

India's Growth Story and Challenges Common Indian Citizens Must Resolve  
A Motivational Book - First Part of the Forthcoming Series

# OUR COUNTRY, OUR PEOPLE THE INDIA, WE WISH TO LIVE IN



*Colonel N Sailendra Rao (Retired)*

**Jai Hind**

# OUR COUNTRY, OUR PEOPLE

The India, We wish to Live in



**First Edition**

Colonel N. Sailendra Rao (Retired)  
Jai Hind



**Title of the Book:** Our Country, Our People  
The India, We wish to Live in

**First Edition - 2023**

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# **THE CONSTITUTION OF INDIA**

## **PREAMBLE**

**WE, THE PEOPLE OF INDIA,**  
**having solemnly resolved to constitute India into a**  
**SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC**  
**and to secure to all its citizens:**

**JUSTICE**  
**social, economic and political**

**LIBERTY**  
**of thought, expression, belief, faith and worship**


**EQUALITY**  
**of status and of opportunity, and to**  
**Promote among them all**

**FRATERNITY**  
**assuring the dignity of the individual and**  
**the unity and integrity of the Nation;**  
**IN OUR CONSTITUENT ASSEMBLY**  
**the twenty-sixth day of November, 1949, do**  
**HEREBY ADOPT, ENACT AND GIVE TO**  
**OURSELVES THIS CONSTITUTION**



## **Dedication**

**This book, 'Our Country, Our People' is dedicated to the multitude of the marginalised population of our motherland, India, living on the fringes of our society, for their firm belief that one day their lives, too, will be made brighter through good governance and the benevolent contributions from all committed stakeholders and empathetic well-wishers.**



## Foreword...

India, our motherland, is beset with a number of challenges ‘within our land and far more away from it’. These challenges and their solutions are rightfully the fruits of democracy that grow, get nurtured, plucked, stored, ripened, and consumed and also shared with as many ‘within our land and far more away from it’.

“Our Country, Our People – The India, We wish to Live in”, authored by our first-time author, Colonel N Sailendra Rao (Retired) delves deep into the baskets of assorted fruits of Indian democracy – few ripe and few unripe, some sweet and some sour and some even bitter. The veteran has gone great lengths to analyse most of our basic problems threadbare but the conflict that emerges is, while few problems are getting resolved, new ones are taking shape. In this maiden attempt, the author has tried to synchronise India’s past, its present and its future from a commoners’ point of view. For a first-timer, he has succeeded with aplomb. I can perceive how difficult it would have been for him to cover such a vast range of subjects in such detail and compress them all within one little book.

Being a keen observer of the global dynamics, and, the developments and changes in the Indian environment and equally concerned about our own people, I beseech the author to go for a Part - II and Part - III as well. In the ever-changing milieu of our subcontinent and the world around us, a myriad of thoughts, illusions, surprises, shocks and great initiatives, wonderful successes and sustained growth may astound us of the mixed realities in India. We, as a population, ought to forge ahead with an inclusive partnership with the forces that define governance of our nation and our societies. The key issues India has to address today, now, are, one - accepting women as equals, two – poverty eradication, three - education for all and four – employment for all. When these issues are addressed to the last woman, child and man, general health and wellness will be automatically taken care of.

I also await the author's second book, "Walking Dead Bodies, a true narration and analysis on real life incidents related to Ragging, Body Shaming, Isolating, Criticising, Teasing, Name-calling, Bullying, Trolling, 'Deepfakes', 'Taunting' to Teasing.. Molestation, Sexual Abuse, Workplace Harassment, Tormenting and Being Judgemental - a book on the 'Mindless Real-life Crimes going unnoticed in India'. This book is recommended as a guide for students, parents, working professionals and all Indian women.

Of all the ills in our nation, I am very perturbed and disturbed about the still-continuing manual scavenging practice. Despite legal bans and huge compensations for deaths and accidents caused by manual-scavenging activities, this profession still persists. I call for a movement to get rid of such evils.

I wish the readers happy times reading this enchanting book and pray for the author of this book great success in his 'Author Journey'.

**R Karunamoorthy Ph. D**

**Administrator, Gopalan Foundation**

Formerly Member-Board of Governors & Chairman Finance Committee, IIM Tiruchirappalli (Nominated by the Ministry of HRD, GOI)

Academic Council Member, Bangalore University

Executive Council Member (Visvesvaraya Technological University)

Chief Coordinator Karnataka Knowledge Fellowship Program (Karnataka Knowledge Commission)

## **Preface....**

This book is just plain speak, the aim being, an expression of the thoughts that tax and riddle the minds of common Indian women and men. What their day-to-day fears, worries and concerns are and how they cope with the far less than the bare minimum, leaves us with many pondering thoughts and doubts! To address these vital issues and examine them in detail, the chapters in this book cover various subjects of common knowledge and interests. The progress we have made as a nation is spectacular and awe-inspiring. All information shared is updated up to November 2023. These are:

1. The Indian People and their Way of Life - An Inbuilt Democracy
2. Indian Philosophy - Its Profound Influence Everywhere
3. Indian Sociology and Cultures and their Impact on our Societies
4. Psychology of the Indian People - It matters the Most
5. India's Population and the Power of Human Capital
6. India and Poverty cannot go together anymore!
7. An Agricultural India - What was and What could have been?
8. The Indian Education System - All geared up for a Change
9. Indian Economy and Indian Economics - The Newfound Equation
10. The Industrialised India and its Immense Potential
11. Finding Employment for All in India - It is Possible!
12. Indian Public Healthcare Model, Health Education and Wellness
13. Climate Change, Ecology and Environmental Science in India
14. Sports in India - A New Fire in the Belly
15. The Indian Justice System - Human, Noble, Diligent and the Uncompromising
16. India Media and Social Media - Changing the Face of Reporting and Human-to-Human Communications and Connections
17. Philanthropy in India - Awesome Contributions and Unlimited Scope
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20. Isn't it Time for India to Decide its Future?



Since the primary aim of this book is to share the common concerns of the Indian masses, especially the marginalized communities and the naturally-deprived classes (who are almost 40% of the total 1.4 billion population of our country), drawing references from primary and secondary sources of official information and statistical surveys have been kept to the bare minimum. Basically, we are going to see whether, we the masses ourselves, can do much more than we should have been doing so far.

This is an original work and views are personal. The author regrets instances, if any, where few thoughts may be at variance with that of common-thinking. Where our thoughts coincide and we think alike, a hearty welcome to the 'Club of the Future India'. The primary aim of the book is not to make too many suggestions or state too many possible solutions but to air some views based on the prevailing situation in the field and programmes and projects planning and implementation information and feedback available in the public domain. The simple yet sincere fears of the common people are also shared.

It is hoped that the book would shed more light on the grim realities in India and what needs to be done for India to shine brighter than ever before. And, the tag line remains, 'Let us work together for a brighter tomorrow for the unheard, unfelt and the almost unaccounted masses'.

Readers are welcome to offer their personal views freely, express differences unhesitatingly and contribute wholeheartedly for India's good. Poverty, healthcare, education, employment and a voice for women are the focus areas. If these issues are addressed comprehensively all other ills in the Indian societies get sorted automatically. Relentless efforts alone can bring about the much-awaited change. On some occasions, few subjects and issues may appear to have been repeated. This has been solely done to lay emphasis on the challenges and assist the readers in recapitulating the earlier contents and contexts.

## **Acknowledgements....**

**Jyothi S Rao, my soulmate  
Payal S Rao and Pallavi S Rao, our loving twin daughters  
Our highly respected Parents and Grandparents  
All Relatives, Friends and Well-wishers and  
All INDIANS and  
All the World's Citizens**

## **Author's Note - An Introduction to the Book**

'Our Country, Our People' is my first book on India. I seek the blessings of all elders and the good wishes of our younger generation of our vibrant and promising India and all the people of the world to continue my author journey. I am passionate about people and feel the pains and sorrows of the disadvantaged and the oppressed classes in our country and wish to heal and cure them by sharing the information about their extremely-challenged lives with the public. The marginalised classes may not have access to this book, but all readers certainly do.

Having done some basic studies in Organisational Psychology and Human Resources Management, to me, there appears to be no better subject than 'People' to talk about. I have served our nation by being in the Indian Armed Forces for 37 years.

When I started my journey of writing this book, I had planned to title it, 'For Indians Only'. In hindsight, I realised that the title may offend some well-wishers, both permanent Indian citizens and those settled abroad and also all those who perceive India not any differently from the rest. Later, I titled it, 'Not the India of our Dreams, but the India We Really wish to Live in'. Better sense prevailed and a far better and apt title - 'The India, we wish to Live in' took its place. Further, the title - 'Our Country, Our People and the subtitle - The India, We wish to Live in', rightly replaced all the earlier ones.

The idea for this book came up for various reasons. A few of the reasons that support and justify my convictions are:

- a. Humanity is central to our very existence. Rest, come much later.
- b. When we can love plants, animals and nature, can't we love humanity equally? And, why not more?
- c. All citizens of all nations are proud of their citizenships and are profoundly devout in their nationalistic spirit. So, nationalism is natural, inborn and also duly inherited! Patriotism is another

characteristic trait which appears to have an edge over nationalism, however, it hardly matters whether a person is a nationalist or a patriot till the time the person has an unconditional love and fondness for her or his nation! It is just that she or he feels that they belong there and nowhere else!

- d. Heredity has defined our origins and we must respect that. A new-born child has no option but to belong to the family or dynasty and its original clan, society and country. What becomes of us later is our doing and of our own free will and well-considered choices.
- e. We need to know why, ‘Not the India of our dreams, but the India we really wish to live in’? Of the many possible answers to this question, just two are mentioned below:-
  - The India of our dreams would sound too wild and may be pure fantasy as we have to live in reality. Too many conflicting factors in the environment may negate the shaping of most of our dreams.
  - The India we really wish to live in can always be hoped for, prayed for and aspired for by any Indian in the normal course.
- f. As to why I chose to author this book about our Mother India? Well, India is on the cusp of re-building and transforming and also contributing mightily towards not just a ‘New World Order’ but towards a ‘Pro-World Order’. We are an immensely-tolerant nation and believe in inclusiveness and invariably underline togetherness. Unequivocal Indianness is within each of us. An Indian author can get the real feel of India and feel for India, distinctively. Indians will agree!
- g. Last but not the least, isn’t there a resentment amongst people that much more could still be done to alleviate the sufferings of the deserving class and is yet not happening? A lot is indeed being done for the good of the masses. Total immersion into the acts of service with utmost humility alone will bear fruits of progress because at some stage in life, our conscience is bound to outsmart our veiled notions of success. We must also selflessly curb the yearning for fame, name, popularity, glory and materialism and most importantly, the craving for leaving

behind a legacy. Let us all leave behind imprints on the sands of time through good work rather than popular work. Let the results and visibility be seen from the eyes of the benefitted people and not the doer. There is positivity in the air and better times are just ahead.....

Percentages of GDP, Manufacturing output, Unemployment Rate (UR) and various economy parameters and similar facts and figures are very dynamic. Some measurable improvements and some gains and losses do take place every quarter. Such figures mentioned are ball park figures which enable common persons to grasp the basics of the ongoing Indian economy and the economics. In short, one can say we are doing well and we can always hope for the better!

***Colonel N Sailendra Rao (Retired)***  
***Jai Hind***

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# OUR COUNTRY, OUR PEOPLE

## THE INDIA, WE WISH TO LIVE IN

This book covers India's growth story and the challenges, with narrations of real life incidents affecting women, the poor and disadvantaged people. Various facets of the Indian life particularly include:-

- The Power of India's Human Capital
- India and Poverty can't go together, anymore
- Finding Employment for All in India
- Is there a Female - Male Divide in India?
- India's Foreign Policies - Varied Perceptions
- Isn't it Time for India to Decide its Future?

... and many more domains such as the Indian way of life, philosophy, sociology and psychology, education, economy and economics, healthcare, industries, ecology and sustainability influencing our routine ecosystems and media, social media, judicial system, sports and philanthropy.



**Colonel N Sailendra Rao (Retired)**

Recommended most of all, for all 'WOMEN of INDIA', for all Schools, Colleges and Offices, Libraries and Public Reading Rooms, Regular Readers, New Readers, Researchers, Thinkers, Policy Planners, Analysts, Philanthropists and all those who love India, in India and abroad.



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**Jai Hind**

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