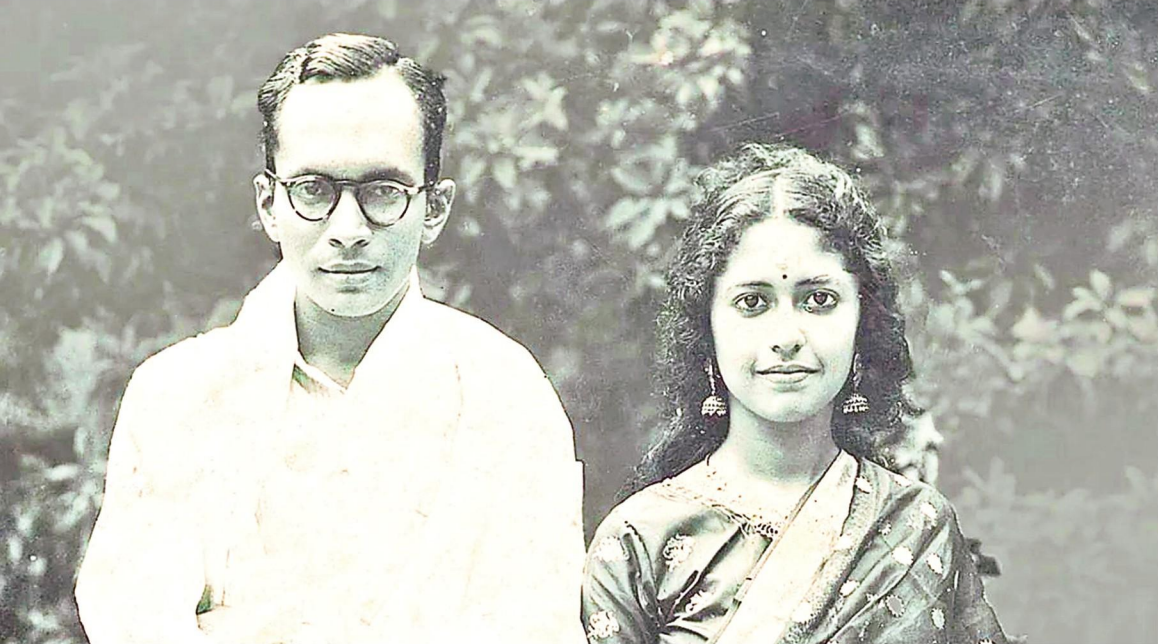


Kamala Das: The Woman Who Turned Her Pain Into Poetry



Kamala Das as a young woman:
She married at 15 and entered adulthood early. Behind the conventional life of a young wife was a woman beginning to discover a voice of her own



Young Kamala Das — the beginning:
Before the world knew her as Kamala Das, she was a young girl growing up surrounded by literature—and carrying a loneliness she would eventually turn into poetry

Before she became the woman who wrote fearlessly about love, loneliness and desire, Kamala Das was simply a young girl who wanted to be understood.

Born in 1934 in Kerala, Kamala grew up in a family where words were almost a part of the household air. Her mother, Balamani Amma, was a celebrated Malayalam poet. Literature surrounded her from childhood, and Kamala began writing early.

But behind the literary world was a girl who often felt lonely.

At just 15, Kamala was married to K. Madhava Das. She entered adulthood before she had truly had the chance to understand herself. Marriage brought responsibilities, motherhood and a life that, from the outside, appeared conventional. Inside, however, she often felt a painful emptiness.

She wanted affection. She wanted intimacy. She wanted to be seen not merely as a wife or mother, but as a woman with desires, fears and dreams of her own.

And when life gave her no safe place

to say these things, she began putting them on paper.

Her poetry did not emerge from a quiet, comfortable life. It emerged from longing.

She wrote about the loneliness inside marriage. About wanting to be held. About the hunger for love. About the difference between the love society promised a woman and the love she actually experienced.

Her poems were intensely personal, almost unbearably honest.

At a time when women were expected to be modest and silent, Kamala Das wrote about subjects that many considered forbidden. She spoke about female desire, sexuality, betrayal, motherhood and emotional abandonment.

She did not hide behind metaphors. She wrote as a woman.

And that frightened people.

Her poetry was criticised, judged and sometimes dismissed as scandalous. But she continued.

Because writing was not simply a profession for her.

It was survival.

Every poem seemed to take

something that hurt and give it another form.

Loneliness became a line.

Desire became a stanza.

Rejection became a voice.

Her autobiography, My Story, made the controversy even greater.

She opened the door to the private world she had already been revealing through poetry. She wrote about marriage, relationships and the complicated search for love and identity.

But Kamala Das's story was never only about suffering.

It was also about rebellion.

She refused to accept that a woman had to quietly endure an unhappy emotional life simply because society called it marriage. She refused to believe that women should have desires but never speak of them.

Her poems asked questions that many women could feel but could not say aloud.

What if a woman wants more?

What if marriage does not cure loneliness?

What if being loved means being truly seen?

Perhaps that is why her poetry still feels intimate decades later.

Kamala Das spent much of her life searching for love. She may never have found the perfect version of it she imagined.

But she found something else.

A voice.

And that voice became her freedom.

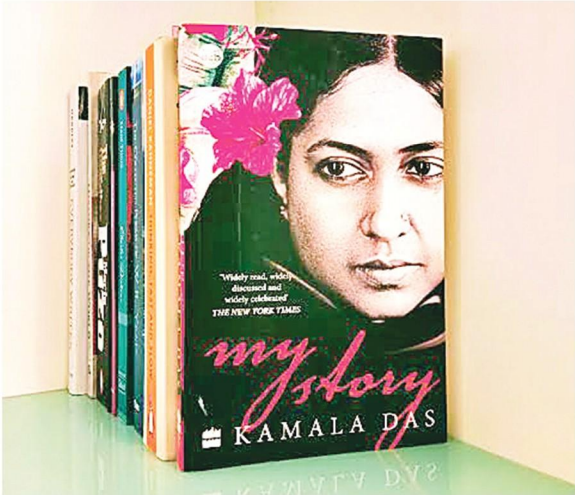
She once turned her deepest wounds into words, and those words travelled far beyond her own life—to women who had also felt lonely, unheard and trapped behind the roles society had given them.

Kamala Das died in 2009 at the age of 75.

But the girl who once struggled to find a place for her feelings never really disappeared.

She remained inside every poem.

Her life may have been marked by pain, but she refused to let pain have the final word. She turned it into poetry—and made millions listen.



Kamala Das — the poet:
When life left her with feelings she could not say aloud, she began putting them on paper. Pain became poetry. In My Story, she opened the door to the private world behind her poems—love, marriage, loneliness, desire and the search for herself

The AI That Listens Back

Millions of people are falling for machines. A new book asks what that says about us

For eleven days, Taro Tsuda spoke to no one

The 80-year-old retired schoolteacher in Saitama, widowed two years earlier, watched television with the sound off because the voices made the silence harder when they stopped. On the 12th day, his son placed a small therapeutic doll on the table. Tsuda laughed for the first time in months.

It is difficult to decide what to see in that moment: a small mercy or a civilisational warning.

Dr. Manish Ranjan's The New Psychology of Love refuses to make us choose.

Instead, it asks a more uncomfortable question: What happens when machines begin offering us something humans have always needed—attention, companionship and the feeling of being heard?

The book arrives at a remarkable moment. In just a few years, artificial intelligence has moved from being a tool we use to something that can feel like

a presence in our lives. It remembers conversations, asks about our day and is available at 2 a.m., when friends may be asleep and family may be unavailable.

Across 18 chapters, Ranjan explores this changing relationship through four broad movements: The Wiring, The Bonds, The Fractures and The Horizon.

He takes readers into a world of AI companions, robotic caregivers, chatbot therapists, digital grief and even attempts to recreate the personalities of the dead. One particularly intriguing chapter, "The Ethics of Ghosting a Ghost," explores what it means to end a relationship with an artificial version of someone who once existed.

What makes the book compelling is its restraint.

Ranjan does not treat people who form emotional bonds with AI as gullible or foolish. Nor does he romanticise the technology. Instead, he looks at the loneliness, grief and emotional needs that make these relationships possible.

His central observation is perhaps the book's most striking idea:

"The definition of intelligence is changing faster than the definition of love."

There are moments when the book feels slightly overextended, and one occasionally wishes the author would step out from behind the evidence and offer a stronger verdict. Yet that measured approach is also one of its strengths.

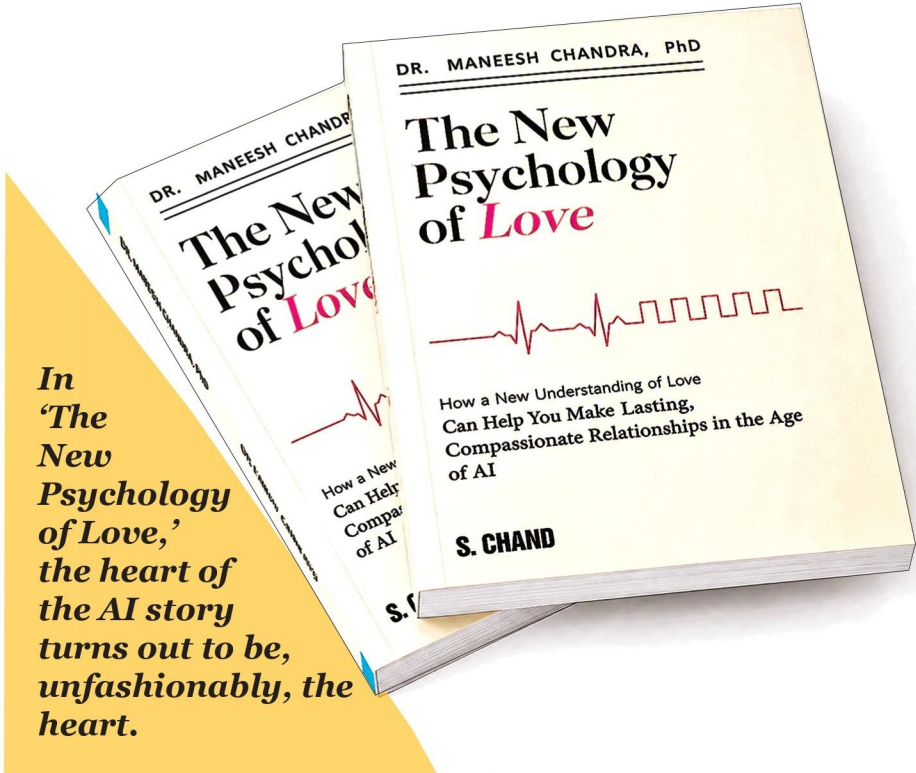
In a subject crowded with exaggerated predictions, Ranjan allows uncertainty to remain uncertainty.

Ultimately, The New Psychology of Love is less a book about machines than it is a book about human beings.

Its final message is surprisingly simple: however intelligent machines become, human relationships remain valuable precisely because they are imperfect, unpredictable and incapable of being perfectly programmed.

The book leaves us with an unsettling thought: perhaps people are not falling in love with machines because machines have become human.

Perhaps they are doing so because so many humans have become lonely.



In 'The New Psychology of Love,' the heart of the AI story turns out to be, unfashionably, the heart.

And after closing the book, the most appropriate response may be to do exactly what it quietly encourages us to do—put down the phone and call someone who cannot be updated.

Verdict: ★★★★★ (4/5)

A thoughtful and timely exploration of AI, loneliness and intimacy that ultimately says more about the human heart than about artificial intelligence.

Book: The New Psychology of Love: Human Emotion, Artificial Companions, and Intimacy in the Age of AI

Author: Dr. Manish Ranjan

Publisher: S. Chand

Rating: ★★★★★ (4/5)

Price: Available on Amazon and Flipkart; price may vary by platform.