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Life Dynamics- A combination of Chaos and Disarray Within THE NOVEL “LIFE IS WHAT YOU MAKE IT” BY PREETI SHENOY

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Abstract:

This paper examines Preeti Shenoy's novel "Life is What You Make It" as an inspirational and motivating work and the triumph of folie for the temperament to live. She has written a lot of useful and meaningful works. Every person in life has to deal with a lot of problems, and we frequently find ourselves in such a position. which is beyond our comprehension. In this story the hero, Ankita Sharma likewise faces a defining moment which influences her life seriously. Human life is not easy; in order to survive on this planet, we sometimes have to do things that are out of our comfort zones. Ankita Sharma, a brilliant and charming young woman, suffers from bipolar disorder, which she accepts and overcomes. We will gain a better understanding of life's significance and value from this paper. When we make poor choices, we sometimes find ourselves in a position where all we can do is feel regret. Ankita just wants to be her own person, so she rejects her love. However, all of these things changed her life. However, her determination and willingness to live help her overcome her disorder.

Literature has always served as a mirror for the various aspects of human existence. It encompasses all human relationships, not just those between men and women. It provides an insightful perspective on how to improve society by highlighting the various social facets of the human world. Literature not only reflects the social reality, but it also shapes the intricate ways men and women organize themselves, their interpersonal relationships, and how they see the socio-cultural reality. For survival in life, every individual requires the companionship and assistance of others. However, the existence of emotional value cannot be overlooked in the midst of all the common interests and goals. The ongoing paper highlights similar perspectives underlined by Preeti Shenoy in her one of the most amazing selling books in India. "Life is What You Make It," her second book, was one of the best-selling books in India in 2011. She has been called an expert on relationships. The purpose of this paper is to examine human relationships in the novel "Life is What You Make It" by Preeti Shenoy.

Keywords-- Triumph of mental, disorder, postmodern paranoia, exasperation, bipolar disorder, mental asylum, suspicion.

Preeti Shoney's novels all focus on love. One of the best writers, Preeti Shenoy is able to perfectly convey love themes. We discover after analyzing her books that relationships, love, friendship, and family are all central themes. We know that she writes romantic fiction, but her books also teach us important life lessons about humanity. She was born in India on December 21, 19718. Satish Shenoy is the name of

her husband. They have two kids together. She enjoys drawing and painting various kinds of pictures. She also enjoys traveling, taking pictures, and practicing yoga. She is well known via virtual entertainment and she handles such countless things capably.

She wrote many books like '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," and "Wake Up, Life is Calling" are some of the songs that are featured in the album. The most recent book by Preeti Shenoy is titled "Wake Up, Life is Calling." This book is a follow-up to the national bestseller that was published in 2011.

Preeti Shenoy is an incredible author. She writes in a way that makes it easy for readers to read. It would appear from her books that these are real tales. However, despite the fact that her book "Life Is What You Make It" is based on real life, she consistently denies that her stories are fictional. 34 Bubblegums and Candies, her debut novel, is a wonderful work with heartbreaking incidents. These tales are far from typical family tales. Most of these are love stories. Even though love is real, the characters have a hard time showing it. She writes love stories that have a lot of ups and downs but generally end in happiness. Despite the fact that the majority of her tales are harrowing, we can still learn how to lead a happy life. The majority of these novels introduce us to relationships and impart motivational lessons, while some of them focus on love. On the off chance that we attempt to grasp the books of Preeti Shenoy. We come to realize that in any case her romantic tales are woeful, agonizing and fall to pieces yet her characters never surrender. These are not only love stories, but also works of inspiration that help us get through life's ups and downs. The story of a charming and intelligent girl in "Life is What You Make It" is told here. Preeti Shenoy teaches us valuable lessons as well as a love story in this book. This is the story of Ankita Sharma, an intelligent college student who eventually ends up in an asylum. Sadly, she suffers from bipolar disorder after falling in love. Extreme mood swings are a hallmark of bipolar disorder, a brain disorder. This disorder has normal symptoms that aren't too bad, so it gets worse slowly. The sufferer of bipolar disorder even makes suicide attempts. Through willpower and determination⁴, the novel's protagonist alters her destiny. Abhishek and Ankita are the focus of the entire narrative. It looks at the fact that love doesn't always bring happiness, and that sometimes we have to deal with difficult and overwhelming situations that make life miserable. There can be so many obstacles in the way of love that no love story can be happy and smooth.

Love is a powerful emotion. It is the foundation of life itself. It is the most powerful feeling. It is essentially connected with mankind as well as nature. But it sometimes causes a lot of problems in life, and the protagonist of this story has to deal with the same thing. Vaibhav begins the novel by introducing Ankita, the novel's protagonist. The main character, Ankita Sharma, is a woman who lives in Kerala with her parents and has a boyfriend named Vaibhav. However, after his father's departure, they move to Cochin to begin her education at the woman's college St. Agne. Her boyfriend was Vaibhav, and they wrote each other letters. She told Vaibhav everything she knew about the college and how happy she was at her new home with her friends. However, she was unaware of the complete transformation that would occur in her life following that, nor was she aware that she would be drawn to a different individual. Abhishek, a nice boy who likes her, meets her. Respecting her and obeying everything was making her proud. However, she also has the impression that she is betraying Vaibhav. Abhishek writes a letter to Ankita to express her intense feelings for her and her mad love for her. Suvi persuades Ankita to meet with Abhishek. As a result, their serious relationship has begun. However, they are completely distinct from one another. Ankita excelled academically and strives for professional success, so her career is her top priority. Abhishek, on the other hand, is a good student but loves Ankita so much that he can't live without her and wants to marry her. Ankita's life had begun at a turning point that even she was unaware of. A person frequently gets carried away by their feelings and makes a lot of decisions that ultimately alter 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.

She blames herself because Ankita knows the cause of his death somewhere. She could not accept it because it was so unbelievable to her. This one occurrence gave her an illustration for the existence time. She recognized that a person frequently commits such a mistake that he or she is unaware of the consequences. She was cursing herself inside and wishing she could promise to stay with Abhishek, but it was too late and she couldn't do anything. All of these things were pointless now. With her family, she moves to Bombay and begins a new journey with an MBA. She is still the college's top performer. She stays busy all day and enjoys the company of her friends. On the other hand, management is a different and interesting study for her, and she enjoyed her study because it was out of the ordinary. Ankita was constantly changing and extremely concerned about her studies. She had nearly concentrated on her studies. Because she reacted abnormally to everything simple, it was not normal. She was a smart and responsible student who always helped her peers. She never takes a chance with her study, even though she made attractive and interesting notes that she shared with her classmates. When she got home with a bulky bag of notes, she started decorating and coloring them. She was very excited to make notes. She used to be so busy at work that she had no idea when night was. She worked the entire night with practically no break and following day leave for school. At the point when she disperses the notes among them, everybody astounded to see astonishing and amazing notes. She also continues these activities as usual. Analyzing Ankita's entire situation and mental state reveals the onset of bipolar disorder symptoms such as irritability, hopelessness, and unwelcome thoughts. She once painted and became enraged at those who destroy nature. She thought that Abhishek was the only person who could comprehend her mental state and her painting for a long time that day. She was deeply regretful, and she suddenly finds herself engulfed in her thoughts. She was unable to attend their most recent meeting. She desired to communicate with him and hear her voice. That day, she felt pain in her body and realized that someone was getting into her heart. He began to experience an odd

sense of fear. She has a panic attack now, and she has always felt a lot of fear. She began to avoid college and remain alone in the room. Her parents cared about her and encouraged her to attend college and hang out with her friends to lift her spirits. She went through a very difficult time, and this had a huge impact on her career. She was physically and mentally ill as well as having misplaced her way of travel somewhere. It appears as though she has been distracted. She has no comprehension at all; indeed, even she can't comprehend her own notes. She has forgotten about everything. She has begun to avoid all of her friends and strangers. She does indeed not have any desire to converse with anyone since she fears overcoming individuals. She is now no longer charming, funny, or beautiful. She had locked herself in a room and now steers clear of everything in her path. She now sees nothing but despair and hopelessness in her life. She has attempted suicide twice, which is the most painful thing. After that, her parents were aware of her mental illness and concerned about seeing a psychiatrist. Ankita says that when she meets her, she doesn't feel good because she has a fake demeanor and just a professional smile. She is willing to take the prescribed medications for her parents' comfort, but she needs love and support more than drugs. Following not many days still there was no adjustment of her psychological circumstance, it was deteriorating step by step. Ankita's parents make the decision to visit the new psychiatrists and meet with Dr. Madhusudan in light of Ankita's mental health. He takes special care of her and loves her. Be that as it may, he proposed all her under perception in the haven. Despite her protests, Ankita's desire to live at home with her parents was a major shock. Ankita expresses her resentment toward her parents, declaring, "I HATE YOU. BOTH OF YOU. COME BACK HERE- DON'T LEAVE ME LIKE THIS YOU ARE MY PARENTS DAMMIT." (shenoy...159)³ She protests for everything in the asylum, but sometimes she behaves normally when she meets with doctors and nurses. But one day she was heartbroken when she heard about electrical shocks. However, since she accepts everything, she is powerless to defeat her beloved.

She needs love and care because she is depressed, alone, and constantly being pulled back by her loneliness in the asylum. The capacity to no longer live in her spirit. However, her suffering clouds lasted for a few days. The angelic Dr. Madhusudan enters her life. He is better able than other psychiatrists to comprehend her mental state. She has a strong emotional connection to Ankita because she makes him think of his sister. After his sister, who was also a mental patient, took her own life, he decided to study psychiatry. He made every effort to inspire her with inspirational tales. He also meets her friends and parents to learn everything he can about her past and personal life. Ankita reclaims her ability to paint while undergoing treatment, filling her life once more with color. It gives her optimism, happiness, and hope. She can now feel everything that has vanished from her past around her. She accepts her fate of living in the asylum, but she fights against it and succeeds in breaking the cage's chain. She makes new companion here Anuj and Sagar both her customary guests and intellectually fit. Despite the fact that she accepts everything, she never loses hope for life. She now views many things in a positive light and has no longer considered suicide. Dr. Madhusudan reassures her that creativity is one of the symptoms of bipolar disorder and encourages her to view it as one of her strengths. She should become an artist and writer by making use of her creative mind. He feels that she is unique in relation to everybody and extraordinary young lady and she ought to utilize her ability. He discovers that she also has a gift for writing when he reads her letter to Suvi. Her life completely changed after a few years, and she received numerous academic degrees. She is also working on developing her writing and painting skills. After that, she got married and lived with a nice person. He overcomes her fear with the help of her willpower and determination. She is getting better each day, and one day she will leave the asylum with a new life and a new path. This story demonstrates that we can alter our destiny if we have the willpower and determination to act and the willingness to live.

Conclusion:

Even though we are in the twenty-first century, mental health issues remain a taboo subject, particularly in India. A person's diagnosis of bipolar disorder does not imply that they are insane. They require not only medication but also affection, care, and family support.

The postmodern paranoia is the focus of this study. It is uncommon in literature, particularly Indian literature. Psychological and literary sources both diverge from paranoia. Paranoid concepts take the form of writing in literature. The theories of paranoia are used to illustrate the research's focus on Shenoy's postmodern works, such as *Life is What You Make It* and *Wake Up, Life is Calling*. Lastly, Preeti Shenoy's writings convey paranoid concepts in a few of her novels. The study's conclusion is that Ankita Sharma, the protagonist, suffers from bipolar disorder and lives in a mental institution. Therefore, Shenoy's books "Life is What You Make It" and "Wake Up, Life is Calling" explore paranoid concepts. The study's limitations are as follows: The majority of studies on paranoia are from psychology rather than literature. Therefore, it is extremely challenging to locate paranoia in literature. There are a lot of theorists there about postmodernism, but only a few people there are about postmodern paranoia. Finding postmodern paranoia theorists is difficult. The current study suggests that additional research can be conducted on Ankita's exasperated life, psychological obstacles, the search for identity, alienation, migration, cultural disparity, love, the role of friendship, and Ankita's college memories, among other topics.

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