

Triumph of mental disorder for the willingness to live in the novel “Life is What You Make it” by Preeti shenoy

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ABSTRACT-- “Life is What You Make it” is a motivational and inspirational work by Preeti Shenoy. She has written so many works that are very useful and meaningful. Everyone in the life faces a lot of problems and many times life make us stand at such a turn. which we cannot even imagine. In this story the protagonist, Ankita Sharma also faces a turning point which affects her life badly. Human life is not easy we have to do sometimes those things that are far from our comfort zone for the surviving on this planet. Ankita Sharma, who is a brilliant, charming girl, meets misfortune of bipolar disorder in her life that she accepts and conquers. This paper will help us to understand the value of life and how we can make it better and meaningful. Sometimes our wrong decisions bring us to such a stand, where we have nothing but regret. Ankita just wants to become an independent girl that is by she rejects her love, but all these things changed her life. But her willingness to live and her determination helps her to overcome over her disorder.

Keywords-- Triumph of mental, isorder, novel

I. INTRODUCTION

Love is the common theme of Preeti Shoney’s novels. Preeti Shenoy is one of the best writers who can explain the themes of love flawlessly. After analyzing her novels we come to know that relationship, love, friendship, and family all are basic themes in her novels. As far as we know she is romantic writer, but her books also teach us great lessons of life pertaining to humanity. She was born on 21 December 1971 in India⁸. Her husband’s name is Satish Shenoy. They have two children. She is fond of painting and drawing different kinds of pictures. She is also fond of travelling, photography and yoga. She is famous on social media and she handles so many things proficiently.

She wrote many books like⁷ :- ‘34 Bubble- gums and Candies’, ‘Life is What you Make it’, ‘Tea for Two and a Piece of Cake’, ‘The Secret Wish List’, ‘The One You Cannot Have’, ‘It Happens for a Reason’, ‘Why We Love The Way We Do’, ‘It’s all in the Planets’, ‘A Hundred Little Flames’, ‘Wake Up, Life is Calling’. ‘Wake Up, Life is Calling’ is the latest novel by Preeti Shenoy⁵. This book is the sequel of 2011 published a national bestseller. Preeti Shenoy is a stupendous writer. She’s writing style is such that readers can easily read it. Her books appear to be such that these are real stories. But she is always denies that her stories are not based on real life, but her book “Life Is What You Make it” based on real life². Her debut novel 34 Bubblegums and Candies is a fabulous work, which contains pathetic incidents. These stories are far from old fashioned family stories.

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These are mostly love stories. Though love is true yet the characters face lot of difficulties in the way of love. She writes love stories with heaps of ups and downs yet they have by and large a happy ending. Most of her stories are painful, but still we can learn, how to live a cheerful life. Some of these novels deal with love and the rest of them also introduce us with relations and motivational lessons. If we try to understand the novels of Preeti Shenoy we come to know that anyway her love stories are pathetic, painful and meet with disaster but still her characters never give up. These are not only love stories but also motivational works that enable us to overcome the ups and downs of life.

“Life is What You Make it” is the story of a charming and intelligent girl. In this book Preeti Shenoy not only tells us a love story but she also teaches us good lessons. This is the story of Ankita Sharma, who is an intelligent student of the college but she ultimately reaches into an asylum. She fell in love and unfortunately faces bipolar disorder. Bipolar disorder is a brain disorder characterized by extreme shifts in moods. The symptoms of this disorder are not so much serious these are normal so it increases slowly. The person suffers from bipolar disorder even tries to commit suicide.

The protagonist of the novel changes her destiny and defeat with will power and determination⁴. The whole story revolves around Abhishek and Ankita. It explores that love does not always give happiness and sometimes, we have to face tough and daunting circumstances which make human existence a wretched and miserable affair. Every love story cannot not happy and smooth as there may be so many obstacles in the way of love.

II. LOVE COMES LIKE STORM, SOMETIMES

Love is a mighty feeling. It is the very basis of life. It is the supreme emotion. It is chiefly related to humanity as well as nature. But sometimes it gives a lot of problems in life and in this story the protagonist faces the same thing. Ankita, protagonist of the novel and Vaibhav introduces in the start of the novel. The story starts with the protagonist Ankita Sharma, who lives with her parents in Kerela and has a boyfriend which name is Vaibhav. But after the transfer of his father they go to Cochin and start her graduation from woman collage St. Agne. Vaibhav was her boyfriend and they exchanged letters to each other. She was very happy at the new place and with friends and describes everything to Vaibhav about the college. But she did not know that her life would change completely after that, and she did not know that she would be attracted to someone else. She meets Abhishek who is a nice boy and likes her. To obey everything, respect her, all of this was making her proud. But on the other hand, she also feels that she is betraying Vaibhav. Abhishek falls in love with Ankita madly and write a letter to Ankita and expresses her intense feeling toward Ankita. Suvi convinces Ankita to meet with Abhishek. Thus, their serious relationship has started. But they are totally different from each other. Ankita was a brilliant student and want to achieve something in professional life so career is her priority. But on the other hand Abhishek also a good student but he loves Ankita and can't live without her and purpose her for marriage. Ankita's life had started at a turning point which even Ankita had no idea. Many times a person gets carried away in emotions and takes many decisions, which later change his entire life. She rejects his proposal of marriage, she said “How could I promise? How could I tell that my dreams had grown beyond the town of Cochine?(shenoy...76)³” And next day she got the news that Abhishek has suicide.

Somewhere, Ankita knows the reason of his death, she blames herself. It was an unbelievable thing for her and she was not accepting this thing. This one incident gave her a lesson for the life time. She understood that many times a person makes such a mistake that he does not even know the result. She was cursing herself inside, wishing that she would promise to stay with Abhishek, but all these things were of no avail now because it was too late and she could not do anything she wanted.

She moves to Bombay with her family and starts a new journey with an MBA. Still she is topper in the college. She remains busy all the day and enjoying her friends' company on the other hand, management is a different and interesting study for her and far from conventional way and enjoyed her study. Ankita was changing day by day and very concern about her study. She had almost devoted to her study. It was not a normal thing because her overreaction on every simple thing was abnormal. Being an intelligent and responsible student she always helped her classmates. Even she made interesting and beautiful notes and distributed among the classmates, she never takes chance with her study. She was very excited to make notes and when she reached home with heavy bag of notes, started decorated and colored the notes. She used to get busy in work that she did not even know when it was night. She worked the whole night without any break and next day leave for college. When she distributes the notes among them, everyone surprised to see amazing and impressive notes. And she continues these things as usual. If we analyzing all the situation and mental condition of Ankita we can conclude that there is symptoms of bipolar disorder has started like unwanted thoughts, hopelessness and irritability. Once she made a painting and got angry at those people who destroy the nature. After a long period on that day she missed Abhishek and thought only he was the only one who can understand her mental situation and her painting. And suddenly she gets drowned in her thoughts, she had been very regretful. She was missing the last meeting with Abhishek. She yearned to talk with him and want to hear her voice. On that day she felt physical pain and realized that somebody digging inside her heart. He started feeling strangely afraid. Now, she got Panic attack, she felt always intense fear. She started remain alone in the room and avoided college. Her parents concern for her and suggested her to go collage and meet with the friends for change the mood. She faced very difficult time and this completely affected her career. She has lost her destination somewhere, now she was just a mentally sick person as well as physically. It looks like that somebody has switched off her mind. She is unable to understand anything; even she can't understand her own notes. All the things have risen from her mind. She has started avoiding the all her friends and outsiders. She does not want to talk to anybody because she is afraid of facing people. Now her beauty, sense of humor and charmingness has vanished. She had locked herself in a room and avoids everything around her. Now she sees only hopelessness and darkness in her life. The most painful thing that she has tried to attempt suicide twice. Then her parents understood her mental condition and concerned with a psychiatrist. When Ankita meets her, she does not feel good because she has fake manner and just professional smile according to Ankita. Only for the , comfort of her parents she ready to take medicines prescribed by her but she needs love and support rather than medication. After few days still there was no change in her mental situation, it was getting worse day by day. Keeping in mind Ankita's mental condition, her parents decide to go to the new psychiatrists, and meets with Dr. Madhusudan. He treats her with special care and love. But he suggested her to keep her under observation in the asylum. But it was a great shock for Ankita because she wants to live with parents at home and she protests. Ankita gets angry with her parents and said "I HATE YOU. BOTH OF YOU. COME BACK HERE- DON'T LEAVE ME LIKE THIS- YOU ARE MY PARENTS DAMMIT." (shenoy...159)³. In the asylum, she protest for everything but after

sometimes she behaves normal with nurses and doctors. But one day her heart broken on hearing one thing and that was electrical shocks. But she can't do anything she accepts everything and defeat her dear.

III. HER FAITH AND DETERMINATION

In the asylum she feels alone and depressed and her loneliness pushing her back all the time, she needs love and care. The willingness to live now no more in her spirit. But the clouds of her sufferings were for a few days. Dr. Madhusudan comes I her life like an angel. He can understand her mental situation better than other psychiatrists. She has attached emotionally with Ankita because she reminds him about his sister. His sister was also a mental patient and committed suicide and after that he decided to study psychiatry. He always tried to motivate her with inspirational stories. He also meets her parents and friends to know about her whole past and her personal life. During her treatment Ankita holds a paint brush once again and fills her life with colors once again. It gives her hope, happiness and positivity. Now she can feel everything around her that has vanished in her past. To live in the asylum is her fate and she accepts it but she fight against her fate and she is successful in breaking that chain of her cage. She makes new friend here Anuj and Sagar both her regular visitors and mentally fit⁶. She accepts everything whatever her destiny serves her, but she never loses the hope of life. She observes many things and take it as a positive manner and idea of suicide has vanished now.

Dr. Madhusudan suggests her to take bipolar disorder as her strengths and assures her that creativity is other symptoms of bipolar disorder. She should use her creative mind to become an artist and writer. He thinks that she is different from everyone and special girl and she should use her talent. He examines her letter that she writes to Suvi and finds her another talent of writing. After a few years her life changed completely and she got Many academic degrees. She is also pursuing her talent for painting and writing. After that she falls in live with a kind person and got married⁵.

IV. CONCLUSION

Her will power and determination help her to overcome over her fear. She is improving day by day and one day she goes out from the asylum with new life and new journey. This story proves that destiny can't stop our path, and if we have determination and will power to do something and willing to live than we can change our destiny. We are living in twenty first century but still people especially in out India take mental issues as a stigma. If a person suffers from Bipolar disorder so it does not mean that the person is crazy. Medication is not enough they also need love , care and family support.

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