



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. Jyotika Brari
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)



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



सेंट बीइस कॉलेज में पीढ़ीगत संबंध पर कार्यशाला



शिमला। सेंट बीइस कॉलेज के महिला प्रकोष्ठ और जेंडर चैंपियन क्लब द्वारा मंगलवार को राष्ट्रीय सामाजिक रक्षा संस्थान द्वारा प्रायोजित कॉलेज के छात्रों के साथ पीढ़ीगत संबंध विषय पर एक कार्यशाला का आयोजन किया। इस कार्यशाला के प्रमुख विशेषज्ञ शारू गुप्ता सहगल, फ्री लांसर, परामर्शदाता और मनोवैज्ञानिक और डॉ. 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 किया उन्होंने अपने उदाहरणों को पेश करके छात्रों को व्यावहारिक रूप मनोविज्ञान इनपुट के साथ पीढ़ीगत अंतर को समझाने के लिए पीढ़ियों के बीच की खाई को पाटने में मदद की।

सेंट बीइस कॉलेज में कार्यशाला का आयोजन

शिमला। सेंट बीइस 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 लांसर, 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, Shimla

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	BCA 2nd year	
2)	NISHIKRITI	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)	KUMAL 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	

17/12/24
Principal
St. Bede's College
Shimla

Attendance Sheet



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

19)	Sneha Verma	BCA 1 st year	Sneha
20)	DIVANSHI SHARMA	"	Divanshi
21)	URUSHI KANWAR	"	Urushi
22)	RIITKA	"	Ritika
23)	RIDHI VERMA	"	Ridhi
24)	GAJANA HETTA	BBA III	Gajana
25)	BHAVI KANWAR	BBA III	Bhavi
26)	KRITIKA GUPTA	BBA III	Kritika
27)	ANUSHKA MENTA	BBA III	Anushka
28)	Dakshita Thakur	BBA III	Dakshita
29)	DEVANSHI HOUDAN	BBA III	Devanshi
30)	REKHA BUDHATHOKI	BBA III	Rekha
31)	ARUSHI AZAD	BBA III	Arushi
32)	TIYA GUPTA	BBA III	Tiya
33)	Sugil Rana	BBA III	Sugil
34)	Dhagen Sharma	BBA III	Dhagen
35)	Disha Rohal	BBA I	Disha
36)	PALAK RAWAT	BBA - 3	Palak
37)	Priyanka Thakur	BCA - 2	Priyanka
38)	VIDISHA	BCA 2 nd	Virish
39)	Shruti	"	Shruti
40)	Mansi Garg	BBA 1 st Year	Mansi

Mallam
13/12/24
Principal
St. Bede's College
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Women Cell & Gender Champions Club
St. Bede's College, Shimla

41)	Garima	BBA IInd	Garima
42)	Nainika Verma	BBA 3rd Sem	Nainika
43)	PRAQYA SEO	BBA 3rd Sem	Praqya
44)	MANNAT	BBA IV Sem	Mannab
45)	SAPNA	BBA IV Sem	Sapna
46)	PALKIN	BBA IV Sem	Palkin
47)	NANDITA	BBA IV Sem	Nandita
48)	SEJAL	BCA VI Sem	Sejal
49)	ANKITA	BCA VI Sem	Ankita
50)	PALAK	BCA VI Sem	Palak
51)	MUSKAN	BCA VI Sem	Muskan
52)	HARDIKA	BCA VI Sem	Hardika
53)	SNEHA	BCA VI Sem	Sneha
54)	SNEHA KADIAN	BCA VI Sem	Sneha Kadian
55)	MAHIMA SHARMA	BCA VI Sem	Mahima
56)	Manu Prashai	BBA 3rd Sem	Manu
57)	Sejal HimRAL	BCA 1st	Sejal
58)	ADRIKA THAKUR	BBA 2nd Sem	Adrika
59)	PRITHIKA VERMA	BA I Sem	Prithika
60)	RAJNANDINI RATHOUR	BA 1st Year	Rajnandini
61)	VANSHIKA KALJOTRA	BA 1st Year	Vanshika
62)	SHRISATI GUPTA	E.O. Hons III	Shrisati

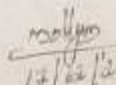
17/12/24
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Women Cell & Gender Champion Club
St. Bede's College, Shimla

63)	CHAHAT KALTA	B.Sc. 1st yr	Kalta
64)	SNEHA KHIMTA	B.Sc. 1st yr	BK
65)	MEHAK CHAUDHAN	B.Sc. 1st yr	Mehak
66)	SHARONIKA CHAKRABORTY	CHY HANDE	Shy
67)	Indira Singh	BBA 1st yr	Indira
68)	TAYAL MEHTA	B.Sc. 1st yr	Tayal
69)	RESHMA MINZ	B.Sc. 1st yr	Reshma
70)	SUNIDHI SHARMA	B.Sc. 1st yr	Sunidhi
71)	ADITI SHARMA	B.Sc. 1st yr	Aditi
72)	Ananya Khosla	B.Sc. 1st yr	Ananya
73)	Manpreet Kaur	B.Sc. 1st yr	Manpreet
74)	Lavanya Bhatt	B.Sc. 1st yr	Lavanya
75)	JANHAVI BHATTIA	B.Sc. 1st yr	Janhavi
76)	USHITA THAKUR	"	Ushita
77)	TANYA	"	Tanya
78)	Shatadishi Banat	B.Sc. 1st yr	Shatadishi
79)	BHUMIKA SHARMA	B.Sc. 1st yr	Bhumika
80)	RITVIKA	"	Ritvika


Convenor
Women Cell & Gender Champion Club


18/02/24
Principal
St. Bede's College
Shimla

Attendance Sheet