

**A Critical Study Of Body Consciousness In *Weight Loss* By Upamanyu****Chatterjee**

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**Abstract**

Upamanyu Chatterjee raises the prominent issues of the men's life. It helps to understand Indian male mentality. This research describes the weight issues in the "*Weight Loss*" by Upamanyu Chatterjee. Bhola suffers from obesity and he puts all his efforts to get ride from it. Upamanyu Chatterjee divides the Bhola's life into three parts childhood, adolescence and adulthood. Childhood phase basically covers school's physical training session in which Bhola finds difficult to do all exercise properly. He always seeks advantage to escape from the hard physical work out. Thus, he continued with obese. After this phase, Upamanyu Chatterjee focuses on adolescence period. Bhola wants to enhance his looks but his weight demolishes his personality. This time period goes through for good physic which every adolescence dream. Lastly adulthood period discusses which elaborates behind the passion of the weight loss. This phase concentrates on body requirement. At this stage, people begin to sick due to unhealthy lifestyle. Bhola also struggles the same. It seems that Bhola always finds new motivational reason to reduce the weight. Unfortunately, he fails in each attempt. Upamanyu Chatterjee

elaborates each stage's motives for weight loss. This motive molds Bhola's life to health awareness but only awareness cannot help out. Success needs hard work which Bhola fails to do so.

Key words : weight loss, childhood, adolescence, adulthood, obesity

### **A CRITICAL STUDY OF BODY CONSCIOUSNESS IN *WEIGHT LOSS* BY UPAMANYU CHATTERJEE**

Upamanyu Chatterjee is the prominent writer in the Indian contemporary writing. He enhances the different kind of writing narratives in his works. His debut work is "*English, August*" in 1988 which sequel comes on 2001 "*The Mammaries of Welfare State*". After the first sequel, he writes another sequel work "*The Last Burden*" 1993 and "*Way To Go*" 2010. This sequel based on family drama. He nominated "Sahitya Academy Award" for his third work "*The Mammaries of welfare state*" in 2006. His next work is "*Weight Loss*" that describe about lost youth. He published "*The Fairy Tales at Fifty*" in 2014 which based on twin brother. And "*The Revenge of The Non Vegetarian*" published in 2018 in which protagonist become vegetarian for justice. He has also written some short stories. He gets the opportunity to serve the nation in 1983 to become an IAS officer in 1983 and he has gracefully completed his service and retired in 2017.

Upamanyu Chatterjee has done fabulous work to describe the androcentric Indian society. He emphasizes many stage of masculine mentality of India. His description about

each stage focuses different class and age. It helps to understand their discriminate living pattern. Everyone has gone through same phase of life as childhood, adolescence and adult. Each stage depends on earlier phase of life. Our life is very much dependent on the activities done in the adolescence. This phase of life decides to lead to human life well then it will bring success in life. If adolescence period has trouble then it has potential to mess the whole human life. Upamanyu Chatterjee gives the perfect example of this phenomenon in his work *Weight Loss* which is published in 2006.

Weight loss is not only the issue of looks but its more concern to the fitness also. This theme is described by Upamanyu Chatterjee in the beginning of the novel. Upamanyu Chatterjee elaborates the schooling period in the “*Weight Loss*.” But he discusses about only few teacher’s like Anthony, Dr. Tolaram, lady teachers and principal. Upamanyu Chatterjee discusses detail description of only physical education’s teacher Anthony because he represents school as a place for physical fitness also. School is not the place where children get only education but their all over development also require. Their physical activity helps to develop the mental ability to perform well. Thus, every school put games period in their time table. Physical training becomes the importance portion of morning assembly. Children do prayer in the school to raise their spiritual strength as well as practice yoga and exercise to improve physical strength. Morning assembly provides the balance harmony between spiritual and physical stamina. Thus, Upamanyu Chatterjee detailed description of only physical teacher on the first page of the novel.

“12:25 to 01:35 was a double sports period. Out in the cricket field,  
the class had just finished staring at the sun while inhaling non-stop for the

aeon that Anthony took to count till ten, holding their breaths for another ten and exhaling slowly and without pause while he barked out the number till twenty. While the class recovered its breath before the next round, with a moan.” ( Chatterjee,01)

Upamanyu Chatterjee makes grow the concept of personality in his novel. Bhola faces the problem of being fat. His classmate targets him to bully. He unfits physically due to heavy weight. Because of it, he does not do physical exercise perfectly. He desperately wants to reduce it. He feels jealous to his friend Dhosto for his perfect body. He tries everything to reduce the weight. Unfortunately, he does not constant in his weight loss. Upamanyu Chatterjee traces the struggle of weight loss and its importance. Upamanyu Chatterjee pictures the students physical training session. They do not take it seriously. It is totally half heartedly exercise session where students have to bare scorching sunlight. He exceeds the physical training session into complain session. Anthony is quite strict during exercise session. He gives harsh punishment to the students. It proves when Bhola complains to Dr. Tolaram.

“Brother Sir, sir Anthony beat me just because I can’t do those exercise.’

‘No no, disclaimed the doctor lump with mercurochrome. ‘You know that it’s only for your own good. He wants you to grow up to be fit and strong like a man should be. The child is the father of the man, as you know.” (Chatterjee, 08)

Upamanyu Chatterjee connects physical training into body discipline. Childhood is the best period when any habit could adopt easily. Upamanyu Chatterjee brings Anthony into disciplinary frame. He wants every student practice the exercise perfectly. He gets annoy to find that some students are unable to complete the exercise in the proper manner. This incident raises his temper and encourages him to punish the student who are fail to do proper exercise. Upamanyu Chatterjee drags the attention on student's fitness. The words "Sir Anthony beat me just because I can't do those exercises." (Chatterjee, 08) This line shows that fitness level of modern India does not good. It indicates that modern Indian students are so fragile to do exercise in the proper manner. This fitness level does not up to the mark in point of view health. Body discipline requires firm determination on the motive. Here Upamanyu Chatterjee keys out that Bhola provides his volunteer service to take fainted student to dispensary for escape from exercise.

"Here, some of you carry the ninny over to the Dispensary.' Bhola, scalp aflame, stumbled forward to volunteer, to escape, for he found Brother Dr. David Tolaram at the Dispensary sexy too in a different, hairy sweat-and-cologne kind of way. Some of the boys snickered at seeing him lift up Anantaraman's left leg but he had correctly – through instinctively – gauged that with one fainted student and one stick broken on another's head," (Chatterjee, 07)

The shortcut of anything would not lead any one towards the success. This context perfectly suits to Bhola. Upamanyu Chatterjee elaborates the struggle of Bhola for *Weight Loss* in his work. He begins to avoid physical exercise. He steps out from the exercise to support injury student. Human wiliness encourages completing the task but

Bhola gives up at hard task of exercise. He cheats himself to reduce the weight. If he wants to deduce his kilos, then he could not escape from the exercise session which could really help out for burning fat. His fatty journey continues from childhood to adolescence.

*Weight loss* traces the adolescence life of Bhola who chose always wrong path to move towards in life. Bhola has obese and desire to get fit body. Body shamming is the big issue of Bhola's adolescence. Upamanyu Chatterjee words on it.

“He was determined that no one must know. To reveal a desire to be physically trim was to confess to shame and inadequacy and to be laughed at.”

“He lost weight for twenty-five years but was never content. When, at the age of twenty-two, he learnt that muscle weights more than fat, he was torn for months between muscle gain and weight loss. No matter what he tried apart from jogging-swimming, situps, cycling, pushups, walking with weights, chin-ups- there always remained a tyre around his waist and pale globe on his thorax. The girth of his chest never exceeded that of his hips. His torso remained a cylinder and never became a vee. When, at the age of nineteen, he first read Marlowe's *Dr. Faustus*, he felt that he himself would quite willingly have sold his soul to the devil in return for some divine pectorals.” (Chatterjee, 19)

Upamanyu Chatterjee projects the modern India who wants to be more fit and fine. The awareness of body weight has great impact on the psychology. It could happen

because people give importance to the person who looks good. Probably, it has experienced by everyone that we get attract towards most attractive person in the group. People notice first who looks nice and active.

Upamanyu Chatterjee expresses the same psychological consciousness in his work "*Weight Loss*." This work concentrates on psychological impact on one's life which suffering from obesity. People fade up to over think about society's view. Everyone sets some kinds of thinking for the certain conditions. People give less preference to the obese and lack of attention. It could demoralize their moral.

Upamanyu Chatterjee distinguishes the different agenda of weight loss in adulthood. Weight loss becomes necessity in adulthood, if one wants to away from sickness. This is the time in the human life where human body starts to get weak. Most of sickness develops due to heavy weight of the body. Upamanyu Chatterjee raises this point in these lines.

"He then made himself some tea and took his weight. He noted that he seemed to have lost another kilo in a fortnight. He reminded himself that he had found in general that he could lose weight more easily when he lived alone. In any case, he seemed to have lost everything else. It sounded like a witticism and, wandering about from window to window. He repeated the phrase to himself more than once.

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He needs to renew himself too, to shake off his depression the way a good jog tones one up. (Chatterjee, 369)

Upamanyu Chatterjee spreads awareness on the weight issues to the reader. In these lines, he tries to frame the weight loss as victimize situation. It becomes very difficult in elder age to reduce the weight. Body needs lots of work out to reduce the few kilos. It may be strange that few favorite dishes cover up all that reduced kilos. Upamanyu Chatterjee stresses on obese that one must remind oneself to reduce the weight, watch the diet and activity. He says weight loss as renewal to self. It takes you to early age and has generated the potential to revival of the psycho. On another side, heavy weight of body can drag to depression. Fat look demolishes the beauty of the personality. It makes to feel old which becomes difficult to accept the fact of age. Upamanyu Chatterjee portrays Bhola as fat boy who finds difficult to accept the changes of adult age in his body. He shows himself as shattered who desperately wants to looks slim.

“You have either stopped believing that sex is the best weight loss programme or you aren’t getting much of it.’ He saw that he had embarrassed both his friends and regretted the remark. ‘To think that I envied your swimmer’s physique when we were kids.’ (Chatterjee, 322)

Upamanyu Chatterjee drags the weight loss issues into sexual phenomenon. According to Upamanyu Chatterjee, sex can help to reduce the weight. It has great weight loss activity. It seems that Bhola always concern to lose the weight but his efforts never get its goal. Upamanyu Chatterjee discusses the weight loss issues from childhood to adult phase of life. During these periods, Upamanyu Chatterjee keys out the various motive of weight loss.



“It was true that Bhola continued to be obsessed by thinness, by balance weight loss as a principle to live by. His lights went off at nine-thirty because he assiduously tried to give himself eight hours of sleep. He felt-almost religiously – that one must take care of one’s soul.”  
(Chatterjee, 122)

This struggle moves from lust to spiritual. Bhola has to do hard exercise for weight loss. Then he needs to work out to be fit to look good. After amateur efforts, he finds his body as a temple of his soul. To whom he has to keep perfect. It is necessary not to fluctuate on this change. It drafts the life. Bhola knows that he needs to lose weight but never constant on his efforts. Thus, he suffers from weight problem throughout the life. Consistency is the major point in the novel which fails to maintain by Bhola.

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