

Scientific Approach To Naming A Newborn Baby

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Abstract

Naming a newborn is one of the earliest decisions parents make, and it has lifelong implications for identity, social interaction, and psychological development. Traditionally Sanatan Hindu religion, Indian culture, imbued with divine power, for the moral, mental, spiritual progress of man. For this, for the blossoming of strength, virility, wisdom and divine qualities, the rituals prescribed by the scriptures person from There is a need to refine it. By adding the prefix 'sam' to the root 'kri' and the suffix 'ghan', the word 'sanskara' is derived. word Meaning only Yes, defects Of scrape to do.

Objective: Creatures Of defects And Disadvantages To away Tax Him Dharma, Artha, Kama And Moksha - in All four of effort able Make only rites to Of Objective Is.

Material and methods: The names have been collected from classical literature and Ayurvedic texts.

Result: The name provides the child with an identity as well as social and personal identity. The name by which the child is called on this day helps in experiencing those qualities in him. This ritual provides an opportunity to examine the infant. Generally, the child recovers from various traumas, including head hematomas, fractures and dislocations, facial paralysis, and physiological jaundice. (A Parthasarathy 2013)

Conclusion: Naming: When a child is born people assess the geometrical position of the solar system (movement of stars) as per that day and time and based on this decide a particular sound (name) which is better for the newborn baby. children Of Name taking to call From Their Mind But That Name effect has to Having more Often of the same According walking Of Attempt Too to be seems Is, Modern research also suggests that names can influence social perception, personal identity, and self-esteem. Therefore, selecting a culturally meaningful and positively perceived name may contribute to a child's sense of belonging and confidence,

The article also examines the cultural and religious significance of naming practices across different traditions, with particular emphasis on the Hindu naming ceremony, where names are selected according to principles such as Nakshatra Rasi, etc, family lineage, and auspicious meanings. By integrating traditional knowledge with modern scientific findings, the review proposes a balanced framework for newborn naming that respects cultural heritage while incorporating evidence-based considerations.

Keywords: Scientific approach, name, newborn baby,

Introduction

The birth of a child is a significant event in every society, and one of the earliest responsibilities of parents is selecting an appropriate name. A name is far more than a personal identifier; it serves as a fundamental component of an individual's identity, cultural heritage, social recognition, and psychological development. Throughout history, naming practices have reflected the religious beliefs, cultural traditions, linguistic characteristics, and social values of different civilizations. Consequently, the process of naming a newborn has been regarded as an important social and cultural institution across the world.

A name is what somebody or something is called, it is a term or phrase by which somebody or something is known and distinguished from other people or things. According to the Chamber Dictionary (2005), name is a word or words by which an individual person, place or thing is identified; it is the nomenclature used in making reference to all things, (Abdulganiy Olatunji, August 2015)

From birth to death, 16 Sanskara (samskaras) are performed, marking the various stages of human life and signaling entry into a particular ashrama (stage of life). These rituals range from purification, to the selection of a child's name, among a culturally diverse group of parents. The elimination of bad qualities and the inculcation of good qualities—"Samskara hi Gunantaradhanam"—also contribute to achieving the "Dharmartha-Chatushtaya."

Although the naming ceremony seems very simple, it has an impact on the entire life of the child as that particular child is identified by that name. Names that are meaningful, easy to pronounce, culturally

appropriate, and socially acceptable may contribute positively to self-esteem, interpersonal communication, and first impressions.

It is performed on the 10th day of birth (Charak) , 11th, 12th day of birth It can be postponed from the 10th day (Sushruta and Laghu Vagbhata) , to the 100th day (Vridha Vagbhata) and can be performed on the 12th day for a male child and the 13th day for a female child . According to some other Acharyas (Raj & Rao , 2013), the 10th or 12th day of a newborn's life is observed to accustom the child to various well-organized creative stimuli that can lead to a better life , mentally , physically , socially, and spiritually, growth and development. Under this sanskar , the child's brain is accustomed to transmitting good quality words. A good name for the child promotes a healthy psyche , promotes good physical and mental development .

There is scientific significance in determining the names of children through naming ceremonies, which occur in different ways across cultures . Naming ceremonies are an important cultural activity following birth. Studies 1 (South Asian Canadians ; n = 326) and 2 (Iranian Canadians ; n = 126) examined four key predictors of baby name preferences. Support for how names are used as a means of signaling cultural group membership , expressing one's ethnic pride, and emotion , and intergenerational cultural transmission. Additionally , names are seen as practical tools that can help a child fit better into mainstream culture .

Ayupariksha after naming ceremony, which is deciding the healthy and diseased condition of the baby. (Charaka Samhita,2029)

As first 10 days of neonatal life is risky period, only after that the Namakarana Samskara should be conducted.

Materials and Methods : -

Literary material is collected from classical ' Ayurvedic Grantha ' , different text books of Pediatrics . Different Journal Article

Cultural and Religious Significance

The naming of a newborn is one of the earliest and most meaningful events in a child's life. Across cultures and religions, a name is more than an identifier—it reflects identity, heritage, beliefs, values, and aspirations. It connects the child with family traditions, community, and cultural history. (Kane, 1941) Names preserve cultural heritage and strengthen community identity. A culturally meaningful name can help children develop a sense of belonging within their family and society. In multicultural societies, names may also serve as symbols of ethnic identity and religious tradition. Research indicates that maintaining cultural identity often supports psychological well-being and social connectedness. (M. C., & Jones, J. T. (2002) The adoption of Anglicized names among adult immigrants to the US may be perceived by majority group members as a sign of assimilation intentions , leading to more positive attitudes and positive behavioral intentions toward the racialized individual (Zhao & Biernat , 2018) . Historical analysis of Jewish soldiers during World War II also observed that their Jewish parents chose names for their American-born children that were established in the host society primarily as a way to confirm their membership in that society (Zhang , Zuckerman , & Obukhova , 2016) .

Naming a newborn is one of the most important cultural and religious practices across the world. Strong adaptation to heritage culture and motivation for Ethnocultural continuity predicted stronger preference for ethnic names. Changes in the repertoire of first names represent a cultural product of multiculturalism. Often , names connect us to our family , our language, and our traditions. They contain subtle references to history , tradition, or place. As societies become increasingly diverse , name choice can be understood and examined in the context of cultural identity and the acculturation strategies employed by bicultural individuals. An infant's own name is a unique social signal , Choosing a name for your child is not a casual act. Instead , naming is often a product of conscious deliberation , with parents spending considerable time and energy on the process. Zeitoun (2004) identifies several key symbolic functions served by names , including as indicators of social and cultural information and parents' hopes and visions about their child's future. Parental name selection reflects what parents want others to see in their children's names (for example , ethnic or religious affiliation) , as well as their own expectations about their children becoming carriers of culture and tradition. While choosing an ethnic name can be seen as a signal of ethnic maintenance or separation from mainstream culture (Baker , 2009; Berry , 1997) , thus , personal names convey information that can be interpreted as indicators of

belonging to one group or another , or identifying with one group or another.

Discussion :-

The names are arbitrary , but they carry important social and cultural connotations. Naming practices vary in different parts of the world , causing problems Translating names. In general , translating personal names remains a tremendous challenge. Conforming to a given definition of a name. Some names are deeply rooted in culture. Translators also face the challenge of ordering first names and surnames , which is Not all languages have the same meaning. For example , in Korean , Japanese, and Hungarian cultures , surnames come before first names. In English , French, and the Western Hemisphere, surnames come before first names. First names come before surnames. Researcher Albert Peter Worms claims that: Translation of proper names is often considered a simple automated process. Transfer from one language to another , due to the view that proper names are mere labels used to identify a person or thing. Contrary to popular views , the translation of proper names is a non-trivial issue , deeply connected to the problem of meaning Proper names. (Vermes , 2003, pp. 88–90) For many cultures , names strengthen family ties and reinforce historical continuity Some countries, including Sweden and Denmark, have official lists of names. Citizens are obligated to comply. In Germany , the sex of the child must be clearly stated. With a first name. In Norway , you are not allowed to use a first name that has historically been Used as a last or middle name. In the United States , parents have the freedom to name the child They choose anything because it is considered a form of personal expression and is protected by Constitution. In most Western societies , the proper name is composed of the given name Middle names and surnames , with optional titles such as Jr. or Sr. Chinese names His children are created from a combination of two or three characters that symbolize powerful people Regardless of cultural context and nomenclature Naming is always part of a social process , depending on expectations across cultures . Lieberman and Bell writes , the naming activity is ultimately a social process , and the resulting pattern of names is The usage refers to the combined effect of the imagery associated with each name Predicting what beliefs parents hold about their children's future characteristics Reactions of others to the name , awareness and knowledge of names through word of mouth Media and other sources , parents' perceptions of what are appropriate names for children individuals of their status , and institutional norms and pressures. (514) As Lieberman and Bell defend , parents do not choose names individually. They consider social factors in the naming process , even if they are not aware of it. 17 Names are closely linked to cultural identity. Cultural identity is defined as Self-perception and self-concept of a person related to nationality , ethnicity and religion. Names create an inclusive and supportive space for identifying with others. People with culturally distinctive names are more likely to stick together because of a sense of belonging Naming practices and values vary in different parts of the world. Europe , if you were born before the 1600s , you were likely named after them Your grandparents and careful deliberation will help you increase your socio-economic stature. Descriptive names were used repeatedly until they formed a "name pool" for that culture (Dietz , 2014, pp. 569-575) . As time went on, the language changed, and in many cases The words that made up the original name fell out of use and the name remained in its fossilized form. Therefore , many names we don't recognize today have ancient origins. Languages from words that have fallen out of use

Result:-

A Name is More than a means of identification; it represents an individual's identity, family heritage, cultural values, religious beliefs, and social belonging. From ancient civilizations to modern societies, naming ceremonies have been regarded as significant rites of passage that formally introduce the child into the family and community. According to scientific opinion, a person's name reveals their qualities. To maintain the importance of the name, during the naming ceremony, each family member carefully chooses a name for the child that will help them achieve their life goals. This is the fundamental scientific approach behind naming. Scientists believe that the name by which the child is called on this day makes him experience those qualities. The name provides the baby with a sense of identity, as well as social and personal recognition . This ritual provides an opportunity for the baby to be tested. Generally , babies recover from various traumas, including head hematomas , fractures and dislocations , facial paralysis, and physiological jaundice. (Panchal HOD et al. , 2017) Persistence of jaundice in a newborn after the tenth day should be considered serious. The baby regains weight by the 10th day. The umbilical cord usually falls off after 5 to 10 days, but it may take longer . Naming rites of Very useful It is through Sanskar that good character and mental, physical and intellectual moral development takes place . man Of As Name Would It is , by the way only Property Too would have There are ,

though Its Exception Too get It is , but by exception Utsargka refutation No yes Can. children Of Name taking to call From Their Mind But That Name effect has to Having more Often of the same According walking Of Attempt Too to be seems It is , therefore in the name If sublime Emotion would have Is So children In fame And lucky Sure only rise possible Is.

Sanskrit are essential for inculcating the values prescribed by the scriptures in a person for their moral , mental, and spiritual growth, as well as for the development of strength , wisdom, and divine qualities. Approximately 33% of parents reported that choosing a name that runs in the family was important. Some of these parents briefly described their motivations for doing so (for example , a desire to follow tradition , respect for elders, and a sense of community).

conclusion:-

In conclusion, we can Say Scientific Approach to Naming a Newborn Baby refers to choosing a baby's name using evidence from psychology, linguistics, neuroscience, sociology, and cultural studies rather than relying only on tradition or personal preference. A scientific approach does not claim that a name alone determines a child's future, but it recognizes that names can influence first impressions, identity, and social interactions.

Naming: When a child is born, people assess the geometrical position of the solar system (movement of stars) as per that day and time and based on this decide a particular sound (name) which is better for the newborn baby. So that when children are called by that name, the sound of this frequency does not arise in the surrounding environment. The name consists of 54 letters in different alphabets of Sanskrit language. These letters can be broken down into many other smaller sounds. People are named using these smaller sounds. Through correct naming and correct pronunciation, you can create new sounds in the environment which can be effective in changing the child's life. Therefore, choose your child's name thoughtfully so that with just one word you say it changes the entire environment around you. These findings suggest that even our facial appearance can be influenced by a social factor such as our name, confirming the potent impact of social expectations.⁸

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