



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.



St. Bede's College
NAAC RE-ACCREDITED 'A' GRADE

WOMEN CELL & GENDER CHAMPION CLUB
(UNDER THE AEGIS OF IQAC)

Organises Workshop
on

**PROMOTING INTERGENERATIONAL BONDING
WITH COLLEGE STUDENTS**

sponsored by

NATIONAL INSTITUTE OF SOCIAL DEFENCE
(MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVERNMENT OF INDIA)

RESOURCE PERSONS


Ms. Unnatti Chauhan
 Assistant Professor
 Department of Economics
 St. Bede's College


Ms. Jagriti
 Assistant Professor
 Department of Psychology
 St. Bede's College

DATE: DECEMBER 4, 2024
TIME: 9:30 AM ONWARDS
VENUE: AUDITORIUM



Brochure



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



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



सेंट बीड्स कॉलेज में बताई रिश्तों की अहमियत

शिमला। सेंट बीड्स कॉलेज शिमला के महिला प्रकोष्ठ और जेंडर चैम्पियन 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 छात्राओं को पीढ़ी के अंतर के साथ सामाजिक ढाँचे और व्यवहार में आ 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 ऑन स्पोर्ट एक स्किट भी पेश की। ब्यूरो

सेंट बीड्स कालेज में अंतर-पीढ़ी संबंध पर कार्यशाला



शिमला। सेंट बीड्स कालेज की महिला प्रकोष्ठ और जेंडर चैम्पियन क्लब 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 विशेषज्ञ 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 स्थापित करना था। यह 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 इंटरैक्टिव बनाने के लिए खेलों को शामिल किया जाए। आइस ब्रेकर 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 ऑनस्पोर्ट स्किट, नृत्य और संगीत प्रदर्शन की तैयारी में बहुत उत्साह दिखाया।



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)	<i>Khushi</i>
2)	HARSHITA BANYAL	"	<i>Harshita</i>
3)	SANYOGITA SINGH CHAUHAN	"	<i>Sanyogita</i>
4)	Rishika Negi	"	<i>Rishika</i>
5)	ABHA VERMA	"	<i>Abha</i>
6)	SHOURYA SHARMA	"	<i>Shourya</i>
7)	RIYA	"	<i>Riya</i>
8)	DIYA THAKUR	"	<i>Diya Thakur</i>
9)	SUJANA VERMA	Bsc Medico (3 rd yr)	<i>Sujana</i>
10)	MUSHAN SHARMA	"	<i>Mushan</i>
11)	NEETIKA MEHTA	BSc Medico III	<i>Neetika</i>
12)	ADITI SUMAN	B.Sc Medico III	<i>Aditi</i>
13)	ADITI SHARMA	BSc III yr	<i>Aditi</i>
14)	RIDHIMA	BSc III yr	<i>Ridhima</i>
15)	SHRIYA SAVANT	BSc 3 rd yr Med	<i>Shriya</i>
16)	VARSHIKA CHANDER	"	<i>Varshika</i>
17)	PEHAL VERMA	"	<i>Pehal</i>
18)	PRITHVI RAJPUT	BSc Med 3 rd yr	<i>Prithvi</i>

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

Attendance Sheet



Women Cell & Gender Champion Club

St. Bede's College, Shimla

19)	SHWETA	Bsc Medical 1 st Year	Shweta
20)	ALKA PARIHAR	"	Alka
21)	Shagun	"	Shagun
22)	SWAGNA KANWAR	Bsc Biotech (Hons) 1 st year	Swagna
23)	Aruni Thingra	"	Aruni
24)	Mehak Chauhan	B.Sc (Med) (Hons)	Mehak
25)	CHAUHAT KALTA	B.Sc (Med) (Hons)	Chauhat
26)	PRANJAL	B.Sc (Med) (Hons)	Pranjali
27)	TANNI SHARMA	BSc (Nursing) 1 st year	Tanni
28)	LUVINA DOGRA	BSc Biotech 1 st year	Luvina
29)	Aarti	BSc Biotech 2 nd year	Aarti
30)	SUJANI RANA	"	Sujani
31)	SHAGUN SHARMA	"	Shagun
32)	VAISHNAVI SHARMA	Bsc Biotech III rd year	Vaishnavi
33)	Yamnika Sharma	"	Yamnika
34)	AKANKSHA SHARMA	"	Akanksha
35)	ISHITA THAKUR	"	Shikha
36)	NISHITA VERMA	BSC-II	Nishita
37)	SIMRAN THAKUR	"	Simran
38)	VANSHIKA	"	Vanshika
39)	Sumshi Mehra	"	Sumshi
40)	PRANJAL THAKUR	"	Pranjali

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Shimla

Attendance Sheet



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

41)	POOJA CHAUHAN	BSC II (MED)	Pooja
42)	SHARDESHI RAWAT	BSC II (MED)	Shardeshi
43)	LAVANYA BHATT	BIO TECHNOLOGY	Lavanya
44)	ADITI	BSC II (MED)	Aditi
45)	DEEYA BALI	BSC II (MED)	Deeya
46)	SNEHA KHIMTA	BSC II (MED)	Sneha
47)	SAMIKSHA VERMA	BSC II (MED)	Samiksha
48)	ASHANYA VERMA	BSC II (MED)	Ashanya
49)	ARSTHA SHARMA	"	Arstha
50)	RIEKA CHAUDHAN	BSC II (MED)	Rieka
51)	ANSHITA	BSC II (MED)	Anshita
52)	YUVIKA	BSC II (MED)	Yuvika
53)	ANGELINA NOOR	"	Angelina
54)	ANSHIKA THAKUR	"	Anshika
55)	NIYATI SHARMA	"	Niyati
56)	SAIKSHI CHAUDHAN	"	Saikshi
57)	JANVEE VERMA	"	Janvee
58)	NIDHUR FARRUK	BSC II (MED)	Nidhur
59)	ANSHIKA CHAUDHAN	BSC II (MED)	Anshika
60)	ANSHIKA PATIYAN	BSC II (MED)	Anshika
61)	NAVYA UPADHYAY	BSC II (MED)	Navya
62)	SARITA SHARMA	BSC II (MED)	Sarita

Principal
St. Bede's College

Attendance Sheet



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

63)	SHRUTIKA CHAKRABORTY	B.A. HONS 2	Shruti
64)	Ritvi Chauhan	B.A. HONS	Ritvi
65)	SUBHISHA MEHTA	B.A. HONS III	Subhish
66)	VEDIKA NEOHI	B.Sc. HONS III	Vedika
67)	VANSHIKA CHUNDA	B.A. HONS III	Vanika
68)	ISHITA SHARMA	B.A. (HONS) PSY. I YEAR	Ishta
69)	HIMANSHI PRACHAR	B.A. PSY. (HONS) II YEAR	Himanshi
70)	ANUSHKA KALANTA	"	Anushka
71)	HARSHITA THAKUR	B.A. HONS	Harshita
72)	ANSHIKA SHARMA	B.A. HONS	Anshika
73)	RIYA	B.Sc. III year	Riya
74)	SHIVANGI	B.Sc. II year	Shivangi
75)	ISHIKA	B.A. HONS	Ishta
76)	RIDHEEMA	B.Sc. I year	Ridheema
77)	JAHANVI	B.A. HONS	Jahnavi
78)	VANSHIKA	B.Sc. II year	Vanika
79)	AAYUSHI	"	Aayushi
80)	SANIVA VERMA	B.Sc. HONS	Saniva


Convener
Women Cell & Gender Champion Club


President
St. Bede's College
Shimla

Attendance Sheet