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## Food As A Heart Fulfilling Element

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*Elvina C M**MA English Literature, Bharathiar University, Coimbatore***Address for Correspondence: editojohp@gmail.com****ABSTRACT:**

Love and kindness can be expressed through cooking and serving. Humankind has gone so far that many people have went on to appreciate the modern type of instant cooking. Traditional foods are fading from the daily routine. The paper has adopted the movie, 'Ustad Hotel' as visual analysis to manifest the attitude of a person through the character 'Narayan Krishnan'. The paper brings out the man's purpose of living in the world. The paper examines food as a means to show the charitability of the person. Food has to fill the hearts of the people. The paper identifies the elements where food should fulfill the soul of a person which is brought out through the character 'Kareem'. Love for food and cooking can be beneficial if an individual serves it to the less-privileged. The paper adopts discourse analysis to convey the message that food serves for a larger purpose and it is beyond its physical means. The paper adopts case studies to prove that cooking and serving of food brings bonding among the people.

**keywords:** charitability, cooking, bonding, serving.

**INTRODUCTION:**

Cooking and serving food gives one an opportunity to show one's kindness and love towards others. People from different culture follow different types of cooking. Nutritious food pave way for a healthy and a balanced living. In a country like India, serving of food is given prominence. The satisfaction of soul is also felt while eating good food. Many embrace the western culture and the food habits has changed. The working people has gradually moved on to eating packed foods, fried foods, instant cooked foods, etc. The reason for ill-health is mainly due to the hatred towards the traditional way of cooking.

**Methodologies:**


The paper has adopted 'Ustad Hotel' for visual analysis.

The paper undertakes discourse analysis to broaden the concept of food.

The paper has undertaken case studies to prove bonding among people through cooking.

**Expression of kindness:**

Kindness should be expressed by actions not only by words. Happiness can be maintained among a family if there is caring and sharing. A person's cooking depends on the state of his/her mind. There is a special taste the children experience while they are eating when the food is cooked by their parents or grandparents. The love is shown through their cooking and doing it according to the preferences of their children.

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**Help for the needy:**

Service can be provided to the humankind in many ways. There are many organisations who help the needy. Still there are people around who cannot afford for a day's meal. In fact, anaemia among children still exist due to the lack of nutritious food. Many die of illness because of lack of proper meal. The willingness of people who are service-minded helps the needy people to survive in the world. Food served with kindness by the people shows that caring and sharing among the living beings is essential in life.

**Food for the soul:**

Eating different types of foods in great quantities might sometimes lead to ill health. There are specific foods that makes one feel light. During certain circumstances, even simple food makes one happy. The food which one eats is connected to emotions. It is not only the stomach which should get filled but the soul should also feel satisfied.

**Bonding:**

Bonding is essential to have a peaceful atmosphere among the family. There was unity among the people before they gradually started to embrace western culture. The bonding among the people paved way to maintain balance in their lives. Bonding can be seen while cooking and serving with a whole heart.

**Visual Analysis:**

The movie 'Ustad Hotel' clearly brings out the purpose of a man's living in the world. A human being has to fulfill his/ her purpose in life. One has to understand that enjoying one's living without caring for others does not make a complete living. Life can be lived for the purpose of serving the less- privileged. The character 'Narayan Krishnan' in the movie is satisfied in helping the needy. He resigned his job from Taj, where he was a chef. He finds real fulfillment in helping people. He makes the hero understand the purpose of cooking. His purpose of serving the needy is done by his own interest when he realised that people in his own place are suffering without food. That small thought had a drastic change in his life. This change in him has brought positive outcomes.

The character 'Kareem', who is the grandfather of the hero, proves to be a positive influence for him. He is the one who makes the hero understand that 'Anyone can fill anyone's stomach. But those who eat should be satisfied mentally too.' This shows that food serves for a larger purpose. The satisfaction within oneself after eating a particular favourite food is incomparable with any other joy.

**Discourse Analysis:**

'Food for the body is not enough. There must be food for the soul'- Dorothy Day.

Food plays a major role in survival of the living beings. Every individual is unique. The tastes of one person differs from another. One might feel that eating a certain type of food is a fulfilling element for the soul. The more one enjoys the food, the more satisfied one feels. In Indian tradition, people give importance on how a food is served. Indians welcome guests and treat them in a good manner. The way in which one serves food shows the amount of love and affection of an individual towards the guests. Mostly during the festivals, food is served to the needy. The needy people feel satisfied as they had a soul fulfilling food. The soul is satisfied either by eating a favourite food by an individual or by the delight in which one has experienced while others are whole-heartedly serving the food.

**Case studies:**

The research has taken two case studies to know on how bonding is maintained among people while cooking and serving.

Case 1: The case study is made by the researcher on a 54 year old woman who resides in Coimbatore, Tamil Nadu. The woman focuses that cooking and serving food is connected to love and care she has for her family. Her preparation of food is done in a manner that her husband and children should eat nutritious food avoiding the fried foods which thus lead to a positive outcome, i.e. good health. She takes time for the dish to be cooked properly. She asks for the preferences of her

children. Cooking with patience and the extra efforts which is put by her is always appreciated by her husband and children. In that way, children are motivated to cook and thus there is bonding among them.

Case 2: The case study is made by the researcher on a 21 year old woman who resides in a hostel in Coimbatore, Tamil Nadu. The young woman says that children are more attached to their grandparents because of the care they shower while serving food to them even though the mother cooks the food. This might happen when both the father and mother are going out for work for earning money. She says that the food which they eat from the mess in the hostel is not very tasty. It might be because the cook and the people who are helping are doing it for the sake of their duty, as the ultimate aim is only to earn money. Love and affection is not exhibited through cooking in such places because they look in for sufficient quantity of food for the students. Though there is bonding among the people who cook, they don't ask for the preferences of the students. Thus, they don't worry about the taste of the food.

Conclusion:

Food and emotions are interconnected. Cooking and serving with a whole heart might give a positive result when the other person experiences it while eating the food. Food is beyond the concept of survival. It is a soul fulfilling element. Good food taken at the right time with a good quality might work wonders in the health of a person. Every dish prepared has its own unique quality. An individual should eat nutritious food for a healthy living.

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