



SUPPORTING DOCUMENTS

3.2.2

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



Workshop on "Intergenerational Bonding with College Students"

On December 4, 2024, the Women Cell and Gender Champion Club of St. Bede's College hosted a workshop titled "Intergenerational Bonding with College Students" with support from the National Institute of Social Defence. The workshop featured distinguished facilitators Ms. Unnatti Chauhan and Ms. Jagriti Sharma, Assistant Professors in the Departments of Economics and Psychology, respectively.

Objective: The purpose of the workshop was to instill among students the value of family ties and connections between the different age groups. This was done to promote understanding, respect and collaboration among students

Description: Ms. Unnatti introduced the topic of the session to the students. She elaborated on the meaning of intergenerational bonding, the importance of it and the benefits associated with it. Ma'am also talked about the importance of nurturing meaningful relationships with the older generations. Continuing the session, Ms Jagriti explained to the students the 4 R's of building a strong connection which includes respect, reciprocity, responsibility and resiliency. She also shared with the students the various psychological theories associated with intergenerational gaps.

To bring the active participation of students, the resource persons ensured the inclusion of various types of games to make the learning experience more entertaining. Students were asked to prepare on-the-spot skits, dance and music performances depicting the beauty of different generations. They were able to come up with thoughtful ideas for their performances despite the short time frame. Through the skit, the students showcased the varying mindsets and ideologies of the different generations and how they exacerbate the generation gap. Music and dance activities encouraged students to work together and navigate different generations' traditions and cultural expressions, blending diverse styles and fostering a sense of unity through shared artistic expression.

A trivia game on items that were used in the past decades and their modern counterparts also witnessed the active engagement of the students. The game required quick thinking on the part of students to identify the objects that did not seem familiar but were once essential to daily life. The introduction of games to the routine of the session facilitated communication, teamwork and mutual learning.

Outcome: The session was a unique approach to help students understand the value of intergenerational bonding. By using games as tools for communication and learning, the event succeeded in bridging the generational divide, fostering mutual respect, and strengthening community ties.



Brochure



Workshop on “Intergenerational Bonding with College Students” (December 4, 2024)



Workshop on “Intergenerational Bonding with College Students” (December 4, 2024)



सेंट बीडस कॉलेज में बताई रिश्तों की अहमियत

शिमला। सेंट बीडस कॉलेज शिमला के महिला प्रकोष्ठ और जेंडर चैंपियन क्लब ने बुधवार को राष्ट्रीय सामाजिक रक्षा संस्थान के सहयोग से छात्राओं के लिए अंतर-पीढ़ी संबंध पर कार्यशाला का आयोजन किया। इसमें अर्थशास्त्र विभाग की सहायक प्रोफेसर उन्नति चौहान और मनोविज्ञान विभाग की सहायक आचार्य जागृति शर्मा ने विशेषज्ञ के रूप में रहे बदलाव पर जानकारी दी। दोनों विशेषज्ञों ने इस कार्यशाला में भाग लेने वाली छात्राओं के व्यक्ति विचार और परिवार में रहने को लेकर अपने अनुभवों को साझा करने और संवाद करने का मौका दिया। पीढ़ियों की सुंदरता और उनके बीच विकसित हो रहे अंतर को दर्शाने के लिए ऑनस्पॉट एक स्किट भी पेश की। ब्यूरो

सेंट बीडस कालेज में अंतर-पीढ़ी संबंध पर कार्यशाला



शिमला। सेंट बीडस कालेज की महिला प्रकोष्ठ और जेंडर चैंपियन द्वारा बुधवार को राष्ट्रीय सामाजिक रक्षा संस्थान द्वारा प्रायोजित कालेज के छात्रों के साथ अंतर-पीढ़ी संबंध पर कार्यशाला का आयोजन किया गया। इस आयोजन के लिए विशेषज्ञों की भूमिका में अर्थशास्त्र विभाग की सहायक प्रोफेसर उन्नति चौहान और मनोविज्ञान विभाग की सहायक प्रोफेसर जागृति शर्मा रही। कार्यशाला का उद्देश्य छात्राओं के बीच पारिवारिक संबंधों और विभिन्न आयु समूहों के बीच संबंधों के मूल्य को शर्मा रही। कार्यशाला का उद्देश्य छात्राओं के बीच समझ, सम्मान और सहयोग को बढ़ावा देने के लिए किया गया था। दोनों विशेषज्ञों ने सुनिश्चित किया कि कार्यशाला में अनुभव को और अधिक मजेदार और इंटरेक्टिव बनाने के लिए खेलों को शामिल किया जाए। आइस बैकर सत्र के परिणामस्वरूप छात्राओं की अधिक सक्रिय भागीदारी रही। छात्राओं ने विभिन्न पीढ़ियों की सुंदरता और उनके बीच विकसित हो रहे अंतर को दर्शाने के लिए ऑनस्पॉट स्किट, नृत्य और संगीत प्रदर्शन की तैयारी में युक्त उत्साह दिखाया।

Media Coverage



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

ATTENDANCE SHEET

Activity: "Promoting Intergenerational Bonding With College Students"

Date: December 04, 2024

Organising Unit: Women Cell & Gender Champion Club

Sr. No.	Name of the Student	Class	Signature
1)	KHUSHI KUMARI	BSc. Med (3 rd yr)	Khushi
2)	HARSHITA BANYAL	"	Harsita
3)	SANYOGITA SINGH CHAUHAN	"	S
4)	Rishika Negi	"	Rishika
5)	ABHA VERMA	1 st yr	Abha
6)	SHOURYA SHARMA	"	Shourya
7)	REYA	"	Reya
8)	DIYA THAKUR	"	Diya
9)	SUHANA VERMA	BSc. Med 1 st yr	Suhana
10)	MUSKAN SHARMA	"	Muskan
11)	NEETIKA MEHTA	BSc. Med 2 nd yr	Neetika
12)	ADITI SUNAN	BSc. Med 2 nd yr	Aditi
13)	ADITI SHARMA	BSc 3 rd yr	Aditi
14)	RIDHIMA	BSc 3 rd yr	Ridhima
15)	SHRIYA SAWANT	BSc. 1 st yr	Shriya
16)	MANISHA CHANDEL	"	Manisha
17)	PEHAL VERMA	"	Pehal
18)	PRITIKA RASPUT	BSc. Med 2 nd yr	Pritika

04/12/24
Principal
St. Bede's College
Shimla

Attendance Sheet



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

19)	SHUETA	BSC Medical 3 rd Year	Shueta
20)	ALKA PARIHAR	"	Alka
21)	Shagun	"	Shagun
22)	SWITIKA KANWAL	BSC Biotech (1 st year)	Switi
23)	Avni Thengta	"	Avni
24)	Mehak Chauhan	B.Sc (Med) (2 nd year)	Mehak
25)	CHAHAT KALTA	B.Sc (Med) (3 rd year)	Chahat
26)	PRANJAL	B.Sc (Med) 1 st year	Pranjal
27)	TANVI SHARMA	BSC (biochem) 3 rd year	Tanvi
28)	LUVINA DODRA	BSC Biotech 2 nd year	Luvina
29)	Rutu	BSC Biotech 1 st year	Rutu
30)	SUHANI RANA	"	Suhani
31)	SHAGUN SHARMA	"	Shagun
32)	VAISHNAVI SHARMA	BSC Biochem 3 rd year	Vaishnavi
33)	YANANIKA SHARMA	"	Yannika
34)	AKANKSHA SHARMA	"	Akanksha
35)	ISHITA THAKUR	"	Ishita
36)	NISHTHA UGRAT	BSC - II	Nishtha
37)	SIHRAK THAKUR	"	Sihrak
38)	YANESHIKA	"	Yaneshika
39)	Parvati Mehta	"	Parvati
40)	PRANJAL THAKUR	"	Pranjal

Attendance
04/10/2014
Principal
St. Bede's College
Shimla

Attendance Sheet



Women Cell & Gender Champion Club

St. Bede's College, Shimla

41)	POOJA CHAUHAN	BSC II (Med)	Present
42)	SHITALAKSHI RANA	BSC II (Med)	Present
43)	LAVANYA BHATT	BIO TECH (Med)	Present
44)	ADITI	BSC II (Med)	Present
45)	DEEYA BALI	BSC II (Med)	Present
46)	SNEHA KHIMTA	BSC II (Med)	Present
47)	SAMIKSHA VERMA	BSC II (Med)	Present
48)	ASHWANYA VERMA	BSC II (Med)	Present
49)	ARASTHA SHARMA	"	Present
50)	ANICA	BSC II (Med)	Present
51)	ANSHITA	BSC II (Med)	Present
52)	YUVIKA	BSC II (Med)	Present
53)	ANGELINA NOOR	"	Present
54)	ANUSHKA THAKUR	"	Present
55)	NIYATI SHARMA	"	Present
56)	SACHIN CHAUHAN	"	Present
57)	JANVEE VERMA	"	Present
58)	NURIA BONALIE	BSC II (Med)	Present
59)	MONALI CHAUHAN	BA English I	Present
60)	NEHA SHARMA	BSC II (Med)	Present
61)	NAVYA JYOTIRAM	BA English II	Present
62)	SARITA SHARMA	BA English III	Present

Present
27/2/24
Principal
St. Bede's College

Attendance Sheet



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

63)	SIDDHARTH GUPTA	B.Tech. 2012	Shyam
64)	Rishabh Chauhan	B.Tech. 2012	Rishabh
65)	SIDDHARTH MEHTA	B.Tech. 2012	Siddh.
66)	VEDIKA MEHTA	B.Sc. 2013	Vedika
67)	VANSHIKA CHAUHAN	B.Sc. 2013	Vanshika
68)	ISHITA SHARMA	B.A. (HONS) PSY. 1 YEAR	Ishita
69)	HIMANSHI PRACHAR	B.A. P.D. 1st year	Himanshi
70)	ANUSHKA KALANTA	9	Anushka
71)	MARSHITA THAKUR	B.Tech. 2012	Marshita
72)	ANSHIKA SHARMA	B.Sc. 2013	Anshika
73)	RETA	B.Sc. II nd year	Reta
74)	SHIVANGI	B.Sc. II nd year	Shivangi
75)	ISHIKA	B.Sc. II nd year	Ishika
76)	RITU KUMARI	B.Sc. I st year	Ritu
77)	JAHANUJ	B.Sc. II nd year	Jahanuj
78)	VANSHIKA	B.Sc. II nd year	Vanshika
79)	AAYUSHI	11	Aayushi
80)	SANIYA VERMA	B.Sc. 2013	Sanyia

[Signature]
Convenor
Women Cell & Gender Champion Club

[Signature]
13/11/14
Principal
St. Bede's College
Shimla

Attendance Sheet