### Exploring existence in Namita Gokhale's Priya: In Incredible Indyaa

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**Abstract:** Existence refers to the state of being alive or real. In philosophy, it explores questions about the nature of being, the purpose of life, and the individual's place in the universe. Central to existentialist thought, existence is viewed as a dynamic process where humans must create their own meaning and identity through choices and actions in a world that lacks inherent purpose. It emphasises freedom, responsibility, and the struggle to find significance amidst uncertainties. In Indian society there are women who live and there are women who exist. The existence of an Indian woman and her struggle to live her life are well explored by Namita Gokhale in her novel Priva: In Incredible Indvaa. It is a vivid and a satirical portrayal of contemporary Indian society, exploring the complexities of womanhood against the backdrop of a rapidly modernising yet deeply traditional culture. Namita Gokhale, through the protagonist Priya and other female characters in the novel, has represented nuanced existence of Indian women. Namita Gokhale has portrayed the duality of modern Indian womanhood, the dynamics of marriage and relationships, and the role of women in preserving and challenging societal norms. Priva, the wife of a politician, exemplifies the resilience and adaptability of Indian women as she balances the roles of homemaker and nurturer. Her life reflects the broader societal expectations placed on women, highlighting their silent sacrifices and unwavering dedication to family. As a mother to twin sons, Priya confronts cultural norms, including the difficulty Indian mothers face in addressing sensitive topics like their children's private lives. Her journey encapsulates the tensions between tradition and modernity, offering a microcosm of the challenges faced by women in contemporary India. Namita Gokhale uses Priya's story to deliver a poignant commentary on the personal and collective struggles of women navigating these complexities.

**Keywords:** existence, womanhood, Indian women's struggles, tradition and modernity

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#### Introduction

Namita Gokhale is an Indian writer, editor, festival director, and publisher. Her debut novel, Paro: Dreams of Passion was released in 1984, and she has since written fiction and nonfiction, and edited nonfiction collections. Priya: In Incredible Indyaa (2011) is her provocative sequel to her first novel Paro: Dreams of Passion. It provides a rich and humorous exploration of Indian society through the eyes of its protagonist, Priya. The novel, set in the vibrant and chaotic milieu of modern India, presents an incisive commentary on the multifaceted roles of Indian women. Priva is a middle-aged woman, caught between the pull of tradition and the push of modernity. embodies the struggles and triumphs of Indian women in a society that expects them to balance familial duties with personal aspirations. The novel portrays the existence of the Indian woman Priya, focusing on the duality of womanhood, the complexities of marriage, and women's roles as custodians of tradition. Priya's journey explores the diverse female characters around her, the discussion seeks to unpack the layered realities of Indian womanhood. Namita Gokhale skillfully portrays the duality of Priya's domestic responsibilities with her engagement in social and intellectual life in Priva: In Incredible Indyaa. Priya's interactions with her husband Suresh, her children, and her friends reveal the constant negotiation required to balance these two worlds. Her struggles and successes reflect the experiences of countless Indian women who navigate a similar dichotomy in their daily lives.

## Change in life

The protagonist Priya copes up with the sudden changes in her social status. Her existence is an evidence to the ways Indian women struggle, caught between personal desires and social responsibilities. As a woman, Priya wants to fulfill her desires and enjoy freedom. But, as a wife she is in a position to fulfill others needs. Priya is a wife of a politician Suresh Kaushal, Minister of State for Food Processing, Animal Husbandry, Fisheries and Canneries. Priya's life has changed from being B.R.'s secretary and a middle class-girl to being a wife of a politician. Priya says, "I began life as B.R.'s secretary. It's hard for a middle-class girl to suddenly find herself top of the heap. But I'm coping. Like the rest" (Gokhale 2011, 3).

As a politician's wife, Priya has to maintain her personality appropriately whenever and wherever she meets people. When she is

introduced to Mr Batata, she has to show herself as the wife of a person at the top level. She cannot be herself. Priya says:

I am a politician's wife – I must act the part, and be supportive. Carefully readjusting the folds of my sari pallav, I bestowed upon Jimmy Batata a haughty smile. It's a curve of upper lip I practice sometimes, in the morning when I brush my teeth. A minister's wife smile, modulated to establish who I am, where I stand. There is a trick to it – an easy trick. The smile must never reach your eyes, just hold itself in a tilt of lip. (Ibidem)

Though it is just a smile, Priya has to be more conscious of the ways she behaves. As a middle-class woman she did not have to concentrate on these things; but now she has to as she has become a wife of a politician. She has to modify her life style to fits her present status. She is living for her status not for her 'self'.

Priya, after becoming a politician's wife, just exists, fulfilling the role of a wife of a minister. She cannot be her natural self. She has to be conscious and cautious of every little detail. Even the government bungalow where they reside frightens her. She says, "It's always calming to return to home: Dara Shikoh Marg, in the green and quiet heart of a dusty, impatient nation. I guess it's a government bungalow like any other, but I'm still intimidated by its size" (Ibid, 11). The place where she resides as the wife of a minister does not give her happiness, but only anxiety. Priya acknowledges the emotional strain of her circumstances, arguing that she should exude confidence rather than being engulfed by persistent anxiety. She symbolically describes herself as a 'victim of social vertigo', caught in a precarious balance between self-doubt and the fear of being socially rejected. This reflects the internal conflict faced by individuals striving to meet societal expectations while grappling with their own insecurities. Priya says, "I should be brimming with confidence, not consumed by this precarious unease. You could say that I'm a victim of social vertigo, teetering on the edge of imagined rejection" (Ibid, 14).

## Priva's existence

Priya's life as a middle-class woman takes a dramatic turn after her marriage to Suresh, a lawyer who rises to become a Minister through her support and his dedication. However, this success comes at the cost of her personal freedom and aspirations. With the added responsibilities of raising twin sons, Priya's individuality and dreams are overshadowed by her familial obligations. This reflects Albert Camus's existentialist view that humans carry a sense of inner exile,

isolation, and personal struggles, which must be confronted within themselves rather than unleashed upon the world. Priya's life illustrates this tension as she battles her own sacrifices and unrealised aspirations to fulfill societal and familial expectations. Albert Camus (1956, 150) affirms, "Whatever we may do, the excess will always have its place in the heart of man, in the spot where isolation is discovered. We all have our places of exile, our sins, and our devastation inside us. But our goal is not to release them on the world; it is to combat them in ourselves and in others".

### Life without friends

Priya's life highlights the tension between traditional customs and modernity, as she navigates her roles as a young girl, wife, and mother with limited personal connections. Her early responsibilities forced her into work at a young age, serving as a secretary at B.R.'s company. After marrying Suresh, she has to adapt herself to play the role of a middle-class housewife, sacrificing personal growth and friendships. Even as her husband rises as a prominent political figure, Priya's life remains purposeless, consumed by motherhood and familial duties to the extent that she neglects other aspects of her identity. She acknowledges this herself, questioning her lack of friends and attributing it to her isolation and self-sacrifice in motherhood. Ironically, despite living in a spacious Lutyens bungalow, she feels suffocated by her shrinking personal space, reflecting her deeper sense of emotional confinement. This illustrates how societal expectations can trap women in roles that limit their self-actualisation. Priya says, "Why don't I have more friend? My own fault, possibly, for not being able to reach out people. I was so wrapped up in motherhood that I gave up on the rest. And then, suddenly, this large Lutyens bungalow and the shrinking space inside" (Gokhale 2011, 14).

# The duality of modern Indian womanhood

Priya's interactions with modern, accomplished women like Rita Ray, the power minister, Queenie Kwatra, a glamorous Mumbai socialite, epitome of glamour and Pooonam UmaChand, Director of Manoviraj Sethia highlight the stark contrast between her life and theirs. Despite being a politician's wife, Priya is relegated to the undervalued role of a homemaker, a position she admits is met with societal disdain. She acknowledges this marginalisation, stating, "As a mere homemaker, I am accustomed to the peculiar disdain with which my species is

treated" (Ibid, 23). Her insecurity becomes apparent when asked about her identity, as she deflects with self-deprecating humor about her past work at a bookshop. She notes the strained reactions of others, that powerful women respected emphasising are achievements, while her role as a housewife renders her invisible, "a non-person outside the pale of the human rights ordinances" (Ibid, 24). Whenever people ask Priva about her identity, she says, "Oh nothing really. I worked in a bookshop, once...' I reply, playing along. A strained mask falls over their faces. Powerful women don't ascend the stratosphere for nothing. The fact that I'm a housewife – a non-person outside the pale of the human rights ordinances – shines through the bookshop facade" (Ibidem). This highlights how societal perceptions of worth tied to professional success exacerbate Priya's feelings of inadequacy and insecurity. R. K. Narayan (1949, 117) says, 'What possession can a woman call her own except her body. Everything else that she has her father's, husband's or sons". Priya exemplifies this struggle as she navigates a world where the speech, attire, and behaviour of those around her often make her feel out of place. This sense of alienation erodes her confidence, compelling her to question her own worth. She acknowledges this internal conflict, "Don't be so pathetic, Priya Kaushal", she reminds herself, before forcing herself to engage socially. Priya says, "Don't be so pathetic, Priya Kaushal', I told myself firmly, and moved into the conversational fray" (Gokhale 2011, 25). Priva's experience highlights the tension between societal expectations and self-perception, illustrating the challenges women face in asserting their individuality within a restrictive framework.

The protagonist Priya represents the duality inherent in the lives of many Indian women, who must reconcile traditional values with contemporary realities. On one hand, Priya is a dutiful wife and mother, deeply rooted in the cultural ethos of India. On the other, she is a modern woman with her own opinions, aspirations, and identity. This tension between tradition and modernity exists in her existence.

When Priya travels to Mumbai for a function at her brother's company, she takes her son Luv along at her husband Suresh's insistence. Upon leaving, she calls Suresh, but he does not answer, and when she tries the reception line at his hotel, she is put on hold. Eventually, a woman answers, saying that Suresh is in the shower. Though this raises questions, Priya chooses not to confront her husband, recognising that any inquiry would likely result in being placated with unconvincing explanations. Reflecting on this, she

acknowledges her conditioned restraint, stating, "Over the years I have trained myself not to fly into jealous rages. A happy secure marriage is founded on trust. I must trust Suresh, it's a reasoned approach, not a form of denial" (Ibid, 42). Yet, the call unsettles her, prompting her to examine the cultural training ingrained in women like herself. Drawing parallels to Queen Gandhari in the Mahabharata, who blindfolded herself out of loyalty to her blind husband, Priya highlights how Indian women are taught to metaphorically 'shut their eyes' — whether in prayer, marriage, or moments of discontent. Her perspective underscores the endurance required to navigate such societal norms, reflecting the silent sacrifices and internalised expectations imposed on women to preserve the illusion of marital harmony. She says:

But the phone call set me thinking. It's not that I'm stupid, only that, like other Indian women of my generation, I've been trained to always shut my eyes – in prayers, in marriage, during the afternoon Horror Show. Think of our epics. In the *Mahabharata*, Queen Gandhari blindfolded herself, she shut her eyes and stopped looking at the world because her husband was blind. It's in our culture. (Ibid, 42)

### Marriage and relationships

Priya's relationship with Suresh is emblematic of the evolving dynamics of Indian marriages. While Suresh's liberal attitudes set him apart from traditional patriarchal husbands, the power dynamics within their marriage still reflect the deep-seated influence of patriarchy. John Stuart Mill admits in his book *The Subjection of Women* ([1868] 1989) about the equal rights for both the sexes. He admits:

...the principle which regulates the existing social relations between the two sexes – the legal subordination of one sex to the other is wrong in itself, and now one of the chief hindrance to human improvement and that is ought to be replaced by the principle of perfect quality, admitting no power and privileges, on the one side, or diabolically on the other. (Mill 1989, 61)

Priya's personal journey, marked by her visit to Bombay, becomes a subtle yet emotional assertion of her individuality within the constraints of her marriage. As she reflects on her past, she proclaims, "I am still a Bombay girl at heart" (Gokhale 2011, 44). Priya's journey from Delhi to Mumbai is not one of outright rebellion but of subtle assertion. This visit reignites her sense of self, contrasting sharply with her restrained existence as Suresh's wife. Her reunion with her former boss and lover B.R., underscores this tension. Priya finds more

fulfillment in her interactions with B.R. than in her marital relationship, highlighting the stifling nature of her role as an Indian wife. In her moment of self-awareness, she admits, "I forgot that I was an Indian wife and mother" (Ibid, 47), revealing how traditional marital expectations have confined her identity. It reflects the ways her marital relationship with Suresh confines her. This conflict between societal expectations and personal desires aligns with Pranab Bandopadhyaya's (1988, 66) on the traditional marriages, "Marriage served three main purposes – firstly, the promotion of religious attitude by performing the household sacrifices, secondly, the pregnancy for the benefit of the murder, to enjoy heavenly life in the privy lake by counting the lineage and thirdly, rati (pleasure)". Priya, while outwardly adhering to these traditional values, quietly challenges them through her introspection and actions. Her experience with B.R. represents a fleeting sense of liberation, symbolized in her whispered declaration, "'Independence day!' I told myself, aloud, though very softly. B.R. seemed not to have heard me. Perhaps I had only thought it, not said it at all" (Gokhale 2011, 48). This moment encapsulates Priva's recognition of her constrained autonomy within marriage and her desire for a freer, more fulfilling life, even as she grapples with the moral dilemmas posed by her choices.

# Priya, an ordinary woman

Priva exists as an ordinary woman throughout the novel. As she belongs to a middle-class family, she worked in B.R.'s company before her marriage and worked in a bookshop after her marriage with Suresh. Even after becoming a wife of a politician, she does not change her attitude and lives as an Indian woman. Priya's characterisation in the novel underscores her ordinariness, which paradoxically becomes her most extraordinary trait. Rooted in her middle-class background, Priva leads a life that reflects the understated resilience of many Indian women. Before her marriage to Suresh, she worked at B.R.'s company, and after marriage, she took up a job in a bookshop. Despite becoming the wife of a politician, Priva remains grounded, resisting the allure of privilege or ostentation that might accompany her elevated social status. She embodies the quintessential Indian woman who balances societal expectations with her individual identity. This unique quality is aptly recognised by her son Luv, who remarks, "You know, Maa, I respect you for being a very normal sort of woman. It's weird, but you are extraordinary because you are so

ordinary" (Ibid, 51). Luv's statement highlights Priya's quiet strength and authenticity.

## Women as custodians of tradition and agents of change

Priya is under the custody of tradition. Her life is heavily constrained by tradition, she is unable to challenge or question her husband. Even when she attempts to address his suspicious behaviour, such as noticing red marks on his cheek and collar resembling lipstick, her inquiries are met with dismissiveness. She reflects on her helplessness, admitting, "I believed him – and besides, I had no choice. Forget about the lipstick. And the phone calls. I hadn't dared dwell on it anyway" (Ibid, 71). This response reveals Priya's internalised submission, shaped by a patriarchal system that silences her voice and discourages confrontation.

Priya's subjugation becomes even more apparent when Suresh, acting on the advice of a numerologist, asks Priya to change the spelling of her surname from Kaushal to Cowshall. Priya resents this demand, as it erodes her sense of identity. Having already transitioned from Priva Sharma to Priva Kaushal upon marriage, she resists further erasure of her autonomy. Overwhelmed by frustration and despair, she seeks refuge in the safety of a ladies' restroom, describing it as a sanctuary where she can process her emotions. Priva says, "With that, I rushed to the toilet and burst into tears. I feel safe in ladies washrooms. they are a sanctuary from social disasters, a place to retreat to and tom mend and contemplate" (Ibid, 73). In this moment of vulnerability, Priya confronts her reflection in the mirror, reaffirming her identity as Priya Kaushal, not Priya Cowshall. This act of self-reassurance highlights her quiet resistance against the societal and marital forces attempting to redefine her. Priya's defiance, though subtle, underscores her refusal to completely surrender her individuality, illustrating her resilience in navigating the constraints of tradition and patriarchy.

### Role of a mother

For Priya, navigating the complexities of her sons' personal lives reflects the tension between traditional Indian motherhood and evolving societal norms. As an Indian mother, discussing her children's intimate lives is fraught with discomfort, yet she fulfills her maternal responsibilities with quiet determination. Priya shares a stronger emotional bond with her son Luv, who resembles her in appearance and temperament, compared to Kush, who takes after his

father. This preference subtly influences her actions when arranging a marriage for Luv. Priva supports Luv's romantic interests and considers Paromita, the daughter of her former friend Lenin, as a suitable match, reflecting her effort to balance familial duty and her son's happiness. However, Priya's relationship with Kush challenges her further. At the novel's conclusion, Kush reveals that he is in love with a man, a disclosure that would traditionally provoke discomfort or disapproval in a conservative Indian household. While initially unprepared for such conversations, Priva ultimately supports her sons, demonstrating her prioritisation of family over societal judgment or personal unease. This maternal commitment aligns with David G. Mandelbaum's observation that family is central to an individual's aspirations and sense of fulfillment. Mandlebaum (1974, 23) says, "a person's family is a major focus of his life expectations and activities. Children are one's chief source of lasting pleasure and prime goal of affection; they are the means of attaining respectable status, avenue for creativity and achievement". Priya's actions affirm this perspective, as she derives her sense of purpose and fulfillment from supporting her sons, even when doing so challenges her comfort or identity. In this way, Priya embodies the archetype of the selfless, supportive Indian mother who prioritises her children's well-being above everything else.

# A complex friendship

Priya's feelings toward Pooonam reflect a complex blend of disdain, curiosity, and reluctant admiration. While Priya disapproves of Pooonam's manipulative behaviour, she is intrigued by her ability to effortlessly charm and influence those around her. This duality creates a mix of envy and frustration in Priya, as Pooonam's skill in achieving her desires highlights Priya's own struggles with asserting herself. Despite her irritation, Priya cannot resist engaging with Pooonam, agreeing to meet her at a coffee shop.

Priya rationalises this encounter by reassuring herself that Pooonam, despite her charms, cannot undermine the core aspects of Priya's life – her husband, family, and social respectability. This internal conflict is evident when Priya admits, "I know I should hate her. But she can be charming, and even vulnerable, sometimes" (Gokhale 2011, 124). Priya's ambivalence reveals her recognition of Pooonam's complexities, as well as her own insecurities and societal conditioning.

# Resilience and adaptability: The core of Indian womanhood

Priya's visit to Mumbai for her nephew Tanmay's engagement offers her a renewed opportunity to reconnect with her past. Invited by her sister-in-law Dolly, Priya takes her prospective daughter-in-law Paromita with her. During the trip, she seizes the chance to meet B.R. at the Taj Hotel. In B.R.'s company, Priya experiences a sense of freedom and vitality absent from her life with Suresh. Reflecting on her feelings, she admits, "I was always speechless by his charm" (Ibid, 136), revealing how B.R. evokes a part of her identity suppressed within her marriage.

Priya's strained relationship with Suresh resurfaces when he claims, during a discussion about Poonam, that he has never hit a woman. This assertion triggers Priya's memory of a night when Suresh punched her, an act of violence emblematic of the power dynamics in their marriage. Yet, Priya chooses not to confront him, embodying the quiet endurance often expected of women in traditional marriages. Despite their past conflicts and emotional distance, Priya and Suresh have reached a stage of mutual understanding. Reflecting on their evolving relationship, Priya remarks, "Belated lovaria. It's nothing new, I told myself philosophically. That's the way things are in arranged marriage" (Ibid, 150). This acceptance underscores Priya's practical view of arranged marriages, where love and connection often develop slowly, if at all. Priya's reflection encapsulates the compromises and adjustments that define such relationships, revealing her resignation to the norms of a system that prioritises duty over individual fulfillment.

Priya's reflections on loss, identity, and resilience reveal her journey toward self-awareness and quiet defiance in a life shaped by societal and familial expectations. Watching TV one evening, she searches for news from her beloved city, only to learn of B.R.'s death. The news deeply affects her, as B.R. represented a connection to a version of herself she rarely accessed within her marriage. Mourning privately, Priya laments, "There is no one with whom I can share this loss. He is gone, this man who was once my boss. This man that I loved. Once" (Ibid, 173). Her solitude in grief highlights the emotional isolation she feels in her relationships.

On Valentine's Day, Priya receives a packet containing a handkerchief and a card, and discovers that a poem inside written in Suresh's handwriting meant for Pooonam. Pooonam's decision to send this to Priya is a deliberate assertion of dominance. Although devastated by this betrayal, Priya chooses not to confront the issue

immediately, prioritising the harmony of her family as a wedding approaches. This restraint reflects her ingrained role as an Indian mother, conditioned to sacrifice her emotions for familial stability and to wait for the right moment to address conflicts.

Priya's sense of self, however, remains intact despite these challenges. When Nnutasha suggests changing her name to enhance her husband's political prospects, Priya rejects the idea with conviction, declaring, "I am Priya Kaushal and I shall remain her. A rose by any other name would smell as sweet. Shakespeare said that. William Shakespeare'" (Ibid, 178). By quoting Shakespeare, Priya asserts that her essence and worth are not defined by labels or superficial changes. Just as a rose retains its fragrance regardless of its name, Priya's identity and integrity remain constant. Through these moments, Priya represents the quiet strength of an ordinary woman navigating middle age and societal pressures. She balances familial responsibilities with a steadfast commitment to her sense of self, managing to exist on her own terms despite the constraints of her roles as a wife and mother. Her resilience underscores the power of self-acceptance in the face of emotional and societal challenges.

Priya's visit to a guru in Rishikesh marks a pivotal moment in her journey of self-discovery as she grapples with the emotional turmoil caused by discovering the poem her husband wrote — not for her, but for another woman. During her taxi ride to Rishikesh, she experiences an unexpected sense of liberation. Free from the usual obligations of her life — no Ghafoor, no government car, no husband, no sons, and no future daughter-in-law Priya savours the solitude, recognizing it as a rare moment of independence. This absence of external expectations allows her to confront her inner self without the protective barriers that typically surround her.

The guru's advice provides Priya with a new perspective on resilience and acceptance. He offers her a mantra, which she incorporates into her life as a guiding principle. Reflecting on this, Priya explains, "The mantra is this: there is no mantra. The mantra is silence. The secret is silence. When things go wrong, be silent, look within, and smile. Troubles pass; the world goes on. As long as you protect your samsara, do your duties" (Ibid, 181). This philosophy emphasizes patience, introspection, and the inevitability of life's challenges, suggesting that resilience comes not from confrontation but from inner peace and understanding.

Priya's embrace of this wisdom demonstrates her capacity for growth and her ability to adapt to life's hardships without losing her sense of self. Her resilience, rooted in quiet strength and a commitment to duty, becomes an inspiring facet of her character, highlighting her ability to balance personal struggles with the demands of her familial and societal roles.

## Supportive mother

Priya's relationship with her twin sons, Kush and Luv, reflects her evolving role as a supportive and understanding mother, even when faced with unconventional challenges. While Luv is preparing to marry Paromita, Kush confides in Priya about his love for Akshay, a man. Unlike the hesitance often associated with such disclosures in conservative Indian households, Kush openly shares his feelings with his mother, trusting her to accept him. True to his expectations, Priya reassures Kush of her unconditional support, telling him, "'You marry who you want,' I said to Kush. 'I'll stand by you'" (Ibid, 186). Priya also promises to keep this matter from his father, understanding the sensitive nature of the revelation.

As an Indian mother, Priya faces significant emotional and cultural challenges in navigating this situation. Yet, her ability to stand by Kush exemplifies her resilience and maternal commitment. After Luv's marriage to Paromita, Priya finds herself feeling closer to Kush, as their shared understanding strengthens their bond. This newfound closeness offers Priya a sense of hope and the belief that she can navigate life's complexities with perseverance.

Priya reflects on her life's struggles, explaining to Kush that the true essence of a housewife's story lies in enduring the ordinary frustrations and challenges of daily life. She emphasises that heroism is not found in grand gestures but in quietly overcoming small obstacles. In her view, happy endings often arrive subtly, through acts of resilience and steadfastness, underscoring her philosophy of finding strength and meaning in life's quiet triumphs.

### Conclusion

Namita Gokhale's *Priya: In Incredible Indyaa* offers a profound exploration of the existence of Indian women in a rapidly changing society. Through the character of Priya and the diverse women around her, the novel captures the complexities of navigating tradition and modernity, the challenges of marriage and relationships, and the dual

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role of women as custodians of culture and agents of change. Within these contexts as an Indian woman, Priya in this novel struggles for existence. Therefore, the novel presents the resilience, adaptability, and agency of Indian women, offering a narrative that is both deeply personal and universally relevant. Hence, *Priya: In Incredible Indyaa* stands as a testament to the enduring strength and spirit of Indian womanhood. Thus, the novel is a celebration of the resilience and adaptability of Indian women. Priya's journey reflects the strength required to balance personal aspirations with societal expectations, to navigate the intersections of tradition and modernity, and to find fulfillment in a world that often limits women's choices.

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