

International Symposium on Health, Tea and Culture

“Cultural norms and views”

Names of the work group participants:

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Amity University, Mumbai, India the University believes in building ethically responsible, holistic individuals who are capable, competent, and globally relevant. The focus is on building Knowledge, Skills, Competencies and Attitude.

Abstract:

“*Health, Tea, and Culture*” is the concluding Symposium of the International Symposium wherein we were divided in different work group according to our interest in topic and interacted with group members from two other universities to come up with a plan of action for our end project. This was done through online sessions and group chats on discord. We constantly have been in contact with each other during the entirety of the symposium. Which helped us to know more about each others culture and norms in different aspects. Hence, our final project was a culmination of all our discussed topics that gives us an insight on each aspect from different cultural view points. Due to this interactive symposium sessions it was quite enlightening for all of us to get an awareness about different cultural and their views on life. Especially, during these trying times when we all are isolated at our homes these sessions helped us to understand about others situation and I believe that this has really helped us feel at ease and relax during our interactive session.

Symposium:

Culture is one factor that can have an influence on how people think and behave. One factor that cross-cultural psychologists often study involves the differences and similarities between individualistic cultures and collectivist cultures.

Individualistic cultures are those that stress the needs of the individual over the needs of the group as a whole. In this type of culture, people are seen as independent and autonomous. Social behaviour tends to be dictated by the attitudes and preferences of individuals. Cultures in North America and Western Europe tend to be individualistic.

Collectivist cultures emphasize the needs and goals of the group as a whole over the needs and desires of each individual. In such cultures, relationships with other members of the group and the interconnectedness between people play a central role in each person's identity.

Our work group has had countless discussions while keeping the aforementioned ideals as the centre of our topic. As we hopped from one topic to the other our discussion became more heated with personal views and cultural views. We even shared few of our stories that would make better understanding for the topic in hand. It was enlightening to know each side of the cultures context and views while also giving inputs on mine since, I have been brought up in middle east I even gave some inputs on their cultures too like the education system and as such. It was especially fun and entertaining since we didn't feel like we were discussing on a project I was rather like a conversation between friends filling in on their lives.

The diversity in each of our lives due to different in cultural backgrounds between our group mates really gave a whole lot of perspective and meaning to our discussion. We understood the importance of culture in our lives and how it developed our mindset and life decisions in many ways.

The only suggestion I have as a fellow student in India is that the Symposium could be a little later over here causing waking up at 7 in the morning get's a little difficult for us who are night owls. Besides this one suggestion I have none I honestly have loved interacting with my other work group members and getting know them and their perspectives on their lives and culture in different

aspects was informative. I look forward to be a part of future symposium as well and staying connected with my work group team mates.

Reference:

- Cherry, K. (2020, December 11). How Do Individualistic Cultures Influence Behavior? Retrieved June 8, 2021, from <https://www.verywellmind.com/what-are-individualistic-cultures-2795273#:~:text=In individualistic cultures, people are,others are of greater importance>
- Cherry, K. (2021, April 30). Understanding Collectivist Cultures. Retrieved June 8, 2021, from <https://www.verywellmind.com/what-are-collectivistic-cultures-2794962>