

A Psychoanalytical Evaluation of Women Protagonists in Select Novels of Preeti Shenoy - A Review of Literature

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Abstract

Purpose: *Women go through a lot of emotional ups and downs which has an impact on their daily psychology. It involves education, parenting, relationships, responsibility, and among other things. Sometimes people can't choose their perfect profession, lover, or life. Society stereotypes and ignores or suppresses a woman's heartfelt decisions. We must respect women's decisions and encourage them to speak their minds to give them equal opportunities. In postmodern Indian writing in English, the advent of women characters with drastically various themes, treatments, attitudes, visions, dreams, views, and familial backgrounds has generated seismic waves. Four women from various backgrounds are the protagonists. Literary and psychological realism is increasingly fashionable. It became famous in the early 1900s and psychologically realistic fiction is character-driven. It's a character-driven paradigm in literary studies that focuses on character function. This study examines Preeti Shenoy's fictional characters' psychological reality. With subtle yet potent images, it depicts life's mistakes realistically. The novel's critique of socially manufactured gender standards and ideas is reflected in the female characters' lives and attitudes. It advocates a transformation in society's gender roles. It blends contradicting simultaneous female voices. Throughout her life, the protagonist meets male and female acquaintances with different views on womanhood. She learns about women's alternatives through these contacts. Feminist analysis, power relations, and gender views expose four female protagonists' self-crisis. The study examines and contrasts the protagonists' psyches in Preeti Shenoy's novel.*

Design/Methodology/Approach: *The secondary data are poised from a variety of sources, including scholarly journals, educational websites, online sources, and books from the e-library, is used to complete the literature evaluation. The suggested study will be implemented utilising data received from scholarly articles, doctorate theses, research journals, and websites. The primary methods used in this qualitative approach are data gathering, analysis, and interpretation while focusing on the keywords "Women Protagonist, Psychoanalytical Relevance, Self- Crisis, Preeti Shenoy, and Trauma".*

Results/Findings: *A thorough comprehension of women protagonists in Indian novels created by Indian women authors will be useful for future research areas recognizing the contrasting features of psychological characteristics of women and norms imposed by society. The subject is clarified by a thorough examination of the evolution of gender notions over time. Learn how women behave differently depending on their age, marital position, environment, and friends. To compare and contrast the early situations that women experience throughout their life in so as to comprehend a traumatizing occurrence. To be able to be cherished and respected by her family and society, it is possible to get a full grasp of their thoughts, feelings, and views.*

Type of Paper: *A review paper.*

Keywords: *Women Protagonist, Psychoanalytical Relevance, Self- Crisis, Preeti Shenoy, and Trauma.*

1.INTRODUCTION:

Preeti Shenoy has made an immense contribution to Indian-English fiction. She highlights the pervasive discrimination against women in Indian society through the writing of prominent female characters Ankita, Deeksha, Vipasha, and Veda. She emphasizes the psychological state of women mostly through her female characters in most of her narratives. Her female characters seem to be relatable to all women at all times and at all stages of life. Men make the rules in patriarchal societies, and generally, women follow them. The position of women in society has shifted over time. These developments took place at different times throughout history. Women in India have had to resolve many ups and downs throughout history. She has confronted every crisis with courage and dignity since the Vedic era. They performed their duties as mothers, wives, and daughters following societal expectations. They were bold and powerful enough to confront life's obstacles because of their ambition, intelligence, and inner strength [1]. It is imperative that women be emancipated, according to feminist activist Preeti Shenoy. She emphasized the importance of ending the oppressive cycle in order for women to receive support. The progress of any society depends upon the economic liberalization of both men and women. The ancient Indian social society always took a noble and respectful standpoint about women in society. Women enjoyed a dignified, respectable, noble position, status, and place in the early Vedic age. They were given the right to participate at with boys in outdoor life [2]. Numerous recent researches suggest that women around the world experience the stigma associated with disabilities. The definition of a new woman in today's culture is someone who does not fit into the mould, is independent of thinking, is capable of making decisions, can lead others, is willing to mentor others, and, most importantly, plans her life to the fullest. The 'new woman' must be redefined as a physically, mentally, intellectually, and spiritually strong woman who balances her personal and professional lives and lives her life to the fullest rather than demonstrating modernism in her appearance and way of life [3]. Based on recent estimates, women in the world are impacted by disability and the stigma surrounding them. According to the Women's Health Organization, nearly 50% of the women population has some or other form of problems. Continuous discrimination denies them equal access to education, employment, healthcare, and, other opportunities. Essentially, what we are looking at is an enormous reservoir of untapped resources excluded from the workforce [4]. This research paper focuses on the psyche of the women protagonists in the novels of Preeti Shenoy. In essence, what we are observing is a significant reservoir of unutilized resources. In one of her works, Preet Shenoy's distinguishing characteristic is an attempt to reestablish traditional ethical principles and means. Shenoy aspires to evoke a sense of the beautiful past and reproduce the sentimental present. She frequently parodies temporary women, motherhood, and role the of wife. The purpose of this review is to evaluate the bravery and valor four prominent female characters from Preeti Shenoy's selected novels. The study will focus on four modest, innocent, introverted female characters as they enter a new phase of their life, complete their bucket list, uncover their inner voice, and find their life's passion.

2.AIMS & OBJECTIVES OF REVIEW PAPER:

This new genre in Indian writing in English was created by Preeti Shenoy, Chetan Bhagat, and Ravinder Singh. They tailored it to Indian societal realities that may have political, moral, or cultural resonances in other culture [5]. In India's rigidly traditional society, women are ruthlessly denied opportunity for honest expression of their actual feelings. All of these results in attacks of neurosis. A feminist approach to understanding characters will result in a plethora of misunderstandings. A comprehensive psychoanalytic approach to these characters is necessary [6].The purpose of the study is to conduct a secondary literature review and provide summaries of information on how women protagonists are portrayed psychologically and how their major emigrant problems are analysed from the viewpoint of the narrator and narrative, with a never-ending struggle to fill the empty space being a significant observation in all of the chosen novels by the authors through our female protagonists of five novels.

The following are the objectives of the study.

- (1) To evaluate the emotional distress of the women individuals in the select novel and its relevance in the present scenario.
- (2) To know the concept of inner emotions the of women in every scenario in comparison with men.
- (3) Recognizing the range and evolution of the gender perspective over time.
- (4) Examine the processes of gender in society at large, in myth and culture, and in modern sexual politics.
- (5) Finding equality between men and women in terms of emotions and psychological well-being is more important than gender bias, which may be done by comparing the freedom

of men and women enjoy.

3.METHODOLOGY:

This scholarly review's research agenda includes peer-reviewed articles, theses, books, and a comprehensive assessment of the original works under consideration for the study. The focus will be on the primary texts and their contribution to understanding how women experienced betrayal, disappointment, sadness, inequality, and trauma as depicted in novels that allow enough chance to investigate the plot's different turns. In addition, they are free to include character biographies and to pay particular attention to any important supporting characters in the novel's plot. The primary purpose is to explore how each female protagonist differs from the others and to comprehend how they approach challenges related to achieving the research's objectives. A literary theory would function as a prism for analyzing literature. This method offers extensive psychological and social knowledge in addition insights into complex ideas of the human mind.

4.REVIEW OF LITERATURE:

4.1 Definition of Psychoanalysis:

Psychoanalysis is a type of therapy that aims to release pent-up or repressed emotions and memories or to lead the client to catharsis, or healing [7]. Developmental psychopathology focuses on both normal and pathological individual differences in adaptation, rather than only childhood problems. Developmental psychopathologists study the developmental causes of adult disorders, the life events that make people more prone to stress or less prone to it, and the ability of people to rely on the social support that is readily available.[8]. According to Freud in A general introduction to Psychoanalysis: The various psychoses involve in the autonomous ego function of thought's integration, abstraction ability, in relation to reality and in reality, testing. Unconscious conflict of the youngster might direct to the person various neurotic problems like anxiety, panic, depressive affect, isolation and aggression. Freudian theories believe that certain problems can be resolved from the peculiar phases of childhood and adolescence to make victim free from the sense of guilt and shame [19].

4.2 Trauma Theory:

The ideas about what trauma is, how it affects us, and how to most effectively address it have come far away from our early understanding, and currently, there are numerous alternatives for treating trauma and assisting those who are traumatised to live their best lives [10]. The word 'trauma' is taken from Greek, which means 'wound', denoting an injury inflicted on body. Subsequently, it acquired the meaning as wound inflicted upon mind. Sigmund Freud and Joseph Breuer concentrated on the deed that any disconfirming experiences, which render agitating emotions can be traumatic. Exploring Memory in Trauma Cathy Caruth depicts trauma as a stroke to the tissues of the psyche, that hurter distresses an individual. Webster's New College Dictionary in 1995 delineated trauma as an emotional stock that creates substantial and lasting damage to the psychological disclosure of the individual, commonly leading to neurosis; something that harshly agitates the mind or emotions. Trauma comprises daydreams, nightmares, flashbacks and hallucinations in which the individual incessantly assuages the horror [11]. Trauma entered the critical theory field through the workings of the Holocaust. Human conflicts have given rise to many questions about our human condition. When the doctors and psychiatrists were confronted with dilemmas, the writers found the answers. Freud and Caruth, as representatives of two different fields of knowledge, understood that psychiatry and literature can help each other. Books, as medicine, can offer healing to humans' mind and soul [12]. Throughout the history of psychiatry, there has been a waxing and waning of understanding of the importance of psychological trauma in the genesis of a range of psychiatric diseases. Psychiatry has occasionally experienced marked amnesias, in which well-established knowledge was abruptly forgotten, and the psychological effects of man's inhumanity to man were attributed solely to constitutional or intrapsychic factors. Despite the fact that the traumatic memories that haunt people after experiencing overwhelming terror have always been a central theme in literature [13].

4.3 Feminine Psyche:

Integrating Spirit and Psyche is bursting at the seams with knowledge and ideas from all over the world and throughout time, but the advantages of this richness are diminished by the author's breeziness in exploring each subject and the speed with which she shifts from one to the next, allowing for just a thin

exploration. It can be disheartening or daunting to respond to the questions at the end of the chapters because they are frequently wide, do not build upon one another, but rather shift from a positive to a negative, and from a personal to an intellectual perspective. Although the book makes use of narrative therapy concepts in describing and beginning to deconstruct sexist narratives as well as bringing to light stories based on the value of women's inherent worth, it only recently started putting these ideas into practise. As a result, it is not a particularly helpful manual for comprehending narrative therapy for women. It is more helpful as a quick feminist introduction to a variety of narratives, such as spiritual tales, that affect how women perceive themselves and their lives. [14]. Women, who have been ensnared by their own whims of freedom and its repercussions, impacting their souls. Moreover, these characters seem to be a strong archetype, which is quite known to the readers of literature. They are the representation of progressive women, who are at liberty to choose and decide for themselves. In addition, of vital significance is the fact that both the novelists excelled in delineating the functions their women characters. Although they never intended to explicate either Ghazalian or Freudian theories, but contribute expansively in the awareness of human psyche [15].

4.4 Women in Transition:

The word is frequently used is 'transition' suggests that it is an important concept Although disciplinary focus affects how transition is defined, most people agree that involves people's during a transitional period, replies. Transition happens through time and involves change and adaptation, such as developmental, personal, relational, situational, societal, or environmental change, but not all change is transitional. Transition requires the reconstruction of an important sense of self. In order to fully understand the starting stage, midcourse experience, and outcome of the transition experience, longitudinal studies are necessary because time is a crucial component of transition. [16]. Women are at the centre of all life transitions, whether they are internal to the family, like maturing, external to the country, like moving to an urban area, or internal, like relocating to another country. Ironically, women's roles in these changes are either overlooked altogether or inaccurately portrayed. We need to raise people's awareness of the women who are struggling with the being-versus-becoming conflict of assimilating into a new culture and who want to find a solution by balancing staying true to their native values with assimilating into the host society for both themselves and their families [17]. Even though the Women's Movement was only a few decades old, most adult women had already developed enough self-awareness to feel uncomfortable in traditional roles while still functioning within the socially constructed mental framework. The majority of women were raised to play roles that don't exist by role models they can no longer replicate [18].

4.5. Women as Social Protagonist:

The idea that women should act in a certain way is deeply ingrained in Indian culture. Society does not take into account the feelings of women. She is expected to follow the zero-tolerance policy, which has caused countless psychological problems for her mind and spirit. In a civilization dominated by men, feminine sensibility emerged throughout the modern Indian renaissance. In the face of the current bleak outlook for the prospects for women, the gains achieved throughout the process of three decades of economic and social development in the region between 1950 and 1980 should not, however, be forgotten. Despite the shortcomings and inequalities, A significant amount of progress has been made in the levels of literacy, education, health and life expectancy of the population as a whole and of women in particular, and in narrowing the gap between the urban and rural sectors, especially in those nations that have greater levels of economic development [19]. Protagonist Women highlights examples of women taking the lead in an antagonistic society. The protagonist woman exists on the fault lines of society, championing a now well-established social, cultural and economic revolution. This revolution is aimed primarily at not only garnering women equal rights to men and accounting for historical injustices but carving out a space in society dedicated to tackling the particular challenges faced by women today. In this vein, protagonist women recognise the pluralities of experiences and the difficulties faced by women globally. These include biological challenges, those of physical integrity and reproductive health, in addition the challenges and restrictions inflicted by the standards of conduct of society [20].

4.6 Significance of women Protagonist:

Manju Kapur has portrayed an array of middle-class women characters suffering because of norms and taboos of age-old tradition, the patriarchal setup, uncertainties of matrimony and their struggle to find

identity. The main characters all proceed to handle the domestic crisis on their own after realising they cannot rely on others to resolve it. The female heroines of Manju Kapur's works do not truly change into new women despite receiving knowledge and independence [21]. The thesis takes the principal philosophical ideas set out by Simone de Beauvoir in her ground-breaking feminist treatise *The Secondary Sex* and applies them to modern literature, specifically recent bestselling novels that not only tackle feminist issues, but also present the stories from the perspective of strong, distinctly flawed female protagonists [22]. The women protagonist feels alienated and rejected in their family and society. They recognize the world as hostile and meaningless. Women characters mostly suffered due to their own incapability to adjust themselves. So, women protagonist of her novel; Maya, Monisha, Sarah, Sita suffered mentally and physically [23]. The vulnerable atrocities and sufferings undergone by Jennifer Parker, Tracy Whitney and Ashley transform them into the strongest of all in their own respective ways. They all show a drastic change in their personal believes, practices, besides their strategic response through their own ways of retaliation on the society that victimized them [24].

4.7 Concept of New Women:

The Merriam-Webster online dictionary defines a "New Woman," also known as a "Modern Woman," as "a woman notably of the late 19th century aggressively fighting customary constraints and trying to fill a complete role in the world" [25]. Shenoy's female protagonists fit this description, or improve upon it, admirably. They have a serious concern for others and a strong desire to advance professionally for themselves. Exploring one's individuality satisfies a fundamental human desire. In the role of Vipasha, Preethi Shenoy has succeeded in presenting a "New Woman," a brave woman who has taken a risk and is prepared to accept the consequences, who is unwavering in her convictions, and who takes satisfaction in her work. The opinion expressed by Alexandra Kollontai in "New Woman" —The "single woman" that in the recent past, the original type of woman was the "spouse," the wife who was the shadow of the husband, a supplement, and an appendage, fits perfectly with a woman who is self-assured, mentally strong, self-reliant, and brave all rolled into one. The lone woman has stopped acting in this inferior capacity and is now nothing more than a man's response. She has a distinct inner universe that is filled with universal human interests. She is autonomous on the inside and independent on the outside [26].

4.8 Roles of Women

Although strains and stresses are less frequent in family responsibilities than in vocational or domestic ones, they still have more severe effects on women's psychological wellbeing than do strains and pressures from the workplace. Through role-specific stress, tensions can foretell distress, with interpersonal problems contributing most significantly to this type of stress. As a result of the buffering effects of work on marital stress and the aggravation effects of parenthood on workplace stress, participation in numerous roles changes the influence of stress caused by a single role on depression [27]. Since a woman's role configuration is less rigorously predetermined than a man's is, it is especially crucial to understand the relationship between social role involvement and psychological well-being in women [28]. Choosing not to work can be a real alternative for women, just as choosing not to marry and have children is becoming into a new choice. As a result, many mothers and professional women who are also married play several, potentially conflicting roles. The traditional functionalist position has been that balancing the demands of work and family calls for the assignment of incompatible roles, with one family member focusing on the expressive needs of the family and the other handling the instrumental demands of work—a role for which women are socialised [29]. In most societies, however, women are socially powerless in respect to the very reproductive capacities that might make them powerful. The primary bodily experience of mothers is a poignant reminder that to think of maternal power is immediately to recall maternal powerlessness and conversely [30].

4.9 Ankita Sharma in *Wake-Up Life Is Calling*

Her famous novels are *Life is What You Make It* (2011) and *Wake Up, Life is Calling* (2019) that is a sequel to it. These novels portray the issue of postmodern paranoia through her writings. Ankita Sharma is the main character in both novels. She is affected by bipolar disorder, and she leads her share of the life in a mental asylum. These two novels focus on Ankita's holocaust of mind. The methodology of the research also adopts the theories of paranoia proposed by Sigmund Freud, Sheldon Cooper, Jacques Lacan, Thomas Ruggles Pynchon, Harry Stack Sullivan, Ivan Pavlov, Carl Jung, Jean Francois Lyotard and James Cameron. The present study emphasizes Shenoy's texts that depict the paranoid thoughts of

Ankita Sharma. The issue of paranoia in the texts is substantiated and explored by using the various theories related to postmodern paranoia. The study's findings are compared and discussed with other studies concerning paranoia. Finally, the findings of the study explore that postmodern paranoia exist in the works. Bipolar disorder is one of the mental problems in paranoia. The protagonist Ankita Sharma is affected by bipolar disorder. By this disorder, her life is shattered and admitted in a mental asylum [31]. *Life Is What You Make It* is a story about a young girl Ankita Sharma, who is in her stage of adolescence. This fiction explores the journey of depression in the life of Ankita Sharma. In this context, Sobirova Zarnigor (2019) expresses the view on realism as "a straightforward description of life's conflicts is one of the main requirements of realism literature". The element of psychological realism could be traced in the fictional narration of Preeti Shenoy's *Life Is What You Make It*, which indeed gives a detailed description of the protagonist's conflict in life. Further, it brings forth the journey of the protagonist focusing particularly on her thoughts, feelings, and emotions predominantly during her state of bipolar depression [32]. Despite her mental depression, she could bounce back in her life due to her strong will power and determination. Preeti Shenoy tries to prove that life is indeed unpredictable through her fictional character Ankita Sharma and tries to express so realistically that life may take a sudden unexpected turn through the psychological journey of her protagonist. Thus, this realistic reflection instils a strong message to the community stating the fact of how life can take a different turn rather than what is planned. In accordance with hurdles of the protagonist in facing life problems, the writer tries to impart a resilient sense of hope and determination in the minds of the readers [33]. The main character in the novel "*Life Is What You Make It*" is Ankita. Ankita was given a place to study at Saint Agnes in Cochin. For women who wish to dominate university politics. She has emerged as a role model. Her strong sense of empathy, long-term sustainable ideas, and high sensitivity made her emerge as the front-runner in the college elections. Ankita from *Life is What is* willing to give up her relationship to pursue her further education in Bombay. Despite in light of the fact that she is girl, her parents are prepared to give priority to her wish. Bipolar illness affects Ankita. Her maniacal energy is only revealed to her closest pals. She can express her suppressed emotions through education. She develops an eccentric personality so she can prepare study materials and perform well enough to earn decent grades. She is a terrible fame seeker. She is thrilled when she receives praise for her JAM performance at one of her intercollegiate meets. She says, "supremely charged up with my own cleverness and stunned myself I was feeling invincible, irresistible, charming and at the top of the world" (*Life is What*, 92). Her life is distorted and the trauma of her love tatters her to pieces and ends up life in an asylum. The very purpose of striking the balance in once's life is more than some ones carrier .Ankita as a protagonist suffer as a psyche, Nisha as a women suffers in dilemma .And the other women characters so called women protagonists contribute much to their family through sacrifice, obeying the family members .Yet that never meet the balance in their life which they are supposed so these women protagonists become unique and a modern women can accept them whole heartedly, and connect with them better.

4.10 Deeksha in A Secret wish List

Shenoy explores the incidents and sufferings especially faced by married woman in real world. She reflects these problems on the protagonists, Diksha in 'The Secret Wish List' [34]. *After Vibha leaves, I think about her words. The emptiness of my life has eaten me up from inside. Of course, Vibha is right. I have, over the years, slowly but surely become a maidservant and cook. Sandeep and Abhay take me for granted. But the fact is, a part of me feels useful too, doing all this. It gives me a sense of purpose, a sense of 'doing something', justifying my existence. But, for the first time in my life, I have begun thinking about where my life is heading. Perhaps the fact that I will turn thirty-five in a few months adds to my increasingly contemplative state. I guess most people take stock of where they are heading when they get older, don't they?* [35]. Bipolar, or manic-depressive, disorder is a frequent, severe, mostly recurrent mood disorder associated with great morbidity. The lifetime prevalence of bipolar disorder is 1.3 to 1.6%. The mortality rate of the disease is two to three times higher than that of the general population. About 10–20% of individuals with bipolar disorder take their own life, and nearly one third of patients admit to at least one suicide attempt. The clinical manifestations of the disease are exceptionally diverse. They range from mild hypomania or mild depression to severe forms of mania or depression accompanied by profound psychosis. Bipolar disorder is equally prevalent across sexes, with the exception of rapid cycling, a severe and difficult to treat variant of the disorder, which arises mostly in women. Because of the high risk of recurrence and suicide, long-term prophylactic pharmacological treatment is indicated [36].

4.11 Vipasha

Vipasha in Shenoy's *It Happens for a Reason* argues: "Well, I am not desperate. I don't need to have a man in my life, unless he happens to have everything that I want. I have my own life, and my own little world. It is you who is desperate to see me hooked" (2014b 172). In her conversation with Suchi, Vipasha expresses her liberty and opinion [37]. The novel champions the cause of emancipated woman. Vipasha, a liberated woman, makes relationship on her own choice denying the traditional marriage institution and gives birth a baby out of their love. She was bold enough to take the courageous step which is forbidden to the male dominated orthodox society. But she does not care for that. Being a modern educated woman, she consciously chooses her own future. She rises above gender discrimination [38]. Thus, Vipasha portrays the role of an emancipated woman. She is unwilling to be a subject of 'desire'. She aspires to be an independent woman financially, physically and mentally. She rises above 'gender' which is cultural construction. She proves herself through her works and becomes a human being [39].

4.12 Veda

Shenoy's Veda in the novel, *The Rule Breakers* (2018), is a typical Indian woman who becomes the victim of the gender discrimination. Veda could not continue her study due to early marriage. Through Veda's character, Shenoy depicts the psychological dilemma of a female character. Not only Veda, but also her other sisters know the conventional norms and practices. Hence, they remain silent and they have to follow the traditional customs in the orthodox society [40]. In the *Rule Breakers* Shenoy's treatment of gender and sexuality explores the subjugation and liberation of Shenoy's Veda as well as the agony of the gay, Veda's husband. Therefore, the present study aims at discovering the feminist approach of Veda and the crisis of gay identity for Veda's husband [41]. Veda is left without a choice but to get married, as there are three more daughters in the family. Marriage as an institution makes life more miserable for women, as they undergo a series of changes. The change in place, people and customs bring a shock to a woman. h. Veda starts attending college in Pune and finds it very different from her college. Since she joins in the final year as a married woman, she is side-lined, she feels so embarrassed as a married girl in the college, as others treat her differently. The marital status protected Veda like a fence and she is further alienated and isolated. Domestic violence is a great threat to Indian women. Women are abused not only by men but also by women in the family. Women fall into a muted group not able to articulate their sufferings. Veda is one such victim of domestic violence, as she is assaulted by the scathing words of her mother-in-law Padma Devi. Padma constantly reprimands Veda about everything like cutting vegetables and cooking. Veda's father-in-law is a considerate man and he consoles her saying that his wife has a sharp tongue. But Padma treats Veda like a puppet in her hands and resents as Veda expresses in her letter to Vidya, "I don't know what responsibility she wants me to take on. She decides everything that has to be cooked. I do whatever she tells me to do [42]. The female character Veda experiences an individuation crisis that finally results in self-actualization. Veda transcends via risk-taking and sacrifice to achieve self-realization.

5.RELATED WORK

5.1 Indian Studies:

"Patriarchy refers to male dominance, power relationships in which men rule women, and a society in which women are subordinated. This societal system promotes the idea that males are superior to women and that women are their property. Patriarchy is a system that subjugated women in the domestic and public realms" [43]. While coming to Indian English literature, some writers explore the ideas regarding the Indian milieu in their texts. Likewise, Preeti Shenoy is a distinguished and multifarious postmodern writer based in India. Many themes have been reflected in Shenoy's works, and liberal feminism is one of those ideas. Arguably, this topic can prove worthy of academic investigation. As Maya Angelou, an author involved in the fight for women's rights who explores women's suffering and desires through her interview in *OWN1* – notes, "Each time a woman stands up for herself, without knowing it possible, without claiming it, she stands up for all women" [44]. John Stuart Mill's philosophical essays might provide insightful points of reference for Preeti Shenoy's novels. Mill's notable concept in liberal feminism is a moral theory. To start with, Mill reads women's relationships with their families in terms of self-sacrifice. We read: "If women are better than men in anything, it surely is in individual self-sacrifice for those of their own family. But I lay little stress on this, so long as they are universally taught that they are born and created for self-sacrifice" (Mill 2002, 43). Mill mentions that women are able to give up

everything for their family and they are not concerned about their own wishes; women are not so much naturally inclined to self-sacrifice as “universally taught” – this is a social construct imposed on them. In a similar vein, Diksha in *The Secret Wish List* articulates that she is forced into marriage at the age of nineteen, and she becomes a mother. Acknowledging that she is a good wife and mother, she nevertheless feels worried that she is not living her life and that she sacrifices everything for her family’s sake (2012a, 73). Moreover, Mill emphasizes the importance of decision-making based on one’s intellect: “No one can be a great thinker who does not recognize that as a thinker it is his first duty follow his intellect to whatever conclusions it may lead” (Mill 2002, 62). Diksha lists out six wishes of her own such as learn salsa, getting drunk, taking a vacation alone and so on, but she does not know how to realize them. At the same time, she is not aware of the upcoming problems while making the decision regarding her wishes (2012a, 77-78). From the author’s perspective, Diksha comes out from her family life and fulfils her wishes. To sum up, the character of Diksha embodies certain challenges that women face in their path to independence [45]. Eisenstein claims, “The point is not that the family doesn’t reflect society, but that through both its patriarchal structure and patriarchal ideology the family and the need for reproduction also structure society. This reciprocal relationship, between family and society, production and reproduction, defines the life of women” (Eisenstein 1979, 15-16). Eisenstein observes the chain of connections between patriarchy, rules of society, and the necessity of reproduction, pointing to the influence of these factors on the position of a woman in a family structure [46].

5.2 International Studies and recent studies:

The protagonists in Elizabeth Strout’s book *The Burgess Boys* (2013) suffer from post-traumatic stress disorder (PTSD) as a result of the horrible experiences that occurred throughout their lives. In a related manner, the Indian writer Preeti Shenoy, in her work of fiction titled *Life is What you Make it* (2011), draws attention to the psychological pain that her main character, Ankita Sharma, goes through. The characters from a selection of books are used in this article to study the consequences of trauma and post-traumatic stress disorder (PTSD). The study is based on the theoretical postulations of American Trauma theorist Cathy Caruth [47].

5.3 Narrative Techniques:

The novel is simple to read thanks to Preeti Shenoy’s clear writing style. She tells the story in the first person, which makes it simple for readers to relate to the character Ankita, Vipasha, Deeksha and Veda [48]. This novel is exemplified through the theories of metanarrative proposed by renowned theorists concerning metanarrative. Finally, the elements of metanarrative are rendered in the select novel of Preeti Shenoy through her writing. Through this study, it is identified that Shenoy’s texts affirm the postmodern metanarrative concepts such as hero narration, nostalgia narration, knowledge narration and dialect narration. The said concepts of metanarrative are explored in Shenoy’s work, *A Hundred Little Flames*. The limitations of the study are: most of the studies convey metanarrative in both literature and film also. Therefore, it is a very sturdy thing to find metanarrative in literature and to find an apt concept for methodology and analysis with Shenoy’s work. Though there are many theorists related to postmodern metanarrative, the present study has considered only one theorist, Jean Francois Lyotard [49]. The present study assists and recommends the future studies that researches can be carried out in the areas of amalgamation of culture, the true relationship, alienation, parental care, love, psychology barriers, older generation versus younger generation, philosophy, and workaholic [50].

BOOKS SELECTED FOR THE STUDY:

Table 1 projects the books which are selected for the research work. All four novels of Preeti Shenoy are the latest best-selling and exhibit unique narration by women protagonists as major characters.

Table 1: Books selected for the study

Name of the Book	Publishing Year	Author of the Book
<i>Life Is What You Make It</i>	2011	Preeti Shenoy

<i>A Secret Wish List</i>	2012	Preeti Shenoy
<i>It Happens For A Reason</i>	2014	Preeti Shenoy
<i>The Rule Breakers</i>	2018	Preeti Shenoy
<i>Wake Up Life Is Calling</i>	2019	Preeti Shenoy

Source: Compiled by the researcher.

Table 2 summarizes the findings of several writers related to the selected topic by the peer reviewed journal articles.

Table 2: Summary of previous research findings.

Sl. No	Field of Research	Focus	Reference
1	Feminine psyche and trauma in the twenty first century immigrant fiction.	This research demonstrates that contemporary women have options beyond those traditionally accorded to them by patriarchal societies. The author argued that women should have access to higher education and other opportunities to better themselves.	Pawar, S. N. (2019) [51].
2	Gauri as woman protagonist in Mulk Raj Anand's Novel.	In this paper Mulk Raj Anand's Gauri eloquently exposes the hypocrisy of our society and typical mentality of man.	Yadav's. (2015) [52].
3	Choice of profession in the post-millennial women characters, as reflected in the selected fictions.	In conclusion, women have adopted a submissive mentality, which in Indian tradition is referred to as a woman's jewellery. Because women were not financially independent, one of the primary causes of male supremacy was this.	Dhande, P. S [53].
4	Marriage is a 'mirage': a study of woman protagonist in Shobha De's socialite evenings: An overview.	According to this study, marriage in traditional society calls for a woman to continuously cede her independence and even her sense of self. Her husband, who serves as her master, is the real motivation behind all she does.	KUMAR, B. R [54].
5	Social realism and psychological transformation of women protagonist in Nayantara Sahgal's storm in Chandigarh and a situation in New Delhi-A study.	The author has made an attempt to look into the psychological aspects of the protagonists. Women novelists strive to increase awareness in order to affect social change.	Sankar, G., Kamaraj, L., & Ananthraj, A. M. (2018) [55].
6	Of Negative Portrayal and the Plight of Women in the Akan Folktales.	According to this study, it would be beneficial to tell more empowering stories about women in order to inspire them to assume more responsibility for their own well-being and the growth of society.	Mireku-Gyimah, P. B. (2013) [56].

7	Depiction of disabled characters in Preeti Shenoy's <i>Life is what you make it</i> and the Tamil film 3: A Psychological Perspective.	To sum up with the lines of William James, "The greatest revolution in our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives".	Raja Rajeswari, S. (2019) [57].
8	Nuts and bolts of psychological realism in Preeti Shenoy's <i>Life Is What You Make It: A vestige of hope.</i>	The article attempts to instil in the readers a resilient feeling of optimism and resolve via the difficulties the protagonist has in dealing with life's obstacles.	Manikandan., Prema, S., & Arputhamalar, A. (2021) [58].
9	Gaping Generation Gap in Preeti Shenoy "A Hundred Little Flames"	In conclusion, everyone should be conscious of their responsibility for maintaining a strong bond devoid of expectations. Conflicts among postmodern people can be settled by emanating self-realization in order to promote family harmony and bridge the gaping chasm.	Rathika, B [59].
10	Emergence of Young Adult Fiction in Indian English.	This article summarises about a risky endeavour, it obviously veers from the standard notion of the book in both treatment and theme.	SEKAR, J. J [60].
11	Man And Woman Relationship in Preeti Shenoy's " Life Is What You Make It"	This article summarises about despite the fact that women's emotional experiences continue to be intrinsically linked to them, Preeti Shenoy's writings are frequently examined from a feminism-focused perspective.	Kalyani Swapna, P., & Lakshmi [61].
12	Psychoanalytical Study on Preeti Shenoy's <i>The One You Cannot Have</i>	This essay's goal is to examine the novel's underlying themes in the context of Freud's psychoanalytic theory and other psychological theories.	Nandhakumar, K. (2018) [62].
13	Role and Significance of Relationships in Preeti Shenoy's <i>Life is What You Make it</i>	In conclusion, it is critical to strike a careful balance between reason and feeling in order to sustain a healthy relationship.	Nandhakumar, K. (2018) [63].
14	Striking Balance: A Psychological Interpretation of Preeti Shenoy's <i>Wake Up, Life is Calling</i>	This study suggests that there is never a problem without a solution. In that challenging circumstance, one shouldn't give up hope. Suicide is not a solution for any problem, it is also important to understand this.	Magishavarthini, S., & Niranjani, S. R. (2022) [64].
15	Family and Society Interface: A Postmodern Reading of Preeti Shenoy's <i>the Rule Breakers</i>	According to this study one shouldn't give up hope in that difficult situation. Even when things are dire, one should hold onto hope and maintain balance in life.	Mandal, P. S. [65].
16	Re-formed 'Women and Narratives of the Self. <i>ARIEL: A Review of International English Literature.</i>	This study summarises women has a power to reform herself no matter the situation, place. But one must listen to herself first.	Pranitha, S. (2006). [66].

17	Life As You Make It: The Reaffirmation of Life Values.	The study subtly demonstrates that having these values is what makes one's life truly joyful and rewarding. It also discusses the importance of connections with family and friends that are built on trust and love as well as the fundamental life values.	Dubey, M. S. [67].
18	Trauma and literary studies: Some enabling questions.	The true power of trauma, as Caruth herself powerfully explains here, is due to the fact that the person who falls victim to traumatic pathology does so precisely to the extent that he or she fails to be present to the event in the moment of its occurrence.	Marder, Elissa [68].
19	Women Oppression as a Result of Male Dominated Culture as Represented in Shenoy's Novel 'The Secret Wish List'	This study describes the experiences of an Indian woman who is subjected to male dominance and female oppression, as well as how far women are willing to go to fight against it.	Astute, R. D., & Kistanto, N. H. (2021). [69].
20	Postmodernism and the Women Protagonists of Sidney Sheldon	This essay gazes into the connection between postmodernism and the emotional outbursts of female protagonists.	Malathy, P. (2018). [70].
21	Socio-Cultural Consciousness in the Female Protagonists of Githa Hariharan's the Thousand Faces of Night.	The focus of this essay, which also addresses emotional security, financial difficulties, stress, and career pressures, is on the severe psychiatric disorders that are contributing to an increase in the number of female suicides.	Gangahr.M. (2013). [71].
22	Female Protagonist As An Existential Outsiders In Anita Desai's Novel	This article offers a critical analysis of the fictional universe that centres on the psychological state of the characters, including their issue, feelings, fantasies, resentment, and alienation.	Tabassum, R. (2020). [72].
23	Jasmine: A Self-Explanatory Women Protagonist in Bharati Mukherjee's Jasmine	In this paper the characters learn throughout the novel that the idea of a single identity is a lie and that the indefinite diversity of the diasporic experience is the real reality as they examine both their race and sexuality through various new perspectives.	Usha, G., & Varsha [73].
24	A thematic study of selective novels of Shashi Deshpande agony of women in society.	It suggests coordinated efforts on the part of both sexes to establish a mature and equitable gender relationship.	Rani, Ravi. [74].
25	Woman as Protagonist and Creator in the Contemporary Spanish Novel	In this the study of women serves both aesthetic and socio-political purposes. She draws attention to the beliefs and images that are generally imposed on minority members of a dominant culture—in this case, myths that are specifically concerned with the existence, roles, and placement of the sexes.	Ordóñez, E. J. (1976). [75].
26	Dynamics of Individuation and Self-Realization in Preethi Shenoy's The Rule Breakers	This essay analyses Preethi Shenoy's book "The Rule Breakers" using Carl Jung's theories of individuation and self-realization.	Khadiri, N., Venkataraman, R., & JaisreAssociat e, V. [76].

27	Heterogenous Woman Characters in The Novels Of Preeti Shenoy	This article makes it apparent that we can perceive all personalities connected to contemporary society. With her characters, Shenoy hopes to change society. She has authored novels that focus on different female roles	KalyaniSwapna, P., & Lakshmi, D. R. N. D. (2020).[77].
28	Michael Foucault's Notion of 'Identity' and 'Liberation': A Study in Preeti Shenoy's Rule Breakers	This article seeks to show Veda's search for a new place in her life, the female leads in Preeti Shenoy's Rule Breakers. Another objective is to show the connection between this endeavour and Michael Foucault's concepts of "freedom" and "identity."	Mandal, P. S., & Kundu, M. [78].
29	Aftermath Of Mania In Preeti Shenoy's Wake Up Life Is Calling	This paper concludes that, despite the fact that our treatment and ignorance make matters worse, it is not the emotional stress or mood swings that have a greater impact on them.	Rama Subbiah, A., & Vimala, D. (2019).[79].
30	Psychoanalytic ideas about fathers. The importance of fathers. Routledge, 2005. 18-37	In this book men's behaviour and their participation have also been questioned due to the greater understanding of the degree of traumatic experiences, domestic violence, and all sorts of child abuse that typically include men.	Etchegoyen, Alicia [80].
31	The Significant Role of Trauma in Literature and Psychoanalysis.	At the end of this study, it is discussed how language influences the development of the self. To understand how a woman's mind is injured, Sigmund Freud's theories as a psychiatrist are used. These viewpoints cover a woman's turbulent life, her tense relationships with her family and friends, and her verbal immaturity.	Heidarizadeh, N. (2015) [81].
32	The Culture of Silence and Secrets: Repressions and Psychological Disorders among Pakistani Housewives in Fiction.	This study uses Freud's notion of the unconscious as its theoretical foundation, and it examines the unconscious of both of its female protagonists, who are archetypal housewives.	Zainab, N., Jadoon, A., & Nawaz, M. (2017) [82].
33	Depression in women. Metabolism.	This essay seeks to redefine women's lives and identify where tradition and modernity converge.	Noble, Rudolf E. (2005) [83].
34	Manifestation Of the Unconscious: A Psychoanalytical Study of The Characters In 'Clear Light of The Day'.	This research paper analyses the book "Clear Light of the Day" utilising Freud's psychoanalytic theory to investigate the influence that one's unconscious mind has on the growth of one's personality.	Bano, S., Bacha, M., & Aslam, M. W. (2022) [84].
35	Communication and Interculturalism in the female protagonists in the novels of Kamala Markandaya	According to this study's conclusion, the novel's protagonist is aware of the subtle biases that are utilised to exclude women.	Banu, A. S., Priya, K. M., Narmatha, M., Soundarya, P., & Sumathi, E. (2022) [85].
36	The female imagination: A literary and psychological investigation of women's writing	This study examines the growth of Dolores Claiborne and Rose Madder as characters in Stephen King's books. It concentrates on the storyline and subplots, the literary devices used, and the themes and subthemes.	Spacks, P. M. (2022) [86].

37	The Image of a Woman As A Wife in The Select Novels of Stephen King	This essay examines how Rose Madder and Dolores Claiborne evolved into literary personas. The primary focus is on the storyline and subplots, literary devices, themes, and sub-themes.	Ruta-Canayong, N. J. (2022) [87].
38	Homemaker or Career Woman: Life Course Factors and Racial Influences among Middle Class Americans	This study investigates the impact of life course variables on American women with college degrees' decisions to seek a career or stay at home with their children.	Giele, J. Z. (2008) 393-411. [88].
39	Concept and Types of Women Empowerments	This study illustrates that woman have suffered more than any other disadvantaged group throughout history. No distinctions based on culture, race, geography, or religion could limit their pain.	Mandal, K. C. (2013) [89].
40	Diaspora and Feminism in Chitra Banerjee Divakaruni's Arranged Marriage.	In this study, an effort has been made to analyse how she portrays Indian-born women making new lives for themselves in America as well as how she represents marriage and man-woman relationships in a diasporic context.	Valiyamattam, Rositta Joseph [90].
41	To Be or Not to Be a Good Woman? Transitioning from Feminisation to Finalisation in Githa Hariharan's "The Thousand Faces of Night"	This essay aims to demonstrate how Hariharan used a feminist decision to make her protagonist go from the feminine to the female.	Pati, Debashish [91].
42	Githa Hariharan's the Ghost of Vasu Master: A Tale of Silent Suffering.	This essay makes a feeble attempt to address these concerns of women's marginalisation and the mirror of socially imposed norms on women using the well-regarded contemporary novel.	Begawan, Sarika. [92].
43	Bipolar disorder toward the main character in Michael Cunningham's novel the hours (psychoanalysis)	One of several impacts were feeling sad or hopeless and losing interest or pleasure in most activities, even contemplating suicide.	PARAMITA, F. A. (2021) [93].
44	Seeing Suffering in Women's Literature of the Romantic Era. Aldershot. Hampshire.	According to this book, an entire tradition of writing needs to be realigned and challenged because suffering is witnessed and depicted by female authors.	Dolan, Elizabeth A (2008) [94].
45	The Empire of the Mother: American Writing about Domesticity,	This shocking and significant feminist study explores the evolution of the domesticity concept throughout this time and its repercussions.	Ryan, Mary P (1982) [95].
46	Separate spheres, female worlds, woman's place: The rhetoric of women's history. The journal of American history.	This study helps us comprehend how although the lines between our private and public areas may be blurrier, they are still very much gendered in many significant ways. One of the most captivating contemporary social tasks is the reconstruction of gender relations and the areas that men and women may claim.	Kerber, Linda K. (1998) [96].
47	Meenakshi Mukherjee, Realism and Reality: The Novel and Society in India.	In this article the author has proven that to be sensitive and open to the nuances of Indian narrative.	SULERI, SARA (1989) [97].

48	Realism and reality: the novel and society in India.	In this article, Mukherjee integrates sociological and historical issues into her literary analysis, as well as what influenced the nineteenth-century Indian novel.	Mukherjee, Meenakshi (1994) [98].
49	“Woman and Womanchild: Bonding and Selfhood in Three West Indian Novels by Women.”	In this essay the primary protagonists’ influential ties with the elder ladies who attend their lives will be examined in this essay. Conclusions are formed concerning the nature of the woman-child relationship and its greater implications for the values and world view expressed in the writings of these three Caribbean women.	Kemp, Yakini. [99].
50	Women Aging into Power: Fictional Representations of Power and Authority in Louise Erdrich’s Female Characters. Studies in American Indian Literatures.	This article demonstrates that, as one might assume, the topic of women and the exercise of power has sparked heated debate.	Castillo, Susan. (1996) [100].
51	A cross-cultural analysis of female protagonist on selecting novel of Chitra Banerjee Divakaruni and Bharati Mukherjee. International Journal of Linguistics, Literature and Culture.	This study investigates the cross-cultural ideals and revelations of female protagonists in the novels of prominent diasporic writers Chitra Banerjee Divakaruni and Bharati Mukherjee.	Sankar, G., J. Prabhavathi, and S. Sankarakumar (2019) [101]

6. RESEARCH GAP:

The varied interpretations of the numerous women’s personalities, settings, and circumstances are offered in a real spirit of modern viewpoints, it has been discovered after analysing the resources on the relevant sphere of knowledge. Studies on these important works of literature concentrate on the issues of displacement, space, and identity, as well as on the themes of women protagonists, courage, and independent, self-sufficient women from a contemporary perspective. Also, it must be mentioned that it is imperative to continue the study by giving the female protagonist’s perspective greater attention. The proposed study would provide greater emphasis to the fluidity and flexibility of hybrid identity, which has not yet gotten enough attention, by analysing the diasporic life in the writings of selected works. All of the female protagonists in Preeti Shenoy’s book seem to have similar psyches, but each one of them has a unique purpose. They argued that there was a lot better place for them to live peacefully and that they didn’t deserve to be where they are right now. All of the protagonists in the book had experienced childhood, adulthood, and middle age, which may have exposed them to a variety of experiences and allowed them to discover their actual selves. Because of this, they appeared, rebelled, and were also replaced by other characters who were more aggressive in nature. Preeti’s protagonists demonstrate that maintaining mental equilibrium is a basic necessity for everyone, regardless of gender.

7. RESEARCH AGENDA BASED ON RESEARCH GAP:

The following are the possible research agenda:

1. The research intends to look afresh into the four powerful female characters of the timeless epic namely, Ankitha, Deeksha, Vipasha and Veda.
2. To compare and contrast the concept of western feminism and Indian feminism.
3. To dismantle the craze of viewing everything through the colour glass of the western approach and try to discover the nativity.
4. Try to de-centre the primacy of the west by re-engaging with the ancient Indian ethnicity

8. ANALYSIS OF RESEARCH AGENDA:

In order to gain focused attention and critical reviews, literature study programmes depend on publishing is now more crucial than ever for researchers to publish in peerreviewed journals in order to reach a large audience with their work. This is because social media and internet-based publishing services are on the rise. Participants in the study questions come from all across the world and offer concepts that might have been missed. Literature studies and critical literary theories have a growing research need. Scholarly research is essential to offer solutions at a time when perceptions are altering, as the internet can now provide visuals and opinion on the state of research.

9. FINAL RESEARCH PROPOSAL/PROBLEM CHOSEN TOPIC:

Future studies should aim to comprehend identity formation as a socio-cultural element better, with an emphasis on how it is always evolving in many different ways. One of these manifestations is to find serenity within the proposed study would investigate how Preeti Shenoy's themes of Women being the centre of attention as the protagonist has lived her life with difficulties, traumas, finding oneself, sibling rivalry, family relationships, and parenting and is expected to be completed in three years. The following are the aims of the planned research. The study's main goal is to conduct a secondary literature review and give summarized data on how women protagonists were portrayed in the select novels of Preet Shenoy, which are very different from each other.

In addition, the following are the other goals:

- (1) To get a better knowledge of the existing studies on how novels depict depression, trauma, bipolar disorder, and courage.
- (2) To get familiar with the underlying concepts, viewpoints, and strategies used to investigate the meaning of women as a main character in novels of Preeti Shenoy.
- (3) To develop an understanding of how researchers use women psyche to analysis the narrative.
- (4) To have a better understanding of how research findings are presented and evaluated in the subject of literature studies.
- (5) To be able to grasp the concept of space as a useful tool for investigating trauma, emotional imbalance, patriarchy, challenges faced by women protagonists in every stage of their life. in selected novels.
- (6) To compare and contrast the ability of each book to contribute to the study's goals.
- (7) Analyse themes in the narratives by critically evaluating each novel's style of narration, plot design and comparing characters.
- (8) To be able to incorporate innovative analyses into the state of knowledge.
- (9) To be able to identify research gaps in the representation women protagonist in fiction.
- (10) Empower the researcher to do new study to fill gaps in existing research.

10. ABCD ANALYSIS/SLOC/SIX THINKING HATS/OTHER ANALYSIS OF CHOSEN RESEACH PROPOSAL:

It is a thoughtful idea to analyse the proposed research using ABCD Analysis framework.

Below is a qualitative analysis of the proposed research using ABCD Analysis.[102].

Advantages:

The current study allows for a better understanding of the existing research on how novels convey Psychoanalytical theory place and important role in women protagonists. The current study aids researchers in learning more about diaspora, our position in the world, and how we inhabit, perceive, and depict new terrain to others. It allows academics to conduct new research in order to fill gaps in previous studies. Knowing the underlying concepts, viewpoints, and tactics used to study the meaning of trauma, psychoanalysis, depression, mania, mental illness in various forms of storytelling is beneficial. It develops literature lovers' creative knowledge by allowing them to analyse and comprehend how women protagonists deal with their life in different circumstances. It helps to understand the psyche of women in giving her liberty to go by her heart will have a greater impact on her daily chores, and workplace to strike a mental and psychical balance.

Benefits:

This research study aims to comprehend identity creation as a sociocultural component, with a focus on its ever-evolving character in diverse incarnations. A gold mine for delving into the depths of identity forms and providing opportunities to investigate countless identity constructions. It also guides new

researchers through the process of examining and exploring psychoanalytical theories, women psyche, trauma and themes in diaspora writings that are relevant to new-generation.

Constraints:

Numerous studies of the authors' novels have emphasised the lives, emotions, and psyches of the women who serve as their prototypical characters; however, the most challenging aspect of the research and one that calls for in-depth investigation is experimenting with and examining these themes from a psychoanalytical perspective.

Disadvantages:

In a time when people's perspectives are changing due to the potential of the internet to provide images and feedback on current research state, scholarly study is essential to suggesting remedies. This research aims to comprehend the path of women from the past to the present, with a focus on how they constantly change and take on various shapes. One may mention important advantages, benefits, restrictions, and determined determinant issue in qualitative research analysis after selecting multiple issues to analyse in the study of chosen novels. The ABCD analysis, also known as ABCD listing, can be considered of as having this preset condition because it will also give a basic comprehension of it. The ABCD framework gives the researcher the ability to evaluate any issues—internal or external—in terms of their relevance to postcolonial ideas and themes. ABCD constructs help readers recognise and understand issues from the perspectives of several stakeholders, enabling the creation of the best potential solution. Hence, a qualitative listing, qualitative analysis, and examination of identified problems using the ABCD analysis framework in appropriate depth are necessary [103].

11.SUGGESTION TO IMPLEMENT RESEACH ACTIVITIES ACCORDING TO THE PROPOSAL:

After doing a literature review, it was determined that various interpretations of Preeti Shenoy's works portray the numerous characters, especially women as a hero in most of the novels, places, and events in a contemporary period which are strong enough to face the world.

12.EXPECTED OUTCOME:

Following review of the literature, it was found that different readings of Preeti Shenoy's works have been used to describe the female protagonist in particular books. Themes of trauma, bipolar disorder, and identity are the main topics of study for these significant literary works. These books will provide insight into the various courageous stages that female characters have undergone, as well as how they have handled adversity in both their real and imagined worlds. It also emphasizes using mindfulness to beat the mental disease. Women are still seen as the weaker group in society since it is believed that they lack the mental capacity to make their own decisions.

13.CONCLUSION:

The goal of this study is to comprehend how emotions develop as both strong and weak elements of life, with an emphasis on how they constantly change and present themselves in different ways. The inner voice is one such manifestation. Analysing psychoanalytical themes like depression, bipolar disorder, and insecurity from several women protagonists simultaneously requires an accredited investigation. Trauma is a mentally unwell condition. Everyone is subject to the same. Despite the fact that they can't be compared as being equals, they are both communicated in writing and are felt by individuals. The principles of the Austrian neurologist Sigmund Freud's psychoanalysis may be able to provide light on the fundamental roots of women's psychology.

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