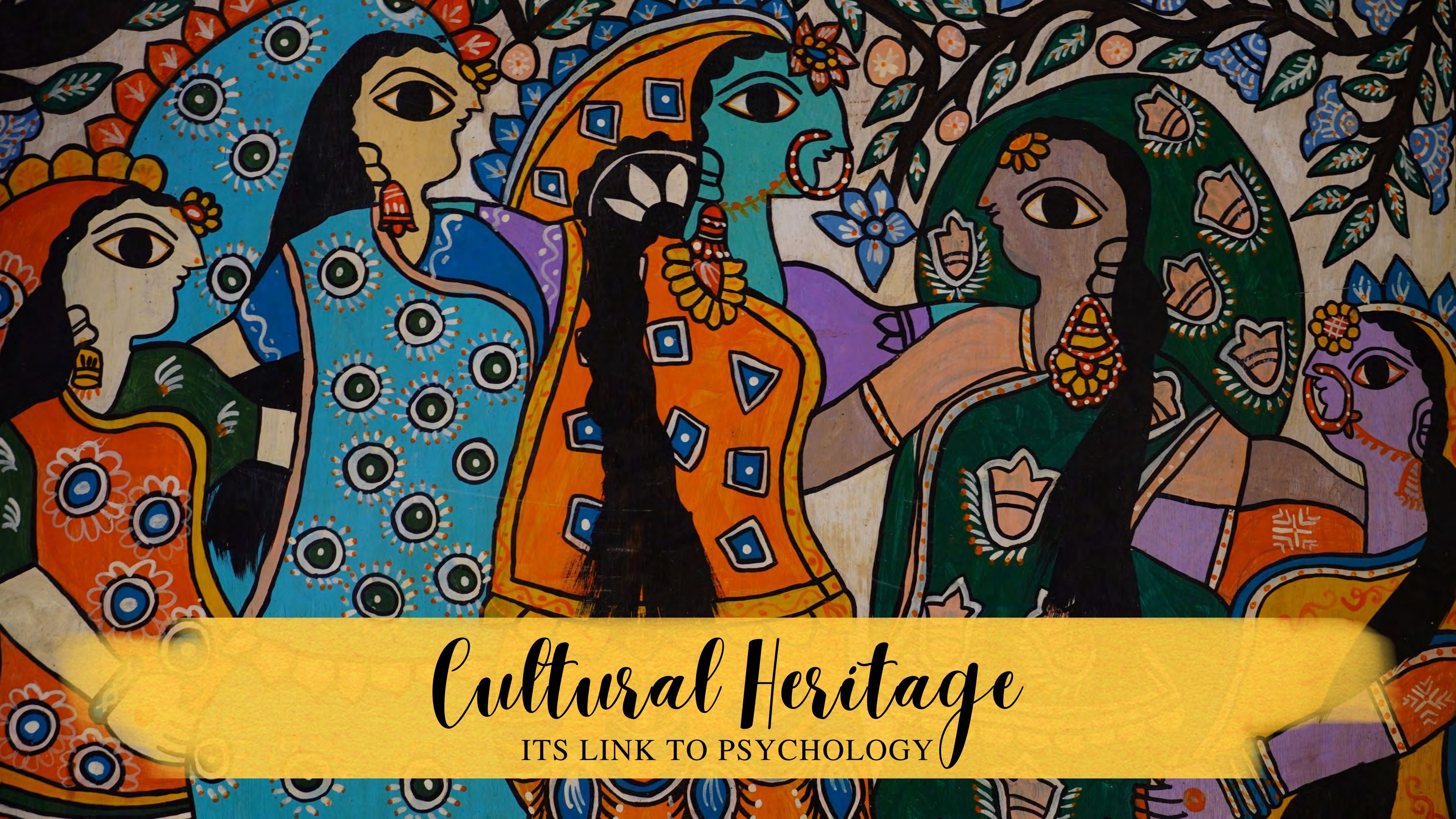




Cultural Heritage

ITS LINK TO PSYCHOLOGY

The Presenters



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Understanding Cultural Heritage

Cultural heritage refers to the tangible and intangible aspects passed down from previous generations, including traditions, languages, historical sites, paintings, artefacts, etc.





The intersection of cultural heritage and psychology elucidates the profound impact of cultural backgrounds on psychological phenomena, encompassing the development of identity, and emotional well-being. This connection is of utmost importance in promoting cultural sensitivity as it enables us to comprehend the psychological advantages of maintaining cultural continuity and preserving heritage.





Psychological Impact of Cultural Heritage

- The influence of cultural heritage on psychological well-being is substantial, as it cultivates a strong sense of identity and belonging.
- Participating in one's cultural heritage establishes a strong link to previous generations, thereby improving emotional well-being and optimism.
- The transmission of values, beliefs, and practices from one generation to another influences the psychological frameworks and behaviours of individuals, therefore preserving cultural identity over time.
- Engaging actively in cultural activities acts as a safeguard for mental well-being, promoting a feeling of a sense of self coherence, and social connection.

Researches done in the field



- A research in this field by Gupta (2000) indicates that engaging in cultural practices, such as celebrating festivals like Diwali , Christmas, and Eid, as well as participating in rituals like weddings and religious ceremonies, promotes a profound feeling of community and belonging. These practices strengthen an individual's bond with their cultural heritage (Gupta, 2000).
- Indian languages and literary traditions, such as the Mahabharata and Ramayana , have a significant impact on the formation of individual identities. They offer cultural narratives and moral frameworks that people can identify with and adopt (Gupta, 2000).

Cultural Heritage: for us and according to us



There is cultural heritage all around us.

Here are some examples we have encountered.

- **Our mother tongue is one of the significant cultural legacies passed on to us by our ancestors. For example , I was born in Kolkata but later moved to a different location. My parents insisted that I learn the native language of the state, which is Bengali.**
- **One more aspect of our cultural heritage that has been passed down to us by our ancestors is the collection of historical sites and forts. India is home to numerous historical sites, each with its own unique tale. For instance, the forts in Rajasthan are renowned for narrating the Marwar stories of rulers, while various locations in Maharashtra, like in Pune, depict the tales of the Maratha rulers.**



*“Preserving our cultural heritage isn’t
about just keeping old things around.
It’s about keeping us grounded in our
identity and understanding our place
in the world”*



References



Gupta, D. (2000). Interrogating Caste: Understanding Hierarchy & Difference in Indian Society. Sociological Bulletin, 49(1)

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