

## **An Effectual Evaluation of the Novel One Hundred Shades of White By Preethi Nair**

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### **Abstract**

Preethi Nair, a British novelist of Indian descent, was born in 1971. She left Kerala, India as a young child and moved to the UK. She resigned from her position as a management consultant to become a book. Many publishers have rejected Preethi Nair's debut novel, *Gypsy Masala*. She established Nine Fish, her own publishing and media company in Northampton, to disseminate and advertise the book. She created the alter identity Pru Menon to promote the book and later agreed to a three-book deal with Harper Collins.

*Keywords : One Hundred Shades, Novel by Preeti Nair*

### **One hundred shades of white by Preethi Nair and Key Points**

A novel with alternating narratives is shown by the story of Nalini and her twins, Maya and Satchin, who refuse to return to England with Indian immigrants. The story opens with Maya remembering her childhood in India before her sweet and endearing aunt brought her to London, and it then shifts to the passing of Maya's beloved Achan. Or, at the very least, her understanding of Nalini's passing to prevent the heartbreaking realisation that he has abandoned her children and to inspire them to look for their own life in this distant country devoid of resources. Since Nalini admits that she made up the story of her death using her complete wardrobe, she likely feels that this white lie is less horrific than the truth. And this is just the first of the shades of grey in this novel's pages.

The elderly sister of the young man or kid who once delivered spices to Nalini is homeless and impoverished in London. As Nalini works to create a life for the three boys, they go to London's East End where they will be among many other immigrants. As she makes hot spickles to treat problems that people are unaware they have, she not only finds her purpose but also falls in love once more. But the white lie she told her kids is now following her around, waiting for the right opportunity to reveal itself.

The novel has a lot to say about cultures, blood relatives, families, and sacrifices made for one another, even the devalued ones. Integrity and the requirement for facts, however, are the fundamental issues. As a result of Maggie's secrets, Nalini's mysteries, and several more secrets, the story finally causes misery. They emphasise that there are shades of grey in life and that the goal of telling

stories is just as important as the truth. As Maya finally learns, it's crucial to understand who you are and what you stand for, regardless of the truth.

### **Key Works**

- Gypsy Masala
- 100 Shades of White
- The Colour of Love / Beyond Indigo

There is a lot of pleasure to be had in these pages, especially for those who appreciate reading about the immigrant experience, even if the book is considerably less upbeat than the title suggests. It might be challenging to tell the difference between Maya and Nalini's voices, especially in the beginning of the book, but it gets easier. And each character is positively greeted when Nalini's lie is revealed to be a lie. Overall, this had some structural issues, but I still liked it and recommended it to anyone who write about the Indian diaspora.

### **Analysis**

Diasporic [1, 2] works are now categorised in the abstract category. The word "diaspora," which comes from the Greek word diaspeiro, implies that the people are dispersed from the areas where their causes are practised. One of Diasporic's main themes is the charting of a voyage [1, 2]. This is a route that leads from the outsiders' home society's focus point to their culture's peripheral and then back to multiculture's alternative focal point, or a knowledge of two or more cultures in every situation. The section suggests Preethi Nair's One

Hundred Shades of White [3] as a book to describe this little girl's journey by comparing it to cooking.

In the context of modern British Asian fiction, Nair's One Hundred Shades Of The Weiss [3] demonstrates her in-depth understanding of settlers' lives and her solidarity with the protagonists. The story is a remarkable description of a mother and daughter's quest for identity and "wholesomeness" in a foreign place, as well as the "duality" of their reality.

Today, diasporic composing [1, 2] has taken on a particular abstract shape. The Greeks coined the term "diaspora," which denotes a dispersion of inhabitants. While it was first restricted to displacing Jews from their homeland, in this ever-expanding period of globalisation, it was connected with various ethnic and racial groups living in a different foreign nation. The foreigners who left their countries of origin again had to create a sense of network, identity, and nationality in a country of a minority for various reasons, both voluntarily and unwillingly. As a result, their compositions handle their unique encounters with geographical disconnection, displacement, interpersonal conflict, political remoteness, and lack of centrality.

Through memories, oral statements, recalled incidents, and anecdotes, they convey a desire for their home country from one angle, but they also give voice to their response to the foreign nation from which they have immigrated. One of the main focuses of Diasporic [1, 2] composition is a trip map that all migrants

must adopt. The voyage begins with a development outside of the traveler's own nation in a foreign land. A time of disaster and dismissal in a hostile and new society follows this.

At that point bit by bit the instantaneousness of the feeling of misfortune starts to blur away and there follows an extreme struggle of making a space for themselves in the embraced country. Finally after every one of these stages, the worker moves towards a procedure of compromise, absorption and attestation of another culture. This procedure can be summed up as a moving far from the focal point of the foreigner's home culture to the outskirts of the outsider culture and again moving from the fringe of the outsider culture to an alternate focus speaking to multi-culture, that is, an awareness of at any rate two societies or more. In the expressions of Malathi Ramanathan: 'People and families who live at the crossroads between two societies can make a case for having a place with the two societies, yet for reasons of being naturally introduced to one culture and living in the second, they are negligible individuals, altogether different to the standard set by lion's share. Insignificance prompts the mental clashes of a separated self.

The story of the diaspora describes the numerous stages in this dispute's objectives in the lives of individuals, families, and generations. The demand "to have a home" ends up being a defining characteristic of the Indian diaspora since there is less doubt that all is nice and well in terms of a known, verifiable past and a shared geographical location. (p. 187) In any general public, but particularly in Diasporic [1, 2] social hierarchies, women are the carriers and

guardians of the network's culture and personality. The part aims to reflect on a migrant's journey out from their country's centre to pluralism and multi-culture as shown in Preethi Nair's *One Hundred Shades of White* [3].

The story follows three different ages of women as they develop their culinary skills in a quest for character and "wholeness." Enchanted energies that can bring about healing and shared wealth are given to food and the art of cooking. The epic, which is mostly set in India and Britain, celebrates the relationship between mothers and young daughters.

The food you eat is partially blended into our lives. The habit of eating differs across countries. The country's various traditions and cuisines are known for India. Identity and identity are symbolic of food. It also has cognitive value. In literary studies today, food critique is gaining significance. Preeti Nair blends the life of her protagonists with the cooking phase in her novel *One hundred colours of white*. Different spices combine to bring taste to food and the inner harmony of individuals will change lives by mixing it with those virtues. The novel focuses on the relationship between the mother and the daughter and their prudences, particularly on the metaphor of food. In the light of food critics the study attempts to examine the ideology or the ideals expressed by the food metaphor and the recollection evoked in the people who lead the diasporic existence. In his masterpiece, The great sage Thiruvalluvar says that the human body needs no external medication while one takes care of food. The great sage Thiruvalluvar says In one's life, food has a specific function to play. It not only tends to regulate feelings and psychology, but is necessary for life. Ben Jonson categorised individuals as Sanguine, Choleric, Depressive and Phlegmatic

dependent on humour. Ayurveda categorises Vata, Pitta and Kapha into individual bodies. The connection between food and everyday life and relationships is psychological. Memories are linked with food as it unlocks the floodgates to tasteful memories. Indian writers such as Jhumpha Lahiri and Salman Rushdie used in Interpreter of Diseases and Children at Midnight food as a symbol for this work.

The goal is to explore food as a metaphor, identification, remembrance and diaspora. Preeti Nair explains in depth the typical cooking recipe and its influence on the characters of the area of Malabar. Preeti shed light on the healing aspect of food and the profound spiritual characteristics served. Preeti Nair is an Indian Heritage British author. She has been educated in UK, born in Kerala. Her books are Gypsy Masala and Loving colours. "If there's one thing to eat about it, it's never just food," Terry Eagleton says. Food criticism paves the way for readers to discover the hidden possible meanings in daily life. Like the poststructuralist text, food is endlessly interpretable." Two thinkers of the food studies write in Food and Culture: A Reader (1997) on the meaning of food in the university and in the everyday lives of Carole Counihan and Penny Van Esteric.

Food is impacted by everything. The basis of any economy is food. It serves as the primary pawn in domestic and governmental political plans. Food identifies social boundaries, links, ties, and paradoxes. Eating is a constantly evolving aspect of relationships within families, communities, and between the sexes. Food is life, and food is the study of and the understanding of life. Both scientists

and everyday people are concerned about food. (1) Postmodern culture has been impacted by culinary metaphors and imagery.

The Food Studies department opened doors in literary studies to investigate how food imagery and metaphor are used to convey intricate concepts and deeper meanings in literature. Literary food studies examine food symbolism to consider ethnic identity on both a social and psychological level. She uses food and nutrition to express the social struggles with identity maintenance, rebellion, and representations of memory, feeling, and narrative history. In India, the only aspect of group existence that is absolutely necessary is food; everything else serves to separate communities.

Foodstuffs and meat create social structures and function as a catalyst for human activity. Food serves as the catalyst for individual or group behaviour. Food has a vital role in the identity of immigrants and refugees. When you eat food from your native country while travelling, it is enjoyable. Food creates a connection that fosters a sense of community in a foreign environment. An unifying aspect is food. In unfamiliar places, recognisable faces are as welcome as well-known goods. The book *Hundred White Shades* is about the bond between a mother and daughter as well as family cooking traditions. In alternative Maya and Nalini stories, this is stated. Cooking, which has been called magical and life-changing, is defined as having tremendous importance.

If done properly, the charm of food preparation may soothe even the toughest hearts. My mother has always said that when you are working on a project you



love, magic happens. However, if the chemicals are provided inappropriately or if you work with malicious intentions, it can also produce the most harmful effects. (55) Ammama is a fantastic cook and the grandmother of Maya and Nalini. It is depicted as the perfect example of perseverance and sacrifice. She had tried to raise Nalini ever since her husband vanished from their life. She worked as a cook and provided food at festivals for the village's wealthy residents. She started to thrive.

As an astrologer during the marriage era, Nalini expected that her first love should not be abandoned. Along with the aristocrat's son Raul Kathi, she fled to Bombay. Maya and Satchin are now adults. Raul stayed with them only long enough to work in America. For a long, he had pleaded with his family to go to America. In America, they resided in a lovely cottage. Tom assisted Nalini in getting her meals and other things since she was so bored that she chose to go home. The children enjoyed hamburgers and other American foods, but Nalini was looking for comfort food. Maya discovered her in bad shape. Raul abandoned the family, leaving them without any means of support.

### **Concluding Points**

Preethi Nair (1971) immigrated to the UK as a young child and is of Indian descent (Kerala, India). She gave up her job as a management specialist to follow her writing desire. Despite receiving several rejections for her debut book, Gypsy Masala, she persisted. She just established and launched her own publishing company. This is how it is. "100 Shades of White" was the name of a collection that was created in the UK.

The story is written from the perspectives of two people: Mayan's daughter and Nalini's mother, and the language is highly attractive right away. After that, the man Nalini was pursuing before moving to England to start a new life fell in love with her. Nalini was residing in a corrupt India. She abandons everything in India because she is genuinely happy and in love. Nalini is certain that she does not speak English. Maya's due date is quickly approaching, and things have quickly gone from good to worse. Maya's father puts in increasingly long hours before finally vanishes. Both the mother and the daughter learn that the truth is never black or white. In conclusion, I thought the characters were rather well developed, and the narrative made it evident how different their lifestyles were in India and England. Regardless of whether you like stories about love, forgiveness, or discovery, you'll like hearing 100 Shades of White. It also focuses on the notion that finding anything different must be encouraged. This book serves as a guide to finding peace, happiness, inspiration, and understanding.

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