



**Attainment of Tranquillity among Female Protagonists in Disha Khanna's
Select works**

Jatinder Kaur, Research Scholar

GNA University, Phagwara

Dr. Disha Khanna (Supervisor)

GNA University, Phagwara

Abstract

Women are the pioneers of any community and civilization. Without their contribution existence of sophisticated society is beyond imagination. A woman ignites the flames of progression by her die-hard endeavors still she is rarely appreciated and respected rather humiliated for the left-out chores. No doubt, Indian women are soaring high in various fields of life as education, politics, sports, entertainment, economic and entrepreneurships. Despite their dual responsibilities of household and social sector they are tortured in the house. The outlook for uneducated as well as rural women gets worse when it compares with urban area's educated women. Dowry, social norms, beliefs and customs are the prominent reasons of domestic violence because these facilitate a man to fulfill his wrong intentions. Marriage is the association of two genders but it acts as an instrument to oppress women. Undue expectations from newly wedded bride are the major cause of domestic violence. Societal and family pressure insist females to be secretive even in any condition. A person's life is the outcome of his own frame of mind so if a woman wants to adopt a suffocated life, then nobody can save her. She has to be cognizant regarding her state of oppression. A female should recognize her own worth. Disha Khanna is an optimistic poet who emphasizes to adopt self-actualised way of life to gain inner strength. Hence this study will open new



windows of mental strength by eliminating destructive things from a woman's life through Disha Khanna's select poetic works

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Human beings are the most beautiful creation of God and man-woman are the prime elements of that creation. Both complement one another in their own different way furthermore architect society with their unique texture of traits and virtues. Women are considered as backbones of domestic structure. They nurture the family with their physical and emotional endeavours. Throughout history and across Indian cultures females are the embodiment of goddesses and a paradigm of women power. Traditionally and even now this is a woman who is the leader and without her participation a beautiful and sound building of family and society cannot be assumed. No doubt today's woman is empowered and educated but this is not the scenario of entire Indian women. Even now many female children have no access to school, food and clothing. Well known African proverb exhibits importance of women education that if a male is educated then he is a single person who gets education on the contrary educated woman means educated nation (qtd. in Kadri). Females are firefighters who always overcome their inner burnings with their sacrifices. Women are performing dual responsibilities of household and workplace. Nowadays women are efficient entrepreneurs, doctors, engineers, pilots, layers, teachers and much more. In spite of above-mentioned achievements they are ill-treated in the inner world of house. Therefore, this study will open new dimensions of women's current status to understand the real meanings of empowerment in context of the chosen writer. Current research paper is based on the spirit of strength through Disha Khanna's poetic works *And Hence the Phoenix Rose* and *ONENESS IN SOUL JOURNEY*.

Disha Khanna was born in 1981 in India. She accomplished all her educational courses from University of London. Disha Khanna is a blogger, content writer, poet, an author of NCERT books, NLP Basic Practitioner and counselor. She is doctorate in Afro-American literature and the writer of new age of post colonial era. She added more academic intellect by pursuing second Doctorate in Psychoneurobics. Her poems revolve around the areas of optimistic view of life, endurance and women issues. Disha is the recipient of the best researcher award in the area of social sciences. Presently she is working as an Associate Professor and a Deputy Dean



in the faculty of liberal arts at GNA University, Phagwara. Khanna's poetry takes the readers to the journey of adventurous drives. Being from Indian backgrounds, Disha is well acquainted with accustomed, societal and general psychology of Indian women. Current research paper is the demonstration of the actual status of women in the light of Khanna's select works. Disha's poetry encourages women to discard the toxic life and to enlighten minds with open heart by self-realisation. Disha Khanna's poetic work *And Hence the Phoenix Rose* and *ONENESS IN SOUL JOURNEY* are the expression of self-love and self-actualisation.

Today's women are multi tasking besides their responsibilities are uncountable. They are empowered for the outer world but inner world's reality is not similar for every woman. A number of women are earning money but they have no access to that money. They are beaten and tortured in the family and become a money earning machine for family members. On the other hand, plight of uneducated women is the worst. Being uneducated they live in the dark world of ignorance additionally they financially depend on their family hence domestic violence is common for them. Research study demonstrates the fact that domestic violence is frequent in India. Overpowering husband, less awareness of laws and inactive organizations are prominent causes of it (Choudhary et al.).

The roots of this violence are firmly tied in societal norms, beliefs and customs. Dowry is the prominent cause of it. Goods, money or property provided by parents to their girl as a gift, at the time of marriage gradually proved a curse for females. Because sometimes newly wedded groom discharges his responsibilities towards his wife. Journal article titled, "The Dowry Gift in South Asia: An Institution on the Intersection of Market and Patriarchy" describes dowry as the tool for the negotiation of the marriage contract as a result it was accompanied with violence against women and their families (Khanal and Sen). Greedy in-laws use it as an easy means of earning so they humiliate and torture the bride to bring more and more. Only those women tolerate these things who never acknowledge their potentials. Being educated is one thing and to be mentally strong is other one. Unless women do not attain the highest level of mental enlightenment till then they are not empowered completely. Disha Khanna describes this transformation in her poem *The Birth of 'Me'*:



The utter silence placed me between the arms of existence
Replete with an impeccable duo of happiness and sadness//
This newly attained self which is 'Myself', I hear constantly which/
Brought me into life and Life into me and the very birth of 'Me'-/
The Right Direction (Khanna18).

Empowerment is a delusion for majority of women as their lives are being controlled by their partners. Despite of earning they are unable to spend money according to their own will. Societal paradigms of a perfect wife and daughter –in-law, ruin their mental well being. Nobody bothers to support them during pregnancy, child birth and menstruation cycles rather they are tortured more as these mentioned factors affect their household efficiency. BMC pregnancy and childbirth research states that women are disrespected and mistreated commonly during childbirth. After delivery of a child, they are tortured more. The significant finding of this study is that educated as well as poorer illiterate women more likely face this issue (Smith et al.). All this happens because a woman considers herself inferior than a man as this mentality facilitate patriarchy. Subjugation first of all appears in mind then it takes its real shape in the outer world so a woman should have the power to visualize it. Disha Khanna blatantly questions in her poem *Who is a Female*:

A question that consistently ponders me.
Is she a mere piece of flesh and bone?
Is she a puppet to dance at the tunes of the males?
Is she the one to earn and make the family sustain? //

I implore every individual to ponder over the following feminine concerns
When will this poor soul seek dignity in a male dominated society (Khanna 25)?

Globally women experience different type of domestic violence. The rotten male psychology is the prominent cause for it. A number of males utilize women for fulfilling their lustful wishes even marriage acts as a license to apply this. They never bother for a female's emotional needs consequently women lose their confidence as a result they are unable to



resist to violence within the four walls of a house. A study titled, 'Domestic violence needs to stop for true women empowerment' reveal the fact that Indian women experience common type of spouse violence in physical context. Moreover, rural women are special victim as compared to urban ('Women Domestic violence'). A determined woman never tolerates it for a long time. No human being has the right to snatch other person's especially a woman's individuality. Women kept on facing subordination and violent activities thus male suppress them. Disha Khanna strongly points out in her poem *What if I am Wrong*:

Who are you to update me about my faults? //

I realized that I am wrong/And that's enough/

As a kickstart for me to be strong /Admitting it openly/

Needs a grave heart and your meager soul

I still have this subtle art of knowing "Who am I (Khanna 15)?"

Traditionally and even now majority of females are considered only home caretakers and they are deprived of social, political and domestic rights like equality and education. If these rights are given then the psyche behind this is to use them for their own benefits by the patriarchy. Females should be introspectively sound only then they will get insight of their capabilities and strength. Women themselves are responsible for cruelties of male dominated society as it is the frequent thinking of women that they are intended to be used for kitchen and they are to oblige the family only. No female dares to disrupt the shackles of traditional thinking about their predetermined roles. Their acceptance to brutality becomes the major reason of domestic violence. Disha Khanna motivates women to be strong through her poem *Let No One Stop You*:

Let no swirling whirlpool, /Sink the rowing boat of your

Targeted thoughts. /Let no draught Dwindle the endeavouring/

Hands of you to fraught. /Let no burning flame instigate you /

To run away from the harrowing grooves (Khanna 49).

In modern India of digital world sick male mentality squashes women's peace of mind. Women suppression is not restricted to sexual category only rather it persists on the basis of



race, social order and community also (Bose). As in India, feminist movements have been condemned several times for being partial in its operational manner since these could not involve specific issues of Dalit, Aadiwasi women in association with caste discrimination, brutality and sexual assault. Women are main victims of gender roles and sex issues and they have to go through sexual abuse, harassment and domestic violence. If a woman is having a fixed 'standpoint' that her 'role' is predetermined as well as she is a service provider and property of a man in that case nobody can change her 'destiny'

Mindset of individuals is the root cause of all evils like dowry, sexual abuse and domestic violence. It is the demand of the time that women should change their mentality with a standpoint that they are not born to get exploited and nobody can harm their inner placidity. Mentally firm women have different set of core beliefs therefore they never allow others to maltreat their individual dignity. A mentally strong woman is intelligent, dignified, open minded, confident and optimistic. She is not afraid of facing challenges, traumas and difficult situations of life. A woman's breath is the outcome of her own frame of mind as well attitude. Certainly, a woman becomes conscious of her thought process in addition, she can intentionally begin to mentor her brain herself. It will improve the quality of her life along with mental and physical health. Moreover, she would overcome anxiety with resilient mind. The scope of this study is broad though a number of women are empowered yet social evils like dowry, molestation and intimate partner violence are still prevalent in the society therefore females should have the courage to oppose wrong customs and norms of society.



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