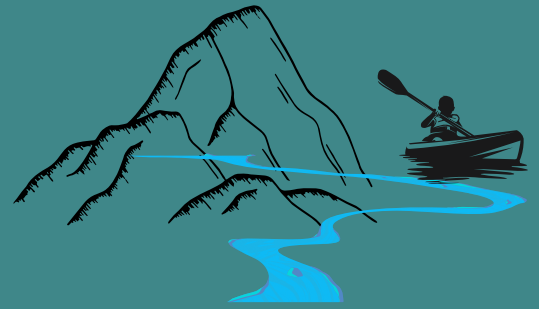


MIND IS WEALTH

MAGAZINE



NOYYAL
FOUNDATION

VOLUME 5

ISSUE 7

Reaction to
the cultural
recreation of
modern
society

*Redefining
Modernity*

*On Owning Your
Own Style*

*More than
Just Trends*





Letter from the Editor

Dear Readers,

Culture is the dynamic canvas of progress and tradition. In this ever-evolving world, society is constantly reshaping itself in response to new ideas, technologies, and global influences. The modern era brings both opportunities and challenges as we navigate the intersection of progress and tradition. With cultural re-creation at the forefront, our reactions define how we adapt, preserve, and innovate.

This month's edition explores the various ways individuals and communities respond to these changes—whether through embracing modernity, redefining values, or striving for a balance between the past and the present.

We hope this issue sparks reflection and meaningful discussions.

With Love and Light,

Yasotha Natarajan

Editor-in-Chief

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KEEPING UP WITH THE CULTURE

The ever-changing world around us brings forth immense opportunities that weren't conceivable a generation ago. In just one lifetime, we have seen dramatic changes to the places we live, the quality of foods we eat, and the gadget that we use. These tangible changes are remarkable considering how rapidly they have occurred. What has also transformed just as fast during this time are the intangible changes, like the way we interact, the priorities we hold, and the ways we choose to live our lives. With this vast transformation has come a complete disruption of social norms and expectations which has left many people lost or disconnected in life.

There are many mental illnesses that have been linked to the changing world around us. As the world becomes more urbanized and individualistic, social isolation has become a major issue in societies that were previously known for strong interpersonal bonds. Isolation has also exasperated associated risks such as depression, self-harm, and even physical impairments. The domination of social media, particularly among younger demographics, has resulted in the creation of unrealistic standards for physical appearance, status, and wealth. Trends that encourage teens and young adults to engage in harmful behavior have become increasingly common. A rather overlooked risk of the rapid changes is the loss of cultural heritage and traditions. Unchecked globalization runs a risk of creating one uniform monoculture, leaving many people disconnected from their cultural roots and unsure of their identity. The combination of these factors leaves many people disillusioned with the trajectory of the world, despite decades of social advancement.

When we observe these rapid cultural changes, it is from the understandable to become concerned about the adverse effects and wonder how one can protect themselves and their loved ones. Just a few generations ago, it was normal for entire extended families to be living on the same street in their ancestral village.

However, it is becoming increasingly common for your parents, siblings, or children to all be living in different countries. With this physical detachment, the importance of strong social circles that offer genuine connection and a support system have never been more important. If your family members are moving far away, stay in constant communication with them and encourage them to find social groups in their new home to ensure they do not become isolated. A personal change that I have recently implemented in my life is a complete withdrawal from content based social media apps like Twitter (X) or Instagram. This can be particularly beneficial to teens and young adults, many of whom report an 'addiction' to these technologies. While I respect that this change may not be for everyone, I would highly recommend attempting at least a partial social media detox at some point. It can help clear your mind from toxic content while also allowing you to focus on other priorities.



Mr. Pavan

Resource Person
Srijan Counselling Services
canada



CHASING DREAMS IN A CHANGING WORLD

As a child, I always dreamed of growing up and becoming independent. The world seemed so beautiful through my eyes. Everyone around me looked happy with what they had, living content lives. I thought adulthood would be just like that—free, fulfilling, and full of possibilities. I never imagined that growing up would be anything but exciting. I didn't have doubts about it; I simply believed everything would fall into place.

In school, I thought that was the hardest thing I'd ever have to do. But, somehow, I got through it. When I entered adulthood, I thought I'd be the happiest person. It was everything I had been waiting for. But it didn't take long before that happiness faded, and questions started to creep in: What's the meaning of all this? Where am I really going? Even though I had friends around and was technically in the life I had always dreamed of, I couldn't shake the feeling that something was missing.



The world has changed so much, and sometimes I wonder; Is it the passing of time? or Is it the way our culture has evolved that's made everything feel so different?

Was it always like this, and I just couldn't see it as a child? And what if there had been no cultural changes? Would I still be happy now, getting exactly what I expected in my childhood?

Would I have been satisfied with the life I imagined, or would I have found something else to seek? I guess this is just how life goes, and we keep moving forward, trying to make sense of it all. The thought lingers, but maybe that's part of the beauty of life—it's always evolving, and we keep searching for meaning along the way.



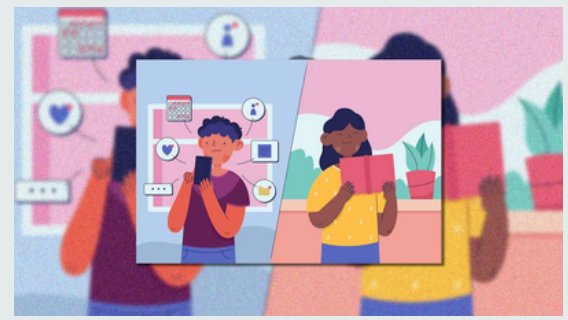
Ms. Yasotha Natarajan
Junior Psychologist
Srijan Counselling Services

Days passed, and nothing really changed except my age. I started paying more attention to the people around me—wondering if anyone else felt the way I did. What I realized was that we are all so different, each person constantly changing with the world around them. Society and culture are always shifting, and with that, people's needs and desires change too. Some of us try to adapt, some of us struggle, but no one stays the same. We all evolve in response to the world's demands.

As I've gotten older, I still haven't found what I thought I would as a child. My needs are constantly shifting, and I don't always feel grounded. Yet, I keep chasing something—whatever it is that I thought would bring me happiness, the thing I dreamed of when I was younger. And I realize now that maybe that's what we all do in today's world—constantly chase after the next thing, never quite sure if we'll ever get there.

TRADITION MEETS TECHNOLOGY


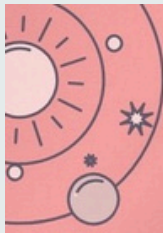
FROM VISION TO REALITY
CRAFTING OUR FUTURE



Generation Z and millennials has distinct perspectives regarding the recreation of culture in the society. Generation Z is characterized by a broader acceptance of diverse cultural values, demonstrating a huge openness to identities and global influences. To the contrary, millennials often find themselves between the tension of the traditional values imprinted in them during their upbringing and the pressing demand for the transformation. While change is essential for the advancement of human culture, the key to ensure that the change is both meaningful and enduring lies in acceptance. The encouragement of new values entails a readiness to embrace a variety of thoughts and viewpoints. However, cultural transformation should not be accepted uncritically, rather it requires careful consideration of what fosters happiness, well-being, and collective progress.

A notable distinction between the two generations is their response to social norms and traditions. Millennials often maintain a strong connection to nostalgic experiences, such as festivals, family gatherings, and the communal joy of summer holidays. In contrast, Generation Z tends to indulge virtual celebrations, utilizing social media to establish connections. Their approach to technology further differentiates them, while millennials adapted to the emergence of digital communication, Generation Z has been fully immersed in a digital communication in an early age.

Even though the generational differences exist, both groups prioritize personal growth and self-expression. The cultural reactions represent honouring the old traditional values and exploring for new values that create an evolution in modern society



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Ms. Sharmathisri K
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FAQ about dealing with Rapid Cultural Change

1. Why do I constantly feel lost in life? Is there something wrong with me?

There is nothing inherently wrong with feeling 'lost' or disconnected in life. When we enter periods of transition like the teenage or early adult years, it is natural to feel somewhat lost as you are still finding your place in life. It is also important to remember that you are not alone in this feeling, and discussing it with your peers can bring light to just how prevalent it is.

2. How can we protect our cultural heritage while also embracing new ideas?

This seems to be a very common dilemma faced in the modern world. There is no right answer as the ideal solution involves finding your own personal balance between traditional and modern. Conflict often arises when people are in relationships with people who have different ideas of what the ideal balance is. Teaching your children about your culture and the importance of preservation is the best way to ensure they do the same for future generations.

3. How has technology influenced the transformation of modern culture?

Technology has been at the forefront of changes in culture as it has changed everything from our hobbies and jobs to our interactions and relationships. In a paradoxical situation, it has made things simultaneously easier and harder. While technology at your fingertips has made solving problems or gaining new opportunities so much easier, it has also created problems of its own and caused a lot of disillusionment.

4. Why do I always feel behind in life?

In the fast-paced world, many people report feeling behind, whether it be in their career or social life. One way to prevent this is by stop the constant comparison of yourself to others. While it can be important to have reference points for progress, getting obsessed with comparison will lead you down a dark path. If you feel socially behind, perhaps it is because you are comparing your current states to other people's interests and not your own. Finding your niche in life will help alleviate any concerns of feeling behind your peers.

5. How can I get better to reacting to Cultural change?

Being proactive by anticipating changes in certain areas of life can make the transition easier. For example, staying up to date with news, trends, or learning about new innovations can help prepare you for what comes next. This can be an asset in building skills in a dynamic job market or finding self-help material that is tailored to your needs.

Your Personal Anxiety Management Worksheet

**Gain clarity, build confidence,
and take control of your
thoughts.**

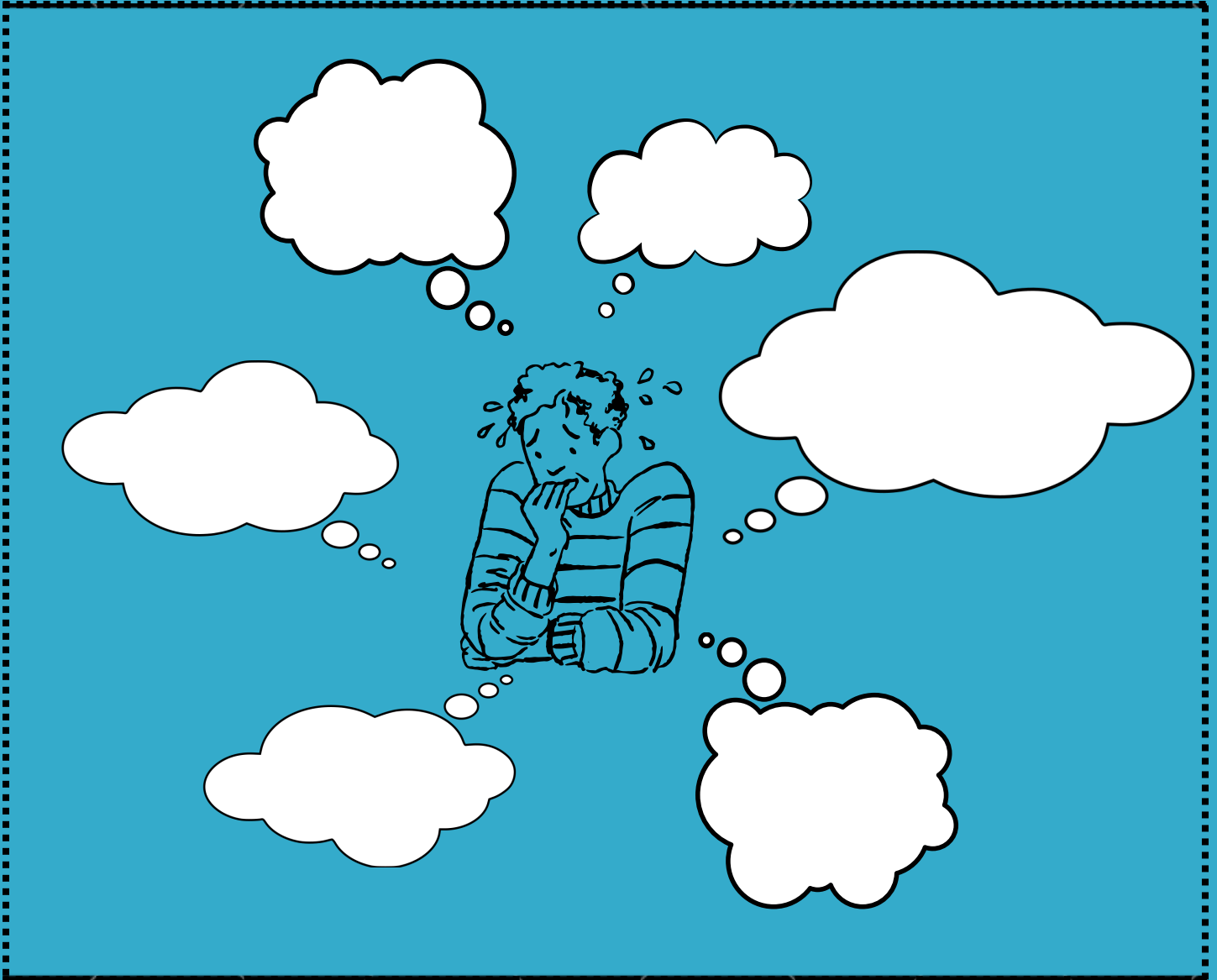
Instructions:

1. Think about situations that make you feel nervous.
2. Write down the thoughts that comes to your mind in those moments.
3. Be honest and specific—there are no right or wrong answers.
4. Use short phrases or sentences that describe your feelings.
5. Revisit this section later to reflect on any new thoughts.



Racing Thoughts

When I feel nervous, these are the thoughts I get

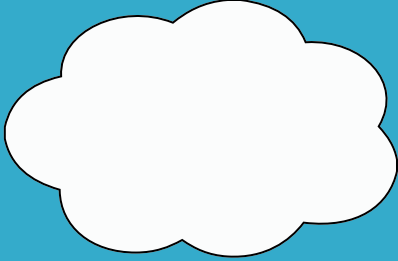


Benefits of doing this worksheet:

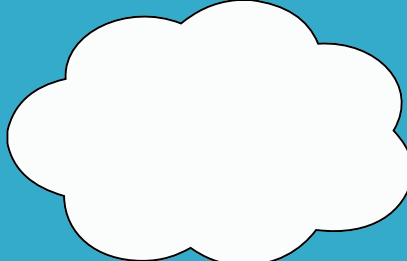
- **Self-Awareness:** Identify triggers and thought patterns.
- **Thought Reframing:** Challenge and correct distorted thoughts.
- **Coping Skills:** Practice relaxation and grounding techniques.
- **Emotional Control:** Improve mindfulness and self-compassion.
- **Empowerment:** Gain control over anxiety.
- **Progress Tracking:** Monitor improvement over time.

These changes happen when I feel anxious

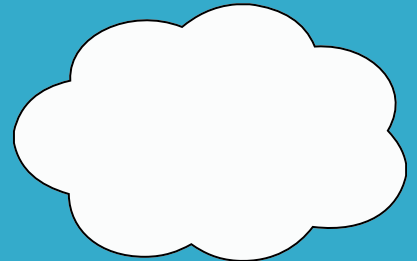
*Changes in
my body*



*Changes in
my thoughts*



*Changes in
my emotions*



When I feel anxious, I can cope by:

- | | |
|---|--|
| <input type="checkbox"/> Go for a walk | <input type="checkbox"/> Meditate |
| <input type="checkbox"/> Deep breathing | <input type="checkbox"/> Drink water |
| <input type="checkbox"/> Talk to a friend | <input type="checkbox"/> Listen to music |
| <input type="checkbox"/> write journal | <input type="checkbox"/> Take a bath |
| <input type="checkbox"/> Keep myself busy | <input type="checkbox"/> stretch my body |

Contact: noyyalfoundation@gmail.com for editable worksheets

Take Control of Your Anxiety – Try the Worksheet and Share Your Feedback with Us
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rediscover your balance.*



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From Ancestral Joy to Modern Trends: Finding the Middle Ground

The cultural recreation has showed a drastic change in human mankind. Gone are the days, where folks wanted to revisit our ancestral places. Most of them, consider it to be boring.

What is the current choice they make?

They prefer visiting new spots and hang outs like cafes, movies, venturing new places, resorts, preferring to choose a common space to meet friends, some of them prefer to leave the Geriatric s at home, as they may have to cater to their needs and spend the holiday time with them.

Is this current generation happy with this recreating harmony zone?

I doubt it. Gone are the days, where we visited our childhood places of joy and comfort, the togetherness and family unity seems to be vanishing due to the modern trends.

Let's not try to forget how our parents have fed us with all the necessities for us to exist in the society. It's high time to get this generation super ready, as they prefer to be with gadgets as always, even while moving from one room to another, irrespective of all ages.

Let's start implementing the previous traditional practices, which we have fitted in so well, the respect we had for other humans, made us receive as countless blessings, irrespective of age groups, customs and cultural practices.

Let try to blend our traditional and the modern practices in forefront to have the best future ahead.



Dr. Tharankini Ajeethkumar
Flower Therapist
Ap Hospital, CBE

Self Help Tools for Emotional Expressions



- **Express Through Doodles:** Doodle or color for a few minutes to express emotions and reduce stress. It's about the process, not the outcome.
- **Challenge and Reframe Your Thoughts:** Challenge negative thoughts by asking, "Is this true?" and replacing them with more positive or realistic ones.
- **Stay Present with Mindfulness:** Practice mindfulness by focusing on your breath for a few minutes to stay calm and present in the moment.
- **Rewrite Your Story with Strength:** Rewrite difficult experiences by focusing on your strengths and how you grew from them.
- **Relax with a Body Scan:** Do a body scan, paying attention to each body part, and breathe into areas of tension to relax and calm yourself.

TRADITIONAL TO MODERN TO TRADITIONAL

We saw a time period where we as a society collectively viewed being traditional as a stereotype; that traditions are a bunch of barricades that stopped us from exploring what was beyond it. That it was something that was followed only by people who were boomers and who are stagnant in their old times.

But in recent times, we are viewing the same as a trend. We are getting swayed by social media influencers and celebrities who name their kids traditionally. We are also so readily willing to follow in their shadows. Once the things we frowned upon became trend we are willingly and joyously joining the trend. Many of us don't realize that it was what who we were all along. That was what our preceding generations have been trying to imbibe on us all along. We don't know if we should be proud of ourselves to be back on track or feeling disheartened for disregarding our tradition to begin with.

Of course we should be happy that atleast now people are following the influencers for traditional values. But let us also understand what it actually means and why we do what we do. But let us be sure about one thing. Let us not connect our tradition with trend and leave it in the wind when the trend is over.

Ms. Priyanka SP
Resource Person
Srijan Counselling
Services



QUIZ TIME

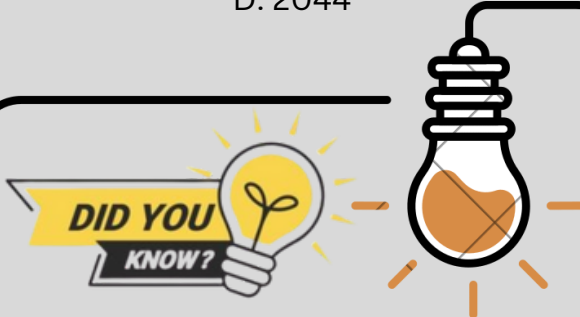
1. Find the 6 words hidden in the picture



2. What orange and sounds like parrot ?

3. Which one has two zero and two four?

- A. 0024
- B. 2024
- C. 0044
- D. 2044



Tamil culture is one of the oldest in the world, with a rich history dating back over 2,000 years. It has a deep influence on language, literature, music, dance, and art.

Answers: 1. Kite, Hat, Wind, Bird,
Squirrel and Wet
2. Carrot
3. B) 2024

MENTAL HEALTH NEWS

It's official: Research says seeing live music works wonders for your health

“Arts engagement has diverse and tangible effects on health, from supporting cognitive development and protecting against cognitive decline to reducing symptoms of mental illness and enhancing wellbeing, reducing pain and stress, via the same neurological and physiological pathways activated by medication, reducing loneliness, and maintaining physical functioning, thereby reducing frailty and age-related physical decline,” explains Prof Daisy Fancourt, the director of the WHO centre and a co-author of the research.

A culture of hope and promise; Good deeds lend meaning, purpose and hope that there is optimism and positivity in today's world

“Sanskar” is a very Indian concept and therefore to translate it into English will always be risking getting into the pitfalls of semantics. However if the word has to be understood in English, it has to be translated as best as possible. Simply put, it refers to the values or impressions one has received from one's ancestors including parents. “Sanskar” also encompasses cultural traits.

A hundred years and counting; Tracing the eventful journey of the Ladies Recreation Club, the city's first exclusive club for women, which turned 100 this year

The club culture was largely a legacy of the Raj. Sprawling surroundings, colonial buildings with wooden floors, pillars, banquet halls, pussy-footed waiters, recreational facilities, and manicured lawns characterised these clubs that were an oasis in a bustling city. While most of them were for men, there did exist one exclusive club for women in Madras — the Ladies Recreation Club which turned 100 this year (the club was founded on August 21, 1911). A mega centenary bash has been planned and there is much excitement in the air.

Every culture tells a story, and together, we form the narrative of humanity and it is not just what we inherit, but what we pass on to future generations.

The Importance of Recreation

Recreation is now a buzz word in cities as the world is running fast in search of treasure.

Recreation is necessary for all human being. For most of them it gives joy, whereas some people to are addicted to work consider this as unnecessary and waste in-terms of money and time. Atleast 5 -10% of the earnings should be saved for recreation. Recreation doesn't necessarily mean staying outstation or travelling abroad. It depends on every individual's perspective. In olden days recreation means a month end movie, a visit to nearby temple with family.

In modern days recreation for some youngsters means partying with friends and long travel with friends. By any means, recreation should not cost health and waste money. Any small thing that gives relaxation to mind and body can be attempted so that out routine schedule gets a break.



Dr. Anusha

Resource Person, HOD
KPR IET, CBE

Mental Health Snippets

- "Your mental health matters, even if your culture doesn't talk about it. Prioritize yourself over societal expectations."
- "Different cultures have unique ways of coping with stress, but professional help should never be undervalued."
- "Breaking mental health stereotypes starts with open conversations—let's challenge cultural misconceptions together."
- "In a world where mental health is often misunderstood, education and awareness can change cultural narratives."
- "Seeking therapy doesn't mean rejecting cultural values; it means valuing your well-being."
- "Healing from within sometimes means stepping outside cultural norms—your mental peace is worth it."

Things to Never Do in a Rush



Fall in love



Give away
your trust



Judge someone's
character



Make big
decisions

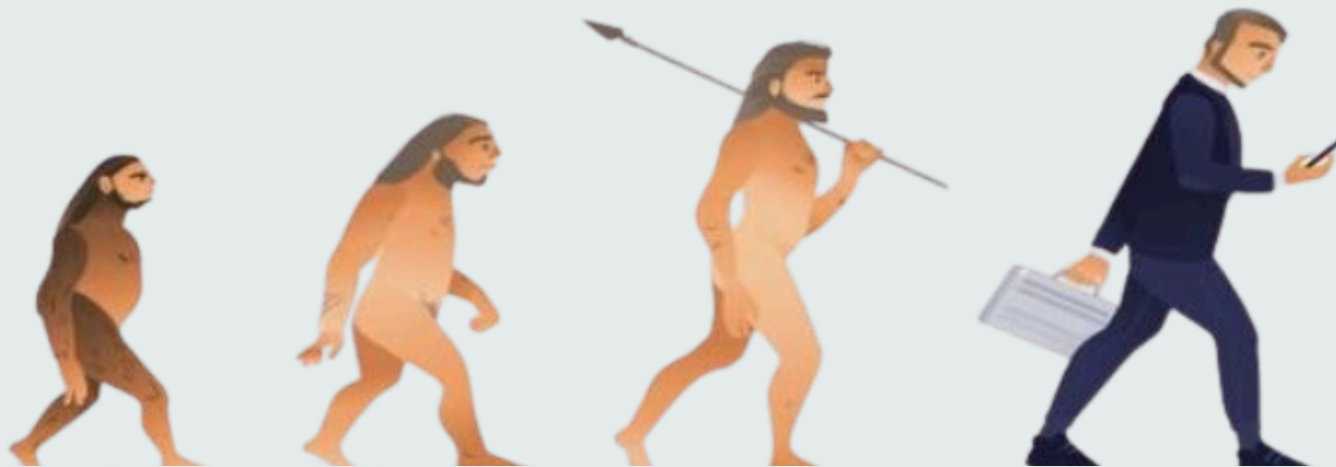


Eat your
foods



Think you know
someone

Resilience in the Face of Cultural Evolution



Cultural evolution is an inevitable phenomenon of modern society, propelled by globalization, rapid technological advancement, and shifting social values. Though such evolution opens up channels for innovation and connectivity, it also can create significant psychological challenges. These changes often tear asunder deeply ingrained norms and tend to make people feel dislocated. Yet, within this change, resilience serves as a solid psychological buffer that supports individuals and communities to make adaptations without compromising on their mental health.

Resilience refers to the capacity to overcome adversity and flourish in the presence of such obstacles. In the context of cultural evolution, it is a resource that helps people deal with changes in society without significant threat to their perceived identity. It is based on three key realms: drawing from cultural roots, community support, and change as a means of growth.

Drawing from Cultural Roots: Cultural heritage can serve as an anchor that provides an individual with continuity and identity. The rituals, traditions, and practices passed down from the previous generation provide emotional grounding in the face of rapid societal changes. This has been the case, for example, in the use of festivals, food, and language within families throughout the global migration of the Indian diaspora. In all these practices, one feels affiliated and has some emotional stability even in a foreign environment. The engagement with the cultural roots promotes a positive self-concept, in that an individual's life course becomes part of a larger narrative.

As a psychologist, I often encourage those in cultural dissonance to revisit their heritage for strength. This process need not be rigid or exclusionary; rather, modern reinterpretation of traditional practices such as yoga and meditation blends seamlessly into cultural authenticity, with modern relevance, to create tools to rely on for resilience. It can also be something as simple as taking an interest in traditional food with a hint of pride, rather than succumbing to what is convenient to consume in the new environment.

Fostering Community Support: Human beings are inherently social animals, and a supportive community can provide a buffer against the stress of societal change. For instance, traditional joint-family systems in India used to work as support systems, both emotionally and economically. While the joint-family system did offer immense support, it was at the cost of the blurring of identities and merging with the collective. Although modern lifestyles have moved to nuclear families that have left us lonelier, digital platforms now offer virtual communities that are able to create solidarity and shared purpose. People are free to choose the communities that they want to be part of, rather than being bound to one. These communities whether formal not, operate based on shared interests and common themes.

Studies underpin the psychological benefits of support from the community through reduced levels of stress, loneliness, and optimizing one's coping mechanisms. Group therapies and peer-support networks are also strong interventions mobilizing collective wisdom to address challenges.

Embracing Change as Growth:

Probably the ultimate hallmark of resilience consists of the capacity of the individual not to perceive any changes as a threat but, rather, as one more opportunity to grow. People who approach cultural evolution with open and curious attitudes are much better off.

As an educator and psychologist, I advocate for critical thinking as a tool to reframe societal transitions as avenues for learning and self-improvement. The ability to question, analyze, and adapt fosters a growth mindset, empowering individuals to align personal values with evolving societal norms.

Resilience within cultural evolution is not resistance, but the harmonization of tradition and innovation. By integrating these, we pave the way for a society where change is enriching rather than destabilizing.



Dr. G. R. Shyam Ragav

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