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CONQUEST FROM PSYCHIC MESS IN THE NOVEL *LIFE IS WHAT YOU MAKE IT*
BY PREETI SHENOY

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ABSTRACT

My paper is going to deal about an achievement from Psychic disorder in Preeti Shenoy's novel "Life is What You Make it". It is a motivational and inspirational novel. Shenoy writes so many works which are very useful and meaningful. We are facing a lot of problems in our life and many times life makes us stand at such a turn. Which we can't able to imagine. In Life is What You Make It, Ankita Sharma is the heroine. She is facing a turning point in her life which affects her life inadequately. Our life is not easy to live in a comfort zone. We have many difficulties for surviving on this earth. Ankita Sharma, is an outstanding and charming girl. She has wisdom to deal anything. But unfortunately she meets misfortune of bipolar disorder in her life. This paper shares how she accepts her psychic disorder and how she conquers. This paper helps us to understand the worth of life and how we can make it better and meaningful. Sometimes our wrong decisions give us sufferings, guilt, bad conscience over responsibility and blame, where we have to do nothing but only we have to regret. Ankita just wants to become an independent girl. She wishes to complete MBA degree but she falls in love, after her superego plays a vital role she rejects Abhishek, her lover, to get register marriage. Due to her denial of marriage Abhishek commits suicide. She has depressed a lot but her willingness to achieve her goal, she is cured by Dr. Madhusudhan. Her willingness to live and her determination to achieve her goal, she has overcome over her psychic disorder.

Key Words: Love, Willingness, Determination, Psychic disorder, Depression, Overcome.

Achievement Preeti Shenoy is a prolific writer. She was born on 21 December 1971 in India. Her husband's name is Satish Shenoy. They have two children. She is a lover of painting and drawing. She has designed different kinds of pictures. She is also a lover of travelling, photography and yoga. She is famous on social media and she has handled so many things pleasantly. She has written many books, they are very famous. But my paper deals Life is what you Make It (2011). Wake Up, Life is Calling is one of her novels is the sequel of Life is What You Make It.

Preeti Shenoy is an astonishing writer. Her writing style is easily understand and readers can easily read it. Her books have come into sight to be such that these are real stories. But she always denies that her stories are not based on real life, but her book "Life Is What You Make It" based on real life. Shenoy has written love stories with heaps of ups and downs yet they have 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 present 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 depressing, distressing, deplorable, pathetic, painful and meet with disaster but still her characters never give up. This is not only a love story but also a motivational work which enables us to overcome the ups and downs and psychic disorder.

"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 St. Agnes women's college but she eventually reaches into an asylum. She falls 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.

Ankita has changed her destiny and defeat with will power and determination. 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 frighten circumstances which make human existence a very bad and miserable affair.

Love is an omnipotent feeling. Love is the basis of life like water. 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 Sharma, the protagonist of the novel and Vaibhav, her school friend come lover, 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 his name is Vaibhav. But after the transfer of his father they have gone to Cochin and she has started her graduation from St. Agnes women's college. Vaibhav has gone to study in IIT Delhi. She is also wished to study there but her parents have not allowed. Vaibhav is her boyfriend and they have exchanged letters to each other. She is very happy at the new place and with friends and she has described everything to Vaibhav about the college. But she doesn't know that her life would change completely after that, and she doesn't 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 is making her proud. But on the other hand, she also feels guilty that she is betraying Vaibhav. Abhishek falls in love with Ankita madly and has written a letter to Ankita with his blood and he has expressed her intense feelings towards Ankita. Suvi one of her friends convinces Ankita to meet with Abhishek. Thus, their serious relationship has started. But they are totally different from each other. Ankita is a brilliant student and she wants to achieve something in professional life, so career is her priority. But on the other hand Abhishek is also a good student but he loves Ankita and he can't able live without her and propose her for marriage. Ankita's life has started at a turning point which even Ankita has no idea. Many times a person gets carried away in emotions and takes many decisions, which later changes 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)" And the next day she has got the news that Abhishek has committed suicide. She feels guilty. She cries a lot, she couldn't bear his death. She want to change everything but she couldn't. She couldn't face Abhishek's grandfather. She has called his grandfather and has consoled him.

Ankita knows the reason of his death, she blames herself. It is an unbelievable thing for her. She is not accepting this thing. This one incident has given her a lesson for the life time. She has understood that many times, a person makes such mistakes that he does not even know the results. She is cursing herself inside, wishing that she would promise to stay with Abhishek, but all these things are of no avail now because it is 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 a topper in the college.

She remains busy all the day and enjoying her friends' company on the other hand management is different and she is interesting to study for her and far from conventional way. She has enjoyed her study. Ankita is changing day by day and very concern about her study. She has almost devoted to her study. It is not a normal thing because her overreaction on every simple thing is abnormal. Being an intelligent and responsible student she has always helped her classmates. Even she has made interesting and beautiful notes and distributed among the classmates, she never takes chance with her study. She is very excited to make notes and when she has reached home with heavy bag of notes, she has started decorated and colored the notes. She used to get busy in work that she doesn't even know when it is night. She has worked the whole night without any break and the next day she is on leave for college. When she distributes the notes among them, everyone is surprised to see the amazing and impressive notes. And she continues these things as usual. If we are analyzing all the situation and mental condition of Ankita, we can conclude that there is some symptoms of bipolar disorder. Psychic disorder has started like unwanted thoughts, hopelessness and irritability. Once she has made a painting. Some people have destroyed that painting. While she has got angry at those people who have destroyed the nature. After a long, on that day she has missed Abhishek and she has thought that he is the only one person who can understand her mental situation and her painting. And suddenly she gets drowned in her thoughts, she has been very regretful. She is missing the last meeting with Abhishek. She has been yearning to talk with him. She wants to hear his voice. On that day she has felt physical pain and has realized that somebody digging inside her heart. She has started feeling strangely. She feels afraid. Now, she has got Panic attack, she feels always

intense fear. She has started remaining alone in the room. She has avoided college. Her parents concern for her and suggested her to go to college.

They have told her to meet her friends for the change of mood. She has faced very difficult time and this completely affected her career. She has lost her destination somewhere, now she is 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 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. She 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 have 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 have decided to go to the new psychiatrists, and meets with Dr. Madhusudan. He treats her with special care and love. But he has suggested her to keep her under his observation in the asylum. But it is a great shock for Ankita because she wants to live with her 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). In the asylum, she protests for everything but after sometimes she behaves normal with nurses and doctors. But one day her heart is broken on hearing one thing, that is electrical shocks. But she can't do anything she accepts everything and defeats her.

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 her life like an angel. He can understand her mental situation better than other psychiatrists. He has attached emotionally with Ankita

because she reminds him about his sister. His sister is also a mental patient and committed suicide and after that he has decided to study psychiatry. He has 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 fights 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 she mentally fit with them. She accepts everything whatever her destiny serves her, but she never loses her hope of life. She observes many things and takes it as a positive manner and idea of suicide has vanished now.

Dr. Madhusudan has suggested 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 she is a 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 has changed completely and she has completely overcome from her psychic disorder. After that She has got Many academic degrees. She is also pursuing her talent for painting and writing. After that she falls in love with a kind person and gets married.

Ankita's will power helps 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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