



EXPLORING TRAUMA AND POWER IN SLEEPING ON JUPITER

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ABSTRACT

Anuradha Roy's *Sleeping on Jupiter* delves into topics like identity and displacement.. It also touches Upon the desire to fit in.. Roy's novel does this via the lives of various characters.. These Lives are set in scenic coastal town of Jarmuli .The town has spiritual value. However it hides deep sorrow. This novel uses Unique narrative style. It shifts from past to present .It touches on multiple viewpoints. The protagonist is Nomi. She grapples with trauma of childhood abuse. This abuse occurred in ashram .In story we Meet elderly women. They are On a religious trip. We also meet local residents of Jarmuli .Everyone Confronts Their own internal struggles. The novel Uses straightforward storytelling. It Is also evocative. It contains non-linear timelines. Diverse viewpoints exist. Symbolic imagery is present. The narrative captures how individuals live .They navigate complexities of life .Ultimately it is a story of resilience .It Is a tale Of healing and Moving forward. All this even when burdened by past.

Keywords: Childhood trauma, resilience, survival, religious hypocrisy, women's struggles, memory, pain, identity, belonging, loneliness, cultural critique, Indian society, nature, peace, violence against women, power dynamics, freedom.

INTRODUCTION

The narrative pays Attention to Nomi. She is a young woman .Nomi Has experienced much pain and hardship in her life. The novel revolves around the theme of how trauma influences people. It Also delves into the topic of Misuse of power. This is often seen in religious And societal systems .At the same time It Illustrates how survivors of trauma Can heal and find strength Despite the adversity.The story Unfolds in Jarmuli.. It Is a Seaside town.. Nomi comes back to the town as An adult.. She goes to revisit her earlier days .Alongside Nomi other Characters are also explored .For instance ,three elderly women are on a religious tour. The novel Also looks at the Lives of the people within Jarmuli. Characters in the narrative highlight themes like power.The Novel focuses on survival It explores the role of trauma It presents the individual's quest To find strength .This is despite the difficulty and suffering they face. Individuals demonstrate resilience in the face of adversity

The Role of Trauma

Trauma plays a central role in the novel. Nomi's experiences have a deep Influence on Her life .As a child ,she witnesses the death of her family in an act Of violence. Later She is sent to an ashram. She does not find Safety there. Instead she faces abuse. The guru she trusted is the source Of This abuse .This highlights how institutions can fail. They can even cause harm to those they were supposed to protect.Nomi carries Bits and Pieces of her Childhood memories. These fragments keep coming Back to her. The way the past is presented in fragments signifies trauma .It disrupts memory and how people make sense of events. The fragments are an attempt of Nomi to confront memories. She Wants To make sense of these memories. Her return to Jarmuli is part of this process .She wants to confront and make Sense of the memories.The book also deals With Need to fit in or belong Nomi grapples with this Her confrontation with past memories reveals inner struggles .The lives of the other characters bring out importance themes These themes could Be power trauma or survival.Underneath The story is an exploration of the Individual and society. Readers may be captured by the novel's Intricate depictions. These Could include Nature peace and violence against women .The Power dynamics represent a special area of interest .They do so within the framework of Indian society. The critique is cultural. The reality of women's struggles is not overlooked.

Power and Its Misuse

The novel also explores how power is often misused in different areas of life.

Religious institutions are a major focus in the story. These places are supposed to guide and protect people, but the ashram where Nomi stayed became a site of exploitation. The guru uses his position of authority to harm others, showing how unchecked power can be dangerous.

The book also looks at how women's lives are controlled by patriarchy. Characters like Gouri, Latika, and Vidya face struggles in their personal lives because of societal pressures. Although their experiences are different from Nomi's, they all show how systems of power often work against women.

In addition, the novel highlights the economic divide between the rich tourists who visit Jarmuli and the local people who work there. This contrast points out how wealth and privilege can create inequality.

Healing and Resilience

Despite its heavy themes, the novel offers hope by showing that healing is possible.

For Nomi, coming back to Jarmuli is a way to reclaim her story and face the pain of her past. She refuses to let her trauma control her life. As a filmmaker, she turns her experiences into art, using creativity as a way to heal and find strength.

The novel also shows moments of connection between the female characters. The friendship and shared understanding among Gouri, Latika, and Vidya provide glimpses of solidarity. These moments remind us that healing can come through human relationships and mutual support.

Writing and Symbolism

Anuradha Roy's storytelling adds depth to the novel.

The book uses a non-linear narrative, which means the events are not told in order. This structure reflects how trauma affects memory, as Nomi's recollections are scattered and incomplete. The shifts between the past and the present show how deeply her past influences her current life.

Symbolism is also an important part of the novel. The sea, for instance, appears repeatedly. It represents both the vastness of Nomi's pain and the possibility of starting over. The sea is constant, much like her memories, but it also offers a sense of renewal and hope.

CONCLUSION

Sleeping on Jupiter is a powerful novel that explores the lasting effects of trauma and the misuse of power in society. It shows how systems like religion and patriarchy can harm individuals but also emphasizes the strength of those who survive.

The novel challenges us to think about the structures of power around us and to find ways to create a more just and compassionate world.

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