

THE PROSPECT OF BRAIN AND BEHAVIOUR, REFLECTING THE ROLE OF ANKITA FROM “WAKE UP LIFE’S CALLING” A NOVEL BY PREETI SHENOY

Abstract

The act of behaviour driven by impulsive actions forms an unique understanding with the moments of living present to the connected past. In its extreme state, the recapturing moments of the past experiences, the ones haunted or the most excited moments felt in extreme craze, any injury, pain; or nostalgia either cease to enable someone’s thinking or push them backward in subjugation. The mental aspects of mind make attempts again and again to release from the haunted images that seem holding in the process. While reflecting the similar agony or stages felt by someone, in a novel *Wake Up Life’s Calling* by Preeti Shenoy, a character Ankita undergoes similar impulses as she fights an ordeal to rescue herself from the suppression of old thoughts that weigh on her mind in her present moments. She felt the only way to stay away from further mental conflict is by doing suicidal attempts on finding an instruction guide manual to suicide from her college library. Eventually, when she met the Professor, she changed her style of thinking, she practised blowing of agonies, stress, disorder and mental inflictions in the form of balloons and let go them in air as a therapy. The protagonist was under the suppression of old thoughts weighing heavy on her mind and in the process of counselling, she had then been able to recover gradually rescue herself with a positive spirit free from her haunted past.

Keywords: *Suppression, Subjugation, Haunted Memories, Mental Health, Occupational Therapies.*

Author

Dr. Asma Fathima

HOD, English

Abbas Khan College for Women

Bengaluru, India.

Mob: 9342632430

E-mail: asmmafatima@yahoo.in

I. INTRODUCTION

The act of behaviour driven by impulsive mind is unique in contemplating moments of present connecting past. The rigorous suppressed emotions of the past felt in extreme craze, any injury, pain; or nostalgia either cease to enable someone's thinking or push them aside on issues with subjugation. This act of subjugation of mind impacts the normal life style of a person in the process in many ways. While analysing this concept of subjugation and digression of behaviour, let's attempt to analyse the various issues associated with someone who has a bearing on mind for long. The mental aspects of mind make attempts often to release from the haunted images that seem holding in the process. This type of aggression suffered by mind does rather not allow progress to happen as these images are preoccupied in brain. While reflecting the state of mental disruption felt by the victim, a novel *Wake Up Life's Calling* by Preeti Shenoy, present Ankita who undergoes similar impulses as she fights an ordeal to rescue her emotions from the suppression of old thoughts that weigh on her mind in the present moments. However, eventually the same old Ankita not only liberated herself of the suppression she carried, yet she was also able to see life as a welcome note and started to live a normal living. It was the psychological force that seemed pushing Ankita by the force that drives humans to take actions in the pursuit of peace, happiness and self- identity. What lays in challenge is the idea one takes to elevate apparently out of the impacted self, perhaps the brain processing network hinders growth. This type of mental outburst could possibly happen both in positive or negative circumstances where quite naturally, the victims modify behaviour depending upon the extreme impulses of mind.

II. WHAT DO THE THEORISTS SAY? HOW DO THEY STUDY THE RELATIONSHIP OF MIND AND HUMAN BEHAVIOR?

"Human psychology is defined as the science of the mind and behavior". Psychologists explore human behaviour to treat patients suffering from various mental health issues to understand the root cause of treatment to help people rescue themselves of the influence. The process of understanding encompasses the study of mental behaviour by the application of scientific principles. Studies also relate the functioning of brain in definite forms. Analysing the functioning of actions relating to the responses the mind delivers as an object from brain, it becomes experimental to identify the system of functioning of the brain cells. These cells may act as channels exhibiting skills, delivering false perception of thoughts, the multitude ideas or the abstract assumptions. While reflecting upon Ankita's mental health behavior from the novel *Wake Up Life's Calling* by Preeti Shenoy, an analysis can be made to conceptualize the idea in various dimension. Having dealt with the circumstances, this character assumes her identity while she lived turmoil within. The real life like picture depicted by the author presents images charged with issues causing herself to kill or harm and attempt of suicide.

While dealing with her conflicted mind, Ankita was driven by the psychological force that implores someone to endure loss or failure, success or happiness, hope or dismay. The protagonist seems frequently disturbed by the infliction of past memories. She fights an ordeal to rescue herself as she undergoes stages of trauma in the occurrences of mind and brain impulses. She was unable to forget those moments she had spent before going to asylum and the same old memories haunting her never to forget old Ankita on the arrival of

her old college friend back to her life. She felt the only way to stay away from this ordeal is to permanently take relief. On finding an instruction guide manual to suicide from her college library, Ankita attempts suicide. Having dealt with these circumstances, this character assumes her identity through her positive spirit. The professor's therapy helped her to stay calm and composed and breathe a normal living free from her haunted past. She practised blowing of agonies, stress, disorder and mental inflictions in the form of balloons and let go them off in air during therapy. The protagonist was under the suppression of past memories to forget each time finally blessings came her way to recovery on meeting professor during the regular sessions after her college hours.

III. THOUGHTS AND IMAGES AS PREDOMINANT BODIES

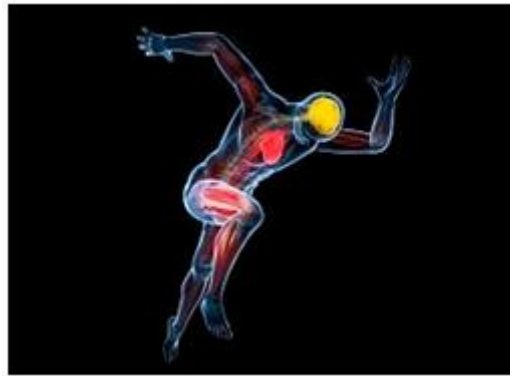
The mental abilities directed through strength bearing power on positive assertion takes to elevate while the negativity cease to take charge at various modes of thinking. Mind situated inside the brain, is an object to everyday collecting memories bringing-in thoughts and constant images. Mind and memories are a ceaseless constant flow of persistent bodies that keeps the storage full despite attempts. As they modify themselves in various forms, actions perform on the basis of mood swings while the behaviour of a person can be observed through experimental condition. Quite naturally, the actions are subjected to the implication of mind acting in operational direction based on the concrete movements and circumstances that can be identified in many ways. The psychological distress turns out to be disorder resulting to behaviour as people with severe mental illness risk premature mortality and hence shorter lives span expectancy. Further, a study was initiated by Palm et al presenting significant violence impact and abuse on women's mental health. In this study a questionnaire was constructed from standardized instruments addressing violence victimization visiting youth health centres in Sweden. He then asserted referring to Lindert J, "the relationships between violence and health need further investigation, might it be the impact of war on mental health or the impact of family relationships, physical abuse and early adversities, gun violence, domestic violence, bullying and cyber-bullying?" When one takes note of the aspects grounding the psychology of mind, stream of consciousness occurs particularly as a routine flow depicting numerous images. Theories have also been observed proclaiming connection of mind with a wide range of mental stigma associated to it. Sam Warner and Tracey Wilkins argue on social constructionist theory to understand "borderline" behavior among women who self-harm or abuse themselves. They demonstrated a social model of intervention providing a comprehensive analysis on identification of exploring relevant factors through therapy. Ultimately they concluded that " diagnostic categorisation has limited utility in directing therapeutic work with this particular group of women because it directs attention away from the social world to internal pathology."

IV. MIND V/S BRAIN

Is there any Connection of Mind with the Brain?

Brain is a physical organ located inside the bony covering called "cranium." The functioning of mind is absolutely connected to the chords of the brain. "Mind-brain identity theory contrasts with long-held beliefs attributed to Rene Descartes, a seventeenth-century French philosopher, mathematician and scientist who is considered the father of modern Western philosophy."The doctors at BHF's provide regular treatment with exercise to see how

the signals from brain are passed to the hearts “listen in’ on these signals and find out how the brain neurons communicate differently.” They usually identify the connections passing from brain signalling system in a very unique and different way. Although mind and brain are the two different entities seem interrelated, they function as two different bodies of one system. While reflecting upon this theory it seems to be connections of brain with the mind. The mental state of a person attributes to the signals while the nerves connect heart to the brain passing communication and hence actions seem to be bound to the feelings connecting heart. The theory stated by the philosophers Descartes and his companions assert brain as a non-physical and immaterial object.



Mind as a Functional Companion

The absolute order of brain and body relation can be studied by discerning the factors of real life experiences caused due to the repeated blows the heart undergoes in the form of obstruction, agitation and distress. The good experiences on mind often prove affirmation while the negative thoughts hammer the growth and cause poor results. These experiences are natural to the injured heart as the functioning possesses long bearing that takes its own course of time to heal. The unresolved emotional impulses in brain affect the physical health while connecting the heart. There had been other philosophers who pondered over the fact to deliberate theories based on their reading concept in 1960s where they introduced and demonstrated multiple realizabilities. Hilary Putnam in his series of papers stated, “the idea that the same mental state can be realized in different physical states.” A person easily affected and cause to suffer attacks has a close relation to passing signals of brain to the heart. There seem to be icy cold feeling on experiencing such collision of both heart and the mind.

Brain and Pain Encountering Trauma

Mental illness is a health problem that significantly affects how a person feels, thinks, behaves, and interacts with other person’s interest. It is diagnosed in relating issues of mental illness and symptoms of distress and people with similar pressure. The term mental disorder is also used to refer to the stigma associated with taking extreme step to act crazy, to isolate oneself or commit suicide. Any mental health problem concerning break ups in relationships, low or disgustful feeling and ironic behaviour also interferes with the disorderly symptoms, but to a lesser extent than suffering with depression or attempts of suicide. In reality the person with symptoms of mental illness once had a very bright sided life where he/ she would have dealt with issues in a vigorous manner taking every act of energies with positivity and

affirmation. The imbalance of mind causes someone to break due to their unfulfilled emotions targeting severity and finally leading to disorder. In chapter one of "An Introduction to mental health and mental illness, the idea has been captured through presents facts in reality where Rosenhan says: 'We might like to believe that we can tell the normal from the abnormal, but the evidence is not compelling ... there is a great deal of conflicting data on the reliability, utility and meaning of such terms as "sanity", "insanity", "mental illness", and "schizophrenia"' (2001, p.70). Each trauma survivor's experience is unique because it is the trauma survivor's personal history and past experience that has shaped cognition and integration of the traumatic event. The multifarious interpretations and representations of trauma constitute an industry, and its literature is mountainous (p-7 Desmond Harding).

Despondency, a Serpentine Queue

Patients suffering from intense agony attempt to escape consistent fear while their actions are channelled through mind. Apparently their behaviour seem engulfed by the negative implications, whereas people in normal state of mind feel the best way out could just be to remain conscious of actions and help brain to take decision immediately. The consistency of behaviour could also be studied over time. "I know there is no escape now. I have been getting progressively worse... I have had enough of medication, doctors, psychiatrists... I pick up the pills and walk out of the room" (Preeti, p. 10). Preeti Shenoy's prime character from the novel, *Wake Up, Life is Calling* Ankita had suffered disorder; she was treated with regular shock treatment and occupational theories. During her days at asylum it made her to think of her identity. There is despondency at times on meeting and changing, a chain of circumstances causing to frustrate the idea of being and not being. In such condition of mental infliction, the mind's blog carried by the victim makes a serpentine queue on the psychological bearing while it rather pushes aside the possible hope. The medication causes to lose strength for herself and she does not want to continue taking of pills anymore. In her words, "But the medication takes away everything. Makes me numb, drowsy, not myself. Wipes away my thoughts, empties my imagination" (p. 10) Life for Ankita had been a positive flow of energies during her college days as she stood as a competent performer attending to each task with confidence and a note of smartness

Identity Formation Overcoming Trauma

Each time while battling with self it seem an uphill task in the formation of identity, "... nobody knew me here, nobody knew my past, nobody knew of the crazy things I had done when I had bipolar disorder. I was free to forge a new identity" (Preeti p. 12). It relates instances of the effects caused more frequently than in the normal circumstances. In *The Theory and Interpretation of Literature- commemorative Volume in Honour of Prof. Shiva Murti Pandeya* by Charu Sheel Singh as "When people associate a pattern of behaviour with either women or men, they may overlook individual variations and exceptions and come to believe that the behaviour is inevitably associated with one gender but not the other" (131). Trauma symptoms are common in all types of behaviour where a person reacts to the normal circumstances. Theorists, psychoanalysts and the therapists test impulses of high agitation with nerve connecting to brain and heart on its severity. Trauma refers to the overwhelming impact of some violent or catastrophic event that produces psychological effects that are often insurmountable (p-7 Desmond Harding). The stress syndromes attack the functioning in stages as the growth takes place from the birth period. Early stressors on brain can lead to

(PTSD) posttraumatic stress disorder; the occurrences normally begin with agitation, depression, violent reaction, isolating, screaming, anxiety, disorder in functioning at normal situations, personality disorders. Reviews of preclinical and clinical trauma present cases of victims who are treated with the help of interaction for stress and various effects caused during their growth. J. Douglas Sates, "There are differences in the effects of trauma on neurobiology, depending on the stage of development at which the trauma occurs." Thus to understand the functioning, it is essential to understand the development of brain and its phases of growth that occurs in stages.

V. CONCLUSION

The terror inside body, shape into form and explodes to the various implications such as, fear, depression, anxiety and mood swings. This paper attempts to demonstrate the relation of mind, brain and the heart and how the brain channelling system in mind connects heart to take signals and becomes experimental as in the case of Ankita, the prime character from *Wake Up Life's Calling*. The internal conflict she was getting through is however then replaced with positivity and affirmation to see a new life. The same Ankita who once suffered disorderly issues of mental health returns with same vigor and sane energies of her college days on rebuilding trust and confidence fighting back herself. She was able to succeed and emerge with renewed identity for the world embraces her as she attempted to form identity of Ankita, a girl with all possibilities and assertion.

"Forget as much as you can that keeps you low or fearful and think of the best and leave the rest to its accord " (self).

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