

From Depression to Inspiration: A Panoramic study of Preeti Shenoy's *Life is what you make it*

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Abstract

Literature, capturing day to day happenings carries phenomenal historical events for the next generation to align their lifestyle as it sermonizes. The live of every individual comprises unpredictable and interesting turns and hardships, which unveil the will of an individual. The ups and downs in an individual's life are predominant forces that drive the self to reach the acme of success or fiasco. The man who swims in accordance with his circumstances and overcomes his encumbrances will taste the sweet of triumph. It has been vividly exemplified in the novel *Life is What You Make it* by Preeti Shenoy, one of the emerging writers in India. In this novel, she discusses how the bipolar disorder affects the life of a girl and becomes a driving force to achieve greatness in life. Due to high depression, the disease bipolar disorder affects the brain and even it includes the historical and health issues that exist in the world. Hence, the article is an attempt to show how disabled people overcome their barriers to succeed in their lives with reference to Preeti Shenoy's novel" *Life is What You Make it*.

Keywords: Depression, Bipolar Disorder, Destiny, Dream, Inspiration

Introduction

Preeti Shenoy is an Indian author who is well known for her creative writing and painting. Preeti Shenoy has been awarded the Indian of the year by Brands Academy in (2011) and also received Business excellence award instituted by New Delhi Management Institute. Her important novels are *34 Bubblegums and Candies*, *The Secret Wish List*, *It Happens for a Reason*, *Life is What You Make it* and *Wake Up, Life is Calling*. Her novel *Life is What You Make it* was published on 1 January 2011 which became a national bestseller of the year. The Character Ankita Sharma was the protagonist of the novel, her life changing moment was shared in the novel. After she had completed her schooling at Delhi, she joined in St. Agnes College, Kerala to gain her undergraduate degree. She excelled in her academics and outdoor activities. There was not much technology found during her age. So, she had communicated through writing letters and passing information to Vaibhav, even the relationship was much stronger within the cultural limit. Indian is known for its culture and traditions. During those days there has been a set of rules and regulations to be followed in the society. Each state followed a different tradition in their way of style. Until twenty first century, there were no cultural differences found in various societies of India. Growth in technology resulted in the decline of cultural aspects.

As technology gets well developed, the modern style of living emerges in the societies of India. Today people have mobile phones and various technologies available to share information now and then. Since there was no communication technology during Ankita's period, she used letters that would be delivered after few days' sometime even months. Moreover, Schools were separate for male and female, due to few restrictions in the familial structure. Ankita's family followed the same.

There was a collage annual culture festival ‘Symphony’ offered by The Management School of Cochin University in which Mahaveer College was one of the colleges took part in it. Ankita was an Arts Secretary of St. Agnes College and she met a guy named Abhishek. He was the general Secretary of Mahaveer College. Both fell in love, Abhishek wrote a letter to Ankita by his blood expressing his deep love for her. She did not accept the letter directly. Later she accepted him for the care and love shown towards her. Almost her college life was about to end, her aim was to complete MBA in top institutes in the Country. Ankita and Abhishek got selected at Cochin University of Science and Technology (CUSAT). Ankita got selected in three more institutes among three Bombay institute was well known for MBA. The author shatters out the happiness of her family members; one is her studies at Bombay, second her father got his promotion in his company at Bombay, third is her brother got into John Hopkins University in the USA.

Ankita was strong in her studies and dream; it let her path towards her Destiny. She was determined to reach her goals, all of the sudden it was a life turning point for Ankita. Abhishek refused to leave her at one point of time. By not withstand in her words of separation, Abhishek consumed alcohol and committed suicide. Next day in the newspaper it was published he was died, as she read out the news, Ankita was in a sudden shock, she was not able to express her feeling to her family.

With heartbroken Ankita moved to Bombay and she jointed at Bombay College for MBA studies, She shared her techniques of learning by using highlighter of different colour and she also took printout and gave to other friends it helps them to learn easily. At one point of time her mother asked her to clean up her room but due to her studies she did not do it. One day her mother cleaned her room there she finds a letter which was written in blood by

Abhishek. The same evening, Ankita returns from college, her mom and dad was thundering at her by seeing the letter. Mom and dad were asking her lots of question but she did not answer to it and she keeps silent.

Meanwhile her father moves to kitchen balcony and burn the letters written by Abhishek and Vaibhav. At that point of time from Ankita even a drop of tears did not come her eyes, it took her mental stress and finally leads to Bipolar disorder. She refused to go to college and wrote a last letter to Suvi the things happened at home; it was her last letter before her madness.

I watched Abhi's bloodsoaked words going up in flames. The lump in my throat felt like it would explode. But I did not cry.

Though I did not shed a single tear, I felt defeated. I had had enough. I wanted to curl up and die. The sense of loss I felt when I saw the letters burn was oppressive. It felt like someone had heated up a hot iron rod and singed me again and again on the raw exposed skin. (Shenoy119)

Due to bipolar disorder she attempted suicide but by God's grace she was saved by her father. Her father took her to a doctor named Mukta Nagraj, she asked few questions to Ankita to understand her mental status but Ankita did not like to share the views of her life to a doctor. She gave medicines to Ankita but she refused to have it. Again she attempts for a suicide and her father saves Ankita. Later her father came to know that there is no improvement in her health issues, so he called her to a doctor who is busy with his patients. His name was Dr.Kohli, he has his French beard and he did not even ask any question to her, just wrote a prescription for medication. It was due to more members of patients waiting to see him. Ankita had no idea of what to do?

It is her life, with full of confusion in the actives she does. There were no improvements in her health. Finally they came to know about the well-known best mental health care centres in India. It was located at Bangalore Ankita's family moved to a Bangalore. They met a doctor named Madhusudan, he spoke to her and understood about her mental status and he told to her parents that Ankita need to be in observation. Her parents left her in the health centre and they moved out. Meanwhile, Ankita hate her parents for leaving her in an unknown place. Akita was given a bed but she did not like that surrounding. Daily night Dr.Madhusudan would come for rounds and he writes up her status of health in a sheet.

Later Ankita came to know that it is a bipolar disorder. Bipolar disorder takes place in the brain, it may affect the shift in mood it terms of suicide and relationship gets damaged due to lack in knowledge in it. It also makes the humans to forget their everyday tasks. In India and China alone there are at least 12-15 million people with the bipolar disorder. According to 2011 fact in India there were only 0.1% of population got affected and United States has got its lifetime rate of bipolar disorder at 4.4%. According to 2017 fact 6 million Americans have bipolar disorder. According to 2020 fact in India there are 6.9% of people affected with bipolar disorder. It is only in the stages of increasing the levels and that too in the age 17-38, they get more affected it takes time to recover from it. In Lucknow they had undergone a research about bipolar disorder and came out with the result that majority of children leads to permanent modifications in their brain, it makes a crucial among kids. (Centre for Biomedical Research, The Times of India oct10, 2021). The reason behind the American people suffering with the bipolar disorder is money and their business.

The same thing was taken place in Ankita life, as she was in hospital she was undergoing a treatment. Since, she lost her memory to read and write. She liked learning

books. All these information got by the doctor through her last letter to Suvi. She was given few books by Dr.Madhusudan to understand her level of speed in reading. As she liked painting, she was given time to paint as she likes. Late she picked up the speed, she got cured and was sent back home. Feeling of sadness creates the depression and once moves to a large feeling overloaded and the sadness and burst out it as a mental disorder take place in our mind. If a person does not open up the matters of their feeling one or other day he would be disturbed in the relationship and cases damage. It can be cured only if a person is open-minded. As the people are attracted towards technology world, it becomes a system for them to follow.

Conclusion

Due to bipolar disorder she lost her interest in studying MBA. Her father forced her to continue her MBA but she refused and started her life a creative writer. She shines and it made her proud in way she sparks her life. Humans should overcome all the depression only then we can overcome bipolar disorder and make our life shine in this world. Even bipolar disorder creates a way to our new life and takes path to our destiny.

I felt my heart sing as I almost skipped to post the letter to Vaibhav. I felt proud of myself. On the way, I stopped to admire a bunch of yellow chrysanthemums that had just bloomed. I sucked in the air deeply. I rejoiced in the sensation.

And when it began to rain, I smiled in delight, admiring each drop as it fell; to the earth.

I was celebrating being alive and there was a string feeling in my heart that the celebrations would last a lifetime now. (Shenoy 202)

Bipolar disorder is like a road and the depressions are like a travel on the road with the luggage. The entire luggage should be dropped down in a stage. Even depressions would overcome by the person. The Author gives a plenty of tips to overcome the depressions in the way of letting our mind to some other thought process which offers relaxations to the mind. The destiny gets changed once they face the problems.

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