

Indisposed Repercussions Of Bipolar Disorder: An Investigation Of Preeti Shenoy's Fictional Narrative

Sudeeksha S Pai

Assistant Professor

Department of Humanities

NMAM Institute of Technology.

Research Scholar

College of Social Science and Humanities

Srinivas University, Mangalore.

Abstract

It is all about meeting new people and taking on new challenges in life. Life is like a roller-coaster that takes us high and low sometimes. It is filled with various emotions in numerous situations. The most difficult phase of life is to manage a variety of sentiments to maintain the smooth flow of human life. In today's world, helping people in several situations has become a huge challenge with a positive attitude, and also to maintain fluid relationship flow has become a major concern. Depression can envelop us like a tornado at times. Victims of manic depression suffer as a result of this. To survive, they must confront a slide of challenges. This paper attempts to investigate the negative consequences by examining the fictitious character Ankita in Preeti Shenoy's –Wake Up Life is Calling to better understand bipolar disorder.

Keywords: Depression, Mania, Asylum, Bipolar disorder, Self-Confession

Introduction

Preeti Shenoy was born on 21st December 1971 and her chosen profession is writing. She primarily writes fiction and nonfiction books. She has already established herself as a renowned writer with a wide range of interests such as photography, yoga, and sociology. She has been dubbed "India's Next Top Model" by India Today.

Because of her enticing popularity, she has been dubbed "the lone lady in the highest-selling league". Her writing career began in 2006 when she started a blog and it has been a huge success. The size of her reading audience increased. She is a regular contributor to the Times of London newspaper.

One cannot avoid relationships as a social being, which is the foundation of human existence. Fostering a healthy connection leads to a healthy way of life, while failure to do so may result in emotional distress. It may wind up in developing countries in the long run. In a state of mental agony, depression suffocates a person's soul in the real world. Wake Up Life is

Calling is a fictional story by Preeti Shenoy in which she expertly weaves the story of Ankita Sharma, a young talented, and gorgeous adolescent girl.

Both literature and psychology deal with human nature, hence they are intertwined, they have a strong connection when it comes to exchanging human emotions, views, disputes, memories, sorrows, wishes, reconciliations, and much more. Psychological realism is prevalent in literature in the energizing role of exploring the characters' emotional, mental, and spiritual lives. It is a creative approach that is widely utilized in modern fiction. Young writers have attempted several times to produce a realistic mirror image of society and human life. Psychological realism is used by writers as a means of evoking human feelings and thinking. In the world of literature, this is a crucial aspect of linking the stories together.

Bipolar depression is a type of mental illness that causes a person's mood to fluctuate. Manic depression can result in a life-threatening elevation of moods, making survival even more difficult. This mental sadness occurs as a result of mania, which causes one to experience hallucinations and a significant shift in mood. The rise of mood causes inappropriate conduct, which obstructs the progress of the spirit of living. When one's zeal for life is shattered, destiny becomes a major concern in life. Despite all of the conveniences, life becomes a difficult endeavor to complete.

Wake Up Life is Calling is from the hit list of Preeti Shenoy, a joyous rising writer who has been nominated for the Forbes list of India's 100 most influential celebrities since 2013. She attempts to captivate the audience's attention with her splendid story-telling skills. Readers will be enthused by her heartfelt portrayal of protagonist Ankita Sharma in the novel - *Wake Up Life is Calling*. This narration beautifully depicts the level of grief and suffering that the characters are experiencing. The protagonist suffers from bipolar depression during her adolescent years. It is possible in recent years, it has become a majority problem. The concept of psychological realism is no longer valid.

Mysterious mind

Ankita Sharma is a young, attractive, and talented girl who grew up in Kerala. She demonstrates that she is a gifted young lady in both academics and the arts. During her bachelor's degree program, she became the Arts Secretary. She has proven her ability by obtaining admission to a top management school in Bombay for her MBA. At a point in time, she undergoes a great depression during her stage of adolescence and everything in her life becomes topsy-turvy. She has to face so many hurdles to overcome her problem. The title *Wake Up Life is Calling* is proved through Preeti Shenoy's fictional narration, in which Ankita Sharma fights against their destiny at various stages of the life cycle. She must overcome numerous obstacles to solve her situation. Preeti Shenoy's fictitious narration, in which Ankita Sharma appears, proves that *you are what you make it*.

Parental Support

Every relationship is distinctive to us; especially when our family comforts us when we are low and depressed. Ankita as a growing adult shared a unique bond with her parents. Her parents were still treating her like a delicate flower [Chapter 1] after she came out of National Mental Health Institute (NMHI). They even moved to Bandra in Bombay and gave away her old clothes and belongings. Since it was a new place and new start Ankitha was content that nobody knew about her Bipolar disorder. As a newbie, she was excited to take up a new course that she loved that is Creative Writing in the new college.

Her father is very kind and supportive and consoles her and tries to keep her motivated throughout her mania and after that. Her father understands each change that she is going through. He could not easily get convinced and jump to a conclusion, but rather guide her by talking to her all the time when he is at home. He helps her to restart her life.

Ankita's mother has a love for her daughter who doesn't express it through words but in her actions. She cooks Ankita's favorite food. She is a constant reminder of the past that keep talking about her experience and sufferings.

Even though Ankita's parents seemed very stern they are protective and worried about her each time she doesn't wake up from sleep or she is upset with college matters, they try hard to keep Ankitha focused, motivated by providing her the opportunities to go to friends' houses explore, to go on a date with a boy who she knew which was not so usually used to doing before she was diagnosed with mania.

Haunted by the past

Growing up as an adult Ankitha recalls her past when she just started her new venture. She says she has '*tied up her past neatly, sealed it tight in cardboard cartons with duct tape, and kicked them out straight*s. She is very confident now, but many things change again as the days pass by. Her past haunts and revolves around her each time she is put in a different situation and with people. Though she strikes a balance in her life in the end the beginning was not so easy after she came out of NMHI. She confronts conflict in her mind regarding friendship, love, and studies. She has now no goals because she is stuck with her past. Yet Ankitha is a strong girl she willingly challenges the random chatter in her mind and gradually helps herself to limit them to not to distract her again. Despite two failed suicide attempts, she tries to read a magazine related to suicide which worries her parents again.

Love of life

It is that love that makes you feel at ease and it is the best feeling ever one can experience in the teenage and college days Ankitha was not an exception. Abhi who proposed to her wrote a letter in blood. Ankita had gone to Abhi's house and then evaded him when he kept on declaring his love for her. She could not return his love. It was when Abhi went on missing all of a sudden and was found dead the next morning that shook her soul and she develops the bipolar disease. It was a very short story about Abhi that Ankita narrated to Vaibhav when he took her for a date. Ankita met Vaibhav in college and visits Ankita's home after many years

very attractive and handsome. Vaibhav comes closer to Ankita's family and spends time for dinner at home which annoys Ankita the most because all she wanted is a fresh start and someone from her past has come now. She was devastated that she would have to admit again to NMHI. She was not yet stable mentally and avoided her memories or the people associated with them. She confessed to Vaibhav what she had gone through when she was suffering from bipolar disease. How she missed Abhi. Listening to Ankitha, Vaibhav broke up with her but she was expecting his presence at home at least to visit her parents. Joseph appears in the front row with Freddy in one of the competitions held in Ankitha's college where she was also one of the participants performing on stage. She was upset and threw up the moment she saw Joseph. Ankita had met in the cab and they had kissed when she had mania. When she saw Joseph she almost forgot Joseph's episode. But now the earth collapsed.

Friend in need

The novel *Wake Up Life is Calling* begins with Ankita joining a Creative Writing Course in Bombay. She feels overjoyed to be unbound by her parents. She loves her classroom and makes new friends namely Parul and Janki.

Parul and Jhanki changed Ankita's perspective. Each time they revealed their life experience. She was so surprised that how could Janki and Parul be at ease and so free to discuss openly their family and relationships. She made the best of her life exploring the city of Bombay such as Khau Galli where all three used to have snacks. Parul, Janki and Ankita shared a good bond. Janki was not so ambitious, she exclaimed that the course is for one year and she would do her studies till her parents find her a husband. Parul was serious about creative writing. And she revealed that she is an Anglo-Indian and she stays with her mother, her British father left them, moved abroad long back.

Life's little notes

This novel contains 10 LIFE'S LITTLE NOTES written by the protagonist. These notes help her understand reality and forget her sorrows. *When You're Gone* chapter 13 of the novel is where Ankita begins to write LIFE'S LITTLE NOTES for the first time. Each time she is low or upset, she writes these notes that are the most truthful for young people to think about.

Episodes Self-confession

'*Between lovers, a little confession is dangerous*' says Helen Rowland. Ankita confessed twice to her love. She confessed that she was proposed by Abhi to Vaibhav, He broke up with her. The second episode was with Joseph when she had bipolar disorder she kissed him in the cab. This was taken seriously by Joseph; he appeared in front of her all of a sudden. She also confessed to Joseph that it was not her who kissed but the mania that made her so.

Her professor Mrs. Hayden encourages and motivates her to come out of her mental trauma. Mrs. Hayden also ensures that one is not responsible for other people's actions. Ankitha's father recalls the words of Mahatma Gandhi that without one's permission, nobody can hurt anyone.

Embarrassing situation

When Ankita confessed that her disorder made her kiss Joseph he believed in her and promised to be with her which she did not accept. Parul had invited Ankita and other friends for a birthday party when Joseph approaches her. He was drunk and tries to pull Ankita closer to the balcony. She pushes him in shock and thought that Joseph fell out of the balcony. She closes her eyes. Everybody at the party gets their attention in absolute silence. This is when Joseph called Ankita a psycho bitch and he declares to everyone she has come from a mental hospital taking medication. She has mental asylum. Ankita was very upset not knowing what to do she leave from the place. Parul joins with other friends in the house. This distresses Ankita, she reaches her house.

Conclusion

Striking a healthy balance in one's life is a mental process that should be practiced in every scenario. Shenoy tells readers in this story that anything is possible at any stage of life, find a balance. Ankita has beaten two suicide attempts and the painful road through bipolar disorder. She begins a new chapter in her life with optimism. Ankita had to go through the second round due to unfavorable circumstances. On the other hand, achieves a balance and triumphs. Human life is not a cakewalk. Everyone's life is occupied with challenges. The difference is in how one approaches a difficult situation, a problem in an efficient manner. There isn't any issue without a possible solution. One should not lose their calm in such a difficult scenario.

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