

ETHICS

What is ethics?

- Morality
- Principles
- Rules
- Ideals
- Honesty
- Standards
- Call of conscience

Ethics is

BASED ON HUMAN VALUES

BASED ON SENSE OF BELONGINGNESS

“DOING WHAT IS RIGHT”

“NOT DOING WHAT WE DON'T WANT OTHERS TO DO”

CONTEXT

- Doing what is right... changes with the role that we play
- What is right for me may not be what is right for you
- The ethics of a soldier and the ethics of a doctor
- Ethics is CONTEXT SPECIFIC
- What is our CONTEXT as Railwaymen ?

Our context

- To keep the interests of Indian Railways in mind

TO SERVE THE RAIL USERS

Taking ethical decisions

- Doing what is right
- How do we know what is right ?
- The mind takes different decisions at different times:
 - Your reaction to mistake done by a friend when
 - you are in a good mood
 - when you are in a bad mood

Key to taking ethical decisions

- LISTEN TO YOUR INNER VOICE
- You can listen to your inner voice when you are peaceful and relaxed

Ethics in public service vs Ethics of public service

- What is the difference?
- Have the interest of Railways in mind
- Work FEELINGLY
- Beyond the call of duty
- Video1,2,3
- Bhopal

Why should I be ethical ?

- Remember some ethical work done by you- how you felt (The “kick”)
- Long term gain
- Blessings of the organization, Newton’s third law
- Your family will be proud of you
- Lead a guilt free, fear free, happy, healthy life

LIFE BALANCE SHEET

- Company
- Balance sheet: Profit, loss, asset, liabilities
- CEO tries to run the company successfully
- We are all CEOs of a company – Our life
- How do we measure the success of our company?

- Happiness
- Joy Vs Pleasure
- Joy inside out, long lasting, not selfish
- Pleasure sensorial, outside in, short lived, selfish
- Happiness==Joy

- List out the names of people:
- Who have done some good to you without any conditions (page 1)
- Whom you have done good to without any conditions (page 2)
- Both these entries give us joy, our company called life benefits from both

- Page 1 not in our control- gifts, blessings, initial support, - be grateful
- but page 2 is our Karmabhoomi, totally in our control- our deeds and key to our happiness
- It is a continuous process
- Use every opportunity to make an entry in page 2

- List out the names of people whom you have hurt (Page 3)
- How do you feel when you look at these entries:
- Guilt, regret, sadness

- List out the names of people who have hurt you (Page 4)
- How do you feel when you look at these entries:
- Anger, hatred, anxiety, feeling of taking revenge

- What is the aim of you as CEO? Happiness
- Are the entries in page 3 and 4 taking you towards happiness?

- What should you do?
- Try to reduce entries at page 3 and 4
- Why did we do what we did or why did they do what they did?
- Greed, jealousy, ego, anger, attachments, desires
- You have direct control over page 3,
- To reduce the entries of page 3. Ask for forgiveness

- To reduce entries at page 4, forgive
- understand the circumstances when the other person hurt you
- Those related to entries at page 3 and 4 mostly belong to your inner family circle
- If you look at page 4 closely, it is possible that you realize that it has led to your improvement... so page 4 entry is replaced by page 1 entry
- Video

HEALTH HAPPINESS AND SUCCESS

HEALTH

- What is health?
- Are we healthy?
- Stress
- Regular exercise, breathing exercise, meditation
- When we are stress free, then we can listen to our inner voice
- Eating healthy food
- Drinking right amount of water at the right time

HAPPINESS

- What makes you happy?
- More entries in page 2, minimum in page 3,4
- Following the inner voice
- If you don't follow the inner voice... guilt... stress... ailments

- The “Kick”
- The Kick of being ethical is more powerful than other kicks

- Good relationships with family, friends and colleagues
- Focus on the positive, ignore the flaws

LISTENING TO THE INNER VOICE

- To listen to your inner voice,
- You need to open up the doorways to the inner voice
- When you are in a calm state of mind, free of anger, disturbance, filled with positive energy, then you can access your inner voice
- Meditation helps
- Stretching exercises, yoga, breathing exercises help in getting to meditation
- video
- Inner voice gives you direction, correction

SUCCESS

- One who is happy and healthy can be successful
- If frontline staff are happy and healthy, they will perform better, image of Railways will improve
- Close your eyes and think
- What can you do to enhance the image of Indian Railways?
- How can you contribute to Indian Railways?
- Railways is taking care of us in every possible way... what are we doing to give back

THANK YOU