



## A PSYCHOANALYTIC STUDY OF VIHANG A. NAIK'S POETRY MANIFESTO (NEW AND SELECTED POEMS)

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### ABSTRACT:

*Modern psychologies have always created a vast influence on the history of literature. Sigmund Freud's theories based on psychology had changed our notions of human behavior by exploring new or controversial areas like wish-fulfillment, the repression of the unconscious mind, philosophical outlook, spirituality etc. The expansion of our senses on how language and symbols operate or make their way by demonstrating their ability to reflect unconscious fears, thoughts, motives and devices are the critical approaches of a psychological poem. It is actually a profound divulge into the insight of human nature that displays the depth and complexity of real people in modern life. One can find this psychological insight in Vihang A.Naik's 'Poetry Manifesto' which is a wonderful collection of poems from 1993 to 2009 showing his psychological vision and philosophical outlook. As literature focuses on the reflection of true life and self, this paper will mainly deal with the investigation on the creative process of a poet with the nature of literary genius and its connection to real life. This will enable a psychological study of the poet with a modern outlook about human behavior. We study the concept of the poet's perception, cognition, emotions, intelligence, motivation, personality, interpersonal relationships and other behaviors through the actual psychology of the poet that tends to work for the benefit or betterment of the society for human development. He had developed a great skill and command over the words in his poetry with the carefully sequenced poems. The poet seeks to uncover the repressed self and tries to understand why the individual creates thoughts and feelings leading to an increased understanding of different issues to integrate the movement of various approaches in life. Here we find the mental assessment of the poet exhibiting the structures of motivation and spirituality.*

**KEYWORDS:** Psychology, depression, nature, philosophy, motivation.

### INTRODUCTION:

The word 'psychology' derives its roots from the Greek literature meaning 'study of the psyche or soul'. When we attempt to understand the poet's mind or behavior, it is important to look at the situation or circumstances present at the time of the poet and make a determination according to the context. Nowadays Indian poetry is experiencing a new era of writing and the present active poets are developing their modernization techniques in their works. This can be noticed as a final farewell to the old trends of poetry and the welcome of a new phase of experimenting with poetry. One such example deserving immense attention among the modern poets is Vihang A.Naik. His book 'Poetry Manifesto' is a collection of new and selected poems. He is considered to be India's contemporary award winning bilingual poet. This anthology is compiled with 72 well written poems that deal with a variety of themes including social, religious, cultural and political perspectives. The poems are divided into 11 sections. It is amazing to notice that just with a single sentence the author had delivered the full message to the readers. This art of placing words in a different way to carry different meanings is actually where the potentiality of the poet lies. Professor Satish Kumar comments "The new poetry is remarkable for its fecundity,



experimentation and the vivid presentation of contemporary reality and situation. The traumatic political situation which resulted in the partition of the country, the disintegration of village community, and problem of cultural, economic and political values attracted the attention of writers and poets during the period” (Kumar Satish, 2001, *New Poetry. A Survey of Indian English poetry*, p. 8).

The collection of poems in the form of book is an outstanding piece for raising social issues related to life, touching the hearts of people. It is a collection of thoughtful and philosophical poems which shows in a creative manner carrying the desired message with confidence and full maturity of speech. The poet also displayed a cool balance in emotions in the context of different varying experiments. His poems deals with different perspectives of life that the poet experiences. Here we come to know about the mental function of the poet as an individual and his social behaviors, while exploring the psychological process that underlies his cognitive functions and behavior. Dr. Kalyani Dixit comments: “These poems tries to convey the futility of the worldly desires which are like myths or dream that may come true but they will always be there to elude you. The real salvation lies in understanding the purpose of life and the role that one has to accomplish in his life” (Dixit, Dr. Kalyani. "Colossal Range of Experiences and Philosophical Vision Of Vihang A. Naik In Poetry Manifesto New And Selected Poems." *Research Scholar* 1.4 2013: 1-4). The poet implements in understanding a piece of information, the act or result of focusing upon the inner nature of things on viewing an introspection that is the power of acute observation for study of human conditions. He tends to understand the cause and effect based on identification of relationships and behaviors within a model, context or scenario. Shashikant Sharma states that:” The poems of the book provide readers a mirror to look into life of a city in all its shades, and it is common to find some expression of glory and misery that people feel in in his City” (Sharma, *Book Review: City Times and Other Poems by Vihang A. Naik*, 2015). The poet speaks of the time when one enters in his young age from the adolescent stage, and comes to the realization that life is nothing but full of misery, pain and suffering. The poem ‘At Seventeen’ clearly brings out this feeling of the poet. He exclaims that:

“At seventeen you write a poem-  
You’ve lost your  
Su’arg” (P.53).

The poet’s inner voice tells him what he wants to be and he becomes a sensitive person and therefore discharges his emotions through the eloquent poem. The poetry makes the poet imaginative, thoughtful and a reflective person. Through his inward eye, he wonders through different places and experiences many things. His mood is immensely depressed and despondent that serves to echo the intensity of his personal mood and despondency. His poem ‘Gujarat’ deals with the popular theme to destruction. The poet’s psychology comes out distinctly and bears out his mental worries and apprehensions showing his mood of depression and frustration. The poem bears a strong testimony of his own deep sense of sorrow:

“On Gujarat’s face of gold  
Now  
Only horrific cracks  
And



A sense of great  
Loss” (P.19).

The poet’s psychology as revealed in his poems does not simply exhibit the drama of morbidity and melancholy but they are also found inspired in strengthening the poet’s depressed mind. Indeed the poet’s psychology is uniquely revealed in the poems through the dramatic swaying of his mind between hope, despair, depression caused by the hardship of life. The poems are particularly marked with the poet’s personal moods of depression, caused by various factors. The poet muses on his state where he is rather pinned down from all sides by adverse circumstances and hostile forces.

A note of profound sincerity rings all through the lines of the poem which are particularly remarkable from the psychological standpoint. The poet remembers his childhood memories that chases away all painful thoughts and enriches his mind with contentment. He states that:

“After your play  
Of hide  
And seek you  
Grow up an adult” (P.27).

The poet’s versatile genius is not found indifferent or blind to Indian varied beauty of nature. The infinite color and the lovely forms of nature in his country land are found to be an appetite for his poetic vigor. The poet is indeed found to be a lover and admirer of the beauty of nature with an unreflecting passion for expressing the thought of his mind. His ‘Banyan City’ is a carefully designed and executed poem with a masterly artistry that bears his unique gift as an imagist as well as versifier:

“The old banyan  
Is no more. You can no longer click  
That tree at the crossroad” (P.14).

The current ideas of the poet reveal the present and future of society with the changing conditions of the modern age. His poetry now deals with different facts of life especially the individual experiences and situations that he gets from life. Jitendra Aroliya very rightly remarks that: “The poetry collection is based on many themes like religious, social, cultural, and political and economic and personal history. The first half of the book is devoted to concepts such as versification, poetic language, and tradition, the second half is organized along genre lines and examines, nature poetry, sociological experience. All poetry appears in the creative followed by literal translations. This book is considered to give readers with even smallest information of the English language and appreciation of the brightness of Indian poetry. Many poems in the collection are written in free verse. It will be a precious collection of poem for students and teachers alike”(Aroliya, Dr.Jitendra . ‘Kaleidoscopic Vision In The Vihang Naik’s Poetry: Manifesto’ published in Research Scholar :An International Refereed e-Journal of Literary Exploration. ISSN 2320 – 6101 ,Vol. I Issue II, May, 2011). The poet seems to be greatly inspired by the Indian philosophy and the poetry collection deals with various themes. According to the poet:

“Life is a philosophy  
Book with pencil marks  
Wounds and comments

You cancelled at the end” (P.61).

The poet draws a philosophical study of psychology involving insights drawn from life’s observation that reflects on the technique for focused thinking and acting. He frames the mind as a division between physical and mental reality with an emphasis on purifying the mind in order to increase virtue and power. He entails the meaning of distinction between a person’s transient mundane self and their eternal unchanging soul challenging this hierarchy of selves that have emphasized the importance of reaching high awareness. This psychology of the poet is found to have a further dramatic expression in his unique poem ‘Self-Portrait’:

“I wake up to see my self  
Discovered beyond thought” (P.97).

In his viewpoint, poetry is a range of technique used in the pursuit of the goal in enlightening the principles of mind. His poetry forms an evolutionary perspective that suggests the psychological adaptations to solve recurrent problems in human environments. He throws light upon the mental processes that underlies mental activity informed by experimental psychology. Study of human society and human issue such as free will, personal growth, self-actualization, self-identity, death, aloneness, freedom are the key aspects or features in his poetry upon free will but free-will is just an illusion from the poet’s view. He focuses on the development of the human mind through the understanding of psychology on how people come to perceive, understand and act within this world and overcome the process of change as they age. He exclaims that poetry at time can be spontaneous but it can never be without artistic endeavor. Poetry writing depends upon poet’s creative vision that he extends to his poetry. He writes:

“May it be black and white a bloody  
Or let there be VIBGYOR  
Paper poems” (P.42)

The poet uses his past experiences with problems and solutions that are applicable to the current problem. The poet had relatively good insight about his thoughts and psychological mindedness referring to his capacity for self-examination and self-reflection. He includes an ability to recognize meanings that underlie in words and actions about the links between past and present into one’s own motives and intentions. The difference between conscious and unconscious awareness is only a matter of degree. He perceives an empirical doctrine of the soul with a systematic art of analyzing the inner observations that can be separated only by mere division in thought and then combined by will. His poems show a highly philosophical texture and symbolic attitude where the poet draws a very practical picture of a him as an adolescent at seventeen and who becomes a master at the age of thirty with an involvement in education and developing all aspects of personality:

“Credited with certificates  
If education marked  
Man to look at himself” (P.57).

The poet sees his ability to see relationships among thoughts, feelings and actions with the goal of learning through the caves of his experiences and behaviors. He reflects on the psychological processes involving both self-understanding and motivation displaying an interest in ability for such reflectivity across effective and intellectual dimension. He states



the reasons of motivation for writing a poem with the inclination to develop a specific poetic motivation as he exclaims in his ‘Making a Poem’ stating:

“To write a poem the pen  
Has to slide making a line  
Over a sheet. You see a  
Snake uncoil. Words bare  
Themselves” (P.65).

It can be conceived of a cycle in which the thoughts influence behaviors which in turn drives performance impacting thoughts. Each stage of the cycle is composed of many dimensions including attitude, beliefs, intentions, effort and withdrawal which are an effect of the individual experiences. In the poem ‘Ambaji’, the poet invites the poetry lovers to join him and see through the texture of his poems about the real life existing all around and we find him lamenting upon the drought hit places, deficient of rains and the pitiable and miserable condition and life of the farmers stating that:

“ Once more  
It won’t rain this year  
And among these hills  
The innumerable  
Crawling devotees with prayer (P.16).

In ‘Indian Summer’, the poet brings out the pain and misery of the people arising out of calamities that struck their fields. He had described about the trauma of the earthquake victims as he exclaims:

“The map of India burns  
With flames of passions  
When fire is set  
Against mid-day” (P.13).

His pensive mood of sadness is intensely personal. A strongly reflective sense of sadness haunts his poems. A mood of depression seems to pervade all over and capture the poet’s mind. His poems deal explicitly with his feeling of worldly misery and his capacity to sustain and console himself brought about by the inspiration of the creative process on poetry. The sense of despair is strong and strikes the poet’s contention turning the old thoughts with new regrets. His psychology of mind is well obsessed with a deep sense of agony and this enlivening effect comes out through his poems.

#### **CONCLUSION:**

Vihang A.Naik’s poems reveal the life and the personality of modern people as they invite countless opinions and observations some of which are even antithetical. They reveal the mystery of his creative mind and the wonder of his artistic genius. Their qualities as the unique pieces of creative literary art are beyond any question or criticism. His poems are the expressions of the author’s perception of human life and devotion to his love and his experiences and ideals. Sudhir K. Arora very aptly writes: “From the technical aspects, the poet in Vihang Naik seems to be rich enough to create interest in the reader who enjoys the music as well as ponders over the thought expression. His short lines attract with images and phrases that speak themselves to the reader” (Arora, Sudhir K. Book Review published in Dialogue: A Journal Devoted to Literary Appreciation. Vol. VI. Number II. December 2010).



His poetry casts a spell and the themes are connected and immediate in his unique craftsmanship. His masterly drawn situations capture all hearts, old and young as his poetry stood the test of time. They are indeed wonderful creations of the creative art and his poems had touched with so much ease and profundity structuring the inmost depth of all human hearts with a wonderful mastery revealing the dark corridors of the human mind. Shaleen Kumar Singh comments "The poet is well versed in linguistic deviations chiefly of graphological deviation. He discards the rules of graphology and punctuation chiefly to heighten the effect. Sometimes, he writes the word in small letters in order to euphemistically ridicule or elevate the importance while at the other time, he capitalizes the words to lambast or mirror the over heightened effect of the same word"(Singh, Shaleen Kumar. Poetry Manifesto, by Vihang Naik. 2011. 27 February 2015).The poet draws a thematic innovation and his poems are inspired with the fervor of a lofty idealism that seeks an enduring consolation in the work of art or poetry in a world where time is omnipotent holding a philosophic and idealistic tone. His poetry is intimately related to the inner chamber of the mind in the light of psychological interest. The poems are truly interesting and thrilling from the psychological angle and contain much matter for the representation of the poet's inner province.

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