

## Open Schizophrenia Safety Locker with First Aid Key

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**Received:** July 14, 2020; **Published:** August 31, 2020

I have been brought up with courage even from my school days. I completed my schooling and college days satisfactorily without any problems. After completing PU 2, I was very upset of not getting a free seat in the undergraduate course. By god's grace the next year I grabbed a management quota seat. This was distressing to me as I was unable to grab a free seat even though I was outstanding in my PU 2.

Forgetting the misery, I worked hard and completed three months of the first year successfully. Then appeared the internal assessment of the first year which was the exam I waited for. I followed a regular basis of studying in the college hours, then taking a break for an hour and rushing into the college library for study. I would come home at 2 in the morning probably and would sleep for just 4 - 5 hours.

When I was travelling in chill weather alone in the moped with rare vehicles running from college to my home, I saw a snake 8 feet long crossing the road. I was very frightened. Recalling that incident, the next night while going home I felt some cold thing crawling inside my pant. Then without checking in that strange place, I went home with extreme fear, but nothing was found.

As the exam was nearer I did not take much care about it. The day before the exam suddenly my heart pounded by lack of remembrance of some of the answers. My mind ceased and the words in the book became blurred and then I could no longer study. I suddenly called my mother that I will not study the course anymore. My mother was devastated hearing this. I came home and explained what happened in library. Everyone was shocked.

I felt as if I was controlled by someone. I forgot the materials to be carried to the exam. I lost my senses during that time. My condition was worse than a school kid. People gave suggestions that it might be a depression and guided to take for a jolly ride. But that was of no use as the symptoms were aggravating.

Later I could not do my daily activities with ease. I could hear some abnormal sounds of low intensity which were not communicating with me. I thought that I would hardly survive.

Mine was an orthodox family. I did not go to the psychiatrist early as my parents were irrational. They made me to do all the rituals. My condition became worse day by day.

By that time I was away from the college for 3 months. Later I went to the psychiatrist, started going to college, and took treatment correctly without missing pills. Actually, I underwent electroconvulsive therapy before, from which I did not find cure.

Doctor advised to leave the course as the condition was worsening. But fate became good in my case. I still remember the words which I said to my parents, "Please don't worry about me from now on. God has created me to live on this earth and it is his wish to take me from this earth. But until my death I will survive with strong will power.

I took it as a challenge, went to another psychiatrist, medicated regularly. I went to neuro-linguistic program. All my parents, friends, lecturers supported me in every aspect. I started doing yoga, meditation and breathing exercises. I started jogging in the early morning.

My senses regained back, my strength regained. I am leading a happy life now without any symptoms. Only worrying aspect is I became little fat. Anything can be possible if all of us have solid will power and determination. Regular medication is the secret key.

**Volume 9 Issue 9 September 2020**

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