
Saand Ki Aankh, Directed by Tushar Hiranandani, Produced by Anurag Kashyap, Reliance Entertainment, Chalk and Cheese Films, 25 October 2019, Language Hindi.

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Saand Ki Aankh is an academic film contemplation of survival, construction of self and radical change of women trapped by the established patriarchy in rural India. Through the prism of psychodynamic perspective, the movie is not just a thrilling biographic story; it is a harsh analysis of personality formation, cumulative trauma, and resilience performed by two sisters, aged, Chandro and Prakash Tomar. In this essay I unravel the psychological archetypes, social conditioning, intergenerational solidarity, and therapeutic metamorphosis which are the narrative essence of the film.



Patriarchy and Conditioned Identity

The very first scenes place Johri village on the agrarian Indian microcosm, where the role of gender is strictly institutionalized. Men control the street and women, shrouded in their ghoonghats, do the work without rest. Psychologically, the Tomar sisters are the embodiment of learned helplessness as their agency has been suffocated over the years due to the years of subservience. The oldest brother in law, Prakash, is a role model of masculine authoritarianism, who can police the sisters work as well as their desires to the extend of punitive violence including incinerating Prakash's clothes and blazing her sewing machine. This internalized patriarchy reflects on the self-concept of the sisters that diminishes their self-worth to sacrifice and service.

Human flexibility, nevertheless, is a compensatory factor. The sisters express their dissent and sense of humor subdued in a psychological way, which is a protective mechanism against complete despair. They create micro-resistance spaces, which are manifested in minor rebellion and camaraderie. Social conditioning is not deterministic but is powerful, as SaandKi

Aankh shows that in the presence of pre-gun, gendered norms it is possible to break using subtle signs and gestures.

Sisterhood and Emotional Sanctuary

In case oppression is a psychological fact, sisterhood becomes its antithesis. The movie eloquently depicts the ways in which common trauma forms strong emotional connections. The Tomar sisters are seeking refuge in each other and share confidences and nurture suppressed desires within the narrow boundaries of home life. Their association is not limited to any blood connection, but it exists in the form of a therapeutic relationship that brings hope, strength, and even happiness.

This partnership is inter-generational. This solidarity goes even further to daughters in law and granddaughters with Tomar sisters acting as mentors or second mothers. They influence younger women by leading them to rebel as an example, thus transferring the psychological script that allows the members of the new generations to overcome the expectations of the norms.

Therapeutic Encounter with Shooting

The critical crossroads point is the introduction to shooting of the sisters- both literal and metaphorical gun to change. The act opens out as a form of professional vocation to their granddaughters, though it turns into an avenue of skill, vindication, and self-respect that older women hardly have access to in these realms. This is psychologically similar to late-life self-actualization, as the sisters are not trying to gain skills because this is what society wants of them but because their thoughts are looking to develop and be challenged. The shooting range turns out to be a secure place to play and experiment which reminds the child of the adult adventure with the forbidden pleasure. The title itself, *Sharir buddha ho sa kta nahi, mann buddha nahi hota*, which can be translated as Sharir -body, can get old, but mind can never get old, when there is a chance to live, reflects the main idea of the movie: mental revival when the age does not matter, when there is an opportunity to live.

Breaking Internalized Barriers

Saand Ki Aankh is a masterpiece when it comes to the requirement of unlearning deeply held beliefs to make psychological change. Self-effacing, the sisters are used to minimizing accomplishments and subduing personal ambitions, sacrificing personal glory to the group good. They do depart victories at tournaments voluntarily so that their granddaughters can shine- a sign of the conflict between individual satisfaction and social progress. This is a very conflict-ridden process; the domestic men are the guardians of the status quo and rebellion can only be met with dire consequences. As a result, the sisters perform a covert change:

developing talent outside of the limelight, creating partnerships, and indicating change with mundane activities as opposed to heroic struggle. This nuance is the ultimate embodiment of resistance to psychology, particularly that of older women, where meaning and relationships take the place of literal resistance.



The Power and Limits of Cinematic Empowerment

Psychologically, *Saand Ki Aankh* describes empowerment to be contagious, as well as complicated. The movie defies the traditional heroic elements, providing its main characters with a slow rise with its dramatic peaks, which would otherwise

belong to younger male protagonists. It walks the fine line between melodrama and authenticity and is sometimes missing the psychological depth at the cinematic expense. Its script occasionally overshadows thoughtfulness with overblown speeches and final triumphs, and threatens to emotionalize the viewer with subtle reality. However, this combination of comedy, tragedy, drama, and self-reflection is exactly what makes the movie make an emotional impact. The sisters travel experience is not just that of a number of successful encounters, but a gradual process of therapeutic recovery. Their emotional peaks are familiar to any person who has ever seen loved ones getting through in hard times, and their accomplishments are symbolic goals of those women who are deprived of a chance because of ageism, sexism, or poverty.

Critique: Psychological Gaps and Authenticity

Although *Saand Ki Aankh* manages to triumph in many ways of the psychological level, it also has its weaknesses. The use of younger actors in the roles of old age characters, although rather energetically performed by Bhumi Pednekar and Taapsee Pannu, is somewhat undermining the authenticity of the image; the artificial makeup sometimes distracts the required psychological realism that the script is supposed to have. The development of other characters is limited- there is limited development of the secondary characters, as they are not elaborated, but rather serve as props to the plot rather than as their own being. The fact that the movie is ambitious to cover multiple decades at times makes the portrayal of change rather superficial because psychological development of secondary characters, including their children or surrounding persons, are not fully covered.

However, these film restrictions fail to override the success of the film in provoking the traditional discourses about womanhood and ageing. To the rural audience, especially, the claim that there is no expiry date to empowerment is one of the potentially revolutionary psychological paradigms.

Conclusion

The psychological perspective of the film, *Saand Ki Aankh*, can be seen as a deep reflection on the nature of resilience. It goes beyond the surface portrayal of a couple of gun-brandishing grandmothers, and asks one to ponder what is the ferocious nature of the human spirit with which women redefine themselves despite the insurmountable social conditioning. The saddest scenes in the movie are neither triumphant, nor award-winning; it is the little gestures of concern, support, and self-confidence that run through generations. *Saand Ki Aankh* demands that the emotional development can happen at any age and that with the help of the community and personal strength people can redefine their fates.

Finally, the disguise of a psychological rehabilitation book, the transformation of trauma into strength, social sorrow into resistance, and social invisibility into social victory, *Saand Ki Aankh* represents the guidebook to the process of transformation. The lessons of this movie last long after the final credits are shown, regardless of whether one is a cinephile, a psychologist or a person just in need of inspiration