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“My Journey Of Becoming: Overcoming Challenges And Embracing Growth As Subhadeep Shit”

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Abstract

This research paper explores my personal life journey-how I, Subhadeep Shit, have to faced challenges and how to overcome different challenges, both academic and personal, and how those experiences helped me grow as a person. It focuses on the struggles I encountered during my educational and personal development, the emotional and practical difficulties I faced, and the strategies I used to rise above them. And this research paper highlights the importance of resilience, positive thinking, and self-reflection in personal development. Through a self-narrative and reflective approach, I aim to show that every struggle, if faced with courage and patience, can become a step toward growth and success.

Keywords: Journey, overcome, academic, resilience, self-narrative.

Introduction

Life is a continuous journey filled with both joy and struggle. Every person faces moments that test their strength, patience, and determination. In my own life, I have faced challenges that sometimes felt overwhelming-moments of self-doubt, academic pressure, and emotional distress. However, these struggles became turning points that helped me understand the true value of resilience and personal growth.

This paper aims to document and analyze my personal struggle, the strategies I used to overcome it, and the lessons I learned through the process. By reflecting on my experiences, I hope to inspire others to face their own challenges with courage and optimism.

Literature Review

Choudhary Nilam et al. (2025), Journey of Cloud, Opportunity and Challenges. This paper examines the balance between the benefits and risks of cloud adoption, providing insights into how organizations can navigate these challenges while maximizing the potential of cloud technology. Through case studies and analysis, the paper also highlights future trends and developments that may shape the next phase of the cloud journey, emphasizing the need for strategic planning, robust security measures, and continuous innovation.

Morgan Gemma (2025), Co-designing for desistance: Developing My Journey to support people in the criminal justice system. This article explores the development of author Journey, a web-based application (app) co-designed with people in the criminal justice system (CJS) to facilitate desistance.

Leve Annabelle (2025), A Will Found Wanting: Embracing Complexity, an Authentic PhD Journey. This chapter is author story about navigating an unconventional doctoral journey, bringing into focus the myriad of complex challenges she have faced, before, during and after the event. Using a personal narrative approach, She draw out themes including the search for a 'home', the long-held sense of never quite belonging that is underpinned by self-doubt, chronic illness, problems of commitment, alienation and processes of becoming.

Katresna Muhammad Rhaka (2024), Dance and Healing: A Personal Journey on Embracing Neurodiversity. In this paper author share his personal journey of living with autism and ADHD. Diagnosed in 2022 at the age of 26, author navigated much of my life without fully acknowledging my neurodivergent identity.

Olagungu Abolaji Samson (2024), Strive, Thrive & Survive: embracing challenges in pursuit of passion. This article discusses author adaptation to a new environment, overcoming challenges, and the importance of support systems.

Suri Sunita (2024), My mentoring experience: A brief note on its challenges and overcoming strategies. This reflective writing is a short description of my mentorship experience.

Zuelli Fabiana Corsi (2024), The journey of young scientists in Brazil: challenges and perspectives. Author will discuss the systemic issues within the Brazilian education and research systems and delve deeper into her own challenges and achievements as a young scientist in Brazil, sharing insights that can inspire others in similar situations.

Prim, Priyanka Ruth (2014), C.S. Lewis' Selected Autobiographical Writings: A Journey of Joy. Lewis, through his works enables his readers to grow on their own, at their own pace, finding their own way just as he did. Along the way he shows us the small moments of joy we may have missed, giving us opportunities for recognizing the same for future reference.

Lyngdoh, Gayreen (2013), The journey to the self a study of the women characters in the select novels of pearl s buck and amy tan. This study is an attempt to show that the female reality and experience is as valid and legitimate a story as that of any other human being's.

Jassi Nav, Mind in your Growth. Life is not a sleeping bag; it is a parachute. Unlike a sleeping bag, which offers comfort, rest, and staying in one place, a parachute -demands engagement, trust, and control to navigate challenges and reach your destination.

Objectives

- ❖ To identify the personal challenges, I faced in my academic and emotional journey.
- ❖ To explore the strategies, I used to overcome these difficulties.
- ❖ To reflect on how these experiences contributed to my personal growth and resilience.
- ❖ To encourage others to see challenges as opportunities for self-improvement.

Research Methodology

This paper uses a self-reflective qualitative method, based on my own experiences, thoughts and emotions. The data were drawn from my own personal experiences, memories and journals. I analyzed these reflections to understand the psychological, emotional, and behavioral aspects of my struggle. Secondary references such as motivational books, teacher guidance, and various seminar also helped me interpret my experiences. The approach combines introspection and personal narrative to draw meaningful conclusions about overcoming challenges.

Discussion

❖ The nature of My struggle

During my educational journey, I often felt pressure to succeed. At times failures made me question my abilities. There were financial limitation, self-doubt, and moments of emotional isolation. However, instead of surrendering, I began to focus on small, consistent steps toward improvement.

When I was little, I used to go for tuition, but I was kicked out of the tuition class because I couldn't concentrate on my studies there. When I was in class eight, there was an accident at my home, and the situation was quite difficult at that time. During that period, I couldn't complete my English homework one day, so the teacher told me to sit on the last bench instead of the first. From that day onwards, I started sitting on the last bench.

❖ Emotional impact

The failure to meet my goals affected my mental health. I felt isolated and anxious. Comparing myself to other worsened my feelings of inadequacy. I realized that emotional balance is as important as hard work. Unless I managed my thoughts and emotions, I would not be able to move forward.

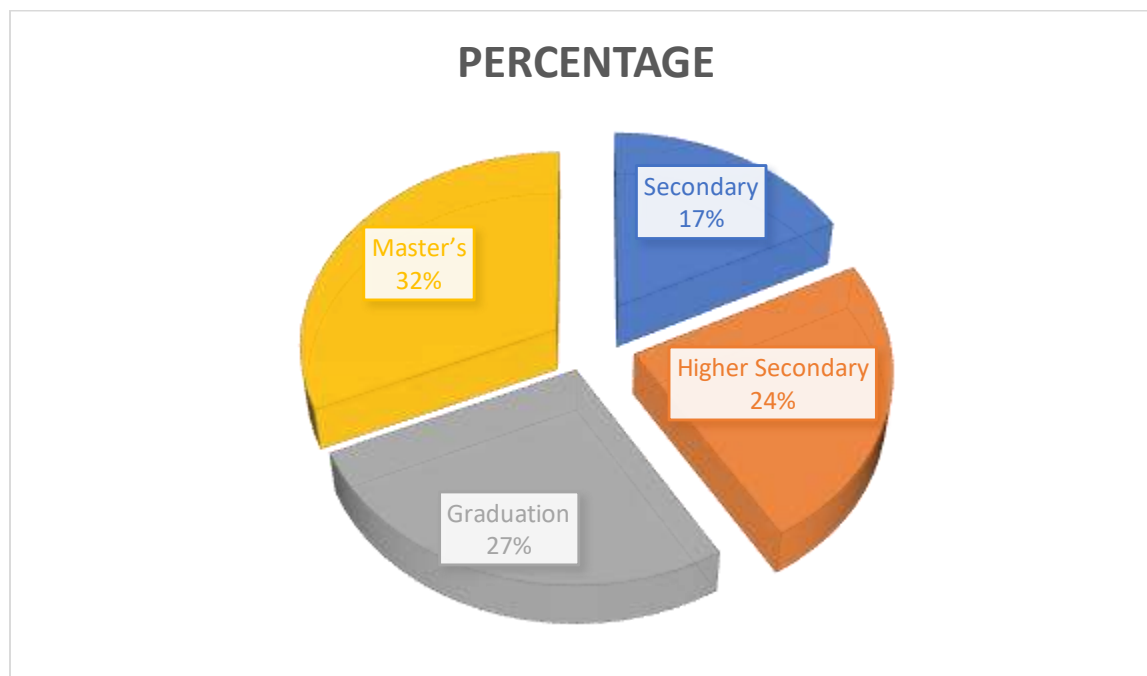
❖ Strategies for overcoming the challenge

- I felt the worst on that day. One of my teachers told me, "Don't worry about what others are doing; focus on seeing yourself in a good position. Aim for one of the top spots among the hundred or so people."
- A friend of mine said, "The decision you made during that difficult time was the right one, because you were trying to do what was best for yourself at that time."
- I started to believe in my abilities again. I reminded myself that failure is not the end, but a lesson.
- My friend always helps to every situation.

- Books and videos on personal growth inspired me to change my mindset and focus on self-improvement.
- My weakness area to try to solve every time and deeply thought how to better improve.

❖ Result

Examination	Percentage
Secondary	43.71
Higher Secondary	60.2
Graduation	67.68
Master's	79.5



Through this journey, I learned that every challenge carries a hidden opportunity. Success is not defined by results alone but by the courage to keep trying. I discovered that Personal discipline, mental strength, and emotional balance are the foundation of true achievement.

Findings

- Confidence and self-belief are help to controlled every situation.
- A supportive friend, teacher is key factor in recovery and motivation.
- Motivation video helped to grow self-confidence.

Conclusion

Through my journey, I have learned that every challenge carries the seed of growth. Overcoming my personal struggles made me more confident, focused, and compassionate. I now understand that strength is not the absence of hardship, but the courage to rise every time we fall. My experiences have shaped me into a stronger individual, ready to face future challenges with determination and hope.

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