

Grassroots Activism and Hermeneutics of Violence in the works of Rashid Jahan: Relevance at Present Times

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Abstract

Rashid Jahan, a renowned author and social activist, has left an indelible mark on the literary landscape with her powerful writings that shed light on the plight of women. Through her short stories and plays, jahan has courageously tackled the pervasive issues of psychological and physical violence that plague women, bringing their struggles to the forefront and challenging the societal norms that enable such abuse. This paper reflects upon grassroots activism and hermeneutics of violence in the works of Rashid Jahan and its relevance at present times.

Key words

Mental health, violence, cultural biases, psychological manipulation, marginalized voices, gaslighting.

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Rashid jahan's works are a testament to her unwavering commitment to social justice and gender equality. Her narratives, often drawn from real-life experiences, delve deep into the complex web of patriarchal structures, cultural biases, and institutional failures that perpetuate the cycle of violence against women. With a keen eye for detail and a profound understanding of the human condition, jahan's writing captivates readers, leaving a lasting impact and inspiring critical conversations around this pressing issue.

Themes of Violence Against Women in Rashid jahan's Writings

At the core of Rashid jahan's literary works lies a profound examination of the endemic violence that women face in the society. Through her masterful storytelling, jahan shines a relentless spotlight on the multifaceted forms of abuse that women endure, from psychological manipulation and emotional torment to harrowing acts of physical brutality. Her narratives, often drawn from real-life experiences, delve deep into the complex and intertwined systems of patriarchy, cultural norms, and institutional failures that conspire to subjugate and oppress women.

One of the recurring themes in jahan's writings is the pervasive nature of psychological abuse, which she portrays as a insidious and deeply damaging form of violence. Her characters grapple with the debilitating effects of gaslighting, emotional blackmail, and the erosion of their self-worth at the hands of their abusers, often husbands or male family members. Rashid jahan's poignant exploration of these invisible wounds reveals the profound and long-lasting impact on the mental well-being of her female protagonists, shattering the illusion of a safe domestic sphere.

Alongside the psychological torment, jahan's works also confront the grim reality of physical violence against women, from brutal beatings to horrific acts of sexual assault. Her unflinching narratives capture the sheer terror and trauma experienced by her characters, as they navigate the aftermath of such horrific violations. Through these powerful depictions, jahan underscores the devastating consequences of such violence, not only on the physical well-being of women but also on their sense of safety, dignity, and agency within their own lives.

Psychological Abuse and Its Manifestations

Rashid jahan's literary works shine an unwavering spotlight on the insidious nature of psychological abuse, revealing its profound and far-reaching impact on the lives of women in the society. Through her nuanced storytelling, jahan masterfully depicts the myriad ways in which this invisible form of violence can manifest,

shattering the illusion of a safe domestic sphere and leaving indelible scars on the psyche of her female protagonists.

At the heart of jahan's exploration of psychological abuse lies the pervasive issue of gaslighting, a manipulation tactic in which the abuser systematically undermines the victim's reality and sense of self-worth. Her narratives powerfully convey the anguish of women who are made to question their own perceptions, memories, and sanity, as their abusers skillfully erode their confidence and autonomy through a relentless barrage of lies, denials and emotional blackmail.

Equally devastating in jahan's works are the portrayals of emotional torment, where the abuser weaponizes their intimate knowledge of the victim to inflict profound psychological harm. From withholding affection and support to incessant verbal attacks and public humiliation, jahan's characters are forced to navigate a minefield of emotional abuse that chips away at their self-esteem and sense of agency, leaving them increasingly isolated and vulnerable.

Jahan's unflinching gaze also sheds light on the insidious ways in which cultural norms and patriarchal structures can enable psychological abuse, trapping women in cycles of control and subjugation. Her narratives explore the subtle yet pervasive ways in which societal expectations gender-based discrimination, and institutional failures conspire to normalize and perpetuate the psychological torment that women face, often leaving them with limited recourse or support.

Physical Violence and Its Consequences

IMMEDIATE PHYSICAL HARM

Rashid jahan's writings vividly depict the devastating toll of physical violence against women, capturing the sheer brutality and terror that her female protagonists endure. Whether it's brutal beatings, malicious attacks, or horrific sexual assaults, jahan's unflinching narratives lay bare the immediate physical harm inflicted upon women, leaving them with debilitating injuries, acute pain, and a profound sense of violation. From broken bones and deep lacerations to traumatic brain injuries and life-threatening internal damage, the consequences of this violence are shattering, forcing the victims to grapple with the tangible scars that mar their bodies and the indelible trauma that haunts their minds.

LONG-TERM HEALTH COMPLICATIONS

Jahan's works also shine a light on the long-term health consequences that women face in the aftermath of physical violence. Beyond the initial injuries, her characters are forced to confront a myriad of chronic conditions, ranging from persistent pain and mobility issues to reproductive health problems and increased

susceptibility to infections. The cumulative toll of this violence takes a heavy physical toll, often leaving the victims with lifelong disabilities, compromised immune systems, and a diminished quality of life. Jahan's narratives emphasize how these lasting effects can profoundly impair a woman's ability to function, work, and engage in everyday activities, trapping them in a cycle of physical and emotional suffering.

HEIGHTENED RISK OF MORTALITY

In the most tragic cases depicted in jahan's works, physical violence against women can have devastating, life-threatening consequences. Her narratives powerfully convey the horrific reality that many women face, where brutal attacks or sustained abuse can lead to fatal injuries, permanent organ damage, or even death. Jahan's unflinching portrayals of these worst-case scenarios underscore the grave danger that women live with, as they navigate a society where their very lives are at risk due to the pervasive culture of physical violence that permeates their lives. These harrowing accounts serve as a sobering reminder of the urgent need to address this crisis and ensure the safety and well-being of all women.

IMPACT OF VIOLENCE ON WOMEN'S MENTAL HEALTH

The devastating psychological toll of violence on women is a central focus in Rashid jahan's oeuvre. Her poignant narratives expose the profound and long-lasting impact that both psychological abuse and physical violence can have on the mental well-being of her female protagonists. Jahan's works powerfully convey how the trauma of abuse can shatter a woman's sense of safety, autonomy, and self-worth, leaving indelible scars on her psyche.

At the heart of jahan's exploration is the debilitating effect of PTSD, anxiety, and depression that often plagues survivors of violence. Her characters grapple with crippling flashbacks, hypervigilance, and feelings of helplessness as they struggle to rebuild their lives in the aftermath of abuse. Rashid jahan has masterfully depicted how the erosion of their mental health can profoundly undermine a woman's ability to function, work, and maintain healthy relationships, trapping them in a vicious cycle of suffering.

Furthermore, jahan's writings shed light on the insidious ways in which societal stigma and victim-blaming attitudes can compound the mental anguish of abused women. Her narratives expose how the lack of support, coupled with the fear of retaliation or social ostracization, can inhibit women from seeking help and leave them feeling even more isolated and ashamed. Jahan's unflinching depictions of this complex web of trauma, shame, and systemic failures serve as a powerful call to action, demanding a more compassionate and holistic approach to address the mental health crisis faced by survivors of violence.

IMPACT OF VIOLENCE ON WOMEN'S PHYSICAL HEALTH

Rashid jahan's writings powerfully expose the devastating impact of physical violence on the bodily well-being of women in the society. Through her unflinching narratives, jahan depicts the grim reality that many women face, where brutal beatings, sexual assaults, and other forms of abuse leave them with debilitating, long-lasting physical consequences that profoundly impair their quality of life.

One of the most alarming outcomes highlighted in jahan's works is the heightened risk of chronic, debilitating health conditions that women experience in the aftermath of violence. From musculoskeletal disorders and neurological damage to reproductive health issues and increased susceptibility to infections, the cumulative toll of physical abuse can be truly crippling. Jahan's characters are forced to grapple with persistent pain, mobility challenges, and a diminished capacity to perform everyday tasks, as their bodies bear the scars of the violence inflicted upon them.

Moreover, jahan's narratives underscore how the physical ramifications of abuse can have far-reaching implications, not only on a woman's immediate well-being but also on her long-term health and overall quality of life. The lifelong disabilities, chronic illnesses, and heightened mortality risks that arise from such violence serve as a sobering reminder of the urgent need to address this crisis and ensure the safety and well-being of all women.

Societal and Cultural Factors Enabling Violence

PATRIARCHAL STRUCTURES

At the root of the endemic violence against women in lies the entrenched patriarchal structures that have long dominated the societal landscape. Jahan's works expose how these ingrained systems of male dominance and female subordination serve to legitimize and perpetuate the abuse of women, both within the domestic sphere and in the public realm. The deeply rooted cultural norms that prioritize male authority, grant men unchecked power over their female counterparts, and cast women as inherently inferior or subservient and it plays a crucial role in enabling and normalizing the cycles of violence that her protagonists endure.

VICTIM-BLAMING ATTITUDES

Jahan's narratives also shed light on the toxic societal attitudes that further compound the suffering of abused women. Her characters grapple with the pervasive victim-blaming mentality that often prevails, where women are held responsible for the violence inflicted upon them and are expected to endure their abuse in silence. This deeply ingrained cultural bias not only discourages women from seeking help or speaking out but also reinforces the notion that the onus lies on the victim, rather

than the perpetrator, to prevent or mitigate the violence they face.

LACK OF INSTITUTIONAL SUPPORT

Rashid jahan's works powerfully expose the systemic failures of institutions to adequately protect and support women who experience violence. Her narratives depict the daunting barriers that victims face in navigating a legal system that often prioritizes patriarchal norms over women's safety and well-being. The lack of robust domestic violence laws, the reluctance of law enforcement to intervene, and the scarcity of accessible support services and shelters all contribute to an environment that enables abusers to act with impunity and leaves their victims with limited recourse or avenues for redress.

ECONOMIC DISEMPOWERMENT

Jahan's writings also highlight how the economic disempowerment of women in the society can serve as a significant barrier to escape violent situations. Her female protagonists often find themselves trapped in abusive relationships or living environments due to their financial dependence on their male counterparts, a reality exacerbated by the deep-rooted gender disparities in employment, education, and access to resources. This economic vulnerability further undermines a woman's ability to leave her abuser, contributing to the cycle of violence and trapping her in a precarious and dangerous situation.

Jahan's Perspectives on Addressing Violence

EMPOWERING WOMEN AND PROMOTING GENDER EQUALITY

At the heart of Rashid jahan's vision for addressing violence against women is the unwavering belief in the empowerment and equal rights of women. Her writings emphasize the crucial need to dismantle the deeply ingrained patriarchal structures that subjugate and oppress women, calling for a radical transformation of societal attitudes and institutional practices that perpetuate gender-based discrimination. Jahan's narratives underscore the importance of providing women with equal access to education, employment, and economic resources, equipping them with the tools and agency to break free from cycles of violence and become self-sufficient.

STRENGTHENING LEGAL FRAMEWORKS AND LAW ENFORCEMENT

Jahan's works also highlight the pressing need for comprehensive legal reforms and robust law enforcement mechanisms to protect women from violence. Her characters grapple with the failures of the Justice system, where outdated laws, institutional biases, and a lack of accountability enable abusers to operate with impunity. Jahan's vision calls for the swift and stringent implementation of strong domestic violence legislation, accompanied by a paradigm shift in the way law

enforcement and the judiciary approach cases of abuse, prioritizing the safety and well-being of victims over entrenched patriarchal norms.

FOSTERING A CULTURE OF COMPASSION AND SUPPORT

Recognizing the profound impact of societal attitudes on the experiences of abused women, jahan's writings emphasize the crucial need to cultivate a culture of compassion, empathy, and support. Her narratives challenge the pervasive victim-blaming mentality, calling for a fundamental shift in the way society perceives and responds to violence against women. Jahan's vision involves the creation of accessible support services, such as counseling centers, legal aid, and secure shelters, as well as the implementation of widespread public awareness campaigns to destigmatize the issue and encourage victims to seek help without fear of judgment or retaliation.

COLLABORATIVE EFFORTS ACROSS SECTORS

Ultimately, jahan's perspective on addressing violence against women underscores the importance of a multifaceted, collaborative approach that brings together stakeholders from diverse sectors, including the government, civil society, educational institutions, and the media. Her writings stress the need for a coordinated, holistic strategy that combines legislative reforms, educational initiatives, and community-driven interventions to tackle the root causes of this pervasive issue. By harnessing the collective power of various stakeholders, jahan envisions a future where women can live free from the fear and trauma of violence, empowered to reach their full potential.

Importance of Jhan's Work in Raising Awareness

AMPLIFYING MARGINALIZED VOICES

Through her unflinching works, Rashid Jhan has emerged as a powerful voice advocating for the rights and dignity of women in the society. By courageously tackling the pervasive issues of psychological and physical violence that plague women, jahan has brought these critical yet often overlooked problems to the forefront of public discourse. Her narratives, grounded in the lived experiences of her female protagonists, amplify the voices of those who have long been marginalized, shattering the silence that has historically shrouded such sensitive topics.

INSPIRING CRITICAL DIALOGUE

Rashid jahan's literary works have sparked vital conversations around the societal and cultural factors that enable violence against women. By delving into the complex web of patriarchal structures, gender-based discrimination, and institutional failures, her writings have challenged the status quo and inspired readers to confront the uncomfortable truths underlying this endemic crisis. Through her

nuanced depictions and thought-provoking analyses, jahan has catalyzed a groundswell of critical dialogue urging the public to re-evaluate long-held beliefs and actively participate in dismantling the systems that perpetuate the mistreatment of women.

CATALYZING GRASSROOTS ACTIVISM

The impact of Rashid jahan's work extends far beyond the literary realm, as her narratives have also galvanized grassroots activism and mobilized communities to take collective action. By shining a light on the plight of women and the urgent need for change, jahan's writings have inspired readers, especially women, to become empowered agents of transformation. Her work has fueled the growth of local advocacy groups and emboldened women to assert their rights and demand justice, ultimately driving tangible societal change and chipping away at the deeply entrenched structures that have enabled violence against women for far too long.

Conclusion and Call to Action

Through the searing literary works of Rashid jahan, we have borne witness to the pervasive and deeply entrenched issue of violence against women in the society. Her unflinching narratives have shattered the veil of silence, powerfully exposing the multifaceted forms of abuse - both psychological and physical - that women endure on a daily basis, and the devastating consequences that reverberate through their lives and their communities. Jahan's masterful storytelling has not only amplified the voices of the marginalized, but has also catalyzed a groundswell of critical dialogue and grassroots activism, inspiring readers to confront the uncomfortable truths and challenge the very structures that have enabled this endemic crisis to thrive.

As we reach the culmination of jahan's powerful exploration, the call to action has never been more urgent. We must heed her clarion call and work collectively to dismantle the patriarchal systems, eradicate the toxic societal attitudes, and strengthen the institutional frameworks that have for too long perpetuated the subjugation and abuse of women. Only through a multifaceted, collaborative approach that empowers women, reforms the legal landscape, and cultivates a culture of compassion and support, can we hope to break the vicious cycle of violence and forge a future where the dignity, safety, and well-being of all women are unequivocally upheld.

Jahan's legacy, etched through the haunting yet profound narratives that have captivated and galvanized readers, serves as a clarion call to action. Let us honor the resilience and courage of the women she has championed by redoubling

our efforts, amplifying their voices, and ensuring that the profound societal transformation she envisioned becomes a reality. Rashid Jahan's works remain relevant today due to the exploration of women's rights, societal norms, and the struggle for autonomy within traditional patriarchal structures. The themes of oppression, identity, and resistance depicted in the works resonate with contemporary discussions on gender equality and cultural diversity. Jahan's work serves as a poignant reminder of the ongoing challenges faced by women in many societies and inspires reflection on the importance of social change and empowerment. Together, we can—and we must—create a world where women are empowered to reach their full potential, free from the shackles of violence and oppression.

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