

On 11.3.21, we welcomed Niam Ohm Rajari to the world, and started a new chapter of our lives. So far, we're obsessed with his peaceful expression when he sleeps and the way he snorts when he's hangry.

- *Niam*: A gender-neutral name, which means rule, law, or diamond in Sanskrit
- *Ohm*: The original vibration of the universe (spiritual), a unit of electrical resistance (scientific)
- *Rajari*: The joining of two last names and family traditions, Raja and Kothari

From mom:

- *What I expected*: I expected parenthood to be a new challenge that would change me forever in ways I couldn't expect.
- *What I didn't expect*: I didn't truly understand how the mother and child work symbiotically in postpartum to create new rhythms, and how important postpartum recovery is in parallel to newborn care.

From dad:

- *What I expected*: To witness a miracle and meet one of the most important people in my life.
- *What I didn't expect*: To form an even deeper bond with Mansi and appreciation for what the female body and mind is capable of and goes through before, during, and after delivery.

*For more pictures of this cutie, follow @lil\_mansi on instagram*



