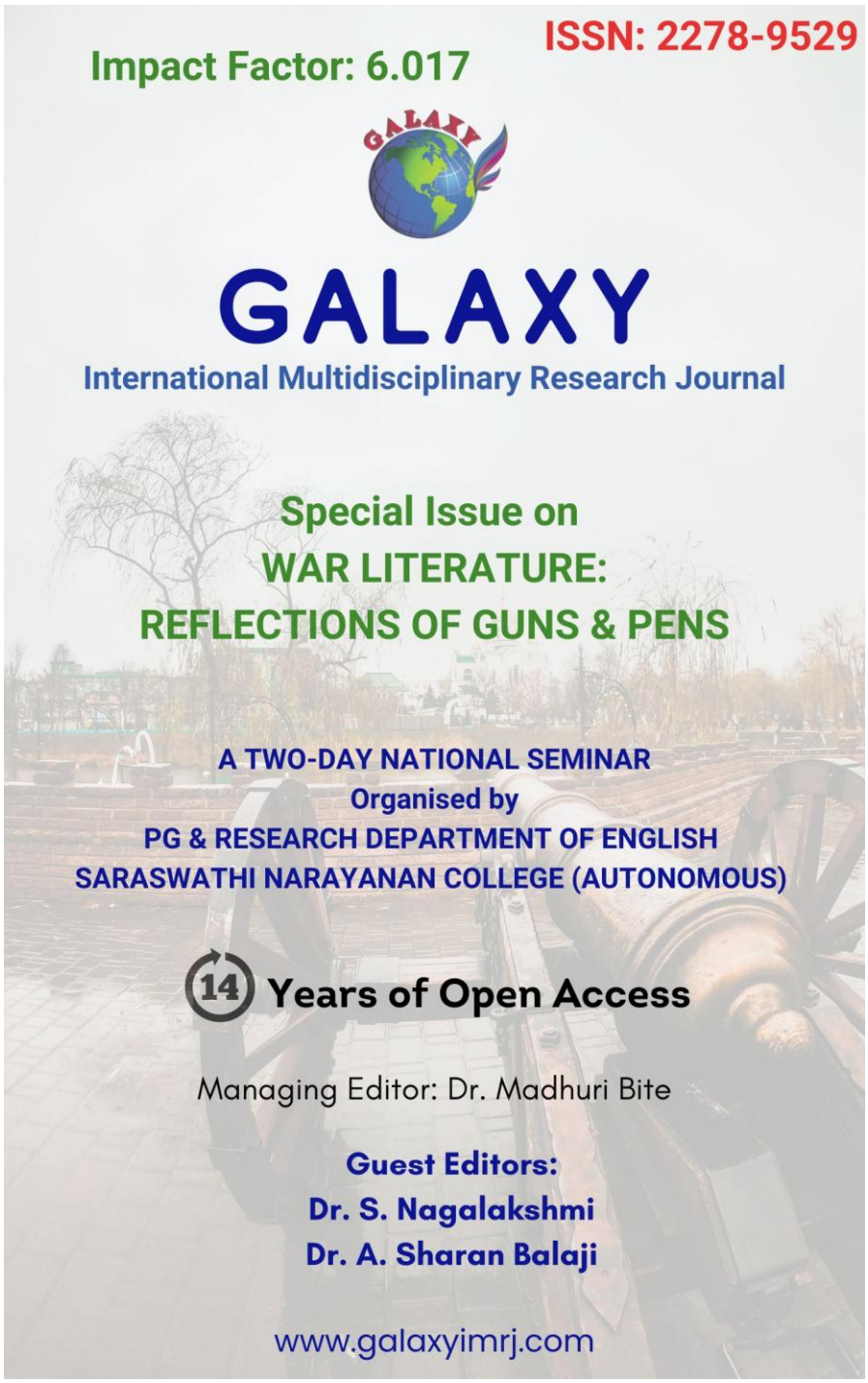


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The Human Side of the Uniform: Rachna Bisht Rawat's Portrayal of Military Life

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Abstract:

Rachna Bisht Rawat uses her writing to look closely at how people in the Indian military experience life on a human level. In her important book *Insomnia: Army Stories,* Rawat goes against the usual way of writing about war by letting her readers feel what soldiers really go through. The article looks into Rawat's ways of telling stories that make the military more relatable by going beyond army stereotypes to show regular people going through normal human experiences. Throughout her study method, Rawat always talks about how being in the military changes a person's mental health. Her writing does a good job of showing how fighters' mental health problems and emotional stamina can last for a long time, even after traumatic events. It also shows what service members often go through without saying anything. Through her exploration of military life, she shows how hard it is to balance personal responsibilities with military duties, as well as the sacrifices that service members and their families have to make.

Through her stories, Rawat shows how important it is for people to understand the social settings in which military members work along with their family situations. Rawat shows that the soldiers are more than just soldiers by showing how their roots, career goals, and personal relationships shape them as people. Rawat's work brings together civilian views with real military experiences, which helps readers learn and feel more compassionate. The best way to understand how Rawat shows how military people feel is to look at her own work

and the figures she creates. This paper shows how Rawat's writing helps us understand how much military service costs and how important it is for Indian soldiers to keep their human spirit while they serve their country. Through this analysis, the article shows that Rawat's writing is an important part of becoming more aware of military personnel by showing their true human nature. This improves India's military literary dialogue.

Keywords: military experience, soldiers, civilian views, human nature, military service.

Background

As we move through battle zones, soldiers are mostly shown up as shadowy figures wearing military gear that shows both their patriotism and their ability to give up. As a powerful image, the compelling visual representation hides the complicated personal aspects of military people. Many people think of soldiers as uniformed entities because they only think about their combat jobs and don't think about the other things that soldiers do or experience. The broad view of soldiers in India is important because the country has a long military past and has been in many battles all over the country. People who are soldiers have to balance their military duties with their own sense of right and wrong all the while making personal sacrifices and adjusting to new emotional situations.

India's armed services are made up of people who, like people in any other service, share personal history, hopes, and worries. The road they have chosen is one of sacrifice and devotion. It takes them from being fathers and mothers to daughters and friends, and it keeps them connected with their neighbourhood. People who are in the military often find that their personal stories get lost in the news stories about war and national security. People outside of the military don't really understand the problems that officers face every day. They have to

deal with long separations from their families, mental stress from being on high watch, and the safety risks that they have to accept at work.

The mental side of military life is something that many soldiers choose to hide from other people. Training to be in the military requires people to show strong behavior by ignoring their fears of battle so they can focus on their duties instead of their own needs for comfort. The military practice of self-control helps keep unit discipline, but it also acts as a wall between service members and the rest of the population. Because people don't understand, what people think about soldiers is different from what troops actually go through. The goal of this article is to help people understand by showing the human sides of the Indian military and recognizing their high-level human qualities.

Introduction

Rachna Bisht Rawat is one of the most important Indian English-language writers who breaks through standard military stories to show how personal human stories can be told in military structures. Rawat's writing is more than just stories from the battlefield; it also delves into the highly personal experiences of service members, right down to their emotional spirits. With *Insomnia: Army Stories*, author Rachna Bisht Rawat moves Indian military writing forward by giving readers a real look into the worries, sleeping dreams, and unwavering determination of Indian soldiers. In her own words, Rawat says, "Each soldier holds within them untold events of their lives". (23) The stories show that she really feels sorry for military members and their families, and that she values the sacrifices they make, both personally and professionally. Rawat shows the audience that soldiers are more than just tools for national defense, but she also shows how they deal with basic human emotions. Through her work, Rawat makes a meaningful link between regular people and the often-misunderstood parts of military life.

Rawat's writing, which shows the human side of India's military by talking about the problems and feelings of troops is clearly found. Through her stories, the author shows how service affects mental health while also looking at how well service members can keep personal relationships going. This shows how strong people are. Through her writings, she shows how being in the military changes people and how important family, fears, and quiet times of strength are in military life. In her writing, Rawat uses personal stories to show that every soldier has a unique life story that should be heard. Through her writing, Rawat gives readers a chance to get to know soldiers on a deeper level while also recognizing how dedicated they are to their jobs. As a way to honour military members, Rawat told stories that showed how people really are. This book looks at these stories and how they shed light on discussions about Indian military literature.

Journey of Psychological damage of soldiers:

Rachna Bisht Rawat's hard work that shows military and everyday life events helps Indian English literature. The author stays away from big war stories and instead writes straight stories about soldiers that show both their strong personalities and their deepest feelings. *Insomnia: Army Stories* is a group of stories that all show how military people feel emotionally. Through her work, Rawat shows that she is very good at turning people in military outfits into friendly people. Through showing how troops really feel, the author shows that they are more than just tools for defense. This author explores the psychological damage soldiers go through because of their military tasks by looking at the worries and stressors they face inside their minds in 'Insomnia'. It shows how being away from family can make people feel bad, and they also show how soldiers live in a constant state of fear. Extreme waiting- 'The waiting is the hardest part'-becomes the biggest problem for many military families who have to deal with long times of emotional uncertainty.

From fighting to everyday problems that military members and their families face, Rawat's writing shows the military experience in a way that goes beyond battle. The author goes into more detail about how military members have to carefully balance their personal and professional relationships, and how hard it is for them to stick to their regular routines when things go wrong. The family man looks at the battle that troops have inside themselves as they try to serve their country and stay close to their families. The story speaks to everyone who has to balance work and home duties while serving in the military. Through her writing, Rawat makes a link between what civilians know and what the military knows that citizens often don't get right. By taking this approach, Rawat shows what is hidden in military culture, like the fears, desires, and endurance of troops that they might not want to show. Readers can relate to Rawat's stories because they show what troops and their families go through for our country. Rawat shows what life is like in the military by writing in great detail about how things work and how soldiers help each other as well as specific problems they face in battle. Rawat shows the mental tensions that present in the military through her writing. 'Fear is a constant companion' is a phrase that the author knows and describes how worry follows everyone in the military. The author's honest portrayal of worry and weakness breaks down the common story about soldiers by showing the personal damage that war does to those who serve.

In her work, Rawat stresses how important it is to know about the social and family situations of people who are in the military. Along with looking at the necessary mental changes that soldiers and their families go through when they come home from the military, Rawat's 'The Homecoming' explores the processes that soldiers and their families usually go through. From the story, one can see that serving in the military changes people and the people in their towns in long-lasting ways. Rawat shows how committed she is to being real by doing a lot of study and telling stories with compassion. Interviews and Rawat's own life

events are used along with first-hand accounts to give her stories more credibility. Rawat's work shows that stories can both show how people really are and help them understand each other.

In her writing, Rawat puts a lot of stress on the brave acts that go unnoticed but are necessary for military life. According to Rawat, military people are always ready for battle and also protect and help their fellow soldiers while being close friends and counselors. The story is about a military mentor's relationship with a younger trainee. It shows how mentoring is an important part of military practices. The story shows how troops' relationships with each other help them get through hard times. Rawat directly challenges outdated ideas about how men and women should interact in the military. Even though most of her stories are about male soldiers, she does recognize and honor women who fight. By showing different points of view, Rawat helps us understand how military life works better.

Reading Rachna Bisht Rawat's writing makes us realize that every person in the service has a story that should be told. The author gives Indian soldiers human traits by writing about their mental experiences along with their military problems. The stories she writes give readers a chance to feel sorry for soldiers, which makes the connection between reader and soldier stronger. Rawat says in an interview as, "It also gives us the power to edit, trim, and transform those stories into plots that extract empowering and healing meanings". Because she tells good stories, her stories change people's minds because they show both the good and bad sides of Indian soldiers. Rawat adds to the study of Indian military literature by showing how soldiers are like people through her writing.

Conclusion

Rachna Bisht Rawat brings the idea of military service to life and sends important messages through Indian English literature. In her work, Rawat goes beyond the usual limits

of war literature to look at the private moments and feelings of men who are fighting. Through her collection of stories called *Insomnia: Army Stories*, she shows that everyone in uniform is a father, a son, a friend, someone who feels fear, and someone who does good things. Rawat's personal stories and everyday battles of military personnel make a link between civilian audiences and the strange things that soldiers have to deal with in their jobs. To get emotional recognition and permission, the author gets rid of the military's complexity while showing the costs of service. The texts she uses, which are based on her own experiences, show the true nature of military people beyond battle-hardened stereotypes. They show how they have both weak and strong traits. Rawat shows how stories can help reveal basic facts about how people work to people. To properly honor their sacrifices, it's important to understand the real human traits that those who serve possess. Rachna Bisht Rawat shows that she understands the soldiers' humanity through the emotional stories she writes about them. This makes their stories approachable and easy to understand.

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