



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 December 17, 2024, the Women Cell and Gender Champion Club of St. Bede's College hosted a workshop, "Intergenerational Bonding with College Students," sponsored by the National Institute of Social Defence. Esteemed resource persons included Mrs. Sharu Gupta Sehgal, a freelancer, counsellor, and psychologist, and Dr. Jyotika Brari, an Assistant Professor in the Department of Zoology.

Objectives: The objective of the workshop on 'Intergenerational Bonding with College Students' was to promote understanding, respect, and collaboration between different age groups, particularly focusing on bridging the generational gap between students and older generations. The workshop aimed to instil the value of family ties and intergenerational connections, encouraging students to appreciate the wisdom and experiences of older generations. It also sought to provide students with practical insights into how changing societal dynamics affect relationships and to foster an environment of empathy, open communication, and peaceful coexistence across age groups.

Description: The core aim of the workshop was to highlight the importance of intergenerational bonding, particularly focusing on the student community. In today's fast-paced world, the gap between different generations—especially between the younger and older generations—has become more pronounced. Through the workshop, the resource persons sought to instill the value of family ties and encourage students to appreciate the wisdom and experiences that older generations bring to the table.

Mrs. Sharu Gupta Sehgal, with her expertise in psychology and counselling, led the discussion by focusing on how generational differences manifest in attitudes, perceptions, and daily interactions. Drawing on personal anecdotes and psychological research, she helped students understand the significance of empathy, communication, and active listening when interacting with older family members or individuals from different age groups. She elaborated on the psychological roots of generational differences and how these affect relationships, offering practical suggestions to bridge these gaps.

Dr. Jyotika Brari, with her academic and scientific background, brought a more analytical perspective to the conversation. She spoke about how societal changes, work distribution, and shifts in lifestyle have altered the relationships between generations over time. By using examples from both scientific studies and personal experiences, Dr. Brari helped students understand how different generations, often shaped by distinct historical contexts, can have varying viewpoints and approaches to life. Her approach was especially helpful in understanding how these differences can lead to conflict and how fostering respect can lead to harmonious relationships.



Throughout the session, there was an emphasis on the idea of 'Life full of awareness and no attitude.' Both resource persons emphasized the importance of embracing a mindset that values each generation's contributions, perspectives, and life experiences. They encouraged students to shift away from assumptions, biases, and judgmental attitudes, opting instead for curiosity, open-mindedness, and dialogue.

One of the key aspects of the workshop was its highly interactive format, which allowed students and resource persons to engage in open discussions. This not only made the session more dynamic but also enabled participants to share their own experiences and thoughts on intergenerational relations. The dialogue helped break down barriers, making it easier for the younger generation to understand the challenges faced by older generations, and vice versa.

Outcome: The workshop on 'Intergenerational Bonding with College Students' resulted in several positive outcomes. Students gained a deeper understanding of the generational gap, learning to appreciate the differing perspectives, values, and experiences of both younger and older generations. The session fostered mutual respect and empathy, encouraging students to engage in open, respectful dialogues with individuals from different age groups. Through interactive discussions and practical examples, participants developed enhanced communication skills, learning how to bridge generational differences effectively. The workshop also equipped students with strategies to navigate relationships more thoughtfully, fostering stronger familial ties and promoting peaceful coexistence across generations. Overall, the event succeeded in helping students recognise the importance of intergenerational bonds and how they contribute to a harmonious society.



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

Dr. Jyotiika Bruri
Assistant Professor
Department of Zoology
St. Bede's College

Mrs. Sharu Gupta Sehgal
Free Lancer Counsellor
and
Psychologist

DATE: DECEMBER 17, 2024
TIME: 9:30 AM ONWARDS
VENUE: AUDITORIUM



Brochure



Workshop on Promoting "Intergenerational Bonding With College Students" (December 17, 2024)



GPS Map Camera

Cart Road, Chotta Shimla, Shimla, 171002,
Himachal Pradesh, India
Lat 31.094305, Long 77.186649
12/17/2024 11:51 AM GMT+05:30
Note: Captured by GPS Map Camera



GPS Map Camera

Shimla, Himachal Pradesh, India
35vp+mmq, Navbhahar, Chotta Shimla, Shimla,
Himachal Pradesh 171002, India
Lat 31.094246° Long 77.186572°
17/12/24 11:56 AM GMT +05:30

Workshop on Promoting "Intergenerational Bonding With College Students" (December 17, 2024)



सेंट बीड़स कालेज में पीढ़ीगत संबंध पर कार्यशाला



शिमला। सेंट बीड़स कालेज के महिला प्रकोष्ठ और जेंडर चैंपियन क्लब द्वारा मंगलवार को राष्ट्रीय सामाजिक रक्षा संस्थान द्वारा प्रायोजित कालेज के छात्रों के साथ पीढ़ीगत संबंध विषय पर एक कार्यशाला का आयोजन किया। इस कार्यशाला के प्रमुख विशेषज्ञ शारू गुप्ता सहगल, फ्री लासर, परामर्शदाता और मनोवैज्ञानिक और डा. ज्योतिका बरारी, सहायक प्रोफेसर, प्राणीशास्त्र विभाग रहे। कार्यशाला का उद्देश्य छात्राओं में 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। विशेषज्ञों ने छात्राओं को अपने ज्ञान से समृद्ध इनपुट के साथ पीढ़ीगत अंतर को समझाने के लिए पीढ़ियों के बीच की खाई को पाटने में मदद की।

— अभिरपा —

सेंट बीड़स कॉलेज में कार्यशाला का आयोजन

शिमला। सेंट बीड़स कॉलेज के महिला प्रकोष्ठ और जेंडर चैंपियन क्लब ने राष्ट्रीय सामाजिक रक्षा संस्थान के सहयोग से विद्यार्थियों के साथ पीढ़ीगत संबंध विषय पर कार्यशाला आयोजित की। इसमें फ्री लासर, परामर्शदाता और मनोवैज्ञानिक शारू गुप्ता सहगल और सहायक प्रोफेसर डॉ. ज्योतिका बरारी ने छात्राओं को पारिवारिक संबंधों और आयु समूहों के बीच के संबंधों के मूल्यों की जानकारी दी। विशेषज्ञों ने छात्राओं को अपने ज्ञान से समृद्ध किया। उन्होंने काम के वितरण के साथ लोगों के बदलते रिश्तों और दृष्टिकोण को भी समझाया। ब्यूरो



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

ATTENDANCE SHEET

Activity: "Promoting Intergenerational Bonding With College Students"
Date: December 17, 2024

Organising Unit: Women Cell & Gender Champion Club

Sr. No.	Name of the Student	Class	Signature
1)	SHIVANGI KAUSHIK	BBA 2nd year	
2)	NISHKRITI	11	
3)	PARUL THAKUR	11	
4)	TARANA SHARMA	11	
5)	ANSHIKA THAKUR	11	
6)	NIHARIKA SHARMA	11	
7)	KANIK A	11	
8)	DIVYA VERMA	11	
9)	NIHARIKA SHARMA	BBA I	
10)	SNEHA VERMA	BBA - I	
11)	ARSHITA GOSWAMI	BBA - I	
12)	NEHA HARAINA	BCA - I	
13)	KOMAL SINGH	BCA I	
14)	SHRUTI SHARMA	BCA I	
15)	DURGESH	BCA I Year	
16)	SURYA TEJASWINI	BCA I Year	
17)	VRINDA	BCA I Year	
18)	HARSHITA HASTA	BCA I Year	

17/12/23
Principal
St. Bede's College
Shirdi

Attendance Sheet



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

19)	Sneha Verma	BCA 1 st year	Ananya
20)	DIVANSHI SHARMA	1 st	Divanshi
21)	ARUSHI KANWAR	1 st	Arushi Kanwar
22)	RTIKA	"	Ritika
23)	RIDHI VERMA	"	Ridhi
24)	SHARMINA MEHTA	BBA III	Sharmi
25)	BHANVI KANWAR	BBA III	Bhanvi
26)	KRITIKA GUPTA	BBA III	Kritika
27)	ANUSHKA MEHTA	BBA III	Anushka
28)	Dakshita Thakur	BBA III	Dakshita
29)	DEVANSHI HODGSON	BBA III	Devanshi
30)	REKHA BUDHATHOKI	BBA III	Rekha
31)	ARUSHI AZAD	BBA III	Arushi Azad
32)	TIYA GUPTA	BBA III	Tiya
33)	Sigal Rana	BBA III	Sigal
34)	Dhagun Sharma	BBA III	Dhagun
35)	DiShe Rohat	BBA I	DiShe
36)	PALAK RAWAT	BBA - 3	Palak
37)	Priyanka Thakur	BCA - 2	Priyanka
38)	VIDESHA	BCA 2 nd	Videha
39)	Shivani	"	Shivani
40)	Mauli Gary	BBA 1 st year	Mauli

Roll No.
12/12/14
Prepared by
St. Bede's College
Shimla



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

41)	GARIMA	BBA II nd	Garima
42)	NAINIKA VERMA	BBA I nd Sem	Nainika
43)	PRAGYA SEN	BBA I nd Sem	Pragya
44)	MANNAT	BBA IV Sem	Mannat
45)	SAPNA	BBA Sem	Sapna
46)	FALKIN	BBA IV Sem	Falkin
47)	NANDITA	BBA II Sem	Nandita
48)	SEJAL	BCA II nd Sem	Sejal
49)	ANIKITA	BCA VI Sem	Anikita
50)	PALAK	BCA II nd Sem	Palak
51)	MUSKAN	BCA II nd Sem	Muskan
52)	HARDIKA	BCA VI Sem	Hardika
53)	SNEHA	BCA VI Sem	Sneha
54)	SNEHA KALYAN	BCA VI Sem	Sneha Kalyan
55)	MAHIMA SHARMA	BCA VI Sem	Mahima
56)	Manu Phadke	BBA I nd Sem	Manu
57)	Sejal Himrak	BCA I st	Sejal
58)	ADRIKA THAKUR	BBA IV Sem	Adrika
59)	PRYANKA VERMA	BA I st year	Priyanka
60)	RAJNANDINI RATHOUR	BA I st year	Rajnandini
61)	VANSHIKA KALYOTRA	BA I st year	Vanshika
62)	SHRISHTI GUPTA	PG. Honours	Shrishi

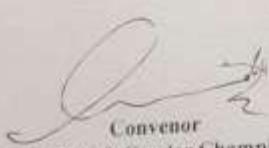
17/12/2014
Principal
St. Bede's College
Shimla

Attendance Sheet



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

63)	CHHAYA KALTA	B.Sc 2nd yr Oursay	Chhaya
64)	SNEHA KHIMTA	B.Sc II year (Oursay)	Sneha
65)	MEHAK CHAUHAN	B.Sc (Hons) 1st year	Mehak
66)	SHAYONTIKA CHAKRABORTY	B.Tech HONOR	Shayontika
67)	Jyoti Singh	BBA 2nd yr	Jyoti
68)	FAYAL MEHTA	B.Sc II year	Fayal
69)	RESHMA MINT	B.Sc II year	Reshma
70)	SUNDHITA SHARMA	B.Sc II year	Sundhita
71)	ADITI SHARMA	B.Sc II year	Aditi
72)	Ananya Khosla	B.Sc 2nd year	Ananya
73)	Manpreet Kaur	B.Sc 2nd year	Manpreet
74)	Lavanya Bhatt	12th std	Lavanya
75)	JANHAVI BHATIA	B.com III	Janhavi
76)	ISHITA THAKUR	"	Ishita
77)	TANYA	"	Tanya
78)	Shabreeshi Banat	12th std	Shabreeshi
79)	BHUMIKA SHARMA	B.com III	Bhumika
80)	RITVILKA	"	Ritvinka


Convenor
Women Cell & Gender Champion Club

Malika
17/02/24

Principal
St. Bede's College
Shimla

Attendance Sheet