

VITAMIN - M

1. Theme of "Vitamin-M"

"Vitamin-M" by Asha Nehemiah is a humorous yet meaningful story that highlights the dignity, independence and wisdom of elderly people. The story centres on Grandpa, who is considered forgetful and incapable by his family but repeatedly proves that he is intelligent, alert and independent.

The major themes are:

Respect for the elderly – Old age should not be equated with helplessness or incompetence.

Dignity and independence – Elderly people need freedom and self-respect rather than excessive supervision.

Family care and affection – The story shows genuine concern within a family, while also pointing out that overprotection can become restrictive.

Generation gap – The differences between Grandpa's expectations and the younger generation's concerns create much of the story's humour.

Memory and irony – The idea of "Vitamin-M" becomes humorous because the supposedly forgetful Grandpa remembers important things, while others forget them.

2. Analysis of the Title Vitamin-M

The title "Vitamin-M" is humorous, symbolic and significant to the central idea of the prose. Here, "M" stands for "Memory", which is an important aspect of Grandpa's character and the story. Although the family tends to regard Grandpa as forgetful because of his age, his actions reveal that his memory and presence of mind are far better than they assume.

The title also has an ironic dimension. Vitamins are generally associated with maintaining good health; similarly, "Vitamin-M" humorously suggests that memory is essential for mental well-being and independence. The title therefore draws attention to the contrast between how Grandpa is perceived by his family and what he is actually capable of.

Thus, Vitamin-M is an apt title because it captures the story's humour, irony and deeper message about ageing, memory, dignity and the need to respect the capabilities of elderly people.

3. Social Outlook Towards Elderly People

Vitamin-M presents a thoughtful view of how society often perceives elderly people. They are frequently considered dependent, forgetful, physically weak or incapable of making sound decisions simply because of their age. Such assumptions can unintentionally undermine their confidence and dignity.

The chapter challenges this stereotypical outlook through Grandpa, whose experience, intelligence, memory and independent spirit demonstrate that growing older does not mean losing one's abilities. Elderly people have valuable knowledge and life experience that deserve recognition.

The appropriate social attitude towards the elderly should therefore be based on respect, empathy, inclusion and trust rather than pity or excessive protection. They should be given opportunities to participate in family and social decisions and to maintain their independence. At the same time, genuine care and support should be provided whenever necessary.

Thus, Vitamin-M encourages a more balanced and respectful social outlook, reminding us that age should never become a reason to underestimate a person's worth, wisdom or capabilities..