

Calm Insights

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INSIDE

Digital & Lifestyle Addiction

Modern comfort has silently turned into dependence — and families are paying the price.

Healing Through Discipline, Culture & Healthy Routines

When ancient wisdom meets awareness and discipline, lives begin to transform.

Rebuilding a Strong, Addiction-Free Society

A conscious community can break the cycle — one child, one family, one choice at a time.



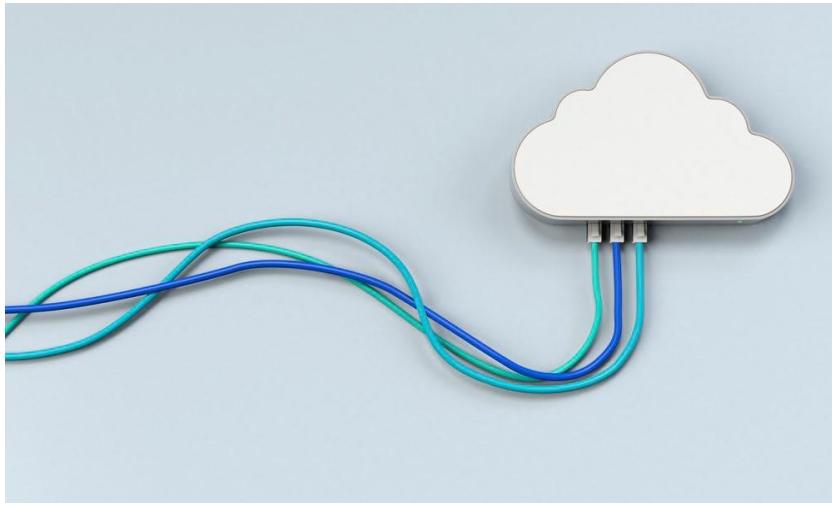
ADDICTION and its effects on us!

— by Dr. Kavitha Kannan, Counseling Psychologist and Corporate Trainer

When I thought about this word, I just imagined how this word would have been coined in, maybe it's adding your habits to the present practices consistently and unknowingly, which becomes an addiction or so.

Maybe or not may not be, but the real meaning be like this, being involved or seeking or performing an activity despite negative or harmful consequences, if its lifelong definitely its chronic. It has to be dealt with care, affection and medication along with therapies with immediate effect.

Above all addictions in common such as **Alcohol, Drugs, Smoking, Substances**, watching **Social Media** and **Television** are quiet common among all age groups and its quiet uncontrollable and vulnerable in some cases.



Digital & Lifestyle Addiction

Even after a child is born, the mother nowadays doesn't tell stories and sings lullabies like before, it all ended with the 90's and Gen Z cohorts.

Children are given mobile phones, and they get addicted to it even before their first birthday, how ironic is this? Yes, I have my own experience with my Niece's kid with the same problem and grandmother doesn't know an alternative option nor does she follow any tips given by a therapist for changing the situation,

And now the poor child is diagnosed with ADHD and its unmanageable even for the mother of the child, this does not end here, even the grandmother, mother and father addicted to mobile phones and television, only the programs that they watch differs, for example its 'Big Boss and Tamil Serials' for the grandma, whereas it is watching reels and YouTube, for the mom and cricket matches and movies on Netflix for the dad, even if the new matches are not on, the dad watches the highlights and the old matches, instead of that he could have enrolled in a cricket coaching , so that he could have taken care of his physical as well as his mental wellbeing.

But for now, the dad is diagnosed with a tumor on his neck, due to his **debilitated** lifestyle and goes on for treatment and is still unable to cure it completely.

The poor mother now juggles between her husband and child to help them to get rid of their addiction and to bring them back to a healthy lifestyle, she has taken the option of living abroad with her husband, earning and spending money to cure her husband, with no other option of leaving the child with her grandmother back home in her native land.

What can this aged grandmother do other than leaving the child in a playschool, after several consultations and counselling the kid is engaged with drawing and learning at a Montessori play school and to the surprise of everyone the kid seems to have high "IQ" memorizing Thirukkural, numbers and reciting songs in a faster pace than the other students.

Slowly the grandmother also takes care of her health by doing her chores while the child is away to school and spending some quality time when she is back home from school.

Mother of the child is following the child as well as her husband with a healthy diet and lifestyle as guided by the specialists and coping up with her routines and schedules now.



Healing Through Discipline, Culture & Healthy Routines

We all are responsible for our own mistakes and sufferings, as a proverb goes like this in Tamil "**Ennampol vaazhkai**", which means we become what we think and feed our thoughts. This is the reason for our elders preaching to us with moral stories and lifestyle practices such as going to temples, waking up at **Brahma Muhurtham** between 4:00 am to 6:00 am, early to rise and early to bed habits, but what is happening now?!



Nearly half of the population are working in IT Jobs, having their meals in the Midnight Dhaba's, not only there, eating Biryani and Pizza in witching hours, posting the same in the social medias and when it goes viral, the normal crowd who follows a serene lifestyle too gets influenced and they go for a try on weekends and on holidays along with their kids spoiling the younger minds as well. This being a worst scenario with food addiction, there comes another awful addiction in teens and adults with substances, drugs, alcohol and cigarettes not to leave any, right from their school, colleges to offices, its available everywhere and anywhere nowadays.

Whom to be blamed, is it because of the government who sells alcohol in TASMAC or the Corporate Mafias who supplies the drugs and substances importing it from abroad, or the Public who doesn't have any control nor Discipline which is to be taught from home.

Children should be monitored equally by both parents and teachers, whether at home, in school, or later in college.

Consistent guidance is essential to help them develop disciplined habits—such as waking up early in the morning and visiting their respective places of worship.

When not engaged in worship, children should be encouraged to participate in activities that promote fitness, such as gym workouts and sports, and to make time for hobbies they enjoy during their free hours, according to their interests and preferences.

Traveling and trekking gives a man and women a blissful experience, be it a tourist spot or a pilgrimage, we explore new things, get to meet different people from varied backgrounds, we "Unlearn, learn and relearn", every time while traveling.

We can even journal our experiences through letters and diaries to be cherished later on. The pictures and videos taken will remain for a lifetime as a Treasure and we can share it with our kids and grandchildren by telling them the stories about the place and whereabouts.

Rebuilding a Strong, Addiction-Free Society

As an idiom says **Veettu surakkai, karikku udhavaathu** ("The bottle gourd grown at home doesn't help in making the curry"), which means whatever we have in our own place, we merely take it for granted and are least bothered. You may be curious about what I want to imply, it's about Yoga and Meditation, which were born and developed in India thousands of years ago, were not given the respect and value they deserved within the country for a long time.

People viewed them as ordinary or old-fashioned because they were too familiar and part of their own culture. But when Western countries began researching, promoting, and teaching Yoga and Meditation — praising their benefits for physical health, mental well-being, productivity, and emotional balance — people in India suddenly began to follow them seriously. The same practice, once overlooked at home, became valued only after outsiders recognized its worth.

Innovation and creativity hails and grows with the latest technologies such AI and social media, so even a person in a remote forest can Google and watch videos of their choices, again it is your own finger which is to choose between a good habit of exercises and well-being or with the reels and other dangerous dark websites to follow, is all in your thoughts which controls your brain and activities.

Whoever reads this article is to solicit and feed in these thoughts in younger minds whom we connect with and lets all make this world free from all kinds of addiction. Let's all take an oath to build a strong society following our ancient culture and tradition.

“Let’s unite in shaping a clean and addiction-free society, paving the way for a healthier and prouder nation.”

About the Author



Dr. Kavitha Kannan is a compassionate therapist who specializes in career counseling, addressing study-related anxieties, mood disorders, and interpersonal challenges. Committed to excellence and dedicated to assisting those in need, Kavitha has amassed years of professional experience in the counseling field. Her approach is grounded in informed and evidence-based treatments. With a focus on young adults aged 12-30, Kavitha empowers individuals to overcome obstacles and transform into unique, confident individuals ready to face the world with resilience. Her unwavering commitment to helping others navigate life's challenges sets her apart as a trusted and effective counselor. She is not only a skilled therapist but also holds significant leadership positions in the field of mental health and education. She serves as the CEO of **Mind Scape Counselling**; Kavitha takes on the leadership role of guiding a team of dedicated professionals. She directs the operations of Mind Scape Counselling, a distinguished mental health and counseling organization with a steadfast commitment to delivering top-tier care and support to individuals facing various challenges. In her capacity as Director, Kavitha assumes a crucial position at **Alagu Jothi Academy**, an educational institution passionately devoted to nurturing young minds and promoting comprehensive development.

Qualifications: M.A., M.Ed., Master of Science (M.Sc.) in Counseling Psychology

Languages Spoken: Tamil, English, and Hindi

Specializations: Studies Difficulties. Depression. Career Counseling. Severe Stress, Anxiety, Mood Disorders, Relationship Issues, Suicidal Ideation, Grief & Loss, Sleep Issues, Cognitive Disparities, Self-Harm, Body Image, Self-Confidence, Anger Management, LGBTQI Support, Marital Discord, Eating Disorders, Parenting Issues, Workplace Problems

Therapeutic Expertise: Kavitha's therapeutic approach draws from a diverse range of evidence-based techniques, including:

- Cognitive Behavioral Therapy (CBT)
- Rational Emotive Behavioral Therapy (REBT)
- Dialectical Behavioral Therapy (DBT)
- Mindfulness-Based Therapies
- Art Therapy and Music Therapy
- Yoga and Relaxation Techniques



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