

WOMEN TOWARDS THE CORPORAL ILLNESS: FEMINISM BASED STUDY ON NAMITA GOKHALE'S "THE BOOK OF SHADOW"

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Abstract

Namita Gokhale's writings deal with feminism. And her writings are not only about the pain of women but also include how women overcome problems and achieve goals in their lives. Women are hesitant to face problems and always avoid them. Women have many problems in their lives, and their physical problems affect their minds and lives. In her novel, Namita Gokhale explains the pain of loneliness, physical illness, and mental pressure. At the end, the writer provides a solution to the entire problem.

Keywords; feminism, loneliness, self identity, physical illness, mental pain, loss of hope, perceived stress, care giver, key of stimulus

Namita Gokhale's writings are based on the feminist vision. She presents the unique excellence for women in her writings. Her novels contain the sight of feminism. Women and capital patriarchy were incredibly apt to the Namita Gokhale novel *The Book of Shadows* (1999).

Namita Gokhale's novels take the women, not only the suffering women but also the elevation of women. Rachitha, one of the woman characters in Gokhale's novel, with physical harm, she enriches her life after self-realization. Female lives are central and more significant roles are occupied in women's writings because from their writing they create their own way of life with different types of images. The purpose of this research is to reveal the degradation of women and their lives. The research tells that an attempt to come out of this old injustice.

The idea of feminism is bound to construct the idea in Gokhale's writing about the female. Her novels present women who do not lead their lives for society but rather their commitment for themselves. Her novels are true representations of women's lives and their problems. Feminism is the basic part of her writings and defines many types of females in her several novels to reveal the real pathetic condition of women in society, raising the voice for the rights of women. Namita Gokhale presents not only the problem of the woman character but also she presents the self-identity of the women and how they recover themselves.

The figure of women is well known as dutiful, self-sacrificing, creature of the patriarchal society set up the world over. She is the ideal woman, a mother and admirable homemaker in family life. She has different responsibilities in family life that are for her family and others' welfare, not for herself. Increasingly, the number of

women is coming out to prove them. But they are crossing a very hard way in the home and the society before they reach their goal of life.

The Book of Shadow is Gokhale's autobiographical novel. Like the heroine Rachita, she also swings in the shadows in her life. Rachita, she is the protagonist of the novel, has been blemished by an acid attack. That makes her psychological suffering. She retreats to her childhood home to get mental peace and solace. But she is not ready to lead her life with mental torture by the society. She overcomes her psychological suffering and changes her life as she likes. She wishes to be in the past in the pristine days as she presents a disturbing scene.

Namita Gokhale has the courage to express her women's essentially feminine sensibility honestly and sincerely. Her women characters undoubtedly reveal her feminist ideology. Namita Gokhale wants women to recognize themselves and have to improve their lives.

As the feminist novel '*The Book of Shadow*' is remarkable for women's lives, Namita Gokhale clearly tells about women's lives and the physical suffering that tortures their minds. In her novel, she also admits the women facing the different ways of the society. Mental illness affects not only the people who have physical illness but also their families. Caregivers and families play a significant role in the care and management of physically ill persons.

At the beginning itself, Rachita tries to explain her alienation to her children at school. She feels very much sad about her alienation. All the people in the world want some support all the time. Most of the people cannot go to the next step without the support of others. After her husband's death, she was alienated, and after her acid attack, she was totally alienated from the family and society.

"The tall oaks lean against each other, their groping limbs invading the territory of other trees. They drew strange screeching sound as bark brushes sap, and the shadows of the forest start speaking in the dark. In the evening the tortured pines sigh as though with one voice". (3)

After acid attack on her face she not ready to face the society with the shapeless face so she went to Ranikhet to spend her life piece and the world is cruel to her now. So she went to Ranikhet to relax her mind. Now she lost her mind and her life. But she went to the Ranichet not to forget all the memories because she cannot forget all the memories of Anand.

"Experience is the raw material of life. Life is the sum of our meager experiences. After a while it becomes easier just to drift. Yet anger can at least affirm, while regret redeems nothing". (66)

She tells her likes and dislikes freely that makes her relax from the memories but not from the pain. The past memories of people make them very much suffer and make them to think and that makes them more pain. And they search some people to tell the pain freely that makes them free from the pain. And hear Rachita has no one to tell pain in her life. So she was struggled very much with the acid attacked face.

Her loneliness makes her so much of pain that makes her to think very much. And many writers are expresses about the pain of loneliness that makes the hurt to the mind. All the people want some associates, not only for the work but also to share the likes and dislikes. But Rachita before acid attract on her face she had more friends but after attract she herself not likes to join with them because of her face. For her the physical problem affects the mental.

Many people are hesitating to join with the others because of the physical appearance. Because their physical appearance was affects the mental. And for Rachita also her physically harmed face affects the mental and that makes her to be alone in her life. And then the loneliness also makes torture her mind. Then she thinks about the next step of her life. Then she was changing her life with herself. Few people only they try to think about the problem and they try to overcome from it. But most of the people they gets fear about the people.

Poor health problem leads them difficult to maintain the mental health.

"As I am observed my world bathed in that beautiful glowing light, as I saw the table and the chair and the

fire place refracted in this puzzling but entirely pleasing new reality, I felt somehow safe and secure and familiar, as though I was retreating or retiring to a place I already knew and recognized. I sat with the prism held close to my eyes, lost in the splendor and surprise of this new world. Everything was as it should have been, nothing around me has changed," (74)

And her feelings of loneliness fulfilled by her father. Her father arrival makes her very much happy and she ready starts her life as new. Her father was always makes her in strengthen words that makes her to drive her life with new sprite. And she tries to forget her physical illness and always thing about the words of her father that makes her to move in the happy life. And she was ready to overcome from the society and improve her life the other people those who are leading the normal life.

Many times she and her servant feels lonely when she was in journey, she tells that

"We are like people in a very bus, towards the end of the very long journey, we sense and know our separate destination and yet the journey which had thrown us together has knit a sense of intimacy between us". (68)

When she comes out to the home she uses to cover her face and she always conscious to her face. And then she self realized herself and changed her mind with the help of others. She not hesitates to hear the others help she took the power full words and tries to manage her life. And she enjoyed her life without caring of anything and anybody and she also slowly tries to forget her physical illness. Before her acid attack she always use to makeup her face and after her accident she use to color her nail and she enjoy to have her nail always in color. And daily she uses to change her nail color not only she changes her appearance but also she changes her inner mind. She always tries her best to improve her mind.

"You just can't face anything anymore'. That's both apt and ironical, I guess. I glimpsed my face by accident the other day. It was a flash, a careless... I take refuge in painting my nails. At least my hands are still as beautiful as they ever were". (62)

Rachita not able to see her own face that makes her tolerating and decreasing and she was only focusing about her appearance rather than her life and future. She gives the important to her face or appearance not to her life. And then she changes life after realizing about her. And she was colored her nail rather than her face. She started live her life, with what she has.

And she realized that what the world thinks about her is not her business, she goes about herself. And the people responsibility to take care of their own character because of the other people reaction they not wants to change their own character. And Rachita started listen her own character at all times.

Loneliness makes the people loss their hope. The loss of hope makes them stop their life and some people only realizing that their own way of life permanently. Dr. Nindhi Bajaj Gupta tells that, "often, creative solutions can solve the most complicated problems". When the opportunity comes when the occasions come, the people won't rise up to it. There are some people only catching their opportunity and making their life as bright.

And she got encouraging time by her father and climb up with her father's encouraging words and she ready to furnish her best part in her life. She realized that when started to avoid the fear, it grows but instead, face the fear, it will goes. So she ready to face the fear of society. For all the poor and rich people the words are very important the words only make them to grow in their life. And the words can make or break a situation or a relationship and the words can also make the encouraging grow in their life with the encouraging words.

The physical illness is not at all the problem of the reason to achieve the goal of life. Many people are achieving their life with many problem and pain. All the women can do anything in their life. And Rachita also achieved her life without considering the society. The people who are trying achieve the life they should not hear the social obstacle.

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