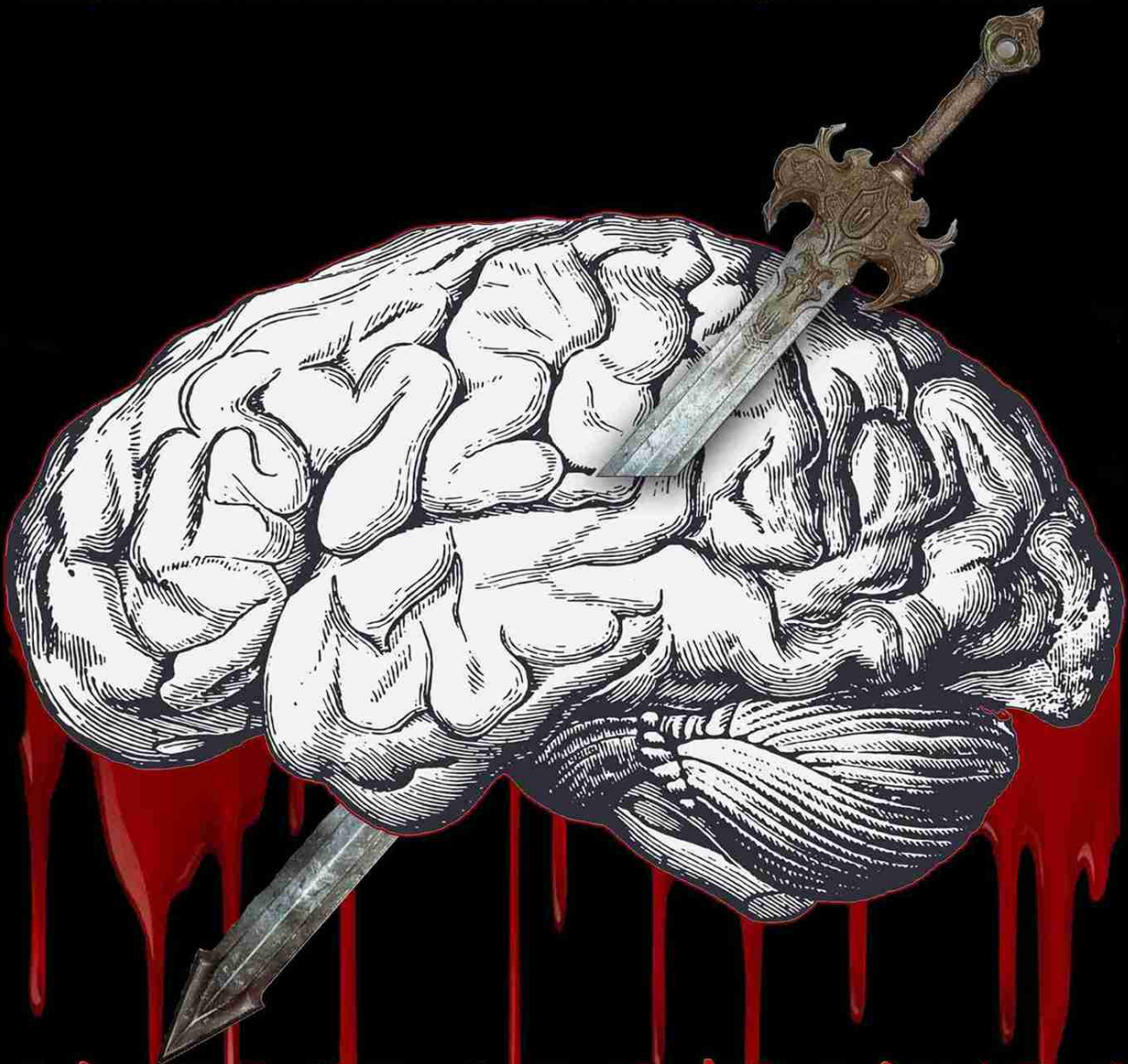


All about Body-shaming, Ragging, Workplace Harassment, Dowry Deaths, Honour Killings, Female Foeticide, Molestation and other Crimes against Women and Children



MURDER OF THE MINDS

MINDFUL SOLUTIONS TO MINDLESS CRIMES

COLONEL N SAILENDRA RAO (RETIRED)

Jai Hind



MURDER OF THE MINDS

Mindful Solutions to Mindless Crimes



By

N Sailendra Rao



Title of the Book: Murder of the Minds
Mindful Solutions to Mindless Crimes

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Dedication

This book is dedicated to all Indians who are suffering silently and all those who are fighting their minds relentlessly and also continue to lament for the crimes and other misgivings in the society, and being victims are unable to move on.

The Indian society's cold, unconcerned and outright rejection of appeals by all victims of body-shaming, ragging, trolling, tormenting, teasing, torture, humiliation, name-calling, molestation, abuse - verbal and sexual, workplace harassment – verbal, sexual and in all others forms, deep-fakes, being isolated and being judged from childhood till eternity are hereby rejected. Crimes against senior citizens are condemned. Societies must raise their voices till they are heard!

Let all Indians rededicate themselves unitedly to join hands and uproot this menace of seemingly-innocent but usually unnoticed, unreported and ignored crimes by first – recognising and accepting the occurrence of the crime, second - by acting against the criminals instantly and third – by being bold and resolving oneself to never lower one's own dignity in the face of all such odd but certainly serious crimes.

A 'Big Salute' to all those who have stood up against these crimes. A 'Big Bow' to all volunteer Human and Child Rights Organisations, Welfare Trusts and Foundations, Non-governmental Organisations (NGOs), governmental ministries and departments, the police and law enforcement agencies and our Courts and the legal fraternity for consistently making

determined and concerted efforts to reach out to people in distress, expose and investigate cases and bringing the criminals to book.

May 'India' and the world be a safe space for all women and children and may the males understand that they have a major role to play towards this endeavour.

Perspectives on Women from Popular Women Personalities

Women, you are not rehabilitation centres for badly raised men. It's not your job to fix him, parent or raise him. You want a partner, not a project.

Julia Roberts, the Oscar winning actress

We don't want to see women (on screen) as sacrificial mothers, the wife who puts up with everything for her husband or a daughter who is pious. We are not defined by relationships with the men in our lives anymore. We are our own people and because we are our own people that's what we are seeing in cinema. That's why we are willing to go and buy tickets and watch those films.

Vidya Balan in 'The Dirty Picture'

When I wrote *Aachar & Co*, I didn't set out to write strong female characters. The women in my film did not start out being independent. They relied on their fathers and brothers, but the circumstances made them take up jobs, become independent and assert their choices. It was a journey of self-discovery. Women needn't always be shown as strong. A woman can be anything she wants to be and portrayed in all shades. But she must be independent and have the choice to be who she wants. All choices are valid and when an independent mind makes them, these characters will definitely hit home.

Sindhu Murthy, Writer and Director of Kannada film, ‘Aachar & Co’ .

Men can do certain things well and women do other things. Men and women are complementary to each other. One need not prove one’s strength.

Sudha Murty, Indian Educator, Author, Philanthropist and a Member of the Indian Parliament.

“As an only child and a woman it was important for me to convey that every woman has the right to choose her partner and live the life she desires. Why is it so crucial for women to seek gratification? Coming from a middle-class family, I was always told you can dream big. I wanted to share the same belief on screen”.

Ashwiny Iyer Tiwari, Film Director, Producer, Writer and Filmfare Award Winner.

Foreword

The author of this book, Colonel N Sailendra Rao is a 'quick out of the blocks' writer who profoundly adheres to the virtues of facts. He lucidly pens every happening true to its core and as gathered from various sources. Yes, he does offer his personal opinions about the happenings around and while providing solutions he also raises questions for our public to find answers, apply them wisely and bring a closure to their forgettable episodes.

In his first book, “Our Country, Our People: The India, We wish to live in” he has made a fervent appeal to all the common Indian citizens to contribute individually and jointly towards transforming India into a better nation, and, for that he espouses that, India’s common challenges should first be resolved by citizens themselves. He emphasizes that people should not look over their shoulders for support all the time and instead be acting voluntarily and seizing initiatives towards ushering in overall progress, growth and development.

Some readers have appreciated his ability to analyse situations. Some have congratulated his efforts towards highlighting the real life challenges and have also liked his idea of ‘calling a spade a spade’. He really means that and he never minces his words.

“Murder of the Minds: Mindful Solutions to Mindless Crimes” is his second book. In this book, he explores the fundamental rights of every human being. When denied support or an empathetic hand to save, they are stuck, unable to reveal or fight against the life-threatening experiences only to suffer more

and a patch of black memory leaves an indelible mark behind. The victims are left in fits of despair surrounded by nothing but darkness, the scorching incidents burning their backs, freedom lost and they are left feeling worthless. But, still with a yearning of hope, that at the end of the tunnel, there will be a streak of light. Their inner worlds are, however, reeling in shadowed planes as long lost lives or may be just living an almost dead life.

For most of us, decades have passed in silence, bitten within, bitterly disappointed and still constantly craving for a normal life. Our lives are again jolted by inescapable incidents reflecting real life. Furthermore, families stung by some egoistic and intolerant men are gasping for breath, unable to overcome the dilemma, while their near and dear ones are witness to the broken lives of their distressed teenagers. Children, after being trapped by their friend-like veiled cheaters in the form of satans, are mercilessly drained of all their energies. All their dreams shattered as a result of molestation, ragging, abuse, raping, and physical and mental tortures. On the upfront many things go unnoticed while some escape notice but with no genuine reason but all behind the veils! Terrible are the harms meted out to innocent beings just for the craving fondness of flesh, enjoying to quench their thirst on the young buds by these human animals who ignore the cause and the effect of this shameless act while abusing. The hell gates open wide for the victim who suffers, physically and mentally and endures the pain helplessly. Meanwhile the conjurers and the molesters are happy and unmindful of the consequences they have created out of nothing, and from nowhere.

This leads to deep turmoil in the minds of the victims and their families, jolting often as memories until death. Memories which cannot be erased by the kith and kin and families or friends or

even counsellors. How do you flush out the toxic images which will last forever? Since ages we haven't had a solution for such aggressive toxic minds. What is conscience and where is it residing? having fun over others life, can the awakened mind knock the doors to break the reverie? Never, there is no answer - an absolute silence can reveal. Here we witness the author narrating true, and harsh facts about the pained minds and pleas for solace inner suffering undergone by the hapless individual in different situations, shows how such mean acts are deadlier than any other threat to life. It ends in suicidal attempts! Some attempts are thwarted, while some are successful. Is this a success?

Now, as you enter the Indian crimes gallery, and also simultaneously turn the leaves of this book, you will be able to feel the pain being experienced by our people affected by ghastly and horrifying crimes. Grasp the circumstances and the surroundings our people live in. Don't just be a witness to the variety of crimes! Gather understanding and get involved in the form of a learner, a researcher and a social detective. Only when you know, can you stop this violence! Kudos to the author for bringing out real occurrences through this book and making people, especially women and children, aware of the levels of wisdom they must possess to handle these forms of threats in their day-to-day lives. Yes, the one who has understood the theme of this book could well become a social reformer of a different kind in the Indian subcontinent.

Nandini R Yogeesh
Former Principal
Gopalan Twinklers School, Bengaluru.

Preface - An Explanatory Note

When you decide to author a book, which genre would you choose? Fiction or Nonfiction! And, in that, romance, thriller, horror, melodrama or on economy and economics or health and wellness or financial planning, spirituality, etc.

Will a book on 'Crimes in India' find readers? Will the book reach the bulk of the Indian population who are the ones affected directly or indirectly by crimes including the reader-community? Will the subject be a bit offensive, less appreciated or may be even unpopular and aren't the gruesome and gory crimes repulsive? These were the questions that first came to mind when I had to decide the genre of choice.

The bandwidth of Indian criminals extend from the softcore ones at one end of the spectrum to the hard core ones at the other extreme. The ages of the victims, which spread over their entire life cycle, range between the infants and the very senior citizens. And, in most cases, criminals rarely fail in their missions and the victims invariably buckle or even succumb to death, either murdered or forced to commit suicide! It is becoming so routine, mundane, mechanical, and repetitive to report, register, investigate and inquire into the crimes in India followed by prosecution or otherwise, sentencing and award of punishments or acquittals.

On one hand, the dissection of major or very serious crimes such as mass murder, gang rape, burying people alive, or fathers or mothers or both strangulating their minor children are blood-curdling, purgative and ghastly. On the other hand, minor crimes such as body-shaming, ragging, workplace harassment, ignoring, isolation and many similar ones, which may or may not lead to major crimes, are as severe as it makes the victims almost die a dozen times or even more, even when alive. People attempt suicides or commit suicide driven by despair and shame caused by minor crimes perpetrated by abusers who have no accountability. As to why they are not accountable is what we should be worried about!

First, let us accept that crimes in India are a reality and ignoring them is a bigger crime. Do such crimes take place in the Western world, too? Do their law enforcement agencies handle each crime in the most professional manner? Appears so!

An avoidable doom of our communities, paying mere lip service to crimes will certainly spell the death knell for our Indian societies. The idea behind this book is to reach out to as many readers and the public as possible for the purpose of sharing the horrors of both minor and major crimes so that as many lives can be saved before this monster strikes each of them.

Despite putting up with the transient torture, resisting and later absorbing the impact of crimes which affect their mental health, victims gradually give up. It is not just the societal stigma which stinks but the weird behaviour of the victim's minds that creates and tosses weird with grisly images on their imagination into a dark abyss. From there, unless a victim is

lucky or has a devoted protector or a determined partner, there is no way forward. It's almost certainly the beginning of the end not only for the victims but also their parents, grandparents, guardians, friends and protectors.

We must be frank while stating these facts because window-dressing raises false hopes and only the victims can vouch for and express their pain and suffering. Others, will never know what it is to be or how it would be, to be, victims of a 'murder of their minds'.

This endeavour of mine, to speak and write about crimes in India, is genuine and cautionary. I will be failing in my bounden duty if I do not express the gravity of the impression that would remain etched in the minds of victims after the assaults, attacks and the inevitable life-long torture. More importantly, the sufferers are not the victims alone, their near and dear ones suffer equally or even more.

Unless criminals, including the ones who are right in front of us most of the time, are put in place, whether it is in a prison or elsewhere, their flock will only grow, which is not a good sign for peace-loving societies. For that matter, even very minor crimes appearing insignificant should be dealt with very seriously.

Since we Indians wish to progress steadily over the next two/three decades, it's time to control crimes. Our youth and middle-aged males are to be groomed better.

Author

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Smt Jyothi S Rao, my Soulmate

Ms Payal S Rao and Ms Pallavi S Rao, our Twin Daughters

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Shri Arun Kumar Rao and Smt Gowri Rao, our Life-time Role Models

Smt Nandini R Yogeesh, my talismanic Sister

Shri S Ranganath Yogeesh, my Sister's Soulmate and our ever-lasting Mentor

Shri N Nagendra, my dear Brother

&

All well-wishers, families and friends

Author's Note - An Introduction to the Book

Dear Readers,

I am glad that you read books. I believe you read books because they give you an insight different from what other things in life have to offer. Over the years, our penchant for reading keeps shifting from very high curiosity in childhood to an average reading habit in the prime of youth. Further, the passion for reading moves from low to very low or maybe high to very high intensities during early adulthood, middle-age and the early twilight years.

The choice of the major genre, such as fiction and non-fiction, may also change with age and also based on tastes, passion, circumstances, opportunities and attachment towards a particular category of books. In that, whether our choice would be crime, romance or mystery or thriller or horror or spiritualism or financial wisdom or best success practices or self-development is decided by your desire to seek pleasure, humour, contentment, new knowledge, personal gains and many more takeaways. Book-reading benefits book lovers and authors love book readers.

So, it is not surprising that after serving for 37 years in the Indian Army where life is usually stereo-typed with few surprises, I chose to author a non-fiction book, first, because I was confident of writing something meaningful and next, because it was convenient. Life being no fiction, I firmly

decided that non-fiction it would be, and my stories should relate to reality, real-life stories, raw experiences and real-time observations. I also realised that creating stories like those in fiction would need fresh ideas, and the skills in the nuanced art of creating characters and themes and more processing time. After all, life is not just made up only of stories, it's a messy mosaic, and may well be prosaic all the way, though not always!

In December 2023, thus was born, my first non-fiction book, "Our Country, Our People: The India We wish to live in". It is particularly about 'what Indians need' and 'not what people think that Indians want'.

With time in my hands and ideas in my head, the new author's itch scratched my surface. I was looking for another non-fiction subject of not just topical interest to the readers but also of real concern to them and their universe and all of India. Why should we ignore or side-step common failings? Isn't authoring analytically-researched books or reproducing and reporting the common people's woes as a narration, as much necessary as writing entertainment or pastime-oriented or self-help books?

That's how the idea for my second book, "Murder of the Minds: Mindful Solutions to Mindless Crimes", came alive. When there are only talks to end wars and more fights to restore peace everywhere, we in our own small societies, are fighting crimes that destroy us almost daily. Only a very few can save us from the rigours of repeated physical and mental annihilation. In India, and also in other parts of the world, some crimes get reported, some go unreported, some ignored

and some not even acknowledged as crimes. Sometimes, crimes may even be passed off as mischiefs.

Women are the first targets in most of the crimes not because they are soft targets but because they are found to be easy targets in a Machiavellian male-dominated society. The day women occupy leadership positions and start deciding ‘what’s good and what’s not for the society’, societies will adapt themselves to the needs of the people. I will bet on this! Thus, why just mindless crimes, even wars, rebellion and uprisings and most of all terrorism can be averted, with women in the forefront of all global programmes, events and activities. Most men know this for sure and therefore they wouldn’t let go of their hold over prestigious positions, posts and appointments. For all crimes in India to end, women must take charge of governance at all levels. Also, it is only the mothers of India who can change India and bring an end to crimes.

The mother idea for this book, “Murder of the Minds” was, initially, based on a true, unnerving, gory and mindless crime against a young college-going boy through ragging, 43 years back. The victim, who is still alive, is now referred to as a ‘Walking Dead body’ for his body still walks, while his mind and soul were murdered in the college hostel long back.

While gathering information to narrate the ordeal of the ‘ragging victim’ in this book, came the disconcerting and frightful thoughts of the extreme extents to which women of India are made to suffer more than men, though pains mean the same to one and all. These unfortunate female-victims definitely suppress pain and pull on with their lives without revealing much to their husbands and mothers, leave alone

their fathers, brothers and sons. Why doesn't it end is the question and not when will it end?

When that pain exceeds the threshold, which differs from person to person, some women surrender and bid their final goodbyes to us and a life, not so well-lived. Ask yourself, were they born to live that day? Yes, and, without much help they lost! Were there any males to save such situations? Yes, there were and there are, but very few and very rarely!

Even three-year old baby girls are probably being raped for sex out of lust and 80-year old women are being smothered to death for making some quick bucks. Thus, the scope of this book grew wider in order to encompass all crimes that affect both the minds and the bodies of not just the victims but their families as well. The sad part is that while we make big speeches that our societies are large inclusive families, no one dares speak about such crimes in societies or resorts to quell the storm and ride the thunder. Crimes just become a family matter unless an incident is too brutal, macabre and ghoulish and catches the media headlines. Most of the time the media comes alive and sometimes it becomes selective in reportage! In general, mindless crimes in India murder the minds as much or more than the bodies. Thus the victims are made to suffer not just once but for an entire life-time. Whom do we go to and explain all the pains and the psychology behind them and who will listen to it and act on it? That's the theme of this book!

Body-shaming, ragging, workplace harassment, being ignored and isolated by groups of men or women or both, have all become a very common feature today in our daily lives. While we may boast of strong and powerful bodies of institutions

that protect women, crimes against women continue unabated. While in the urban landscape crimes are perpetrated with unfailing regularity, the rural settings are homes to an entirely different category of crimes, some revealed and some may be, continuing undetected. Both versions exist and may continue for long, unless we change-makers, ‘be the change’ and not expect that ‘changes will happen on their own’.

Further, as we proceed with the book, crimes which appear silly, meaningless, and not outwardly harmful give a face to itself and their potency can be judged by the venom they contain. Teasing, taunting, tormenting, intimidation, and assault, name-calling, bullying, stalking and humiliation, discrimination and being judgemental, jeering, criticising, ridiculing and condemning are some of such crimes. These crimes are as criminal as all others, unless one grades one lower or upper than the other.

From there, we step towards the modern societal versions of crime which have added many flavours and may involve all breeds and classes of people. Such domestic crimes include neglect and others which cause anxiety and stress, especially in senior citizens. Seemingly innocuous but deadly when it strikes, ask the victims about the sources and the impact of these crimes! Their response will be one of high indignation.

Then follow the high technology (hi-tech) crimes catapulted by a hi-tech world, directly or indirectly, which has only added to the sorrows and now even failing to address them comprehensively. Social media, trolling, online bullying, cyber-stalking and deep-fakes take away the cake because we are still unsure as to what more is in store for us! In such crimes, identities of some perpetrators get revealed while

many others remain hidden. Hi-tech is not bad but can we keep it away from bad hands? For that, we need to have a far superior technology or algorithms which can promote and maintain human ethics in our cyber spaces, on its own. Will or can Artificial Intelligence (AI) provide answers?

The final part of the book touches upon heinous crimes such as outraging modesty of women and gays, molestation, sexual offences and rape and also domestic violence of grave nature such as dowry deaths and honour killings and suicides and murders. Moral policing, too, finds special mention.

We live in a sick society, aren't we? This statement is not meant to offend anyone in particular! It is just the right application of the fertile minds of all peoples to win over the minds of the crimes' victims that matter. Our societies need a cultural re-think. Maybe a total brainwash, if necessary! How does the Indian public react when a girl is attacked in broad daylight on a main street or acid thrown at her face or a married woman having a happy meal with her family in a restaurant jeered at or a school girl working in her paddy fields being whisked away at sunset? Don't we look the other way! Is it the right response or the most appropriate approach? Are these the lessons taught and learnt by our students, the future Indian citizens, in schools and colleges?

We also hear of an incident in which an elderly gentleman while trying to protect the daughter-in-law of the house was shot dead by the assailants. Where does India go from here? Are we progressing? What have we as common Indian citizens done to resolve these crimes, once and for all? Or, do we expect some authorities to eradicate these crimes and bring closure to it?

Societies have good and bad people is the common refrain! Societies are only as strong as their weakest links and the weakest links here are - the blatant discrimination against women, the lack of meaningful communication between people and divisions between classes! We have built walls around our houses and made homes fortresses and hence we don't know what's happening outside because we don't care! If our own women are safe, we are happy! The strengths and forces which embolden criminals, who could be grandfathers or fathers or husbands or brothers or sons or even women, must be eradicated from sane and well-meaning societies. This could be the first step!

Being my second book, I am still trying to learn the nuts and bolts of the art of writing books. Isn't the subject I have chosen for this book, of genuine concern and a quagmire - a situation hard to deal with or get out of, for the 1.4 billion Indians? The 'Notes' space on the last page of each chapter is for our readers to jot down thoughts that get triggered and make notes so that, very soon, we could have our citizens finding workable solutions to the perennial problem of crimes, first within our mini-societies. Well, you may exchange your notes with like-minded people! We need to retard the escalation of crimes, at least minor crimes, through self-help groups!

May the change we aspire for, not just remain a dream or a desire, but our conscientious mission. Let us save our women by empowering them and not just protecting them. Mothers and mothers-in-law of all ages have an active role to play in this regard and this can happen from today and need not wait for a new generation to come to life.

Shockingly, crimes in India owe their regularity to the vast population and the anonymity people enjoy in the darkness of accountability and freedom. Maybe even the Aadhar and PAN cards and driving licenses are not helping towards identifying the criminals. Therefore, we need to have some form of black cards to keep count of and account for the hard-core and the other criminals-in-the-making. When freedom and accountability are valued by people, crimes will cease. This should be our democracy *mantra* and not the mere ‘All is well’ rhetoric. Each year, the 8th of March is celebrated as the International Women’s Day. Let us honour our women on all days, with the 8th of March reminding us that if there were no women, there wouldn’t have been so many men indulging in so many crimes! This book, indeed, says only that much!

Pray, this book makes a difference!
Colonel N Sailendra Rao (Retired)

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MURDER OF THE MINDS

MINDFUL SOLUTIONS TO MINDLESS CRIMES

(AN INDIA MOTIVATIONAL BOOK ESPECIALLY FOR INDIAN WOMEN)

India is progressing at a rapid pace.

Almost 50% of our Indian population are females. Males have been the major contributors to our nation's development, so far. That's because women are not getting adequate opportunities and their talents and capabilities are still being misjudged, if not undermined and suppressed. Most of our males are not forthcoming towards encouraging women to exhibit their skills adequately because males are still not confident about women's abilities, and also, subordinating women comes so naturally to many of them. Oppressed women and girls are being suppressed directly and indirectly and, therefore, they usually get the short end of the stick. In fact, our women have been deprived of their rights to express themselves, explore options and exercise their free will in order to become independent persons. More than 70% of the crimes in our land are against women. That's because women are considered weak, not only by most males but also by some women themselves. This book is an attempt to highlight the nature of mindless crimes perpetrated against women and offer mindful solutions to avoid and prevent such crimes. For that, we must first believe that all forms of crime are abnormal, unnatural, and we cannot accept them anymore. It is hoped that readers would spread word about the dire necessity for India to treat women as equals so that the aggregated contributions from women and men could propel India to attain superpowerdom at a much faster pace. India's women leaders would not only work for India's good but also for world's peace and prosperity which includes nature and all that grows in the wild and its inhabitants.

For all these to happen, crimes against women and children must end!



Colonel N Sailendra Rao (Retired)

Jai Hind



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