



Ethics in Public Governance

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Ethics

Integrity

Excellence

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*# What did one Zen practitioner give to another for their birthday? 'Nothing'.
Someone sent the Buddha a gift box tied with a ribbon. Buddha opened it to find it empty. "Aha!", he said, "Just what I wanted. Nothing!"*

A Zen student asked his master: "Is it okay to use email?" "Yes", said he, "but with no attachments."

ICCFG HAPPENINGS

1.1 "Raising Healthy Children – The Rampur Way": As a part of ICCfG's Webinar series 'The Alliance of Change Makers', ACM, the 13th Webinar was held on Saturday, June 3rd. The Speaker was Shri Ravindra Kumar Mander, IAS, who as the District Magistrate, Rampur, UP, has introduced this pioneering and innovative initiative to fight malnutrition and raise healthy children. Sh. Dilip Patel, VP Communications, ICCfG, conducted the Webinar, attended by 35 participants. After the Q/A, our President Sh. Prabhat Kumar congratulated Sh. Mander and discussed the need for ensuring that the initiative could not only expand but becomes sustainable.

ARCHANA DUBEY is presenting

Monitoring, Transparency and Capacity Building for Better Quality

"Better use of technology, public participation and social awareness shall be used together to eradicate malnutrition from our country". - PM

- Technology for monitoring and feedback:**
 - Use of Poshan tracker app for monitoring and reviewing.
 - Vatsalya app developed for tracing of high risk births along with monitoring and assessment of health status of newborns to prevent them from falling under trap of malnutrition.
 - Dedicated Poshan war room (call center) with poshan champions in order to ensure grievance redressal, proper service delivery and feedback mechanism.
- Capacity Building:**
 - Organised virtual training of 350 head farmers.
 - Engaged 2 NGOs for third party verification.
 - Anganwadi workers trained to conduct regular home visits and create awareness about anemia, nutrition, lactation & hygiene alongwith distribution of poshan kit and other essential.
- Social Awareness:**
 - Nomination of nutrition monitors for counseling of beneficiaries.
 - IEC material such as SAM handout, Shagun card, Sanwardhan poster were distributed.
 - Engagement of social/print/electronic media.
 - Outreach program conducted by administration and elected representatives.
- Jan Bhagidari:**
 - Besides funding the project, PRI involved in creating awareness about dietary habits, cleanliness and setting up of 715 poshan vatkas in schools.
 - 777 poshan panchayats organized to explain the benefits of poshan kits and organic farm produce.

11:35 AM | xcr-hyft-mmw



1.2 (On the Left) Sh. MB Kaushal, IPS (Retd.) presenting a copy of his latest book “Sailing on my own compass: a Policeman’s Diary” to Dr. Prabhat Kumar, IAS (Retd.) and Sh. Prabhat Kumar President, ICCfG. A Discussion-session on the book was held at Vasant Vihar Club, New Delhi.

1.3 (On the Right) Sh. Shashi Bhushan Roy, ICCFG Programs director was invited by various Media channels to share his opinion and debate on the recent rail accident - What caused the Odisha train accident? Could the Kavach system have prevented it? The accident has triggered several questions about the safety and maintenance of the Indian Railways, whose rail network is the fourth longest in the world. The three-train collision took place on June 2, Friday, killing 275 people and injuring thousands of others in Balasore district, Odisha.

1.4 Our flagship programs on 'Ethics in Public Service': i) We have received a request to conduct – Two, back-to-back, 3-day modules for the Civil Servants of Govt. of Haryana, and ii) We will be conducting a 5-day module for Coal India Limited from **25-30 June 2023** at Asia Plateau, Panchgani.

BEST PRACTICES

2.1 The Man behind the ‘Co-Bot’ - Aditya Ranjan: IAS, 2015 Batch, Jharkhand Cadre



As district deputy development commissioner in Jharkhand's Chaibasa town, and a computer science engineer by training, with an interest in Robotics, Ranjan decided to put his college training to good use in the COVID-19 crisis. Taking cues from China, Ranjan used old vehicle spare parts from his garage, changed the radio frequency from kHz to mHz, made water-proof steel chambers, did some welding and spray painting, apart from drilling holes for light, camera and speakers. Soon Rajan's own version of a medical bot was ready. This remote-controlled 'Co-bot' now delivers food and medicine to patients suspected of COVID-19 infection, without roping in doctors or nursing staff in the 50-bed South Eastern Railway Hospital in Chaibasa. The robot also has a two-way communication system in his DIY "collaborative robot", working like tele-medicine inside the ward but the doctor sits outside. He can see the bot operating in the hospital from his house.

The 'Co-bot', armed with a sanitiser, typically delivers food and medicine to five patients at a time before coming back to be completely disinfected again. The bot asks the patients to put their hands outside the plastic sheet, use the sanitiser and collect their packets of essentials. Ranjan is in the process of making 'Co-bots' available to other hospitals in the district.

2.2 Tele-health in trying times! Vijay Amruta Kulange: IAS, 2013, Odisha, as the Ganjam district collector, provided tele-health services to the people who need medical consultations for non-covid health problems so that people follow social distancing and hospital beds remain free during the Corona Virus pandemic.

TELE HEALTH
AN INITIATIVE BY DISTRICT ADMINISTRATION GANJAM TO BEAT #CORONA OUTBREAK

PLEASE DON'T VISIT HOSPITAL OPD, UNLESS RELATED TO CORONA OR VERY URGENT
PLEASE CONSULT OUR PANEL OF VOLUNTEER DOCTORS OVER CALL /WHATSAPP

DR. C CHAU PATNAIK MD PSM 9437187118 CALL 10AM TO 12PM 6PM TO 8PM	DR. PRIYANSHU PRADHAN MBBS 8280234440 CALL/WHATSAPP 9AM TO 9PM	DR. SUNIL KUMAR KOTA MBBS, DCH 9437060012 CALL/WHATSAPP 2.30PM-5.30PM HOSPITAL DEL. & S. CAMP
DR. SARAT CH. MOHANTY MBBS, MD - MEDICINE 9861047485 CALL/WHATSAPP 10AM - 1 PM MEDICINE SPECIALIST	DR. J BHARATUDU MBBS, MD MEDICINE 9437070911 CALL/WHATSAPP 10AM - 1 PM MEDICINE SPECIALIST	DR. D J J SWAMY MBBS, DCH 9861146588 WHATSAPP 11AM - 2 PM PEDIATRICIAN
DR. PRIYAJEET PANIGRAHY MBBS, DNB-ENT 9778008008 WHATSAPP 11AM - 2 PM, 4 PM - 7 PM EAR, NOSE, THROAT SPECIALIST	DR. BIBHUKESH PANIGRAHY BDS 9937089370 WHATSAPP 2PM-4PM DENTIST	DR. PRAMOD AGRAWAL MBBS, MD, MEDICINE 9437216303 CALL/WHATSAPP 9AM - 9 PM MEDICINE SPECIALIST & DIABETOLOGIST
DR. P C PATRA MBBS, MD-MEDICINE 9437166500 CALL 9AM - 12 PM MEDICINE SPECIALIST DIABETOLOGIST	DR. S MANMADHA RAO MBBS, MS-OPTHALMOLOGY 9861307524 CALL/WHATSAPP 9AM - 9 PM OPHTHALMOLOGIST EYE SPECIALIST	DR. K SASKAR RAO MBBS, MS - DIST-HC-MEDICINE 9337505511 CALL 9AM - 9 PM ORTHOPEDICIAN
DR. N HIMANSHU CHOUDHURY MBBS, MS - ENT 9439618797 CALL/WHATSAPP 10AM - 1 PM EAR, NOSE, THROAT SPECIALIST	DR. PRAVEEN SUBUDHI MBBS, MS-OPTHALMOLOGY 9938854810 WHATSAPP 9AM - 1 PM OPHTHALMOLOGIST & ENT SPECIALIST	DR. PRADYUT RATH MBBS, MD - MEDICINE 9861077473 CALL/WHATSAPP 10AM - 6 PM MEDICINE SPECIALIST

The administration had tied up with 50 doctors including general physicians and specialists across the district who provided free health consultations to the residents stuck at home, thus reducing the pressure on government hospitals and also reducing the risk of transmission for doctors as well as patients.

Kulange had circulated contact details of doctors on WhatsApp and shared the same on his and district's social media accounts. He had also mentioned timings so that doctors do not get calls 24/7. Some patients could even consult via a video call in case of any visible symptoms or allergies. The doctors, in turn, could suggest the course of action and write prescriptions on WhatsApp. This unique initiative received a tremendous response, and the district recorded a drop in patients visiting hospitals for non-Covid health issues by 90 per cent.

Extracts from a Book “**EDUCATION IN HUMAN VALUES**

(A Course book for Training of Master Trainers; Sri Sathya Sai International Centre for Human Values; Pragati Vihar, Lodhi Road, N.D 3; 2008”. Chapter on **SELF-ACTUALIZATION - WHO AM I?** *(by Sunil Kumar)*

“The question ‘Who am I?’ is dealt with in the Upanishads, which are the knowledge portion of the Vedas, the source of Hinduism, and is known as Vedanta, meaning the end or the essence of all the Vedas. Vedanta establishes the oneness of universe, the individual self and the cosmic self and shows that Brahman, the cosmic self, itself has become the individual self, and also the universe. Brahman is infinite and, therefore, the nature of Brahman or Atman can be known only through the Vedas; it cannot be defined or known by man's limited and polluted mind.

The Vedas also can only point towards Brahman but man has to himself experience his self. The basic characteristics of Brahman are: ‘Sat-chit-ananda’. ‘Sat’ implies that which exists and does not change; Chit is pure consciousness, and Ananda is that bliss, which is not caused by any external agency and which is our own independent nature. The identity of man with Brahman, the one God is the essential message of the Vedas and has been expressed in four Great Sentences:

- i) *Tattvamasi*: YOU ARE ‘THAT’
- ii) *Aham Brahmasmi*: I AM THAT
- iii) *Ayam Atman Brahman*: THIS ‘SELF’ IS THAT
- iv) *Pragyanam Brahman*: CONSCIOUSNESS IS THAT

‘That’ refers to the creator, Brahman, the one ultimate Changeless, Supreme Intelligent Cause of all creation. This same Brahman within the living being is called Atman.

Vedanta analyzes the relationship between Cause and its Effect and presents a fundamental principle that ‘effect can never be different or independent of the cause. Brahman is the cause of the Universe and the individual self and, therefore, they are not separate from it.

Man thinks he is only a Body-Mind complex, which is matter, but his real intrinsic nature is the Atman, which is one with Brahman. We generally identify ourselves with our body but Vedanta reveals that ‘I am infinite existence, infinite consciousness, and infinite bliss’. Vedanta asks man to learn this reality

from his daily experience. All actions good or bad are only efforts to seek bliss, which always eludes man and he finds it only when he is at rest, in deep sleep; a state where he is in his own blissful self, detached from the changing body-mind complex. Unless man has this clarity about his real self and his relationship with other living beings and nature, he will not be able to fix the aim and purpose of life and will remain in a state of perpetual emptiness. As long as man thinks he is just the body he will keep on pampering the body and his whole life will be aimed towards looking for bodily comforts. If he rises to a higher level he will look for mental satisfaction. We have to hold on to the basic truth of Vedanta that Brahman himself has become the Universe and the individual self and, therefore, worship human beings by serving them and protecting the environment.

Every living being is ultimately seeking happiness - a state of bliss and freedom. This perpetual state of unalloyed bliss, total fulfillment and freedom, Moksha, can be realized only when people are educated to understand 'Who am I'. *There is no other way*. Unless 'I myself realize and experience my real nature I cannot be satisfied, contented, happy or free from all dualities. It is only by doing good to others that one attains to perfection.

Certain minimum virtues or human values are to be cultivated and acquired by each person individually, to experience his real nature. Unless a person strives to develop the necessary human values, he will remain in a miserable condition.

Five sheaths cover up the 'Atman'. It is only when man 'purifies' these sheaths, through unselfishness, that he can experience his full potential. The five sheaths are the gross, the vital, the mental, the intellectual and the spiritual.

There are some disciplines to be practised for realizing one's infinitude. These are:

- i) Constant Discrimination between that which takes man towards his self, choosing the long-term good; over that which takes him away from bliss, towards short-term pleasures. Intelligence is not just IQ, marks and degrees. Real intelligence is firstly the ability to choose the long term good over the short-term pleasant and, secondly, the ability to handle negative feelings and emotions, like anger, hatred, jealousy, greed, lust, pride, attachment, etc.
- ii) Constant practice and learning to give up the lower levels of enjoyment for the higher; learning to focus on the essentials and withdrawal from the non-essentials.
- iii) Intense longing to realize one's divinity.
- iv) Practising and acquiring six prime human values and disciplines of restraining the mind, restraining the sense organs, being satisfied in the Self, Forbearance, Even-mindedness, and Faith.

Self-development processes like prayers, meditation, selfless work for the good of society, and the study of divinity etc. lead to purity of mind. The more the mind is purified, the more one experiences one's blissful true nature.

JOB CRAFTING FOR BEING A KARMA YOGI, KYI

“Amy Wrzesniewski of Yale suggests *job crafting*: “shaping your work experiences by proactively adapting the tasks you undertake, your workplace relationships, and even how you perceive your job, such that work becomes more meaningful and helps you fulfil your potential.

You can apply job crafting to your ethical career by making bottom-up changes to your work and the way you approach it that will help you be more virtuous. For example, in some of the earliest studies on job crafting, Amy and colleagues found that many hospital housekeepers viewed their work in a way that made them feel like healers, not janitors. They didn’t just clean rooms; they helped create a peaceful healing environment”.

One custodian used her smile and humour to help cancer patients relax and feel more comfortable. She looked for opportunities to interact with them, believing that she could be a momentary bright spot in the darkness of their ongoing chemotherapy. She crafted her job to help her develop and cultivate eulogy virtues such as love, compassion, kindness, and loyalty.”

From ‘just cleaning and sweeping just to earn a living’ they graduated to become a healer, not just a janitor. Daily Work itself can become our highest worship and help us become a KYi and lead us towards the highest and best, Freedom, Perfection, Bliss.

4.1 Reflections for being a Karma Yogi, KYi

May we not assume it is good to be more and more unselfish, selfless; committed to our respective duties; to care and concern for more and more?

Of course, we can easily accept goodness as an ideal to be followed by others or even for our own long-term good. The problem really is that even though we may wish to be and to do good, our mind and our thoughts are usually looking only for immediate pleasures, short-term results, and our tendencies and or circumstances etc. impel us into wrong!

So, we must agree that to be good in the present position, we need to struggle to practice managing our mind and our responses, moment to moment to work for long-term good of society, our real ‘customers’, not just our superiors or colleagues.

And this isn't part of education, training, selection, performance evaluation!

Viveka-buddhi: Every moment we have choices. Willy-nilly, whether we like it or not, we are continually in the process of “becoming” based on our choices and deeds. Our freedom of choice is to move either towards good or bad, using our will power to overcome the resistance of our past habits. Habit of fulfilling our duties and righteous conduct if instilled and imbibed during our careers and growing up, purifies the mind, which in turn strengthens the will power to be good.

Of course, we all do wish to become better, not worse, in and through all our goals, choices, motives, actions, relationships. And so, when we join a department, it is important to know, discuss, explore, and be convinced of the ‘long-term-direction’, towards which the department has to become better for the long-term good of the ‘customers’—the citizens.

Why should we be selfless not selfish? When we join a new department do we discuss and determine who are our customers whom it is our duty to serve and satisfy, if not delight? Are we clear whether 'seniors' or 'citizens' are our customers? Do we understand our duties, responsibilities, accountability, delegation of powers?

Unless in each department we first discuss, explore, argue, have a better understanding of good vs bad, how can we create effective systems and lay down codes of ethics for individuals and departments?

4.2Am I just a *Jantu*, creature, or a Human-being with Viveka-buddhi?

A *jantu*, creature, is that which is at the mercy of externals. Let's try not to be just a *jantu*! Freedom, Happiness, Perfection, is to learn to be uninfluenced by external things and factors! If I am happy only when you 'smile' at me and become unhappy when you are 'angry' then my 'happiness' is in your 'smile or anger'. It is not in my own possession.

I am just a *Jantu*, a creature, slave to 'external factor' with no self-control and will power! Excellence in work for good of society, commitment to righteous conduct and our respective duties purifies the mind and transforms us from a *Jantu* to a human being.

To be pulled out of 'ourselves' by the things of the world, be dependent on them, is slavery!

To be *swatantrata*, to attain *swarajya*, implies to remain uninfluenced by sense objects.

When we're slaves to things, where is Freedom? When we're not slaves to things, we're free.

If our Mind hasn't been purified thru Righteousness we will be attached to body-mind-senses and cannot help being slaves to things!

Children like to be appreciated so to encourage them to be good and do good, we clap for them. But we're not Children! As mature adults if we do good and seek clapping from others then we are being childlike; if not foolish! Non dependence on externals is real Freedom!

All dependence is misery, independence alone is bliss.

Only when things of the world stop influencing us, we're truly free!

Realizing their unchanging-identity as Consciousness, the Atman, not just the ever-changing body-mind complex, the saints and sages ask us to be righteous and be committed to Duties to be free of pulls and pressures of a *jantu* who thinks of itself as just a body-mind led by senses.

Please send your comments, suggestions and short articles containing your experiences for publication through email at info.iccfg@gmail.com and Sunil Kumar can be contacted at kumar2sunil@yahoo.com