The Plight Of Women In The Novels Life Is What You Make It And The Secret Wish
List By Preeti Shenoy

Abstract
Preeti Shenoy’s works are revered by the Indian people because they are motivational and thought-provoking. She was an expert in the field of self publishing during 1990s. She is now a member of an exclusive group of exceptional writers who are only offered in India. Shenoy has left such an impression on the country over the course of the past nine years that the Brand Academy has named her Indian of the year. Shenoy has done an excellent job of serving her audience as a writer by producing works that are the epitome of sophistication, dependability, longevity and a classic sense of style. With the correct approaches, the Indian English writers have a great potential that may be exploited. Indian literature written in English was produced in response to intolerance and prejudice in an effort to reassert belief in the inherent value and dignity of all people, as well as in the notion that women and men are entitled to the same legal protections. It hypothesised that in order for us to live in a way that is less harmful to the environment, we must practise tolerance and support the ideas of equality. Preety Shenoy, who is well-known for her promotion of women’s rights, has stated that liberation is something that is necessary for women. She emphasised the significance of breaking the cycle of oppression in an effort to win support for the ladies. That was a plea for more equality voiced many years ago, but the promises have not yet been realised. As a result, she focused a lot of her attention on issues pertaining to women. The role of women in her works is the subject of this essay.
Keywords: Women, Feminism, Shenoy, Indian literature, predicament.

Introduction
According to the most recent estimates, women all over the world are affected by disability and the stigma that surrounds it. Almost fifty percent of the world's female population suffers from some kind of health issue or another, according to the Women Health Organization. They are denied equitable access to opportunities in the areas of education, work, healthcare and other areas because of ongoing prejudice. In essence, what we are looking at is a massive pool of unutilized resources that are not included in the labour force. It is difficult for women to achieve their valued functioning, which Amartya Sen defined as capabilities deemed essential for human development. This stigma is compounded by a lack of understanding of their rights. In addition, women and girls who are having difficulties have a greater likelihood of being victims of sexual assault as well as other forms of gender-based violence. This paper discusses the women who appear in the works of Preeti Shenoy, specifically the protagonists.

Preeti Shenoy makes an effort in her books to recreate historic ethical principles and methods, which is one of her defining characteristics. Shenoy strives to evoke a sense of longing for bygone eras and bring that nostalgia into the present. Shenoy frequently makes fun of contemporary women as well as Mom and wife figures. She instils in the minds of the people a sense of respect for women while simultaneously dispelling any vestiges of sentimentality.

Her books aim to foster a pleasant environment by promoting traditional values like family, friendship and respect for one's elders. One can't help but observe that they haven't spread any original ideas about what an ideal society should be, especially when the past two year is examined. Postmodern ideals, new feminism, gender equality, rights of the marginalised people, ecological concern, and so on are artistically pushed with traditional values.

One of the fundamental tenets of new feminism as a cultural ideology is the provision of equal opportunities to women in every single social setting. They should be given power similar to how empowered women are portrayed in her novel increased career prospects, particularly in areas that
require leadership characteristics and decision making. Ankita is the protagonist of the book Life is What You Make It. The letters that Ankita and Vaibhav have been exchanging serve as the novel's introduction. Before they begin their Bachelor of Technology studies together, they are already in love. While Ankita has been accepted to study at IIT Delhi, which is located in Cochin, Vaibhav has been accepted to study at Saint Agnes. As they were forced to live apart due to their academics, they began communicating with one another through letters. When a few months had passed, they were both beginning to become preoccupied with their studies. Ankita rose to prominence as a figure who championed the idea that women can hold leadership positions in student government. Her great sensibility, ability to empathise, and capacity for developing ideas that are sustainable over the long term position her as a frontrunner in the college elections.

Ankitha was chosen as the arts club secretary in the college elections. There are a total of seven other positions available at the college, all of which have been filled by different students. The duties of each of the college's eight office bearers were detailed by the college's principal. Symphony is a cultural event held annually by the Management School at Cochin University. For the symphonic performance, Saint Agnes is also invited.

Around fifteen different competitions were held during the symphony event, ranging from lighthearted to serious competitions including face painting, ad-world, dumb charades, short story writing, painting and elocution. Everyone was thrilled to be able to take part in the activities that were organised by symphony. Ankita and Abhishek initially interacted during the symphony concert. Abhishek was taken aback by the stunning appearance of Ankita, and as a result, he decided to make a marriage proposal to her. Ankita initially decides that she does not want to love Abhishek, but after reading the moving letter that Abhishek wrote to her, she changes her mind and falls in love with him. Yet, she did not reveal this information to Vaibhav. She did not stop loving Abhishek until the very last year of her life. She developed a strong focus on her academic work throughout her last year. She had aspirations of achieving a lot in life, including getting her MBA.
She shouldn’t be studying anywhere else, according to Abhishek. He desired that she take his position in the classroom. Yet she flatly refused to go to school in Cochin; instead, she expressed a desire to attend school in a major urban area. In this regard, they both got into a fight and Ankita began avoiding Abhishek. Ankita avoided Abhishek since he was unable to adapt. She remained silent for a considerable amount of time, but Abhishek, who had a profound love for Ankita, eventually took his own life. She was doing rather well in the early days after Abhishek passed away, but as time went on, she struggled with a great deal of issues. Ankita was severely affected by the agony of his passing. Ankita improved her academic performance to the point that she topped the class and mastered every idea without needing any practice. Ankita’s parents are quite pleased with her academic success.

Ankita began to avoid sleep. In just a few days, she lost a lot of weight. She was unable to identify the issue within herself. She gradually lost weight. She stopped eating and as a result, she shrunk in appearance over time. She had trouble falling asleep at night, she couldn’t concentrate on her academics and she eventually spiralled out of control. She attempted suicide three times since she was unable to communicate her feelings to anyone. Ankita’s parents discovered the love letters that Abhishek had written to her when she arrived home from college one day. They reprimanded her and burned the letters that Abhishek had written.

As soon as she witnessed the letters being burned, she felt completely distressed and shortly after that, she attempted suicide once again. The following day, she went to see her father and spoke to him in a very soft voice. When her father saw her, he inquired about the issue. She was unable to communicate her emotions to her parents in any way. After what seemed like an eternity, she was checked into the hospital. She received treatment for her condition at the hospital from the psychiatrist Dr. Madhusudan, who ultimately determined that she suffered from bipolar illness. She was able to overcome her psychological issues with the assistance of Dr. Madhusudan. As her bipolar disorder was treated successfully, she continued her education and evolved into a healthy, normal person. It’s all because of the treatment that Dr. Madhusudan provided.
Women are portrayed by writers of the new generation as being fearless and influential. They stop acting in accordance with patriarchal ideals of a woman as a homemaker. The old values of beauty, decency and manners are challenged by modern writers. Shenoy showed women triumphing over males in a situation that was primarily about men. She has no fear and is unconcerned with feminine attractiveness. Preeti Shenoy is the author of a number of novels, one of which is titled Secret wish list.

Diksha is the main character in the book, and the plot centres around her. Ankit, Tanu, Sandeep and Abhay are some of the other characters in the book. Diksha, then sixteen years old and her buddy were the main characters in the story, which began in Chennai. These two young girls collaborate on their schoolwork for several hours at a time and talk about their current crushes. Everyone has a crush on someone at some point in their lives; for some, it’s the same person for years, while for others, it varies on a daily basis. But, our early love will live on in our memories forever.

At some point in her life, almost every girl will experience the sensation of having butterflies in her stomach. The similar event occurred in the life of Diksha and Ankit, the protagonist of the book who is also a very close friend of Diksha's older brother. Ankit and Diksha both developed feelings for one another and began spending a lot of time together at the same location. They made a mistake that cannot be undone since they were given the opportunity to travel all night for a school project. Their life was completely turned upside down as a result of the catastrophe. This is what Diksha means when she says, "This one incident is going to change the course of my entire life." But I have no idea how severe it is, and all I can feel right now is this crushing weight in my chest and the sickening sensation that my life as I know it is about to change irrevocably.

After the incident, Diksha wed Sandeep, and the couple eventually welcomed a son, Abhay, into the world. Diksha became a mother after being married and she had a significant impact on Abhay's growth and development. When it came to bolstering her husband and Abhay's positions, she was tasked with an exceedingly essential duty to play. Her life changed after marriage. She was responsible for seeing to the requirements of both her child and her husband, as well as
everything else that was connected to them. Diksha’s life and way of living were completely transformed after she became a mother.

Diksha is constantly busy preparing breakfast, lunch and dinner for her family and as a result, she has no time to devote to her own personal life. Even after she had completed all of the household tasks and family responsibilities, she was not respected by her family. After getting married, she underwent a complete transformation and from that point on, she prioritised her family above all else. She nearly completely forgot about her preferences. She had the impression that she had been abandoned. Diksha in The Secret wish list asks,

“Where am I going? When I sit here and reflect on my life, I can’t help but feel terrible and sorry for myself. Despite having everything, I feel like I’m missing out on life. And I have no notion what I’m going to do.” (71)

Diksha’s life had taken an unexpected turn and she decided that she wanted to make some changes to it. So she went to her cousin’s wedding once and while there, she wrote a wish list. The list includes activities like going snorkelling, getting drunk and learning salsa. Vibha says,

"Are you concerned about it or not? You were just a moment ago bitterly lamenting the fact that you had conducted your life up until this point in accordance with the intentions of your parents or your husband. On this piece of paper, I want you to write down what it is that YOU want. She speaks gently, as though she were addressing a child and commands me to write down everything that will make YOU happy.” (90)

The mother-in-law of Diksha is truly understanding and supportive. She was a source of comfort and strength for her as she fumbled around trying to figure out what this whole marriage and parenting thing was all about, setting the manner for the self-motivated relationship that existed between both of them from the very beginning. In most cases, mother-in-laws do not provide much emotional or financial support to their adult children, but Diksha’s mother-in-law does. The Mother-in-law of Diksha comments,

"You know, I felt much the same way. I, too, made the mistake of getting married to Sandeep’s father at a much too young age. I’ve never done anything for myself or lived my life on my
own terms. Nonetheless, ladies of that age considered this to be acceptable behaviour.” (97)

When Diksha eventually made the decision to meet Ankit, she knew she wanted to spend the rest of her life with him. Ankit, according to Diksha, "really makes my life worth living. I am aware that I desire him above all other things. But I don't have the guts to tell Sandeep this. I am petrified of the consequences and I am petrified of facing his anger.”

Millions of people have been moved by the works of Preeti Shenoy. The purpose of this paper is to concentrate on the plight and the predicament of women in the novels Life is What You Make It and The Secret Wish List, authored by Preeti Shenoy. With the characters she creates in her novels, she gives voice to the issues that women face and suggests possible answers. She is one of the Indian authors who have had the most success with her books. She has a skill that enables her to weave magic with the words and images that she creates a significant portion of the women population. Her female heroines are neither powerful nor subservient; they are neither brave nor cowardly; rather, they are believable and real. The protagonist of Life is What You Make It, Ankita is able to find harmony in her life against all odds with a fit of determination, whereas, the protagonist of The Secret Wish List, Diksha, is able to makes the decision to fulfil her hidden desires. At the beginning, both the characters are confronted with a great number of challenges as a result of a variety of circumstances. Later on they were capable of realising what they really need and fulfill their aspiraitions which appeared mirage, but in the end, they emerge victorious.

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