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
• 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