channel called 'Momstein' where she often busts myths around contemporary medical aid.

Instagram @dr.farah\_momstein

Facebook @dr.farahadam



# The Loneliness of Hira Barua

AUTHOR Arupa Patangia Kalita

## PAPERBACK

978-93-89109-45-0  
240 pages  
129 × 198 × 16 mm  
July 2020  
₹450  
300g

## EBOOK

978-93-89109-59-7  
240 pages  
Kindle  
July 2020  
₹450

## MARKET

General/trade

## SUBJECT

FA: Modern & contemporary fiction (post c 1945)  
FYT: Fiction in translation

## IMPRINT

Macmillan

## WINNER OF THE SAHITYA AKADEMI AWARD

**An extraordinary, ever-relevant collection of stories from one of Assam's greatest living writers.**

Hira Barua, an ageing widow living in a conflict-ridden region of Assam with her beloved Tibetan spaniel fears she is beginning to resemble a lonely Englishwoman from her past. A vicious sexual assault by the invading military drives a group of women into a shelter home. On a fateful night, a group of prostitutes make an extraordinary sacrifice for the safety of their companions.

In these, and thirteen other piercing, intimate portraits, women navigate family, violence, trauma, ambition and domesticity with caution, grace and a quiet resilience.

Originally published as *Mariam Austin othoba Hira Barua*, this remarkable collection by one of Assam's finest living writers won the Sahitya Akademi Award in 2014. In this brilliant English translation, Arupa Patangia Kalita's powerful voice is brought to fresh and vivid life. Written in a variety of styles, from gritty social realism, folklore to magical realism, *The Loneliness of Hira Barua* is a modern classic of Indian literature.

**'Patangia's fiction, over the last two decades, has repeatedly knocked on the doors of [our] conscience' — *Open***

## AUTHOR DETAILS

**Arupa Patangia Kalita** is one of the leading, award-winning voices in contemporary Assamese literature. Together she has written more than twenty novels and short-story collections. She won the Sahitya Akademi Award in 2014 for *Mariam Austin othoba Hira Barua*, which this book offers in English translation. Arupa is also a recipient of the Bharatiya Bhasha Parishad Award, the Katha Prize, the Prabina Saikia Award, the Assam Valley Literary Award and the Troilokyanath Goswami Memorial Award. The English translation of her novel *Felanee* (2011) was shortlisted for the Crossword Book Award. Her books have been translated into Bengali, English and Hindi. She recently retired from

---

To place your order please contact Vijay Sharma on  
[v.sharma@macmillan.co.in](mailto:v.sharma@macmillan.co.in)

## The Loneliness of Hira Barua

---

the English department at Tangla College, Assam.

**Ranjita Biswas** is an award-winning translator of fiction, a short-story writer, journalist and travel writer. Her translations include *Written in Tears*, an anthology of stories by Arupa Patangia Kalita, which was a recipient of Sahitya Akademi's Best Translation Award in English, and *As the River Flows*. She has written a travelogue titled *Notes from a Spanish Diary*.

---

To place your order please contact Vijay Sharma on  
[v.sharma@macmillan.co.in](mailto:v.sharma@macmillan.co.in)