



SUPPORTING DOCUMENTS

3.2.2

NUMBER OF WORKSHOPS/SEMINARS CONDUCTED ON RESEARCH METHODOLOGY, INTELLECTUAL PROPERTY RIGHTS (IPR) AND ENTREPRENEURSHIP DURING THE YEAR



Workshop on "Promoting Intergenerational Bonding with College Students"

On November 27, 2024, the Women Cell and Gender Champion Club of St. Bede's College organised a workshop titled "Promoting Intergenerational Bonding with College Students", sponsored by the National Institute of Social Defence. The distinguished resource persons for the occasion included Prof. Sr. Molly Abraham, the Principal of St. Bede's College, and Mr. Mohit Kumar, Assistant Professor in the Department of Psychology at St. Bede's College.

The workshop began with a warm welcome to the guest speakers, followed by the traditional lighting of the lamp, symbolizing the beginning of knowledge and enlightenment. This was followed by a beautiful classical dance performance, setting a cultural tone for the event.

Objective: The objective of the workshop was to foster meaningful connections between generations by encouraging college students to engage, share experiences, and build mutual understanding with older generations, promoting empathy, respect, and stronger community ties.

Description: Prof. Sr. Molly Abraham, Principal of St. Bede's College delivered a powerful lecture on the importance of intergenerational bonding, sharing heartfelt anecdotes from her childhood when family and community ties were stronger. She reflected on moments of respect, storytelling, and wisdom exchange that shaped her values, contrasting them with today's growing disconnect. She attributed this decline to factors like the rise of technology, nuclear families, and busy modern lifestyles, which limit meaningful interactions between generations. Highlighting the impact of this gap on both the youth and the elderly, she urged students to reconnect with their elders, learn from their experiences, and cherish these invaluable relationships. Her speech left the audience inspired to bridge the generational divide.

After the lecture, a short break was taken, allowing attendees to reflect on the insights shared.

On the other hand, Mr. Mohit Kumar, Assistant Professor in the Department of Psychology at St. Bede's College, delivered an engaging lecture on intergenerational bonding, focusing on its psychological impact, benefits, and challenges. Through a well-structured PowerPoint presentation, he explained how such bonds promote emotional well-being, empathy, and knowledge exchange while addressing challenges like generational conflicts due to differing values and lifestyles. To make the session interactive, he conducted a game, encouraging students to reflect on their relationships with older generations. The lecture emphasised the importance of fostering these connections for mutual respect, trust, and a harmonious society. The session left students with valuable insights and practical strategies to strengthen intergenerational relationships.

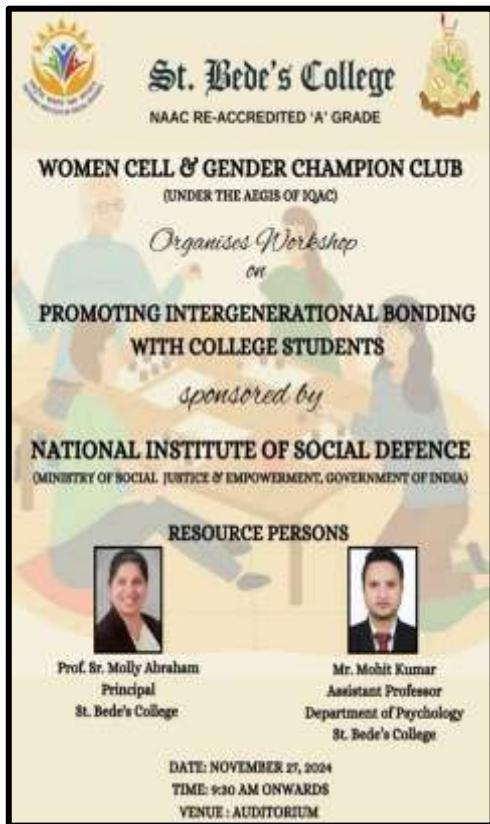
Outcome: The session aimed at fostering mutual respect, understanding, and collaboration between generations. The resource persons emphasized the role of shared experiences and values in bridging the generational gap and provided insights into the psychological benefits of



intergenerational relationships, including enhanced empathy, communication, and emotional well-being. The session encouraged students to actively engage with elders, recognizing their wisdom and life experiences as valuable assets. The session concluded with a call to action for students to strengthen bonds with older generations, fostering a more inclusive and harmonious society.

The workshop concluded with a heartfelt vote of thanks, expressing gratitude to both the resource persons for their enlightening insights on intergenerational bonding. The sessions underscored the significance of mutual understanding, empathy, and collaboration between generations.

At the end of the workshop, students were provided with refreshments, giving them a chance to relax and unwind. Also to reflect on the valuable insights shared during the sessions.



Brochure



*A Workshop on “Promoting Intergenerational Bonding with College Students”
(November 27, 2024)*



सेंट बीड़स में कार्यशाला का आयोजन

शिमला। सेंट बीड़स कॉलेज में महिला प्रकोष्ठ और जेंडर चैपियन क्लब ने कॉलेज की छात्राओं के साथ अंतर पीढ़ी गत संबंध विषय पर कार्यशाला का आयोजन किया। आयोजन में राष्ट्रीय सामाजिक रक्षा संस्थान ने भी सहयोग किया। कार्यशाला में कॉलेज की प्राचार्य डॉ. सिस्टर मौली अब्राहम मुख्य वक्ता रहीं। मनोविज्ञान विभाग के सहायक आचार्य मोहित कुमार ने भी छात्राओं को संबोधित किया। सिस्टर मौली ने वृद्धों के साथ नियमित रूप से बातचीत कर उनके जीवन के अनुभवों को सुनने तथा उनके साथ अच्छे संबद्ध विकसित करने के लिए प्रेरित किया। वहीं सेंट बीड़स कॉलेज में आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ और जीव विज्ञान विभाग ने भी स्तन कैंसर को लेकर जागरूकता कार्यक्रम आयोजन किया। डॉ. कल्पना ने छात्राओं स्तन कैंसर बारे जानकारी दी। इस मौके पर डॉ. श्वेता ठाकुर, डॉ.

योग से दूर रहती हैं हजारों बीमारियां पीढ़ी गत विभाजन को कम करने पर फोकस

गोट शीर्षक लालेज में स्तम्भ-खद परीक्षण पर छात्रों को किया जागरूक

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Media Coverage

Media Coverage



Women Cell & Gender Champion Club
St. Bede's College, Shimla

ATTENDANCE SHEET

Activity: "Promoting Intergenerational Bonding With Colleges Students"

Date: November 27, 2024

Organising Unit: Women Cell & Gender Champion Club

| Sr. No. | Name of the Student | Class | Signature |
|---------|---------------------|----------------------------|------------------|
| 1) | ALISHA RANTA | B.COM 1 st year | <i>Alisha</i> |
| 2) | CHARVI SINGH RANA | B.COM 1 st year | <i>CSR</i> |
| 3) | SANCHI | B.Com 2 nd year | <i>Sanchi</i> |
| 4) | KRITIKA SHYAN | B.Com 2 nd year | <i>Kritika</i> |
| 5) | SNEHA BANSAL | B.Com 2 nd | <i>Sneha</i> |
| 6) | SNEHA SHARMA | B.Com 2 nd | <i>Sneha</i> |
| 7) | VASUNDHRA SHARMA | B.Com 2 nd | <i>Vasundhra</i> |
| 8) | KRITIKA PUNDEER | B.COM 2 nd | <i>Kritika</i> |
| 9) | SUHANI THAKOR | B.Com 2 nd | <i>Suhani</i> |
| 10) | MAHAK | B.Com 3 rd year | <i>Mahak</i> |
| 11) | RASHMIKA SHARMA | B.Com 3 rd year | <i>Rashmi</i> |
| 12) | KRITIKA AZAD | B.Com 2 nd year | <i>Kritika</i> |
| 13) | IRSHITA VASISHTA | B.Com 2 nd | <i>Irshita</i> |
| 14) | ANSHIKA CHUGH | B.Com 2 nd | <i>Anshika</i> |
| 15) | ANSHIKA BHATIA | B.COM 2 nd | <i>Anshika</i> |
| 16) | GURLEEN | B.Com 2 nd | <i>Gurleen</i> |
| 17) | RUBY PHARDWAJ | B.Com 2 nd | <i>Ruby</i> |
| 18) | HIMANI SHARMA | B.Com 2 nd | <i>Himani</i> |

19/11/24



Women Cell & Gender Champion Club
St. Beda's College, Shimla

| | | | |
|-----|---------------------|-------------------------|----------|
| 19) | SAIMA SAWANT | B.COM 2 nd | Saima |
| 20) | HERGUN GRACK | B.COM 2 nd | Hergun |
| 21) | YUVIKA SAINI | B.COM 2 nd | Yuvika |
| 22) | SRISHTI THAKUR | B.COM 1 st | Srishti |
| 23) | NAIRA AHUJA | B.COM I | W |
| 24) | KASHISH CHAUHAN | B.COM I | Kashish |
| 25) | ASSIN RAJTA | B.COM I | Assin |
| 26) | AKRITI | B.COM I | Akruti |
| 27) | SRTJAL | B.COM II nd | Srtjal |
| 28) | ARUSHI | B.COM II nd | Arushi |
| 29) | ISHITA THAKUR | B.COM III rd | Ishita |
| 30) | BHUMIKA SHARMA | B.COM III | Bhumika |
| 31) | TANYA CHAUHAN | B.COM III | Tanya |
| 32) | Aditi | B.COM III | Aditi |
| 33) | AYUSHI THAKUR | B.COM III | Ayushi |
| 34) | SURBHI | B.COM III | Surbhi |
| 35) | RAKSHITA CHATURVEDI | B.COM II | Rakshita |
| 36) | SNEHA | B.COM - 3 | Sneha |
| 37) | SHREYA SHARMA | B.COM - 3 | Shreya |
| 38) | NANDINI THAKUR | B.COM - III | Nandini |
| 39) | PRANCHAL | B.COM - III | Pranchal |
| 40) | MITALI MEHTA | B.COM - III | Mitali |

19/11/2011
Principal
St. Beda's College
Shimla

Attendance Sheet



Women Cell & Gender Champion Club
St. Bede's College, Shimla

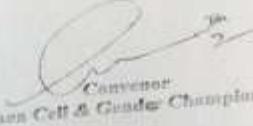
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|-----|------------------|------------------------|-----------|
| 41) | PAWNI SHARMA | | |
| 42) | MEHAK NEGI | B.Com II nd | Pawni |
| 43) | SANSKRITI SHARMA | B.Com I st | Mehak |
| 44) | DIVYANSHI GAUTAM | B.Com I st | Sanskriti |
| 45) | ANAMIKA PANWAR | B.Com I st | Divyanshi |
| 46) | SHWETA | B.Com I st | Anamika |
| 47) | SANIYA SHARMA | B.Com I st | Shweta |
| 48) | RASHI GUPTA | B.Com I st | Sanya |
| 49) | PAULKSHA SHARMA | B.Com I st | Rashi |
| 50) | ASHA KUMARI | B.Com I st | Palksha |
| 51) | NTKITA | B.Com I st | Asha |
| 52) | PRABHJIT KAUR | B.Com I st | NTKita |
| 53) | Jankari Thakur | B.Com II nd | Prabhjot |
| 54) | RITVIKA SHARMA | B.Com III | Jankari |
| 55) | SUKRITI SHARMA | B.Com III | Ritvika |
| 56) | CHARVIE KANWAR | B.Com III | Sukriti |
| 57) | SAMRITI THAKUR | B.Com III | Charvie |
| 58) | SAIJAL MEHTA | B.Com III | Samriti |
| 59) | GUNJAN | B.Com III | Sajjal |
| 60) | KHUSHI MEHTA | B.Com III | Gunjan |
| 61) | HIMANSHI SHARMA | B.Com III | Khushi |
| 62) | TRINMEL Kaur | B.Com III | Himanshi |

2016-17
19/7/17
Principal
St. Bede's College
Shimla



Women Cell & Gender Champion Club
St. Bede's College, Shimla

| | | | |
|-----|------------------------|------------------------|---------|
| 63) | RIDDHIKA SOOD | B.Com.II | Present |
| 64) | TANIA WALTER | B.Com.II | Present |
| 65) | DTANDOOR AULAKH | BA III | Present |
| 66) | NIHARITA P CHHUNNAI | BA II | Absent |
| 67) | GURMILAN MONGA | BA II | Present |
| 68) | AANYA MINHAS | BA II | Present |
| 69) | CHYRIEL THOMAS | BA II | Present |
| 70) | MEHVISH SAHOTA | BA ENGLISH HONS III | Present |
| 71) | HARHANPREET KAUR | BA PSY HONS II | Present |
| 72) | Tanni Hella | Eng-Hons | Present |
| 73) | SHAYONTIKA CHAKRABORTY | ENGLISH HONS II | Present |
| 74) | AKSHRA SHARMA | B.COM.III | Present |
| 75) | Jyotika | BA English II | Present |
| 76) | YASHITA THAKUR | BA Eng.Hons | Present |
| 77) | ISHITA SARMA | BA II | Present |
| 78) | SRIShti VERMA | BA ENGLISH HONS II | Present |
| 79) | HIMANSHI PRASHAR | BA PSY HONS II | Present |
| 80) | PRAPTI JOSEPH REDDY | BA III | Present |


Convenor
Women Cell & Gender Champion Club

14/11/20
Principal
St. Bede's College
Shimla

Attendance Sheet