

# Ethics ,Equity & Emotional Wealth



- Dr. Harish Shetty

ESWARAJAMOUNTS

# PAJANNA





**Resilience**

**Relationship**

**Reform & Repair**



***Resilience is Relative***

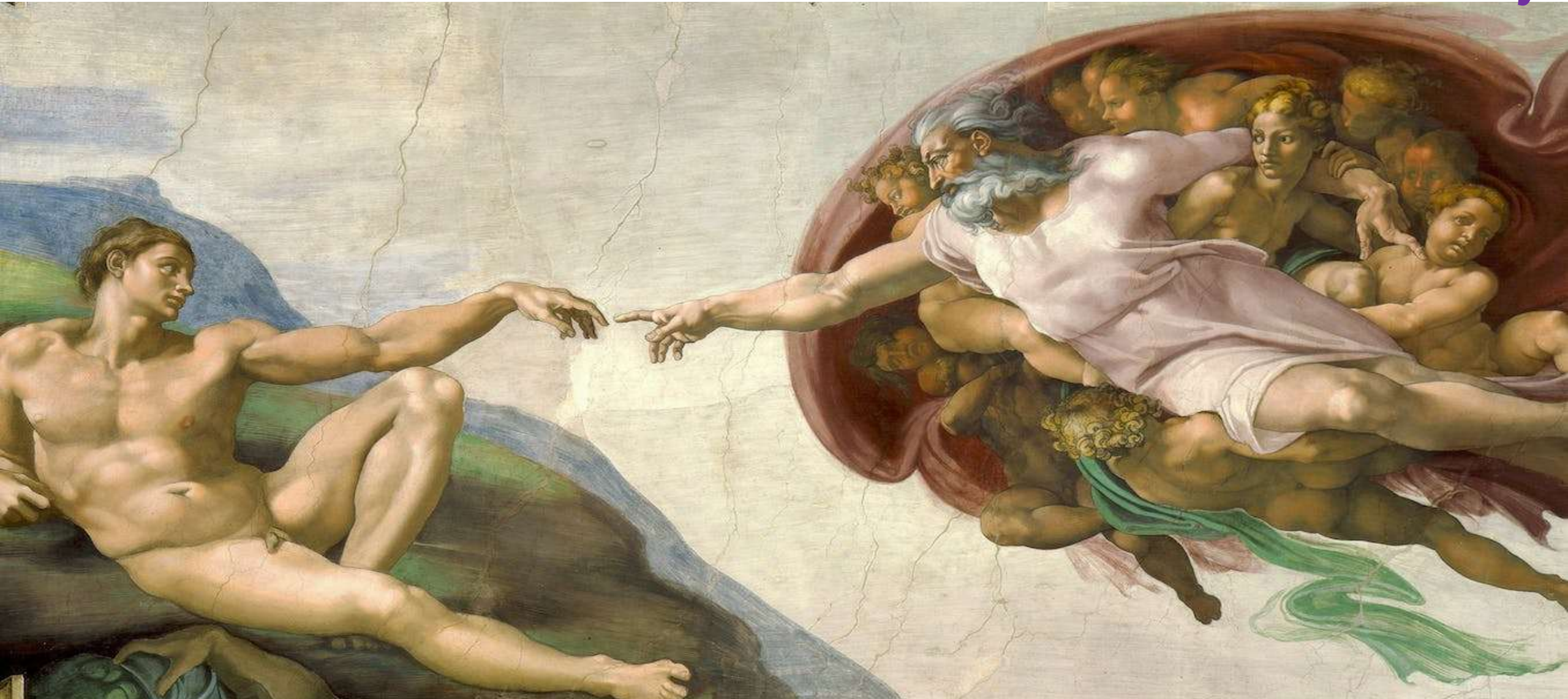
***Resilience & Fragility can coexist***





*God is a champion of Diversity*  
*Man is a champion of structure*

*-Harish Shetty*



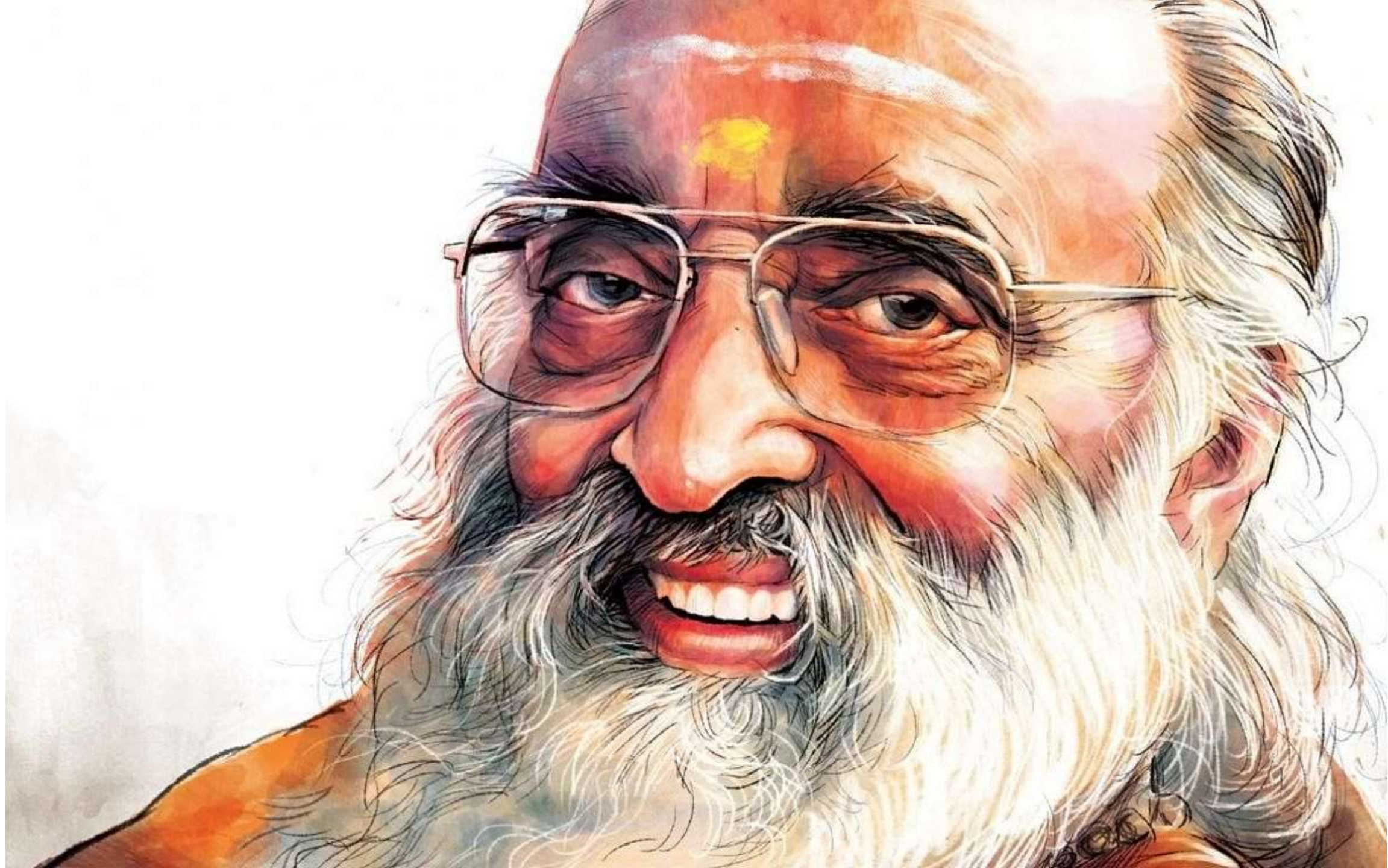


***Tansen***





***Ram Tanu Pandey***





***Balakrishna Menon***



**DILIP KUMAR**





***Yusuf Khan***





***Ajit Singh***  
***Jujhar Singh***  
***Zorawar Singh***  
***Fateh Singh***

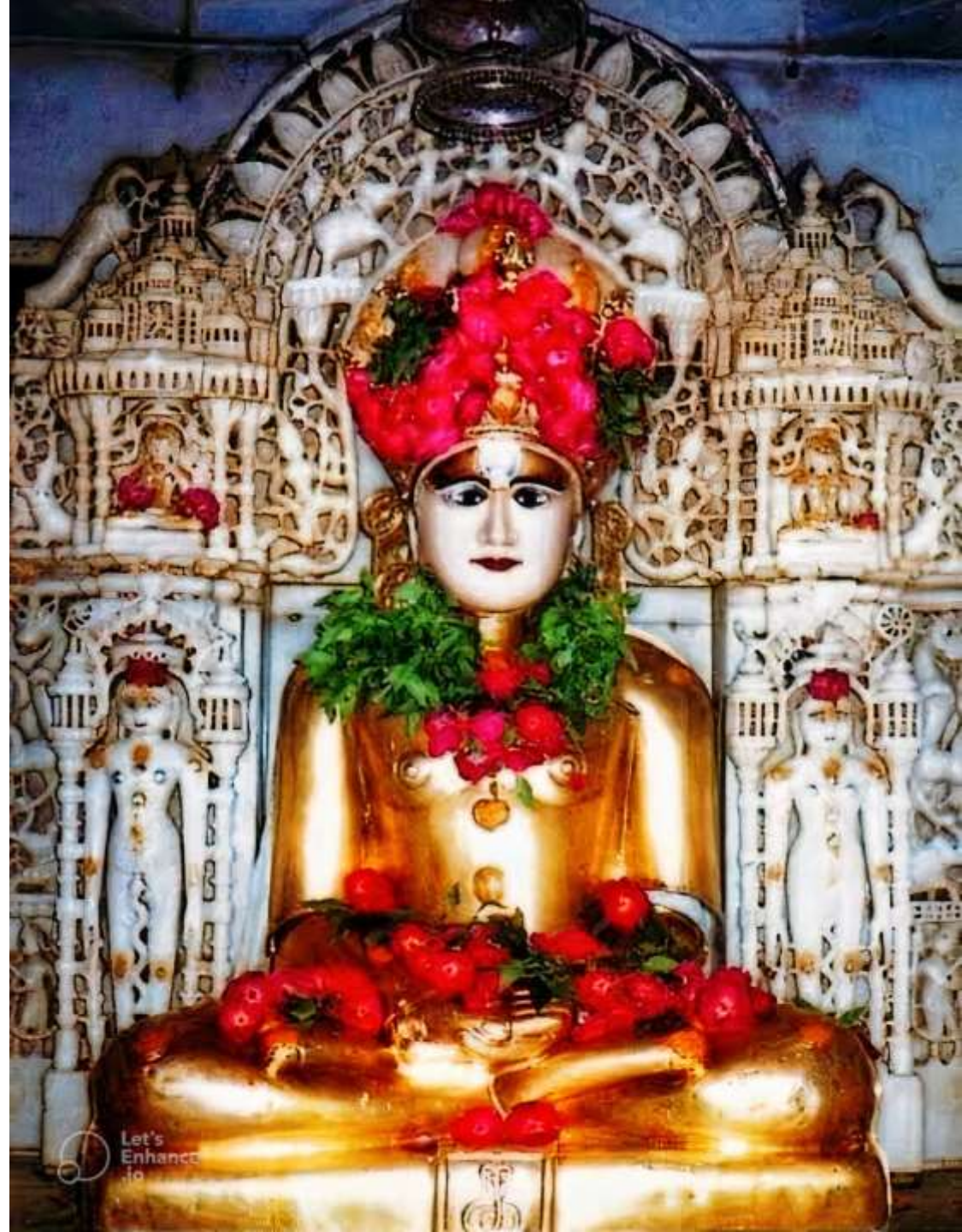




***Bajiprabhu Deshpande***



***Who is this Guru?***



# What are these terms?

*Asar*

*Zohar*

*Fazar*

*Isha*

*Magreeb*

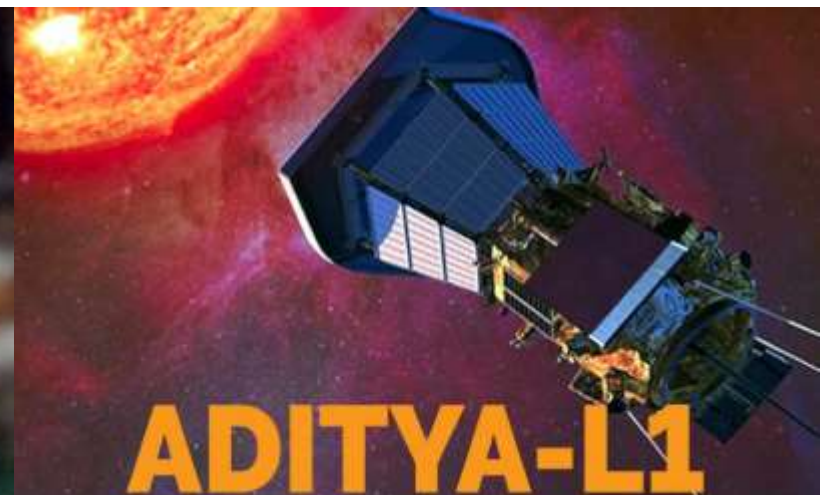
*Tahajud*



1947



# 2024





*We are looking at the sun*

*We are moving from being **good** to **effective***



*Bharat is a vertical Take off Jet*

*We can **talk** with an eye to contact with the world*





***Self - Efficacy = belief that I can use my skills***



Embracing Civilizational Glory also impacts self esteem



**Ahom Kingdom**



**Ram Mandir**



# *Hunger for Greatness*

*Invictus 2009*







# Health

1. Philosophy of Life
2. Nature & Personality





Mood Lifters



Mood Shifters



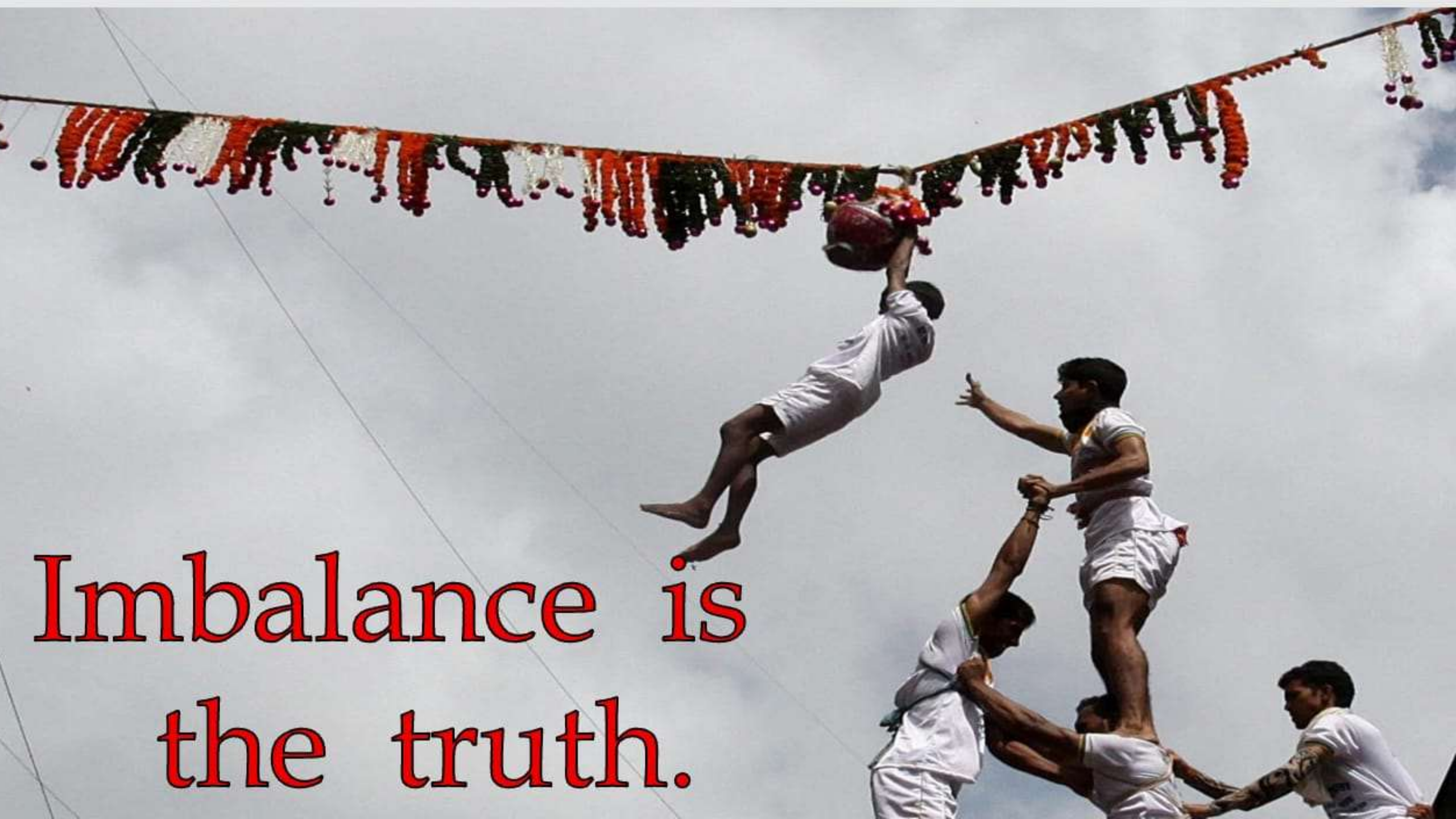
# Words Change The Brain



# Working Life Balance is a Myth







Imbalance is  
the truth.

Finding **BALANCE** in **IMBALANCE** is **LIFE**





# The Emotional Triad



A woman with dark hair, wearing a pink saree with a gold border and a blue blouse, is smiling and looking to her right. She has a red bindi on her forehead. The word "Feeling" is written in white, sans-serif font across the center of the image. The background is a blurred indoor setting with a wooden shelf and a decorative hanging.





ADJECTIVE

A man with dark hair, wearing a dark suit jacket over a white collared shirt, is looking upwards and to the right. His expression is one of sarcasm, with a slight frown and a look of disbelief. The background is dark and out of focus.

Sarcasm



A romantic couple is shown in a close embrace, nearly kissing. The man, on the left, has a beard and is wearing a white shirt. The woman, on the right, has long dark hair and is wearing a bright orange sari with a gold border and jewelry. They are in a palace courtyard at night, with a large red domed structure in the background and several small tables with lit lamps in the foreground. The scene is lit with warm, golden light.

Awareness of Feelings

Name the 6 natural emotions one experiences





**ANGER**



1. Resentment
2. Hostility
3. Hate
4. Revenge





A black and white photograph of a man with a sad expression, looking down and to the left. He has dark hair and is wearing a light-colored shirt. In the foreground on the left, there is a vintage, ribbed microphone. The word "SADNESS" is written in white, bold, sans-serif capital letters across the center of the image, partially overlapping the man's face.

SADNESS



Jealousy



# Jealousy





Fear





Joy

1. Small Joys
2. Cutting Chay
3. Micro doses of Love
4. A kind gesture
5. Holding hands







Love

Ashamed



Shameless





1. TOGETHERNESS
2. TENDERNESS
3. TRANSFORMATION



# Your Views

Death Penalty Should be Abolished





# Your Views

Bhagwad Gita is a Conversation & not a Holy book



# Your Views

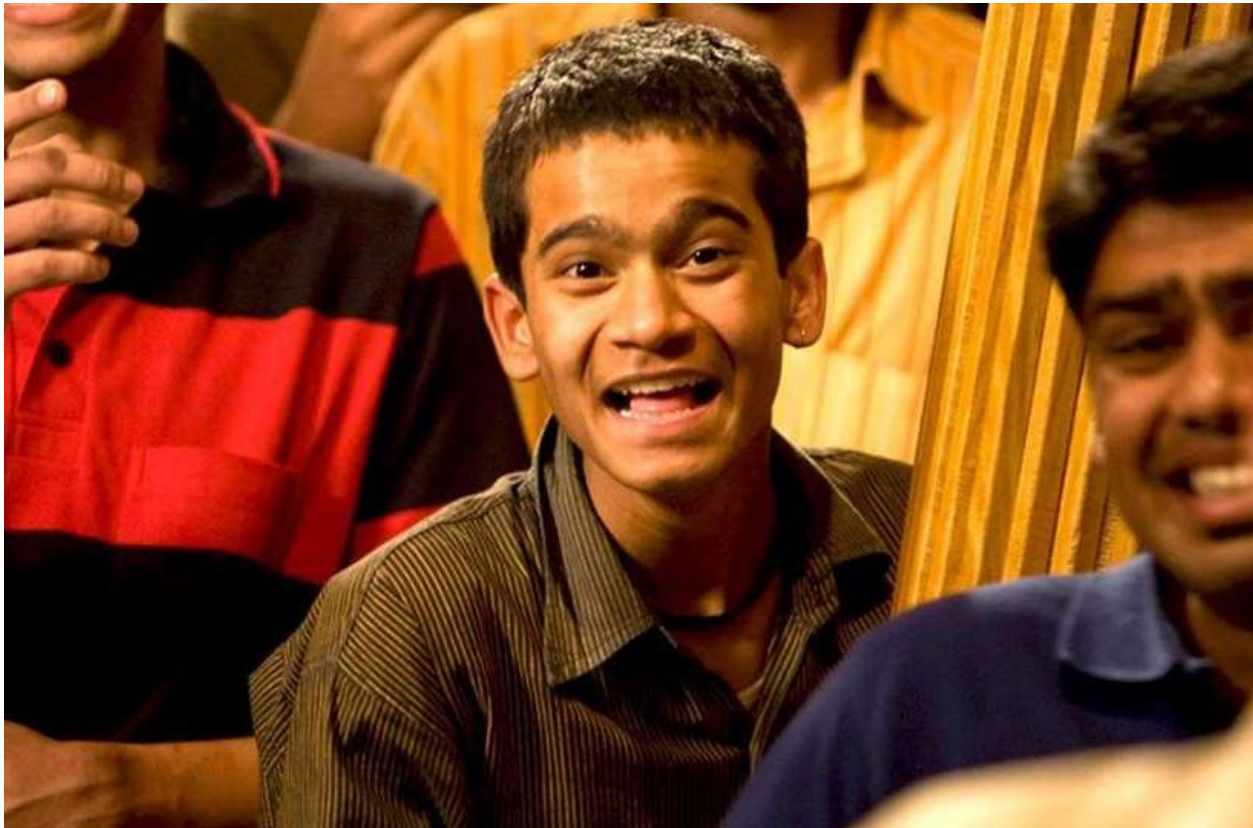
Vegetarian food is the only right diet



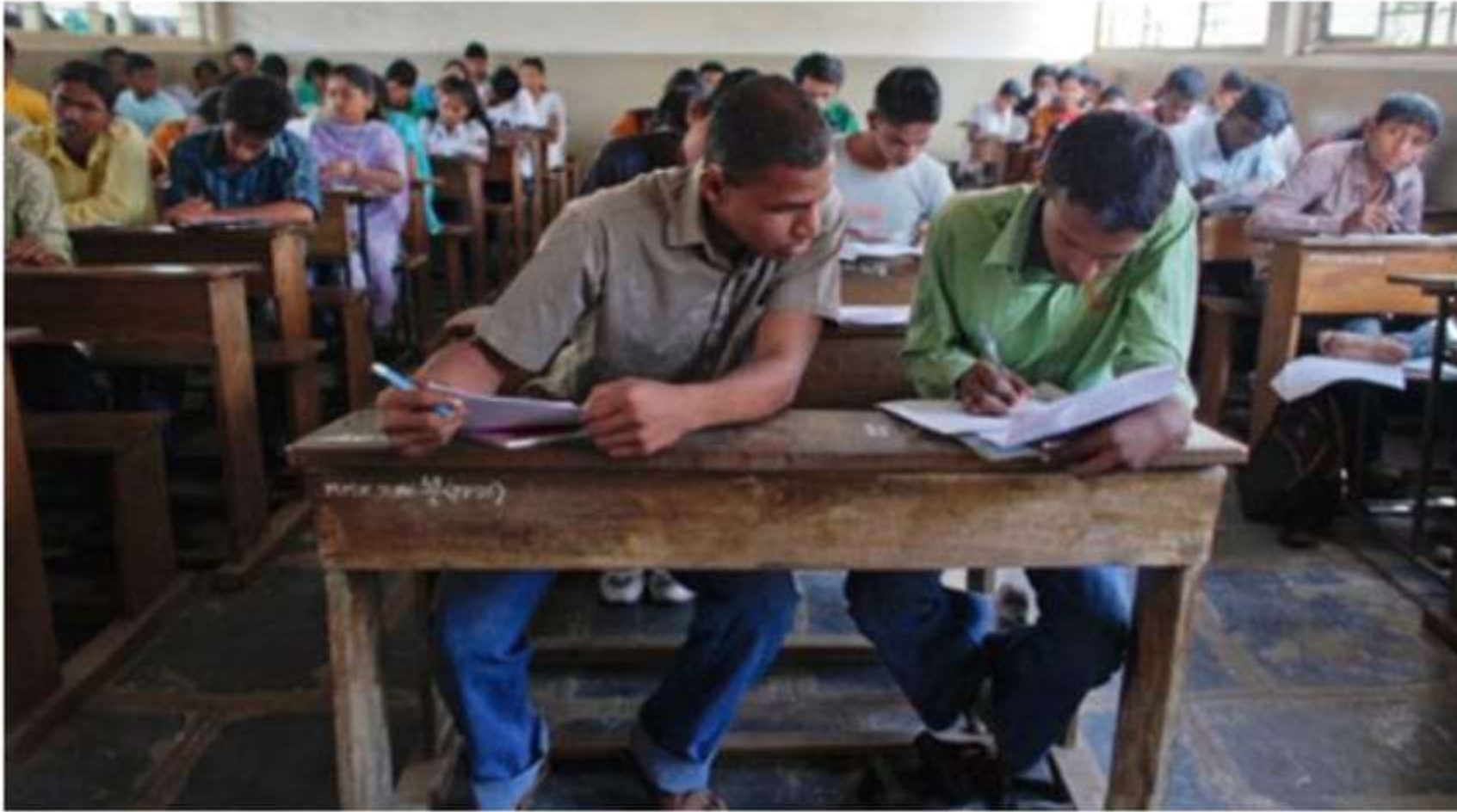


# Your Views

The age of the child should be brought down from  
18 to 16 across all borders



# Copying in exams is an emotional accident!





Jaise karenge waise bharenge



Karma theory is correct



# Your Views

Higher Courts are not always right, We are not always wrong



# Your Views

Mobile phones should not be given to a child before the age of 14





# Your Views

Arranged marriage is better than love marriage





Small doses of Alcohol is good for health



# Historical wrongs should be corrected





# Slip of the Tongue





Smile is the Sign of...

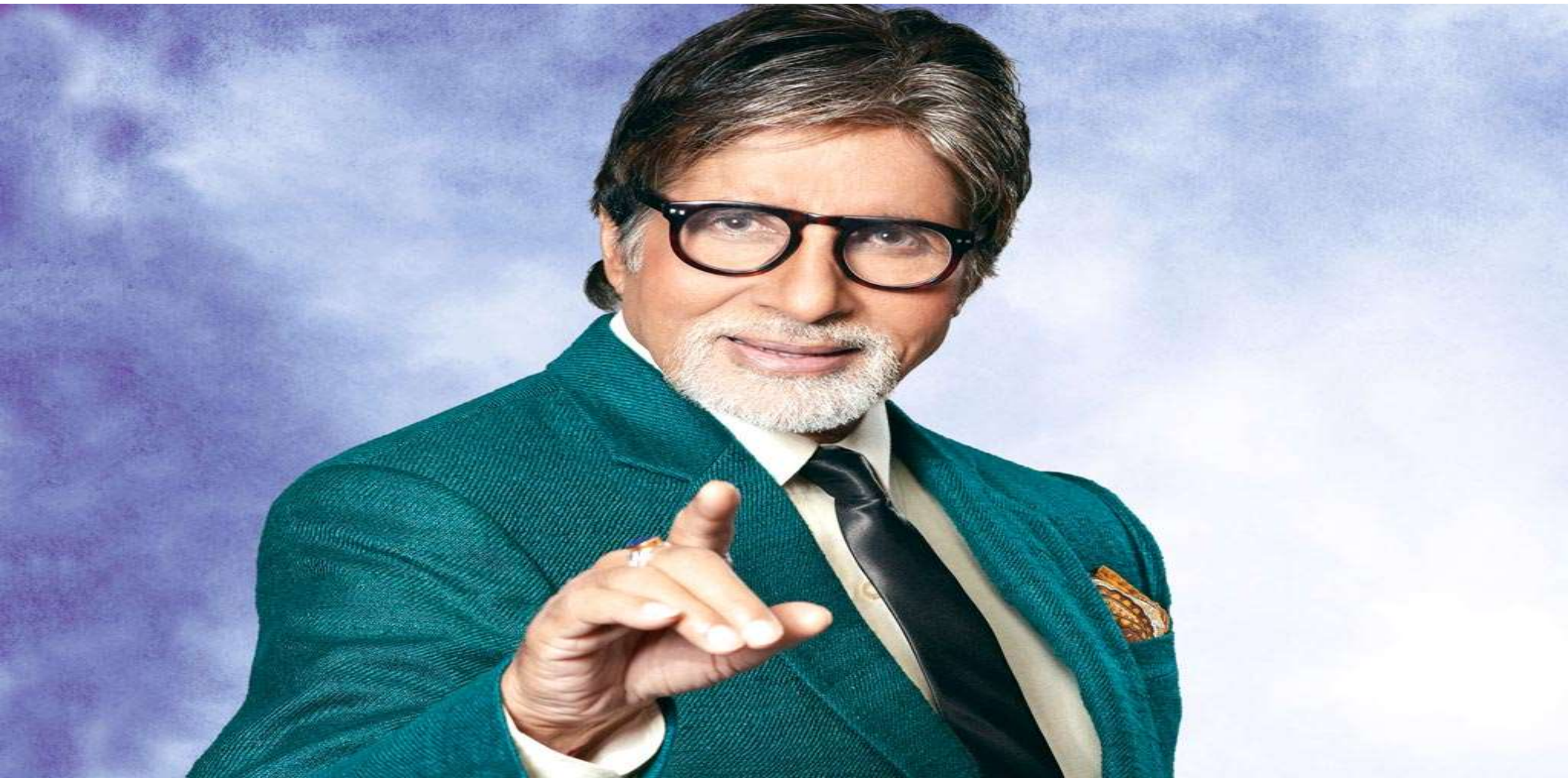




Respect



It is neither awe





Nor it is fear





# Variables affecting Ethics

- Ethics & Beliefs
- Ethics & Values
- Ethics & Emotions
- Ethics & Race
- Ethics & Caste
- Ethics & Culture
- Ethics & Equity

# Are you Aware of

- Automatic Thoughts
- Automatic Feelings
- Automatic Sensations
- Automatic Behaviour



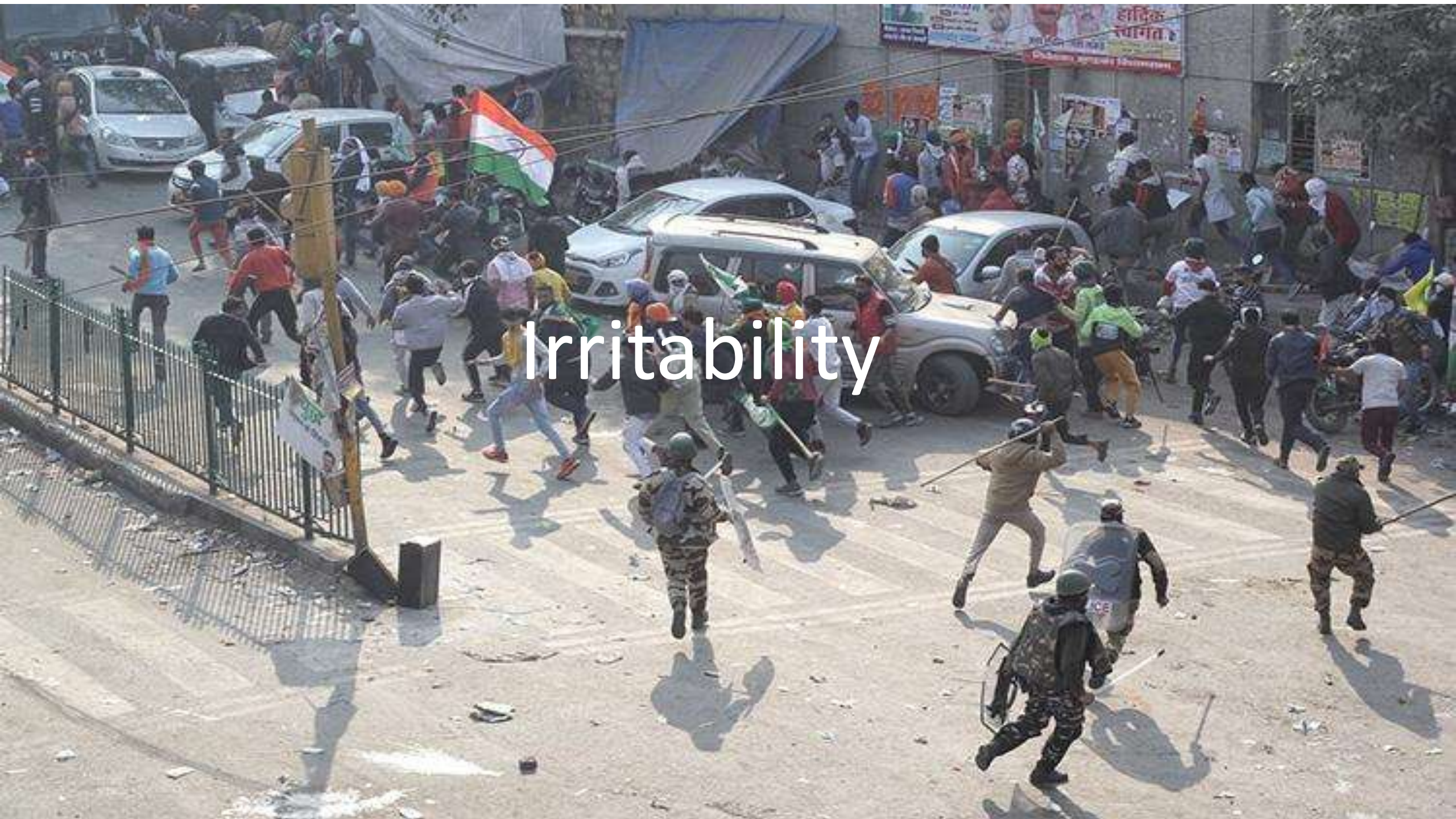
# Predominant Emotion



# The Story of 5. ' I s' & one M







Irritability





Insomnia

A photograph of Vladimir Putin sitting at a dark wooden desk. He is wearing a dark blue suit, a white shirt, and a dark patterned tie. His hands are clasped together on the desk. A black microphone is positioned in front of him. To his left, there is a stack of papers and a black telephone. To his right, there is a small white notepad with a pen. The background is a solid blue wall. The word "Isolation" is written in white text across the center of the image.

Isolation





Impulsivity



**Intimacy**





Mistrust

# Ethics

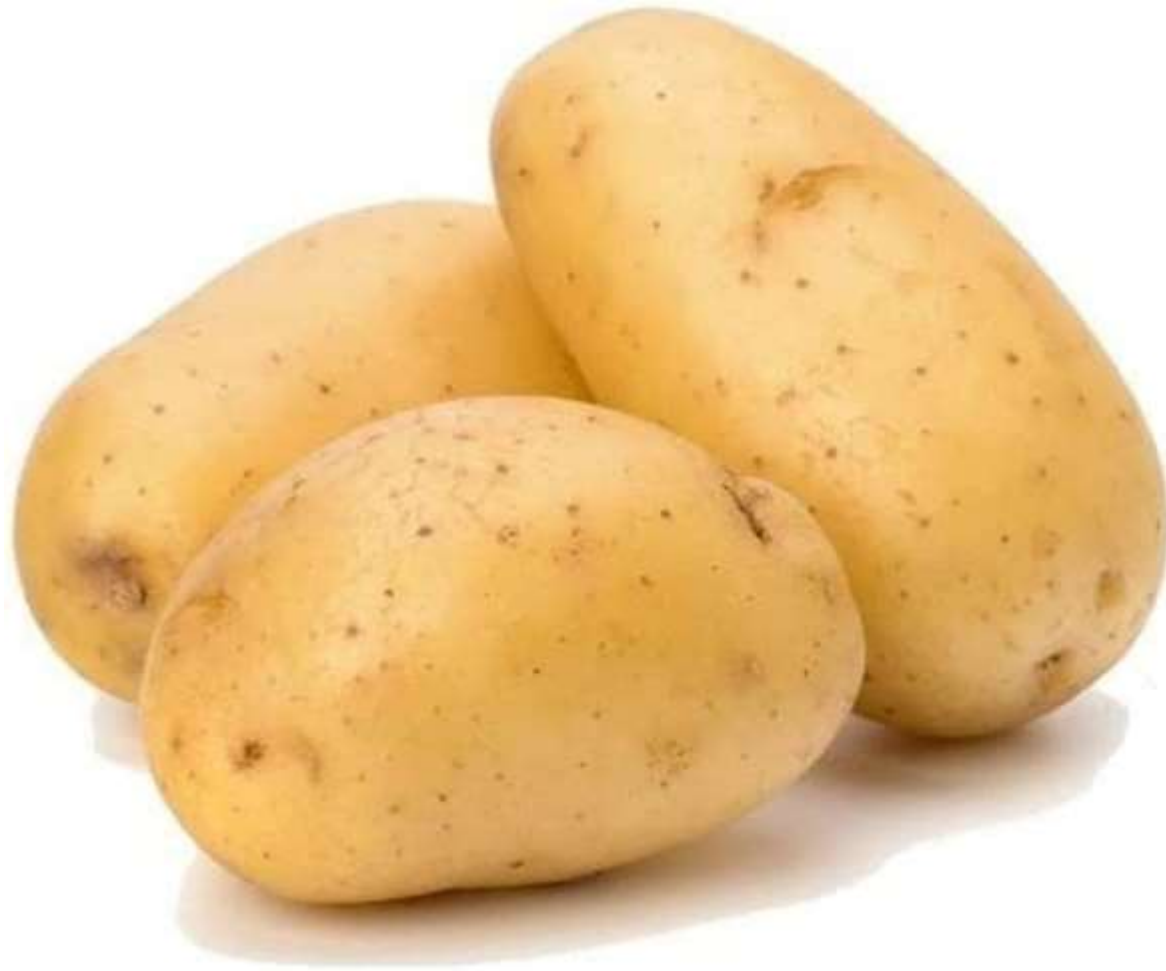
- Dilemma
- Differences
- Diversity
- Distinctions
- Donor Brothers & Sisters



# Are You like a Cactus Plant



Are You like a Potato





# Are You like a Sugar Cane



# Mindfulness

## Vipassana





# Mindfulness

## Yoga







# Mindful kindness



Retd. Hon. Justice M.L. Tahaliyani

**Mindless  
Kindness**



# 5 steps of Danger

- Anger
- Resentment
- Hostility
- Hate
- Revenge





“

**Hate is not only INFECTIOUS  
but also ADDICTIVE**

**Dr. Harish Shetty**

Psychiatrist & National President, My Home India

**Locked Minds are Time Bombs !  
Defuse it early lest it explodes inside you !**

**Dr. Harish Shetty**

Psychiatrist & National President, My Home India





# Fracture is Visible, Depression is Invisible



- Dr. Harish Shetty



**AGITATION** CAN BE **DEPRESSION**

A painting depicting a scene in a lush, green forest. On the left, a man with long, dark hair and a full beard is shown in profile, looking towards the right. He is wearing a yellow tunic with a red sash and has a large, full bag slung over his shoulder. On the right, a woman with dark hair adorned with a large orange and yellow flower is offering him a basket of food. She is wearing a yellow sari with a purple border and a white necklace. The background is filled with dense green foliage and a path leading into the distance. The overall style is that of a traditional Indian painting.

Depression is very cunning  
It can come in many disguises



Exhaustion can be depression



**Time is NOT ALWAYS the best healer.**

**Dr. Harish Shetty**

Psychiatrist & National President, My Home India





# Divided in Matrimony, United in Parenting



- Justice Roshan Dalvi





**Happy marriage is the union  
of two forgivers ...**

**- Justice Roshan Dalvi**

A painting of a woman in traditional Indian attire sitting under a tree, playing a veena. The scene is set in a forest with a moon in the sky. The woman is wearing a yellow sari with a red blouse and a green veil. She is holding a veena in her hands. The background shows a large tree and a moon in the sky. The overall mood is serene and romantic.

True love can never hate