

DRIVERS OF DEVELOPMENT

INDIA'S ROAD TO SUPREMACY

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**Dedicated to My Motherland, Whose
Stories and Spirit Shaped this Work**

“A nation’s story is never finished—it is written, again and again, by its people, and defined by the integrity of their choices.”

— DR. ABHEEK SUMAN

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Chapter 1

What Development Really Means

Development is one of the most frequently used words in public discourse—and one of the most poorly understood. It is invoked in election speeches, policy documents, corporate reports, and everyday conversations, often reduced to a single metric: economic growth. Yet history, both global and Indian, repeatedly demonstrates that growth without institutional strength, social trust, and human capability is fragile, uneven, and ultimately unsustainable.

True development is not the accumulation of wealth alone. It is the expansion of human capacity—the ability of individuals to live healthy lives, think critically, work with dignity, feel secure, and trust the systems that govern them. Development is therefore systemic. It is the outcome of multiple pillars functioning together, not the success of isolated schemes.

Growth vs Development: The Indian Experience

India's post-independence journey offers a clear illustration of this distinction. There have been periods of impressive economic expansion—industrialisation in the early decades, liberalisation in the 1990s, and digital acceleration in the

21st century. Yet these phases often coexisted with poor public health indicators, uneven education outcomes, informal employment, and overstretched judicial systems.

This contradiction highlights a central truth: growth can occur without development, but development cannot occur without alignment.

An economy may grow while large sections of the population remain excluded. Infrastructure may expand while institutions remain weak. Technology may advance while trust erodes. Development, unlike growth, is not accidental—it is deliberate.

Development as a System

A nation functions as a complex system. Education affects employment. Health influences productivity. Employment shapes social stability. Security enables investment. Justice builds trust. When one pillar weakens, pressure transfers to the others.

For example:

An education system that prioritises degrees over skills produces unemployable graduates.

Weak employment opportunities lead to frustration, migration, and social unrest.

Delayed justice discourages investment and corrodes faith in governance.

These are not isolated failures; they are symptoms of systemic misalignment.

Development, therefore, must be understood as coordination across institutions, sustained over decades.

The Role of the State and Society

Development is neither purely a government responsibility nor solely a market outcome. The state provides infrastructure, regulation, and public goods. Markets create efficiency, innovation, and opportunity. Society provides legitimacy, participation, and cultural continuity.

When these elements function in harmony, progress accelerates. When they conflict, development stalls.

India's diversity—linguistic, cultural, economic—adds complexity but also resilience. Managing this diversity requires institutions that are fair, predictable, and inclusive. Development in such a context cannot be centralised or short-term. It must be distributed, adaptive, and patient.

Measuring What Matters

GDP is a useful indicator, but it is incomplete. A developing nation must also ask:

Are children learning how to think?

Are citizens healthy enough to work productively?

Is employment dignified and secure?

Do people feel safe in daily life?

Do they trust courts, police, and governance?

These questions define real progress.

Countries that fail to broaden their definition of development often achieve material wealth at the cost of social cohesion. Countries that succeed treat development as a long-term civilisational project, not a political slogan.

The Core Premise

India's future is not determined by isolated policies or short-term fixes, but by the strength and alignment of **five foundational pillars**:

- **Education:** Beyond literacy or degrees, it is the cultivation of critical thinking, creativity, and cognitive capability.
- **Health:** A nation cannot thrive if its people are weak; resilience begins with well-being.
- **Employment:** Beyond jobs or qualifications, work must provide dignity, purpose, and opportunity.
- **Security:** The silent framework of daily life—without it, freedom, enterprise, and trust cannot flourish.
- **Justice:** Trust in institutions is the ultimate national infrastructure, binding society, economy, and governance together.

These pillars are deeply interdependent. Strength in one is fragile without strength in the others. A nation that builds all five deliberately does not merely grow—it develops meaningfully, inclusively, and sustainably.

Chapter 2

Education – Teaching a Nation How to Think

Education is the most powerful long-term investment a nation can make. It shapes not only economic outcomes, but civic behaviour, social cohesion, and institutional resilience. Yet in India, education remains one of the most paradoxical pillars of development: admired at the top, deeply fragile at the base.

India produces world-class engineers, doctors, scientists, and entrepreneurs. At the same time, a significant proportion of school children struggle with basic reading, writing, and arithmetic. This contradiction reveals a system that rewards selection over foundation.

The Credential Trap

Indian education has historically emphasised examinations, ranks, and credentials. Success is often measured by entrance into elite institutions rather than by broad learning outcomes. This approach creates intense competition at the top while neglecting the majority.

Rote learning, coaching culture, and exam-centric teaching suppress curiosity and critical thinking. Students learn to reproduce answers, not question assumptions. Over time,

this produces technically qualified individuals who may lack adaptability, creativity, or ethical reasoning.

Development demands more than certification—it demands cognition.

Foundational Learning: The Missing Base

No education system can succeed without strong foundations. Early childhood education, primary schooling, and teacher quality determine long-term outcomes. Studies repeatedly show that learning gaps formed in early years are difficult to reverse later.

States like Kerala demonstrate what sustained investment can achieve: high literacy, better health indicators, and stronger civic participation. The lesson is clear—consistency matters more than novelty.

Infrastructure without trained teachers, curriculum reform without classroom support, and policy announcements without implementation capacity all lead to disappointment.

Higher Education and Skill Mismatch

India's higher education expansion has been rapid but uneven. While elite institutions perform at global standards, many colleges struggle with outdated curricula, inadequate faculty, and weak industry linkage.

The result is a persistent skill mismatch:

Graduates without employable skills

Employers unable to find job-ready candidates

Youth frustration despite formal qualifications

Education must align with evolving world while retaining its broader purpose: producing informed citizens, not just workers.

Education Beyond the Classroom

True education extends beyond textbooks. It shapes values, civic responsibility, and social behaviour. A society educated only for employment but not ethics risks prosperity without cohesion.

In a democracy as large as India, education must also teach:

Constitutional values

Respect for diversity

Scientific temper

Digital and media literacy

These qualities determine how citizens engage with institutions and with each other.

Education as a Development Multiplier

Education strengthens every other pillar:

Health improves with awareness and preventive behaviour

Employment becomes more productive and adaptable

Security stabilises as opportunities expand

Justice gains legitimacy through informed participation

This multiplier effect is why education is often called the first pillar of development. When it weakens, all others strain under pressure.

Conclusion: Thinking as National Capability

India does not suffer from lack of intelligence or ambition. It suffers from uneven cultivation of thought. Development requires a population trained not merely to compete, but to reason, adapt, and cooperate.

An education system that teaches a nation how to think—not just what to remember—creates the foundation for everything that follows. Without it, progress remains selective and fragile. With it, development becomes resilient and inclusive.

Chapter 3

Health – Strength Before Wealth

Health is often discussed as a social sector expense, a welfare obligation, or a moral responsibility. Rarely is it treated for what it truly is: core national infrastructure. No country has sustained long-term development with a weak public health foundation. Productivity, innovation, military readiness, and social stability all depend on the physical and mental well-being of citizens.

India's health outcomes reveal a familiar contradiction—advanced tertiary care in pockets, world-class specialists in cities, yet fragile primary care for the majority. This imbalance has deep developmental consequences.

Health and the Economy: An Invisible Link

An unhealthy population cannot sustain economic productivity. Chronic illness reduces workforce participation, deepens household poverty, and places persistent pressure on public finances. Beyond visible crises, it is preventable diseases that quietly erode economic output over time.

India's disease burden reflects a dual challenge. On one side are communicable diseases, rooted in gaps in

sanitation, nutrition, and housing. On the other are non-communicable diseases, driven by changing lifestyles, rising stress, and rapid urbanisation.

This dual burden requires a health system that prioritises prevention as much as treatment. Yet policy focus has historically leaned toward hospitals rather than health.

Primary Healthcare: The First Line That Matters Most

Strong health systems are built bottom-up. Primary healthcare—local clinics, trained health workers, preventive services—is the most cost-effective investment a nation can make.

States like Tamil Nadu and Kerala demonstrate this clearly. Consistent investment in public hospitals, maternal care, immunisation, and nutrition has produced outcomes comparable to far wealthier regions. These successes are not accidental; they result from decades of administrative continuity.

In contrast, regions with underfunded primary care face higher mortality, lower productivity, and greater inequality—even when tertiary hospitals exist.

Public vs Private: A False Binary

India's healthcare system is often framed as a public-versus-private debate. In reality, both are necessary. Private healthcare brings efficiency, innovation, and scale. Public healthcare ensures equity, reach, and affordability.

The developmental failure occurs when public systems are weak and private systems become the default for essential care, pushing households into debt. Health-related financial distress remains one of the leading causes of poverty in India.

Schemes like Ayushman Bharat have improved access, but insurance without adequate service delivery risks becoming transactional rather than transformative.

Preventive health

Preventive healthcare measures such as vaccination, health education, early screening, and nutrition programs strengthen the foundation. Immunisation campaigns, maternal health initiatives, and school nutrition schemes have demonstrated that early intervention can prevent disease, reduce healthcare costs, and improve overall societal well-being

Preventive health rarely generates dramatic headlines because its successes are measured in illnesses that never occur and hospital beds that remain empty. Yet its impact is profound. Investments in nutrition, sanitation, and prevention create a healthier population, strengthen human capital, and support sustainable economic growth. In the long term, nations that prioritise prevention build stronger healthcare systems, reduce medical expenditure, and unlock the full potential of their people.

Mental Health: The Silent Crisis

Rapid urbanisation, job insecurity, academic pressure, and social change have made mental health a growing concern. Yet mental health infrastructure remains underdeveloped, stigmatised, and poorly integrated into primary care.

A development model that ignores mental health sacrifices productivity, creativity, and social cohesion. Emotional resilience is as important as physical strength in a modern economy.

Health as National Resilience

The COVID-19 pandemic exposed both strengths and vulnerabilities. India's pharmaceutical capacity, vaccination drive, and medical workforce performed at scale. At the same time, shortages in oxygen, hospital beds, and primary surveillance revealed systemic gaps.

The experience underscored an important lesson: healthcare preparedness is not merely a medical concern—it is a matter of national resilience. Strong public health systems, emergency response capabilities, and robust medical infrastructure are essential for protecting both lives and economic stability. Investing in healthcare preparedness ensures that nations are better equipped to respond to future pandemics, biological threats, and large-scale health emergencies.

Conclusion: Health as a Development Multiplier

Health amplifies every other pillar. Education outcomes improve when children are nourished. Employment becomes sustainable when workers are healthy. Security stabilises when crises are manageable. Justice becomes accessible when citizens are physically and mentally capable of participation.

Development begins with strength—and strength begins with health.

Chapter 4

Employment – Dignity, Not Dependency

Employment is the most visible interface between citizens and the economy. It determines income, identity, self-worth, and social stability. A nation may grow economically, but without sufficient employment, growth becomes exclusionary.

India's employment challenge is not merely about numbers—it is about quality, security, and dignity of work.

The Informal Reality

A majority of India's workforce operates in the informal sector: small enterprises, agriculture-linked labor, daily wage work, and self-employment. This sector is dynamic but vulnerable—lacking job security, social protection, and skill progression.

Informality absorbs labor but limits productivity. Without transition pathways, it becomes a developmental ceiling.

Formal job creation has lagged behind population growth, creating a paradox of rising aspirations and limited opportunities.

Jobless Growth and Youth Frustration

Economic growth that fails to generate sufficient employment opportunities can create deep social and economic tensions. When economies expand without a corresponding increase in meaningful jobs, the benefits of growth remain unevenly distributed.

For many young people, education is seen as a pathway to upward mobility and financial stability. Degrees raise expectations—not only for better incomes but also for dignity, security, and social progress. However, when the job market cannot absorb the growing number of educated graduates, these expectations remain unfulfilled. The result is widespread frustration among youth.

Employment is not merely an economic concern—it is a matter of social stability and national development. Sustainable growth must therefore focus not only on increasing GDP but also on generating productive, skill-based employment opportunities that can absorb the aspirations of a young and ambitious population.

Manufacturing, MSMEs, and Scale

Globally, manufacturing has historically absorbed large labor forces. India's manufacturing share has stagnated, constrained by infrastructure gaps, regulatory complexity, and skill mismatch.

MSMEs are critical employment engines, yet they face limited access to credit, technology, and markets. Supporting them is not charity—it is strategy.

Employment policy must focus on:

Ease of doing business at small scale

Skill alignment with industry needs

Regional balance to prevent urban overload

Women and Workforce Participation

India's female workforce represents a vast but under-leveraged resource, held back by social norms, safety challenges, unequal care burdens, and insufficient flexible work opportunities.

Development cannot be inclusive if half the population is excluded from economic opportunity.

Ensuring safety in public and workplaces, expanding childcare support, and enabling flexible work models are not social concessions; they are economic imperatives essential for sustained growth.

Welfare vs Work

Welfare programs provide essential support, particularly during periods of transition and crisis. However, prolonged dependency without clear pathways to employment can weaken individual agency and strain fiscal sustainability.

The objective is balance—support without substitution. Welfare should act as a bridge to opportunity, not a replacement for it.

Skills for a Changing Economy

Automation, AI, and digitisation are reshaping labor markets. Low-skill repetitive work is declining; adaptable skills are rising in value.

India's skilling initiatives must move beyond short courses and certificates toward continuous learning ecosystems. Employability is not static—it evolves.

Conclusion: Employment as Development's Anchor

A nation that ensures dignified livelihoods builds more than an economy—it builds stability, purpose, and cohesion. Productive employment links education to aspiration, health to productivity, and growth to inclusion.

Without it, development fractures. With it, progress becomes shared, resilient, and enduring.

Chapter 5

Security – The Silent Enabler

Security is rarely celebrated when it functions well. Its success lies in invisibility—in the ordinary continuity of daily life. Children attend school, businesses operate, citizens move freely, and institutions function without interruption. When security fails, however, development unravels quickly and visibly.

For a country like India—large, diverse, and geopolitically complex—security is not merely a defence concern. It is a developmental prerequisite.

Security Beyond Borders

Public discourse often equates security with borders and military strength. While external defence is essential, internal security is equally critical to development.

Internal security encompasses law and order, effective policing and crime prevention, counterterrorism, protection of critical infrastructure, and cybersecurity. Each of these shapes economic confidence, social stability, and institutional credibility.

Where law and order is uncertain, investment hesitates. Where safety feels fragile, citizens disengage. When stability is questioned, development slows.

The burden of weak security falls unevenly. Crime, organised violence, and social unrest disproportionately affect the poor—informal workers, small traders, and vulnerable communities who lack the means to insulate themselves from risk.

Policing, therefore, is not merely an enforcement function; it is a frontline institution of development. Yet in India, policing remains understaffed, overburdened, and often subject to politicisation.

Modern security demands more. It requires professional training, technological integration, robust accountability mechanisms, and, above all, public trust.

Without these, law enforcement remains reactive rather than preventive—responding to crises instead of anticipating and reducing them.

Terrorism, Insurgency, and Regional Stability

India's experience with insurgency, extremism, and cross-border terrorism is not merely a security challenge—it is a sustained constraint on development. These forces drain public resources, disrupt local economies, and erode trust over time.

In regions marked by prolonged insecurity, progress slows visibly. Education systems weaken, healthcare access declines, and employment opportunities shrink—not due to

lack of potential, but due to the absence of stability that investment demands.

Insecurity does not just destroy—it delays, distorts, and deters.

Development in such contexts cannot rely on force alone. It requires a coordinated approach—where security is reinforced by governance, opportunity, and institutional presence.

Lasting stability is not imposed; it is built—through trust, inclusion, and consistent state capacity.

Cybersecurity: The New Frontline

As India rapidly digitises—across payments, governance, and data infrastructure—cybersecurity has emerged as a core pillar of national stability.

Cyber threats can disrupt banking systems, energy grids, communication networks, and critical public services. Beyond economic damage, such disruptions erode trust—the foundation of any digital ecosystem.

In the digital age, security is not separate from development; it is embedded within it. A digitally dependent economy without resilience is inherently fragile.

Strengthening cybersecurity infrastructure, regulatory frameworks, and technical capacity is therefore essential to safeguarding both economic progress and national security.

Security and Civil Liberties

A critical balance must be maintained between security and liberty. Excessive force or opaque enforcement erodes trust and legitimacy. Democratic security is not merely about control—it is about consent.

A state that protects its citizens while upholding their rights builds stability that endures; one that relies on coercion invites instability that persists.

Security as Development Insurance

Security does not generate visible returns, but it prevents catastrophic losses. It is insurance against disruption, instability, and regression.

When security holds, economies function smoothly, institutions retain credibility, and citizens engage with confidence. When it weakens, progress can unravel rapidly—often in ways that are costly and difficult to reverse.

Countries that neglect security eventually pay a far higher price—financially, socially, and institutionally—trying to rebuild what instability has eroded.

Conclusion: Security Enables Everything

Security is not an isolated pillar. It enables education to function, health systems to operate, employment to grow, and justice to be delivered.

When security is strong, development compounds quietly.
When it weakens, progress collapses loudly.

Ambition drives development, but only security can sustain
it through stability.

Chapter 6

Justice – Trust as Infrastructure

Justice is the least visible yet most decisive pillar of development. Roads can be rebuilt, industries can be revived, and policies can be redesigned. Trust, once broken, is far harder to restore.

Justice is not merely about courts and laws. It is about predictability, fairness, and confidence in the system that governs everyday life.

Justice and the Social Contract

Every functioning society rests on an implicit contract: citizens obey laws in return for protection, fairness, and redress. When justice systems fail to deliver timely and impartial outcomes, this contract weakens.

In India, justice is constitutionally guaranteed but unevenly experienced. Delays, complexity, and cost create barriers that disproportionately affect the vulnerable.

The Cost of Delay

India's judicial backlog runs into crores of cases. Civil disputes drag on for years, while criminal trials often take

even longer. The consequences of delayed justice are profound:

It discourages investment and economic activity

It drives citizens toward extrajudicial settlements

It erodes trust in institutions

It disproportionately favours the powerful over the patient

Justice delayed is not merely an administrative inefficiency—it is a structural constraint. By slowing resolution, it distorts incentives, deepens inequality, and quietly acts as a brake on development itself.

Policing, Prosecution, and Coordination

Justice is a chain, linking policing, investigation, prosecution, and courts. A failure at any point delays outcomes and erodes public trust.

In India, this chain faces multiple challenges: substandard investigations, limited forensic capacity, chronic judicial vacancies, low police-to-population ratios, weak coordination between agencies, underutilised technology, and political interference.

Reform must go beyond cosmetic fixes. Strengthening each link, improving coordination, and embracing systemic change are essential to ensure justice that is timely, fair, and effective.

Access to Justice

For many citizens, justice remains distant—geographically, financially, and psychologically. Low legal literacy, uneven access to legal aid, and complex, intimidating procedures make the system feel out of reach.

Digitisation offers a glimpse of hope. E-courts, online filings, and virtual hearings reduce friction and bring processes closer to the people. Yet technology alone cannot replace human accessibility. True reform must be citizen-centric, ensuring that justice is not only available but understandable, approachable, and equitable.

Corruption and Credibility

Corruption within justice institutions—whether perceived or real—inflicts deep damage. Even isolated incidents undermine collective trust.

Transparency, accountability, and oversight are not optional. They are foundational to credibility.

Justice and Economic Development

Markets thrive on certainty—enforceable contracts, secure property rights, and predictable dispute resolution. Entrepreneurs invest where business disputes are resolved fairly; workers engage where their rights are protected.

Justice is a foundational element of economic infrastructure. A fair and reliable legal system underpins growth, investment, and social stability, turning the abstract promise of law into tangible economic progress

Justice as Long-Term Capital

Trust is a form of capital that compounds over time. Societies with strong institutional trust experience higher voluntary compliance, lower enforcement costs, greater cooperation, and sustained innovation.

Justice builds this trust quietly and consistently—making it not just a legal function, but a foundational asset for long-term development.

Conclusion: Justice Is Development's Foundation

Without justice, governance risks coercion, markets become uncertain, and society fragments. Justice is not a luxury reserved for prosperous nations—it is the very foundation of prosperity.

When justice is strong, development is sustainable, inclusive, and resilient. When it falters, progress erodes from within.

Chapter 7

The Long Game: Two to Three Decades to Shape India's Destiny

No country develops accidentally.

Every developed nation—regardless of culture or ideology—shared one trait during transformation: long-term discipline.

India excels at short bursts of reform. What it lacks is continuity beyond electoral cycles.

Why Long-Term Thinking Is Difficult

Democratic systems often reward immediacy—five-year electoral cycles, visible infrastructure, and announcements that generate quick political returns. Media cycles amplify short-term wins, while voters naturally respond to tangible, near-term benefits.

Yet meaningful reform is inherently slow. Education yields result over decades. Judicial reform demands sustained, consistent effort. Urban planning requires present restraint for future gain.

India's challenge is not a lack of reform initiatives, but a deficit of patience. Too often, reforms are initiated with

intent but abandoned midway—not because they fail, but because they take time to succeed.

The Cost of Policy Volatility

Frequent policy reversals create environment of uncertainty:

Investors hesitate

Institutions lose morale

Citizens disengage

Stability does not mean stagnation. It means predictable evolution.

Countries that have transformed successfully, such as Japan, South Korea, and Germany, have maintained continuity in core policies across political cycles, while allowing flexibility in execution

Population and the Time Window

India is at a crossroads. Tens of millions of young people enter the job market every year, brimming with potential—but this demographic advantage is not permanent. It becomes a true dividend only if the population is educated, skilled, healthy, and employed. Without preparation, this potential becomes a burden—demographic stress rather than demographic dividend.

Institutional Strength Over Charisma

Charismatic leadership can initiate change; only institutions can sustain it. Over reliance on personalities weakens continuity and makes progress fragile.

Institutions must be empowered to:

Make independent decisions

Withstand scrutiny and criticism

Adapt without constant direction

Strong institutions outlast leaders—and anchor long-term progress.

The Discipline of Saying “NO”

Not every promise can be kept. Not every demand can be met. Not every reform can be undone. Development, like a finely tuned engine, requires both acceleration and restraint.

Political maturity is revealed not in the applause of easy decisions, but in the courage to say “no” when it matters most. Leaders who manage expectations wisely, rather than bowing to every pressure, lay the foundation for lasting progress.

Conclusion: Time Is the Real Currency

Money can be borrowed. Technology can be imported. Talent can be developed.

Time, once lost, cannot be reclaimed.

India's challenge is not a lack of potential—it is the impatience to wait, the hesitation to plan, and the failure to act decisively in the present. The nation's destiny will be shaped not by what it has, but by how wisely it uses the time it cannot reclaim.

Chapter 8

Momentum or Meaning — India's Choice

India stands at a rare crossroads.

It has scale, talent, democracy, and technological capacity. Few nations possess this combination simultaneously.

The question is not whether India will grow—it already is.

Growth increases numbers; development transforms lives. Growth can coexist with inequality; development demands inclusion. India has delivered growth. The next phase must deliver meaning—growth that lifts citizens, strengthens institutions, and secures a future where opportunity is shared, not concentrated

The Danger of Noise

Modern India is loud—buzzing with constant debate, cycles of outrage, and narratives that shift faster than decisions can be made. The clamour creates movement, but rarely direction.

Noise can capture attention, but it cannot create progress. True advancement requires clarity of purpose, deliberate action, and focus. A nation may roar, but unless it moves with intent, it risks spinning in place while the world moves forward.

Reimagining Success

Success must be redefined—beyond narrow metrics and visible symbols:

From GDP growth alone to overall quality of life

From urban-centric progress to inclusive rural dignity

From speed of execution to sustainability of outcomes

A truly developed nation is not the one that builds the fastest, but the one that builds fairly, inclusively, and with resilience—leaving no citizen behind and no opportunity wasted

India's Real Strength

India's strength lies not in uniformity, but in its capacity for plural resilience. Its diversity, when governed with fairness and inclusion, becomes a source of adaptability; when neglected, it turns into friction.

Unity, therefore, must be institutional—built on trust, rights, and shared frameworks—not imposed through force

The Final Choice

India faces a fundamental choice:

Chase momentum and risk exhaustion

Or build meaning and sustain progress

Momentum can create speed, but without direction, it often leads to fatigue and fragmentation. Meaningful

progress, in contrast, is slower but more durable—grounded in purpose and continuity.

The difference lies not in ambition, but in the quality of governance, the patience to stay the course, and the alignment of institutions toward long-term goals.

Conclusion: The Long Road Forward

India does not need reinvention. It needs integration—of policy with purpose, growth with equity, and ambition with patience.

Development is not a milestone—it is a mindset, a discipline sustained over time.

The road ahead is long, but unfinished stories carry the greatest possibility.

And India's story is still being written—line by line, choice by choice

Author Bio

Dr. Abheek Suman is a physician trained at Lady Hardinge Medical College, Delhi, where his academic journey was shaped by a strong foundation in scientific inquiry and analytical thinking. His work reflects a unique blend of clinical expertise, intellectual curiosity, and lived experience, allowing him to explore the intricate connections between human behaviour, societal systems, and national development.

With a deep interest in microbiology, he approaches the world through a scientific lens, yet remains equally engaged with its human dimensions. Beyond medicine, he is passionate about blogging, travel, and reflective writing—pursuits that enable him to observe diverse cultures, environments, and perspectives. However, he does not stop at observation; he seeks to interpret and uncover the subtle patterns and deeper narratives that bind people, places, and ideas together.

Guided by a balance of scientific clarity and emotional insight, Dr. Abheek's work aims to go beyond mere documentation. Instead, it strives to illuminate the underlying forces that shape societies and individual experiences. Through his writing, he aspires to provoke thought, inspire dialogue, and contribute meaningfully to conversations on development, identity, and the evolving human condition.