

Ethics ,Equity & Emotional Wealth



- Dr. Harish Shetty

Your Views

Death Penalty Should be Abolished



Your Views

Bhagwad Gita is a Conversation & not a Holy book



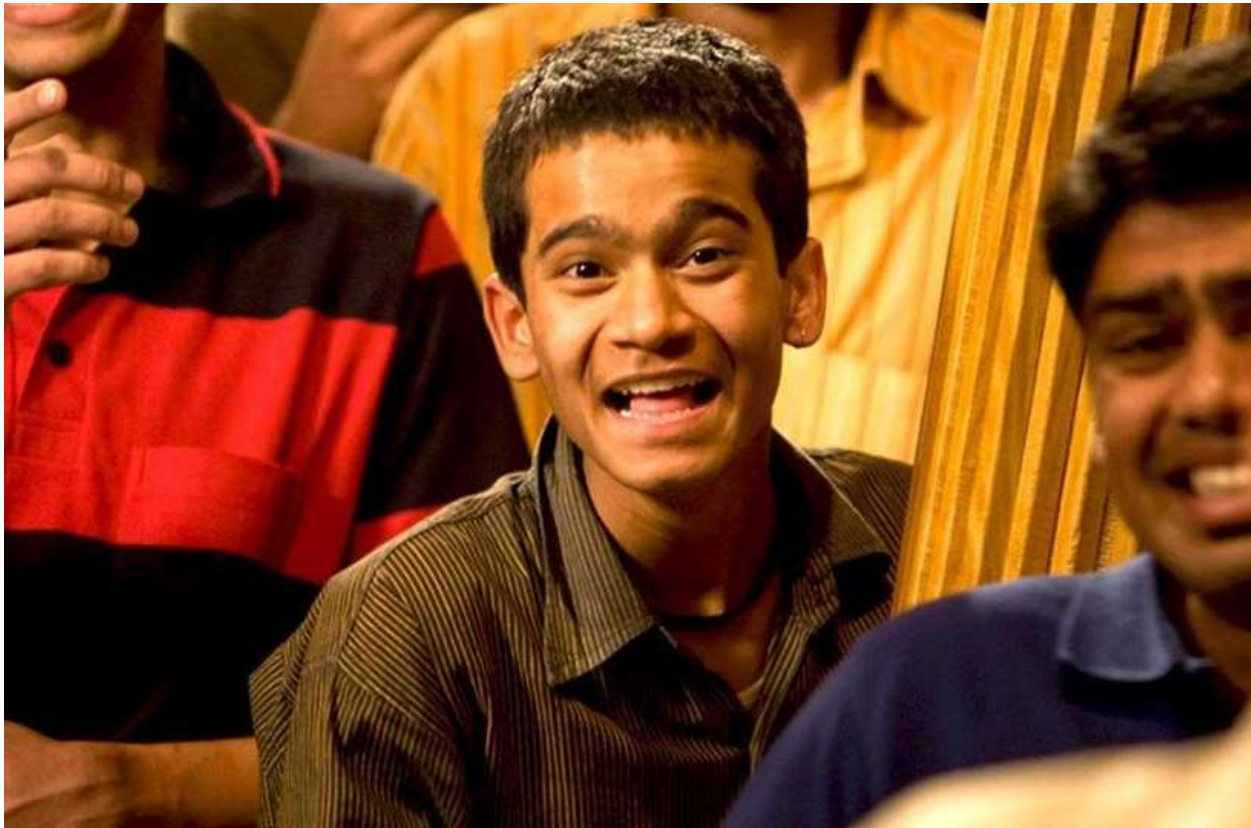
Your Views

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



Court Judgements are evidenced based with an
emotional texture



Write down 5 strong views you hold about yourself in Life



Name the 6 natural emotions one experiences



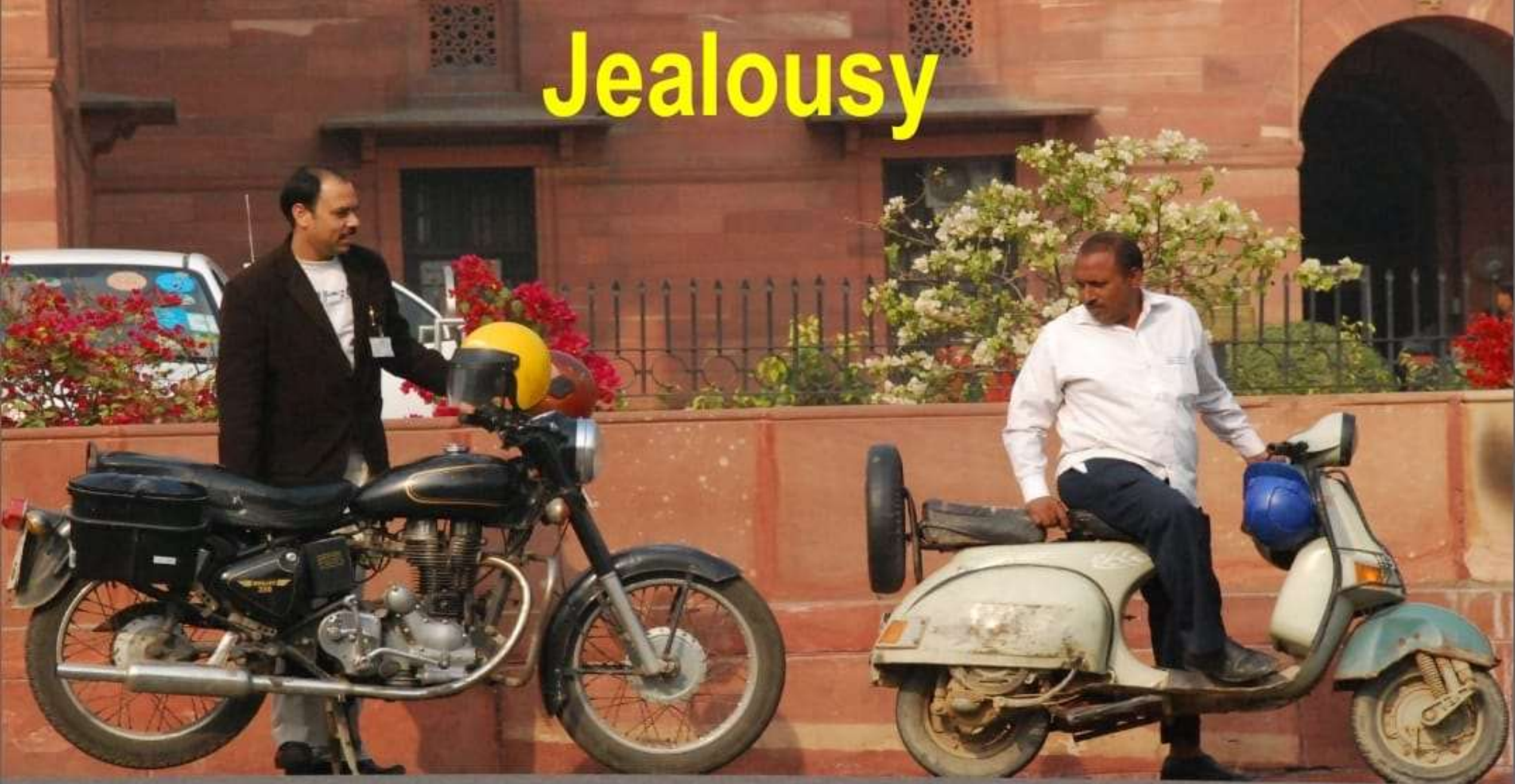


Anger



Fear

Jealousy



A photograph of a woman with long dark hair, wearing a light blue knit top, carrying a young child on her back. Both are smiling and laughing, looking off to the side. The background is a blurred green park with sunlight filtering through the trees. The word "Joy" is written in white text in the lower-left area.

Joy

A close-up, cinematic shot of a man's face, likely from a movie. He has dark hair and is looking directly at the camera with a pained, tearful expression. A single tear is visible on his right cheek. He is wearing a striped shirt and a patterned scarf. The lighting is warm and dramatic. The word "SADNESS" is overlaid in white, bold, sans-serif capital letters across the center of his face.

SADNESS



Love

Predominant Emotion



Ethics

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

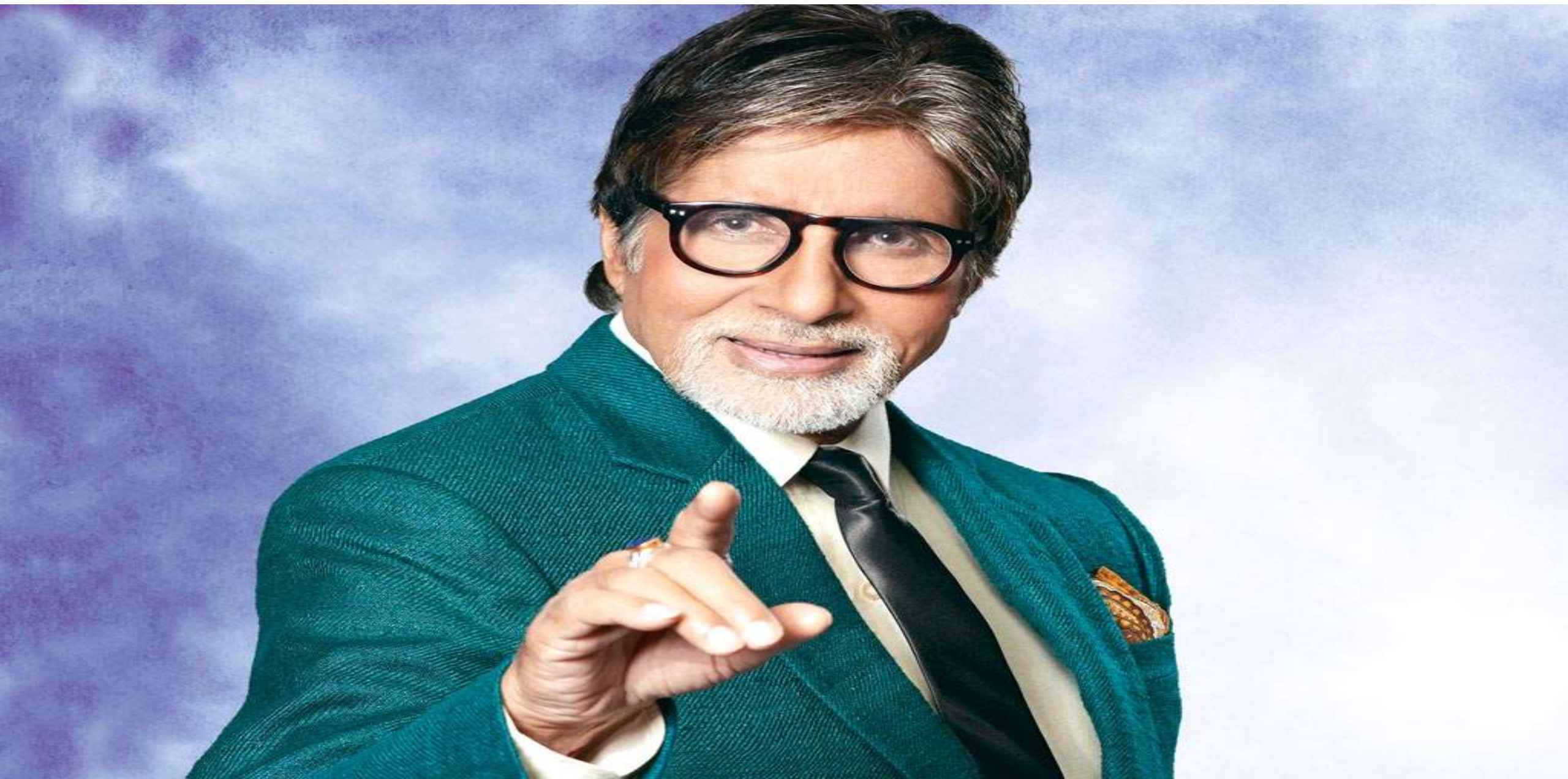
Smile is the Sign of...



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

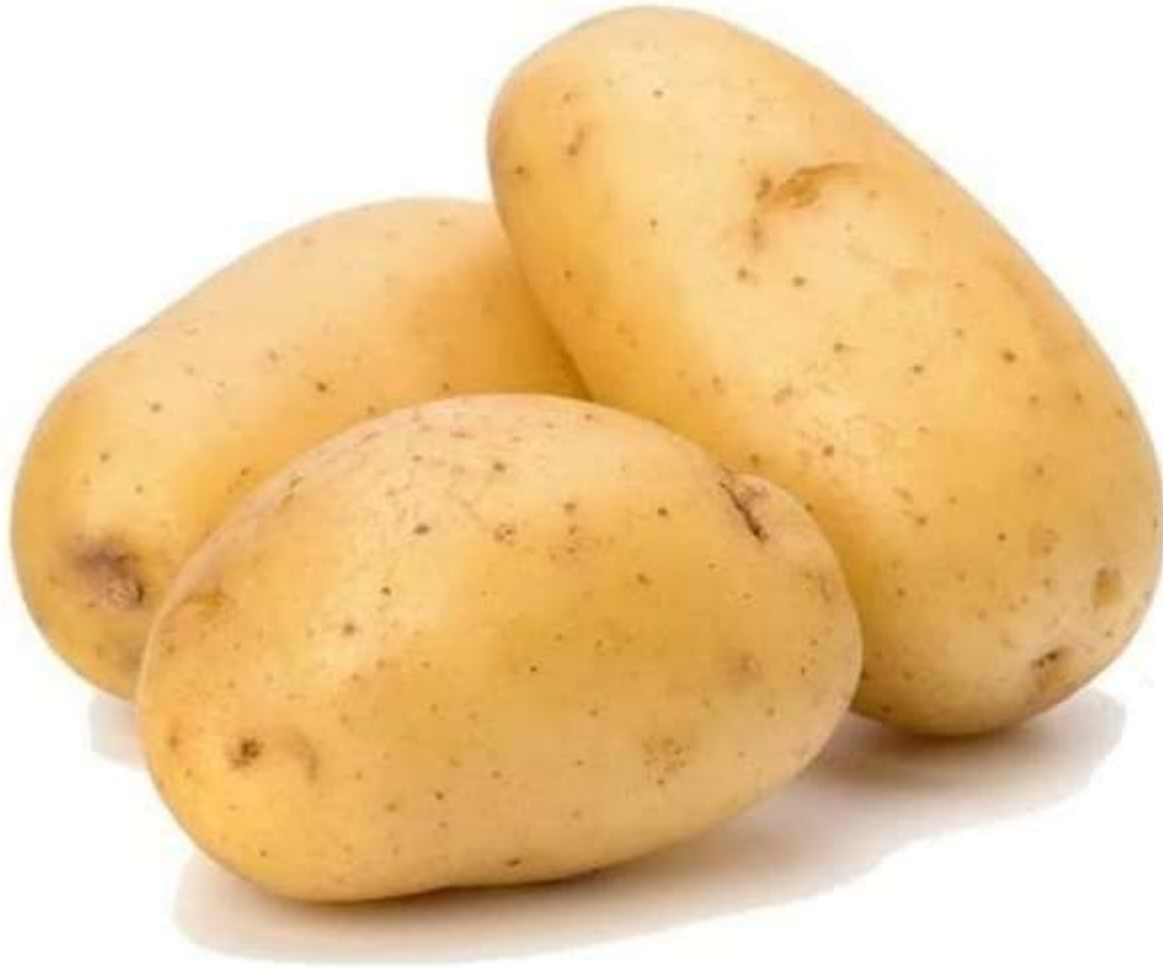
Describe a fruit/vegetable that you like the most and write 5 qualities it has



Are You like a Cactus Plant



Are You like a Potato



Are You like a Sugar Cane



Describe one person whom you admire the most and write 3 qualities he or she has

Mindfulness

Vipassana



Mindfulness

Yoga



Exercise can beat mild Depression



Mindful kindness



Retd. Hon. Justice M.L. Tahaliyani

**Mindless
Kindness**

The Emotional Triad



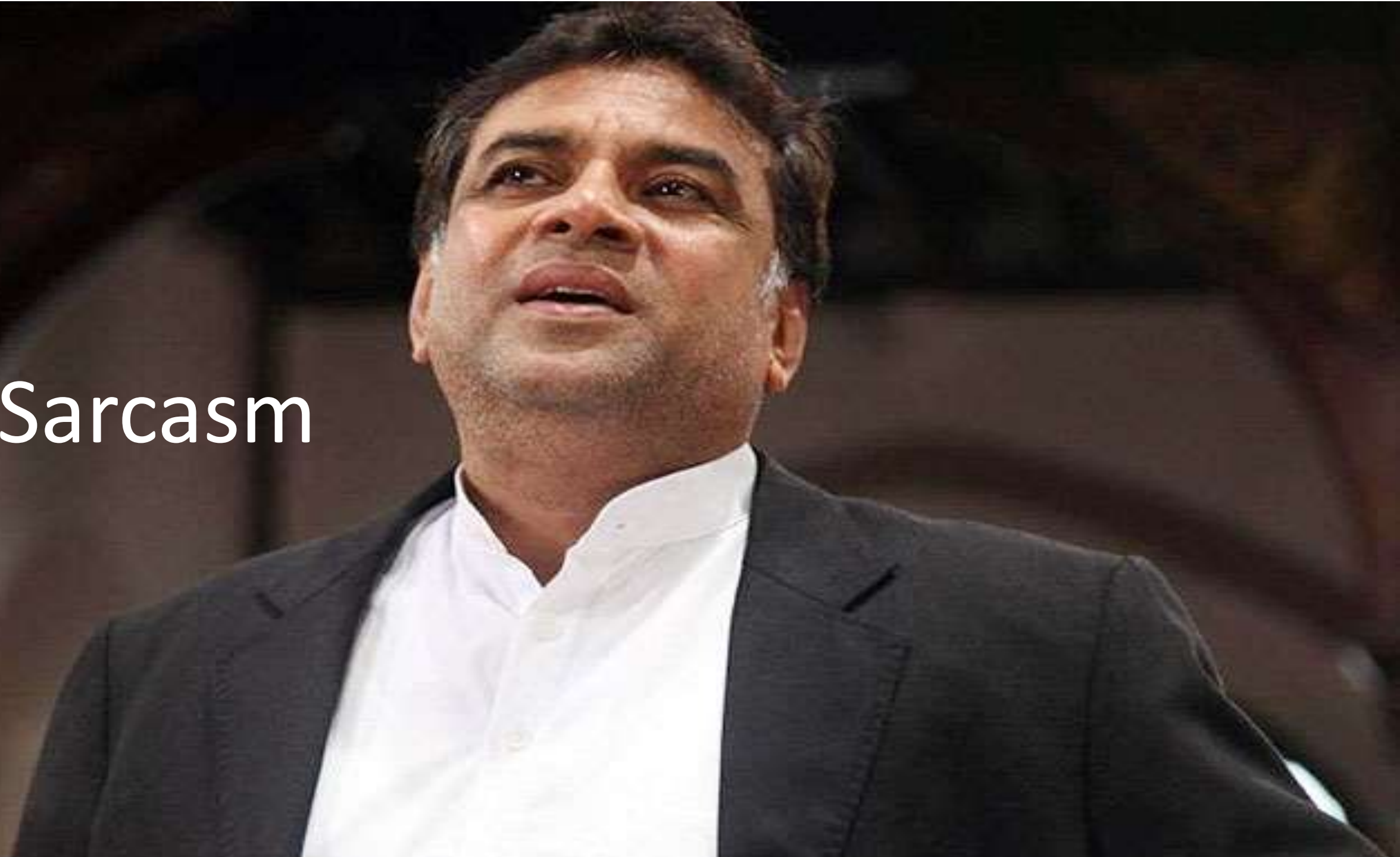
A woman with dark hair and a bindi is smiling. She is wearing a pink sari with a blue border and a blue blouse. The word "Feeling" is written in white text across the center of the image. In the background, there is a wooden shelf with various items, including a bowl and a book.

Feeling



ADJECTIVE

Sarcasm



Are you Aware of

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

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



The Story of 4. ' I s' & one M





Irritability

A formal portrait of Volodymyr Zelenskyy, the President of Ukraine, standing in an official setting. He is wearing a dark suit, white shirt, and dark tie. To his left is the Ukrainian national flag, and behind him is a large coat of arms. The word "Insomnia" is written in white text on the right side of the image.

Insomnia

A photograph of Joe Biden, an older man with white hair, wearing a dark blue suit, white shirt, and a striped tie. He is standing at a podium with two microphones, gesturing with both hands raised. The background is slightly blurred, showing an American flag and a grey wall. The word "Insolation" is overlaid in white text on the right side of the image.

Insolation



Impulsivity



Intimacy



Mistrust

Fracture is Visible, Depression is Invisible



- Dr. Harish Shetty



AGITATION CAN BE DEPRESSION



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



Intense HATE anywhere interferes
with LOVE everywhere

Dr. Harish Shetty

Psychiatrist & National President, My Home India



A painting of a woman in traditional Indian attire, including a yellow sari with a red blouse and a green veil. She is sitting on the ground under a large tree, holding a veena. The scene is set in a forest with a full moon in the background. The text "True love can never hate" is overlaid in white. The artist's signature "Chavala" is visible in the bottom right corner.

True love can never hate