

Confetti Of Literary Thoughts

Editors

Dr. Rajani R

Dr. AK Shahina Mol

Department of English KAHM Unity Women's College, Manjeri

ISBN Number: 978-93-5696-426-5

CONTENTS

SL NO	TITLE	PAGE NO.
1	<p><i>On the Term of Exile: The Politics and Mental Pangs of Leaving one's Country out of Force or Choice: Diaspora in the Political Poems of Bertholt Brecht</i></p> <p>Gayathri S Dr. Rajani R</p>	1-4
2	<p>Mary Kom and Williams Sisters: The Undying Sportswomen Spirit</p> <p>Khadeeja Dilna Krishna Sunder</p>	5-10
3	<p>Open Access Resources in English Language and Literature</p> <p>Joseph I Thomas Dr. Humayoon Kabir S</p>	11-19
4	<p>Filter and Selfie Dysmorphia - Social Media and Beauty Standards</p> <p>Lulu Rasha P K Sidhique P</p>	20-29
5	<p>A Psychological Analysis of Holocaust Survival and its long term effect on Holocaust Survivors</p> <p>Aneena James Dr A K Shahina Mol</p>	30-39
6	<p>Notions and Place making: A Study of the film <i>dharavi</i></p> <p>Najeeha Sherin Dr Poornima R</p>	40-50
7	<p>Let Me Not the Marriage of True Minds Admit Impediments: Love and Marriage in Pre Communist and Post Communist Russian Literature: A Study Based in Anton Chekov's Play <i>The Bear</i> and Vera Polozkova's <i>Vespers</i> and <i>You Must Live by Sea Mama</i></p> <p>Mrs. Sahira K.P Dr. Rajani R</p>	51-58
8	<p>Witty Fools and Foolish Wits: Three Shades of Humour in <i>As You Like It</i>, <i>Much Ado About Nothing</i> and <i>Twelfth Night</i></p> <p>Dr. Rajani, R.</p>	59-68
9	<p>Taste of Life Outside India: Exploring the Fun Aspects of Wanderlust</p> <p>Thasneem PC DR. Poornima R</p>	69-77
10	<p>Incarcerated Justice: An Analysis of the Movie <i>B Tech</i></p> <p>Shahana N Muhammedali P</p>	78-83

A Psychological Analysis of Holocaust Survival and its Long Term Effect on Holocaust Survivors

Aneena James

Dr A K Shahina Mol

Holocaust always connects us with God and Forgiveness. It is said that there are the lines of a Holocaust victim etched on the walls of a concentration camp . They said even the God have to beg for their forgiveness . It clearly depicts what was Auschwitz or what was Berlin or many other extermination camps . Moreover it unravels the horrified memories of Holocaust . When we utter the word ‘Holocaust’ the first thing that pops up in our mind will be persecution. It was the persecution of Jews . Holocaust was the genocide of European Jews by Nazi Germany and its collaborators during world war second. It is said that , they have persecuted around six million Jews. It was more like a State sponsored killing . Holocaust always connects us with a person named Adolf Hitler. He was the dictator of Germany from 1933 to 1945 , until his death. He is the architect of the holocaust and the embodiment of evil. He was an Austrian born German politician. For a time he bore this mother’s name , Schicklgruber , but by 1876 he had established his family claim to the surname Hitler. Adolf never used any other surname. (Britannica,2023).

Holocaust always reminds us of the worst horrors that humanity can create . Something that remains as unbelievable and unforgettable . First chapter discussed about the sufferings of Jewish teenagers . This chapter unfolds their survival method. It deals about how they survived and reflect their mindset using trauma theory. Just like first chapter, second chapter also deals with two books ‘Night’ by Elie wiesel and ‘Choice’ by Edith Eva Eger . Teenage period is the most charming age in our life . At the same time most dangerous also. We are not matured enough to take decisions or don’t have strong mind. We will easily become prey to all challenges. It was during this age, many Jewish teenagers were send to concentration camps. Only few survived. But that few have horrifying stories to share. While discussing about Edith, we know that she only had her sister. Rest has died and gone missing. All she had was her sister Magda. Magda was her strength . When we consider the life of these people , we understands that, they were living for someone else. There are people who says we must be selfish , When it comes to our studies and personal matters. But in every case it may not work. When we are in these horrifying camp days , and only care about ourselves,

we may not feel like living. But when we think about someone else we may get the will power to continue living. “Cooperation is the name of the game ; to survive is to transcend your own needs and commit yourself to someone or something outside yourself. For me that someone is Magda”. (Eger, 54) .

Similarly we came across a boy named ‘Eric’ . He was Edith’s lover. She was eagerly waiting for a life with him. For that, she should survive this. “I’ll never forget your eyes . I’ll never forget your hands”. (Eger , 80). His lines gave strength to her and she repeated those lines , whenever she feels that she is in the edge of her life rope. Her father used to say “ always keep a little something sweet in your pocket”(Eger , 90). Just like all other individual, she also felt low at many times. “why get up? What is there to get up for ? Now that I am facing the irrevocable fact that my parents are never coming back, that Eric is never coming back, the only demons are within. I think of taking my own life”. (Eger, 124) . But she never let her emotions to control her. “ This is temporary, if I survive today, tomorrow I will be free”. (Eger, 58). We can find similar experience in the book ‘Night’ written by Elie wiesel. In the first chapter we realized that Elie was a great religious boy . But at a point, when he lost all his family members and his father itself being beaten up brutally, even he had doubted the All mighty.

Sometimes change is necessary, sometimes change will be the only option we have . “The night had passed completely. The morning star shone in the sky . I too had become a different person”. (Eger, 37). While Magda was the only hope Edith had , father was the only hope Elie had. They were swallowing all the painful experience they had. They never shared the pain. Because they feared that when one sees that, the other can’t , both will give up. So they always said “it doesn’t hurt” (Wiesel , 39) . At last they have reached at a point, where they don’t even feared death. “But we no longer feared death , in any event not this particular death . Every bomb that hit filled us with joy, gave us renewed confidence”. (Wiesel, 60). They trained their mind to believe that all these are only a matter of hours.

Irene Fogel Weiss a holocaust survivor shares that she was with her older sister, when they were called for forced laboring at Auschwitz. She says “ many times we were threatened with separation but somehow we managed to stay together” (Cannolly , 2015) . All those survivors they stood for one another. All of them shares that we may feel low at sometimes. That is fine. But what is not right or not fine is , when it comes to loosing you. Every challenge gives us two options “ we can choose to be our own jailors or we can choose to be

free”(Eger , 231) . Sometimes we have to travel through the paths filled with darkness, but we should find light in that darkness. Just like Irene shares , she always believed that “after this we’re going home and everyone will be there again”. (Cannolly, 2015). Sometimes we have to force our mind to think in such a way. Because our body already stopped hoping. What is retaining us is our mind. Once it too stops, we no longer will be there. Hope can be a powerful motivator in difficult times. Once we become hopeful, we starts to imagine things that might not happen , but by imagining best is yet to come our mind strengthens. Eva Umlauf , another holocaust survivor told that “ Auschwitz is deeply burned inside my body and soul (Hindustan Times, 2020) .whenever people spotted them in the road they asked “you are back”? The ones who survived holocaust might be living in trauma. Their reactions and responses will be sudden. They may be living a fearful life. So this type of questions pains them again and again. It might be a small question just like are you fine ? Or you are back? , We may feel nothing wrong in it. But this words may bring too much memories in to their mind. All of a sudden all those horrifying past may burst out in their mind. So they may react differently, in a strange way. So if possible we can avoid such questions, we can treat them as if they were among us. That will help them to forget their past or may make them feel that there is nothing wrong in them. Everything will be ok in the end. If it is not ok, then this is not the end.

All most all of the holocaust survivors repeated these lines “I never forget it and I don’t want to forget it”. Because deep down in their heart , it stays as a trauma. This shows the inevitable existence of past

According to American Psychological Association, trauma is an emotional response to a terrible event like an accident or natural disaster. Here , trauma is an emotional response to a terrible event like ‘holocaust’ . Jewish survivors always described it as something that they never forget and something that they never wanted to forget. The relationship between and its connection with mental illness was first investigated by the neurologist Jean Martin Charcot while working with a traumatized women in the salpeteria hospital. It was the term ‘Hysteria’ later came to be known as PTSD (Pitman, 2013). Main theories of trauma include emotional processing, dual representation and cognitive model of post – traumatic stress disorder (PTSD).

PTSD also refers to the anxiety disorder caused by very stressful, frightening or distressing events. “After my first flashback, I began to believe that my inner world was where the

demons lived". (Eger, 174). Flashback is all about memories of past trauma taking place in the current moment. We always get flashbacks from the things that we don't want to remember. They can be triggered by a variety of things , such as sights, sounds, smell. It can create negative or positive effect on people. For example someone who has met with an accident while driving car may get flashbacks even after his or her recovery and in the future when they drive any vehicle they may remember that accident again and it will generate a fear in their mind that may even force them to give up on driving. This is an example flashbacks that generate negative mindset on people . But on the other hand , we can also have the flashbacks of a get together or some one we love. When it comes to our mind again and again. It may make us happy. So in short it depends upon our emotional point of view. Here, our target is teenage holocaust survivors, they don't have a single day in their concentration camp life worth enough of remembering. One day they felt like days , months, and years. Each day they are living out of the fear that will they have the ones who were with them on the previous day. Because selections are going on continuously , SS soldiers didn't want weak ones or the one who were not capable of doing work. If they find someone like that they will send them to gas chambers. There they burn. Or if there is someone who is brave enough to question them . They will shoot him at once. Elie wiesel shared that when someone among them dared to reply the SS Soldier "shut up , you moron , I'll tear you to pieces !".(Wiesel, 30). They always remembered them by saying that "over there, Do you see the chimney over there ? Do you see it? And the flames, do you see them?". They addressed the Jews as 'son of bitches'. "you still don't understand? You son of bitches. Don't you understand anything? You will be burned ! Burned to a cinder ! Turned into ashes". (wiesel , 31). This was how they were treated from the concentration camps. They have given too many boundary lines and dead lines to Jews, but they were free to do anything. Elie shares an unforgettable incident happened when he was in camp. When he reached behind the building, he heard some sort of sound from the near by room , when he moved closer , he saw 'Idek' the one who gave him orders and shouts with a young polish girl, half naked on a straw mat. When they saw him he was very angry at him . Idek grabbed Elie's throat and warned " just you wait kid .. you will see what it costs to leave your work..you will pay for this laterand now go back to your place" (Wiesel, 57). The punishment he got was something that is indescribable. They ordered him to lie down in the crate and then he could no longer feel anything except the lashes of the whip . He started counting. And it ended up with twenty four or twenty five . He said " listen to me , you son

of swine . So much for your curiosity. You shall receive five times more if you dare tell anyone what you saw.! Understood?”. (Wiesel, 58). He shared all these , so that we could imagine, how dreadful was their life in concentration camps.

Flashback will always be a mixture of sleep disturbances, recurrent nightmares, sweating, nausea and trembling. Edith explains it as ‘ my body tenses, the way it does when the past is too near”. (Eger , 193). Edith says , when she got liberation, it was very difficult to find out shelter and livelihood for family. So temporarily they had to depend on families who were already struggling to live. When they were living with George’s family. He used to watch her every steps and warned and shouted at her. He was very angry about their arrival, most importantly coming penniless. As a holocaust victim she always felt self conscious in his presence that was not able to walk down the stairs without tripping. ‘I began to prickle with sweat. It is the feeling I had when I woke to hear armed nyilas banging on our door at dawn.”(Eger, 172). Look at the way they connect things with past. They don’t need big things to get upset, but just a shouting, some sort of ordering, particular sound will remind them of something that they have been trying so hard to forget. And then everything will turn topsyturvy. So we must be very careful while ”having conversation with these people. No need of too much caring. Because when we care them too much, they may feel that there is something strange in them. So may be because of that you are behaving to them in different way. So when you are with them behave as if nothing happened. And even if they are overwhelming with emotions, let it be. It is better not to judge them. Because it may make the situation more worse.

Trauma can also wipe out something that we loved mostly or something that stayed in us for so long. “The almighty, the eternal and terrible master of the universe, chose to be silent. What was there to thank him for ?”. This was asked by Elie in the book ‘Night’. He was very religious in his childhood. He wished to learn kabbalah. But father restricted him. “you are too young for that”. Because one cannot learn it before attaining thirty. Still Elie wiesel found some sort of way to learn it. “I succeeded on my own way in finding a master for myself in the person of Moishe the Beadle”. (Wiesel, 4). He was so close to God and religion. But this was not his condition when he was living in camp. He had a lot of questions. Which still has got no answers. He thought why God is so silent. Is he enjoying all these atrocities? It is said that God has created us. Then what is the need of this divisions and discriminations. Even if it is not done by God , why can’t he prevent the

humans from doing such things. Why is he not uttering a word. To be Frank, not only him , all the Jews were hurt by God's silence. Because we all believe in God. We know that God is love. But his children are hating each other. As a teenager, Elie thought why can't God do something? When he saw others praying, he find no meaning in it. Because he was filled with lots of unanswerable questions. "Some of the men spoke of God : his mysterious ways , the sins of the Jewish people, and the redemption to come. As for me, I had ceased to pray. I concurred with job! I was not denying his existence, but I doubted his absolute justice". (Wiesel, 45). They felt like all their prayers and suffering are falling on ears

that cannot hear and eyes which cannot see. Because how can someone watch and enjoy when a group of people's fate decided by some others. The ultimate authority is God. What sort authority these Nazis posses? It could have been justified, if they were merely ruling the country, but along with their dictatorship, they have even murdered around six million of Jews. Did God ask them to do it? If not who gave them the power to decide the death date of others?. These were the question that popped up in the minds of the Jews That is how holocaust changes a person. Sticking again to flashbacks, some places and memories always took them back to past. "

It's not the first time I have pictured myself in Palestine. In high school, I was a Zionist, and Eric and I had imagined living in Palestine together after war .

The term ' after the war ' has got much importance in the life of Jews. They all believed in a period that comes after the war. During all those camp days , all those who were stuck in the camp dreamt of only one thing and that was days after the war. Just like a person spending winter season in foreign countries dream of summer season or the sight of Sunray, these people dreamt of their life after war ends. In the diary of Ann Frank, she used to go to upstairs of their hiding place, there with her Peter, she enjoyed the sun rays and imagined about her friends and family getting back to older days like the period before the Nazi regime(Frank, 145). Even though they don't know when will that happen, they hoped that it will happen soon. Because survival was the only option they had. They created a world of hope for themselves. Edith shares that whenever they were prisoned by past memories, she used to think that "I am free in my mind, which he can never be. He will always have to live with what he's done".(Eger, 53). Here she refers to 'Dr. Mengele' , whom forced her to dance when she never wanted to dance , his gaze while she was dancing made

her so uncomfortable. She said it was their eyes that killed them internally more than their words . But still she is thankful to him because, “as I dance I discover a piece of wisdom that I have never forgotten. I will never know what miracle of grace allows me this insight. It will save my life many times, even after the horror is over “. (Eger , 53). They reminded their mind “we might not survive the war, but we have survived Auschwitz “. (Eger, 65).

Re- experiencing is the most typical symptom of PTSD.

“Never shall I forget that night, the first night in camp, that turned my life into one long night seven times sealed”. These are the words of Elie Wiesel. Something they have experienced in the past , they have gone through it several times in the future too. Auschwitz survivors easily fall prey to these disorders. Disturbing thoughts and feelings related to their experience that last long after the traumatic event has ended. Edith shares that she never wanted her child to know that her Mom was a holocaust survivor. Once her husband told her child that your mom was a holocaust survivor, she aroused with anger and emotions, that even she was not able to control herself. She was shouting at her husband. But he just wanted her child to realize that her mother was such a strong lady that even Hitler could not stop her. But she took it in a negative way. Thus these survivors will always be found disturbed by certain feelings. It is a reality that we will grieve forever, we will not get over the loss , but we will learn to leave with it. Running away will not help us. The more we run away from, it get closer to us. So never force yourself, if you feel like your past is hurting you, let it hurt you. Cry as much as you want, scream as much as you want, shout as much as you want. Whatever may the feeling express it, release it. Because once something happened , it will stays as memory, we cannot escape from memories. It will stays with you as long as you are capable of remembering. So we can’t forget anything. So bad memories or flashbacks may hurt you , may kill you internally, but that is fine. Because this is the only way we can make our life push forward. It hurts , hurts and hurts and one day it won’t hurt you anymore. Running away will not help us, the only way is to face it. Edith decided to visit Germany again, though it was a very hard decision for her, many of her relatives tried to prevent her from re-visiting Germany, she stood with her decision of going to Germany. She only had the support of her husband, her children, sisters , relatives all were against her. But her husband said “Edie , you are going to be fine, it’s only a place. It can’t hurt you”. (Eger, 295). Because to heal is to cherish the wound. Her husband always reminded her , “if you don’t go to Germany, then Hitler won the war”. This kept her going. Because she didn’t want Hitler to win again. That doesn’t mean she still holds vengeance in her . She has forgiven him. But still , she didn’t

want to hear anymore that 'Hitler won'. It was really hard. Even after the holocaust, they were not actually living, they were surviving. There is a huge difference between living and surviving. When we are living, we are enjoying what we are going through. But when someone says that they are surviving. That means they are still struggling to find out some sort of way to keep life going. They could find too many reasons to give up on their life. In the case of these holocaust survivors, they have to face their friends, family and people again. They have to face too many questions. Sometimes they may be trying to get over their past. Soon someone comes and asks about something they hate to remember. Their one question will take them to past and ruins everything again. Sometimes they don't like getting too much consideration, that may

make them feel that they are not like everyone. They have got something that could not be cured. This feeling too made them furious. It is true that running away from past will not solve anything. But we all try to do that. That is quite normal. But what happens is that when you run away, it just overtakes you and hurt you even more. When we try to stop thinking about something. It will be that particular thought coming on to us again and again. You can go to your future only through your past road. There are no short cuts for that. Just go through that. Just experience it again and again. Present, past and future are connected. Past influence our present, and future. For every challenge we have got two options either to accept it or to change it. Something that already has happened cannot be changed. Holocaust is one such thing. That was something that should not have happened. But it happened. Now we cannot change it. So here what is more applicable is to accept the situation.

The author dealt with the way in which Jewish teenagers survived holocaust. It was not at all easy for them. They could give up. It was much more easier than facing it. But they all had a dream to live their life as they dreamed. They were not ready to give their life to someone else and never wanted that someone else to decide their fate. So they struggled and suffered. Even after their liberation from the camp, they were not liberated from their internal conflict. They were fighting against trauma. "The biggest prison is in your own mind, and in your pocket you already hold the key"(Eger, 358). If you are willing to take responsibility towards yourself, you can release yourself from flashbacks and love yourself for who you really are. Something that we have learnt from their experience is that one cannot live isolated. We need someone to boost us. Just like Edith having a strong connection with Magda and Wiesel having a strong connection with his

father. Remembering about our loved ones can also be helpful at times. Edith mentioned about she dreaming a life with her lover Eric. She had a strong feeling to face whatever comes to her, to get to him. Even if it doesn't happen. Sometimes this dreams helped her. She often thought about his lines that gave her the promise that he will never forget her eyes, never forget her hands. She Somehow wanted to reach to him. For Wiesel, his father kept him alive. Before every selection , he gave him instructions such as run fast as you could, don't look at SS officer. Only because he wanted his son to get over this darkest period. Thus they proved that human beings are dependent on each other.

Another point they taught us that is , it is quite normal to have flashbacks, face it and experience it again and again as long as your life asks you. When you feel like you have reached at the end of your rope, believe that still you have chances, tie a rope on it and hang on. Because in the end we need more courage to keep ourselves living than to kill ourselves. This chapter discussed about how did they survive Holocaust, how did they gather the courage and willpower to overcome this darkest period, how did they manage to keep going when giving up was so easy, also discussed about its long term effect on them , how flashbacks hit them and how it has affected their children,

It also promotes the importance of promoting equality and taking action. "Helps to understand the value of pluralism , and encourages tolerance of diversity in a pluralistic society"(A teacher's guidance to the Holocaust, 2005) . It also encourages the students of new generation to fight against all the hardships that life provides them . In short all these studies only have one major intention that by making people realize the dangers of being silent and Turing their face against racism will result in another Holocaust, which will wipe out the entire humanity from earth. So we must withhold the oneness and work for a better life.

References

Eger, Edith . “The Choice” , Rider Books , 2017.

Wiesel, Elie. “Night” , Penguin Books, 200

“A Teacher’s guide to the Holocaust”. *Florida Centre for Instructional Technology*, 2005

<https://fcit.usf.edu/holocaust/sites/USHMM/guideint.htm>